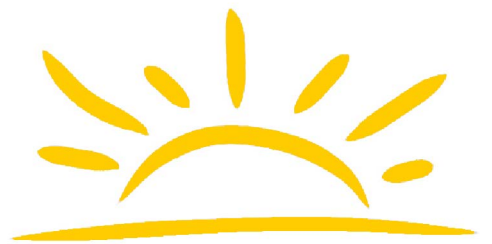


KUWA KIJANA



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TO BECOME A YOUNG MAN

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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 kuchochea 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.



Balehe ni wakati ambapo wavulana huanza kuzalisha **manii** (mbegu za kiume) na wasichana huanza kuzalisha mayai. Ni wakati ambao tunapevuka na kuwa wanaume na wanawake vijana.

Balehe ni kipindi maalum, na ni njia ya miili yetu kukua ili, siku moja, tutaweza kupata watoto na kuanzisha familia zetu.

Wakati miili ya wavulana inaanza kupata uwezo wa kutengeneza watoto, haimanishi kuwa wavulana na wasichana sasa wako tayari kupata watoto. Si salama kiasia, kwa msichana kuwa na mtoto katika umri mdogo mno, na hii inaweza kuwakosesha wavulana na wasichana shule na hata nafasi nyingine katika maisha kutokana na kupata mtoto wakiwa wadogo sana.

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?

Mvulana akibalehe, korodani zake huanza kuzalisha **manii** (mbegu za kiume). Manii ni chembechembe za kiume ambazo zinamwezesha mwanaume kushirikiana na mwanamke kutengeneza mtoto hapo baadaye. Hata hivyo mvulana (na msichana) ni wadogo mno kupata watoto wakati wa ujana huo. Si salama kiasia wakati miili yao bado inakua.

Manii ni ndogo sana kiasi kwamba huwezi kuziona. Ni sehemu ya uteute wenye rangi ya maziwa ambao huitwa **shahawa** inayotoka anapokojoa (*anapomwaga shahawa*). Shahawa ni mchanganyiko wa uteute na manii.

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.



Balehe inaanza wakati gani na huchukua muda gani?

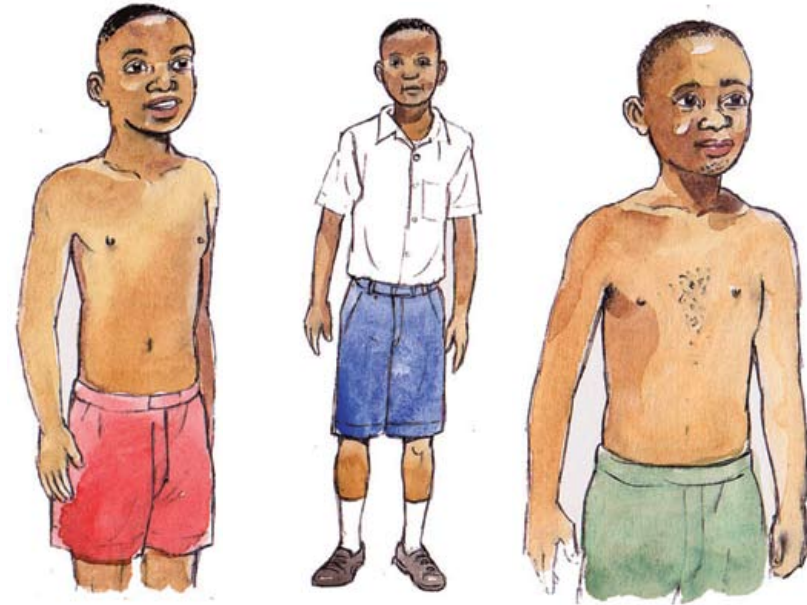
Mabadiliko hutokea kwa wavulana na wasichana kwa wakati tofauti. Kwa kawaida mabadiliko ya wavulana huchelewa zaidi kuliko mabadiliko ya wasichana. Wavulana wengine huanza wakiwa na miaka 9, wakati wengine huanza baada ya kutimiza miaka 14.

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

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.



Mwili wa mvulana hubadilikaje?

