



● **verdandi**

# **HONOUR-BASED OPPRESSION**

**Verdandi – a force in  
fighting discrimination,  
threats and violence  
in the name of honour**

Finns även på svenska, turkiska och arabiska

**Engelska / English**



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**Honour-based violence is about power and control over women and female sexuality and reproduction.**

**Honour-based violence is not carried out by everyone who comes from a particular country or who practises a particular religion. It is important to remember this.**

**Efforts to combat honour-based violence** have been going on for a long time.

And one key person whose contribution cannot be ignored when talking about honour-based violence is Fadime Sahindal. Fadime was a young human rights activist who engaged in public debate and fought honour-based oppression. Fadime told her own story in the media to open people's eyes to the violence and to help other victims. In SVT's television programme "Striptease", broadcast on 6 May 1998, Fadime talked about her fear of threats and violence from her family. The introduction to the programme showed her on the way to the court where her father and brothers were accused of making illegal threats against her. Later, her brother received a custodial sentence for having subjected Fadime to gross assault.

Fadime's life came to a horrifying and tragic end when she was fatally shot by her father on 21 January 2002. Her father was sentenced to life imprisonment for murder and was released in 2018.

"Use my story well," said Fadime when she made a speech in the Swedish Riksdag a few months before she died. "I am telling it to help girls who come after me who are in the same situation."

## **Complex and emotionally charged**

Discussion of honour-based violence tends to open the doors to inaccuracies and sometimes pure racism. This is often due to ignorance or to people attempting to hijack the question to benefit their own interests. Honour-based violence is about power and control over women and female sexuality and reproduction. It is important to remember that honour-based violence is not carried out by everyone who comes from a particular country or who practises a particular religion.

Work to combat honour-based violence is often very emotionally charged. It is about extremes like life and death. Power and control. Love and hate. Status and livelihood. And it is about thousands of young people who are prevented from choosing the partner they love and leading their own lives.

Honour-based violence is mainly found in societies with patriarchal structures and strict hierarchical systems in which girls and women are at the bottom of the social order. These may be systems in a collective, a nuclear family, the wider family or a clan, where the collective's reputation and good name is determined by norms and values. The honour of the family takes precedence over any wishes and choices the individual may have and the family's status depends on the



experienced honour and has both a social and economic impact on the family's survival. When a grouping in Sweden perpetrates honour-based oppression and violence in the name of honour, in their eyes, honour takes precedence over the law. However, Swedish law applies to and covers everyone living in Sweden. Human rights, Sweden's laws and the conventions that Sweden has signed apply to all people in this country. The right over one's own person, the right to bodily integrity and to be able to decide over one's own body and sexuality, and the right to live a life free from violence and oppression are fundamental human rights. They apply to everyone in Sweden.

The United Nations Convention on the Rights of the Child, which is law in Sweden, lays down that all children have the same right to grow up in safe conditions, to develop and to be protected from abuse and exploitation.  
New legislation against honour-based crime

In recent years, a number of changes have been made to Swedish legislation seeking to strengthen the rights of victims to help and support. These included the introduction of new legislation on 1 July 2020 criminalising child marriage. At the same time, a specific criterion was introduced increasing the penalty where it is seen as an aggravating circumstance if the crime committed had an honour motive. Finally, a ban on travel outside Sweden was introduced to protect children from being taken abroad for the purposes of child marriage or female genital mutilation (FGM).

New legislation against honour-based violence and oppression was adopted on 1 June 2022. The new legislation makes it easier to fight honour-based violence and oppression in Sweden. Under the law, it is a criminal offence to commit certain criminal acts to preserve the honour of a person or wider family.



Honour-based oppression is regulated in Chapter 4, Section 4 of the Swedish Criminal Code. A person who commits criminal acts against a person under Chapter 3 or 4, Chapter 5, Section 1 or 2, Chapter 6 or 12 or under Section 24 of the Non-Contact Orders Act (1988:688) and a motive was to preserve or restore the honour of a person or of an immediate or wider family or some other similar group, is, if each of the acts was part of a repeated violation of the person's integrity and the acts were liable to severely damage the person's self-esteem, guilty of honour-based oppression and is sentenced to imprisonment for at least one year and at most six years. Examples of crimes are assault (Chapter 3), unlawful threats or molestation (Chapter 4), damage to property (Chapter 12) or sexual molestation (Chapter 6). The penalty is imprisonment for at least one year and a maximum of six years.





