

Children and adolescents

Children and adolescents who experience violence at home need help.
They have the right to a life free of violence.

Important to know

When children experience domestic violence at home, this has a negative effect on their development. This happens even if children aren't the direct targets of violence. Some children suffer silently, while others show different symptoms. For example: difficulties at school, bed-wetting, headaches, eating or sleeping disorders, problems in dealing with other children or aggressiveness.

Where can children and adolescents find help?

Children and adolescents who experience violence at home should talk about it with someone outside the family. For example: teachers, school social workers, parents of friends or neighbours.

The following centres advise children, young people and their caregivers:

- **Fachteam gegen häusliche Gewalt des Schulpsychologischen Dienstes**, 062 835 41 19, www.ag.ch/schulpsychologie
- **Kinderschutzgruppen der beiden Kantonsspitäler**, Aarau: 062 838 56 16, Baden 056 486 37 05
- **ask! – Jugendpsychologischer Dienst (from 16 years)**, Aarau and Baden, 062 832 64 40 or online, www.beratungsdienste.ch/jpd
- **Jugend, Ehe- und Familienberatungsstellen**, list of centres by district www.jefb.ch
- **Pro Juventute**, 147 (24h), www.147.ch
Pro Juventute can be called day and night. Their specialists do not tell anyone about the conversation. They listen and help victims find solutions. Calls to Pro Juventute are free of charge. Callers do not have to give their names. Pro Juventute can also be contacted by text message, chat or email.

Additional information (links, addresses, information sheets, brochures)

dev.hallo-aargau.ch/en/haeusliche-gewalt/kinder-und-jugendliche