



Young Muslimah's guide to Puberty

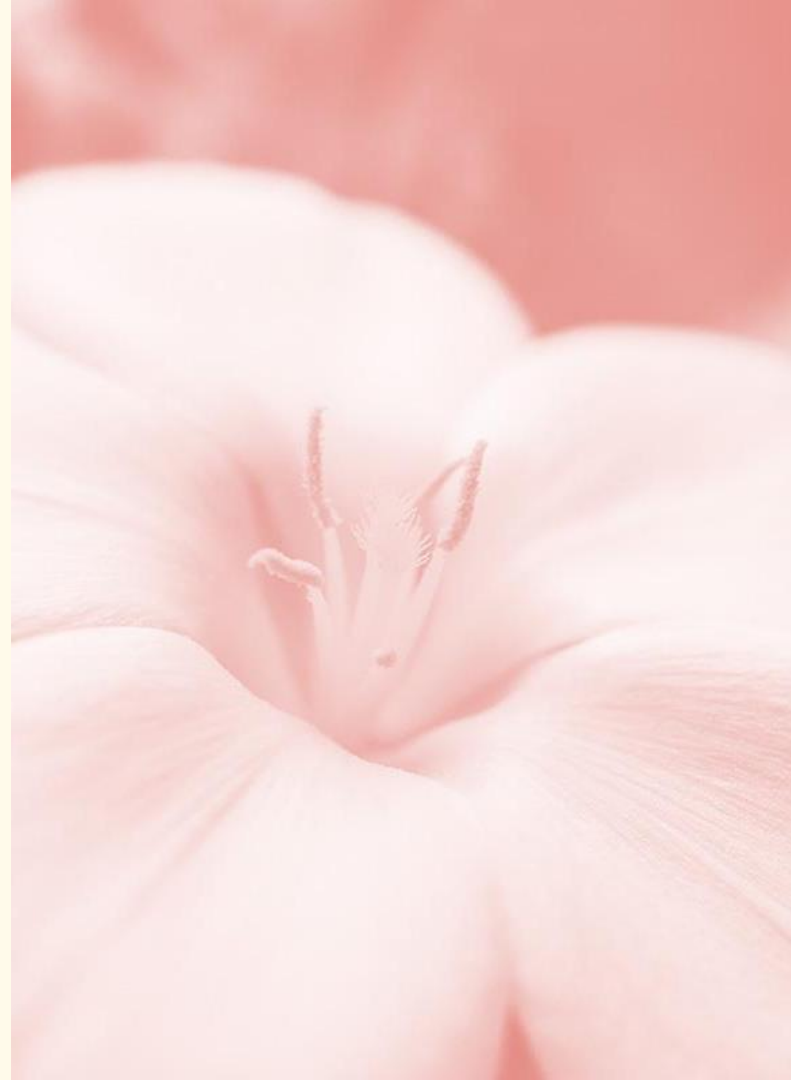


Topics

01 Introduction

02 The Islamic
Perspective

03 Rules of
Menstruation





01

Introduction

Signs of puberty & how to
be prepared

Puberty

- After the age of about nine, a girl will begin to see changes in her body
- These changes are a natural process of growing up
- The transition which takes place from childhood to adulthood is called puberty




Being Prepared

Having knowledge of what to expect makes it easy when the time actually arrives. Following is a list of how to be prepared

- Do not be afraid
- Do not be embarrassed
- Ask questions when necessary
- Know what to expect and what you will need
- Know how it impacts your life in terms of being a Muslimah and what Allah wants