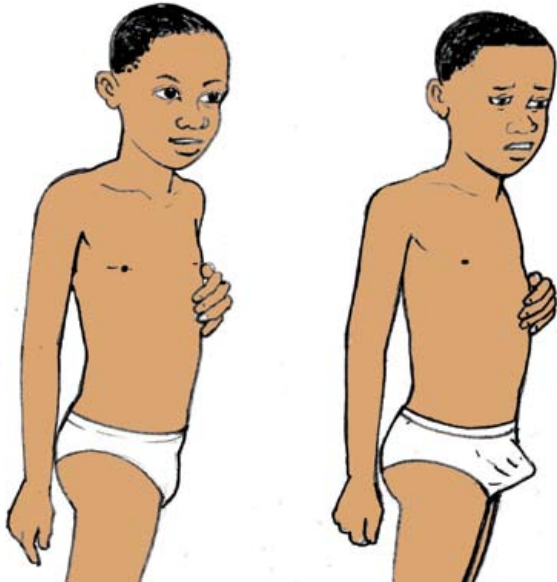
Mvulana hurefuka, misuli yake hutanuka, mabega yake hupanuka, huota nywele katika maeneo mapya (juu ya mdomo wake wa juu, kwapani, mavuzi kwenye sehemu za siri), sauti yake huanza kukwaruza na kuwa nzito, korodani, mfuko wa korodani vinaongezeka na uume huwa mkubwa, na ataweza **kumwaga 'manii'**.

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.



Kudinda maana yake nini?

Kipindi cha kubalehe, mvulana huanza **kudindisha** (uume kuisimka na kukakamaa). Hali hii hutokea wakati ambapo chembechembe za ndani ya uume hujaa damu zaidi ya kawaida. Chembechembe hizo huwa ngumu zinapojaa damu hivyo uume unaongezeka na kuwa mgumu na kusimama.

Kudinda kwa uume kunaweza kutokea kwa haraka sana ama taratibu. Na uume unaweza kudinda kwa muda mfupi au muda mrefu zaidi. Ndivyo hali ilivyo kwa wavulana na wanaume wote.

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.



Kwa nini uume hudinda?

Kudindisha kunaweza kutokea ama wakati mvulana au mwanaume anaamka asubuhi, ama anapokuwa na wasiwasi, ama uume unapoguswa, 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 kadri mvulana anapoendelea kukua.

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.



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 wasiwasi, damu inayoingia kwenye uume wako ni mdogo zaidi hivyo uume unaweza kuwa mdogo zaidi. Ukiwa na joto ama umetulia, damu nyingi zaidi huingia kwenye uume hivyo unaweza kuwa mkubwa zaidi.

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.



Jinsi ya kuhimili hali ya kudindisha

Wakati wa kubalehe, kijana anaweza kudindisha wakati wowote au mahali popote. Kwa mfano, inaweza kutokea wakati mvulana yuko darasani, ama akiwa amekaa pembeni mwa barabara, na hutokea mara nyingi 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 kuficha, 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.



Ndoto nyevu ni nini?

Ndoto nyevu ni wakati ambapo mvulana **anamwaga manii** akiwa usingizini. Karibu theluthi ya wavulana humwaga manii kwa mara ya kwanza kupitia ndoto nyevu. Mvulana anaweza kuamka na kukuta nguo zake za ndani zimelowa majimaji meupe yenye kunata yanayoitwa shahawa. Wavulana wengine watakumbuka kwamba walikuwa wanaota ndoto iliyohusisha masuala ya ngono. Hali hii ni ya kawaida. Kadri mvulana anavyofikia utu uzima, ndoto nyevu hupungua.

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.



Miili ya wasichana hubadilikaje wakati wa kubalehe?

Kipindi cha balehe, maziwa ya msichana huanza kuongezeka na nyonga zake hutanuka na kuwa za mviringo zaidi. Nywele huanza kuota kwenye makwapa na sehemu zake za siri. Aidha huvunja ungo (huanza kupata hedhi).

Hedhi inamaanisha kuwa mwili wa msichana unakua na unaanza kujiandaa endapo atapata mimba hapo baadaye na kuzaa mtoto salama. Kipindi cha hedhi, tabaka jembamba la **uterasi** (ukuta wa nyumba ya uzazi) hutoka nje pamoja na damu kupitia kwenye **uke**. Kutoka kwa damu hudumu kwa siku 4 hadi 7 na, kwa kawaida, hutokea kila 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.



Wavulana na wasichana wanapaswa kushirikiana vipi katika kipindi cha kubalehe?

Miili na hisia za wasichana na wavulana hubadilika sana kipindi hiki cha kubalehe. Wakati mwingine wasichana wanaweza kupata maumivu wakati wa hedhi au wavulana wanaweza kuona aibu kwa sababu ya kudindisha na kumwaga manii. Mabadiliko ya mwili ya wasichana na wavulana yanaweza kutokea haraka zaidi au taratibu zaidi. Hisia hizi na hali hii ni za kawaida, na wavulana na wasichana wanatakiwa kuwa waelewa na si kutaniana katika kipindi cha kubalehe.

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.



Wasichana na wavulana wanapaswa kuheshimiana katika kipindi cha kubalehe

Kipindi cha kubalehe kinaweza kuwa kipindi cha kuchanganyikiwa kwa wavulana na wasichana. Miili yao inabadilika sana, na watu wazima wanaweza kuanza kuwachukulia tofauti na kuwa na mategemeo mapya juu ya tabia zao. Ni muhimu kwa wavulana na wasichana kuheshimiana katika kipindi hiki cha ukuaji. Wanapaswa kuchukuliana kama kaka na dada, na kusaidiana kwenye elimu na michezo.

