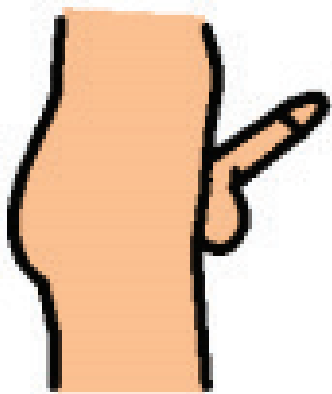


Erections



An erection is when the penis gets hard and stands up.

Boys can have erections from birth, but they happen more during puberty.

Erections can happen:

- when a person has sexy feelings
- when a person wakes up
- by surprise!

This is OK.

It is good to talk to your child about erections so they know what they are.

It is also important to teach your child what they should do if they have an erection.



What is on these pages?

This page is about how you can help your child to learn about erections.

It has information about:

- what your child should do if they have an erection in public
- why it is important your child knows that erections are private
- how to talk with your child about erections



Erections in public

Sometimes erections can happen when your child is in public.

They might feel embarrassed and want the erection to go away.



It is important to teach your child what to do if they have an erection in public.

Some things they can try are:

- putting a bag, jumper or book on their lap
- tying a jumper around their waist to cover the front of their pants
- playing a game on their phone or iPad to help think about something else
- wearing long shirts that can be untucked and used to cover the erection



Erections are private

It is important for your child to know that erections are private.

Sometimes it can feel good to touch an erect penis.

Touching a penis is a private behaviour.

It should only happen in a private place.

To learn more about touching private body parts, go to: [Masturbation](#)

It is important to teach your child the rules for touching private body parts.

To learn more about which body parts are private, go to: [Private and Public – body part](#)



How to talk to your child about erections

It is important to talk to your child about erections before puberty starts so they can:

- have more time to learn about their body
- learn that erections are normal and OK
- learn what to do if they have an erection in public

You can try talking to your child about erections by saying:

- there are lots of different changes happening to your body right now.

You might notice that your penis is hard and stiff in the morning.

That is OK.

It is a normal part of growing up.

It means your penis is healthy

- all boys have erections.

It is normal.

It means you are becoming
an adult.



Who can you ask if you have
questions about erections?

- remember how we talked about
your penis being a private
body part?

You have to be in a private place
to touch your penis.

You can only touch your erection
when you are in a private place

What to do if you get an erection in public

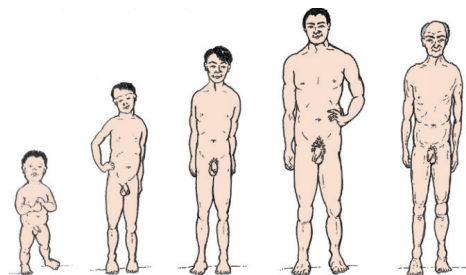


Resources for you to use

Erections in public social story

Planet Puberty

www.planetpuberty.org.au/wp-content/uploads/2021/03/Erections-F.pdf



All About Sex: Puberty and Boys

www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex

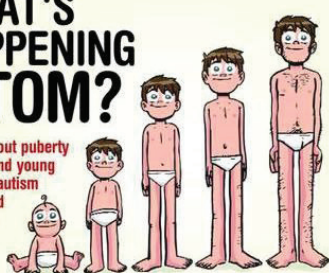
BODY TALK

Body Talk: Boy Stuff

bodytalk.org.au/puberty/boy-stuff/

WHAT'S HAPPENING TO TOM?

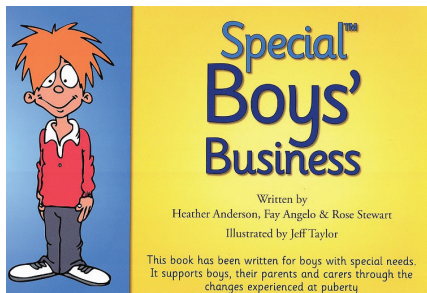
A book about puberty for boys and young men with autism and related conditions



Kate E. Reynolds Illustrated by Jonathon Powell

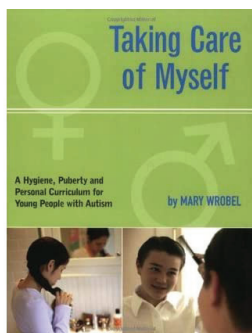
What's Happening to Tom

by Kate E. Reynolds



Special Boys' Business

by Fay Angelo and Rose Stewart



Taking Care of Myself:

A Healthy Hygiene, Puberty
and Personal Curriculum for Young
People With Autism

by Mary Wrobel



Sex Ed Rescue: Let's look at different
body parts learning pack

sexedrescue.com/products/lets-look-at-different-body-parts



What to read next:

- [Wet dreams and ejaculation](#)
- [The male reproductive system](#)
- [Private and public behaviours](#)

For more information go to the
Planet Puberty website

www.planetpuberty.org.au