



An introduction to puberty and becoming *baligha*.

In accordance with the *Hanafi madhab*



WHEN WILL YOU BECOME AN ADULT?

Have you ever wondered when will you become an adult? Do you just wake up one morning and find you're not a child anymore? Puberty is the time in a person's life when they begin to change from a child in to an adult and it happens gradually. **All adults have been through puberty.** Girls usually start puberty before boys but there is no exact time when puberty will start. Your body will change and grow at the exact time the Almighty wants it to happen.

***God has the most beautiful names and He is Al-Khaliq, Al-Bari and Al-Musawwir.
(The Creator, The Inventor, The Designer).***

PUBERTY - HOW YOUR BODY WILL CHANGE

The first sign of puberty is that you might notice that your chest is not flat anymore. The changes can make you feel awkward and uncomfortable but know that these changes are by the will of God, the best of all creators, the One who creates from nothing, the best of all designers.

Changes that follow include:

- Your chest area will continue to develop.
- Pubic hair (the hair in your private parts area) will continue to grow and become much thicker and curlier.
- Hair begins to grow in the underarms and maybe some on top of your lips.
- You will sweat a lot more.
- You may get more spots (called blackheads, whiteheads and postules) on your face and skin. This is called acne.
- You may begin to notice a white thick liquid from your private area. This is called discharge. It is normal.
- You will grow in height (called a growth spurt) until you reach your adult height.
- You will also begin to put on more weight.
- Your body will also become more curvier; with wider hips and a narrower waist.
- And most importantly you will begin menstruation.



Aside from physical changes, your mood and attitude can change too. This can be a very challenging time for some young people. You may have all sorts of questions in your head and may want to try new things. But focussing on your goals, having a good support network and a strong foundation of beliefs can help you get through puberty happily.

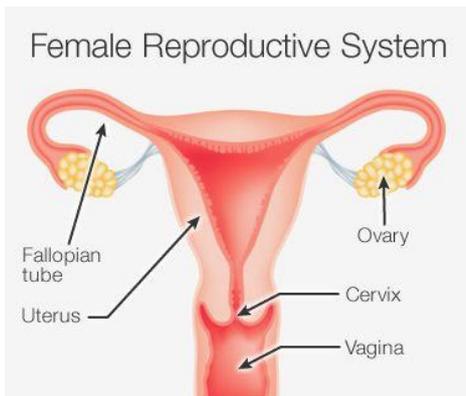
WHAT IS MENSTRUATION?

Menstruation (period or hayd) is the bleeding a woman has every month for about a week from inside her body. According to Islam, a woman can only have a period after the age of 9. The blood leaves the body from your private area. Men do not get periods. It is not painful although you might have a small tummy ache or cramps.

THE MENSTRUAL CYCLE

From the first day of your period to the day before the next period is one 'menstrual cycle'. Let's have a look at what is happening inside your body during one cycle.

The reproductive parts of your body are the parts which are involved in menstruation. It is also the part of your body which is involved in having a baby.



Your reproductive system is made up of:

- **Ovaries:** You have two. Your eggs are developed and stored here.
- **Fallopian tubes:** Thin tubes that connect your ovaries to your uterus.
- **Uterus (womb):** This is where a baby will grow.
- **Cervix:** This is the entrance to the womb.
- **Vagina:** The tube which leads to the opening. Your period flows out from here. Babies are born by leaving the womb through the cervix and the vagina.

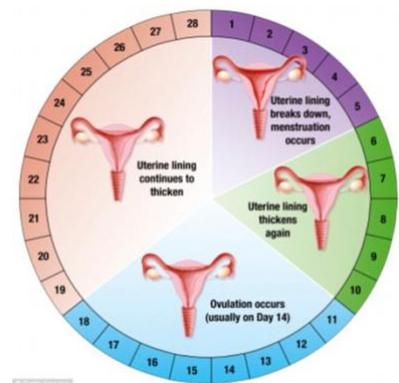
In Arabic the word for womb is RAHAM. Does this word sound familiar at all?

Did you also know that your womb is about the size of a pear, but God al Basit (the Expander) makes it expand so that the baby can develop in there.

WHAT HAPPENS INSIDE YOU BODY EVERY MONTH?

