



Imihindukire y'umubiri wanjye:

Ubumenyi bw'urubyiruko ku birebana
n'ubugimbi/ubwangavu n'uburumbuke

Icapwa rya kabiri 2

Institute for Reproductive Health

Georgetown University

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Washington, D.C. 20008

États-Unis

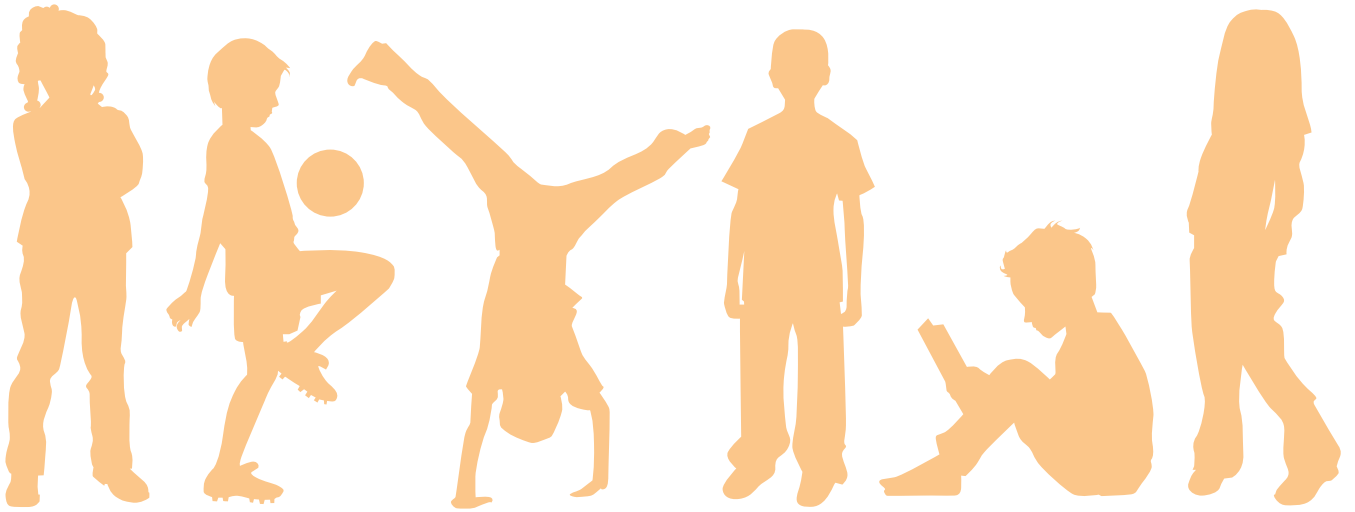
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Icapwa rya kabiri 2

Icapwa rya mbere ry'iyi nyoboranyigisho yateguwe n'Ikigo cyita ku buzima b'imyororokere cya Kaminuza ya Georgetown (l'Institut de la Santé Reproductive de l'Université de Georgetown) na Family Health International ku bufatanye na Elisa Knebel.

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Le Projet FAM

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Ikigo cyita ku buzima bw'imyororokere gishamikiye ku kigo cy'ubuvuzi cya Kaminuza ya Georgetown, iki kigo cy'ubuvuzi kizwi ku isi hose gifite intego nyamukuru 3 zikurikira: ubushakashatsi, gutanga inyigisho no kuvura abarwayi bakigana. Ikigo cyita ku buzima bw'imyororokere ni ikigo gitanga inyigisho n'ibindi bikenerwa by'ingenzi mu guteza imbere ubuzima bw'imyororokere mu mpande zose z'isi.

Umushinga uzwi ku izina ry' "Uburyo bushingiye ku gusobanukirwa uburumbuke" (FAM) wakozwe mu gihe cy'imyaka 5 wahawe ikigo cyita ku buzima bw'imyororokere muri Nzeli 2007 n'ikigo cy'Amerika cyita ku iterambere mpuzamahanga (USAID). Uyu mushinga w'imyaka 5 ugamije kongerera abantu ubumenyi ku birebana n'uburyo bushingiye ku gusobanukirwa n'uburumbuke no guteza imbere imikoreshereze y'ubwo buryo. Ibi bikaba bikorwa hifashishijwe gahunda zinyuranye zirononsoye kandi zirangwa no gutanga serivisi nziza. Ikigo cyita ku buzima bw'imyororokere kandi cyatangije gahunda zinyuranye zitanga inyigisho ku miterere n'imikorere y'umubiri n'uburumbuke zigenewe urubyiruko n'ingimbi/abangavu. Ikigo cyita ku buzima bw'imyororokere giha urubyiruko inyigisho ku miterere n'imikorere y'umubiri n'uburumbuke mu rwego rwo kurufasha gusobanukirwa imikurire y'imibiri yabo ndetse no kumenya kurengera ubuzima bwabo bw'imyororokere.



Isohorwa ry'iyi nyandiko ryakozwe ku nkunga y'ikigo cy'Amerika cyita ku iterambere mpuzamahanga (USAID) binyujijwe mu masezerano y'ubufatanye n° GPO-A-00-07-00003-00. Nyamara ibi ntibivuze ko ibikubiye muri iyi nyandiko bigaragaza imyumvire cyangwa politiki bya USAID cyangwa se bya Kaminuza ya Georgetown.



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Gushimira

Imihindukire y'umubiri wanjye ni inyoboranyigisho ku birebana n'ubugimbi/ubwangavu n'uburumbuke igenewe abahungu n'abakobwa bafite hagati y'imyaka 10 na 14, ikaba yarasohotse ku nshuro ya mbere muri 2003. Iyi nyoboranyigisho yanditswe n'Ikigo kita ku buzima bw'inyororokere cya Kaminuza ya Georgetown (Institut de la Santé Reproductive de l'Université de Georgetown) ku bufatanye na Family Health International. Icapwa rya mbere ry'iyi nyoboranyigisho, riboneka mu ndimi z'Icyongereza, Igifaransa n'Igisipanyoli-yasakajwe muri Aziya, Afrika n'Amarika y'Amajyepfo kandi abantu bakomeje kuyibona bifashishije urubuga rwa interineti rw'Ikigo kita ku buzima bw'inyororokere cya Kaminuza ya Georgetown.

Imihindukire y'umubiri wanjye, inyangirakose icapwa rya 2 rivugako ku **nyigisho zifasha abantu gusobanukirwa n'imikorere y'umubiri wabo** ikongeraho n'imyitwarire n'insanganyamatsiko zivugako ku bintu binyuranye byo mu buzima kugirango uruburako rubashe gusobanukirwa n'insanganyamatsiko umuryango (sosiyete) ugera ibitsina byombi ndetse n'izindi mpinduka bahura nazo mu muryango (sosiyete) igihe binjira mu bugimbi/ubwangavu no gukora cyangwa guhinduka bishyirye ku bitsina byabo. Iri capwa rya 2 rikubiyemo **inyoboranyigisho igenewe ababyeyi**, rigamije kwigisha ababyeyi ibijyanye n'ubugimbi/ubwangavu, imikorere y'umubiri w'umuntu n'imyitwarire ye bigendeye ku gitsina cyeye n'itandukaniro hagati y'ibitsina. Rigamije kandi guha ababyeyi ubumenyi bubafasha kuganira n'abana babo kugirango babashe kubabwira hafi mu gihe cy'ubugimbi/ubwangavu dore ko igihe ababyeyi ubwabo bari ingimbi/abangavu isi itari imeze nk'uko imeze mu gihe abana babo bageze muri icyo kigero.

Iri capwa rya kabiri kandi rikubiyemo **inyoboranyigisho y'umukangurambaga** igamije gufasha abigisha n'abakangurambaga b'uruburako kunonosora ubumenyi bwabo mu myigishirize no gukoresha uburyo butuma abahungurwa bese bagira uruhare rufatika. Rigamije kandi kubafasha kugira amakuru ahagije no kumva bisanzuye igihe bavuye ku bugimbi/ubwangavu, itandukaniro hagati y'ibitsina, imikorere y'umubiri w'umuntu n'imyitwarire mbonera bitsina, uburumbuke bityo bakabasha gufasha uruburako ndetse n'ababyeyi bazabwira baragize amahirwe yo guhugurwa mu nyigisho zikubiyemo muri iri capwa rya 2.

Abantu benshi n'imiryango itandukanye batanze ubufasha bunyuranye mu kwandika iri capwa no gukora ubushakashatsi bujyanye nayo ; muri bo twavuye (dukurikije uko

amazina yabo akurikirana mu nyuguti (alphabet)): Bernadette Bimenyimana, Tom Caso, Dalila de la Cruz, Susan Igras, Marguerite Joseph, Rebecka Lundgren, Marie Mukabatsinda, Lorena Pahor, Elizabeth Salazar, et Aysa Saleh-Ramirez. Turashimira kandi imiryango yagize uruhare mu bushakashatsi mu byo kwigisha bwatumye dushobora gukosora aho byari ngombwa, mu igerageza ry'inyoboranyigisho, icapwa rya 2 muri gahunda zisanzweho zigenewe urubyiruko, no mu isuzuma ry'inyigisho zishingiye kuri iyi nyoborabiganiro. Iyo miryango ni APROFAM (Guatemala), Catholic Relief Services (Rwanda), Caritas (Rwanda), l'Institut national de santé publique et communautaire (INSPC) à Madagascar, et SMART Consultancies (Rwanda).

Ikigo kita ku buzima bw'imyororokere cya Kaminuza ya Georgetown (Institut de la Santé Reproductive de l'Université de Georgetown) kirashimira FHI kubera uruhare yagize mu itegurwa ry'icapwa rya 1 ry'iyi nyoboranyigisho ari nayo shingiro ry'iri capwa rishya.

Iyi nyoboranyigisho yakozwe hifashishijwe izindi gahunda z'uburezi ku birebana na SIDA n'ubuzima bw'imyororokere, hifashishijwe kandi by'umwihariko gahunda z'imiryango ikurikira: Advocates for Youth, CARE International, CEDPA, na HealthLink Worldwide.

Abantu n'inzeho bikurikira bagize uruhare rukomeye mu gusubiramo icapwa rya mbere no mu bikorwa bindi byari bikenewe kugirango ikigo cyita ku buzima bw'imyororokere cya Kaminuza ya Georgetown kibashe kwihutisha ubushakashatsi, isuzuma n'itegurwa rya gahunda zigenewe ingimbi/abangavu. Mihira Karra, intumwa mu bya tekiniki ihagarariye umushinga FAM mu Kigo cy'Amarika cyita ku iterambere mpuzamahanga, Jenny Truong, umujyanama mu by'urubyiruko mu kigo cy'Amerika cyita ku iterambere mpuzamahanga, n'itsinda rikora ku birebana nubuzima bushingiye ku mikorere y'ibitsina rigizwe n'amashami y'ikigo cy'Amerika cyita ku iterambere mpuzamahanga

Turashimira kandi Melissa Adams na Torey Holderith kubera ubufasha bwabo mu kwandika icapwa rya 2 ry'iyi nyoboranyigisho.

Ikigo cyita ku buzima bw'imyororokere cya Kaminuza ya Georgetown kirashimira byimazeyo ikigo cy'Amerika cyita ku iterambere mpuzamahanga kubera inkunga ishimishije mu bikorwa no mu mafaranga cyageneye umushinga FAM binyujijwe mu masezerano y'ubufatanye no HRN-A-00-97-00011-00.

*Institut de la Santé Reproductive de l'Université de Georgetown
Janvier 2011*

Iriburiro

Kuki twahitamo iyi nyoboranyigisho?

Kwigisha ibijyanye n'uburumbuke, ubuzima bw'imyororokere n'imikurire y'abantu bisaba kuvuga ku nsanganyamatsiko zinyuranye nk'iterambere ry'abantu, imibanire hagati y'abantu, ubumenyi bw'umuntu ku giti cye, ubuzima mbonera gitsina, ubuzima bw'imyororokere, uko umuco na sosiyeti bibona imyifatire n'ibikorwa bijyanye n'ibitsina, n'ibindi. *"Imihindukirire y'umubiri wanjye, igice cya kabiri iva imuzi kuburyo burambuye ingingo zimwe na zimwe, twavugako ku bumenyi ku burumbuke, inyigisho z'isuku y'umubiri, gukoresha imyitozo buri wese agiramo uruhare.*

Twibutse ko iyi atari inyoboranyigisho y'umwimerere yo kwigisha uburere mbonera gitsina.

Gusobanukirwa n'uburumbuke bifasha urubyiruko kumenya neza imikorere n'imiterere y'imibiri yabo no kurengera ubuzima bwabo bw'imyororokere. Kuganira ku mpinduka zigaragara ku mibiri no mu byiyumviro by'ingimbi n'abangavu ndetse n'ibimenyetso by'uburumbuke bifasha urubyiruko gusobanukirwa n'imikorere y'imibiri yabo no gufata ibyemezo binoze ku bijyanye n'imyitwarire yabo. Bibafasha kandi kunyomoza amakuru yose atari ukuri ajyanye n'ubuzima bw'imyororokere bityo bakabategura kuba abantu bakuru basobanukiwe.

Inyigisho ku mubiri zibanda kubo turibo, aho tuva ndatse n'uburyo umubiri wacu ukora kugirango ubuzima bwacu bube bwiza. Ikigenderewe cyane ni ugusobanura uko umubiri wacu ukora haba uko turemye ndetse no mu mibanire.

Uretse kumenya impiduka zibaho mu gihe cy'ubugimbi/ubwangavu, kuba wiyumvisha neza ko urubyiruko rufite ubushobozi n'uruhare ibitsina byombi rushobora kugira mu mibanire, ibyo bizafasha urubyiruko gusobanukirwa neza n'ubuzima bwabo mbonera gitsina ndetse n'ubuzima bw'imyororekera bigendera ku mategeko ngengabitsina ya sosiyete. Muri rusange, ubumenyi ku burumbuke n'inyigisho z'umubiri biha urubyiruko ubushobozi bwo kunyura mu bugimbi /ubwangavu, hageragezwa kuziba icyuho ku bumenyi n'imyitwarire ku busobanuro bahawe ku mubiri wabo.

Ababyeyi benshi, amashuri, amashyirahamwe y'urubyiruko n'amadini nta bushobozi buhagije bafite mu guha abana inyigisho zibafasha kwitegura ubugimbi n'ubwangavu. Ibi bigatuma abana batagira aho bakura amakuru n'ubumenyi byabafasha kwakira impinduka ku mibiri, ibyiyumviro no ku mibereho yabo mu muryango bahura nazo mu gihe cy'ubugimbi n'ubwangavu kirangwa n'impinduka zinyuranye kandi zihuse. Nyamara kandi, iyo abana bazi

neza imikorere y'imibiri yabo ndetse n'impinduka zizababaho bibafasha kumenya uko bitwara mu bibazo n'ingorane bijyanye n'ubuzima bw'imyorokere bahura na byo.

Imihindukire y'Umubiri Wanjye ikubiyemo amakuru nyayo urubiruko rukeneye ku birebana n'ubugimbi n'ubwangavu, abayanditse kandi bagerageje gukoresha imvugo inogeye urubiruko. Inyigisho zikubiye muri iyi nyoboranyigisho zizafasha urubiruko kurushaho kwigirira icyizere, kwiga imigenzo myiza yo kurengera ubuzima, kwishimira uko bari no gusobanukirwa n'ibintu binyuranye abantu bemera cyangwa bavuga ko biranga (stereotypes) abagore cyangwa abagabo. Imihindukire y'Umubiri Wanjye ni inyandiko ishimishije urubiruko kandi ikubiyemo n'inyigisho zagenewe ababyeyi. Buri somu rigizwe n'ibikorwa biha buri wese uruhare, udukino, n'ibindi bifasha abitabiriye amahugurwa kunguka ubumenyi ndetse bikanabakangurira gusangira ibyiyumviro byabo. Ni ukuvuga ko abitabiriye amahugurwa bakurikira bakoresheje "umutima" n' "ubwonko" bityo bakumva, bakiga kandi bakazirikana ubutumwa bw'ingenzi ku bijyanye n'imihindukire y'imibiri yabo.

Iyi gahunda yigishanywa hamwe n'indi gahunda *Imihindukire y'umubiri wanjye ingenewe ababyeyi*, ikubiyemo inyigisho zisa n'izigenewe urubiruko. Muri make, *Imihindukire y'Umubiri wanjye* igenewe ababyeyi, ifasha abamama n'abapapa, ba nyirasenge na ba nyirarume kubona ubwinyegamburiro bwo kuganiriza abana babo ku bugimbi, ubuzima mbonera gitsina ndetse n'itandukaniro riri hagati y'ibitsina byombi, bityo bakagira ubushobozi bwo kuvuga ku myitwarire mu kiganiro kiba hagati y'ababyeyi n'abana babo.

Iyi nyoboranyigisho igenewe bande?

Igenewe gufasha abantu bakuru bigisha abana (n'ababyeyi babo) ibijyanye n'imikurire y'umuntu ndetse n'imyorokere ye. Abayobozi b'amatsinda y'urubiruko, abigisha iyobokamana, abarimu, cyangwa se undi muntu wese uhura kandi akigisha urubiruko bashobora kwifashisha iyi nyoboranyigisho. Iyi nyoboranyigisho kandi iberanye n'imiryango iharanira iterambere ry'urubiruko nk'ishyirahamwe ry'abasore b'abakrisitu (*Young Men's Christian Association (YMCA)*), ishyirahamwe ry'abakobwa b'abakrisitu (*Young Women's Christian Association (YWCA)*), ishyirahamwe mpuzamahanga ry'abagide n'abakobwa b'abasuguti (*World Association of Girl Guides and Girl Scouts (WAGGGS)*), umuryango mpuzamahanga w'abasuguti b'abasore (*World Organization of the Scout Movement (Boy Scouts)*), n'indi. Ibiyikubiyemo bigenewe abana bari hagati y'imyaka 10 na 14 n'ababyeyi babo bagira uruhare runini mu mibereho yabo.

N'ubwo iyi nyoboranyigisho itavugaga ku myitwarire n'ibikorwa birebana n'imibonano mpuzabitsina, abazitabira amahugurwa bemerewe kubaza ibibazo byerekeye kuri izo ngingo. Bityo rero, bimwe mu bibazo n'ibisubizo kuri izo ngingo bigiye bigaragara muri iyi nyandiko. Ni byiza kandi ko utanga amahugurwa avugisha ukuri igihe avugaga ku bijyanye n'izo ngingo, akirinda ko imitekerereze n'imyifatire ye byabangamira imyigishirize ye.

Ingimbi n'abangavu bafite uburenganzira bwo kumenya amakuru nyayo, y'ukuri kandi ahagije

ku bijyanye n'ubuzima bw'imyororokere.

Intego nyamukuru y'iyi nyoboranyigisho

Hagamijwe ko abazakurikira amasomo akubiye muri iyi nyoboranyigisho bazagera kuri ibi bikurikira:

1. Kumenya impinduka ziba ku mibiri no mu biyumviro by'abakobwa n'abahungu mu gihe cy'ubugimbi n'ubwangavu.
2. Kumenya imyaka ubwangavu/ubugimbi butangiraho.
3. Kuganira ku mikurire n'ishusho y'imibiri yabo.
4. Gutangira gusobanukirwa n'ibiyumviro bishingiye ku miterere n'imikorere y'ubuzima bw'imyororokere.
5. Gusobanura uko gusama bigenda ndetse n'imyororokere y'abagore n'iy'abagabo.
6. Kunyomoza amakuru yose atariyo arebana n'imyororokere y'abagore n'iy'abagabo.
7. Gusobanura ihura ry'intanga ngore n'intanga ngabo.
8. Kumenya ibimenyetso by'uburumbuke bibagaragara.
9. Kurushaho kugira isuku no gufata neza imibiri yabo.
10. Gusobanukirwa n'uko sosiyeti itandukanya abagore n'abagabo ndetse n'uruhare bigira mu gufata ibyemezo no mu mibanire y'abantu.
11. Kurangwa n'ubwisanzure igihe baganira n'ababyeyi n'urungano ibijyanye n'ubwangavu/ubugimbi.

Iribururiro ku uhugura

"Inyoboranyigisho Imihindukire y'umubiri wanjye" iteguye ite?

Iyi nyoboranyigisho ishobora gukoreshwa nk'icyuzuzo cy'izindi nyandiko zifashishwa mu kwigisha ibijyanye n'ubuzima bw'imyororokere. Ku mpera yayo hari urutonde rw'ibigo n'imbuga za interineti byagufasha kubona andi makuru ku binyjanye n'ubuzima bw'imyororokere.

Bitewe n'igihe abateguye amahugurwa bagennye, ibikubiye muri iyi nyoboranyigisho bishobora kuganirwaho mu byumweru cyangwa iminsi myinshi; nyamara kandi bishobora no kuganirwaho mu gihe cy'iminsi ibiri cyangwa itatu. Ibice bigize buri somo bigomba gukurikiranywa uko byateguwe ariko igihe hagati y'isomo n'irindi gishobora kongerwa cyangwa kugabanywa bitewe n'uko gahunda yateguwe. Ibyiza byo kugenda buhoro buhoro ni uko bifasha abitabiriye amahugurwa kugira umwanya uhagije wo kunononsora imikoro ikubiye mu nyoboranyigisho. Ikiganiro kigenewe ababyeyi ni umwihariko ugenewe ababyeyi nyine. Gishobora gutangwa mu byiciro bibiri cyangwa se kigatangirwa rimwe cyose.

Urunigi nk'igikoresho cyo gusobanukirwa n'uburumbuke

Iyi nyoboranyigisho iteganya ko abayobora amahugurwa bifashisha urunigi rw'amasaro 32 y'amabara atandukanye mu gusobanura imihindukire iba ku mibiri y'abakobwa mu gihe cy'imihango. Urunigi ni igikoresho gifatika gifasha abakobwa n'abagore kumenya neza uburumbuke bwabo ndetse n'imihindukire y'umubiri wabo itangira mu bwangavu igakomeza uko bagenda bakura. Imihango ni ibihe bihoraho banyuramo buri kwezi kandi bifite impinduka bitera ku mubiri wabo. Urunigi kandi rushobora kwigisha abahungu imikorere y'umubiri w'abakobwa no kubafasha kumenya igihe umukobwa ashobora gusama.

Igitekerezo cyo kwifashisha urunigi mu kwigisha ingimbi n'abangavu cyaturutse kuri gahunda y'ikigo cy'ubuzima bw'imyororokere yo gushakisha uburyo kamere bwo kuboneza urubyaro buzwi ku Uburyo bw'Iminsi Idahinduka. Benshi mu bakoresha ubwo buryo babarisha urunigi rw'amasaro y'amabara atandukanye rufite impeta ibafasha kugenda bimuka bava ku isaro rimwe bajya ku rindi uko umunsi ushize bityo bakamenya iminsi yabo y'uburumbuke. Bamwe mu bagize amashyirahamwe y'urubyiruko bemeza ko urunigi ari igikoresho kinoze cyo gusobanurira urubyiruko ibijyanye n'uburumbuke. Bityo rero, urunigi rukoresha muri iyi nyoboranyigisho ntago ari rumwe rukoresha mu kuringaniza imbyaro. Umugore ukeneye gukoresha bene urwo runigi aba akeneye andi makuru y'inyongera aboneka ku bigo bitanga serivisi zo kuboneza urubyaro.

Uko amasomo akubiye muri iyi nyoboranyigisho atangwa

Kuganira n'abana uburyo bw'imikurire yabo bisaba umurava. Mu duce tumwe na tumwe abantu babuzwa kuvuga ku bijyanye n'ibitsina. Nyamara byaragaragaye ko kutabivugaho birushaho gutera urujijo n'ibihuha cyangwa amakuru atari ukuri.

Uburyo bwo kuyobora amahugurwa buteganyijwe muri iyi nyoboranyigisho ni ugushishikariza buri wese kugira uruhare mu myitozo. Imyitozo iteganyijwe igaragara nk'igamije gushimisha abahugurwa, ariko uyoboye amahugurwa akora uko ashoboye akabafasha kuyukuramo amasomo. Ni ngombwa kandi ko uyoboye amahugurwa akurikira buri ntambwe kandi akibanda ku ngingo abona ko zifitiye akamaro kanini abo ahugura.

Kugirango amahugurwa agire umusaruro ni ngombwa kurenga ubwoba n'isoni uterwa no kuganira ku bijyanye n'imyorokere ndetse n'ibice by'umubiri w'umuntu. Ibi bizatuma haba ubwisanzure hagati yawe n'abo uhugura. Mbere yo gutangira amahugurwa banza witegure wowe ubwawe. Intambwe zikurikira zizagufasha kwitegura neza:

- **Soma inyoboranyigisho yose.**

Gusoma inyoboranyigisho mbere y'amahugurwa bizatuma usobanukirwa neza n'ibyo uzigisha, ibikoresho uzakenera ndetse n'uko wakwitegura gutanga ibiganiro.

