



# **UNIT A**

## **REPRODUCTIVE & SEXUAL HEALTH**

1. Puberty
2. Reproduction and Menstruation
3. Hygiene

# CHAPTER 1: PUBERTY

*And when the children among you come to puberty... .*

[Surat An-Noor 24:59]

﴿وَإِذَا بَلَغَ الْأَطْفَالُ مِنْكُمُ الْحُلُمَ...﴾ [سورة النور 24:59]



# CHAPTER OVERVIEW

## 1. PUBERTY

### SECTION 1:

#### ONSET OF PUBERTY

- From Boys to Men
- From Girls to Women

### SECTION 2:

#### PHYSICAL CHANGES

- Secondary Sex Characteristics
- Fertility

### SECTION 3:

#### MENTAL CHANGES

- Sexual Attraction

### SECTION 4:

#### SPIRITUAL CHANGES

- Accountability
- Modesty

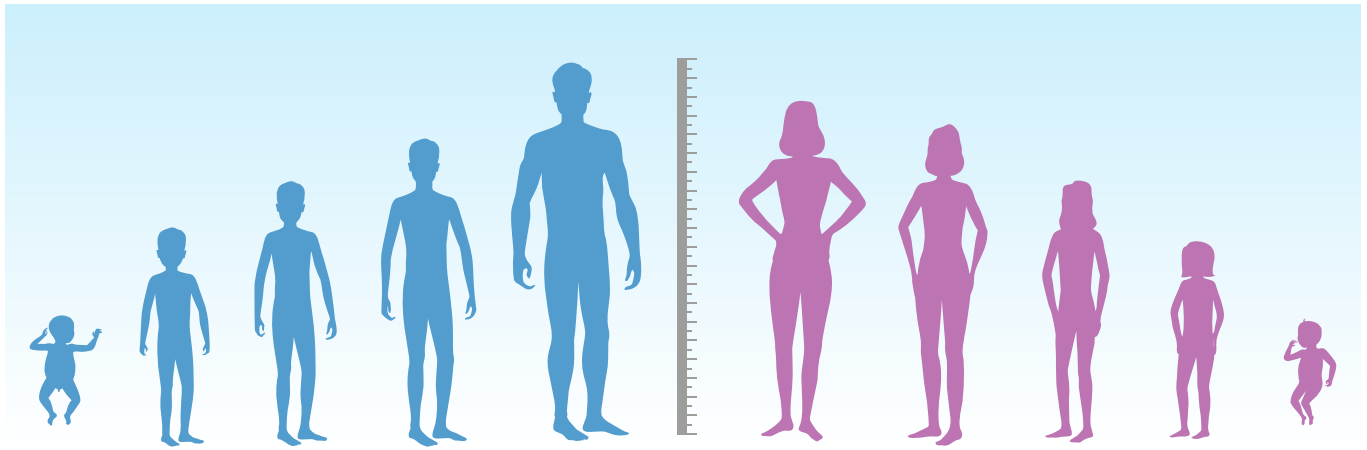
#### OBJECTIVES:

After this chapter, you should be able to:

1. Summarize the Tanner stages of puberty for males and females.
2. Understand that feeling sexually attracted to the opposite sex is normal.
3. List ways to control sexual urges.
4. Define 'awrah, khimar, juyub and hijab.
5. Explain how inner modesty is the greatest form of modesty.

## SECTION 1:

## ONSET OF PUBERTY



When you were a baby, everything in this world was a new experience. You explored it with your senses, helping you to learn about your new surroundings. By toddlerhood, you may have started asking lots of questions about the world and its Creator.

*"Why is the sky blue?"*  
*"Why can't I see Allah ﷻ?"*  
*"How was I made?"*

As you entered school age, you yearned to connect with Your Creator. It is for this reason that at age seven, the Prophet (ﷺ) commanded your parents to teach you to pray:

The Prophet (ﷺ) said, "Order your children to pray when they are seven years old...". (Abu Dawud)

قَالَ رَسُولُ اللَّهِ ﷺ: «مُرُوا أَوْلَادَكُمْ بِالصَّلَاةِ وَهُمْ أَبْنَاءُ سَبْعِ سِنِينَ...». رواه أبو داود

By school-age, you may have developed a connection with your fitra (awareness of God) in that He is your Creator and the Creator of all that exists. By this age, you may also become well aware of the physical differences between males and females.

