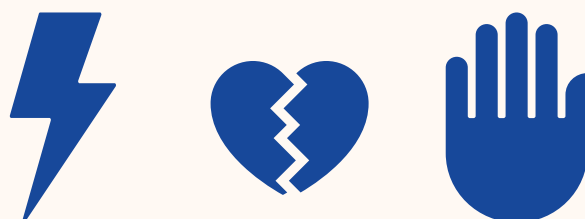




EXPERIENCE AND KNOWLEDGE OF
BOYS' VIOLENCE AGAINST GIRLS
AND ABUSE IN YOUNG PEOPLE'S
INTIMATE RELATIONSHIPS



A year with ungarelationer.se- experiences and knowledge about boys' violence against girls and abuse in young people's intimate relationships

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FOREWORD

by Zandra Kanakaris



He says he loves me but he still hits me.
He has sex with me even though I don't want to.
If I leave him he'll kill me.

These are the words of one of all the young girls who have turned to ungarelationer.se for support and help in the last year because of the abuse they have been subjected to by their boyfriends, who are often of the same age.

Most people today agree that men's violence against women has to end – this is also Sweden's sixth political gender equality goal – but to get there, society has to realise that boys' violence against girls is at least as serious as men's violence against women – and also more common. The work to stop young boys exerting violence against girls has to be given priority. Young girls in particular must receive better support and protection and there must be a greater awareness of the extent to which young girls are subjected to abuse in their intimate relationships.

This is the reason why we launched ungarelationer.se one year ago. We saw there was a huge need, a lack of public discussion about the need to focus on boys' violence against girls, and also a lack of support, knowledge and initiatives to deal effectively with the widespread problem this is for society.

But we could never have imagined just how great the need would be.

Over **216,000 unique visitors** have turned to ungarelationer.se in the first year, more than **5,400 conversation contacts** have been initiated by young

people in the chat function and over **28,000 people** have done the test "Am I in a healthy relationship?"

The majority of those who have received support are girls under the age of 18 – in other words, children – who have been subjected to some form of abuse by a current or former male partner. Most of them had never told anyone about the abuse before they came into contact with ungarelationer.se.

We must do everything in our power and leave no stone unturned in the effort to end men's violence against women. One measure, that Swedish society has not yet properly investigated, might be to invest significant resources (economic and other) in taking the first steps to counteract boys' violence against girls. This might be in the form of preventive measures, support for victims, and treatment and consequences for the perpetrators. Only then can we come close to the vision of an equal society free from violence. We cannot risk more young women's lives being destroyed or, in the worst case, lost.

Zandra Kanakaris is the Secretary General of 1000 Möjligheter which runs ungarelationer.se

SUMMARY

Ungarelationer.se, Sweden's national support and knowledge platform to counteract boys' violence against girls and abuse in young people's intimate relationships, was launched on the 1st of February 2019. In this report we present the statistics, what we have learned and the initiatives taken. This is a summary of the content.

From the experiences that young people share with us, we learn the extent to which they have told someone about the abuse before they contact us (not very often), what support they have had from society (often inadequate), how old the perpetrators are, and what forms the abuse takes. Physical, emotional, digital and sexual abuse that was previously largely invisible, taking place in silence, has thus been made visible.

About ungarerlationer.se

Counteracting boys' violence against girls is essential if we are to meet the sixth gender equality goal to end men's violence against women. Despite this, there have been few initiatives and measures focusing specifically on this.

This is what makes our national support and knowledge platform, ungarerlationer.se, unique. During the year we have reached virtually all young people aged 15-20 in Sweden through our information campaign. The site had more than 216,000 unique visitors, over 28,000 people did the "Are you in a healthy relationship?" test and over 5,400 contacted our chat. Ungarerlationer.se is now a young people's equivalent to Sweden's National Women's Helpline (Kvinnofridslinjen) and the phone line Choose to Stop (Välj att sluta).

Ungarerlationer.se contributes to our understanding of boys' violence against girls and abuse in young people's intimate relationships, and ensures young people are met appropriately, as well as giving them the opportunity to have instant support from adults.

We are optimistic that the initiatives promoted via the site and the chat support, where the range of initiatives to prevent abuse and promote healthy relationships give the site a groundbreaking ability to reach so many young people, will lead to permanent changes

on both an individual and societal level.

Young people can also be allocated a support contact so they can chat with the same person once a week. After ten weeks, they assess the outcome together, and there is then the opportunity for further contact if it is needed.

This support makes it possible for many young people to leave a destructive relationship that includes abuse, or at least to talk about it to an adult close to them for the first time. Most say they have not told anyone that they are experiencing emotional, physical or sexual abuse because they do not understand the implications of the actions they have been subjected to. They do not know what these different forms of abuse include and they do not know that what they are being subjected to is a criminal offence. This is rarely something that is covered in the relationships and sex education taught at school.

Who seeks support in the chat?

The majority of those who contact us are girls who have been subjected to abuse in their intimate relationships with boys. The most common form of abuse they describe is emotional abuse, followed by physical, then sexual and finally digital abuse. A combination of different forms of abuse is common.

Most are under 18 – that is to say, children – and they have usually not told anyone else about the abuse.

The abuse girls are subjected to is more brutal, more sexualised and has more severe consequences than the abuse the boys are subjected to.

Boys who are subjected to abuse often describe physical abuse, but rarely fear for their lives or that they

will suffer injury – whereas it is common for girls who are subjected to abuse to feel afraid of what might happen if they try to leave the relationship.

“I’m terrified of my boyfriend. He’s threatened to post photos if I don’t have sex with him. And he hits me. He wasn’t always like this. I’m still at school and I hardly dare to go now because we go to the same one. I can’t get away from him there either, he hits me when no-one can see and he’s had sex with me there too.”

The stories told by young people in same-sex relationships also contain abuse, and it is often brutal. Many young LGBT+ people visit the site and are given support, but we believe the need is greater and we hope to reach out to more people in this group in the future, with more targeted information.

The perpetrators

“I’ve talked to my girlfriend about all the things I’ve done to her. Hit her, insulted her and forced her to have sex with me.”

During the year, around three people who use abusive behaviour contacted the chat each week. Young perpetrators of abuse in intimate relationships did not have anywhere to turn before ungarelationer.se. Today, it is a national equivalent of the Choose to Stop helpline, adapted for young people.

The boys who say they use abusive behaviour are more likely to describe more brutal, more serious and sexualised forms of abuse than the girls who use abusive behaviour, who more frequently describe emotional abuse and who are themselves more often victims. In this context, it is interesting to note that the most-read text in the knowledge bank is “I abuse my partner”.

This might indicate that many perpetrators visit the site, but, for obvious reasons, actually contacting us and saying what you have done is a much bigger step than reading about it. This is, nonetheless, an important first step towards making contact later and choosing to stop using abusive behaviour.

“I force her to give me a blow job and make her have sex even though I can see she really doesn’t want to. I might have said she’s disgusting and a whore. I’ve grabbed her a few times,

wrestled her to the ground and said things like it’ll get worse if she doesn’t give in. Then she doesn’t say anything, or else she cries.”

The fact that so few perpetrators are convicted and face consequences is a serious problem and a major obstacle to preventing boys’ violence against girls.

For the group who do have some insight and contact us, a further problem is the lack of access to initiatives and treatment for young perpetrators in intimate relationships.

We performed a mapping exercise to identify instances to which we could refer perpetrators. We found there were very few organisations around the country that took perpetrators under the age of 18. This is despite the fact that municipalities now offer more help to adult perpetrators than previously. We can offer help at our centre in Stockholm but the area we cover is very limited, both geographically and in relation to the resources we have for this in our organisation.

Nonetheless, ungarelationer.se offers all young perpetrators of abuse a continuous chat contact, with the objective of stopping the abuse and making sure it does not reoccur in the future. Reaching young perpetrators and offering help is, of course, essential if we are to prevent this abuse.

“I want to be a better boyfriend. I get irritated about little things. Raise my voice to my girlfriend, grab her in a way I actually don’t like. I know I’ve made a lot of mistakes.”

The influence of pornography

The influence of pornography on young people’s relationships is very evident and frequently appears in the girls’ stories, especially in connection with sexual abuse.

“Sometimes he wants to watch porn before we have sex. He’s done everything with his last girlfriend. I don’t want him to think I’m not as good, feels like it’s easier just to go along with what he wants. But he wants me to like suck his dick and he forces it way down my throat. Then I can’t breathe. He thinks it’s sexy. I feel really bad. His guy friends do the same with their girlfriends and I haven’t been with anyone else so I don’t know.”

The 200 young people who participated in our reference group prior to the launch of ungarelationer.se agreed that the poster with the text “Do you have to agree to breath play?” was the single most important. It is also the most clicked-on advert on Snapchat. Unfortunately, it is often the poster that adults do not want to display. This shows there is a serious lack of understanding of young people’s everyday lives and the influence of pornography, which becomes very clear when young people themselves describe the grossly sexualised abuse that pornography contributes to.

Collaboration

The ungarelationer.se initiative is also distinguished by a creative collaboration with other partners in society. One example is the concurrent “Jealousy is not romantic” (Svartsjuka är inte romantiskt) campaign, which we run jointly with all the county council boards and the Gender Equality Agency to raise awareness of the abuse in young people’s intimate relationships.

We have also worked together to produce a body of material to help adults who want to raise awareness of boys’ violence against girls and abuse in young people’s intimate relationships in their work with young people. This material is being distributed throughout Sweden, and can be downloaded from www.ungarelationer.se/material.

[Ungarelationer.se](http://ungarelationer.se) also collaborates with several coordinating associations (who organise an operative collaboration between municipalities, regions, the Social Insurance Agency and the Public Employment Service, aimed at the part of the population which is not in education or employment) as well as with their umbrella organisation NNS, the national network for coordinating associations, which is part of a government assignment to develop methods to identify abuse at an early stage and to mediate appropriate efforts.

[Ungarelationer.se](http://ungarelationer.se), NNS and the coordination associations have arranged joint conferences to spread information about this work in various places around Sweden, in an effort to reach out to professionals who meet young people and to politicians in municipalities and regions and inform them about ungarelationer.se and abuse in young people’s intimate relationships.

The UN Convention on the Rights of the Child, the Istanbul Convention and the national strategy to counteract men’s violence against women

Article 6 of the Convention on the Rights of the Child sets out the child’s right to health and social security. But the young people who turn to ungarelationer.se, of whom the majority are still children according to the law, have until now frequently been left entirely alone in their vulnerability. Their experiences of humiliation and emotional, physical and sexual abuse in their very first relationships have immense, deeply harmful effects on their physical and emotional health as well as social welfare. They threaten to seriously limit their opportunities to develop and to benefit from their human rights.

In this respect, there are encouraging signs that ungarelationer.se will be able to contribute to permanent change, on both an individual and a societal level.

Sweden has ratified the Istanbul Convention, whose aim includes the protection of women against all forms of violence and the prevention, prosecution and elimination of acts of violence against women. Article 3f states clearly that the definition of women in the Convention also includes those under the age of 18.

Sweden is also working to implement Agenda 2030 and its global goals, of which goal 5.2 states that all forms of violence against all women and girls in the public and private spheres must be abolished.

Since 2017 we have also had a national strategy for men’s violence against women. The second principle in this is “Greater awareness of the exposure of girls and young women to violence”.

The first follow-up of the strategy, in January 2020, states that this particular principle, which specifically mentions what the strategy stresses is the most vulnerable group of victims, is the principle that appears least frequently and is found in only 11 per cent of the more than 200 measures identified in the follow-up report. The principle appears in fewer measures contained in the other goals and is completely absent from the measures to fight crime.

The framework for the follow-up also contains an analysis of the perspective of the child. This states, among other things, that better support for young

people subjected to abuse in intimate relationships may be needed, such as help to report the abuse. It also points out that mapping crime in intimate relationships involving people under the age of 18 must be based on documentation from the Swedish National Council for Crime Prevention, (Brå).

The analysis further points out that the strategy often refers to men and boys who use abusive behaviour collectively, with no differentiation between them either in the support or treatment efforts or in the framework for the justice system. They further write that “on the indicative level, awareness must be raised in order to discover young people’s exposure to abuse in intimate relationships and efforts to support those who are already victims of abuse must be further developed” and that “when it comes to abuse in young people’s intimate relationships, preventive efforts are needed on all levels”.

Against this background, it is clear that not only does our national support and knowledge platform, ungarelationer.se, fill a big void but that there are also major failings in the work to counteract boys’ violence against girls.

What should be done?

Given that much has already been achieved in a very short time, with a cost efficiency second to none and huge potential to prevent abuse and promote healthy relationships, a continued investment in ungarelationer.se should receive government funding as soon as possible. This would be best achieved through a government assignment which would include a follow up and evaluation.

Men’s violence against women begins with boys’ violence against girls. We therefore demand an immediate action plan which should start with the ten points we list at the end of this report.

WHAT IS UNGARELATIONER.SE?

Ungarelationer.se is Sweden's national support and knowledge platform to counter boys' violence against girls and abuse in young people's intimate relationships.

THE PLATFORM CONSISTS OF

A SUPPORT CHAT which is open every evening between 20.00 and 22.00 for everyone up to the age of 20 who is a victim of abuse, a perpetrator or a friend of a victim or perpetrator.

A KNOWLEDGE BANK with specially adapted texts for young people that describe the warning signs, different forms of abuse and what a healthy relationship can be like. It contains texts aimed at victims of abuse, those who use abusive behaviour, and young people that have a friend that is abused or abuses someone.

A QUIZ "Are you in a healthy relationship?" which has ten questions.

Support adapted to the individual

In the chat, everyone who belongs to the target group is offered a personal support contact. This means they chat to the same volunteer for about an hour a week for ten weeks. At the end of this period they assess the outcome together, after which the conversations can continue for a further period of time, take place less frequently or come to an end. The aim is that the person seeking support does not have to talk about their experiences to a different

volunteer each time they chat, gets continuous support throughout the process and may, at some stage in the future, be ready to receive more far-reaching support.

The volunteers have access to a national mapping showing in which parts of the country IRL support is available for those under or over 18 respectively, both those who are victims of abuse and those who use abusive behaviour.



We use the term abuse in this report to describe physical, emotional, sexual and digital abuse. The term abuse always refers to all forms of abuse unless otherwise stated. At times we use the term violence to point to the structures behind the abuse, such as in mens' violence against women and boy's violence against girls.

BACKGROUND

The 1000 Möjligheter foundation has met and worked together with young people and professionals, both online and IRL, since 2010. We are experts in questions related to boys' violence against girls and abuse in young people's intimate relationships, young victims of prostitution, and work with young boys to prevent abuse. We run the websites ungarelationer.se and ellencentret.se.

1000 Möjligheter fights for the rights of children and young people every day. Everything we do is based on our expertise in questions of violence, sex, gender and power. We work to prevent young people from subjecting others, or themselves being subjected to, abuse. Our work takes place throughout Sweden as well as in international projects.

Järfälla Tjejjour was founded in 2005, and five years later, when it was reorganised as 1000 Möjligheter, it became Sweden's first youth support centre. Our target group is now children and young people. Everything we do is based on feminist ideas, and we believe that changing destructive masculinity norms is one of the most important keys to preventing abuse.

We work with an inclusive approach without hiding structures. This means, among other things, that we can have a gender power perspective and at the same time offer individual support and help to all young people who have experienced abuse in a relationship or who are in prostitution.

After working for many years on a broad basis with young people who were victims of abuse – and also with young perpetrators – **we began to see something was missing: we could see clear failings in both knowledge and support when it came to boys' violence against girls and abuse in young people's intimate relationships.**

The lack of support and knowledge was reflected in

the experiences of the young people that came to us for support, and it was clear from their stories that they did not know where to go to find help for what they were being subjected to. **What is more, these young people often did not know that what was going on could be defined as abuse and that they themselves were victims of a crime.**

We also noted that the perpetrators were often boy-friends or other boys of the same age or somewhat older, with whom the girls had an intimate relationship.

