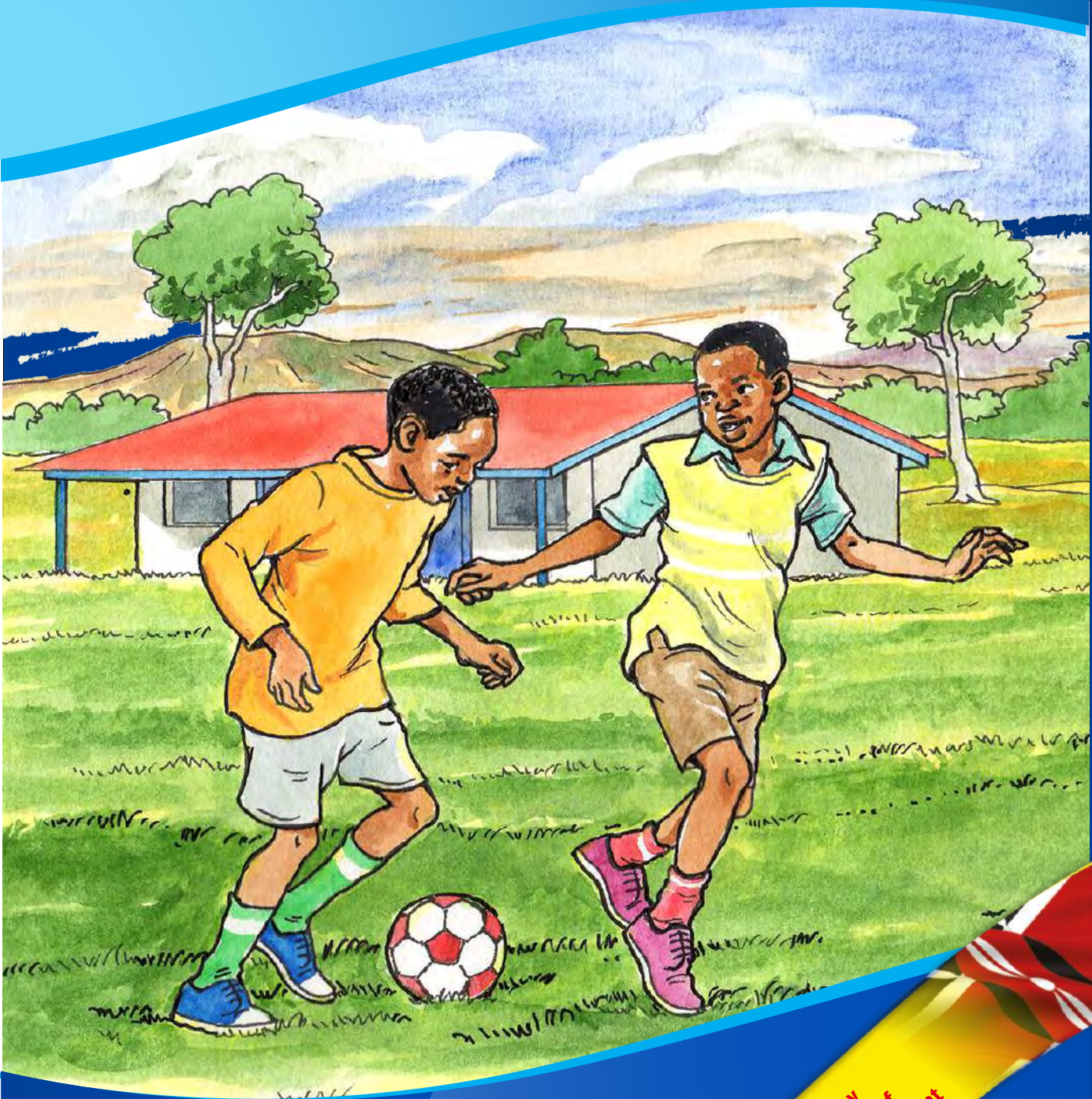


Kuwa Mvulana



**To Become a
Young Man**

Approved by
Kenya Institute of
Curriculum Development

Kuwa Mvulana

To Become a Young Man

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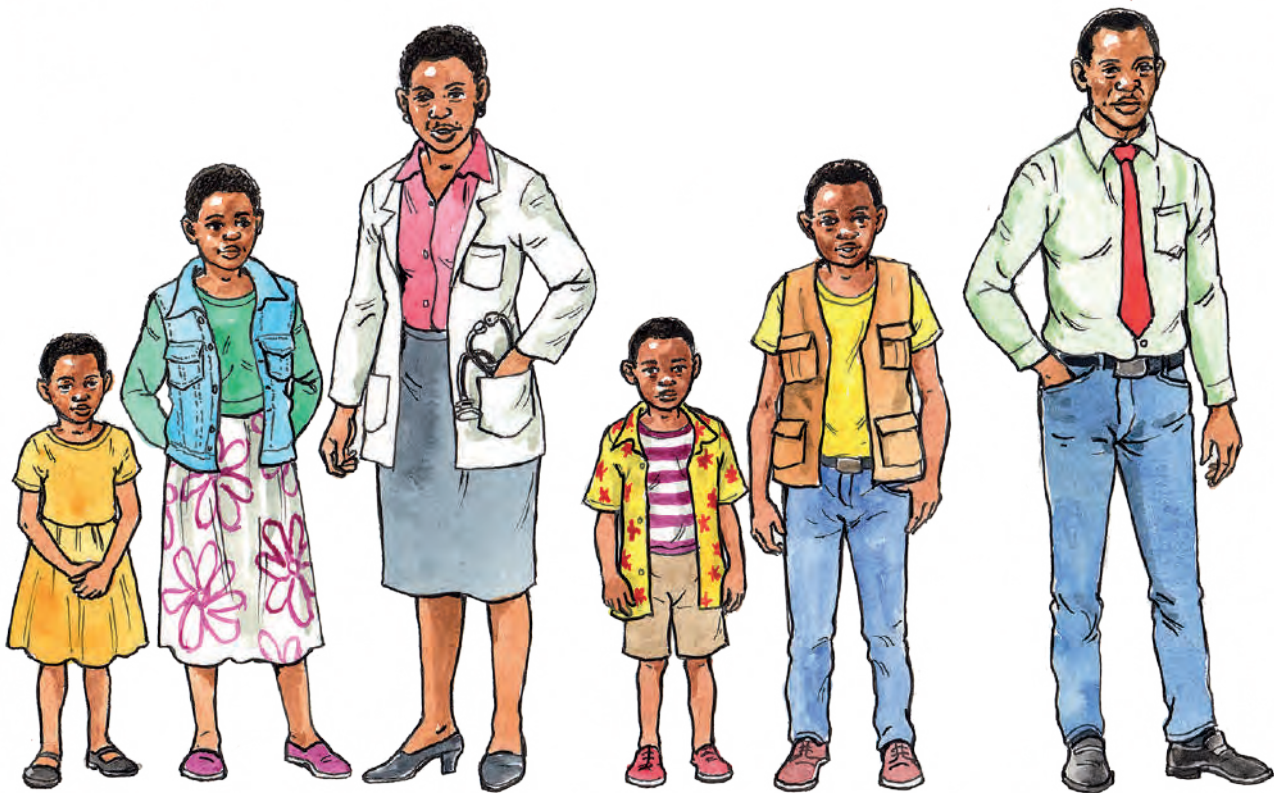
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What is puberty?

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**.



