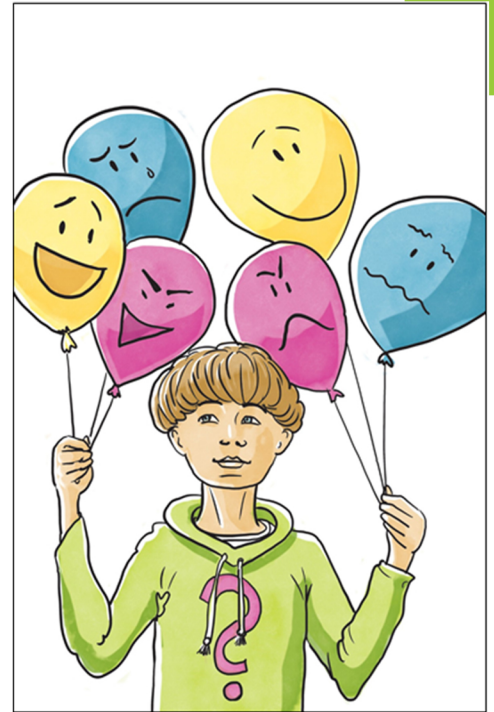




Feelings

**A feeling is a person's condition.
Feelings show how we are at a particular point in time.
Feelings can be pleasant or unpleasant.
Sometimes we feel them in our body.
Sometimes others tell us how they feel.
Sometimes we see how other people feel.
How can we recognise how somebody is feeling?
Feelings do not always remain the same;
they can also change.
That is entirely normal!**





Happiness

**Happiness is a beautiful, light feeling.
Sometimes we have a tingly feeling in
our head or stomach.
We feel happy, well and cheerful.
There are situations that give us happiness.
What are they for you?
Whom do you share your happiness with?
How do others notice that you are happy?
Have you ever made somebody else happy?**





Love

Love is a feeling of strong affection and attachment between two or more people.

**We can feel love for many people:
family, friends, partners.**

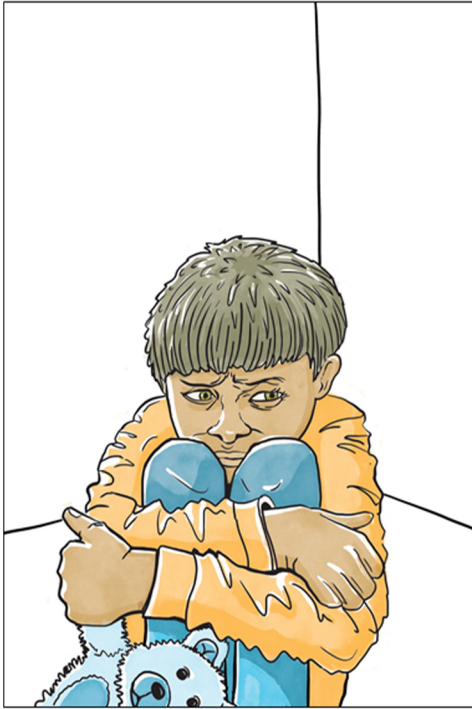
But we can also love other living things such as animals.

Whom do you love?

Who are the people who love you?

Do you believe that love can change or ever come to an end?





Fear

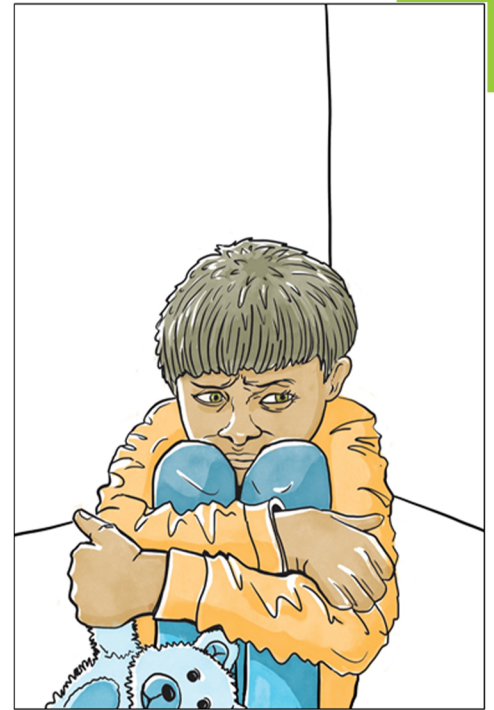
Fear is an unpleasant feeling. You feel uncertain and tense and fear that something bad will happen. Reactions to fear can be very different. Some people run away, some people scream, some people cry or stay where they are, petrified.

Have you ever seen somebody who is afraid?

There are situations that cause fear.

What are they for you?

Whom do you go to when you are afraid?





Sadness

Sadness is a heavy feeling.

It can feel like you have a heavy stone in your stomach or on your chest.

We feel sad when we have lost something.

This can be the loss of a person whom we love.

For instance, when somebody has died, or has moved far away so that we can no longer see him or her.

We also feel sad when we have lost something else.

This can be, for instance, the loss of our home if we had to leave the place where we lived.

Have you ever comforted somebody when they were sad?

What helps you when you are sad?

Which situations make you sad?





Anger

Anger is a very strong feeling.

It feels like a wave.

Our hands can shake when we are angry.

Some people become red and want to shout out very loud.

Sometimes we don't care about anything – we just want to release the anger.

Which situations make you angry?

What do you feel when you become angry?

How can you work off your anger without harming yourself or others?

Do you notice when others are angry?

How can you calm somebody down when he or she is angry?





Guilt

When we have feelings of guilt, we regret having done something, for instance, breaking a pane of glass when playing football.

Talk to adults about this and think together about how you can make the damage good again. Sometimes we feel guilty when we have broken the rules. These can be rules at school, or rules that apply in the family.

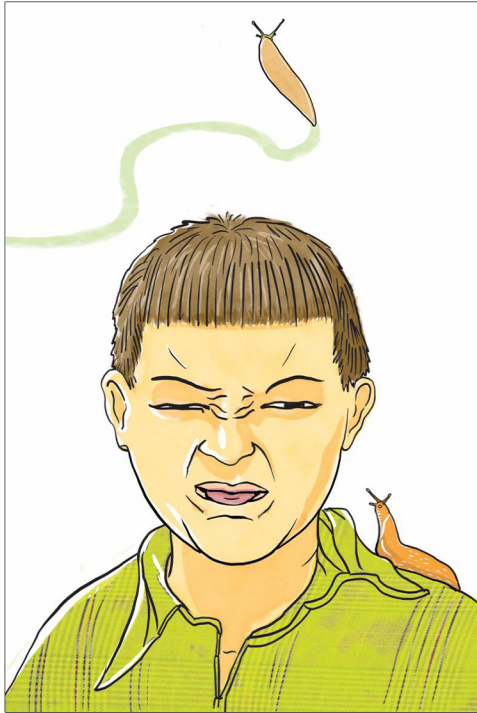
Sometimes we also feel guilty, even though we have done nothing wrong.

Have you ever had feelings of guilt?

Have you spoken to somebody about your feelings of guilt?

Whom can you talk to when you feel guilty?





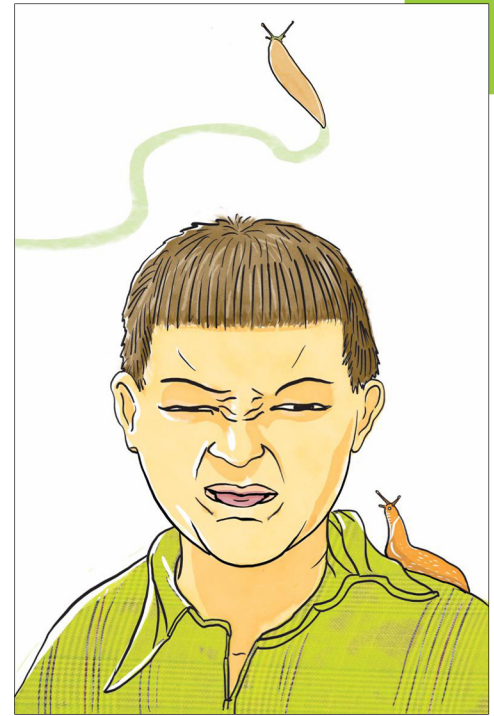
Disgust

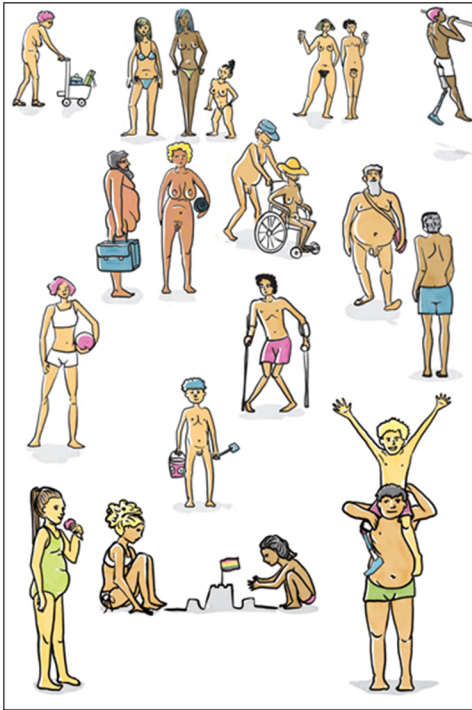
Disgust is a very strong feeling.

When something is disgusting, we feel revulsion and dislike. Dirt or poo can be disgusting.

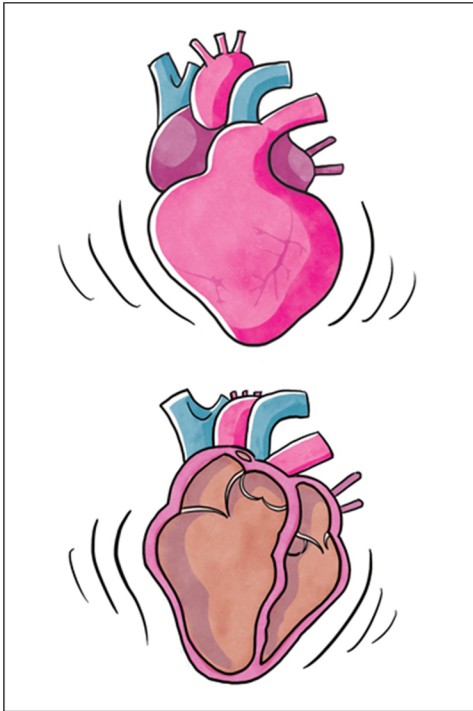
Sometimes we also find animals such as spiders or snakes disgusting. And we can also find certain meals or food disgusting. Some people feel sick when they find something disgusting.

