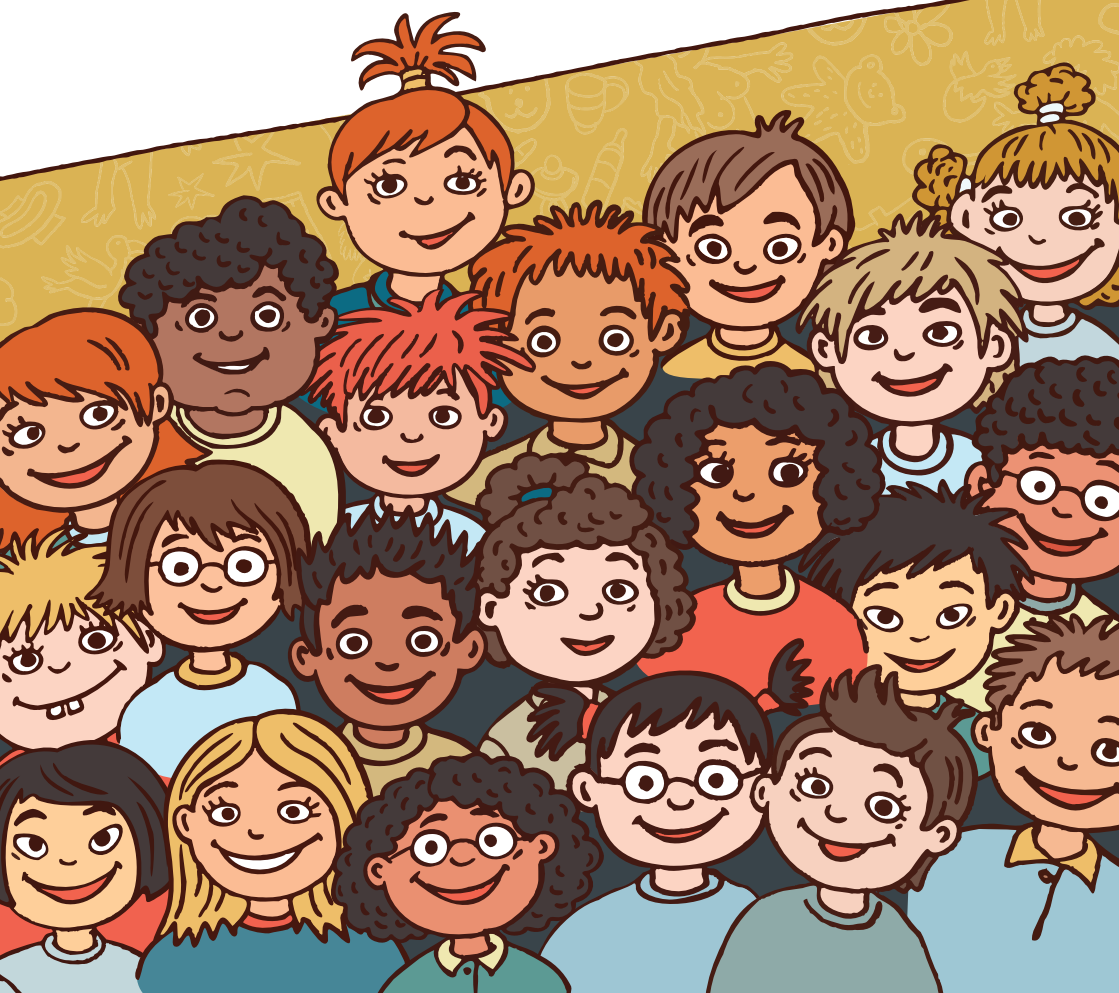


7+

THIS IS ME!

My body, my emotions



THIS IS ME!

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.

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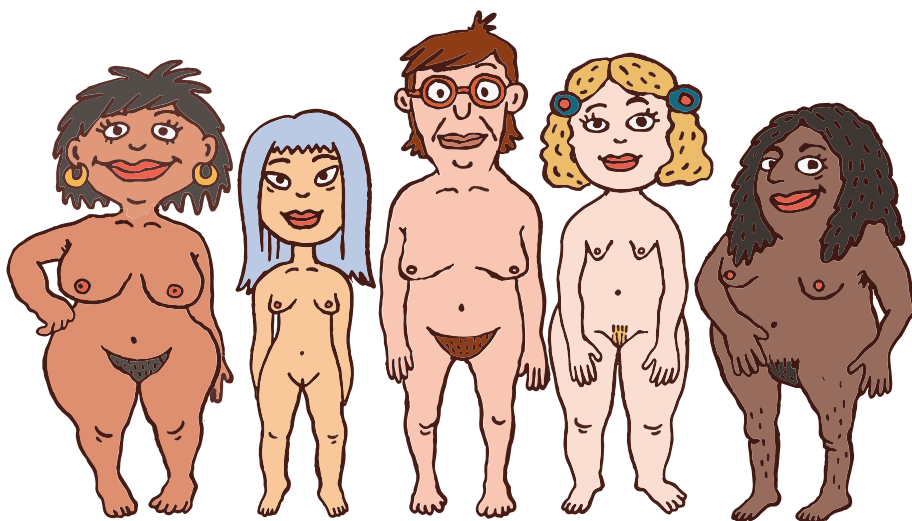
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What do women look like down below?

Many women look like this.

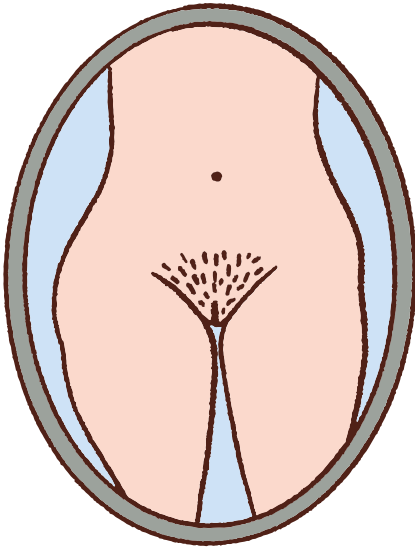


Many women look like that too. Only without clothes. Women look very different. Some are tall, some are short, fat, thin, with large or small breasts, hairy or not hairy...



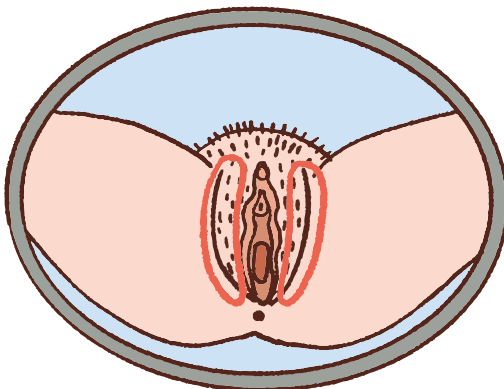
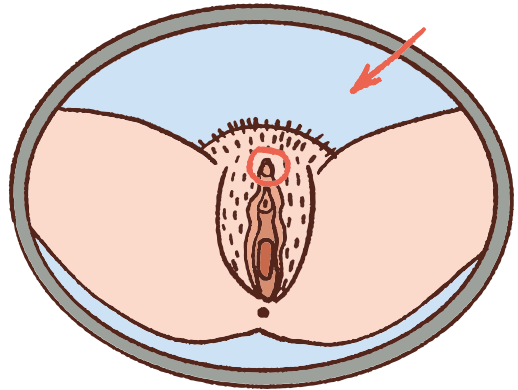


At first glance, it's hard to tell what women look like down below. But let's take a closer look.

