



# THIS IS ME!

**My body, my emotions**





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## **My body, my emotions**

Sexual education made easy  
with age-appropriate and fact-based materials!

Illustrations: Natascha Schwarz



# Introduction

One's own body is a source of fascination for children and young people from an early age. How does it work? And is it the same for others? How do babies get into your belly? And how do they come out again? Children ask questions like these every day, and sometimes it's hard to come up with an appropriate answer. Providing good and reliable support for children on their way to adulthood, including in the area of sexual education, is not an easy task.

In this book, some areas are addressed and presented in a child-friendly way. There are questions to be discovered such as „Are there girls colors and boy colors?“ or „How are children created?“. Funny illustrations enrich the book and make it particularly interesting for children - regardless of whether they discover the questions themselves or with a caregiver.





**Are there girl colours  
and boy colours?**

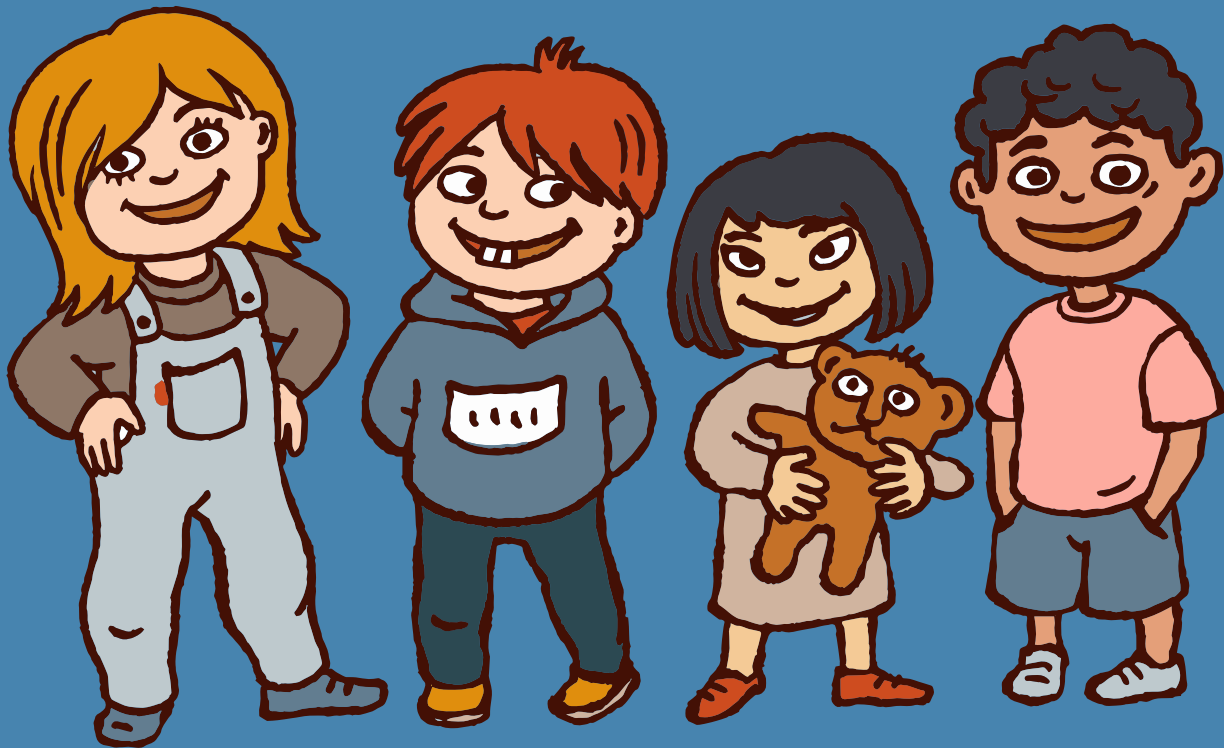
Jan wants to wear a pink T-shirt.  
He likes the T-shirt very much.



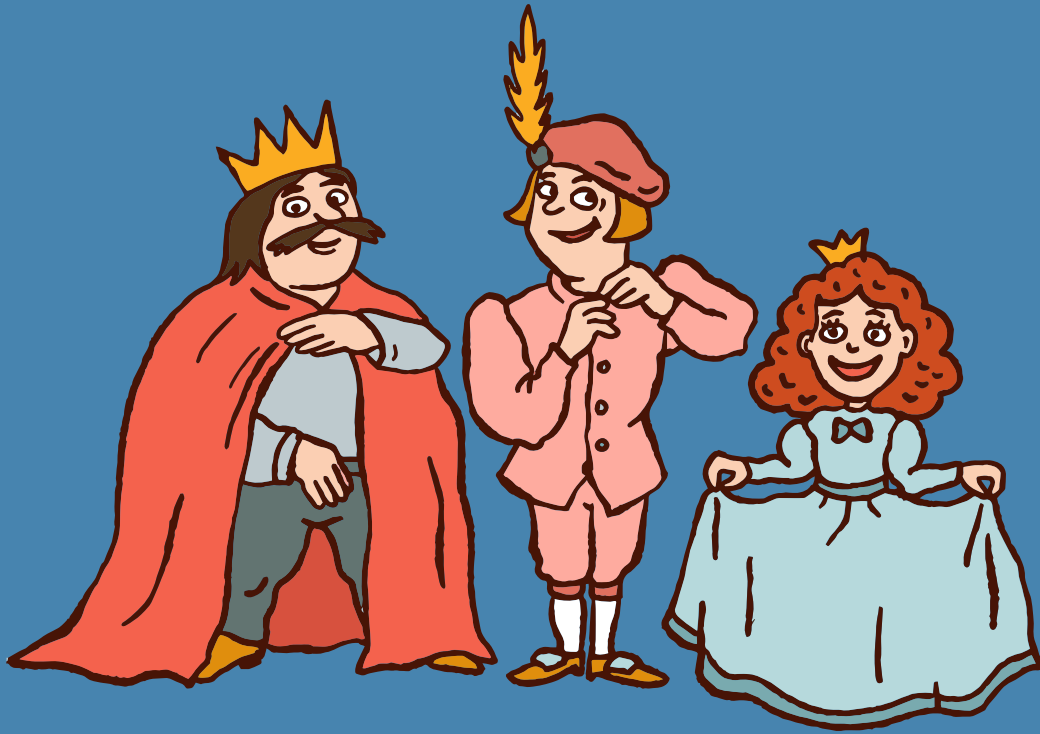
But some children say that pink is only for girls. Is that really true?







No. All colours are for all children!



In the past, red was the colour of the king, pink of the prince and blue of the princess.

Today that is no longer the case. Every colour is for everyone and that is what makes our world beautiful and colourful.







**Who says  
how I am allowed to play?**



Leila is watching the boys play football. She wants to play too.

Diar would rather bake a big mud cake. Are boys and girls allowed to play with whatever they want?





Of course! You decide what you like. Not every girl likes dolls and not every boy likes football.



All people have different strengths and everyone is good at something else. It's great when everyone can do what they enjoy.



When you grow up, you also get to decide what you want to be. Leila already knows that she wants to be a football player, and Diar will be a chef, of course.

