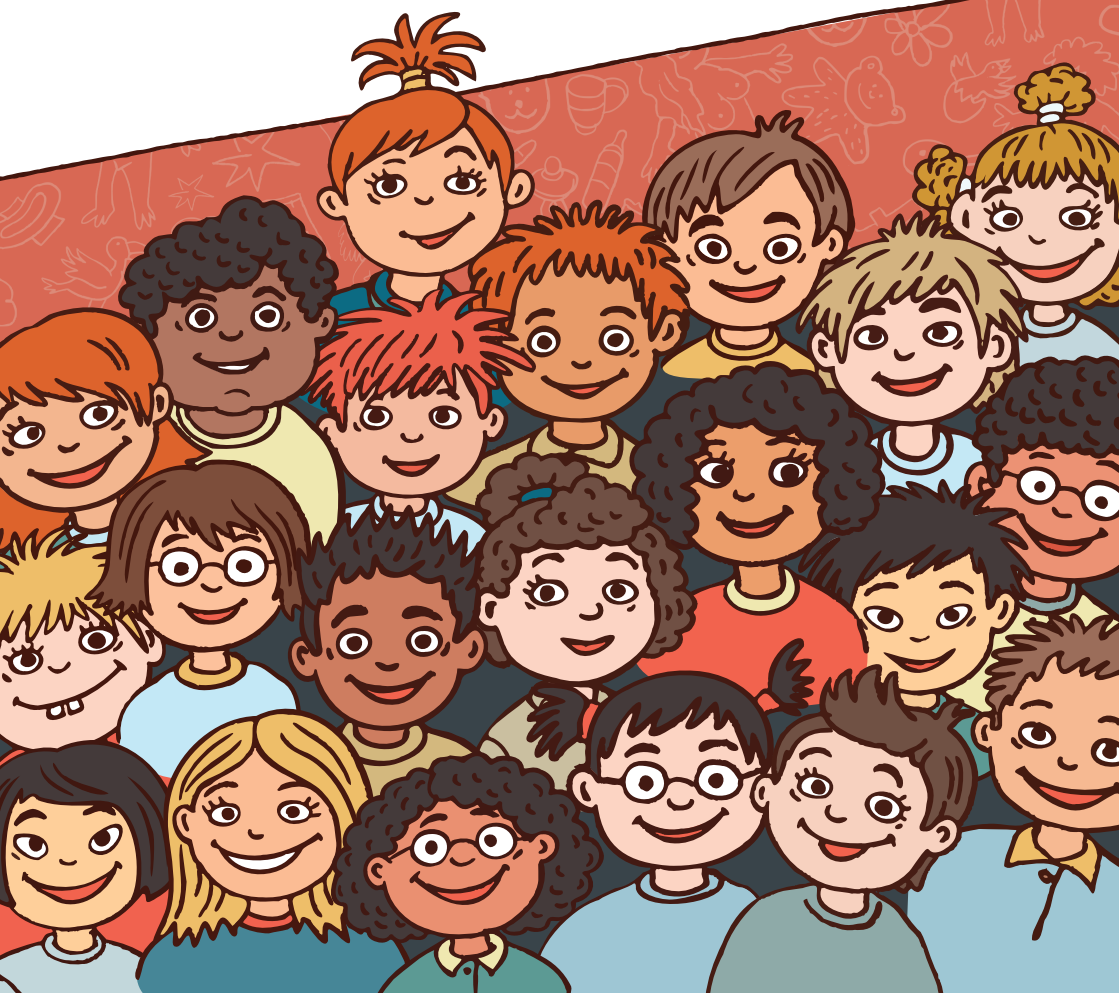


10+

# 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.

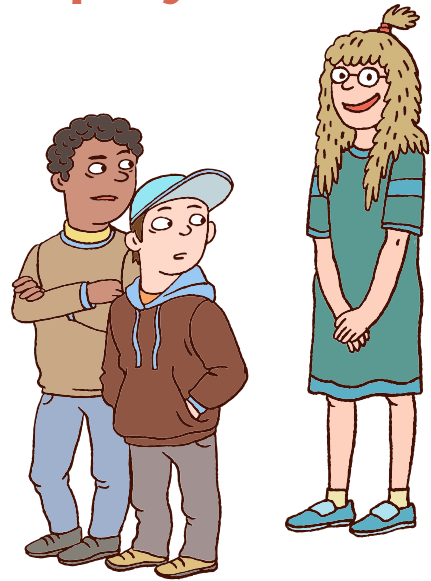


# Contents

Are all people treated equally in our society? .....	6
What happens to my body when I grow up? .....	8
Why do I smell so funny? .....	10
Where does hair grow? .....	11
What does puberty mean for girls? .....	13
What is a period? .....	15
What is the best way to wash my vulva? .....	17
What does puberty mean for boys? .....	18
Girls get their "period" - what about boys? .....	19
How do I wash the penis properly? .....	20
Do all bodies change in the same way? .....	21
Why do adults have sex? .....	22
What is pornography? .....	23
Can I send naked photos of myself? .....	25
Why are some children mean to me? .....	27
Can an internet friend come and visit me? .....	29
Why are your parents getting more and more exhausting? .....	31
Why do I argue with my friends? .....	33
Can I touch my vulva or penis in a way that makes it feel good? .....	34
Is it okay if I want to be alone in the bathroom? .....	35
Do I have to kiss my boyfriend/girlfriend? .....	36
Why do I get butterflies in my stomach when I think of a certain person? .....	37
What is coming out? .....	39
What does the word queer mean? .....	41

