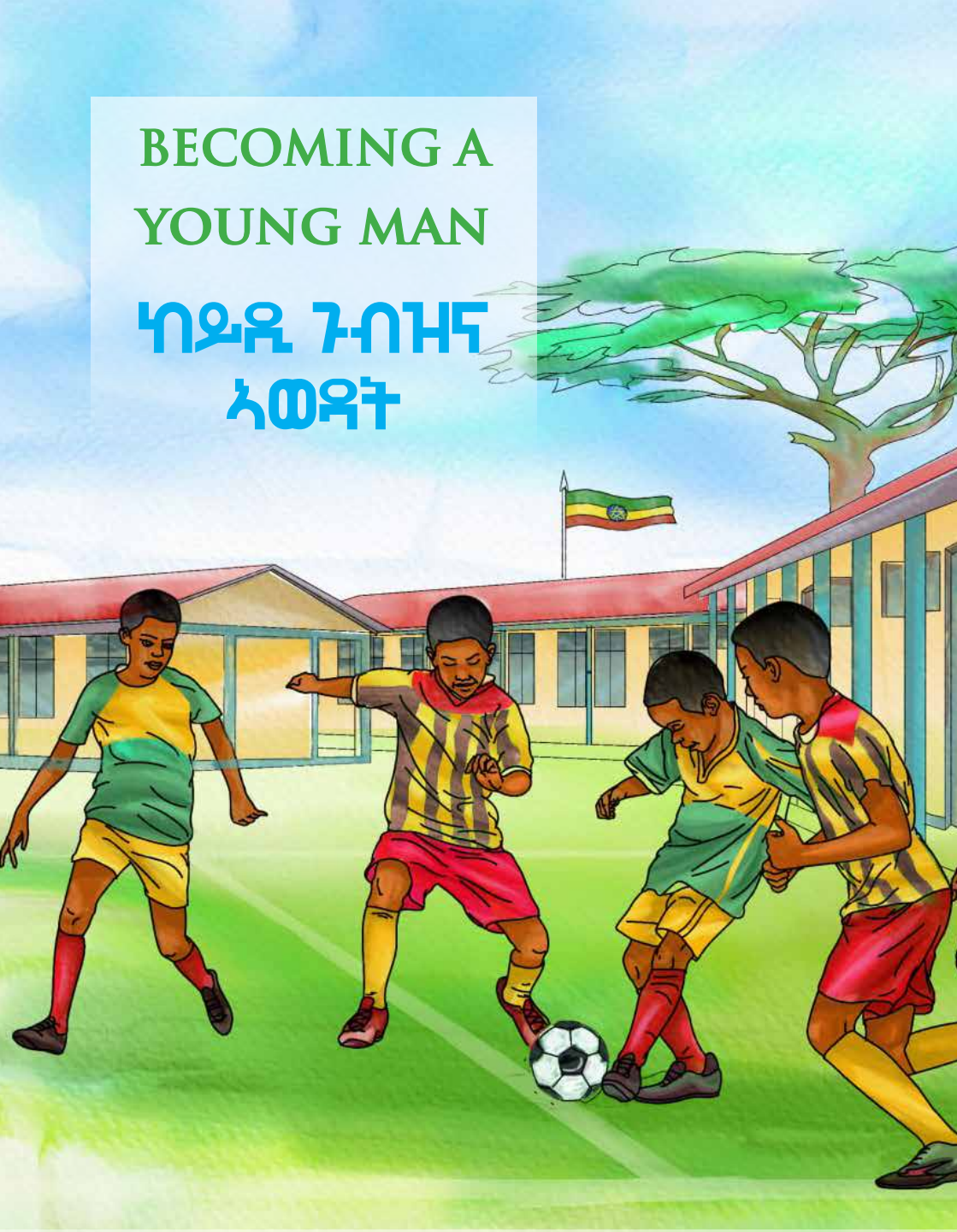
BECOMING A YOUNG MAN

ካይዲ ጉብዝና ኣወዳት



Shama Books

BECOMING A YOUNG MAN

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Shama Books

GROW & KNOW

What is Puberty?

"Puberty" is the stage between the ages of 10 to 14, when most boys and girls begin to notice physical and emotional changes in their bodies. 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."

ጉብዝና/ ጉርዝውና እንታይ እዩ?

"ጉብዝና/ጉርዝውና" ማለት ካብ 10-14 ዓመት ዕድመ ዘሎ ብርኪዕቤት ኮይኑ መብዛሕትኦም ኣወዳትን ኣዋልድን ኣብ ሰውነቶም ኣካላውን ስምዒታውን ለውጥታት ምርኣይ ዝጅምርሉ ብርኪ ዕድመ እዩ። እዞም ለውጥታት እዚኦም ንምርኣይ ብዙሕ ዓመታት ይወስድ።

እዚ ብርኪ ዕድመ እዙይ እውን "በፅሒ" ዝበሃል እንትኾን ኣዋልድን ኣወዳትን ኣብዚ ዕድመ እዙይ መብዛሕትኡ ግዘ "ጎርዞ" ንኣዋልድ/"ጎበዝ" ንኣወዳት ይበሃል።

ከይዲ ጉብዝና ኣወዳት

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.

ጉብዝና/ጉርዝውና ዝጅምር ካብ ሰውነት ዝፍልፍል መጠን ኬሚካል/ሆርሞን ካብ ዓቐን ንላዕሊ ምፍልፋል እንትጅምር እዩ። እዞም ሆርሞናት ኣብ ሰውነት ለወጢ ንክመፅእ ዝገብሩ ኬሚካላት እዮም።ሆርሞናት ካብ ኣካላዊ ለውጢ

ምምፃእ ዝሓለፈ ስምዒታዊ ለውጢ እውን ዘምፅኡ እዮም። ስለዚ ዝዓቢ ወዲ ኣብ ሓደ እዋን ምናልባት ሕጉስ፣ ቀፂሉ እውን ሓራቕ፣ ዝሓዘነ ወይ እውን ዝተደናገረ ክኸውን ይኽእል።

It is normal to feel new and strong emotions or become upset more easily than you have before. Boys and girls learn how to control these emotions better as they grow into young adults.

ሓዱሽን ሓያልን ስምዒት ወይ ከዓ ካብ እቲ ቅድሚኡ ዝነበረ ብቐሊሉ ዝርበሽ እንትኾን እዙይ ከዓ ንቡር እዩ። ኣወዳትን ኣዋልድን እናዓበዩ እንትኸዱ ነዞም ስምዒታት ብኸመይ ክቆፃፀርዎም ከምዝኽእሉ ብዝበለፀ እናዓበዩ እንትኸዱ ዝመሃርዎ እዩ።

Puberty is the time when boys begin to produce sperm and girls begin to produce eggs. It is the time when we develop into young men and women.

It is a special time in our body's way of maturing, so that one day, we can choose to have children and start our own families.

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 or a girl to have a baby at a young age, and boys and girls are not emotionally prepared to have a baby. Boys and girls can also miss out on school and other life chances if they have a baby when they are too young.

"ጉብዝና"ኣወዳት ዘርኢ ተባዕታይ ምፍራይ ዝጅምርሉ እንትኾን ጉርዝውና ኣዋልድ እንቁላሊሕ ምፍራይ ዝጅምራሉ ግዜ እዩ። እዙይ ከዓ ናብ መንእሰይ ሰብኣይን መንእሰይ ሰበይትን ዝዓብይሉ እዩ።

እዙይ ኣብ ሰውነትና ሓደ ምዕራፍ ምዕባለ እዩ። ስለዚ ሓደ መዓልቲ ውላድ ንክህልዉና ንክንውስን እንኽእለሉን ናይ ባዕልትና ስድራ እንምስርተሉን ግዜ ከኽውን ይኽእል እዩ።

እንተኾነ ግና ሰውነት ኣወዳትን ኣዋልድን ቆልዑ ናይ ምውላድ ዘሎ ተፈጥሮኣዊ ተኽእሎ እንተሃለዎም እውን ንኽወልዱ ድልዋት እዮም ማለት ኣይኮነን። እዙይ ማለት እታ ኣንስታይ ጠኒሳ ንክትወልድ ኣካላታ ድልዱል ኣይኮነን። ብተወሳኺ እውን ኣብ ቁልዕነታ ቆልዓ ንክህልዋን ብስነ ኣእምሮ እውን ድልውቲ ኣይትኾንን። ብሓፈሻ ኣወዳትን ኣዋልድን ኣብ ግዜ ቁልዕነቶም ቆልዓ ንክህልዎም ብስምዒት እውን እንተኾነ ድልዋት ኣይኮኑን። ኣወዳትን ኣዋልድን ኣብ ቁልዕነት ዕድሚኦም ቆልዓ እንተሃልይዎም ካብ ቤት ትምህርትን ካብ ካልኦትን ናይ ህይወት ዕድላትን እውን ንድሕሪት ከተርፉ ይኽእሉ እዮም።

What is sperm?

"Sperm" 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 sperm. However, boys (and girls) in adolescence are too young to have babies. It is not healthy for their growing bodies.

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

ዘርኢ ተባዕታይ እንታይ እዩ?

