

It's important to understand that masturbation is a normal and natural activity that many people experience during puberty and beyond. At 14 years old, your body is going through many changes, and learning about yourself is part of that process.

Masturbation involves touching your own body to explore what feels good. When it comes to ejaculating (releasing semen), this is a natural part of male sexual development.

However, from a hygiene perspective, it's better to consider clean and private settings to avoid any discomfort or embarrassment. If ejaculation occurs, wearing underwear can absorb some of the fluid, but this might cause wetness and could be uncomfortable. Many people prefer to use tissues, towels, or masturbate in the shower for cleanliness.

Here are some important points to keep in mind:

- **Privacy:** Choose a private space where you feel safe and won't be interrupted.
- **Cleanliness:** Wash your hands before and after to prevent any infections.
- **Hygiene:** If you ejaculate inside your underwear, consider changing your underwear and cleaning up promptly to maintain hygiene.
- **Respect Your Body:** Masturbation is a personal choice; only do what feels comfortable and safe for you.
- **Ask Questions:** If you have concerns or questions about your body, don't hesitate to talk to a trusted adult or healthcare provider.

Remember, it's normal to have questions about your body during adolescence, and learning about it responsibly is very important.