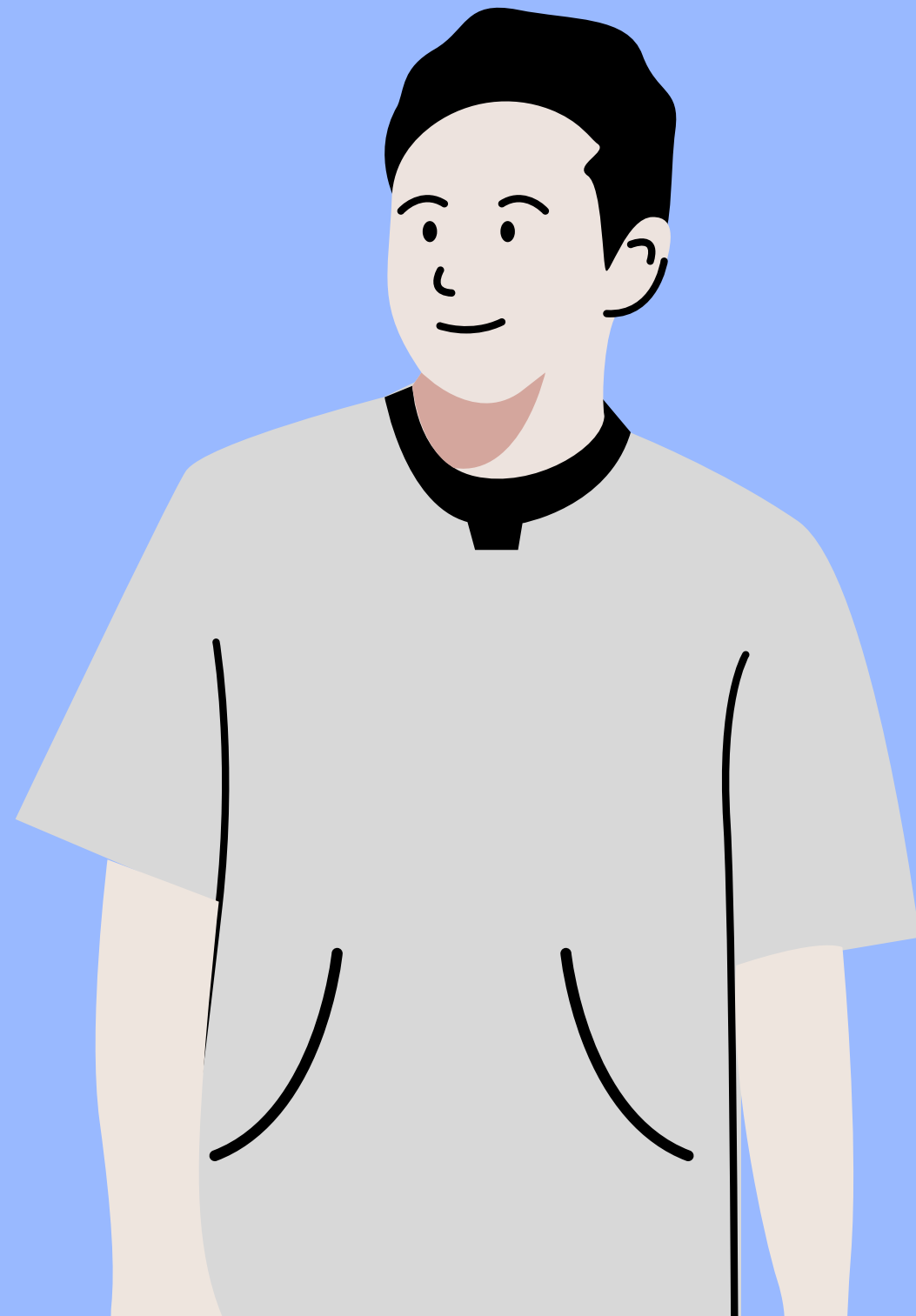


A MUSLIM BOY'S GUIDE TO puberty

EMBRACE THE CHANGE

Written by Dr Ferhat Uddin and Samia Ahmed

OVERVIEW

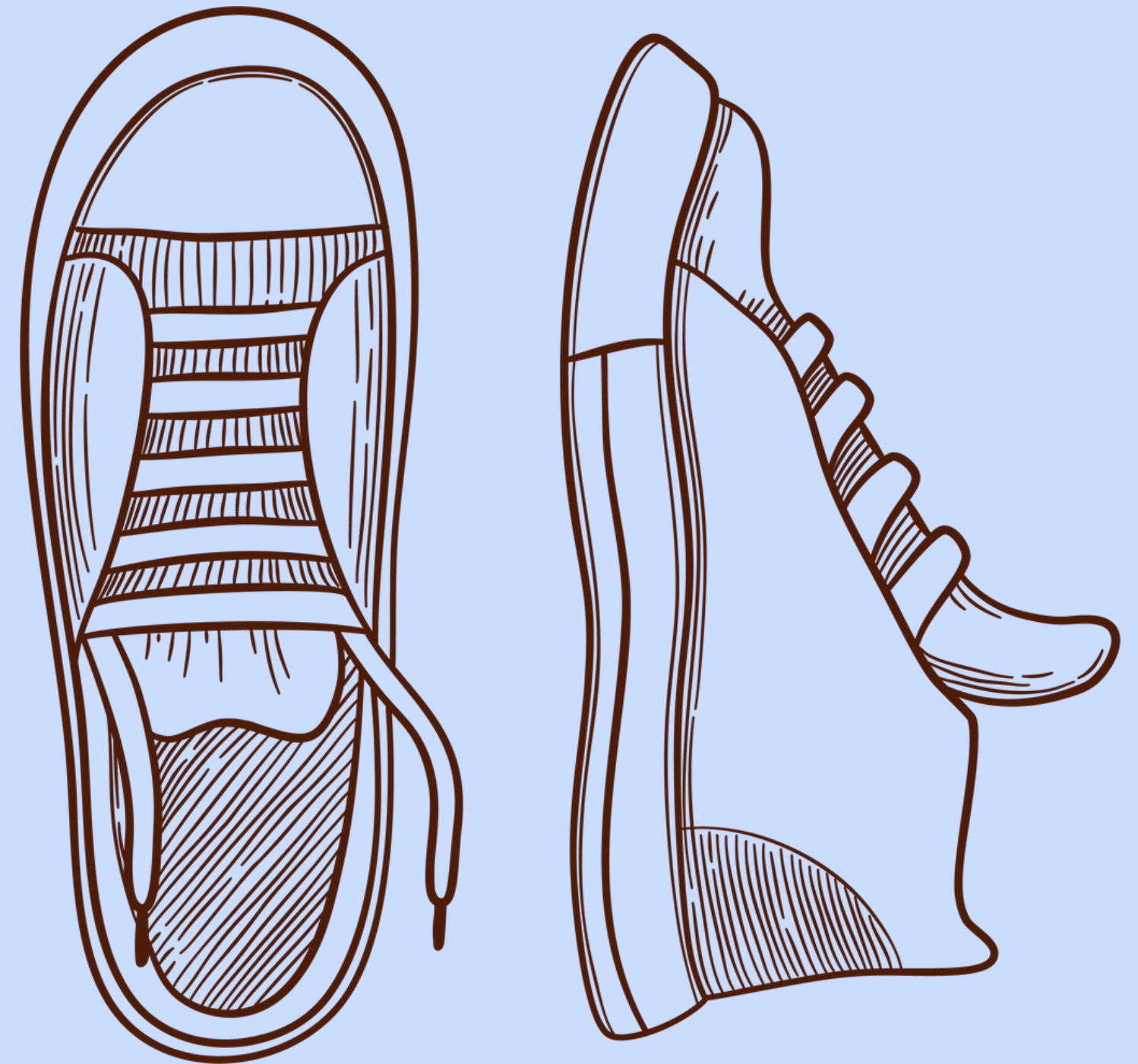


- 1 What is puberty?
- 2 When does it occur?
- 3 What are the main physical and emotional changes during puberty?
(Mood swings, hair, voice, sexual reproduction and more)
- 4 Hygiene during puberty
- 5 How is puberty different for a Muslim boy? (Tips)
- 6 Nutrition/Technology
- 7 Action plan

WHAT IS PUBERTY?

