

Masturbation Resource List

Books:

Betty Dodson
Sex for One: The Joy of Self-Loving

Nancy Friday
Men in Love
Women on Top

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:

www.bettydodson.com
www.jackinworld.com
www.sexuality.org
www.proaxis.com/~solo

Give Yourself a Hand:

AN INTRODUCTORY GUIDE TO
MASTURBATION



intercourse

60 The Pleasance
Edinburgh EH8 9TJ



Brought to you by the wankers at

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talking sex

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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. People continue to masturbate well into their old age. Masturbation is fun for all ages.

Masturbation is for Men

Although women's sexuality has been ignored, discouraged or punished at various times in various societies, masturbation is as healthy and important for women as for 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.

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.

A good place to start your exploration is in a nice hot bath. Light a few candles and sink into the water. The heat will relax your muscles. Soap your entire body slowly, paying particular attention to the most sensitive areas. Do not skip over any parts which you feel uncomfortable about - they are likely to be the most sensitive.

After your bath, wrap a towel or robe around you and go to a warm and comfortable room. Put on relaxing music (on repeat if possible - sudden silence can be very distracting). Have a lubricant available if you like. Massage or cooking oil works as do a variety of water-based lubricants. KY Jelly should be avoided - it is not intended for long-term friction and quickly becomes sticky.

Relax and explore all the erogenous zones of your body (including nipples, genitals, anus, and where ever else tickles your fancy). Look and feel at all of your body - use a mirror for the parts that are more difficult to see. Masturbation isn't just about quickly coming by stroking your genitals. It can also be a chance to make yourself feel good.

Sex Toys

A wide variety of custom made sex toys are available on the market. You can buy things that probe, vibrate, tickle, bind, tighten, or suck. You don't have to pay a fortune for your sex toys - many similar things can be found in hardware stores and supermarkets. Just remember a few rules of thumb:

Always wash your cucumber or other toys! (or put a condom over it). Never share dirty toys.

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 which could damage it or where it could get stuck.

Hoovers can cause damage if not used carefully. Beware of moving parts and **NEVER** apply suction to the anus or vagina - this can easily cause irreversible damage.

All this may seem obvious, but people in casualty can tell you horror stories about those who did not use a little common sense.

Spoil yourself with a good long masturbation session!

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