



XI Conference on Childhood Studies

CHILDHOOD AND BOUNDARIES



Tukena

Tukena – Support for a good life



Tukena



Supporting a good life

We make dreams of a good life, and high-quality services come true.

We produce and develop a wide range of services for a good life.

We promote equality and human rights.

We empower people in need of support for inclusion in everyday life and in society.



Non-profit
activities



Homes



Services

Tukena Foundation

A non-profit operator promoting a good life for people with support needs

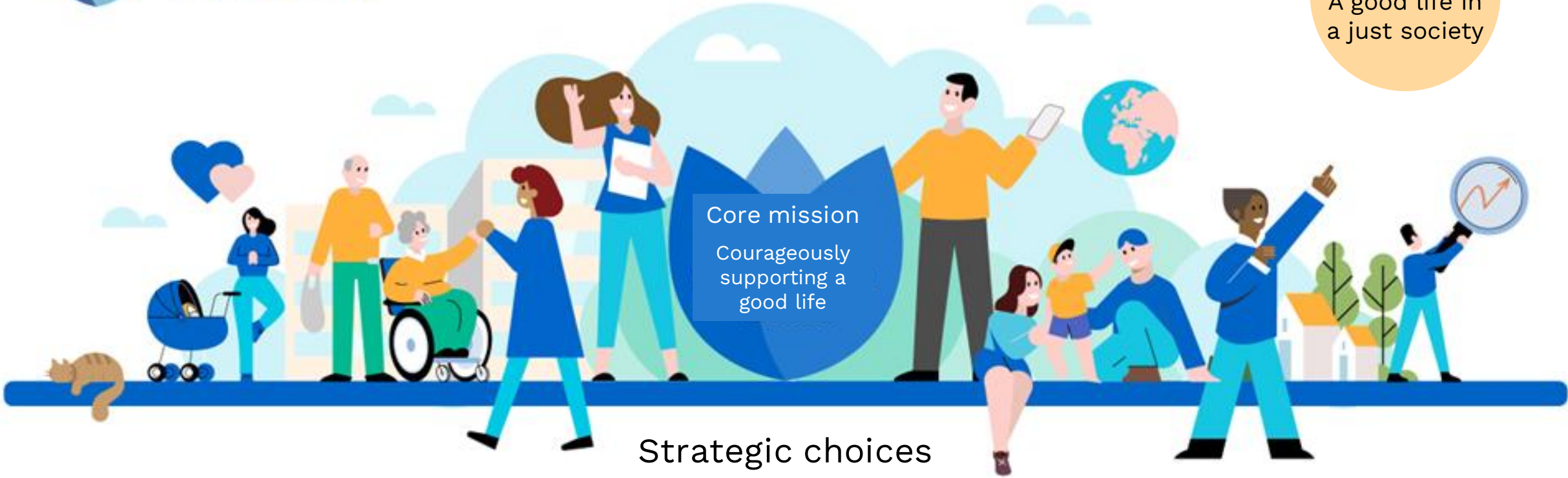
- by providing diverse housing solutions
- by supporting families and developing services
 - by promoting human rights.

Tukena Ltd

Tukena Ltd. operates nationwide, providing and developing sustainable services.

- Tukena Ltd. is owned by Tukena Foundation.
- Tukena Foundation and Tukena Ltd. are both social enterprises.

Vision
A good life in
a just society



Strategic choices

Best place to work
in our field

Trendsetter

One shared Tukena

Supporting
participation

An influential expert
Developing services

Solutions through
partnerships

Tukena in
communities

Smooth everyday
life

Digital participation

Financial sustainability

Added value through
growth

Our operations in numbers



Number of customers of our high-quality services

2,400



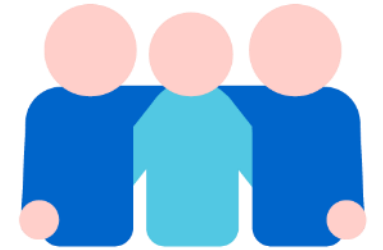
Number of our residents in need of support

1,200



Number of our service units

50



Number of our employees

1,000

Breaking boundaries -project

The Breaking boundaries -project (2024–2026) is aimed at young people and young adults aged 13–29 who are in need of support and who exhibit violent or other boundary-violating behaviour.

- We support young people in finding ways to reduce violent behaviour. Young people in need of support may have an intellectual disability, neuropsychiatric traits, or similar challenges related to learning and understanding.

The project focuses on direct work with young people.

- Within the Breaking boundaries -project, we apply and develop methods to support young people who engage in violent behaviour, guiding them towards a non-violent future. We promote responsible behaviour, emotional regulation, and self-awareness by providing practical tools for social skills, social situations, emotion regulation, and self-control.
- Activities focus primarily on individual and group-based guidance, supporting young people's participation, functional capacity, agency, and overall well-being in challenging life situations.

Objectives of the activities (4)

- Violence committed by young people in need of support is reduced.
- Young people receive support and a sense of safety from their environment in promoting non-violence.
- Domestic and intimate partner violence committed by young people in need of support becomes visible and recognised.
- The service system responds to the needs of young people in relation to violence prevention and intervention.

The project partner of the Tukena Foundation is the Violence Prevention Unit of Settlement Tampere. The Breaking boundaries -project has received funding from the Ministry of Social Affairs and Health.

Breaking boundaries -project
**Survey on young
people's experiences
of violence**



Tukena



Purpose of the survey

How can we support a young person whose only way to protect their own boundaries is to violate those of others?

While the laughter of young people echoes through streets and shopping centers, a deep sense of insecurity often simmers beneath the surface. This reality was highlighted in a survey conducted by the Breaking boundaries -project—a joint initiative by the Tukena Foundation and the Violence Prevention Unit of Settlement Tampere—which mapped the experiences of violence among youth.

The survey was conducted online between February 1st and July 31st, 2025.

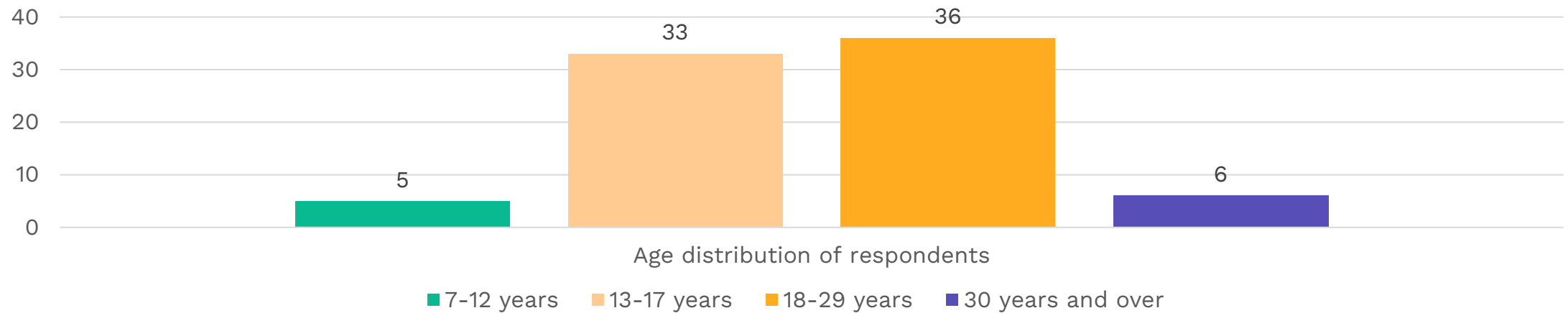
The anonymous survey received 81 responses. 42 percent of the respondents reported having experienced violence within the past year. Nearly half of these incidents took place in streets or shopping centers, and the perpetrator was often a stranger.

