



let's sign about sex

Informative booklet with 60 different topics on sex education. These topics have been translated into sign language in videos by various young people and adults.



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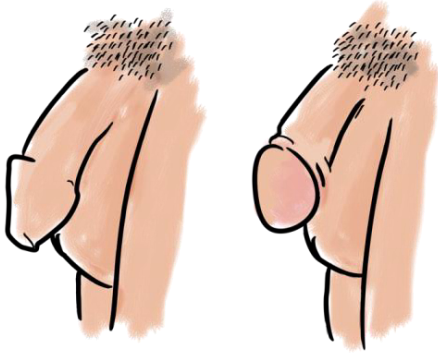
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02. Male body

The male body has following parts:

The penis: The tip of the penis is called glans. The foreskin lies over the glans. The foreskin is a double layer of skin. It protects the penis. The foreskin automatically retracts when the penis becomes hard (erection).

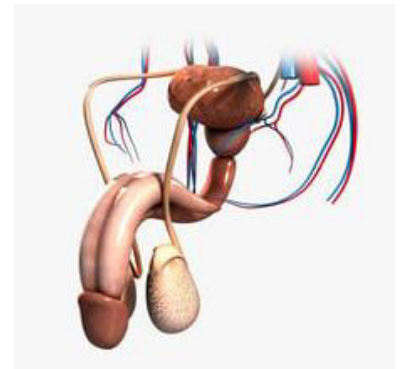


Some boys are circumcised. This means: They no longer have a foreskin.

The penis is not a muscle. The penis is an erectile tissue. This means: The penis fills with blood when it is sexually aroused. The penis then becomes erect.

Urethra: The urethra runs through the penis to the prostate and the urinary bladder. Urine and semen flow through this tube.

Testicles: Between the legs is the scrotum with the 2 testicles. The colour and size of the testicles is different for every person. Why do we need testicles? The sperm are produced in the testicles. And also, the male sex hormone “testosterone”.



The prostate: The prostate is located behind the perineum on the inside of the body. The prostate is made of soft tissue and is the size of a chestnut.

It has 2 important functions: the prostate produces seminal fluid. It also has the task of ensuring that urine or sperm enters the urethra.



03. Male puberty

Puberty means that a child becomes an adult. Everything changes: the brain, the body and feelings.

In boys, this usually happens between the ages of 11 and 13, but every child is different. For some boys, puberty begins as early as age 9, while for others it does not begin until they are 14.

One hormone changes everything: testosterone. Testosterone is the male sex hormone.

What happens in the brain?

A big developmental leap takes place in the brain. Everything changes, including: how you make decisions, what is important in life, what goals you have and how you interact with other people. Feelings change rapidly.

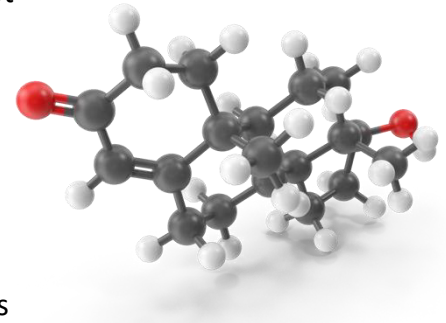
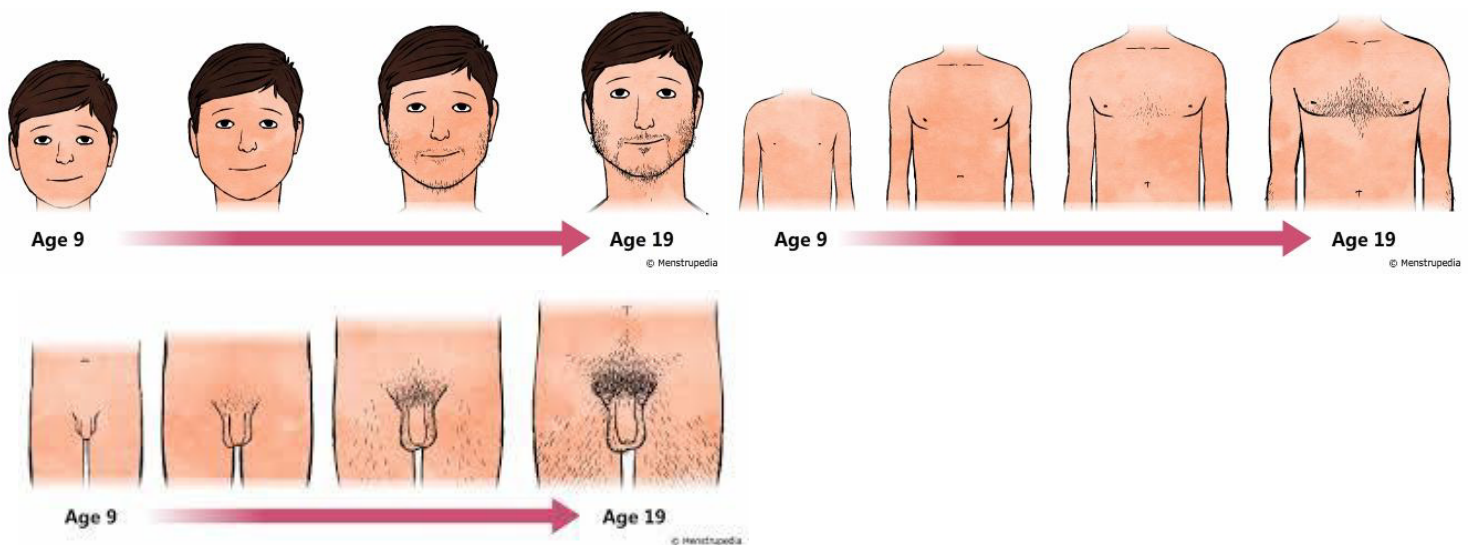


Image 1& 2 & 3: *Physical changes that occur during puberty in boys.* (n.d.).
<https://menstrupedia.com/articles/puberty/physical-changes-boys?embed=true>



What happens to the body?

The body grows very quickly, but unfortunately often in a chaotic way. For example, first the head grows, then the hands, then the feet, then the arms and legs.

You start sweating more and your body odor changes. You get pimples on your face. There will be more body hair and also more hair in your pubic area. Your voice changes, which means your voice becomes deeper. Muscles grow all over the body. The penis and testicles also grow, and the first ejaculation occurs.

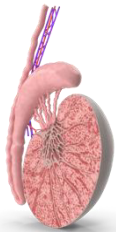
04. Penis and testicles

Guys often wonder: is my penis normal? The size of penises varies greatly! Is your penis a little crooked or does it bend slightly to the left, right, up or down? This is completely normal.

You may be thinking: all the penises in sex movies are this big! But be careful: men are chosen for porn movies for exactly this reason, because their penises are so big. And sometimes the penises in sex movies are not real either.

Is penis size important? No, it is not important.
Why are testicles different sizes?

The testicles are of different sizes in every man. Usually, one testicle hangs lower than the other.



Why is that?

They keep themselves warm and don't get in each other's way. It is also not good for the testicles if clothes are very tight. If the testicles are too warm, sperm cannot be produced properly.

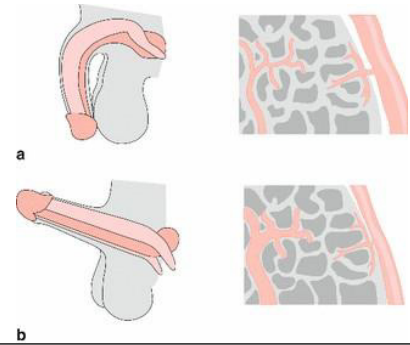
Image 4: Caddyshack, T. (2024, August 20). *P is for Penis* — Caddyshack Project | Illawarra Shoalhaven Sexual Health Program. Caddyshack Project | Illawarra Shoalhaven Sexual Health Program. <https://www.caddyshackproject.com/caddyshackblog/p-is-for->

05. Erections

A stiff penis is called an “erection.”

Why does the penis become hard?

There are several reasons for this: the penis is sexually excited, the clothes are too tight, or the penis vibrates, such as when riding the bus. Sometimes you don't know why it happens.



How long does an erection last? An erection can last 10 seconds or half an hour. It varies a lot.

Image 5: *Erectiele disfunctie*. (n.d.). Mijn-bsl. <https://mijn.bsl.nl/erectiele-disfunctie/10642874>

What is pre-cum? During an erection, a fluid may come out of the penis. This is also called “pre-cum.” When does this happen? Right before an orgasm. The pre-cum is a clear, slimy liquid and may contain sperm.

Many boys and men worry: what if I can't get an erection? This occurs and is completely normal.

When does this happen?

For example, when you have sex with someone for the first time. Many boys and men put pressure on themselves. They think they have to do it very well. This pressure can be a reason why you don't get an erection.

06. Ejaculation and sperm

What does ejaculation mean? Semen comes out of the penis.

The testicles produce sperm. Sperm can survive in a woman's body for days.

When does ejaculation take place?

During an orgasm. This is the sexual climax. The muscles in the pelvic floor are activated by sexual arousal. The urethra releases the semen.

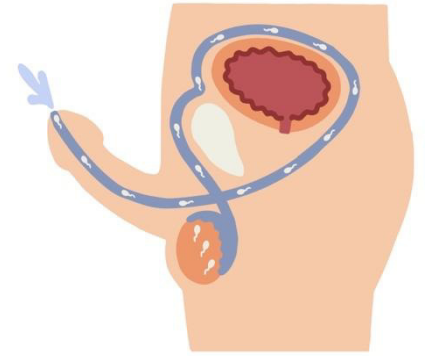
What does semen look and taste like? Most semen is milky, cloudy, white, gray or yellowish. It can be liquid or thicker in texture. Semen may smell slightly sweet or metallic. The taste and smell are different and depend on what the person has eaten. So, the taste and smell can change.

How much semen is ejaculated?

About a teaspoonful. As you get older, you ejaculate less.

Why does it also happen at night (bedtime)?

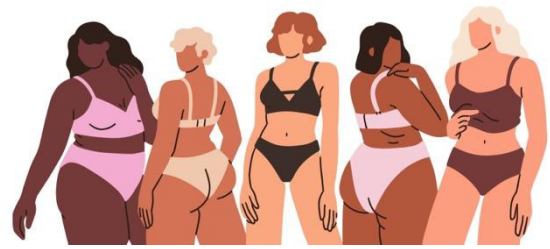
Ejaculation can also happen at night, such as when you are sleeping or dreaming, or when your hormones are acting up.



