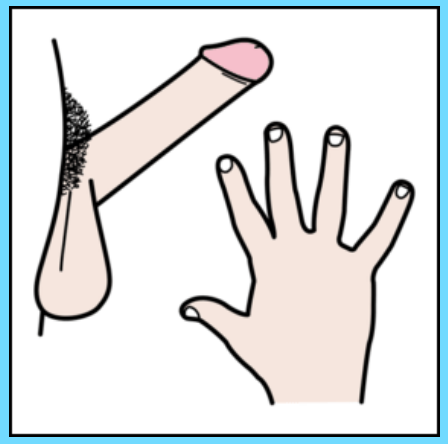
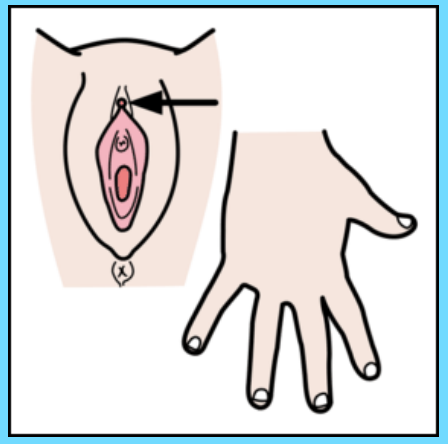
Masturbation

Social Story





Adapted to pictograms by Amaya Ariz

Original by Aurora Garrigos

Translated by Ana Rey

EducaTEA collection, Aurora Garrigos and images by David Verdú

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In this social story we work with masturbation, without any taboos and with transparency, so that our children with ASD make an adequate, acceptable and respectful idea towards themselves and their peers, about that natural physiological impulse.

In this social story we will work in the most possible respectfull way but with the necessary precision so that this topic is suitable for any teenager, with or without difficulties, it has been thought especially to facilitate the understanding about masturbation for people with autism, it is adapted to pictograms to reach all the children and young people with autism.

Our kids, especially teenagers just like any other kids, they have impulses, feelings and desires of sexual satisfaction and it is necesary that we teach them to channel these impulses in the best possible way.

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It is important that their habits are adequate because it can happen that they tell people that they have an erection every time they have it, regardless of who is in front of them or not, or informing to everyone that they are going to masturbate or they have just done it, it can become inapropriate in front of strangers, like they could do inapropriate movements or inapropriate frictions against some surface to calm this need in front of the stupefied looks of those who observe them.

This work aims to avoid all this, helping them to channel this impulse to the right time or place. To know the how, the when and also the why of some things, that they are necessary to know.

The material is original by Aurora Garrigo and images by David Verdu and adapted for children with greater affectation so it is understandable to everyone, by Amaya Ariz, President of A.N.A and author of the silent joy of Mario. Traslated to English language by Ana Rey.

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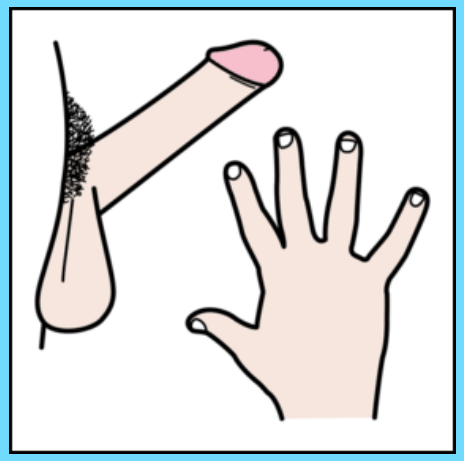
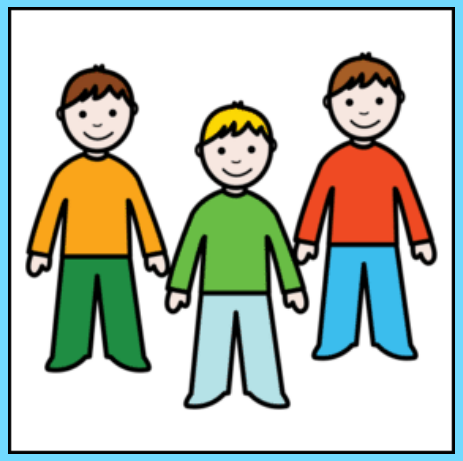
Masturbation Boys

Social Story





Adapted to pictograms by Amaya Ariz

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Boys Masturbation

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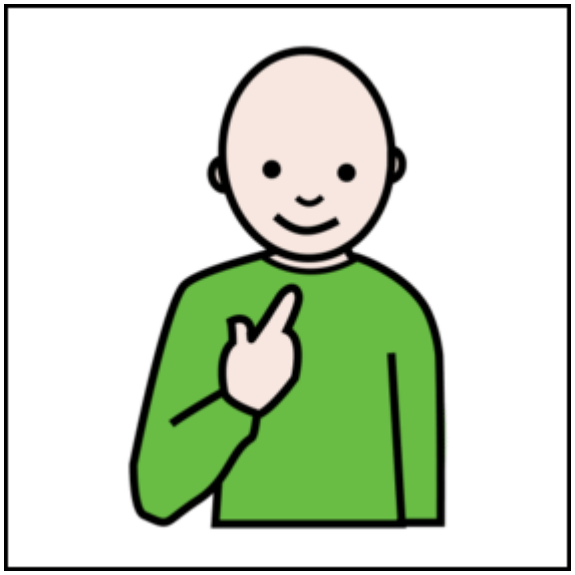
Picture ASD person



My name is _____ I am ____ years old.

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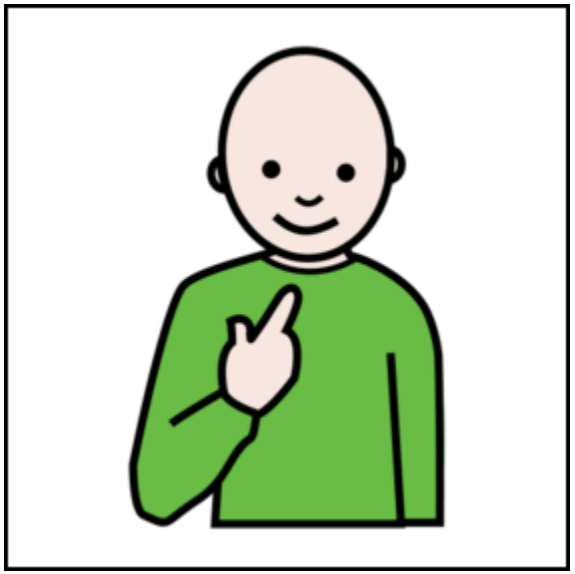

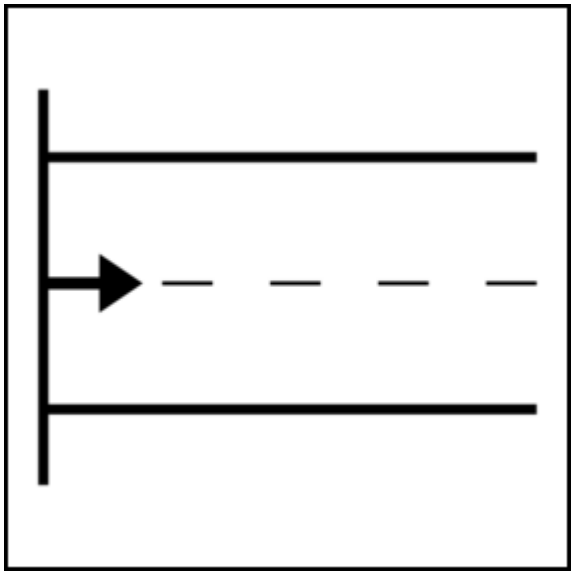

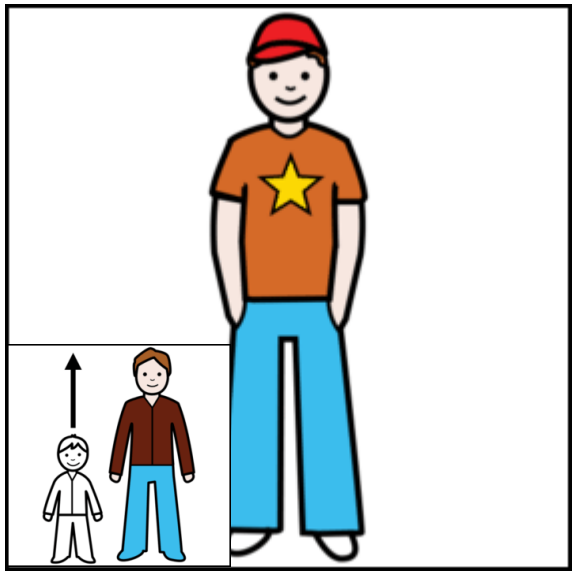

I am an early teenager.

