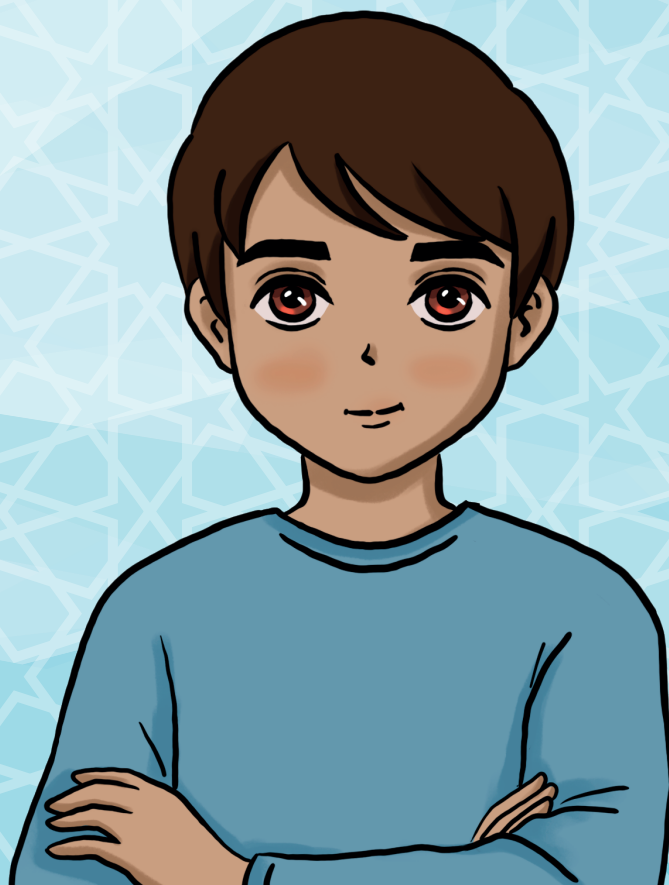


Bāligh



8-12 years



• CONGRATULATIONS •

You are no longer considered a little boy but rather a young man! This stage of your life is a bridge between boy and man and involves many physical and emotional changes.

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

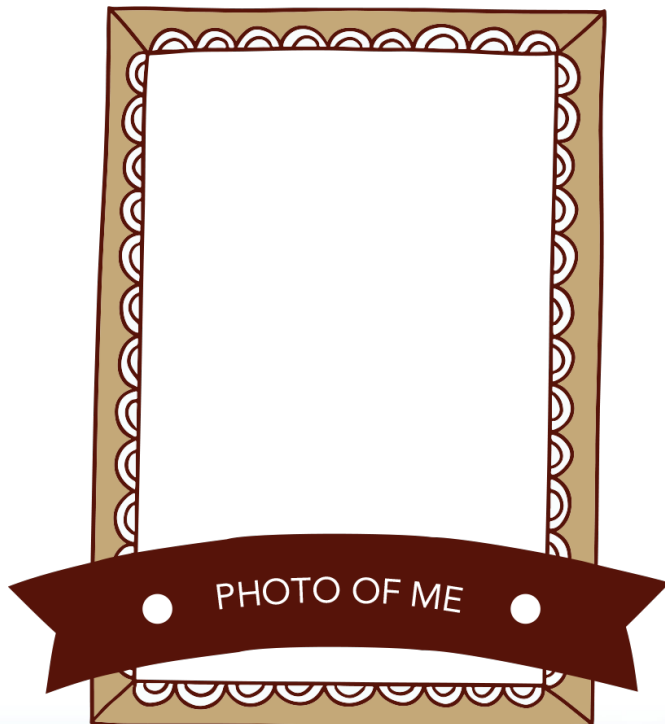
Take care - Stop, think and question all that you do in your life. May Allah guide you through the coming years and make them easy for you.



● INTRODUCING ME ●

My name is

My Signature



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



WHO IS A MUSLIM?

Someone 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.

Someone who proclaims that they believe in One God and accept Prophet Muhammad (pbuh) to be the last Messenger of God is legally accepted as a Muslim.

However, it is only when they commit themselves totally to the Islamic way of life do they become a Muslim in the real sense of the word. They are 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 (pbuh).
4. The world is never devoid of divine guidance – there are 12 Aimmah – the first being Imam Ali (pbuh) and the last Imam Muhammad Al-Mahdi (pbuh) who will bring justice to the world.
5. There will be a day of judgement when every individual will have to account for their 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).



