



Title: My body now: Masturbation

Level: Third

Code: 3.1.4

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I understand my own body’s uniqueness, my developing sexuality, and that of others. HWB 3-47a	Recognises the impact of puberty and developing sexuality.

About this activity

Continuing learning about how children’s bodies change with puberty, this activity considers the changes for boys with regard to erections/wet dreams. Then we will look at the topic of male and female masturbation. This whole activity is for both girls and boys.

Resources to support this activity

- Slides
- Short film **Boys change too** <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59)
- ChildLine questions and answers from young people about masturbation/links provided

Activity

1. Begin with asking young people to recall the previous learning activities in this block where they have looked at the names of parts of our bodies, at how bodies change with puberty and at menstruation/periods.
2. Remind the young people that they were given the chance to write some questions on cards at the end of the last session, explain that you will read some out, or that you have grouped some together on themes – then give some feedback. (If there are questions you can’t answer, or don’t understand what is being asked, acknowledge this, and encourage young people to come to you privately). Allow space for discussion that arises.
3. Introduce the rest of the session along these lines: *We have been thinking about puberty and body changes, one of the biggest things that happens to girls is menstruation/having a period and we have talked about that. Changes happen to boys too. You might have talked a bit about this in primary school but today we will learn a bit about erections and wet dreams. Then we will talk about masturbation and what this means for both boys and girls.*
4. To start, share the slide: **Erections and wet dreams**. Read the information, take any questions or check understanding. Introduce and show the short film **Boys change too** <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59)

5. The film ends with the question: *what scares you about going through puberty?* Put the following question on the white/smart-board. It's a question for all young people, ask them to work in pairs or threes to write down a few answers to: **What things might worry a boy about going through puberty?**
6. Bring the class/group back together, ask the pairs/threes to share their ideas and discuss these as you go, exploring *why so?*
7. Explain that having thought a bit about boys, the next part of the learning today is about *both boys and girls* and the topic of **masturbation**. Use the slide (Powerpoint) and read it out:

Masturbation

For girls, masturbation means touching or rubbing the clitoris. For boys it means touching or rubbing the penis. It's perfectly normal, most people do it. Sometimes a boy's penis or a girl's clitoris get hard and feels tingly. It makes you feel like you want to touch yourself because that can feel good. When you masturbate, you can have an orgasm. Sometimes this is called coming or climaxing, this is the good feeling that spreads over your whole body, it's about sexual pleasure. Both men and women have orgasms, and men usually ejaculate when they come (semen comes out of the penis).

8. Ask the class: "*So, on a scale of 1 to 10 – 10 being top of the scale, when I said that we would talk about masturbation how awkward did you imagine that would be?*" (if it isn't obvious get a show of hands, who thinks quite low 1 to 2 to 3... etc). Ask, "*Why so?*" Acknowledge that it can feel like an embarrassing subject, but that its part of this session so that young people understand that it's normal, and not something to worry about. For example, ChildLine gets a lot of young people contacting them for information. Here are some examples – bring them up on the white/smart-board. Read each question and response in turn, encouraging discussion as you go, e.g. *What do you think of the question? Was this good advice in response?*
 - <https://www.childline.org.uk/get-support/ask-sam/you-and-your-body-asksam/masturbation2/>
Q: Is masturbating bad because I feel like I'm the only person who does it. Also, I feel a bit weird saying this, but is it the same feeling you get when you have sex?
 - <https://www.childline.org.uk/get-support/ask-sam/friends-relationships-and-sex-asksam/hmm/>
Q: Is it normal for girls to masturbate at this age? (15+) Is it very common? Because guys make it pretty obvious that they do, but girls seem very against it. Is this just embarrassment or do girls just not do this?
 - <https://www.childline.org.uk/get-support/ask-sam/friends-relationships-and-sex-asksam/masturbation-and-guilt/>
Hi Sam, I was wondering, is it normal to Masturbate? I do it once around every 2 or 3 days and I always end up feeling really guilty and anxious about it afterwards, so I was wondering if it's okay to masturbate? Thanks
9. Remind young people that if they are looking online, then they have to be careful what they put into search engines – that if you just Google 'masturbation', then you might be taken to sites that you don't want to go to. With this in mind, the healthyrespect.co.uk website is a good place to start for any sexual health questions.

10. Use the final slide

Things to remember about masturbation

- It's normal.
- Both boys/men and girls/women do it.
- It's something to do in private.
- If you masturbate, you get to know your own body and what you like.
- An orgasm is a feeling of intense pleasure, sometimes known as coming or climaxing. Both men and women have orgasms, and men usually ejaculate when they come (semen comes out of the penis).
- It's also a good way to reduce stress, relax the muscles, and can often help improve your sleep, your mood and your self-confidence.

Connecting with home

The text below could be used to communicate with home about the activities in this short block of learning.

We have been talking a lot about body changes and puberty. It's important to remember that body changes impact on boys too, this is a short film we have watched that you might like to watch at home too: **Boys change too** <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59)

Further learning activities are available that connect to this RSHP curriculum content

3.1.1 Names of parts of my body

3.1.2 How my body changes as I grow

3.1.3 Menstruation

Practitioner Notes