# Are all people treated equally in our society?

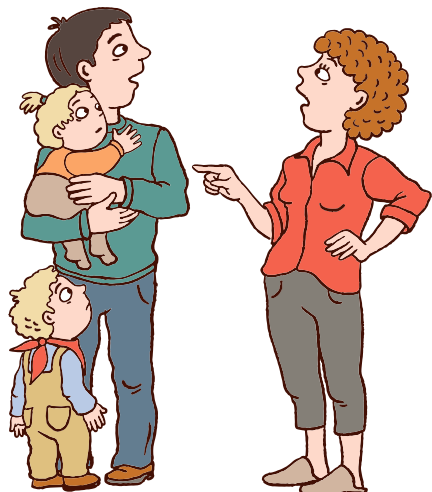
Some people are afraid to tell others who they really love. They are afraid that other people will not like it and insult, bully or discriminate against them.



Sometimes men also make fun of women and think they can't do a certain job.



Or women think that men cannot work with small children.



These are all forms of discrimination. People are also discriminated against because of their origin, skin colour and religion, or because they don't have as much money as others. If you are being bullied or see someone being discriminated against, it is important to tell others and get help from adults.

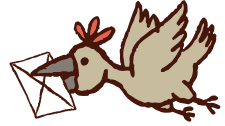


## What happens to my body when I grow up?



As you develop from a child into an adult, your body will change a lot. Some changes you can see because the body changes on the outside. Other changes happen on the inside and therefore you may not notice them.

All these changes begin with puberty. Your brain gives the go-ahead to your body to increase the production of hormones, which are the body's messenger substances. You can think of hormones as tiny little letters that your brain sends to different organs to tell them what to do.



The hormones then cause all the visible and invisible changes in the body, such as body hair or changes in the voice. All children reach puberty, but not all at the same age. Each body has its own timetable, but in the end they all reach the same destination.

## Why do I smell so funny?



During puberty, many different hormones are produced that cause all kinds of changes in our bodies. This also changes the appearance of our skin or the way we sweat.

Many start to sweat more and this causes more body odour. The skin also becomes oilier and many of us get pimples during this time. Therefore, it becomes important to pay more attention to body hygiene and to clean the body and face regularly.



## Where does hair grow?



Hair already grows on the legs in childhood. Later, hair also begins to grow in the armpits and on the vulva or around the penis and scrotum. However, they do not grow as much as the hair on the head, but remain short and are often curly and wirier than the hair on the head.

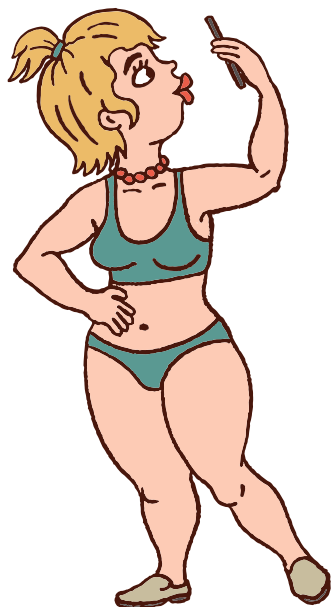
Hair can also grow in many other places, for example on the chest, face and back. Not all men have hair in all these places. And some women also have visible hair here.



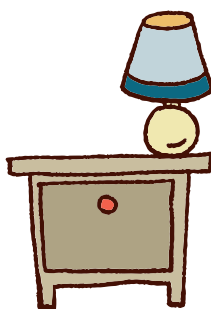
Some people grow a lot of hair and others hardly any at all. This is mainly due to hormones and hair colour. Some people shave these areas, others do not. You can decide that for yourself.



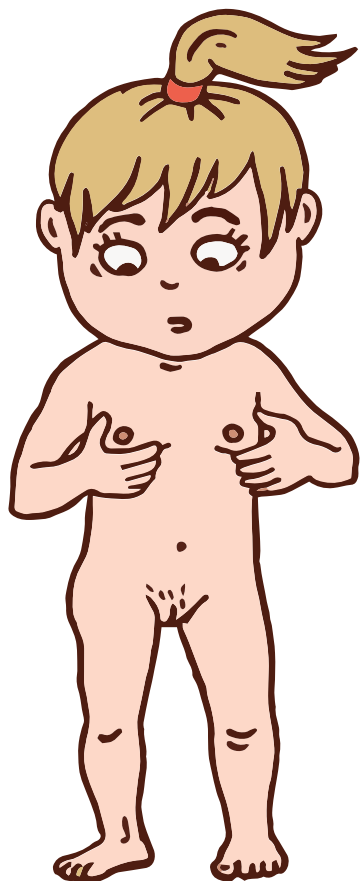
## What does puberty mean for girls?