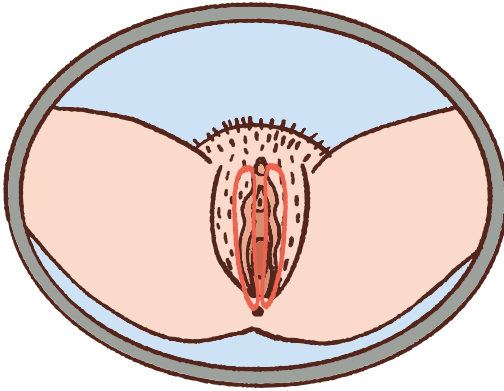


The mons pubis is a small mound above the vulva. It consists of a soft, fatty tissue. It takes its name from the Roman goddess of love, Venus. After puberty, the mons pubis is covered with hair.

Clitoris: Only the tip of this organ is visible. It extends far into the body and is full of blood vessels and nerves. This makes the clitoris a very ticklish part of the body.

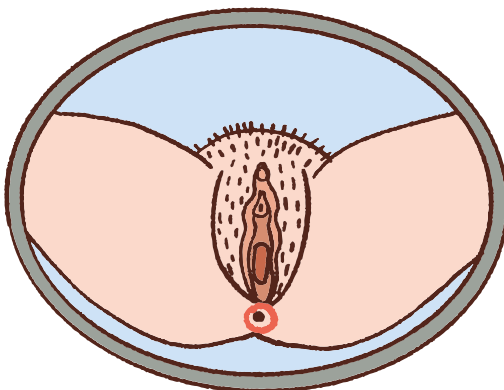
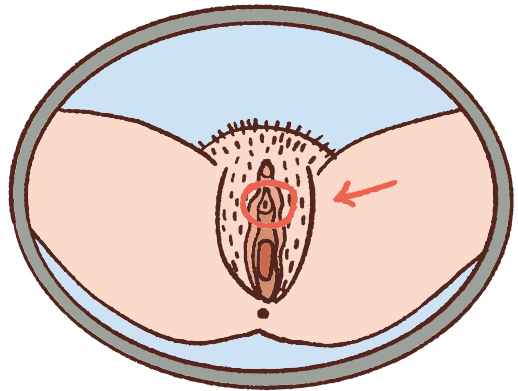


The outer labia are soft folds of skin covered with hair.



The inner labia are located between the outer labia.

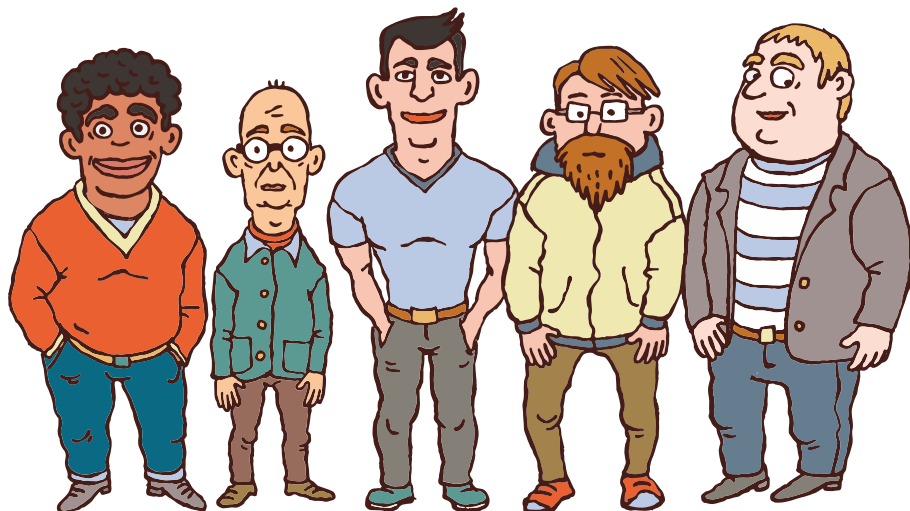
Urethra: This is a small opening through which you pee.



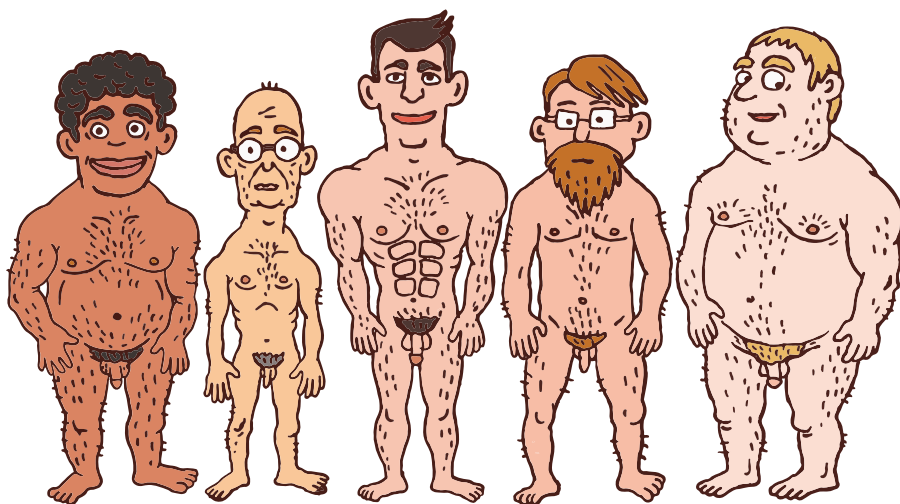
Anus: Poop comes out through this opening.

What do men look like down below?

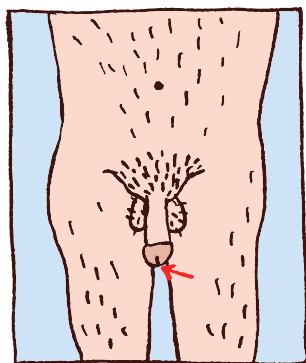
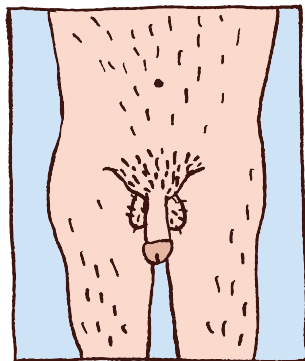
Many men look like this.



Many men look like this too. Only without clothes. Men look very different. Some are tall, some are short, fat, thin, very hairy or almost not hairy at all...

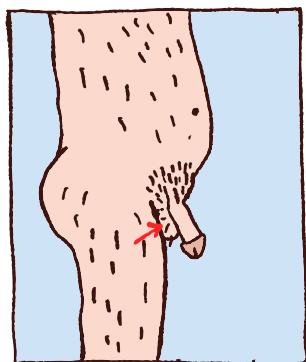
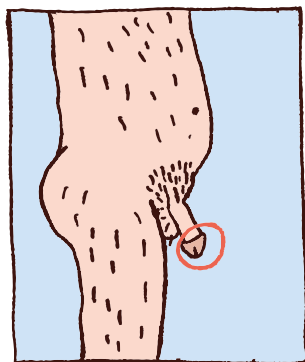


About half of the penis is inside the abdomen and half outside. Most of the time, the penis is soft. But there are lots of little veins in it that can fill with blood. This can happen when you are aroused. This means that you get pleasant feelings that make the penis stiffer and bigger.



