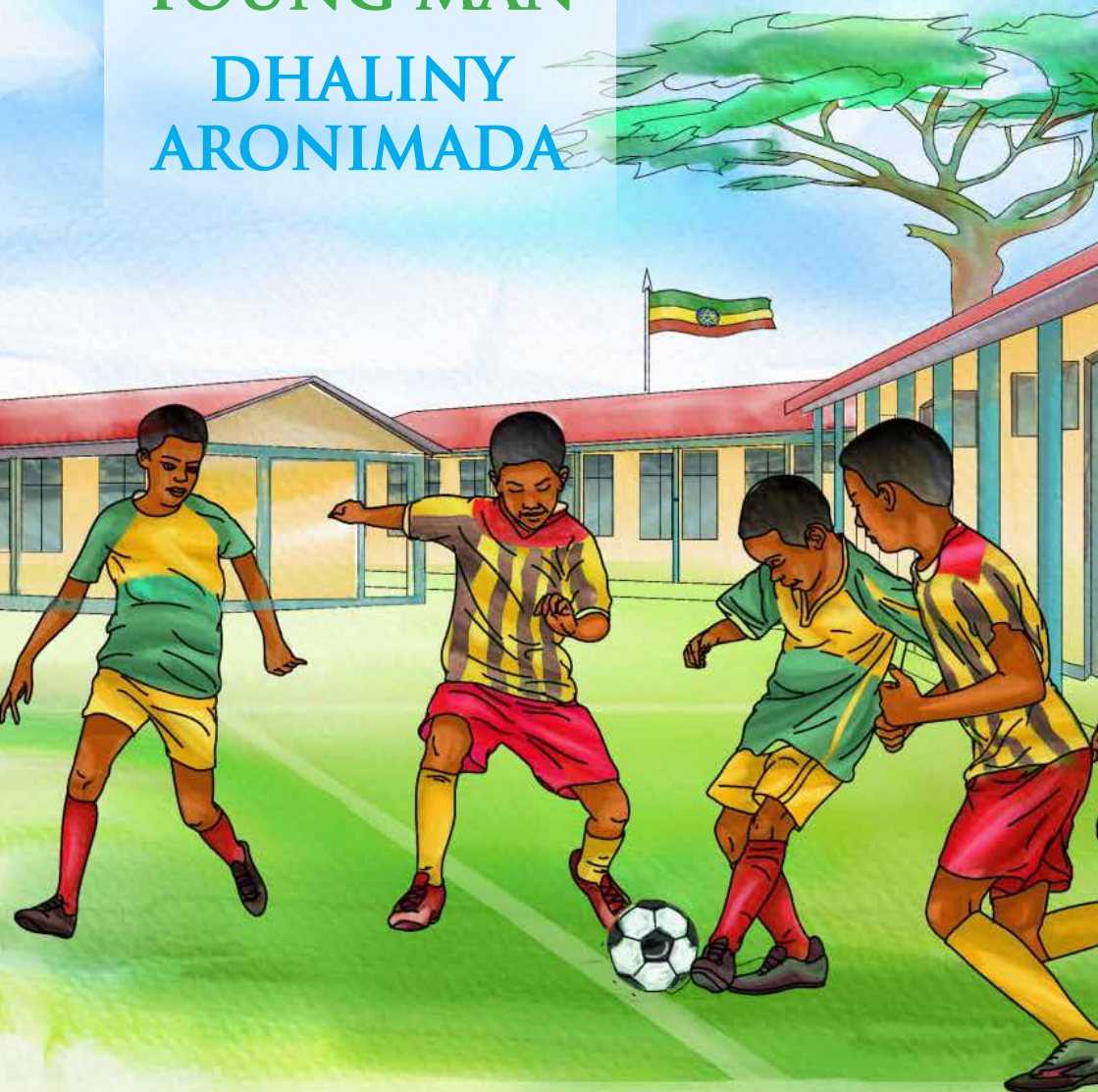


BECOMING A YOUNG MAN

DHALINY ARONIMADA



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Shama Books



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.”



Waa maxay Qaan-gaadhnimadu?

"Qaan-gaadhnimadu" waa marxaladda u dhaxaysa da'da 10 ilaa 14 jir, kaasoo ah xiliga ay wiilasha iyo gabdhaha intooda badan bilaabaan inay dareemaan isbedel ku yimaada jidhkooda muuqaal ahaan iyo dhinaca shucuureed labadaba. Isbeddelladani waxay dhacaan muddo badan oo sano ah.

Marxaladan waxaa sidoo kale loo yaqaan "Dhalinyaronimada" gabdhaha iyo wiilasha da'dan waxaa badanaa loogu yeedhaa "Dhallinyaro."



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.



Qaan-gaadhnimadu waxay bilaabantaa marka jidhku soo saaro xaddi intii hore ka badan oo ah dheecaanada la yidhaahdo "Hormoonada". Kuwaas oo u horseeda qofka isbeddello ku dhaca jidhka.

Marka laga reebo in ay sababaan isbeddello jidheed, hormoonnadani sidoo kale waxay keenaan isbeddello dhinaca shucuureed ah. Sidaa darteedna dhalinta soo koraysa ayaa laga yaabaa inay dareemaan farxad halka daqiiqadda xigta ay ka dareemayaan cadho am murugo.



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.



Waa iska caadi inaad dareento isbedbedel shucuureed oo xoogan ama ka xanaaq dhawaatid sidaad ahaan jirtay. Gabdhaha iyo wiilashu markay waynaadaan ayay si fiican u xakameeyaan shucuurtooda.



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.



Qaan-gaadhnimadu waa wakhtiga ay wiilashu bilaabaan inay soo saaraan shahwada, gabdhuhuna ay bilaabaan inay soo saaraan ukun. Waa markaan gaadhno dhallinyaranimada.

