





Blooming Into a Young Muslim Woman

A presentation on puberty



Introduction

Puberty is a big milestone in your life as a Muslim girl! Reaching puberty marks the exciting transition from childhood to adulthood in Islam. It comes with some new rules and ways of living, both physically and spiritually. Here's what you need to know:






01

Signs of Puberty





Some of the signs that a girl is reaching the age of puberty:

- growing of armpit hair and pubic hair
- development of acne
- Growing of the chest
- Stomach cramps
- **having a period is the primary sign**
- Some girls begin puberty as early as 9, but average is 10-11

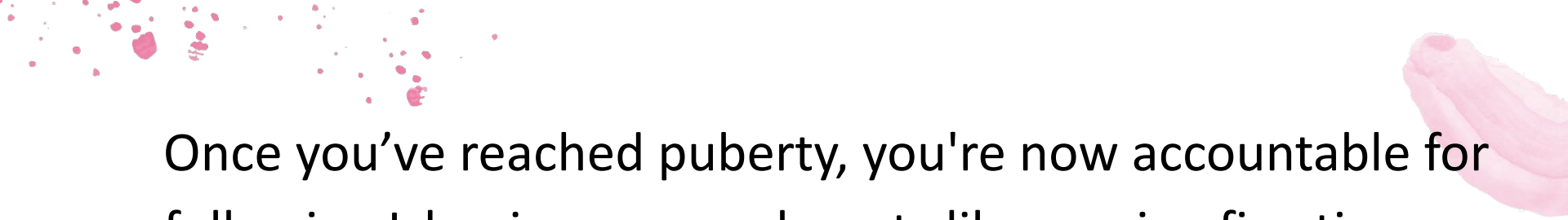


At this age you may also start feeling attracted to boys. It's completely normal to have these feelings, however in Islam, we manage these feelings in the manner that Allah has told us to; with adab (respect for yourself and others) and lowering the gaze.




02

Being Responsible to Allah



Once you've reached puberty, you're now accountable for following Islamic commandments like praying five times a day and fasting during Ramadan. Your deeds are being recorded and you are now responsible for your acts of worship.



Cleanliness is super important in Islam, especially for acts of worship like prayer. This includes using the bathroom properly (washing up with water after using toilet paper), making wudu, amongst other things:



Using the bathroom:


- Ensure the toilet is clean before using,
- read the duas when entering and leaving the bathroom
- enter with the left foot and exit with the right foot.
- Wearing shoes or slippers and covering the head is recommended.
- While using the bathroom, it's important to avoid facing the direction of prayer (Qiblah). If you're in a public restroom, bringing a water bottle and flushable wipes can help you maintain proper cleanliness.



Period and Ghusl

Your Period: The Islamic term for menstruation is "*hayd*." During this time, you won't be able to pray or fast, but there are many resources to help you track your cycle and understand the specific rulings.

Taking a Ghusl: After your period ends, you'll need to perform a special full-body bath or shower called a "ghusl." It is also sunnah to perform ghusl every Jumu'ah.




The method of ghusl is as follows: Make an intention, gargle and rinse your nose three times each, then pour water over your entire body, making sure it reaches every area, including your hair, scalp, and behind the ears. Pay particular attention to areas that might be easily missed, like your back, underarms, and between your toes.

Hijab

- **Wearing Hijab** - Hijab literally means “to cover” and is more than just a headscarf. It's about fulfilling a command of Allah, modesty, and setting boundaries with people you can't marry (these are called non-mahrams). Part of Hijab is covering your *awrah*, which is everything except your hands, face, and feet with loose and non-transparent clothing that doesn't draw unnecessary attention. Muslim women wear Hijab because it pleases Allah, not to impress anyone else.
- It is obligatory for the Muslim woman to observe hijab in front of those who are non-*mahram* to her. A *non-mahram male* is any male who you are allowed to marry. If a Muslim woman observes Hijab properly, and is patient in wearing Hijab, Allah will reward her greatly in this life and the next life.




Other things to Remember

- **Removing Body Hair and Clipping Nails:** Once hair starts growing in your armpits and pubic area, it's important to remove it regularly. You should also clip your fingernails and toenails regularly. Make sure you remove this hair and clip your nails at least once every 40 days, but preferably on a more regular basis.
 - **Praying and Making Wudu at School:** If it's tough to do wudu for prayer at school, you can talk to a teacher about using a private bathroom or you can wear special socks that allow you to make wudu over them instead of washing your feet directly. There might also be a prayer space available at school, so don't hesitate to ask about it.
- 



Puberty is a Big Change but You're Not Alone!

Reaching puberty can be confusing, but it's a normal part of growing up. If you ever have questions or need advice, don't be afraid to ask someone you trust, like a parent or religious teacher. Remember, this is an important step in your journey as a Muslim woman!



References

1. [Explaining Puberty For a Muslim Child — Zakeeya Ali](#)
2. [Female Hygiene | Islamic Portal](#) (booklet and reference)
3. <https://mensesmatters.org/wp-content/uploads/2021/11/Young-Muslimas-guide-to-Puberty.pdf> (detailed powerpoint on a girl's guide to puberty)



JazakAllah Khairan!

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik**

For more resources,
visit mesba.org