

WET DREAMS.

Boys and girls have a whirlwind of things going on with their bodies during puberty. Bigger breasts and penises, hair sprouting everywhere, deep voices for boys, periods for girls, moody meltdowns and lots and lots of spots for everyone! All of these changes may feel embarrassing yet for boys one of the most

What's In Your Head?

When you have a wet dream all kinds of things may go through your head. Sometimes you remember what you dreamed about and other times you have no idea. These dreams can make you feel excited or make you feel uncomfortable or guilty. Don't worry about what's crops up in your mind – these are only dreams and not necessarily what you really like in the real world.

You Are Not Alone!

80 per cent of males have had a wet dream at one time in their life.

Girls Dream Too.

85 per cent of females have had a 'wet dream' by the time they reach 21.



The Wet Dream Checklist

Q WHAT IS A WET DREAM?

A A wet dream is like an orgasm in your sleep.

Q HOW MUCH SEMEN DOES A MALE EJACULATE?

A About half a teaspoon.

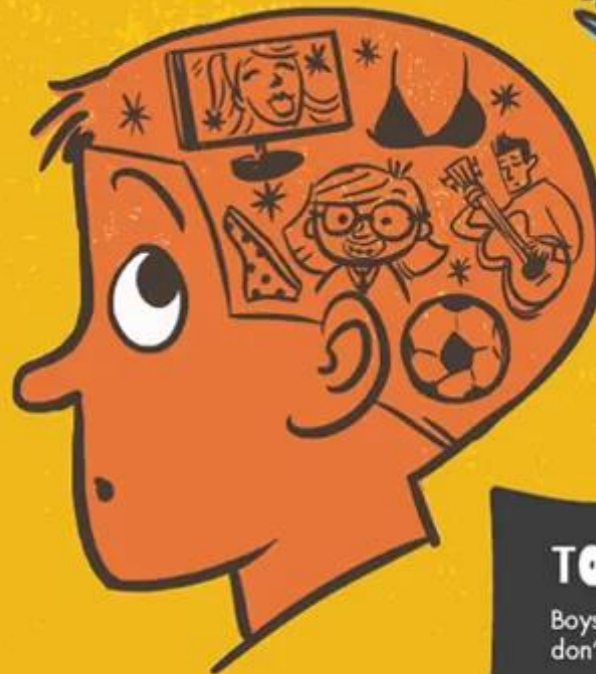


Q WHAT HAPPENS WHEN YOU HAVE A WET DREAM?

A Males ejaculate semen. A female may have an orgasm and feel a bit wet but they won't stain the bed or their bed clothes.

Q WHY DOES THIS HAPPEN?

A Healthy sperms are needed to make healthy babies. Male bodies are designed to get rid of old sperm to make way for new healthy sperm. Ejaculation is how males get rid of old sperm and they need to ejaculate regularly.



Fact

During puberty, the surge of new hormones in your body make you think about sex more often. An average teenage boys have an erection 4 times in one night. They have many more during their waking hours too!

TOP TIP

Boys, wear shorts to bed if you don't want to stain the sheets!



Erection and Ejaculation

The basic function of the male sexual and reproductive system is to produce reproductive cells called sperm. Sperm leaves the body through a mixture of body fluids called semen.

When males are sexually excited (aroused), the penis becomes larger and stiffer and it usually stands out from the body. This is called an **erection**.

Many things can cause sexual arousal and an erection – even just looking at someone, or wearing pants that rub against the penis. Sometimes an erection can happen when you wake up in the morning with a full bladder.

When sexual arousal reaches its peak, males may have strong feelings of pleasure called an **orgasm**.

During an orgasm muscles force semen out of the penis. This is called **ejaculation**. After ejaculation, the penis becomes soft again after a little time. It is possible to have an ejaculation without having an orgasm and it's possible to have an orgasm without ejaculation. During ejaculation, the male body releases about one teaspoon of semen.

Not all erections end in ejaculation. If an erection doesn't lead to ejaculation, the penis will get soft again.



SWEAT, SMELLS AND PERSONAL HYGIENE

If you know how to handle smells, it'll be no sweat!

Puberty can be a sweaty time. You may find you sweat when you're nervous, embarrassed, walking about and even when you're sleeping.

