

# SESSION 4 Secondary Years



## Parenting Project Focused on Boys Tarbiyyat

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# SESSION 4 SECONDARY YEARS

## Today's Session....

### Informative session



- **Secondary Stage-Key Factors of Successful Parenting**
- **Communication and Healthy relationships**
- **Identity**
- **Teenage brain and behaviour**

### Discussion Session



- **Helping in the Home & Respecting Women**

# Recap - Session 3

## Primary Years

**Parenting-Raising Models of Righteousness in Children**

**Important Tarbiyyat Points**

**Listening Skills**

**Setting Boundaries & Consequences**



# Safeguarding against societal ills

Allah the Almighty says in the Holy Quran

**'O ye who believe! save yourselves and your families from a Fire...'** (Holy Quran ([66:7](#))).

Huzur e Anwar (aba) while explaining the Role of Parents in the Training of Children said:

"These days the glitz and glamor of this world, vain vulgarities and many societal ills are standing in front of us trying to ensnare us and take us away from morality; though these are not considered ills by western standards, these are ills according to Islamic teachings. **As I said before, some wrong acts are done in the name of broad-mindedness, but then they keep pushing us towards evil. This is neither entertainment nor freedom; rather, these are pits of fire in the name of entertainment and freedom**" (Friday Sermon on 23rd April 2010).

[Role of Parents in the Training of Children \(alislam.org\)](#)

# A Woman's Responsibility

“The future of the nation and the country is in your hands. Therefore, bring up your children according to such high standards that the others learn the art of bringing up children from you. Create this realisation in the hearts of the children right from the very childhood **that they have a God and that they are obliged to be grateful to Him.** That can only be achieved when they worship Him and implant virtuousness in their hearts, in their children's hearts. This kind of upbringing will take place only when you will realise your responsibilities with a passion. **Therefore, rise up with a new zeal, purifying yourselves, to guard your children and to guard your country”.**

[Self Reformation \(alislam.org\)](http://alislam.org)

# Secondary Stage-Key Factors of Successful Parenting

- Supplicate
- Be an Aspiring Parent
- Balanced Home Environment
- Communicate
- Positive Discipline/Anger Management
- Building an attachment between our Children and the Mosque
- Respect your Children

# Supplicate

The Promised Messiah (as) said:

“I pray for my children, and see to it that they follow broad principles, etiquette and teachings; this is all, nothing more. **Then, I place my entire trust in Allah the Exalted.** The seed of goodness that is present in each of them, according to their nature, will flourish when the time comes”(Malfuzat, vol. 2, p. 182).

[Malfuzat Volume II \(alislam.org\)](http://alislam.org)

# An Aspiring Parent - Role model for Children

Promised Messiah (as) stated:

"Perform those deeds which set the best and **perfect example for your children.**" This is the responsibility of the parents.

The Promised Messiah (as) further elaborates by saying:

"That is why it is necessary to **first reform oneself.** If you become a righteous and temperate individual and strive to please God, **then Allah the Almighty will always show benevolence to you and your offspring.**

[Desire for children and their proper upbringing \(alislam.org\)](http://alislam.org)



# Balanced Environment

Drawing attention to peaceful family life, Huzur-e-Anwer (may Allah be his Helper) said:

‘I have observed that children of such homes where parents do not have a loving relationship mostly find comfort outside of home. Therefore, I will also say to the parents not to ruin the peace of the home because of their personal egos and petty wishes and ultimately ruin their children. **They should try to become leaders of the righteous and honour their trusts in the true sense”.**

[Domestic Issues and Their Solutions \(alislam.org\)](http://alislam.org)

# Communicate

One of the most important parenting skills needed for raising healthy teenagers involves giving them positive attention

“If you have come to the West you must pay close attention to the wellbeing of your children. **Sit with your children** and if there is a programme of the Ahmadiyya Muslim Community then take your children there with you. **You should give time to your children** on the weekends...You will have to strive hard. Just like you work hard to earn money, so too should you work towards the moral training of your children. **When you work hard and pray towards this, then Allah the Almighty will also help you.**”

[Majlis Khuddamul Ahmadiyya Norway Have Honour of Virtual Meeting with World Head of Ahmadiyya Muslim Community \(alislam.org\)](http://alislam.org)

# Positive Discipline/Anger Management

The Holy Prophet (saw) taught his followers practical means through which to manage their anger. One such method is as follows:

“Sulayman ibn Surd related that two people began to quarrel in front of the Holy Prophet (saw). The face of one of them turned red and the veins of his neck were swollen. At this the Holy Prophet (saw) said,

“I know of a phrase that if he were to utter it, his fit of rage would abate. The phrase is

**‘I seek refuge with Allah from Satan, the accursed’.**

Sahih Bukhari, Sunan Abu Dawud, Book 43, Hadith No. 9

## Building an Attachment between our Children and the Mosque

“Many people are occupied at work during the daytime, however fajr, maghrib and isha prayers can be offered at Masjid. Many Ahmadis living in the Western countries live 15-20 miles from Masjid, but still make the effort to go to Masjid to offer salat in congregation. If everyone who possesses a car utilizes it for worldly matters, uses it for gaining God’s please, **then the purpose of these vehicles will become the service of Islam and the individual will gain both worldly and religious rewards**”.