When we took a closer look at this we also saw that neither society as a whole nor the authorities concerned had given the matter any great consideration. The situation was also very different around the country. Some support efforts for young people, for example, did not target young people subjected to abuse in intimate relationships, and we found no examples where the social services had initiated investigations based on this type of vulnerability. This was despite the fact that the general advice² states that a child welfare investigation must be initiated and that this is mentioned specifically in the handbook on violence³. Boys' violence against girls scarcely received a mention in the public debate, where the focus was on adult women subjected to violence by adult men. When it came to the vulnerability of young girls, the focus was primarily on sexual harassment and rape in public places.

Our conversations with young people in our support

work and in our violence prevention work in schools and youth support centres showed they often wanted to speak more about relationships. The picture young people painted was that they were being taught about sex but virtually nothing about relationships.

This, in combination with the fact that pornography, which has become increasingly more violent, is now just a click away in everyone's mobile phone, makes it difficult for young people to learn to navigate how a non-violent, mutual and healthy relationship should be.

As Sweden's first youth support centre we have, since 2010, also come into contact with young perpetrators in our chat conversations. It became obvious early on that while the municipalities had begun to offer more help to adult perpetrators of abuse than previously, they organised very few initiatives for perpetrators under the age of 18.

Taken together, all this made us think we should investigate the need for better support and initiatives to tackle boys' violence against girls, as well as initiatives to raise the level of knowledge.

We began with an assessment of the current situation, which confirmed our feeling that very little had previously been done in this area. While we did find some research⁴ and a number of more general initiatives, it was only in the US that we came across specific initiatives.⁵ The idea of creating an equivalent to the National Women's Helpline, but for young people, and also for perpetrators and friends, was born. We also wanted to test the idea that it would contain a form of knowledge bank, with written texts that are easily accessible. We wanted all the texts, images, terminology and campaigns to be adapted to the target group, and we invested a lot of time and resources in anchoring these with them.

We began by employing a reference group coordinator, who was tasked with meeting young people in various constellations and arenas such as schools, trade fairs, events, sports clubs and youth clubs. In addition, field workers, teachers and youth leaders helped us to ask questions and test our ideas.

We have used written questionnaires and had verbal conversations, with individuals and in groups.

In all, over 200 young people of varying ages have helped to shape what is today ungarelationer.se. Some of the key and most frequent comments were:

- When young people hear terms like “protection of women” and “men's violence against women” they think of an adult woman with children whose husband beats her. They don't think that it is just as likely to be a 16-year-old girl who is being abused by her boyfriend who is the same age.
- Young people in general lack the images and terminology to describe boys' violence against girls and abuse in young people's intimate relationships
- They said that they haven't heard, seen or read anything about these situations anywhere.
- They knew very little about what can be defined as violence, apart from brutal physical violence. “Violence” was therefore not the right word to use in describing our work.
- The young were looking for a test they could take to find out if they were in a healthy or an unhealthy relationship.
- They would prefer to chat than to call if they wanted support.
- What they really wanted was for that kind of support to be open round the clock, or in the evenings.
- They would prefer to chat with a volunteer rather than an employee because “they listen because they want to, not because they have to and they get paid for it”.
- It would be better if the publisher was not a public authority “or something like that”.
- They thought that schools should have an obligation to teach them about different forms of abuse and how to treat each other in a relationship, and to tell them that abuse is never acceptable.
- Anonymity was vital to give them the courage to seek support.

Based on all the information we received from the young people, the analysis we had conducted earlier and discussions with professionals, we came to the conclusion that 1000 Möjligheter was a suitable actor with the right expertise and experience to implement an initiative that would lead to a national support and knowledge platform, which was given the name ungarelationer.se.

Preparations

A major recruitment effort was launched to increase the existing force of volunteers so that we could meet the needs in the chat, which would be open every day.

We received over 250 applications. All those who were interested had to answer a number of questions in order to move on to step two of the recruitment process, which was an interview that included questions about any personal experiences they had processed, their values, and an assessment of their personal qualities, suitability and commitment.

40 applicants were selected and took part in a specially designed training programme that comprised 32 hours spread over ten weeks. The training was designed to ensure those seeking support would be met appropriately and receive the best possible help.

It covered, among other things, men's violence against women, boys' violence against girls, abuse in young people's intimate relationships, the law, LGBTQ issues, masculinity norms, groups that are particularly vulnerable, conversation methodology, how to approach those who made contact and how to approach and talk to perpetrators. It also included practical exercises.

To start with, more experienced volunteers sat in with all new volunteers during their chat sessions to advise them in more difficult support contacts.

All chats with the new volunteers were also monitored by the psychologist who is responsible for our support work.

After the initial phase, only random samples of chat conversations were read, as well as those flagged up by the volunteers themselves – something they can do after a particularly challenging chat or if they want feedback about how they handled the call.

All volunteers also take part in a mandatory follow-up group coaching session with the psychologist responsible for our support work.

Prior to the launch of ungarelationer.se, we mapped the IRL support in place around Sweden for those under and over 18 years of age respectively, both victims and perpetrators.

This was done by sending questionnaires to all the support centres (women's, girls' and youth support centres) and complemented with surveys of the range of support activities and young people's clinics offered by the municipalities.

The objective of the mapping was to give the volunteers a tool which would enable them to direct those seeking support to the appropriate instance in their local area as the next step in receiving direct help.

KNOWLEDGE OVERVIEW

There is relatively little research on the subject of abuse in young people's partner relationships – or intimate relationships, as they are often called – compared to the research field of children and abuse in general.

In Sweden, Brå has published a brief analysis based on material from previous national crime surveys, in addition to which two Swedish researchers in particular, Carolina Överlien and Sibel Korkmaz, have most clearly focused on this in their work. There is one ongoing study titled "*Våld mellan ungdom i nära relationer – prevalens, sammanhang och ungdomars egna röster*" (*Violence between young people in close relationships – prevalence, context and young people's own voices*), which is financed by the Swedish Crime Victim Authority (Brottsoffermyndigheten) and led by Carolina Överlien, with the participating researchers Sibel Korkmaz, Hélène Lagerlöf and Stefan Wiklund. The final result is expected during the spring of 2020.⁶

A brief overview of what we learned is given below.⁷ The conclusions are largely confirmed by what we at 1000 Möjligheter have learned from our meetings with young people during the first year of *ungarelationer.se*. To learn more about the research mentioned, see the footnotes and the reference list at the end of this report.

Prevalence

The figures from Brå show clearly that different forms of abuse in intimate relationships not only affect adult women, but are exerted to at least the same extent against young women and girls.⁸

In Brå's brief analysis, 23 per cent of young women aged 16–24, that is to say almost one in four, say that they have been subjected to abuse on one or more occasions by a current or former partner.

The abuse takes the form of systematic humiliation, threats, harassment, attempts to limit their freedom,

assault or sexual crime. The equivalent figure for boys was 14 per cent.⁹

About the abuse

One definition of abuse in young people's intimate relationships is that *it constitutes a pattern of repeated violence or repeated threats of physical, emotional or sexual violence where the perpetrator and the victim (young people between the ages of 13 and 20) are in an intimate relationship. The violence can take place either online or IRL.*¹⁰

Researchers who study the abuse that occurs in young people's intimate relationships argue that this should *be seen as an urgent problem for the welfare of children and young people*. One important aspect of the result concerns gender; girls report having been subjected to all forms of abuse to a greater extent than boys.¹¹ While other studies show that girls also use abusive behaviour in relationships, or that both parties use abusive behaviour, it is clear that gendered patterns recur and girls report that they are, to a greater extent than boys, subjected to gross abuse, abuse that causes injuries and sexual abuse.¹²

There are both similarities and differences regarding the abuse that occurs in adults' and young people's intimate relationships. The abuse is similar in many respects, but the circumstances and the context can differ. One difference is that teenagers and young adults *often do not know what is appropriate behaviour in an intimate relationship and do not know what constitutes violent and controlling behaviour.*¹³

Young people are also in an ongoing socialisation process where there is a high risk that the abuse they subject their partner to, or that they are subjected to by their partner, will be normalised. This, in turn, has the potential to lead to a greater risk

of abuse in future relationships, for both the victim and the perpetrator.¹⁵

Because of their age, young people are often dependent on their parents, and most of them are still at school. This can have a bearing on how people around them respond to the abuse.¹⁶

Young people rarely tell anyone about the abuse, but if they do, they tell a friend.¹⁷

If young people are to receive the help they need, it is essential that abuse in young people's intimate relationships is not defined as bullying, or reduced to being viewed as a "teenage problem", "love troubles" or "lovers' tiffs".¹⁹

One study showed that the main reasons young people didn't talk about the abuse was that:

- 1. The abuse was seen as a private problem.**
- 2. They didn't trust the competence of adults and/or professionals.**
- 3. They wanted to protect either the perpetrator or the relationship they were living in.¹⁸**

Digital abuse

Digital abuse is a conspicuous aspect of young people's relationships, but it should be seen not as a new type of abuse, but as an element of the emotional abuse.²⁰

Digital abuse gives the perpetrator new and more comprehensive ways to control and harass. Even if the victim chooses to leave the relationship, digital tools have prevented many victims from breaking completely with their former partner.²¹

One challenge facing young women is that they are expected to use digital media to be accessible on their social network at the same time as they must protect themselves from the abuse they are being subjected to through the same type of tool.²²

The gendered aspect of abuse

Studies have shown that the consequences for young people who are subjected to abuse in intimate relationships differ depending on gender. *Young girls who are subjected to this type of abuse, for example, are more likely than boys to experience a number of negative consequences such as depression, panic attacks, eating disorders and suicidal thoughts. There are also indications that the consequences for*

girls who are subjected to abuse are much more serious than for boys who are subjected to abuse.²³

Brá's brief analysis shows that girls are also more likely to be subjected to repeated abuse.²⁴

Young women have a tendency to play down the abuse they are subjected to in their relationships.²⁵

Young women employ various strategies to resist the abuse. Actions such as playing truant or "going along with" sex which is not consensual may be seen as destructive ways of handling situations, but they can also be understood as young women acting to protect themselves, or as an attempt to avoid making the situation worse.²⁶

Studies have shown that young women risk being subjected to abuse in intimate relationships – and remain in them – as a result of, among other things, inequality, gender-related power structures, gender-stereotypical expectations of behaviour as well as social and cultural pressure.²⁷

Pornography as a factor of influence on young people's relationships

One major European study²⁸ shows that there is a link between being continuously exposed to pornography online and the exertion of some form of abuse in intimate relationships. There was a significant link between boys' use of sexual coercion and assault and regular consumption of pornography online. It was also highly probable that they would have sent sexual images or messages.

Boys who regularly consumed pornography online were also significantly more likely to have stereotypical perceptions of gender. In particular, the study's researchers stressed that sex education should focus on a critical understanding that helps young people to see the violent and gender-stereotyped values that exist within pornography.²⁹

Responses and responsibilities of society and the individual

It is essential that all of us who meet young people reflect on how we respond and react to young people's accounts of abuse in an intimate relationship.³⁰

It is possible that the way in which parents react to the abuse in young people's relationships influences both resilience and resistance among young people. It is clear that parents have a central role in young people's stories of abuse. We should therefore ask whether they can and should intervene in their child-

ren's intimate relationships in order to promote resilience.³¹ Schools are an important arena to look at when it comes to responsibility and counteracting abuse in young people's intimate relationships, both because of the time young people spend in school and because of the fact that the victim and the perpetrator may attend the same school and even be in the same class. *Despite this, one study contained examples showing that, from a young person's perspective, schools did not react³² to what the young people had experienced. It should be possible for schools*

to promote resilience for young people who are victims of abuse, but this requires both an awareness of abuse in young people's intimate relationships and active responses.

The social responses from their most immediate network, such as friends, family and school staff, have an important influence on young people's own responses and resistance, and consequently on their resilience.³³

Finally, we want to highlight some important questions for future research from a study from 2018 in which researcher Carolina Överlien writes:



How does this influence a 15-year-old girl who has met her first boyfriend and who, because of inexperience, knows little about what to expect in an intimate relationship, what she as a young girl should or should not accept and what rights she has?

What effect will it have on her future relationships if she is denied her autonomy and her rights in her first relationship with the opposite sex?

What will the consequences be for her social life, her academic achievements and her health?

Further, it is essential that future research also focuses on the teenage boys who exert violence.³⁵

It is of the utmost importance that we listen to the voices of young people themselves if we are to gain a full picture of the abuse and an understanding that will enable us to put an end to boys' violence against girls and abuse in young people's intimate relations-

A first step for professionals working to counteract abuse in young people's intimate relationships is to start to actively ask young people about their experiences of abuse.

If they discover such experiences, the next step is to affirm, validate and take the young people seriously.³⁴



Information to encourage and help professionals to routinely use a questionnaire for young people that includes questions about their experiences of emotional, physical and sexual abuse can be found on the National Network for Coordinating Associations' website.

Under the same link, professionals can also find help for how to use the questionnaire on abuse in the form of a checklist, method support and summaries of young people's exposure to abuse.

You can find this information here:

www.nnsfinsam.se/stoppavaldetunga

hips in the future. We hope that the knowledge and experience we have gained from the first year of ungarelationer.se and compiled in the report will contribute to this.

DISSEMINATION AND IMPACT

In its first year, ungarelationer.se had a huge breakthrough in the media.

During the year, the name Ungarelationer.se appeared in 261 articles, in national media as well as in the local and regional press distributed in all the Swedish counties. This type of abuse was thus made more visible. The phrase “boys’ violence against girls” appeared in only one article in 2018, compared with 84 articles in 2019.

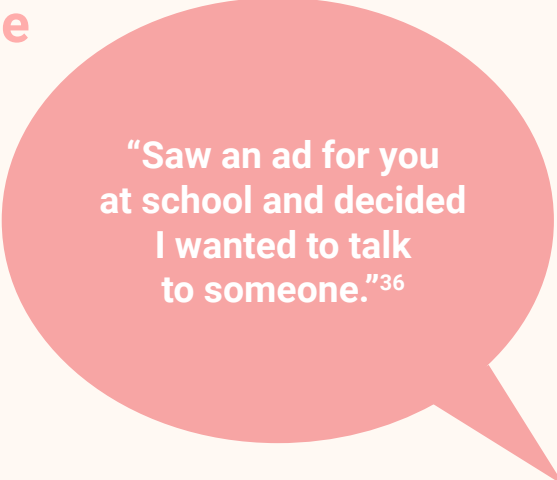
Posters and contact cards were sent out to all upper-secondary schools in Sweden as well as to all youth support centres during the year, and we see now that more and more young people say that they found us through “posters and similar”.

The most common way they find us, however, is through social media. During the year we have advertised in channels used by the young and which the reference groups themselves have chosen – Snapchat, Instagram and Youtube.

Our goal has been to make ungarelationer.se a name our target group recognises and to steer traffic to the site where young people can find information, ask for advice and receive support.

A follow-up of our effort showed an unusually wide reach in the target group and we estimate that we have reached almost all young people aged 15-20 in Sweden, in some way. According to SCB, this group represents around 685,000 people. Visitors to the site have come from all over Sweden, from Trelleborg in the south, to Kiruna in the north, from both big cities and rural areas.


This success is explained partly by our choice of channels and partly by the manner of our advertising, which has been developed and tested together with young people from the target group.




“Saw an ad for you at school and decided I wanted to talk to someone.”³⁶



We have reached almost all of Sweden's young people aged 15-20.



“Keep on advertising like you do! It’s awesome and it’s the reason I’m here!”



“Saw an ad on instagram and thought it was a good idea to come here because there are things I’ve been keeping to myself for months.”

On Instagram we have reached 580,000 young people and this is the most popular advertisement.



On Snapchat we have reached 533,645 young people and the advertisement that has had the most swipe ups is "Do you have to agree to breath play?"



