



Children's  
Welfare Foundation



# Violence is never okay!

– SUMMARY OF A NATIONAL SURVEY ON VIOLENCE AGAINST CHILDREN

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Children's  
Welfare Foundation

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**ISBN:** 978-91-86759-68-1

**Publishing date:** August 2024

**Publisher:** Children's Welfare Foundation Sweden

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Translation of the report *Våld är aldrig okej! Sammanfattning av en nationell kartläggning av våld mot barn* (2024). Both versions are available for download on our website [allmannabarnhuset.se](http://allmannabarnhuset.se).

## FOREWORD

The Children's Welfare Foundation Sweden has spent many years, on behalf of the government, conducting regular studies on the incidence of violence against children. This report is a summary of the fifth national prevalence study 'Violence against Children 2022'. The study allows us to monitor trends and thus evaluate whether the incidence of violence against children is changing.

Preventing violence against children is vital. Through this report, the Children's Welfare Foundation Sweden hopes to broaden knowledge about violence against children in Sweden and thus contribute to more effective preventive work.

For prevention to be effective, it needs to be based on knowledge, and there are many questions to be answered. How common is it for children to experience violence while growing up? How does that violence manifest itself? Who are the perpetrators of violence against children? What are the risk and protective factors? How does it affect the children? How often and to whom do children disclose incidences of violence? What support do they receive? The answers to these and many other questions provide the knowledge base necessary for policy makers, professionals and the general public to help ensure that children can grow up safely and free from violence, and that children who have experienced violence are supported, protected and healed.

Unfortunately, the results show that adult violence against children has not decreased in Sweden since the last prevalence study in 2016. On the contrary, some forms of violence have increased. The results also show shortcomings in the treatment of and access to support for children who report violence. Action is thus required at many different levels of society in order to reverse the trend.

Behind all the figures in the report are many life stories. Among the children who responded to our survey, there are many who have never suffered violence, who are doing well and who are happy with their life and who they are. However, there are also too many children whose childhood has been marked by violence and insecurity and who are now living with the repercussions. Working together, we can ensure that more children grow up safe and free from violence.



**Cecilia Sjölander**  
*Secretary General*  
*Children's Welfare Foundation Sweden*



“Violence and abuse are never okay, no matter what the situation. ”

**“It is absolutely not okay for children, young people or adults to be victims of violence! And there needs to be help and support available for those who do experience it.”**

*Students who responded to the national survey: Violence against Children 2022.*



## INTRODUCTION

All children have the right to grow up without experiencing violence. Despite high ambitions in Sweden, we have a long way to go before we reach the goal of a childhood free from violence.

To combat violence, we need knowledge. Violence can manifest itself in different ways and it is necessary to establish how common different forms of violence are. This provides a basis for preventing violence, but also for protecting and supporting vulnerable children.

Since few children choose to tell a professional<sup>1</sup> when they are subjected to violence, reports to the police and social services only show the tip of the iceberg. One way to investigate the actual prevalence is to ask the children themselves – and let them respond anonymously. This is what we have done in this study. As in previous studies conducted by the Children's Welfare Foundation Sweden on behalf of the Swedish Government, a nationally representative sample of students was asked to respond anonymously to questions about their exposure to different forms of violence. The high number of responses gives us a picture of how common it is for children to be subjected to violence – regardless of whether the violence is reported to the authorities or not. As the studies are carried out on a recurring and regular basis, it is also possible to observe trends over time. We believe that children are best placed to talk about their lived experience – and that adults need to use the knowledge they gain from their responses to improve conditions for children.

## What did we do?

This report is a summary of the study "Våld mot barn 2022" [Violence against Children in Sweden 2022]<sup>2</sup>. The study was conducted as an online survey among 15-year-olds in 149 randomly selected schools across Sweden in spring 2022. A total of 5,820 students responded to the survey, which included questions on their background, health, exposure to different forms of violence, and subsequent disclosure and support. Students were asked if they had experienced seven different forms of violence growing up:

- **Physical violence by adults**
- **Psychological violence by adults**
- **Neglect**
- **Violence between adults in the family**
- **Sexual abuse**
- **Intimate partner violence among peers**
- **Bullying**

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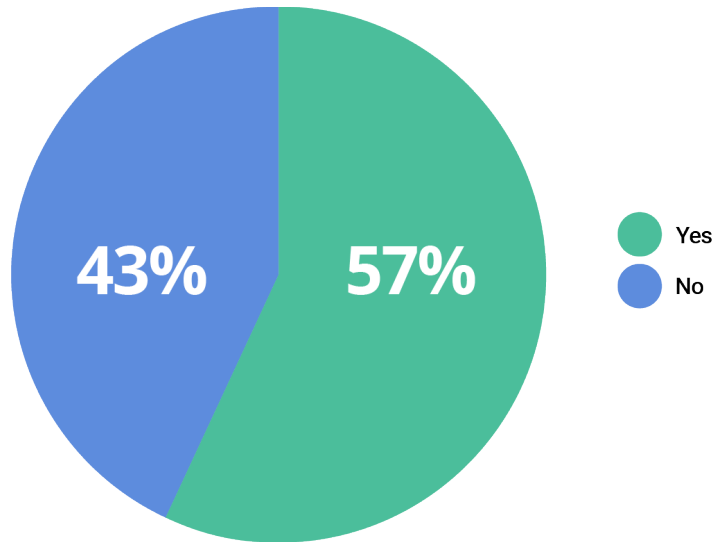
<sup>1</sup> Jernbro, C., & Janson, S. (2017). *Violence against Children 2016. A National Survey*. Children's Welfare Foundation Sweden  
<sup>2</sup> Jernbro, C. Landberg, Å. & Thulin, J. (2023). *Våld mot barn 2022. En nationell kartläggning [Violence against Children in Sweden 2022]*. Stiftelsen Allmänna Barnhuset.





## How common is violence against children?

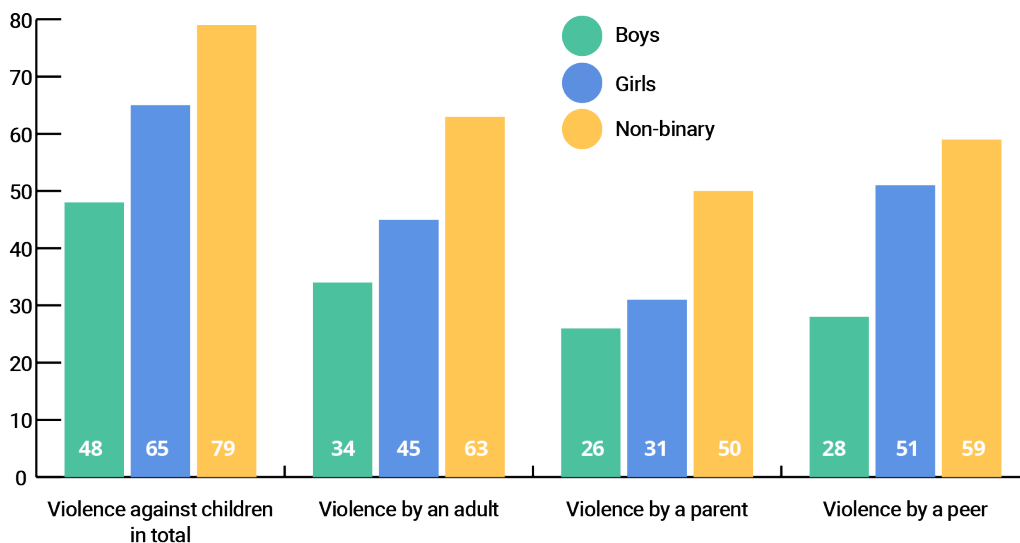
Over half of the students (57%) responded that they had experienced one of the forms of violence we asked about at some point during their childhood.