While the sample size is small and cannot be used to make generalizations about the entire age group, it carries a vital message: violence is not merely a problem for a small marginal group. It is a part of the daily life of many young people.

The individual, personal experiences of young people offer a critical perspective for understanding the phenomenon, as well as for intervening in and preventing the cycle of violence.

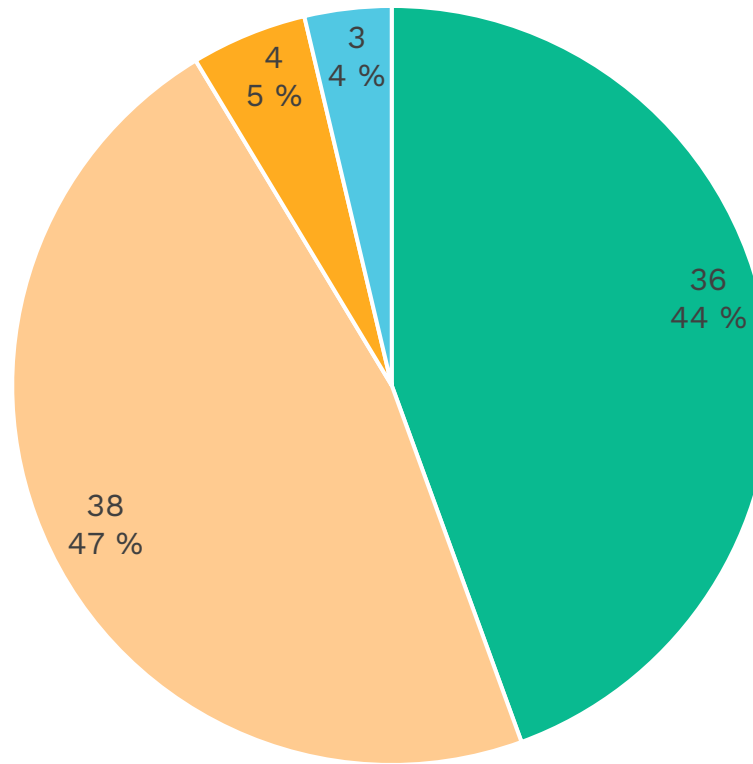
Background information

1. Age (number of respondents: 80)



Background information

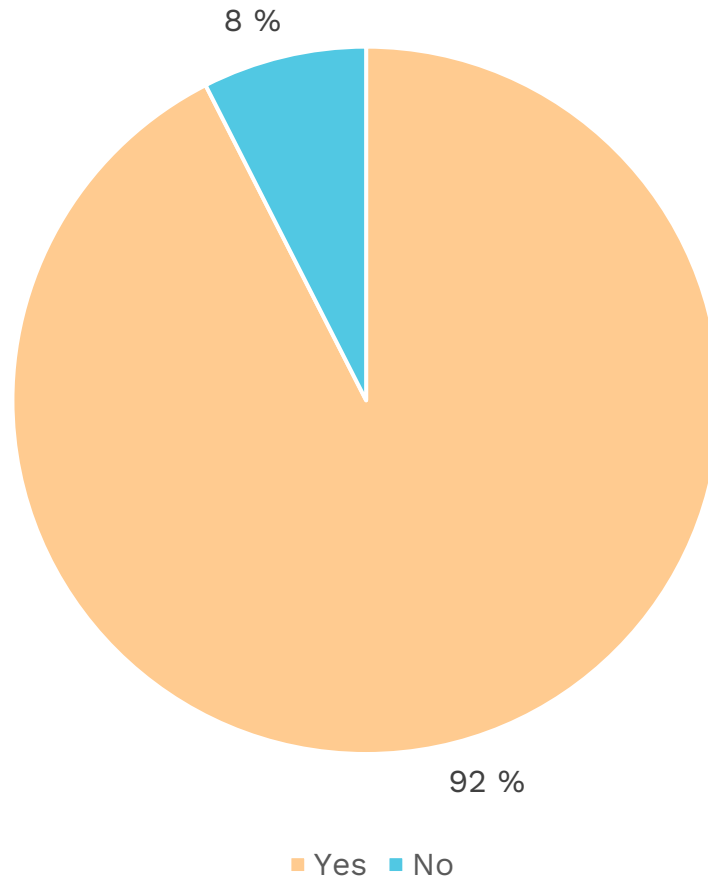
2. Gender (number of respondents: 81)



■ Female ■ Male ■ Other ■ Prefer not to say

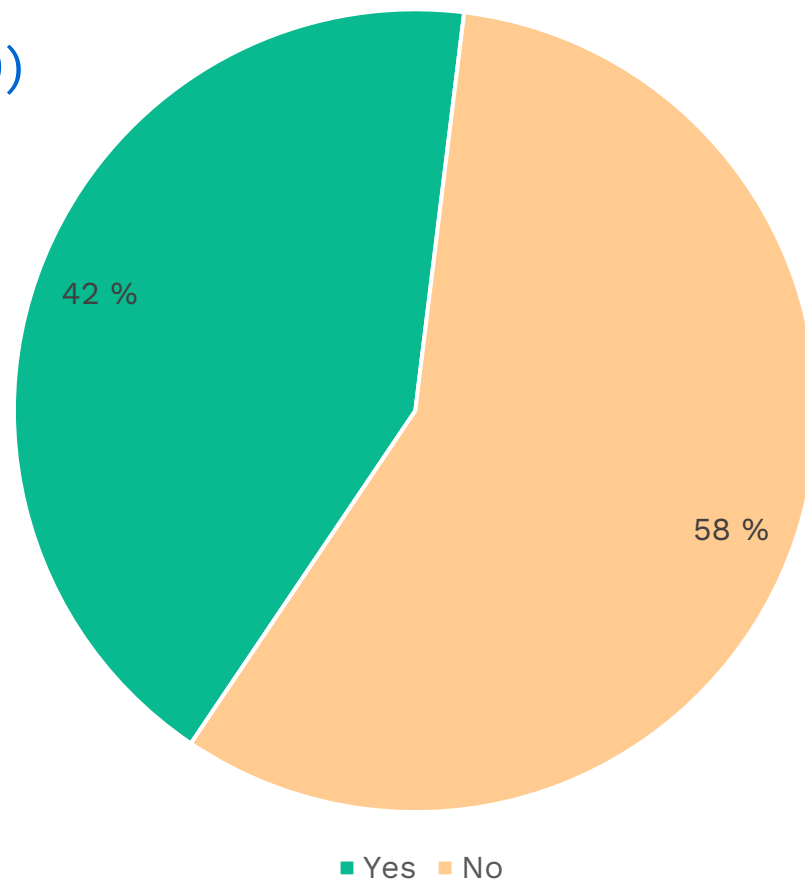
Background information

3. Are you currently in school, employed, or participating in work activity?
(number of respondents: 80)



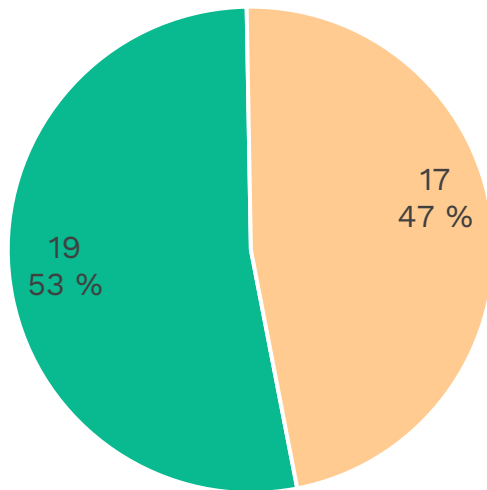
Have you experienced violence (physical, psychological, or sexual) during the past year?

