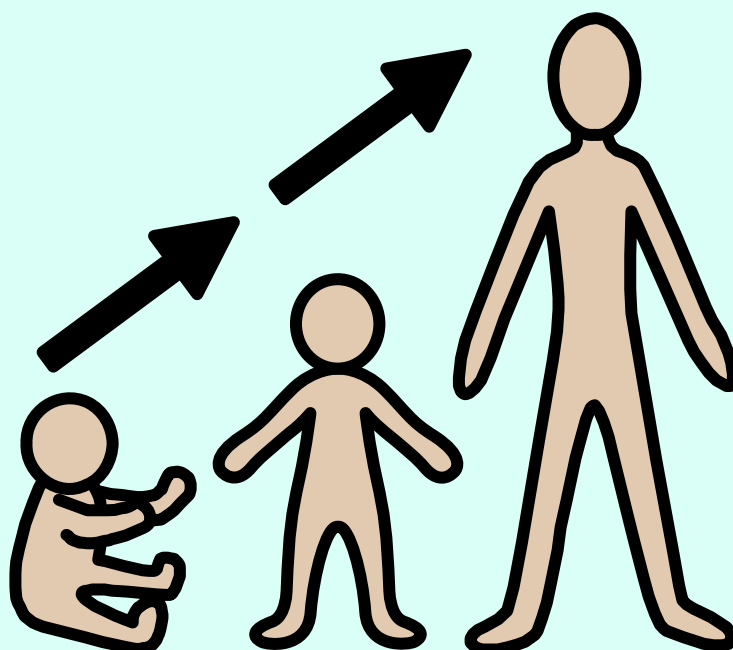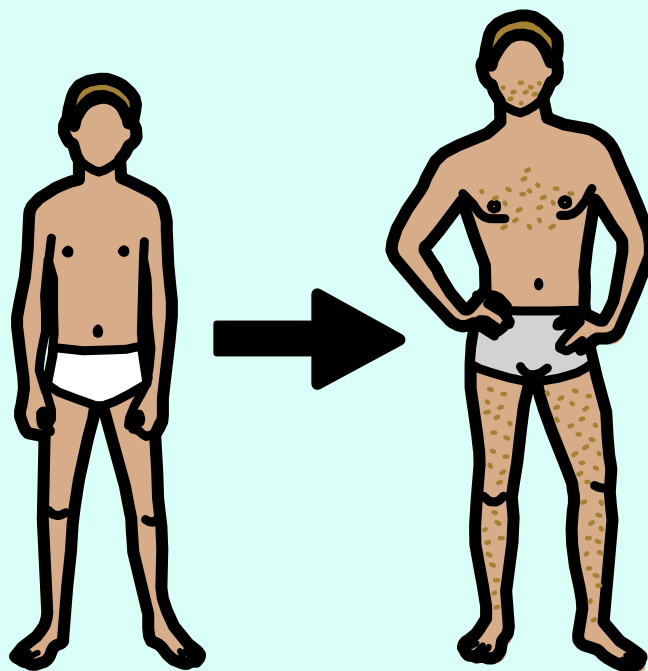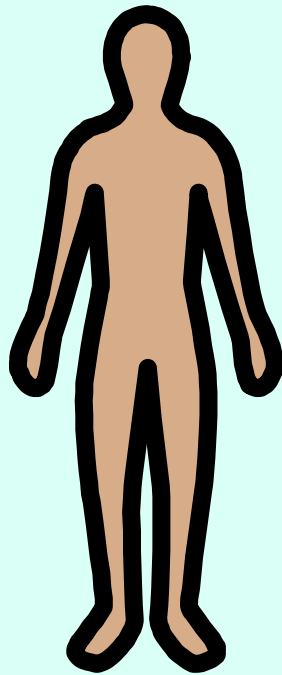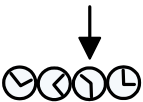# Wet Dreams

I   am   growing up.

