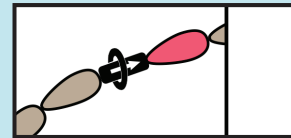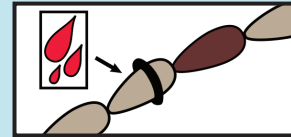# CycleBeads®

UBURYO BWA KAMERE, BUBONEYE MU KUBONEZA URUBYARO

ESE NI RYARI WAREBA UTANGA UBURYO BWO KUBONEZA URUBYARO?

◆ Mu gihe waba warakoze imibonano mpuzabitsina nta gakingirizo, kandi impeta iri ku isaro ryera.

◆ Niba utekereza ko wasamye, kuko imihango yawe itongeye kugaruka.

◆ Niba imihango yawe igarutse mbere y'uko impeta igera ku isaro ry'ikijuju kijimye.

◆ Niba imihango yawe itagarutse umunsi umwe nyuma y'uko impeta irenga isaro rya nyuma ry'ikijuju.

CycleBeads®

◆ Urunigi ntirurinda agakoko ka SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.

◆ Urunigi si igikinisho cy'abana, rushyire ahantu hiherereye, hatagera abana.

URUNIGI RW'UKWEZI K'UMUGORE NI IKI?

Urunigi rwerekana ukwezi k'umugore. Buri saro rimwe ringana n' umunsi umwe wo mu kwezi k'umugore. Amasaro y'amabara atandukanye afasha kumenya iminsi umugore ashobora gusamiraho.

AKAMBI kerekana icyerekezo wimuriramo impeta.

Isaro RITUKURA rigaragaza umunsi wa mbere w'imihango.

Isaro ry'IKIJUJU KIJIMYE rigufasha kumenya niba ukwezi kwawe kuri munsi y'iminsi 26.

Amasaro yose y'IKIJUJU agaragaza iminsi ufite amahirwe make yo gusama.

Amasaro yose YERA agaragaza iminsi ufitemo amahirwe menshi yo kuba wasama.

NINDE USHOBORA GUKORESHA URUNIGI RW'UKWEZI K'UMUGORE?

◆ Abagore babona imihango buri kwezi.

◆ Abashakanye bashobora kwirinda imibonano mpuza bitsina cyangwa gukoresha agakingirizo mu minsi umugore ashobora gusamiraho.
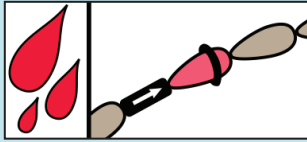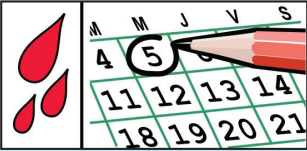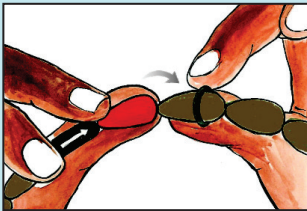
URUNIGI RUKORESHWA GUTE?

1. Shyira impeta ku isaro ritukura ku munsi waboneyeho imihango.

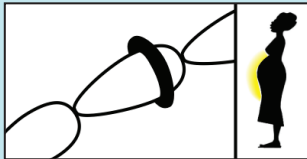2. Andika iyo tariki waboneyeho imihango ku ndangaminsi yawe.

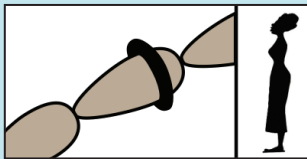3. Imurira buri munsi impeta ku isaro rikurikira, bikore utyo no mu gihe uri mu mihango.

   Buri munsi imura impeta mu cyerekezo cy'umwambi urebamo.

4. Ifate cyangwa ukoreshe agakingirizo mu gihe cyose impeta iri ku isaro ryera.

5. Ushobora gukora imibonano mpuzabitsina idakingiye mu gihe cyose impeta iri ku isaro ry'ikijuju, kuko utasama muri iyo minsi.
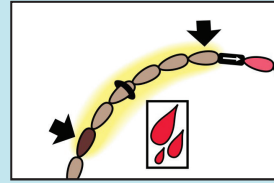
6. Ongera wimurire impeta ku isaro ritukura mu gihe usubiye mu mihango ndetse usimbuke amasaro yose yaba asigaye.
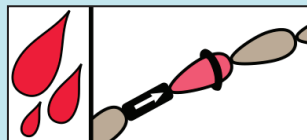
## KOMEZA GUKURIKIRANA UKWEZI KWAWE UKORESHEJE URUNIGI

◆ Urunigi ruba rukubereye, igihe cyose imihango yawe igarutse impeta yawe igeze kuri rimwe mu masaro ari hagati y'ikijuju kijimye n'isaro rya nyuma ry'ikijuju.

Imihango ije vuba cyane

◆ Niba imihango yawe igarutse impeta itaragera ku isaro ry'ikijuju cyijimye bivuze ko wagize ukwezi ku gufi.

◆ Niba imihango yawe igarutse nyuma yo kurangiza gushyira impeta ku isaro rya nyuma ry'ikijuju cyijimye bivuze ko wagize ukwezi kurekure.
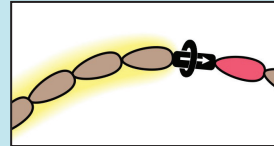
Niba ugize ukwezi kugufi cyangwa kurekure incuro ebyiri mu mwaka ni ngombwa kwihutira kureba utanga uburyo bwo kuboneza urubyaro ukwegereye.

NI RYARI USHOBORA GUTANGIRA GUKORESHA URUNIGI?

Ushobora gutangira gukoresha urunigi ku munsi wa mbere uboneyeho imihango.
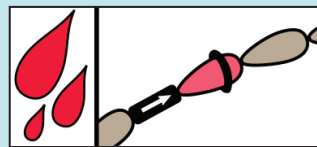
Irinde kongera gusama utaruzuza nibura imyaka ibiri ubyaye, ni byiza k'ubuzima bw'umwana n'ubw'umubyeyi.

ABAGORE BAMWE BAGOMBA GUTEGEREZA MBERE YO GUKORESHA URUNIGI

◆ Abagore baheruka kubyara cyangwa bonsa bagomba gutegereza mbere y'uko bakoresha urunigi.

◆ Abagore baheruka gukoresha ibinini cyangwa inshinge nk'uburyo bwo kuboneza urubyaro bagomba gutegereza mbere y'uko bakoresha urunigi.

Muri ibyo bihe bivuzwe hejuru, birashoboka cyane ko ukwezi kuba kutarasubira neza ku murongo. Ni ngombwa kubanza kureba utanga uburyo bwo kuboneza urubyaro akabigufashamo.

NI IKI WAKORA IGIHE WIBAGIWE KWIMURA IMPETA?

Niba wibagiwe kwimura impeta kora ibi bikurikira:

◆ Mbere na mbere reba itariki uherukiraho imihango ku ndangaminsi.

◆ Uhereye kuri iyo taliki bara iminsi ishize n'uwo munsi urimo.

◆ Utangiriye ku isaro ritukura, bara amasaro angana n'iminsi wabaze ku ndangaminsi maze ushyire impeta ku isaro ry'uwo munsi.

UKWAKIRA