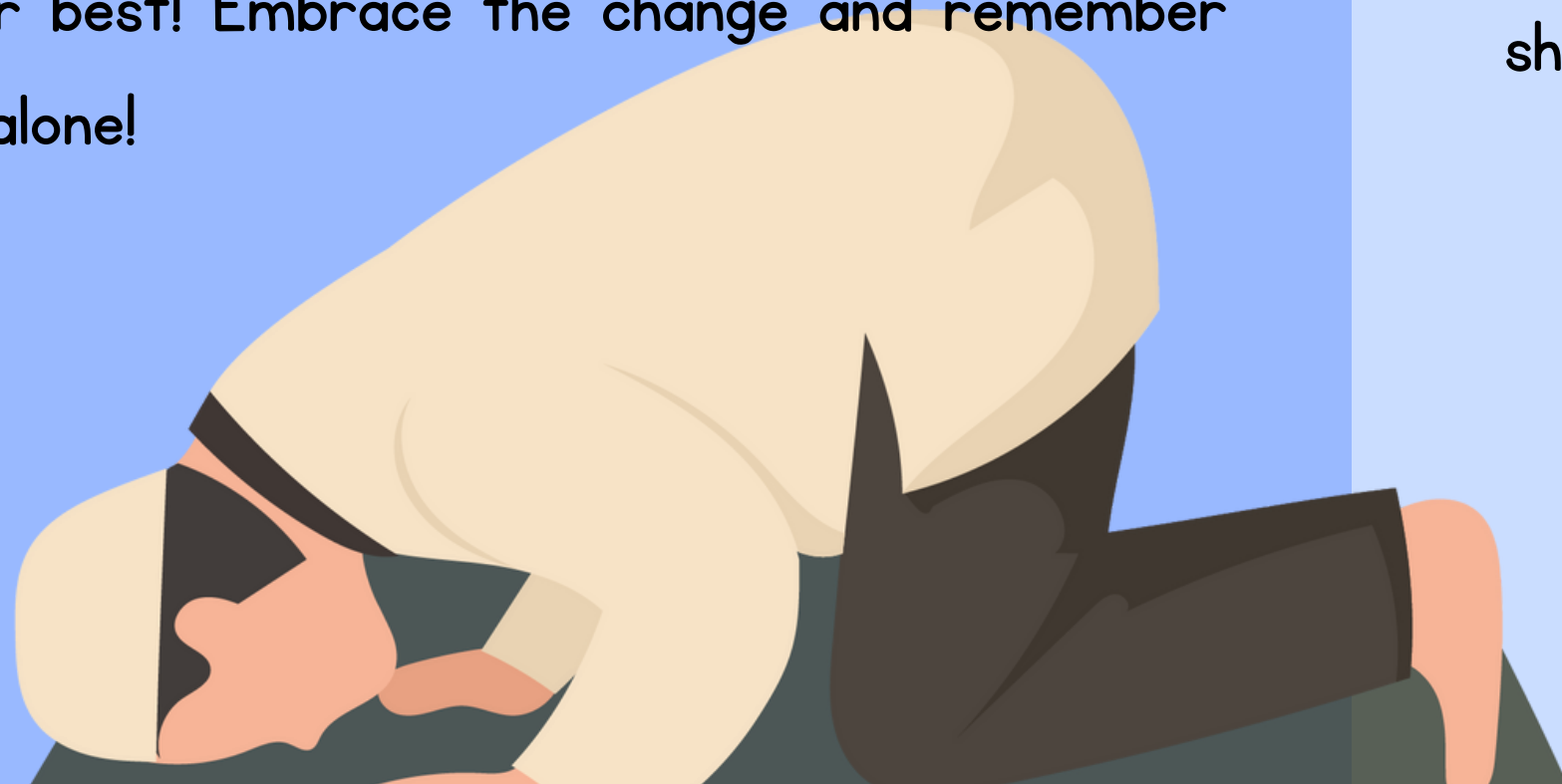
Puberty is a natural phase that every boy goes through as he grows older. It's a time when your body goes through significant changes, like growing taller, your voice deepening, and the development of facial hair. These changes are a sign that you're transitioning from being a child to becoming an adult. But it's not just physical - your emotions and feelings might also become more intense during this time. Puberty is a unique journey for each person, but as Muslim boys, it's crucial to remember that it's also a part of Allah's plan for us. It's a time when we should continue to strengthen our faith, maintain our prayers, and seek guidance from our parents, teachers, and trusted elders as we navigate this important phase of life. Read on to find out more!

