

AGACIRO KANJYE

TWIMAKAZE UMUCO WO KUGANIRA MU MURYANGO



IGITABO KIGENEWE URUBYIRUKO



Repubulika
y'u Rwanda



Rwanda
Biomedical
Centre

Healthy People, Wealthy Nation



imbutu
foundation

AGACIRO KANJYE

TWIMAKAZE UMUCO WO KUGANIRA MU MURYANGO

IGITABO KIGENewe URUBYIRUKO

Kamena, 2026

Iki gitabo cyasohotse bwa mbere mu mwaka wa 2012.

Iki gitabo cyavuguruwe kandi cyongerera gusohoka mu mwaka wa 2026.

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Biremewe gukoresha iki gitabo **“Agaciro Kanjye”** mu nyungu zo “kwimakaza umuco wo kuganira mu muryango” hatagamijwe ubucuruzi. Ni ngombwa kugaragaza nyiracyo igihe cyose cyifashishijwe. Uwifuza gukoresha cyangwa gutubura icyi gitabo asaba uburenganzira umuryango Imbutu Foundation akamenyesha Ikigo cy'Igihugu gishinzwe Ubuzima **(RBC)**.

IJAMBO RY'IBANZE

Rubyiruko, Bana bacu,

Nimwe mugize igice kinini cy'Abanyarwanda. Mufite imbaraga, ubushake n'amahirwe bikenewe kugira ngo mugere kuri byinshi. Igihugu cyanyu kirabashyigikiye kandi kibitezeho kubaka ejo hazaza h'umunyarwanda ushoboye, wubaha agaciro ke kandi utekanye.

Muri iki kigero cy'ubugimbi n'ubwangavu, ni ho haba impinduka nyinshi mu buzima bw'umuntu haba ku mubiri, mu mitekerezereze, mu myitwarire no mu mibereho. Ni igihe cyihariye, aho urubyiruko rugaragaza inyota yo kumenya, amatsiko yo kuvumbura ibishya, ndetse n'imbaraga zo kugerageza ibintu bitandukanye. Ariko kandi, iki ni n'igihe gikomeye cyo gufata ibyemezo bigena ejo hazaza, kenshi bishingiye ku byo mubona cyangwa ku byo mwigira ku bandi.

Iyo nzira yo kuva mu bwana muba bakuru, ishobora kuzamo ibibazo n'inzitizi zitandukanye. Akenshi urubyiruko ruhura n'imbogamizi zituruka ku makuru adahagije ku buzima bw'imyororokere, kubera ko hari miryango itagira umuco uhoraho wo kuganira hagati y'ababyeyi n'abana. Ibi bituma hari icyuho mu kumenyekanisha no gusobanukirwa neza ibijyanye n'icyo gihe cy'ubugimbi n'ubwangavu. Bityo bikaba inandaro yo gutera inda cyangwa guterwa inda imburagihe, indwara ya SIDA n'izindi zandurira mu mibonano mupuzabitsina, ikoreshwa ry'ibiyobyabwe n'ibindi bishobora kwica ejo hazaza h'urubyiruko.

Ni muri urwo rwego Umuryango Imbuto Foundation wiyejeje kugira uruhare mu gufasha kugabanya icyo cyuho, unaza iki "Agaciro Kanjye", kigenewe urubyiruko kugirango kijyane n'igihe.

Iki gitabo kigamije gufasha urubyiruko kwiyungura ubumenyi n'ubushobozi mu buryo butandukanye, ariko buhuriye ku ntego imwe yo kwimakaza umuco w'ubusabane n'ibiganiro bishingiye ku bwizerane mu muryango, by'umwihariko ku bijyanye n'ubuzima bw'imyororokere.

Iki gitabo "Agaciro Kanjye" cyateguwe kugira ngo cyongere ubumenyi bw'urubyiruko rw'ingimbi n'abangavu ku ngingo zirebana n'ubuzima bwabo, kibafashe kumva agaciro kabo no gufata ibyemezo biboneye bibafasha kwirinda ibishobora kubahungabanya. Kuganira mu bwisanzure, kumva no gusangira ibitekerezo ni inzira y'ingenzi yo kubaka urukundo, icyizere, n'umuryango ushoboye gutegura abana guhangana n'ibigeragezo byo mu buzima.

Dufatanye kugira ngo ingo zacu zibere abana n'ababyeyi ahantu hatekanye, n'inkingi ikomeye mu kubaka u Rwanda Twifuza.
Murakoze, mbifurije amahoro y'Imana!

Prof. Muvunyi Mambo Claude
Umuyobozi w'Ikigo cy'Igihugu gishinzwe Ubuzima (RBC)

GUSHIMIRA

Rubyiruko, Bana bacu,

U Rwanda twifuzza ni u Rwanda rw'Abanyarwanda bashoboye kandi batekanye. Ibyiza byose twifuriza igihugu cyacu bikwiye kugirwamo uruhare namwe nk'urubyiruko ari narwo Rwanda rw'ejo.

Ubushakashatsi bwerekanye ko muri Afurika y'Iburasirazuba umwe mu bakobwa bane aterwa inda akiri muto mbere y'imyaka cumi n'umunani. Nk'uko ubushakashatsi ku mibereho n'ubuzima bwa 2019-2020 bubigaragaza, mu Rwanda abangavu baterwa inda bagera ku gipimo cya 5.2%, ibi bigaterwa no kuba imiryango itaganira bihagije ku bijyanye n'ubuzima bw'imyororokere, bishobora gutuma abangavu n'ingimbi bishakishiriza amakuru ahatizewe akenshi bagahura n'ababayobya.

Mu gushaka igisubizo cy'icyo kibazo, Imbuto Foundation yavuguruye igitabo "Agaciro kanjye" ngo kijyane n'igihe, bityo kijye cyongerera urubyiruko ubumenyi ku buzima bw'imyororokere kuko bibafasha kugira amahitamo meza y'ejo hazaza.

Ibi ntabwo twari kubigeraho twenyine. Twafatanyije n'abafatanyabikorwa batandukanye, abatoza, abarezi, abakangurambaga b'urungano n'indi miryango myinshi twakoranye uru rugendo, ari na byo byaduhaye amakuru twahereyeho tuvugurura iki gitabo.

Turashimira abantu bose bazakoresha iki gitabo mu kwiyoungura ubumenyi bushingiye cyane cyane ku buzima bw'imyorokere.

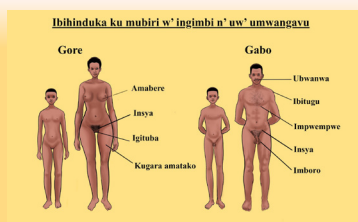
Murakoze. Twese dukomeze guharanira kubaka u Rwanda twifuzza.

Shami Elodie
Umuyobozi w' Imbuto Foundation

ISHAKIRO

Ijambo ry'ibanze.....	5
Gushimira.....	6
Impine zakoreshejwe.....	8
Intangiriro.....	9

IGICE CYA MBERE: UWO URI WE N'AGACIRO KAWE, IBYAKWANGIZA UBUZIMA, UBURYO BYIRINDWA N'URUHARE RWawe MU KUGASIGASIRA.....	11
--	-----------



UMUTWE WA MBERE: UWO URI WE N'AGACIRO KAWE.....	12
--	-----------

Ikiganiro cya mbere (1): Ndi nde?.....	12
Ikiganiro cya kabiri (2): Agaciro kanjye.....	21
Ikiganiro cya gatatu (3): Kwiha intego y'ubuzima no gufata icyemezo.....	22



UMUTWE WA KABIRI: IBYAKWANGIZA UBUZIMA BWawe N'AGACIRO KAWE N'UBURYO BYIRINDWA.....	25
--	-----------

Ikiganiro cya kane (4): Gutera inda, gusama no gutwita ukiri muto.....	25
Ikiganiro cya gatanu (5): Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina	31
Ikiganiro cya gatandatu (6): Kwirinda ibiyobyabwenge n'ibisindisha.....	36



UMUTWE WA GATATU: URUHARE RWawe.....	40
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Ikiganiro cya karindwi (7): Humura ubuzima burakomeje.....	40
Ikiganiro cya munani (8): Gutegura urubyiruko rwitegura gushinga urugo, rukazavamo ababyeyi beza b'ejo hazaza.....	43

IBITABO BYIFASHISHIJE MU GUTEGURA IYI MFASHANYIGISHO.....	46
ABAGIZE URUHARE MU ITEGURWA RY'ICYI GITABO:.....	47
IMIGEREKA:.....	47

IMPINE ZAKORESHEJWE

- ⊙ **PAC:** Parent Adolescent Communication
- ⊙ **HIV:** Human Immunodeficiency Virus
- ⊙ **AIDS/SIDA:** Acquired Immune Deficiency Syndrome
- ⊙ **VCT:** Voluntary Counseling and Testing
- ⊙ **IUD:** Intra Uterine Device

UBUSOBANURO BW'AMAGAMBO YAKORESHEJWE:

- ⊙ **PAC:** Ihuriro ry'ababyeyi n'abana
- ⊙ **Umuryango ufite umwihariko:** Umuryango ufite umwana wawe inda akiri muto cyangwa wanduye Virusi itera SIDA

INTANGIRIRO

Isobanurampamvu

Mu Rwanda, ubushakashatsi bwerekana ko abangavu 5.2% baterwa inda bakiri bato, cyane cyane bitewe no kubura amakuru yizewe ku buzima bw'imyorokere. Kuba imiryango itaganira bihagije kuri izo ngingo bituma urubyiruko rushakisha amakuru mu buryo butizewe, bigakurura ibibazo bitandukanye birimo inda ziterwa abangavu, kwandura indwara zandurira mu mibonano mpuzabitsina, ikoreshwa ry'ibiyobyabwenge n'izindi ngeso zishobora kwangiza ubuzima n'ahazaza h'urubyiruko.-

Ni muri urwo rwego Umuryango Imbutu Foundation wateguye igitabo "Agaciro Kanjye" nk'imfashanyigisho igamije kongerera urubyiruko ubumenyi no gusobanukirwa neza ibyerekeye ubuzima bw'imyorokere, kugira ngo bafate ibyemezo biboneye kandi byiza bibubakira ejo hazaza heza.

Mu rwego rwo kugabanya icyuho cy'amakuru no guteza imbere imyitwarire myiza, igitabo "Agaciro Kanjye" cyateguwe kugirango gifashe urubyiruko kwiyungura ubumenyi, kwigirira icyizere, kumenya agaciro kabo no gufata ibyemezo biboneye bitabwira ejo hazaza. Cyigisha kandi uburyo bwo kwirinda ibishobora kubangiza no guharanira gusigasira agaciro kabo.

Iki gitabo kigizwe n'ibice bitatu by'ingenzi:

- 1. Uwo uri we n'agaciro kawe:** iki gice gihuza urubyiruko n'indangagaciro zo kwiyubaha no kwigirira icyizere;
- 2. Ibyakwangiza ubuzima n'uburyo byirindwa:** iki gice gikubiyemo inyigisho ku ndwara zandurira mu mibonano mpuzabitsina, gutwara inda imburagihe n'ibiyobyabwenge;
- 3. Uruhare rwawe mu kubaka ejo hazaza:** iki gice gikangurira urubyiruko kwitegura inshingano, kubaka umuryango mwiza no kugira uruhare mu iterambere ry'igihugu.

Igitabo "Agaciro Kanjye" cyitezweho gufasha ingeri z'abantu zinyuranye cyane cyane Ingimbi n'Abangavu ku bijyanye n'ubuzima bw'imyorokere no gufata ibyemezo biboneye bibafasha kubaka ejo hazaza heza. Uretse urubyiruko, iki gitabo gishobora kwifashishwa n'ababyeyi mu kwiyungura ubumenyi no kwimakaza umuco wo kuganira mu muryango, hagati y'ababyeyi n'abana, kugira ngo basangire amakuru y'ingenzi ku buzima, imibereho n'indangagaciro nyarwanda.

Gukoresha "Agaciro Kanjye" bizafasha imiryango kwimakaza umuco w'ubwisanzure, ibiganiro n'ubwizerane, bityo urubyiruko rukisanzura ku

babyeyi babo nk'isoko y'amakuru yizewe, rukigirira icyizere, rukirinda ingeso mbi n'ibishobora kubangiriza ubuzima, bityo bakazavamo umunyarwanda ushoboye kandi utekanye wigirira akamaro we ubwe, umuryango ndetse n'igihugu muri rusange.

Ibikubiye muri iki gitabo

Iki gitabo gikubiyemo ibiganiro umunani (8) bigenewe by'umwihariko urubyiruko. Ibi biganiro bigamije gufasha ingimbi n'abangavu gusobanukirwa n'abo bari bo n'agaciro kabo, bahabwa amakuru ku buzima bw'imyorokere, imihindagurikire y'umubiri, imikorere y'imyanya myibarukiro n'ingaruka z'iyo mihindagurikire ku mitekerereze n'imytwarire yabo. Hakubiyemo kandi ibiganiro bigamije kubakangurira kwirinda ibyakwangiza agaciro kabo nka virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina, ibiyobyabwenge n'ibisindisha, bityo bakabyiruka bitoza gufata ibyemezo byo kurinda ubuzima bwabo n'ubwa bagenzi babo.

