

Planet Puberty

Lesson Plan 3

Erections and Wet Dreams



This Planet Puberty session pack is intended to be a flexible resource. It can be used as a whole program, group of topics, or individual units to address particular learning needs. Lesson activities are only suggestions and can be tailored to suit the needs of your students. The lesson plan is structured so that the activities build on the key learnings of the previous activity. Some activities may need to be repeated a few times before moving on to the next. This is OK. It is important that students build their knowledge at a pace that is appropriate for them.

Note: Time frames provided are only a guide. You will understand your students and their needs best, so take longer if necessary.

Note: *Indicates a suggested word that might be beneficial to add to a student's augmentative and alternative communication device, in case the word is not already programmed.

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Group Agreement

Before talking about sexuality and puberty topics, it is important to create a safe learning environment. Discuss with students what will make it a safe and comfortable place for them to talk about the changes they might expect during puberty. Write the agreement on the whiteboard or butcher's paper and display in the room. This can be referred to before the start of each lesson. Please refer to Handout 1 for Planet Puberty group agreement cards.

Examples include:

- It's OK to feel embarrassed
- It's OK to laugh or feel nervous
- Listen and be kind to others
- It's OK to ask questions
- If you want to share a personal story, avoid using your name or others' names. Instead, try saying, 'I know someone who...'

Planet Puberty – Erections and Wet Dreams

Lessons in this session pack include:

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Learning Outcomes

Major outcomes

- › Students will be able to identify private body parts
- › Students will be able to identify the difference between private and public places
- › Students will understand that erections are a normal part of development and signify their bodies are working normally
- › Students will understand what wet dreams are and that they are a normal part of development

Glossary of key terms

Ejaculate – Something that happens when a penis releases semen. Semen contains tiny cells called sperm. Sperm can help make a baby when they join with a woman's egg. It is a normal part of how the body works.

Erection – During puberty, boys can start to ejaculate. Ejaculation is when white liquid called semen comes out of a hard penis. It usually happens when the penis is touched, rubbed or made to feel good. This can happen during masturbation or sex.

Penis – The penis hangs outside the body. Penises come in all different shapes and sizes. Some penises are short and thick, some are long and thin, some lean to one side. The skin on the penis can be darker or redder than other skin on the body. It can have veins sticking out. This is OK. The penis is involved in lots of things, including urination, erections, ejaculation (including wet dreams), sexual intercourse and pleasure.

Private Behaviour – Private body parts can be touched when a person is in a private place. If a person has sexy feelings, they can go to a private place to touch their private body parts. A person can masturbate or have sex in their bedroom if they want to. It is only private if a person is there by themselves or with the person that they are going to have sex with.

Private Body Parts – The private body parts of a woman are her breasts, vulva, anus and buttocks. The private body parts of a man are his penis, testes, anus and buttocks. People usually cover their private body parts with their underwear.

Private Places – Usually a person's bedroom, bathroom or toilet is a private place. No one else should come into a person's private place unless they say they can. It is the person's private place. Private body parts can be touched when a person is in a private place.

Semen – When a man masturbates or has sex, he may ejaculate. This is when white sticky stuff called semen comes out of his penis when it is hard. Some people call the white sticky stuff that comes out of the penis ‘cum’ instead of semen. But semen is the correct word.

Testes – The testes are where sperm is made. This begins once puberty has started. Some people call the testes ‘balls’ or ‘testicles’. Testes grow bigger during puberty and come in different shapes and sizes. Sometimes one testis is larger or hangs lower than the other. This is all normal.

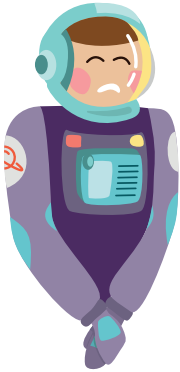
Wet Dream – Ejaculation can also happen when a person is asleep. This is called a wet dream. Wet dreams happen to a lot of boys during puberty. Not all boys will get wet dreams. This is OK.