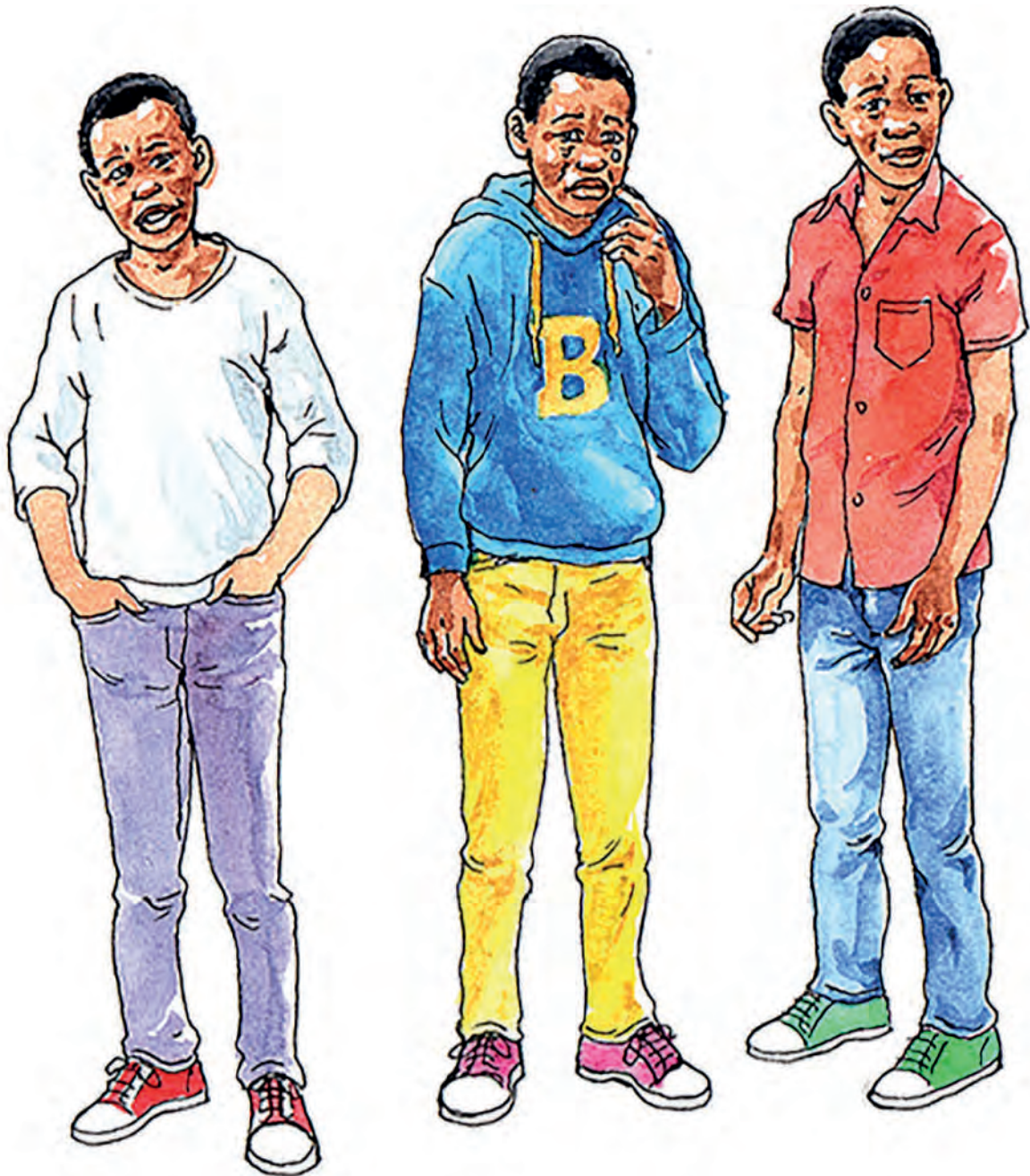
Kubalehe ni nini?

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**.

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.



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.



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?

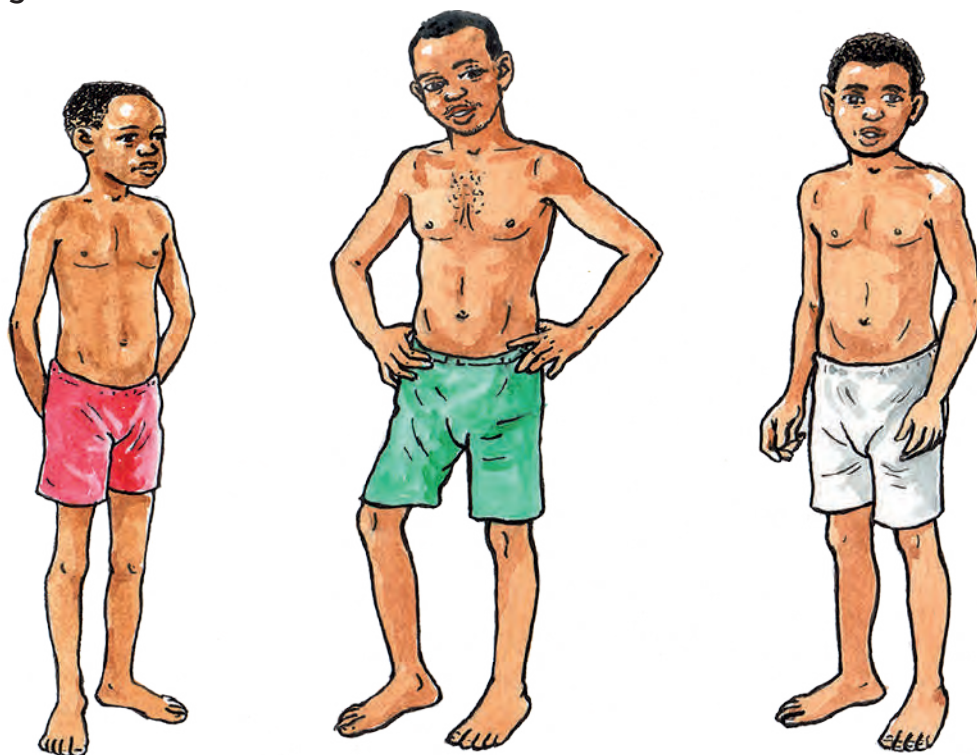
Kubalehe huanza kwa nyakati tofauti katika wavulana na wasichana. Kwa jumla, mabadiliko huchelewa kuanza kwa wavulana kuliko wasichana. Baadhi ya wavulana huanza katika umri wa miaka 9, ilhali wengine huanza baada ya umri wa miaka 14.

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.

What are the physical changes that take place in boys?

The changes that take place include: boy's muscles start to grow bigger, his shoulders get broader, he grows hair in new places (above the upper lip and on the chin, armpits, pubic area), his voice breaks and becomes deeper, his testicles, scrotum and penis grow larger, and he will be able to ejaculate sperm.

There is no exact order in which these changes happen. It is different for every boy. One need not worry if these changes are different from the changes of friends.



Ni mabadiliko gani ya kimwili yanayotokea kwa wavulana?

Mabadiliko yanayotokea ni kama; misuli ya kijana kuanza kua kubwa, mabega yake kuwa mapana, hukua nywele katika maeneo mapya (juu ya mdomo na kidevu, kwapani na eneo la kinena), sauti yake itavunjika na kuwa nzito, mapumbu, korodani na uume wake kupanuka, na atakuwa na uwezo wa kumwaga manii.

Hakuna utaratibu halisi wa kutokea kwa mabadiliko haya. Ni tofauti kwa kila mvulana, hivyo mtu asiwe na wasiwasi ikiwa mabadiliko haya ni tofauti na mabadiliko ya wenzake.

Puberty is the time when boys begin to produce **sperm** and girls begin to produce **eggs**. It is the time when they develop into young men and women. It is a special time of maturing, so that one day, they can choose to have children and families of their own. While boys' bodies start having the ability to create children, it does not mean that boys and girls are ready to have children. It is physically unsafe for a girl to have a baby at a young age. Boys and girls can miss out on school or other life chances if they have a baby when they are too young.



Kipindi cha kubalehe ni wakati ambapo miili ya wavulana huanza kutengeneza **mbegu za kiume (manii)** na miili ya wasichana huanza kutengeneza **mayai**. Ni kipindi cha kupevuka na kuwa wanaume na wanawake. Ni wakati maalum katika kukomaa kwa miili yetu, ili siku moja, tuweze kuchagua kuwa na watoto na kuanza familia zetu wenyewe katika siku zijazo. Ni wakati maalum ambapo miili yao hukomaa na kujiandaa kupata watoto na kuanza familia zao katikasiku zijazo. Ingawa miili ya wavulana na wasichana huanza kuwa na uwezo wa kupata watoto, haimanishi kwamba wako tayari kwa jukumu hili. Si salama kimwili kwa msichana kuwa na mtoto katika umri mdogo, na wavulana na wasichana wanaweza kukosa nafasi ya shule na maisha mengine ikiwa watapata mtoto wakiwa bado ni wadogo sana. Ni hatari kimwili kwa msichana kupata mtoto katika umri mdogo. Zaidi ya hayo, wavulana na wasichana wanaweza kukosa nafasi za elimu na fursa nyinginezo ikiwa watapata mtoto katika au wakiwa na umri mdogo sana.

What are sperms?

Sperms are the male cells that make it biologically possible for a man to create a baby in the future with a woman. When a boy goes through puberty, the testicles produce sperms. However, boys and girls in adolescence are too young to have babies. It is not healthy for their growing bodies.

Sperms are so small that you cannot see them. They are part of the thick, milky-white fluid called **semen** that comes out when a boy **ejaculates** (released from the body). Semen is a mixture of fluids and sperm cells.



Mbegu za kiume (Manii) ni nini?

Mbegu za Kiume (Manii) ni seli za kiume zinazomuwezesha mwanaume kibiolojia kumpa mwanamke mimba. Mvulana kijana anapoendelea kubalehe, korodani huzalisha mbegu za kiume/manii. Hata hivyo, wavulana (na wasichana) kwa wakati huu wa kubalehe hawajakomaa vilivyo kupata watoto. Si vyema kiafya kwa miili inayopevuka.

Mbegu za kiume (manii) ni ndogo sana hata haziwezi kuonekana. Ni mchanganyiko wa ute mweupe unaofanana na maziwa unaoitwa **shahawa** ambao hutoka kupitia uume wa mvulana. Shahawa ni mchanganyiko wa majimaji na manii.

What else happens to a boy's body during puberty?