## **What is honour under the law?**

The text of the law states that the motive must have been to preserve or restore the honour of a person or of an immediate or wider family or some other similar group. To determine the motive, it is therefore important to have an understanding and knowledge of what honour actually is.

The preparatory work before the act was adopted shows that honour-based violence and oppression means that the lives of people, mainly women and girls, but also boys and men, are restricted and subjected to pressure and violence which seeks to maintain the family's control over the individual. Control of women and girls may involve them not being able to wear what they want, spend time with whoever they want, or not being able to choose their education or their partner themselves.

If the victim defies their family, it may lead to serious consequences, and in its most extreme form to serious violent crime being committed. An honour context is characterised by a collectivist lifestyle where the interests of the individual are usually subordinate to the interests of the collective. How a person is seen to be living their life affects the reputation of the whole family/collective. A single rumour can be enough to affect the family's reputation whether the rumour is true or not.

Norms of honour are built on powerful patriarchal and heterosexual assumptions where the innocence and chastity of girls and women becomes a matter for the whole family. The perpetrators are often men and boys, but women and girls can also perpetrate honour-based oppression. Boys and men may also be subjected to honour-based violence and oppression. Boys may be forced to monitor their sisters or other female relatives.

## **Vulnerable groups**

Children and young people exposed to honour-based violence and oppression, especially those with an intellectual disability, are a particularly vulnerable group. They are often in a clear position of dependency in relation to the perpetrator of violence. The violence may be hard to notice and may take forms other than the violence and oppression perpetrated against people who do not have an intellectual disability. This may involve not giving a child the practical support they need, such as enrolling them in activities or applying for support interventions. It may also involve passive punishments such as a person not being given their medicine, not being able to go to school and not being assisted in going to the toilet.

LGBTQI people are another vulnerable group. The sexual orientation and gender identity of LGBTQI people runs counter to the heteronormative assumptions that often prevail in an honour context and are therefore seen as a threat to the family's reputation. These individuals not only risk suffering the same type of honour-based violence and oppression as other vulnerable individuals but also risk suffering what is termed "conversion therapy", where the family and the wider family attempt to make them heterosexual.

## **How many victims are there?**

Today there is no clear picture of how many people are experiencing honour-based violence and oppression in Sweden as the surveys carried out have focused on different aspects of honour-based oppression. However, the results show that between 6 and 29 percent of the young people questioned are living with some form of restriction, such as a requirement of virginity or not being able to choose their own partner. In 2014, Carin Göthblad, the former regional police chief who headed the government inquiry into domestic violence, submitted her report which showed that approximately 100,000 girls and boys in Sweden today are living under oppressive honour culture norms. However, it is judged that the unknown figure is very high. Many victims have been normalised into an existence of limitations and abuse and either do not know that they are victims of a crime or feel great shame about their situation. Many also want to protect their family from the involvement of the authorities out of far-reaching loyalty.

According to the National Board of Health and Welfare, approximately 38,000 girls in Sweden have suffered FGM. In the introduction to the national inquiry on domestic violence, Carin Göthblad wrote:

“Society must work preventively, but also react quickly where there are signs that children or adults are victims of domestic violence. By asking questions about violence and offering help and support at an early stage, more people at risk will dare to seek help.”

## **How can we support victims?**

Honour-based crime has a collective aspect and can be perpetrated by the immediate family and more distant family members. Victims of honour-based violence and oppression may be in very poor health and find it difficult to talk about their experiences. Feelings of shame, guilt and loyalty may make it even more difficult. Cases of honour-based violence and oppression may also involve major threats being made towards the victim.

If you work with children under the age of 18, you have an obligation to inform social services if you suspect a child is being harmed or at risk of being harmed. Even if your work does not carry an obligation to report, you should report cases where you are worried about young people. Find out what applies and how to make a report. You should always inform the young person of why you reported the issue. Also explain what reporting a concern involves. The young person also has the right to have their voice heard when someone makes a report. Remember that you and other adults are important to the child's life. You can make a great difference simply by being there, listening and providing support. It is important to create a good climate for conversation and to let the person talk at their own pace. As Verdandi leaders, it is our job to provide social support and help in contacts with social services, the police, the health system and refuges for women and girls.