Sexual (sexy) feelings – Having sexy feelings is a normal part of growing up and is different for everyone. Sexy feelings might be thinking about someone a lot, wanting to touch, kiss or hug someone, having ‘butterflies’ in your tummy, feeling flushed or ‘hotter’ in your body, tingling in your private body parts, wanting to touch your private body parts.

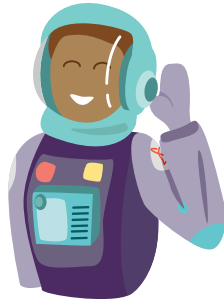


Handout 1

Group Agreement Cards



It's OK to feel embarrassed



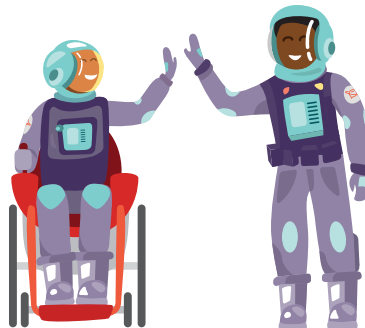
Listen to others



Be quiet when others are talking



It's OK to ask questions



Be kind to each other

Introduction to Private Body Parts

Lesson Details



Learning Intention

To support the young person to understand what private body parts are (people with a penis for this activity, as we are referring to skill building for erection management).



TIMING
25-50
MINS

Key messages

- Private body parts can only be touched in private places

Teacher's note

We have placed the Private Body Parts lesson before the Public and Private Places lesson to help students understand the concept of what is “private”. If you haven’t already, it may be helpful to complete the Public & Private Session Pack before starting this lesson.

Emphasise the concept of body ownership and responsibility, and that body changes like erections and wet dreams are a normal part of growing up.

Resources

- Planet Puberty ‘Anatomically Correct Printable Dolls’ (Handout 2)
- Planet Puberty ‘Body Part’ labels (Handout 3)
- [Planet Puberty ‘Navigating Public and Private Behaviours’ Video](#)
- AV Equipment
- Appropriate colouring tools (i.e., crayons, permanent markers etc.) (optional)

Preparation

Print off enough copies of the Planet Puberty ‘Anatomically Correct Printable Dolls’ (Handout 2 and Planet Puberty ‘Body Part’ labels (Handout 3) for each young person in the class in colour. Laminate it if possible. Print each component large enough to assist with any visual impairments and dexterity barriers.

1 Introduction to Private Body Parts

Instructions

- › Allocate a Planet Puberty 'Anatomically Correct Printable Dolls' (Handout 2 and 3) and Planet Puberty 'Body Part' labels (Handout 4) to each student in the room. Keep a copy for yourself up the front of the class to show the students each step of the activity.
- › Tell each student to not touch their allocated 'Anatomically Correct Printable Dolls'.
- › Explain to students:
 - ★ Everybody has private body parts*
 - ★ Private body parts are covered by your underwear
 - ★ No one should touch your private body parts unless you say it is ok
 - ★ Let's practice by not touching anyone else's worksheets today
- › [Play Planet Puberty 'Navigating Public and Private Body Parts' Video](#) to introduce concept.
- › Call out or sign the name of each private body part and ask the student to match the word for the body part with the part on the doll.
- › Once each student has attempted once, show them the answer on your own copy up the front.
- › Take some time to go around and check each student has this correct before moving on to the next body part.
- › You can give students time to colour in the Planet Puberty 'Body Part' labels (Handout 4) if you wish. This can be done at the start of the activity, once students pick the correct label, or at the end of the activity.