**FIGURE 1.** Percentage of students who had experienced some form of violence growing up.

- 40 % had experienced violence by an adult<sup>3</sup>
- 29 % had experienced violence by a parent<sup>4</sup>
- 40 % had experienced violence by a peer<sup>5</sup>

There were significant gender differences. Girls were significantly more likely than boys to experience violence, and non-binary students<sup>6</sup> were the most exposed to violence.



**FIGURE 2.** Exposure to different forms of violence by gender. Percentage (%).

<sup>3</sup> Physical or psychological violence, neglect, sexual abuse or experience of violence against a parent

<sup>4</sup> Physical or psychological violence, neglect, sexual abuse or experience of violence against a parent.

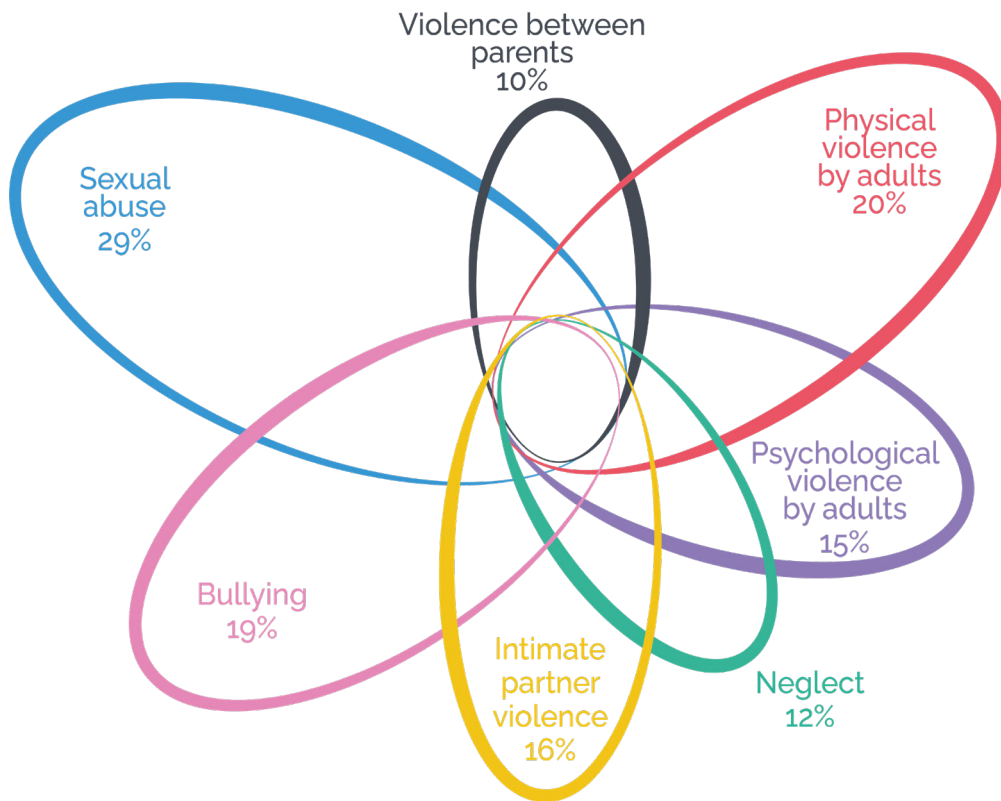
<sup>5</sup> Sexual abuse, bullying or intimate partner violence.

<sup>6</sup> Students who stated that they do not think the gender binary of girl/boy suits them.

## Poly-victimisation

It was common for the different forms of violence to overlap. In this study, students were asked about seven different forms of violence: physical violence by adults, psychological violence by adults, neglect, violence between adults in the family, sexual abuse, intimate partner violence among peers and bullying. Students who have been exposed to three or more forms of violence are considered to meet the definition of poly-victimisation. Eight percent of students experienced poly-victimisation with an adult perpetrator. In all cases, a parent was the perpetrator in at least one form of violence. When peer violence (intimate partner violence, bullying and sexual abuse perpetrated by a peer) was included, 16 percent of students experienced poly-victimisation. Among them, 88 percent were abused by a parent.

Psychological violence by an adult and/or violence between parents were the forms of violence that overlapped most with other forms of violence.



**FIGURE 3.** Percentage of different forms of violence and overlaps between them.

## Physical violence by adults

Students were asked about different types of physical violence by adults. Being pushed, pulled by the hair or ear or slapped with an open hand were considered less serious forms, while heavy punches, kicks, and being burned or scalded, grabbed by the throat, beaten with an implement, and threatened or injured with a knife or firearm were considered more serious forms.

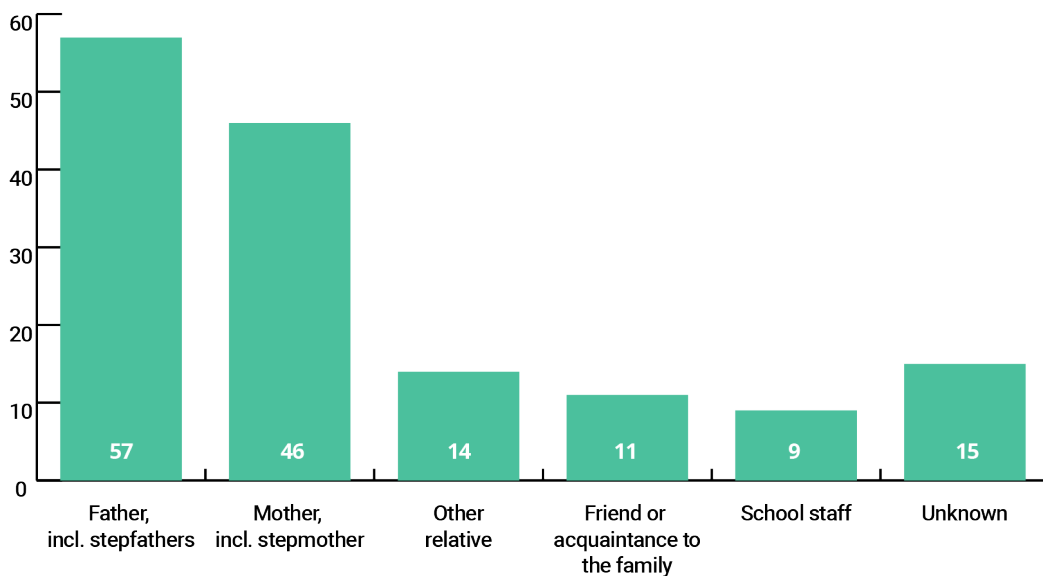




**One in five students had experienced some form of physical violence by an adult while growing up.** Eight percent of students said that they had been subjected to one of the forms of more serious physical violence and six percent had suffered on several occasions. Students who had experienced repeated violence were more likely to have experienced more severe forms of violence.