Take the right steps to learn and the Journey will become more comfortable Inshallah!



A SPECIAL TIME

Overall, puberty is a special time when Allah entrusts you with greater responsibility: your prayers and fasts are now fard upon you and you are held accountable for your deeds. Allah is kind and forgiving and has given you the challenges of puberty to allow you to grow and learn. Just do your best! Embrace the change and remember you are not alone!



In Islam, we embrace the teenage years as a natural transition to becoming a young man, InshAllah! It's an opportunity to build wonderful relationships with your parents. Understanding and forgiveness are key if misunderstandings arise. Remember, patience is crucial for you, your parents, and your siblings. None of us are perfect! Take things one day at a time. We all make mistakes, but wise kids will think about how to navigate this phase without falling into serious trouble, which can have lasting consequences. That's where TAQWA (avoiding what Allah dislikes and doing what Allah approves of) becomes your shield.



WHEN DOES PUBERTY OCCUR?

Boys develop a tad slower than girls. On average, male puberty starts between the ages of 11 and 12, with some exceptions. For some, puberty begins as early as nine years old (precocious puberty), while for others, it begins at 14 (delayed puberty).

If your peers start experiencing changes before you, that's fine. It doesn't mean there's something wrong with you. It's important to remember that every boy goes through the same puberty stages for males at different rates. Some boys develop faster than others. When we understand that everything in our body is under Allah's control and some matters we can't have control of, we start to feel comfortable knowing that everything will occur at the right time. This takes the pressure off!



WHAT ARE THE MAIN CHANGES TO THE BODY AND EMOTIONS DURING PUBERTY?



Hair, sweating and acne

Mood Swings

More conscious of onself

Body shape and size

Self esteem

Voice change

Private part and Testicle
Growth

Peer pressure

NOW LETS LOOK AT THESE IN MORE DETAIL

Hair, Sweating, and Acne

One of the first signs you'll notice at the onset of puberty is hair growth. Not on your head, of course, but in places they'd never grown before. Chin. Chest. Underarm. Pubic area. Causing you to need to shave often. At the same time, you'll start to sweat - a lot. This is because your body releases hormones that cause your sweat glands to become more active. Unfortunately, they may also trigger oily secretions from your skin, often leading to acne breakouts. You probably will notice this than others and remember most people go through this and overcome it. It's just a phase. If you feel very conscious or upset talk to your parents and they can advise you whether to see a GP.



BODY SHAPE/SIZE

Be ready to get bigger-sized shirts and trousers as puberty comes with growth spurts. That is, you will increase in height rapidly, outgrowing your current wardrobe. Your shoulders will broaden, and your muscles will become more defined, making you stronger. It's actually amusing seeing how you exceed the height of some of your family members, like your mum!



VOICE CHANGE?

As your growth starts to slow down, your voice will change. Your vocal cords and voice box become heavier, deepening your voice in the process. Expect a bit of a crack in your voice at first before the 'baritone' kicks in.



Your
VOICE
MATTERS

REAL STUFF!



I KNOW THIS CAN BE A BIT EMBARRASSING BUT TRY AND LOOK AT IT FROM A FACTUAL PERSPECTIVE. ALLAH ALMIGHTY CREATED OUR BODY SO IT'S NATURAL.

Sexual reproduction

Male puberty prepares boys for sexual reproduction. As a result, your penis and testicles will increase in size and length (penis). Some people may experience papules, small pimple-like bumps on the penis. Don't worry; they are normal and harmless.