Reflection

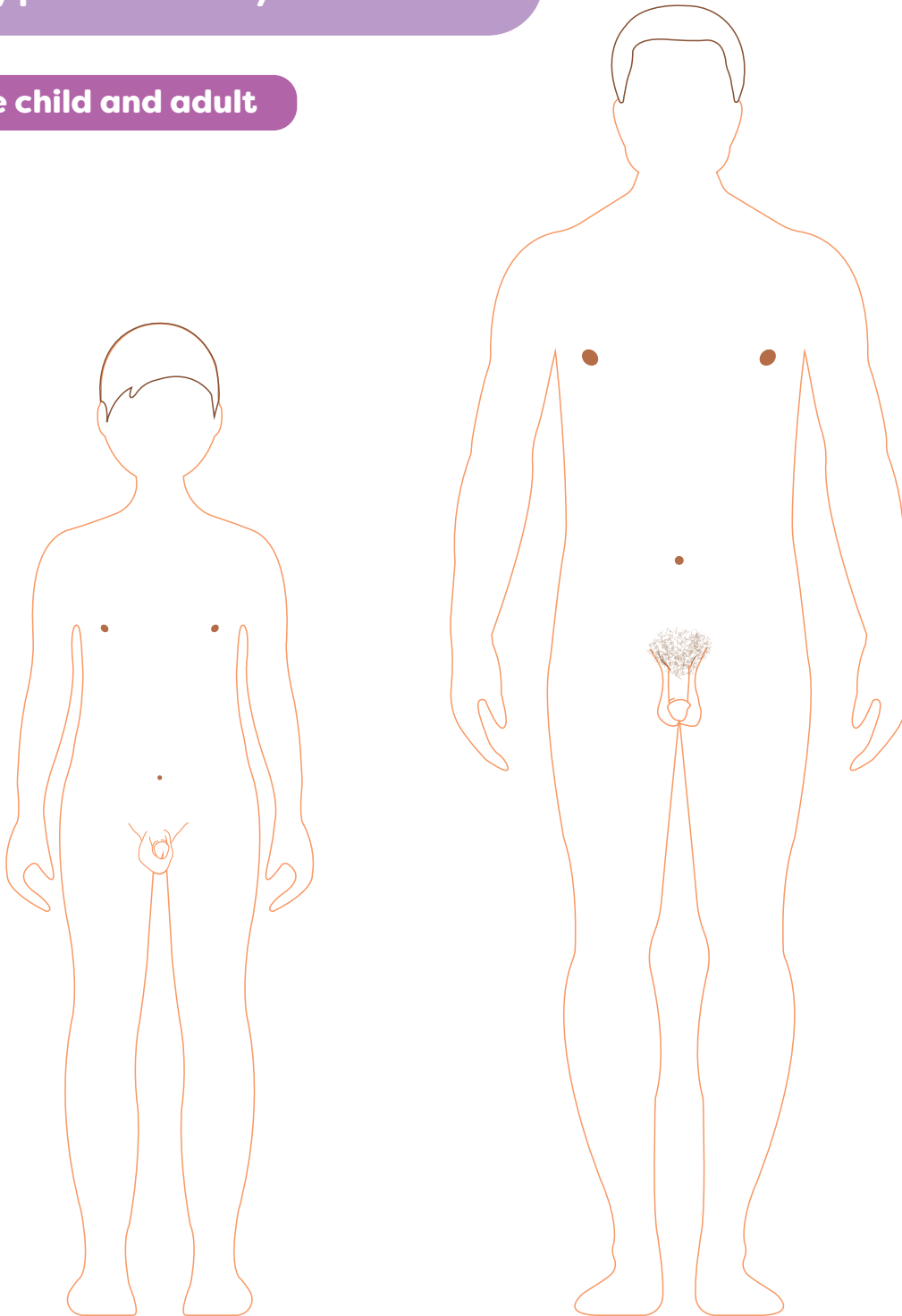
Ask students to reflect on what a private body part is. Encourage them to name them, using the anatomically correct names.

Planet Puberty Anatomically Correct Printable Dolls

Public and private parts

Draw underwear where the private body parts are. Can you name them?