Signs of Puberty

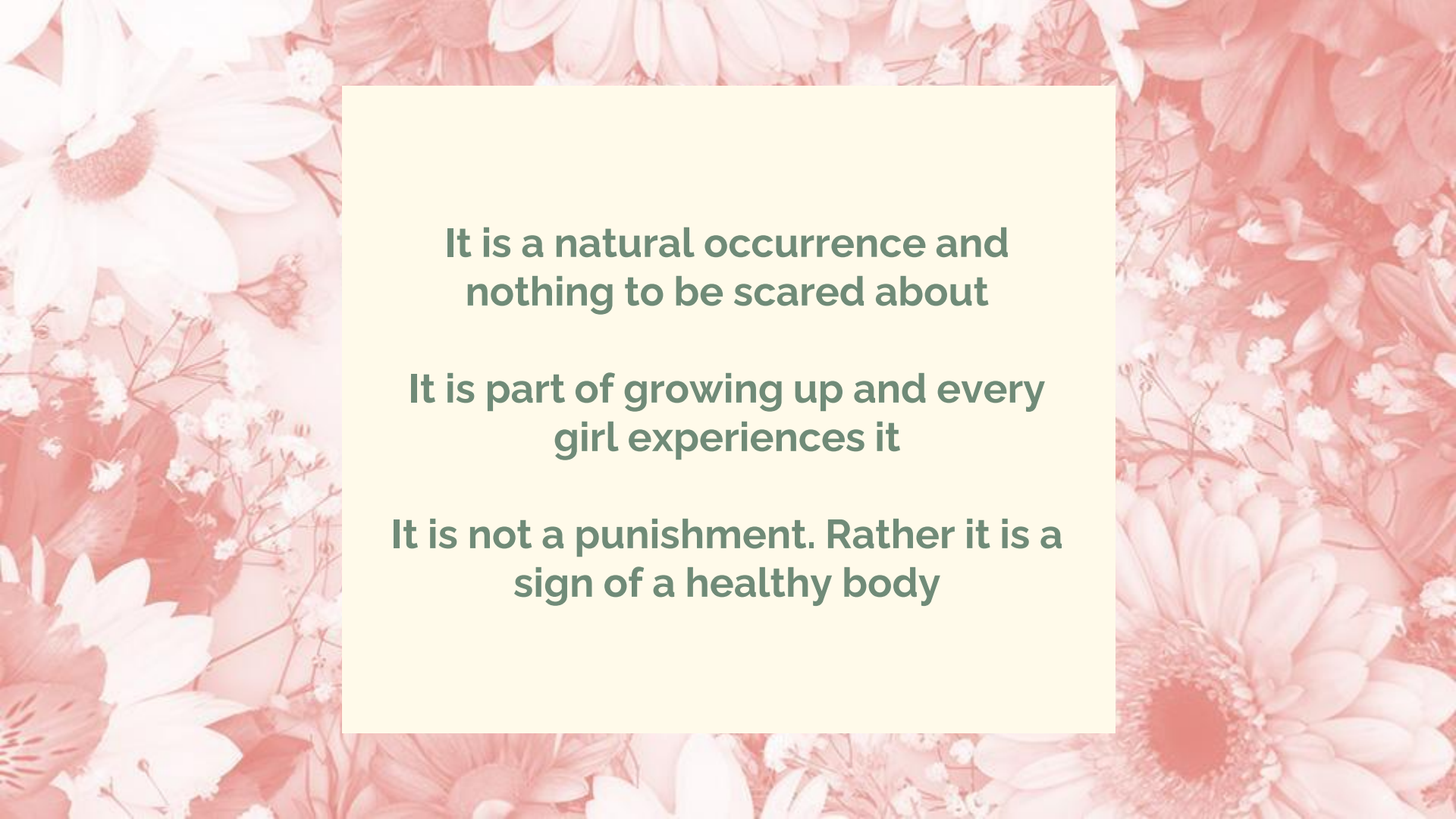
- The chest area will start to fill out and breasts will develop
- The face will become fuller and girls may also get pimples or acne
- Weight will increase with hips starting to fill out growing wider and rounder and the waist becoming narrower
- Sweat glands will develop, producing more sweat and body odour
- There can be a sudden growth spurt where the height will increase
- Girls will also begin to notice some hair growing in the pubic area and the armpits
- There may be some stomach cramps
- Girls may also experienced discharge (a clear or white fluid produced in the cervix which flows to the outside through the front private part)
- Of all these changes the biggest change for a girl will be the start of bleeding from the front private part for a few days (menstruation)



