This book was reproduced, with permission from the author, by:

The Kesho Fund

Visit us at KeshoFund.org
or visit the author at GrowandKnow.org
Congratulations!
You have now learned about growing from a boy into a young man!
We hope you feel strong and proud of your body and mind!
Respect yourself and also respect others!

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

© 2013 Grow and Know Inc.

Aknowledgements

Our greatest thanks for the MEES (Moral Ethics and Environmental Education Committee of the Ministry of Education, Zanzibar) curriculum publication from Femina HIP, UNFPA and UNICEF for providing effective puberty guidance for boys on which this book is based; to all the Tanzanians who helped in producing this book, especially Dr. Stella Bendera, Proscovia Mujumba, Mr. Charles Moshi and Daniel Maro.

All rights reserved; no part of this publication may be reproduced, stored in retrieval system, translated in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author.

Authors: Marni Sommer
Samuel Likindikoki
Sylvia Kaaya

Stories by: Boys of Tanzania

Translators: Annagrace Rwehumbiza
Richard Mabala

Editor: Aidan Publishers Ltd
P.O.Box 75773
Dar es Salaam

Illustrator: Abdul Gugu

Layout and Design: Sisi Illustrators
P. O.Box 42266
Dar Es Salaam

Printing funded by: Grow and Know, Inc

ISBN: 978 9987 37 231 7
What is Puberty?

Between the ages of 10 and 14, most girls and boys begin to notice changes in their bodies. These physical and emotional changes take place over a number of years.

These changes are often called “puberty” or “adolescence,” and girls and boys from this age until adulthood are often called “adolescents.”

Balehe ni nini?

Kati ya umri wa miaka 10 na 14, wasichana na wavulana wengi huanza kuhisi kugundua mabadiliko kwenye miili yao. Mabadiliko haya ya kimwili na kihisia huendelea kutokea kwa muda wa miaka kadhaa.

Mabadiliko haya huwa yanaitwa “balehe” au “Ujana”, na wasichana na wavulana kuanzia umri huo hadi kufikia utu uzima huitwa “Vijana.”
**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.

**Kubalehe** huanza wakati kemikali za mwili zinazoitwa "homoni" huanza kuzalishwa kwa wingi zaidi kwenye mwili. Homoni hizi husababisha mabadiliko ya mwili.

Licha ya kuchoochea mabadiliko ya mwili, homoni husababisha mabadiliko ya hisia pia. Hivyo mvulana anayekuwa anaweza kujisikia mara furaha, mara hasira au huzuni au kuchanganyikiwa.
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 have children and start our own families.

While boys’ bodies start having the ability to create children, it does not mean boys and girls are ready to have children. It is physically unsafe for a girl to have a baby at a young age, and boys and girls can miss out on school and other life chances if they have a baby when they are too young.

What is sperm?

When a boy goes through puberty, the testicles produce sperm. Sperm are the male cells that make it biologically possible for a man to create a baby in the future with a woman. 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 milky white fluid called semen that comes out when a boy ejaculates. Semen is a mixture of fluids and sperm.

Manii (mbegu za kiume) ni nini?


When does puberty begin and how long does it take?

Puberty changes take place in boys and girls at different times. Generally changes start later for boys than for girls. Some boys start at the age of 9 while others start after age 14. For some, changes may take place in one year or less. In others, the changes can take as long as six years.

What are the physical changes that take place in boys?

A boy gets taller, his muscles get bigger, his shoulders get wider, he grows hair in new places (upper lip, underarms, pubic hair), his voice will crack and become deeper, his testicles, scrotum and penis grow larger, and he will be able to ejaculate (release) 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.

Balehe inaanza wakati gani na huchukua muda gani?

Mabadiliko hutokea kwa wavulana na wasichana kwa wakati tofauti. Kwa kawaida mabadiliko ya wavulana huchelewa zaidi kuliko mabadiliko ya wasichana. Wavulana wengine huanza wakiwa na miaka 9, wakati wengine huanza baada ya kutimiza miaka 14.

Mabadiliko yanaweza kutokea ndani ya mwaka mmoja tu au chini ya hapo. Kwa watu wengine, mabadiliko haya yanaweza kuchukua hadi miaka sita.

Mwili wa mvulana hubadilikaje?

Mvulana hurefuka, misuli yake hutanuka, mabega yake hupanuka, huota nywele katika maeneo mapya (juu ya mdomo wake wa juu, kwapani, mavuzi kwenye sehemu za siri), sauti yake huanza kukwaruza na kuwa nzito, korodani, mfuko wa korodani vinaongezeka na uume huwa mkubwa, na ataweza kumwaga ‘manii’.