Every month this is what happens in your body:

1. **One of your ovaries develop and release an egg.**
2. **Your womb lining thickens** so it can prepare for the arrival of the egg.
3. The **egg travels down a fallopian tube** to the womb.
4. The **egg doesn't get fertilised.**
5. The **egg and womb lining breakdown.**
6. They both leave your body as your **period.**
7. The whole process then **starts all over again** next month!



If an egg gets fertilised then the egg will grow in to a baby.

Did you know that when a baby girl is 20 weeks old inside her mother's womb about 2 million eggs are already present in her ovaries. God al-Aleem (the all-Knowing) already knows exactly which one of them will become another human being.

Amazing!

HOW THEN IS A BABY CREATED?

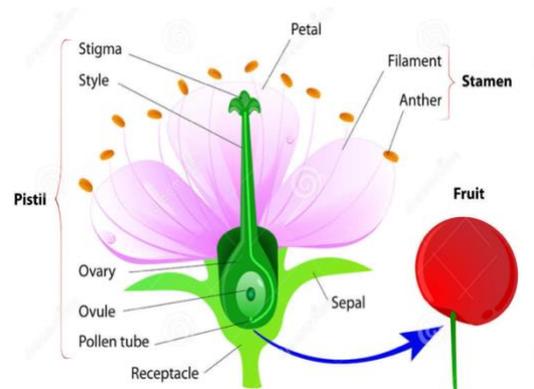
In the Quran, God tells us many times He has created everything in pairs (51:49). When God created Adam (a), he made Hawwa (a) to give her company. Man and woman are one of the many pairs God has created. Look around you, can you see other pairs?

A baby is created from the pair of a male and a female. Just like women produce eggs, men produce sperm. When a single sperm meets with an egg then it will fertilise the egg.

Fertilisation is how all living things have a new baby or offspring. In fact even plants produce new plants through fertilisation.

You will learn more about this amazing process in your science lessons.

The picture shows the reproductive parts in a plant which is the flower.



***God created everything in pairs.
He alone is Unique, the One and has no pair or equivalent.***

HOW A BABY GROWS INSIDE THE WOMB:

God tells us about the different stages in the Quran. (23:12-14)

1. ***Nutfah*** - We start off like a drop of sticky liquid.
2. ***Alaqah*** - then we become like a clinging clot of blood.
3. ***Mudghah*** - then we become like a chewed lump.
4. ***I'zaaman*** - then we became bones.
5. ***Lahhman*** - (then our bones are wrapped with) flesh.

We should reflect on our creation to remind us that He is the best Creator.



The prophet (s) said for the:

1. First 40 days it is in the form of a seed.
2. Second 40 days it is in the form of a blood clot.
3. Third 40 days it is in the form of a morsel of flesh.

When it is about 120 days old (4 months) God sends an angel to blow its spirit in to it.

PROPHET ADAM & EESAA (a) – DIFFERENT TO EVERYONE ELSE

Unlike you and me, Adam (a) was created as a grown man, he did not go through the stages of being in a womb, being born or growing up. The creation of Eesaa (a) is also different to the rest of mankind. His soul was put into in to the womb of Maryam (a) without him having a father. God commanded him to be, and he was.

IRREGULAR BLEEDING (ISTIHAADAH)

Not all bleeding from your private area is a period. A period must be between 3 days and nights - 10 days and nights. When you finish one period, you can not have another period until 15 days and nights have passed. Any bleeding between periods or beyond the 10 days is called *istihadah* (irregular bleeding). **You MUST write down exactly when you have your period, especially in the first year as your cycle might not have a fixed pattern.**

There are certain things you can't do when on your period but you can if it is istihadah. If you don't record your bleeding pattern then you can get very confused.

