

I've left this letter because I want you to be able to read it in private. I'm here to talk if you need to.

Your personal habits are your own business, but I want to make sure you have correct information for your own safety, pleasure, and health.

Masturbation is normal and healthy and everyone does it. Everyone.

There are some things you should know.

1. If your door is closed, I will respect your privacy—unless I think you are in immediate danger for some reason.

2. There is no wrong way to masturbate, but there are some things you should know. Our bodies, over time, can be trained to require a certain kind of stimulation for orgasm. You don't want that to happen, because a partner will never ever feel exactly the same as it does when you are alone. So make sure you don't get into a rut. Change your routine often—fast/slow, light/hard pressure, different positions.

3. Never ever use household items in your solo play. You could injure yourself or get an infection. Instead I'll give you an amazon gift card and you can order what you need from there privately. I'll never see it.

4. Sharing sex toys should be avoided. If for some reason you must, put a condom on it. If you can't put a condom on it, don't share it.

5. I will keep wet wipes, lubrication, and condoms in the bathroom. Take what you need. I'll keep it filled and not ask questions about where stuff went.

I'm here to talk if you need me. But if you want to learn more on your own, here are some good sites for learning about sex:

amaze.org

scarleteen.com

www.plannedparenthood.org/learn/teens

sexetc.org

www.goaskalice.columbia.edu

youngwomenshealth.org