BECOMING A YOUNG MAN

WEDELLICHO IKKA

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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."

Guufanaawa yaa mayyaate

Diro 10 nna 14 mereero noo taqa guufanaawate yanna yinanni; tini yanna labballu ikko seennu bisinsa aana ikko macciishshammensara soorro dagganno yannaati. Tini soorro dirrate giddo ikkitannote.

Konne taqa "Wedellichimma" yiniro tenne yannara noore labballonna seenne "Wedelloota" yinanni.

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.

Guufanaawa hanaffannohu bisinke giddo lexxote kemikaale hormoonete yinanniti burqa hanaffanno woyteeti. Bisu kifilla bisu lexxo assitanno woyte, hormoonna macciishshammete soorro abbitanno. Konni daafira lophanni noo wedellichi mitte yannara hagiidhiro, aantanno yannara hanqu, dadillu woy hedote burduuqamme xaaddasira dandiitanno.

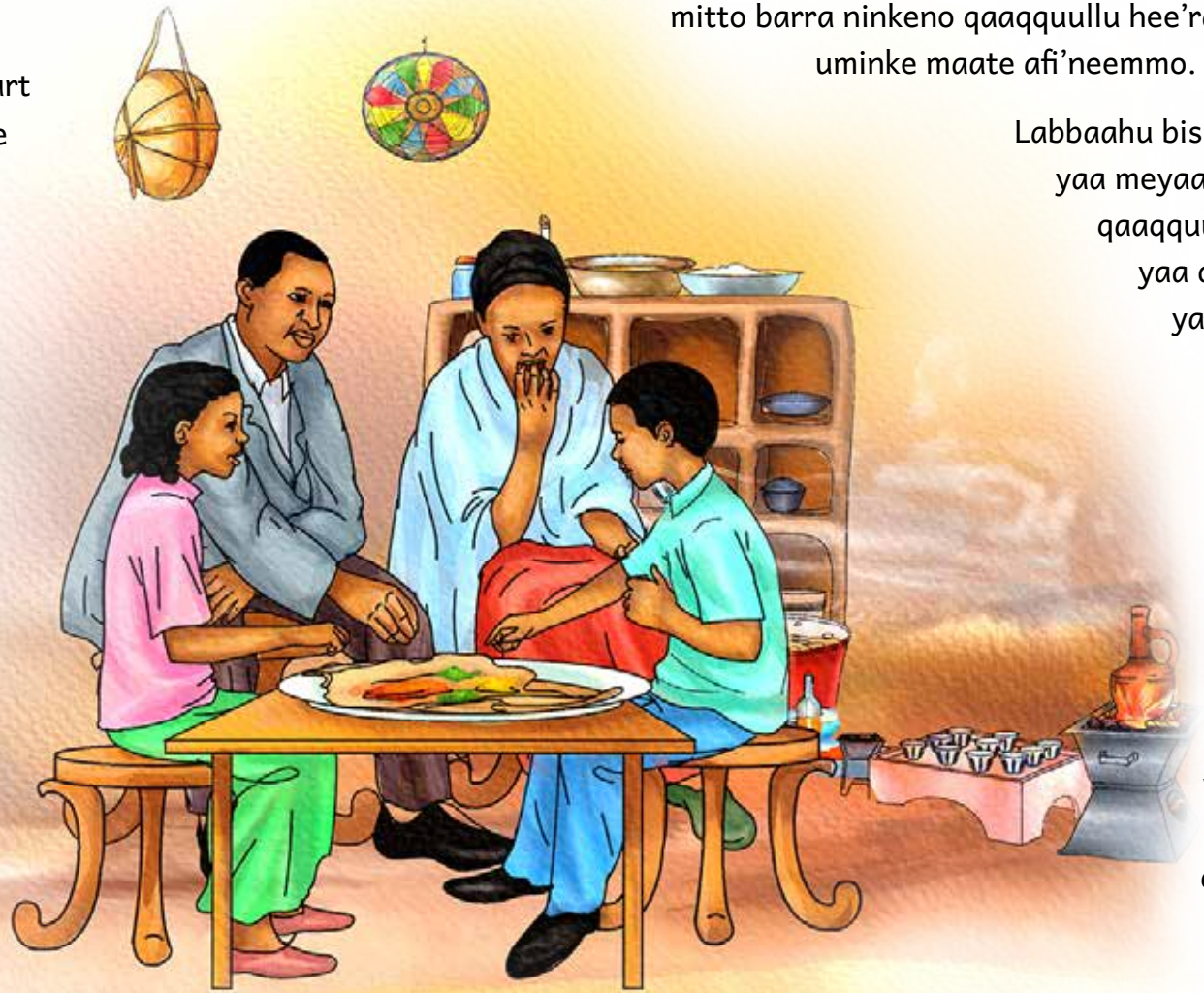
It is normal to feel new and strong emotions or become upset more easily than you have before. Boys and girls learn how to control these emotions better as they grow into young adults.

Haaronna kaajjado macciishshamme kalaqama, albinni roore mulenni hanqa rosantino hajo gedeeti. Labballunna seennu tenne macciishshamme hiittoonni qorqodha dandiitannoro wedellichimma leddanni hadhanno woyte rossanni hadhanno.

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.



Guufanaawate yanna labbaahu coommallicho burqisanna meyati kayinni oovaarete giddo quuphicho burqisa hanaffanno. Tini yanna wedellichimmate widira lophineemmo yannaati.

Bisinke gikki yaanno yanna, baxxitino yannaati; konnira mitto barra ninkeno qaaqquullu hee'rannonke; hattono, uminke maate afi'neemmo.

Labbaahu bisi sirate dandoo illino yaa meyaatinna labbaahu qaaqquulle afi'rate qixxaawino yaa dikkino.Meyaati anjese yanna qaaqquulle ilanna labbaahu ikko meyati macciishshammensa ooso amadate qixxaabbukkinni ooso abba, bisu lopho gawajjitanno. Labballo ikko seennu anjensanniqaaqquulle ila rosinsanni ikko wole heeshshote kaayyonni xeanno assitanno.

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.

Labbaahu Sirote Gumma (Coommallicho) Yaa Mayyaate?

