

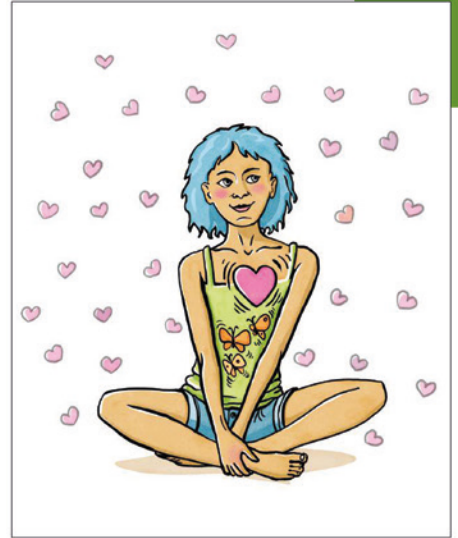


**Being
infatuated**

Infatuation is overwhelming. A number of chemical neurotransmitters alter the concentration in both your body and your brain. Your adrenaline level increases, for example, which raises your pulse. An increased heart rate is the reason why we use hearts to symbolise love and describe unrequited love as 'heartache' or 'a broken heart'. When we are infatuated, dopamine and serotonin levels also go up. This makes us happy, so we want to be as close as possible to the person we are infatuated with.

When we are infatuated, we experience strong physical sensations (such as heart beats, trembling knees, longing, or the famous 'butterflies in the stomach'). Infatuation is the first phase of a relationship, and either turns into love or ends after a while. Love is manifested less in physical reactions, but mostly in emotions: Respect and esteem, honesty, trust, and intimacy are essential components of love.

**Do you know what it feels like to be infatuated?
Did you feel it physically as well?
What was it like when this infatuation ended?**





Jealousy

Jealousy is a very painful feeling. It arises when one feels that a person they love gives more attention, love, or affection to someone other than them. Jealousy is characterised by disappointment, feeling insulted, and a strong fear of loss. It is often a sign of one's own fears and insecurities.

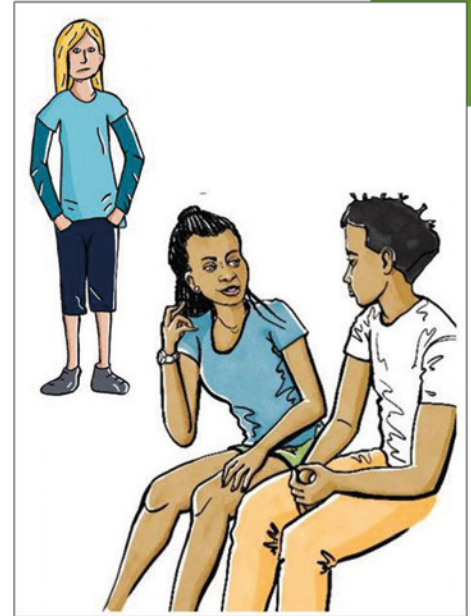
Jealousy makes us doubt ourselves and the love of another and keeps us from building trust. Fear of loss often leads to controlling and possessive behaviour, such as forbidding the beloved from visiting friends, controlling their social media and messages, or spying on them afterwards.

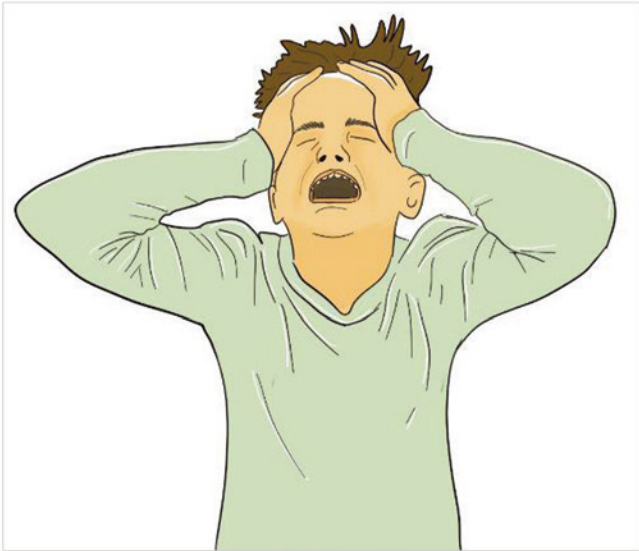
Jealousy can really tax a relationship and actually lead to the loss one is so afraid of! To overcome a strong feeling of jealousy, it is important to clarify that the cause of the jealousy lies within one's self and not the partner. To overcome jealousy, we must become aware of our own positive sides and believe we are worthy of love. Then we can believe our partner and build trust.

Have you ever been jealous?

How did it affect your relationship?

Did you succeed in overcoming the jealousy?





Frustration

Frustration comes about due to experiences of failure and disappointment. In psychology, one speaks of a feeling of disappointment and powerlessness.

How we react to undesirable negative experiences varies from person to person. Many people become irritated, angry or sad. Although it is difficult to deal with negative feelings and live with frustration, self-control is worth practicing!

This involves living with our feelings without becoming emotionally abusive or giving up. And this strengthens perseverance and patience and reduces stress. Another strategy for dealing with frustration is to find means of expression that will not hurt or insult anyone, such as painting, making music, or participating in sports.

**Have you noticed how other people deal with negative feelings and frustration? What did you notice?
What strategies do you have for dealing with negative feelings?**



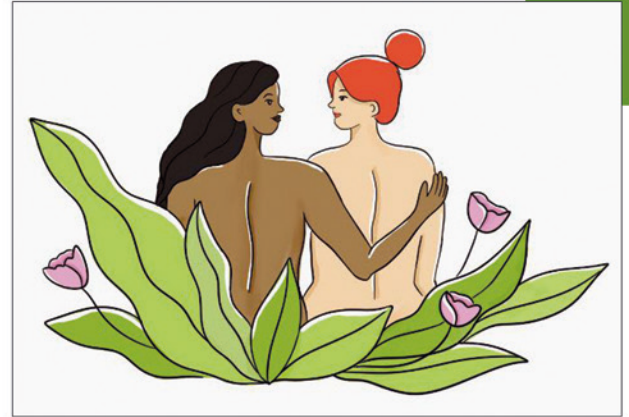


Intimacy

Intimacy is a deep state of trust between people. Most people think of intimacy only in terms of sexual encounters and intercourse. But those are only a small part of intimacy. Emotional intimacy is much more encompassing, with trust, openness, solidarity and honesty playing significant roles. This close connection takes time to develop and arises in a relationship if trust is allowed to grow. This includes the readiness to open up to each other and speak about topics we do not want to discuss with anyone else.

You and your partner can promote intimacy by sharing information and asking each other questions, including those on highly personal and intimate topics. Such as: What was it like to grow up in your family? What do you wish for in the future? What are you afraid of? In your opinion, what does a perfect relationship include?

Many sexual therapists say intimacy is the most important ingredient for good sex. But glances, simple touches, and caresses can also express a special trust of one another. Emotional intimacy can be a part of every relationship: between partners, between friends, or between family members.



JA? NEIN?

JEIN!!!

Ambivalent
feelings

JA? NEIN?

JEIN!!!

One's first romantic relationships are especially filled with new adventures. But anticipation and the prospect of new experiences can also be accompanied by great uncertainties. Because it is not so easy to divide feelings into pleasant and unpleasant. Sometimes, they are both at once. Even physical closeness and touching can feel both good and unpleasant.

Talk with your partner about it! Many people find talking about desires and expectations related to sexuality, including what they do not like or do not want, to be the most difficult part of a partnership. But the longer they avoid these sensitive issues, the harder it will be to bring them up at all!

Try to make an effort from the start – then you can better understand what is going on with the other person and what they expect. Then your desires and needs will become clearer and you can show consideration, make compromises, and build trust with each other.



Responsibility

Taking responsibility means obligating yourself to something and ensuring that tasks are completed conscientiously and good progress is made. It is also a matter of doing what is necessary and right to avoid causing damage and stand up for what happens. For example, when adolescents turn 14 and become accountable for their actions, they take responsibility for obeying laws – if they do not, they can be punished under juvenile criminal law.

But taking responsibility in society is also part of becoming an adult. This means we help each other where help is needed and demonstrate civil courage. In a relationship, we assume responsibility toward our partner. This means paying attention to each other, treating each other with respect, making compromises, and supporting each other.

But assuming responsibility in a relationship also means not forgetting about yourself.





Standards of beauty

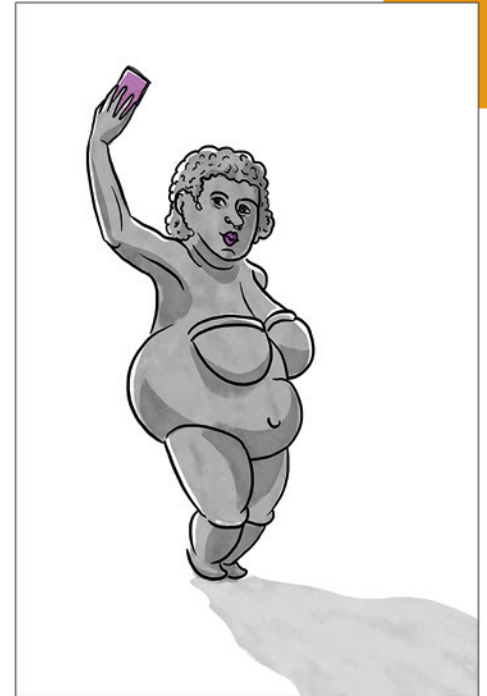
Standards and ideals of beauty have a great influence on us. But what is considered 'beautiful' depends on the epoch, region, culture, and other aspects.

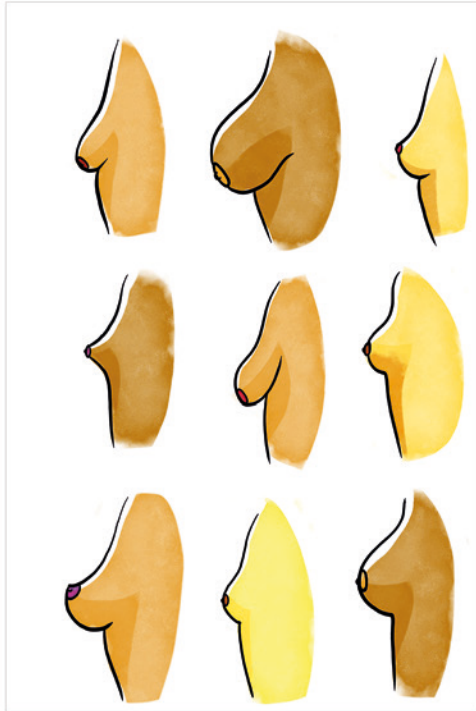
In the stone age, large bellies, bottoms, and breasts were considered beautiful (Venus von Willendorf), but the ancient Egyptians valued athletic, slim bodies. In the Middle Ages, plainness and inconspicuousness were desirable. A high forehead was fashionable, so the hair on the forehead was plucked out.

