Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Department of Home Affairs FDHA
Federal Office for Gender Equality FOGE

301.940.eng

PREVENT VIOLENCE WHERE IT STARTS

Violence means:
Someone wants to control someone else or dictate how they live their life.

Violence takes different forms:

- **Hitting**
- **Insults**
- **Threats**
- **Verbal abuse**
- **Control**

Violence isn't okay.

Experiencing violence?
Do you know someone who is experiencing violence?

Call 142:
Someone will listen to you and advise you.
The call is free.
You don't have to give your name.
You can call any time.

For help and information, visit without-violence.ch

Even if you yourself are sometimes violent.