This is how those seeking support answered the question about how they heard about us

45,7% Social media

10% Someone suggested our site

29% Google

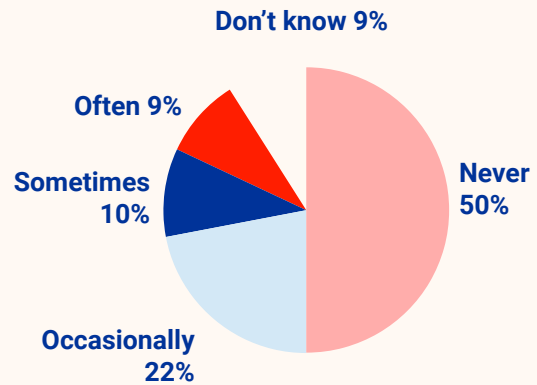
15,3% Info/poster/contact card picked up from school, youth support centre or similar

THE QUIZ: “ARE YOU IN A HEALTHY RELATIONSHIP?”

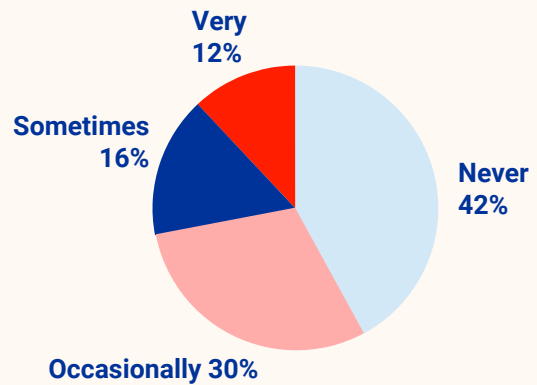
The quiz, which consists of ten questions, is a very popular feature on the site. In one year, the quiz has gathered over **31,500 responses** from more than **28,500 unique users**. The results can be found below. They should be interpreted on the understanding that this is how the young themselves see their situation. We can also assume that some adults have done the test out of curiosity and we can see that some people have done it more than once. Nonetheless, it makes interesting and important reading and illustrates how young people perceive their relationships.

The fact that over 38% of the answers indicate that they have felt forced to “go along with” sex is very serious, as is the fact that more than half say that their partner’s jealousy has affected them negatively. It is also extremely worrying that 27.4% say they have been afraid of their partner and almost 5% say they often are. The results from the quiz also appear in the accounts given in the chat, with the difference that the threats and fear of images and films being spread appear much more often than the answers in the quiz indicate. This may be partly because of the articulation of the question “threatens” – the young often feel that no threat is needed; simply knowing that it might happen is enough.

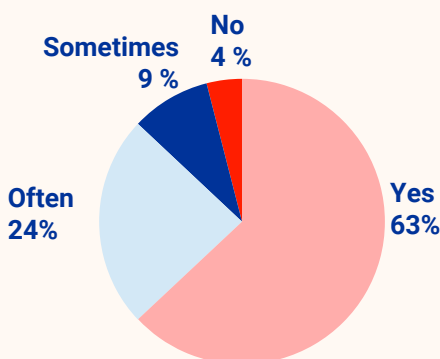
My partner has secretly read, or demands to get to read, my messages or emails



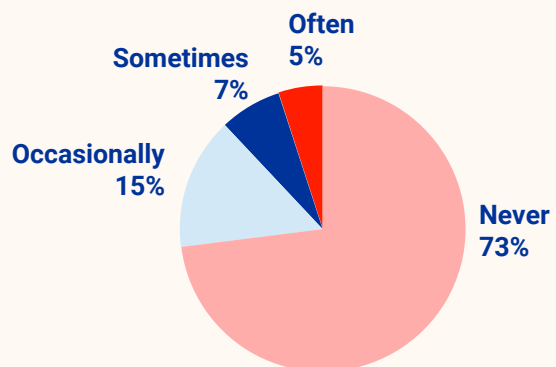
My partner's jealousy affects me negatively



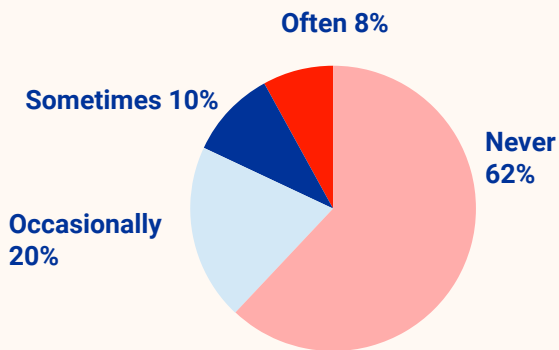
I feel like I can be myself together with my partner



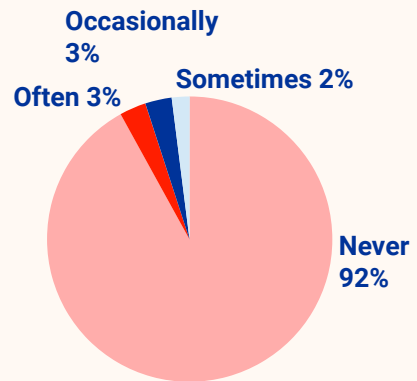
I'm afraid of my partner



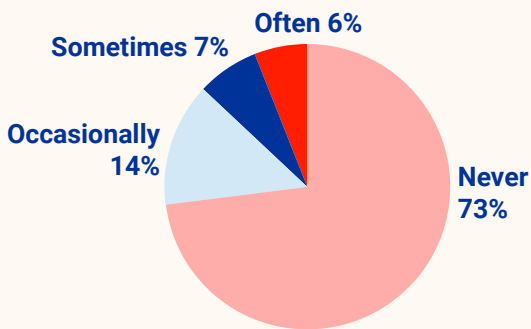
I feel I have to agree to having sex



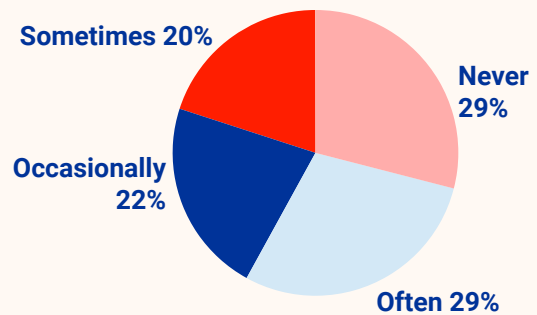
My partner threatens to spread pictures of me



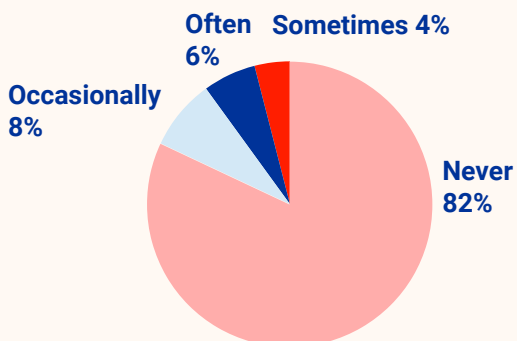
My partner grabs or pushes



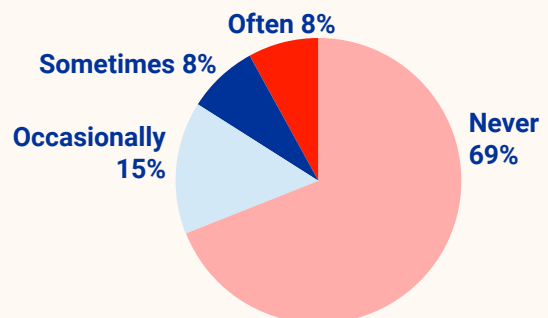
My partner wants to know where I am and who I am hang out with



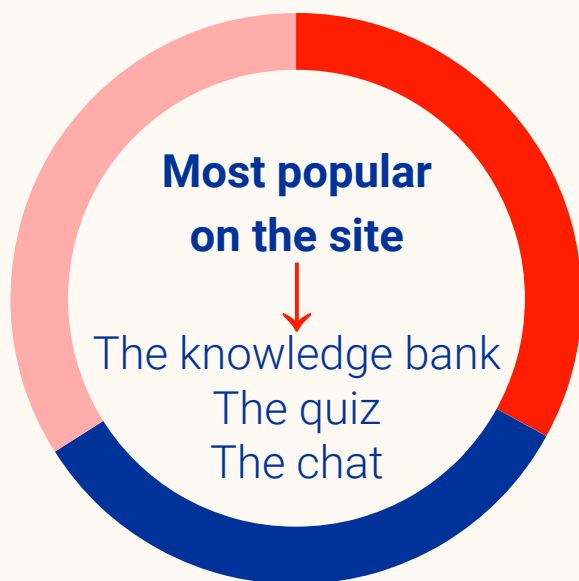
My partner threatens to hurt themselves, me or someone I know if I don't do what they want



My partner calls me derogatory and bad words



STATISTICS IN BRIEF



5449

Conversations during the first year



216 936

Unique visitors to the site



The average conversation lasted

48 MINUTES

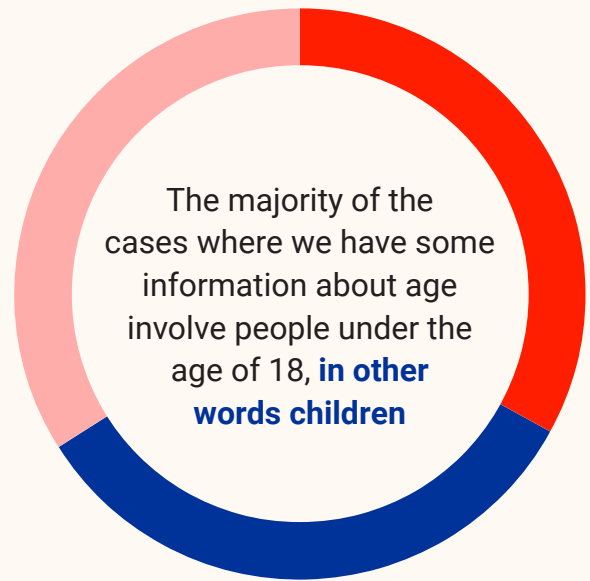
THESE ARE THE TEN MOST-READ TEXTS IN THE KNOWLEDGE BANK

1. "I abuse my partner"
2. 8 warning signs of an unhealthy relationship
3. What counts as abuse?
4. About abuse in relationships
5. What is a healthy relationship?
6. "My partner abuses me"
7. Porn
8. "I know someone who..."
9. Hide your visit
10. Abused when ...

The chat conversations

Around one conversation in four is what we call a “silent” conversation – the visitor logs on to the chat but does not write anything. This might be a first step towards daring to tell, to test how it works and see if anyone answers, as well as who does and how.³⁷

In 57% of the conversations, the conversation is specifically about abuse – in other words, these belong to the core target group. But the question of abuse and/or relationships also comes up in a very large number of the other conversations. It is not always clear in these cases whether it is the visitor themselves or a friend who is directly affected, but we see these conversations as a vital part of the measures to prevent abuse. Many of the conversations concern what is and is not acceptable in a relationship, how to behave towards each other, and similar questions.



GENDER DISTRIBUTION³⁸

65,7% Girls
14,3% Boys

1,3% choose the alternative “Other/Don’t want to define myself”

No information given 18,7%

AGE

We have some information about age in around half of the contacts.

Under 15	14.4 %
Under 18	49.3%
Up to 20	28.6%
Over 20	7.7%

THIS IS WHAT THOSE SEEKING SUPPORT SAY

In 22% of the conversations the person seeking support has given feedback and information in a questionnaire that pops up when the chat has ended. They are asked to answer questions about their age and gender and also about the support they have received on the chat.

“Did you feel you were being listened to?”
Mean: 7.59 (of max. 10)

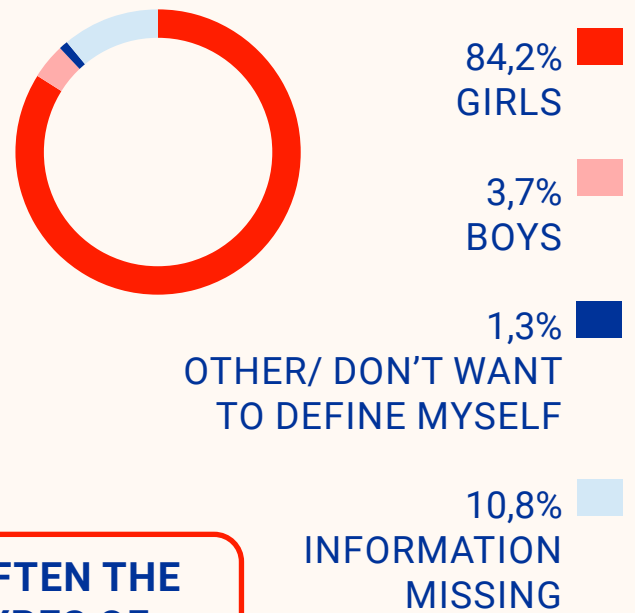
“Did talking to us help?”
Mean: 6.7 (of max. 10)

THE CORE TARGET GROUP

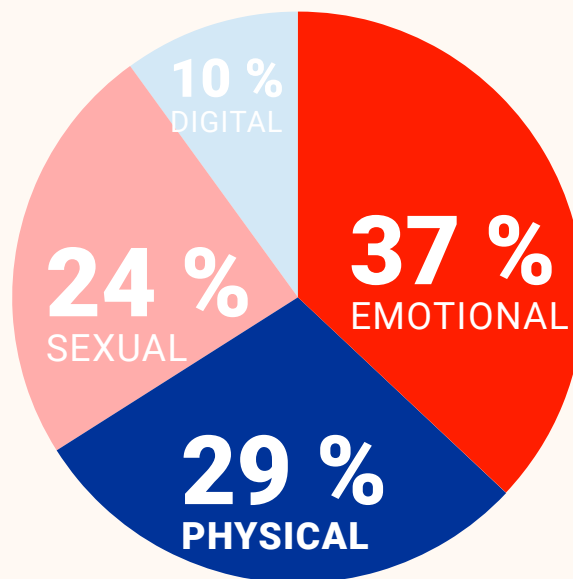
THOSE WHO GET IN TOUCH WITH US



THIS IS WHAT THE GENDER DISTRIBUTION LOOKS LIKE



THIS IS HOW OFTEN THE DIFFERENT TYPES OF VIOLENCE ARE RAISED



The most common form of abuse is emotional abuse, followed by physical, sexual and digital abuse. It should be noted that one reason for the relatively low figure for digital abuse is that it is more often classified as emotional abuse rather than "pure" digital abuse. It is probable that the figures for both sexual and emotional abuse would be significantly higher than those reported here if the young knew that what they had been subjected to in these situations is abuse.



YOUNG PEOPLE'S VOICES

All the quotations in the report come from our chats with young people or from the feedback they have given in the survey after a chat has ended. At ungarelationer.se, the visitors are informed that what they say may be used for training, to help us learn more and for research.

