

You have a right to get help!

You are not alone. There are many girls (and boys) who also experience something like this.

You can get help. For example, from a friend, your mother or father, your teacher or from us – at Violetta.

You can talk, cry, be silent, be angry, paint, write or listen, play, laugh and meet other girls who have experienced similar things.

You only tell as much as you want. We discuss with you and with the adults you trust how to proceed and what will help you.



Violetta

Fachberatungsstelle für sexuell missbrauchte Mädchen und junge Frauen

Wöhlerstraße 42 (Haus C)
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www.violetta-hannover.de



Office hours by telephone

Monday 10:00 – 11:00
Tuesday 16:00 – 17:00
Thursday 10:00 – 11:00

At other times, you or your confidant can leave a message on our answering machine and we will call you back. Personal counselling by appointment only.

You will also find advice and support here

Counselling Centre against Sexual Abuse of Children and Adolescents of Region Hannover
Peiner Straße 8, 30519 Hannover, Phone 0511 61622160

Violetta

Specialist Counselling Centre for Sexually Abused Girls and Young Women



Information for younger girls

Your body is yours!

No one is allowed to touch or kiss you if you don't want them to.

There are pleasant touches that feel good and that you like, such as hugging or cuddling.

There is also unpleasant touching, for example if you are touched on the breast, buttocks or vagina, or if an adult asks you to touch his penis.

It can also be that someone asks you to get naked and then takes photos of you, or undresses in front of you even though you don't like it.

If someone persuades or forces you to do something like that, you might get all confused or scared.

Nobody can ask you to do that!



There are pleasant and unpleasant touches

Sometimes touching is nice at first and you only realize later that you don't want it.

People who do this or ask you to do this can also be people you know and like, for example an uncle, your grandpa, your brother, your father, your mother, a schoolmate, a teacher, a sports coach, a neighbour....

You are allowed to say no - even to adults - and to fight back the best you can.

Maybe you are afraid that no one will believe you or that everyone will be angry with you. Maybe you think it's your fault. Maybe you had to promise not to tell anyone ...

It's never your fault if something like this happens to you - no matter what happened, how you behaved or what you are like.

Trust your feeling!

There are beautiful secrets that are fun for example, surprises. But there are also stupid secrets that make you sad or scare you.

Trust your feelings when you feel uncomfortable and realize that something is wrong. Try to talk to someone you trust.

You can talk about stupid secrets, even if someone has forbidden you to do so.

