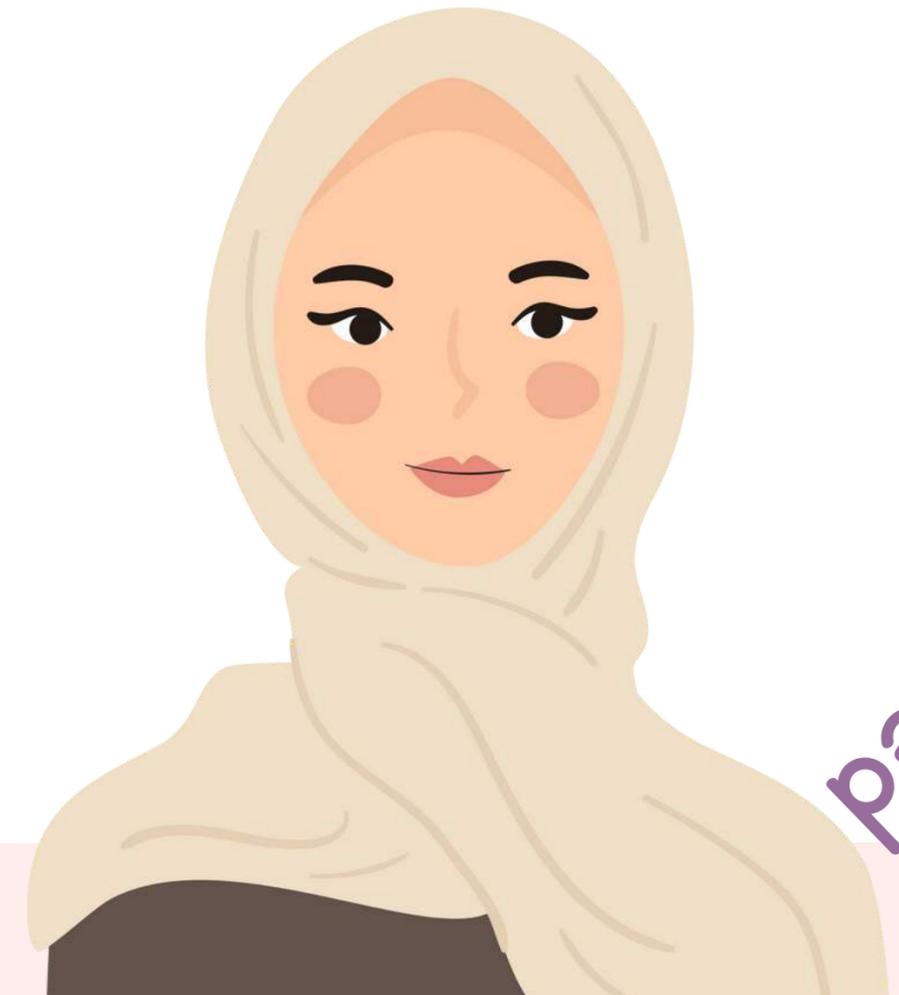
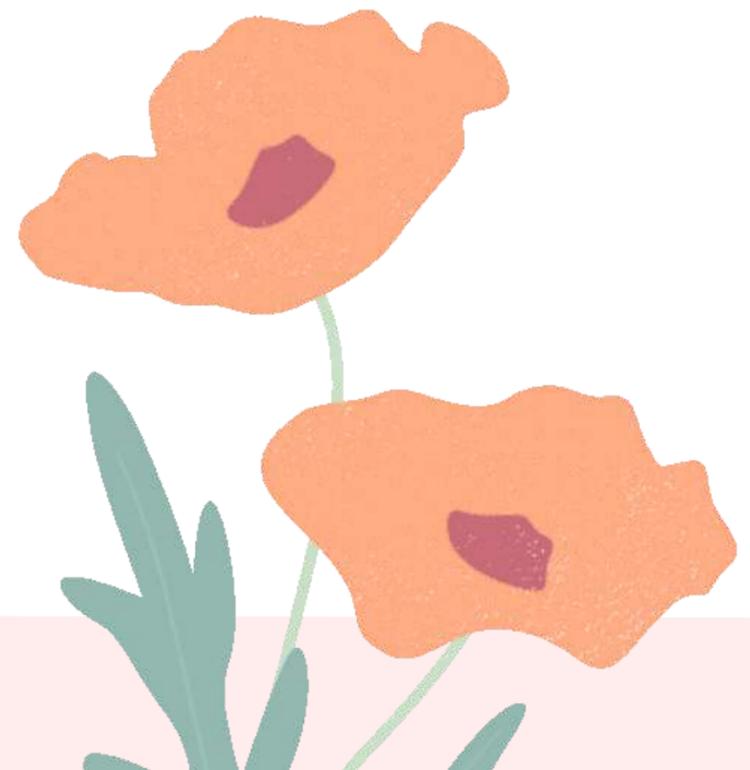
