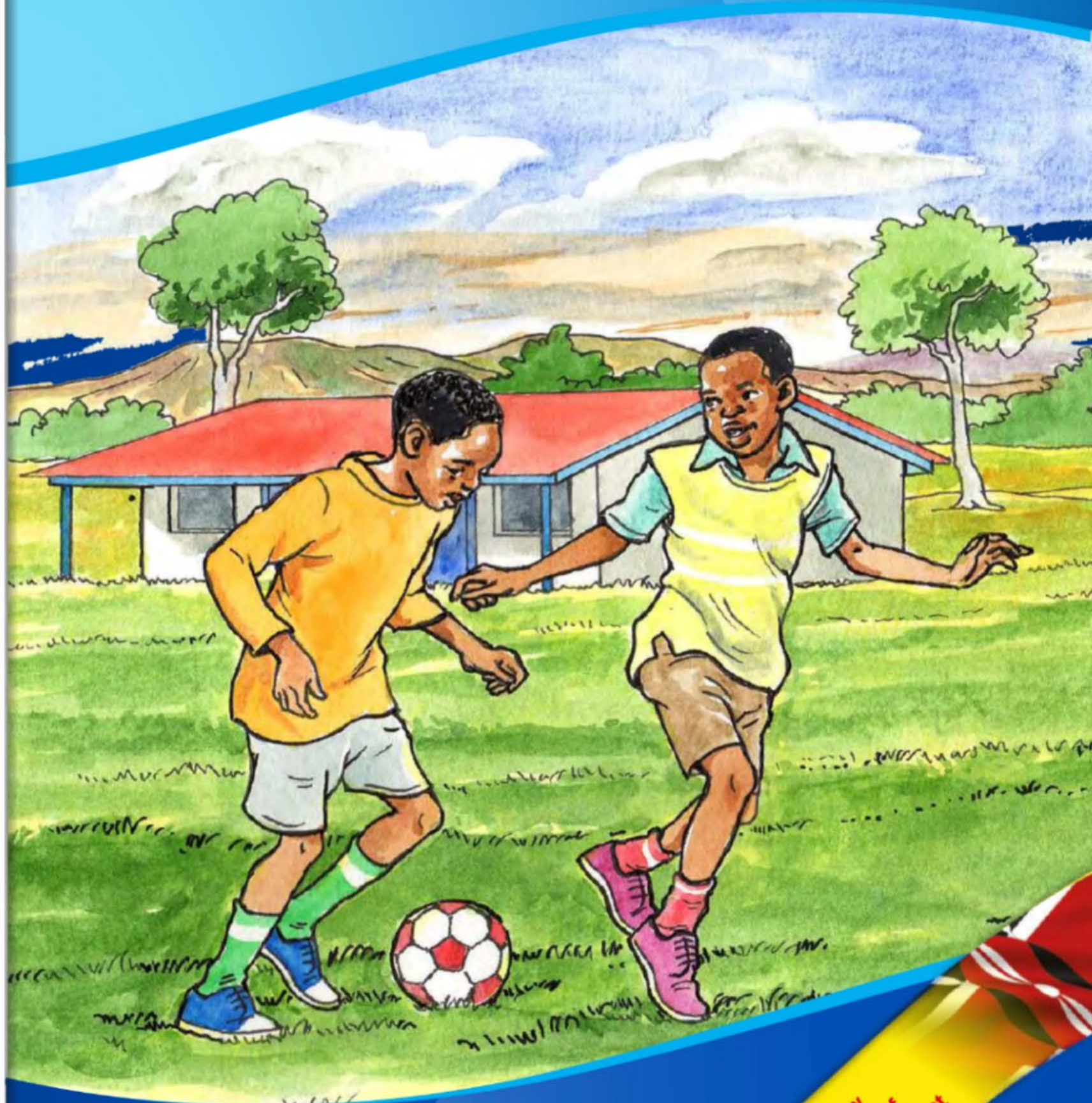


Kuwa Mvulana



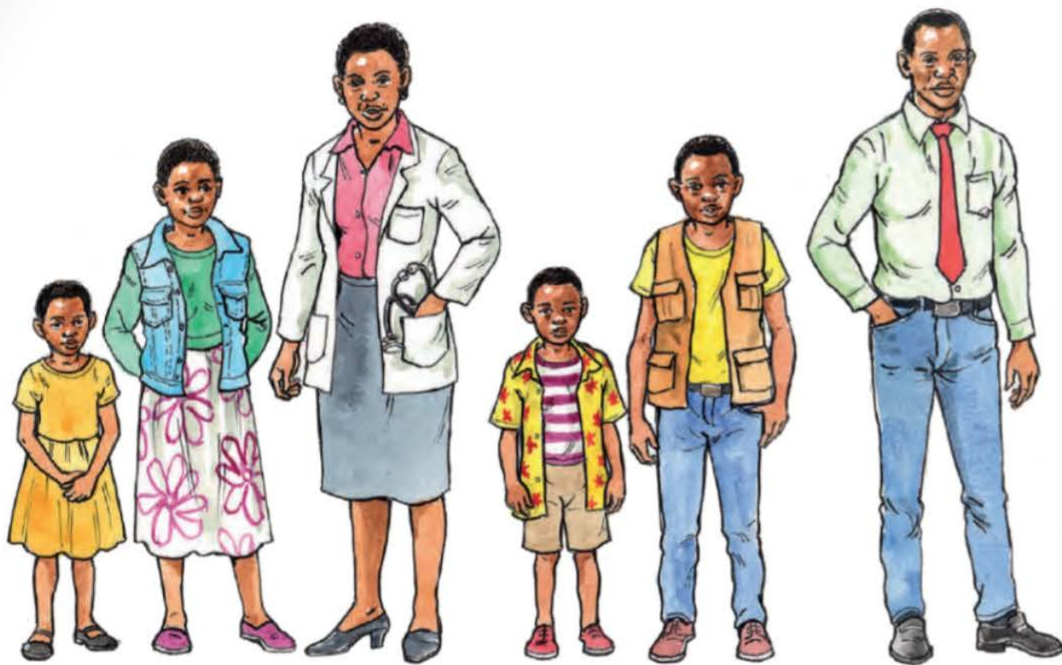
To Become a
Young Man

Approved by
Kenya Institute of
Curriculum Development

What is puberty?

Puberty is the development stage between the ages of 10 to 14 years, when most boys and girls begin to notice physical and emotional changes in their bodies, and social changes with their friends, family, and peers. These changes take place over a number of years.

