



April 2024 (English)

Hello all parents, you are important!

We are now entering a wonderful time of spring and summer. Many people yearn to spend time outdoors, including children and young people. Your child needs you and listens to you, usually more than you think! Having a close and good dialogue with your child is an important protective factor. The fact that you, as a parent, also set limits and show that you care about your child creates security. We want to take the opportunity to convey a little of what we see regarding children and young people in Falun.

In Sweden today some cities have a large influence of violent criminal networks that also include children and young people. Recruitment for these networks has spread across the country and takes place via various forums on the internet, for example social media and gaming platforms. Recruitment also takes place through personal meetings locally. Children and young people are lured in by performing criminal tasks for compensation and can also be blackmailed/threatened to commit crimes. For example, it could be about storing and handing over a bag of something, receiving and forwarding an amount via Swish or selling Vapes/E-cigarettes. The risk of experiencing this increases when children and young people stay in places with few adults present. This applies to physical locations as well as on the internet. In Falun we also can see that children are attracted/exposed to pressure to commit crimes, by older youths and young adults. If you want to read more about children and young people who commit or are exposed to crime, we recommend polisen.se/brottbarochunga

The Internet with social media and gaming platforms is something that many young people appreciate. It is a way to pursue leisure interests and also an opportunity for contact with other young people. Unfortunately, it is also an environment where children and young people are exposed to various risks. We recommend that you read the information on the surfalugnt.se page to get a little more information about what you as parents can and should do to increase the safety of your child.

It's a lot for you as a parent to keep track of, but you're also the absolute most important person in your child's life. As a parent, it can be good to have contact with other parents so that you can get support and help from each other. It can be about parents of children who are in the same class as your child, but of course also parents of other children with whom your child spends time.

Teachers, school counselors and others at your child's school know your child well and are good to work with and get support from. Falu municipality, Dialogen's family support center, is where you as a parent can get advice and support. You can also get advice from and collaborate with Falun's youth supporters; Ungdomsstödjarna. If you feel worried about a child, your own or someone else's child, you can contact social services for advice and/or to report your concern. The much-appreciated parenting course COPE, which previously existed in Falun, will start again at several different schools from this autumn. Information about course starts will go out via the schools and posted on falun.se.

In Sweden, alcohol consumption among children and young people has decreased for many years. A contributing factor to the positive trend is parents' restrictive view and attitude regarding alcohol for children and young people. It is both about talking about the fact that you, as a parent, do not want

your child to drink and not buying alcohol for your child. Cigarette smoking has also decreased among children and young people for many years.

What we see as worrying is that smoking of vapes/e-cigarettes has increased to a large extent among children in all age categories, even as young as middle school age. According to research, vapes/e-cigarettes are very harmful to children and young people, more information here: [5 things adults need to know about e-cigarettes](#). We also see an increase in the so-called white snus among children and young people. The white snus often contains high levels of nicotine, which can cause poisoning symptoms and entail a high risk of addiction and a long-term impact on health. Unfortunately, we also see that children and young people try drugs in various forms. The most common drugs among children and young people in Falun are cannabis (marijuana and hashish) and various narcotic tablets. If you, as parents, want to know more about drugs among young people in Falun, you will have the opportunity to listen to a free digital lecture on May 20 at 6 p.m. More information and a link to the lecture will be posted at falun.se/brottsforebyggande. If you want to read more now, we recommend the fact page drugsmart.se.

In order to prevent alcohol and drug debuts and in other ways contribute to young people feeling safer during weekends and festivals when many young people gather, we carry out joint night walks. Many businesses then collaborate. Parents and other adults are warmly welcome to walk together at night. Falun is a geographically large municipality and it is good if night walks are carried out in several places during evenings and weekends.

The collaborative night walk, "Vändkorset", takes place during Valborg (April 30), Å-festen (June 7 and 8), the end of school (June 14) and Granny Goes Street (September 7) and then starts from Grönan's youth center, Kristinegatan 11 (entrance from the yard) starting at 6 p.m. on each occasion. Everyone is welcome to participate as long as they can and want. For more information falun.se/nattvandring and falun.se/tipsinforhelgerochlov.

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For questions, contact and information

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Ungdomsstödjarna, tfn 023-869 50, ungdomsstodjarna@falun.se

Dialogen family support center, tfn 023-830 00 (Kontaktcenter)

Social services reception, tfn 023-830 00

Ungdomsstödjarna: falun.se/ungdomsstodjarna / facebook.com/UngdomsstodjarnaFalun/

Falun's crime prevention work: falun.se/brottsforebyggande

Dialogen: facebook.com/dialogenfalun

The Police: <https://polisen.se/> och <https://www.instagram.com/polisenfalunavesta/>

Nattvandrarna Falun on Facebook: facebook.com/nattvandrarna-falun