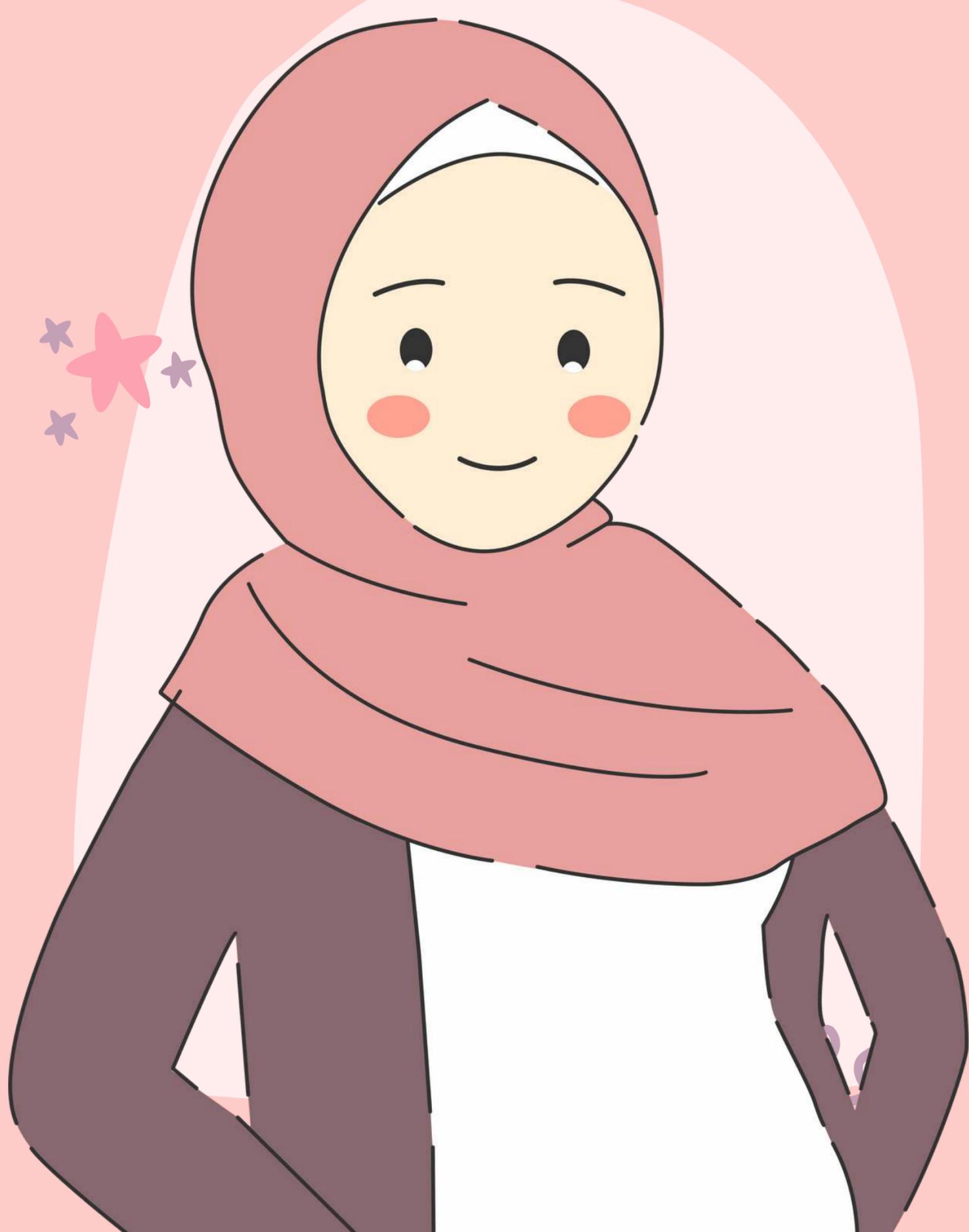