(number of respondents: 80)



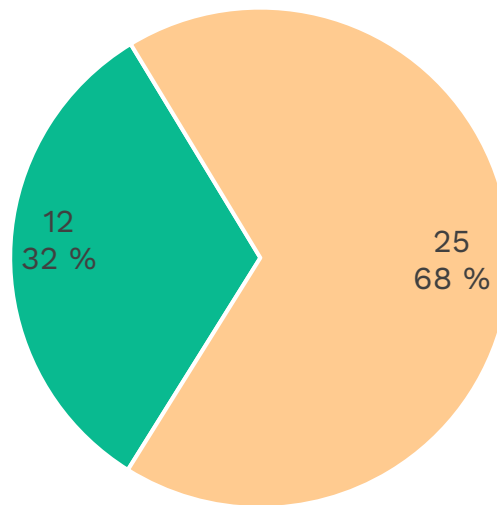
Have you experienced violence (physical, psychological, or sexual) during the past year?

Women (number of responses: 36)



■ Yes ■ No

Men (number of responses: 37)



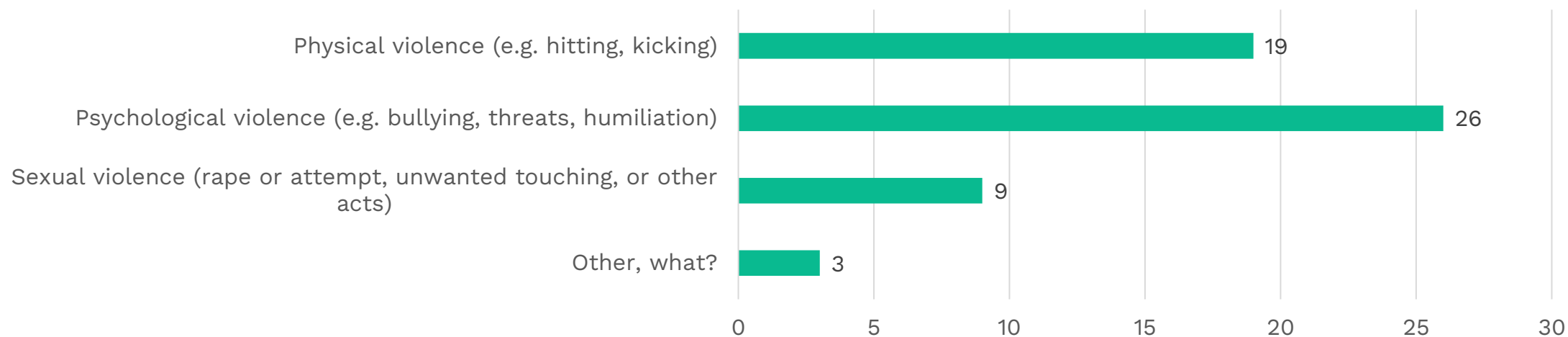
■ Yes ■ No

Approximately half of the female respondents and one third of the male respondents have experienced violence during the past year.

If you answered "Yes", please select all applicable options below

Number of respondents: 34, total number of selections: 57

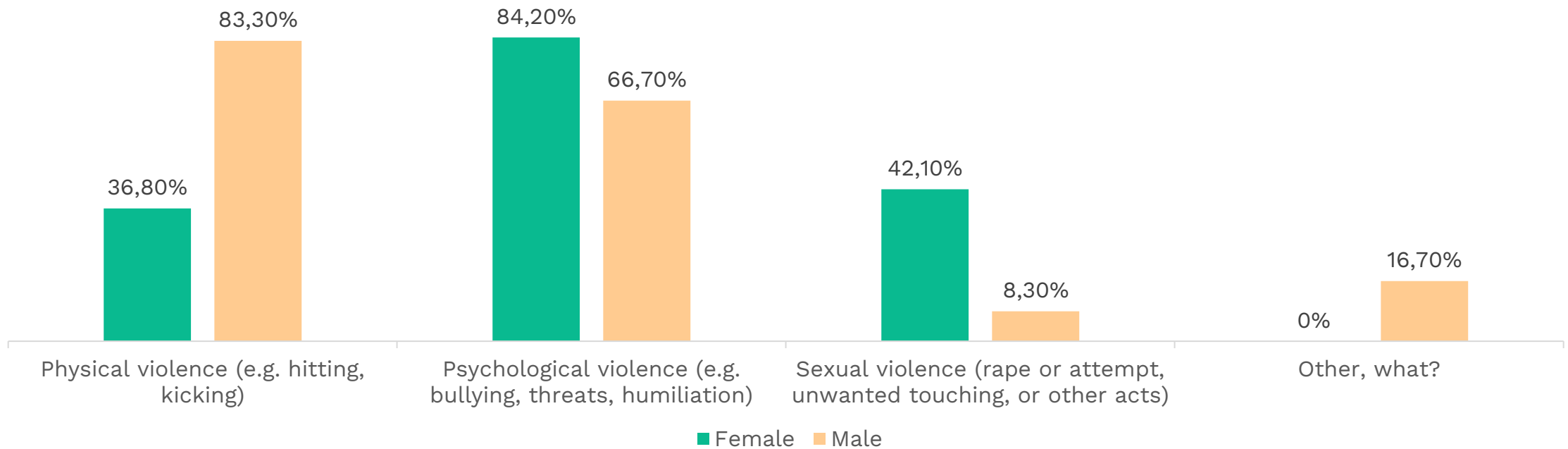
What types of violence have you experienced?



