



Growing Into A Young Muslim Man

Note: This resource is designed to support young Muslim men as they start the significant journey of puberty. Puberty represents a transformative period, marked by both physical and spiritual development. We will explore the key aspects of this transition and how to navigate them thoughtfully.

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. Puberty is a sign from Allah that a person is old enough to be accountable for themselves. Here's what you need to know:

Signs of puberty - Some of the signs that a person is reaching the age of puberty is the growing of armpit hair and pubic hair (the hair around the private parts), the voice changing and cracking, and the development of acne. The primary sign that a male has reached the age of puberty is having a wet dream. 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.

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.

Taking Care of Yourself - The Prophet SAW said, "cleanliness is half of faith" reminding Muslims that staying clean is a huge part of being Muslim. 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 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:** Maintaining bathroom hygiene is necessary in Islam, especially before prayers. Ensure the toilet is clean before use, read the duas when entering and leaving the bathroom, and 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:** After urinating, ensure that no urine drops remain through a process called Istibra. Istibra can be done by shaking or squeezing the private part gently, coughing, or pouring a little water over the private part and waiting. You can also wrap the private part with some toilet paper and walk around for a bit to ensure you are no longer dripping. Repeat Istinja (washing) if urine droplets come out.
- **Nocturnal Emission (Wet Dreams):** Waking up to find wetness in your clothing is a normal part of puberty and shouldn't be a cause for alarm. In a situation like this, your ghusl (state of ritual purity) breaks. To regain ritual purity, simply make ghusl. Your clothes and bed sheets must also be washed if they contain impure bodily fluids.
- **Taking a Ghusl:** If you have a "wet dream" you'll need to perform a special full-body bath or shower called 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 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.



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 man!

References:

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

[Male Hygiene | Islamic Portal](#)