# Muslim Girls

A GUIDE TO PUBERTY FOR  
PARENTS AND CHILDREN

A presentation by Dr Ferhat Uddin and Samia Ahmed





# INTRODUCTION

Puberty for girls is an important milestone in Islam, as it marks our initiation into womanhood. These changes to your body are ones that will enable you to one day become a mother. They are seen as a blessing, as motherhood is held on very high ground in Islam.

# WHEN DOES PUBERTY BEGIN?

Puberty in girls usually begins between the ages of 8 and 13 and lasts for several years.



It is the time when your body develops and matures. Puberty prepares your body so one day you will be able to have a baby. This is part of Allah's Wisdom to prepare girls mentally and physically.

# WHEN PUBERTY BEGINS

\* POSITIVE  
MINDSET \*

The changes are caused by natural substances in your body called hormones.

When puberty begins, you will start to notice changes both physically and emotionally. At times you may feel overwhelmed by these changes. This is very normal, but puberty is also an exciting time, so it's important to stay positive. Allah will never burden you with more you can cope with.



## The right time will come

If you are overweight, you may start puberty before the age of 8 and if you are very athletic or underweight you may start puberty later.



# Allah chooses the best time



The most important thing to remember is that everyone is different, and you will start puberty at the right time for your body, which may also be different from other girls in your family. However, if you haven't started developing breasts by age 12 or have not had your first period by age 15, speak with your doctor. Ask to see a female doctor if this will make you more comfortable.

# HOW WILL MY BODY CHANGE?

## PHYSICAL GROWTH

One of the first changes you might notice during puberty is that your hands and feet will start to grow, and you might feel a bit clumsy until the rest of your body catches up. You will most likely reach your peak growth 2 years after puberty starts. After your main growth spurt has finished you may only grow another 5cm to 7.5cm in height. During your growth spurt, you may also notice that you gain weight, especially around your hips which become curvier and in your breasts. This is the time when we start to think even more about dressing modestly as commanded by Allah Almighty.

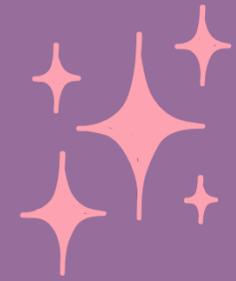


# HOW WILL MY BODY CHANGE?



## GROWING BREASTS

Growing breasts can be an awkward and challenging process. It is usual for girls' breasts to grow at different rates and they will continue to develop until around the age of 17. However, remember Allah designed our body so that it will develop naturally and we have both physical and mental capacity to cope with it. InshAllah, it will be just fine.



# HOW WILL MY BODY CHANGE?

## ★ BODY HAIR

As you go through puberty, you will notice hair growing in new places or thickening in some places. You will grow hair in your armpits, on your legs and in your pubic area near your genitals. This hair will begin thin and straight but will become thicker and sometimes curlier as you get older. This is a natural process designed by our Creator.



