

# **When something bad has happened**

Workbook for young people



# Preface

## A note to practitioners

This workbook was created by the Barnahus Team within the Child and Adolescent Psychiatry Trauma Unit for the Stockholm region. We have drawn inspiration from established treatment models (such as TF-CBT, CFTSI, etc.), as well as our clinical experience of working with children at Barnahus in Stockholm.

The workbook is designed for children and young people who, along with their caregivers, are offered crisis support. It is our hope that the contents of this workbook will make crisis support work easier for children, young people, caregivers and practitioners.

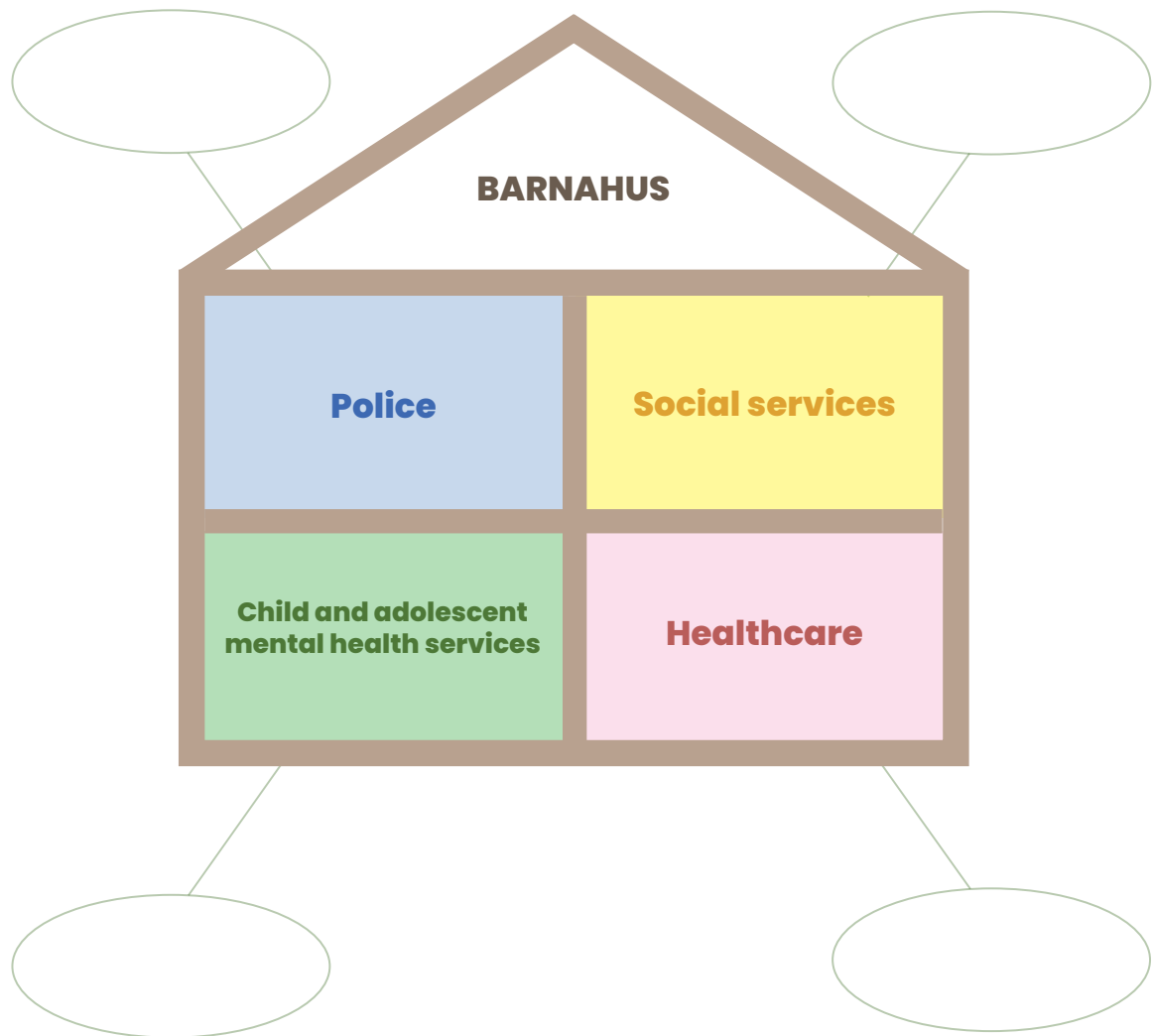
The contents of the workbook are not intended to be used in a particular order and we do not think everything in the book should be used for all children and young people. The book can be used in different ways, in accordance with the unique needs and experiences of the individual you are supporting.

As authors, we have based the workbook on established knowledge about trauma, trauma symptoms and interventions, and tailored its contents to reflect the nature of crisis support as a short and limited intervention. The contents are written by us and the words are our responsibility. We have borrowed ideas from and been inspired by colleagues from a range of professions in our current and previous places of work.

We are grateful for the support, feedback and inspiration we have received along the way. The workbook should be used for what we call child psychiatric crisis support. It has been developed in the context of child psychiatry and we think that as a practitioner, you should have basic child psychiatric skills. Please note that practitioners should only use the workbook and apply it in their crisis support work after consulting the accompanying Handbook.



# Welcome!



We are seeing each other to talk about how you are feeling and to help you to feel better.

Young people come here, because something bad has happened.  
What is it that happened to you?