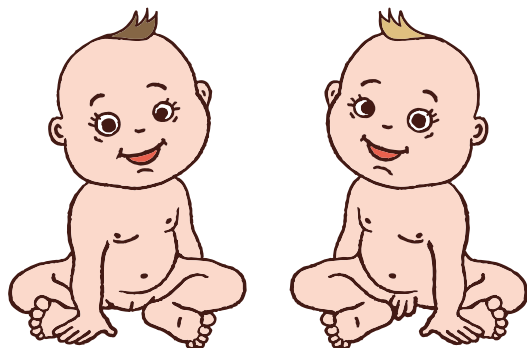
You pee out of this hole. This is also where semen comes out.

The rounded tip of the penis is called the glans. The glans is covered by a stretchable skin called the foreskin. Some penises have had the foreskin removed, which means they are circumcised.



The testicles lie in a sac of skin, also called the scrotum. They are two egg-shaped structures that are very sensitive to being hit. This is where the sperm cells are produced.

What changes when a girl becomes a woman?

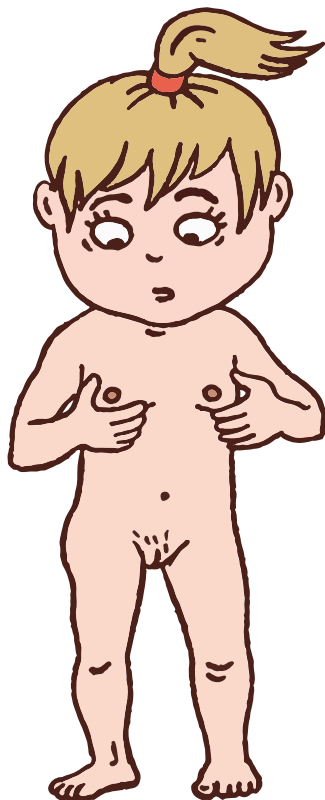


Right after birth, girls and boys are very similar. The only difference is whether they have a penis or a vulva. With some babies, this is not quite clear.

But during puberty, the body starts to change a lot. This can feel pretty weird!

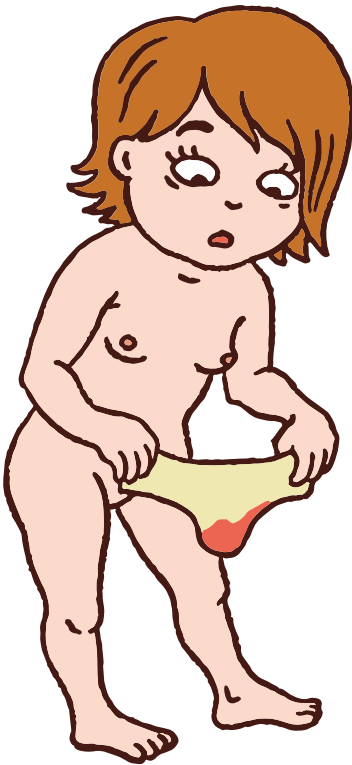
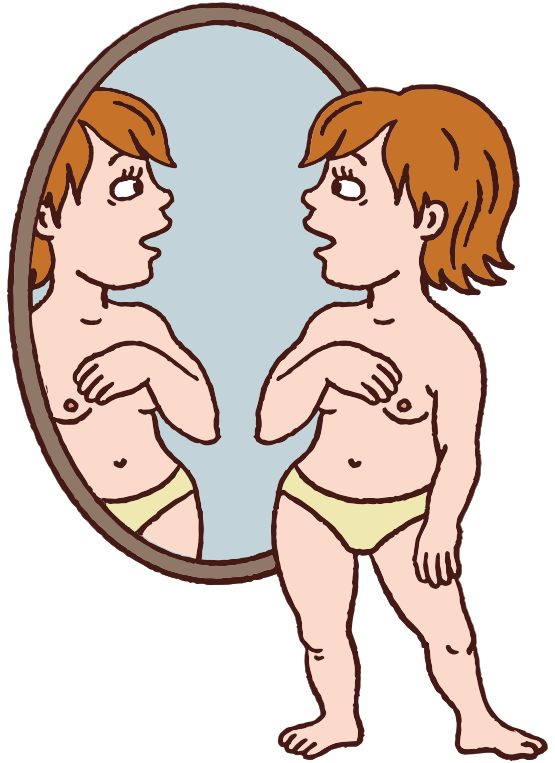


Most girls' breasts start to grow first. For some, they start to grow larger at the age of 8, for others at the age of 13 or even later.



Body hair also starts to grow. First on the arms and legs, the vulva, and later under the armpits.

The whole body shape changes slowly. For many girls, the hips become wider.



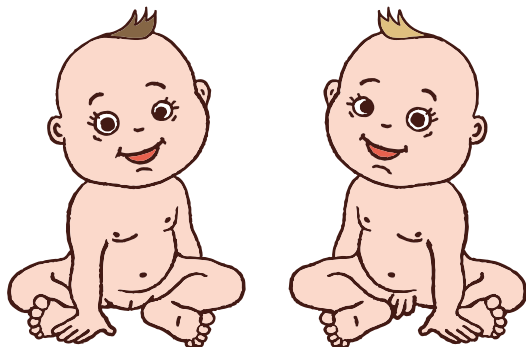
Girls also have their first period during this time - this is when blood comes out of the vagina. It often begins with a white, slimy mucus coming out of the vagina. It can take several years before your period comes regularly. Then it comes once a month.



Your head is also under construction during puberty. New things become interesting and what you liked yesterday becomes kid's stuff. It's an exciting time. A bit like entering a labyrinth of mirrors as a girl and coming out the other end as a woman.

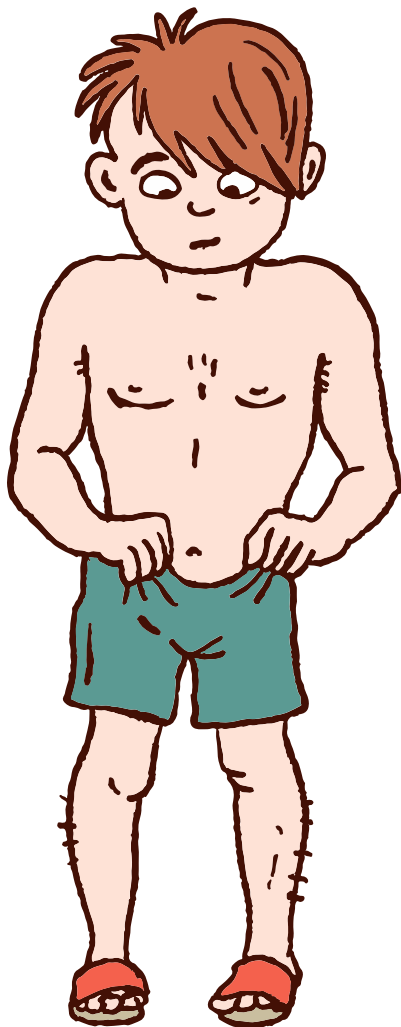


What changes when a boy becomes a man?