07. Female body

What sexual organs are located in the female body?

The vulva: The vulva is visible from the outside. The vulva consists of: the mons venus, the outer and inner vaginal lips (labia), the vestibulum (vestibule) of the vagina and the vaginal opening.



The clitoris: Only a small part of the clitoris is visible. Most of it is located inside the body. The clitoris is the center of pleasure for many women. It contains many nerve endings. The opening of the urethra is located between the clitoris and the vaginal opening.



Clitoris

The hymen: The hymen is located around the vaginal entrance.

The vagina: The vagina is between 8 and 12 cm long and very stretchy. During childbirth, the vagina stretches greatly to allow a baby to pass through

The cervix: At the end of the vagina is the cervix. The cervix is the transition from the vagina to the uterus. A fallopian tube runs from the uterus to an ovary on the right and on the left.



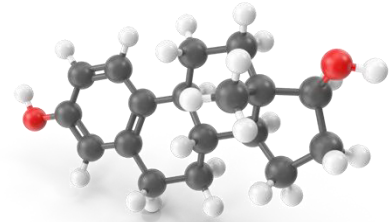
08. Female puberty

Puberty means that a child becomes an adult. Everything changes: the brain, the body and feelings.

For girls, puberty usually begins between the ages of 10 and 12, but every child is different. For some girls, puberty begins as early as age 9, while for others it does not begin until they are 13.

Why are there changes?

Hormones increase. There are many different hormones, the most important of which is estrogen. Estrogen is a female sex hormone and is produced by the ovaries.



What happens in the brain?

A big developmental leap takes place in the brain. Everything changes, such as: how you make decisions, what is important in life and how you interact with people. Feelings change rapidly.

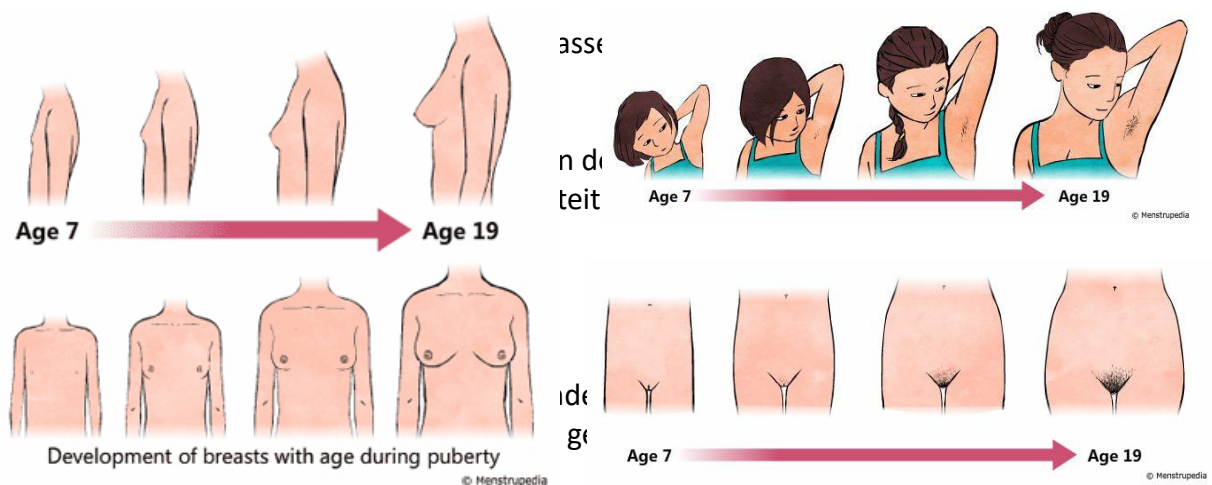
What happens to the body?

The body changes. There is a growth spurt and more fat is stored under the skin. Where? In the upper arms, chest, hips, thighs and buttocks. The pelvis gets wider. The shape of your body changes.

You start sweating more, you get pimples and the hair on your body grows.

The breasts get bigger, and the vagina and uterus start to develop. The entire intimate area (vulva) darkens and the shape of the labia changes.

Image 7 & 8 & 9: *Physical changes that occur during puberty in girls.* (n.d.).
<https://menstrupedia.com/articles/girls/physical-changes-girls>



09. Vulva and vagina

What is the vulva? If you look between your legs, you can see the vulva.

What parts does the vulva have? The vulva consists of the mons pubis/mons veneris, the clitoris, the urethra, the outer labia, the inner labia and the vagina.

What is the vagina? The vagina is located inside the body. The vagina looks like a tube (like an empty balloon) and can expand and contract. The vagina can also become wet.

Does the vagina become wet only when you are sexually aroused? No. The vagina can also become wet from simple touch, fantasies, thoughts, tight clothing, dreams, and so on.

What is the G-spot and where is it located? The G-spot is not a specific spot, but an area. It is located about 5 cm from the vaginal entrance on the belly side of the vagina. The skin there is ribbed.

It is said that the G-spot is an important spot for a “super orgasm.” But that is not important. What is important? That you feel good during sex. Finding the G-spot is not important.



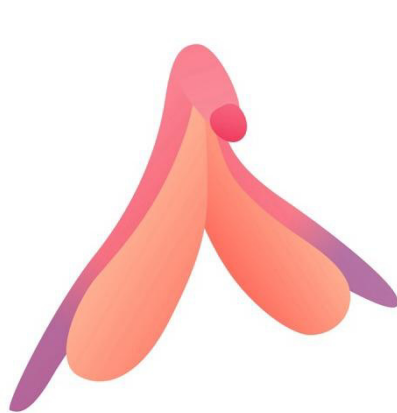
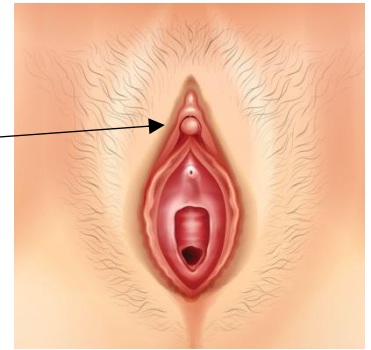
10. Clitoris

What is the clitoris? The clitoris is an important organ and the center of pleasure for many women and girls.

What is the function of the clitoris? Experiencing pleasure when you are sexually aroused.

What do many people not know? The penis and clitoris are similarly constructed. The clitoris has a glans and also a foreskin.

The clitoris enlarges when it is sexually aroused! The clitoris is very sensitive to touch and sometimes direct touch there is not even pleasant.



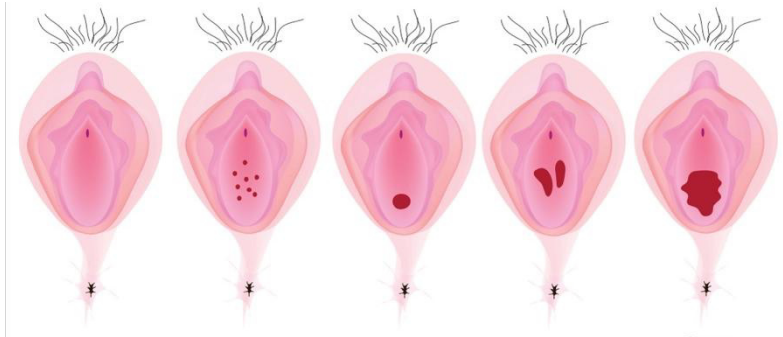
Clitoris



Penis

11. Hymen

The hymen is located around the entrance to the vagina. It is a small piece of skin that is very thin and soft.



It looks different in every girl. It can be smooth or wrinkled. Often it cannot be seen at all. There are also other forms, such as with holes or tears.

What does the hymen have to do with virginity?

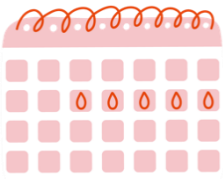
What does being a virgin mean? The woman has never had sex.

Many people think that the hymen is closed, as if it is a kind of wall, which “snaps” at the first time of sex, starts bleeding and hurts.

But that's not true! The hymen is an elastic ring. In many women and girls, the hymen does not get damaged (it does not tear). It just stretches during sex and it doesn't have to hurt.

12. Menstrual period

What happens during menstruation?



Every month, an egg matures. The egg cell is released. The egg can be fertilized for 12 to 24 hours.

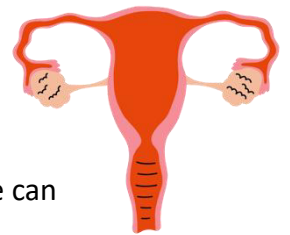
But beware! Seed cells can survive in the female body for up to 5 days. What does this mean? It means that you can get pregnant by having sex without birth control (condom, birth control ring, birth control patch, birth control pill, etc.).

When and for how long?

1 week before and 1 week after ovulation there is a chance of pregnancy.

What happens if the egg is not fertilized?

The egg is removed from the body along with the endometrium. About every 28 days, the same thing happens again in the body. This is called a "cycle." The cycle can be 28 days, or it can be 25 or 35 days.

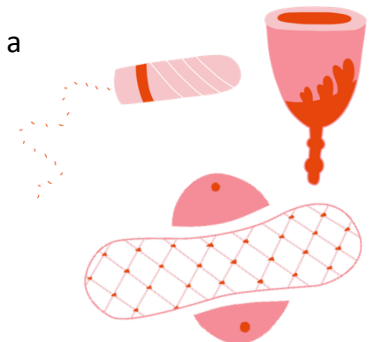


What can you use during your period?

You can use: tampons, pads, a menstrual cup, menstrual underwear, or a sponge.

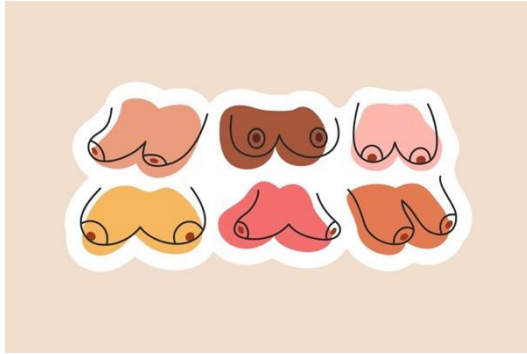
What can I do during menstruation? What should I not do?

You can do anything as long as it feels good. Exercise can help. Why. Exercise relieves cramps. Some women like to have sex during their periods. Other women like to take rest.



13. Breasts

How are breasts structured?

