

Masturbation



Sometimes people like to touch, stroke or rub their private body parts. This is called masturbation. People use many different words for masturbation. Some of these words are 'playing with yourself', 'wanking' or 'jerking off'. The most polite word is masturbation. The other words are slang. It is best to use the slang words only with a close friend, boyfriend, or girlfriend (if the slang words do not embarrass them).

Why do people masturbate?

Touching the private body parts can be sexy. People can be sexy by themselves. People do not have to have a partner (girlfriend or boyfriend) to masturbate.

Many people enjoy masturbating. It feels sexy and exciting. It can also help them learn about their bodies such as the shape and feel of their private body parts. Masturbation can help people understand what they like and what feels good for them.

It is OK and normal to masturbate. Some people say it is not healthy but this is not true.

Some people masturbate often, and others do not masturbate at all. It is up to each person to decide whether they want to masturbate or not.

People should only masturbate when they are in a private place where they can feel comfortable and be alone. This might be in their bedroom, or if they share a bedroom, it might be in the bathroom, toilet or shower.

Sometimes, when people have sexy feelings about each other, or they like each other a lot, they masturbate together. Some people who love each other masturbate together. This is another way of making love. People should only masturbate together if both people want to and it is in a private place.

What happens when a person masturbates?

Most girls and women masturbate

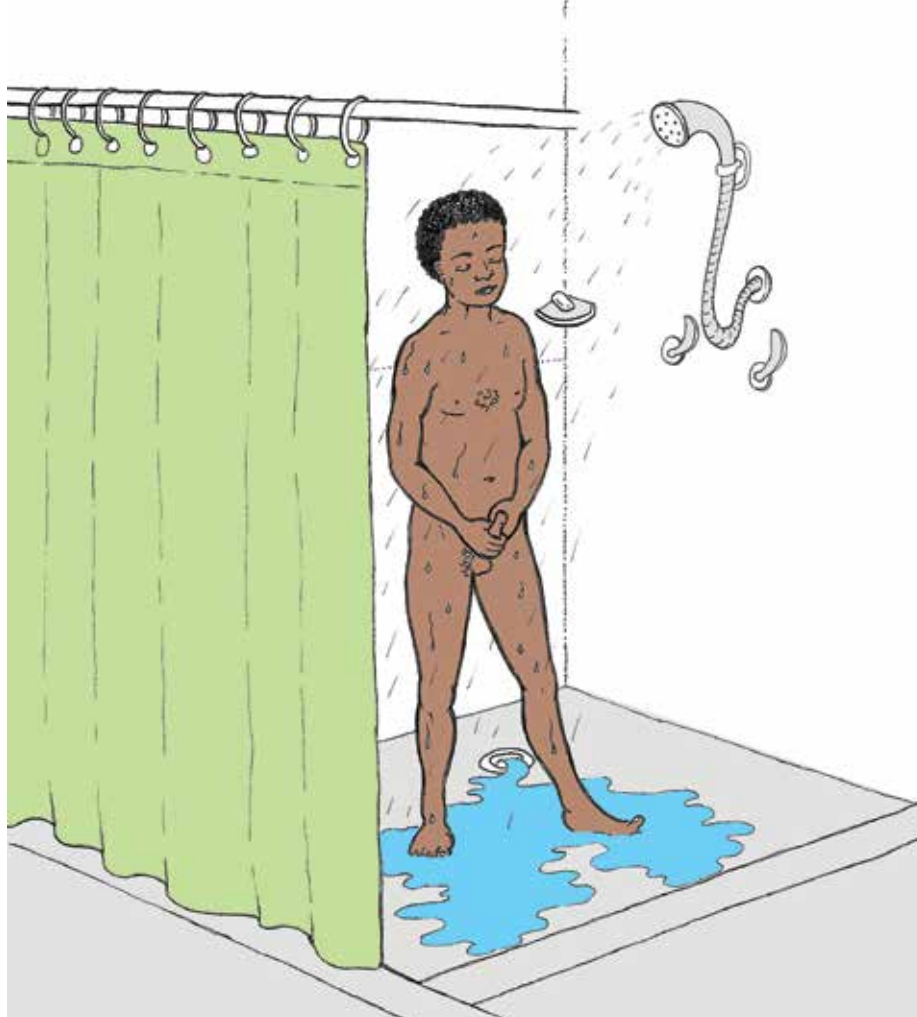
Most girls and women masturbate by touching their vulva, and in and around their vagina and clitoris. Sometimes when a woman masturbates, her vagina gets wet and slippery. The lips of her vulva (the labia) can start to feel nice and they get a little bit bigger.

Women might also like to touch their breasts and nipples. Only a woman can work out what feels best for her.

When a woman does these things, she can feel very sexy. When a woman feels very sexy, she may have an orgasm. An orgasm is when lots of really nice feelings happen all at once, like in a big rush. When a woman has an orgasm, her body may feel shaky and warm and her breathing might get faster. She may also feel like making some noise.

When a woman has finished masturbating, it is important to clean up any wet or sticky stuff that comes out of her vagina. She can use a tissue to do this, then she should wash her hands in the bathroom.





Most boys and men masturbate

Most boys and men masturbate by holding their penis and moving their hand up and down on it. When a man masturbates his penis gets hard. This is called an erection.

Some men masturbate by moving their foreskin up and down their penis. Other men masturbate by putting lubricant (lube) on their penis, to make it slippery, and then slide their hand up and down their penis. Only a man can work out what feels best for him.

When a man does these things, he can feel very sexy. When a man feels very sexy, he may have an orgasm. An orgasm is when lots of really nice feelings happen all at once, like in a big rush. When a man has an orgasm, semen comes out of his penis. A man's body may also feel shaky and warm and his breathing might get faster. He may also feel like making some noise.

When a boy or man has finished masturbating, it is important to clean up any semen that comes out of his penis. He can use a tissue to do this, then he should wash his hands in the bathroom.

Sometimes when people masturbate, they may have lots of sexy feelings but they do not have an orgasm. It is OK if the person does not have an orgasm.

People can masturbate lying down, standing up, sitting down or in other positions. Some of the things that happen to a person's body when they masturbate are the same as when a person has sex. For more information go to the fact sheet called 'Having sex'.



What you need to know:

- It is OK and normal for you to masturbate. Most women and men masturbate
- You can learn about your body and what feels good for you when you masturbate
- When you masturbate it must always be in a private place like your bedroom, with the door closed and the curtains closed
- Masturbation can feel really good and exciting
- After you have finished masturbating, it is important to clean up any sticky stuff that comes out of your body and wash your hands

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