Almost two percent of students had experienced violence serious enough to require medical or dental attention. Of the students who had experienced physical violence, one third said they were afraid of being seriously injured. About one in 20 had feared for their life in connection with the physical violence. A quarter of the students who had suffered physical abuse were afraid of being abused again.

Most commonly, it was a parent who was responsible for the violence. Fathers, including stepfathers, were more violent than mothers/stepmothers.



**FIGURE 4. The perpetrators of physical violence. Percentage (%).**

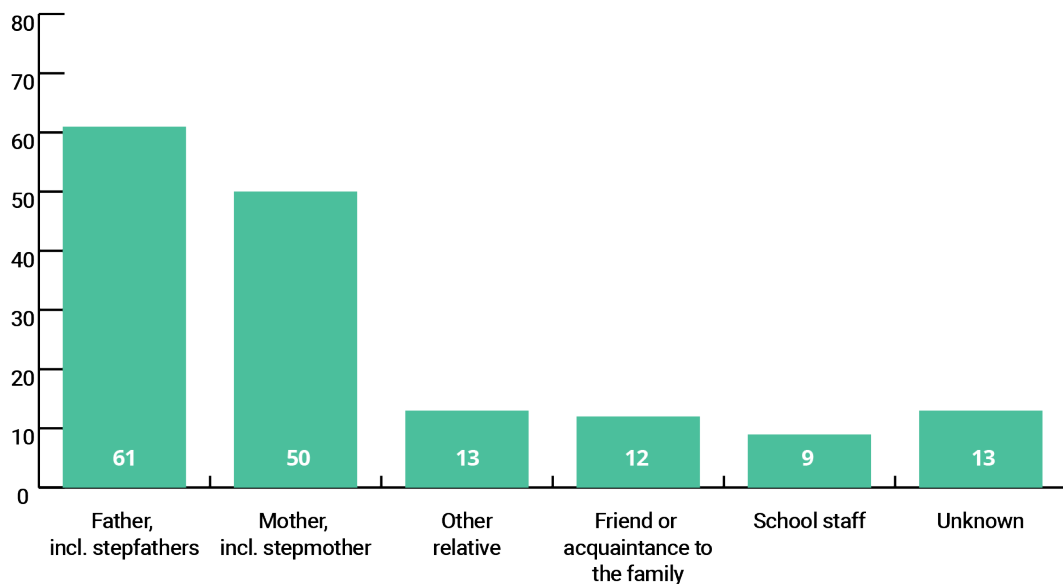
### Psychological violence by adults

Students were asked about psychological violence such as repeated insults, being locked in or locked out of the home, experiencing threats of violence or being treated as if they did not exist.

**15 percent of students said they had experienced psychological violence by an adult.** 12 percent reported being abused by a parent. The most common forms of psychological violence were repeated insults such as being called worthless, stupid or ugly and threats of physical violence.

The biological father was most commonly responsible for the violence, followed by the biological mother.





**FIGURE 5.** The perpetrators of psychological violence. Percentage (%).



COMMENT  
FROM A STUDENT

“I only live with my dad and he tends to get angry very easily. It has affected me negatively and caused me anxiety. I find his anger very scary as I feel unsafe at home. He has never physically abused me, but sometimes it feels like he might be capable of it. I’ve gotten so paranoid that I’m always keeping an eye on the door to my room, because I’m afraid he’ll storm in and yell at me. Because of all this, I’ve developed social anxiety and depression – it has affected me negatively.”

### Violence between adults in the family

Students were asked whether either of their parents had used physical or psychological violence against or threatened the other parent. **One in ten students had experienced violence between their parents.** Students were more likely to have experienced their father’s violence against their mother than vice versa. This included physical violence as well as threats of violence or other abuse. Fathers’ violence was also reported as occurring more frequently. Girls and non-binary young people were significantly more likely than boys to report experiencing violence between adults in the family.

Of the students who had observed violence against a parent, one in five had experienced physical violence themselves in connection with the violence against the parent. It was about equally common for a sibling to have suffered violence in connection with the violence against the parent. More than one in three students who had experienced violence by one parent against the other parent said they were afraid that they or a sibling would be subjected to violence as a result of the violence against the parent. Almost half feared that the parent would be seriously injured and one in ten said they feared that the parent would be killed.

## Neglect

Questions regarding neglect referred to experiences such as not being fed enough, having to wear dirty clothes and parents being too under the influence of alcohol or drugs to care for the student (physical neglect). There were also questions about not feeling secure in the family, not feeling valued or loved, or the family not showing affection and support (emotional neglect).

**The responses showed that 12 percent had been neglected growing up.** Physical neglect was more common than emotional neglect. Almost one in ten students said they did not get enough food at home<sup>7</sup>.



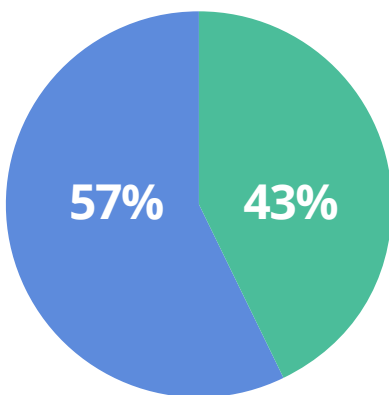
COMMENT  
FROM A STUDENT

“My mom gets mad at me if I’m not ‘perfect’, meeting expectations and feeling great. My dad is not good at showing that he cares, and gets angry easily. I don’t feel safe at home and as soon as I’m not the best at everything, they threaten to have my family’s pet euthanized, as a way to force me to study all the time and have no friends.”

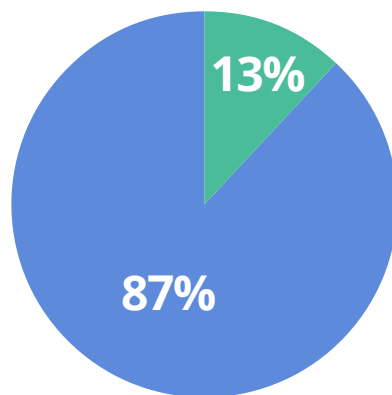
## Sexual abuse

The questions regarding sexual abuse referred to touching the student’s body, forcing the student to look at naked bodies, having sex with the student or taking nude pictures and/or distributing such pictures of the student.

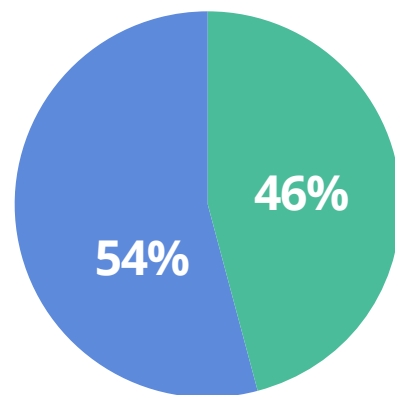
**More than one in four students had been sexually abused on one or more occasions.** The gender differences were sizeable, with non-binary young people and girls significantly more at risk than boys.



