

A Muslim Girl's Guide to
Life's BIG
Changes

Rayhana Khan



Contents

Introduction	5
What do we Believe in?	6
Friends and School Life	12
How are you Spending Your Time?	16
How you can Become Closer to Allah	20
What are you Wearing?	26
How are you Behaving?	30
What's Happening to Your Body?	35
Mental Health	45
Double Act	49
Heroines	55
Why All These Rules?!	59
Parting Words	66
Quick Quiz	68

‘So what’s wrong with wanting to be like my friends?’ you ask.

Well, this depends on who your friends are. If your friends are out just to have fun – fun at parties with alcohol and music and boys – if they are often unkind and disrespectful to others, then you must ask yourself if your friends are good for you. How far would you go to fit in with them?

The Prophet, peace be upon him, said,

“A person is likely to follow the faith of his friend, so look to whom you befriend.”

(Abu Dawud)

It is really important to choose the correct friendship group, as friends can either help you be your best or bring out the worst in you.

As time passes you will notice that your friends’ views and ideas are having an impact on you. They begin to influence the way you look, speak and behave. It is guaranteed that your friends will leave a lifetime impression on you, so be mindful of whom you choose to be friends with.

The qualities you should be looking for in a true friend are honesty, and loyalty; someone who knows right from wrong and people who can overcome the pressures of looking and sounding like everyone else. You should spend time with girls who are concerned about how they behave more than how they look, who know that every action impacts on their overall character.

‘So what’s wrong with wanting to be like my friends?’ you ask.

Well, this depends on who your friends are. If your friends are out just to have fun – fun at parties with alcohol and music and boys – if they are often unkind and disrespectful to others, then you must ask yourself if your friends are good for you. How far would you go to fit in with them?

The Prophet, peace be upon him, said,

“A person is likely to follow the faith of his friend, so look to whom you befriend.”

(Abu Dawud)

It is really important to choose the correct friendship group, as friends can either help you be your best or bring out the worst in you.

As time passes you will notice that your friends’ views and ideas are having an impact on you. They begin to influence the way you look, speak and behave. It is guaranteed that your friends will leave a lifetime impression on you, so be mindful of whom you choose to be friends with.

The qualities you should be looking for in a true friend are honesty, and loyalty; someone who knows right from wrong and people who can overcome the pressures of looking and sounding like everyone else. You should spend time with girls who are concerned about how they behave more than how they look, who know that every action impacts on their overall character.