THE CAN & CAN'TS DURING YOUR PERIOD

CAN	CAN'T
<ul style="list-style-type: none"> ✓ Take a shower, make istinja and make wudhu regularly. ✓ Trim your nails and remove your hair. ✓ Recite dhikr and durood shareef. ✓ Recite any Quranic du'aas you pray regularly like Surah Fatiha, Rabbana, Ayatul Kursi for protection. ✓ Make dua. ✓ Touch a Quran with a separate clean cloth. ✓ Touch the pages of a Quran with something like a pen if you are teaching. ✓ Read verses of the Quran bit by bit if you are teaching it to others. ✓ Touch an English translation of the Quran. (Some scholars differ) ✓ Touch books with Quranic verses in (but not touch the actual verses). ✓ Read Quran in your mind or with your eyes without moving your lips ✓ Look at the Quran on a computer screen or smartphone or tablet etc. ✓ Enter a madrasah or mosque area which is not the dedicated prayer hall space. ✓ Reply to the adhan (although it is not compulsory for you) ✓ Go for Hajj and make Saee (Some scholars differ about Saee) 	<ul style="list-style-type: none"> ▪ Perform any type of salah (you do not need to make up any salah you miss during your period). ▪ Keep a fast (you must make up the qaza (1 fast) of any fasts missed during Ramadhan). ▪ Recite any part of the Quran as tilawah loudly or by moving your lips. ▪ Touch the Quran or anything which contains only Quranic verses in Arabic. ▪ Touch a Quran cover that is permanently attached to the Quran. ▪ Touch a computer screen or smartphone etc when opened in to a Quran app or page. ▪ Perform sajdah of tilawah (if you hear it during your menses you do not need to make it up) ▪ Enter the jam'ah area of a masjid. You should make sure you know which part of the masjid this is. ▪ Make tawaf around the ka'bah.

* A woman on istihadah can pray, fast and go to the masjid like normal.

* However any area of clothing or the body affected with the blood must be washed or changed and you must make fresh wudhu for each salah.

WHEN SHOULD YOU GO TO SEE A DOCTOR?

Your period and your monthly habit can change. It doesn't always mean something is wrong.

However you should go and see a doctor if:

- You miss periods.
- You have prolonged bleeding or bleeding between periods – istihadah.
- You have very sudden period changes.
- You get discharge that smells fishy.
- You get discharge which is bloody, stained, changes colour or different texture.
- You get pain when you go to urinate.
- You get pain in the area between your tummy and your thighs.
- You turn 15 and haven't yet started your periods.
- Your acne is very bad and causes you much distress.

WHAT IS PMS? (PREMENSTRUAL SYNDROME)

Just before your period starts, you might feel changes in your body and mind which are not always pleasant. These changes are premenstrual symptoms (PMS).

PMS can include:

- Body: feeling bloated, stomach pain, headaches, muscle pain, breath pain, weight gain.
- Mind: mood swings, feeling upset or down, angry or irritable, crying, restlessness, tired, confusion and anxiety.



Don't let it become an excuse – it is not ok to upset other people because you're feeling down.

Some ladies get severe symptoms. If this is the case you should get help from an older female in the family, speak to an apa and/or go and see a health professional.

BECOMING BALIGHA

When a girl has her first period then she becomes **baligha**. If she does not have a period before 15 then she will become baligha when she is 15 (Islamically - about 14.5 solar years)

TO BE BALIGHA MEANS TO BE ACCOUNTABLE FOR ALL YOUR DEEDS.

The commands of worship like praying 5 times a day, fasting during Ramadhan, praying your own Zakah, Hajj, Qurbani etc. become your responsibility. On the other hand, upsetting your parents, disrespecting an elder, or to backbite, lie or cheat or do anything that Islam forbids will make you sinful.

HIJAB, AWRAH GHAYR MAHRAM & MAHRAM.

Becoming baligha also means you now have to observe hijab. Hijab means to cover yourself in a manner so that you are not displaying the beauty of your body.

Hijab does not just mean wearing a scarf. It is much more than that.

Hijab covers your beauty so that people pay attention to YOU, the real you, your ideas, your feelings, and admire you for what you are on the inside. Your true friends and family will love you as you are.

A **mahram** is a man who is a close member of your family and someone you cannot get married to. You could say a mahram is like a male guardian. Your mahram include (there are others):

- ✓ your father and your brothers,
- ✓ your parents' brothers,
- ✓ your grandparents' and great-grandparents' brothers,
- ✓ your brothers' and sisters' sons and their grandsons and great-grandsons.