What do you find disgusting?





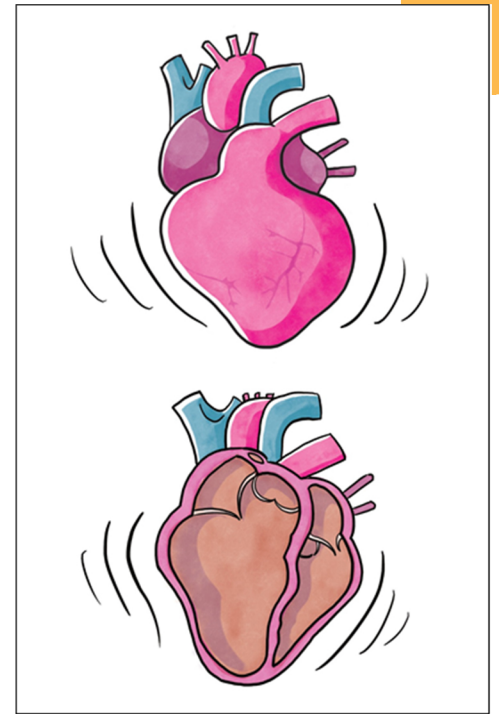
The human body

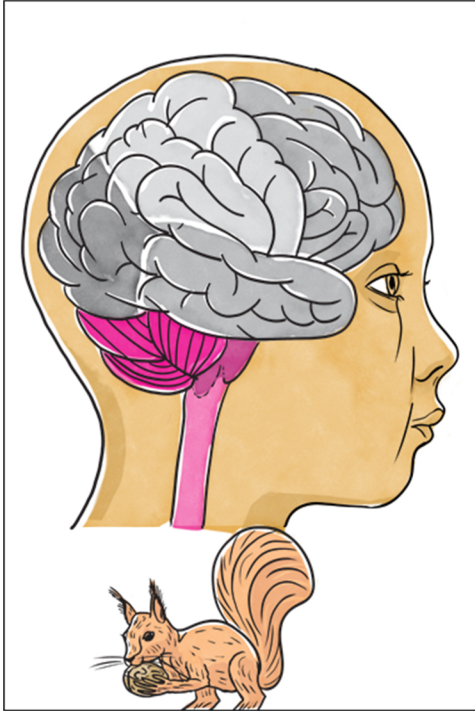


Heart

The heart is an organ. It is about as big as your fist. The heart consists primarily of muscles. It is hollow inside. It pumps blood through the body. Oxygen and nutrients in the blood are thus transported through the body.

The heart beats by the muscles contracting and relaxing again. You can feel your heartbeat on your wrist. When you exert yourself, you can feel your heart beating very loudly and strongly.

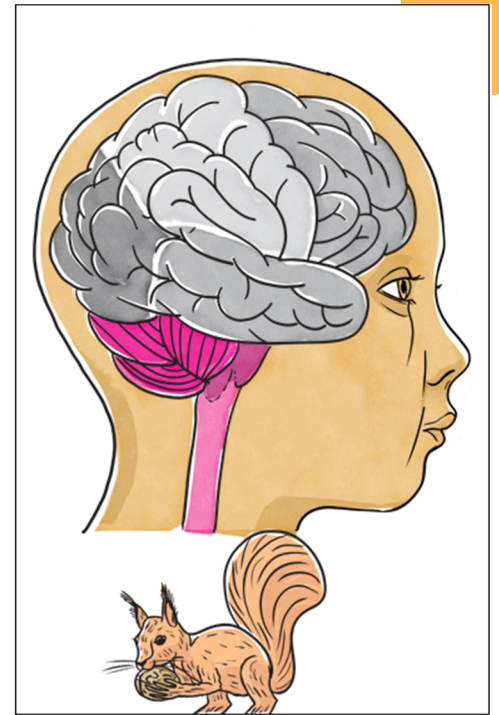


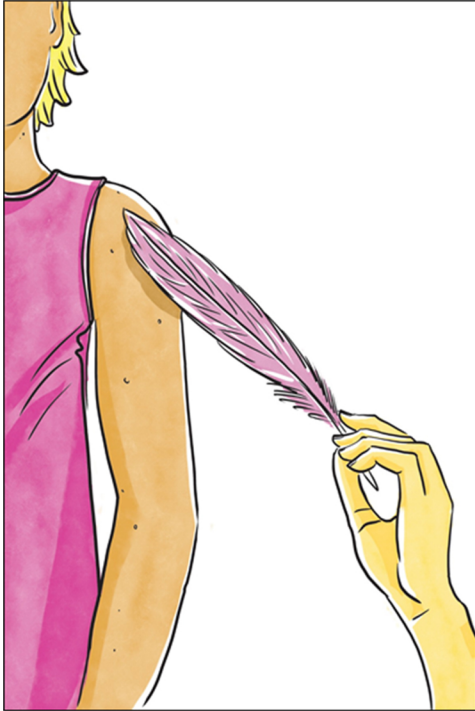


Brain

The brain is an organ. The brain looks similar to a walnut. The brain is like a super computer that controls all the parts of the body. The brain is also responsible for our thoughts, feelings, for languages and learning.

As the brain is so important, it is particularly protected when cycling or skiing.
Do you know how?

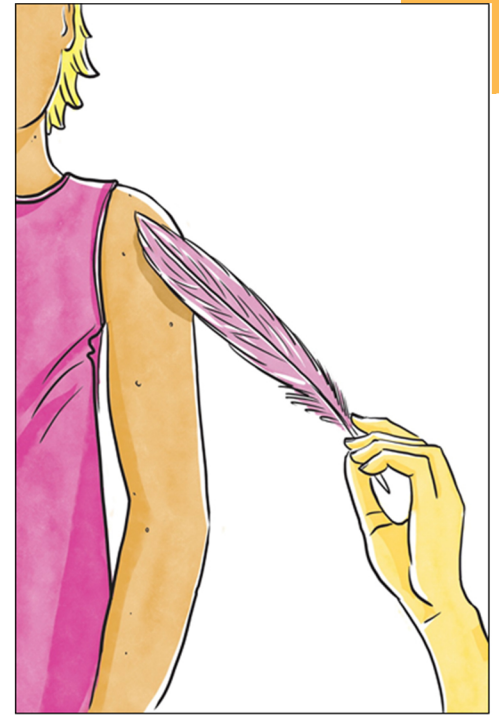




Skin

The skin is the largest sensory organ of the body. It is very sensitive. It reacts in a very different way to pain and caresses. Some people love to be gently touched, for example with a feather. For some people, that is too ticklish. The skin protects our body from the outside world.

When our skin is dry, we should look after it. The skin also needs to be protected against the sun. How can we care for and protect our skin?





Senses

We explore the world with our sensory organs.

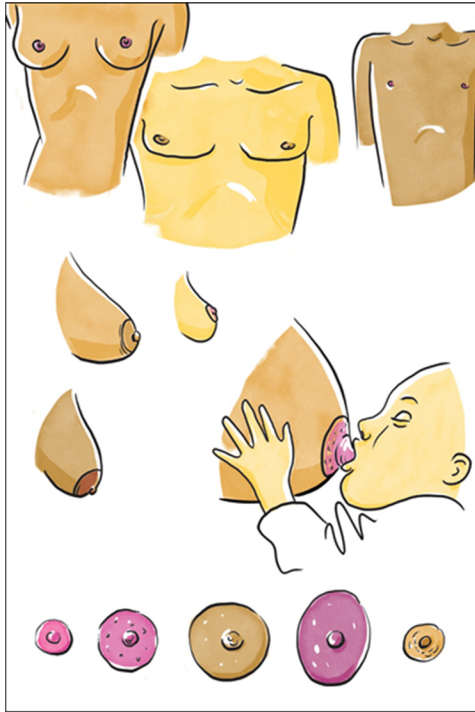
The five sensory organs are the nose, the ears, the eyes, the skin and the mouth. We smell with our nose. We hear with our ears. We see with our eyes. We touch and feel with our skin. We taste with our mouth.

Sometimes not all senses work equally well. When senses do not work or do not work well, for instance, the eyes or the ears, we call it a sensory impairment.

Which of your senses is strongest?

Which of your senses is weakest?

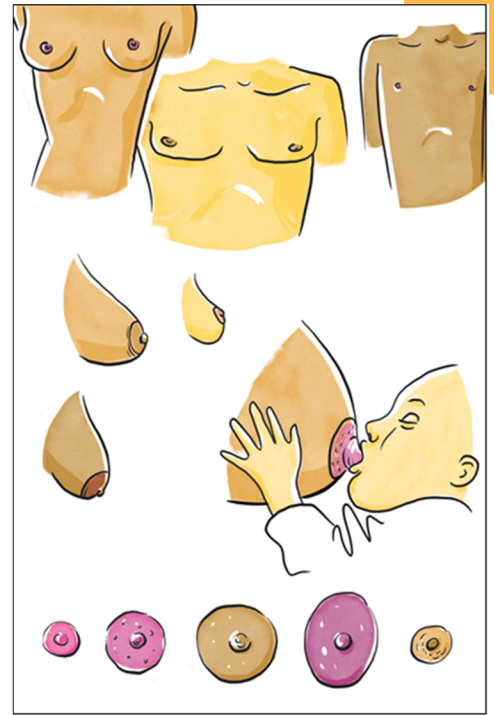


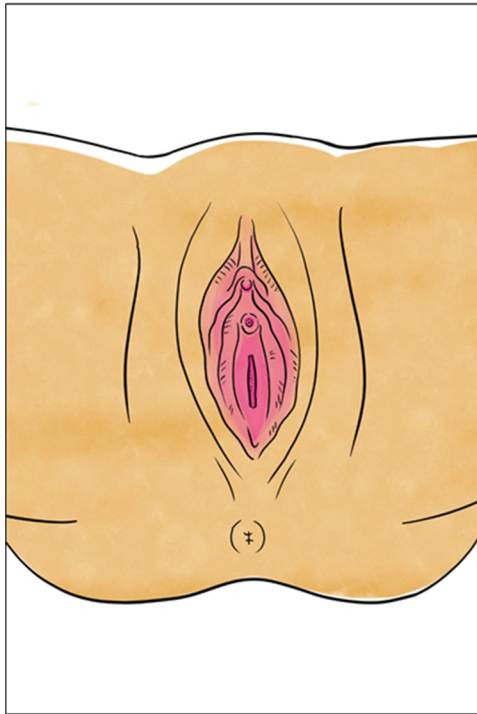


Nipple

The nipples are in the middle of the breast. Nipples are a darker colour than the rest of the skin. The nipples are surrounded by an area called the areola.

