

KUWA KIJANA



TO BECOME A YOUNG MAN

Puberty starts when extra amounts of chemicals called “**hormones**” begin to be produced in the body. These hormones lead to changes in the body.

Apart from causing physical changes, the hormones cause emotional changes too. So a growing boy may feel happy one moment, and angry, sad or confused the next moment.

Kubalehe huanza wakati kemikali za mwili zinazoitwa “**homoni**” huanza kuzalishwa kwa wingi zaidi kwenye mwili. Homoni hizi husababisha mabadiliko ya mwili.

Licha ya kuchochea mabadiliko ya mwili, homoni husababisha mabadiliko ya hisia pia. Hivyo mvulana anayekuwa anaweza kujisikia mara furaha, mara hasira au huzuni au kuchanganyikiwa.

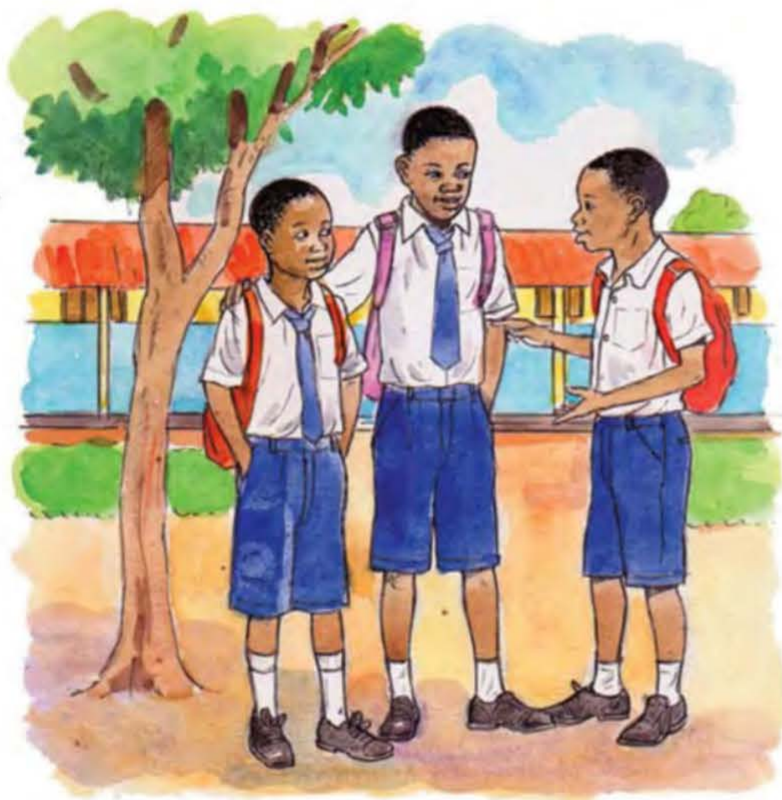


When does puberty begin and how long does it take?

Puberty changes take place in boys and girls at different times.

Generally changes start later for boys than for girls. Some boys start at the age of 9 while others start after age 14.

For some, changes may take place in one year or less. In others, the changes can take as long as six years.



Balehe inanza wakati gani na huchukua muda gani?

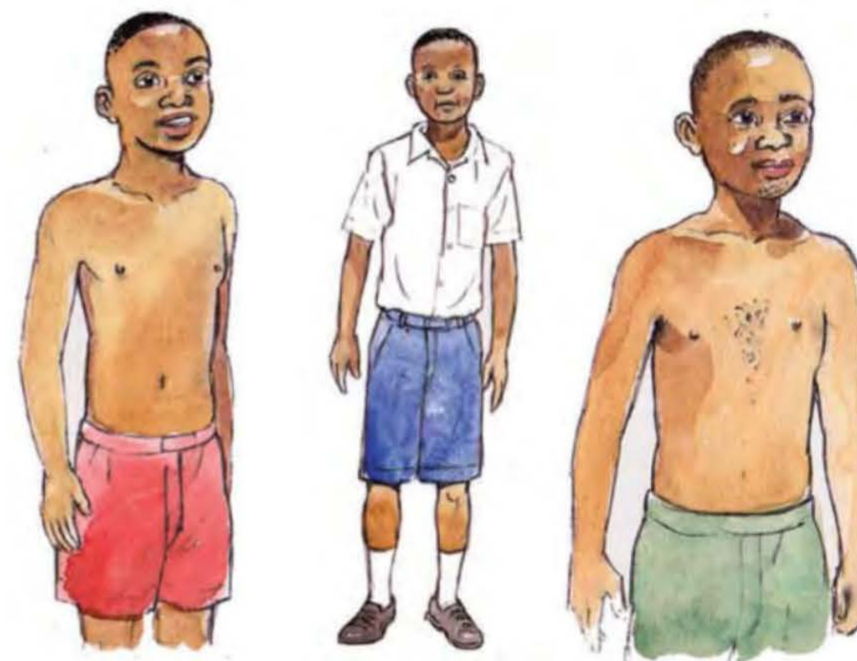
Mabadiliko hutokea kwa wavulana na wasichana kwa wakati tofauti. Kwa kawaida mabadiliko ya wavulana huchelewa zaidi kuliko mabadiliko ya wasichana. Wavulana wengine huanza wakiwa na miaka 9, wakati wengine huanza baada ya kutimiza miaka 14.

