TWIMAKAZE UMUCO WO KUGANIRA MU MURYANGO

INYOBORABIGANIRO IGENEWE UHUGURA

Republic of Rwanda

Rwanda Biomedical Centre
Healthy People, Wealthy Nation

UNFPA

imbuto foundation

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Iyi mfashanyigisho yemewe gukoreshwa gusa mu nyungu zo "kwimakaza umuco wo kuganira ku buzima bw'imyororokere hagati y'abagize umuryango"; hatagamijwe ubucuruzi. Ni ngombwa kugaragaza nyirayo igihe cyose yifashishijwe. Uwifuza gukoresha cyangwa gutubura iyi mfashanyigisho asaba uruhushya umuryango Imbuto Foundation akamenyesha Ikigo cy'Igihugu gishinzwe Ubuzima (RBC).

IJAMBO RY'IBANZE

Babyeyi,

Barezi,

Bafatanyabikorwa,

Mwese duhuje intego yo kubaka Umunyarwanda ushoboye kandi utekanye,

Ubuzima bw'urubyiruko, cyane cyane mu gihe cy'ubugimbi n'ubwangavu, ni igihe kidasanzwe kirangwa n'impinduka zikomeye mu mubiri, mu mitekerereze, mu myitwarire no mu mibereho, kikaba gishobora no gutera urujijo, impungenge, ndetse n'ubwumvikane buke hagati y'ababyeyi n'abana.

Nyuma yo kubona uburyo ingingo y'ibiganiro n'ubusabane hagati y'ababyeyi n'abana ifite uruhare rukomeye mu iterambere ry'imiryango, Umuryango Imbuto Foundation wiyemeje gukora ibishoboka ngo ufashe kugabanya icyuho cyari gihari. Hateguwe ibitabo bibiri "Agaciro Kanjye" na "Tuganire Mwana Wanjye", bifasha abana n'ababyeyi kwiyungura ubumenyi n'ubushobozi mu buryo butandukanye, ariko buhuriye ku ntego imwe yo kwimakaza umuco w'ubusabane n'ibiganiro ku buzima bw'imyororokere mu bagize umuryango.

Iyi nyoborabiganiro yateguwe kugira ngo ifashe abahugura ababyeyi n'abarezi kunoza ibiganiro n'ingimbi n'abangavu muri rusange, by'umwihariko ku ngingo zirebana n'ubuzima bw'imyororokere. Kuganira neza kandi mu bwisanzure ni imwe mu nzira zifasha mu gushimangira urukundo, kubaka icyizere no kubaka umuryango utegura umwana guhangana n'ibigeragezo byo mu gihe cy'ubugimbi n'ubwangavu.

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

Bafatanyabikorwa,

Muryango mugari w'u Rwanda,

U Rwanda twifuza ni u Rwanda rw'Abanyarwanda bashoboye kandi batekanye. Ibyiza byose twifuriza igihugu cyacu bikwiye guhera mu muryango kuko ari wo musingi w'iterambere rirambye.

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 akenshi bagahura n'ababayobya.

Mu gushaka igisubizo cy'uko twafasha abana n'ababyeyi kugira ngo babashe kuganira ku buzima bw'imyororokere n'ibindi bibazo by'ingutu mu buzima bw'abangavu n'ingimbi, hateguwe iyi nyoborabiganiro igamije kwimakaza umuco w'ibiganiro ku buzima bw'imyororokere mu bagize umuryango.

Ibi ntabwo twari kubigeraho twenyine. Twafatanyije n'abafatanyabikorwa batandukanye, abatoza, abarezi, abakangurambaga b'urungano n'indi miryango myinshi yatwizeye tukagendana muri uru rugendo, ari na byo byaduhaye amakuru twahereyeho dutegura iyi nyoborabiganiro.

Turashimira abantu bose bazakoresha iyi nyoborabiganiro mu gufasha imiryango kwiyungura ubumenyi mu kubaka umuryango ushoboye kandi utekanye binyuze mu biganiro.

Murakoze. Twese dukomeze guharanira kubaka u Rwanda twifuza.

Shami Elodie
Umuyobozi w'Imbuto Foundation

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IMPINE ZAKORESHEJWE

- **PAC:** Ibiganiro hagati y'ababyeyi n'abana by'umwihariko b'Ingimbi n'Abangavu
- **HIV:** Human Immunodeficiency Virus
- **AIDS/SIDA:** Acquired Immune Deficiency Syndrome
- **VCT:** Voluntary Counseling and Testing
- **IUD:** Intra Uterine Device

Igisobanuro cy'amagambo yakoreshejwe:

- **PAC:** Ibiganiro hagati y'ababyeyi n'abana by'umwihariko b'Ingimbi n'Abangavu
- **Umuryango ufite umwihariko:** Umuryango ufite umwana watewe inda akiri muto cyangwa wanduye Virusi itera SIDA

INTANGIRIRO

Isobanurampamvu

Ibiganiro mu bagize umuryango ni ingenzi kuko bifasha umuryango kunoza umubano n'ubusabane mu bawugize. Umuryango nk'ipfundo ry'impinduka zirambye n'ifatizo ry'ubuzima bwa buri munsi, ni ngombwa ko witabwaho mu buryo bukwiriye.

Mu cyerekezo cy'u Rwanda cyo kubaka Umunyarwanda ushoboye kandi utekanye, Guverinoma y'u Rwanda yashyizeho uburyo butandukanye bwo kwita ku buzima, uburezi no kubaka ubushobozi bw'umuryango muri rusange.

Bimwe mu bibazo byagaragaye nk'ibishobora kubangamira iterambere ry'umuryango harimo no kuba umuryango utagira umwanya uhagije wo kuganira bitewe n'impamvu zitandukanye, cyane cyane ku bijyanye n'ubuzima bw'imyororokere.

Imbuto Foundation mu bikorwa byayo bitandukanye bigamije gutanga umusanzu mu kubaka umunyarwanda twifuza, yatangije ubukangurambaga bugamije kwimakaza umuco w'ibiganiro mu muryango, hifashishijwe amahuriro y'ababyeyi n'abana (PAC I & II). Ayo mahuriro ahuza ababyeyi n'abana b'ingimbi n'abangavu bagahugurwa ku kamaro k'ibiganiro mu muryango, uko bitegurwa ndetse bagashishikarizwa no kwiha intego bo ubwabo n'imihigo izabafasha kureba ko hari intambwe umuryango wabo wateye mu kwimakaza uwo muco w'ibiganiro.

Gahunda ya PAC yatangiye muri Kamena mu mwaka wa 2010 biturutse ku gitekerezo cya Nyakubahwa Madame Jeannette Kagame mu ihuriro *"Recommit to Reconnect"* ryatumiwemo ababyeyi n'abana (ingimbi n'abangavu), barebera hamwe icyakorwa kugira ngo imiryango ifashwe kuganira ku buzima bw'imyororokere, nka kimwe mu bikorwa by'ubukangurambaga *"Igiti kigororwa kikiri gito"*.

Iyi gahunda igitangira, buri huriro ryatumirwagamo ingimbi n'abangavu ndetse n'ababyeyi baturutse mu miryango itandukanye. Nyuma y'isuzuma, Umuryango Imbuto Foundation wasanze ibyatanga umusaruro kurushaho ari uguhuriza hamwe ababyeyi, ingimbi n'abangavu baturutse mu muryango umwe ndetse hagategurwa n'imfashanyigisho bazajya bakomeza kwifashisha nk'umuryango mu gutegura no kuyobora ibiganiro mu muryango, by'umwihariko ku buzima bw'imyororokere, ari ho havuye igitabo **'Tuganire Mwana Wanjye'** gihabwa buri mubyeyi witabiriye ihuriro.

Umuryango Imbuto Foundation ufatanyije n'inzego z'ubuyobozi mu turere dutandukanye ukoreramo hamwe n'ibigo by'amashuri wakomeje gahunda y'amahuriro y'abana n'ababyeyi. Buri huriro rihuza imiryango hagati ya cumi n'ine (14) na makumyabiri (20): abakobwa 50% n'abahungu 50% bari mu kigero cy'imyaka hagati ya 15 na 19 bakazana n'ababyeyi babo bombi cyangwa ababarera. Iyo urubyiruko rwatumiwe ari abanyeshuri bari mu ishuri, ihuriro ribera ku ishuri ku bufatanye n'ubuyobozi bw'ishuri. Naho iyo ari urubyiruko rutari mu ishuri, ihuriro ribera ahantu hemeranyijweho ku bufatanye n'Ubuyobozi bw'inzego z'ibanze.

Mu rwego rwo gusuzuma umusaruro ibiganiro bitanga, amezi atatu (3) nyuma y'igihe ihuriro rya mbere ry'ababyeyi n'abana (PAC I) ryabereye, ya miryango irongera igahurizwa hamwe mu ihuriro rya kabiri (PAC II), hagasuzumwa aho imiryango igejeje ishyira mu bikorwa imyanzuro yafatiwe mu ihuriro rya mbere.

Binyuze muri iyi gahunda yo kwimakaza ibiganiro mu muryango, twumvise ubuhamya bw'imiryango myinshi, yungutse ubumenyi ku buzima bw'imyororokere n'uburyo bwo kubuganiraho mu bagize umuryango, yarushijeho gusabana, kunga ubumwe no kunoza imibanire yabo, mu gihe mbere hari imwe muri iyo itari isobanukiwe ko kuganira ari ngombwa mu muryango.

N'ubwo aya mahuriro yatanze umusaruro ushimishije kubo yagezeho, hamwe na hamwe haracyagaragara ibibazo bishingiye ku makuru adahagije ku buzima bw'imyororokere, ikibazo cy'abakobwa baterwa inda bakiri bato, ikibazo cy'ubwandu bushya bwa virusi itera SIDA mu rubyiruko n'ibindi.

Ni muri urwo rwego mu kwezi k'Ugushyingo 2016, Imbuto Foundation yatangije indi gahunda yita ku bakobwa batewe inda bakiri bato, ihereye ku gukora ubushakashatsi bw'ibanze kugira ngo hatangwe ibisubizo hakurikijwe uburemere bw'ibibazo byagaragajwe n'aba bakobwa, ababyeyi babo, abayobozi b'inzego z'ibanze ndetse n'abaganga bakira abo bakobwa n'imiryango yabo.

Muri ubu bushakashatsi ari nabwo bwaje kuvamo amahuriro y'imiryango ifite umwihariko, abangavu babajijwe ibibazo bitandukanye birimo ikibazo kimwe bose basubije mu buryo bujya gusa. Ikibazo cyarabazaga kiti: **"Ni iki wifuza ku muryango wawe?"** Basubije bagira bati: **"Icyampa nkongera kuba umwana nk'abandi mu muryango wanjye."**

Mu mwaka wa 2017 ni bwo hatangiye amahuriro agenewe imiryango ifite umwihariko hifashishijwe igitabo **"Agaciro Kanjye"** gihabwa urubyiruko, n'igitabo **"Tuganire Mwana Wanjye"** gihabwa ababyeyi. Uretse imiryango ifite abana batewe inda bakiri bato, mu miryango ifite umwihariko hitawe kandi ku miryango irimo abana bafite ubwandu bwa virusi itera SIDA.

Mu rwego rwo kurushaho kunoza imiyoborere y'ibiganiro mu gihe cy'amahuriro, hateguwe iyi nyoborabiganiro igenewe uhugura izamufasha kuyobora ibiganiro mu buryo bunoze.

Ibikubiye mu nyoborabiganiro

Iyi nyoborabiganiro igizwe n'ibice bine (4), buri gice kikaba kigizwe n'ibiganiro bikubiyemo intego z'ikiganiro, imfashanyigisho n'igihe ikiganiro kimara, uburyo bwifashishwa mu gutanga ikiganiro, ubutumwa bw'ingenzi n'isuzuma. Muri buri kiganiro hifashishwa imikino nsemburambaraga n'imyitozo nkangurambwenge, biteguye mu buryo bufasha abahugurwa kugira uruhare mu mahugurwa, babihuza n'ubuzima bwabo bwa buri munsi.

Igice cya mbere kigenewe urubyiruko, kikaba gikubiyemo ibiganiro bigamije gufasha ingimbi n'abangavu gusobanukirwa abo bari bo n'agaciro kabo, bahabwa amakuru ku buzima bw'imyororokere, imihindagurikire y'umubiri, imikorere y'imyanya myibarukiro n'ingaruka z'iyo mihindagurikire ku mitekerereze n'imyitwarire 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 barinda ubuzima bwabo n'ubwa bagenzi babo.

Igice cya kabiri kigenewe ababyeyi bombi, gikubiyemo ibiganiro bitanga amakuru ku muryango twifuza, ibiwugize, inshingano za buri wese mu bagize umuryango, uburyo ababyeyi baganiriza abana bijyanye n'icyiciro cy'imyaka bagezemo n'amwe mu makuru y'ingenzi ababyeyi bakwiye kumenya ku buzima bw'imyororokere.

Igice cya gatatu kigenewe umuryango muri rusange: abana bari mu kigero cy'ubugimbi n'ubwangavu hamwe n'ababyeyi babo bombi. Iki gice gikubiyemo amakuru ku kamaro ko kuganira mu muryango, uburyo bikorwamo, uko imiryango ifite ibibazo byihariye yaganira yishakamo ibisubizo, bityo abagize umuryango bakongera kongera gusabana no kwigarurira icyizere.

Igice cya kane kigizwe ahanini n'uburyo imiryango ishyira mu bikorwa ibyo yahuguweho mu bice byabanje n'uburyo bisigasirwa, mu rwego rwo gukomeza kwimakaza umuco w'ibiganiro mu muryango.

Imiterere y'iyi nyoborabiganiro

Iyi nyoborabiganiro igizwe n'ibiganiro byose hamwe cumi na bitandatu (16) bikubiye mu bice bine (4) byasobanuwe haruguru.

- Igice cya mbere: kigizwe n' ibiganiro umunani (8) bikubiye mu mitwe itatu (3): Umutwe wa mbere (1) ugizwe n'ibiganiro bitatu (3); uwa kabiri (2) ugizwe n' ibiganiro bitatu (3) naho uwa gatatu (3) ugizwe n' ibiganiro bibiri (2).
- Igice cya kabiri (2): kigizwe n'ibiganiro bitatu (3)
- Igice cya gatatu (3): kigizwe n'ibiganiro bine (4)
- Igice cya kane (4): kigizwe n'ikiganiro kimwe (1)

Imikoreshereze y'iyi nyoborabiganiro:

Iyi nyoborabiganiro ikoreshwa mu mahugurwa n'amahuriro y'ababyeyi n'abana babo azakorwa agabanyijemo ibice bine by'ingenzi aribyo:

1) Igice cya mbere (1): Amahugurwa ahuza abana bageze mu gihe cy'ubugimbi n'ubwangavu ukwabo, bagahabwa ibiganiro bikurikira:

- Ndi nde?
- Agaciro kanjye
- Kwiha intego y'ubuzima no gufata icyemezo
- Gutera inda, gusama no gutwita ukiri muto
- Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina
- Kwirinda Ibiyobyabwenge n'ibisindisha
- Humura ubuzima burakomeje
- Gutegura urubyiruko rwitegura gushinga urugo, rukazavamo ababyeyi beza b'ejo hazaza

2) Igice cya kabiri (2): Amahugurwa ahuza ababyeyi b'abagabo n'ababyeyi b'abagore ukwabo, bagahabwa ibiganiro bikurikira;

- Kubaka umuryango twifuza
- Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva agisamwa kugera ku myaka icyenda (9).
- Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva ku myaka 10 kugera kuri 24

3) Igice cya gatatu (3): Ihuriro ry'ababyeyi bombi, abagabo n'abagore n'abana babo bageze mu gihe cy'ubugimbi n'ubwangavu, bagahabwa ibiganiro bikurikira;

- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango idafite umwihariko.
- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite abana b'abakobwa batewe inda bakiri bato
- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite abana banduye Virusi itera SIDA
- Gutegura no kuyobora ibiganiro ku buzima bw'imyororokere hagati y'abagize umuryango (imiryango idafite umwihariko n'ifite umwihariko.

4) Igice cya kane (4): Ihuriro ry'ababyeyi bombi, abagabo n'abagore n'abana babo bageze mu gihe cy'ubugimbi n'ubwangavu hagamijwe gusuzuma ibyagezweho nk'umusaruro w'ibiganiro byose byabanje nyuma y'amezi atatu (3) bagahabwa ikiganiro kitwa;

- Gukurikirana bihoraho umusaruro w'ibiganiro mu muryango

Abo iyi nyoborabiganiro igenewe

Iyi nyoborabiganiro igenewe abahugura ingimbi n'abangavu, ababyeyi, abarezi, ndetse n'uwo ari we wese ushobora kuyobora ibiganiro mu mahuriro y'abana n'ababyeyi hagamijwe kwimakaza umuco w'ibiganiro mu bagize umuryango.

Turashishikariza abifashisha iyi nyoborabiganiro gukoresha ubunararibonye bafite ku muco n'indangagaciro z'umuryango nyarwanda mu kwita kuri buri cyiciro nk'uko byateguwe.

Icyitonderwa: Kugirango ibiganiro bitangwe neza, uyobora ibiganiro afatanya n'abitabiriye ibiganiro gushyiraho amabwiriza abagenga. Urugero: kubaha igitekerezo cya mugenzi wawe.

IGICE CYA MBERE:

UWO URI WE N'AGACIRO KAWE, IBYAKWANGIZA UBUZIMA, UBURYO BYIRINDWA N'URUHARE RWAWE MU KUGASIGASIRA

Iki gice cya mbere kigenewe by'umwihariko urubyiruko, gikubiyemo ibiganiro umunani (8) bigabanyijje mu mitwe ine (4). Kigamije kongerera urubyiruko ubumenyi n'ubushobozi bwo gusobanukirwa abo bari bo, agaciro kabo, ibishobora kwangiza ubuzima bwabo, uburyo babyirinda ndetse n'uruhare rwabo mu kurinda no gusigasira ako gaciro. Bityo bigatuma tugira urubyiruko rufite ubumenyi, ubushishozi n'ubushobozi bwo gufata ibyemezo byiza biganisha ku mibereho myiza yabo ku giti cyabo, iy'imiryango bazubaka ndetse n'iterambere ry'igihugu muri rusange.

UMUTWE WA MBERE:
UWO URI WE N'AGACIRO KAWE

Umutwe wa mbere w'iyi nyoborabiganiro ugizwe n'ibiganiro byibanda ku gusobanura ubuzima bwacu by'umwihariko 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 urubyiruko ari rwo Rwanda rw'ejo rufite indangagaciro na kirazira ruzavamo imiryango twifuza, ari wo musingi ukomeye w'ejo hazaza ku gihugu cyacu. Ku buryo burambuye wakwifashisha agatabo "Agaciro kanjye".

Ikiganiro cya mbere (1): Ndi nde?

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

1.1. Intego z'íkiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gusobanura ibijyanye n'ubuzima bw'imyororokere (imikorere y'imyanya myibarukiro, ibice bigize ukwezi k'umugore, kwiroteraho n'ibindi).
- Gusobanura uruhare rwe mu kubungabunga ubuzima bw'imyororokere no kurinda abandi

1.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Ibipapuro binini n'amakaramu yabugenewe
- Udukarito tune (4) two guteguramo impano
- Umukino/Ibibazo nkangura bwenge
- Udupapuro duto twanditseho ibice by'imyanya myibarukiro baza gukoresha mu matsinda (Inda ibyara, inkondo y'umura, umura cg nyababyeyi, imiyoborantanga, udusabo tw'intanga, agasoko, akagega, umuvaruhago, umuyoborantanga, uturerantanga…)

ii) Igihe ikiganiro kimara: Iminota 120

1.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Umukino wa mbere: Nkunda kuba njye

- Sobanurira abahugurwa ko:

Nta muntu n'umwe ku isi umeze nk'undi. Ni iby'ingenzi cyane gukunda kuba uwo uri we. Kuva ku mutwe kugeza ku mano, urihariye. Ibintu byose ukora byaba kubyina, gusenga, guteka, kwishimana n'abandi, uburyo ukemura ibibazo byawe, uburyo utekereza ndetse n'uko ugaragaza amarangamutima yawe, ibyo byose ni byo bikugira umuntu wihariye.

- Saba abagize itsinda gutekereza icyo bikundaho, haba ku bice by'umubiri wabo cyangwa se no mu myitwarire yabo. Bishobora kuba ari ibigaragarira abandi cyangwa se ibyo biyiziho abandi batababonaho.
- Saba abahugurwa kujya ku ruziga, ubabwire ko bagiye kwibwirana, uwa mbere akavuga amazina ye ndetse n'icyo akunda (umuntu avuga igikorwa gishobora gukorerwa aho bari), ukurikiyeho akakimukorera. Byaba byiza kuvuga ibintu bitavunanye bishoboka aho bari nko guseka, kuririmba, gukoma amashyi, ijambo ryiza n' ibindi, ukurikiyeho agahita amukorera icyo akunda yavuze.
- Buri wese abanza gusubiramo amazina y'abamubanjirije bose n'ibyo bakunda akabona kwivuga.

Ibibazo bibazwa nyuma y'umukino:

1. Uyu mwitozo ukunguye iki?
2. Ibyo wikundaho wabibungabunga ute?

- Basabe gusubira mu byicaro byabo
- Saba ingimbi n'abangavu kuvuga ibimenyetso biranga umuntu ugeze mu kigero cy' ubugimbi n'ubwangavu.
- Ushingiye ku bisubizo baguhaye, basabe kuvuga impamvu haboneka itandukaniro mu bimenyetso bigaragara ku ngimbi n'abangavu
- Komeza wunganira ibyo basubije, usobanure "Ndi nde" mu ncamake ukoresheje imfashanyigisho ishushanije hano

ii) Umukino wa kabiri: Mingo

Uko ukorwa:

- Intambwe ya mbere: Kujya ku ruziga
- Intambwe ya kabiri:
- Uhugura akaririmba akaririmbo kavuga ngo "Mingoooo (x2)"
- Bose bagasubiza ngo: "Mingo" bose bivangavanga/banyuranamo
- Baba bakoma amashyi bose mu njyana imwe
- Intambwe ya gatatu: Uhugura akomeza kuririmba avuga ngo "Mingo" yongeraho umubare runaka Urugero: "Mingoooo 6"
- Intambwe ya kane: abari ku ruziga bahita bakora itsinda ry'abantu bangana n'umubare bavuze mu ndirimbo

Bikomeza bityo kugeze igihe uyoboye indirimbo ageze kuri "Mingoooo 6" agasoza indirimbo abo babiri bari kumwe nibo bahita baba mingo.

Icyitonderwa: Uyu mukino uzakoreshwa hagati mu kiganiro mu gukangura abahugurwa no gutuma batarambirwa.

iii. Umukino wa gatatu(3): Ibiganiro mu matsinda mato

- Saba abahugurwa kujya mu matsinda 3 agizwe n'abantu bahuriye hamwe mu mukino wa "Mingo", hagira abasaguka bakongerwa ku matsinda yakozwe,
- Saba abahugurwa gutombora udupapuro duto twanditseho ibice by'imyanya myibarukiro

Saba buri tsinda gusubiza ibibazo bikurikira:

1. Sobanura impinduka zigaragara ku mubiri, mu mitekerereze no mu myifatire ku ngimbi n'abangavu
2. Vuga ibibazo by'ingutu byugarije urubyiruko n'uburyo bwo kubikemura
3. Sobanura akamaro k'imikorere y'ibice by'imyanya myibarukiro mwatomboye byanditse ku dupapuro. (Inda ibyara, inkondo y'umura, umura cg nyababyeyi, imiyoborantanga, udusabo tw' intanga, agasoko, akagega, umuvaruhago, umuyoborantanga, uturerantanga)

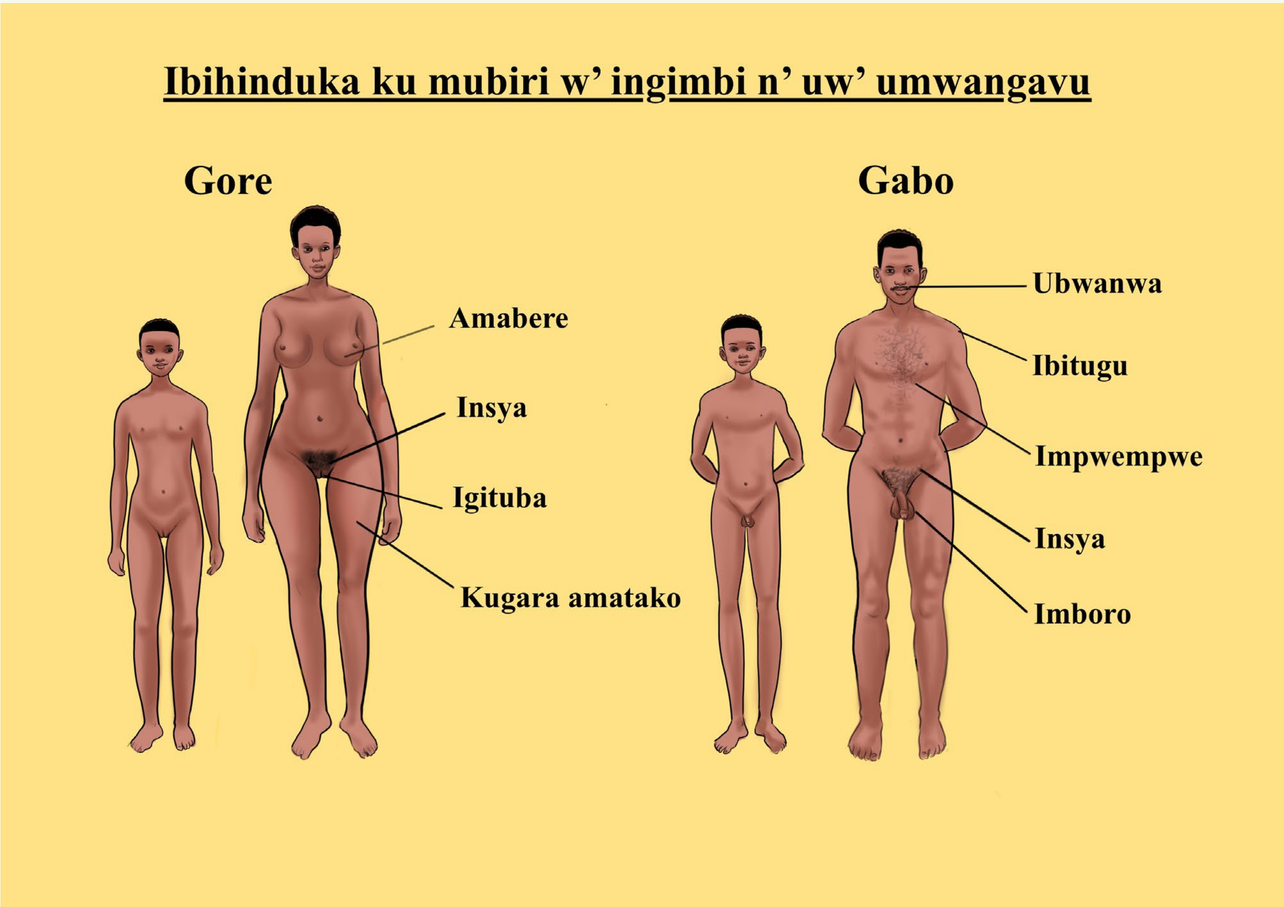
4. Sobanura ukwezi k'umugore no kwiroteraho icyo ari cyo
- Saba buri tsinda rize rigaragaze ibyavuye mu biganiro.
- Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira.
- Saba abahugurwa bari mu yandi matsinda kubaza aho batasobanukiwe, gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje.
- Unganira buri tsinda ushimangira, wuzuza ibyo bagaragaje, wifashishije ibikubiye mu butumwa bw'ingenzi kuri iki kiganiro.

1.4. Ubutumwa bw'ingenzi

Ubuzima bw'imyororokere ni imiterere, imikurire, 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.

1.4.1. Ibiranga ubugimbi n'ubwangavu

- Umwangavu n'ingimbi: Ubwangavu 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), kirangwa n'imihindagukire ku mubiri, mu bitekerezo no mu myitwarire.



Ibiranga ubwangavu	Ibiranga ubugimbi
• Gukura mu gihagararo; • Gupfundura amabere, agakura uko n'umukobwa akura ; • Kumera insya; • Kumera incakwaha; • Kugara kw'amatako, mu rukenyerero hakaba hato; • Guhinduka k'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi) • Kujya mu mihango bwa mbere	• Gukura mu gihagararo; • Kumera insya, incakwaha n'impwempwe (kuri bamwe) • Kuniga ijwi; • Kugara kw'ibitugu n'igituza; • Guhinduka k'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi); • Kwiroteraho; • 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.

1.4.2. 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 bidasanzwe (kwiyitaho, kwisukura, kwambara neza...);
- Kurarikira ibigezweho;
- Kwiyemera no kwirarira;
- Kumva ntacyo utinya no kudatekereza ku ngaruka z'ibyo ukora;
- Kugira amatsiko yo gushaka gukora imibonano mpuzabitsina.

