



Some suggested language to support discussion about masturbation and to answer questions.

During puberty hormones can make some boys and girls to have more sexual feelings or 'feel sexy'. This is hard to describe but it is normal.

Masturbation is when a person touches or strokes their own personal and private parts because it feels good. The penis and the vulva (and particularly the clitoris in the vulva) are sensitive to touch. A person may have warm tingly feelings when they touch this part of their body and this feeling can become more intense. A male may ejaculate and a female may feel strong sensations in her vulva or throughout her body. This is called an orgasm.

Some people think masturbation is wrong and this may include some people from faith or religious backgrounds.

Masturbation is not harmful, and it can be a safe way for someone to find out about sexual feelings and learn about their body. It should feel nice.

Girls and boys may start to masturbate during puberty, some may start before and some may not masturbate at all. Some adults may masturbate and some won't.

Masturbation is something that is done in private.

Remember that no-one else is allowed to touch your personal and private parts without your consent.



Masturbation questions and answers

Questions

I don't think I have ever masturbated. Is this OK?

Can it hurt me?

Does everybody do it?

I have not seen anybody doing it – why is this?

Do adults do it?

Answers

Yes. It is perfectly normal whether people choose to masturbate or not.

No. Sometimes people might say that masturbating could harm you. This is not true.

It is impossible to say, because people do not often talk about it.

Most people choose to masturbate in private. This is important because it shows that they respect other people's privacy too. It is against the law to do it in public.

Yes, masturbation is something that can be done, in private, at any time, by any age group.