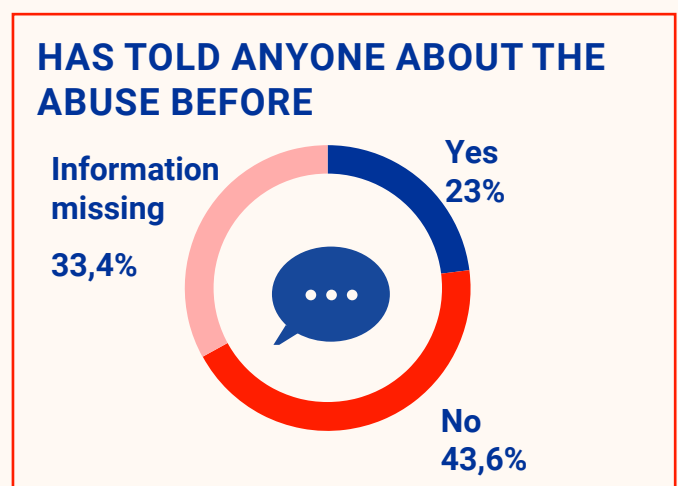
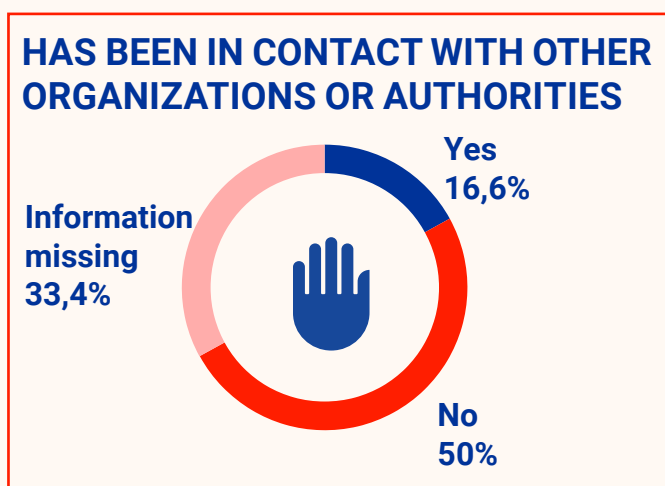
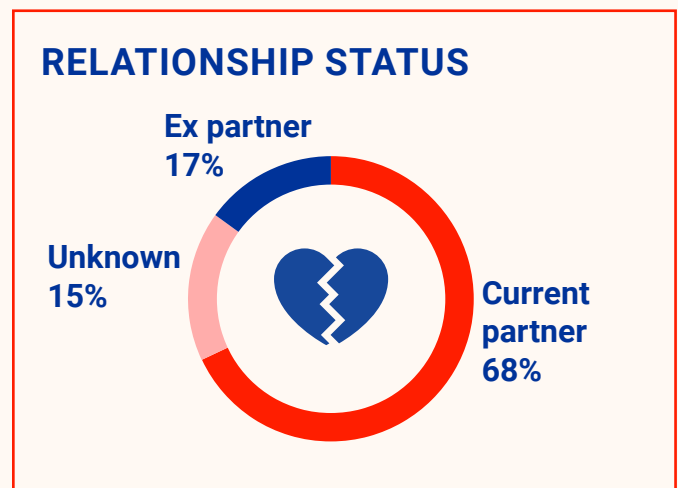
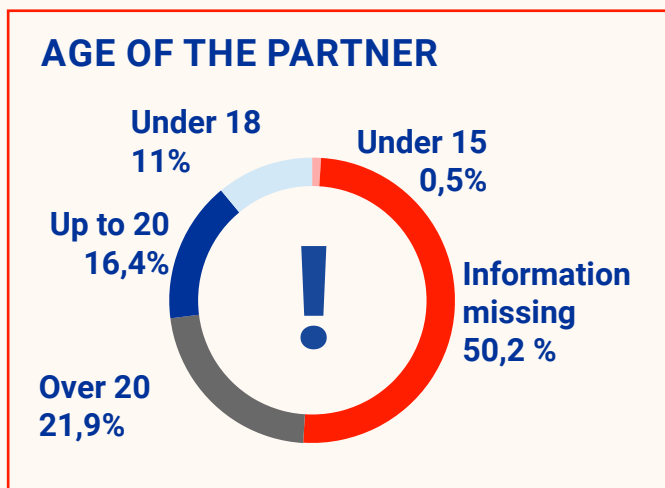
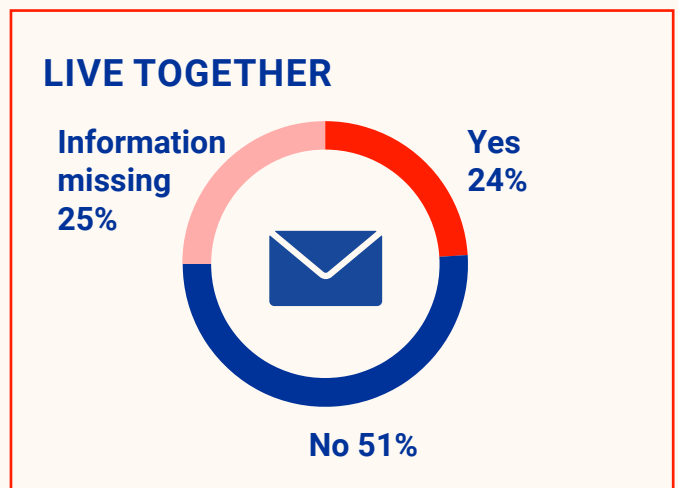
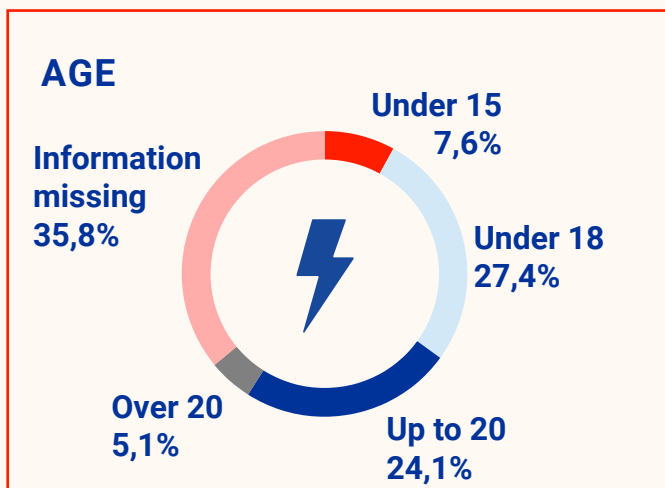
For their safety and anonymity, we have nonetheless chosen to change certain words or specific details in the quotes so that they cannot be identified.

Some quotations have also been extracted and combined from longer conversations with volunteers.

GIRLS EXPOSED TO ABUSE



1534 CONTACTS
IN 53,2% OF THE CONVERSATIONS THE VICTIM TELLS ABOUT MORE THAN ONE TYPE OF ABUSE



IN OVER A THOUSAND CONVERSATIONS, GIRLS SAY THAT THEY HAVE BEEN SUBJECTED TO BRUTAL ABUSE BY THEIR BOYFRIENDS

While we have stories from both perpetrators and friends, as well as experiences of same-sex abuse among boys, girls and transpersons, the group of young girls subjected to abuse by their boyfriends stands out. This is the case when it comes to the number, how brutal the abuse is, the consequences and the amount of abuse.

“But he hit me a few days ago, it wasn’t that serious, he slapped me and put his hands around my neck and said I belonged to him and no one else. I’m just scared that he’ll get angry and do something suddenly out of anger.”

The girls describe a completely different kind of fear from the boys who are subjected to abuse by girls – they often fear for their lives or that the abuse will cause them serious harm. It is not uncommon for them to feel that taking their life is the only way out.

“I feel I won’t be able to take it any more soon, that I’m going to give up. He said he loved me yesterday too but then he pushed me to the ground. My face is a mess. He’ll kill me when he finds out about this.”

Sexual abuse is often present in young girls’ relationships, although it is not often referred to as abuse but as something you just have to put up with.

“But there are like some kinds of sex, anal and with your mouth, that I don’t want to do but he does. But then he says things to persuade me and then I kind of feel I have to do it.”

“He’s had anal sex with me too, I didn’t want to but he made me and I couldn’t do anything about it because he held me down and just did it and it didn’t make any difference that I was crying or bleeding.”

In many cases we see a clear influence from pornography, something that the girls themselves also bring up. More about this can be found in the section “Porn – a factor of influence on young people’s intimate relationships”.

“I think my boyfriend’s addicted to porn. He watches it all the time. And he does the same things to me that they do to the girls in the porn. He’s so violent but I’m just too scared”

It is clear that jealousy is a “problem” – the girls generally adapt to the boys’ jealousy in order to avoid abuse and punishment. This can manifest itself in everything from the way they dress to avoiding contacting or seeing male friends and always being available via text and on social media. Quite simply, they limit their living space in a number of different ways.

“He gives me rules that I have to follow. I have to wear clothes that cover my bum and I’m not allowed to have male friends.”

It is important to bear in mind that some of the things the girls do can also be interpreted as means of resistance and strategies to stop the abuse from escalating. They often do things in order to preserve, at least in their own minds, a certain “essence of themselves”. It is, however, not uncommon for them to have a sense of “having lost themselves”.

“I can’t see the strong person I used to be.”

The emotional abuse often involves humiliation and constantly being called derogatory names.

“He said I was disgusting, cheap and a whore”

Many of the girls describe the difficulty of leaving and getting out of the relationship.

“There’s no proof or anything like that and if he found out I’d reported him I know he’d kill me. I don’t know how to get out of this, I’ve no one to blame but myself and now there’s no going back.”

It is also very common for the young girls to place all the responsibility, blame and shame on themselves, instead of where it belongs – on the perpetrator. This pattern can be recognised from adult women subjected to abuse.

One aspect that differs from adults, however, is that many of the young girls are in their first relationship and they often say that they do not know how a relationship should work.

“Every time we see each other we always have to have sex first, like I let him have anal sex or give him a blow job. I try to say I don’t want to. But he says that if I want to be a grown up now I have to prove it.”

As with the adult women who are subjected to abuse, many say that their boyfriend was considerate and kind at first, and maybe still has such moments.

“It’s so hard to know what to do, I mean I love him and sometimes it feels like he knows what he’s doing is wrong the day after but it feels like he doesn’t want to see how serious it is.”

Most are very afraid of what would happen if they were to end the relationship.

“I want to leave him and then he threatens to kill me and hurt my friends and everything I like.”

The boys use all kinds of threats imaginable to force the girls to stay.

“And he’s told me several times that he’ll kill himself or harm himself if we break up.”

“He threatens me and tells me all the time about how he’s hurt other girls, I know he does it to frighten me so I won’t leave him.”

Even when the girls do manage to get out of a relationship, they are still subjected to continued abuse and threats by the boyfriends who track them down, harass and threaten them, not least using digital tools.

“I really just want to get him out of my life. But it doesn’t feel like I can. He’s been like following me around everywhere. From the first time I left till now. He’s always found a way to get to me even when I just want to hide away.”

“Now that I’ve finally dared to break off contact he won’t leave me alone. He calls and threatens me with all kinds of things.”

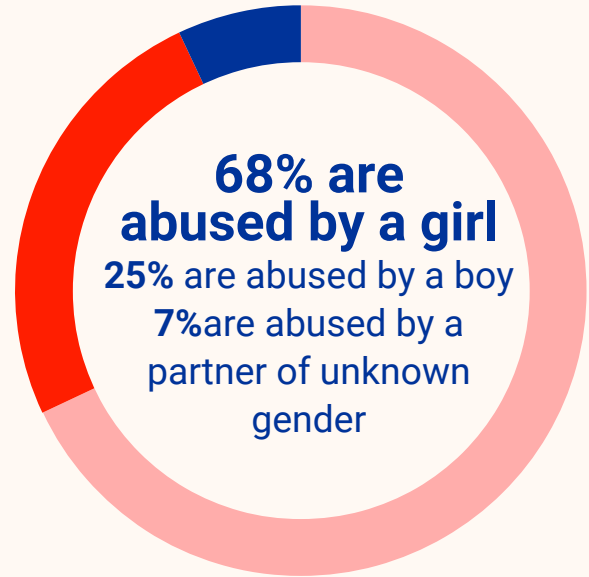
Almost everything about abuse that has emerged in research is confirmed by the young girls’ stories.

“I’m really scared of my boyfriend. He’s threatened to post photos if I don’t have sex with him. And he hits me. He wasn’t like this at first. I’m still at school and I hardly dare to go to school now because we go to the same one. I can’t get away from him there either, he hits me when no one can see and he’s had sex with me there too.”

To conclude, the picture emerges of young girls who are subjected to brutal abuse in – often their first – intimate relationships, by boyfriends who are somewhat older; that they have not told anyone about the abuse; that they think they have to “put up with it” and see no alternative to staying in the relationship and trying to change him, or to change themselves, to stop the abuse from escalating.

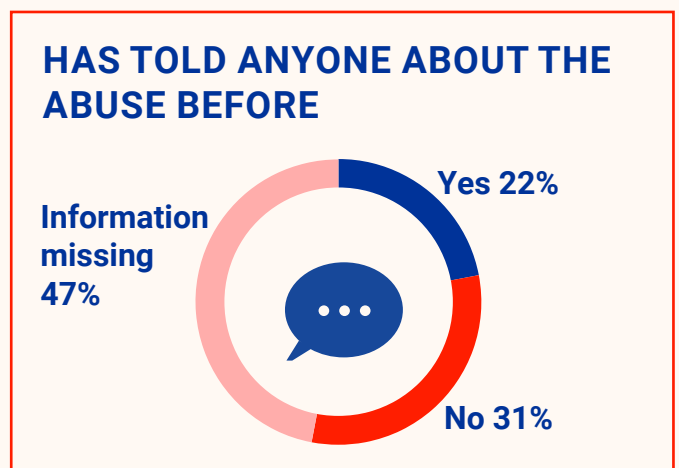
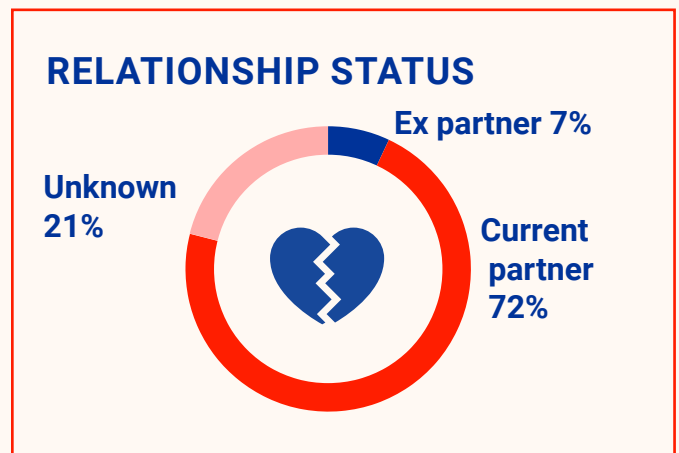
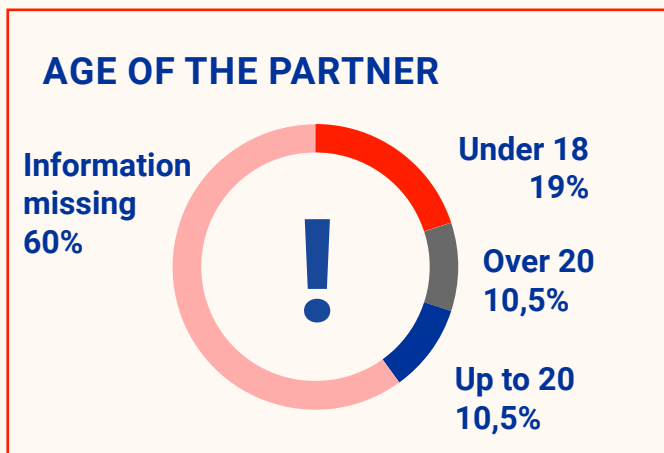
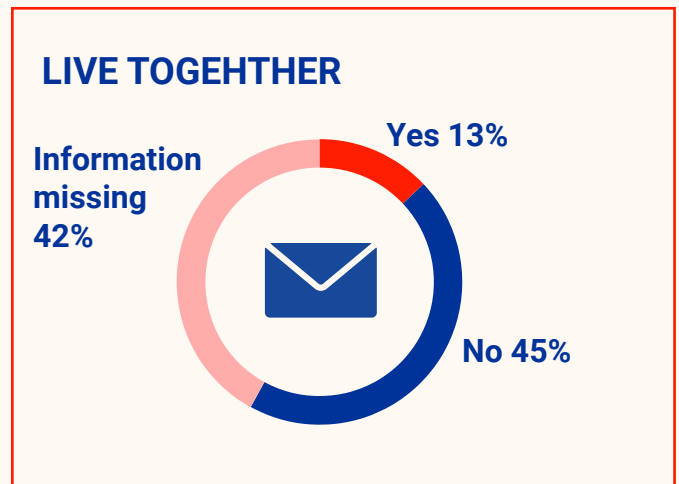
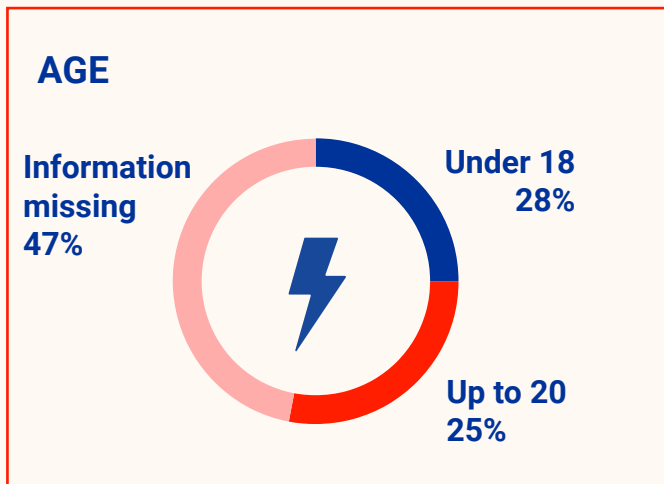
“He hits me and I’m scared. I don’t know why I still love him. Is there something wrong with me? I wish I’d never met him.”