**FIGURE 6.** Percentage of girls sexually abused.



**FIGURE 7.** Percentage of boys sexually abused.



**FIGURE 8.** Percentage of non-binary young people sexually abused.

● Abused  
● Not abused

<sup>7</sup> Students answered ‘Strongly agree’ or ‘Agree’ to the statement ‘I did not get enough food to eat’.

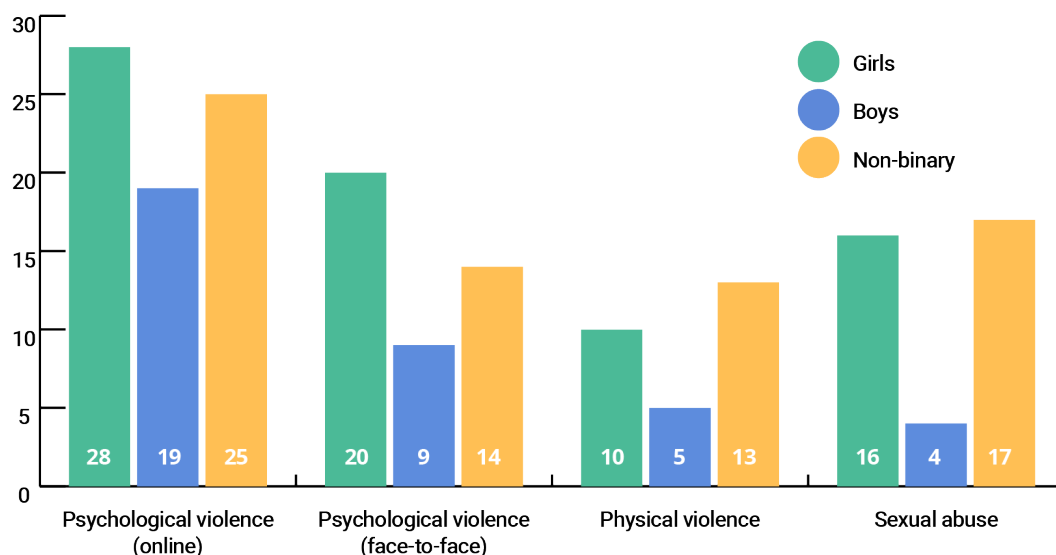
The vast majority of the abuse was committed by an acquaintance or unknown person their own age. Abuse was most likely to have occurred for the first time when the student was in their teens.

The most common form of sexual abuse was being asked to perform sexual services online, followed by being touched or kissed against their will. Girls and non-binary young people were eight times more likely than boys to be forced into vaginal, anal or oral sex against their will.

### Intimate partner violence among peers

Students were asked if they were in a relationship or dating someone, and those who answered yes were then asked about violence in their own relationships. Half of the students said they had had a relationship/dated someone. **Almost one in three students who had been in a relationship reported experiencing some form of violence in that relationship.**

Girls and non-binary young people had experienced some form of intimate partner violence significantly more often than boys. More than twice as many girls and non-binary young people as boys reported experiencing physical violence. Girls and non-binary young people were also significantly more likely to be victims of more severe violence (e.g. punching, choking or kicking) and repeated violence.



**FIGURE 9.** Experience of different forms of intimate partner violence by gender. Percentage (%).

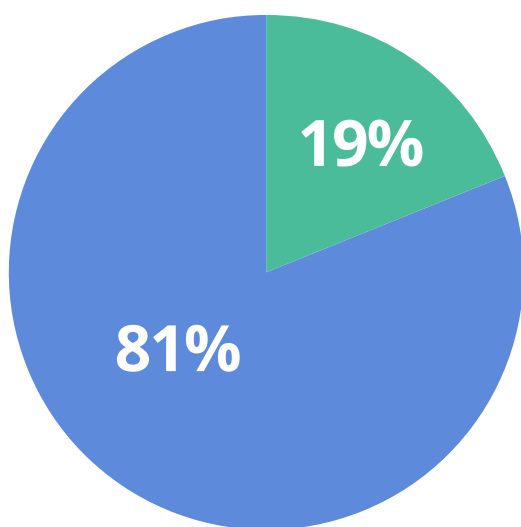




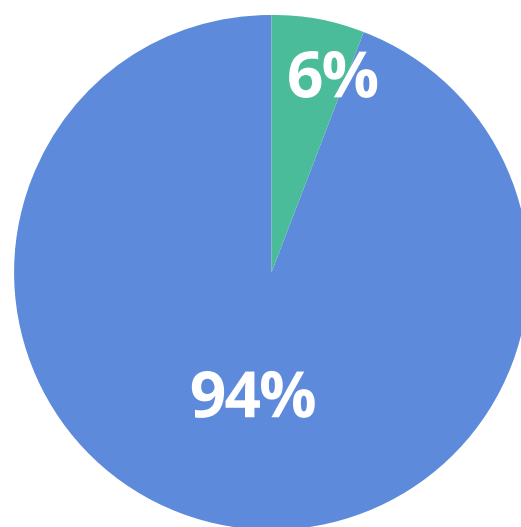
## Bullying

**Almost one in five students said they had been bullied on several occasions<sup>8</sup>.** The most common forms of bullying were other students saying bad things about the student or making fun of them. More than one in three students who had been bullied had experienced physical violence as part of the bullying.

**Six percent said they had personally bullied other students.** It was common for those who bullied others to have been bullied themselves. Among students who bullied others, just over one in three had also been bullied.



**FIGURE 10.** Students who were bullied



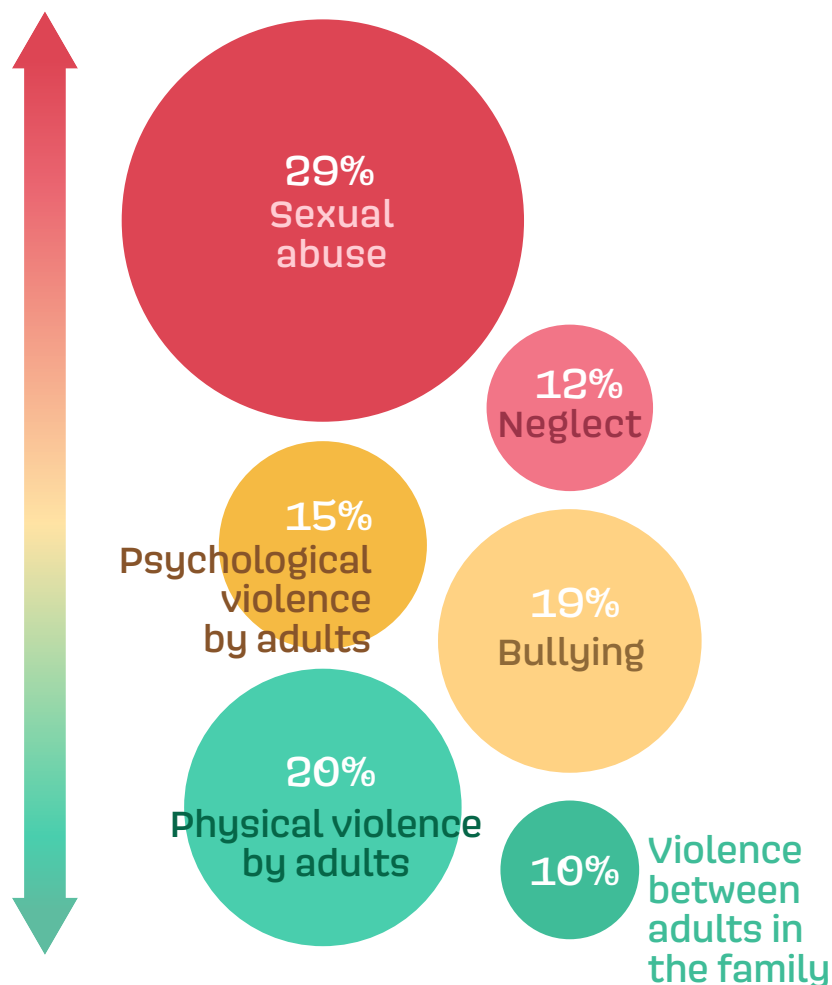
**FIGURE 11.** Students who bullied others

● Yes  
● No

<sup>8</sup> For the purposes of this study, bullying is defined as being repeatedly victimized by one or more people.