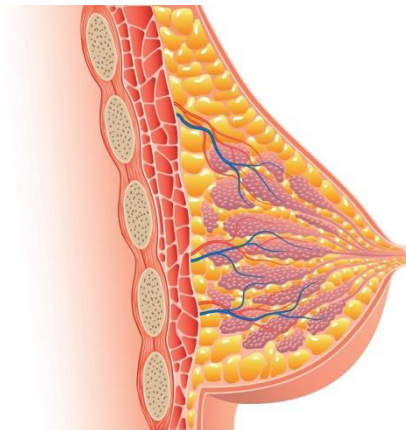


The structure of breasts is very similar in men and women.

The nipples are located in the middle of the breast. The color is always different: pink or dark brown. Babies are fed with milk. This milk comes from the nipples.

Breasts also change. They are made up of fatty tissue. Breasts get smaller or larger when you lose or gain weight. During menstruation, breasts become softer or firmer. When you are sexually aroused, they may also become larger.

They also change when a woman has a child. A woman's mammary glands produce breast milk. Therefore, the breasts become larger and firmer. The breasts get smaller again when the woman stops breastfeeding.



This also depends on: the amount of muscle mass under the fat.

14. Intimate shaving

During puberty, hair grows in the genital area. The word “pubic hair” used to be used. It’s better to use the word “intimate hair”.

Hair is a protection against dirt. But also, against disease. Hair also controls temperature. Hair protects against friction.

Do I have to shave my hair?

In the past, many people didn’t shave. Nowadays, most people shave. You can decide for yourself.

Some people also shave patterns. The hair grows back very quickly. That’s why you can try out a lot of things.



Reproduction

15. Pregnancy

Every girl has days on which she is more likely to become pregnant. We call these days “fertile days”.

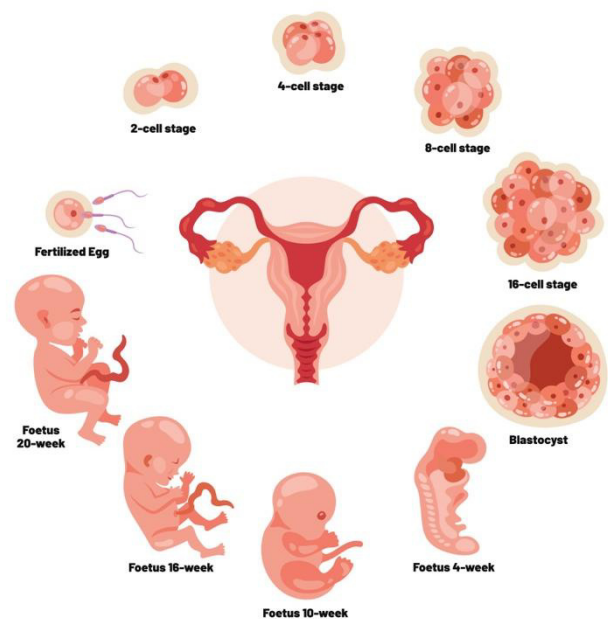
Fertilization means that a male sperm cell joins with a female egg cell. The egg then nests in the uterus.



There are different phases in pregnancy. The child grows in the woman's womb (in the uterus). It receives everything it needs to live via the umbilical cord.

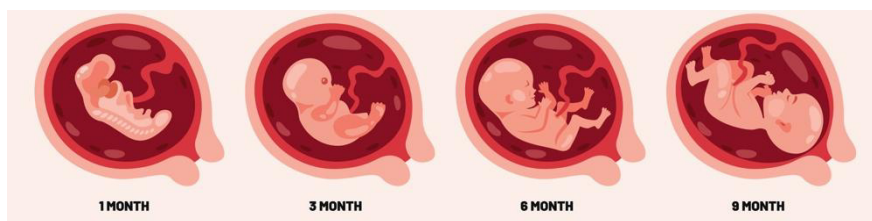
The umbilical cord connects the baby to the mother's blood circulation. Everything the mother eats or drinks, the baby automatically receives via the umbilical cord. This is why alcohol and cigarettes are absolutely forbidden during pregnancy!

What happens during pregnancy? At the beginning, the baby is an embryo. In the fourth week, the heart beats. In the third month, the organs are formed. From this point on, it is called “fetus”.



In the fifth month, the woman can feel movements. In the ninth month, the baby gains weight. Most babies are born in the tenth month. If it's born before, it is a premature birth.

What examinations are carried out during pregnancy? During pregnancy, there are numerous examinations carried out by the gynecologist. About once a month, a check is carried out to see whether mother and child are well.



16. Pregnant if...

When can I get pregnant? A few questions answered.

Questions:

Can I get pregnant through masturbation?

Answers:

Yes – if sperm gets into the vagina. That is, if you masturbate together. Nothing can happen if you are alone.

Can I get pregnant if I swallow sperm?

No. Why? The sperm goes into the stomach.

Can I get pregnant if I swim in a water where a boy has ejaculated?

No. Sperm dies in water within a few seconds.

Can I get pregnant in the bathtub?

You can get pregnant if you have sex in the bathtub.

I take the pill. Can I get pregnant straight after the last pill?

Yes. After the last pill there is no longer any protection.

Can I only get pregnant if I have an orgasm?

No. An orgasm doesn't mean that you will get pregnant.

Can I get pregnant the first time I have sex?

Yes, you can get pregnant the first time.

Can I get pregnant even if I'm not in my fertile days?

The fertile days are always an estimate. They are never exact. Sperm can live in a woman's body for five days. That's why you can get pregnant even if you're not in fertile days.

Can I get pregnant through anal sex?

The anal area and the vaginal area are very close to each other. You have to be careful that no sperm gets into the vagina. If the sperm gets into the anus, you cannot get pregnant.

Can I get pregnant even if I have my period?

Yes, even if you have your period, you can get pregnant.



17. Signs of pregnancy

What are the signs of pregnancy?

Menstruation doesn't come. Why? The unfertilized egg is excreted from the body with menstruation. If the egg is fertilized, the body doesn't excrete anything. There is no bleeding.

Be careful! Some women always have light bleeding. Even during pregnancy. So, the bleeding can be mistaken for menstrual bleeding.

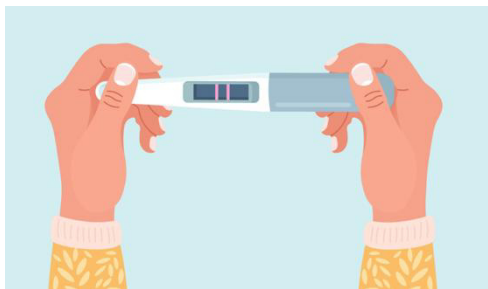
Why don't you have bleeding but are not pregnant? This could be due to stress or weight loss.

Pregnancy hormones cause the signs of pregnancy. These hormones affect each woman differently. The possible effects may include nausea, vomiting, hunger, breast contractions, frequently going to the toilet, tiredness/fatigue, slightly raised temperature, constipation, backache, headaches, mood changes, change in taste and sensitivity to smells.



How do I know for sure if I am pregnant?

Only a pregnancy test can tell for sure. You can buy pregnancy tests in supermarkets, drugstores or pharmacies. If you are pregnant, you should make an appointment with your gynecologist.



18. Unplanned pregnancy

You are pregnant, but it wasn't planned? You want to have the child, but not raise it? It is possible to give the child up for adoption after birth.

What does that mean? The child is then raised by other parents. This is called an adoptive family. The child then legally belongs to the adoptive family.

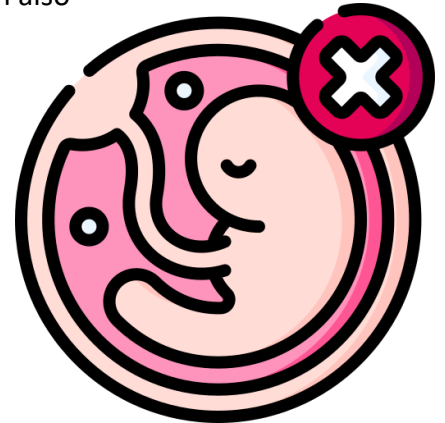
What does that mean? The child is then raised by other parents. This is called an adoptive family. The child then legally belongs to the adoptive family. You want to have the child, but anonymously? This means that you give birth to your child in hospital, but nobody knows that it is your child. Your name will not be written down. After birth, the child is given up for adoption.



Diana Johanna Velasquez

You don't want to have the child and terminate the pregnancy? This is also called "abortion". In the early stages of pregnancy, this is a minor procedure. Abortion is not legal in all countries – it depends where you live. When you can have an abortion also depends on the country you live in.

The procedure is carried out very often. The procedure is safe. But it is still a medical procedure. It is important that you inform yourself beforehand. The cost of an abortion is different in every country.



19. Desire for children

There is no right time to have children. It's different for everyone. Some people want children. Other people don't want children. Some people aren't sure.

Children mean taking on responsibility for a long time.

Think about it beforehand: Do you want to finish your education first? Do you want or have a partner with whom you want children? Do you need a bigger apartment? These questions are important.

The decision is a little different for biologically men and women. Men can have children for a long time. They have more time to decide whether or not to have children. Women cannot have children their whole lives. That's why women have to make this decision a little earlier.

No matter what you decide: it is your own decision.



20. Contraception

Contraception means: You prevent pregnancy. How? You take tablets or injections that prevent this. But there are also many other options.

Examples:

Contraceptives with hormones: the pill, contraceptive ring, contraceptive patch, hormonal implant, 3-month injection, hormonal coil, hormonal chain.

These hormones change the women's cycle. That's why the egg doesn't break. The woman can't get pregnant.

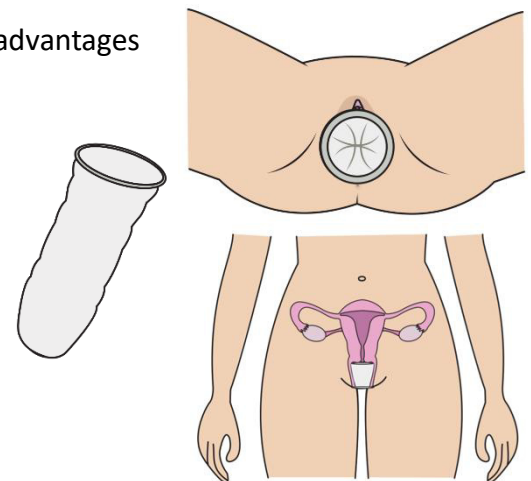
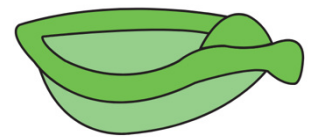
Contraceptives without hormones: condom, female condom, diaphragm.

