

AISR Sunday School

Held at the premises of ASIC on 1409 Burks Street SW Roanoke, VA 24015

Personal Hygiene and Maturity (Boys)

Book 6 | Ages 12-15

Fitrah, grooming, puberty, responsibility, and purity

Personal Hygiene: Sunnahs of Fitrah

Cleanliness & Fitrah

- Islam encourages Muslims to stay clean and hygienic.
- Several grooming practices are part of fitrah - the natural way of cleanliness.
- These habits support personal dignity, worship, and good hygiene.

Hair, Nails & Grooming

- Clip the nails and remove underarm and pubic hair regularly.
- The lesson recommends doing this weekly and not leaving it beyond 40 days.
- Keep the beard and trim the moustache so food and dirt do not collect in it.

Miswak & Moustache

- Miswak is a Sunnah for cleaning the teeth and mouth.
- It may be used at many times, including before Salah and after waking.
- Personal grooming should be done modestly, privately, and with attention to cleanliness.

Practice goal: Build a regular hygiene routine based on the Sunnahs of fitrah.

Maturity (Bulugh): Changes & Responsibility

When Maturity Begins

- A boy becomes baligh when the signs of puberty occur.
- The lesson mentions a wet dream or other release of semen as a sign of maturity.
- If these signs have not occurred, the lesson states that age 15 is the limit for being considered baligh.

Changes During Puberty

- The voice may deepen and facial hair may grow.
- Hair grows in the armpits and private area.
- The body becomes broader and more muscular.
- Body odour may become stronger, and pimples may appear.

Islamic Responsibility

- After bulugh, a Muslim is accountable for the compulsory teachings of Islam.
- Salah, fasting, proper dress, and other obligations must be taken seriously.
- Maturity means greater responsibility before Allah, not simply physical change.

Key idea: Puberty brings physical changes together with increased religious responsibility.

Purity, Bathing & Healthy Habits

Ghusl After Maturity

- Ghusl becomes fard after a wet dream or whenever semen leaves the body.
- Do not delay required ghusl without a valid reason, especially until a fard Salah is missed.
- If illness prevents the use of water, the lesson notes that tayammum may be performed.

Respectful Personal Care

- Maintain privacy when caring for the body and private areas.
- Keep contact with private parts to what is necessary for hygiene and care.
- Ask a trusted parent, guardian, or knowledgeable teacher when unsure about a ruling.

Healthy Routine

- Clip nails and manage body hair regularly.
- Bathe, use deodorant appropriately, and wear clean clothing.
- Keep the mouth and teeth clean, including use of miswak or a toothbrush.
- Treat the changes of puberty with modesty, responsibility, and confidence.

Personal challenge: Create a weekly hygiene checklist and connect cleanliness with readiness for worship.