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.



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 kwenye redio, intaneti ama runinga, na kutoka kwa watu wengine kuhusu kupata mpenzi, kunywa pombe, kujaribu sigara ama dawa nyingine za kulevya, na kupigana ili kuonyesha jinsi alivyo 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 kukua akiwa kijana mwenye afya, lazima atunze mwili wake, azingatie masomo, na kukwepa kufanya vitendo hatarishi kwa sababu vinaweza kuharibu afya yake na fursa zake za kuwa na maisha yenye mafanikio.

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.



Ongea na...

Ongea na kaka, wajomba, baba na babu zako, walimu wa kiume na hata wahudumu wa afya. 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 unayoyapitia wewe. Wanaweza kujibu 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 ukihisi uvimbe au maumivu kwenye 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

Miezi miwili iliyopita, usiku wa jumapili, niliota kwamba nilikuwa na msichana. Niliona raha sana maana nilikuwa karibu sana naye.

Kisha nilimwaga shahawa kwa mara ya kwanza. Niliamka na kukuta kwamba nguo zangu zimelowa na kuna kitu kama gundi kwenye uume wangu. Hivyo niliamua kuoga na kufua nguo zangu. Nilipomaliza, nilirudi kitandani na kuanza kutafakari juu ya kilichotokea. Niliwazia juu ya kilichotoka kwenye uume wangu na nilidhani ni ugonjwa. Kwa hiyo asubuhi nilimwambia kaka

yangu, lakini hakuniambia kitu. Ndipo nilipoamua kwenda kwa baba, na kumwambia anipeleke hospitali. Aliniuliza naumwa nini.

Nilipomuelezea, akaniambia, "Sasa umekuwa mwanaume, umekuwa mtu mzima, si mtoto tena". Niliona raha kusikia hivyo.

Nilianza kupunguza baadhi ya shughuli zangu kama kucheza na wasichana.

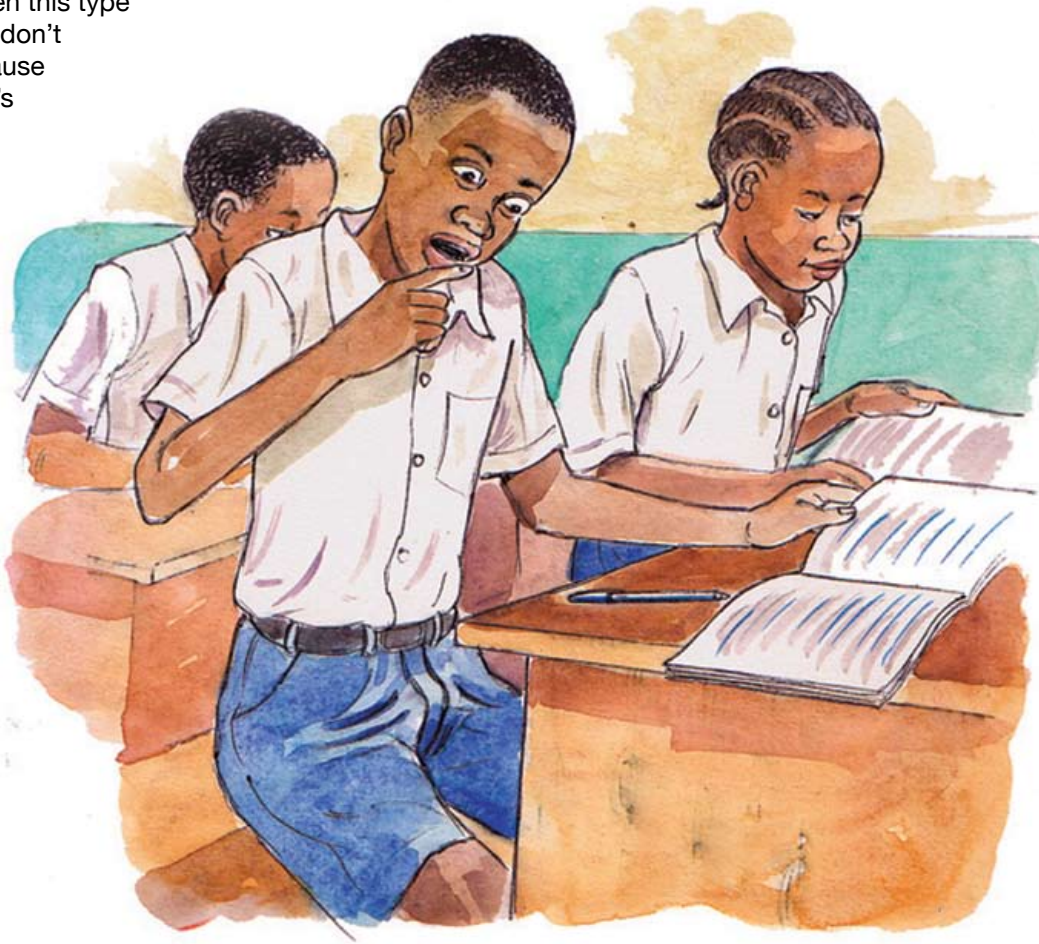
Nilikuwa namshukuru Mungu kwa sababu ya mabadiliko yaliyokuwa yanatokea mwilini mwangu, kama vile mabadiliko kwenye sauti yangu. Sikufurahia mabadiliko ya chuchu lakini ni hatua ya ukuaji, kwa hiyo nayakubali. Na ninategemea kwamba kuna siku yatakwisha. Ningependa kuwashauri wadogo zangu kwamba wakijikuta kwenye hali hii, wasisite kuomba ushauri ama kuwaambia wakubwa zao