[Importance of Salat \(alislam.org\)](http://alislam.org)

**FIVE DAILY PRAYERS** *fosters discipline, responsibility and purity* in children.

While addressing the Boys at National Ijtema Huzur-e-Anwar(aba) said:

“Furthermore, you should offer your prayers in congregation whenever possible and, outside of school or college times, attend your local mosque or Salat centre as much as possible.....**As I said, first and foremost amongst your duties to Allah is to be regular in the five daily prayers.** Regrettably, students often use their schools or university studies as an excuse to delay their prayers or even to not offer of them at all. What they fail to realise is that Namaz is a shield that saves a person from other mistakes, and so by failing to fulfil the rights of worship, they are leading themselves towards others vices and sins and away from Islam. **Thus, you must guard against any form of laziness or weakness in this respect**”.

[Address at National Waqfeen-e-Nau Ijtima UK Boys 2017 \(alislam.org\)](http://alislam.org)

# Respect your Children

The Prophet (sa) instructed parents to

**“Respect your children and cultivate in them the best of manners(Sunan Ibn Majah)”**.

A few Daily routine tips:

- Seeking their opinions on important matters
- Involving them in useful activities
- Not talking down to them or insulting them
- Praise effort not just the outcome

Sunan Ibn Majah 3671: Book 33, Hadith 15

# Khuddamul Ahmadiyya-An important Milestone

- The local Khuddam Qa'id can be requested to assign responsibilities to this group in meetings, community events, propagation and social service.
- Encourage to participate in serving the Jama'at through Waqar-e-Amal.
- Reminding about their Financial obligations

# Preparation for Marriage

The Holy Prophet (sa) is reported to have said:

"Marriage is my precept and my practice. Those who do not follow my practice are not of me" (Ibn Majah).

## Piety must be a Priority

In the selection of a partner for life, piety and righteousness must be given priority over all other qualities. As it is mentioned in the following Ḥadīth,

"A woman is married for four things: her wealth, her family status, her beauty and her religion. So, you should marry a religious woman, otherwise you will be a loser" (Sahih Bukhari 5090).

[Chapter 3: The Islamic Marriage System \(alislam.org\)](http://alislam.org)

[Islamic Teachings on Ideal Family Life \(alislam.org\)](http://alislam.org)



# Concerning Behaviours

- Wandering/Gazing eyes

Regarding ghadd-e-basar, the Promised Messiah<sup>(as)</sup> writes:

It does not behove a pious person, who desires to keep his heart pure, that he should lift his eyes freely in every direction like an animal. It is necessary that such a one should cultivate the habit of *ghadd-e-basar* in his social life. **This is a blessed habit through which his natural impulses would be converted into a high moral quality** without interfering with his social needs.

- Immodest appearance/dress
- Idolizing movie stars, singers etc.
- Addiction to gossip, cell phones, internet

[Chastity – Essential for Preservation of the Institution of Marriage \(alislam.org\)](http://alislam.org)

# Preventive Measures

- Limit TV/Internet time
- Avoid bad company
- Increase candid communication with elders
- Social Awareness
- Career Counselling
- To stay away from any kind of immodest and indecent conduct

[Chastity – Essential for Preservation of the Institution of Marriage \(alislam.org\)](http://alislam.org)

# Some Ways to Promote Chaste Behavior

- Perform Salāt
- Daily Recitation of the Holy Quran and understanding its meaning.
- Study lives of the Prophets
- Keeping Strong ties with Khilafat
- Increase Mosque/Jama'at time & Engage in jama'at/community activities, sports
- Increase MTA time & read biographies of great pioneers, leaders, scholars, etc.
- Keep good company
- Healthy sleep patterns & proper nutrition
- Increase quality time with the family

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# Last Session.....

Importance  
of listening

Key discipline  
techniques

Setting  
boundaries  
and routines

# Today.....

Self Identity

Communication

Resolving  
Conflict

# A Sense of Self-identity



Self-  
knowledge



A sense of  
belonging



A clear self-  
concept



# ***A clear sense of identity helps your teenager:***

To make decisions

To define preferences

To be more realistic

development of maturity and  
responsibility.