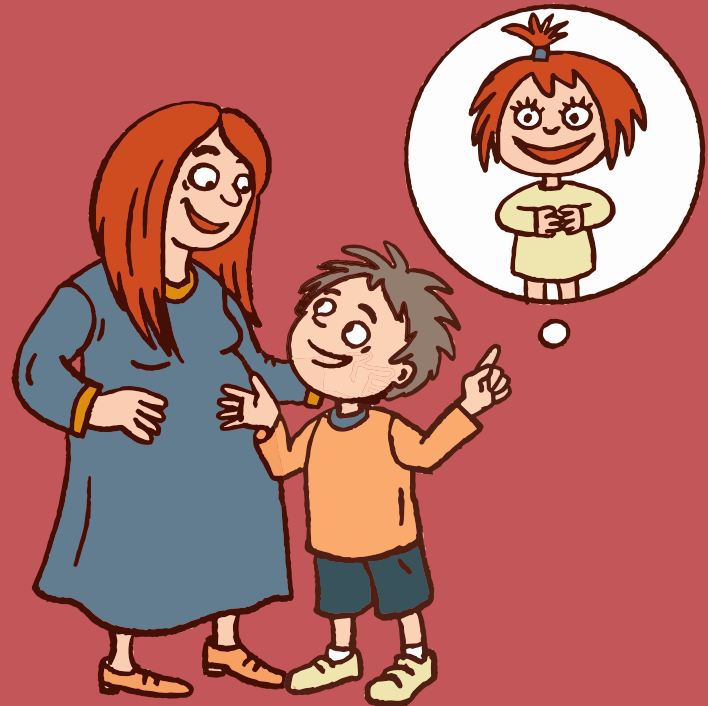




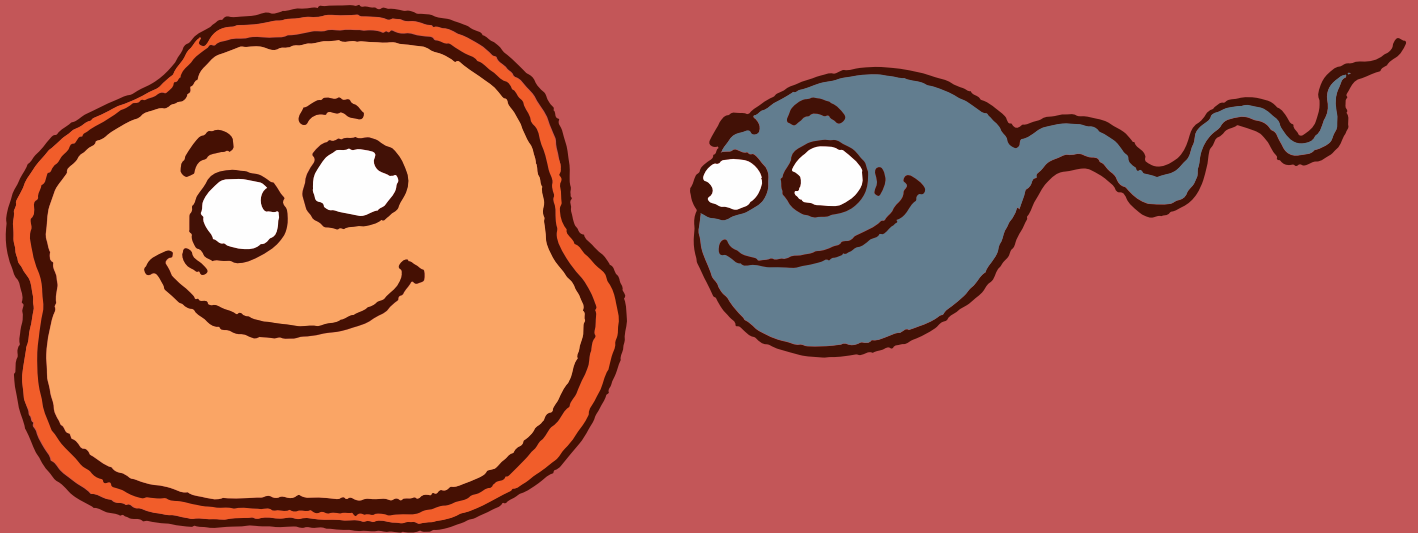


**Who chooses  
the gender for the baby?**

Diar's mum is pregnant.  
Diar is supposed to help  
mum and dad choose  
a name for the baby.  
He would like to have a  
sister. But mum says it  
is not possible to choose  
the gender of the child. Is  
that true?



That's right. The gender of the baby is determined at the very beginning of the pregnancy, when the egg and the sperm meet.



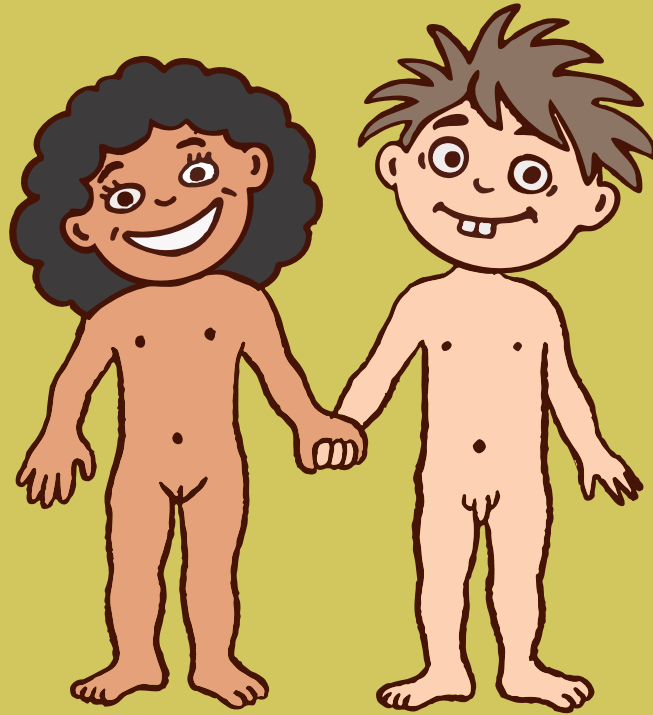


Sometimes it is possible to find out during pregnancy whether a girl or a boy is growing in the belly. A doctor can look into the belly with an ultrasound machine and even take a photo.

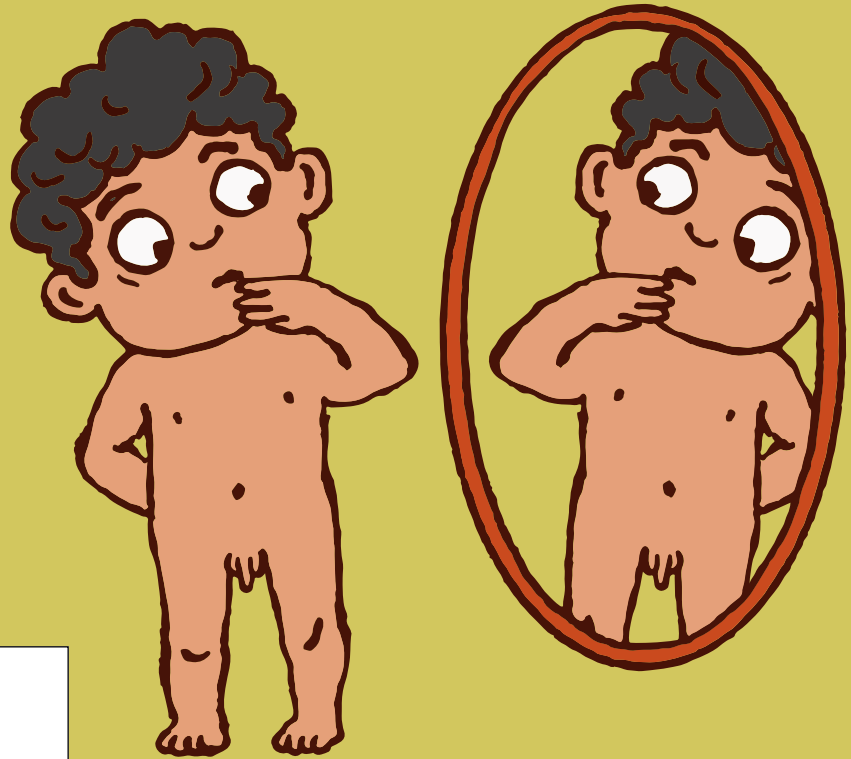


Sometimes, however, it is not possible to say exactly. Then parents have to wait until the baby is born. Only then can they figure out what name to give them.



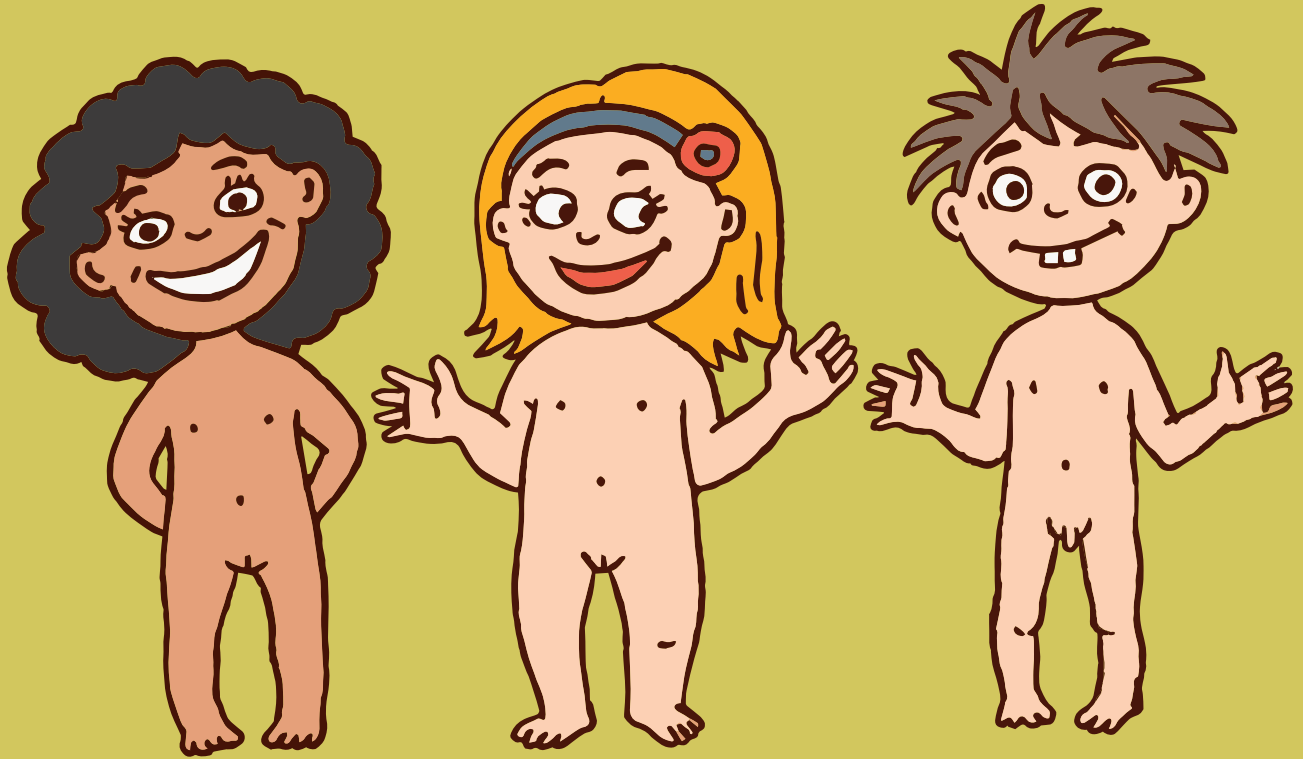


**What is the difference  
between boys and girls?**



Jan looks in the mirror:  
he has two legs and two  
arms, a nose, a mouth  
and a belly button.



