





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](https://www.without-violence.ch)

Even if you yourself are sometimes violent.

