

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-okay.ch/ti**