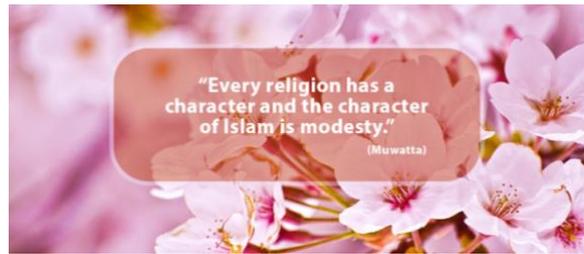
Any other baligh boy or man is known as a **ghayr mahram**. This includes male cousins, uncles who are not actual brothers of your parents and male classmates and teachers.

The *awrah* is that part of the body which you must keep covered. It depends on who you are present in front of:

In the presence of:	Awrah includes:
Ghayr mahram	All of the body except hands, feet and face. Some people choose to include the face as well.
Mahram	All of the body except hands, feet, head, hair face, neck, arms, ankles and calves.
Other women	From between your naval to your knees. Some people believe that you must cover everything except your hands, feet and face.
When alone	You should still keep your private parts covered unless visiting the bathroom or taking a bath / shower. Nor should you look at or touch them without good reason. This is from the modesty of a Muslim (see below).

**“LET THERE BE NO COMPULSION
IN RELIGION. TRUTH HAS BEEN
MADE CLEAR FROM ERROR.”
QURAN 2:256**

**Choosing Islam as your religion and
how you follow the commands of God is YOUR CHOICE now.**



HAYAA - MODESTY

The way people behave in their day-to-day life depends on many things. It depends on the way they have been brought up and what they believe is right and wrong. Islam teaches us in great detail how Muslims should behave with people. The messenger of God (s) taught us how. As Muslims our behaviour should always have **hayaa**. This is a branch of our faith and the special quality of this ummah.

Hayaa can be translated as modesty. It is that feeling that you have inside you which will protect you from behaving shamefully or getting in to situations which might then make you do something wrong or something you will regret. ***The messenger of God (s) told us that if someone has no hayaa then they can do whatever they want.***

HAYAA IN YOUR APPEARANCE.

- Modesty starts not with your clothes but your eyes. We should lower our gaze often and never stare at others, man or woman.
- Walk softly - the Quran says that the believers are modest and walk on the earth softly.
- Young girls should not feel the need to wear make-up. Often peer pressure and the need to be acceptable can make you feel you should wear it. Make-up makes girls look much older than they are and it draws attention to the way one looks. It has the complete opposite effect of wearing hijab.
- Avoid sitting with your legs spread out and try not to enhance your shoulders or upper body when walking or sitting. Be humble.

HAYAA IN YOUR DRESS

- Modest dress is NEVER tight-fitting and NEVER reveals your shape. If you want to dress modestly you should start thinking about replacing your leggings and tights with suitable trousers. You should also start collecting appropriate headscarves and nice cardigans to wear with any clothes which may show your skin or body shape.
- Modest clothing should not show your skin. Take care with certain fabrics and cloths.
- Wearing a scarf so that a little hair is showing at the front is not hijab - it is a fashion statement. Think about why you wear a scarf, if you choose to wear one.

REMEMBER, ACTIONS ARE ACCORDING TO INTENTIONS

HAYAA IN YOUR SPEECH

- The tone and volume of your voice is important. Don't raise your voice more than needed.
- When talking to ghayr mahram, be professional and formal.

- Smiling is a *Sunnah* whilst laughing excessively hardens the heart. Everyone enjoys a good laugh. Whilst it is ok to have a good laugh when you are alone with friends, it is disrespectful to behave like that in front of elders, teachers and ghayr mahram.
- Don't speak about obscene things. This includes your private parts, body, relationships, ghayr mahram, rude jokes or talking about anything haraam.
- The language and words you use are also important. Swearing, cursing and impolite talk all take away your hayaa.
- Facial expressions like pulling a face, tutting, whispering under your breath, raising your eyebrows or answering back are also shameful behaviour.
- Sarcasm, joking and mocking people may upset other people even if you don't mean to. Don't disrespect the beliefs and lifestyle of other people in your speech and jokes.
- Speak in a way which is never rude or explicit on matters of hayaa. For example, Muslim women when on their period will often say 'I'm not praying' or 'it's my time of the month'.

