

# HAVING THE TALKS: MASTURBATION

## Different Ways To Start the Conversation

"So this may feel a little awkward but I want to talk to you about something that often comes up for kids your age. Have you heard the word masturbation?"

"I'm curious—in your health class have they talked about when people touch themselves? What do you think about that?"

"Why do you think people touch themselves? How about you tell me one idea and I can share an idea too?"

"I noticed that movie you and your friends were watching the other night had a masturbation scene and everyone got super squeamish and awkward. Why do you think it made people so uncomfortable? Did it make you uncomfortable?"

"When I was your age, we never learned that masturbating—or touching yourself to feel pleasure—could not hurt us. Boy, did that come as a big relief! Is that something you've heard anything about?"

"What myths exist about masturbation these days? When I was growing up it was crazy things like you could run out of sperm or it would change when you got your periods. Is that still what you and your friends hear these days?"

"Do you know why they invented graham crackers? It was to get people to stop masturbating, that's why they are so bland! Isn't that crazy that people were so upset about people doing something as normal as touching their own body for pleasure? What do you think of graham crackers now?"

