

**If someone has assaulted
or abused you,
you have the right to:**

- get help
- having the person you tell believe that you are telling the truth
- being protected from further abuse

If something illegal has taken place, the police will conduct an investigation.



**People you can
call for help:**

If it is an emergency, and you or someone else need help right away, please call:

Police 112	Ambulance 113
----------------------	-------------------------

**If you need help or advice,
you can also contact:**

- The emergency department
- The rape crisis unit
- The Childrens' House
- A women's shelter
- The centre against incest and sexual abuse
- Habilitative services

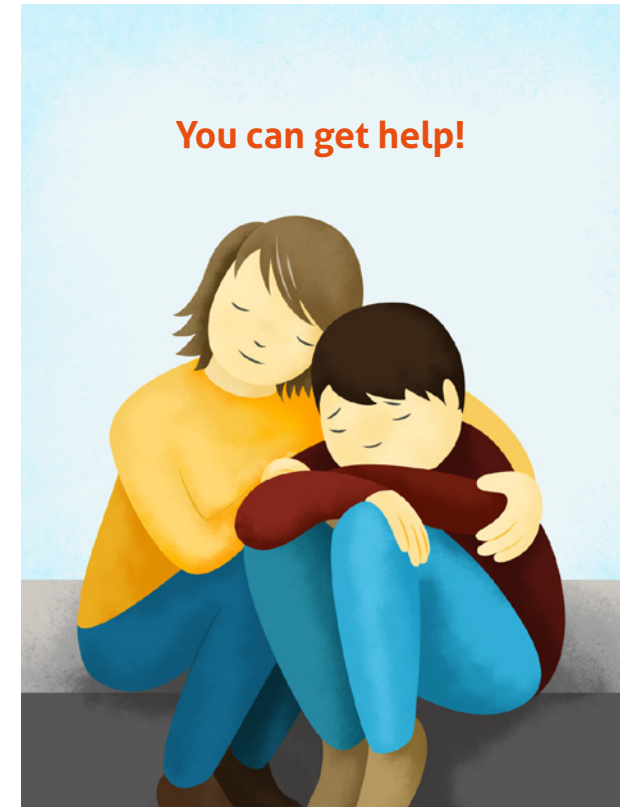
You can also call:

on tel. :

vernmotovergrep.no

Protection from abuse

You can get help!



**You have the right to feel safe,
both at home and other places.**

You have the right to:

- not be afraid
- not have someone hit you or abuse you
- say no to things you do not want to do
- say no to things you do not understand

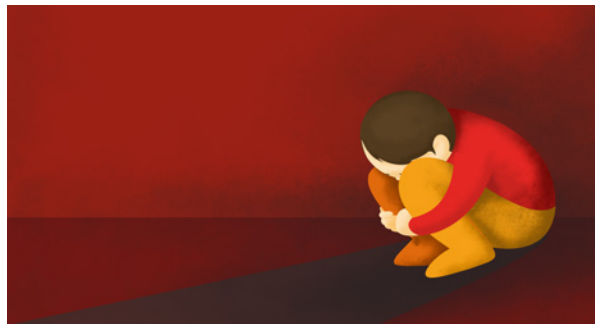
It can sometimes be hard to know what is wrong and what is right. Ask for help to learn more about this.

It is against the law to abuse someone. You have the right to be safe from abuse.

It is against the law to:

- touch you in the genital area or on the breasts if you have not said YES
- show pornographic videos to someone who does not want to watch, or to someone who is under the age of 18
- force or threaten someone into touching another person's genitals
- force or threaten someone into having sex
- tell you that you have to have sex if you do not want to

It does not matter if it is a man or a woman – the rules are the same



Do this if you or someone you know have been abused:

Tell someone you trust:

- someone who works where you live or where you work
- someone in your family
- your doctor

The people helping you can find more information on the website **vernmotovergrep.no**

If you have reported abuse, you have the right to:

- have the person you tell believe you
- be informed of what will happen next
- feel safe