**A responsible young
Muslimah will learn to
cope with these
changes with
patience and courage**

Menstruation

- The bleeding of a few days every month through the front private part is called menstruation
- This blood is the result of a natural process of removing the lining of the uterus wall which breaks down once a month so girls will see some blood for a few days every month
- It usually happens around the age of 10/11 however it can be later



**It is a natural occurrence and
nothing to be scared about**

**It is part of growing up and every
girl experiences it**

**It is not a punishment. Rather it is a
sign of a healthy body**

What you will need

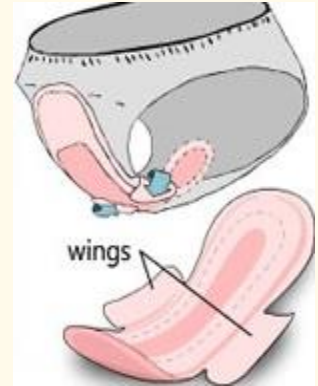
- Well fitting underwear which is not loose. Cotton underwear are better as they are sweat absorbent
- Sanitary pads which your mum or older sister will have
- Ask them to show you how they are used and where to dispose of them when they are soiled

Sanitary Pads

- These are pads used to avoid soiling clothes
- They absorb the blood which exits the front private part
- They are different types available in shops
- They have adhesive tape at the back to make them stick to the underwear and stay in place
- Some have “wings” to keep them in place and avoid leakage
- They are also of different sizes for different times – some are thin for light bleeding and others are thicker and longer, suitable for moderate to heavy bleeding
- Scented pads often cause irritation so better not to use them
- Re-usable cloth towels can be used as well but they need to be washed by rinsing and soaking

Important Advice

- Dispose of the used pad by wrapping it in tissue and putting it in the bath bin
- They should **never** be flushed down the toilet as it will cause a blockage
- It is advisable to know where mum keeps the pads and also to carry extra underwear and a couple of pads in your school bag or in your handbag when out and about in case you need them



What to do when bleeding begins

- It could start for the first time at home in the daytime or at night
- **First and foremost do not panic. Stay calm** - This is part of growing up and nothing to be scared about. Do not worry. You will get used to everything in a short time
- If at home, immediately call someone: your mum, an older sister, aunt etc. If no one there, you can still cope. Clean yourself as best you can if underwear is soiled. Put on clean underwear and use a sanitary pad to avoid soiling clothes
- If at night, then perhaps pyjamas or even sheets may get a bit soiled and will need changing
- If at school, go and see a female teacher. If clothes are soiled, get a friend to walk directly behind you or tie a sweater around your waist to cover the soiled area
- If at Madrasah, do not touch the Qur'an and inform your Aapa
- Note down time and date of the first bleeding
- Keep a record every month of when it starts and ends and you will see a pattern of your cycle developing

Cleanliness during Menstruation

- You will need to wear comfortable pads which absorb the blood to avoid soiling clothes
- If worried about leaking when bleeding is heavy then wear thicker and more absorbent pads
- Always carry extra pads or panty liners with you, in case you need them
- Wearing good fitting underwear is better than loose fitting ones to keep pads in place
- Make sure you bathe/shower regularly and change clothes
- Do not wear the same pad for many hours
- Change your pad regularly – every few hours
- Wash the private part properly (Istinjaa) as sweat, menstrual blood and bacteria can lead to infection and odour
- Wear cotton underwear which absorb sweat
- If using deodorants remember it is not permissible to use strongly fragranced sprays and go out



02

The Islamic Perspective

Buloogh (Maturity)

In Islam a girl becomes Baaligh (mature) in one of two ways:

