



MALE ANATOMY 201

ACTIVITY: Dear Little Brother Letter

Directions:

Students will work individually or in pairs to write a letter to an imagined little brother who just experienced his first wet dream. The objectives of assignment are to:

1. Practice sharing factual information about male anatomy
2. Reassure that changes during puberty are perfectly normal.

Use the following writing prompt:

This morning, you saw your 11-year-old brother frantically putting his bedding in the washing machine before school. When you asked him about it, he seemed embarrassed and admitted that when he woke up, the bed was sticky and wet and he wasn't sure why. You wish somebody would have reassured you! You decide to write him a note explaining:

- *What wet dreams are and how they work*
- *How to deal with them*
- *Why they are a normal part of sexual development*
- *Other helpful information and advice about the physical changes of puberty*

In your letter, be authentic, but make sure to stick to correct terms and factual information and try to deliver guidance in a caring, non-judgemental tone to reassure your sibling that everything will be okay. If you're tempted to be funny, find a way to do it that doesn't make your imaginary little brother feel embarrassed or awkward!