- **Tekereza kandi usobanukirwe imyemerere n'indangagaciro by'abo uzahugura ndetse n'ibyawe.**

Waba wibuka uko wumvaga umeze igihe wari ingimbi/umwangavu? Uribuka se uko wumvaga umeze ubwo wari wagiye mu mihango cyangwa wiroteyeho bwa mbere? Tekereza ku byiyumviro abo uhugura bagenda bagira uko bakura. Zirikana ibyo wemera n'indangagaciro zawe. Ibi byose bizagufasha kuyobora amahugurwa neza.

Gerageza kumenya uko abakobwa n'abahungu basobanura ibibazo cyangwa ibishobora kubahuza by'ingenzi. Dushishikariza ko, nyuma y'amahugurwa, habaho ibiganiro mu matsinda y'abakobwa n'abahungu mu kumva icyo bavuga. Muraza gusanga muri iyi nyoboranyigisho ibibazo bizengurutse n'urukiramende bizabafasha gutegura ibiganiro byanyu bitewe n'igice muherereyemo.

- **Irinde guhinyura ibitekerezo by'abo uhugura.**

Akira kandi wubahe ibitekerezo n'ibibazo by'abitabiriye amahugurwa. Babwire ko ibitekerezo byabo bifite ishingiro n'agaciro bikomeye.

- **Koresha imvugo, amashusho n'ingeri bitarangwamo ivangura rishingiye ku gitsina**

Irinde gukoresha amagambo arimo ivangura rishingiye ku gitsina cyangwa se acira urubanza abantu bamwe na bamwe. Irinde gukoresha insimbuzirana cyangwa amagambo aranga abagabo ahubwo ukoreshe amagambo avuga abantu muri rusange hakoreshwa imvugo nka uwariye wese, bo n'abindi. Aho kugirango hakoreshwe amagambo nka bwana perezida,

mwavuga ko ubuyobozi bushinzwe runaka...” Urugero nko kuvuga ko gukora akazi bigira ingaruka ku’muryango, wavuga ko abakozi badashobora kwita kimwe ku miryango yabo aho kuvuga ko abagabo bakora batabona umwanya wo kwita ku bagore babo no ku bana babo.” Itondere imvugo zumvikanisha ko abagabo aribo bafite ububasha kandi bemerewe kujya ahagaragara kurusha abagore. Shakisha amashusho agaragaza abagore n’abagabo bafatanyije imirimo yo mu rugo , ku kazi no mu muryango (sosiyeti) babamo. Ifashishe ibinyamakuru n’izindi nyandiko zo kwigisha zerekana ko abakobwa n’abahungu, abagore n’abagabo bafite uruhare rungana mu guteza imbere imiryango yabo, mu nzego z’uburezi, mu nzego z’ubuzima no mu muryango (sosiyeti) babamo.

Iyo abahugurwa bakoresheje imvugo igaragaramo ivangura rishingiye ku gitsina cyangwa iha akato abantu bamwe na bamwe, basobanurire utabahutaje cyangwa ngo ubamwaze ko imvugo bakoresheje idakwiye hanyuma mukomeze. Ibi bizatuma uko iminsi ishira bagenda bikosora cyangwa bakosorana hagati yabo.

- **Rangwa n’umurava !**

Gerageza gufasha abo uhugura kwitwara nk’abantu bakuru bategereje kwigira byinshi ku mikurire y’umuntu mu biganiriro mugirane. Mu gutanga amahugurwa erekana ko imikurire y’umuntu ari ikintu gisanzwe kandi cyiza ndetse kinakenewe mu buzima. Zirikana ko n’ubwo abantu bakuru bakora ibishoboka byose ngo badatwarwa n’ibyiyumviro n’imyifatire byabo, abana bazi kureba aho umuntu agaragaje ibyiyumviro n’imyitwarire bitari byiza. Kenshi uburyo igitekerezo runaka kivuzwemo burusha imbaraga ibisobanuro by’amagambo yakoreshejwe.

- **Hora witeguye.**

Mbere ya buri somo, soma ibice byose birigize ndetse n’inyigisho zikubiye muri ibyo bice. Ibande ku bice “icyitonderwa kigenewe uhugura” na “Ibande kuri izi ngingo”. Itegereye kuba wabazwa ikibazo icyo ari cyo cyose kuri ibyo bice kandi niba hari ikibazo udafitiye igisubizo ntutinye kubwira abahugurwa ko utazi igisubizo ariko ko ugiye kugishaka ukaza kukibagezaho.

- **Kora uko ushoboye abahugurwa bagire ubwisanzure.**

Irinde kuba hari uwo wabangamira mu buryo ubwo aribwo bwose kandi wirinde gusaba abahugurwa gusubiza ibibazo bumva batabohokewe no gusubiza.

- **Ha abahugurwa uburyo bwo gusubiza ibibazo nta zina ku buryo abandi batamenya ubivuze**

Ku bahugurwa bamwe, uburyo bwo kubaza ibibazo ni bwo butuma babasha kuvuga ibibateye impungenge. Bemereye bandike ibibazo ku mpapuro bazishyire mu “isanduku y’ibibazo”. Nyuma urasubiza ibyo bibazo imbere y’itsinda ryose.

- **Tegura ahantu wakorera n’abantu bagufasha**

Igihe wumva utabohokewe no gutanga ikiganiriro runaka cyangwa se utabifiye ubumenyi

buhagije iyambaze umuntu ubishoboye (urugero: impuguke mu buzima cyangwa umurezi mugenzi wawe).

- **Tanga urubuga rwo gutanga ibitekerezo uko babyumva**

Uzasanga abahugurwa bafite ubumenyi burenze ubwo watekerezaga cyangwe se nabo batekerezaga ko bafite ku bijyanye n'ubugimbi/ubwangavu n'uburumbuke. Urubuga rwo gutanga ibitekerezo byabo uko bije nirwo ruzagufasha kumenya ibyo bazi no kumenya niba ari amakuru nyayo kandi ahagije.

- **Fasha abahugurwa kwishyiraho amabwiriza abagenga**

Gufasha abahugurwa kwishyiraho amabwiriza bagenderaho bizatuma batanga ibitekerezo mu bwisanzure. Aya mabwiriza kandi agaragaza imvugo n'imyitwarire bigomba gukoreshwa mu mahugurwa. Amabwiriza bashyizeho ushobora kugenda uyagarukaho, by'umwihariko iyo uhwitura abayarengaho.

- **Teganya kungurana ibitekerezo mu matsinda manini.**

Uko abahugurwa bahabwa uburyo bwo kujya impaka no kuvugana hagati yabo, ni ko barushaho kwiyongera ubumenyi. Nyuma yo kubaha urubuga bisanzuriramo, ni byiza kubasaba ko bakomeza kwerekana uruhare rwa buri wese. Igice kinini cy'iyi nyoboranyigisho kirimo imyitozo isaba ko buri wese yerekana uruhare rwe haba mu matsinda manini cyangwa se mu mato.

- **Imyitozo mu matsinda mato.**

Imyitozo ya buri muntu ku giti cy'e cyangwa se mu matsinda mato ifasha abahugurwa kurushaho kumva ko igikorwa ari bo kigenewe koko. Imyitozo mu matsinda mato ishobora no guha abahugurwa umwanya wo kuvuga, by'umwihariko abatinye kuvugira mu matsinda manini.

- **Shishikariza ababyeyi kubigiramo uruhare**

Ababyeyi bakeneye amakuru abafasha kuba hafi y'abana babo mu bugimbi n'ubwangavu. Akenshi usanga gahunda z'urubyiruko ziyambaza ababyeyi bagahabwa inshingano zitandukanye nk'abarezi b'abana ndetse n'abavugizi mu muryango baharanira ko abana bose bagira amakuru ahagije ku ngingo zinyuranye. Bityo rero teganya gushyiraho Komite Njyanama igizwe n'ababyeyi n'abana ishinze ubuvugizi ku bandi babyeyi (reba ibisobanuro bihagije mu gice cyo "Gutegura ababyeyi").

Kwigisha hifashishijwe iyi nyoboranyigisho

Ni byiza ko mbere yo gukoresha iyi nyoboranyigisho wasobanukirwa n'ibice biyigize ari byo:

1. Amasomo atandatu. Buri somo rigamije kwigisha ku ngingo yihariye:

Isomo rya 1. Ubugimbi/ubwangavu: Umubiri wanjye, Jyewe ubwanjye

Isomo rya 2. Uburumbuke bw'abakobwa n'ubw'abahungu

Isomo rya 3. Iyo uburumbuke bw'umukobwa buhuye n'ubw'umuhungu: Gusama

Isomo rya 4. Ibyo nibaza ku burumbuke bwanjye: amatsinda y'abakobwa n'ay'abahungu ukwabo

Isomo rya 5. Isuku n'ubugimbi/ubwangavu

Isomo rya 6. Isubiramo

2. Urutonde rw'amagambo y'ingenzi yakoreshejwe ruri ku mpera y'inyoboranyigisho .
3. Urutonde rw'ibigo n'imbuga za interineti byafasha kubona amakuru arambuye ku buzima bw'imyorokere ku mpera y'inyoboranyigisho.

Buri somo rikubiyemo:

1. **Intego** – ubumenyi n'ubushobozi abahugurwa bazakura mu isomo.
2. **Imfashanyigisho** – ibikoresho byifashishwa mu gutanga isomo bigomba gutegurwa mbere
3. **Mbere yo gutanga isomo** – amabwiriza asobanura ibikorwa mbere yo gutangira isomo.
4. **Igihe** – iminota yagenewe isomo. Bitewe n'umubare w'abahugurwa n'izindi mpamvu ibice bigize isomo bigenerwa igihe gitandukanye. Menshi mu masomo yagenewe igihe kiri hagati y'isaha imwe n'igice n'amasaha abiri. Ni ngombwa ko uhugura yihuta cyangwa akagenda buhoro akurikije uko abona abahugurwa bakurikira.
5. **Ibice by'isomo** – ni ibice bigize isomo. Buri gice kigomba gutangwa nk'uko cyateganyijwe. Buri gice kandi gifite amabwiriza agenga uko gitangwa, amwe muri yo ni aya:
 - **Icyitonderwa ku uhugura**– ni inama zihariye zigenewe uyoboye amahugurwa ngo zimufashe kumenya uko ayobora ibice bimwe na bimwe by'isomo.
 - **Inama kubirebana n'aho amahugurwa abera**- Hari ibibazo bikwiye kubazwa kugirango mubashe kumenya icyo urubiruko ruzi ndetse n'ibibazo bafite mbere yo gutangira isomo. Ibyo bizabafasha uko muzatanga isomo bitewe n'abo muri kumwe ndetse n'umuco wabo.
 - **Ibando ku ngingo zikurikira** – ingingo z'ingenzi zigomba gushimangirwa kuri buri gice.
 - **Ingingo zo kuzirikana?** – ni ingingo zigarukwaho nyuma ya buri somo.

- 6. Ibibazo n'ibisubizo bishoboka** – birumvikana ko abahugurwa bazakubaza ibibazo kuri buri ngingo iganiriweho. Buri somo rifite urutonde rwa bimwe muri ibyo bibazo ndetse n'ibisubizo byabyo rugenewe gufasha uhugura. Uretse isomo rya 4, andi si ngombwa ko ucukumbura ibikubiye mu bibazo byose. Urutonde rw'ibibazo n'ibisubizo ruzagufasha ku-bona byihuse ibisubizo by'ibibazo abahugurwa babajije. Mbere yo gutangira isomo soma urwo rutonde bityo usobanukirwe n'ibibazo n'ibisubizo bikubiyemo.
- 7. Imyitozo y'inyongera** – imyitozo iri ku mpera ya buri somo ishobora kwifashishwa mu gushimangira ubumenyi abahugurwa bakuye mu isomo. *Iyi myitozo ushobora kuyikoresha cyangwa ukayireka* ; imwe muri yo imara igihe kirekire (amezi menshi).
- 8. Ingingo zo gushimangira** – amakuru y'ingenzi agomba gutangwa mu isomo. *Mbere yo gutangira isomo ni ngombwa gusoma no gusobanukirwa ubutumwa bw'ingenzi burikubiyemo.*

Ni ngombwa kandi ko abahugurwa bamenya intego ya buri somo. Igihe ubona ko abahugurwa hari ibyo badasobanukirwa reka gukomeza ubanze ubasobanurire neza. Iyi nyoboranyigisho yakorewe gufasha buri wese ku giti cye, ntigomba gukoreshwa nk'aho uyoboye amahugurwa ari mu ishuri atanga inyigisho zizatangwaho ibizamini. Bityo rero uhugura agomba gukoresha uburyo bushimisha abahugurwa kandi bukabafasha kunguka ubumenyi.

Abahungu n'abakobwa: bavanze cyangwa batandukanye?

Amasomo yose, uretse **isomo rya 4**, agamije guha abakobwa n'abahungu urubuga rwo kungurana ibitekerezo bari hamwe. Mu **isomo rya 4**, abakobwa n'abahungu baratandukana ngo bahabwe umwanya wo kubaza ibibazo bihariye nk'igitsina gore cyangwa gabo. Birumvikana ko kuganira kuri zimwe mu ngingo zikubiye muri iyi nyoboranyigisho bitoroshye. Gutandukanya abahungu n'abakobwa **mu isomo rya kane** bibafasha kugira ubwisanzure mu kuganira ku bintu bireba igitsina kimwe bitareba ikindi. Nyuma yo gusoma iyi nyoboranyigisho, ushobora gutekereza ko no mu yandi masomo cyangwa ibice byayo ari ngombwa gutandukanya abahungu n'abakobwa. Mu mico imwe n'imwe abakobwa n'abahungu, abagore n'abagabo ntibemerewe kugirana hagati yabo ibiganiro birebana n'imihindukire y'imibiri cyangwa ibitsina byabo. Niba ari uko bimeze birumvikana ko ari abahungu ari n'abakobwa batazabohokerwa no kugira uruhare mu biganiro; bityo rero uhugura ashobora gufata icyemezo cyo kubatandukanya kuko bizatuma buri wese yisanzura mu gutanga ibitekerezo, ibi bikaba ari bimwe mu byo uhugura agomba guharanira. Uhugura niwe ufata icyemezo cyo gutandukanya abakobwa n'abahungu mu biganiro byose cyangwa se muri bimwe muri byo akurikije umuco w'abo ahugura n'aho amahugurwa abera.

Guhitamo aho amahugurwa abera

Ukurikije bimwe mu bikubiye muri iyi nyoboranyigisho birumvikana ko abahugurwa bazifuza ko amahugurwa abera ahiherereye. Guhitamo aho amahugurwa abera ni igikorwa cy'ingenzi. Niba bishoboka hitamo ahantu hatuje hatuma abahugurwa batazumvwa, babonwe cyangwa

barogowe n’abandi bantu. Izeze abahugurwa ko ibyo bavugira mu mahugurwa birangirira aho; kora kandi uko ushoboye amahugurwa abere hafi y’aho abahugurwa batuye.

Guteguzwa ababyeyi

Bamwe mu babyeyi n’abarezi ntibabohokerwa no kuganira n’abana ibijyanye n’ubuzima bw’imyororokere. Abandi nabo bahangayikishwa no kuba batanga amakuru arenze ayo umwana akwiye kumenya cyangwa se bakananirwa gusubiza ibibazo bye. Zimwe mu mpamvu zituma ababyeyi cyangwa abarezi batabohokerwa no kuganira bene ibyo biganirwa n’abana ni umuco na za kirazira zo mu muryango babamo. Ni ngombwa ko ababyeyi n’abarezi bamenyeshwa ibyo abana babo bagiye guhugurwaho. Ni muri urwo rwego abateguye amahugurwa bashobora kwandikira ababyeyi cyangwa bakajya kubareba niba batazi gusoma. Ku rupapuro rukurikira hari urugero rw’ibaruwa yakwandikirwa ababyeyi ibamenyesha ibijyanye n’amahugurwa yateguriwe abana babo.

Uretse kwandika ibaruwa, abateguye amahugurwa bashobora no gutegura inama n’ababyeyi cyangwa abarezi ngo baganire ku nyoboranyigisho na zimwe mu ngingo zayo zikubiyemo ubutumwa bwihariye. Inama nk’iyi ni ngombwa by’umwihariko ku babyeyi batazi gusoma. Ni ngombwa kandi gushyiraho komite y’ababyeyi ishinze gukurikirana ibijyanye n’amahugurwa. Gukorana n’ababyeyi/abarezi no gusubiza ibibazo byabo bizatuma basobanukirwa n’ibikubiye mu mahugurwa kandi bitume agera ku musaruro. Ni ngombwa kandi ko umenyesha ababyeyi aho ubarizwa (telefoni, aho ukorera) kuko bashobora kugukenera nyuma y’inama.

Ni byiza ko ibiganirwa n’ababyeyi biba mbere y’amahugurwa y’abana bityo ababyeyi babe biteguye kuzafatanywa n’abana babo mu gukora imyitozo bazahabwa kuko imwe n’imwe igenewe gukorerwa mu muryango.

Bimwe mu bifasha kwigisha abana ubuzima bw’imyororokere ni imikoro n’imyitozo bigamije gukangurira ababyeyi n’abarezi kugirana umushyikirano n’abana babo bityo bakagira uruhare rufatika mu kubigisha ibijyanye n’ubuzima bw’imyororokere. Iyi mikoro n’imyitozo kandi ituma ababyeyi bamenya ibyo abana barimo kwiga kandi bakabaganiriza ku ndangagaciro zabo. Ubushakashatsi bwemeza ko benshi mu babyeyi bazagira uruhare mu mikoro yahawe abana kandi ko byongera umushyikirano hagati y’abana n’ababyeyi. Abahanga kandi bemeza ko abana bagira igihe cyo kuganira n’ababyeyi babo ibijyanye n’ubuzima bw’imyororokere bafite amahirwe menshi yo kutishora mu myitwarire mibi ugereranyije n’abatajya bagirana bene ibyo biganirwa n’ababyeyi. Bityo rero kangurira ababyeyi kuzagira uruhare mu mikoro abana babo bazajya batahana.

Isano ryo mu muryango n’umwana.

Mu gutanga ibiganirwa, ni ngombwa gusobanura ko ababyitabiriye bashobora kukwiyambaza cyangwa bakwiyambaza abandi bantu bakuru bafite icyizere igihe bafite ibyo bifuzwa gusiganuza ku bikubiye muri iyi nyoboranyigisho. Ni byiza kandi ko ubamenyesha ahandi hantu hose bakura ubufasha bujyanye n’ibibazo binyuranye bakubaza.

Inama ku birebana n'aho amahugurwa abera

Iyi nyoborabiganiro ikubiyemo inyigisho rusange, birasaba ko zitangwa bitewe n'aho uri ndetse n'itsinda ufite bityo isomo rikigishwa urubyiruko tugendeye kubyo bazi cyangwa babayemo aho batuye. Witekerereza ibyo bazi ndetse n'ibyo batekereza! Kugirango tubafashe gutegura neza isomo, vugana n'urubyiruko, ababyeyi cyangwa abarimu , mu gihe utabashije kumenya ibibazo bafite.

Urugero rw'ibaruwa igenewe ababyeyi

Babyeyi,

Tunejewe no kubamenyesha ko hari gahunda yihariye yo guhugura abana banyu ku mihindukire y'umubiri n'ibiyumviro ijyana n'ubugimbi n'ubwangavu. Iyo gahunda igizwe no kungurana ibitekerezo mu matsinda ndetse n'imyitozo. Hagamijwe guha abana banyu ubushobozi bwo kwifatira ibyemezo bikwiye igihe bari mu bugimbi n'ubwangavu, tuzabahugura ku mihindukire iboneka ku mibiri, ibiyumviro n'imibereho yabo mu muryango igihe bageze mu bugimbi n'ubwangavu. Gusobanukirwa n'uburumbuke ndetse n'impinduka zo mu bugimbi n'ubwangavu ni bimwe mu bigize gahunda ihamye yo kwigisha abantu gufata neza no kurengera ubuzima bwabo. Aya mahugurwa agamije gufasha abana:

- kugira ubumenyi nyabwo kandi bujyanye n'imyaka yabo ku bijyanye n'ubugimbi n'ubwangavu;
- kwiyakira no kugira imyitwarire inoze mu gihe barimo bahura n'impinduka zo mu bugimbi n'ubwangavu;
- kugira ubumenyi bubafasha kuganira n'abandi ibijyanye n'ubugimbi n'ubwangavu;
- kuganira n'ababyeyi babo ibijyanye n'ubugimbi n'ubwangavu, ubuzima bw'imyororokere, gufata ibyemezo bijyana n'ubwo buzima.

Ingingo zizaganirwaho zizibanda ku mihindukire iboneka ku mibiri, ibiyumviro n'imibereho y'abana mu muryango igihe bageze mu bugimbi n'ubwangavu, imikorere y'imyanya myibarukiro y'abakobwa n'abahungu, imihango, gusobanukirwa n'uburumbuke, n'isuku y'umubiri. Niba mwifuza kugira uruhare mu myigire y'umwana wanyu, mwabigeraho munyuze muri izi nzira:

- kangurira umwana kukuganiriza no kukubaza ibibazo bireba izo ngingo.
- bwira umwana uko byakugendekeye igihe wari ingimbi cyangwa umwangavu.
- bwira umwana indangagaciro n'imyemerere byawe mu bijyanye n'ubuzima bw'imyororokere, ubugimbi n'ubwangavu ndetse n'isuku.
- kangurira umwana kuganira no kungurana ibitekerezo ku byo bigaho mu mahugurwa.
- fatanya n'umwana wawe mu mikoro yateganyirijwe abana n'ababyeyi.

Intego nyamukuru y'iyi gahunda ni uguha abana amakuru nyayo kandi hakoreshejwe uburyo n'imvugo bikwiye. Imfashanyigisho zose zikenewe zateguwe na the Institute for Reproductive Health of Georgetown University and Family Health International hashingiwe ku zindi gahunda zo gufasha urubyiruko rwo mu bihugu biri mu nzira y'amajyambere. Iyi miryango yombi irazwi ku rwego mpuzamahanga kubera ubuhanga yagaragaje mu kwigisha abana ibijyanye n'ubugimbi n'ubwangavu. Nk'umuyobozi w'urubyiruko ndemeza ntashidikanya ko ari ngombwa ko abana bacu bahabwa ubu bumenyi bw'intagereranywa. Mbashimiye kandi uruhare mutazahwema kugira mu gushyigikira iyi gahunda. Niteguye kandi kubagezaho ibindi bisobanuro mwakenera.

Mugire amahoro,

(IZINA RY'UYOBOYE AMAHUGURWA)

(Andika aho uboneka nk'ishuri cyangwa ikigo ukoreraho, agasanduku k'iposita na telefoni)

Ubugimbi/ubwangavu: Umubiri wanjye, iyewe ubwanjye

Intego

Nyuma y'iri somo abarikurikiye bazashobora:

1. Kugaragaza impinduka eshanu ziba ku mibiri y'abahungu n'abakobwa mu gihe cy'ubugimbi n'ubwangavu ndetse no kugaragaza icyo bazitekerezaho.
2. Kugaragaza impinduka eshatu ziba ku byiyumviro by'abahungu n'abakobwa mu gihe cy'ubugimbi n'ubwangavu ndetse no kugaragaza icyo bazitekerezaho.
3. Kumenya igihe ubugimbi n'ubwangavu bitangirira.
4. Kuganira ku mikurire y'imibiri yabo ndetse n'ishusho yayo.
5. Gusobanukirwa ko kugira ibyiyumviro bijyanye na kamere mbonerabitsina ari ikintu gisanzwe.



Imfashanyigisho

- Impapuro zo mu ikayi n'ikaramu cyangwa marikeri kuri buri muntu
- Impapuro nini (flip chart) esheshatu
- Marikeri
- Impapuro nini cyangwa se ikibaho
- Igifashi (tape)



Mbere yo gutanga isomo

- Soma witonze **incamake y'isomo rya 1**.
- Soma buri gice mu bigize isomo. Tekereza uko uri butange ibikubiye muri buri gice n'ubutumwa uri bwongeremo kugirango birusheho kumvikana no kugira akamaro.

Ku gice cya 6: mutegurire buri wese witabiriye amahugurwa urupapuro rw'umwitozo 1 nuwa 2.

Ku gice cya 8: mutegurire muri wese witabiriye amahugurwa urupapuro rw'umwitozo wa 3

Icyitonderwa

Bamwe mu bahugura bagaragaje ko igice cya gatatu kitaborohera. Itoze mu mutwe uko uri bugitange. Ni ngombwa ko uzirikana ko urubwirako rukoresha imvugo yarwo rwihariye (slang) mu kuvuga amagambo amwe n'amwe akubiye muri icyo gice; bityo bigusaba kwitonda no kubereka ko utabangamiwe n'imvugo zabo. Ibi bituma bakugirira ikizere kandi bakakubwira byose bisanzuye, bigatuma ukomerezaho n'izindi ngingo ziri bukurikire.



