

Girls often fall in love with boys, and boys often with girls. There are also girls who fall in love with girls or girls and boys. And there are boys who fall in love with boys, or with boys and girls. It is all possible, there is nothing crazy about it, it just happens. The feeling is something that is deep inside.

[illustration]

Two boys holding hands

[Box]

Did you know that there are also animal species where females fall in love with females, or a male loves another male? From flamingos to rabbits and from beetles to warthogs.

[Illustration]

Two animals of the same sex that are together. May also be two swans.

If you are together for a long time, the feeling in love often disappears a bit . Sometimes after a few months, sometimes after a few years. Then you can still love someone a lot, but you will no longer feel butterflies in your stomach and you will no longer blush. It's that easy.

H2 spread 4

Do you know what is also very important? That you think you are lucky! That may sound a bit crazy, but it makes a lot of sense, because you are with yourself all your life!

[Do assignment]

What makes you so much fun? Sometimes you don't see for yourself what you can do very well. Or what's so nice about you. To you, everything seems so normal to you, but it is not. Just ask other people what makes you special. Really do! For example to your father, mother, uncle, aunt, grandfather, grandmother, teacher or master. You may be surprised at the compliments you receive and how special others think you are.

[illustration]

Children who raise their arms above their heads and form a heart above their heads with their hands.

### **[Chapter 3]**

#### **When grown-ups make love**

##### **Spread 1**

When grown-ups are in love, they also want to be together. They often act very romantically, such as sending sweet messages to each other. Or give each other flowers. And eating out or doing other fun things together. When you are in love you want to get to know each other well and know everything about each other. Because that way you can discover whether the person you are in love with is really very, very, very nice.

[illustration]

Man and woman kissing

If grown-ups really like each other, they often want to touch each other. They can then, if they both want to, kiss, caress and sometimes have more sex with each other, you also call that having sex. That can make them both feel good.

[Illustration]

Man and woman in bed, for example under a duvet, with arms and hands and legs and feet coming out from under it?

### **H3: Spread 2**

Tall people who are in love with each other usually both like to cuddle, but everyone has different places that are nice to be touched . Everyone is different. What you like may not be pleasant for someone else at all.

[Do-tip]

[Illustration Coloring page of doll (gender neutral) With different colors of hair, dicks, vulva's buttocks, color eyes ... etc to make yourself next.]

Draw a picture of yourself. Color the body parts where you like to be touched with your favorite color.

[Speech bubble]

Is someone touching you? State clearly whether you like it or not.

Your body is all your own. No one else is in charge of that. Some parts of your body, such as your butt, penis, or vulva, are areas that are private. They are not for everyone to see or touch. You can decide who you want to show them to. But it is better to ask first if the other person wants that. Because maybe they don't want to see you naked at all.

We have therefore agreed that we will wear clothes. We don't do that in your bare buttocks to school or to the supermarket , even when it is very hot.

[Do-tip]

Exercise how do you say no?

Saying no is done with your voice.

But did you know that you can also use your whole body to make it even clearer? We will practice that.

First shout 'no'.

Oh, did you think this was all? That can be harder!

NO!

Yes like that. Now you take it one step further: stand extra firm with your legs a little apart. And completely upright. Like a huge tree that cannot be knocked down.

Shout very loudly again NO, from your toes.

Finally, put your arm forward and your hand up like a stop sign.

Make an angry face and roar NOEEEEEE (like an angry lion).

[illustration]

## [Chapter 4]

### How do you make a baby?

#### Spread 1

How do you make a baby? That is not easy, it is even a bit of a miracle. And so you are also a miracle, because you exist!

When a woman and a man have sex with each other, the man's penis can enter the woman's vagina. That can give a nice feeling. The seeds can then enter the vagina from the penis. All seeds have a kind of tail and with it they swim from the vagina to the uterus. They then start looking for an egg. The quest for the egg is a real race, because if the seeds find an egg, only one can get along with the egg. This lucky seed is the winner! So as a seed you won this race at the time. Pretty special, right?

[illustration]

Sperm seeds with a helmet on and a superhero cape that race to a large sphere / planet (the egg) with a flag with a finish.

[frame]

Sometimes people don't want to have a baby, but still want to make love to each other. The woman can then take a special pill, or the man can put a condom around his penis. A condom looks like a rolled up bag and no seeds can pass through.

#### H4: Spread 2

[sub]

*Mix*

The seed contains information from your father and the egg contains information from your mother. If you mix these, there will always be a different mix, because all the seeds and eggs are just a little bit different. Because of this, brothers and sisters are all different, but because they have the same parents they look alike. The information in the seeds and eggs determines whether you will be a girl or a boy. It also determines the color of your hair, the color of your eyes and the size of your nose.

[Do-tip]

To paint

You can make something new from two things. You will prove this with two colors of paint.