



**Being
infatuated**

Being infatuated is overwhelming. A lot happens in your body:
Chemical substances in the body and brain change and become more concentrated.

For example, adrenaline increases in the body.
This makes our hearts beat faster, and our pulse speeds up.

So, the symbol for love is a heart:

Because our hearts beat faster when we are in love.

And we say: 'My heart aches' or 'My heart is broken' if our love is not returned.

If we are infatuated, two substances besides adrenaline increase in the body:
dopamine and serotonin. This makes us happy.

We want to be as close as possible to the person we are in love with.

And our body reacts strongly:

- our knees tremble,
- our heart beats,
- we feel 'butterflies in our stomach',
- we feel a sense of longing.

Infatuation happens at the beginning of a relationship,
when we are getting to know each other.

After a while, this feeling changes into love. But sometimes the relationship ends.

Love is not seen as much in the body as in emotions. These include respect, trust, esteem, and affection.

Do you know what it feels like to be infatuated?

How does it feel in your body? How did you feel when the infatuation was over?





Jealousy

Jealousy is a feeling that hurts a lot. Jealous happens like this:
We believe that the person we love shows more love, affection,
or attention to someone other than us.
We are disappointed and hurt. We are afraid the person will leave us.

But jealousy often has nothing to do with the other person.
It has a lot more to do with our own fear or insecurity.
Jealousy has consequences: We doubt ourselves. And we doubt our partner
loves us. Trust cannot be built this way. But trust is necessary in a relationship.

When we are jealous, the following can happen: We start to be controlling.
Or we become possessive.

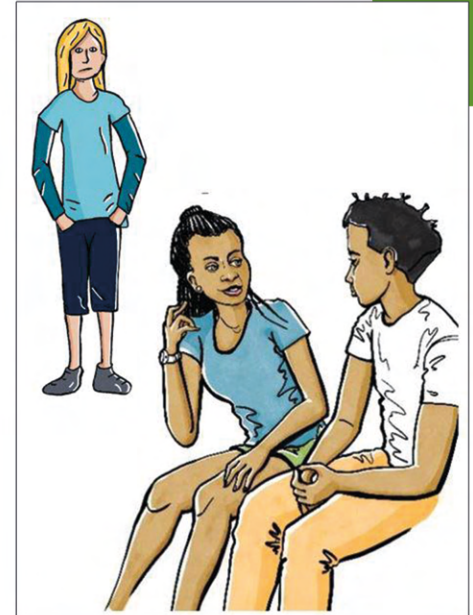
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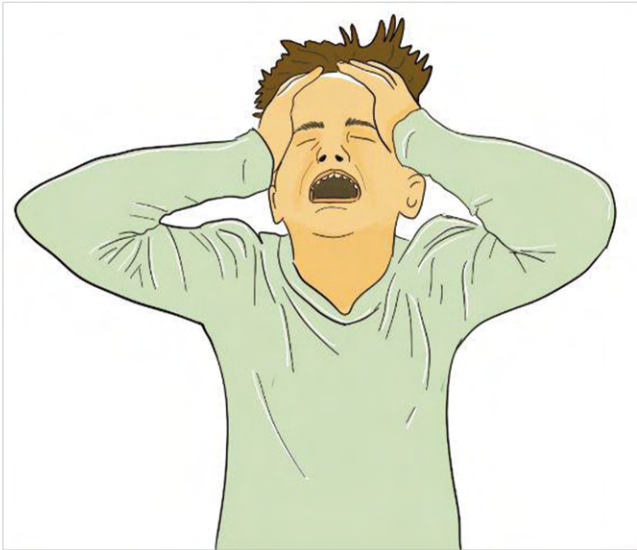
- The person we love can no longer meet up with their friends.
- We control their messages and social media.
- We spy on them.

But this often leads to the opposite of what we want to achieve:
The other person leaves us. Because jealousy really puts a strain on a relationship.

So how do we get rid of jealousy? It is important to know that the reasons for jealousy lie within us.
Not with our partner. We have to see our good side. We have to believe we are worthy of love ourselves.
Only in this way can we build trust. Only in this way can we believe our partner.

Have you ever been jealous? What did the jealousy do to your relationship?
Were you able to stop being jealous?





Frustration

Frustration happens when we fail, when we are disappointed, when something does not go our way. We feel disappointed and powerless. This is how psychologists describe it.

We all react differently to negative events. Some of us get irritated, some get angry, and some are sad. It is often hard to deal with negative feelings. But it is worth it. Because:

- It makes us stronger.
- We become more patient.
- We become more persistent.
- Over time, we begin to deal better with stress.

So how do we learn to tolerate frustration?

Practice self-control:

This means we withstand negative feelings. We do not lose our control and shout out loud.

Express ourselves in a different way:

By using our frustration creatively by painting, making music, or playing sports.

How do other people deal with frustration? Have you noticed how other people do this?

What did you notice? How do you handle negative feelings?





Intimacy

Intimacy happens between two people if they get really close to each other. They trust each other, they are open with each other, they feel like a team, and they are honest with each other. They are willing to talk with each other about difficult topics. About things they do not discuss with anyone else. This is also called emotional intimacy.

Intimacy can also involve sex.
And intimacy is also important for good sex.



How does intimacy come about between two people? Glances, simple touches, and caresses can express closeness. They are a sign of intimacy. And they help intimacy to happen.

Conversations also help you become intimate with someone. You and the other person can both ask and answer questions. For example:

- What are you afraid of?
- What was it like to grow up in your family?
- What do you wish for your future?
- In your opinion, what does a good relationship include?

You can also experience emotional intimacy with friends and family members. Not only in a relationship with a partner, but, naturally, this especially happens there.

JA? NEIN?

JEIN!!!

Ambivalent
feelings

JA? NEIN?

JEIN!!!

Do you look forward to being in love?
Have you ever been in love?

Being in love for the first time is exciting and thrilling.
But it can also make us insecure.

Because: Sometimes it is hard to say what is pleasant and what is not.

Sometimes, both are true:

Touching can feel good, but also be unpleasant.

Talk with your partner about it!

It is often hard for us to talk about feelings. And this includes desires during sex.

Or to say what we do not want or do not like. But: The longer we keep quiet about it, the harder it will be.

So, try from the beginning to talk with each other about what you want.

Then you will understand what the other person likes and what they do not.

And it will be the same for your partner.

This will let you both be considerate of each other. This will let you become closer to each other.

And it will allow you to become intimate.



Responsibility

**Assuming responsibility means: We take on a certain task.
We ensure that we do the job as well as we can.
If problems arise, we try to solve them.
We do what is necessary and what is right. No damage should come about.**

**Beginning with age 14, adolescents become responsible for obeying the law.
We can also say that: They have reached the age of criminal responsibility.
If they do not obey the law,
they can be sentenced under juvenile criminal law.**

**Becoming an adult also means:
Taking responsibility in society.
This means: We help whoever needs it.
We should have civil courage. This means:
We have the courage to help others.
Calling the police if someone is in danger, for example.**

In a relationship, taking responsibility means:

- paying attention to each other,
- treating each other with respect,
- supporting each other,
- agreeing on things.

**But it also means taking care of ourselves.
Only by doing so can we take care of someone else.**





Standards of beauty

Whatever is considered beautiful has a great influence on us.
Ideals or standards of beauty influence what we ourselves find beautiful.
But what is considered beautiful varies widely.
Culture, region, and time period all influence what we find beautiful.

For example:

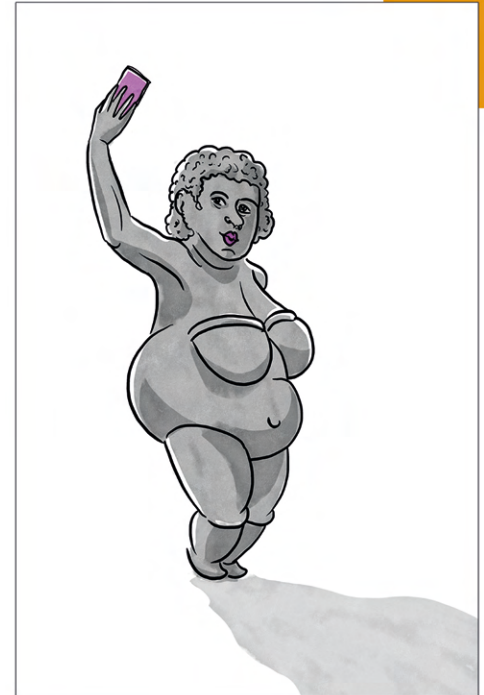
- In the stone age, large bellies, bottoms, and breasts were considered beautiful.
- In the Middle Ages, it was beautiful to be simple and inconspicuous.
A high forehead was considered beautiful: Hair was plucked from the foreheads.
- Beginning in the Renaissance, luxurious forms were considered attractive in men:
They wore hip pads and stuffed their calves.
Women were supposed to have a narrow waistline, so they wore tight corsets.

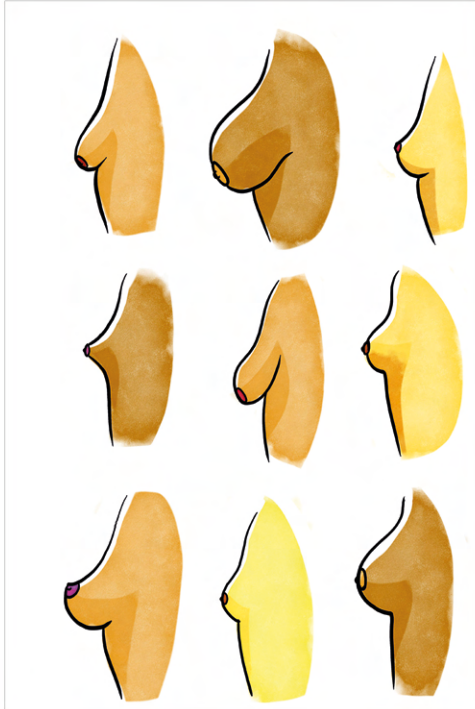
What is considered beautiful can be very different:

- short or long hair,
- small or large breasts,
- round, muscular, very slim ...

Fashion, advertising, and the time we live in influence what we find beautiful.
Many people make great efforts to look like their ideal of beauty.
Many have operations. Some try to meet these standards through diets or training.
Some people get sick because of it.

But there are many others who reject these ideals. This movement is called 'body positivity'.
This means: All bodies are beautiful. The more varied, the better.





