

Information about alcohol, drugs, doping, tobacco and violence

Here you can obtain concise information about what laws are in force in Sweden related to alcohol, drugs, doping, tobacco and violence.

Drugs and doping

In Sweden, it is forbidden to use drugs or doping agents. There are many kinds of drugs, for example cannabis, qat, heroin, amphetamines, cocaine and ecstasy. In Sweden, it is forbidden for all women, men, girls and boys to use drugs or narcotics-classed medicines, for example tramadol, without a prescription from a doctor.

Doping means to the use of illegal agents to make muscles stronger and to endure more. One example of doping agents is anabolic androgenous steroids (AAS).

It is also illegal to buy, sell, import, manufacture or carry agents which are used for doping, as drugs or as narcotics-classed medicines for which you do not have a prescription. If you break the law, you may be fined or end up in prison.

Alcohol

It is illegal for girls and boys under the age of 18 to drink alcohol. As a parent, you also may not buy alcohol or tobacco for a child under the age of 18.



Persons who are aged 18 are allowed to purchase alcohol at restaurants and bars. You may not offer alcohol to someone who is under the age of 18. In order to buy alcohol at state-owned liquor stores (Systembolaget), you must be at least 20 years of age. Systembolaget is the only store in Sweden which can sell drinks with more than 3,5% in alcohol content.

Alcohol and violence

There is also a link between alcohol and violence. If you have drunk alcohol, you have a harder time controlling your feelings. There is then a higher risk that you will end up in a fight. This can be dangerous, both for you and for others.

Laughing gas

A common misunderstanding is that laughing gas is not dangerous since it is used in the health care system. However, there are big differences between the kind of laughing gas that is used in health care and the kind that is used to get intoxicated. Laughing gas can be habit-forming and may affect your health negatively. Misuse of laughing gas over a longer period can cause psychological problems and chronic nerve damage.

Laughing gas is not classed as a narcotic in Sweden, but it is important to be aware of the risks with using it to become intoxicated.

Tobacco and nicotine

In Sweden, many different products are sold which contain tobacco or nicotine, such as cigarettes, snuff, rolling tobacco, e-cigarettes and tobacco for waterpipes. In Sweden, you must be 18 years of age in order to buy products with tobacco or nicotine. Only licensed stores are allowed to sell tobacco. To sell tobacco without a license is forbidden.

In Sweden it is forbidden to smoke in many places, such as cafés, restaurants, workplaces, bus stops, schoolyards, playgrounds, sports fields and outside of building entrances. The prohibition also applies to e-cigarettes, herbal products and other products which can be smoked, even if they do not contain tobacco.





Violence

Violence in intimate relationships is a big public health problem which affects many people throughout the world. Between 15 and 20 women are murdered each year in Sweden by their husbands or ex-partners. To a large extent, this problem is about psychological violence such as control, violations of integrity, threats and isolation, but it is also about physical and sexual violence. When one of the partners in a relationship subjects the other partner to violence, this means that children in the family have to deal with violence as part of their everyday lives.

Many children are also themselves subjected to violence. This may involve being called derogatory names, such as worthless, whore or idiot. This may involve having one's things destroyed, not having money of one's own and not being allowed to have personal passwords for digital accounts.

Honor-related violence or abuse

In some families and kinship groups, there are strong opinions on how women and girls should behave. This may involve family rules which specify whom they should interact with, what clothes they are allowed to wear, and that they must be virgins until getting married. Sometimes, the mere suspicion that something may have taken place is enough. If a person is punished for having broken the family's or kinship group's rules, this is called honor-related violence or abuse.

In Sweden, it is illegal to force someone to marry someone else against their will, as well as to marry off someone who is under the age of 18. These crimes are called forced marriage crimes and child marriage crimes. It is also a criminal offence to subject someone to genital mutilation, as well as to force someone (or act as accessory) to travel abroad for sexual mutilation or marriage. Social services may decide on prohibition to travel abroad if there is a risk for marriage or genital mutilation.

If you need help, contact social services in your municipality.

If it is an emergency, call the police at 112.

Women's shelters in the region of Halland:

- Halmstad's women's shelter:
035-12 88 88
- Falkenberg's women's shelter:
0346-822 50
- Varberg's women's shelter:
0340-105 11
- Kungsbacka's women's shelter:
076-020 30 33

If you witness a crime

If you witness a crime taking place in real time, you should call the number 112 as quickly as you can. If the crime has already taken place, you can tip off the police at the telephone number 114 14. You do not need to be afraid of talking to the police in Sweden. The police want to help you and will listen to you.



Where to get support and advice?

You can call the health care help line at the telephone number 1177, or visit their website at www.1177.se

Quit Smoking-help line

The Quit Smoking-help line is a telephone number which you can call to if you want support in quitting smoking or using snuff. The telephone number is 020-84 00 00. Calling is free of charge, and you will be anonymous. You can also visit the website of the Quit Smoking-help line at www.slutarokalinjen.se

Youmo

At Youmo's website, you can find information about the body, sex and health in several different languages.
www.youmo.se

Drugsmart

At Drugsmart's website, you can find information about alcohol, drugs, doping and tobacco.
www.drugsmart.com