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.

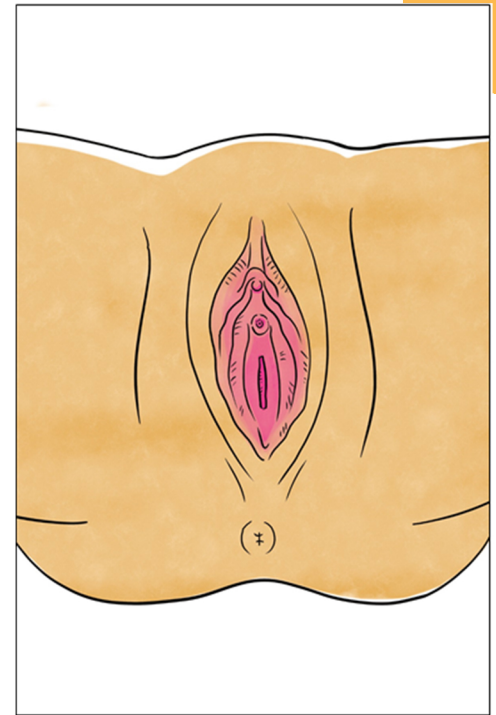


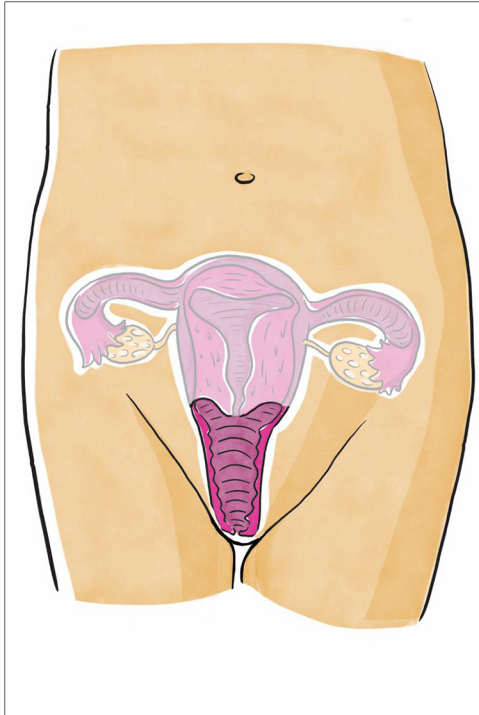


Vulva

The vulva is a genital of the female body. The outer and inner vulval lips can be seen on the vulva. At the very top of the vulva, you can see and feel the tip of the clitoris, the clitoral glans. The clitoral glans is protected with a hood. The clitoris goes far into the body.

When you touch the clitoris, it can cause a tingling sensation and feel good. It is very sensitive. The vaginal opening and the urethral opening are located between the two inner vulval lips. The bottom hole, also called the anus, is located behind the vulva, between the cheeks of the bottom.

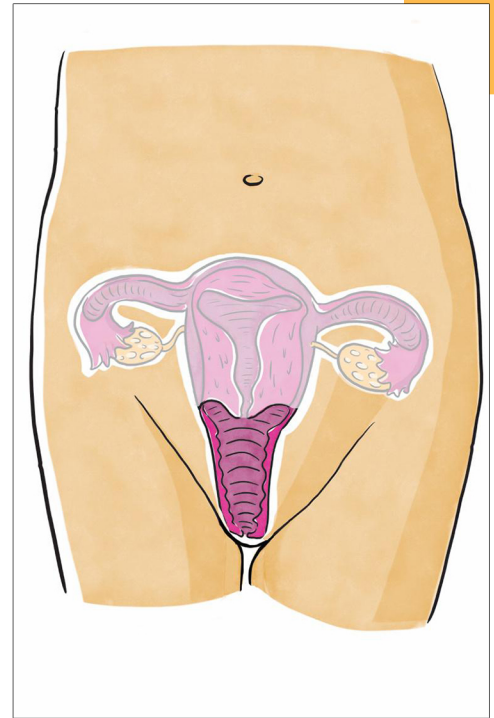


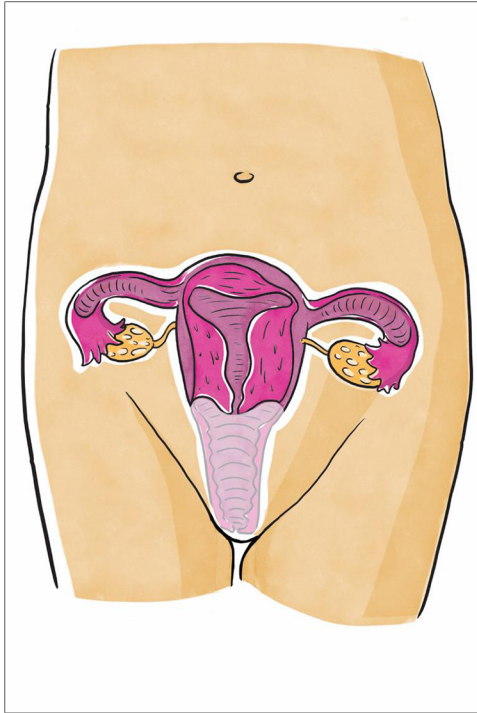


Vagina

The vagina connects the vulva with the womb. It is a muscular tube that is approx. 10 cm long in adult females. The vagina runs from the interior of the female body to the outside and is very stretchy.

That is important when the woman has a baby. During the conception of a baby, the sperm of the man enter into the womb via the vagina. During birth, the baby is born through the vagina. Menstrual blood and vaginal fluid are also discharged through the vaginal opening.





Womb

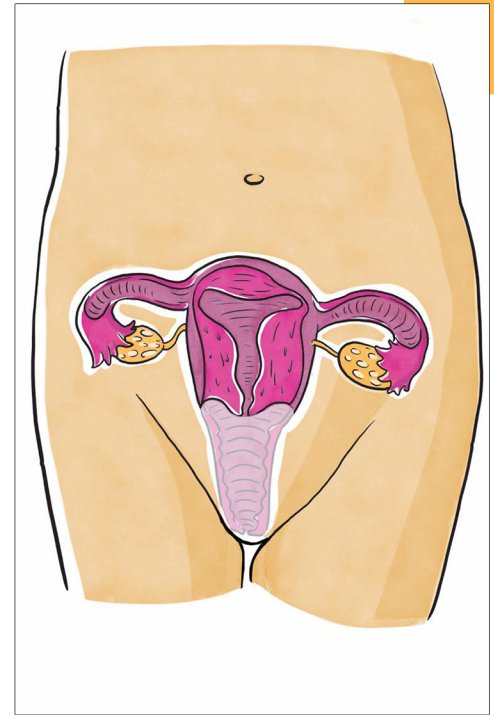
The womb is a muscular organ. It looks like an upside-down pear. It is found in the belly of girls and women. The fallopian tubes are on the right and left of the womb. They connect the womb with the ovaries. The eggs grow in the ovaries.

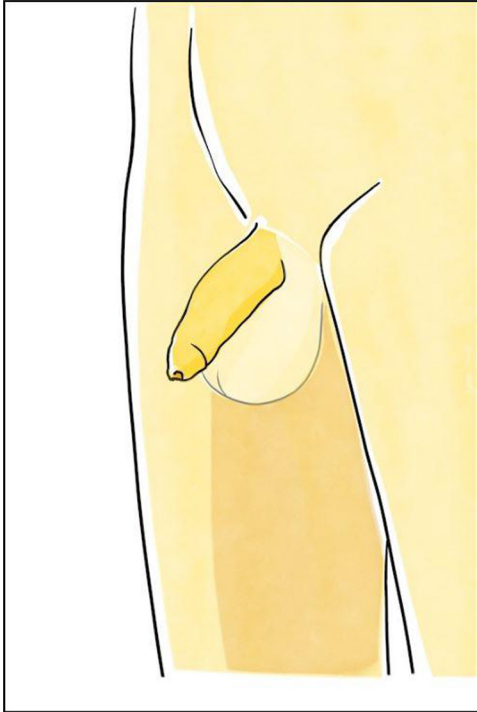
An egg is necessary to create a baby.

During pregnancy, the baby grows in the womb.

During birth, the muscles of the womb press the baby through the vagina into the world.

Have you ever held a baby?

