

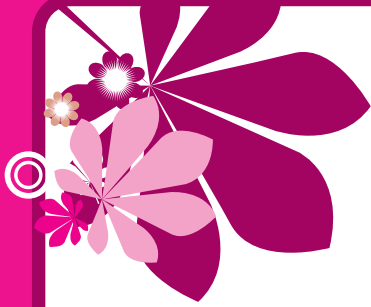
# Baligha



8-12 years







# Congratulations!

You are no longer considered a little girl but rather a young lady!

This book Insha'Allah will help you in the years ahead by tackling some of the important issues that may affect you.

Take care - Stop, think and question all that you do in your life. May Allah guide you through the coming years and make them easy for you.



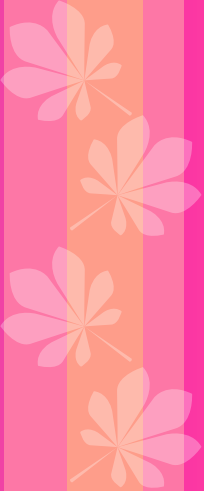
# Introducing Me

My name is

.....

My Signature.....

**Photo of Me**



My birthday (most important day of the year!) is

.....

My favorite place in the world is

.....

My favorite colour is

.....

My favorite thing about myself is

.....

My personality could be described as

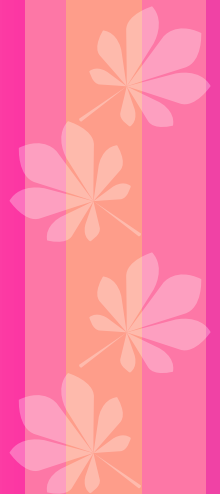
.....

My hair is the colour of

.....

My eyes sparkle with

.....



## **WHO IS A MUSLIMA?**

A women who follows ISLAM

### **What is Islam ?**

The word Islam simply means submission and is derived from the word meaning peace.

People who follow Islam are called Muslims. In a religious context it means complete submission to the will of God.

One who proclaims that he/she believes in One God and accepts Prophet Muhammad (S.A.W.) to be the last Messenger of God is legally accepted as a Muslim.

However, it is only when one commits oneself totally to the Islamic way of life does one become a Muslim in the real sense of the word. He/she is then able to say:

"Indeed my prayers, my sacrifice, my life and my death are all for Allah, the Lord of the worlds..." Qur'an 6:162

Allah is an Arabic name for the only God and is used by Arabs - Muslims and Christians alike.

Islam is the same guidance that Allah revealed through all His Prophets to humankind. It is both a religion and a complete way of life for over a fifth of the world's population.

Muslims are not confined to a certain race, origin or nationality but span the entire globe from Makka to Moscow, and from America to Australia.

### **What do Muslims believe ?**

1. There is one unique incomparable God
2. God is just.
3. God sent Prophets through whom His revelations were brought to mankind. Muslims believe in a chain of Prophets starting with Adam including Noah, Abraham, Moses, Jesus and ending with the last one - Prophet Muhammad (S.A.W.).
4. The world is never devoid of divine guidance – there are 12 Aimmah – the first being Imam Ali (A.S.) and the last Imam Muhammad Al-Mahdi (A.S.) who will bring justice to the world.
5. There will be a day of judgement when every individual will have to account for his/her actions.

### **What is the ISLAMIC CALENDAR ?**

It begins in the year 622 A.D , the year of Hijra - migration. The first year of the Muslim calendar is 1 A.H. (After Hijra).

The Islamic year is based on the Lunar months and is therefore shorter than the Gregorian calendar.(approximately 11 days).

### **BALIGHA**

A Muslim girl becomes baligha at the age of 9 Lunar years. This means that you are now accountable for all your actions and have the responsibility of performing all your wajibat.



# Notes





# Notes

# B

## BEAUTIFUL

- Personal Hygiene
- Physical beauty must be enhanced by inner beauty. The face will then reflect radiance, peace and love. You will see it in the depth of the eyes.



## **BEAUTIFUL**

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

Caring about the way you look is important to your self esteem (what you think about yourself). This topic gives you some ideas on looking your best. By the way, you don't need to wear the latest designer clothing to look good. There are other things you can do which are much more important for your "image".

### **Smelling clean**

When you reach puberty special sweat glands under the arms and around the genitals start to work and produce sweat that smells. You should remove the hair under your arms and on your private parts regularly but certainly no less than once every 40 days.

### **Clothes.**

Underclothes are right next to your skin and collect dead skin cells, sweat and possibly other unmentionable stains. Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.

Stay away from cigarette smoke as the smell will get into your clothes and hair.

If you have to wear a school uniform then take it off as soon as you get home and hang it up to air before you wear it the next day.



Ask your family not to smoke in the house or the car. Besides being unhealthy for them and you, the smoke clings to your clothes and makes them smelly. Of course, you wouldn't smoke either, would you?

