



John Alvheim,
Chairman of
Social Committee
Norwegian
Parliament
1997-2005.

John Alvheim's 10 commandments for those who are targetted by Barnevernet

1. Shut up, everything you say will be used against you.
2. Contact a lawyer immediately.
3. Get a psychologist, even if you are healthy – you might need it.
4. Don't accept help, it will create the impression that you can't take care of yourself.
5. Don't accept help from maternal homes. That is not a relief institution, but a surveillance center.
6. Demand an explanation in writing for all decisions you are exposed to.
7. Appeal against every decision.
8. Don't accept placement in foster homes. You won't get the child back.
9. Remember that when barnevernet talks about relief measures, then they normally refer to taking over parental care, or surveillance.
10. If you need help, use friends or relatives – or manage yourself.