



Feelings

Feelings show how we are at a particular point in time.

People feel very different things.

They can be sad, happy, afraid and a lot more.

There are nice feelings and there are unpleasant feelings.

Sometimes we feel them in our body.

We also see feelings in other people.

We can also talk about feelings.

Feelings are not always the same.

They can change.

That is entirely normal.





Happiness

Happiness is a beautiful feeling.

We feel light, happy and well.

Sometimes we feel happiness as a tingly sensation

in our stomach or in our head.

Different things make us happy.

What makes you happy?

How do others notice that you are happy?

Whom do you share your happiness with?

Have you ever made somebody else happy?





Love

**Love is a very strong, good feeling between people.
Loving means liking somebody a lot.**

**There is love between different people:
family, friends, partners.**

Some people also love other creatures like pets.

Whom do you love?

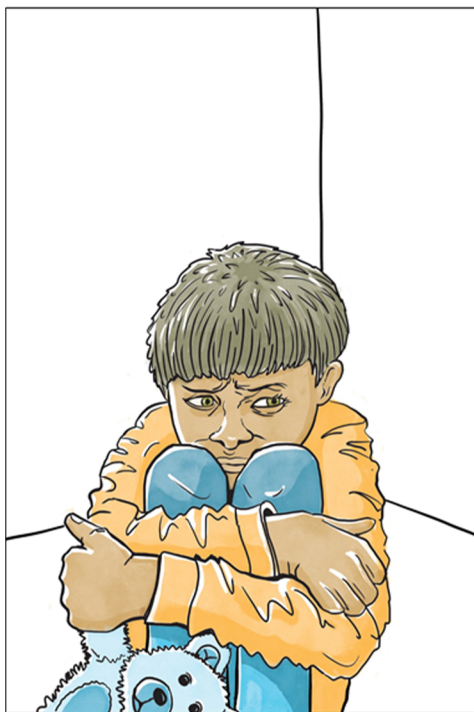
Who loves you?

What do you think:

Can love change?

Can love end?





Fear

It is not nice to be scared.

People who are afraid feel insecure, small or tense.

They are afraid that something bad will happen.

People behave very differently when they are afraid:

Some people run away.

Some people scream.

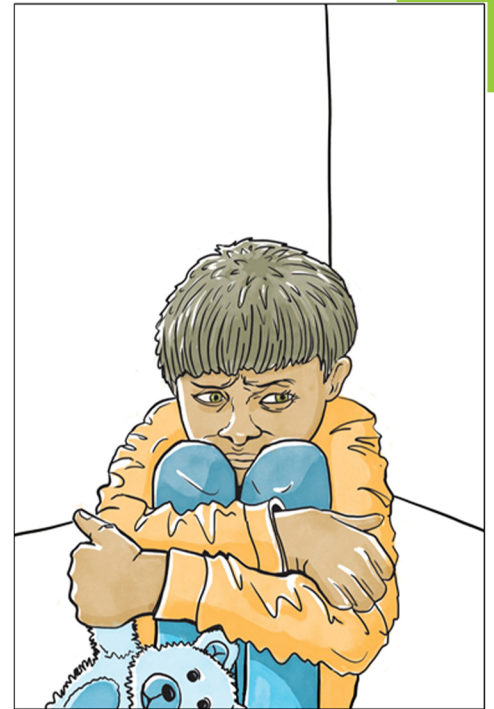
Some people cry.

Some people are petrified.

Have you ever seen somebody who is afraid?

When are you afraid?

Whom do you go to then?





Sadness

Sadness makes us very heavy.

As if there was a rock in our stomach or chest.

We are sad when we have lost somebody or something.

When, for example, somebody has died.

Or when somebody has moved away.

We are also sad when we have lost something else.

When we have to move out of our home, for example.

People who are sad need comforting.

Have you ever comforted somebody?

What can you do to comfort somebody?

What makes you sad?

Who comforts you when you are sad?





Anger

Anger is a strong feeling.
We sometimes feel it like a wave.
Some people's hands shake.
Some people go red.
Some people like to shout loudly.
Some people will not care about anything,
they only want to release the anger.

Do you notice when somebody is angry?
How can you calm somebody down?

What makes you angry?
What do you then do?





Guilt

**We have feelings of guilt when we regret something.
Regret means: We have done something and want it not to have happened.
Because, for instance, something is broken because of us.**

**That can be made good again: Talk to adults about it.
Together, you can think about: How can you make it right again?**

**Sometimes we feel guilty when we have hurt somebody,
when we have offended somebody.
Sometimes we feel guilty when we have broken the rules.
For instance, at school or at home.**

Sometimes we feel guilty, even if we have done nothing wrong.

**Have you ever felt guilty? Did you speak about it?
Whom can you talk to when you feel guilty?**





Disgust

Disgust is a strong feeling.

Different things can cause disgust.

Animals, objects, even food.

We do not want to touch or smell disgusting things.

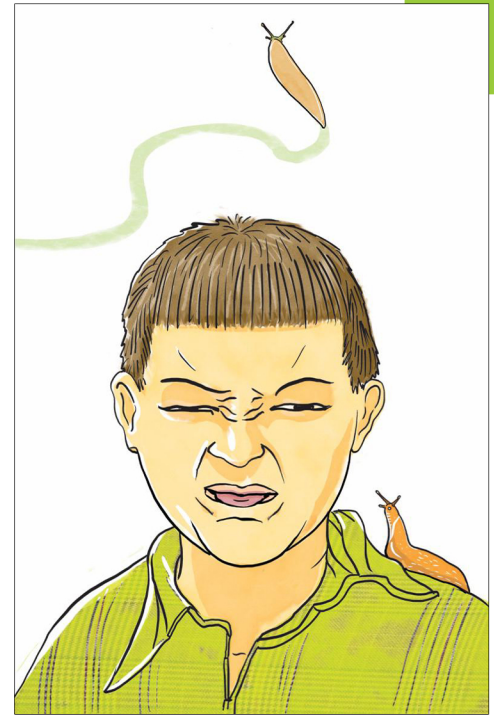
Dirt or poo can be disgusting.

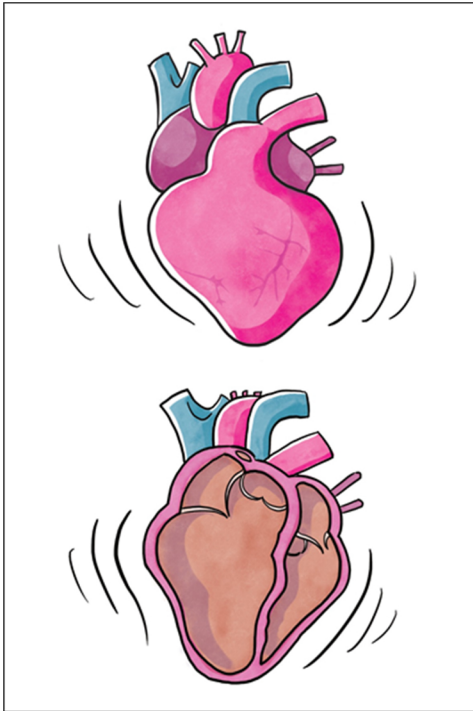
Some people feel disgust when they see

animals such as spiders or snakes.

Some people are so disgusted they even feel sick.

What do you find disgusting?



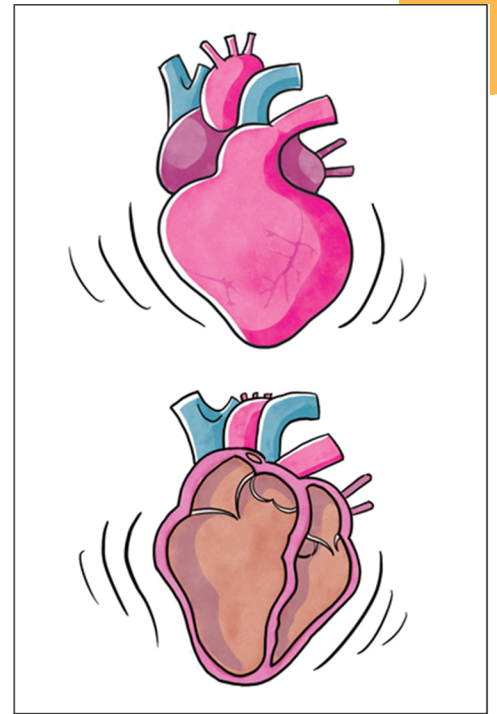


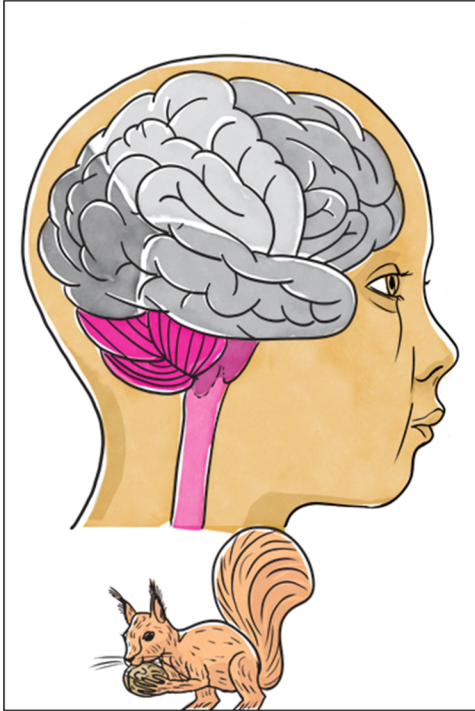
Heart

The heart is an organ.
It is about as big as your fist.
It is primarily made of muscles. It is hollow inside.

The heart pumps blood through the body.
That happens like this: The muscles in the heart contract.
And then they are released again.
It is said that the heart beats.

You can feel your heartbeat on your wrist.
You can also feel it when you are very quiet and listen to your body.





Brain

The brain is an organ.

It looks like a walnut, only much bigger.

The brain is like a super computer.

It controls all the parts of the body.