Additional response: Weapon

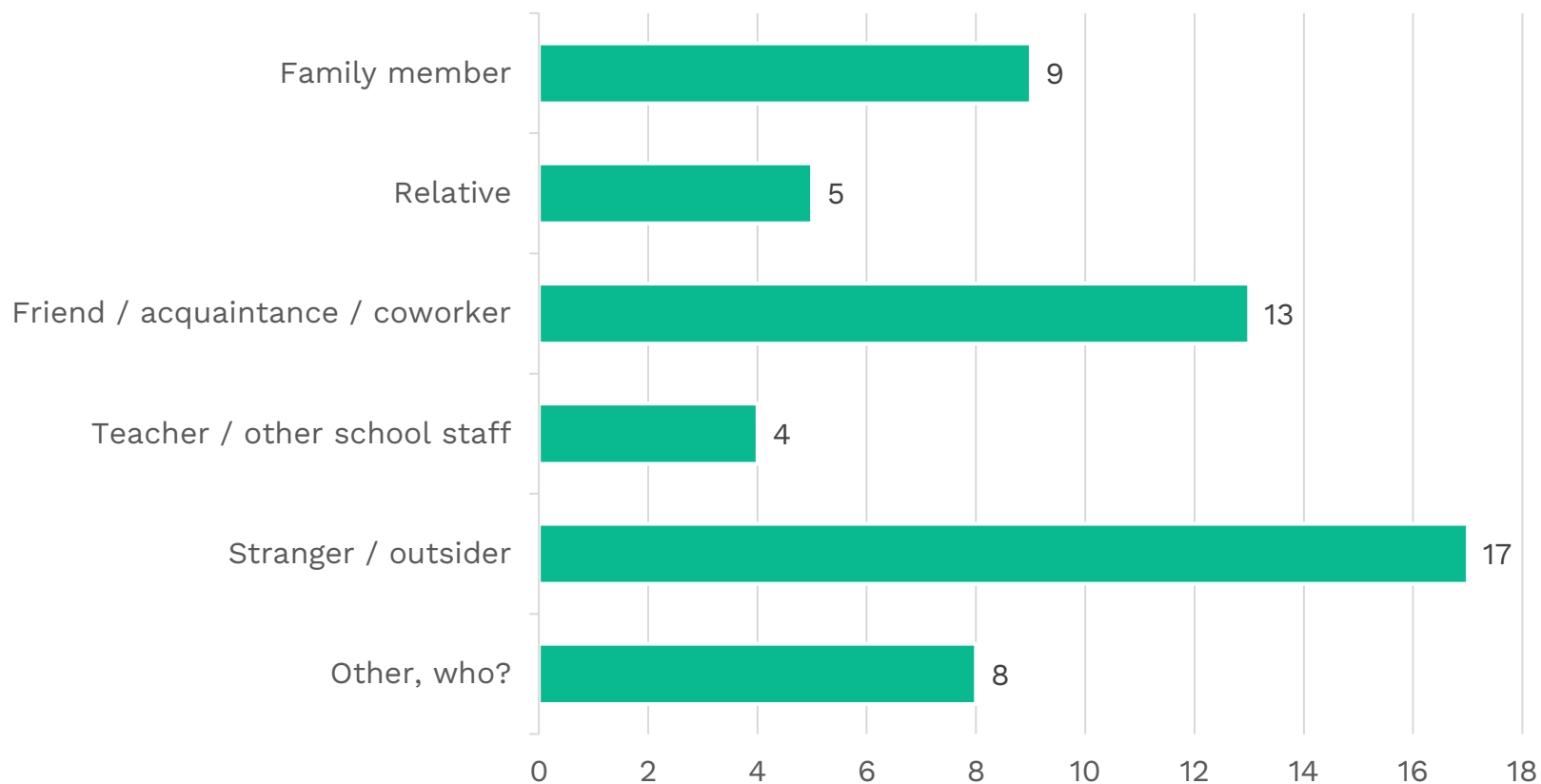
If you answered "Yes", select applicable options

Number of female respondents: 19; male respondents: 12



Who was the perpetrator of the violence?

Number of respondents: 34, total number of selections: 56

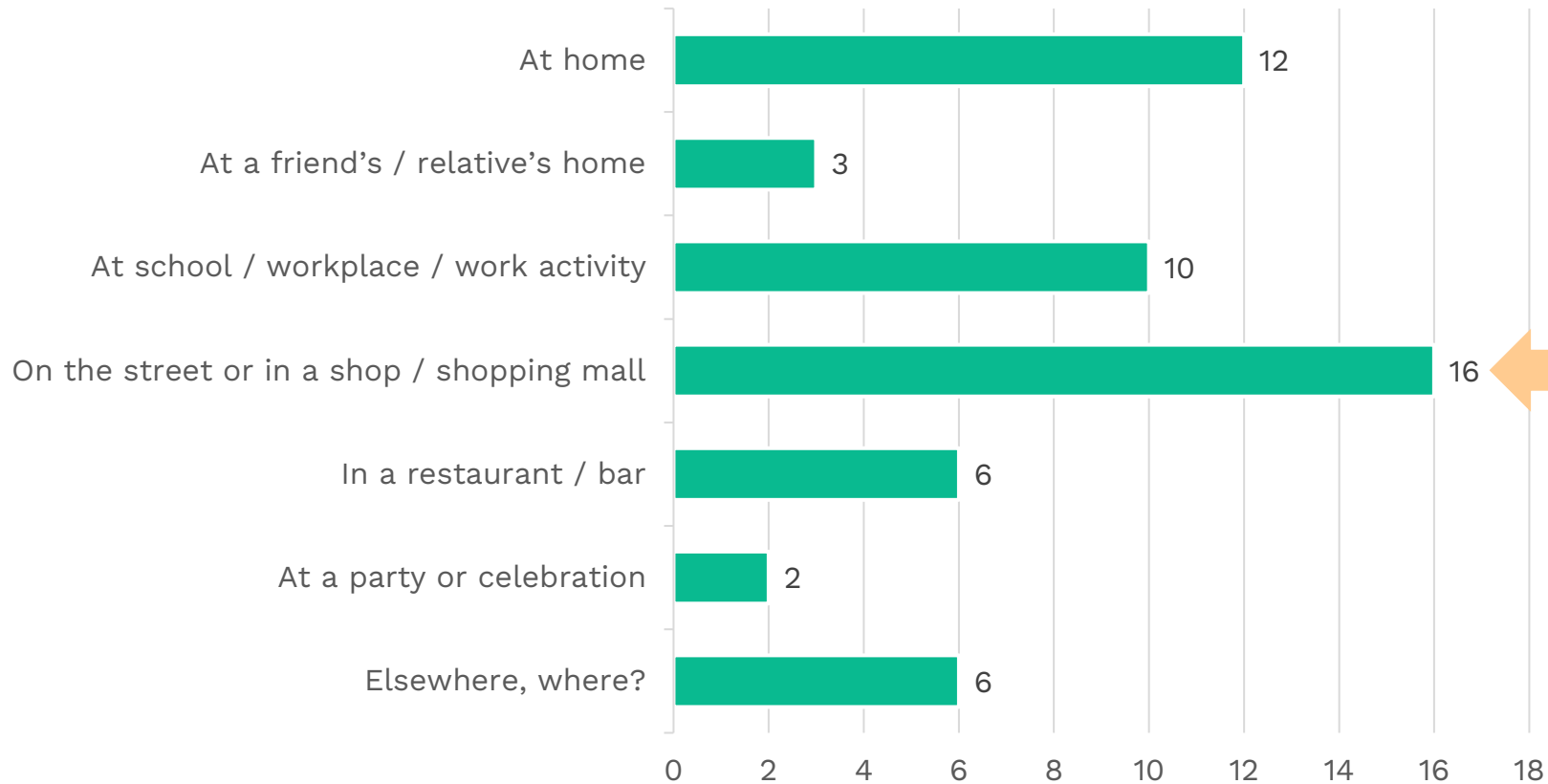


50% of respondents have experienced violence committed by a stranger or an outsider

Additional responses: Classmate or another student, my boyfriend, ME, acquaintance, classmates, prefer not to say

Where did the violence occur?