"ዘርኢ ተባዕታይ" ኣወዳት ኣብ ዕድመ ጉብዝና እንትበፅሑ ዝፈሪ ዘርኢ እዩ።ዋህዮታት ዘርኢ ተባዕታይ ኣወዳት ንቕድሚት ምስ ኣንስትዮ ፆታዊ ርክብ እንትፍፅሙ ቆልዓ ክወልዱ ዘኽእል ዘርኢ እዩ። ወዲ እናነበዘ እትንትኸድ ክልቲኦም ፍረነብሲ ዘርኢ ተባዕታይ ምፍራይ ይጅምሩ።

ይኹን ደኣምበር ኣዋልድን ኣወዳትን ኣብ ጉብዝና/ጉርዝውና ዕድመ እንትበፅሑ ቆልዓ ንምውላድ ኣዐርዮም ኣናእሽተይ እዮም። ስለዚ ብቕልዓኻ ምውላድ ንምዕባለ ሰውነትን ስነኣእምሮን ጥዕና ዝነድእ እዩ። ዋህዮታት ዘርኢ ተባዕታይ ኣዝዮም ኣናእሽተይን ብዓይኒ ዘይረኣዩን እዮም። ዘርኢ ተባዕታይ ክፋል እቲ ዘጣብቕ፣ ፀባ መሳሊ ፃዕዳ ፈሳሲ "ሽግሪ"/ semen/ ብብልዕቲ ተባዕታይ ዝፈስስ/ዝንፀቕ እዩ።ሽግሪ ሕዋስ ዘጣብቕ ፈሳስን ዘርኢ ተባዕታይን እዩ።

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 at the age of 9, while others start after the age of 14.

For some boys, changes may take place in one year or less and can be different, depending on a boy's environment and diet. In other boys, changes can take as long as six years. Both are perfectly normal.

ጉብዝና /ጉርዝውና መዓዝ ይጅምር ንኽንደይ ግዜ ኺ ይፀንሕ?

ጉብዝና/ጉርዝውና ኣብ ተባዕትዮን ኣንስትዮን ኣብ ዝተፈላለየ ዕድመ ይጅምር።ብሓፈሻ ጉብዝና ኣብ ተባዕትዮ ካብ ኣዋልድ ድሒሩ ይጅምር። ኣብ ውሑዳት ኣወዳት ጉብዝና ኣብ 9 ዓመት እንትጅምር ኣብ ካልኦት ከዓ ድሕሪ 14 ዓመት ይጅምር። ኣብ ውሑዳት ኣወዳት እቶም ለውጥታት ምናልባት ብሓደ ዓመት ወይ ትሕቲኡ ብመሰረት እቶም ኣወዳት ዝነብሩሉ ከባቢን ኣመጋግባን ክፈላለ ይኽእል፡፡

ኣብ ካልኦት ኣወዳት እቶም ለውጥታት ክሳብ 6 ዓመት ኣፈላላይ ክህሉ ይኽእል። ኩሎም እዞም ኣብ ላዕሊ ዝተጠቕሱ ዘርእዩ ኣወዳት ብትኽክል ጥዑያት እዮም።

What are the physical changes that take place in boys?

The physical changes that take place in a boy include his muscles start to get stronger, his shoulders get broader, he grows hair in new places (upper lip and chin, armpits, pubic area). His voice will break and become deeper, more oil will cause pimples on his face, his testicles, scrotum (sac holding testicles) 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, so do not worry if your changes are different than the changes of your friends.

ኣብ ኣወዳት ዝርኣዩ ኣካላዊ ለውጥታት እንታይ እዮም?

ኣብ ወዲ ዝርኣዩ ኣካላዊ ለውጥታት ምጥንካር ጭዋዳታት፣ ምስፋሕ ማእገር፣ ኣብ ሓደሽቲ ቦታታት ምብቋል ፀጉሪ (ኣብ ገፅ፣ መንኮርኳዕታን ከባቢ ብልዕትን) ኣብ ኣወዳት ዝርኣዩ ለውጥታት እዮም።

ዝነበዘ ወዲ ድምፁ ይጉዕርር፣ ኣብ ገፁ ብዙሕ ቅብኣት ስለ ዝፍልፍል ፈፀጋ ይወፆ፣ ፍረነብስታት፣ ከረጢት ፍረነብስታትን ብልዕትን ይዓብዩን ዘርኢ ተባዕታይ ድማ ክነፅቕ ይኽእል። እዞም ለውጥታት ዝረኣይሉ ትኽክለኛ ቅደም ስዓብ የለን። እቲ ለውጢ ንነፍሲወከፍ ወዲ ዝተፈላለየ እዩ። ስለዚ ኣባኻ ዘሎ ለውጢ ካብ ኣዕሩኽትኻ ዝተፈልየ እንተኾይኑ ኣይትጨነቕ። እዚ ለውጢ ካብ ሰብ ናብ ሰብ ክህሉ ዝኽእል ለውጢ እዩ።

Other body changes

An "erection" is when the internal tissue in the penis fills with more blood than usual, which boys experience more often during puberty. The tissues become stiff when they are full of blood, and then 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.

ካልኣት ለውጥታት ሰውነት

ምትራር" ብልዕቲ ተባዕታይ ማለት ኣብ ውሽጣዊ ብልዕቲ ዝርከቡ ቲሹታት ካብ ልሙድ ንላዕሊ ብበዝሒ ደም እንትመልእ፣ እዚ ድማ ኣብ ኣወዳት ዝበዝሕ ግዜ ኣብ እዋን ጉብዝና የጋጥሞም። እቶም ቲሹታት ብደም ምስ መልኡ ይተሩሞ ድሕሪዙይ ብልዕቲ ይረጉድን ይነውሕን ከምኡ'ውን ኣዝዩ ተሪርን ካብ ኣካል ውፅእ ኢሉ ዝርኣን ይኸውን። ብልዕቲ ተባዕታይ እንትተርር ኣዝዩ ቅልጡፍ ወይ.ኣዐርዩ ቀስ ኢሉ ዝተርር ይኸውን።እዙይ ኣብ ኩሎም ኣወዳትን ዓበይቲ ሰብኡትን ዝርኣ ሓቂ እዩ።

Why do these changes happen?

Erections can happen when a boy or man wakes up in the morning, or is feeling nervous, 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 natural during puberty.

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

እዞም ለውጥታት ንምንታይ ይኸሰቱ?

ምትራር ብልዕቲ ተባዕታይ ኣብ መንእሰይን ዓብዩ ሰብኣይን ከጋጥም ዝኽእል ንግሆ ካብ ምድቃሱ እንትትስእ፣እትስምብድ፣ እንትሓርቕ ወይ ብዛዕባ ዝፈትዋ ጓል እንትሓስብ ዝኽሰት እዩ። ሓደ ሓደ ግዜ እውን ብዘይ ምንም ምኽንያት ክኸውን ይኽእል እዩ። እዙይ ኣብ ግዜ ጉብዝና ባህርያዊ እዩ።

ብልዕቲ ምትራር ኣብ ዘይፅበየሉ እዋን እንትለዓል ንወዲ ዘሕፍር ክኸውን ይኽእል እዩ። እንተኾነ ግና ተፈጥሮኣዊ ኮይኑ ኣወዳት እናዓበዩ እንትኸዱ እናነከየ ዝኸድ እዩ።

The many shapes and sizes of boys during puberty

Many boys worry that their puberty changes are too different than the changes of their friends. Some boys might feel embarrassed about their change in weight and think they are too big or too small, or too tall or too short. Do not worry, there is no one right body shape or size! All boys will grow at their own natural pace. Changes in the pubic area and male reproductive organs also happen at different times for different boys and that is all very normal. Your body is supposed to go through these changes, even if they are confusing to you and your friends.

ብዙሓት ለውጥታት ቅርፅን መጠንን ኣወዳት ኣብ ዕድመ ጉብዝና

ብዙሓት ኣወዳት ኣብ ግዜ ንእስነቶም ዝሪእይዎ ለውጢ ካብ ኣዕርኽቶም ኣዝዩ ዝተፈለየ እንትኾይኑ ኣዝዮም ይጭነቐ፡፡ገለ ኣወዳት ብለውጢ ክብደቶም ይሓፍሩ ከምኡውን ኣዝዩ ዓብዩ ወይ ኣዝዩ ንእሽቶይ ወይ ኣዝዩ ነዊሕ ወይ ኣዝዩ ሓፂር ብምኺኖም ይሓፍሩ ወይ እውን ይጭነቐ። እዙይ ንቡር ስለዝኾነ ኣይትጨነቐ፣ ሓደ ቅኑዕ ቅርፂ ወይ መጠን ሰውነት የለን! ኩሎም ኣወዳት በብ ናይ ባዕልቶም ተፈጥሮኣዊ ናህሪ ኣተዓባብያ እዮም ዝዓብዩ።ለውጢ ኣብ ከባቢ ጎሎን መራብሒ ኣካላትን እውን ኣብ ዝተፈላለዩ ኣወዳት ኣብ ዝተፈላለየ ግዜ ምኺኑ ንቡርን ተፈጥሮኣውን እዩ። ንዝተፈላለዩ ኣወዳት እዚ ኩሉ ኣዝዩ ንቡር እዩ።ኣካላትካ በዞም ከምዚኣም ዝበሉ ለውጥታት ክሓልፍ ሓቂ ምኺኑ ተቐበል ዋላኳ ንዓኻን ንኣዕርኽትኻን ዘደናግር እንተኾነ በዞም ለውጥታት እዚኣም ክትሓልፉ ግቡእ ስለዝኾነ እዩ።

How to manage erections?

Some suggestions for managing erections include staying seated, wearing bigger trousers, putting your hands in your pockets to hide it, shifting your books bag 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 often happen when he is not expecting an erection. This is normal, but can make a boy feel shy.

ምትራር ብልዕቲ ተባዕታይ ብኸመይ ትቆፃፀሮ?