kama vile kaka, baba na hata mama zao kwani wanaweza kusaidia. Hata hivyo, hawatakiwi kufanya ngono zisizo salama kwa kipindi hiki, kwani zinaweza kusababisha mimba na ukapata mtoto wakati wewe bado ni mtoto. Omba ushauri, chukua hatua na usikae kimya. Tafuta marafiki na utatue matatizo.

Story 2

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

Siku moja wakati nilikuwa nimekaa darasani nikasikia uume wangu unadinda. Nilikaa pale pale mpaka hali hii ikaisha na kurudia hali ya kawaida. Halafu nilienda chooni kukojoa na kurejea darasani. Nilijiuliza hii kama ni hali ya kawaida kwa mwanaume, na sikumwambia mtu. Nilikaa kimya kama vile hakuna kilichotokea. Baadaye niliamua kumuuliza mtu, kudinda kwa uume maana yake nini? Je wajua inamaanisha nini?

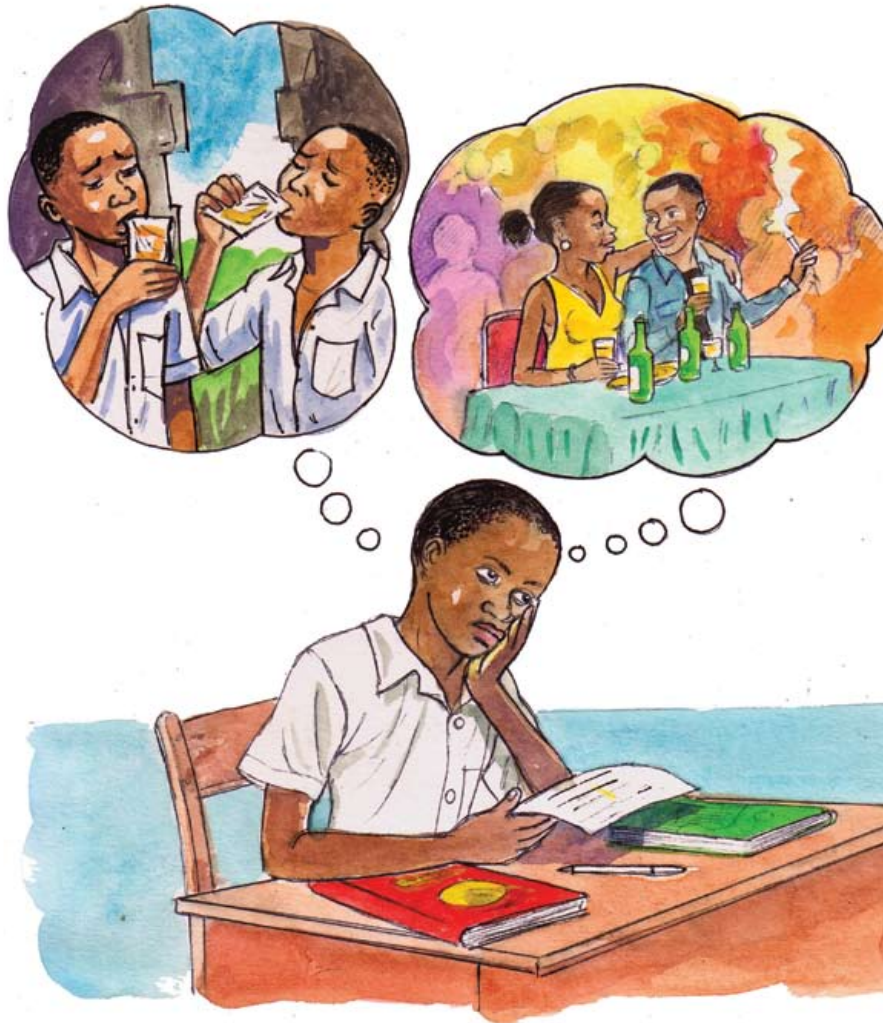
Ninatoa ushauri kwa wavulana ambao umri wao ni miaka 10-14 kwamba kwanza, wakati hali kama hii inatokea hakuna sababu ya kushangaa kwa sababu najua sasa kwamba hii ni hatua mojawapo ya kukua kuelekea utu uzima. Pili, hali ya kudindisha inapotokea, kama huwezi kuwaambia wazazi wako ama kaka yako, basi unaweza kwenda kupata ushauri kutoka kwa mhadumu wa afya ama mtu mzima ambaye unaamini anaweza kukusaidia. Tatu, mambo kama haya yanapokutokea, usiwaze kufanya ngono. Kufanya ngono ama mapenzi siku hizi ni hatari sana. Unaweza kupata magonjwa ama kumpa mtu mimba. Kwa hiyo tafuta ushauri kutoka kwa mtu mkubwa na ujichunge na tabia yako ili uweze kuwa na fursa nzuri katika maisha.

