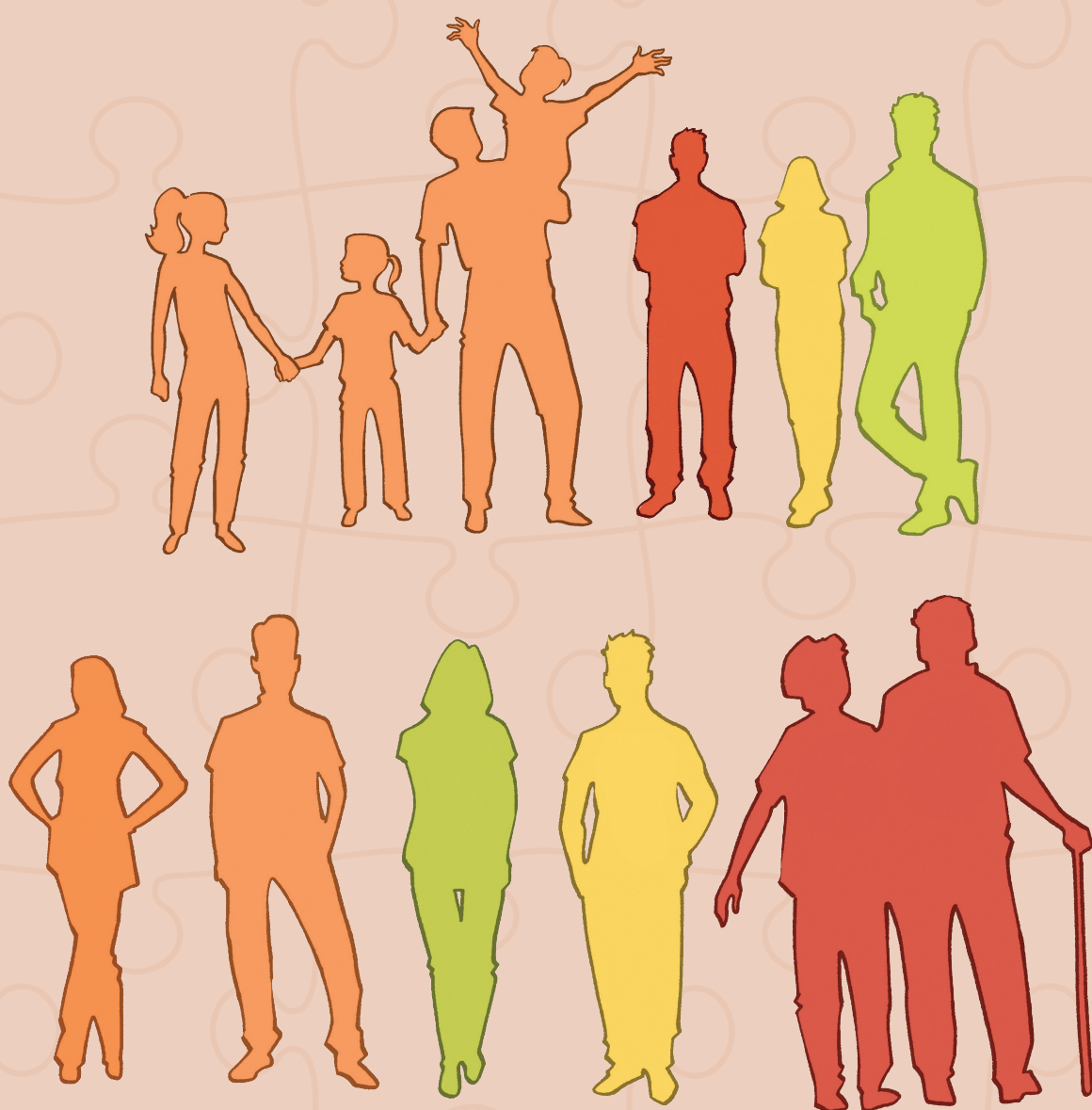


ERECTIONS, EJACULATION AND WET DREAMS



Ресурсни центар за специјалну едукацију

INTRODUCTION

This lesson plan is for educators and support people working with young people with intellectual disability and/or on the autism spectrum. It focuses on understanding *Erections, ejaculation, and wet dreams*, following the International Technical Guidance on Sexuality Education (ITGSE) framework under the theme *Human body and development*. The lesson explains that these changes are a normal part of puberty and growing up. It uses clear, age-appropriate language to reduce confusion and worry. Students learn how to understand what is happening to their bodies, respond in safe and private ways, and develop a positive and healthy view of sexual development.

This lesson plan uses evidence-based practices (EBPs), which are recognised as best practice for teaching students with intellectual disability and/or on the autism spectrum. It supports teacher delivery through age-appropriate educational videos developed by [Amaze.org](https://amaze.org).

This lesson is part of *Sex education for students with intellectual disability and on the autism spectrum: A practical methodology guide*, a resource that supports educators to deliver accessible, inclusive, and trauma-informed sex education to students aged 15 and over with intellectual disability and/or on the autism spectrum. Grounded in evidence-based practices, the Guide promotes the rights of students to sexual autonomy, safety, and well-being, aligning with the UN Convention on the Rights of Persons with Disabilities and the Sustainable Development Goals, which call for inclusive education, gender equality, and good health for all. The lesson content also reflects the key concepts outlined in the International Technical Guidance on Sexuality Education (ITGSE), ensuring that teaching is comprehensive, rights-based, and responsive to the learning needs and aspirations of students with disability.

[Full Guide](#)

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Disclaimer

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Erections, ejaculation and wet dreams



What does it mean?

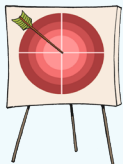
