

### **Why does my voice crack, and sometimes go higher and then lower?**

The hormones in puberty will cause your vocal cords to get thicker and longer. One day, your high-pitched voice will suddenly "crack." This is normal and will eventually stop. When it does, your voice will be deeper, and it will stay that way.

Your voice won't change, though, until you are almost done with puberty.

### **What are "wet dreams?"**

A wet dream is when semen comes out of your penis while you sleep. Usually, a wet dream happens while you're having a dream about sex but not always. You may not even remember the dream.

### **Why do I have "wet dreams?"**

When males go through puberty, their body starts producing the hormone testosterone. Once your body makes testosterone, it can release sperm. This means you'll be able to fertilize an egg if you decide to have a baby in the future. It also means you can get a girl pregnant if you have sex. Semen can build up inside your body. One way that semen gets released is with a wet dream.

### **Does every guy have them? How often is "normal?"**

Wet dreams are a normal part of growing up, but not every teenage boy has them. Whether you have a lot of them or you don't have any, it doesn't mean there's anything wrong with you.

Some guys have wet dreams a few times a week. Others may only have a couple of wet dreams during their entire life. (Some research shows that you might be more likely to have sexual dreams if you sleep on your stomach.)

### **What to Do if You Have a Wet Dream**

When you wake up, clean yourself. Wash your penis and testicles with soap and water, including the area underneath your foreskin if you aren't circumcised.

If you feel guilty or uncomfortable about having wet dreams -- or about a certain wet dream that you had -- talk to someone. Sit down with a doctor, parent, counselor, or another adult you trust.

### **Why am I starting to grow breasts?**

At around age 13, you may notice a temporary growth in the size of your breasts. That can last anywhere between 6 and 18 months. This is normal, and is caused by all the hormones your body is making.

### **Why do I sometimes get an erection even when I'm not thinking about sex?**

Erections are a normal and (sometimes random) part of growing up and going through puberty. They are a perfectly normal part of puberty, and the older you get, the more control you will have over them. While you probably think it's embarrassing, erections are a fact of male life. Just remember, your mind can be very powerful in controlling your erections.

