

To all children and young people

Every child has the right to feel safe and happy. But many children live in homes where adults are not always nice. It could be:

- That you're afraid of an adult.
- That things that adults say or do make you distressed.
- That you or someone else at home gets beaten.
- That adults in your house drink too much alcohol.
- That you and your siblings have to look after yourselves.



Nobody should have to live with those situations. No adult is allowed to do things that make children and young people distressed.

Remember: you're always allowed to tell bad secrets to an adult you trust. Even if someone has said that you mustn't tell. Bad secrets feel bad in your body, like a pain in your stomach or chest, and can make you sad or anxious.

If you feel afraid at home, or if you're worried about yourself or someone else, do these things:

1 Speak to an adult you trust. It could be a teacher, the school welfare officer, a friend's parent, a neighbour, or someone else you know. Tell them about your situation.

2 Phone BRIS (Children's Rights in Society) on 116 111.

3 Phone the social services and tell them about your situation. You can find the phone number on your municipality's website.

4 Phone the police on 112 if someone is acting violent at home, and the police can come and stop the violence.