Both contraceptives protect against pregnancy – with and without hormones.

Which contraceptives help prevent sexually transmitted diseases? Condom and Femidom

There is no contraceptive that suits everyone. They all have advantages and disadvantages. You should get advice from your doctor beforehand.

All people who want to have sex are responsible for contraception. It's important to think about it before having sex.



21. The pill

The pill contains hormones. You have to take one tablet a day. The pill protects against pregnancy. How? The egg does not break out. The mucus in the uterus thickens. That is why sperm cannot get into the uterus.

You forgot to take the pill? You still had sex? It is important which pill you take. If the pill doesn't contain estrogen (female hormone), then you can still take the pill in the next 12 hours. You are still protected. You can then carry on taking the pill as usual.

How safe is the pill? The pill is a safe contraceptive. But you have to take it correctly and regularly. The pill protects against pregnancy. The pill doesn't protect against sexually transmitted diseases. For this you have to use a condom or a female condom.

Where can you buy the pill? First you go to your gynecologist. You will be examined. Then you will discuss which contraceptive is suitable for you. After the examination you will receive a prescription. With this prescription you go to the pharmacy and buy the pill.



22. Condoms

There are many different condoms. There are condoms for male and female. This text is about condoms for men.

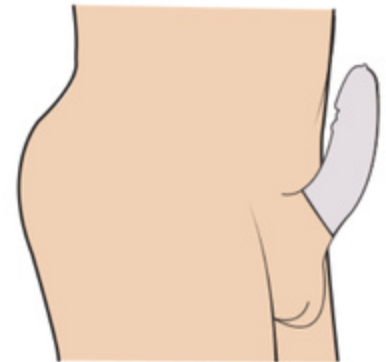
The most important thing is the right size. Condoms are made of very thin rubber. The condom is pulled over the erect penis before sex.

Condoms have many advantages: you can buy them anywhere (pharmacy, supermarket, drugstore). They are the only contraceptive for men. You don't need a prescription, and they are cheap. And it protects against pregnancy and many sexually transmitted diseases.



How do I use condoms correctly?

You carefully tear open the packaging with your fingers. Do not use a knife or scissors! Otherwise, the condom could tear. Hold the condom the right way round! The rolled up rubber ring must be on the outside! Otherwise, you won't be able to unroll the condom properly.



Where does the sperm come?

There is a small area at the tip of the condom. This is where the sperm will go later. Press this area at the front with your fingers together. Squeeze out the air. The condom must be rolled all the way down. If the condom is tight and fits well, it's right. Now you can have sex.

After the sex:

When pulling it out, you have to hold the condom on the penis. Otherwise, sperm can leak out. Take a close look: Has it ripped? Has it burst? Now you can tie it up and throw it in the trash.

What if the condom tears or bursts?

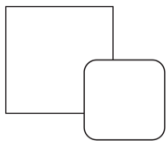
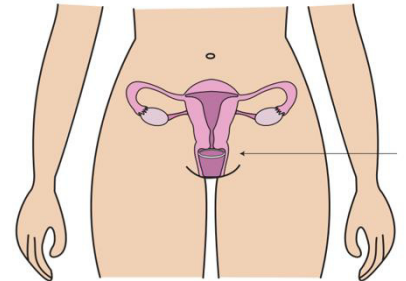
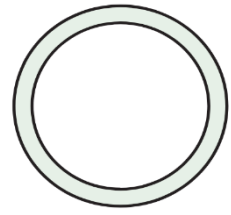
If it has burst or torn, you can get pregnant. You can also have a sexually transmitted disease.

23. Contraceptive patch-ring

The contraceptive ring is a thin, soft ring made of plastic. It is 5 cm in size. It contains the hormones estrogen and progestin.

It is inserted into the vagina. It stays in the vagina for 3 weeks. After 3 weeks it is removed. Then you take a week off. You have your period. After this week a new ring is inserted. It stays in the vagina for another three weeks.

The ring is a safe contraceptive if you use it correctly.



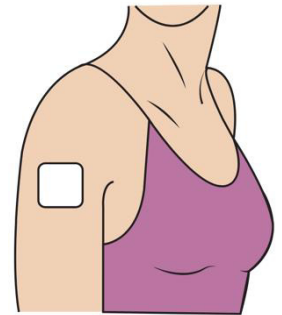
Contraceptive patch:

The contraceptive patch is approximately 4,5 x 4,5 cm in size. It is very thin and skin-coloured or white. It contains the hormones estrogen and progestin.

The patch is stuck on on the first day of menstruation. After a week it is removed. Then a new one is stuck on. This happens for 3 weeks. Then you take a week off. You have your period.

Where can you stick the patch on?

- Buttocks
- Thighs
- Stomach
- Upper arm



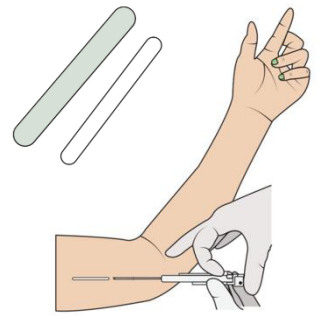
You should always choose a new spot.

The patch is not suitable for girls and women over 90kg.

24. Implant, IUD, injections

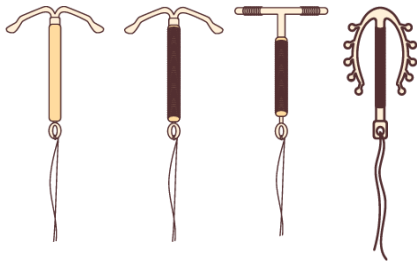
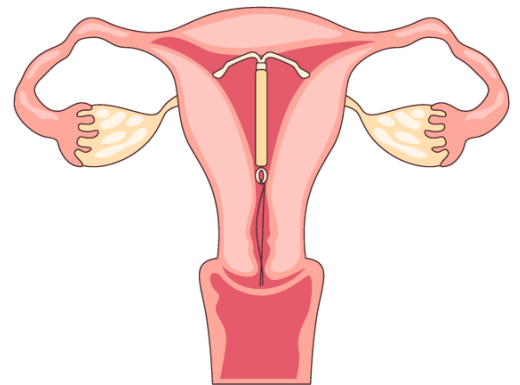
Hormone implant:

The hormone implant, also known as a hormone rod or contraceptive rod, is a small rod measuring 4 cm. The gynecologist inserts it into the inside of the upper arm, with the area being briefly numbed so you won't feel anything. The rod is then inserted and remains in the upper arm for 3 years. During this time, many girls and women don't have a period. After three years, the rod is removed.



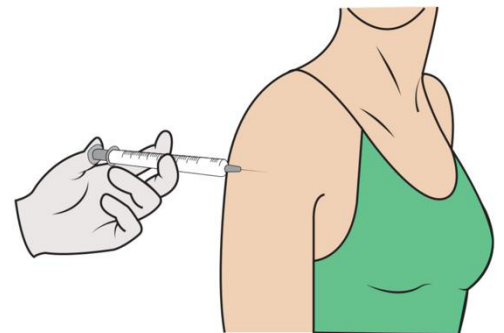
Hormone coil:

The hormone coil resembles a small "T". It is inserted directly into the uterus by the gynecologist during a normal examination. It is best to insert the coil during your period. Once in place, the coil remains in the uterus for 5 years. After 5 years the coil is removed.



3-month injection:

The 3-month injection is given every 3 months by the gynecologist. The injection contains a large amount of the hormone progestin, which prevents the release of an egg for 3 months. A new injection is required after each 3-month period.



25. Emergency contraception

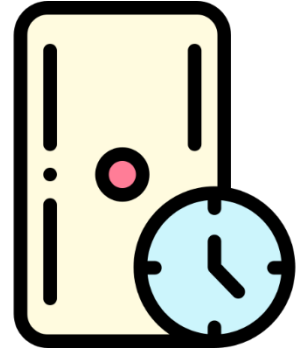
Have you forgotten to use contraception? Or have you used contraception but it didn't work properly?

It can always happen that a condom breaks or slips off. Sometimes you can also forget to take the pill. Now it is important that you act quickly.

The timing of taking the pill is very important. If you take the morning-after pill before the egg is released, fertilization will not take place. If the pill is taken after ovulation, it will no longer have any effect.

Where can you buy the morning-after pill? You can buy it in any pharmacy. You don't need a prescription, and there is no age restriction. This means that young people can also buy the pill. The price and availability differ depending on where you live.

The morning-after pill is only for emergencies! There are side effects such as nausea, dizziness, and abdominal pain. Additionally, there are medications that are not compatible with the morning-after pill.



26. Contraceptive errors

Questions:

I can't get pregnant the first time I have sex.

Answers:

Wrong. If you don't use contraception, you can always get pregnant.

I can't get pregnant during my period.

Many women become pregnant during their period. Why? Many young women have an irregular cycle.

Pulling the penis out of the vagina before orgasm is a "good" contraceptive method?

No. This is not a contraceptive method at all! It's dangerous and one of the biggest mistakes.

Can you use a tampon for contraception?

No. The tampon only absorbs fluid during menstruation.

Forgetting the pill is not a bad thing?

Wrong. If you forget to take the pill, you can take it again within a certain period of time. After that, it is possible that the pill will no longer protect you.

Are girls responsible for contraception?

No. Everyone who wants to have sex is responsible for contraception.

Sex with a condom is less fun?

No. Sex with the wrong size condom is less fun - that's true. Sex with a condom of the right size is fun!

You can't get pregnant with the pleasure drop?

Wrong. The pleasure drop can contain sperm.



Does the pill make you fat and unable to have children?

Many women and girls were examined on this topic. The result: the pill does not make you fat. Will the pill make you infertile? No, that's not true either.

Two condoms on top of each other are better than just one?

No, that's wrong. If you use two condoms on top of each other, they can both break.



27. 10 questions about condom

Questions:

Can condoms burst or tear?

Answers:

Yes, that can happen. It is important to open the packaging carefully.

Can condoms slip off?

Yes, condoms can tear if they are too wide.

Is there a standard size for condoms?

Yes, there are standard condoms. Unless the packaging says extra large or extra small.

Can condoms go “bad”?