"Labbaahu Sirote Gumma (Coommallicho)" labbaahu meyaate ledo xaadiro bayolojitte doogonni qaaqquulle ila dandaannota leellishshanno seeleeti. Labbaahu guufanaawate yanna giddoonni sa"anno woyte, lela labbaahu sirote gumma burqisa hanaffanno. Ikkollana, labbaahura ikko meyaatera tenne yannanni qaaqquulle ila lowo geeshsha anjeeti.

Labbaahu sirote gumma lowo geeshsha hiliccire ikkansanni illetenni la"a didandiinanni. Tini sirote gumma langaggi yite qa'mirate akati noosetinna waajjo kuula afidhinoti labbaahu siimu xaadi yannara du'nantanno coommallicho giddo heedhannote. Tini coommallicho calallootenna sirote gumi karsooti.

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.

Guufanaawa Mamoote Hanaffanno, Hattoono Mageeshsha Keeshshitanno?

Guufanaawa labballohonna seenneho addi addi yannara hanaffanno. Soorro labballunninni seenneho balaxxe hanaffanno. Mitu labballi 9 dirinni hanaffannoha ikkanna mitootu kayinni 14 diri gedensa hanaffanno.

Mitu labballira, sooroo mitto diro woy ajinoha adhitanno; Soorrote yanna keeshsho gari qarqarunna saga'late garinni babbaxxitannote. Wolootu labballira soorro lewu diri geeshsha adhitanno. Lamenti kayinni keeraanchote.

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.

Labbaahu Aana Leeltannoti Bisu Soorro Hiikkuriiti?

Labbaahu aana leeltannoti bisu soorro aane noore kamaltanno: bisu maalchosi kaajjado ikka hanaffanno. Qote hala'la, addi addi baycho danancho (albaho, gaccoho, kikki'latenna siimu qarqarira) fushsha. Huurosi tatta'annotanna du'ma ikka hanaffanno; albaho finniissu fulanno; lelchonna lelchote ogorinna nuunne jawa ikkitanni hadhanno. Qoleno, coommallicho du'na dandaanno.

Tini soorro ikkate taalote yinanni aante dino. Mittu mittunku labbahura babbaxxitinote; konni daafira, ateti bisu soorro wolootu jaallakkitewiinni baxxitannota ikkituro yaada dihasiissanno.

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.

Wole Bisu Soorro

Nuunne Uurra yaa giddoydisi seella wole yannanni roore mundeetenni wo'mate ikkitooti. Tenne ikkito labballu guufanaawate yannara roore ikkannonsareeti. Seella mundeetenni wo'mite fuugate akati noo daafira nuunne seeddannonna kaajjado ikkitanno; hattono, bisuwiinni baxxite leeltanno ikkito no.

Tini uurra rakke woy suutunni ikka dandiitanno; qolteno, boode woy seeda yanna keeshsha dandiitanno. Togoo ikkito wo'munku labbaa beettira ikkitanno halaaleeti.

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.

Tini Soorro Mayra Ikkitanno?

Nuunne uurra labbaa beetti soodo ka"anno woyte, woy hanqanno woyte woy baxannota meya beetto hedanno woyte ikkitara dandiitanno. Mito woyte mittu korkaatino nookkiha ikkara dandaanno. Togoo ikkito qeedhimmate yannara kalaqamunni ikkannoreeti.

Nuunne uurritanno woyte heddinoonnikkire ikkanno daafira mitu saalara dandaanno; kayinni, togoo ikkito kalaqamunniitinna beettu lophanni ha'ranno woyte ajanni ha'rannoreeti.

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.

Guufanaawate Yannara Labbaa Beettita Batinye Bisu Suudenna Geeshsha

Lowo labballi insa soorro jaalinsatewiinni baxxitanno woyte yaaddanno. Itu mitu bisinsa aana leeltanno soorronni saaltanno; qolteno bikkunni aleenni du'mitinoha woy shaaltinohu gede woy seeddinohu woy hara'mitinohu gede heddanno. Togoo ikkitora horonta yaada dihasiissanno! Mitteno taalo bisu suudeeti woy geeshshaati yinanniti dino. Wo'munku labballi kalaqamu uyinonsa ranke garinnilla lophanno. Siimu qarqarinna sirote bisi kifillano babbaxxitino labballira babbaxxino garinni woy yannanni soorro abba dandiitanno; togootino horonta keeraancho kalaqamu ikkitooti. Ki'neno ikko jaalla'ne tini ikkito raga hawissurono, bisi'ne tenne soorro giddoonni sa"anno gede agarranni

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.

Nuunnete Uurra Hiittoonni Dipha Dandiinanni?

Mite mite boode hedo uurritino nuunne dhipha dandiinanniti, ofolle keeshsha, hala'lado luko qodha, iso maaxate kiisete anga wodha, daftaru woy maxaaffate ogoro albaanni qolle amaxxa, woy isi qiida geeshsha wolurichi aana illachishate.

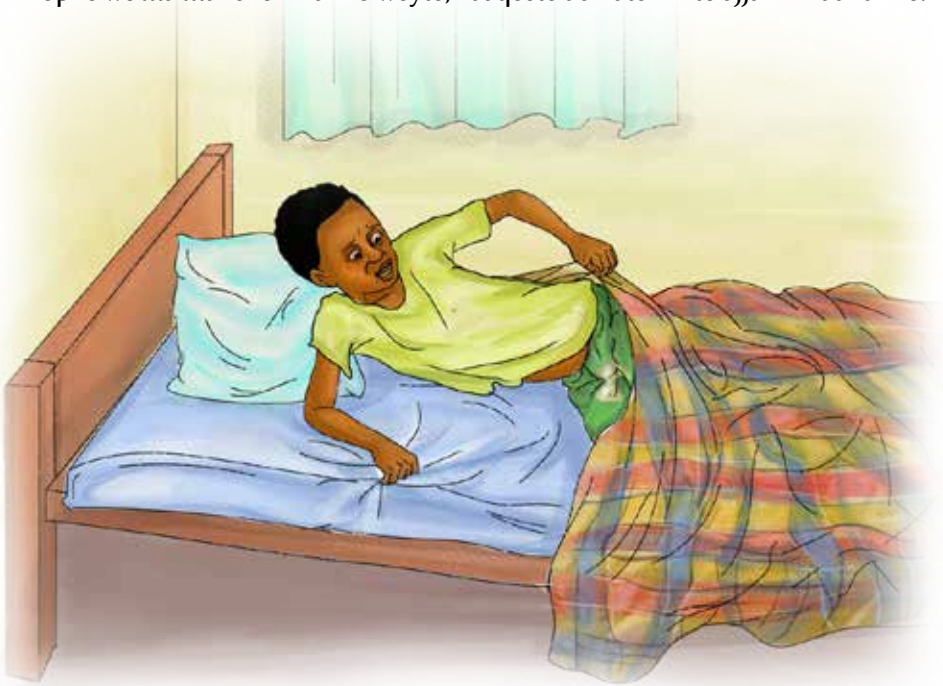
Guufanaawate/Qeedhichimmate yannara nuunne uurra aye yannara woy baycho ikka dandiitanno. Lawishshaho, kifilete ofolle hee'reenna, woy doogote ofolle hee'reenna woy uurranno yee hedinokki yannara uurrara dandaanno. Tini ikkitono keeraanchotella; kayinni labbaaha saalsiissara dandiitanno.