Waa wakhti gaar ah oo jidhkeenu ku jiro habka koritaanka ee qaangaadhka, si aan maalin uun u dhisno qoys, una dhalno carruur.

Inkastoo wiilashu jidh ahaan awoodaan inay dhalaan carruur, taasi kama dhigna in gabdhaha iyo wiilashu ay diyaar u yihiin inay ubad yeeshaan. Jidh ahaan waa khatar inay ilmo dhasho gabadhu iyadoo yar, sidoo kale niyad ahaan wiilasha iyo gabdhuhu uma diyaarsana inay carruur dhalaan. Dhinaca kalena wiilasha iyo gabdhuhu haddii ay yaraan ku guursadaan ubadna dhalaan waxay seegayaan waxbarashadooda iyo fursadaha kale ee nolosha.

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.



Waa maxay shahwadu?

“Shahwadu” waa unugyada lab ee bayooloji ahaan suurtagal ka dhigaya in wiilku uureeyo gabadha. Marka wiilku qaangaadho, xiniinyaha ayaa soo saara shahwad. Si kastaba ha ahaatee, wiilasha iyo gabdhaha ku jira da'da qaan-gaarnimada aad ayey uga yar yihiin inay carruur dhalaan. Caafimaad ahaana uma ficno dhalmadu jidhkooda koraya.

Shahwadu aad bay u yar tahay lamana arki karo. Waxay ku dhex jirtaa dareeraha danbariga ah ee is-jiid-jiidanaya kaas oo loo yaqaanno “Xawada” kana soo baxa ibta marka wiilku “Biyobaxo”. Xawadu waa dareere iyo shahwo isku jira.

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.

Goormay bilaabantaa Qaan-gaadhnimadu? Mudo intee leg ayayse qaadataa?

Qaan-gaadhnimadu waxay ku bilaabataa wiilasha iyo gabdhaha wakhtiyo kala duwan. Guud ahaan, isbeddellada ayaa kusoo horeeya gabdhaha marka loo eego wiilasha. Wiilasha qaarkood waxay ku qaan gaadhaan 9 sano jir, halka qaar kale ku gaadhaan 14 sano ka dib.

Isbeddelladan jidheed ayaa wiilasha qaarkood laga yaabaa inay ku qaadatao hal sano ama wax ka yar, halka kuwa kale ay ku qaadan karto ilaa lix sano, taasoo ku xidhan bay'adda iyo hab nololeedka qofka. Labaduba waa caadi, wayna kala duwanaa karaan.



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.

Waa maxay isbeddellada jidheed ee ku dhaca wiilasha?

Isbeddellada jidheed ee ku dhaca wiilasha waxaa ka mid ah inay murqihiisa xoogaystaan, garbihiisu balaadhaan, in timo meelo cusub ka soo baxaan (sida; shaarufaha iyo gadhka, kililooyinka, aagga xubnaha taranka). Codkiisa oo waynaada, finan wajiga kasoo baxa, xiniinyaha iyo usha xubinta taranka oo weynaada, wuxuuna awood u yeelan doonaa inuu soo tuueo shahwada ama manida.

Ma jiro nidaam iyo wareegto sax ah oo ay isbeddelladani maraan. Way ka duwan tahay xiliga ay ku dhacaan wiilba wiilka kale, sidaas darteed ha ka welwelin haddii isbeddelladaadu yihiin kuwo ka duwan isbedelada saaxiibadaa.



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.

Isbedeladda kalee Jidhka

"Kacsi" waa marka unugyada gudaha ee xubinta taranka ay buuxiyaan dhiig ka badan inta caadiga ah, kaas oo wiilashu la kulmaan marar badan xilliga qaangaarnimada. Unugyada ayaa noqonaya kuwo taagan oo qallafsan marka ay ka buuxsamaan dhiig, ka dibna xubinta taranka ayaa adkaata oo sii weynaata kana fogaada jidhka intiisa kale.

Kacsigu wuxuu u dhici karaa si degdeg ah ama si tartiib tartiib ah. Wuxuu qaadan karaa wakhti gaaban ama ku dheer. Tani waxaa ka siman dhammaan wiilasha iyo ragga waawayn labadaba



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.



Waa maxay sababta keenta isbeddelladan jidheed?

Kacsigu wuxuu dhici karaa marka wiilku ama ninku subaxii soo tooso, ama uu dareemo kacsanaanta neerfaha, ama haddii wiilku/ninku ka fikiro gabadh uu jecel yahay. Mararka qaarkood, waxay dhici kartaa sabab la'aan. Tani waa wax iskaa dabiici ah inta lagu jiro da'da qaangaadhnimada.

Kacsiga marka aadan fileynin, wuxuu kugu noqon karaa wax la yaab leh, gaar ahaan wiilasha yar yar, laakiin waa mid dabiici ah oo sii yaraada marba marka ka danbaysa ee wiilashu sii weynaanayaan..



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.



Qaababka badan iyo miisaanka wiilasha ee xilliga Qaangaadhnimada

Wiilal badan ayaa ka werwera in isbeddelka ku dhaca jidhkooda xiliga qaangaadhnimada uu aad uga duwan yahay kuwo saaxiibadood. Wiilasha qaar ayaa laga yaabaa inay ka fajacaan isbeddelka miisaankooda jidheed iyagoo u maleynaya inay aad u weyn yihiin ama aad u yar yihiin, aad u dheer yihiin ama aad u gaaban yihiin. Ha fajicin hana ka werwerin, sababtoo ah ma jiro hal qaab iyo miisaan jidheed oo sax ah! Dhammaan wiilasha kala duwan waxay ku qaangaadhi doonaan qaababka, miisaanka iyo jaangoynta dabiiciga ah ee jidhkooda. Isbeddellada ku yimaadda xubnaha taranka ee wiilasha ayaa sidoo kale dhaca waqtiyo kala duwan. Taasina waa wax iska caadi ah oo ay tahay inuu maro jidhkiinu xiliga qaangaadhnimada.