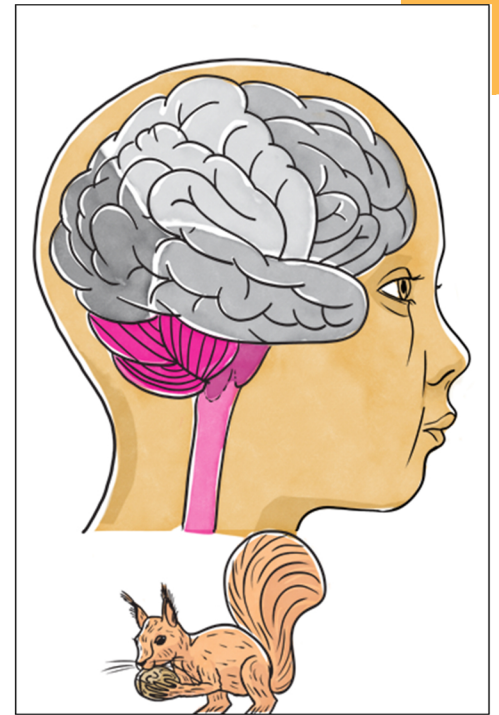
Our thoughts and feelings develop in our brain.

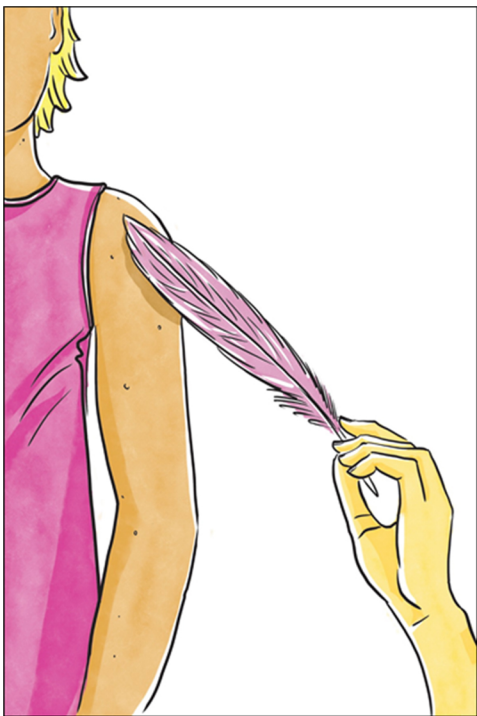
With our brain, we can talk and learn.

So the brain is very important for us.

That is why we particularly protect it,
for example when we are cycling.

Do you know how?





Skin

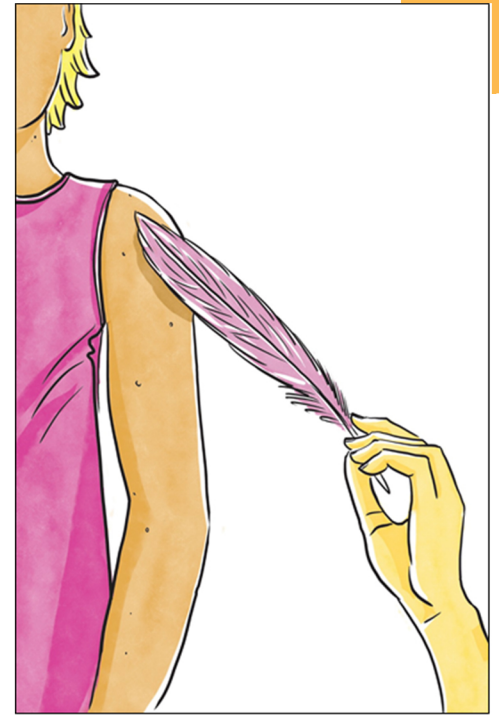
The skin is the largest organ of the body.
It protects the body against the outside world.

The skin is also a sensory organ.
It is very sensitive.

We feel even the slightest touch on the skin.
We feel caresses, pain or even cold on the skin.

Some people love it when they are gently touched.
For example, with a feather.
Others find it too ticklish.

We have to protect the skin against the sun.
And we should care for it when it is dry.
Do you know how?





Senses

**We have five sensory organs:
nose, ears, eyes, skin, mouth.**

We smell with our nose.

We hear with our ears.

We see with our eyes.

We touch and feel with our skin.

We taste with our mouth.

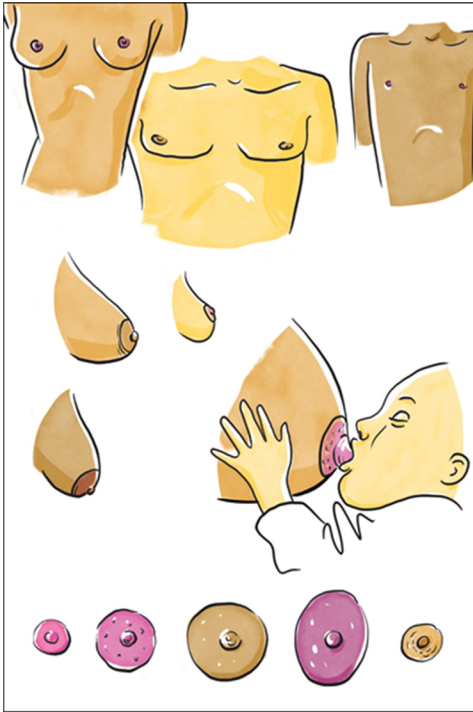
We need our sensory organs to experience the world.

Sometimes not all senses work equally well.

Which of your senses is strongest?

Which of your senses is weakest?



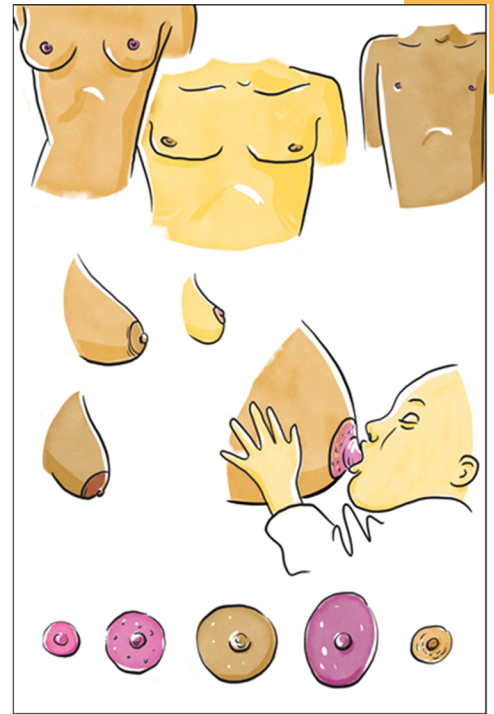


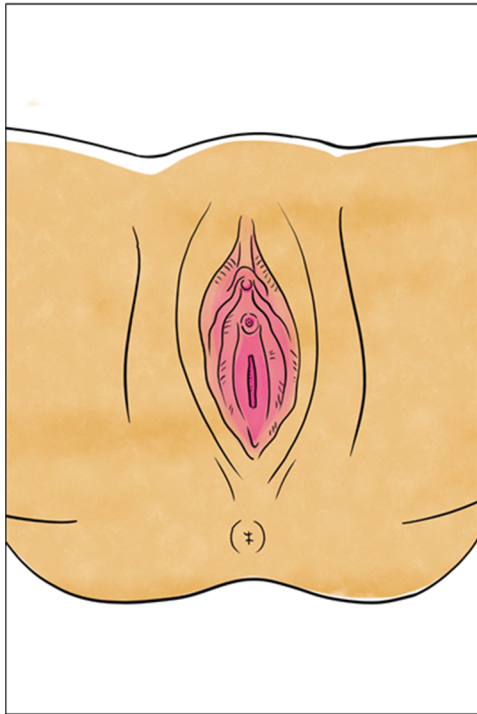
Nipple

The nipples are in the middle of the breast.
Nipples are a darker colour than the rest of the skin.
The areola is the name given to the area around the nipples.

All mammals have nipples.
People are also mammals.

Babies suck at their mother's nipple.
This is how they get milk from their mother
and can grow.





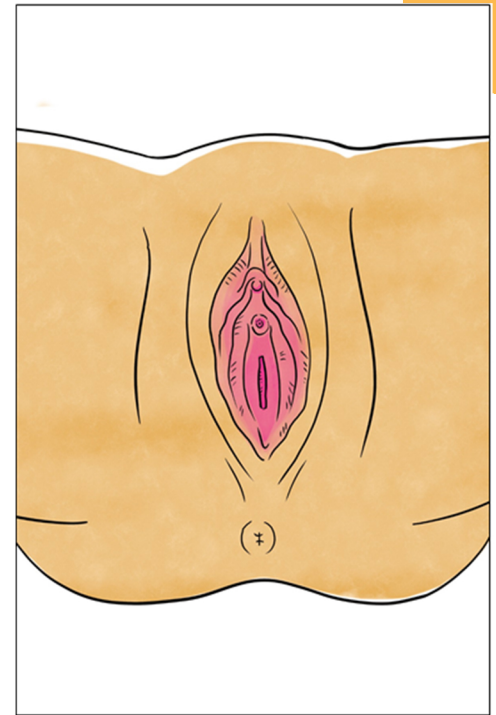
Vulva

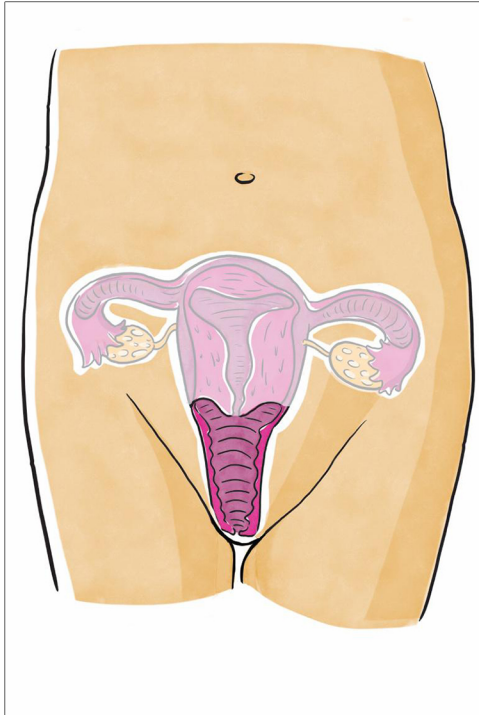
The vulva is a genital. Women have a vulva.
It is located under the stomach between the legs.
It consists of inner and outer vulval lips.