Number of respondents: 34, total number of selections: 55



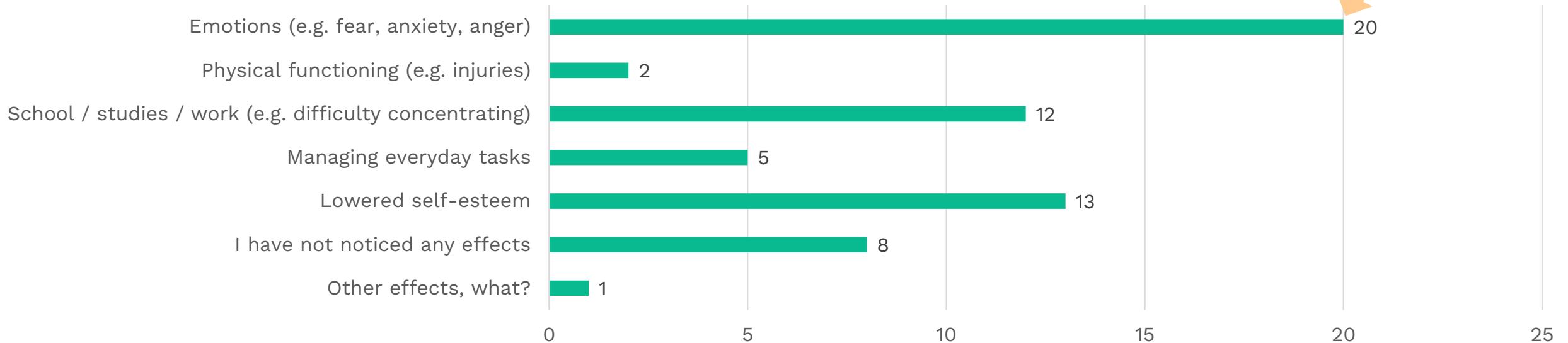
47% of respondents have experienced violence on the street or in a shop/shopping centre

Additional responses: Anywhere, swimming hall, via messaging

How has the violence affected you?

Number of respondents: 33, total number of selections: 61

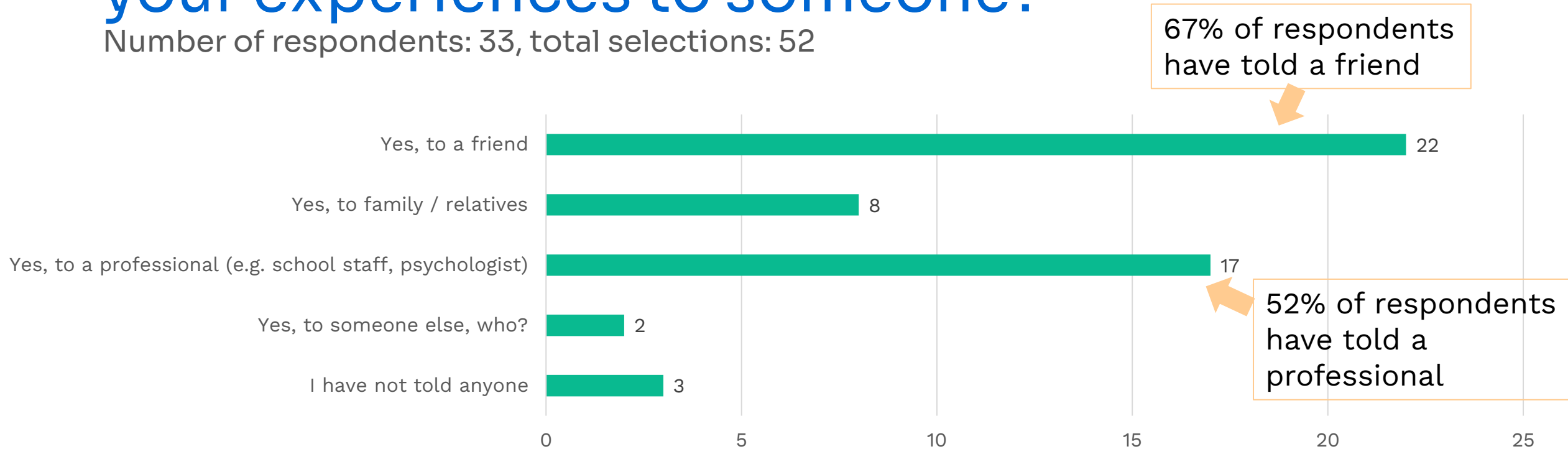
61% of respondents reported that violence has affected their emotions



No additional responses

Have you had the opportunity to talk about your experiences to someone?

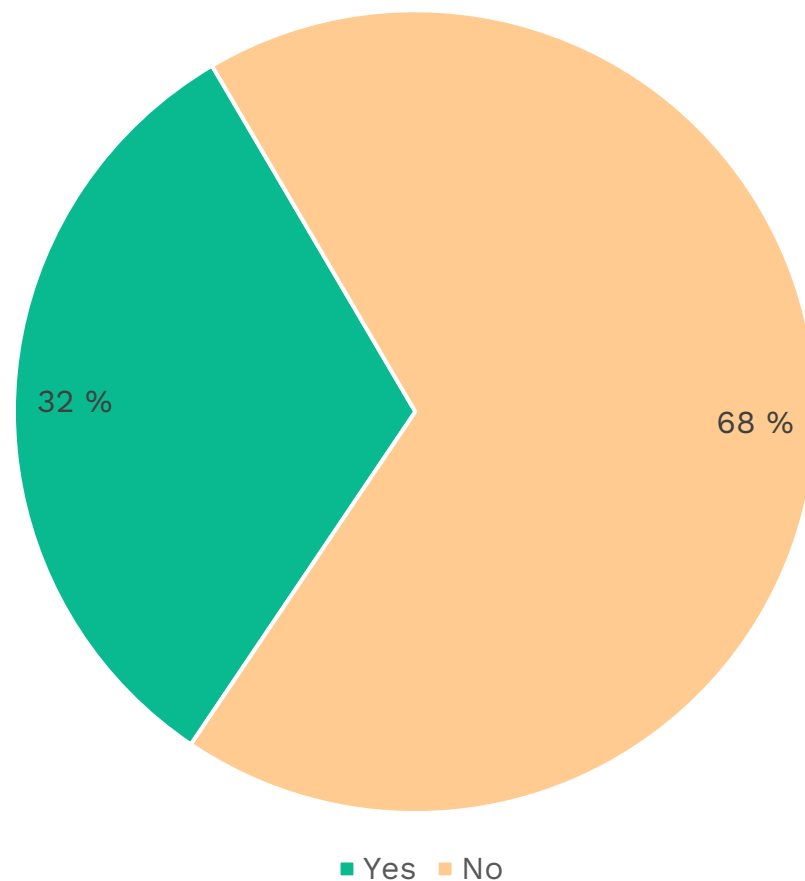
Number of respondents: 33, total selections: 52