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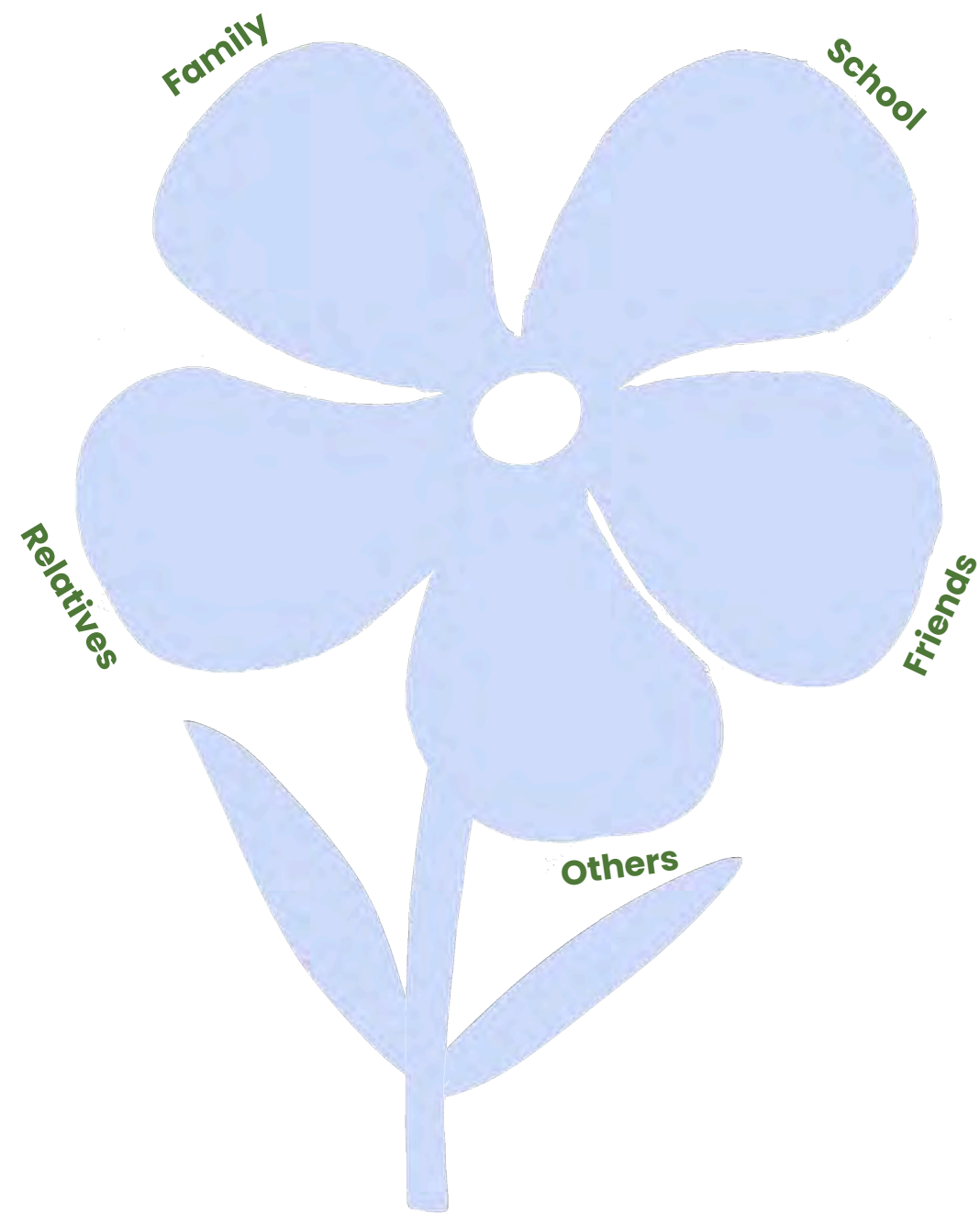
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# Network map

Other people are important to us in different ways. When you have been through difficult experiences, you need people who can support and help you. You also need people who know what you are going through, understand what you need, and people to have fun with. Who do you have in your life? Who knows what you have been through? Who can you turn to for help when needed? Who can you have fun with?