Breasts

Girls' breasts develop during puberty. This is due to hormones in the body. The breasts grow larger and change their shape. Sometimes one breast grows faster than the other.

They even out over time. The breasts also become more sensitive.

Boys' breasts can change too. They normally recede again.

Female breasts consist of

- fatty tissue
- connective tissue
- mammary glands

In women who are breastfeeding, breast milk comes through their mammary glands, milk ducts, and nipples.

Breasts come in all shapes and sizes. Just like noses or hands.

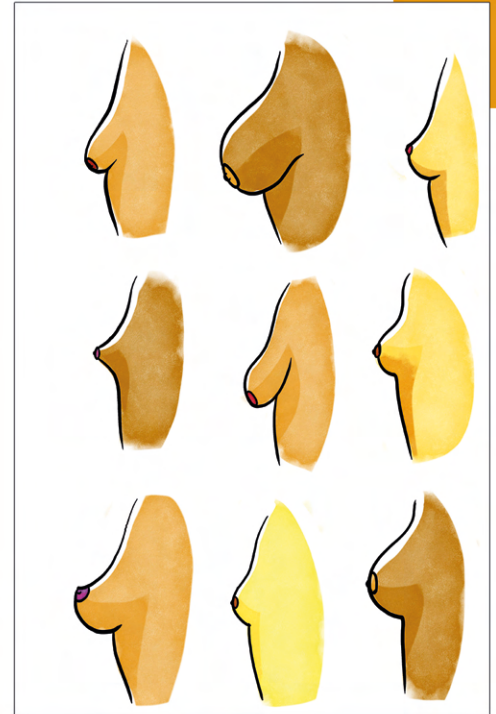
This depends on genes and the percentage of connective tissue and fatty tissue.

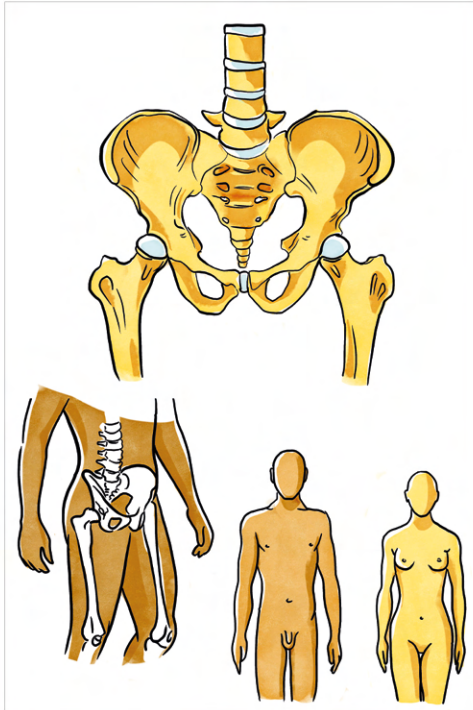
Some other things that can change the breast's appearance:

- Weight
- Age
- Hormonal fluctuations during the menstrual cycle
- Pregnancy
- Sports

Nipples also vary widely in appearance.

And they can change (due to a pregnancy, for example).



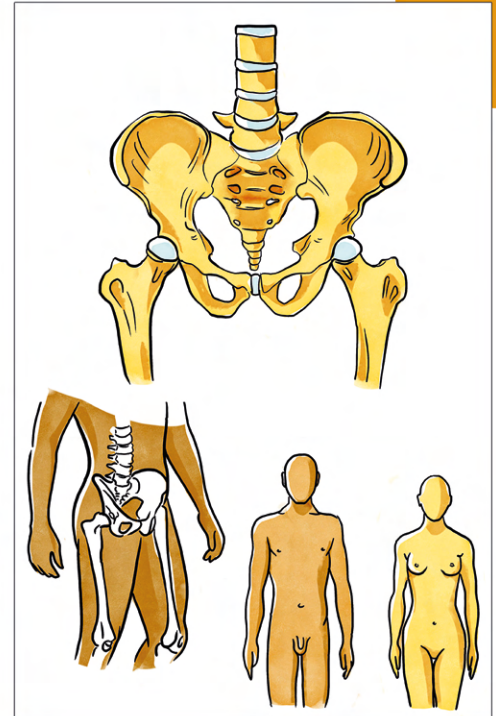


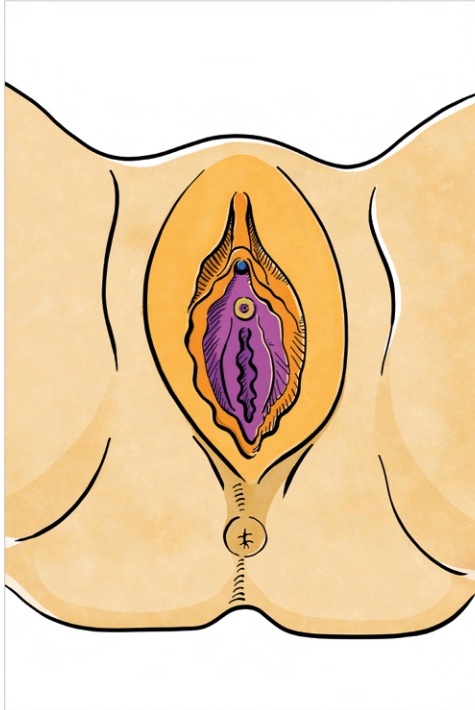
Pelvis

The pelvis is a ring of bone.
It consists of the two hip bones and the sacrum.
It helps us stand upright. It is the midpoint of the body.
Its most important task:
distributing bodyweight evenly from the spinal column
onto the two thighbones.

The pelvic floor is a plate of muscle
on the lower side of the pelvis.
It supports the internal organs.
It ensures that the sphincters of the bladder and bowel function.
And it makes sex more pleasurable.

Women's pelvises are wider than men's.
And the pelvic outlet is wider.
Women need this for childbirth.
Men's pelvises are more elongated and narrow.





Vulva

The body changes during puberty.

The sexual hormone oestrogen causes the female genital organs to grow.

Hair begins to grow at the mons veneris and around the outer labia.

This happens earlier with some girls than others.

This is called pubic hair.

The vulva and labia become larger.

And the hymen and vaginal walls become bigger and stronger.

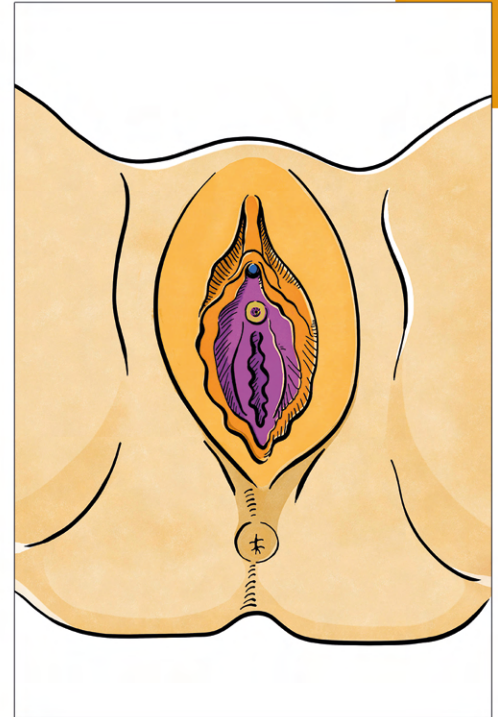
The skin of the labia and around the vulva usually becomes somewhat darker.

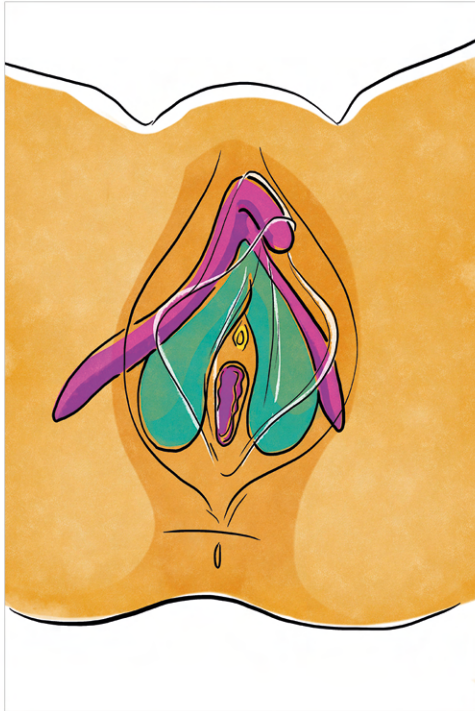
Girls have their first period around the age of 13.

Some earlier, some later.

This is called 'sexual maturity':

the female body can now get pregnant.





Clitoris

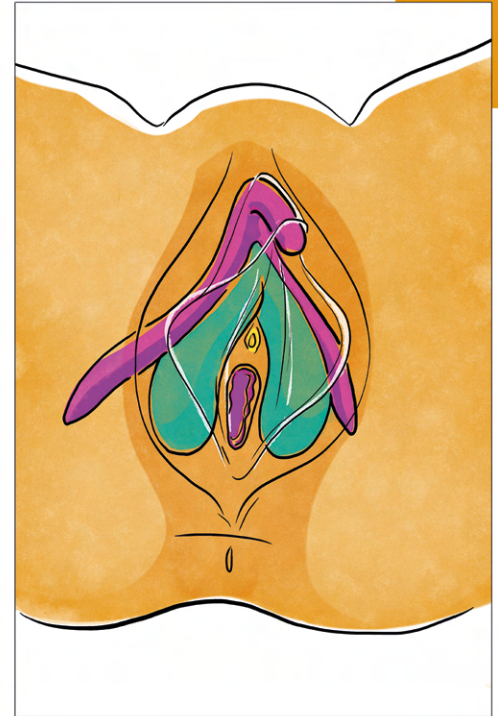
The clitoris is an organ in the female body.
It is around 10 cm large.
Its only function is to provide pleasure.