ምትራር ብልዕቲ ተባዕታይ ኣብ ግዘ ጉብዝና ኣብ ዝኾነ እዋን ዝፍጠር እዩ፡፡ ገለ ሰባት ምትራር ሜላታት ብልዕቲ ንምቁፅፃር ከፍ ኢልካ ምዕናሕ፣ ገፊሕ ስረ ምኽዳን፣ ኢድካ ናብ ስረኻ ብምእታው ነቲ ብልዕቲ ምሕባእን ቦርሳኻ ንቅድሚት ኣምፂእኻ ብምሓዝ ምሽፋንን ክሳብ ዝምለስ ኣብ ካልእ ነገር ምትኳርን ዝበሉ ይርከብዎም።ንኣብነት፡ እዚኣቶም እዚ ወዲ ኣብ መምህሪ ክፍሊ እናሃለወ ወይ እውን ኣብ ወሰን መንገዲ ከፍ ኢሉ እናሃለወ ወይ እውን ኣብ ዘይሓሰቦ ግዘን ቦታን እናሃለወ ምትራር ብልዕቲ ከጋጥም ይኽእል እዩ።እዙይ ንቡር እዩ። እንተኾነ ግና እቲ ወዲ ሕፍረት ንክስምዖ ክገብሮ ይኽእል።

What are wet dreams?

A "wet dream" is when a boy ejaculates sperm during his sleep. About one-third of boys have their first ejaculation during a wet dream. A boy might wake up and find his pants wet with the sticky white-fluid called semen. Some boys will remember having a dream that included sexual thoughts. This is all natural. As a boy grows into a man, he will have fewer wet dreams.

ርሕስ ዝብል ሕልሚ ለይቲ እንታይ እዩ?

"ርሕስ ዝብል ሕልሚ ለይቲ" ማለት ኣወዳት ደቂሶም እናሃለዉ ዘርኢ ተባዕታይ እትትንፀግ(እንትፈስስ) ማለት እዩ። ከባቢ ሲሶ ዝኾኑ ኣወዳት ንምጀመርታ ግዘ ዘርኢ ተባዕታይ ዝነፅጉ ብሕልሞም እዮም። ሓደ ወዲ ካብ ምድቃሱ እንትበራበር ብፃዕዳን ዘጣብቕን ፈሳሲ ርሒሱ ክረኽቦ ይኽእል። ሓድሓደ ኣወዳት ብሕልሞም ዝረኣይዎ ድሌት ፆታዊ ርክቦም እንተይቀረየ እውን ይዝክርዎ እዮም።እዙይ ከዓ ልሙድ እዩ። ሓደ ተባዕታይ ዓብዩ ሙሉእ ሰብኣይ እንትኾን ብሕልሚ ብሕልሚ ናይ ምንፃግ ተርእዮ እናነከየ እዩ ዝኸድ።

How do girls' bodies change during puberty?

During puberty, the body changes in girls include her breasts begin to grow and her hips become broader. Hair starts to grow under her arms and between her legs. She also starts to menstruate (have periods), a normal healthy sign of body changes.

"Menstruation" means that a girl's body is growing up and is preparing for the future when she might get pregnant and safely have a baby. During menstruation, the lining of the "uterus" comes out along with blood through the "vagina". Bleeding generally lasts 4 to 7 days and usually happens every month.

ሰውነት ኣዋልድ ኣብ እዋን ጉርዝውና ብኸመይ ይልወጥ?

ኣብ ግዘ ጉርዝውና ኣብ ኣዋልድ ዝረአ ናይ ኣካላት ለውጥታት ምዕባይ ኣጥዋት ይጅምርን ጎሎኣ ይሰፍሕን። ኣብ መንኮርኳዕትኣን ኣብ ከባቢ ብልዕታን ፀጉሪ ምብቋል ይጅምር። ወርሓዊ ፅግያ ምርኣይ ትጅምረሉ ንቡርን ጥዕና ዘለዎን ምልክት ለውጢ ሰውነት እዩ።"ወርሓዊ ፅግያ" ማለት ሰውነት ጓል እናዓበየን ንመፃኢ ምድላዋት እናገበረትን ብዘይ ስግኣት ቆልዓ ምውላድ ዘኽእላ ከይዲ እዩ።

ኣብ እዋን ወርሓዊ ፅግያ ግድግዳ "ማህፀን" እናፈራረሰ ምስ ደም ብብልዕቲ ኣንስታይ ኣቢሉ ዝወፅእ እዩ። ምፍሳስ ደም ብሓፈሻ ካብ 4 ክሳብ 7 መዓልታት ዝፀንሕ ኮይኑ መብዛሕትኡ ግዘ እንተዘይ ጠኒሳ በብወርሑ ይመፅእ/ ይፈስስ።

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 and can make them feel shy or embarrassed. Sometimes, a girl might feel shy if she stains her dress or experiences pain during menstruation, and a boy might feel shy about his new 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.

ኣብ እዋን ጉብዝና/ጉርዝውና ኣወዳትን ኣዋልድን ነንሕድሕዶም ከመይ ክቃረቡ ይኽእሉ?

ኣብ ዕድመ ንእስነት ኣወዳትን ኣዋልድን ክረዳድኡም እምበር ነንሕድ ሕዶም ክላገፁ/ክደሃሃሉ የብሎምን። ኣካላትን ስምዒትን ኣወዳትን ኣዋልድን ኣብ ግዘ ንእስነት ብብዙሕ ለውጥታት እንትሓልፉ ሕፍረት ክስምዖም ወይ እውን ከጨንቆም ይኽእል እዩ።ሓድ ሓደ ግዘ ሓንቲ ጓል ኣንስተይቲ እንድሕር ክዳና ብምኽንያት ወርሓዊ ፅግያ ደም ተፀይቕ ወይ ቃንዛ ተሰሚዕዋ እንተተቐንዘያ ሕፍረት ክስምዓ ይኽእል፡፡ ኣወዳት እውን ምናልባት ኣብ መጀመርታ ግዘ ብልዕቶም እንትተርርን ሽግሪ እንትፈሶምን ሕፍረት ክስምዖም ይኽእል። ሓድሓደ ኣዋልድን ኣወዳትን ካብ ካልኦት ኣወዳትን ኣዋልድን ቅልጡፍ ወይ ዝንጉዕ ለውጢ ኣካላት የጋጥሞም።እዞም ስምዒታት እዚኦም ልሙዳትን ንቡራትን እዮም። እንዳንዶቹ ልጃገረዶች ወይም ወንዶች አካላዊ ለውጦቻቸው ከሌሎች ወንዶች ወይም ልጃገረዶች ሊፈጥን ወይም ሊዘገይ ይችላል። እነዚህ ሁሉም ጤናማ ስሜቶችና ክስተቶች ናቸው።

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 sport activities.

ኣወዳትን ኣዋልድን ኣብ እዋን ዕድመ ንእስነት ነንሕድሕዶ ምክብባር ይደልዩ

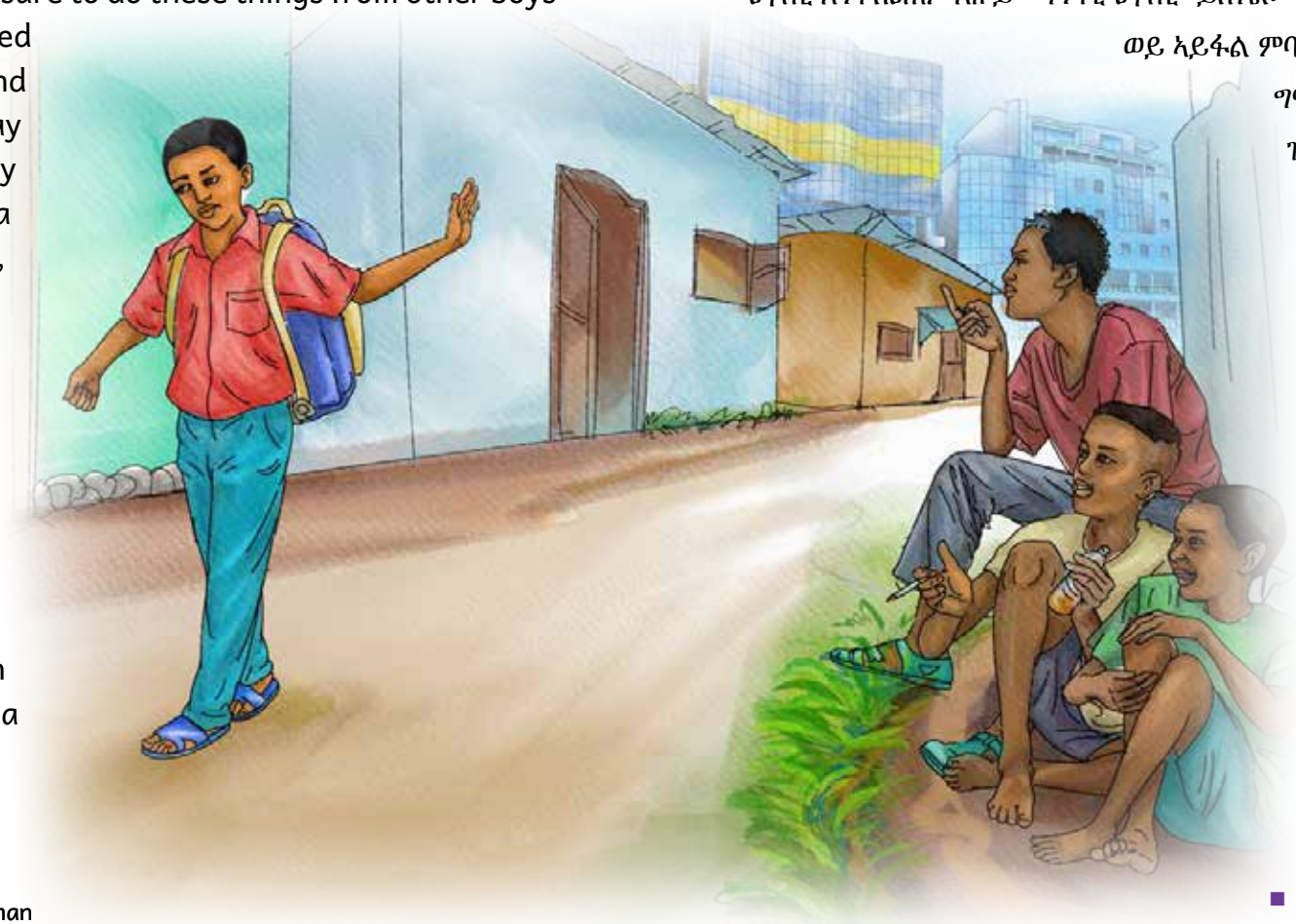
ዕድመ ንእስነት ንኣወዳትን ኣዋልድን ምድንጋር ዝፈጥር ግዘ ክኸውን ይኽእል እዩ። ኣካላቶም ብዙሕ ይልወጥን ብዕድመ ዝዓበዩ ሰብኡትን ኣንስትን ዝተፈላለየ ክንክን ይግበረሎምን ኣብ ባህርያቶም ሓደሽቲ ነገራት ክመፁ ይፅበዩን፡፡ ኣብዚ እዋን ዕብየት ኣወዳትን ኣዋልድን ነንሕድሕዶም ክከባበሩ ኣድላዩ እዩ። ነንሕድሕዶም ከም ኣሕዋትን ኣሓትን ኮይኖም ክተሓላለፉን ኣብ ትምህርትን ስፖርታዊ ንጥፈታትን ክደጋገፉን ይግባእ።