Beginning in the Renaissance, luxurious forms were considered attractive in men, so hip and calf pads were used. And women wore tight corsets, since a narrow waistline was 'in'. Short hair, long hair, small or large breasts, round, muscular, or very thin, a lot of makeup or none at all:

Fashion, advertisements, and the zeitgeist shape our images of ideal bodies.

Many people try hard to conform to these images. This can lead to cosmetic surgery or serious illnesses. These days, more and more people are resisting this pressure brought on by fashion and advertising. This movement is called 'body positivity' and celebrates the diversity and differences between people.





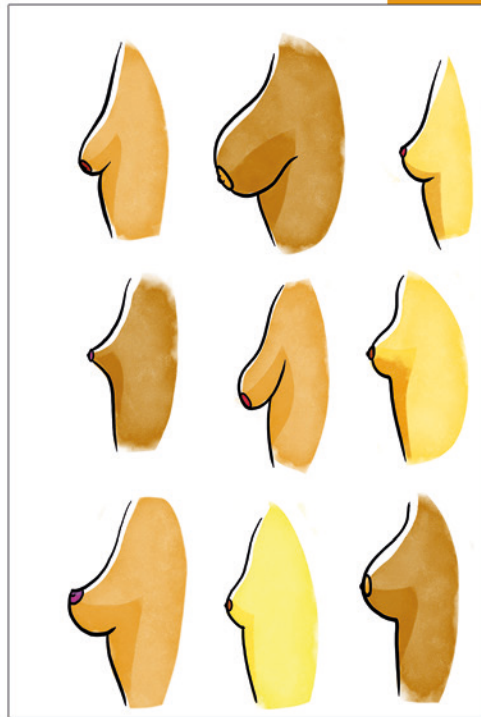
Breasts

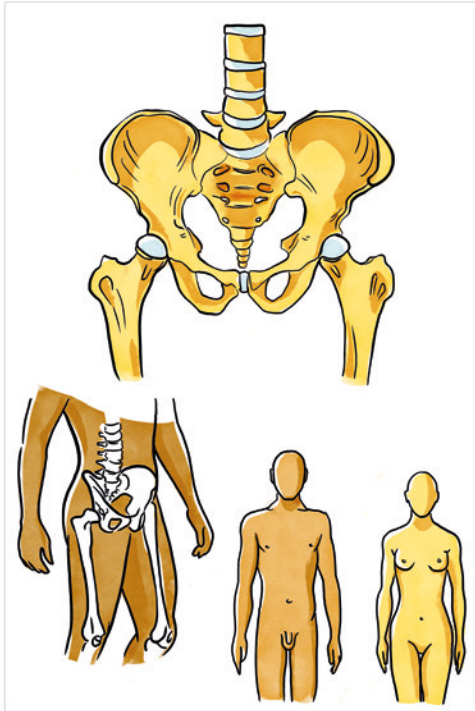
Girls' breasts develop due to hormonal changes during puberty. These cause the breasts to grow larger and change their shape.

One breast often grows more quickly than the other, but this usually evens out during the course of the development. They also become more sensitive. Boys' breasts can also change and become more sensitive for a certain time during puberty, but this normally recedes.

Female breasts consist of fatty and connective tissue and the mammary gland. While a woman is nursing, the mammary gland provides breast milk through fine ducts in the nipple. Breasts come in various sizes and shapes. This is totally normal and depends on genetic factors and the percentage of fatty and connective tissue.

Weight, age, hormonal fluctuations during the menstrual cycle, pregnancy, and sports can also influence the breast's appearance. And nipples also vary widely in appearance.



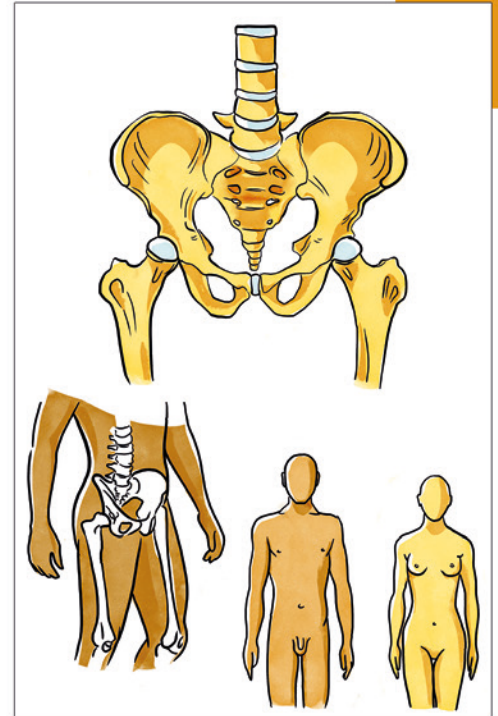


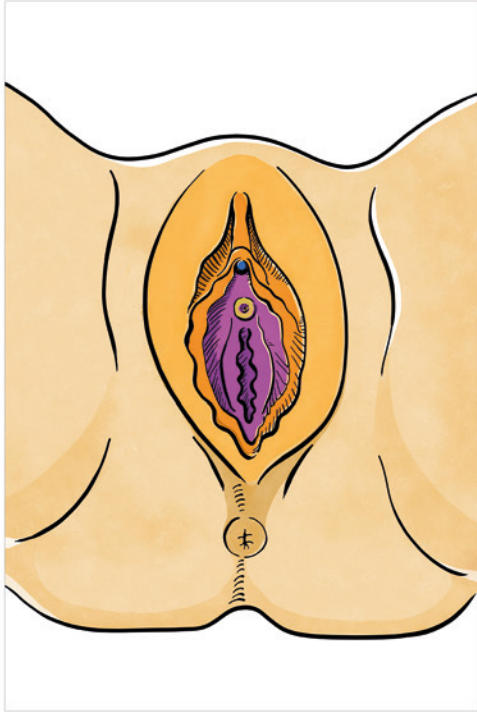
Pelvis

The pelvis is a ring of bone consisting of the two hip bones and the sacrum. Ideally, it ensures an upright posture and secure position of the body. It is the centre of the body.

One important task is to distribute bodyweight evenly from the spinal column onto the two thighbones. The muscle plate that shuts off the abdomen and pelvic organs from below like a floor is called the pelvic floor. The pelvic floor supports the internal organs. Through tension, it ensures that the sphincters of the bladder and bowel function and contributes to pleasurable sexuality.

In women, the pelvis and outlet are wider. This is necessary to give birth to a baby. Men's pelvises are more elongated and narrow.



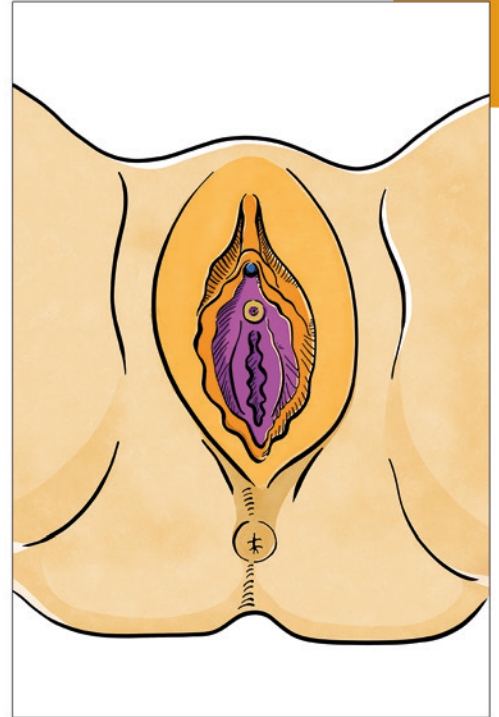


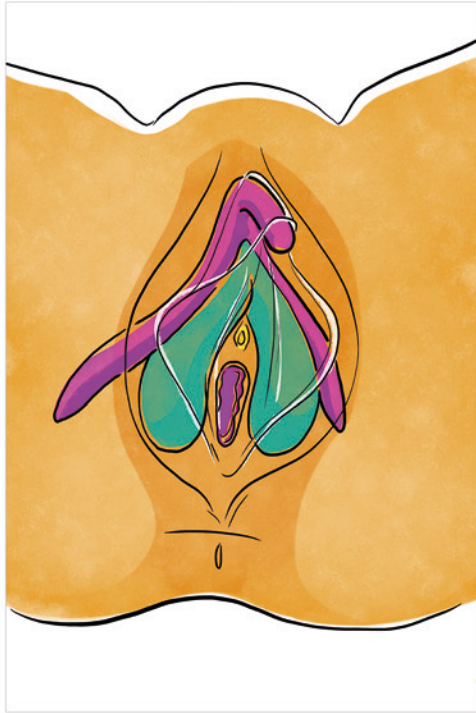
Vulva

The female body changes during puberty. The sexual hormone oestrogen causes the genital organs to grow and mature.

Hair begins to grow at the mons veneris and around the outer labia – sooner in some girls than in others. This is called pubic hair. The vulva becomes larger, and the labia, hymen, and vaginal walls become bigger and stronger. And the skin of the labia and of the vulva changes its colour, usually becoming somewhat darker.

Girls have their first period around the age of 13 (earlier in some girls, later in others). From this time forward, we speak of 'sexual maturity': the female body is now ready to become pregnant and bear a child.