HAYAA IN YOUR HOME

- The men in your home will be your mahram but you should still behave appropriately. You can relax a lot more when you are with only ladies but avoid obscene talk.
- You should be more careful when guests come to your house.
- Don't let other people know you're on your period. Be discreet about changing your pad and if you have stomach pains you don't need to shout out why.
- If it's salah time then why not go to your room for a few minutes and do *dhikr* quietly.
- In Ramadhan, whilst on your period, eat privately and not in front of others or in public.
- Respect elders and respect family traditions. They are what makes you, you!
- You should not disrespect and mock others, send rude jokes or discuss or chat about obscene things on social media or view them on the internet.

GROWING UP CAN SUDDENLY MAKE YOU VERY SELF-CONSCIOUS

When you start puberty you may become a lot more aware of your body and the way you look. **You become self-conscious.** You may worry about your shape, your face, wonder how pretty are you. It might make you happy, proud or even worried and sad. Things like hair on your face or on your arms might make you think I should do something about this. You might wish your skin was lighter, or you were taller, or you were thinner. This is all normal.

THE WAY YOU DEAL WITH IT IS VERY IMPORTANT.

At this stage of your life remember the following should be your most important goals:

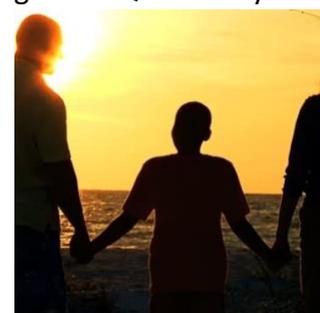
1. SALAH & WORSHIP

Obey God by praying 5 times a day, fasting in Ramadhan and reciting some Quran daily.

2. DO NOT DISPLEASE YOUR PARENTS

Displeasing them means displeasing God. Now that you are older, help your parents out wherever appropriate. Young people can often upset their parents without meaning to.

3. PARENTS ARE NUMBER ONE



Not only should you not displease your parents but remember your parents come before anyone else. When you are at home, spend time with your parents, do their **khidmah**, go places with them like shopping, visiting relatives, make salaam to their friends if they come round etc. Don't spend all your time with friends. Strike a balance.

4. EDUCATION & STUDIES

Work very hard to try and get the best results you can in ALL your studies – both at madrasah and school. This does not mean you have no time to help parents or have a bit of fun. Have a good balance of everything. Attaining knowledge is a special blessing from God. Not all children around the world have this blessing.

5. DEVELOPING YOUR CHARACTER

Outward beauty is a small part of your full beauty. You will not fully understand this until you are older. To get along with people, get married and have a family, hold a good job or live happily with other people you need to have a strong character and a warm personality. Things like honesty, being caring, humble, hardworking, polite and responsible are very important in being successful in this world and the next.



Just like flowers or butterflies are all different, some prettier than others – all butterflies and all flowers are beautiful. When you become a fully grown woman you will be like a rose that has opened up or a butterfly that has just come out of its chrysalis. Don't worry if you have a few hairy moments on the way - You will blossom and fly when it is the right moment.

ALL WOMEN ARE BEAUTIFUL. GOD MADE US THIS WAY.



*Don't CHANGE to please others.
Rather GROW to be a better person to please God.*

Don't just be known as someone's wife or daughter or sister. Be known for YOU. Look at the women in the history of Islam - They always wanted the reward, they always wanted their own recognition and wanted to work hard and please God as much as the men.