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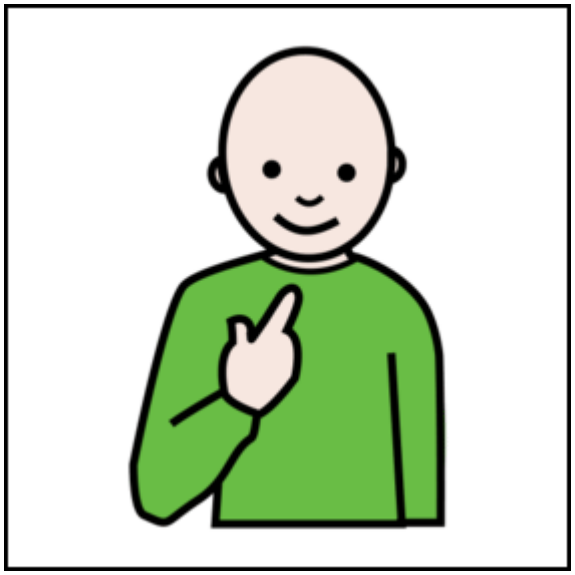

Sometimes I feel a great excitement.

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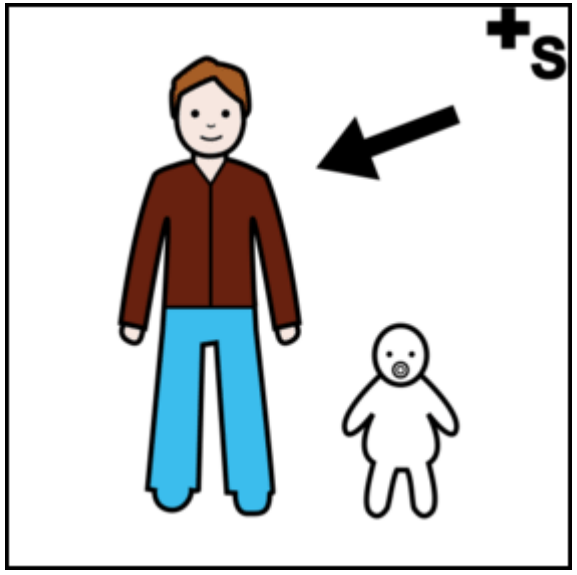

This hapens many times to all the boys and girls and the adults too.

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Boys have penis

Girls have vulva

This excitament lead us to touch our private parts to feel pleasure.

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As I am a man, the excitement lifts my penis and it gets big and stiff.

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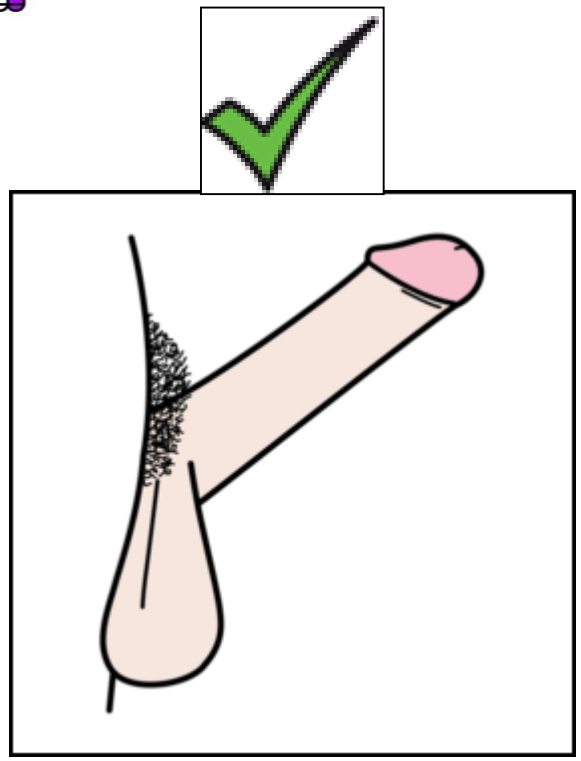

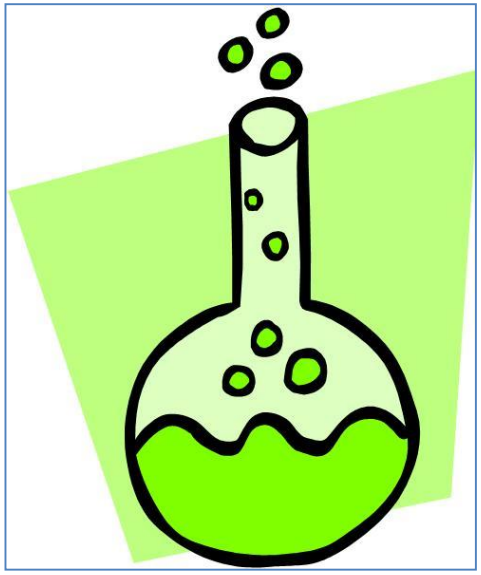

Erection is a normal reaction in boys.

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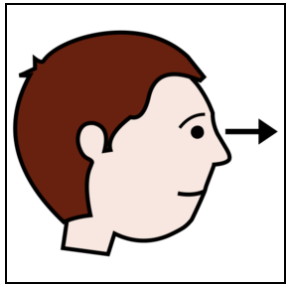

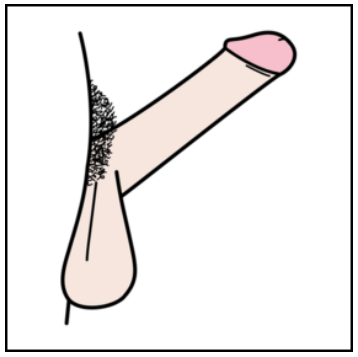

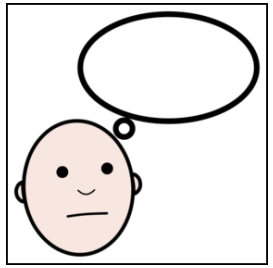

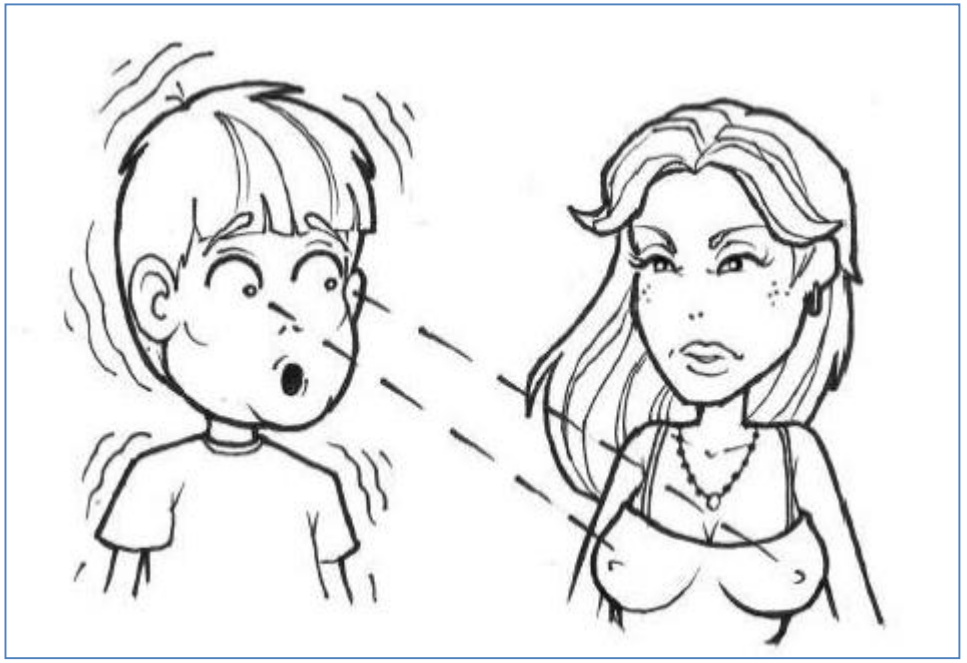

The erection arises when I see, think or feel something that I like or pleasure me.