### **Change underclothes every day..**

#### **Shoes**

You spend a lot of time on your feet and your shoes are very close to the place where a very large collection of sweat glands live - your feet!

Sweat gets into your shoes and then bacteria arrive which love the moist leather or fabric so much that they tell all their friends to come round and party!

If you have one pair of shoes for school then try to get them off as soon as you get home so that they can air and dry out overnight. (As you get older somewhere outside the house is a good place!)

If you have more than one pair then use them on alternate days to give them a better chance of drying out.

Keep your shoes clean by brushing, polishing or washing. They will look better, last longer and be less likely to smell.



## **Feet**

### **Wash your feet well at least once a day.**

Dry them carefully, especially between the toes where more bacteria collect than anywhere else on your skin.

If you go swimming a lot or use public showers, you need to be particularly careful to wash your feet and dry them well. Lots of other people walk in bare feet in these places and you can easily pick up fungal infections or other problems for your feet, such as warts!

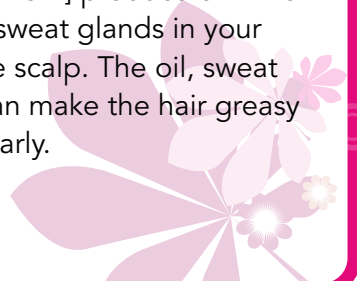
### **Using nice smelling products**

You may want, or feel you need, to start using a deodorant or anti-perspirant under your armpits. But remember that nothing smells better than clean skin. Perfumes are not a good substitute for a shower or wash.

You may want to use special innersoles in your shoes, which can be taken out and washed, making the shoes smell less. You may want to use foot powder on your feet and inside your shoes. This can help too.

## **Hair**

The hair follicles [which the hair grows from] produce oil which keeps the hair smooth. You also have sweat glands in your scalp, and dead skin cells come off the scalp. The oil, sweat and dead cells all add together and can make the hair greasy and look dirty unless you wash it regularly.



### **To keep your hair clean:**

wash regularly with shampoo (cheap ones are often as good as very expensive ones).

massage your scalp well. This will remove dead skin cells, excess oil and dirt.

rinse well with clear water.

conditioner is helpful if you have longer hair as it makes the hair smoother and easier to comb, but hair doesn't need to have conditioner.

use a wide toothed comb for wet hair as it is easier to pull through.

### **Teeth**

You should brush your teeth twice a day - after breakfast and before you go to bed. The Prophet (SAW) advises to brush teeth before every salaa just before you do wudhoo.

During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.

Finally, keep your fingernails and toenails short and clean too making a habit to cut them every Friday.



## THE INNER GLOW

Unfortunately we do live in a world where people do judge on appearance and all of us are influenced by appearances. However, we need to keep appearance in perspective. Islam tells us that it is important to be well presented but not to go to extremes. It is important that we remain aware of why we do the things we do to look good.

*10 things that give me the INNER GLOW!*

1 .....

6 .....

2 .....

7 .....

3 .....

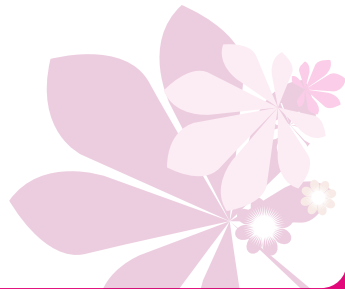
8 .....

4 .....

9 .....

5 .....

10 .....



The products i would reccomend to keep clean which are also environmentally friendly:

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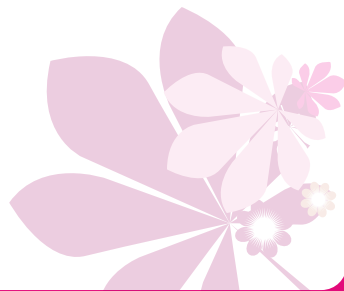
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This is my daily menu which keeps me healthy:

1 .....

2 .....

3 .....

4 .....

5 .....

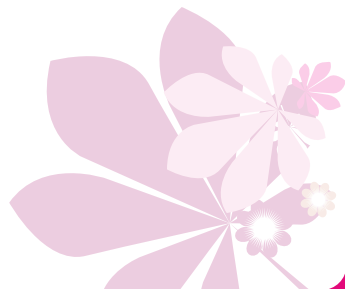
6 .....

7 .....

8 .....

9 .....

10 .....