Pressures boys may feel as they grow into young men

As a boy goes through puberty, he may feel many pressures from older boys and men, from the radio, the Internet (like social media) or television. He might also feel pressure from other people to have a girlfriend, to drink alcohol, to try smoking cigarettes or other drugs, (like chewing Chat), to be involved in sport's betting, and to show how strong or brave he is through fighting.

When a boy feels pressure to do these things from other boys (or girls), this is called "peer pressure", and it can be hard to say no. However,if a boy wants to grow into a healthy young man, he must take good care of his body, focus on his studies, and not do these risky behaviors.

Saying yes to peer pressure and doing these risky behaviors can damage his health and chance to have a successful life.



ኣወዳት እናነበዙ እንትኸዱ ዝፍጠሩ ፀቕጢታት

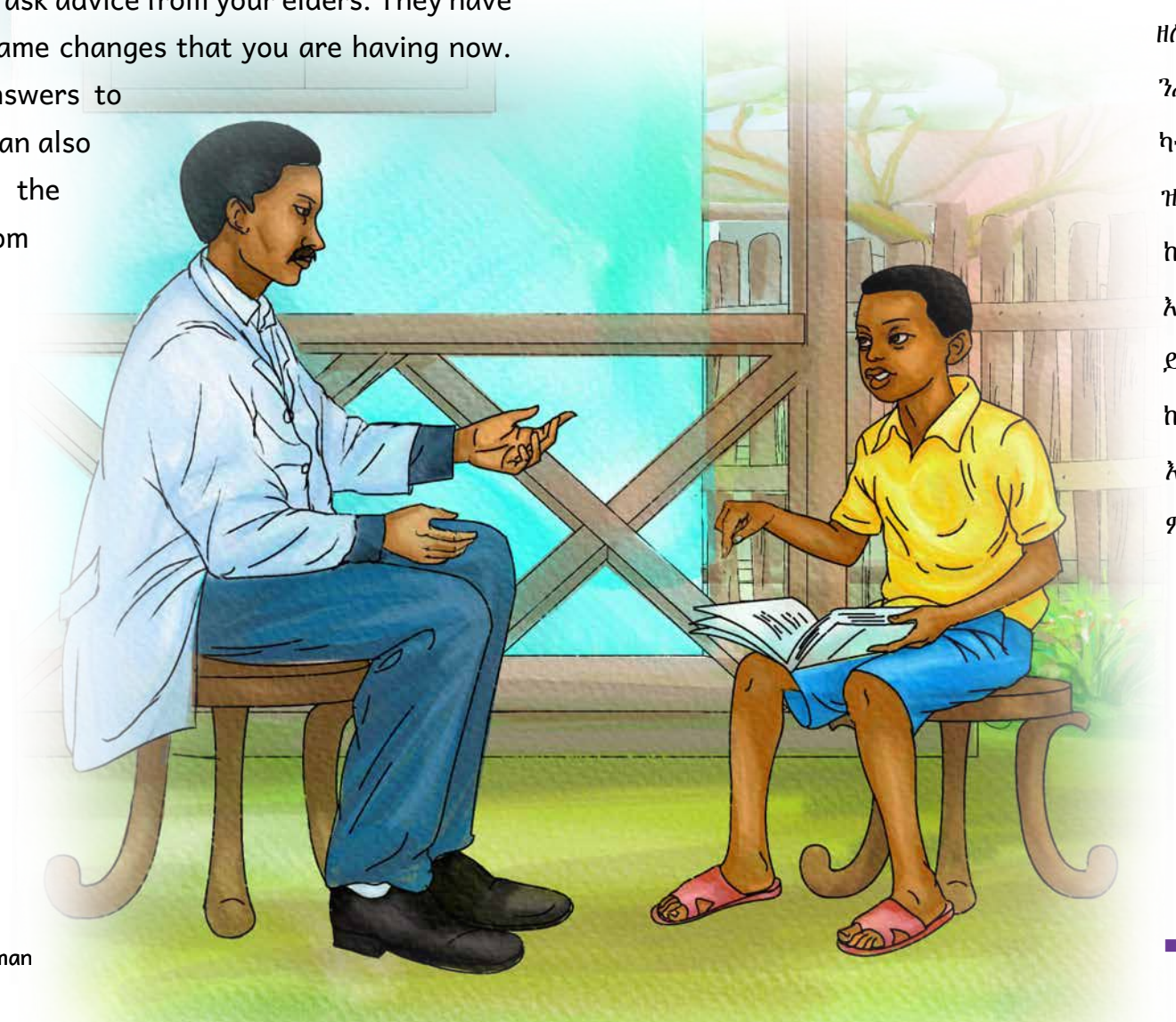
ወዲ ብንእስነት እንትሓልፍ ካብ ዝዓብይዎ ኣወዳትን ሰብኡትን፣ ካብ ሬድዮ፣ ካብ ኢንተርኔት(ከም ማሕበራዊ ሚድያ) ወይ ቴሌቪዥን ብዙሓት ፀቕጥታት ክበፅሕዎ ይኽእሉ። ብተወሳኺ እውን ምናልባት ካልኦት ሰባት ኣፍቃሪት ክትህልዎ፣ ኣልኮላዊ መስተ ክሰቲ፣ ሽጋራ ክትክኽ፣ ወይ ካልኦት መዕወኒ ሓሽሻት(ከም ጫት ምሕያኽ) ክጥቀም፣ ጥላዕ ክፃወትን ኣብ ቅልስ ወይ ባእሲ እንታይ ዝኣክል ብርቱዕን ተባዕን ከምዝኾነ ንምርኣይ ክበኣስ ድፍኢታትን ፀቕጥታትን ክበፅሑ ይኽእል።

ወዲ እዞም ከምዚኦም ዝበሉ ተግበራት ንክፍፅም ካብ ካልኦት ኣወዳትን ኣዋልድን ፀቕጢ እንትበፅሕዎ እዙይ "ማንዛዊ ፀቕጢ" ይበሃል። ነዞም ናይ ማንዛዊ ፀቕጢ እምቢ ወይ ኣይፋል ምባል ኣዝዩ ኣፀጋሚ እዩ። እንተኾነ ግና ወዲ እንድሕር ናብ ጥዕንኡ ዝተሓለወ ሰብኣይ ክዓቢ ደልዩ ኣብ ሰውነቱ ናይ ግድን ፅቡቕ ክንክን ወይ ተገዳስነት ክህልዎን ኣብ መፅናዕቲ ትምህርቱ ከድህብን ኣለዎ እምበር ኣብ ሐደገኛታት ባህርያት ክፅመድ የብሉን። ንሓደገኛ ድፍኢት መሓዛ እሺ ዝብል እንተኾይኑ እዞም ሓደገኛታት ባህርያት ንጥዕንኡ ይጎድእዎን ንቕድሚት ዕዉት ህይወት ከይህልዎን ይገብሩ፡፡

Talk to...

When your body is changing, you may have questions and feel confused sometimes about what is normal. Talk to elders who you trust, such as older brothers or sisters, uncles, mothers and fathers, grandfathers, male teachers, and health workers. It is good to ask advice from your elders. They have experienced all the same changes that you are having now. They can provide answers to your questions, and can also help you to manage the peer pressures from other boys and girls.

If you think there is a body change that is not normal, such as if you feel a lump or pain in your testicles, then it is good to ask a doctor or a nurse for advice.



ንመን ትዛረቡ?