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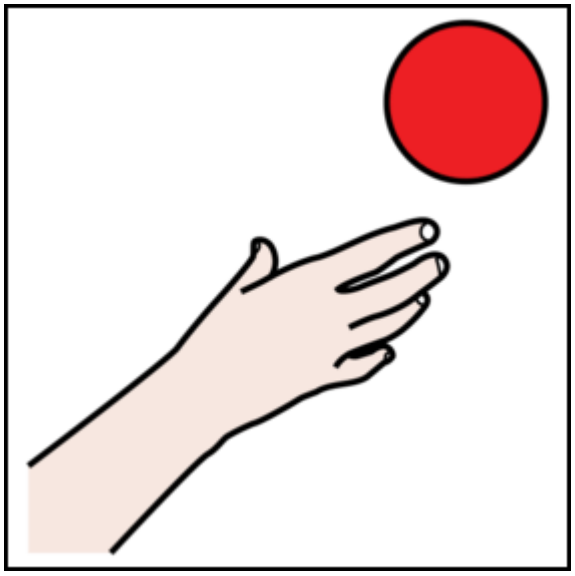

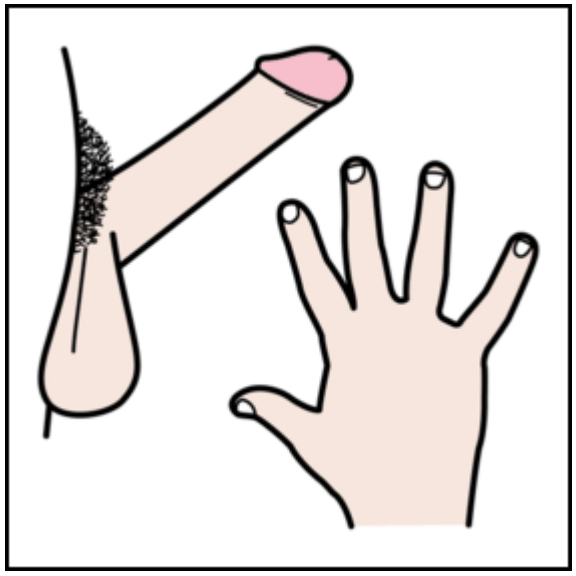

If I feel this kind of excitement I may feel like touching my genitals (privates).

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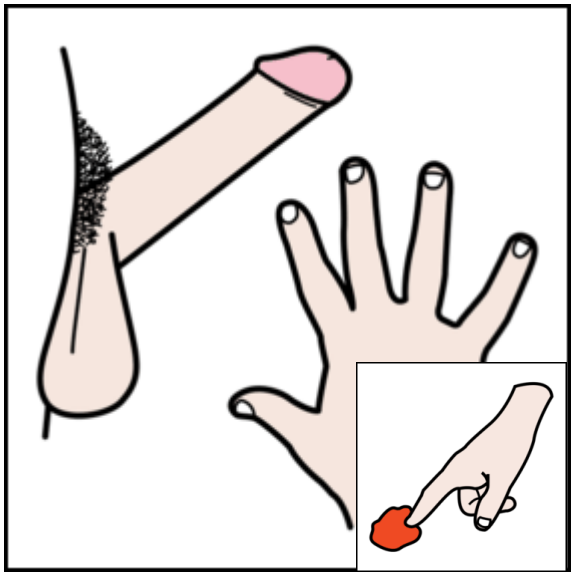

Masturbating is touching my genitals (privates), or rubbing them somewhere to feel pleasure.

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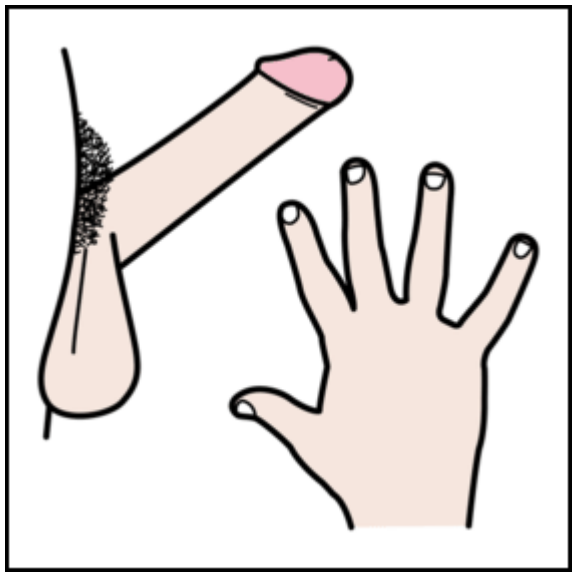

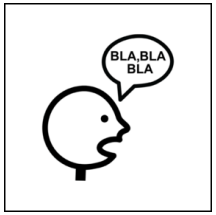

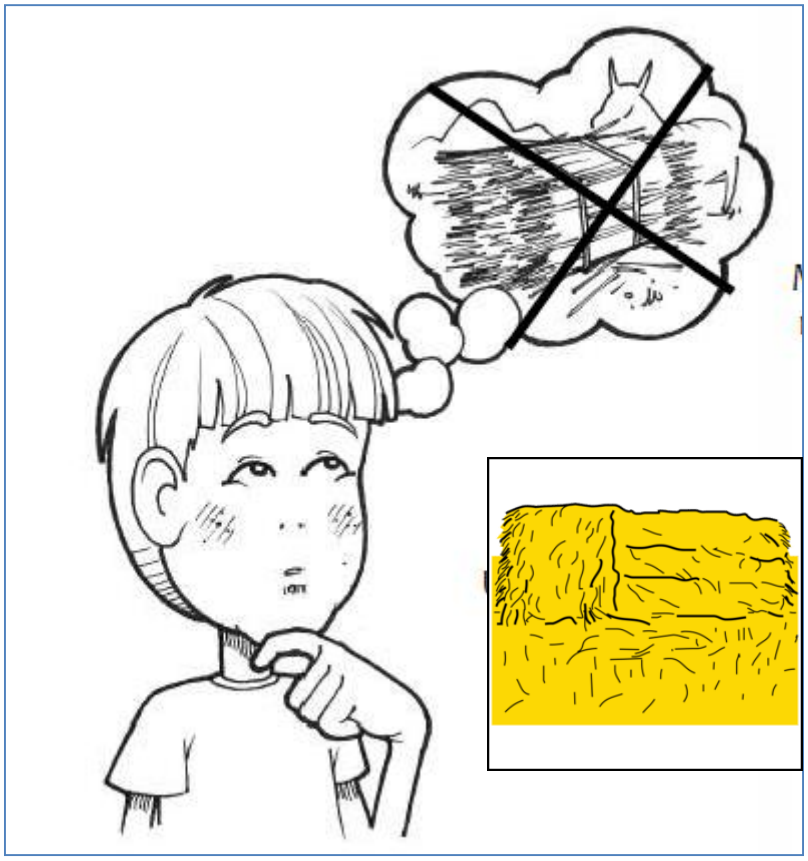

Masturbate is also said " to have a wank".

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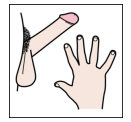

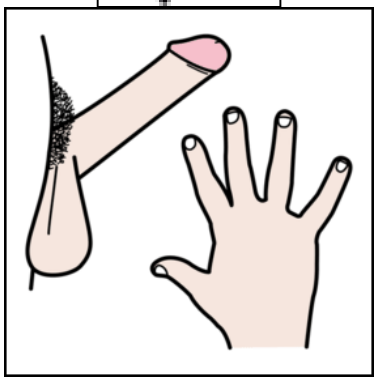
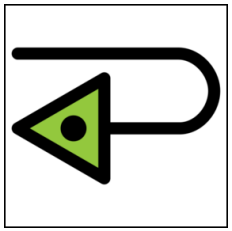
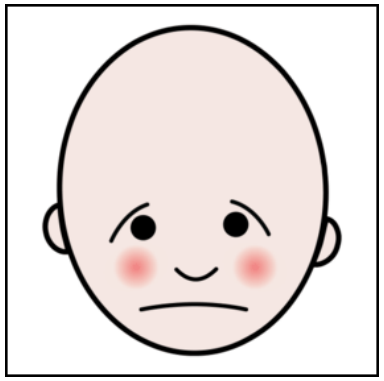

Masturbating is natural but some people feel embarrassed or angry if they hear naming it.