BOYS EXPOSED TO ABUSE



85 CONTACTS

IN 29,3% OF THE CONVERSATIONS THEY TELLS ABOUT MORE THAN ONE TYPE OF ABUSE



THE BOYS MAINLY DESCRIBE EMOTIONAL ABUSE BUT RARELY SAY THEY ARE AFRAID FOR THEIR LIVES OR OF BEING HARMED

The boys' stories mainly involve emotional abuse. They say their girlfriend wants to know where they are and does not want them to have female friends.

"My girlfriend has a huge need for control and goes through my phone when I'm asleep."

Several conversations confirm that much of the control involves social media.

"She's too jealous and I want some ideas on how we can stop arguing. I have quite a lot of girls on my social media and I stopped following all the girls I had on Insta and deleted the ones on snap so she'd be able to trust me."

Less commonly, the abuse is physical.

"I want to know how to tell her I don't like things she does. Because up to now she's either carried on or said I just complain all the time. What am I supposed to say? And sometimes she hits me."

"I really like her but I read your website and some things aren't what a healthy relationship should be. She often insults me. She ignores me and then one minute she's being all loving and the next she's cold as ice. She's calmed down but there are still times when she pokes me with her elbow or gives me a bit of a slap."

The abuse is occasionally sexualised but this is nowhere near as prevalent or as brutal as that described by young girls.

"The girl I'm with always wants sex, sometimes I don't but she just nags me till we do it."

One important difference from the girls' stories of abuse is that the boys' stories do not mention fear.

If they do, they are afraid because their girlfriend has threatened to take her life (something that appears in the girls' stories, when their boyfriend uses the same threat).

"I'm with a girl who's destructive and she's threatened to try to kill or harm herself. I want to break it off but I don't want her death on my conscience."

In contrast, only one boy mentions fear for his own life or of being harmed:

"She (the school counsellor) doesn't understand what it's like to be afraid of someone you love"

This might be because the abuse is not as brutal, or because we as a society do not accept that boys can be anxious and show fear.

At the same time, it is important to understand the societal context in which we all exist and which means that boys' and men's violence, both in the public and the private sphere, is an ever-present threat for girls and women; it gives rise to fear and is something that affects every aspect of the lives of women and girls. The same is not true for boys. For them, other boys are the greatest source of threats of abuse, and then primarily in the public sphere.

This should also explain why even if the, mainly emotional, abuse boys are subjected to can affect their well-being, they are rarely afraid for their own life or of any harm their girlfriend might cause if they leave the relationship.

In a number of cases, it also emerges that the boy himself uses abuse against the girl.

"I mean we've both hit each other, but she never stops, she's always having a go at me and makes me feel small if I don't do what she wants"

THE PERPETRATORS

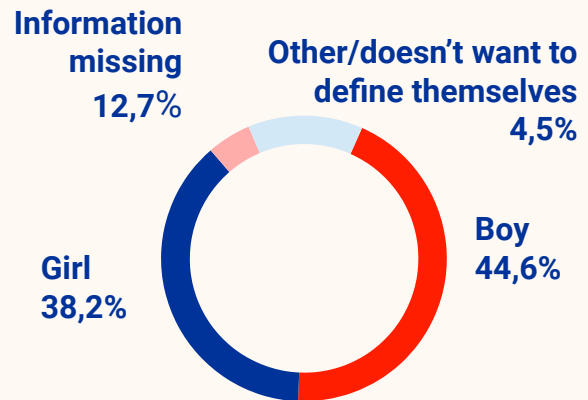
During the year, about three chat contacts a week were from people who use abusive behaviour. The boys who describe using abusive behaviour often describe more brutal, more serious and sexualised forms of abuse than the girls who use abusive behaviour, who more frequently describe emotional abuse and who are themselves more often victims of abuse.

It is also interesting to note in this context that the most-read text in the knowledge bank is “I abuse my partner”. This might be an indication that many perpetrators visit the site, but for obvious reasons actually contacting us and talking about what you have done is a much bigger step than reading about it. We hope, nonetheless, that this is an important first step towards making contact and choosing to stop using abusive behaviour.

It is vital that we do not simply look at the statistics in relation to gender and perpetrators – where we see a relatively equal balance between boys and girls. Rather, we need to analyse the content in the contact, and here a crucial difference emerges in terms of the prevalence, brutality and consequences of the abuse to which boys subject girls compared to the abuse to which girls subject boys. Another interesting observation is that 1,534 of the contacts from girls concern having been subjected to abuse and 60 about using abuse. The equivalent figures for the boys are 85 contacts who describe being subjected to abuse and 70 contacts who describe using abuse.

It is clear that the abuse has a strongly gendered dimension, and this is something that must be taken into account in the efforts and preventive work.

GENDER OF THE PERPETRATORS



The most read text in the knowledge bank is “I abuse my partner”

BOYS WHO USE ABUSIVE BEHAVIOUR

Boys who use abusive behaviour and who contact us often describe brutal abuse and, in several cases, sexualised, brutal abuse. Many of the boys who contact us and who exert some form of abuse open the conversation by talking about jealousy, which they take out on their girlfriends.

It is worth mentioning that there are also a number of young boys who seek support who do not use abusive behaviour but who do think that jealousy is a problem, even though they say that their girlfriends experience this as something positive or affirmative. “I’m really jealous so what can I do? My girlfriend thinks it’s cute but I don’t want to be jealous.”

If we make a comparison with the stories of young girls in the same situation, the male perpetrators describe using abusive behaviour that is considerably more brutal:

“I did something stupid to my girlfriend this evening. We started fighting and I was so angry I hit her.”

“I’ve talked to my girlfriend about all the things I’ve done to her. Hit her, insulted her and forced her to have sex with me.”

Sexual abuse frequently appears in the boys’ stories but is almost completely lacking when girls describe using abuse.

“I force her to suck my cock and make her have sex even though I can see she really doesn’t want to. I might have said she’s disgusting, that she’s a whore. I’ve grabbed her a few times, wrestled her to the ground and said things like it’ll get worse if she doesn’t give in. Then she doesn’t say anything, or else she cries.”

It is evident that there is often no empathy or consensus:

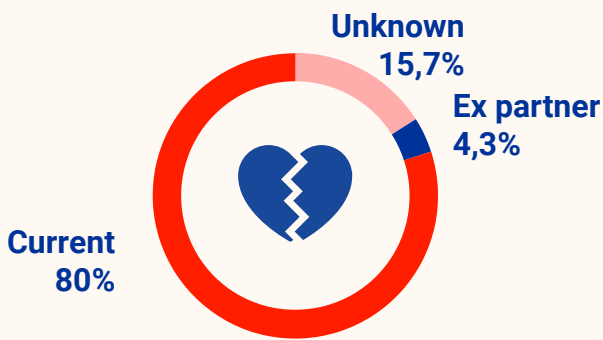
“If I sleep with a girl and choke her while we’re having sex when she hasn’t agreed to it does that count as abuse? But if she doesn’t say no when I do it, that must mean she agrees to it?”

In contrast to the girls who contact us in these cases, we see that the boys often believe they have the right to constrain, control and use abusive behaviour.

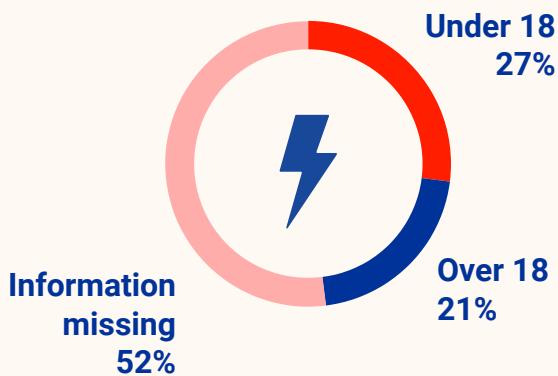
“She usually does what we’ve agreed. And I expect her to answer when I write or call.”

“My girlfriend and I have had sex but she seems to think it’s a bit too violent or aggressive. She wants it to be more gentle but that doesn’t turn me on, what should I do. Can’t I just make her like it?”

RELATIONSHIP STATUS



AGE



“I’m very jealous, how can you fix that? My girlfriend thinks it’s cute but I don’t want to be jealous.”

It is important to bear in mind that the perpetrator who contact us – and so have some form of motivation to change their behaviour – are different from the perpetrators who would never take such a step.

“I feel bad about my behaviour because I grew up in a family where my dad hit me and my mum. I feel bad when I think that I’m like him. I know it’s not ok.”

Generally speaking, we can make a distinction between perpetrators and perpetrators who seek help. The perpetrators who seek help often show a desire for some sort of change. This is, however, not necessarily out of consideration for their partner, although there are examples of this, but is just as likely to be because they themselves are affected by their behaviour, which affects their health or leads to unwanted feelings of anxiety and guilt.

“I’m so jealous that I know my girlfriend will leave me soon, I feel lousy. She says she’ll end it soon if I carry on.”

In several cases there is a clear awareness that their behaviour is wrong.

“Can’t believe she’s still with me. I don’t deserve her.”

“I do things I know aren’t ok. I touch her at night while she’s sleeping. And try to have sex.”

Yet many lack this insight.

“I nag my girlfriend to have sex too often. She doesn’t want it as much as me, then I get irritated and want to leave her and say so, so after a while she gives in, sometimes I get a bad conscience afterwards but I just tell it like it is. If we don’t have sex often enough I’ll have to find another girl. Then she usually goes along with it. But when she’s gone along with anal sex it feels a bit wrong afterwards but I always have mixed feelings, it feels wrong but nice.”

Unlike the perpetrators who seek help, very few of the perpetrators that we do not come into contact with directly, but meet through the stories of the girls who are abused, appear to have any interest in changing. They view their behaviour as justified and acceptable.

A major problem facing the group that does have some insight and contacts us is the lack of help and treatment for young perpetrators in intimate relationships. When we carried out the mapping to find instances to which we could refer them, we found that there were very few places anywhere in the country that took perpetrators under the age of 18. This is despite the fact that municipalities have now begun to offer more help for adult perpetrators. We can offer this at our support centre in Stockholm but our catchment area is limited both geographically and in relation to the resources we have for this. The capability to reach young perpetrators and offer help is, of course, decisive if we are to prevent this abuse.

“I want to be a better boyfriend. I can get irritated by little things. Shout at my girlfriend, grab her in a way I don’t like. I know I’ve done a lot of things wrong.”

GIRLS WHO USE ABUSIVE BEHAVIOUR

Girls who contact us because they use abusive behaviour often want to take responsibility and are not infrequently themselves victims of abuse.

The girls who contact us and want help to change their behaviour often do so because of what they call jealousy.

“I know I get jealous easily and even a little controlling and I don’t think it’s fair on my partner.”

Many claim they manage to keep their jealous feelings to themselves and not take it out on their boyfriends, but in other cases it constrains them and leads to a need to control.

“I made my boyfriend delete all the girls on his snap because I was jealous and I made him get engaged because I wanted people to know he was taken.”

In a number of cases, the jealousy appears to be linked to what several of the girls describe as their boyfriend’s serial infidelity:

“I’m extremely jealous, as soon as my boyfriend starts hanging out with other girls I get worried, he was unfaithful and stuff like that a lot at the start of our relationship.”

It is also very important to note that in several of the cases where a girl contacts us and says she is controlling or uses another form of abuse, it emerges that she is herself the victim of abuse. This implies that the abuse might be a form of self-defence.

“And then he got violent so I’d be quiet. And it’s hard for me to like just take it when he hits me, I want to give as good as I get. So I was in the wrong too. And that made it all worse because he just hit me back harder.”

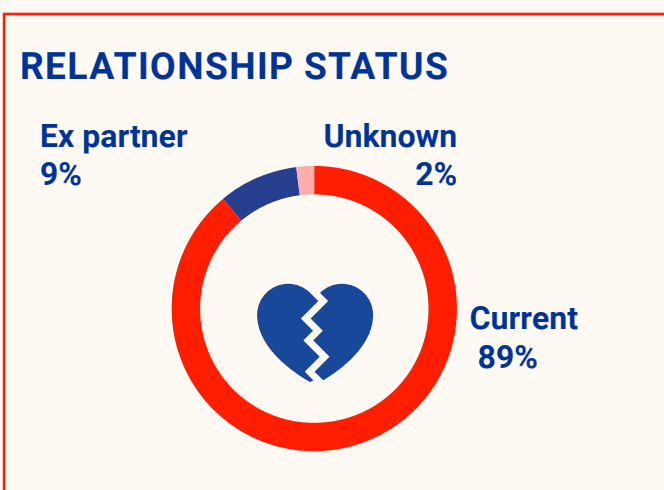
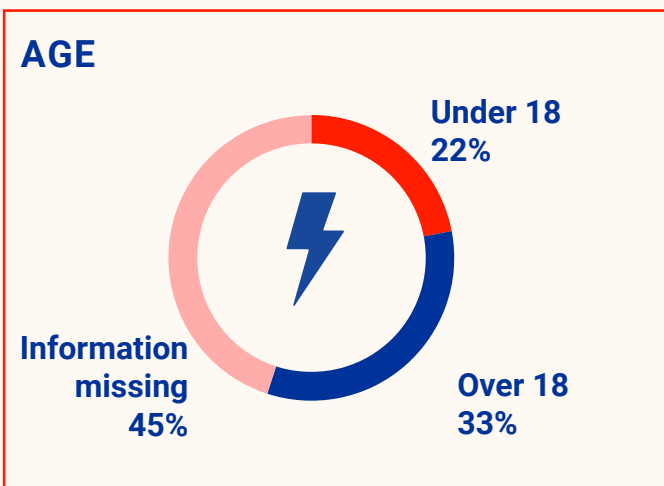
“I’m so jealous, what can I do? Sometimes my boyfriend calls me bad names or grabs me really hard but he’s someone who gets angry really easily.”

Another pattern we see is that the girls tend to take responsibility for their actions and do not want to “make excuses” by claiming they’re not feeling well, or suffering from depression or have some form of diagnosis.

“I’ve actually only been controlling once, but that’s still once too often.”

“I’m not a nice person, I take my bad temper out on my partner. I’ve got adhd but that’s no excuse.”

“Sometimes I get so horribly angry and I can’t control it, sometimes it gets physical. It affects my boyfriend and of course it’s hard for him. We used to have lots of problems in our relationship, he lied a lot and was unfaithful, but I don’t think that’s any excuse for me to behave like I do.”



