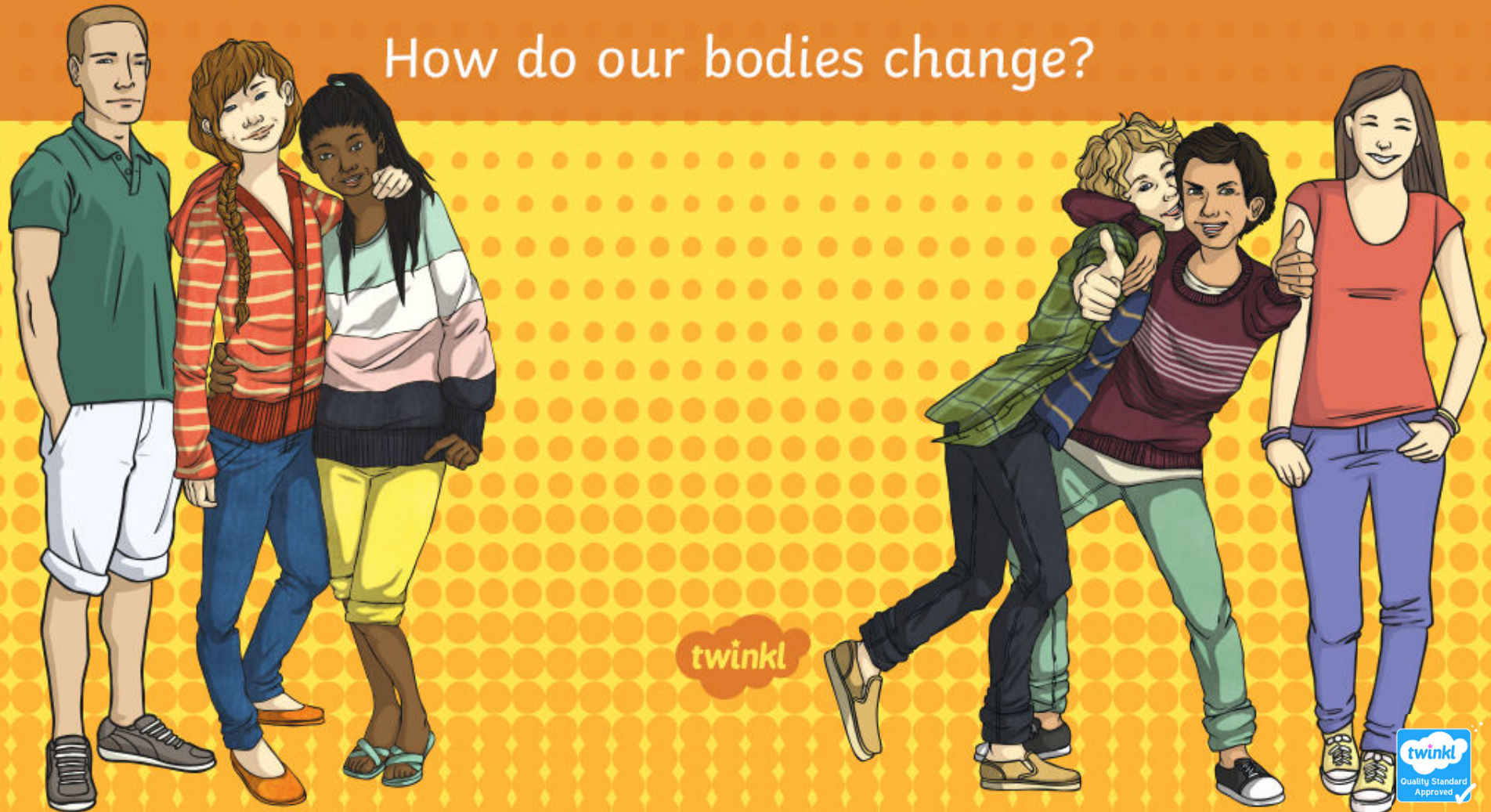


Puberty

How do our bodies change?



twinkl

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Quality Standard
Approved

Monday 8th July 2021

LO: To learn about wet dreams

I can describe what a wet dream is

I can explain effective methods for managing wet dreams

I understand the relationship between the sex cells (sperm and ovum)