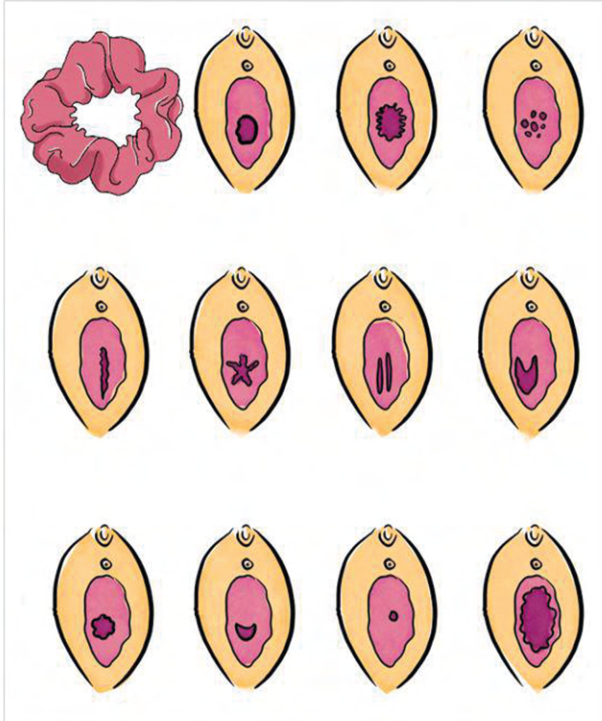
Only a small part of the clitoris can be seen from the outside:
the clitoral glans. It is about the size of a pea.
It is located between the inner labia,
above the vaginal opening and the urethra.
It is highly sensitive. It is protected by a thin clitoral hood.

Having it touched can be very pleasant and exciting.

Most of the clitoris lies inside the body.
The clitoris inside the body consists of:
the shaft, the two corpora cavernosa, and the two vestibular bulbs.
The vestibular bulbs fill with blood
when the person is sexually aroused.

Many parts of the clitoris resemble the penis.
Because: The penis and the clitoris develop from the same tissue.
Starting in the eighth week of pregnancy,
either a penis or a clitoris will develop.
Sometimes it is not clear:
This is called intersexuality.





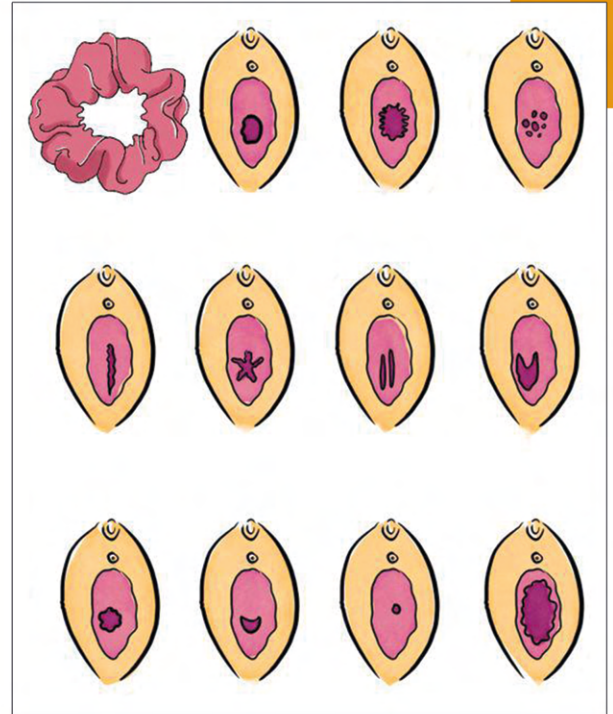
Hymen

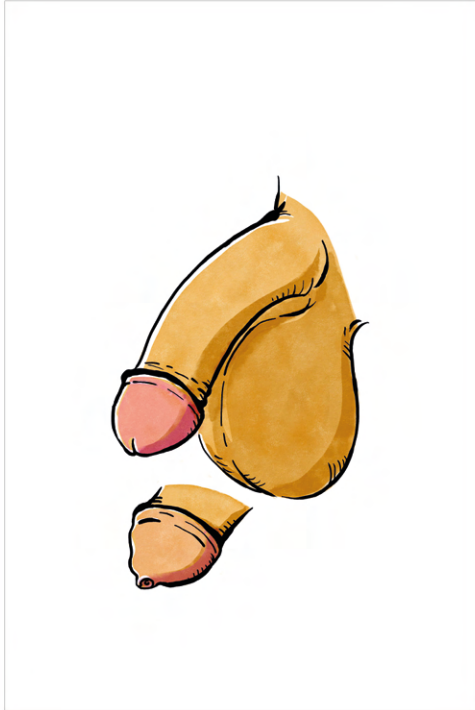
The hymen is located at the entrance to the vagina.
It is a very elastic, flexible ring of tissue.
There are many types of hymens, and each is different.
Most resemble a scrunchie, an elastic hair tie made of cloth.

Many women are born without a hymen.
Many people think this ring of tissue can be broken.
When a girl uses a tampon, for example.
Or during sexual intercourse.

But the hymen is open in the middle.
Period blood and vaginal secretions flow through.
Plus, it is very soft and elastic.
So it is not usually harmed.
And small tears will heal quickly without scars.

Most girls have no pain and no bleeding the first time they have sex.
The hymen does not reveal whether a woman has already had sexual intercourse.





Penis

The body changes during puberty.

The male sexual hormone testosterone causes the penis and testicles to grow.

How long and wide a penis becomes varies widely.

There are long, short, thick, thin, bent, and straight penises.

The shape of the penis has nothing to do with having good sex.

Hair begins to grow around the scrotum and the penis.

This is called pubic hair.

It sometimes reaches to the navel.

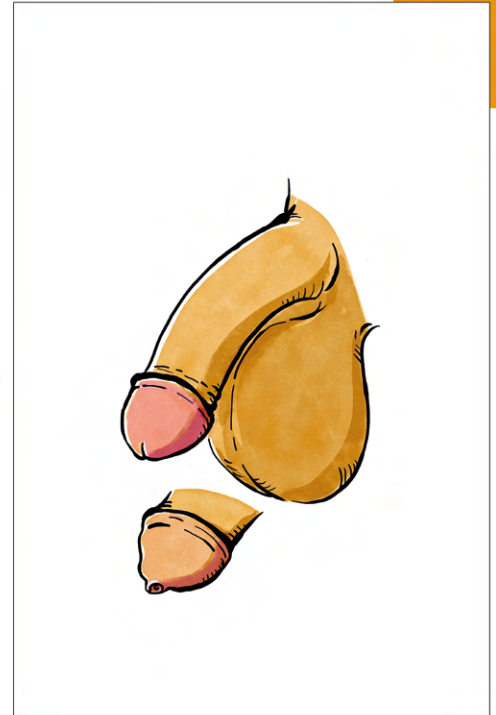
The skin on the scrotum usually becomes somewhat darker.

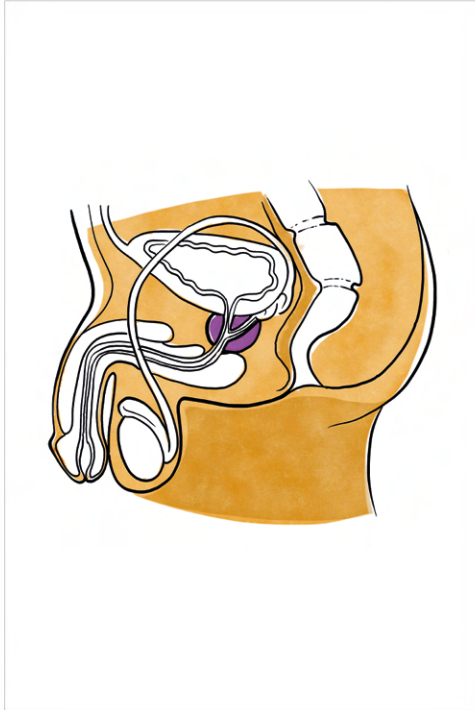
When boys are sexually aroused,
the erectile tissue in the penis fills with blood.

This makes the penis stiff. This is called an erection.

But an erection can also happen without sexual arousal.

This is called a spontaneous erection.



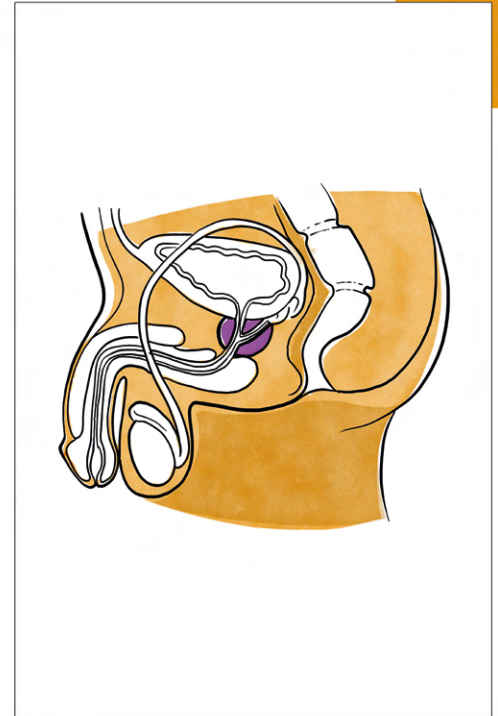


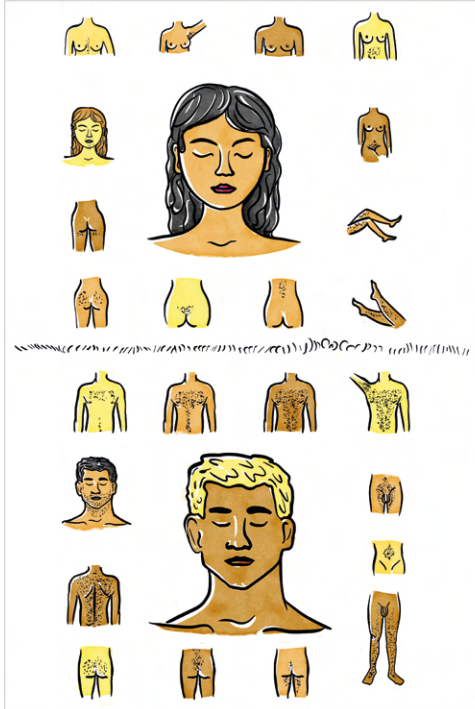
Prostate

The prostate belongs to the interior male sexual organs.
It lies directly beneath the bladder.
It is about the size of a chestnut.
Seminal fluid forms in the prostate.

The prostate also controls
when seminal fluid and when urine comes through the penis.
It only begins to work during puberty.
The most important sexual hormone for this is testosterone.
It is mostly produced in the testicles.

The prostate also produces prostatic fluid.
This is important for sperm to become fertile.
Without the prostate, a man is sterile.