Male child and adult



1 Introduction to Private Body Parts

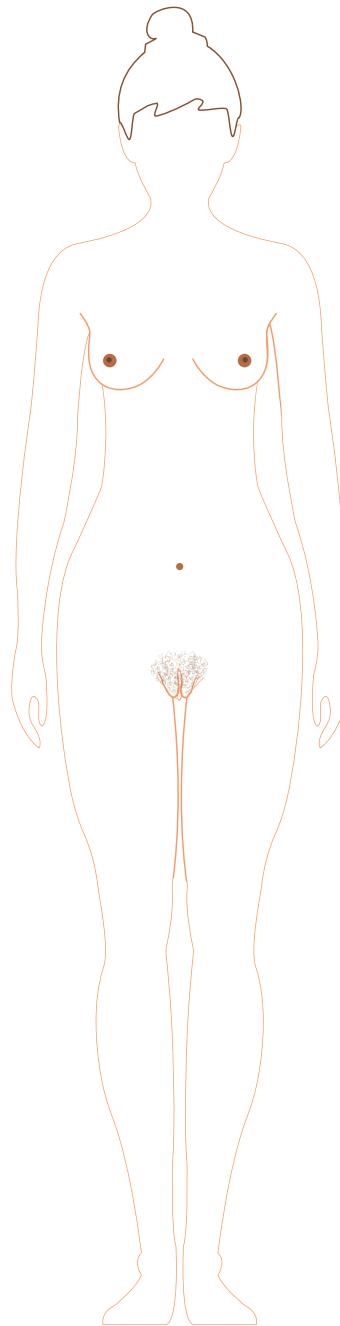
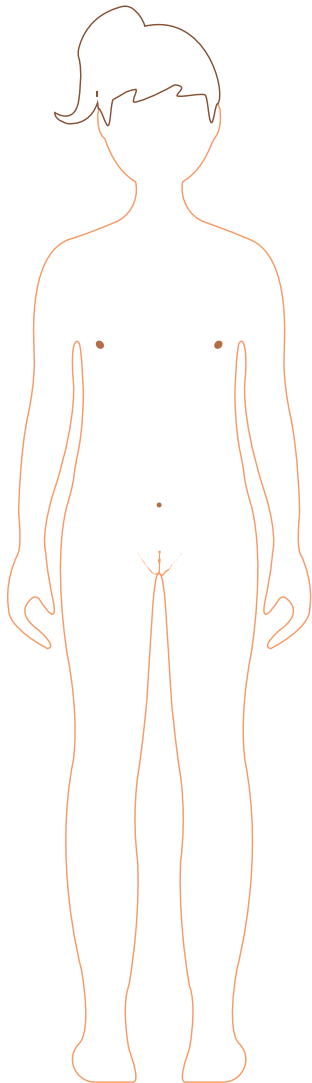
Handout 3

Planet Puberty Anatomically Correct Printable Dolls

Public and private parts

Draw underwear where the private body parts are. Can you name them?

Female child and adult



Body Part labels

**My private
body parts**

**My private
body parts**

Penis

Vagina

Testicle

Breasts

Bottom

Bottom

2

Introduction to Public and Private Places

Lesson Details



Learning Intention

To support the young person to understand public and private places.



TIMING
25-30
MINS

Key messages

- › Private behaviour must only happen in private places
- › Private places include a person's own bedroom, bathroom or toilet
- › Public places are any place where other people can be around

Teacher's note

Knowing the difference between public and private places is an essential skill to learn how to keep safe and participate in the community.

Resources

- › Planet Puberty 'Anatomically Correct Printable Dolls' (Handout 2 and 3)
- › 'Public and Private Places' images (Handout 5)
- › 'Public and Private Places' labels (Handout 6)
- › [Planet Puberty 'Navigating Public and Private Places' video](#)
- › AV Equipment

Preparation

Print and laminate 'Public and Private Places' images and labels (Handout 5 and Handout 6) large enough for class to see and use as independently as possible. Print off enough images and labels to hand out to each student.

Prepare [Planet Puberty 'Navigating Public and Private Places' video](#) so it is ready to watch.

