

The Benefits of Masturbation

There are many good reasons to masturbate. These are some of the reasons people masturbate:

Physical

Masturbation:

- *Relieves stress
- *Is the safest sex
- *Helps people sleep
- *Decreases incontinence
- *Provides a natural high
- *Relieves menstrual cramps
- *Strengthens pelvic muscles
- *Increases blood flow to genitals
- *Decreased likelihood of nocturnal emission
- *Can decrease chance of certain infections
- *Is an effective treatment for many forms of sexual dysfunction



Emotional

Masturbation is the physical expression of self-love. We all need to love ourselves. Masturbation is an expression of self nurturance.

Masturbation also helps many people realize that their bodies are for their own physical pleasure, not anyone else's.



Intellectual

Masturbation can provide you with an intimate knowledge of your own pleasure. Masturbation is a great learning tool. It can even be used as a teaching tool.



Spiritual

Masturbation helps some people find inner peace. Some people meditate while they masturbate to spiritually connect with their bodies.



Information contained on this pamphlet has been gleaned from these sources:

For adults and educators:

- * *Sex For One — The Art of Self Pleasing* by Betty Dodson
- * *The New Good Vibrations Guide To Sex* by Good Vibrations
- * *The Technology of Orgasm: 'Hysteria,' the Vibrator, and Women's Sexual Satisfaction* by Rachel P. Maines
- * *Tickle Your Fancy: A Woman's Guide to Sexual Self-Pleasure* by Sadie Allison
- * *Masturbation: The History of a Great Terror* by Jean Stengers and Anne Van Neck
- * *The Joy of Self-Pleasuring: Why Feel Guilty About Feeling Good?* by Edward L. Rowan
- * *The Clitoral Truth: The Secret World at Your Fingertips* by Rebecca Chalker
- * *For Yourself: The Fulfillment of Female Sexuality* by Lonnie Barbach
- * *Sex As Nature Intended It: The Most Important Thing You Need to Know About Making Love, but No One Could Tell You Until Now* by Kristen O'Hara, Jeffrey O'Hara

Web Sites:

- * SOLO - www.proaxis.com/~solo
- * Clitical.com - www.clitical.com
- * The Clitoris.com - www.the-clitoris.com
- * Society For Human Sexuality - www.sexuality.org
- * San Francisco Sex Information - www.sfsi.org or 877-472-SFSI (toll free)

For children, teens, and tweens:

- * *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* by Robie H. Harris
- * *Girl Stuff: A Survival Guide to Growing Up* by Margaret Blackstone and Elissa Haden Guest
- * *Your Body: The Girl's Guide* by Janis Brody

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It's not a
dirty word.

Masturbation and you.



It's normal and healthy

"To lose confidence in one's body is to lose confidence in one's self"

-Simone de Beauvoir

Masturbation is normal

Masturbation is a natural, normal, and pleasurable activity. Most people masturbate. People masturbate all over the world!

We can masturbate throughout all life-stages: when we're young, old, single or committed.

Sometimes disability, pregnancy, or menstruation limit our sex lives. Masturbation can overcome all of these restrictions to provide us with happy and healthy sex lives.

Everyone can do it—men, women, straight, gay. When you really think about it, **masturbation is the most common sexual activity.** We are all naturally autoerotic. Then we become heterosexual, homosexual, or bisexual.

Our love of ourselves is “the longest lasting love affair of our lives,” says Betty Dodson in *Sex for One*.

When we masturbate, we claim our bodies and our pleasure as our own.



Masturbation is Healthy



Masturbation was once considered unhealthy and immoral. We now know those ideas are wrong. **All of the myths that say masturbation is harmful are wrong.** Masturbating will not cause hair to grow on your palms. It will not make you sick. Masturbation doesn't cause acne. You cannot become addicted to a vibrator.

It's not just that masturbation doesn't cause harm, **masturbation is actually good for you!**

Masturbation has health benefits. For example, masturbation can decrease stress. Masturbation can strengthen pelvic muscles, which can decrease incontinence and aid in giving birth. It works as a sleeping aid and it relieves menstrual cramps. Masturbation can be an effective treatment for some types of sexual dysfunction.

Masturbation is also a physical expression of self-love, acceptance, and confidence. **Masturbation and regular orgasms make life more enjoyable.**

It is important for everyone to experience physical pleasure and to realize their bodies' abilities.

Masturbation is fun

Masturbation is completely safe. **Masturbation is the safest sex.** When we masturbate, we never have to worry about STDs or pregnancy. Also, we never have to worry if our partner “really wants it,” so masturbation is non-exploitive.

Masturbation is free and easy.

Masturbation is fun. It feels good. It's relaxing.

Masturbation is a private, intimate experience. We should treat masturbation like bathing—a **healthful activity that's done in private.**

We can masturbate alone or with a partner. Alone, it is a celebration of independence. Together, it is a tool for intimacy and pleasure.

Everyone can do it!



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