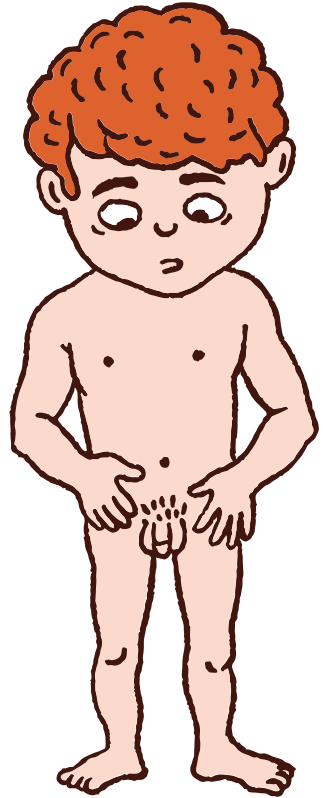


Right after birth, girls and boys are very similar. The only difference is whether they have a penis or a vulva. With some babies, this is not quite clear.

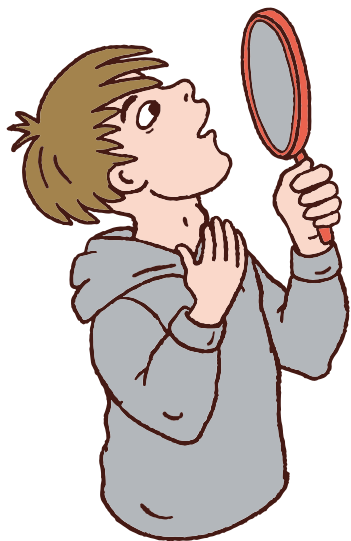
But during puberty, the body starts to change a lot. This can feel pretty weird!



In boys, the penis and testicles usually grow bigger first. Hair will then start to grow around the penis.



The body grows more and more and the shoulders become broader. Hair also grows under the armpits and, for some, on the face.



The Adam's apple starts to grow on the larynx - no, not a real apple, of course, but a bulge on the neck.



This also changes the voice and causes it to break. For a while, the voice bounces up and down in a funny way, but over time it becomes deeper and sounds like that of an adult.



Around this time, many boys also experience their first ejaculation, also called spermarche. This means that sperm cells come out of the penis in a fluid. This fluid is called semen.



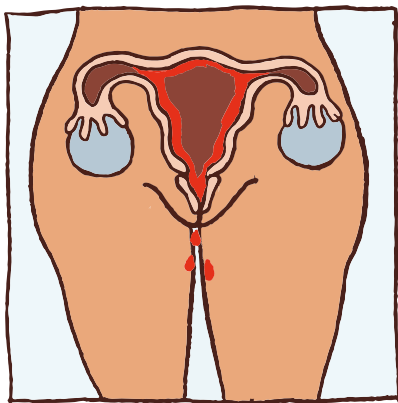
Your head is also under construction during puberty. New things become interesting and what you liked yesterday becomes kid's stuff. It's an exciting time. A bit like entering a labyrinth of mirrors as a boy and coming out the other end as a man.

Why do women bleed from the vagina?

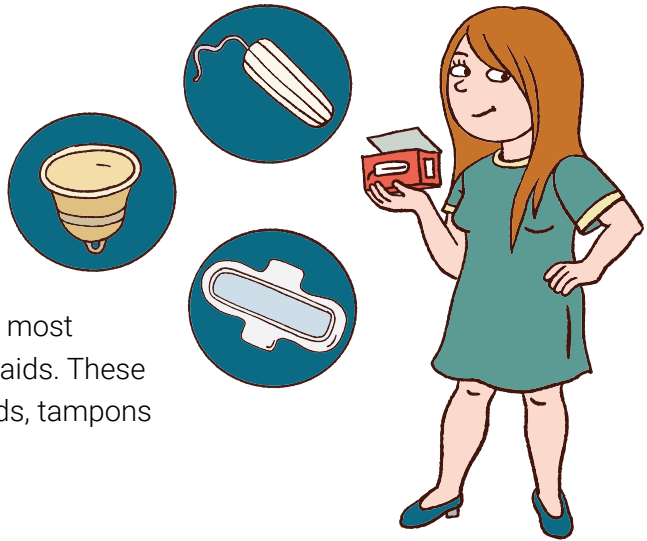


Have you ever heard that women bleed from the vagina? But it's completely true and quite normal! It's called menstruation and usually adult women have their period once a month.

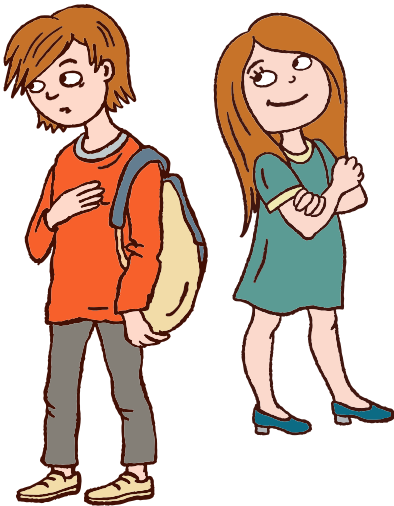
This happens because a “nest” is being prepared in the uterus for a baby. But if no baby is born, that is, if the egg in the uterus is not fertilised, this nest is mixed with some blood and leaves the body through the vagina. Because the nest must always be fresh, a new one builds up and the whole thing repeats itself every month.



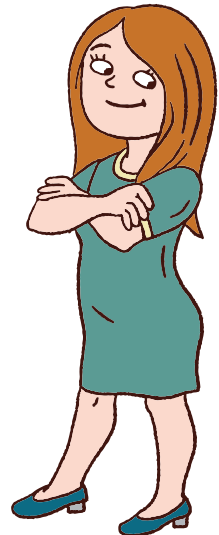
To collect the blood, most women use various aids. These are, for example, pads, tampons or menstrual cups.



Some women have heavy bleeding, others very light. Some hardly notice their period, others feel uncomfortable and may have a stomach ache or headache.



The first menstrual period is also called menarche. This is a very special moment in the development of a woman. It also means that from now on your body is ready to bear a child. This is called sexual maturity.



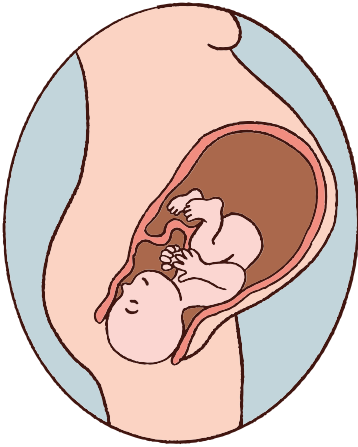
How do babies come out of the belly?



You may already know that babies grow in mothers' bellies for 9 months. You then say the woman is pregnant and can tell by her round belly.

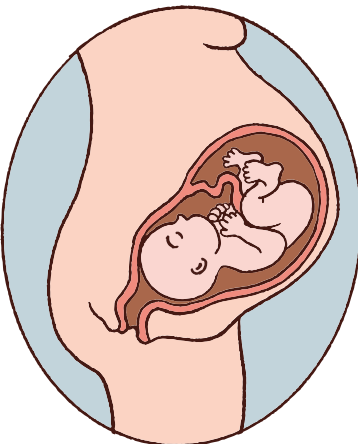
Then, all of a sudden, the baby is in a pram. But how did it get out?





The baby develops in the womb in mum's belly. It is comfortable and safe there. It gets food and oxygen through a kind of cord, the umbilical cord. The uterus is connected to the mother's vagina. The baby comes out of the belly through this.

During labour, the vagina begins to open very slowly to make a way for the baby. The mother goes into labour and knows that the baby is ready to be born.



