



About Masturbation

For people with intellectual disability

For Females

This booklet is about masturbation.

It is OK and normal to masturbate.

Many people masturbate.

However there are some things you need to know about masturbation so that you and other people can stay healthy and safe.

The words and pictures in this booklet will help you learn about masturbation.

You can find more information about masturbation in our All About Sex fact sheet www.fpnsw.org.au/allaboutsex



This is a woman in the park. The park is a public place. She is feeling sexy so she goes home to a private place.



She goes to her bedroom and closes the door. Her bedroom is a private place. It is OK to masturbate in a private place.



She is touching her vagina with her hand.
She is touching her breast with her other
hand. She is feeling good.



When she masturbates her vagina might get slippery and wet. Her sexy feelings might get bigger and bigger. This is called an orgasm or coming. She is feeling very good.



Afterwards she cleans herself up.
She wipes her vagina with a tissue.
She then puts her underpants and
clothes back on.



She goes to the bathroom and washes her hands.

What you need to know about masturbation

- * It is OK and normal for you to masturbate. Many women masturbate.
- * Other names for masturbation include 'playing with yourself', 'touching yourself' and 'fingering yourself'.
- * Masturbation can feel really good and exciting.
- * You can learn about your body and what feels good for you when you masturbate.
 - * Some women like to use sex aids or toys when they masturbate
 - * Some women like to read sexy books or watch pornography when they masturbate. For more information about pornography, read the factsheet in All About Sex at www.fpnsw.org.au/allaboutsex

It is up to you to decide what feels good for you.

- * You must masturbate in a private place. Your bedroom or your bathroom is a private place. You should close the door and close the blinds or curtains.
- * After you have finished masturbating it is important to clean up any sticky stuff that comes out of your body and then wash your hands. You should also wash any sex aids or toys you used.

Notes for support people

- * It is normal for women with intellectual disability to masturbate.
- * Don't prevent women with intellectual disability from masturbating. Every person has the right to feel good in their body.
- * Trying to prevent a person masturbating may actually be counter-productive and lead to frustration or other challenging behaviours. It may also lead to poor hygiene and poor sexual health.
- * Instead, you should support women with intellectual disability to understand healthy masturbation. This includes learning about good hygiene and the importance of engaging in private behaviour in a private place.
- * Be positive and helpful. Don't speak as if the woman is doing something wrong when she masturbates.
- * You can use the story in this booklet to help a woman with intellectual disability learn about masturbation in a positive way. You might give her the book to read, or you might read it together with her.

Other useful resources

Family Planning NSW has an extensive Disability Resource Collection available for loan to people with intellectual disability and their support people.

The following resources may be useful:

- * **All About Sex:** A series of easy-to-read fact sheets for people with intellectual disability and the people who support them. The fact sheets cover a range of topics, including bodies, puberty, relationships, sex and sexual health. www.fpnsw.org.au/allaboutsex
- * **Sex Safe and Fun:** A resource pack for teaching people with intellectual disability about positive safe sex messages. www.fpnsw.org.au/sexsafeandfun
- * **Love and Kisses/ The DVD:** A DVD that provides a positive look at the intimate lives of people with a disability. Personal stories are told through drama and interviews to reveal the joys and heartbreak of love, sex and relationships. Contains a useful drama scene about public and private. Also available to download from www.fpnsw.org.au/loveandkisses

For more information or to access other resources from our Disability Resource Collection go to www.fpnsw.org.au/disability

Contact us

Family Planning NSW Ashfield

328-336 Liverpool Road
Ashfield NSW 2131
Phone: 02 8752 4300

Family Planning NSW Fairfield

Units 45 & 46 24-26 Nelson Street
Fairfield NSW 2165
Phone: 02 9754 1322

Family Planning NSW Penrith

13 Reserve Street
Penrith NSW 2750
Phone: 02 4749 0500

Family Planning NSW Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: 02 4929 4485

Family Planning NSW Dubbo

2B/155 Macquarie Street
Dubbo NSW 2830
Phone: 02 6885 1544

Family Planning NSW Talkline

Reproductive and sexual health information and referral
1300 658 886 or www.fpnsw.org.au/talkline

Family Planning NSW Shop

www.fpnsw.org.au/shop



About Masturbation
For people with intellectual disability
For Females
3rd Edition

Published by Family Planning NSW
328-336 Liverpool Road
Ashfield NSW 2131
Australia
Ph: (02) 8752 4300
TTY: (02) 8752 4360
www.fpnsw.org.au
ABN: 75 000 026 335
© Family Planning NSW 2018

First Edition 1998
Second Edition 2011
Third Edition 2018

Illustrations: Nell Smith

All rights reserved by Family Planning NSW. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher in writing.

Disclaimer

Information and knowledge is constantly changing. The contributors and the publisher have, as far as possible, taken every care to ensure that information contained in this text is as accurate and up-to-date as possible at the time of going to press. As new information becomes available, readers are strongly advised to confirm that the information complies with present legislation and accepted standards of practice. Family Planning NSW accepts no responsibility for difficulties that may arise as a result of an individual acting on the advice and recommendations it contains.



family.
planning nsw

Reproductive & Sexual Health

Funded by NSW Health