Yes, condoms have an expiration date

Can condoms break?

Yes. Heat or coldness makes the condom brittle.

Can I use a condom more than once?

No, you need a new condom every time.

Can I be allergic to condoms?

No. You can be allergic to latex. Condoms contain latex.

Can I use two condoms on top of each other?

No. The rubber rubs against each other. They can tear or slip very easily.

Do I have to keep condoms in the fridge?

No. You should keep condoms at room temperature.

Do condoms provide perfect protection against sexually transmitted diseases?

No. Condoms provide very good protection. But there are no perfect contraceptives.



Sexuality

28. Erogenous zones

The erogenous zones are sensitive areas on the body. If you touch erogenous zones, you can become aroused.

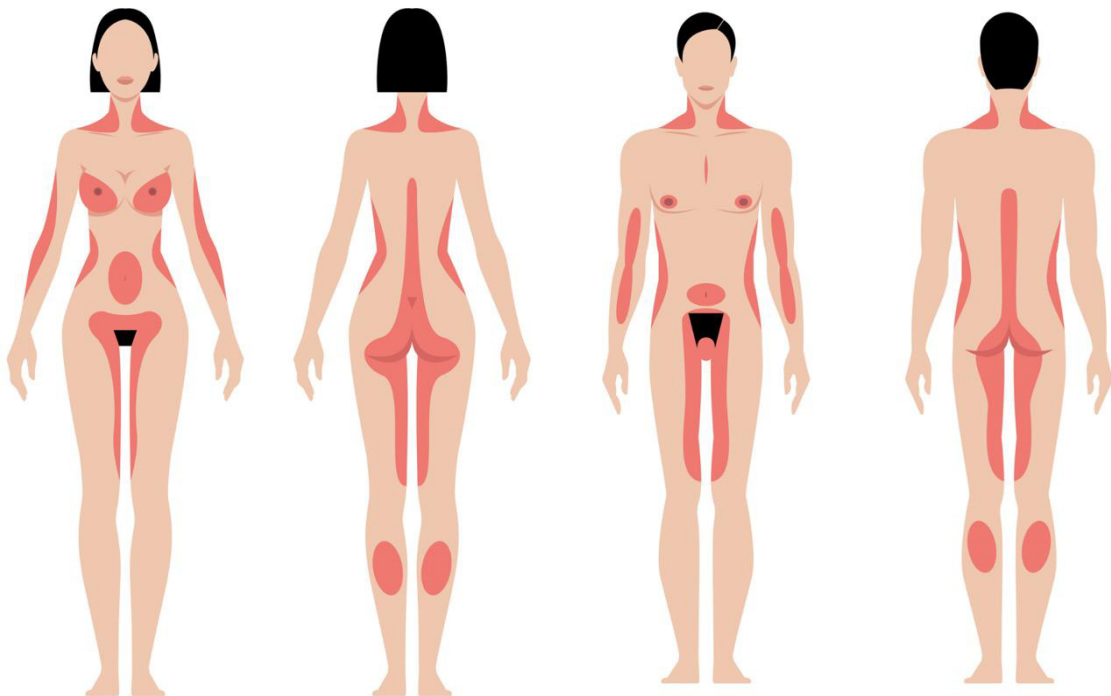
Are the erogenous zones the same for everyone?

The whole body is sensitive to touch. But not everyone wants to be touched in the same place.

That's why the erogenous zones are different.

Particularly sensitive areas are penis tip, clitoris, testicles, vaginal lips, perineum, anus, nipples, earlobes, navel, throat and neck.

Take time for your own body. You can also find out what you like on your own.



29. Sexual practices

During anal sex, a penis, finger, or sex toy is inserted into the anus. The anus is a very sensitive area, so it is important to use lubricant. Stop immediately if it hurts. It is also important that the penis is not inserted into the vagina immediately after anal sex to prevent infections.

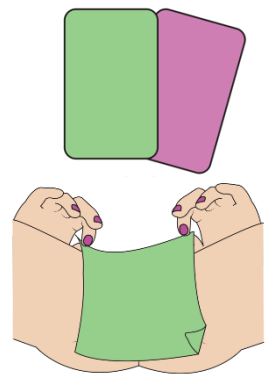


Fingering involves stroking the mons pubis, labia, and clitoris. Fingers can also be inserted into the vagina or anus.

A handjob means stimulating the penis with the hand. This can be done by touching it with a finger or using the whole hand.

Petting means partners stroke and kiss each other all over the body. It is a form of intimate contact without penetration.

Oral sex is sex with the mouth. "Licking" means kissing and licking all parts of the vagina. A "blowjob" involves putting the penis in the mouth, kissing, and sucking it.



Vaginal sex involves inserting a penis, finger, or sex toy into the vagina. This can be done in various positions and is a common form of penetration.

Group sex means that several people have sex together at the same time. This can take place in various combinations and forms.

30. The first time

When is the right time for the first time?

The right time for first time is different for everyone. Some teens want to wait until they are in a steady relationship, others want to plan their first time carefully. Some choose to wait until their wedding night, while others want to experience a spontaneous first time.



There are no set rules for this; the important thing is that the moment feels right for you.

Is it important that both orgasm?

No, some girls don't orgasm at all, while others need more time or extra touches. Some, on the contrary, need very little to reach orgasm. Everyone is different, and that's normal.

Does it hurt when you have sex for the first time?

No, sex should never hurt! It can only be painful if you are not ready.

Have all your friends had sex yet?

It's okay if you want to wait; the choice is entirely yours.

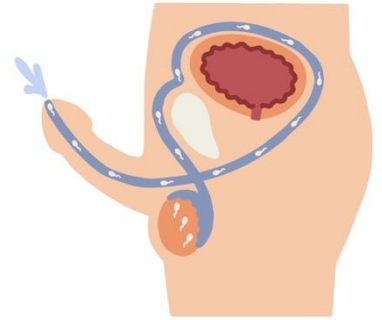
31. Male orgasm

What is an orgasm? An orgasm is the peak of sexual pleasure. It is often called “coming”. It feels different for everyone. Sometimes, people don’t have an orgasm during sex. That’s completely normal.

A boy is aroused. The penis slowly erects. More blood is pumped into the penis. The muscles in the body tense up. Gradually, the erection becomes stronger. The penis is full of blood. A drop of pleasure often comes out of the penis. In the pleasure drop can be sperm.

Orgasm happens when the tension is at its greatest. Many guys describe it as a moment when everything contracts and explodes. At that moment, the sperm comes out the penis. After the orgasm, the penis goes limp and the body relaxes. Many guys need some time until the next erection.

Sometimes boys have a problem reaching an orgasm. There are various reasons for this. They feel under pressure. Or they are afraid of doing something wrong during sex. It’s important to talk about this with your partner. Don’t fake an orgasm. Honesty and openness are better. Very few couples have an orgasm at the same time. Fun, tenderness and intimacy are important. The orgasm is not important.



32. Female orgasm

What is an orgasm? An orgasm is the peak of sexual pleasure. It is often called “coming”. It can feel different for everyone. Sometimes people don't orgasm during sex. This is normal.

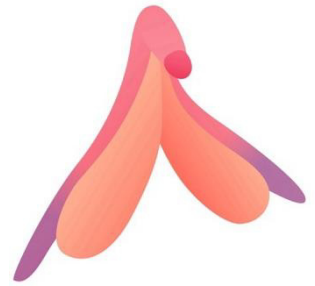
What happens?

A girl becomes aroused. The whole genital area swells. The vagina becomes moist. The breasts swell and are sensitive to touch. During orgasm, the vagina, uterus and anus contract. This may last for 30 seconds. After the orgasm, all muscles relax again. Girls can have multiple orgasms.

Most girls do not need a penis to have an orgasm. They reach orgasm by stimulating the clitoris.

Many girls need more time to orgasm during sex. You can't force an orgasm. The most important thing is to feel comfortable during sex. It is also not good idea to fake an orgasm. It is better to be honest.

Only a few couples orgasm at the same time during sex. Fun, tenderness and intimacy are important. The orgasm is not important.



Clitoris

33. Masturbation

Masturbation means sexually satisfying yourself. Through masturbation, you get to know your own body better. You discover what you enjoy, what feels good, and what doesn't.

Unfortunately, masturbation is still a taboo in society. In the past, children and young people were discouraged from touching themselves. It was considered "wrong" and "not decent". Of course, that's not true. Masturbation is completely normal and natural.

Masturbation is completely normal and natural. This applies to everyone, regardless of age, gender, sexual orientation, background, or religion. Some people satisfy themselves multiple times a day, others only occasionally, and some never do. All of this is perfectly normal and healthy. There is no "right" or "wrong." Masturbation is a normal and important part of sexual development.

Boys and girls masturbate in different ways. Many girls massage their clitoris, while others find this too intense and prefer to stroke or massage the surrounding area. Boys, on the other hand, often stroke their penis.

Even if you're in a relationship, you and your partner can still satisfy yourselves. Masturbation is not in competition with sex but complements your sexual experience.



Diversity:

34. Gender and gender identity

Many people believe that there are only two genders: male and female, based on whether someone has a penis or a vagina. But this is not true.



Gender identity is diverse and includes categories such as male, female, non-binary, transgender, and inter*, among others. People also use various other terms to describe their identities.

From the outside, we only see someone's body and often assume their gender. But this assumption is not true. A person's body and their internal sense of gender can differ.

At birth, doctors record a gender on the birth certificate, usually as female, male, or inter* (which is recognized as a third gender category in some countries). For many people, the gender listed on their birth certificate matches how they feel internally. However, for others, this is not the case; their gender identity differs from their physical body. These individuals are known as "transgender people".



What does "inter" mean?

Inter* people have different bodies. For example, they might have both a penis and a uterus. Their gender is not always visible from the outside. It's important that everyone has the freedom to determine their own gender and that others accept them for who they are.

Lastly, it's important to understand that gender and sexual orientation are two different things.

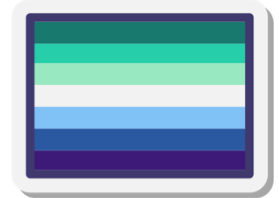
35. Sexual orientation and gender identity

Sexual Orientation and gender identity

Sexual orientation describes who you are attracted to. There are many different orientations, including homosexuality, heterosexuality, bisexuality, pansexuality, asexuality, sapiosexuality, and aromanticism. Let's briefly explain what these terms mean.

Homosexuality

Homosexuality means being attracted to the same gender. For example, a woman who is attracted to women or a man who is attracted to men.