There's nothing wrong with sweat – your body needs it to cool down. However, it will begin to smell when it mixes with bacteria lurking on your skin. If you don't wash, you'll get what's known as body odour (BO for short).



The best way to control BO is to shower daily with soap, use an antiperspirant deodorant to help control how much you sweat, and wear clean clothes and underwear every day.

Some boys suffer from extreme sweat at puberty and no normal antiperspirant will help. If you find that is the case for you, don't worry. There are stronger antiperspirants that your doctor can prescribe.

What's with the smell down below?



At puberty you will start making something called smegma. This is a creamy substance that all boys' penises make. If you have a foreskin, smegma builds up underneath it and can smell bad. Make sure you wash this area regularly – but do it gently with water or mild soap, because the area is very sensitive.

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

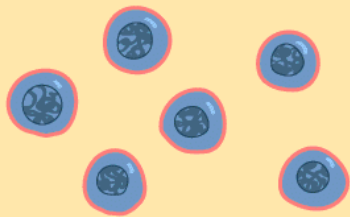
Boys can always control when they get erections.

Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.

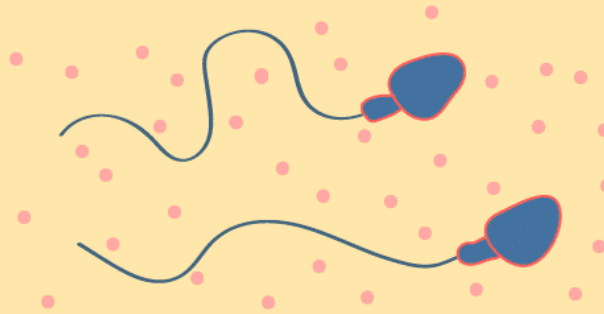
Boys usually start puberty later than girls.

Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

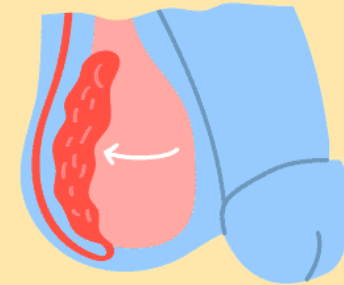
Sperm: From Production to Ejaculation



1. Sperm develop as tiny round cells in seminiferous tubules of testicles



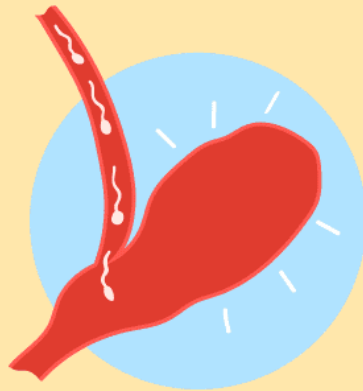
2. Hormones from testicles and pituitary gland help sperm mature



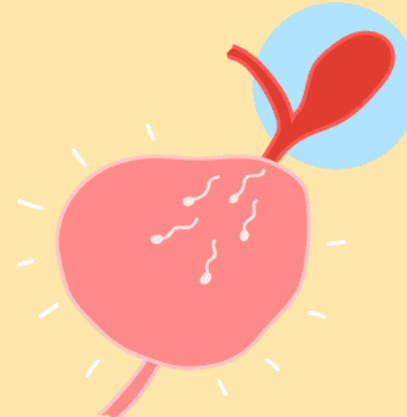
3. They travel to epididymis and develop further for several weeks



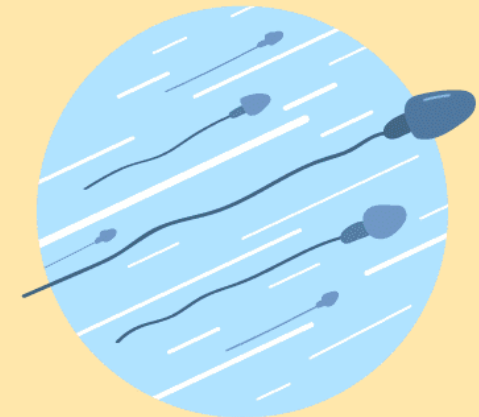
4. Migrate to vas deferens



5. Travel to seminal gland, where nourished by semen fluid



6. Travel to prostate gland and mix with prostate fluids



7. Exit through urethra during ejaculation