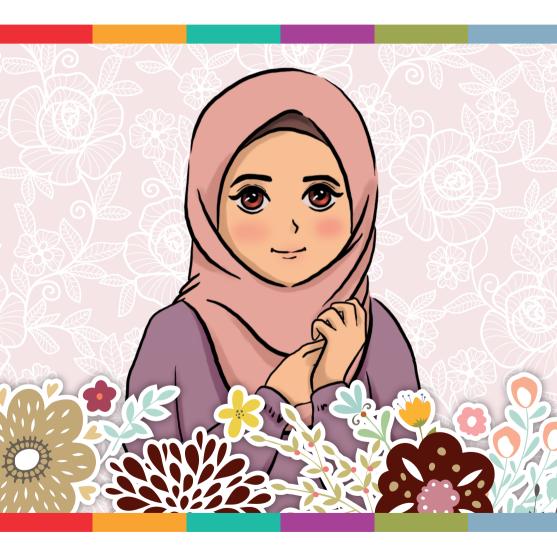
Bālighā







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.



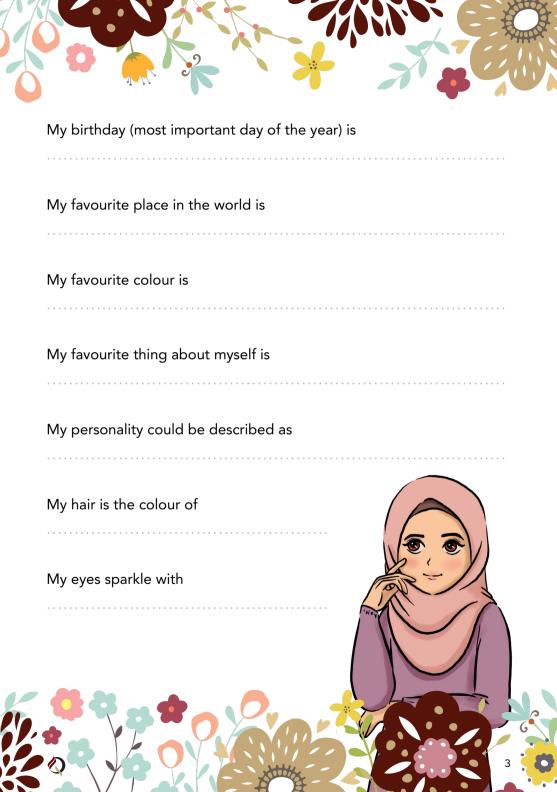


INTRODUCING ME

My name is

My Signature







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 they believes in One God and accepts Prophet Muhammad (pbuh) to be the last Messenger of God is legally accepted as a Muslim.

However, it is only when one commits 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 Aimma 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).

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 wajibaat.

The first thing is to be able to know whose tagleed you will be doing.















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.



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. 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.

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 antiperspirant 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.
- Conditioner is helpful if you have longer hair as it makes the hair smoother and easier to comb.
- Use a wide-toothed comb for wet hair as it is easier to pull through.



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.







THE INNER GLOW

Islam tells us that it is important to be well presented. It is important that we remain aware of why we do the things we do to look good. The Prophet (pbuh) has advised on splashing water on one's face to make it radiant.

A smile works wonders.

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face mist





This is my daily menu which keeps me healthy:

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FAVOURITE SHOPS







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For abayas		
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AWARENESS

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



What is tagleed?

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 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 to reach your full potential.







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 curvier. 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 Figh 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:

1. Anything that requires wudhu or ghusl (or tayammum). Qadha of salaa is not wajib but gadha of sawm (Fasting) is wajib. It is Mustahab at the time of salaa, to sit on your musalla facing gibla and recite duas; It is better to recite Tasbihaate arba'a.

سُبُحَانَ اللهِ وَ الْحَمْنُ لِلهِ وَلاَ إِلٰهَ إِلَّا اللَّهُ وَ اللَّهُ أَكْبَرُ

- 2. Touching the writing of the Qur'an, names & attributes of Allah, and names of the Ma'sumeen
- 3. 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.
- 4. 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 gadha must be performed after the period is finished.