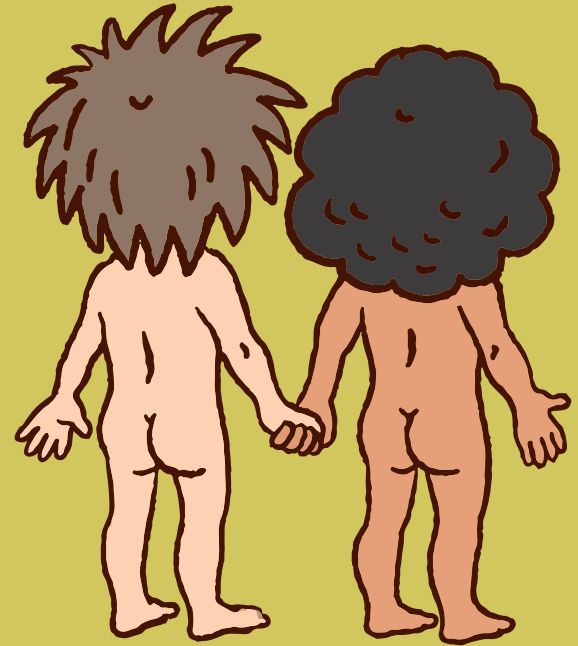
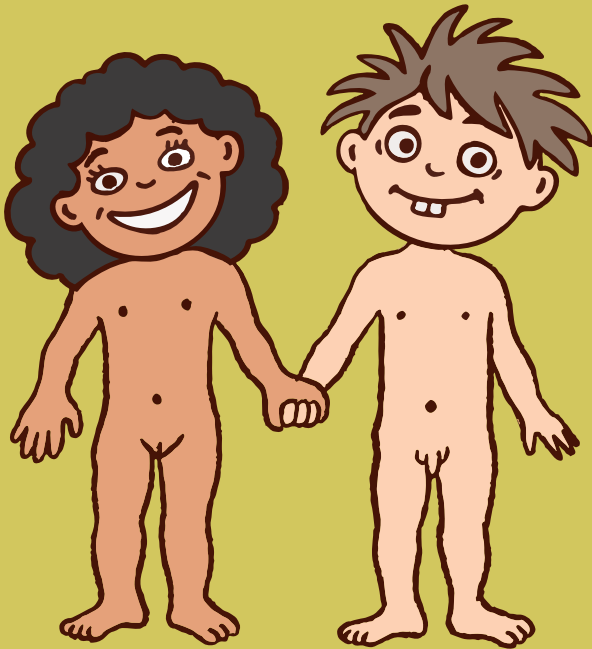


It's the same with Diar. And with Leila and Anja too.

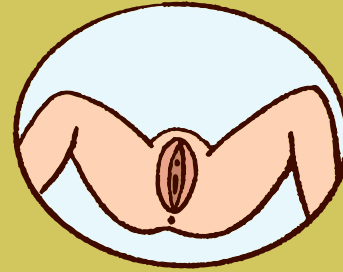
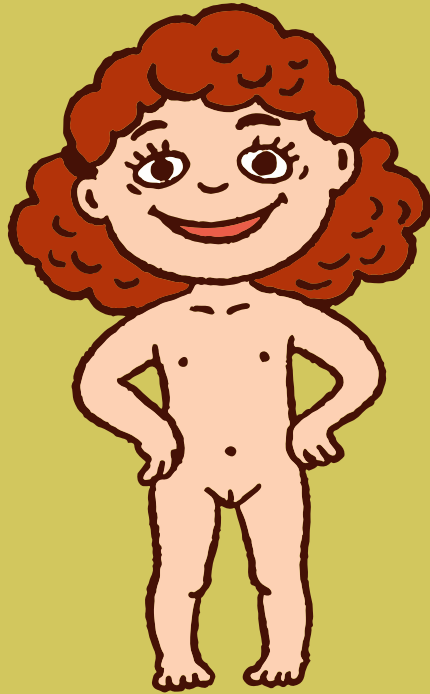


Jan thinks about it. There is no difference between boys' and girls' legs and arms, noses, mouths and belly buttons. What is it then?

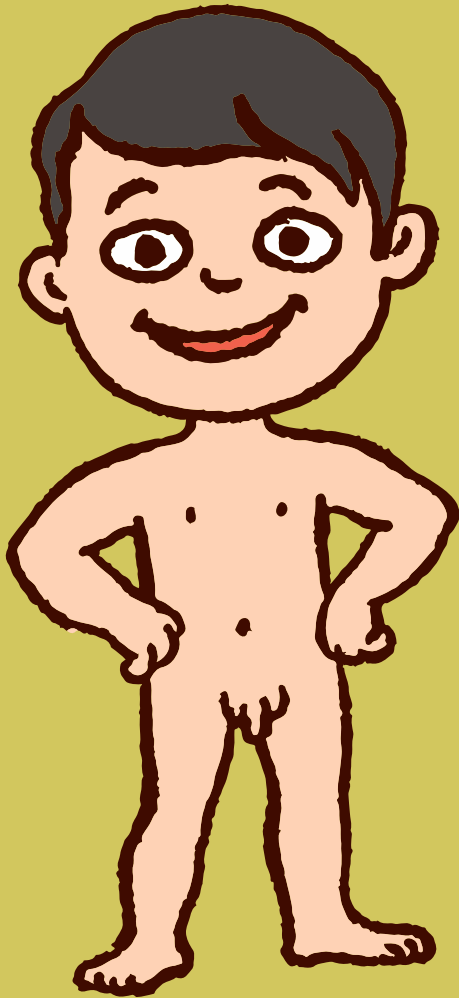
You can only see the difference between girls and boys when they are naked.



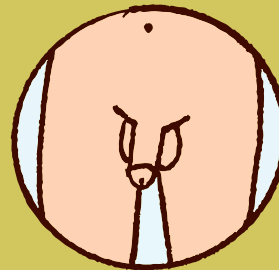
Because although they all look the same from behind, boys and girls are different from the front.

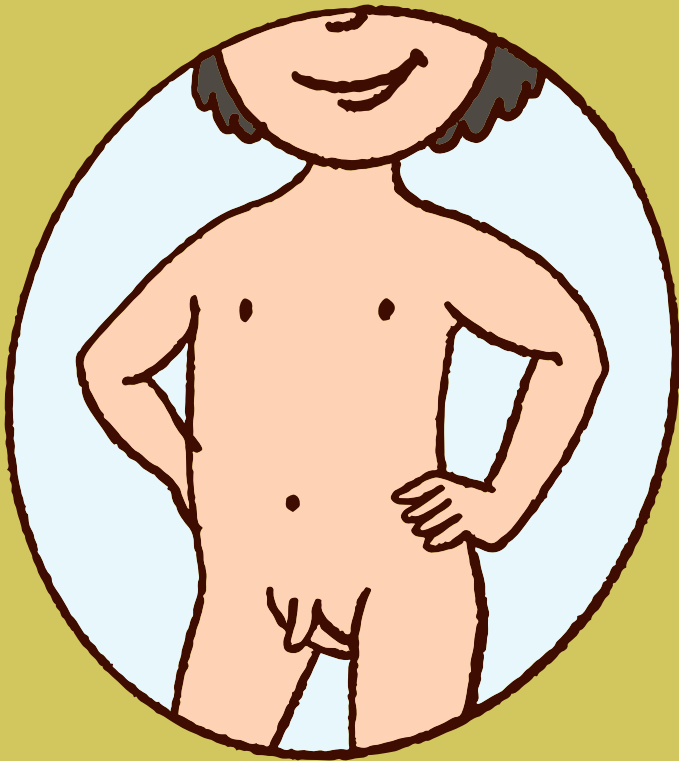


Girls have a soft mound between their legs, which has skin folds and two small holes. This is called the vulva. The first hole is called the urethra through which girls pee. Just below it is another hole. This second hole is called the vagina. Later in life, if a girl wants to have a child, this is where the baby will come out.