# HOW WILL MY BODY CHANGE?

## MENSTRUATION (PERIOD)

Menstruation (your 'period')

Each month the lining of your uterus thickens with blood. When an egg is released by your ovary, if it has not been fertilised by sperm, it will be shed, along with the blood from your uterus. You will see this blood coming out through your vagina. This is known as your period.

While it may look like a lot of blood, only a few tablespoons of blood come out with each period. The blood flow is usually heavier in the first day or two and your period may last up to 7 days. Period blood can vary from bright to dark red, but this is normal.



# HOW WILL MY BODY CHANGE?

## PRE MENSTRUATION TENSION (PMT)

PMT is a natural part of a woman's menstrual cycle.

PMT stands for premenstrual tension and it refers to the physical and emotional changes that some girls and women experience before their period starts.

You may feel a bit moody or emotional, experiencing bloating or stomach discomfort, having headaches or cravings for certain foods, and feel tired or having trouble sleeping. This is normal and remember Allah is testing us through this time and it will pass InshAllah.

PMT is temporary and usually goes away once the period starts. This is part of the normal cycle and the way that Allah has designed our bodies.



# HOW WILL MY BODY CHANGE?

## WAYS TO COPE WITH PMT

There are ways to cope with PMT:

**Talk to a trusted adult**, such as a parent or teacher, about how you are feeling. Engaging in activities you enjoy, such as reading a book, drawing, or spending time with friends, can help you feel better. And stay connected to Allah through whatever forms of worship you can manage. Allah will support you if you turn to Him.

**Healthy Habits:** Maintaining a healthy lifestyle can help manage PMT symptoms. Eat nutritious meals, get regular exercise, and make sure you are getting enough sleep. Drinking plenty of water and avoiding excessive caffeine or sugary foods may also be helpful.

**Be understanding:**

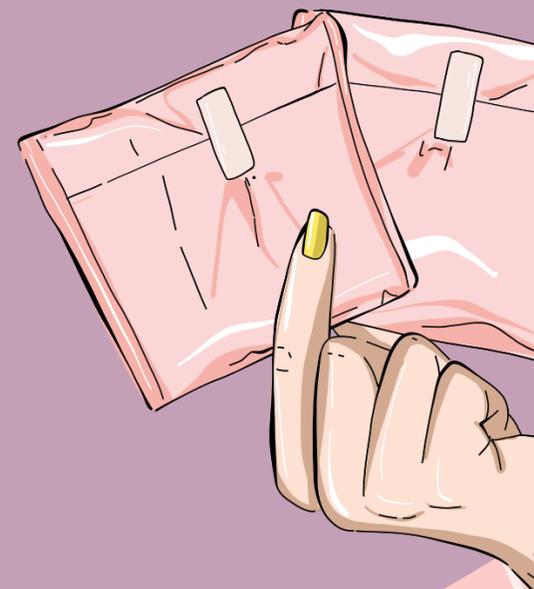
It's important to have understanding and patience, both with ourselves and with others who may be experiencing PMT. Remember, girls and women have a special resilience as Allah has designed our bodies to handle PMT and menstruation. So, there's no need to worry! Let's support and be kind to one another during this time and remember women and girls have coped with this for generations.



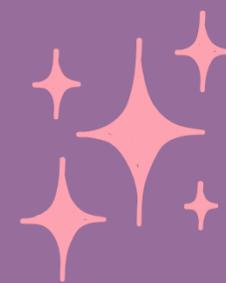
# HOW WILL MY BODY CHANGE?

## MENSTRUATION (PERIOD)

Irregular periods are also normal in the first 3 years but if your periods are more than 3 months apart, talk to an adult you trust and make an appointment with your doctor. The doctor can check that there are no health problems that are interfering with your cycle.