*"Females can carry babies and feed them, but males can't".*  
*"Males can grow facial hair, but females can't".*  
*"Males and females have different privacy parts".*



In this stage, your parents may have taught you about respect and privacy for your body and that of others as well as seek permission before entering your parent's room at three times of the day:

Believers! At three times let those whom your right hands possess and those of your children who have not yet reached puberty let them ask permission before entering your quarters: before the Morning Prayer and when you take off your clothes at noon, and after the Night Prayer. These are the three times of privacy for you. If they come to you at other times then there is no sin for them nor for you, for you have to visit one another frequently. Thus, does Allah clearly explain His directives to you. Allah is All-Knowing, All-Wise. (Surat An-Noor 24:58)

﴿يَا أَيُّهَا الَّذِينَ ءَامَنُوا لِيَسْتَعِذْنَ كُمْ الَّذِينَ مَلَكَتْ أَيْمَانُكُمْ وَالَّذِينَ لَمْ يَبْلُغُوا الْحُلُمَ مِنْكُمْ ثَلَاثَ مَرَّاتٍ مِّن قَبْلِ صَلَاةِ الْفَجْرِ وَحِينَ تَضَعُونَ ثِيَابَكُمْ مِّنَ الظَّهِيرَةِ وَمِن بَعْدِ صَلَاةِ الْعِشَاءِ ثَلَاثُ عَوْرَاتٍ لَّكُمْ لَيْسَ عَلَيْكُمْ وَلَا عَلَيْهِمْ جُنَاحٌ بَعْدَهُنَّ طَوَافُونَ عَلَيْكُمْ بَعْضُكُمْ عَلَى بَعْضٍ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ وَاللَّهُ عَلِيمٌ حَكِيمٌ﴾ [سورة النور 24:58]

As you grow older, your maturity, and knowledge of the world with the help of your parents will lead to several more rulings, such as the following:

## 1. Perform the five daily *salah* صلاة.

The Prophet (ﷺ) said,  
“...And invoke them to do it [salah] by the age of ten...”.  
(Abu Dawud)

قَالَ رَسُولُ اللَّهِ ﷺ: ((...وَاصْرِبُوهُمْ عَلَيْهَا وَهُمْ أَبْنَاءُ عَشْرِ سِنِينَ...)). رواه أبو داود

## 2. Seeking permission before entering someone else's private room.

And when your children attain puberty let them ask leave to come to you like their elders used to ask leave.

Thus Allah makes clear His Ayat [Commandments and legal obligations] for you. And Allah is All-Knowing, All-Wise.

(Surat An-Noor 24:59)

﴿وَإِذَا بَلَغَ الْأَطْفَالُ مِنْكُمْ الْحُلُمَ فَلْيَسْتَعِذُوا كَمَا أَسْتَعِذْنَ الَّذِينَ مِن قَبْلِهِمْ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ ءَايَاتِهِ وَاللَّهُ عَلِيمٌ حَكِيمٌ﴾ [سورة النور 24:59]

### 3. Sleep in your own space.

The Prophet (ﷺ) said,  
“...and separate them in their bedding”.

(Abu Dawud & Ahmad)

قَالَ رَسُولُ اللَّهِ ﷺ: ((...وَفَرِّقُوا بَيْنَهُمْ فِي الْمَضَاجِعِ)). رواه أبو داود وأحمد

### 4. And finally, seek knowledge.

Read in the name of your Lord Who created.  
He created man from a clot.  
Read and your Lord is the Most Honorable.  
Who taught by the pen. Taught man what he knew not.  
(Surat Al 'Alaq 96:1-5)

﴿أَقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ﴾ ﴿خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ﴾  
﴿أَقْرَأْ وَرَبُّكَ الْأَكْرَمُ﴾ ﴿الَّذِي عَلَّمَ بِالْقَلَمِ﴾  
﴿عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ﴾ [سورة العلق 96:1-5]

These physical, mental and spiritual changes from birth to now serve as a stepping stone for your greatest change of all: puberty.

**Puberty**, also known as **Al Hulum** **الرُّحْم**, is a special time in your life when your body and mind change from a child into a mature adult. It takes several years and can feel out of control, scary, and exciting. Everyone goes through it but not always at the same time or in exactly the same way.

