JUST SAY HELLO – WE’LL TAKE IT FROM THERE
Hi there!

If you have any questions about your rights or if you need to talk to an adult about something, then get in touch with Bris! It’s free and completely anonymous. You can talk to us about anything, if you’re feeling bad about something, missing your family, having problems at school or feeling lonely, for example. We are here for you.

It doesn’t matter if your Swedish isn’t perfect. You can always call, chat or e-mail Bris in English. You can also book an appointment with a Bris counsellor who speaks Arabic.

“I really want to thank you all at Bris for everything you do for us. You are heroes. Thanks, thanks, thanks, thanks!!!”

Boy, 15 years

You’ll find contact details for Bris on page 7.
WHAT IS BRIS?

Bris is a child rights organisation that works to support and help young people in vulnerable life situations. We are not a government authority and we are not connected with any religion or any political party. Bris works on the basis of the UN Convention on the Rights of the Child.

This is an agreement that Sweden has signed up to, which protects the human rights of children. The Convention on the Rights of the Child applies to every child, no matter who you are, where you live or what you have been through. For example, every child has the right to express his or her opinion, to be protected from violence and to live and thrive.

Bris mission

Bris supports children and young people both in the short and long term. We are giving support here and now and we work to strengthen and improve children’s rights in society. One of the ways we do this is by lobbying politicians, government authorities and decisionmakers on problems and issues relating to the life situation of children. Bris is always on the child’s side – and adults have a responsibility to listen to children and to uphold the rights of every child.

We are here for you!
BRIS IS HERE FOR YOU!

**bris.se**
Free and anonymous for those under the age of 18.

We know that life can sometimes feel hard. So it’s good to talk to someone who will listen. Bris is here to support everyone up to the age of 18 and you can remain anonymous if you prefer. Your call, chat or e-mail will be answered by one of our trained counsellors. We have a duty of confidentiality and a lot of experience in talking with children and young people.

*Just say hello and we’ll take it from there!*

**HOW TO CONTACT BRIS:**

**Call 116 111.** Telephone lines are open every day from 2 pm to 9 pm. Your call is free, you can remain anonymous and your call will not show up on the telephone bill. You can also book a time for a call in advance.

**Chat.** Log in to our chat service via Bris.se. Chat is available every day from 2 pm to 9 pm. You can remain anonymous and you can choose what you want to chat about.

You can talk to us about anything.

**E-mail.** You will find our e-mail service at Bris.se. You are always anonymous when you e-mail us and you will receive a personal reply from one of our counsellors. We read and reply to every e-mail. It may take 3–4 days to receive a reply.
**FURTHER ASSISTANCE**

Sometimes you may need more help or help more quickly than Bris can provide. In this case, we will help you get the support you need, from school staff or social services for example. It is always up to you whether you want more help from Bris. If you like, you can talk to the same counsellor whenever you contact us.

**GROUP SUPPORT**

Bris also offers support to children and young people through group support. In a support group, you can meet other children in the same situation. You can also learn about your rights and receive support to help you deal with your situation. Bris support groups are led by our counsellors and are run both online and offline.

Right now we offer:

- Group support for children, young people and parents in families where the mother or father has committed suicide.
- Group support for children in foster care.
- Group support for refugee children.
- Online group support for children with a parent who drinks too much or who is having psychological problems.

*For more information and to register, visit Bris.se*

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**BRIS FORUM**

This is a place where you can write about and share your experiences, thoughts and feelings and get replies from other children and young people. You can also read and comment on what other people have posted. Everyone remains anonymous.

**BRISBOT 📩**

Chat with Brisbot direct via Kik and Messenger. Brisbot is a chatbot that provides quick answers to common questions Bris receives, direct to your mobile. You remain anonymous and no telephone numbers are stored. Find out more at Brisbot.com

*Follow us on Instagram @bris116111*
YOU HAVE RIGHTS!

Did you know that the Swedish government has signed the UN Convention on the Rights of the Child? This is a collection of rules designed to protect the human rights of every child, no matter who you are, where you were born and what you have been through. When a country signs the Convention on the Rights of the Child, this means that the government must protect each and every child and take responsibility for ensuring that children are able to exercise their rights. You are a child until you reach the age of 18. The Convention on the Rights of the Child contains 54 rules, or articles as they are also called. Each article has equal importance.

Here are some examples of your rights:

- You have the right to education and to develop on your own terms.
- You have the right to care and support.
- You have the right to your own body.
- You have the right to talk to an adult when you are afraid, lonely or anxious.
- You have the right to express your opinions.
- You have the right to be listened to on issues that affect you and your life.
- You have the right to safety and security in your life.
- You have the right to do things you like in your leisure time.
- You have the right not to be subjected to any form of violence or discrimination.
- You have the right to a private life.
- You have the right to live and thrive.

Want to know more about your rights? Get in touch with us here at Bris or read more at bris.se
BRIS – SUPPORT FOR ALL CHILDREN IN SWEDEN UP TO THE AGE OF 18!

BRISBOT
Get quick answers to common questions sent direct to your mobile. You can use Brisbot via Kik and Messenger. For more information visit www.bris.se

How to contact us:
Call 116 111

Chat at bris.se

E-mail at bris.se