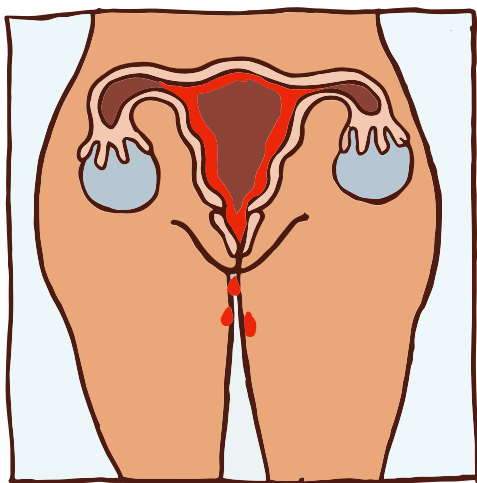
In most girls, the hormones oestrogen and progesterone, which are produced in the ovaries, are responsible for physical changes during puberty.



Armpit hair and hair on the vulva begin to grow. Girls' figures become more feminine: breasts start to grow, hips become wider and they get a waist.



The area around the nipples can start to become more sensitive and the nipples can become “itchy” from time to time. One breast may also start to grow earlier than the other. This is completely normal.

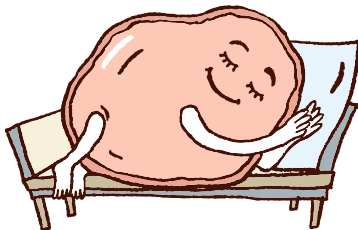


Invisible to you, eggs begin to mature in the ovaries. From this point on, a girl can become pregnant; she is also said to be “sexually mature”. This means: she could have a baby if she has sex with a boy. This change then becomes visible when menstruation occurs for the first time.

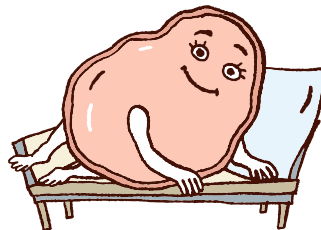
## What is a period?



Most girls get their first period between the ages of 11 and 15. For some it is earlier, for others later.



As a “precursor” to their first period, some girls notice “white flow” beforehand. This is a milky-white fluid that comes out of the vagina. This happens because there have always been ovaries with thousands of eggs in the abdomen. These eggs are in a kind of hibernation until the girl reaches puberty.



At this point, hormones (messenger chemicals) ensure that the ova become active. Hormones wake up the eggs one by one, so to speak. Ovulation is irregular at first, but the period (another word for menstruation) becomes regular after an average of 6-24 months.

# 500

Over the next few decades, women then bleed for a few days every month - except during pregnancy. Since women usually get their periods until around the age of 50, they menstruate around 500 times in a lifetime.

To catch the blood during menstruation, you can use panty liners or pads that you place in your pants, or tampons and menstrual cups that catch blood inside the vagina.



## What is the best way to wash my vulva?

Clear water and a cloth are sufficient for cleaning the vulva (smegma, a yellowish/white substance made of sebum, can accumulate in the folds of the skin). If you wish, you can use a pH-neutral soap. Intimate lotions and sprays are unnecessary and dangerous to your health because they can disturb the vaginal climate and the vulva and vagina then start to itch.

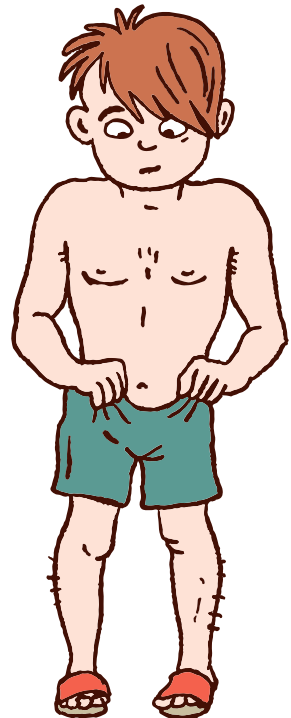


## What does puberty mean for boys?

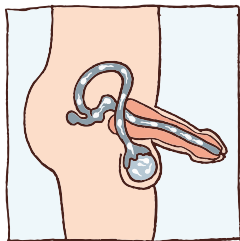


In most boys, the hormone testosterone is produced in the testicles. A visible physical change is the increased growth of body hair. Beard growth begins. Hair begins to sprout on the armpits and scrotum. Boys' figures also become more masculine, for example, their shoulders become broader. The voice also audibly changes.

Invisibly, on the other hand, the production of sperm cells takes place in the body. This happens in the testicles and means that a boy can now father children during sex with a girl. This change becomes visible when ejaculation occurs for the first time.

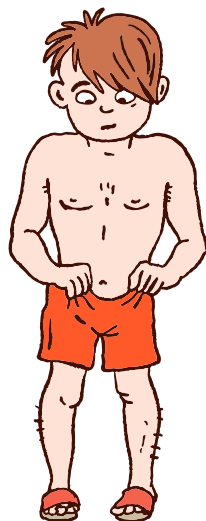
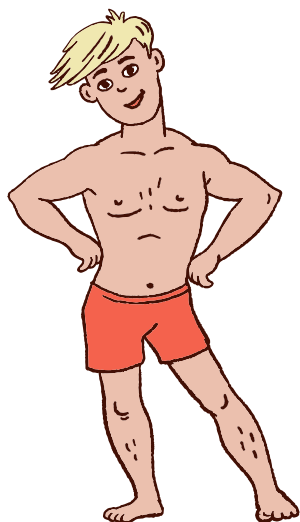


## Girls get their “period” - what about boys?



When boys reach puberty, their testicles begin to produce sperm. They do this continuously until the end of their lives. The sperm cells are stored in the epididymis. When these “warehouses” are full, millions of sperm cells mixed with a liquid come out at the penis (this is also called ejaculation). It is about enough to fill a tablespoon.