# My life timeline



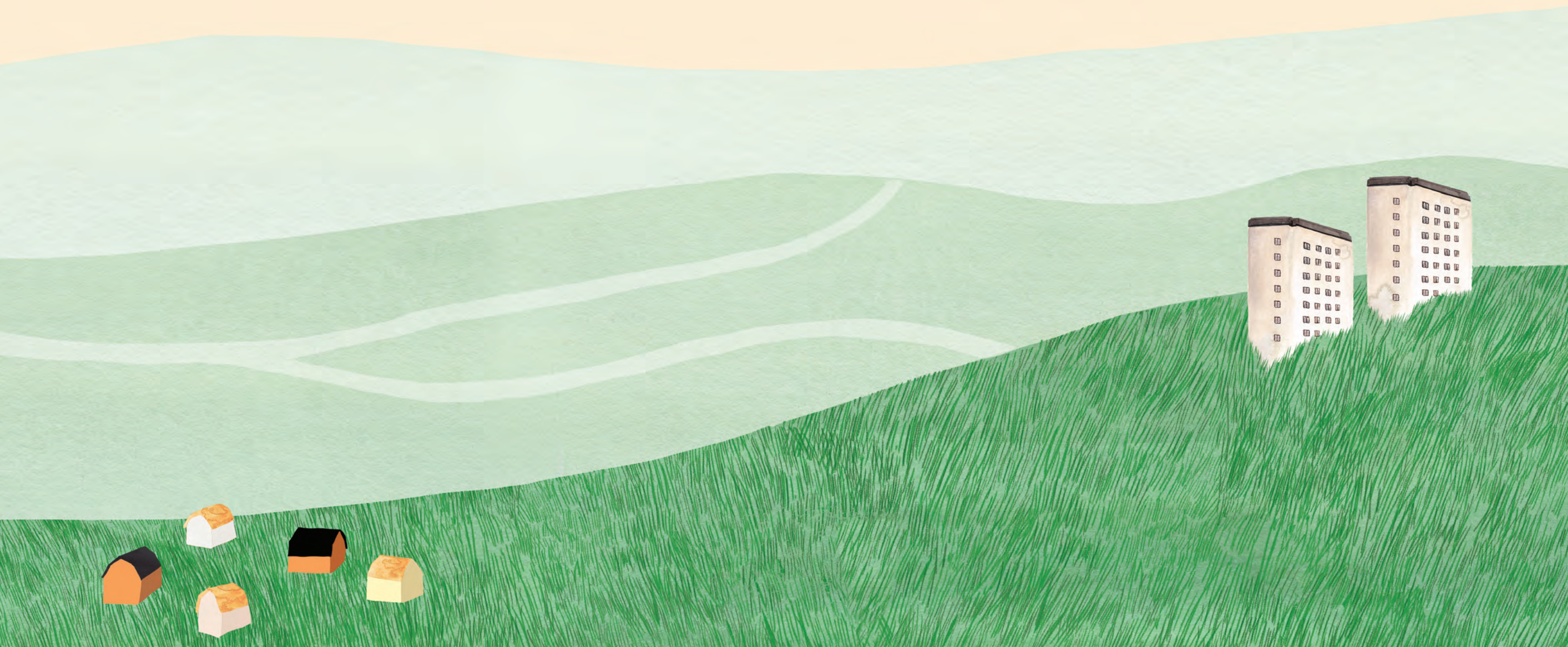
I was born







**The future**







# When life changes

After it has been discovered that you have faced violence or sexual abuse, there are usually changes in your life. For example, you might not see the person who did that to you anymore, or you might have to go into short-term foster care or change schools. When something bad has happened, it can affect many family members and other people who care about you. They may be worried, sad and angry. You may be worried about how others are doing and are affected, and sometimes it can be hard to talk to each other about it. Some changes can feel good and important, while others can feel difficult and stressful.

## What has changed in your life?

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## Is there anyone you are worried about?

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# Common reactions

When we go through a difficult event, it affects us in different ways. The ways we react can be called stress reactions or crisis reactions. Most people find these reactions decrease over time. If the reactions persist for longer, they are called trauma symptoms.

A trauma is a difficult event which happened to you or which you saw happening to someone else and which makes you feel bad afterwards. Examples of difficult events include someone subjecting you to physical violence, psychological violence or sexual abuse. Another example is when you see someone in your family being subjected to violence or abuse. Going through a traumatic event does not mean that your life has been destroyed. You can feel better. Sometimes, with time, you feel better by yourself. Sometimes you need help and support from other people in order to feel better.

It is more common than many people think for children and young people to be exposed to violence and abuse. It cannot be seen from the outside, and it is common not to tell other people about it. This means that lots of people think that they are the only one to have been through frightening events.

When you go through scary or upsetting things, it is common to experience strong emotions which are difficult to deal with. Some people find it hard to sleep and may get headaches or stomach aches. It is common to think that it is your own fault that the bad thing happened and to feel guilty and ashamed.

Some people who have been through frightening events find that they don't want to spend as much time with their friends or family as they did before the bad thing happened. Others find they begin to do things that they did when they were little. They might need to sleep in the same room as an adult or find it difficult to be alone. It is common to have these reactions when something bad has happened and it is important to find ways to feel safe and calm. In time, people are usually able to return to choosing how they want things to be.







# Examples of common trauma symptoms



## Re-experiencing

Bad memories and thoughts about what happened can pop up in your mind when you don't want them to. Your brain replays what you experienced like a film or as images – these are called flashbacks. It is usually hard to stop thinking about all the bad things that have happened. When you are asleep, you might have nightmares about what happened.



## Avoidance

Often you really don't want to think about what happened, or don't want to be in places that or meet people who remind you of the bad experience. It is common to want to avoid talking about it.



## Feeling overly tense

The brain and the body can be on edge and you find it hard to relax. Some people notice that they become angry and irritated easily. You may get scared easily and be alert to danger, and you may find it hard to concentrate and hard to fall asleep.







## Difficulties trusting others

When you experience a traumatic event, you may suddenly feel that the world is not as safe and predictable as before. This often leads to you trying to be prepared for new dangerous things to happen. You can find it hard to trust other people. It can take time before you see the world as a safe place again, and realise that most people want the best for you.



## Negative thoughts

It is common for people to have negative thoughts about themselves, the world and the future after something bad has happened. Things you normally like doing don't feel enjoyable anymore and you may have feelings of guilt. It can feel hard to be happy.

## Taking risks

For some people who have experienced frightening events, it can happen that they seek out or end up in dangerous situations afterwards. This could be, for example, drinking too much alcohol, using drugs, having sex with people who are not good for you, or posting sexual pictures of yourself on social media. It may feel like a way to take control of your situation, or it could be because you feel bad or worthless. These things risk making you feel much worse and risk exposing you to violence again. You may need help to find a way to cope with what you have been through so that you don't need to do things that harm you.



## Feelings of unreality

You can experience feelings of unreality, such as feeling like you are not really there, you are in a bubble, or you hear voices that aren't there. Some people think this means they are losing their mind, but it is actually a sign of a high level of stress.





# The brain's alarm system

Humans are designed to react quickly to danger, which helps us survive. It is as though the brain has an alarm system which warns us if something scary seems to be happening, and makes us prepared to run away quickly, play dead or perhaps go on the attack. Our responses are automatic and we don't choose how we are going to react. We usually talk about three such ways of responding: fight, flight and freeze.

- **Fight** means we try to protect ourselves physically by resisting or fighting back..
- **Flight** means we try to get away from the situation.
- **Freeze** means that the body freezes up and it feels like you can't move or do anything. This reaction is especially common when someone is sexually abused and when a dangerous situation feels impossible to cope with.

The brain's alarm system is there to protect us and help us cope with difficult situations. After we have been through frightening situations, the brain can be especially prepared for dangers. The alarm becomes more sensitive and goes off more often, more quickly and more powerfully. It reacts to anything that reminds it of danger, even when it doesn't need to. We call these triggers. It can leave us stressed and tense, and on our guard long after the scary thing has stopped happening.

## Trauma-related triggers

Trauma-related triggers are things that remind you of the traumatic event. This might be a sound, smell, people, places or a feeling in your body. Examples of triggers include someone raising their voice or having the same facial expression as the person who hurt you. Being triggered means that you are reminded of the traumatic event. Memories often pop up suddenly and feel unpleasant.







# Secrets

There are often things in our lives that we don't tell others about. They may be things we think about or things that have happened. Sometimes it is something we don't anyone to know about, because we feel ashamed or guilty. At other times, there are things we don't want anyone to know, because we don't want anyone else to get hurt. Many people who have experienced violence and abuse keep it a secret and don't tell anyone, even though that makes them feel bad.

Secrets can also be positive things, such as when we want to surprise someone, for example. There are thus different reasons for keeping secrets. Secrets can affect us in different ways. Some secrets make us feel good when we think about them, while others make us feel bad and worried when we think about them.