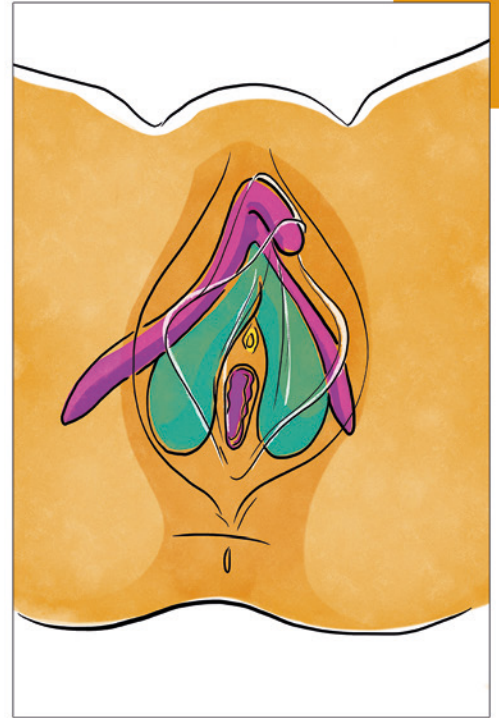


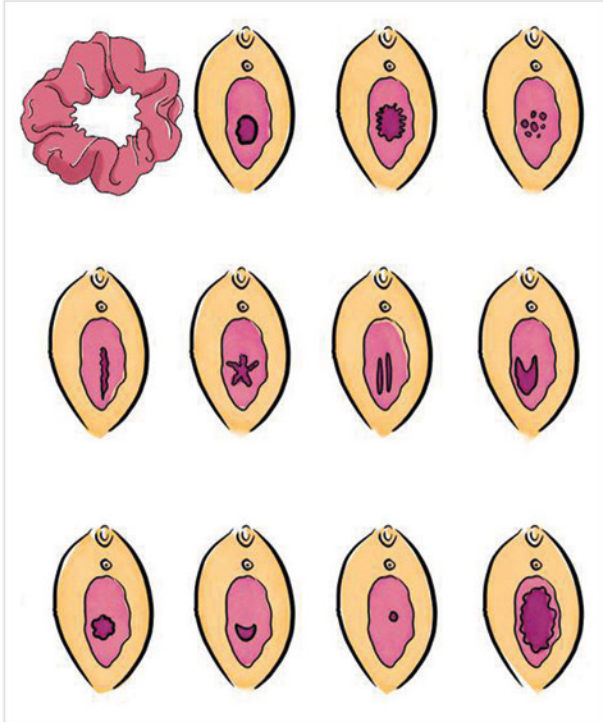
Clitoris

The clitoris is an organ that is around 10 cm large; its only function is to provide a pleasurable sensation. Only a small part of the clitoris – the clitoral glans, which is approximately the size of a pea – can be seen from the outside.

This small tip of the clitoris is located between the inner labia, above the vaginal opening and the urethra. It is highly sensitive and protected by a thin clitoral hood. Having it touched can be very pleasant and pleasurable. Most of the clitoris (the shaft, the two corpora cavernosa, and the two vestibular bulbs) lie inside the body. During sexual excitement, the vestibular bulbs fill with blood.

Many parts of the clitoris resemble those of the penis. The penis and the clitoris originate in the same developmental tissue. Starting in the eighth week of pregnancy, either a penis (if the baby will be a boy) or a clitoris (if it will be a girl) will develop from the same tissue. Sometimes it is not clear, and then we speak of intersexuality.



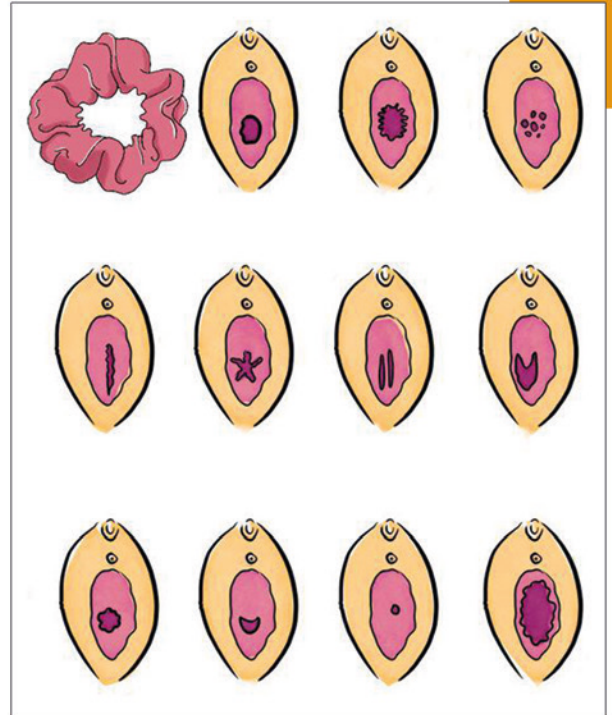


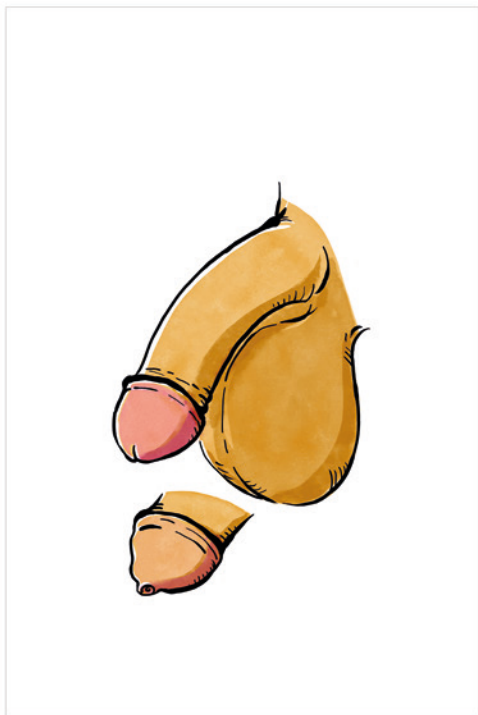
Hymen

The hymen is a very elastic, flexible ring of tissue at the entrance to the vagina. There are many types of hymens, and each is different. You can think of the hymen as a kind of scrunchie (elastic hair tie made of cloth).

Many women are born without any hymen at all. Many people think that this ring of tissue can be broken – when a tampon is inserted into the vagina or during sexual intercourse, for example. But since the hymen is not closed, since vaginal secretions and period blood must flow out, and since it is very soft and flexible, it is normally not harmed by a tampon or sexual intercourse. And small tears will heal quickly without scars.

Four out of five girls have neither pain nor bleeding during their first experience with sexual intercourse. One cannot tell from the hymen whether a woman has already had sexual intercourse.



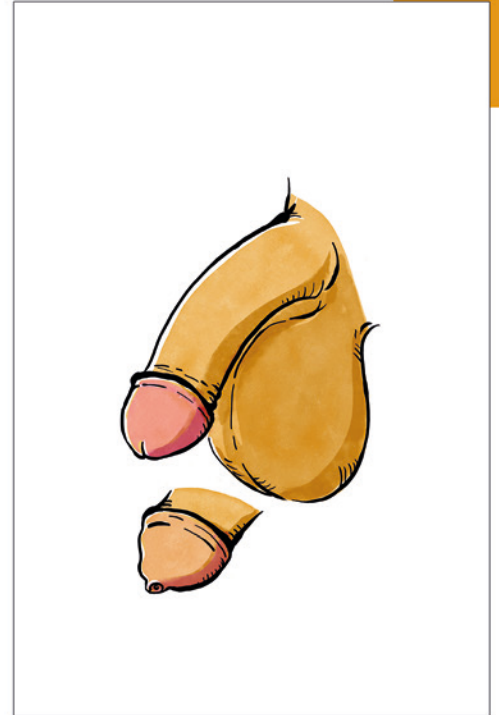


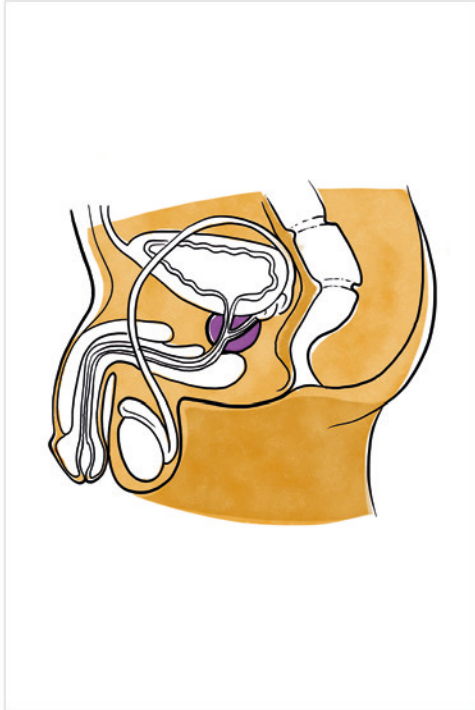
Penis

The male body changes during puberty. As the entire body grows, so do the penis and testicles. 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 becomes somewhat darker during puberty.

During sexual arousal, the erectile tissue in the penis fills with blood and the penis becomes stiff. This is called an erection. An erection can happen spontaneously, however, without sexual arousal.



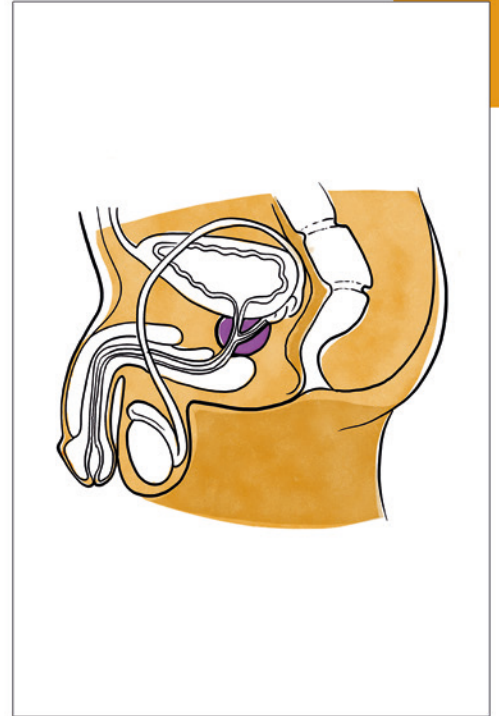


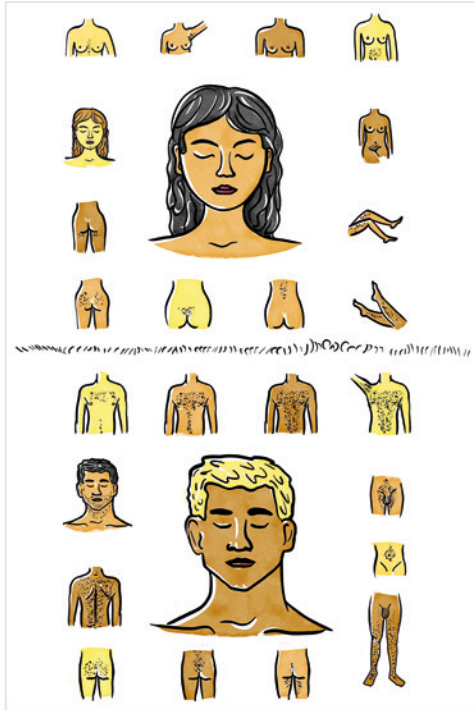
Prostate

The prostate belongs to the interior male sexual organs. It lies directly beneath the bladder and is about as big as a chestnut. The prostate's main function is to produce semen.