My   body   is   changing.
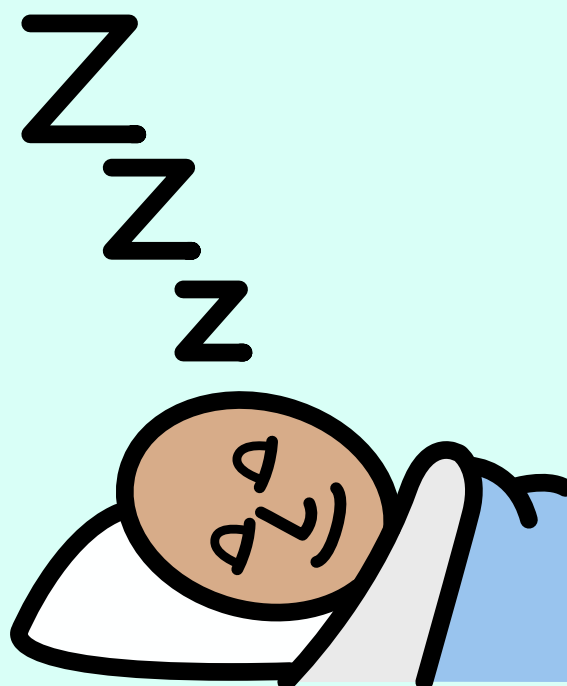
My   body   is   mine.

Sometimes, I might have a wet dream.
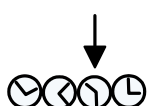
A wet dream happens when I am asleep.

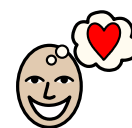Wet dreams   can   sometimes   happen   when   I   dream
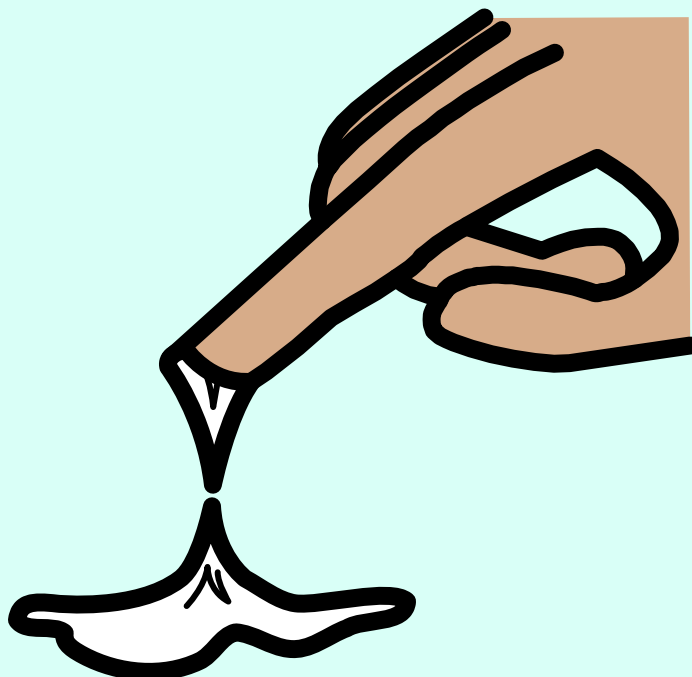
about   someone   beautiful   or for   no   reason.
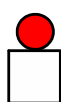
After a wet dream, I might see a sticky liquid
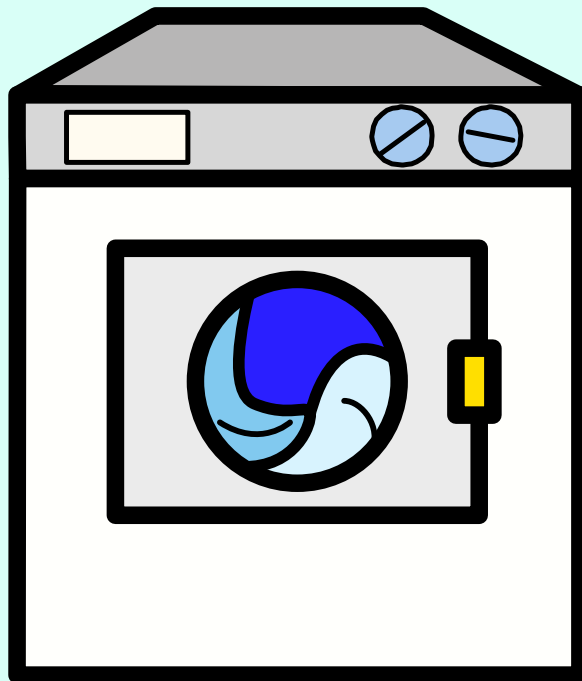
on my bed or my pyjamas.
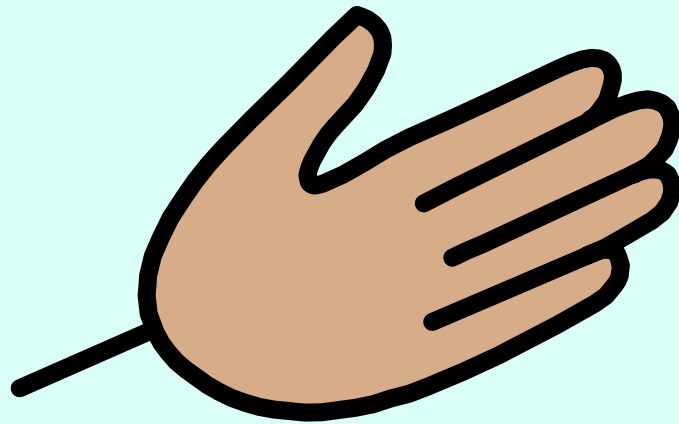
My   bedding   and   +   pyjamas   will   need   to be   washed.

