

Dear Edson

I am sorry that you are troubled by your experience of 'wet dreams'. Don't worry: there is nothing wrong with your body and no reason to feel embarrassed.

Wet dreams are a normal sign that your body is moving from childhood to manhood. This is called puberty. During puberty, your body changes and begins to produce sperm. These sperm are ready to leave your body and they often come out through 'wet dreams'. You might find that you still have an erection when you wake up. This does not necessarily mean you have been dreaming about sex, it is just a sign that your body has matured.

Wet dreams are most common among teenagers although you can experience them throughout your adult life.

So don't be afraid that this will mean problems when you marry – the wet dreams you are experiencing are perfectly natural. All men experience wet dreams at some time. Just ask an older brother or an uncle and they will confirm this.

Auntie Stella

ACTION POINTS

- Complete the following sentences:
 - a** I like the changes happening in my body as I grow up because...
 - b** I don't like some of the changes because...

Share what you said with the others in your group.

What did you learn from this exercise? Is there anything you would like to do or find out more about?

Work out how best to do this.

- Do you have any other worries about what is 'normal'?
Talk to your friends or an older person you trust.