# My Style

Favourite shops:



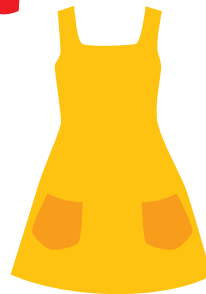
For Hijab Clothes

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For Shoes

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For Accessories

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# My Style



For Head Scarves

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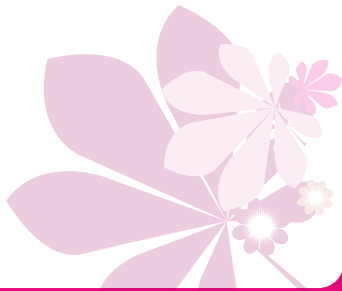
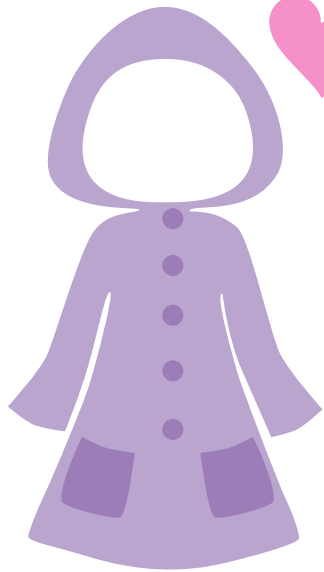
For Abayas

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# Notes



# Notes





## AWARENESS

- Fiqh laws for taqleed, tahara, salaa, sawm, khums...
- Salaa times
- Body changes - Menstruation (haydh)
- Other physical changes.

## **What is taqleed?**

For every problem in life we go to an expert. If we are sick, we go to a doctor. If we want to build a house we go to a builder.

In the same way if we want to know about the rules (masails) of Islam we go to a Mujtahid. A Mujtahid knows all the Masails. He studies the Qur'an and the Ahadeeth (sayings) of the Ma'sumeen (Ahlul Bayt) and gives Fatawa.

To follow a mujtahid for the masails of Islam is called to do Taqleed. One who does taqleed is known as a Muqallid.

The next step is to get hold of a copy of the RISALA of the mujtahid you follow. This is a book which contains the masails (laws) which you need to follow in order to be able to do your wajibaat correctly.

Make sure that you get someone to check your wudhoo and salaa so you know that you are performing it correctly.

Learn as much as you can about life and know that it is the laws of Allah that will help you be the best of human beings.

## **PHYSICAL CHANGES**

You will experience physical changes in the body and this phase is called puberty. It happens between the age of 9 and 15 and lasts for 2-4 years.

### **So what are these changes?**

You will notice thicker and darker hair growth under your arms (underarm hair) and private parts (pubic hair).

Your breasts will start to enlarge and your body shape will start to change to become more curvy. It is important that you wear clothes that do not emphasize your curves, but cover them loosely.

### **The biggest change...**

You will start to menstruate or have 'periods' every month. In Fiqh terminology it is termed as 'HAYDH'. For some days each month, you will experience blood flow from your private part. For the first couple of days you may feel tired or irritable, you may have cramps in your stomach or sore breasts. This is perfectly normal and a natural part of growing up.

It is important to remember that a period is not an illness, nor should it be looked upon as something un-natural or dirty. It is a natural process and a part of growing up and is considered a blessing from Allah.

### **Whilst you are menstruating you cannot do the following:**

Any ibadaat that requires wudhoo or ghusl (or tayammum).  
Qadha of Salaa is not wajib but Qadha of Sawm (Fasting) is wajib.

It is Mustahab at the time of Salaa, to sit on your musalla facing Qibla and recite Duas; It is better to recite Tasbihaate arba'a (Subhanallahi, wal hamdu lillahi, wa laa ilaaha illallahu, wallahu akber).

Touching the writing of the Qur'an , names & attributes of Allah, and names of the Ma'sumeen



Reciting the verses in Qur'an where sijda is wajib:

32:15(Juz 21)

41:37 (Juz 24)

53:62 (Juz 27)

96:19 (Juz 30)

It is makruh to recite Qur'an, keep or carry the Qur'an or touch its margins.

Entering the following places:

Masjidul Haram

Masjidun Nabi

The shrines of the Aimma.

- Staying or entering any other masjid\* but one can pass through a masjid entering from one door and leaving through the other. \*A masjid is different from an Imambada.

When menstruation is over (the bleeding has stopped) it is Wajib to perform Ghusl of Haydh, enabling one to begin one's ibadaat as normal.

If after ghusl of Haydh there is time to recite 1 rakaat of prayer then it is wajib to do so.

If period starts after the time of Salaa has set in and the salaa has not been prayed then the Qadha must be performed after the period is finished.

### **So why is this happening?**

All of these changes are a blessing from Allah and mark your transition from childhood into adulthood. These changes physically prepare your body to have a baby when you get married, Insha'Allah.

At the end of your period, you need to take a special bath or ghusl to purify yourself. This is done in a specific way to ensure that the body is completely clean. You cannot begin to pray or fast until you have performed your ghusl correctly.

### **How to perform Ghusl**

First make sure that there is nothing which obstructs the water from reaching the skin .e.g. hair oil, nail polish, lipstick.... It is best to clean your complete body and then wash off the shampoo and soap.

Do your niyya - It must be Qurbatan Ilallah. You should know which ghusl you are doing.