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

Nilimaliza darasa la saba nikiwa nimefaulu vizuri sana na marafiki wazuri sana. Ila baada ya kuwa nimechaguliwa kuingia sekondari, hali ilibadilika. Nilianza kupoteza muda mwingi na marafiki wapya ambao walikuwa na ushauri mbaya. Sasa hali yangu darasani hairidhishi ukilinganisha na nilivyokuwa shule ya msingi.

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.

Story 4

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.



Hadithi ya 4

Nilishauriwa na marafiki zangu kuvuta sigara. Mwanzoni, sikupatana sana na sigara. Lakini siku moja nilikuwa na marafiki zangu mjini na tukawa tunapanga kurudi shuleni. Ndipo rafiki yangu mmoja aliniuliza, "Kwa nini huvuti sigara?" sikutaka kuvuta. Lakini kwa sababu sikutaka kuachana na marafiki zangu, niliamua kuvuta. Hiyo ilikuwa ni siku yangu ya kwanza kuvuta. Mpaka leo hii, ninawazia nawezaje kuacha kuvuta sigara? Ninataka kuacha lakini siwezi. Siwezi kukaa zaidi ya masaa manne bila kuvuta. Siku nyingine, ninatoroka darasani kwa sababu ni lazima nivute.

Nilipojaribu kuvuta mara ya kwanza, nilijisikia vibaya sana. Lakini mara ya pili, tayari nilikuwa kama mtaalam. Mpaka leo hii nina pakiti nne za sigara na nitazivuta zote ndani ya wiki moja. Nahitaji kusaidiwa kwa sababu nataka kuacha lakini siwezi kwa sababu sigara sasa ni maisha yangu. Ninapovuta ninajisikia mjinga. Ilifikia kipindi hata nikafukuzwa nyumbani. Hata wale walionifundisha kuvuta sigara maisha yao si mazuri. Ningependa sana kurudi kwenye maisha yangu ya awali, lakini siwezi. Nilisikia kuwa kuvuta sigara kuna madhara mengi sana na nisingependa kukutana na hayo madhara. Najua kuwa kuacha ni vigumu sana, hivyo nawashauri wadogo zangu kwamba njia bora ni kutovuta sigara hata moja.

Story 5

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 .



Hadithi ya 5

Mmoja wa marafiki zangu alikuwa anapigana na rafiki yake mwandani, kisa msichana. Rafiki yangu alimpenda yule msichana kiasi kwamba asipomwona, alikosa raha sana. Binafsi, ntoa ushauri kwamba marafiki hawapaswi kupigana kwa sababu ya msichana, ama kuharibu urafiki wao kwa sababu ya mapenzi. Hicho si kitu cha muhimu sana. Ukichunguza vizuri, utakuta kwamba ugomvi mwingi chanzo chake ni wasichana. Binafsi, ntoa ushauri huu kwa marafiki zangu wote, kwamba mambo ya kugombania wasichana si mazuri.

Lazima tubadilike na kutafuta maisha mazuri. Hapo maisha yetu yatakapokuwa mazuri, tunaweza kuanza mambo kama hayo. Naongeza kwamba mambo yote ya wanawake, siku zote yapo, na hayaendi popote. Ni vyema kutopoteza muda kwa ajili ya kupigania wasichana, na badala yake kuwa makini kutimiza malengo yako ya maisha.