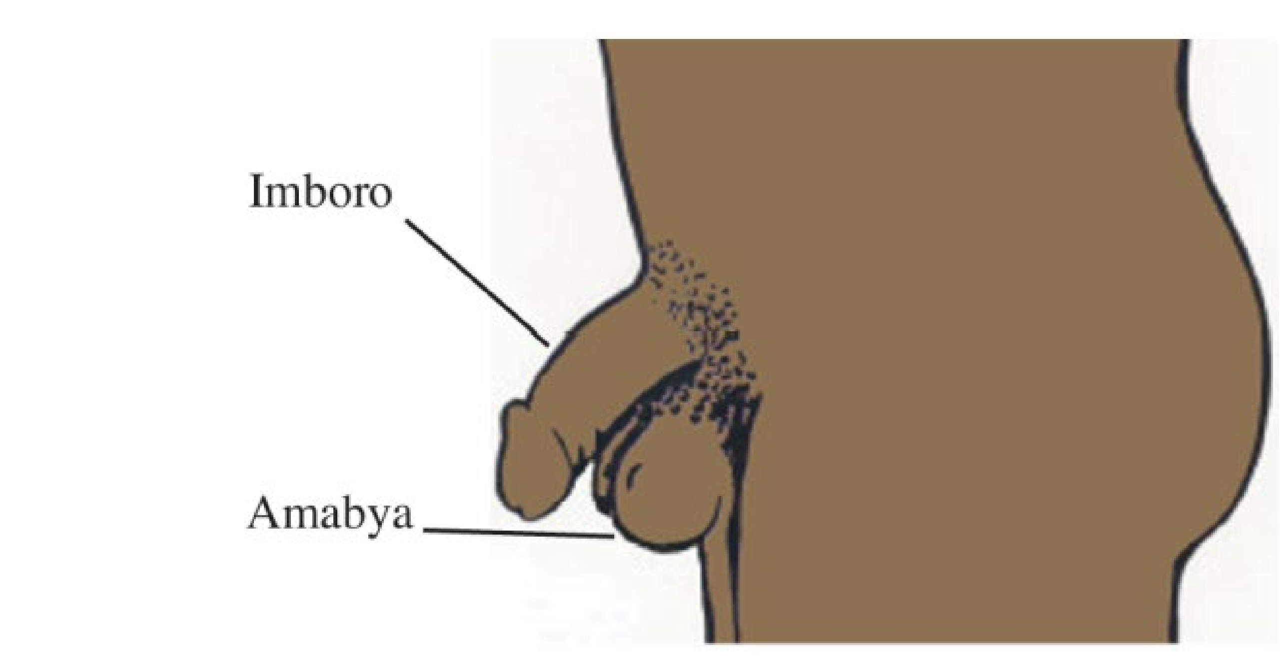
Ibyo ukwiye kwirinda mu gihe cy'ubugimbi n'ubwangavu:

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

1.4.3. Imiterere n'imikorere y'imyanya myibarukiro:

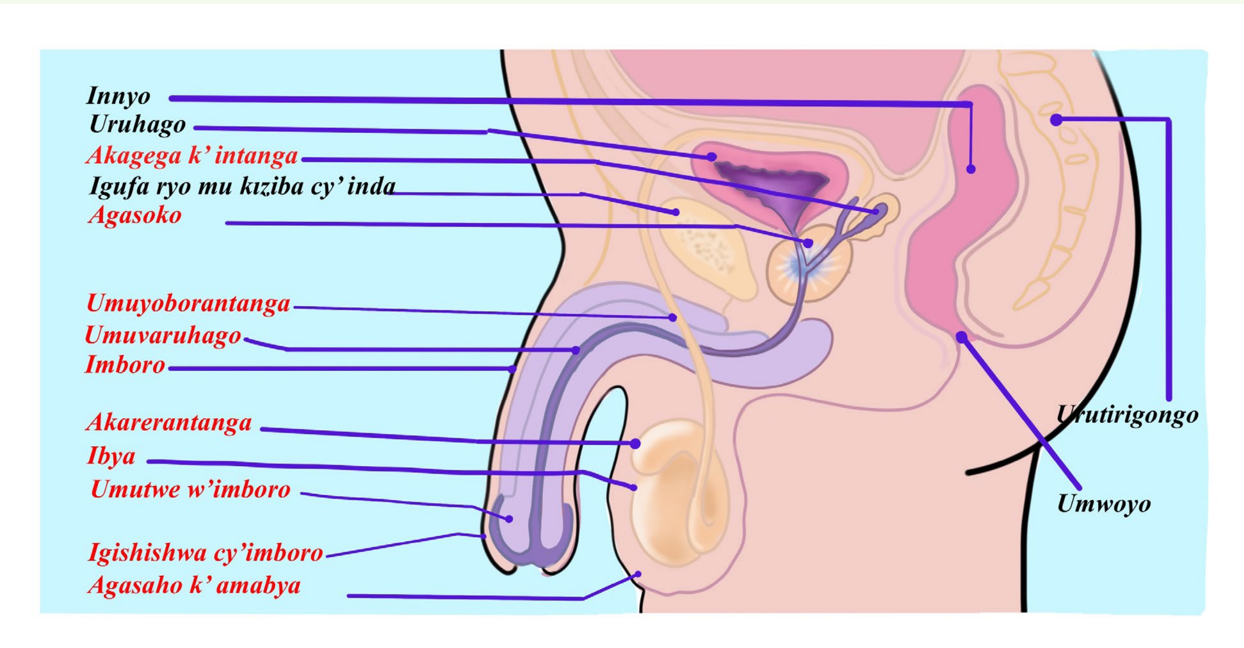
i) Imyanya myibarukiro y'umugabo y'inyuma n'iyi mbere

A. Imyanya igaragara inyuma igizwe na:



- **Igitsina cy'umugabo (Imboro):** Ni urugingo rukora imibonano mpuzabitsina; ni na wo mwanya unyuramo inkari. Umutwe wayo utwikiriwe n'agahu gashobora kuvanwaho 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.

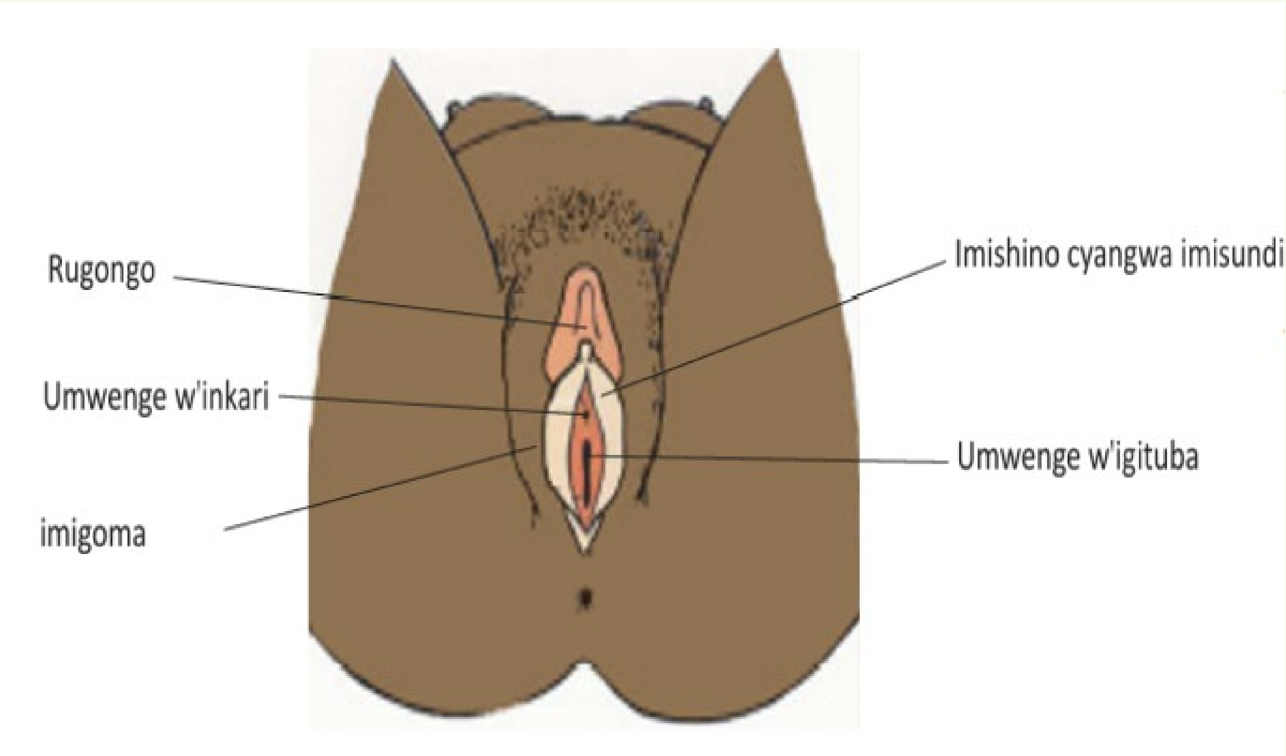
Imiyoborantanga: Imiyoborantanga ni ibiri. Ni uduheha cyangwa udutembo dushamikiye ku turerantanga. Tuba mu muvaruhago hafi y'uruhago. Nk'uko izina ryayo ribivuga, ni ho intanga ngabo zikuze zinyura, zikazasohoka mu masohoro igihe umugabo asohoye.

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 k'ubuzima 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.

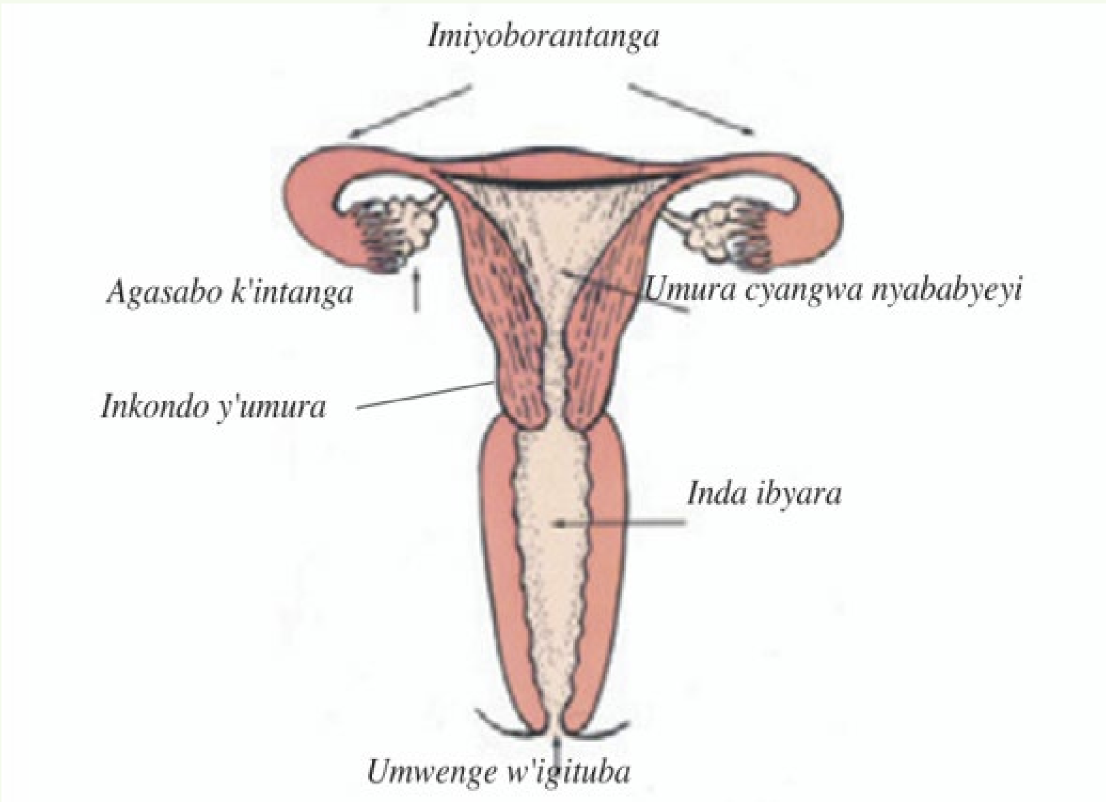
Imishino/Imisundi/ Imikamba mito: Ni utwugara tubiri duto dufashe tuva kuri rugongo tugana hasi. Itwikira kandi ikarinda umwenge w'inda ibyara.

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 gituza. Amabere yiyongera mu mubyimba mu gihe cy'ubwangavu kandi ni nayo atanga amashereka mu gihe cyo konsa. Amabere yagenewe konsa no gutunga umwana amaze kuvuka, atuma umukobwa/ umugore ashyukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo akozweho.

B. Igice cy'imbere kigizwe



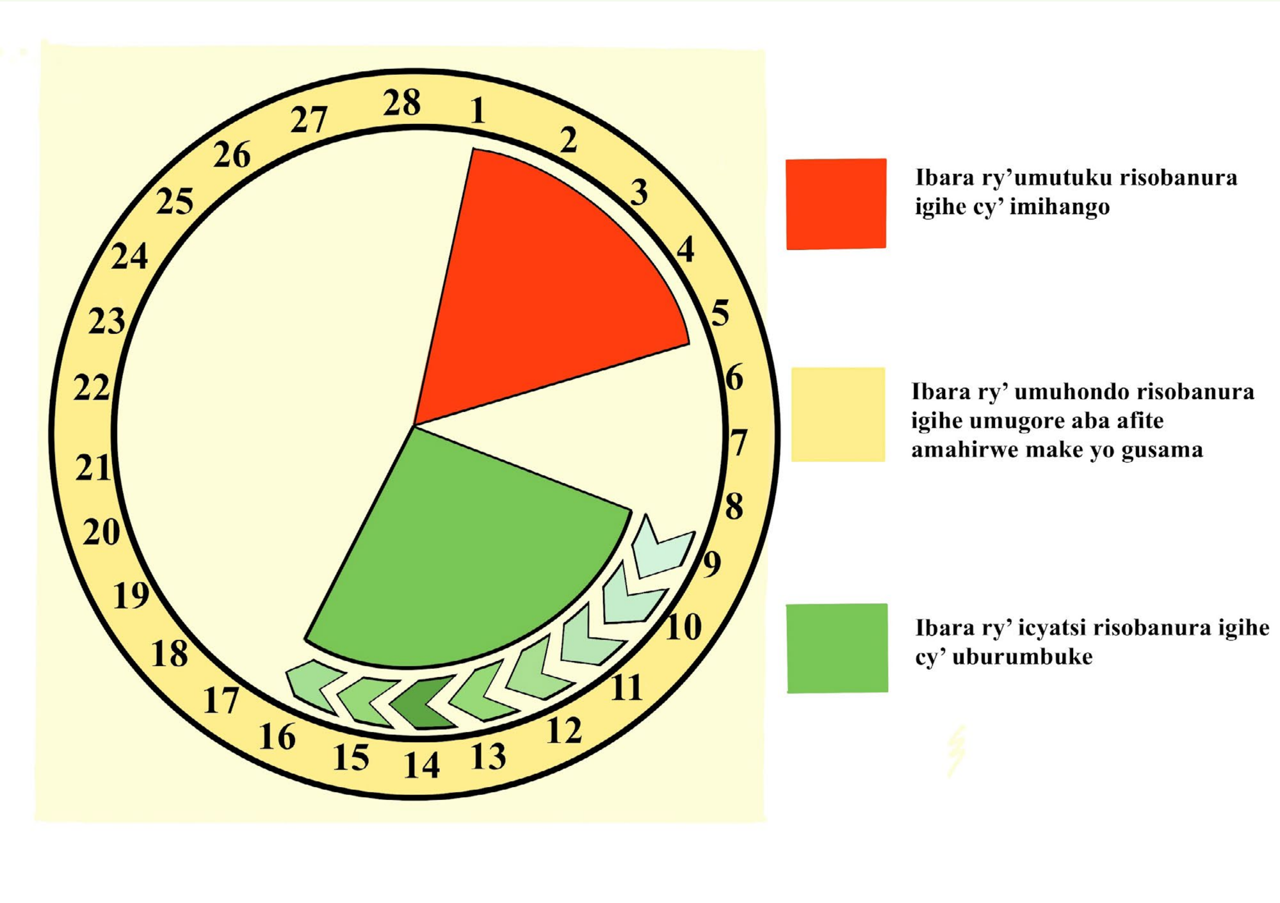
Udusabo tw'intangangore: ni two turera intangangore. Ni tubiri, kamwe kaba ibumoso bw'umura, akandi kaba iburyo bwawo. Umwana w'umukobwa agera mu gihe cy'ubwangavu afite intanga zigera kuri 400. Uretse igihe atwite, buri kwezi hagenda hahisha intanga imwe imwe, igasohoka, kugeza umugore acuze.

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.

1.4.4. Ukwezi k'umugore



1.4.4.1. 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.

1.4.4.2. 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:

i) Igihe umugore cyangwa umukobwa ari mu mihango ashobora gusama,

ii) 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.

1.4.4.3. 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.

1.4.4.4. 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, aribyo 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'impamvu 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;
- Kumesa neza utwo dutambaro ukatwanika ku zuba mu gihe nta kotegisi ihari;
- Guhindura ibyo bikoresho byabugenewe uko byuzuye;
- Kwikorera isuku buri uko ugiye guhindura ibyo bikoresho by'isuku byabugenewe.

1.4.5. Kwiroteraho

Kwiroteraho 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 kwiroteraho, 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 kwiroteraho):

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 gusobanuza 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.

1.5. Igikorwa cy'isuzuma:

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Ubuzima bw'imyororokere ni iki?
2. Sobanura muri macye:

- Ukwezi k'umugore
- Imihango
- Kwiroteraho.

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 kuziharanira, kuzimakaza no kuzisigasira kugira ngo zibaheshe ishema mu buzima bwabo bwa buri munsi banategura ubw'ejo hazaza.

2.1. Intego z'ikiganiro

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gusobanura kwiha agaciro icyo ari cyo?
- Gusobanura indangangaciro icyo ari cyo no kuvuga zimwe mu ndangagaciro
- zikwiriye kuranga ingimbi n'abangavu.

2.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Ibipapuro binini
- Amakaramu yabugenewe

ii) Igihe: Iminota 45

2.3. Uburyo bwifashishwa mu gutanga ikiganiro:

Ikiganiro kiyobowe n'uhugura

Baza abahugurwa:
1. Kwiha agaciro ni iki?
2. Guha umuntu agaciro ni iki?
3. Vuga indangagaciro uzi.

Bunganire wifashishije ubutumwa bw'ingenzi

2.4. Ubutumwa bw'ingenzi.

2.4.1. Kwiha agaciro

- Bisobanura kwiyubaha 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.

2.4.2. 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.

2.4.3. Indangagaciro

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

Indangagaciro kandi ni ibimenyetso ngiro n'imyifatire myiza biranga abantu batuye igihugu runaka. Ni ibikorwa ndangamuco abanyagihugu bemera, kandi bifuza 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 munsi 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).

2.5. Igikorwa cy'isuzuma:

Saba abahugurwa gusubiza ibibazo bikurikira:
1. Sobanura kwiha agaciro icyo ari cyo.
2. Tanga ingero 3 z'indangagaciro zikwiriye kuranga ingimbi n'abangavu.

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 munsi kizakugeza ku ntego nziza wihaye.

3.1. Intego z'ikiganiro

Nyuma y'iki kiganiro uhugurwa araba ashobora:

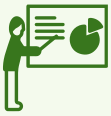
- Kwiha intego yifuza kugeraho mu buzima.
- Gutahura ibikorwa bishobora kumubuza kugera ku ntego yihaye
- Gusobanura intambwe umuntu anyuramo mu gihe cyo gufata icyemezo gikwiye

3.2. Imfashanyigisho n'igihe ikiganiro kimara

Imfashanyigisho:

- Impano zipfunyitse uko bisobanuye mu mwitozo wa 2
- Impapuro n'amakaramu by'abahugurwa

Igihe ikiganiro kimara: Iminota 45



3.3. Uburyo bwifashishwa mu kiganiro

Umwitozo wa mbere(1): Inzozi zanjye!

Saba abahugurwa gufata urupapuro n'ikaramu buri wese akore ibi bikurikira:

- Gutekereza uko yibona mu myaka 10 iri imbere (icyo azaba akora, aho azaba ari, abo bazaba babana, ibyo azaba atunze, ...)
- Ni ibihe bikorwa bizagufasha kugera kuri izo nzozi zawe?
- Ni izihe nzitizi utecyereza zishobora kukubuza kugera ku nzozi zawe?
- Ni ubuhe buryo uzakoresha mu kurenga izo nzitizi?

Ha abahugurwa umwanya buri wese asangize abandi inzozi ze kandi ufatanye n'abahugurwa gushimira buri wese.

Unganira abo bantu wifashije ubutumwa bw'ingenzi

Umwitozo wa kabiri (2): Amahitamo yanjye

Intambwe ya mbere(1):

Tegura impano enye(4) zipfunyitse mu buryo butandukanye zimwe zipfunyitse mu buryo bukurura abazireba ariko harimo iby'agaciro gake cyane izindi zipfunyitse mu buryo budashamaje ariko harimo iby'agaciro.

Urugero:

- Impano ya mbere(1): igizwe n'amafaranga ibihumbi bitanu (5,000), ipfunyitse mu buryo budashamaje;
- Impano ya kabiri (2): igizwe n'ibarizo cyangwa ibindi wabona bitaremereye, uyigire nini kandi ipfunyitse mu buryo bushamaje buryoheye amaso.
- Impano ya gatatu(3): Ipfunyitsemo ibuye riringaniye (ipfunyitse mu buryo bushamaje buryoheye amaso)
- Impano ya kane (4): Indi ipfunyitsemo Avoka cyangwa Umuneke (ipfunyitse mu buryo bushamaje buryoheye amaso)

Intambwe ya kabiri(2):
Saba abahugurwa bose bahitemo impano.

Saba abahisemo impano imwe kujya hamwe, Babwire ko bibujijwe gukora kuri izo mpano.

Intambwe ya gatatu(3):

- Noneho bemerere bakore kuri za mpano, baziterure, bazunguze, ariko ntibapfundure izo mpano. Basabe bongere bahitemo impano ifite agaciro kurusha izindi.
- Saba abahisemo impano imwe kujya hamwe
- Saba buri tsinda gupfundura impano zabo mu ruhame.

Intambwe ya kane(4)

- Saba buri tsinda gusubiza ibibazo bikurikira:

i) Wumvaga umeze ute igihe wahitagamo mbere utemerewe gukora ku mpano?
ii) Wahisemo impano ushingiye kuki?

iii) Wumvaga umeze ute igihe wahitagamo umaze gukora ku mpano zose?

iv) Byari bitandukaniye he n'igihe wahitagamo bwa mbere?

- Basabe gusubira mu myanya yabo
- Baza abahugurwa bose basubize bahereye ku mukino babonye:

i) Ese mu guhitamo utemerewe gukoraho ngo umenye ibirimo twabigereranya n'iki mu buzima busanzwe?
ii) Ni akahe kamaro ko guhitamo wabanje gusuzuma neza ibyo uhitamo, ubanje gushishoza?

Umugani mugufi ugira uti: "Ibishashagirana byose ntabwo ari zahabu" wawusobanura ute werekeza mu buryo bwo guhitamo no gufata icyemezo?

- Sobanurira abahugurwa intambwe zo gufata icyemezo gikwiye wifashishije ibikubiye mu butumwa bw'ingenzi.

3.4. Ubutumwa bw'ingenzi

3.4.1. 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 ushingiye 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 ibyemezo afata umwanya wo kwisuzuma ibyagenze neza yishimira n'ibyo yakosora mu gihe kizaza.

3.4.2. 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 ukomeza guhangana nazo ushaka igisubizo kugeza ubwo uzagera ku ntego wiyemeje.

3.4.3.Kwiha intego y'ubuzima

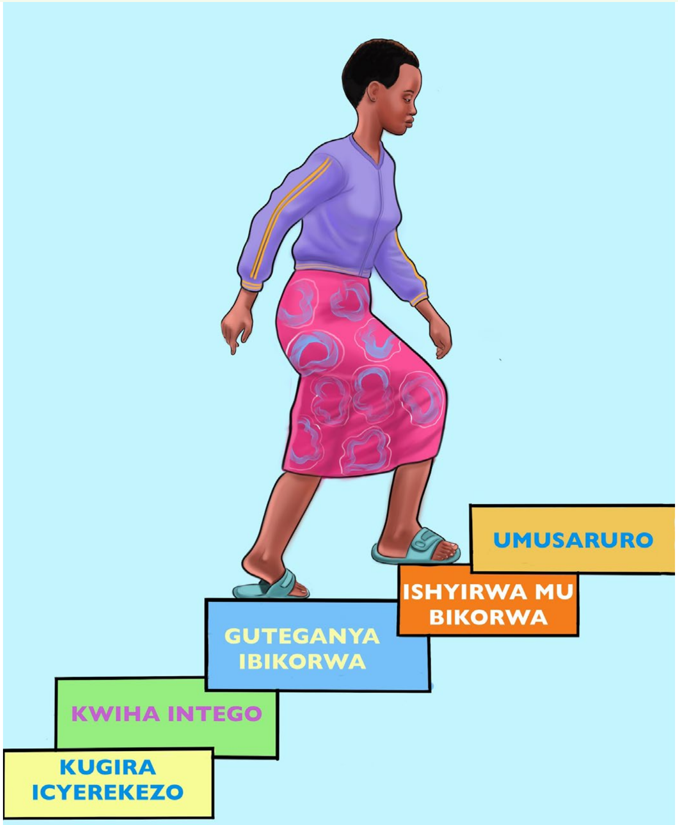
Intego y'ubuzima: Ni icyo umuntu aba agambiriye kugeraho mu buzima bwe kikamuyobora mu myanzuro afata, mu mibanire ye n'abandi, no mu bikorwa akora buri munsi.
Kwiha intego bitoza abato kugira icyerekezo, kwihangana, ubunyangamugayo, ubudahemuka, gukunda umurimo, kwitangira umuryango n'igihugu.

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 nzozi 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 ijambo 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 munsi n'iyo byaba bike kuko nibyo bizana impinduka.

5. Intsinzi (Success)

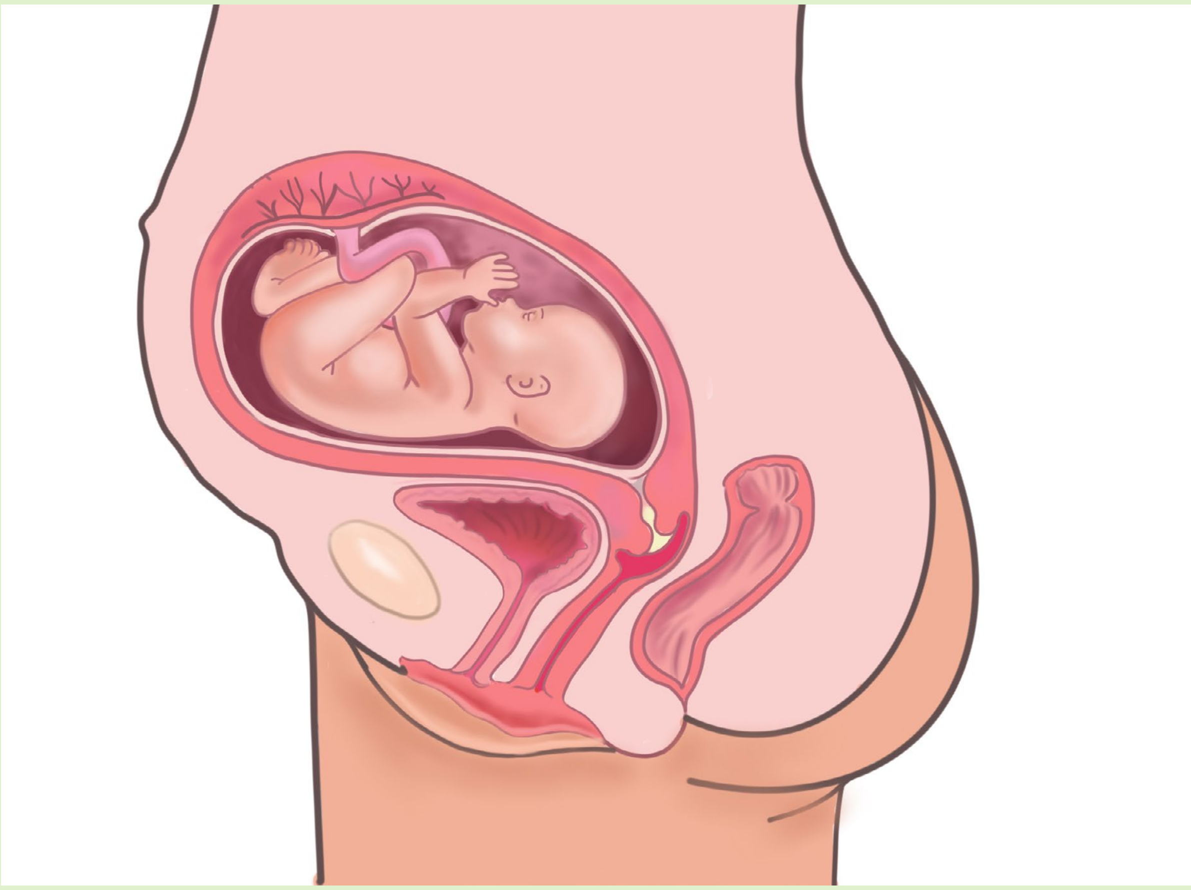
- Intego nto zigerwaho uko bikwiye zifasha kugera ku ntsinzi ihamye ariyo cyerekezo wihaye.
- Intsinzi nyayo ni iyo ituma wumva unezerewe kandi wishimiye aho ugeze, bikakongeramo imbaraga zo gukomeza gukora cyane

3.5. Igikorwa cy'isuzuma:

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Tekereza uko wibona mu myaka 10 iri imbere (icyo uzaba ukora, aho uzaba uri, abo muzaba mubana, ibyo uzaba atunze)
2. Gerenya uko wibonaga mbere na nyuma y'iki kiganiro

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'imyororokere 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 munsi. 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'imyororokere.

4.1. Intego z'ikiganiro

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gusobanura uko isama ribaho
- Kugaragaza ingaruka ziterwa no gusama, gutwita no gutera inda ukiri muto n'uko wabyirinda.
- Gusobanura uburyo bwo kuboneza urubyaro n'akamaro kabyo.

4.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Ibipapuro binini n'ikaramu yabugenewe
- Umukino/Ibibazo nkangura bwenge

ii) Igihe ikiganiro kimara: Iminota 60

4.3. Uburyo bwifashishwa mu gutanga ikiganiro:

Umukino/Ibibazo nkangura bwenge

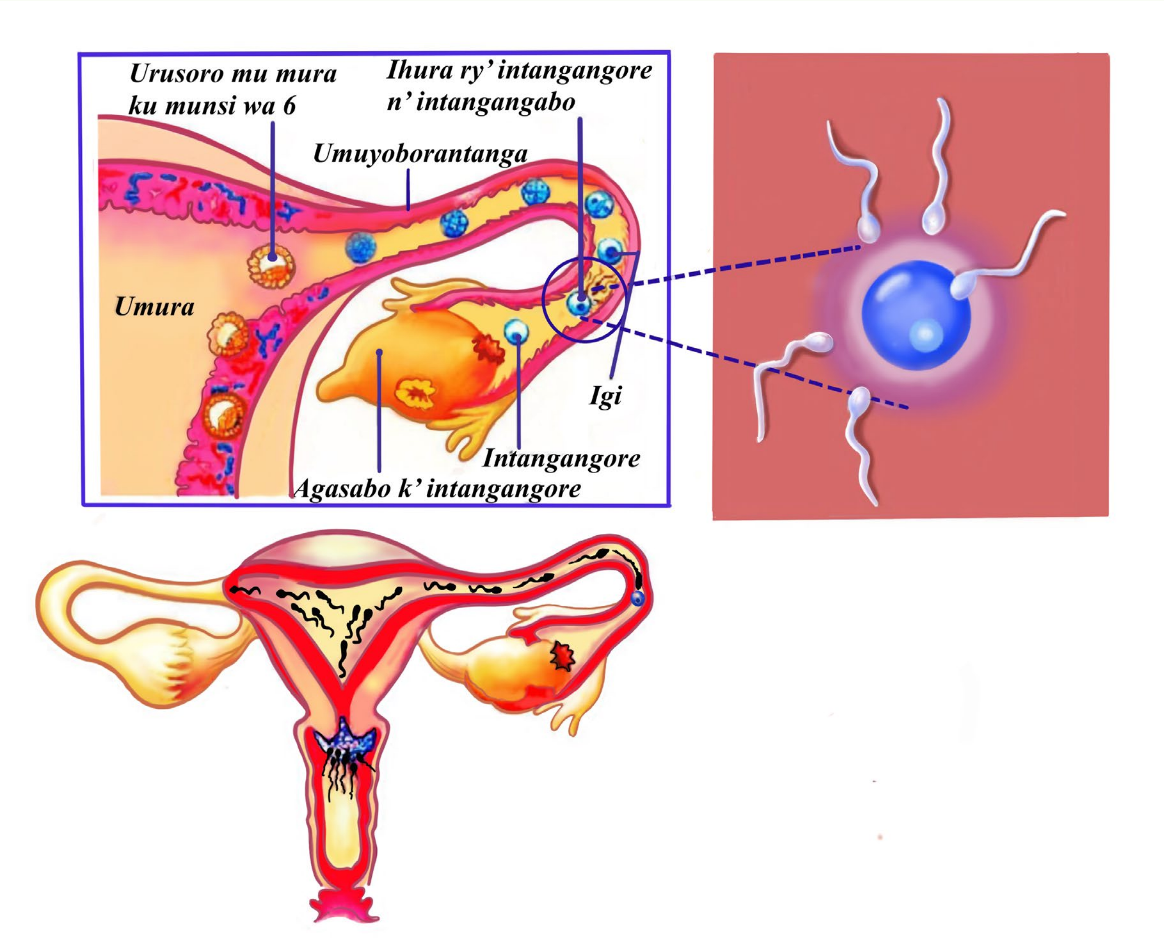
- Andika amagambo "Yego" na "Oya" ku mpapuro nini
- "Yego" yishyire ku ruhande rumwe na "Oya" ku rundi ruhande
- Saba abahugurwa kuza kujya ku ruhande bemera; no kuvuga impamvu bahahisemo nyuma yo kubabaza ibibazo bikurikira: (Uhugura abaza ikibazo kimwe bagahitamo bagasobanura n'impamvu bagiye kuri "Yego" cyangwa "Oya" akabona gukomeza ku kindi kibazo)

No	Ibibazo	Ibisubizo
1	Umukobwa ashobora gusama akoze imibonano mpuzabitsina idakingiye inshuro 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

- **Unganira abahugurwa wifashishije ibikubiye mu butumwa bw'ingenzi.**

4.4. Ubutumwa bw'ingenzi:

4.4.1. 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 ntihagire 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 yarasamye. 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.

