



www.valddodarkarlek.se

Violence kills love

Do you need support or help? It is available.

Violence kills love

Are you, or is someone close to you, living in a relationship in which there is violence? Are you afraid that someone is going to hurt you? Are you worried that you are hurting someone? You are not alone – help is available.

Why does violence kill love?

Love is based on mutual respect. Violence is about power, control and dominance. That kills the possibility of love. All it leaves in the relationship is fear and obedience, not love.

If you notice that you're using violence to get your way, but you don't want it to be like that, you can also get help to change.

Why is it important to talk about violence?

Everyone is entitled to a life without violence. No one should have to live in fear. But it's not always easy to know what a good relationship should be like.

Talking about different types of violence helps giving more people the confidence to talk about their own situation and whether they're worried about someone else.

It's brave to tell your story, and your voice can make a difference!

What is violence?

Violence isn't just about hitting and kicking. It can also be hurtful words, or something that makes you feel scared. Violence can occur in all relationships – with a partner, a friend, or in the family.

Sometimes violence doesn't show on the outside. It might be words, looks, or control. Those things can hurt just as much as a physical blow – but on the inside. Violence often comes creeping gradually, so you don't really notice it at the beginning.

Examples of different types of violence

Physical violence

- Someone hits, kicks or pushes you
- Someone holds you tightly against your will

Psychological violence

- You get called nasty things
- Someone threatens you
- Someone tries to control you, deciding what you can do, who you can see or what your appearance should be like.

Digital violence

- Someone sends you spiteful messages
- Someone constantly checks what you're doing on your phone
- Someone spreads images of you against your will
- Someone tries to control you via your phone or social media

Sexual violence

- You are forced into having sex
- Someone nags you about having sex even though you don't want to
- You are told cruel or insulting things about sex

Material violence

- Someone ruins or destroys your belongings
- Someone throws things around when they're angry

Can you think of something else that feels wrong or hurts? If so, that may also be violence.

Violence is never OK

Violence is often a crime. It's never your fault if someone hurts you, and you always have the right to say no.

Are you afraid of someone you know?

Are you often scared, sad or insecure in your relationship? Do you constantly have to think about what you say or do in order to avoid a fight? If so, you may be experiencing something that's not OK. It might be control, or that someone is using you or being violent with you.

How do you know it's violence?

Violence isn't just about hitting and kicking. It can also be things that make you feel bad – physically or mentally.

For example, it might be that someone:

- Grabs you or pins you down
- Touches you in a way that feels unpleasant
- Checks your phone without asking
- Demands that you share your Snap Map

- Says things that make you feel bad and depressed

Maybe you feel that something is wrong, but can't really put it into words. If you become depressed by how someone treats you it's not OK.

Violence between siblings

Siblings can fight sometimes, but if your sibling hits, threatens or hurts you often – that's violence. And violence is never OK.

Tell an adult you trust, like a teacher or a school counselor.

You can also contact BRIS, that helps children and young people. By telling someone, you can get help for yourself and your sibling.

[Siblings who fight — BRIS](#)

Violence in love relationships

Love should never hurt. A good relationship should feel safe and loving. If you feel afraid of your partner it's a sign that something isn't right.

Read about what help you can get on [Jealousy is not romantic](#).

It's never your fault if someone treats you badly. It's always the person using violence who is responsible – not you. A person who loves you shouldn't make you feel depressed.

What can you do?

Try to talk to someone you trust, like a friend, and adult you feel safe with, teachers at school, the social services, the police or the youth advice centre (*ungdomsmottagningen*).

If you're afraid that someone will find out that you're seeking help – tell the person helping you straight away.

Do you always want to be in charge?

Do you often get angry with other people? Does it feel like you always want to be in control and decide things around the people you know? Or do you wonder if you've sometimes gone too far? To hurt, frighten or control someone is never OK – it might even be a crime. But help is available if you want to change your behaviour.

Have you done any of the following?