During puberty, boys will also start to experience erections. An **erection** happens when the internal tissue in the penis fills with more blood than usual. This experience occurs more often during puberty. The tissues become stiff when they are full of blood, and the penis grows larger and harder and points away from the body. An erection can happen very quickly or more slowly. It can last a short time or longer. This is true for all boys and men.



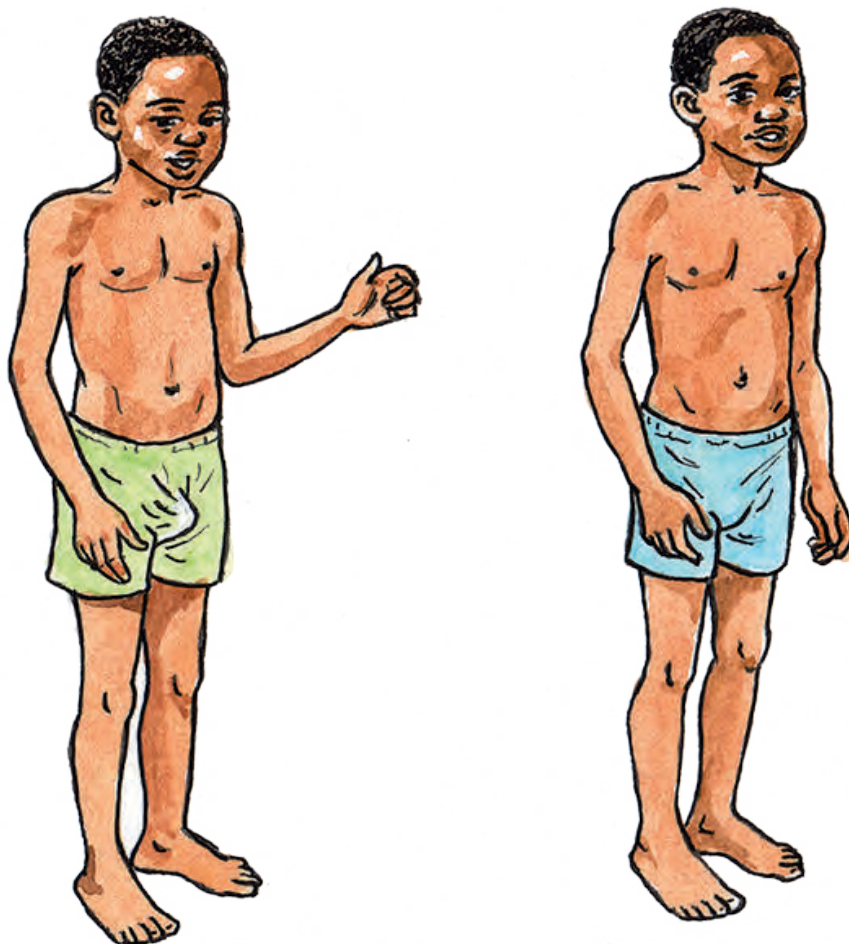
Ni kipi kingine kinachotokea kwa mwili wa mvulana wakati wa kubalehe?

Wakati wa kubalehe, wavulana pia huanza kupata msimiko. **Msimiko** ni wakati tishu ndani ya uume hujaa damu zaidi kuliko kawaida, hali hii huwapata wavulana mara nyingi zaidi wakati wa kubalehe. Tishu hizi huwa ngumu wakati zinapojaa damu, kisha uume huwa mkubwa na mgumu na huelekea/hupinda mbali na mwili. Msimiko unaweza kutokea kwa haraka au taratibu Zaidi. Unaweza kudumu muda mfupi au kuendelea kwa muda. Huu ni ukweli kwa wavulana na wanaume.

Do these changes only happen to me?

Erections can happen when a boy wakes up in the morning. It also happens when the penis is touched, or if a boy or a man is thinking about a girl he likes. Sometimes, it can happen for no reason at all. This is normal during puberty.

Having an erection when you are not expecting one can be embarrassing for a boy, but it is very normal and happens less as boys grow older.



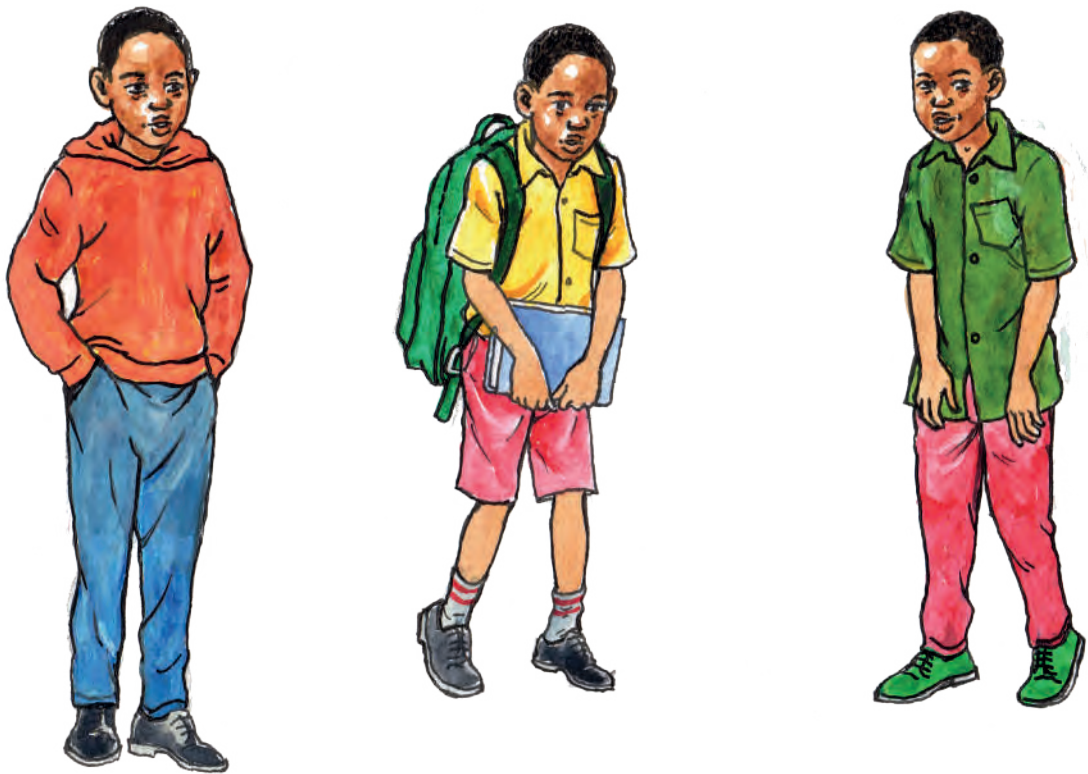
Je, mabadiliko haya yanatokea kwangu pekee?

Msimiko unaweza kufanyika wakati mvulana anapoamka asubuhi, au kuwa na wasiwasi, ikiwa uume umeguswa, au kama mvulana au mwanamume amepata mawazo ya ngono. Wakati mwingine, unaweza kutokea bila sababu yoyote. Hii ni kawaida wakati wa kubalehe. Kuwa na msimiko wakati hautarajii kunaweza kuleta aibu kwa kijana, lakini ni kawaida kabisa na hupungua wavulana wanapoendelea kua.

How to manage these new changes

Suggestions for managing erections include: staying seated, putting your hands in your pockets to hide it, shifting your books to cover it, or focusing on something else until it goes away.

During puberty, erections can happen at any time or place. For example, they may happen while a boy is in class or sitting on the side of the road, and they may happen when he is not expecting one to happen. This is normal, but it can make a boy feel shy.



Jinsi ya kudhibiti mabadiliko haya mapya

Baadhi ya mapendekezo ya kudhibiti misimiko ni kama; endelea kuketi, vaa suruali kubwa, kuweka mikono katika mifuko yako ili uifiche, songeza vitabu vyako ili kuufunika, au kuelekeza akili katika kitu kingine mpaka uishe.

Vakati wa kubalehe, misimiko inaweza kutokea wakati wowote au mahali popote. Kwa mfano, inaweza kutokea mvulana akiwa darasani au akiwa amekaa kando ya barabara, na mara nyingine inaweza kutokea wakati yeye hatarajii. Hii ni kawaida, lakini inaweza kumfanya mvulana aone haya.

Many boys worry about the growth of their penis and whether it is growing too short or too long or too thin or too fat. Any size or shape is normal. When a boy has an erection, the penis may point in different directions or point upwards. Any direction is normal. If you are cold or nervous, less blood flows to your penis and it may get smaller in size. If you are warm and relaxed, more blood flows to your penis and it may get larger.



Wavulana wengi wana wasiwasi kuhusu ukuaji wa uume wao na ikiwa ni mfupi sana au mrefu sana au mwembamba sana au mfupi sana. Ukubwa au umbo lolote ni kawaida. Mvulana anapopata msimiko, uume wake unaweza kuelekea pande tofauti au kupinda juu. Mwelekeo wowote ni kawaida. Unapohisi baridi au kuwa na wasiwasi, damu kidogo huingia kwenye uume wako na kupunguza ukubwa. Ukiwa na joto au kutulia, damu nyingi huelekea kwenye uume wako na unaweza kuongezeka ukubwa.