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.



Sidee loo maareeyaa dareenka rabitaanka galmada (kacsiga)?

Talooyinka maareynta kacsiga waxaa ka mid ah inaad fadhiga kusii nagaatid ilaa uu dagayo, xidhashada surwaalo waaweyn, inaad gacmaha geliso jeebabkaaga si aad u qariso, dulsaar boorsada buugta si aad ugu daboosho ama inaad fikirkaaga u leexiso (diirada saarto) wax kale ilaa inta kacsigu kaa baxayo.

Inta lagu jiro qaan-gaadhnimada, daareenka kacsigu wuxuu dhici karaa wakhti kasta iyo meel kasta. Tusaale ahaan, waxay ku dhici kartaa marka wiilku fasalka ku jiro ama fadhiyo wadada dhinaceeda, waxaa laga yaabaa oo kale inay ku dhacaan isagoon fileynin kacsii. Tani waa xaalad caadi ah, laakiin waxay u horseedi kartaa wiilka yaxyax iyo xishood.

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.

Waa sidee isbedelka jidheed ee gabdhuhu xilliga Qaangaadhka?



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.

Waa sidee isbedelka jidheed ee gabdhuhu xilliga Qaangaadhka?

Inta lagu jiro qaan-gaadhnimada, isbedelka jidheed ee ku dhaca gabdhaha waxaa ka mid ah naasaha oo kora, miskaha oo ballaadha, timaha kasoo baxa kililooyinka iyo lugaheeda dhexdooda (xubinta taranka). Waxay sidoo kale bilaabaan inay caadadu ka timaado (caado yeelato), taasoo ah calaamad tilmaamaysa caafimaad qabka isbedelka jidheed ee gabadha.

“Caadadu” waxay tilmaamaysaa in gabadha jidhkeedu korayo, islamarkaana isku diyaarinayo mustaqbalka inay uur yeelato oo ay si badbaado leh u dhasho ilmo. Inta lagu jiro wakhtiga caadada, xuubka gidaarada “Makaanka” oo wata dhiig ayaa soo daata isagoo kasoo baxa daloolka “xubinta taranka gabdhaha”. Dhiiga caadadu guud ahaan wuxuu socdaa 4 ilaa 7 maalmood wuxuuna yimaadaa badanaa bil walba.



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.



Sidee wiilasha iyo gabdhuhu u dhaqmaan xilliga Qaangaadhka

Wiilasha iyo gabdhuhu waa in ay isfahmaan oo aan la isku jeesjeesin xilliga qaan-gaarnimada. Wiilasha iyo gabdhaha waxaa ku dhaca jidhkooda iyo shucuurtooda isbeddello badan inta lagu jiro wakhtigan qaangaadhka, taasina waxay ku keeni kartaa inay dareemaan yaab ama xishood. Mararka qaarkood, gabadhu waxay dareemi kartaa xishood haddii dhiiga caadadu ka maro dharka (wasakhayso) ama ay la kulanto xanuun xilliga caadada, wiilkuna wuxuu dareemi karaa xishood ku aadan kacsiga iyo biya-baxa. Gabdhaha iyo wiilasha qaarkood waxay la kulmaan isbeddello jidheed oo ka dhakhso badan ama ka yar wiilasha iyo gabdhaha kale. Dhammaan isbedelada noocan ahi waa dareen iyo waaya-aragnimo caadi ah.

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.



Wiilasha iyo gabdhuhu waa inay ixtiraamaan midba midka kale xilliga Qaan-gaadhnimada

Qaan-gaadhnimadu waxay u noqon kartaa wakhti jahawareer ah wiilasha iyo gabdhaha. Jidhkooda wax badan ayaa isbedelaya waxaana laga yaabaa in ragga iyo dumarka da'da ah ay bilaabaan inay ula dhaqmaan si ka duwan oo ay rajo cusub ka qabaan dhaqankooda. Wiilasha iyo gabdhuhu waa muhiim in ay is ixtiraamaan inta lagu jiro xilligan marxalada koritaanka. Waa inay isula dhaqmaan sidii walaalo oo kale, oo ay iska kaalmeeyaan waxbarashada iyo hawlaha ciyaaraha isboortiga.



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.



Culaysyada laga yaabo inay dareemaan wiilashu markay qaan-gaadhaan

Marka wiilku ku jiro qaan-gaadhnimada, waxaa laga yaabaa inuu dareemo cadaadis badan oo uga imaanaya wiilasha iyo ragga waaweyn, raadiyaha, internetka (sida warbaahinta bulshada) ama telefishanka. Waxa kale oo laga yaabaa inuu ka dareemo cadaadis kaga imanaya dadka kale inuu saaxiib/saaxiibad yeesho, inuu balwado yeesho sida cunista qaadka iyo cabidda sigaarka, inuu ka qayb qaato ciyaaraha kala duwan iyo inuu muujiyo xoogiisa ama geesinimadiisa ee dhinaca dagaalka.

Marka wiilku uu dareemo cadaadiska uga imanaya wiilasha ama gabdhaha kale ee ah inuu sameeyo waxyaabahan sare ku xusan, ayaa waxaa loo yaqaanaa "cadaadiska asaagga", wayna adkaan kartaa inaad diido ama tidhaahdo maya. Si kastaba haahaatee, haddii wiil uu doonayo inuu noqdo nin dhallinyaro ah oo caafimaad qaba, waa inuu si fiican u daryeelaa jidhkiisa, diiraddana saaraa waxbarashadiisa, oo uusan ku dhaqaaqin hab dhaqanada xun xun iyo samaynin ficilada khatarta ah. In aad haa tidhaahdo cadaadiska asaaggaa iyo samaynta dhaqamadan halista ah waxay dhaawici kartaa caafimaadkaaga iyo fursadda aad ku gaadhi karto mustaqbalka nolol wanaagsan.

