

# ARGUMENTS AND VIOLENCE IN THE FAMILY



REGION  
KRONOBERG

Engelska

## CHILDREN ARE ENTITLED TO A SAFE UPBRINGING.

In 1979, Sweden became the first country in the world to ban corporal punishment of children, i.e. subjecting children to violence and mistreatment. Since 2021, it has been prohibited to allow a child to witness violence in the family, for example by hearing or seeing a parent being threatened or hit.

Although violence against children has declined in Sweden, far too many children are still vulnerable. We now know that it is not just physical violence that harms children. Violence between parents harms children in the same way, as does violating or not meeting the child's fundamental needs. All of these things damage the child's health and development, both at the time and into adulthood.

### VIOLENCE AGAINST CHILDREN MAY TAKE THE FOLLOWING FORMS:

**Physical abuse:** Hurting the child, for example by grabbing, hitting or shaking them.

**Psychological abuse:** Upsetting the child, for example by frightening, threatening, ridiculing or shouting at them.

**Neglect:** Failing to provide the child with care in the form of comfort, food, clean clothes and healthcare.

**Sexual assault:** Subjecting the child to sexual acts.

**Arguments between parents:** While a child, experiencing parents arguing, shouting or fighting.

**Violence against a parent:** Experiencing one parent subjecting the other to threats, violence and assault.





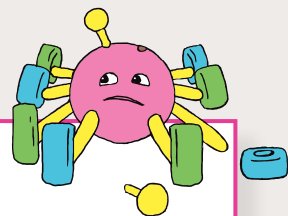
## **ARGUMENTS AND VIOLENCE AFFECT CHILDREN**

Falling out now and again is part of family life, but this must not be allowed to develop into threats and violence where someone ends up being afraid, controlled or harmed.

Shouting and arguing can be just as harmful to children as physical violence. This is particularly so if the child is not given help to calm down and is left in a state of fear.

Small children are sensitive and entirely dependent on their parents. Even babies are frightened when people quarrel. Quarrelling and shouting between adults also affect small children who are asleep or are in another room.

For the child's sake, it is important to get help and take action early if there is anything in your family that is not as it should be. Talking about difficult topics can be the first step to breaking patterns of behaviour. Child Health Centres are an ideal place for these kind of discussions.



## SUPPORT AND HELP

Talking about difficult topics can be the first step to breaking patterns of behaviour. Child Health Centres can be an ideal place for these kind of discussions.

**1177 When you or someone close to you is being hurt or abused** Here you will find every kind of support in Kronoberg if you have experienced violence in the family or are hurting someone in your family.

**Medical centre** For individual support to you as a parent.

**Maternity and Child Health Service psychologist** For support with parenthood.

**Child & Adolescent Psychiatric Service** Investigates and treats children with symptoms.

**Family counselling** Focuses on parents' relationship.

**Familjefrid Kronoberg** Meets with children and adults as well as both victims and perpetrators of violence. They do not keep any records and have a duty of confidentiality. Support from Familjefrid Kronoberg is available free of charge.

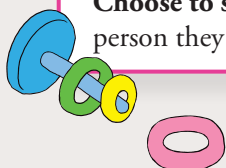
**Social Services** Can help with everything from investigating the child's situation to sheltered accommodation. Contact the social services in your municipality.

**Bris** Offers counselling and support to children and young people and has a parents' telephone line where adults can obtain advice and support – 077-150 50 50.

**Kvinnofridslinjen** For women subjected to violence and threats – 020-50 50 50.

**Mansjouren** For men seeking help with questions about violence and relationship problems: 08-30 30 20

**Choose to stop (Välj att sluta)** Telephone line for anyone at risk of harming the person they love – 020-555 666.



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