ሓድ ሓደ ግዘ ሰውነትካ እንትልወጥ ብዛዕባ እንታይ እዩ ንቡር ዝብል ሕቶ ክህልወካን ምድንጋር ይስመዐካን እዩ። ንተኣምኖምን ዝዓብዩኻን ከም ዓብዩ ሓዉካ ወይ ሓፍትኻ፣ ኣዴኻን ኣቦኻን፣ሓዎኣቦኻ፣ ኣባሓጎኻ፣ ንመምህራንን ሰብ ሙያ ጥዕናን ከትዛረቡም ይግባእ። ካብ ዝዓብዩኻ ምኽሪ ምሕታት ፅቡቕ እዩ። ልምዲ ዘለዎምን ንስኻ እትሓልፎ ዘለኻ ለዉጥታት ዝሓለፉ እዮም። ንሕቶታትካ ምላሽ ኣብ ምሃብን ካብ ካልኦት ኣወዳትን ኣዋልድን ዝበፅሐካ ማንዛዊ ፀቕጢ ብኸመይ ከምእትኣልዮ ክሕግዙኻ ይኽእሉ እዮም። ዘይንቡር ኣካላዊ ለዉጢ ይኸውንዶ ኢልካ ዝሓሰብካዮ ከም ሕበጥን ስቓይን ፍረ ነብሲ እንተኾይኑ ካብ ሰብ ሙያ ጥዕና ምኽሪ ምሕታት ፅቡቕ እዩ።

Personal story one

One day when I was 13 years old, I felt wet when I was sleeping in my bed.

When I woke up, I saw what had happened. I had a wet dream and there was some white thing on my bed. When I saw it, I felt very scared because I didn't know what it was. I said to myself, "Oh! that is a sickness and I have to tell my parents." So, when I woke up in the morning, I told my parents. They told me it is not a sickness, and that it is natural and I do not need to be afraid of it. I also asked my friend and he told me not to be scared about this thing (a wet dream). He shared with me that it is naturally formed, so I do not need to worry about it. After that, I thought about how it happens with all boys and I worried that other boys may be scared. So, what I want to advise all the boys who are under the age of puberty is not to be scared of this new experience and understand that it is natural.

ውልቀ ዛንታ ሓደ

ሓደ መዓልቲ ዕድመይ 13 ዓመት እናሃለኹ ኣብ ዓራተይ ደቂሰ እንተለኹ ራሕሲ ተሰሚዑኒ። ካብ ድቃሰይ ተበራቢረ ዝተፈጠረ ነገር ረአኹ። ኣብ ዓራተይ ብሕልሚ ዝፈስስ ሽግሪ ፃዕዳ ነገር ነበረ። ምስ ረአኽዎ ፍርሓት ተሰሚዑኒ። ምኽንያቱ እንታይ ምኺኑ ኣይፈልጥን። ዋእ እዚ ሕማም እዩ ንወለደይ ክዛረቦም ይግባእ በልኩ። ንጉሆ ካብ ድቃሰይ ምስተልዓልኩ ንወለደይ ተዛረብክዎም። ሕማም ከም ዘይኮነን ተፈጥሮኣዊ ከምዝኾነን ብምግላፅ ምፍራሕ ከምዘየድሊ ተዛረቡኒ። ከምኡዉን ንሓደ ዓርከይ ምስ ሓተትክዎ ብዛዕባ እዚ ነገር(ብሕልሚ ዝፈስስ ሽግሪ) ክፈርሕ ከምዘይብለይ ተዛሪቡኒ። ተፈጥሮኣዊ ምኺኑ ብምግላፅ ሓሳቡ ኣካፈሉኒ። ስለዙይ ብዛዕብኡ ክጭነቕ የብለይን ብምባል ብድሕሪኡ ኣብ ኩሎም ኣወዳት ከመይ ከምዝኽሰት ምስ ሓሰብኩ ካልኦት ኣወዳትዉን ክፈርሑ ይኽእሉ እዮም ኢለ ተጨነቐ። ስለዙይ ንኹሉኹም ኣብ ዕድመ ጉብዝና ዘለኹም ኣወዳት በዚ ሓድሽ ለውጢ ከትፈርሑ ከምዘይብልኩም እመኽረኩም። ምኽንያቱ እዉን ተፈጥሮኣዊ ስለዝኾነ እዩ።

Personal story two

One day when I was 15 years old, I felt a new feeling that I had not experienced before. It was an erection. At that time, I felt angry and said to myself, “Why only me?” I didn’t have any information about this new experience, so I couldn’t tell anybody. When I felt it for the first time, I was inside my neighbor’s house. So, I was hiding it and covered my pants with my clothes, and I went outside of the house and started crying. After a moment, I stopped crying. Later at school, our teacher gave a lesson in school about puberty and its characteristics. At that time, I learned about this new experience and I was thinking, now I am in adolescence.

For the youngsters, I advise that when you experience such a feeling, please don’t be afraid or shocked. You have to tell your family unless you talk about it with your teacher.

ውልቀ ዛንታ ክልተ

ሓደ መዓልቲ ወዲ 15 ዓመት እናሃለኹ ቀደም ዘይነበረኒ ሓድሽ ስምዒት ተሰሚዑኒ። ንሱዉን ብልዕቲ ምትራር እዩ። ኣብቲ እዋን ሕፍረት ተሰመዐኒ።ንባዕለይ ንምንታይ እዚ ሓዱሽ ለውጢ ገጢሙ ኢለ ሓሰብኩ! ብዛዕባ እዚ ሓድሽ ለውጢ ምንም ሓበሬታ ስለዘይነበረኒ ንማንም ኣይተዛረብኩን። ንመጀመርታ ግዜ እዚ ስምዒት እዙይ እንትስመዐኒ ኣብ እንዳ ጎረቤት ገዛ እየ ነይረ። ብዉሽጢ ስረይ ንምሕባእ ፈቲነን ብኽዳነይ ገይረ እውን ሽፈነዮን። ካብቲ ገዛ ንደገ ወፂአ ምብካይ ጀሚረ። ድሕሪ ንእሽተይ ግዜ ምብካይ ደዉ ኣቢለ።

ደሓር መምህርና ብዛዕባ ጉብዝናን ባህርይኡን ትምህርቲ ሂቦምና። ኣብቲ እዋን ብዛዕባ እቲ ሓድሽ ለውጢ ተማሂረዮ። ሐዚ ኣብ ጉብዝና ከም ዘሎኹ ተረዲአ።

ንኣናእሽተይኣሕዋተይንኣዕርኽተይን ዝመኽረኩም ከምዚ ዓይነት ሓድሽ ለውጢ እንትስመዐኩም ክትፈርሑ ወይ ክትስምብዱ ኣይግባእን። ንወለድኹም ክትዛረቡ ይግባእ። እንተዘይኮይኑ ብዛዕብኡ ምስ መምህርኩም ተዘራረቡ።

Personal story three

When I was 17 years old, I had a best friend. At that time, we always went together to different areas to have fun and to play football. Most of the time we spent together. One day, he asked me to miss class and to go to some area. I said, “Okay,” because I trusted him. We went to a far place that had so many trees. I asked him, “Why did we come here?” and he gave me a cigarette and took one for himself. He started smoking. I told him it was a bad thing, but he said, “It is okay, it is nothing, just try it!” After some disagreement, I tried it. Then we started using cigarettes repeatedly, so we got addicted and it was a boring life. At that time, I felt lonely. When people saw us, it made me feel afraid and worried. After a long period of time, I told my older sister, and she gave advice and supported us to stop the addiction. For the youngsters, I advise, you must keep yourself away from addiction and peer pressure of your friends.

ውልቀ ዛንታ ሰለስተ

ወዲ 17 ዓመት እንሃለኹ ሓደ ብሉፅ ዝኾነ መሓዛ ነይሩኒ። ኣብቲ እዋን ክንዘናገፅን ኩፅሾ እግሪ ክንፃወትን ናብ ዝተፈላለዩ ቦታታት ብሓባር ንኸይድ ነይርና። ኣብዝሓ ግዘና ብሓባር ነሕልፍ ነይርና። ሓደ መዓልቲ ግና ትምህርቲ ኣቋሪፅና ናብ ዝኾነ ቦታ ክንከይድ ሓተተኒ። ብጣዕሚ ስለዝኣምኖ እሺ በልክዎ። ብዙሕ ተኽልታት ናብ ዘለዎ ርሕቕ ዝበለ ቦታ ኸድና። ናብዚ ቦታ ንምንታይ ከምዝመፃና ሓተትክዎ። ሓደ ሽጋራ ሃበኒ። ንባዕሉዉን ሓደ ሽጋራ ወሲዱ ክትክኽ ጀመረ። ሕማቕ ነገር ምኺኑዉን ተዛረብክዎ። ንሱ ግና "ፅቡቕ፣ ፀገም የብሉን። ጥራሕ ፈትኖ" በለኒ። ድሕሪ ንኡሽተይ ዘይምስምዕማዕ ፈተንክዎ። ብድሕሪኡ ብተደጋጋሚ ሽጋራ ምጥቃም ምስ ጀመርና ውልፋትን ሕማቕ ህይወትን ነበረና። ብሕታውነት ተሰመዐና ሰባት እንትሪኡና ፍርሕን ጭንቀትን ይስመዐና ነይሩ። ድሕሪ ነዊሕ ግዘ ንዓባይ ሓፍተይ ምስተዛረብክዋ ንሳዉን እቲ ወልፊ ደዉ ከብል ምኽርን ሓገዝን ገይራትለይ። ንኣናእሽተይ መናእሰይ ካብ ወልፊ ዘትሕዙ ነገራትን ካብ ማንዛዊ ፀቕጥን ክትርሕቑ እየ ዝመኽረኩም።

Personal story four

When I was in grades 4 to 7, I was such a clever student, but in grade 8 I had a friend and he was a drinker. He was addicted to alcohol, and he asked me, “Why you are learning? Ah! Learning is bad. What do you get from education? It is a disadvantage rather than an advantage, because you learn but you get stress. If you drop out of school, you will be free and will feel more alive.” At the time I was 14 years old, and he really persuaded me by talking like this, and so I dropped out of school. After a time, as I started to go with him, I had some difficulties. I was with another friend one day and he said to me, “Oh! Why did you drop your school? Are you crazy? Why are you doing this? I am advising you that I am sure if you don’t stop those things, you will get more difficulties rather than good things in your life.” And I started thinking about that in my head. When I thought more about it, I felt regret about the things that I was doing. I decided to leave those things, like drinking alcohol, and go back to school. So, what I have as advice for my younger brothers is that you don’t have to be influenced by your friends.