## Some forms of violence have increased, while others have decreased

Changes over time



Conducting regular surveys on violence against children allows us to make comparisons over time.

- **Sexual abuse had increased. This included abuse committed by peers and unknown adults, and online abuse.**
- **Neglect had increased (both emotional and physical).**
- **Psychological violence by adults remained at the same level as in 2016, but psychological violence by parents had increased slightly.**
- **The percentage of students who reported being bullied remained at the same level as in 2016.**

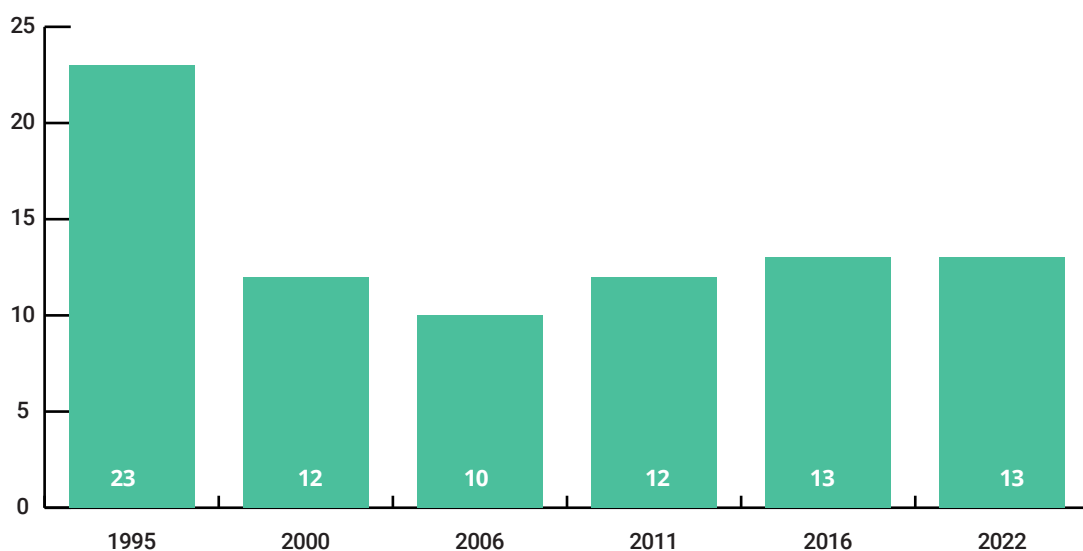
There were also positive changes:

- **Fewer students said they had experienced violence between adults in the family.**
- **Physical violence by adults had decreased (but physical violence committed by parents remained at the same level).**

### Students' attitudes towards parenting with violence

The vast majority of students were against all forms of violence in parenting, but 13 percent said that violence could be okay in certain circumstances. Students who had experienced violence themselves, and students who mostly lived with one parent, reported poorer family finances or were born outside the Nordic region, were more likely to have a positive attitude towards violence in parenting.

As this study is a follow-up to previous studies, it is possible to look at patterns in students' attitudes. As the graph below shows, there was a sharp drop in the percentage of students who accepted violence in parenting between 1995 and 2000. Since then, the percentage of students who say they accept violence in education has remained stable at around 10–13 percent



**FIGURE 12.** Percentage of students (%) who were in favor of parents using physical violence in parenting in certain circumstances. A comparison between Statistics Sweden's (SCB) student survey from 1995 and the student questionnaires from 2000, 2006, 2011, 2016 and 2022.





## Particularly susceptible groups

At group level, there are several factors associated with children being exposed to violence.

**Girls and non-binary young people.** Girls reported experiencing psychological violence, adult violence, sexual abuse, domestic violence and bullying at a higher rate than boys. Girls and boys experienced physical abuse and neglect at similar rates. Non-binary young people were more exposed to all forms of violence than girls and boys.

**Poor family finances.** Students who reported that their family could not afford to buy what they needed were more likely to experience all forms of violence and were more likely to be poly-victimized, compared to students who reported that their family could afford to buy what they needed.

**Students living with one parent** were more exposed to all forms of violence, compared to those living with two parents or alternating between both parents. They were also poly-victimized more often.

**Students born outside the Nordic region** were more likely to be victims of violence by an adult than those born in the Nordic region. However, students born in the Nordic region were more likely to say that they had been sexually abused or had experienced violence in their own relationship than students born outside the Nordic countries.

**Students living with adults with issues of substance abuse, mental illness or criminality** were more likely to have been exposed to all forms of violence than students who did not live with a parent with these issues. They were also more likely to be poly-victimized.

**Students placed in foster care or residential care** were more likely to be exposed to all forms of violence during childhood than students who were not placed in care. They were also more likely to be poly-victimized.

**Students with a disability, chronic illness or psychiatric condition** (diagnosed or suspected) were more likely to be victims of violence by an adult and/or peer, compared to students without a disability/illness.

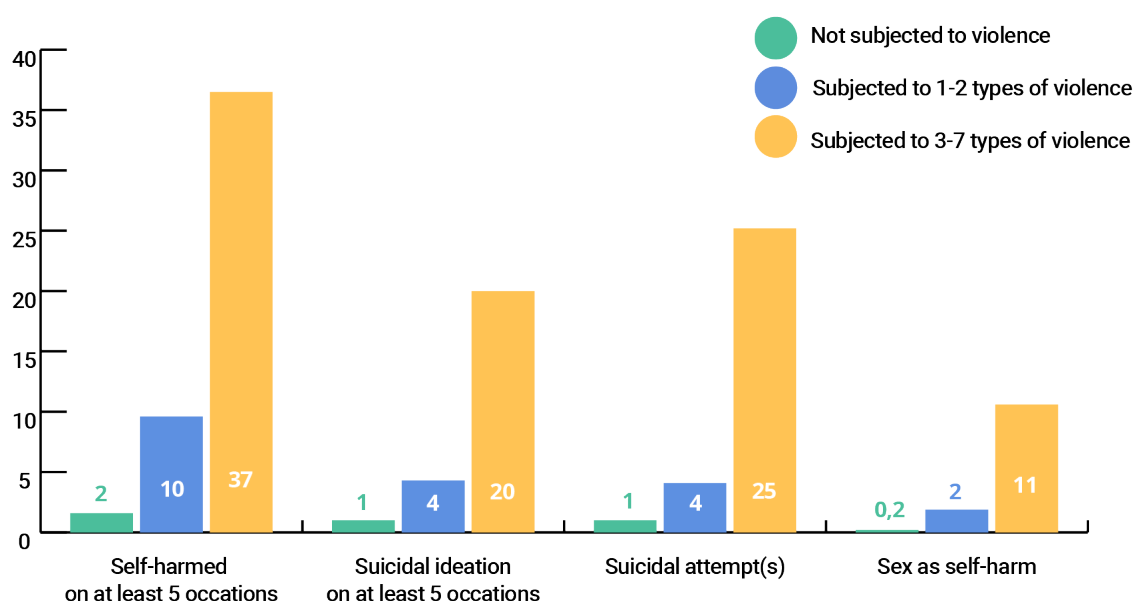
**Students whose parents disagreed about living arrangements or access** were more likely to be exposed to all forms of violence and more likely to be poly-victimized, compared to students whose parents agreed on living arrangements and access.