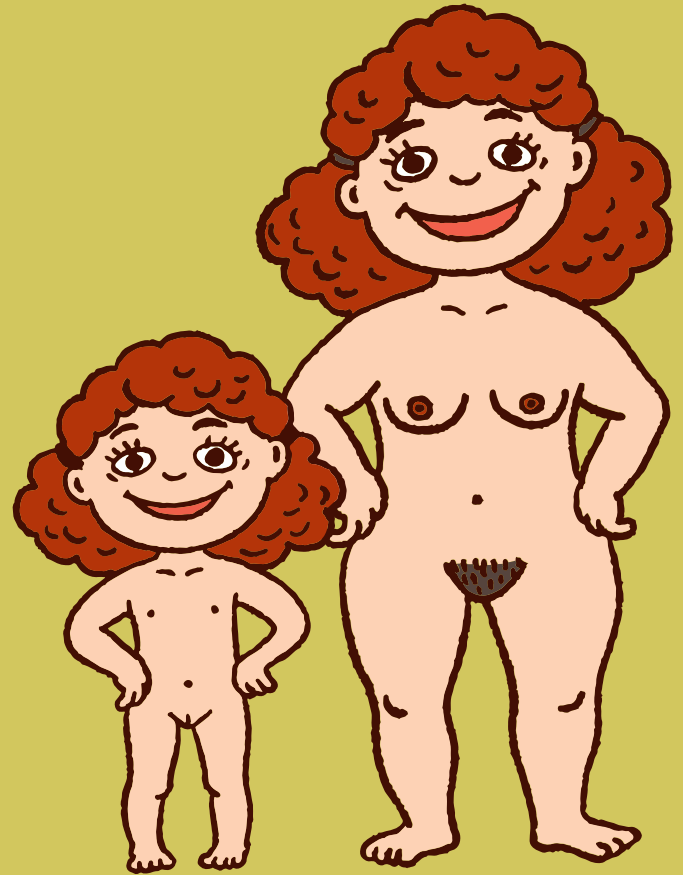
Boys, on the other hand, have a penis between their legs. The penis has a small hole. This is where the pee comes out. Under the penis, hangs a small sac. This is called the scrotum.





There are also children who are a bit between girls and boys. This is called intersex.

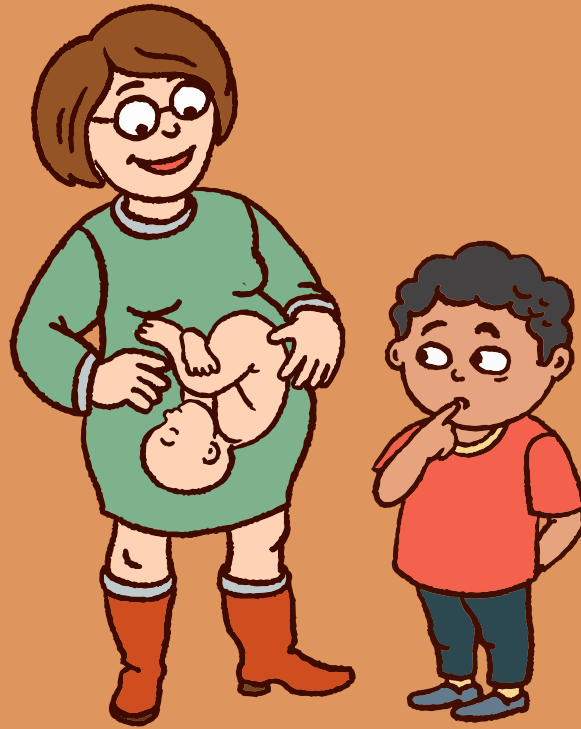
When girls become women, they continue to change and you can usually tell the difference between women and men when they have clothes on. Most women grow breasts and the shape of their bodies changes. They grow hair around their vulva, under their arms and on their legs.





When boys become men, they also change. Most of them grow a lot of hair. They grow hair around their penis, on their legs and arms, under their arms and also on their face. Some then grow a beard.

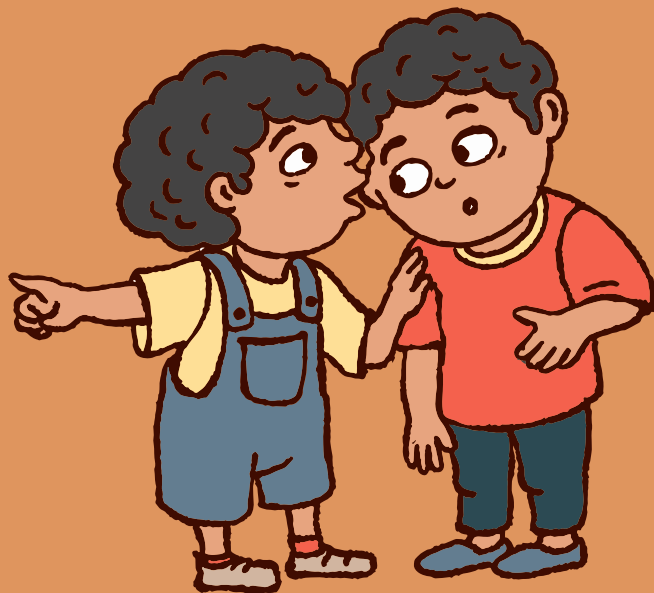




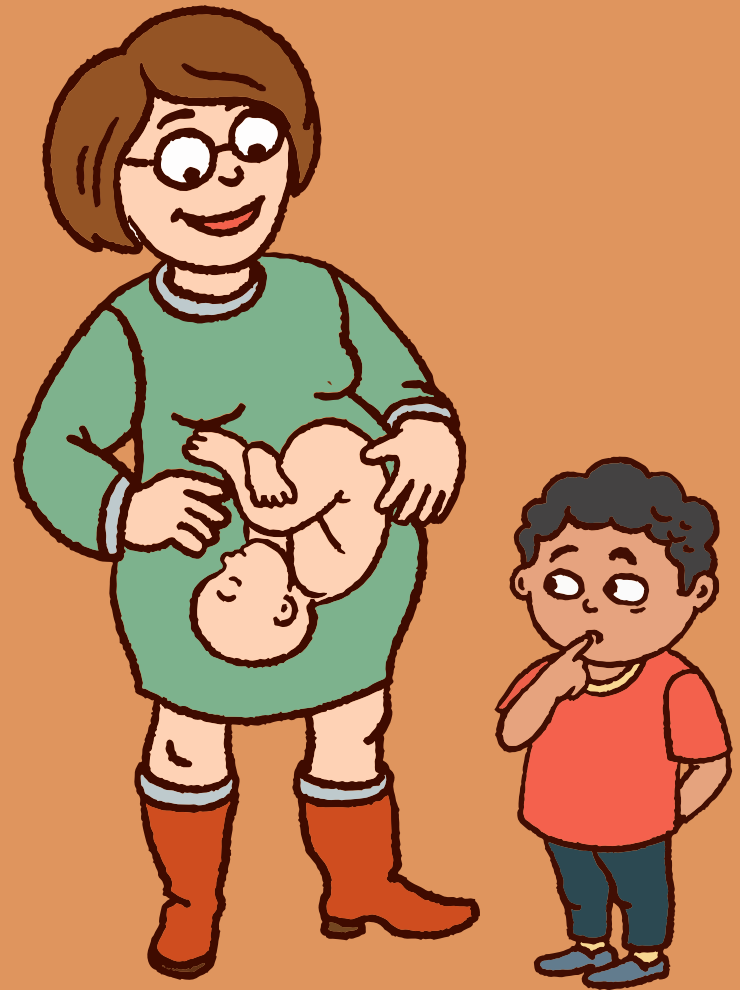
**How do babies  
get into a belly?**

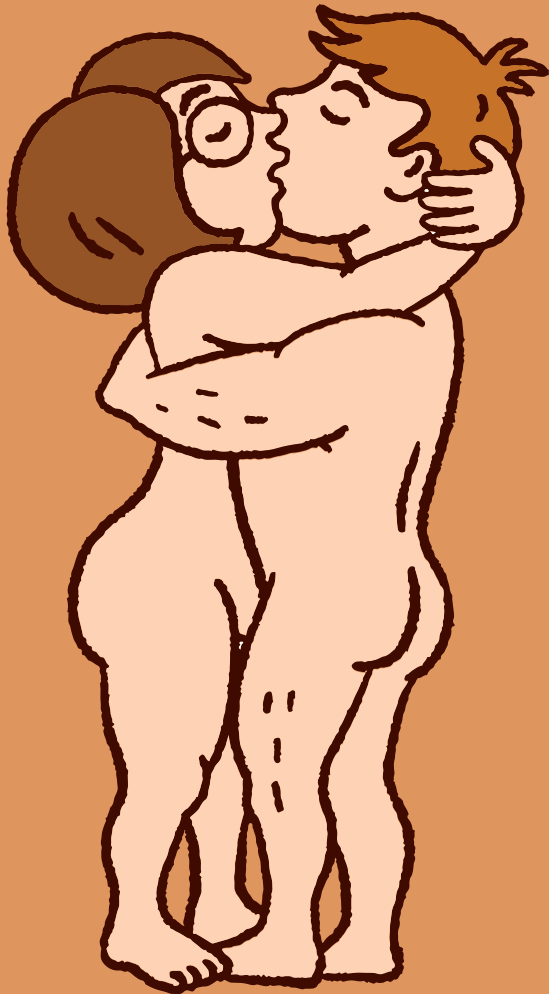


Jan's neighbour's belly is round as a ball. Jan's brother has told him that a baby is growing in her belly.