How to perform Ghusl

- 1. 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.
- 2. Do your niyya It must be qurbatan Ilallah. 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.

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.





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- 1. Baligha 4. Risala
- Muslima 5. Haydh 2.
- 3. Tagleed 6. Ghusl
- 7. Wajib
- Hijab 8.
- 9. Respect
- 11. Halal
- 12. Haram

10. Mujtahid



13. Niyya













LITTLE LADY

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



THE BEST AKHLAQ (Husnal Khulq)

"I have been sent only to raise the akhlãq 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 akhlag 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".
- Always say "please" and "thank you."
- When you sit cross your legs.
- Take small bites when eating and 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.

Always be respectful of people around you, whether they are older

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Tick ✓ or place a cross X 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















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 iftaar given by the Ahlulbayt to the poor, orphan & destitute. The significance lay in the purity and sincerity of their (Ahlulbayt's) intention.

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.



"Intention is superior to action, or rather, intention is the complete reality of act itself " Holy Prophet (pbuh)

I am studying because

I am studying because

I am studying because















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 Bagir (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:

ىَتِ الْمُحَمُّهُمَا كَمَا رَبَّيَا فِي صَغِيرًا

Sura Bani Israil 17:24





My Mum's nam	ne
My Dad's name	3
My Brothers / S	Sisters names and ages:

MY RELATIVES

How many cousins

How many aunties

How many uncles

My grandparents names:







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.

















HIJAB

- Declaration of identity Non communicative message is - "I declare that I am being loyal to myself and my Creator, there is a certain code of conduct you will observe when you interact with me"
- Protection from sexual harassment Non communicative message is - "No sexuality in the public domain - I give out no mixed signals"



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 entire body including arms and legs and covering the hair with a scarf. It also means to behave decently.

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.

 Most importantly, Allah will be pleased with you as you are following His laws.

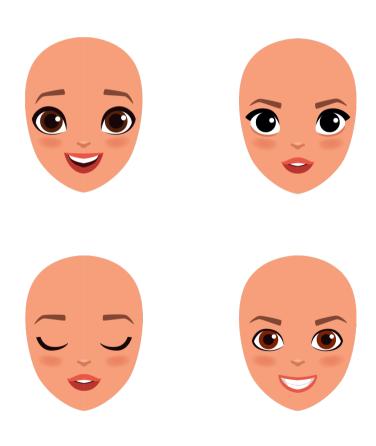
If you are with ladies, very young children, and mahram men (mahrams are men that you can never get married to and these are your grandfather, father, father's brother, mother's brother, your brother, and nephew), then you do not have to be in hijab but must remain decent.

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.





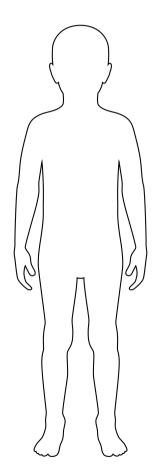
Create different style headscarves.





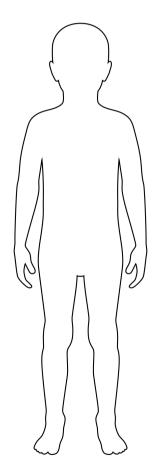


Design your own Abaya.





Design your own Hijab outfit.







	♥ nijab ♥
De	scribe 4 types of hijab:
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Hija	ab of the body includes 4 main points. These are:
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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

- 1.
- 2.
- 3.
- 4.
- 5.

















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.



ASPIRATION

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.



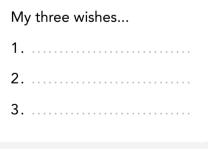


	If i could live anywhere in the world it would be
	If i could have any job in the world it would be
	I would call my children:
	Boy:
	Girl:
<i>-</i> .00	
	57



My greatest	achievment in life would be:



















♥ YOUR NUMBER'S UP!

Keep important num	nbers here.
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′s	Mobile Home Phone
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