**Students in an honor context.** Students who were not allowed to choose their partners were more likely to experience all forms of violence, compared to those who were not restricted in their choice of partner.

## Violence, health and school performance

We asked questions about how the students rated their school performance in relation to their classmates, the students' general well-being and psychosomatic problems over the past six months, and about self-harm, suicidal ideation and suicide attempts. Violence was strongly associated with a perception of poorer school performance and poorer health. There was a dose-response relationship, meaning that consequences were greater at higher levels of exposure.

- One in four students exposed to violence felt that they performed worse at school than their classmates. The more violence a student had been exposed to, the worse they rated their own school performance. Of the students who suffered poly-victimisation, almost a third said they performed worse than their classmates.
- General well-being was strongly linked to exposure to violence. Among students with poly-victimisation, 25 percent reported poor health, compared to eight percent of those who had experienced 1–2 types of violence and two percent of those who had experienced no violence.
- Psychosomatic problems such as concentration difficulties, dizziness, stomach ache, headaches and sleeping problems were two or three times more common among students who had been exposed to some form of violence, compared to students who had not been exposed.
- There was a strong correlation between violence, particularly poly-victimisation, and self-harm, suicidal ideation and suicide attempts (see figure below). Those with poly-victimisation were more than 20 times more likely to have self-harmed on at least five occasions than those without poly-victimisation. One in five students with poly-victimisation had seriously considered taking their own life and one in four had made at least one attempt, compared to one percent of those who were not exposed. Students with poly-victimisation were 50 times more likely to have used sex to harm themselves, compared to those who had not been exposed to violence. The risks were significantly higher even for those students who had experienced fewer forms of violence.



**FIGURE 13.** The relationship between violence and student self-harm, suicidal ideation and suicide attempts. Percentage (%).

## Disclosure of violence

More than half of the students who had experienced both physical violence by an adult and violence between adults had told someone, most often siblings and peers. Girls and non-binary young people were more likely to have reported the violence than boys. Less than a fifth had told an adult professional from, for example, their school, social services, the police, the health service or their youth clinic.



COMMENT  
FROM A STUDENT

“I didn’t tell anyone until later in life when I moved away from my dad and realized that what he did to me was wrong.”

The majority of students who had been sexually abused had told someone about the abuse. Most had chosen to tell a peer. As with disclosure of physical violence/experienced violence, girls and non-binary young people were more likely to tell someone than boys were. The percentage of boys reporting sexual violence was significantly lower than the percentage reporting physical violence and violence between adults in the family. There was also a lower occurrence, one in ten, who reported the sexual abuse to a professional from, for example, their school, social services, the police, the health service or their youth clinic.



COMMENT  
FROM A STUDENT

“I don’t know if sexual abuse is the right word. I’ve been exposed to dick pics and porn viruses, and a guy in my year showed some porn on his computer. But it wasn’t much of an issue for me, and my friends were there when it happened.”



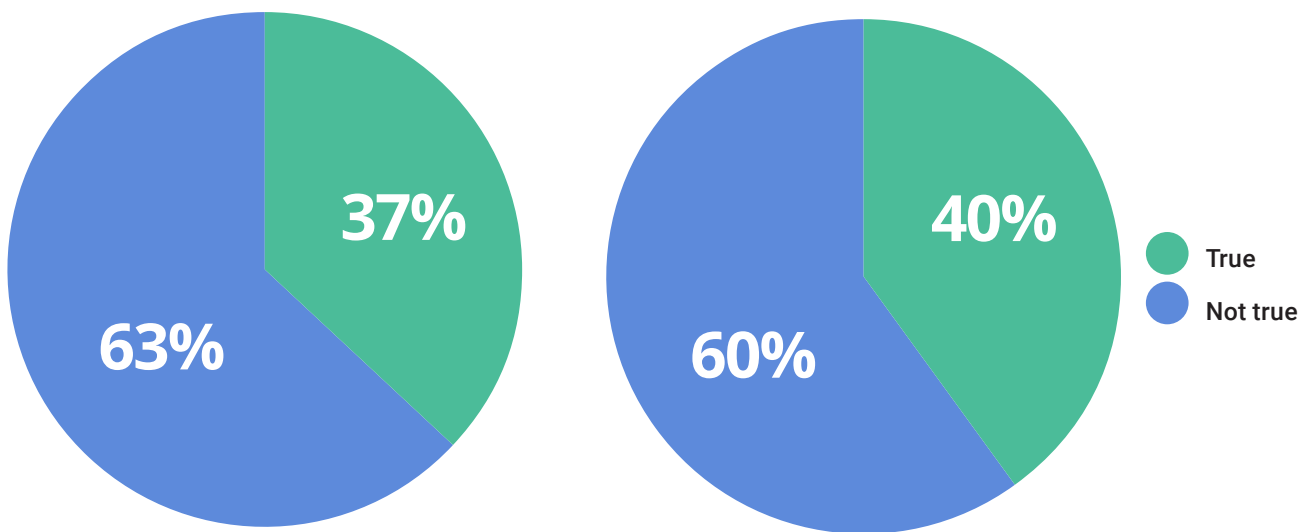
## How they were treated

The students who told someone were asked follow-up questions about how they felt they were treated.

### The response when children report physical violence by an adult and having experienced violence between parents

The vast majority of students who had experienced both physical violence and violence between parents and who reported it said that they had been listened to and believed. However, this was not the experience of one in ten students. There were also negative experiences related to them reporting the violence. Just under half felt they had been called into question, 10 percent had been threatened, and 16 percent said they had been the subject of rumors or verbal abuse because of what they had said. Almost one in three students had been victimized again by the same person after they had reported the violence. Disclosure of violence thus did not result in protection for all the children.

Students were also asked whether they wished they had said something earlier or whether they regretted reporting physical violence and experiencing violence between parents. Wishing they had said something earlier was about as common as regretting disclosing the violence.