Children who experience honour-based violence and oppression may have suffered many different incidences of violence over a long period of time. According to psychological research, both adults and children may find it hard to describe specific episodes in detail when undergoing repeated incidences. To help people to talk about what has happened to them, as Verdandi leaders, we can start out from ourselves and what we see. We might ask: “I can see that you are sad. What are things like at home or at school? Can I help you in any way?”





**As leaders at Verdandi working with children and young people, we have an obligation to report under the Social Services Act if we think a child is being harmed.**

**This means that we need to have procedures and action plans in our departments setting out what to do when we have to make a report. Who reports? Who do we report to?**

**We also need to build up our cooperation with local refuges and shelters for women and girls and with other organisations to gain support in dealing with the case and protection for the victims if needed.**



Remember that as Verdandi leaders, we have years of experience and are good at supporting colleagues. We are supporters and colleagues and that is an important job. But we are not family therapists, psychologists, healthcare workers or criminal investigators. We should not take over the role of professionals or take on the responsibility of society. Our role is to link people up with professionals when we notice that they need help.

## **Obligation to report**

As leaders at Verdandi working with children and young people, we have an obligation to report under the Social Services Act if we think a child is being harmed. This means that we need to have procedures and action plans in our departments setting out what to do when we have to make a report. Who reports? Who do we report to? We also need to build up our cooperation with local refuges for women and girls or other organisations to gain support in dealing with the case and protection for the victims if needed. Our work must also be performed with care and humility and be centred on and guided by the victims. We are here to help but we must make sure that our actions do not make the victim's situation worse. Our work must be characterised by listening and sensitivity, and we must work in partnership with others with experience of the problems of violence.

In 2012 Kvinnors nätverk (the Women's Network) and Linnamottagningen ran a three-year project funded by the Swedish Inheritance Fund which sought to develop work with families in an honour context. In their report they wrote:

“Here we can say that our optimism regarding our ability to influence the families of the young people to abandon their honour-based norms became significantly subdued along the way. As time went on, it became increasingly clear to us how difficult and complex this work is and the serious physical and psychological risks it can bring for young victims.”

Experiencing honour-based violence and oppression affects people differently, but what all victims have in common is that they need support. Simply being there and showing that you are prepared to listen is a good start in being able to help a victim. Bear these things in mind:

1. Create trust, show respect and inspire hope.
2. Tell the person that they are very brave in wanting to talk about it.
3. Listen actively and try to work out what is being said between the lines and bring that out.
4. Don't express your own values and most of all – believe them and don't judge.
5. Let the victim talk at their own pace, don't try to speed up the conversation. Try to remove any feelings of guilt.
6. Remember to talk to the victim on their own terms.
7. Ask open questions about how, why, when, can you say more, what happened next, etc.
8. Bear the person's age in mind. A child is often unable to talk about violence and threats in the same way as an adult.
9. Convey that the victim can change their future life, that there is help out there.
10. Tell them factually and clearly that it is a crime to force or threaten anyone and that forced marriage and FGM are crimes too. Be objective rather than personal.
11. Be clear about what can be done now and what the next steps are.
12. Tell the victim that you can meet again and say that they could contact a voluntary organisation, social services, the police, the health system or a girls' or women's aid organisation.
13. Encourage the victim to memorise a phone number to an aid organisation to use in an emergency.
14. If the person you talked to needs someone to go with them to social services, the police and/or the health service, offer as a Verdandi leader to go with them or to make contact with another organisation with expert knowledge in the area where you can work together on offering support in person and providing help towards refuge accommodation.





## Warning signs

Astrid Schlytter, lecturer at Stockholm University, has worked on issues surrounding honour-based violence for more than 15 years. She has set out two questions which fully encapsulate vulnerability:

1. What do you have to do against your will?
2. What do you want to do that you are not allowed to do?

### **More questions that can be asked are:**

1. What restrictions are placed on you?
2. Are you able to make your own choices in life?
3. Are you allowed to be friends with anyone you like?
4. Are you allowed to be in a relationship with the person of your choice?
5. Does your family insist on deciding when you will get married and who you will marry?
6. Do you experience abuse, threats or violence?
7. Are you monitored, e.g. by your family or friends at school?
8. Do you have to monitor anyone else?
9. Does anyone check whether or not you have had sexual intercourse?
10. Can you choose to belong to any religion or to no religion?
11. Do you have to wear religious clothing against your will?
12. Can you be open about your sexual orientation?
13. Can you participate in school activities such as sex education or sport, including swimming?