**Are there secrets that you think should be kept secret?**

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**Which secrets do you think are good to share with someone else?**

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**Is there anyone you can tell if you have a secret that is making you feel bad?**

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## Ideas for feeling better

To be able to feel better, the most important thing is to know that what was frightening you is now over. After going through something traumatic, you need to be around people you feel safe with. The safer and more stable life is, the more the brain is able to cope with bad feelings and thoughts.

- Continue to do what you usually do, even if you don't always feel like it. That includes going to school, seeing friends, and carrying on your clubs and activities..
- Spend more time with people you like and get along with. Do fun things together.
- Physical exercise helps your body and brain feel better.
- Remember to try to eat and sleep regularly.
- When you are feeling down, talk to an adult about how you are feeling.

### Doing these three things makes me feel good

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# Reducing stress

Even without traumatic and difficult events, life is full of things that can be stressful or make us feel under pressure. Stress is not dangerous in itself, but it is important to maintain a balance between stress and recovery. This is always important, but it is particularly important when you are feeling down. Recovery can look like rest and sleep, but it can also look like doing something you like or that relaxes you.

**How does it look for you? For example, at school, in your free time, with friends and where you are living. What needs to change?**

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**Who can help with that?**

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You can use the  
problem-solving method at  
the back of the book!

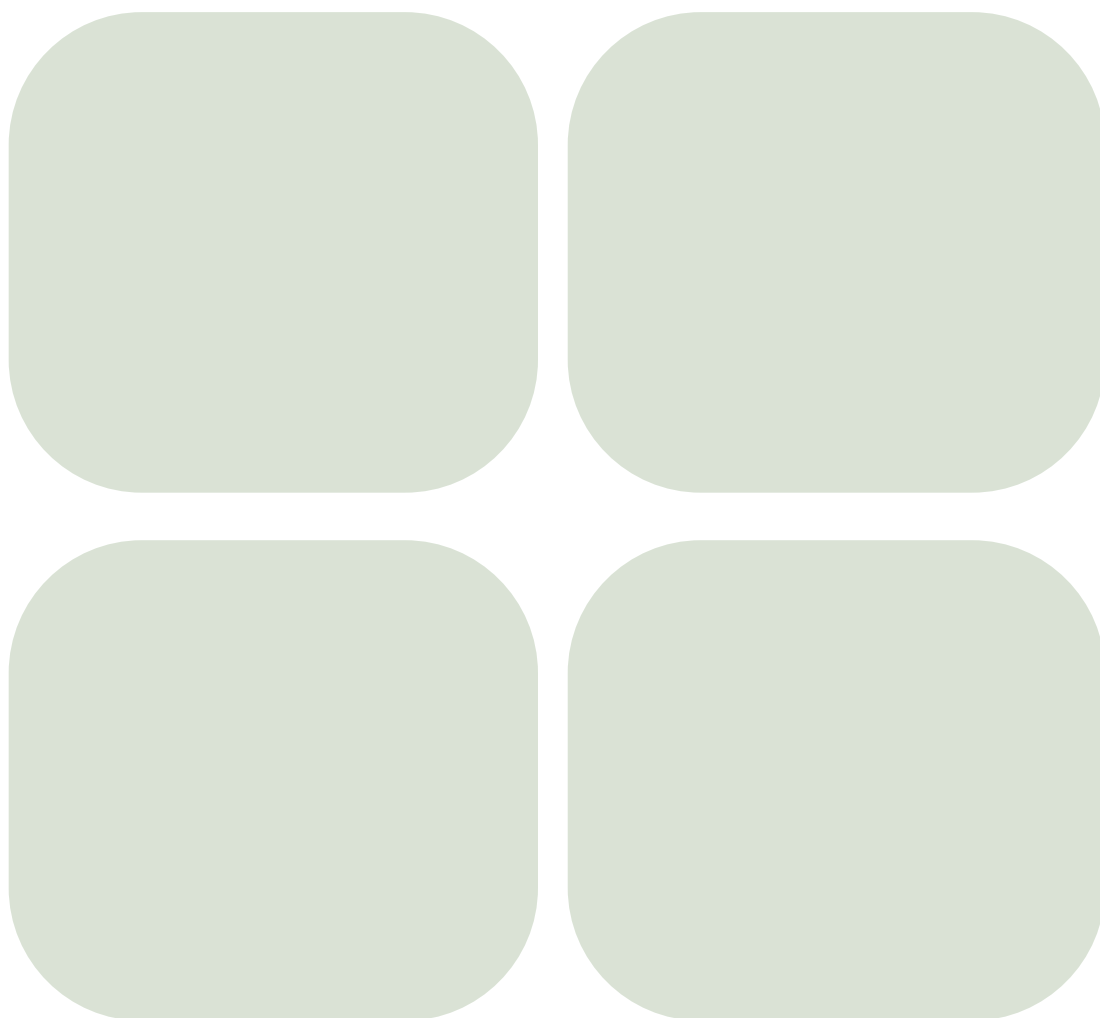




# Relaxing

When you go through horrible or difficult experiences, the body often becomes more tense, even once the terrible thing has stopped. It's as if the body and the brain continue to believe that you are in danger. When you are stressed or upset, your body often feels tense. If you practice relaxation, you can teach yourself to become calmer and less tense. The body can then send signals to the brain to let it know you are safe. This can lead to you not getting scared as easily as before and being less on your guard.

**Are there any methods you use to calm yourself down?**

The form consists of four identical, empty rounded rectangular boxes arranged in a 2x2 grid. These boxes are intended for the user to write down any methods they use to calm themselves down.

You will find relaxation exercises towards the back of the book in the section Exercises and worksheets. **Which of these do you like?**



# Emotions

Emotions are a reaction to something happening or to a thought. Emotions give us information about a situation, such as you are happy when you do something you enjoy, sad when you think about something you have lost, or scared if you experience something dangerous.