Instructions

- › Explain to students:
 - ★ “Everybody has private body parts. They are the parts of our body covered by underwear. Do you remember when we talked about private body parts in our last lesson?” Remind students by showing them a completed Planet Puberty ‘Anatomically Correct Printable Dolls’ (Handout 2 and 3) from the previous lesson
 - ★ “Private body parts can only be touched in a private place*. We are going to talk about what makes a place private”
 - ★ “Let’s practice by not touching anyone else’s worksheets today. Let’s also wait until I tell you that it is time to touch your worksheets. It is important to know where we can touch our private body parts”
- › Allocate ‘Public and Private Places’ images and labels (Handout 5 and 6) to each student and a large copy for display at the front of the room.
- › Play [Planet Puberty ‘Navigating Public and Private Places’ video](#) to introduce concept of public and private places.
- › Ask students to place their ‘public’ label on one side of their desk and their ‘private’ label on the other side of their desk.
- › Advise students that you will hold up each of the public and private place images and call out or sign the name of the location. Ask the students to place each corresponding image under the label they think is correct.
- › Once each student has attempted once, show them the answer on your own copy up the front. Take some time to go around and check each student has this correct before moving on to the next place.

Reflection

Ask students to name private places in their homes.



Handout 5

Public and Private Places images



The bathroom



The bedroom



The classroom



The kitchen



Public bathroom

Public and Private Places labels

Public

Private

3

Erections – How and Why?

Lesson Details



Learning Intention

To support the young person to understand that erections are normal and mean that their body is working properly.



TIMING
20-25
MINS

Key messages

- › Erections are normal
- › They are telling you that your body is growing up
- › Erections are private because they happen to a private body part

Teacher's note

Normalise erections, it is a natural bodily function. If they happen unexpectedly, there are things you can learn to do to help manage them safely and privately.

Resources

- › Planet Puberty 'Managing an Erection in Public' cards (Handout 7)
- › Butcher's paper & permanent marker

Preparation

Print off and laminate enough Planet Puberty 'Managing an Erection in Public' cards (Handout 7) for each student in the class.

Instructions

- › You can start the session by writing the word 'Erection' on a large piece of butcher's paper. As students learn a new word related to Erections, add this word to the butcher's paper. This is so students have a visual aid to hang on the classroom wall to remind them of the concepts within this session pack. Add words learned in the previous lessons within this session pack (i.e., private places) and refer back to this concept map throughout the rest of the session pack.

› Explain to students:

- ★ An erection is when the penis gets hard and stands up
- ★ Erections are private because they happen to a private body part
- ★ They should not be touched unless you are in a private place like your bedroom*
- ★ Boys can have erections from birth, but they happen more during puberty
- ★ Erections can happen when a person wakes up or by surprise
- ★ Sometimes an erection can happen when a person has sexual feelings. Sexual feelings can happen when you like someone in a romantic way

› Sometimes erections can happen in public. We are going to practice what to do if you get an erection in a public place.

› Remind students this is a solo exercise to practice what they can do if an erection (private behaviour) happens in a public place.

› Hand out one Planet Puberty 'Managing an Erection in Public' cards (Handout 7) per student.

› Point to each picture of the astronaut and explain what the astronaut is doing to manage their erection.

› Read out the following scenarios to students and ask them to look at the pictures in front of them and choose the picture they think is the best way to manage the erection in the scenario (they must choose one). Hold the picture up when you call out the scenario:

- ★ "You are in class, and you can feel you have an erection. This is a private body part, and you are at school, a public place. Out of the pictures in front of you, what would you choose to do to help manage your erection?"
- ★ "You are sitting in the movie theatre and start to feel you are getting an erection. The movies are a public place. Out of the pictures in front of you, how would you choose to manage your erection?"

Reflection

Remind students that erections are normal and can happen as you go through puberty and get older. Ask students to openly discuss this to ensure they are comfortable with ways to manage erections when they are in a public setting.

