

# AFROSEXOLOGY

EDUCATE. EXPLORE. RECLAIM.

## Masturbation Show

Instructions: Use this guide to create sensual and intimate masturbation performances that you and your partner(s) will enjoy.

**Step 1:** Be comfortable and feel great about what you are doing! List what you can do to relax, be confident, and feel sexy (I.e.: Take a warm bubble bath, play sexy music).

### Build Up

**Be an active participant during sex. If your hands are free, let them wander. Caress yourself and circle your clit or the tip of your dick.**

**Step 2:** From lacey lingerie, a t-shirt, or nothing at all, to candles, music, and a camera, this is all about you being comfortable. How will you look and set the mood?

### Remember

**This is about your pleasure just as much as it is about your partners'. Take time to touch your body—make it real. Your partner will learn new tips!**

**Step 3:** What will you use? It's time to pull out your favorite oils and toys. Your vibrator can double as a body massager!

### Breathe Through It

**If you begin to feel awkward or silly, slow down your breathing to center yourself. Laugh if something funny happens and get back in the groove.**

**Step 4:** Don't forget the rest of your body and do what feels great! Rub your nipples, graze your fingers across your skin. Explore your body to find your hotspots.

### You're in Control

**Feel free to take a break, stop the show, or make other changes at any time.**

**Step 5:** Use this space to list if and how your partner(s) will be involved.