4.4.2. 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

4.4.3. 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 munsi 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

4.4.4. 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

4.4.5 Incamake ku kuboneza urubyaro

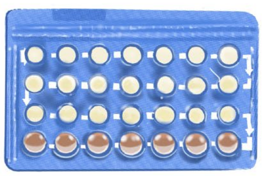
Muri rusange, uburyo bwo kuboneza urubyaro buri mu byiciro bitatu (3) by'ingenzi aribyo:

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

4.4.5.1. Uburyo butandukanye bwo kuboneza urubyaro

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.

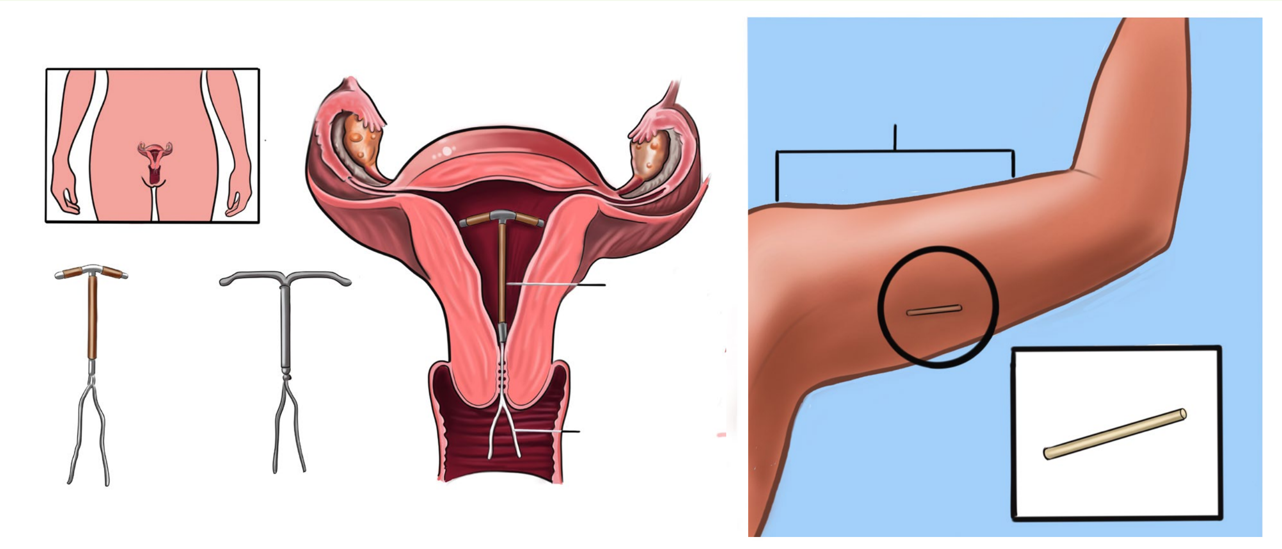


ii. Bumwe mu buryo bw'igihe kirekire:

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

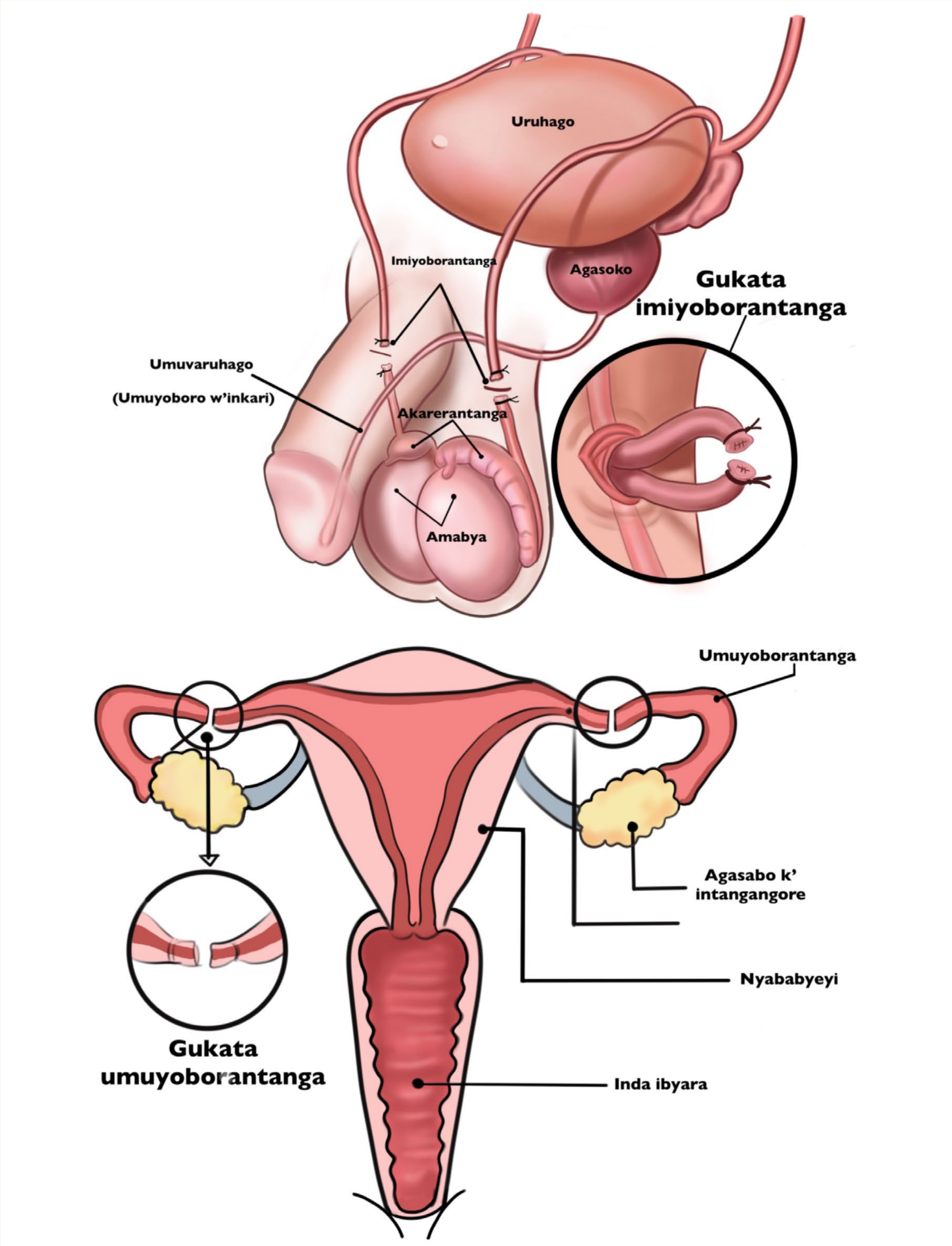
Bumwe muri ubu buryo burimo:

- Uburyo bwo gushyira umuti munsi y'uruhu bikozwe na muganga (Implant)
- Agapira ko mu mura (DIU)



iii. Uburyo bwa burundu: Ni uburyo bwo guhagarika kubyara bya burundu bukorwa ku mugore cg 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"



4.4.5.2. 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.

4.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Sobanura mu ncamake uburyo isama ribaho, n'uruhare rwawe mu gukumira inda ziterwa abangavu
2. Ni izihe ngaruka ziterwa no gutwita cyangwa gutera inda ukiri muto?
3. Vuga uburyo bwo kuboneza urubyaro n'akamaro kabwo.

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

Ubuzima n'agaciro kanjye kwangizwa 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. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gusobanura itandukaniro riri hagati ya Virusi itera SIDA na SIDA
- Gusobanura indwara zandurira mu mibonano mpuzabitsina n'uko zirindwa

5.2. Imfashanyigisho n'igihe ikiganiro kizamara

i) Imfashanyigisho:

- Agatabo "Agaciro kanjye"
- Ibipapuro binini n'amakaramu yabugenewe
- Ibipaburo binini byanditseho ibibazo 9 biri mu butumwa bw'ingenzi
- Udupapuro tungana n'umubare w'abitabiriye amahugurwa, muri two harimo utwanditseho 1 kugera ku 9
- Igitabo gikubiyemo amashusho (Boite à images)

ii) Igihe ikiganiro kimara: Iminota 45

5.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Umukorongiro

- Saba abitabiriye amahugurwa gukora uruziga
- Bakoreshe umwitozo wo guhererekanya ubutumwa umwe yongorera mugenzi, kugeza ubutumwa bugarutse kuwabwohereje. Urugero: "Kwirinda SIDA nawe birakureba."
- Ubutumwa nibugaruka kuwabutanze bwahindutse; basobanurire ko ariko hagenda humvikana amakuru atandukanye, arebana na Virusi itera SIDA
- Nimusoza umukino, ubahe udupapuro duto tungana n'umubare wabo harimo twanditseho imibare 1 kugera ku 9
- Basabe gusubira mu byicaro
- Manika ibipapuro binini byanditseho ibibazo icyenda (9) aho muhugurirwa
- Saba buri wese watomboye agapapuro kariho umubare gusoma ikibazo kijyanye n'umubare yatomboye n'ijwi ryumvikana, atange n'igisubizo cyacyo abandi bamwunganire mukomeze ku kindi kugeza mubirangije.
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi.

ii.Ikiganiro kiyobowe n'uhugura

5.4. Ubutumwa bw'ingenzi

5.4.1.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, amasohoro, 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.

5.4.2. 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.

5.4.3. Uburyo bwo kwirinda Virusi itera SIDA n'indwara zandurira mu mi

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:bonano mpuzabitsina:

UKUBA
U: Uburere
K: Kwifata
UB: Ubudahemuka
A: Agakingirizo

5.4.4. Kwipimisha ku bushake (VCT)

Kwipimisha ku bushake Virusi itera SIDA ni iki?

- Ni igihe umuntu ahisemo kujya kwipimisha Virusi itera SIDA ku bushakee bwe atabitegetswe.
- Hapimwa umuntu amaze kugirwa inama n'ababifite mu nshingano, igisubizo kigatangwa uwo munsi 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.
- Pozitifu: 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.
- Duharanire 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.

5.4.5. Andi makuru y'ingenzi kuri SIDA

- Virusi itera SIDA ntipimishwa n'ijisho, kandi n'uwo wumva udakeka 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'iyo 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 munsi.

5.4.6. 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
- Tirikomonasi
- Ibinweti
- Indwara y'umwijima yo mu bwoko bwa B

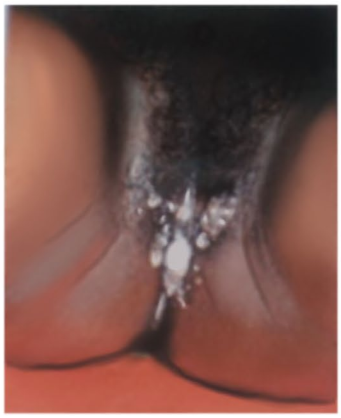
Amwe mu mafoto y'ibimenyetso by'indwara zandurira mu mibonano mpuzabitsina:

Imitezi ku mugore

Uburagaza ku mugabo

Isharankima ku mugabo

Isharankima ku mugore



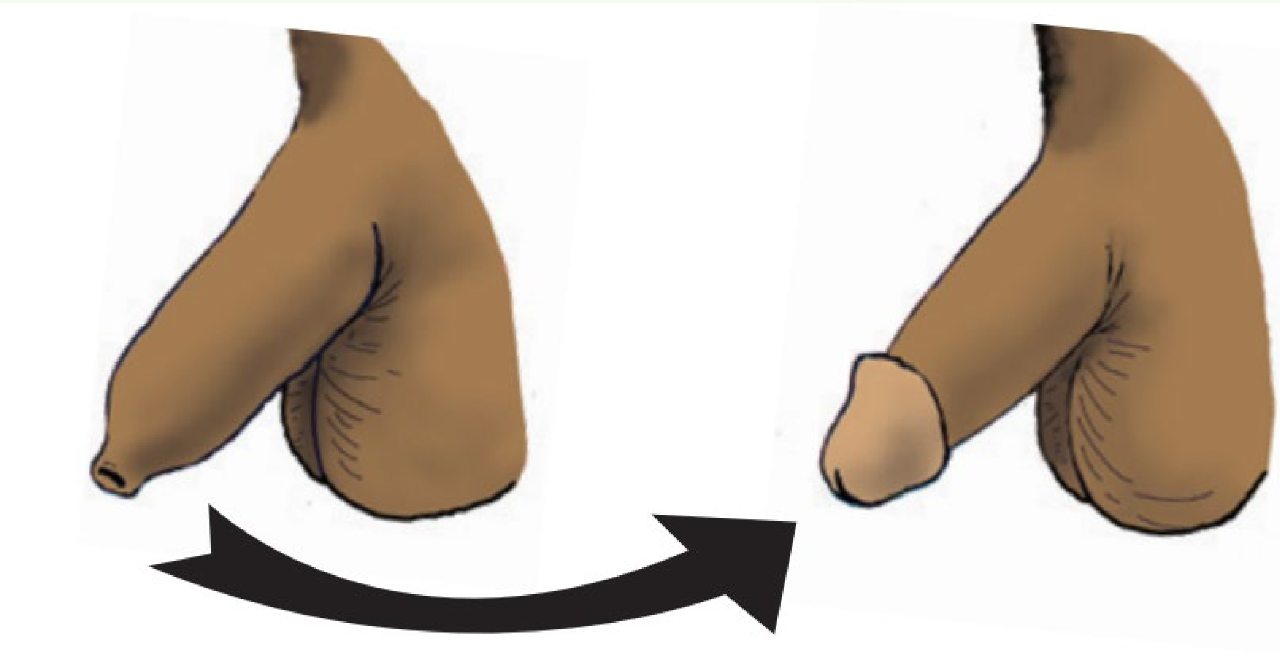
Mburugu ku gitsina; Umugabo

Mburugu mu kanwa

5.4.7. Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina:

Ibimenyetso ku bagabo	Ibimenyetso ku mugore	Ibimenyetso ku mwana
• 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 utu-byimba ku gitsina; • Kugira uburyaryate ku gitsina no kwishimagura; • Kugira umuriro; • Kubabara mu gihe Cy'imibona-no mpuzabitsina.	• Kuzana uruzi ru-dasanzwe cyangwa amashyira mu gitsina; • Amasazi cyangwa ibi-byimba mu mayasha; • Udusebe ku gitsina; • Uburyaryate no kwishimagura ku gitsina; • Kubabara mu kiziba cy'inda;Ububabare mu gihe cyo kwihagarika; • Kugira udusebe cy-angwa utubyimba ku gitsina; • Kugira umuriro; • Kubabara mu gihe cy'imibonano mpu-zabitsina; • Kubyimba igitsina	• Kuninda amashy-ira mu maso mu kwezi kwa mbere umwana avutse.

5.4.8. Kwisiramuza (Gukebwa):



Gusiramura 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 kwisiramuza (Gukebwa):

- Bigabanya ibyago byo kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina iyo uyikoze utikingiye. Ariko ibi ntibivuga 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.

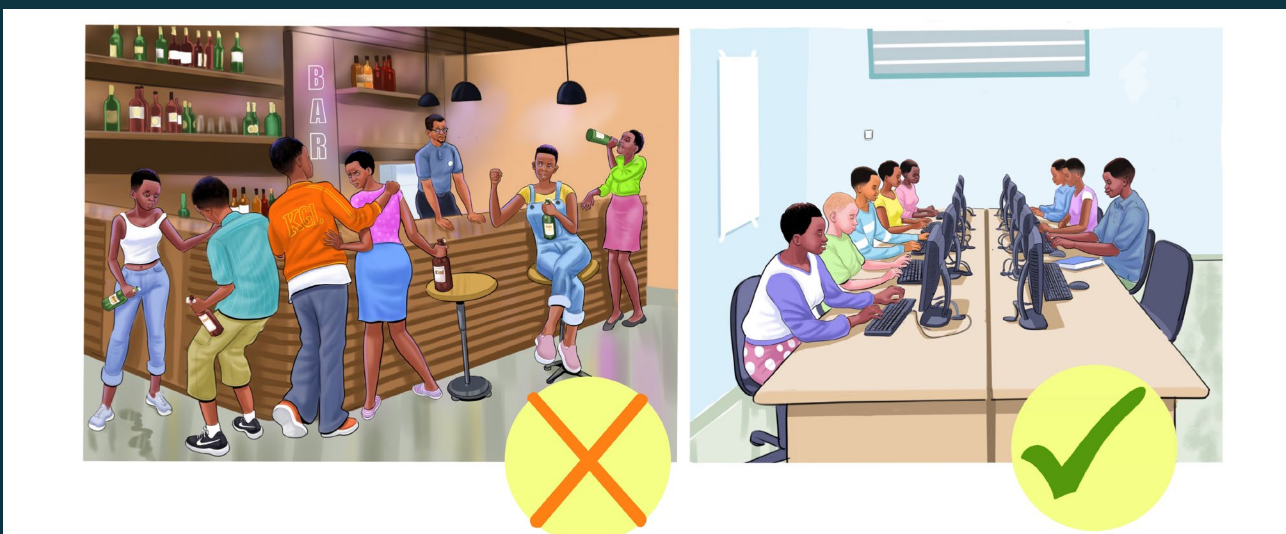
5.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Sobanura itandukaniro riri hagati y'umuntu wanduye Virusi itera SIDA n'umurwayi wa SIDA
2. Vuga amoko uzi y'indwara zandurira mu mibonano mpuzabitsina
3. Ni ubuhe buryo wakwirinda kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina

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 urubyiruko kwishora mu ngeso mbi zishobora gutera kwangirika no guhungabana k'ubuzima bw'imyororokere 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. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:
- Kumenya ibiyobyabwenge icyo ari cyo, n'amoko yabyo
- Gusobanura uburyo bwo kwirinda ibiyobyabwenge n' ibisindisha

6.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:
- Ibipapuro binini n' ikaramu yabugenewe
- Amashusho yerekana ubwoko butandukanye bw'ibiyobyabwenge.
- Umukino werekana urubyiruko rwishoye mu biyobyabwenge
- Ibibazo nkangura bwenge.

ii) Igihe ikiganiro kimara: Iminota 45

6.3. Uburyo buzifashishwa mu gutanga ikiganiro:

i) Inkuru ya Mugenzi yishora mu biyobyabwenge
ii) Umukoro mu matsinda
iii) Ikiganiro kiyobowe n'uhugura

Somera abahugurwa inkuru ikurikira: **Mugenzi yishora mu biyobyabwenge**

Nk'uko byari bisanzwe ku munsi wa kane wa buri cyumweru, Mugenzi yahuriye na Micomyiza mu gikorwa cy'ubuhinzi bw'imboga bakorera mu ishyirahamwe ryabo. Mu gihe bose bari bashishikariye umurimo w'ishyirahamwe, Mugenzi wasangaga avuga amagambo menshi, ndetse amwe ateye isoni, ugasanga ntacyo yikanga. Abakobwa bari kumwe bo bari baramugoreweho, ariko akamenya gutereta no gutera urwenya, ibyo na byo bakabimukundira. Mu gutaha, mugenzi we Nzaramba yagiye amubaza ikimutinyura ngo abashe gutereta abakobwa, kandi ntihagire umuhakanira.

Mugenzi yamubwiye ko afite ibanga rimutera akanyabugabo, rigatuma ndetse ashirika ubwoba, akavuga ntacyo yishisha. Nzaramba yaramwinginze ngo agirire ubucuti bafitanye, maze arimugezeho. Mugenzi ati: "Ubundi iyo ushaka kuvuga rikijyana, cyane cyane iyo ugera imbere y'umukobwa ukumva ufite isoni, ureba ikibagufasha mbere y'uko muhura. Njye rero, buriya mba nabanje gutumura agatabi bita urumogi cyangwa nkabanza gufata inzoga ikaze cyangwa kanyanga. Uratereta se bagakoramo!!

Mugenzi yatangiye kubikundisha bagenzi be, inshuti ze zose ziramuyoboka, usibye Micomyiza niwe wamunaniye. Ingeso yakomeje gukura, kugeza ubwo we na bagenzi be bajya barara mu tubari bagateza umutekano muke, bapfa abakobwa, bakarwana baterana amacupa. Byageze aho ababyeyi babo bararambirwa kubw'iyo myifatire yabo. Bamwe batangiye kurwara indwara z'ubuhumekero, umwanda wo sinakubwira, kuko batabonaga umwanya wo kumesa no gukaraba. Iyo wahuraga na bo wasanganirwaga n' umwuka unuka w'itabi n'inzoga.

Iyo bamaraga gufata ibyo biyobyabwenge, birukiraga mu kugura abakobwa bicuruza bari bariyise «garuka usubire», babaga ku gasanteri kabo. Ikibabaje n'uko batibukaga no gukoresha agakingirizo muri iyo mibonano mpuzabitsina igayitse. Uwabaga nta mafaranga afite bagenzi be barabamusengereraga. Na bo kandi barabakopaga, bakazishyura bagarutse.

Ibyabo byakomeje kumera nabi amafaranga abashiraho, isura yabo irahindana, wabareba ukabona barashaje. Ntibyatinze Mugenzi atangira

gukorora, ndetse atangira no kwibonaho n'ibimenyetso by'uko yaba yaranduye indwara zandurirwa mu mibonano mpuzabitsina. Yagiye kwipimisha asanga yaranduye Virusi itera SIDA, asaba na bagenzi be kwipimisha kugira ngo bamenye uko "bahagaze", cyane cyane ahereye ku myitwarire yabo nko kuba baragiye basangira abakobwa. Basanze muri bo, abenshi baranduye Virusi itera SIDA n' izindi ndwara z'andurira mu mibonano mpuzabitsina, ndetse hari na mugenzi wabo wateye umukobwa inda.

Guhera ubwo, biyemeje gucika ku ngeso mbi bakoraga: bareka ibiyobyabwenge, inzoga, itabi, ndetse n'imibonano mpuzabitsina. Biyemeje no kubishishikariza bagenzi babo, bababwira ububi bw'ibiyobyabwenge. Buhoro buhoro bagiye babireka, kugeza babiretse burundu; batangira igikorwa cyo kwigisha bagenzi babo, batanga ubuhamya bw'ibyababayeho. Ubu bashinze Ishyirahamwe rishinzwe kurwanya ibiyobyabwenge mu rubyiruko rwo mu Murenge batuyemo ryiswe "Ejo hazaza, tubyamagane". Ubu bose ni abakangurambaga b'urungano. Babashije kandi kwihangira imirimo ibyara inyungu kuburyo ubu basigaye bicuza igihe bataye muri iyo mico mibi.

Baza abahugurwa ibi bikurikira:
a. Abavugwamo ni bande?
b. Mwumvise iki muri iyi nkuru?
c. Mugenzi yari afite imyitwarire iteye ite?
d. Mugenzi yabanaga ate na bagenzi be?
f. Ni izihe ngaruka ibiyobyabwenge byagize kuri Mugenzi?
g. Ingaruka ikomeye muri zose ni iyihe? Kuki?
h. Ni izihe ngaruka zindi umuntu yakura mu kunywa ibiyobyabwenge?

Umukoro mu matsinda

- Saba abahugurwa kujya mu matsinda y'abantu hagati ya batandatu(6) n'umunani(8).
- Basabe gusubiza ibibazo bikurikira:

1. Ni ayahe moko y'ibiyobyabwenge n'ibisindisha muzi biboneka mu karere mutuyemo?
2. Ni izihe ngaruka z' ibiyobyabwenge n'ibisindisha ku muntu ku giti cye, ku muryango, ndetse no ku gihugu?
3. Mutegure agakino kerekana zimwe mu nzitwazo urubyiruko rukunze gutanga ku mpamvu zibatera gukoresha ibiyobyabwenge n'ibisindisha, hamwe n' ingaruka zabyo
4. Vuga uburyo bwafasha urubyiruko kutishora mu biyobyabwenge n'ibisindisha.
   - Saba buri tsinda kugaragaze ibyavuye mu biganiro.
   - Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira.
   - Saba abahugurwa bari mu yandi matsinda gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa
   - Unganira abahugurwa wifashishije ubutumwa bw'ingenzi.

6.4. Ubutumwa bw'ingenzi

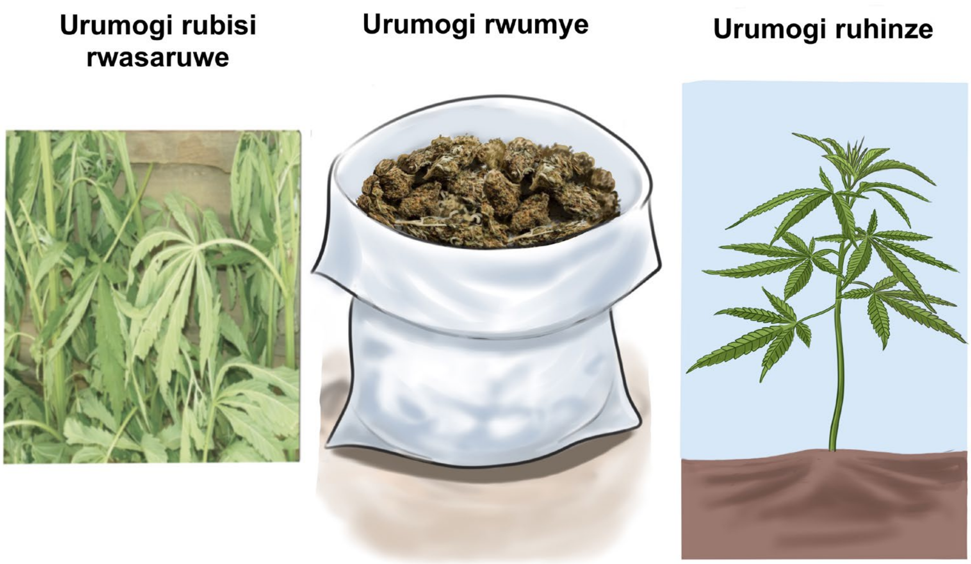
6.4.1. Igisobanuro cy'ibiyobyabwenge

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.

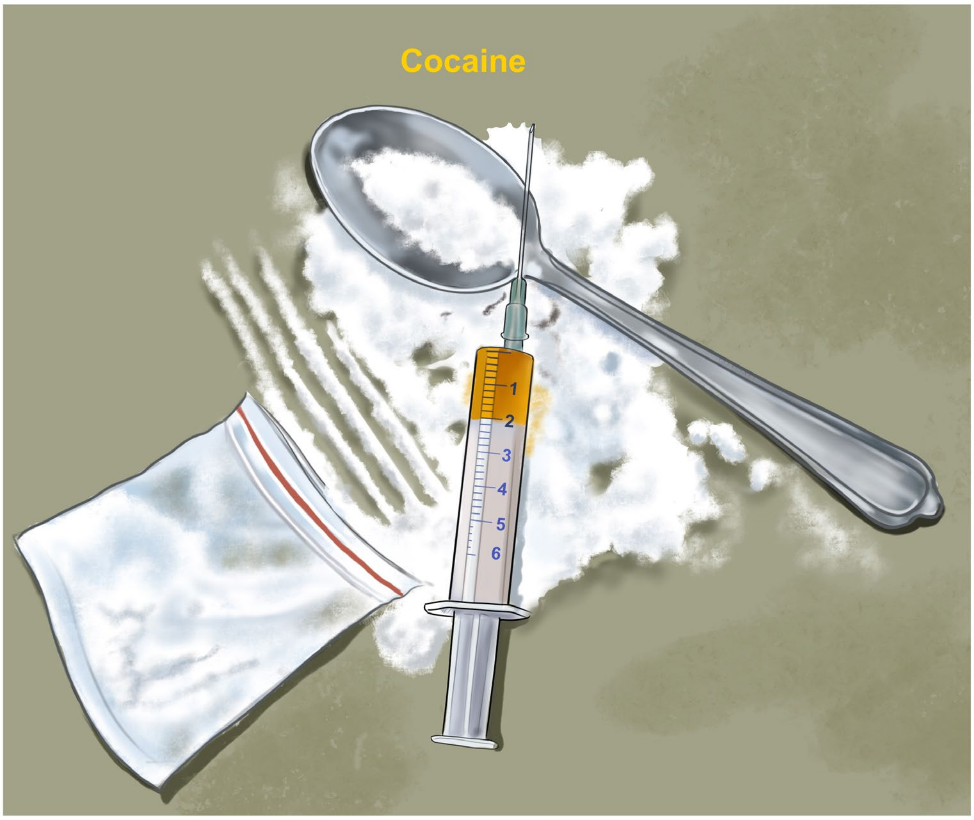
Ibisindisha: Ni ibintu byose (ibinyobwa cyangwa ibindi) bifite ubushobozi bwo guhindura imitekerereze y'umuntu (imikorere y'ubwonko) cyangwa imikorere y'umubiri, bikawutera gusinda.

6.4.2. 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 bagikanjakanja 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 ubusanzwe 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 bikoreshwa cyane cyane mu rubyiruko.

7. Esanse (Essence): ikoreshwa 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.

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

Bavuga ko kugira ngo umuntu abe imbata y'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 amerewe neza ,
- Gutakaza ubushake bwo gukora indi mirimo y'ingirakamaro ahubwo agakoresha igihe kinini cy'umwanya we wa buri munsi mu gufata ibiyobyabwenge,
- Gukomeza gukoresha ibiyobyabwenge n'igihe azi neza ingorane byamuteje n'ingaruka ashobora guhura nazo.

6.4.5. Uruhare rw'urubyiruko mu kurwanya no gukumira ibiyobyabwenge

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

- Kwirinda ibigare/agakungu bibakurura mu gukoresha ibiyobyabwenge
- Kumenya no kwita ku muntu utangiye kugira amarangamutima n'imitekerereze bidasanzwe iganisha ku ikoreshwa 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

6.4.4 Zimwe mu ngaruka zo gukoresha Ibiyobyabwengen'ibisindisha

i)Ku muntu ku giti cye:

- Kugabanya ubushobozi bw'umubiri bwo kwirinda indwara bigatera kurwaragurika.
- 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.
- Amakimbirane mu muryango cyangwa gusenyuka 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. Igikorwa Cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Vuga ingaruka z'Ibiyobyabwenge ku buzima bw'umuntu ku giti cye.
2. Sobanura uburyo bwo kwirinda Ibiyobyabwengen'ibisindisha.

