

# You have a RIGHT to be safe

An information pamphlet  
about violence and abuse



**TryggEst.no**  
Bufdir

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See web page [tryggest.no](http://tryggest.no)



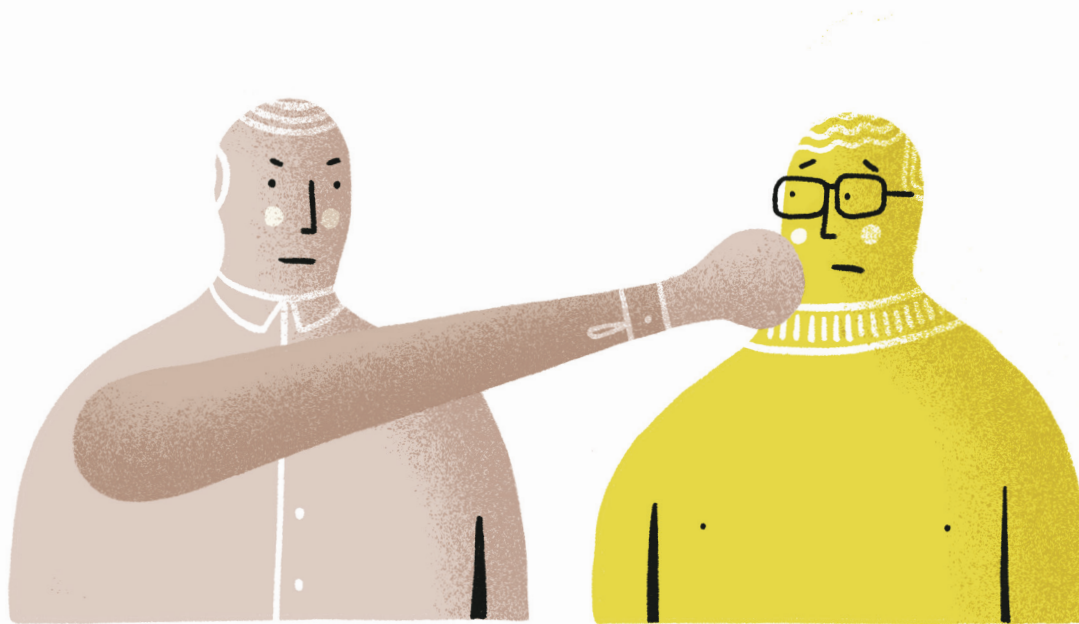
## **You have a right to be safe, without anyone hurting or injuring you.**

Violence and abuse come in various forms. You can read more about this, and how to get help, in this pamphlet.

- You can read the pamphlet on your own or with someone else
- You can also ask someone to read the pamphlet for you

Exposure to violence or abuse can make you sad, angry or afraid. Perhaps you are afraid to tell anyone else about it? It may be difficult to talk about it, but it is important that others hear what is happening. Then you can receive help to stop the abuse. Some people may do bad things to you deliberately. Others do not know that what they are doing is wrong. Violence and abuse is always wrong.

# Physical violence



If anyone hurts you physically, you may be exposed to physical violence.

Examples of physical violence can be someone:

- Kicking or hitting you
- Throwing things at you
- Tying you to a chair or bed, or locking you into a room
- Pulling, pushing, shaking or pinching you
- Hitting you with an object
- Pulling your hair or biting you
- Burning you with something hot
- Locking you out of your house