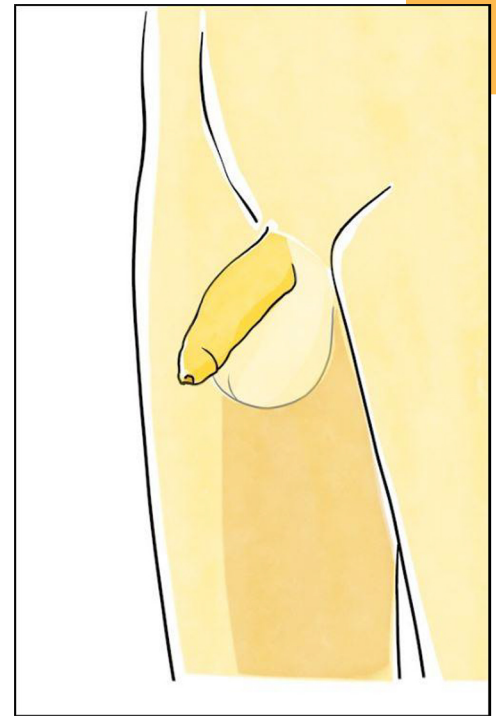


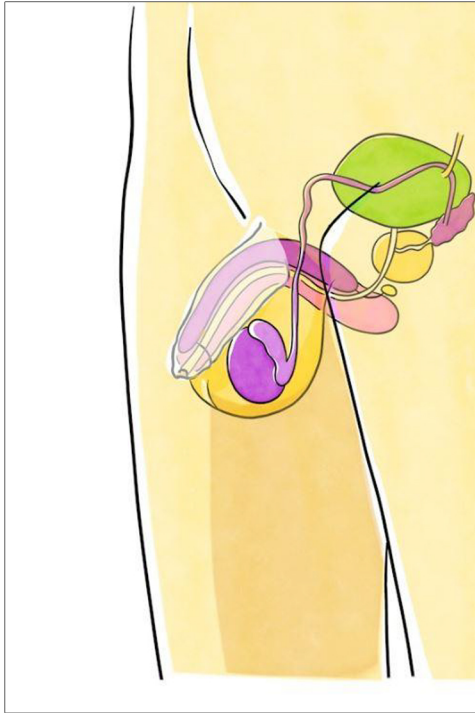


Penis

The penis is a genital of boys and men. 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. It is protected with a foreskin. The foreskin can be moved back and forth. This is also important when you clean your penis with water. Sometimes the skin around the glans is too tight. A minor operation then perhaps has to be done.

There is a small hole in the middle of the glans. That is the urethral opening through which urine comes out. Below the penis there is the scrotum in which the testicles are located. Behind the penis and testicles, between the cheeks of the bottom, there is the bottom hole or anus.

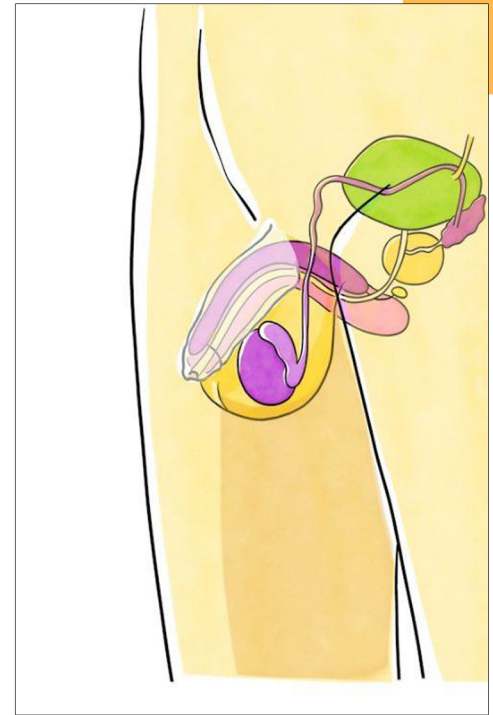


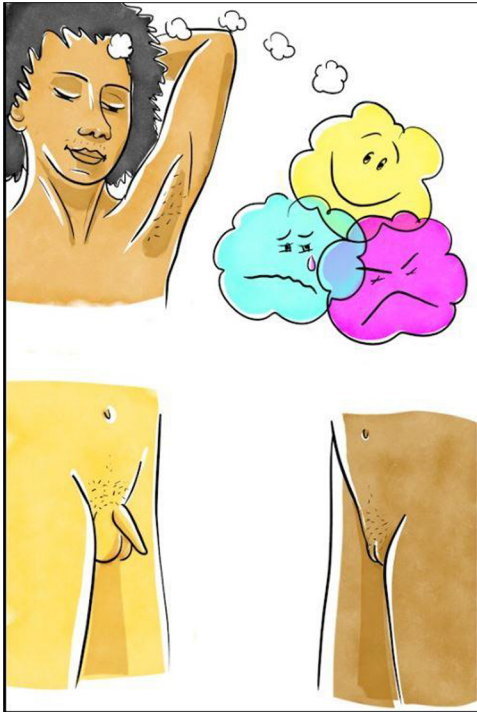


Testicles and internal genitalia

The testicles are located in the scrotum. They are oval-shaped and about as big as a plum. In most cases, one is bigger than the other. Sperm is produced in the testicles. Sperm is necessary to create a baby. The internal male genitalia include testicles, epididymis, ductus deferens, prostate and urogenital canal. The bladder and urethra also exist for the excretion of urine.

The urethra is also called the urogenital tract because seminal fluid also comes through it. There are three chambers of erectile tissue in the penis, two on the upper side of the penis and one below, near to the urethra. When the man is sexually aroused, the chambers fill with blood and the penis becomes stiff and hard. This function of the body is called erection. An erection can happen spontaneously, or when the man is sexually aroused.



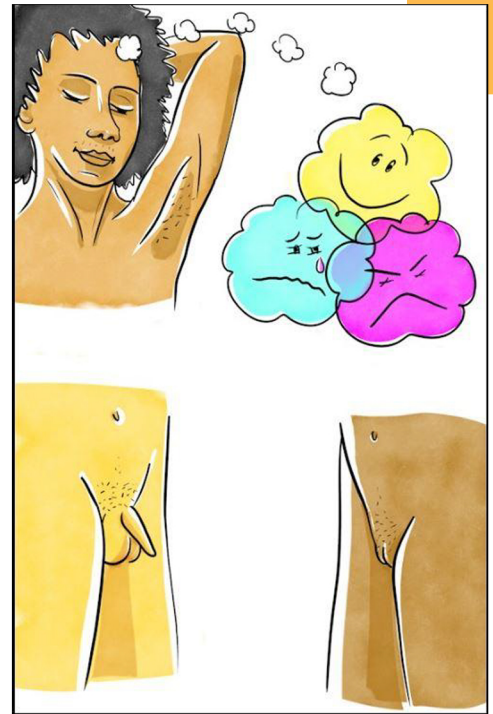


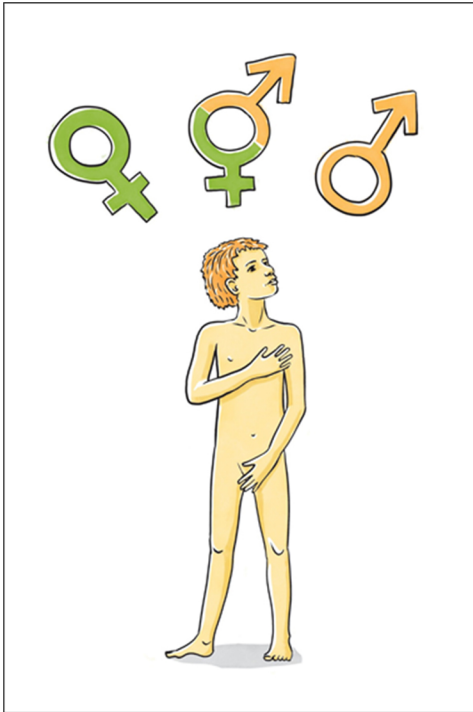
Puberty

Puberty is a Latin word and means sexual maturity. Puberty is a major step in a person's development and lasts some years. The person starts to become an adult in this phase. The start of puberty is triggered by sex hormones.

For many young people, puberty begins between the age of 12 and 13; for some, it starts earlier, for others it starts later. During puberty, the body becomes that of an adult and it becomes possible to create and have children.

But it is not only the body that changes. Some young people experience strong emotional outbursts and fluctuations in mood; some have conflicts with their parents, some feel not understood, some also change in their personality.



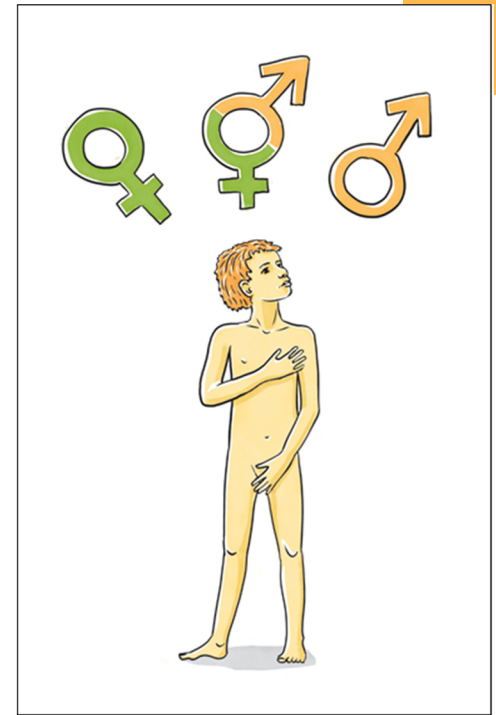


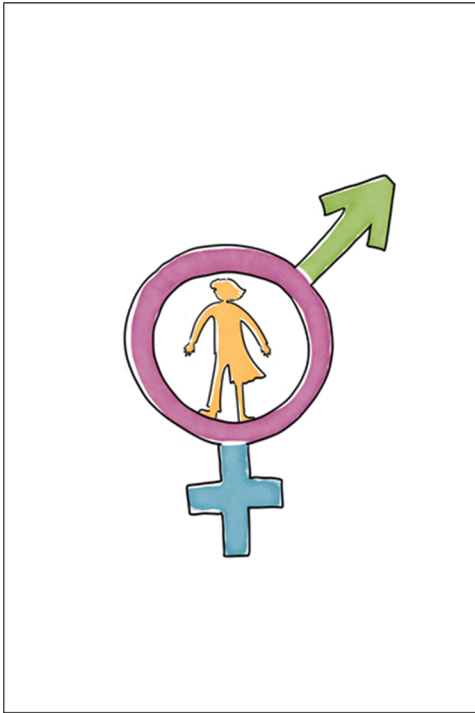
Gender

During fertilisation, sperm from the male meet eggs of the female. Sperm contain either an X-chromosome or a Y-chromosome . Eggs contain two X-chromosomes.

If an X-sperm meets an egg, in most cases a female body will develop; if a Y-sperm meets an egg, in most cases a male body will develop. Sometimes, only one chromosome exists, or there are not two but three of them.

Hormones also have a major influence on the development of the gender; a body is not always clearly female or male!