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. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa azaba ashobora:

- Gusobanura kwiyakira icyo ari cyo
- Gusobanura urugendo rwo kwiyakira nyuma yo guhura n'ibibazo byihariye
- Kuvuga uburyo umuntu yahangana n'inzitizi mu buzima.

7.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Ibipapuro binini n'amakaramu yabugenewe

ii) Igihe ikiganiro kimara : Iminota 45

7.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Ikiganiro kiyobowe n'uhugura
ii) Umukoro mu matsinda

- Saba abahugurwa kujya mu matsinda y'abantu hagati ya batandatu(6) n'umunani(8).
- Saba buri tsinda gusubiza ibi bibazo bikurikira:

1. Ubwo wamenyaga ko wahuye n'iki kibazo (guterwa inda ukiri muto, kwandura virusi itera SIDA, ...) bwa mbere wabyakiriye ute?
2. Ni ibiki byakubabaje kuruta ibindi mu byagukorewe umaze guhura n'iki kibazo (guterwa inda ukiri muto, kwandura virusi itera SIDA, ...)?
3. Ni izihe ngamba zagufasha mukongera kwiyubaka no guhangana n'ingaruka z'ibyakubayeho?

- Saba uhagarariye buri tsinda aze agaragaze ibyavuye mu biganiro.
- Shimira abagize itsinda usabe n'abo mu yandi matsinda kubashimira no gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa.
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi.

7.4. Ubutumwa bw'ingenzi

7.4.1.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 twavuga inda ziterwa abangavu, ubwandu bwa Virusi itera SIDA, kwishora mu biyobyabyenge n'ibindi.

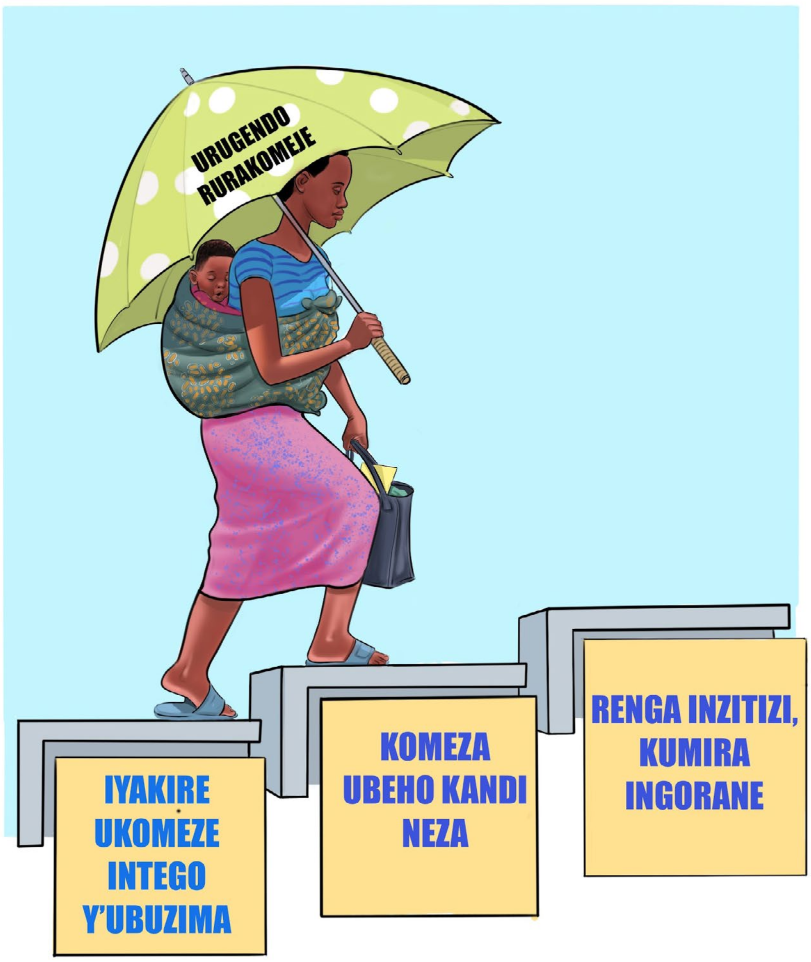
Abahuye n'ibyo bibazo barahungabana bamwe bagatakaza icyizere cyo kubaho nyamara siryo herezo ry'ubuzima bwabo. Bakwiye gutangira gutera intambwe mu rugendo rwo kwiyakira, kwiyubaka no guhangana n'ingaruka z'ibyababayeho.

7.4.2. Zimwe mu ntambwe ziterwa mu kwiyubaka:

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

- Kwiyakira no gukomeza intego y'ubuzima
- Gukomeza kubaho kandi neza

Kurenga inzitizi no gukumira 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 wifuza kugera, n'icyo wifuza kuzaba cyo mu gihe kizaza mu buryo bugaragara, mu mitekerereze 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 kwiyubaka.

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
- Kudaheranwa 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 mitekerereze ye gusa biba biri, ntago 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.

7.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1.Sobanura kwiyakira icyo ari cyo
2.Vuga intambwe eshatu(3)umuntu atera mu rugendo rwo kwiyakira.

Ikiganiro cya munani(8): Gutegura 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. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kuvuga zimwe mu ndangagaciro na kirazira zikwiriye kuranga abitegura gushingo urugo.
- Gusobanura kirazira zikwiriye kuranga abashyingiranywe.
- Kuvuga bimwe mu bikwiye kuganirwaho no kwemeranywaho mbere n'abagiye kurushinga bizabafasha kugera ku ndoto n'icyerekezo cy'urugo rwabo.

8.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- *Igitabo "Twubake Urugo Rwiza, Imfashanyigisho ifasha abitegura gushyingirwa no guherekeza abantu babana nk'umugabo n'umugore, MIGEPROF 2023"*
- Ibipapuro binini n' ikaramu yabugenewe

ii) Igihe ikiganiro kimara : Iminota 45

8.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Umukoro mu matsinda:

- Saba abahugurwa kujya mu matsinda agizwe n'abantu kuva kuri batandatu (6) kugeza ku munani (8)
- Saba buri tsinda gusubiza ibibazo bikurikira:

1. Vuga zimwe mu ndangagaciro zikwiriye kuranga abitegura gushingo urugo.
2. Sobanura zimwe muri kirazira zikwiriye kuranga abashyingiranywe.
3. Vuga bimwe mu bikwiye kuganirwaho no kwemeranywaho mbere n'abagiye kurushinga bizabafasha kugera ku ndoto n'icyerekezo cy'urugo rwabo.

- Saba buri tsinda rigaragaze ibyakorewe mu matsinda.
- Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira no gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa.
- Unganira buri tsinda wifashishije ubutumwa bw'ingenzi.

8.4. Ubutumwa bw'ingenzi

8.4.1. 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 kwiyubakamo 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.

8.4.2. 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.

8.4.3.Bimwe mu bibangamira irambagiza

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

8.4.4. Indangagaciro zikwiye kuranga abifuza 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

8.4.5.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'imicungire 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'imicungire 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 bagiye kubana n'uko bazafatanya kubaho neza no gukira ibikomere.
- Bagomba kubwirana imiryango bakomokamo, ndetse buri wese akajya gusura umuryango w'undi.

8.4.6. 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.

8.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Vuga zimwe mu ndangagaciro na kirazira zikwiriye kuranga abitegura gushingo urugo.

2. Sobanura kirazira zikwiriye kuranga abashyingiranywe.

3. Vuga bimwe mu bikwiye kuganirwaho no kwemeranywaho mbere n'abagiye kurushinga bizababafasha kugera ku ndoto n'icyerekezo cy'urugo rwabo.

IGICE CYA KABIRI:
TUGANIRE MWANA WANJYE

Iki gice cya kabiri cyagenewe by'umwihariko ababyeyi, kigizwe n'ibiganiro bitatu (3) byibanda ku ngingo z'ingenzi zirimo:

- Uko twubaka umuryango twifuza,
- Uburyo bwo kuganiriza abana ku buzima bw'imyororokere,
- Amakuru akenewe ku mpinduka ziba mu buzima bw'ingimbi n'abangavu.

Ibi biganiro bigamije kongerera ababyeyi ubumenyi n'ubushobozi bwo kuganira n'abana babo ku buryo bunoze, babisanzuraho kandi babafasha gukura bafite icyerekezo n'indangagaciro ziboneye.

Ikiganiro cya mbere (1) : Kubaka umuryango twifuza

wahinduka isoko y'imibereho myiza n'iterambere. Kiragaruka kandi ku nshingano z'abagize umuryango, ibibazo byugarije imiryango muri iki gihe, ndetse n'uruhare rwa buri wese mu kubishakira ibisubizo.

1.1. Intego z'ikiganiro

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gusobanura umuryango twifuza
- Gusobanura inshingano z'abagize umuryango
- Kugaragaza ibibazo byugarije umuryango no kugaragaza uruhare rwe mu kubishakira ibisubizo

1.2. Imfashanyigisho n'igihe ikiganiro kizamara

i) Imfashanyigisho:

- Igitabo "Tuganire Mwana Wanjye"
- Ibipapuro binini n'amakaramu manini yabugenewe

ii) Igihe ikiganiro kimara: Iminota 30

1.3. Uburyo bwifashishwa mu gutanga ikiganiro

i) Umukoro mu matsinda:

- Saba abahugurwa kujya mu matsinda agizwe n'abantu kuva kuri batandatu (6) kugeza ku munani (8).
- Saba buri tsinda gusubiza ibibazo bikurikira:
    1. Umuryango twifuza ni umeze ute?
    2. Ni izihe nshingano z'ibanze z'abagize umuryango
    3. Garagaza ibibazo byugarije umuryango aho mutuye unagaragaze uruhare rwawe mu kubishakira ibisubizo
- Saba buri tsinda rigaragaze ibyavuye mu biganiro.
- Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira no gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa.
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi

1.4. Ubutumwa bw'ingenzi

1.4.1. Igisobanuro cy'umuryango

Umuryango ni itsinda ry'abantu babana mu rugo rumwe, by'umwihariko rigizwe n'ababyeyi (papa, mama), abana, ndetse n'abandi bantu bashobora kuba bakiriwe muri urwo rugo. Hari n'indi miryango igizwe na bamwe muri abo, bitewe n'impamvu zitandukanye. Umuryango niwo shingiro ry'impinduka zirambye, ndetse niwo musingi w'ubuzima bwa buri munsi. Ni yo mpamvu ugomba kwitabwaho byihariye, kuko umuryango mwiza ari wo soko y'uburere bwiza, imibereho myiza, n'iterambere rirambye, bityo tukubaka igihugu gifite ejo hazaza heza.

Umuryango twifuza: Ni umuryango ushoboye kandi utekanye, urangwa n'ibi bikurikira:

- Kugira aho kuba hatekanye,
- Kuzuzanya hagati y'abagize umuryango,
- Kujya inama mbere y'uko bafata umwanzuro,
- Kwihaza ku mirire
- Gushyira abana mu ishuri,
- Kutarangwa n'amakimbirane n'ihohoterwa iryo ari ryo ryose,
- Kurangwa n'imiyoborere myiza mu muryango aho buri wese mu bagize umuryango agira uruhare n' uburenganzira mu bikorwa by'umuryango
- Kurangwa n'isuku ku mubiri n'aho batuye
- Kugira akarima k'igikoni,
- Kwitabira gahunda za Leta: umuganda,inteko z'abaturage…

Umuryango mwiza, imbarutso y'impinduka nziza mu gihugu:

Inshingano z'abagize umuryango

ABABYEYI	ABANA
• Gukurikirana abana neza umenya imyitwarire n'imigenzereze yabo. • Gutoza abana ikinyabupfura, isuku n'imico myiza. • Gutoza abana kwiga no gukora indi mirimo bashyizeho umwete. • Gutanga urugero rwiza mu mico no mu myifatire • Kugorora abana no kubagira inama nziza. • Gusura abana igihe biga cyangwa bari mu yindi mirimo. • Gutoza abana gukunda igihugu. • Kuvuza abana barwaye no kubaha ibyo bakeneye. • Gutega abana amatwi. • Kwerereka abana urukundo no kubitangira. • Gufasha abana kwiha intego mu buzima no kuzigeraho, n'ibindi	• Kwiyubaha,kubaha ababyeyi, no kubaha abandi. • Kugira imyitwarire myiza; • Kugira isuku; • Gukunda igihugu, abayobozi bacyo n'abagituye. • Gukurikiza inama nziza ugirwa. • Kurangwa n'ikinyabupfura. • Kugira umwete n'umurava. • Kugira indangagaciro z'umuco nyarwanda • Kwiha intego mu buzima. • Kuba urugero rwiza mu bandi.

1.4.3. Ibibazo byugarije umuryango no kubishakira ibisubizo

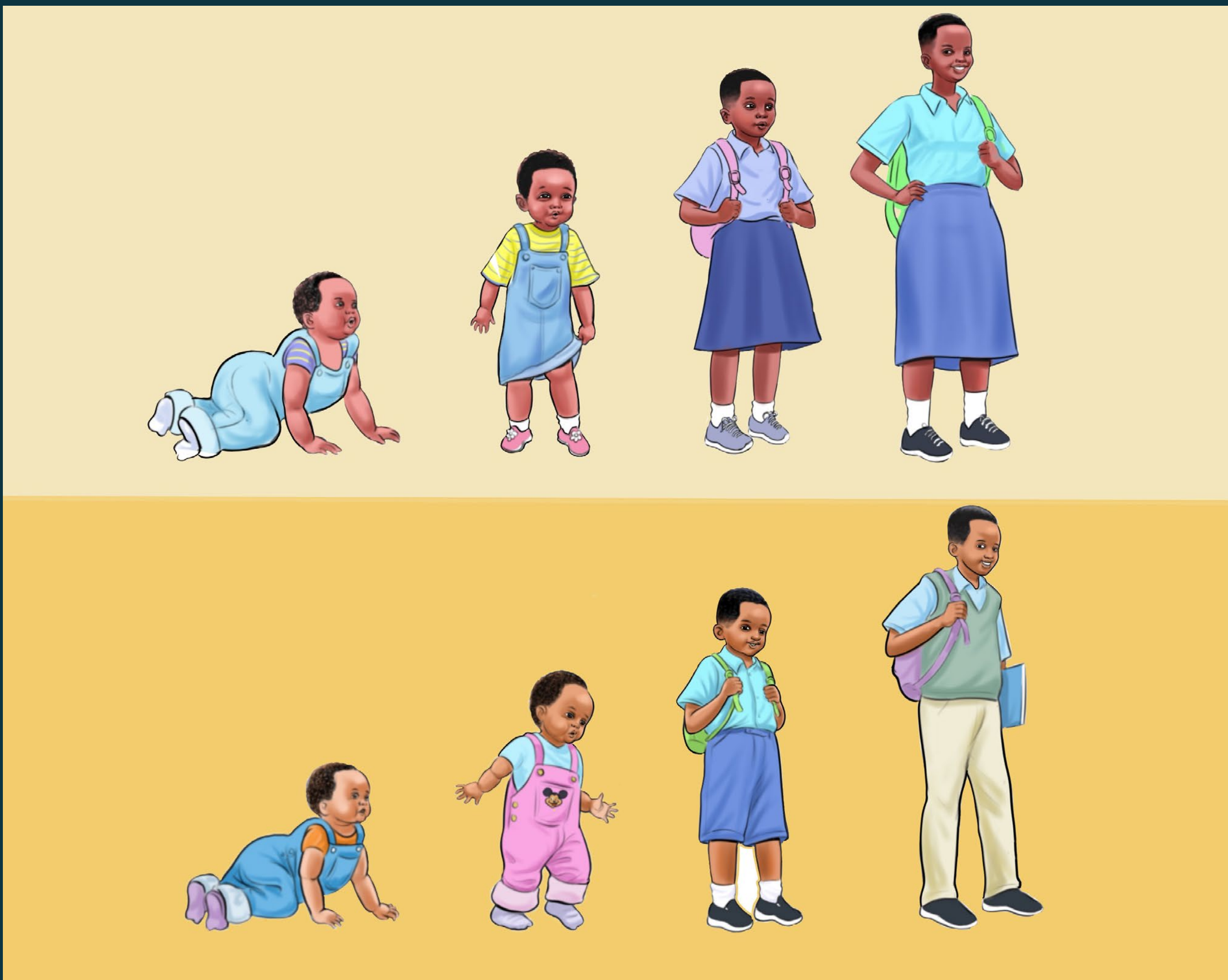
	Bimwe mu bibazo by'ingutu byugarije umuryango	Bimwe mu bisubizo
1	Amakimbirane	Gushyiraho uburyo bwo gukumira no gukemura amakimbirane
2	Ihohotera iryo ari ryo ryose	Kwigisha abagize umuryango ubwoko bw'ihohotera n'uburenganzira bw'abo n'uburyo bwo kuryirinda
3	Inda ziterwa abangavu	-Kwigisha ubuzima bw'imyororokere abagize umuryango by'umwihariko ingimbi n'abangavu no kubatoza indangagaciro ziboneye. -Gutanga amakuru ku gihe ahagaragaraye ihohotera ku bangavu
4	Ubushomeri	Kwihangira imirimo, gukorera mu matsinda yo kuzigama no kugurizanya,...
5	Ubukene	Kwitabira umurimo uwo ari wo wose uhesha agaciro nyirawo
6	Ibiyobyabwenge	Kwigisha amoko y'ibiyobyabwenge,ingaruka mbi zabyo n'uburyo bwo kubyirinda
7	Indwara: • Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina • Indwara zidakira • Ibibazo bishingiye ku buzima bwo mu mutwe n'ibindi	• Kwifata • Kwirinda gukora imibonano mpuzabitsina idakingiye • Kwimakaza umuco wo kwipimisha kugira ngo umenye ko udafite izindi ndwara no kwivuza hakiri kare • Ubukangurambaga k'ubuzima bwo mu mutwe
8	Imirire mibi	Gutoza abagize umuryango uburyo bwo gutegura indyo yuzuye

1.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Garagaza ibiranga umuryango twifuza.
2. Vuga nibura inshingano ebyiri z'ababyeyi n'abana mu muryango.
3. Ukurikije aho mutuye, vuga nibura ibibazo bibiri (2) by'ingutu byugarije umuryango n'uburyo wabikemura

Ikiganiro cya kabiri (2): Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere bw'umwana kuva agisamwa kugera ku myaka icyenda (9).



Kuganira ni uburyo bwo guhana ubutumwa hagati y'abantu babiri cyangwa itsinda ry'abantu. Kugira ngo ushobore kuganira n'umwana wawe ibijyanye n'impinduka ziba ku mubiri we, ni ngombwa kubaka mbere na mbere ubucuti hagati yawe n'umwana kugirango akwisanzureho bisesuye. Ni ingenzi kandi kumenya impinduka zikunze kugaragara zigendanye na buri cyiciro umwana agezemo. Na none ariko, izo mpinduka ntabwo zibera igihe kimwe kubera ko imibiri y'abantu idateye kimwe. Bityo, impinduka zitezwe mu cyiciro kibanza zishobora kuboneka mu gikurikiyeho, kimwe n'uko izitezwe mu cyiciro gikurikira zishobora kuboneka mu kibanza. Nyamara ibi ntibikwiye gutuma ababyeyi bahangayika, kuko byose biterwa n'imiterere n'imikurire y'umubiri wa buri mwana.

2.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kugaragaza bimwe mu bimenyetso biranga imikurire rusange n'ubuzima bw'imyororokere y'umwana kuri buri cyiciro.
- Gusobanura uko abagize umuryango bakwita ku mwana mu bijyanye n'imikurire rusange n'ubuzima bw'imyororokere kuri buri cyiciro.
- Gusobanura akamaro ko kuganiriza abana ku buzima bw'imyororokere mu muryango kuri buri cyiciro.

2.2. Imfashanyigisho n'igihe ikiganiro kizamara

i) Imfashanyigisho:

- Igitabo "Tuganire Mwana Wanjye"
- Umwana wanjye Ishema ryanjye, Inyoborabiganiro muri gahunda mbonezamikurire y'abana bato ikorera mu miryango
- Ibipapuro binini n'amakaramu manini bugenewe

ii) Igihe ikiganiro kimara : Iminota 30

2.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Inkuru y'umuryango wa Ngabo na Karegeya:

Umuryango wa Ngabo:
Uyu muryango ukimara kumenya ko wasamye, wishimiye amakuru y'umwana witegura kwakira, bategerezanya amatsiko kuzamenya igitsina cye ndetse batangira kumushakira n'amazina. Muri urwo rugendo batangiye gukora ibikorwa byo gukangura ubwonko bw'umwana uri munda bamukuyakuya, bamuririmbira uturirimbo n'ibihozo, bamuvugiriza ubuhuha, bamubwira ibisigo, bamusomera udutabo turimo inkuru zishimishije, ndetse Ngabo agahora yibutsa umugore kwiyitaho no kwirinda imirimo y'imbaraga yari asanzwe akora kugira ngo bitazamugiraho ingaruka we n'umwana. Ngabo kandi yaherekezaga umugore we uko bagiye kwa muganga kwipimisha no kureba ko umwana akura neza. Umwana yagiye kuvuka, Ngabo yaramaze kumuteganyiriza uko aziga n'ibindi akeneye ngo akure neza.

Umuryango wa Karegeya:
Umugore wa Karegeya yaramaze iminsi yumva atameze neza bajya kwa muganga kugirango bamenye impamvu yabyo, nyuma yo gukorerwa isuzuma bamubwira ko atwite. Ntiyabyakiriye neza kuko yari afite abana b'indahekana kandi umugabo we Karegeya yakundaga kwibera mu kabari anywera amafaranga yose yakoreye, yataha agatonganya umugore n'abana, akabakubita rimwe

na rimwe bakarara ubusa. Karegeya akimenya amakuru y'uko umugore we atwite yahise ata urugo, umugore n'abana barushaho guhangayika no kugira ubuzima bubagoye.
Nyuma yo kumva inkuru, baza abahugurwa ibi bikurikira:

a. Abavugwa muri iyi nkuru ni bande?
b. Dukurikije inkuru ya Ngabo na Karegeya, iwacu mu muryango twifata dute iyo habaye gusama?
c. Ni ibiki dukwiriye kwigira kuri iyi miryango yombi, ibishimwa n'ibinengwa?
d.Mu muryango wanyu, ni izihe mbogamizi muhura na zo zishobora gutuma mutaganira ku buzima bw'imyororokere?

ii) Umukoro mu matsinda:

- Saba abahugurwa kujya mu matsinda y'abantu hagati ya batandatu(6) n'umunani(8).
- Basabe gusubiza ibibazo bikurikira:

i)Muhereye ku myitwarire ya Ngabo, ni ubuhe buryo wakoresha uganiriza umwana ukiri munda?

ii) Garagaza bimwe mu bimenyetso biranga imikurire y'umwana birebana n'imikurire y'umwana muri rusange n'ibirebana by'umwihariko n'ubuzima bw'imyororokere kuri ibi byiciro bitatu bikurikira:

a) Kuva umwana agisamwa kugeza ageze imyaka itatu (3).
b) Kuva ku myaka ine (4) kugeza kuri itandatu (6)
c) Kuva ku myaka irindwi (7) kugeza ku icyenda (9)

iii) Vuga akamaro ko kuganiriza abana ku buzima bw'imyororokere mu muryango ku mwana utarengeje imyaka icyenda(9).

- Saba buri tsinda kugaragaza ibyakozwe mu matsinda.
- Saba abahugurwa bari mu yandi matsinda gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi.

2.4. Ubutumwa bw'ingenzi

2.4.1. Igisobanuro cy'ubuzima bw'imyororokere

Ubuzima bw'imyororokere ni imiterere, imikurire, imikorere, imihindagurikire y'umubiri, n'uburyo izo mpinduka zigaragara mu myifatire y'umwana. Kuganira n'umwana kuva agisamwa kugeza ageze ku myaka icyenda (9) bisaba umubyeyi cyangwa undi umurera kuba afite ubumenyi bw'ibanze ku mikurire y'abana muri rusange n'ubumenyi ku buzima bw'imyororokere ugendeye ku byiciro bitandaukanye by'imikurire y'umwana.

2.4.2. Icyiciro cya mbere: Kuva umwana agisamwa kugeza avutse

Isama ribaho iyo intangangabo yahuye n'intangangore bigakora urusoro, ruzakura ari narwo ruzavamo umwana uzavuka akuze.

Ababyeyi bakimenya ko basamye bakwiriye kwakirana ibyishimo ubwo buzima bushya batangiye kandi bagatangira kwirinda ibintu bishobora kubangamira ubuzima bw'umubyeyi utwite n'umwana, uwo mubyeyi agafata indyo yuzuye ifitiye akamaro umubiri, kandi akajya kwipimisha kwa muganga hakiri kare kugira ngo umwana uri mu nda azagire ubuzima bwiza.

Muri iki cyiciro, kwita ku mwana ukiri munda, bikorwa binyuze mu kwita ku buzima bw'umubyeyi umutwite. Ibyo kandi akaba ari inshingano z'ababyeyi bombi by'umwihariko umubyeyi w'umugabo.

Nyuma amezi atandatu 6 (inda ifite ibyumweru 26), umwana uri mu nda atangira kumva amajwi, indirimbo n'umuziki agatera utugeri cyangwa akinyeganyeza mu nda. Iki gihe umubyeyi agomba kwirinda no kurindwa ibimuhangayikisha kuko iyo ahangayitse bishobora kugira ingaruka mbi zitandukanye ku mwana uri mu nda. Ababyeyi bombi bagomba no kugena umwanya wihariye wo kuganiriza umwana, bishobora gukorwa mu buryo bwo kumubwira inkuru, kumusomera udutabo, kumuririmbira n'ibindi.

2.4.3. Icyiciro cya kabiri: Kuva umwana avutse kugeza ku myaka itatu (3)

Iki cyiciro cy'imikurire (kuva umwana avutse kugeza ku myaka itatu) kirangwa n'impinduka nyinshi mu myitwarire no mu bushobozi bw'umwana, kuko ari bwo atangira kumenya no kugenzura umubiri we no kwiga byinshi bimufasha gusobanukirwa ibintu bitandukanye bimukikije. Niyo mpamvu ari ingenzi cyane ko umwana yitabwaho by'umwihariko, kuko iyo bidakozwe neza muri ibi bihe bimugiraho ingaruka zikomeye mu gihe kizaza.
Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire:

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire	Imyitwarire yerekeye ku buzima bw'imyororokere
• Kwihindukiza akubika inda, cyangwa akagarama agejeje nk'amezi atandatu(6) • Kwicara, agejeje nk'amezi icyenda(9) • Guhagarara,agejeje nk'umwaka umwe(1) • Kugenda,agejeje nk'amezi cumi n'umu-nani(18) • Gutangira kuvuga amagambo amwe n'amwe. • Kuzamuka yurira ibintu, cyangwa gusim-buka n'amaguru yombi. • Kuba atakigwa mu buryo bworoshye. • Gutera umupira cyangwa kudunda umupira akongera akawufata. • Kwigaburira akoresheje ikanya cyangwa ikiyiko. • Kwisukura mu bwiherero, n'ubwo rimwe na rimwe atabikora neza. • Aba ashaka gukora imirimo mu rugo. • Kwiyambika cyangwa agafasha um-wambi	• Kwikorakora ku gitsina cye haba mu ruhame cyangwa yiherereye. • Gushimashima ku gitsina. • Kwereka igitsina abandi bantu. • Gushaka gukora ku mabere cyangwa ubwanwa bw'umubyeyi we cyangwa undi. • Kwiyambura no gushaka kwambara ubusa. • Kugerageza kureba abandi bantu bam-baye ubusa (urugero: igihe barimo gukaraba). • Kubaza ibibazo ku miterere y'imibiri yabo cyangwa uburyo ikora. • Umwana w'umukobwa akunda cyane se kurusha nyina n'umuhungu agakunda nyina kurusha se. • Muri iyi myaka kandi umwana agira amatsiko yo kumenya icyo se na nyina bakora biherereye. • Umwana w'umukobwa ashaka kunyara ahagaze nk'uko abahungu babikora.

Uko umubyeyi yabyitwaramo

Akenshi iyo umwana yikorakoye ku gitsina, arungurutse abakuru, cyangwa yerekanye igitsina cye, mu muco nyarwanda turamukabukira ndetse tukaba twanamukubita. Nyamara ibi abana bari muri iki kigero barabikora kuko umwana agenda avumbura ibice bimwe na bimwe bigize umubiri we uko akura.

Abakiri bato usanga bahugiye ku gice cy'umubiri bamenye vuba ko bafite. Na none ariko, iyo umwana yikorakoye ku gitsina yumva amerewe neza kandi abatari bake barabikora. Ntibikwiye rero gutera ubwoba umubyeyi ngo akabukire cyangwa akubite umwana kuko umwana ashobora kwibwira ko igitsina cye ari igice kibi ku mubiri.

Vugisha neza umwana, umusabe kureka (uterekanye uburakari) kwikorakora ku gitsina cyangwa ikindi wifuza ko adakora.

Kuri iki cyiciro wasobanurira umwana ibi bikurikira:

- Itandukaniro riri hagati y'umukobwa n'umuhungu.
- Amazina y'ibice by'umubiri ku mukobwa no ku muhungu.
- Kirazira zerekeye umubiri we cyangwa uw'abandi (urugero: ko kizira kwambara ubusa, gukora abandi bana ku gitsina,kubarunguruka n'ibindi).
- Uburenganzira bwe bwo kutemerera umuntu wese umukora ku mubiri by'umwihariko ku gitsina.
- Musobanurire ko igihe hari uwamukoze ku gitsina, ari ngombwa kubwira papa, mama cyangwa undi umurera

2.4.4. Icyiciro cya gatatu: kuva ku myaka ine (4) kugeza kuri itandatu (6)

Muri iki cyiciro, umwana agenda akura mu mitekerereze, mu mibanire n'abandi no mu buryo asobanukirwa umubiri we, bikagaragarira mu myitwarire ye no mu bushobozi bwe bwo gukora ibintu byinshi ku giti cye. Ababyeyi bakwiye kumwigisha kubaha umubiri we n'uw'abandi, kumenya kirazira no kumenya uburenganzira bwe ku mubiri we, kandi bakamutoza kwirinda ihohoterwa no gutinyuka kubivuga igihe habaye ikimurengeje ubushobozi.

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire	Imyitwarire yerekeye ku buzima bw'imyororokere
• Gukoresha ibikoresho byo ku meza igihe afungura (isahane, ikanya cyangwa ikiyiko). • Kwemera bakamwogosha atarize. • Aba ashobora kwiyuhagira n'ubwo akenera gufashwa. • Ashobora kunywesha igikombe cyangwa umuheha atamena ibyo anywa. • Ashobora kwikoresha ibintu bimwe na bimwe nko kwiyambika. • Ashobora kugenda neza yiruka mu gihe akina. • Ashobora kumenya icyamuhutaza akakirinda.	• Gukorakora ku gitsina cye ku bushake rimwe na rimwe abandi bantu bamureba. • Kugerageza kureba abandi bantu bambaye ubusa cyangwa se biyambura. • Gushaka kwigana bimwe mu biranga umubano w'abantu bakuru (nko gusomana n'ibindi). • Kuvuga amazina y'ibitsina n'ubwo haba hari abantu rimwe na rimwe atazi icyo asobanuye. • Kwerekana ibitsina hagati y'abandi bana bangana (urugero bavuga bati, nunyereka nange ndakwereka). • Abana bo muri iki kigero bakunda kubaza aho abana bava.