Erections, ejaculation and wet dreams are normal parts of puberty and sexual development. Teaching students about erections, ejaculation, and wet dreams involves providing clear and age-appropriate information about these natural bodily functions. This includes explaining that erections are when the penis becomes hard due to increased blood flow, often as a response to sexual arousal but sometimes for no apparent reason. Ejaculation is the release of semen from the penis, which can occur during sexual activity or spontaneously during sleep, known as wet dreams.



Why is it important?

Understanding erections, ejaculation, and wet dreams is important for high school students with intellectual disability and/or on the autism spectrum because it helps them make sense of their bodily changes during puberty. This knowledge reduces anxiety and confusion, promotes a healthy and positive attitude towards their sexual health, and ensures they recognise these experiences as normal aspects of development. Educating them about these functions fosters body awareness and helps them manage their sexual health with confidence and understanding.

Learning outcomes based on teacher's and student's perspectives

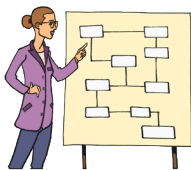


Learning outcomes

Students can explain how erection, ejaculation and wet dreams are natural, and a healthy part of human development.

Accessible learning outcome

I understand that erection, ejaculation and wet dreams are natural. They are part of going through puberty.



EXAMPLE LESSON PLAN

Topic: Erections, ejaculation and wet dreams

Note for teachers:

Teach this topic to the whole class as this is an important topic for all students to understand, regardless of their gender identity. It is then recommended that you provide a separate session with just the boys. This is so boys can ask questions they may not feel comfortable with asking in front of the girls.

Have a Private Question Box that students can put their questions in. This allows students to ask questions privately. It also gives you an opportunity to view the questions, assess if they are appropriate and relevant, and do some research to confidently and accurately answer the questions.

Learning outcomes	EBP/teaching strategy	Resources needed
Students can explain how erection, ejaculation and wet dreams are natural, and a healthy part of human development.	Sorting activity	Video player Appendix 1: Myths versus facts Private Question Box

Lesson sequence

Introduction: You are to introduce the topic by explaining:

We will be learning about erections, ejaculation and wet dreams.

