

# Story About How to Masturbate for Males

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| <p>My special private time.</p>    | <p>It is ok for ME to touch MY OWN penis and testicles.</p>    | <p>NO ONE should see me touch my private parts.</p>                  | <p>It is NOT ok to rub or touch my private parts in front of others even if I have my clothes on</p>  | <p>My bedroom is a private place.</p>    |
| <p>My bathroom at home is a private place.</p>                                 | <p>I will close the door so I can have privacy.</p>    | <p>Touching my private parts is something I do when I am alone.</p>  | <p>If Mom or Dad knocks on my door, I can say, "I'm busy."</p>                                        | <p>My penis may get big and firm. This is called an erection. It is ok. It will get soft again!</p>  |
| <p>When I have an erection, I can touch my penis.</p>                         | <p>I take off my clothes when I want to masturbate.</p>   | <p>I hold my penis and move my hand up and down the shaft.</p>      | <p>I can use a lubricant to help if it hurts to touch my penis.</p>                                  | <p>I can look at pictures or a movie to help me think sexy thoughts.</p>                            |
| <p>I can touch my penis while it feels good. It may take a few minutes.</p>  | <p>A little sticky liquid might squirt out of my penis. This is ok. It is not pee. It is semen.</p>  | <p>I will wipe my penis when I am done.</p>                        | <p>I put my clothes on and wash my hands.</p>   | <p>If I have questions, I can talk to my Mom or Dad about my special private time.</p>             |