The prostate also controls when the path is free for sperm cells and when it is free for urine. It only begins to work during puberty, under the influence of male sexual hormones.

The most important sexual hormone for this is testosterone. This sexual hormone is mostly produced in the testicles. The prostate secretion is important for the fertility of the sperms. Without the prostate, a man is sterile.



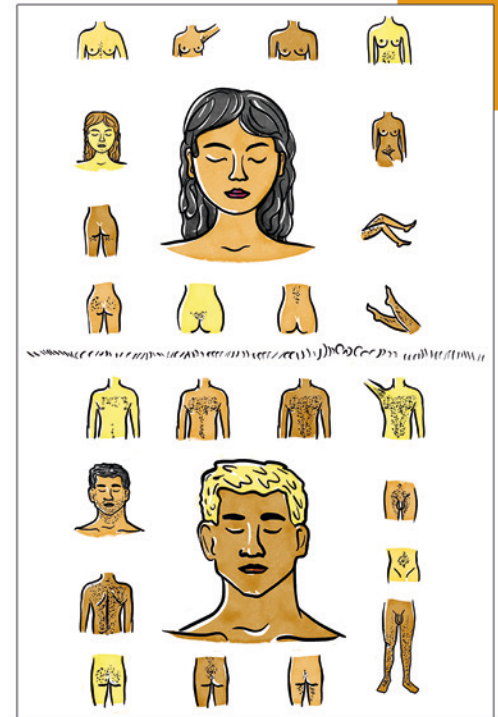


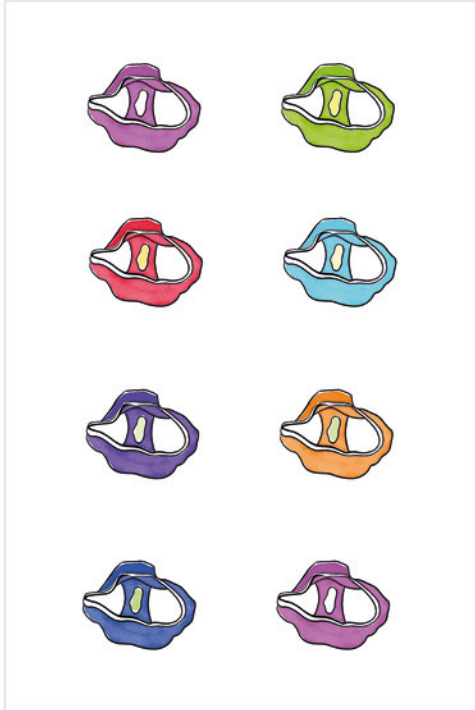
Body hair

Body hair begins to grow during puberty due to the male sex hormones (androgens). Under the shoulders or between the bottom, for example. Hair on the arms, legs, and eyebrows can also become stronger and darker. Boys begin to grow beards.

The degree of body hair depends on genetic factors, hormones, and age. Body hair originally had the function of strengthening odours as pheromones and reducing friction in the armpits. Many people shave and pluck their hair because they think this is more hygienic. But when it comes to hygiene and body odour, regular washing is much more important than the amount or length of hair. Removing it is more a matter of fashion that is continually changing.

For a few years, there has been a movement opposing the removal of body hair. Everyone should be able to decide for themselves whether they find hair on the body to be beautiful or not. Ask your parents or grandparents what was considered beautiful when they were young!





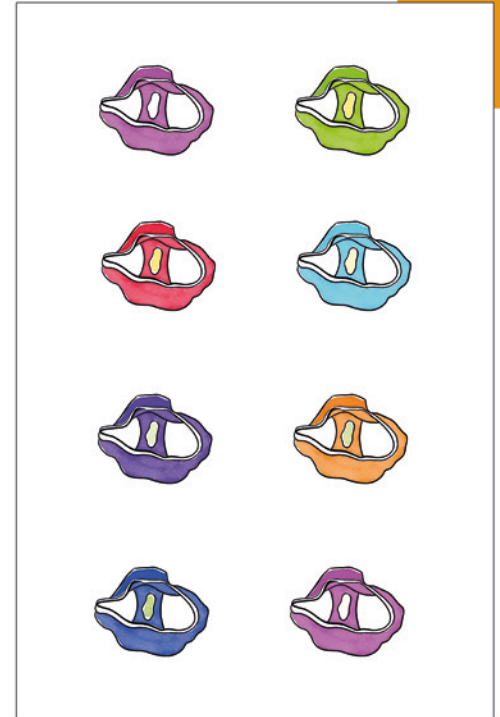
Leukorrhoea

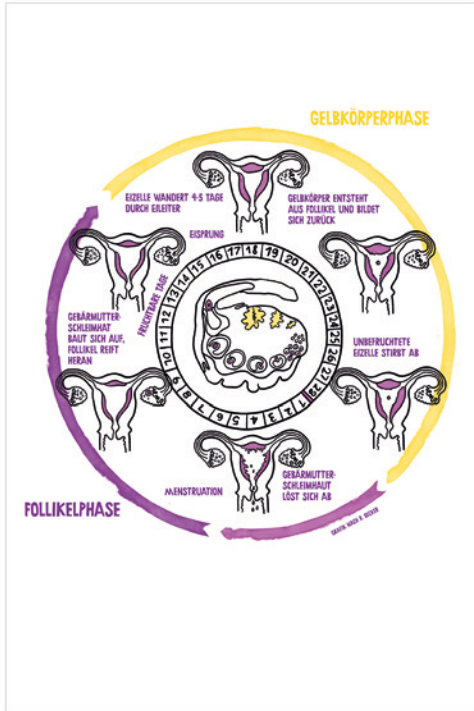
Leukorrhea is a healthy discharge. Leukorrhea in girls is a sign they are about to get their first period.

When girls and women are already menstruating, leukorrhea occurs on days without period blood. Leukorrhea changes colour and consistency during the cycle. It is also a sign of a healthy vaginal flora. This mostly consists of various types of lactic acid bacteria. It protects the woman from the intrusion of pathogens and infections.

During the nonfertile phase, the leukorrhea (also called cervical mucus) can take on a clumpy consistency similar to fresh cheese. However, this is a healthy variant. A slightly yellow colour is also completely normal.

If conspicuous changes occur – if the discharge is unusually coloured, has an unpleasant smell, or itches, for example – a gynaecologist should be called. This might mean that an infection has brought the vaginal flora out of balance.

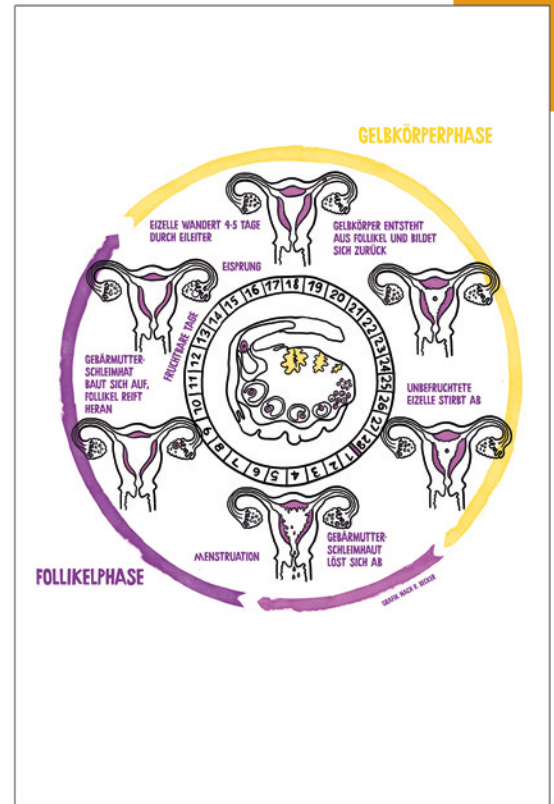


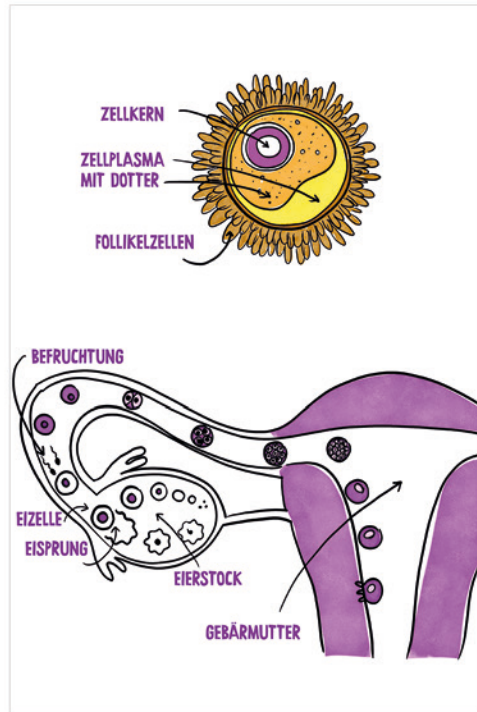


Menstrual cycle

The menstrual cycle marks the time from the first day of menstruation (or menstrual period) until the next period. This cycle repeats itself regularly from the first menstrual period in puberty until the last one in menopause ('change of life'). In the years between puberty and menopause, the uterus prepares about once a month for a possible pregnancy.

The cycle is made up of various phases controlled by sexual hormones: Follicular phase, ovulation, luteal phase, and menstruation. The length of the cycle can vary from woman to woman and cycle to cycle. In young women, the cycle is often very irregular.