## What emotions are there?



Emotions make us want to do something, like doing more of what makes us happy, withdrawing when we are sad and trying to protect ourselves when we are scared. Another important reason we have emotions is that they are a means of communicating with others. A smile shows people that you are happy or glad, anger can show that someone has crossed a line, and tears show that you are sad and may need comfort and support. Emotions are felt in our bodies and affect how quickly we breathe, whether we are tense or relaxed, how quickly our heart beats and whether we feel warm or cold. The body reacts so that we are able to handle difficult situations and function in relationships with other people.





**Give an example of an emotion you recently felt.**

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**What did it feel like in your body?**

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**What did you want to do when you felt that emotion?**

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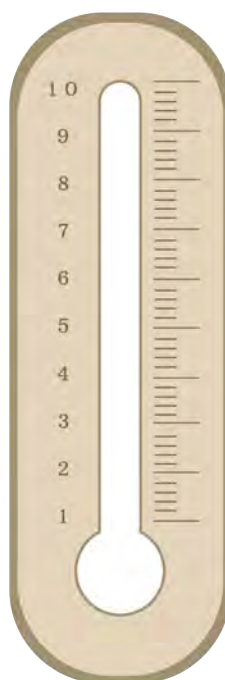
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**Was what you felt visible on the outside? How?**

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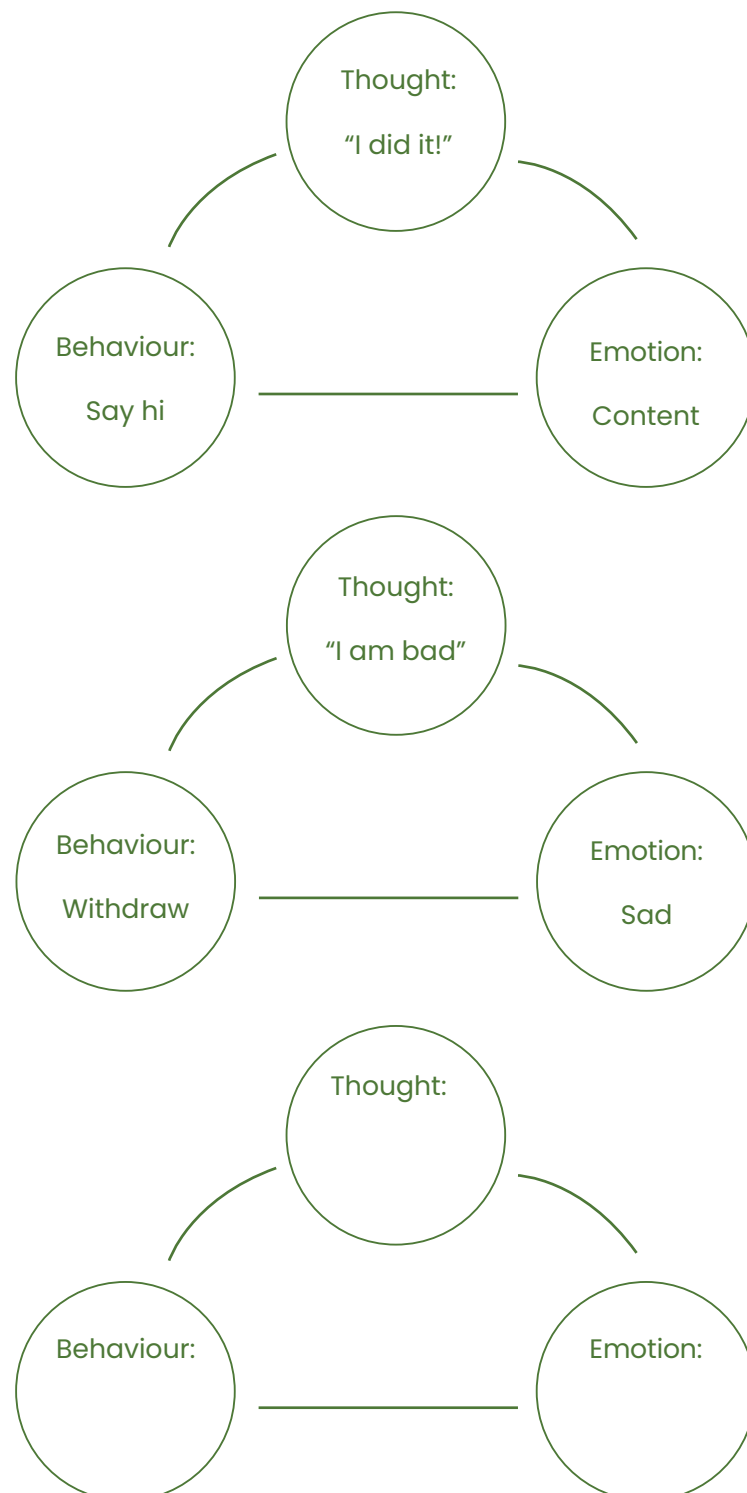
**An emotion can be felt in varying strengths.**





# How are our emotions affected by our thoughts and actions?

Emotions affect what we think and choose to do. Our thoughts and behaviours also influence our emotions. We can influence emotions through our behaviours, but also by becoming more aware of our thoughts.

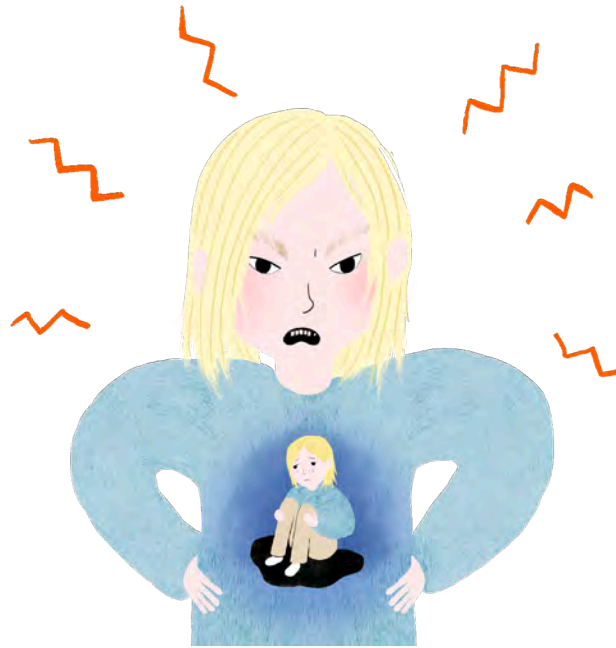






# Feelings behind other feelings

Sometimes you have a feeling behind another feeling. Like when you are outwardly angry, but actually feel sad inside.