Additional response: Boyfriend

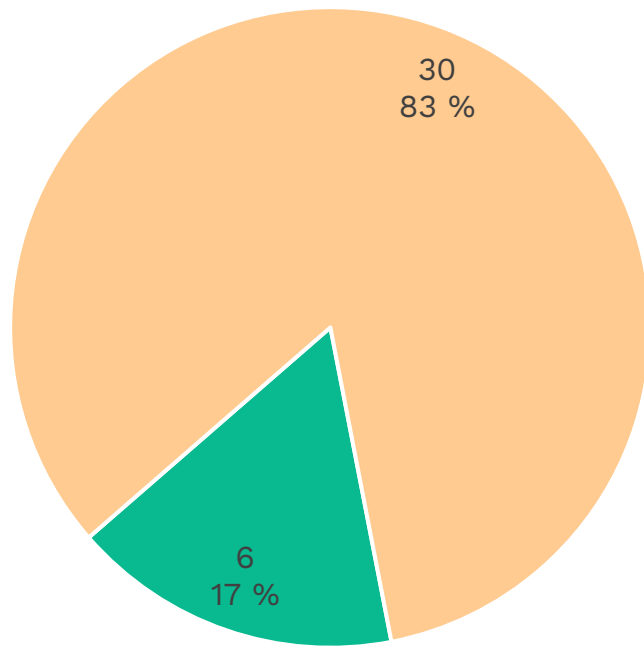
Have you yourself committed violence against another person?

Number of respondents: 81



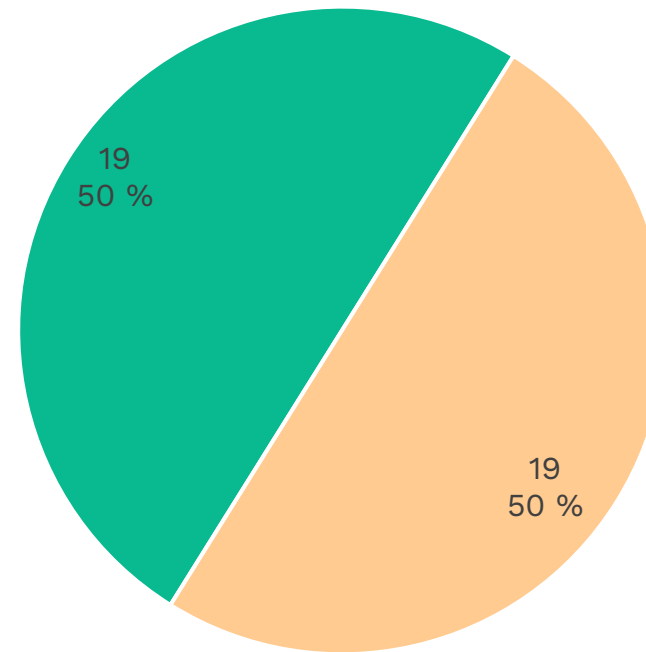
Have you yourself committed violence against another person?

Women (number of responses: 36)



■ Yes ■ No

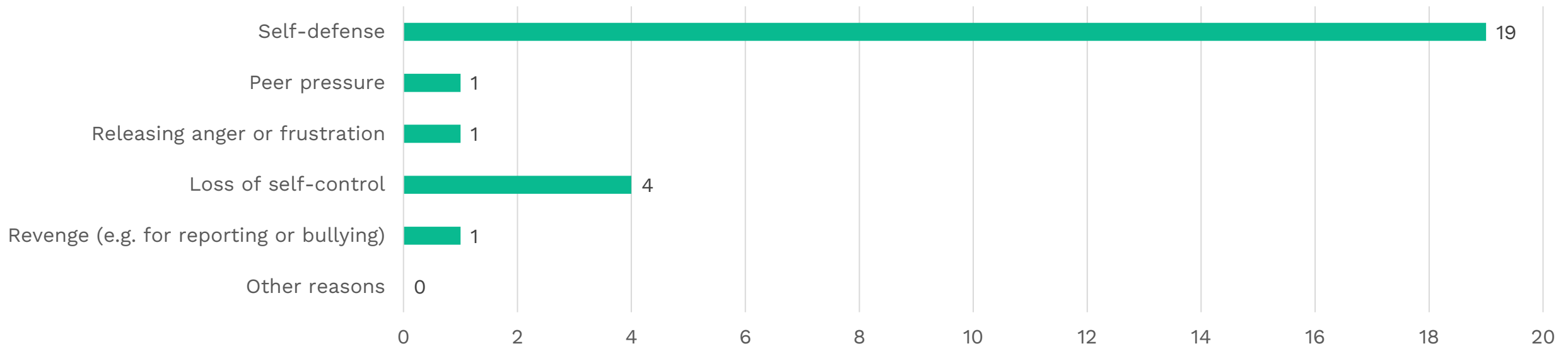
Men (number of responses: 38)



■ Yes ■ No

What made you commit violence?