Mabadiliko yanaweza kutokea ndani ya mwaka mmoja tu au chini ya hapo. Kwa watu wengine, mabadiliko haya yanaweza kuchukua hadi miaka sita.

What are the physical changes that take place in boys?

A boy gets taller, his muscles get bigger, his shoulders get wider, he grows hair in new places (upper lip, underarms, pubic hair), his voice will crack and become deeper, his testicles, scrotum and penis grow larger, and he will be able to **ejaculate** (release) sperm.

There is no exact order in which these changes happen. It is different for every boy. So do not worry if your changes are different than the changes of your friends.



Mwili wa mvulana hubadilikaje?

Mvulana hurefuka, misuli yake hutanuka, mabega yake hupanuka, huota nywele katika maeneo mapya (juu ya mdomo wake wa juu, kwapani, mavuzi kwenye sehemu za siri), sauti yake huanza kukwaruza na kuwa nzito, korodani, mfuko wa korodani vinaongezeka na uume huwa mkubwa, na ataweza **kumwaga 'manii'**.

Hakuna mpangilio maalumu wa jinsi mabadiliko haya yanavyotokea. Ni tofauti kwa kila mvulana. Hivyo usiwe na wasiwasi kama mabadiliko haya ni tofauti na ya marafiki zako.

How should boys and girls behave towards each other during puberty?

Boys' and girls' bodies and emotions go through many changes during puberty. Sometimes girls can feel pain from their menstruation or boys can feel shy because of erections and ejaculations. Some girls and boys experience body changes faster or slower than other boys and girls. These are all normal feelings and experiences, and boys and girls should be understanding and not tease each other during puberty.



Wavulana na wasichana wanapaswa kushirikiana vipi katika kipindi cha kubalehe?

Miili na hisia za wasichana na wavulana hubadilika sana kipindi hiki cha kubalehe. Wakati mwingine wasichana wanaweza kupata maumivu wakati wa hedhi au wavulana wanaweza kuona aibu kwa sababu ya kudindisha na kumwaga manii. Mabadiliko ya mwili ya wasichana na wavulana yanaweza kutokea haraka zaidi au taratibu zaidi. Hisia hizi na hali hii ni za kawaida, na wavulana na wasichana wanatakiwa kuwa waelewa na si kutaniana katika kipindi cha kubalehe.

Boys and girls need to respect each other during puberty

Puberty can be a confusing time for boys and girls. Their bodies are changing a lot, and older men and women may start to treat them differently and have new expectations for their behavior. It is important for boys and girls to be respectful of each other during this time of growth. They should treat each other like brothers and sisters, and support each other in education and sports activities.



Wasichana na wavulana wanapaswa kuheshimiana katika kipindi cha kubalehe

Kipindi cha kubalehe kinaweza kuwa kipindi cha kuchanganyikiwa kwa wavulana na wasichana. Miili yao inabadilika sana, na watu wazima wanaweza kuanza kuwachukulia tofauti na kuwa na mategemeo mapya juu ya tabia zao. Ni muhimu kwa wavulana na wasichana kuheshimiana katika kipindi hiki cha ukuaji. Wanapaswa kuchukuliana kama kaka na dada, na kusaidiana kwenye elimu na michezo.