TIPS ON BUILDING SELF-ESTEEM & SELF-RESPECT

- ✓ **MOTHER.** Look up to her and learn from her. She was like you once too – she will understand most of your worries. Ask her for all the help you need. Nobody will love you like your mother. She will always see the good in you.
FATHERS. Often successful and confident women look up to their fathers. The prophet (s) always made sure his daughters received love, attention and support even though their lives were very hard. If you are lucky enough to have parents who love you – appreciate them. Not everyone is blessed with this. You may think they don't want you to be happy at times, but they are always thinking about your future – you will thank them when you're older.
- ✓ **ROLE-MODELS.** Other than parents, look up to older sisters, family members or family friends who are good Muslim role-models. Ask them about the things that are worrying or upsetting you and how they dealt with issues in their pubescent years.
- ✓ **LOOK AHEAD NOT BACKWARDS.** You have your whole life ahead of you. Build your future, you won't always be young with the same friends and same people around you in school and madrasah. You will grow up. When you do you will be happy if you worked hard.
- ✓ **SHUKR.** Wake up every morning – thank God for every part of your body. Don't complain about little things. Imagine, just imagine not having an eye, or being blind.
- ✓ **RESPECT YOURSELF.** People will treat you the way you want to be treated. People will respect a person who stands up for their beliefs and is honest even if they disagree with them. But they will never respect someone who changes to please the people around them or doesn't respect their own beliefs.
- ✓ **BE A TEAM-PLAYER.** Having good friends and a good network is very important. A REAL NETWORK – not a virtual one! Build good relationships with your neighbours, family elders, cousins, other pupils and teachers in your school or madrasah. Stop to say hello and make salaam to people. Be happy to work and chat with any of the girls in your class. You'll be a much more happier person and you'll be less conscious of your image when people see the REAL YOU. Don't be invisible. That means let people know you're with them by working with and talking to them.
- ✓ **SEEK HELP AND GOOD ADVICE.** If you're being picked on because of your appearance, the way you dress or the way you live then it is important to tell someone. Bottling it in or changing your appearance will not help. Speak to a parent, a teacher or elder. Seek professional help if you need to.
- ✓ **YOUR BODY IS AN AMANAH.** A trust from God just like your wealth or intelligence. Whatever God gives you, you will be asked about it. Yusuf (a) was given beauty to test him. If God has made you beautiful that too is a test.
- ✓ **DUA.** Always pray the dua for looking in the mirror. Don't forget about your inner beauty by worrying only about your outer beauty.

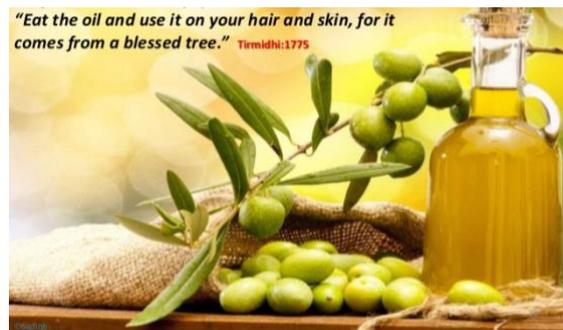
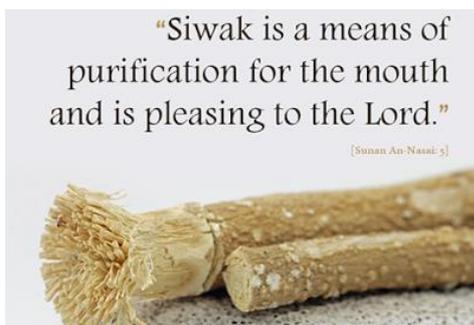
TAHARAH OF THE BODY

- ✓ When you visit the bathroom make **istinja** properly every single time.
- ✓ You can drop a sheet of tissue in to the toilet before relieving yourself to avoid splashing.
- ✓ Use both tissue and water. If you are out use an empty water bottle and if this is not possible then make istinja properly when you are able to.
- ✓ Be careful about impurities getting on your body and clothes. If you use a public toilet, use one that is clean. The endmost toilets don't usually get used as often.
- ✓ Don't let your clothes touch the floor, always wipe the toilet seat first and carry wipes and tissues if you think you will need the bathroom.
- ✓ Remember the jinn love impurities and angels do not enter places where there is impurity.
- ✓ You should always pray the dua for entering and leaving the bathroom.
- ✓ Try to make a habit of always being in wudhu.
- ✓ Take a shower and bath (*ghusl*) regularly and trim your nails.
- ✓ It is **FARD** (compulsory) to make ghusl after you finish your period. Your salah won't be counted until you have made ghusl properly.



It is very **IMPORTANT** that you learn the Islamic rulings of Hayd, Istihaadah and Taharah (wudhu, istinja and ghusl) properly either at madrasah or with a qualified apa.

- ❖ Do you know how to make wudhu and ghusl properly?
- ❖ Do you know what the faraaidh and sunnahs of wudhu and ghusl are?
- ❖ Do you know when bleeding would be classed as istihaadah and not hayd?



DEALING WITH BODY ODOUR

Body odour is a healthy part of growing up but unfortunately it is not one of the nice parts. It is mainly in the armpit and private parts area and also near the naval. The hairs in the armpit and private area make it worse. Islam teaches that bad smells are disliked very much.

