

# HAVING THE TALKS: MASTURBATION

## Sample Language for Key Messages

There are 5 key messages to communicate with kids when you're talking about masturbation. Below is sample language you can use to convey those messages!

Key Message	Sample language
<b>1</b> Masturbation is normal if you do it, normal if you don't	<p>"People get embarrassed talking about masturbation but I wanted to make sure you know that being curious about your own body is totally normal."</p> <p>"One of the things that happens during puberty is that the body makes sex hormones, which can result in more interest in and curiosity about sexuality. It's totally normal."</p> <p>"People of all ages masturbate, from very young children to seniors. It's totally normal."</p>
<b>2</b> Masturbation cannot hurt you physically, even if done frequently	<p>"People used to try to scare others by saying masturbation could make you go blind or cause other problems, but that's not true. Masturbation does not lead to any kinds of medical problems."</p> <p>"If you touch yourself, you cannot run out of sperm, make your penis bigger, grow hair on your palms, go crazy, go blind, or mess with your menstrual cycle or ability to get or keep an erection."</p> <p>"It's totally normal to go through phases where you need to masturbate frequently, and it won't hurt you. It's also okay to not be interested in or comfortable with masturbating. Normal if you do and normal if you don't."</p>
<b>3</b> Masturbation serves a purpose	<p>"Masturbation helps people feel good. People also do it to relieve stress or tension."</p> <p>"Even young kids will masturbate if they are upset about something or can't sleep—it serves as a form of self-comfort."</p> <p>"Masturbation is a physically safe way to express sexual feelings."</p>
<b>4</b> Masturbation brings up a wide range of cultural and religious beliefs, which can sometimes lead people to feel guilty or shameful	<p>"Even though masturbation is really common, a lot of people are taught it's something to be ashamed of."</p> <p>"Sometimes people can feel guilty or shameful about masturbation due to their cultural or religious beliefs. Sometimes people can have those reactions just from having sexual desire and wanting to feel pleasure too, but rest assured that's all normal too."</p>
<b>5</b> Masturbation is something people should do in private	<p>"Even though masturbation is really common, it's like getting dressed or undressed—you want to do it privately."</p> <p>"I respect your privacy and will always knock if the bathroom or bedroom door is closed."</p>

