

Kwigisha no Gutanga Urunigi rw'Ukwezi k'Umugore:

Imfashanyigisho y'amahugurwa
y'Abajyanama b'Ubuzima



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Institute for
Reproductive Health
Georgetown University



Kwigisha no Gutanga Urunigi rw'Ukwezi k'Umugore:

Imfashanyigisho y'amahugurwa y'Abajyanama b'Ubuzima

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Kwigisha no Gutanga Urunig rw'Ukwezi k'Umugore:

Imfashanyigisho y'amahugurwa y'Abajyanama b'Ubuzima

Kaminuza ya Georgetown, Ikigo Cyita ku Buzima bw'lmyororokere, Inyandiko ya Kabiri Website: www.irh.org

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Byateguwe na:

Ababigizemo uruhare:

Ilyi mfashanyigisho bwa mbere yateguwe kandi yandikwa na Kimberly Aumack Yee, Umukozi wahawe akazi na Jeannette Cachan, Umuyobozi w'Amahugurwa mu Kigo Cyita ku Buzima bw'lmyororokere (IRH). Ivugururwa ryayo ryakozwe na Jeannette Cachan, Frances Walker na Marie Mukabatsinda hamwe na IRH.

Aba fashishe mu kubinoza:

Aba bakurikira nibo bafashije mu kunoza no gutanga ibitekerezo ndetse n'imikoro yifashishwa mu guhugura babikuye mu byagiye bikorerwa mu mishinga hirya no hino ku rwego mpuzamahanga: Monica Marini, Margarita de Monroy, Sujata Naik, na Trinity Zan.

Gutunganya amashusho:

Dave Klemm wo mu Ishami ry'Imfashanyigisho mu Ishuri ryigisha Abaganga rya Kaminuza ya Georgetown ni we watunganyije amashusho, amafoto ndetse n'isura y'igitabo. Ariko isura yagendeweho yakozwe na Elizabeth Kvernen.



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Iriburiro

Iyi Mfashanyigisho yakorewe bande?

Gutanga Urunigi rw'Ukwezi k'Umugore:

Imfashanyigisho yo guhugura Umujyanama

w'Ubuzima ni uburyo bwo gufasha abahugura cyangwa se bakurikirana imikorere y'abajyanama b'ubuzima.

Yakorewe kugufasha gutegura ndetse no gukora amahugurwa aha ubumenyi abajyanama b'ubuzima kugira ngo bashobore:

- Gutanga Uburyo bw'lminsi Idahinduka® muri gahunda yo kuboneza urubyaro
- Kwifashisha Urunigi rw'Ukwezi k'Umugore® ndetse n'impapuro ziri kumwe na rwo mu gapaki, akabikoresha nk'ibimufasha kwiga ndetse no gukoresha ubu buryo.

Hari uburyo bwinshi bwo gutegura abajyanama b'ubuzima kugira ngo bashobore kugira ubumenyi buhagije k'Uburyo bw'lminsi Idahinduka, bagasobanukirwa uko ubu buryo butangwa ndetse bagakora imyitozo yo kubwigisha no gutanga ubujyanama. Iyi mfashanyigisho ni igikoresho ndetse n'umuyoboro w'ubutumwa bw'ingenzi n'ingero z'imitegurire y'amasomo wakwifashisha mu gutegura amahugurwa by'umwihariko ay'abajyanama b'ubuzima. Iyi mfashanyigisho ishobora gukoreshwa mu buryo bwinshi butandukanye. Iragufasha nka:

- Gahunda yuzuye y'amahugurwa harimo ubutumwa bw'ingenzi, imitegurire y'amasomo, ndetse n'ibikoresho bigufasha kugenzura uko amahugurwa yagenze
- Gahunda y'amahugurwa ushobora guhindura bitewe n'icyo ubona ko abajyanama b'ubuzima bakeneye kumenya
- Iyo wakwifashisha mu gutegura amahugurwa ku buryo bwawe wihiityemo

Muri iyi mfashanyigisho, tuzakoresha cyane ijambo "Urunigi

Ese Urunigi rw'Ukwezi k'Umugore n'Uburyo bw'lminsi Idahinduka bivuga iki?

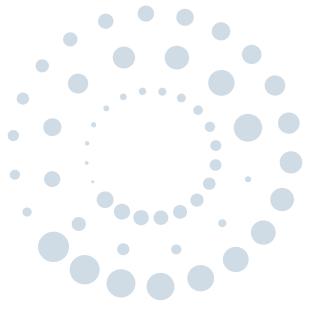
Uburyo bw'lminsi
Idahinduka ni uburyo
bwo kuboneza urubyaro
bwa kamere bushya.

Bugenewe abagore
bagira ukwezi kwabo
kuri haga ti y'iminsi 26
na 32. Umugore n'uwo
bashakanye bahisemo
uba buryo baresha igikoresho cyitwa "Urunigi
rw'Ukwezi k'Umugore®" kugira ngo babashe
kumenya igihe cy'iminsi umugore ashobora
gusama. Hanyuma rero, kugira ngo birinde
gusama, abashakanye barifata cyangwa se
bagakoresha bumwe mu buryo bubuza intanga
y'umugabo guhura n'iy'umugore nk'agakingirizo
mu gihe cy'iminsi umugore ashobora gusama.
Iyo minsi igaragazwa n'igihe impeta iri kuri rimwe
mu masaro yera iryo ari ryose ku runigi.

Kubera ko ari uburyo bwa kamere cyangwa se
bushingiye ku kumenya iminsi y'uburumbuke,
Uburyo bw'lminsi Idahinduka (n'Urunigi rw'Ukwezi
k'Umugore) ntacyo bwangiza k'ubuzima
cyangwa se ngo bugire izindi ngaruka mbi. Iyo
bukoreshewe neza, ubu buryo butanga icyizere
cyo 95% cyo kwirinda gusama.¹ Ibi bivuze ko mu
bagore 100 bukoreshewe ubu buryo neza mu
gihe cy'umwaka, hari 5 basama. Abajyanama
b'ubuzima bahuguwe neza bashobora
kugenzura bakamenya neza niba umugore
n'uwo bashakanye bashobora gufashwa
n'Urunigi rw'Ukwezi k'Umugore, hanyuma
bakabigisha uko barukoresha neza.



¹Arevalo MI, Jennings, V., and Sinai I. 2002; Efficacy of a new method of family planning: the Standard Days Method. Contraception, 65:333-338.



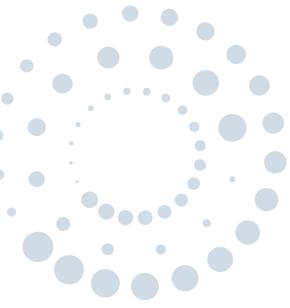
rw'Ukwezi k'Umugore" kurusha uko hakoresha ijambo "Uburyo bw'lminsidi Idahinduka". N'ubwo bwose "Urunigi rw'Ukwezi k'Umugore" ubwarwo atari uburyo bwo kuboneza urubyaro, ahubwo rukaba ari igikoresho gifasha abashakanye gukoresha neza uburyo bwo kuboneza urubyaro, akensi abantu bakunze gukoresha ijambo "Urunigi" bashaka kuganisha k'Uburyo bw'lminsidi Idahinduka.

Guhugura Abajyanama b'Ubuzima

Ibikorwa bijyanye n'aya mahugurwa byateguriwe abajyanama b'ubuzima bize byibura amashuri abanza, kandi bibaha amahirwe yo gukorana hamwe mu gihe bitegerezza, bumva, baganira ndetse n'igihe bakora imyitozo yo gutanga Urunigi rw'Ukwezi k'Umugore. Aho kugendera cyane ku mpapuro nyinshi zanditse, aya mahugurwa ashingira ku gikoresho kimwe rukumbi: Agapaki k'Urunigi rw'Ukwezi k'Umugore karimo amakuru ahagije mu kwigisha no gukoresha Uburyo bw'lminsidi Idahinduka. Aya mahugurwa kandi yifashisha uburyo bwo guhugura bworoshye budasaba ko uhugurwa aba yarize bihambaye. Ibyo abahugurwa basabwa gukora byateguwe ku buryo bishobora kurangira byibura mu gihe cy'amasa 3.

Buri somo riri muri iyi mfashanyigisho rikubiyemo ibisobanuro bifatika by'amabwiriza ari mu mpapuro ziri mu gapaki kabamo n'Urunigi. Ako gapaki karimo amafoto n'amagambo bylibutsa umugore n'uwo bashakanye uko bakoresha neza uburyo. Ibisobanuro biri muri ari gapaki kandi bifasha abajyanama b'ubuzima gutanga Uburyo bw'lminsidi Idahinduka mu buryo bworoshye kumva. Mu gihe bari mu mahugurwa, buri mujyanama w'ubuzima yakagombye kuba afite kopi y'aya mabwiriza hamwe n'Urunigi rw'Ukwezi k'Umugore byibura rumwe. Amabwiriza anabafasha kureba neza bitonze amafoto amagambo, kwitwararika uko amakuru bagezwaho akurikiranye ndetse no gukora umwitozo w'uko bayakoresha mu gihe baganira n'abagore hamwe n'abashakanye ibyerekeye Uburyo bw'lminsidi Idahinduka. Ikarita iriho ifoto nini muri aka gapaki nayo ishobora gukoreshwa mu gutsindagira ingingo z'ingenzi.

Amakuru, ibyo wakwifashisha mu guhugura ndetse n'amabwiriza bikubiye muri iyi mfashanyigisho byakorewe igeragezwa hamwe n'abajyanama b'ubuzima hirya no hino ku isi. Bigaragaza uburyo abajyanama b'ubuzima bagirana ibiganiro n'abagore ndetse n'abashakanye aho batuye. Nyamara, ubunraribonye bw'ahantu runaka ndetse n'ibyo amatsinda amwe n'amwe aba yifuza gukura mu mahugurwa usanga hari ukuntu byihariye kandi bigiye bitandukana. Ni ngombwa rero kumenya neza abo ugiye guhugura abo ari bo, kuko ari byo bigufasha guhindura no kunoza ibikorwa



n'ingero ziri muri iyi mfashanyigisho kugira ngo bigufashe kugera ku nyota y'ibyo abo uhugura ndetse n'abaturage b'aho baba/bakorera bakeneye.

Intego z'amahugurwa

Abajyanama b'ubuzima nibaba bamaze kumva neza ubutumwa bw'ingenzi ndetse n'intego byanditswe muri iyi mfashanyigisho, bazaba bashobora:

- Gsobanura neza no gutanga Urunigi rw'Ukwezi k'Umugore nyuma yo gufasha ababagana kwihitiramo uburyo bakoresha
- Kureba neza niba Urunigi rw'Ukwezi k'Umugore ruzafasha umugore ndetse n'uwo bashakanye
- Kwigisha abagore n'abo bashakanye ku Runigi rw'Ukwezi k'Umugore rukoreshwa
- Kuganira n'umugore cyangwa se abashakanye uko bazitwara mu minsi umugore ashobora gusama
- Kohereza umugore cyangwa se abashakanye ku rwego rwisumbuye rutanga serivisi z'ubuzima, igihe bibaye ngombwa

Ibikubiye muri iyi mfashanyigisho

Iyi mfashanyigisho yitwa: Gutanga Urunigi rw'Ukwezi k'Umugore: Imfashanyigisho y'amahugurwa y'Abajyanama b'Ubuzima ikubiyemo ibi bikurikira:

Urugero rw'ibikubiye mu mahugurwa

Hari urugero rw'ibikubiye mu mahugurwa rugaragaza ingingo iri buganirweho, igihe biramara, intego, ibiza kwigwaho muri iyo ngingo, uburyo bwo gutanga iryo somo, hamwe n'isuzumabumenyi ry'amahugurwa y'Abajyanama b'Ubuzima k'Urunigi rw'Ukwezi k'Umugore. Ushobora gukora aya mahugurwa nk'uko biteganyijwe ntacyo uhinduyeho cyangwa se ukagira ibyo uhindura bitewe n'ibyo ushaka kugeraho. Ariko hari n'umwanya utanditsemo w'aho ushobora kwandika ibyo wifuza gushyira mu mahugurwa cyangwa gahunda ugiye gukoresha k'Urunigi rw'Ukwezi k'Umugore.

Ingero z'amasomo

Hari ingero zirindwi z'amasomo zisobanura mu buryo burambuye ibikubiye muri aya mahugurwa. Buri somo ririmo ubutumwa bw'ingenzi burimo ubumenyi bw'ibanzo abajyanama b'ubuzima bakenye kumenya. Buri somo kandi rifite amabwiriza yihamwe ndetse n'ibikoresho hamwe n'inyandiko zikenewe mu kwigisha iri somo. Aya mabwiriza kandi arimo uburyo bwo gutegura ndetse no gusubiza ibibazo, kwerekana uko Urunigi rw'Ukwezi k'Umugore rukoreshwa, imikorongiro yifashisha ingero z'ibyabaye, udukino ngiro, hamwe n'udukino dusekeje ariko dukubiyemo inyigisho. Ibi byose bigufasha **KUVUGA, KWEREKANA, GUSHYIRA MU BIKORWA** no **GUSUBIRAMO** ubutumwa bw'ingenzi



n'ubumenyi kuri buri somo ndetse yemwe no gukora **ISUZUMA** ry'ubumenyi bufatika abajynama b'ubuzima bafite bijyanye n'intego mwari mwihaye.

Imigereka

Imigereka ikubiyemo ibidufasha kunoza amahugurwa, birimo nk'ibikuiye mu gapaki karimo Urinigi rw'Ukwezi k'Umugore ndetse n'inyandiko biri kumwe, ibyavuye mu bushakashatsi, Ibisobanuro by'uko wakwinjiza Urinigi rw'Ukwezi k'Umugore mu bikorwa byawe by'ubuvazi, ibibazo bikunze kwibazwa, hamwe na lisiti y'ahantu hatandukanye wakura amakuru yagufasha mu mahugurwa.

Agapaki karimo Urinigi rw'Ukwezi k'Umugore n'ibisobanuro bijyana na rwo

Muri iyi mfashanyigisho hakubiyemo n'agapaki karimo Urinigi rw'Ukwezi k'Umugore hamwe n'ibisobanuro bijyana na rwo. Ibi bikoresho ni ngombwa cyane kuko bikoreswa n'abajyanama b'ubuzima nk'impfashanyigisho babonesha amaso yabo ibafasha kwiga k'Uburyo bw'lminsi Idahinduka. Ikindi kandi biri ngombwa kubera ko abakoresha Urinigi rw'Ukwezi k'Umugore bagenda bareba amasaro bagezeho buri munsi kandi bagakoresha ibisobanuro biri mu gapaki mu kwiyibutsa icyo bakwiye gukora. Ingero z'amasono zerekana uko bakoresha Urinigi rw'Ukwezi k'Umugore ndetse n'ibisobanuro biri kumwe mu gapaki mu gihe batanga uburyo ku bagore cyangwa se abashakanye. Ibi biha abajyanama b'ubuzima umwanya wo kwiga no **KWITOZA** uko bakoresha izi mfashanyigisho mbere y'uko bazajya gutanga uburyo.

Impapuro nini z'ibisobanuro

Muri iyi mfashanyigisho harimo impapuro nini, buri rwose rukaba ruriho igisobanuro kimwe mu biri mu gapaki. Izi mpapuro nini zifasha mu **KWEREKANA** ubutumwa bw'ingenzi abajyanama b'ubuzima baba barimo kwiga kandi zishobora no kubafasha mu gihe bari mu dukino tubafasha kungurana ibitekerezo mu byo biga. Amafoto ari kuri izo mpapuro asa nk'ari mu gapaki k'ibisobanuro, akaba afasha umujyanama w'ubuzima kwiga neza uko yabikoresha igithe agirana ikiganiro n'abandi ku ngingo z'ingenzi k'Urinigi rw'Ukwezi k'Umugore.

Iyi mfashanyigisho ikoreshwa gute

Mbere na mbere, banza urebe neza intego n'ubutumwa bw'ingenzi kuko ari byo bigufasha kumenya neza ko uri bushobore kwigisha ibikenewe byose kandi ugashobora gutanga ubumenyi bwa ngombwa butegura abajyanama b'ubuzima kuzatanga Uburyo bw'lminsi Idahinduka bwifashisha Urinigi rw'Ukwezi k'Umugore.

Soma ingero z'amasono zikwereka birambuye uburyo bwizweho kandi bukagenzurwa neza bwo guhugura k'Uburyo bw'lminsi Idahinduka. Ushobora gukoresha izi ngero z'amasono nk'uko zateguwe cyangwa se ukazihindura bitewe n'uko ubona itsinda ry'abo ugiye guhugura kimwe n'uko ushobora guhitamo bimwe mu bindi bikorwa



byateganyijwe ukaba ari byo ugenderaho. Na none ushobora guhitamo guhindura uburyo amasomo agenda akurikirana. Gerageza guhitamo uburyo bwo guhugura bukunogeye ndetse n'ibikorwa bigufasha kurusha ibindi, kandi ubikoreshe ku buryo bifasha abajyanama b'ubuzima kumva neza ikigamijwe ndetse no kuzigisha no gutanga Urinigi rw'Ukwezi k'Umwugore neza.

Ikindi wahitamo, ni ugufata iyi mfashanyigisho nk'igikoresho kigufasha kubona ibitekerezo byo kwikorera gahunda yawe yihamiye y'amahugurwa k'Urunigi rw'Ukwezi k'Umwugore. Kugira ngo ushobore gutunganya neza aya mahugurwa ukurikije uko itsinda ryawe rimeze, banza usubize ibi bibazo bikurikira:

Abajyanama b'ubuzima ngiye guhugura:

- Ni bande/bateye bate?
- Ni iki basanzwe bazi kandi bakora neza?
- Ni iki bakeneye nk'inonyerera ku bumenyi, imyitwarire, ubushoboz n'imyumvire kugira ngo bazashobore kwigisha no gutanga Urinigi rw'Ukwezi k'Umwugore?
- Bari ku ruhe rwego mu gusoma no kwandika?
- Ni iki cyabafasha gukurikirana amahugurwa no kwiga neza?

Igihe ufite:

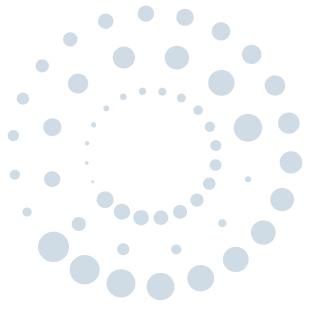
- Igihe mufite cyo gukoresha mu mahugurwa kingana gute?
- Ese urabona uzashobora gukora amahugurwa azamara hagati y'amasa ha atatu kugera kuri atandatu?
- Urabona se byaba byiza gukora amahugurwa ku ngingo z'ingenzi gusa noneho ibyo gukora imyitozo ngiro ku kwigisha no gutanga Urinigi rw'Ukwezi k'Umwugore bikazakorwa mu gihe cyo gusura no gukurikirana ibikorwa by'abajyanama b'ubuzima cyangwa mu nama z'abakozi?