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.



La hadal...

Marka jidhkaagu isbeddelayo, waxaa laga yaabaa inaad su'aalo iswaydiiso oo aad dareento jahawareer mararka qaarkood. La hadal dadka kaa waawayn iyo kuwa waayeelka ah ee aad ku kalsoon tahay, sida walaalo kaa weyn, adeero/abtiyo, hooyo iyo aabe, awoowo/ayeeyo, macallimiinta labiyo shaqaalaha caafimaadka. Way fiican tahay inaad talo weydiiso dadka kaa waawayn. Waxay lasoo kulmeen dhammaan isbeddellada aad

hadda ku sugan tahay oo kale. Waxay ku siin karaan jawaabo ku saabsan su'aalahaaga, waxayna sidoo kale kaa caawin karaan inaad maareyso cadaadiska asaagga ee wiilasha iyo gabdhaha kale.

Haddii aad u malaynayso inuu jiro isbeddel jidhka ah oo aancaadi ahayn, sida haddii aad xiniinyahaaga ka dareento fin/buro ama xanuun kale, markaa way fiican tahay inaad talo weydiiso dhakhtarka ama kalkaalisada.

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.



Sheekada Kowaad

Maalin maalmaha ka mid ah anigoo 13 jir ah, ayaa waxaa dhacday inaan sariirtayda ku seexday, kadib markaan hurdadii ka soo kacay ayaan arkay qoyaan!. Waxaan ku

riyooday riyo, sariirtayda waxaa dul yaalay wax cad. Markii aan arkay, waxaan dareemay cabsi aad u weyn, sababtoo ah ma garanayn waxa ay tahay. Waxaan naftayda u sheegay inay arintani tahay xanuun iyo khatar lasoo daristay jidhkayga, sidaas darteedna ay tahay inaan la wadaago waalidkay"

Haddaba, markii aan subixii soo toosay, waxaan u sheegay waalidkay. Waxayna ii sheegeen inaanay ahayn xanuun, iyo in ay tahay wax dabiici ah oo loona baahnayn inaan ka

cabsado. Waxa kaloon weydiiyey saaxiibkay isna wuxuu igu yidhi ha ka cabsan waa caadiye. Wuxuu ila wadaagay inay si dabiici ah u dhacaan arimahani, islamarkaana u baahnayn inaan ka welwelo. Intaa wixii ka danbeeyay, waxaan ogaaday inay dabiici tahay kuna dhacdo wiilasha oo dhan, waxaana ka walwalsanahay in wiilasha kale ay cabsanayaan. Haddaba, waxa aan kula talinayaa dhammaan wiilasha yar yar ee aan gaadhin da'da qaan-gaarnimada inaanay ka argagixin dhacdooyinka noocan ahi oo ay fahmaan inay dabiici tahay.

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.

Maalin maalmaha ka mid ah aniga oo 15 jir ah, ayaa waxaan la kulmay dareen igu cusub oo aanan horey ula kulmin. Dareenkaas oo ahaa kacsi. Xiligaas, waxaan dareemay xanaaq badan, waxaan iswaydiiyay naftayda, "Maxaa aniga igu keliyeelay?" Maan haynin wax macluumaad ah oo ku saabsan waayo-aragnimadan cusub, markaa qofna uma sheegi karin. Markii ugu horeysay ee aan dareemay, waxaan ku jiray gudaha guri ay leeyihiin xaafadda derisku. Sidaas awgeed, waan qariyey oo surwaalkaygii ayaan ku daday ama huwiyeey, waxaan uga soo baxay gurigii bannaanka anoo ooyaya. Cabbaar ka dib, waxaan joojiyay oohintii. Markii dambe ee aan dugsiga tagay, ayaa

macalinkayagu noodhigay cashar ku saabsan qaangaarnimada iyo sifooyinkiisa. Wakhtigaas, ayaan bartay arintan cusub oo aan ogaaday inaan ku jiro da'da qaangaadhnimada. Dhallinyarada, waxaan kula talinayaa markaad la kulantaan dareenka noocaas ah, fadlan ha argagixina hana ka cabsanina waa xaalad dabiiciyehe. Waa inaad u sheegtaa qoyskaaga haddii aadan horey uga maqal macalinkaaga..



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.



Sheekada Saddexaad

Maalin maalmaha ka mid ah, waxa uu iga codsaday in aan fasalka kabaxno oo aan meel isku raacno. Waxaan ku idhi, "Haye," sababtoo ah waan aaminsana isaga. Waxaan tagtay meel fog oo dhir badan leh. Waxaan waydiiyay, "Maxaan halkan kasoo doonay ama u nimid?" Wuxuu iigu jawaabay inuu isiiyo xabad sigaar ah midh kalena iasgu shito. Waxaan u sheegay in cabidda sigaarku tahay shay xun, laakiin wuxuu yidhi, "Waa caadi, maco malaha, iskuday uun!" Ismaandhaaf yar ka dib,

waan isku dayay. Ka dib waxaan bilownay inaan si isdaba joog ah u isticmaalno cabida sigaarka, markaa waxaan yeelanay balwad waxayna ahayd nolol xun oo caajis ah. Wakhtigaas, waxaan dareemay kalinimo. Markii dadku nagu arkeen balwadan, waxay i dareensiisay cabsi iyo welwel. Muddo dheer ka dib, waxaan u sheegay walaashay iga weyn, waxay nasiisay talo, sidoo kalena nagu taageertay inaan joojino balwada. Haddaba Dhallinyarada, waxaan kula talinayaa inay ka fogaadaan balwadaha xun xun iyo cadaadiska kaga imanaya saaxiibadood.

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.