What are wet dreams?

A **wet dream** occurs when a boy ejaculates semen during his sleep. A boy might wake up and find his underwear wet with semen. Some boys will remember having a dream that included sexual thoughts. This is very normal. As a boy grows into a man, he will have fewer wet dreams.



Ndoto Nyevu ni nini?

Ndoto Nyevu ni wakati mvulana humwaga manii akiwa amelala. Mvulana anaweza kuamka na kuipata suruali yake ya ndani ikiwa imelowa na shahawa. Baadhi ya wavulana hukumbuka kuwa na ndoto inayohusishwa na mawazo ya ngono. Haya yote ni ya kawaida. Mvulana anapokua mwanamume, ndoto nyevu zitapungua.

How do girls' bodies change during puberty?

During puberty, a girl will often start going through the changes of puberty before a boy. The changes in girls include her breasts begin to grow and her hips become broader. Hair starts to grow under her arms (armpits) and pubic area. She also starts to menstruate (have monthly periods).

Menstruation means that a girl's body is growing and is preparing for the future when she might get pregnant and have a baby. During menstruation, the shedding of the **uterus** lining occurs every month and comes out with blood through the **vagina**. Bleeding usually lasts 3 to 7 days and usually happens every month. **Hormones** also begin to be produced in the body, causing emotional changes, like they do in boys' bodies too.



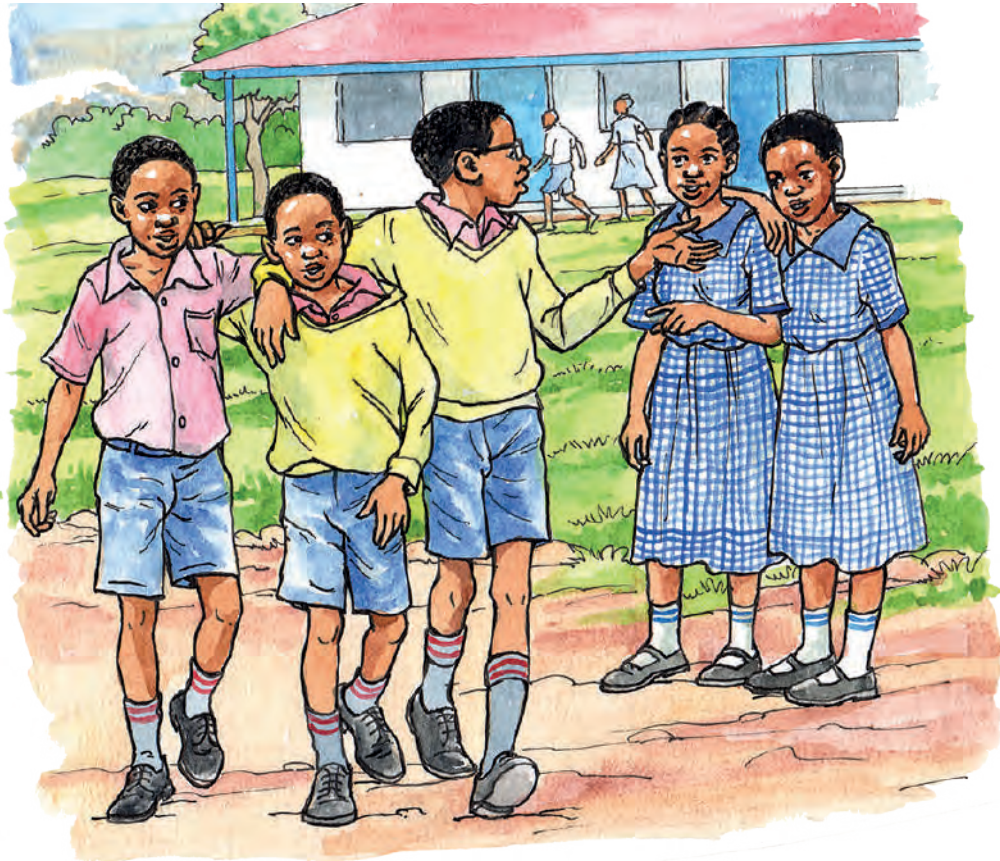
Je, miili ya wasichana hubadilikaje wakati wa kubalehe?

Wakati wa kubalehe, msichana huanza kupitia mabadiliko ya kubalehe kabla ya mvulana. Mabadiliko katika wasichana ni pamoja na matiti yake kuanza kukua, nyonga hupanuka, nywele huanza kuota kwenye makwapa yake na katikati ya miguu yake. Pia huanza hedhi (huwa na vipindi vya hedhi).

Hedhi inamaanisha kuwa mwili wa msichana unakua na unajitayarisha katika siku za usoni yeye anaweza kupata mimba na kumpata mtoto. Wakati wa hedhi, utando **nyumba ya uzazi** hutokwa na damu kupitia **uke wa mwichana**. Kutokwa na damu kwa kawaida huchukua muda wa siku 3 hadi 7 na kwa kawaida hutokea kila mwezi. **Homoni** pia huanza kuzalishwa mwilini, na kusababisha mabadiliko ya kihisia, kama yanavyofanya kwa wavulana.

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

Boys and girls should be understanding and not tease each other during puberty. Boys' and girls' bodies and emotions go through many changes during this time. 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 others. These are all normal feelings and experiences.



Je, wavulana na wasichana wanapaswa kushirikiana vipi wakati wa kubalehe?

Wavulana na wasichana wanapaswa kuelewana na wasidhihakiane wakiwa katika kipindi cha kubalehe. Miili na hisia za wavulana na wasichana hupitia mabadiliko mengi wakati huu. Wakati mwingine, wasichana wanaweza kuhisi maumivu wakati wao wa hedhi au wavulana wanaweza kuhisi aibu kwa sababu ya misimiko na kumwagikiwa na shahawa. Baadhi ya wasichana na wavulana hupata mabadiliko haraka au polepole kuliko wavulana na wasichana wengine. Hizi zote ni hisia za kawaida.

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. They could support each other in education and sport activities. Puberty can be a confusing stage 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 behaviour.



Ni muhimu kwa wavulana na wasichana kuheshimiana wakati huu wanapokua. Wanapaswa kushirikiana kama ndugu na dada. Wanaweza kutiana moyo kimasomo na michezoni. Wakati wa kubalehe unaweza kuwa kipindi tatanishi kwa wavulana na wasichana. Miili yao inabadilika haraka na wanaume na wanawake wazima wanaweza kuanza kuwachukulia tofauti na kuwa na matarajio mapya ya tabia zao.

Pressures boys may feel as they grow into young men

As a boy goes through puberty, he may feel pressure from older boys and men, from the radio, the Internet (like social media) or television, and from other people around him. He might feel pressured to have a girlfriend, to drink alcohol, to try smoking cigarettes or other drugs, and to show how strong and brave he is through fighting.

Peer pressure occurs when a boy is under pressure from other boys or girls to do things or behave in a particular way. However, if a boy wants to grow into a healthy young man, he must take good care of his body and focus on his studies. A boy should not indulge in these risky behaviours, because they can damage his health and chance to have a successful life.



Shinikizo zinazowapata wavulana wanapokua vijana

Mvulana anapopitia kipindi cha kubalehe, anaweza kupata shinikizo nyingi kutoka wavulana wakubwa na wanaume, kutoka kwa redio, kwenye mtandao (kama mitandao ya kijamii) au televisheni, na kutoka kwa watu wengine kuwa na mpenzi, kunywa pombe, kujaribu kuvuta sigara au kutumia dawa nyingine za kulevya, na kuonyesha nguvu na ushujaa wake kwa kupigana.

Shinikizo rika hutokea wakati mvulana anaposukumwa na wavulana (au wasichana) wengine kufanya vitu au kuwa na tabia fulani. Hata hivyo, ikiwa mvulana anataka kukua na kuwa kijana mwenye afya, ni lazima auchunge mwili wake vizuri, azingatie masomo yake, na asijihusishe na tabia hizi hatari kwa sababu zinaweza kuharibu afya yake na kuharibu nafasi ya kuwa na maisha ya mafanikio.

Talk to...

A boy should talk to elders who they trust, such as older brothers, uncles, fathers, grandfathers, male teachers and health workers. When a boy's body is changing, he might have questions and feel confused sometimes about what is normal. It is good to ask for advice from elders. They are likely to have experienced similar changes. They can provide answers to your questions, and can also help you to manage the peer pressures from other boys and girls.

If you notice a body change that is not normal, such as a lump or pain in your testicles, then it is good to seek help from a doctor or a nurse for advice.



Zungumza na...