Uburyo bwo guhugura

- Ni ibihe bikorwa byafasha abagize itsinda urimo guhugura kugera ku ntego mwihaye?
- Ni nde uri bwerekane uko Urunigi rw'Ukwezi k'Umwugore rwigishwa mu buryo bworoshye kumva?
- Abajyanama b'ubuzima bakeneye gukora imyitozo ngiro ingahe?

Isuzumabumenyi

- Ni gute uza kugenzura ko abajyanama b'ubuzima bumvise neza intego mwari mwihaye?
- Uzafasha ute abajyanama b'ubuzima kugira ngo bazashobore kugenzura ko



abagore n'abashakanye barimo kwigisha bumva Urunigi rw'Ukwezi k'Umugore neza?

- Nyuma y'amahugurwa ni nde uzakurikirana kugira ngo arebe ko abajyanama b'ubuzima bashoboye kwigisha no gutanga Urunigi rw'Ukwezi k'Umugore ku bagore n'abashakanye mu buryo buonoze?

Ibizakenererwa kugira ngo amahugurwa agende neza

- Aho amahugurwa azabera
- Ni ibihe bikoresho uzakenera (amakaramu, impapuro, Inigi z'Ukwezi k'Umugore, intebé, n'ibindi.)
- Ni ibihe bikoresho bindi ugomba gутегура mbere y'umunsi w'amahugurwa? (Impapuro zicapye ziriho inyigisho uzaha abahugurwa-handouts, impapuro zicapye ziriho ingeri z'ibyo bazigira mu matsinda-case studies, impapuro zicapye zanditseho udukino ngiro-role plays, inyandiko z'udukino dusekeje ariko dukubiyemo inyigisho-learning games, n'ibindi)
- Ese abazahugurwa babimeneshejwe kandi bazi aho amahugurwa azabera?

Ibindi bizakorwa nyuma y'amahugurwa

- Murateganya kuzajya mu baturage inshuro zingahe kugira ngo mubabwire kuri ubu buryo bushya bwo kuboneza urubyaro?
- Ni nde uzakurikirana imikorere y'abajyanama b'ubuzima bazaba bamaze guhugura?
- Ese murateganya kuzajya mubasura mukareba uko bigisha n'uko batanga Urunigi rw'Ukwezi k'Umugore cyangwa se kuberekera uko bakwiriye kubikora?
- Ese haba hari impapuro zasubiwemo zo gutangiraho raporo cyangwa ibindi waba ukeneye kugira ngo ushabore gutanga raporo? Ese abajyanama b'ubuzima bazi uko buzuza izo mpapuro za raporo?
- Ni gute muzabona Inigi z'Ukwezi k'Umugore kandi mugashobora kugaruza amafaranga mwakoresheje ku kuzishaka?

Mu gihe waramuka udashoboye gusubiza ibi bibazo byose, ariko ukaba wabitekerejeho kandi ukaba ubona uko uzabikemura bizagufasha kumenya neza ko aya mahugurwa azagirira akamaro itsinda ry'abo ugiye guhugura kandi bigufashe no kuyategura neza. Wifashishe inyandiko y'ibikubiye mu mahugurwa nk'uburyo bumwe bwo kwigisha abajyanama b'ubuzima uko batanga Urunigi rw'Ukwezi k'Umugore. Cyangwa se ukoreshe umwanya wateganyijwe utanditsemo niba ushaka guhindura cyangwa kuyobora amahugurwa mu buryo bwawe bwihariye.

Ibikubiye muri iyi mfashanyigisho

Iyi mfashanyigisho ikubiyemo amakuru yose n'ubumenyi bukenewe kugira ngo ushabore guhugura abajyanama b'ubuzima bakamenya kwigisha no gutanga Uburyo bw'Iminsi Idahinduka hakoreshejwe Urunigi rw'Ukwezi k'Umugore n'agapaki karimo ibisobanuro nk'igikoresho gifasha mu kwigisha. Ikigamijwe ni ugukora amahugurwa atagoye ariko rero afite ireme kandi ashobora



guhindurwa ariko bitaremereye abajyanama b'ubuzima, mubaha ibirenze ibyo bakeneye kumenya cyangwa se badakoresha kenshi.

Iyi mfashanyigisho kandi iragufasha kwigisha abajyanama b'ubuzima uko bashobora kohereza abagore bamwe na bamwe bifusa gukoresha Urunigi rw'Ukwezi k'Umugore ku ivuriro ryisumbuye cyangwa k'umukozi wo kwa muganga wahuguwe kugira ngo bahabwe amakuru aruseho ndetse banarebe ko bakwiriye gukoresha ubu buryo. Mwene abo bagore ni nk'abigeze gukoresha uburyo bwo kuboneza urubyaro burimo imisemburo hamwe n'abagore baba bacherutse kugira ibibazo by'ubuzima nko gukuramo inda. Ibi ngibi ntabwo byavuzweho birambuye muri iyi mfashanyigisho. Impamvu bitarimo ni uko bidakunze kubaho cyane, kandi abajyanama b'ubuzima baba bakeneye kubigiraho ubumenyi buri hejuru kugira ngo bazashobore gucyemura mwene ibyo bibazo.

Niba uteganya kwigisha abajyanama b'ubuzima uko bigisha bakanaha Uburyo bw'lminsi Idahinduka n'Urunigi rw'Ukwezi k'Umugore ku bagore baioresheje uburyo bwo kuboneza urubyaro burimo imisemburo cyangwa se barakuyemo inda, uzakenera andi makuru n'ubundi bumenyi butari muri iyi mfashanyigisho. Amakuru arambuye k'uburyo bwo gukemura mwene ibyo bibazo bidasanzwe, wabisanga ku rubuga rwa murandasi ruriho amahugurwa k'Uburyo bw'lminsi Idahinduka ari rwo www.irh.org.

Uramutse ufile ikibazo cyangwa ukeneye ubufasha mu gihe utegura amahugurwa k'Urunigi rw'Ukwezi k'Umugore wabaza umuntu wahuguriwe guhugura abandi kandi ubifitemo ubunararibonye. Ushobora kandi no gusura abakozi bo kwa muganga b'inzobere ukareba uko bigisha kandi bagatanga Urunigi rw'Ukwezi k'Umugore ku bakiriya babo babyifusa. Ushaka andi makuru menshi k'Uburyo bw'lminsi Idahinduka, Urunigi rw'Ukwezi k'Umugore ndetse n'ubundi buryo bwo kuboneza urubyaro bishingiye ku kumenya iminsi y'uburumbuke, wasura urubuga rwa IRH ari rwo <https://www.irh.org/standard-days-method-resource-repository/>

Urugero rw'ibikubiye mu mahugurwa

Isomo n'ighe rimara	Intego	Ibkubiyre mu isomo	Uko isomo ritangwa n'ibikoresho bikenewe*	Uko ugenzura ko isomo ryogenze neza
#1 Kuboneza urubayo no kwinithiramo uburyo war maze gusobanuriwa neza: Urungi rw'Ukwezi k'Umugore ni iki? Iminota 20	<ul style="list-style-type: none"> Gusobanura ibizya byo gutandukanya a mbyaro Kuvuga kuboneza urubayo icyo ari cyo ukandikora urifonde rw uburyo buryanye bwo kuboneza urubayo Gusobanura muri macye Urungi rw'Ukwezi k'Umugore nk'amwe mu mabitimo menshi yo kuboneza urubayo ku bagore ndetse n'abashakanye 	<ul style="list-style-type: none"> Gutanga ikaze, ibibitro, Intego Uko gustyira umwonya ubagije hagati yimbaro bigira uruhare mu kugira ubuzima bwiza Guhitamo uburyo bwo kuboneza urubayo war maze gusobanuriwa neza Urunigi rw'Ukwezi k'Umugore: icyo ari cyo, Uko tukura, amadbara yamasaro agize Urungi rw'Ukwezi k'Umugore asobanura iki? 	<ul style="list-style-type: none"> Guhugura hakoreshejwe uburyo bw'ibibazo n'ibisubizo Kwerekana uko Urungi rw'Ukwezi k'Umugore rukoresha Gukora ku Runig, ukumvya uko rumuze ndetse ukareba nibiri mu gapaki karimo ibisobanurot Gusubiramo ingingo z'ingenzi 	<ul style="list-style-type: none"> Ukoresha amahugurwa arongera akerekana ubuko wasobanura uko Urungi rw'Ukwezi k'Umugore twifija muri gahunda yo Guhitamo uburyo bwo kuboneza urubayo war maze gusobonuriwa neza
#2 Ukoresha ute Urungi rw'Ukwezi k'Umugore? Iminota 20 kugeera kuti 45	<ul style="list-style-type: none"> Kubasha kwerekana no kubwira abandi: Uko Urungi rw'Ukwezi k'Umugore rukoresha Uko warmenya niba wabonye imihango hakiki kare cyangwa niba uyibonye yatinze cyane 	<ul style="list-style-type: none"> Gutangira kurukoresha ku munsti wa mberie w'imihango Kwimura impeta buri muni Gukoresha agakirigitzo cyangwa se kwifata munisti impeta iriki masato yera Kongera gutangira ku munsti wa mberie w'imihango y'ubutara Kureba niba wabonye imihango hakiki kare cyangwa niba uyibonye yatinze cyane 	<ul style="list-style-type: none"> Kwerekana uko rukoresha Kureba witonze ibikubiyre mu gapaki karimo ibisobanuro Umkoko ngijo wo kwimtenyereza uko uzeraka abaandi uko bakoresha Urungi rw'Ukwezi k'Umugore Ibiganito mu matsinda Ukoresha amahugurwa arongera akerekana uko rukoresha akurikje uko imikorongilo yagenze Gusubiramo ingingo z'ingenzi 	<ul style="list-style-type: none"> Kureba uko abajyanama b'ubuzima bakora imikorongiro mu matsinda matoya ya babiri bobili ku kwerekana no kwigisha a umuntu runaka ibi bikutikta: Uko Urungi rw'Ukwezi k'Umugore rukoresha Uko warmenya niba wagije mu mihangohakiki kare cyane cyangwa btitze cyane
#3 Ni bande bashobora gukoresha Urungi rw'Ukwezi k'Umugore? Iminota 30	<ul style="list-style-type: none"> Gushoborda kubaza ibibazo bigifasha kumenya niba Urungi rw'Ukwezi k'Umugore rubereye umugore runaka ndetse n'uwo bashakanye 	<ul style="list-style-type: none"> Abagore balya mu mihangoo hastize ighe kingana n'ukwezi HAMWE n'Abashakanye bashobora gukoresha agakirigitzo cyangwa kwifata mu minsi umugore cishobora guusuma Kubaza ibibazo bifasha kumenya ibyavuze haruguru 	<ul style="list-style-type: none"> Guhugura hakoreshejwe uburyo bw'ibibazo n'ibisubizo Kwerekana uko rukoresha ukavuga n'abashobora kurukoresha Kureba reza ibikubiyre mu gapaki karimo ibisobanuro Kwiga ku ngero ziba zarabayeho Gusubiramo ingingo z'ingenzi 	<ul style="list-style-type: none"> Gukoresha uburyo bw'ibibazo n'ibisubizo kgirja ngo uiebe uko abajyanama b'ubuzima bazabaza ibibazo kugira no bar menyighe umugore ashobora gurangirira gukoresha Urungi rw'Ukwezi k'Umugore Ushobora no gukoresha agakino ngijo Cyangwa se ukongera ukabereka uko Urungi rw'Ukwezi k'Umugore rukoresha ugamilie gusobanura ighe umugore ashobora gutangirira kurukoresha
#4 Ni nyari watangira gukoresha Urungi rw'Ukwezi k'Umugore? Iminota 30	<ul style="list-style-type: none"> Kumenya ighe umugore ashobora gutangira gukoresha Urungi rw'Ukwezi k'Umugore Kubwira umugore icyo yokora mu ghe yibagive kwimura impeta 	<ul style="list-style-type: none"> Ku bagore balya mu mihangoo hastize ighe kingana n'ukwezi: Ashobora guhita atangira kurukoresha, NIBA azi neza italki yatangirijeho imihango aheruka kuyamo NIBA atazi neza igite italki yatangirijeho imihango aheruka kurukoresha ku munsti wa mberie w'mitango ye itaha Tugomba kumubaza ibibazo bimufasha: Guhitamo ibantu bizeya bimufasha kwibuka kwimura impeta buri muni Kumenya icyo yokora mu ghe yibogive kwimura impeta 	<ul style="list-style-type: none"> Guhugura hakoreshejwe uburyo bw'ibibazo n'ibisubizo Kwerekana uko Urungi rw'Ukwezi k'Umugore rukoresha ugamilie gusobanura ighe umugore ashobora gutangirira kurukoresha nicyo yokora ighe yibagive kwimura impeta Gusubiramo ingingo z'ingenzi 	<ul style="list-style-type: none"> Uko ugenzura ko isomo ryogenze neza

Urugero rw'ibikubiyemuhugurwa

Isomo n'ighe rimara	Intego	Ibkubiye mu isomo	Uko isomo ritangwa n'ibikoresho bikenewe*
#5 Kubaza kubyerekeye konsa no kuboneza urubayo Ininota 15	<ul style="list-style-type: none"> Gushabora kubaza ibilazo bigufasha kumenya niba umugore uherutse kubaya vuba, uwonsa cyangwa se uwakoresheje ubayo bwo kuboneza urubayo burimo imisemburo mu minsi ya vuba, umulyanama w'ubuzima abohereza kubonana na Muganga wabihuguriwe Kubaza ibilazo bifasha kumenya 	<ul style="list-style-type: none"> Abagore bacheruka kubaya vuba cyangwa se bonsa, bagomba gutegerenza kugeza abonye imihango byibura insthuo 4 KANDI hakaba hari byibura iminsi ingana n'ukwezi hogati y'mihango yo mu mezi abili ashize Ku bagore bakoresheje uburyo bwo kuboneza urubayo burimo imisemburo mu minsi ya vuba, umulyanama w'ubuzima abohereza kubonana na Muganga wabihuguriwe Kubaza ibilazo bifasha kumenya 	<ul style="list-style-type: none"> Guhugura hakoresheje uburyo bw'ilbazoo n'ibisubizo <ul style="list-style-type: none"> Kwerkana uko Urungi rw'Ukwezi k'Umugore rukoresha ugamilie ausobanura uko umulyanama w'ubuzima yamenya ibijanye no kuba umugore yaba yarabyaye mu minsi ya vuba, niba yada yonsa, kimwe no kuba yaba yordoresheje uburyo bwo kuboneza urubayo burimo imisemburo Ushabora no gukoresha agakino ngiro cyangwa se ukongera ukwera uko Urungi rw'Ukwezi k'Umugore rukoresha ugamilie kubasobanura Ighe umulyanama w'ubuzima aktwirye kwohereza umugore ku rwego rwisumbiye
#6 Gufasha abashakanye gukoresha urunigi rw'Ukwezi k'Umugore k'uburyo bagera ku nteto Ininota 25	<ul style="list-style-type: none"> Gushishikaranye abagore ndesre n'abashakanye kuganira Kuburyo baizithwaritika mu minsi umugore ashobora gusama Kubabwita ighe basabwa kugaruka kukureba (ighe umugore yabonye imihango kore cyane cyangwa se atinze cyane, Ighe batanye nimbogamizi mu gukoresha Urungi rw'Ukwezi k'Umugore, ighe bacyleka ko umugore yaba atwite, ighe bifusa guhindura uburyo bwo kuboneza urubayo, baramatse harif ibilazo baishaka kubaza, ighe babta bifusa gukoresha burume mu buryo butangwa mu gine cy amage n'ibidhi.) Kubazikianya ko Urungi rw'Ukwezi k'Umugore rutatinda kwandura vitisi itera SIDA ndesre n'izidi ndwara zandurira mu milionano mpuzabitina 	<ul style="list-style-type: none"> Kubaza abashakanye uko baizithwaritika mu minsi umugore ashobora gusama Gushishikaranya umugabo kuganira kenshi n'umugore we yabonye imihango kore cyane cyangwa se atinze cyane, Ighe batanye nimbogamizi mu gukoresha Urungi rw'Ukwezi k'Umugore, ighe bacyleka ko umugore yaba atwite, ighe bifusa guhindura uburyo bwo kuboneza urubayo, baramatse harif ibilazo baishaka kubaza, ighe babta bifusa gukoresha burume mu buryo butangwa mu gine cy amage n'ibidhi.) Kubazikianya ko Urungi rw'Ukwezi k'Umugore rutatinda kwandura vitisi itera SIDA ndesre n'izidi ndwara zandurira mu milionano mpuzabitina 	<ul style="list-style-type: none"> Guhugura hakoresheje uburyo bw'ilbazoo n'ibisubizo <ul style="list-style-type: none"> Kwerkana uko Urungi rw'Ukwezi k'Umugore rukoresha ugamilie ausobanura uko Urungi rw'Ukwezi k'Umugore Kwiga ku ngezo ziba zaraboyeho Ibganito mu matsinda Kuleba neza ibikubiy'e mu gapaki karimo ibisobanuro Gusubiramo Ingingo z'ingenzi
#7 Gutanga Urungi rw'Ukwezi k'Umugore: Uko ubujyanama bukorwa Ininota 40 (ighe iri somo rizarama bizaterwa nuko umubare w'abahuguriwa ungan)	<ul style="list-style-type: none"> Gulkora urutonde rw'ingingo zingenzi zigomba kuba mu bujyanama k'Ukunyige rw'Ukwezi k'Umugore Kwerkana uko ubujyanama bukorwa mu buryo bwuzuye 	<ul style="list-style-type: none"> Gukoresha Urungi rw'Ukwezi k'Umugore hamwe n'agapaki karimo ibisobanuro nk'ibikoresho bigufasha kumwisha. Gulkora bujyanama kuri ibi bikurikira: Guha ikaze abo ugye kwigisha ukanababwira Urungi rw'Ukwezi k'Umugore icyo ari cyo. Kubaza ibilazo bituma umenya niba umugore ndesre n'abashakanye basthabora gukoresha Urungi rw'Ukwezi k'Umugore Kwerkana no gusobanura uko Urungi rw'Ukwezi k'Umugore rukoresha, kubigisha uko bar menyia niba umugore yabonye imihango kore cyane cyangwa se atinze cyane, kubabwira Ighe batangitira kurakolesha, icyo bakora mu gine umugore ybagiwe kwimura impeta, kimwe n'ighe basadawa kujya kureba umuganga Gufasha abashakanye kwitegura uko baizithwaritika mu gine cy iminsi umugore ashobora gusama Gusuzuma icyo ubujyanama watanzé bwafastilje ku myumvit y'uwaje akugana 	<ul style="list-style-type: none"> Kwitegerezza Abayyanama b'Ubuzima nk'uko babigatagaza (binyuze mu duktino ngiro), ubujyanama ku buryo bw'urungi bukorwa Gukoresho uburyo bw'ilbazoo n'ibisubizo <ul style="list-style-type: none"> Kuleba witonse ibikubiy'e mu gapaki karimo ibisobanuro n'umuyiyo bigye bikurikiranamo mu gapaki Kwerkana uko Urungi rw'Ukwezi k'Umugore rukoresha Ibganito mu matsinda Udutkino ngiro autatu role plays (umwe mu manuguruwa dikira nk'umulyanama w'ubuzima, undi nk'umukiriy'a, undi nk'indoreiez) bagakora agakino ngiro kagarogaza mu buryo bwuzuye uko ubujyanama bukorwa Ibganito mu matsinda Gusubiramo Ingingo z'ingenzi

Mu bilakresho bikenewe kuri buri somo harimo Urungi rw'Ukwezi k'Umugore hamwe n'agapaki k'nyandiko zirho ibisobanuro.