Iki gitabo gikoreshwa n'ingeri zinyuranye cyane cyane urubyiruko rwiyoungura ubumenyi mu

mahuriro cyangwa bo ubwabo i muhira.

Iki gitabo kigizwe n' ibiganiro umunani (8) bikubiye mu bice bitatu (3):

Umutwe wa mbere (1) ugizwe n'ibiganiro bitatu (3);

- ⊙ Ndi nde?
- ⊙ Agaciro kanjye
- ⊙ Kwiha intego y'ubuzima no gufata icyemezo

Umutwe wa kabiri (2) ugizwe n' ibiganiro bitatu (3) :

- ⊙ Gutera inda, gusama no gutwita ukiri muto
- ⊙ Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina
- ⊙ Kwirinda Ibiyobyabwenge n'ibisindisha

Umutwe wa gatatu (3) ugizwe n' ibiganiro bibiri (2):

- ⊙ Kwirinda Ibiyobyabwenge n'ibisindisha
- ⊙ Humura ubuzima burakomeje

LIWO URI WE N'AGACIRO KAWE, IBYAKWANGIZA
UBUZIMA, UBURYO BYIRINDWA N'URUHARE
RWAVE MU KUGASIGASIRA



UMUTWE WA MBERE: UWO URI WE N'AGACIRO KAWE

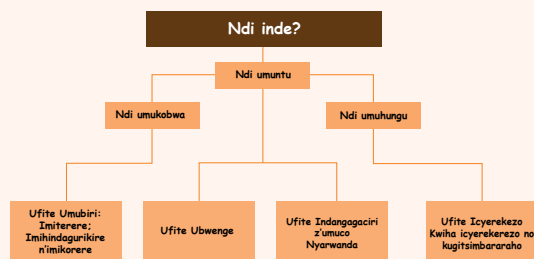
Umutwe wa mbere w'iki gitabo "Agaciro Kanjye" ugizwe n'ibiganiro byibanda ku gusobanura ubuzima bw'imyororokere, kumenya agaciro k'ubuzima, n'uburyo bwo kububungabunga hafatwa ibyemezo bikwiriye bitangiza ubuzima bw'ingimbi n'abangavu cyangwa ngo bibateshe icyerekezo cyabo. Ibi bizatuma tugira urubiruko rufite indangagaciro na kirazira ruzavamo imiryango twifuzza, ari wo musingi ukomeye w'ejo hazaza ku gihugu cyacu.

Ikiganiro cya mbere (1): Ndi Inde?



Iki kiganiro kigamije gufasha urubiruko gusobanukirwa imiterere, imikorere n'imihindagurikire y'umubiri by'umwihariko imyanya myibarukiro y'ingimbi n'abangavu ndetse n'impinduka z'imyifatire n'imyitwarire yabo.

Uwo Ndiwe n'Agaciro kanjye



1.1. Igisobanuro cy'ubuzima bw'imyororokere

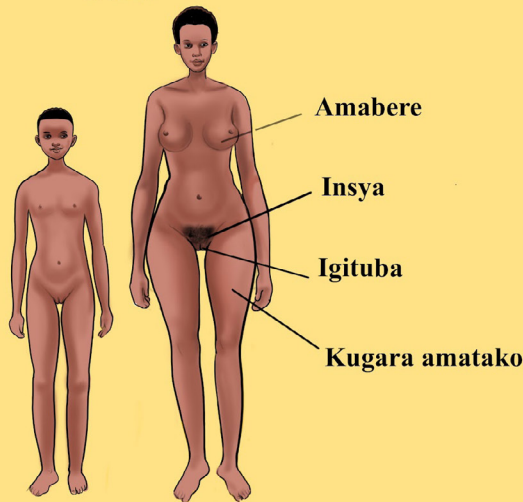
Ubuzima bw'imyororokere ni imiterere, imukurire, imikorere n'imihindagurikire y'umubiri cyane cyane imyanya myibarukiro, n'imyanya ndangagitsina bitewe n'imisemburo itandukanye iba mu mubiri w'umuntu. Ni urwo rugendo rw'izo mpinduka kuva ubayeho kugeza upfuye.

1.2. Ibiranga ubugimbi n'ubwagavu

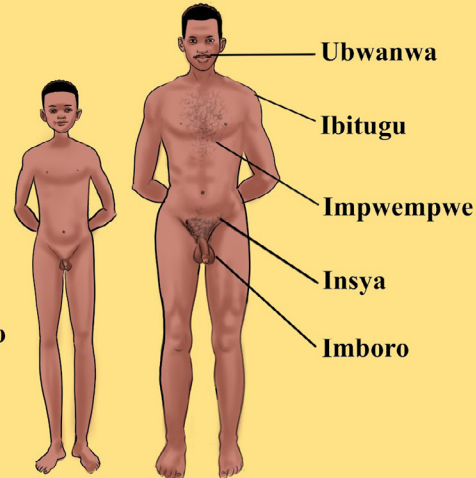
Ubwagavu n'ubugimbi ni igihe kiri hagati y'ubwana n'igihe umuntu aba abaye umusore cyangwa inkumi. Iki gihe gitangirira ku myaka icumi (10) kugera ku myaka cumi n'icyenda (19), kikarangwa n'imihindagurikire ku mubiri, mu bitekerezo no mu myitwarire.

Ibihinduka ku mubiri w' ingimbi n' uw' umwangavu

Gore



Gabo



Ibiranga ubwangavu

- ⊙ Gukura mu gihagararo;
- ⊙ Gupfundura amabere, agakura uko n'umukobwa akura ;
- ⊙ Kumera insya;
- ⊙ Kumera incakwaha;
- ⊙ Kugara kw'amatako, mu rukenyerero hakaba hato;
- ⊙ Guhinduka k'uruho rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi)
- ⊙ Kujya mu mihango bwa mbere

Ibiranga ubugimbi

- ⊙ Gukura mu gihagararo;
- ⊙ Kumera insya, incakwaha n'impwempwe (kuri bamwe)
- ⊙ Kuniga ijwi;
- ⊙ Kugara kw'ibitugu n'igituza;
- ⊙ Guhinduka k'uruho rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi);
- ⊙ Kwirotaraho;
- ⊙ Gukura kw'imyanya myibarukiro.

Icyitonderwa:

- ⊙ Iyi mihindagurikire ntibera igihe kimwe kuri buri wese. Kuri bamwe iza kare, ku bandi ikaza itinze ariko igihe yazira cyose nta mpungenge bikwiye gutera kuko atari indwara cyangwa se ngo bibe byagira ingaruka ku mibereho ya nyirubwite.
- ⊙ Abangavu n'ingimbi barasabwa kwegera ababyeyi, abarezi cyangwa abaganga bakababaza, bagasobanukirwa neza n'izo mpinduka.

1.3. Ibihinduka mu myifatire n'imyitwarire y'ingimbi n'abangavu

Uretse impinduka zigararagara ku mubiri nk'uko twabibonye, mu gihe cy'ubugimbi n'ubwangavu, habaho n'imihindagurikire mu bitekerezo n'imyitwarire. Bimwe mu bihinduka muri iki gihe harimo:

- ⊙ Gushaka kwigenga no kwibanira n'urungano;
- ⊙ Guha agaciro gakomeye ibyo bagenzi be bavuze cyangwa bakoze;
- ⊙ Gutangira kugira inshuti mudahuje igitsina;
- ⊙ Kwita cyane ku mubiri wawe bidasanze (kwiwitaho, kwisukura, kwambara neza...);
- ⊙ Kurarikira ibigezweho;
- ⊙ Kwiyepera no kwirarira;
- ⊙ Kumva ntacyo utinya no kudatekereza ku ngaruka z'ibyo ukora;
- ⊙ Kugira amatsiko yo gushaka gukora imibonano mpuzabitsina.

Ibyo ukwiye kwirinda mu gihe cy'ubugimbi n'ubwangavu:

- ⊙ Kwirinda ibishuko byakuganisha gukora imibonano mpuzabitsina;
- ⊙ Ugomba kwitegura guhangana n'igitutu cy'urungano kugira ngo utishora mu bikorwa byakugiraho ingaruka mbi.

1.4. Imiterere n'imikorere y'imyanya myibarukiro:

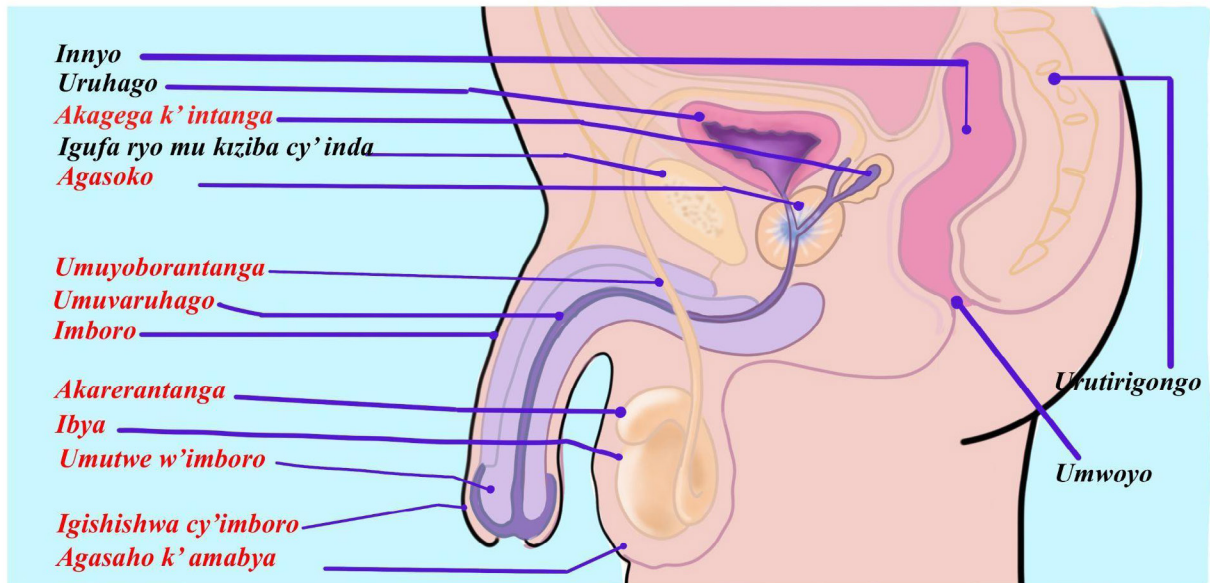
i) Imyanya myibarukiro y'umugabo y'inyuma n'iyi mbere

A. Imyanya igaragara inyuma igizwe na:



- ⊙ Igitsina cy'umugabo (Imboro): Ni urungo rukora imibonano mpuzabitsina; ni na wo mwanya unyuramo inkari. Umutwe wayo utwikiriwe n'agahu gashobora kvanwaho ari byo bita gusiramura (gukebwa).
- ⊙ Agasaho k'amabya: ni agahu gafubika amabya.

B. Imyanya y'imbere igizwe n'ibice bikurikira:



Amabya: Amabya ni udusabo tw'intangangabo. Amabya ateretse mu gasaho. Ubusanzwe, umuhungu avuka afite amabya abiri (iry'iburyo n'iry'ibumoso). Amabya akora intangangabo n'umusemburo wa kigabo utuma umuhungu akura ku buryo butandukanye n'umukobwa. (Urugero: kumera ubwanwa, gusoreka, kuniga ijwi n'ibindi.)

Uturerantanga: Hejuru ya buri bya, hometseho akarerantanga. Ni ukuvuga ko uturerantanga na two ari tubiri. Niho intanga zikurira.

Imiyoborantanga: Imiyoborantanga ni ibiri. Ni uduheha cyangwa udutembo dushamikiye ku

turerantanga. Tuba mu muvaruhago hafi y'uruhago. Nk'uko izina ryayo ribivuga, ni ho intanga ngabo zikuze zinyura, zikazasohoka mu masohoro igihe umugabo asohoye.

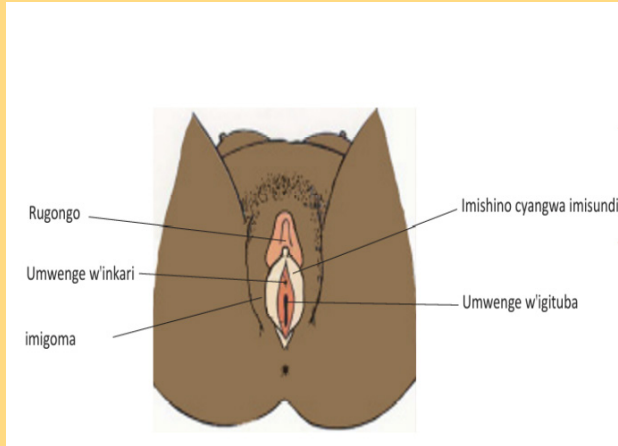
Utugega: Utugega ni tubiri, tuba mu miyoborantanga imbere gato y'umuvaruhago. Niho haba hahunitswe amasohoro (atarimo intanga) mbere y'uko umugabo asohora.