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.

Hashsha Haaqeennirichi Maati?

"Haaqeetenni labbaahu siddo guma duna" yaa labbaahu goxichu giddo hee're siddote guma (coommallicho) dunanno woyte yaate. Mittunni sayikki anga ikkitanno labballi umiha siddote guma duntannohu haaqeensanniiti. Mittu labbaa beetti goxichunni baqqi yaanno woyte, mutaantisi aana waajjunna qa'mi'ranno du'namaanchi shameenna afara dandaanno. Mitu mitu labballi haaqeensanni la'inoha yaano siimu xaadi hasattonsano ledonni qaaggara dandiitanno. Kuni baalu nooreeti; kalaqamunnirichooti. Mittu labbaa beetti lophe wo'ma mancho ikkanno woyte, haaqeete du'nate ikkito ajjanni hadhanno.



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.

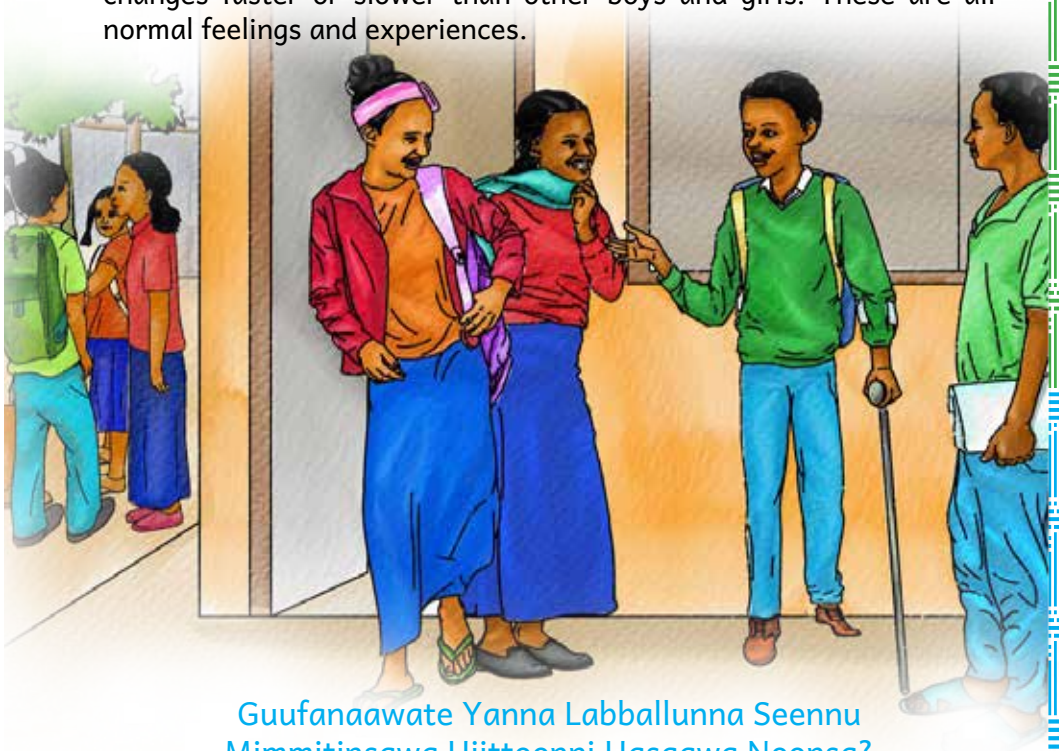
Guufanaawate Yannara Seennu Bisi Hiittoonni Soorramanno?

Guufanaawate yannara bisu soorro seenneho unuunu guntutanno, hallinsano hala'la hanafanno. Kikki'lansaranna siimu qarqara dananchu fula hanafanno. Hakkinnino meyarichi (godowu kao) leella hanaffanno. Togoo ikkitono keeraancho ikkase leellishshanno kalaqamu ikkitooti.

"Godowu Ka"a (Meyaarichi) yaa meyaati lophitanni hadhanno woyte bisise albillicho godowa dandiitanno gede qixxeessatenna qaaqqo keeraanchimmate ila dandiitanno injo kalaqate qixxaawooti. Meyaarichi yanna otoottote giddo qa'minorichi mundeete ledo boqichu widoonni fulanno. Tini mundee fula 4-7 barri geeshsha keeshsha dandiitanna togoo ikkito aganu aganunni dagganno.

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.



Guufanaawate Yanna Labballunna Seennu Mimmitinsawa Hiittoonni Hasaawa Noonsa?

Labballunna seennu tenne yannara mimmtonsa hegersa noonsa ikkinnina mimmitonsa haariima dihasiissanno. Tenne yanna giddo labbaahunna seennu bisinna macciishshamme duucha soorro giddoonni sa'annoti saaltannonna waajjitanno assitansara dandiitanno. Mite mite yanna seennu meyaarichi uddanonsa aana naqironna xisso macciishshantunsaro saalfataawara dandaanno. Hattono labbaahu haaro nuunne uurranna coommallichote du'nama xaaddannosi woyte saalfataawanno. . Mitu mitu seenninna labballi bisu soorro wolootu seenninna labballinni rake woy keeshshite abbitara dandiitanno. Tini qolte keeraancho macciishshammeetinna gadeeti.

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.