# Sexual abuse

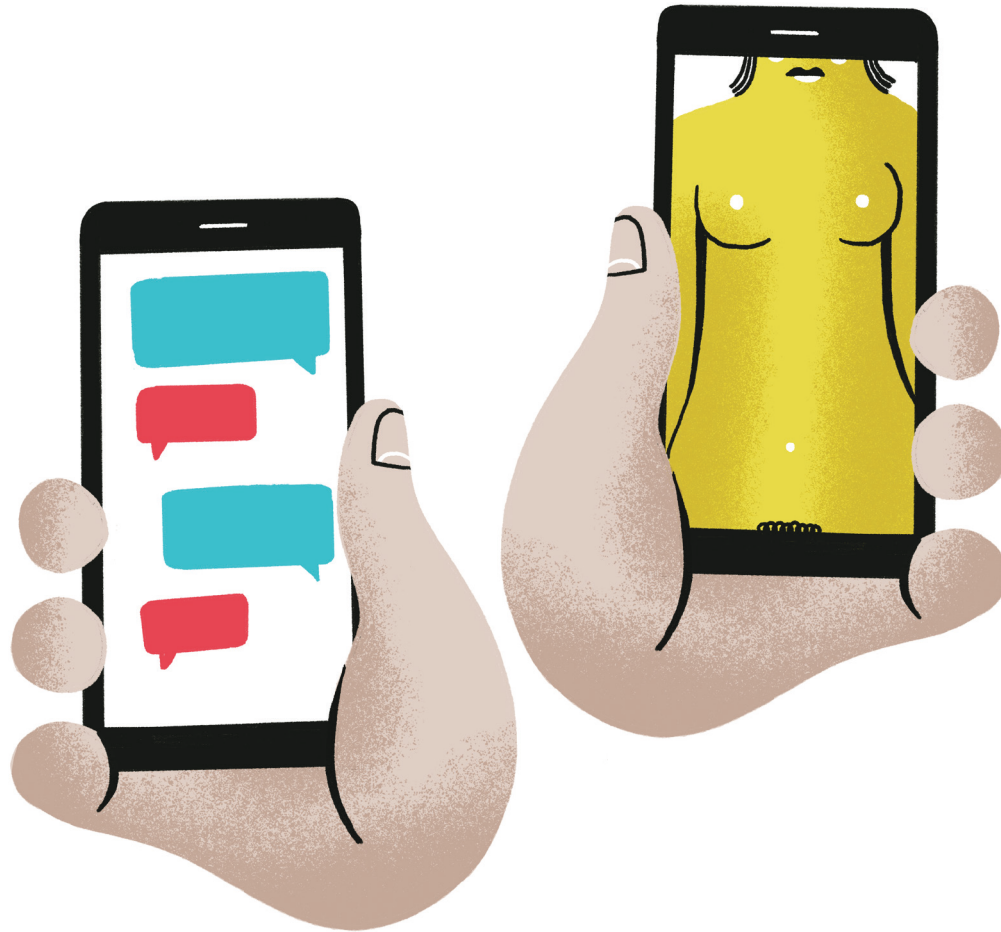


If anyone does something sexual with you against your will, you may be exposed to sexual abuse.

Examples of sexual abuse can be someone:

- Touching your body (bottom, breasts or private parts) against your will
- Getting you to touch someone else against your will
- Showing you sex videos or pictures that you don't want to see
- Taking pictures or videos of your body against your will
- Tricking or forcing you into taking naked pictures of yourself
- Forcing or tricking you into having sex
- Getting you to take your clothes off against your will
- Exposing their naked body to you against your will
- Kissing you against your will
- Refusing to listen, when you say "no" or "stop".

## Online abuse



Online abuse can be when someone threatens you via the Internet or mobile phone.

Online abuse may also involve someone:

- Forcing or tricking you into taking pictures or videos of yourself and sharing them with others by Internet or mobile phone
- Forcing or deceiving you into showing yourself naked in front of a web camera
- Writing nasty or frightening messages to you, or about you, on the Internet or by text message
- Tricking you into lending money or buying things over the Internet

# Psychological abuse



If someone frightens you, threatens you or makes you feel inferior to others, you may be exposed to psychological abuse.

Psychological abuse can be when someone:

- Shouts or swears at you
- Says they will hurt you if you don't do what they say
- Says they will hurt people or things you are fond of
- Threatens you to do things against your will
- Says you will not get the help you need
- Makes offensive gestures or uses negative body language to you
- Calls you unpleasant names
- Starts rumours about you
- Writes nasty things about you on the Internet or mobile phone
- Talks behind your back or laughs at you
- Blames you for things that are not your fault
- Excludes you or ignores you

# Economic abuse



If a person steals money or possessions from you, you may be exposed to economic abuse.

Economic abuse could also be when someone:

- Tricks you into giving away money
- Borrows money from you and never repays it
- Tricks you into paying for another person's items or purchases
- Tricks you into signing something without you knowing what it is
- Tricks you into borrowing money on the Internet
- Tricks you into buying things on the Internet
- Does not let you keep your own money, without the right or authority to do so
- Decides what you can use your money for, without the right or authority to do so



# Neglect

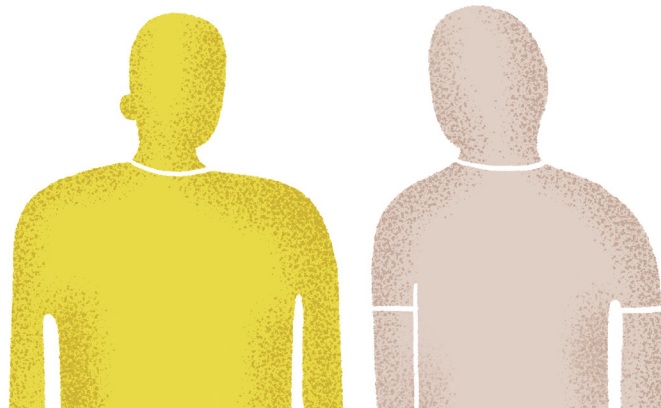


Neglect is when persons around you who are supposed to help, don't do so. Neglect can also be when you get the wrong help or too little help.