Hakuna mpangilio maalumu wa jinsi mabadiliko haya yanavyotokea. Ni tofauti kwa kila mvulana. Hivyo usiwe na wasiwasi kama mabadiliko haya ni tofauti na ya marafiki zako.
What is an erection?

During puberty, a boy starts to have **erections**. This is when the internal tissue in the penis fills with more blood than usual. 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.

Why do erections happen?

Erections can happen when a boy or man wakes up in the morning, or is feeling nervous, or if the penis is touched, or if a boy or man is having sexual thoughts. Or sometimes it can happen for no reason at all. This is normal during puberty.

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

Kudinda maana yake nini?


Kwa nini uume hudinda?

Kudindisha kunaweza kutokea ama wakati mvulana au mwanaume anaamka asubuhii, ama anapokuwa na wasiwasi, ama uume unapoguszwa, ama mvulana au mwanaume anapofikiria masuala ya ngono. Ama, wakati mwingine, hali hii inaweza kutokea bila sababu yoyote. Ni jambo la kawaida kipindi cha balehe.

Kudindisha wakati mwingine hutokea ambapo mtu hategemei hivyo kufanya mvulana aone aibu, lakini ni jambo la kawaida na hali hii hupungua kadiri mvulana anapoendelea kukuwa.
Shapes and Sizes

Many boys worry that their penis is too short or too long or too thin or too fat. There is no one right size or shape. Any size or shape is normal.

When a boy has an erection, the penis may point in different directions or point upwards. Any direction is normal.

If you are cold or nervous, less blood flows to your penis and it may get smaller in size. If you are warm or relaxed, more blood flows to the penis and it may get larger.

How to manage erections?

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

Some suggestions for managing erections include staying seated, wearing bigger pants, putting your hands in your pockets to hide it, shifting your book to cover it, or focusing on something else till it goes away.

Umbo na Ukubwa

Wavulana wengi huwa na mashaka kwamba uume wao ni mdogo mno, ama mrefu mno, ama mwembamba mno, ama mnene mno. Hakuna umbo wala ukubwa maalum. Ukubwa au umbo wowote ni sawa tu, ni kawaida.

Wakati mvulana amedindisha, uume wake unaweza kuelekea upande wowote, ama kuangalia kwa juu. Mwelekeo wowote ni sawa tu, ni wa kawaida.

Ukiwa na baridi au ukiwa na wasiwasí, damu inayoingia kwenye uume wako ni mdogo zaidi hivyo uume unaweza kuwa mdogo zaidi. Ukiwa na joto ama umetulia, damu nyangi zaidi huingia kwenye uume hivyo unaweza kuwa mkubwa zaidi.

Jinsi ya kuhimili hali ya kudindisha

Wakati wa kubalehe, kijana anaweza kudindisha wakati wowote au mahali popote. Kwa mfano, inaweza kutokеa wakati mvulana yuko darasani, ama akiwa amekaa pembeni mwa barabara, na hutokea mara nyangi wakati hategemei. Hali hii ni ya kawaida lakini inaweza kumfanya mvulana kusikia aibu.

Baadhi ya mapendekezo ya kuhimili kudindisha ni pamoja na kubaki umekaa, kuvaa suruali pana, kuweka mikono kwenye mifuko ya suruali yako ili kufigha, kufunika kwa kitabu, ama kuwaza mambo mengine mpaka hali hiyo iishe au ipotee.
What are wet dreams?

A “wet dream” is when a boy ejaculates (releases) 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 underclothes are wet with the sticky white fluid called semen. Some boys will remember having a dream that included sexual thoughts. This is all normal. As a boy grows into a man, he will have fewer wet dreams.

How do girls’ bodies change during puberty?

During puberty, a girl’s breasts begin to grow and her hips become rounder. Hair starts to grow under her arms and between her legs. She starts to menstruate (have periods). 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 usually lasts 4 to 7 days and usually happens every month.

Ndoto nyevu ni nini?


Miili ya wasichana hubali likaje wakati wa kubalehe?


Hedhi inamaanisha kuwa mwili wa msichana unakua na unaanza kujiaendapo atapata mimba hapo baadaye na kuzaa mtoto salama. Kipindi cha hedhi, tabaka jembamba la uterasi (ukuta wa nyumba ya uzazi) hutokana njie pamoja na damu kupitia kwenye uke. Kutoka kwa damu hudumu kwa siku 4 hadi 7 na, kwa kawaida, hutokea kilina mwezi.
How should boys and girls behave towards each other during puberty?