Agasoko: Nk'uko izina ryako ribivuga kavubura amasohoro intanga ngabo zogamo

Umuvaruhago: Ni umuheha (agatembo) uyobora inkari ziva mu ruhago zigasohoka hanze. Ni na ho kandi intanga ngabo zinyura igihe umugabo asohoye

ii) Imyanya myibarukiro y'umugore y'inyuma n'iyi mbere

A. Imyanya igaragara inyuma igizwe na:



Igitsina cy'umugore (Igituba): Ni igice cy'umubiri w'umugore kigizwe n'inyuma n'imbere, kikaba gifite akamaro gatandukanye ku buzima bw'imyororokere.

Umwenge w'inda ibyara : Ni umwinjiriro w'inda ibyara, aho imboro yinjirira mu nda ibyara mu gihe cy'imibonano mpuzabitsina, niho amaraso asohokera mu gihe cy'imihango.

Imigoma/Imikamba minini: Ni utwugara tubiri tunini tuva ku mbuga y'igituba tugana hasi aho igituba kirangirira. Itwikira kandi ikarinda umwenge w'inda ibyara.

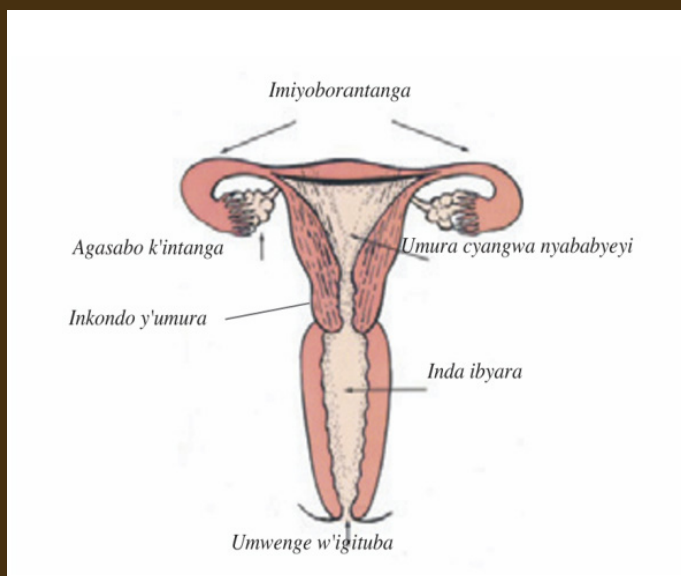
Imishino/Imisundi/ Imikamba mito: Ni utwugara tubiri dufashe tuva kuri rugongo tugana hasi. Itwikira kandi ikarinda umwenge w'inda ibyara.

Rugongo: Ni urugingo ruri aho imishino/imisundi ihurira hejuru y' umwenge w'inkari n'umwinjiriro w'inda ibyara. Ni umwanya utuma umukobwa/umugore ashyukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo uwukozeho.

Umwenge w'inkari: Ni umwinjiriro w'umuyoboro w' inkari. Ni ho inkari zisohokera.

Amabere: Ni ibice bibiri by'umubiri byiburungushuye biherereye ku gituba. Amabere yiyongera mu mubyimba mu gihe cy'ubwagavu kandi ni nayo atanga amashereka mu gihe cyo konsa. Amabere yagenewe konsa no gutunga umwana amaze kuvuka. Amabere iyo akozweho, atuma umukobwa/umugore ashyukwa (yumva ashaka gukora imibonano mpuzabitsina).

A. Igice cy'imbere kigizwe na

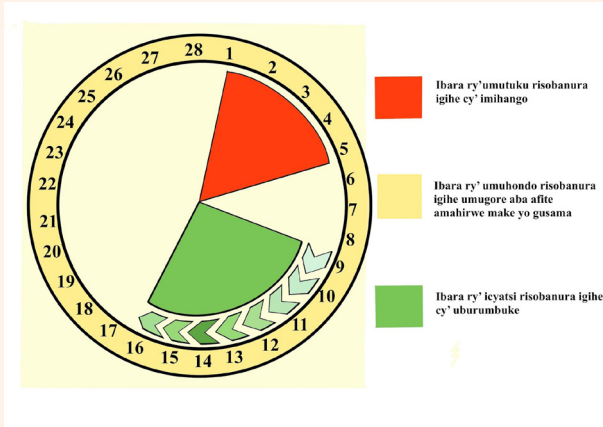


Udusabo tw'intangangore: ni two turera intangangore. Ni tubiri, kamwe kaba ibumoso bw'umura, akandi kaba iburyo bwawo. Umwana w'umukobwa agera mu gihe cy'ubwagavu afite intanga zigera kuri 400. Uretse igihe atwite, buri kwezi hagenda hahisha intanga imwe imwe, igasohoka, kugeza umugore acuze.

Inkondo y'umura (inkondo ya nyababyeyi): Ni umuryango cyangwa irembo rya nyababyeyi riyihuza n'inda ibyara. Inkondo y'umura ifite udusoko twinshi tuvubura ururenda. Urwo rurenda rurushaho kuba rwinshi mu gihe cy'uburumbuke bw'umugore, bityo bigatuma mu gihe cy'imibonano mpuzabitsina intangangabo zizamuka muri nyababyeyi zigana mu miyoborontanga mu buryo bworoshye.

Inda ibyara: Niho imibonano mpuzabitsina ibera. Ninaho amaraso y'imihango y'umugore anyura asohoka; ninaho kandi umwana anyura avuka.

1.5. Ukwezi k'umugore



1.5.1. Ukwezi k'Umugore ni iki?

Ni iminsi itangirana n'umunsi wa mbere (1) umugore cyangwa umukobwa aboneyeho imihango ikarangirana n'umunsi wa nyuma ubanziriza imihango ikurikira.

1.5.2. Ibihe by'ingenzi bigize ukwezi k'umugore

- ☉ **Igihe cy'imihango:** Muri rusange ni igihe kimara hagati y'iminsi ibiri (2) kugera kuri irindwi (7). Muri icyo gihe ibyo umura wari warateganyirije kwakiriza urusoro, bisohoka ari amaraso, ari nabyo twita "imihango".

Icyitonderwa:

- Igihe umugore cyangwa umukobwa ari mu mihango ashobora gusama,
- Mu gihe imihango imaze iminsi irenze irindwi (7) cyangwa hakabaho ububabare bukabije biba bidasanzwe, ni ngombwa kujya kwa muganga

bakagufasha.

- ☉ **Igihe gisanzwe:** Ni igihe umugore cyangwa umukobwa aba afite ubushobozi buke bwo gusama, gikurikiranye n'igihe cy'imihango kandi kikazanabanziriza indi mihango izakurikiraho.
- ☉ **Igihe cy'uburumbuke:** Ni igihe umukobwa/umugore aba afite ubushobozi bwinshi bwo gusama, aramutse akoze imibonano mpuzabitsina idakingiye. Icyo gihe kiba hagati y'imihango n'indi izakurikiraho.

1.5.3. Ibiranga ukwezi k'umugore

- ☉ Ukwezi k'umugore kugira iminsi iri hagati ya 21 na 35, ariko impuzandengo yayo ni iminsi 28.
- ☉ Hari abagore bagira iminsi y'ukwezi idahindagurika n'abagira iminsi ihindagurika bitewe n'imikorere y'umubiri. Hari n'igihe ihindagurika rishobora guterwa n'impamvu zinyuranye, harimo imirire, guhangayika, uburwayi, ihindagurika ry'ikirere n'ibindi.
- ☉ Mu gihe cy'uburumbuke, intangangore irahisha ikanarekurwa na kamwe mu dusabo tw'intanga.

1.5.4. Kujya mu mihango



Imihango ni amaraso asohoka buri kwezi ava mu nda ibyara bitewe n'uko nta sama ryabaye, ibyo umura wari warateganyirije kwakiriza urusoro bigasohoka ari amaraso, ari byo twita "imihango".

Muri rusange kujya mu mihango bwa mbere bitangira hagati y'imyaka 12 na 14, ariko hari abashobora kubona imihango mbere cyangwa nyuma y'icyo gihe bitewe n'imipamvu zinyuranye nk'imiterere y'umubiri, imibereho y'ubuzima n'ibindi.

Icyitonderwa:

- ☉ Kujya mu mihango si uburwayi, ahubwo ni ikimenyetso cyiza kigaragaza ko ubuzima bw'imyororokere bw'umukobwa cyangwa umugore burimo kugenda neza kandi ni ikimenyetso simusiga cyerekana ko uramutse ukoze imibonano mpuzabitsina idakingiye ushobora gusama.

Isuku mu gihe cy'imihango

Mu gihe cy'imihango isuku ikorwa mu buryo bukurikira:

- ☉ Gukoresha neza ibikoresho byabugenewe harimo udutambaro tw'isuku cyangwa kotegisi;
- ☉ Kumesha neza utwo dutambaro ukatwanika ku zuba mu gihe ntakotegisi ihari;
- ☉ Guhindura ibyo bikoresho byabugenewe uko byuzuye;
- ☉ Kwikorera isuku buri uko ugiye guhindura ibyo bikoresho by'isuku byabugenewe.

1.6. Kwirotaraho



Kwirotaraho ni igihe umuhungu agize ubushake bwo gukora imibonano mpuzabitsina asinziriye agasohora, icyo gihe intangangabo zisohokana n'amatembabuzi zigasohoka hanze. Ibi bituma iyo akangutse asanga umwenda we cyangwa uburiri byatose.

Icyitonderwa: Iyo umuhungu atangiye kwirotaraho, ni ikimenyetso cy'uko ashobora gutera inda igihe cyose akoze imibonano mpuzabitsina idakingiye.

1.7. Ibibazo bikunze kwibazwa ku buzima bw'imyororokere (Imihango, ukwezi k'umugore no kwirotaraho):

1. Ni izihe ngaruka zaba ku muntu wakoze imibonano mpuzabitsina mu gihe cy'imihango?

Umuntu ukoze imibonano mpuzabitsina mu gihe cy'imihango bishobora kumukururira gutwita atabiteganyaga cyangwa kwandura Virusi itera SIDA n'izindi ndwara zandurirwa mu mibonano mpuzabitsina.

2. Ni he wakura amakuru yizewe ku bijyanye n'ubuzima bw'imyororokere?

Ni byiza gusobanuzwa ababyeyi/abakurera, abarimu n'abaganga cyangwa abajyanama b'ubuzima amakuru y'ubuzima bw'imyororokere kuruta kuyashakira ahandi hatizewe cyane cyane ku bashobora kugushuka. Mu gihe ushakiye amakuru ku mbuga nkoranyambaga, gira ubushishozi kuko amakuru ariho yose si ko ari ayo kwizerwa.

Ikiganiro cya kabiri (2): Agaciro kanjye

Iki kiganiro kiribanda ku busobanuro bwo “kwiha agaciro” wowe ubwawe ukagaha n’abandi. Kiragaragaza indangagaciro ziboneye zikwiriye kuranga urubyiruko by’umwihariko ingimbi n’abangavu bashishikarizwa kuzihararira, kuzimakaza no kuzisigasira kugira ngo zibaheshe ishema mu buzima bwabo bwa buri muni banategura ubw’ejo hazaza.

2.1. Kwiha agaciro

- ⊙ Bisobanura kwiubaha no guha uburemere uwo uri we nk’umuntu; guha agaciro umubiri n’ibitekerezo byawe. Kwiha agaciro ni yo soko y’imibanire myiza n’abandi n’imyitwarire ikwiye muri rusange.
- ⊙ Kwiha agaciro ni ngombwa kuri buri wese muri twe, kandi bitangirira ku mishyikirano umuntu agirana n’ababyeyi be, abagize umuryango we, abarezi ndetse n’inshuti cyangwa urungano. Bagufasha kumenya ubuhanga bwawe n’impano ufite kandi bakanagufasha gusobanukirwa aho ufite intege nke kugira ngo ushobore kwikosora.

2.2. Guha umuntu agaciro

- ⊙ Ni ukumwubaha, ukamugaragariza ibyiza akora ukanabimushimira, kandi byaba ngombwa ko unenga ibibi akora ukabikora mu bwubahane.

Agaciro kanjye nk’umwangavu, ingimbi, inkumi cyangwa umusore ni ntagereranywa kubera ko:

- ⊙ Ari twe mizero y’ejo hazaza;
- ⊙ Ari twe babyeyi n’ abayobozi b’ejo hazaza;
- ⊙ Ari twe mbaraga z’igihugu cyacu;
- ⊙ Turi mu gihe cyiza cyo kwitoza kuba abantu b’inyangamugayo, twihesha agaciro, duhesha ishema ababyeyi, abarezi n’igihugu muri rusange.

2.3. Indangagaciro

Indangagaciro ni imyumvire, imitekerereze n’imigirire myiza bishingiye ku muco biranga abantu babihuriyeho, bigashimwa n’ababibona bakifuzwa kubikurikiza.

Indangagaciro kandi ni ibimenyetso ngiro n’imyifatire myiza biranga abantu batuye igihugu runaka. Ni ibikorwa ndangamuco abanyagihugu bemera, kandi bifuzwa ko byahora bibaranga, bikanabitirirwa uko ibihe biha ibindi, bikaba amahame y’uburere atozwa abato.