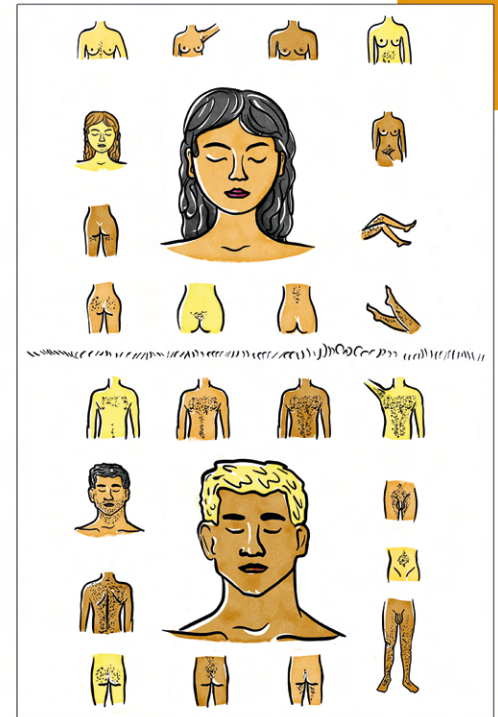
Body hair

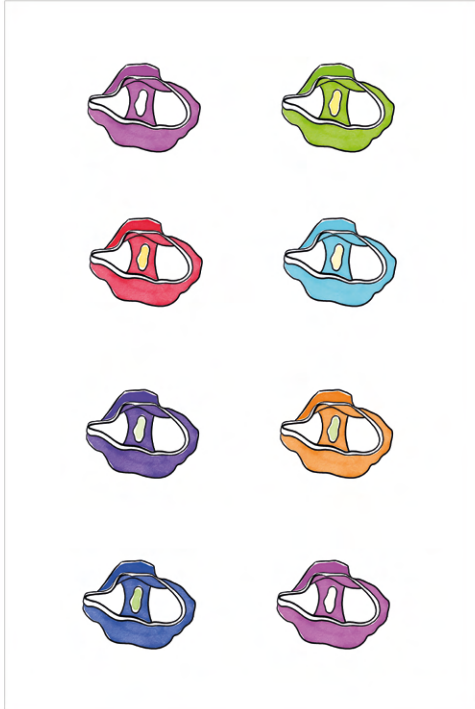
Hair begins to grow during puberty due to hormones.
These hormones include: testosterone, oestrogen and androgen.
Androgen also causes body hair to grow:
under the shoulders or between the buttocks.
Hair on the arms and legs can also become stronger and darker,
as on the eyebrows. Boys begin to grow beards.

How hairy a person is depends on various factors:
genes, hormones, and age.
Body hair strengthens odours as pheromones.
And reduces friction in the armpits.

Many people shave their hair or pluck it out.
Many believe this is cleaner.
But it is more important to wash regularly.

Whether we shave our hair or not also depends on fashion.
And this changes constantly.
Ask your parents or grandparents
what was in style when they were young.
For a few years now, many people
have stopped removing their body hair.
Everyone should be able to decide for themselves whether they find hair on the body to be beautiful or not.





Leukorrhoea

Leukorrhoea is a discharge from the vaginas of girls and women.

Leukorrhoea is a healthy discharge.

In girls, it is a sign they are about to get their first period.

When girls and women are already menstruating,
leukorrhoea occurs on days without period blood.

Leukorrhoea is not always the same: sometimes bright, sometimes lumpy.

That is completely normal.

It shows that everything is healthy in the vagina.

And all the bacteria living in the vagina are also called: vaginal flora.

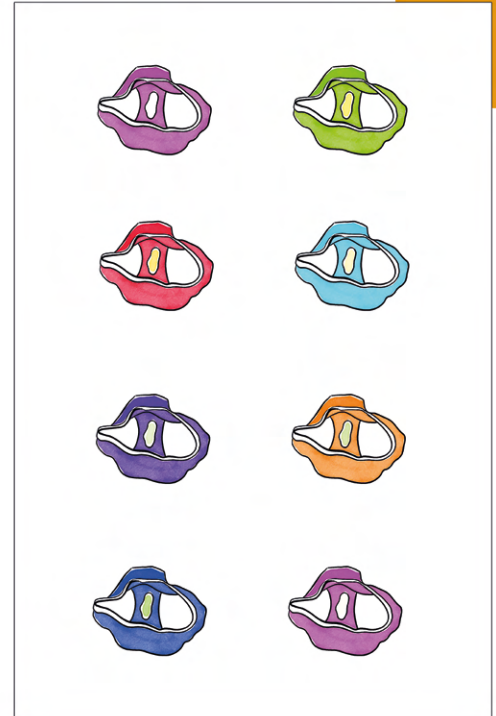
This vaginal flora mostly consists of lactic acid bacteria.

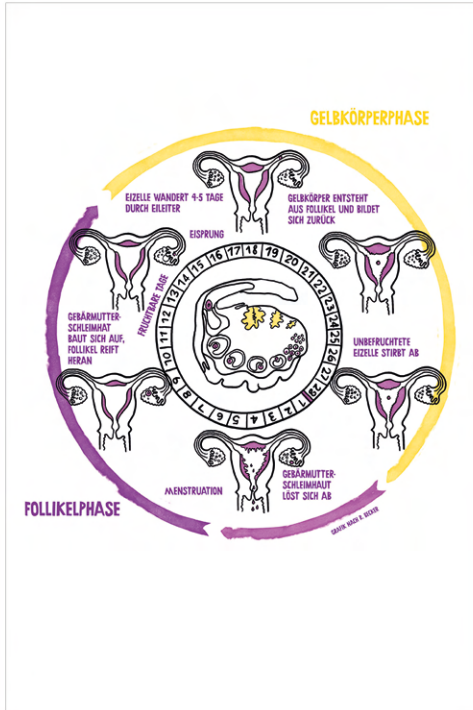
It protects the woman from pathogens and infections.

You should go to a gynaecologist only if the discharge:

- has changed drastically
- has an unusual colour
- has a strong odour or
- itches

This can be a sign of infection.





Menstrual cycle

The menstrual cycle describes the time from the first day of one menstruation until the first day of the next. This is also called a 'period' or menstruation. In the years between puberty and menopause, this process repeats itself regularly. 'Menopause' refers to the a woman's last period.

The process is as follows:

Menstruation is followed by the follicular phase.
This is followed by ovulation.
Then comes the luteal phase.

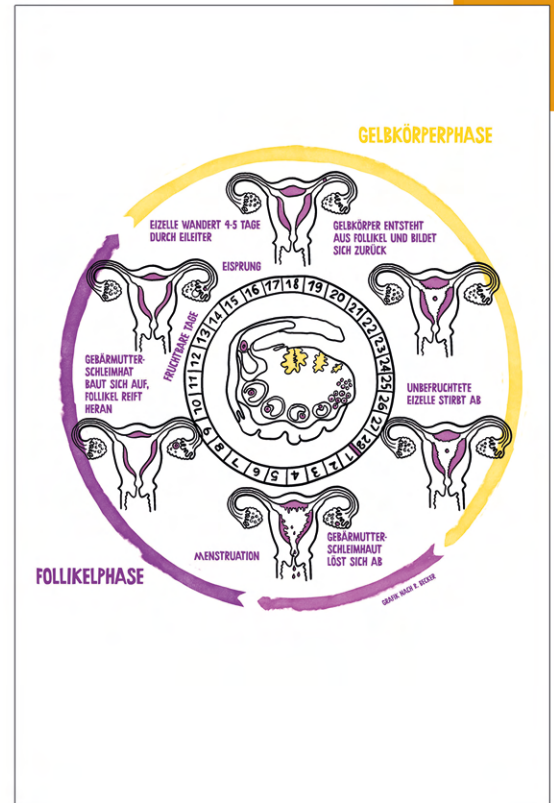
This is controlled by sexual hormones.

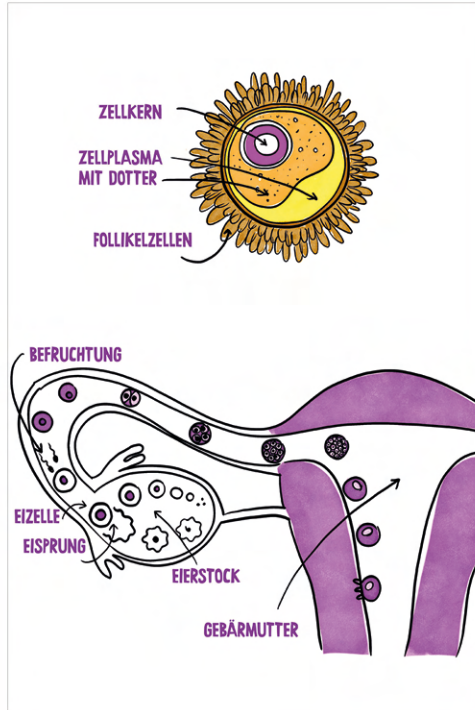
This is the way the body prepares itself for a possible pregnancy.

How long the menstrual cycle lasts is different for different women.

For most women, it lasts about a month, but it can be longer or shorter.

In young women, the cycle is often irregular.





Ovum

The ovum ('egg') is the female gamete.
It is also called a germ cell.
It is the largest cell in the body.

Eggs are located in the ovaries from birth.
Beginning in puberty, a few eggs begin to mature each month.
Mature eggs are necessary for fertilisation.

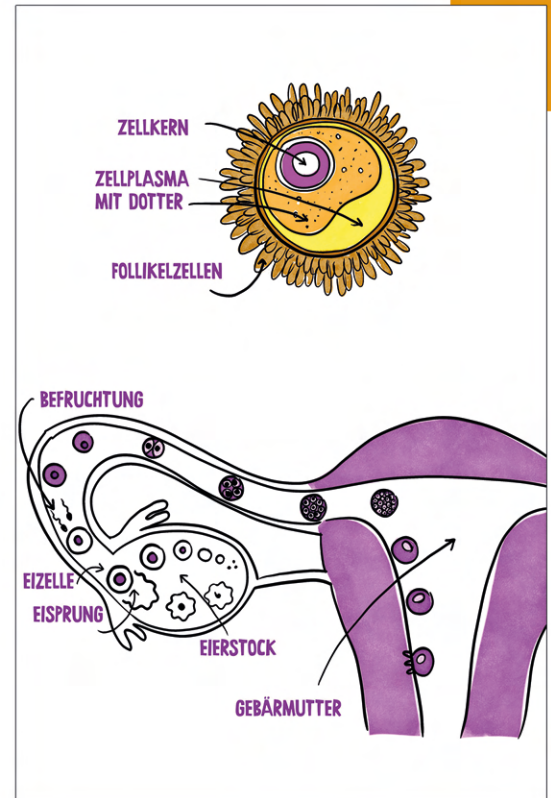
Approximately in the middle of the cycle, the ovary releases
one mature egg. This egg will remain fertile for about 12 to 24 hours.