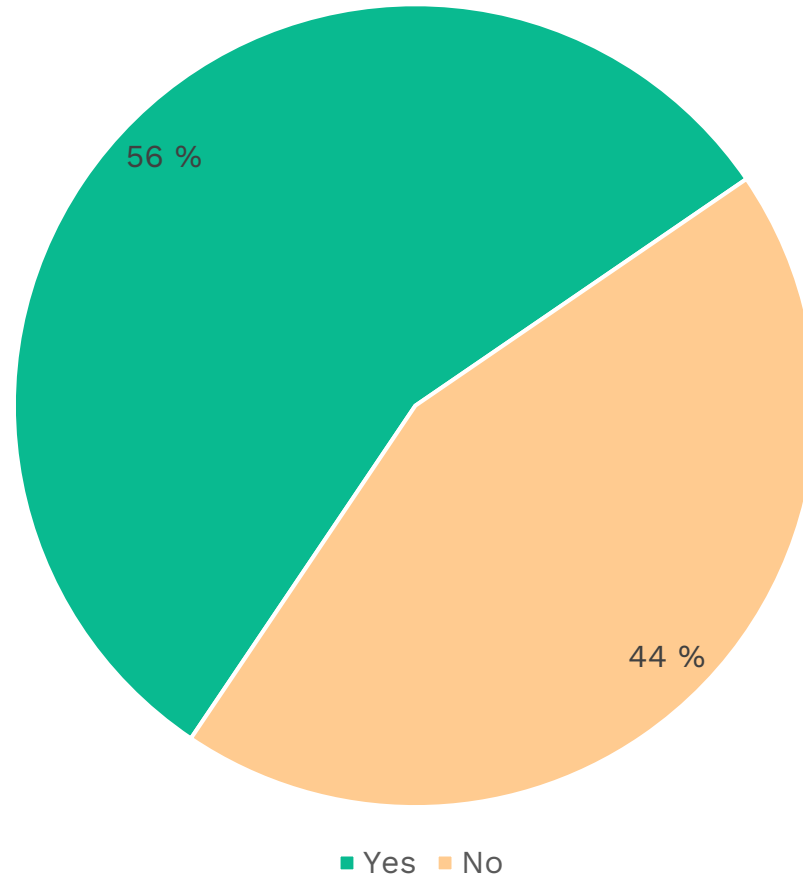
Number of respondents: 26



No additional responses

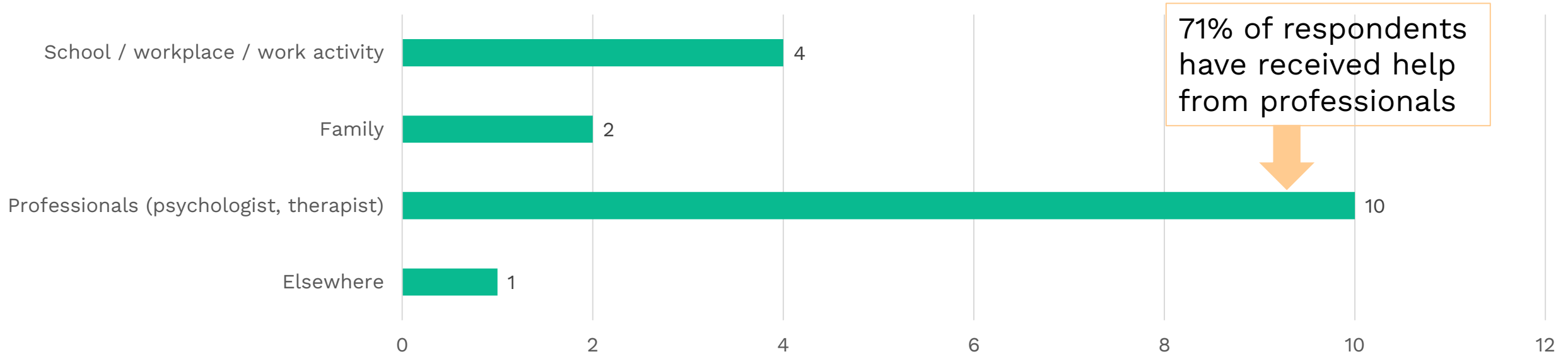
Have you received help if you have committed violence?

Number of respondents: 25



If you have received help, from where?

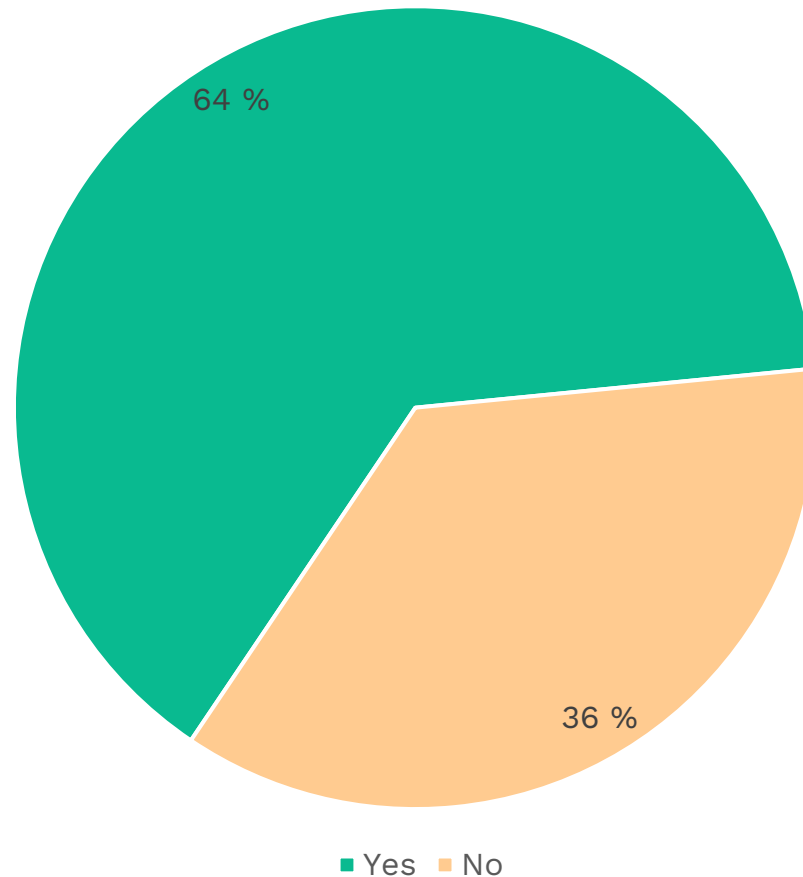
Number of respondents: 14, total selections: 17



No additional responses

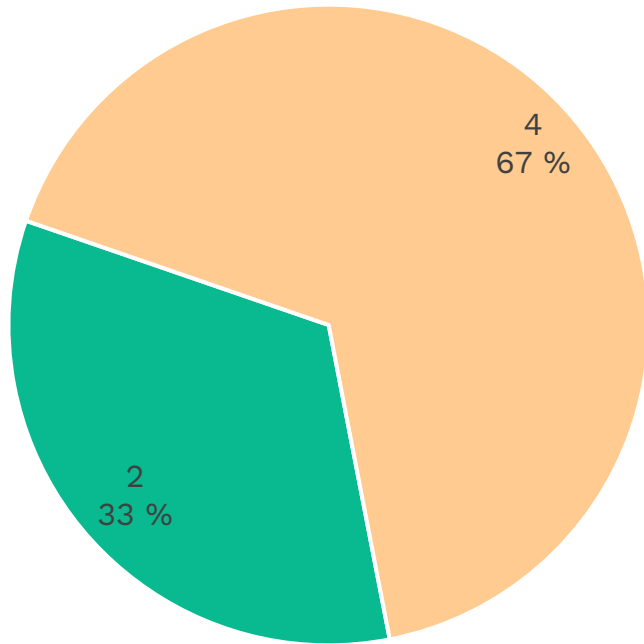
Have you ever felt that violence is the right way to resolve a situation?

Number of respondents: 25



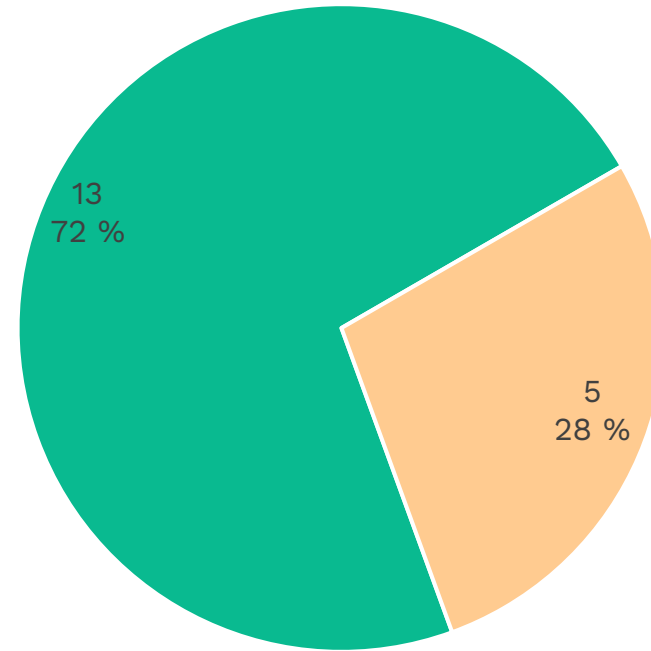
Have you ever felt that violence is the right way to resolve a situation?

Women (number of responses: 6)



■ Yes ■ No

Men (number of responses: 18)



■ Yes ■ No



Have you ever felt that violence is the right way to resolve a situation?