Zimwe mu ndangaciro z'umuco nyarwanda n'iz'ikiremwa muntu muri rusange

- ⊙ Gukunda igihugu;
- ⊙ Gukunda umurimo no kwiga;
- ⊙ Kubahiriza inshingano;
- ⊙ Kwiyubaha no kubaha abandi;
- ⊙ Kwirinda ibiyobyabwenge n'ingeso mbi;
- ⊙ Ikinyabupfura;
- ⊙ Gukunda kwiga no gukora;
- ⊙ Gukoresha neza ikoranabuhanga;

- ⊙ Gukorera ku gihe;
- ⊙ Kumenya kwiha icyerekezo;
- ⊙ Guharanira ukuri;
- ⊙ Ubunyangamugayo;
- ⊙ Kumenya gufata icyemezo gikwiye

Iyo umuntu yimenyereje gukurikiza indangagaciro mu buzima bwe bwa buri muni bihinduka ibimuranga mu mibereho n'inshingano ze zose kandi bikamufasha kubaka ejo he hazaza heza (Ingangagaciro z'umuco nyarwanda, Minisiteri ya siporo n'umuco, 2018).

Ikiganiro cya gatatu (3): Kwiha intego y'ubuzima no gufata icyemezo.

Muri iki kiganiro turibanda ku gutanga ubusobanuro ku bijyanye no kwiha intego y'ubuzima. Turagaragaza intambwe z'ingenzi watera mu rugendo rwo gufata icyemezo gikwiriye mu mibereho yawe ya buri muni kizakugeza ku ntego nziza wihaye.



3.1. Intambwe zo gufata ibyemezo

Ubuzima bwa muntu bushingiye ku byemezo agenda afata mu bihe bitandukanye mu rugendo rw'imibereho ye. Ni yo mpamvu mbere yo gufata icyemezo icyo ari cyo cyose umuntu akwiriye kubanza kubitekerezanya ubushishozi. Kugira ngo umuntu ashobore gufata ibyemezo byiza kandi mu gihe gikwiye, ni ngombwa kunyura mu ntambwe zikurikira:

Intambwe ya mbere: Gushaka amakuru no kuyasesengura

- ⊙ Kugisha inama abantu wizeye.
- ⊙ Gushakisha ibisubizo cyangwa amahitamo yose ashoboka.
- ⊙ Gutekereza ku byiza no ku ngaruka bya buri cyemezo cyangwa amahitamo ushingiye ku ndangagaciro/ku byo wemera.

Intambwe ya 2: Gufata icyemezo no kugishyira mu bikorwa

- ☉ Gufata icyemezo ushingiyeye ku isesengura wakoze
- ☉ Gukora igikorwa kijyanye n'icyemezo wafashe kandi mu gihe cyagenwe

Intabwe ya 3: Gusuzuma ibyavuye mu cyemezo wafashe

Nyuma y'ishyirwa mu bikorwa ry'icyemezo, uwanyuze muri izi ntambwe zo gufata icyemezo afata umwanya wo kwisuzuma akareba ibyagenze neza yishimira n'ibyo yakosora mu gihe kizaza.

3.2. Amarangamutima no gufata icyemezo

Kunyura mu ntambwe zavuzwe haruguru bisaba umuntu kumenya gucunga amarangamutima kuko iyo bidakozwe, bivamo guhubuka no kwicuza ku ngaruka atigeze atekerezaho mbere. Ni ngombwa gufata umwanya uhagije mbere yo gufata icyemezo no kwimenyereza gutegereza kugira ngo ugere ku ntego wihaye.

Nubwo gushishoza ari byiza, si byiza na none ko umuntu agira ubwoba bukabije butuma adashobora gufata icyemezo cyangwa yagifata akananirwa kugishyira mu bikorwa.

Icyitonderwa:

- ☉ Igihe habaye ingaruka nyuma yo gufata icyemezo, ni ngombwa kumva ko ubuzima atari aho burangiriye, ahubwo bukomeza, ugashaka igisubizo kirambye.
- ☉ Igihe uhuye n'inzitizi mu gushyira mu bikorwa

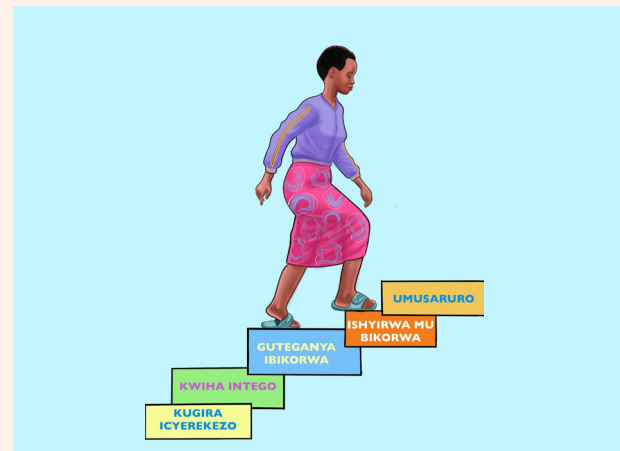
icyemezo wafashe, wirinda gucika intege, ahubwo ugakomeza guhangana nazo ushaka igisubizo kugeza ubwo uzagera ku ntego wiyemeje.

3.3. Kwiha intego y'ubuzima

Intego y'ubuzima: Ni icyo umuntu aba agambiriye kugeraho mu buzima bwe kikamuyobora mu myanzuro afata, mu mibanire ye n'abandi, no mu bikorwa akora buri munsu. Kwiha intego bitoza abato kugira icyerekezo, kwihangana, ubunyangamugayo, ubudahemuka, gukunda umurimo, kwitangira umuryango n'igihugu.

Kugira intego mu buzima: Kuba umuntu afite intego n'icyo ashaka kugeraho bituma abaho afite icyerekezo bityo bikamurinda kuyobagurika. Icyerekezo cyiza ni intumbero itwereka aho tugana, ikadufasha kwirinda guta igihe no kugendera ku byemezo bidafite umumaro.

Intambwe eshanu(5) zo kwiha intego no kuyigeraho:



1. Kugira icyerekezo(Vision)

Kugira icyerekezo cyiza bisaba:

- i) **Gutekerezanya ubushishozi** ku ntumbero wifuza kuzageraho mu gihe wiyemeje.
- ii) **Kwigirira icyizere no kudacika intege:** Nubwo hari imbogamizi mu buzima, kugira icyizere no gukomeza gukora cyane bifasha umuntu kugera ku nzozo ze.
- iii) **Kugira abajyanama beza:** Kugira abantu bakugira inama nziza, baba inshuti, umuryango cyangwa abarimu, bifasha umuntu kugira icyerekezo cyiza no kwirinda imyitwarire mibi.

2. Kwiha intego (Goal)

Gushyiraho intego zifatika zishingiye ku cyerekezo wihaye bifasha umuntu kumenya aho ava n'aho agana.

Urugero: Umuntu ashobora kwiha intego yo kwiga neza, gutangira umushinga, cyangwa kwiteza imbere mu bundi buryo.

Umuntu ufite intego ntarangazwa n'ibyo ahuye na byo mu nzira, cyangwa ngo acike intege, kuko ibyo akora byose ahora ashishikajwe no kuyigeraho.

Intego zigomba kuba zisobanutse, kandi zibasha kugerwaho mu gihe cyagenwe nk'uko bikubiye mu ijamba ry'impine ry'icyongereza rikunze gukoreshwa ari ryo "SMART" (Specific, Measurable, Achievable, Relevant, Time-bound).

3. Gahunda y'ibikorwa (Plan)

- ☉ Gushyira mu byiciro bito ibikorwa bigize intego

nyamukuru wihaye, bifasha mu buryo bworoshye kugera ku cyerekezo wihaye.

- ☉ Tegura ingengabihe ,uburyo, n'ubushobozi bizagufasha kugera ku ntego yawe, intambwe ku yindi.
- ☉ Hera ku byo ufite, uteganya uko uzabona ibisigaye.
- ☉ Gahunda nziza y'ibikorwa ni nk'ikarita igufasha kumenya aho uva n'aho ujya.

4. Ishyirwa mu bikorwa (Implementation)

- ☉ Gushyira mu byiciro bito ibikorwa bigize intego nyamukuru wihaye, bifasha mu buryo bworoshye kugera ku cyerekezo wihaye.
- ☉ Gutangira gukora ibyo wateguye, nta gutegereza igihe "kiza."
- ☉ Guharanira kugira ibyo ukora buri muni n'iyi byaba bike kuko nibyo bizana impinduka.

5. Intsinzi (Success)

- ☉ Intego nto zigerwaho uko bikwiye zifasha kugera ku ntsinzi ihanye ariyo cyerekezo wihaye.
- ☉ Intsinzi nyayo ni iyi ituma wumva unezerewe kandi wishimiye aho ugeze, bikakongeramo imbaraga zo gukomeza gukora cyane

UMUTWE WA KABIRI: IBYAKWANGIZA UBUZIMA BWawe N'AGACIRO Kawe N'UBURYO WABYIRINDA

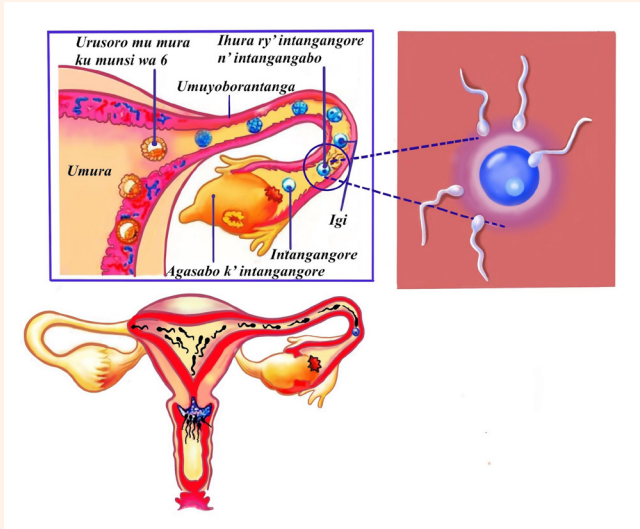
Iki gice kigizwe n'ibiganiro byibanda ku kugaragaza ibyakwangiza ubuzima bwawe n'agaciro kawe by'umwihariko ubuzima bw'ingimbi n'abangavu. Muri byo harimo Inda ziterwa abangavu, Ibiyobyabwenge, Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina. Turagaragaza kandi n'uburyo butandukanye bwo kwirinda ibyo byose byakwangiza ubuzima. Ayo makuru yose agamije kongerera ubumenyi ingimbi n'abangavu uko basigasira ubuzima bwabo n'agaciro kabo.

Ikiganiro cya kane (4): Gutera inda, gusama no gutwita ukiri muto



Ingimbi n'abangavu bakwiye guhabwa amakuru ajyanye n'ubuzima bw'imyorokere hakiri kare, kugira ngo babashe gufata ibyemezo biboneye ku buzima bwabo. Iyo aya makuru atabagezeho ku gihe, bishobora kubaviramo guterwa inda cyangwa gusama bakiri bato, kubera kubura ubumenyi buhagije bwo guhangana n'ibishuko bahura nabyo mu buzima bwa buri muni. Ni muri urwo rwego, muri iki kiganiro tubasobanurira uko gusama bigenda, ingaruka zo gutwita cyangwa guterwa inda ukiri muto, ndetse n'uburyo bwo kwirinda ibyo bibazo. Ibi byose bigamije gufasha ingimbi n'abangavu kugira ubumenyi bubafasha kwirinda no gufata imyanzuro iboneye ku bijyanye n'ubuzima bwabo bw'imyorokere.

4.1. Uko isama ribaho



- ⊙ Gusama biba nyuma yo gukora imibonano mpuzabitsina idakingiye iyo intangangabo ihuye n'intangangore bikabyara urusoro;
- ⊙ Isama ribera muri umwe mu miyoborantanga y'umugore, naho «gutwita» bikabera muri nyababyeyi. Iyo hakozwe imibonano mpuzabitsina, amamiliyoni y'intangangabo yisuka mu nda ibyara y'umugore (iyo umugabo asohoye), zikazamuka mu nkondo y'umura. Iyo zigezemo, zizamuka zerekeza mu miyoborantanga.
- ⊙ Intangangabo imwe rukumbi yarushije izindi umuvuduko niyo yinjira mu ntangangore. Muri ako kanya, umubiri w'intangangore urakomera ntiha gire indi ya kabiri ibasha kwinjiramo. Izindi zije nyuma zirunda ku rusoro zigahindukamo intungamubiri.

Urwo rusoro rumanuka mu mura, umugore cyangwa umukobwa agatwita atyo.

- ⊙ Iyo isama ryabaye, umukobwa cyangwa umugore ntiyongera kubona imihango atarabyara;
- ⊙ Kutabona imihango nyuma y'ukwezi k'umukobwa cyangwa umugore wakoze imibonano mpuzabitsina, ni kimwe mu bimenyetso by'uko yaba yarasamyeye. Ariko kugira ngo abyemeze agomba kujya kwipimisha kwa muganga.

