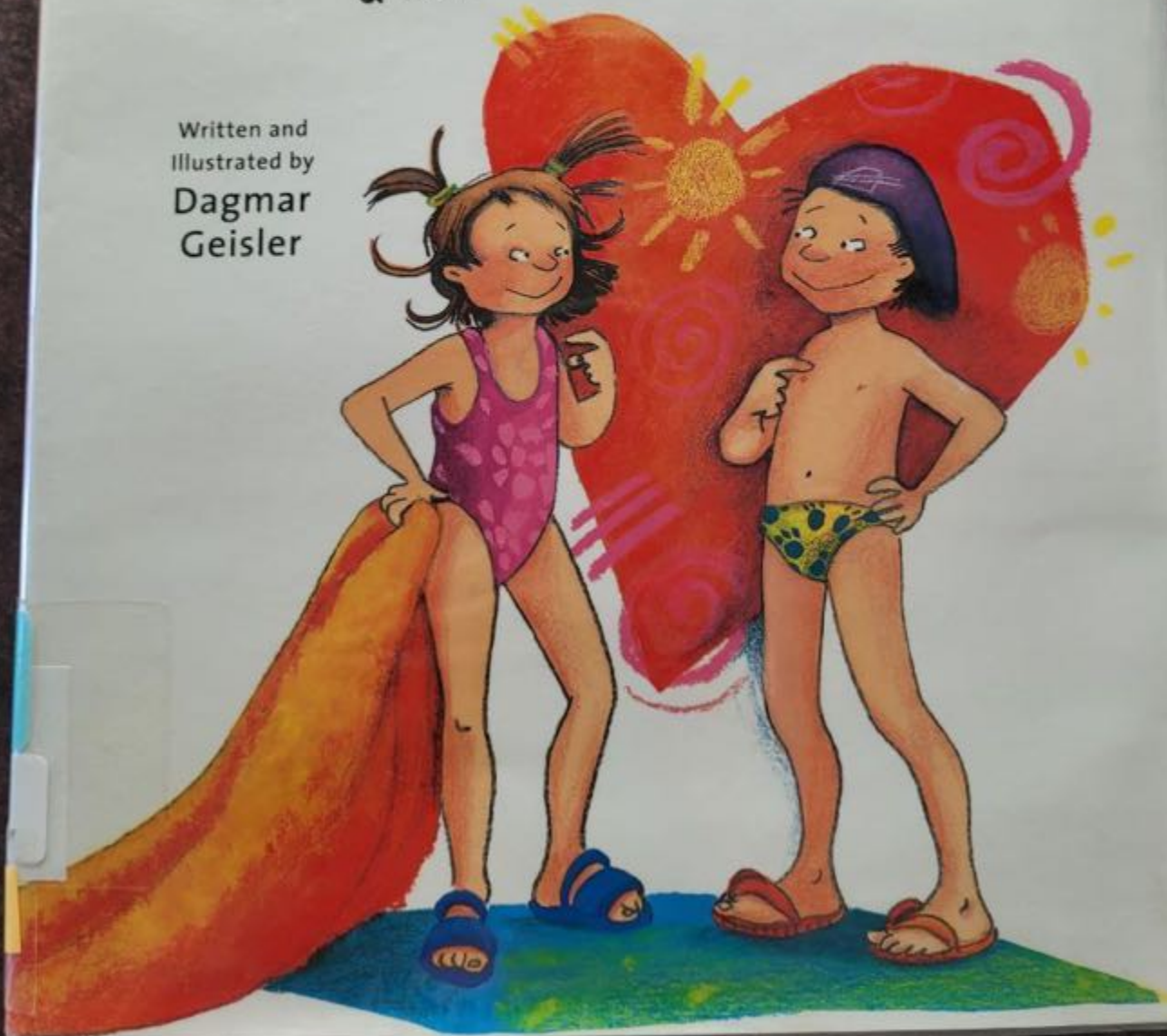



My Body Is Growing

A Guide for Children, Ages 4 to 8



Written and
Illustrated by
**Dagmar
Geisler**





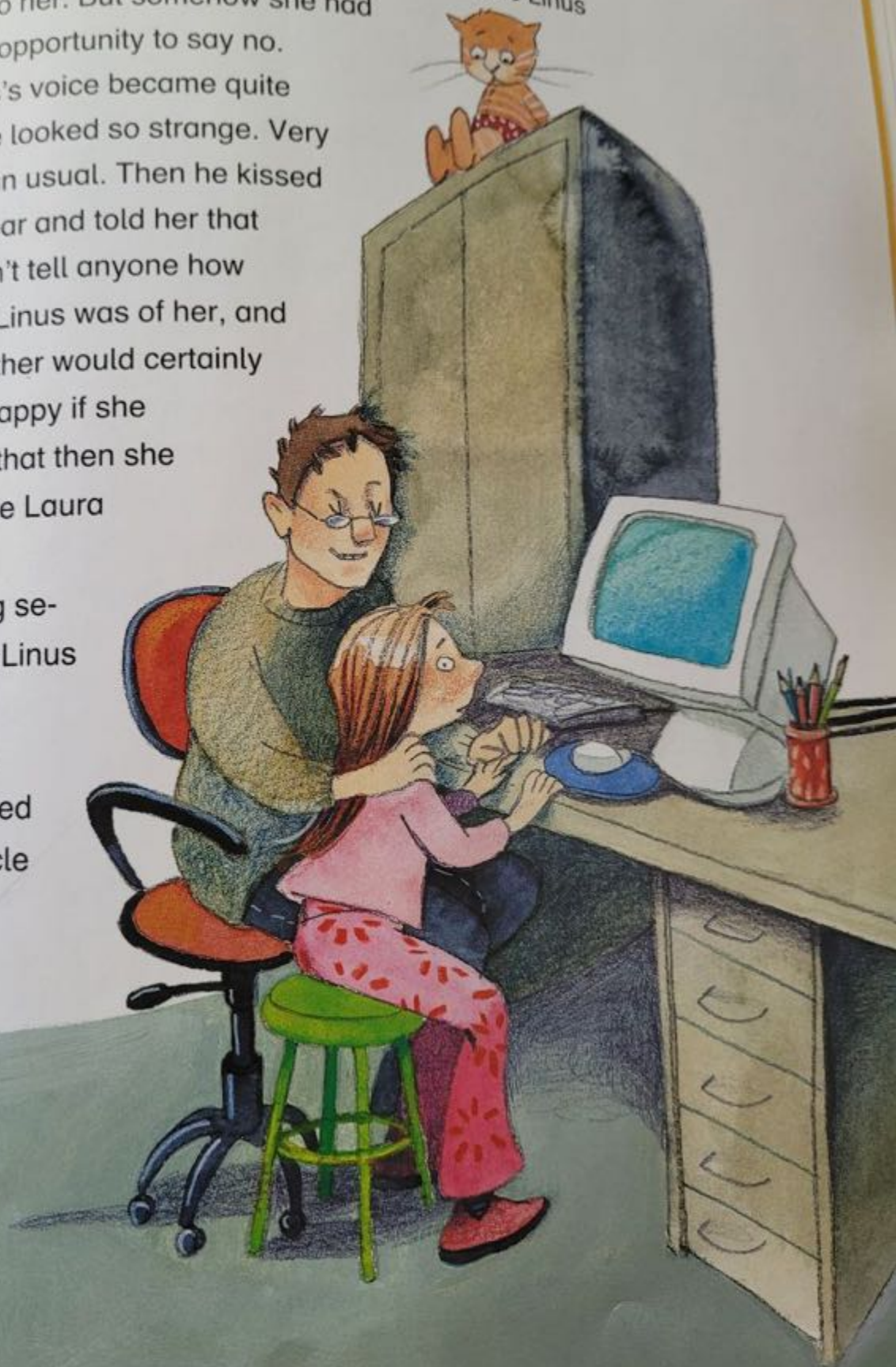
My friend and I have
a secret. It belongs
only to us. We don't
tell it to anyone.

When I think about it,
I become very tingly
with pleasure. (Lisa)

He stroked Laura's legs and slipped his hand under her waistband. Laura felt that she didn't want what Uncle Linus was doing to her. But somehow she had missed the opportunity to say no. Uncle Linus's voice became quite gruff and he looked so strange. Very different than usual. Then he kissed her on the ear and told her that she shouldn't tell anyone how fond Uncle Linus was of her, and that her mother would certainly be very unhappy if she heard. And that then she wouldn't love Laura anymore.

"It's our big secret!" Uncle Linus said.

From then on, Laura tried to avoid Uncle Linus.



nicest, Marco's penis s

"That's how you get b

"You guessed it, littl

Toby's hair.



Saying No Is Sometimes Quite Difficult!

It sounds so simple: say no when something doesn't feel good.

Laura, Serafina's cousin, has experienced what it was like to not know whether to say yes or no.

Once Uncle Linus came to visit. He's the brother of Laura's mother.

Uncle Linus showed Laura how to surf the Internet. He showed her where to find the best games and how to download her favorite songs from the web. They sat very close to each other at the computer. Laura had a nice warm feeling in her stomach. Uncle Linus laid his arm around Laura and began to caress her.

He stuck a hand under her sweater. Suddenly, she didn't feel so good anymore. Laura began to feel uncomfortable. She would have liked to say "Stop it!" But it was strange for her because Uncle Linus is really nice.

Laura became very rigid. She had hoped that Uncle Linus himself would realize that he should stop. But he kept on caressing her.