- She experiences a few days of bleeding from the front private part called menstruation – which can be any time after the age of 9 lunar years (8 solar years, 8 months and 3 weeks)
- If she does not experience menstruation, she will automatically be regarded as Baaligh at the age of 15 lunar years (14 solar years, 7 months and 19 days)

Impact of becoming Baaligh

For non-Muslim girls

For your non-Muslim friends the start of menstruation will not have the same effect as you in terms of religious duties though orthodox Christian and Jewish women are affected. In Hindu culture, a menstruating woman cannot enter a temple however Sikh women are allowed

For Muslim girls

For a Muslimah, becoming Baaligh has a huge impact because she has now become a woman with responsibilities to Allah ta'ala. Before puberty she is considered a child and not held accountable however after becoming Baaligh, she is regarded as a young adult and is accountable for her actions.

This means she must now practice upon the complete Deen and she can only practice upon the Deen if she learns about it. She should know what is compulsory upon her and what she should refrain from.

What are the Obligations?

- Tahaarat – a girl is required to know the rules of purification, i.e. when she is required to perform Wudhu (ablution) or Ghusl (purificatory bath) and how
- Compulsory acts of worship – Salaah and fasts of Ramadhaan become obligatory and therefore a girl is required to know the rulings regarding praying and fasting
- Hijaab – covering and wearing modest clothing that does not show the shape of your body
- Acts to refrain from – music, going out with make-up/perfume, mixing with non-mahram like male cousins or male family friends, etc.

The Complete Deen

A true Muslimah is one who practices upon the complete Deen which includes five branches: Aqaaid (beliefs), Ibaadaat (worship), Akhlaaq (morals and character), Mu'aamalaat (transactions) and Mu'aasharah (etiquettes of social life)

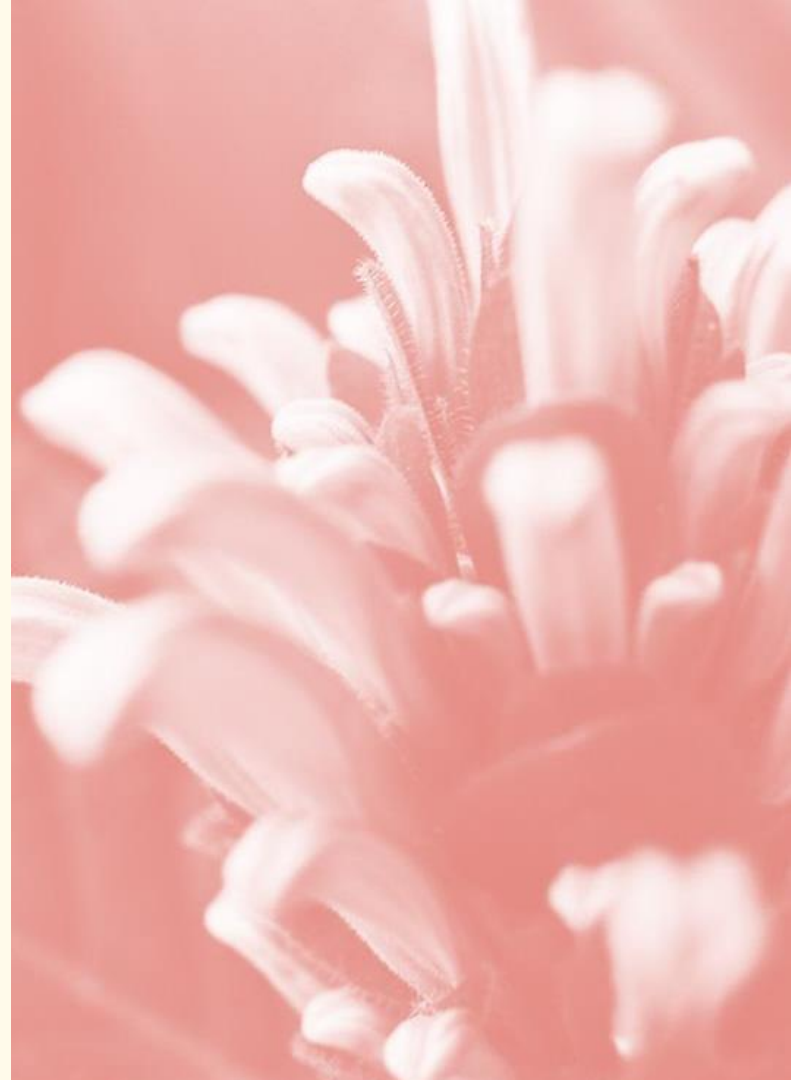
- Imaan is believing in Allah, His angels, His books, His messengers, the last day, His decree etc. Imaan is internal
- Islam is the outer forms of worship. Islam means to “submit” to the commands of Allah completely. It means doing things Allah's way and for His pleasure and not our way. Therefore when He has ordered us to perform Salaat, we must perform Salaat and when He has ordered us to stop Salaat during menstruation, we stop Salaat because the core of worship is doing things the exact way that Allah has ordered. We are worshipping Allah when we abide by His laws. Therefore when we stop Salaat during menstruation we are in fact worshipping Him!
- Ihsaan is “to worship Allah as if you see Him” and if not then, “Indeed He sees me”. This is a spiritual excellence we should strive for. Always think, “My Allah is watching me with love and affection” In this way we will always be conscious of Allah ta'ala and do every action for Him