Sheekada Afraad

Markaan dhiganayay fasaladda 4aad ilaa 7aad, waxaan ahaa arday xariif ah, balse markaan gaadhay fasalka 8aad waxaan yeeshay saaxiib, kaasoo ahaa nin balwad leh. Balwadda cunista jaadka ayuu lahaa, wuxuuna i weydiiyey, "Maxaad wax u baranaysaa? Waxbarashadu faa'iido malaha. Maxaad laga helaa waxbarashada? Khasaare mooyee wax faa'iido ah malaha, sababtoo ah waxaad baraneysaa wuxuu kugu soo kordhin kaliya walaac. Haddii aad dugsiga ka tagtid, waxaad noqon doontaa

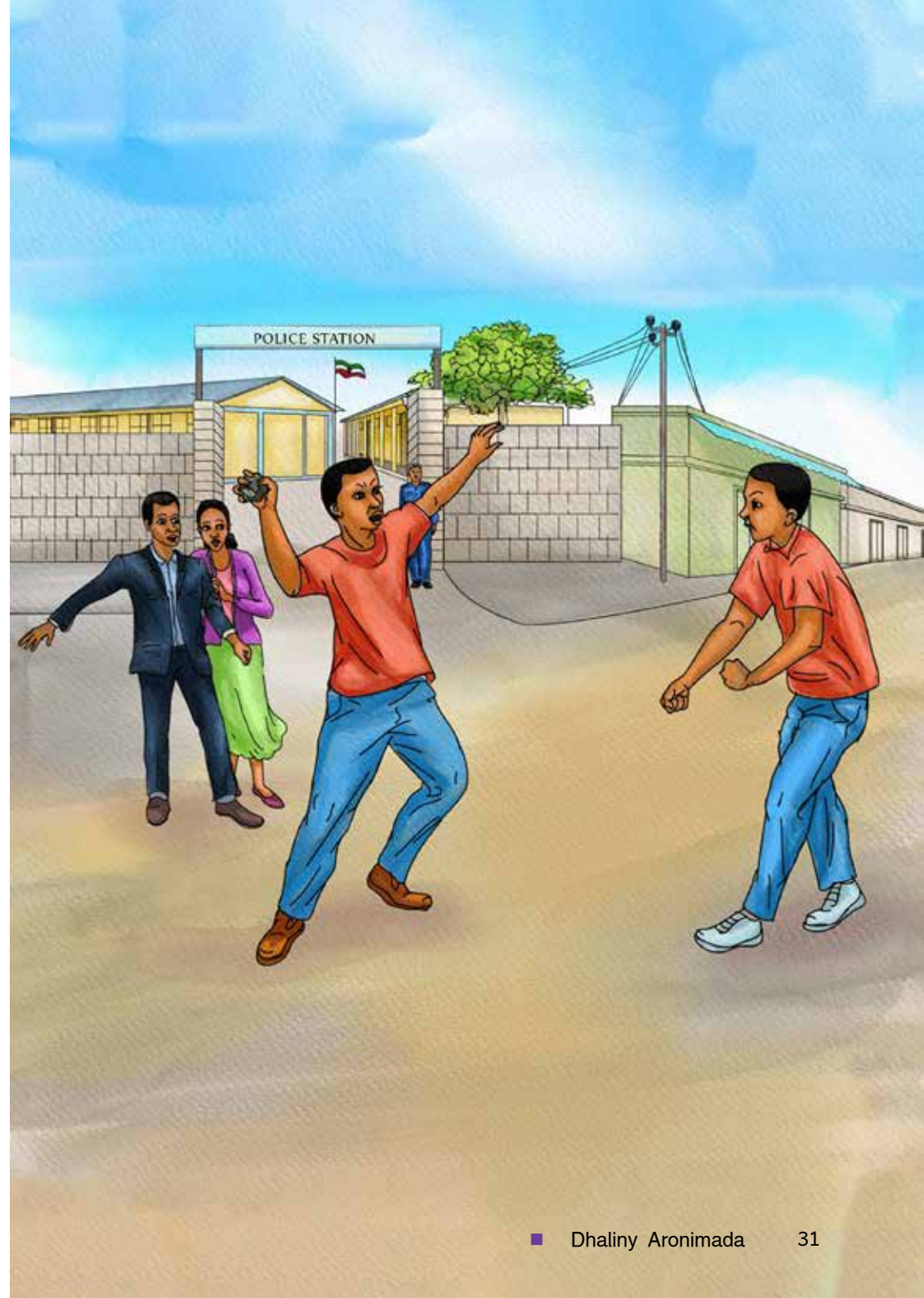
xor, waxaadna dareemi doontaa nolol farxad leh." Wakhtigaasi waxaan ahaa 14 jir, runtiina saaxiibkay isagoo igu celcilinaya hadaladan ayuu igu qanciyay fikirkiisii, sidaas ayaana waxbarashadii uga baxay. Muddo ka dib, wakhtigii aan bilaabay inaan raaco saaxiibkay ee aan la kulmay dhibaatooyin farabadan. Ayaa waxaan maalin la kulmay wiil aan dugsiga wada dhigan jiray, waxa uu igu yidhi, "Alla! Maxaad dugsiga uga tagtay? Maad waalantahay? Maxaad sidan u samaynaysaa? Waxaan kugula talinayaa inaad joojisid waxan aad ku jirto, kuna soo laabatid waxbarashadaada, haddii kale waxaad la kulmi doontaa dhibaatooyin badan". Maalintaas wixii ka danbeeyay waxaan bilaabay in aan ka fikiro wax badan oo aan qoomameeyo waxyaalaha aan samaynayo. Waxaan go'aansaday inaan iskaga baxo waxyaabahaas, sida cunista qaadka, oo aan ku noqdo dugsiga. Haddaba, waxaan talo ahaan ugu soo jeedinayaa walaalahayga iga yar yar, inaad ka foojignaataan saamaynta xun ee saaxiibadiin idinku yeelan karaan.