Mvulana anapaswa kuzungumza na wakubwa wake anaowaamini, kama vile kaka wakubwa, wajomba, baba, babu, walimu wa kiume, na wahudumu wa afya. Mwili wa mvulana unapobadilika, anaweza kuwa na maswali na kuchanganyikiwa wakati mwingine anapokosa kuelewa mabadiliko yapi ni ya kawaida. Ni vizuri kutafuta ushauri kutoka kwa wakubwa wao. Wao wamepitia mabadiliko sawiya na hayo. Wujuzi wa kuyajibu maswali, na wanaweza pia kukusaidia kudhibiti shinikizo rika kutoka kwa wavulana na wasichana wengine.

Iwapo unahisi kwamba kuna mabadiliko ambayo si ya kawaida mwilini, kama vile ikiwa unahisi uvimbe au maumivu katika korodani yako, basi ni vyema kupata ushauri wa daktari au muuguzi.

Personal story 1

When I was 11 years old, I was in class 6 in primary school and my wet dreams started. When it came to wetting the bed, my father was not a kind person. I remember experiencing this when I was a kid. I am the only boy in a family with 4 girls and we were punished, my friend, *kuchapwa haki*. When I woke up one morning, I found my bed and trousers were wet. We have a bathroom inside our house, so I ran to the bathroom, put on the water, and then started to remove my clothes. On my pants I saw a white thing that I've never seen before, so I washed myself and the pants too. I did not tell anybody about what happened. I went to class that day and our science teacher taught us what wet dreams are about, and I remembered my father would be there when I came back home. When I got home, I went straight to my room and locked the door. My dad came and I showed him the book of science, then my clothes, and he understood and explained everything to me in a low voice, because we lived in a girls' environment, too. My advice is to not be afraid, because you are not the first and not the last to have these changes.

Sincerely, Boniface.

Simulizi la Kwanza

Nilianza kupata ndoto nyevu nilipokuwa katika darasa la 6 la shule ya msingi, nikiwa na umri wa miaka 11. Baba yangu hakuchuukulia vizuri nilipolowesha kitanada, bila kuzingatia kuwa nilikabiliana na haya nikiwa mchanga. Mimi ndiye mvulana pekee katika familia ya wasichana 4 na tulikuwa tunachapwa viliyvo, rafiki yangu, kuchapwa haki! Nilipoamka asubuhi moja, kitanda changu na suruali yangu zilikuwa zimelowa. Kwa vile chumba cha kuogea kiko ndani ya nyumba, nilikimbia ndani, nikafungua maji, kisha nikaanza kuvua nguo zangu. kweneye suruali yangu, niliona kitu cheupe ambacho sijawahi kukiona hapo awali. Hivyo basi nikajisafisha na kuisafisha suruali yangu pia. Sikumwambia mtu yeyote kuhusu kile kilichotendeka. Nilipoenda darasani siku hiyo, mwalimu wetu wa sayansi akatufunza kuhusu ndoto nyevu, na hapo nikakumbuka kuwa baba yangu alikuwa ananisubiri nirudi nyumbani. Nilirudi nyumbani, nikaenda moja kwa moja hadi chumba changu na kufunga mlango. Baba yangu alikuja na nikamuonyesha kitabu cha sayansi, na nguo zangu na akaelewa, halafu akanipa mawaidha kwa sauti ya chini, kwa sababu tulikuwa tunaishi katika mazingira yaliyokuwa na wasichana. Ninakushauri kuwa usiogope, kwani hutakuwa wa kwanza wala wa mwisho kupitia mabadiliko haya.

Mimi wenu, Boniface.



Personal story 2

I experienced an erection for the first time when I was 9 years old. At this time, I did not know anything about this feeling. The first day after the erection, I didn't tell anyone. But after some time, I told my friends, because we loved to share stories and life experiences together. I felt a bit nervous about this situation, but after some months had passed, I got used to it happening. I tried to hide or "to manage" my erections by pretending they were not happening. My friends used to laugh at one another when they saw someone had an erection. Since I was in adolescence, I felt a bit upset when someone laughed at me. This made me feel embarrassed, which I did not like at all. The advice I would like to give to young boys is that they should not get nervous, since these changes are an experience of all boys. The feelings are made for that stage, and they should try to cope with them and take them positively.

Sincerely, Charles.

Simulizi la Pili

Siku ya kwanza kwangu kupata msimiko ni wakati nilipokuwa na umri wa miaka 9. Wakati huo, sikujua chochote kuhusu tukio hili. Siku ya kwanza baada ya kupata msimiko, sikumwambia mtu yeyote, lakini muda uliposonga, niliwaambia rafiki zangu waliokuwa rika langu, kwani tulipenda kusimulia hadithi na mambo tuliyokabiliana nayo pamoja maishani. Nilikuwa na wasiwasi kuhusu hali hiyo lakini baada ya miezi michache, nilizoea. Nilijaribu kuficha au "kukabiliana" na msimiko huo kwa kujifanya haikuwa inatendeka, kwani rafiki zangu walikuwa wakichekana walipomuona mtu amepata msimiko. Hii ilisababisha aibu, ambayo sikupenda kabisa na nilikasirika mtu aliponicheka. ningependa kuwashauri wavulana kuwa wasiwe na woga, kwani hili ni jambo la kawaida kwa binadamu. Hisia hizi zimekusudiwa kwa hatua hiyo na wanapaswa kuzikubali kwa kujaribu kukabiliana nazo.

Mimi wenu, Charles.



Personal story 3

One night, a quarrel occurred when our father drank alcohol and brought home violence. He did not greet anybody when he came home and started shouting that my mother had stolen his money. I was 13 years old at this time and I was not able to help my mother, because I was so young compared to my father. I also could not do anything because my father was very healthy and was strong. When I tried to help her, he caught me and threw me away like a small stick. Surely, it did not feel good. I have not told any of my friends that my mother had been beaten by my father. I see it as a big issue, but my mother saw it as a small issue. I would like to advise my fellow brothers that what I witnessed, taking alcohol and beating your wife, is not a good thing. Boys and men should stay away from any kind of violence, because it brings no harmony to their lives. Understanding each other is better than taking actions into your own hands. I would like to tell the boys that when they come across such situations, they should look for help from an adult they trust.

Sincerely, Franklyn.

Simulizi la Tatu

Ugomvi ulitokea baba yetu alipokunywa pombe na kuleta vurugu nyumbani. Hakuwa anamsalimu mtu yeyote alipofika nyumbani, na akaanza kupiga kelele akimshutumu mama yangu kuwa alikuwa ameiba pesa zake. Wakati huo, nilikuwa na umri wa miaka 13. Sikuwa na uwezo wa kumsaidia mama yangu, kwani nilikuwa mdogo sana nikilinganishwa na baba yangu, sikuweza kufanya chochote kwani baba yangu alikuwa mtu mwenye mwili mkubwa na alikuwa na nguvu. Nilipojaribu kumsaidia mama, yeye alinishika na kunirusha kando kama fimbo ndogo. Bila shaka mimi sikuhi vizuri, ingawa sijamwambia rafiki yangu yeyote kwamba mama yangu alikuwa amepigwa na baba yangu. Mimi huona ni kama hilo ni suala kubwa, lakini mama yangu hulichukulia kama jambo ndogo. Ningependa kuwashauri ndugu zangu, kutokana na yale niliyoshuhudia kuwa, kunywa pombe na kumpiga mke wako si jambo zuri na wavulana na wanaume wanapaswa kujiepusha na aina yoyote ya vurugu kwani haleti suluhisho kwao. Kuelewana ni bora zaidi kuliko kuchukua hatua mikononi mwako. Ningependa kuwaambia wavulana kwamba wakati wanakumbana na hali kama hii, wanapaswa kutafuta msaada kutoka kwa mtu mzima wanayemwamini.

Mimi wenu, Franklyn.



Personal story 4

I had a fight with my big brother in front of my parents, and I was really embarrassed. We were discussing football and it caused a disagreement. At that time, we lost our relationship as brothers, and he hit me in the eye. My parents took me to the hospital and we ended up coming to a solution together. They told us that a family must have the common goal of unity. In terms of quarreling, if you are a big brother, sometimes you should let it go if you realize your brother is not giving up. You can just move on and not use violence in that situation. My advice to other youth is that in the case of such violence, you must commit to yourself and try your best not to have a fight. If there is a disagreement, ask someone to help you to make peace and solve the issue without a fight. It is so embarrassing to use violence, so please be a peaceful person.

Sincerely, Henry.

Simulizi la Nne

Niliaibika sana nilipopigana na kaka yangu mkubwa mbele ya wazazi wangu wote wawili. Hii ilisababishwa na kutoelewana katika majadiliano kuhusu mchezo wa kandanda, ambapo aliweka uhusiano wetu kama ndugu kando na kunigonga jicho. Wazazi wangu walinipeleka hospitali na tukaishia kupata suluhisho pamoja. Walitambia kwamba familia lazima iwe na lengo moja linaloleta umoja. Kuhusu ugomvi, ikiwa wewe ni kaka mkubwa, wakati mwingine unapaswa kudumisha amani ikiwa umeona kwamba ndugu yako mdogo haachi ugomvi. Mpuuze au ujepushe na hali hiyo bila kuzua vurugu. Ushauri wangu kwa vijana ni kwamba katika uhasama huo, ni lazima ujitolee na ujaribu uwezavyo kutopigana. Iwapo vita vitatokea, mhusishe mtu atakayeaidia kudumisha amani na kutatua jambo hilo bila vita. Ni aibu kutumia vita, hivyo, tafadhali kuwa mtu mwenye mtazamo mzingativu.

