

## **Masturbation Game**

This game is best played with a smaller group of individuals (between 5-10 people), but could be altered to play with larger groups or smaller groups. It was created to be played with people with developmental disabilities in an effort to provide accurate and positive information about masturbation and prevent people from getting hurt.

Depending on the group you are working with, you can take cards out of the deck that you do not think are appropriate, or that you do not want to discuss at the time. The items used in the deck are there because they have been used by real people to masturbate and in some cases have led to harm.

### **What you will need:**

- Masturbation game cards. Each card has an item on it that could, or should not, be used to masturbate with
- The stop (should not be used to masturbate) and go (could be used to masturbate) cards
- If you have any of the items on the cards, preferably items from the participants home, you could show these instead of the cards. By using the actual items they may be better able to make associations with how these items are used in their lives.
- The green flags (yes, go, thumbs up) and red flags (no, stop, thumbs down) – these can be found in a separate document called, *Red and Green Flags for expressing thoughts, feelings and opinions*

### **How to play the game:**

Begin by asking the group questions such as:

- Have you heard the word masturbation?
- What is masturbation?
- Who masturbates?
- Is masturbation ok?
- Do you have to masturbate?
- Where can you masturbate?
- Is masturbation a private activity?
- Why do people masturbate?
- When do people masturbate?
- How do people masturbate?

It is important that personal values are suspended during this discussion and game. Masturbation is a common activity and can have benefits such as: pleasure, sexual release, self-soothing, helping with sleep, helping to energize, decreasing menstrual cramps, relaxation etc.

Masturbation does not look the same for everyone. People find many ways to touch themselves that feels good for them. Some people will masturbate to orgasm and some will not. Some people will touch their genitals and some will not. Some people like to, or could benefit from, using sex toys or other items.

Prior to beginning the game, each participant will be given a red and green flag. The facilitator will explain that the flags will be used to express individual opinions on the items shown on the cards.

The facilitator will place the stop and go cards on the table to separate the cards into two piles. The facilitator will hold up each card one at a time giving everyone an opportunity to give their opinion with their flags. If people have questions/concerns/comments about an item, time can be made after each item for discussion.

#### **Should not be used to masturbate:**

- **Food** (may be public item, for eating only)
- **Water bottle** (may be public item, for drinking only)
- **Spoon, fork, knife** (public item, dangerous to use for anything but eating)
- **Broom** (public item, dangerous to use for anything but sweeping)
- **Pen, pencil, marker** (public item, should only be used for writing)
- **Toothbrush** (for brushing teeth only, discuss vibrating toothbrushes)
- **Hairbrush** (for brushing hair)
- **Toilet brush** (very dangerous, chemicals, bacteria, should only be used for cleaning toilets)
- **Curling iron** (dangerous, especially if turned on)
- **Clothes hanger** (public item, dangerous)
- **Flashlight** (public item, should only be used to see in the dark)
- **TV remote** (public item, dirty from everyone touching it)
- **Tools** (public item, dangerous)
- **Cell phone** (could be used to watch pornography, not a vibrator even though it vibrates)

### **Could be used to masturbate:**

- **Water from the shower head or tap** (bathroom is a private place, water pressure can elicit feelings of pleasure)
- **Vibrator** (people may need support purchasing a vibrator and properly cleaning it, vibration can feel good on all parts of the body, and could be good for people who may not be as sensitive to touch, not be used in the anus, should not be used in water due to batteries)
- **Stuffed animal** (their own stuffed animal is a personal item, it is soft and will not cause harm, texture can offer different sensations, can be properly washed)
- **Sock** (personal item that is washable, often put over a penis when masturbating)
- **Your hands, your fingers** (important to wash hands before and after)
- **Towel** (their own towel is a personal item, it is soft and will not cause harm, texture can offer different sensations, can be properly washed)
- **Dildo** (may need support purchasing a dildo and properly cleaning it, only dildos with a flared base can be used in the anus)
- **Penis sleeve** (intended for masturbation of a penis, some people find it increases pleasure and sensation)
- **Lubrication/Lube** (other items may require/benefit from the use of lube, lube can be used to make insertion and rubbing more comfortable, may need support purchasing lube, should not use substitutes for lube such as baby oil, hand cream, cooking oil etc.)

