

When someone you care about is being harmed

Seeing someone you care about being mistreated is hard. You may notice that the person is withdrawing, seems tense, anxious, bruised - or that something just feels off. You may not know what to say or be afraid of making the situation worse. You can make **a big difference!**

Signs that someone may be exposed to violence

- The partner is always present, controlling who the person meets or talks to. They constantly monitor the time and report their whereabouts, and they receive texts or calls continuously when away from home.
- You notice that your interaction with them becomes more difficult - calls and meetings are cancelled. You notice that the person avoids eye contact, shows fear of being touched.



Listen without judging, remain present even if what the person is saying is difficult to hear. Being there for someone can be hard - support is available for you too

Key contacts

- ♥ In case of emergency call 112
- ♥ Advice Office 070-567 22 21 or 070-567 27 55
- ♥ Women's Helpline 116 016, www.kvinnofridslinjen.se
- ♥ Choose to stop: 020-555 666, www.valjattsluta.se

Don't be afraid to ask questions - domestic violence is not a private matter!

Oxelösund Municipality
613 81 Oxelösund
Visiting address Järntorget 7-9
Telephone 0155-380 00
kommun@oxelosund.se
www.oxelosund.se



"Love never starts with a fight"

– on violence in close relationships

Children see, children hear, children feel

How are children affected by violence?

- Children living with violence often experience:
- Fear, anxiety, guilt and shame
- Difficulty sleeping, concentrating or trusting others
- Anger, depression or self-harm
- Secrecy about what is happening at home - silence protects no one



Make sure the violence doesn't remain a secret, but something that can be talked about. Violence affects children's safety, security, development and health, but with the right support, children can heal and thrive again.

Key contacts

- ♥ In case of emergency call 112
- ♥ Social services in Oxelösund 0155-380 00
- ♥ BRIS: 116 111
- ♥ Save the Children support chat: www.raddabarnen.se
- ♥ www.ungarelationer.se

Talk to an adult close to you, maybe someone at school, a coach, someone you trust and you feel safe talking to. Adults are there to help you and are ready to listen!

Jealousy is not romantic

Do you feel controlled by the one you love?

- You change your behavior to avoid conflict
- You withdraw from friends and family
- You feel lost
- Not all violence is visible

You have the right to feel safe. Violence is never your fault and you are not alone!



Key contacts

- ♥ Advice Office 070-567 27 55
- ♥ Women's Helpline 116 016, www.kvinnofridslinjen.se
- ♥ Men's Support Line 020-80 80 80, www.stodlinjenforman.se
- ♥ www.ungarelationer.se

Choose to stop

Using violence against someone you love hurts both the other person - and yourself. You may feel shame, guilt, anger or confusion. Maybe you think, "I want to stop, but I don't know how", "It only happens when I get angry", "I don't want to be that person".



You are not alone! Professional support is available for people who use violence or feel at risk of doing so.

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- ♥ Choose to stop: 020-555 666, www.valjattsluta.se