

# Power Card: On Masturbation

<insert picture  
of hero here>

1. I need to be alone in my bedroom or bathroom.
2. I need to close the door to the room so no 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.

## How <HERO of interest> Handles Private Routines

<Hero of interest> is one of the most famous movie stars. He has starred in over 25 movies. <Hero> knows that is very important for him to maintain a professional image in public. He has learned the difference between public and private behaviours. <Hero> knows that if he wants to masturbate he needs to do so in private. However, there are times in public when <Hero> feels like he would like to masturbate. He realizes that this would be inappropriate. He knows that if he behaved this way, directors and producers would not want to work with him.

<Hero> wants everyone to know it is OK to masturbate. <Hero> knows it is very important to find a way to deal with it appropriately. <Hero> has set a schedule and routine for masturbating when he was very young and has some advice for all the boys who have trouble following their routines.

The next time you decide you want some private time, to masturbate, try doing the following things that helped <Hero>;

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.**

If you work on these rules, you will be the "star" of the class.