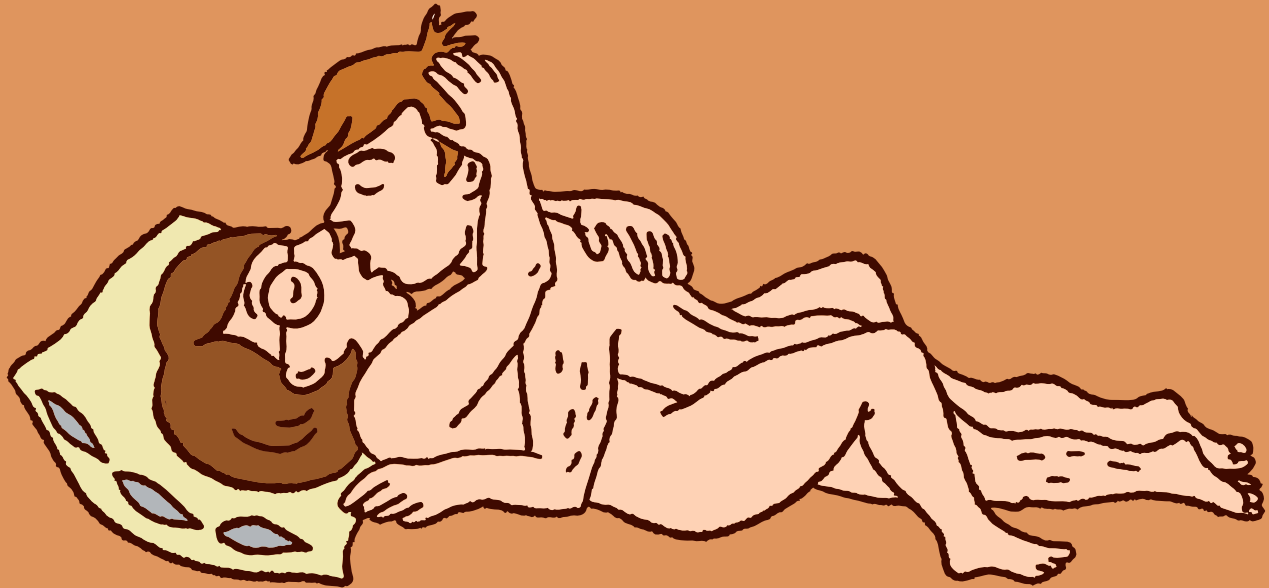
Jan is curious. If the baby is growing in her belly, how did it get in there?





Most babies are made like this:  
when a man and a woman love  
each other very much, they kiss,  
they cuddle together, sometimes  
naked.

The closest you can cuddle is when the vagina receives the penis. Then a baby can grow. It grows and grows in the woman's belly and after about nine months it comes into the world.



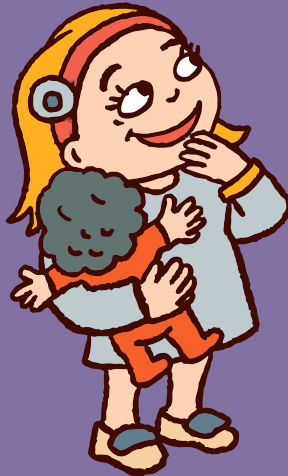


Jan can hardly believe that he was once so small too. But he thinks it's nice that he came from a little bit of dad and a little bit of mum.



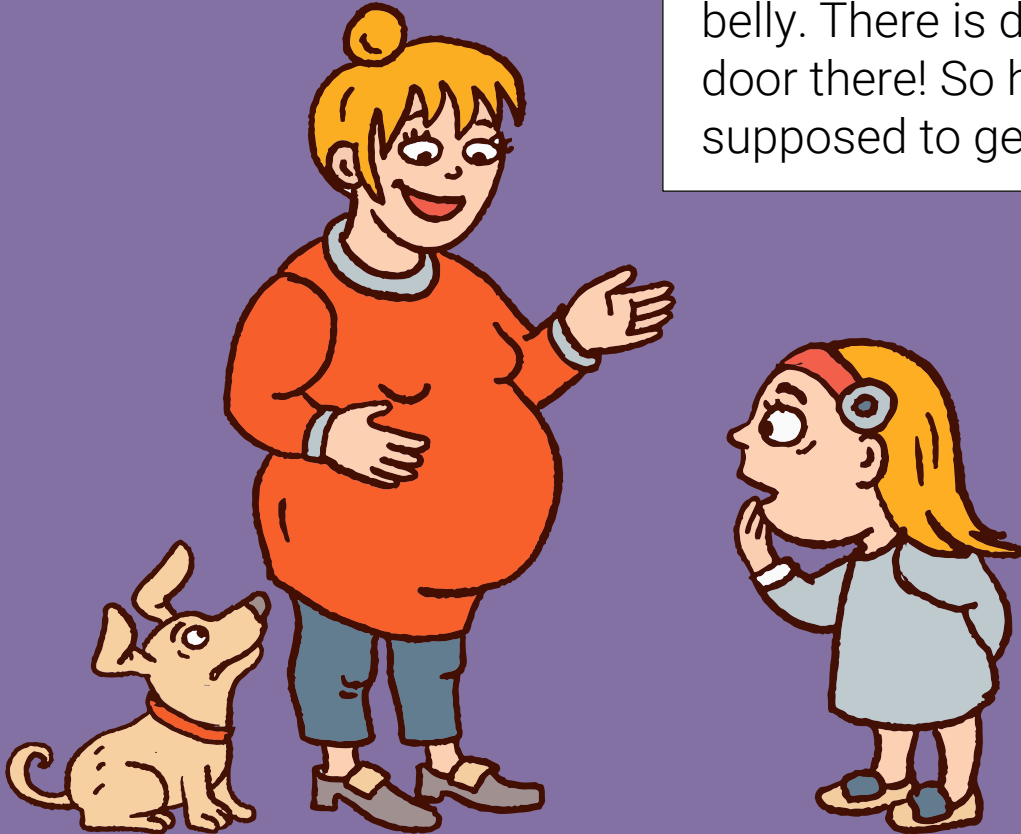
**How do babies  
come out of the belly?**

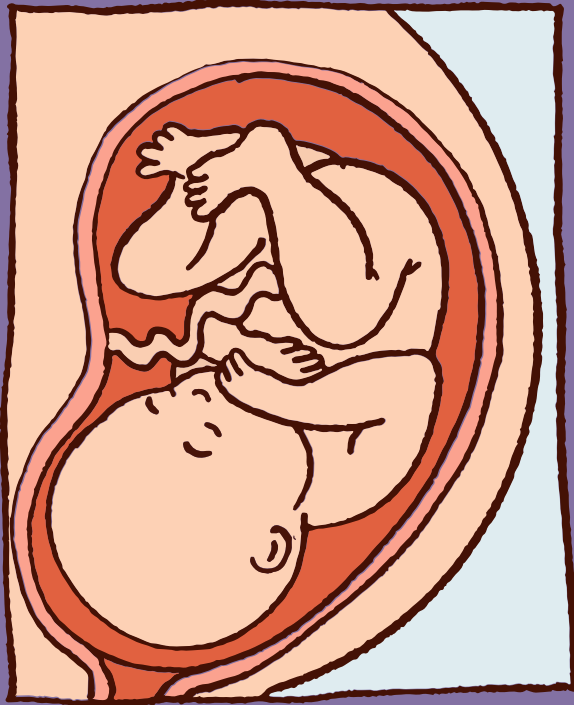
Anja's mother is pregnant. You can tell because her belly is getting bigger and bigger. Anja's mum says that the baby will be born soon.





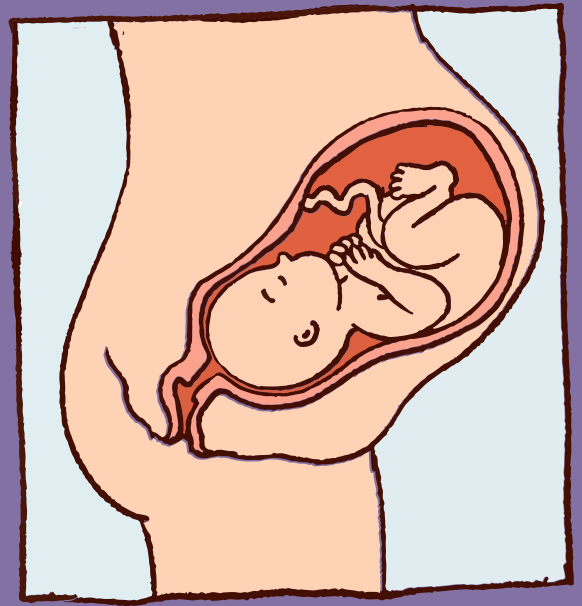
Anja took a close look at the belly. There is definitely no door there! So how is the baby supposed to get out?