Guufanaawate Yannara Labballuno ikko Seennu Mimmitonsa Ayirrisa Hasiissanno

Guufanaawate yanna labbaahurano ikko seenneho raga hawissino yannaati. Bisinsa yanna baala soorramanno; qoleno, jajjabbu addi akati noonsahu gede asse hedansara dandaanno. Tenne lophote yannara labballu ikko seennu mimmitonsa ayirrisa hasiissanno.

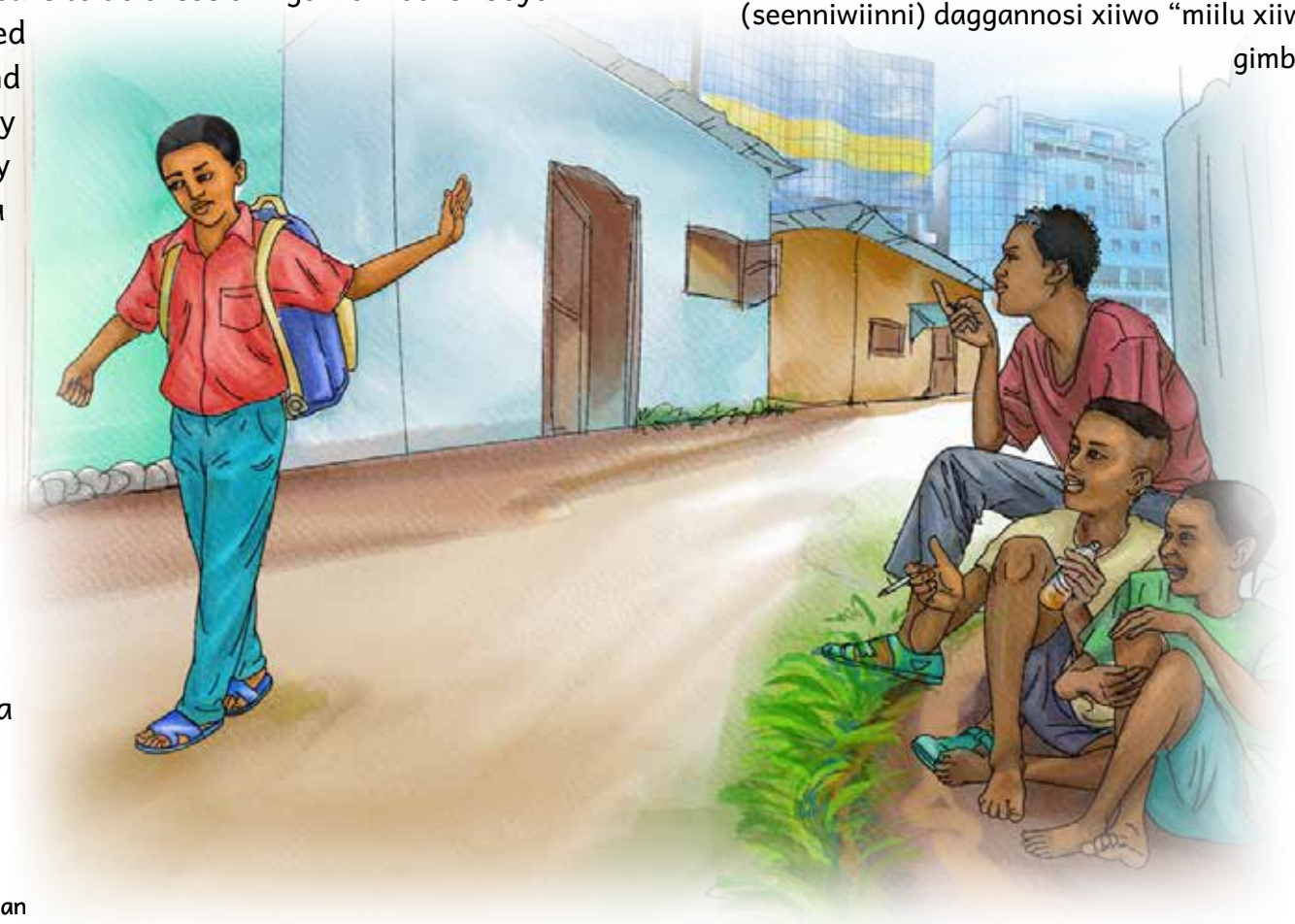
Insa mimmitinsa ledo roduuwu gede ikke kaa'lamanna mimmitonsa rosunnino ikko ispoortetenni irkisa hasiissanno.

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.



Labballu Wedella Ikkitanno Yannara Miiluwiinni Daggannonsa Xiiwo

Labbaahu qeedhichimmate yanna giddoonni sa"anno woyte bayi'riiddinsa labballinni, raadoonetenni, interineetetenninna (tuqu xaadooshshinni), woy televizhiinetenni jawa xiiwo xaaddannonsa. Wolootu manniwiinnino jaala amadanno gede, ago aganno gede, sigaara wiliishsha wo'naalanno gede, woy wole xagga (caate ita), ispoortete beetingeranna mageeshsha jawaatahoro wolqasi leellishanno gede jawa xiiwo xaaddannosi.

Mittu beetti konne baala assanno gede wolu labbaawiinni (seenniwiinni) daggannosi xiiwo "miilu xiiwo" yinanni; qoleno, gimbi yaate qarrissannote. Ikkollana, labbaa beetti keeraancho ikke lopha hasi'riro, bisisi aana dancha qoropho adha, xiinxaawosi aana illachishanna jaddote tugganno akatinsara dee'ni yaa noosi.

Tenne miilu xiiwora maahoyye yaanna tenne jaddote tugganno akatta beeqqaancho ikka fayyimmasino hunte albillitte heeshshosira heedhannosi kaayyono huntannosi.

