

Tips for Masturbation

Wash your hands beforehand and make sure nails are clean and trimmed.

Wash any toys you plan to use - plastic and latex can attract dirt and dust.

Water-based lubricant is a safe and sensitive option. Avoid using silicone-based lubricant with silicone sex toys.

Make sure to urinate afterwards to help keep bacteria from reaching the bladder and causing a UTI.

There is no "normal" way to masturbate. Pleasure is different for everyone.

Do what makes you feel comfortable! Masturbation is your choice.

To learn more and ways to masturbate, scan the QR code.