Secretions

Alongside genital growth comes nightly secretions from your penis called 'wet dreams'. This may be accompanied by sexual dreams in some cases. Purification by bathing or 'ghusl' after a wet dream is required before you can pray or hold the Quran again.

Desires

As puberty is a stage of sexual maturation, it is accompanied by desires and thoughts that are preparing you for marriage and future fatherhood. Girlfriends and sexual relations before marriage are outside the bounds of Islam. Setting an example as a Muslim by treating women with high respect and within clear boundaries, is one of the tests of teenagerhood, which Allah will surely reward you for. As teenagers can be impulsive they can end up making some choices that have serious repercussions. The more you are conscious of Allah, the more you will keep out of trouble as you navigate your way out of being a teenager into a mature adult. Imagine the reward in Jannah for those who pass these tests. You may hear lots of things about teenagers but remember this phase of life can be celebrated, rather than it being burdensome.

MOOD SWINGS



One minute you're happy. The next, you're mad at the world. Mood swings come with the territory and are common during male puberty. You'll experience a range of intense emotions as your mind adjusts to hormonal signals from your brain. Try to take it easy with yourself and those around you. Understand that it's the hormones acting up, not you. Don't be too tough on yourself, and remember that your parents care about you deeply. Sometimes they might say things because they want what's best for you, even if it doesn't always feel that way. If things get intense at home, it's a good idea to step back, find a peaceful space, and remember that Allah is always there for you. He knows what you're dealing with, so turning to Him for guidance and support can be really comforting.



During puberty, good nutrition is essential because your body is going through significant changes and growth. You need a balanced diet that includes a variety of foods like fruits, vegetables, lean proteins, whole grains, and dairy products. These provide the necessary vitamins, minerals, and energy your body needs to develop properly. Lots of children buy sugary snacks after school but you don't need to follow others. Keep those non-nutritional snacks as treats!

It's also important to stay hydrated by drinking plenty of water. While it's normal to have increased appetites during this time, it's crucial that proper nutrition supports not only physical growth but also helps in maintaining good mental and emotional health during this transformative phase of life. We know the body is a trust from Allah and we need to look after it!



TECHNOLOGY



You already know too much screen time isn't good but let's discuss another issue here!

Remember we said that most impulsive actions can lead you into trouble? Well, sending messages on any social media platforms like WhatsApp, Snapchat and others, should be thought about before you press the send button. Be careful not to send any inappropriate images and if you receive any, delete them!

THINK WILL ALLAH BE PLEASED
WITH IT!

Is it useful?

•

Is

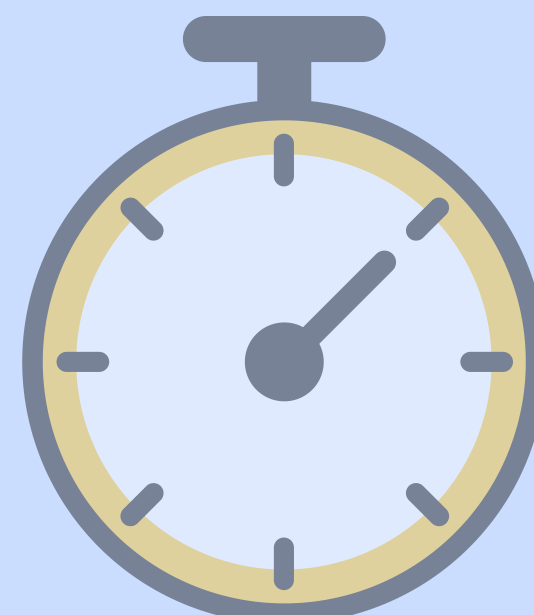
Can it get me into trouble?

Will I hurt or offend anyone?

Is it more sensible to have a conversation than putting it in writing?



HYGIENE TIPS FOR PUBERTY



Shower regularly

And by “regularly”, we mean every single day. Focus on areas where you sweat the most. Armpits. Groin. Neck.

Smell good!