Abahugura basthabora gukoresha ingero zimwe na zimwe zitegura bilendeye ku byabaveyo hamwe n'agapaki k'nyandiko zirho ibisobanuro. masomo, cyangwa se bakkaba bahimba ingero zabo n'udutkino twabo.

Aho ushabora kwiyuzuriza ibikubiye mu mahugurwa witeguriye

Isomo n'igihe rimara	Intego	Ibikubiye mu isomo	Uko isomo ritangwa n'ibikoresho bikenewe*	Uko ugenzura ko isomo ryagenze neza
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Kuboneza urubyaro no kwihitiramo uburyo wamaze gusobanurirwa neza: Urunigi rw'Ukwezi k'Umugore ni iki?

Ubutumwa bw'Ingenzi



Gushyira intera byibura y'imyaka ibiri hagati y'imbyaro bituma ubuzima bw'umugore n'ubw'abana burushaho kuba bwiza. Mu byiza byo gushyira intera ihagije hagati imbyaro harimo kongera amahirwe y'uko:

- Abana bavuka bafite imbaraga nyinshi ndetse n'ubuzima bwiza
- Ababyeyi bazagira ubuzima bwiza igithe batwite, bagire umwanya uhagije wo kwita ku bana babo bose ndetse bagire n'umwanya uhagije wo kwitegura kuzasama inda haba ku mubiri, mu mitekerereze ndetse no mu buryo bw'amarafaranga
- Ubuzima bw'umubyeyi ntabwo buzahungabanya no kubyara bya hato na hato.



Kuboneza urubyaro ni uburenganzira bwa buri muntu wese bwo kwihiitiramo nta gahato umubare w'abana azabyara ndetse n'intera azashyira hagati y'imbyaro kandi agafata umwanzuro yamaze gusobanurirwa neza uburyo yateganya uko umuryango we uzaba unganá.



Hari uburyo bwinshi bwo kuboneza urubyaro abashakanye bashobora gukoresha kugira ngo birinde gusama cyangwa se bashyire intera hagati y'imbyaro. Muri ubwo buryo bwizewe kandi butagira icyo bwangiza harimo ibinini, agapira bashyira mu kizigira cy'ukuboko, urushinge, agapira ko mu mura, kwifungisha burundi ku mugore, kwifungisha burundi ku mugabo, agakingirizo, imiti yica intanga ngabo ndetse n'uburyo bushingiye ku kumenya uburumbuke bw'umugore nk'Urunigi rw'Ukwezi k'Umugore. Mu gihe rero cyo gufata umwanzuro k'uburyo bakoresha, abagore ndetse n'abashakanye bakagombye kuba bafite ubumenyi ku buryo butandukanye bashobora guhitamo ububanogeye.



Abagore ndetse n'abashakanye bakagombye kuba bumvise neza uburyo runaka icyo ari cyo, uko bukora, uko bukoreshwa, icyizere butanga uko kingana, ibintu by'ingenzi bizwi kuri ubwo buryo, igithe utakagombye gukoresha ubwo buryo, ingaruka mbi zishoboka zaterwa n'ubwo buryo, ndetse no kumenya ari ryari usabwa kugaruka kwa muganga cyangwa se ku kigo nderabuzima.



Urunigi rw'Ukwezi k'Umugore ni bumwe mu buryo bwinshi bwo kuboneza urubyaro abagore ndetse n'abashakanye bashobora guhitamo bakabukoresha. Urunigi rw'Ukwezi k'Umugore rukoreshwa n'abagore bajya mu mihangi hashize igithe kingana n'ukwezi. Umugore akoresha Urunigi rw'amasaro rumufasha kumenya iminsi ashobora gusama. Hanyuma rero, kugira ngo birinde gusama, umugore n'uwo bashakanye barifata cyangwa se bagakoresha bumwe mu buryo bubuza intanga ngabo guhura n'intanga ngore nk'agakingirizo mu gihe cy'iminsi umugore ashobora gusama. Urunigi rw'Ukwezi k'Umugore rushingiye k'uburyo bwa kamere butagira ingaruka mbi butera.

1 Kuboneza urubyaro no kwihitiramo uburyo wamaze gusobanurirwa neza: Urunigi rw'Ukwezi k'Umugore ni iki?

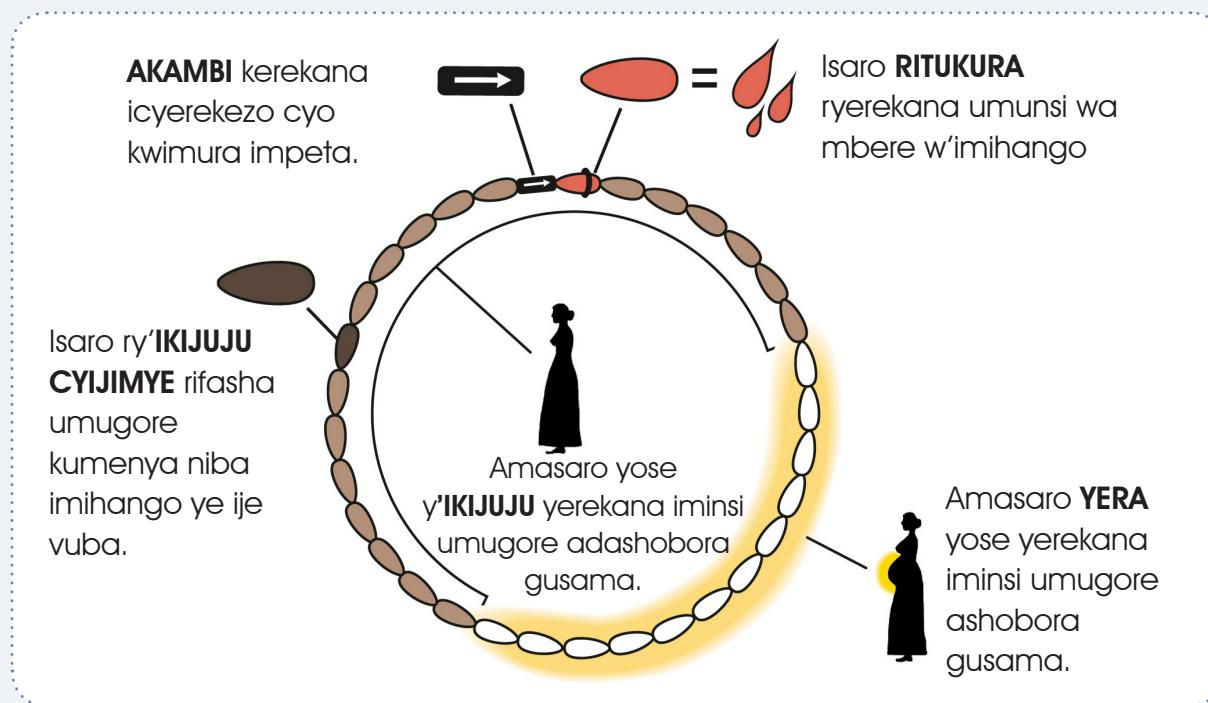
Ubutumwa bw'Ingenzi



Urunigi rw'Ukwezi k'Umugore rushingiye ku buryo butanga icyizere cya 95% iyo bukoreshejwe neza. Ibi bivuze ko mu bagore 100 bakoresheje ubu buryo neza mu gihe cy'umwaka umwe, hari 5 basama. Mu bushakashatsi ku batarakoresheje neza ubu buryo nk'uko bikwiye, byagaragaye ko mu bagore 100 bakoresheje ubu buryo harimo 12 basamye mu gihe cy'umwaka. (Aha harimo abagore babukoresheje neza n'abatarabukoresheje neza.)



Urunigi rw'Ukwezi k'Umugore ni Urunigi rw'amasaro ashushanya iminsi y'ukwezi k'umugore iri hagati y'imihango iheruka n'iy'ubutaha. Impeta yimurirwa ku isaro rimwe rimwe buri munsi.



Kuboneza urubyaro no kwihitiramo uburyo wamaze gusobanurirwa neza: Urunigi rw'Ukwezi k'Umugore ni iki?

Intego abahugurwa bagomba kugeraho

Abajyanama b'ubuzima bazaba bashobora:

- Gusobanura ibyiza byo gushyira intera hagati y'imbyaro
- Kuvuga kuboneza urubyaro icyo ari cyo no gukora urutonde rw'uburyo bunyuranye bwo kuboneza urubyaro
- Gusobanura muri macye Urunigi rw'Ukwezi k'Umugore nka bumwe mu buryo bwinshi bwo kuboneza urubyaro abagore ndetse n'abashakanye bashobora guhitamo bakabukoresha.

Igihe isomo rmara: Iminota 30

Amabwiriza kubahugura

1. Banza wibwire abo ugiye guhugura hanyuma ubagezeho n'intego z'amahugurwa. Koresha akantu gasa n'agasekeje kugira ngo ubashe kumenya abajyanama b'ubuzima.
2. **BAZA** abajyanama b'ubuzima impamvu bumva zatuma umuntu yifusa gushyira intera hagati y'imbyaro cyangwa kubyara abana bacye. Kora ku buryo muvugana ku byiza byo gushyira intera hagati y'imbyaro
3. **BAZA** abajyanama b'ubuzima icyo "kuboneza urubyaro" bisobanuye kuri bo.
4. **BASABE** gutekereza ku myumvire y'abagore n'abagabo b'aho batuye ku kuboneza urubyaro. Babaze ibibazo nk'ibi bikurikira:
 - Mutekereza ko ari iyihe mpamvu ituma bamwe mu bashakanye b'aho mutuye baboneza urubyaro?
 - Ni iki gituma bamwe mu bashakanye bataboneza urubyaro?
 - Mubona ari iki cyafasha abifuza kuboneza urubyaro kubikora neza
5. **BABAZE** uburyo bwo kuboneza urubyaro baba barumvise. Ongeraho uburyo batavuze. Ushobora no kubereka uburyo bunyuranye bwo kuboneza urubyaro bakagenda babukoraho cyangwa se ugakoresha amashusho yabwo.
6. **BABAZE** icyo bumva ko umuntu yari akwiriye kumenya ku buryo butandukanye bwo kuboneza urubyaro buboneka kugira ngo abashe guhitamo amaze gusobanukirwa neza. Nk'urugero: Kumenya uko uburyo bukora, icyizere butanga, ibyiza byabwo n'imbogamizi, n'ibindi.
7. **BAZA** abajyanama b'ubuzima icyo baba barumvise k'Urunigi rw'Ukwezi k'Umugore. Fata Urunigi rw'Ukwezi k'Umugore mu kiganza cyawe ubereke ari nako unababwira muri make icyo Urunigi rw'Ukwezi k'Umugore ari cyo. Ushyiremo n'ibyanditse mu gice cy'agapaki k'ibisobanuro ahavuga ngo "**Urunigi rw'Ukwezi k'Umugore ni iki**". Fata ishusho nini y'icyo gice uyimanike ku rukuta.
8. Bahereze Urunigi rw'Ukwezi k'Umugore hamwe n'agapaki k'nyandiko zirho ibisobanuro. **SABA** abajyanama b'ubuzima **KWITEGEREZA, KUBIKORAHO** no **KUMVA** uko ibyo bikoresho biteye. Bwira abajyanama b'ubuzima ko muri aya mahugurwa bari buze gukoresha Urunigi rw'Ukwezi

Kuboneza urubyaro no kwihitiramo uburyo wamaze gusobanurirwa neza: Urunigi rw'Ukwezi k'Umugore ni iki?

k'Umugore n'agapaki karimo ibisobanuro, mu gihe cy'imyitozo ngiro y'uko babikoresha bigisha abagore gukoresha ubu buryo neza. Mu gusoza amahugurwa buri mujyanama w'ubuzima azakoresha izi mfashanyigisho maze yereke bagenzi be uko utanga ubujyanama bwuzuye k'Urunigi rw'Ukwezi k'Umugore.

Ibyo bazakora berekana uko ubujyanama bukorwa hagomba kugaragaramo ibi bikurikira:

- Guha ikaze abo ugiye kwigisha ukanababwira Urunigi rw'Ukwezi k'Umugore icyo ari cyo
- Kubaza ibibazo bituma umenya niba umugore ndetse n'abashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore
- Kwerekana no gusobanura uko Urunigi rw'Ukwezi k'Umugore rukoreshwa, kubigisha uko bamenya niba umugore yabonye imihango kare cyane cyangwa se atinze cyane, kubabwira igithe batangirira kurukoresha, icyo bakora mu gihe umugore yibagiwe kwimura impeta, kimwe n'igihe basabwa kujya kureba umuganga
- Gufasha abashakanye gukoresha neza Urunigi rw'Ukwezi k'Umugore
- Gusuzuma icyo ubujyanama watanze bwafashije ku myumvire y'uwaje akugana

9. **GUSUBIRAMO** ingingo z'ingenzi k'Urunigi rw'Ukwezi k'Umugore no gusuzuma icyo abajyanama b'ubuzima bamenye: bwira umujyanama w'ubuzima umwe kuvuga muri macye kandi yerekana Urunigi rw'Ukwezi k'Umugore icyo ari cyo. Kosora aho yaba yavuze ibitari byo.

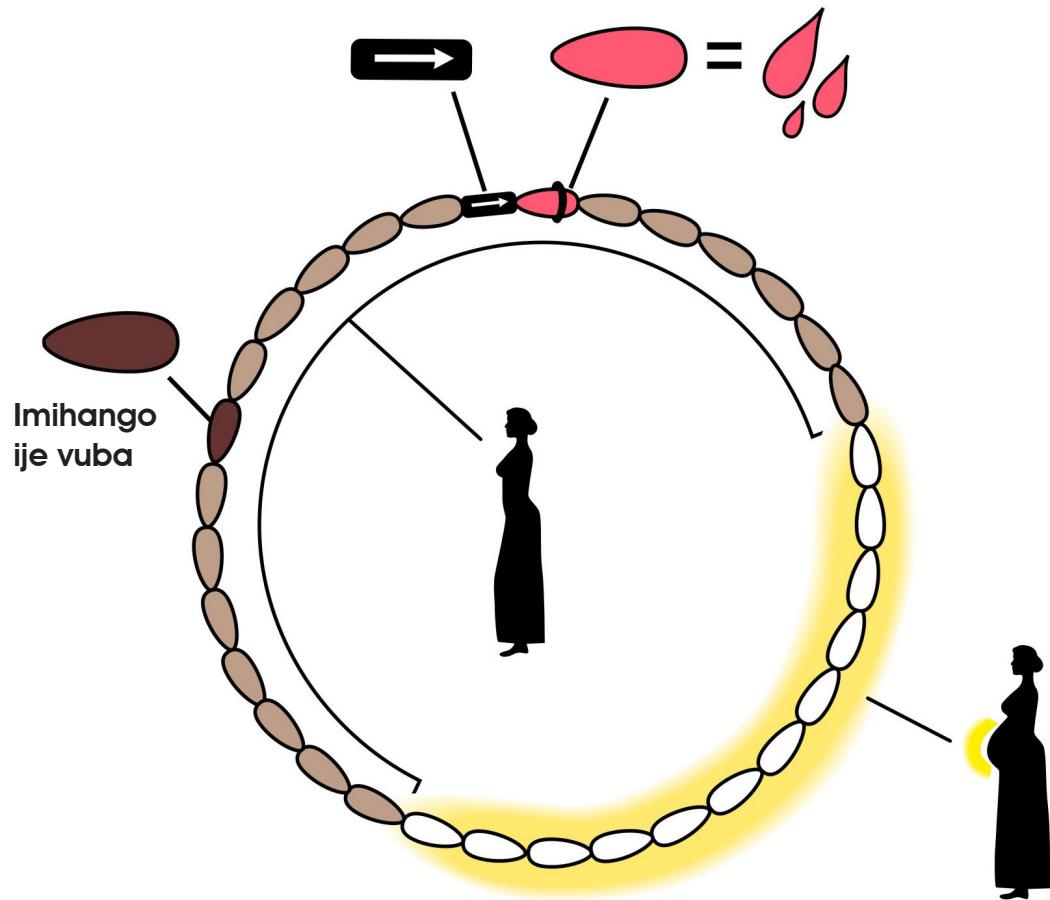
Ibikoresho uzakenera muri iri somo ni:

- Urunigi rw'Ukwezi k'Umugore n'agapaki k'inyandiko ziriho ibisobanuro
- Ishusho nini y'igice kiri muri aka gapaki cyanditse ngo "**Urunigi rw'Ukwezi k'Umugore ni iki?**"

Kuboneza urubyaro no kwihitiramo uburyo wamaze gusobanurirwa neza: Urunigi rw'Ukwezi k'Umugore ni iki?

Shyiramo
amashusho
y'ibisobanuro

Urunigi rw'ukwezi K'umugore ni iki?



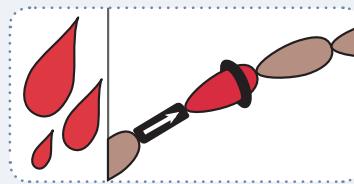
2

Ukoresha ute Urunigi rw'Ukwezi k'Umugore?

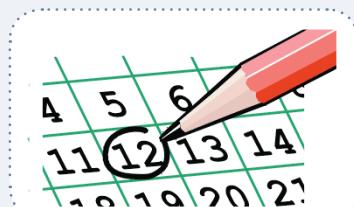
Ubutumwa
bw'Ingenzi



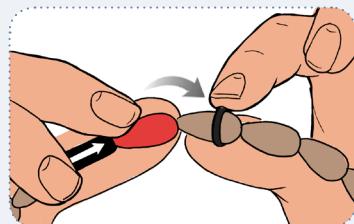
Shyira impeta ku isaro **RITUKURA** ku munsi wa mbere w'imihango. Isaro ritukura rigaragaza umunsi wa mbere w'imihango yawe.



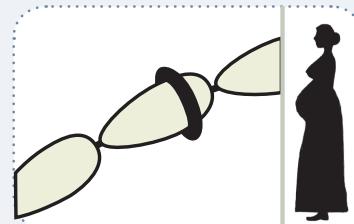
Ikindi kandi, uhita ushyira akamenyetso kuri iyo taliki ku ndangaminsi yawe.