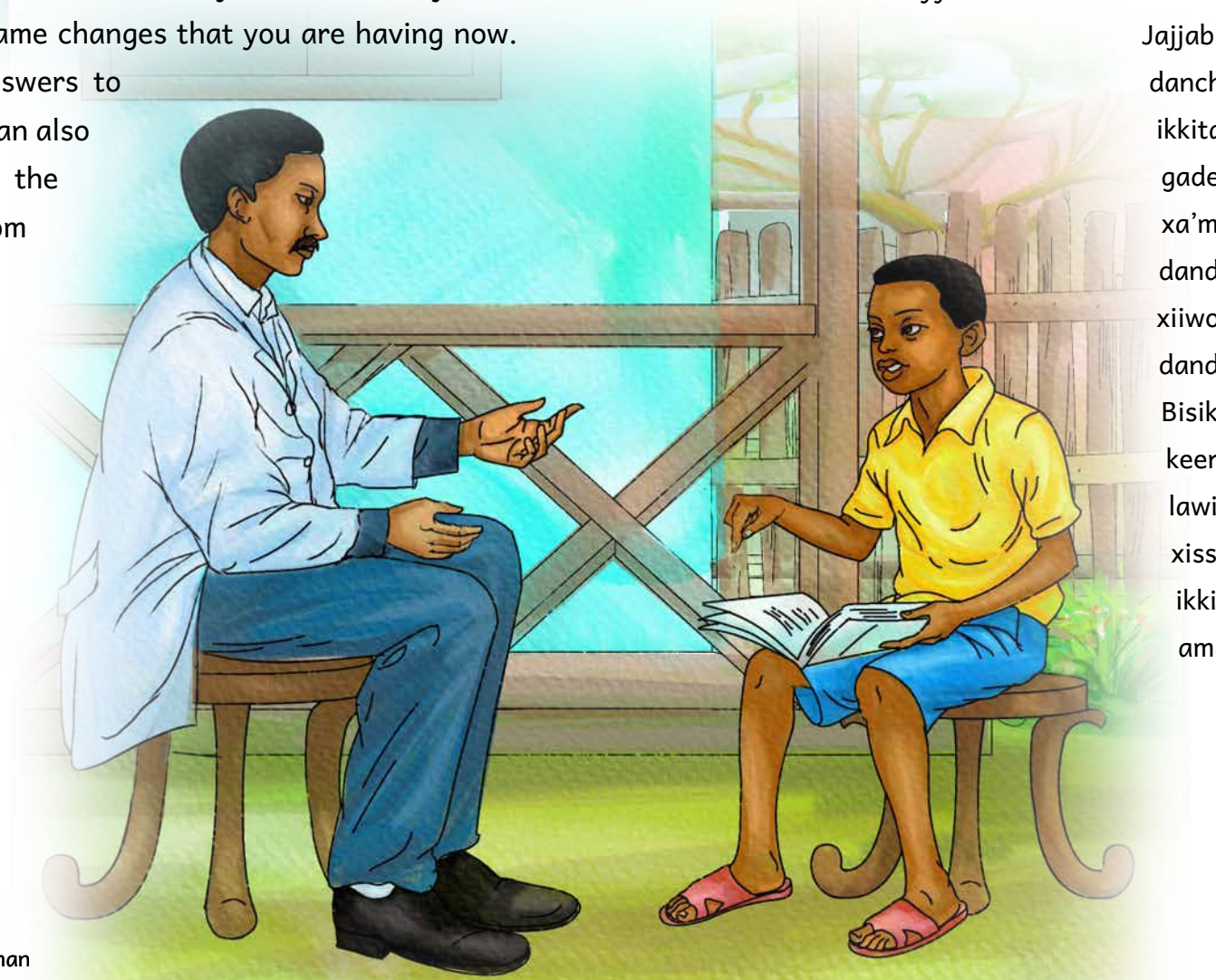
Talk to...

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.

Ani ...ledo hasaaweemmo.

Bisikki soorramanni ha'ranno woyte, duucha xa'mo heedhaheranna ikkanni noorichi keeraanchimma raga hawissahera dandiitanno. Togoori xaadannohe woyte bayi'rootikki ledo hasaawi; lawishshaho, bayi'ru rodiikki, rodookki, abbu/wosiilu, amanna annu, labbaa rosiisaanchinna fayyimmate loosaasine ledo hasaawa hasiissanno. Jajjabbuwiinni amaale xa'ma danchate. Insa xa ate aana ikkitanni noo soorrora jawa gade heedhannonsa. Ate xa'mora dawaro uytahera dandiitanno; qolteno, miilu xiiwonni hiittoonni sa"a dandaattoro kaa'litannohe. Bisikki aana leeltanno soorro keeraancho lawa gibbuhero, lawishshaho lelate qarqara xisso macciishshantanno ikkiro dokitara woy nerse amaa'la danchate.



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.

Umi'ya Dhagge Mite

Mitto waro 13 diri'yanni daallasi'ya aana goxe hee're shame kaummo.

Goxoommowiinni kaeemmoti may ikkinoro laummo; haaqee'yanni shamaricho dunoommo. Laeemmo woytewaajjurichidaallasi'yaaana no. Iso laummoti, maa ikkinoro afoommokki daafira jawa gede masummo. Giddo'yanni, "kuni dhibba ikkino daafira maate'yara kula hasiissannoe," yuummo. Konnira, soodo kaummoti maate'yara kulummo. Insano dhibba ikkinokkitanna kalaqamunni ikkannore ikkinota kultueta anino waajja agurummo. Qoleno, jaa li'yara kulummota, 'hashsha haaqeetenni du'na ikkannoreetillana masa dinohe,'yee kulie. Isino qole togoo ikkito kalaqu loosinore ikkino daafira yaada hasiissannoekkita kulieta yaaddo agurummo. Hakkunni gedensaanni kuni baalu duuchunku labballira ikkannoreeti yee hede, ane gede mashalaqqe noonsakki labballira yaadummo. Konni daafira qeedhichimmate giddo noo labballira amaala baxeemmoti, togoori ikkanno woyte yaada woy masa noonsakkitanna kalaqamunni noore ikkinota hegersitanno gedeeti.

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.

Umi'ya Dhagge Lame

Mitto waro 15 diri'yanni albaanni afe egennoommokki macciishshamme macciishshantue. Hakkuno, nuunne uurrate. Hatte yannara giirame, umi'yara, "Mayra ane callaho?" yuummo. Albaanni togoo gade mashalaqqe nooekki daafira mittohono dikuloommo. Togoori umi yanna macciishshaminoeta, olluu mine noommo daafira waajje maaxi'ranni paante'ya uddanotenni diphummo. Hakkiinni mininni rahe fule wi'la hanafummo. Boode yanna gedensaanni wi'la agurummo. Gedenoonni rosiisaanchinke guufanaawate yannanna akattase yaanno uminni roso rosiisinke. Hatte yanna, haaro gade daafira rosummoti, "xawedellichimmate giddo noommo." yee heda hanafummo.

