

Touching Myself: A Story about Female 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

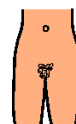
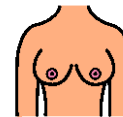


when people are watching.



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

My private areas are my breasts, bottom, and vagina.



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

my underwear as well as other clothing.



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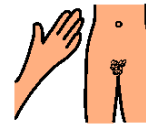
It is okay to touch my private areas when I am alone in my bedroom

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.



Girls and women sometimes touch their own private parts.

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



Touching or rubbing my breasts or between my legs is a private matter.

I should not talk to other people about it.



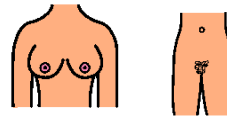
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I will remember that my private areas belong to me. I am the only one who may

touch and look at my private areas.



Adapted from: Wrobel, M. (2003), p. 229

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