**Warning signs may be that the person:**

1. Bears clear signs of violence.
2. Has to prove that they are a virgin.
3. Talks about being afraid due to violence and control at home.
4. Is not allowed to choose a partner or enter into a relationship.
5. Is not allowed to attend some lessons, such as sex education and sport.
6. Does not have their own mobile phone or their phone is controlled.
7. Is never allowed to attend after school activities.
8. Has parents who want them not to attend certain lessons.
9. Is not allowed to go on trips that involve an overnight stay.
10. Is afraid of going back to their home country with parents due to the risk of being married against their will.
11. Is not allowed to make their own choices in life.
12. Is not allowed to choose their own leisure activities.
13. Is monitored both at school and in their free time.
14. Is not allowed to spend time with someone of the opposite sex.
15. Is worried their family might find out that they are homosexual, bisexual or trans.
16. Is often absent from lessons.
17. Is forced to wear particular clothes or is not allowed to wear what they want.
18. Visits the school nurse frequently due to headaches, backache and similar.
19. Is down, worried, anxious, depressed or has suicidal thoughts.
20. Displays acting out behaviour to attract attention.

**How to create a local network**

Verdandi is an important source of support for children, young people and adults experiencing honour-based violence and oppression. We offer peer support and daily activities in our centres, which are located close to people in Sweden's residential areas. We create local networks with other organisations and partners to make a difference in working to provide support and protection to victims.

# Knowledge support and help

**Below is a list of knowledge support, government agencies and organisations that you can get in touch with both as a professional or if you find yourself in a difficult situation.**

**Hedersförtryck.se – the National Centre against Honour-related Violence and Oppression.** Since 2005, Östergötland County Administrative Board has been tasked by the Government with preventing and combatting honour-based violence and oppression. Today there is a national knowledge centre at the portal: **hedersförtryck.se** with knowledge material and a national helpline, open for professionals, non-profit organisations and victims of honour-based oppression. Are you a professional or work in a non-profit organisation and need advice and consultation in situations where children and adults are or risk suffering honour-related oppression, violence, child marriage, forced marriage and FGM? If so, you can phone the national helpline.

The aim of the helpline is to support actors on the ground so that vulnerable children and adults are able to gain the support and protection they need and to which they are entitled. You can phone the helpline in an emergency and with questions about prevention or long-term support. Frequent questions include how to talk to victims, identifying victims, threat and risk assessments, taking children into care and placements, collaboration and information about current legislation.

- **The helpline is open on weekdays from 9 a.m. to 4 p.m. 010–223 57 60**
- **hedersförtryck.se**

**MUCF** – training for professionals and non-profit organisations The Swedish Agency for Youth and Civil Society has a new online training course “Rätt att veta!” (Right to know!) on its website: **mucf.se**. The course is free of charge and geared towards professionals and people involved in non-profit organisations who come into contact with young people who have suffered or are at risk of honour-based violence and oppression.

- **mucf.se**

**Social services – Koll på soc** – a website about Swedish social services for children and young people. It is easiest to find the contact details and information about support from social services via the website of your own municipality. “Koll på soc” is a specific website geared towards children and young people where you can read more about the work of social services, the form of support and protection that they can help you with and how you can contact social services in your own municipality.

- **kollpåsoc.se**



**Healthcare. UMO** – youth guidance centres and youth health. The easiest way to find the contact details and information about support from the healthcare services in your region is via 1177 Vårdguiden. You can also read more about support and help, e.g. from youth guidance centres and youth health at umo.se. (Yumo in English).

➤ [umo.se](http://umo.se)

**Police.** You can reach the police by phoning **114 14**, but in an emergency or if a crime is in progress, phone **112**. You can also read more about information and support if you have been the victim of an honour-based crime on the police website.

➤ [polisen.se](http://polisen.se)

**Resource teams.** In some cities there are specific groups dedicated to people who have experienced honour-based violence and oppression. Check with your municipality to find out whether these exist where you live.

**Ministry for Foreign Affairs.** When you or a person you know is taken out of the country against their will. Are you or someone you know at risk of being married off or kept abroad against your will? Take this seriously and talk to an adult you trust. Child marriage forced marriage and FGM are against the law in Sweden and it is illegal for this to happen to you abroad as well. The Ministry for Foreign Affairs and Sweden's embassies work to help Swedish citizens and people resident in Sweden who are being kept in a foreign country against their will, for example. The Ministry for Foreign Affairs has a helpline you can phone 24 hours a day, every day of the year.

