

AFROSEXOLOGY

EDUCATE. EXPLORE. RECLAIM.

I'm Feeling Myself!

Directions: Complete this chart to explore and reclaim your relationship with masturbation.

Use this space to release unhelpful thoughts about masturbation

What is **your** definition of masturbation?

There are many benefits of masturbating. What are yours?

Envision your new relationship with masturbation. How will you get there?

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DRAW YOUR VULVA. Every vulva is beautiful and unique. Give yourself time to learn yours! Take a picture or use a mirror to draw your vulva. Feel free to label your parts. Labia majora (outer lips), labia minora (inner lips), clitoris, urethra, vaginal opening

