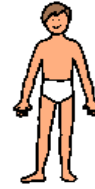


# Touching Myself: A Story about Male Masturbation

It is okay for me to touch my own body.



It is okay to touch my own hands, arms,



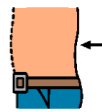
legs and feet



and my head, face



and back



when people are watching.



It is not okay to touch my private areas when people are watching.

My private areas are my bottom, my penis and my testicles.



My private areas are places on my body that are covered by

my underwear as well as other clothing



# Touching Myself: A Story about Male Masturbation

It is okay to touch my private areas when I am alone in my bedroom  
or in my bathroom with the door shut.



Only I may touch my private areas, and no one should see me touching them.



Sometimes, it will feel good to touch myself.

Sometimes when I rub my penis, it will get bigger. Sometimes, white fluid, called semen will come out of my penis. This is called an ejaculation. This is okay.

Teenage boys and adult men sometimes rub their penises.

This is okay as long as no one else is watching.



Rubbing and touching my penis is a private matter.

I should not talk to other people about it.



# Touching Myself: A Story about Male Masturbation

I will remember that my penis, testicles and bottom are my private areas. They belong

to me. I am the only one who may touch and look at my private areas.



Adapted from: Wrobel, M. (2003), p. 226

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