Islam will shine through your every word and action when you practice upon the complete Deen

Should I tell my dad?

Menstruation is a natural process and nothing to be ashamed about. Where dad or older brothers are concerned, it is not sinful to talk about it in front of them however a natural modesty (Hayaa) in girls makes it embarrassing and also in our culture it is frowned upon.

Therefore, keeping these points in mind, it is better not to discuss it in front of dad, grand dad, uncles and brothers, but if there was a necessity, then it is not prohibited in Islam.



Importance of learning rules of Menstruation

Another obligation a girl has is to learn the rulings related to her new situation

There are many rulings regarding the bleeding a woman experiences which will now be mentioned in brief

Prohibitions

Menstruating women are prohibited from certain actions because these acts require the state of purity and a menstruating woman is in the **state** of impurity. It does not make her body or saliva or clothes impure. She is just in a state of impurity and therefore cannot do the following actions:

- Salaah – whether it is the five daily Salaat or any optional Salaah
- Prostration of recitation
- Fasting of Ramadhaan and all optional fasts
- Reciting and touching the Qur'an
- Entering the Masjid
- Tawaaf of the Ka'bah

Each of the above have many rulings which will insha-allah be covered in a more advanced course

Note: Salaat missed during menstruation do not need to be repeated however missed fasts of Ramadhaan have to be made up after Ramadhaan

Types of Bloods



Menstruation

Haydh

Bleeding all women
experience for a few days
every month



Post-natal

Nifaas

Bleeding after the
birth of a child



Due to Illness

Istihaadhah

Bleeding which is not
Haydh or Nifaas

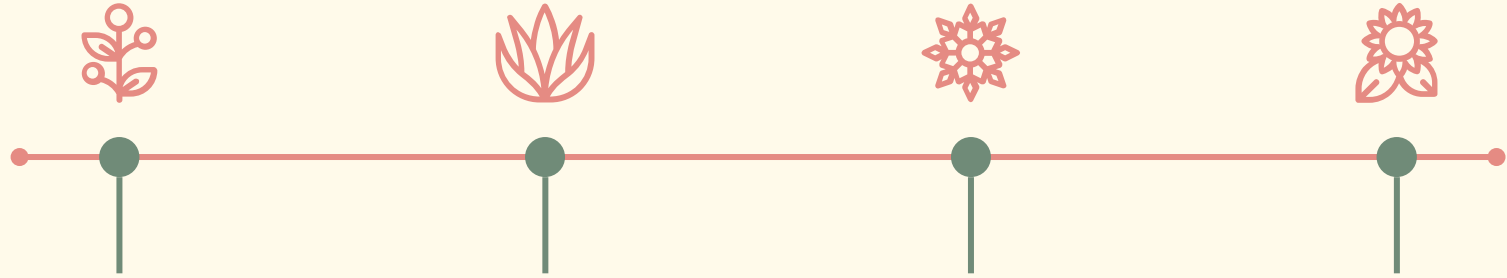
(Bleeding due to illness)