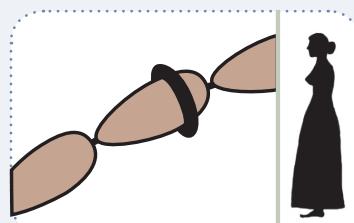
Imurira impeta buri munsi ku isaro rimwe ukurikije icyerekezo cy'akambi. Imura impeta buri munsi no mu gihe uri mu mihango



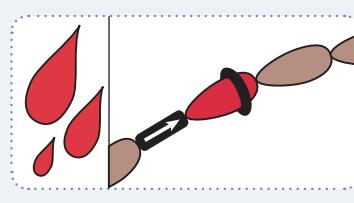
Igihe impeta iri ku isaro ry'**UMWERU**, koresha agakingirizo cyangwa wifate kuko muri iyo minsi ushobora gusama.



Ushobora gukora imibonano mpuzabitsina idakingiye igihe impeta iri ku isaro ry'**IKIJUJU**. Ibyago byo gusama muri iyo minsi biba ari bicye.



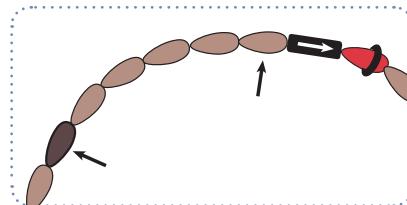
Ku munsi wongeye kujya mu mihango, imura impeta ku isaro **RITUKURA**. Usimbuke amasaro yose yaba yari asigaye.



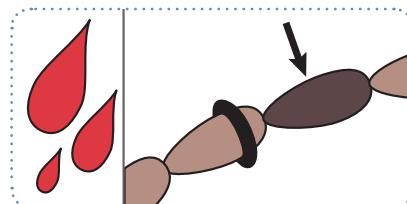
Gukurikirana ukwezi kwawe ukoreshheje Urunigi rw'Ukwezi k'Umugore



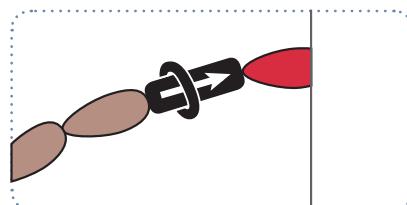
Kugira ngo ubashe gukoresha Urunigi rw'Ukwezi k'umugore, ugomba kuba ujya mu mihango ku minsi iri hagati y'isaro ry'ikuju cyijimye n'andi masaro y'ikuju asigaye.



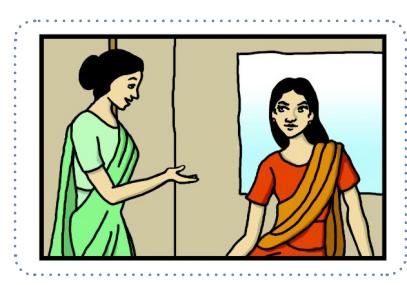
Iyo ugiye mu mihango mbere y'uko impeta igera **KU ISARO RY'IKIJUJU CYIJIJIMYE**, bivuze ko imihango yawe yaje kare cyane.



NIBA utarabona imihango **UMUNSI UMWE NYUMA** yo gushyira impeta ku isaro rya nyuma ry'ikuju, ibi bivuze ko watinze kujya mu mihango.



Iyo ugiye mu mihango hakiri kare cyangwa se ikaza itinze inshuro zirenze rimwe mu mwaka, Urunigi rw'Ukwezi k'Umugore ntabwo rwagufasha. Jya kureba muganga wawe kugira ngo agufashe guhitamo ubundi buryo.



2

Ukoresha ute Urunigi rw'Ukwezi k'Umugore?

Urugero
rw'uko
watanga
iri somo

Intego abahugurwa bagomba kugeraho

Abajyanama b'ubuzima bazaba bashobora kuvuga no kwerekana:

- Uko Urunigi rw'Ukwezi k'Umugore rukoreshwa
- Uko wamenya niba wagiye mu mihango hakiri kare cyane cyangwa bitinze cyane

Igihe isomo rimara: Iminota 30 kugeza kuri 45

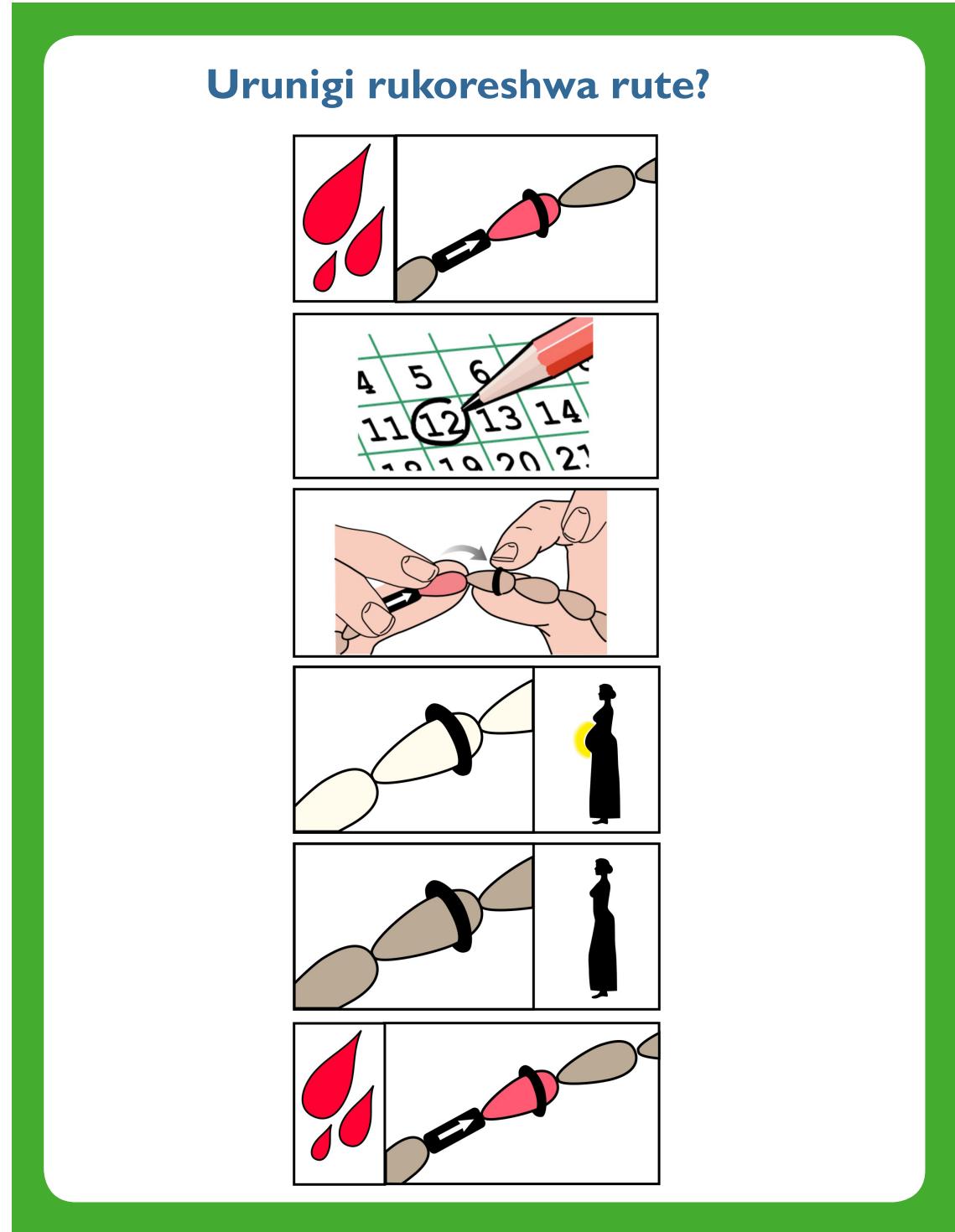
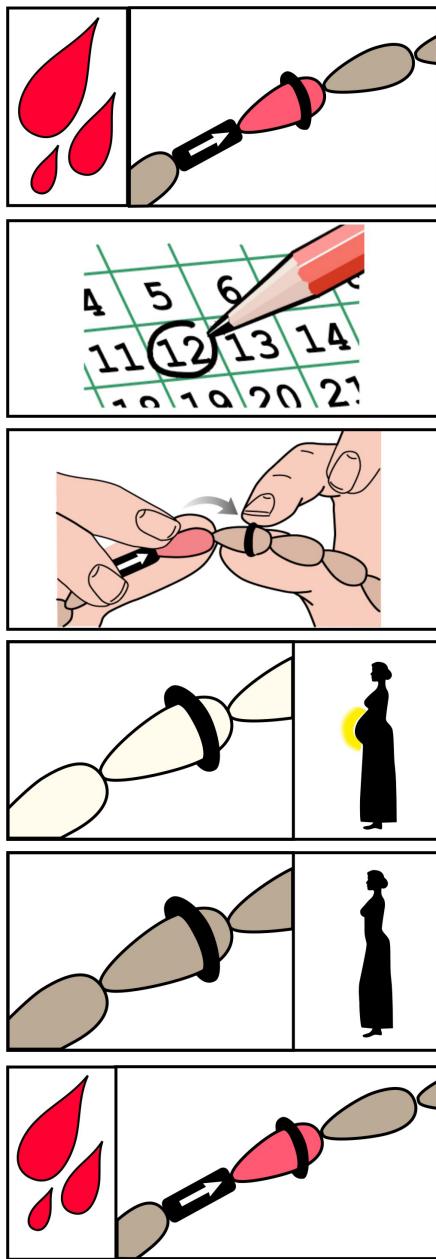
Amabwiriza ku bahugura

1. Fata Urunigi rw'Ukwezi k'Umugore mu biganza byawe mu gihe **WEREKA** abajyanama b'ubuzima uko rukoreshwa. Berekere uko wakwigisha umugore cyangwa abashakanye gukoresha ubu buryo bifashishije Urunigi rw'Ukwezi k'Umugore nk'igikoresho umuntu abona n'amaso.
2. Saba abajyanama b'ubuzima gushaka mu gapaki karimo ibisobanuro igice cyanditseho "Urunigi rw'Ukwezi k'Umugore rukoreshwa rute" n'icyanditsweho "Gukurikirana ukwezi kwawe ukoresheje Urunigi rw'Ukwezi k'Umugore". Basabe **KWITEGEREZA** amashusho, amagambo ndetse n'uko ubutumwa bwanditseho bukurikirana. Fata ishusho nini y'iki gice uyimanike ku rukuta.
3. Bwira abajyanama b'ubuzima kujya mu matsinda ya babiri babiri, hanyuma bagende basimburana gukora umwitoto ngiro wo kwigisha umuntu runaka uko Urunigi rw'Ukwezi k'Umugore rukoreshwa.
4. **Saba** abajyanama b'ubuzima kuganira ku byagenze neza n'ibyababangamiye mu gihe bakoraga umwitoto. Bibutse ko igihe cyose basabwa kuzajya bigisha mu buryo butaremerera uwo bigisha, busobanutse kandi byoroshye kubitega amatwi no kubikurikira.
5. Ibutsa abajyanama b'ubuzima ko ari ngombwa ku bagore guhora bakurikirana ukwezi kwabo kugira ngo barebe niba bagiye mu mihango kare cyane cyangwa se bayigiyemo batinze.
6. Subiramo ingingo z'ingenzi ku buryo Urunigi rw'Ukwezi k'Umugore rukoreshwa, wongera kwerekana (cyangwa usaba umwe mu bajyanama b'ubuzima ubona asobanukiwe kubarusha kubyereka abandi) uko wakwigisha umuntu runaka gukoresha Urunigi rw'Ukwezi k'Umugore. Kosora aho yaba yavuze ibitari byo.

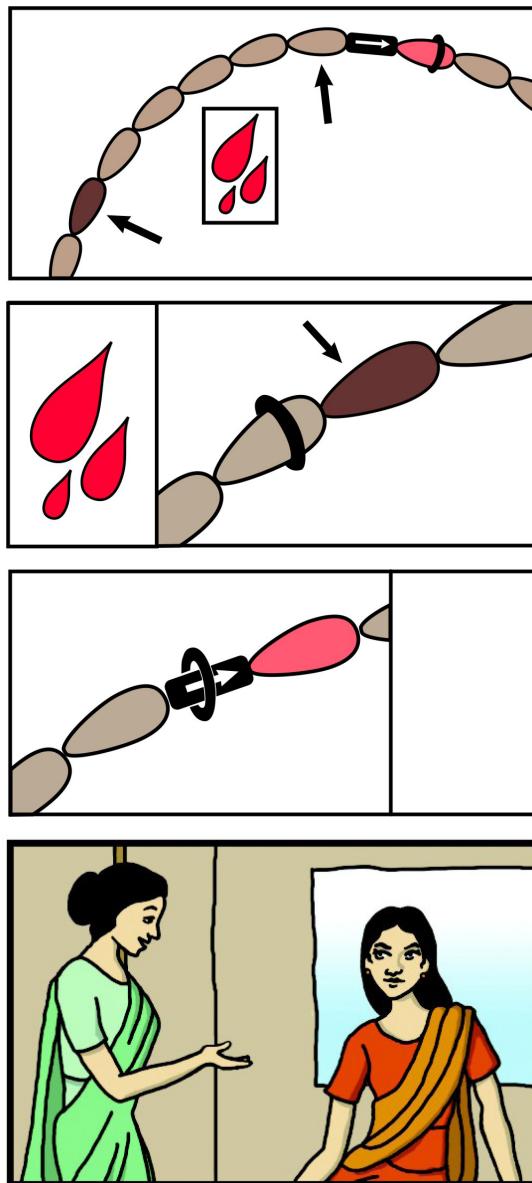
Ibikoresho uzakenera muri iri somo ni:

- Urunigi rw'Ukwezi k'Umugore n'agapaki k'inyandiko ziriho ibisobanuro
- Amashusho manini y'ibice biri muri aka gapaki byanditseho ngo "Urunigi rw'Ukwezi k'Umugore ni iki? N'ikiraho **"Gukurikirana ukwezi kwawe ukoresheje Urunigi rw'Ukwezi k'Umugore"**

Urunigi rukoreshwa rute?



Kurikirana imihango yawe ukoresheje Urunigi



3

Ni bande bashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Ubutumwa
bw'Ingenzi



Urunigi rw'Ukwezi k'umugore rushobora gukoreshwa iyo:

- Umugore ajya mu mihango hashize igihe kingana n'ukwezi
- Umugore n'uwo bashakanye bashobora gukoresha agakingirizo cyangwa kwifata mu gihe impeta iri ku isaro ryera



Baza ibibazo bigufasha kumenya niba umugore runaka yakoresha Urunigi rw'Ukwezi k'Umugore.



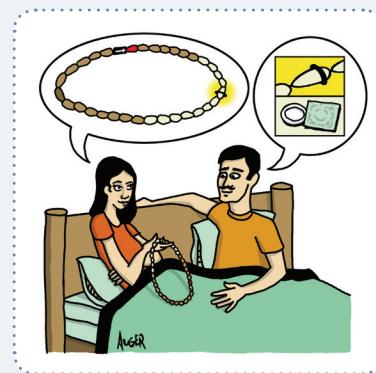
Bimwe mu bibazo ushobora kubaza:

Ese ujya mu mihango hashize igihe kingana n'ukwezi?

- Niba umugore akubwiye ko ajya mu mihango hashize igihe kingana n'ukwezi, ashobora kuba yakoresha Urunigi rw'Ukwezi k'Umugore
- Niba umugore hari igihe yirenza NTAJYE mu mihango hashize igihe kingana n'ukwezi, yakagombye gukoresha ubundi buryo bwo kuboneza urubyaro.
- Niba umugore atazi neza ko ajya buri gihe mu mihango hashize igihe kingana nk'ukwezi, mbere yo gutangira gukoresha ubu buryo ashobora kwifashisha indangaminsi cyangwa Urunigi rw'Ukwezi k'Umugore akagenzura igihe amara kugira ngo abone indi mihango.



Baza ibibazo byagufasha kumenya niba umugore n'uwo bashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore.



Ikibazo ushobora kubaza:

Ese wowe n'uwo mwashakanye mushobora gukoresha agakingirizo cyangwa kwifata mu gihe cy'iminsi 12 y'amasaro yera?



Bwira abashakanye bakoresha Urunigi rw'Ukwezi k'Umugore ko ari ngombwa ko baganira kandi bagafatira umwanzuro hamwe ku bijyanye n'uko bazirinda ko umugore yasama mu gihe impeta iri kuri rimwe mu masaro yera iryo ari ryo ryose.

Intego abahugurwa bagomba kugeraho

Abajyanama b'ubuzima bazaba bashobora kubaza ibibazo bibafasha kumenya niba umugore runaka n'uwo bashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore.

Igihe isomo rimara : Iminota 30 kugeza kuri 45

Amabwiriza ku bahugura

1. **BAZA** abajyanama b'ubuzima uwo batekereza ko ashobora gukoresha Urunigi rw'Ukwezi k'Umugore. Niba ushabora kubona igipapuro kinini (flip chart), wandlekeho ibisubizo baguhaye kugira ngo bose bashobore kubireba.
2. **BWIRA** abajyanama b'ubuzima ko hari ibintu bibiri bigomba kuba byujujwe kugira ngo abantu bakore-she Urunigi rw'Ukwezi k'Umugore:
 - Kuba Umugore ajya mu mihangi hashize ikihe kingana n'ukwezi
 - Umugore n'uwo bashakanye bashobora gukore-sha agakingirizo cyangwa kwifata mu gihe umugore ashobora gusama (iminsi impeta iri ku isaro ryera).

Dusabwa kugenzura tukabaza ibibazo bibiri bikurikira kugira ngo twizere neza ko Urunigi rw'Ukwezi k'Umugore rwakoreshwa na buri mugore utugana:

- **Ese ujya mu mihangi hashize ikihe kingana n'ukwezi?**
 - **Ese wowe n'uwo mwashakanye mushobora gu-koresha agakingirizo cyangwa kwifata mu minsi 12 ikihe impeta iri kuri rimwe mu masaro yera?**
3. **EREKA** abajyanama b'ubuzima uko wabaza ikibazo cya mbere. Ukoreshjeje urugero rwa 1 ruri ku rupapuro rumwe mu zikurikiraho, saba umukorerabushake gusoma ibisubizo by'uyu mugore uvugwa muri uru rugero, hanyuma wowe ugende uberekira uko bazajya babaza ibibazo. Shimira umukorerabushake hanyuma usabe abajyanama b'ubuzima kungurana ibitekerezo ku bundi buryo babona iki kibazo kibazwamo aho batuye.
 4. **SABA** abajyanama b'ubuzima gushaka igice cy'inyandiko zo mu gapaki karimo ibisobanuro cyanditseho "**Ni nde ushabora gukoresha Urunigi rw'Ukwezi k'Umugore**" hanyuma bitegerezze ayo mashusho. Manika ishusho nini y'icyo gice ku rukuta.
 5. **KORESHA** urugero rwa **2** n'urwa **3** ziri ku mpapuro zikurikira zerekana ikihe umugore ashobora gukoresha cyangwa atakoresha Urunigi rw'Ukwezi k'Umugore bitewe n'ibihe agira mu mihangi.
 6. **KORESHA** urugero rwa **4** rwerekana uko ubaza ibibazo bigufasha kumenya niba abashakanye bombi bashobora gukoresha Urunigi rw'Ukwezi k'Umugore.
 7. **SUBIRAMO** ingingo z'ingenzi ku bijyanye n'uko umugore n'uwo bashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore. **GENZURA** urebe ukurikije uko ubabona, ibibazo abajyanama b'ubuzima bazabaza abagore bose kugira ngo bamenye niba umugore n'uwo bashakanye

3

Ni bande bashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

*Urugero
rw'uko
watanga
iri somo*

bashobora gukoresha Urunigi rw'Ukwezi k'Umugore. Nubona ari ngombwa, wongere ubereke uko babaza ibi bibazo by'ingenzi n'uko bitwara bitewe n'ibisubizo bahawe.