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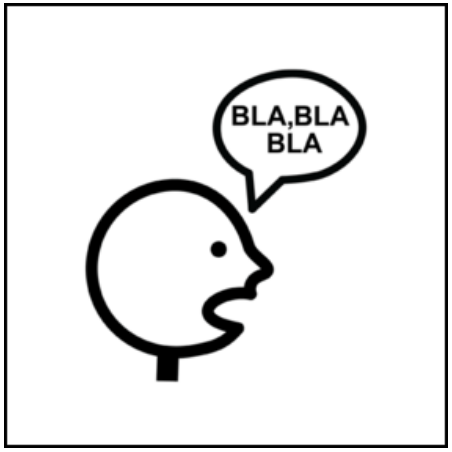

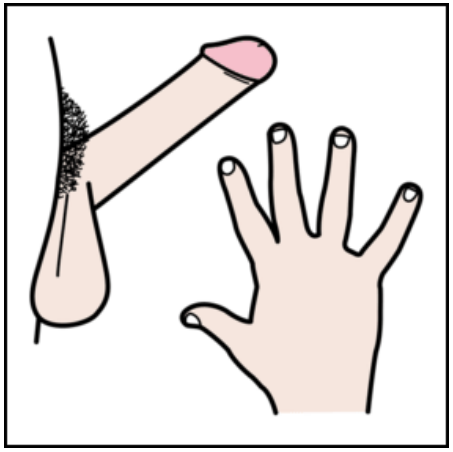

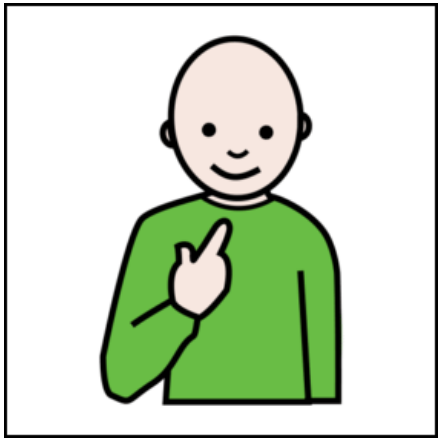

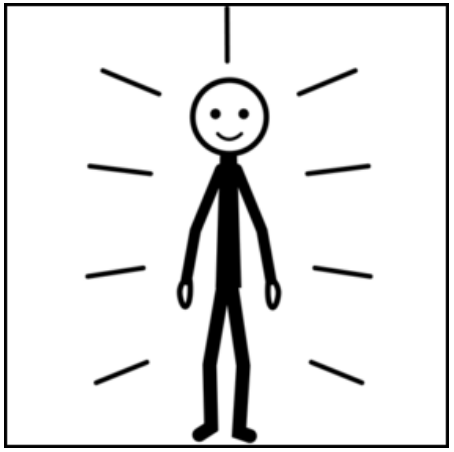

If by saying the word masturbation someone gets angry,
I stay calm and I respect it.

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alone

With your partner

Masturbation can be done alone or with your sex/love partner. Here we will explain how to do it alone.

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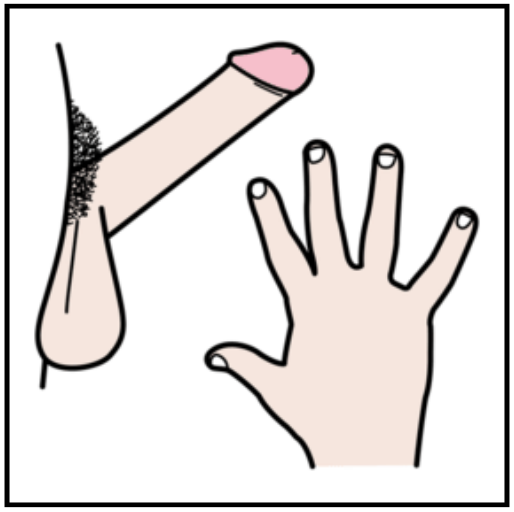

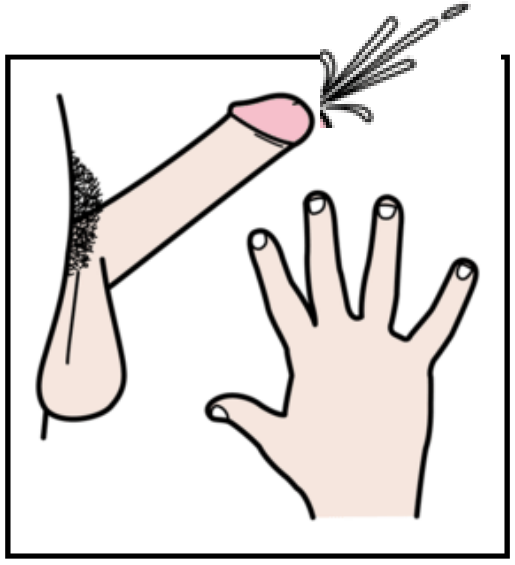

To masturbate I hold my penis firmly and I move my hand up and down until I feel a lot of pleasure and I can ejaculate.

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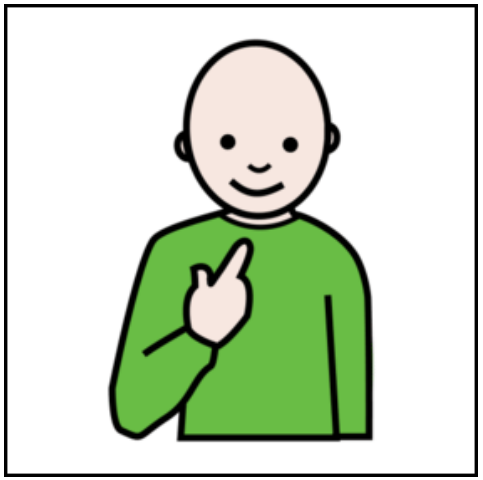

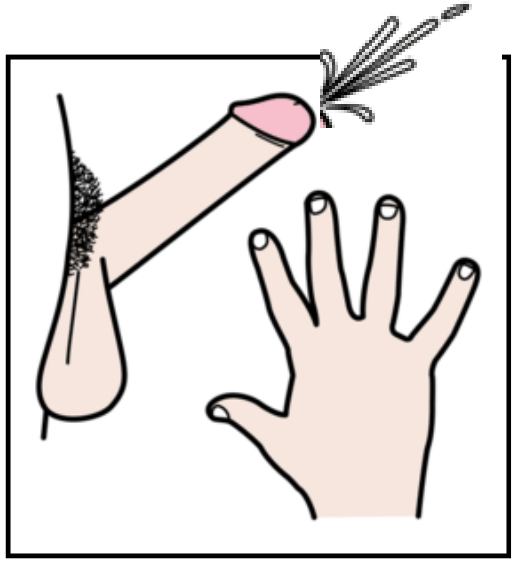

When I masturbate I can have an ejaculation. A whitish liquid called semen or sperm comes out from my penis .

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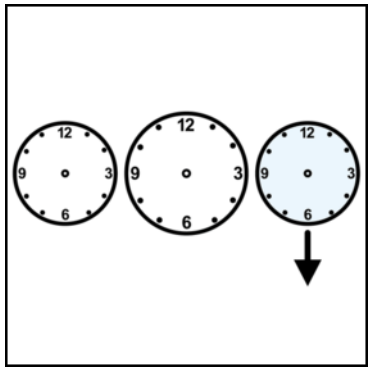
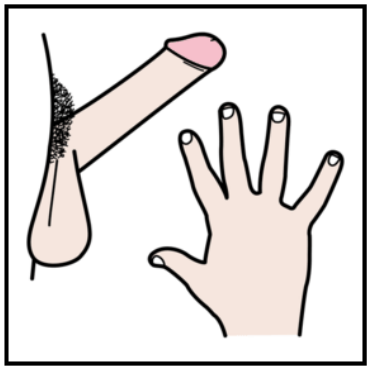
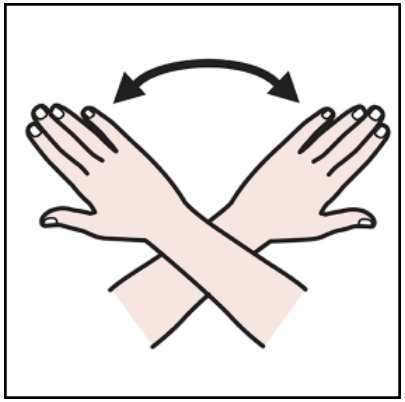
That big pleasure is called orgasm
and it is the moment that I'm going to like it the most.