Icyitonderwa:

- ⊙ Intangangore yahishije ikarekurwa n'agasabo k'intanga, ishobora kumara igihe kingana n'amasaha cumi n'abiri (12) kugeza kuri makumyabiri n'ane (24) ikiri nzima;
- ⊙ Intangangabo, nyuma y'imibonano mpuzabitsina, zishobora kumara mu mura no mu miyoborantanga iminsi itatu (3) kugeza kuri itanu (5) zikiri nzima;
- ⊙ Umukobwa ashobora gusama akoze imibonano mpuzabitsina idakingiye inshuro imwe (1) gusa, igihe cyose ayikoze ari mu gihe cy'uburumbuke
- ⊙ Umukobwa ashobora gusama atarabona imihango ye ya mbere igihe akoze imibonano mpuzabitsina idakingiye; bigahurirana nuko yarari mu gihe cy'uburumbuke kibanziriza imihango ye ya mbere.

4.2. Zimwe mu ngaruka zo gutwita ukiri muto

- ⦿ Kudindira mu myigire cyangwa guharika ishuri kuri bamwe
- ⦿ Kwiheba, kugira ubwoba, kumva utaye agaciro, guhabwa akato, kugira ipfunwe n'ibindi;
- ⦿ Kugorwa no kubona ibibatunga wowe n'umwana utwite;
- ⦿ Imyanya myibarukiro yawe ishobora kwangirika (fistula/fistule) bikagusigira ubumuga cyane cyane iyo utakurikiranywe n'abaganga cyangwa iyo ubyariye mu rugo;
- ⦿ Ushobora kubyara umwana utagejeje igihe cyo kuvuka, ufite ibiro bike cyangwa inda ikaguhitana;
- ⦿ Umwana wawe ashobora kugira ibibazo by'imikurire, imirire mibi, ndetse n'ingaruka zo kubura uburere buturuka ku babyeyi bombi.
- ⦿ Bishobora gutera amakimbirane mu miryango
- ⦿ Gutekereza kwiyahura akaba yanabishyira mu bikorwa



4.3. Zimwe mu ngaruka zo gutera inda ukiri muto

- ⦿ Kutabasha kwita ku mwana uko bikwiriye kuko nawe uba ukiri muto nta bushobozi n'ubumenyi ubifitiye.
- ⦿ Gufungwa iyo wateye inda umwana ukiri muni y'imyaka cumi n'umunani (18)
- ⦿ Kudindira mu myigire cyangwa guharika ishuri kuri bamwe
- ⦿ Kwiheba, kugira ubwoba, kumva utaye agaciro, kugira ipfunwe n'ibindi;
- ⦿ Bishobora gutera amakimbirane mu miryango
- ⦿ Gutekereza kwiyahura akaba yanabishyira mu bikorwa

4.4. Uko wakwirinda gutwita no gutera inda ukiri muto

- ⦿ Kumva no gukurikiza inama nziza zijyanye n'ubuzima bw'imyororokere uhabwa n'ababyeyi, abarezi cyangwa muganga.
- ⦿ Gukomera ku busugi n'ubumanzi wirinda gukora imibonano mpuzabitsina ukiri muto
- ⦿ Kumenya kuvuga OYA ku bagushuka no kubatungira agatoki, umuryango, abarezi cyangwa inzego zibifite mu nshingano.
- ⦿ Mu gihe kwifata bikunaniye, ni byiza gukoresha agakingirizo cyangwa ubundi buryo bwo kwirinda gusama bwizewe butangirwa kwa muganga.

- ☉ Kwirinda kugirana agakungu n'abantu bashobora kubashora mu busambanyi
- ☉ Kwirinda gutinda ahantu hihishe uri kumwe n'uwo mudahuje igitsina
- ☉ Kuyungurura amakuru yose uhabwa n'urungano

cyangwa ukura ku mbuga nkoranyambaga mbere yo kuyakoresha

- ☉ Kwirinda ibisindisha n'ibiyobyabwenge
- ☉ Kwirinda gushora mugenzi wawe mu mibonano mpuzabitsina

4.5. Incamake ku kuboneza urubyaro

Kuboneza urubyaro ni uburyo umuryango cyangwa umuntu ugeze mu gihe cyo kororoka (kubyara) yiyemeza gukoresha kugira ngo abyare abana ashoboye kurera kandi ababyarire igihe abyifuza.

4.5.1. Uburyo butandukanye bwo kuboneza urubyaro

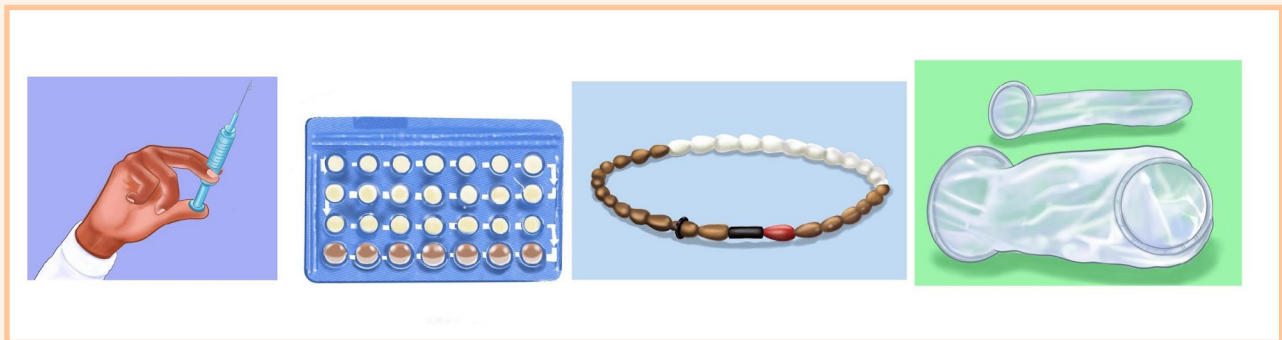
Muri rusange, uburyo bwo kuboneza urubyaro buri mu byiciro bitatu (3) by'ingenzi aribyo:

- ☉ Uburyo bw'igihe kigufi
- ☉ Uburyo bw'igihe kirekire
- ☉ Uburyo bwa burundu

i. Bumwe mu buryo bw'igihe kigufi:

Uburyo bw'igihe kigufi bwo kuboneza urubyaro ni uburyo bufasha abashakanye cyangwa abandi bemeranyije gukora imibonano mpuzabitsina kwirinda gusama inda zitateganyijwe mu gihe gito, bukaba busaba kubukoresha buri gihe cyangwa kubusubiramo kugira ngo bukomeze gukora neza.

Urugero: uburyo bwa kamere, urunigi, agakingirizo, inshinge n'ibinini.

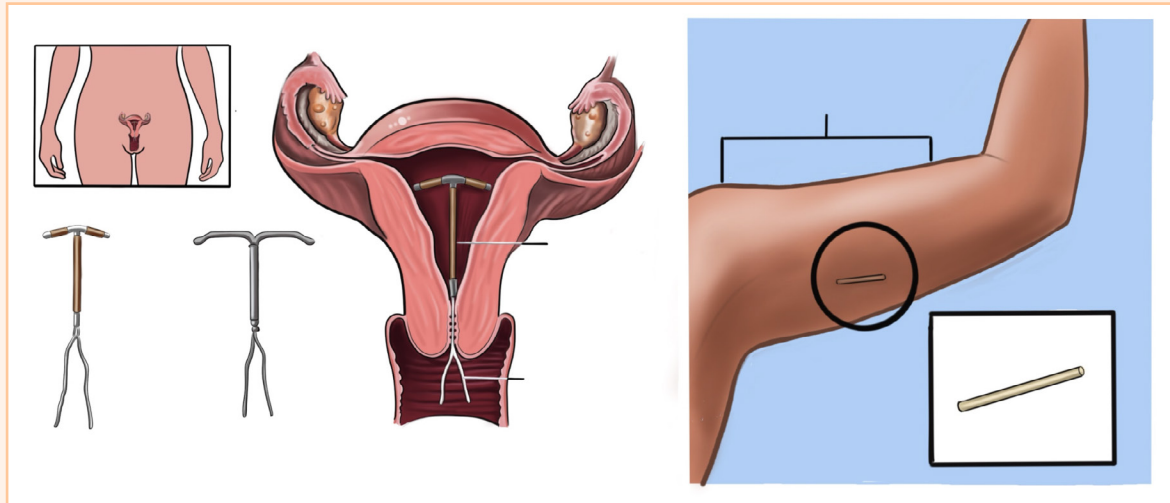


ii. Bumwe mu buryo bw'igihe kirekire:

Uburyo bw'igihe kirekire bwo kuboneza urubyaro ni uburyo bufasha kwirinda gusama mu gihe kirekire, bukaba budasaba kubukoresha buri muni cyangwa buri kwezi. Bukora neza kandi bukoreshwa igihe cy'imyaka myinshi, ariko umuntu ashobora kubuhagarika igihe yifuza gusama cyangwa bumugizeho ingaruka.

Bumwe muri ubu buryo burimo:

- ⊙ Uburyo bwo gushyira umuti muni y'uruho bikoze na muganga (Implant)
- ⊙ Agapira ko mu mura (DIU)



iii. Uburyo bwa burundu: Ni uburyo bwo guhagarika kubyara bya burundu bukorwa ku mugore cyg ku mugabo, gusa ubu buryo bukoreshwa ku bantu bamaze kubitekerezaho mu bushishozi bagafata icyemezo badahubutse.

Urugero: Kuboneza urubyaro burundu bakata umuyoborantanga ngabo ku bagabo mu rurimi rw'icyongereza byitwa "Vasectomy" naho gufunga umuyoborantanga ngore byitwa "Tubal ligation"

4.5.2. Akamaro ko kuboneza urubyaro

- ⊙ Bituma umuntu ategura neza abana azabyara n'igihe azababyarira
- ⊙ Bigabanya indwara n'imfu z'ababyeyi n'abana
- ⊙ Umwana yonka igihe gihagije bityo akagira igikuriro cyiza
- ⊙ Birinda inda zishobora gutera ibibazo
- ⊙ Bituma umuryango ubasha kwihaza
- ⊙ Birinda urubyiruko kwinjira mu nshingano zo kurera bakiri bato
- ⊙ Biha umuryango gutuza no gutekana;
- ⊙ Bifasha igihugu gutegura igenamigambi

Icyitonderwa:

- ☉ Mu gihe ukeneye kuboneza urubyaro ni byiza kugana ahatangirwa serivise z'ubuzima bakagufasha.
- ☉ Mu buryo bwose bwo kuboneza urubyaro twabonye haruguru, agakingirizo gafite umwihariko wo kukurinda gutera inda, gusama utabyifuza no kwandura Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina.
- ☉ Ku batarashaka, gukoresha uburyo bwo kwifata birinda imibonano mpuzabitsina mbere yo gushaka uwo bazabana ni akarusho.

4.6. Ibibazo bikunze kwibazwa n'ibisubizo byabyo

No	Ibibazo	Ibisubizo
1	Umukobwa ashobora gusama akoze imibonano mpuzabitsina idakingiye incuro imwe (1) gusa?	Yego
2	Umukobwa ashobora gusama atarajya mu mihango?	Yego
3	Gusama ni kimwe no gutwita?	Oya
4	Gusama bibera mu nkondo y'umura?	Oya
5	Gusama bibera mu muyoborantanga	Yego
6	Kuboneza urubyaro bituma umuntu atazongera kubyara naho yabihagarika	Oya
7	Kwiroteraho ni kimwe mu bimenyetso bigaragaza ko umuhungu ashobora gutera inda aramutse akoze imibonano mpuzabitsina idakingiye.	Yego
8	Iyo umwangavu atagiye mu mihango mu gihe yari asanzwe ayijyamo byanze bikunze aba atwite	Oya
9	Nta mukobwa ushobora gusama ari mu mihango	Oya
10	Intangangabo zishobora kumara iminsi igera kuri itanu mu mubiri w'umugore zikiri nzima	Yego

Ikiganiro cya gatanu(5): Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina



Ubuzima n'agaciro kanjye bushobora kwangizwa n'indwara zandurira mu mibonano mpuzabitsina. Ni yo mpamvu muri iki kiganiro tugiye kwibanda ku gusobanura virusi itera SIDA (VIH) n'indwara ya SIDA ubwaho, uko yandura n'uburyo bwo kuyirinda. Tuzanasobanura n'izindi ndwara zandurira mu mibonano mpuzabitsina, hamwe n'ingamba zo kuzirinda. Aya makuru agamije kongerera ubumenyi ingimbi n'abangavu, kugira ngo bamenye uko bashobora kwirinda izo ndwara no kurinda ubuzima bwabo bw'ejo hazaza.

5.1.Virusi itera SIDA(VIH/HIV) na SIDA

- **Virusi itera SIDA (VIH/HIV):** Ni ubwoko bwa Virusi bwibasira ubwirinzi kamere bw'umubiri mu kurwanya indwara.
- Virusi itera SIDA iboneka cyane mu matembabuzi y'umubiri nk'amaraso, ububobere bwo mu gitsina cy'umugore, amashoro, n'amashereka.
- **SIDA:** ni uruhurirane rw'ibimenyetso by'indwara zinyuranye zifata umuntu bitewe n'uko ubwirinzi kamere cyangwa ubudahangarwa bw'umubiri we bwashegeshwe na virusi itera SIDA. Umuntu

arwara SIDA iyo ubwirinzi bw'umubiri bwagabanutse agatangira kurwara indwara z'ibyuririzi.