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TO MASTURBATE**



**COULD BE USED TO  
MASTURBATE**





**WATER FROM  
THE SHOWER  
HEAD OR TAP**



**VIBRATOR**





**STUFFED  
ANIMAL**





**SOCK**



**YOUR HAND**  
**YOUR FINGERS**



**TOWEL**



**FOOD**





**HAIRBRUSH**

**PEN  
PENCIL  
MARKER**





# TOOTHBRUSH

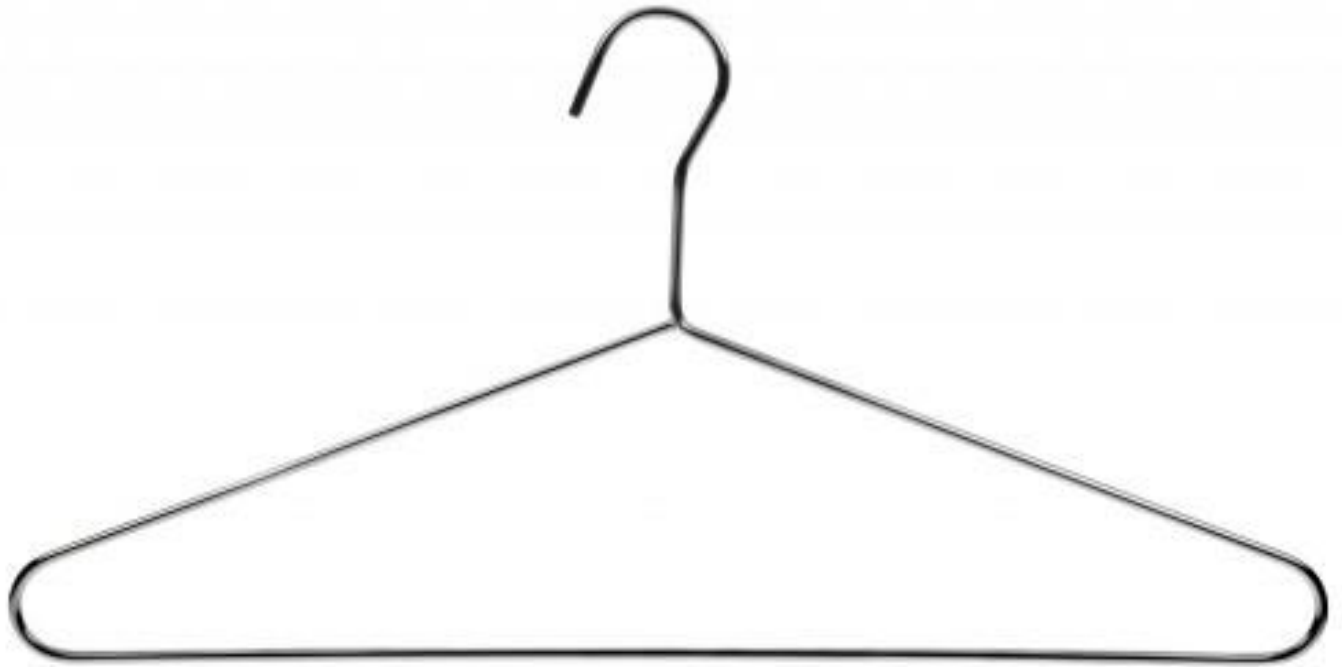




**SPOON**

**FORK**

**KNIFE**



**CLOTHES  
HANGER**



**FLASHLIGHT**



**TOILET BRUSH**

# DILDO





**TV REMOTE**



# TOOLS





# WATER BOTTLE



**CURLING IRON**



**BROOM**



**PENIS SLEEVE**



# CELL PHONES



**LUBE**