

# SELF PLEASURE

## For Starters

Find time and space in which you do not have to worry about interruptions

-this could be in bed, in the shower, in the bathtub, etc.

Set intentions to just focus on what feels pleasurable; do not focus on trying to experience orgasm

-simply notice how your body feels and how your body responds to different touch, different pressure, different speeds

Consider using lubrication; different types can bring about different sensations

Consider using a mirror to observe your genitalia while you are exploring it

This exploration can be as long or as brief as you would like

## What to Try

Start by touching your body, explore what feels good, do not just focus on your genitals. Do this for as long as you want/feel comfortable with

When you're ready, start by exploring the shaft of your penis; pay attention to the feelings as you start to apply pressure/stimulation

-try massaging the fleshy area on top of your pubic bone, experiment with pressure

-try forming an O with your fingers and thumb and stroke your penis

-try different positions; standing, laying down, etc.

When you are ready, start exploring the head of your penis

-try rubbing and gently stroking the head of your penis

-you can experiment with pressure, speed, motions

-if direct stimulation feels uncomfortable, you can experiment with putting different types of cloth between your fingers and your genitalia

Explore your scrotum and testicles if it feels good

## DID YOU KNOW???

- There is no evidence that regular masturbation causes psychological or physiological damage (\* too vigorous can cause skin and tissue damage)
- Regular masturbation can reduce stress and release "feel good" hormones such as dopamine and oxytocin