This stage is also extremely important for you as a Muslim because it is when you become accountable for everything you do in this life.

#### When Does Puberty Begin?

Puberty starts at different ages depending on your gender, genetics, diet and environment. On average, it begins between the ages of:

- 9 - 14 for girls, and
- 12 - 15 for boys.<sup>1</sup>

A person going through puberty is called an adolescent. **Adolescence** is the period following the onset of puberty when a young person develops from a child into an adult.

## **FUN FACT:**

### **WHEN PUBERTY IS TOO EARLY OR TOO LATE**

If puberty begins earlier than the average age range, it is called **Precocious Puberty**. For girls, that is before age eight, and for boys that is before age nine.<sup>2</sup>

If puberty begins later than the average age range, it is called **Delayed Puberty**. For girls, that is after age 13, and for boys it is after age 14.<sup>3</sup>

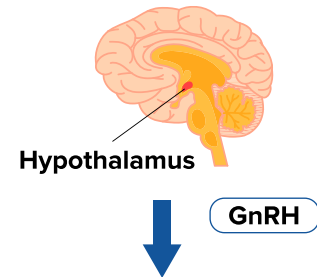
In both cases, you should see a doctor to be evaluated for any underlying health concerns.

### **How Does Puberty Start?**

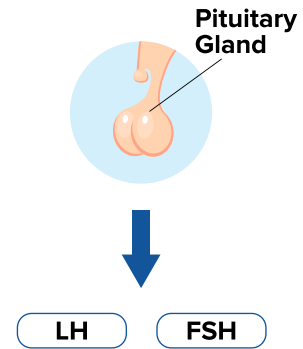
Puberty begins when an area in your brain sends a message to your reproductive organs. This message tells them to release the hormones that will transform your body from a child into an adult.

Let us take a closer look.

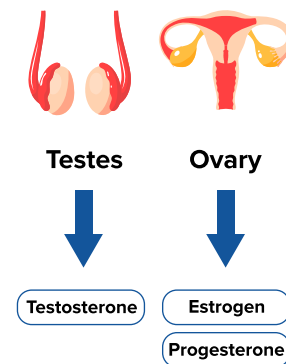
1. An area in your brain, called the **Hypothalamus**, releases the hormone GnRH (**Gonadotropin-Releasing Hormone**).



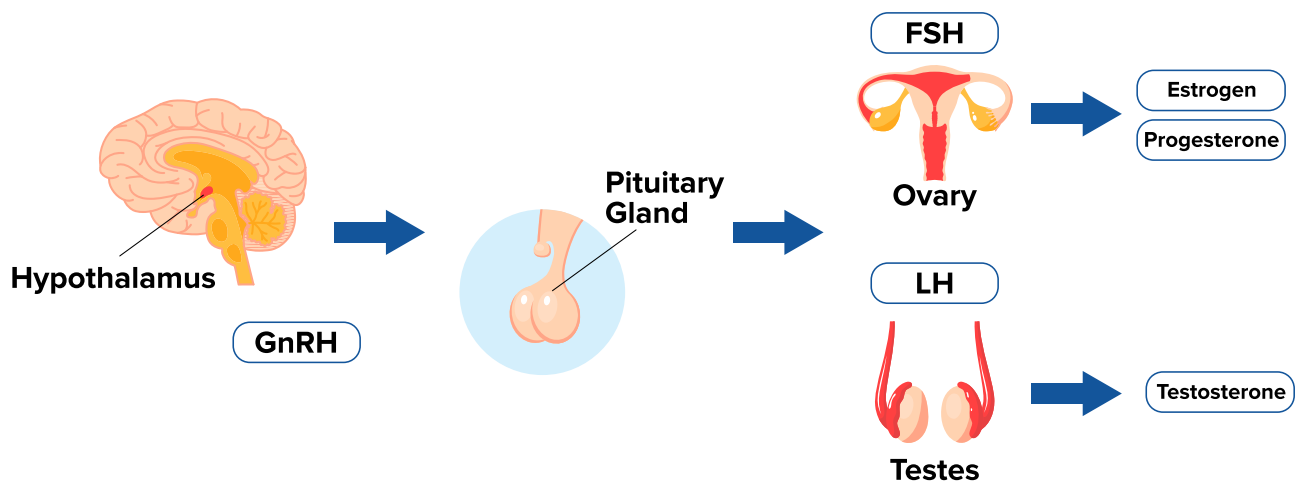
2. GnRH travels to another part of your brain called the **Pituitary Gland**. It tells the pituitary gland to release two hormones: LH (**Luteinizing Hormone**) and FSH (**Follicle-Stimulating Hormone**).