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.

Sheekada Shanaad

Markii aan ahaa 14 jirka, ayaa waxaa maalin maalmaha kamid ah isku dhacay laba saaxiibo ah gabadh darteed, khilaafkii dhex maray wuxuu sababay dagaal aad u weyn. Waxay bilaabeen in ay dhagxaan isku tuuraan, hal dhagax oo kamid kuway isku mirayeen ayaa igu dhacay aniga. Dhagaxii markuu igu dhacay ka dib, waxaan ka soo tagay aagga dagaalku ka socday si aan saaxiibkay ugu sheego xaaladda, islamarkaana i caawiyo. Wuxuu i waydiiyay saaxiibkay in hadda dagaalku dhamaaday iyo inkale?, waxaan ku idhi wuu sicdaa wali dagaalku, kadibna wuxuu ku wargeliyay xarunta booliska ee xaafada. Waxaan tagnay goobtii ay ku dagaalamayeen anagoo wadana ciidamada booliska, sidaas ayaan ku kala qabanay labadii wiil ee isdagaalayay. Haddaba dhallinyarada waxaan kula talinayaa inaad iska ilaalisaan dhexgalka marka uu socdo dagaal, waayo dhibaato ayaa idinka soo gaadhi karta. Haddii aad awooddo, raadso qof wayn oo isla markaaba u gudbiya booliiska ama hay'adaha sharciga si ay kuu caawiyaan.



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.



Aabbahay aadbuu qaadka u cuni jiray. Habeenkii ayuu xili danbe guriga iman jiray oo uu hooyaday la dagaali jiray, dhammaantayana wuu nadili jiray. Aniga iyo walaalahay mar walba waxaan ka cabsan jirnay marka uu guriga yimaado, waxaan dareemaynay murugo markuu guriga joogo. Mararka qaarkood, waxaan isodhan jirtay ma garaacdaa aabahay. Laakiin, maan samayn karin sababtoo ah waa aabbahay. Waxaan marar badan isku dayay inaan is dejiyo oo aan waco walaalihiis oo aan deris ahayn. Inta badan waxaan u yeedhi jirnay deriska wayna iman jireen si ay noo caawiyaan. Waxay

ku qasbi jireen inuu joojiyo dagaalka oo ay wada hadal ku xaliyaan arrinta Wakhtigaas da'deydu waxay ahayd 13 ilaa 16 jir. Haddaba, taladaydu waxa ay tahay, marka aynu kala kulanno dhacdooyinka noocan oo kale ah xagga qoyska ah, waa inaan is dejinnaa oo aan raadsanno dad kale si dhibaatooyinkan loogu xallin lahaa rabshad la'aan. Waxaan u baahanahay inaan ku darno dad kale si ay inooga caawiyaan arrimahan xalintooda.

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.

Ka jawaabista su'aalaha ku bilaabma "sidee loo"!

Sidee loo ilaaliyaa nadaafada xilliga qaan-gaadhnimada?

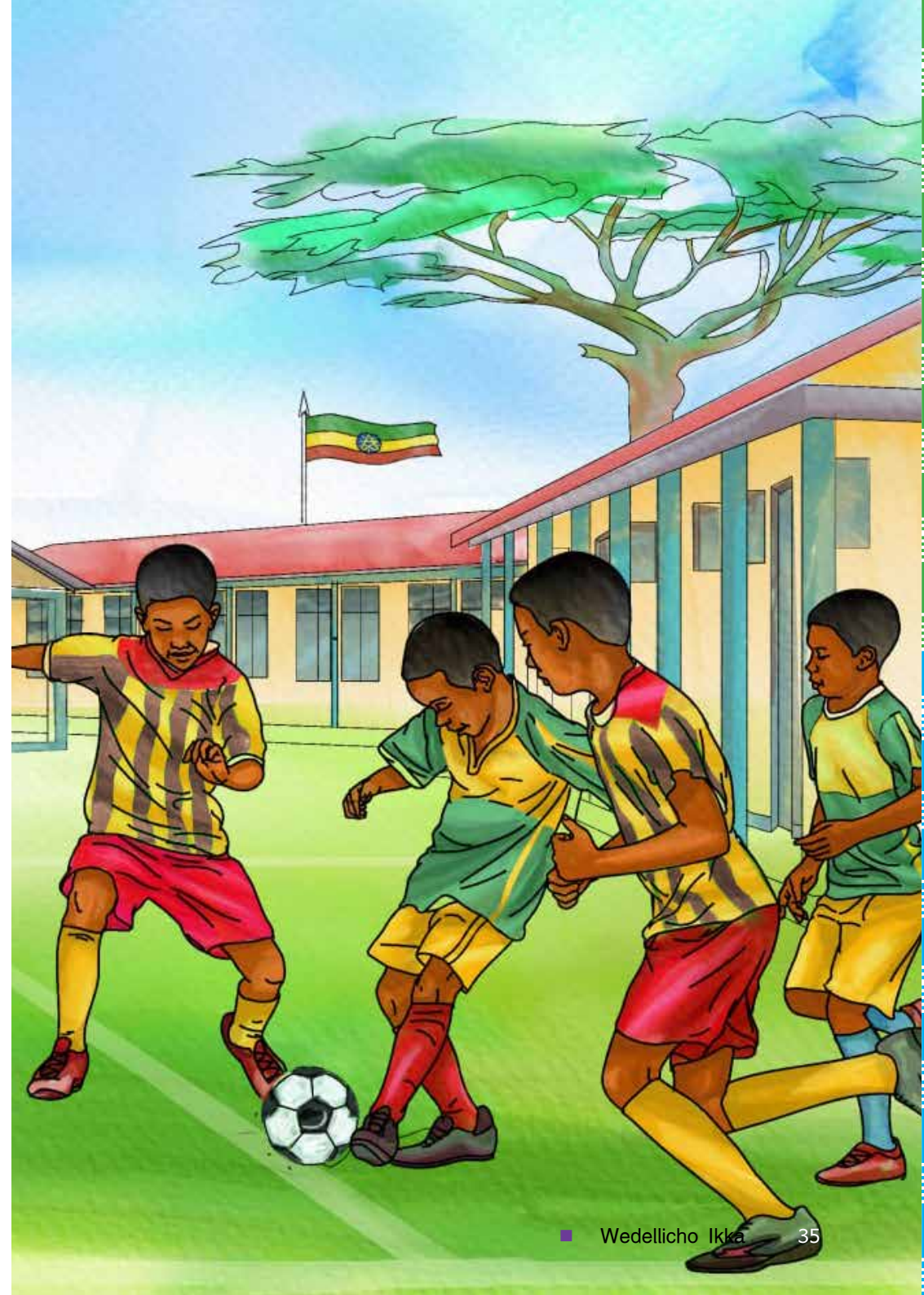
- Isku day inaad maydhato jidhka subax kasta iyo fiidkii si aad u maarayso sinjiidha ka dhalan karta jidhkaaga.
- Isku day inaad maydho dharkaaga (sida nigiska!) markay wasakhoobaan si marwalba ay nadiif u ahaadaan.