Uko umubyeyi yabyitwaramo

Kimwe n'abo mu cyiciro cyabanje, si ngombwa gukabukira umwana aramutse akoze kimwe mu byagaragajwe hejuru. Ni ngombwa kuvugisha umwana neza umwereka ko agomba kubaha umubiri we n'uwabandi; ko adakwiriye kwambara ubusa; gukora ku gitsina cye mu ruhame n'ibindi. Ni ngombwa gukomeza kumwigisha ibijyanye n'umubiri we kugira ngo awusobanukirwe, amenye n'impinduka ziba uko agenda akura.

Kuri iki cyiciro umwana wamusobanurira kandi ibi bikurikira:

- Ko umwana akurira mu nda hanyuma akavuka agejeje amezi icyenda (9).
- Ko umubiri w'umuhungu n'umukobwa ugenda uhinduka uko akura.
- Uburenganzira bwe bwo kutemerera umuntu wese kumukora ku mubiri by'umwihariko ku gitsina.
- Kutemerera umuntu wese ko yamukora ku gitsina kuko ari ihohotera kabone n'ubwo yaba azi uwo muntu.
- Ko agomba kwanga kujyana n'umuntu wese atazi.
- Akamenya ko ahubwo hagize umuntu atazi umusaba ko bajyana agomba kwihutira kubibwira ababyeyi be, umwarimu, umuturanyi yizera cyangwa ushinzwe umutekano abonye hafi ye.
- Ko ari ngombwa kubwira papa, mama cyangwa undi umurera igihe hari uwamukoze ku gitsina cyangwa kumushuka mu bundi buryo.

2.4.5.Icyiciro cya kane; kuva ku myaka irindwi(7) kugeza ku myaka icyenda(9).

Iki cyiciro cy'imikurire kirangwa n'uko umwana amaze guca akenge, akaba atangira gusobanukirwa neza ibimukikije no kugirana ubushuti n'abandi. Ni igihe umwana akura mu mitekerereze no mu myitwarire, aho atangira kumva inshingano ze, gukorana n'abandi no gutekereza ku buzima bwe mu buryo bwagutse. Ababyeyi dusabwa kumutegura tumuganiriza iminduka zizaba mu kindi cyiciro gikurikiraho cy'ubugimbi n'ubwangavu kugirango atazatungurwa.

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire muri rusange	Imyitwarire yerekeye ku buzima bw'imyororokere
• Abana baba bamaze guca akenge, bashobora gusobanura neza bimwe mu byo batekereza. • Abana bamwe batangira kugaraga-za impinduka ku mibiri zerekana ko berekeza ku bwangavu cyangwa ku bugimbi ariko bigaragara cyane iyo bageze mu kigero cy'imyaka icumi(10). • Bakura mu gihagararo. • Bagira imbaraga kandi bagakina imiki-no ubona isaba imbaraga. • Bagira inshuti cyane abo bahuje igitsi-na (ugasanga abahungu bari ukwabo, abakobwa bari ukwabo).	• Akorakora ku gitsina cye ku bushake yiherereye. • Bakina imikino iganisha ku mibanire y'umuryango (urugero, umwe akavuga ko ari mama undi ko ari papa, cyangwa bagakina iby'imihango y'ubukwe). • Kugerageza kureba abandi bantu bam-baye ubusa cyangwa se biyambura. • Kugira ibanga no gushaka kwiherera (urugero kutiyambura abantu bamureba) cyangwa kwirinda kuvuga ibyerekeye igitsina. • Ku myaka ya nyuma y'iki cyiciro abana batangira kumva bagirana ubushuti n'abo badahuje igitsina.

Uko umubyeyi yabyitwaramo:

Abana bari muri iki cyiciro baba bamaze guca akenge. Nibyiza kubaganiraza cyane ku mpinduka bashobora kubona ku mibiri yabo, ariko unabategurira izishobora kugaragara mu bihe biri imbere.

Kuri iki cyiciro wasobanurira umwana ibi bikurikira:

- Impinduka bakwiriye kwitegura zijyanye n'ikigero bagiye kugeramo aricyo cy'ubugimbi n'ubwangavu (nk'imihango ku bakobwa no kwiroteraho ku bahungu).
- Gutangira kubasobanurira ibijyanye no gutera inda, gusama,gutwita no kubyara.
- Ingaruka zo gukora imibonano mpuzabitsina idakingiye. (Urugero: gutwita imburagihe,kwandura SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina).
- Uburenganzira bwe bwo kutemerera umuntu wese kumukorakora kubice by'umubiri we by'umwihariko ku myanya ndangagitsina n'impamvu adakwiriye kubyemera.
- Ihohoterwa rishobora kuba mu magambo (urugero umuntu amuvugisha ibyerekeye imibonano mpuzabitsina) cyangwa mu bikorwa (urugero: umuntu amukoraho ku myanya ndangagitsina cyangwa amwereka amashusho y'urukozasoni).
- Uburyo ashobora gukumira no kwiyama abashaka kumushora mu mibonano mpuzabitsina: Umwana atozwa kirazira mu gukoresha imbuga nkoranyambaga mu buryo butaboneye nko kureba amashusho y'urukozasoni n'ibindi.
- Akwiriye kumenya imibanire myiza n'abo badahuje igitsina (urugero, kwirinda gusomana n'ibindi bishobora kubagusha mu bishuko biganisha ku busambanyi).

Akamaro ko kuganiriza abana bato, batarengeje imyaka icyenda (9) ku buzima bw'imyororokere mu muryango:

Kuganira n'umwana ku buzima bw'imyororokere bifite umumaro mu mibereho ye ya buri munsi:

i) Kubaka icyizere hagati y'umwana

n'ababyeyi: Iyo ababyeyi batangiye kuganiriza abana babo ku buzima bw'imyororokere hakiri kare, bituma umwana yumva yizewe, akisanzura akagira ubutwari bwo kubaza ibimuyobeye no kurushaho gusobanukirwa.

ii) Kurinda umwana amakuru atari yo: Iyo ataganirijwe n'ababyeyi be, ashobora kuyashakira ahandi hantu hatizewe, bikamutera kuyoboka amakuru ayobya cyangwa atamufitiye akamaro.

iii) Kumutoza kumenya umubiri we: Umwana amenya ibice by'umubiri we, uburyo bigenda bihinduka, n'uko akwiriye kwiyubaha, bikamufasha kugira isuku n'imyitwarire myiza.

iv) Kumurinda ihohoterwa: Iyo umwana aganirijwe hakiri kare ibyerekeye ubuzima bw'imyororokere, amenya ko hari ibice by'umubiri we bigomba kubahwa kandi bikagirwa ibanga, bityo akamenya n'uko yakwirinda umuntu wese washaka kumuhohotera cyangwa kumushuka.

v) Gutegura ejo hazaza heza: Ubumenyi umwana ahabwa hakiri kare buba umusingi w'imyumvire n'imyitwarire myiza, bizamufasha gukura afite icyerekezo cyiza, kwiyubaha no kubaha abandi.

2.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1.Ni iki abagize umuryango bakora mu kwita ku mugore utwite?
2.Garagaza bimwe mu bimenyetso biranga imikurire rusange n'ubuzima bw'imyororokere y'umwana.
3. Ni akahe kamaro ko kuganira n'umwana ku buzima bw'imyororokere utarengeje imyaka icyenda(9)?

Ikiganiro cya gatatu (3): Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva ku myaka 10 kugera kuri 24

Babyeyi, n'ubwo bamwe muri twe tutahawe inyigisho zihagije ku buzima bw'imyororokere ntibikuraho ko dufite inshingano zo kugeza ku bana bacu amakuru y'ukuri yizewe tukanabatoza indangagaciro zibereye umuryango, tunabigisha guhitamo icyiza. Uruhare rw'ababyeyi ni ngombwa mu kurinda abana babo ingaruka ziterwa no kubura amakuru ya nyayo ku birebana n'ubuzima bw'imyororoke; nko kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina. Kuganiriza abana ku buzima bw'imyororokere ushingiye ku byiciro by'imikurire bagezemo bibarinda ko bashakira amakuru ahandi hatizewe, bityo bikabafasha gukura bafite ubumenyi buboneye n'indagaciro zibereye urubyiruko ari rwo mbaraga z'ejo hazaza.

3.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kuvuga ibintu biranga ingimbi n'abangavu
- Gutahura bimwe mu byo umubyeyi ashobora kuganiriza umwana ugeze mu kigero cy'ubugimbi n'ubwangavu.

3.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Igitabo "Tuganire Mwana Wanjye"
- Twubake urugo rwiza, Imfashanyigisho ifasha abitegura gushyingirwa no guherekeza abantu babana nk'umugabo n'umugore (MIGEPROF, 2023)
- Ibipapuro binini n'amakaramu yabugenewe
- Igitabo cy'amashusho (boite à image),

ii) Igihe ikiganiro kimara: Iminota 45

3.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Umukoro mu matsinda:

- Saba abahugurwa kujya mu matsinda mato agizwe n'abantu batandatu(6) kugera ku munani(8).
- Saba abahugurwa gusubiza ibibazo bikurikira:

Ushingiye ku miterere y'imiryango ya Ngabo na Karegeya twabonye mu nkuru yo mu kiganiro cyabanje, garagaza imyitwarire ishobora kuzaba iranga abana mugihe cyabo cy'ubugimbi n'ubwangavu bo:

1) Mu muryango wo kwa Ngabo
2) Mu muryango wo kwa Karegeya

- Saba buri tsinda kugaragaza ibyakozwe mu matsinda.
- Saba abahugurwa bari mu yandi matsinda gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi.

3.4. Ubutumwa bw'ingenzi

Ni ingenzi cyane ko ababyeyi baganira n'abana bari mu kigero cy'imyaka icumi (10) kugeza kuri makumyabiri n'ine (24) kuko baba bageze mu cyiciro cy'ubugimbi n'ubwangavu, aho bagira impinduka nyinshi ku mubiri no mu mitekerereze, nyamara benshi muri bo baba batarabona amakuru yizewe kandi ahagije ku bijyanye n'ubuzima bw'imyororokere. Iyo batayahawe hakiri kare, bashobora kujya kuyashakira ahatizewe, bikaba byabaviramo ingaruka zirimo inda zitateganyijwe, kwandura virusi itera SIDA ndetse n'izindi ndwara zandurira mu mibonano mpuzabitsina. Ni yo mpamvu ari ngombwa ko ababyeyi, abarimu n'abandi bareberera abana babaganiriza ku buzima bw'imyororokere, bihuye n'icyiciro cy'imyaka bagezemo, kugira ngo bafate imyanzuro iboneye kandi irinda ubuzima bwabo kujya mu kaga.

3.4.1. Icyiciro cya kane: Kuva ku myaka icumi (10) kugeza kuri cumi n'ine (14)

Mu byukuri, impinduka ku mibiri y'abana bari muri iki cyiciro ntabwo zitandukana cyane n'izavuzwe ku cyiciro cyo ku myaka 10-14. Icyakora muri iki cyiciro nibwo impinduka zose zo mu gihe cy'ubugimbi n'ubwangavu zigaragara.

Iki cyiciro kandi kirangwa n'ibi bikurikira:

- Umwana atangira kugira ubushobozi bwo gutekereza mu buryo bufite umurongo.
- Kwisuzuma biriyongera, kandi umwana akita kubyo akora.
- Gutangira kugira ibimuranga we ku giti cye, ibyo yemera n'indangagaciro zimuranga.
- Gukunda kumarana igihe n'urungano.
- Kutumvikana n'ababyeyi.
- Gushaka ubushuti n'abo badahuje igitsina.
- Gutangira gutekereza no kwitegura ejo hazaza.

Ibyo umubyeyi akwiye kuzirikana kuri iki cyiciro

Muri iki cyiciro abana bashaka kwigenga bigatuma rimwe na rimwe bitera ibibazo hagati yabo n'ababyeyi mu gihe abana bo baba bamaze kugera mu kigero gituma bumva ko bakuze bihagije. Ibyiza ariko ni uko baba bamaze no kugira ubwenge bubashoboza kumva icyo ubitezeho nk'umubyeyi.

Bimwe mu byo wakora kugira ngo umwana ugeze muri iki cyiciro arusheho kukwiyumvamo ni ibi bikurikira:

- Kumushishikariza gukora ibyo akunda no gukoresha impano ze.
- Kumubwira mu buryo butaziguye icyo umwitezeho.
- Kutamwicisha imirimo ahubwo ukamuha uturimo duhuje n'imbaraga n'ubushobozi bwe.
- Kumwumva, ukumva n'amarangamutima ye.
- Kumutega amatwi ntumucire urubanza.
- Kumuganiriza ku cyo ashaka kuzakora cyangwa kuzaba mu gihe kiri imbere.

3.4.3. Icyiciro cya gatandatu (6): Kuva ku myaka makumyabiri (20) kugeza kuri makumyabiri n'ine (24).

Impinduka ziba ku bari muri iki kigero: Nta mpinduka zihariye ziyongera ku zavuzwe mu kiciro cyabanje.

Ibyo umubyeyi akwiye kuzirikana kuri iki cyiciro

Abana bageze muri iki kigero baba bamaze gukura, kandi nta mpinduka ku mubiri ziba zitegerejwe. Abenshi muri bo baba biga muri za kaminuza, amashuri y'imyuga, naho bamwe mu batiga baba barashatse bafite imiryango. Iyo watangiye kubaganiriza nk'uko byasobanuwe mu bice byabanje, baba bamaze kumenya byinshi. Ariko ntibivuze ko uba usoje urugendo, kuko umwana akomeza kuba umwana imbere y'umubyeyi.

Bimwe mu byo umubyeyi ashobora kuganiriza umwana ugeze muri iki kigero harimo ibi bikurikira

- Kumushishikariza gukomeza kwitwara neza.
- Kumushishikariza kwiga/gukora ashyizeho umwete.
- Kumuganiriza ku mubano hagati y'umugabo n'umugore ku bamaze kubaka ingo zabo.
- Kumuganiriza umutegurira kubaka umuryango ushoboye kandi ushobotse.
- Kumuganiriza ku birebana no kuboneza urubyaro n'ibindi.

3.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Vuga ibintu nibura bitatu (3) biranga ingimbi n'abangavu
2. Tahura bimwe mu byo umubyeyi ashobora kuganiriza umwana ugeze mu kigero cy'ubugimbi n'ubwangavu.

IGICE CYA GATATU:
KWIMAKAZA UMUCO WO KUGANIRA NO GUSABANA HAGATI Y'ABABYEYI N'ABANA BAGEZE MU CYICIRO CY'UBUGIMBI N'UBWANGAVU

Iki gice cya gatatu(3) cy'iyi nyoborabiganiro kigizwe n'ibiganiro bine byibanda ku guhuza abana bageze mu gihe cy'ubugimbi n'ubwangavu n'ababyeyi babo bombi cyangwa undi muryango wose wafashe inshingano yo kurera umwana, kugira ngo bashishikarizwe kugira umuco wo kuganira ku buzima bw'imyororokere mu muryango, ndetse banahugurwe ku buryo bwiza bwo kuyobora ibiganiro byubaka.

Ibiganiro kandi bikorwa hagendewe ku batumiwe harimo imiryango idafite umwihariko ihabwa ikiganiro cya mbere n'icya kane, imiryango ifite abana b'abakobwa batewe inda bakiri bato ihabwa ikiganiro cya kabiri n'icya kane, ndetse n'imiryango ifite abana banduye virus itera SIDA bakiri bato harimo n'abayikomoye ku babyeyi babo, ihabwa ikiganiro cya gatatu n'icya kane.

Mu gutumira mu biganiro, birashoboka ko haba hari ingimbi cyangwa umwangavu badashobora kuzana n'ababyeyi babo kubera impamvu zitandukanye. Uwo mwana ashobora kuzana n'abandi babyeyi bamurera, umuvandimwe we babana, cyangwa undi muntu umwitaho uri hejuru y'imyaka cumi n'umunani (18), igihe cyangwa se igihe nta n'umwe mu babyeyi bombi ukiriho. Ibi biganiro kandi bishobora gutumirwamo uhagarariye inzego z'ibanze, inshuti y'umuryango, umukangurambaga w'urungano, n'umuforomo(kazi) ukorera mu cyumba cy'urubyiruko ku kigo nderabuzima cyegereye aho ibiganiro byabereye.

Ikiganiro cya mbere (1): Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango idafite umwihariko

Iki kiganiro gihabwa ababyeyi n'abana bageze mu gihe cy'ubugimbi n'ubwangavu baturuka mu miryango idafite umwihariko. Bahabwa umwanya uhagije wo gusuzuma uko basanzwe baganira mu miryango yabo cyane cyane ku buzima bw'imyororokere, bakurikije ibyo bize mu biganiro bibanza. Abitabiriye kandi basobanurirwa impamvu iyi gahunda yateguwe bakongererwa ubumenyi burebana no kwimakaza umuco w'ibiganiro bihuza abagize umuryango mu buryo buhoraho, binyuze mu mikoro ngiro, imikino n'ubutumwa bw'ingenzi. Abitabiriye bafashwa kandi gutahura inzitizi zituma bataganira mu buryo bunoze n'uruhare rwabo mukuzishakira ibisubizo.

1.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kuvuga imbogamizi zikunze kuba inzitizi zo kuganira no gusabana mu muryango.
- Gusobanura uruhare rwa buri wese mu gukumira no guhangana n'inzitizi zituma abagize umuryango bataganira mu muryango.

1.2. Imfashanyigisho n'igihe ikiganiro kimara

Imfashanyigisho: Ibipapuruuro binini n'ikaramu yabugenewe,
Igihe ikiganiro kimara: iminota 60

1.3. Uburyo bwifashishwa mu gutanga ikiganiro

i)Umukoro-ngiro: Umuryango utekanye

ii)Umukoro mu matsinda.

Umwinjiriro w'ikiganiro:
Tangira usuhuza unibwira abitabiriye ihuriro, ukomeze ugira uti:

"Mu Rwanda rwo hambere ababyeyi bagiraga umwanya uhagije wo kuganira n'abana babo bakabatoza umuco nyarwanda bakiri bato. Iyo bageraga mu gihe cy'ubugimbi n'ubwangavu, ibiganiro bibagenewe byakorwaga ahanini n'abandi bantu bakuru bo mu muryango wagutse bigamije kubafasha kuba inkumi n'abasore bafite indangagaciro, ndetse bakanabategura kuzaba abagabo n'abagore bizihiye igihugu cyabo cy'u Rwanda. Ibyo biganiro byaje kugenda biyoyoka biracika mu miryango imwe n'imwe. Niyo mpamvu twaje kugira ngo dufatanye kurebera hamwe uko twakwimakaza umuco w'ibiganiro mu bagize umuryango, bityo bikadufasha kubaka umuryango ushoboye kandi utekanye ku buryo buri wese mu bawugize akomeza kwishimira kuwubamo."

Umwitozo wa mbere (1): Umukino "umuryango utekanye" ukorwa ku miryango idafite umwihariko

Intambwe ya mbere:
- Saba umuryango umwe mubitabiriye ugizwe n'ababyeyi bombi n'umwana baze imbere,
- Saba ababyeyi guhagarara barebana hagati yabo harimo intera ya metero imwe (1),
- Saba umwana ahagarare hagati yabo,
- Saba ababyeyi guhuza amaboko bafatanye mu biganza ku buryo bakora uruziga; umwana asigaremo hagati,

Inyigisho ikubiyemo: Basobanurire ko guhagarara barebana bafatanye mu biganza bisobanura gushyira hamwe kw'ababyeyi mu kubungabunga ubuzima bw'umwana. Bibutse ko kugirango umwana abeho haba habayeho ubufatanye bw'ababyeyi bombi kandi ko bagomba gukomeza gufatanya mu burere bw'uwo mwana.

Intambwe ya 2:
- Saba ababyeyi kurekurana ukuboko kumwe, umwana asohokemo yigendere cyangwa se hagire umwe umukurura ari inyuma y'umuryango amutware

Inyigisho ikubiyemo: Sobanura ko iyo ababyeyi badohotse mu bufatanye no mu bumwe bwabo, bizana icyuho bigatera ibibazo abagize umuryango, abana bakabaho ubuzima bumeze nk'ubwigenga kandi bafite ababyeyi, ibyo bikaba byakururira abana babo kugwa mu mitego n'ingorane nyinshi kuko hanze y'umuryango haba hari ibishuko byinshi.

Intambwe ya 3:
- Saba umwana gusubira muri rwa ruziga, bongere bahuze ibiganza.
- Saba hagire umuntu uri hanze y'uruziga rw'umuryango umushukisha ibintu runaka nka telephone yangwa amafaranga abimwereka, n'ibindi.
- Saba umwana kunama, ace munsi yongere yigendere akurikiye bimwe bamushukishije.

Inyigisho ikubiyemo: Sobanura ko kutumvira no kutubaha ababyeyi bigira ingaruka ku muryango kandi bikazanira akaga n'ingorane by'umwihariko abana cyane cyane abageze mu gihe cy'ubugimbi n'ubwangavu.

- Saba umwana gusubira mu ruziga rw'umuryango basoze bari hamwe nkuko batangiye bunze ubumwe nk'umuryango.
- Bashimire, ubasabe gusubira mu byicaro byabo

Icyitonderwa: Umuryango ufite umubyeyi umwe, uwo mubyeyi ahagarara mu mwanya we agahagararira n'udahari. Icyo gihe, mu mukimo umuryango utekanye, umubyeyi uhari azengurutsa amaboko umwana akamufata akomeje ugasaba hakaza umuntu ushaka kumumwambura ariko kuko amufashe akomeje ntibukunde.

Ubasobanurire ko naho umubyeyi yasigara ari umwe, iyo ahagaze mu nshingano ze neza birinda umuryango asigaranye.

Umwitozo wa kabiri (2): Gutahura inzitizi no gufata ingamba zizafasha kuganira mu muryango

Intambwe ya mbere (1): Saba abahugurwa kujya mu matsinda atatu:
- Itsinda ry'ababyeyi b'abagabo ukwabo
- Itsinda ry'ababyeyi b'abagore ukwabo
- Itsinda ry'ingimbi n'abangavu ukwabo

Intambwe ya kabiri (2): Saba buri tsinda gusubiza ibi bibazo bikurikira:

Ibibazo by'itsinda ry'ababyeyi b'abagabo:

1. Ni izihe mbogamizi zituma hatabaho ikiganiro gihoraho mu miryango yanyu zituruka ku:

a) Ababyeyi b'abagore?
b Abana?
2. Ni izihe ngamba mufite nk'ababyeyi b'abagabo zafasha imiryango kwimakaza umuco wo kuganira bihoraho hagati y'ababyeyi n'abana babo?
Ibibazo by'itsinda ry'Ababyeyi b'abagore:

1. Ni izihe mbogamizi zituma hatabaho ikiganiro gihoraho mu miryango yanyu zituruka ku:
a) Ababyeyi b'abagabo
b) Abana

2. Ni izihe ngamba mufite nk'ababyeyi b'abagore zafasha imiryango kwimakaza umuco wo kuganira bihoraho hagati y'ababyeyi n'abana babo?

Ibibazo by'itsinda ry'abana (ingimbi n'abangavu):

1. Ni izihe mbogamizi zituma hatabaho ikiganiro gihoraho mu miryango yanyu zituruka ku:
a) Ababyeyi b'abagabo
b) Ababyeyi b'abagore

2. Ni izihe ngamba mufite nk'abana zafasha imiryango kwimakaza umuco wo kuganira bihoraho mu miryango?

Intambwe ya gatatu(3):
- Saba buri tsinda kwitoramo umuyobozi n'umwanditsi b'itsinda
- Bahe ibipapuro binini n'ikaramu zabugenewe
- Saba abagize ayo matsinda gusubiza ibibazo bibagenewe bifashishije ibipapuro binini n'amakaramu yabugenewe wabahaye,
- Kurikirana imirimo ibera mu matsinda kugira ngo ubafashe kudata intego y'ikigamijwe.

Intambwe ya kane (4)
- Saba abagize amatsinda yose bagaruke mu itsinda rinini, bagaragaze ibyo bakoreye mu matsinda mato
- Shimira buri tsinda risoje kugaragaza ibyavuye mu matsinda
- Bunganire wifashishije ubutumwa bw'ingenzi,

1.4. Ubutumwa bw'ingenzi

1.4.1. Imbogamizi zikunze kuba inzitizi z'ibiganiro mu muryango

Ibiganiro hagati y'ababyeyi n'abana by'umwihariko ibijyanye n'ubuzima bw'imyororokere hagati y'abagize umuryango ni ingenzi, nyamara ntibikorwa uko bikwiriye kubera zimwe mu mpamvu zikurikira:

- Kubura umwanya ku ruhande rw'ababyeyi.
- Kutigirira icyizere ku makuru basabwa gutanga. Abenshi mu babyeyi ntibafite amakuru ahagije ku buryo banga gutanga n'ayo bazi batinya ko yaba atari ukuri.
- Umushyikirano wa ntawo n'ubwisanzure buke hagati y'ababyeyi n'abana
- Gutinya ko ibiganiro bishobora gushishikariza abana imyitwarire mibi. Hari ababyeyi batekereza ko kuganiriza abana ku buzima bw'imyororokere ari nko kubashishikariza gukora imibonano mpuzabitsina hakiri kare.
- Imbogamizi zishingiye ku muco no ku myemerere zituma hari ababyeyi bataganiriza abana babo bisanzuye, ndetse bakagera n'aho kubabeshya, nk'imvugo ababyeyi bakoreshaga ngo "umwana aturuka mu mukondo", ubundi abana babaza ibirebana n'imyororokere, bakabasubiza babacyaha ngo bavuze "ibishitani", cyangwa "ibishenzi".

Ariko impamvu iyo ariyo yose yaba ibitera, dukwiye kuzirikana ko abana bacu bakeneye ubumenyi ku buzima bw'imyororokere. Ibyo rero bikwiriye kudutera imbaraga zidufasha kurenga imbogamizi zitubuza kuganira n'ababyeyi.

1.4.2. Uruhare rw'abagize umuryango mu gukumira inzitizi zituma bataganira
Ibiganiro mu muryango ni ingenzi cyane cyane ibijyanye n'ubuzima bw'imyororokere. Ibyo biganiro bigera ku ntego yabyo iyo buri wese mu bagize umuryango abigizemo uruhare.

i) Ababyeyi (Umugabo/umugore)

- Kwerekana ubushake bwo kumva abana babo no kubatega amatwi batabacira urubanza.
- Gutangiza ibiganiro ku ngingo zinyuranye kugira ngo abana nabo babonereho batinyuke kandi nabo bigirire icyizere.
- Gutanga urugero rwiza mu mibanire yabo ubwabo birinda amakimbirane, bakaba intangarugero imbere y'abana ari nabyo bituma babagirira icyizere cyuzuye

ii) Abana

- Gutinyuka kumenyesha ababyeyi ibyo bahura nabyo nta pfunwe , bagasohoka mu myumvire ibabwira ko kubivuga byaba ari igisebo.
- Kwubaha ababyeyi muri byose no kutabahisha amakuru y'ingenzi arebana n'ubuzima bwabo.
- Gukoresha igihe neza kugirango babashe kubonera umwanya ababyeyi babo ngo bahure baganire.

iii) Umuryango wose muri rusange(Abana n'ababyeyi)

- Kwimakaza umuco wo kuganira buri gihe (urugero: ibiganiro by'umuryango mu gihe runaka).
- Kumenya gukemura amakimbirane mu mahoro aho gukoresha umujinya cyangwa guceceka.
- Gufata umwanya wo gusabana, gusangira (nko kurira hamwe), gutemberana , bityo bikaba imbarutso y'ibiganiro mu bagize umuryango.

Umwanzuro: Muri rusange, umubyeyi w'umugabo, umubyeyi w'umugore, n'abana bagomba gufatanya mu kubaka umuryango uganira, wubahana no gukemura ibibazo mu buryo bwubaka.

1.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1) Vuga nibura imbogamizi eshatu (3) zikunze kubangamira ibiganiro n'ubusabane mu muryango.

2) Sobanura uruhare rwa buri wese mu gukumira no guhangana n'inzitizi zituma abagize umuryango bataganira mu muryango.

Umwitozo wa gatatu(3): Amashyiga atatu(3): Ndagukunda, Nshimira ngushimire na Mbabarira

Uko umwitozo ukorwa:

Intambwe ya mbere(1):

- Saba abitabiriye amahugurwa guhaguruka bakajya ahantu hisanzuye,
- Saba abagize umuryango bahagarare kuri mpandeshatu nkuko amashyiga atatu aba ateye, abaje ari babiri bahagarare barebana

Intambwe ya kabiri(2):

- Bamenyeshe ibintu bitatu by'ingenzi bifasha abagize umuryango kwiyubaka no kubana amahoro aribyo:

i) Kubwirana amagambo y'urukundo hagati yabo(Ndagukunda)
ii) Umuco wo gushimirana muri byose (Nshimira ngushimire)
iii) Gusabana imbabazi no kubabarirana mu gihe hagize ukosa(Mbabarira)

- Tanga urugero wifashishije umuryango wabonetse ari batatu (3) ugizwe na Papa,Mama n'umwana wabo,ubigereranye n'amashyiga atatu yifashishwa mu guteka uyite amazina:

Ishyiga rya mbere : Ndagukunda
Ishyiga rya kabiri: Nshimira Ngushimire
Ishyiga rya gatatu: Mbabarira

- Babwire ko mugiye guhera ku ishyiga rya kabiri ryitwa Nshimira Ngushimire nk'intangiriro, ayandi asigaye abiri bakazakomeza kuyatera/kuyubaka nabo ubwabo bageze mu rugo.

Intambwe ya gatatu(3):

- Saba buri wese atekereze ikintu kimwe cy'ingenzi yibuka yakorewe n'abo mu muryango we bazanye mu kiganiro akibashimire abikuye ku mutima, buri umwe umwe ukwe kandi akimubwire amufashe mu kiganza mw'ijwi ryumvikana ariko ritarenga uwo muryango we bari kumwe:
- Umwana afata umwanya wo gushimira buri mubyeyi ahereye ku mubyeyi w'umugabo.
- Umubyeyi w'umugabo ashimire umubyeyi w'umugore n'umwana
- Umubyeyi w'umugore ashimire umubyeyi w'umugabo n'umwana
- Inyigisho ikubiyemo: Mbere yo kuva mu mwiherero, saba buri muryango kuzirikana kujya bashimira abagize umuryango wabo, ibyiza bababonyeho, kandi babigire umuco.

Intambwe ya kane(4):

- Saba abagize umuryango bahoberane , hanyuma bagaruke mu byicaro byabo
- Nibasoza ubaze bamwe muri bo uko biyumva nyuma y'uwo mwitozo.

Inyigisho ikubiyemo: Babwire ko, iyo abagize umuryango bitoje gushimira bikaba umuco uhoraho aho kunenga, ari imwe mu nkingi yubaka umuryango kuko iba imbarutso y'umunezero n'amahoro kandi ikaba n'uburyo butera imbaraga buri wese mu bagize umuryango kurushaho kuzuza inshingano ze kuruta guhora umunenga.

Bashimire ubasabe basubire mu myanya yabo, musoze ihuriro.

Ikiganiro cya kabiri (2): Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite umwihariko w'abana b'abakobwa batewe inda bakiri bato.