At the very top is the tip of the clitoris. This tip is also called the glans. It is protected with a hood.
When the clitoris is touched, it can cause a tingling sensation and feel good. It is very sensitive.
However, the clitoris is much bigger than just the tip. It goes far into the body.

There are two openings between the two inner vulval lips: the vaginal opening and the urethral opening.
Urine comes out of the urethral opening.

Behind the vulva, there is the bottom hole between the cheeks of the bottom.
It is also called the anus.





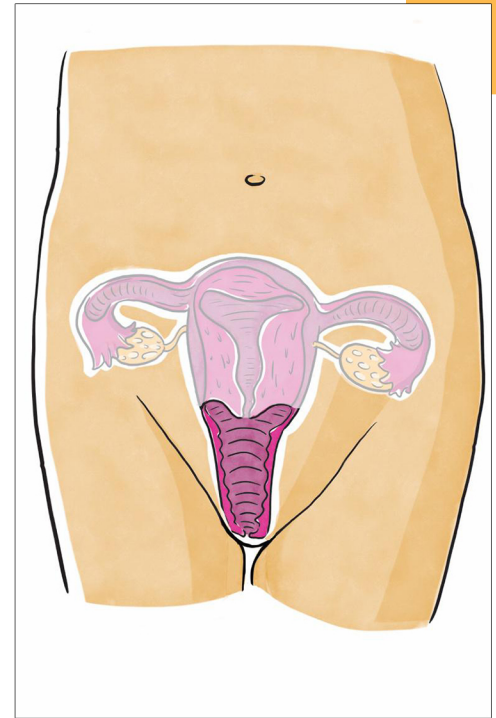
Vagina

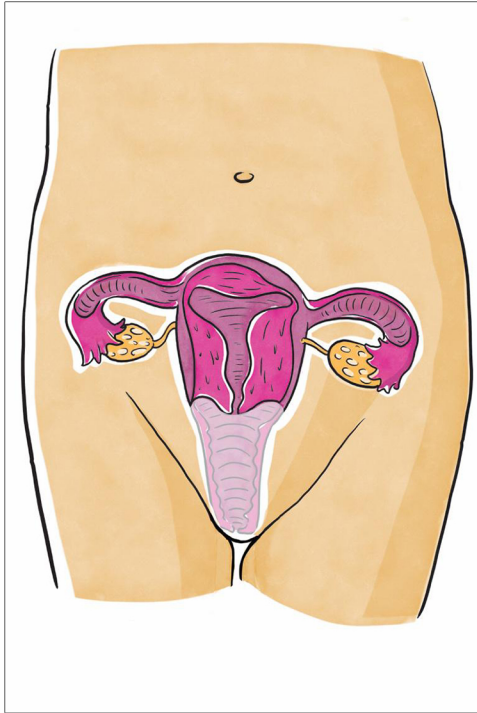
Vagina is a Latin word.

The vagina is like a flexible tube. It is made of muscles. It is very stretchy. This is important because babies are born through the vagina.

The vagina runs from the vulva on the outside to the womb inside the body.

Sperm from the man enter the womb through the vagina. Menstrual blood and vaginal fluid also come through the vagina.





Womb

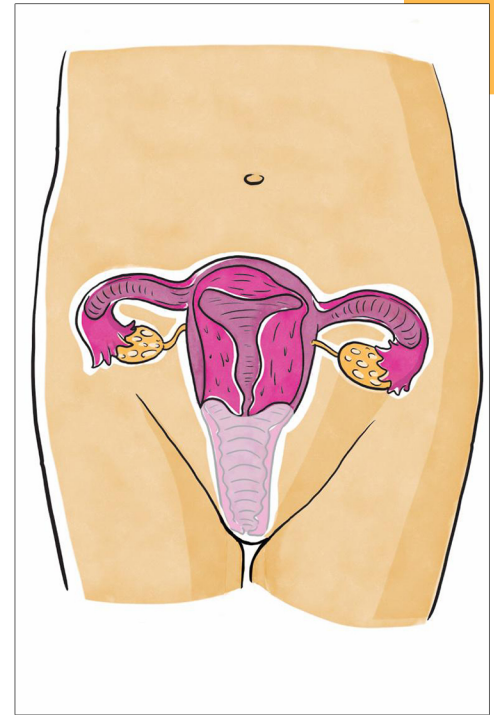
**The womb is an organ in the belly of girls and women.
It is primarily made of muscles.
It looks like an upside-down pear.**

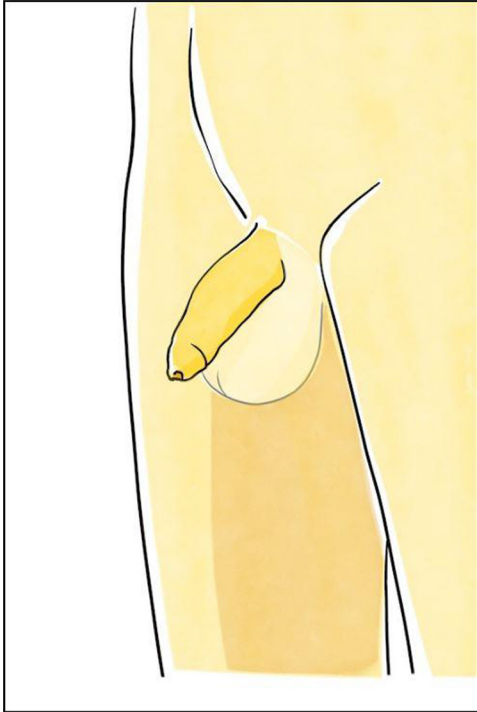
**The fallopian tubes are on the right and left of the womb.
They connect the womb with the ovaries.
Eggs grow in the ovaries.**

An egg is necessary for a baby to develop.

**When a woman is pregnant, the baby grows in her womb.
During birth, the muscles of the womb press the baby
through the vagina. This is how a baby is born.**

Have you ever held a baby?





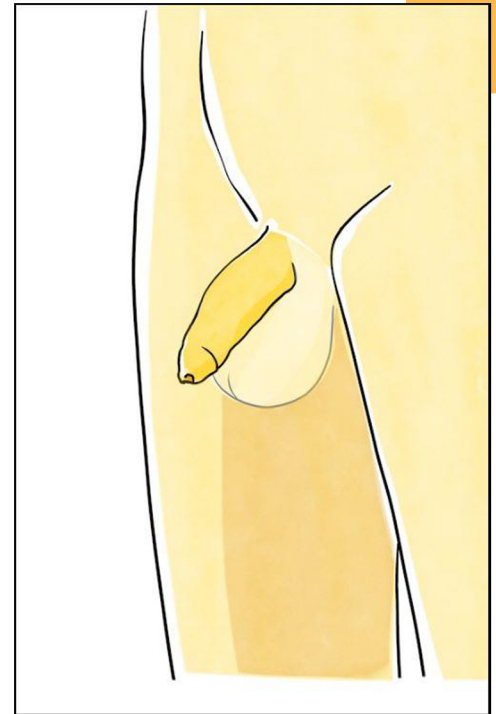
Penis

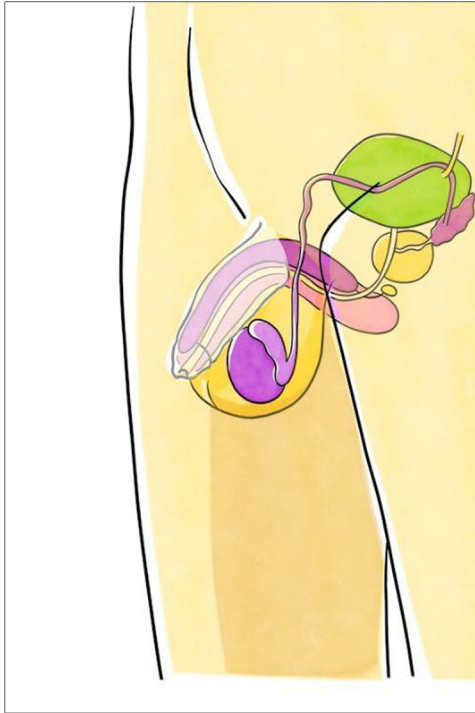
The penis is a genital. Men have a penis. The tip of the penis is called the glans. The glans is very sensitive. When the glans is touched, it can cause a tingling sensation and feel good.

The glans is protected by a foreskin. The foreskin can be moved back and forth. This is important when washing. This is how you can easily clean your penis.

Sometimes the foreskin around the glans is too tight. This can be made wider with a small operation. The urethral opening is at the tip of the glans. This is where urine comes out.

The scrotum is located below the penis. It contains the testicles. Behind the penis and the testicles, there is the bottom hole between the cheeks of the bottom. It is also called the anus.