ውልቀ ዛንታ ኣርባዕተ

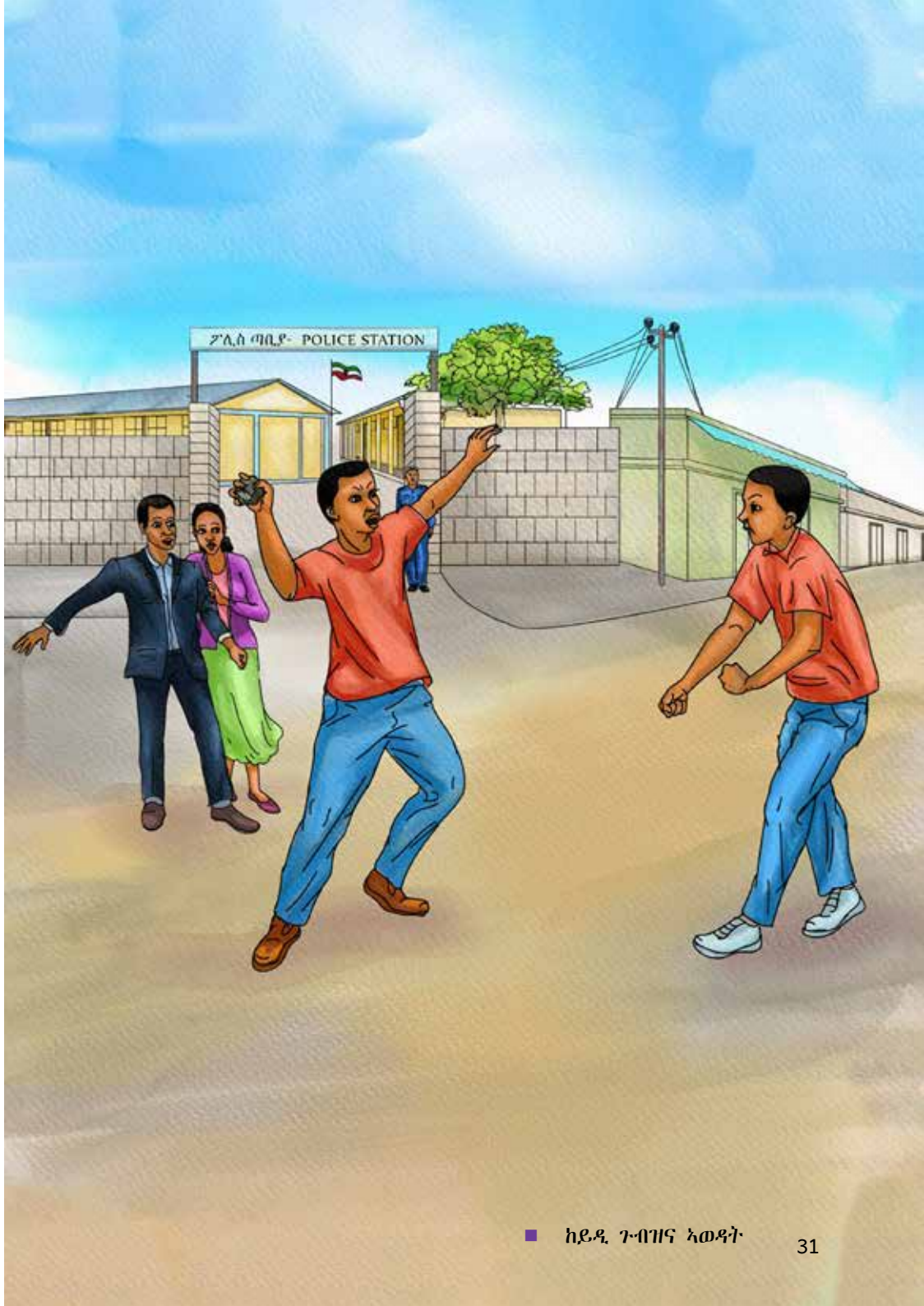
ካብ 4ይ ክሳብ 7ይ ክፍሊ እንትመሃር ንፉዕ ተምሃራይ እየ ነይረ። ድሕሪኡ ግና ሓደ ሰታይ ዝኾነ ዓርኪ ገጢሙኒ። ወልፊ ኣልኮላዊ መስተ ነይርዎ። "ንምንታይ ትመሃር?" ኢሉ ሓቲቱኒ። "ኣህ ትምህርቲ ሕማቕ እዩ። ካብ ቤት ትምህርቲ እንታይ ትረክብ? ካብ ጥቕሙ ጉድኣቱ እዩ ዝበዝሕ። ምኽንያቱ ትመሃር ከለኻ ትጭነቕ ኢኻ። ትምህርቲ እንተቋሪፅካ ግና ነፃነትን ፅቡቕ ህይወትን ይህልወካ እዩ" በለኒ። ኣብቲ እዋን ወዲ 14 ዓመት እየ ነይረ። ከምዚ እናበለ ስለዘእመነኒ ትምህርተይ ኣቋረፅኩ። ብድሕሪኡ ምስኡ ምኻድ ምስ ጀመርኩ ፀገማት ኣጋጠሙኒ። ሓደ መዓልቲ ምስ ካልእ ሓደ መሓዛይ ከለኹ፣ "ንምንታይ ትምህርቲ ኣቋሪፅካ? ዓሻ ዲኻ? ንምንታይ ከምዚ ገይርካ?" በለኒ። "እዚኦም ነገራት ጠጠዉ እንተዘይቢልካዮም ኣብ ህይወትካ ካብ ፅቡቕ ነገራት ሕማቕ ነገራት ከምዘጋጥሙኻ እርግፀኛ እየ" ብምባል መዓደኒ። ኣብ ርእሰይ ብዛዕባ ዘሎ ነገር ክሓስብ ጀመርኩ። ብዛዕብኡ ብዙሕ ምስሓሰብኩ ብዛዕባ እቶም ዝገበርክዎም ነገራት ነስሓ ተሰሚዑኒ ከም ኣልኮል ምስታይ ደዉ ከብልን ናብ ቤት ትምህርተይ ክምለስን ወሰንኩ። ንኣናኡሽተይ ኣሕዋተይ ኣዕርኽተይን ዝመኽረኩም ብመሓዝትኩም ዝግበር ፅዕንቶ ክትታለሉ የብልኩምን።

Personal story five

When I was 14, two friends were having a conflict over a girl and it was a very big fight. They started throwing stones at each other and one stone also hit me. After the stone hit me, I left the area to tell my friend about the situation, so he could help. He asked me if the conflict was now over, but I said no, so then he tried to inform the community police. We went to the place where they were fighting with the police and we separated them. For the youngsters, I advise that you have to avoid conflict when it happens, because you can also be harmed by it. If you can, find an older person and report immediately to the police or the law for help.

ውልቀ ዛንታ ሓሙሽተ

ወዲ ዓሰርተ 14 ዓመት ከለኹ ክልተ ኣዕሩኽ ብሓንቲ ጓል ምኽንያት ብምጉናዖም ምኽንያት ዓብዩ ባእሲ ተፈጠረ። ነንባዕሎም እምኒ ክዳባረዩ ጀመሩ። ካብቲ ዝተደርበየ ሓንቲ እምኒ ንዓይ ወቒኣትኒ ።ብዛዕባዚ ዝተፈጠረ ነገር ክሕግዝ እዩ ብምባል ንዓርከይ ክዛረብ ነቲ ቦታ ሓዲገዮ ከድኩ።"ሐዚ እቲ ጎንፂ ጠጠዉ ኢሉዶ ኢሉ ሓተተኒ?"። ገና ከምዘየቋረፀ ነገርክዎ"። ብድሕሪኡ ንናይ ማሕበረሰብ ፖሊስ ክንሕብር ከድና። ናብቲ ባእሲ ዘለዎ ቦታ ምስቲ ፖሊስ ብምኻድ ክፈላለዩ ገይርናዮም። ንኣናእሽተይ መናእሰይ ዝመኽረኩም ጎንፂ እንተተፈጢሩ ክትኣልይዎ ይግባእ። ምኽንያቱ ንስኻትኩምውን ብእኡ ክትጥቅዑ ትኽእሉ ኢኹም። እንተኺእልኩም ዓብዩ ሰብ ብምድላይ ሽዑ ንሽዑ ናብ ፖሊስ ንሓገዝ ምሕባር የድሊ።



Personal story six

My father was very much a drunkard. He would come home at night and hit my mother and disturb all of us. My brothers and I were always afraid of when he would come home and we felt sad when he was at home. Sometimes, my mind would tell me to hit my father. But, I couldn't do it because he is also my father. I tried a lot of the time to calm myself and to call his brothers, who are our neighbors. Most of the time we would call a neighbor and they would come to help us. It would make him stop fighting, and they would resolve the issue. At that time my age was 13 to 16 years old. So, my advice is, when we face such challenges at the family level, we have to be calm and find a way to resolve the problems without violence. We need to include other people for help when we have these issues. With others together, we can find a solution.