Heterosexuality

Heterosexuality refers to being attracted to the opposite gender. For instance, a man who is attracted to women or a woman who is attracted to men.

Bisexuality

Bisexuality means being attracted to more than one gender, such as both men and women.

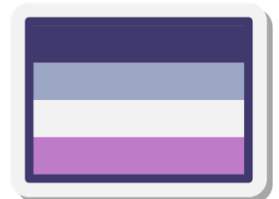


Pansexuality

For pansexual people, gender does not matter. They can be attracted to individuals of any gender.

Asexuality

Asexuality describes having little or no interest in sex. Asexual people can still form fulfilling relationships and build deep bonds without sexual involvement.



Sapiosexuality

Sapiosexuality refers to being sexually attracted to highly intelligent people, regardless of their gender.

Aromantic

Aromantic people do not experience romantic attraction, although they may experience sexual attraction.

Sexual orientation is unique to each person, and understanding these terms helps us appreciate the diversity of human relationships.

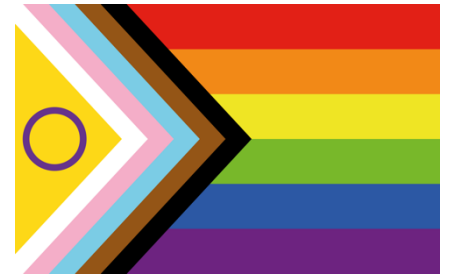
36. LGBTQIA+

LGBTQIA+ is an abbreviation that represents the rainbow community. It includes a variety of identities:

- Lesbian: Women who love women.
- Gay: Men who love men.
- Bisexual: People who love more than one gender, such as men and women.
- Trans: People whose gender is different from the one assigned at birth.
- Queer: Anything that is not heterosexual or cisgender.
- Inter: People born with ambiguous gender characteristics.
- Asexual or Agender: These are two distinct things:
 - Asexual: People with little or no sexual desire.
 - Agender: People who do not identify with a specific gender.
 - +: Represents many other identities.
- +: Represents many other identities.



The symbol of the LGBTQIA+ community is the rainbow flag, which you've likely seen before. Each color on the flag has its own meaning, but the most important aspect is its vibrant diversity. The colors reflect the variety of identities and experiences within the community.

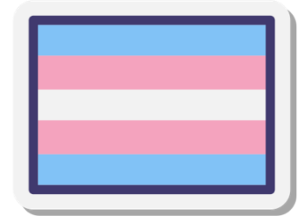


The LGBTQIA+ community exists all over the world. Even if you are not part of this community, it's essential to learn about how others experience the world. Approach people in this community with openness, respect, and acceptance!



37. Trans

At birth, babies are “assigned” a gender based on their physical appearance.



How? Doctors examine the genitals (penis or vagina) of a newborn and then write “male” or “female” on the birth certificate. However, this process is not always accurate. The word “trans” or “transgender” is used for people who were assigned the wrong gender at birth.

Some people realize that their physical gender (whether they have a penis or a vagina) does not align with their true identity.

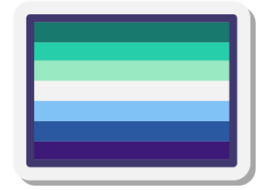
For example, a baby is born with a vagina, but the doctor records it as female on the birth certificate. As the child grows, they may come to the realization: “I am not a girl, I am a boy!” The timing and manner in which people recognize that their assigned gender doesn’t fit can vary widely.



There are also individuals who do not identify as strictly “male” or “female” at all. They may feel somewhere in between. Some transgender people struggle with their bodies and may decide to take hormones or undergo surgery. This surgery is known as “gender reassignment.”

38. Homosexuality

Homosexuality means: You feel sexually attracted to your own gender. For women, you also say "lesbian". For men, you also say "gay". There are no official figures on how many people in the world are homosexual, but there are many.



When do you know if you are gay or lesbian? Some people know this very early in life. Others may only notice it as adults. There is no standard, as it varies greatly, and it can also change over the course of a lifetime.

Unfortunately, homosexuality is still not fully accepted in society. People sometimes use words like "gay" or "militant lesbian" as insults. It can cause many homosexual young people to feel insecure and afraid. That is not okay; everyone has the right to their own sexuality.

There are still some people who believe that homosexuality is a contagious disease or just a trend for fashion. That's not true. You can't tell a person's sexual orientation just by looking at them.



Do you think you are gay or lesbian? You don't know how to tell your parents or friends? Always remember: you are not alone!

There are counselling centres that can help you, and many people have been in your situation before; they can share their experiences to help you. If you have someone you trust, talk to this person.

39. Bisexuality & pansexuality

Bisexuality

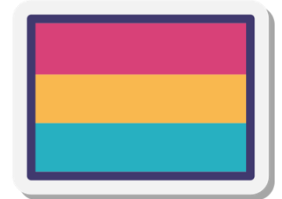
Bisexual means that you like more than one gender, for example both men and women. It doesn't matter if you like men a little more than women, or women a little more than men.



Maybe it's different in different areas. For example, there are bisexual women who like to have sex with men but have a romantic relationship with women. It varies from person to person.

Pansexuality

For pansexual people, the gender of the other person is not important. They can find different genders attractive, for example man, woman, inter*, trans, non-binary, etc.



Is bisexuality or pansexuality a phase? Or are these people just unable to decide?

No, that's not true. A lot of people remain bisexual or pansexual their whole lives. It's a sexual orientation like any other (e.g., homosexuality, heterosexuality, etc.).

Do you think you are bisexual or pansexual and are unsure? You can always turn to a trusted person or a counselling centre. There are also groups of bisexual and pansexual people who meet regularly. They can also help you.



40. Coming out and Outing

“Coming out” and “Outing” are English terms. What is the difference between “coming out” and “outing”?

Coming out is when you tell other people for the first time that you are, for example, homosexual or bisexual.

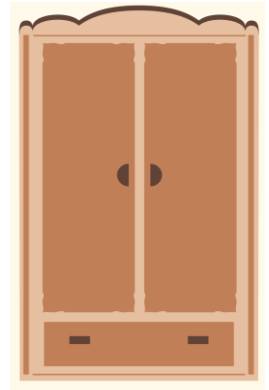
Outing is the deliberate or accidental disclosure of a person’s sexual orientation or gender identity by someone else. This can be harmful to the mental and physical wellbeing of the person who has been outed.

People who are homosexual, bisexual, trans or intersex, for example, are often afraid to tell other people. (scared person) Why? Because many people still have prejudices. (comments of people) Many affected people spend a long time thinking about when the right time is to “come out”. Other affected people decide that they don’t want to tell anyone.

Is there a right time to come out? No, there is no right time. But if you want to tell someone, choose a quiet moment. If you are unsure, take someone you trust with you. You can also go to a counselling centre. There are often youth groups or coming out groups. They take care of all questions and provide a safe space for you.

Those affected are often afraid that their parents will no longer love them (parents gone) or that they will be fired from their job. Do you have such fears? Don’t forget: You are lovable and wonderful, no matter what other people say.

No one can discriminate against you (discriminatie is verboden!) because of your sexuality. No one can fire you at work because of your sexuality, your sexual orientation or identity. That is forbidden!



Relationship and feelings

41. Monogamy, polygamy, polyamory

There are different relationship types.

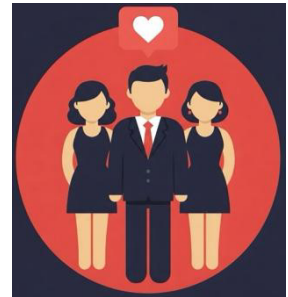
What is monogamy?

Monogamy means that two people are in a relationship and only have sex with each other. They don't have sex with other people.



What is polygamy?

Polygamy means that more than two people are married to each other. In some cultures, it is normal for a man to be married to 2, 3, or even more women at the same time. It's illegal in the European Union. However, it is legal in 58 out of nearly 200 countries.



What is polyandry?

Polyandry means that a woman is married to two or more men at the same time. Polyandry is illegal in almost every country.

What is polyamory?

The word means "multiple lovers." It means being in a relationship with multiple people at the same time. This is legal because it does not involve marriage.

An example: A is with B and they live together. C is also together with B, but C lives alone in an apartment. C has a child with D. The child is cared for and raised by everyone in the relationship.

What is an open relationship?

In an open relationship, two people are committed to each other but are also allowed to have sex with other people. There are couples who tell each other when and with whom they have sex, and there are couples who don't tell each other this.

42. Sex or love

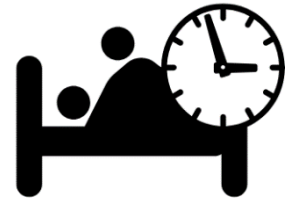
Many people want a relationship like in the movies: you are in love, you have “butterflies in your stomach”, you want to spend your whole life with just this one person, you have great sex together, and you don't find anyone else attractive anymore. Perfect, right?



The reality is often different. Sex and love don't always have anything to do with each other. Sometimes they are completely different areas. Sometimes you're only interested in sex. Sometimes you're only interested in love. Some people can keep sex and love separate their whole lives, while for others, sex and love belong together. It's very different for everyone.

Do you have to be in love with someone to have sex? No, you don't. You can also just want to have sex. That's perfectly fine.

What is more important – sex or love? There is no clear answer to that. There isn't just “one” kind of love. There's love for your partner, for parents, siblings, friends, and more. That is also part of life. And sex is not equally important for everyone. Some people find sex very important, while for others, it's not important at all.



If you're in a relationship, talk to your partner. Find out what is important to both of you.

43. Relationship and age

From the age of 14 you can have sex with whoever you want. If you are under 14 years old, you can have sex with a person who is a maximum of 3 years older. Sex between, a 13-year-old girl and a 17-year-old boy is prohibited. The older person can expect to be punished.



Why is a relationship between a person under 14 and an older person forbidden?

It's a protection for young people so that they are not exploited by older people. When you are 14 years old, this rule no longer applies.

You should still be careful if a much older person is interested in you. Ask yourself why the person is interested in you.

- How do your lives look like?
- Is there a common basis for life?
- Do you have similar ideas about a relationship?
- Can you combine these two worlds?
- Are there common topics of conversation?

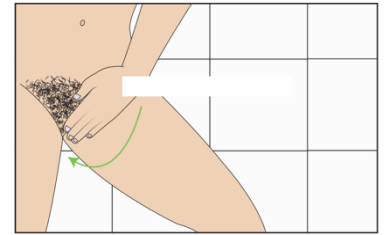
The best thing to do is to trust your own feelings.

