

We are available

Telephone

+49 (0)40 8901 215

Mon. 5 p.m. — 7 p.m.

Tue. 10 a.m. — 12 noon

Wed. 1 p.m. — 3 p.m.

Fri. 10 a.m. — 12 noon

If the answering machine picks up your call, simply leave your number and we will call you back as quickly as possible.

Email

info@zuendfunke-hh.de

Online counselling

Because email is not a secure communication method, we also offer counselling through the DGfPI counselling network, which was specifically designed for specialised counselling centres.



Address

Zündfunke e.V.
Hospitalstrasse 111
22767 Hamburg

zuendfunke-hh.de

Prevention

Prevention is a component in combating sexualised violence. Empowering children to have autonomy over their needs and their bodies, as well as educating them about their rights, is a crucial element of this. Prevention does not mean making children bear sole responsibility for their own protection, however; this is a societal duty and always holds adults accountable.

We offer a range of prevention projects for children of nursery and primary school age.

We host parents' evenings on specific themes, during which we provide basic information on sexualised violence and discuss prevention and intervention strategies.

Training

We provide professional training for employees from a range of occupational fields, such as psychosocial, pedagogical, therapeutic or similar. This training covers subjects such as the definition(s) and prevalence of sexualised violence in childhood and adolescence, the sexual development of children, perpetrator strategies, risk and protective factors for affected children, opportunities for prevention and intervention, and aid and support options.

Therapy group for women

Our theme-oriented therapy group is intended for women who have experienced sexualised violence during their childhood or adolescence. The group offers a space¹ where those affected can reflect on their experiences, express their feelings and converse with other women who have had similar experiences. The aim is to encourage stability, to draw on resources and to facilitate new experiences alongside other women.

¹The therapy group does not currently offer an explicitly sensitised space for experiences with transmisogyny.

 zündfunke

**Specialised
counselling centre
dealing with
sexualised violence
during childhood
or adolescence**

The mission of Zündfunke e.V. is to prevent, disrupt and overcome sexualised violence against children and adolescents

Zündfunke is a counselling centre for people who have experienced sexualised violence during their childhood or adolescence. Here, we provide support for affected children and adolescents, parents, and other caregivers, as well as for professionals such as teachers.

We offer counselling and support for:

- Children, adolescents and young adults (between four and 27 years old)
- Caregivers
- Professionals

We also offer:

- Prevention programmes
- Further education
- Theme-oriented therapy group

Counselling for children, adolescents and young adults who have experienced or are currently experiencing sexualised violence

We believe you. And this also means that you do not have to tell us exactly what has happened. But you can if you wish.

We know that many of those affected have to face uncertainty or complex emotions. Talking about it can help.

The counselling we offer is voluntary.

The counselling focuses on what you need and want.

We work with and for those affected and make them our priority.

The counselling is confidential — meaning that we will not tell anyone that you have come to us or what we have discussed without your knowledge.

If you prefer, you can also remain anonymous and do not have to give your name.

Are you older than 27? We offer initial guidance and support comprising one to three counselling sessions, during which we provide assistance in finding appropriate options.

Children and adolescents cannot protect themselves alone. They need adult contacts who know how perpetrators act, recognise the signals children and adolescents send, and are aware of the support options.

Counselling for private caregivers

Suspecting or knowing that a child or adolescent you are close to has been or is affected by sexualised violence can be a heavy burden to carry.

We will support you in assessing the situation and putting together a plan of action to protect the child. Seeking support yourself is a crucial step in being able to provide continued care for the affected child.

The counselling is free of charge and anonymous if required.

Counselling for professionals

Having to deal with or confront sexualised violence against children and adolescents can push psychosocial professionals to their limits or overwhelm them. A dependable network and guidelines on how to act are extremely important for affected children and adolescents.

We provide advice and support irrespective of whether you have a feeling in your gut, the first sneaking suspicion or concrete knowledge that sexualised violence is taking place.

What is sexualised violence?

Sexualised violence has many forms. For example, it may be an unsolicited photo, an offensive or suggestive remark, a look, a hug, or it could also mean being forced to watch sexual acts or being pressured into performing them. Sexualised violence occurs when consent to sexual acts is not given or cannot be given. Sometimes, even with consent, things don't feel right; sometimes this feeling only occurs afterwards or after some time has passed. This is also sexualised violence. Sexualised violence doesn't have to be physical; it can also take place with words or looks, can occur online, and may be accompanied by other forms of violence — for example through manipulation, extortion or coercion. In these cases, power is always abused and a relationship of dependence is exploited. The responsibility

lies exclusively with the perpetrators. Often, the perpetrator is known and close to the victim. This can make it very difficult to talk about it and to label the acts as violence. Those affected may feel shame or guilt, and may suffer long-term psychological effects.

We want to end sexualised violence against children and adolescents. To do so, it is crucial that the structural causes of violence and discrimination are not dismissed. Instead, we need to pay attention, listen and believe.