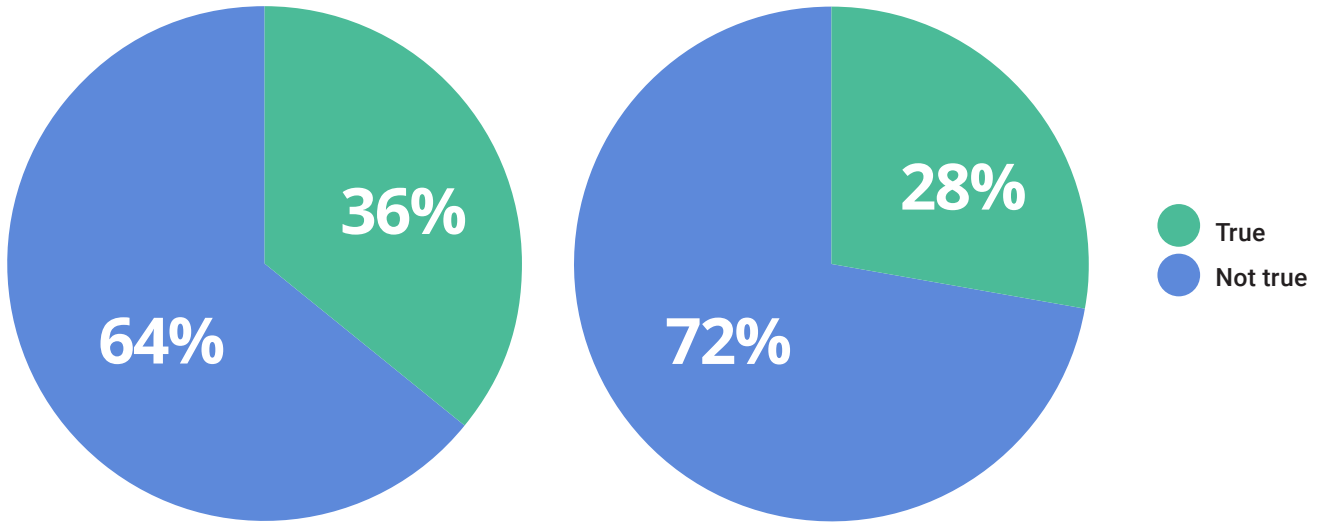
**FIGURE 14.** Percentage of students (%) who wished they had reported physical violence and perceived violence between parents earlier.

**FIGURE 15.** Percentage of students (%) who regretted reporting physical violence and perceived violence between parents.

### The response when children report sexual abuse

The vast majority of students who reported sexual abuse felt that they had been listened to and believed. However, almost half felt that they had been called into question, one in ten had been threatened, and one in four students had experienced rumors or verbal abuse because of what they had revealed. Almost one in five students had been victimized again by the same person after they had reported the abuse.

More than one in three students wished they had said something earlier and just over one in four regretted telling someone.



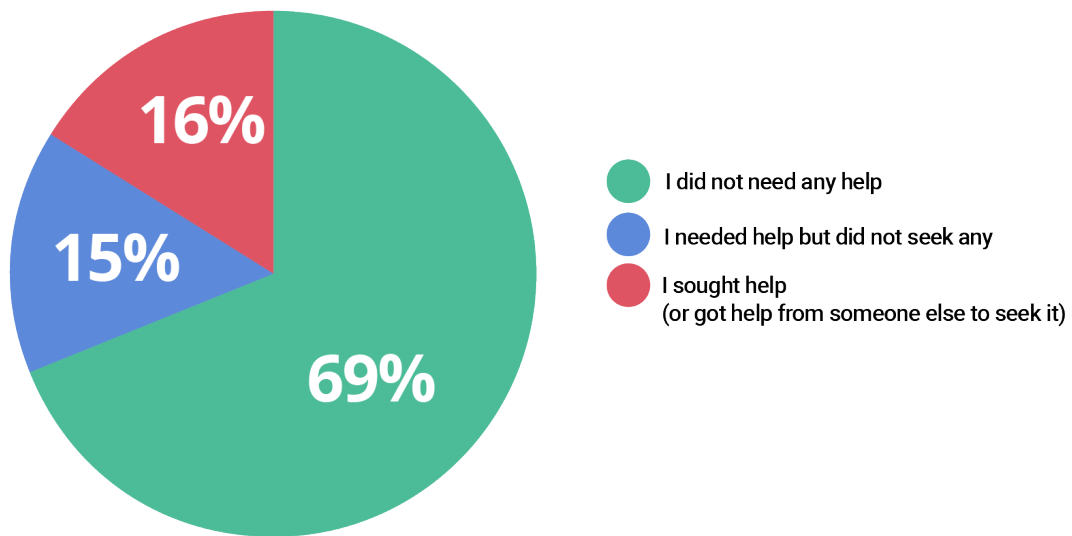
**FIGURE 16.** Percentage of students (%) who wished they had reported sexual abuse earlier.

**FIGURE 17.** Percentage of students (%) who regretted reporting sexual abuse.



### Help and support for children who have experienced both physical violence and violence between parents

The vast majority of students who had experienced both physical violence and violence between their parents did not feel that they needed help or support because of their experience. The split between those who had sought help and those who felt they needed help but had not sought it was roughly equal.



**FIGURE 18.** Percentage of students who have experienced both physical violence and violence between parents, who sought help or support (%).

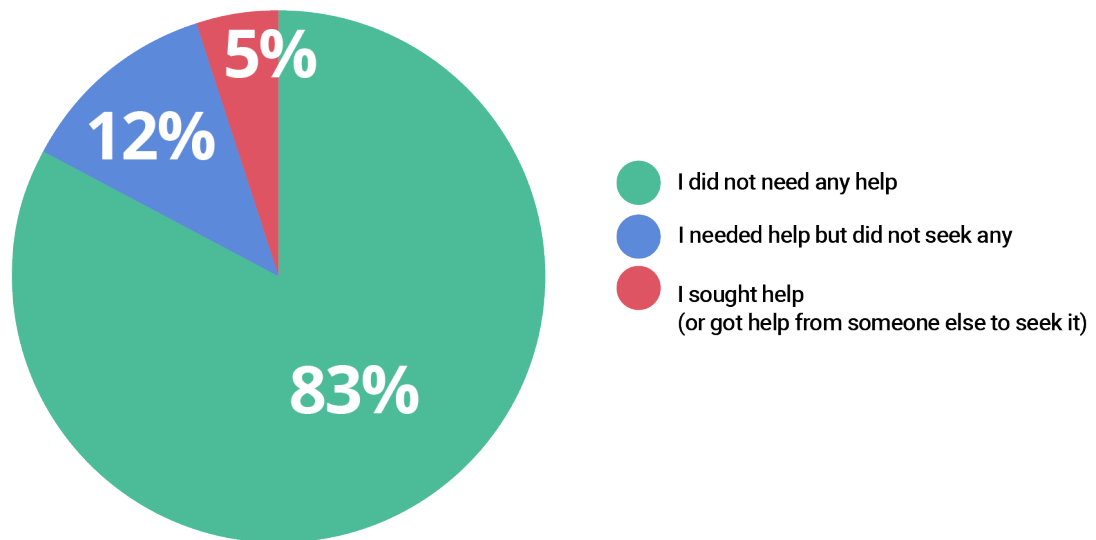
Most students who sought support did so through the student health team (school counselor/school psychologist or school nurse), social services or the child and adolescent psychiatry service (BUP). Of the students who experienced violence, nine percent turned to the school health service, eight percent to social services, eight percent to BUP, five percent to private psychologists/therapists, four percent to the police and three percent to a youth clinic.

Students' satisfaction with the support they received varied. Those who met with a private psychologist or therapist were most satisfied and those who met with the social services were least satisfied.