ዉልቀ ዛንታ ሽዱሽተ

ኣቦይ ብጣዕሚ ሰታይ ነይሩ። ናብ ገዛ ኣምስዩ ለይቲ ብምምፃእ ነደይ ስለዝወቕዓ ኩልና ንርበሽ ነይርና። ኣነን ኣሕዋተይን ናብ ገዛ እንትመፅእ ኩልኻብ ንፈርሕን ኣብ ገዛ እንተሃልዩ ድማ ሓዘን ይስመዓናን ነይሩ። ሓደ ሓደ ግዜ ስምዒተይ ንኣቦይ ክወቅዕ ይደፋፍአኒ ግና ኣቦይ ስለዝኾነ ስምዒተይ ይቆፃፀር። ብዙሕ ግዜ ንባዕለይ ብምርግጋዕ ኣብ ጎረቤትና ዘለዉ ኣሕወቱ እፅወዖም ነበርኩ። ብዙሕ ግዜ ካልኦት ጎረባብትና እውን ተፀዊዖም ክሕግዙና መፂኦም እዮም። እቲ ባእሲ ጠጠዉ ክብልን እቲ ጉዳይ መፍትሒ ክረክብን ገይሮም። እዚኩነት ኣነ ካብ 13-16 ዓመት ዕድመ እናሃለኹ ዘጋጠመ እዩ ነይሩ።ስለዙይ ምኽሪይ ከምዚ ዓይነት ፀገም ኣብ ስድራ እንተጋጥም ንባዕልና ተረጋጊዕና እቲ ፀገም ብዘይ ኃንፂ መፍትሒ ክንደልየሉ ይግባእ።እዚ ጉዳይ እንተጋጢሙና ካልኦት ሰባት ንሓገዝ ብምሕዋስ ምስ ካልኦት ኮይንና መፍትሒ ክንረክብ ንኽእል ኢና።

Answering the “how to” questions!

How to keep clean during puberty?

- Try to bathe every morning and evening to manage new body smells.
- Try to wash your clothes (also your pants!) when they get dirty so they are neat and clean.

How to manage wet dreams and ejaculations?

- Wash the private area of your body.
- If you wake up with wet bed sheets, 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 are not good for your health, your studies, or your 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.

"ብኽመይ" ዝብሉ ሕቶታት ምምላስ

ኣብ እዋን ጉብዝና ፅሬትኩም ብኽመይ ትሕልዉ?

- ሓዱሽ ጨና ሰብነትኩም ንምቁፅፃር ንኑሆን ምሽትን ክትሕፀቡ ኣለኩም።
- ክዳዉንትኹም ወይ (ውሽጢ ስረ/ፓንት) እንትረስሕ ክትሓፅቡ ኣለኩም በዚዉን ፅሩይ ኽዳን ይህልወኩም።

ብሕልሚ ዝፈስስ ሽግሪ ብኽመይ ትቆፃፀርዎ?

- ብልዕትኹምን ከባቢ ብልዕትኹምን ብዝግባእ ምሕፃብ። ካብ ድቃስኩም እንትትነቕሑ ኣንሶላኹም ርሒሱ
- እንተረኺብከምዎ ኣብታ መዓልቲ እቲኣ ምሕፃብኩም እርግፀኛ ኩኑ።

ማንዛዊ ፀቕጢ ኣወዳትን ኣዋልድን ብኽመይ ትቆፃፀሮ?

- ሽጋራ ምትካኽን ኣልኮል ምስታይን ንጥዕና፣ ንትምህርትን ንቐፃሊ ህይወትን ፅቡቕ ከምዘይኮነ ግለፀሎም።
- ኣፍቃሪት ንምሓዝ ድልው ኣይኮንካን። ምኽንያቱ ኽዓ ክተፅንዕን ጠንኪርካ ክትሰርሕን ከምእትደሊ ግለፀሎም።
- ባእሲ ንጥዕናና ፅቡቕ ከምዘይኮነን ፅቡቕ ስነምግባር ዘለዎ ሰብ ጥንካርኡ ከርኢ ክበኣስ ከምዘይብሉን ግለፀሎም።

Is it normal if...

Is it normal for girls to grow or mature faster than boys during puberty?

- Yes, generally puberty changes start earlier in girls than they do for boys.

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. Try not to touch your face and be sure to wash 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 changes during puberty, but will grow to be different heights and weights than each other, so 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, this is a normal thing for an adolescent boy to experience, but it does not mean a boy is ready to have sex. It is just a normal body reaction during puberty.

ንቡር ድዩ እንድሕር...

ኣብ እዋን ጉርዝውና ኣዋልድ ካብ ኣወዳት ቀልጢፈን ክዓብያ ወይ ከዓ ክባዕሓ ንቡር ድዩ?

- እወ። ለውጢ ንእስነት ብሓፈሻ ካብ ኣወዳት ኣብ ኣዋልድ ቀልጢፉ እዩ ዝጅምር።

ኣብ እዋን ጉብዝና/ጉርዝውና ፈፀጋ ክወፅእ ንቡር ድዩ?

- እወ። ኣብ እዋን ንእስነት ብዙሓት ኣወዳትን ኣዋልድን ፈፀጋ ይወፆም። ምኽንያት ሰዉነቶም ብዙሕ ቅብኣት ኣብ ቆርበት ስለዘፈልፍል እዩ። ፈፀጋ ንምቕናስ እንተተደልዩ ገፅካ ብኢድካ ዘይምትንካፍን ከምኡዉን ኣብ መዓልቲ ክልተ ግዜ ብማይን ሳሙናን ምሕፃብና እርግፀኛ ምኺን የድሊ።

ኣብ እዋን ጉብዝና ፅቡቕ ዘይኮነ ስሚዒት ኣብ ሰዉነትካ ክስመዓኻ ንቡር ድዩ?

- እወ። ብዙሓት ኣወዳት እቶም ለዉጥታት ትኽክል ከምዘይኮኑ ይስመዖምን ኣብኦም ጥራሕ ዘሎ ይመስሎምን። ኣይትጨነቁ ኩሎም ተባዕትዮ በዚ ኣካላዉን ስሚዒታውን ለውጥታት እዮም ሓሊፎም ስለዙይ ነንባዕልኹም ምትሕግጋዝ ክትክእሉን ጥዕና ዘለዎ ህይወት ክትነብሩን እዩ ዘኽእል።

ኣብ እዋን ጉብዝና ተባዕትዮ ድምፆም ክጉዕርርን ክልወጥን ንቡር ድዩ?

- እወ። ድምፂ ተባዕትዮ ምጉዕራርን ምልዋጥን እዚ ዝተለመደ ኣካላዊ ለውጢ እዩ።

ኣብ እዋን ጉብዝና ዝተወሰኑ ኣወዳት ካብ ካልኦት ኣወዳት ዝዓበዩ ክኾኑ ንቡር ድዩ?

- እወ። ኣወዳት ኣብ እዋን ጉብዝና ብሓደ ዓይነት ለውጢ እዮም ዝሓልፉ። ኮይኑ ግና ሕድሕዶም ኣብ ቁመቶምን ክብደቶምን ኣፈላላይ ወሰኽ ዕብየት ክህሉ ይኽእል እዩ። ስለዙይ ካብ መሓዙትካን ወይ ኣሕዋትካን ዝተፈለየ እንተኾይኑ ኣይትጨነቕ።

ሓደ ወዲ ፅብቕቲ ጓል እንተሪኡ ወይ ከዓ እንተሓሲቡ ብልዕቱ ምትራር ንቡር ድዩ?

- እወ። እዚ ኣብ ዝባፀሐ ወዲ ክኸውን ንቡር እዩ። ኮይኑ ግና ንዖታዊ ርክብ ድልው ይኾን ማለት ኣይኮነን። እዙይ ግድን ኣብ እዋን ጉብዝና ንቡር ተግባር እዩ።

Is it normal if...

Is it normal for your emotions to be going up and down during adolescence?

- 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 through these feelings.

Is it normal for a boy to have a wet dream then ejaculates? Or ejaculates, but does not dream?

- Yes, having a wet dream is a very normal part of puberty for a boy. Sometimes a boy will remember having a wet dream, and sometimes he will not. Both are normal.

Is it normal for boys and girls to have new 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. But, it is important for boys and girls to respect each other as friends and support each other in their education and sport actvivities while going through puberty.

Is it normal that some boys become rude and stubborn during puberty and feel like fighting over a girl?

- Yes, during puberty, a boy's body is going through many different physical and emotional changes. These new experiences can lead a boy to sometimes be disobedient and feel like fighting. Parents, teachers, and friends can help a boy control these new feelings and behave positively.

Is it normal if a boy does not want to use drugs, cigarettes, or alcohol, and tries to stay away from bad groups that might pressure him?

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

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

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

ያለና የተለመደ ነገር ነው?

ኣብ እዋን ጉብዝና ስሚዕተኩም ክቕንስን ክውስኽን ንቡር ድዩ?

- እወ። ኣወዳት ኣብ እዋን ጉብዝና ሓድ ሓደ ግዘ ሓዘን ክስምዖምን ፀቕጢ ክህልዎምን ከመይ እዚ ስሚዒት ክቆፃፀርዎ ክምዝኽእሉ እውን ፍልጦ የብሎምን። ክምዚ እንትስመዐኩም ንእትኣምንዎ ሰብ ከም መሓዛኹም፣ ወለድኹም፣ ኣባሓጎታትኩም፣ መምህርኩም፣ በዓል ሙያ ሓለዋ ጥዕና ወይ በዚ ሙያ ዝሰልጠነን በዚ ለውጢ ዝሓለፈ ሰብን ክትዛረቡ ይግባእ።

ሓደ ወዲ ብሕልሚ ዝፈስስ ሽግሪ ክህልዎን ክሞልቆን ንቡር ድዩ? እንተሞለቕ ግና ሓቀኛ ሕልሚ ኣይኮነን።

- እወ። ብሕልሚ ዝፈስስ ሽግሪ ኣብ ኣወዳት ምርኣዩ ባህርይ ጉብዝና እዩ። ሓደ ወዲ ክዝከሮ ዝግባእ ብሕልሚ ራሕሲ ሓድ ሓደ ግዘ ክህልዎ ይኽእል ዘይክህልዎውን ይኽእል እዩ። ክልቲኦም ግና ንቡራት እዮም።

ኣብ እዋን ንእስነት ኣወዳትን ኣዋልድን ነንባዕሎም ሓድሽ ስሚዒት ክስምዖም ንቡር ድዩ?