This stage is also called **adolescence** and girls and boys at this age are often called **adolescents**.



Kubalehe ni nini?

Kubalehe huanza kati ya umri wa miaka 10 na 14, wakati wengi wa wavulana na wasichana huanza kuona mabadiliko ya kimwili na ya kihisia katika miili yao. Mabadiliko haya hufanyika katika kipindi cha miaka kadhaa.

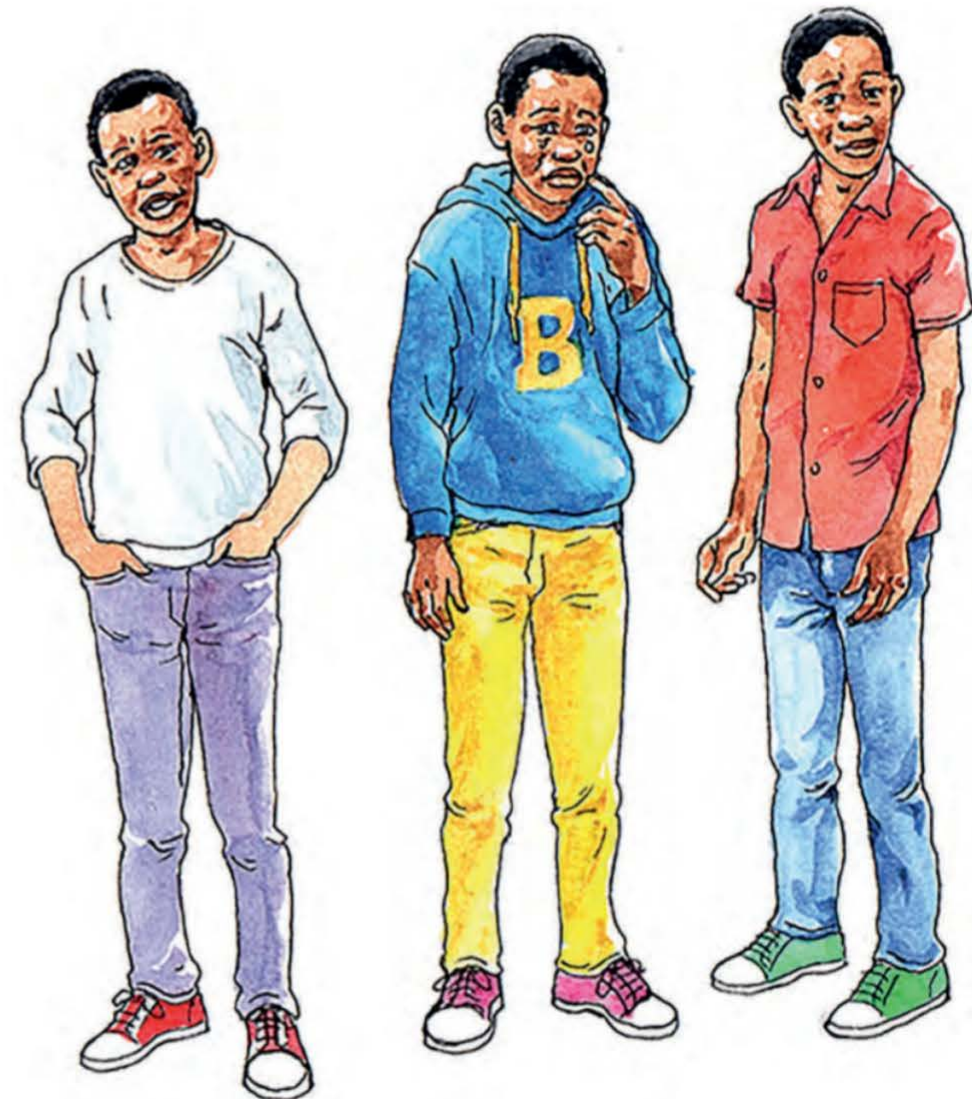
Hatua hii pia huitwa **ujana** na katika umri huu wasichana na wavulana huitwa **vijana**.

