

Childrens Rights

If you are a child living in Sweden

In Sweden you are considered to be a child up until you reach the age of eighteen.

Your rights

All children in Sweden have a right of expression. This means that if you want to, you have a right to talk about anything that is important to you and to be heard.

All children in Sweden have a right to healthcare and to dental care, free of charge. This means that if you need to, you can go to see a doctor, a nurse or a dentist without having to pay.

All children in Sweden have a right to go to school free of charge.

All children have a right to care, security and a good upbringing. This means that you must have enough to eat and be provided at home with what you need for your wellbeing.

All children in Sweden have a right not to be hit. This means that no adult is allowed to hit you.

All children in Sweden have a right not to be exposed to abuse. This means that no adult may say or do anything to you that makes you feel bad.

All children have a right not to be bullied or hit by other children of the same age at school or outside of school time. This means that no-one anywhere may say or do anything to you that makes you feel bad.

All children who do not speak Swedish very well are entitled to an interpreter in all contact with government agencies, for example the social services, the police and the Migration Board. This means that if you have any contact with a government agency and you feel you need an interpreter, you should say that you want to have one.

How can I get help?

If you are not feeling well or if you are having a bad time at home, it is important that you talk with someone. A friend in your own age can be good, but it is also important that you speak to an adult. If you can't talk to your parents, there might be other adults that you know and trust. You can also choose to talk to someone at school – a teacher, the school nurse or the school counsellor. If you are twelve or older, you can also get in touch with the nearest youth clinic. You can find their address and telephone number at this website www.umo.se, or do an Internet search for your town plus "ungdomsmottagning".

Sometimes it is not enough to talk to someone you know. Below is some information about what to do then.

If you are being hit or if you are being exposed to some other kind of abuse by a parent or by some other adult, you should get in touch with the social services where you live. The easiest way to find their address and telephone number is by doing an Internet search for the town where you live plus "socialtjänsten".

You can also call the police. Call 112 if it is an emergency, otherwise 114 14.

If you are not getting enough to eat or if you are having a bad time at home in any other way, you should also get in touch with the social services where you live.

If you are not happy with the social services, you can get in touch with the National Board of Health and Welfare. You can find their address and telephone number here:

<http://www.socialstyrelsen.se/omsocialstyrelsen/kontaktaoss/hittaregionaltillsynsenhet>

If you are being bullied or hit by any children of your age at school or outside of school time, you should get in touch with an adult. At your school, the head has a responsibility for ensuring that you are not bullied or hit.

If you are an asylum-seeker, you can find some very important information in lots of different languages here:

<http://www.migrationsverket.se/info/3706.html>

BRIS

If you can speak or write in Swedish, BRIS can also provide a lot of help and support. There is no charge, and your anonymity is always maintained. You can ring, e-mail or chat on-line with an adult at BRIS. Or if you like, you can share your experiences with other children of your own age on the BRIS Forum.

You can call BRIS on 116 111. Lines are open Monday to Friday from 15:00 to 21:00 and Saturday to Sunday from 15:00 to 18:00.

If you want to chat on-line, e-mail or say what's on your mind, register and log on to the BRIS website at: <http://www.bris.se/?pageID=68>.

BRIS
BARNENS RÄTT I SAMHÄLLET