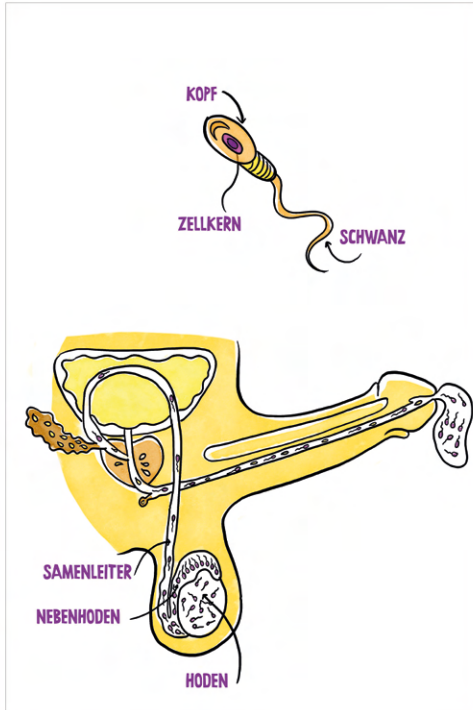
If a sperm cell fertilises the egg, here is what happens:
it moves through the fallopian tube into the uterus
during the next four to five days.
There, it will nest in the lining of the uterus.

Now, pregnancy begins:

- The egg divides itself into more and more cells,
- the placenta develops,
- and the embryo grows.

If an egg is not fertilised, it dissolves.
And parts of the uterus lining are removed.
This marks the first day of menstruation.
And the next cycle as well.





Sperm cells

The male sperm cell is also called: spermatozoon.
Sperm cells are among the smallest somatic cells (body cells).
They are produced in the testicles and mature in the epididymides.
The testicles produce around forty to seventy million sperm cells a day.

During ejaculation, sperm cells are discharged through the urethra.
If no ejaculation occurs, the body removes the unnecessary sperm cells.

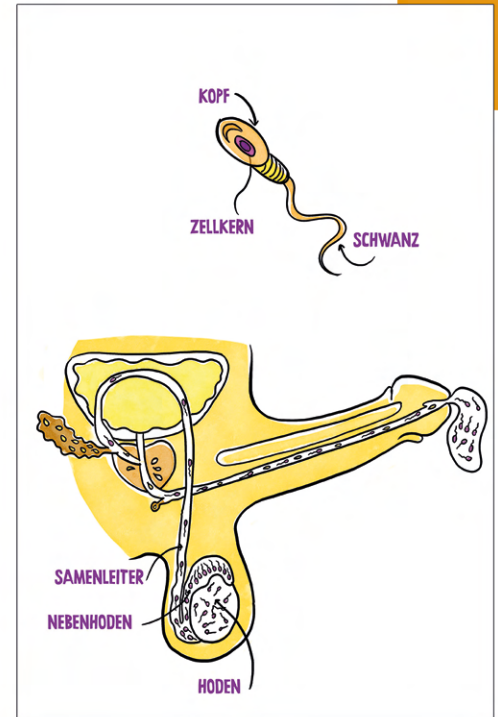
During sexual intercourse, sperm cells arrive in the uterus through the vagina and move further into the fallopian tube. If they encounter a mature egg there, the egg might be fertilised.

Then, a pregnancy can occur.

Sperm cells can live inside the woman's body for up to five days – sometimes even up to a week.

Boys experience their first ejaculation around the age of thirteen.

Some earlier, some later.





Contraceptives

There are various ways to protect against unwanted pregnancies.

Many contraceptives contain hormones.

They change the menstrual cycle so no pregnancy can occur.

The most well-known contraceptive is the pill.

Other contraceptives prevent the sperm cell from meeting an egg:

condoms, for example. These are worn over the penis.

Condoms can also prevent sexually transmitted diseases.

There are also chemical contraceptives. Pessaries, for example.

They kill sperm cells, thus preventing fertilisation.

Contraceptives are never 100% certain.

So two should be used together:

a condom and a birth-control pill, for example.

Gynaecologists can give you advice.

If something happens during sex:

The condom slips off, for example.

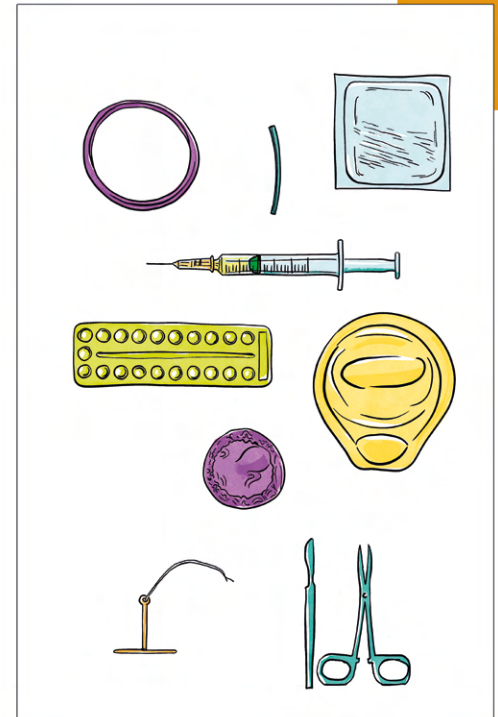
Or if no contraceptive was used.

Then there is the 'morning after pill'.

This pill works only before ovulation occurs.

Because it prevents ovulation.

It also prevents the sperm cells from encountering a mature egg and fertilising it.





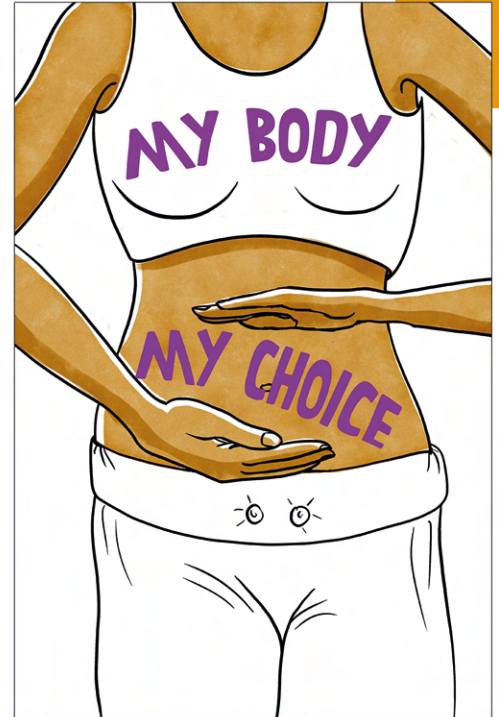
Abortion

**Abortion means:
intentionally ending a pregnancy.
In Austria, this can be done within the first three months.**

**During the first weeks of a pregnancy,
this can be accomplished with medication.
After that, surgery is needed.**

**Deciding against a pregnancy is difficult for many people.
Many religions and cultures are against abortions.
This does not make it easy for many women and girls.
Counselling services for women and girls provide information and help.**

**In Austria, an abortion costs around 300 to 800 euros.
Health insurance rarely pays those costs.
They do so only if an abortion is necessary for health reasons.**





Orgasm

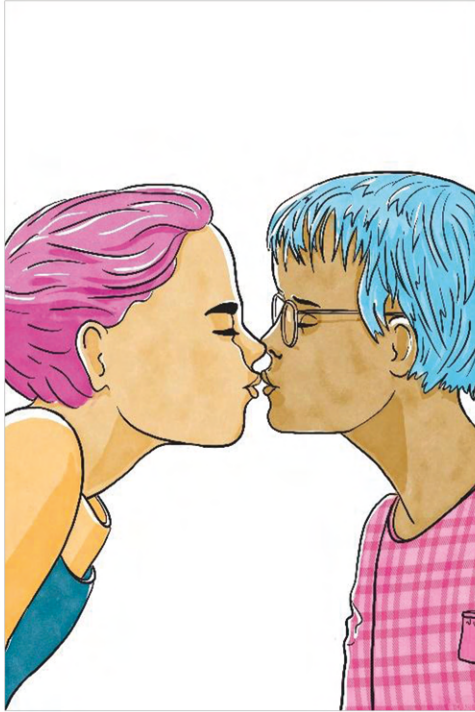
An orgasm is the high point of sexual arousal.
The term 'orgasm' comes from Greek. There it means:
glowing, strongly excited, and also to become soft.
This is a good description of how an orgasm feels.

We feel a twitching in the muscles,
especially in the pelvis.
That is a reflex.
It is triggered by sexual arousal.
That is an orgasm.
Then the tension also subsides.
This state is also called satisfaction.

Orgasms do not all feel the same.
Orgasms are different for everyone.
Many describe a throbbing in the abdominal cavity,
while other feel a tingling in their entire bodies.

With men, an orgasm can be accompanied by a seminal discharge.
This is called ejaculating. Women can ejaculate as well.
But this usually happens before the orgasm.





Relationships between young people

**Having our first love affair
is new and exciting.**

Researchers say:

A relationship between young people is special.

**Being in love, being loved, being physically close, experimenting,
having our first experiences with a partner.**

But also learning what makes up a relationship:

- **Building trust**
- **Considering the other person**
- **Making compromises**

It is not easy.

It needs to be practiced.

**But later, when we become adults, other things become important:
living together, wanting children, getting married.**

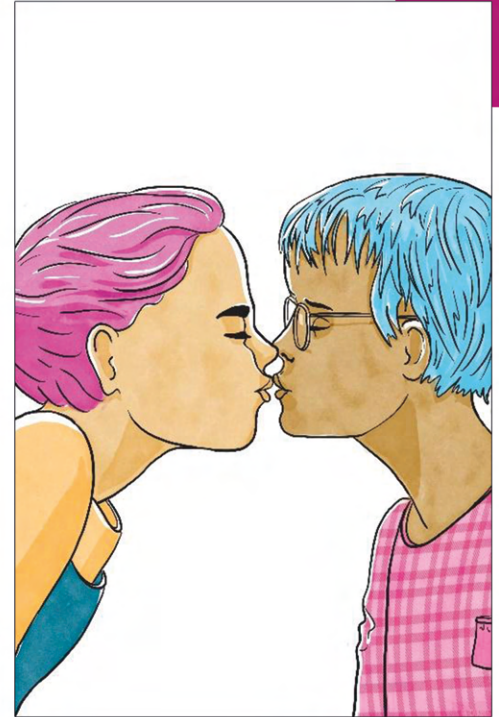
Have you already had your first relationship?