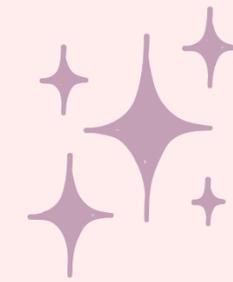
# WHAT ABOUT WORSHIPPING ALLAH ?



Periods do not have to be a secret, they are nothing to be scared or ashamed of. You cannot pray and fast during your period. This is a Mercy from Allah to allow you to excel in other forms of worship, like Dhikr. If you are learning to recite Quran, use a digital version during your period.

Once your period is over you need to complete a 'ghusl' - a bath/shower for purification, after which you can restart praying.

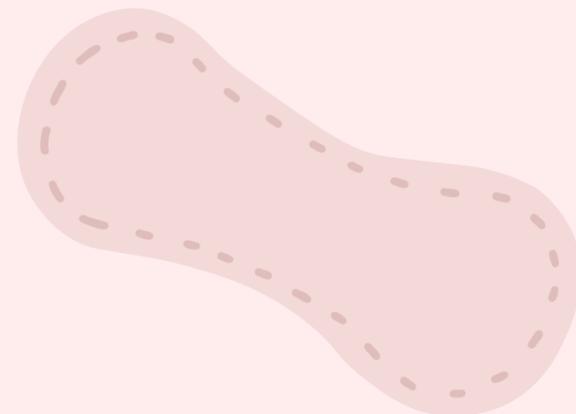




## OTHER VAGINAL FLUID



During your menstrual cycle when you are not bleeding, the cervix produces other secretions that may be clear or creamy-coloured. This fluid will also be discharged through your vagina and you may notice it on your underwear. Panty liners resolve this one!



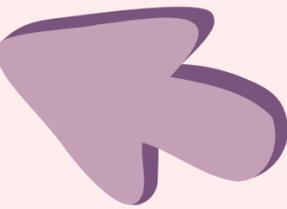
# DO YOU SMELL SOMETHING?

It's normal for your periods to have a certain odour and this is not usually going to be noticeable to anyone else.

To help minimise the odour it's useful to keep things 'dry' by wearing cotton underwear and changing your sanitary products regularly.

Do not douche- as washing with soaps or perfumes will upset the delicate balance of vaginal bacteria and could lead to a more unpleasant odour. Washing with water is sufficient.

If your periods or vaginal discharge have a very 'fishy' odour, this could be a sign of an infection and you should consult your doctor.



# PERSONAL HYGIENE



From an Islamic perspective, personal hygiene holds great significance for girls and women. Islam emphasises cleanliness as an essential aspect of faith. It is recommended for girls to maintain good personal hygiene as part of their daily routine. This includes regular bathing, washing hands before and after meals, **maintaining cleanliness during menstruation**, and observing proper hygiene practices while using the toilet. As your hormone changes, your body odour might smell different too. Part of good hygiene is to smell pleasant for yourself and others around you. It might be time to start using deodorant and remember to wear fresh-smelling clothes every day. Taking a shower and changing underwear daily as well as cleaning teeth twice a day and brushing your hair are all part of good hygiene.

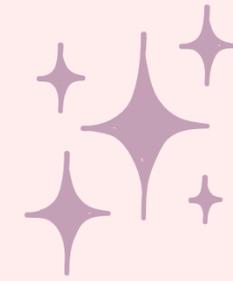


The Messenger of Allah (peace be upon him) said,  
**“Purity is half of iman (faith).”**





# PERSONAL HYGINE



Additionally, maintaining the cleanliness of the body, hair, nails, and clothing is encouraged as a way to uphold purity and modesty. Islamic teachings emphasise that cleanliness is not only a physical act but also a means of spiritual purification, ensuring a sense of well-being and promoting good health. By following these guidelines, girls can strive to maintain their physical and spiritual well-being while upholding the values of Islamic teachings.