I can   ask   a   trusted adult   for   help   if   I   need   to.
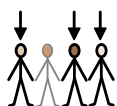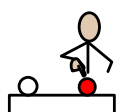
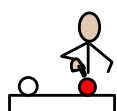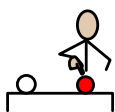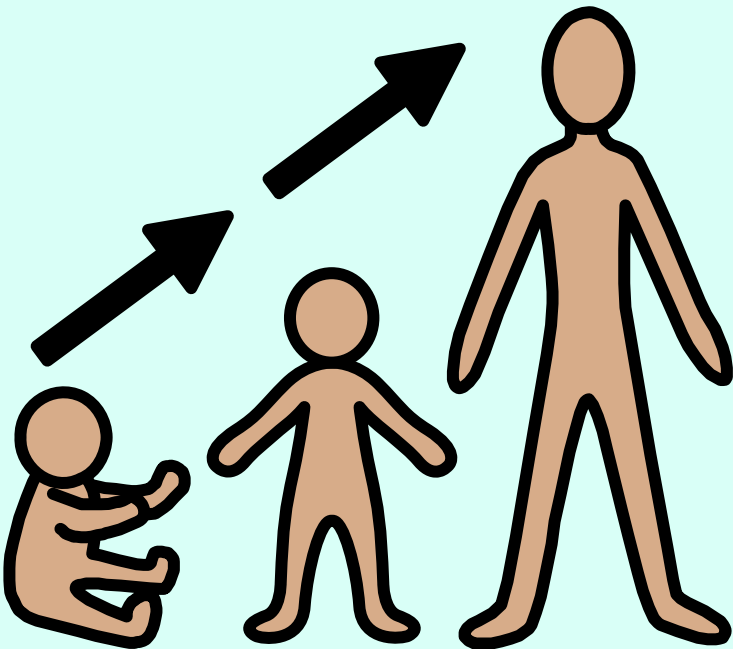Most people   with a   penis   have   wet dreams.

This   is   normal. ✔

This   is   OK. ✔

This   is   happening   because   I   am   growing up.