The vagina is very elastic and stretchy. This causes the baby to slowly slide out. Most babies turn their heads down in the last month. This is easier to get out of the tummy. The head is the first thing to come out of the vagina. Then the shoulders and the rest of the body follow.

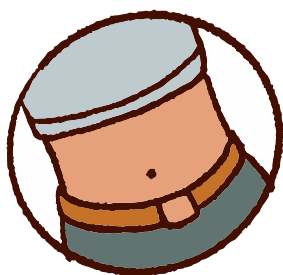
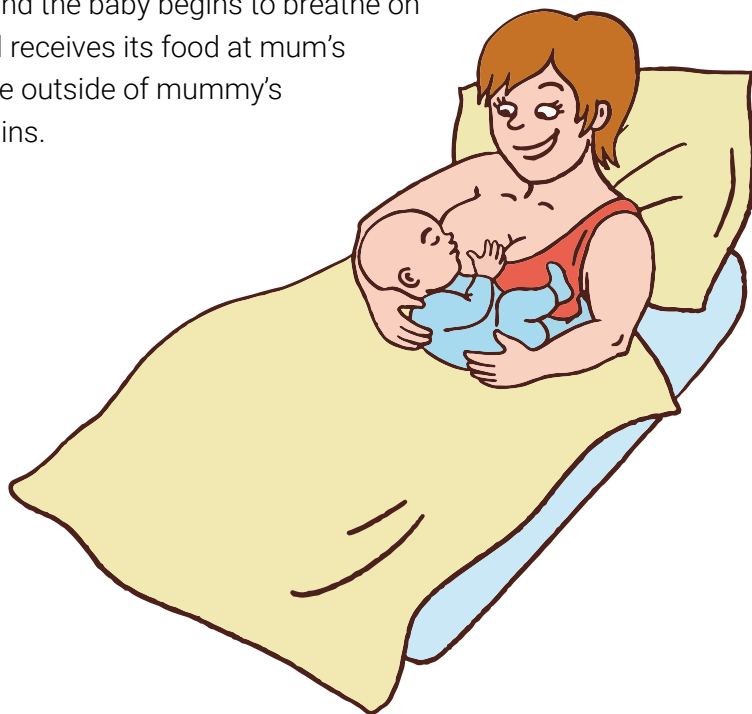
Sometimes this doesn't work out so well. For example, the baby does not turn with its head down. Then, in some cases, doctors have to help the mother. They make a small incision in her belly through which the baby is born.



After the doctors take the baby out of the belly, the incision is sewn shut again. The mother is given an anaesthetic and does not feel it. They then say that the baby was born by caesarean section.



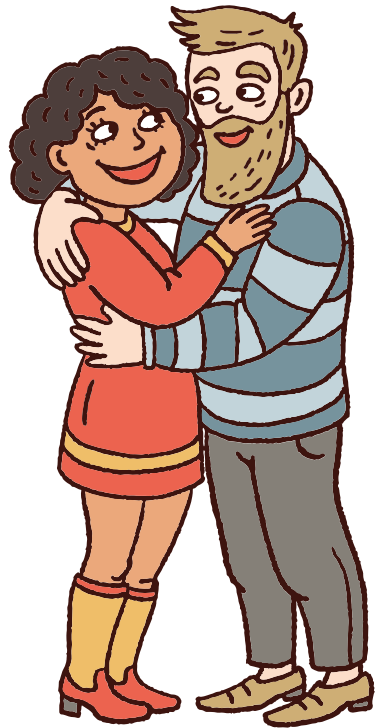
Immediately after birth, the mother and the baby remain connected by the umbilical cord. Now this is cut and the baby begins to breathe on its own and receives its food at mum's breast. A life outside of mummy's tummy begins.



But like every human being, you have a souvenir of your time in mummy's tummy - your belly button!

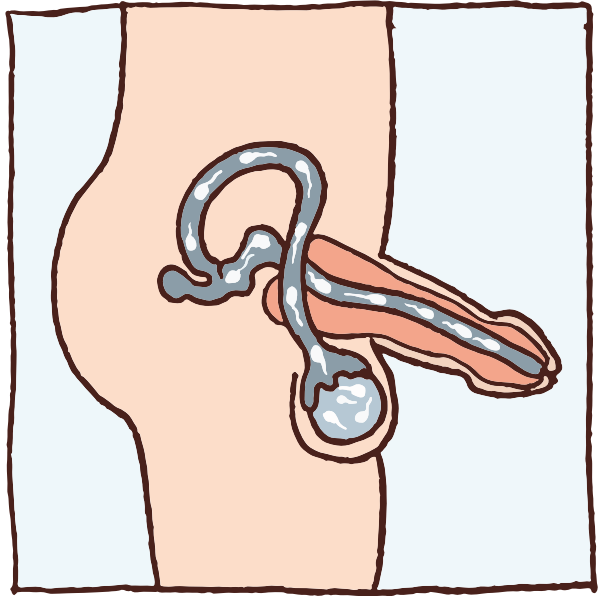
How are children created?

When a man and a woman love each other very much, they want to be together all the time. They want to touch, kiss and cuddle.



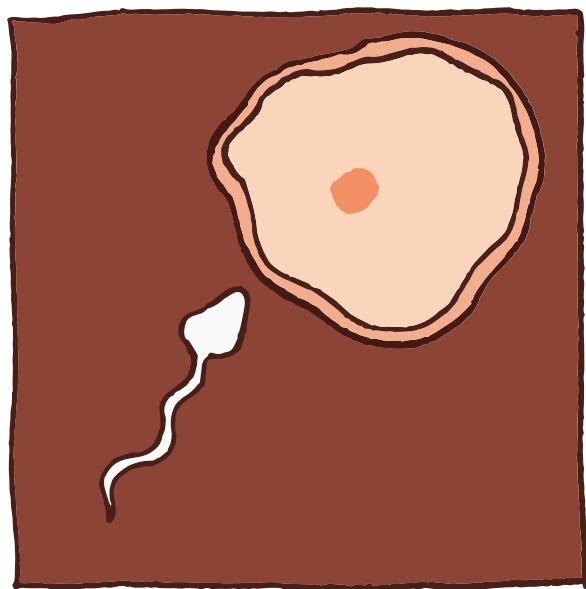
The closest you can cuddle is when you are naked. Then the man's penis gets hard and the woman's vagina gets wet. If they both feel like it, they can make love. The way this works is that the vagina receives the penis. This is also called having sex.

The testicles of a man are filled with sperm cells.



These come from the penis into the vagina.





When the sperm cells meet an egg cell, a baby can be born.

It starts to grow in the womb and is ready to be born after about nine months.





Sometimes the woman does not get pregnant, even if she very much wants to. Then the parents can ask doctors for help. If the baby is created in this way, it is called artificial insemination. But you can't tell which way the baby was made.

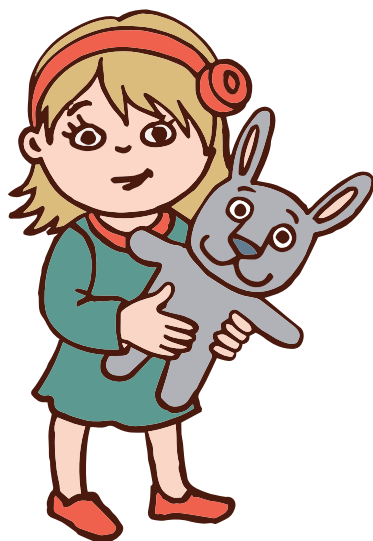
Are there good and bad secrets?

