

# Violence is...

AOZ



**Are you  
experiencing  
violence?  
You can do  
something.**

# ...not ok!

# **There are many types of violence. Violence is a crime in Switzerland. No type of violence is ok.**

## **Violence is**

- when a person insults you or shouts at you.
- when a person intimidates you.
- when a person abuses or harasses you online.
- when a person frightens you.
- when a person threatens you.
- when a person hits or chokes you.
- when a person holds you captive or locks you up at home.
- when a person bans you from meeting your friends or family.
- when a person harasses you with sexist remarks.
- when a person kisses or touches you against your will.
- when a person forces you to perform sexual acts.
- when a person forces you to get married.
- when a person forces you to work or engage in prostitution.

**This is all classed as violence. And there are many other types of violence, too. Nobody is allowed to be violent towards you.**

**Are you experiencing violence? Or have you seen someone being violent? Here's what you can do:**



**Contact a member  
of AOZ staff.**



**Find an advice  
centre on  
[www.gewalt-ist-nicht-  
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