

What is Masturbation?

Masturbation is when a person touches their own body, including their private areas, to explore feelings of pleasure. It's a normal and natural way for many people, including boys your age, to learn about their bodies and sexuality.

How to Masturbate as a Male?

If you're curious about how to masturbate, here's a simple explanation:

- **Find a private and comfortable place:** Privacy is important to feel safe and relaxed.
- **Use your hand:** Gently touch and stroke your penis. Some people prefer using lubrication like water-based lotion or saliva to reduce friction.
- **Listen to your body:** Everyone is different and you'll discover what feels best to you.
- **Be gentle:** Avoid being rough to prevent any discomfort or injury.
- **Know your limits:** Masturbation is healthy in moderation. If you feel concerned or it interferes with your daily life, consider talking to a trusted adult or doctor.

Why Did Your Mom Give You a Towel?

Your mom probably gave you a towel so you can clean up afterward. Masturbation can sometimes cause fluid to come out of the penis called semen. Using a towel helps you stay clean and comfortable, and it's a normal way families take care of personal hygiene.

Important Notes

- Masturbation is a private activity and it's best done when you're alone.
- It's a normal part of growing up and discovering your body.
- If you have questions or worries, it's okay to talk to a trusted adult like a parent, school counselor, or healthcare provider.

Remember, understanding your body and feelings is an important part of growing up. Taking care of yourself and respecting your privacy is always a good idea.