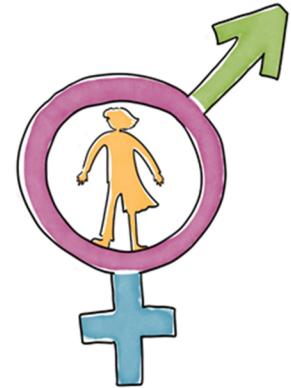


Intersex

The word “inter” means “between”. When a child is not born clearly a girl or clearly a boy, they are called intersex.

Sometimes they have the genitalia of girls and boys, or sometimes the internal genitalia do not match the external genitalia.

It is not often that children are born intersex, that is something special! Do you feel that you are clearly a girl or clearly a boy? Have you ever thought about what it would be like to have a different gender? Do you know somebody who is intersex?





Girls

The genitalia of girls are the vulva, clitoris, vagina, womb and ovaries.

When girls become adults, they are called women.

Sometimes there are clear ideas of how typical girls should behave or what they should look like.

For example, that all girls like pink clothes and prefer to play with dolls.

Have you ever heard or seen this?

Or do you think that all colours and toys are for all children? Do you know girls who are very similar and girls who are very different?



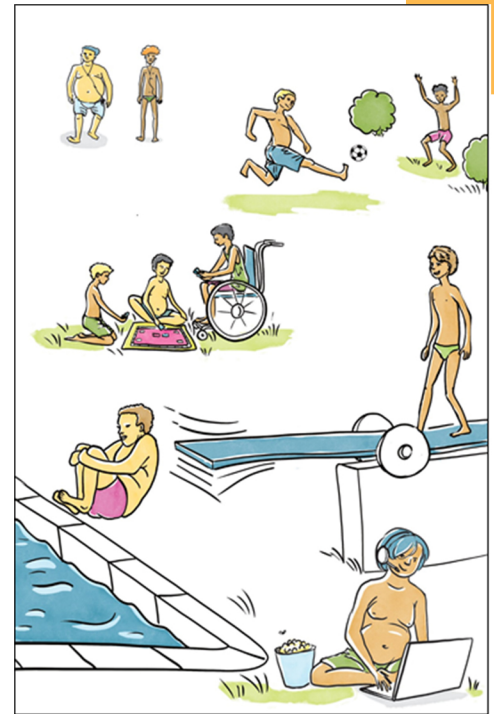


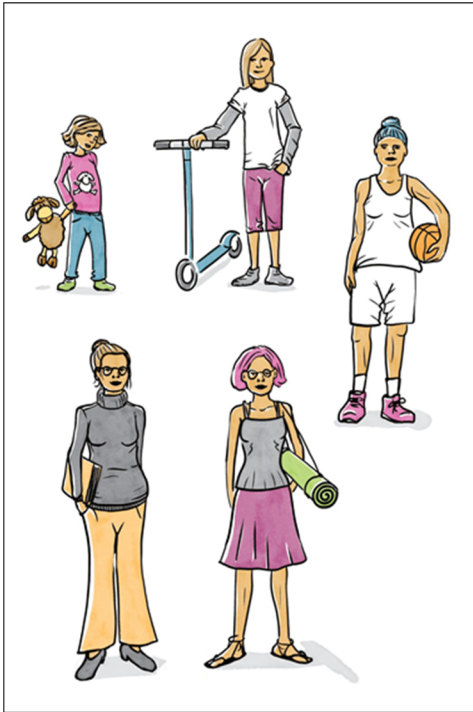
Boys

The genitalia of boys are penis, testicles, epididymis, ductus deferens and prostate.

When boys become adults, they are called men. Sometimes there are very clear ideas of how typical boys should behave or what they should look like. For example, that all boys like blue clothes and prefer to play with cars.

Have you ever heard or seen this? Or do you think that all colours and toys are for all children? Do you know boys who are very similar and boys who are very different?



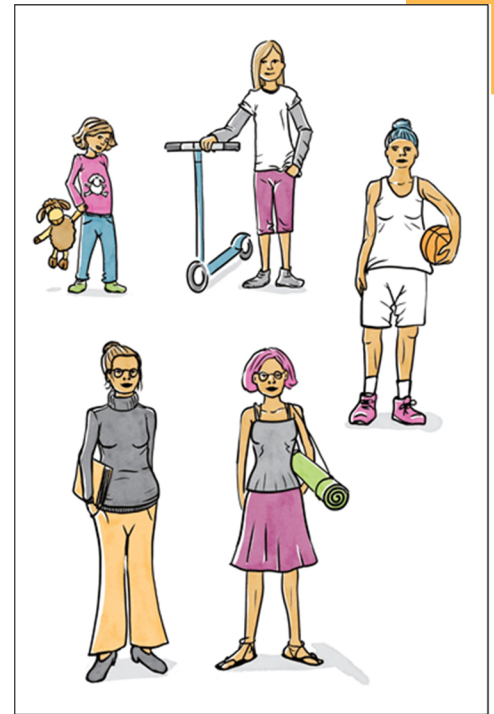


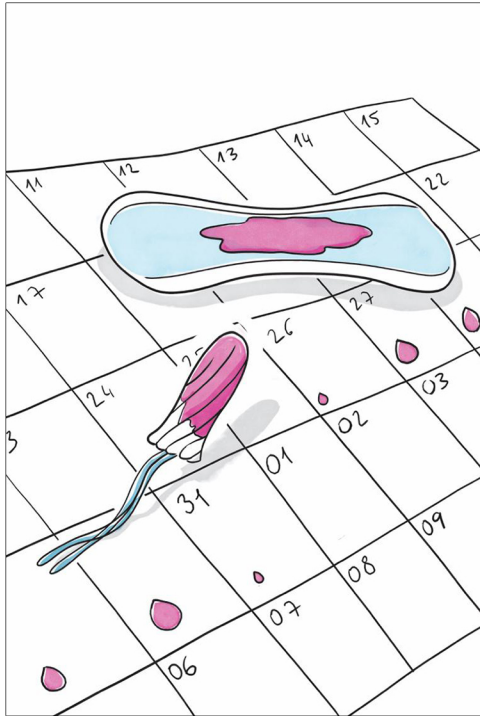
When I
grow
up

As you get older and grow, a lot changes. You move from the kindergarten to school. After school, you perhaps learn a profession or go to university. With every year of life, new tasks await you.

Your body also changes - from that of a baby to that of a toddler, to that of a schoolchild, to that of a teenager, to that of a young adult.

How has your body changed up to now? Have your preferences, favourite meals, favourite games, etc. also changed?

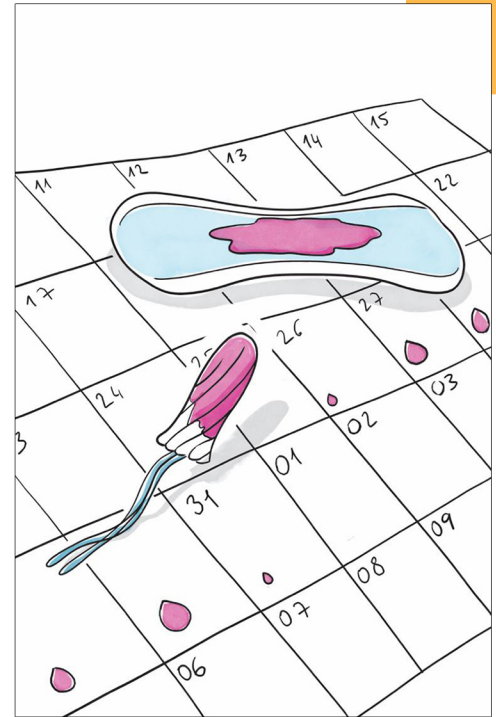


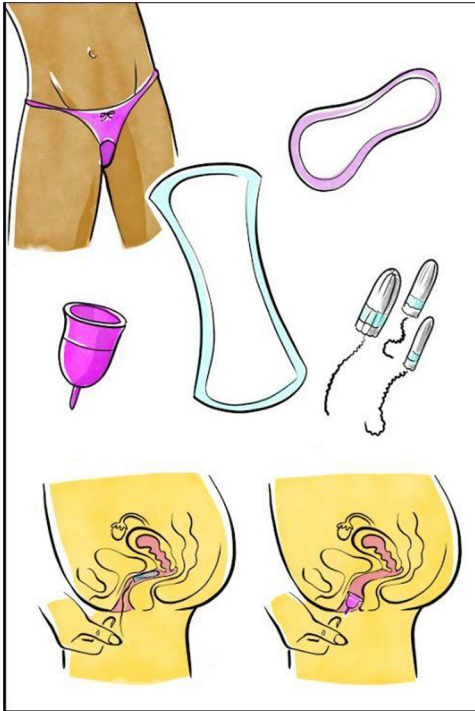


Menstruation – Period

From puberty onwards, girls menstruate. It is also called a period. Around once a month, an egg matures and the womb forms a thick mucous membrane. If this egg is fertilised by a sperm, this creates a baby and menstruation stops. If the egg is not fertilised, it is discharged again; menstruation starts. Parts of the mucous membrane and a bit of blood are discharged through the vagina. A period lasts between 3 and 6 days. It is not an illness or an injury; it is entirely normal!

Do you know girls or women who have a period?