Firstly it is wajib to pour water over your head down to the neck. It is mustahab to run your fingers through your hair so that the water reaches the roots of the hair and to make sure water reaches everywhere.

Then, it is wajib to pour water over the rest of your body from the shoulder to the feet - the right side first and then the left side. It is mustahab to wipe over the body with your hands whilst doing ghusl to make sure that water has reached every part. When washing the right side some parts of the left side must be washed too and similarly when washing the left side some parts of the right side must be washed.

# WORD SEARCH

B	A	L	I	N	H	D	I	H	A	T	J	U	M	Z
H	A	G	M	B	I	I	L	Y	J	H	X	I	N	H
A	L	O	W	A	M	K	H	I	J	A	B	K	P	A
R	A	B	B	A	L	I	G	H	A	G	I	T	C	Y
I	L	L	N	O	H	L	X	Q	F	T	U	J	J	D
S	A	E	F	W	M	U	S	L	I	M	A	U	K	H
A	H	S	C	V	N	E	M	W	Y	N	X	O	T	H
L	D	A	D	U	P	S	Z	M	C	O	Z	D	B	M
A	L	S	R	E	S	P	E	C	T	A	E	U	I	U
C	B	D	R	A	Q	E	E	H	E	E	S	P	G	S
K	I	G	E	D	M	Q	T	Y	L	H	V	H	M	I
L	J	N	E	A	I	D	H	Q	A	F	U	E	E	J
T	A	K	D	Q	R	D	A	G	H	S	L	G	T	A
E	W	A	P	V	K	T	A	H	L	Z	A	Z	L	W
Y	Y	I	N	P	Q	Z	Y	A	A	A	Y	Y	I	N

- Baligha
- Muslima
- Taqleed
- Risala
- Haydh
- Ghusl
- Wajib
- Hijab
- Respect
- Mujtahid
- Halal
- Haram
- Niyya



# Notes



# Notes



# L

## LITTLE LADY

- Walk & talk like a little lady
- Develop your inner strength
- Concentrate on having impeccable manners

## THE BEST AKHLĀQ (**Husnal Khulq**)

“I have been sent only to raise the akhlāq of mankind to its highest station.”

**Prophet Muhammad (S.A.W.)**

The word akhlāq is the plural of the word khulq which means personality. It is that which is the source of all those actions which one does spontaneously without thinking about them. It comes into existence through exercise and repetitive practise and is not easily destroyed.

Even though some characteristics are inherited or acquired by the up-bringing, one has a choice to overcome that which is wrong through practise and effort. Therefore the akhlāq of an individual is through his/her choice.

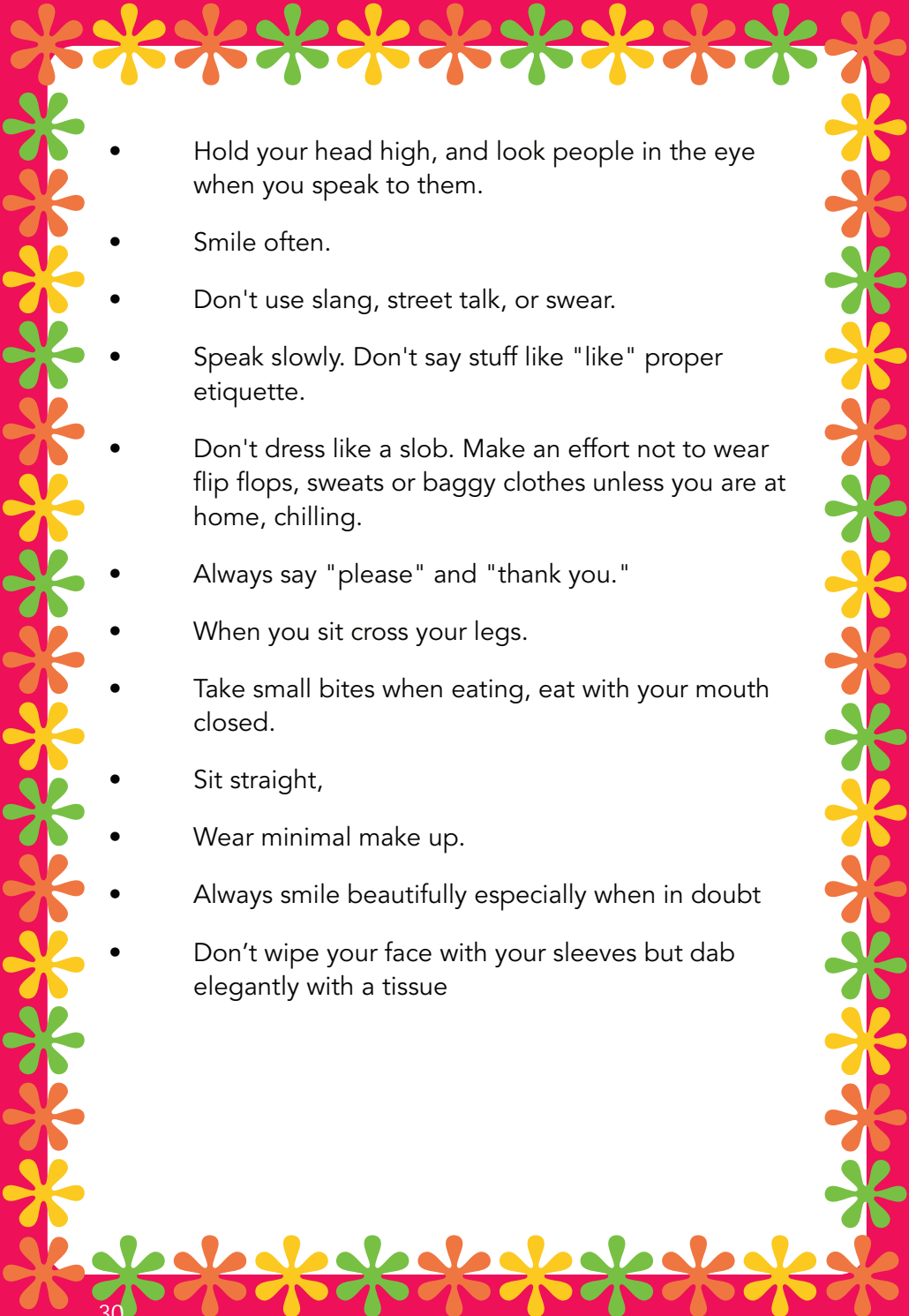
The Prophet (S.A.W.) has said:

