



Title: My body now
Part 4: Masturbation

Level: THIRD/FOURTH

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	<ul style="list-style-type: none"> Recognises the impact of puberty and developing sexuality.

Learning intentions

- Young people learn the correct names for parts of their body, including male and female genitalia, and their functions.
- Young people recognise that body changes with puberty impact on feelings and behaviour.
- Young people learn strategies to manage emotions.

Success criteria

- I can name parts of my body.
- I can talk about the different parts of my body and what they do.
- I can describe the changes that take place with puberty.
- I can identify things to do or someone to talk to if I have a question or a worry.

Resources to support this activity

- PowerPoint slides
- *Masturbation: totally normal* (1 minute 48) by amaze.org <https://youtu.be/TK48R722jyA>
- *What is a wet dream?* (duration 1 minute 47) by amaze.org https://youtu.be/uotzoDDRW_s
- *Boys change too* <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59) part of <https://www.lil-lets.co.uk/school-programme>
- Handout: ChildLine Q&A from young people about masturbation

Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.

NOTE: The session starts with the teacher/educator reflecting with young people on the questions/answers from the previous session. It then takes a look at some of the changes that come with puberty that impact more on boys. It then explores masturbation in terms of boys and girls.

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. **Questions.** 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). This might also be a time for you to reflect on what feels important and useful so far – for the young people and for you as educator. 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. Introduce and show the short film **Boys change too** <https://youtu.be/nJtt7k0aiAA> (duration 4 minutes 59) take any initial thoughts or questions about the film. The film ends with the question: **What scares you about going through puberty?** Have some discussion, encouraging girls and boys to contribute if they wish to do so - perhaps in groups then back together.
5. 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 next 2 slides and read it out:

Masturbation

- Sometimes a boy's penis or a girl's clitoris gets hard and feels tingly.
 - A boy might want to touch or rub his penis because it feels good.
 - A girl might want to touch her clitoris because it feels good.
 - This is called masturbation.
 - When a man or a woman masturbates, they might have an orgasm.
 - An orgasm is the good feeling that spreads over the whole body. It's called sexual pleasure.
 - Men usually ejaculate when they orgasm (semen comes out of the penis).
6. 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.
 7. Watch the animation (funny and informative) **Masturbation: Totally normal** (1 minute 48) <https://youtu.be/TK48R722jyA> Any thoughts or questions that arise?
 8. Watch the next, introducing the topic of wet dreams, explaining in advance that this is another natural thing that can happen for both boys and girls (although often people just talk about it in relation to boys) **What is a wet dream?** (duration 1 minute 47) https://youtu.be/uotzoDDRW_s Any thoughts or questions that arise?

9. Explain that ChildLine gets a lot of young people contacting them for information. Use the next 3 slides to share some examples – bring them up on the smartboard. OR Use the prop/handout and give each small group one of the Questions and the ChildLine Answer, read and swap around, 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, share a couple of examples of good sites (on the slide) to go to Healthy Respect and Sandyford.

10. Use the final slide

Things to remember about masturbation

- It's normal to masturbate. Boys and men, girls and women do it.
- Masturbation is something you must do in private. A good place could be your own bedroom with the curtains and the door closed.
- If you masturbate, you get to know your own body and what you like.
- Masturbation is a good way to reduce stress, relax the muscles, and can often help improve sleep, mood and 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)

We are also talking about masturbation and wet dreams. These are normal parts of growing up for all young people and we want young people to understand their bodies. We have used the fun and informative animations to help discussion: **Masturbation: Totally normal** (1 minute 48)

<https://youtu.be/TK48R722jyA> **What is a wet dream?** (duration 1 minute 47)

https://youtu.be/uotzoDDRW_s

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

Names of parts of my body

How my body changes as I grow

Menstruation

Practitioner Notes