Yes, there are. Not all secrets are the same. You can often recognise the good secrets very easily because they feel pleasant and tingle in your stomach.



You probably also have good secrets that belong to you alone or that you share with someone. For example, the secret place where you hide the chocolate from your little sister.

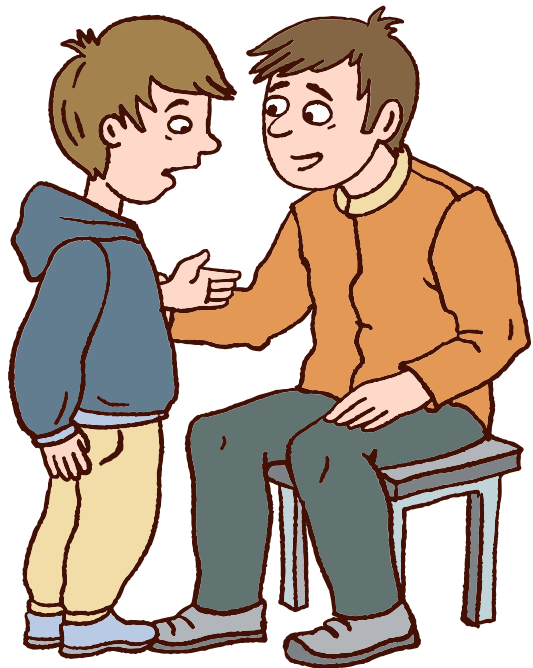
Or the birthday present you picked out for mum together with dad. Sometimes it's hard to keep good secrets.





Bad secrets are heavy in the stomach, like a big, cold stone. Sometimes it is hard to share a bad secret with others because you are afraid or think that others will think badly of you.

But the easiest way to get rid of the stone in your stomach is to tell someone the secret. The best person is an adult you trust. For example, your parents, relatives, teacher. This is important and is not considered tattling. Because bad secrets usually shouldn't be secrets at all!

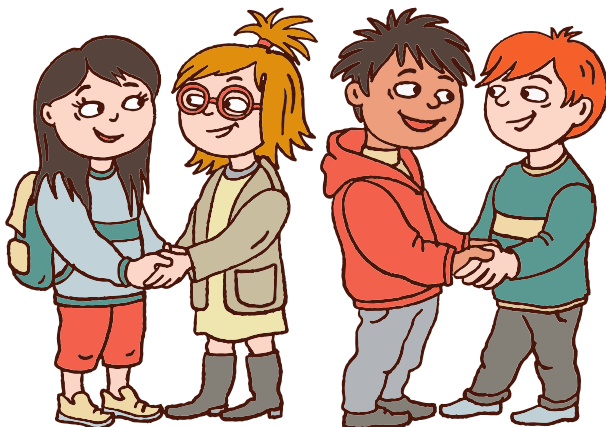


Can girls fall in love with girls and boys with boys?

Of course! Not all people fall in love with someone from the opposite sex.

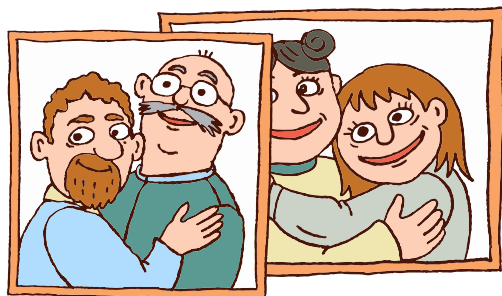
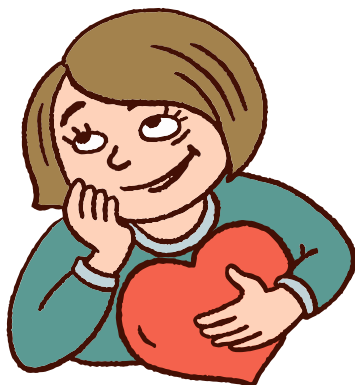


Girls can fall in love with girls and boys with boys. Some people fall in love with people from both sexes. And some people do not fall in love at all. All of that is fine!



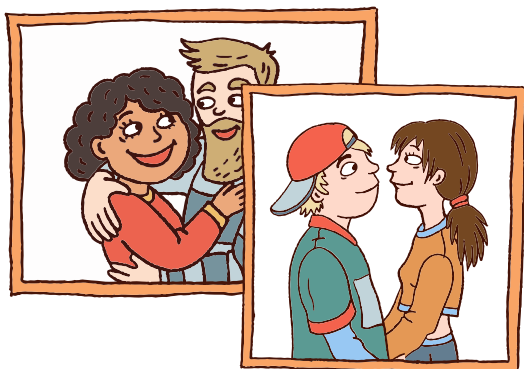


You can't choose for yourself who you want to fall in love with. It is something that you simply feel. For example, that you can't stop thinking about that person and that you get butterflies in your stomach when you look at them.

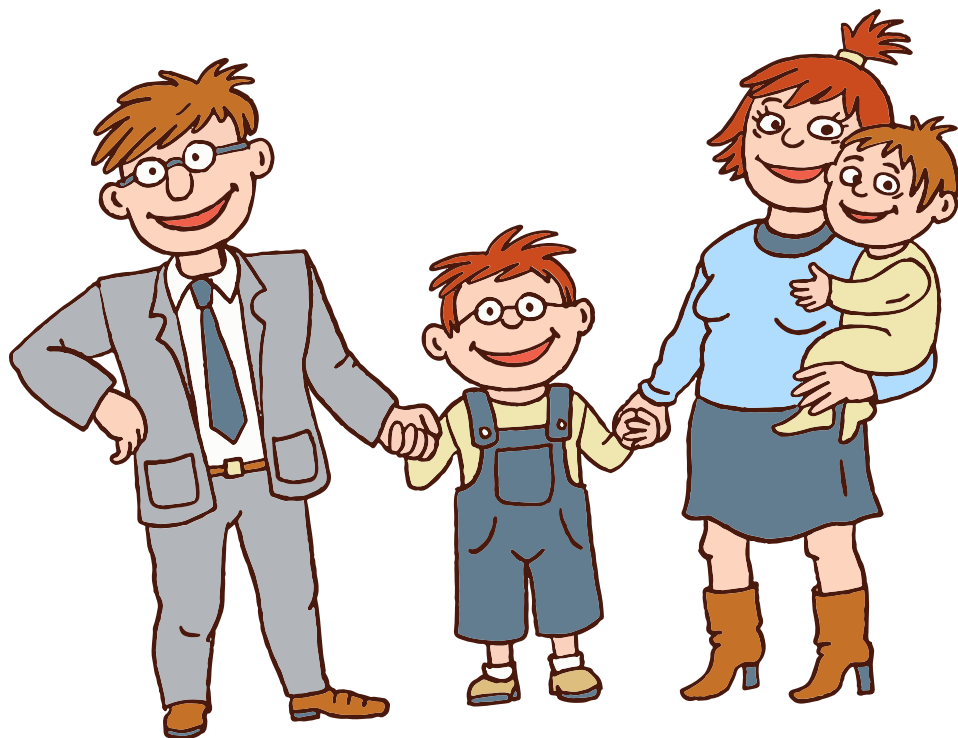


Homosexual refers to people who fall in love with people of the same sex. "Homo" translates as "same". When two women are a couple, they are called lesbian. When two men are a couple, they are gay.