It usually happens for the first time between the ages of 11 and 15. It often happens unconsciously at night while you are asleep. These are called “wet dreams”. Or it happens while you are masturbating.



The whitish liquid is called sperm and differs from boy to boy in quantity, smell and colour. From the first ejaculation, a boy is “sexually mature”, which means he can father a child during sex.

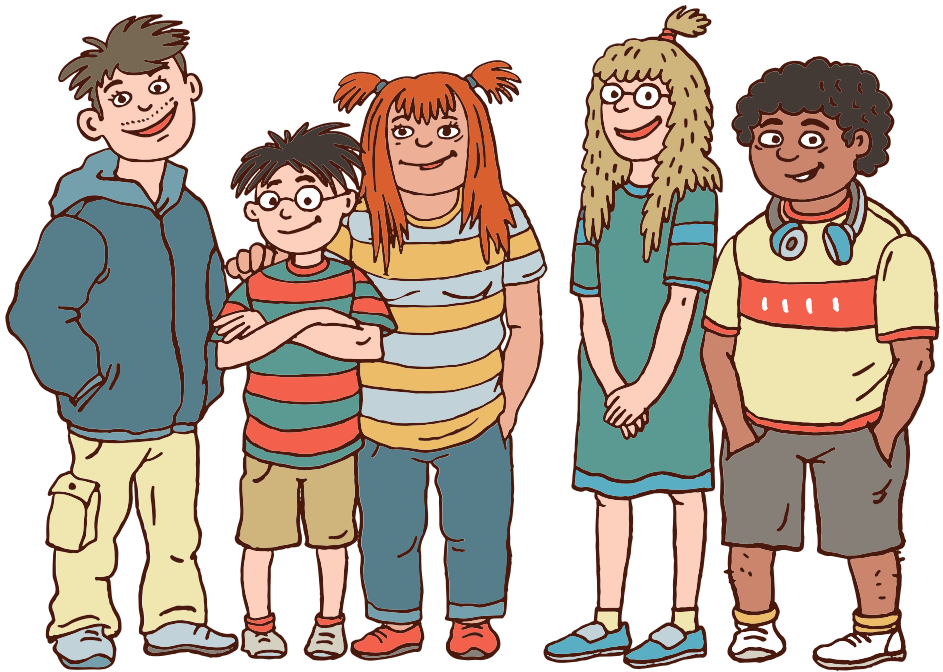
## How do I wash the penis properly?

The foreskin must be pulled back and the glans cleaned with the hand and clear water. If it hurts to pull back the foreskin, this may be a sign of a tight foreskin. You should discuss this with your parents.





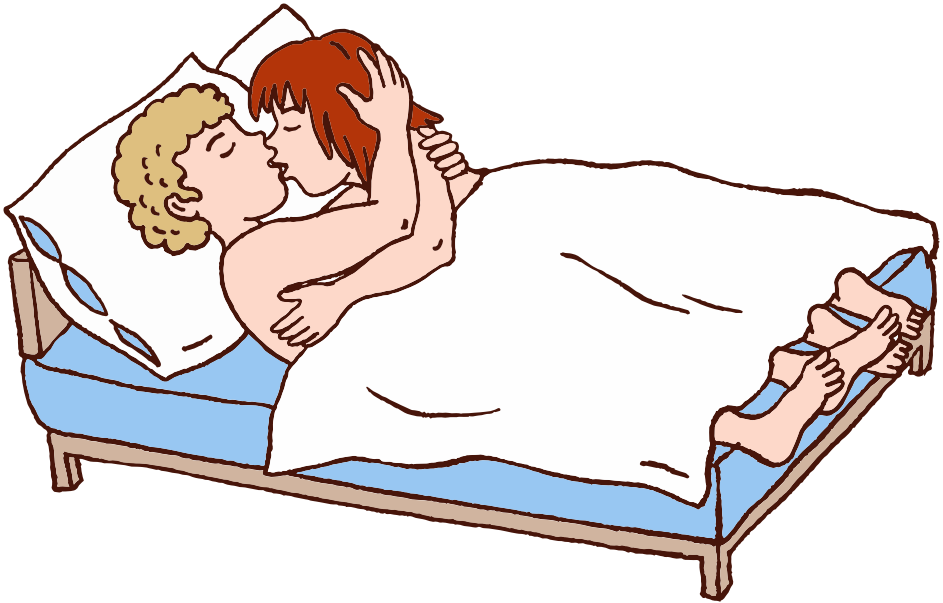
## Do all bodies change in the same way?



Not everyone's body changes the way we would expect. Some changes may happen later, others may not happen at all - or they may turn out differently than you would have expected. Every body is unique and this is also true for the changes during puberty.

## Why do adults have sex?

Many adults or older adolescents have sex because it feels good to them and they feel close and connected to their partner. Sex can also lead to getting pregnant and having a child.



