

Dear Auntie Stella

I am a guy aged 15 doing Form 2. My problem is that when I see a nice girl or just think about sex, my penis becomes erect and uncontrollable and I am afraid people can notice it. Some of my friends tell me to masturbate but others say that you can go blind, or you will never have children if you do it. I am also worried because some church people say that it is sinful and people will be punished if they do this thing. In the first place, is masturbation good? I would be glad if you could tell me its effects before I do it.

I would greatly appreciate your help.

Simba

*'Oh girls, you are
giving me a
problem!
How can I stop
this or its nature?'*

From a poem by
Phellonu Dube



TALKING POINTS

- Do you think a lot of boys have erections (get hard penises) when they think about sex? What can they do to stop themselves from getting erect if this makes them embarrassed?
- What is masturbation? How would you describe it to a younger brother or sister who asked you? How do you think it can help young people?

QUIZ: Masturbation

Mark each statement TRUE, FALSE or NOT SURE.

(Check your answers on the answer card.)

- 1 Masturbation makes people want to have sex all the time.
- 2 Masturbation is a safe and natural way to relieve sexual desire and get to know your body.
- 3 Boys who masturbate use up their sperm, so they can't make someone pregnant.
- 4 Masturbation will make you go blind or crazy.
- 5 Girls can't masturbate.
- 6 If you masturbate, hair will grow on your hands.
- 7 If you masturbate, you'll never be able to have sex properly with a partner.

- What advice would you give Simba?