Sometimes it can feel easier to be angry than to be sad or scared. You might feel empty or like you don't feel anything at all. This can feel confusing and hard. Sometimes it is difficult to know what you are feeling and it can be difficult to show others what you are feeling.





# My list of feelings

**This makes me happy**



**This makes me calm if I am afraid or worried**



**This is good for me when I am sad**



**This can calm me down when I am angry or upset**







# Sleep



When you have gone through difficult events, you can have trouble sleeping. This can sometimes be because, in the evenings, you can get a lot of thoughts in your head and flashbacks of what happened. Sometimes it is because you have nightmares during the night, which you then become nervous about getting, and therefore have trouble falling asleep. Sometimes you are so tense and stressed that it is hard to relax. When you sleep badly, you often feel even worse and can have lots of negative thoughts.

It is common to need extra support and to be close to a safe adult. Children and teenagers often want to sleep besides, or in the same room as, their parent or a safe adult for a period of time after they have experienced a frightening event. There are things you can do to improve your sleep. Here are some examples of things you can try:

## Relaxation

- Relaxing can reduce the physical and/or psychological stimulation which is making it hard to get to sleep.
- Try different relaxation techniques and try to find one or a few you like, which you can use before going to sleep and when you wake up in the night and want to get back to sleep.
- You could listen to relaxing music to unwind before going to bed.



## Your room

- The room where you are going to sleep should be quiet, dark and cool enough.
- Noise can affect how well you sleep, even if you don't wake up. You could try using earplugs if it's not possible for the room to be totally quiet.
- Try to have a bed, pillow and duvet that you find comfortable.
- Avoid having a computer, or anything else that reminds you of school, or anything else that might stress you out or keep you awake when you are trying to get to sleep. Switch off notifications.

## Food and drink

- Don't eat too much food just before going to bed and don't go to sleep hungry.
- Don't have drinks containing caffeine (energy drinks, coffee, tea and cola) before going to sleep.

## Physical exercise

- Work out and get regular exercise. But avoid exercising late in the evening. Do it during the day instead or a few hours before you want to be able to sleep.

## Sleep routines

- Try to have a regular daily rhythm, getting up and going to bed at the same time every day.
- If you can't sleep, get up and do something else. Don't stay in bed for longer than 15 minutes. Then, once you feel you will be able to get to sleep again, go back to bed.
- Try not to do other things in bed. It helps if your bed is associated only with sleep.
- Stay awake during the day, even if you feel tired, and get up at the same time as usual every day.
- Don't count the number of hours you are going to sleep when you are trying to fall asleep, as this will make you more stressed.





## What can you try to change to improve your sleep?

[illegible]



# My questions for responsible adults

One thing that can help after something has happened is feeling like you have enough information about the things that are important to you. Do you have any important questions you would like answered? One way of thinking of questions you might have is to go through the following:

- **Think about your situation and what happened.**
- **Who are the responsible adults in your life right now?**
- **Do you have any questions to them?**

If you have some questions, it doesn't mean that it has to be you who asks them – there may be someone else who can help you. Certain questions may not have a simple answer and may need time to answer, but it is still useful to make a list.

**Question:**

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**For whom?**

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**Who will ask?**

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**Question:**

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**For whom?**

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**Who will ask?**

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**Question:**

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**For whom?**

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**Who will ask?**

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# My important list

Now we are going to write down the things that are important to you for you to feel good. We have spoken about the importance of peace and quiet and of fun things happening to make you feel good. **What are you going to put on your list?**



**Who are we going to show the list to?**

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# Time to sum up

Now we are going to summarise what happened to you, what has helped and how you want it to be in the future.

**Before it happened**

**What happened**

**When I came here**

**This helped me and made it  
feel easier**

**In the future I want**

**This is what I can do if  
something happens again**



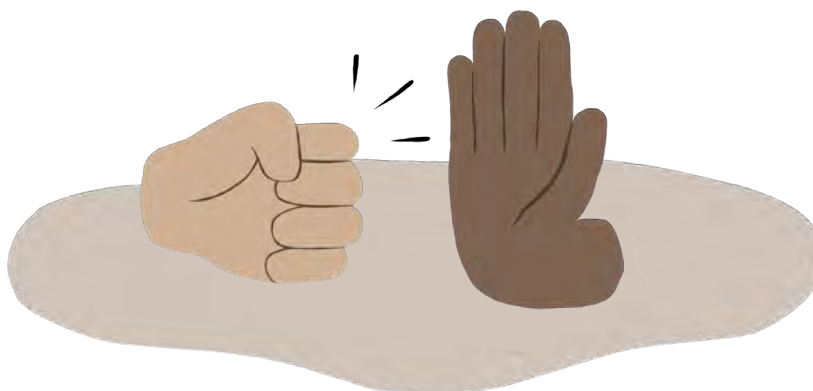
# Violence

Violence can be both physical and psychological. Physical violence is when someone harms your body. Psychological violence is when someone says things that makes you feel bad. Examples of physical violence are when someone hits, shoves, bites, pinches, kicks or shakes you. Physical violence also includes, as examples, being locked in in a wardrobe, or being locked out on a balcony. Psychological violence includes when someone says abusive and derogatory things to you repeatedly. It also includes threats, aggressive outbursts or being controlled by someone.

Seeing someone else being hit can be just as frightening as being subjected to it yourself. It could be a parent who is being hit, parents who hit each other, a sibling who hits a parent or a parent who hits a sibling.

Despite the fact it is illegal to abuse children and young people, it does happen. It is more common than many people think for children and young people to be subjected to and/or see a family member being subjected to violence. Violence can affect you in different ways. Being abused by a person has a close relationship with the child, whose role it is to provide love and safety, has a greater effect than if it is a stranger. Living with the person who uses violence can mean you almost never feel safe, for example if it is a parent, stepparent, a sibling or a boyfriend or girlfriend. It is also more stressful if it is someone you have to see every day, for example a schoolmate. Whether you are abused once or many times also has an impact on how much you are affected.