8. **SOBANURA** ko agomba gutangira gukoresha uburyo abonye imihango ikurikira. Ashobora gutahana Urunigi, agakoresha agakingirizo niba akoze imibonano imihango itaragaruka. Niba imihango itangiye tangira ukoreshe urunigi.

Ibikoresho uzakenera muri iri somo

- Urunigi rw'Ukwezi k'Umugore n'agapaki karimo inyandiko ziriho ibisobanuro
- Inyandiko zivuga ku ngero zabayeho (Case studies)
- Inyandiko iri ku rupapuro runini ivuga ngo:
“Ni nde ushabora gukoresha Urunigi rw'Ukwezi k'Umugore?”

3

**Ni bande bashobora
gukoresha Urunigi
rw'Ukwezi k'Umugore?**

*Shyiramo
amashusho
y'ibisobanuro*

Ninde Ushobora gukoresha Urunigi



3

Ni bande bashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Ingero
wakwifashisha
mu guhugura

Urugero rwa I

Kwisanisha n'umugore ujya mu mihangi hashize igihe kingana n'ukwezi

Umujuyanama w'ubuzima: Bite, Ndabona usa nk'ushaka gukoresha Urunigi rw'Ukwezi k'Umugore.

Umugore: Yego, Nabiyumvanye umuturanyi wanje.

Umujuyanama w'ubuzima: Nakubaza se ibibazo bicye kugira ngo menye niba washobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Umugore: Yego, nta kibazo.

Umujuyanama w'ubuzima: Ese ujya mu mihangi hashize igihe kingana n'ukwezi?

Umugore: Yooo uzi ko ari byo, buri gihe nyijyamo hashize ukwezi.

• • •

Muganire kuri uru rugero rw'uyu mugore

Baza abajyanama b'ubuzima ibibazo bikurikira:

1. Ni ikihe kibazo umujuyanama w'ubuzima yabajije kugira ngo amenye niba uyu mugore yakoresha Urunigi rw'Ukwezi k'Umugore?

Igisubizo: Ese ujya mu mihangi hashize igihe kingana n'ukwezi?

2. Uyu mugore se ashobora gukoresha Urunigi rw'Ukwezi k'Umugore? Kubera iki?

Igisubizo: Yego, kubera ko yavuze ko ajya mu mihangi hashize igihe kingana n'ukwezi.

3. None se aho mutuye, ni ibihe bibazo bijya gusa n'iki mwabaza kugira ngo mumenye niba umugore ajya mu mihangi hashize igihe kingana n'ukwezi?

Ni bande bashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Ingero
wakwifashisha
mu guhugura

Urugero rwa 2

Uru rugero ruravuga ku mugore ukunze kujya mu mihango atinze

Umujuyanama w'ubuzima araganira n'umugore wifuza gukoresha Urunigi rw'Ukwezi k'Umugore. Igihe umujuyanama w'ubuzima amubajije ati, "Ese ujya mu mihango hashize igihe kingana n'ukwezi?", umugore azunguza umutwe. Umujuyanama w'ubuzima niko kumubaza "None se akensi imhango uyijyamo ryari"? Umugore aramusubiza, "Sinigera menya igihe nzagira mu mihango. Rimwe na rimwe ukwezi kurashira, nyamara simbone imihango.

• • •

Muganire kuri uru rugero rw'uyu mugore

Baza abajyanama b'ubuzima ibibazo bikurikira:

1. Ni ibihe bibazo umujuyanama w'ubuzima yabajije kugira ngo amenye niba uyu mugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Igisubizo: "Ese ujya mu mihango hashize igihe kingana n'ukwezi?"

"None se akensi imhango uyijyamo ryari"?

2. Ese uyu mugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore? Kubera iki?

Igisubizo: Oya, kubera ko atajya mu mihango buri kwezi. Urunigi rw'Ukwezi k'Umugore ntabwo rwamufasha

3. None se aho mutuye, ni ibihe bibazo bijya gusa n'iki mwabaza kugira ngo mumenye niba umugore ajya mu mihango hashize igihe kingana n'ukwezi?

3

Ni bande bashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Ingero
wakwifashisha
mu guhugura

Urugero rwa 3

Ruravuga ku mugore utazi niba ajya mu mihangi hashize igihe kijya kungana n'ukwezi

Umujuyanama w'ubuzima araganira n'umugore wifuza gukoresha Urunigi rw'Ukwezi k'Umugore. Igihe umujuyanama w'ubuzima amubajje ati, "Ese ujya mu mihangi hashize igihe kingana n'ukwezi?", umugore asa nk'utumvise neza ikibazo. Umujuyanama niko gukomeza, "Imihango yawe, akensi uyijyamo ryari?" Umugore arasubiza, "Ntabwo mbizi neza. Sinhya mbyitaho ngo mbikurikirane." Nyamara ariko akomeza gushaka gukoresha Urunigi rw'Ukwezi k'Umugore.

• • •

Muganire kuri uru rugero

Baza abajyanama b'ubuzima ibibazo bikurikira:

1. Ni ibihe bibazo umujuyanama w'ubuzima yabajije kugira ngo amenye niba uyu mugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore?

Igisubizo:

"Ese ujya mu mihangi hashize igihe kingana n'ukwezi?"

"Imihango yawe, akensi uyijyamo ryari?"

2. Ese uyu mugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore? Kubera iki?

Igisubizo:

Oya, ntabwo igihe kiragera, kubera ko atazi nib ajya mu mihangi hashize igihe kingana n'ukwezi. Yawifashisha indangaminsi cyangwa Urunigi rw'Ukwezi k'Umugore akagenzura igihe amara kugira ngo abone indi mihangi, bityo akamenya niba ashobora gukoresha Urunigi rw'Ukwezi k'Umugore.

3. None se aho mutuye, ni ibihe bibazo bijya gusa n'iki mwabaza kugira ngo mumenye niba umugore ajya mu mihangi hashize igihe kingana n'ukwezi?

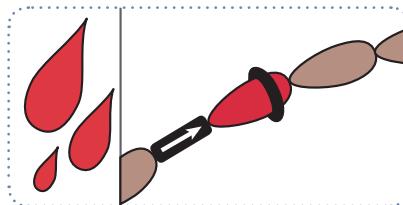
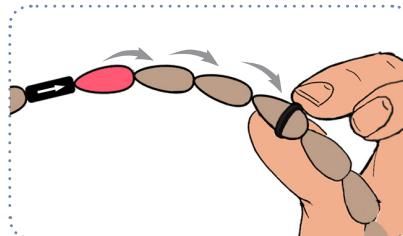
Wakora iki uramutse wibagiwe kwimura impeta?



Niba umugore yibagiwe kwimura impeta cyangwa ashaka kureba niba impeta iri ku isaro nyaryo, mubwire uti:

- Reba ku ndangaminsi yawe italiki watangiriye ho imihango uheruka
- Tangirira ku iyo taliki
- Shyira impeta ku isaro ry'umutuku, noneho ugende wimurira impeta ku isaro rimwe rimwe ari na ko ugenda uvuga amataliki
- Nugera ku italiki y'uyu munsi waziye ho hano, ushyire impeta kuri jryo saro.

WERURWE						
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Niba umugore atarashyize ho akamenyetso ku italiki yo ku ndangaminsi ye ku munsi yatangiriye ho imihango, mubwire koakoresha agakingirizo cyangwa akifata kugeza ku munsi wa mbere w'imihango itaha. Icyo gihe azahita yongera atangire gukoresha Urunigi rw'Ukwezi k'Umugore ahereye uwo munsi yaboneye ho imihango.

4

Ni ryari watangira gukoresha Urunigi rw'Ukwezi k'Umugore?

Urugero
rw'uko
watanga
iri somo

Intego abahugurwa bagomba kugeraho

Abajyanama b'ubuzima bazaba bashobora:

- Kumenya igihe umugore ashobora gutangira gukoresha Urunigi rw'Ukwezi k'Umugore
- Kumubwira icyo yakora mu gihe yibagiwe kwimura impeta

Igihe isomo rimara: Iminota 30 kugeza kuri 45

Amabwiriza ku bahugura

1. **BWIRA** abajyanama b'ubuzima ko iyo bamaze kumenya ko umugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore, baba bagomba kureba igehe ashobora gutangirira kurukoresha.
2. **SOBANURA** ko agomba gutangira gukoresha uburyo ku mihangi ikurikira. Ashobora gutahana Urunigi mu rugo kandi agakoresha agakingirizo niba akora imibonano mpuzabitsina kuva uwo munsi kugera umunsi imihango igarutse. Mu gihe abonye imihango, ashobora gutangira gukoresha Urunigi.
3. **SABA** abajyanama b'ubuzima kureba mu gapaki karimo inyandiko zirho ibisobanuro igice cyanditseho ngo "**Ni ryari watangira gukoresha Urunigi rw'Ukwezi k'Umugore?**" hanyuma **BITEGEREZE** ayo mashusho. Fata ishusho nini y'icyo gice uyimanike ku rukuta. Ibyo bizabafasha kujya bibuka kugenzura no kumenya igehe buri mugore yatangirira gukoresha Urunigi rw'Ukwezi k'Umugore.
4. **BABAZE** uko bumva umujyanama w'ubuzima yafasha abagore ndetse n'abashakanye kwibuka kwimura impeta ku isaro rimwe rimwe buri munsi. (Nk'urugero, bashobora kubwira abashakanye kujya bimura impeta ku isaha imwe buri munsi no gushyira urunigi ahantu hagaragara neza ku buryo bajya , bahora barureba.)
5. **BEREKE** kandi **UBABWIRE** uko bakwigisha umugore icyo yakora mu gihe yibagiwe kwimura impeta. Koresha igice cyo muri ka gapaki cyanditseho "Wakora iki uramutse wibagiwe kwimura impeta?".
6. **SUBIRAMO ingingo z'ingenzi ku buryo :**
 - Wabwira umugore icyo yakora igehe yibagiwe kwimura impeta.

GENZURA neza niba abajyanama b'ubuzima bashobora kubikora. Ushobora kubwira umwe muri bo cyangwa abajyanama b'ubuzima bensi kwerekana uko bazajya babikora. Nibiba ngombwa, wongere ubereke uko bikorwa. Cyangwa se, uhe umwanya abajyanama b'ubuzima bakore uwo mwitoto bifashishije udukino ngiro. Kosora aho baba batabikoze neza.

Ibikoresho uzakenera muri iri somo:

- Urunigi rw'Ukwezi k'Umugore n'agapaki karimo inyandiko zirho ibisobanuro
- Inyandiko zivuga kuri "**Ni ryari ushabora gutangira gukoresha Urunigi rw'Ukwezi k'Umugore?**" na "**Wakora iki igehe wibagiwe kwimura impeta?**"

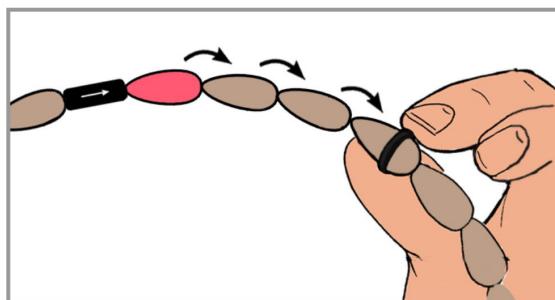
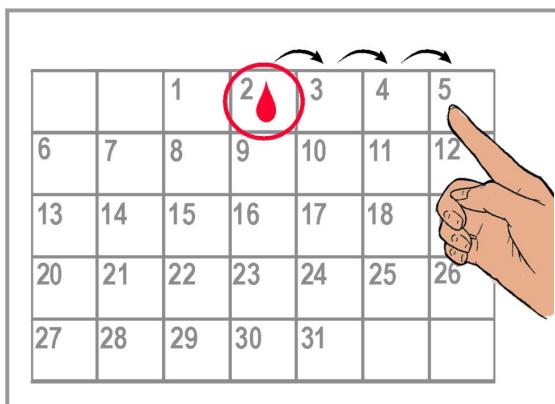
4

Ni ryari watangira
gukoresha Urunigi
rw'Ukwezi k'Umugore?

Shyiramo
amashusho
y'ibisobanuro



Wabigenza ute mu gihe
wibagiwe kwimura impeta?



5

Kubaza kubyerekeye konsa no kuboneza urubyaro

Ubutumwa bw'Ingenzi

Abagore bamwe basabwa gutegereza igihe runaka mbere yo gukoresha Urunigi



Umagore umaze igihe gito abyaye, akaba yonsa cyangwa yarakoresheje uburyo bwo kuboneza urubyaro bufite imisemburo (nk'urushinge) mu mezi make ashize, **AGOMBA** gutegereza mbere yo gukoresha Urunigi. Ibyo biterwa n'uko aba atarongera kujya abona mihangi buri kwezi.



- Umagore umaze igihe gito abyaye, akaba yonsa agomba gutegereza kugeza:
- Abonye imihango inshuro enye (4) nyuma yo kubyara, HAKIYONGERAHO KO
 - Inshuro 2 ziherutse yabonaga imihango hashize ukwezi kumwe



Umagore waboneje urubyaro akoresheje uburyo bw'imisemburo mu mezi make ashize agomba gutegereza mbere yuko yatangira gukoresha Urunigi. Ohereza abo bagore ku Kigo nderabuzima kugirango babarebere igihe gikwiye batangira gukoresha Urunigi.



Baza umagore ibibazo kugira ngo umenye **NIBA** amaze igihe gito abyaye, niba yonsa, cyangwa niba yarakoresheje uburyo bwo kuboneza urubyaro bufite imisemburo mu mezi make ashize. Akensi abagore bari muri ibi byiciro baba batarongera kubona imihango ku buryo busanzwe. Niyo mpamvu umagore uri muri kimwe muri ibi byiciro agomba gutegereza igihe runaka mbere yo gutangira gukoresha Urunigi.

Ibibazo wabaza abagore BOSE:

- **Waba umaze amezi make ubyaye, ese wonsa umwana?**
Niba asubije **YEGO**, komeza umubaze:
 - Umaze kubona imihango inshuro zingahe kuva ubyaye? (Nibura inshuro enye?)
 - Ese inshuro 2 ziherutse wabonaga imihango hashize ukwezi kumwe?
- **Waba warakoresheje uburyo bwo kuboneza urubyaro bufite imisemburo nk'ibinini cyangwa urushinge mu mezi make ashize?**
Niba asubije **YEGO**, mwohereze ku Kigo nderabuzima kugira ngo bamurebere niba ashobora gutangira gukoresha urunigi.



Niba umagore yarakoresheje uburyo bw'imisemburo mu mezi make ashize, niba yarakoresheje uburyo bwo kwirinda gusama mu gihe cy'amage, niba yarakuyemo inda cyangwa yaragize ikindi kibazo abajyanama b'ubuzima badasobanukiwe, bagomba kwohereza uwo mugore ku kigo nderabuzima kugira ngo bamurebere niba ashobora gutangira gukoresha Urunigi.

Intego z'isomo

Abajyanama b'ubuzima baragira ubumenyi bwo kubaza ibibazo bigamije kumenya niba umugore asabwa gutegereza mbere yo gutangira gukoresha Urunigi bitewe n'uko amaze amezi make abyaye kandi akaba yonsa, cyangwa yarakoresheje uburyo bwo kuboneza urubyaro bufite imisemburo.

Igihe isomo rimara: Iminota 30

Amabwiriza ku Bahugura

1. **BAZA** Abajyanama b'ubuzima impamvu abagore bacherutse kubyara cyangwa bonsa BAGOMBA gutegereza mbere yo gutangira gukoresha Urunigi. Bahe amakuru ukurikije uko bikenewe. Sobanura igihe batangira gukoresha urunigi n'agakingirizo kugeza abonye imihango.
2. **BWIRA** Abajyanama b'ubuzima kureba mfashanyigisho ivuga "**Bamwe mu bogore bagomba gutegereza igihe runaka mbere yo gukoresha Urunigi**" kandi **BAREBE** ku mashusho. Fata ishusho nini y'yo mfashanyigisho uyishyire ku rukuta (reba ku rupapuro rwa 55 ku mfashanyigisho). Ibyo bizafasha abari kwiga kujya bibuka kugenzura niba umugore yonsa cyangwa niba yarakoresheshe ubundi buryo bwo kuboneza urubyaro mu mezi make ashize.
3. Ubibutse gusobanura ko ukoresha uburyo agomba gutangira kubukoresha mu gihe abonye imihango ikurikira. Ashobora gutahana Urunigi kandi bagakoresha agakingirizo niba bakoze imibonano mpuzabitsina muri iyo minsi ategereje imihango. Niba abonye imihango, yatangira gukoresha Urunigi.
4. **SUBIRAMO** ingingo z'ingenzi zirebana no:
 - Kugenzura **NIBA** umugore aherutse kubyara, niba yonsa, cyangwa niba yarakoresheje uburyo bw'imirumbu
 - Baza kugira ngo umenye niba umugore wonsa cyangwa uherutse kubyara yatangira gukoresha Urunigi.
 - Ohereza abandi bagore bari mu bihe bitandukanye ku Kigo nderabuzima aho bazasuzumwa n'umuganga wabihuguriwe.

SUZUMA umenye neza ko Abajyanama b'ubuzima bashobora kubikora neza uko wabibigishije. Hamagara umwe cyangwa bensi kuza imbere bakerekana kandi bagasobanura uko bazajya babikora. Niba ari ngombwa wongere ubasubiriromo. Cyangwa ugene igihe gihagije ku Bajyanama b'ubuzima cyo gukina uko bazajya babikora, hakoreshwa ingero zitandukanye z'abagore. Kosora aho bibeshe ubabwire ibiri byo.