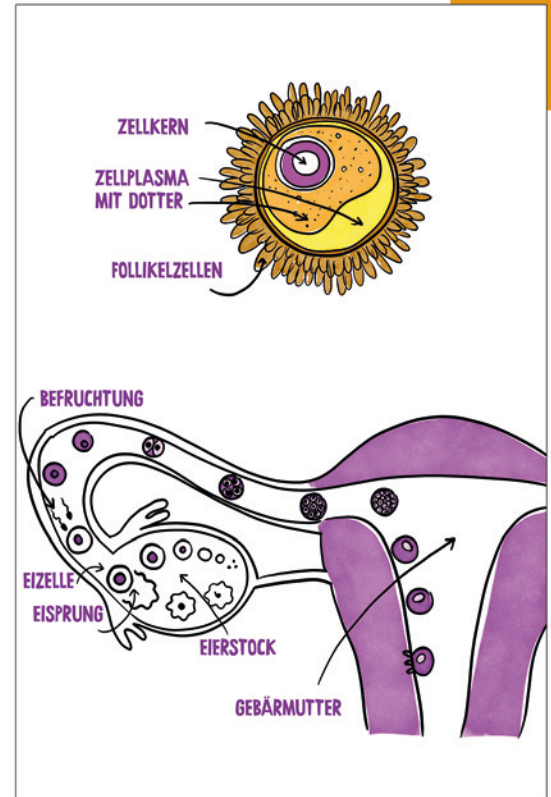


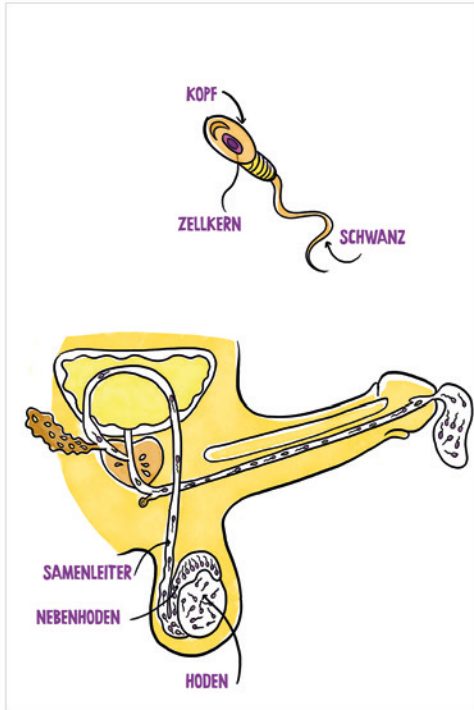
Ovum

The ovum ('egg') is the female gamete or 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. Mature eggs are necessary for fertilisation.

Approximately in the middle of the cycle, the ovary usually releases one mature egg. This egg will remain fertile for about 12 to 24 hours. If a sperm cell fertilises the egg, it moves through the fallopian tube into the uterus during the next four to five days, where 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 beginning of the next cycle with the first day of menstruation.



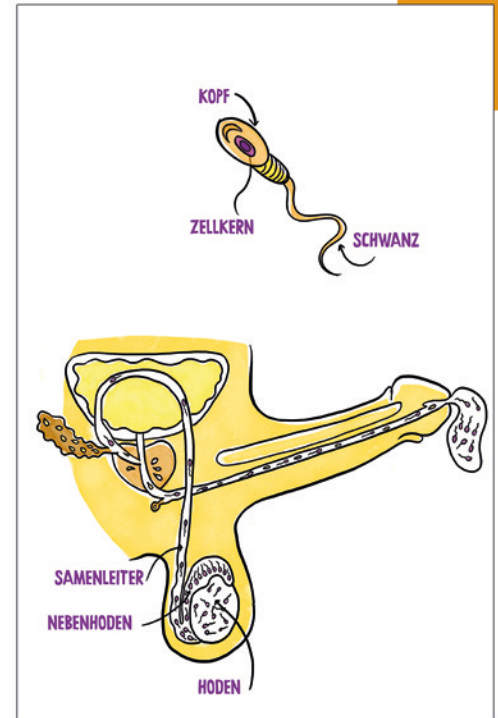


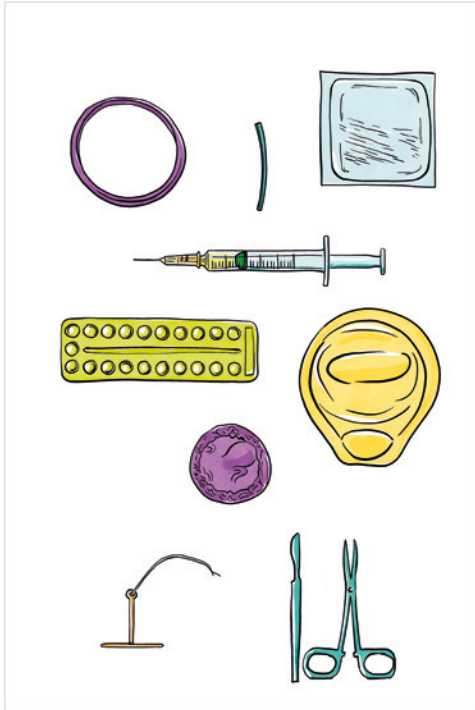
Sperm cells

A male sperm cell is also called a spermatozoon. Sperm cells are among the smallest somatic cells (body cells). They are produced in the testicles and mature in the epididymides.

Forty to seventy million sperm cells are formed a day. During ejaculation, they are discharged through the urethra. If no ejaculation occurs, the body removes the unnecessary sperm cells. Sperm cells arrive in the uterus through the vagina during sexual intercourse and move further into the fallopian tube. If they encounter a mature egg there, the egg might be fertilised and the woman will become pregnant.

Male 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.





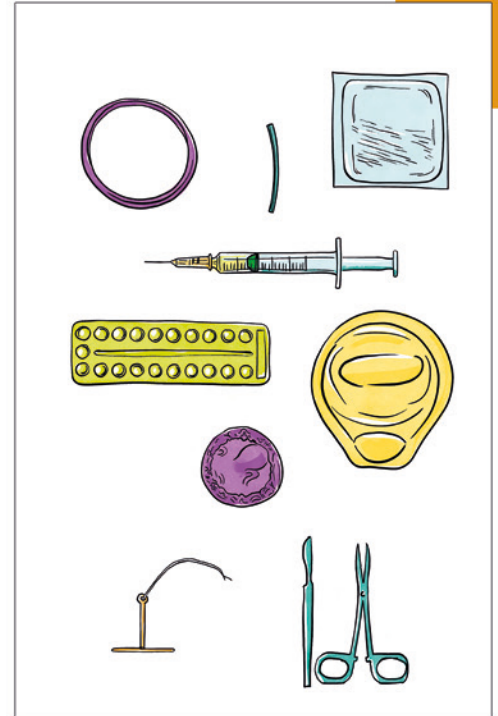
Contraceptives

There are various ways to protect against unwanted pregnancies. Many contraceptives contain hormones that interfere with the control of the cycle. The most well-known contraceptive is the pill.

Other contraceptives prevent the sperm cell from meeting an egg: condoms, for example, which are worn over the penis. Condoms can also keep people from contracting sexually transmitted diseases. Chemical contraceptives such as pessaries kill sperm cells, thus preventing fertilisation.

Contraceptives are never 100% certain, so a combination of various types (such as a condom and a birth-control pill) is recommended. Gynaecologists can give advice on choosing a contraceptive.

If unprotected sexual intercourse or a 'glitch' (such as a torn condom) has occurred, a 'morning-after pill' is another option. This will function only before ovulation has taken place. It delays the ovulation and prevents the sperm cells from encountering a mature egg and fertilising it.



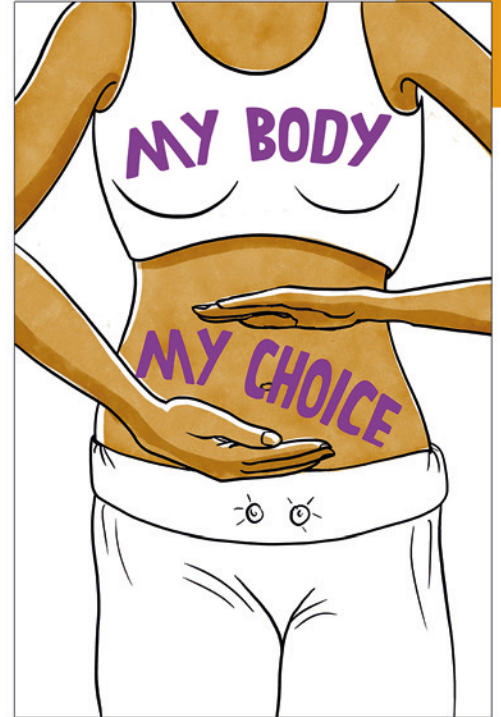


Abortion

**Abortion means terminating an unwanted 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. The decision to abort a pregnancy is extremely difficult for many women and is shaped by religious and cultural norms.

Advice, information, and support can be obtained from counselling centres for women and girls as well as from women's health centres. The costs for abortion are currently between around 300 and 800 euros. Sometimes the costs are covered; if the abortion is required for medical reasons, for example.





Orgasm

The orgasm is the high point of sexual and emotional excitement and release. The term 'orgasm' comes from Greek, and means 'bursting', 'to smoulder with lust', and to 'soften'. The origin of the word well describes what goes on in the body during an orgasm.

If sexual excitement has increased and reached a certain point, a reflex is triggered that brings about a rhythmic contraction of muscles, mostly in the pelvis, but also in the rest of the body. This relaxes the tension, also known as orgasmic discharge.

How an orgasm feels varies not only from person to person but also based on one's condition on a particular day. Orgasms don't all feel the same. 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 an ejaculation. Women can ejaculate as well. But this usually happens before the orgasm.

