Masturbation

Masturbation means rubbing or touching your own private body parts. People do it because it feels good and exciting.

Boys usually touch their penis. Girls usually rub and touch their clitoris.

Not everyone masturbates, but lots of people do. Masturbation is normal.

How often someone masturbates is different for every person.

Even though lots of people do it, masturbation is a private topic.

Most people think about sexy things when they masturbate. Different people think about different things. Sometimes people look at sexy pictures. What you think about or look at when you masturbate is a private topic.

Masturbation should be done in private. This means closing the door and also any curtains. Make sure that no one is watching you or can hear you so that it’s private.

Some people like to masturbate with their hands. Other people like to do it in other ways, such as rubbing their private body parts on something safe and clean, or squeezing their legs together. Your private parts should not hurt after you masturbate. If they do, you might be rubbing too hard or have an infection.

It is important to wash your hands before and after masturbation. Boys need to clean up any semen that might have got onto their clothes or other places.

Some religions and cultures have beliefs that people shouldn’t masturbate. Some people were told stories about masturbation being bad for you, which are not true.

If you are not hurting or upsetting yourself or someone else, and you are doing it in private, then masturbation is ok.

When someone masturbates, they get warm, tingly and excited feelings. These feelings get stronger and stronger. Lots of times, this will lead to the person having an orgasm. Orgasms are intense sexual feelings at the peak of sexual arousal. They feel different for different people and can feel different at different times. Orgasms should feel good.

When boys have an orgasm, the muscles around the penis contract and release, and they usually ejaculate (semen comes out of the penis)

When girls have an orgasm, the muscles around the vagina contract and release and the vagina can get wetter.

Most people masturbate alone, but sometimes people do it with a partners (their boyfriend, girlfriend, husband or wife) Masturbation with a partner is one way of being sexual while avoiding pregnancy or an STI. Both partners have to give permission and be happy for masturbation to happen together.