Boys' and girls' bodies and emotions go through many changes during puberty. Sometimes girls can feel pain from their menstruation or boys can feel shy because of erections and ejaculations. Some girls and boys experience body changes faster or slower than other boys and girls. These are all normal feelings and experiences, and boys and girls should be understanding and not tease each other during puberty.

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 sports activities.
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, internet or television, and from other people to have a girlfriend, to drink alcohol, to try smoking cigarettes or other drugs, and to show how strong and brave he is through fighting.

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. But 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 because they can damage his health and chance to have a successful life.

Talk to…

Talk to your brothers, uncles, fathers, grandfathers, male teachers, and health workers. When your body is changing, you may have many questions and feel confused sometimes about what is normal. 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 testicle, then it is good to ask a doctor or nurse for advice.

Mashinikizo yanayoweza kuwasumbua wavulana wakati wanapokuwa vijana

Wakati mvulana anapitia kipindi cha kubalehe, anaweza kujihisi mashinikizo kutoka kwa wavulana wakubwa zaidi, vijana na watu wazima, kutoka kwenywe redio, intaneti ama runinga, na kutoka kwa watu wengine kuhusu kupata mpenzi, kunywa pombe, kujariibu sigara ama dawa nyingine za kulevya, na kupigiana ili kuonyesha jinsi aliivyono na nguvu na ujasiri.

Hali ya mvulana kujisikia kushinikizwa kufanya mambo haya kutoka kwa wavulana wenzie (ama wasichana) huitwa shinikizo rika, na mara nyingine ni vigumu kukataa. Lakini iwapo mvulana anataka kukuza kijana kwenywe alya, lazima atunze mwili wake, azingatie masomo, na kukwepa kufanya vitendo hatarishi kwa sababu vinaweza kuharibu alya yake na fursa zake za kuwa na maisha yenye mafaniko.

Ongea na...

Ongea na kaka, wajomba, baba na babu zako, walimu wa kiume na hata wahudumu wa alya. Wakati mwili wako unabadilika unaweza kuwa na maswali mengi na kujisikia kuchanganyikiwa juu ya kitu ambacho ni cha kawaida. Ni vyema kuomba ushauri kutoka kwa wakubwa zako. Wamepitia mabadiliko hayohayo unayopatia wewe. Wanaweza kujibiu maswali yako yote, na pia kukusaidia kukabiliana na shinikizo rika kutoka kwa wavulana wengine na wasichana.

Iwapo unahisi kwamba kuna mabadiliko ya mwili ambayo si kawaida kama vile ukhisi uvimbe au maumivu kwenywe makende (mapumbu) yako, ni vyema ukamuona daktari ama nesi kwa ajili ya ushauri zaidi.
Story 1

Two months ago on a Sunday night, I dreamed that I was with a girl. I was feeling very happy and like I was so close to her. Then I ejaculated for the first time. I woke up and found my clothes were wet and something like glue was on my penis. Then I decided to take a bath, and wash my clothes. When I finished, I got back into bed and started thinking about what was happening. I thought about what had come out, and I thought it was a disease. So in the morning, I told my brother, but he didn’t tell me anything. Then I decided to go to my father, and told him to take me to the hospital. He asked me what was wrong, I explained it to him, and he said to me, “Now you are a man, you are an adult, and you are no longer a child.” I felt very good to hear this. I started reducing some of my activities like playing with girls.

I was thanking God because of the changes happening to my body, like changes to my voice. I was not happy with the nipple changes, but they are a step of growing up, so I accept them. And I expect that one day they will end. I would like to advise my young brothers that if they find themselves in such a situation, they should not hesitate to ask for advice or tell their elders like brothers, father and even mothers because they can help. However it is necessary not to have unprotected sex during this time, because it can cause pregnancy and you can have a child while you are still a child too. Ask for advice, take action, don’t be quiet, look for friends and solve the problems.

Hadithi ya 1


One day I was seated in the classroom and felt my penis was erecting. I sat there until it went back to normal. Then I went to the toilet to urinate and came back to the classroom. I wondered if it was a normal thing for a man, and I didn’t tell anyone. I just remained silent as if nothing had happened. Later I decided to ask someone, what does a penis erecting mean? Do you know what it means?