Ibikoresho bikenewe kuri iri somo

- Urunigi rw'Ukwezi k'Umugore n'agapaki karimo inyandiko ziriho ibisobanuro
- Inyandiko zisobanura ingero zitandukanye z'ibyciro abagore baba barimo

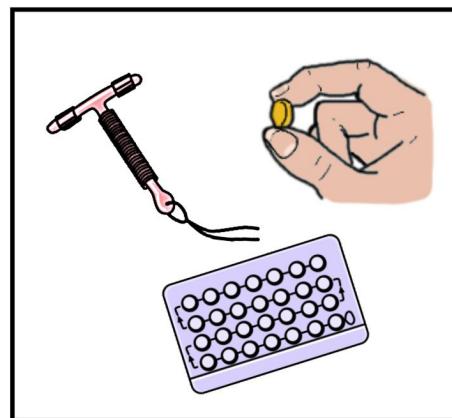
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Kubaza kubyerekeye konsa no kuboneza urubyaro

Shyiramo
amashusho
y'ibisobanuro

- Shyiraho amashushu asobanura “**Bamwe mu bogore bagomba gutegereza igithe runaka mbere yo gukoresha Uruganda**”.

Abagore bamwe basabwa gutegereza igithe runaka mbere yo gukoresha urunigi.





Genzura niba Urunigi ruzashobokera Abashakanye BOMBI ubabaza ibibazo:

Ibibazo byabazwa:

- Wowe n'uwo mwashakanye mwaganirije ku kuzakoresha uburyo bw'Urunigi?
- Urumva wowe n'uwo mwashakanye mwashobora gukoresha agakingirizo cyangwa mukifata mu minsi impeta y'Urunigi iba iri ku masaro y'umweru?
- Ni iki wowe n'uwo mwashakanye mwakora mu minsi impeta y'Urunigi iri ku masaro y'umweru?
- Uko mwabigenza mwumva byabashobokera mwembi?
- Hari uburyo mwaba mwarakoreshheje mbere bwenda kumera nk'ubu? Niba mwarabukoresheje bwabafashije bute?



Fasha umugore cyangwa abashakanye bombi gufata ingamba z'uko bazajya bitwara nu minsi umugore ashobora gusama. Urugero,

- Hari abashakanye bakora imbonano mpuzabitsina inshuro nyinshi mu minsi impeta iri ku masaro y'ikujuju. Ibyo bibafasha kwitwararika mu minsi impeta iri ku masaro 12 y'umweru igithe bagomba gukoresha agakingirizo cyangwa bakifata. (Musangire izindi ngero z'uko abashakanye babyifatamo mukurikije aho mutuye.)

Ni ryari wasubira kureba utanga uburyo

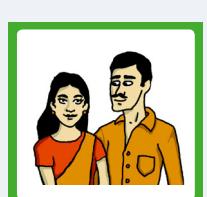
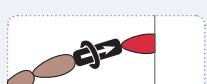


Uri gukoresha uburyo bw'Urunigi ashobora gusubira kureba umujyanama w'ubuzima cyangwa akajya ku Kigo nderabuzima:

- Iyo byabayeho ko akora imbonano mpuzabitsina idakingiye mu minsi impeta iri ku masaro y'umweru
- Iyo akeka ko ashobora kuba yarasamye
- Iyo uburyo bw'uruningi butagishoboye gufasha umugore cyangwa uwo bashakanye
 - Iyo imihango ye yaje mbere cyane cyangwa nyuma cyane,
 - Iyo abashakanye badashoboye kwitwararika mu minsi impeta iri ku masaro y'umweru
- Iyo ashaka guhindura uburyo bwo kuboneza urubyaro
- Iyo yibaza ibibazo byinshi cyangwa afite impungenge



Uburyo bw'uruningi ntabwo burinda kwandura Virusi itera Sida cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina. Udukingirizo tw'abagabo ndetse n'utw'abagore nitwo twonyine turinda kwandura izo ndwara.



Intego z'isomo

Abajyanama b'ubuzima baragira ubumenyi ku:

- Gushishikariza abagore n'abashakanye kuganira ku buryo bazitwararika mu minsi umugore ashobora gusama
- Kuganira igiheukoresha Urunigi ashobora gusubira kureba umujyanama w'ubuzima cyangwa kujya ku Kigo nderabuzima.

Igihe isomo rimara: iminota 30

Amabwiriza ku Bahugura

1. **BAZA** Abajyanama b'ubuzima uburyo bafasha abagore cyangwa abashakanye ku kuganira ku kwitwararika mu minsi umugoreashobora gusama. Ni ibihe bibazo wabaza umugore cyangwa abashakanye?
2. **BEREKE** kandi **UBABWIRE** uko wafasha umugore cyangwa abashakanye kuzaba abakoresha Urunigi bageze ku ntego. Koresha urugero rwa 12, babwire uko babaza ibibazo kandi bagashyigikira abashakanye.
3. **MUGANIRE** ku ngero zerekana uko wafasha umugore kumenya niba uwo bashakanye ashobora kumufasha ku buryo bwo gukoresha Urunigi, kumenya uwo bashakanye utamufasha, ndetse n'ingamba zo kwitwararika mu minsi umugore ashobora gusama.
4. **BAZA** Abajyanama b'ubuzima igihe batekereza koukoresha Urunigi yasubira kujya kureba umujyanama w'ubuzima cyangwa utanga uburyo ku kigo nderabuzima. Bahe andi makuru uko bikenewe. **BWIRA** Abajyanama b'ubuzima kureba mu bikresho imfashanyigisho ivuga "**Ni ryari wajya kureba utanga uburyo**" kandi **REBA** ku mashusho. Fata ishusho nini y'iyo mfashanyigisho uyishyre ku rukuta. Ibyo bizafasha abari kwiga kujya bibuka kubwira umugore igihe yasubira kujya kureba utanga uburyo
5. **BWIRA** Abajyanama b'ubuzima ko Urunigi rutarinda abashakanye kwandura indwara zandurira mu mibonano mpuzabitsina.
6. **SUBIRAMO** ingingo z'ingenzi zerekeye:
 - Gushishikariza abagore n'abashakanye kuganira ku buryo bwo kwitwararika mu minsi umugore ashobora gusama, kandi bakagira agakingirizo ko gukoresha niba bakoze imibonanano mpuzabitsina ku minsi y'uburumbuke.
 - Kuganira ku giheukoresha Urunigi ashobora gusubira kureba umujyanama w'ubuzima cyangwa uwabihuguriwe ku Kigo nderabuzima.

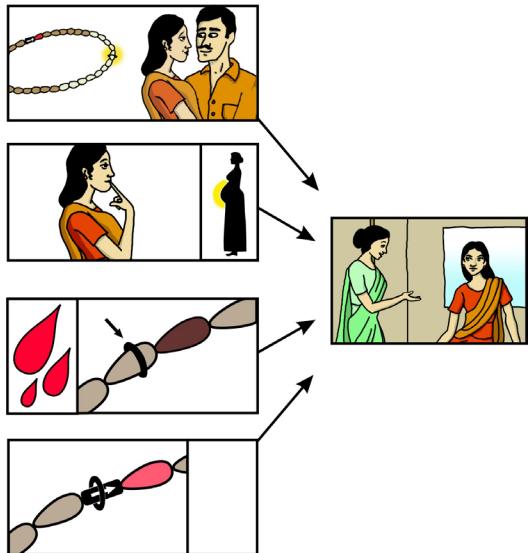
SUZUMA umenye neza ko Abajyanama b'ubuzima bashobora kubikora neza uko wabiligishije. Hamagara umwe cyangwa benshi kuza imbere bakerekana kandi bagasobanura uko

bazajya babikora. Niba ari ngombwa wongere ubasubiriremo. Cyangwa ugene igehe gihagije ku Bajyanama b'Ubuzima cyo gukina bitoza uko bazajya babikora, hakoreshwa ingero zitandukanye z'abagore. Kosora aho bibeshye ubabwire ibiri byo.

Ibikoresho bikenewe kuri iri somo:

- Inigi n'ibikoresho bijyana nazo
- Inyandiko zisobanura ingero zitandukanye zogufasha abashakanye gukoresha neza Urunigi
- Shyiraho amashusho asobanura: “**Ni ryari wajya kureba utanga uburyo**”

Ni ryari wajya kureba utanga uburyo



- Urunigi ntabwo rurinda virusi itera SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.
- Urunigi ntabwo ari igikinisho. Rushyire ahantu hizewe kure y'abana.

Urugero rwa 12

Kuganira ku rugero rw'umugore ufashwa n'umugabo we

Umujuyanama w'ubuzima ari kuganira n'umugore ushaka gukoresha Urunigi. Imihango ye ayibonera igihe rimwe mu kwezi kandi atekereza ko umugabo we azemera rwose ko bakoresha Urunigi. Ntabwo yigeze abiganiraho nawe na rimwe. Ariko bombi barashaka gutegereza indi myaka mike mbere yo kugira undi mwana.

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Kuganira ku rugero rw'uyu mugore

Baza Abajyanama b'ubuzima ibibazo bikurikira:

- Ni ibihe bibazo umujyanama w'ubuzima yabaza mu kugenzura niba Urunigi rwafasha abashakanye bombi?
 - Ibisubizo bishoboka** (Ibi bibazo bishobora kubazwa mu buryo butandukanye bitewe n'ibisanzwe biboneka ahoabantu batuye)
 - **Wowe n'uwo mwashakanye, mwaba mwaraganiriye ku gukoresha Urunigi?**
 - **Urumva wowe n'uwo mwashakanye mwashobora gukoresha agakingirizo cyangwa mukifata mu minsi impeta y'Urunigi iba iri ku masaro y'umweru?**
 - **Ni iki wowe n'uwo mwashakanye mwakora mu minsi impeta y'Urunigi iri ku "masaro y'umweru"?**
 - **Uko mwabigenza mwumva byabashobokera mwembi?**
 - **Hari uburyo mwaba mwarakoresheje mbere bwenda kumera nk'ubu? Niba mwarabukoresheje bwabafashije bute?**
- Nigute ushabora gufasha umugore gutekereza no kwitoza uburyo azavugana n'uwo bashakanye ku byerekeye gukoresha Urunigi?

Igisubizo gishoboka

Tangira, usabe umugore gukina mu mwanya w'umugabo mugihe wowe ukina uri mu mwanya w'umugore umwerekre uko yavugana n'umugabo we ku gukoresha Urunigi. Hanyuma, musabe ko yakina noneho ari umugore yimenyereze uko yaganiriza umugabo we. Ibutsa abagore n'abashakanye kwemeranya ku ngamba zo kwitwararika mu minsi umugore ashobora gusama.

Urugero rwa 13

Kuganira ku rugero rw'umugore udashyigikiwe n'umugabo we

Umujuyanama w'ubuzima ari kuganira n'umugore ushaka gukoresha Urunigi. Imihango ye ayibonera igehe rimwe mu kwezi; ariko umugabo we ntakunda gukoresha agakingirizo. Yifuza gukora imibonano mpuzabitsina igehe cyose abyiyumvisemo. Ntabwo yumva yaganiriza umugabo we ku byerekeye Urunigi.

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Kuganira ku rugero rw'uyu mugore

Baza abajaynama b'ubuzima ibibazo bikurikira:

- Ni ibihe bibazo umujuyanama w'ubuzima yabaza mu kugenzura niba Urunigi rwafasha abashakanye bombi?

Ibisubizo bishoboka (Ibi bibazo bishobora kubazwa mu buryo butandukanye bitewe n'ibisanzwe biboneka aho abantu batuye):

 - **Wowe n'uwo mwashakanye, mwaba mwaraganiriye ku gukoresha Urunigi?**
 - **Urumva wowe n'uwo mwashakanye mwashobora gukoresha agakingirizo cyangwa mukifata mu minsi impeta y'Urunigi iba iri ku masaro y'umweru?**
 - **Ni iki wowe n'uwo mwashakanye mwakora mu minsi impeta y'Urunigi iri ku "masaro y'umweru"?**
 - **Uko mwabigenza mwumva byabashobokera mwembi?**
 - **Hari uburyo mwaba mwarakoreshsheje mbere bwenda kumera nk'ubu? Niba mwarabukoresheje bwabafashije bute?**
- Niba umugabo w'uyu mugore atakwemera gukoresha agakingirizo, cyangwa kwifata mu minsi impeta y'Urunigi iri ku masaro y'umweru, ese uyu mugore ashobora gukoresha Urunigi? Kubera iki?

Igisubizo ni

Oya. Niba umugabo w'uyu mugore adashaka gukoresha agakingirizo cyangwa adashobora kwifata mu minsi umugore we ahabora gusama, uburyo bw'Urunigi ntabwo bwashobokera aba bashakanye. Ni ngombwa ko abashakanye bombi baba bemera gufatanya mu gukoresha ubu buryo. Niba bombi batafatanya mu gukoresha uburyo bw'Urunigi, habaho ubundi buryo bwo kuboneza urubyaro bashobora guhitamo.

Urugero rwa 14

Kuganira ku gihe ukoresha Urunigi agomba kujya kureba utanga uburyo

Umujuyanama w'ubuzima ari kuganira n'umugore ushaka gukoresha Urunigi. Imihango ye ayibonera igihe rimwe mu kwezi; kandi we n'umugabo we bateganya gukoresha agakingirizo mu minsi umugore ashobora gusama. Umugore yakoresheje Urunigi rwe mu kwereka umujuyanama w'ubuzima ko azi kurukoresha neza. Umugore abajije igihe yazagarukira kugira ngo umujuyanama w'ubuzima amurebere.

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Kuganira ku rugero rw'uyu mugore

Baza abajyanama b'ubuzima ibibazo bikurikira:

- Ni ryari ukoresha Urunigi yagaruka kukureba cyangwa akaja kureba uwabihuguriwe ku kigo nderabuzima?

Ibisubizo

- Iyo yakoze imibonano mpuzabitsina mu minsi impeta y'Urunigi iri ku "isaro ry'umweru"
- Iyo akeka ko ashobora kuba yarasamye
- Iyo uburyo bw'uruningi butagishoboye gufasha umugore cyangwa uwo bashakanye
 - Iyo imihango ye yaje mbere cyane
 - Iyo imihango ye yatinze cyane
 - Iyo abashakanye bafite imbogamizi mu kwitwararika mu gihe impeta iri ku masaro y'umweru
- Iyo umugore yifuza guhindura uburyo
- Iyo afite ikibazo icyo ari cyo cyose cyangwa afite impungenge

- Niba ukoresha Urunigi aje kukureba kubera ko yakoze imibonano mpuzabitsina ku munsi impeta yari ku isaro ry'umweru, wakora iki? (Ibisubizo bishobora gutandukana bitewe n'ibisanze bilba ahoabantu batuye)
 - Mukorere ikizamini cyo kureba ko yasamye, cyangwa umwohereze ku kigo nderabuzima
 - Muganire ku mbogamizi abashakanye bagize ku kwitwararika mu misni umugore ashobora gusama
 - Muhe ubundi buryo bwo kuboneza urubyaro, niba bishoboka, cyangwa umwohereze ku kigo nderabuzima
 - Bitewe na za gahunda zimwe na zimwe, ushabora kumuha uburyo burinda gusama mu gihe cy'amage niba aje kukureba atararenza iminsi 5 akoze imibonano mpuzabitsina idakingiye, cyangwa ukamwohereza ku kigo nderabuzima.

- Ese umugore yakoresha Urunigi igihe ahangayikishijwe no kuba yakwandura Virusi itera Sida cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina?

Igisubizo ni

Oya. Kimwe n'ubundi buryo bwinshi bwo kuboneza urubyaro, uburyo bw'Urunigi ntiburinda abashakanye kwandura Virusi itera Sida ndetse n'izindi ndwara zandurira mu mibonano mpuzabitsina. Uburyo bwo kuboneza urubyaro burinda gusama bukanarinda kwandura indwara zandurira mu mibonano mpuzabitsina ni udukingirizo tw'abagabo n'utw'abagore.



Agapaki karimo inyandiko ziriho ibisobanuro kari kumwe n'Urunigi rw'Ukwezi k'Umugore gafasha abajyanama b'ubuzima gusobanura neza ingingo z'ingenzi zose zitondetse neza kari ziri ku murongo ku buryo byoroshye kuzikurikiranya ndetse no kuzumva.



Ako gapaki kandi gafasha abantu bagitangira gukoresha Urunigi rw'Ukwezi k'Umugore kujya biyibutsa izo ngingo z'ingenzi iyo batashye mu rugo, kubera ko bagatahana nk'imfashakwibuka.



Mu gihe urimo gukora ubujyanama k'Urunigi rw'Ukwezi k'Umugore, ugomba kwita no kuri ibi bikurikira:

- **Guha ikaze umukiliya**, kumwibwira, kumwereka no kumusobanurira icyo Urunigi rw'Ukwezi k'Umugore ari cyo
- **Baza ibibazo kugira ngo umenye:**
 - Niba umugore **HAMWE** n'uwo bashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore.
 - Niba umugore aherutse kubyara, niba yonsa, niba mu mezi macye ashize yaba yarakoreshe uburyo bwo kuboneza urubyaro bufite imisemburo
- **Mwereke kandi umusobanurire ibi bikurikira:**
 - Urunigi rw'Ukwezi k'Umugore rukoreshwa rute?
 - Gukurikirana iminsi ukwezi kwawe kumara ukoreshje Urunigi rw'Ukwezi k'Umugore
 - Ni ryari watangira gukoresha Urunigi rw'Ukwezi k'Umugore?
 - Wakora iki mu gihe wibagiwe kwimura impeta?
 - Ni ryari wasubira kureba umuganga wawé?
- **Gufasha abashakanye gukoresha Urunigi rw'Ukwezi k'Umugore neza** kandi ukaganabaganiriza ku buryo bazitwara mu minsi umuore ashobora gusama
- Mu gihe urimo gukora ubujyanama, genzura imyumvire y'umukiliya



Mu gihe muganira kuri ubu buryo bwo kuboneza urubyaro, koresha Urunigi rw'Ukwezi k'Umugore nk'igikoresho cyifashishwa kandi gishobora kuboneshwa amaso. Na none kandi, rebera hamwe n'abantu bagiye gukoresha Urunigi rw'Ukwezi k'Umugore bushyashya ibigize agapaki karimo inyandiko z'ibisobanuro. Bizabafasha kumenya uko na bo bazajya babona ndetse bagakoresha ayo makuru mu bihe biri imbere.



Kugira ngo umenye ko umugore yumvishe neza uko bakoresha Urunigi rw'Ukwezi k'Umugore , muhe Urunigi hanyuma umusabe **KUKWEREKA no KUGUSOBANURIRA** uko we n'uwo bashakanye bazarukoresha.