If you want to get married, age is also important. In the European Union, you can get married without asking your parents at 18.

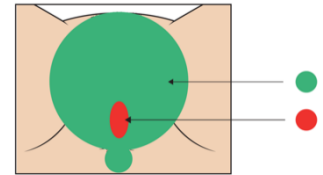
Health:

44. Hygiene girls

Your intimate area has a natural "self-cleaning programme". It's best to wash yourself daily with clean water. Avoid using perfumed soaps or lotions, as they can disrupt the balance of your intimate area. Just water is enough.



Do not try to clean your vagina "from the inside"; your vagina handles that on its own. Simply clean the outside with your hand or a clean washcloth.



Your intimate area has a unique smell that is different for every woman. This smell often changes throughout your menstrual cycle. It is not unpleasant and does not stink.

If it does stink, it could be a sign of an infection. In this case, ask your gynecologist. It's also normal to notice fluid in your underwear. This fluid may be cloudy, milky, clear, or even viscous. It is a natural byproduct of your vagina's cleaning process.

Be sure to change your underwear daily, preferably wearing cotton underwear that isn't too tight. Some girls also use panty liners. If the fluid has a very strong smell or there is an excessive amount, it's best to consult your gynecologist.



What should I do after sex? Go to the toilet after sex. During sex, bacteria can enter the urinary tract, potentially causing infections such as bladder infections. Urinating after sex helps flush out these bacteria. Additionally, when wiping, always wipe from front to back to prevent bacteria from the anal area from coming near your vagina.

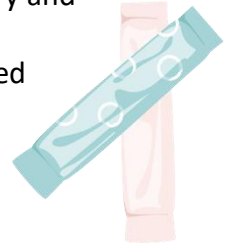
45. Hygiene and menstrual bleeding

You can use different products during your period. It's up to you what you use! However, for all products, the following applies: wash your hands thoroughly before and after use.



Tampons (OB)

Tampons are made of cotton wool. They are inserted deep into the vagina to catch menstrual blood. The advantage is that everything on the outside stays dry and clean. If inserted correctly, you cannot feel the tampon. At the end of the tampon, there is a retrieval band to pull it out. Tampons should be changed every 4 hours.



Sanitary Pads

Sanitary pads catch the blood outside the body. They come in different thicknesses, sizes, and shapes. How often should you change a pad? This depends on the pad's thickness and the amount of bleeding. When you change the pad, please dispose of the used pad in the general waste bin.



There are also cloth sanitary pads that can be reused. These need to be washed in very hot water to prevent bacteria buildup.



Menstrual Cup

The menstrual cup is made of silicone or latex. It is inserted into the vagina and collects blood inside the body. Cups come in different sizes. You need to empty it regularly and wash it with fresh water. Once a month, the cup should be boiled.



Sponge

The menstrual sponge is inserted into the vagina, similar to a tampon. It must be removed regularly, washed, and reinserted. Like the menstrual cup, using the sponge takes a bit of practice.

Period Pants / Menstrual Pants

In general, period pants are no more or less hygienic than regular underwear. It's important to wash them frequently and follow the care instructions.

46. Doctor's visit girl

There is no specific age when you should go to the gynecologist for the first time. Many doctors recommend an initial visit between the ages of 14 and 20. You should have a preventive check-up with a gynecologist once a year.

The gynecologist is the right person to ask questions about:

- Contraception
- First time having sex
- Sexually transmitted diseases
- Pregnancy
- Pain or discomfort in the intimate area

There are both female and male gynecologists. Do you feel more comfortable with a male or female gynecologist? For gynecologists, these examinations are absolutely routine. They see vaginas every day and are bound by confidentiality. Confidentiality means they are not allowed to tell your parents anything.

What happens during the examination?

First, there is a conversation. The doctor will ask you a few questions. If you do not want a physical examination at your first visit, that is also okay.

During the examination, the gynecologist looks at your vaginal lips and palpates them. During an ultrasound examination, a probe is inserted into the vagina, making your uterus and ovaries visible on a screen.

A smear test is also performed. A cotton swab is used to take a sample from the cervix. This test helps with the early detection of cancer. You will receive the results a few days after the examination.



47. Hygiene boys

During puberty, the sweat glands work harder. You may sweat more. Your body odor changes.

Tips:

- Change your clothes every day.
- After sweating, you should shower well.
- After peeing, dab the glans with toilet paper.
- Always wash your hands after peeing.

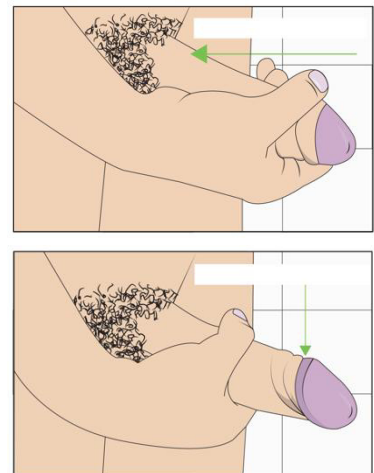
You must change your underwear every day. It is best to wear cotton underwear. The underwear should not be too tight either.



Wash your intimate area (penis, scrotum, pubic hair) every day with water. You shouldn't use soaps or perfumed lotions for this. Fresh, clean water is best. Use a clean towel to dry yourself. You must change the towel regularly.

White-yellow deposits can collect under the foreskin. This is called "smegma". This must be washed off regularly and completely. If you have a foreskin, pull it back. Then you can wash the glans. If you don't have a foreskin, you still have to wash the penis and glans.

If you have problems or pain when washing, please ask your doctor.



48. Doctor's visit boys

Different doctors are responsible for boys and men. You can go to a dermatologist (doctor for skin diseases) or a urologist (doctor for urinary tract diseases). If you are not sure who to go to, ask your family doctor (general practitioner).



There are male and female doctors. Do you feel more comfortable with a man or a woman?

When should I go to the doctor? Infection of the foreskin or glans, it burns when you pee, discharge from the penis, pain or changes in the testicles

What happens during an examination? There is a palpation examination. The doctor feels your penis and testicles. There is also an ultrasound examination. A screen can then be used to see what the testicles look like from the inside. If you have discharge, a sample is taken with a kind of cotton swab. These examinations do not hurt.

You can always tell the doctor if something is very unpleasant for you. When men get older, they need to have regular prostate checks. This is not necessary for adolescents or young men.

Many boys worry about having an erection during the examination. Don't worry – it's completely normal and happens!

You can ask the doctor anything you want to know. They are also bound to confidentiality! Confidentiality means that doctors are not allowed to tell anyone anything. Not even your parents!

49. Sexual transmitted diseases

Sexually transmitted infections, often called "STI/STD" in everyday language. You can become infected with sexually transmitted infections through sexual contact. To protect yourself, you can use a condom or a female condom.

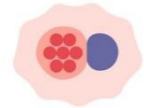
Below, we summarize the most important STIs, their causes, symptoms, and preventive measures.

Chlamydia

Chlamydia is caused by bacteria and can be transmitted through anal, vaginal, and oral sex.

Symptoms include discharge, pain when urinating, pain during sex or swollen testicles.

If left untreated, chlamydia can lead to infertility.



CHLAMYDIA

Gonorrhea

Gonorrhea, also known as "the clap," is another bacterial infection.

Symptoms include discharge, pain in the testicles or fever.



GONORRHEA

Hepatitis B and Hepatitis C

Both Hepatitis B and C are viral infections transmitted through sex and can be found in body fluids like blood, urine, and semen. These infections cause serious liver damage. While Hepatitis B can be prevented with a vaccination, no vaccination exists for Hepatitis C.

Key facts:

Hepatitis can be treated but is incurable.

Herpes

Genital herpes is a viral infection that causes a tingling or itching sensation. It is similar to herpes on the lips (cold sores or fever blisters). If it's very bad, treatment with creams or ointments can help.



GENITAL HERPES

HPV

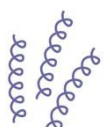
HPV is an abbreviation for "Human Papilloma Virus".

HPV is one of the most common sexually transmitted diseases. It can cause genital warts and is also linked to cervical cancer.



HUMAN
PAPILLOMAVIRUS
(HPV)

Key fact: There is a vaccination available to protect against HPV.



SYPHILIS



Syphilis

Syphilis progresses in stages over many years. It can lead to ulcers, swelling, and severe damage to various organs.

HIV/AIDS

HIV and AIDS are serious conditions that require their own detailed discussion. For more information, refer to our dedicated video (number 50) about these diseases.

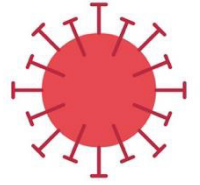


HIV/AIDS & STDS



50. HIV and AIDS

The word HIV is an abbreviation for Human Immunodeficiency Virus. The word AIDS stands for Acquired Immune Deficiency Syndrome, which means "weakened immune system". People with HIV have a weakened immune system, making them more likely to get sick.



HIV and AIDS are not the same. People with HIV can live completely normal lives for years without even realizing they are infected. At some point, however, Aids can develop. HIV is the cause of AIDS.

HIV/AIDS & STDS

Symptoms of AIDS include severe colds, pneumonia, and other serious illnesses. Nowadays, very effective medications exist to prevent Aids from developing, but the disease still cannot be cured. In the worst case, AIDS can lead to death.

How is HIV transmitted?

HIV is present in bodily fluids such as semen, vaginal fluid, and blood. It is transmitted through the exchange of these fluids, most commonly during sex. Don't worry—you cannot get infected through everyday activities. You can drink from the same glass, use the same toilet, and even kiss without risk.

You only need to be careful if you or the other person has open wounds. Always use a condom and/or a dental dam during sex. A dental dam is a thin sheet that prevents direct contact between the tongue and the vaginal area. There are also special condoms for women.



51. Self-examination girls



It's important to know your body well. Then you will quickly notice when something changes. Girls should examine their breasts, their intimate area, and their bottom (anus) regularly. It is best to choose a fixed day for this, for example, the first day after your period. Immediately after your period, the breasts are soft, and you can feel them well.

How can you examine your breasts?