Mimi wenu, Henry.



Personal story 5

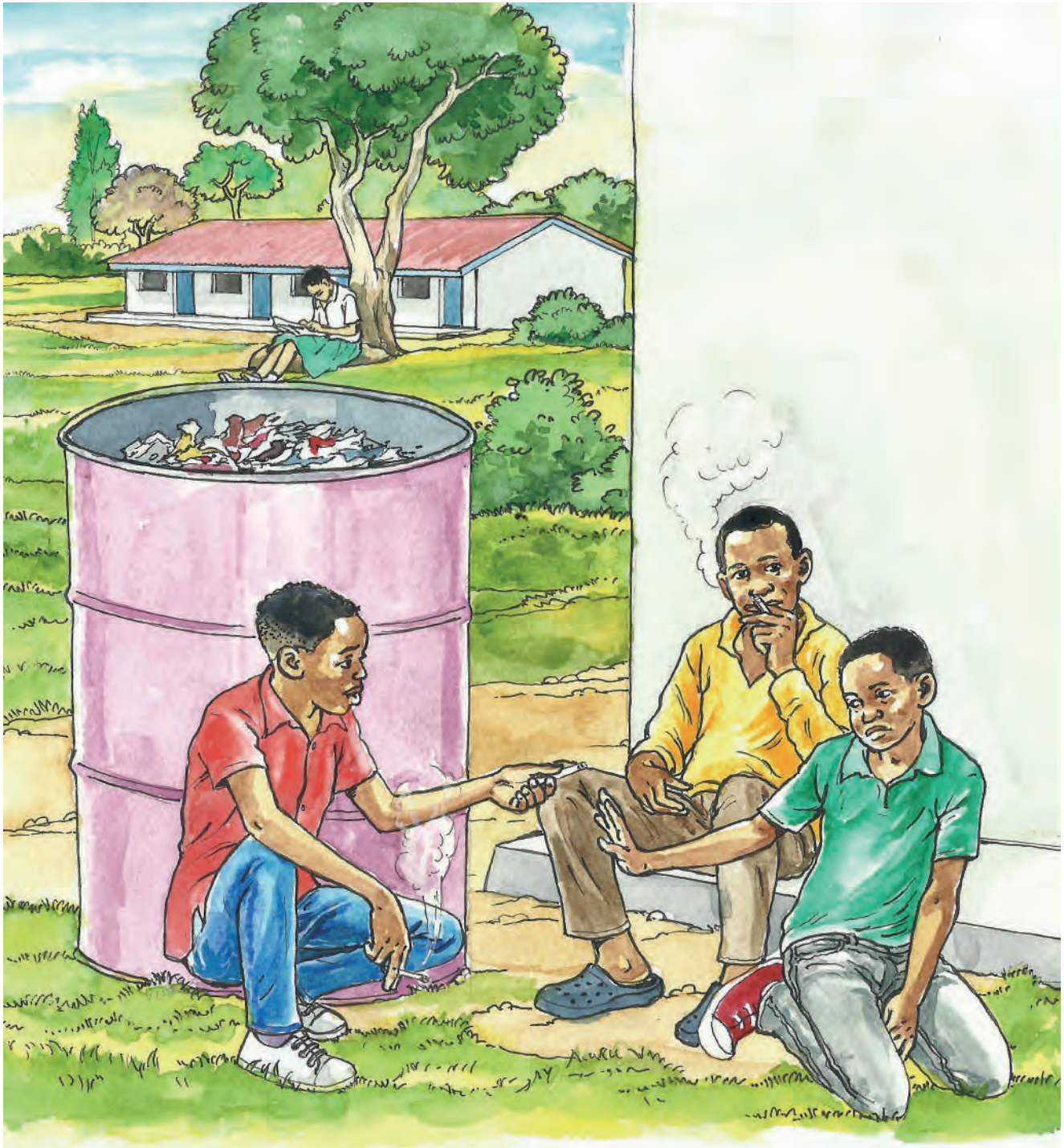
When I was 13 years old, my friend would harass me into smoking bhang and cigarettes. I did not like it, because I was pressured to try it. I was able to try a couple of puffs, but I saw that it could ruin my body. After being pressured to smoke, I decided to join the religious world. At that time, my friends told me to smoke in the forest and around the bushes, because that is where police couldn't find you. They warned me that if you are found, you will go to jail. My friends said that smoking was how real men were made and that I wouldn't have to worry about being found when I try it. Even though they pressured me, I was able to tell myself that this group was bad. I would like to advise younger boys that when you're told such things, you should not do it and follow your friends. When you follow them, you are doing things that are contrary to religion and the government. If you are found by the government, you will go to jail.

Sincerely, Alex.

Simulizi laTano

Nilipokuwa na umri wa miaka 13, rafiki zangu walikuwa wananishurutisha kuvuta bangi na sigara lakini mimi sikupendezwa na hayo, kwani nilikuwa ninalazimishwa kufanya hivyo. Niliweza kuvuta mara kadhaa, lakini nikaona kwamba inaweza kudhuru mwili wangu na hapo ndipo niliamua kufuata mambo ya kidini. Rafiki zangu walinishinikiza nivute sigara kwenye msitu au karibu na vichaka, kwa sababu hapo ndipo polisi hawangeweza kutupata, kwani ukipatikana, utafungwa jela. Rafiki zangu walisema kuwa hivyo ndiyo wanaume halisi hujulikana na hutakuwa na wasiwasi wowote wakati unafanya hivyo. Niliweza kujishauri kuwa kikundi hiki ni kibaya, kwa sababu walikuwa wananilazimisha na kusema kuwa unapovuta sigara unakuwa mwanaume. Ningependa kuwashauri wavulana wadogo kwamba wakati unaambiwa mambo kama haya, hupaswi kufuata ushauri wa rafiki zako na kufanya hivyo, kwa sababu ukifuata, wewe utakuwa unafanya mambo kinyume na dini na serikali/sheria. Ukipatikana na serikali, utafungwa.

Mimi wenu, Alex.



Personal story 6

When I was 12 years old and in class 4 in my rural home, I had a group of friends which included about 16 boys. Our primary school was located near a private place with a garden, managed by another person. This garden had a lot of fruits, like oranges, mangoes, and others, but the mangoes were close to our school. We usually saw some of the class 8 boys and some of our classmates stealing the mangoes. Due to peer pressure, we decided to do what they were doing. One day when we were on top of the tree, the manager of the garden came outside. Some of us saw him and ran. We managed to get away, but we had left our books and school sweaters there, and the manager of the garden took them to our school head teacher. After that, he called our parents to the school and they punished us for stealing. The punishment made me feel sad and guilty. Since then, I have stayed away from stealing, even a small thing such as a pencil. I advise my younger brothers not to follow what others are doing when they know it is bad. They should seek advice from their parents about bad and good behaviours and how it could affect them in the future.

Sincerely, Stanley.

Simulizi la Sita

Nilipokuwa katika darasa la 4 huko kijijini, nikiwa na umri wa miaka 12, nilikuwa na kundi la marafiki la wavulana 16. Shule yetu ilikuwa karibu na eneo la faragha au bustani ya mtu binafsi. Bustani hii ilikuwa na matunda mengi kama; machungwa, maembe, na kadhalika, lakini machungwa yalikuwa karibu na shule yetu. Kwa kawaida, sisi huwaona baadhi ya wavulana wa darasa la 8 na wanafunzi wa darasa letu wakiiba machungwa hayo. Hivyo basi, kwa sababu ya kuathirika na shinikizo rika, tuliamua kuwaiga. Tulipokuwa kwenye mti, meneja wa bustani hilo alikuja na baadhi ya wenzetu walimuona na kukimbia. Tulifanikiwaa kutoroka, lakini tuliwacha vitabu vyetu na sweta zetu za shule hapo, na meneja wa bustani hiyo akavipeleka kwa mwalimu wetu mkuu. Baada ya hayo, aliwaita wazazi wetu shuleni na wakatuadhibu kwa kuiba. Adhabu hiyo ilinifanya nihuzunike na kuhisi kuwa nilikuwa na hatia. Tangu wakati huo, nimejipusha na wizi, hata wa kitu kidogo kama penseli. Nawashauri wadogo wangu kuwa wasiwaige wanapofanya mambo mabaya. Wanapaswa kutafuta ushauri wa wazazi wao kuhusu maadili na jinsi yatakavyowaathiri katika siku za usoni.

Mimi wenu, Stanley.