Iki kiganiro gihabwa imiryango ifite umwihariko wo kugira umwana w'umukobwa watewe inda akiri muto. Ni ngombwa ko abitabira iki kiganiro baba ari abana n'ababyeyi bombi. Icyakora aho bigaragaye ko bidashoboka niho umwana yemererwa kuzana abafite inshingano zo kumurera muri icyo gihe. Muri iki kiganiro abitabiriye basobanurirwa impamvu iyi gahunda yateguwe n'ibyiza byo kuganira mu muryango mu buryo buhoraho, binyuze mu mikoro ngiro, imikino n'ubutumwa bw'ingenzi. Abitabiriye ibiganiro bafashwa gutahura icyuho cyavutse mu muryango biturutse ku kibazo cy'umwana watewe inda akiri muto, bityo buri wese agashishikarizwa gutanga umusanzu we mu gusana no kuziba cya cyuho.

2.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Gutahura intege nke za buri wese mu bagize umuryango, zabaye intandaro y'ikibazo cy'umukobwa watewe inda akiri muto
- Gusobanura ingaruka zatewe n'ikibazo cy'umukobwa watewe inda akiri muto mu muryango.
- Kugaragaza uruhare rwa buri wese mu guhangana n'ingaruka zaturutse ku kibazo cy'umukobwa watewe inda akiri muto mu muryango
- Kuvuga uburenganzira bw'ingenzi bw'umwana

2.2. Imfashanyigisho n'igihe ikiganiro kimara

Imfashanyigisho: Ibipapuruo binini n'ikaramu yabugenewe
Igihe ikiganiro kimara: iminota 60

2.3. Uburyo bwifashishwa mu gutanga ikiganiro

i) Inkuru y'umukobwa wa Kagabo
ii) Umukoro mu matsinda

Umwinjiriro w'ikiganiro:

Tangira usuhuza unibwira abitabiriye ihuriro, ukomeze ugira uti:

"Mu minsi ishize, twamenye ko umuryango wahuye n'ikibazo, umukobwa wacu agaterwa inda akiri muto. Ibyo byabaye imbarutso y'ingorane zitandukanye z'inzitane umuryango uhagazemo muri iyi minsi. Niyo mpamvu twaje kugira ngo dufatanye kurebera hamwe uko twasohoka muri icyo kibazo kandi neza tutitanye ba mwana,tugakomeza kubaka umuryango ushoboye kandi utekanye ku buryo buri wese mu bawugize akomeza kwishimira kuwubamo".

i) Inkuru ya Bwiza

Saba umwe mu bahugurwa asome mu ijwi ryumvikana iyi nkuru kandi usabe bagenzi be kumutega amatwi batuje.

Umuryango wa Kagabo wari ugizwe n'umugore n'abana batatu. Umwana w'imfura ni umwangavu w'imyaka cumi n'ine (14) witwa Bwiza, ukunda ababyeyi be bombi ariko by'umwihariko agakunda se cyane nubwo adakunda kumubona ngo baganire kubera Se avuga ko afite inshingano nyinshi. Umuryango wa Kagabo ufite inzu y'ubucuruzi ikodeshwa n'umugabo w'umucuruzi witwa Mwenyemari. Bwiza yabajijje Nyina impinduka zirimo kuba ku mubiri we nk'umwangavu harimo kumera amabere, amaraso yabonye amuturuka mu gitsina. Nyina agira isoni aramutwama cyane,amubuza kugira undi yabibwira, amusubiza ko azabyigishwa na Mwalimu.

Ubwo Kagabo yaganiraga na bagenzi be bamubwiye ko Mwenyemari afitanye ubucuti budasanzwe n'umukobwa we ariko ntiyabiha agaciro ahubwo atekereza ko bashaka kumuteranya n'umukiriya we kuko umwana we akiri muto atajya muri ibyo bintu. Nyuma y'amezi ane yaje kumenya ko umukobwa we atwite, abona kwibuka amagambo yabwiwe. Yihaye intego yo gucunga ko iyo nda yaba yarayitewe koko na Mwenyemali. Umunsi umwe yaratashye ageze hafi y'urugo nk'ibisanzwe, ari mu ma saa yine z'ijoro abona wa mucuruzi arafunze ariko noneho yerekeza mu rugo rwe, umukobwa we aramukingurira yinjira mu cyumba cye.

Kagabo yinjiye iwe bwangu, abwira umugore ibyo abonye. Umugore we atangiye gusakuza yamusabye gutuza bagashaka igisubizo. Bahamagaye inzego z'umutekano ako kanya zihita

zihasesekara, basaba umukobwa ko asohoka agasanga ababyeyi be, na bo bajya kureba Mwenyemari mu cyumba cy'umukobwa. Bamusanzemo arimo yambara, basangamo n'amavuta yo kwisiga na kotegisi yari azaniye wa mukobwa n'ibindi bikoresho bye nk'amakayi y'ubucuruzi, bigaragaza ko ahagenda inshuro nyinshi. Ababyeyi b'umwana barumiwe kandi bagira ikimwaro gitewe no kuba batazi ibikorerwa mu cyumba cy'umukobwa wabo.

Nyuma yo gusomerwa iyi nkuru, saba abahugurwa kugusubiza ibibazo bikurikira:

i) Ni bande bavugwa muri iyi nkuru?
ii) Vuga abantu bose bagize uruhare muri iki kibazo umuryango wa Kagabo wahuye nacyo ugaragaze n'uruhare rwa buri wese.
iii) Ni iyihe nyigisho ukuye muri iyi nkuru y'umukobwa wa Kagabo.

Umwitozo wa mbere (1): Umukino "umuryango utekanye" ukorwa ku miryango ifite umwihariko w'umwana watewe inda akiri muto

Intambwe ya mbere:

- Saba umuryango umwe mubitabiriye ugizwe n'ababyeyi bombi, umwana n'umwuzukuru baze imbere.
- Saba ababyeyi guhagarara barebana hagati yabo harimo intera ya metero imwe (1).
- Saba umwana ahagatiye umwuzukuru ahagarare hagati yabo.
- Saba ababyeyi bahuze amaboko bafatanye mu biganza ku buryo bakora uruziga; umwana n'umwuzukuru basigaremo hagati.

Inyigisho ikubiyemo: Basobanurire ko guhagarara barebana bafatanye mu biganza bisobanura gushyira hamwe kw'ababyeyi mu kubungabunga ubuzima bw'umwana n'umwuzukuru . Bibutse ko kugirango umwana abeho haba habayeho ubufatanye bw'ababyeyi bombi kandi ko bagomba gukomeza gufatanya mu burere bw'uwo mwana n'umwuzukuru.

Intambwe ya 2:

- Saba ababyeyi kurekurana ukuboko kumwe, umwana n'umwuzukuru basohokemo bigendere cyangwa se hagire umwe ubakurura ari inyuma y'umuryango abatware.

Inyigisho ikubiyemo: Sobanura ko iyo ababyeyi badohotse mu bufatanye no mu bumwe bwabo, bizana icyuho bigatera ibibazo abagize umuryango, abana bakabaho ubuzima bumeze nk'ubwigenga kandi bafite ababyeyi, ibyo bikaba byakururira abana babo kugwa mu mitego n'ingorane nyinshi kuko hanze y'umuryango nta mutekano uhagije.

Intambwe ya 3:

- Saba umwana n'umwuzukuru gusubira muri rwa ruziga, ababyeyi bongere bahuze ibiganza.
- Saba hagire umuntu uri hanze y'uruziga rw'umuryango ubashukisha ibintu runaka nka telephone yangwa amafaranga abimwereka, n'ibindi.
- Saba umwana ahagatiye umwuzukuru kunama, ace munsi yongere yigendere akurikiye bimwe bamushukishije.

Inyigisho ikubiyemo: Sobanura ko kutumvira no kutubaha ababyeyi bigira ingaruka ku muryango kandi bikazanira akaga n'ingorane nyinshi, by'umwihariko abana cyane cyane abageze mu gihe cy'ubugimbi n'ubwangavu.

- Saba umwana n'umwuzukuru gusubira mu ruziga rw'umuryango basoze bari hamwe nkuko batangiye bunze ubumwe nk'umuryango.
- Bashimire, ubasabe gusubira mu byicaro byabo

Inyigisho ikubiyemo: Bwira ababyeyi ko kongera kwakira umwana n'umwuzukuru bagasubizwa mu buzima bw'umuryango

ari ingenzi kuko biha umutekano umwana n'umwuzukuru bikabarinda kongera kugwa mubishuko. Kongera guhuza ibiganza kandi kwababyeyi bombi bisobanura kongera kunga ubumwe no gusana imibanire yangijwe n'ikibazo bahuye nacyo.

Icyitonderwa:Umuryango ufite umubyeyi umwe, uwo mubyeyi ahagarara mu mwanya we agahagararira n'udahari. Icyo gihe, mu mukimo umuryango utekanye, umubyeyi uhari azengurutsa amaboko umwana n'umwuzukuru akamufata akomeje ugasaba hakaza umuntu ushaka kumumwambura ariko kuko amufashe akomeje ntibukunde.
Ubasobanurire ko naho umubyeyi yasigara ari umwe, iyo ahagaze mu nshingano ze neza birinda umuryango asigaranye.

Umwitozo wa kabiri (2): Gutahura intege nke za buri wese mu bagize umuryango zabaye intandaro y'ikibazo cyo guterwa inda k' umukobwa ukiri muto

Intambwe ya mbere:

- Saba abahugurwa kujya mu matsinda atatu:
- Itsinda ry'ababyeyi b'abagabo ukwabo
- Itsinda ry'ababyeyi b'abagore ukwabo
- Itsinda ry'abana (abangavu batewe inda) ukwabo

Intambwe ya 2: Saba abahugurwa gusubiza ibibazo bikurikira:

Ibibazo by'itsinda ry'ababyeyi b'abagabo

1. Tubwire ibyakubabaje nyuma yo kumenya ko umukobwa wawe yatewe inda akiri muto?
2. Ni izihe ntege nke zawe wumva wagize zikaba intandaro y'ikibazo cyo guterwa inda k' umukobwa wawe akiri muto?
3. Ni iki wumva wasabira imbabazi muri ibi byabaye mu muryango?
4. Ni izihe ngamba ufashe zizagufasha kuzana impinduka nziza kuri wowe ubwawe n'umuryango wawe

Ibibazo by'itsinda ry'ababyeyi b'abagore:

1. Tubwire ibyakubabaje nyuma yo kumenya ko umukobwa wawe yatewe inda akiri muto
2. Ni izihe ntege nke zawe wumva wagize zikaba intandaro y'ikibazo cyo guterwa inda k' umukobwa wawe akiri muto?
3. Ni iki wumva wasabira imbabazi muri ibi byabaye mu muryango?
4. Ni izihe ngamba ufashe zizagufasha kuzana impinduka nziza kuri wowe ubwawe n'umuryango wawe

Itsinda ry'Abana (abangavu batewe inda):

1. Tubwire ibyo wahuye nabyo mu buzima bwawe (ibyiza cyangwa ibibi) nyuma yo guterwa inda ukiri muto?
2. Ni izihe ntege nke zawe wumva wagize zikaba intandaro y'ikibazo cyo guterwa inda k' umukobwa wawe akiri muto?
3. Ni iki wumva wasabira imbabazi muri ibi byabaye mu muryango
4. Ni izihe ngamba ufashe zizagufasha kuzana impinduka nziza kuri wowe ubwawe n'umuryango wawe

Intambwe ya gatatu:

- Saba buri tsinda ryitoremo umuyobozi n'umwanditsi b'itsinda,
- Saba abagize ayo matsinda gusubiza ibibazo bibagenewe bifashishije ibipapuro binini n'amakaramu yabugenewe bahawe.
- Kurikirana imirimo ibera mu matsinda kugira ngo ubafashe kudata intego y'ikigamijwe,

Intambwe ya kane:

- Saba abagize amatsinda yose bagaruke mu itsinda rinini, bagaragaze ibyo bakoreye mu matsinda mato,
- Bafashe kungurana ibitekerezo ku byo baganiriye mu matsinda mato
- Bunganire wifashishije ubutumwa bw'ingenzi.

Umwitozo wa gatatu (3): Guhindurirwa izina ry'umuryango

Intambwe ya mbere(1)

- Saba abahugurwa kujya mu matsinda mu matsinda atatu:
- Itsinda ry'ababyeyi b'abagabo ukwabo
- Itsinda ry'ababyeyi b'abagore ukwabo
- Itsinda ry'abana (abangavu batewe inda)ukwabo

Intambwe ya 2: Saba abahugurwa gusubiza ibibazo bikurikira:

- **Ibibazo by'itsinda ry'ababyeyi b'abagabo:**

1. Mbere y'amahugurwa, Tubwire amwe mu mazina mabi yahabwaga abagize umuryango wawe?
a) Umwuzukuru
b) Umukobwa wawe watewe inda akiri muto
c) Umugore wawe
d) Wowe ubwawe

2. Nyuma y'amahugurwa, Tubwire noneho amazina meza wifuza ko yahabwa abagize umuryango wawe?

a) Umwuzukuru
b) Umukobwa wawe watewe inda akiri muto
c) Umugore wawe
d) Wowe ubwawe

- **Ibibazo by'itsinda ry'ababyeyi b'abagore:**

1. Mbere y'amahugurwa, Tubwire amwe mu mazina mabi yahabwaga abagize umuryango wawe:
a) Umwuzukuru
b) Umukobwa wawe watewe inda akiri muto
c) Umugabo wawe
d) Wowe ubwawe

2. Nyuma y'amahugurwa, Tubwire noneho amazina meza wifuza ko yahabwa abagize umuryango wawe?
a) Umwuzukuru
b) Umukobwa wawe watewe inda akiri muto
c) Umugabo wawe
d) Wowe ubwawe

Itsinda ry'Abana (abangavu batewe inda):

1. Mbere y'amahugurwa, tubwire amwe mu mazina mabi yahabwaga abagize umuryango wawe?
a) Umwana wawe
b) Papa wawe
c) Mama wawe
d) Wowe ubwawe

2. Nyuma y'amahugurwa, tubwire noneho amazina meza wifuza ko yahabwa abagize umuryango wawe?
a) Umwana wawe
b) Papa wawe
c) Mama wawe
d) Wowe ubwawe

Intambwe ya gatatu:

- Saba buri tsinda ryitoremo umuyobozi n'umwanditsi b'itsinda,
- Saba abagize ayo matsinda gusubiza ibibazo bibagenewe bifashishije ibipapuro binini n'amakaramu yabugenewe bahawe.
- Kurikirana imirimo ibera mu matsinda kugira ngo ubafashe kudata intego y'ikigamijwe.

Intambwe ya kane:

- Saba abagize amatsinda yose bagaruke mu itsinda rinini, bagaragaze ibyo bakoreye mu matsinda mato.
- Bafashe kungurana ibitekerezo ku byo baganiriye mu matsinda mato.
- Bunganire wifashishije ubutumwa bw'ingenzi.

2.4. Ubutumwa bw'ingenzi

2.4.1. Intege nke zikunze kugaragara mu bagize umuryango, zikaba intandaro y'ikibazo cyo guterwa inda umukobwa akiri muto

Baca umugani mu kinyarwanda ngo "Ntakabura imvano" kuko akenshi ibintu bitubaho biba bifite imvano yabyo. Gutwita umwana akiri muto nabyo akenshi biterwa n'intege nke zabaye mu bagize umuryango. Intege nke zikunze kugaragara, zikaba intandaro ituma abakobwa baterwa inda bakiri bato, zirimo izi zikurikira:

i) Gutinya kuganira n'abana ku buzima bw'imyororokere: Ababyeyi benshi batinya cyangwa bakumva ko ibyo byatuma abana batinyuka kwishora mu mibonano mpuzabitsina, bityo bakagira ubwoba bwo kuganiriza abana babo ku bijyanye n'ubuzima bw'imyororokere. Ibi bituma abana bashakisha amakuru ahandi, ndetse bakaba babona amakuru atari yo ashobora no kubashyira mu kaga.

ii) Kudahabwa urukundo n'ubwisanzure mu muryango: Iyo abana batabona urukundo n'ubwisanzure ku babyeyi babo, bashobora kubishakira ahandi, bikaba byabaganisha mu mibanire n'abantu babashukisha ibintu byoroheje cyangwa ibinezeza by'igihe gito bibakururira mu kaga.

iii) Uburangare no kudakurikirana bya hafi ubuzima bw'abana: Hari ababyeyi batamenya inshuti z'abana babo, aho bajya, ibyo bakora mu mwanya wabo w'ikiruhuko, ibyo bakurikirana ku mbuga nkoranyambaga n'ibindi. Ubu burangare bushobora gutuma abana bashukwa mu ibanga ntihagire ubimenya cyangwa bikamenyekana amazi yaramaze kurenga inkombe.

iv) Kudaha abana umwanya mu byemezo bifatwa birebana n'ubuzima bwabo: Iyo ababyeyi bafata ibyemezo byose nta kuganira n'abana, bitera abana kumva badahawe agaciro, batitaweho, batumvwa, bikabashora mu bikorwa byo gushaka kwihagararaho cyangwe se kwigomeka mu buryo butaboneye.

v) Amakimbirane no kutubahiriza indangagaciro z'umuryango nyarwanda: Mu miryango ibamo amakimbirane cyangwa idafite urugero rwiza rw'ababyeyi, abana bakurana ikibazo cyo kutagira icyerekezo, bikorohera ababashuka babajyana mu ngeso mbi.

vi) Kutita ku byangombwa nkenerwa by'abana: Hari imiryango idaha agaciro ibyo abana bakeneye ngo babihabwe ku gihe, abana bamwe bagashukishwa utuntu duto (nk'imyambaro, amafaranga cyangwa ibikoresho by'ishuri), bikabakururira mu bishuko byangiza ubuzima bwabo kandi byari no kuboneka mu muryango.

Mu ncamake, intege nke z'ababyeyi mu kwimakaza umuco uhoraho wo kuganira n'abagize umuryango, by'umwihariko ibiganiro birebana n'ubuzima bw'imyororokere, ni isoko nyamukuru ituma abakobwa benshi baterwa inda bakiri bato.

2.4.2. Ingaruka ziterwa n'ikibazo cy'umukobwa watewe inda akiri muto mu muryango.

a) Ingaruka ku mukobwa watewe inda

- Umukobwa utewe inda akiri muto, bishobora kumuzanira ibibazo by'ubuzima bitandukanye kuko umubiri we uba utarakura.
- Kudindira mu myigire kuko bishobora gutuma acikiriza amashuri
- Agahinda n'ihungabana ryo mu mutima kuko ibimubayeho biba birenze ubushobozi bwe bwo kubyakira no guhangana nabyo.
- Gutakaza icyizere mu muryango no mu baturanyi bamufata

nk'uwadohotse ku ndangagaciro z'umukobwa.
- Umuzigo w'inshingano zikomeye akiri muto kuko atangira kwita ku mwana nawe yari agikeneye kwitabwaho.

b) Ingaruka ku buzima bw'umwana wavutse
- Gukurira mu muryango wugarijwe n'agahinda n'isoni, ibyo bikaba byatuma atabona urukundo n'uburere buhagije.
- Kudahabwa ibyangombwa nkenerwa by'abana kuko abarwa nk'umutwaro w'inyongera ku muryango.

c) Ingaruka ku babyeyi:
- Bibatera umubabaro, agahinda n'isoni zo kuba batarujuje inshingano zo guha uburere buboneye umwana wabo.
- Babura icyizere imbere y'abaturanyi n'abavandimwe, bakumva isura yabo mu muryango no mu baturanyi yangiritse.
- Bagerwaho n'umutwaro utunguranye wo kurera umwana watewe inda n'uwo azabyara.

d) Ingaruka ku bavandimwe:
- Bashobora gutakarizwa icyizere hagati mu bandi bana bo mu muryango cyangwa mu nshuti zabo.
- Bagira ipfunwe n'agahinda k'ikibazo umuvandimwe wabo yahuye nacyo.
- Hari n'igihe bigira ingaruka ku myitwarire yabo, bamwe bakishora mu ngeso mbi bitewe n'ihungabana.

e) Ingaruka ku muryango muri rusange:
- Umuryango usigara ufite isura yandujwe mu baturanyi, bigatuma ubangamirwa mu bandi, ugatakaza icyubahiro n'icyizere wari usanganywe mu bandi.
- Ubutunzi bw'umuryango buba bushobora kugabanuka bitewe n'uko haba hakenewe ibikoresho byinshi byo kwita ku mwana n'uwo mwuzukuru.
- Hashobora kuvuka amakimbirane mu muryango hagati y'ababyeyi ubwabo cyangwa hagati y'ababyeyi n'umukobwa, bigahungabanya umutekano n'ubusabane bwabo.

2.4.3. Uruhare rwa buri wese mu guhangana n'ingaruka zaturutse ku kibazo cy'umukobwa watewe inda akiri muto mu muryango

Mu gukumira no gukemura amakimbirane aterwa n'umwana watewe inda akiri muto, umugabo, umugore, n'umwana bafite uruhare runini mu kubaka no gusigasira ituze mu muryango.

Inshingano z'ababyeyi (Umugabo n'umugore)
- Kudatererana umwangavu watewe inda.
- Kumufasha kugera kwa muganga agahabwa serivisi zimugenewe
- Gukomeza kumurinda ihungabana no kumufasha kugana serivise zirebana n'amategeko.
- Kwakirana urugwiro umwana uvutse mu muryango
- Gufasha umwangavu gusubira mu buzima busanzwe.

Urugero: Kumusubiza mu ishuri

Inshingano z'abangavu batewe inda
- Kwiyakira no kongera kwigirira icyizere.
- Kwita ku mwana wavutse
- Gufasha umwana yabyaye guhabwa servisi z'ubuzima n'izindi yemererwa n'amategeko.
- Kwirinda kongera gusama akiri muto.
- Gukomeza kubaha ababyeyi cyangwa abamurera no gufatanya nabo mu buzima bwa buri munsi.

Umwanzuro: Buri wese rero mu bagize umuryango, asabwa kongera kugira uruhare mu nshingano zimureba kugirango twongere kubaka umuryango mwiza ushoboye kandi utekanye.

2.4.4. Iby'ingenzi ku burenganzira bw'umwana
- Umwana ni umuntu wese uri munsi y'imyaka 18 y'amavuko
- Umwana afite uburenganzira

bwo kwandikwa mu gitabo cy'irangamimerere akandikishwa n'ababyeyi be cyangwa undi wese ubyemererwa n'itegeko.

- Umwana wese afite uburenganzira bwo kugira umuryango avukamo, abamo ndetse anakuriramo.
- Umwana afite uburenganzira bwo kurindwa ku buryo bwose no kugaragarizwa urukundo kugirango yisanzure.
- Umwana afite uburenganzira bwo kumenya ababyeyi be, kubana nabo no kurengerwa nabo igihe bariho.
- Mu gihe umwana adashobora kubana na se cyangwa na nyina afite uburenganzira bwo gufatwa neza na bo aho bari hose no kubasura igihe cyose abishakiye.
- Umwana utarageza ku myaka itandatu(6) y'amavuko agomba kubana na Nyina keretse iyo bishobora kubangamira inyungu z'umwana.
- Umwana afite uburenganzira bwo guhabwa uburezi, ubuzima, imirire, isuku n'umutekano

2.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Tahura intege nke za buri wese mu bagize umuryango, zabaye intandaro y'ikibazo cy'umukobwa watewe inda akiri muto
2. Sobanura ingaruka zatewe n'ikibazo cy'umukobwa watewe inda akiri muto mu muryango.
3. Garagaza uruhare rwa buri wese mu guhangana n'ingaruka zaturutse ku kibazo cy'umukobwa watewe inda akiri muto mu muryango
4. Vuga uburenganzira bw'ingenzi bw'umwana

Umwitozo wa kane (4): Amashyiga atatu(3): Ndagukunda, Nshimira ngushimire na Mbabarira.

Uko umwitozo ukorwa:
Muri iki kiganiro ,uyu mwitozo ukorwa ku ishyiga rya "Mbabarira":

Intambwe ya mbere(1):

- Saba abitabiriye amahugurwa guhaguruka bakajya ahantu hisanzuye,
- Saba abagize umuryango bahagarare kuri mpandeshatu nkuko amashyiga atatu aba ateye,abaje ari babiri bahagarare barebana.

Intambwe ya kabiri(2):

- Bamenyeshe ibintu bitatu by'ingenzi bifasha abagize umuryango kwiyubaka no kubana amahoro aribyo:

i) Kubwirana amagambo y'urukundo hagati yabo (Ndagukunda)
ii) Umuco wo gushimirana muri byose (Nshimira ngushimire)
iii) Gusabana imbabazi no kubabarirana mu gihe hagize ukosa (Mbabarira)

- Tanga urugero wifashishije umuryango wabonetse ari batatu (3) ugizwe na Papa, Mama n'umwana wabo, ubigereranye n'amashyiga atatu yifashishwa mu guteka uyite amazina:

1. **Ishyiga rya mbere : Ndagukunda**
2. **Ishyiga rya kabiri: Nshimira ngushimira**
3. **Ishyiga rya gatatu: Mbabarira**

Babwire ko mugiye guhera ku ishyiga rya gatatu ryitwa Mbabarira nk'intangiriro, ayandi asigaye abiri bakazakomeza kuyatera/kuyubaka nabo ubwabo bageze mu rugo.

Intambwe ya gatatu(3):

- Saba buri wese atekereze imyitwarire idahwitse yaba yaragize ikabangamira abagize umuryango

we ayisabire imbabazi abikuye ku mutima, buri umwe umwe ukwe kandi abimubwire amufashe mu kiganza mu ijwi ryumvikana ariko ritarenga uwo muryango we bari kumwe mugenzi we nawe amusubize mu ijwi ryumvikana ati "Ndakubabariye". Ijambo ribanziriza "Ndakubabariye" riraterwa n'uwo ari we rigomba kuba rimwe muri aya akurikira: Papa, Mama, Sheri cyangwa Mwana wanjye.

- Umwana afata umwanya wo gusaba imbabazi buri mubyeyi ahereye ku mubyeyi w'umugabo.
- Umubyeyi w'umugabo asabe imbabazi umubyeyi w'umugore n'umwana
- Umubyeyi w'umugore asabe imbabazi umubyeyi w'umugabo n'umwana

Inyigisho ikubiyemo: Mbere yo kuva mu mwiherero, saba buri muryango kujya wibuka ko buri wese bimureba gusaba imbabazi abagize umuryango we igihe cyose hagize ikosa rimuturukaho rikabangamira abagize umuryango, kandi babigire umuco.

Intambwe ya kane(4):

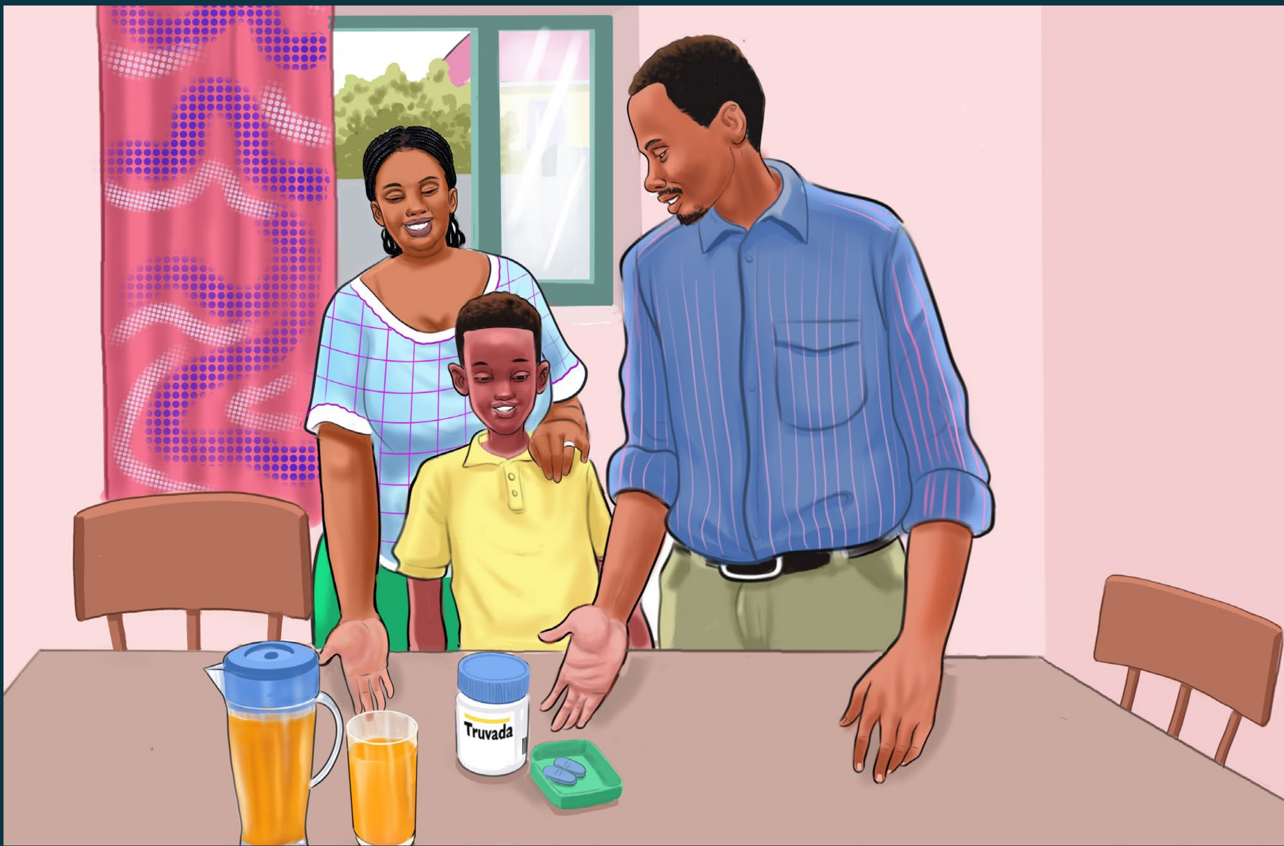
- Saba abagize umuryango, nibamara gusabana imbabazi bose bahoberane, hanyuma bagaruke mu byicaro byabo
- Nibasoza ubaze bamwe muri bo uko biyumva nyuma y'uwo mwitozo.

Inyigisho ikubiyemo: Babwire ko, iyo abagize umuryango bitoje gusaba imbabazi bikaba umuco uhoraho aho kwinangira cyangwa kwisobanura, ari imwe mu nkingi ya mwamba yubaka umuryango kuko iba imbarutso y'ibyishimo n'umunezero, n'amahoro.

Gusaba imbabazi si ubugwari ahubwo ni ubutwari kuko byurura kandi bikomora uwo wakomerekeje mugakomeza kubana amahoro.

- Bashimire ubasabe basubire mu myanya yabo,musoze ihuriro.

Ikiganiro cya gatatu(3): Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite umwihariko w'abana banduye Virusi itera SIDA



Ikiganiro kigenewe abana banduye virusi itera SIDA, baba barayikomoye ku babyeyi cyangwa barayanduye mu bundi buryo. Ni ngombwa ko abazitabira iki kiganiro baba ari abana n'ababyeyi bombi. Icyakora aho bigaragaye ko bidashoboka niho umwana yemererwa kuzana abafite inshingano zo kumurera. Muri iki kiganiro abitabiriye basobanurirwa impamvu iyi gahunda yateguwe, n'ibyiza byo kuganira mu muryango mu buryo buhoraho, binyuze mu mikoro-ngiro, imikino n'ubutumwa bw'ingenzi. Abitabiriye ibiganiro bafashwa gutahura icyuho cyavutse mu muryango biturutse ku kibazo cy'umwana wanduye virusi itera SIDA, bityo buri wese agashishikarizwa gutanga umusanzu we mu guhangana na cya kibazo.