### Help and support after sexual abuse

The vast majority of students who had been sexually abused said that they did not need support after the abuse, but more than twice as many students said they needed help but did not seek it, compared with those who actually sought support and help.



**FIGURE 19.** Percentage of students who were sexually abused and sought support and help (%).



## The way forward

The Swedish Government has set out its ambition to meet the target set out in the 2030 Agenda – to end all forms of violence against children<sup>10</sup>. This study shows that the measures taken to date are far from sufficient to achieve that target. The majority of the children in the study had experienced violence at some point during their childhood, with severe consequences for their health. Violence against children as a whole has not decreased since the last student survey in 2016; in fact, the prevalence of sexual abuse, neglect and psychological violence by adults has increased. Violence against children is preventable, but Sweden has a long way to go to end such violence.

- Preventive work needs to be done at various levels and include many different stakeholders, such as the health service, preschools, schools, student health services, the police, social services and non-profit organizations. It is important to involve both adults and the children and young people themselves in preventive work.
- Mental illness, substance abuse, criminality and notions of honor among parents need to be dealt with early on, as the risk of the child being exposed to violence is particularly high in such contexts.
- Better training on violence against children is needed for the professionals who interact with children in their work, to help them identify and respond to victims of violence.
- All children need to be asked direct questions about being a victim of violence so they can communicate their situation more easily.
- Clear information is needed for both adults and children and young people on where to turn if a child is exposed or needs support.
- Support and treatment need to be improved so that children have the trust and confidence to report violence.
- Access to support and treatment needs to be available across the country, and children and their families need to be offered treatment as soon as violence is reported.

### Inform!

- Children have the right to information and we must ensure that the necessary information reaches every child. We cannot assume that all parents know the facts, and are able to inform their children – especially when the child's parents are the source of the violence.
- Preschool and school are an important and natural place for most children to get information.
- Information needs to be provided regularly, so no child risks missing out.

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<sup>10</sup> United Nations. (2023). Sustainable Development Goals. United Nations Association Sweden. Retrieved 12.09.2023: <https://fn.se/globala-malen-for-hallbar-utveckling/>



### **Ask questions!**

- Direct questions make it easier for most children to talk about what they have experienced. Although children are not always ready to talk right there and then, asking questions indicates that the other person is ready to listen.
- It can be helpful to use a structured questionnaire that addresses different forms of violence and symptoms. Some children find it easier to answer specific questions than to talk freely.
- It is important that the reporting is given the time needed and happens on the child's terms. Children who have experienced violence emphasize the importance of the adult having time, not being under stress and instills a sense of security and trust.

### **Listen, support and react!**

- When children talk, they want the listener to be calm and give them time to tell their story. It is important that adults do not react strongly and get angry or sad in front of the child.
- It is important for adults to underscore that the violence is never the child's fault.





## **Want to know more? The Children's Welfare Foundation is working on several initiatives to strengthen the right to support and information for children exposed to violence**

### **The Fourth Room**

The Children's Welfare Foundation Sweden has developed a model called the Fourth Room, that is aimed at ensuring that more children who have been subjected to physical violence or sexual abuse are able to access support and treatment – regardless of where in the country they live. At the center of this model sits the Barnahus. Literally meaning 'Children's House', Barnahus is a form of child advocacy center where, in the event of suspected crimes against children, authorities are brought together under one roof to coordinate investigations and interventions. Under the Fourth Room project, regions, municipalities and Barnahus interested in developing their work on the rehabilitation of children exposed to violence are invited to engage in joint development work.

Essentially, the model sees Barnahus working to ensure that all children who are victims of violence or abuse have access to the support and treatment to which they are entitled through the coordination of available resources offering information, support and treatment for children exposed to violence and their families. Other organizations can be provided with consultation services and advice, with Barnahus acting as a knowledge hub in the region.

### **After the Child Forensic Interview**

After the Child Forensic Interview (Efter barnförhöret) is an intervention that social services can use to provide children and parents with support and information when child physical abuse is suspected. The model involves providing crisis support from the day that the child is interviewed, in cases where children are not placed outside the home but return to the home of a parent who is a suspect. Treatment staff meet with the parents and support them in taking on board information from social services and the police about the report and investigations. They offer a home visit on the day of the child forensic interview to help the child and parents talk about what the child has been through during the day and support them in dealing with the situation. Follow-up conversations for the child and the parents provide a good basis for offering continued support or treatment.

### **KIBB**

Combined Parent-Child Cognitive Behavioral Therapy, CPC-CBT (Kognitiv Integrerad Behandling vid Barnmisshandel, KIBB) is a unique treatment model for families in which physical child abuse has occurred and where the parents and child have been assessed as being able to maintain contact. KIBB is the only method in Sweden that offers help to children, parents and the whole family at the same time.

KIBB comprises three parallel treatments:

- The child gets to process their experiences
- The abusive parent learns positive new parenting strategies
- The whole family receives family therapy

### **Time to talk about**

The website 'Dags att prata om' (Time to talk about: [www.dagsattprataom.se](http://www.dagsattprataom.se)) is our hub for information aimed at children and adults on violence against children, child sexual abuse and children of divorced parents. It also gives vulnerable children the opportunity to find support and help.

**Are you interested in finding out more?  
Visit [allmannabarnhuset.se](http://allmannabarnhuset.se) for more  
information!**



# Violence is never okay!

## SUMMARY OF A NATIONAL SURVEY ON VIOLENCE AGAINST CHILDREN

Johanna Thulin, Åsa Landberg & Carolina Jernbro

The Children's Welfare Foundation Sweden has conducted a survey on violence against children in Sweden on behalf of the government. In the study, 5,820 15-year-olds anonymously answered questions about their exposure to violence. Getting answers to the questions from so many students gives us a picture of how common it is to experience different forms of violence as a child – and what the consequences of that violence can be. The study is a follow-up to previous studies conducted in 2000, 2006, 2011 and 2016. Comparisons of the studies indicate that some forms of violence have increased, while others have decreased or remained static.

The results show that the majority of 15-year-olds in Sweden have experienced some form of violence by an adult and/or a peer during their childhood, and that this violence affects the children's well-being and school performance. Despite this, few children have access to support and rehabilitation, and children are more likely to tell their peers than adults about their exposure to violence. It is unacceptable that so many children have suffered violence – adults need to be better at identifying vulnerable children, and offering support.

This report summarizes the results of the national survey Våld mot barn 2022 [Violence against Children in Sweden 2022] and shows how common it is for children to have experienced various forms of physical and psychological abuse, violence between adults in the home, neglect, sexual abuse, intimate partner violence and bullying.

One student in the study put it this way: "Violence and abuse are never okay, no matter what the situation".



Children's  
Welfare Foundation

**The Children's Welfare Foundation Sweden** is a governmental foundation with a mission to support the development of methods and knowledge that will support children and young people in socially vulnerable situations. Our work is based on the UN Convention on the Rights of the Child and focuses on increasing the competence of professionals who work with children, by developing and disseminating knowledge from research and practice. We provide funding for child and youth research, run our own development projects, organize training courses, conferences and seminars, and publish reports and books on issues of topical interest.

Find out more about us at [www.allmannabarnhuset.se](http://www.allmannabarnhuset.se)