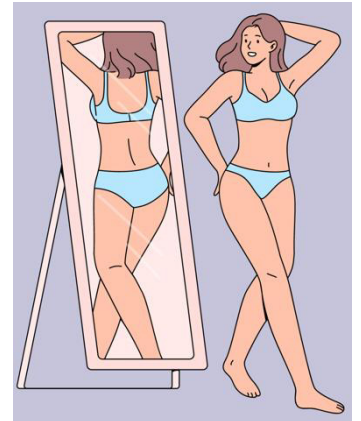
Stand naked in front of a mirror and look at yourself. Has your skin changed? Do you see any bumps or spots? Has the shape of your breasts or nipples changed? Raise your arms and take another look.

Feel your breasts with your hands. Has the skin changed? Is it smooth and even? Stroke your breasts a little harder and check your collarbone and armpits. If you find any changes, lumps, or hard spots, go to your gynecologist.

How can you examine your genitals?

Use a mirror to look closely between your legs. Do you see lumps, red spots, or warts in the area of your vagina? If it itches, burns, or you have discharge, you should go to a gynecologist.

If you feel pain during a bowel movement or notice bloody stools, it could be haemorrhoids. These are thickenings near the anus that should be examined.



52. Self-examination boys



It is important to know your body well. Then you will quickly notice when something changes. Boys should examine their penis and testicles regularly. A good time to do this is after a shower or bath.

How can I examine my penis?
Stand naked in front of a mirror.

Has anything changed?
Has the shape or colour of the penis and testicles changed?

If you have a foreskin, pull it back and forth. You shouldn't feel any pain. The tip of the penis should be smooth and pink. It shouldn't have any redness or bumps. Small white or yellow bumps are normal. There should be no discharge from the urethra.

How can I examine my testicles?
Grab your scrotum and pull it slightly to the side. Are there any hard spots or swollen areas? The testicles should be egg-shaped. They should have a smooth surface and feel firm, but not hard.

Most testicles are different sizes. One testicle usually hangs lower than the other. This is completely normal.

Please go to a urologist if you notice a hard spot somewhere or have pain when peeing. There should be no lumps or hard spots on your anus.

If you have pain or bloody stool, these could be haemorrhoids. A doctor should look at this.



53. Sex and the law

The age of consent (the legal age at which you can have sex) varies depending on where you live. In the European Union, the age of consent is between 14 and 18 years.



Consent means that you agree to have sex. After reaching the age of consent, you are sexually responsible. This means that you decide for yourself whether you want to have sex, how much, and with whom.

What is forbidden?

Some things are forbidden in all countries.

Sexual abuse:

It is illegal to give someone alcohol or drugs, making them unable to say whether they want sex or not. This also applies to people with severe mental disabilities. Having sex with someone who cannot consent is considered sexual abuse.



Rape:

It is illegal to force someone to have sex or perform sexual acts through violence or threats. This is rape.

Sexual coercion:

If you force someone to perform oral sex or touch them against their will, this is sexual coercion.



It is also forbidden to have sex with animals, your own parents, siblings, or grandparents. Additionally, sexual relationships between young people and people in positions of authority are prohibited. People in authority include teachers, coaches, group leaders, and similar figures.

54. Pregnancy under 18 and the law

Being pregnant can be wonderful, but it can also be scary, especially if the pregnancy wasn't planned. The decision whether to have the child or not is entirely yours.

If you are under 18, you cannot take "custody" yourself.

"Custody" refers to all the rights and responsibilities of being a parent, such as:

- Care
- Upbringing
- Financial matters
- Legal representation



If you are under 18, custody is shared between you and your own parents or legal guardians. In some cases, child and youth welfare services can also take over.

You look after and raise your child, but support is provided in all areas. This support can be minimal or intensive, depending on how much help you need and want.

As a mother, you always have the right to be well-informed about all decisions made for your child.

There are also other options:

- Adoption
- Foster family

Do you not want to have the child and want to terminate the pregnancy (have an abortion)?

Abortion is not legal in all countries - it depends on where you live. The conditions for having an abortion also vary by country.



In many countries, abortion is permitted within a specific time limit. After this limit, a pregnancy can only be terminated if there are valid reasons, such as: risk to the life of the pregnant woman or serious physical or mental disabilities in the fetus.

55. Consensual sex

Touching, caressing, kissing, sex – these are all wonderful when everyone involved wants it. If you want to have sex with another person, you need to be sure that they want it too. You both have to agree. That makes it "consensual."



Consent for sex is important to prevent violence and assault. Consensual sex is voluntary sex—without pressure and without coercion.

How do you find out what the other person wants? It's very simple: just ask!

Example 1: Do you want to sleep with me?

Example 2: Are you in the mood to have sex now?

Example 3: May I kiss you?

Asking for consent once is not enough. Communication, open conversations, and direct questions are a reliable way to understand what your partner wants, expects, and desires. And, of course, also what they do not want to do.

Intimacy, sex, and touch should be wanted and desired. You must respect the answer. Everyone has the right to say no. If someone says nothing, that is NOT consent. If you're unsure, just ask again. It is important to accept a no from the very beginning.

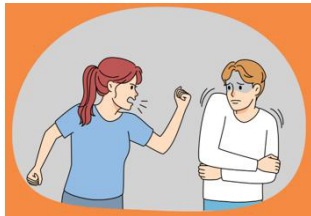
NO = NO – for ALL people, in ALL situations.

Consent and approval are not only important for sex. They are also important in other areas of life.



56. Sexual violence and abuse

Anyone can become a victim of violence, whether they are an adult, teenager, or child. Violence can happen at work, at home, at school, among friends, or in relationships. There are different forms of violence, including neglect, bullying, threats, and abuse.



Violence is any behavior that is harmful on a physical, mental, or sexual level. It can occur both online and offline. Excluding someone from a social group is also a type of violence, known as bullying.

Sexual violence is a specific form of violence. This includes touches and physical contact that are unpleasant, cause fear, or hurt. That is NOT okay! No one is allowed to kiss, caress, touch, pet, or have sexual intercourse with you against your will. No one is allowed to masturbate in front of you if you don't want to. No one is allowed to show you porn against your will or sexually harass you with words or gestures.

All of this is violence. Sexual violence is always a criminal offense.



Sex and media

57. Sexting

Sexting is a combination of the words "sex" and "texting". It means sending nude photos of yourself or sexual messages. Sexting is very popular among young people.

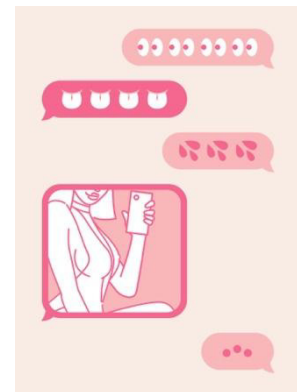


An image or video is pornographic if:

- It shows a penis, vagina, or anus.
- Sexual acts are depicted (e.g., a boy has his hand on his penis).
- The images are intended to sexually arouse someone else.

In general, sexting is allowed, but the laws regarding sexting vary by country. Everyone involved must consent. The recipient can save the photos on their phone but is not allowed to show them to anyone else.

If you engage in sexting, be careful not to send your nude photos or videos to the wrong people. They could be uploaded to the internet, and once a picture or video is online, it is very difficult to remove. This can have very unpleasant consequences for you.



58. Sextortion

It is quite normal for young people to communicate with friends via social media. New friendships are also often formed through social media. However, be careful: fraudsters may try to invite young people to a video chat. They record intimate videos and later use them to blackmail the victims. This is known as "sexortion."



For example, this can happen in an online game. A young woman sends an invitation to a young person and invites him to a video chat. During the chat, she begins to undress and wants him to do the same. What the young person doesn't realize is that he is watching pre-recorded short videos. In reality, he is chatting with a gang of fraudsters.



These criminals try to persuade young people and young adults to undress in front of their webcam. The footage is secretly recorded. Later, the victim is sent a link to a video of themselves. They are then asked to pay money. If they refuse, the fraudsters threaten to send the video to their friends, family, or even share it publicly.



If something like this happens to you, or has already happened, you don't have to be ashamed! (Don't be ashamed!) It can happen to young people and adults alike.

How can you protect yourself? Be careful with new online contacts. If someone seems overly kind, overly attractive, or tries to pressure you into a video chat, be cautious! If you still decide to participate, make sure you don't show your face on the webcam.

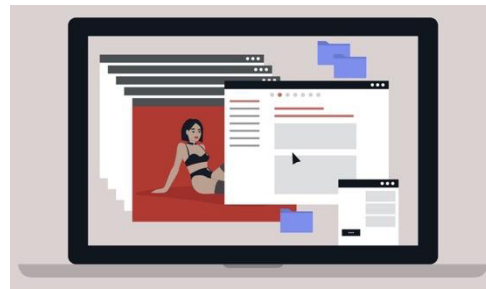
59. Internet grooming

“Grooming” is an English word, and it happens on the internet. Adults pretend to be teenagers to gain the trust of children and young people. Their goal is to sexually harass or abuse them.

Grooming often starts innocently. Children and teenagers are contacted through social networks, chat rooms, messaging apps (such as WhatsApp, Instagram, Messenger, Snapchat, and Telegram), or gaming platforms. Of course, the adult perpetrators do not admit they are adults. They claim to be children or teenagers themselves.

Once trust is gained, they ask children or teenagers to send photos or videos of themselves. These images are then often shared with other adults on special internet forums.

If the children or teenagers start feeling unsafe want to end contact, the perpetrators may become aggressive, intimidate them, or even blackmail them.



and

Be careful with new contacts! If you meet new people online, take a close look at their profile. Does the profile have a photo? If there is no photo, ask for a completely new one.

60. Revenge porn

A relationship or friendship has ended. The other person is very angry about it and has intimate recordings of the other person. As revenge, they send these videos or photos to others. This is called "revenge porn."

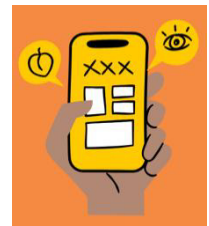


Sometimes these recordings are uploaded to specific porn websites. The victim is not at fault and can report this to the police. However, it can have serious consequences for the victim: problems at school, at work, with friends, or within the family.

If intimate images (nude photos, self-made sex videos, etc.) are publicly available on the internet, it is very difficult to have them removed.

How can I protect myself?

Always think ahead and only send photos and videos that you are willing to share publicly. If you decide to send nude photos or videos of yourself, avoid showing your face. This makes it harder to identify you.



If intimate photos of you end up publicly on the internet:

You don't have to feel ashamed! You can always reach out to a trusted person or a counselling center!