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Igice cya 1

Twibwirane

Bikorerwa mu matsinda ya 2 nyuma bagahuriza hamwe (iminota 10)

Gabanya abitabiriye amahugurwa mu matsinda ya babiri babiri. Niba umubare wabo ari igiharwe, nawe ushobora gusanga umuntu usigaye wenyine. Mumaze gukora amatsinda, menyesha abahugurwa ko buri muntu ahitamo umubare uwo ari wose uri hagati ya 1 na 5. Saba buri wese kwibwira mugenzi we no kumubwira umubare yahisemo. Babwire ko umubare mugenzi wawe akubwiye uvuga ko ugomba kumubwira ibintu bikwerekeyeho bingana nawo. Urugero, niba mugenzi wawe akubwiye ko yahisemo 5 ni ukuvuga ko ushaka ibintu 5 bikwerekeyeho umubwira. Nyuma y'iminota itanu saba abahugurwa kurema itsinda rimwe maze buri wese amenyeshe abandi mugenzi we bahoranye mu itsinda rya babiri ndetse n'ibyo yamumenyeho.

Birashoboka ko abahugurwa baba bafite ibibazo badashaka kubariza imbere ya bagenzi babo, babwire ko bemerewe kwandika bene ibyo bibazo bakabishyira mu gasanduku k'ibibazo kateganyirijwe aya mahugurwa maze bikaza gusubizwa nyuma ya buri somo cyangwa se ikindi gihe cyagenwa n'uyoboye amahugurwa.

Inyito z'ibice by'umubiri wacu¹**Kungurana ibitekerezo muri rusange
(iminota 15)**

Manika za mpapuro nini eshashatu ku nkuta z'icyumba maze wandike rimwe muri aya magambo kuri buri rupapuro:

Umugabo Amabere Inda ibyara

Umugore Imboro Ikibuno

Saba buri wese mu bahugurwa kujya kwandika imvugo akoresha we na bagenzi be iyo bashaka kuvuga buri jambo muri ariya. Bakangurire kwandika imvugo zose bazi kandi ubabwire ko n'amagambo bumva ko ari "mabi" bemerewe kuyandika. Nibarangiza musome cyane kandi mwitonze amagambo yose banditse.

Baza ibibazo bikurikira:

- Hari ijamba ryaba ryaguteye isoni kuribona, kuryandika cyangwa kuryumva? Kubera iki?
- Ni ryari dukoresha imvugo twihariye na bagenzi bacu? Ni ryari dukoresha imvugo yemewe ihuriweho na bose? Kubera iki?
- Hari amagambo mubona ari imvugo nyandagazi?
- Ese tuyajya tuyakoresha mu kuvuga abagore cyangwa abagabo muri rusange? Uratekereza ko abagabo n'abagore uyakoreshaho bumva bibamereye gute? Utekereza ko biterwa n'iki?
- Gukoresha bene ayo magambo bigaragaza iki?
- Ese hari imvugo nziza twaba twibagiwe? Kubera iki?

Ibando ku ngingo zikurikira (Stress the following)

Uyu mwitozo udufasha kumva twisanzuye igihe tunganira ku bijyanye n'ubugimbi n'ubwangavu. Uyu muni turarebera hamwe impinduka ziba ku mibiri no ku byiyumviro abakobwa n'abahungu bahura nabyo mu bwangavu n'ubugimbi.

Icyitonderwa k'uhugura

Niba ari ngombwa, uhugura asobanurira abahugurwa akamaro ko kugira imyitwarire inoze mu gihe tunganira ku bice bitandukanye bigize umubiri wacu. Ni ngombwa kandi kubasobanurira bihagije ko buri wese agomba kubahwa kandi ko abakobwa n'abahungu bagomba gufatwa kimwe nta busumbane.

1 uyu mwitozo wavuye mu gitabo Choose a Future! Issues and Options for Adolescent Boys: A Sourcebook of Participatory Learning Activities. (Activities, 1998) 98.) Washington cyanditswe na Centre for Development and Population

Iyo abahugurwa batazi kwandika neza, uyu mwitozo ukorwa mu bundi buryo. Gabanya abahugurwa mu matsinda atatu mato maze buri tsinda urihe amagambo abiri muri yayandi atandatu. Saba buri tsinda kuvuga inyito zose bakoresha iyo bashaka kuvuga ayo magambo bahawe. Nyuma y'iminota itanu buri tsinda rijya imbere y'abandi rigasoma mu ijwi riranguruye amagambo ryabonye.

Igice
cya 4

Ni gute imibiri yacu yahindutse?

Kungurana ibitekerezo muri rusange (iminota 35)

Ha buri wese urupapuro na marikeri maze umusabe gushushanya ifoto igaragaza uko azaba ameze afite imyaka 16. Bahe iminota itanu yo gushushanya.

Icyitonderwa k'uhugura

Niba abahugurwa batabohokewe no gushushanya ifoto yabo bashobora gushushanya mugenzi wabo kuko bashobora guterwa isoni no gushyiraho impinduka zose igihe bazi ko barimo bishushyanya bo ubwabo. Niba abahugurwa ari ab'igitsina kimwe, basabe no gushushanya ifoto y'umuntu badahuje igitsina.

Andika imitwe (titles) ibiri kuri flip chart cyangwa ikibaho: *Impinduka ku bakobwa n'Impinduka ku bahungu*. Saba abahugurwa kwerekana itandukaniro hagati y'uko bameze ubu n'uko bazaba bameze ku myaka 16, bibanda ku mpinduka zigaragarira amaso. Basabe no kuvuga ku zindi mpinduka ziba ku mubiri ariko zitabonwa n'amaso. Urugero ni iki kizahinduka ku ijwi ryawe nugira imyaka 16? Andika ibisubizo baguha kuri flip chart cyangwa ikibaho nk'uko byanditse mu mbonerahamwe ikurikira. Nyuma yo kureba impinduka ziba kuri buri gice cy'umubiri, soma cyane ubutumwa nyamukuru buri mu gice cya gatatu (column) cy'iyi mbonerahamwe.

Impinduka ku mibiri yacu

	Impinduka ku bakobwa	Impinduka ku bahungu	Ingingo uhugura yibandaho
Uruhu	Rurayaga kandi rukaba rwarwara ibiheri	Rurayaga kandi rukaba rwarwara ibiheri	Ibi birangirana n'ubugimbi n'ubwangavu. Karaba mu maso buri gihe ukoresheje isabune n'amazi
Ubwoya	Ubwoya bwo ku maguru, mu maha no ku gitsina buriyongera	Ubwoya bwo ku maguru, mu gituzi, mu maso, mu maha no ku gitsina buriyongera	Abantu bose baba abakobwa cyangwa abahungu ntibamera ubwoya bungana
Amabere	Amabere aramera, akabyimba kandi agatonekara	Amabere aramera, akabyimba kandi agatonekara	Birashoboka ko amabere yose adakurira ku muvuduko umwe kandi si igitangaza ko umuntu agira amabere atangana neza
Igihagararo	Amatako aragara, amabere agakura, ibiro n'uburebure bikiyongera	Ibizigira, ibyaziha n'igituzi biragara, ibiro n'uburebure bikiyongera	Abakobwa bashobora gukura vuba kurusha abahungu ariko umuhungu urangije ubugimbi aba arusha abakobwa ibiro n'uburebure
Ibyuya	Ibyuya biriyongera kandi umubiri ugahindura impumuro	Ibyuya biriyongera kandi umubiri ugahindura impumuro	Ibi ni ibisanzwe, byakemurwa no kwiyuhagira buri munsu
Ijwi	Ijwi rinigaho gato	Ijwi riraniga, hari n'igihe ridasohoka neza	Ku bahungu hari igihe bajwigira ikindi gihe bakagira urujwi runini, ibi rero ugasanga bibatera isoni ariko birashira.
Imyanya ndangagitsina y'abakobwa	Atangira kuja mu mihango no kumva ububobere mu nda ibyara		Abakobwa bashobora kubona ururenda mu nda ibyara. Ibi nta kibazo kibirimo, tuzagira umwanya wo kubigarukaho ndetse tuvuge no ku mihango
Imyanya ndangagitsina y'abahungu		Atangira kwirotaraho no gushyukwa. Imboro n'amabya biriyongera	Kwirotaraho no gushyukwa ni ibintu bisanzwe, tuzabigarukaho mu masomo ari imbere

Impinduka z'ingenzi ku bakobwa

Uruhu rurayaga ndetse rimwe na rimwe rukazaho n'ibihari. Ubwoya bwo ku maguru, mu maha, no ku gitsina buriyongera. Amabere aramuka, akabyimba kandi agatonekara.

Impinduka z'ingenzi ku bahungu

Uruhu rurayaga ndetse rimwe na rimwe rukazaho n'ibihari. Ubwoya bwo ku maguru, mu gituma, mu maso, mu maha, no ku gitsina buriyongera.

Ubutumwa nyamukuru k'uhugura

Ku bijyanye n'ibihari birangirana n'ubugimbi/ubwagavu, muje mukaraba mu maso buri gihe n'isabune. Ikindi kandi ari abahungu cyangwa abakobwa ntibamuka ubwoya bungana bihinduka umuntu kuwundi.

Huza isomo n'imico n'imigenzereze y'abahugura

Mu gutanga iri somo ni ngombwa gushingira ku bibazo abo uhugura bafite ndetse n'ubwo bakeneye. Saba abahugurwa amakuru yose wumva yagufasha gutegura neza isomo. Urugero: ni iki muzi ku mpinduka ziba ku mibiri y'abakobwa n'abahungu bageze mu bwagavu n'ubugimbi? Koresha aya makuru kugirango isomo rirusheho kunogera abanyabiziye.

Ibanga ku ngingo zikurikira (Stress the following)

Ubugimbi n'ubwagavu ni ikigero abahungu n'abakobwa bagaramo imibiri yabo igahinduka— barabyibuha kandi bakaba barebare, imyanya ndangagitsina igakura bakamuka n'ubwoya ku bice bimwe na bimwe by'umubiri. Ibi biterwa n'uko hari imisemburo mishya iza mu mubiri ituma umuntu aya mu bwana agakura. Muri rusange ubwagavu butangira hagati y'imyaka 8 na 13 naho ubugimbi bugatangira hagati y'imyaka 10 na 15. Ariko kandi hari n'igihe butangira mbere cyangwa nyuma y'iyi myaka. Muri rusange, abakobwa batangira ubwagavu mbere ho imyaka ibiri ugereranyije n'igihe abahungu batangirira ubugimbi. Muri iki kigero umukobwa ashobora gusama kandi umuhungu nawe ashobora gutera inda. Niba hari ikibazo ufite ku mihindukire y'umubiri wawe kiganireho n'umuntu mukuru wizeye cyangwa umukozi wo muri serivisi y'ubuzima.

Igice
cy'5

Impinduka ku byiyumviro byacu

Umwitoto mu matsinda mato

(iminota 20)

Gabanya abitabiriye amahugurwa mu matsinda ya batatu cyangwa

bane. Ha buri tsinda umwanya uhagije wo gutekereza no kungurana ibitekerezo kuri zimwe mu mpinduka ku byiyumviro no mu mibereho mu muryango abangavu n'ingimbi bahura nabyo. Niba abahugurwa bataragera muri icyo kigero babaze uko bumva bazaba bameze umunsi bakigezemo. Basabe gutekereza kuri ibi bikurikira:

- Impinduka mu buryo biyumva.
- Impinduka mu mibanire yabo n'ababyeyi babo.
- Impinduka mu bucuti n'urukundo.
- Impinduka mu byo abandi babategerejeho.

Saba buri tsinda kubwira abandi impinduka eshatu babonye ko zatangiye kuba cyangwa zizaba ku byiyumviro byabo. Babaze niba batekereza ko izo mpinduka ari zimwe ku bahungu no ku bakobwa. Ese abantu bakuru bibwira ko ingimbi n'abangavu bagira ibiyumviro bitandukanye?

Kora uko ushoboye ibi bikurikira biganirweho nka zimwe mu mpinduka ku byiyumviro zigaragara mu bugimbi n'ubwangavu:

- Gushakisha uwo uri we no kwibaza ibibazo by'urudaca kuri wowe ubwawe.
- Guhindagurika kw'amarangamutima, kurakara, no kwiheba.
- Gushaka ubwigenge no kumva nta wamwinjirira mu buzima.
- Kurushaho guha agaciro imishyikirano agirana n'inshuti ze ndetse n'ibitekerezo byabo.
- Guhangayikishwa n'uko agaragara ku mubiri.
- Kwibaza kuri ejo hazaza (kwiga, gushinga umuryango, gushaka akazi, n'ibindi).
- Kurushaho kwita ku byamamare byo muri filimi, muri muzika, abarimu, bagenzi be ndetse n'abo bari kumwe mu mahugurwa.
- Kugira amatsiko ku bijyanye n'imyanya ndangagitsina.
- Kumva yifuza kugirana imibonano mpuzabitsina cyangwa ibiyiganishaho n'abantu runaka.

Ibando kuri izi ngingo (Stress the following)

Kugira ibi byiyumviro byose ni ibisanzwe. Guhangayikishwa no kuba urimo ukura ntibitangaje. Kumva wifuje gukora imibonano mpuzabitsina cyangwa ibisa nayo nta kibi kibirimo. Nyamara kumenya uko witwara ngo udategekwa n'ibyo byifuzo nibyo bikomeye. Abantu bese bagira ibyifuzo biganisha ku mibonano mpuzabitsina niyo mpamvu kubiganiraho n'umuntu mukuru wizeye cyangwa n'umubyeyi ari ingirakamaro. Ibi tuzabigarukaho mu masomo ari imbere.

Igice cy' 6

Huza isomo n'imico n'imigenzereze y'abo uhugura

Mu gutanga iri somo ni ngombwa gushingira ku bibazo abo uhugura bafite ndetse n'ubufasha bakeneye. Saba abahugurwa amakuru yose wumva yagufasha gutegura neza isomo. Urugero: ni iki muzi ku mpinduka ziba ku byiyumviro y'abakobwa n'abahungu bageze mu bwangavu n'ubugimbi? Ese izo mpinduka ni zimwe ku bakobwa no ku bahungu? Koresha aya makuru kugirango isomo rirusheho kunogera abaryitabiriye.

Kuba umukobwa, kuba umuhungu:

itandukaniro hagati yacu, uko umuryango utubona itubona ²

Umwitoto mu matsinda mato (iminota 45)

Hitamo izina rizwi muri ako gace kandi ritagenewe igitsina runaka (izina rihuriweho n'abakobwa n'abahungu) maze utegure imyitoto 2 ku buryo bukurikira:

² Cet exercice est tiré de: *Gender and Relationships: a practical action kit for young people*. Commonwealth Secretariat and Healthlink Worldwide.

Umwitozo wa 1

"Muhoza"

(iri zina risimbuze iryo uzi ko rihuriweho n'abakobwa n'abahungu)

Isomo rya 1

Muhoza ni umuhungu ufite imyaka 10 akaba abana n'ababyeyi be. Akunda gukora siporo no kumva umuziki. Inshuti ye magara ituye ku rugo rukurikira urw'iwabo.

1. Ni iyihe siporo utekereza ko Muhoza akunda gukora?

2. Uatekereza ko akunda irihe tsinda ry'abacuranzi?

3. Uatekereza ko inshuti ye yitwa nde?

4. Uatekereza ko akora iki iyo avuye ku ishuri?

5. Uatekereza ko akunda irihe bara?

6. Uatekereza ko akunda ibihe biryo?

7. Ni akahe kazi utekereza ko yifuza kuzakora umunsi yakuze?

Umwitozo wa 2

"Muhoza"

(iri zina risimbuze iryo uzi ko rihuriweho n'abakobwa n'abahungu)

Muhoza ni umukobwa w'imyaka 10 akaba abana n'ababyeyi be. Akunda gukora siporo no kumva umuziki. Inshuti ye magara ituye ku rugo rukurikira urw'iwabo.

1. Ni iyihe siporo utekereza ko Muhoza akunda gukora?

2. Uratekereza ko akunda irihe tsina ry'abacuranzi?

3. Uratekereza ko inshuti ye yitwa nde?

4. Uratekereza ko akora iki iyo avuye ku ishuri?

5. Uratekereza ko akunda irihe bara?

6. Uratekereza ko akunda ibihe biryo?

7. Ni akahe kazi utekereza ko yifuza kuzakora umunsi yakuze?

Gabanya abahugurwa mu matsinda abiri.

Itsinda rya mbere risabe gukora Umwitozo wa 1 naho irya kabiri rikore uwa 2. Irinde kubwira abahugurwa ko ba "Muhoza" bavugwa muri biriya bibazo ari abantu babiri batandukanye. Saba abahugurwa kungurana ibitekerezo ku bisubizo batanga no kubyandika ku mpapuro z'ibibazo. Kora ibishoboka muri buri tsinda habemo nibura umuntu umwe uzi kwandika no gusoma abasomere ibibazo kandi yandike ibisubizo. Babwire ko byaborohere kurushaho nibafata Muhoza nk'aho ari umwe mu bana baturanye cyangwa bazi. Nibarangiza gusubiza bave mu matsinda baze babwire bagenzi babo ibisubizo bahaye buri kibazo. Mwungurane ibitekerezo ku byo bagiye basubiza bakurikije ko Muhoza ari umukobwa cyangwa ari umuhungu n'impamvu ituma ibisubizo bitandukana hashingiye ku gitsina cya Muhoza. Saba abahugurwa kuvuga ibindi bintu batekereza ku muntu bitewe n'igitsina cye.

Ibando kuri izi ngingo:

Imico yose ifite uko ibona abagore n'abagabo hashingiwe ku gitsina cyabo. Ibi biba bishingiye ku mitekerereze y'abantu mu muryango, ntago bishingiye ku buryo umugore n'umugabo baremye. Nk'uko isi igenda ihinduka niko n'imatekerereze y'abantu muri sosiyete ihinduka. Bityo rero, kugirango dufashe abahungu n'abakobwa kuzavamo abagore n'abagabo bahamye ni ngombwa ko dusuzuma iyo mitekerereze maze itanoze tukayihindura duharanira ko habaho uburinganire hagati y'abakobwa n'abahungu ndetse n'ubufatanye mu kwiteza imbere no guteza imbere igihugu cyacu. Hariho inshingano nyinshi za gakondo zitirirwa abagore cyangwa abagabo mu biyane n'ubuzima mbonera gitsina muri iyi gahunda tuzakomeza kugenda tuyigarukaho.

**Igice
cya 7**

Tuganire ku bugimbi/ubwangavu

Umwitozo mu matsinda ya babiri (iminota 20)

Gabanya abahugurwa mu matsinda ya babiri babiri. Buri tsinda risabe gukina kamwe mu dukino dukurikira. Niba umubare w'amatsinda uruta uw'udukino, amatsinda abiri ashobora guhurira ku gakino kamwe. Saba amatsinda gukina bifashishije ubumenyi bakuye mu gice cy'isomo cyabanjirije iki. Niba bitabangamiye umuco w'aho muri, saba abakobwa gukina bitwa abahungu (gukina roles z'abahungu) n'abahungu bakine bitwa abakobwa (mu duce tumwe na tumwe, abakobwa n'abahungu cyangwa se abantu b'ikigero runaka ntibabohokerwa no gukina, kora ku buryo amatsinda aba agizwe n'abantu batabangamiwe no gukinana). Buri tsinda rihe iminota 5 yo gutegura agakino kabo.

Agakino ka #1: umuntu umwe akina ari umukobwa ufite imyaka

12 undi agakina ari umubyeyi w'umugore (ashobora kuba nyina, nyina wabo cyangwa nyirakuru w'uwo mukobwa); umukobwa aba ahangayikishijwe no kuba ataramera amabere mu gihe benshi muri bagenzi be bayameze. Umubyeyi (nyina, nyina wabo, nyirakuru) akamuhumuriza amusobanurira ko abantu bose batamerera amabere igihe kimwe kandi ko batamera angana.

Agakino ka #2: umuntu umwe akina ari umuhungu ufite imyaka 12; undi agakina ari mukuru we. Umuhungu aterwa isoni n'uko ku ishuri bagenzi be bamuserereza kubera ko ijwi rye ritagisohoka neza (ko avuga nk'akabwana). Mukuru we akamumara impungenge amusobanurira impamvu ijwi rye rimeze gutyo kandi amugira n'inama ku bisubizo azajya aha abamuserereza.

Agakino ka #3: abagize itsinda bombi barakina ari abakobwa b'imyaka 10. umwe agaserereza mugenzi we kuko ari muremure kurusha abandi bagenzi be bose. Uwo baserereje agasobanura ko abakobwa n'abahungu badakura ku rugero rumwe kandi ko batanagira uburebure bumwe. Asobanurira mugenzi we kandi ko adakunda ko bamuserereza kubera uburebure bwe bityo akamusaba kutazongera; mugenzi we abimusabira imbabazi.

Agakino ka #4: umuntu umwe akina ari umuhungu ufite imyaka 12; undi akaba se (ashobora no kuba se wabo, nyirarume cyangwa sekuru). Umuhungu ahangayikishijwe no kuba amera ubwoya mu maha no mu maso. Se amuhumuriza amubwira ko abahungu bose uko bagenda bakura bamera ubwoya ku bice bitandukanye by'umubiri.

Agakino ka #5: umuntu umwe akina ari umukobwa w'imyaka 11; undi akaba ari inshuti ye. Iyi nshuti ihangayikishijwe no kuba itarajya mu mihango kandi uyu mugenzi we yarayigiyemo. Mugenzi we amuhumuriza amubwira ko abakobwa bajya mu mihango ku myaka itandukanye.

Agakino ka #6: umuntu umwe akina ari umuhungu w'imyaka 13; undi akaba inshuti ye ihangayikishijwe n'uko uyu mugenzi we amurusha uburebure n'ibiro. Uyu mugenzi we akamusobanurira ko impinduka ziba ku bahungu mu gihe cy'ubugimbi zidatangirira igihe kimwe.

Agakino ka #7: umuntu umwe akina ari umuhungu ufite imyaka 14; undi akaba se. Se w'umwana agera ku muganiriza ku bijyanye n'imishyikirano hagati y'abantu, imibonano mpuzabitsina n'ubuzima bw'imyororokere. Mu ntangiriro z'ikiganiro umwana afite isoni zo kuganira na se ibyo bintu, nyamara uko ikiganiro gikomeza ni ko agenda asobanukirwa ko se agamije kumufasha maze yishimira ayo amahirwe agize.

Ibibazo bibazwa nyuma y'agakino

- Agakino kagenze gute?

- Gukina uri umuntu uyu n'uyu wumvaga bimeze gute?
- Ni iyihe nyigisho wakuye mu gakino?
- Aka gakino kakwibukije iki/katumye utekereza iki?
- Ni gute aka gakino kagufasha mubyo uhura nabyo mu bugimbi/ubwangavu?

Huza isomo n'imico n'imigenzereze y'abo uhugura

Ihatire kumenya by'umwihariko ibibazo by'urubyiruko rw'aho mutuye. Kugirango mubashe kwitegura neza, Huriza hamwe bamwe murubyiruko, maze ubabaze ibibazo bikurikira: Ni bande urubyiruko rugaririra iby'ubugimbi/ubwangavu? Ni hehe se bakura amakuru cyangwa se bagisha inama? Koresha ayo makururu kugirango babyigane cyangwa babisanishe kugirango isomo ribe ribereye abahugurwa.

Igice
cy' 8

Ingingo zo kuzirikana

(iminota 15)

Soza isomo wibanda ku ngingo zikurikira:

- Impinduka zose twabonye ziba ku mibiri y'ingimbi n'abangavu ni ibintu bisanzwe.
- Buri wese akura ku muvuduko we yihariye, bamwe bakura vuba vuba abandi buhoro buhoro. Ni byiza kwirinda guserereza cyangwa guseka abagaragaza ibimenyetso by'ubukure mbere cyangwa nyuma y'abandi.
- Kenshi ingimbi n'abangavu bumva babangamiwe cyangwa batewe isoni n'impinduka zihuse ziba ku mibiri yabo.
- Kuja mu mihango no kwirotaraho ni ibintu bisanzwe. Tuzabigarukaho mu biganiro biri imbere.
- Mu bwangavu, umukobwa aba ashobora gusama kandi n'umuhungu ugeze mu bugimbi aba ashobora gutera inda. Ni ukuvuga ko baba bafite uburumbuke. Ibi nabyo tuzabigarukaho mu bindi biganiro.

Mu gusozza baza ibibazo bikurikira:

- Ni bande urubyiruko rwakwiyambaza igihe rufite ibibazo cyangwa impungenge ku bijyanye n'ubugimbi n'ubwangavu? (*Bashishikarize kwiyambaza ababyeyi, abahugura, abajyanama, ba sekuru na banyirakuru, ba nyinawabo na nyirasenge, ba sewabo na nyirarume, abaganga, abaforomo n'abandi.*)
- Ni iki wabwira mugenzi wawe uterwa ubwoba no kugera mu bugimbi cyangwa ubwangavu?
- Hari uwaba afite ikibazo ku byo twaganiriyeho uyu muni?