After ejaculation, masturbation is over.

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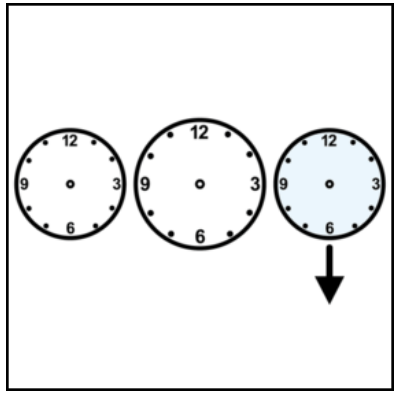
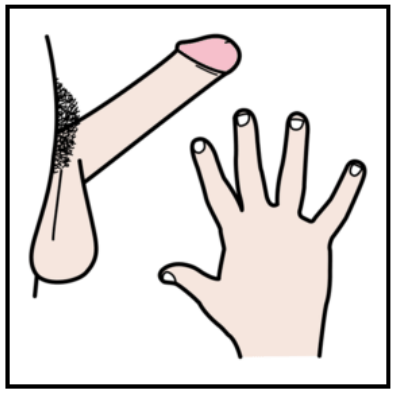
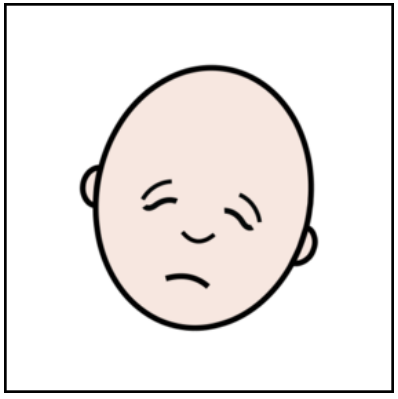
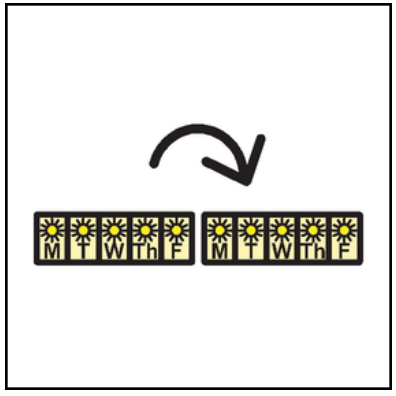




Sometimes after masturbating there is no ejaculation.





Maybe it's because I'm tired. IT IS OK!, next time it will be.

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alone

To masturbate when I'm alone there are some rules.

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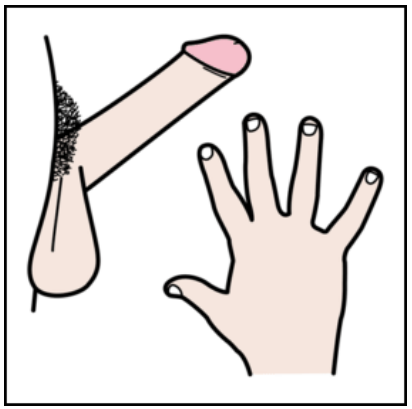

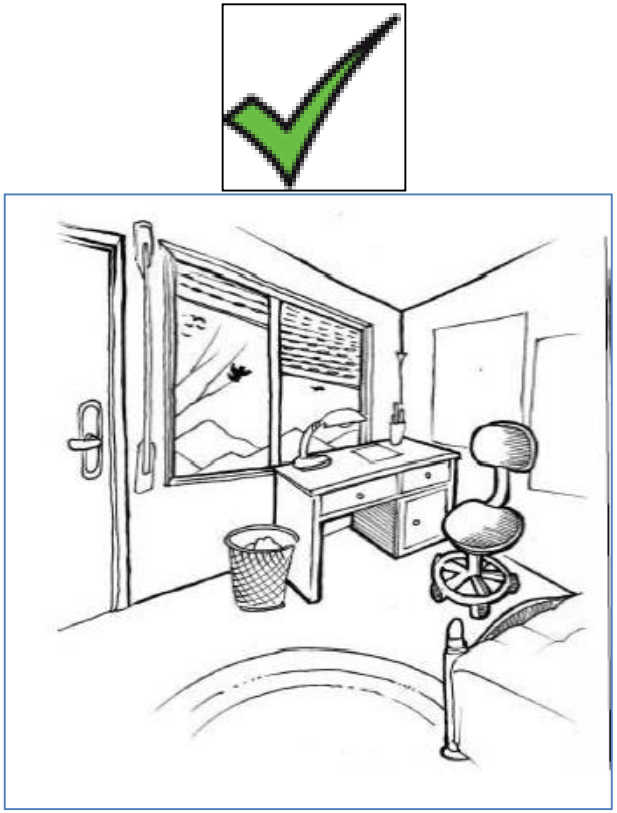

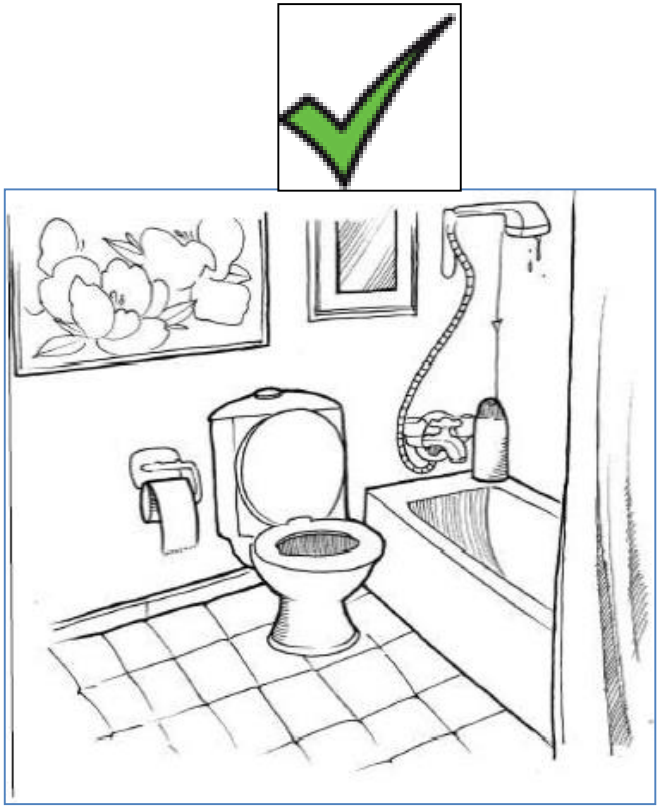

I can masturbate in my room or in the toilet at home.

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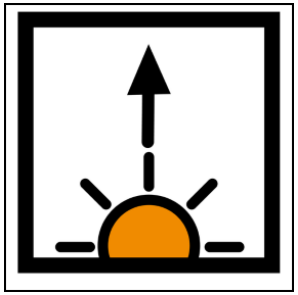

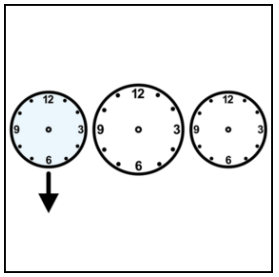

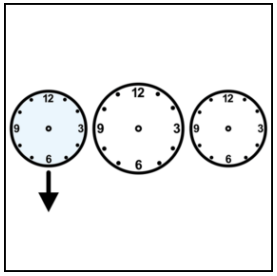

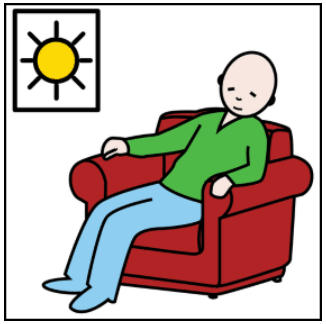

I can masturbate in the morning or at night before going to sleep or when I have a nap.

