

What Is Masturbation?

Masturbation is when you touch or rub your own genitals to feel good or relieve sexual tension. It is a very normal and common activity, especially during adolescence, and many people do it at different ages.

Why Did Your Mom Give You Tissues?

Your mom likely gave you tissues because when you masturbate, you might ejaculate (release semen), which can create a mess. Tissues are useful for cleaning up quickly and hygienically. It shows she cares about your comfort and cleanliness.

How to Masturbate as a Male (Step by Step)

1. **Find Privacy:** Choose a private place where you feel safe and won't be disturbed, like your bedroom with the door closed.
2. **Relax:** Take a moment to relax your body and mind.
3. **Use Your Hand:** Usually, males use one hand to gently stroke or rub the shaft of the penis (the external part) from the base moving toward the tip. Everyone has their own preferences, so you can adjust speed or pressure to what feels best.
4. **Experiment:** Try different motions, grip strengths, or even using some water-based lubricant to decrease friction and avoid chafing (though this is optional).
5. **Be Patient:** It can take a few minutes before you feel a strong build-up of pleasure and eventually ejaculate.
6. **Clean Up:** When you finish, use the tissues your mom gave you to wipe away any semen. Then, wash your hands with soap and water.

When to Masturbate

Masturbate whenever you feel comfortable, private, and have time. It's important to respect your daily schedule, like school and family time, so picking moments when you're alone and relaxed is best.

How to Avoid Making a Mess

- Use tissues or a towel to catch semen after ejaculation.
- Masturbate over the toilet or use a container if you prefer.
- Clean your hands and any surfaces that might have gotten semen on them afterward.

Additional Notes

Masturbation is a natural and healthy experience. If you ever have questions about your body, feelings, or sexuality, it's okay to talk to a trusted adult, like a parent, doctor, or counselor.