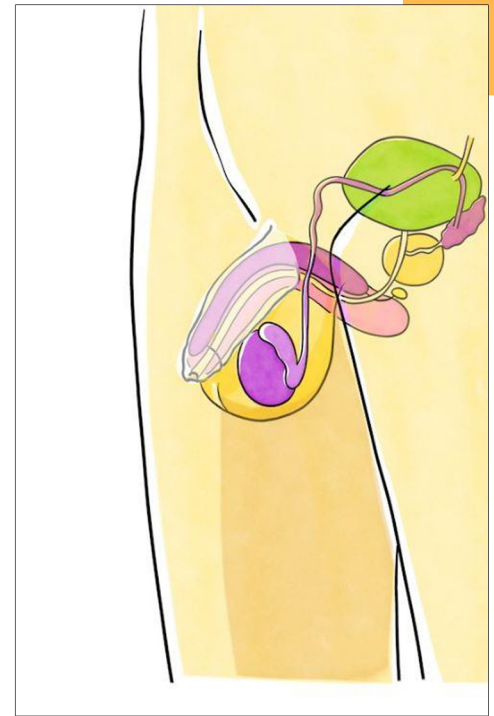
Testicles

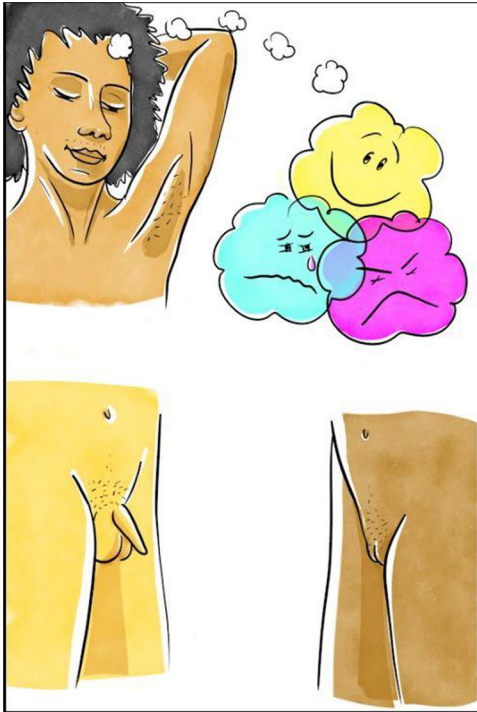
The scrotum hangs below the penis.
It contains the testicles.
They are oval-shaped and about as big as a plum.
Often one is bigger than the other.

Sperm is produced in the testicles. Some people also call sperm semen. Sperm is necessary to create a baby.

Men also have internal genitals: epididymis, ductus deferens, prostate and urogenital canal. Urine comes through the urogenital canal from the bladder.
And seminal fluid comes out.

There are three chambers of erectile tissue in the penis.
They swell up. This sometimes happens for no reason.
And it happens when the man is sexually aroused. The chambers then fill with blood.
The penis becomes stiff and hard. This is called an erection. One chamber is further down, close to the urethra. Two are further up on the penis.





Puberty

Puberty is a Latin word. It means sexual maturity.

In people, puberty lasts some years.

In puberty, children become adults.

Puberty starts between the age of 12 or 13.

In some children earlier, in others later.

The body becomes the body of an adult:

Men can create children.

Women can get children.

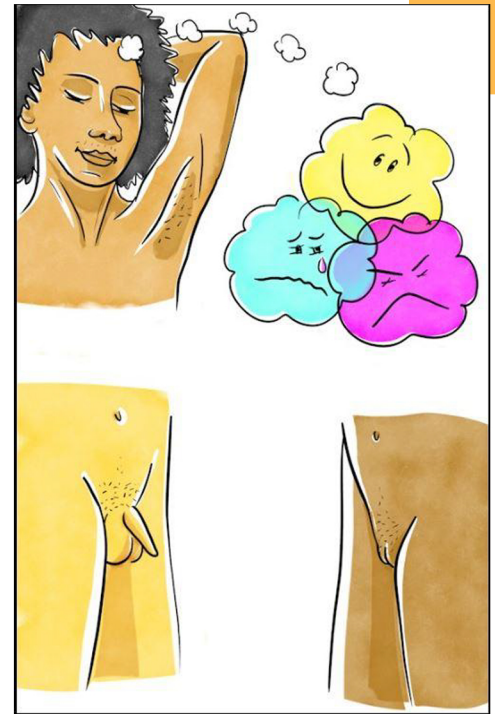
But it is not only the body that changes.

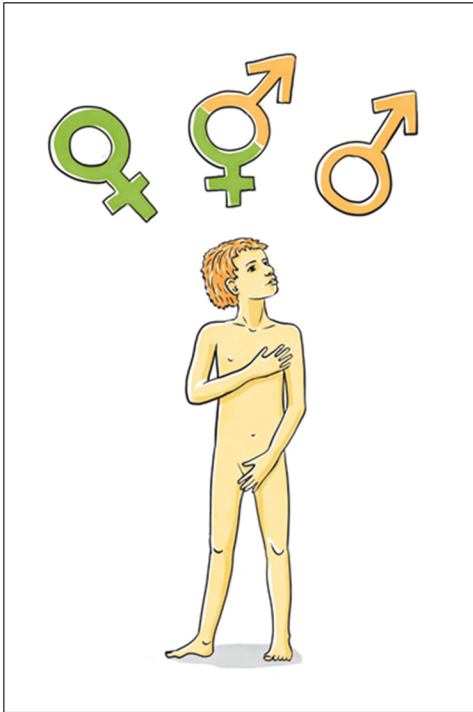
Many young people have strong feelings: anger, sadness, happiness

Sometimes the feelings change very quickly.

Some young people no longer get on with their parents.

Sometimes their character also changes.





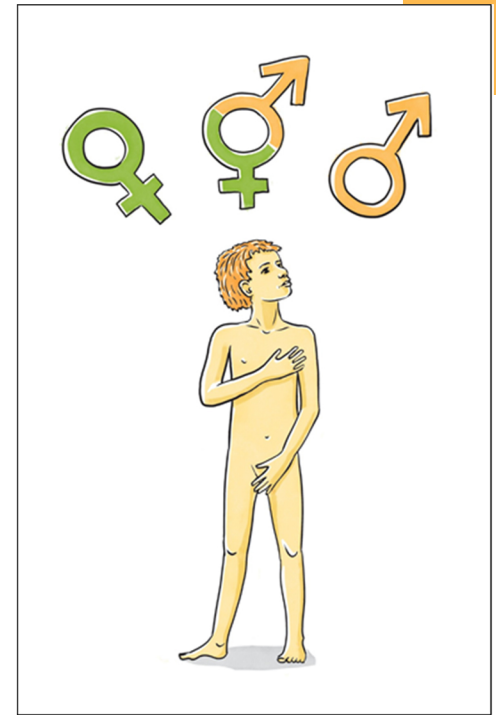
Gender

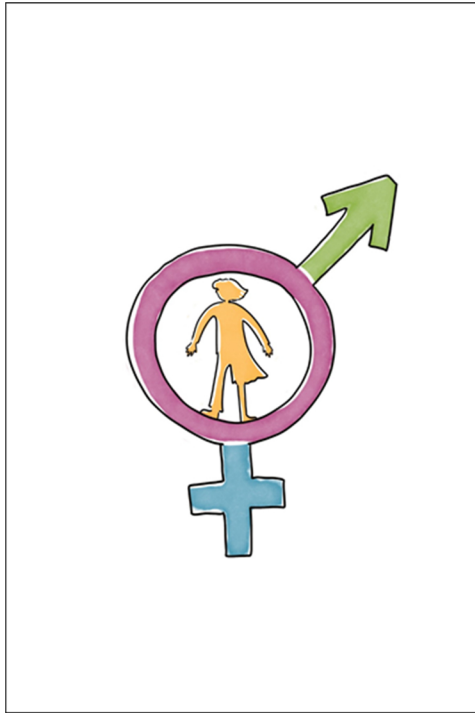
Chromosomes are important for gender.
Chromosomes are tiny particles in every cell of the body.
They also exist in sperm and eggs.

If a man and a woman have adult sex,
sometimes sperm from the man meet eggs of the woman
It can then happen that the two merge with one another.
This is called: fertilisation.
The gender is decided during fertilisation.

There is an X-chromosome and a Y-chromosome in sperm.
There are two X-chromosomes in an egg.
When an X-chromosome in the sperm meets an egg:
a female body is created.
When a Y-chromosome in the sperm meets an egg:
a male body is created.

Sometimes the situation is a different one:
There is only one chromosome or sometimes even three.
Hormones are also important here.
Sometimes the gender is then not clearly male or clearly female.





Intersex

The word “inter” means “between”.

Not all children are born clearly as a girl or clearly as a boy.

Sometimes these children have the genitalia of girls and boys.

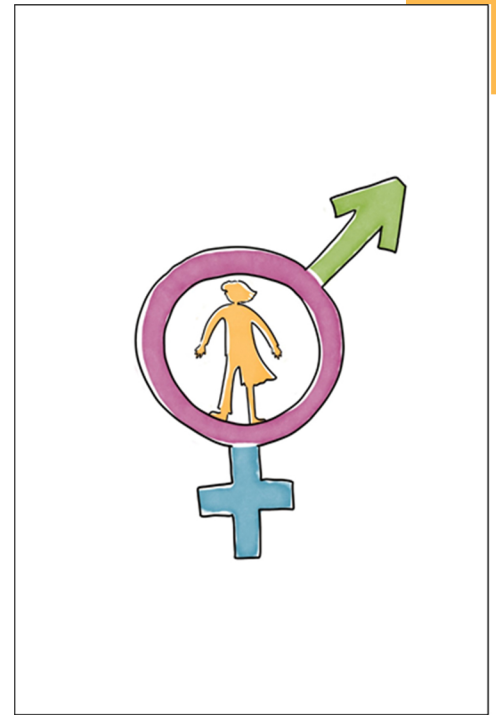
Sometimes the internal genitalia do not match the external genitalia.

This is also called intersex.

It is not often that children are born intersex.

That is something special!

Do you know a person who is intersex?





Girls

The reproductive organs of girls are:
vulva, clitoris, vagina, womb and fallopian tubes.

When girls become adults, they are called women.

People sometimes believe: This is how girls should be.

For example, what they should look like.

What they should do.

What they are not allowed to do.

Have you ever heard or seen this?

Do you know girls who are very similar to one another?

Do you know girls who are very different?

What is special about girls for you?





Boys

The reproductive organs of boys are:
penis, testicles, epididymis, ductus deferens
and prostate.

The prostate is important for the development
of semen.

When boys become adults, they are called men.

People sometimes believe: This is how boys should be.
For example, what they should look like.