You should:

- ✓ Change your clothes if they smell.

- ✓ Use a mild (alcohol-free) deodorant suitable for your age group.
- ✓ Avoid covering the smell of body odour with perfumes.
- ✓ Cut down on very greasy food
- ✓ Drink plenty of water
- ✓ If you don't shower – wash or wipe down your underarms with a wipe every day.
- ✓ Remove all the hair in your armpit and pubic area regularly – (Once a week/ fortnight).
- ✓ Shower every day if you need to and make istinja properly.



REMOVAL OF HAIR

- All the hair in the pubic area has to be removed, not just what is visible from the front.
- It is disliked and sinful to not remove the pubic hairs for more than 40 days.
- You can remove the hair using tweezers, wax, razors or hair removal creams. You may use scissors to trim the hair as much as possible only if there is very good reason.
- Hair removal creams may not be a good idea if you have sensitive skin. Plucking and waxing can be very painful. Discuss with your mother what is best for you.
- You must remove the hair yourself as you can not show your *awrah* to another woman. If you need help in the beginning then ask a female family member like your mother.
- As a young girl it is **STRONGLY ADVISED** not to remove hair from your arms and legs. If hair on your upper lip or on your cheeks is the cause of getting picked on or name-calling then talk to an older female (mother, aunt, apa etc.) and ask for advise on what to do.
- If your eyebrows join above your nose (monobrow) then it is permissible to remove the hair **over the bridge of the nose only**. Removal of any hair beyond this or above and below the eyebrows is not permissible.

PANTYLINERS & SANITARY TOWELS

- Once you become baligha you may get discharge as well as your monthly period. This does not make you dirty and is perfectly natural.
- Make it a habit of wearing pantyliners if you get discharge from your private area. Always keep your underwear clean as you cannot perform salah with impure clothes.
- Sit with your mum and learn how to wear a pad and pantyliner properly.
- Dispose of pantyliners and sanitary towels properly – use the wrapper from the new pad or a nappy bag or at the least wrap it in toilet roll before disposing.
- Never flush pads down the toilet; always throw them in the dustbin.
- When you are on your period – you don't have to change your bedding at the end of the period. But it is usually a good habit to do this.
- The clothes you wear during your period are not unclean unless they get impurity on it. It is still a good habit to change your clothes when you become clean. However you should not unnecessarily wash your clothes if they are clean and not smelly.

- Empty the bathroom bin regularly. Remember jinn love impurities.
- Always have a look around the bathroom when you leave it – ensure a dirty pad isn't left out and there is no blood on the toilet seat, floor or inside the toilet bowl.
- Tampons have health risks and for this reason they are *makrooh tahreemi* for all women. Unmarried women should not put anything in their private parts any way.

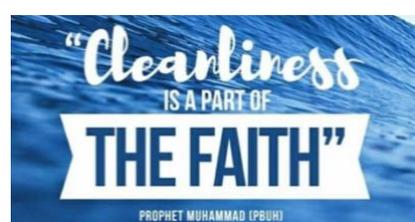
ADVICE & TIPS WHEN ON YOUR PERIOD

- ✓ Keep a clear record of your cycle EVERY month and track your salah.
- ✓ You can tell when your period has finished by wiping your private area with a small folded tissue or cotton ball. If you have complete dryness or have clear or white discharge then that is a sign that you have finished your period and you should make ghusl.
- ✓ Knowing when you are due a period will help you plan ahead much better.
- ✓ Make sure there are always spare sanitary towels in the bathroom.
- ✓ Always carry a spare pad or two with you. Carry it discretely or in a little case.
- ✓ Carry spare underwear and a disposable carrier bag if you're having a really 'heavy' day.
- ✓ Put an extra sheet on your bed if you need to. Use a mattress protector at all times.
- ✓ Wash, shower and make wudhu regularly. Being clean will make you feel good.
- ✓ Change your pad regularly. When you have a 'heavy' flow you may need to change every two hours. Otherwise change a few times a day.
- ✓ Listen to Quran, read stories of Quran, other Islamic books, recite dhikr and durood.
- ✓ Drink plenty of water.
- ✓ Eat healthy foods, drink milk and avoid junk foods. Get the calcium and vitamins you need to boost your energy and help reduce cramps and PMS.
- ✓ Casual exercise like a short walk and fresh air is better than being curled up in a corner at home all day.
- ✓ Use hot water bottles and take paracetamol to help with pain and cramps.