Haydh

Menstruation

- It is called Haydh due to the flowing of menstrual blood at specific times (during the month)
- It is blood that flows from the womb and exits from the vagina
- Minimum in Haydh is 3 days & 3 nights (72 hours) – bleeding of less than this will be Istihaadah
- Maximum in Haydh is 10 days & 10 nights (240 hours) – bleeding which exceeds this will be Istihaadhah
- Minimum purity which separates two bleedings is 15 days and 15 nights. A purity of less than 15 days and 15 nights will not be a separator
- There is no maximum purity. It can be 20 or 35 or more

One day = 24 hours



Tuesday

Wednesday

Thursday

Friday

Bleeding began at 7 am on Tuesday

One day is completed at 7 am on the next day

Two days are completed at 7 am on Thursday

Three days are completed at 7 am on Friday

Nifaas

Post-natal bleeding

- It is blood that flows from the womb and exits from the vagina after child birth
- Maximum in Nifaas is 40 days and 40 nights. Bleeding of over 40 days and 40 nights will be Istihaadhah

Istihaadhah

Bleeding due to illness

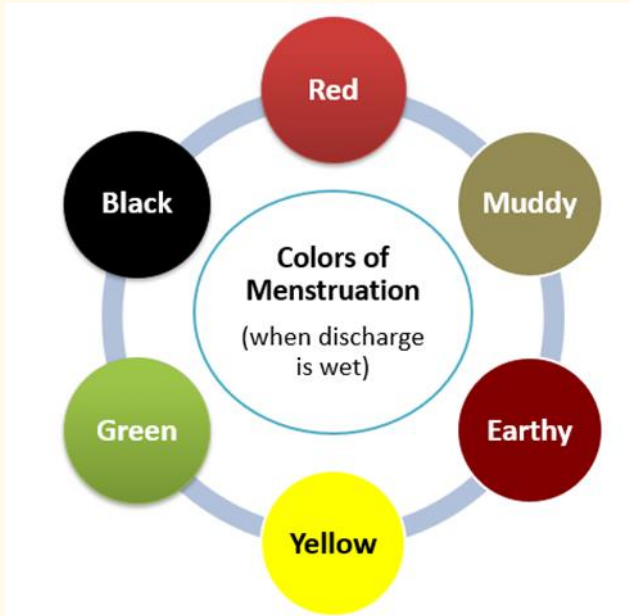
- It is blood which exits from the vagina however, it does not originate from the womb, but from a ruptured vein
- It can be flowing or spotting
- Bleeding which is less than 72 hours or which continues after 240 hours will be Istihaadah
- Bleeding experienced by a girl aged less than 9 lunar years will be Istihaadhah
- If there is bleeding of Istihaadha, a girl must still perform Salaah and she can fast and touch and read the Qur'an
- It is not necessary to perform Ghusl after bleeding of Istihaadah

Bleeding is not always continuous

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Continuous bleeding is not necessary
- It can be spotting or flowing
- Bleeding can occur for a while and stop and reoccur
- As long as it is within the maximum 10 days, it will be menstruation
- The days of purity within the menstruation (Days 3 and 7) are “legal” blood