Discuss with the class what they already know about erections, ejaculation and wet dreams.

Prompts:

- Have you heard the words erections, ejaculation and wet dreams before?
 - Do you know what they mean?
 - When do you think people with a penis would start to experience erections, ejaculation and wet dreams?
 - Do you think they are normal/natural?

Emphasise to the class:

- These are natural and health parts of going through puberty.
- They are not things to be embarrassed about.



Activity 1: Private Question Box

Put a box at the front of the classroom, explain to the class:

- You can add questions to the box at any time whilst learning about this topic.
- It is private and anonymous, so no one will know you are the person asking the question.
- I will then read the questions after class and if the questions are relevant and appropriate I will answer them during the last lesson.

Hand all students a piece of paper and ask them to write down any questions they have. All students (even if they have not asked a question) will then put the piece of paper into the box.



Activity 2: Boxers and Boners: A Puberty Guide

As a class, watch the [Boxers and boners: A puberty guide](#) video from Amaze.org on YouTube.

What did we learn from this video?

Prompts:

What are some of the changes that can happen when boys go through puberty?

- What is an erection?
 - “It is when blood flows to the penis making it go hard”.
- What is ejaculation?
 - “It happens during sex or masturbation and is when the penis releases sperm”.
- What is a wet dream?
 - “It is when someone ejaculates whilst they are sleeping”.
- When do you think it is appropriate to talk about erections, ejaculation and wet dreams? (For example, should

you talk about them on a public bus, or when you are in private with a close friend you trust?)

- Who do you think you can talk about erections, ejaculation and wet dreams with?

Remind students that they can add to the Private Question Box if they have any new questions.



Activity 3: Myths vs Facts

The teacher distributes [Appendix 1: Myths versus facts](#) to the class. Students can work interdependently or in a small group to complete the activity.

These are some common misconceptions people have about erections, ejaculation and wet dreams.

Students are to organise the statements into which category they think is most appropriate, is the statement a myth or is it a fact. Remind students that they can add to the Private Question Box if they have any new questions.



Activity 4: Private Question Box – Answer time

Prior to this activity it is important that you go through all the questions and evaluate if the questions are relevant and appropriate to the topic.

If you are unsure of how to answer some of the questions, please see the resources that are provided in this guide. It is important to provide students with accurate, age appropriate and evidence-based information.

Read out the questions you have selected are suitable for this topic from the Private Question Box. Ask students if they think they know the answer the question. Answer the question, providing accurate, age appropriate and evidence-based information.

Conclusion: Recap what was taught during the lesson emphasising that erections, ejaculation and wet dreams are a natural and health parts of going through puberty.

Ask students if they can explain what erections, ejaculation and wet dreams are.



Teacher reflection

Reflect on the lesson asking yourself:

- Did the lesson cater to the diverse learning preferences and needs of the students?
- Were the learning outcomes clearly addressed and achieved?
- If I am a woman, did the students respond to this topic being delivered by a female teacher?
- Would they feel more comfortable discussing this topic with a male teacher?
- How can I build on this lesson to support students to continue to develop their knowledge and understanding about erections, ejaculation and wet dreams?
- How can I follow on from this activity in a 'boys only' session?
- Were there any parts of this lesson that should be recapped or repeated to help students consolidate their learning?

Appendix 1: Myths vs facts

BACK

Myths	Facts

Wet dreams are a sign of a serious health problem.	Ejaculation can only happen during sexual activity or when you touch yourself.	You can stop or prevent wet dreams from happening.
I can sometimes get an erection when I don't want to get one.	Wet dreams are natural and normal.	Erections are natural and normal.
Ejaculation is natural and normal.	You can ejaculate without having an orgasm.	You only ejaculate when you have an orgasm.

Wet dreams cannot be stopped or controlled.

Erections only happen when I want them to happen.

Different people will have a different number of wet dreams. We are not all the same.