

Common Sex and Masturbation Myths to Debunk

Women don't masturbate.

People should only masturbate when they are single.

Masturbation will make you crazy or obsessed with sex.

Masturbation is only for people who are desperate or lonely.

Masturbation will ruin real sex.

Masturbation is a vice you should overcome. If you don't, there is something wrong with you.

Thinking of anyone other than your partner while you masturbate is cheating and wrong.

Oral sex isn't "real sex." Anal sex doesn't count as sex. Hand jobs aren't "real sex."

The only good sex is spontaneous sex.

Planning sex is a sign of relationship distress.

If a man doesn't have a hard cock, then he isn't turned on.

If a woman has to use lubrication, it means she isn't excited.

Your first penis in vagina sexual intercourse is supposed to hurt.

Anal sex is supposed to hurt for a little bit and then you just have to get used to it.

If men like anal play, it means they are gay.

If a woman has to stimulate herself to orgasm during intercourse or sex, it means there isn't enough chemistry or that something else is wrong.

All women like oral sex, and the best (male) lovers will always go down on her.

Men can only have one orgasm at a time, no multiples.

Women should be able to orgasm through penetration alone.

Communicating or talking during sex isn't sexy and will only ruin the mood.

Female ejaculation is pee.

Women stop wanting sex or stop liking sex in long term relationships.

Kink is for damaged people who were abused.

Women are too complicated. Men are simple and easy to please.

There are three implicit primary myths that support all the above:

1. "Real Sex" is penis in vagina sex between heterosexual cisgender men and women.
2. All women have a vagina, and all men have a penis.
3. There is a "normal" kind of sex that includes the above plus the idea that you must heavily regulate your sexuality, desires, behavior, and pleasure.

Which of these myths do you currently or have you believed in the past?

How have these myths or messages shaped the way you have pursued your own solo sex?

How have any of these myths impacted your sex or intimacy with partners?

What new facts or perspective do you have now to debunk you're previously held beliefs?

What do you want to believe about masturbation, solo sex, or partner sex that would lead you to feel safe, joyful, and welcoming of your sexual pleasure.