



Growing Into a Young Muslim Man

A presentation on puberty




Introduction

Puberty is a big milestone in your life as a Muslim boy! 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:







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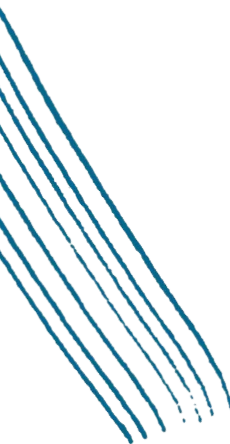
Signs of Puberty





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

- growing of armpit hair and pubic hair
- voice changing and cracking
- development of acne
- **having a wet dream is the primary sign**
- Some boys begin puberty as early as 10 or 11





At this age you may also start feeling attracted to girls. 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.



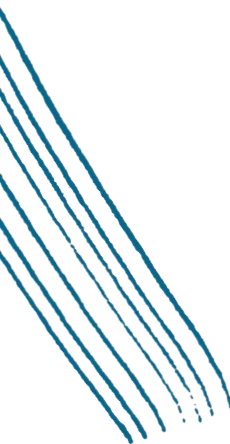
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Being Responsible To Allah





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:

Covering the Awrah: This is the part of the body which must be covered at all times in front of others. For men, this part is from the belly button to the knees.

Using the Bathroom

Correctly

- Ensure the toilet is clean before use.
- 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.

Istibra: is a process to ensure that no urine drops remain after urinating

- Istibra can be done by shaking or squeezing the private part gently, coughing, or pouring a little water over the private part and waiting.
- Repeat *Istinja* (washing) if urine droplets come out.

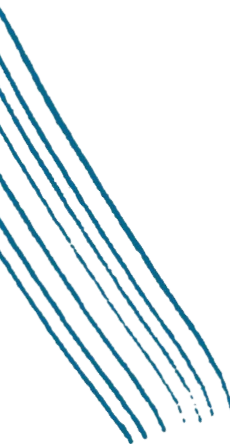
“Wet Dreams” and Ghusl

- **Nocturnal Emission (Wet Dreams):** Waking up to find wetness in your clothing is a normal part of puberty.
 - In a situation like this, your ghusl (state of ritual purity) breaks. To regain ritual purity, simply make ghusl.
 - Your clothes and bed sheets also must be washed if they contain impure bodily fluids.
- **Taking a Ghusl:** If you have a “wet dream” you'll need to perform a "ghusl." It is also sunnah to perform ghusl every Jumuah.
 - 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 every part of the body is wet
 - Pay particular attention to areas that might be easily missed like your back, underarms, and between your toes.




Other Things to Remember



- **Removing Body Hair and Clipping Nails:** Once hair starts growing in your armpits and pubic (private-parts) 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.
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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 man!



References:

[Explaining Puberty For a Muslim Child — Zakeeya Ali](#)

[Male Hygiene | Islamic Portal](#)





JazakAllah Khairan!

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