

AGE OF ACCOUNTABILITY:  
THE RULINGS OF PUBERTY FOR  
GIRLS

# **WHAT IS PUBERTY?**

## **According to Islam**

**Puberty is the point whereby a girl has had her first period and by which the girl becomes accountable to Allah for her actions.**

## **According to Science**

**The process of physical changes by which a child's body matures into an adult body capable of sexual reproduction to enable fertilization.**

# THE ISLAMIC PERSPECTIVE

## The Signs of Puberty

- **Developing Breasts** – First you'll get breast “buds” and you will probably get your period 2-3 years after your breasts starts developing.
- **Growing Pubic Hair** – hair will be thin and soft at first then gradually become coarser. Your period usually comes around 1-2 years after the hair development.
- **Discharge** – Vaginal discharge that will be either white or yellowish. Your period may start around 6-18 months after the start of discharge.

Ask your mom! You'll probably get your first period close to when she first got hers. The average age for puberty in girls is 11- 12.

# **THE ISLAMIC PERSPECTIVE**

## **Obligations upon reaching puberty**

- **The pen has started flowing so every action counts and will be recorded in your book.**
- **You are now responsible for your salah, zakat, fasting and hajj. They are obligatory (fardh) now. You do not pray during your menstrual period and do not have to make up the missed prayers afterwards.**
- **Fasting the full days for the entire months of Ramadan is obligatory. You do not fast when you have your period but you should make up the days you missed after Ramadan.**
- **Hijab becomes obligatory in front of non-Mahram men**

**Congratulations!**

# **GENDER RELATIONS**

## **Relations between men and women**

- **You may feel a “crush” on someone and that’s normal but don’t be carried away with these feelings that may lead you to take the wrong path.**
- **Lower your gaze when you see men and do not gaze lustfully at them.**
- **Interactions between men and women should be out of necessity (school, work, needing something in the masjid).**
- **Friendships are not permissible in the “boyfriend / girlfriend” sense.**

# **GENDER RELATIONS**

## **What about dating?**

- **The only permissible relationship between a non-mahram man and woman is marriage in Islam.**
- **Islam does not look at sex as being something dirty or ugly, but it puts rules around it, that sex can only take place between a man and a woman within the context of an Islamic marriage.**
- **There is no “try before you buy” in Islam.**

# **THINGS TO DO REGULARLY**

- **Remove the pubic hair (at least every 40 days)**
- **Remove the armpit hairs (at least every 40 days)**
- **Trim the nails**
- **Take regular showers as body odor tends to increase at this age.**

# **MODESTY AND DRESS**

## **What is appropriate dress?**

- **The awrah of a woman is her entire body in front of non-mahram men and is between her navel and her knees in front of women**
- **Allah (SWT) commanded Muslim women to wear hijab upon reaching puberty. Your clothes should cover your body well. They shouldn't be transparent or revealing to the body's skin or figure.**
- **Hayaa (modesty) is a cornerstone in Islam so you should act on this principle in every action of your life.**



# RITUAL IMPURITY

## What is ritual impurity?

There are two types of impurity: minor and major . Here are the categories of impurities for women.

- Minor:
  - Going to the bathroom (#1 and #2)
  - Blood
  - Passing gas
- Major:
  - Having a wet dream
  - Menstrual period
  - Sexual intercourse

# RITUAL IMPURITY

## Cleansing from ritual impurity

- Minor impurity requires one to make wudu. Major impurity requires one to make ghusl.
- **Wudu:** Washing the individual body parts in a ritual manner.
- **Ghusl:** This is a bath where the entire body is cleansed physically.
- A person must cleanse himself from ritual impurity before praying.

# RITUAL IMPURITY

## What about physical impurities?

**First, you must protect yourself from it to the extent possible:**

- When urinating, avoid getting urine on your clothes.
- You must clean yourself with water (and paper if available).

**If you do get an impure substance (najasa) on your clothes, you must wash them before praying in those clothes.**

# **IMPERMISSIBLE SEXUAL ACTS**

## **What not permitted in Islam?**

- **Sexual relations outside of marriage between unmarried people (fornication).**
- **Sexual relations outside of marriage (not with ones spouses) when one or more people are married (adultery).**
- **Same sex sexual relations (homosexuality).**
- **Masturbation.**

# FINAL THOUGHTS

- **Islam sets rules and boundaries for men and women to ensure healthy relationships that results in happier families and hence happier and healthier societies.**
- **Although puberty maybe a roller-coaster of emotions to teenagers, they should remember that they are capable of controlling themselves and emotions if they set their minds to do so.**
- **While there are many different resources on puberty, parents should always be the number one resource for any teenager.**

# FOR MORE INFORMATION

**Visit:**

[Muslimah's Guide to Puberty](#)

[Preparing for Puberty](#)

[Young Muslim guide to Sex Education](#)