My advice to boys who are 10-14 years old is this: One, when this type of situation happens, you don’t have to be surprised because what I now know is that it’s one of the growing steps towards adulthood. Two, a situation like an erection, when it happens, if you cannot tell your parents or your brothers, then you can go and get advice from a health worker or someone who is older who you trust can help you. Three, when things like this happen to you, you should not think about having sex. Having sex or love these days is very dangerous. You may get a disease or impregnate someone. So seek advice from someone older and take care of your behavior so you will have a chance for a good life.

Hadithi ya 2


Story 3

I completed my primary education with a good performance in class and good friends. But after being selected to go to secondary school, the situation was not the same. I began to spend time with new friends who had bad advice. Now my situation in class is not satisfying compared to the situation when I was in primary school.

All of this is because of my friends who have bad manners which are not accepted in the society. Bad friends are not only those who are stealing, smoking cigarettes, drunkards or those who have many girlfriends and are preferring sex. Bad friends can come in different shapes and forms. They can lead you away from your studying.

Now I regret because my situation in class has dropped because of my friends. A friend can have a good aim or a bad aim for you. So you have to take care in choosing your friends. Sometimes they can cause you to start having bad behavior which is not acceptable in the society and can lead you to lose your life chances.

Hadithi 3


Hii yote ni kwa sababu ya marafiki zangu ambao walikuwa na tabia mbaya ambazo hazikubaliki ndani ya jamii. Marafiki wabaya si wale tu wanaoiba, kuvuta sigara, kulewa ama wale wenye wasichana wengi na kupenda ngono. Marafiki wabaya wanaweza kuja katika hali na njia tofauti. Wanaweza kukupotosha na masomo yako.

Na kwa sasa ninajutia kwani hali yangu darasani imeanguka kwa sababu ya marafiki zangu. Rafiki anaweza kuwa na nia mbaya ama nia njema kwako. Kwa hiyo inabidi kuwa mwangalifu sana kwenye kuchagua marafiki. Wakati mwingine wanaweza kukusababisha kuanza kuwa na tabia mbaya ambayo haikubaliki na jamii na kupelekea kupoteza fursa za maisha.
I was advised by my friends to smoke cigarettes. At the beginning, the cigarette and I didn’t like each other. But one day I was with my friends in town and we were planning to get back to school. Then one friend asked me, “Why are you not smoking?” I didn’t want to smoke. But because I didn’t want to leave my friends, I decided to smoke. That was my first day to smoke. Up to this day, I am thinking how can I stop? I want to stop but I cannot. I cannot stay for more than four hours without smoking. Some days, I escape from the class because I have to smoke.

When I first tried smoking, I felt so bad. But by the second time, I was like an expert. Up to this day, I have four boxes, and I will smoke them all in one week. I need help because I want to stop but I can’t because cigarettes are like my life now. When I smoke, I feel stupid. It reached a time, they chased me away at home. Even those who taught me to smoke, their life is not good. I would really like to go back to my previous life, but I can’t. I heard that smoking has got a lot of bad effects and I don’t want to face those effects. I know that stopping is difficult so I advise my younger brothers that the best solution is to never smoke a single cigarette.
One of my friends was fighting with his close friend and the reason was a girl. My friend was so much in love to the extent that he reached a time when if he didn't see this girl, he felt very unhappy. My advice is that friends should not fight because of a girl, or destroy their friendship because of love. That is not an important thing. So many fights, when you come to investigate them, are fights about girls. Myself, I give this advice to all of my friends, that the issue of fighting for girls is not good.

We have to change and look for a good life. Then when our life is good, we can start things like that. I add that all the issues of women, they are there, and they will not go anywhere. It is important not to waste time on fighting over girls, and instead to focus on achieving your life goals.


Story 6

Every day you wake up to a day of happiness when you see the bright sun of the early morning. But one day it was not like that for me. I woke up early in the morning thinking that this day was going to start well as usual. I didn’t know what was about to ruin the beautiful day. It was a Friday and I heard my beloved parents quarrelling in the bedroom. I decided to go near my parent’s bedroom so that I could hear what the quarrel was about. As I got closer, I heard my father yelling at my mother. Then I heard my father slapping my mother. I went into their bedroom and asked my father, “What is the problem? Why are you slapping Mum?” My father did not answer and left the bedroom and went away.

Then I asked my mother the same question, and she told me that my father had used all his salary for drinking. My father had made the mistake of misusing his salary but did not want to be corrected. So he became violent and slapped my mother. We should accept our responsibilities as men and not quarrel or be violent when we are corrected. We should try to understand our mistakes and fix them peacefully.