3.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kugaragaza uruhare rwa buri wese mu guhangana n'ingaruka zaturutse ku kibazo cy'umwana wanduye Virusi itera SIDA mu muryango
- Gusobanura amakuru y'ingenzi ukwiye kumenya ku muntu wanduye Virusi itera SIDA.
- Imyitwarire iboneye ikwiye kuranga umuntu ufite Virusi itera SIDA.

3.2. Imfashanyigisho n'igihe ikiganiro kizamara

i) Imfashanyigisho:

- Ibipapuro binini n'amakaramu yabugenewe

- Igitabo cy'amashusho (boite à image),

ii) Igihe ikiganiro kimara: Iminota 45
3.3. Uburyo bwifashishwa mu gutanga ikiganiro
i) Umukoro mu matsinda:
ii) Umwitozo w'amashyiga atatu "Ndagukunda"

Umwinjiriro w'ikiganiro:

Tangira usuhuza unibwira abitabiriye ihuriro, ukomeze ugira uti:
"Twamenye ko umuryango wanyu wahuye n'ikibazo, umwana wacu yandura Virusi itera SIDA. Ibyo byabaye imbarutso y'ingorane zitandukanye z'inzitane umuryango uhagazemo muri iyi minsi. Niyo mpamvu twaje kugira ngo dufatanye kurebera hamwe uko twasohoka muri izo nzitizi kandi neza tutitanye ba mwana,tugakomeza kubaka umuryango ushoboye kandi utekanye ku buryo buri wese mu bawugize akomeza kwishimira kuwubamo".

Umwitozo wa mbere (1): Kubohoka, gusangira amakuru y'ingaruka zatewe n'ikibazo cy'umwana wanduye Virusi itera SIDA n'uburyo bwo guhangana nazo

Intambwe ya mbere:
- Saba abahugurwa kujya mu matsinda atatu:
- Itsinda ry'ababyeyi b'abagabo ukwabo
- Itsinda ry'ababyeyi b'abagore ukwabo
- Itsinda ry'abana banduye Virusi itera SIDA ukwabo

Intambwe ya 2:
- Saba abahugurwa gusubiza ibibazo bikurikira:

Ibibazo by'itsinda ry'ababyeyi b'abagabo
1. Tubwire ibyakubabaje nyuma yo kumenya ko umwana wawe yanduye Virusi itera SIDA?
2. Nyuma y'ibyakubabaje, Vuga ibyo wifuza kubagize umuryango wawe byazana impinduka nziza mu muryango
a) Ibyo wifuza ku mwana wanduye Virusi itera SIDA
b) Ibyo wifuza ku mugore
3. Ni uruhe ruhare rwawe mu guhangana n'ingaruka zaturutse ku kibazo umuryango wahuye nacyo

Ibibazo by'itsinda ry'ababyeyi b'abagore:
1. Tubwire ibyakubabaje nyuma yo kumenya ko umwana wawe yanduye Virusi itera SIDA?
2. Nyuma y'ibyakubabaje, vuga ibyo wifuza kubagize umuryango wawe byabazanira impinduka nziza.
a) Ibyo wifuza ku mwana wanduye Virusi itera SIDA
b) Ibyo wifuza ku mugabo
3. Ni uruhe ruhare rwawe mu guhangana n'ingaruka zaturutse ku kibazo umuryango wahuye nacyo?

Itsinda ry'Abana banduye Virusi itera SIDA:
1. Tubwire ibyakubabaje nyuma yo kumenya ko umwana wawe yanduye Virusi itera SIDA?
2. Nyuma y'ibyakubabaje,Vuga ibyo wifuza kubagize umuryango wawe byazana impinduka nziza mu muryango

a) Ibyo wifuza ku ububyeyi w'umugabo (Papa)
b) Ibyo wifuza ku umubyeyi w'umugore (Mama)
3. Ni uruhe ruhare rwawe mu guhangana n'ingaruka zaturutse ku kibazo umuryango wahuye nacyo?

Intamwe ya gatatu:
- Saba buri tsinda ryitoremo umuyobozi n'umwanditsi b'itsinda,
- Saba abagize ayo matsinda gusubiza ibibazo bibagenewe bifashishije ibipapuro binini n'amakaramu yabugenewe bahawe.
- Kurikirana imirimo ibera mu matsinda kugira ngo ubafashe kudata intego y'ikigamijwe,

Intambwe ya kane:

- Saba abagize amatsinda yose bagaruke mu itsinda rinini, bagaragaze ibyo bakoreye mu matsinda mato,
- Bafashe kungurana ibitekerezo ku byo baganiriye mu matsinda mato
- Bunganire wifashishije ubutumwa bw'ingenzi.

3.4. Ubutumwa bw'ingenzi.

3.4.1. Kwimakaza urukundo, ubumwe n'ubusabane mu bagize umuryango

Urukundo, ubumwe n'ubusabane bw'abagize umuryango ni imbaraga zifasha guhangana n'ibibazo by'ubuzima by'umwihariko; n'ingaruka zituruka ku kwandura virusi itera SIDA k'umwe mu bawugize. Iyo umwana wanduye virusi itera yumva akunzwe n'ababyeyi ndetse n'abandi bagize umuryango, bimufasha kutiheba, kwigarurira icyizere no kugira icyizere cy'ejo hazaza.

3.4.2.Uruhare rwa buri wese mu bagize umuryango mu guhangana n'ingaruka zituruka ku kwandura virusi itera SIDA

i) Umwana uwanduye virusi itera SIDA

- Kwiyakira, gukurikiza inama z'abaganga no kwigirira icyizere.
- Gufata imiti neza nkuko bigenwe .
- Kwirinda kwishora mu mibonano mpuzabitsina idakingiye no kwirinda kwanduza abandi.
- Kwitabira servisi zose z'ubuzima agenerwa.
- Kwirinda indi myitwarire yose ishobora guteza ibibazo ubuzima bwe n'ubw'abandi.

ii) Ababyeyi b'umwana (Umugore n'umugabo)

- Kugaragariza urukundo umwana wanduye virusi itera SIDA no kumwitaho uko bikwiye.
- Kumuba hafi muri byose.
- Kumurinda ihezwa n'akato.
- Gushishikariza abandi bagize umuryango kwipimisha no kwirinda.
- Gushyigikira umwana mu rukundo, kumuba hafi no kumwereka ko atari wenyine.
- Gukurikirana ubuzima bwe, kumuherekeza kwa muganga no kumufasha gufata imiti neza.
- Gutoza abandi bagize umuryango uko wakwita k'uwanduye virusi itera SIDA.

iii) Abavandimwe n'abandi bo mu muryango mugari

- Kumwereka urukundo n'ubufatanye mu buzima bwa buri munsi.
- Kudatererana umuvandimwe wabo wanduye virusi itera SIDA cyangwa ngo bamuhe akato.
- Kumufasha mu bikorwa byo kumwitaho (nko kumuherekeza kwa muganga).
- Kwirinda gusangiza amakuru ye y'umwihariko abandi batabifitiye uburenganzira.
- Kumutera akanyabugabo no kumufasha kwiyakira.

Umwanzuro: Iyo umwana wanduye virusi itera SIDA afashwa n'umuryango we mu rukundo, no kumwitaho, bimurinda guheranwa n'ingaruka z'icyo kibazo kandi bikamufasha kubaho neza, agakomera mu mubiri no mu mutima. Ubufatanye bw'abagize umuryango ni inkingi ya mwamba mu guhangana n'iki kibazo.

3.4.3. Amwe mu makuru y'ingenzi ukwiye kumenya kuri Virusi itera SIDA.

- Kuba umuntu yaranduye virusi itera SIDA ntibivuga ko ubuzima bwe burangiye.
- Uwanduye virusi itera SIDA iyo abimenye hakiri kare agahabwa serivisi z'ubuzima zabugenewe harimo gufata imiti neza, akarya indyo yuzuye, agakora imyitozo ngororamubiri, akigirira isuku; bimufasha kubaho ubuzima bwiza

akaramba.

- Ni byiza kandi kugira abantu wisanzuraho, wizeye ukaba wababwira ikikuri ku mutima cyaba igishimishije cyangwa ikibabaje.
- Ikindi gifasha ni ukugira umwanya wo gukora ibigushimisha bitagira uwo bibangamiye.
- Ubu hari imiti ihabwa umuntu wanduye Virusi itera SIDA bitewe n'icyiciro agezemo bikamufasha guhagarika kwiyongera kwayo mu mubiri, bigatuma umubiri ugarura imbaraga zo kurwanya indwara z'ibyuririzi no gutuma umuntu atarwaragurika.
- Iyo umuntu atangiye imiti igabanya ubukana si byiza ko ayihagarika, niyo abasirikare bazamuka bakaba benshi. Ni byiza gukomeza gufata imiti igabanya ubukana uko bikwiye, kuko bituma Virusi itera SIDA idakomeza kwiyongera mu mubiri cyangwa ngo inanire imiti wanywaga kubera kuyifata nabi.
- Imibonano mpuzabitsina idakingiye ni uburyo bumwe kandi bw'ibanze virusi itera SIDA yanduriramo ku bwinshi.
- Kuba umuntu yaranduye virusi itera SIDA ntabwo bisobanuye guhagarika ubwirinzi bwose bwo kuhangana no kwandura virusi itera SIDA kuko iyo utirinze ushobora kwakira ubwandu bushya mu mubiri wawe kandi bikakugiraho ingaruka mbi kuko umubiri uba wongeye guhangana bushya n'ubwo bwandu buje.
- Ikindi kandi ni ugukomeza kugira uruhare rwiza mu kugabanya ubwandu bushya wirinda unarinda n'abandi,hagendewe kuri izi ntego:
- NTABE ARI JYE WANDUZA CYANGWA WANDURA UBWANDU BUSHYA.
- IRINDE UBWAWE URABA URINZE N'ABANDI

3.5. Igikorwa cy'isuzuma

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Wumva iki iyo bavuze ku kwimakaza urukundo, ubumwe n'ubusabane mu bagize umuryango urimo umwana wanduye virusi itera SIDA akiri muto?
2. Ni uruhe ruhare rwa buri wese mu bagize umuryango mu guhangana n'ingaruka zituruka ku kwandura virusi itera SIDA?
3. Sobanura akamaro ko kwirinda imibonano mpuzabitsinda idakingiye cyane cyane ku banduye virusi itera SIDA ?

Umwitozo wa kane (4): Amashyiga atatu(3):

- Ndagukunda,
- Nshimira ngushimire na
- Mbabarira

Uko umwitozo ukorwa:

Muri iki kiganiro, uyu mwitozo ukorwa ku ishyiga rya "Ndagukunda":

Intambwe ya mbere(1):

- Saba abitabiriye amahugurwa guhaguruka bakajya ahantu hisanzuye,
- Saba abagize umuryango bahagarare kuri mpandeshatu nkuko amashyiga atatu aba ateye, abaje ari babiri bahagarare barebana.

Intambwe ya kabiri(2):

Bamenyeshe ibintu bitatu by'ingenzi bifasha abagize umuryango kwiyubaka no kubana amahoro aribyo:

i) Kubwirana amagambo y'urukundo hagati yabo (Ndagukunda)

ii) Umuco wo gushimirana muri byose (Nshimira ngushimire)
iii) Gusabana imbabazi no kubabarirana mu gihe hagize ukosa(Mbabarira)

- Tanga urugero wifashishije umuryango wabonetse ari batatu (3) ugizwe na Papa,Mama n'umwana wabo, ubigereranye n'amashyiga atatu yifashishwa mu guteka uyite amazina:

Ishyiga rya mbere : Ndagukunda
Ishyiga rya kabiri: Nshimira Ngushimire
Ishyiga rya gatatu: Mbabarira

- Babwire ko mugiye guhera ku ishyiga rya mbere(1) ryitwa Ndagukunda nk'intangiriro, ayandi asigaye abiri bakazakomeza kuyatera/kuyubaka nabo ubwabo bageze mu rugo.

Intambwe ya gatatu (3):

- Saba buri wese abwire buri umwe mu bagize umuryango we ko amukunda Arakoresha Ijamabo "Ndagukunda" abikuye ku mutima anamusangize impamvu nibura imwe ituma amukunda , buri umwe umwe ukwe kandi abimubwire amufashe mu kiganza mu ijwi ryumvikana ariko ritarenga uwo muryango we bari kumwe, mugenzi we nawe amusubize mu ijwi ryumvikana ati "Nanjye Ndagukunda" Ijambo ribanziriza Ndagukunda riraterwa n'uwo ari we rigomba kuba rimwe muri aya akurikira: Papa, Mama, Sheri, cyangwa Mwana wanjye.
- Umwana afata umwanya wo kubibwira buri mubyeyi ahereye ku mubyeyi w'umugabo.
- Umubyeyi w'umugabo nawe abibwire umubyeyi w'umugore n'umwana
- Umubyeyi w'umugore abibwire umubyeyi w'umugabo n'umwana

Inyigisho ikubiyemo: Mbere yo kuva mu mwiherero, saba buri muryango kujya bibuka buri wese bimureba kugaragariza urukundo abagize umuryango we mu mvugo no mu ngiro, kandi babigire umuco.

Intambwe ya kane (4):

- Saba abagize umuryango, nibamara kubwirana ijambo ry'urukundo bose bahoberane, hanyuma bagaruke mu byicaro byabo
- Nibasoza ubaze bamwe muri bo uko biyumva nyuma y'uwo mwitozo.

Inyigisho ikubiyemo: Babwire ko, iyo abagize umuryango bitoje kugaragarizanya urukundo mu mvugo no mu ngiro, ari imwe mu ntwaro ibafasha gutsinda amateka mabi bahuye nayo ntabaherane.

Bashimire ubasabe basubire mu myanya yabo, musoze ihuriro.

Ikiganiro cya kane (4): Gutegura no kuyobora ibiganiro ku buzima bw'imyororokere hagati y'abagize umuryango (imiryango idafite umwihariko n'ifite umwihariko)

Iki kiganiro gihabwa imiryango yose ifite abana bageze mu gihe cy'ubugimbi n'ubwangavu, yaba ifite umwihariko cyangwa idafite umwihariko. Kikaba kigamije kongerera ubumenyi n'ubushobozi uburyo bwo gutegura no kuyobora neza ibiganiro mu muryango ku ngingo zinyuranye bihaye harimo n'iyo ku buzima bw'imyorokere, bityo bikadufasha kubaka umuryango ushoboye kandi utekanye.

4.1. Intego z'ikiganiro:

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kugereranya imitangire y'ibiganiro byihariye ku ngimbi n'abangavu mu Rwanda rwo hambere no mu Rwanda rw'ubu.
- Gusobanura uburyo bwiza bwo gutegura no kuyobora ibiganiro mu muryango n'ishyirwa mu ngiro ryabwo.
- Gusobanura akamaro ko kugira ibiganiro bihoraho mu muryango, by'umwihariko ku buzima bw'imyororokere.

4.2. Imfashanyigisho n'igihe ikiganiro kimara:

i) Imfashanyigisho: Ibipapurro binini n'ikaramu yabugenewe
ii) Igihe ikiganiro kimara: Iminota 60

4.3. Uburyo bwifashishwa mu gutanga ikiganiro:

i) Umukoro mu matsinda
ii) Ibiganiro biyobowe n'uhugura
iii) Umukino uteguriweho

Umwitozo wa mbere: Kugereranya isoko y'amakuru arebana n'ubuzima bw'imyororokere mu Rwanda rwo hambere no mu Rwanda rw'ubu

Saba abahugurwa bajye mu itsinda atatu: ababyeyi b'abagabo ukwabo, abagore ukwabo n'abana ukwabo

Saba buri tsinda gusubiza bibazo bikurikira:
1. Gereranya isoko y'amakuru arebana n'ubuzima bw'imyororokere ku bangavu n'ingimbi mu Rwanda rwo hambere no mu Rwanda rw'ubu
2. Garagaza isoko y'amakuru atari ay'ukuri ashobora gushora ingimbi n'abangavu mu bibazo
3. Vuga uruhare rwa buri wese mu guhangana n'amakuru avomwa ku isoko itari iy'ukuri.

- Saba buri tsinda rigaragaze ibyavuye mu biganiro.
- Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira no gutanga ibitekerezo bunganira, banuzuza ibyagaragajwe n'itsinda risoje igikorwa.
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi

Umwitozo wa kabiri: Gushyira mu bikorwa uko bategura bakanayobora ibiganiro mu muryango

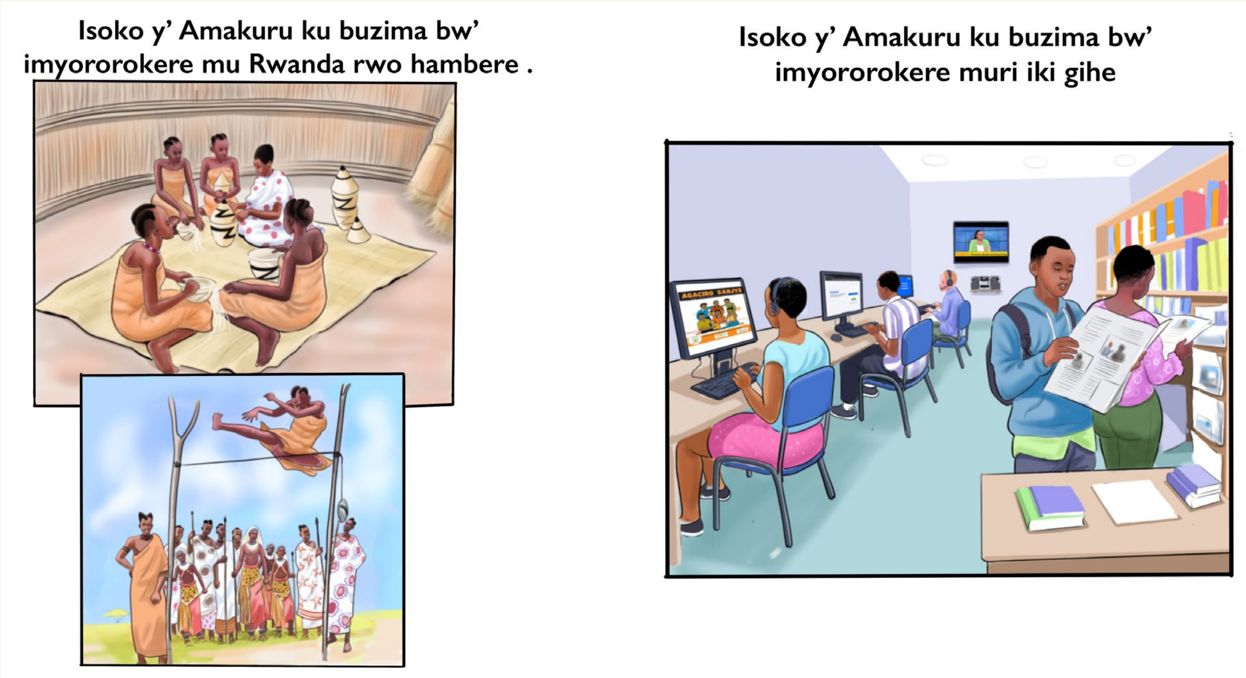
Intambwe ya mbere:
- Saba abahugurwa bakore amatsinda 2 ahagarariye umuryango wa Ngabo n'umuryango wa Karegeya buri tsinda ribe rigizwe n'umubyeyi w'umugabo n'umugore we,n'abana batatu(3),umuhungu umwe(1) n'abakobwa babiri(2).
- Saba Umuryango wa Ngabo bategure umukino-ngereranya uteguriweho bakora ikiganiro cyateguwe kandi kiyobowe neza mu muryango ku nsanganyamatsiko "Impinduka ziba ku mubiri w'ingimbi n'abangavu."
- Saba Umuryango wa Karegeya wo utegure umukino-ngereranya ugaragaza ikiganiro kidateguwe kandi kiyobowe nabi mu muryango ku nsanganyamatsiko "Impinduka ziba ku mubiri w'ingimbi n'abandavu."

Intambwe ya 2:
- Saba Umuryango wa Karegeya ukine umukino wabo bateguye nk'ikiganiro kitagenze neza kumpamvu zo kwigisha abahugurwa
- Saba Umuryango wa Ngabo nabo bakine umukino bateguye neza.
- Shimira imiryango yombi, usabe buri mukinnyi kuvuga uruhare yagize mu mukino n'uwo ari we wa nyawe mu buzima busanzwe
- Mu gusoza saba abahugurwa gusubiza ibibazo bikurikira:

1) Ni irihe somo twakwigira kuri buri muryango?
2) Dukurikije iriya Miryango yombi, wahitamo ko umuryango wawe waba umeze nk'uwuhe?kubera iki?
- Unganira abahugurwa wifashishije ubutumwa bw'ingenzi

4.4. Ubutumwa bw'ingenzi

3.4.1. Kugereranya imitangire y'ibiganiro byihariye ku ngimbi n'abangavu mu Rwanda rwo hambere no mu Rwanda rw'ubu



Ishusho: U Rwanda rw'ubu

- Mu Rwanda rwo hambere ababyeyi bagiraga umwanya uhagije wo kuganira n'abana babo bakabatoza umuco nyarwanda bakiri bato.
- Iyo bageraga mu gihe cy'ubugimbi n'ubwangavu, ibiganiro bibagenewe byakorwaga ahanini n'abandi bantu bakuru bo mu muryango wagutse bigamije kubafasha kuba inkumi n'abasore bafite indangagaciro, ndetse bakanabategura kuzaba abagabo n'abagore bizihiye igihugu cyabo cy'u Rwanda.
- Ingimbi zaganirizwaga na ba sewabo cyangwa ba nyirarume, bakabigisha gukunda no kurwanira igihugu, ubuzima bw'imyorokere ndetse no gukorera umuryango mu gihe bazaba babaye abagabo. Naho abangavu baganirizwaga na ba nyirasenge cyangwa ba nyinawabo, babigisha ku buzima bw'imyororokere ndetse bakanabatoza kwita ku muryango.
- Icyo kiganiro cyagiye gikendera ndetse hamwe na hamwe kigacika burundu biturutse ku mpinduka z'ibihe tugenda tunyuramo bityo isoko y'amakuru ingimbi n'abangavu bakeneye ihinduka itangazamakuru rinyuze mu mbuga nkoranyambaga, ibinyamakuru, mu rungano, rimwe na rimwe bidatanga amakuru nyayo.
- Uko abagize umuryango bagenda bafata umwanya munini bakoresheje ibyavuzwe haruguru bahugiye mu kazi ka buri munsi, kuganira mu miryango byabaye ingume. Ni yo mpamvu ibibazo bitandukanye bigenda byiyongera nk'ubumenyi buke ku buzima bw'imyororokere, kwishora mu busambanyi, inda ziterwa abangavu, ikoreshwa ry'ibiyobyabwenge, n'ibindi.
- Uyu muco mwiza rero ugarutse wadufasha gukumira biriya bibazo byugarije umuryango.

3.4.2. Inkingi z'ibanze mu gutegura no kuyobora ibiganiro mu muryango:

Kugira umuryango mwiza ugizwe n'ababyeyi basabana n'abana babo bisaba gushyiraho umwanya mwiza uhoraho wo kwicarana bakaganira batishishanya, nk'abagize umuryango. Mu kiganiro buri wese mu bagize umuryango aba afite uburenganzira bungana n'ubw'undi
Zimwe mu nkingi z'ibanze mu gutegura no kuyobora ibiganiro mu muryango:

- Guhitamo no gutegura aho muganirira hatuje kandi hatekanye.
- Gutegura insanganyamatsiko y'ikiganiro, buri wese mu bagize umuryango agira uruhare rungana n'urwa mugenzi we mu gutoranya icyo bazaganiraho.
- Kumenya gutega amatwi neza
- Kubaha igitekerezo cya buri wese mu bagize umuryango
- Gufatira umwanzuro hamwe nk'abagize umuryango
- Gushyiraho umwanya mwiza ngarukacyumweru uri hagati y'iminota 45 na 60 mu muryango wo kujya bicara bakaganira kandi bikubahirizwa.

Icyitonderwa: Kugirango ikiganiro kigende neza, hirindwa ko ikiganiro cyaba nk'urubanza rwo kugaragaza amakosa cyangwa se ibitagenda neza mu muryango gusa ahubwo kikaba umwanya w'ubusabane ubwisanzure mu mwuka mwiza wuje urukundo n'ubwubahane, ahabaye amakosa mugasabana imbabazi.

3.4.3. Bimwe mu by'ibanze bikwiye kuganirwaho mu muryango:

- Impinduka ku mubiri w'ingimbi n'uw'abangavu
- Impinduka mu mitekerereze n'imyitwarire y'ingimbi n'abangavu
- Uburenganzira bw'umwana
- Uburyo bwo guhitamo inshuti nziza
- Amahitamo meza no kwifatira icyemezo
- Ihohotera n'amoko yaryo
- Kubungabunga ubuzima bwo mu mutwe
- Kwirinda ibiyobyabwenge
- Iterambere ry'abagize umuryango
- Uburere mboneragihugu n'ibindi

3.4.4. Akamaro ko kugira ibiganiro bihoraho ku buzima bw'imyororokere hagati y'abagize umuryango

- Bifasha abana n'abakuru kumenya neza ibyerekeye imikorere y'umubiri, imihindagurikire yawo, n'imyitwarire ikwiye.
- Bituma abana badakurikirana amakuru y'ibinyoma cyangwa ahabanye n'ukuri babona mu nshuti cyangwa ku mbuga nkoranyambaga.
- Abana biyubakamo ubutwari bwo kubaza ababyeyi ibyo baba bibaza badasobanukiwe ku buzima bw'imyororokere, ntibatinye cyangwa ngo bumve ko ari ibanga ridakwiye kuganirwaho.
- Birinda abangavu inda zitateganijwe no kwandura Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina kubera ko umwana aba afite ubumenyi bwatuma afata

imyanzuro iboneye.

- Ababyeyi baboneraho umwanya wo gusobanurira abana ibyiza byo kwihangana, kubaha umubiri wabo n'uw'abandi, no kubana mu rukundo rufite intego nziza.
- Bituma abana bamenya gutandukanya ibyabagirira akamaro n'ibibashyira mu kaga.
- Bituma ababyeyi n'abana bagirana umubano wuzuye ukwizerana, bigatuma umuryango wubaka ubumwe n'ubwuzuzanye kandi ubaho utekanye.
- Bifasha abana kumenya guhitamo neza birinda ibyabagusha mu bishuko.
- Bituma umwana akurana ikinyabupfura bityo nawe akazagitoza abazamukomokaho.

Umwanzuro: Ganira n'umuryango wawe hakiri kare amazi atararenga inkombe ubigire umuco bizawurinda ibibazo byinshi biwugarije muri iki gihe.

4.5. Igikorwa cy'isuzuma:

Saba abahugurwa gusubiza ibibazo bikurikira:

1. Vuga inkingi z'ibanze mu gutegura no kuyobora ibiganiro mu muryango
2. Sobanura uburyo mugiye kujya mukoresha mu rugo mu gutegura no kuyobora ibiganiro mu muryango.

Icyitonderwa: Nyuma y'iki kiganiro cyo gutegura no kuyobora ibiganiro ku buzima bw'imyororokere hagati y'abagize umuryango, komereza ku mugereka wa mbere witwa "Imihigo y'umuryango" abe ariho usoreza ihuriro ry'ababyeryi n'abana.

IGICE CYA KANE:
UMUSARURO W'IBIGANIRO HAGATI Y'ABANA N'ABABYEYI MU MURYANGO

Iki gice cya kane (4) gihabwa ababyeyi n'abana, n'abafatanyabirwa aribo: inzego z'ibanze, inshuti z'umuryango, abajyanama b'ubuzima, abahagarariye ibigo nderabuzima n'abandi bashobora gutumirwa iyo ari ngombwa. Kigamije kurebera hamwe ibyiza, imbogamizi imiryango yahuye nazo mu ishyirwa mu bikorwa by'ibiganiro bahawe mu bihe byatambutse. Cyibanda kandi ku kurebera hamwe uburyo burambye bwo gusigasira umusaruro w'ibayagezweho.

Ikiganiro cya mbere: Gukurikirana bihoraho umusaruro w'ibiganiro mu muryango

Iki kiganiro gikorwa umunsi umwe nyuma y'amezi atatu (3) ya miryango yahuguwe ishyira mu bikorwa ibyo yari yiyemeje. Muri iki kiganiro twibanda ku kugenzura impinduka nziza zabaye mu miryango yari yitabiriye tukarebera hamwe ibyiza byo kwishimirwa byagezweho, imbogamizi bahuye nazo bashyira mu bikorwa ndetse no kureba udushya twaba twarabaye ngo badusangize abandi. Abitabiriye amahugurwa batoranya imiryango yabaye indashyikirwa igashimirwa mu ruhame tugafasha kandi n'iyahuye n'imbogamizi tubakangurira kwigira ku yabaye indashyikirwa.

1.1. Intego z'ikiganiro

Nyuma y'iki kiganiro uhugurwa araba ashobora:

- Kuvuga ibyiza umuryango wagezeho ukesha ibiganiro bikubiye mu igice cya mbere, icya kabiri n'icya gatatu.
- Kuvuga imbogamizi bahuye nazo bashyira mu bikorwa imihigo biyemeje nk'umuryango n'uko bazishakiye ibisubizo.
- Kugaragaza udushya cyangwa impinduka byagaragaye mu muryango nyuma y'ibiganiro bikubiye mu igice cya mbere, icya kabiri n'icya gatatu.

1.2. Imfashanyigisho n'igihe ikiganiro kimara

i) Imfashanyigisho:

- Ibipapururo binini n'amakaramu yabugenewe
- Agapira gato (kifashishwa mu gukora isuzumabumenyi, abahugurwa baritegura, uwo bagatereye akagasama, agasubiza ikintu kimwe cyo kwishimira bagezeho mu muryango aturukamo)

ii) Igihe ikiganiro kizamara: Iminota 60

1.3. Uburyo buzifashishwa mu gutanga ikiganiro:

i) Umukino wo kugaragaza ibyiza byagezweho mu muryango
ii)Umukoro mu matsinda

Umwinjiriro w'ikiganiro:

Tangira usuhuza unibwira abitabiriye ihuriro, ukomeze ugira uti:

Nyuma y'amezi atatu(3) muhawe ibiganiro bitandukanye mu ihuriro ryimakaza umuco w'ibiganiro hagati y'ababyeyi n'abana, twifuje kwongera kubatumira kugira ngo dufatanye kwibukiranya mu buryo bw'inshamake ibyaganiriweho mu cyiciro cya mbere cy'ikiganiro no kurebera hamwe ishyirwa mu bikorwa ryabyo aho murigeze ndetse no gusangizanya umusaruro mwiza wabivuyemo, bityo tugakomeza kubaka umuryango ushoboye kandi utekanye ku buryo buri wese mu bawugize akomeza kwishimira kuwubamo". Ibi turabikora umwana (n'umwuzukuru) yicaye hagati y'ababyeyi be bombi.

i) Umukino wo kugaragaza ibyiza byagezweho mu muryango

- Saba abahugurwa guhaguruka bakajya ku ruziga rwagutse bisanzuye
- Babwire ko mugiye gukina umukino mwifashishije agapira gato
- Saba buri wese gutekereza ikintu kimwe nibura cyo kwishimira bagezeho mu muryango aturukamo nyuma y'ibiganiro byabanje bakiriye.
- Saba buri wese gutekereza ikintu kimwe cyiza cyo kwishimira umuryango we wagezeho ugikesha ibiganiro byabaye mbere yasangiza abandi.
- Tangira unagire umwe muri bo agapira gato umubwire atangire, namara kukivuga akanagire undi, gutyo gutyo.
- Uwo bageraho bakamunagira akakibura arajya inyuma y'uruziga.
- Ushobora kubareka bagahetura cyangwa ugahagarikira hagati bitewe n'igihe mufite.
- Bashimire basubire mu myanya yabo.

ii) Umukora mu matsinda: Kurebera hamwe ibyagezweho mu miryango nyuma y'ibiganiro byatanzwe.