# Tips for creating a strong sense of identity





# The Teenage Brain

- Maturation from a child brain to adult brain
- Allows more complex and faster connections
- Heightened emotional sensitivity
- Tendency for Risk taking /dangerous behaviours



# Typical Teenage behaviours

Spending more time with  
friends

Sleeping more

Mood swings

Feeling misunderstood

# Autonomy and Independence

**Giving freedom to children to have a say in how they want to do things**



# ***Communicating with Teenagers***



# Improving communication with your teenager



**Treat your teenager with respect**

1

Show active listening skills

2

Try not to judge

3

Respect their privacy

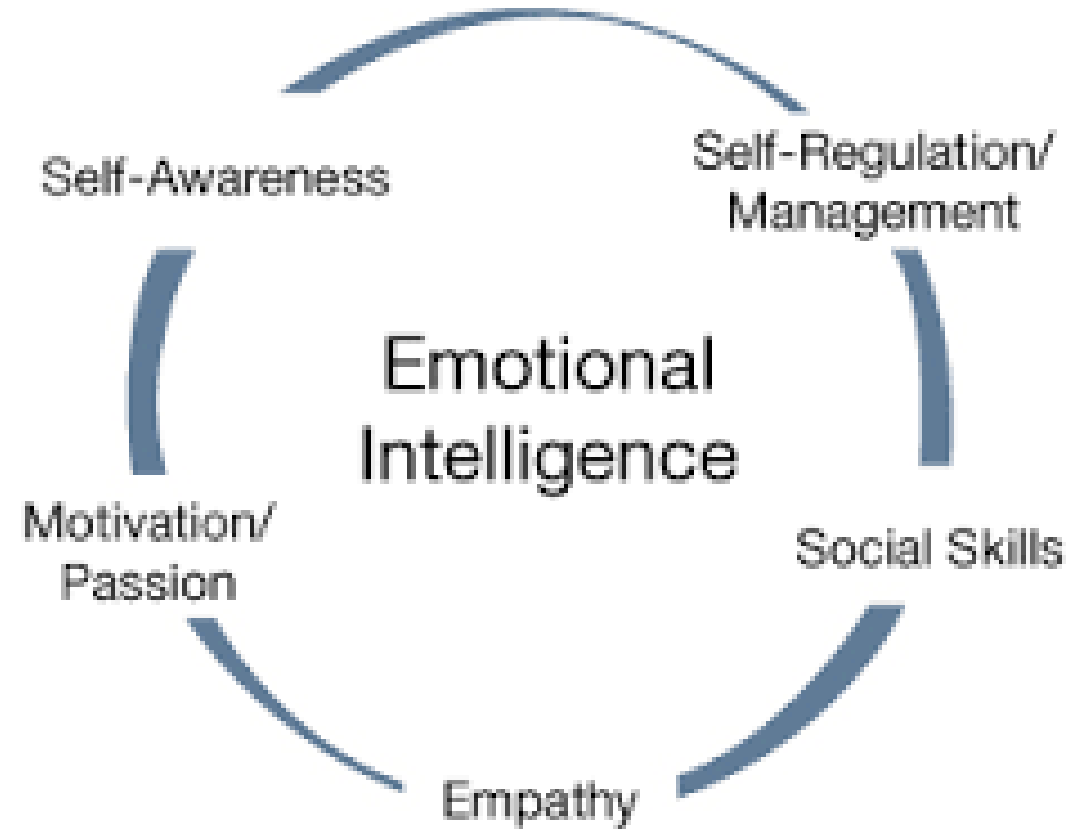
4

Ask what happened not why

5

Encourage your child to develop their own solutions to problems

The ability to identify, use, understand, and manage emotions in positive ways.



# Resolving Conflict



## Identify

- Identify the issue

## Find

- Find the right time to discuss

## Listen

- Listen to their side of the story

## Try

- Try to empathise

Explain how you feel

Use humour

Apologise if you are mistaken

Work together

# Managing Anger and Aggression

| Be                   | Set  | Stay  | Offer                                  | Get   |
|----------------------|--|---|--|---|
| Be a good Role model | Set clear boundaries on acceptable behaviour | Stay calm and give your child space to cool off | Offer strategies to help in the future | Get external help before things escalate out of control |





# Summary

|                         |   |
|-------------------------|---|
| <b>Help</b>             | Help your child develop a strong sense of identity                                |
| <b>Create</b>           | Create balance in your relationship by giving them some independence and autonomy |
| <b>Empathise</b>        | Empathise with all the changes that they are experiencing                         |
| <b>Resolve conflict</b> | Resolve conflict with patience and love   |
| <b>Build</b>            | Build emotional intelligence  |
| <b>Get Help</b>         | Get help when you need it   |