Hadithi 6


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 when they get dirty so they are neat and clean

**How to manage wet dreams and ejaculations?**

- Wash the private areas of your body
- If you wake up with wet underclothes or bed sheets, make sure to wash them 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 or your studies
- 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

---

Kujibu maswali ya “Nifanyeje?”

**Nifanyeje ili kuwa msafi katika kipindi cha balehe?**

- Jaribu kuoga kila asubuhi ili kukabiliana na harufu mpya za mwili.
- Jaribu kufua nguo zilo ziko kila zinapochafuka ili ziwe safi na nadhifu.

**Nifanyeje ili niweze kukabiliana na ndoto nyevu na kumwaga shahawa?**

- Safisha sehemu zako za siri.
- Endapo unaamka na nguo zilizolowana ama mashuka yaliyolowana, hakikisha unayafua siku hiyohiyo.

**Nifanyeje ili niweze kuhimili shinikizo rika kutoka kwa wavulana na wasichana?**

- Waeleze kuwa kuvuta sigara ama kunywa pombe si nzuri kwa afya yako au masomo yako.
- Waeleze kuwa hauko tayari kuwa na mpenzi kwa sababu ungependa kusoma na kufanya kazi kwa bidii.
- Waeleze kuwa kupigana si vizuri kwa afya yako, na mwnaume wa kweli hana haja ya kupigana.
Is it normal if…?

Is it normal to get pimples during puberty?

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

Is it normal for your nipples to get harder and larger during puberty and then smaller again?

- Yes, during puberty a boy’s breasts can swell and he can get a bump or two under his nipples. This will go away as he gets older. But the area around the nipple will remain wider and darker after puberty.

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

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

Is it normal for a boy to wake up in the morning and find his penis is erected?

- Yes, it is very normal for a boy or a man to wake up with a penis that is erected.

Is it normal that some boys become rude and stubborn during puberty?

- Yes, during puberty a boy’s body is going through many different physical and emotional changes, and these new experiences can lead a boy to sometimes misbehave. Parents and teachers can help a boy remember to behave well.

Is it normal for semen to be released from the penis when a boy feels under pressure?

- Yes, this is a normal reaction to stress or pressure, and will not happen as much when a boy becomes older.

Je, ni kawaida kama…?

Je ni kawaida kupata chunusi wakati wa balehe?

- Ndiyo, wavulana na wasichana wengi wanapata chunusi chuki wa balehe kwa sababu mwili unaanza kutengeneza mafuta zaidi kwenye ngozi. Hakikisha kwamba hii iwaweza kuchukua na maji na sabuni mara mbili kwa siku ili kusaidia kupunguza chunusi.

Je ni kawaida chuchu zako kuwa ngumu na kubwa zaidi wakati wa balehe na baadaye kupungua tena?


Je ni kawaida kwa mvulana kuanza kubalehe kabla ya kufikia miaka 12 wakati mvulana mwingine hajaanza hadi miaka 14?

- Ndiyo, mabadiliko ya balehe hutokea katika umri tofauti kwa kila mvulana. Wengine wakafanya kuanza kubalehe wakiwa na miaka tisa tu, wakati wengi hawaanzi hadi kufikia miaka 15 au 16.

Je ni kawaida kwa mvulana kuamka asubuhi na kukuta kwamba uume wake umedinda?

- Ndiyo, ni kawaida sana kwa mvulana ama mwanaume kuamka uume wake ukiwa umedinda.

Je ni kawaida baadhi ya wavulana kuwa wakorofu na wakaidi kipindi cha balehe?

- Ndiyo, kipindi cha balehe mwili wa mvulana hupitia mabadiliko mengi mbalimbali kwa kihisia, na hali hili inaweza kumpelekea kukosa abadu. Wazazi na wanaume kwake kumsaidia mvulana kurejesha abadu.

Je, ni kawaida shahawa kutoka kwenye uume wakati mvulana anapojisikia shinikizo?

- Ndiyo, ni mwitikio wa kawaida mbele ya msonge au shinikizo, na haitatokea kiazi hicho mvulana anavyokuwa mkubwa zaidi.
Is it normal if….? (con’t)

Is it normal for a boy to have a smaller or larger sized penis than another boy?

• Yes, there is no one right size for a penis. Every boy and man has a different size, and they are all normal.

Is it normal if sometimes a boy feels sad or lonely and other times happy?

• Yes, during puberty the body goes through many changes because of hormones, and this can influence a boys’ emotions. Boys (and girls) can be happy one minute and feel sad or angry the next minute. This is normal.