3. LH and FSH enter your bloodstream and travel to your gonads. **Gonads** are your reproductive organs. LH and FSH tell them to release hormones that will begin the physical and mental changes of puberty.



Here is a summary of how puberty starts:



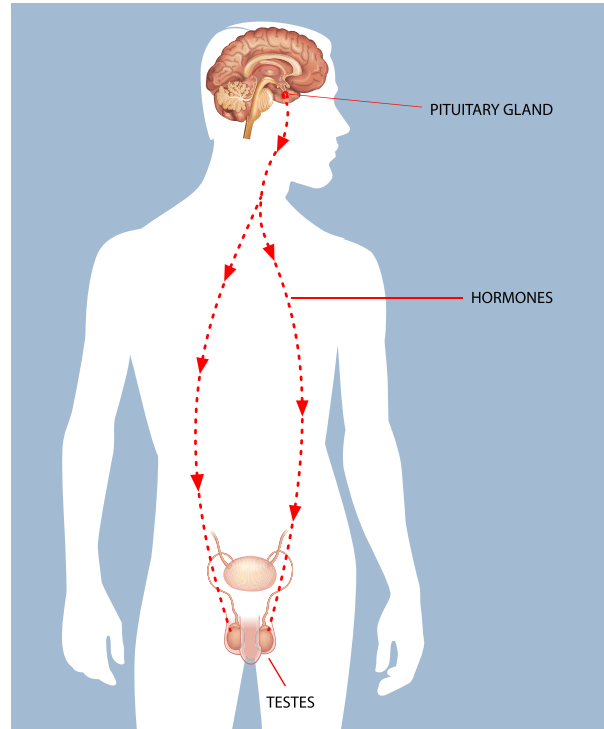


## A. FROM BOYS TO MEN:

When LH and FSH travel to the male reproductive system, they go directly to the male gonads, called testicles. **Testicles** are two oval-shaped organs outside of the male.

When the testicles receive the message to begin puberty, they do two things:

1. They make testosterone. **Testosterone** is a hormone that will make males develop facial and body hair, a deeper voice, bigger muscles and more.
2. They make sperm. **Sperm** enables males to have children one day. This is known as **Fertility**.



### SUMMARY

#### ONSET OF PUBERTY FOR MALES:

FSH & LH travel to testicles →

Testicles make:

**Testosterone**

and

**Sperm**

Appearance from  
a boy to a man

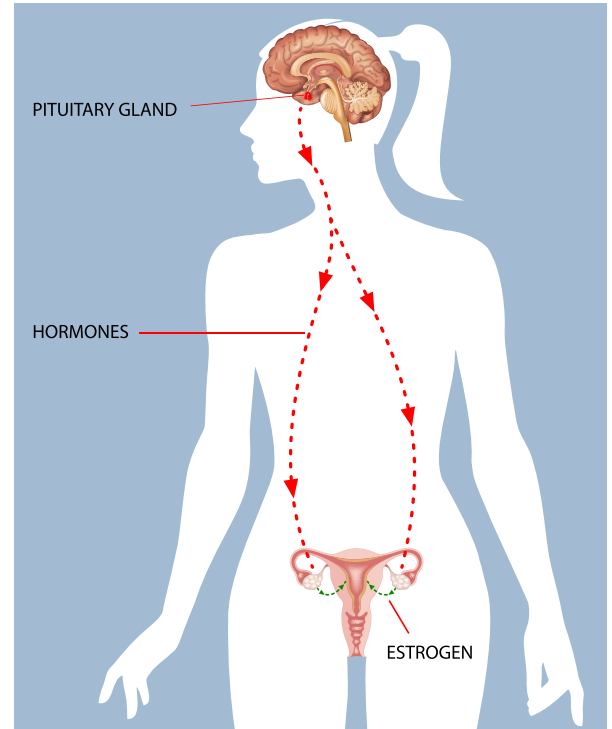
Fertility

## B. FROM GIRLS TO WOMEN

When LH and FSH travel to the female reproductive system, they go directly to the female gonads, called **Ovaries**. They are two-oval shaped organs inside the pelvis.

