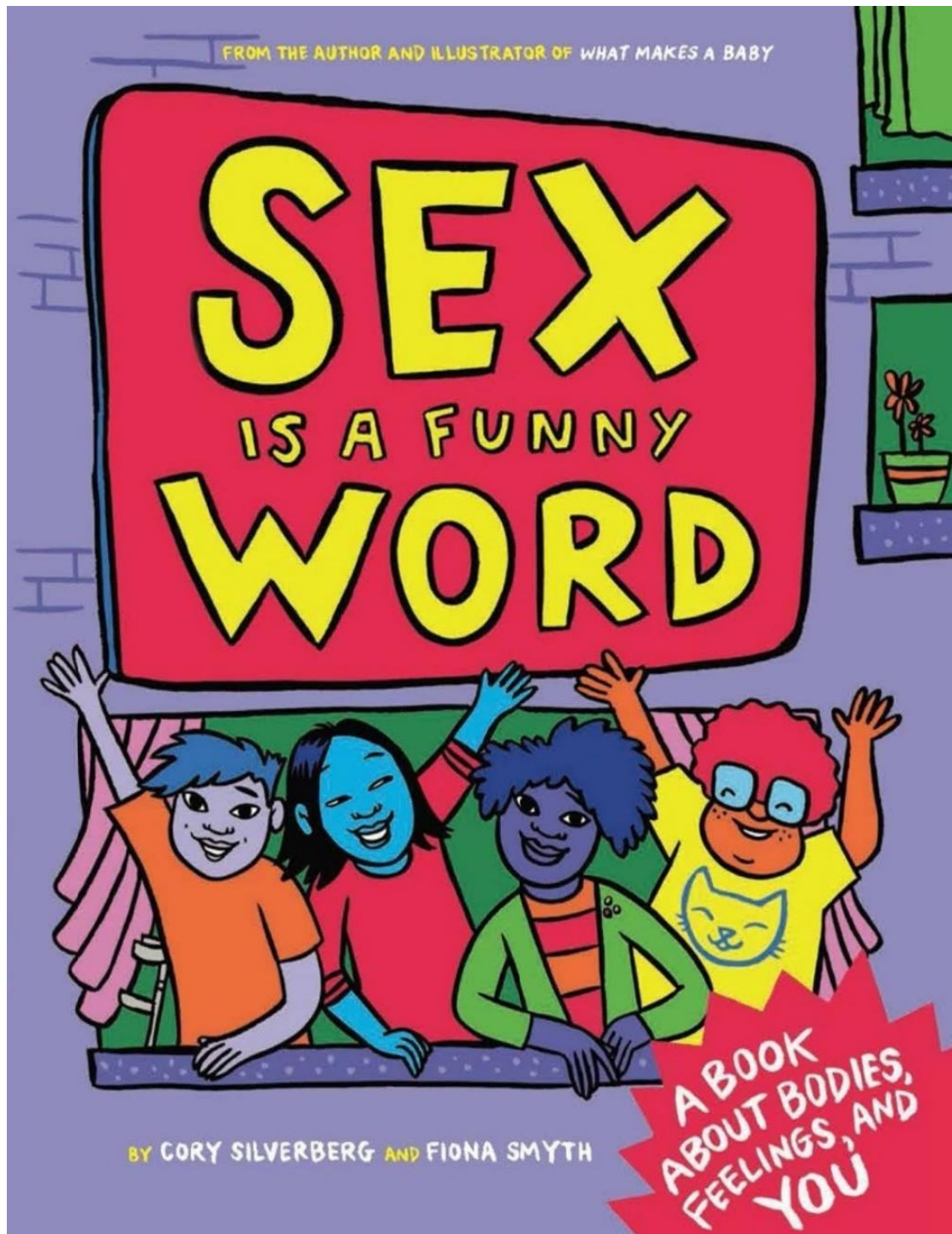


SEX IS A FUNNY WORD by Cory Silverberg and Fiona Smyth



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TOUCHING YOURSELF



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Most bodies get erections, but they only happen in certain parts of your body.

If your body has a penis, you might have noticed that sometimes it is soft and bendy, and sometimes it gets hard and doesn't bend. When it's hard and doesn't bend, that's an erection.

If your body has a clitoris, you might have noticed that sometimes it feels soft, and sometimes it feels a bit harder or firmer. When it's harder or firmer, that's an erection.



Erections can happen when we touch ourselves to feel good, but they also happen at other times: during the night when we are asleep, and first thing in the morning when we get up. Erections happen even if we're not doing anything at all. Babies will often get erections when they have to pee.

One way to think about erections is that they are just your body's way of exercising on its own.

ERECTIONS AREN'T JUST FOR BODIES. DID YOU KNOW THE WORD ERECT JUST MEANS TO MAKE SOMETHING STAND UP? WHEN A BUILDING IS BEING BUILT, THEY SAY THEY ARE ERECTING IT.



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Between the cheeks, there is a hole or opening where poo (also called feces) comes out. This hole is called the anus.

Like other holes in the body, the anus is usually very sensitive, which means it can feel good to touch but can also hurt if we are rough with it.

Because the anus is where the outside of our body meets the inside, and because it is where poo comes out, we need to wash our hands after touching it.

Most bodies have nipples.

Usually a body has two nipples. Some bodies have one, and others can have three or more.

Nipples come in lots of shapes and sizes and colors. As a body grows and changes, nipples grow and change too.

Some nipples are sensitive and some are not. Nipples can feel very good to touch, but if you pinch them it can hurt!

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You may have discovered that touching some parts of your body, especially the middle parts, can make you feel warm and tingly.

Grown-ups call this kind of touch masturbation.

Masturbation is when we touch ourselves, usually our middle parts, to get that warm and tingly feeling.

Touching isn't just something we do with other people. We also touch ourselves.

We touch ourselves all the time, in all kinds of places, for all kinds of reasons.

Touching yourself is one way to learn about yourself, your body, and your feelings.

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Sometimes the people looking see a big clitoris and think it's a penis. Sometimes they see a small penis and think it's a clitoris. Sometimes they aren't sure.

Clitoris

The clitoris is a middle part that is both inside and outside the body. The clitoris can be very sensitive, and touching it can feel warm and tingly.

Some clitorises are bigger than others. Some are easy to see and feel, and some are not.

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