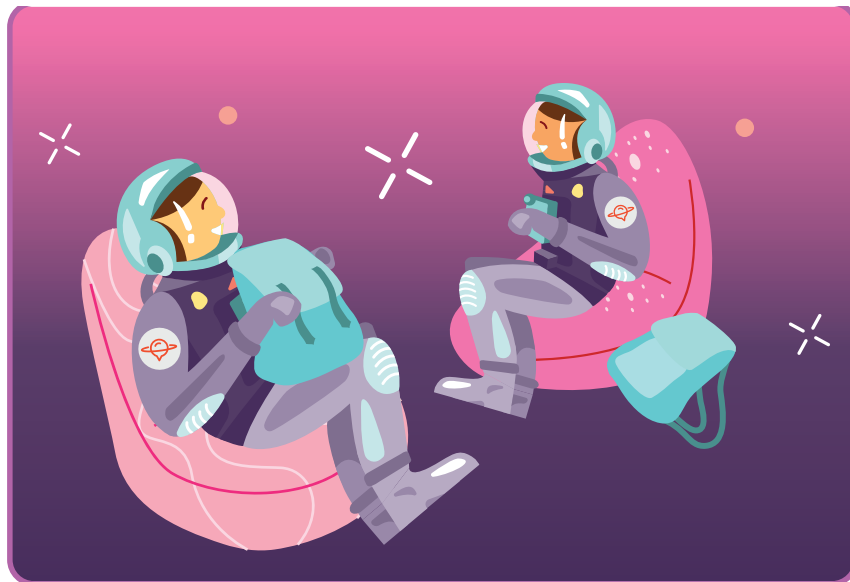
3 Erections – How and Why?

Handout 7

Managing an Erection in Public cards



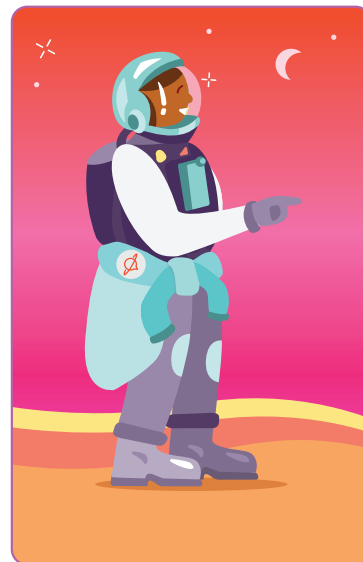
Play a game on your phone



Place a backpack or bag on your lap



Go to the toilet and shut the door



Tie a jumper around your waist

Lesson Details



Learning Intention

To support the young person to understand that wet dreams are normal and will happen less as you get older.



TIMING
10-12
MINS

Key messages

Wet dreams:

- › Happen to all people with a penis
- › Are normal
- › Are part of growing up, just like growing hair under your arms and getting taller
- › Will happen less often as they get older

Teacher's note

Normalise wet dreams, it means you are growing up.

Resources

- › ['What is a Wet Dream?' Video #1](#)
- › ['What is a Wet Dream?' video #2](#)
- › AV equipment

Preparation

Prepare the ['What is a Wet Dream?' Video #1](#) and ['What is a Wet Dream?' video #2](#) so it is ready for the class to watch.

4 Wet Dreams – How and Why?

Instructions

📖 Explain to students:

- ★ Sometimes erections can happen when a person is asleep, and they may ejaculate out of their penis. This is when white, sticky stuff called semen comes out of the tip of the penis. If a person ejaculates in their sleep, this is called a wet dream*
- ★ Wet dreams are the body's way of getting used to making sperm. Sperm lives in the testes
- ★ Wet dreams usually happen less often as boys get older

📖 Play [‘What is a Wet Dream?’ Video #1](#) and [‘What is a Wet Dream?’ video #2](#).

📖 After the video ask students:

- ★ “Do wet dreams happen at night-time?”
- ★ “Are wet dreams normal?”
- ★ “What can we do with our sheets if we have a wet dream?”

📖 Responses could include:

- ★ “Tell someone I trust”
- ★ “Put the sheets in the washing machine/basket”

Reflection

Remind students that wet dreams are normal. Ask students who they can speak to about a wet dream if they have questions. Possible answers could include parents, a trusted adult or a doctor.