Notes



Notes





BULOUGH

- Body changes
- Other physical changes



Lexically, buloogh means to reach something, to achieve a purpose, to arrive at or to approach a destination (either a place, time, or anything else), to get ripe (fruit) and to reach adulthood and maturity. However, as a common terminology, it means the beginning of a natural stage in one's life, in which by appearance and development of sexual instinct and also the appearance of other physical and mental changes one becomes an adult.

Buloogh in fiqh means reaching an age or a stage in which the person is subject to all religious laws.

The importance of buloogh in Islamic jurisprudence and laws is because it is the starting point of being obliged to obey religious laws and perform its duties, thus the "age of buloogh" is also called "age of taklif."

Five key signs are mentioned in jurisprudential sources. By the appearance of any of these signs, one is regarded as baaligh (adult).

Between the ages of 13 and 15 hormonal changes will become noticeable physically which includes facial hair, breaking of the voice, and wet dreams.



Buloogh is determined by one of the following:

- Completion of fifteen lunar calendar years of age (equal to about 14 years and seven months and fifteen days of the solar calendar).
- Ejaculation through sexual intercourse, or seminal discharge while awake or asleep.
- The presence of pubic hair, of the rough type.
- The presence of hair on the face and above the lips.

Note: The presence of under arm and chest hair and the deepening of the voice are not the signs of puberty in Islamic law.

This stage when you are now accountable for all your actions and have the responsibility of performing all your wajibaat. The first thing is to be able to know whose taqleed you will be doing.

OTHER BODY CHANGES

These are some other changes that your body will go through, however, these are not the signs of buloogh Islamically:

- Skin may get oily and encourage acne to appear.
- Voice will get deeper.
- Hair grows under your arms.
- You may start to sweat more.
- Hair on arms and legs may get darker.



Notes



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AWARENESS

- Figh laws for taqleed, tahara, ...
- Salaa times
- Janaaba
- Ghusl
- Istibraa

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 of Islam we go to a Mujtahid. A Mujtahid studies the Qur'an and the Ahadith (sayings) of the Ma'sumeen (Ahlul Bayt) and derives laws from them.

To follow a mujtahid for the laws 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 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.



JANAABA

When a man discharges semen, he enters the state of janaaba and ghusl of janaaba becomes wajib.

- The cause of the discharge may have been voluntary or involuntary.
- The discharge may have occurred in the sleep or when awake.
- The amount of discharge may have been a little or a lot.

The semen of human beings and animals whose blood spurts out is considered najis. However, the white seminal fluid, discharged from the penis before ejaculation is not najis.

GHUSL OF JANAABA

Before the ghusl is performed, it must be ensured that no semen has been left in the urethra by doing istibraa.

ISTIBRAA

- First pass urine.
- Squeeze forward from the base of the penis to the tip of the penis three times.
- Shake the penis three times.

If a person after the discharge of semen does not pass urine and performs ghusl, his ghusl will be valid. However, when he next passes urine, the residue semen in the urethra will come out and he will become junub again and he will have to re-perform the ghusl.

Any seminal fluid discharged after performing istibra and ghusl, is not najis and does not necessitate another ghusl.



How to perform Ghusl

1. First make sure that there is nothing which obstructs the water from reaching the skin. e.g. hair gel, ... It is best to clean your complete body and then wash off the shampoo and soap.
2. Do your niyya - It must be qurbatan llallah. You should know which ghusl you are doing.
3. 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.
4. Then, it is wajib to pour water 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.





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 start to understand 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 understand what I am reciting. Write this down in your diary.
3. Then write down your plan...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 understanding the Qur'an. Feel the happiness you feel as you achieve your goal in your visualisation.

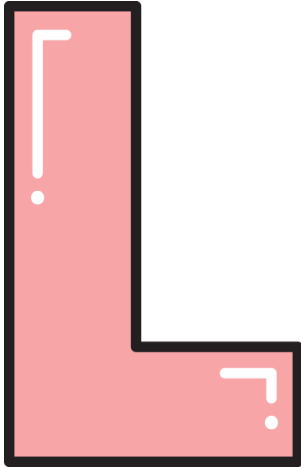


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LOOKING AND FEELING GOOD

- Concentrate on having impeccable manners
- Personal Hygiene
- Looking after your appearance