Maa'niilli'yara, togoo ikkito xaaddu'eno waajjitinoonte massinoonteno yee aninni amaala hanafummo. Rosiisaanchikki ledo hasaawoottokkiha ikkiro maatete kula hasiissanno.

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.

Umi'ya Dhagge Sase

17 diri'yanni kaajju jaali nooe. Hatte yanna duucha woyte gangalatatenna kaase godo'late duuchawa ha'neemmo. Duuchaa yanna mitteenni sayinseemmo. Mitto barra kifile gante mitto baycho ha'neemmo gede xa'mie. Anino ammaneemmosi daafira maahoyye yuummosi. Batinye haqqe noowa lowo geeshsha fanfe ha'nummo. Anino, "Kawira mayra dangummo?" yee xa'mummosi. Isino, mitto sigaara oye"e umisirano adhe wiliishsha hanafi. Kunirichu bushareeti yee kulummosita, isi qolannoti, "Mullareetilla, hanni wo'naali!" yiie. Boode geeshsha giwa yoroommonkunni wo'naalummo. Hakkiinni sigaara yanna yannatenni marro marro hinge aga hananfummo; isino araado ikkinke. Horontano cee'mishshanno heeshshooti. Hatte yannara, hojjimma macciishshantue. Mannu la"annonke woyte yaadanna saala hanafummo. Seeda yanna gedensaanni, bay'riidi rodoo'yara kulummota, iseno amaaltunke; araadote giddonnino fulleemmo gede irko assitunke. Wedellootaho mitte amaale nooe: Meessa'ne araadotewiinninna miilu xiiwonni xeertisidhe yeemmo.

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.

Umi’ya Dhagge Shoole

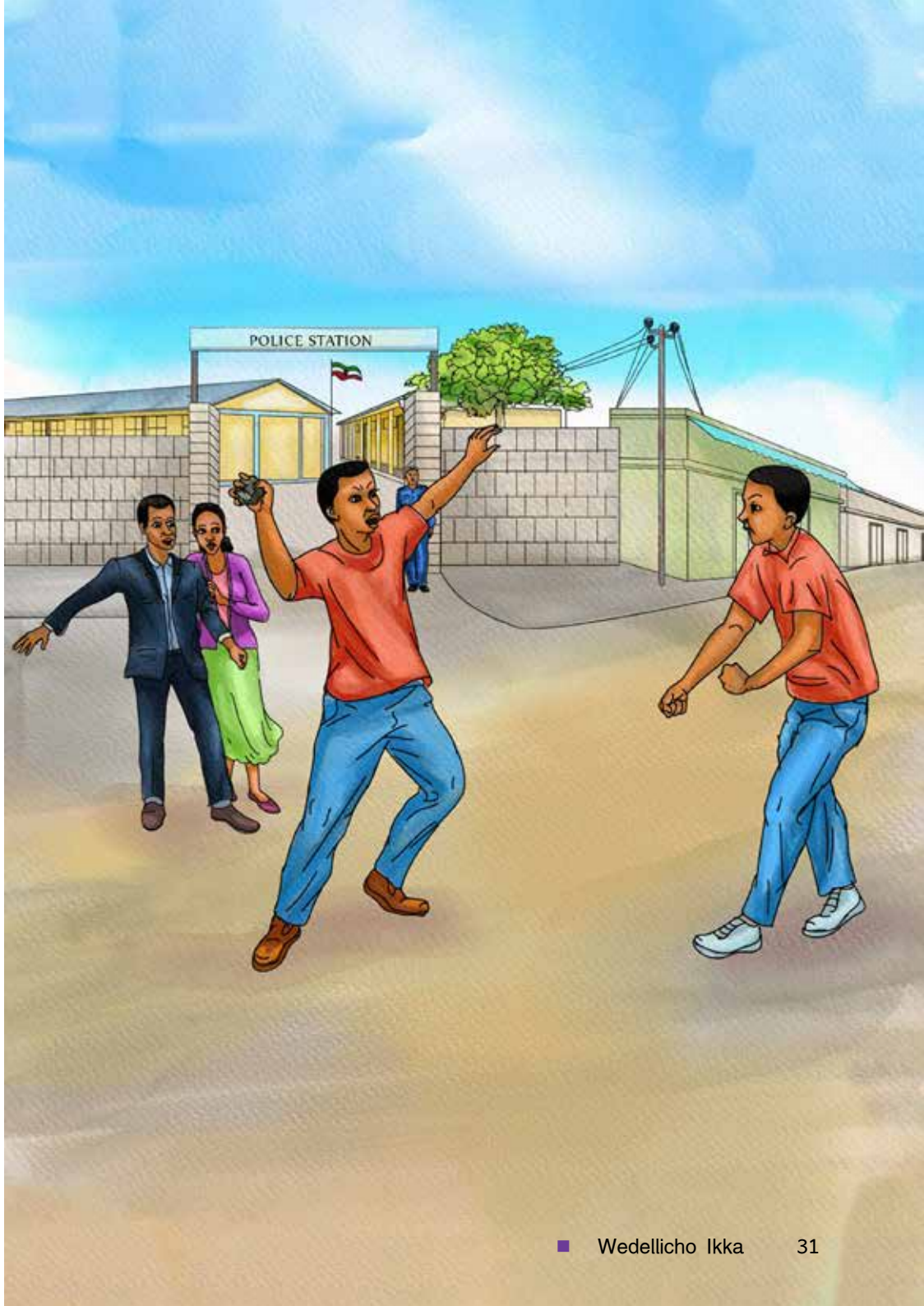
Shooletenni lamala kifile geeshsha ani lowo geeshsha worba rosaanchooti; kayinni, 8 kifile iillummoti jaala amadoommohu lowo geehshsa agaanchoho. Isi lowo geeshsha agaanchohona ane togo yaannoe, “Mayra rossanni nootto? Rosu didanchaho; Rosse maa gudhatto? Rosakkinni horontenni roore horoweellesi roortino; rosakkinni yaaddolla lexxatto. Roso agurittoro, hasi’ritto gede ikkite heeshshokki qamucatto.”Hatte yanna ani 14 diriha ikkoommo daafira isi coyi’rannorinni ammansiiseennae roso’ya agure fulummo. Boode yanna gedensaanni isi ledo ha’ra hanafummota mitiimmubba xaaddue. Mitto barra wolu jaali’ya ledo hee’reenna togo yee seejjie, “Mayyaate! Rosokki mayra aguritto? Wodana saootto? Togoore mayra assitto? Ani jaalunnita mitte amaaleemmohe, halaale yeemmohena tenne heeshshokki agura hoogittoro heeshsokkira danchurichinni roore bushuri xaadannohe.” Hakkiinni tenne wodanche heda hanafummo. Tenne hajo aana seekke hedummoti, assanni noommo ikkito daafira gaabba hanafummo. Konnericho agurate mudhummo. Ago agure rosi’yawa higeemmo gedeno murci’rummo. Anino maa’nuuddu roduuwi’yara amaaleemmoti, horonta jaallate xiiwo macciishshitinoonte yitannote.