"Marco is a great guy," Toby thinks. When he grows up, he wants to drive as nice a motor scooter as Marco. Secretly, he imagines himself racing around with Serafina riding on the back. Sabrina and Marco kiss often. "All the time," thinks Toby. And they also sleep together. Sabrina told Toby so. They snuggle together for a long time. They kiss each other all over their bodies. Behind the ears, on the neck, on the chest and stomach, even on the bum and between the legs. Sabrina's vagina becomes moist and warm and Marco's penis gets very stiff. Marco then pushes his penis into Sabrina's vagina. Always in and out. That feels great for both of them. When the feeling is nicest, Marco's penis sprays semen into Sabrina's vagina. "That's how you get babies," Toby said. "You guessed it, little brother," Sabrina said, and tousled Toby's hair.

Women take birth control pills to prevent the fertilization of an egg.



The IUD is inserted into the uterus. It prevents a fertilized egg from attaching to the uterine lining.



The diaphragm is a rubber cap that is slipped around the cervix. That's how it keeps sperm from entering the uterus.



Contraceptive foam caps are inserted into the vagina. The foam forms a barrier against the semen.





I can have a secret with
my best friend and don't
need to tell, even if
everyone asks me.
I say NO!



But there's a lot you can't see from the outside.



Stella does judo.



Toby can whistle through the gap in his teeth.



Nicki loves horses.



Jasper plays violin.



Pauline knows a hundred poems by heart.



Radley wants to be an astronaut.



Robert collects mini teddy bears and plush dinosaurs.



Pia can ride a unicycle.



Lisa can juggle five balls.



Bernard is on the swim team.



Luis wants to be a ballet dancer.



Hannah is the best at math.



Hazima is in Chess Club.



Lance knits.



Paul is also in Chess Club.



Sam is in Drama Club.



Kurt boxes.



Dale can draw beautifully.



Regina wants to be a painter.



Uriel writes poems.



Kai is the class president.



Serafina can skateboard.



Daniel is the best at Language Arts.



Leo plays handball.



David is on the soccer team.

A Comprehensive, Fully Illustrated Guide to Our Bodies — for Boys and Girls!

From a young age, children hear that pink is for girls and blue is for boys. They're told girls play with dolls and boys play with cars. Girls are always giggling and cuddling, while boys should be roughhousing and tough. Boys are messy and smelly and girls are quiet and neat, right?

In *My Body Is Growing*, Dagmar Geisler works to show preschool and early elementary readers that we're really not all that different, regardless of whether we're boys or girls. Though we may all seem similar on the outside, we are each our own person on the inside. At this age, our bodies and our minds are changing—we're growing up!

By getting to know the students of Class 4B, young readers will learn how their own minds and bodies work. They'll learn about friendship, about gender stereotypes, and about the rights they have, even (and especially) as children. Dagmar also addresses sexual abuse and why it's so important to report it to an adult.

Additionally, through stories and antics of the older siblings of Class 4B, readers will be introduced to the topics of puberty, falling in love, having sex, and becoming pregnant.

Dagmar Geisler's *My Body Is Growing* is the perfect introduction to body awareness and sexual education for preschool and early elementary school students.

"What's going on with my little princess?" he asked. "You don't love your uncle anymore."

He kept trying to be alone again with Laura and to caress her.

Laura felt that this secret was like a heavy black cloud that she brought with her everywhere.

At some point she could no longer bear it and told Serafina the whole story. Luckily, Serafina knew that one should never keep a bad secret. They went together to Laura's mother and told her everything.

Laura's mother was very angry with her brother but she loved Laura just as much as before. She went with her to a counseling center. There was a nice woman there who helped Laura to understand that she is no way to blame for this whole matter with Uncle Linus. Even if she didn't succeed in saying "No!" and "Stop it!" to him, like she wanted.

No!
No!
No!



Important!

You always have the right to say **No!**
But even if you don't manage to say **No!**,
you are still not to blame.

Class 4b

In Class 4B, there are 25 children: 12 girls and 13 boys. Some things about them we can see from the outside.



Stella has red hair.



Toby wears glasses.



Nicki is the tallest.



Jasper has curls.



Pauline has freckles.



Rodley is blond.



Robert is dark-haired.



Pia usually wears a red sweater.



Lisa has green eyes.



Bernard is the smallest in the class.



Luis is tall and thin.



Hannah has long blond hair.



Hazima has a ponytail.



Lance always has the most fashionable clothes.



Paul always wears a hat.



Sam has braces.



Kurt is the huskiest.



Dale has broad shoulders.



Regina is small and thin.



Uriel has bristly brown hair.



Kai has brown eyes.



Serafina has long curls.



Daniel wears a size 7 shoe.



Lea recently got glasses.



David is missing an incisor.