Itandukaniro ry'umuntu wanduye virusi itera SIDA n'umurwayi wa SIDA

- ⊙ Umuntu wanduye virusi itera SIDA ni umuntu ufite mu maraso ye virusi itera SIDA ashobora kuba atari yarwara SIDA ubwayo,
- ⊙ Umuntu urwaye SIDA ni umuntu ufite uruhurirane rw'ibimenyetso by'indwara zinyuranye zifata umuntu bitewe n'uko ubwirinzi kamere bw'umubiri we butagifite ubushobozi bwo kumurinda, kuko buba bwashegeshwe na virusi itera SIDA.

5.2. Uburyo Virusi itera SIDA yandura

Virusi itera Sida yandurira:

- ⊙ Mu mibonano mpuzabitsina idakingiye harimo uwanduye Virusi itera SIDA.
- ⊙ Guhuza amaraso n'uwanduye Virusi itera SIDA nko gukoresha ibikoresho bikomeretsa byakoreshejwe n'uwanduye virusi itera SIDA.
- ⊙ Umubyeyi utwite wanduye Virusi itera SIDA ashobora kwanduza umwana we amutwite, amubyara, cyangwa amwonsa.

Icyitonderwa: Ni ngobwa kwitabira serivisi z'ubuzima igihe cyose umubyeyi atwite, cyane cyane iyo afite virusi itera SIDA kugira ngo arinde umwana atwite kwandura virusi itera SIDA.

5.3. Uburyo bwo kwirinda Virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina

Muri rusange, uburyo bwo kwirinda virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina bukubiye mu mpine y'ijambo ry'ikinyarwanda **"UKUBA"** ari byo bisobanuye mu magambo arambuye:

U: Uburere

K: Kwifata

UB: Ubudahemuka

A: Agakingirizo

5.4. Kwipimisha ku bushake (VCT)

Kwipimisha ku bushake Virusi itera SIDA ni iki?

- ⊙ Ni igihe umuntu ahisemo kujya kwipimisha Virusi itera SIDA ku bushake bwe atabitegetswe.
- ⊙ Hapimwa umuntu amaze kugirwa inama n'ababifite mu nshingano, igisubizo kigatangwa uwo muni kandi mu ibanga.

Ibisubizo ushobora kubona nyuma yo gupimwa:

- ⊙ Negatifu: Bivuga ko mu maraso yasuzumwe basanze nta bimenyetso bigaragaza ko wanduye virusi itera SIDA birimo.
- ⊙ Pozitififu: Bivuga ko mu maraso yasuzumwe hagasangwa harimo Virusi itera SIDA.

Icyitonderwa:

- ⊙ Uwipimishije agasanga yaranduye Virusi itera SIDA agirwa inama y'uko yabyifatamo, agahita atangira imiti igabanya ubukana.
- ⊙ Duhananire kumenya uko duhagaze twipimisha Virusi itera SIDA kandi tubishishikarize na bagenzi bacu.

Hamwe muhatangirwa serivisi zipima zikanatanga inama kuri Virusi itera SIDA ku bushake:

- ⊙ Ahatangirwa service z'ubuvuzi hemewe
- ⊙ Ibigo by'urubyiruko byemerewe gutanga serivise z'ubuzima bw'imyororokere ku rubyiruko harimo no gupima Virusi itera SIDA;
- ⊙ Ibigo byigisha ubuzima bw'imyororokere byinshi bipima na Virusi itera SIDA.

5.5. Andi makuru y'ingenzi kuri SIDA

- ⊙ Virusi itera SIDA ntipimishwa n'ijisho, kandi n'uwo wumva udukeka ashobora kuba ayifite nubwo yaba atagaragaza ibimenyetso. Mbere yo kwemera gukora imibonano mpuzabitsina, ni ngombwa kumenya ko ushobora kwandura indwara zandurira mu mibonano mpuzabitsina, harimo na Virusi itera SIDA, n'iyi waba ubikoze rimwe cyangwa mu gihe gito cyane.
- ⊙ Iyo umuntu yanduye Virusi itera SIDA, virusi ikinjira mu mubiri itangira kugabanya ubudahangarwa bwawo, bigatuma umubiri udashobora kwirwanaho neza ku ndwara. Ubudahangarwa bugenda bugabanuka uko virusi yiyongera mu mubiri.
- ⊙ Nubwo Virusi itera SIDA idakira, hari imiti igabanya ubukana bwayo (ARVs) ifasha umuntu wayanduye kubaho neza. Iyo iyi miti ifashwe neza kandi ku gihe, ifasha kongera ubudahangarwa bw'umubiri, bigatuma uwanduye akomeza kubaho mu buzima busanzwe kandi akagira imbaraga. Abashakashatsi bakomeje gukora ubushakashatsi kugira ngo barebe ko haboneka umuti uvura cyangwa

urukingo rwayirinda burundu.

- ⊙ Umuntu wese usanze yaranduye Virusi itera SIDA agomba gukurikiza inama za muganga, gufata imiti neza kandi ku gihe, no kwitabira gahunda z'ubuvuzi kugira ngo akomeze kugira ubuzima bwiza.
- ⊙ Guha akato umuntu wanduye Virusi itera SIDA si byo, ahubwo ni ngombwa kumufata nk'abandi bantu bose, kumuba hafi, kumuganiriza, no kumutera inkunga aho bikenewe. Kumwitaho cyangwa kubana na we ntibitera kwandura virusi; ahubwo bimufasha kugira icyizere, kwiyakira, no kubaho yishimye mu buzima bwe bwa buri muni.

5.6. Izindi ndwara zandurira mu mibonano mpuzabitsina

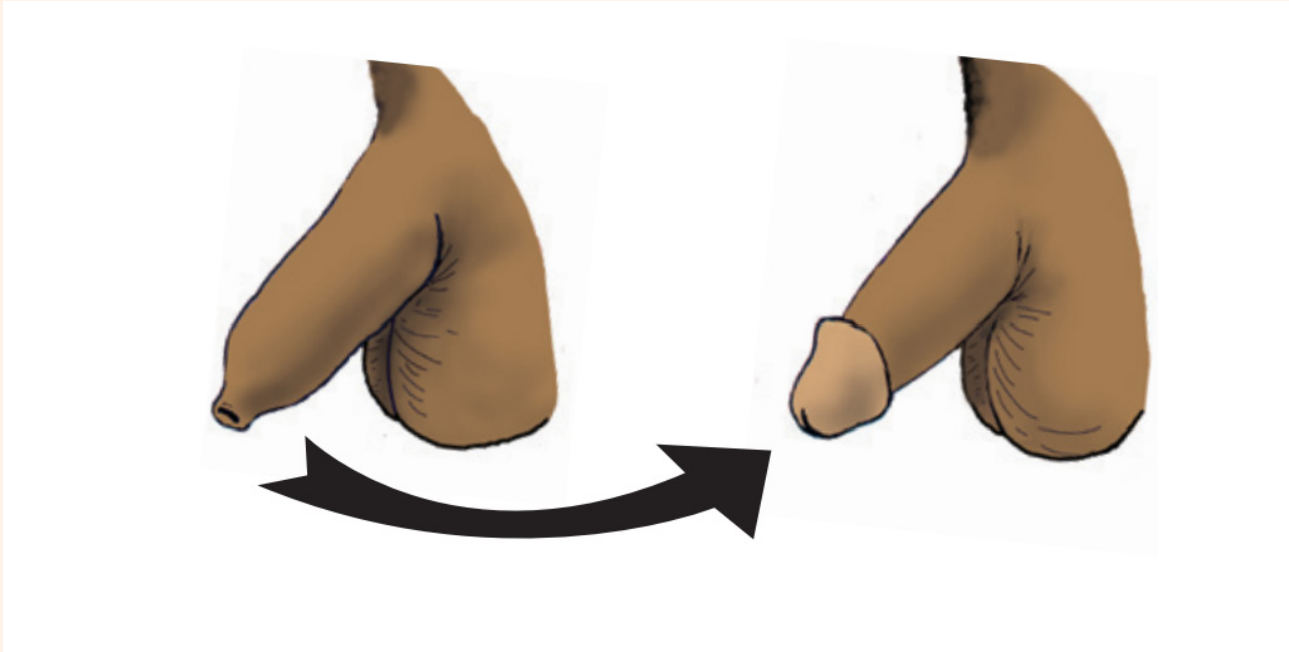
Uretse Virusi itera SIDA, hari izindi ndwara zandurira mu mibonano mpuzabitsina cyane cyane iyo ikozwe idakingiye. Zimwe muri izo ndwara ni izi zikurikira:

- ⊙ Imitezi
- ⊙ Kalamidiya
- ⊙ Mburugu
- ⊙ Uburagaza
- ⊙ Kandidoze yo mu gitsina
- ⊙ Insharakima
- ⊙ Tirikomoni
- ⊙ Ibinweti
- ⊙ Indwara y'umwijima yo mu bwoko bwa B

5.7. Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina

Ibimenyetso ku bagabo	Ibimenyetso ku mugore	Ibimenyetso ku mwana
<ul style="list-style-type: none"> ⊙ Kuzana cyangwa kunyara amashyira; ⊙ Udusebe ku gitsina; ⊙ Kuzana ibibyimba mu mayasha; ⊙ Kubyimba amabya; ⊙ Amasazi mu mayasha cyangwa mu ntantu; ⊙ Ububabare mu gihe cyo kwihagarika; Kokerwa igihe yihagarika; ⊙ Kugira udusebe cyangwa utubyimba ku gitsina; ⊙ Kugira uburyaryate ku gitsina no kwishimagura; ⊙ Kugira umuriro; ⊙ Kubabara mu gihe cy'imibonano mpuzabitsina. 	<ul style="list-style-type: none"> ⊙ Kuzana uruzi rudasanze cyangwa amashyira mu gitsina; ⊙ Amasazi cyangwa ibibyimba mu mayasha; ⊙ Udusebe ku gitsina; ⊙ Uburyaryate no kwishimagura ku gitsina; ⊙ Kubabara mu kiziba cy'inda; ⊙ Ububabare mu gihe cyo kwihagarika; ⊙ Kugira udusebe cyangwa utubyimba ku gitsina; ⊙ Kugira umuriro; ⊙ Kubabara mu gihe cy'imibonano mpuzabitsina; ⊙ Kubyimba igitsina 	<ul style="list-style-type: none"> ⊙ Kuninda amashyira mu maso mu kwezi kwa mbere umwana avutse.

5.8. Kwisiramuzwa (Gukebwa):



Gusiramuzwa ni ugukuraho agahu gatwikiriye umutwe w'igitsina cy'umugabo bikozwe mu buryo bwizewe na muganga wabihuguriwe kandi bigakorerwa ahantu hafite isuku. Bishobora gukorwa kuva ku mwana ukivuka kugera ku mugabo ukuze.

Akamaro ko kwisiramuzwa (Gukebwa):

⊙ Bigabanya ibyago byo kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina iyo uyikoze utikingiye. Ariko ibi ntibivugaga ko bibarinda ijana ku ijana. Niyo mpamvu ari ngombwa gukomeza kwirinda;

- ⊙ Bigabanya kwandura Kanseri y'igitsina cy'umugabo n'iy'umuyoboro w'inkari;
- ⊙ Abagore bakorana imibonano mpuzabitsina n'abagabo basiramuye bibongera amahirwe yo kutarwara kanseri y'inkondo y'umura;
- ⊙ Byongera isuku ku gitsina cy'umugabo.

Ikiganiro cya gatandatu(6): Kwirinda Ibiyobyabwenge n'ibisindisha

Ubuzima n'agaciro k'ingimbi n'abangavu ni ingenzi cyane kandi bisaba ko bubungwabungwa mu buryo buhoraho. Iyo bititaweho uko bikwiye, ibiyobyabwenge n'ibisindisha bikunze kuza ku isonga mu mpamvu zitera uruburuko kwishora mu ngeso mbi zishobora gutera kwangirika no guhungabana k'ubuzima bw'imyorokere bwabo.

Ni muri urwo rwego, muri iki kiganiro tugaragaza amoko atandukanye y'ibiyobyabwenge n'ibisindisha bikunze kuboneka mu bice dutuyemo, ndetse tunasobanura zimwe mu ngaruka mbi bishobora kugira ku muntu ku giti cye, ku muryango, no ku gihugu muri rusange. Bityo ayo makuru akongerera ubumenyi ingimbi n'abangavu, bibafasha gukura neza, bafite ubuzima bwiza kandi bufite intego.



6.1. Igisobanuro cy'ibiyobyabwenge

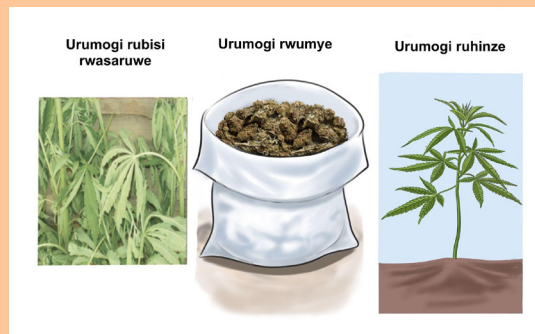
Ibiyobyabwenge: Ni ibintu byose bihindura imitekerereze n'imyitwarire byaba binyowe, bihumetswe, bitewe mu nshinge, cyangwa n'ubundi buryo bwose byafatwamo ndetse bikagira n'ingaruka ku buzima bw'umuntu.