➤ **In an emergency, phone: +46 (0)8-405 50 05**

**Network Against Honour-Related Violence.** The Network Against Honour-Related Violence is a national umbrella organisation in an international network working to influence gender equality and integration policy in Sweden and in Europe towards ultimately abolishing oppression, threats and violence in the name of honour. They engage in political lobbying, seminars, conferences, training and broad skills through eight partly ethnic member organisations.

➤ **Board contact: Maria Rashidi: 073-728 68 93**

➤ [natverketmoethedersrelateratvald.se](http://natverketmoethedersrelateratvald.se)

**GAPF – Riksföreningen Glöm aldrig Pela och Fadime.** GAPF is a secular, non-profit association that combats honour-based violence. GAPF stands for "Never forget Pela and Fadime". GAPF is geared towards girls/women and boys/men who in one way or another are experiencing or are affected by honour-based violence. The nationwide organisation GAPF has working groups or contacts in Malmö, Gothenburg, Uppsala, Örebro, Falun, Västerås, Söderhamn, Katrineholm and Stockholm. Besides helping people who have experienced honour-based violence, GAPF is engaged in spreading information and lobbying.

➤ **08-711 60 32, 070-000 93 28** ➤ [gapf.se](http://gapf.se)

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**You can find the contact details of all Verdandi departments in Sweden at: [verdandi.se](http://verdandi.se)**



**Kvinnors Rätt.** Kvinnors Rätt is a politically and religiously independent non-profit organisation founded in 2001. Its aim is to help young girls, boys and women experiencing domestic violence and honour-based violence and oppression. They are experienced in offering help, support and advice and act as a link between the individual seeking help and government agencies.

➤ **073-728 68 93   kvinnorsratt.se**

**Linnamottagningen/Kvinnors nätverk.** Since 1998 Linnamottagningen has been providing support, protection and advice to girls and boys who have experienced control, threats and violence from their family and others close to them. Linnamottagningen provides support and protection in emergencies and in the longer term. They offer psycho-social counselling, help with contacting agencies, refuges, practical help and activities. Professionals can also come for advice, guidance and training.

Nationwide helpline 8 a.m. to 10 p.m. (after 5 p.m. emergencies only), 020-40 70 40.

➤ **kvinnonet.net**

**Kärleken är fri – Rädda Barnen** (Love is free – Save the Children Sweden). This chat line is for children and young people who need support or help. If you are a child or a young person, you can ask anything about rights, violence, honour-based oppression, restrictions and forced marriage.

➤ **Website with chat: raddabarnen.se/rad-och-kunskap/karleken-ar-fri**

**BRIS.** Bris, Children's Rights in Society is an organisation founded in 1971. Bris has a helpline and a chat function that are open round the clock where children and young people can talk to an authorised counsellor.

➤ **The chat is at: bris.se and the helpline on: 116 111**

**RFSL's support service.** RFSL's support service is for LGBTQ people who have been subjected to abuse, threats and violence. All staff at RFSL's support service have been trained in and are experienced in talking to LGBTQ people who have experienced honour-based violence and oppression. They offer counselling and can come with you to appointments with healthcare and official bodies and provide refuge accommodation. Phone calls can remain anonymous and are free of charge.

➤ **020-34 13 16   ➤ rfsl.se/verksamhet/stod/rfsl-stod-mottagning**

**Somaya Women's and Girls' Shelter** Somaya Women's and Girls' Shelter provides advice and support via a support phone line. They speak several languages. Somaya is a politically and religiously independent non-profit organisation with long experience of protecting and liberating individuals from violence. From day one they have specialised in protecting and supporting people suffering honour-based violence and oppression. Somaya treats every person with respect irrespective of their ethnicity, religion or level of education and works to ensure that everyone has power over their own lives.

➤ **Support phone line weekdays 9 a.m. to 4 p.m., 020-81 82 83   ➤ somaya.se**



**Terrafem.** Terrafem is a non-profit organisation that works for the right of women and girls to live without men's violence and dominance. Terrafem was founded in 2000 and runs Sweden's only nationwide phone line for women from abroad. Terrafem works from a gender and ethnicity perspective. Women can currently receive support and advice in 43 languages. Terrafem also has a legal advice helpline and offers refuge accommodation, accommodation for girls and apartments for supported living.

