Get in touch – we will help you!

Call us:
052 260 15 55

Or send us an email:
info@ombud.ch

Are you wondering about your rights?

Do you feel like nobody is listening to you or taking you seriously?

Are you experiencing violence and don't know what to do?

At the **Ombuds Office Children's Rights**, we are there for you. We listen to what you have to say and consider how we can best support you.

Talking to us is free and confidential. We won't talk about your situation to anyone except you.

SCAN ME

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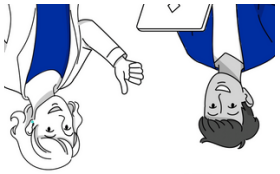

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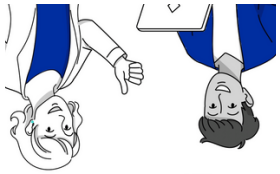

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Examples of your rights

- You have the **right** to say what is important to you. And it is adults' obligation to listen.
- You have the **right** to be protected from violence.
- You have the **right** to be treated fairly.
- You have the **right** to have things explained to you in a clear way.

Hey!
All children and young people have rights. That means you too!

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