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.

Umi'ya Dhagge Onte

Tonaa shoole diro ikkannoe balla lamu jaalla mitte beettora jawa gede giwantanno. Mimmitoho kinna ollola hanaffanno woyte mittu kinchi ane ganie. Kinchu ganie gedensaanni, agure ha're kaa'lannoe gede ikkito jaali'yara kulummo. Isino xa giwansho agurtinoro xa'mieta, diagurtino yee kulummosi. Isino dagoomu poolisera mashalaqqe iillishi. Hakkonne giwantanni noo baycho poolisete ledo iillinummoti lamenka bandummonsa. Maa'nuulli'yara nooe amaale, gibbo kalaqanturo hasaawe tira hasiissanno. Korkaatuno, mimmito'ne gawajjitinara dandiitinanni. Dandiitiniro, jajjabba manna hassine poolisete woy seeru allaalaasinera mashalaqqe uyiyye.



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.

Umi'ya Dhagge Lee

Anni'ya lowo geeshsha agaanchoho. Duucha woyte, aganni hose minira hashsha daye ama'ya gananno ninkeno hooreessannonke. Aninna roduumi'ya isi minira daanno woyte saalleemmo hattono yaaandeemmo. Mito woyte anna'ya ganokka yee hedeemmo; kayinni, anna'ya ikkasinni atto asse diegennoommo. Duucha woyte cinca roorse tenne ikkito roduuwisi olliinkera galtannorira kuleemmo. Duucha yanna olliichinkera kulleenna insa dagge hay yite gargartannonke. Dagguro ganamannokki assite, coyeno hay yite qiissite hadhanno. Hatte yanna ane diri 13 nni 16 geeshshaati. Tenne ikkitora ane amaale, togoori xaadannonke woyte coy cincatenni amande jaddo iillitannokki hayyonni tira hasiissannonketaati. Togoo ikkitora wole mannano beeqqisiinse mitiimma tira hasiissanno yee hedeemmo. Wolootunni ledo halamme tidhote doogo hasa dandiineemmo.

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.

“Hiittoonni ...?” yitanno xa’mubba dawara!

Guufanaawate/qeedhichimmate yannara co’imma hiittoonni agadhinanni?

- Haaro bisu fooli/killo heedhannokki gede soodonna hawarro biso hayishshi’ra.
- Uddanna (paanteno gattukki) xurtanno woyte hayishshi’ra co’itte ikkitanno assitanno.

Haaqeetenni shammiro/coommallicho du’niniro hiittoonni amada dandiinanni?

- Siimu qarqara hayishshi’ra.
- Hansolu woy uddano shanteenna kaoottoha ikkiro hakko barranni hayishsha.

Wolootu miilla labballuna seennu abbitanno xiiwonni hiittoonni fula dandiinanni?

- Ago aga woy sigaara wiliishsha fayyimmate, rosoho woy albillicho heeshshora dancha ikkitinokkita xawisa.
- Meya beetto jala amadate qixxaawoottokkitanna jawaate xiinxaawanna loosa hasiissannoheta xawisa.
- Mannu ledo giwanshsho fayyimmate dancha ikkitinokkitanna keeraanchu manchi wolqasi leellishate mannu ledo ganama gadacho ikkitinokki gede insara xawisa.,

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.

Nooreeti...?

Guufanaawate yanna seennu labballunni roore rahe lopha nooreeti?

- Ee, guufanaawa labballunni balaxxe seennu aana soorro hanaffanno?

Qeedhimmate/guufanaawate yanna finniissa fushsha nooreeti?

- Ee, Duuchu labballu ikko sennu guufanaawate /qeedhimmate yanna finniissa fushshanno. Korkaatuno bisu hatte yannara lowo zayte burqisanno. Hatte yanna alba kikkisa hooganna dandiiniro barrunni lame hinge saamununninna wayinni hayishshi'ra hasiissanno.

Guufanaawate ikkito macciishshantanno woyte bisinke aana mitiimma kalaqantinohu gede heda isi nooreeti ?

- Ee, duuchu qeedhootu labballi togoo soorro nookkiri kalaqaminonsahu gedenna insa aana calla ikkanni noorichi gede heddanno. Togoori xaadanno woyte horonta yaaddooti; tini ikkito baalunku wedellichu labballi aana ikkannore ikkasinni ,mimmito'ne irkisatenni keeraancho heeshsho massaga dandiitinanni.

Guufanaawate yanna labbaahu huuro tatta"anna du'ma nooreeti?

- Ee, labbaahu huuro tatta"a (labbaahura kalaqantannoti huurote soorro) baalunkura ikkannorenna guufanaawate yanna labbaahu aana ikkannoreeti.

Guufanaawate yanna mitu mitu labballi wolootu labballinni roorte hojjaameeyye ikkite lopha isi nooreeti?

- Ee, labballu guufanaawate yanna mittu dani soorro heedhannonsa, ikkollana, mimmitinsa ledo bbabbaxxitino hojjannakee'millihee'rannonsa. Konni daafiraate aana leeltanno soorro jaalikki woy rodiikkitewiinni baxxituheroyaaddooti.

Labbaahu xuma beeto laeenna nuunne uurra isi nooreeti?

- Ee, togoo ikkito qeedhootu labballira ikkitanno gadeeeti. Ikkollana, togoori noo yaa labbaahu siimu xaado assate qixxaawino yaa dikkitino. Qeedhimmate yanna labballu bisi ikkannoreeti.

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.

Isi Nooreeti...

Wedellichimmate yanna macciishshammekki ale woro/gea hooga isi nooreeti?

