

# Bulugh – Transition to Adulthood

**What are the difficulties of supporting your child through Bulugh?**

# Bulugh

What does Bulugh mean?

- 1) Maturity
- 2) Responsibility
- 3) Accountability

# When?

Boys usually become Bāligh between 12-15 years, when any of these 3 signs appear:

- 1) The body begins to produce and discharge semen (wet-dreams) - requires ghuslJanābah.
- 2) Growth of pubic hair below the navel.
- 3) The boy reaches the age of 15 according to the Islamic calendar.(equal to 14 years and seven months and fifteen days of the solar calendar).

Girls become Bāligh when she either:

- 1) Starts experiencing menstruation (ḥayḍh)
- 2) She is 9 years old according to the Islamic calendar.(equal to eight years and eight months and twenty days of the solar calendar).

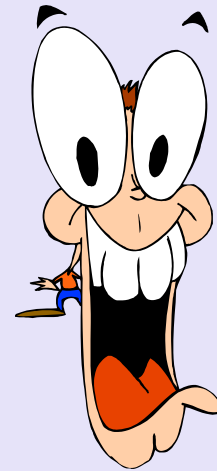
# How does he/she feel?

Nervous?



or

Excited?



# Bulugh

A step closer to God  
to becoming a true human being  
being the Khalifa of Allah  
His representative on Earth

# Signs of Bulugh

## In Girls

- Breasts will begin to grow (normal for them to be different sizes)
- Curves – their hips will widen and their body will get curvier.
- Vaginal discharge – (a clear or whitish discharge). This is a normal, natural self- cleaning process.
- Bleeding every month. (menstrual cycle - ḥayḍ)  
Require ghusl Haydh

# In Boys

- Growth in private parts
- Voice gets deeper - called 'voice breaking' because of the ups and downs in voice tone
- Erections – when they get nervous or excited, or for no reason at all, which can make them feel embarrassed.
- The body begins to produce and discharge semen (wet-dreams). Require ghusl Janābah



# Coping with a changing body

Going through puberty may make your children feel uncomfortable, weird, scared and confused;

They may feel pain e.g. breast growth, they have new feelings to handle, embarrassment, etc.

They may feel uncomfortable if they are developing faster, or not developing as fast, as their friends.

# Having a conversation

- It can be awkward but once started it becomes easier.
- Better they know from you than from their friends
- Sets a precedent for future conversations
- Strengthens bonds

# Mood Swings

- They will very likely feel overwhelmed . Help them understand that it is normal to have emotional highs and lows; empathise with them,
- Share your experiences
- Don't preach, just be there for them
- Give them techniques to cope with their emotions e.g. Anger
- Remind your children that their hormones don't give them the right to 'justify' their actions e.g. If they hurt you or others

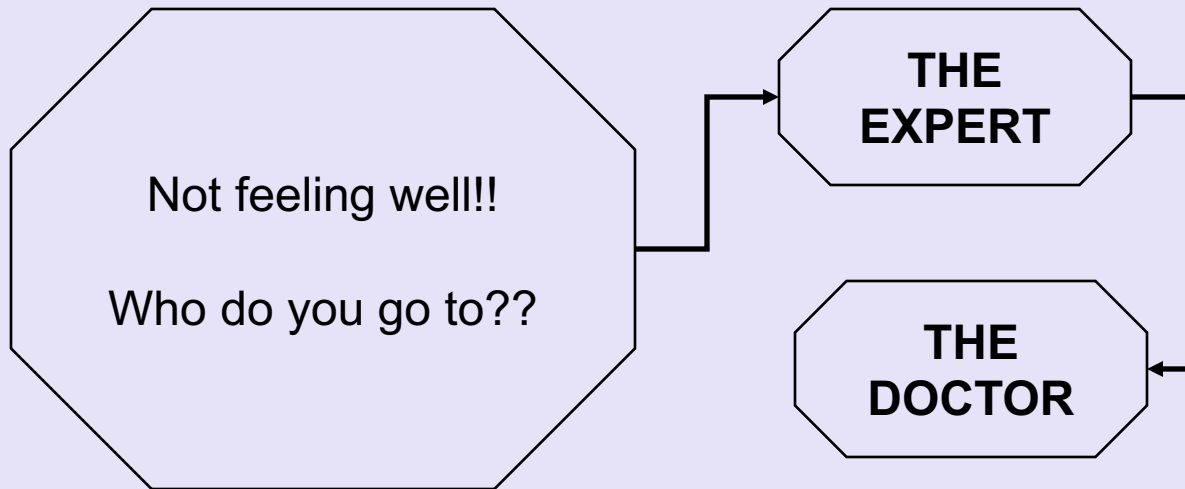
# Things to know about

- Taqlid
- Wajibaat: Wudhu, Salaat, Fasting, Khums
- Hijab: Physical and Social

# Taqlid

A baligh person needs to follow a Marja e Taqlid (religious authority) and follow his teachings regarding rules for obligatory actions.

# Understanding Taqlid



**SAME WAY....NEED ADVICE IN THE MATTER OF ISLAMIC LAWS.....GOT TO.....A MUJTAHID**

**MUJTAHID**

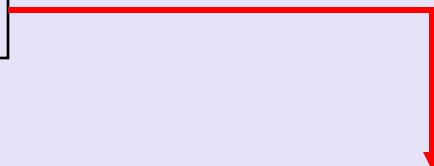
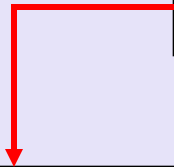
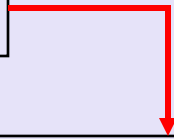
**EXPERT IN ISLAMIC LAWS**

**TAQLID**

**ACT OF OBEYING ISLAMIC RULES**

**MUQALLID**

**ONE WHO FOLLOWS THE ORDERS OF THE MUJTAHID**



# Wajibaat

## Wudhu

Things which need wudhu

Correct method

Things which break wudhu

Common mistakes in wudhu



# Salaat

Saying Salaat on time

Correct method for Salaat

Saying the Salaat with respect and humility

Things which break the Salaat

Qadha Salaat

# Fasting

Fasting in the month of Ramadhan

Qadha Fasts

# Khums

Giving one fifth of your savings in the way  
of

Allah

# Hijab

- Physical Hijab
- must cover the body except the face and hands
- long and loose
- not see through or attractive

# Hijab

## Social Hijab

- 1) Who is a na mahram?
- 2) Interacting with na mahrams
  - physical contact
  - voice
  - content of conversation

# Talking about difficult issues

- Gender, sexuality . . . etc. are topics that need to be addressed with sensitivity.
- Use opportunities to talk about them.
- Emphasize that Allah creates and commands in wisdom.