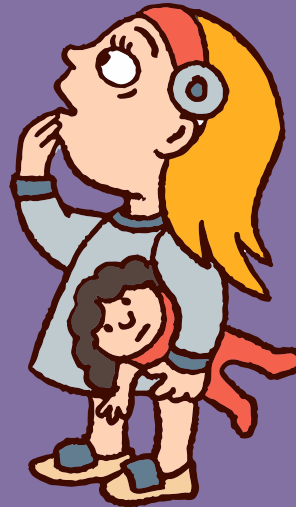


The baby grows in the womb in mum's belly. It is comfortable and safe there. It gets nourishment through a cord, the umbilical cord.

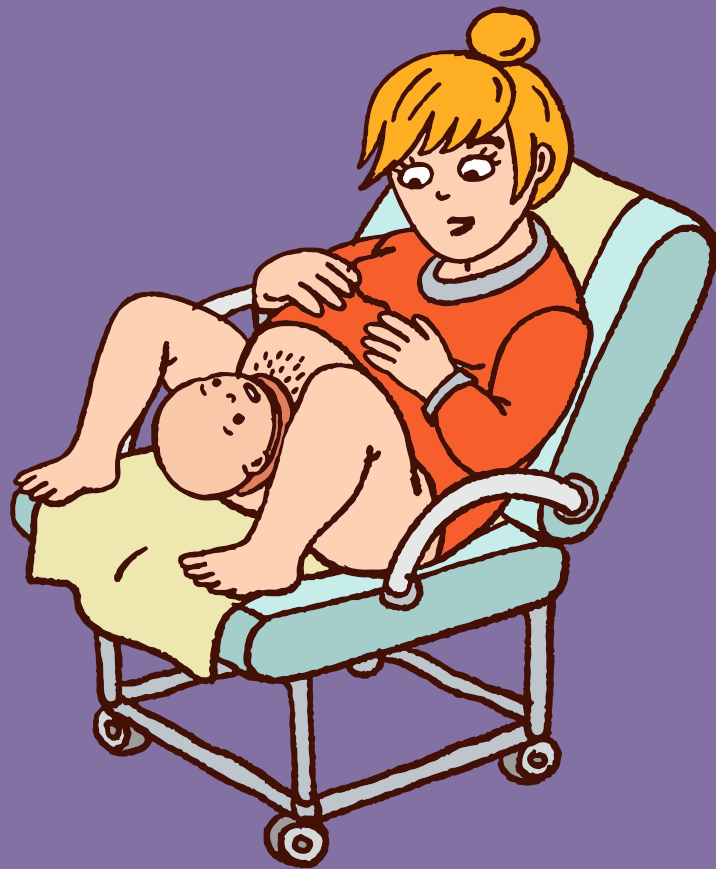
The uterus is connected to a canal that ends in an opening between the mother's legs. This opening is called the vagina.



After about 9 months, the baby will be big enough to come into the world. The mother knows it is time because she goes into labour.

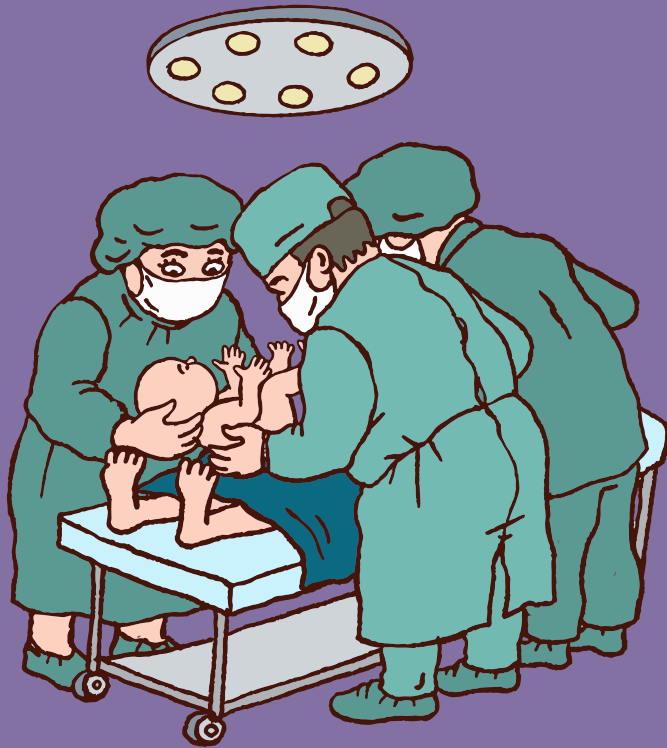


The baby then travels through the canal with its head forward and comes into the world through the vagina.

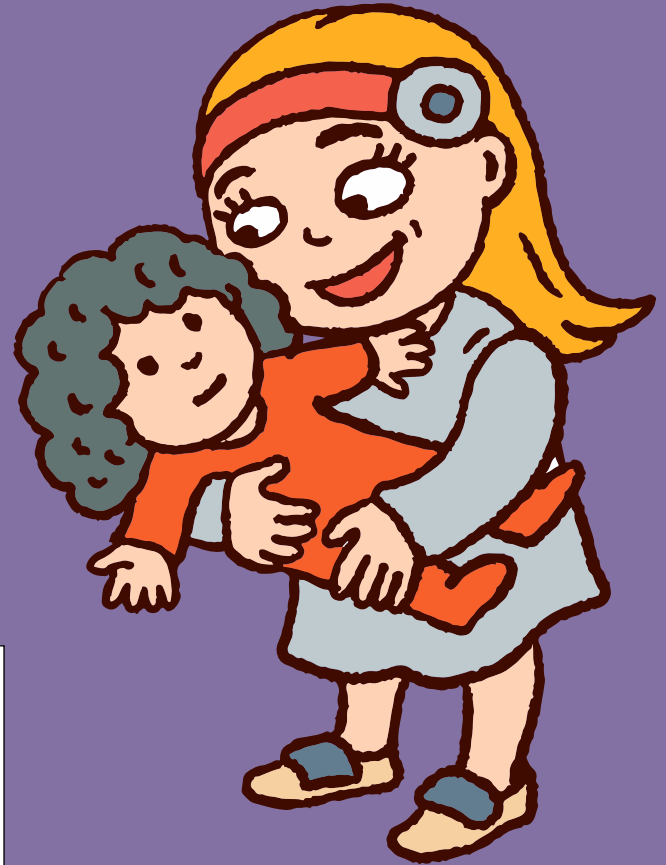


Sometimes that doesn't work. Sometimes, for example, the baby does not turn with its head down. Then doctors help the mother.



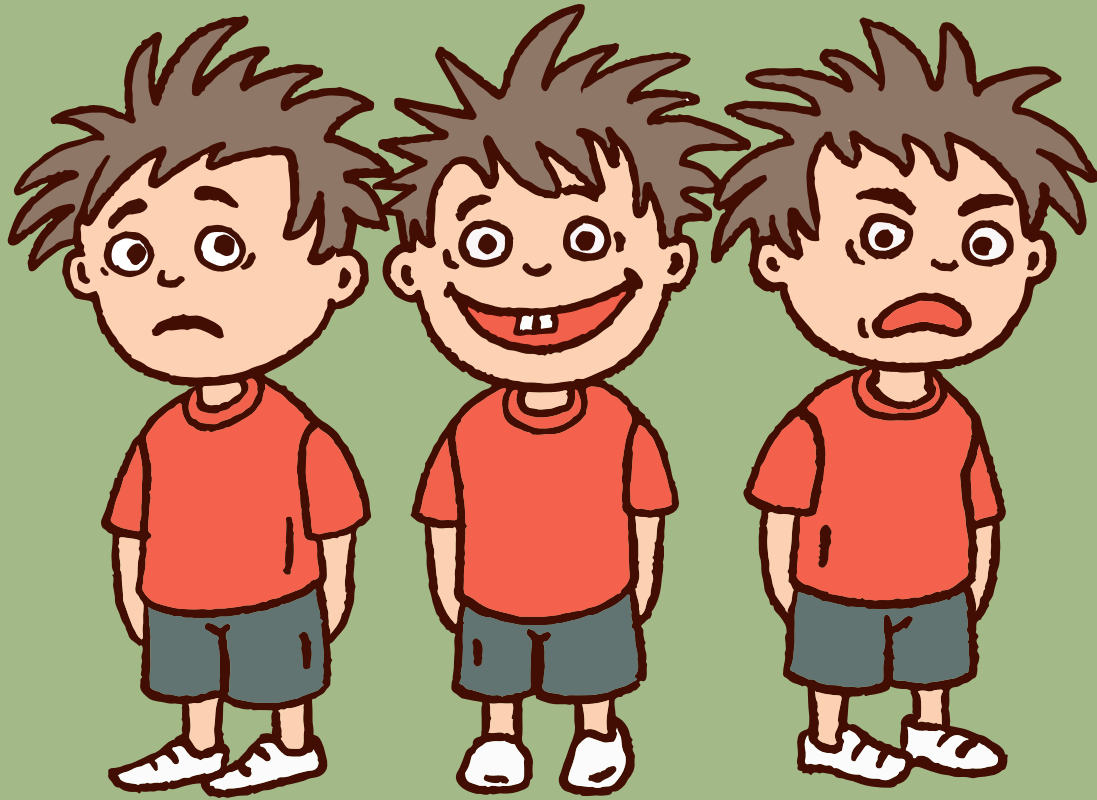


They make a small incision in the abdomen through which the baby is born. The mother is given an anaesthetic so that she does not feel the cut. Afterwards, they sew her back together. This is called a caesarean section.