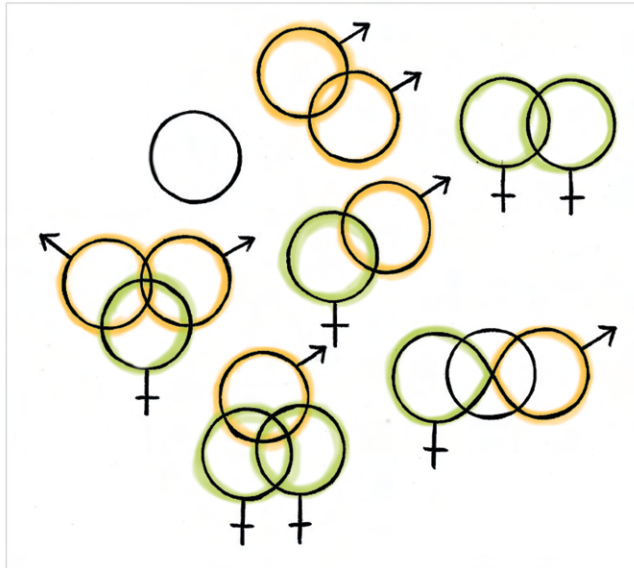
Have you thought about

what would make up a relationship for you?

Do you believe love can last a lifetime?

What is important to you in a relationship?





Sexual orientation

Sexual orientation describes the gender to which a person feels sexually attracted. The most frequent sexual orientations are:

Heterosexuality:

A man feels sexual towards women and emotionally drawn to them.
A woman feels sexual towards men and emotionally drawn to them.

Homosexuality:

A man feels drawn towards men,
and a woman feels drawn towards women.
With men, this is also called being gay.
With women, it is also called being a lesbian.

Bisexuality:

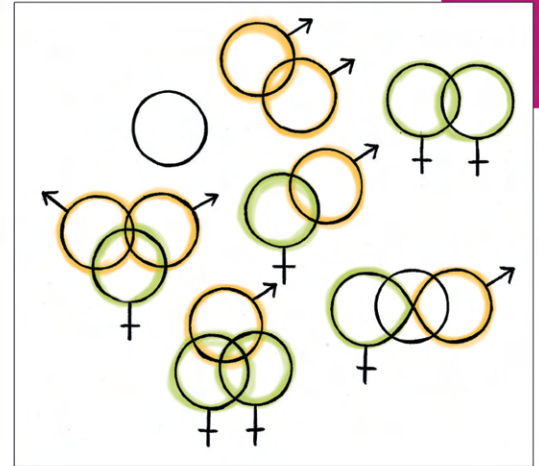
Someone feels sexually and emotionally drawn towards both men and women.

Pansexuality:

A person wants to have a relationship or sex with another person.
The biological or social gender is irrelevant.

Asexuality:

A person has no interest in sex with other people.
Sometimes the person wants a relationship with another person, but without sex.





Respect

Respect means: We value another person and

- their achievements
- their opinions
- their lifestyle

Even if we do not share their opinions or their lifestyle.

Mutual respect is important.

**Mostly so a relationship, group,
or community can function well.**

All people want to be respected.

Everyone wants to be treated equally.

We can also feel respect for:

- other living things
- other moral rules
- institutions, such as the church

Respect takes many forms: politeness, recognition, tolerance, or reverence.

Sometimes the word 'respect' means something different. Such as: 'Respecting big dogs'.

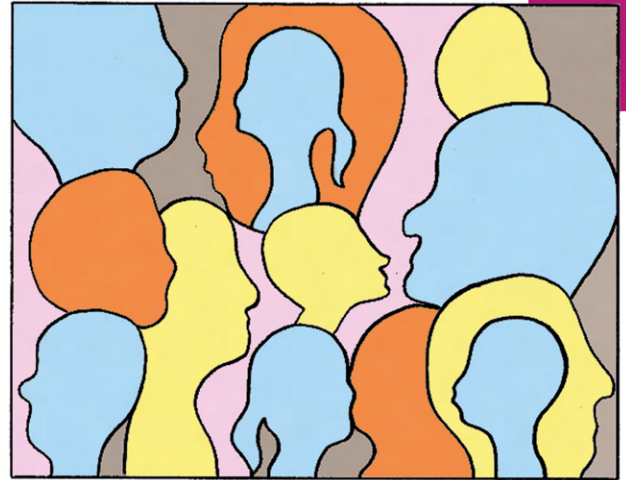
This means we should be careful around the dogs.

Or we can respect a task. Respect means: We are a little bit afraid.

Because the task seems hard. Because we have to make a lot of effort.

What does respect mean to you? In what situation have you observed respectful behaviour?

When is it hard for you to be respectful?





Disrespect

The opposite of respect is: Disrespect.

Disrespect means: Someone is treated unequally and unfairly.

For example, if someone:

- acts superior to someone else
- puts the other person down
- controls or insults the other person
- mocks, humiliates, or bullies the other person

Disrespectfulness is the opposite of equal rights:

A person is suppressed and made small. Sometimes even by force.

This is very unhealthy for relationships.

It is also unhealthy within a group.

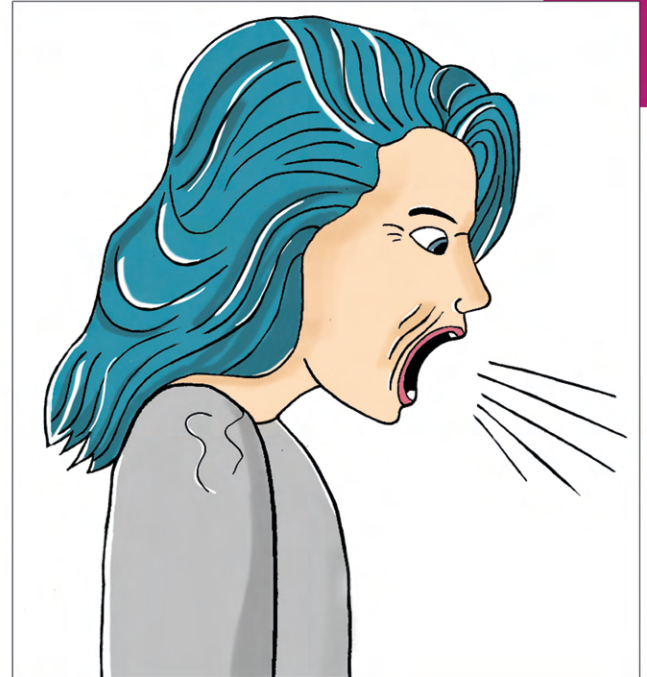
Sometimes someone feels that something is not disrespectful.

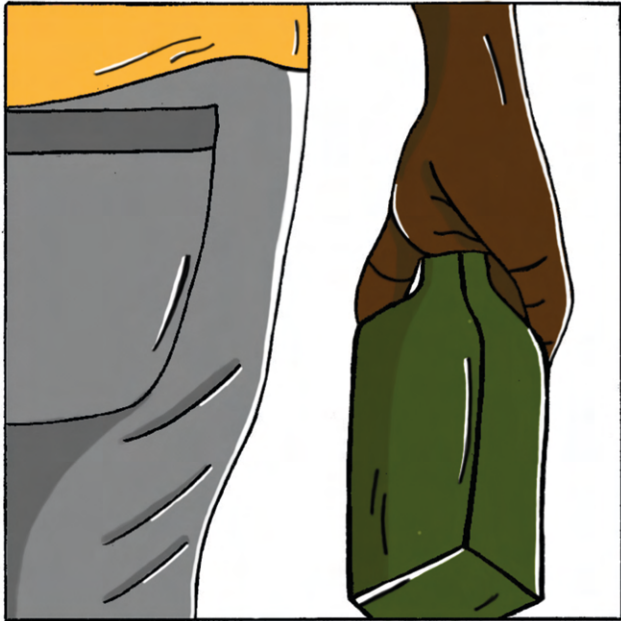
Even if other people think it is.

Speak up if you feel you are being treated disrespectfully.

Always be respectful yourself. This will allow you to clear up misunderstandings quickly. If someone stays disrespectful, keep your distance from them.

Have you ever experienced disrespectful behaviour? How did you react?





**Attention:
Danger!**

Unfortunately, relationships between young people often involve violence.

Not only in relationships that have lasted many years.

Over half of all young people experience violence in their first relationships. The most frequent kind is psychological violence, especially controlling behaviour:

- the other person is not allowed to meet with other people
- their mobile phone is controlled
- they have to tell someone their passwords for social media

Physical and sexual violence also happens.

What can be done about it? Talk with each other.

Sometimes it is hard to talk about desires and expectations.

But it is important so compromises can be made.

Alcohol often increases the risk of violence:

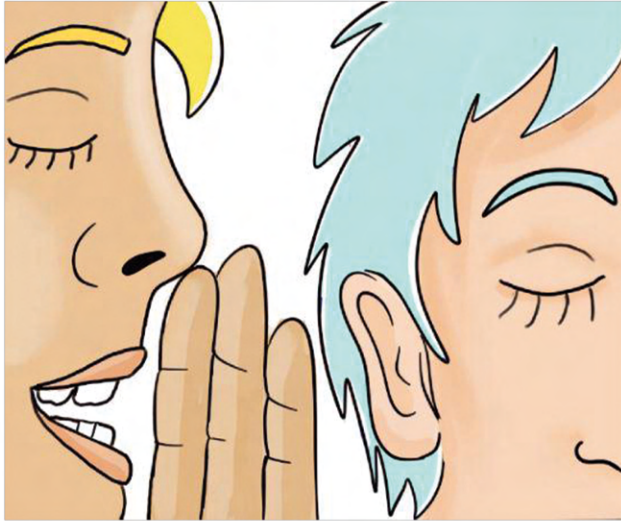
Drunken people often become violent. But they are also more likely to be the victims of violence.

And a person who has experienced violence early on is more often exposed to violence in a relationship.

No one has to tolerate violence: If you see violence happening, try to help.

If you experience violence, try to get help. If you are violent yourself, try to get help.





**Secrets of
good
relationships**

Respect is very important for a good relationship.
Both people should have equal rights.
Both people should feel valued and supported.

Talking about feelings is also important for a good relationship.
Talking about your own feelings.
And taking the feelings of the other person seriously.

Also important: small, loving gestures.
Or shared habits and traditions.

