



# growing up

A Concise Guide: An Islamic Approach to Achieving Happiness, Health, and Strength in Relation to RSE Topics.



# Mental Health & Wellbeing

- Talk to Allah (du'a, salah) when you feel worried.
- Keep a gratitude list every day.
- Good friends = strong heart.





# Digital Safety

- Ask: 'Would Allah be pleased if I clicked this?'
- Balance screen time with Qur'an, hobbies, and family.
- Protect your eyes, ears, and heart.

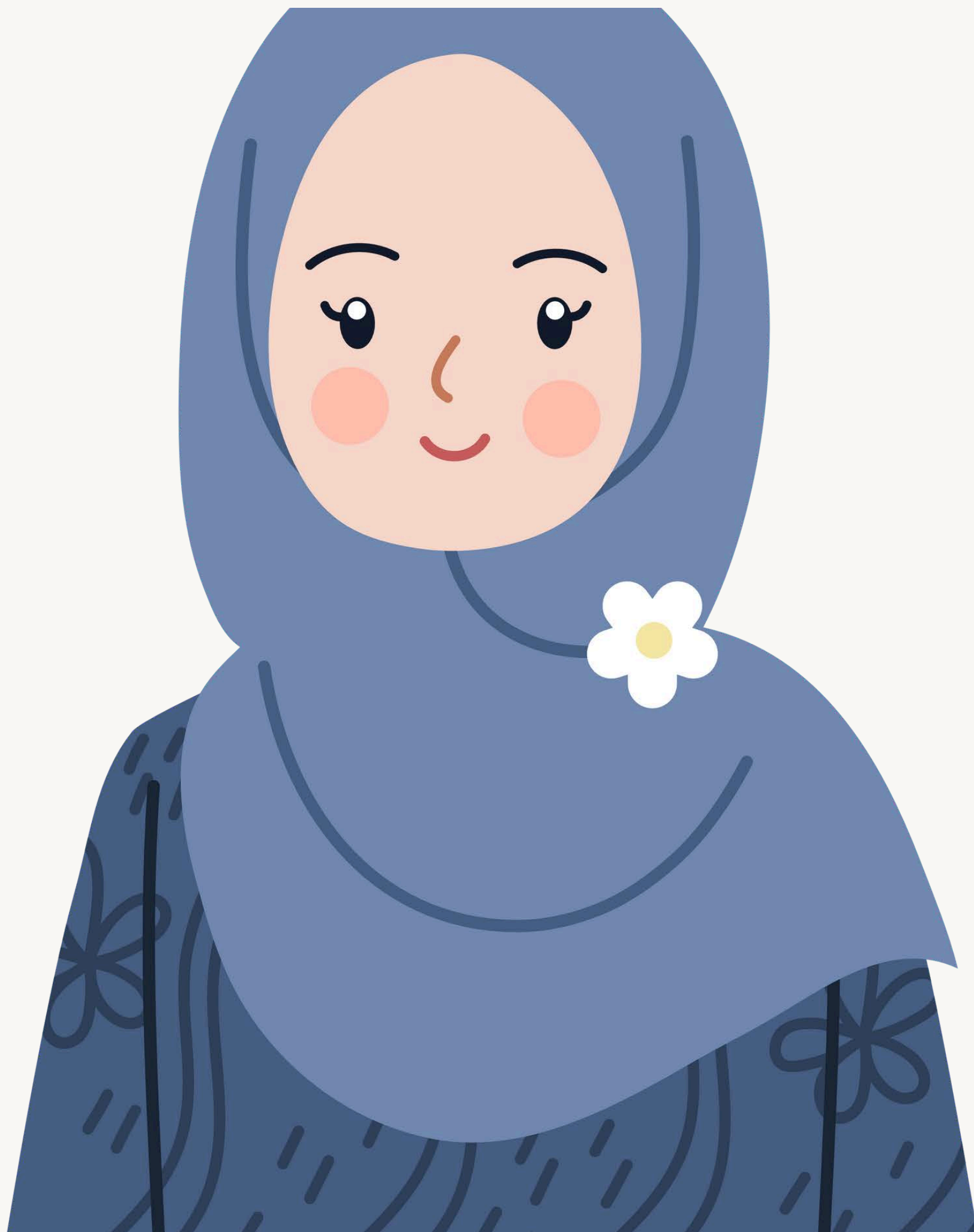




# Friendships

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- The Prophet ﷺ said: 'A person is on the religion of their close friend.'
- Choose friends who bring out your best character.
- Respect everyone, but don't follow bad habits.



# Puberty and Periods

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- Natural part of life — sign of growing into responsibility.
- Learn Islamic rules for ghusl, salah, and fasting.
- Dignity and modesty are beautiful.

# Consent and Respect

- No one can force you into anything.
- Islam teaches consent in marriage and in daily life (respecting others' space and property).
- Relationships belong in halal marriage.



# Careers and Money



- Use your skills to help others.
- Halal job = blessing.
- Avoid riba (interest). Practice saving and giving sadaqah.





# *Rights and Responsibilities*

- Islam gives children the right to safety, kindness, and education.
- With rights come duties: respect for parents, prayer, honesty.





# Equality and Diversity

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- Qur'an: 'We created you into nations and tribes so you may know one another.' (49:13)
- All humans are equal in worth.
- Not all choices are halal, but all people deserve kindness.

# Islamic Guidance for Growing Up

**Links RSE topics from secondary school to Islamic perspectives**

**Supports Muslim children with guidance on:**

**Friendships, puberty, consent & respect**

**Mental health, digital safety & wellbeing**

**Rights, responsibilities, equality & diversity**

*Helps children grow with confidence, modesty, and faith*



**BLOSSOMING BELIEVERS**

RSE (Relationships and Sex Education) is the part of the school curriculum that teaches young people about healthy relationships, puberty, consent, and growing up safely and responsibly.