# What is pornography?



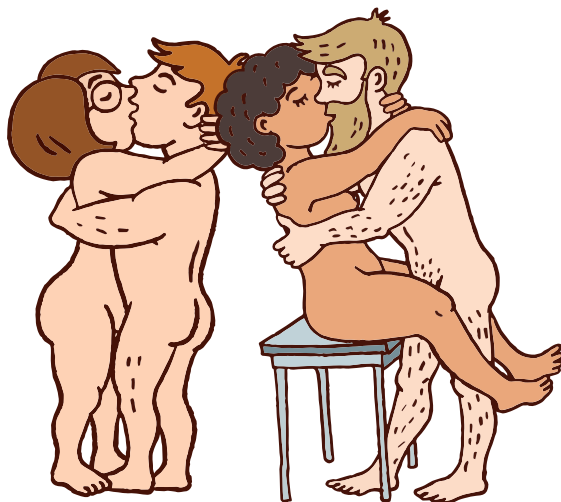
Pornography, or porn for short, are films made by adults for adults in which sexual intercourse - that is, sex - is depicted. The sexual parts are clearly shown (vulvas, penises, breasts, bums) while people are having sex.

Many people watch porn because it arouses them. That means they start to feel like having sex.

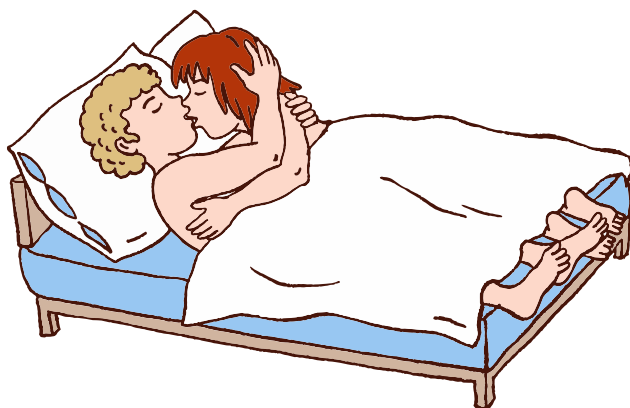


However, just like other films, pornography is not a true situation, but shows made-up scenes.





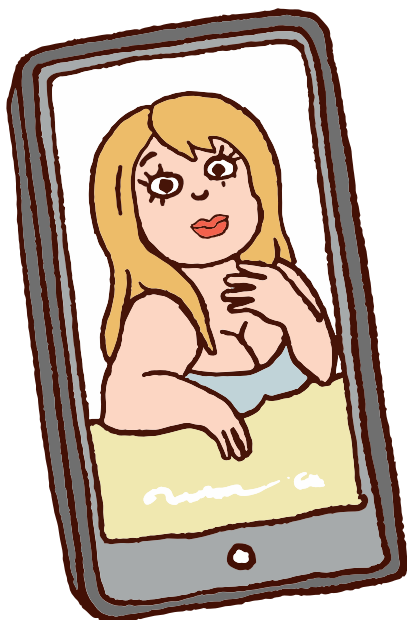
Porn is not a documentary of real sex, and porn doesn't really teach you how sex works. Most of the people in porn films are actors that act out what is written in the script and not what they feel like doing.



In real life, many things that happen in porn would hurt, intimidate, or humiliate the other person. When couples watch such films, they should talk about whether and what they like and don't like.

## Can I send naked photos of myself?

Some people send naked pictures or films to other people and even to children. This is called sexting.



If you get something like this on your mobile phone, you should talk to a trusted person. It is not allowed and even illegal to send pornographic pictures and videos to children and young people.

Often children see things that disgust them, that scare them and that they do not want to see. In some countries, it is forbidden to send nude pictures to each other.

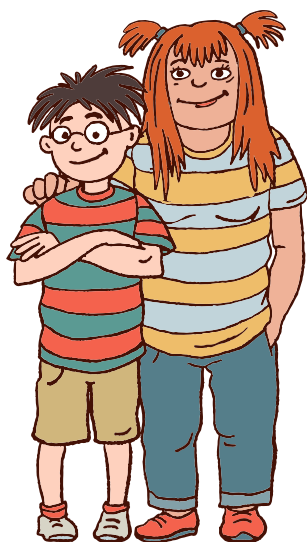


It is also forbidden for children to send their own naked pictures and you should never do this, even if someone asks you to or threatens you. In such cases, you should definitely get help.

## Why are some children mean to me?

Every child is looking for friends during puberty - to play, to talk and to spend time together. This is a time when, for many children, friends become perhaps as important as family.

It is not uncommon for other children to be excluded when looking for new friends. This can happen through words or physically, for example by pushing. Both are not allowed.



There are different reasons why some children do this. Maybe they feel more important because they are actually insecure themselves, or they want to impress others by doing this and don't think about the fact that they are hurting someone.



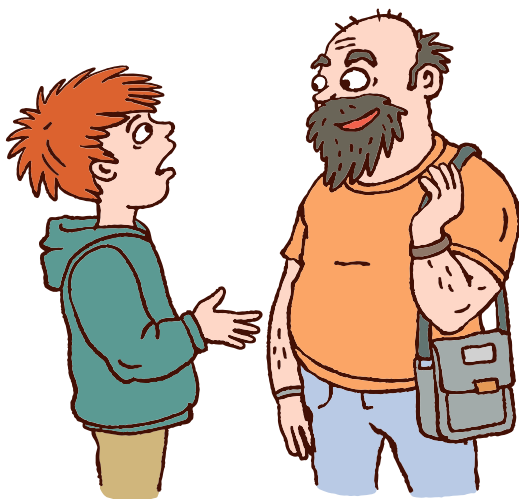
When something like this happens to you, it can hurt and make you sad. You may not want to go to school any more or you may even be afraid to go. In any case, you can ask an adult for help. Maybe a teacher or your parents. No child should be excluded, even if they are different from most other children. You can also get help from the helpline "Nummer-gegen-Kummer".