Ibisindisha: Ni ibintu byose (ibinyobwa cyangwa ibindi) bifite ubushobozi bwo guhindura imitekerereze y'umuntu (imikorere y'ubwonko) cyangwa imikorere y'umubiri, bikawutera gusinda.

6.2. Bimwe mu biyobyabwenge bikunze gukoreshwa mu Rwanda

1. Urumogi (*Cannabis sativa*):

Urumogi rwitwa amazina menshi harimo Bangi, Ganja, Agatabi ko ku mugongo w'ingona n'andi.



2. Kokayine (Cocaine):

Ni ikiyobyabwenge gisa n'ifu y'umweru kiva mu bibabi by'igiti cyitwa COCA kiba gisa n'ikawa. Iyo ibyo bibabi bivanze n'ibinyabutabire bitanga ifu y'umweru ariyo kokayine.



3. Heroyine (Mugo):

Ni ikiyobyabwenge gisa n'ifu y'umweru, gikorwa mu mariragege y'urubuto rw'igiti cyitwa Mugo (Opium Poppy) kikaba gikoreshwa kivanzwe n'urumogi cyangwa bakagihumeka mu mazuru. Iyo fu y'umweru iboneka havanzwemo ibindi binyabutabire.



4. Mayirungi (KHAT):

Ni ikiyobyabwenge gisa n'ibyatsi bikunze kugaragara bizengurutse ubusitani bwinshi muri iki gihe. Abakinywa bagikanjankanja bakivanze na shikareti.

Mayirungi(Khat) yasaruwe



Mayirungi (Khat) ihinze



5. Kanyanga: Ni ikiyobyabwenge gisa n'amazi kikaba gikorwa mu bisheke, ibinyameke, umutobe w'ibitoke n'ibindi.

6. Kole (Colle): Kole ubusanze yifashashwa mu mirimo itandukanye, muri iki gihe hari abayikoresha nk'ikiyobyabwenge kinyobwa cyangwa gihumekwa mu mazuru, ikaba ari

uburozi bukomeye, ikaba yarashyizwe ku rutonde rw'ibiyobyabwenge bikorehwa cyane cyane mu rubyiruko.

7. Esanse (Essence): ikorehwa nk'ikiyobyabwenge iyo abantu bayihumeka mu mazuru cyangwa bakayinywa, ariko bigira ingaruka zikomeye ku buzima kuko ishobora kwangiza ubwonko, ubuhumekero n'uruhu ndetse no guteza urupfu

6.3. Ni ryari bavuga ko umuntu ari imbata y'ibiyobwabwenge?

Bavugakokugirangoumuntuabeimbatay'ikiyobyabwenge agomba kuba afite bitatu mu bimenyetso bikurikira:

- ☉ Irari ridashira ryo gufata ikiyobyabwenge
- ☉ Kugira ububabare cyangwa ibindi bimenyetso iyo ikiyobyabwenge cyagabanutse cyangwa cyabuze mu mubiri,

- ☉ Gukenera kongera ingano y'ikiyobyabwenge kugirango yumve amereze neza ,
- ☉ Gutakaza ubushake bwo gukora indi mirimo y'ingirakamaro ahubwo agakoresha igihe kinini cy'umwanya we wa buri muni mu gufata ibiyobyabwenge,
- ☉ Gukomeza gukoresha ibiyobyabwenge n'igihe azi neza ingorane byamuteje n'ingaruka ashobora guhura nazo.

6.4 Zimwe mu ngaruka zo gukoresha ibiyobyabwengen'ibisindisha

Ibiyobyabwenge n'ibisindisha bigira ingaruka zikomeye ku buzima bw'umuntu, ku muryango no ku gihugu. Zimwe muri izo ni izi zikurikira:

i) Ku muntu ku giti cyeye:

- ⊙ Kugabanya ubushobozi bw'umubiri bwo kwirinda indwara bigatera kurwaragarika.
- ⊙ Gusaza imburagihe.
- ⊙ Kuba imbata y'ibiyobyabwenge.
- ⊙ Indwara zifata imyanya y'ubuhumekero.
- ⊙ Kanseri yo mu kanwa, mu mihogo, mu menyo, mu bihaha no mu gifu.
- ⊙ Indwara y'umwijima (urushwima).
- ⊙ Indwara z'umutima.
- ⊙ Gufata cyangwa gufatwa ku ngufu.
- ⊙ Kwishora mu mibonano mpuzabitsina bishobora gutera kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina, gutera cyangwa guterwa inda.

ii) Ku muryango:

- ⊙ Ubukene no gusesagura amafaranga.
- ⊙ Amakimbarane mu muryango cyangwa guseniyuka kw'ingo nyinshi.
- ⊙ Kwica akazi no kubana nabi na bagenzi bawe.
- ⊙ Guhorana ibibazo bidashira.

iii) Ku gihugu:

- ⊙ Kugabanuka k'ubukungu kubera abantu batagira umusaruro cyangwa batitabira akazi.
- ⊙ Kuzamuka kw'ibyaha n'ubugizi bwa nabi. Urugero: nko kwiba, gufata abantu ku ngufu, cyangwa indi myitwarire mibi.

6.5. Uruhare rw'urubwiruko mu kurwanya no gukumira ibiyobyabwenge

Gukumira ibiyobyabwenge ni inshingano ya buri wese. By'umwihariko urubwiruko rurashishikarizwa ibi bikurikira:

- ⊙ Kwirinda ibigare/agakungu bibakurura mu gukoresha ibiyobyabwenge
- ⊙ Kumenya no kwita ku muntu utangiyeye kugira amarangamutima n'imitakerereze bidasanze iganisha ku ikoresha ry'ibiyobyabwenge
- ⊙ Gushinga za Karabu(Clubs) zo kurwanya ibiyobyabwenge mu mashuri n'ahandi bateranira
- ⊙ Gutanga amakuru ku gihe agahabwa inzego z'ibanze cyangwa polisi mu gihe habonetse ahari ibiyobyabwenge
- ⊙ Gukunda umurimo no gutekereza iteka icyaguteza imbere

UMUTWE WA GATATU: URUHARE RWawe

Nyuma yo kumenya uwo uriwe, uko umubiri wawe uteye, ukora n'uko wakwirinda ibyakwangiza agaciro kawe n'ubuzima bwawe, amakuru akubiye muri uyu mutwe w'iki gitabo yibanda ku gufata ingamba zo kwirinda, gusigasira agaciro kawe n'ubuzima bwawe bityo bikagufasha kubaka ejo hazaza heza.

Ikiganiro cya karindwi(7) : Humura ubuzima burakomeje

Iki kiganiro kigamije guhumuriza abahuye n'ibibazo byihariye muri rusange, by'umwihariko abangavu batewe inda bakiri bato n'abana banduye Virusi itera SIDA, baba barayikomoye ku babyeyi babo cyangwa barayanduye mu bundi buryo. Bose tubashishikariza gutera intambwe mu rugendo rwo kwiyakira no kugira ubutwari bwo guharanira gukomeza imibereho myiza, bahangana n'ingaruka z'ibyababayeho, bubaka ubuzima bw'ejo hazaza.



7.1. Ubuzima n'iki?

Ishami ry'Umuryango w'Abibumbye ryita ku Buzima (WHO) risobanura **ubuzima** nk'imimerere myiza y'umubiri, imitekerereze n'imibanire n'abandi, bitavuze kuba nta ndwara ufite cyangwa ubumuga.

Mu gihugu cyacu kimwe n'ahandi, hagaragara ibibazo byihariye bibangamira ubuzima, imiryango igenda ihura nabyo cyane cyane mu rubyiruko. Muri ibyo bibazo twavugaga inda ziterwa abangavu, ubwandu bwa Virusi itera SIDA, kwishora mu biyobyabyenge n'ibindi.

Abahuye n'ibyo bibazo barahungabana bamwe bagatakaza icyizere cyo kubaho nyamara siryo herezo ry'ubuzima bwabo. Bakwiye gutangira gutera intambwe mu rugendo rwo kwiyakira, kwiyubaka no guhangana n'ingaruka z'ibyababayeho.

7.2. Zimwe mu ntambwe ziterwa mu kwiubaka

Urugendo rwo kwiubaka rugizwe n'intambwe eshatu (3) z'ingenzi zigamije:

- ☉ Kwiyakira no gukomeza intego y'ubuzima
- ☉ Gukomeza kubaho kandi neza
- ☉ Kurenga inzitizi no kukumira ingorane uhura nazo



i) Intamwe ya mbere: Iyakire ukomeze intego y'ubuzima bwawe

Kwiyakira ni urugendo rwo kwakira impinduka yabaye mu buzima bwawe, ugafata icyemezo cyo gukomeza kubaho kandi neza, udaciwe intege n'ibibazo wahuye nabyo.

Intego y'ubuzima n'iki?

Intego y'ubuzima ni aho wifuzaga kugera, n'icyo wifuzaga kuzaba cyo mu gihe kizaza mu buryo bugaragara, mu mitekereze no mu mibanire myiza n'abandi.

Nkuko byagaragaye, iyo umuntu amaze kumenya ko yahuye n'ikibazo kidasanzwe (Guterwa inda akiri muto, Kwandura virusi itera SIDA n'ibindi) arahungabana ariko kwiyakira biguhesha kongera kwiubaka.

Uburyo umuntu yakwiyakira nyuma yo guhura n'ibibazo byihariye:

- ☉ Kugira umuntu wisangaho kandi wizewe (umubyeyi we, umurera, ufite icyo bapfana mu muryango, umujyanama w'ubuzima, incuti y'umuryango, muganga n'abandi) ukamusangiza amakuru y'ibyo wahuye nabyo kugirango agufashe gukomezanya nawe urwo rugendo.
- ☉ Gusobanukirwa neza ikibazo wahuye nacyo uko giteye
- ☉ Kwirinda gukomeza kwicira urubanza ku byakubayeho
- ☉ Kudaherana n' impinduka ikibazo cyazanye mu buzima bwawe
- ☉ Kwakira inama uhabwa n'abandi by'umwihariko abagize umuryango wawe cyangwa abandi bantu bafite ubumenyi buhagije ku kibazo cyakubayeho.
- ☉ Gukumira no guhangana n'ingaruka zishobora guterwa n'ikibazo cyakubayeho aho bishoboka hose.
- ☉ Gufata ingamba nziza zigufasha kubaka ubuzima bwawe bwa none n'ubw'ahazaza.

ii) Intamwe ya kabiri: Komeza ubeho kandi neza

Iyo umuntu amaze kumenya ko yahuye n'ikibazo kidasanzwe, yigiza hafi cyane iherezo ry'ubuzima bwe ariko ibyo ni mu mitekereze ye gusa biba biri, ntaho ari ukuri kuko mu by'ukuri ubuzima buba bugikomeza. Ni nayo mpamvu rimwe na rimwe usanga hari abafata ibyemezo bibangamira ubuzima

bwabo. Bimwe muri ibyo byemezo twavuga:

- ⊙ Guta ishuri ku banyeshuri,
- ⊙ Kutongera kwiyitaho,
- ⊙ Kwitandukanya n'umuryango no kurorongotana,
- ⊙ Guhagarika imirimo yose ibyara inyungu n'ibindi.
- ⊙ Hari n'abagera no ku rwego rwo kumva bakwiyambura ubuzima bakiyahura cyangwa bagafata ibyemezo bibangamira bagenzi babo.

Gukomeza kubaho kandi neza, ni ugufata icyemezo cyo kudatezuka mu kugendera mu murongo w'ubuzima, utagize na kimwe uhagarika, kandi ugakomeza guharanira kujya mbere kurutaho.

Ibyo bihera imbere muri wowe bigashyigikirwa n'ingamba ugenda ufata buhoro buhoro utitaye ku biguca intege. Ushobora gutangira bigoye ariko uko igihe gihita ugenda utsinda bitewe n'umusaruro ugenda ugeraho bityo bikagufasha gukomeza kubaho kandi neza.

iii) Intambwe ya gatatu: Renga inzitizi kandi ukumire ingorane

Muri urwo rugendo rwo kwitakira no gukomeza kubaho, hari inzitizi nyinshi ushobora guhura nazo. Muri zo twavuga:

- ⊙ Amakimbirane mu muryango
- ⊙ Guhabwa akato, ndetse na bamwe mu bo utakekaga
- ⊙ Kubura iby'ibanze nkenerwa mu buzima

Ariko n'ubwo wahura n'izo nzitizi, uzaharanire kuzirenga no gufata iya mbere mu kwishakira ibisubizo. Ushobora guhura n'inzitizi ariko ntuzemere ko zikunaniza kuko inzira yose ntiyaburamo inzitizi ariko wicika intege kwihangana

bitera kunesha.

Inzitizi za mbere zikomeye ni iziri muri wowe imbere ahatagaragara mu mitekerereze yawe. Ube arizo ubanza kurenga bizagufasha no kurenga izo wahura nazo zigaragara zituruka hanze.

Kumira izindi ngorane zishobora kuza aho bishoboka hose.