Neglect can be when someone:

- Receives too little help with bathing, showering or caring for themselves
- Does not have enough to eat and drink
- Does not receive help with keeping warm and dry
- Does not receive necessary medical assistance
- Receives no help with understanding available choices
- Receives no help with having clean clothes
- Does not receive enough care and compassion
- Does not receive help with keeping safe

# Who might subject you to abuse?



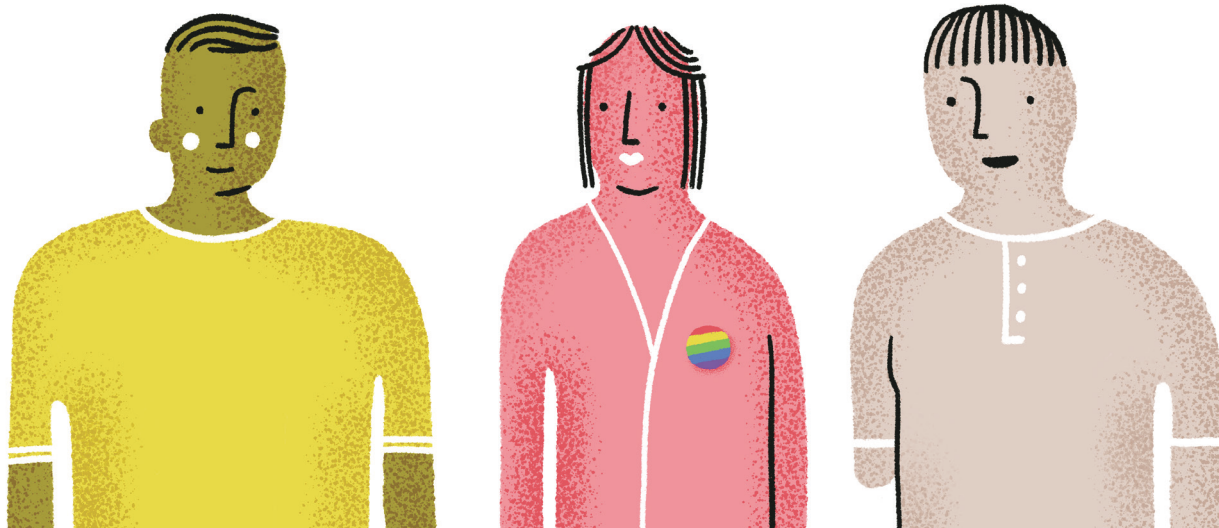
Almost all people you come in contact with are good, safe and reliable, but there are also some who may expose you to abuse.

The person may be:

- A man or a woman
- Someone who is older or younger than you
- A partner
- A friend or family member
- A member of staff
- Someone you have just met, or someone you have known for a long time
- Someone you talk to on the Internet

Abuse can also happen anywhere:

- At home
- In a shop
- At the hospital
- At school
- At your place of work
- At the mall
- On a bus or train
- On the Internet or social media
- On your mobile phone



## Who can I tell about it?

If you identify yourself with any of the examples in this pamphlet or wonder whether you might be exposed to abuse – tell someone you can trust.

This may be a family member, a friend or perhaps a member of staff. Other options are a TryggEst coordinator, a contact, your GP, a nurse, a care worker or the police.

**You do not have to be certain that what you have experienced is illegal in order to report it!**

**In any case, it is important for you to tell someone about the experience so that you can receive help!**





## What will happen if I tell someone?

If you tell someone that you have been subjected to violence or abuse, or wonder if you have been subjected to it, the person you tell should:

- Listen to what you have to say
- Support you, and help you to feel safe
- Talk to you about how they may be able to help

If the first person you talk to does not listen, does not believe you or will not help you, tell someone else. Don't give up.

# Where can I get help?

There are many places where you can get help if you are, or think you may have been, subjected to violence or abuse.

## **TryggEst in your municipality**

Some municipalities and urban districts have a TryggEst group whose job is to help people who have been exposed to violence or abuse. You can contact TryggEst by telephone or by post. When you call TryggEst you will be able to talk to someone who is experienced in helping people in difficulty.

They will listen to what you say and talk to you about how they may be able to help.

You can also contact:

- Your GP
- An emergency medical service
- A crisis centre
- An emergency room for sexual assault victims
- The Children's House
- SMISO - Support Centre for Survivors of Incest and Sexual Abuse
- DIXI - resource centre against sexual assault

## **Need more information and knowledge about violence and abuse?**

Read more on: [www.dinutvei.no](http://www.dinutvei.no). This website also has a summary of help facilities nationwide and an anonymous question and answer service.

If you have questions or want to report something to the police, you can call the Police on 02800.

## **If you or others require immediate help, you can call:**

Police  
**112**

Ambulance  
**113**

Want to know more  
about TryggEst?  
See web page  
[tryggest.no](http://tryggest.no)



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