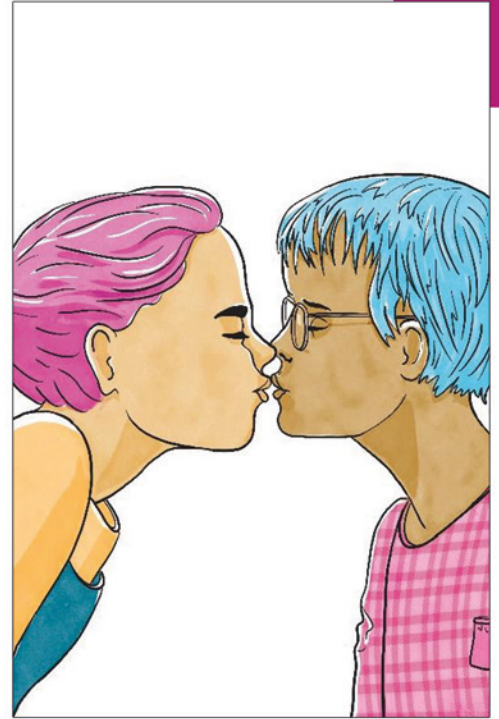


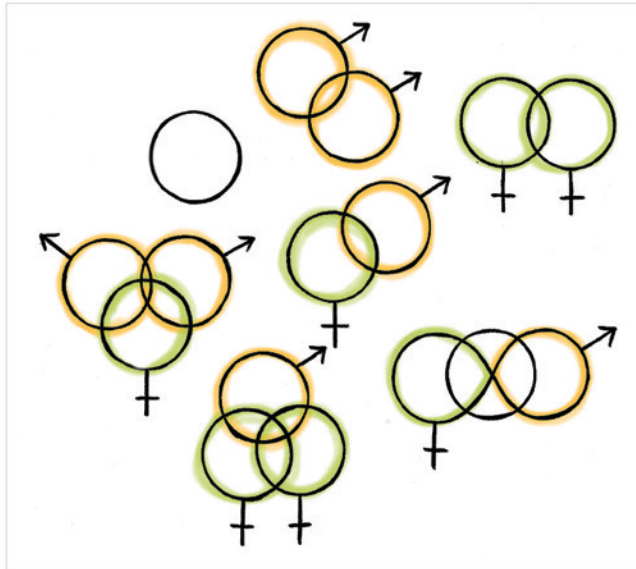


Relationships between young people

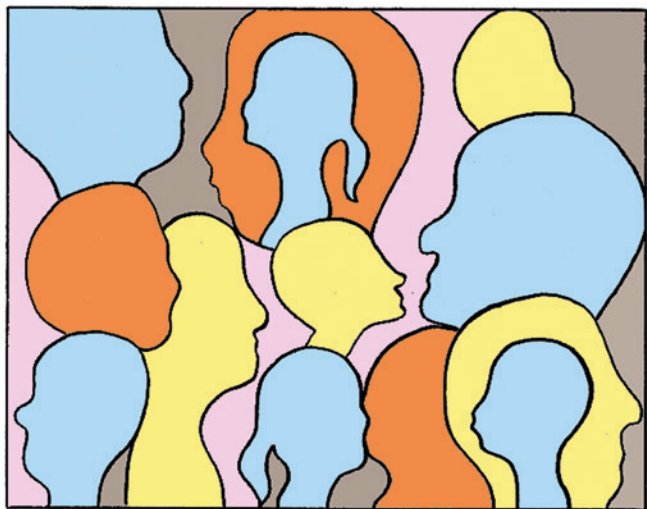
When young people first enter into relationships, it is a new, thrilling experience. It is an exciting time! Researchers say that youthful relationships are different from those between adults: They are not yet aimed at one's entire life. They do not involve getting married, having children, and building a household, but having one's first experiences with a partner. They focus on being in love and sensing one is loved in return, drawing together physically, and trying out what makes up a relationship: namely, building trust, being considerate, and making compromises. This is not easy – it has to be practiced.

Have you already had your first relationships?
Or thought about what would make up a relationship for you?
Do you believe one's first love will last a lifetime?
What is important to you in a relationship?





Sexual orientation



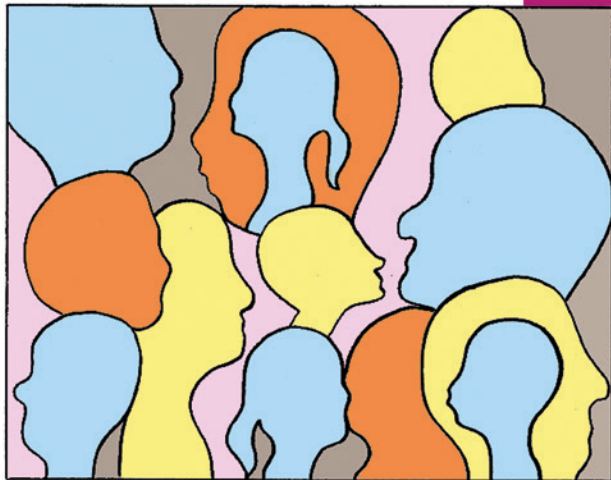
Respect

Respect describes a way of paying attention and showing esteem to another person, their achievements, their opinions, or their way of life, even if one does not share that opinion or way of life. For a relationship, a group, or a community to function well, mutual respect is important.

All people have a basic need to be respected and treated equally. But we can also feel respect for other living things, a moral code, or institutions. Depending on the situation, respect can be shown through various types of behaviour, such as politeness, recognition, tolerance, or reverence.

Sometimes, the word respect is also used in other contexts. Having 'respect' for large dogs means being very careful and mindful of the animals, being careful around them, or even avoiding them entirely. We can also treat a difficult task with respect: for example, if we are not sure the task will succeed and we have to make a special effort.

What does respect mean to you? Can you think of situations where you practiced respectful behaviour?
When is it difficult for you to respect others?





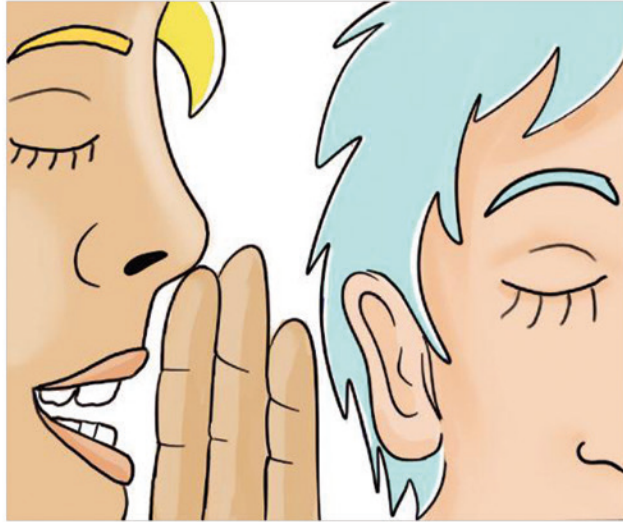
Disrespect

Disrespect is the opposite of respect and esteem and means someone is being treated unequally. For example, if someone controls, insults, disrespects, mocks, humiliates, or bullies someone else or presumes to be superior to them. This gives rise to a hierarchy that is unhealthy for groups and relationships. Disrespectful behaviour is the opposite of equality: It suppresses the other person and tries to make them small, sometimes by force.

Sometimes a person does not feel their treatment is disrespectful although it is seen as such by others. Be respectful yourself, but speak up if you feel you are being treated disrespectfully! This is the quickest way to clear up misunderstandings. If the disrespect persists, maintain your dignity, draw consequences from the situation, and distance yourself from it.

Have you ever witnessed disrespectful behaviour or even experienced it yourself? How did you handle the situation?





**Secrets of
good
relationships**

Good relationships are based on respect. Both people should be treated equally, respected, and supported.

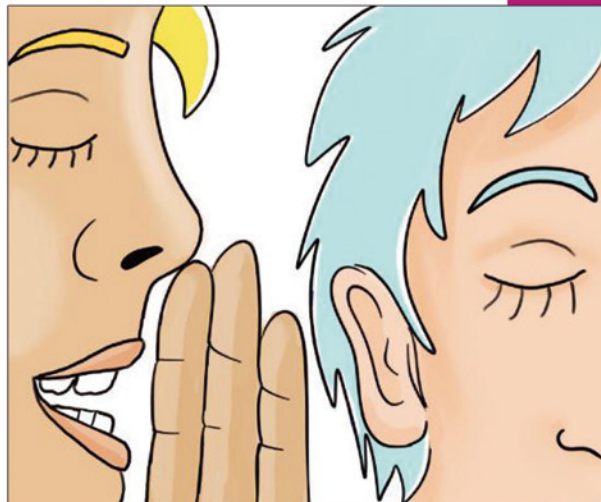
Talking about your feelings and taking those of your partner seriously is another important ingredient for a happy relationship. And small, loving gestures and shared rituals strengthen the sense of togetherness. But one cannot forget one's own life and personality development: one's own friends and activities without the partner, and even taking time to be alone.

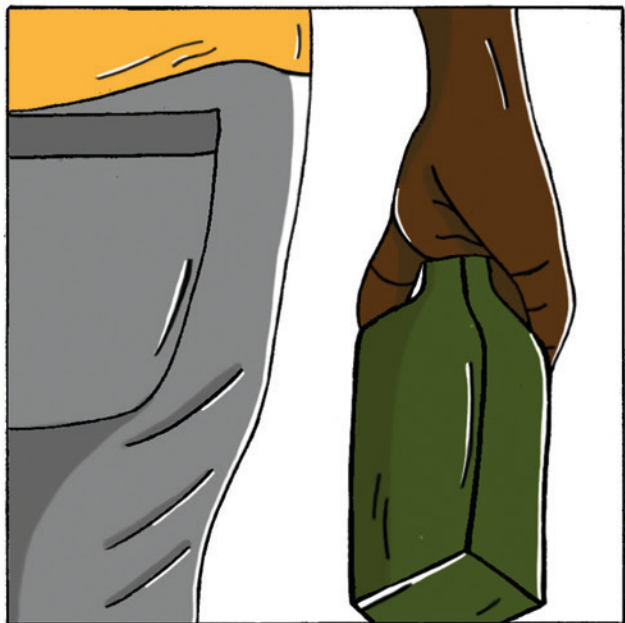
Striking a good balance between self-love and love for another helps ensure a person does not become dependent on the relationship. Trust in a relationship takes time to grow and the readiness to open up toward and confide in the other person. A good basis for this is a general, basic trust in the partner.

Have you ever had a good relationship?

What was special about it?

How do you imagine your ideal relationship?





**Attention:
Danger!**

Violence is not confined to relationships that have lasted many years – it often occurs in relationships between young people. Although it is hard to believe, over half of all young people experience violence in their first relationships.

Psychological violence occurs most frequently in the form of controlling behaviour: forbidding a partner from having other social contacts, demanding access to social media passwords, or controlling mobile phones. But physical and sexual violence also happen in relationships between young people.

There are a few risk factors that increase the danger of violence: One essential risk factor is a lack of communication in the relationship.