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

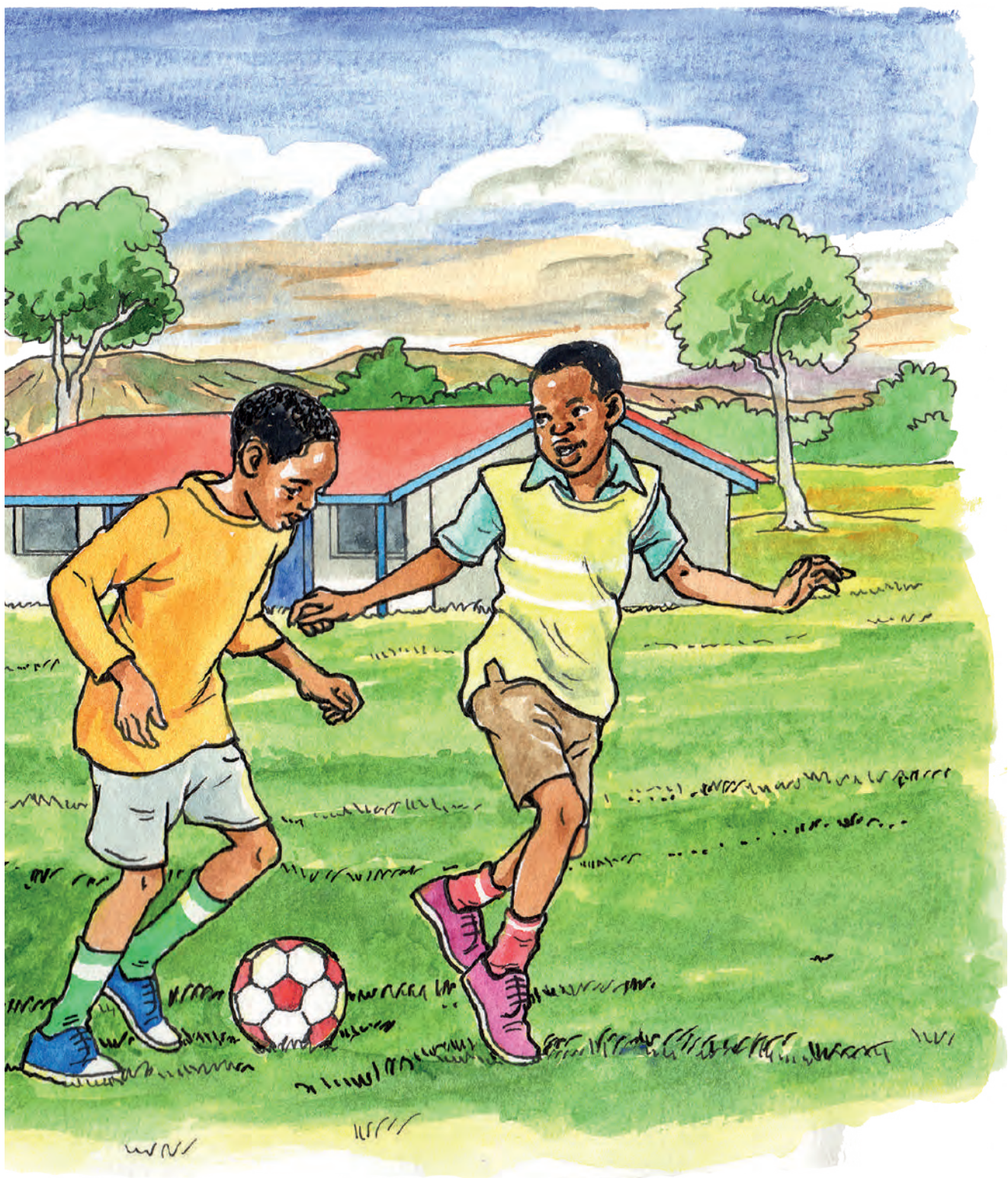
- Oga kila asubuhi na jioni kudhibiti harufu mpya mwilini.
- Fua nguo zinapochafuka ili ziwe nadhifu na safi.
- Badilisha nguo za ndani kila siku kudhibiti harufu na usumbufu kutokana na jasho na nguo chafu.

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.



Is it normal if...

Is it normal to get pimples during puberty?

- Yes. Many boys and girls get pimples during puberty because the body starts to produce more oils in the skin. Be sure to wash your face with soap and water twice a day to help reduce pimples.

Is it normal to feel like something is wrong with your body while experiencing puberty?

- Yes. Many boys feel like their changes are not normal or they are the only ones experiencing them. Do not worry. All boys go through the same physical and emotional changes and can support each other to live healthy lives!

Is it normal for a boy's voice to break and change during puberty?

- Yes. Breaking of a boy's voice (or the sound that comes when a boy's voice is changing) is a normal physical change boys experience during puberty.

Is it normal for some boys to grow bigger than other boys during puberty?

- Yes. Boys will go through the same biological changes during puberty, but will grow to be different heights and weights than each other. Do not worry if your changes are different than the changes of your friends or brothers.

Is it normal if a boy sees or thinks about a pretty girl and then has an erection?

- Yes. However, it does not mean a boy is ready to act on those feelings. It is just a normal body reaction during puberty.

Je, ni kawaida ikiwa...

Je, ni kawaida kupata chunusi wakati wa kubalehe?

- Ndiyo. Wavulana na wasichana wengi hupata chunusi wakati wa kubalehe kwa sababu mwili huanza kuzalisha mafuta zaidi kwenye ngozi. Hakikisha umeuasha uso wako kwa maji na sabuni mara mbili kwa siku ili kusaidia kupunguza chunusi.

Je, ni kawaida kuhisi kama kitu si sawa mwilini mwako wakati unapoendelea kubalehe?

- Ndiyo. Wavulana wengi huhisi kama mabadiliko yao si ya kawaida au ni wao tu wanayapitia. Usijali, wavulana wote hupitia mabadiliko sawa ya kimwili na ya kihisia na wanaweza kusaidiana kuishi maisha yenye afya!

Je, ni kawaida kwa sauti ya mvulana kuvunjika na kubadilika wakati wa kubalehe?

- Ndiyo. Kuvunjika kwa sauti ya mvulana (au sauti inayotokea wakati sauti ya mvulana inapobadilika) ni mabadiliko ya kawaida ya kimwili yanayowakumba wavulana wakati wa kubalehe.

Je, ni kawaida kwa baadhi ya wavulana kuwa wakubwa kuliko wavulana wengine wakati wa kubalehe?

- Ndiyo. Wavulana hupitia mabadiliko sawa wakati wa kubalehe, lakini watakua kuwa tofauti kwa urefu na uzito kuliko wengine, hivyo basi, usiwe na wasiwasi ikiwa mabadiliko yako ni tofauti na mabadiliko ya rafiki au ndugu zako.

Je, ni kawaida kwa mvulana kupata msimiko akiona au kufikiria kuhusu msichana mrembo?

- Ndiyo. Hata hivyo, haimaanishi kuwa mvulana yuko tayari kushiriki ngono. Ni hali tu ya mabadiliko ya kawaida wakati wa kubalehe.

Is it normal for boys and girls to have feelings towards each other during puberty?

- Yes. During puberty, boys and girls may have new feelings towards each other than they did when they were younger. It is important for boys and girls to respect each other as friends and support each other in their education and sport activities while going through puberty.

Is it normal if a boy tries to stay away from bad groups that might pressure him to use drugs, cigarettes, or alcohol?

- Yes. It is most healthy if a boy stays away from using these things, and avoids bad groups. These behaviours can be harmful to your growth, studies, and your future life chances.

Is it normal that some boys become rude and stubborn during puberty and feel like fighting to show their strength?

- Yes. During puberty, boys go through many different physical and emotional changes, and these new experiences can lead a boy to sometimes misbehave and feel like fighting. Parents, teachers, and friends can help a boy to behave well.

Is it normal to feel sad and think about using drugs to cope, when you do not know how to seek help?

- Yes. Sometimes boys feel very sad or depressed during adolescence and do not know how to manage these feelings. If you are feeling this way, you can talk to somebody you trust, like your parent, grandparent, teacher, friend, healthcare worker, or coach to help you manage. Coping with drugs is not a healthy solution.

Is it normal for a boy to start puberty before the age of 12 years while another boy does not start puberty until after the age of 14 years?

- Yes. The changes of puberty begin at different ages in each boy, some as young as 9 and some who are 15 or 16 years.

Je, ni kawaida kwa wavulana na wasichana kuvutiana wakati wa kubalehe?

- Ndiyo. Wakati wa kubalehe, wavulana na wasichana wanaweza kuwa na hisia mpya za kuvutiana mbali na walivyokuwa wakiwa wachanga. Ni muhimu kwa wavulana na wasichana kuheshimiana na kusaidiana katika masomo na michezo wanapopitia wakati wa kubalehe.

Je, ni kawaida ikiwa mvulana hataki kutumia dawa za kulevya, sigara, au pombe, na anajaribu kujiweka mbali na makundi mabaya yanayoweza kumshinikiza kuzitumia?