When the ovaries receive the message to begin puberty, they do two things:

1. They make estrogen. **Estrogen** is a hormone that will cause the development of breasts, wider hips, increased height and more.
2. They release eggs. Eggs have been inside the ovaries since birth. They are released during puberty to make females fertile through menstruation.



### SUMMARY

#### ONSET OF PUBERTY FOR FEMALES:

FSH & LH travel to ovaries →

Ovaries:

Make Estrogen

and

Release Eggs

Appearance from  
a girl to a woman

Fertility

In summary, puberty begins when new chemicals are released into your body that transform you physically, mentally and spiritually into an adult.

### Activity 1: Review

Fill in the following blanks:

1. GnRH is sent to the pituitary gland to release \_\_\_\_\_ and \_\_\_\_\_.
2. Male gonads are called \_\_\_\_\_, and female gonads are called \_\_\_\_\_.
3. \_\_\_\_\_ have been in ovaries since birth.
4. For men to have children, they need \_\_\_\_\_.
5. Puberty typically occurs between the ages of \_\_\_\_\_ for girls.

The following sections will discuss each of these three transformations.

## SECTION 2:

## PHYSICAL CHANGES

### How Does My Body Change During Puberty?

Once hormones have been released, your body is now ready to go through the changes of puberty.

The physical changes are of the two following types:

- A. Secondary sex characteristics, and
- B. Fertility.

### A. SECONDARY SEX CHARACTERISTICS

**Secondary Sex Characteristics** are what transform a boy to look like a man and a girl to look like a woman. These changes follow a specific order called the Tanner Stages.

**Tanner Stages** give you an idea of when and what physical changes you will go through during puberty. While these changes follow a specific order, it is important to remember that everyone begins and moves through the stages at their own pace.

The following chart describes the physical changes both males and females go through within each Tanner Stage:<sup>4</sup>



TANNER STAGE	BOY TO MAN TRANSFORMATION	GIRL TO WOMAN TRANSFORMATION
Stage 1	<b>AGE 10</b>	<b>AGE 9</b>
	<ul style="list-style-type: none"> <li>• The brain releases hormones to start puberty.</li> <li>• No noticeable changes yet.</li> </ul>	<ul style="list-style-type: none"> <li>• The brain releases hormones to start puberty.</li> <li>• No noticeable changes yet.</li> </ul>
Stage 2	<b>AGE 11</b>	<b>AGE 10–11</b>
	<ul style="list-style-type: none"> <li>• Testicles get larger.</li> <li>• Pubic hair grows.</li> </ul>	<ul style="list-style-type: none"> <li>• Breasts start to develop.</li> <li>• Pubic hair grows.</li> </ul>
Stage 3	<b>AGE 13</b>	<b>AGE 12</b>
	<ul style="list-style-type: none"> <li>• Penis gets larger.</li> <li>• Voice cracks (*see box below).</li> <li>• Muscles grow.</li> <li>• Increase in height (2–3 inches per year).</li> <li>• Nocturnal emissions.</li> </ul>	<ul style="list-style-type: none"> <li>• Breasts continue to develop.</li> <li>• Armpit hair grows.</li> <li>• Hips and thighs build up fat.</li> <li>• Increase in height (3 inches per year).</li> </ul>
Stage 4	<b>AGE 14</b>	<b>AGE 13</b>
	<ul style="list-style-type: none"> <li>• Testicles and penis continue to grow.</li> <li>• Armpit hair grows.</li> <li>• Voice becomes deeper.</li> </ul>	<ul style="list-style-type: none"> <li>• Breasts continue to develop.</li> <li>• First menstrual period (but may happen in an earlier stage).</li> <li>• Continued height growth.</li> </ul>
Stage 5	<b>AGE 15</b>	<b>AGE 15</b>
	<ul style="list-style-type: none"> <li>• Reproductive organs reach adult size.</li> <li>• Facial hair grows.</li> <li>• Height and muscles continue to grow until age 18.</li> </ul>	<ul style="list-style-type: none"> <li>• Breasts reach adult size but may change until age 18.</li> <li>• Reproductive organs are fully developed.</li> <li>• Periods become regular after six months - two years after the first period.</li> <li>• Adult height is reached 1–2 years after the first period.</li> </ul>