It is not always easy to talk about desires and expectations, but it is very important so compromises can be reached. And alcohol is another risk factor: Drunken people are more likely to become violent and to be the victims of violence. The risk for violence also increases if violence was a part of childhood or previous relationships.

No one has to tolerate violence: Be ready to help if you witness violence and get help if you are affected by violence or are violent yourself!





Ideas about sexuality

Our concepts of sexuality develop during puberty and beyond. Experiences, fantasies, desires and images that one finds exciting are blended into ideals and leave their mark behind. This functions like a script for your entire personal life story and guides your behaviour and love life.

Sexual scripts can also be shaped by images that are not very loving or considerate. We find them in films, music, social media and pornography. Here, sexuality is often connected not with love but with dominance and suppression, and sometimes even with misogyny and violence. Do you know any films or songs that convey negative or even violent images about love or sexuality?

Be critical and look closely! Think about whether what is being presented actually corresponds to your own notions, values, and desires. What type of relationship would you like to be in?





Human rights

In 1948, the United Nations formulated the **Universal Declaration of Human Rights**.

The United Nations is currently made up of 193 countries. It concerns itself with peace in the world and jointly solves problems worldwide. It helps all people: no matter what country they come from, whether they are male, female, or inter, whatever their religion, whether they are an adult or a child, etc. Austria signed the European Convention on Human Rights in 1958. In Austria, human rights are enshrined in the Basic Law and are considered 'fundamental rights'. They apply to everyone who lives in Austria.

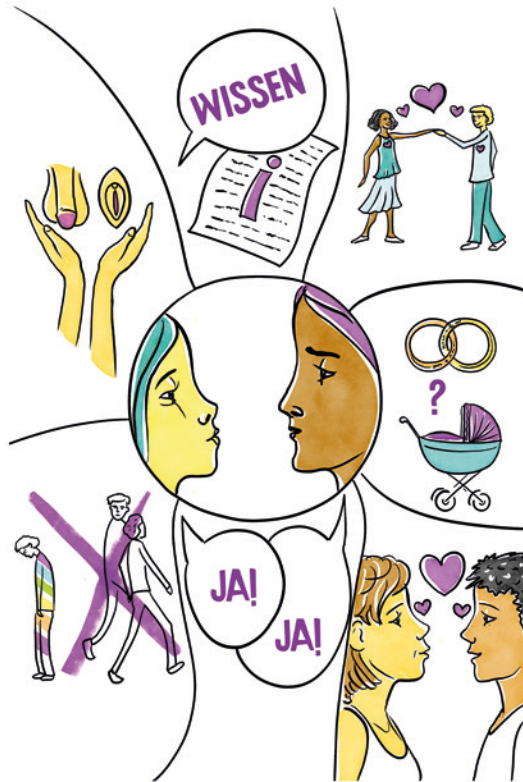
A few important Basic Laws in Austria are:

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

Implementing and observing human rights is given a high priority in Austria. The National Ombudsman Board of Austria is responsible for protecting and implementing human rights: www.volksanwaltschaft.gv.at.

How important are human rights to you?





Sexual human rights

'Sexual human rights' are derived from 'General human rights'.
In Hong Kong, 1999, the 'World Association for Sexual Health' ratified the Declaration of Sexual Rights.

Sexual human rights include, among other things:

- the right to sexual health,
- the right to information and sex education,
- the right to a free choice of partners,
- the right to protection from discrimination,
- the right to consensual sexual relationships,
- the right to decide for one's self whether to marry or have children,
- the right 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 UN Convention on the Rights of Persons with Disabilities (CRPD) is an international instrument in which the signatory states undertake to promote, protect, and guarantee the human rights of people with disabilities.

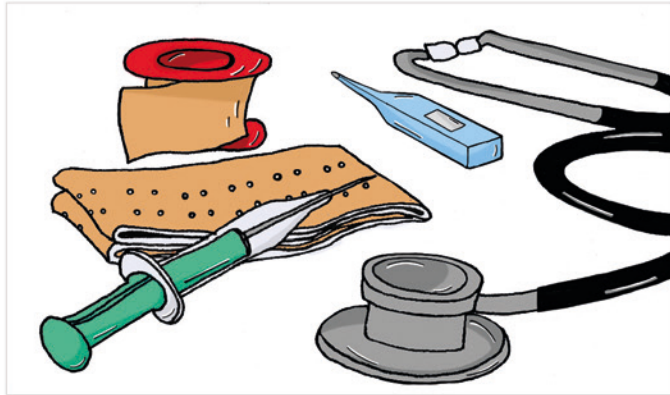
The CRPD has been in effect in Austria since 2008 and refers to all people who have long-term physical, psychological, intellectual, or sensory impairments that might prevent them from participating in society fully, effectively, and with equal rights.

The essential principles of the CRPD are:

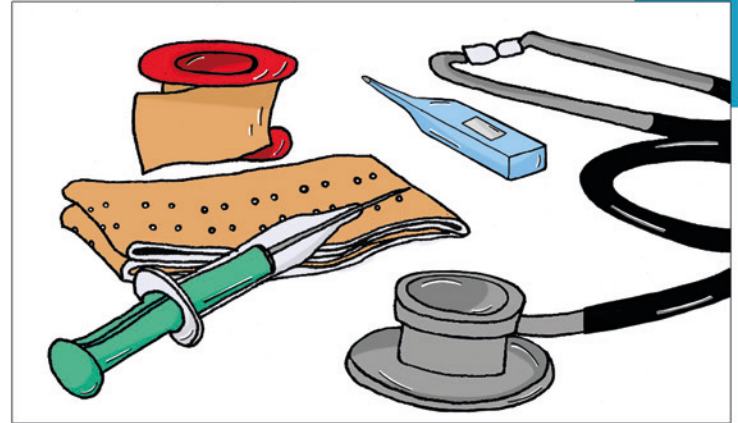
- respect for human dignity, individual autonomy, self-determination, and the freedom to make one's own decisions,
- non-discrimination,
- inclusion in society,
- equal chances and accessibility.

Every federal province has a disability ombudsman who provides information on the rights of people with disabilities and supports the implementation of those rights.





Medical care



Occasionally, privacy is not respected during medical exams or the provision of medical care.

Speak up if anything is unpleasant, and make sure someone explains to you what treatments or exams are being performed. You can also be accompanied by someone you trust.

In Austria, you may choose your doctor freely: Everyone is allowed to choose a doctor they trust. Many people require help caring for themselves, even as adults. But this does not mean that every type of touching experienced during caregiving is appropriate. If any touching you experience during caregiving feels unpleasant or painful, you can (and should) say so or otherwise express yourself.

Everyone has the right to feel good. If this is not the case, get help and tell a trusted individual what you have experienced. Every federal province in Austria has representatives and advocacy boards for patients who provide information on patient rights and support patients.



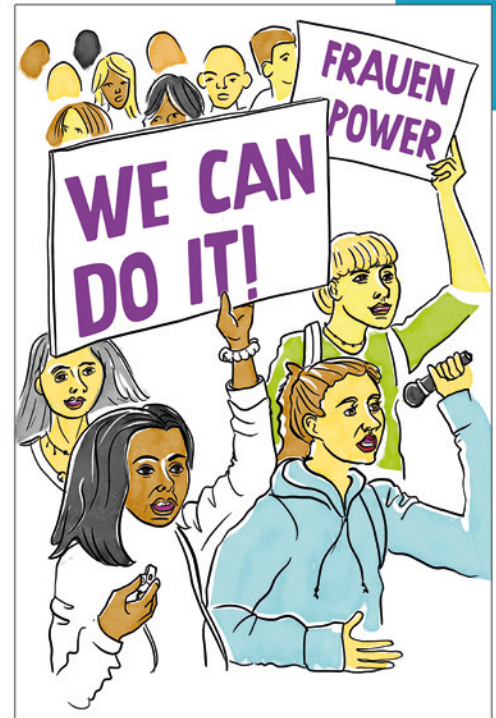
Women's rights

Women around the world experience violence, particularly in connection with sexuality and relationships. This is also true in Europe.

Therefore, in 2011 in Istanbul, the Council of Europe ratified the 'Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence' ('Istanbul Convention'). Moreover, Contracting States are encouraged to apply regulations on domestic violence to other victims of domestic violence as well (men and children).

Austria signed the 'Istanbul Convention' in 2013, thereby undertaking to combat violence against women and girls as well as domestic violence. The convention includes all forms of violence against women, including traditional ones such as forced marriage or the circumcision of female genital organs (FGM). The convention promotes the equality of women and men in society as a prerequisite for protection against violence.

Do you know areas in which women do not have the same chances or opportunities as men? How can the equality of women and girls be improved?





Female genital mutilation

FGM stands for female genital mutilation and is a severe form of violence against girls and women. It involves circumcising parts of the female genital organs, such as the labia and the clitoral glans.

Sometimes external genitalia are partially or fully removed, and the vagina is sewn up except for a tiny opening for urinating and menstruating. FGM is a cultural tradition in many African, Asian, and South American countries, but no religion requires the genital mutilation of girls.

FGM is a criminal offense in Austria, but women and girls from countries in which FGM is practised also live here. If perpetrators or victims have their usual place of abode in Austria or Austrian citizenship, the offense is punishable even if it is carried out abroad.

FGM seriously impacts the health and sexuality of the women concerned. The website www.stopFGM.net contains additional information in various languages and specialised counselling services.



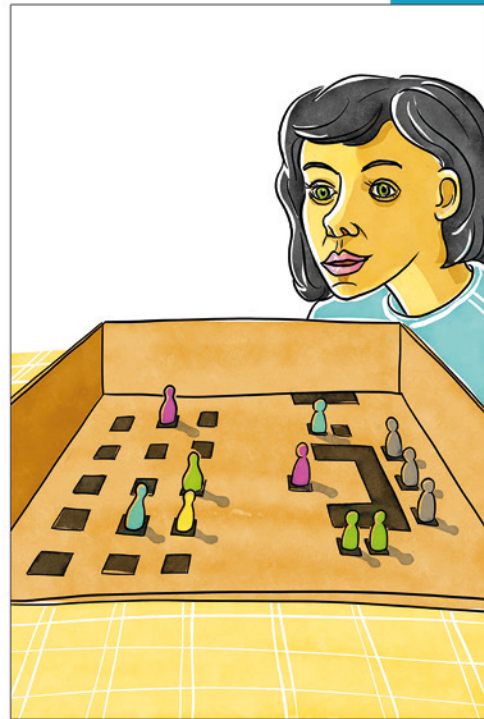


**Helping
victims and
supporting
processes**

In Austria, victims of violence should be optimally protected. If someone experiences physical violence, sexual violence, or dangerous threats at home, and the police are called, they can forbid the perpetrator from remaining in the residence or approaching the victim for two weeks.