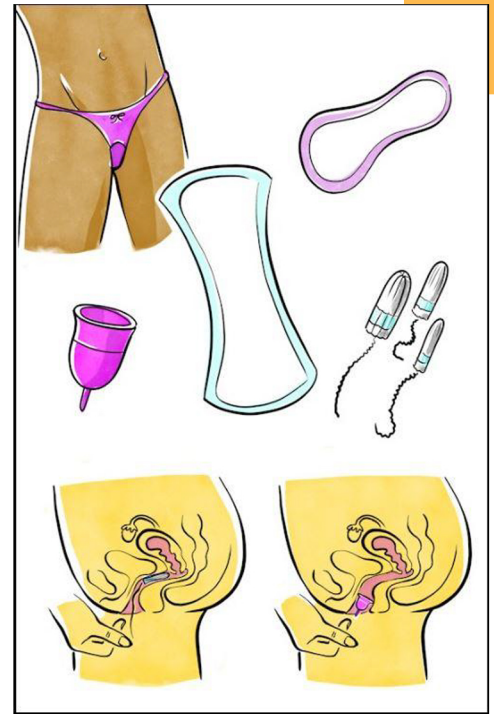


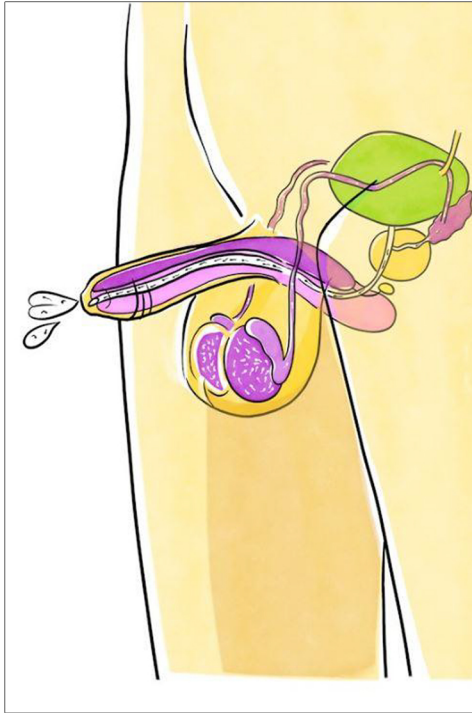


Menstruation products

Various products can be used to catch menstrual blood. There are products that catch the blood outside of the body. For instance, a pad or a menstruation brief. And there are products that do this inside the body. For example, a tampon or a menstruation cup. These are inserted into the vagina.

It varies as to which product girls and women prefer to use. Each woman uses what she feels comfortable with. Did you know these products? Have you already seen them?

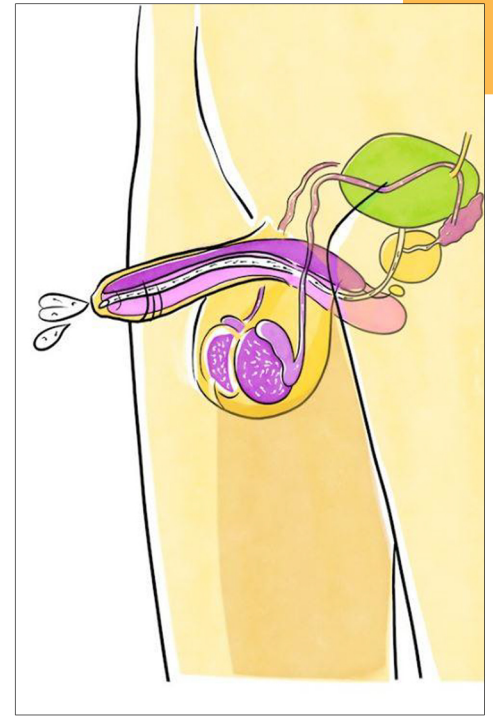




Ejaculation

With the start of puberty, the body develops new functions. It could be the case that when boys get up in the morning their penis is stiff or that there is a wet patch in the bed. This could then be an ejaculation and not urine.

This can happen without you noticing it! The body is thus testing its functions. It is important that the penis becomes stiff later on for sexual intercourse. And that is tested out in puberty. This is entirely natural and is nothing to be ashamed of.



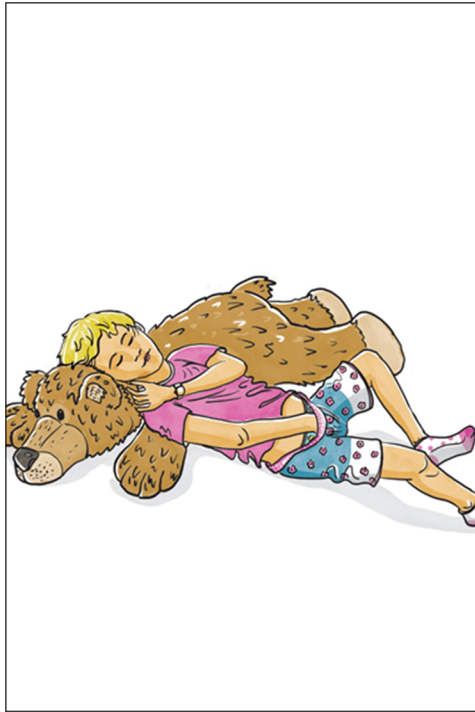


Having children – Pregnancy

Children are sometimes created when young people or adults love one another and have adult sex with one another. Adult sex is also called sexual intercourse. This means that the man's semen penetrates into the woman's vagina through the penis. There are sperm in the semen. When sperm meet an egg, the sperm combines with the egg and a baby is created. The eggs develop in the ovaries of the womb. The baby then grows in the womb until he or she is big enough to be born. This lasts around nine months. Many babies are born through the vagina. Some are born by caesarean. A caesarean is an operation to the stomach.

Do you know families who have babies?





Caressing
and
touching

When we caress and touch ourselves, this is very pleasant.

Touching one's genitalia can feel very good. Children are often curious about what the genitalia of other children look like. Genitalia are part of a person's private space. This means that children are allowed to decide themselves whether other children can look at or touch their genitalia.

Private space also means that we do not show our genitalia in public, in the street or in the classroom. Many people find that embarrassing, which is why we show consideration and go into our own room or into a hidden cosy corner.



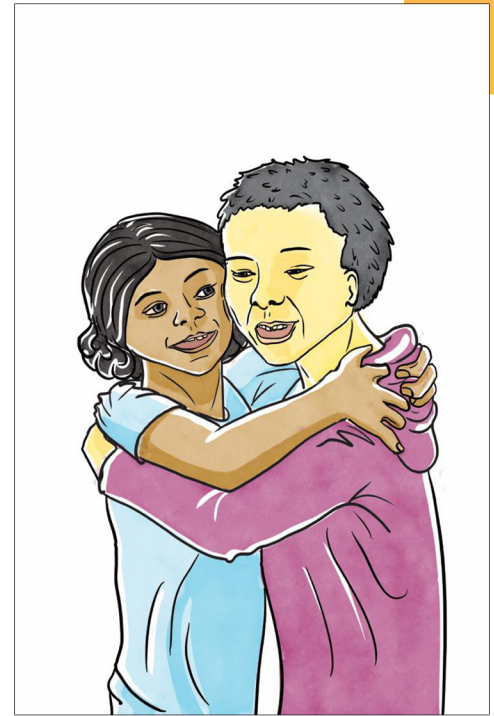


**Caressing
and
touching
other people**

In most cases, being touched and caressed feels good. But when we do not feel like being caressed, we are of course allowed to say that!

Holding hands, hugging, cuddling and kissing: It is nice to share such activities with others. It is important to always ask whether the other person would also like that. Hugs and kisses must always be voluntary! If somebody does not want you to caress or hug them, you must show consideration and stop!

You are also allowed to say “No!” if you do not want to kiss or cuddle!





Discovering the body

It is very exciting to explore the body. We want to know what everything looks like and how it works. Many children are very curious and examine their body very thoroughly with their friends. This is called body games or doctor games.

If you play doctor games with other children, there are a few important rules that everybody should stick to: The most important rule is that nobody must be forced. Nobody has to participate in body or doctor games if they do not want to. Every child can decide himself or herself. Get help from an adult if somebody does not stick to the rules.

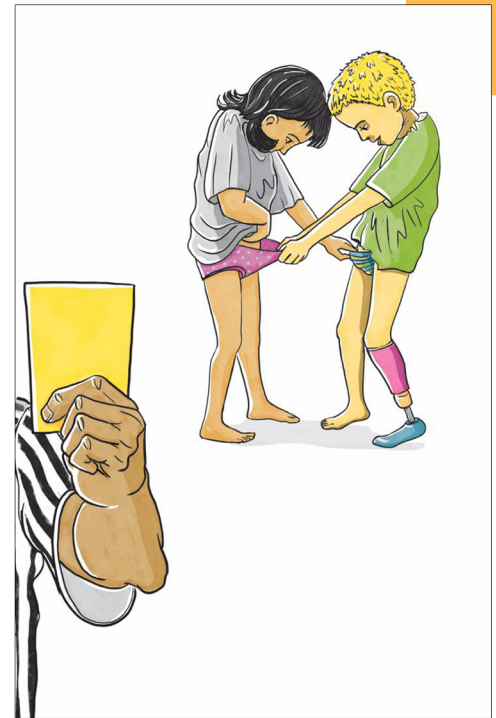
Who are the people you trust and with whom you can talk about body games?

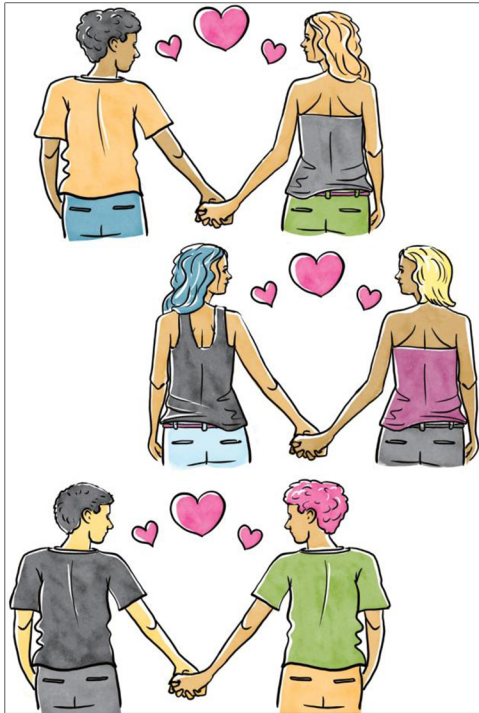




Rules for body games or doctor games

- Only play with children who are roughly the same age as you. Kindergarten children play body games with kindergarten children, schoolchildren with schoolchildren, teenagers with teenagers and adults with adults. All people should know that!
- All children should want to play the game. Nobody may be forced. Sometimes body games are fun at first but not later on: When a child wants to stop, that is OK and you must stick to this! If you want to stop, then the other children have to stick to this!
- Do not put any objects into body openings, for example pens or building blocks. There are many openings in your body: nose, mouth, ears, vaginal opening, bottom hole: objects can cause injuries or inflammations! Having a look and touching is OK (wash hands!); putting something in these openings is not OK!
- Getting help is not telling tales! When somebody does not stick to the rules, it is important to get help from a person you trust.