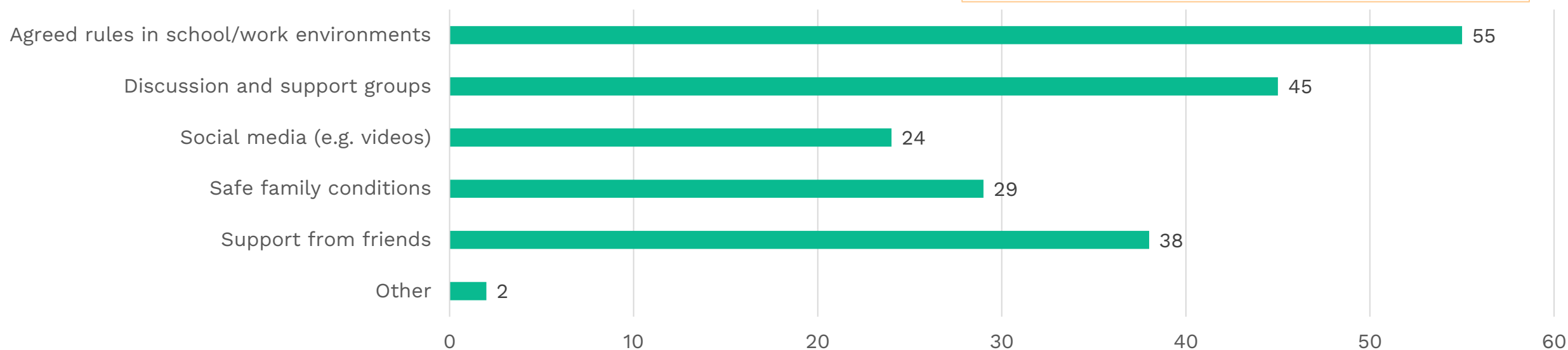
If yes, why?

- I have used psychological violence as self-defense and to release frustration
- Self-defense is the only way
- Something had to be done
- To help someone when talking is not enough
- Depends on the situation, e.g., self-defense

In your opinion, how could violence be prevented?

Number of respondents: 77, total selections: 193

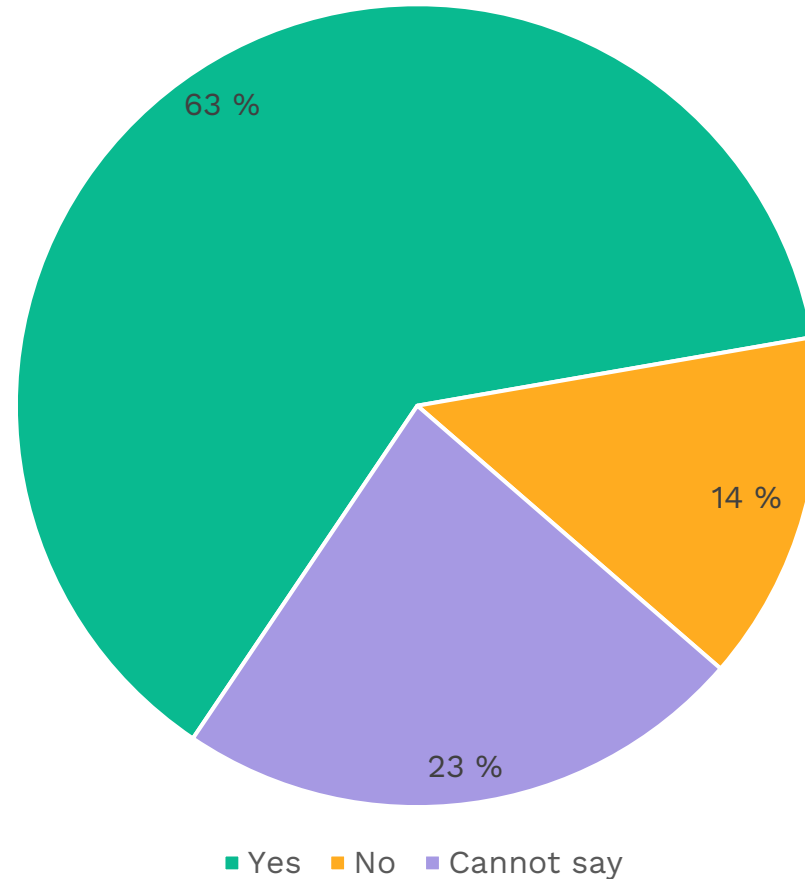
71% of respondents believe that violence can be prevented through jointly agreed rules, 58% through group-based activities



Additional response:
Providing help to both victims and perpetrators

Do you feel that more support is needed regarding violence-related issues?

Number of respondents: 78



Is there anything else you would like to say about experiences of violence or its prevention?

- ...it would be good to have better access to low-threshold support for processing experiences of violence. Of course, prevention is also important, but it would be good if support were also available for those who have already experienced violence.
- Talking with people
- Taking the issue seriously and helping young people get out of situations of bullying
- Police actions could perhaps also be improved
- Unconscious misogyny should be addressed, especially among young boys
- ...2. do not bully others, 3. be polite, 4. do not speak badly about others...
- Schools should pay more attention to how students treat each other (e.g. how they speak to one another or whether “playful” physical contact crosses the line)

Survey conclusions 1/3

Those who violate boundaries are often young people whose own boundaries have been violated

The survey revealed a connection between experienced and perpetrated violence. One in three respondents reported having committed violence themselves. The most commonly cited reasons were self-defence and loss of self-control.

As many as 64% of respondents felt that, in certain situations, violence can be the right way to resolve a situation. This reflects, in part, how young people experience their world. When a sense of personal boundaries and safety is weakened, violence may become a means of protecting oneself and one's close ones.

What lies behind the violence?

When violence is discussed in public, attention naturally focuses on the act, the perpetrator, and the victim. But what kind of lived experiences lie behind these acts?

For many young people, violence is a moment when inner turmoil finds an outward expression. It may be rooted in the feeling of not being heard, and in the absence of support or presence when it is needed the most.

Survey conclusions 2/3

Violence in young people's lives is more common than often assumed

When we talk about violence, we often think of isolated, exceptional acts or the activities of criminal groups. However, the survey shows that violence and the threat of it affect young people on many levels.

Young people call for clear structures and support

Based on the survey, young people do not view violence as something positive, even though some may at times see it as necessary. Respondents also had clear views on how violence could be prevented: 71% believed in jointly agreed rules, and 58% in the value of discussion and support groups.

Many also reported having received help. More than half of the young people who had engaged in violence had received support, most often from professionals such as psychologists or therapists.

The message from young people to adults is strikingly clear: they need clarity, boundaries, and spaces where difficult issues can be discussed.

Survey conclusions 3/3

Breaking the cycle of violence

In the Breaking boundaries -project, we work with young people whose boundary-violating behaviour is often linked to, for example, neurodivergent traits, learning difficulties, or stressful life situations.

The work is grounded in one key principle:

Accepting a young person who has used violence does not mean accepting the violence.

It means recognising the young person's inherent value, even at their most challenging moments.

Change does not happen through ready-made models or quick fixes. Each young person needs an individual path towards change. The role of the professional is to walk alongside them for as long as needed, until new skills have been practised sufficiently. Eventually, there comes a point when the professional is no longer needed. The young person is able to manage on their own.

Change is possible.



Thank you!

www.tukena.fi

Breaking boundaries –project

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