

When to ask for help

If your penis or testicles hurt when you are masturbating; tell someone you trust or talk to your doctor.



Masturbation is a great way to relax and learn what feels good for you and your body. While it is a normal and healthy thing to do, make sure that you masturbate in a private place and only talk about it with people you trust.

Did you know?

Everyone has the right to explore their body and feel pleasure. Preventing a person from doing so can often lead to inappropriate behaviours.

Encouraging people to learn about and maintain positive and healthy sexual wellbeing will contribute to other areas of their life too, such as respectful relationships and self-esteem.

What is masturbation?

Masturbation means touching and rubbing the private parts of your body. It is normal to do and some people choose to do it because it makes them feel really good! Other people may choose not to masturbate and that's OK.

Everyone masturbates differently and can enjoy touching themselves in different ways and in different places. Masturbation can help you to learn about yourself and how your body feels and works.

Masturbation is private. It is important that you are in a private place like your bedroom and you do what feels good for you.

Looking for more information?



Disability

☎ 08 9227 6414 ✉ support@shq.org.au

Sexual Health Quarters (SHQ)

☎ 08 9227 6177 ✉ info@shq.org.au
70 Roe Street, Northbridge WA 6003

Sexual Health Helpline

☎ 08 9227 6178 ✉ sexhelp@shq.org.au

Find us on social media



shq.org.au

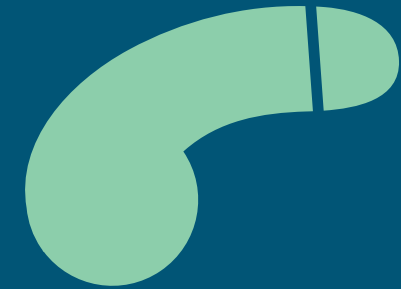


SHQ recognises Aboriginal and Torres Strait Islander peoples resilience, strength and deep spiritual connection to land, waters and community as Australia's First People.

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**Sexual
Health
Quarters**

Masturbation



Here are some things to think about if you want to masturbate. This will help you to stay safe and healthy.

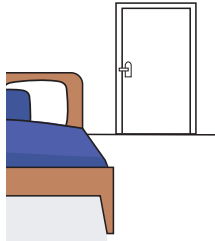
1 Wash hands

You should wash your hands before you masturbate. It might be good to have tissues or a towel ready for cleaning up afterwards.



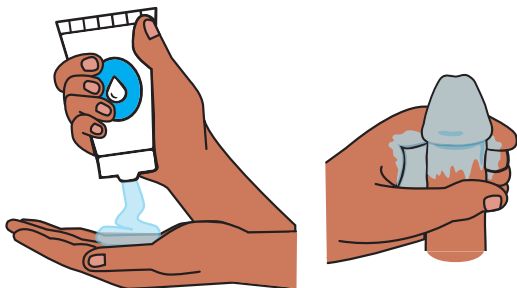
2 Privacy

Find a private place to masturbate where you won't be disturbed, seen or heard. Your bedroom, bathroom and toilet are private when the door and curtains or blinds are closed. Public toilets are not private places.



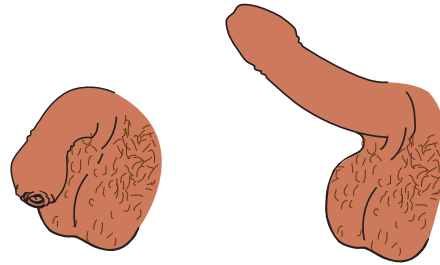
3 Lubrication

Lubricant can make rubbing and touching the penis feel good. You can buy it from a supermarket or chemist. Put some on your hand before you begin rubbing your penis. Do not use home/food products like honey.

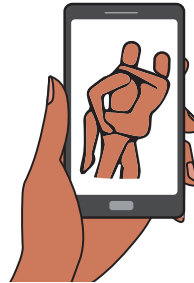


4 Arousal

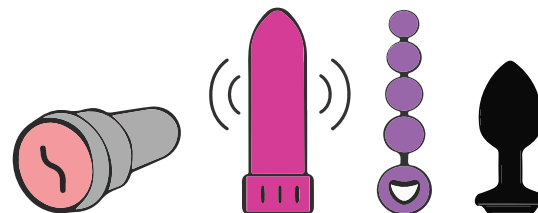
When you touch or rub your penis, it can increase in size and become hard. This is called an erection. Some people find touching other parts of their body feels good too, like their testicles or nipples. Your nipples may also get hard.



Some people can become aroused when they think about or watch something that appeals to them sexually. Remember there are Australian laws to follow when looking at pornography. Ask for more information if you are unsure.



Sex toys can help with masturbation too. Remember they must be cleaned before and after every use.



5 Ejaculation

As you continue to rub your penis, your hand movements may get faster. Your breathing and heart rate might become quicker too.

Your penis may release a white and sticky fluid; this is not wee, it is called semen. When your penis releases semen, this is known as ejaculation or coming.



Some people may not ejaculate and can still feel pleasure and enjoy themselves.

6 Orgasm

You may also have an intense pleasurable feeling, known as an orgasm. This might feel strong for a moment, and then fade, leaving you feeling relaxed and calm.

Some people may not orgasm and can still feel pleasure and enjoy themselves.

7 Clean up

It is important to clean up and wash off any semen afterwards. Remember to wash your hands too.