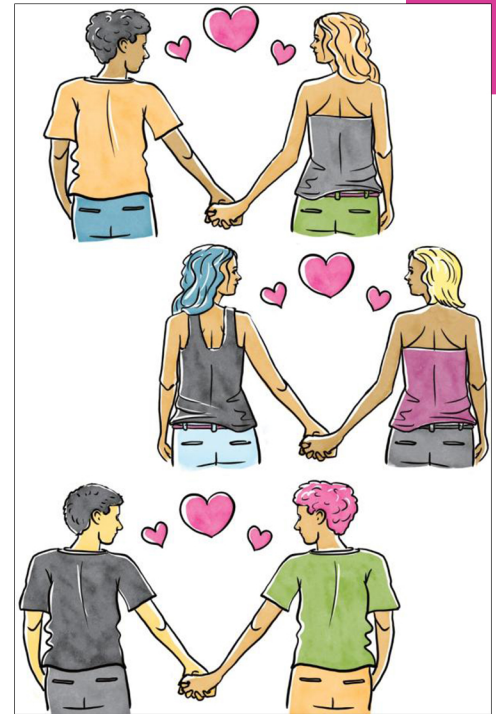




Love

In most cases, women fall in love with men and men fall in love with women. They are called heterosexual. However, women can also fall in love with women and men with men. They are called homosexual. If a person can fall in love with women and men, they are called bisexual.

Have you ever been in love? What do you think is the most important thing in love? Do you know a homosexual couple? Do you believe that love can also change or come to an end?





Friendships

**Friends are people whom you particularly like.
Friendship is based on feelings. We feel attached and
not alone with friends.**

**Do you find it easy to make new friends? How do you
show your friends that you like them? How is it possible
to support somebody who has not found any friends
yet? What is a good friend?**

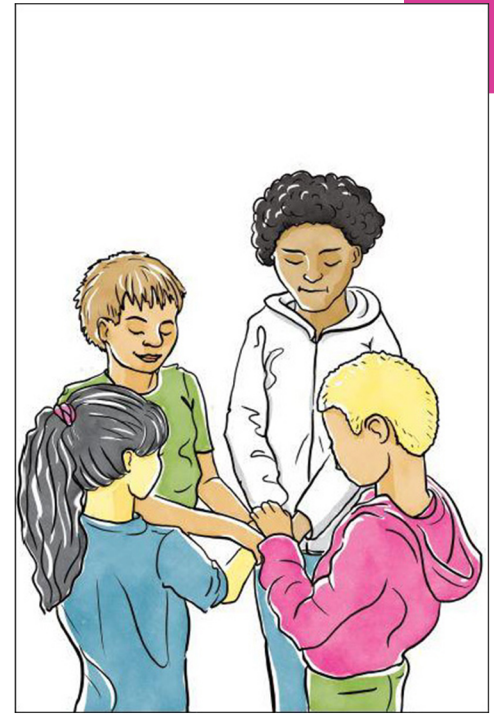


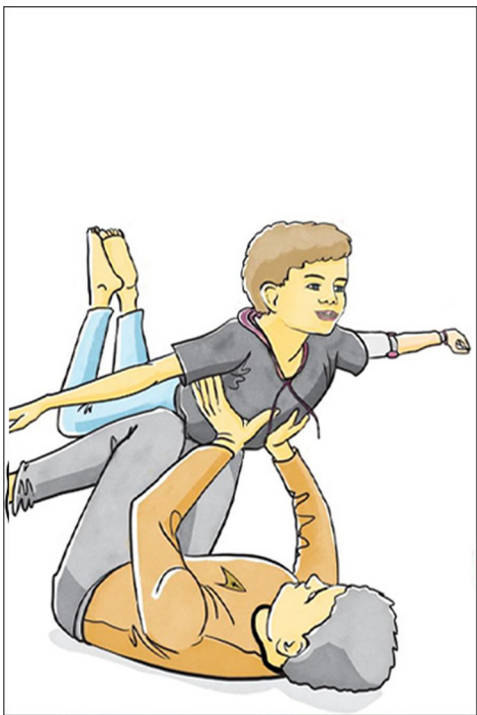


Circle of friends

Your circle of friends includes all children with whom you like to spend time. The older children get, the more important the circle of friends becomes. Friends support one another and stick together. Meet up in the park or at the playground, joint trips, activities and experiences: you want to belong and participate!

Sometimes the circle of friends can lead you astray and get you to participate in things that are not so good. Like playing a dirty trick on somebody. Or mocking another child. Have you ever experienced that? How did this situation end?





Family

Family is where a child (or several) is at home with an adult (or several). There are many types of families in which different persons live: mums, dads, mum and dad, uncles and aunts, grandparents, caregivers. Sometimes they all live in one place; sometimes they are in different places, perhaps even scattered all over the world.

Which forms of families do you know? What is family for you? What is special about your family? Which persons belong to your family?

Sometimes there can also be problems in families. Which problems could that be? Whom would you tell if there is a problem in your family?





Caregivers – Assistants

We cannot always do everything ourselves. For situations in which we need help there can be caregivers or assistants. For instance, at school or for certain activities. Sometimes, adults also have caregivers or assistants who, for instance, accompany them to the doctor or help them in their work. With caregivers, it is possible to jointly implement the goals that you have set yourself. In the process, it is important that the caregiver or assistant supports you where you need it.

Do you have a caregiver?

In which situations does he or she support you?

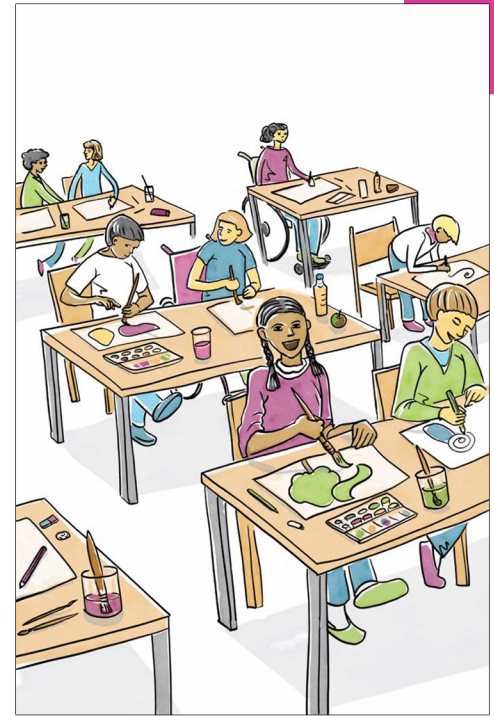


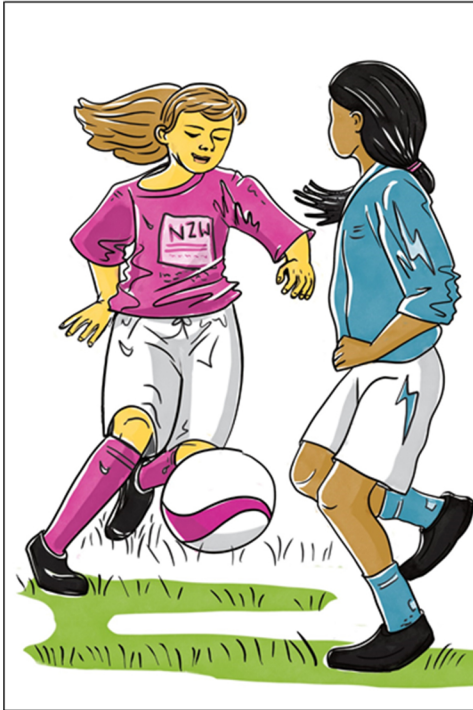


School

The school is the place where we can learn a great deal. For instance, doing sums, reading and writing but also knowledge about the world, nature and people.. Children and young people spend a lot of time at school. For us to learn well, it is important that we feel at ease. What is necessary to feel at ease at school?

How do the children at your school treat one another? Do you have a good community in your class? Has there ever been conflicts in the classroom? How were these resolved? Are there rules on how to treat one another?





Hobbies

Hobbies are activities that a person likes to do.

These can be painting, reading or listening to music.

Sometimes we spend our hobbies together with other children, playing football or dancing, for instance.

How is it possible to play together well as a team or group? What can you do if there are problems in the group? Are problems discussed and solved in your teams? Are there rules on how to treat one another?





Making decisions

Making decisions means considering whether you want to do something or not. Some decisions are made by our parents for us, for instance, that we go to bed early so that we are well-rested the next day at school. Some decisions we take in the family together, for instance, whether we want to go on a trip or what we want to cook together.

Some decisions, however, children can make by themselves, for instance, whom they want to play or cuddle with.

The older children become, the more decisions they can take themselves!

Every child can participate in the discussion and say his or her opinion!





**Showing
consideration**

Where children live, play or learn together, not only one child can decide! Showing consideration means that everybody is allowed to say their opinion and jointly decide. Showing consideration can also mean waiting for children who are not as quick as other children. Or not interrupting somebody who is currently speaking. When we show consideration to one another, this strengthens the community. Showing consideration is sometimes not at all easy but it feels good!

**Have you ever shown consideration to somebody?
Have others ever shown consideration to you?**





Children's rights

All children, irrespective of whether they are girls, boys or intersex, irrespective of whether they have disabilities or not, irrespective of whether the child comes from, irrespective of which skin colour or which religion the child has, have the same rights!

Children's rights are enshrined in law in Austria.

This means that adults are obligated to comply with children's rights! Because children's rights are so important, there are special organisations such as children's and youth advocacy who ensure that children's rights are complied with.

Do you know the rights of children?





Children's right -
Children's
well-being

**Every child has the right to protection and care.
Children's well-being is the top priority!**

Care means that somebody looks after the child. Child well-being means that children should thrive and be able to develop well. In Austria, all children should thrive! Sometimes, parents find it difficult to look after a child well. Then, the state must help, for instance, by showing the parents how they can look after their child better.