People who fall in love with people of the opposite sex are called heterosexual. "Hetero" means "different".



Are all families the same?

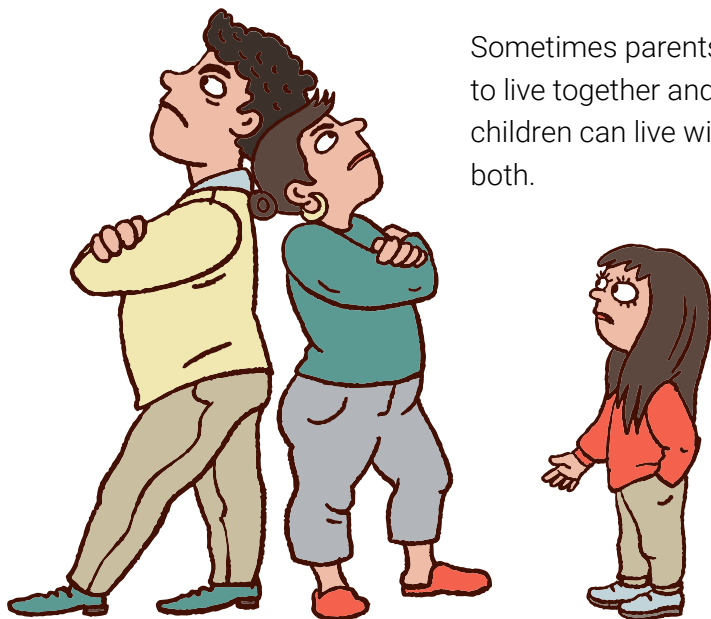


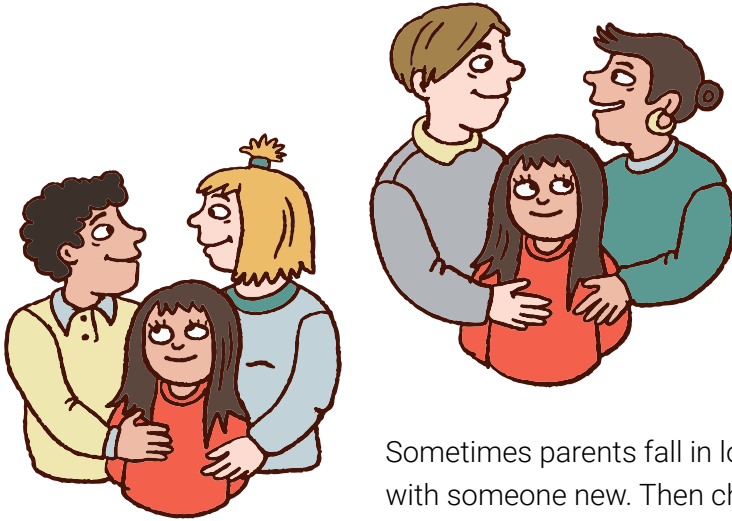
Often families consist of a mum, a dad and children.
But there are many other ways to be a family.

Some couples do not want children and stay as a couple. Other couples want children very much but cannot have any. Then they can adopt a child, that is, they take in a child who has no parents. They are then also a family.



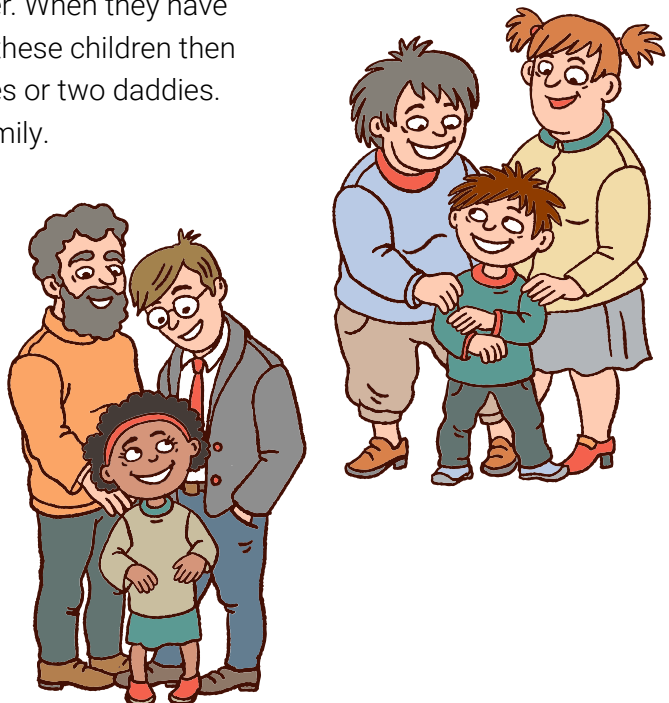
Sometimes parents no longer want to live together and separate. Then children can live with one of them or both.

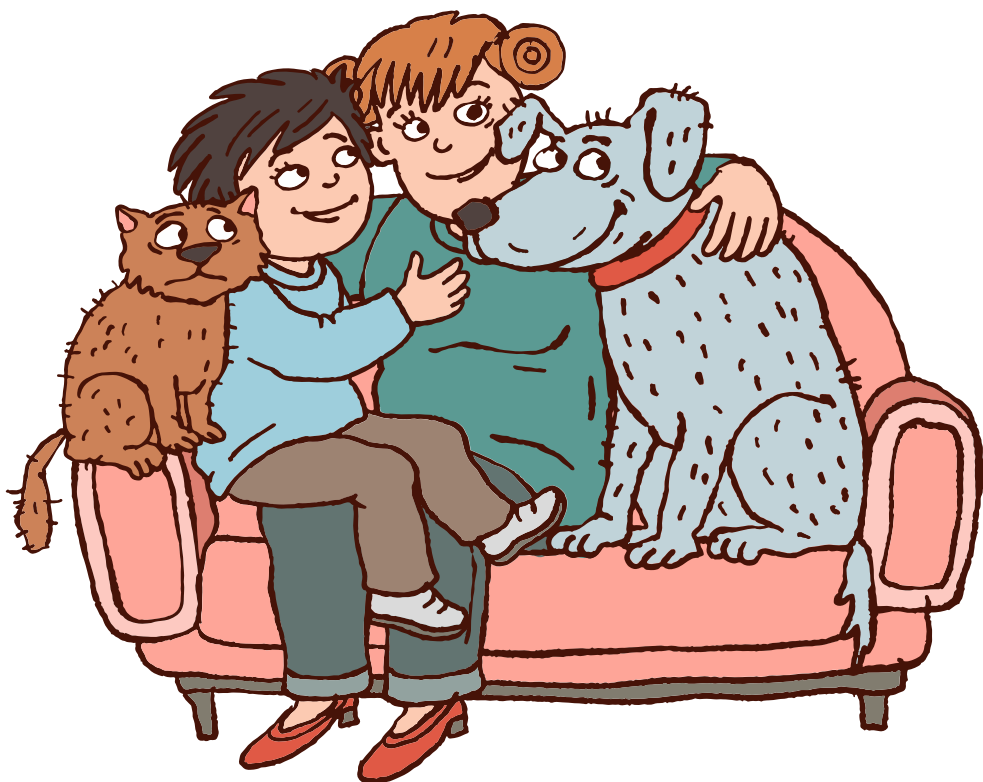




Sometimes parents fall in love again with someone new. Then children can get new brothers and sisters. They are then also a family.