Tanga umukoro wo mu rugo ugenewe abahugurwa cyangwa se

uwo bafatanyaga n'imiryango yabo. Ushobora kwifashisha umwitozo ukurikira wateguwe na *Wait4Sex, ETR Associates*. Saba abahugurwa kuzagaruka mu isomo ry'ubutaha bazanye imikoro yabo. Bizeze ko bafite uburenganzira bwo kugeza kuri bagenzi babo ibyo bazasubiza cyangwa se kutabikora igihe bumva bibabangamiye. Abatazi gusoma no kwandika, uhugura abasaba:1) kuganira n'ababyeyi babo inyigisho bakuye mu kiganiro; no 2) kubaza ababyeyi babo uko bari bameze igihe bari ingimbi cyangwa abangavu ndetse n'inama bagira abageze muri ibyo bigero.

Ibando ku ngingo zikurikira (Stress the following)

Sobanurira abahugurwa ko mu isomo ry'ubutaha muzanonosora ibijyanye n'ubugimbi n'ubwagavu kurushaho kandi ko bazagira umwana uhagije rwo kubaza ibibazo byose bafite.

Shimira abitabiriye amahugurwa umurava bagaragaje kuko n'ubwo bitorohera abantu kuvuga ku bice by'umubiri wabo, washimye uburyo bo babyitwayemo. Bashishakarize kuganira n'ababyeyi babo, n'ubwo bitoroshye, kuko ababyeyi baba bafite byinshi byo kubabwira kandi ko ari ingenzi kumenya ibitekerezo by'ababyeyi no kugirwa inama nabo.



Ibibazo n'ibisubizo

Ikibazo: Ese ni ibisanzwe kuba abakobwa n'abahungu bamwe bashobora kugaragaza ibimenyetso by'ubugimbi n'ubwagavu mbere y'abandi.?

Igisubizo: Yego. Ku bahungu bamwe ubugimbi butangira ku myaka 10, abandi kuri 14 cyangwa 15. Abakobwa bamwe batangira ubwagavu ku myaka 8, abandi kuri 13 cyangwa 14. Ariko kandi, umukobwa ugejeje ku myaka 16 atarajya mu mihango agomba kujya kwa muganga.

Ikibazo: Ni ukubera iki bimwe mu bice by'umubiri bigaragaza ibimenyetso by'ubugimbi n'ubwagavu mbere y'ibindi bice?

Igisubizo: Mu gihe cy'ubugimbi/ubwagavu, muri rusange ibice by'umubiri bigenda bikura kuri gahunda iteye itya: ku bakobwa habanza kumera amabere; ku bahungu habanza kwiyongera kw'udusabo tw'intanga (amabya). Nyamara, hari igihe iyi gahunda idakurikizwa kandi ibyo ntawe bikwiye guhangayikisha.

Ikibazo: Ni ukubera iki abahungu bamwe bamwe basa n'abagiye kumera amabere iyo bageze mu bugimbi?

Igisubizo: Hari igihe bibaho ko rimwe mu mabere y'umuhungu cyangwa yombi abyimba kandi akamubabaza. Ibi biterwa

no kwiyongera kw'imisemburo iri mu mubiri we.

Ikibazo: Ni kuki kenshi ingimbi n'abangavu bagira ibibazo by'uruhu (ibiheri mu maso)?

Igisubizo: Mu bugimbi n'ubwangavu ubwiyongere bw'imisemburo bwongera umuvuduko mu mikorere y'imvubura zo mu ruhu. Amavuta akorwa n'izi mvubura aziba utwenge two ku ruhu kandi akivanga n'udukoko (bacteria) bigatera umuntu kurwara ibiheri. Mu kugira isuku y'uruhu rwabo, ingimbi n'abangavu bakwitabira gukaraba intoki no mu maso incuro nyinshi.

Ikibazo: Bifata igihe kingana iki ngo amabere abe yamaze gukura neza?

Igisubizo: Nta gihe gihuriweho n'abantu bose kuko buri wese akura ku muvuduko yihariye. Ikindi kandi kuba umukobwa atangiye kumera amabere atinze ntibivuga ko amabere ye azaba mato, nta huriro riba hagati y'igihe umuntu atangiriye kumera amabere n'ingano yayo.

Ikibazo: Ese abagore bose bagomba kwambara isutiye?

Igisubizo: Si ngombwa, ariko bamwe bemeza ko ituma barushaho kumva batabangamiwe n'amabere yabo.



Umukoro wo mu muryango:

Biganirire ababyeyi cyangwa abandi bantu bakuru³

Tanga urupapuro rw'umwitozo wa 3 ukorerwa mu rugo.

Saba abahugurwa kurugarura mu isomo rizakurikiraho. Humuriza abahugurwa ko utazatangaza amakuru bwite y'umuntu igihe byaba bimubangamiye.

Ku batazi gusoma no kwandika, uhugura yibutsa gukora ibi bikurikira:

1) Gusobanurira ababyeyi babo ibyo bamenye no 2) kubaza ibintu bibiri ababyeyi: ubuzima bwabo mu gihe cy'ubugimbi/ubwangavu, n'inama batanga ku rubyiruko ku ubugimbi /ubwangavu.



URUPAPURO RW'UMWITOZO UMUKORO WO MU MURYANGO

Izina _____

Umuntu wo mu muryango mwaganiriye _____

1. Bwira umuntu wo mu muryango wawe inyigisho 3 wakuye mu isomo ku bijyanye n'ubugimbi n'ubwangavu (byandike hano):

1. _____

2. _____

3. _____
2. Mu mpinduka ziba ku bahungu n'abakobwa bari hagati y'imyaka 10 na 14 , ni izihe yishimira, ni izihe yanga?
3. Baza uwo muntu wo mu muryango uko yumvaga ubugimbi cyangwa ubwangavu igihe yari afite imyaka nk'iyi ufite. Urugero, ni izihe mpinduka zabaye ku byiyumviro bye muri icyo gihe? Imibereho ye mu muryango hari icyo yahindutseho muri icyo gihe?

Andika ibintu 3 mu byo yakubwiye:

1. _____
 2. _____
 3. _____
4. Mubaze ibintu 3 yumva ukwiye kumenya ku bijyanye n'ubugimbi n'ubwangavu. Andika ibyo akubwiye:

1. _____

2. _____

3. _____

Imyitozo y'inyongera

Murasanga ahakurikira ko imyitozo imwe n'imwe ishobora gukorerwa mu matsinda

Umwitozo wa 1

Ikiganiro n'abantu bakuru ku birebana n'ubugimbi/ubwangavu

Gabanya abitabiriye amahugurwa mu matsinda mato kandi agizwe n'abantu b'igitsina kimwe. Saba abagize itsinda gukora urutonde rw'ibibazo bumva babaza umuntu mukuru bahuje igitsina n'ibyo babaza uwo batagihuje. Bibutse ko mu bibazo bagomba gushyiramo ibyerekeye uko uwo muntu yakiriye impinduka zamubayeho mu bugimbi cyangwa ubwangavu bwe zaba izo ku mubiri cyangwa se izabaye ku byiyumviro bye. Izi ni ingero z'ibibazo babaza:

- Mu mpinduka zakubayeho ufite hagati y'imyaka 10 na 14 ni izihe wishimiye?
- Mu mpinduka zakubayeho ufite hagati y'imyaka 10 na 14 ni izihe utishimiye?
- Mu bwangavu/ubugimbi bwawe ni iki cyahindutse ku byiyumviro byawe?
- Mu bwangavu/ubugimbi bwawe ni iki cyahindutse ku mibereho yawe mu muryango?
- Nihe nakura amakuru nyayo ku bijyanye n'ubugimbi n'ubwangavu?
- Hari inama wagira abakobwa n'abahungu bagiye kugera mu bwangavu n'ubugimbi?

Saba buri wese guhitamo umuntu mukuru yishyikiraho maze akamubaza ibibazo itsinda rye ryateguye. Tanga urubuga rwo gusangira ibyavuye mu biganiro abitabiriye amahugurwa bagiranye n'abantu bakuru. Kora urutonde rw'impinduka abagore n'abagabo bagaragaje ko banyuzemo igihe bari mu bwangavu/ubugimbi hanyuma mugereranye ibyanditse muri urwo rutonde mugamije kwerekana itandukaniro n'ihuriro ku mpinduka ingimbi n'abangavu bahura na zo.

Umwitozo wa 2

Ajenda y'imikurire

Saba abitabiriye amahugurwa gushaka ikayi bazajya bandikamo impinduka zigenda zibabaho uko bakura. Akamaro k'uyu mwitozo ni uko: a) iyo ikayi izajya ibibutsa ibyababayeho nibamara gukura kandi bakaba bagira uwo baganiriza ibiyikubiyemo igihe babishatse; b) ku

mpera y'umwitozo bazakora umwandiko (essay) ukubiyemo impinduka zose bazaba baribonyeho. Uyu mwitozo ugenewe abari hagati y'imyaka 12 na 14 kandi bazi neza gusoma no kwandika.



Imfashanyigisho

- Amakayi mashya
- Ibikoresho byo gufata amafoto (appareil photo)
- Iminzani na metero kugirango bapime ibiro n'ibindi bipimo binyuranye by'umubiri wabo
- Uducamurongo

Sobanurira abahugurwa ko uyu mwitozo uzakorwa mu gihe cy'ibyumweru byinshi. Mbere yo gutanga uyu mwitozo banza ubimenyeshe ababyeyi cyangwa abarezi b'abana. Ikindi kintu cy'ingenzi uhugura atagomba kwibagirwa ni ukwizeza abahugurwa ku byo bazandika mu makayi bizaba ari ibanga ryabo bihariye. Yaba uhugura cyangwa bagenzi babo nta n'umwe wemerewe kureba muri iyo kayi igihe atari ye.

1. Mu ntangiriro y'umwitozo ha buri wese ifoto ye umusabe kuyomeka ku rupapuro rwa mbere rw'ikayi ye.
2. Ereka abahugurwa uko bakora imbonerahamwe ku mapaji y'amakayi yabo (columns and rows) kugirango biborohere kuzuzamo amakuru ya buri muni. (ifashishe urugero rukurikira).

Bagire inama yo kugira igice baharira kwandikamo ibitekerezo (comments) byabo ku bijyanye n'impinduka ku mubiri no mu byiyumviro bazaba bibonyeho.

Urugero rw'ikayi yihariye y'imikurire

Impinduka	Ukwezi kwa 1	Ukwezi kwa 2	Ukwezi kwa 3	Ukwezi kwa 4	Ukwezi kwa 5	Ukwezi kwa 6	Ukwezi kwa 7	Ukwezi kwa 8	Ukwezi kwa 9
Uburebure									
Ibiro									
Igituza									
Amatako									
Umubyimba									
Uruhu									
Imihango (ku bakobwa)									

3. Basobanurire neza akamaro ko *"kwandika ibitekerezo (comments) byabo ku bijyanye n'impinduka bazaba bibonyeho"*. Babwire ko ingimbi n'abangavu bagira ibitekerezo binyuranye ku mpinduka bahura nazo, hari ubwo bazishimira, hari ubwo batazishimira, hari ubwo zibatera ubwoba, n'ibindi. Ibi n'ibindi bisa nabyo ni byo bagomba kwandika kuko bizabafasha kwibuka uko bari bameze mu bugimbi n'ubwangavu nibamara gukura.
4. Ibutsa abahugurwa ko kwandika mu ikaye bigomba kubaho buri kwezi. Nyuma y'ukwezi kwa cyenda buri wese afotorwa indi foto nayo akayishyira mu ikayi.
5. Hafi mu mpera z'umukoro, sobanurira abahugurwa ko buri wese agomba gukora umwandiko (essay) ukubiyemo impinduka azaba yaribonyeho. Uwo mwandiko uzaba ugizwe n'ibi bice:
 - Umutwe
 - Uburyo wakoze ngo wandike amakuru yose akubiye mu ikayi.
 - Ibika bikoze neza kandi bigaragamo interuro zikubiyemo ibitekerezo by'ingenzi biri mu gika.
 - Ibintu bishimangira interuro ziri mu bika, ibyo ni nk'ingero, imibare, n'ibindi byose byafasha gushimangira ibyo umuntu yanditse.
 - Umwanzuro ukoze neza.

Bamenyeshe ko kandi bafite inshingano yo kugusobanurira neza ibyo batekereza kuri uyu mwitoto— ibyiza n'ibibi bawubonyeho — ariko kandi bemerewe kugira ibanga ibyo bumva bata kubwira.

Icyitonderwa ku uhugura

Iyo abahugurwa ari bato cyangwa batazi kwandika no gusoma uyu mwitoto wakorwa ku bundi buryo—basabe kujya buri kwezi bashushanya amafoto yabo agaragaza impinduka zigenda ziba ku mibiri n'ibiyumviro byabo.

Umwitoto
wa 3

Ibaruwa ivuga ku bugimbi/ubwangavu

Saba buri wese mu bitabiriye amahugurwa kwandikira ibaruwa umuvandimwe wabo ugiye kujya mu bugimbi cyangwa ubwangavu. Mu ibaruwa basobanurira uwo muvandimwe ibizamubaho byose kandi bakamugira inama zo kwitegura no kwakira neza izo mpinduka.

Icyitonderwa ku uhugura

Iyo abahugurwa ari bato cyangwa batazi kwandika no gusoma uyu mwitoto wakorwa ku bundi buryo— aho kwandika ibaruwa, bahimba umuvugo, inkuru cyangwa indirimbo.

Ingingo zo gushimangira ku isomo rya mbere

Isomo rya 1

Ubugimbi/ubwangavu ni iki?

Ubugimbi/ubwangavu ni ikigero abahungu n’abakobwa bageramo maze imibiri yabo igahinduka—ibiro n’uburebure biriyongera, imyanya ndangagitsina irakura, bamera ubwoya muri bimwe mu bice by’umubiri. Umukobwa ugeze mu bwangavu ashobora gusama naho umuhungu ugeze mu bugimbi ashobora gutera inda

Ni iyihe nkomoko y’ubugimbi n’ubwangavu?

Umubiri ukora imisemburo mishya ikaba ari yo itera impinduka mu mubiri zituma uwari umwana ahinduka umuntu mukuru.

Ubugimbi/ubwangavu bitangira ryari bimara igihe kingana iki?

Muri rusange, ubwangavu butangira hagati y’imyaka 8 na 13, naho ubugimbi bugatangira hagati y’imyaka 10 na 15. Nyamara kandi ubugimbi cyangwa ubwangavu bushobora gutangira mbere cyangwa nyuma y’iyi myaka. Buri muntu atandukanye n’undi, bityo rero igihe ubugimbi cyangwa ubwangavu butangirira n’igihe bumara si ngombwa ko kiba kimwe kuri bese. Mu bugimbi/ubwangavu umuntu ahura n’impinduka zitandukanye ziganisha ku mikurire ye. Ibi bimara igihe kiri hagati y’imyaka ibiri n’itanu. Bamwe mu ngimbi/abangavu biyongeraho sentimetero icumi cyangwa zirenga z’uburebure buri mwaka! Nyuma y’ubugimbi/ubwangavu umuntu ntiyongera kwiyongera mu burebure kandi ubusanze umuntu arangiza iki kigero amaze kugira uburebure bw’abantu bakuru.

Ni izihe mpinduka ziba ku mibiri yacu?

Igihagararo n’imyanya ndangagitsina ku bahungu

Ibizigira by’abahungu birabyibuha kandi imibiri yabo ikarushaho gukomera (ibizigira by’abahungu birabyibuha m’imikaya ikiyongera). Bimwe mu bice by’umubiri (by’umwihariko amaboko n’amaguru) bishobora gukura kurusha ibindi. Kubera ko amagufa yo mu maguru n’amaboko y’abahungu akura vuba vuba, umubiri ukora ibishoboka ngo imyakura nayo ikure kuri uwo muvuduko, ibi bigatuma umuhungu yumva ububabare mu maboko n’amaguru. Abahungu bamwe bashobora kubyimba imoko bigasa nk’aho barimo kumera amabere. Ibi biterwa n’ubwiyongere bw’imisemburo mu mubiri kandi ntibimara

igihe. Umuhungu ugeze mu bugimbi atangira gushyukwa no kwiroteraho. Izindi mpinduka zibabaho ni ubwiyongere bw'imboro mu mubyimba no mu burebure ndetse n'ubwiyongere bw'amabya.

Igihagararo n'imyanya ndagatsina ku bakobwa

Imibyimba y'abakobwa iragara ikarushaho kugararagara nk'iy'abagore koko. Amatako yabo aba magari, amabere agakura kandi birashoboka ko rimwe ryaruta irindi. Abakobwa barabyibuha kandi imoko zabo zigatonekara bitewe no kumera amabere—ibi byose ni ibisanzwe. Kwiyongera ibiro ni ikintu gisanzwe mu mikurire y'abakobwa kandi si byiza gufata rejime ugamije kwirinda ibyo biro. Nyuma y'umwaka umwe cyangwa ibiri umukobwa ameze amabere atangira kujya mu mihango—iki ni ikindi kimenyetso cy'uko umuntu ari mu bwangavu, byerekana ko imisemburo yakozwe akazi kayo neza. Abakobwa kandi bashobora kumva cyangwa kubona ibisa n'amazi by'urwererane (ururenda) biva mu nda ibyara. Ibi ntibivuga ko hari ikibazo gihari; ni ikindi kimenyetso cy'uko umubiri urimo guhinduka.

Ubwoya

Kimwe mu bimenyetso bya mbere by'ubugimbi/ubwangavu ni ukumera ubwoya aho butari busanzwe. Umuntu amera ubwoya mu maha no ku gitsina. Mu ntangiriro, ubu bwoya buba bworoshye kandi bunyanyagiye, nyuma bukaba burebure, bugakomera, bukaba bwinshi kandi bukarushaho kuba umukara. Ku bahungu, bashobora kumera ubwoya mu gituza no mu maso.

Uruhu

Mu ntangiriro z'ubugimbi n'ubwangavu umuntu agira ibiheri ku ruhu, bishobora gushira ageze ku myaka makumyabiri. Icyo yakora ni ukugirira isuku uruhu rwe akaraba mu maso n'isabune buri munsu.

Ibyuya

Umuntu atangira kugira indi mpumuro mu maha no mu bindi bice bimwe na bimwe by'umubiri. Iyi mpumuro yitwa icyuya kandi buri wese arayigira. Imisemburo yo mu bugimbi n'ubwangavu ituma imvubura z'uruho zisohora icyuya. Mu kugabanya impumuro mbi y'ibyuya, umuntu akaraba buri munsu, cyangwa akitera imibavu (deodorant).

Ijwi

Ijwi ritangira kudasohoka neza nyuma rikaniga, abakobwa na bo bashobora kuniga ijwi ho gato. Kudasohoka neza kw'ijwi ry'abahungu bigenda bishira uko bakura.

Ibyiyumviro

Mu bugimbi/ubwangavu umuntu arushaho kugira amarangamutima cyangwa se akarakazwa n'utuntu duto. Igitera impungenge ingimbi n'abangavu ni isura baterwa n'impinduka ziba zirimo kuba ku mibiri yabo. Kurakarira bagenzi bawe cyangwa abo mu muryango ni ibintu bikubaho kenshi; ikindi kandi ni kenshi wumva ubihiwe cyangwa wihebye. Byaba byiza kugira umuntu mukuru wizeye uganiriza ku byiyumviro byose ugira - kubabara, kurakara, no kwiheba-. Abakobwa n'abahungu bashobora kugira ibyiyumviro bimwe cyangwa se bitandukanye.

Ibyifuzo bijyanye n' imibonano mpuzabitsina

Mu gihe cy'ubugimbi n'ubwangavu birasanzwe ko umuntu arushaho kwita kubo badahuje igitsina. Ku bahungu ikimenyetso cya mbere cy'uko bifuje imibonano mpuzabitsina ni ugufata umurego kw'igitsina cyabo (ugushyukwa kw'imboro). Naho ku bakobwa ni ububobere buza mu nda ibyara. Kwifuza imibonano mpuzabitsina bishobora guterwa no gusoma igitabo kirimo ibijyanye n'imibonano mpuzabitsina cyangwa se gutekereza ku mukobwa cyangwa umuhungu uyu n'uyu. Kwifuza imibonano mpuzabitsina ni ikintu gisanzwe kandi ntikibatere kwicira urubanza. icy'ingenzi ni ukwirinda kugendera kuri ibyo byifuzo, ugategereza kuzayikora igihe uzaba wakuze.

Imihindukire y'imibanire

Mu gihe cy'ubugimbi/ubwangavu birashoboka ko umubano hagati y'ababyeyi ndetse n'izindi ncuti uhinduka. Urubyiruko rwifuza kuba rwaba ruri kumwe n'urungano kuruta kugendera kubyo ababyeyi babo babategeka. Muri kiriya gihe hari imyitwarire abantu bakuru bifuza ko urubyiruko rwagira cyane cyane ko ruba rurimo gukura.

Izi mpinduka zose zirasanzwe, bityo tukiyumvishako abahungu n'abakobwa bashobora gufashanya kugirango babe bitandatu rumwe.

Uburumbuke bw'abakobwa n'ubw'abahungu

Intego

Nyuma y'iri somo abarikurikiye bazaba bashobora:

1. Gusobanura ukwezi k'umugore.
2. Gusobanura uko amasohoro akorwa.
3. Kunyomoza nibura ibihuha bitatu bivugwa ku mihango
4. Kunyomoza nibura ibihuha bitatu bivugwa ku gushyukwa, gusohora no kwirotaraho.



Imfashanyigisho

- Cyangwa ikibaho (flip chart)
- Ibikoresho abakobwa bo mu gace murimo bifashisha iyo bari mu mihango (udutambaro, amapamba, n'ibindi.)
- Igi
- Agasorori karimo ubusa
- Ibikombe cyangwa ibirahuri bitandatu by'amazi



Mbere yo gutanga isomo

- Soma neza **incamake y' isomo rya 2** (urupapuro rwa 36).
- Soma neza buri gice mu bigize isomo. Tekereza uko uzigisha buri gice ndetse n'ibindi uzongera mu isomo ngo rirusheho gufasha abo rigenewe.
- Mu kwigisha igice cya 3 n'icya 6 fotoza ibishushanyo by'imyanya myibarukiro y'umugore- imyanya myibarukiro y'imbere y'umugore (kiri ku rupapuro rwa 40) n'imyanya ndangagitsina y'inyuma kiri ku rupapuro rwa 42) n'imyanya myibarukiro y'umugabo (kiri ku rupapuro rwa 44). (niba gufotoza bidashoboka ushobora kubishushanya kuri flip chart cyangwa ku kibaho aho bose babireba)
- Mu kwigisha igice cya 5, ereka abahugurwa bimwe mu byo abakobwa bifashisha igihe bari mu mihango (udutambaro, amapamba, n'ibindi.)
- Mu kwigisha igice cya 6, andikira buri tsinda rya babiri ku rupapuro agakino rigomba gukina

- Mu kwigisha igice cya 4 n'icya 6, mena igi maze umweru waryo wushyire mu gasorori.



Igihe

Icyigwa	iminota
Igice cya 1: Uburumbuke ni iki?	10
Igice cya 2: Impuha n'ukuri ku burumbuke	20
Igice cya 3: Ubumenyi bw'ibanze ku burumbuke bw'abagore	20
Igice cya 4: Ibimenyetso by'uburumbuke	10
Igice cya 5: Ibikoresho twifashisha mu mihango.....	20
Igice cya 6: Ubumenyi bw'ibanze ku burumbuke bw'abagabo.....	20
Igice cya 7: Tuganire ku burumbuke bwacu	30
Igice cya 8: Ubutumwa dutahanye	20
IMINOTA YOSE HAMWE	150

Isomo rya 2

Igice cya 1

Uburumbuke ni iki?

Kungurana ibitekerezo mu matsinda manini

(iminota 10)

Baza abitabiriye amahugurwa ibibazo bikurikira:

- Ijambo "uburumbuke" risobanura iki?
- Ni gihe ki umugore agira uburumbuke?
- Ni gihe ki umugabo agira uburumbuke?

Nyuma yo kumva ibisubizo byabo, babwire ko mugiyi kuganira ku burumbuke ku buryo burambuye.

Icyitonderwa ku uhugura

Kangurira abitabiriye amahugurwa kuvuga ibyo bazi byose ku bijyanye n'uburumbuke n'aho byaba atari ukuri. Ibi bizagufasha kumenya ubumenyi babifitemo. Kora uko ushoboye basobanukirwe n'icyo uburumbuke ari cyo. Shimangira ko abahungu n'abakobwa batangira kugira uburumbuke hafi mu kigero kimwe.

Igice cya 2

Impuha n'ukuri ku burumbuke

Agakino mu matsinda manini

(iminota 20)

Basobanurire ko bagiye gukina agakino gasobanura uburumbuke bw'abagore n'ubw'abagabo kavuga by'umwihariko ku kujya mu mihango no kwirotehaho. Aka gakino kakaba kagamije kubafasha

kunyomoza impuha bari barumvise ku bijyanye n'uburumbuke. Bagabanyemo amatsinda abiri buri tsinda rijye mu nguni imwe y'icyumba cy'amahugurwa kandi riyite izina.

