

Dags att Prata om Sexuella övergrepp mot barn



Engelska

Things to know about sexual abuse

About sexual abuse

In Sweden, all people under the age of 18 are considered children.

Sexual abuse is wrong and must be stopped. It's good if everyone knows what sexual abuse is and what help is available. When you have the right knowledge, it's easier to talk about abuse.

Many victims of sexual abuse will show signs that something is wrong. But some don't show anything at all, even though they may be badly affected. If you have been sexually abused, there is help available, and you always have the right to speak out about what happened.

You decide over your own body!

Sexual abuse can be many different things:

- ✓ You can always say no if someone wants to hug, kiss or touch you.
- ✓ No one but you has the right to decide what is OK for you.
- ✓ People over the age of 15 are not allowed to have sex with anyone who is younger than 15.
- ✓ It's a crime to force someone to have sex.
- ✓ You have the right to say no to sex even if you've had sex with the person before or if you're dating.
- ✓ No one has the right to take or distribute nude or sexual pictures of you if you are under the age of 18.
- ✓ No one is allowed to pay you for sex with money, items or services.
In Sweden, it's a crime to buy sex.

One in five
children has
been a victim of
sexual abuse

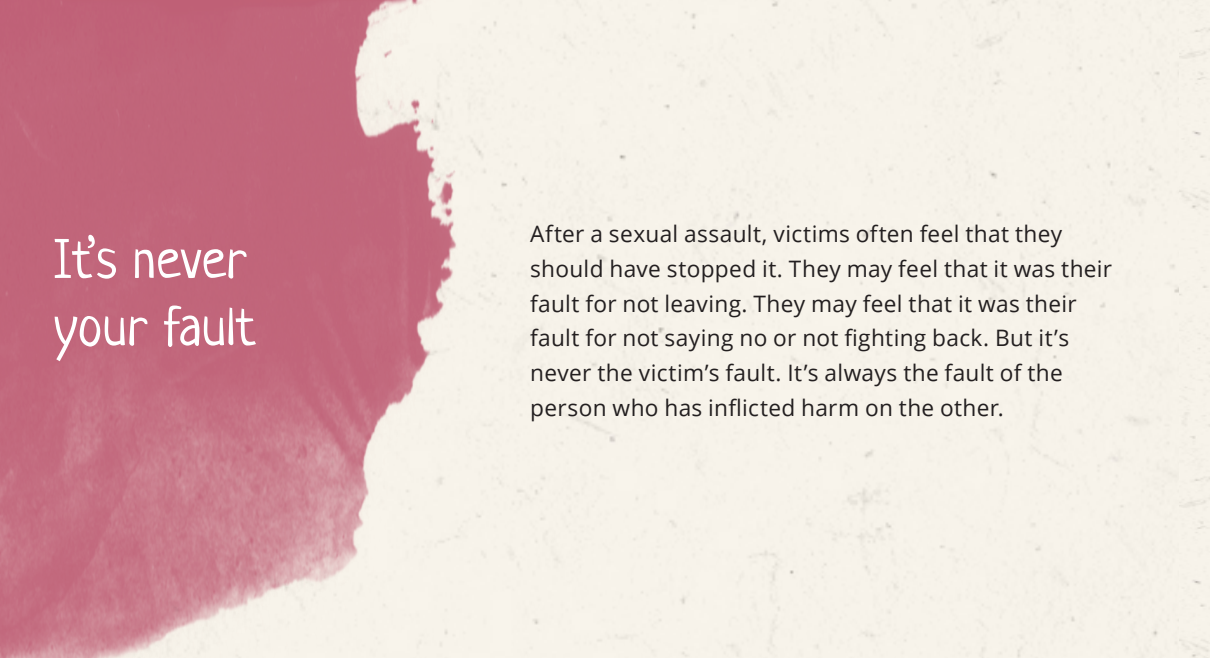
Anyone can be a victim of sexual abuse. It can happen to children, teenagers and adults. Some people believe that only girls can be victims of abuse, but that's not true.

If it's happened to you, you're not alone. In Sweden, one in five children is a victim of sexual abuse before the age of 18.

There are adults who sexually abuse children, but many of those who sexually abuse another person are under the age of 18. Teenagers are often abused by someone of the same age. It could be a boyfriend or girlfriend, a friend, or someone else they know. It could also be a person they don't know.



You can't tell by looking at someone if they would commit sexual abuse. It's hard to imagine that someone who's friendly and social can commit abuse, but it is possible.



It's never
your fault

After a sexual assault, victims often feel that they should have stopped it. They may feel that it was their fault for not leaving. They may feel that it was their fault for not saying no or not fighting back. But it's never the victim's fault. It's always the fault of the person who has inflicted harm on the other.

I thought a lot about what I'd done
wrong, why I'd become a victim.
Was it my fault?



Hard to tell someone

Sometimes children and teenagers do things they shouldn't, and end up being sexually abused as a result. For example, a small child might go somewhere with an adult even though they know they shouldn't, or a teenager might get drunk. A teenager might also post nude pictures of themselves on the internet, or go somewhere where they shouldn't go.

A child or teenager might find it even more difficult to tell an adult about the abuse if it happened as a result of something they shouldn't have done. The victim may worry that the adult will get angry if they tell them. Many people who sexually abuse children know this, and they take advantage of this so that the child don't speak out.



It's not you who has done something wrong. And it's very important you know that, because it's so easy to blame yourself. And the more times you're told that it's not your fault, the more you'll believe it.

Secrets

Secrets can be both fun and exciting. However, you should speak out about secrets that make you feel sad, frightened or angry. If anyone tells you that you shouldn't speak out about sexual abuse, they are wrong!

A few years ago, I spoke out. Many years had passed and I'd moved on, but it was still something that was gnawing away at me. It felt as if I'd lied to my mum. And when I spoke out, I instantly felt much better.



Who can I talk to?

It's often a good feeling when you tell someone, but you must choose if you want to speak out, and to whom. There are many people you can talk to. It could be someone in your family, a friend, the person you're dating, or an adult who works with children and teenagers. If you speak out about the abuse, you can get help and protection.

Teacher

The Police

Social worker

Psychologist

Mum

Dad

Guardian
or trustee

Boyfriend

There are many people
who want to listen!

School nurse

Doctor

Friend

Girlfriend

Youth clinic

School welfare officer

Read more in Swedish

- jagvillveta.se - All about your rights in the case of a criminal offence.
- UngaBoj.se - Information and assistance for young victims, witnesses and relatives.
- RFSLungdom.se - Youth association for the rights of homosexual, bisexual and transgender people.
- mucf.se/näthat-hat-på-nätet
- A legal guide for secondary school students.
- intetillsalu.se - Information for young people who take payment for sex or are harming themselves through sex.
- SafeSelfie.se - About the distribution of sexual pictures and films on the internet.

If you don't feel like talking to someone you know and you don't want to report the abuse, you can ask questions and get support anonymously:

- [Bris.se](#)
- [Bup.nu](#)
- [Tjejjouren.se](#)
- [Killfragor.se](#)
- [UMO.se](#)



If it's an emergency, call 112. For example, if you discover sexual abuse that is happening now or if someone is in danger.

If you need to report a crime, call 114 14 or go to the police station.

Do you or a friend need protection or support? Contact the social services in your municipality. You can find telephone numbers and addresses on Koll på soc, www.kollpasoc.se.

This brochure has been produced by the Children's Welfare Foundation Sweden with the help of children and young people, who provided the quotes. Some of them have been victims of abuse while others have not.

www.dagsattprataom.se

Here, you can find information about sexual abuse against children.