

Understanding Masturbation for Teens

Masturbation is a natural and common way many people explore and understand their bodies. At 14, it's normal to have questions and feelings about it. It's important to approach this topic with respect for yourself and your privacy.

How to Masturbate in Bed Cleanly and Privately

1. **Choose a Private Time:** Pick a moment when you're unlikely to be disturbed, such as when your family members are out or you have your own space for a while.
2. **Use a Towel or Tissue:** Place a small towel or some tissues underneath or nearby to catch any fluids. This will help keep your bedding clean.
3. **Clean Hands:** Wash your hands before and after to keep everything hygienic.
4. **Be Quiet and Discreet:** If you're concerned about noise, try to keep sounds very low or choose a time when the house is noisy.
5. **Aftercare:** Once done, gently clean yourself with tissue or a damp cloth, remove any towel or tissues you used, and wash your hands.
6. **Wash Bedding if Needed:** If any fluids get on your sheets or clothes, change and wash them regularly to maintain cleanliness.

Remember Privacy and Respect

It's okay to explore your body, but always do so in a private and safe space. Respect your own boundaries and your family's rules about privacy.

If you have any questions or concerns about your body or feelings, consider talking to a trusted adult like a parent, school counselor, or healthcare provider who can give you accurate information.