It is common to believe that it is your own fault that you were hit and abused. The person committing the violence may even say that it is. But it is always the person who is violent who is responsible.





# Sexual abuse

If someone touches your private body parts when you don't want them to or when you don't consent to it, it is sexual abuse. It could be someone touching your genitals, breasts or bottom. But it could also be being forced to look at or touch someone else's private body parts. Being forced to show your own body or do sexual things to yourself is also sexual abuse. This can happen both online and in real life.

Sexual abuse is more common than many people think. Most of the time, the person committing the sexual abuse is someone you know, for example a parent, relative, teacher, coach or a peer. But it can also be someone you don't know. The abuser may be someone you like or depend on. During sexual abuse, it is common not to scream or struggle. That can be because you are scared, feel completely numb and don't want to think about what is happening. The brain decides that you are going to stay still, as a kind of protection against what is happening. Afterwards you might think you should have done more to try to stop it. If you were threatened or tricked by the abuser, that also makes it difficult to speak out and protect yourself. Some people can find it feels nice, and that their body reacts as though it wants it. This can also make it is very difficult to tell someone about what you have experienced. But the abuse took place against your will, even if you didn't scream or struggle. We don't choose how we react when we are abused.

There is no right or wrong way to react to abuse. Everyone reacts differently.



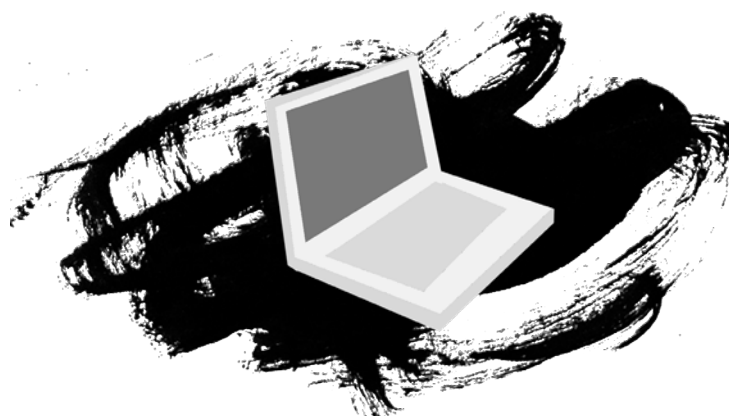




# Exposure to abuse online

Grooming means that an adult contacts a child or young person in a sexual way. Another word for grooming is manipulation, and that is a good way of describing what the young person has experienced. People who target young people online entice, persuade, intimidate, threaten and exploit them in ways that are hard to withstand. Online abuse can affect you just as seriously as abuse that happens in person. When someone is sexually abused, it is never their fault, even if – for example – they have replied to messages or sent pictures or videos to the perpetrator.

Young people who have been abused online can feel especially bad, because they feel more vulnerable. If they have been tricked online, they may feel watched, fear meeting the perpetrator again, and feel unsafe if the abuser lied about who they are. They may worry that pictures or videos will be spread online or that other people will see them. The sense of shame over having been tricked can be deep and can make it very hard to talk about what happened. Since it often took place at home, over the phone, on a tablet or a computer, it can cause feelings of discomfort in your own room or your entire home. It can take time for the authorities to investigate crimes committed online, as there are often many victims of the same person. It is often most difficult when others come to know what you have been through. Even if the legal process is taking a long time, life can usually return to normal after a while, despite the awful things that have happened.





# Relaxation exercises

## Muscle relaxation

Sit comfortably in a chair with your arms hanging over the sides and imagine your feet are stuck to the floor. Close your eyes or look down at the floor while you are doing this exercise. Imagine you are holding a lump of clay in your right hand. Squeeze the clay as hard as you can! Feel how hard your muscles in your hand and arm are when you squeeze. Count to five when you are squeezing and then drop the clay and let your hand hang down loosely. Feel the difference when the muscles in your hand and arm are relaxed. Repeat to yourself, "my hand is relaxed".

Now do the same thing with your left hand. You can do that with all parts of your body, one at a time or all at once. Don't forget to do it with all muscle groups (arms, feet, legs, stomach, back, chest, shoulders, face).

## Breathing exercise

Place one hand on your chest and the other on your tummy so you can feel if it is your chest or tummy that changes when you breathe in and out. Imagine your tummy is a balloon. When you breathe in, you are inflating the balloon and your tummy puffs out. When you breathe out, you are releasing air from the balloon and your tummy sinks in. Try and breathe in through your nose and out through your mouth.

## Focus on breathing

Sit comfortably or lie down and close your eyes, if it feels comfortable. Relax your tummy and take deep breaths down to your tummy. Follow your breathing, in and out. If thoughts pop up, just note that they are there and return to focusing on your breathing. Continue with this for a few minutes.



# Exercises for coping with thoughts and emotions

## Expressing and validating emotions

Putting your feelings into words can soften emotions and make them easier to cope with. You can practise putting into words what you feel and that it is okay to feel the way you do. Try to find a sentence that is helpful and supportive to say to yourself. Examples include:

- Of course I feel worried about what will happen in the future, because I don't know how a lot of things will turn out.
- It is no wonder I get sad when I think about the bad things that happened.
- It is no wonder I find it hard to trust new people, because I have been let down several times before..

**What would you like to say to yourself when you have difficult emotions?**

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## Shifting focus using your senses

It is difficult to tell yourself not to think about bad things. This is an exercise in being able to focus on something else. Sit comfortably and take a deep breath down to your tummy. Describe, without judgement, three things you see, three things you hear and three things you feel in your body. Examples:

### See

1. I see a painting of a little flower. It has a white frame and is hanging on the wall.
2. I see a red rug on the floor. It is round.
3. I see a lamp in the window that is switched off. It is yellow.

### Hear

1. I hear the hiss of the ventilation.
2. I hear a car driving by outside.
3. I hear a clock that is ticking.

### Feel

1. I feel my hands on my thighs.
  2. I feel my feet are warm.
  3. I feel my nose itching.
- You can repeat this exercise several times.