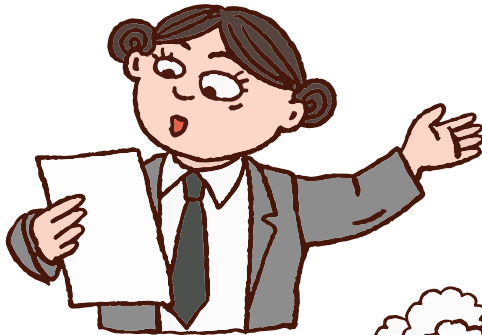
Some people fall in love with people of the same gender. When they have children or adopt, these children then have two mommies or two daddies. They are also a family.





There are many other ways to be a family. The most important thing is that you like each other and support each other. Because that's what families are for.

Are there also female firefighters and kindergarten teachers?



In the past, there was a very clear separation. It was very difficult for a woman to become a firefighter, a pilot or a chancellor - even if she really wanted to.

In many countries it is still like that. For example, women there are not allowed to speak in public or do certain jobs and men do not take care of children or cook.





This was also the case here until a few decades ago. However, that has changed a lot. Today there are many men who like to work with children and do tasks at home as equals. And women can become presidents or fly aeroplanes.



Today, you too can play in any way you like - and that wasn't always the case! If you are a boy and like to play with dolls, then of course you can do that.



And if you're a girl who likes to play football, you're just as welcome in a football club as the boys. And what profession you choose in life depends entirely on your wishes and your strengths!



Can a boy feel like a girl?



Sometimes a girl is born as a boy on the outside. The child and the family often only realise over time that they feel different. Their boy's body doesn't feel right. This is called being a trans girl.



This is also possible with girls. Some have a girl's body and feel like a boy. This is called being a trans boy.

Your body is yours! Did you know that?



Your body is something very special. You can hop with your legs, draw with your hands, listen to music with your ears, smell chocolate cake with your nose, sing with your mouth and read books with your eyes.



And your skin can also do something very special. You can feel with your skin. It is quite pleasant to feel the body of someone you like. For example, when someone takes you in their arms or tickles you while playing. Or when you hold your best friend's hand.



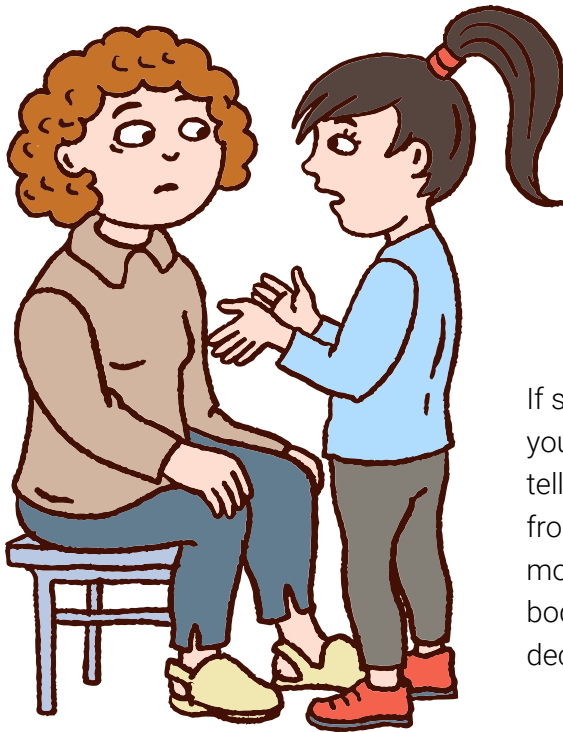
But touching is not always pleasant. If someone grabs you too tightly, it can hurt you. The touch of someone you don't like can also be unpleasant. Or if someone touches you in places you don't want to be touched.



Sometimes something can feel good one day and completely different the next. If you gave someone a kiss yesterday and you don't want to give them a kiss again today, that's okay. You don't have to kiss them today and no one should tell you that you have to do it.



You are the one who decides who can touch you. If you don't want something, you can say so clearly. For example, you can say: "No! I don't want you to touch me". You can also say this to a person you like or whom you love.



If someone does not respect you, you should definitely tell an adult and seek advice from them. Maybe your mother or your teacher. Your body belongs to you and you decide who can touch you.

What does it mean to be in love with someone?

We humans need other humans. We live together in villages and towns, go to school together and play together in the park. We have boyfriends and girlfriends. These are people with whom we particularly enjoy being together.



With boyfriends and girlfriends you can play, laugh, share secrets or just sit around quietly together.

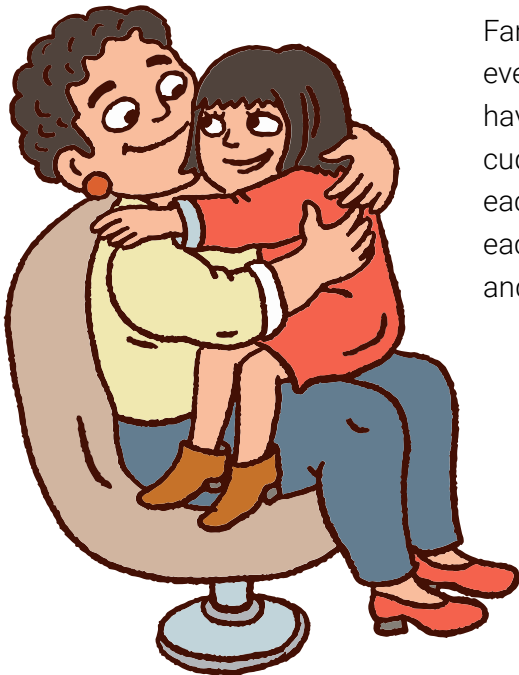


Sometimes boyfriends and girlfriends fight. But after the quarrel, they make up again.





Families are also similar.
Families like to be together,
even though they sometimes
have arguments. People like to
cuddle, hug each other and give
each other kisses. People tell
each other they love each other
and are happy to see each other.



Likewise, when you fall in love with someone, you are happy to see them. You want to look at the person all the time and be close to them. Maybe you suddenly become very shy, or you have the feeling that everything you say sounds strange. You might get excited around the person, blush or get sweaty palms.



When two people are in love, they want to be together all the time. They hold hands, cuddle and hug each other. They are simply happy when the other person is around.

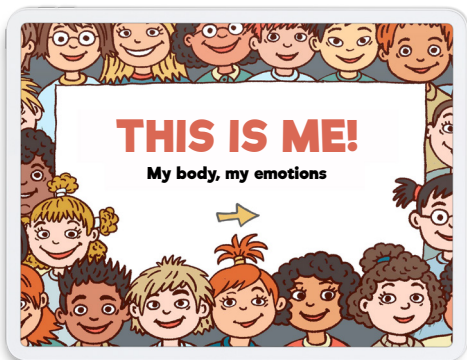


It is also possible that someone will fall in love with you, but you are not in love with that person. It is good if you are still friendly. Because that is fair.





It is also possible that you will fall in love with someone who is not in love with you. That can hurt. But luckily, you will usually fall in love with a different person over time. And if we are lucky, that person will love us. And if not, maybe it will work out the next time.

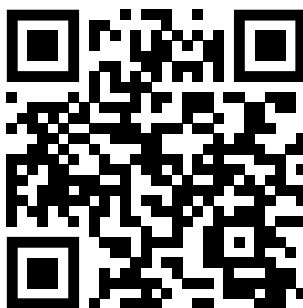


App for children

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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THIS IS ME!

My body, my emotions

Partners



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