Approved by 

1

Puberty starts when 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. A growing boy may feel happy one moment, then angry, sad or confused the next moment.



2

Approved by 

Kubalehe huanza wakati mwili unapotengeneza au unapotoa kemikali ziiwazo **homoni**. Homoni hizi husababisha mabadiliko mwilini.

Mbali na kusababisha mabadiliko ya kimwili, homoni pia husababisha mabadiliko ya kihisia. Hivyo mvulana anayekua anaweza kufurahi au kuwa na furaha dakika moja, kisha akakasirika, kuhuzunika au kuchanganyikiwa muda mfupi baadaye.



Approved by  3

When does puberty begin and how long does it take?

Puberty begins at different times in boys and girls. Generally, changes start later for boys than for girls. Some boys start before the age of 10, while others start after the age of 14.

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

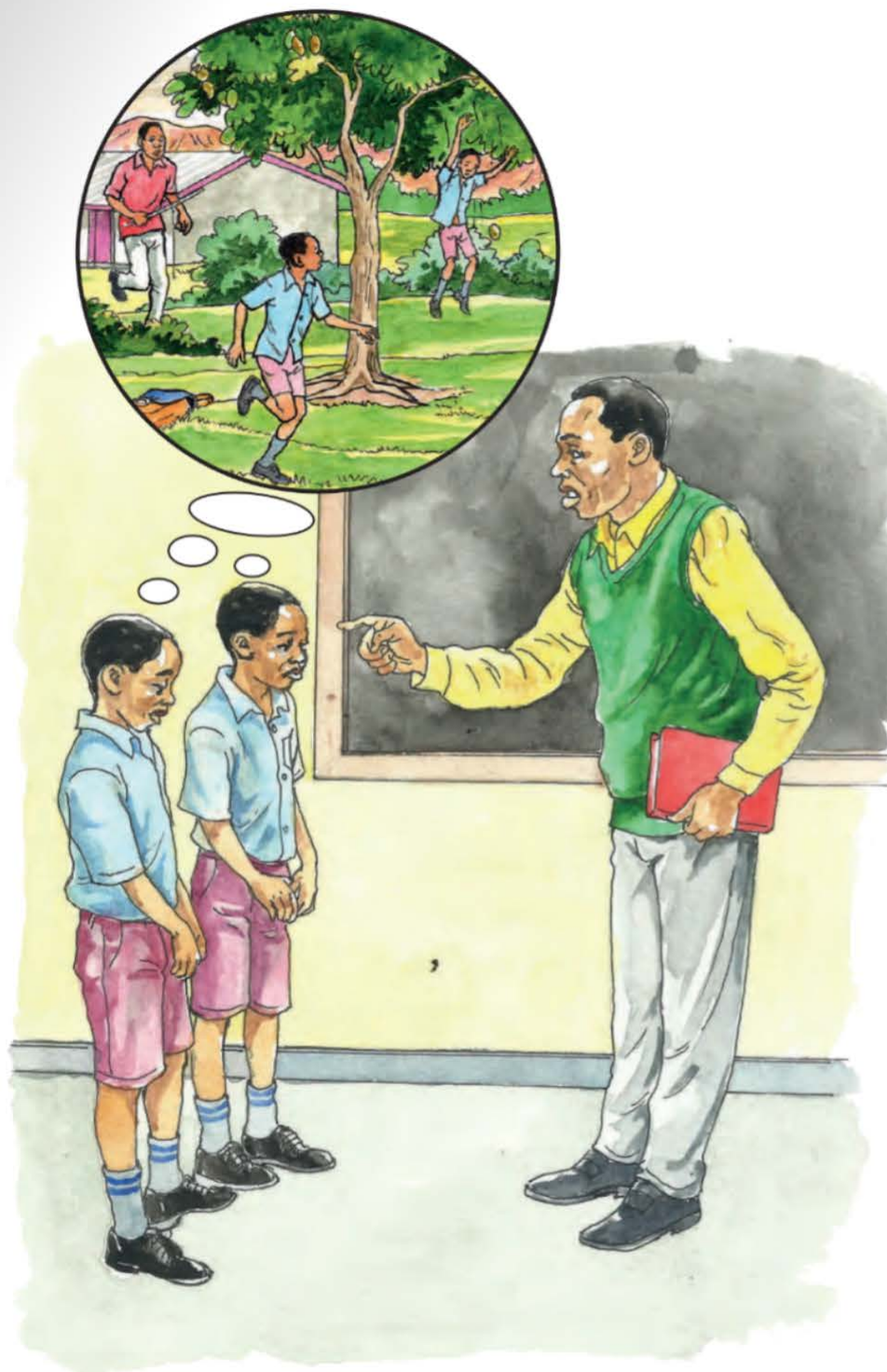


Kubalehe huanza wakati upi na huchukua mda gani?

Kubalehe huanza kwa nyakati tofauti katika wavulana na wasichana. Kwa jumla, mabadiliko huchelewa kuanza kwa wavulana kuliko wasichana. Baadhi ya wavulana huanza katika umri wa miaka 9, ilhali wengine huanza baada ya umri wa miaka 14.

Kwa wengine, huenda mabadiliko yakafanyika katika kipindi cha mwaka mmoja au chini. Kwa wengine, mabadiliko yanaweza kuchukua muda mrefu kama miaka sita. Yote ni kawaida kabisa.

4 Approved by 



Approved by 

29

Answering the "how to" questions!

How to keep clean during puberty?

- Bathe every morning and evening to manage new body smells.
- Wash clothes when they get dirty so they are neat and clean.