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I can not masturbate
on the street or in front of people

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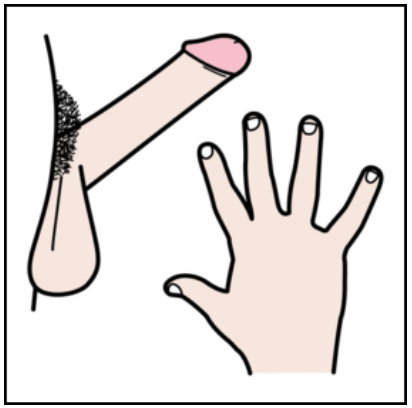

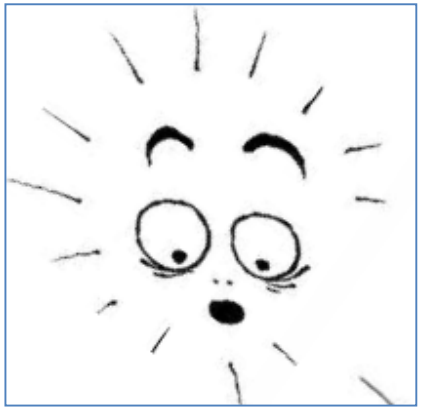

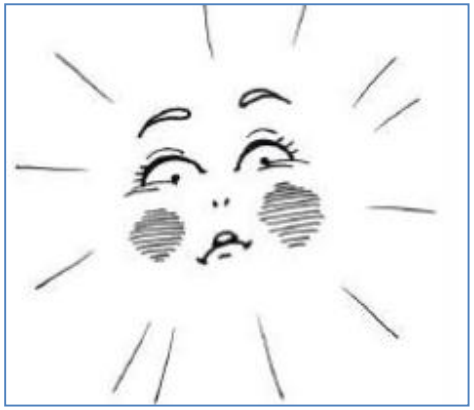

If I masturbate in front of people, They may feel surprised in a bad way or feel embararassed (Shame for what I do)

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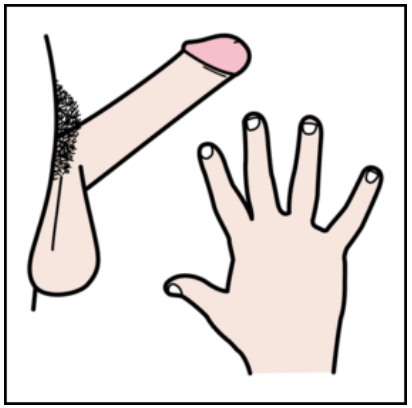

If I masturbate in front of people ,
they can make fun of me or hit me

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In some countries masturbating in public is forbidden, it is called exhibitionism and you can be arrested.

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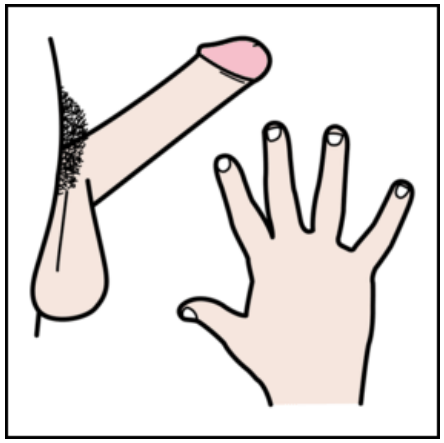

What do I do if I feel like masturbating in public?

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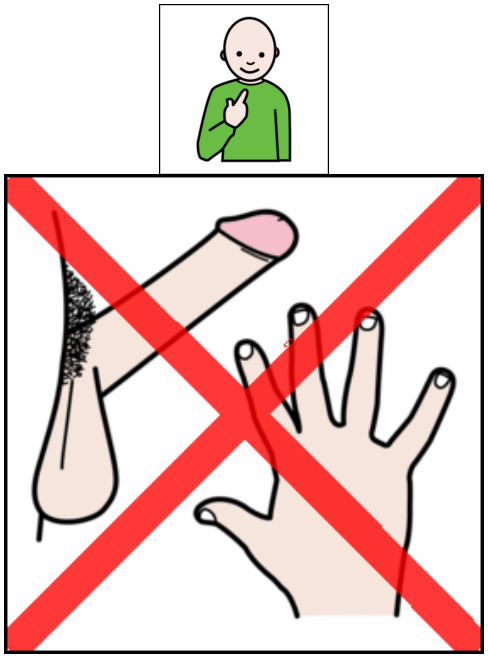

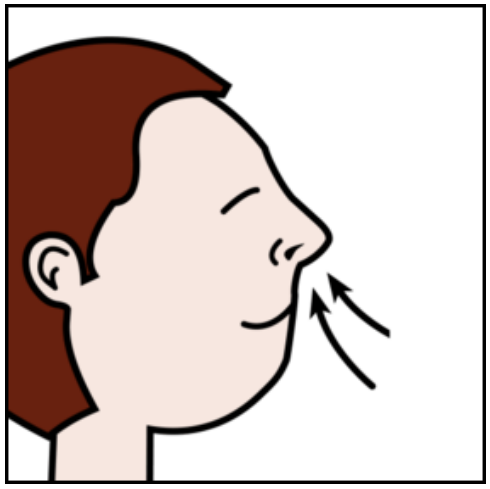

I do not masturbate,
I take a deep breath and I stay calm.

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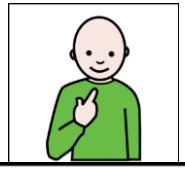

I do not masturbate
and I wait until I get home.

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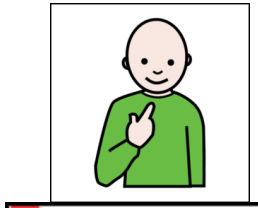

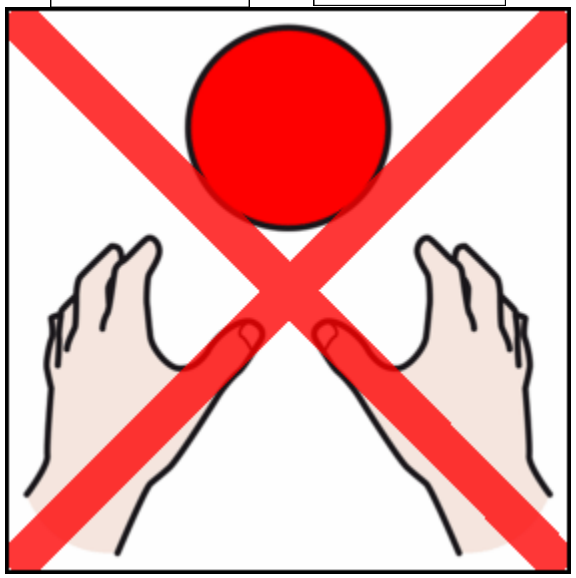

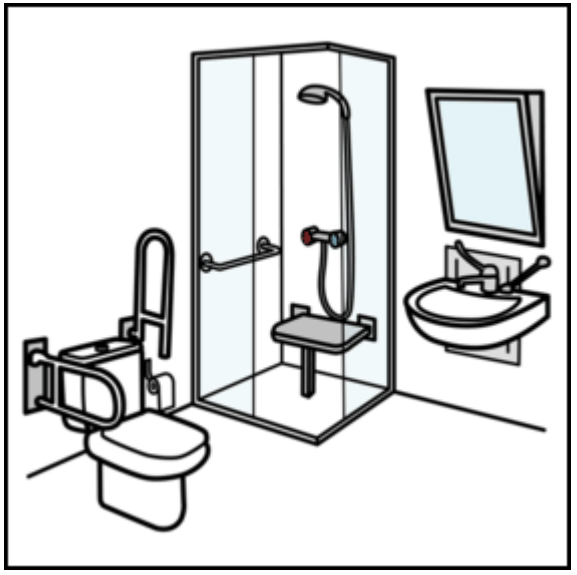

If I get very nervous and I can not wait,
I search for a public toilet.

