

Masturbation guide for people with vulvas/vaginas

What is masturbation?

Masturbation is touching your own genitals in a way that feels good. It is safe, healthy, and normal. Masturbation is an activity that is private and personal.

Staying safe

Always wash your hands and sex toys before and after masturbation.

Always find a private, safe place to masturbate. Find a place that no one can disturb you or accidentally walk in.

Never use or insert objects for masturbation that are not meant for it. Fingers and sex toys are safe objects to use for masturbation.

Never masturbate in public.

Remember:

Masturbation is a great way to explore your body and sexuality.

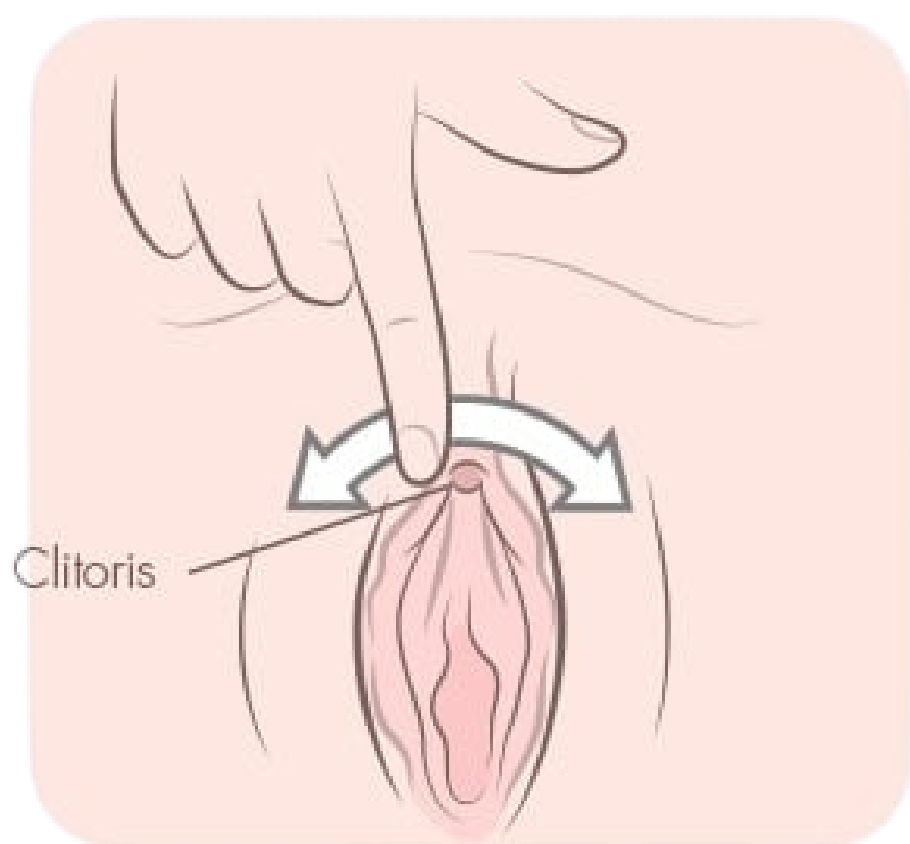
Some people like to masturbate and some people don't like to masturbate. Both are okay.

Some people like to watch pornography or read explicit stories when they masturbate, some people like to just use their imagination. Both are okay. You must be 18 years old or older to watch or read pornographic materials.



How to masturbate

Some people use their hands to masturbate. You can masturbate by using your fingers to rub circles on your clitoris or vulva. You can experiment with how many fingers you use, speed, or pressure.



If you rub your clitoris too fast or too hard, your skin can get sore. To prevent sore skin, try these tips:

- Use lube on your fingers or clitoris to help prevent sore skin.
- Don't use too much pressure on your clitoris when masturbating. Try using a light touch and gradually increase pressure to find what feels good to you.

Inserting fingers or toys

Some people insert fingers or sexual toys designed for masturbation into their vagina or anus. Make sure you clean your fingers or toys before and after masturbating.

- Sexual lubricant is a special kind of liquid made for sex and masturbation.
- Lube makes things slippery and helps when inserting fingers or toys into yourself.



Masturbation is a normal and fun way to explore your body and sexuality. Masturbation should always be safe, and not cause a lot of pain.

If you have questions about masturbation, talk to a trusted adult or contact our relationship and sexuality resource hotline, Heart to Heart, **206-829-7021** or **healthyrelationships@arcofkingcounty.org**.