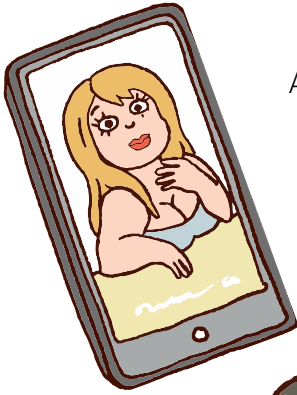


## Can an internet friend come and visit me?

You can meet new people quickly online. Some are totally nice, others may write funny things. But it is possible that the people are not really who they say they are online.



For example, someone may say they are your age, when in fact they are an adult. They may even use a fake profile picture of someone else instead of themselves. Some adults or young people try to gain the trust of children in this way.



As soon as a person wants photos of you, asks for your address or wants to meet you, you should be careful and talk to someone about it.



If you want to meet someone from the internet, always take a friend with you, tell your parents or share your live location with a friend using your smartphone.

## Why are your parents getting more and more exhausting?



For a long time, family was probably the most important thing for you. With puberty, new priorities come to the fore - friends, sports or maybe something else. Your parents will also have to get used to this.



It is also possible that you feel like they don't understand you any more, or even that you don't understand yourself any more. Most people feel this way during puberty. It can be stressful because you argue more with your parents and siblings or you feel alone.

It is important to realise that there is a lot going on in your brain right now. Everything is under construction up there, and a lot can change from one day to the next. Even your parents can't always keep up. But, like you, they're probably trying their best. If you don't get along with your parents at all during this time, it's good if you have someone else you can trust.



## Why do I argue with my friends?

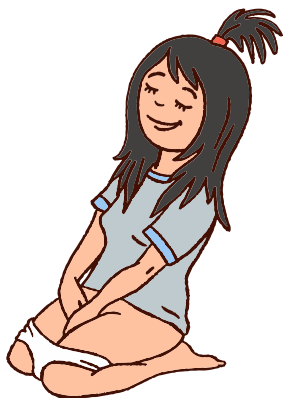


Feelings and relationships often change quickly during puberty. You may be full of joy one moment and totally sad the next. This can be directed towards certain situations or towards a certain person.

Other people your age often feel this way too. It can be painful and can feel like it's forever. But most of the time, such feelings subside relatively soon. Friends can make up or new friendships are made. Don't worry, this happens to most people sometimes and you are fine the way you are.

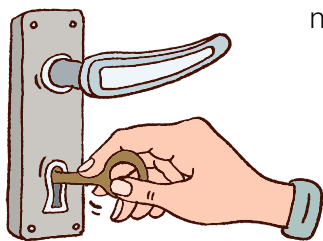


## Can I touch my vulva or penis in a way that makes it feel good?

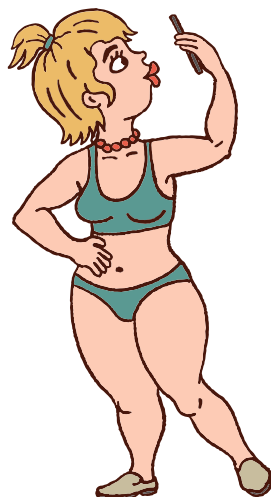
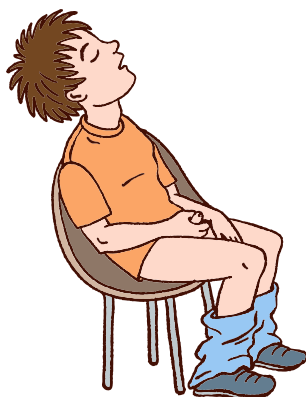


Your body belongs to you. If you feel comfortable touching and stroking your vulva or penis, you can do it. This is also called masturbation.

It is best if you choose a quiet and private place for this. Maybe in your room. Or go to the bathroom where you can lock the door. It is important that you feel safe and comfortable when you make yourself feel good.



This way you are also able to get to know your body, and that is definitely a good thing. If you know your body well, you will feel more comfortable in it and you will be able to tell others what you like or don't like.