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

Kila siku ukiamka, unasikia furaha unapoona mwanga wa jua linalopambazuka. Ila siku moja haikuwa hivyo kwangu. Niliamka asubuhi na mapema nikidhani kuwa siku itaanza vyema kama siku nyingine zote. Sikujua ni kitu gani kitakuja kuharibu siku nzuri. Ilikuwa ni Ijumaa na nilisikia wazazi wangu wapendwa wakizozana chumbani kwao. Niliamua kusogelea karibu na chumba cha wazazi wangu ili niweze kusikia kwa nini wanazozana. Nilipokaribia mlango, nilisikia baba yangu akimkaripia mama yangu. Halafu nikasikia baba anampiga mama vibao. Niliingia chumbani kwao na kumuuliza baba yangu, "kuna shida gani? Kwa nini unampiga mama?" Baba yangu hakujibu. Alitoka nje na kujiondokea.

Ndipo nilimuuliza mama swali lilelile, ndipo aliponijibu kuwa baba yangu ametumia mshahara wote kwenye pombe. Baba yangu alikuwa amefanya makosa ya kutumia vibaya mshahara wake lakini hakutaka kukosolewa. Na hivyo akawa mkali na kumpiga mama. Tunatakiwa kukubali wajibu wetu kama wanaume na si kuzozana ama kuwa wagomvi tunapokosolewa. Tunatakiwa kujaribu kuelewa makosa yetu na kuyatatua kwa amani.

Answering the “how to” questions!

How to keep clean during puberty?

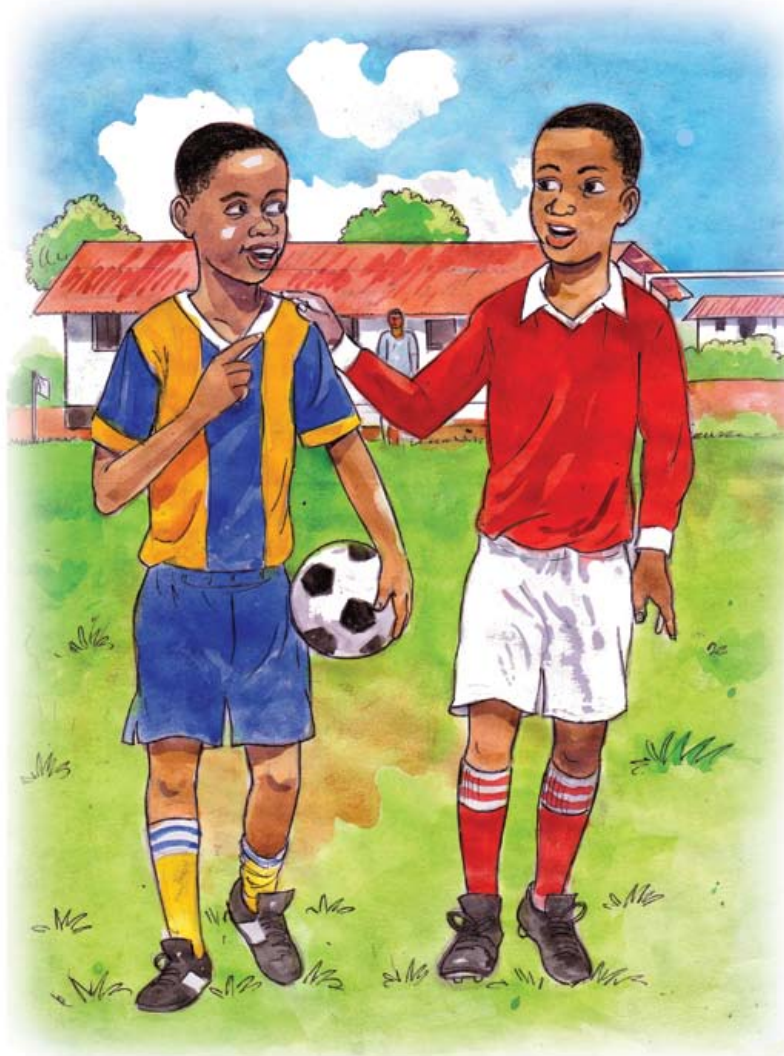
- Try to bathe every morning and evening to manage new body smells
- Try to wash your clothes when they get dirty so they are neat and clean

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 na jioni ili kukabiliana na harufu mpya za mwili.
- Jaribu kufua nguo zako 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 shirikizo 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 mwanaume 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 get harder and larger during puberty and then smaller again?

- Yes, during puberty a boys' 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 wakati wa balehe kwa sababu mwili unaanza kutengeneza mafuta zaidi kwenye ngozi. Hakikisha kwamba unanawa uso 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.?

- Ndiyo, kipindi cha balehe matiti ya mvulana yanaweza kuvimba na hata kuwa na uvimbe mmoja au zaidi chini ya chuchu zake. Hii itaondoka kwa kadri anavyoendelea kukua. Lakini sehemu inayozunguka chuchu itabaki pana na nyeusi zaidi baada ya balehe.