Gutanga Urunigi rw'Ukwezi k'Umugore: Uko ubujyanama bukorwa

Intego abahugurwa bagomba kugeraho

Abajyanama b'ubuzima bazaba bashobora:

- Gukora urutonde rw'ingingo z'ingenzi zo kwitabwaho igithe ukora ubujyanama k'Urunigi rw'Ukwezi k'Umugore
- Kwereka uko bakora ubujyanama ku buryo bwuzuye

Igihe: Iminota 60 (bitewe n'uko itsinda ry'abahugurwa ringana)

Amabwiriza ku Bahugura

1. **BAZA** abajyanama b'ubuzima ingingo z'ingenzi bumva bashobora kuzibandaho mu bujyanama bazakorera umugore cyangwa abashakanye k'Urunigi rw'Ukwezi k'Umugore. Basabe gufungura agapaki karimo inyandiko z'ibisobanuro maze bitegereze neza ingingo z'ingenzi zose, bitondere uko zigiye zikurikirana.
2. **BEREKE kandi UBASOBANURIRE** uko bakoresha agapaki karimo inyandiko z'ibisobanuro nk'igikoresho wifashisha igithe urimo gukora ubujyanama k'Urunigi rw'Ukwezi k'Umugore
3. **BEREKE** cyangwa uberekere uko bakora ubujyanama k'Urunigi rw'Ukwezi k'Umugore mu buryo bwuzuye. Saba umwe mu bajyanama b'ubuzima agufashe mu gakino ngiro aho ari bukine mu mwanya w'umugore wifuzza gukoresha Urunigi rw'Ukwezi k'Umugore mu gihe wowe uraba ukina mu mwanya y'umuuyanama w'ubuzima. Koresha Urunigi rw'Ukwezi k'Umugore nk'igikoresho babonesha amaso mu gihe urimo kwereka abagize itsinda bose uko baha ubujyanama umugore. Babwire ku ngingo z'ingenzi zose ukurikije uko zikurikirana mu nyandiko iri mu gapaki k'ibisobanuro.
4. **GANIRA** n'abajyanama b'ubuzima ku byo babonye. Niba hari ibibazo bafite ubisubiza. Ha buri wese kopi y'inyandiko iriho urutonde rw'ibigenderwaho mu kureba uko ubujyanama bwakozwe. Saba abajyanama b'ubuzima kujya bakoresha urwo rutonde hamwe n'agapaki karimo inyandiko z'ibisobanuro nk'ibikoresho bibayobora mu gihe barimo gukora ubujyanama
5. Saba abajyanama b'ubuzima gukora amatsinda ya batatu batatu. Umwe araza gukina yitwa umuuyanama w'ubuzima, undi akine ari umukiliya, undi abe ari indorerezi. Ha buri wese uri bukine yitwa umukiliya inyandiko iriho uburyo bari bukine n'uko bari bwitware (cyangwa se ubibongorere)
6. Ibutsa abari bukine bitwa abajyanama b'ubuzima gukoresha Urunigi rw'Ukwezi k'Umugore n'agapaki k'inyandiko ziriho ibisobanuro kuko baza kubikenera mu gihe bakora ubujyanama, kandi ubabwire kuvuga ku ngingo z'ingenzi zose. Saba ababaye indorerezi gukoresha urutonde rw'ibigenderwaho mu kureba uko ubujyanama bwakozwe maze bagaragaze niba umuuyanama w'ubuzima yavuze ku ngingo z'ingenzi zose. Nyuma ya buri gakino ngiro barajya bahinduranya kugeza igithe buri wese akinira nk'umuuyanama, nk'indorerezi ndetse nk'umukiliya.

7. Mu gihe abajyanama b'ubuzima barimo gukora umwitoto ku buryo bwo gutanga ubujyanama, gendagenda mu cyumba cy'amahugurwa urebe uko utwo dukino ngiro turimo kugenda. Udukino ngiro uko ari dutatu niturangira, **MUGANIRE** uko buri kamwe kagenze. Babwirire ibyo wabonye mu gihe wagendagendaga mu cyumba, ukosore aho waba wabonye amakosa kandi usubize n'ibibazo baba bafite.
8. Koresha agapaki karimo inyandiko z'ibisobanuro cyangwa se urutonde rw'ibigenderwaho mu kureba uko ubujyanama bwakozwe kugira ngo **MWIYIBUTSE** ingingo z'ingenzi zo kwitabwaho mu gukora ubujyanama k'Urunigi rw'Ukwezi k'Umugore.

Ibikoresho uzakenera muri iri somo

- Urunigi rw'Ukwezi k'Umugore n'agapaki karimo inyandiko z'ibisobanuro
- Inyandiko iriho urutonde rw'ibigenderwaho mu kureba uko ubujyanama k'Urunigi rw'Ukwezi k'Umugore bwakozwe
- Amashusho yose manini ari mu gapaki karimo inyandiko z'ibisobanuro

Gutanga Urunigi rw'Ukwezi k'Umugore: Uko ubujyanama bukorwa

Urugero rw'agakino ngiro ka I

Aka gokino karakinwa ku mugore ushobora gukoresha Urunigi rw'Ukwezi k'Umugore kandi ushobora gutangira uwo munsi

Urakina mu mwanya w'umugore usanzwe umeze nk'abo mu gace mutuyemo.

Witwa _____ kandi USHOBORA gukoresha Urunigi rw'Ukwezi k'Umugore

- Ujya mu mihangi hashize igihe kingana nk'ukwezi
- Uwo mwashakanye na we yifuza gukoresha uburyo bwo kuboneza urubyaro bwa kamere
- Ntabwo uheruka kubyara vuba yemwe nta n'ubwo wonsa
- Ntabwo wigeze ukoresha uburyo bwo kuboneza urubyaro ubwo ari bwo bwo bwose mbere
- Witeguye kuzifata mu minsi ushobora gusama.

Imihango uheruka kujyamo wayitangiye mu minsi itanu ishize

Urugero rw'agakino ngiro ka 2

Aka gokino karakinwa ku mugore ushobora gukoresha Urunigi rw'Ukwezi k'Umugore, ariko uzatangira kurukoresha ku munsi wa mbere w'imihango ye itaha

Urakina mu mwanya w'umugore usanzwe umeze nk'abo mu gace mutuyemo. Witwa

_____ kandi USHOBORA gukoresha Urunigi rw'Ukwezi k'Umugore

- Ujya mu mihangi hashize igihe kingana nk'ukwezi.
- Uwo mwashakanye na we yifuza gukoresha Urunigi rw'Ukwezi k'Umugore.
- Umaze iminsi wonsa, ariko umaze kujya mu mihangi inshuro 6 kuva aho ubyariye.
- Inshuro 2 uheruka kujya mu mihangi wayigiyemo hashize igihe kingana n'ukwezi.
- Wowe n'uwo mwashakanye murateganya kuzakoresha agakingirizo mu gihe cy'iminsi ushobora gusama.

Ujya mu mihangi buri gihe wari uyiteguye, kandi akensi haba hashize igihe kingana n'ukwezi, ariko ntabwo wibuka neza italiki waboneyeho imihango uheruka.

Urugero rw'agakino ngoro ka 3

Ni umugore ufite uwo bashakanye utifuza gukoresha Urunigi rw'Ukwezi k'Umugore

Urakina mu mwanya w'umugore usanzwe umeze nk'abo mu gace mutuyemo.

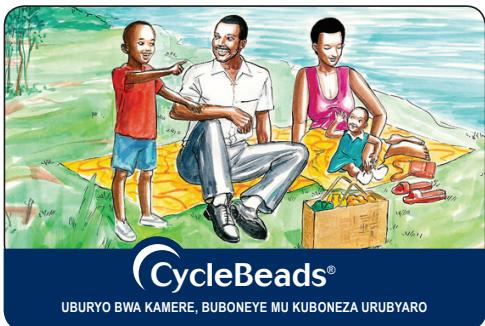
Witwa _____ kandi umuntu abirebye nta kindi kihishe inyuma ushobora gukoresha Urunigi rw'Ukwezi k'Umugore.

- Ujya mu mihangi hashize igihe kingana nk'ukwezi.
- Uratekereza ko uwo mwashakanye ibyo gukoresha Urunigi rw'Ukwezi k'Umugore bitamujyamo.
- Ntabwo uheruka kubyara vuba yemwe nta n'ubwo wonsa
- Mu mwaka ushize wakoreshheje Agapira ko mu mura mu kuboneza urubyaro, ariko ubu bagakuyemo. (Ubu **NTABWO** ari uburyo bwo kuboneza urubyaro bufite imisemburo.)

Iyo umujyanama akabajije icyo wowe n'uwo mwashakanye muzakora mu minsi ushobora gusama, uvuga ko **UTITEGUYE** kubiganiraho na we. Gusa wizeye ko ushobora kumwirinda muri iyo minsi. Uko urushaho kubitekerezaho ni ko ugenda ubona ko ashobora kuba atazakunda Urunigi rw'Ukwezi k'Umugore. Aba ashaka gukora imibonano mpuzabitsina igihe cyose yumva abyifuzu. Urabona ko bizakugora kuganira na we kuri ibi byo gukoresha Urunigi rw'Ukwezi k'Umugore.

UMUGEREKA WA 1

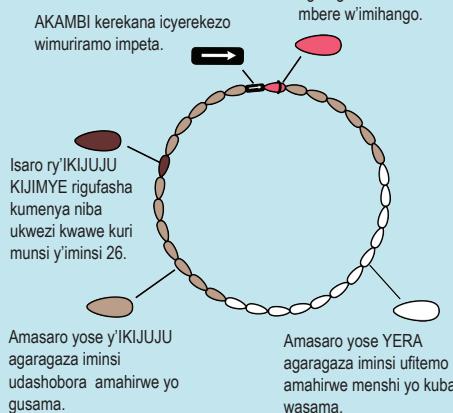
Ibisobanuro k'Urunigi rw'Ukwezi k'Umugore



URUNIGI RW'UKWEZI K'UMUGORE NI IKI?

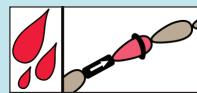
Urunigi werekana ukwezi k'umugore. Buri saro rimwe ringana n' umunsi umwe wo mu kwezi k'umugore. Amasaro y'amabara atandukanye afasha kumenya iminsi umugore ashobora gusamiraho.

AKAMBI kerekana icyerekezo wimiriramo impeta.



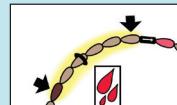
URUNIGI RUKORESHWA GUTE?

1. Shyira impeta ku isaro ritukura ku munsi waboneyeho imihango.
2. Andika iyo tariki waboneyeho imihango ku ndangaminsi yawe.
3. Imura buri munsi impeta ku isaro rikurikira, bikore uto no mu gihe uri mu imihango.
Buri munsi imura impeta mu cyerekezo cy'umwambi urebambo.
4. Ifate cyangwa ukoreshe agakingirizo mu gihe cyose impeta iri ku isaro ry'ikijuju.
5. Ushobora kukora imbonano mpuubitsina idakingiye mu gihe cyose impeta iri ku isaro ry'ikijuju, kuko utasama muri iyo minsi.
6. Ongera wimirire impeta ku isaro ritukura mu gihe usubije mu mihangoo ndetse usimbuke amasaro yose yaba asigaye.



KOMEZA GUKURIKIRANA UKWEZI KWAWE UKORESHEJE URUNIGI

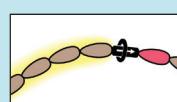
◆ Urunigi ruba rukubereye, igihe cyose imihango yawe igarutse impeta yawe igeze kuri rimwe mu masaro ari hatagi y'ikijuju kijimye n'isaro rya nyuma ry'ikijuju.



◆ 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 kwihiutira 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 ularuzuza nibura imyaka ibiri ubaye, ni byiza k'ubuzima bw'umwana n'ubw'umubyeyi.

UMUGEREKA WA 1

Ibisobanuro k'Urunigi rw'Ukwezi k'Umugore



NI IKI WAKORA IGIHE WIBAGIWE KWIMURA IMPETA?

Niba wibagiwe kwimura impeta kora ibi bikurikira:

- ◆ Mbere na mbere reba itariki uherukiraho imihango ku ndangaminsi.
- ◆ Uhoreye 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.



ESE NI RYARI WAREBA UTANGA UBURYO BWO KUBONEZA URUBYARO?

- ◆ Mu gihe waba warakoze imbonano mpuzabitsina nta gakingirizo, kandi impeta iri ku isaro ryera.
- ◆ Niba utekerezza ko wasamye, kuko imihango yaye itongeye kugaruka.
- ◆ Niba imihango yaye igarutse mbere y'uko impeta igera ku isaro ry'ikuju kijimye.
- ◆ Niba imihango yaye itagarutse umunsi umwe nyuma y'uko impeta irenga isaro ryu nyuma ry'ikuju.



NINDE USHOBORA GUKORESHA URUNIGI RW'UKWEZI K'UMUGORE?

- ◆ Abagore babona imihango buri kwezi.



- ◆ Abashakanye bashobora kwirinda imbonano mpuzu bitsina cyangwa gukoresha agakingirizo mu minsi umugore ashobora gusamiraho.

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

CycleBeads®

- ◆ Urungi ntirurinda agakoko ka SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.
- ◆ Urungi si igikinisho cy'abana, rushyire ahantu hiherereye, hatagera abana.

US patent No. 6,747,917 B2. Foreign patents pending.
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UMUGEREKA WA 1

Indangaminsi



2022

MUTARAMA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

GASHYANTARE

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

WERURWE

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MATA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

GICURASI

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

KAMENA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

UMUGEREKA WA 1

Indangaminsi



2022

NYAKANGA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

KANAMA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NZERI

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

UKWAKIRA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
						1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

UGUSHYINGO

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

UKUBOZA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

UMUGEREKA WA 1

Indangaminsi



2023

MUTARAMA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

GASHYANTARE

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

WERURWE

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MATA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
						1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

GICURASI

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

KAMENA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

UMUGEREKA WA 1

Indangaminsi



2023

NYAKANGA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

KANAMA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NZERI

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

UKWAKIRA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

UGUSHYINGO

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

UKUBOZA

Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu	Ku cyumweru
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

UMUGEREKA WA 2

Ibindi ukwiye kumenya k'Urunigi rw'Ukwezi k'Umugore n'Uburyo bw'lmins Idahinduka



Uburyo bw'lmins Idahinduka bujyana no gukoresha Urunigi rw'Ukwezi k'Umugore bwizwe kandi bukorerwa igeragezwa n'abashakashatsi bo mu Kigo cyita ku Buzima bw'lmyororokere cya Kaminuza ya Georgetown. Binyujije mu mageragezwa yagiye akorerwa mu bitaro hamwe n'ubundi bushakashatsi bugenda bukorwa byagaragaje ko Uburyo bw'lmins Idahinduka ari uburyo bwo kuboneza urubyaro bwa kamere bwizwe kandi bworoshye kwigisha ndetse no kubwumva.² Ubu buryo butangirwa ahantu henshi hatandukanye kandi bugatangwa n'abakozi bari mu byiciro byinshi bitandukanye. Bwamaze gushyirwa mu nyandiko zikomeye z'lshami ry'Umuryango w'Abibumbye ryifa ku Buzima, iza Minisiteri z'Ubuzima hirya no hino, ndetse no mu z'ibindi bigo bikomeye bizwi cyane.

Uburyo bw'lmins Idahinduka bushingiye ku bushakashatsi bwa gihanga ku birebana n'iminsi umugore ashobora gusama mu gihe cy'ukwezi kwe.³ Ukwezi k'Umugore kuvugwa hano kugizwe n'iminsi ihera ku munsi wa mbere w'imihango kugera ku munsi ubanziriza imihango itaha. Umugore ugira ukwezi kuri hagati y'iminsi 26 na 32 ashobora gukoresha ubu buryo kugira ngo yirinde gusama akoreshje agakingirizo cyangwa akifata kuva ku munsi wa 8 kugera kuwa 19 y'ukwezi kwe.

Urunigi ni umurongo w'amasaro y'amabara atandukanye afasha umugore gukurikirana ukwezi kwe no kumenya iminsi ashobora gusama. Uko bagenda bimura impeta buri munsi, bashobora kubona iminsi umugore ashobora gusama kurusha ikindi gihe. Iyo minsi igaragazwa no kuba impeta iri ku isaro ry'umweru iryo ari ryo ryose. Kugira ngo yirinde gusama, umugore n'uwo bashakanye bakoresha agakingirizo cyangwa bakifata mu "minsi y'amasaro y'umweru".

Ni nde ushobora gukoresha Urunigi rw'Ukwezi k'Umugore?

- Abagore bagira amezi ari hagati y'iminsi 26 na 32
- Abashakanye bashobora kwirinda gukora imibonano mpuzabitsina idakingiye mu gihe cy'iminsi impeta yo k'Urunigi rw'Ukwezi k'Umugore iri ku isaro ry'umweru iryo ari ryo ryose (guhera ku munsi wa 8 kugeza kuwa 19 y'ukwezi k'umugore)

²Arevalo MI, Jennings, V., and Sinai I. 2002: Efficacy of a new method of family planning: the Standard Days Method. *Contraception*, 65:333-338.

³Wilcox add reference

UMUGEREKA WA 2

Ibindi ukwiye kumenya k'Urunigi rw'Ukwezi k'Umugore n'Uburyo bw'Iminsi Idahinduka



Uburyo bw'Iminsi Idahinduka bwageragejwe mu bushishozi bwinshi ku isi hose; iyo bukoreshejwe neza butanga icyizere cya 95%. Ibi bivuze ko mu bagore 100 bakoresheje ubu buryo neza mu gihe cy'umwaka umwe, hari hafi 5 basama. Aha harimo ababukoresheje neza n'abatarabukoresheje neza mu gihe cy'ubushakashatsi. Mu batarabukoresheje neza uko bikwiye, byagaragaye ko mu bagore 100 bakoresheje ubu buryo harimo 12 basamye mu gihe cy'umwaka. Uburyo bw'Iminsi Idahinduka ni uburyo bwo kuboneza urubyaro bwizewe kandi nta ngaruka mbi bugira.

Ubushakashatsi bugaragaza ko abajyanama b'ubuzima bahuguwe kandi bagakorerwa n'ubugenzuzi bukenewe, bashobora gutanga Uburyo bw'Iminsi Idahinduka hamwe n'Urunigi ku bagore n'abashakanye bifuza ubu buryo..



UMUGEREKA WA 3

Ni gute Wakwinjiza Urunigi rw'Ukwezi k'Umugore mu bikorwa byawe by'ubuvuzi?

Mbere yo gutanga Urunigi rw'Ukwezi k'Umugore, ni ngombwa kubanza gtekereza uko uzinjiza neza ubu buryo muri gahunda ngari y'ibikorwa byawe byo gutanga serivisi. Amahugurwa, gukurikirana imikorere, kuba Urunigi rw'Ukwezi k'Umugore ruzaboneka, uburyo bwo gukusanya imibare no gutanga amaraporo ndetse n'ibindi bitandukanya bikenewe harimo abakozi n'ibikoresho (resources) byose ni ngombwa kugira ngo ushabore kwinjiza Urunigi rw'Ukwezi k'Umugore muri gahunda isanzweho.