“You cannot please all the people with money but you can meet them with a cheerful face and good behaviour so that you may be liked by them. Wealth is limited but good akhlāq and cheerfulness is inexhaustible.”

As for being a lady here are some manners...

(Add your own to the list)

- Always be the first to say Salaam
- Stand up straight. Don't slouch.

- 
- Hold your head high, and look people in the eye when you speak to them.
  - Smile often.
  - Don't use slang, street talk, or swear.
  - Speak slowly. Don't say stuff like "like" proper etiquette.
  - Don't dress like a slob. Make an effort not to wear flip flops, sweats or baggy clothes unless you are at home, chilling.
  - Always say "please" and "thank you."
  - When you sit cross your legs.
  - Take small bites when eating, eat with your mouth closed.
  - Sit straight,
  - Wear minimal make up.
  - Always smile beautifully especially when in doubt
  - Don't wipe your face with your sleeves but dab elegantly with a tissue



# Little Lady Quiz

Tick ✓ or place a X cross in the boxes

1. Slouch

2. Smile

3. Crossed Legs

4. Unironed Clothes

5. Softly Spoken

6. Neat & Tidy

7. Sit Straight

8. Frown

9. Legs to one side

10. Ironed Clothes

11. Loud & Abrupt

12. Scruffy / Messy



Please turn over for answers



Notes



## Notes

Answers to the Little Lady Quiz:

1. X 2. ✓ 3. X 4. X 5. ✓ 6. ✓  
7. ✓ 8. X 9. ✓ 10. ✓ 11. X 12. X



## INTENTION

- Wajib Qurbatan Ilallah
- Everyday actions become acts of worship which are rewarded by God if the intention is right



## INTENTION

“And intention is superior to action, or, rather, intention is the complete reality of act itself.”

**Prophet Muhammad (S.A.W.)**

The success or failure of an act depends on the intention with which it is done. Niyya is the base of a deed, according to it one's deed will either be good or bad, sound or unsound. The word niyya means the aim which makes one decide to do or say something. It is in this sense that the above hadith applies.

In **Suratul Insaan** (Dahr), Allah sent down ayaat of praise for a few loaves of barley bread given by the Ahlulbayt to the poor, orphan & destitute. An ignorant person may be led to think that three days hunger and giving away of one's food to the needy may be important but anyone could have performed that act and is not something of much consequence. The significance however, lay in the purity and sincerity of their (Ahlulbayt's) intention.

In the rational sciences, it is demonstrated that an objects actuality depends on it's form and not on it's matter. Niyya constitutes the form of a deed and the action it's matter. It is the form which distinguishes a cow from a sheep whereas in matter all animals are the same.

The apparent semblance of the salaa of Imam Husayn (A.S.) in it's element may not have differed from that of Umar ibn Sa'd, but whereas for Imam it was a means of nearness to Allah and had the highest spiritual form; for Umar ibn Sa'd it was just a physical action. The difference was **niyya**.

In Hadithul Mi'raj, Allah addresses the Prophet (S.A.W.):

Whoever acts to please Me will be granted 3 distinctions by me:

I will make known to him/her shukr (thankfulness) which will not be coupled with ignorance (ungratefulness).