- Change underclothes daily to manage smells and discomfort from sweat and dirty clothes.

How to manage after wet dreams and ejaculations?

- Wash the private parts of your body.
- If underclothes or bed sheets are wet in the morning after waking up, make sure to wash them the same day.

How to manage peer pressure from other boys and girls?

- Explain to them that smoking and drinking alcohol is not good for your health, studies and future.
- Explain to them that you are not ready to have a girlfriend because you need to study and work hard.
- Explain to them that fighting is not good for your health and a real man does not need to fight to show his strength.

Kujibu maswali ya "jinsi ya"!

Jinsi ya kujiweka safi wakati wa kubalehe

- Oga kila asubuhi na jioni kudhibiti harufu mpya mwilini.
- Fua nguo zinapochafuka ili ziwe nadhifu na safi.
- Badilisha nguo za ndani kila siku kudhibiti harufu na usumbufu kutokana na jasho na nguo chafu.

Jinsi ya kujishughulikia baada ya ndoto nyevu na kutokwa na shahawa

- Osha sehemu za siri.
- Iwapo umeamka ukiwa na nguo za ndani au shuka zilizolowa, hakikisha umezifua siku hiyo hiyo.

Jinsi ya kudhibiti shinikizo rika kutoka kwa wavulana na wasichana wengine

- Waeleze kuwa kuvuta sigara na kunywa pombe itadhuru afya yao, masomo yao, au maisha yao ya baadaye.
- Waeleze kuwa wewe hauko tayari kuwa na mpenzi kwa sababu unahitaji kusoma na kufanya kazi kwa bidii.
- Waeleze kuwa kupigana si kuzuri kwa afya yao na kuwa mwanamume halisi hahitaji kupigana ili kuonyesha nguvu zake.

30 Approved by 