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[pprainbowroom](#) Hey sex positive people!

Did you know that May is National Masturbation Month?

The month was named in honor of Dr. Joycelyn Elders, the first Black U.S. surgeon general.

Throughout her career, Joycelyn has advocated for expanding sex education in U.S. public schools, and to cover self-pleasure in their curriculum.

Masturbation is a safe and normal thing that most people do. Here are a few reasons why masturbation can be beneficial:

- ♥ It reduces stress
- ♥ It helps you understand your body and your sexual preferences
- ♥ It releases tension
- ♥ It can improve period cramps

This month, tell a friend about Dr. Joycelyn Elders, and remember that exploring your body is completely normal!

Thanks for the tips, [@plannedparenthooddirect](#) !

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