

Arguing and violence in the family

Further support and help

1177 – search under violence

BUP – conducts inquiries and treats children with symptoms

Familjerådgivning i din kommun – focuses on the parents' relationship

Socialtjänsten – advisers are available to support parents and as a public authority they can investigate a child's situation

Vårdcentral – a counsellor or psychologist can provide individualised support for parents

Helplines

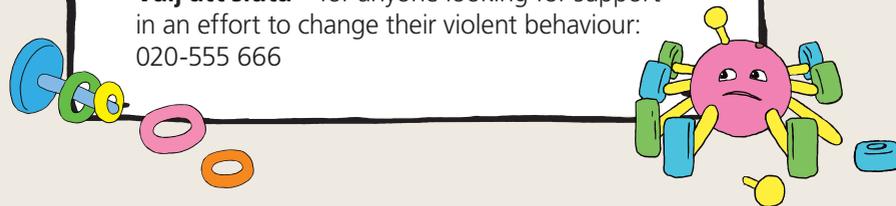
BRIS vuxentelefon – for adults in matters concerning their children: 077-150 50 50

Brottsofferjouren – for victims of crime, as well as witnesses and relatives: 116 006

Kvinnofridslinjen – for women subjected to violence and threats: 020-50 50 50

Mansjouren – for men seeking help to deal with violence and relationship problems: 08-30 30 20

Välj att sluta – for anyone looking for support in an effort to change their violent behaviour: 020-555 666



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Children have a right to grow up in a safe, stable environment

In 1979, Sweden became the first country in the world to ban corporal punishment of children, namely subjecting them to violence and humiliating treatment. Since then the number of incidents of violence against children has fallen in Sweden although there are still far too many who are at risk. Today we know that it is not just physical violence that is damaging to children. Witnessing violence between their parents harms them in exactly the same way, as does humiliating them, or failing to satisfy their basic needs. Any actions of this nature are damaging to a child's health and development, both at the time and all the way through to adulthood.

Violence against children can take different forms:

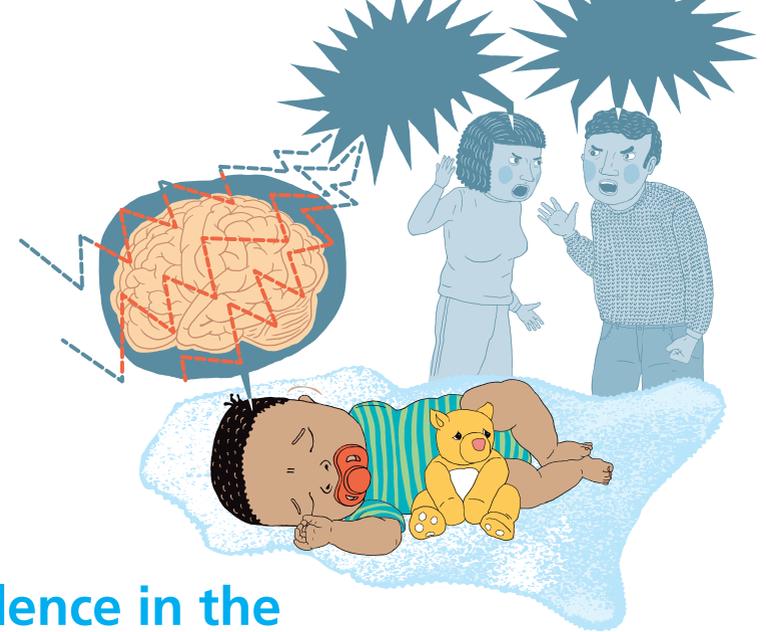
Physical abuse: Harming a child by grabbing, hitting, or shaking them.

Mental abuse: Humiliating a child by frightening, threatening, ridiculing, or shouting at them.

Neglect: Failing to provide a child with adequate care, comfort, food, and warmth.

Sexual abuse: Subjecting a child to sexual acts.

Violence between adults in the home: Exposing a child to violence between adults in the home, such as seeing them fight, shout, or quarrel uncontrollably.



Violence in the family affects children

Falling out is part of family life from time to time although the arguments must never become violent or spiral out of control. Shouting and quarrelling can be just as harmful to a child as physical violence. Particularly if the child does not receive help to calm down and is instead left in a state of fear. Young children are sensitive and entirely dependent on their parents. Even very young babies can be frightened when people quarrel. A child may be asleep or in another room, but they can still be distressed by arguments and shouting.

It is important for your child's sake to seek help and take action early on if certain aspects of family life are not as they should be. Talking about difficult issues could be the first step towards breaking negative patterns of behaviour. Your child welfare centre (BVC) is the ideal place for such a discussion.