## \*FOR MALES: Why Is My Voice Squeaking So Much?!?

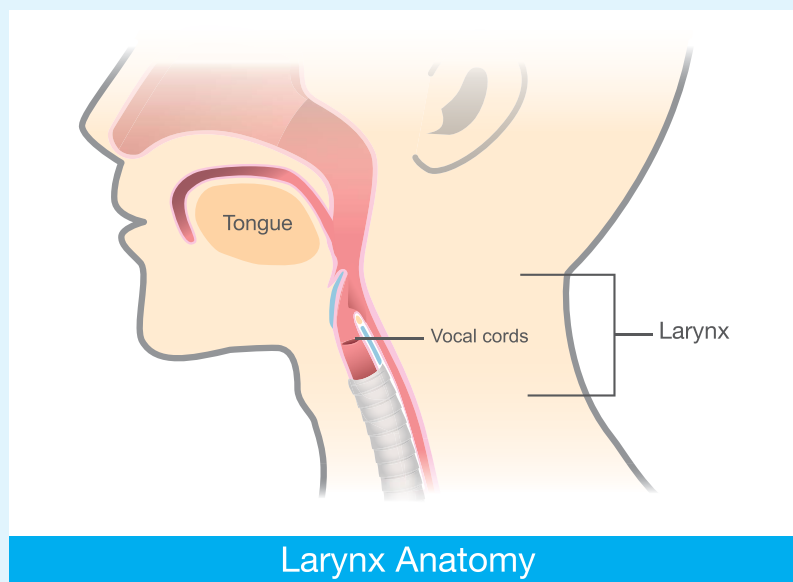
While girls develop a slightly deeper voice, it is boys who go through a more dramatic vocal change during puberty.

The transition of a higher pitched voice to a deeper voice does not occur overnight. It takes time and undergoes voice variations such as cracks, squeaks and breaks, before it permanently changes.

### How Does My Voice Change?

Testosterone travels to the voice box, or larynx, causing it to grow. The larynx also contains vocal cords. Testosterone will thicken these cords, creating a deeper sound when air passes through them as you talk.

While it may feel embarrassing that your voice keeps cracking, it is completely normal and only temporary. It takes several months for this growth to be complete.



### Is This Why My Neck Has a Bump?

When the larynx grows bigger, it tilts to a different angle, causing part of it to stick out inside your neck. In medical terms, it is called the Cricothyroid, but it is commonly called the Adam's Apple (from a Christian reference of Prophet Adam eating an apple from the forbidden tree).

These secondary sex characteristics differ in type and in time frame between the two genders, but the cause is the same: they occur due to an increase in hormones.

This hormonal surge will also cause additional changes, such as acne, body odor and nocturnal emissions (to be discussed in chapter 3, Hygiene).

## B. FERTILITY



Fertility means being able to have a baby. A baby is made when sperm (from a male) combines with an egg (from a female) inside the female body during **Sexual Intercourse**.

### **How Does a Boy Know He Is Fertile?**

A male is fertile when sperm is produced in his testicles. A physical sign of male fertility is the release of a white fluid called **Semen** from the penis during moments of sexual excitement.

## How Does a Girl Know She Is Fertile?

A female is fertile when an egg from her ovary is released each month. A physical sign of female fertility is when she starts having a period, or **Menstruation**.

Fertility is a major aspect of becoming an adult. When reaching this physical milestone, you now become intellectually and spiritually responsible for learning about reproduction.

### Activity 2: Review

Determine if the following statements are true or false. If false, correct the statement to be true.

1. Boys start puberty before girls.
2. Girls may be taller than boys during the onset of puberty.
3. The final physical change for boys is their voice changing.
4. A girl is fertile when her body produces sperm.
5. Fertility is a physical change of puberty.
6. Secondary sex characteristics follow a particular order called the Tanner stages.
7. Menstruation occurs when an egg and sperm combine.
8. Sexual intercourse can lead to a baby.
9. Voice cracking and squeaking may be permanent.
10. Body hair, including armpit and pubic hair, are a part of the physical changes of puberty.