

### *What type of help is available?*

There are several options available to you if you want support from people who are used to talking to people in your situation.

You can receive individual therapy or group therapy with other victims and get help to understand and put into words what you have been through. There is also age-appropriate support and help for children and young people who have been exposed to domestic violence. Those who exercise violence can also receive support and help.

### **More information**

If you want more information, please ask the staff. You can also call 1177, visit [www.1177.se](http://www.1177.se), or contact someone on this list.

**None of the people you call from this list are allowed to tell anyone else what you tell them.**

GAPF, 08-711 60 32, 070-000 93 28

Terrafem helpline for immigrant women, 020-52 10 10.

Mansjouren helpline 08-30 30 20

Somaya women's and young women's shelter: 020-81 82 83 [www.somaya.se](http://www.somaya.se)

TRIS (Girls' Rights in Society), helpline: 0774-40 66 00

The Amel clinic for girls and women affected by female genital mutilation: 08-616 27 00

BRIS helpline 116 111

Love is Free, support chat Save the Children [stodchatt@rb.se](mailto:stodchatt@rb.se)



For you who are exposed or risk being exposed to honour-related violence and oppression

There are children, young people and adults who are forced to live with **limitations**. It may be that you are not allowed to spend time with friends of your choosing, love whoever you want, or decide over your own body and sexuality. It may also be that you are not allowed to choose what clothes you want to wear or that you must shoulder a great responsibility for housework and younger siblings. Your family may have control over your mobile, computer, or social media and you may be forced to marry someone the family chooses.

Are you exposed to **threats** and **pressure**, being **controlled** or worried about being subjected to a virginity check, child marriage, forced marriage, or being subjected to genital mutilation?

### *We want to tell you:*

You have the right to make decisions about your own life, love whoever you want, decide over your own body and your dreams. We want you to know that human rights and children's rights are also YOUR rights.

### *You as a **girl or young woman** may be limited by:*

- Not being allowed to participate in all school and leisure activities.
- Needing your friends to be approved by the family.
- Not being allowed to have a boyfriend / girlfriend.
- Not being allowed to have sex before marriage.
- Not being allowed to have a different sexual orientation or gender identity.

### *You as a **boy or young man** may be limited and forced to control others by:*

- Not being allowed to have a boyfriend / girlfriend.
- Not being allowed to have a different sexual orientation or gender identity.
- Having to exercise control over your sisters or other female relatives so that they do not violate family norms and values.
- You may be subjected to violence if you do not follow the norms and values of the family by controlling your female relatives.

### *You as an **adult woman** may be limited by:*

- Not being allowed to spend time alone with other adults of the opposite sex outside of the family.
- Not being allowed to get an education and to work.
- Not being allowed to get a driver's license.
- Not being allowed to decide whether you want children or how many.
- Not being not allowed to cycle, swim, or exercise.
- Not being allowed to get a divorce.
- Not being allowed to have an abortion.

*No one is allowed to violate you, threaten you, hit you, or force you to do something you do not want to do. Help is available and society has a great responsibility in helping, supporting, and protecting you.*