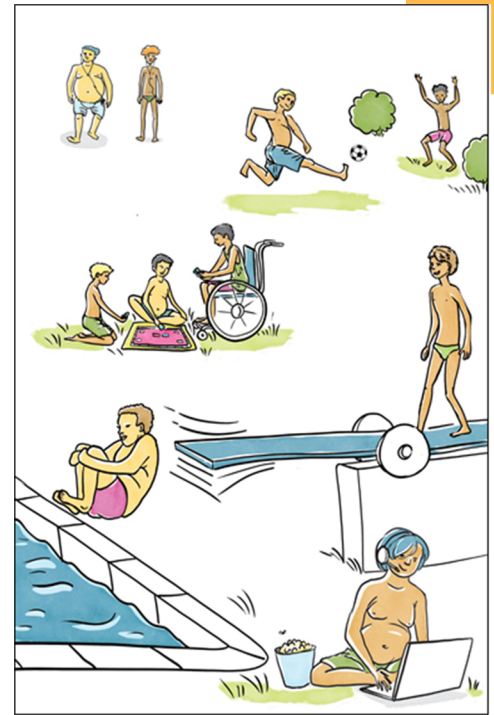
What they should do.

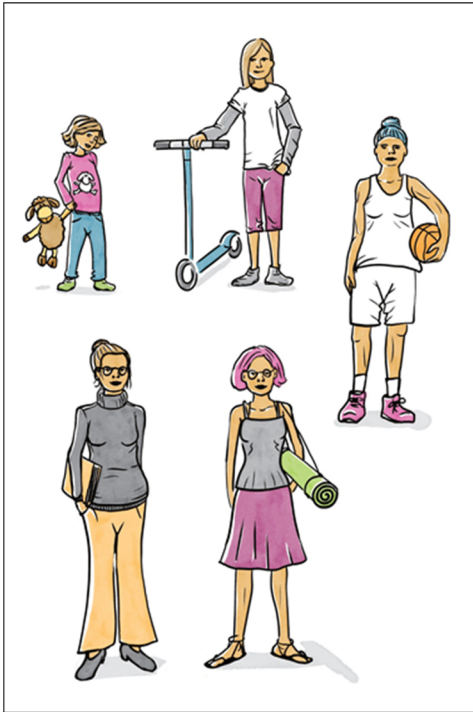
What they are not allowed to do.

Do you know boys who are very similar to one another?

Do you know boys who are very different?

What is special about boys for you?



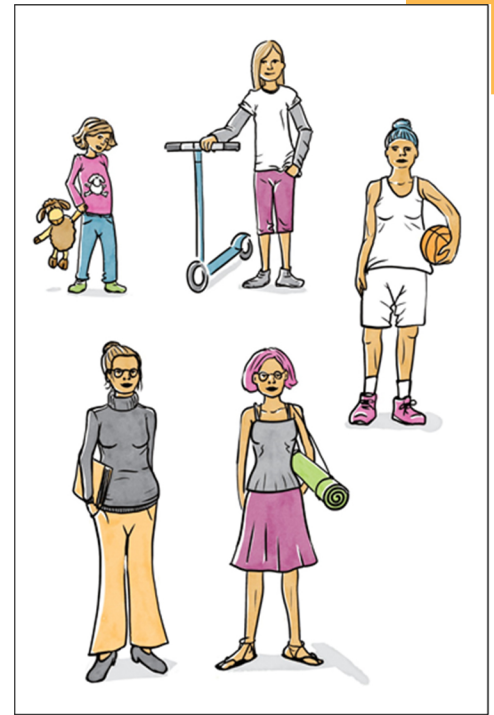


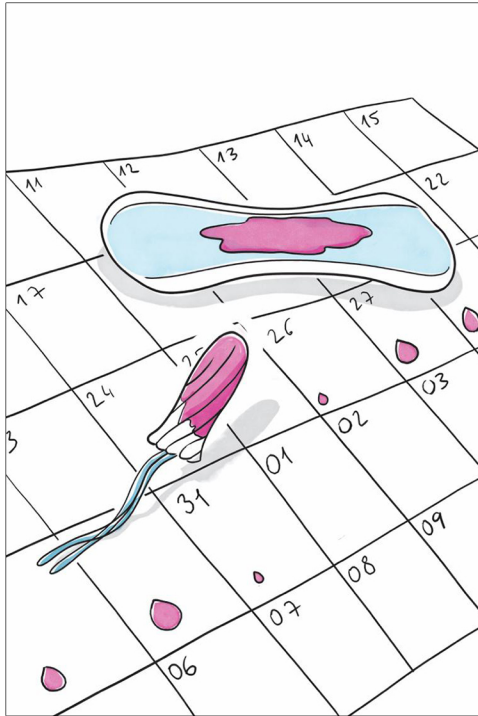
When I
grow
up

**As you get older and grow, a lot changes.
You move from the kindergarten to school.
After school, you learn a job or you go to university.
Something regularly changes and you get new tasks.**

**The body also changes.
First you are a baby, then a toddler, then a schoolchild
and a teenager before you become an adult.
How has your body changed up to now?**

**What else has changed?
Do you have a different favourite meal?
Do you like other games?**





Menstruation – Period

From puberty onwards, girls start to menstruate.

It is also called a period.

Roughly once a month, an egg matures in the ovaries of girls.

The womb forms a thick mucous membrane.

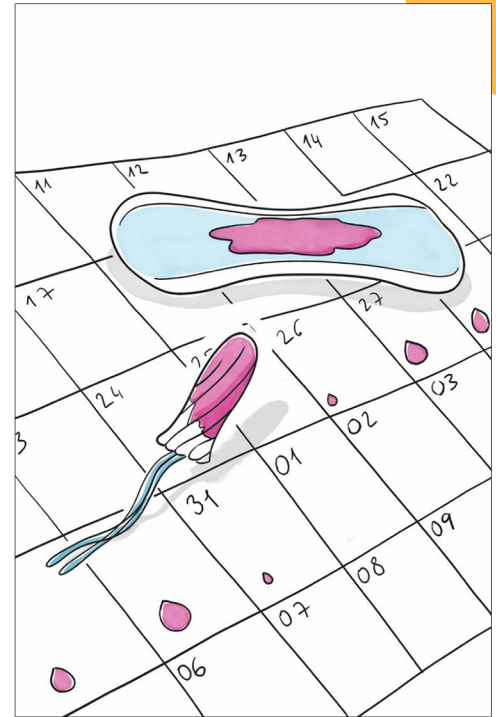
During this period, the egg can be fertilised by a sperm.

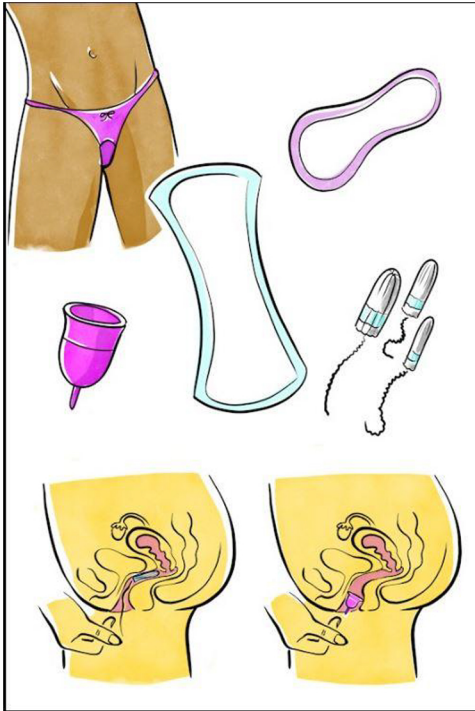
A baby can then develop.

If no baby develops, the woman menstruates. The egg is then discharged from the body. The mucous membrane in the womb is then not necessary either. Both are discharged from the body through the vagina. The mucous membrane also consists of blood and this discharge is called a period. The Latin word for this is menstruation. A period lasts between 3 and 6 days.

Even though it involves bleeding: menstruation is not an injury or illness. It is entirely normal.

Do you know girls or women who have a period?





Menstruation products

When girls and women have their period, they use different things to absorb or catch the blood.

There are pads or briefs that absorb the blood outside of the body. There are also things that catch the blood within the body.

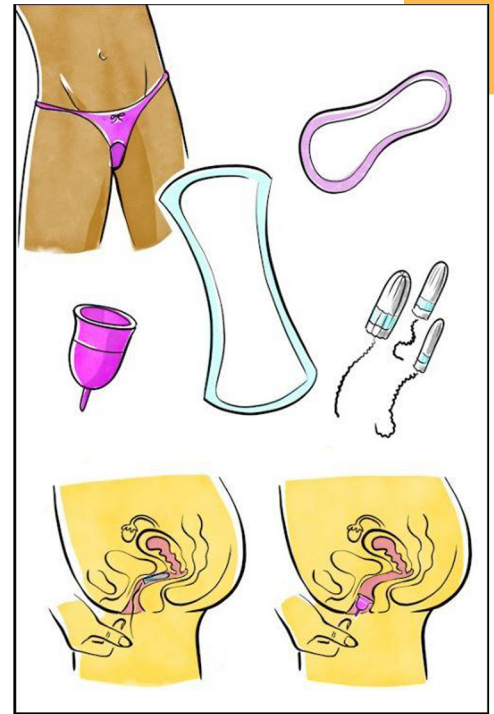
These are tampons or menstruation cups.

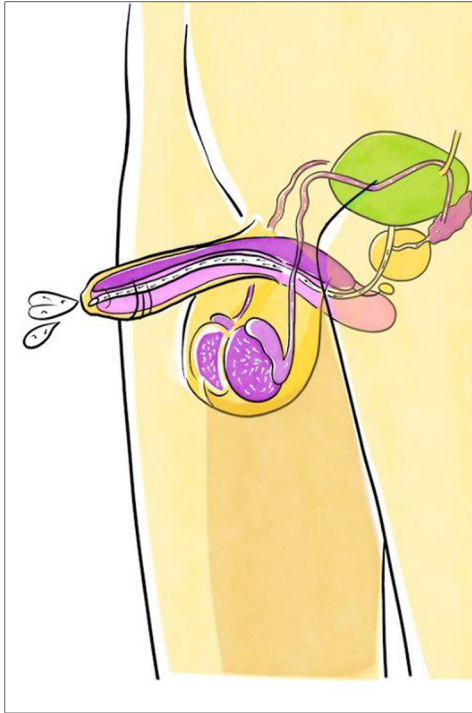
They catch the blood in the vagina.

