



Hi,

My name is Mina, and I am the Ombudsperson for Children in Norway. It's my job to help protect children. One of the things I work hard on, is to make sure children are safe and happy at home. Sometimes, when children are not, it's our responsibility as adults to find somewhere else for them to stay.

This place is called a shelter. You can feel safe here. Perhaps you have been scared, felt unsafe or sad.

That's not how it should be for children. All children have the right to a life without violence. That means that nobody is allowed to threaten you, hit you or do something to your body you do not want them to do.

It is against the law for an adult to threaten you, hit you or hurt you. That is because adults are responsible for making sure you are OK.

Adults are not allowed to hurt other adults either. Perhaps you have seen or heard an adult being hurt—perhaps it was even your mum or dad? You should not have to experience other members of your family being hurt.

When someone has experienced violence, or seen someone else being hurt by violence, it is perfectly normal to feel many different things. Some people become sad, others become confused, angry or scared. Some people don't know exactly what they think or how they feel. All of these feelings are perfectly normal. But what's important, is to speak to an adult about how you are feeling.

The adults who work at the shelter are used to talking to children who are going through a difficult time. You can tell them how you feel, and they can help you. You can also write to the Ombudsperson for Children if you have questions.

I wish you all the best, and I hope things get better for you and your family soon.

Sincerely,  
Mina Gerhardsen, Ombudsperson for Children in Norway