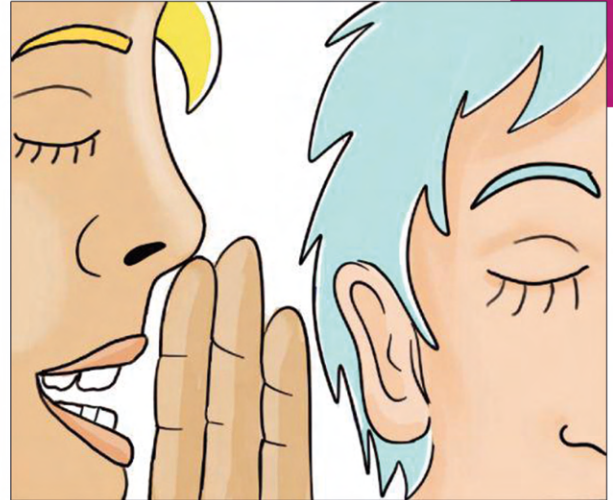
It is also important to:

- take time for yourself
- do some things without the other person
- meet with your own friends

Only a person who likes themselves can love others. This makes the person less dependent on the relationship.

Trust is also important in the relationship. Trust takes time to build.
And both people have to be ready to be open with each other.
By talking about feelings, for example.

Have you ever had a good relationship? What was special about it?
How do you imagine a good relationship?





Ideas about sexuality

We all have certain ideas about sexuality.

They are determined by:

- Experiences
- Fantasies
- Desires
- Images

All of this is combined into an ideal image.

This ideal is like a script for our expectation of sexuality.

It guides our behaviour and our love life.

Some images in these expectations are not very loving or considerate.

Sometimes the images even show misogyny or violence.

Do you know any films, images, or songs that show love or sexuality in a violent way?

Be critical!

Think about what you would like yourself.

Do these images match your expectations of love and sex?

What type of relationship would you like to be in?





Human rights

Human rights have been declared by the United Nations.

The United Nations is made up of 193 countries from around the world.

The United Nations is also called the UN.

The UN has a number of goals:

- peace throughout the world
- better relationships between countries
- solving problems that affect the entire world
- equal rights for all people

The UN described human rights in 1948.

They are found in the 'Universal Declaration of Human Rights'.

There is also a 'European Convention on Human Rights'.

Austria signed this treaty in 1958.

In Austria, human rights are enshrined in the Basic Law.

They apply to everyone who lives in Austria.

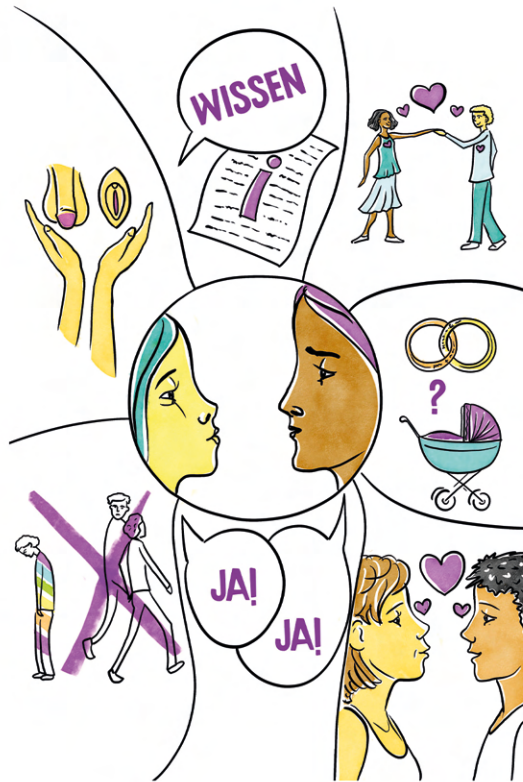
A few examples of these basic rights in Austria:

- the right to life and personal freedom
- the prohibition of slavery and forced labour
- the right to equality before the law and the right to a fair trial
- the right to belief and freedom of conscience
- the right to marry and start a family
- the right to respect for private and family life

Human rights are very important in Austria. Everyone must comply with them. The Austrian Ombudsman Board makes sure this happens. You can find information on this in the internet: volksanwaltschaft.gv.at.

What do human rights mean to you?





Sexual human rights

Universal human rights include sexual human rights.
In 1999, An organisation decided to declare sexual human rights.
The organisation is called: **'World Association for Sexual Health'**.

Sexual human rights include:

The right ...

- to sexual health
- to information and sex education
- to choose one's partner freely
- to protection from discrimination
- to consensual sexual relationships
- to decide for one's self whether to marry or have children
- to a safe, violence-free, satisfying, and sensual sexual life

Did you know there was such a thing as sexual human rights?





The UN Convention on the Rights of Persons with Disabilities

The United Nations also created a treaty on the rights of persons with disabilities.

It is called: Convention on the Rights of Persons with Disabilities.

Multiple countries have signed the treaty. Including Austria.

This means: The human rights of persons with disabilities must be promoted, protected, and ensured.

The most important points in this treaty are:

- People with disabilities have the same rights as everyone else.
- They should be allowed to determine their own lives and make their own decisions.
- They may not be discriminated against.
- They should receive the same opportunities.

This treaty has been in effect in Austria since 2008.

The rights apply to everyone with

- physical disabilities
- psychological disabilities
- intellectual disabilities
- sensory impairments

For them to be able to live in the same way as everyone else, they need special help.

Disability lawyers' associations also help them do that.

Every federal province in Austria has them. They provide information on the rights of persons with disabilities.

And they help to make sure those rights are upheld.





Women's rights

Women all over the world experience violence.
They also experience violence and sexualised violence in relationships.
This is also true in Europe.

Therefore, in 2011, the countries of Europe decided to do something about it.
They signed a treaty in the Turkish city of Istanbul.
So the treaty is also called the 'Istanbul Convention'.
It says: Violence against women must be fought against and prevented.

Austria signed this convention in 2013.

All forms of violence against women are listed in this convention:

- physical,
- psychological,
- verbal violence with words,
- forced marriage, and
- the circumcision of female genital organs.

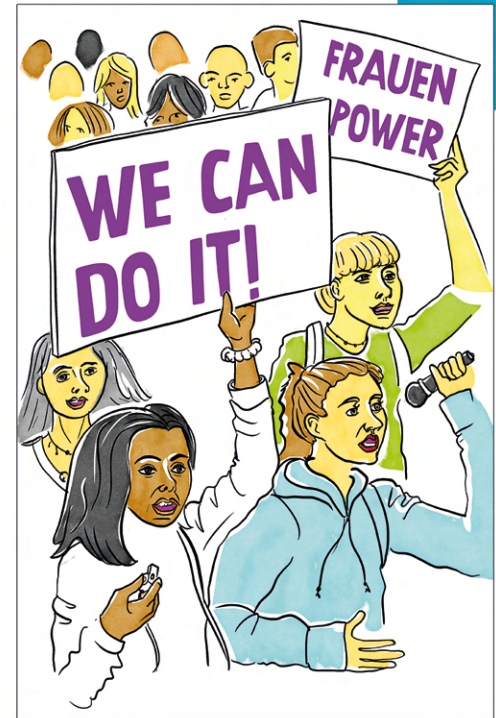
How can violence against women be prevented?

The convention states: It is very important that women and men be equal in society.

Where are women in Austria discriminated against?

Where are women less powerful than men?

What can be done to make women and girls equal to men?





Female genital mutilation

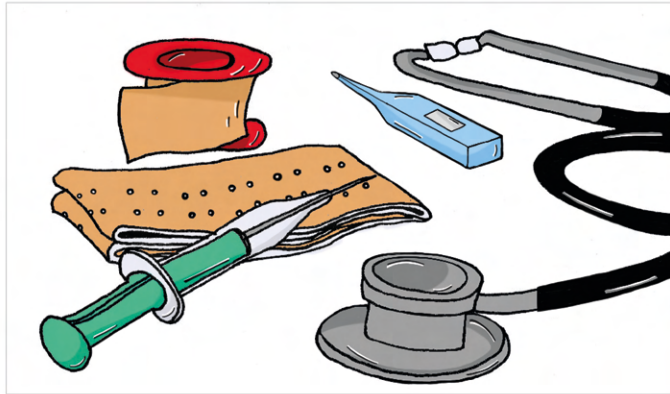
Violence against women involves many things: including the mutilation of female genital organs. This is also called FGM and stands for Female Genital Mutilation. It is a severe form of violence against women. It involves circumcising parts of the female genital organs, such as the labia and the clitoral glans. Some or all of the outer genitalia of girls or women might be cut off. Sometimes the vagina is sewed together, leaving only a tiny hole.

FGM is a cultural tradition in many African, Asian, and South American countries, but no religion requires it. Violence against women is prohibited in Austria. But women from countries where circumcision is normal live here too. If victims or perpetrators live in Austria, this violence is punishable even if it is carried out abroad.

Girls and women suffer severe consequences after this circumcision. It has consequences for their health and sexuality. Many suffer extreme pain.

Help and information is available in the internet: stopFGM.net
This internet site also gives advice in different languages.





Medical care

During a medical exam, the doctor might have to do something private or intimate.

For example:

A doctor might examine your genital organs or touch your breasts. Speak up if anything is unpleasant.

Make sure someone explains to you what the doctor is doing. You can also be accompanied by someone you trust.

And: You are allowed to choose your own doctor.

Nurses and carers might also have to do something private or intimate.

And here as well: Not all touching is appropriate.

Speak up if anything is unpleasant.

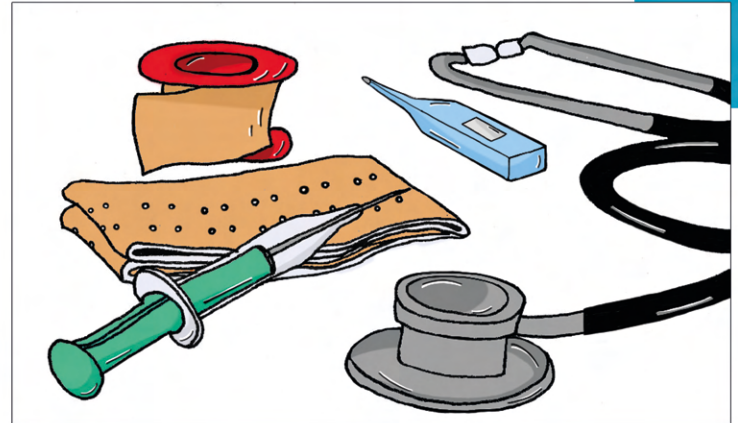
Because: Everyone has the right to feel good.