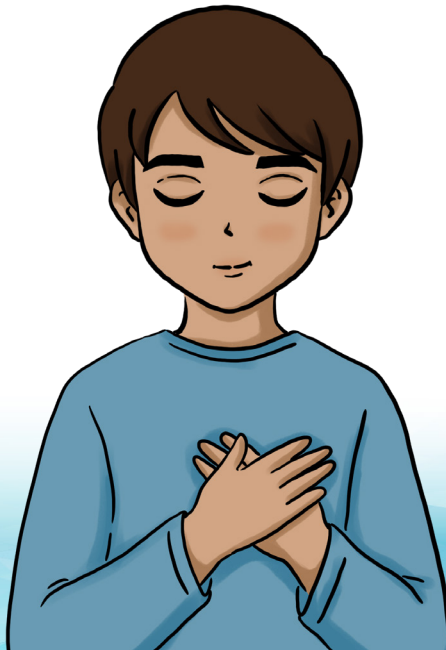
THE BEST AKHLAQ (Husnal Khulq)

"I have been sent only to raise the akhlāq of mankind to its highest station." Prophet Muhammad (pbuh)

The word akhlaq 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 upbringing, one has a choice to overcome that which is wrong through practise and effort. Therefore, the akhlaq of an individual is through his/her choice.

The Prophet (pbuh) 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 akhlaq and cheerfulness is inexhaustible."



As for being a gentleman 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".
- Always say "please" and "thank you."
- Eat with your mouth closed.
- Sit straight.
- Don't wipe your face with your sleeves.
- Always be respectful of people around you, whether they are older or younger than you.

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LOOKING AFTER YOURSELF

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".

Cleanliness

When you reach puberty special sweat glands under the arms and around the genitals start to work and produce sweat that has an odour.

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.

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. 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 insoles 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.
- Massage your scalp well. This will remove dead skin cells, excess oil and dirt.
- Rinse well with clear water.

Teeth

The Prophet (pbuh) advises to brush teeth before every salaa just before you do wudhu.

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

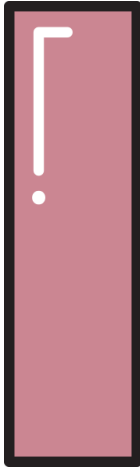
Finally, keep your fingernails and toenails short and clean and make it a habit to cut them every Friday.



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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 (pbuh)

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 Sura Al Insaan (Dahr), Allah sent down ayaat of praise for iftar given by the Ahlulbayt to the poor, orphan & destitute.

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 its form and not on its 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 (pbuh) in its 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.



Notes



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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 (pbuh)
"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 overcome your enemies". Imam Ali (pbuh)

PARENTS

Prophet Muhammad (pbuh) 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.
8. Always pray for them:

رَبِّ اَرْحَمْهُمَا كَمَا رَبَّيْتَانِي صَغِيرًا

Sura Bani Israil 17:24

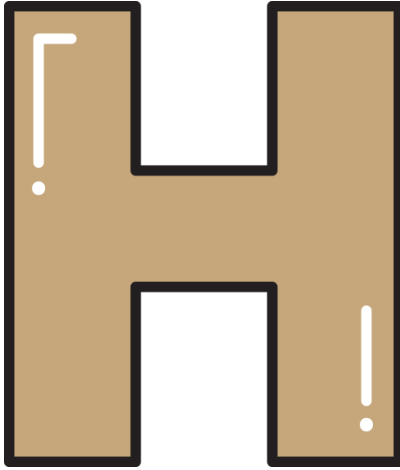


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HIJAB

- Respectful of actions, behaviours, and interaction with the opposite gender.

HIJAB

قُلْ لِلْمُؤْمِنِينَ يَعْصُوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا أَرْوَاجَهُمْ ذَلِكَ أَزْكَى لَهُمْ إِنَّ اللَّهَ خَبِيرٌ بِمَا يَصْنَعُونَ

“Tell the believing men to lower their gaze (being respectful) and protect their private parts (from promiscuity.). That is purer for them. Indeed, Allah is All-Aware of what they do”. Sura Al Nur - 24:30

“Lower your eyes and you will see wonders.” Prophet Muhammad

The word hijab means that which appears behind a curtain. It is generally referred to as a woman’s covering. It means to wear decent clothes which cover the entire body including arms and legs and covering the hair with a scarf. It also means to be respectful in actions and speech as well as behave decently with the opposite sex.

As young men, we too have responsibilities when it comes to Hijab. You need to make sure you’re dressed appropriately, for example, in clothes that aren’t too tight and trousers that aren’t too low. You need to make sure you act modestly when it comes to girls, without flirting and spending too much unnecessary time alone around them.

Always have respect for the women around us, whether they wear hijab or not, by lowering your gaze (not necessarily literally, you might walk into things!)



Notes



Notes



● YOUR NUMBER'S UP! ●



Keep important numbers here.

.....'s Mobile

Home Phone

.....'s Mobile

Home Phone

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● YOUR NUMBER'S UP! ●



Keep important numbers here.

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