Think back – have you ever done any of these things towards a partner, friend, sibling or someone else you care for:

- Nagged someone about sex or touched them even though they said no
- Shouted at, threatened or frightened someone
- Checked someone's phone, computer or tablet without asking
- Forced someone to do something they didn't want to
- Felt unsure or worried about something else you did
- Said cruel or insulting things, on the internet or in person
- Pushed, grabbed someone with force or hit someone
- Bullied or frozen someone out
- Shared private images of someone without their permission

If you recognise yourself in any of these, know that you're not alone. It's good that you start thinking about it. That's the first step towards changing.

What can you do instead?

Understanding that you've done the wrong thing can feel tough, but it's brave to want to change your behaviour. Would you like to learn what you can do instead when you get angry?

Visit www.ungarelationer.se – you can do so anonymously and get support via chats or email.

Read more about jealousy and control on [Jealousy is not romantic](#)

Are you worried about a friend?

Have you noticed that something isn't right with a friend of yours? Do they seem sad, afraid or insecure in a relationship? Or do they treat others in a way that feels wrong? Many people tell a friend first when something doesn't feel OK. That makes you, as a friend, very important

If someone is being violent with your friend

Maybe you suspect that your friend is being treated badly by their partner, by someone in their family or by another friend. If so, this is what you can do:

- Tell them you're worried and that you care
- Listen without judging or interrupting
- Tell them that help is available

If they agree, accompany them to see an adult you trust, such as a teacher, school psychologist or parent.

If you think your friend is in danger – always tell an adult, even if your friend doesn't want you to. The most important thing is that your friend is safe and secure.

If your friend is being violent to someone

Does it feel like your friend is treating their partner, you or someone else in a bad way? Acting in a controlling way, hectoring or hurting someone's feelings is never OK. Dare to put your foot down.

Read more about what help and support you can get.

[Jealousy is not romantic – Jealousy is not romantic](#)

Is your family controlling your life?

Do you feel that someone in your family or someone close to you is trying to control you? It might be what you have to wear, who you can spend time with, or who you're allowed to love. It's not OK to be controlled or threatened – everyone has the right to be in charge of their own life.

If you don't have the same freedom as others in your age group, or if you need to protect your family's honour, you may be a victim of honour-related violence and oppression.

It's never OK for someone to use control, threats or violence to run your life. Honour-related violence and oppression comes in different forms, such as that you:

- Are not allowed to choose your clothes, friends or who you can have a relationship with
- Have to keep your love life secret from your family and relations

- Feel controlled by your family
- Are forced to take responsibility for your family's reputation or honour
- Have to control what your siblings do

Everyone is entitled to be themselves

It can be difficult to tell others when someone in your family is hurting you, but no-one is allowed to use violence or threats to control your life. You have the right to:

- Make decisions about your own body and your life
- Choose who you want to be with
- Love whomever you want
- Have your own opinions
- Feel safe in your family and in your relationships

If you are an LGBTQI person or have a functional impairment, this can feel particularly difficult. But you are not alone – and you are entitled to support and help.

How can you get help?

Try to talk to someone you trust, like a friend, an adult you feel safe with, teachers at school, the social services, the police or the youth advice centre (*ungdomsmottagningen*). If you're afraid that someone is going to find out that you're seeking help – tell the person helping you straight away.

At Stödcentrum Heder you can talk about what is difficult. You don't have to say who you are when you get in touch.

[Regional Stödcentrum Heder](#)

What can you do for yourself or your friend?

Adults have the main responsibility for stopping violence – but as a young person you can also make a difference. By understanding what violence is, calling things out, and thinking about how you act towards others you can help yourself as well as others feel better.

Learn what violence is

Violence isn't always immediately visible. It's more than hitting and kicking. It can also be words, looks or that someone is controlling another person.

Do you recognise any of the following?

- A person says something nasty and then says "it was just a joke"

- Someone checks another person's phone without permission
- A friend shoves someone and "horses around" even though it doesn't feel fun at all

It's easy to get used to these things and think they're normal – but they're actually violence.

Dare to call things out

When you know what different types of violence can look like, you can also call them out. To do so is brave and important. For instance, you can:

- Speak out if someone gets treated badly
- Fetch an adult to help you if it feels difficult to do something on your own

If no-one calls it out, it's easy to get used to violence, and then it continues. By speaking out you help setting the limits and protect everyone involved.