- Ee, mite yannara labballu wedellichimmate yannara dadillu woy boorraso macciishshantansara dandiitanno; qolteno tenne macciishshamme hiissite amada hasiissannoro diaffanno. Togoori macciishshamihero kaa'litannohe gede ammanatto manchira, maatete, akaakkate,rosiisaanote, jaallate, fayyimate loosaasinera, hasaapha hasiissanno.

Labbaahu haqeete coommallicho du'ne shama woy haaqii'rikkino du'na nooreeti?

- Ee, Labbaahura qeedhichimmate.guufanaawate yannara haaqeetenni shama woy coommallicho du'na kalaqammunni keeraancho ikkitooti. Mito woyte hashsha ikkinore qaaganno mito woyte kayinni diqaganno; lamenti ikkito keeraanchotella.

Guufanaawate yannara labballunna seennu mimmitinsawa hige addi macciishshamme hee'ra isi nooreeti?

- Ee, labballu ikko seennu guufanawate yannara mimmitinsawa hige goshooshama alba qaaqqimmatennin noo yannanni baxxino garinni haaro macciishshamme heedhannonsa. Ikkollana labbaahu ikko seennu tenne yannara mimmitonsa ayirrisa, rosoho irkisamanna addi addi assootira kaa'lama hasiissanno.

Guufanaawate yanna labballu akatansa kaajjadda ikkanna wolqansa seennu aana leellishate wo'naala nooreeti?

- Ee, tenne guufanaawate/qeedhichimmate yannara labbaahu bisi addi addi bisunna macciishshammete soorro giddoonni sa"anno. Tini ikkito mito woyte labbaaha haxawarranna ganamannoha assitannosi. Tenne yannara maate, rosiisaano, jaallanna fiixu togoo macciishshammesi qoroqodha dandaanno gara leellishatenni irkisa hasiissanno.

Labbaahu araadote xagga, sigaara, woy ago aga hoogironna woy togoore assitannoriwiinni xooqe giwiro isi aana xiiwo assa nooreeti?

- Ee, labbaahu togoo assootenna togoo gaamowiinni xooqe hee'riro keeraancho heeshsho massaganno; togoo rosichi lopho, rosonna albillicho heeshsho kaayyo gawajjote aana tuganno.

Mitu mitu labballi 12 dirinsanni guufanaawa hanafanna mitootu kayinni 14 diri geeshsha hanafa hooga isi nooreeti

- Ee, mittu mittunku labbaa beettiti guufanaawate yanna babbaxxitino yannara hanaffanno. Mitootu 9 balla hanaffuro mitootu kayinni 15 nni 16 balla hanaffanno.

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

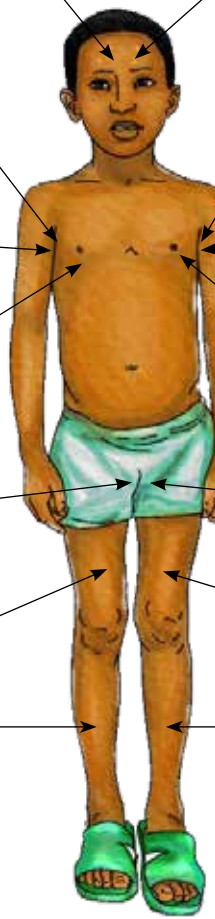
Hiitti hedo ADDA woy XARA ikkitinoro kuli.

1. Mittu labbaa beetti guufanaawa yannatenni hanafannohu gede'ne hanafannohunni balaxe gaamaareessa ikkanno.
2. Wedellichu beetti duucha woyte roore coommallicho afi'ranno; konnira lophanni noo beettinna gaamaareessu taalo burqisse diaffanno.
3. Labbaahu coommallicho du'nanno woyte shumanna calalloo karsante fultanno.
4. Mitte lelchote gumi roorenna mittu aje rarra"a shotu garinni qaafate kalaqamunni noorichooti.
5. Wedellichu beeti (13-19) dirihu meyaatagodowisiisa dandaanno
6. Nuunne babbaxxitino suude afidhino; konni daafira atehu jaallakki woy fiixikkiwiihunni baxxino suudinna geeshshii hee'rasira dandaanno.
7. Mereerima beetto mereerimu labbaahunni balaxxe hojja lexxanna guufanawate soorro hanaffara dandiitanno.
8. Labbaahu hashsha haaqetenni coommallicho du'ne shama hoo'la dandaanno.

Dawaro: 1. Xaraho 2 .Addaho 3. Xaraho 4. Addaho
5.Addaho 6.Addaho 7. Addaho 8. Xaraho

Main body changes in boys

Labbaahunnita Qara Bisu Soorro



Your skin makes more oils so you may get pimples

Bisoho finniissu fulanno

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

Hunkuu muje Kikki'late qarqarira hunkee dunate jawaata ikkitannohura jajjabbu fooli hee'rannno.

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

Dananchu albaho, kikki'late, gagasohonna siimaho fulanno.

Your nipples get larger and darker in color

Unuunu birxe jawa ikkitannona kolishshi'rate akati leellanno.

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

Siimu xaadi bisi lophanno (nuunne, lela, lelate ogori)

Your muscles get bigger and stronger

Bisu maalcho jawanna kaajjado ikkitanno

Your height and weight increase

Hojjanna du'millu lexxanno

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!

Hawalle Tashshi Yino'ne!

- Xaate anjetewiinni wedellichu widira lophinanni gara rossinoonni! Bisi'nenna buqqee'ne daafira kaajjillunna aggaxxo macciishshantanno'ne yine hendeemmo. Umokkino wolootano ayirrisi!

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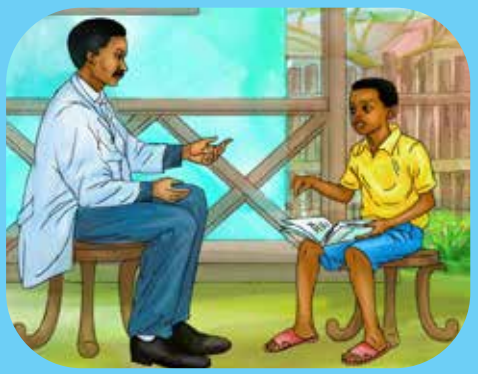
This book tells the stories of young Ethiopian boys



Kuni Maxaafi ajuullu Itophiyu ooso dhagge kulanno.

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