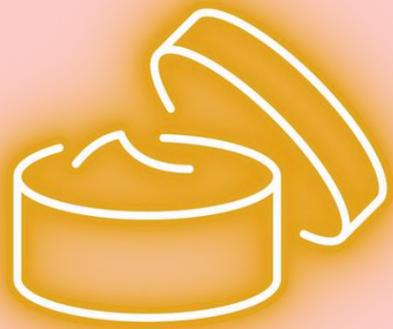


# SKIN CHANGES

During puberty, your body produces different levels of hormones that affect the glands which control the oil on your skin.

Pimples or acne are caused by overactive glands in the skin, and you may notice you get more pimples as you go through puberty.

Try to avoid touching the pimples since this can make them worse or lead to scarring. If you are worried about your skin, speak to your doctor about the treatments available to you. Remember you probably notice it more than others do and your confidence comes from inside who you are!



# BODY IMAGE

As you get older, you may take more notice of how you look. During puberty, you may feel especially self-conscious and compare yourself to others around you. However, there is no 'perfect body' even if that is what social media and advertisements try to tell you. Look at your friends and family – they all look different from each other, and everyone comes in different shapes and sizes.

Allah has created us all perfect and loves us all just the way we are. Muslim girls and women are respected for their intellect and their beauty is from their character which makes them stand out. The closer you are to Allah, the better you will feel about yourself inside and out!



## HOW TO MY RELATIONSHIPS/DUTIES CHANGE

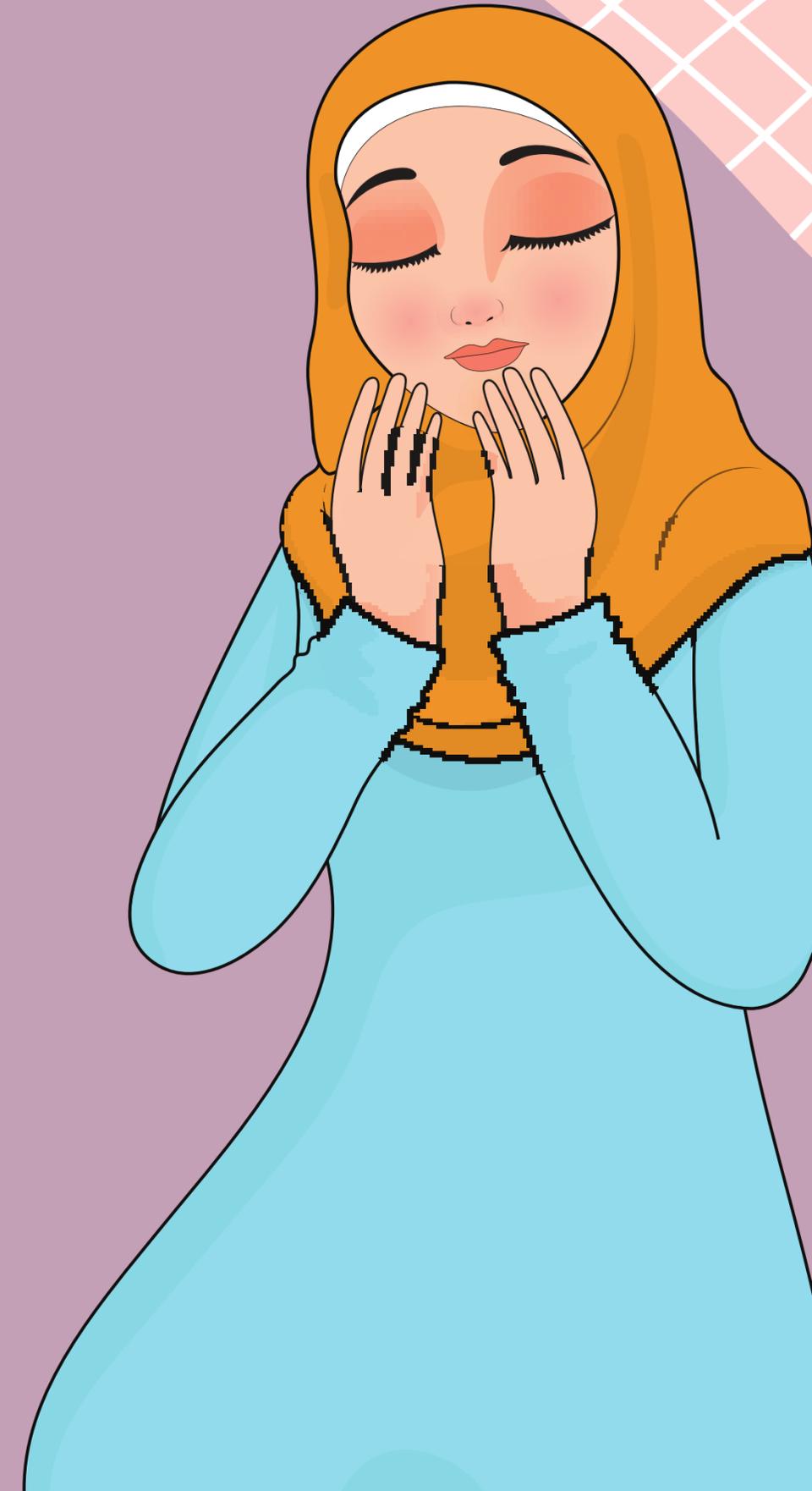
As you mature, you may want greater independence from your family and have more interest in hanging out with your friends. You may want to spend time with mixed-gender groups and may even want a romantic relationship. Women are held in high esteem in Islam and are protected by not allowing them to enter relationships with the opposite sex before marriage. Talk to your mum or someone close and trusted about any feelings you have as they are natural. However, we need to make good choices in line with what Allah Almighty commands from us as this is a test.