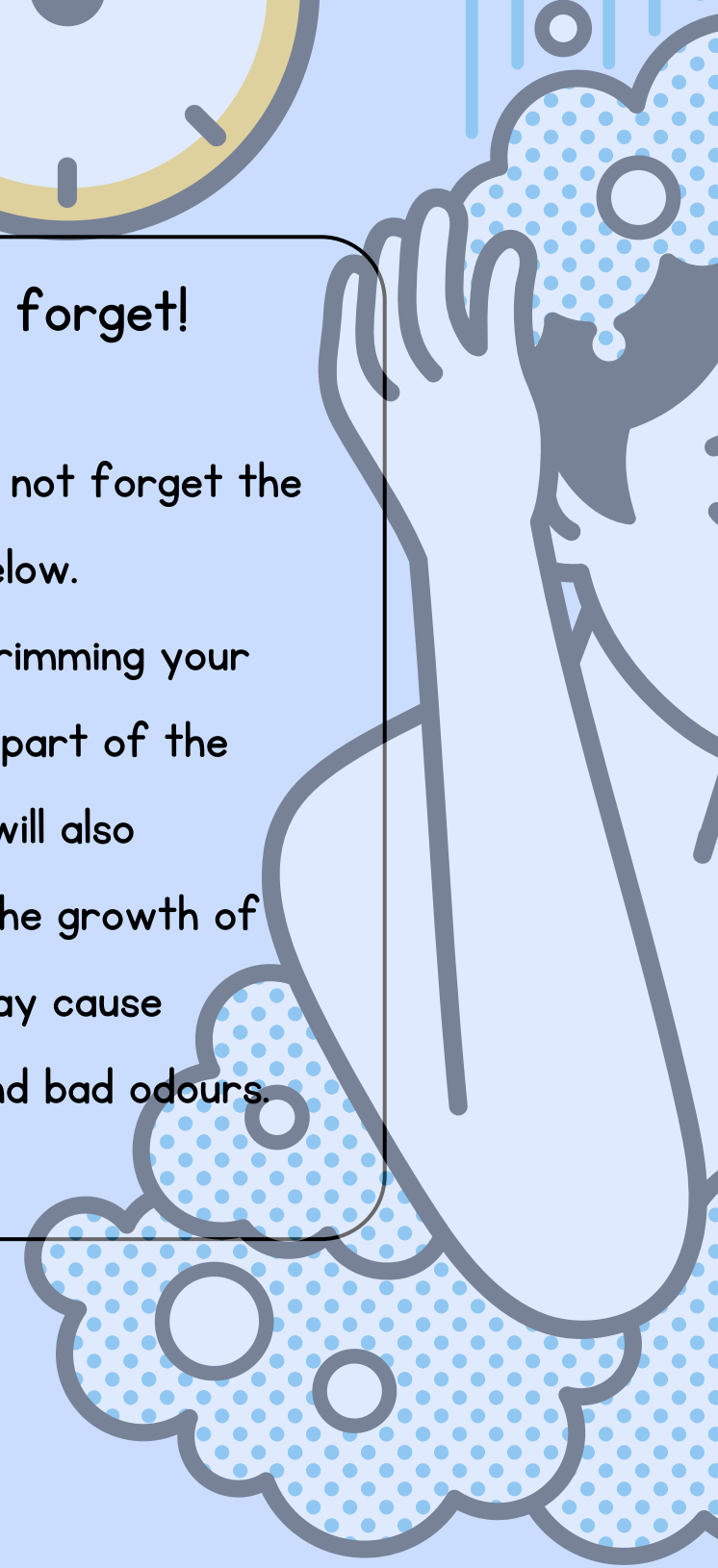
Using deodorants or antiperspirants are a great way to ensure you smell fresh all day long. You may want to carry an extra can in your bag when you hit the gym or after sports.

Do I need to shave?

How often you shave is determined by how much hair you have and how fast it grows. Typically, it would be best to shave your beard twice a month.

Don't forget!

Oh, and let's not forget the hair down below. Grooming/ trimming your pubic hair is part of the Sunnah and will also discourage the growth of bugs that may cause infections and bad odours.



