

English

# Children have a right to grow up without violence



Photo: Ulrica Törning

**VKV – Västra Götaland Region Competence Centre on Intimate Partner Violence**

**Hi!**

**This folder is aimed at you as a parent.**

Being a parent and having responsibility for another human being is an important but at times demanding task. Your personal relationships can have an impact on your child.

**What's it like for you?**

Are you concerned that a child close to you is growing up in an atmosphere of domestic violence?

Is there any reason for you to talk about the relationships in your family?

**Help is available!**



Although the majority of children in Sweden grow up in a secure and trusting environment there are many children who live in families in which there is violence between adults. Many of these children are themselves exposed to violence, sexual abuse and neglect.

Nowadays we are much more aware of how children who grow up in the presence of violence can be affected by it. These children run a greater risk of mental illness, learning disabilities and other difficulties.

Domestic violence reduces the parents' scope to satisfy a child's need for security.

Domestic violence often leads to feelings of guilt and shame. Violence of this nature frequently becomes a family secret. When children are faced with domestic violence, external intervention is sometimes the only way to change things.

**On the back of this folder there are details of where you can find help. Help is available for you and for the person you are concerned about.**

# Help is available!

If you would like to talk to someone, you can always contact your health centre, a nurse at the child welfare centre or social services. They also know where you can turn if you need further support.

Support in your home area is available here:

You can call Kvinnofridslinjen – a national helpline for women who have been subjected to threats and violence – any time



This material has been produced by VKV – Västra Götaland Region  
Competence Centre on Intimate Partner Violence