Remembrance which will not have forgetfulness.

Love by which he/she will not prefer the love of the created to that of Mine.

I will love him/her when he/she loves Me and I will make him/her loved by My servants .....I will make his/her mind overflow with My knowledge and I will substitute for his/her reason.....

O Ahmed! If a servant prays as much as all the dwellers of the heavens and the earth, and fasts as much as all the dwellers of the heavens and the earth.....he/she will not be near Me if I see in his/her heart even a hint of love of the world or concern for reputation, power, fame or ornaments of the world. I will draw My love away from his/her heart and make him/her gloomy, so that he/she would forget Me and I will not make him/her taste the sweetness of knowing Me. May peace and mercy be upon you."

Many intentions can be attached to a single act and each will attract it's full reward. e.g. When someone recites the Qur'an intending to communicate with Allah, he/she also has an intention of gaining knowledge from it, profiting others who hear or any other good intention.

“Intention is superior to action, or rather, intention is the complete reality of act itself ” Holy Prophet

I am studying because

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I am studying because

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I am studying because

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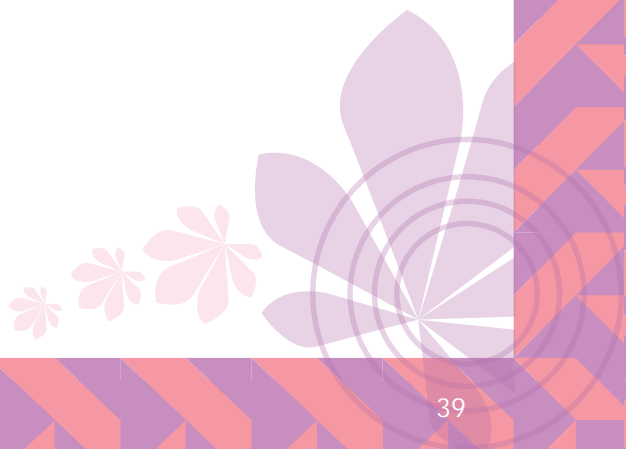


# Notes





# Notes





## Genes

- Honour your genealogy
- "Observance of relationship makes one's actions sacred, averts calamities, increases wealth, prolongs one's age, enhances the means of sustenance and a source of one's becoming popular. So fear Allah and be kind to your relations". Imam Baqir (AS)
- "Hold your relatives dear because they are your wings with which you can fly and they are your roots to which you can return and they are your hands with which you can attack your enemies". Imam Ali (AS)

## **PARENTS**

Prophet Muhammad (S.A.W.) has said:

"Sitting with your parents for one hour is better than going for jihad. Even if only a word is spoken with a view to pleasing the parents, Allah is pleased."

### **Respecting parents means:**

1. Never raise your voice while talking to them.
2. Do not sit when they are standing.
3. Do not walk in front of them unless they tell you to do so.
4. Do not talk when they are talking.
5. Never correct them in front of others.
6. Do not make them angry or displeased with you.
7. Never argue or shout at them.

Always pray for them:

"...Lord! Have mercy on them just as they had mercy on me when I was little..."

Qur'an - Suratu Bani Israil 17:24

# My Family

My Mum's name.....

My Dad's name.....

My Brothers / Sisters names and ages

.....  
.....  
.....

My Relatives

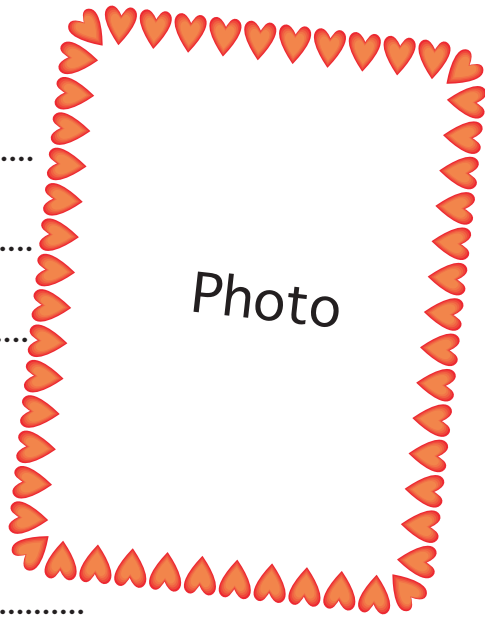
How many cousins.....

How many aunties.....

How many uncles.....

