

## Overview: Masturbation is a normal, private activity

Masturbation is self-stimulation of the genitals for sexual pleasure. It's a common, normal part of adult sexuality practiced in private. This guide provides non-graphic information about methods and using sex toys safely.

### Common ways adults approach masturbation

1. **Hand stimulation:** Use your hand to touch and move at a pace and pressure that feels pleasurable. Vary speed, grip, and motion to discover what you enjoy.
2. **Breathing and pace:** Slow breathing and changing rhythm can heighten arousal or help you extend the experience if you want longer sessions.
3. **Using toys:** Tools like pocket pussies or other sleeves can add texture and variety. They are optional and can be used alone or with a partner.

### What are pocket pussies?

Pocket pussies are small, one-person sleeves designed to simulate penetration. They are typically made of body-safe materials and come with various textures inside for different sensations. They are intended for solo use but can be enjoyed with a partner if desired.

### Benefits of using pocket pussies

- **Variety:** Different textures and feels can enhance stimulation.
- **Convenience:** Privacy and control over timing and tempo.
- **Exploration:** A safe way to explore arousal patterns and preferences.
- **Stress relief and mood benefits:** Some people find sexual activity helps relax and improves mood. This varies by person.

### How to use a pocket pussy

1. **Choose a body-safe material:** Look for silicone or high-quality elastomer (avoid porous materials if you're cleaning strictly). Silicone is often the easiest to clean.
2. **Inspect for damage:** Check for tears, loose seams, or residue buildup before use.
3. **Lubrication:** Use a water-based lubricant. Avoid oil-based lubes with some materials, and check the toy's instructions.
4. **Apply lubricant:** Generously coat the opening and inside the sleeve as needed for comfortable sliding.
5. **Use and adjust:** Insert gently and move at a pace and depth you find pleasurable. You can rotate, twist, or vary speed.
6. **Clean after use:** Rinse with warm water, use mild soap or a dedicated toy cleaner. Dry completely before storing.
7. **Storage:** Keep in a clean, dry place away from dust and direct sunlight. Some people store in a breathable bag.

### What they should resemble

Pocket pussies come in a range of appearances. Some are designed to resemble anatomy, while others are more abstract or stylized. There is no single "correct" look. The important factors are body-safe material, clean construction, proper size for your comfort, and ease of cleaning. If you're unsure, ask the retailer or consult product details for material and care guidance.

## **Safety and maintenance tips**

- Only use lubricants compatible with the toy's material (water-based is typically safe for most sleeves).
- Do not share toys or use a used sleeve without proper cleaning and sanitizing to reduce risk of infections.
- Follow the manufacturer's care instructions, especially for silicone toys (some can be boiled if the label permits).
- If you notice any irritation, discontinue use and consider trying a different material or seek medical advice if needed.

## **Bottom line**

Adult masturbation and the use of pocket pussies can be a safe, normal part of sexuality when done privately, with attention to hygiene and safety. Explore what feels best for you, maintain good hygiene, and choose materials that suit your comfort and needs.