➤ 020-52 10 10 ➤ [terrafem.org](https://terrafem.org)

**TRIS.** TRIS – girls' rights in society is an organisation that works to prevent honour-based oppression and violence. The people who work at TRIS have years of experience and expertise in working with the target group of young people with learning disabilities who have been subjected to honour-based oppression and violence. TRIS accepts calls from young people, women and LGBTQ people seeking help. Their help is for everyone in Sweden, professionals as well as individuals, who needs advice and support. TRIS also provides temporary accommodation/refuges for women over 18 with or without mild learning disabilities, couples over 18 and accompanying children who have experienced or are at risk of honour-based violence, threats and oppression.

➤ Helpline weekdays 8 a.m. to 6 p.m., 0774-40 66 00 ➤ [tris.se](https://tris.se)

**Unga Kvinnors Värn – UKV.** Unga Kvinnors Värn is a foundation that provides psychosocial support in the form of refuges and training apartments for young women aged 18–30 who have experienced violence and threats. They do not take children or people who abuse drugs or alcohol. UKV is specialised in honour-based violence issues and human trafficking. They focus on protection, safety and security and their accommodation therefore has a secret address, an alarm and a staffed external door.

➤ [ukv.se](https://ukv.se) ➤ 08-652 99 98.

**ActionAid Sweden.** ActionAid has existed in Sweden since 2006 and focuses on combatting FGM nationwide. Their work is based on fostering safety, openness and changes in attitudes to ultimately put a stop to this harmful tradition.

➤ [actionaid.se](https://actionaid.se)

**Victim Support Sweden.** Victim Support Sweden provides support to victims of crime, witnesses and relatives. It doesn't matter who you are or the crime you have experienced. You can contact Victim Support Sweden even if you aren't sure that what you have experienced is a crime. You do not have to have reported the crime to the police in order to obtain support.

➤ [brottsofferjouren.se](https://brottsofferjouren.se)

➤ **Elektra.** Elektra is an organisation that works with girls and boys living with honour-based oppression and violence. If you are in this situation, Elektra can give you support and also works preventively to change attitudes for young people living in an honour context. Both boys and girls can turn to Elektra.

➤ [fryshuset.se/verksamhet/elektra](https://fryshuset.se/verksamhet/elektra)

**Freezone Sweden.** Freezone Sweden is a non-profit organisation that is politically and religiously independent. Since 2013 they have been working to prevent honour-based violence and oppression, strengthen the rights of children and young people and improve mental health. FreeZone Sweden provides professionals with knowledge and methods in taking a preventive, empowering and rights-based approach when working with young people living with honour norms. They want to work to ensure that young people are able to develop and grow in safety, shape their identity and make their own choices in life.

➤ [freezonsweden.se](https://freezonsweden.se)

**Hela Blomman.** Hela Blomman is a non-profit organisation launched in 2017 – created by young people for young people. It exists to guide and support girls and women who have experienced or are at risk of FGM. The purpose of the organisation is also to inform society on the subject. Hela Blomman works actively to combat FGM.

➤ [helablomman.se](https://helablomman.se)

**Helplines and shelters for women/girls/young people.** You can phone helplines for women, girls and young people anonymously. All helplines have a duty of confidentiality. See Unizon, the national organisation for women's shelters, young women's empowerment centres and other support services, to find support in different locations in Sweden.

➤ [unizon.se](https://unizon.se)

**RFSL Rådgivningen Skåne** RFSL provides support and advice to people who have experienced honour-based violence due to their sexual orientation. If you are LGBTQ and have experienced abuse or violence from your family, you can get in touch with RFSL. The people on the other end of the phone have a duty of confidentiality and good knowledge of the issues involved.

➤ 040-611 99 50 ➤ [radgivningenskane.rfsl.se](https://radgivningenskane.rfsl.se)

**The Swedish Association for Sexuality Education, RFSU,** is a non-profit organisation which has existed since 1933. RFSU has about 20 local associations across Sweden.

➤ [rfsu.se](https://rfsu.se)

**Varken hora eller kuvad.** VHEK (Neither a Whore Nor Oppressed) is a non-profit association and part of the international organisation "Ni Putes Ni Soumises". The association is specifically geared towards teenage girls and young women living in economically and socially disadvantaged suburbs under patriarchal oppression.

➤ [vhek.se](https://vhek.se)





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