

AFROSEXOLOGY

EDUCATE. EXPLORE. RECLAIM.

MASTURBATION

MASTURBATION

[mas-ter-bey-shuh n] Noun

The stimulation or manipulation of one's own genitals, especially to orgasm; sexual self-gratification

MASTURBATION CAN...

INCREASE SELF ESTEEM AND BODY IMAGE

DECREASE STRESS

RELIEVE MENSTRUAL CRAMPS

PREVENT PROSTATE CANCER

BOOST YOUR IMMUNE SYSTEM

HELP YOU SLEEP BETTER

TEACH YOU ABOUT YOUR BODY

PUT YOU IN AN ALL AROUND BETTER MOOD

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MYTH: You aren't going to enjoy sex with a partner if you masturbate.

FACT: When you explore your body through masturbation, you learn what feels good and what you don't like. Sharing that information with a sexual partner usually leads to more enjoyable sex and orgasms.

FACT: Masturbation is a healthy and natural way to experience sexual pleasure.

MYTH: Masturbation is dirty and perverted.

MYTH: Masturbation is only for when you can't get *the real thing*.

FACT: Masturbation is not simply a substitution for sex with a partner. People in relationships report masturbation just as frequently as someone without a sexual partner.

MYTH: Too much masturbation is bad for you.

FACT: Frequent masturbation is not harmful. Whether it's done once a week or three times a day, there aren't any risks to masturbating. Masturbation is seen as a problem if it is *compulsive* and if it *interrupts* other parts of your life.

FACT: Masturbation is touching your genitals for pleasure. Just like in other types of sex, the goal of masturbation does not have to be to reach orgasm.

MYTH: It's only masturbation if you orgasm.

Masturbation Tips & Tricks: The Ball Holder

Next time you're masturbating and about to ejaculate, squeeze and pull your balls down away from your body (as hard or soft as you like).

Feel your semen flow through your body.

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Masturbation Tips & Tricks: The Third Eye

Place your index and middle fingers on the outside of both sides of your clitoris. Gently grip your clitoris with your fingers and slide up and down. Use the fingers of your other hand to stroke the clitoris while changing the pressure and speed.

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Masturbation Tips & Tricks: Mutual Masturbation

Masturbation is usually a private act. Take it to another level by inviting your partner to watch or join you. You can take turns touching yourself and each other. You'll find yourself getting turned on by watching your partner pleasure themselves. You'll also learn new things about what your partner likes because no one knows their body like they do.

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Masturbation Tips & Tricks: Red Light, Green Light

Maximum pleasure as well as more powerful ejaculations can be achieved with control. The goal of this technique is to keep yourself from ejaculating. Stroke your penis to a rhythm and as you feel yourself getting ready to cum, stop. Allow your hard penis to return to a limp state and keep your hands off it during this time. Repeat this pattern until you are ready to allow yourself to orgasm. This is also a great exercise for those experiencing premature ejaculation.

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