cet in touch – we will help you!

Or send us an email:

027 500 J2 22 :sn llb)

fo do?

ho@ombud.ch

Are you wondering about your rights?

consider how we can best support you.

¿lisnojuas nok Do you feel like nobody is listening to you or taking

Are you experiencing violence and don't know what

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052 260 15 55 Are you wondering about your rights?



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

Call us on: 052 260 15 55

• You have the **right** to be treated fairly.

And it is adults' obligation to listen.

Examples of your rights

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• You have the **right** to have things explained to you

You have the night to be protected from violence.

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- 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.

young people have rights. That means you too!

In a clear way.

Hey!

All children and

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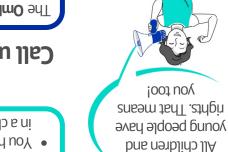


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