Sidee loo maareeyaa riyooyinka gogosha iyo biyo-baxa? Maydh xubnaha taranka ee jidhkaaga.

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

Sidee loo xakameeyaa cadaadiska kaaga imanaya wiilasha iyo gabdhaha kale ee asaaggaa?

- U sharax in sigaar cabista iyo cunista qaadku aysan u fiicnayn caafimaadkaaga, waxbarashadaada, iyo mustaqbalkaaga intaba.
- U sharax inaanad diyaar u ahayn inaad saaxiib/saaxiibad yeelato sababtoo ah waxaad u baahan tahay inaad ku dadaasho waxbarashada.
- U sharax in dagaalku aanu caafimaadkaaga u fiicnayn, ninka dhabta ahina aanu u baahnayn dagaal si uu u muujiyo awoodiisa.



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.

Ma iska caadibaa in...

Ma iska caadi baa in koritaanka (qaangaadhka) gabdhuhu ka dhaqso badan yahay wiilasha?

- Haa, guud ahaan isbeddellada jidhka ee xiliga qaangaadhku waxay kusoo horeeyaan gabdhaha marka loo eego kuwa wiilasha.

Ma iska caadi baa in finan lagu yeesho wajiga xilliga qaan-gaarnimada?

- Haa, wiilal iyo gabdho badan ayaa finan ka soo baxaan wajiga xilliga qaan-gaadhnimada sababtoo ah jidhku wuxuu soo saaro saliid badan oo maqaarka ah. Isku day inaad ku taataaban gacanta kuna dhaq wajigaaga saabuun iyo biyo laba jeer maalintii si ay kaaga caawiso yaraynta finanka.

Ma iska caadi baa inaad dareento in wax ka khaldan yihiin jidhkaaga marka aad la kulmeyso qaangaadhnimada?

- Haa, wiilal badan ayaa dareema in isbeddelka jidhkoooodu aanu caadi ahayn ama ay yihiin kuwa keliya ee la kulma. Ha werwerin, wiilasha oo dhan waxay si isku mid ah u maraan marxaladaha isbeddelada jidheed iyo kuwa maskaxeed, wayna iska taageeri karaan midba midka kale si uu ugu noolaado nolol caafimaad leh!

Ma iska caadi baa in codka wiilku uu isbeddelo xilliga qaan-gaadhnimada?

- Haa, codka wayn (dhawaaqa yimaada marka codka wiilku is beddelo) waa isbeddel jidheed oo caadi ah kaasoo wiilasha ay la kulmaan xilliga qaan-gaadhnimada.

Ma iska caadi baa in wiilasha qaar ay ka weynaadaan wiilasha kale xilliga qaangaadhka?

- Haa, wiilashu waxay ka siman yihiin isbeddelada jidheed ee ay maraan xilliga qaan-gaarnimada, laakiin waxay ku kala duwan yihiin heerka koritaanka ee dhinacyada dhererka iyo miisaanka, sidaas awgeed haka welwelin haddii isbeddelka dherarka iyo miisaanka jidhkaagu ka duwan yahay kuwa asxaabtaada ama walaalaha.

Ma iska caadi baa in wiilku arko ama ka fikiro gabadh qurux badan kadibna uu kacsado?

- Haa, waa wax caadi ah in wiilka qaangaadhka ahi uu la kulmo arinta noocan ah, laakiin taa macnaheedu maaha in wiilku diyaar u yahay galmo. Waa kaliya falcelinta jidhka caadiga ah inta lagu jiro qaan

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 activities 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.

Ma iska caadi baa in...

Ma iska caadi baa in shucuurtaadu isbedbedesho inta lagu jiro qaan-gaadhnimada?

- Haa, mararka qaarkood wiilashu waxay dareemaan murugo ama niyad jab inta ay ku jiraan qaan-gaardhnimada mana garanayaan sida loo maareeyo dareenkaas. Haddii aad sidaas dareemayso, waxaad la hadli kartaa qof aad ku kalsoon tahay, sida waalidkaa oo kale, adeero, abtiyo, awoowo, macalinka, saaxiibkaa, shaqaalaha caafimaadka ama tababarehaaga si ay kaaga caawiyaan dareenkan.

Ma iska caadi baa in wiilku riyoodo ka dibna biya-baxo? ama biya-baxo isagoon riyoon?

- Haa, riyada gogashu waa qayb ka mid ah qaangaadhnimada wiilka. Mararka qaarkood wiilku wuu xasuusan yahay inuu riyooday, mararka qaarkood ma xasuusto riyada. Labaduba waa xaalado iska caadi ah oo dhaca.

