

Masturbation Resource List

Books:

Betty Dodson

Sex for One: The Joy of Self-Loving

David Steinberg

The Erotic Impulse: Honoring the Sensual Self

Jack Morin, Ph.D.

*Anal Pleasure and Health: A Guide for Women
and Men*

Men Loving Themselves

Joani Blank

*First Person Sexual: Women & Men Write About
Self-Pleasuring*

*Good Vibrations: The Complete Guide to
Vibrators*

Lonnie Barbach

Women Discover Orgasm

On the Net:

the-clitoris.com

the-penis.com

www.bettydodson.com

www.jackinworld.com

www.proaxis.com/~solo/

www.sexuality.org



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Give Yourself a Hand:

AN INTRODUCTORY GUIDE TO

MASTURBATION



intercourse

60 The Pleasance
Edinburgh EH8 9TJ

What is Masturbation?

Masturbation is sex for one. (However, one may masturbate with others). It may or may not include the stroking of genitals and it may or may not include orgasm. A more common term for masturbation is wanking.

Masturbation Myths

Only People Who Can't Get Laid Masturbate - Masturbation is a Replacement for "Real" Sex

Masturbation is a healthy part of anyone's sex life, regardless of whether or not they have a partner (or partners). In fact, masturbation is a common sexual act for couples and groups as well as individuals.

Masturbation Causes Insanity, Blindness, Hair Growth, Disease or Spots

If those were true, the vast majority of the population would suffer from all of these problems. Masturbation is completely safe and healthy.

"Too Much" Masturbation is Unhealthy

Masturbation becomes unhealthy if you forget to do important things (like eating, bathing, or communicating with other people) because you are wanking all the time. Other than that, the only real danger is friction burns (which can largely be prevented with the use of a good lubricant).

Masturbation is for Children

Masturbation is for children and for adults. Children learn to masturbate from an early age and may get much pleasure from it well before puberty. Many people continue to masturbate their entire lives. Masturbation is fun for all ages!

Masturbation is for Men

Men handle their genitals every day of their lives. Sadly, women are often told that their bodies are dirty, especially "down there". Women are also often taught to think about love and not sex. Both love and sexual pleasure are important for women and men.

Benefits of Masturbation

Stress Relief Masturbation is a safe and healthy way to relieve stress. Not only is the act of stroking your own body relaxing (much like petting a cat), but the period after orgasm is often exceedingly calm and restful. This can be very helpful if you have trouble getting to sleep.

Body Awareness What better way to learn to about your body than to give yourself pleasure? Learning to appreciate your body may also improve your self-esteem.

It Feels Good! The most important reason of all. There is nothing inherently wrong with doing anything that feels good and doesn't harm anyone else (though some people might argue otherwise). In fact, pleasure will improve your mood and your appreciation of life.

Exploring your body

One of the keys to enjoyable masturbation (or any other type of sex) is to know your own body. Comfort with your body will increase your own pleasure and your ability to be a confident sexual partner.

You might try relaxing and exploring all the erogenous zones of your body. You can find out what makes you feel good. Look and feel at all of your body. You might use a mirror for the parts that are more difficult to see. Masturbation doesn't have to be just coming quickly by stroking your genitals. It can also be a chance to take your time and make yourself feel good.

Spoil yourself with a good long masturbation session!

(And enjoy quick wanks, too.)

Fantasies

Many people have sexual or romantic fantasies while they masturbate. The wonderful thing about fantasies is that you can do or be anything you want. You can fantasise about something you would never want to happen in real life. You can even imagine things that are not physically possible!

Sometimes, people worry or feel guilty about their fantasies. They might feel that their sexual fantasies are "sick" or "perverse". But, fantasies in your head can never harm anyone. Your fantasies are a place for you to explore different ideas and emotions. Fantasies are an important part of our lives.

Using Toys

Some people find it pleasurable to use household objects or custom made sex toys when they masturbate. Just remember a few rules of thumb:

- ◆ Always wash your cucumber or other toys! (or put a condom over it).
- ◆ Never insert anything into your body which can break easily or otherwise cause serious damage (including anything hard, brittle, sharp or has dangerous parts inside like springs or wires). Open bottles must be avoided as well - they can create a dangerous internal vacuum. Also, be sure that anything you insert can easily be retrieved.
- ◆ Never insert parts of your body into anything that could cause you damage or where you could get stuck (including vacuum cleaners).

As long as you consider these simple safety guidelines, you don't need to worry about using sex toys. Some people worry about getting "too attached" to their toys. Sex toys are no more addictive than teddy bears. Enjoy whatever toys you like.

Disclaimer: the authors of this pamphlet are not medical experts, just experienced wankers