

A Story About Wet Dreams

Sometimes I get an erection at night when I sleep.




A little sticky liquid called semen may come out.



My sheets and underwear will feel wet.



I did not pee in the bed. The wet spots are semen.



This is called a wet dream.




Wet dreams are common and happen to all young men.



I can wipe my penis clean.



I can change my clothes.



I will put my wet clothes and sheets in the laundry.



I can ask mom or dad for help.



If I have any questions, I can talk to mom or dad.