HAVING ACCIDENTS

Accidents will happen and although it's not nice when they do – it has probably happened to all women at some point. It does not make you dirty.

- Learn to wear a pad properly and buy pads suited for you. You may need night time for some days.
- Wear underwear that will hold the pad in place properly.
- Change regularly when you have heavy flow. It might mean changing during the night.
- Wear two pads or two pairs of underwear if you have to.
- Avoid light-coloured clothes. Dark clothes will save you a lot of embarrassment if you leak.
- Change dirty clothing or bedding. Wash the stained area in **cold** water and then soak it before washing it. Unclean clothing must be washed and rinsed **3 times** before it is pure.
- Don't be shy or embarrassed – ask your mum for help if you dirty your clothing or bedding.



TAHARAH OF THE MIND & HEART



It is just as important to have a clean mind and pure heart. You might wonder what this means. It means that we must not let bad or evil thoughts or characteristics enter our mind or heart. They can spoil our worship, our behaviour and can displease God.

For example:

- ❖ Being proud and showing off,
- ❖ Being jealous of other people,
- ❖ Lying, anger, backbiting and slander,
- ❖ Disliking other people,
- ❖ Becoming happy when something bad happens to others,
- ❖ Wanting to commit something evil,
- ❖ Always criticising and being negative.

Just as you do things like wash and shower regularly to keep your body clean you should take steps to have a pure heart and a clean mind.

You should:

1. If any bad and evil thoughts come to you, read Ta'wuz (A'oodhoo)
2. Try to stay in a state of wudhu.
3. Pray your five daily salah all the time.
4. Recite the Quran shareef regularly (aim for once a day at least).
5. Always try to pray dhikr and durood shareef.
6. Try to stay in good company as much as possible. Your friends make you who you are. If they are a bad influence then limit how much time you spend with them. You don't have to stop being friends with them. Try to remind them of God and good actions.
7. Always look for the good in people and and never speak bad about others.
- 8. Leave and stay out of anything that is none of your business.**
9. Forgive people for their mistakes. If someone has hurt you then stay away from them, but forgive them and don't ever speak badly about them to anyone.
10. Smile all the time, make salaam to other Muslims (even if you don't know them) and always respect, be helpful and polite to everyone.
11. Always make shukr (give thanks to God) and don't show off about your life.
12. Avoid wasting your time on things (excessive TV for example) that don't benefit you.

SOME USEFUL RESOURCES

GOT A QUESTION? NEED SOME ADVICE?

The following websites are useful:

<https://menssmatters.org/>

<https://daruliftaa.com/category/womens-issue/>

Should you have any personal questions you should consult a local qualified scholar. Always remember a local scholar will understand your environment and situation better than someone from the internet.

FOR MEDICAL MATTERS:

ALWAYS VISIT YOUR LOCAL GP OR NURSE. You can request for a female doctor. You can visit the NHS website for general information but never seek medical counsel from the internet.

SUGGESTED READING FOR DAUGHTERS AND MOTHERS:

- Coming of age - Hidayah Hartford.
- A Muslim girl's guide to life's big changes - Rayhana Khan.
- Al hidaayatu linnisa. Laws regarding the purity of women - Moulana Ibrahim Palanpuri
- Jannah Jewels adventure series - Umm Nura
- Does my head look big in this - Randa Abdel Fattah.
- The hijab boutique - Michelle Khan
- A gift for the daughters of the Ummah - Jaamiatul Ulamaa Ta'limi board.
- Golden stories of Sayyidina Khadijah - Abdul Malik Mujahid
- Women around the Messenger - Muhammed Ali Qutb
- The Ideal Muslimah – Muhammad Ali Hashimi
- Don't be Sad – Aaidh ibn Abdullah al-Qarni
- Reclaim your heart – Yasmin Mogahed



***May God accept from us and forgive our mistakes and shortcomings.
May God protect us and our children, safeguard our faith and grant them great success.
Please remember all those who contributed to this project in any way in your duas.***

***Preston Halaqah Sisters.
Lancashire, UK***

halaghsisters@quwwatulislam.org.uk
Info@quwwatulislam.org.uk