Every girl and every woman uses what is most comfortable for them.

Do you know all these products?

Have you already seen some of them?



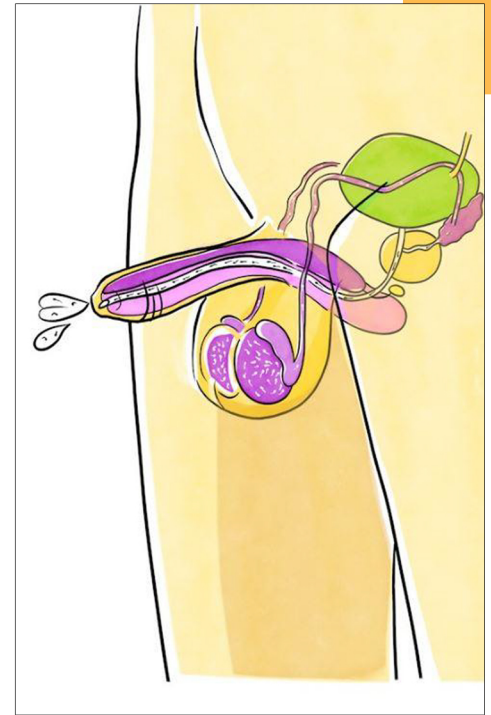


Ejaculation

**A lot changes in puberty.
The body gets new tasks:
Boys sometimes get an ejaculation.
That is like a test for the penis.**

**The penis becomes stiff and semen comes out.
This happens without you noticing it.
For example at night.
That is like a test for sexual intercourse.
Because the penis has to become stiff during it.**

**A wet patch in the bed in the early morning can thus be an ejaculation.
It is entirely normal and important that it happens.
And it is nothing to be ashamed of.**





Having children – Pregnancy

Children are created when two young people or adults love one another and have adult sex with one another. Adult sex is also called sexual intercourse.

During sexual intercourse, the semen of the man enters the woman's vagina through the penis. Semen also contains sperm. If these sperm reach an egg, a baby can develop.

The eggs grow in a woman's ovaries. The baby then grows in the womb. He or she is large enough after around nine months. He or she is then born.

Many babies are born through the vagina. Some are born through an operation to their mother's stomach. This is called: a caesarean.

Do you know families who have babies?





Caressing
and
touching

**When we caress and touch ourselves,
this is often pleasant.**

It can also be nice to touch ourselves on our genitalia.

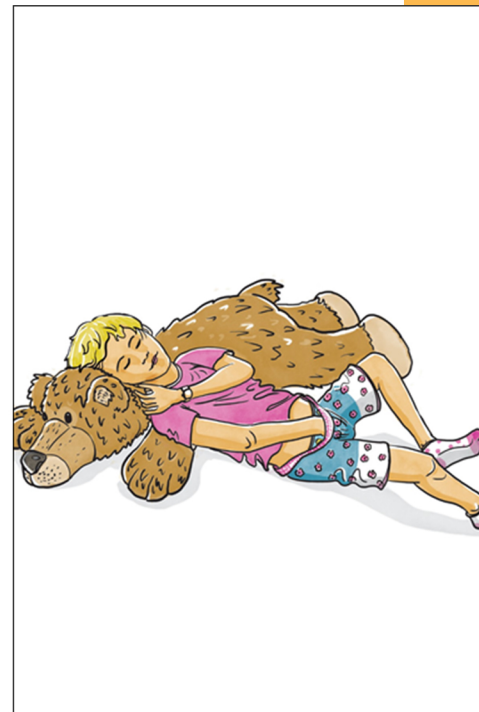
**Children are often curious about what the genitalia of
others look like.**

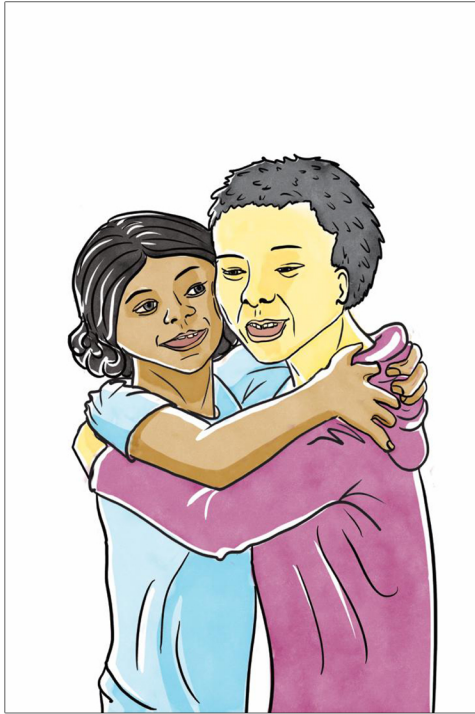
Genitalia are part of a person's private space.

**This means: All people can decide themselves whether
others can look at or touch their genitalia.**

This of course also applies for children.

**Private space also means: We do not show our genitalia in the street, in the classroom or
where there are lots of people. Because many people find that embarrassing.
We take that into consideration. We go into our own room or into a cosy corner.**





**Caressing
and
touching
other people**

In most cases, it is nice when we are touched and caressed.

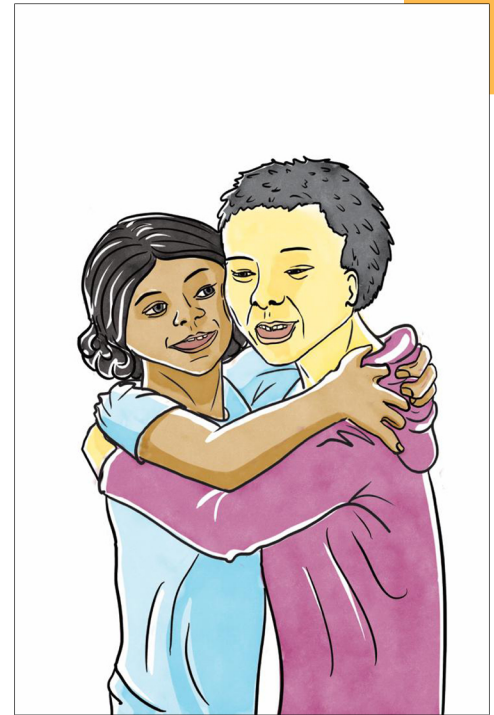
If you don't feel like it, you can always say so!

Holding hands, hugging, cuddling and kissing:

It is nice to share that with others.

The following is important:

Ask the other person whether he or she would also like that. Because caressing and touching must always be voluntary.



If the other person does not want to be caressed, show consideration and stop.

This also applies for hugging, kissing or touching in other ways.

If you do not want to cuddle or kiss, then you can also say No!



Discovering the body

Children are curious.

They examine everything very thoroughly.

Including their own body. And the bodies of others.

They want to know what everything looks like exactly.

And how it all works.

This also means: doctor games. Or: body games.

But there are also rules here. The most important rule is:

Everybody participates on a voluntary basis.

Every child can decide himself or herself.

Is somebody not sticking to the rules? Then fetch an adult.

With whom can you talk about doctor games?

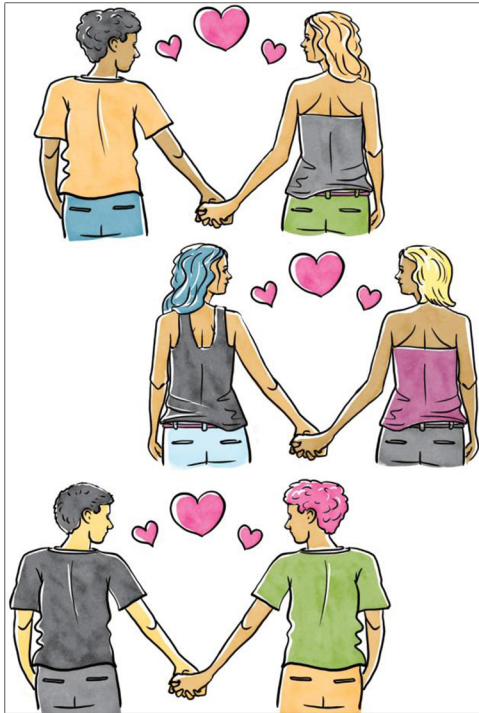




Rules for body games or doctor games

- **Nobody is forced to take part.**
Every child can decide himself or herself.
- **All children should be roughly the same age.**
This means: Kindergarten children play with one another.
Schoolchildren with one another. Teenagers with teenagers.
And adults with adults.
Older teenagers and adults should know that.
- **If a child wants to stop, then he or she can do so immediately.**
Nobody forces him or her to continue.
- **Do not put objects into a person's mouth, nose, ears, vaginal opening or bottom! That can be dangerous.**
It can cause an injury. Looking and touching is OK.
But do not forget to wash your hands afterwards.
- **Getting help is not telling tales! If somebody does not stick to the rules:**
Get help from a person you trust!





Love

Most men fall in love with a woman.
Most women fall in love with a man.
They are called heterosexual.

But there are also women who love a woman.
And men who love a man.
They are called homosexual.

Some people fall in love with a woman and a man.
They are called bisexual.

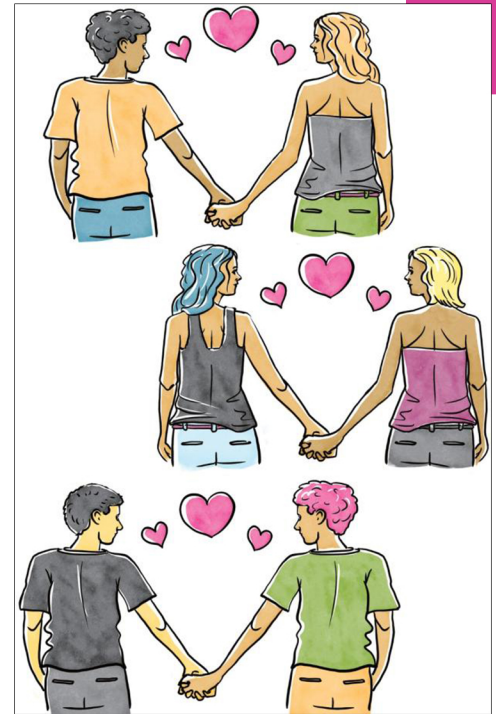
Have you ever been in love?