Colours of Blood



- Women experience variation in the colour and flow of menstrual blood
- Any coloured discharge in the habitual days of bleeding, other than clear or white, is considered menstruation
- Colours of blood are considered when the discharge is fresh and wet
- If the discharge is looked at when it has dried, it has undergone a chemical reaction, altering its colour

Beginning & Ending of Haydh

- Beginning of Haydh is when the blood exits the vagina or reaches the edge of the vaginal opening
- The ending is when discharge becomes white or clear (when fresh and wet), or there is no discharge

Using a Kursuf can be helpful in determining the end and often eliminates the need for multiple ghushs

The colour of the discharge is only considered when fresh and wet, not after it has dried

Kursuf



- A Kursuf is a cloth or tissue folded so that it is a rectangular shape about 2 inches in length
- It can be as thick as is comfortable and is placed between the vaginal lips blocking the inner orifice and can be used to determine the beginning and ending of menstruation
- Panty liners are not Kursuf as they remain away from the inner opening

TISSUE: would be folded in half, then folded again to a quarter and then folded twice more

TOILET PAPER: 2 squares are taken, one on top of the other, then folded in half and then folded once more

Habit in Blood & Purity

- A habit is the usual number of days a woman's Haydh (or Nifaas) lasts.

Example: a woman usually has a 7 day Haydh so this is her habit for Haydh.

- A habit is also formed in the number of the days of purity in between two bleedings of Haydh.

Example: if a woman had bleeding for 7 days and this was followed by a valid purity of 18 days, then her habit for Haydh will be 7 days and her habit for purity will be 18 days.

- A habit is also formed in Nifaas

Example: A woman had bleeding for 20 days after childbirth and thereafter remained pure for 25 days. Her habit in Nifaas is 20 days

- Most women have regular fixed habits however some women don't. If a woman's habit fluctuates every month then her habit will be: The number of days of menstruation or purity of the previous month

Example: a woman saw 7 days menstruation in April. Then in May she saw 9 days. Her habit in menstruation has changed and the new habit will be 9 days

Keeping a Record

- It is obligatory to keep a record of days of bleeding and purity
- Get into the habit from the first day
- There are apps available now so its easy

Recording habits is vital!

In case of any irregularities, a written record allows a woman (or the Mufti she consults) to accurately work out which days are menstruation and purity

Without habits a woman can face a very difficult situation if she experiences continuous bleeding which can sometimes happen

Recognising Problems

We have learnt that menstruation cannot be for less than 72 hours or more than 240 hours. We have also learnt that there has to be a minimum purity of 15 days and 15 nights between two bleedings.

Keeping these principles in mind, in each of the following situations you must consult a qualified scholar for advise and follow their instructions



Less than minimum

If your bleeding lasts for less than 72 hours followed by a purity of 15 days and 15 nights, the bleeding will not be menstruation



Exceeding maximum

If bleeding continues beyond 240 hours, the bleeding beyond the maximum will not be menstruation. Perform Ghusl and start prayers



Incomplete purity

If bleeding reoccurs before 15 days and 15 nights have passed, the bleeding will not be menstruation and you must continue Salaah

Ghusl

- It is **obligatory** to perform Ghusl (ritual bath) at the end of menstruation
- It can include shampoo, soap, etc. however, it is not essential
- The compulsory parts of Ghusl have to be discharged for Ghusl to be valid
- Ghusl should not be delayed after bleeding ends. It is a major sin to avoid performing Ghusl and miss Salaah after bleeding stops. Many women leave it till the next day. In this way many Salaat become Qadhaa
- If blood stops **withing 72 hours**, pray Salaah after performing **Wudhu**. If blood returns, stop Salaah
- If blood stops **after 72 hours**, pray after performing **Ghusl**. If blood returns within 240 hours, stops Salaah and wait for bleeding to stop and thereafter perform Ghusl again

Compulsory acts of Ghusl:

- Rinsing the inside of the mouth
- Washing the nasal passage up to the soft bone
- Pouring water over the entire body making sure water reaches every part

Care must be taken that water reaches behind the ear and inside ear and nose piercings. A woman can move her earrings and nose ring, allowing water to pass through.

