



**SAFETY
CARD FOR
YOUNG
PEOPLE**

**You have
the RIGHT
to live in
SAFETY.**

YOUNG PEOPLE NEED TO FEEL SAFE, SEEN AND HEARD

BEING SAFE MEANS

- having a safe home and environment
- being acknowledged in arguments and protected from violence
- carers having an understanding of your use of social media and the internet

SUPPORTING YOUR MENTAL WELLBEING MEANS

- having genuine interest in you, your life and your circle of friends
- understanding and respecting your boundaries
- accepting you as the person you are

TAKING CARE OF YOUR PHYSICAL WELLBEING MEANS

- taking care of your basic needs (sufficient rest, food, clothing)
- ensuring you have access to proper health care

SAFEGUARDING YOUR SEXUAL WELLBEING MEANS

- respecting your sexual self-determination
- providing you with adequate and age-appropriate sexual education and information

THE FEDERATION OF
MOTHER AND
CHILD HOMES
AND SHELTERS



*Coordinated in collaboration
with the City of Liminka.*

YOUNG PEOPLE SUFFER IF THEY ARE SUBJECTED TO INDIFFERENCE AND/OR VIOLENCE!

EXAMPLES OF NEGLECT

- an unsafe home or environment
- substance abuse in your home
- indifference to your health
- indifference to your affairs such as school, hobbies and friends
- not limiting your use of social media and the internet

EXAMPLES OF PSYCHOLOGICAL VIOLENCE

- behaving in an unpredictable or contradictory manner
- disparaging, belittling and calling names
- swearing and shouting
- threats and intimidation
- unreasonable punishment

EXAMPLES OF PHYSICAL VIOLENCE

- rough or violent handling, slapping or pulling your clothes
- indifference to your daily routines and need for sleep

EXAMPLES OF SEXUAL VIOLENCE

- exposing you to sexual material and acts against your will
- touching your intimate areas against your will
- kissing, patting or stroking you in a sexual manner against your will
- sexual acts committed on you by an adult or person who is significantly older than you, regardless of your consent

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**Violence
and neglect
ARE NOT part of
safe relationships!**

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