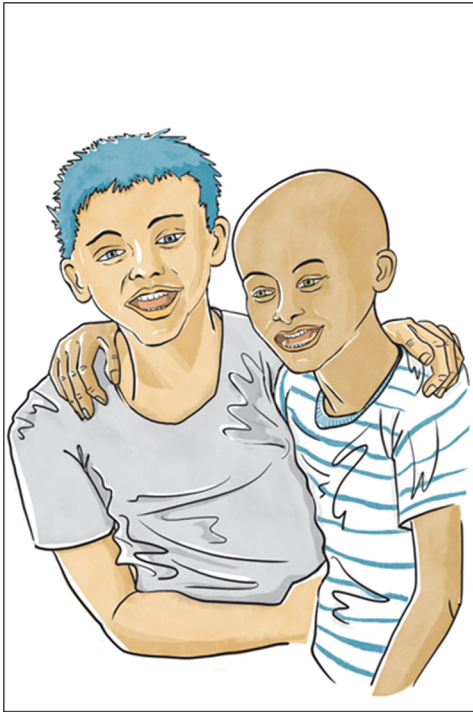
What do you think: What is important in love?

Do you know a homosexual couple?

What do you think: Can love change?

Can love end?





Friendships

Friends are people whom you love a lot.

With friends, you don't feel alone.

With friends, you can share a lot.

Have you got a female friend?

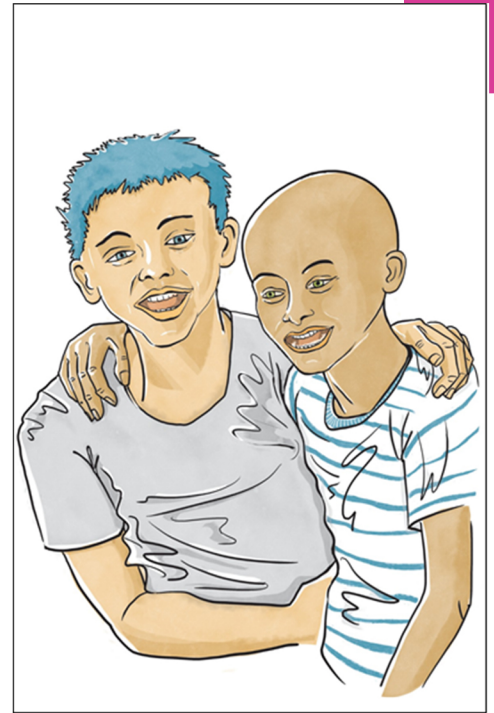
Have you got a male friend?

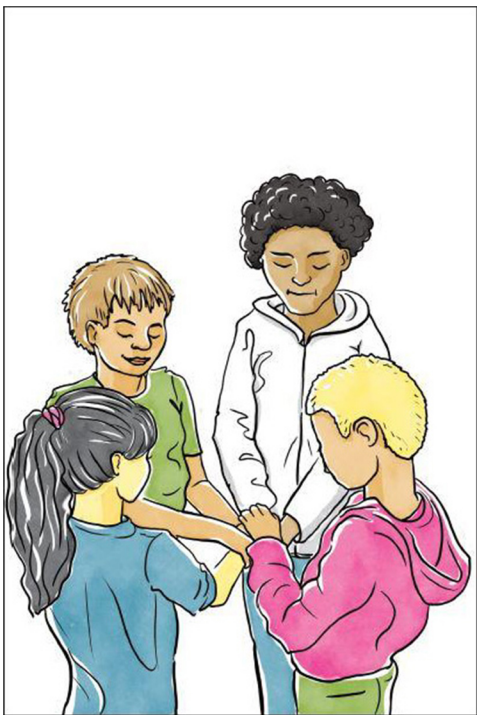
How do you show your friendship to her or him?

Do you find it easy to make new friends?

How can you help others to find friends?

What is a good friend?





Circle of friends

Your circle of friends includes all children with whom you like to spend time.

The circle of friends becomes more important as children get older.

In your circle of friends, everybody helps one another and sticks together.

They meet up in the park or at the playground.

They do a lot of things together.

Sometimes, some friends do something that you do not feel comfortable doing.

For example, playing a dirty trick.

Or mocking another child.

Have you ever experienced that?

What happened?





Family

**Family is where a child is at home with an adult.
Or several children with several adults.**

**There are many different types of families.
These include mums, dads or mum and dad.
Or also uncles and aunts, grandparents, caregivers.**

**Sometimes they all live at the same place.
Sometimes at different places.
Sometimes perhaps even in different countries.**

**Do you know different types of families?
Which persons belong to your family?
What is special about your family?
Sometimes something is difficult in the family.
What could that be?
Is something difficult in your family?
Whom can you tell this to?**





Caregivers – Assistants

**Nobody does everything alone.
Those who need help can ask for it.
For example, when learning.**

**Sometimes there are caregivers at school.
They help pupils with learning or other things.**

**Adults sometimes also have help.
For example, at work or when they go to the doctor.**

**Caregivers help with many things.
They make a lot of things easier.**

**Have you got help like this?
What do you need help for?**





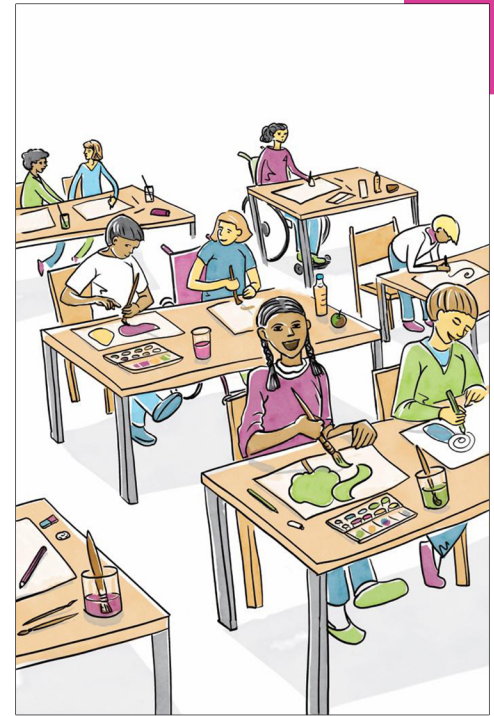
School

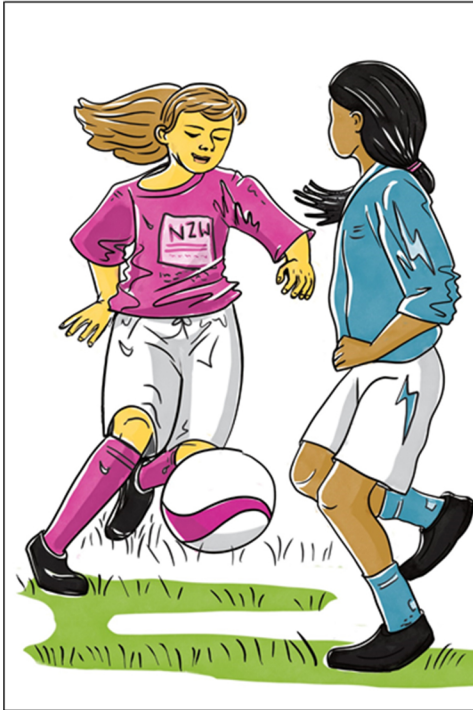
**At school, we learn to do sums, read and write.
But also a lot about the world, nature and people.**

**We have to feel at home to learn well.
What does school have to be like for this?**

**Children and young people spend a lot of time at school.
That is also why they should feel at home there.**

**What is it like at your school?
How do you feel in your class?
Do the children get on well with one another?
What rules are there?**





Hobbies

**A hobby is something that a person likes to do.
For instance, painting, reading, listening to music or sport.
For some hobbies, you need a group:
For example, for dancing or ball games.**

**How can you play together well?
What can you do when something is difficult?**

**Are you also in a group?
Who in your group speaks about a problem?
Are there rules on how you should treat one another?**





Making decisions

Deciding means:

You think about whether you want something or not.

Sometimes others decide for us.

For instance, our parents when we go to bed.

So that we are well rested the next day.

Sometimes we decide together. For example, as a family whether we go on a trip or what we want to eat.

The following always applies: Every child can participate in the discussion and say his or her opinion.

Some things children decide on their own.

For example, whom they want to cuddle or play with.

As you get older, you can decide more yourself.





**Showing
consideration**

Where many children are together, it is not only one individual child who can decide.

For example, what games are to be played.

Everybody should be considerate of others.

This means:

Everybody can say their opinion and decided together.

Showing consideration also means:

Waiting for a child who is not as fast.

Not interrupting a child when he or she is speaking.

Sometimes, showing consideration is not easy.

But it feels good.

And it makes us strong as a group.

Have you ever shown consideration to somebody?

When have others shown consideration to you?





Children's rights

All children have the same rights.

This applies for all: Girls and boys and intersex children, with and without disabilities.

It does not matter where the child comes from, what skin colour he or she has, what religion he or she has.

Children's rights are the same for all children!

Children's rights are enshrined in law in Austria.

This means: Adults must respect children's rights.

So that everybody respects children's rights, there are lawyers for children and young people.

They ensure that everyone respects children's rights.

Are you familiar with some of these children's rights?





Children's right -
Children's
well-being

Every child has the right to protection and care.
Care means: Somebody looks after the child.
Protection means: Somebody protects the child,
for instance against violence.

Children's well-being means that children should thrive.
It also means that children can grow up well.