## Shifting focus with the help of breathing

If you find yourself having very difficult thoughts about the future or past events, you can practise focusing on something that is here and now, such as counting your breaths. Count to one when you breathe in and two when you breathe out. Count to ten and then start again. If you start thinking about something else, bring yourself back and carry on counting. Every time you lose focus and bring yourself back, you are practising, and the more you practice, the easier it gets.





## Leaves on a stream

Sit up straight and relax your shoulders. Lower your gaze to the floor in front of you and close your eyes slightly. Now shift your attention to your breathing. Feel how the air flows in through your nose, down through your throat and fills your lungs. Then breathe out again through your mouth. Try to follow the air's path through every breath.

Be open to any thoughts that may arise in the moment. Try not to get stuck in them – just take a mental note of them and then gently shift your attention back to your breathing.

Think of your thoughts as leaves floating by on a stream. They come and go, but the surroundings are still the same. Instead of going into your thoughts and following them, try to just see them as leaves floating by.

Try not to judge your thoughts but just observe what passes by. You are not your thoughts. You are much more than your thoughts.

Take a few deep breaths and when you feel ready, you can come back to the room.





## Calming down in a safe place

In this exercise, we are going to practice using our imagination to create positive or pleasant images and feelings. Imagine a place where you feel calm and safe. It can be a real place you have been to or a place you invent. Take a few breaths and close your eyes. Create a picture of the place in your imagination. Imagine you are standing or sitting there. Can you see yourself there? Imagine you are looking around you. What do you see near you? Look at the details of what you see and see what kinds of materials are used. Look at the different colours. Imagine reaching out your hand and touching what you see. How do you feel? Now look further away. What can you see around you? Try to spot the different colours and shapes. This is your special place and you can imagine whatever you want. You feel calm and at ease when you are there.

Imagine your bare feet are on the ground. How does it feel? Walk around slowly and look around you. What kind of sounds can you hear? Perhaps the gentle sound of the wind or birds or the sea. Perhaps you can feel the warmth of the sun on your face. What can you smell? Perhaps the smell of the sea or flowers or your favourite meal cooking on the stove? In your special place, you can see the things you want to see and hear pleasant sounds. You feel calm and happy.

Now imagine that someone special is with you in your place. It is someone who is a good friend who can help you, someone who is safe and kind. They are there only to help you and they are going to take care of you. You feel happy to be with them.

Look around in your imagination one more time. Remember that this is your special place. You will always be able to return here whenever you want to feel calm and safe and happy. Your helper will always be there whenever you want them to be there. Prepare to open your eyes and leave your special place for now. Now when you open your eyes, you feel calm and happy.





## Tackling a problem

Sometimes there are things that cause you anxiety which you need to address. This could be needing more support at school, needing to tell someone something, or that you are not happy and that things need to change. If this is the case, following these steps can help. Feel free to ask an adult to help you when you are doing this exercise.

1. What is the problem? Write it down as specifically as possible.
2. How would you like it to be instead? What would you need to make that happen?
3. Brainstorm solutions. Write down as many solutions as you can think of. There are no bad suggestions. Write them all down without assessing them.
4. Discuss and consider the advantages and disadvantages of some of the suggestions you have written down.
5. Choose a solution or a combination of solutions.
6. Decide when you are going to evaluate it tomorrow, in a week or after a month?
7. Try out what you have decided.





# Nightmares

It is common to get nightmares when you have been through frightening events. The nightmares might be about the frightening event itself or about other things that frighten you. Having nightmares is often really tough and can result in you not wanting to fall asleep, because you are afraid you are going to have a nightmare. This can cause major sleep difficulties. Nightmares can lead to increased anxiety and stress. There is help available to make nightmares less scary.

**My new dream:**





# Homework

**Before the next time we see each other, I am going to practice:**

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**When am I going to practice this?**

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**Tick a box each time you practice:**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**How did practicing this exercise feel?**

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**How can this exercise help me?**

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# Where can I find information afterwards?

If you want to know something about what happened and the work we did when you were in contact with us, you can contact the reception.

If you would like to find out what the social services did, you can contact the people at social services you currently have contact with.

To find out what happened with the criminal investigation relating to your case, you can contact the police.

## Useful links

### Your rights

If you want information about legal rights, what happens in a trial, and the rights of victims of crime, the website [unicef.org/child-rights-convention](https://www.unicef.org/child-rights-convention) is a good place to look. There you'll find a child-friendly explanation of your rights and how they are protected around the world.

***[unicef.org/child-rights-convention](https://www.unicef.org/child-rights-convention)***

### Voices of Youth

If you want information about mental health, the body, sex, relationships, self-esteem, and more, you'll find it at [voicesofyouth.org](https://www.voicesofyouth.org), a global platform by UNICEF. The site includes tips and stories from young people around the world, covering things like how to handle stress, body image, identity, and friendships.

***[voicesofyouth.org](https://www.voicesofyouth.org)***

### Child helpline international

Child Helpline International links you to anonymous and free helplines around the world. If you want to talk to someone about anything – from anxiety, bullying, or abuse to problems at home – this is a safe and confidential way to get support. You can search by country and find a number to call or chat anonymously.

***[childhelplineinternational.org](https://www.childhelplineinternational.org)***



**This workbook was produced by  
Children and Adolescent Psychiatry Barnahus Team  
Stockholm 2023**

**Carl Brunell  
Ylva Edling  
Moa Gisterå  
Kajsa Jung  
Thora Magnusdottir  
Jonas Viksten**

**Illustration and graphic design  
© Jasmine Berge**

**Co-financed by the Stockholm Region Innovation Fund**

**Translation and adaptation from Swedish into English**

Translator – Janet Cormack

International adaptation – Linda Jonsson and Anette Birgerson, Marie  
Cedershölms University, Sweden

Editor – Shawwna von Blixen-Finecke, Barnahus Network

The translation and adaptation of this publication from Swedish into English was co-funded by the European Union as part of the PROMISE Elpis project. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Commission. Neither the European Union nor the granting authority can be held responsible for them.





