

Dear Auntie Stella

I am a boy of 15 and I have a problem which I hope is easy for you to solve. I have never slept with a girl but I often experience dreams about girls. When I wake up from this I find there is a sticky wet place because I have 'come' from my penis. This happens even if I am not thinking about sex.

Now I am worried that if I get married this might affect my relationship with my wife since it happens three or four times a week. I am feeling guilty because of these dreams but I do not know how to stop them.

Is there something wrong with my body, or is it my fault that I keep having these dreams?

Edson

TALKING POINTS

- Do you know if this often happens to boys?
- What do you think causes 'wet dreams'?
- Do you think these dreams mean that...
 - Edson is perfectly normal?
 - Edson should go to the clinic?
 - Edson must have sex soon before he gets sick?
- Will Edson still have wet dreams when he gets married or starts having sex?

