

What is Masturbation?

TOUCHING YOURSELF

Masturbation is when someone touches their own body for sexual pleasure.

- Usually people touch their genitals to masturbate.
 - People might use their hands, sex toys, or other tools to masturbate

Some other words for masturbation are:

Jacking off
Wanking Jerking off
Fingering yourself Diddling
Playing with yourself Flying solo Touching yourself

IT IS TOTALLY NORMAL!

Masturbation is a normal behavior that most people do at some point in their life.

- People might masturbate daily, sometimes, or never- it just depends on your preference!
- Many people begin masturbating during puberty.
- Masturbation is a healthy way to explore your body and sexual preferences.

MASTURBATION MYTHS

Sometimes people feel awkward talking about masturbation because of misinformation.

Masturbation *cannot*:

- Cause blindness or vision problems
- Cause headaches or fainting
- Make hair grow on your hands
- Change the way your genitals look
- Stunt your growth
- Make you infertile
- Cause acne

Masturbation *isn't*:

- Dirty, wrong, or inappropriate
- Only for people with penises
- Bad for your health

MASTURBATION IS HEALTHY

It turns out that masturbation can actually have positive effects on your brain and body.

Masturbation *can*:

- Lessen period cramps
- Relax your body and brain
- Improve blood flow
- Make orgasming easier
- Release stress
- Boost your mood
- Help you sleep

Masturbation *is*:

- Natural and normal
- For anyone who wants to do it
- A healthy way to learn about your body

IMPORTANT REMINDERS

Masturbation is private!

- You should only do it when you are alone in a safe and private space.

Hygiene is important!

- You should always wash your hands before and after masturbating.

How you do it is up to you!

- There is no right or wrong way to masturbate as long as you are being safe to your body!