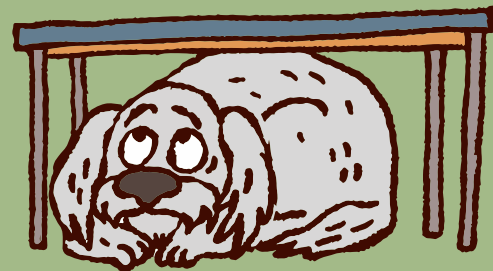


Anja still has to be patient until the time comes. But she can definitely practise what it's like to be a big sister.

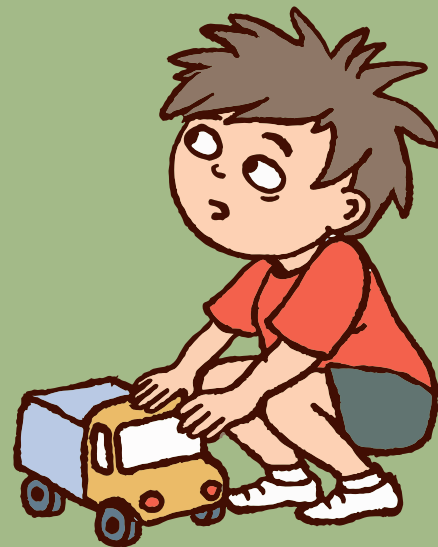


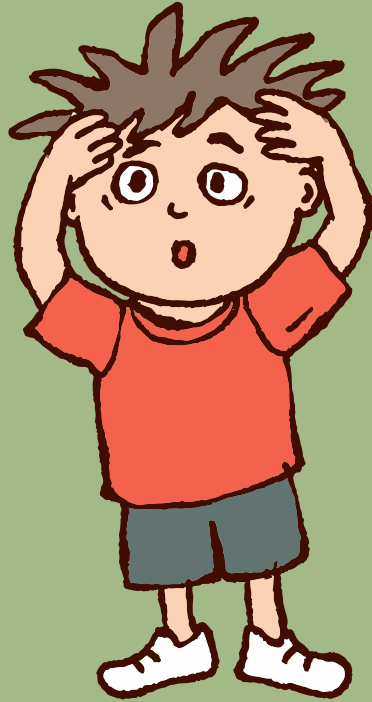


**Merry-go-round of emotions**

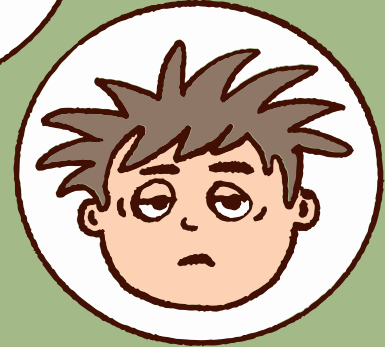
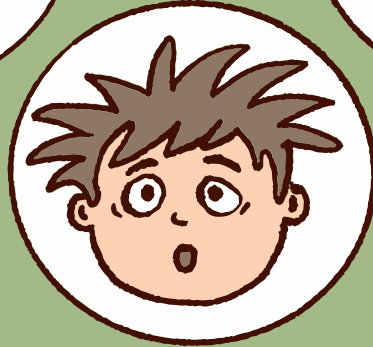
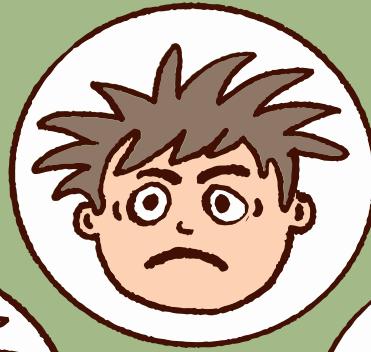
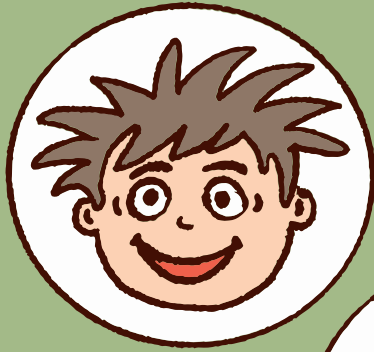


Diar sits in the playground and watches the action. He hears Jan crying. He sees a dog hiding under the bench. Big children laugh loudly.





So many different feelings in one place!  
How can one possibly sort them out?



Feelings are the language of our body. Most people can tell how we feel from our face.

When we are happy, we laugh or smile a lot. There are many things that make us happy. The children at the playground laugh because they are happy that they can play together.



When we are sad, our face is serious. When we are very sad, we may cry. Jan is sad because his beloved teddy has fallen into a puddle.





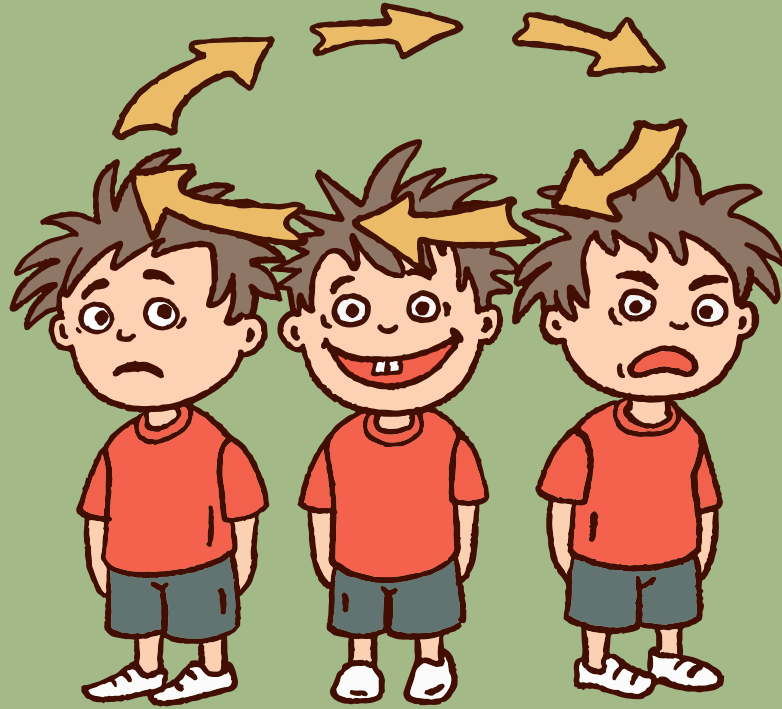
Sometimes we are afraid. Some want to hide, like the dog under the bench. Or maybe you snuggle up to someone you like and the fear goes away in a flash.



When we are angry, our face looks tense and sometimes we have to shout. The dog gets angry when his bone is taken away. Leila gets angry when her hair is pulled. What makes you angry?







Sometimes you feel several emotions at once!  
Then it's like being on a merry-go-round.



Some feelings are pleasant and some are not. Sometimes you don't want to feel the way you feel. But each of us carries all these feelings within us. And it is good that way.



**Is it okay not to want  
to be kissed sometimes?**



Leila cuddles with her cat Asterix. She likes him very much. His fur is soft and cuddly. She feels good when she touches him and she loves it when he purrs.

But Asterix can also want other things. Sometimes he just doesn't want to be touched, and when Leila takes him on her lap, he scratches her. Leila doesn't find that pleasant at all. Sometimes it even hurts her.

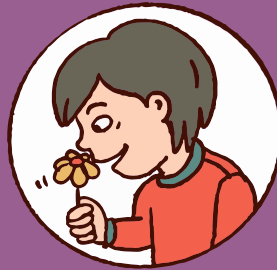




Leila wonders how her cat can sometimes be so cuddly and sometimes so rough. She thinks that sometimes she doesn't want to be touched either. Is that okay?