Puberty - A Closer Look

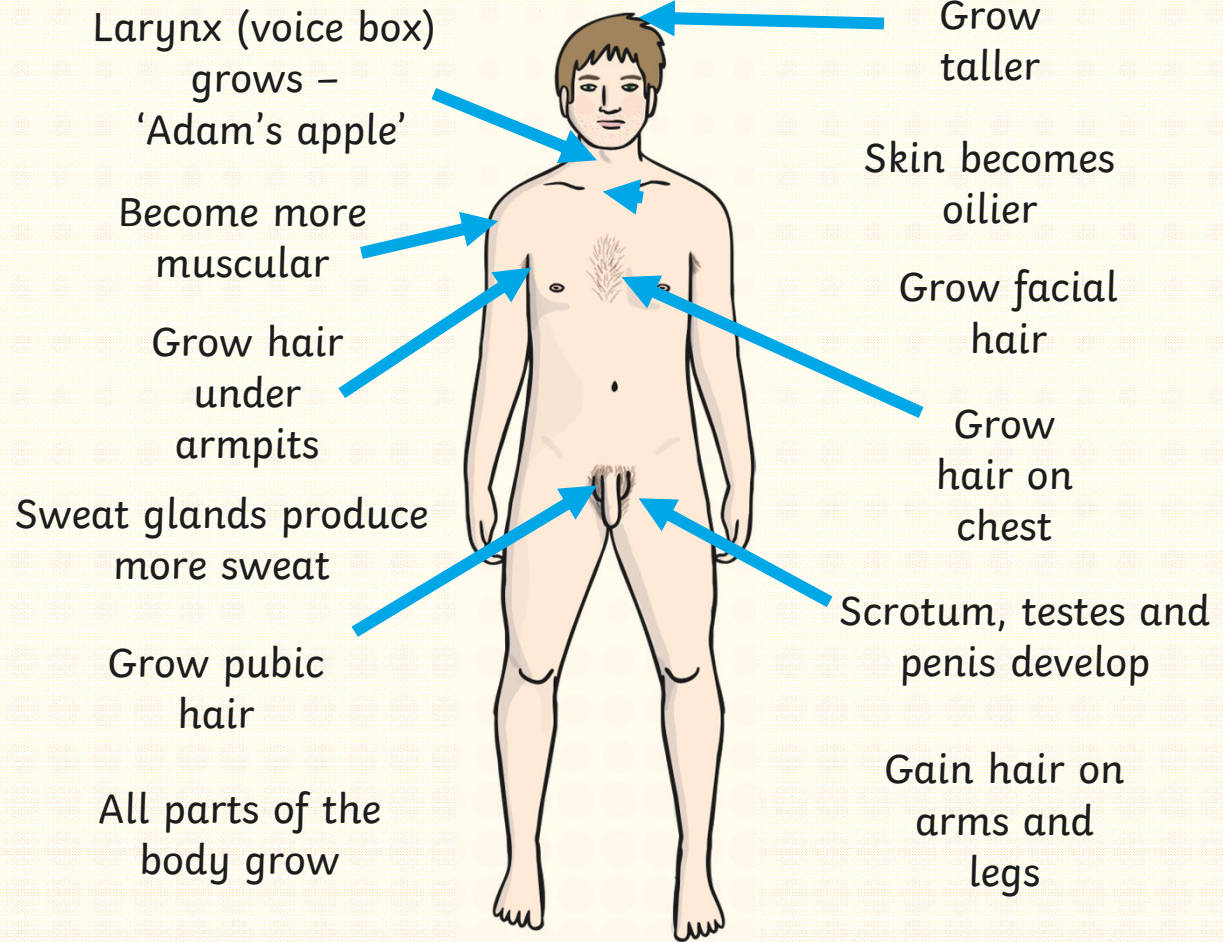
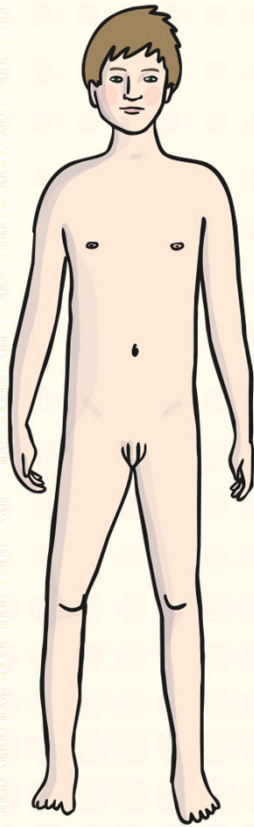
Now we're going to look at a few aspects of puberty in a little more detail.

Everyone goes through puberty. Every adult has already experienced it and every young person will get there soon, and yet...

...we still get embarrassed and don't like talking about it!



Puberty for Boys



Remember that everybody's body looks different!

Puberty for Boys

There are lots of signs that a boy is growing up.

Most boys begin puberty somewhere between the ages of 9 and 14 - but it's different for everyone.

Your body will start to change when it is ready and everyone grows at his own pace!

Larynx - Voice

Your voice will gradually deepen but until this settles down you could sound croaky and produce some interesting sounds! This is your voice breaking.

Sweat

Hormones can make you sweaty and spotty - good personal hygiene (washing and deodorising) is all important.



Hair

Armpits, legs, arms, face, chest and the pubic region all become more hairy.

Height

Your body keeps growing until you reach a height that you will stay at. You may become more muscular too.



Penis, Scrotum and Testicles

Your penis and testicles grow.
They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these),
you might get erections when you least expect them!

Emotion - Hormones

The extra hormones may also cause you to have mood swings but this will improve in time as your body grows
and you come to understand it.

Wet Dreams

You start producing sperm which may be ejaculated (released from your penis) during sleep - don't worry,
this is perfectly normal!

What is a wet dream?

A wet dream is when a boy ejaculates a liquid through his penis when he is sleeping. He may think that he has wet the bed. This is completely normal. During puberty the testicles begin to make sperm which is the sex cell that fertilises the ovum (female egg) during sexual intercourse.

If a boy is circumcised will he have wet dreams?

An uncircumcised penis has a sleeve of skin on the end called a foreskin. During circumcision this is removed, often for religious or cultural reasons. This operation does not affect erections or ejaculations so does not affect whether a boy has wet dreams.

What causes wet dreams?

Wet dreams can happen with or without all sorts of different dreams. We know that erections happen at all sorts of times that have nothing to do with sexual feelings. For example having a full bladder can stimulate nerve endings at the base of the penis causing an erection.

What comes out of a penis from a wet dream?

When you have a wet dream sperm mix with a fluid that keeps the sperm healthy; together they are called semen. Semen is what leaves the body when a man ejaculates. It is sticky, cloudy and whitish.

Do boys have wet dreams to get rid of sperm?

Nobody really knows why boys have wet dreams but we do know that they are completely natural. One theory is that it is to get rid of excess sperm; another to do with amount of hormone (a type of chemical) in the blood.

When will I have a wet dream?

This happens when a boy goes through puberty so aged 9 upwards.

Questions? Questions?



Remember that your teachers are more than happy to answer any questions you might have. This is completely normal and we want you to feel like you have lots of knowledge. No question is a silly question!! Ask a parent or an adult you trust to talk to you and answer any questions.