Ma caadi baa in wiilasha iyo gabdhuhu dareen isu qaadaan xilliga qaangaadhnimada?

- Haa, xilliga qaan-gaadhnimada, wiilasha iyo gabdhuhu waxaa laga yaabaa inay isu qaaqaan dareen cusub oo aanay lahaan jirin markii ay yaraayeen. Laakiin, waxaa muhiim u ah in wiilasha iyo gabdhuhu ay is ixtiraamaan, iskana taageeraan waxbarashadooda iyo xaaladaha kale nolosha inta ay kujiraan qaangaadhnimada.

Ma iska caadi baa in wiilasha qaar ay noqdaan kuwo qallafsan oo madax adag xilliga qaangaarnimada oo ay dareemaan in ay la dagaallamaan gabadhaha?

- Haa, inta lagu jiro qaan-gaarnimada, wiilku waxa uu marayaa isbeddello jidheed iyo kuwo shucuureed oo kala duwan. Waxyaalahan cusubi waxay u horseedi karaan wiilka inuu mararka qaarkood caasi noqdo oo uu qaado dagaal. Waalidiinta, macalimiinta, iyo saaxiibadiisu waxay ka caawin karaan wiilka inuu xakameeyo dareenkan cusub oo uu u dhaqmo si wanaagsan.

Ma caadi baa in wiilku diido inuu isticmaalo mukhaadaraadka sida qaadkaa iyo sigaarka, islamarkaana isku dayo inuu ka fogaado kooxaha isaga ku cadaadin kara balwadaha noocan ah?

- Haa, aad bay u caafimaad badan tahay haddii wiilku ka fogaado isticmaalka mukhaadaraadka, islamarkaana ka fogaado kooxaha xun xun. Dabeecadahani waxay waxyeello u geysan karaan koritaankaaga, waxbarashadaada, iyo fursadaha noloshaada mustaqbalka.

Ma caadi baa in wiilku qaan-gaadho ka hor inta uusan gaadhin 12 sano jir, halka wiil kalena uusan qaangaadhaynin ilaa 14 jirkiisa?

- Haa, da'da ay ku qaan-gaadhaan wiilashu way kala duwan tahay, qaarkood waxay ku qaangaadhaan iyagoo 9 jir, halka qaar kalena ku qaangaadhaan 15 ama 16 sano jir.

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

Odhaahyadan sheeg ta run ah iyo mida been ah?

1. Wiilka isagoo da'diisu yar tahay qaangaadhaa wuxuu ka hor gaboobi doonaa wiilka ay isku da'da yihiin ee ay ka raagto qaangaadhnimadu.
2. Jidhku si joogto ah ayuu u sameeyaa shahwada, markaa wiil soo koraya iyo nin weyni ma wada isticmaali karaan in isle'eg.
3. Kaadida iyo shahwadu way isku darsamaan marka wiilku biya-baxo.
4. Waa wax iska dabiici ah in labada xiniinyood midkood uu ka dheeraado kan kale si socodku kuugu sahlanaado.
5. Waxaa suurtoagal ah in wiilka wali kujira xiliga qaangaadhka (13 ilaa 19 jir) uu uureeyo haweeney.
6. Xubinta taranka ee raggu waxay leeyihiin qaabab iyo cabbirro kala duwan, markaa waxa laga yaabaa in uu kaagu ka cabbir duwan yahay kuwa saaxiibadaa ama qaraabadaa.
7. Gabdhuhu celcelis ahaan waxay qaangaadhaan da'dooda oo yar marka la barbar dhigo mida wiilasha.
8. Waxaa suurtoagal ah in wiilku xakameeyo riyada xilliga qaangaadhka.

Jawaabaha: 1. Been 2. Run 3. Been 4. Run 5. Run
6. Run 7. Run 8. Been

Main body changes in boys

Isbeddelka Jidheed ee wiilasha

Your skin makes more oils so you may get pimples

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

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

Your nipples get larger and darker in color

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

Your muscles get bigger and stronger

Your height and weight increase

Maqaarkaagu wuxuu sameeyaa saliid badan taasoo sababta finan wajiga kasoo baxa

Qanjidhada ku yaala kililooyinka ayaa noqda kuwo firfircoon uwaasoo keena sinjiidha

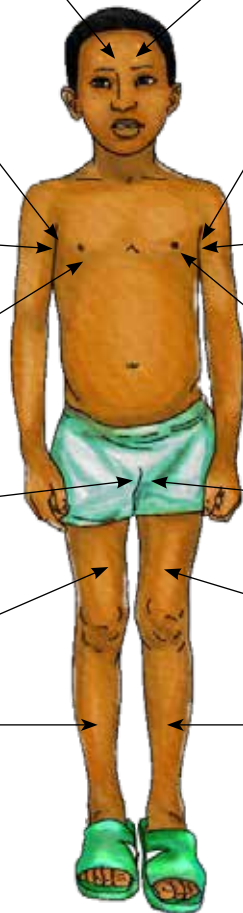
Timaha ayaa kasoo baxa gadhka, kililooyinka, laabta iyo aagga xubnaha taranka

Ibta naaska ayaa weynaata, sidoo kalena madoobata

Xubnaha taranka oo waynaada

Muruqyada jidhka oo waynaada, sidoo kalena xoogaysta

Waxaa kordha dhererka iyo miisaanka jidhka



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!



Hambalyo!

- Hadda waxaad ogaatay inaad ka kortay caruurnimadii oo aad noqotay nin dhallinyaro ah! Waxaan rajaynaynaa inaad dareento xoogaaga, islamarkaana ku faanto jidhkaaga iyo maskaxdaada. Ixtiraam naftaada iyo kuwa kaleba!

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This book tells the
stories of young
Ethiopian boys



Kuni Maxaafi ajuullu
Itophiyu ooso dhagge
kulanno.



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