In Austria, all children should thrive.

This means: Everybody should ensure that children thrive.
It is also said: Children's well-being is the top priority.

Sometimes it is difficult for parents to look after a child well.
Then others have to help.

Sometimes children cannot grow up at their parents' place of residence.
Then they live in a child care home.
There too, the child's well-being is the most important factor.





Children's right – Co-determination

**Every child has the right to say his or her opinion.
Every child has the right to co-determination.**

Adults must take note of children's opinion: Particularly in matters that affect children. Adults must explain the matters very thoroughly. This makes it possible for children to think about them. In this way, children can form an opinion.

Children are allowed to say how they feel. Children are allowed to say what they want. Adults must take note of that.

This can be done, for instance, as follows: During a family council, all the members of a family are discussing a particular matter. Everybody is allowed to say their opinion. Everybody is allowed to participate in the decision making. Even the children.

In some facilities for children, there is something similar. There it is called a group council. There too all children are allowed to participate in the discussion. There is something similar in many towns too. There it is called a children's parliament.

Do you know a family council or a children's parliament? Where can you take part in discussions?





**Children's right –
Protection
against violence**

**Everybody has to protect children against violence.
Violence is when a person deliberately hurts another person.**

**Nobody is allowed to hit children.
Nobody is allowed to deliberately hurt children.
Adults have to protect children against violence.**

**If you see that a child is the victim of violence: fetch help!
Whom would you go to?**

Who can help you if you yourself experience violence?





Children's right - Children with disabilities

**Having a disability means:
Something does not quite work right.
For example, senses or parts of the body.**

**Many things are not so easy for children with disabilities.
They sometimes need help.
And they have the right to help.**

**Because children's rights apply for all children.
Also for children with disabilities.
Children with disabilities need help so that they
can do the same things as other children.
That is children's right: That all children have the same opportunities.**

**What do you think:
Why are many things more difficult for children with disabilities?**





**Physical
violence**

When somebody suffers injuries to their body, this is called physical violence.

This includes: hitting, kicking, punching, pulling their hair, giving somebody a slap in the face.

Nobody may injure another person in this way.

A person who hits others is called a violent person.

Children too sometimes experience violence.

Each of these children has a right to protection and help.

Have you ever seen somebody who was being violent?

Have you ever experienced physical violence yourself?

Whom do you then ask for help?

Sometimes, children are furious. Some are then violent.

Are you familiar with that? What can you do to combat anger?





Psychological violence

Psychological violence means:

Not the body but rather the psyche is hurt.

For example: offending somebody, talking bad about somebody, insulting somebody.

Psychological violence is also:

not letting somebody join in your game.

Or excluding them from the group.

What does psychological violence do?

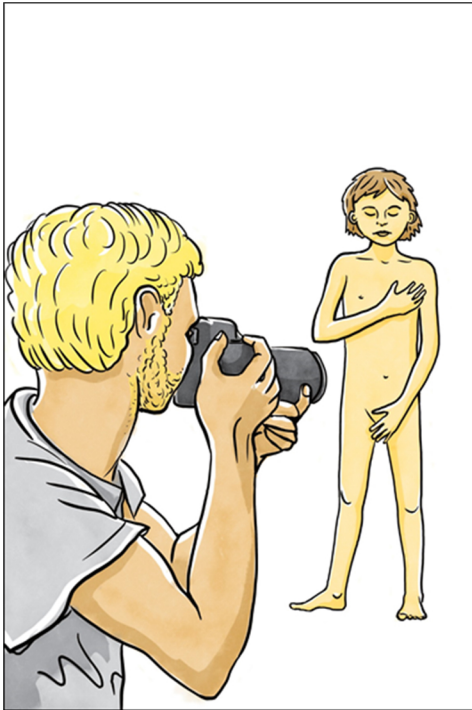
Those who experience it feel bad and sad.

And that is precisely what people who carry out psychological violence want to achieve.

If other children experience psychological violence: fetch help!

Who can help you if somebody does that?





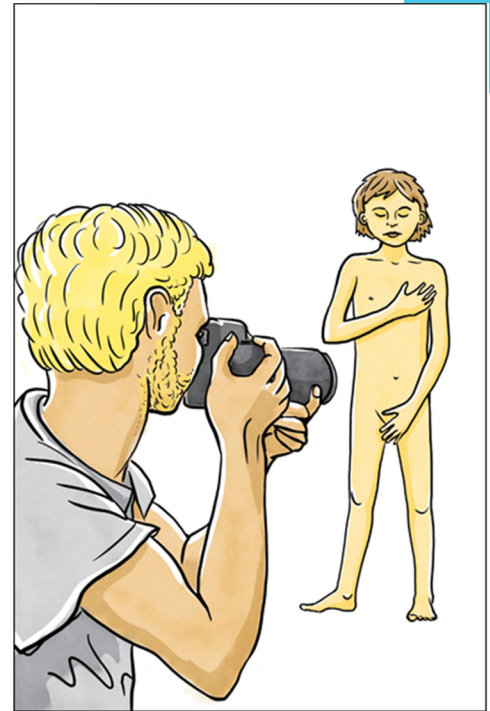
**Sexual
violence**

Children sometimes play body games.
They touch themselves and each other, also on their genitalia.
Everybody has to be in agreement with that.
Then it is OK.

It is not OK if somebody is forced.
This is then called sexual assault.
Sexual violence is, for instance, when adults or older teenagers
touch or photograph the genitalia of children, when adults or
older teenagers have adult sex with children.
That is prohibited!

If you experience sexual violence: Talk to somebody about it.
Talk to somebody, for instance, somebody you trust.

However, there are also others who can help:
There are facilities where people work that aim to protect children from violence.
The last card tells you whom you can call.





Digital violence

**Violence can also take place on the Internet.
Or over the telephone.**

Digital violence is, for instance:

You get messages that scare you.

You get pictures that you do not want to see.

For instance, pictures of naked people.

Somebody writes bad things about you.

Somebody writes a secret about you.

For instance, on Instagram, Tiktok or WhatsApp.

Violence and insults are also prohibited on the Internet!

It is prohibited to send children pictures of naked people, to ask children to take their clothes off in front of a camera, to watch or film children as they do so.

If something like that happens to you, speak to somebody about it!





Confidants

**A confidant is a person whom you trust.
A confidant listens to you; you can talk about
everything with him or her.
Also about difficult matters.**

**Confidants can be teachers, caregivers, parents or
grandparents. Or an aunt or uncle.**

**You can talk to a confidant if
something is worrying you,
you experience violence,
you need help,
you don't want to talk to anybody else about it.**

**Sometimes children experience violence in their family.
Or by persons whom they love. Then a confidant outside of the family is important.**

Do you have a confidant in the family? Do you have a confidant outside of the family?





Secrets

Lots of people have secrets.

Secrets can be good and exciting.

Sharing a secret with a friend can be funny.

But sometimes it is difficult.

For instance, when it is a secret about something unpleasant.

Or if somebody forces you to keep something secret.

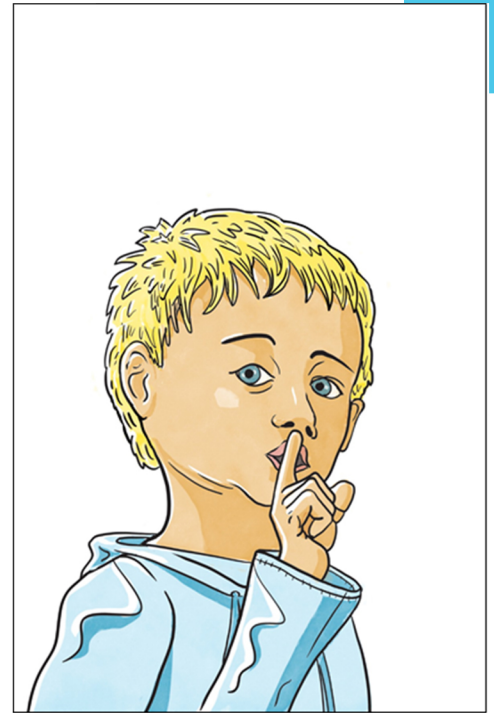
Then you feel bad.

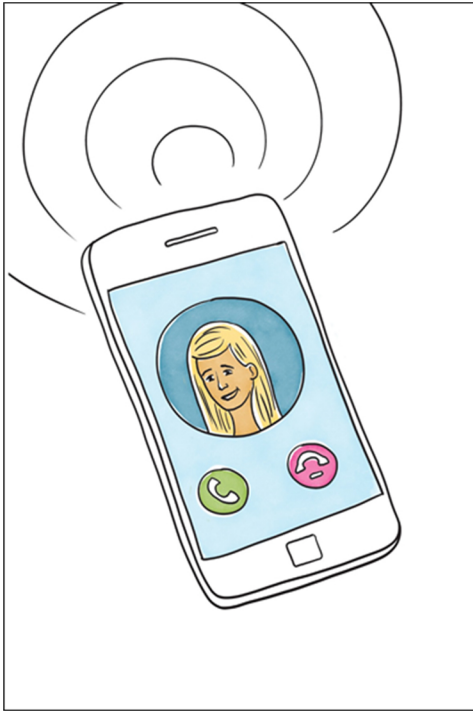
Some people get stomach ache or nightmares from it.

These are secrets that you are allowed to tell other people! You can tell it to your confidant.

Or your parents.

Have you ever had a good secret? How did it feel? Do you also know a bad secret?





Get help!

If you experience violence: Always fetch help!
Children are never to blame when they experience violence.
The violent person is always to blame.
Children can never end violence on their own.
That is why get help for yourself,
for instance from your confidant.

However, there are also others who can help:
There are facilities where people work that aim to
protect children from violence.
Call them if you experience violence!
Also if you find out that a friend is experiencing violence.

You can call them and ask for help:

- **Children's hotline: 116 111**
- **Ö3 Careline: 116 123**
- **Rat auf Draht (telephone advice): 147**
- **Police: 133**



For people who cannot speak or hear well:
You can call the police via an SMS: 0800 133 133