Somera imwe mu nteruro umuntu wa mbere wo mu itsinda A. uyu muntu agomba kurebera hamwe n'abo mu itsinda rye niba interuro umusomeye ari "ukuri" cyangwa "igihuha". Nibasubiza ubamenyeshe niba igisubizo cyabo ari cyo cyangwa atari cyo maze wandike amanota babonye kuri flip chart cyangwa ikibaho. Buri kibazo ni inota rimwe. Iyo uwabajijwe avuze ko interuro yasomewe ari ukuri musabe gusobanura impamvu avuga ko ari ukuri, iyo avuze ko interuro yasomwe atari ukuri umusabe ko yatanga iy'ukuri akanayisobanura.

Somera indi nteruro umuntu wa mbere wo mu itsinda B, hanyuma ugende usimburanya amatsinda gutyo kugeza igihe buri wese azaba yafashe ijambo. Nyuma yo gusoma interuro zose iz'ukuri n'iz'ibihuha, saba buri wese kubwira bagenzi be ibintu bibiri yamenye ku mihango no kwirotaraho. Saba abari mu itsinda ritari iry'utanze igisubizo kwemeza niba ibyo avuze ari ukuri no gusobanura igisubizo cyabo. Ukomeze wandike amanota kandi uze kubamenyesha itsinda ryarushije irindi.

Ukuri cyangwa impuha?

Interuro (Statement)	Ukuri cyangwa impuha
Amaraso ava mu mubiri w'umukobwa uri mu mihango ni ikimenyetso cy'uburwayi	Impuha
Ibinyobwa bikonje ntibitera umukobwa uri mu mihango kuribwa mu nda	Ukuri
Umukobwa uri mu mihango ashobora kurya ibiryo birimo urusenda cyangwa bisharira	Ukuri
Kutajya mu mihango bishobora kuba ikimenyetso cyo gutwita	Ukuri
Abagabo badasohora, amasohoro yikusanyiriza mu mibiri yabo maze akazaturitsa imboro n'amabya	Impuha
Gukaraba mu mutwe cyangwa kwiuhagira ntacyo bitwara umukobwa uri mu mihango	Ukuri
Kujya mu mihango bisobanura ko umukobwa yanduye (afite umwanda)	Impuha
Iyo umuhungu yiroteyeho aba ashaka gukora imibonano mpuzabitsina	Impuha
Igihe cyose igitsina cy'umugabo cyafashe umurego agomba gusohora	Impuha
Benshi mu bahungu biroteraho iyo bageze mu bugimbi	Ukuri
Gukorakora kenshi igitsina cy'umuhugu (imboro) bituma kirushaho gukura	Impuha

Huza isomo n'imico n'imigenzereze y'abahugurwa

Mu gutanga iri somo ni ngombwa gushingira ku bumenyi abo uhugura bafite ndetse n'ubwo bakeneye. Iyambaze abahugurwa bagufashe kubona amakuru yose wumva yagufasha gute gura neza isomo. Urugero: ni ibihe bihuha ku bijyanye n'uburumbuke mwumva aho mutuye?

Isomo rya 2

Soza umwitozo ubaza ibibazo bikurikira:

- Uyu mwitozo urawutekerezaho iki?
- Ni iki gishya wamenye?
- Utekereza ko hari akamaro biriya bihuha bifite mu muryango? Hakorwa iki ngo abantu barusheho gusobanukirwa ibijyanye n'imihango no kwirotehaho?

**Igice
cy'3**

Ibisobanuro ku burumbuke bw'igitsina gore

Kungurana ibitekerezo muri rusange

(iminota 20)

Saba abakobwa kuvuga ibintu byose byerekeye imihango baba barabwiwe na bakuru babo, ba nyina, ba nyina wabo cyangwa ba nyirasenge, inshuti cyangwa abandi bantu bo mu muryango b'igitsina gore, ibyo bakuye mu bitangazamakuru cyangwa mu ishuri. Nibamara kuvuga ushungere ibyo bavuze byose ubereka iby'ukuri n'ibitari ukuri. Ha buri wese igishushanyo cy'imyanya myibarukiro y'umugore maze usobanure inkomoko y'imihango wifashishije incamake y'isomo rya 2. kora uko ushoboye uvuge kuri izi ngingo:

- **Imihango ni iki?** Ifashishe igishushanyo cy'imyanya myibarukiro y'umugore usobanure neza ibijyanye n'imihango. Saba buri wese gusoma avuga cyane amagambo yanditse ku gishushanyo ndetse no kwerekana ku gishushanyo imyanya ikigize no kuvuga uko yitwa.
- **Abakobwa batangira kujya mu mihango bafite imyaka ingahe?**
- **Ni iki cyerekana ko imihango yatangiye?**
- **Ukwezi k'umugore ni iki?**
- **Ugiye mu mihango ava amaraso angana ate?**
- **Ukwezi k'umugore kumara igihe kingana gute?**
- **Umuntu uri mu mihango yumva ameze ate mu mubiri we?**
- **Ihisha ry'intanga ni iki?**
- **Ni ibihe bimenyetso umukobwa wenda kujya mu mihango yiyumvamo?**
- **Gucura bivuze iki?**

Sobanura ko ukwezi k'umugore kugizwe n'ibi byiciro bikurikira:

1. Ajya mu mihango.
2. Nyuma y'iminsi mike imihango irakama.
3. Ashobora gutangira kugira ururenda.
4. Indi ntanga irahisha.
5. Ururenda rurekeraho kuza.
6. Ashobora kumva impinduka mu mubiri no mu byiyumviro bye mbere gato ko ajya mu yindi mihango.
7. Ukwezi kundi kuratangira.

Nyuma yo kungurana ibitekerezo ku kwezi k'umugore, ha buri wese igishushanyo B cy'imyanya ndangagitsina y'inyuma y'umugore kandi ubasobanurire ibice biyigize.

Ibando kuri izi ngingo zikurikira

- Igihe umukobwa yatangiye kujya mu mihango aba ashobora gutwita.
- Umukobwa kandi ashobora no gusama mbere yo kubona imihango ye ya mbere.
- Ukwezi k'umugore kwitwa gutyo kuko ari ibihe bihora byisubiramo, uretse igihe umugore atwite, kugeza igihe acuze.
- Amezi y'umugore atangirana n'ubwangavu akarangira igihe umugore acuze.
- Kujya mu mihango bivuga ko umukobwa avuye mu bwana akaba ashobora gutwita.

Kujya mu mihango si ibintu bikwiye kubatera ubwoba, kuko abagore hafi ya bibaho. Byerekana ko umukobwa afite ubushobozi bwo kubyara.

Igice
cy' 4

Ibimenyetso by'uburumbuke

Kungurana ibitekerezo mu matsinda manini (iminota 10)

Fata ka gasorori karimo umweru w'igi. Bwira abahugurwa ko rimwe na rimwe abakobwa bashobora kubona ibintu bitose kandi byererana mu myenda yabo y'imbere cyangwa bakumva ububobere mu nda ibyara. Ibi bintu bitose kandi byererana byitwa "ururenda" kandi ntago ruza buri muni ahubwo ruza mu minsi imwe mu igize ukwezi k'umugore. Sobanura ko akamaro k'ururenda ari ugufasha intanga ngabo kugera mu mura/nyababyeyi ngo ihure n'intanga ngore.

Sobanura ko igihe habaye ihisha ry'intanga ariho abagore barushaho kumva cyangwa kubona ururenda— iki ni igihe cy'uburumbuke ku mugore—kuko ruba rwarushijeho kuba rwinshi. Abagore kandi

bashobora kubona ibindi bisa n’ururenda mu yindi minsi y’ukwezi kwabo ariko byo ntibiba bitose nka rwo. Hari n’abagore batagira ururenda, biterwa n’imiterere ya buri wese.

Koza intoki muri wa mweru w’igi maze uzizamure ubereke uko ururenda ruba rumeze. Sobanura kandi ko hari igihe ururenda ruba rurenduka cyane cyangwa buhoro. Kangurira abakobwa kujya bitegereza ururenda rwabo babona haje ibitandukanye n’ibyo bajyaga babona bakihutira kujya kwa muganga. Urugero, ururenda rw’umuhondo cyangwa rufite impumuro mbi ni ikimenyetso cy’uburwayi.

Isomo ry’ya 2

Ibando kuri izi ngingo

- Abagore bamwe bagira ururenda rwinshi; abandi ruke; hakaba n’abatagira na mba.
- Ururenda ntirusobanura ko inda ibyara y’umugore irimo umwanda. Ahubwo bisobanura ko umubiri we urimo kunyura mu bihe binyuranye bigize ukwezi k’umugore.
- Iyo ururenda ruhinduye ibara cyangwa impumuro bishobora kuba ikimenyetso cy’uburwayi kandi ubibonye yihutira kujya kwa muganga.
- Benshi mu bagore ntibagira ururenda iminsi yose—ahubwo barugira mu minsi imwe mu igize ukwezi kwabo.

Igice
cy’ya 5

Ibyo twifashisha igihe turi mu mihango

Umwitoto mu matsinda mato (iminota 20)

Saba abahugurwa kwigabanyamo amatsinda atanu cyangwa atandatu. Niba bitabangamiye umuco w’aho muri amatsinda agirwe n’abakobwa n’abahungu bavanze.

Ha buri tsinda kimwe mu bikoresho abakobwa bifashisha iyo bari mu mihango ndetse ubemerere no kugikoraho, bahe n’igikombe cyangwa ikirahuri cy’amazi. Saba abahugurwa kukubwira uko ibyo bikoresho abakobwa bifashisha bikoreshe n’uko bijugunywa iyo bamaze kubikoresha. Bwira buri tsinda gushyira ibyo bikoresho mu mazi, usobanure ko uko binyunyuzwa ya mazi ari nako binyunyuzwa amaraso mu gihe cy’imihango. Kangurira abahungu kubaza ibibazo, abakobwa babisubize.

Baza ibibazo bikurikira:

- Ni kuki ari ngombwa kwifashisha ibyo bikoresho?
- Bikora bite?
- Ni kangahe umuntu aba agomba kubihindura?

- Ni gute bijugunywa cyangwa bisukurwa nyuma yo kubikoresha?
- Bigurirwa he, bigura angahe? (Cyangwa se twakura he ibikenewe ngo tubyikorere?)

**Igice
cy' 6**

Ubumenyi bw'ibanze ku burumbuke bw'abahungu

**Kungurana ibitekerezo muri rusange
(iminota 20)**

Ongerera ufate ka gasorori karimo umweru w'igi. Saba abahugurwa kuvuga ibyo babwiwe na bakuru babo, ba nyirarume cyangwa ba se wabo, inshuti cyangwa bene wabo b'igitsina gabo, ibyo bakuye mu bitangazamakuru no mu ishuri ku bijyanye no gushyukwa, gusohora no kwirotteraho. Nibamara kuvuga ugaragaze ibiri ukuri n'ibitari ukuri mu byo bavuze. Kora uko ushoboye ushimangire izi ngingo ziri mu ncamake y'isomo rya kabiri:

- **Amasohoro akorwa gute?** Sobanura wifashishije igishushanyo cy'imyanya myibarukiro y'umuhungu. Saba buri wese gusoma amagambo yanditse no kwerekana ibice by'ayo myanya ayo magambo avugaho.
- **Gushyukwa ni iki?**
- **Gusohora ni iki?** (koza intoki mu mweru w'igi uzizamure usobanure ko amasohoro ameze nk'umweru w'igi ariko ko yo atererana nkawo. Sobanura ko amasohoro ari ibisa n'amazi biva mu gitsina cy'umuhungu (imboro) mu gihe cyo gusohora.
- **Kwirotteraho ni iki?**

Ibando ku ngingo zikurikira

- Umuhungu ntaba azi igihe yashyukirwa cyangwa ngo yirotereho.
- Gushyukwa no kwirotteraho ni ibintu bisanzwe. Byerekana ko umuhungu avuye mu bwana abaye umugabo.
- Buri gihe uko umuhungu ashutswe siko asohora.
- Amasohoro ava mu mubiri w'umuhungu mu gihe cyo gusohora.
- Gusohora byerekana ko umuhungu ashobora gutera inda umukobwa.

**Igice
cy' 7**

Tuganire ku burumbuke bwacu

**Umwitozo mu matsinda ya babiri
(iminota 30)**

Gabanya abahugurwa mu matsinda ya babiri. Buri tsinda risabe gukina agakino kamwe mu dukurikira, birashoboka ko agakino kamwe gakinwa n'amatsinda menshi igihe amatsinda aruta udukino. Saba buri

tsinda gukina ryifashishije ibyo bamaze kwiga. Bakangurire kuryoshya udukino twabo kandi usabe abakobwa gukina bitwa abahungu n'abahungu bakine bitwa abakobwa. Udukino dutegurwa mu gihe cy'iminota itanu.

Agakino ka #1: Umuntu umwe akina ari umukobwa w'imyaka 12; undi akaba nyirasenge cyangwa nyina wabo. Umukobwa ahangayikishijwe no kuba atarajya mu mihango. Nyinawabo cyangwa nyirasenge akamuhumuriza amubwira ko imihango itangira ku myaka 9 cyangwa 10 ariko ko hari n'abayijyamo nyuma y'icyo gihe.

Agakino ka #2: Umuntu umwe akina ari umukobwa w'imyaka 10; undi akaba mukuru we. Umukobwa ahangayikishijwe n'uko yagiye mu mihango kandi akaba atazi ibyo ari byo. Mukuru we amusobanurira icyo imihango ari cyo ndetse n'impamvu yayo.

Agakino ka #3: Umuntu umwe akina ari umuhungu w'imyaka 13; undi akaba se. umuhungu ahangayikishijwe n'uko nijoro akanguka agasanga uburiri yabutoheje, abaza se ikibitera. Se amusobanurira ko ari ukwiroteraho kandi ko ari ibintu bisanzwe.

Agakino ka #4: Umuntu umwe akina ari umukobwa w'imyaka 12; undi akaba se cyangwa nyina. Umukobwa yagiye mu mihango ari ku ishuri maze yanduzwa ikanzu/ijipo ye. Bucyeye agira isoni zo gusubira ku ishuri kuko atekereza ko bagenzi be bose bamubonye yiyanduje. Se cyangwa nyina aramuhumuriza amusobanurira ko umugore wese ashobora kwiyanduzwa igihe yagiye mu mihango kandi akamubwira ibyo ashobora kwifashisha ngo atazongera kwiyanduzwa.

Agakino ka #5: Umuntu umwe akina ari umuhungu w'imyaka 12; undi akaba mukuru we. Umuhungu ahangayikishijwe no kuba yasohoye kandi akaba akeka ko amasohoro ye ashobora kujyanwa n'umuyaga maze akagira uwo atera inda. Mukuru we amusobanurira neza ibijyanye no kwiroteraho no gusohora.

Igice
cy'8

Ingingo zo kuzirikana

(Iminota 15)

Mu gusozwa isomo ibande kuri izi ngingo:

- Imihango, gushyukwa, gusohora, no kwiroteraho ni ibimenyetso bisanzwe by'ubwangavu n'ubugimbi.
- Kujya mu mihango byerekana ko umukobwa ashobora kuba yasama.
- Gusohora byerekana ko umuhungu ashobora kuba yatera umukobwa inda.

Ibando kuri ibi bikurikira (Stress the Following)

Shishikariza abahugurwa kubaza ibibazo, ariko ubamenyeshe ko bazagira umwanya wihariye wo kubaza umwigisha bahuje igitsina ibibazo byose bafite (mu isomo rya 4). Bashimire umurava bagaragaje kandi ubabwire ko wanyuzwe n'uko buri wese yagize uruhare mu biganiro.



Umukoro wo mu muryango

Abitabiriye ihugurwa bagomba guhitamo umuntu mukuru bizeye bakamubwira ibyo bize uyu munsu. Abakobwa bashobora kubaza uwo muntu igihe yagiriye mu mihango bwa mbere? uko yumvaga ameze? uwo yabibwiye icyo gihe, uko yabyakiriye. Abahungu babaza uwo bahisemo igihe yiroteyeho bwa mbere, igihe yasohoreye bwa mbere? Uko yabyakiriye?

Abahungu bagomba kubaza ibibazo bikurikira umuntu mukuru: ni ryari yiroteyeho n'igihe yashyutswe bwa mbere? Uko yumvaga ameze icyo gihe? Ni nde waba waraganirije ubwo buzima bwawe? Uwo yabibwiye n'uko yabyakiriye.

Imyitozo y'Inyongera

Turabona ko imyitozo imwe n'imwe yakorerwa mu matsinda.

Umwitozo wa 1

Dusobanukirwe n'uburumbuke bwacu (abakobwa)

Uyu mwitozo uberanye n'abakobwa bari hagati y'imyaka 12 na 14 kuko ari bo akenshi baba baratangiye kujya mu mihango. Umwitozo ugamije kwigisha abakobwa kugira ikayi bandikamo ibintu bibabaho buri munsu bijyanye n'ukwezi kwabo (ururenda, imihango) n'amatariki byabereyeho. Ku bakobwa batarajya mu mihango basaba bakuru babo cyangwa ba nyina kubereka uko umwitozo ukorwa. Kubera ko uyu ari umwitozo urebana n'ubuzima bw'umuntu ku giti cye kandi ukubiyemo amabanga ye bwite, umukobwa utarajya mu mihango ntagomba kugira ipfunwe kuko nta muntu n'umwe uri bubimenye. Umukobwa urangije uyu mwitozo aba afite indangaminsi (calendar) imufasha kurushaho gusobanukirwa imikorere y'umubiri we (bityo akaba yamenya uko azabyitwaramo) kandi agakora n'umwandiko usobanura uko yabyitwayemo ngo akore iyo ndangaminsi.



Imfashanyigisho

- Amakayi mashya cyangwa indangaminsi z'umwaka wose zitanditseho
- Amakureri

Sobanurira abahugurwa ko umwitozo uzakorwa mu mezi menshi. Mbere yo gutanga umwitozo banza ubimenyeshe ababyeyi cyangwa abarezi b'abana. Izeze abahugurwa ko indangaminsi bazakora zizahora ari ibanga ryabo bwite, nta muntu n'umwe wemerewe kureba indangaminsi itari iye.

1. Ha buri mukobwa indangaminsi y'umwaka. Niba bidashoboka kugurira buri wese indangaminsi, basabe ko buri wese yakora iye mu ikayi. Buri rupapuro rw'ikayi rwajyaho ukwezi kumwe nk'uko bikoze kuri uru rupapuro:

Mutarama

Ku cyumweru	Kuwa mbere	Kuwa kabiri	Kuwa gatatu	Kuwa kane	Kuwa gatanu	Kuwa gatandatu
		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		

2. Bwira abakobwa ko buri kwezi, bagomba kugaragaza umunsi imihango yatangiriyeho bawandikaho agakubo kanini "X" bakagaragaza n'indi minsi bari mu mihango bayandikaho agakubo gatoya "x" ntoya. Ikindi kandi, iminsi yose babonyeho ururenda bayandikaho "o" ntoya. Iyi ndangaminsi ikurikira irerekana uko byakorwa.

Isomo ry'2

Urugero rw'indangaminsi y'ukwezi k'umugore Mutarama

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		1	2	3	4	5
6	7	8	9	10 X	11 x	12 x
13 x	14 x	15	16	17	18	19 o
20 o	21 o	22 o	23 o	24 o	25 o	26
27	28	29	30	31		

3. Uko amezi ashira, jya wibutsa abahugurwa ko wizeye ko buri kwezi bibuka kuzuza indangaminsi zabo.
4. Saba abakobwa kujya babara iminsi igize buri kwezi kwabo. Ni ukuvuga iminsi iri hagati y'umunsi baboneyeho imihango n'umunsi ubanziriza uwo imihango ikurikiraho iziyeho. Basabe kumenya umubare w'iminsi igize ukwezi kwabo kugufi n'igize ukurekure ndetse unabasabe kumenya uko ayo mezi agenda asimburana. Basabe guteranya iminsi igize ukwezi kugufi n'igize ukurekure maze umubare babonye bawugabanye n'amezi bagize mu mwaka; igisubizo babonye ni wo mubare mpuzandengo w'iminsi igize ukwezi kwabo. Urugero rukurikira rurekana uko byakorwa rwifashishije amezi 9:

Ukwezi kwa 1	26
Ukwezi kwa 2	28
Ukwezi kwa 3	33
Ukwezi kwa 4	31
Ukwezi kwa 5	33
Ukwezi kwa 6	28
Ukwezi kwa 7	29
Ukwezi kwa 8	29
Ukwezi kwa 9	28

Impuzandengo 265/9=29

Sobanura ko abakobwa benshi bagitangira kuja mu mihango bagira amezi atashya, kandi ko n'igihe bakwirenza ukwezi batabonye imihango batagomba guhangayika.

5. Hafi mu mpera z'umwaka ibutsa abahugurwa ko buri wese azakora umwandiko ukubiyemo uko yitwaye mu gukora indangaminsi ye. Uwo mwandiko uzaba ukubiyemo ibisubizo by'ibi bibazo:

- Gukora indangaminsi wabibonye ute—ibyiza n'ibibi wabonyemo?
- Waba waratunguwe no kutareshya kw'amezi yawe?
- Ni iki wamenye ku mubiri wawe utari uzi mbere yo gukora indangaminsi?
- Iyo wabaga uri mu mihango wumvaga umeze ute mu mubiri no mu byiyumviro?

Isomo rya 2

Ingingo z'ingenzi ku isomo rya kabiri

Imihango ni iki?

Imihango ni amaraso n'ingiramubiri (tissue) bisohokera mu nda ibyara bivuye mu mura. Ibi bikaba ari ibintu bisanzwe kandi byerekana ko umukobwa ari muzima. Imihango imara hagati y'iminsi itatu n'irindwi. Muri rusange, umukobwa ajya mu mihango rimwe mu kwezi. Imihango ni ikimenyetso cy'uko umukobwa ashobora gutwita igihe akoze imibonano mpuzabitsina. Abagore bahagarika kujya mu mihango iyo batwite ariko bamara kubyara bakongera.

Umukobwa atangira kujya mu mihango afite imyaka ingahe?

Nk'uko abakobwa bamwe bagera mu bwangavu mbere na nyuma y'abandi ni nako batangira mu mihango igihe kimwe. Bamwe batangira kujya mu mihango bafite imyaka 9 cyangwa 10 abandi bagatangira nyuma y'iyi myaka.

Ni ikihe kimenyetso kerekana ko imihango yatangiye?

Umugore amenya ko yagiye mu mihango iyo abonye amaraso ava mu nda ibyara. Amaraso ntadudubiza nk'uko amazi ava mu iriba, ahubwo aza buhoro buhoro. Akenshi iyo umugore yumvise mu nda ibyara hatose ku buryo budasanzwe asanga amaraso yageze ku mwenda we w'imbere. Bityo rero ni byiza ko umugore acishiriza akamenya umunsi azagiraho mu mihango ngo azabe yiteguye, ni ukuvuga yambaye ipamba cyangwa agatambaro gatuma atiyanduza.

Umugore uri mu mihango ava amaraso angana ate?

Abantu bose ntabwo bava amaraso angana. Mu ntangiriro amaraso aba afite ibara ryijimye ariko uko igihe gihita akagenda agira ibara ry'umutuku ucyeye. Nanone kandi mu mpera z'imihango amaraso arongera akagira ibara ryijimye. Iminsi yose umugore amara mu mihango ntago ava amaraso angana, imwe aba menshi indi akaba make.

Ukwezi k'umugore ni iki?

Ukwezi k'umugore ni igihe kiri hagati y'umunsi agiriye mu mihango n'umunsi ubanziriza imihango y'ubutaha. Kwitwa ukwezi kuko ari ibintu bihora biba buri kwezi.

Ukwezi k'umugore kugira iminsi ingahe?

Iminsi y'ukwezi k'umugore ntiba imwe ku bagore bose. Bamwe bagira ukwezi kw'iminsi 21 (cyangwa munsu yayo), abandi bakagira ukw'iminsi 35 cyangwa hejuru yayo. Iminsi igize ukwezi kw'abakobwa bagitangira kujya mu mihango irahindagurika. Ibi biterwa ni uko umubiri uba ukeneye igihe kirekire ngo umenyere impinduka zose zizana n'ubwangavu. Urugero: umukobwa ashobora kugira amezi abiri akurikirana anganya iminsi, ukwezi kwa gatatu ntajye mu mihango cyangwa se agakurikizaho andi mezi nk'abiri afite iminsi mike ugereranyije n'aya mbere. Birashoboka ko uko agenda akura yazagira amezi afite iminsi ihora ari imwe kimwe n'uko byakomeza gutyo. Birashoboka kandi ko hagati mu kwezi kwe yava amaraso mu gihe cy'umunsi umwe cyangwa ibiri. Ibi byose nta mpungenge bigomba gutera kuko ni ibisanzwe.

Ni ryari umugore cyangwa umugabo aba afite uburumbuke?

Umugore aba afite uburumbuke igihe ashobora gusama. Umugore agira uburumbuke mu minsi imwe mu igize ukwezi kwe, muri iyo minsi niho ashobora gusama. Umugore atangira kujya agira bene iyo minsi y'uburumbuke ari uko agiye mu mihango bwa mbere, iyo acuze ntiyongera kuyigira. Uburumbuke bw'umugabo butangirana no gusohora kwe kwa mbere bukarangirana n'ubuzima bwe, ni ukuvuga ko buri munsu ashobora gutera inda kugeza apfuye.