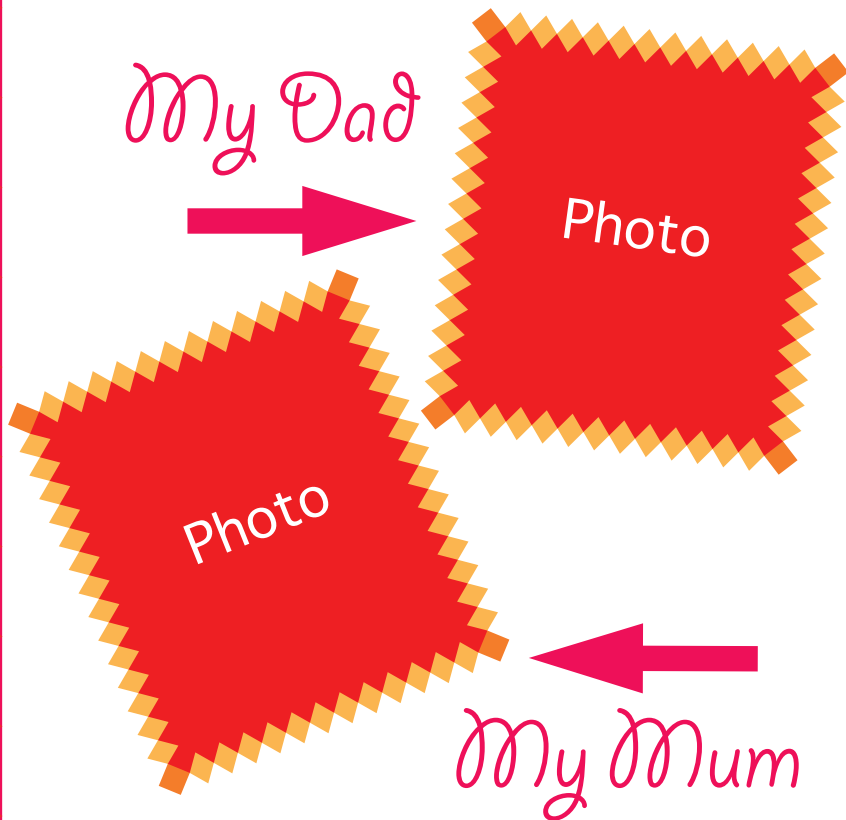
My grandparents name

.....  
.....



# My Family

Here's an idea for some cool family art. Take some photos (head shots) or do some mini drawings of your family. Make a collage with them on a piece of card, to fit inside a photo frame.



# Notes



# Notes

# H

## HIJAB

- Declaration of identity - Non communicative message is - "I declare that I am being loyal to myself and my Creator, I am not a victim and you will not pull my strings for I do that myself, I am unique - I will not be compared with the icons the fashion industry contrives to sell their goods, there is certain code of conduct you will observe when you interact with me"
- Protection from sexual harassmet - Non commu-  
nicative message is - "No sexuality in the public domain - I give out no mixed signals"





## HIJAB

The word hijab means that which appears behind a curtain. It is referred to as a woman's covering. It means to wear decent clothes which cover the whole body including arms and legs and covering the hair with a scarf. It also means to behave decently with boys.

Why one should dress decently? You see, by dressing in a particular way you give an impression of yourself to other people: fellow Muslims, non-Muslims and boys. Ask yourself what impression you would like other people to have of you?

By being in hijab:

You are identifying yourself as a Muslim and showing you are proud of your identity.

You are showing people that you are an intelligent and independent young lady who is not pressured into 'looking like everyone else' and that you want to be respected for who you are rather than what you look like.

You are telling boys that you are a respectable girl and not one that tries to attract male attention.

Most importantly, Allah will be pleased with you.

If you are with ladies, very young children and mahram men (mahrams are men that you can never get married to and these are your grandfather, father, father's brother, mother's brother, your brother and nephew), then you can wear perfume, make-up, jewellery and pretty clothes. You do not have to cover your hair in front of these but clothes should remain decent.



If there are non-mahrams present (that includes your male cousins), even in your own home, or you are going out then you must cover your whole body except for your face and hands in loose-fitting clothes that should not be see through. You should not wear make-up either.

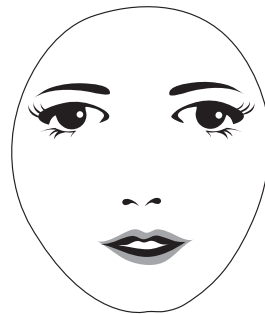
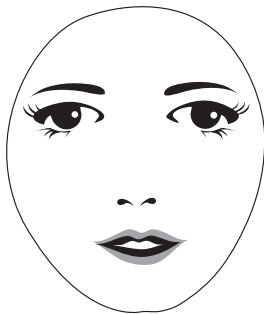
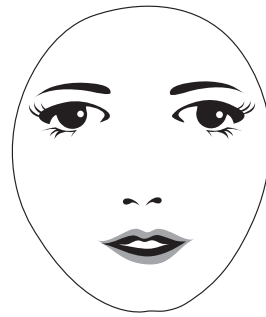
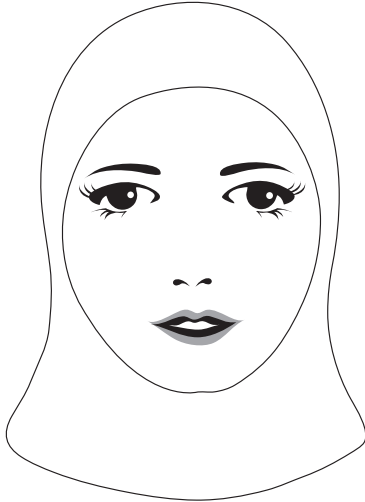
When one does not wear hijab there can only be one of two reasons:

One wishes to draw attention to one's looks. Remember if you put out an advertisement, someone is going to respond to it.