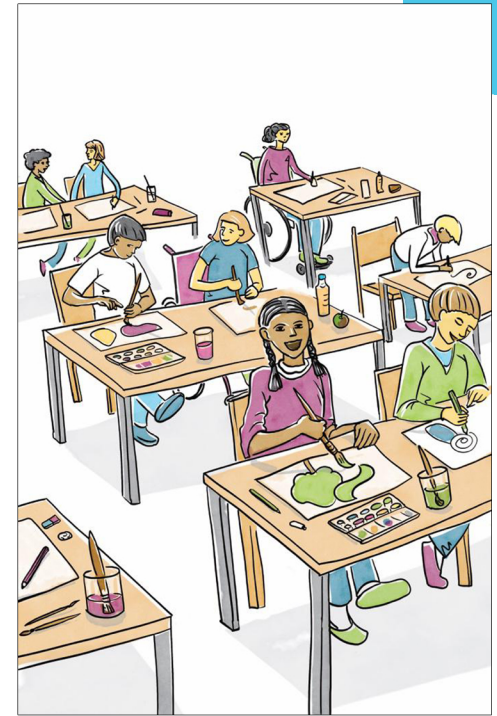
Sometimes children cannot grow up at their parents' place of residence. At foster parents' homes and at residential facilities for children, the child's well-being is the most important factor!





Children's right – Co-determination

Every child has the right to say his or her opinion and to participate in decision making. In all matters that relate to children, adults must listen to adults and take their opinion seriously. Adults must explain precisely what it is about so that children can reflect and form their own opinion. Children are allowed to say how they feel and what they want. Adults must respect that. In some families, there is a family council whereby everybody is allowed to say their opinion and participate in decision making. In some facilities in which children live, there is a group council where all children are allowed to take part in discussions and decision making. In some towns and cities there is a children's parliament where children can participate in discussion regarding municipal matters. Do you know a family council or a children's parliament like this? Where can you participate in decision making and say your opinion?





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

**Every child must be protected against violence!
Nobody is allowed to hit children or exercise other forms of violence, for instance psychological violence.
Violence means deliberately hurting somebody.
When children experience violence,
adults must protect the child.
If you see violence being committed against other children, fetch help from adults whom you trust! Whom would you go to if you see violence?
Who can help you if you yourself experience violence?**





**Children's right –
Same right for
children with
disabilities**

Having a disability means, for instance, that not all senses or parts of the body work correctly. Life is often more difficult for children with disabilities than for children without. That is why children with disabilities must be particularly protected!

All children should be treated equally, irrespective of whether they have a disability or not, whether they have an illness or not or whether they come from a different country or not.

What do you think, why is life sometimes more difficult for children with disabilities than for those without?





**Physical
violence**

Physical violence means hurting somebody on their body. For instance, hitting, slapping them in the face, kicking, punching or pulling their hair.

Nobody may physically injure another person!

Every child who experiences violence has a right to protection and help. Have you ever experienced somebody being violent?

Or have you ever experienced physical violence yourself? Whom would you ask for help?

Sometimes children are violent because they cannot assert their will or when they are angry.

Are you familiar with that?

What could be done instead so that there is no violence?





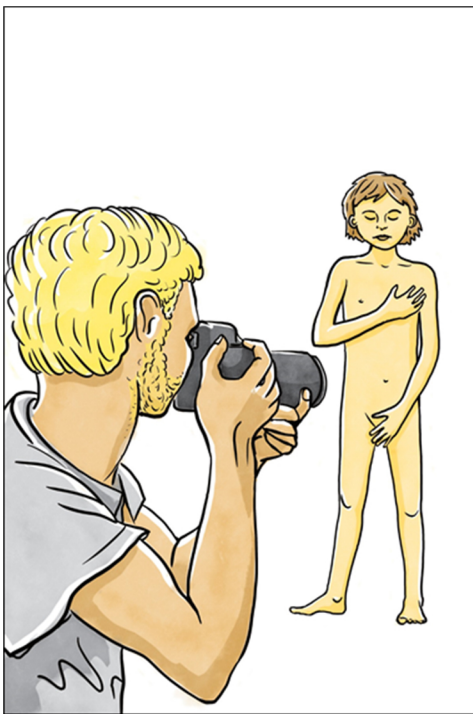
Psychological violence

Psychological violence means that not the body but rather the psyche is hurt. For instance, when you are insulted or when somebody talks bad about you.

It is also psychological violence when you do not allow somebody to play with you or exclude that person from the group. Psychological violence is not always as easy to recognise as physical violence.

When a person commits psychological violence, he or she wants the other person to feel bad and sad. Fetch help if other children experience psychological violence! Whom would you go to if you experience psychological violence?





**Sexual
violence**

When children explore their body and their genitalia with children who are of roughly the same age and touch one another, this is OK if everybody is in agreement. If somebody does not want this or is forced to participate, this is not OK and is classified as sexual assault.

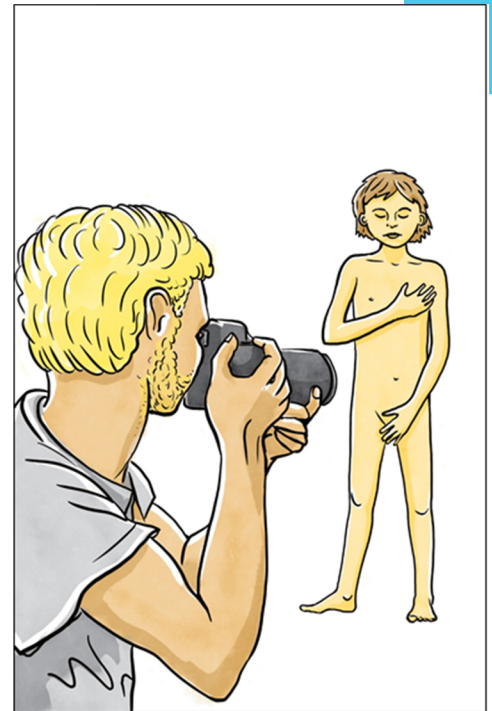
If older teenagers or adults persuade or force children to play body games, or touch or photograph their genitalia, or have adult sex with them, this is prohibited and is classified as sexual violence.

All children must be protected against sexual violence!

Children have the right to help:

talk to an adult whom you trust!

There are also organisations whose tasks is to protect children. The most important telephone numbers of these organisations can be found on the last card.





Digital violence

Sometimes, violence also happens on the Internet or over the phone. For instance, you are sent messages that make you frightened. Or somebody sends pictures or videos of genitalia or of adult sex. Or somebody spreads mean insults or secrets on Instagram or TikTok. In such a case, the best thing to do is to quickly contact a confidant.

Tell them what has happened on the Internet!

Violence and insults are also prohibited on the Internet!

It is also not allowed to send naked pictures to children or to ask them to take off their clothes in front of the webcam so that they can be looked at or filmed.

That is strictly prohibited!





Confidants

A confidant is somebody you trust. This can be parents or grandparents, or teachers, caregivers or aunts and uncles. You can talk to confidants when you are afraid or worried or have some problems. You can contact confidants also if you experience violence and need help. Sometimes children experience violence in their families, or through persons whom they love.

This is then particularly difficult!

That is why it is important that there are also confidants outside of the family with whom you can speak.

Which persons are your confidants within the family?

Do you also have confidants that do not belong to the family?





Secrets

Secrets can be good and exciting.

It is good fun sharing a secret with a friend.

Sometimes, however, secrets can also be unpleasant or make you scared, for instance, when you are forced to keep a secret. Then you feel bad and sad.

Such secrets can cause stomach ache and nightmares!

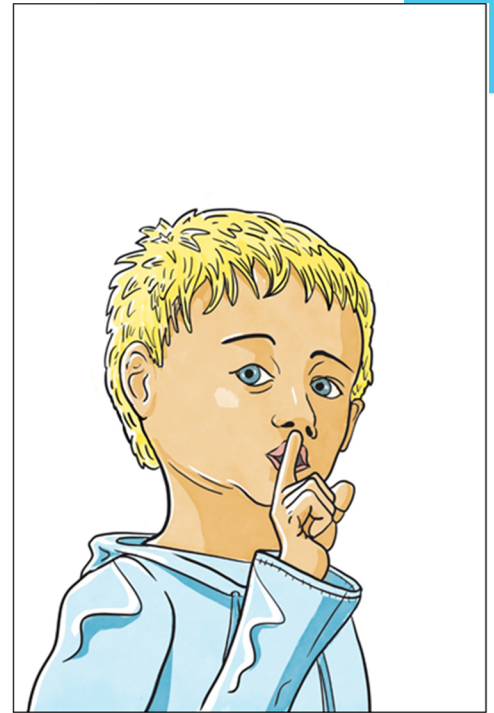
**If you have such a heavy secret,
you are allowed to tell others!**

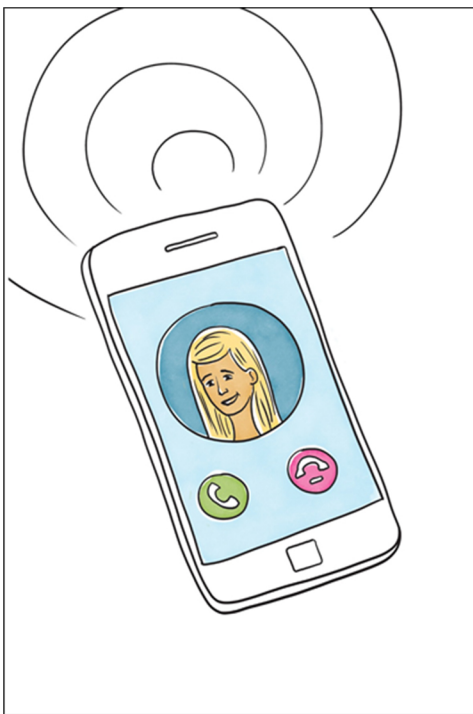
Seek out a person you trust and talk about it!

Have you ever had a good secret?

How did it feel?

Do you know other heavy secrets that make people scared?





Get help!

When violence happens, getting help is the best thing that you can do. Children are never to blame when they experience violence! If you experience violence or need help, it is important to know whom you can turn to. There are other possibilities in addition to your confidant. There are facilities where people work that protect children from violence. Call them if you experience violence! Even if you hear that a friend of yours is experiencing violence, you can call these organisations and ask for help.

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

On **0800 133133**, people who cannot hear or cannot hear well can call the police via SMS.

