



Chat anonymously  
every evening between 20-22  
and find out how we can  
help you.

unga  
relationer.se

Is the person you're with so jealous it makes life difficult? Do they bombard you with texts and want to know where you are, or threaten to spread pictures if you break up? Do they use violence or tell you you're worthless? Have you ever gone along with sex even though you didn't want to?

**There are many different kinds of violence but it's never ok. You have the right to a healthy, safe relationship.**

Get in touch with us anonymously so we can support and help you no matter whether you want support or you have a friend who needs support.

**Support and information** if you are under 20 and experiencing violence in your relationship, are a friend, or use abusive behaviour. The chat is **anonymous** and is **open every evening between 20-22.**

You can read about different kinds of **violence**, the **warning signs** and what a **healthy relationship** can be like here.



Does your jealousy make you angry? Have you ever pressured someone into having sex? Or do you always want to know what the person you're with is doing and who they hang out with? Have you ever used violence?

Contact us **anonymously** so we can help you if you are wondering about your own behaviour or have a friend you think needs help.

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