During that period, the victim can obtain help and support from counselling services or a centre for protection against violence to think about what to do next. If the violence occurs within the family or a circle of friends, it is especially hard for the people concerned.

Special process-supporting institutions provide free information on rights and options and offer support where the police and the courts are concerned. People who are affected by violence in the internet, such as stalking or cyberbullying, and minors who witness violence in the social environment (violence in the family) are also entitled to process support.





How to get help

After experiencing violence, it is often difficult to seek help. It is easier if the victim has someone they trust who can accompany them to a counselling centre or the police station. Things are better if we do not feel alone and feel understood.

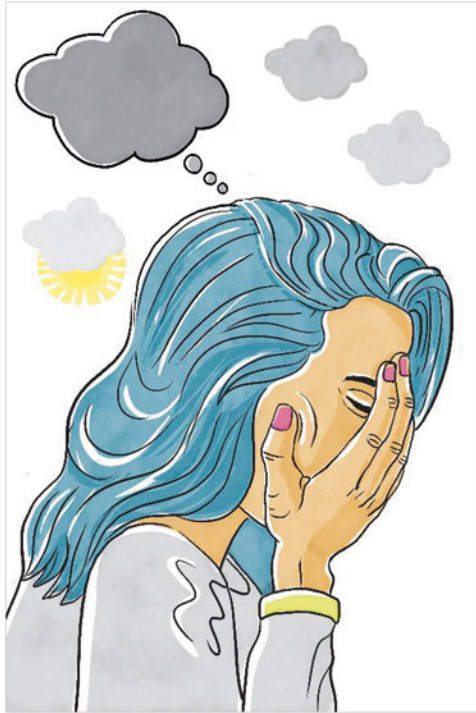
If you accompany a person affected by violence, pay attention to the following:

- just be present and listen
- believe the person
- don not promise anything you cannot deliver
- do not allocate any blame
- get help!

Everyone who experiences violence has the right to help and support – no one has to face violence alone! In counselling services or in the centre for protection against violence, people affected by violence receive free assistance and support so the violence can end. Trusted individuals can also call there and schedule a counselling session.

Can you picture yourself accompanying someone who is seeking help? Do you know where a counselling service or a centre for protection against violence is located in your region?





Bullying

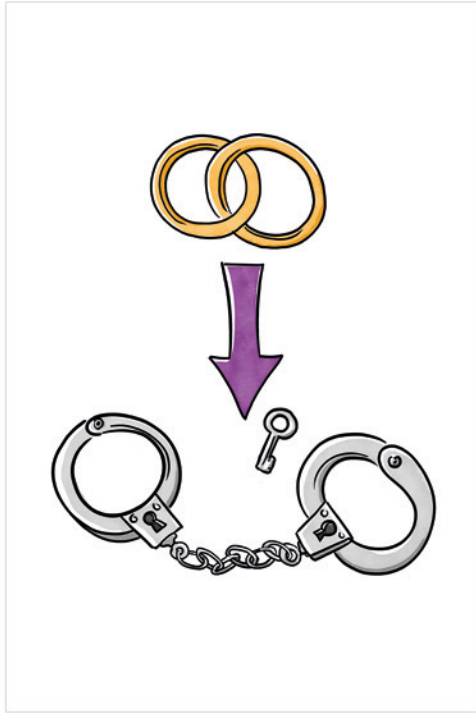
'Bullying' or 'Mobbing' is a form of repeated, regular, long-lasting violence perpetrated by a group of people. Typical mobbing actions include humiliation, threats of violence, insults, spreading rumours and false claims, etc. Bullying also occurs in the internet ('Cyberbullying').

Bullying can be described as a psychoterror. People frequently take part in bullying because they belong to the group or fear being bullied themselves. People are often bullied due to their appearance, origin, or sexual orientation. Bullying is often carried out to make the perpetrators feel stronger or more powerful. But bullying is never a sign of strength: quite the opposite!

Seeking help so the bullying can end is a sign of strength. In school, students can turn to a teacher they trust. School social workers, guidance counsellors, and school psychologists can also help! The Ombudsman Offices for Children and Adolescents and the child protection centres in all federal provinces also offer counselling and support.

**And 'Rat auf Draht' (an Austrian hotline for children and adolescents) also provides counselling. Be brave and make a call if you are affected by mobbing or see it happen to someone else: Tel. 147, <https://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?**



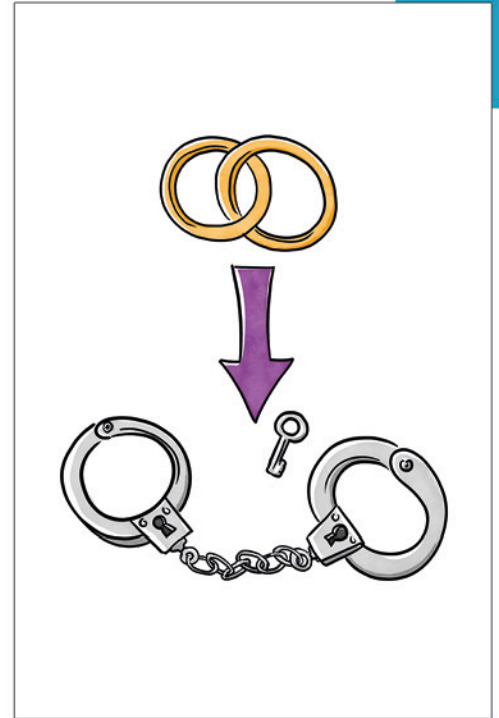


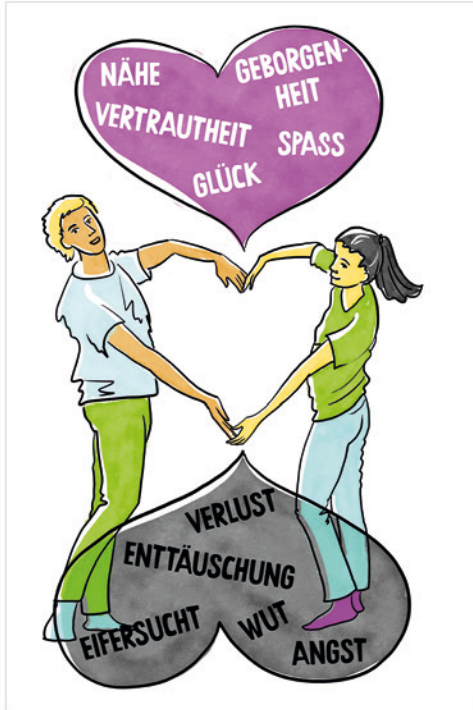
**Forced
marriage**

Forced marriage is a criminal offence in Austria punishable by up to five years in prison. Women (and sometimes men) are forced into marriage for a variety of reasons: cultural ideals, religious dictates, pressure from within the family, or economic reasons.

Sometimes young people living in Austria are taken abroad to become married off. Specialised counselling services, such as DIVAN in Graz or Orientexpress in Vienna, support those threatened with or affected by forced marriage. Women can use the Women's Helpline Against Violence (0800 222 555) or the 24-hour women's emergency number (01 71719) to contact protective facilities and emergency shelters that house and protect women from all of Austria anonymously.

Besides forced marriage, there are also 'arranged' marriages. In these cases, relatives choose the partners with the permission of the bride and groom. And expectations and social pressure can be felt as coercion here as well.





Violence in relationships between young people

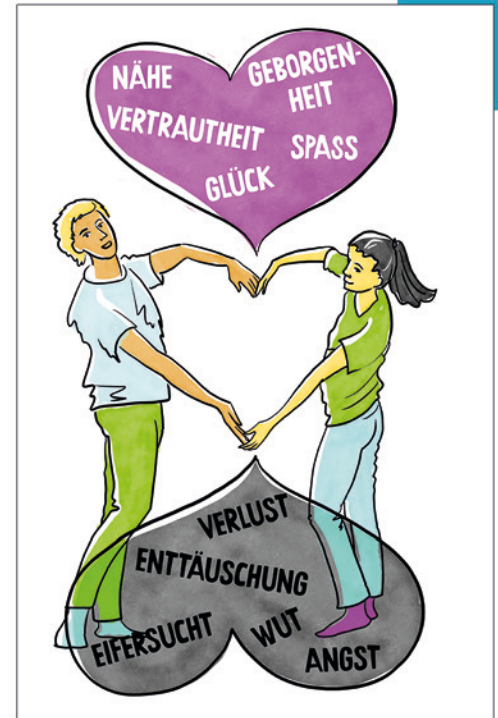
Most young people imagine their first romantic relationship will be wonderful: full of love, romance, trust, fun, and shared experiences.

But being in a relationship is not easy. People have to make compromises and solve conflicts if they have different desires and expectations. Sometimes they have to deal with frustration and disappointment or feel insecure or jealous.

A person can feel love and frustration at the same time, which can be confusing. It is not easy to deal with. It can also lead to violence in youthful relations, whether physical, psychological, or sexual. Girls and young women are frequently the ones who experience violence in relationships, but it is also experienced by intersex people, boys, and young men!

Many young people are ashamed and believe that everyone has perfect relationships except them. But that is not the case!

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





**Ending
violence**

People who experience violence in relationships often hope it will stop. Sometimes it actually does: People get to know themselves better, practice talking about feelings, desires, and expectations, and start showing consideration for the other person – learning to trust.

But sometimes the violence does not stop, but in fact gets worse. Then it might be better to end the relationship and talk about what you have experienced. Counselling services for women and girls support young women who have experienced violence. And every federal province offers counselling services for men and boys.

In counselling facilities, people can discuss experiences with violence whether they are the person who inflicted the violence or the one who had to take it.

Emergency numbers for violence:

Rat auf Draht Tel: 147

Children's emergency hotline Tel: 116 111

Women's helpline against violence Tel: 0800 222 555

24-hour women's hotline Tel: 01 71 719

24-hour men's emergency hotline Tel: 0800 246 247

Police Tel: 133

Police via SMS: 0800 133 133