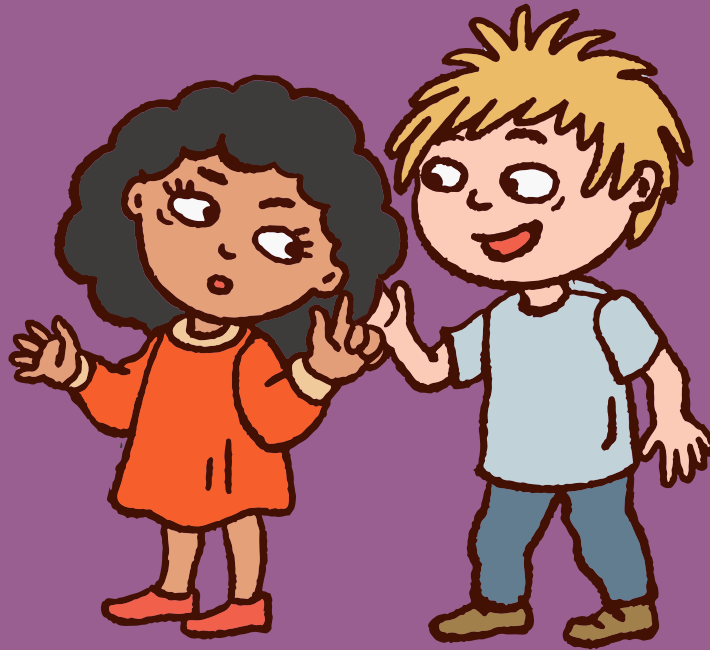
Of course it is okay. We have different sense organs. We see with our eyes, hear with our ears, taste with our tongue, smell with our nose and feel with our skin. Just like Asterix.



Some things feel very pleasant.  
The soft fur of a cat, for  
example. Or mummy's little  
kisses. A fresh breeze in the  
summer when it's hot. Or a hug  
from someone you like.







But what we feel also depends on our feelings. Sometimes we don't feel like being touched by someone.

When we don't like  
someone, we often  
don't want that person  
to kiss or hug us either.  
And that's perfectly fine.





It is best to tell the other person clearly when you do not want something.

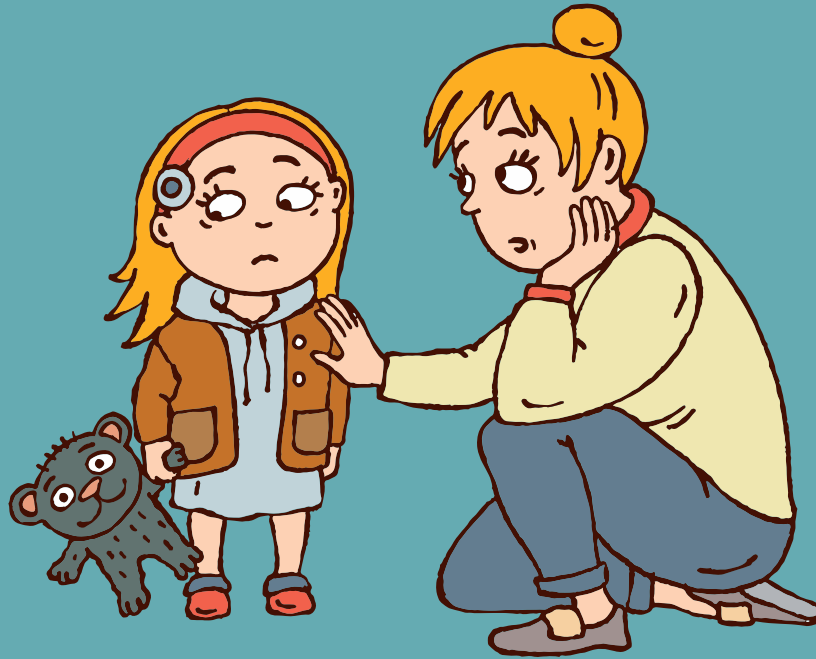


Asterix the cat does this by twitching his tail. This then means that he no longer wants to be touched. Leila knows that now and leaves him alone.





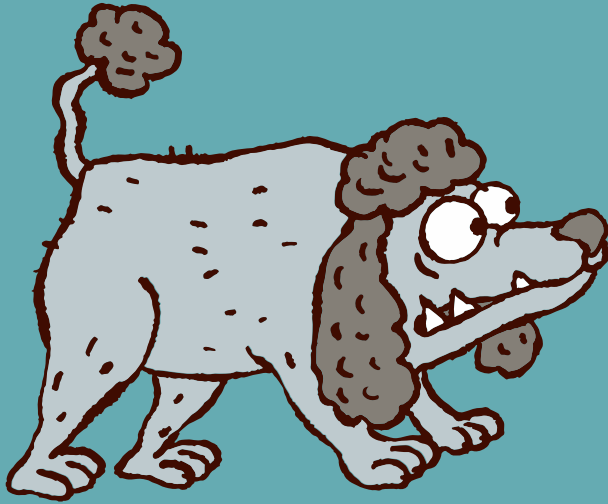
**No means no!**



Anja likes going to kindergarten. But in the last few days she doesn't feel like it at all. Her mother is surprised.



Anja tells her that a girl at kindergarten keeps pushing her roughly. Anja would like to have superpowers to stop her.

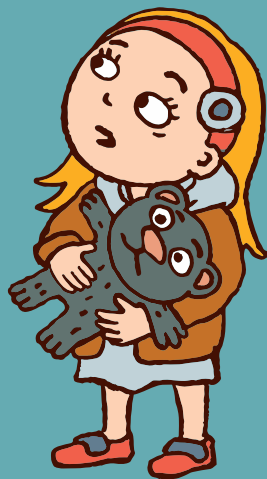


Just like her dog Balu. When she takes him for a walk, they sometimes meet dogs he doesn't like at all. Then he growls loudly and the other dogs leave him alone. Anja wishes she could growl too.



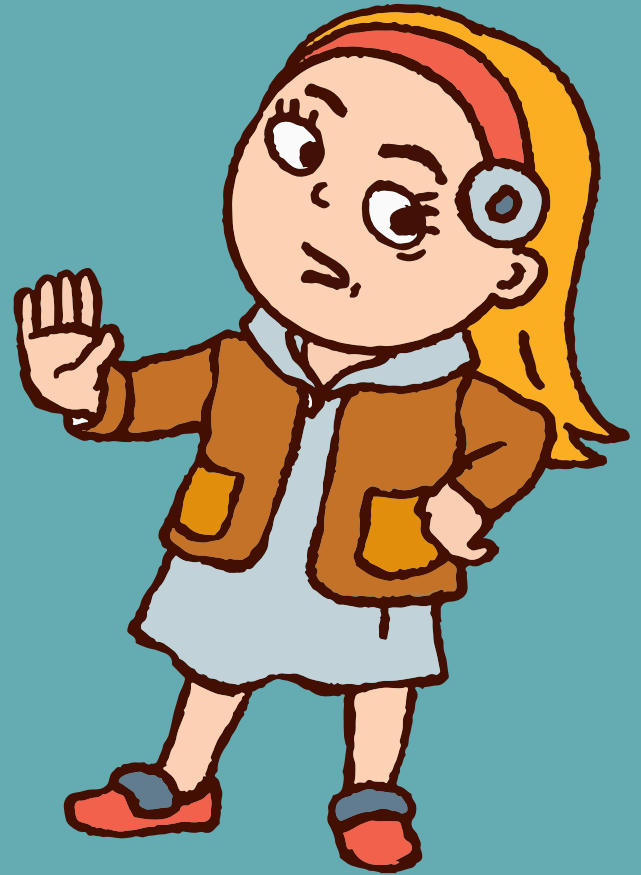
Or like the neighbour's cat. She hisses wildly when she sees Balu, and he gives her a wide berth. If only Anja could hiss like that too!





But her mum thinks she also has superpowers. Anja wonders. What could they possibly be?

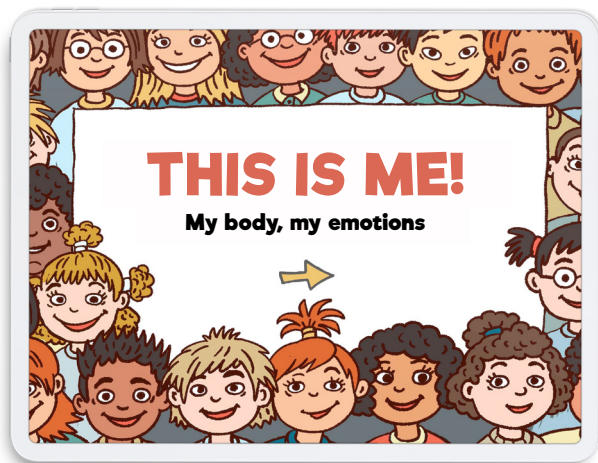
Her superpower is the word NO. Not a small, quiet no, but a loud, clear no. A NO that everyone around can hear.



Anja is proud to have a superpower too. She is already looking forward to kindergarten. She hopes she won't have to use her powers. But if the girl wants to push her again, she knows exactly what to do.







## App for children

With our app, children can discover important issues around the body, emotions and respect in a fun, playful and age-appropriate way.



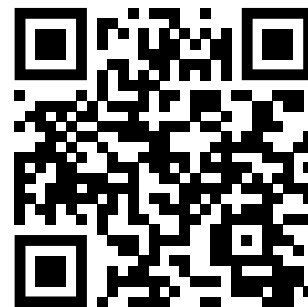
## Handbook for parents

In our handbook you can find reliable information about the emotional and sexual development of your child. A range of conversation starters and tips will help you to deal with your child's questions in a more relaxed way and to integrate these topics into your everyday life.

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