One wishes to blend or be acceptable to a certain group of people. Remembering that we will be raised and identified with the group that we aspire to be like or with.



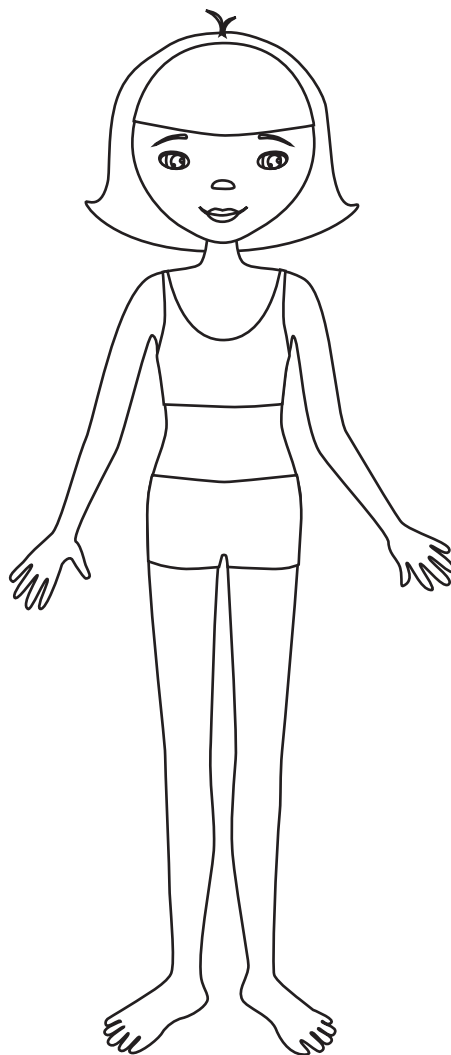
Create different style headscarves:



Design your own Abaya:



Design your own Hijab outfit:



**Describe 4 types of hijab:**

i).....

ii).....

iii).....

iv).....

**Hijab of the body includes 4 main points. These are:**

i).....

ii).....

iii).....

iv).....

1. Hijab means to .....

2. Hijab in salaa is .....

3. Mahram men are those one ..... marry

4. Non- Mahram men are those one ..... marry



**List 5 benefits of hijab**

- i) .....
- ii) .....
- iii) .....
- iv) .....
- v) .....



# Notes





# Notes





## ASPIRATION

### Micro and Macro goals

Having clarity in your goals is half the battle for achieving them. Having a dream is the first step to achieving it.

First step: know your goal. Ask yourself, what do I want? This can be in ANY area of your life. List each area of your life.

Next step, write down three goals in each area...

Once you have "positive" statements, you are now ready to go to the next step, which is being specific. E.g. By when would you like it to happen?

Now you have all the important aspects in place. You have a specific goal with a time frame. Next comes the exciting part. List of all the steps you need to take to achieve your goal.

## **Aspirations**

The most important thing for achieving & developing a personal goal is to set smaller goals with baby-steps that will lead to the final goal. Trying to get to your goal in one step can set you up for disappointments.

1. You need to have a plan. What is it that you want to accomplish? Then you'll need to start a diary for your new goal. For example – say you wanted to memorise 20 suwer of the Quran. Write the goal down in your notebook. By writing it down, it clarifies the goal and helps to make it real.
2. Then set a certain time frame. I want to memorise 20 suwer within 6 months. Write this down in your diary.
3. Then write down your plan of how to memorise...I will practice for one hour a day. Read your goals out loud every day. This actually implants the idea in your brain. Repetition of your goal on a daily basis will help you accomplish the goal.
4. Actually visualize what your goal is. Sit on a comfortable couch or chair. Make sure the room is quiet with no distractions. Close your eyes & visualize knowing the 20 suwer . Feel the happiness you feel as you achieve your goal in your visualisation.

# My Future



If i could live anywhere in the world  
it would be.....

If i could have any job in the world  
it would be.....

I would call my children:  
Boy.....  
Girl.....



# My Future



My greatest achievement in life would be:

.....

.....

.....

.....

"I Wish....."



My three wishes...

- 1.....
- 2.....
- 3.....



Notes

# Your number's up!

Keep important numbers here.

.....'s Mobile.....

Home Phone.....

.....'s Mobile.....

Home Phone.....

.....'s Mobile.....

Home Phone.....

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