## Is it okay if I want to be alone in the bathroom?

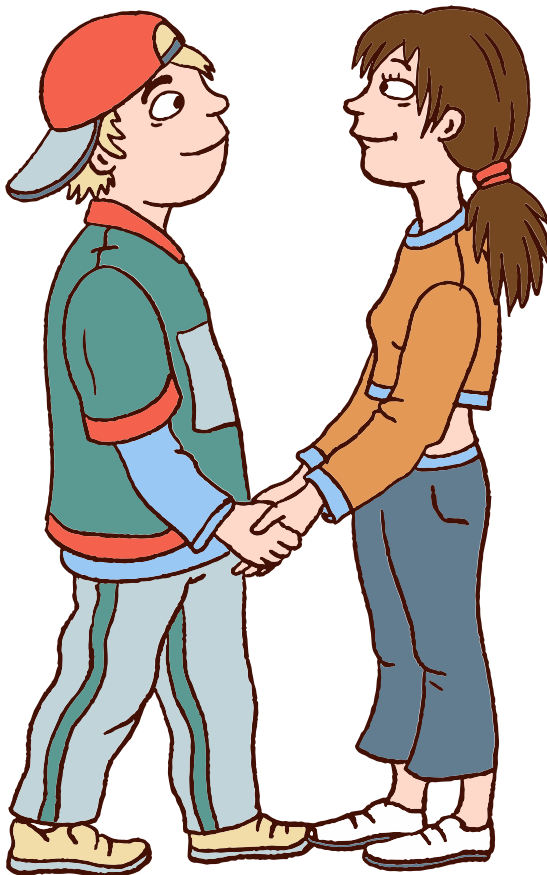
You are now at an age where it is quite normal to want to be alone in the bathroom. Your family may still have to get used to it, but children and teenagers also have a right to privacy.



Talk to your little sister and explain to your parents that you sometimes or always want to be alone in the bathroom. Maybe you can make a sign together that shows whether someone can come into the bathroom or not.

## Do I have to kiss my boyfriend/ girlfriend?

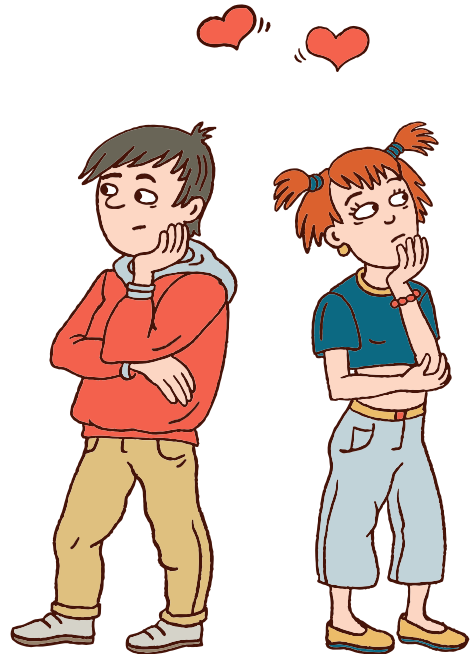
No, you don't have to do anything. You decide for yourself what you want. And that also applies to others. So it's important that you respect your boyfriend's/girlfriend's wishes and not to get angry if they don't want to do something. Maybe you can find other solutions, and instead of kissing, hold hands first.



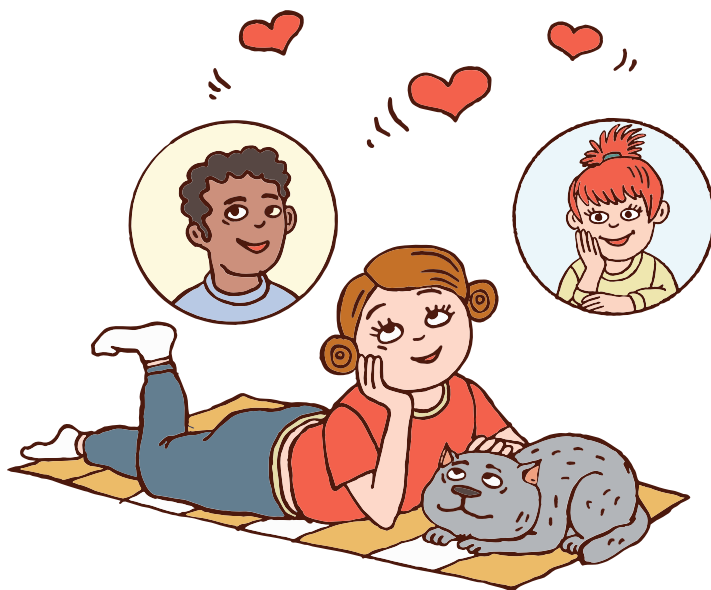


## Why do I get butterflies in my stomach when I think of a certain person?

During puberty, feelings are particularly strong and often change very quickly. This is due to the fact that many hormones (messenger chemicals) are released in your body. Because these hormones play an important role in falling in love, you may suddenly fall deeply in love and even be surprised yourself.