Sometimes there are unwritten rules, such as that guys should be "macho", girls should be quiet and nice, and that LGBTQI persons don't fit in. That's not the way it should be. Everyone has to be allowed to be themselves and be respected for who they are.

Begin with yourself

Think about what you're like towards others. Have you said or done things that were nasty or cruel? Have you written nasty comments to someone? Have you shared someone's picture without asking?

Also think about how you react when you get angry. It's perfectly normal to get angry – but how you manage your anger matters. Screaming and shouting, throwing things or spreading rumours are not OK ways of managing your anger.

If you lose control when you become angry that's nothing to be ashamed of. But it's important to get help from an adult so that you can learn other ways of managing your anger.

Where you can get support or help

There are several places you can turn to if you need advice, support or help.

BRIS

Bris provides support by phone, chat or email – and you decide what you want to talk about. There might be things you've experienced or are wondering about, but it can also be concern about someone who is close to you. Bris is open every day of the year.

Website: www.bris.se

Phone: 116 111

UMO

Read here about love, sex, families, violence and the body. There are tips for what you can do if you've scrolled past something that made you feel terrible.

Website: www.umo.se

Youmo

Youmo is like Umo, but available in several languages.

Website: youmo.se

ungarelationer.se

This offers support and information if you're under 20 and are exposed to violence in your relationship, or if you're the one being violent with your partner. You can also get in touch if you're worried about a friend. The chat service is open between 8 and 10 pm every night.

Website: ungarelationer.se

Novahuset

Support and counselling are available here if you've been subjected to sexual violence, whether it was online or offline. You can always contact Novahuset for support, regardless of who you are.

Website: www.novahuset.com

RFSL stödmottagning

The support centre offers support for LGBTQI persons who have suffered harassment, threats and violence. Friends and people close to LGBTQI persons in that situation can also contact the centre, as well as professionals who meet LGBTQI persons that have suffered violence.

If you want to remain anonymous, contact the phone answering service between 09.00 and 12.00 on Thursdays. On the rest of the days of the week you can leave your name and number and they will call you back.

Website: [RFSL Stödmottagning](http://RFSL.Stödmottagning)

Phone: 020 341 316

Killar.se

On Killar.se you can chat with someone who will listen and offer support. Typical chat subjects are love, friends, loneliness, your body, violence, parents and computer games. The chat service is open Monday to Thursday and Sunday between 19.00 and 21.00.

Website: www.Killar.se

Kvinno- och tjejjouren Ada

You can get in touch with them via email, a phone helpline and a law helpline. Using the girls' chat service, you as a young girl can talk to them one night a week. The girls' chat is open on Sundays between 19.00 and 21.00. They also run sheltered housing for women, girls and children who need to leave their homes due to threats and violence.

Website: [Kvinno- och tjejjouren Ada](http://Kvinno-och-tjejjouren-Ada)

Phone : 031 131 166

Polisen

The Police Authority can help you if you or someone else is the victim or risks becoming the victim of a crime. Call the police on 114 14. In an emergency situation call 112.

Follow the link below to read more about how to file a police report and how the police can help you.

[Om jag anmäler våld i nära relation | Polismyndigheten](#)

Regionalt Stödcentrum heder

Regional Stödcentrum Heder provides support and advice by phone and email. They are there for anyone who is exposed to honour-related violence and oppression, regardless of age, gender or sexual orientation. You can remain anonymous in your contact with them.

Website: [Regionalt stödcentrum heder - Göteborgs Stad](#)

Phone : 020 340 303

Socialtjänsten i Göteborgs stad

The Social Services are responsible for providing support and help to victims of violence and people close to them. People who commit violence against others can also apply for support and help from the Social Services. Phone 031 365 00 00 to speak to the Social Services.

You can also visit the website

[Koll på soc.](#)

Stödcentrum för brottsutsatta

A helpline for people living in Gothenburg who have been the victims of crime. You can get advice and support if you don't really know what happened or want to file a police report.

Phone : 020 520 530

E-mail:

brottutsatta@socialcentrum.goteborg.se