- Ndiyo. Ni vyema ikiwa mvulana atajiweka mbali na kutumia vitu hivi, na kuepukana na makundi mabaya. Tabia hizi zinaweza kudhuru ukuaji wako, masomo, na nafasi zako za siku za usoni.

Je, ni kawaida kwa baadhi ya wavulana kuwa wajeuri na wakaidi wakati wa kubalehe na huwa na ari ya kumpigania msichana?

- Ndiyo. Wakati wa kubalehe, wavulana hupitia mabadiliko mbalimbali ya kimwili na kihisia, na hali hii mpya inaweza kusababisha mvulana kuwa mtukutu wakati mwingine na kupata ari ya kupigana. Wazazi, walimu, na marafiki wanaweza kumsaidia mvulana huyo kuwa na maadili.

Je, ni kawaida kukurika na kuwa na mawazo ya kutumia madawa ya kulevya ili kukabiliana na hali hiyo, au napaswa kutafuta usaidizi?

- Ndiyo. Wakati mwingine wavulana huhisi kuhuzunika sana au hufadhaika wakiwa katika kipindi cha kubalehe na hawajui jinsi ya kukabiliana na hisia hizi. Ikiwa unapata hisia hizi, unaweza kuongea na mtu unayemwamini, kama mzazi wako, babu, mwalimu, rafiki, mhudumu wa afya, au kocha ili waweze kukusaidia kukabiliana na hali hiyo, ingawa kudhibiti kwa kutumia madawa ya kulevya si suluhisho mwafaka.

Je, ni kawaida kwa mvulana kuanza kubalehe kabla ya umri wa 12 ilhali mvulana mwingine asianze kubalehe hadi baada ya umri wa miaka 14?

- Ndiyo. Mabadiliko ya kubalehe huanza katika umri tofauti kwa kila mvulana, wengine wakiwa na umri wa miaka 9 na wengine wakiwa miaka 15 au 16.

TRUE or FALSE

1. A healthy body is always producing more sperm, so a boy or man cannot run out. **TRUE**
2. The urine and semen get mixed together when a boy is ejaculating. **FALSE**
3. One testicle hangs lower than the other one so it is easier to walk. **TRUE**
4. It is possible for a boy who is still an adolescent (aged 12 to 19) to impregnate a girl. **TRUE**
5. Even though he is too young to be having sex, a boy growing up into a young man may start to have sexual thoughts. **TRUE**
6. When a boy is feeling cold, the testicles will move closer to the body to keep warm. **TRUE**
7. A boy can learn to stop himself from wet dreaming during puberty. **FALSE**

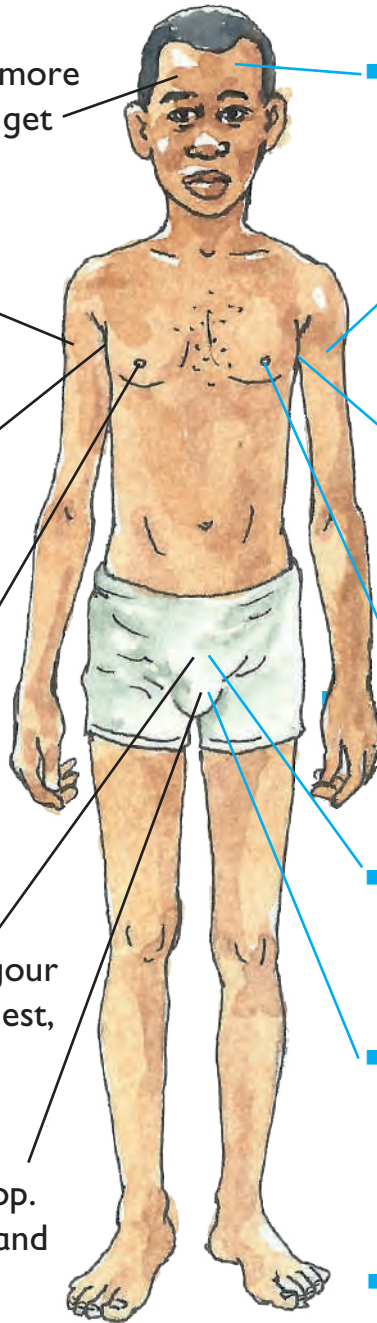
KWELI AU SI KWELI

1. Mwili huwa unatengeneza manii zaidi kila wakati, hivyo basi, mvulana anayekua na mwanaume hawawezi kuitumia yote. **KWELI**
2. Mkojo na shahawa huchanganyika wakati mvulana anamwaga shahawa. **SI KWELI**
3. Ni kawaida kwa pumbu moja kuning'inia chini ya nyingine ili kutembea kuwe rahisi? **KWELI**
4. Inawezekana kwa mvulana ambaye bado anapitia kipindi cha kubalehe (umri wa miaka 12 hadi 19) kumpa msichana mimba. **KWELI**
5. Ingawa yeye bado ni mdogo sana kushiriki ngono, mvulana ambaye bado anakua kuwa kijana anaweza kuanza kuwa na mawazo ya ngono. **KWELI**
6. Wakati unapohisi baridi, mapumbu yatasonga karibu na mwili ili kupata joto. **KWELI**
7. Inawezekana kwa mvulana kuwacha mwenyewe kupata ndoto nyevu wakati wa kubalehe. **SI KWELI**

Main body changes in boys

Mabadiliko msingi ya mwili kwa wavulana

- The skin makes more oils so you may get pimples.
- The muscles get bigger and stronger.
- Sweat glands in your armpits become more active so your body may have new smells.
- The nipples get larger and darker in colour.
- Hair grows on your face, armpits, chest, and pubic area.
- The sex organs grow and develop. (penis, testicles and scrotum)
- Height and weight increase.



- Ngozi yako hutengeneza mafuta zaidi hivyo basi unaweza kupata chunusi.
- Misuli yako itakuwa kubwa na kupata nguvu.
- Tezi za jasho katika makwapa yako huwa amilifu zaidi hivyo basi mwili wako huwa na harufu mpya.
- Chuchu zako zitakuwa kubwa na nyeusi kwa rangi.
- Nywele humea kwenye uso wako, makwapa, kifua, na sehemu za siri.
- Viungo vya ngono vitakua na kupevuka. (uume, korodani, pumbu)
- Urefu na uzito wako utaongezeka.

Congratulations!

You have now learned about growing from a boy into a young man! We hope you feel strong and proud of your body and mind. Respect yourself and also respect others!



Hongera!

Sasa umejifunza kuhusu kukua kutoka uvulana na kuingia ujana! Tuna matumaini kwamba unajisikia imara na unajivunia mwili na akili yako! Jiheshimu na pia uwaheshimu wengine!

New terms

Hormones: Hormones are chemicals in the body that are like messengers. They help to control how different parts of the body works.

Sperm: Sperm are the male reproductive cells that when combined with a female egg, can grow into a baby.

Ejaculate: Releasing the thick, milky-white fluid containing sperm (called “semen”) from the body.

Egg: The egg is the female reproductive cell that one day can develop into a baby, after it has been fertilised by a sperm.

Uterus: The part of a woman’s body where a fertilised egg may attach to the inner lining to grow into a baby. It is this lining that comes out along with blood during menstruation.

Vagina: The part of a woman’s body that connects the uterus to the outside of the body and allows the lining and blood to exit your body during menstruation.

Maneno Mapya

Homoni: Homoni ni kemikali mwilini zinazotumika kutuma ujumbe. Zinasaidia kudhibiti jinsi sehemu tofauti za mwili zinavyofanya kazi.

Mbegu za kiume: Hizi ni seli za uzazi za kiume ambazo zinapoungana na yai la kike, husababisha kua kwa mtoto.

Kutokwa na manii: Kuachilia ute mweupe unaofanana na maziwa (unaoitwa “shahawa”, ulio na mbegu za kiume kutoka kwa mwili.

Yai: Yai ni seli ya kike ya uzazi ambayo inaweza pevuka kuwa mtoto, baada ya kupatana na mbegu za kiume.

Uterasi (Chupa ya Uzazi): Ni sehemu ya mwili wa mwanamke ambapo yai lililoshikana na mbegu za kiume linaweza kushikilia ngozi ya ndani ya tumbo la kike inayowezesha mtoto kua. Ni ngozi hii inayotoka pamoja na damu wakati wa hedhi.

Uke wa msichana: Hii ni sehemu ya mwili wa mwanamke inayoungana nje ya uzazi mwilini na huwezesha ngozi (bomba) na damu kutoka mwilini wakati wa hedhi.

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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

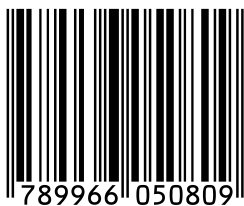


**This book tells
the stories of young
Kenyan boys.**

**Kitabu hiki kinasimulia
hadithi za wavulana
wadogo wakenya.**



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