

# The Truth About Masturbation

Breaking the stigma and promoting healthy sexual development.



## Why This Matters: Understanding Masturbation

Masturbation is a normal and healthy part of our human sexuality, yet we are always shamed by society when it comes to discussing this topic. Why is that? This brochure breaks down the facts to help you understand the truth behind masturbation, its benefits and its role in your sexual well being.



## Myths vs. Facts

- **Myth:** Masturbation causes infertility.
- **Fact:** Masturbation has no effect on fertility. It's a safe and healthy way to explore your body (Hospital Clínic de Barcelona, 2023).
- **Myth:** Only men masturbate.
- **Fact:** Both men and women masturbate. It is a normal part of sexual development for all genders (Brazier, 2023). and could you give me more facts and myths
- **Myth:** Masturbation lowers testosterone levels in men.
- **Fact:** Masturbation has no long-term effect on testosterone levels. It may cause temporary fluctuations, but it does not impact overall hormone balance (Hospital Clínic de Barcelona, 2023).
- **Myth:** Masturbation leads to blindness or hair growth on palms.
- **Fact:** This is a widely debunked myth with no scientific basis. Masturbation does not cause any such physical side effects (Brazier, 2023).



# Masturbation: A Natural Boost for Health

Masturbation offers a lot of health benefits. Some of them include stress relief and improved mood which is thanks to the release of dopamine. Our body naturally "feel-good" drug. These hormones also contribute to us having a much better sleep as it calms our body.

Furthermore, masturbation helps promote self-discovery, allowing individuals to understand their sexual preferences e (Walton & Bhullar, 2022). Lastly, it acts as a natural pain reliever through the release of endorphins, providing a sense of well-being (Hospital Clínic de Barcelona, 2023).



Whether we like it or not, most of us have attributed masturbation as a "guy" thing.

## Why is that ?

Well, Cultural norms often create different social expectations for males and females when it comes to sexual practices. Particularly in conservative societies, females face more stigma than males. However according to Cortes-García et al., 2021, masturbation is a healthy practice for all gender.



## When to Seek Help

Masturbation is healthy, but if it starts interfering with your daily life or relationships, it might be time to talk to someone.

### Where to Go for Help

- **Campus Health Center:** Your school's health center offers confidential counseling and medical advice on sexual health.
- **Counseling Services:** Speak with a licensed counselor or therapist about any emotional or psychological concerns related to sexual well-being.

### Who to Call

- **SAMHSA National Helpline:** Offers free, confidential help for mental health or substance abuse issues, including compulsive behaviors.

Call 1-800-662-HELP (4357).