Urugero:

- ⊙ Mu gufata indyo yuzuye bifasha umubiri wawe kwiyubaka, kugira imbaraga no kwirinda indwara zishingiye ku kugabanuka k'ubudahangarwa bw'umubiri.
- ⊙ Kwipimisha utwite bigufitiye umumaro ndetse n'umwana utwite. Bigufasha kwitabwaho biboneye mu gihe utwite ndetse no mu gihe cyo kubyara.
- ⊙ Gufata neza imiti igabanya ubukana bwa virusi itera SIDA bikongerera ubudahangarwa bw'umubiri, bityo bikakurinda indwara z'ibyuririzi.
- ⊙ Gukingiza umwana inkingo zose agenewe bimurinda indwara nyinshi z'ibyorezo, bityo akazagira ubuzima bwiza bw'ejo hazaza.
- ⊙ Kwirinda kwishora mu mibonano mpuzabitsina idakingiye bigufasha kwirinda kongera gusama inda itateganijwe no kwirinda ubwandu bushya bwa virusi itera SIDA n' izindi ndwara zandurira mu mibonano mpuzabitsina.

Ikiganiro cya munani(8): Imyiteguro y'urubyiruko rwitegura gushinga urugo, rukazavamo ababyeyi beza b'ejo hazaza



Iki kiganiro kiribanda ku gutegura urubyiruko rugiye kurushinga kugira ngo ruzagire umuryango mwiza ushoboye kandi utekanye. Turarebera hamwe kandi imitekerereze ikwiye kuranga ugiye gushyingirwa, indangagaciro na kirazira bikwiye kwitabwaho, ibibangamira irambagiza ndetse n'ukuntu abagiye gushyingiranwa bakwemeranya ku ntego n'icyerekezo cy'urugo rwabo. Ibi bizafasha urubyiruko kwitegura neza, rujye mu rugo ruhamye kandi rushyize imbere urukundo, ubumwe, ubwumvikane no kuzuzanya mu nshingano, bityo rube umusingi w'imiryango myiza izubaka igihugu cyacu.

8.1. Ugushyingirwa ni iki?

Ugushyingirwa ni ugushinga urugo rugizwe n'umugore n'umugabo akaba ari igikorwa gifite intego zo kubaka umubano wihariye n'umuntu ukunze, gukemura ibyifuzo bitandukanye harimo kororoka no kubaka umuryango, kwiteza imbere kandi byose bigakorwa mu bufatanye no mu bwumvikane.

- ☉ Kubaka umuryango ni umushinga utegurwa bihagije kandi abitegura kurushinga bakabanza bo ubwabo kwiubakamo

indangagaciro z'ibanze zizatuma bubaka umuryango ushoboye kandi utekanye.

- ⊙ Kugeza ubu mu Rwanda, umuntu yemerewe gushyingirwa ari uko nibura agejeje ku myaka 21 y'ubukure. icyakora, umuntu utarageza iyo myaka ashobora guhabwa uburenganzira bwo gushyingirwa binyuze mu gusaba uburenganzira bwihariye mu nzego zibifite mu nshingano, nyuma yo kugaragaza impamvu zumvikana zishingiye ku mategeko.

8.2. Imitekerereze n'imyitwarire ikwiye kuranga ugiye gushyingirwa

- ⊙ Ugiye gushyingirwa akwiye kurangwa no kugira ubwumvikane n'uwo bitegura kubana, akumva ko bafite agaciro n'uburenganzira bingana imbere y'amategeko.
- ⊙ Agomba kandi kwiyumvamo ko akunda mugenzi we nta wundi amubangikanyije, amwubaha, bashyira hamwe, bajya inama ku bigomba kubagirira akamaro, kandi bagashyira mu bikorwa ibyemezo bumvikanyeho.
- ⊙ Muri iki gihe ni ngombwa kumenya guhitamo inshuti nziza, zikuganisha ku iterambere, mwungurana ubumenyi butandukanye kandi zirangwa n'imico n'imigenzo myiza kuko akenshi abantu bakunze gusanisha umuntu n'abo agendana nabo.

8.3. Bimwe mu bibangamira irambagiza

Mu gihe cyo kurambagiza, umukobwa n'umuhungu bagomba kwirinda ibikorwa n'imigenzo mibi byabagiraho ingaruka, bigasenya umubano wabo Nko wishora mu mibonano mpuzabitsina, kwiyardarika, ubusinzi, kugira inshuti mbi, kumva amabwire no kuyagenderaho n'ibindi, ahubwo hakimakazwa indangagaciro zo gushishoza no kudahubuka, kumenyana bihagije hagati yabo n'imiryango yabo.

8.4. Indangagaciro zikwiye kuranga abifuzaga gushyingirwa

Ugiye gushyingirwa akwiye kurangwa n'imyitwarire iboneye igizwe n'indangagaciro zikurikira, zizafasha kubaka urugo rwiza:

- ⊙ Kugira urukundo nyarwo no gukomeza kurusigasira;
- ⊙ Kuvugisha ukuri muri byose;
- ⊙ Kugira ikinyabupfura,;
- ⊙ Kwihesha agaciro;
- ⊙ Kwigomwa (Koroherana udashyira imbere ibyifuzo byawe buri gihe ngo wirengagize ibya mugenzi wawe);
- ⊙ Kubabarirana;
- ⊙ Gukunda umurimo;
- ⊙ Kwirinda inda nini n'ubusambo;
- ⊙ Kwitangira umuryango
- ⊙ Kujya inama no kuzuzanya muri byose

8.5. Kwemeranya ku ntego n'icyerekezo abagiye gushyingiranwa bifuza kuzageraho mu rugo rwabo

Abagiye gushyingiranwa baba bafite indoto z'urugo bashaka kubaka bityo rero bagomba kwemeranya ku byo bifuza kuzageraho n'uburyo bazabigeraho.

Bimwe muri byo ni ibi bikurikira:

- ⊙ Kwiyemeza gusesuye kubana nk'umugore n'umugabo mu byiza no mu bibi;
- ⊙ Kwemeranywa uburyo bw'amicungire y'umutungo bahisemo nk'uko bigenwa n'amategeko.
- ⊙ Guhara bimwe mu byo ukunda kugira ngo ugire urugo rwiza;
- ⊙ Kuganira ku mubare w'abana bifuza kuzabyara kandi bakabyubahiriza;
- ⊙ Kuganira ku iterambere ry'umuryango wabo (kubaka inzu, gukora ubucuruzi, kugura imitungo, n'ibindi);
- ⊙ Kuganira ku mashuri y'abana n'uko bazabarera;
- ⊙ Kuganira ku buryo bazakorera urugo rwabo bakaniteza imbere kandi bafatanyije;
- ⊙ Kwita ku ihame ry'uburinganire n'ubwuzuzanye mu rugo rwabo no kuritoza abana babo;
- ⊙ Gufatanya imirimo mu rugo rwabo;
- ⊙ Kuganira, kumvikana no gufata icyemezo ku buryo bw'amicungire y'imitungo yabo;
- ⊙ Kugira umuco wo kuganira ku ngingo zitandukanye z'urugo, kujya inama, guhana amakuru no kubwizanya ukuri n'ibindi

Icyitonderwa:

- ⊙ Abifuza gushyingiranwa bagomba kwibwirana bihagije, bakabwizanya ukuri ku mateka yabo , kubwirana intege nke za buri wese, bakabwirana

ibyo buri wese akunda cyangwa yanga, kuko "ntawe uhisha uwo ahishaho".

- ⊙ Bagomba kubwirana ibikomere bahuye nabyo mu buzima kugira ngo buri wese afate icyemezo azi uwo bagiyeye kubana n'uko bazafatanyaga kubaho neza no gukira ibikomere.
- ⊙ Bagomba kubwirana imiryango bakomokamo, ndetse buri wese akajya gusura umuryango w'undi.

8.6. Kirazira abashyingiranwe birinda gutatira

- ⊙ Kirazira guhohotera uwo mwashakanye mu buryo ubwo aribwo bwose (ingero: Kubabaza umubiri, kubabaza umutima, kumukoresha imibonano mpuzabitsina ku gahato, ku mutungo n'ibindi);
- ⊙ Kirazira guta urugo no kwirengagiza inshingano zawe;
- ⊙ Kirazira guca inyuma uwo muzashyingiranywa/cyangwa uwo mwashyingiranywe;
- ⊙ Kirazira kumva amabwire;
- ⊙ Kirazira kwishora mu businzi no mu biyobyabwenge n'ibindi
- ⊙ Kirazira kumena ibanga ry'urugo.

Muri rusange, abashyingiranwe bagomba kubaha kirazira kugira ngo barinde urugo rwabo, bakomeze icyizere n'urukundo hagati yabo, kandi birinde ingaruka mbi zishobora guterwa no kutubahiriza inshingano zabo, bityo bakubaka umuryango uhamye ariwo pfundo ry'iterambere ry'igihugu cyacu.

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UMUGEREKA

Abagize uruhare mu itegurwa ry'iki gitabo

No.	Amazina	Ikigo
1	Ahishakiye Anaclet	Community Health Boosters (CHB)
2	Bajyanama Sangwa Oda	UMURI Foundation
3	Batamuriza Mireille	Ministry of Gender and Family Promotion (MIGEPROF)
4	Bayingana Jean Bosco	Imbutu Foundation (IF)
5	Bhai Shelly	United Nations Children's Fund (UNICEF)
6	Birungi Annet	United Nations Children's Fund (UNICEF)
7	Cyiza Francois Regis	Rwanda Biomedical Center (RBC)
8	Dusabe Rochee	Empower Rwanda
9	Dusenge Marie Ange	Health Promotion Organization (HPO)
10	Furaha Siraji	UNFPA
11	Giramata Raissa	Imbutu Foundation (IF)
12	Habimana Augustin	Independent Illustrator
13	Habiyambere Theogene	Hope Iwacu Initiative
14	Hategekimana Ezechiel	Imbutu Foundation (IF)
15	Igihozo Diane	Health Development Initiative (HDI)
16	Igihozo Yassina	Rwanda NGO Forum
17	Ihirwe Elyse	Health Development Initiative (HDI)
18	Irabagira Patience	Afro Ark
19	Isaro Bella Michelle	AKIF
20	Ishimwe Pacifique	Empower Rwanda

21	Kabera Telesphore	Hope Iwacu Initiative
22	Kabiligi Clement	Ministry of Public Service and Labour (MIFOTRA)
23	Kalisa Boris	NABU
24	Kalisa Isabelle	Imbutu Foundation (IF)
25	Karamage Eliphaz	Rwanda Biomedical Center (RBC)
26	Karugwiza Therese	UNFPA
27	Karuhanga James	Happy Family Rwanda Organization (HFRO)
28	Kayiranga Eric	Imbutu Foundation (IF)
29	Keza Diana	Health Development Initiative (HDI)
30	Kuradusenge Pelagie	Their Voice Initiative
31	Muhire Alexis	Imbutu Foundation (IF)
32	Mukamurara Rutamu Helene	Imbutu Foundation (IF)
33	Mukandayisenga Virginia	Imbutu Foundation (IF)
34	Mukangoga Marie Louise	National Union of Disability Organizations in Rwanda (NUDOR)
35	Mukayirege Julienne	Independent Consultant
36	Munezero Evelyne	African Youth Health and Development Network (AfriYAN)
37	Murekatete Daniella	Imbutu Foundation (IF)
38	Murekatete Yolanda	Action for Women Foundation
39	Mutabazi Phenias	Ministry of Youth and Arts (MOYA)
40	Ndagijimana Olivier	UPHLS
41	Ngabonziza Inga	Imbutu Foundation (IF)
42	Niyibigira Come	SGO
43	Niyirema Anne Ketia	Happy Family Rwanda Organization (HFRO)
44	Niyitegeka Jimmy	Jeunes Sclarisés
45	Nsengiyumva Jacques	Rwanda Women Adolescent and Child Health Initiative (RWACHI)
46	Ntthemuka Eraste	Rwanda Interfaith Council on Health (RICH)

47	Ntirenganya Gervais	United Nations Population Fund (UNFPA)
48	Ntivunwa Elyse	Save Generation Organization (SGO)
49	Nyirafaranga Angelique	United Nations Children's Fund (UNICEF)
50	Nyirandagijimana Anathalie	Imbuto Foundation (IF)
51	Rutagarama Alexis	Imbuto Foundation (IF)
52	Rwigamba Natacha	Imbuto Foundation (IF)
53	Shami Elodie	Imbuto Foundation (IF)
54	Tetero Solange	Ministry of Youth and Arts (MOYA)
55	Ukunze Eddyne	Imbuto Foundation (IF)
56	Umuhuza Anny Christa	Imbuto Foundation (IF)
57	Umukunzi Martine	Imbuto Foundation (IF)
58	Umutesi Géraldine	Imbuto Foundation (IF)
59	Umutesi Providence	Society for Family Health (SFH), Rwanda
60	Usengimana Valens	ASRH Trainer
61	Uwambayingabire Delphine	Brac
62	Uwineza Patrick	Jeunes Sclarisés
63	Uwurukundo Jean Nepomuscene	Health Promotion Organization (HPO)
64	Uyisabye Alexis	UPHLS
65	Uzamukunda Martine	Afro Ark

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KAMENA 2026

