

MASTURBATION

Masturbation is self-stimulation of the male or female genitals to the point of intense pleasure or orgasm. Masturbation is not bad for you physically, sexually or emotionally and can be, in fact, good for you. Masturbation is medically viewed as a normal and healthy sexual activity.

According to most studies and surveys, about 95% of adults have masturbated or continue to do so.

Masturbation will not:

- make you go blind or give you poor eyesight;
- give you acne any more than any other activity or phase of your life in which you have hormonal fluctuations might give you acne;
- make the genitals shrink or grow;
- make hair grow on your palms;
- make men or women infertile, or decrease sperm or egg count;
- make anyone "lose" their virginity,

How do I masturbate?

Like just about anything in sex, people do what they do, not based on any one formula or method, but based on their mood, their means, and their on individual psychological, emotional and physiological makeup.

Masturbation is the best way to sexually experiment and learn this for yourself. It is also the safest sex there is, and for many it often provides some of the best sexual fulfilment. The way to find out how to masturbate is to simply feel your way around your body. There are no places on your body that are "bad" or "wrong" to touch or will damage you, and if something does hurt, all you have to do is stop.

Learning to masturbate is in many ways learning to be in the driver's seat of your own sexuality, and to understand that no one is in charge of it but you. It is healthy, sane and safe, and can help you to develop both sexual satisfaction as well as sexual control, all at the same time. It can help to keep you from choosing partners or becoming sexually active for the wrong reasons (in other words, keep you from using people for sex when you could be satisfying yourself), and it can give you a solid understanding of your own anatomy and sexual response, which is what you need to have to enjoy sex with a partner or by yourself.