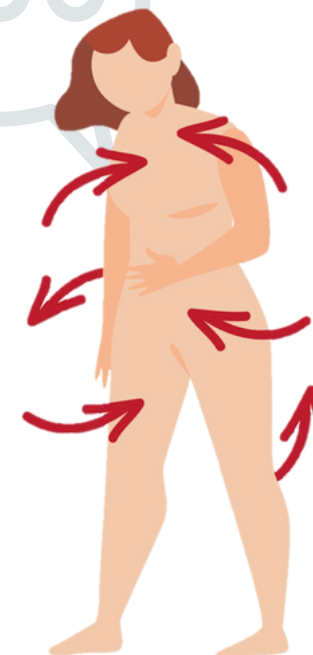


SEXUAL THOUGHTS AND BEHAVIOUR

Am I masturbating the right way?

KEY WORDS

masturbation | self-exploration | normalcy | relationships



Masturbation is touching yourself for sexual pleasure and **it is a totally normal, natural and safe sexual practice**. It is common for people of any gender, age or relationship status to do it, even if they do not talk about it.

People masturbate for **different reasons** — it helps them relax, they want to understand their body better, they want to release sexual tension, or their partner is not around and they are in the mood. But most people masturbate simply because it **feels good**.

Some people masturbate often, others rarely, and some people do not masturbate at all. Different people masturbate in different ways. Masturbation is a totally personal decision, and there is **no “right” or “wrong” way to do it**. Some people choose to masturbate with sexual aids like lubricant and sex toys and others rely on just their hands and fingers.



To keep masturbating a safe practice, sexual aids should be **clean** before use, either by using them with a condom or by thoroughly washing them before and after use. Always **wash your hands** before touching yourself and use **lubricant** to reduce friction, which helps prevent small tears in your skin and makes things more comfortable.

Masturbation is not something people do only when they do not have a sexual partner. Masturbating when someone is in a relationship **doesn't mean the partner isn't satisfying them or that they are "cheating"**. Instead, it's a great way to figure out what they like sexually and what makes them have an orgasm and this might then help them voice their preferences with their current partner or when they meet their next one.



Despite the fact that masturbation is a normal and healthy sexual practice, there are certain situations that may arise that require talking to a doctor, counsellor or therapist:

- If you are having issues seeing masturbation as a healthy and normal practice, such as experiencing guilt, or thinking it may be wrong or bad
- If your masturbation habits get in the way of your responsibilities or social life
- If masturbation causes you pain.

Remember, your body is unique, and exploring it through masturbation is a completely natural part of growing up and getting to know yourself.



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