

What is masturbation?

Masturbation is stimulation of the genitals for the purpose of advancing sexual arousal. In males, this generally means rubbing the penis to the point of ejaculation, or orgasm. Masturbation is very normal for boys and men.

What is an orgasm and what does one feel like? What is ejaculation?

Orgasm is the peak of sexual feeling. An orgasm starts with a pumping feeling inside the pelvis. That's the prostate gland contracting. The penis feels really nice to touch in the seconds before ejaculation, when semen squirts out from the penis in a series of waves. Most people relax and let the pleasurable feeling spread throughout the body. Within a few seconds, the penis is too sensitive to touch. The fluid contains sperm, which are what make a female pregnant if the ejaculate gets inside her.

Do all males masturbate?

Nearly all males start masturbating between the ages of 12-14, although some start before puberty. Half of boys have masturbated to orgasm by their 13th birthdays, and 74 percent have done so by their 14th birthdays. By their 15th birthdays, close to 100 percent of males have masturbated to orgasm.

How do males masturbate?

The usual way for a male to masturbate is to form a loose fist around his erect penis and stroke in an up and down motion. Doing it any other way can lead to sexual difficulties later.

Why do people masturbate?

The main reason is that it's fun. It also flushes out the sexual fluids that your body constantly produces. There's another reason that you might not have thought of. Masturbation rids your body

of sperm that have built up, so after ejaculating, the older sperm are gone, and the newest, best ones are still inside you. So if a man tries to get a woman pregnant, he has a better chance if he's masturbated within a few days than if he hasn't.

How often do boys masturbate?

In the teen years, most males masturbate at least once a day. Some teenage males, especially younger ones, masturbate twice a day. Doing it less than once a day is OK too. The average male will masturbate around 2000 times before he ever has sex with a female.

Where do males masturbate?

Most males masturbate in bed, although many do it in the bathroom too. It's most comfortable to do it in bed, and the ones who do it other places usually learned how to do it in bed.

Can I hurt myself by masturbating?

For most males, masturbation is healthy. There are three ways of masturbating to avoid:

(1) You can hurt yourself if you masturbate in a face-down position. Masturbation should be performed on your back or sitting or standing. Masturbating face down puts too much pressure on your penis and might cause problems when you someday try to have sex with a partner. This is a troublesome condition called prone masturbation. If you masturbate face-down, you need to stop and learn to do it face-up.

Masturbating face-down thrusting against something often causes severe sexual problems when you try to have sex with a partner.

(2) You can hurt yourself if you stick anything into your urethra while masturbating (or any other time, for that matter). (The urethra is the tube in the opening at the end of your penis where urine and semen come out.)

(3) It's bad to stop the flow of semen when you ejaculate. Then semen goes into your bladder, and the force used to stop the flow can damage the blood vessels and nerves in your penis.

What happens to semen after masturbation?

Most males clean it up with tissue or a rag (a clean rag, like an old shirt; not a dirty rag of the type you'd use to clean the floor). Some guys rub the semen on their bodies or underwear.

Do girls masturbate too? How?

Yes, although not as universally or as frequently as males. Only 50 percent of teenage girls report masturbating, while 75 percent will do so by their 18th birthdays (compared with 100 percent of males). Girls who masturbate tend to do it much less frequently than males too. Many females masturbate once a month or less.

Most girls masturbate by stroking the clitoris, which is similar to a penis. Some girls also masturbate by inserting fingers into the vagina.

Although masturbation has been observed in the male of every species of mammal, there is no species where the females masturbate more often than the males. There is also no society on earth where the women masturbate more than the men.

Do adult men masturbate?

Yes. Men masturbate for the rest of their lives, whether or not they have sex with partners too.

No one has ever told me anything bad about masturbation. So why do I feel guilty about it?

In the old days, young people were told all sorts of crazy things about masturbation that weren't true. But just because those things aren't told anymore, that doesn't mean no one feels guilty about masturbating. The reason is: If everyone were happy and satisfied by masturbating, there would be no reason to mate with other people and produce offspring. So feeling a little guilty about masturbation from time to time is normal and perhaps good for the human race.

While you're free of that burden that earlier generations had to deal with, your generation has a different burden. In the old days, people used to get married and form families about the same time their bodies were ready for sex and masturbation. Today young people have developed bodies earlier than ever, and at the same time, they have to postpone marriage and families later than ever. This means masturbation is useful both earlier and for a longer time.

Does anyone have to know I masturbate? What if someone walks in on me?

It's completely up to you who you tell about it. Many people never tell anyone about it. Parents tend to be understanding when their sons masturbate. It is very rare for someone to walk in on someone else masturbating. If the person is older than you, they probably masturbate too and understand. If the person is younger, you don't have to tell them what you were doing. If they figure out what you were doing, they will be as embarrassed as you.

What are wet dreams?

Wet dreams, which are correctly called nocturnal emissions, are orgasms that some males experience during sleep. The dreams that bring them on may or may not be sexual in nature. They are caused not by sexual desire but the

body's need to eliminate sexual fluids like semen and prostate fluid. Most males never have wet dreams because they start masturbating before they ever have one. Very few of those who have them continue having them after they learn to masturbate. Don't worry if you never have one or if you stop having them when you masturbate.

How often do wet dreams occur?

The small fraction of the male population – mostly 12 to 15 years old -- who have wet dreams regularly have one about every 10 days.

All males have to masturbate once they reach puberty. It's normal and fun and keeps the body sexually healthy

How can I masturbate if I've never done it before?

When you get an erection, try to figure out if there's something you thought about or saw that brought it on. Then think about that while you lie on your back and stroke your penis as described above. While masturbating, most young males think about girls that they like, and they imagine kissing them or seeing them naked.

What can I do if I have more questions?

Your father, older brother or other older male relatives are the best resources. Asking an older male friend **whom you trust** might also be good. Other adult males, like doctors, teachers, clergy, and counselors might have good information, but they're likely to be less frank than your dad or older brother will be. It's probably not a good idea to trust someone your own age to answer your questions about masturbation. 06/15

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**A YOUNG MAN'S GUIDE
TO
MASTURBATION**

Questions and answers
about the most common
and least talked-about
sexual practice

From the web site
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