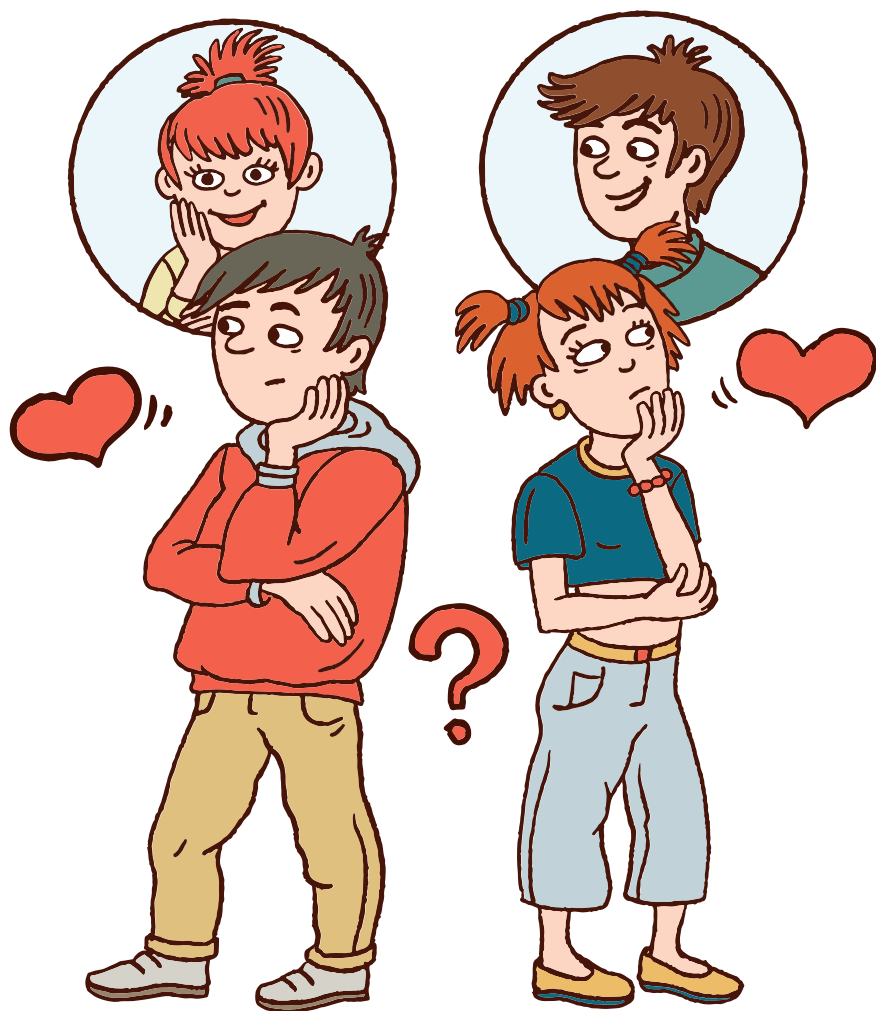
It is also possible for you to suddenly like someone very much whom you did not like at all before. Or you may even be in love with this person. Maybe you realise that you are in love with several people at once. And it is also possible for a girl to fall in love with a girl or for a boy to fall in love with a boy.



If you are in love with someone, you don't have to tell anyone, it can be your secret. But if you want to talk to someone about it, you can approach a person with whom you feel comfortable.



## What is coming out?



We can't choose for ourselves who we fall in love with.  
It just happens and suddenly we are in love.



Many people fall in love with someone of the opposite sex, but some fall in love with people of the same sex. The moment when someone becomes aware that they are attracted to someone of the same sex is an internal coming out.

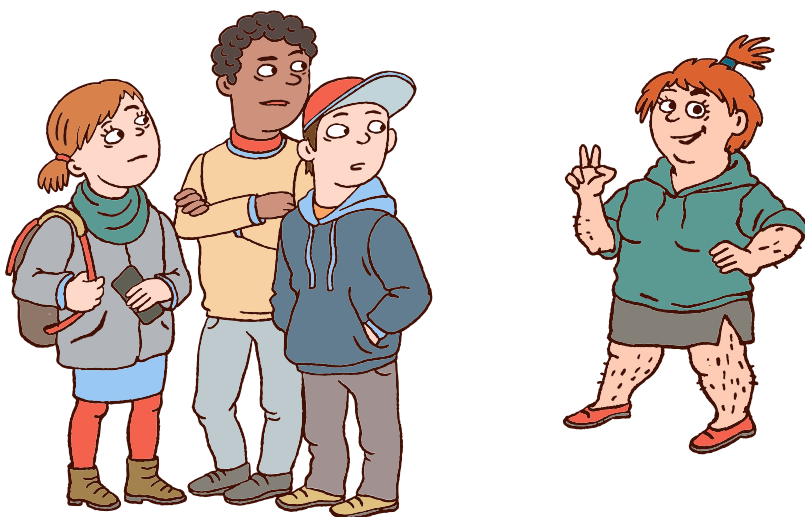
People who find out that they are attracted to the opposite sex usually don't have to explain it very much. On the other hand, those who find out that they do not conform to the typical image of male-female love often need to tell their family or friends. This is called (socially) coming out.



## What does the word queer mean?



The term queer is used for people who feel or love differently than seems typical. This includes homosexual people, trans, intersex and many others. It also refers to people whose appearance and/or behaviour do not conform to the usual role models.

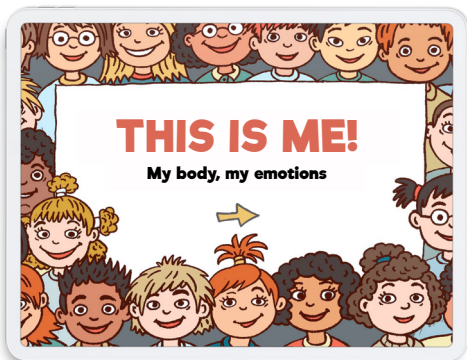


Someone who is queer does not seem to fit into the stereotypical image of society.



Queer people have always existed. You can find them in every society, in every era and certainly in your neighbourhood. Famous queer people include the artist Frida Kahlo, the multi-talented Leonardo da Vinci, the painter and poet Michelangelo, the tennis player Martina Navratilova, the entrepreneur Tim Cook, the writer Virginia Woolf, the composer Peter Tchaikovsky, the rock star David Bowie and the actress Kristen Stewart.





## 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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