

It's important to remember that masturbation is a private and natural activity that many people experience as a way to explore their own bodies and feelings. If you choose to masturbate while sitting in a chair, here are some general steps you can consider:

1. **Find Privacy:** Make sure you are in a private space where you feel safe and won't be disturbed. Privacy helps you feel comfortable and relaxed.
2. **Get Comfortable:** Sit down in a chair where you can lean back slightly. Wearing comfortable clothes can help, and you might want to loosen any tight clothing.
3. **Relax and Explore:** You can touch yourself gently, exploring what feels good. Everyone's body is different, so take your time to discover what works for you.
4. **Use Your Hand Carefully:** Many people use their hand to stimulate their genitals. If your hand naturally gets dry, using a little water or a suitable lubricant (if available and safe) can make it more comfortable.

After ejaculation, it's important to clean up to maintain good hygiene:

- **Use Tissues or a Towel:** Have some tissues, a clean towel, or wet wipes nearby to gently clean your genitals and any surfaces that may have fluids on them.
- **Wash Your Hands:** Always wash your hands with soap and water after masturbating to keep bacteria away and maintain cleanliness.
- **Clean Clothing and Bedding If Needed:** If any fluids got onto your clothes or bed, change or wash them as soon as possible.

Remember, masturbation is a personal and private activity. It's okay to learn about your body at your own pace, and it's perfectly normal to have questions or feelings about it. If you ever feel unsure or have questions about your body, hormones, or emotions, consider talking to a trusted adult, like a parent, guardian, or healthcare professional.