

When to ask for help

If your vulva or vagina hurts, or you have bleeding that is not your period 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.

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

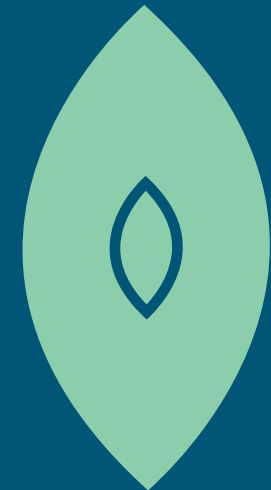


SHQ recognises Aboriginal and Torres Strait Islander peoples resilience, strength and deep spiritual connection to land, waters and community as Australia's First People.

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Sexual Health Quarters

Masturbation



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.

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

1

Wash hands

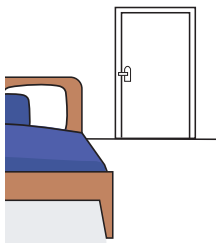
You should wash your hands before you masturbate. It might be good to have tissues or a towel ready for cleaning up afterwards.



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

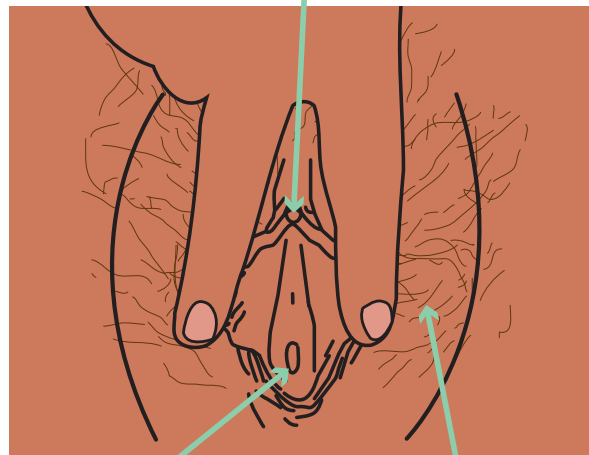


4

Arousal

When you rub or touch your clitoris, vulva and vagina they may start to feel good and become more sensitive and wet. This is called arousal. Some people find touching other parts of their body feels good too, like their breasts or nipples. Your nipples may also get hard.

Clitoris

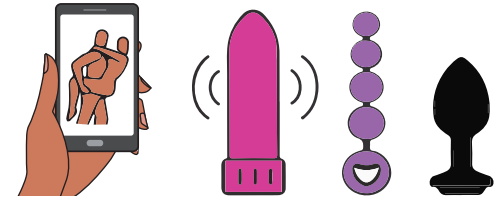


Vagina

Vulva

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

Orgasm

As you are masturbating, your breathing could get quicker and you may have an intense pleasurable feeling, known as an orgasm. This might feel strong at first and then fade, leaving you feeling relaxed and calm.

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

6

Clean up

It is important to clean your vulva when you have finished masturbating.

Remember to wash your hands too.