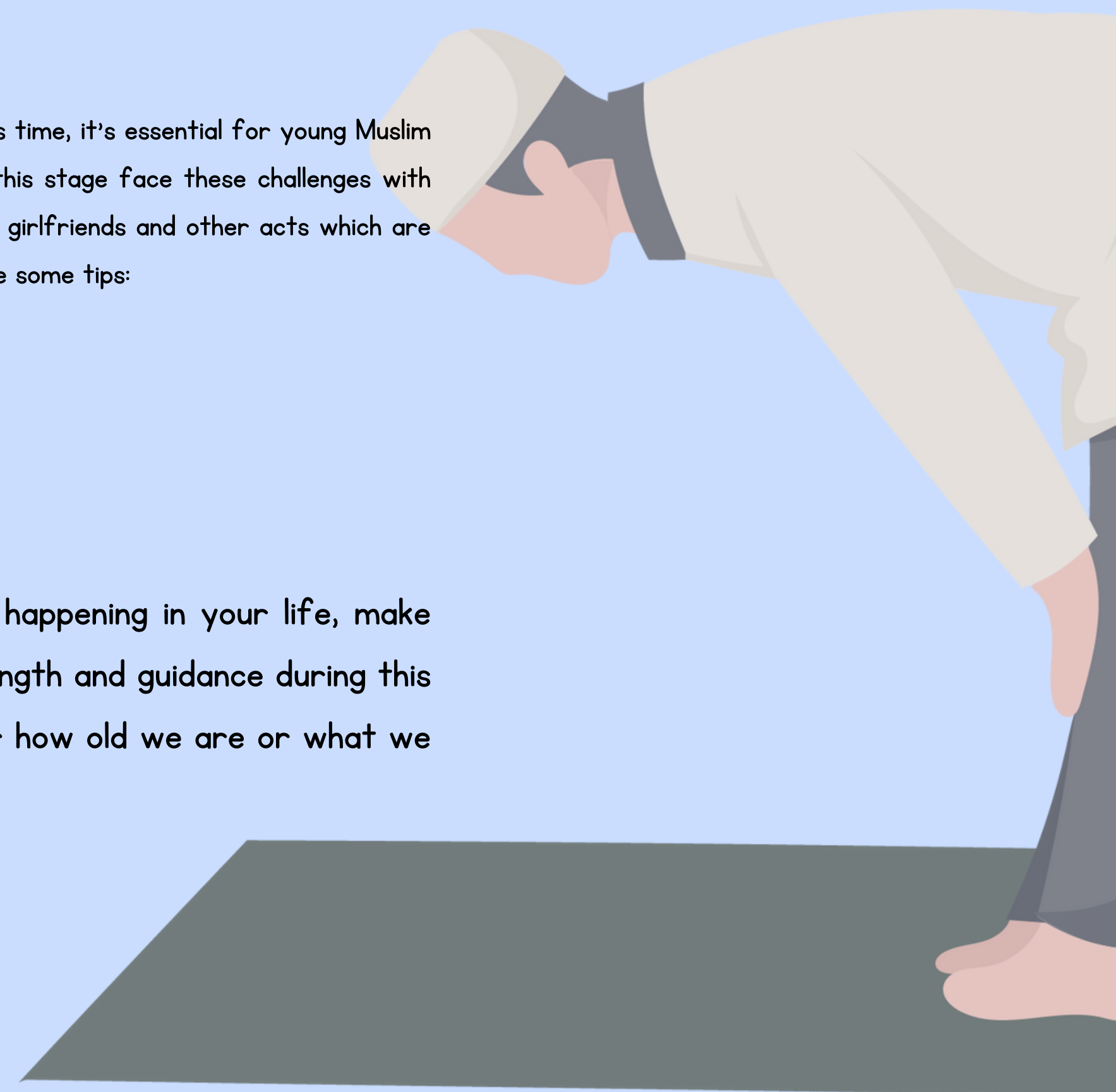
Good personal hygiene practices should be a part of everyday life and become all the more important as you hit puberty. You will feel better about yourself and more confident too!

HOW IS PUBERTY DIFFERENT FOR A MUSLIM BOY?

