



About Masturbation

For people with intellectual disability

For Males

This booklet is about masturbation.

It is OK and normal to masturbate.

Many people masturbate.

However there are some things you need to know about masturbation so that you and other people can stay healthy and safe.

The words and pictures in this booklet will help you learn about masturbation.

You can find more information about masturbation in our All About Sex fact sheet
www.fpnsw.org.au/allaboutsex



This is a man in the park. The park is a public place. He is feeling sexy so he goes home to a private place.



He goes to his bedroom and closes the door. His bedroom is a private place. It is OK to masturbate in a private place.



He rubs his penis with his hand.
His penis is hard. This is called an
erection. He is feeling good.



When he masturbates his sexy feelings might get bigger and bigger. White sticky stuff called semen might come out of his penis. This is called an orgasm or coming. He is feeling very good.



Afterwards he cleans himself up. He wipes the semen off his penis with a tissue. Then he puts his underpants and clothes back on.



He goes to the bathroom
and washes his hands.

What you need to know about masturbation

- * It is OK and normal for you to masturbate. Many men masturbate.
- * Other names for masturbation include 'playing with yourself', 'wanking' and 'jerking off'.
- * Masturbation can feel really good and exciting.
- * You can learn about your body and what feels good for you when you masturbate.
 - * Some men like to put lube on their penis when they masturbate.
 - * Some men like to use sex aids or toys when they masturbate
 - * Some men like to read sexy books or watch pornography when they masturbate. For more information about pornography, read the factsheet in All About Sex at www.fpnsw.org.au/allaboutsex

It is up to you to decide what feels good for you.

- * You must masturbate in a private place. Your bedroom or your bathroom is a private place. You should close the door and close the blinds or curtains.
- * After you have finished masturbating it is important to clean up any sticky stuff that comes out of your body and then wash your hands. You should also wash any sex aids or toys you used.

Notes for support people

- * It is normal for men with intellectual disability to masturbate.
- * Don't prevent men with intellectual disability from masturbating. Every person has the right to feel good in their body.
- * Trying to prevent a person masturbating may actually be counter-productive and lead to frustration or other challenging behaviours. It may also lead to poor hygiene and poor sexual health.
- * Instead, you should support men with intellectual disability to understand healthy masturbation. This includes learning about good hygiene and the importance of engaging in private behaviour in a private place.
- * Be positive and helpful. Don't speak as if the man is doing something wrong when he masturbates.
- * You can use the story in this booklet to help a man with intellectual disability learn about masturbation in a positive way. You might give him the book to read, or you might read it together with him.

Other useful resources

Family Planning NSW has an extensive Disability Resource Collection available for loan to people with intellectual disability and their support people.

The following resources may be useful:

- * **All About Sex:** A series of easy-to-read fact sheets for people with intellectual disability and the people who support them. The fact sheets cover a range of topics, including bodies, puberty, relationships, sex and sexual health. www.fpnsw.org.au/allaboutsex
- * **Sex Safe and Fun:** A resource pack for teaching people with intellectual disability about positive safe sex messages. www.fpnsw.org.au/sexsafeandfun
- * **Love and Kisses/ The DVD:** A DVD that provides a positive look at the intimate lives of people with a disability. Personal stories are told through drama and interviews to reveal the joys and heartbreak of love, sex and relationships. Contains a useful drama scene about public and private. Also available to download from www.fpnsw.org.au/loveandkisses

For more information or to access other resources from our Disability Resource Collection go to www.fpnsw.org.au/disability

Contact us

Family Planning NSW Ashfield

328-336 Liverpool Road
Ashfield NSW 2131
Phone: 02 8752 4300

Family Planning NSW Fairfield

Units 45 & 46 24-26 Nelson Street
Fairfield NSW 2165
Phone: 02 9754 1322

Family Planning NSW Penrith

13 Reserve Street
Penrith NSW 2750
Phone: 02 4749 0500

Family Planning NSW Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: 02 4929 4485

Family Planning NSW Dubbo

2B/155 Macquarie Street
Dubbo NSW 2830
Phone: 02 6885 1544

Family Planning NSW Talkline

Reproductive and sexual health information and referral
1300 658 886 or www.fpnsw.org.au/talkline

Family Planning NSW Shop

www.fpnsw.org.au/shop



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Australia
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TTY: (02) 8752 4360
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