# ISLAMIC DUTIES

Starting your period is a milestone in Islam- you are now considered a woman. Coming with this comes the responsibilities and all the rewards of looking after your prayers and ibadah, knowing the angels are writing down your deeds.

We are ritually cleansing ourselves with our periods, and we need to be clean before praying. But remember, during our periods we have not been stopped from making dua, or reciting what we remember, and we can continue with everyday remembrance of Allah Almighty. Embrace the change and know that Allah Almighty is with you all the way!





## WHAT DO I DO WITH A USED SANITARY TOWEL?

1. Wrap it securely: After removing a used sanitary towel, wrap it securely with toilet paper or the wrapper provided by the manufacturer. This helps prevent any odour or leakage.
2. Use a disposal bag: Place the wrapped sanitary towel in a small, discreet disposal bag specifically designed for sanitary products. This ensures hygiene and prevents the contents from being visible.
3. Use designated bins: Look for designated sanitary disposal bins in public restrooms or use personal disposal bins at home. These bins are lined with bags and are designed to contain and control odours.
4. Do not flush down the toilet: It is important to never flush sanitary towels down the toilet. They can cause blockages in the plumbing system and pollute the environment.
5. Seal the disposal bag: Once the used sanitary towel is properly placed in the disposal bag, tie it securely to seal it. This helps contain any odour and prevents the contents from spilling out.
6. Discreetly discard the bag: Find a designated bin or waste container to dispose of the sealed disposal bag. If no specific bin is available, look for a regular waste bin. Ensure that the bag is placed securely so that it does not become visible or cause any inconvenience. Wash your hands after disposing!



Remember, proper disposal of sanitary towels is essential for maintaining hygiene, preventing the spread of infections, and preserving the environment, which is an important aspect of the Islamic faith.





This presentation is free but requires time and resources. If you would like to contribute, fund or sponsor more resources like this then please email [samialst@gmail.com](mailto:samialst@gmail.com)

It is important to consult scholars and knowledgeable individuals to understand the detailed rulings and guidelines related to menstruation in Islam.

These slides are approved by [Shaykh Haytham Tamim](#) [Utrujj Foundation](#). 



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