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 wanaweza kuanza kubalehe wakiwa na miaka tisa tu, wakati wengine hawaanza 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 wakorofi na wakaidi kipindi cha balehe?

- Ndiyo, kipindi cha balehe mwili wa mvulana hupitia mabadiliko mengi mbalimbali kimaumbile na kihisia, na hali hii inaweza kumpelekea kukosa adabu. Wazazi na walimu wanaweza kumsaidia mvulana kurejesha adabu.

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

- Ndiyo, ni mwendikio wa kawaida mbele ya msongo au shinikizo, na haitatokea kiasi 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.

Je, ni kawaida kama....?

Je ni kawaida kwa mvulana kuwa na uume mdogo ama mkubwa zaidi ya mwingine?

- Ndiyo, hakuna saizi maalumu ya uume. Kila mwanaume ana saizi tofauti na zote ni za kawaida

Je ni kawaida kama mvulana anajisikia mara huzuni na upweke mara furaha?

- Ndiyo, wakati wa balehe, mwili wa mvulana hupitia mabadiliko mengi kwa sababu ya homoni, na haya yanaweza kuathiri mihemko ya mvulana. Wavulana (na wasichana) wanaweza kuwa na furaha sasa na hasira dakika chache baadaye. Hii ni kawaida.

Je ni kawaida mvulana kujihisi aibu au tofauti mbele ya wasichana wakati wa balehe?

- Ndiyo, wavulana na wasichana huanza kujihisi tofauti wanapokuwa karibu katika kipindi cha balehe. Ni muhimu kutotania, bali kusaidiana kwenye elimu na michezo wakati wa kubalehe.

Je ni kawaida iwapo mvulana hatumii dawa za kulevya, sigara ama vilevi, na kujaribu kukaa mbali na makundi mabaya?

- Ndiyo, na ni vyema sana kiasia iwapo mvulana atakaa mbali sana na vitu hivi na kuepuka makundi mabaya. Tabia hizi zinaweza kuhatarisha ukuaji, masomo na nafasi za maisha baadaye.

Je ni kawaida kwa mvulana kwenda kulala na kupata ndoto na kumwaga shahawa? Au kumwaga shahawa bila hata kuota ndoto?

- Ndiyo, kupata ndoto nyevu (kumwaga shahawa wakati amelala) ni jambo la kawaida wakati mvulana anabalehe. Wakati mwingine mvulana atakumbuka kupata ndoto, na wakati mwingine hatakumbuka. Yote ni kawaida.

Je ni kawaida kwa mvulana kuona ama kufikiria juu ya msichana mzuri na kudindisha?

- Ndiyo, hili ni jambo la kawaida linalotokea kwa mvulana kijana, lakini haimaanishi kuwa yuko tayari kufanya ngono. Ni hali ya kawaida inayotokea tu katika mwili wa mvulana kipindi cha kubalehe.

Is it true or false?

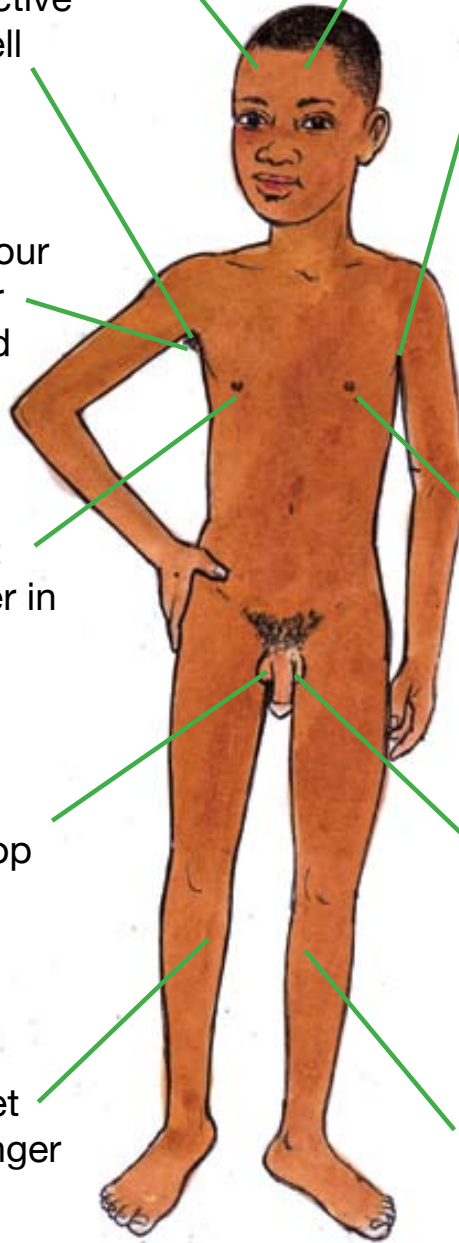
A boy who starts puberty early will become an adult sooner than a boy who starts puberty later.	False
The body is always making more sperm, so a growing boy and man cannot use it all up.	True
The urine and semen get mixed together when a boy is ejaculating.	False
It is normal for one testicle to hang lower than the other one so it is easier to walk.	True
It is possible for a boy who is still an adolescent (aged 13-19) to impregnate a woman.	True
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.	True
When you are feeling cold, the testicles will move closer to the body to keep warm.	True
The average girl starts growing taller and going through the changes of puberty before the average boy.	True

Kweli/Si kweli?