If you have experienced something unpleasant, get help.

For example, you can tell someone you trust about it.

Every federal province in Austria has institutions to help you: lawyers' associations for patients. Or representative groups for patients.

They provide information about your rights, and they can help you.





Bullying

Bullying is also called mobbing.

One group of people keeps using violence against someone for a long time:

- The person is insulted and humiliated.
- They are threatened with violence.
- Rumours and false claims about them are spread.

Bullying is a kind of psychological terror.

Many people take part in bullying out of fear.

Or because they are afraid of being bullied themselves.

Of they take part because they want to belong to the group.

People are sometimes bullied due to their appearance, due to their origin, due to their sexual orientation, or for other reasons.

People sometimes bully others to make themselves feel stronger or more powerful. But bullying is not a sign of strength.

It is a sign of weakness.

It is strong to get help for yourself.

In school, for example, from

- teachers,
- social workers,
- guidance counsellors
- school psychologists

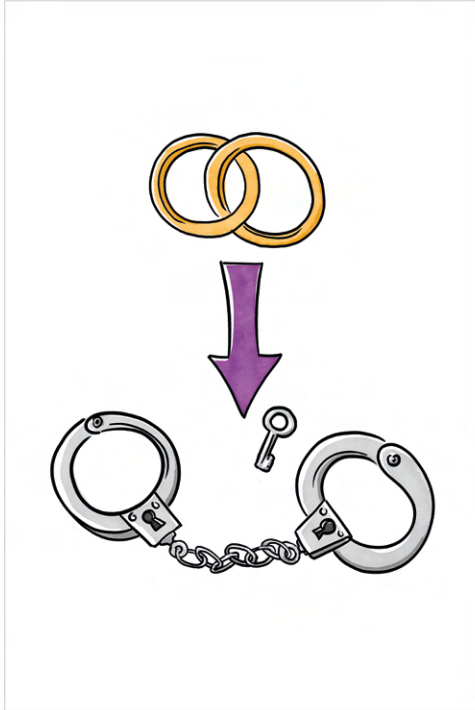
Or from child and youth advocates or child protection centres.

You can find help with 'Rat auf Draht': Telephone number 147. Or on the internet: www.rataufdraht.at

Have you witnessed bullying or even experienced it yourself?

Were you able to put a stop to it? Who supported you in doing so?





**Forced
marriage**

In Austria, forcing women or girls to marry boys or men is forbidden.

This crime is punishable by up to five years in prison.

People are forced into marriage for a variety of reasons:

- cultural ideals
- religious dictates
- pressure from within the family
- for economic reasons

Sometimes young people are taken outside Austria to be married off.

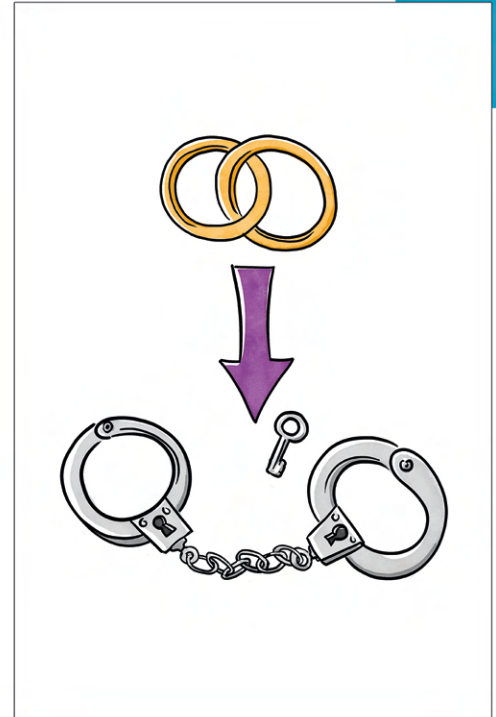
You can find help at:

- DIVAN in Graz
- Orientexpress in Vienna
- Women's helpline against violence: 0800 222 555
- 24-hour women's emergency hotline 01 71719

There are also 'arranged' marriages.

This is when a relative chooses the partners. The bride or groom often agree to this.

Nevertheless, many see this as coercion. Especially due to the expectations of others.





**Helping
victims and
supporting
processes**

If someone experiences violence at home, the police can take the perpetrator away.

This means the violent person is prohibited from being in the victim's home or close to them for two weeks. During that time, the victims can seek help. In counselling services or in the centre for protection against violence, for example.

There, other people can help the victim decide what to do next.

If a charge is filed and proceedings are held, there is also help for victims:

They are accompanied to the police station and to the court.

And other affected people receive help here too:

- **victims of violence in the internet**
- **victims of stalking or cyberbullying**
- **minors who have experienced violence at home**





How to get help

After experiencing violence, it's often difficult to seek help.
It is easier if someone supports us.
Someone we trust, for example.
The trusted person can accompany us to the police station or a counselling service.
Because: Things are better if we feel understood.

If you are accompanying a person affected by violence, be careful:

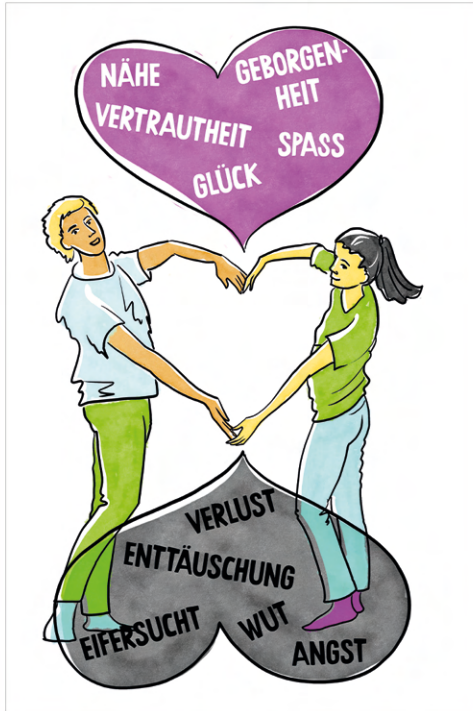
- Just be with them and listen.
- Believe what the person tells you.
- Do not promise anything you cannot deliver.
- Do not place blame.
- Get help.

Everyone who experiences violence has the right to help:

No one has to face violence alone. We can find help in counselling services or violence prevention centres.
The help they provide is free. The goal is always: end the violence. Trusted individuals can also call there.

Can you picture yourself accompanying someone who needs help?
Do you know where there is a counselling service close to you?
Is there a violence prevention centre close to you?





Violence in relationships between young people

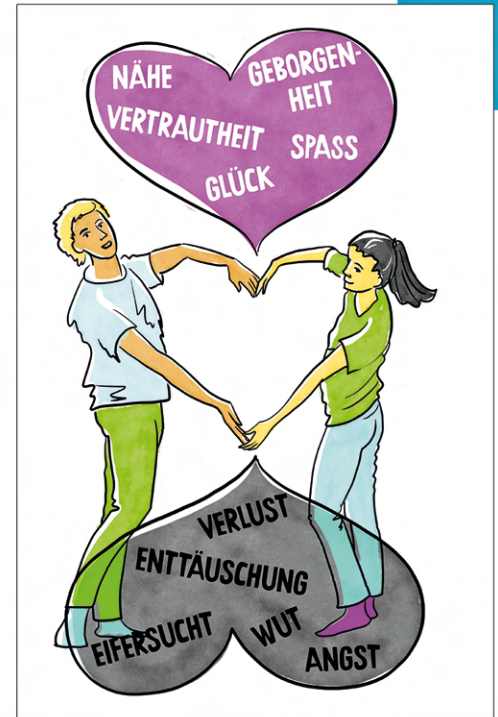
Having our first love affair is mostly great:
full of love, romance, trust, fun, and shared experiences.
But sometimes a relationship is difficult.
We have to come to agreements,
talk about differing desires and expectations,
and find solutions for conflicts.

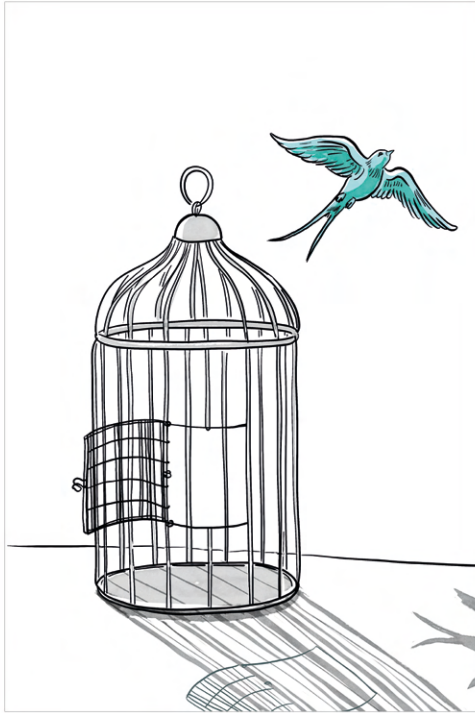
This sometimes makes us frustrated or disappointed, insecure, or jealous.
We often feel both at the same time: love and frustration.
It can be confusing. And it is not easy to deal with.

Many react with violence, whether physical, psychological, or sexual.
Most people who practice violence are boys and young men.
But not always: Boys and intersex people can also experience violence.

When we experience violence, we feel alone.
Or we are ashamed, because we believe everyone else has much better relationships.
But that is not the case. Many people have similar experiences.

How was your first romantic relationship, or how do you think it will be?
Is it easy for you to talk about feelings?





**Ending
violence**

If we experience violence, we hope it will stop. This also goes for people who experience violence in relationships. Sometimes it does stop:

- we get to know each other better,
- we learn to talk about feelings,
- about desires and expectations,
- we learn to be considerate,
- we learn to trust.

But some people cannot do this, and the violence does not go away. Or it even gets worse. In that case, it is better to end the relationship.

If you have experienced violence, talk about it: counselling centres for girls and women are there to help! Boys can also turn to counselling centres for men.

Talking about it is important for everyone:

Whether perpetrators or victims – whether you have experienced violence or been violent yourself. Only in this way can violence be prevented in the future.

If you experience violence, you can call these numbers:

- Rat auf Draht: 147
- Children's emergency hotline: 116 111
- Women's helpline against violence: 0800 222 555
- 24-hour women's emergency hotline: 01 717 19
- 24-hour men's emergency hotline: 0800 246 247
- Police: 133
- Police by text: 0800 133 133

