

- You need love and care
- You need acknowledgment, recognition and respect for who you are as a person
- You need safe surroundings without the fear of rejection
- You are not to blame for the conflicts between adults



ÅLESUND KOMMUNE

How to get a hold of us:

Your School Public Health Nurse:

Telephone:

Family doctor:

Telephone:

Helsestasjon for ungdom

(The Youth Health Station) at Moa Public Health Station is open Wednesdays and Thursdays

16:00 - 19:00

Youths and Violence



What is violence?

Physical violence

Physical acts that injure or restrict another person's freedom. Hitting, kicking, pushing, attacking with various objects, hair pulling, biting, stabbing, branding, use of weapons, strangle holds or attempted drowning.

Psychological violence

Using words and intonation to manipulate, injure or insult, which repeat again and again without regard for the feelings of others. Examples may be yelling, direct threats, indirect threats, threatening body language, repeated criticism that wounds, being ignored or humiliated, unfairly accused or interrogated and loss of personal freedom.



Material violence

Violence that concerns objects, such as breaking things, tearing or throwing objects, destroying things, hitting or kicking holes in walls and doors. This is violence because it is scary to see another person destroying things in anger, and it injures because the other person is destroying something of importance.

Sexual violence/abuse

Sexual assault includes: unwanted touching, forced sexual activity, painful sexual activity, rape, sadistic sexual acts, unwanted sexual activity with others, unwanted sexual activity while others are watching.

Sexual violence in an intimate relationship is when you are forced to have sex or to have sex in ways that you do not want, unpleasant sexual comments or body language.

Digital violence

Digital violence means bullying on the Internet, threats and harassment via text messages, being stalked or manipulated through a cell phone or social media.

We want to help!

If you feel you are being violated, are experiencing or having experienced one or more forms of violence, please get in contact with us.

We are here to listen to you and what you are going through, and together we can find out what to do.

You can also call:

Alarmtelefonen (the emergency helpline for children and adolescents):

116111

The Red Cross Youth Hotline:

800 33 321

The Local Emergency Medical Center (overgrepsmottaket):

116117

The Police Emergency telephone number:

112

These hotlines are free of charge.

The Police:

02800

www.hvorlite.no