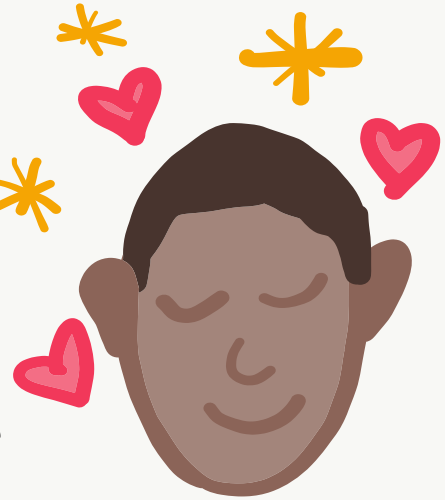


WHAT'S THE ALL BUZZ ABOUT?

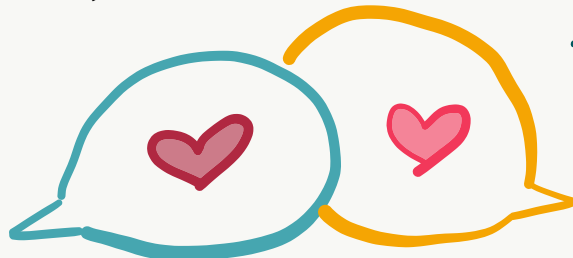
5 BENEFITS OF MASTURBATION

① Masturbation can help relax muscles and relieve pain. For people with periods, masturbation can be used to relieve menstrual cramps!

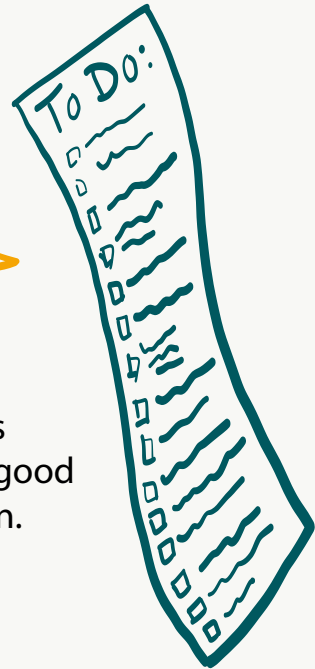
② Masturbation is solo sex! It is a great way to connect to your sexual self in a low-risk way.



③ Masturbation can help you figure out what types of sexual touch feel good to you. This can help you communicate what you like to a partner!



④ Feeling stressed? Masturbation releases endorphins (our feel-good chemicals) in the brain.



⑤ Masturbation reduces stress hormones and helps with falling asleep.



How do I know if I'm masturbating too much??

Response: Different people masturbate different amounts. Some might do it multiple times a day, others maybe only a couple times a month! Each person gets to decide their sexual wants and needs.

Asking yourself, "is masturbating getting in the way of me doing other things I enjoy or need to do?" If so, there are people like counselors and therapists that can help you develop a more balanced relationship to masturbation!

ASK · A · SEX EDUCATOR