



Masturbation

What is masturbation?



- A sexual activity that involves touching your own genitals for sexual pleasure.
- **Masturbation is a very normal, healthy and safe way to explore your sexuality!**

Who masturbates?



- Almost everyone!
- A lot of people masturbate or have in the past.
- **Masturbation is a personal choice based upon your beliefs. The choice to masturbate is totally up to you!**

Where do people masturbate?



- Masturbation is an activity that is done alone, and in private. The most common place for people to masturbate is in their own bedroom, alone, with the door closed.
- Some people also enjoy masturbating in their bathroom in their home, in the shower or bath, alone with the door closed.
- Masturbation in a public place such as a bedroom in someone else's house, or a bathroom in the mall is **not** appropriate!



Why do people masturbate?

Masturbation is healthy and safe activity. The level of risk is much lower for masturbation compared to sexual activities with another person.

People masturbate to:

- explore their body and genitals
- learn what feels good
- experience sexual pleasure
- relaxation and self sooth
- improve sexual self esteem



When is it okay to masturbate?

It may be appropriate to masturbate when you are alone in a private space in your home, such as your bedroom or bathroom, with the door closed!

Some common times that people enjoy masturbating include:

- When feeling aroused or craving sexual pleasure
- Just before going to sleep
- While taking a shower or bath in your own home
- When first waking up in the morning



Why is it not appropriate to masturbate in public space?

- It's illegal - people don't consent to seeing someone masturbate in public
- It can be scary/threatening to others
- Children/minors can be present at any time





Healthy Relationships, Sexuality & Autism

Developed by: **Autism Nova Scotia**

If someone is sexually aroused in public, what could they do?

- They could try to distract themselves by thinking about tasks that they have to do that day, or plans that they might have for the weekend.
- They could also try to find something else to do with their hands, such as using a fidget tool, playing a game on their phone, or writing something in a notebook.



How to masturbate:

- Some people enjoy simply rubbing or stroking their genitals, while others prefer to read arousing materials or look at arousing pictures while touching their body. Some people like to have soft lighting or music and massage other parts of their body, not just their genitals.
- **That's the great part about masturbation - it's an exploration to discover what YOU do or do not like.**
- It is a good idea to wash your hands first, be gentle with touching your body, and use a small amount of personal/sexual lubricant (can be bought at most drugstores) to avoid friction.
- People with a vulva can explore rubbing their breasts or chest, nipples and clitoris as well as experimenting with inserting a finger or two into their vagina.
- People with a penis might enjoy rubbing their chest or playing with their nipples, stroking their shaft and the head of their penis, or playing with their testicles.
- **Take your time, and remember masturbation is a personal choice!**



References

Autism Nova Scotia. (2019). *Healthy Relationships, Sexuality and Autism Program Curriculum*. Halifax, Canada: Autism Nova Scotia.
Corinna, H. (2016). *S.E.X., The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties* (2nd ed.). Boston, MA: Da Capo Press.
Dubie, M. *The 'M' Word*. Retrieved July 06, 2020, from <http://www.autism-help.org/family-masturbation-autism.htm>
Harris, R.H. (2014). *It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health* (4th ed.). Somerville, MA: Candlewick Press.