



## Our policy implies that we, as neighbors, when we for any reason are worried for ongoing domestic violence:



**Ring the bell**  
or knock on  
door



**Find other  
neighbors**  
for help and  
support

More neighbors can  
contribute to increased  
security



**Call the  
police**

Make sure to call the police  
at first hand if it is a  
threatful situation or  
emergency

**If worried** for caretakers lacking in ability and care for children´s best, please advice help and contact **social service** and report an “**orosanmälan**”

### **To knock on the door can be the difference between life and death!**

When we do so, we can stop ongoing violence and abuse.

If the situation feels uncomfortable knock and go to a safe place.

**Knocking on the door** itself can stop the violence and send a message both to victim and perpetrator that help is on its way.

**You can save someone's life!**

# DOMESTIC COURAGE

## A POLICY CONCERNING VIOLENCE IN CLOSE RELATIONSHIPS

**Violence in close relationships** is now classified as a global public health problem. National surveys about people's safety show that the vast majority of people exposed to violence in close relationships do not report the aggressor. As a result, many experience violence in their lives every day. Every year, over 20 people are killed through violence by the other party in a close relationship; the majority are women, but children and men are also killed by close family members. In Sweden, 50 cases of violence in a close relationship are reported every day. These are cases of violence by a close family member, usually in the home - which should be the safest place on earth.

This is what we call micro-events, which can lead to survival strategies for people in need and give macro-effects. We also know that at least 100 people are raped every day. Of these, only 17 are reported. The majority of all rapes (particularly those that are not reported) are by the other party in a relationship. By acting together, we can prevent rapes that take place in close relationships. Research shows that victims dare to make more resistance if they know that help is at hand. They will dare to put up a fight (that can be heard and seen) if they know that their neighbours will help them. This knowledge means that we, together, can help our fellow human beings.

**Save The Children estimates** that one in ten children in Sweden live in homes with violence. That is at least 200,000 children! These children run a ten times greater risk of being subjected to physical violence later in life, and they often expose others to violence. We can stop this chain of violence, and to do it we need to help each other make a better life for these children. We also know that at least 300,000 children live in homes with drug or alcohol abuse and/or mental ill health. This can lead to such children not receiving the care they are entitled to and developing harmful behaviour towards themselves or others. These children, too, need as much protection and help as possible. It could be as simple as offering them something to eat or drink when we know that the adults in the family are unable to take care of themselves or the children. We can maybe give them a safe haven when they can't find any peace at home, or report cause for concern to the Social Services so that the children are noticed and helped.

By neighbours deciding to act together, lives can be saved, and children can be given a brighter future. Act now by calling in on neighbours you are worried about, check how things are with them, and contact the police if there is an emergency or a threatening situation.

REMEMBER THAT  
NOBODY CAN DO  
EVERYTHING  
- BUT EVERYBODY  
CAN DO  
SOMETHING!