Ihisha ry'intanga ni iki?

Ni igihe agasabo k'intanga karekuye intanga ngore yahishije, ibi biba hagati (hafi muri kimwe cya kabiri) mu kwezi k'umugore.

Ese umukobwa ashobora gutwita mu gihe cye cy'imihango?

Muri rsange, umukobwa ntashobora gutwita ari mu gihe cy'imihango. Impamvu ni uko umukobwa aba ageze hagati mu gihe cy'ukwezi kwe. Igihe cyose rero, umukobwa agira ukwezi kugufi cg se amara iminsi myinshi mu mihango, birashoboka ko yatwita akiri mu mihango.

Gucura ni iki?

Gucura ni ikigero umugore ageramo ntiyongere kujya mu mihango. Umugore ahagarika kujya mu mihango kubera ko imisemburo ituma intanga zihisha iba ishize mu mubiri. Muri rusange, gucura biba ku bagore bari hagati y'imyaka 45 na 50. Ariko birashoboka ko umuntu acura mbere cyangwa nyuma y'iyi myaka. Abagore bamwe bashobora gucura ku myaka 35 abandi bagacura bafite mirongo itanu n'indi.

Umukobwa uri mu mihango yumva umubiri we umeze ute?

Rimwe na rimwe umugore wegereje kujya mu mihango yumva impinduka mu mubiri no mu byiyumviro bye. Ariko hari abatumva izo mpinduka. Zimwe muri izo mpinduka ni:

Ibimenyetso byo mu mubiri: kuribwa mu nda, uburibwe mu mubiri, kubyimba inda, kwiyongera ibiro, kurarikira ibiryo bimwe na bimwe, kubabara cyangwa kubyimba amabere, kubyimba intoki n'ibirenge, uruhu rusa nabi cyangwa ruriho ibiheri, kubabara umutwe, kugira isereri.

Ibimenyetso bijyanye n'ibiyumviro: kugira umwaga, umushiha, impungenge, ubwoba, kumva uri mu rujijo cyangwa utari hamwe, kumva unaniwe, wihebye. Ibi bizwi nk'ibimenyetso bibanziriza imihango kandi bituruka ku mpinduka ziba zibera mu misemburo. Uko imisemburo igenda yiyongera cyangwa igabanuka mu kwezi k'umugore ni ko na we agenda agira impinduka mu mubiri no mu byiyumviro. Mu guhangana n'izi mpinduka, umuntu yafata ibinini bigabanya ububare, amazi ashyushye, cyangwa indi miti yose izwiho gukemura bene ibi bibazo. Ubonye bikabije wajya kwa muganga.

Ururenda ni iki?

Rimwe na rimwe abakobwa bashobora kubona ururenda mu myenda yabo y'imbere cyangwa bakumva ububobere mu nda ibyara. Ururenda ruba ari ibintu birenduka, byererana kandi kenshi ruza mu minsi yegereye uburumbuke bw'umugore aho umubiri uba witeguye kwakira no gutunga urusoro. Ururenda rufasha intanga ngabo kwinjira mu nda ibyara ikagera mu mura aho igomba guhura n'intanga ngore. Igihe umukobwa afite ururenda aje amenya ko ari igihe cye cy'uburumbuke. Kugenzura igihe ururenda ruzira bifasha umukobwa gusobanukirwa n'imikorere y'umubiri we ndetse no gutandukanya igihe yabonye ibidasa n'ururenda yari asanzwe abona bityo akaba yajya kwa muganga. Urugero: ururenda rw'umuhondo kandi rufite impumuro mbi ni ikimenyetso cy'uburwayi.

Ni ibihe bikoresho umukobwa uri mu mihango yakwifashisha?

Udutambaro dusukuye: utu dutambaro dukatwa neza ngo dukwirwe mu myenda y'imbere, bashobora kugerekeranya (kudodana) udutambaro turenze kamwe. Utu dutambaro tugomba kugirirwa isuku, tukameswa neza kandi tukanikwa ahantu hiherereye ariko hagera izuba. Ntitugomba kandi gutizwa, buri wese agira utwe yihariye.

Urupapuro rw'isuku: umuntu ashobora gukoresha urupapuro rw'isuku aruzinze neza. Ariko kandi uru rupapuro bitewe n'uko ruba rutanoze

rushobora gutera uburyaryate n’udusebe ku ruhu. Ikindi kandi ni uko rudafite ubushobozi buhagije bwo kunyunyuzwa amaraso.

Kotegisi: ibi ni ibikoresho byakorewe kwambarwa mu myenda y’imbere biba biriho kore ituma bifata ku myenda y’imbere bityo bigahama hamwe. Imbere muri ibi bikoresho habamo agashashi gatuma amaraso binyunyuzwa abigumamo. Iyo bimaze gukoreshwa bijugunywa mu musarani w’icyobo, cyangwa bigatabikwa cyangwa se bigatwikwa. Kirazira kubishyira mu gatebo k’imyanda cyangwa muri wesi zo mu nzu kuko biziziba.

Amapamba: ni amapamba bazingazinga akagira ishusho nk’iy’inkoni bakayacengeza mu nda ibyara igihe bari mu mihango. Uko ipamba igenda icengerwamo n’amaraso niko yoroha. Ipamba iba iziritseho akagozi gato kaguma hanze y’inda ibyara, arinako bakurura iyo bashaka gukuramo ipamba. Nyuma na mbere yo gushyira no gukura ipamba mu nda ibyara umuntu agomba gukaraba intoki. Ipamba rigomba kandi guhindurwa kenshi – ntaho rigomba kurenza amasaha umunani ridahinduwe- kuko ritinze mu nda ibyara ryatera uburwayi.

Icyo umukobwa yakwifashisha cyose ari mu mihango (udutambaro, urupapuro rw’isuku, kotegisi cyangwa ipamba), agomba kugihindura kenshi kugirango yirinde kwiyanduza no kugira impumuro mbi. Iyo amaraso y’imihango ahuye n’umwuka wo hanze bigira impumuro iziba amazuru. Kotegisi n’amapamba birahenda kurusha udutambaro n’impapuro z’isuku ariko byose bigira akamaro kamwe. Umukobwa ashobora kubaza mukuru we, nyina cyangwa undi muntu yisanzuyeho icyo yakoresha. Hari ubwo abakobwa bagira isoni z’uko bagenzi babo bababona bagendana ibi bikoresho, ariko kubishyira mu gashashi ukagashyira mu isakoshi cyangwa mu gikapu utwaramo amakayi byakurinda izo mpungenge. Igihe imyenda y’imbere igiyemo amaraso wayitumbika mu mazi akonje arimo umunyu; amazi ashyushye si meza kuko atuma ikizinga kitsindagira kikagumamo.

Gushyukwa ni iki?

Gushyukwa biba igihe igitsina cy’umugabo (imboro) cyuzuyemo amaraso kigahagarara nk’igiti. Gushyukwa biterwa n’uko umuhungu atekereje ibintu biganisha ku mibonano mpuzabitsina, ariko hari n’ubwo byizana. Abahungu nta bubasha bafite bwo kugena igihe bashyukirwa kandi birasanzwe ko mu gitondo iyo bakangutse basanga bashyutswe. Iyo umuhungu asinziriye nijoro imboro ye ishobora gushyukwa ikongera igashyukukwa incuro zigera kuri zirindwi, ibi ni ibisanzwe kandi byerekana ko ari muzima. Gushyukwa ntibivuga ko umuhungu akeneye gukora imibonano mpuzabitsina. Iyo umuhungu yashyutswe kunyara biramugora kuko hari umukaya uba wafunze uruhago, bityo agomba gutegereza ko ashukukwa ngo abone kunyara.

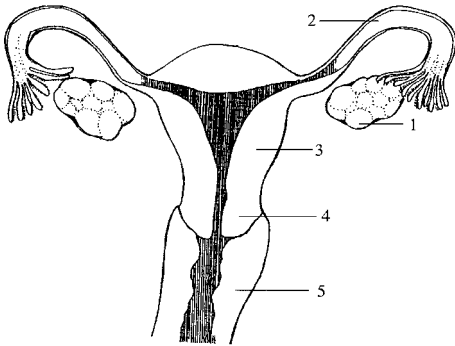
Gusohora ni iki?

Bavuga gusohora igihe amasohoro avuye mu gitsina cy'umuhungu cyangwa umugabo cyari cyashyutswe. Igihe cyose umugabo ashutswe siko asohora, iyo ategereje ashobora gushyukukwa kandi ntagire ikibazo. Iyo umuhungu ageze mu bugimbi, asohora amasohoro yenda kuba umuhondo ariko uko umubiri we ugenda ukura amasohoro arushaho kwegera ibara ry'umweru. Abahungu ntibavukana intanga ngabo ahubwo imibiri yabo itangira kuzikora iyo bageze mu bugimbi. Umubiri w'umuhungu utangira gukora intanga kuva mu bugimbi kugeza igihe apfiriye. Iyo amasohoro yinjiye mu nda ibyara y'umugore ashobora gusama, amasohoro kandi ashobora kubamo indwara zakwanduza umugore igihe amwinjiye mu nda ibyara.

Kwiroteraho ni iki?

Bavuga kwiroteraho igihe umuhungu ashutswe kandi agasohora asinziriye. Ibi bituma iyo akangutse asanga umwenda we w'imbere cyangwa uburiri byatose. Iyo umuhungu abonye ibi atari asanzwe abizi bishobora kumuhangayikisha. Nyamara kwiroteraho ni ibintu bisanzwe kandi byerekana ko umuntu ari muzima. Umuhungu nta bushobozi afite bwo guhagarika kwiroteraho.

IMFASHANYIGISHO A: Imyanya ndangagitsina y'imbere y'umugore



- 1. agasabo k'intanga
- 2. umuyoborantanga
- 3. umura/nyababyeyi
- 4. inkondo y'umura
- 5. inda ibyara (igituba)

Buri mukobwa avukana ibihumbi by'intanga mu **dusabo twe tw'intanga**. Intanga ziba ari ntoya cyane ku buryo zitabonwa n'amaso. Iyo umukobwa abaye umwangavu, imwe mu ntanga ze irahisha ikamanuka mu **muyoborantanga** yerekeza mu **mura/nyababyeyi**. Iri rekurwa ry'intanga niryo rytwa **uburumbuke**. Mu kwitegura kwakira intanga umura ukora ikintu kimeze nk'umusego. Niba mbere ho iminsi mike ko intanga irekurwa umukobwa yarakoze imibonano mpuzabitsina, intanga ishobora gusanga mu muyoborantanga harimo intanga ngabo ziyitegereje. Iyo habayeho guhura kw'intanga ngore n'intanga ngabo zikora **igi** (ubwo haba habayeho **gusama**) rikajya mu mura maze rikegama kuri wa musego rikahamara amezi icyenda kandi rikagenda ryihinduramo umwana. Iyo intanga yarekuwe itahuye n'intanga ngabo, umura usohora ibikoze wa musego wari ugenewe kwakira urusoro. Ibigize uwo musego bisohokana n'amaraso, n'ibindi bitembabuzi hamwe na ya ntanga yarekuwe. Ibi binyura mu **nkondo y'umura** maze bigasohokera mu **nda ibyara**. Uku gusohoka kw'amaraso nibyo byitwa **imihango**.

Amagambo y'ingenzi

Inkondo y'umura: igice cyo hasi cy'umura gifatanye n'inda ibyara.

Imiyoborantanga: imiheha intanga zinyuramo ziva mu dusabo tw'intanga zijya mu mura/nyababyeyi.

Gusama: guhura kw'intanga ngore n'intanga ngabo.

Imihango: amaraso n'ingiramubiri bisohoka buri kwezi biva mu mura.

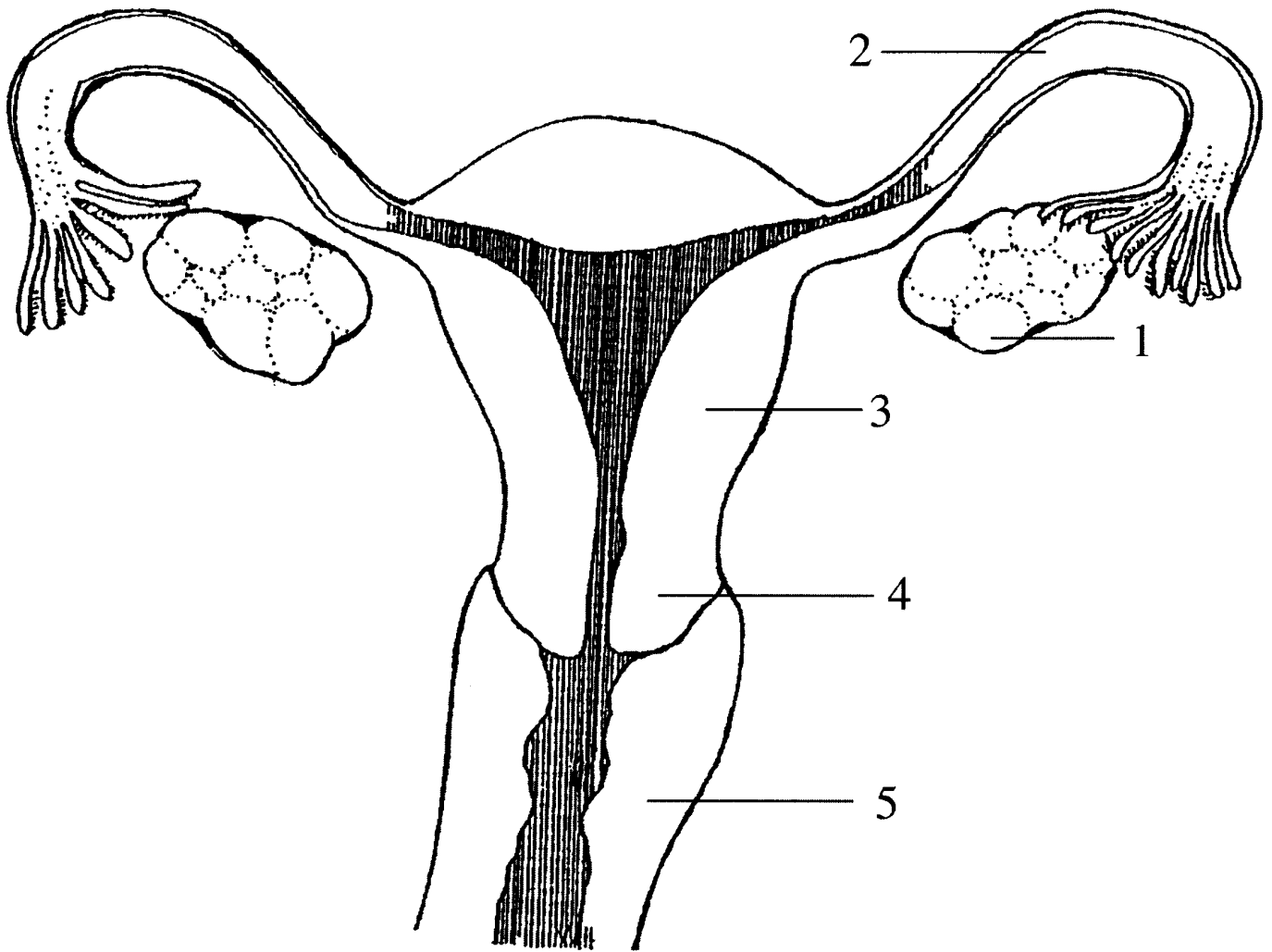
Udusabo tw'intanga: udusabo tubamo ibihumbi n'ibihumbi by'intanga ngore zitarahisha.

Uburumbuke: kurekurwa kw'intanga ngore yahishije iva mu murerantanga.

Umura/nyababyeyi: ni umukaya umeze nk'umuheha ucumbikira kandi ugatunga umwana kuva asamwe kugeza avutse.

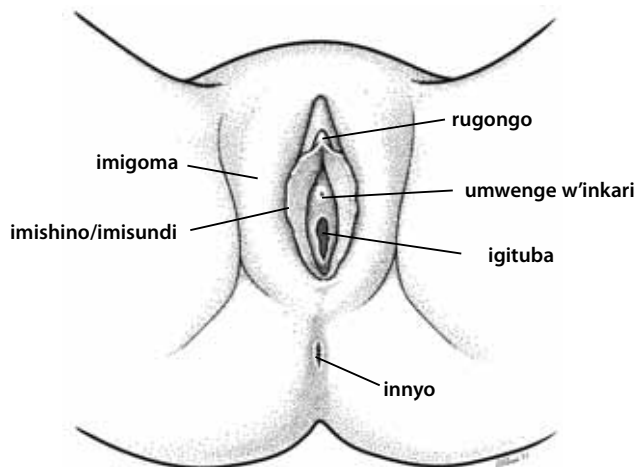
Inda ibyara (igituba): umuyoboro uhuza umura no hanze

Imyanya ndangagitsina y'imbere y'umugore



- 1. agasabo k'intanga
- 2. umuyoborantanga
- 3. umura/nyababyeyi
- 4. inkondo y'umura
- 5. inda ibyara (igituba)

IMFASHANYIGISHO B: Imyanya ndangagitsina y'inyuma y'umugore



Imyanya ndangagitsina y'inyuma y'umugore igizwe n'ibyiciro bibiri by'inyama zikoze ishusho ijya kuba uruziga rusongoye kandi rudafunze. icyiciro giherereye inyuma (hanze) ni **imigoma** naho igiherereye imbere ni **imishino** cyangwa **imisundi**. Akamaro k'izi nyama ni ugutwikira no kurinda inda ibyara. Ahagana hejuru y'imishino hari akanyama gato kiburungushuye kitwa **rugongo**. Rugongo ikoze mu ngiramubiri zimwe n'izikoze imboro kandi kuyikoraho bitera ubushagarira. **Umuyoboro w'inkari** ni umuyoboro muto uyobora inkari uzivana mu ruhago uzijyana hanze. Inkari zisohokera mu **mwenge w'inkari**. **Inda ibyara** ni umwenge usohokeramo imihango. Umwenge w'inkari n'inda ibyara bikora icyo bita **vestibule**. Imyanya ndagagitsina y'inyuma yose y'umugore iteranye yitwa **igituba**.

Amagambo y'ingenzi

Igituba: imyanya ndagagitsina y'inyuma y'umugore igizwe n'imigoma, imishino, rugongo na vestibule.

Imigoma: ibihu bibiri bizengurutse inda ibyara (kimwe iburyo ikindi ibumoso) bifite akamaro ko gutwikira no kurinda ibice by'imbere.

Imishino cyangwa imisundi: inyama ebyiri zikikijwe n'imigoma zitangirira kuri rugongo zikamanuka zikikije umuyoboro w'inkari n'inda ibyara.

Inda ibyara (igituba): umwenge imihango isohokeramo.

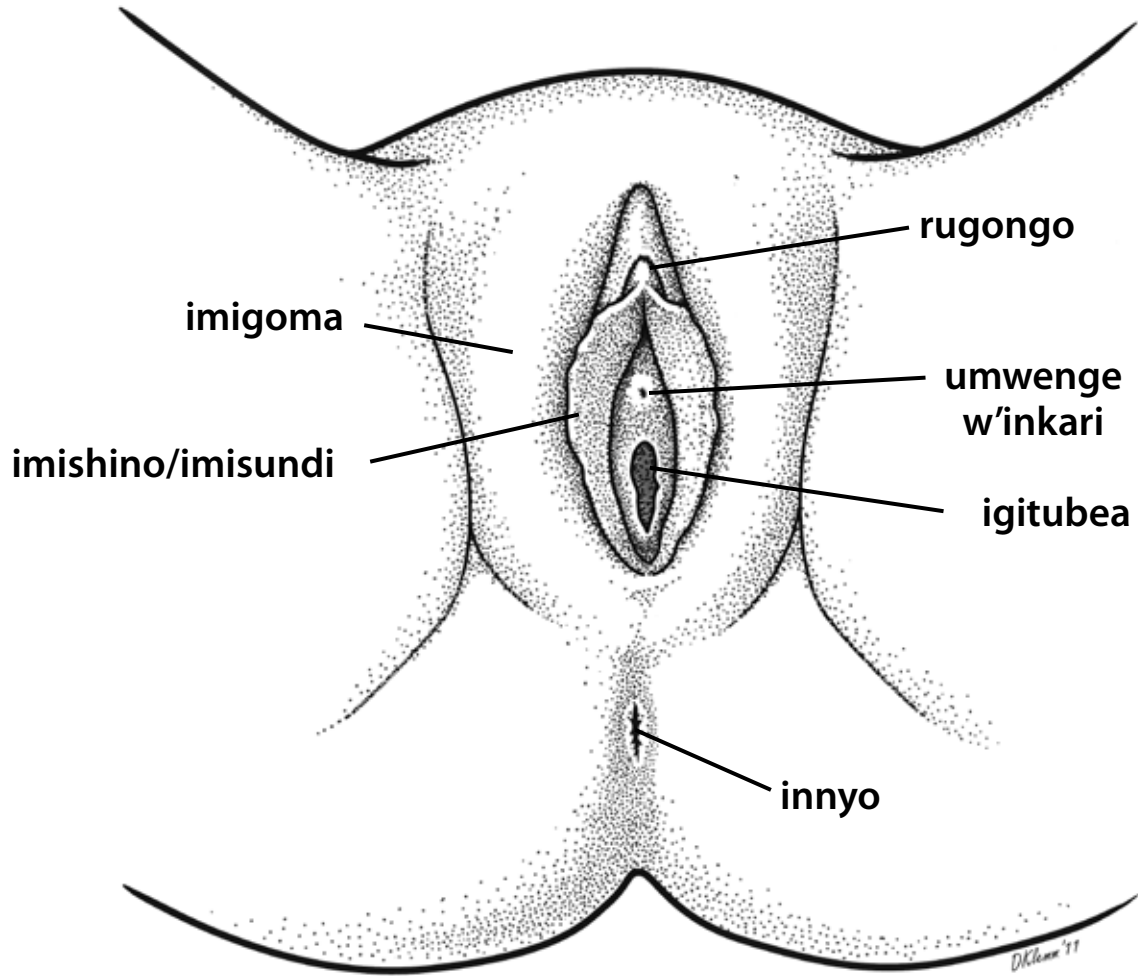
Rugongo: akanyama gato kiburungushuye kari ku mutwe w'imishino gatera ubushagarira iyo bagakozeho.

Umwenge w'inkari: umwenge inkari zicamo zisohoka mu mubiri.

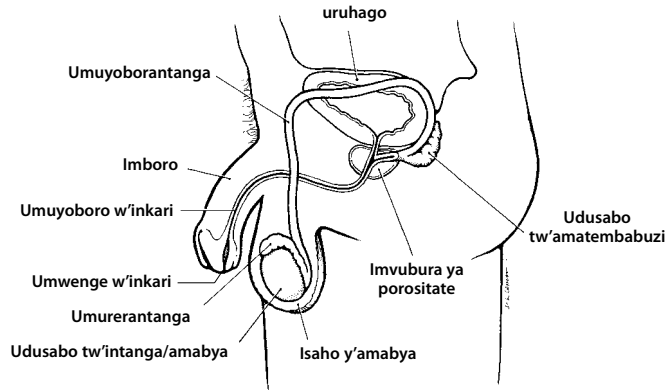
Umuyoboro w'inkari: umuyoboro muto usohora inkari mu ruhago uzijyana hanze y'umubiri.

Vestibule: ni igice cy'igitsina cy'umugore kigizwe n'umwenge w'inkari n'inda.

Imyanya ndangagitsina y'inyuma y'umugore



IMFASHANYIGISHO C: Imyanya ndangagitsina y'umugabo



Kuva mu bugimbi kugera igihe umugabo apfuye, **udusabo tw'intanga (amabya)** dukora **intanga ngabo**. Amabya aba mu **isaho** yayo. Uko intanga zikura zijya mu **murerantanga (epididymis)**, zikahamara ibyumweru bibiri nyuma zikajya mu miyoborantanga (**vas deferens**). Iyi miyoborantanga inyura mu **mvubura (seminal vesicles and prostate gland)** zirekura amatembabuzi yivanga n'intanga bigakora **amasohoro**. Mu gihe cyo **gusohora**, amasohoro anyura mu **mboro** no mu **muyoboro w'inkari** akajya hanze. Uyu muyoboro w'inkari nyine niwo usohora n'inkari. **Umwenge w'inkari** ni akenge kari ku gitsina cy'umugabo inkari cyangwa amasohoro bisohokeramo.

Amagambo y'ingenzi (Key Words)

Amabya: imyanya myibarukiro y'abagabo ikora intanga.

Amasohoro: amatembabuzi ava mu mboro y'umugabo igihe asohoye.

Gusohora: kurekura amasohoro kw' imboro.

Imboro: umwanya ndangagitsina w'inyuma w'umugabo unyuramo inkari n'amasohoro.

Imiyoborantanga: imiheha miremire, ifite umubyimba muto iyobora intanga izivana mu mirera ntanga.

Imvubura ya porositate: Imvubura ikora amatembabuzi ameze nk'amata intanga ngabo zibamo.