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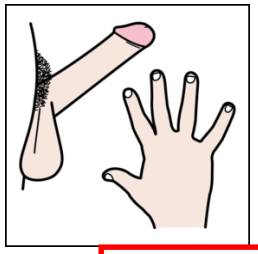

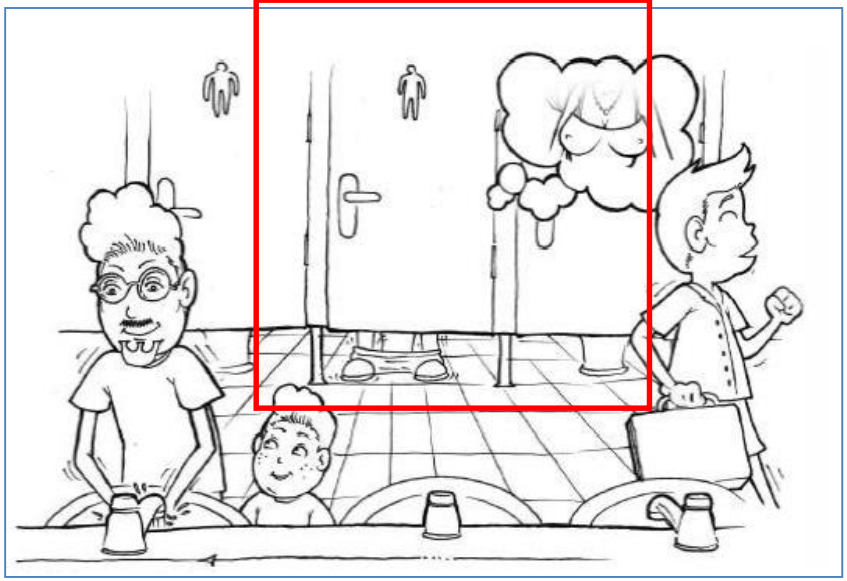

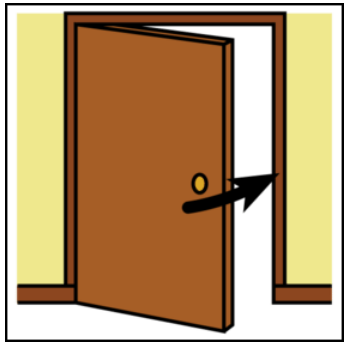

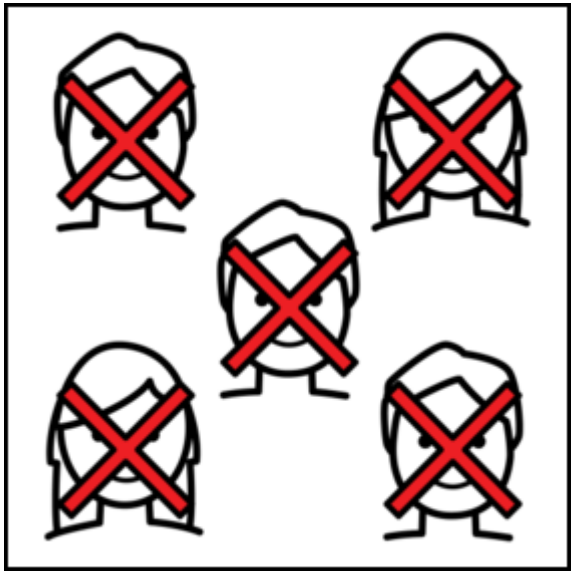

I close the toilet door and I masturbate in silence, without anyone seeing me or hearing me.

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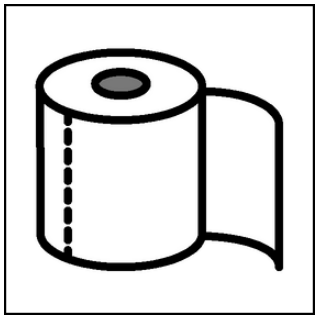

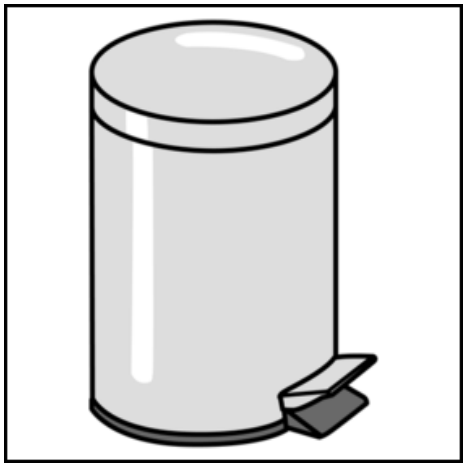

I need wipes or toilet paper to clean the semen and then I throw them in the bin.

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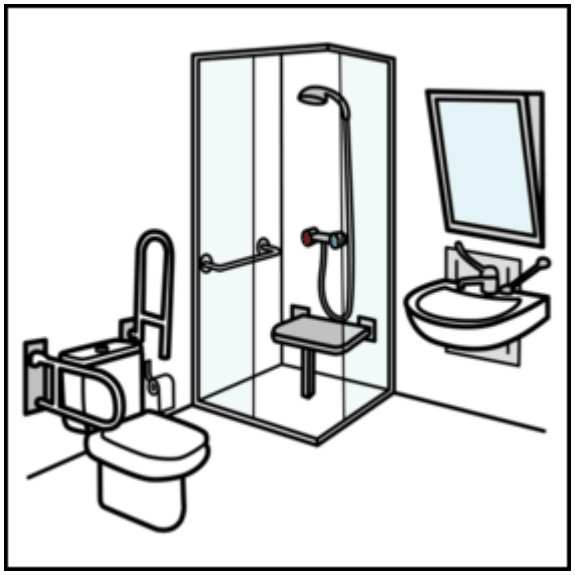

Then I wash my hands and leave the toilet quietly.

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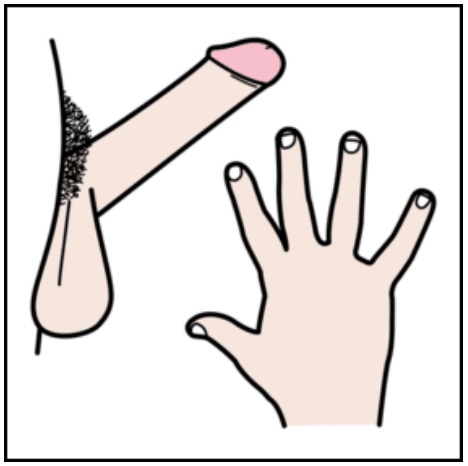

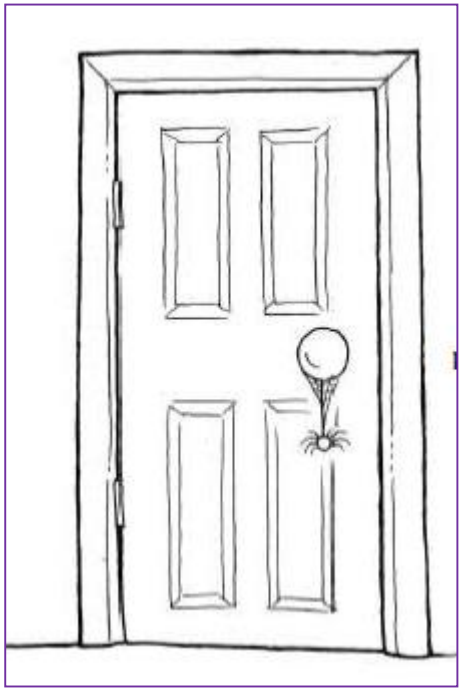

Masturbation is something intimate and private, that's why I close the door of the toilet or my room's door.

