



## Feeling good about your body

Lots of boys worry about how they look. This is normal but not helpful.

Bodies come in many different shapes and sizes and change at different ages.



Body shape and size are influenced by our 'genes' which come to us in our father's sperm and mother's egg. These genes are mixed up to give each baby a new, unique combination.

Many boys worry about their physique or body shape. There is a wide range of healthy physiques, depending on age, height and body type.

You can check with your doctor to see what is OK for you.

By eating healthy food, having enough sleep and taking regular exercise, our bodies will be the best they can be.



*Remember: whatever your physique, you can be fit, healthy and happy, and have great friends!*



## Sticky business - Wet dreams

Once sperm and semen are being made, some boys will have 'wet dreams'.

A wet dream is when a male ejaculates semen and sperm during his sleep.

Sometimes when a boy has a very sexy or exciting dream, his penis becomes erect and he ejaculates. This is normal.

He might wake with a very nice feeling. This is an orgasm.



Some boys will not wake up when they have a wet dream. The next morning they may notice some semen on their pyjamas. This washes out easily.



Some boys have wet dreams often, others once or twice, and some boys never have them.