Intanga ngabo: ingirangingo y'igitsina gabo.

Isaho: uruhu rukoze agafuka kabitse amabya.

Porositate: Imvubura ikora amatembabuzi ameze nk'amata intanga ngabo zibamo.

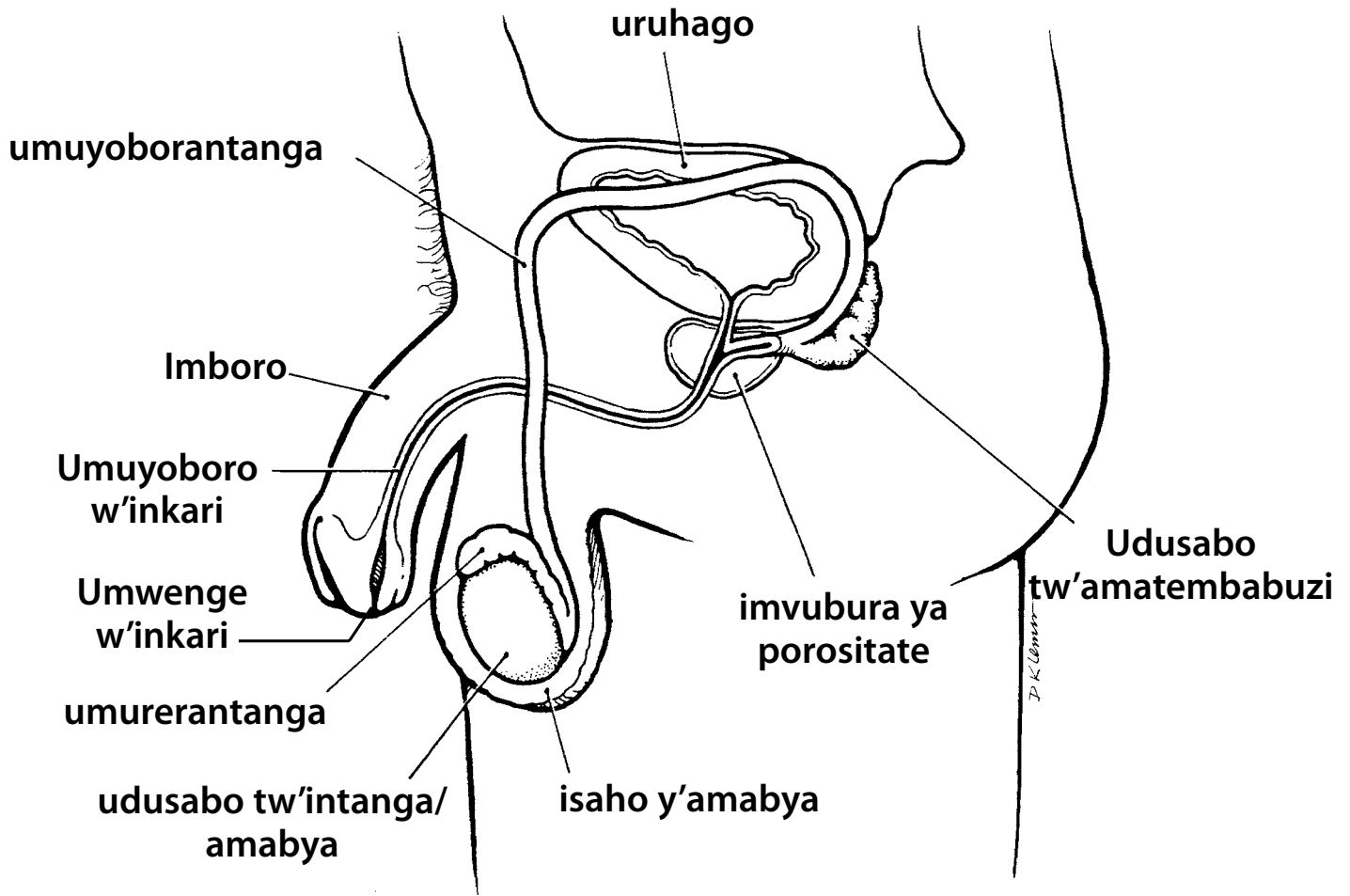
Udusabo tw'amatemababuzi: imvubura nto zikora amatembabuzi aha imbaraga intanga ngabo.

Umurerantanga: umwanya intanga zikuriramo nyuma y'uko zakozwe n'amabya.

Umuyoboro w'inkari: umuyoboro usohora inkari mu ruhago, usohora kandi n'amasohoro.

Umwenge w'inkari: umwenge inkari z'abagabo zisohokeramo.

Imyanya ndangagitsina y'umugabo



Isomo rya 2

Iyo uburumbuke bw'umukobwa buhuye n'ubw'umuhungu: Gusama

Intego

Nyuma y'iri somo, abarikurikiye bazaba bashobora:

1. Gusobanura ibintu bitatu bishobora kuba ku mukobwa cyangwa umugore kurigango atwite.
2. Gusobanura gusama no gutwita.
3. Gucengerwa n'akamaro ko kumenya neza ibimenyetso by'uburumbuke.



Imfashanyigisho

- Umukasi
- Igifashi (Tape)
- Udukarita twanditseho Urunigi

Icyitonderwa

Igihe kubona amasaro bitakoroheye, shushanya urunigi ku mpapuro abe arizo wifashisha.

Utanga iri somo ashobora gukoresha inzira ebyiri: 1) Gukora urunigi rwifashishwa mu gusobanura uburumbuke; cyangwa 2) Gushushanya urwo runigi igihe nta masaro yo kurukora ahari.

1) Ibikoresho byo gukora urunigi rwifashishwa mu gusobanura uburumbuke: shakira buri wese ndetse nawe ubwawe kopi y'urupapuro rwanditseho ibisobanuro by'uko urwo runigi rukorwa hifashishijwe amasaro urugero rw'umwitozo D: uko bakora urunigi rwo gufasha kumenya uburumbuke hifashishijwe amasaro, kopi y'urupapuro rwanditseho ibisobanuro by'uko bakoresha urunigi mu kumenya ukwezi k'umugore, 3) agashashi cyangwa agafuka gato, isaro rimwe ritukura, amasaro 19 afite ibara ryijimye, amasaro 12 yera, n'urudodo rufite uburebure bwa sentimetero ziri hagati ya 30 na 60 (uburebure bw'urudodo buterwa n'ubunini bw'amasaro ari bukoreshwe). Amasaro yose agomba kuba anganya umubyimba kandi akoze kuburyo kuyandikaho cyangwa kuyashyiraho akamenyetso n'ikaramu cyangwa na marikeri bishoboka.

Ibikoreshe byo gushushanya urunigi rwifashishwa mu gusobanura uburumbuke:

Shakira buri wese ndetse nawe ubwawe kopi y'urupapuro rwanditseho ibisobanuro byo gushushanya urunigi rwifashishwa mu gusobanura uburumbuke, kopi y'urupapuro rwanditseho ibisobanuro by'uko bakoresha urunigi mu kumenya ukwezi k'umugore, amakureri (coloring pencils) y'umutuku, ayijimye (nk'igihogo) n'ay'ibara rikeye (nk'umuhondo).



Mbere yo gutangira

- Soma neza ibikubiye mu ncamake y'isomo rya 2 n'iy'isomo rya 3.
- Soma buri gice mu bigize isomo. Tekereza ku buryo uzigisha buri gice ndetse n'ubundi bumenyi wumva ari ngombwa kongerwa ku isomo kugirango risobanuke neza.
- Mu kwigisha igice cya mbere, teganya udukarita 31 (agakarita kamwe gahagarariye umunsi umwe) twerekana iminsi y'ukwezi k'umugore (turi ku rupapuro rwa 87 kugera ku rwa 94). Ushobora gukata utwo dukarita mu mpapuro zo muri iyi mfashanyigisho cyangwa ukatureberaho ugakora utwawe.

Mu gukora urunigi (For Making the Bead Chain):

- Gabanya amasaro mu byiciro ku buryo buri wese afata isaro 1 ritukura, amasaro 19 yijimye, n'amasaro 12 y'ibara rikeye ndetse n'urudodo rufite hagati ya sentimetero 30 na 60 z'uburebure. Shyira amasaro n'urudodo bigenewe umuntu umwe mu gashashi cyangwa agafuka.
- Ha buri wese kopi y'urupapuro rwanditseho ibisobanuro by'uko urwo runigi rukorwa (ibyho bisobanuro biri ku rupapuro rwa 95) n'iy'urupapuro rwanditseho ibisobanuro by'uko bakoresha urunigi mu kumenya ukwezi k'umugore (ibyho bisobanuro biri ku rupapuro rwa 98).
- Nawe ubwawe kora urunigi.

Mu gushushanya urunigi (For Making the Paper Chain):

- Ha buri wese kopi y'urupapuro rwanditseho ibisobanuro byo gushushanya urunigi rwifashishwa mu gusobanura uburumbuke (ibyho bisobanuro biri ku rupapuro rwa 96) n'iy'urupapuro rwanditseho ibisobanuro by'uko bakoresha urunigi mu kumenya ukwezi k'umugore (ibyho bisobanuro biri ku rupapuro rwa 98) hamwe n'amakureri (coloring pencils). Buri wese azagererwa amakureri hakurikijwe amabara avugwa ku rupapuro rubanziriza uru.

Isomo rya 3



Igihe

Icyigwa	Iminota
Igice cya 1: Kubara iminsi y'ukwezi k'umugore hakoreshajwe udukarita...20	
Igice cya 2: Bigenda gute ngo umugore asame?..... 15	
Igice cya 3: Kora urunigi rwawe 45	
Igice cya 4: Ibibazo n'ibisubizo ku mikoreshereze y'urunigi 25	
Igice cya 5: Dutahanye iki? 20	
IMINOTA YOSE HAMWE	125

Igice cya 1

Gusubiramo ibijyanye n'ukwezi k'umugore hakoreshajwe udukarita

Kungurana ibitekerezo mu matsinda manini. (Iminota 20)

Ha buri wese kamwe mu dukarita wateguye kariho umubare (n'igishushanyo). Niba umubare w'udukarita uruta uw'abantu bamwe muri bo bazafata udukarita twinshi. Saba buri wese kwomeka mu gituzo agakarita yahawe maze bakore uruziga bakurikije imibare yanditse ku dukarita twabo.

Babwire ko bahagarariye iminsi 31 igize ukwezi k'umugore witwa Sara. Sobanura ko atari buri gihe ukwezi k'umugore kugira iminsi 31; rimwe kugira munsu yayo ikindi gihe kukagira hejuru yayo; ariko ukwezi kwa sara ari na ko mugiyeye kurebera hamwe kugira buri gihe iminsi 31; babwire kandi ko muri burebere hamwe guhura k'uburumbuke bw'umugabo n'ubw'umugore aribyo bibyara gusama.

Saba buri wese kureba ku gakarita ke (udukarita twe) agasobanura icyo igishushanyo kikariho kimenyesha. Mu gusobanura basabe ko banavugaga impamvu itera ibyo igishushanyo cyerekana, baza buri wese ibibazo bikurikira; ibisubizo byabyo biri mu dukubo:

- Ni iki kiba kuri Sara kuva ku munsu wa 1 kugera ku wa 6? (Aya mu mihango.)
- Ni iki kiba kuri Sara kuva ku munsu wa 11 kugera ku wa 17? (Ashobora kugira ururenda akumva ububobere mu nda ibyara. Uko iminsi igenda ni ko ururenda rwiyeze.)
- Ni akaha kamaro k'ururenda? (Rurinda kandi rugatunga intanga ngabo; runazifasha kugenda mu mubiri w'umugore zisanga intanga ngore.)
- Ni iki kiba kuri Sara kuva ku munsu wa 15? (aba ari mu burumbuke.)
- Ni iki kiba kuri Sara (kigaragarira mu nda ibyara) ku munsu wa 30 n'uwa 31? (Nta rurenda agira.)

- Ni iki kiba ku bindi bice by'umubiri wa Sara ku munsu wa 30 n'uwa 31? (*Ashobora kuribwa mu mugongo, kurwara umutwe, kugira uruhu rukanyaraye cyangwa/kandi rufite ibiheri, kubyimba inda no kurarikira ibiryo bimwe na bimwe, n'ibindi*)
- Ni iki kiba kuri Sara ku munsu wakabaye uwa 32? (*Ajya mu mihango. Iyi ni intangiriro y'ukundi kwezi kwa Sara.*)

Sobanura ko ukwezi k'umugore kugizwe n'ibyiciro bikurikira

1. Ajya mu mihango.
2. Nyuma y'iminsi mike imihango irakama.
3. Ashobora gutangira kugira ururenda.
4. Indi ntanga irahisha (agira uburumbuke).
5. Ururenda rurekeraho kuza.
6. Ashobora kumva impinduka mu mubiri no mu byiyumviro bye mbere gato ko ajya mu yindi mihango.
7. Yongera kujya mu mihango bityo akaba atangiye ukundi kwezi.

Isomo rya 3

Igice cya 2

Bigenda bite ngo umugore asame?

Kungurana ibitekerezo mu matsinda manini (Iminota 15)

Bwira abahugurwa ko nyuma yo gusobanukirwa n'uburumbuke bw'umukobwa n'ubw'umuhungu mugiyeye kurebera hamwe uko iyo buhuye bigenda. Saba abahugurwa kukubwira ibyo bazi byose ku nkomoko y'umwana. Beshi bazakubwira ko:

- Abana bava mu ijuru.
- Abana bava mu ndege.
- Abana bava mu gikapu cya muganga cyangwa cy'umuforomo.

Saba abahugurwa guhaguruka bakerekana bakoresha ibimenyetso uko umwana asamwa babyiganisha ikiganza nk'inyongera (byerekane ubwawe).

Mu gushimangira iyo ngingo, wereka abitabiriye amahugurwa uko bakwerekana uko isama rigenda hifashishijwe ibiganza byabo. Bagomba:

- Kuzamura ikiganza cy'iburyo bakakinyeganyeza bacyerekeza imbere n'inyuma ku buryo kigana umunyogoto byerekana intanga ngabo.
- Kuzamura ikiganza cy'ibumoso bagafunga igipfunsi byerekana intanga ngore.

Subiramo interuro ikurikira:

Nasamwe kuko ababyeyi banjye bakoze imibonano mpuzabitsina maze intanga ngabo ya papa (nyeganyeza ikiganza cy'iburyo nk'umunyogoto

byerekana intanga ngabo) ihura n'intanga ngore ya mama (funga igipfunsi n'ikiganza cy'imoso) zirandema.

Saba abahugurwa gusubiramo iyi nteruro. Shushanya intanga ngabo n'intanga ngore kuri flip chart cyangwa ku kibaho.

Huza isomo n'imico n'imigenzereze y' abahugurwa (Tips on Adapting to the Local Context)

Mu gutanga iri somo ni ngombwa gushingira ku bumenyi abo uhugura bafite ndetse n'ubwo bakeneye. Iyambaze bamwe mu rubyiruko bagufashe kubona amakuru yose wumva yagufasha gutegura neza isomo maze ubabaze ibibazo bikurikira: Ni ryari mutekereza ko umukobwa ashobora gutwita? Aba afite iyihe myaka? Mu kihe gihe cy'ukwezi? Ni iki muzi ku bijyanye n'igihe umuhungu yaterera inda umukobwa (imyaka)?

Shimangira ko hari ibintu bitatu bigomba kuba kugirango umugore atwite: 1) muri umwe mu miyoborantanga hagomba kuba harimo intanga ngore; 2) intanga ngabo irekuwe n'umugabo igomba guhura n'intanga ngore; 3) igi ryakomotse ku guhura kw'izi ntanga zombi rigomba gufata mu nda ibyara y'umugore. Sobanura kandi ko buri wese yasamwe binyuze mu mibonano mpuzabitsina.

Baza ibibazo bikurikira:

- Imibonano mpuzabitsina ni iki?

Iki kibazo ni intangiriro yo kungurana ibitekerezo. Bashishikarize kuvuga ibyo bazi byose ku mibonano mpuzabitsina kandi ubizeze ko muzagira igihe cyo kubiganiraho ku buryo burambuye.

Ibande ku ngingo zikurikira (Stress the Following)

- Ihura ry'intanga ngore n'intanga ngabo byitwa gusama.
- Intanga ngabo yinjira mu nda ibyara y'umugore iyo agiranye imibonano mpuzabitsina n'umugabo.
- Intanga ngore irekurwa n'agasabo k'intanga ikajya mu muyoborantanga. Intanga ngore irekurwa ahagana muri kimwe cya kabiri cy'ukwezi k'umugore ariko ntawamenya neza umunsi nyawo irekurirwa. Intanga ngore imara gusa amasaha 24 mu muyoborantanga (nyuma igapfa) naho intanga ngabo ishobora kumaramo iminsi itandatu ikiri nzima.

**Igice
cy'3**

Kora urunigi rwawe

Umwitoto wa buri wese ku giti cye (Iminota 45)

Hari uburyo bubiri bwo gukora uyu mwitoto. Mu buryo bwa mbere, abahugurwa bazakora urunigi bifashishije urudodo n'amasaro. Niba nta

bikoreshe byo gukora urunigi bihari wakwifashisha uburyo bwa kabiri bwo gushushanya urunigi. Uru runigi ruzagufasha gusobanura guhura kw'uburumbuke bw'umugore n'ubw'umugabo: gusama.

Gukora urunigi: Ha buri wese kopi y'urupapuro rwanditseho ibisobanuro by'uko urunigi rukorwa hamwe n'ibikoreshe byo kurukora. Basomere amabwiriza y'uko rukorwa kandi ubasobanurire ko bazarukoreshe mu bihe bizaza mu kwiga neza iby'uburumbuke. Saba buri wese gukora urunigi agendeye ku mabwiriza akubiye mu rupapuro bahawe.

Gushushanya urunigi: Ha buri wese kopi y'urupapuro rwanditseho ibisobanuro byo gushushanya urunigi rwifashishwa mu gusobanura uburumbuke hamwe n'amakururi (coloring pencils). Basomere amabwiriza y'uko urunigi rushushanywa kandi ubasobanurire ko bazarukoreshe mu bihe bizaza mu kwiga neza iby'uburumbuke. Saba buri wese gushushanya urunigi agendeye ku mabwiriza akubiye mu rupapuro bahawe.

Isomo rya 3

Icyitonderwa ku uhugura

Niba udashoboye guha buri wese kopi y'ibisobanuro byo gushushanya urunigi, sobanurira abahugurwa uko babigenza maze barushashanye bifashishije amakururi.

Igice cy'4

Ibibazo n'ibisubizo ku mikoreshereze y'urunigi

Kungurana ibitekerezo muri rusange

(Iminota 25)

Ha buri wese kopi y'ibisobanuro by'uko bakoreshe urunigi mu kumenya ukwezi k'umugore maze bajye basimburana gusoma cyane ibyo bisobanuro. Wifashishije urunigi cyangwa igishushanyo cyarwo bwira abahugurwa ibi bikurikira:

- Mwitegereze iri saro ritukura (*erekana isaro ritukura*). Iri saro ryerekana umunsi wa 1 w'ukwezi k'umugore, ariho imihango itangirira.
- Isaro ritukura rikurikirwa n'amasaro atandatu yijimye (*yerekane*). Ayo masaro ahagarariye imwe mu minsi cyangwa iminsi yose umugore amara mu mihango. Muri iyi minsi, umubiri w'umugore uba utaritegura kwakira igi. Ni iminsi itari iy'uburumbuke ni ukuvuga ko umugore atasama n'iyi yakora imibonano mpuzabitsina.
- Nyuma y'aya masaro yijimye, hakurikiraho amasaro 12 y'ibara rikeye (*yerekane*), yerekana iminsi y'uburumbuke. Muri iyi minsi umugore akoze imibonano mpuzabitsina yasama. Sobanura ko n'ubwo urunigi rufite amasaro 12 y'ibara rikeye, iminsi y'uburumbuke y'umugore ya buri kwezi iri hagati y'itanu n'itandatu kubera ko intanga ngabo

ifite ubushobozi bwo gutegereza intanga ngore mu gihe cy'iminsi itanu cyangwa itandatu. Urunigi rero rufite amasaro 12 yerekana uburumbuke kuko iyo minsi itanu cyangwa itandatu bigoye kuyimenya neza, kwifashisha amasaro 12 ni ugucishiriza.

- Aya masaro y'ibara rikeye akurikirwa n'amasaro 13 yijimye (*yerekane*). Aya masaro yerekana iminsi itari iy'uburumbuke.
- Abagore bamwe bakoresha uru runigi ngo rubafashe gukurikirana ukwezi kwabo bityo bamenye iminsi yabo y'uburumbuke ndetse n'igihe bazagira mu mihango. Mu kugenzura ko isomo ryumvikanye, baza ibibazo bikurikira kandi usabe ko mu gusubiza bajya bifashisha inigi zabo bakerekana ibyo bavuga:
- Mariya yagiye mu mihango uyu muni; ni irihe saro agomba gushyiraho akamenyetso? (*isaro ritukura*.)
- Niba buri muni ashyira akamenyetso ku isaro rimwe, ku muni wa gatandatu azashyira akamenyetso ku isaro risa gute? (*ryijimye*) naho ku muni wa 12? (*ryera cyangwa rifite ibara rikeye*.)
- Mariya arashaka gutwita. Amasaro yerekana uburumbuke bwe (*iminsi yatwita abaye akoze imibonano mpuzabitsina*) afite irihe bara? (*Amasaro yera cyangwa y'ibara rikeye*.)
- Mariya ntashaka gutwita. Amasaro yerekana iminsi atatwita akoze imibonano mpuzabitsina asa ate? (*ni amasaro yijimye*.)
- Ni iki Mariya agomba gukora igihe yasubiye mu mihango? (*agomba gusiba utumenyetso twose yari yashyize ku masaro maze agatangira bundi bushya ashyira akamenyetso ku isaro ritukura*. Cyangwa se agashushanya urundi runigi agashyira akamenyetso ku isaro ritukura.)

Icyitonderwa ku uhugura

Iyo abana b'abakobwa babonye imihango yabo bwa mbere, bashobora kugira ukwezi kurekure cyangwa kugufi kugenda guhinduka hato na hato. Urunigi rugenewe kubafasha gusobanukirwa neza n'ukwezi kwabo.

Igice
cy'5

Ingingo zo kuzirikana

Incamate y'ikiganiro (Iminota 20)

Soza isomo ugaruka kuri izi ingingo:

- Guhura kw'intanga ngabo n'intanga ngore byitwa gusama.
- Umugore ashobora gusama muri imwe mu minsi igize ukwezi kwe. Iyo minsi yitwa *iminsi y'uburumbuke*. Muri iyo minsi umugore akoze imibonano mpuzabitsina yatwita. Igihe cyose umugore akijya mu mihango umubiri we uba ufite ubushobozi bwo gusama. Iyo umugore acuze, arekeraho kujya mu mihango bityo akaba atatwita.

N'ubwo iyo umukobwa atangiye kujya mu mihango umubiri we uba washobora gusama, byaba byiza ategereje gukora imibonano mpuzabitsina igihe azaba yakuzwe mu bitekerezo no ku mubiri kandi yiteguye kugira umwana. Umuhungu umaze kugera mu bugimbi ashobora gutera inda buri munsu kugera igihe apfiriye. Ahora rero afite uburumbuke. Ariko, ni byiza kwirinda gukora imibonano mpuzabitsina kugeza ku myaka y'ubukure.

Ibando ku ngingo zikurikira

Shimira abitabiriye amahugurwa umurava bagaragaje kuko n'ubwo bitorohera abantu kuvuga ku bice by'umubiri wabo, washimye uburyo bo babyitwayemo bungurana ibitekerezo mu bwisanzure.

Bashishakarize kujyana umukoro bahawe bakawufatany n'ababyeyi babo (uwo mwitozo wakuwe muri F.L.A.S.H. Seattle na King Country Public Health).

Isomo rya 3



Umukoro wo mu muryango

Ikiganiro ku migenzereze mbonera gitsina

Saba umubyeyi wawe kugufasha gukora uyu mukoro. Musobanurire ko ugiye kumubaza ibibazo bijyanye n'uko babona cyangwa bumva ingingo mwaganiriyeho na bagenzi bawe mu ishuri. Mumenyeshe ko ibyo mwabyizeho ko ushaka kumenya icyo we abitekerezaho.

Ingingo ya 1: Kwifata (Abstinence)

Utekereza iki ku kwifata?

Ku bwawe ni gihe ki kwifata ari ngombwa ni gihe ki bitari ngombwa?

Ni ubuhe buryo bundi (uretse imibonano mpuzabitsina) bushobora gufasha abashakanye gushimangira urukundo n'urugwiro hagati yabo?

Ingingo ya 2: Ibindi bikorwa byo gushimishanya byasimbura imibonano mpuzabitsina (Other Kinds of sexual Touch)

Haba hari ibikorwa byo gushimishanya byasimbura imibonano mpuzabitsina wumva bikunyuze? Niba bihari ni ukubera iki ubyemera? Niba ntabyo wemera ni ukubera iki?