Amahugurwa no gukurikirana ibikorwa

Iyi mfashanyigisho irimo amakuru menshi n'ibikoresho bifasha mu kwigisha abajyanama b'ubuzima uburyo bwo gutanga Urunigi rw'Ukwezi k'Umugore. Ariko rero, iyo abajyanama b'ubuzima bamaze guhugurwa, baba banakeneye gukurikiranwa ku buryo buhoraho kugira ngo wizere neza ko ubub buryo bwinjizwa muri gahunda isanzwe. Igikoresho cyo gukurikirana ibikorwa cyitwa "Igikoresho cyo Kunoza Ubumenyi" cyakozwe n'lkigo cyita ku Buzima bw'lmyororokere nk'urutonde rw'ibigenderwaho mu kureba ko abatanga Urunigi rw'Ukwezi k'Umugore bafite ubumenyi bwa ngombwa n'imyumiire ikenewe kugira ngo bashobore kurutanga mu buryo bunoze. Iki gikoreshwa n'ushinzwe gukurikirana ibikorwa cyangwa n'umuylanama w'ubuzima na we ubwe kugira ngo barebe ko abajyanama b'ubuzima batanga Urunigi rw'Ukwezi k'Umugore mu buryo bwa nyabwo. Iki gikoresho kiraboneka ku rubuga rwa www.irh.org Uretse guhugura no gukurikirana ibikorwa by'abajyanama b'ubuzima batanga Urunigi rw'Ukwezi k'Umugore, ni na ngombwa gusobanurira abandi bakozi ko Urunigi rw'Ukwezi k'Umugore rwinjijiwe muri gahunda musanganywe kugira ngo nibiba ngombwa bajye bohereza abakiliya bifusa kurukoresha kujya kureba umuylanama wabihuguriwe. Isomo rya mbere riri muri iyi mfashanyigisho ryafasha mu gusobanurira abakozi ku buryo bwiuse ibijyanye n'Urunigi rw'Ukwezi k'Umugore.

Kureba niba hari inigi zihagije

Iyo mwiyemeje gutanga Urunigi rw'Ukwezi k'Umugore, ni ngombwa no gtekereza uko muzajya muzana inigi ndetse no kuzishyura. Iyo abajyanama b'ubuzima bamaze guhugurwa, haba hakenewe ko Urunigi rw'Ukwezi k'Umugore na rwo ruboneka kugira batangire kuruha abagore ndetse n'abashakanye bifusa kurukoresha. Mbere yo guhugura abajyanama b'ubuzima, abakozi ba gahunda mugiye kwinjizamo Urunigi rw'Ukwezi k'Umugore bagomba kugaragaza uburyo ruzajya ruboneka ndetse n'uko ruzishyurwa kugira ngo bizere ko inigi zizaba zihari mu gihe abajyanama b'ubuzima bazaba bamaze guhugurwa bagatangira kuzitanga. Niba abakuriye za gahunda z'ibikorwa badashobora kubona inigi, abakiliya ntazo bazabona kandi n'abajyanama b'ubuzima ntibazatinda kwibagirwa uko barutanga.

Gutanga amaraporo

Nyinshi muri gahunda z'ibikorwa zikusanya imibare ijyanye na serivisi batanga cyangwa se bakaba bafite n'izindi nshingano ziyanye no gukusanya imibare ndetse no gutanga amaraporo. Iyo mutanga Uburyo bw'lminsi Idahinduka mwifashisha Urunigi rw'Ukwezi k'Umugore, ni nngombwa guhitamo amakuru afitiye akamaro gahunda yanyu muri rusange muzakusanya mukanatanga kuri ubu buryo. Amwe muri ayo makuru ashobora guturuka mu kubara imibare y'abakoresha Urunigi rw'Ukwezi k'Umugore cyangwa se mu bakiliya mufite abahitamo kuba bazakoresha Urunigi rw'Ukwezi k'Umugore. Kubikora gutya, akenshi bisaba

UMUGEREKA WA 3

Ni gute Wakwinjiza Urunigi rw'Ukwezi k'Umugore mu bikorwa byawe by'ubuvuzi?



abakuriye za gahunda kongera amakuru y'ingenzi k'Urunigi rw'Ukwezi k'Umugore mu nyandiko (form) zisanzwe zikoreshwa mu gukusanya amakuru cyangwa muri sisteme yo gutunganya amakuru.

Ibikoresho byifashishwa

Muri iyi mfashanyigisho harimo ibikoresho byinshi bifasha abajyanama b'ubuzima kwitegura uko bazajya batanga Urunigi rw'Ukwezi k'Umugore. Hari kandi n'ibindi bikoresho wakwifashisha mu bikorwa bisanga abantu aho batuye, gukurikirana ibikorwa, gutanga amaraporo no kugura inigi. Reba ku mugereka wa 5 urutonde rw'ibikoresho byifashishwa ndetse unasure urubuga rw'Ikigo cyita ku Buzima bw'lmyororokere kuri www.irh.org.

Intambwe ugomba gukurikiza mu gihe utanga Urunigi rw'Ukwezi k'Umugore

- **Gufasha umukiliya guhitamo uburyo bwo kuboneza urubyaro umaze kumusobanurira neza.**
Bisaba ko uvuga no k'Urunigi rw'Ukwezi k'Umugore mu gihe uri kumuganiriza ku bundi buryo bwo kuboneza urubyaro.
- **Kureba niba umugore n'uwo bashakanye bashobora gukoresha Urunigi rw'Ukwezi k'Umugore.**
Kubaza umugore niba ajya mu mihangi hashize igihe kingana n'ukwezi. Kubaza niba umugore n'uwo bashakanye bazashobora gukoresha agakingirizo cyangwa kwifata mu gihe cy'iminsi 12 umugore aba ashobora gusama.
- **Gusobanura Urunigi rw'Ukwezi k'Umugore.** Gukoresha Urunigi rw'Ukwezi k'Umugore mu gihe urimo gusobanura ubu buryo, ukagenda werekana icyo amasaro y'amabara atandukanye asobanura kandi ukerekana n'uko bakoresha amasaro y'Urunigi.
- **Gusaba umukiliya umaze gusobanurira na we akakwereka uko bakoresha Urunigi rw'Ukwezi k'Umugore.** Ha umugore Urunigi rw'Ukwezi k'Umugore maze umusabe kukwereka no kugusobanurira uko we n'uwo bashakanye bateganya kuzarukoresha. Ongeraho ingingo z'ingenzi yaba atavuze kandi ukosore ahoy aba atabivuze neza.
- **Gufasha abashakanye bakoresha Urunigi rw'Ukwezi k'Umugore.** Kureba uko abashakanye bateganya kuzitwara mu minsi 12 igihe impeta iri ku isaro ry'umweru. Kuganira n'abashakanye icyabafasha gukoresha ubu buryo neza.
- **Kugenzura imyumvire yabo n'uko bakiriye ibyo mwavuganye.** Kugenzura imyumvire, gusubiza ibilazo baba bafite no kumva niba umugore n'uwo bashakanye bacyifuza gukoresha Urunigi rw'Ukwezi k'Umugore kandi niba bazabishobora.
- **Kubaha Urunigi rw'Ukwezi k'Umugore hamwe n'agapaki k'inyandiko ziriho ibisobanuro.** Kwibutsa umugore ndetse n'abashakanye ko bashobora kugaruka igihe baba bagize ikibazo, bagize ingorane cyangwa se bifuza guhindura uburyo.



UMUGEREKA WA 4

Ibibazo abantu bakunze kwibaza

Ibibazo: Ni ryari umugore yakagombye gushyira impeta ku isaro ry'umutuku: ni igihe akibona agatonya ka mbere k'imihango cyangwa ni igihe yabonye amaraso menshi?

Igisubizo: Yakagombye gushyira impeta ku isaro ry'umutuku ku munsi wa mbere atangiriye kubona agatonyanga k'amaraso ako ari ko kose n'ubwo yaba atari amaraso menshi.

Ibibazo: Byagenda gute umugore aramutse atibuka niba yimuye impeta cyangwa atayimuye k'Urunigi rw'Ukwezi k'Umugore rwe?

Igisubizo: Ni yo mpamvu umugore ukoresha Urunigi rw'Ukwezi k'Umugore yakagombye gushyira akamenyetso ku ndangaminsi ye ku munsi wa mbere yatangiye kujya mu mihango. Niba atibuka ko yimuye cyangwa atimuye impeta, ashobora guhita areba ku ndangaminsi ye italiki yatangiriye kujya mu mihango. Ahereye kuri iyo taliki akabara iminsi ishize kugera uyu munsi turiho. Hanyuma, ahereye ku isaro ry'umutuku, akongera akabara iminsi ingana n'iyo noneho akareba ko impeta iri ku isaro nyaryo/rigezweho uyu munsi.

Niba umugore yaribagiwe gushyira akamenyetso ku munsi wa mbere yatangiye kujya mu mihango cyangwa se niba adashobora gukoresha indangaminsi, ntabwo azashobora kumenya niba isaro impeta iriho ari ryo rigezweho ry'uwo munsi. Biramutse ari uko bimeze, yakagombye gukoresha agakingirizo cyangwa akifata kugeza ku munsi wa mbere azajya mu mihango y'ubutaha.

Ibibazo: Mu bisanzwe ni gute abashakanye bitwara mu minsi 12 igihe umugore ashobora gusama?

Igisubizo: Biterwa n'uko abashakanye babyumvikanyeho. Bamwe mu bashakanye bahitamo kwifata mu gihe impeta iri ku isaro ry'umweru iryo ari ryo ryose. Abandi bagahitamo gukoresha agakingirizo cyangwa se ubundi buryo bubuza intanga ngabo guhura n'intanga ngore muri iyo minsi. Abandi na bo bagenzura kensi Urunigi rw'Ukwezi k'Umugore maze bagakora imibonano mpuzabitsina kensi igihe impeta ikiri ku masaro y'ikijuju. Kubwizanya ukuri hagati y'abashakanye bombi ni ngombwa cyane. Niba bibagora cyane kwitwararika mu gihe cy'iminsi y'amasaro y'umweru, abashakanye bashobora gukoresha ubundi buryo bwo kuboneza urubyaro.

Ibibazo: Ese abashakanye bashobora gukoresha uburyo bwo kwiyakana mu minsi umugore ashobora gusama?

Igisubizo: Abashakanye bamwe na bamwe bahitamo gukoresha uburyo bwo kwiyakana (gukuramo igitsina cy'umugabo mbere y'uko asohora) mu minsi umugore ashobora gusama. Kuri bamwe muri bo bigenda neza; ariko ku bandi ntibikunde. Kwiyakana bigabanya ibyago byo kuba wasama utabyifusa, ariko ntabwo ari kimwe no gukoresha agakingirizo cyangwa kwifata mu minsi impeta iri ku isaro ry'umweru.

Ibibazo: Umugore yakora iki aramutse agiye mu mihango impeta itaragera ku isaro ry'ikijuju cyijimye?

Igisubizo: Ibi bivuga ko yagiye mu mihango hakiri kare cyane. Biramutse bibaye inshuro zirenze imwe mu mwaka, Urunigi rw'Ukwezi k'Umugore ntabwo rwamufasha.

Ibibazo: Byagenda gute umugore aramutse atari yajya mu mihango bikagera ku munsi ukurikira nyuma y'uko ashyize impeta ku isaro rya nyuma ry'ikijuju?

UMUGEREKA WA 4

Ibibazo abantu bakunze kwibaza



Igisubizo: Ibi bivuga ko yatinze kujya mu mihango. Biramutse bibaye inshuro zirenze imwe mu mwaka, Urunigi rw'Ukwezi k'Umugore ntabwo rwamufasha. Niba atekereza ko yaba yarasamye, cyangwa se akaba amaze iminsi 42 atarajya mu mihango, ni ukumwohereza aho bashobora kumukorera ikizamini cyo kureba ko atasamye.

Ikibazo: Byagenda gute umugore aramutse atekereza ko yaba yarasamye?

Igisubizo: Niba umugore atekereza ko yaba yarasamye cyangwa se iminsi 42 ikaba ishize nyuma y'aho atangiriye imihango ye aheruka, wakagombye kumwohereza aho bashobora kumukorera ikizamini cyo kureba ko atasamye. Igisubizo cy'icyo kizamini nicyerekana ko atasamye kandi bukaba ari ubwa mbere agize ukwezi kurekure cyane, ashobora gukomeza gukoresha Urunigi rw'Ukwezi k'Umugore ariko yitwararika.

Yakagombye guhita agaruka naramuka yongeye gutinda kujya mu mihango cyangwa se akayijyamo hakiri kare. Aramutse atari yajya mu mihango bikagera ku munsi **UKURIKIRA NYUMA** y'uko ashizye impeta ku isaro rya nyuma ry'ikuju; **CYANGWA SE** agiye mu mihango impeta itaragera ku isaro ry'**IKIJIJU CYIJIMYE**, Urunigi rw'Ukwezi k'Umugore ntacyo rwaba rukimumariye.

Niba igisubizo cy'ikizamini cyerekanye ko yasamye, ni ugufasha uwo mugore kubona aho bamuha ubujyanama kandi ukamwohereza kwisuzumisha nk'umugore utwite.

Ikibazo: Umugore yakora iki aramutse yarakoze imibonano mpuzabitsina idakingiye kandi impeta iri ku isaro ry'umweru mu minsi 5 ishize?

Igisubizo: Ashobora gukoresha ibinini bitangwa mu bihe by'amage/byihutirwa. Ibi binini bigabanya ibyago byo kuba yasama iyo abikoreshje mu minsi 5 nyuma yo gukora imibonano mpuzabitsina idakingiye. Ikindi kandi iyo bakoresha Urunigi rw'Ukwezi k'Umugore yakagombye kongera gutekereza ku buryo we n'uwo bashakanye bumva bamerewe ku bijyanye no kwitwararika mu minsi ashobora gusama. Niba gukoresha agakingirizo cyangwa kwifata mu gihe ashobora gusama bibagora, yakagombye gushaka ubundi buryo bwo kuboneza urubyaro mu gihe kiri imbere. Ibinini bitangwa mu bihe by'amage/byihutirwa ntabwo birinda gusama ku kigero kimwe nk'ubundi buryo bwo kuboneza urubyaro bwakoreshejwe neza.

Ikibazo: Ese umugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore aramutse aheruka kubyara kandi akaba atarakurira umwana?

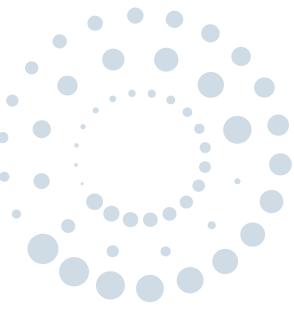
Igisubizo: Oya, agomba kuba ategereje kugeza igithe azagira mu mihango. Namara kujya mu mihango inshuro 4 kandi iyo aheruka kubona inshuro 2 za nyuma akaba yaragiye ayibona hashize igithe kingana n'ukwezi, ashobora gutangira gukoresha Urunigi rw'Ukwezi k'Umugore.

Ikibazo: Ese umugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore mu gihe yonsa?

Igisubizo: Byaterwa n'uko bimeze. Niba umugore yonsa kandi akaba atarakurira umwana, Urunigi rw'Ukwezi k'Umugore ntacyo rwamufasha. Agomba gутегереја kugeza yongeye kujya mu mihango. Noneho, agateggereza ko ajya mu mihango inshuro 4 kandi iyo aheruka kubona inshuro 2 za nyuma akaba yaragiye ayibona hashize igithe kingana n'ukwezi, ubundi agashobora gutangira gukoresha Urunigi rw'Ukwezi k'Umugore.

Ikibazo: Ese umugore ashobora gukoresha Urunigi rw'Ukwezi k'Umugore kandi mu minsi ya vuba ishize yari yarakoresheje ubundi buryo bwo kuboneza urubyaro?

UMUGEREKA WA 4



Ibibazo abantu bakunze kwibaza

Igisubizo: Byaterwa n'uburyo yakoreshaga ubwo ari bwo. Bumwe mu buryo bwo kuboneza urubyaro, urugero nk'urushinge rw'amezi 3 buhindagura uko umugore yari asanzwe ajya mu mihang. Rero, hari igihe yakenera kuba ategereje kugeza igihe yongeye kugira mu mihang kandi igahozaho ku buryo agenda ayibona hashize igihe kingana n'ukwezi. Niba umugore yarakoresheje uburyo bwo kuboneza urubyaro bufite imisemburo, agomba kubiganiraho n'umuganga wabihuguriwe kugira ngo barebe niba yakoresha Urunigi rw'Ukwezi k'Umugore ndetse n'igihe yatangira kurukoreshereza.

Ikibazo: Ese umugore yakoresha Urunigi rw'Ukwezi k'Umugore aramutse yari aherutse gukuramo inda cyangwa gukubita igihwereye?

Igisubizo: Byaterwa n'uko yaba yarajyaga mu mihang hashize igihe kingana n'ukwezi mbere y'uko asama. The woman should check with a trained family planning provider to find out if and when she can start using CycleBeads. Uyu mugore agomba kubiganiraho n'umuganga wabihuguriwe kugira ngo barebe niba yakoresha Urunigi rw'Ukwezi k'Umugore ndetse n'igihe yatangira kurukoreshereza.

Ikibazo: Byagenda umugore aramutse ava mbere y'uko igihe yagiraga mu mihang kigera?

Igisubizo: Niba ari uturaso ducye gusa, bwira uwo mugore ko bishobora kuba ari ikimenyetso gisanzwe cy'uko ari mu gihe cy'uburumbuke. Birashoboka ko atari ikimenyetso cy'uburwayi. Niba Atari uko bimeze, mugire inama ukurikije uko icyo amabwiriza mugenderaho mu gutanga serivisi abivugaho; cyangwa se umwohereze aho bashobora kumurebera impamvu yaba arimo kuva mu bihe bidasanzwe.

Ikibazo: Urunigi rw'Ukwezi k'Umugore rukora gute ku buryo rurinda gusama?

Igisubizo: Urunigi rw'Ukwezi k'Umugore ni igikoresho cyifashishwa mu gukoresha Uburyo bw'linsi Idahinduka bwo kuboneza urubyaro. Ubu buryo bwageragejwe mu bushishozi bwinshi ku isi hose; kandi iyo bukoreshejwe neza butanga icyizere cya 95%. Ibi bivuze ko mu bagore 100 bakoresheje ubu buryo neza mu gihe cy'umwaka umwe, hari hafi batanu basama. Ubushakashatsi bwo kureba ku cyizere ubu buryo butanga bwanakorewe ku bagore batabukoresheje neza nk'uko bikwiye. Aha harimo ababukoresheje neza n'abatarabukoresheje neza mu gihe cy'ubushakashatsi. Mu batarabukoresheje neza uko bikwiye, byagaragaye ko mu bagore 100 bakoresheje ubu buryo harimo 12 basamye mu gihe cy'umwaka.

Ikibazo: Ese umugore yakagombye gukoresha Urunigi rw'Ukwezi k'Umugore aramutse atinya kwandura Virusi itera SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina?

Igisubizo: Oya. Nk'uko bimeze k'ubundi buryo bwo kuboneza urubyaro bwinshi, Urunigi rw'Ukwezi k'Umugore ntabwo rurinda abashakanye bene izo ndwara. Agakingirizo ni bwo buryo bwo kuboneza urubyaro bwonyine burinda kwandura izo ndwara. Niba umugore atekereza ko yaba yugarijwe no kuba yakwandura Virusi itera SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina, cyangwa se akaba akeka ko yaba afite imwe muri izo ndwara, yakagombye guhita ajya kwisuzumisha ako kanya.