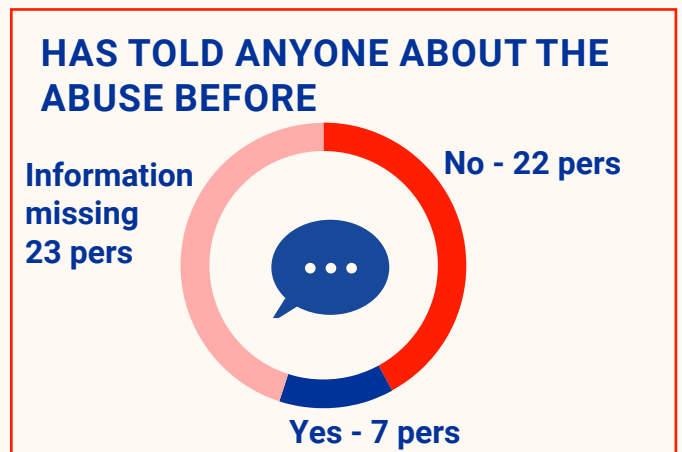
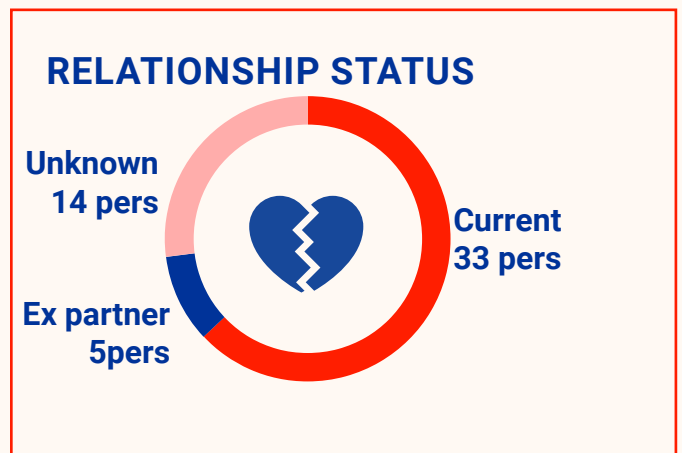
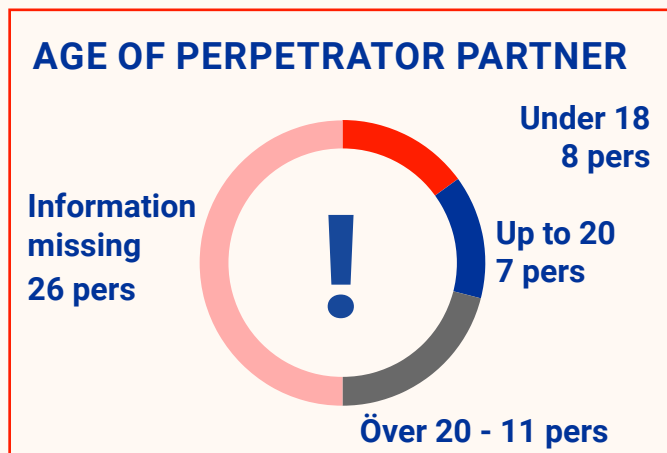
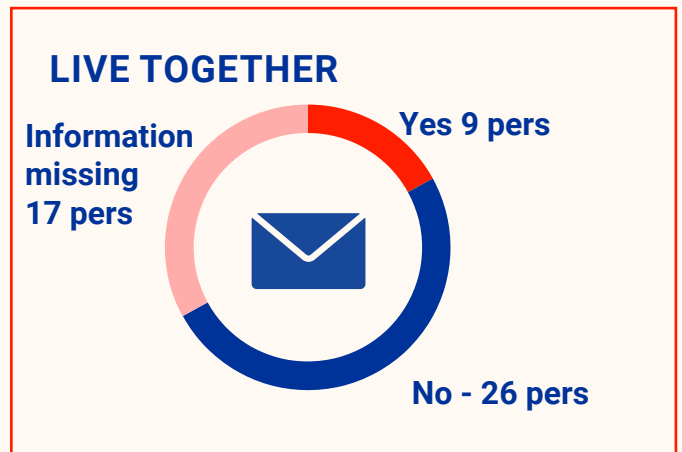
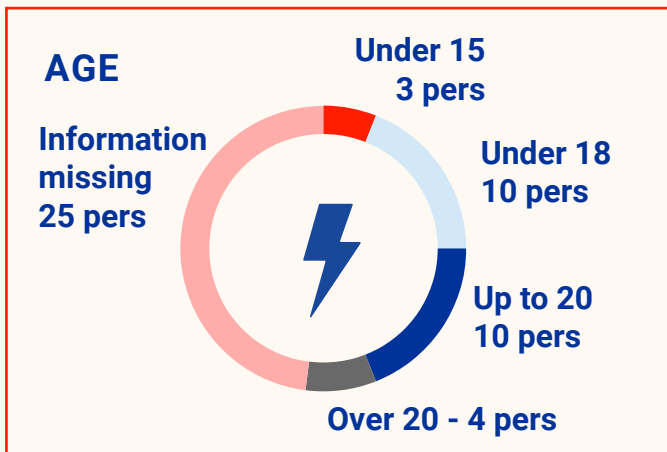
Being subjected to abuse is, of course, a very serious matter and it is important that support and protection are available for every individual affected. It is, however, important to bear in mind both the individual (boys can also be subjected to abuse by girls) and the structural aspect (boys' violence against girls is the big problem for society) at the same time, in order to implement the right preventive measures and the right support.

ABUSE IN YOUNG PEOPLE'S SAME SEX RELATIONSHIPS

GIRLS EXPOSED TO ABUSE

52 CONTACTS

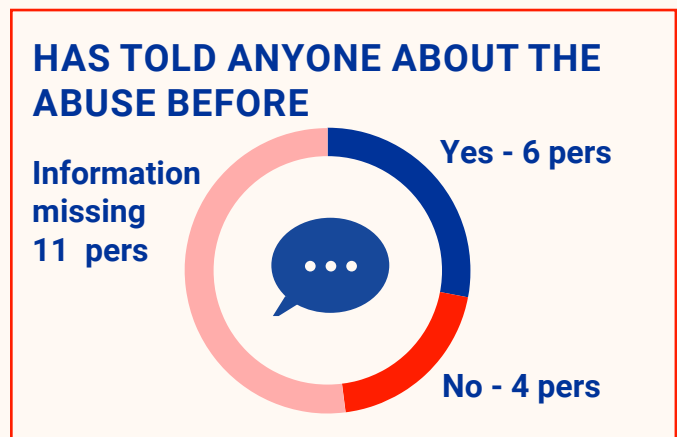
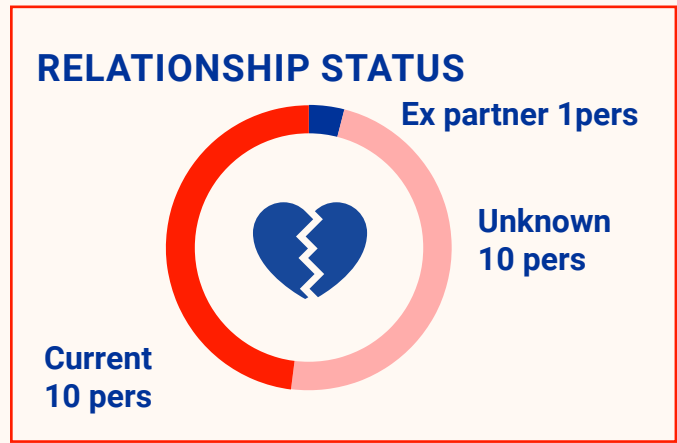
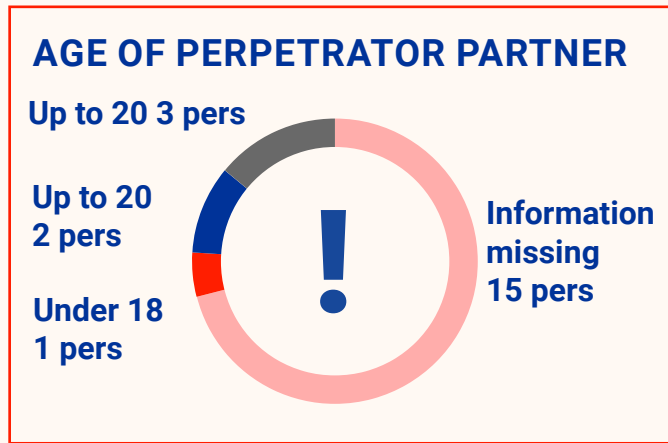
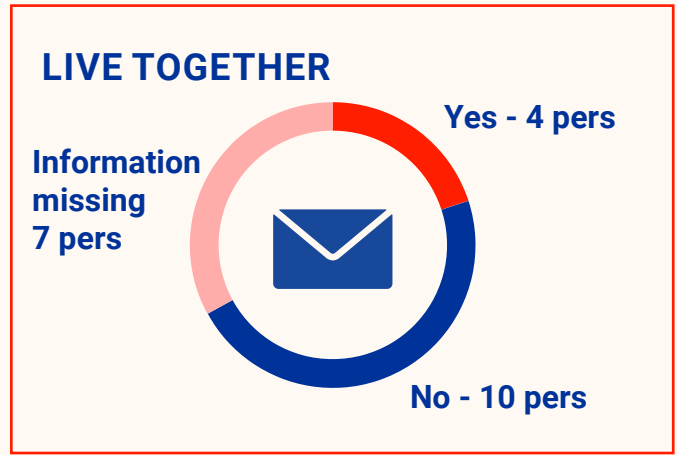
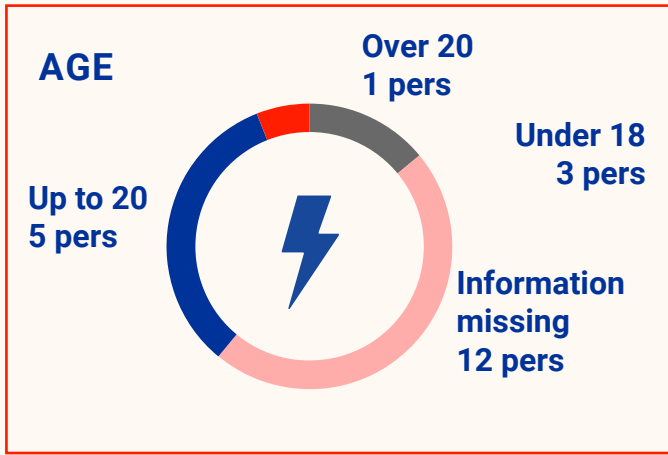
29,4% TELL ABOUT MORE THAN ONE TYPE OF ABUSE



ABUSE IN YOUNG PEOPLE'S SAME SEX RELATIONSHIPS

BOYS EXPOSED TO ABUSE

21 CONTACTS
IN ALL CONTACTS MORE THAN ONE TYPE OF VIOLENCE IS RAISED



ABUSE IN YOUNG PEOPLE'S SAME-SEX RELATIONSHIPS

There is also very little knowledge and research with regard to young people's intimate relationships and same-sex abuse. Some such experience is contained in our material, both from a vulnerability perspective and from the perspective of the perpetrator. We are very happy that this group is finding its way to us and seeking support and we plan to extend our work to further capture this specific target group. In all, we have had 52 contacts with girls who have been abused and 21 contacts with boys who have been abused. This is a small number, and so we are cautious about drawing general conclusions, but the lack of knowledge about this in society has nonetheless given us a reason to highlight the experiences which have emerged.

We can clearly see that, among both the boys and the girls, their sexual orientation not only affects their relationships in various ways but also the abuse to which they are subjected or to which they subject others. It might be that they do not dare to leave the relationship because their partner threatens to reveal their sexual orientation.

"She's not very nice. She fights. We're together in secret. My family belongs to a free church. But I'm afraid of her."

Both control and jealousy recur in these young people's descriptions, just as in the heterosexual relationships.

"She's really jealous and she makes sure she always knows exactly where I am."

Another factor that these young people have in common with those in heterosexual relationships is that they find it difficult to define the sexual abuse as abuse.

"About a year ago I had anal sex. It didn't feel nice but my boyfriend nags me till I say yes. How can I learn to say no?"

"She's a few years older than me. I really like her a lot but she's done sex stuff with me that I kind of get isn't ok. I don't want to tell her because it feels like I'm letting her down. It doesn't matter. I mean she didn't rape me. It was just a bit weird."

Physical abuse occurs in these relationships too.

"There's one thing about my partner, he hits me a lot. So when we didn't hang out he got really angry, and said he'd hit me, push me into the furniture and stuff like that."

"My girlfriend has like tried to choke me three times. The first time it happened I told her to stop, she said sorry and it wouldn't happen again. But now I just don't know."

But the stories often show that there is more than one type of abuse in the relationship.

"We were messing around and she got more and more angry and then she slapped my face and sometimes when I'm sleeping she pulls down my knickers without asking and touches me and then I usually wake up"

The perpetrators threatening to take their own life appears several times, whether expressed or implied, to make the young people stay in the relationships.

"I can't take any more of my girlfriend but I'm scared she'll kill herself if I break it off, she tried it before when I broke up with her. She's always pushing me to have sex and when we have sex she hurts me. But I've stopped caring that it hurts. But then if I bleed when we're having sex and I ask her to stop she's like why and then I don't know what to say."

"My girlfriend and I argue all the time and I don't dare to leave her, she says she'll kill herself if I do... She hits me sometimes."

Our impression is further that the abuse in same-sex relationships is as brutal and serious as the abuse to which girls are subjected by boys in heterosexual relationships.

"I'm in a very complicated relationship where my boyfriend has abused me emotionally and physically, he's even raped me, but i can't live without him and we meet in secret. I know he's not good for me but I can't stop loving him."

"I used to have an ex who got like angry just if I was tired, she could hurt our cat to make me come home and she hit me when she got mad. Yes, she did just about everything."

THE YOUNG PEOPLE WHO USE ABUSIVE BEHAVIOUR IN SAME-SEX RELATIONSHIPS

AGE OF PERPETRATOR BOYS

Under 18
1 pers



Up to 20
2 pers

Information
missing
4 pers

AGE OF PERPETRATOR GIRLS

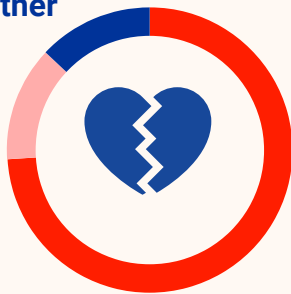
Information
missing
2 pers



Over 18
2 pers

RELATIONSHIP STATUS BOYS

Ex partner
1 pers



Unknown
1 pers

Current
partner
5 pers

RELATIONSHIP STATUS GIRLS

Current
partner
4 pers



Here too we have only a small number of cases. We have had seven contacts with boys who use abusive behaviour and four with girls who use abusive behaviour. Just as in the heterosexual relationships, the most common opening to talking about the abuse they exert is describing feelings of jealousy and control.

“I suffer from really bad jealousy. I want to know where he is, what he’s doing and who he’s talking to all the time. I’ve also read his messages in secret and that makes me feel really bad.”

“I need to have control and I’m insanely jealous. I really don’t want to be like this. But I can’t stop controlling my girlfriend.”

But in some cases, both the physical and sexual abuse they subject their partners to comes up.

“When I get angry I go completely mad and do things I regret. I check her mobile and ask her to delete people, get angry when she can’t see me and don’t want her to go around with certain people and sometimes I can get violent. I really don’t want to be like this.”

“Me and my ex bf, we’ve split up now, one time I tried doing some sex thing on him, I could see after a while he wasn’t ok with it so I stopped but now he’s told one of our friends that I raped him.”

We can see that pornography is also present in the same-sex relationships.