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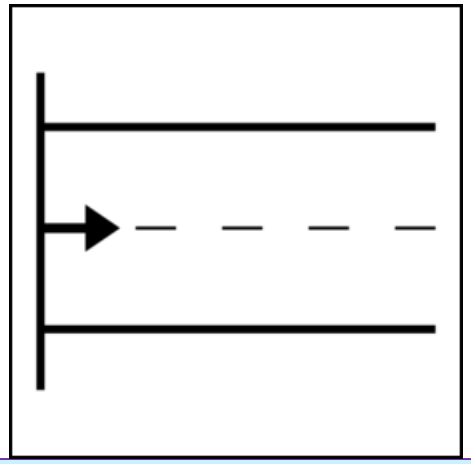
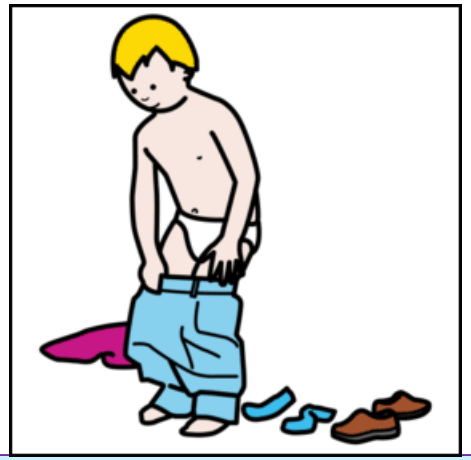
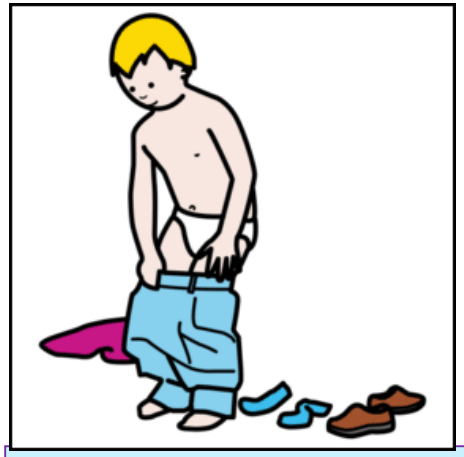
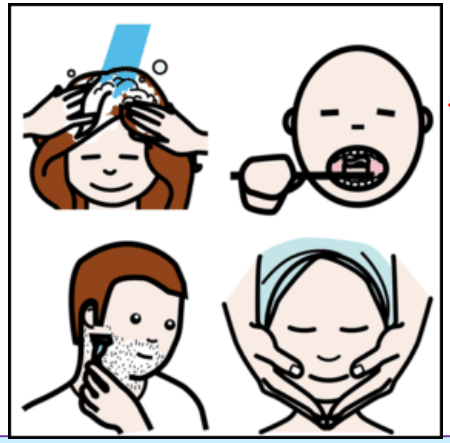




Before I start I can undress so as not to get dirty





Undressing is not mandatory, it's just a hygiene measure untill I learn to do it without getting dirty (only at home).

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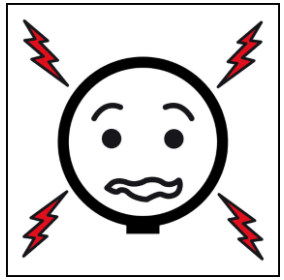

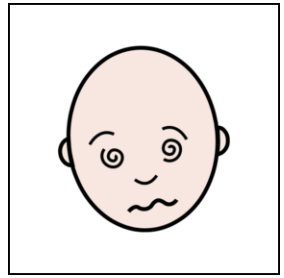

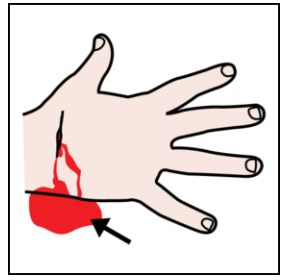

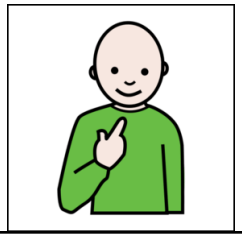

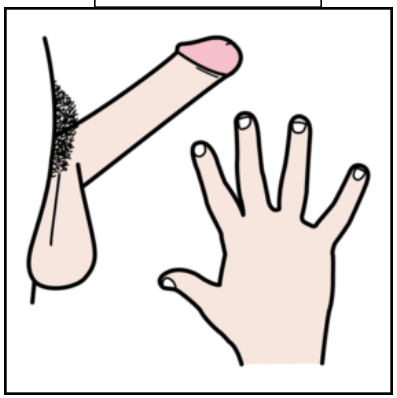

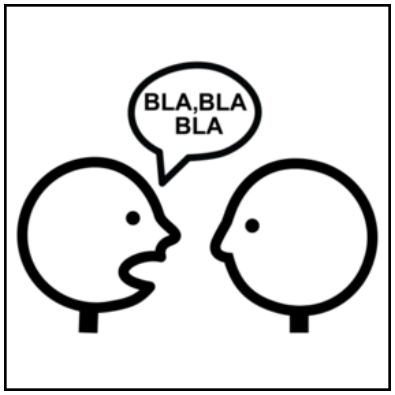

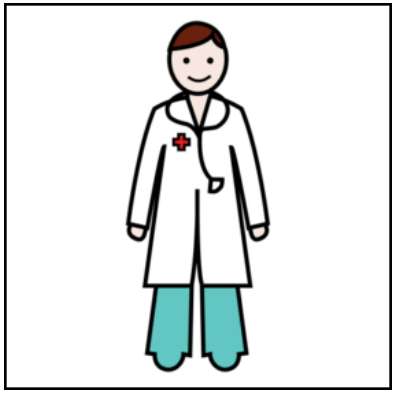

If when I masturbate it hurts, it stings, I get dizzy or blood comes out, I have to tell my parents or a doctor.

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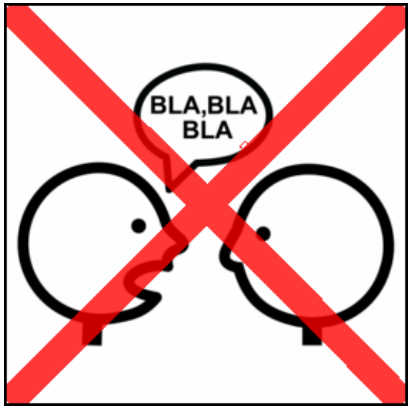

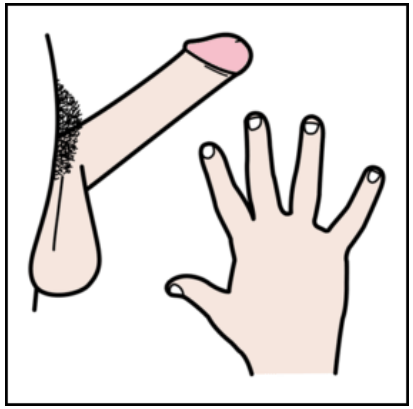

If there is no problem, it is not necessary to talk about masturbation, it is something intimate and private.

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I have learned to masturbate correctly, good!

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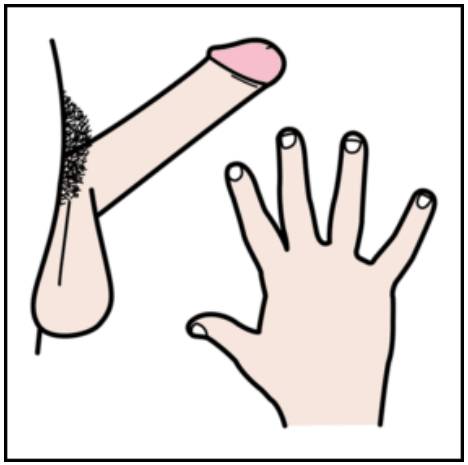

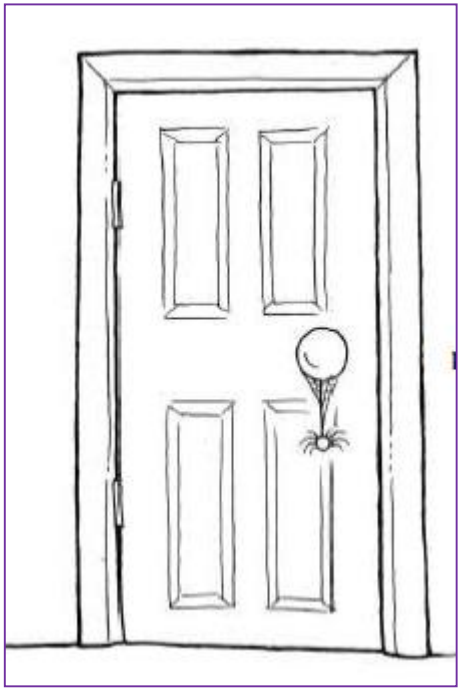

Remember: masturbation is something intimate and private, that's why I close the door of the toilet or my room's door.

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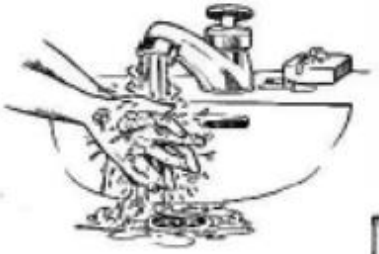
Masturbation Summary

I wash my hands before masturbation



I close the door of the place where I am going to masturbate.

I can take off my clothes not to get dirty if I am at home.

I take my penis in erection, firmly.

I rub it until I ejaculate.

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I have learned to masturbate correctly, good!

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