Intambwe ya mbere:

- Saba abahugurwa gukora amatsinda atatu (3),

a) abagabo ukwabo
b) abagore ukwabo
c) abana ukwabo

- Saba buri tsinda gusubiza ibibazo bikurikira.

1. Ni ibihe byiza bitanu (5) byo kwishimira mwagezeho mu muryango biturutse kuri bya biganiro mwahawe ubushize.
2. Ni izihe mbogamizi eshatu (3) mwahuye nazo ubwo mwashyiraga mu bikorwa ibyo mwari mwiyemeje.
3. Vuga udushya (3) twabaye mu muryango wanyu nyuma y'ibiganiro twagiranye ubushize.
4. Mutoranye imiryango ibiri (2) yabaye indashyikirwa mu gushyira mu bikorwa ibyo mwari mwiyemeje

Intambwe ya kabiri:

- Saba buri tsinda rihitemo urihagarariye, agaragaze ibyavuye mu biganiro.
- Shimira buri tsinda usabe n'abo mu yandi matsinda kubashimira.
- Saba abagize imiryango (bose) yatoranijwe guhaguruka bashimirwe muri rusange, hanyuma usabe ko abitabiriye amahugurwa babashimira by'umwihariko, ubashimire kandi unashimire muri rusange ibyakozwe byose
- Saba abatarabashije kwesa imihigo kwigira ku babibashije.

Intambwe ya gatatu:

- Tanga umwanya nibura ku bagabo babiri, abagore babiri, n'abana babiri mu batoranijwe babasangize uko biyumva nuko babyakiriye.
- Soza ubatera umwete ko byose bishoboka iyo hariho ubushake
- Saba ababyeyi batore komite y'ababyeyi, n'urubyiruko narwo rutore komite yarwo ,buri komite ibe igizwe n'abantu 5 bahereye ku miryango yatoranijwe: hanyuma abo batanu bahabwe umwanya bitoremo:
- Umuyobozi w'itsinda
- Uwungirije umuyobozi w'Itsinda
- Umwanditsi n'umubitsi,
- Abajyanama babiri (2)
- Basabe ko ababyumva kandi babyiteguye batangiza itsinda ryo kwizigama no kugurizanya.

Icyitonderwa: Wirinde gushyiramo imbaraga ahubwo ubereke ibyiza (Guhuriza hamwe imbaraga, Kubona amafaranga byihuse mu gihe uyakeneye utabanje gutegereza igihe kirekire, Kwimenyereza umuco wo kwizigama aho guhora wiyambaza abandi) ubibakundishe bo ubwabo bifatire icyemezo.

- Nibabyemera ubagire inama yo gutangirira ku bushobozi buringaniye bose bari bubashe kubona.
- Ukore ku buryo baza gutandukana bashyizeho umunsi ngarukakwezi wo kujya bahura n'aho bazajya bahurira (Ku murenge,ku kagari,ku kigo nderabuzima,ku rusengero cyangwa ahandi habanogeye.
- Ibi bigira umumaro munini by'umwihariko mu miryango yahuye n'ibibazo byihariye (urugero:ifite abakobwa batewe inda bakiri bato kuko binabafasha guhura kenshi bagakomeza guterana imbaraga.

1.4. Ubutumwa bw'ingenzi:

- Kwimakaza umuco wo kuganira no gusabana iwacu, ni uburyo bwizewe buzana impinduka vuba mu muryango, bigatuma ubana mu mahoro ni imbarutso kandi y'ibyishimo byuzuye mu muryango.
- Kuganira ku buzima bw'imyororokere n'abana bacu by'umwihariko abageze mu gihe cy'ubugimbi n'ubwangavu byongera ubusabane hagati y'abana n'ababyeyi, bigatuma abana bisanzura ku babyeyi babo, bitanga icyizere ku bana bacu kandi bikanabarinda kugwa mu bibazo by'ingutu byugarije umuryango muri iki gihe harimo n'inda ziterwa abangavu…
- Kwimakaza umuco w'ibiganiro n'ubusabane hagati y'abagize umuryango biba imbarutso y'imibereho myiza n'iterambere kuko abahuje bagera kuri byinshi.
- Bashishikarize kugera ku miryango y'abaturanyi by'umwihariko imiryango ifite umwihariko.
- Basobanurire imbata bazajya batangiramo raporo, unabamenyeshe aho bazajya bayitanga (ku Kagari no ku Murenge) n'igihe ntarengwa cyo kuyitanga (rimwe mu kwezi)
- Wibuke guha umwanya, umuganga waturutse ku kigo nderabuzima abarangire uko bajya babona serivisi zabagenewe, uhe n'Uhagarariye inzego z'ibanze umwanya agire icyo abivugaho anasoza ihuriro, umumenyeshe kandi ko ari bo bagiye gukomeza gusigasira ibyagezweho no kubigeza aho bitaragera bifashishije Komite yatowe muri ya miryango yabaye indashyikirwa.

Icyitonderwa:
Wibuke gufata amafoto y'ababyemeye banabisinyiye by'umwihariko imiryango yabonetsemo impinduka kurusha indi, ufate n'imyirondoro yabo yose (documentation), n' inkuru yabo (success stories).

1.5. Igikorwa cy'isuzuma

- **Saba abahugurwa gusubiza ibibazo bikurikira:**

1. Vuga ibyiza umuryango wagezeho nk'umusaruro w'ibiganiro bikubiye mu gice cya mbere, icya kabiri n'icya gatatu.
2. Garagaza udushya twagaragaye mu muryango nyuma y'ibiganiro bikubiye mu gice cya mbere, icya kabiri n'icya gatatu.
3. Sobanura uburyo buzakoreshwa mu gusigasira ibyiza byagezweho nyuma y'ibiganiro bikubiye mu gice cya mbere, icya kabiri n'icya gatatu.

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8. Kwita ku buzima bwo mu mutwe muri gahunda ya baho neza, imfashanyigisho igenewe uhugura, imbuto foundation 2025
9. Itegeko Nshinga rya Repubulika y'u Rwanda ryo mu 2003 ryavuguruwe mu 2015, Ingingo ya 17 n'Itegeko N°32/2016 ryo ku wa 28/08/2016 rigenga abantu n'umuryango, Ingingo ya 166.
10. Inyoborabiganiro mu mugoroba w'imiryango, minisiteri y'uburinganire n'iterambere ry'umuryango, Nzeri 2020.
11. Itegeko n° 71/2024 ryo ku wa 26/06/2024 rigenga abantu n'umuryango.

IMIGEREKA

Umugereka wa mbere: Imihigo y'umuryango

Uyu mugereka ukorwa hasojwe ikiganiro cya kane (4) gisoza ihuriro ry'abana n'ababyeyi babo riboneka mu gice cya gatatu (3) cy'iyi nyoborabiganiro. Ugamije gushyiraho ingengabihe y'ibiganiro mu muryango, kubatoza no kubatinyura gutangira gukora ibiganiro mu muryango.

i) Gushyiraho ingengabihe y'ibiganiro mu muryango:

- Saba abahugurwa kujya mu mwiherero w'umuryango, buri muryango uhagarare ukwawo batatu batatu (3) bahagaze nk'abateye amashyiga cg mpandeshatu, abaje ari babiri (2) barahagararana barebana imbonankubone.
- Babwire baganire kandi bafate n'umwanzuro ku gihe umuryango wabo uzajya wicara hamwe ukaganira byibura rimwe mu cyumweru mu gihe cy' iminota 45 kugeza 60, bagomba kandi gutoranya ahatabangamiye buri wese mu bagize umuryango kugirango bose bazabashe kwitabira ikiganiro.

ii) Gutoranya insanganyamatsiko bazatangiriraho

- Basabe bave aho batoranyije byibura insanganyamatsiko imwe bazaheraho baganira mu muryango wabo.
- Basabe ibyo banzuye babyandike mu gakarine gato, ku rupapuro wabahaye.
- Basabe umuryango uzajya usoza ujye uzamura ikiganza uhugura abarebere ko babikoze uko bikwiye.
- Soza ubashimira.
- Mbere yo gusubira kwicara mu myanya yabo babanze bakore undi mwitozo ukurikiyeho.

Umugereka wa kabiri (2): Ibindi ukwiye kumenya byagufasha kuganira n'umwana ku bijyanye n'Ubuzima bw'imyororokerere

S/N	Uzi ko ……..	Kuko…………….
1	Ubuzima bw'imyororokere butandukanye n'imibonano mpuzabitsina!	• Ubuzima bw'imyororokere ni imiterere, imikurire, imikorere, imihindagurikire y'umubiri, n'uburyo izo mpinduka zigaragara mu myifatire y'umwana wawe. Bityo, kubiganiraho n'umwana wawe bibafitiye akamaro mwembi.
2	Bidasaba kugira ubumenyi buhambaye ku buzima bw'imyororokere kugira ngo uganirize abana!	• Kuganira n'abana bisaba gutangirira kuri bike uzi ibindi ukabibaza abafite ubumenyi bwisumbuye ukabyihuguraho. • Kuganira bishobora guhera ku kiganiro mugiranye imuhira cyangwa mwumvise kuri radiyo, televiziyo, ikinyamakuru, n'ibindi…..

3	Kuganiriza abana ibijyanye n'ubuzima bw'imyororokere bidatuma bishora mu mibonano mpuzabitsina nk'uko abenshi babyibwira!	• Ubushakashatsi bugaragaza ko abana baganirijwe ku buzima bw'imyororokere, bakabona amakuru y'ukuri n'indangagaciro nziza badakunze kwishora mu mibonano mpuzabitsina. • Kuganiriza abana ku buzima bw'imyororokere ntaho bihuriye no ku baganiriza imibonano mpuzabitsina kuko muganira ku mihindagurikire y'imibiri, indangagaciro zabafasha kwirinda icyahungabanya ubuzima bwabo icyo aricyo cyose, amahitamo ku bintu bitandukanye harimo n'ibyerekeye imibonano mpuzabitsina, ubucuti n'ibindi. • Iyo duhaye abana bacu amakuru nk'aya bituma birinda kugendera mu gitutu cy'urungano kandi bikabafasha gufata ibyemezo bikwiriye.
4	Iyo ingimbi cyangwa umwangavu akubajije ibijyanye n'ubuzima bw'imyororokere bidasobanuye ko aba akora imibonano mpuzabitsina!	• Abana benshi babaza kubera amakenga no kureba ko ibyo yibaza aribyo, kuko abona umubyeyi we nk'ufite amakuru nyayo. • Amakuru ku buzima bw'imyororokere ashobora kuyakura ahantu hatandukanye: televiziyo, radiyo, filimi, murandasi, telefoni, ibinyamakuru, indirimbo, ibyapa, n'ibindi kandi hari igihe ayo makuru aba adasobanutse neza, cyangwa ateye urujijo, bityo abana bakaba baba bakeneye kuyasobanukirwa neza.
5	Ushobora kuganiriza umwana ibijyanye n'ubuzima bw'imyororokere hagendewe ku cyiciro cy'imikurire cyose yaba agezeho!	• Ubuzima bw'imyororokere butangira umwana akivuka. • Amenya uburyo yifata nk'umugabo, umugore no kumenya guhitamo incuti mu gihe atangiye gukura. • Atangira kugaragaza amarangamutima ajyanye n'ikigero agezemo, harimo n'uburyo agaragaza urukundo, kwita ku nshuti n'abandi.
6	Wasubiza neza umwana ku kibazo akubajije ku buzima bw'imyororokere Aho kumwihorora cyangwa kumucyaha.	•Bigaragariza umwana ko witeguye kumusobanurira ibyo atazi, bigatuma akwisanzuraho ndetse bigatuma ari wowe ahora ashakishaho amakuru n'ibisubizo ku bintu atazi aho kubishakira ahandi. •Iyo usubije umwana umukabukira biramuhungabanya ntazongere kukugirira icyizere cyo kukubaza ikindi kibazo cyangwa kugisha inama. • Niyo waba ntagisubizo ufite, bwira umwana ko utakizi ariko ko ugiye kugishaka ukazamusobanurira.
7	Uko wavugisha umwanawawe w'umwangavu arina ko wavugisha ingimbi ku byerekeye ubuzima bw'imyororokere!	• Bombi bakeneye amakuru abafasha kubungabunga ubuzima bwabo, bityo bagakura bakavamo abagabo n' abagore babereye umuryango. • Birakwiye ko bombi basobanukirwa n'imiterere y'imibiri yabo ndetse n'uko ihinduka uko bagenda bakura. • Ni ngombwa ko bombi bamenya uburyo bwo kwita ku mibiri yabo, kwirinda indwara, n'izindi ngaruka bahura nazo mu mikurire yabo. • Bombi bibaha amahirwe yo kumenya gufata ibyemezo bibungabunga ubuzima bwabo.
8	Ufite uruhare rwo gutuma umwana wawe yisanzura akakuganiriza ku bijyanye n'ubuzima bw'imyororokere!	• Ushobora guhera ku cyo umwana akunda (indirimbo, guhamiriza, ikinamico, kureba televiziyo) ukamuganiriza ku buzima bw'imyororokere. Urugero: Ku mwana ukunda indirimbo: Kuri radiyo hashobora kujyaho indirimbo ivuga ku rukundo rw'umuhungu n'umukobwa maze ukaba wabiheraho, ukamubaza icyo ayitekerezaho, mukaganira. • Uko ugenda umuganiriza utyo bituma arushaho kukwizera akakwegera mukaganira ibyo yibaza cyangwa atazi.

9	Wafasha umwana kubana neza n'impinduka ziba mu gihe cy'ubugimbi n'ubwangavu!	• Gutegura umwana mbere bituma yinjira mu gihe cy'ubugimbi n'ubwangavu adatunguwe, ndetse nawe nk'umubyeyi ukabyitegura. • Kumenyesha umwana ko impinduka ziba igihe cy'ubugimbi cyangwa ubwangavu zisanzwe kandi ko buri muntu zimubaho mu buryo bwe bwihariye bituma arushaho kubana neza n'impinduka zimubaho. • Kwirinda kumuganiriza amagambo atuma yumva ko urimo kumuseka kubera impinduka yagize ku mubiri cyangwa mu myitwarire bigatuma ntacyo yongera kukubwira.
10	Wafasha abana kutishora mu mibonano mpuzabitsina birinda igitutu cy'urungano.	• Ushobora kuba inshuti y'inkoramutima y'umwana wawe •Wareka incuti z'abana bawe zikakwisanzuraho • Watega amatwi abana mu gihe batanga ibitekerezo • Wareka abana bakagira uruhare mu biganiro mugirana wirinda gutanga amategeko • Wakurikirana amakuru ku mwana wawe ugerageza kumenya aho aherereye, abo bari kumwe, uburyo akoresha itumanaho • Wagira umwana wawe inama yo kutagirana ubucuti n'umuntu umuruta mu myaka cyane cyane iyo uwo muntu ashobora kumushuka bagakorana imibonano mpuzabitsina. • Wafasha umwana wawe kwigiramo icyizere no kugira intego mu buzima. Ubushakashatsi bugaragaza ko abana bifitiye icyizere cyangwa se bafite intego y'ubuzima bwabo ari bo bifata neza. •Wabera umwana wawe umubyeyi w'icyitegererezo.
11	Wagira inama umwana kudakora imibonano mpuzabitsina ushingiye ku ndangagaciro zakurinze kuyikora utarashaka!	• Uganira n'umwana wawe uko wabanye neza n'impinduka zakubayeho mu bugimbi n'ubwangavu • Uganira n'umwana ingorane cyangwa ibibazo wahuye nabyo n'uko wabyitwayemo.

Umugereka wa gatatu(3): Agakuru k'uburyo ababyeyi baganiriza umwana ku kuboneza urubyaro

Adela: Ariko Ansila, kuboneza urubyaro bajya bavuga kuri Radio ujya ubikurikirana?

Tomasi: Ariko Adela nawe, Ansila se ibyo yaba abishakamo iki koko!

Ansila: Nanjye ntyo papa! Ko ibyo kuboneza urubyaro ari iby'abashakanye,...njye naba mbishakaho iki?

Adela: Ndumva wowe na So mufite imyumvire imwe. Ariko mushatse mwajya mubikurikira. Uzi ko mbere yo gushaka nari nzi ko nzabyara abana nibura 8 kubera kuganira na nyogokuru wajyaga ambwira ko nkwiriye kuzabyara nkungura umuryango!

Tomasi: Ariko rero wa mugani wawe, ibintu byarakomeye muri iki gihe...ngaho ibitunga abana, Mitiweli, amashuri, imyambaro..., birakomeye. Ndakugarukiye Ade! Abana bakwiriye kubiganirizwa bakiri bato, bakabyumva. Maze bakura, bakabishyira mu bikorwa.

Adela: Ntiwumva se! Rata nyibwirira mwana wa, wumva ushaka kuzabyara abana bangahe?

Ansila: Mama, jye sinzarenza batatu rwose.

Adela: None ukaba uvuga ko utajya ukurikirana inyigisho ku kuboneza urubyaro kuri radiyo na televiziyo. Nyamara zibamo amakuru menshi.

Ahubwo n'ejo ngiye kureba muganga yaratwigishije cyane. Mwana wa, ahubwo icara hasi nkunyurire mu byo twize muri make. Muganga yatwigishije ku ngingo zikurikira:
1. Kuboneza urubyaro ni icyo ari cyo.
2. Uburyo bwo kuboneza urubyaro butandukanye.
3. Akamaro ko kuboneza urubyaro.

Umugereka wa kane (4): Ifishi ya raporo ngarukagihembwe ku gusigasira umuco w'ibaganiro ku rwego rw'umuryango

Ifishi ya raporo ngaruka-gihembwe ku gusigasira umuco w'ibaganiro ku rwego rw'umuryango		
Iyi fishi yuzuzwa n'abagize umuryango incuro imwe mu mu gihembwe cy'amezi atatu (3) igahabwa komite y'itsinda yatowe.		
A.	**Amakuru y'ibanze ku muryango:**	
i)	Akarere	…………………………………………..
ii)	Umurenge	………………………………………..
iii)	Akagari	………………………………………
iv)	Umudugudu	………………………………………..
v)	Amazina y'uhagarariye umuryango	………………………………………
vi)	Nimero za Telefone	………………………..
vii)	**Igihembwe cya:**	• **Mbere** (Mutarama, Gashyantare, Werurwe)
		• **Kabiri** (Mata,Gicurasi, Kamena)
		• **Gatatu** (Nyakanga, Kanama, Nzeri)
		• **Kane** (Ukwakira,Ugushyingo, Ukuboza)
B. Amakuru kuri gahunda yo kwimakaza umuco w'ibiganiro mu muryango		
1)	Muri iki gihembwe, umuryango wanyu wakoze ibiganiro bihuje abagize umuryango bingahe?	……………………………………………………………………………………………………… ………………………
2)	Ni izihe nsanganyamatsiko mwaganiriyeho?	……………………………………………………………………………………………………… ………………………………………………………………

3)	Ni ibihe byiza byo kwishimira mwagezeho mu muryango nk'umusaruro w' ibiganiro mwakoze mu muryango?	………………………………………………………………………………………………… …………………………………………………………………….
4)	Haba hari imbogamizi mwahuye nazo? a) Niba ari Yego, Ni izihe?	………………………………………………………………………………………………… …………………………
	b) Mwazikemuye mute?	………………………………………………………………………………………………… …………………………
5)	Ni utuhe dushya(Ikintu kidasanzwe) twabaye mu muryango wanyu,imbarutso ibaye ibiganiro mwagiranye?	………………………………………………………………………………………………… …………………………
6)	Haba hari indi miryango mwabashije gushishikariza kwimakaza umuco w'ibiganiro mu muryango? Niba ari Yego Ni ingahe?	………………………………………………………………………………………………… ……………………………………………………………….
7)	Niba hari ibindi mwifuza kudusangiza, ibyifuzo, ibitekerezo… mwabidusangiza.	………………………………………………………………………………………………… …………………………
Murakoze!!!		

Umugereka wa gatanu(5): Ifishi ya raporo ngarukagihembwe ku gusigasira umuco w'ibaganiro ku rwego rw'itsinda

Ifishi ya raporo ngaruka-gihembwe ku gusigasira umuco w'ibaganiro ku rwego rw'itsinda		
Iyi fishi yuzuzwa na komite y'itsinda incuro imwe mu mu gihembwe cy'amezi atatu(3) igahabwa ubuyobozi bw'akagari		
A.	**Amakuru y'ibanze :**	
i)	Akarere	………………………………………………..
ii)	Umurenge	……………………………………………..
iii)	Akagari	……………………………………………
iv)	Umudugudu	……………………………………………..

v)	Amazina y'uhagarariye umuryango	………………………………………
vi)	Nimero za Telefone	……………………………………..
vii)	Umubare w'imiryango muhagarariye	……………………………………..
viii)	Igihembwe cya:	• **Mbere** (Mutarama,Gashyantare na Werurwe)
		• **Kabiri** (Mata,gicurasi na Kamena)
		• **Gatatu** (Nyakanga, Kanama, Nzeri)
		• **Kane** (Ukwakira,Ugushyingo n'ukuboza)
B. Amakuru kuri gahunda yo kwimakaza umuco w'ibiganiro mu muryango		
1)	Muri iki gihembwe, Ni imiryango ingahe yakoze ibiganiro bihuje abagize umuryango?	……………………………………………………………………………………………………… …………………………………………………………………
2)	Ni izihe nsanganyamatsiko zose zaganiriweho mu miryango?	……………………………………………………………………………………………………… ………………………………………………………………….
3)	Ni ibihe byiza byo kwishimira mwagezeho mu itsinda ry'imiryango muhagarariye nk'umusaruro w' ibiganiro byakozwe mu miryango?	…………………………………………………………………………………………………… …………………………………………………………………………………………………… …………..
4)	Mu ishyirwamubikorwa by'ibaganiro mu muryango, Haba hari imbogamizi imiryango muhagarariye yahuye nazo? a) Niba ari Yego,Ni izihe?	……………………………………………………………………………………………………… ……………………………………………………………………………………………………… ……………………………………..
	b) Zakemuwe gute?	……………………………………………………………………………………………………… ……………………………
5)	Ni utuhe dushya(Ikintu kidasanzwe) twabaye mu miryango muhagarariye,imbarutso ibaye ibiganiro byakozwe mu miryango?	…………………………………………………………………………………………………… …………………………………………………………………………………………………… ……

6)	Haba hari indi miryango, itsinda muhagarariye ryabashije gushishikariza umuco wo kwimakaza ibiganiro mu muryango? Niba ari Yego, Ni ingahe?	…… ……………………………………………………………………………………………………… ………
7)	Niba hari ibindi(ibyifuzo, ibitekerezo…)itsinda ry'imiryango muhagarariye ryifuza kudusangiza, mwabitugaragariza.	…… ……………………………………………………………
8)	Nka komite y'itsinda, haba hari imbogamizi mwahuye nazo mu ishyirwamubikorwa by'ibaganiro mu muryango	…… …………………………………………………………
Murakoze!!!		

Umugereka wa gatandatu(6): Imwe mu Imikino/Induhura yakwifashishwa
Umukino wa mbere(1): Mu mazi, ku nkombe

Uko umukino ukorwa:

- Uyoboye umukino asaba abandi kujya ku ruziga.
- Agasobanura ko imbere yabo ari inyanja mu gihe inyuma yabo ari inkombe.
- Ababwira ko agiye kujya asaba ko navuga ijambo "Mu mazi" abahugurwa basimbuka bajya imbere yabo ariho bita "Inyanja".
- Mu gihe abasabye gusubira inyuma akoresha ijambo " Ku nkombe".
- Iyo hagize ujya ahatari aho yavuze ahita ajya muruziga hagati agafasha umuyobozi w'umukino kureba ko hari abandi batajya aho bavuze.
- Uhugura akomeza kubikora gutyo kugeza ashatse guhagarika umukino
- Umukino kabiri (2): Umukino wo guhisha no gushaka

Uko umukino ukinwa:

- Abakinnyi bajya kuruziga , Umwe atoranywa agasohoka akajya aho atabona ibyo abandi bari gukora
- Iyo ari hanze, abandi bakinnyi bahisha ikintu runaka (urugero: ikaramu, umupira, igikinisho…).
- Uwasohotse ahamagarwa akagaruka
- Atangira gushaka aho icyo kintu cyahishwe kiri.
- Abakinnyi bandi bamufasha bamwereka uko yegera aho ikintu kiri bakoresheje amagambo nk'aya:
- "Uri kure cyane" (ni ukuvuga ko ikintu kiri kure aho ari).
- "Urimo kwegera" cyangwa "Uri hafi" (ni ukuvuga ko ari hafi y'aho ikintu kiri).
- "Wakigeraho" (ni uko ari hafi cyane).
- Iyo agifashe, bose barishima bagakoma mu mashyi, bakamubwira ko yatsinze, bigakomeza (bakohereza undi).

Umukino wa gatatu (3): Imibu

Uko umukino ukinwa;

- Uyoboye umukino asaba abahugurwa kujya kuruziga
- Uyoboye umukina avuga mwijwi riranguruye ijambo; "Imibu, imibu" agasaba abari kuriziga gusubiramo rimwe bati "imibu" akabivuga inshuro ashaka nabo bakamwikiriza ngo "imibu"
- Uyoboye umukino akavuga ngo yifate, abari gukina bakayifata mukiganza(gufunga ikiganza) amaboko yabo ari hejuru kugira ngo bigaragare hatagira uriganya abandi
- Uyoboye umukino yavuga ati yice, abari gukina bagakoma mumashyi(ikimenyetso cyo kwica imibu)
- Uyoboye yavuga ati yikandagire, abari gukina bagakoresha ukuguru kumwe bagakandagira umubu
- Uyoboye umukino akomeza kugenda ababwira icyo gukora niba ari yifate, yice cyangwa yikandagire gutyo gutyo akagenda abajijisha ahinduranya amagambo (yifate, yice, yikandagire) kugera ngo arebe ko bakurikiye.
- Unyuranyije n'amabwiriza aba atsinzwe akurwa mu mukino, agafasha uyoboye ukiganiro kureba abandi barabyica…gutyo gutyo hanyuma akaza gushimira abakinnyi bitwaye neza bagatsinda uwo mukino.

Umukino wa kane (4): Kwigana (Mimics Game)

Uko umukino ukorwa:

- Abakinnyi bahagarara mu itsinda.
- Umukinnyi umwe aratoranywa (bamuhitamo) bakamwereka inyamaswa, ikintu kizwi cyangwa igikorwa (urugero: gusenga, Inzovu, Inka, kwiruka, indogobe, inyoni, ihene, kunywa, kurya umusirikare…n'ibindi).
- Uwo mukinnyi agomba kwigana icyo kintu atavuze ahubwo akoreshe imyitwarire, ibikorwa n' ibimenyetso.
- Abandi bakinnyi barareba ibyo ari gukora cyangwa kubereka bagakeka icyo ari cyo. Uwukeka neza aba atsinze umukino akaba aba ari we ukurikiraho kwerekwa icyo abandi bari bucyeke.

Umukino wa gatanu (5): Agatambaro k'umwana w'Imana kari he?

Uko umukino ukorwa:

- Uyoboye umukino asaba abawukina gukora uziga murebimbere,
- Umwe agafata agatambaro akagenda azenguruka akazenguruka aririmba ngo (Agatambaro kumwana karihe? Bakamusubiza ngo "ngako karahise) (x2) akaza kugashyira inyuma yumwe mu bakina umukino.
- Yamugeraho atarakabona akamukorako akicara aho yariyicaye undi akazenguruka aririmba nawe aririmba ngo (Agatambaro kumwana karihe? Bakamusubiza ngo "ngako karahise) x2)

Umukino wa gatandatu(6) : Nkwihoreze

Uko ukorwa:
Intambwe ya mbere: Kora mingo y'abantu babiri, buri wese avuge inkuru mbi y'ubuzima bwe, hanyuma iyo nkuru ayite izina. Urugero: agahinda, ubupfubyi, kwigunga, etc. Hanyuma ubasabe kugaruka ku ruziga.

Intambwe ya kabiri:
- Umuyobozi akaririmba akaririmbo kavuga ngo "amazi yo ku iteke ko ari make (x2), ko atazamara inyota bikambabaza.
- Bose bagasubiza ngo: "Nkwihoreze".
- Baba bakoma amashyi bose mu njyana imwe

Intambwe ya gatatu:
- Umuntu umwe arunama,
- Abantu babiri bamukikije, uw'iburyo n'uw'ibumoso bagakubitana amashyi hejuru ye bavuga bati: "Nkwihoreze". "amazi yo ku iteke ko ari make (x2), ko atazamara inyota bikambabaza.

Gasaro nkwihoreze, Gatesi nkwihoreze,
Ukora uruziga kukajya mukoma mumashyi muririmba,

Umukino wa karindwi(7): Menya nanjye nkumenye
- Saba abantu kujya ku ruziga
- Usabe ko buri wese agenda avuga izina rye (byibura rimwe bakunda kuguhamagara)
- Birakorwa ku ruziga umwe umwe duhereye iburyo tugana ibumoso
- Noneho buri wese arajya abanza kuvuga amazina y'abamubanjiririje ahereye aho batangiriye kugeza aho bageze
- Bikomeze gutyo gutyo kugeza bahetuye uruziga

Umukino wa munani (8). Gutandurwana igikinisho
- Saba abitabiriye ikiganiro kujya ku mirongo 2 bahagarare barebana babiri babiri
- Shyira igikinisho (urugero: Icupa, ikaramu) hagati yaburi bantu babiri
- Tangira uvuga ibice by'umubiri bitandukanye
- Saba abitabiriye kujya bakora ku gice cy'umubiri uvuze
- Nyuma uze kuvuga izina rya cya gikinisho wifashishije.
- Saba abitabiriye ko nibumva uvuze izina rya cya gikinisho , noneho baza gutanguranwa kurifata
- Saba abaritanze abandi kuguma ku murongo abatarifashe bavemo kuko batsinzwe, bikomeze gutyo gutyo

Umukino wa cyenda (9): Ziraguruka
- Saba abahugurwa kujya ku uruziga rugari
- Saba abahugurwa kunama bakomanga ku mavi yabo bavuga ijambo ngo "ziraguruka." uyoboye umukino avuga izina ry'ikintu (Urugero: Inyoni, Inka, Inkoko, Inzu).
- Saba abahugurwa kuzamura maboko mu gihe ikintu kivuzwe kiguruka no gukomeza gukomana ibiganza ku ivi ku kintu kivuzwe kitagaruka.
- Saba uwabinyuranyije kujyamo hagati afashe umuyobozi kureba abandi bari bubyice.

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