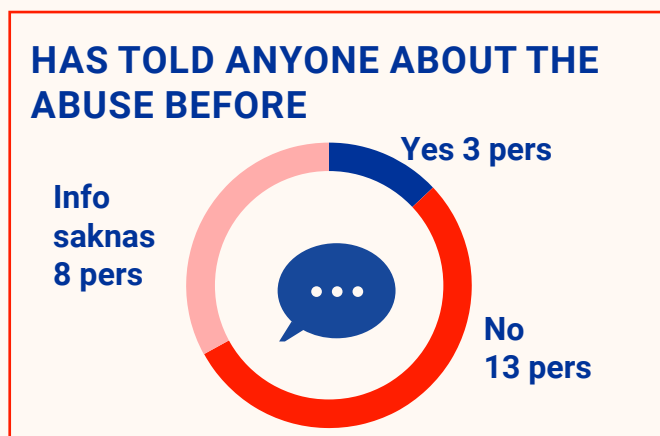
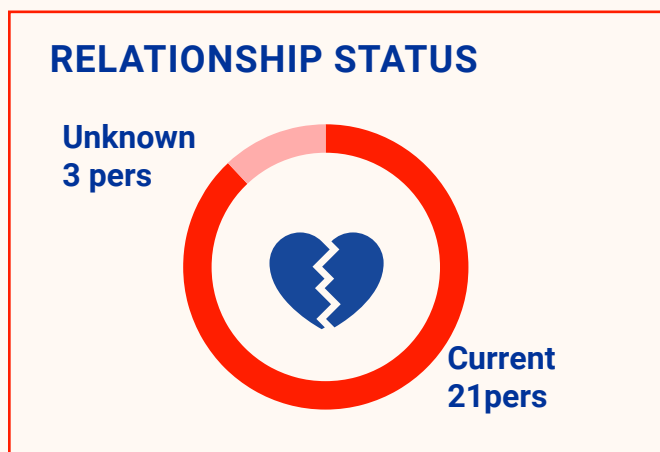
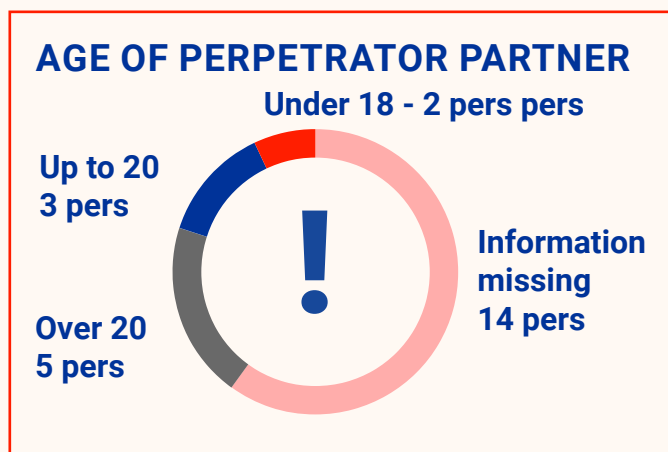
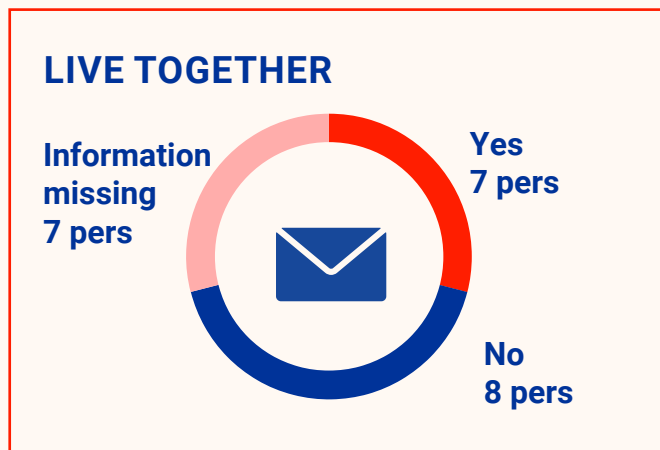
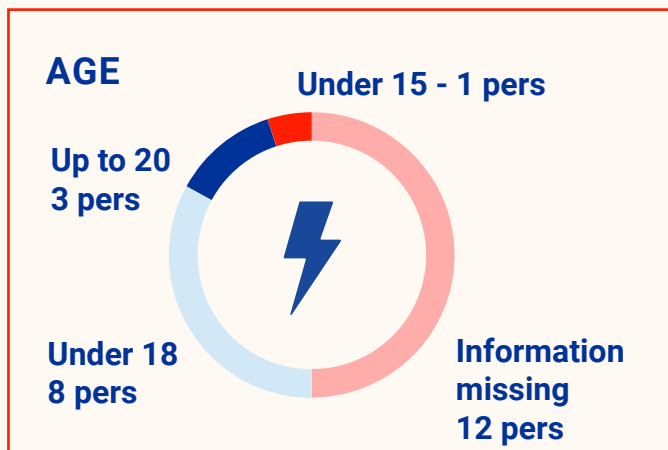
“I want to choke my boyfriend when we have sex but he doesn’t want me to so we argue. It started when I started watching porn. Having that power turns me on, so I can’t stop because right then it feels so good to be the one who’s finally kicking someone around.”

ABUSE IN YOUNG PEOPLE'S INTIMATE RELATIONSHIPS AND THOSE WHO ANSWERED "OTHER/DON'T WANT TO DEFINE MYSELF"

EXPOSED TO ABUSE

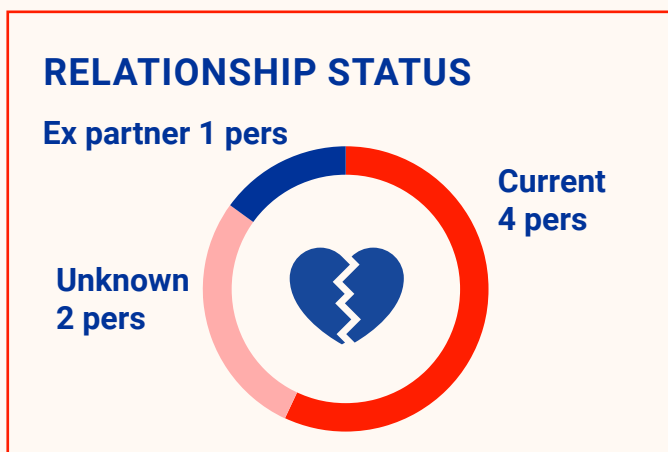
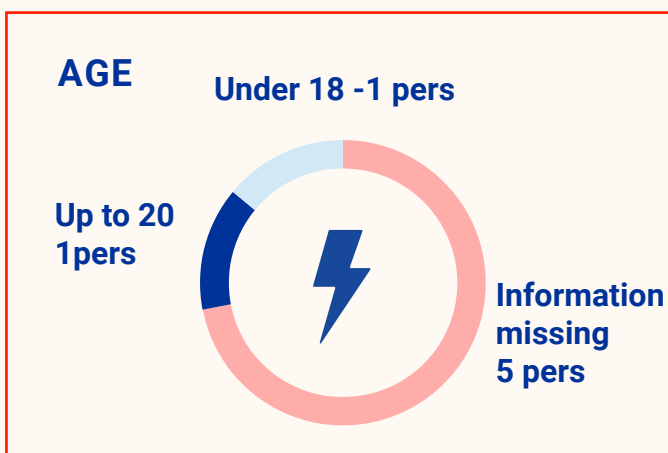
24 CONTACTS

52,4% TELL ABOUT MORE THAN ONE TYPE OF ABUSE



ABUSE IN YOUNG PEOPLE'S INTIMATE RELATIONSHIPS AND THOSE WHO ANSWERED "OTHER/DON'T WANT TO DEFINE MYSELF"

THOSE WHO USE ABUSIVE BEHAVIOUR



Our material only includes those who have responded to our survey and themselves answered "Other/Don't want to define myself" to the question of gender in this group.

While the sample may be small, we have chosen to highlight the material available to us. This is for the same reason as with same-sex relationships; that is, there is very little other material available in this area and it can be valuable to gain an insight, however small, into this. We would like to point out here too that we should be cautious about drawing general conclusions from such a limited body of material.

Jealousy and controlling behaviour is stressed here, just as in the other groups.

"What can I do to not be so controlling of my partner, have extreme anxiety and need to control"

"Never thought my first relationship would be like this, I feel like I'm with a control freak"

Physical and sexual abuse occurs in these relationships too.

"He forced me to suck his cock and slapped my face."

"My girlfriend hits me a lot and it's so hard. It started with her getting aggressive when we had sex and then it just carried on."

They also describe being afraid of their partner.

"All I really want is for him to move out but I'm so fucking scared. He totally refuses to let me sleep over at my male friends houses (even though I'm bi so it wouldn't matter). I really feel like shit."

It is worth noting that a recurring feature in some of these contacts is that people who have filled in "Other/Don't want to define myself" and have relationships with boys in order to avoid negative reactions from those around them are subjected to abuse by these boys. So we could say that it is the difficulty people around them have in accepting these young people that leads to them ending up in relationships in which they are subjected to abuse.

"I'm expected to go along with his sex stuff all the time and if I don't want to he hits me. But then I persuade myself that I do want to because I want to try to convince myself that I'm not a lesbian. And my parents are so happy because now they think I've got a boyfriend and not a girlfriend. I just want to have a boyfriend to make people happy."

"The only reason we're together is so I can hide it from my parents that I don't like boys but I really hate having sex with people who have a dick."

"I'm in therapy because of my ex – he hit, threatened and raped me. I'm bi and I want to be with girls but I don't dare to be open, someone I know got so much hate when she came out. I've been with a girl before, it was good."

The picture of the abuse that emerges among the people who filled in "Other/Don't want to define myself" is just as brutal as the abuse that girls are subjected to by their boyfriends.

"I'm trans. I'm bullied for being gay but I only like boys and my boyfriend helps me so much but then he says we have to have sex and sometimes I want to but often he just does it. I love him but I don't like when he ties me up and pushes it up my bum. Today he made me give him a blow job."

PORNOGRAPHY AND YOUNG PEOPLE'S INTIMATE RELATIONSHIPS



PORNOGRAPHY – A FACTOR OF INFLUENCE IN YOUNG PEOPLE’S INTIMATE RELATIONSHIPS

We knew from our previous experience of working with both support and prevention of abuse that pornography is present in young people’s lives. Nonetheless, the fact that it plays such a prominent part in their stories, and in particular in connection with the sexual abuse that girls are subjected to, is something that needs to be noted and specifically acknowledged.

“He pulls my hair, forces me to have his penis in my mouth. I was really shocked. But he’s said he watches a lot of porn, often with some kind of anal sex, it’s horrible and it hurts. But he doesn’t understand that. He gets angry and irritated when he doesn’t get sex the way he wants it. But he doesn’t understand that porn isn’t real sex.”

It is clear, from the thousands of conversations we have had with young people, that pornography is a factor that has a strong influence on their relationships.

“I’m scared of my boyfriend. Sometimes he hurts me sexually. And it’s hard too because he watches such a lot of porn and he wants us to do the same things he’s seen in the videos, sometimes they’re things I really don’t want to do.”

The 200 young people who took part in our reference groups agreed that the poster with the text “Do you have to agree to breath play?” was the single most important.

It is also the poster that has been the most clicked-on advertisement on Snapchat during the year. Yet it is often this poster that adults do not want to put up, or do not order.

“Saw an ad on insta about breath play. Do you have to do it? My boyfriend always wants to. I don’t really. I fainted once but I got back to normal afterwards.”

Just as with other types of violent acts, the girls place the shame and the blame on themselves instead of where it belongs – with the person who is abusing them.

“He wants to try new things all the time... and it hurts me so bad (once I threw up on him after he’d forced his penis in my mouth and I couldn’t breathe, couldn’t get any air and he got so mad with me and screamed that that never happens in the films and that I’m disgusting and stupid) I felt ashamed for several days afterwards.. I’m still ashamed..”

The effects of pornography appear in story after story, both direct and indirect effects and both from the perspective of the victim and in the stories of the perpetrators. In some cases they are very clear, as in the cases where girls explicitly state that their boyfriends force them to do things they’ve seen in the porn videos.

“He’s addicted to porn. He says he feels like a man when he does those things to me. I told him to stop but he got angry. Sat on me and put his hands around my neck. Then he spat on me and said it would be better for me if I didn’t resist so much.”

Acts which are very common in today’s mainstream pornography – such as breath play, deep throat and ass to mouth (a2m) – are things the boys want to try on their girlfriends.

“He wrote like want to slap your face with my dick and that he wants to pull me by the hair and take me from behind, choke me, and even piss on me.”

“He like makes me say yes, persuades me somehow, to lots of weird sex things, like choking, pissing in my mouth, sitting on my face, shoving dildos in my mouth till I throw up. But sometimes he puts his hands round my neck even when we’re not having sex.”

Several girls say they feel disgust, hate and frustration when they think about the influence of pornography.

“My partner watches a lot of porn and ‘forces me’ to watch too. And then we have to do what we’ve watched. It was ‘ok’ at first but

they watch such weird things now. Just the word porn is enough to make me feel disgusted."

"But it's the porn things that makes me sick and that he like really likes them"

"At first he used to try to make me go deeper, he said not to be embarrassed if I puked, do the girls usually puke in porn? I can't watch porn, I refuse"

They describe feeling uneasy when they realise what they are expected to do.

"Have started hanging out with a guy who seems to be 'porn damaged' and it doesn't feel right the times we talk about sex, he asks about anal sex, a2m, if I can take his penis deep down my throat. I really hate porn, I felt sick when I read what a2m was."

But in some cases they feel they might as well put up with it, that this must be what it is like because everyone else seems to be doing it.

"Sometimes he wants to watch porn before we have sex. He did everything with his last girlfriend. i don't want him to think I'm not as good, feels like it's easier just to go along with what he wants. But he wants me to like suck his dick and he forces it way down my throat. Then I can't breathe. He thinks it's sexy. I feel really bad. His guy friends do the same with their girlfriends and I haven't been with anyone else so I don't know."

The boys also mention the influence pornography has on their view of girls and of sex.

"I think porn's just as big a problem for boys and girls. But in very different ways and maybe it's not normal sex if my girlfriend throws up."

"Is all sex ok if you both agree to it? Like gagging and that. It feels good and then a bit later you can feel ashamed. I've stopped watching porn now."

"I'm addicted to porn and it's made me treat other people badly, stretch the boundaries, do things we haven't agreed about, like pushing my cock in deeper when she sucks it is a typi-

cal thing like that or something anal, I mean that's standard in porn."

Being more or less forced, or feeling forced, to watch porn is not uncommon. Being forced to watch, and what they watch, often affects how they feel.

"He's starting to call me names that I don't think are ok because I don't like watching porn with him and things like that. I just think it's disgusting. If I'd just watched porn with him he'd have been happy."

"It was really hard to watch because there were closeups of her face when she was just screaming and crying."

Many young people say that it leads to extremely violent incidents in the relationship.

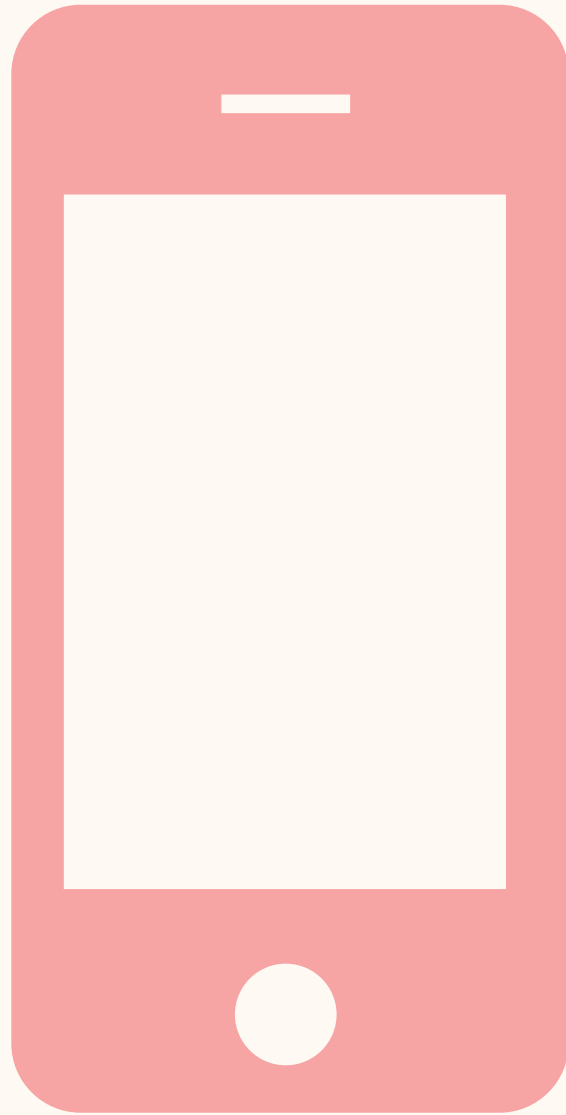
"When we had sex, he was really violent. He acted like he was making a porn movie. Slapped my bum really hard all the time and stuck it up my bum without saying anything."