If the hair of her head is not braided, she must wet all the hair and roots. If her hair is braided, the water should reach all the roots; she does not need to open the braids.

Sunnah method of Ghusl

Firstly, with the intention of purifying one's self from Najaasat, wash both hands up to the wrists and thereafter wash the private parts irrespective of whether there's any impurity on them or not and even if one has not been to the toilet. Thereafter perform Wudhu in accordance with the Sunnah. The feet may be left till last if bathing in a place where water accumulates.

Water should then be poured over the head three times followed by pouring water over the right and left shoulder three times each ensuring that water reaches every part of the body by rubbing the skin with the hands.

*Care should be taken that water reaches every part of the body like under the nails, behind the ear and ear or nose piercings. The earrings and nose ring can be moved to ensure water reaches the piercings.

*If the hair of the head is not braided, she must wet all the hair and roots. If her hair is braided, the water should reach all the roots; she does not need to open the braids.

Pubic & Underarm Hair

It is compulsory to remove the pubic and underarm hair. How often?

- It is best to remove it once a week, especially for those whose hair grows rapidly
- If the hair does not grow very rapidly, then two weeks to 20 days is appropriate
- The latest time it can be left is 40 days after which it is sinful
- It is forbidden and a major sin to get privates and thighs waxed by anyone else as it is part of Satr

Misconceptions

- It is a misconception that nails cannot be clipped during menstruation. Clip your nails every Friday as it is Sunnah
- It is a misconception that unwanted hair **MUST** be removed **BEFORE** one can perform Ghusl after bleeding stops. We must not wait to remove unwanted hair and Ghusl must be performed as soon as bleeding stops and Salaah commenced. It is better to remove unwanted hair before menstruation is expected as it causes greater uncleanliness during menstruation
- Do not think you are on “holiday” during menstruation since you cannot perform Salaah. You will lose connection with Allah. It will be harder to pray Salaah once menstruation ends. We do not stop being Allah's servant during menstruation. Perform Wudhu and sit at the place of Salaah and make dua, Durood, Dhkr etc. at Salaah time.

Advices



Some girls and women love to complain about menstruation. Do not be one of them as this is ordained by Allah for every woman and the pain/discomfort women go through will be rewarded if they remain patient

Menstruation is as easy or difficult as you make it!



Some women treat menstruation as a “holiday” from worship. Do not join them. Menstruating women can still worship Allah – by following His commands generally and by doing Dhikr, Salawaat, Du'a, listening to the Qur'an, studying about Islam, etc.

Use this time productively!

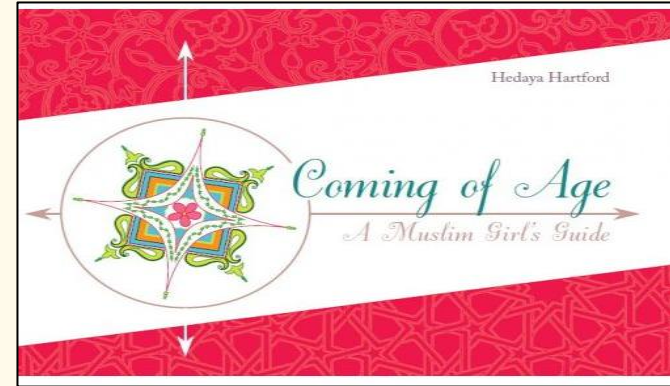
A background image of several pink carnations in various stages of bloom, set against a soft, light pink background. The flowers are the primary visual element, with some in sharp focus and others blurred.

**Alhamdulillah!
Course completed**

Further Reading

Coming of Age – a Muslim
girl's guide

By Hedaya Hartford



Thanks

Do you have any questions?

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