Puberty is a significant phase in a Muslim boy's life, and it marks a transition towards adulthood. During this time, it's essential for young Muslim boys to maintain their faith, practice self-discipline, and adhere to the teachings of Islam. All boys at this stage face these challenges with physical change and emotions. Some may lean towards releasing these emotions through drinking, partying, girlfriends and other acts which are considered haram in Islam. Muslims on the other hand see this as a test to maintain their purity, so here are some tips:

MAINTAIN YOUR SALAH (PRAYERS):

Your daily prayers are a fundamental pillar of Islam. Regardless of the changes happening in your life, make sure to continue performing your five daily prayers. It's a source of spiritual strength and guidance during this period. Remember life phases change but Allah is a constant. This means no matter how old we are or what we are going through salah is a constant connection and obligation.



HOW IS PUBERTY DIFFERENT FOR A MUSLIM BOY?

Learn About Taharah (Purity)

As you experience physical changes, it's crucial to understand the rules of cleanliness and purification in Islam. Learn how to perform wudu (ablution) and ghusl (ritual bath) properly.

Understand the Significance of Modesty

Puberty can bring about a heightened awareness of one's body. Islam emphasises modesty in dress and behaviour. Make sure to dress modestly and lower your gaze when necessary, as these actions are in line with Islamic teachings. It's normal to have feelings or crushes on girls sometimes but this is a test and we need to ensure it does not lead to any physical relationship. Islam respects women and gives them honour through marriage to show these feelings. Boyfriends and girlfriends are not approved by Allah Almighty, Our Creator, The One who Knows what is best for us.



HOW IS PUBERTY DIFFERENT FOR A MUSLIM BOY?



Seek Knowledge:

Continue your education, both in secular and Islamic studies. Knowledge is highly valued in Islam, and it's a lifelong pursuit. Seek guidance from knowledgeable scholars and mentors.

You and your parents:

Your parents have a crucial role in helping you navigate this phase of your life. It's important to demonstrate respect, follow their reasonable requests, and have open communication with them about your thoughts and worries. Keep in mind that they are your allies and have your best interests at heart! Building a strong connection filled with love, trust, and understanding with them is key. Despite what we often hear and see about teenagers and parents conflicting, Islam encourages mutual respect and comprehension as our aim. Achieving this is possible if we align our mindset with this concept.

HOW IS PUBERTY DIFFERENT FOR A MUSLIM BOY?

HELPFUL
TIPS

Activities:

With the onset of puberty, you might face increased temptations and peer pressure. Stay strong in your faith and avoid sinful activities, such as alcohol, drugs, and premarital relationships. What has become normalised in society doesn't make it right! Find alternative fun activities like sports, gym, projects, and anything else Halal you enjoy! Relax and have fun.

Build a Strong Character:

Focus on building a strong moral character based on Islamic values. This includes qualities like honesty, kindness, humility, and patience. If you fall short, pick yourself up and start again. Never give up!



HOW IS PUBERTY DIFFERENT FOR A MUSLIM BOY?

Community and Friendships:

Stay connected with your Muslim community and cultivate strong bonds of brotherhood with fellow Muslims. These relationships can provide support, encouragement, and positive influences in your life.

Be Mindful of Your Speech:

Use respectful and kind language when communicating with others. Avoid backbiting, gossiping, and swearing, as they are sinful in Islam.

Learn About the Prophet's Life:

Studying the life of the Prophet Muhammad (peace be upon him) can provide valuable insights and guidance for navigating adolescence and adulthood in accordance with Islamic principles. It might be just reading a simple book or attending a class or circle.



ACTION PLAN

Write down the things you can do to make going through puberty easier and the things you should stay away from.

Physical

Emotional

Nutrition

Character building

Positive Hobbies

Islamic duties

Hygiene

Avoid

Write your ideas in the boxes below and discuss with a parent for support.

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on these slides

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It is important to consult scholars and knowledgeable individuals to understand the detailed rulings and guidelines related to any issues in Islam and please consult your GP on any specific medical issues.

These slides are scholarly approved by
Shaykh Haytham Tamim
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