"My boyfriend, he'll kill me if it goes on like this. He rapes me in really brutal ways. He has sick porn fantasies. That he does to me, against my will. I'm so scared."

It is also clear from several chats that what the young really need is a society that addresses the issue much more clearly:

"I've only seen a little porn because I think it's so disgusting but I think schools have to be better at talking about it because I don't dare to think what it will be like in the future if it carries on. It's so hard to love sex but hate porn..."

It is clear that if the work to end boys' violence against girls and abuse in young people's intimate relationships is to be successful, it must include attacking the influence that pornography has on young people today. Pornography is accessible in children's and young people's mobile phones, just a click away, and is filled with misogyny, humiliation and abuse. In other words, it is the opposite of the messages such as reciprocity, respect and men's and women's equal value, that we want to convey to young people in order to achieve an equal society free from abuse.



OTHER REFLECTIONS

It is clear that young people are subjected to abuse, and in many cases abuse which is extremely brutal. What is particularly clear is that boys' violence against girls stands out in terms of both the extent and the frequency. This is not surprising, given that men's violence against women is both a major structural problem and a serious problem for society.

Being subjected to abuse at a young age can have serious consequences for both emotional and physical health, quality of life, academic achievement and future opportunities.

"I go to school and this is ruining so much for me. For example I got an E in my Swedish exam because of it. Before all this I always got A or B. I can't remember the last time I was genuinely happy."

The conversations with young people also confirm the link that research claims exists between experiencing abuse at home (often the father's abuse against the mother) and then either being subjected to or using abusive behaviour in their own relationships.

"I mean I used to think that it was so strange that my mum let my dad treat her badly. I thought she was stupid not to say anything to stop him. But I understand now. But I'm scared that other people will think like that about me if they knew. Isn't it really strange that I really ought to know better?"

The abuse can take place at home or at school, and sometimes the parents know about the relationship and sometimes it is a secret. In some cases it emerges that the young people live in a context of honour-related violence and oppression, and that the relationship in which they are abused is not "allowed", which naturally makes it more difficult to talk about the abuse and seek support.

"My parents don't know I have a boyfriend"

"We meet in secret"

We also note that many of the young people who have nonetheless tried to seek support and help say that they have been met with ignorance, that the

problem is diminished and that they have not been treated well .

"I went to the counsellor at the youth support centre but she said all the wrong things, I told her that I'd run into him several times in one day, and she said that was fate and maybe we should try again and the counsellor at school just said that it will pass, that she didn't think we needed to book a new meeting but that time is a great healer."

The fact that for many young people this is their very first relationship also has a bearing and is something that makes it different from adults' relationships.

"He's my first love and so I have nothing to compare with when I look at the way he treats me"

Another of ungarelationer.se's target groups is friends, of both victims and perpetrators. This is because young people often do not tell anyone that they are being abused, but if they do, it is often a friend. These calls are less common. The majority are friends of victims and say they are worried, they may have seen bruising or see that their friend's partner is attempting to control them.

"He threatened to come to school to see her if she or us didn't answer the phone. One day he called her 50 times and me 20 times"

This is an important target group to address, partly because of how much they might mean to the person concerned, partly because they themselves often feel a great sense of responsibility for the situation. They say that suspecting or knowing that your friend is the victim of abuse causes feelings of severe anxiety and stress.

"I haven't been able to sleep some nights because of this..."

"I've been so stressed, cried loads, my friend's having such a bad time with everything, or with her boyfriend"

Friends of people who use abusive behaviour need more attention and help, not least in the work to prevent abuse, since we know how important it is to react in some way to behaviour that is not acceptable.

You can read more about this in our support material for adults who meet young people.³⁹

A recurring theme in the chats is how important the support is for the young people and what a difference it can make.

Just wanted to say you've helped me and I've got out of a relationship that was harming me!! Can't thank you enough!!!! I managed to get out and feel like a new person, thanks to you!!

Thank you for saving me

Thank you, I'm so happy about it.
Talking to you helps a lot, it feels like a weight has been taken off my shoulders.

I'm so grateful that there are sites like this. So you can talk to someone even if you feel you haven't got a friend or someone in the family to talk to.

Someone who dares to ask! AT LAST!

In several cases, particularly among those who accept a personal support contact, we see that being able to have support and help can mean they dare to tell other adults about the abuse and are given protection, as well as support to finally leave the relationship. In several cases where the relationship is fairly new and we are able to offer our support in time, the person seeking support is able to understand that this is not an acceptable situation relatively quickly and find the power and the strength to end it.



A MAJOR EFFORT IS NEEDED TO END AND PREVENT BOYS' VIOLENCE AGAINST GIRLS

Sweden has ratified the Istanbul Convention⁴⁰ whose aim is, among other things, to protect women against all forms of violence and to prevent, prosecute cases of, and abolish violence against women. Article 3f clearly states that **the definition of women in the Convention includes those under the age of 18**. In a first scrutiny of how Sweden meets its commitments according to the Convention, the Council of Europe has submitted 41 recommendations for how the country shall live up to its commitments. Some are particularly strong, and the implication is that these should be remedied immediately.

Sweden is also working to implement Agenda 2030 and the global goals, of which Goal 5.2 states that all forms of violence against women and children in the public and private spheres must be abolished.

Since 2017 there is also a national strategy to counter men's violence against women. The second principle in this is **“Greater attention must be given to girls and women's exposure to violence”**.

The principles are intended to serve as guidance for achieving the four objectives:

1. Increased and effective efforts to prevent violence
2. Improved identification of violence and stronger protection and support for women and children subjected to violence
3. More effective measures to combat crime
4. Better understanding and method development

The first follow-up of the strategy, published in January 2020, found that the principle which specifically mentions what the strategy stresses is the most vulnerable group of victims of crime is the one that appears least frequently, and is only found in 11 per cent of the more than 200 measures which the follow up identified.

Measures which take into account, or are directed towards, girls and young women are found primarily

in Objective 2, which mentions the efforts around improved discovery and reinforced protection and support for victims of crime. The principle appears in fewer measures within the other objectives and does not appear at all in those to combat crime.

A children's analysis has been performed within the frame of the follow-up. This found, among other things, that young people subjected to violence in intimate relationships may require better support to report the violence. It is also pointed out that in cases involving persons under the age of 18, mapping crime in intimate relationships requires supporting documentation from Brå. Further, it states that men and boys who exert violence are often mentioned collectively in the strategy, with no distinction made between them either in support and treatment efforts or within the frame for the justice system.

It is also stated that **“on the indicative level, levels of awareness must be raised in order to identify young people's exposure to violence in intimate relationships and efforts to support those who are already victims of violence must be further developed”** and that “when it comes to violence in young people's intimate relationships, preventive efforts are needed on all levels”.

HERE ARE OUR PROPOSED MEASURES

Against this background, it is clear that the ungarelationer.se national support and knowledge platform fills a large gap, but also that there are major failings in the work to counteract boys' violence against girls. As was mentioned at the beginning of this report, such efforts are also a prerequisite for ending men's violence against women, in line with the sixth gender equality goal.

1. Efforts to counter boys' violence against girls and abuse in young people's relationships, with regard to both prevention and support, must be allocated resources in the same way as the efforts for adults. Greater **resources** will almost certainly be needed, as we know that young women are more likely to be subjected to violence.⁴¹

2. Boys' violence against girls must always be **included** and specifically mentioned in efforts, policies and strategies that concern men's violence against women.

3. More and broader **initiatives to increase knowledge**, similar to the "Jealousy is not romantic" (Svartsjuka är inte romantiskt) campaign aimed at the general public, must be implemented – the goal is to make people aware that boys' violence against girls is a major, and common, problem for our society.

4. **Social services** must start complying with the written directives and the general advice concerning violence in young people's intimate relationships, as well as what is written in the handbook about violence, and initiate investigations based on what is known about this form of violence. If this does not happen,

the wording should be made more precise and further clarified when the matter is followed up.

5. It must be made very clear that **schools have a responsibility** to provide support and protection, and to have measures in place to deal with pupils who are subjected to, and who subject others to, this form of violence.

6. Healthcare and student health professionals must **routinely** ask all young people **questions** about emotional, physical and sexual violence, and give explanatory examples. Did they see or hear someone close to them being subjected to emotional, physical or sexual violence while they were growing up, have they themselves been subjected to what is defined as violence, or have they exerted emotional, physical or sexual violence against someone else?

7. Schools must have **critical discussions about pornography** with children and young people.

8. New or existing legislation must be used to **limit** children's access to **pornographic material**. Given that no further effective measures to combat crime could be identified in the national strategy

with regard to the fundamental principle of “greater attention to girls’ and young women’s exposure to violence” it is also crucial that:

9. **The justice system** is given an assignment to specifically investigate these crimes and bring them to court. Such an assignment must contain an initiative to increase knowledge, the necessary resource allocation and a focus on, among other things, more frequently investigating the crime of violation of integrity, as well as imposing a restraining order on young perpetrators of violence in intimate relationships.

10. Efforts to **identify young perpetrators** in time must be significantly increased, by asking about the use of violence in meetings with young people, and by, among other things, extending the work to treat perpetrators of violence in intimate relationships to include those under the age of 18.

Preventing boys’ violence against girls is a prerequisite for ending men’s violence against women, and the efforts must be intensified and given priority immediately. Only then can we achieve our vision of an equal society free from violence, and Sweden live up to both its national and international commitments.



FOOTNOTES

1. BRÅ (2018)
2. SOSFS 2014:4 Föreskrifter och allmänna råd <https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/foreskrifter-och-allmanna-rad/2014-5-7.pdf>
3. Våld- Handbok om socialtjänstens och hälso-och sjukvårdens arbete med våld i nära relationer
<https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/handbocker/2016-6-37.pdf>
- 4 Se vidare under avsnittet ”Kunskapsöversikt” s.12
- 5 Se också vidare i rapport från BRÅ om åtgärder på området i Finland, Danmark och Sverige https://www.bra.se/download/18.62fc8fb415c2ea10693349a/1496242938276/2017_K%C3%A6restevold.pdf
6. Läs mer på brottsoffermyndigheten.se/projektkatalog/vald-mellan-ungdom-i-nara-relationer---prevalens-sammanhang-och-ungdomars-egna-roster
7. En kortare lättfattlig översikt över tidigare forskning finns även att tillgå i Söderqvist, A. (2019)
8. BRÅ (2018)
9. BRÅ (2018)
- 10 Stonard et al. (2014)
11. Barter, C., McCarry, M., Berridge, D. & Evans, K. (2009)
12. Norén & Eriksson, 2017
13. Hellevik, P. & Överlien, C. (2016)
15. Sjödin, A-K., Wallinius, M., Billstedt, E., Hofvander, B., Nilsson, T. (2017)
16. Gottzén, L. and Korkmaz, S. (2013)
17. Hellevik, P., Överlien, C., Barter, C., Wood, M., Aghtaie, N., Larkins, C., & Stanley, N. (2015) samt Korkmaz, S. & Överlien, C. (2019)
18. Hellevik, P., Överlien, C., Barter, C., Wood, M., Aghtaie, N., Larkins, C., & Stanley, N. (2015)
19. Överlien, C. (2018)
20. Överlien, C. (2018)
21. Al-Alosi, H. (2017)
22. Överlien, C., Hellevik, P. & Korkmaz, S (2019)
23. Romito et al 2013; Barter et al. 2017; Se Korkmaz 2017 för en forskningsöversikt
24. BRÅ (2018)
25. Överlien, C., Hellevik, P. & Korkmaz, S (2019)
26. Korkmaz, S. & Överlien, C. (2019)
27. Överlien, C., Hellevik, P. & Korkmaz, S (2019)
28. Stanley, Barter, Wood, Aghtaie, Larkins, Lanau, and Överlien (2016)
The relationships identified by this large-scale European survey between regular exposure to online pornography and abusive behavior in intimate relationships support Livingstone et al.’s (2011) conclusion that encountering pornography online constitutes a common but serious risk for young people.

29. Stanley, Barter, Wood, Aghtaie, Larkins, Lanau, and Överlien (2016)
30. Korkmaz, S. & Överlien, C. (2019)
31. Korkmaz, S. & Överlien, C. (2019)
32. Korkmaz, S. & Överlien, C. (2019)
33. Korkmaz, S. & Överlien, C. (2019)
34. Överlien, C., Hellevik, P. & Korkmaz, S (2019)
35. Överlien, C. (2018)
36. Citaten som återfinns i rapporten kommer alla från chattarna med de unga eller från feedbacken de unga lämnat i enkäten efter avslutad chatt. På ungarelationer.se informeras de unga om att deras berättelser kan användas för utbildning, kunskap och forskning. För de ungas säkerhet och anonymitet har vi ändå valt att ändra vissa ord eller specifika detaljer i citaten så att de inte ska vara igenkänningsbara. Eftersom citaten kommer från långa konversationer med volontärer så är också vissa citat sammanfogade ur en längre konversation.
37. För en jämförelse så rapporterar Kvinnofridslinjen att var femte samtal till dem är ett så kallat tyst samtal.
38. Statistiken baserar sig på volontärernas ifyllda uppgifter efter varje avslutat chattsamtal. I 22% av samtalen kan vi säkerställa denna ytterligare genom att komplettera med de ungas egna svar på enkäten som de i dessa fall besvarat.
39. ”Stödmaterial för att motverka killars våld mot tjejer och våld i ungas partnerrelationer, utgivet av 1000 Möjligheter i samarbete med Jämställdhetsmyndigheten och Länsstyrelserna. Finns att ladda ned på ungarelationer.se/material
40. Europarådets konvention om förebyggande och bekämpning av våld mot kvinnor och av våld i hemmet
41. Ett tydligt exempel på detta är att staten årligen finansierar arbetet med Kvinnofridslinjen med ca 7 miljoner kronor medan ungarelationer.se ännu inte har någon som helst grundfinansiering för 2020. Endast ett öronmärkt projektmedel om 300 000 kr finns beviljat från Brottsofferfonden.
42. https://www.mucof.se/sites/default/files/gottzen_-_killars_vald_mot_tjejer_i_nara_relationer.pdf
43. <https://www.tandfonline.com/doi/full/10.1080/13676261.2019.1610557?scroll=top&needAccess=true#>
44. <http://su.diva-portal.org/smash/record.jsf?pid=diva2%3A1328874&dswid=-6956>
45. link.springer.com/article/10.1007/s10896-019-00120-9

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TIPS!

Möter du unga och vill arbeta vidare med frågan om killars våld mot tjejer och våld i ungas partner- relationer?

Ladda ned vårt Stödmaterial som vi tagit fram tillsammans med Jämställdhetsmyndigheten och Länsstyrelserna i Sverige. Det ger dig kunskap, verktyg, övningar och texter för att kunna lyfta frågan med unga.

Finns att ladda ned på

**[www.ungarelationer.se/
material](http://www.ungarelationer.se/material)**



KUNSKAPSCENTRET FÖR UNGAS RELATIONER

Kunskapscentret för ungas relationer (KUR) ska fokusera på frågorna om killars våld mot tjejer, våld i ungas partnerrelationer och faktorer av betydelse för ungas relationer såsom pornografi, psykisk ohälsa samt våldsutsatthet och våldsutövande.

Det ska samla, stödja och tillgängliggöra kunskap och forskning och vara drivande i ovan nämnda frågor.

Kunskapscentret har en expertgrupp bestående av ledande forskare och sakkunniga på området till sin hjälp.

KUR kommer att publicera forskning i lättillgängligt format, rapportera nyheter och bedriva påverkan på området samt ta fram och samla metoder för att motverka våld i och främja sunda våldsfria unga relationer.

Läs mer på www.ungarelationer.se/kur

www.ungarelationer.se