

## My Private Routine: Establishing a Routine for Masturbation

Sometimes, I need to masturbate.



Masturbating is okay, but I need to be alone in my bedroom or my bathroom with

the door shut when I masturbate.



Masturbating is a private matter. No one needs to know if I masturbate.

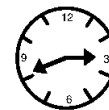


No one should see me masturbate.

I can decide what days and times I will masturbate.

I need to be sure that I am alone when I masturbate. I will pick a time

when I can be alone in my bedroom or my bathroom at home.



1. I need to be alone in my bedroom or bathroom.
2. I need to close the door to the room so not one will see me.
3. I will get the things I use to masturbate.
4. If anyone knocks on my door, I will tell them I'm busy. I won't open the door.
5. When I am finished masturbating, I will clean my penis.
6. I might wash my penis with water if it feels sticky.
7. I will put all my clothes back on before I open the door and leave the room.
8. I won't tell anyone about my masturbating. Only I need to know about my masturbating. Masturbating is my private routine.

**Adapted from: Wrobel, M. (2003), p. 237**



## My Private Routine: Establishing a Routine for Masturbation

**The Picture Communication Symbols ©1981–2011 by Mayer-Johnson LLC. All Rights Reserved Worldwide. Used with permission.**

**Boardmaker® is a trademark of Mayer-Johnson LLC.**

**DynaVox Mayer-Johnson**

2100 Wharton Street  
Suite 400  
Pittsburgh, PA 15203

Phone: **1 (800) 588-4548**

Fax: **1 (866) 585-6260**

Email: [mayer-johnson.usa@dynavoxtech.com](mailto:mayer-johnson.usa@dynavoxtech.com)

Web site: [www.mayer-johnson.com](http://www.mayer-johnson.com)

Copyright © ErinoakKids Centre for Treatment and Development. 2012. All Rights Reserved.

This Autism Spectrum Disorders resource is provided for informational purposes only and is not a substitute for professional advice, diagnosis or treatment, from a qualified health-care provider.