Is it normal if a boy starts to feel shy or different around girls during puberty?

• Yes, both boys and girls start to feel different around each other during puberty. It is important not to tease each other, and to support each other in school and sports activities as you go through puberty.

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

• 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 growth, to studies, and for future life chances.

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

• Yes, having a wet dream (ejaculating while you are asleep) is a very normal part of puberty for a boy. Sometimes a boy will remember having a dream, and sometimes he will not. Both are normal.

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.
<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>A boy who starts puberty early will become an adult sooner than a boy who starts puberty later.</td>
<td>False</td>
</tr>
<tr>
<td>The body is always making more sperm, so a growing boy and man cannot use it all up.</td>
<td>True</td>
</tr>
<tr>
<td>The urine and semen get mixed together when a boy is ejaculating.</td>
<td>False</td>
</tr>
<tr>
<td>It is normal for one testicle to hang lower than the other one so it is easier to walk.</td>
<td>True</td>
</tr>
<tr>
<td>It is possible for a boy who is still an adolescent (aged 13-19) to impregnate a woman.</td>
<td>True</td>
</tr>
<tr>
<td>Even though he is too young to be having sex, a boy growing into a young man may start to have sexual thoughts about girls.</td>
<td>True</td>
</tr>
<tr>
<td>When you are feeling cold, the testicles will move closer to the body to keep warm.</td>
<td>True</td>
</tr>
<tr>
<td>The average girl starts growing taller and going through the changes of puberty before the average boy.</td>
<td>True</td>
</tr>
</tbody>
</table>

**Kweli/Si kweli?**

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mvulana ambaye anaanza balehe mapema atakuwa mtu mzima mapema zaidi ya mvulana anayechelewa.</td>
<td>Si kweli</td>
</tr>
<tr>
<td>Mwili hutengeneza manii kila wakati, hivyo mvulana anayekua au mwanaume hawawezi kuzitumia zote.</td>
<td>Kweli</td>
</tr>
<tr>
<td>Mkojo na shahawa huchanganyika mvulana anapomwaga shahawa.</td>
<td>Si kweli</td>
</tr>
<tr>
<td>Ni jambo la kawaida kwa korodani moja kushuka zaidi kuliko lingine, ili iwe rahisi kutembea.</td>
<td>Kweli</td>
</tr>
<tr>
<td>Mvulana ambaye bado anakua (miaka 13-19) anaweza kumpa mimba msichana?</td>
<td>Kweli</td>
</tr>
<tr>
<td>Japo bado ni mapema kufanya ngono, mvulana anayekua anaweza kuanza kuwa na mawazo ya kufanya ngono na wasichana.</td>
<td>Kweli</td>
</tr>
<tr>
<td>Unaposikia baridi korodani zitajikunja karibu zaidi na mwili ili kupata joto.</td>
<td>Kweli</td>
</tr>
<tr>
<td>Kwa wastani msichana huanza kurefuka na kupitia mabadiliko ya balehe kabla ya mvulana.</td>
<td>Kweli</td>
</tr>
</tbody>
</table>
Main Body Changes

- Your skin makes more oils so you may get pimples
- Sweat glands under arms become active so you may smell like an adult
- Hair grows on your face, under your arms, 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

Mabadiiko makuu katika mwili

- Ngozi yako inatengeneza mafuta mengi zaidi hivyo unaweza kupata chunusi
- Matezi ya jasho makwapani yanaanza kufanya kazi kwa nguvu hivyo utakuwa na harufu sawa na mtu mzima
- Nywele huota usoni, makwapani na kifuani mwako, na sehemu za siri
- Chuchu zako zinakuwa kubwa zaidi na kuwa na rangi nyeusi
- Ogani zako za kijinsia hukua na huongezeka (uume, korodani na kifuko cha korodani)
- Misuli yako huongezeka na kuimari
- Urefu na uzito wako huongezeka
Congratulations!
You have now learned about growing from a boy into a young man!
We hope you feel strong and proud of your body and mind!
Respect yourself and also respect others!

Hongera!!!
Sasa umejifunza juu ya kukua na kutoka uvulana na kuingia ujana!
Tuna matumaini kwamba unajisikia imara na unajivunia mwili na akili yako!
Jiheshimu na pia u waheshimu wengine!
THIS BOOK TELLS THE STORIES OF YOUNG TANZANIAN BOYS

KITABU HIKI KINAELEZEA KUHUSU WAVULANA WA TANZANIA