- እወ። ኣናእሽተይ እናሃለዉ ዘይገብርዎ ኣብ እዋን ጉብዝና ግና ኣወዳትን ኣዋልድን ነንባዕሎም ሓድሽ ስሚዒት ይስምዖም። ኮይኑ ግና ከም መሓዙት ኣወዳትን ኣዋልድን ክተሓጋገዙን ክከባበሩን ይጠቕሞም። ነንባዕሎምውን ኣብ ትምህርቶምን ንጥፈታት ስፖርትን ክተሓጋገዙ ይገብሮም።

ሓድ ሓደ ኣወዳት ኣብ እዋን ጉብዝና ደፋራትን ሕንጊዳትን ክኾኑን ክምኡዉን ምስ ኣዋልድ ምብኣሶም ንቡር ድዩ?

- እወ። ኣብ እዋን ጉብዝና ሰውነት ተባዕትዮ ብዝተፈላለየ ኣካላውን ስምዒታዉን ለዉጥታት ዝሓልፍ እዩ። እዞም ሓደሽቲ ለዉጥታት ነቶም ኣወዳት ሓድ ሓደ ግዘ ዘይምእዛዝን ምብኣስን ይስመዖም። ወለዲ፣ መምህራንን መሓዙትን እዞም ሓደሽቲ ስሚዒታት ክቆፃፀሮምን ብኣዎንታ ክተኣናግዶምን ንቲ ወዲ ምሕጋዝ የድሊ።

ሓድ ሓደ ኣወዳት መዕወኒ ሓሽሻት፣ ሽጋራን ኣልኮላዊ መስተን ምጥቃም ናይ ምድላይን ካብ ፀቕጢ ዘምፀእሎም ሕማቕት ጉጅለ ክርሕቑ ምፍታኖም ንቡር ድዩ?

- እወ። ሓደ ወዲ እዚኦም ምጥቃም እንተዘይደልዩን ሕማቕት ኣዕርኽቲ እንተርሒቑን ጥዕንኡ ዝተሓለወ እዩ። ምኽንያቱ እዚኦም ባህርያት ንዕብየትኩም፣ ትምህርትኹምን ቀፃሊ ህይወትኩምን ጎዳእቲ ስለዝኾኑ እዮም፡፡

ሓደ ወዲ ጉብዝና ቅድሚ 12 ዓመቱ እንትጅምር እቲ ካልእ ከዓ ክሳብ 14 ዓመቱ ጉብዝና እንተዘይጀሚሩ ንቡር ድዩ?

- እወ። ኣብ ሕድ ሕድ ኣወዳት ኣብ ዝተፈላለዩ ዕድመታት ንገሊኡ ኣብ 9 ንገሊኦም ኸዓ ኣብ 15 ወይ 16 ዓመቶም ለውጥታት ጉብዝና ክረአ ይኽእል እዩ።

Guess which statements are TRUE or FALSE?

1. A boy who starts puberty early will become an adult sooner than a boy who starts puberty later.
2. The body is always making more sperm, so a growing boy and adult man cannot use it all up.
3. The urine and semen get mixed together when a boy is ejaculating.
4. It is natural for one testicle to hang lower than the other one so it is easier to walk.
5. It is possible for a boy who is still an adolescent (aged 13 to 19) to impregnate a woman.
6. Penises come in many shapes and sizes, so yours might be a different size or shape than your friends or male relatives.
7. The average girl starts growing taller and going through the changes of puberty before the average boy.
8. It is possible for a boy to stop himself from wet dreaming during puberty.

Answers: 1. False 2 .True 3. False 4. True
5.True 6.True 7.True 8. False

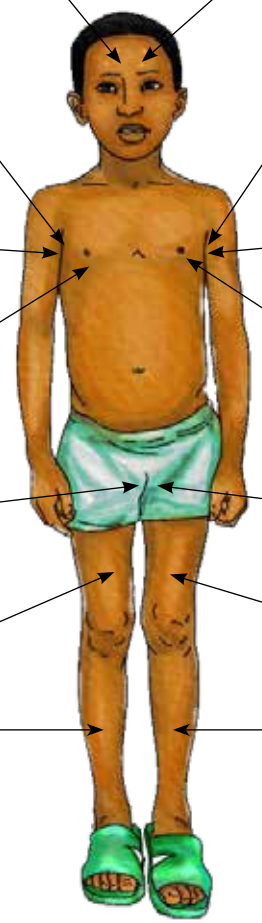
ሓቂ ወይ ጌጋ ብምባል መልሱ

1. ቀልጢፉ ጉብዝና ዝጀመረ ወዲ ካብቲ ድሒሩ ጉብዝና ዝጀመረ ወዲ ብቕልጡፍ ዓብዩ ይኸውን።
2. ሰውነት ዝባዕሐ መንእሰይን ዓብዩ ሰብኣይን ብዙሕ ዘርኢ ተባዕታይ የፍሪ። እንተኾነ ግና ኩሉ ይጥቀመሉ ማለት ኣይኮነን።
3. ሓደ ወዲ እንትነፅቕ/እንትሞልቆ ሽንትን ሽግርን (ፃዕዳ ፈሳሲ ብልዕትን) ዝተሓዋወሱ እዮም።
4. እቲ ሓደ ፍረነብሲ ካብቲ ሓደ ትሕት ኢሉ ብምንጥልጣሉ ንምስጓም ምዊ ዝኾነ ተፈጥሮኣዊ አቀማምጣ እዩ።
5. ኣብ ጉብዝና ዘሎ (ዕድሚኡ 13 ክሳብ 19) ወዲ ንሰበይቲ ከጥንስ ይኽእል።
6. ብልዕቲ ዝተፈላለየ ቅርፅን መጠንን ስለዘለዎ ናትካውን ካብ መሓዙትካ ወይ ኣወዳት ኣዝማድካ ዝተፈለየ ቅርፅን መጠንን ክህልወካ ይኽእል እዩ።
7. ኣብ ማእኸላይ ዕድመ እትርከብ ጎርዞ ካብ ኣብ ማእኸላይ ዕድመ ዝርከብ ጎበዝ ቀልጢፉ ትነውሕን ትዓብን።
8. ኣብ እዋን ጉብዝና ብሕልሚ ዝፈስስ ሽግሪ እቲ ወዲ ብባዕሉ ጠጠዉ ክብሎ ይኽእል እዩ።

መልሲ፡- 1.ጌጋ 2.ሓቂ 3.ጌጋ 4.ሓቂ 5.ሓቂ
6.ሓቂ 7.ሓቂ 8.ጌጋ

Main body changes in boys

ቀንዲ ለዉጥታት ሰዉነት ኣብ ኣወዳት



Your skin makes more oils so you may get pimples

ቆርበትኩም ብዙሕ ቅብኣት ስለዘፈልፍል ፈፀጋ ክወፀኩም ይኽእል

Sweat glands in your armpits become more active so you may smell like an adult

ኣብ መንኮራዕትኹም ዘለዉ ፅክታት ረሃፅ ስለዘፈልፍሉ ከም ዓብዩ ሰብ ክትጨንዉ ትኽእሉ ኢኹም

Hair grows on your face, armpits, chest, and pubic area

ኣብ ገፅኩም፣ መንኮራኹዕትኹም፣ ኣፍልብኹምን ከባቢ መራብሒ ኣካላትን ፀጉሪ ይበቀሎ

Your nipples get larger and darker in color

ጫፍ ኣጥባትኩም ይዓብን ሕብሩዉን ይፅልም

Your sex organs grow and develop (penis, testicles, scrotum)

መራብሒ ኣካላት (ብልዕቲ፣ፍረነብስን ከረጢት ፍረነብስን) ይዓብዩን ይምዕቡልን

Your muscles get bigger and stronger

ጭዋዳታትኩም ይዓብዩን ይጥንክሩን

Your height and weight increase

ቁመትኩምን ክብደትኩምን ይውስኽ-

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 others!

እንኳዕ ኣሕጎሰካ!

ሐዚ ካብ ጎበዝ ወዲ ናብ መንእሰይ ሰብኣይ ከምዝዕበ ተማሂርካ ኣለኻ። ብኣካልካን ብኣእምሮኻን ጥንካረን ኩርዓትን ከምዝተሰመዐካ ተስፋ ንገብር። ንባዕልኻን ንኻልኦትን ክብሪ ሃብ!

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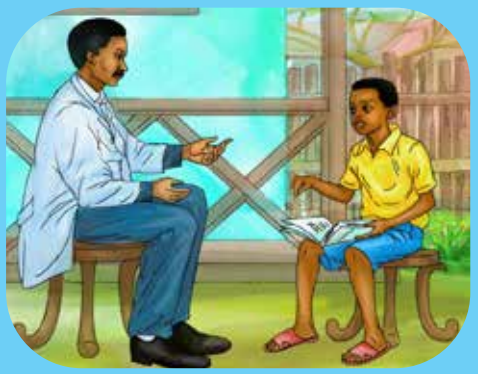
This book tells the stories of young Ethiopian boys



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