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

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

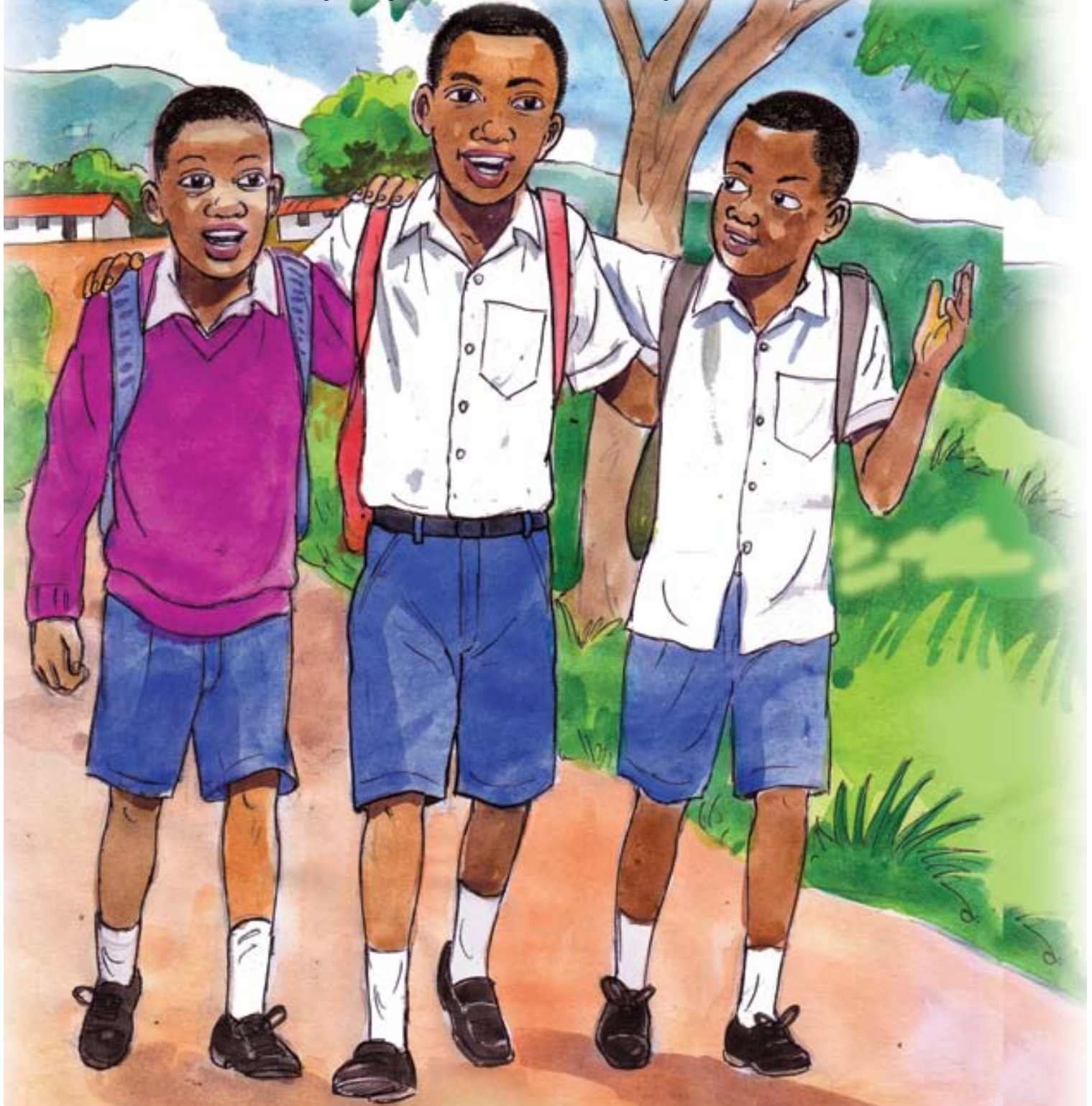


Mabadiliko makuu katika mwili

- 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 kifuni 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 kuimarika
- 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 uwaheshimu wengine!



THIS BOOK TELLS
THE STORIES OF
YOUNG TANZANIAN
BOYS



KITABU HIKI
KINAELEZEA KUHUSU
WAVULANA WA
TANZANIA