Ingingo ya 3: Imibonano mpuzabitsina (Sexual Intercourse)

Ni ryari bikwiye kuyikora?

Ni ryari bidakwiye kuyikora?

Ni iki cyatuma inyura cyangwa itanyura abayikora?

Ni ibiki urubwirako rugomba kwibaza mbere yo gutwita?



Ibibazo n'ibisubizo

Gusama no gutwita

Ikibazo. Kuki habaho abagore badashobora gutwita?

Igisubizo. Ubugumba—cyangwa se kudashobora gutwita—bishobora guturuka ku bintu binyuranye: ibibazo bishingiye ku misemburo y'umugabo, y'umugore cyangwa iya bombi; kuziba kw'imiyoborantanga y'umugore; intanga ngabo nke ku mugabo; kuba umuntu akuze cyane. Rimwe na rimwe abaganga ntibabasha kugaragaza impamvu z'ubugumba bwa burundu.

Ikibazo. Umukobwa uri mu mihango ashobora gusama?

Igisubizo. Yego, birashoboka n'ubwo bidakunze kubaho. Biterwa n'uko ukwezi kwe kureshya, iminsi amara mu mihango ndetse n'igihe akoreye imibonano mpuzabitsina kuko intanga ngabo zishobora kumara iminsi itanu cyangwa itandatu mu mubiri w'umugore zitegereje guhura n'intanga ngore.

Ikibazo. Ese umukobwa ashobora gutwita mbere y'uko ajya mu mihango ye ya mbere?

Igisubizo. Mbere y'uko umukobwa ajya mu mihango ye ya mbere, kamwe mu dusabo twe tw'intanga karekura intanga ya mbere yahishije, muri iki gihe cy'irekurwa ry'intanga aba ari mu burumbuke kandi akoze imibonano mpuzabitsina mu minsi yegereye iryo rekurwa (ni ukuvuga mbere yo kubona imihango) ashobora gutwita.

Ikibazo. Ni uguhera ku yihe myaka umukobwa ashobora gutwita?

Igisubizo. Iyo umukobwa yatangiye kujya mu mihango imyanya ye myibarukiro iba yatangiye gukora bityo akaba yatwita igihe akoze imibonano mpuzabitsina. Ibi ariko ntibivuga ko aba yiteguye kugira umwana, bivuga gusa ko umubiri we uba ufite ubushobozi bwo gutwita.

Ikibazo. Ese umukobwa ashobora gutwita nta mibonano mpuzabitsina yakoze?

Igisubizo. Kugeza ubu nta gihamya ihari y'uko iyo igitsina cy'umuhungu (imboro) kigeze hafi y'inda ibyara y'umugore maze hakabaho gusohora byatuma umukobwa atwita.

Nyamara, iyo igitsina cy'umuhungu gihuye n'igitsina cy'umukobwa ariko kitinjiyemo imbere mu nda ibyara, umuhungu ashobora kwanduza umukobwa indwara zandurira mu mibonano mpuzabitsina.

Ikibazo. Ni iki gituma umugore abyara impanga?

Igisubizo. Ibisobanuro biratandukanye hakurikijwe ko yabyaye impanga nyazo cyangwa se amahasha. Abana b'amahasha baba basa ariko bidakabije (kubatandukanya biroroha), bashobora kuba ab'igitsina kimwe cyangwa ibitsina bitandukanye. Umuntu abyara amahasha igihe harekuwe intanga ebyiri zose zikajya mu miyoborantanga kandi zigahura buri yose ukwayo n'intanga ngabo. Impanga nyazo ziba zihuje igitsina kandi zisa nk'intobo (kuzitandukanya ntibyoroha). Umuntu azibyara iyo intanga ngore n'intanga ngabo zimaze guhura maze igi zakoze rikigabanyamo kabiri.

Ikibazo. Ni iki gituma umwana aba umukobwa cyangwa umuhungu?

Igisubizo. Iyo intanga ngore ihuye n'intanga ngabo, ako kanya umwana uzavuka aba yamaze guhabwa igitsina. Intanga ngabo zibamo uturemangingo (chromosomes) tw'ubwoko bubiri: X na Y. Iyo intanga ngabo irimo akaremangingo ka Y, umwana uzavuka aba ari umuhungu; naho iyo irimo akaremangingo ka X, umwana aba umukobwa. Intanga ngabo rero niyo igena igitsina cy'umwana uzavuka.

Ikibazo. Mbere yo gutwita ni ibiki ngomba gutekerezaho?

Igisubizo. Kugira umwana ni inshingano ikomeye umuntu agomba kubanza gutekerezaho birambuye. Mbere yo gutwita umukobwa akwiye kubanza kwibaza ibibazo bikurikira:

- **Ese mu rwego rw'ibitekerezo nditeguye?** Umwana akeneye kwitabwaho amasaha 24 kuri 24, umunsi ku wundi, mbese igihe cyose. Ibi rero bisaba ubwihangane n'ubushake bidasanzwe.
- **Ese mu bijyanye n'amikoro nditeguye?** Umukobwa cyangwa abashakanye bashaka kubyara bagomba kugira aho bakura amafaranga yo kugura ibyo umwana akenera umunsi ku wundi—ibiryo, imiti, imyenda, abakozi bo kumurera— ndetse n'ayo umubyeyi ubwe akoresha mu bikenewe binyuranye.
- **Ese ndifuza guhagarika cyangwa kubangamira imyigire yanjye?** Birakomeye kurera umwana mu gihe ukiri umunyeshuri. Abakobwa benshi iyo bamaze kubyara

biba ngombwa ko bava mu ishuri cyangwa se bahagarika gahunda zinyuranye z'ubuzima bwabo.

- **Ese se w'umwana azamfasha?** Birakomeye kurera umwana se atagufashije. Abakobwa babyara batarashaka bahura n'ibibazo byinshi bijyanye n'ibitekerezo n'amikoro iyo bashakisha imibereho yabo ubwabo n'iy'umwana. Kenshi biba ngombwa ko bene abo bakobwa batungwa n'ababyeyi babo cyangwa se undi wese ubibemereye kuko bo baba batishoboye.
- **Ese ababyeyi banjye cyangwa abandera bifuza ko ngira umwana?** Ese bazamfasha? Kugirango umukobwa wabyaye ashobore kuguma mu ishuri agomba kugira abandi bantu bamufasha mu kurera umwana.
- **Ese umuco n'idini byanjye bibona gute umukobwa ubyaye atarashaka?** Mu mico myinshi, abakobwa babyara batarashaka ntibarebwa neza ndetse bakaba bahabwa akato.

Imibonano mpuzabitsina

Ikibazo. Ese imibonano mpuzabitsina ibabaza umugore?

Igisubizo. Abagore bamwe iyo bakoze imibonano mpuzabitsina ntibabara ariko hari n'abababara. Abantu baratandukanye.

Ikibazo. Ese buri mugore ukoze imibonano mpuzabitsina bwa mbere ava amaraso?

Igisubizo. Oya. Abagore bamwe bakoze imibonano mpuzabitsina bwa mbere bava amaraso; hari kandi n'abatayava. Kutava amaraso ntibivuga ko umugore atari isugi.

Ikibazo. Bigenda bite iyo amasohoro amaze kujya mu nda ibyara y'umugore?

Igisubizo. Nyuma yo kugera mu nda ibyara, amasohoro ashobora kwerekeza mu mura, gutemba agana hanze cyangwa akumuka; cyangwa se ibi byose bikabera rimwe. Amasohoro agumye mu mubiri aba atemberamo intanga ngabo zishobora kumara iminsi igera kuri itandatu zikiri nzima. Iyo amasohoro agiye hanze, intanga ziyarimo zirapfa.

Ikibazo. Ese gucengeza intoki mu nda ibyara byatuma umukobwa atakaza ubusugi bwe?

Igisubizo. Oya. Benshi bemeza ko umukobwa atakaza ubusugi bwe iyo akoze bwa mbere imibonano mpuzabitsina, umuhungu nawe atakaza ubumanzi bwe iyo ayikoze.

Ikibazo. Kurangiza ni iki?

Igisubizo. Iyo umugabo arangije igitsina cy'e kiriyongera mu mubyimba kandi kitarushaho gukomera maze agasohora. Nyuma kiragabanuka mu mubyimba kandi kikoroha. Kurangiza bifata amasegonda 20. Iyo umugore arangije inda ibyara ye iregerana kandi bifata igihe kirekire ho gato kuruta ku mugabo. Umugore kandi ashobora kurangiza igihe habayeho kumukora kuri rugongo haba mu kwikinisha cyangwa mu mibonano mpuzabitsina. Kuba umugore atarangije ntibyamubuza gusama.

Ikibazo. Uretse kwinjiza igitsina cy'umugabo mu nda ibyara y'umugore, hari ubundi buryo bwo gukora imibonano mpuzabitsina?

Igisubizo. Abantu bagira uburyo bunyuranye bwo gushimishanya mu bijyanye cyangwa bisa n'imibonano mpuzabitsina. Ubwo buryo buterwa n'uko bo ubwabo babyumva, ibyo umuco wabo ubemerera ndetse n'uko abo bagiyeye gukorana ibyo bikorwa babyumva.

Ikibazo. Ni ku yihe myaka umuntu aba yemerewe gukora imibonano mpuzabitsina?

Igisubizo. Gukora imibonano mpuzabitsina bwa mbere ni ikintu gikora ku byiyumviro by'umuntu ku buryo budasanzwe. Mbere yo kuyikora byaba byiza kubanza kwibaza ibi bibazo:

- Mu by'ukuri niteguye gukora iyi mibonano mpuzabitsina?
- Ese nimara kuyikora ndi bwitekerezeho iki?
- Ese nimara kuyikora uwo twayikoranye ndamutekerezaho iki?
- Mfite impamvu zifatika zituma ngiyeye gukora imibonano mpuzabitsina?
- Ese ababyeyi n'inshuti banjye babona gute kuba nakora imibonano mpuzabitsina?
- Umuco n'idini byanjye bifata gute imibonano mpuzabitsina ikorwa n'abatarashakana?
- Nakora iki ngo nirinde gusama cyangwa kwandura indwara?
- Ninkora imibonano mpuzabitsina hari ubwo bizantera kubeshya ku bijyanye nayo?
- Ese gukora imibonano mpuzabitsina bizantera kwicira urubanza?

Ikibazo. Ese umuhungu akuye igitsina cye mu nda ibyara y'umugore mbere yo gusohora yamutera inda?

Igisubizo. Yego. Rimwe na rimwe mbere y'uko umuhungu asohora, hari amatembabuzi ava mu gitsina cye (pre-ejaculate) aba arimo intanga ngabo.

Ibyiyumviro n'Imibonano mpuzabitsina

Ikibazo. Ni irihe tandukaniro hagati yo gukunda no gukora imibonano mpuzabitsina?

Igisubizo. Nta gisobanuro cy'urukundo kinogeye buri wese. Gukundana n'umuntu bivuga kumva ukuruwe nawe, kumva umwitayeho, n'ibindi. Imibonano mpuzabitsina ni igikorwa gihuza imibiri.

Kuboneza urubyaro

Ikibazo. Ni gute abashakanye birinda gusama?

Igisubizo. Iyo umugore n'umugabo bashaka gukora imibonano mpuzabitsina ariko batagamije kubyara bashobora gukoresha uburyo bwo kwirinda gusama. Hari uburyo bwinshi bwo kuboneza imbyaro. Abashakanye bahitamo ububanogeye bashingiye ku mitekerereze yabo n'imikorere y'imibiri yabo. Abashakanye kandi bashobora kwirinda gusama bakoresheje kwifata (kudakora imibonano mpuzabitsina) mu gihe cy'uburumbuke bw'umugore, iyo bazi neza iminsi agiriramo ubwo burumbuke. Iyo abashakanye bakoresha neza uburyo bwo kuboneza imbyaro baba birinze cyangwa bakora imibonano mpuzabitsina ikingiye. Imibonano mpuzabitsina idakingiye iba igihe abantu bayikoze nta buryo na bumwe bwo kwirinda gusama bakoresheje.

Ikibazo. Ni ubuhe buryo bukoreshwa mu kwirinda gusama?

Igisubizo. [icyitonderwa: iyo hari ubajije iki kibazo kandi uhugura akaba afite bimwe mu bikoreshwa mu kuboneza imbyaro arabibereka akanabasobanurira uko bikoreshwa.]

- **Kwifata.** Ni ukureka gukora imibonano mpuzabitsina. Ubu nibwo buryo bwizewe bwo kwirinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina.
- **Agakingirizo k'abagabo.** Ni agafuka ka parasitiki koroherewe, ku iherezo rimwe gafunze nk'urutoki rumwe rw'agapfukantoki ku buryo iyo umugabo akambitse igitsina cye bituma amasohoro atajya mu nda ibyara y'umugore.

- **Agakingirizo k'umugore.** Ni agafuka ka parasitiki gashyirwa mu nda ibyara maze kakazitira amasohoro kwinjira mu nda ibyara.
- **Agapira mu mura (stérilet/IUD)** ni udukoresho dukoze muri parasitiki cyangwa icyuma dufite ibipimo n'amashusho anyuranye dushyirwa mu mura ngo tubuze umugore gusama.
- **Diaphragm.** Ni agakoresho ka parasitiki gafite ishusho y'igice cy'umubumbe, kakagira urugara rukweduka kanyuzwa mu nda ibyara kagapfuka inkondo y'umura ngo kabuze intanga ngabo kwinjira mu mura. Kugirango gakingire neza byaba byiza ko ugakoresha mbere yo gukora imibonano mpuzabitsina asiga amavuta cyangwa imiti yica intanga ngabo mu nda ibyara.
- **Ibinini.** Ibi binini bizwi nk'ibinini byo kuringaniza urubyaro birimo imisemburo. Akamaro kabyo ni ako gutuma hatabaho irekurwa ry'intanga buri kwezi- ariko ntibihagarika imihango. Kugirango umugore yirinde neza agomba kunywa ibinini byose biri mu gapaki yahawe.
- **Inshinge.** Inshinge zikora nk'ibinini. Itandukaniro ni uko aho kunywa ikinini buri munsu umugore aterwa urushinge nyuma ya buri byumweru umunani cyangwa cumi na bibiri (bitewe n'ubwoko bw'inshinge akoresha). Izo nshinge zizwi ku mazina ya DMPA, Depo-Provera, na NET-EN.
- **Ibinini bya bukeye cyangwa se ibinini by'ingoboka.** Ibi binini bigabanya amahirwe yo gusama nyuma yo gukora imibonano mpuzabitsina idakingiye. Bifatwa mu masaha atarenze 72 nyuma y'iyi mibonano mpuzabitsina idakingiye. Uko bifashwe hakiri kare niko birushaho kugira akamaro.
- **Konsa** ubu buryo butuma hatabaho irekurwa ry'intanga kuko konsa bihindura imikorere y'umubiri. Abagore batungisha umwana ibere ryonyine bashobora gukoresha ubu buryo.
- **Uburyo bwa kamere.** Ni uburyo busaba umugore n'umugabo kwirinda imibonano mpuzabitsina mu minsi y'uburumbuke bw'umugore. Abagore bafite ukwezi kudahindagurika bashobora kwifashisha urunigi nk'uburyo bwo kumenya iminsi yabo y'uburumbuke. Abandi bagore nabo bakoresha uburyo bunyuranye bwo kumenya iminsi yabo y'uburumbuke, nko kwisuzuma buri munsu bakamenya niba bafite cyangwa badafite

ururenda (iyo barufite baba bashobora gusama) cyangwa se kwifata ibipimo by'ubushyuhe.

- **Imiti yica intanga ngabo.** Ni imiti basiga mu nda ibyara mbere yo gukora imibonano mpuzabitsina ngo yice intanga ngabo zitaragera mu nkondo y'umura.
- **Kwifungisha burundu ku bagabo.** Ibi bikorwa babaga umugabo bagakata agace gato ku miyoborantanga yombi bigatuma intanga amabya akora zitagera mu mirerantanga; ibi bivuze ko amasohoro y'umugabo wifungishije burundu nta ntanga ziba zirimo.
- **Kwifungisha burundu ku bagore.** Bisaba ko umugore abagwa maze imiyoborantanga ye ikazirikwa kandi igakatwa bityo intanga ze ntizibe zajya mu mura ngo zihure n'intanga ngabo.

Ikibazo. Ese umugore ashobora gukoresha urunigi nk'uburyo bwo kwirinda gusama?

Igisubizo. Yego. Abagore bafite ukwezi kudahindagurikaho kandi bakaba babyumvikanaho n'abagabo babo bashobora gukoresha urunigi rwihariye (CycleBeads) rwagenewe kubafasha kwirinda gusama. Ariko kugirango babigereho baba bakeneye inama zihariye z'abatanga seririvisi zo kuboneza imbyaro.

Indwara zandurira mu mibonano mpuzabitsina

Ikibazo. Ni izihe ndwara zikunze kuboneka zandurira mu mibonano mpuzabitsina?

Igisubizo. Mburugu, imitezi, uburagaza, tirikomunasi, hepatitis B n'agakoko gatera SIDA.

Ikibazo. Ni ibihe bimenyetso by'indwara zandurira mu mibonano mpuzabitsina ku mugabo?

Igisubizo. Kuribwa igihe yihagarika, kuzana amashyira mu gitsina, ibishyute, udusebe; ibimenyetso birahinduka bitewe n'indwara. Ingimbi zagirwa inama yo kwihutira kujya kwa muganga igihe zibonye kimwe muri ibi bimenyetso.

Ikibazo. Ni ibihe bimenyetso by'indwara zandurira mu mibonano mpuzabitsina ku mugore?

Igisubizo. Ibishyute, udusebe ku myanya ndangagitsina, kubabara mu kiziba cy'inda, kuzana ibintu bidasanzwe mu nda ibyara, kubabara mu nda ibyara, kuribwa igihe bihagarika cyangwa bakora imibonano mpuzabitsina; ibimenyetso birahinduka bitewe n'indwara. Abangavu bagirwa inama yo

kwihutira kuja kwa muganga igihe babonye kimwe muri ibi bimenyetso.

Ikibazo. Birashoboka ko umuntu yaba arwaye indwara zandurira mu mibonano mpuzabitsina atabizi?

Igisubizo. Yego. Usanga abagore bativuzaga bene izi ndwara kuko kenshi nta bimenyetso zigira, ni ukuvuga ko nta bimenyetso bibonaho cyangwa biyumvamo bityo bakibwira ko ntacyo barwaye.

Ikibazo. Ni gute nakwirinda indwara zandurira mu mibonano mpuzabitsina?

Igisubizo. Uburyo bwo kuzirinda ni ukwifata cyangwa gukoresha agakingirizo. Igihe wanduye bene izi ndwara ihutire kuja kwa muganga baguhe imiti.

Ikibazo. Ese izi ndwara zakwandurira mu gikorwa cyose kigamije kwishimisha hifashishijwe ibitsina?

Igisubizo. Izi ndwara zandurira mu gikorwa cyose gituma habaho guhuza ibitsina hagati yabyo ubwabyo cyangwa kubihuza n'ibindi bice bimwe na bimwe by'umubiri ni ukuvuga imibonano mpuzabitsina ikorewe mu nda ibyara, ikorewe mu kanwa n'ikorewe mu kibuno.

Ikibazo. Umuntu yanduye izi ndwara akiri muto byahungabanyaga ubuzima bwe igihe kirekire?

Igisubizo. Yego. Zimwe murizo zitera ubugumba bwa burundu, kuribwa bihoro, na kanseri y'inkondo y'umura. Nk'iyi mburugu itavuye, nyuma y'imyaka iri hagati ya 10 na 25 ishobora gutera ibibazo by'umutima n'iby'ubwonko.

Virusi itera SIDA/SIDA

Ikibazo. Virusi itera SIDA ni iki?

Igisubizo. Ni agakoko kangiza ubudahangarwa bw'umubiri w'umuntu gatera indwara ya SIDA.

Ikibazo. SIDA ni iki?

Igisubizo. Ni uruhererekane rw'indwara ziterwa n'agakoko ka SIDA umuntu arwaye iyo umubiri we umaze gushyirwaho n'ako gakoko. Aka gakoko iyo kageze mu mubiri gaca integere abasirikari bawo ndetse uko iminsi ishira kakabamunga.

Ikibazo. Ni gute umuntu yandura agakoko ka SIDA?

Igisubizo. Aka gakoko kandurira mu nzira eshatu z'ingenzi:

- Imibonano mpuzabitsina yose idakingiye
- kwivanga kw'amaraso, binyuze mu gusangira inshinge cyangwa guterwa amaraso yanduye.
- Umubyeyi wanduye agakoko akanduza umwana we igihe amutwite, amubyara cyangwa amwonsa.

Ikibazo. Ese umuntu yakwandurira agakoko ka SIDA mu biryo, umwuka cyangwa amazi?

Igisubizo. Oya. Kugeza ubu nta bantu baramenyakana baba baranduriye ako gakoko mu gusangira umusarani, imyenda, amasahani, kwitsamura, gukorora, gusangira ibiryo, gusomana, cyangwa kwegerana n'uwanduye. Kubana n'umuntu wanduye aka gakoko ntago byanduza.

Ikibazo. Ese umuntu wese yakwandura agakoko ka SIDA?

Igisubizo. Umuntu wese wakora imibonano mpuzabitsina idakingiye cyangwa amaraso ye agahura n'andi yanduye binyuze mu gusangira inshinge, kuyamutera cyangwa ubundi buryo bwose, yakwandura agakoko gatera SIDA.

Ikibazo. Ese hari umuti wa SIDA ubaho?

Igisubizo. Oya. Gusa hari imiti ifasha abanduye agakoko ka SIDA kubaho igihe kirekire, bakagira ubuzima bwiza ariko nta muti uyivura cyangwa urukingo rwayo biriho.

Ikibazo. Ni gute wamenya ko umuntu yanduye agakoko ka SIDA?

Igisubizo. Hari ibizami bikorerwa kwa muganga byerekana ko umuntu yanduye ako gakoko. Ntibishoboka gupimisha ijisho ngo umenye ko umuntu yanduye kuko hari igihe aba agaragara nk'ufite ubuzima bwiza kandi mu by'ukuri yaranduye.

Ikibazo. Ni gute umuntu yakwirinda kwandura agakoko gatera SIDA?

Igisubizo. Uburyo bwiza ni ukwifata, cyangwa se utarandura ako gakoko agakora imibonano mpuzabitsina n'abatarakandura gusa. Ariko kuko bigoye kumenya uwanduye igihe mutipimishije kwa muganga byaba byiza abantu bakoresheje agakingirizo.

Kwirinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina

Ikibazo. Ese birashoboka kwirinda gusama ukanirinda no kwandura indwara zandurira mu mibonano mpuzabitsina?

Igisubizo. Yego. Abantu bashobora gukoresha agakingirizo

k'umugabo cyangwa ak'umugore bityo bakirinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina, harimo n'agakoko gatera SIDA. Bashobora kandi gukoresha uburyo bwo kuringaniza imbyaro (urugero agakingirizo n' agapira gashyirwa mu mura) ngo birinde gusama no kwandura izo ndwara. Ariko kandi uburyo bwizewe kurusha ubundi bwo kwirinda gusama no kwandura indwara ni ukwifata.

Ikibazo. Ni gute umuntu yumvisha mugenzi we ko bagomba gukoresha agakingirizo?

Igisubizo. Rimwe na rimwe usanga abantu baseta ibirenge mu gukoresha agakingirizo kuko bibwira ko kagabanya uburyohe bw'imibonano mpuzabitsina. Biba byiza iyo abantu babiganiriyeho batarakorana imibonano mpuzabitsina. Kuganira ku buryo bwo kwirinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina bifasha abayikora kumva akamaro ko gukoresha agakingirizo.

Isomo rya 3

Ibindi bijyana n'imico

Ikibazo. Gukebwa kw'abagabo ni iki?

Igisubizo. Ni igikorwa gikorwa abana b'abahungu bakivuka, uretse ko mu mico imwe babikora batinze, cyo gukata agace k'igihu cyangwa cyose gitwikiriye umutwe w'igitsina cy'umugabo (imboro). Hari igihe iki gikorwa kitaba kigamije kurengera ubuzima bw'umuntu ahubwo kigakorwa kuberako umuco cyangwa idini bigiteka. Igitsina gikebwe n'ikidakebwe bikora kandi bikaryohereza n'imibonano mpuzabitsina kimwe. Biravugwa cyane ko gukebwa byongera amahirwe yo kutandura agakoko gatera SIDA ariko kandi hagomba ubushakashatsi bwimbitse kugirango byemezwe.

Ikibazo. Gukebwa k'umugore ni iki?

Igisubizo. Mu mico imwe yo muri Afurika no mu Uburasirazuba bwo Hagati umukobwa akatwa rugongo ndetse n'imishino ye igakatwa cyangwa ikadoderwa hamwe. Ibi bishobora gukorwa akivuka, akiri umwana cyangwa ageze mu bwangavu bikaba bigamije kubuza umukobwa gukora imibonano mpuzabitsina n'abantu banyuranye cyangwa gutwita atarashaka. Mu bihugu byinshi iki gikorwa ntikemewe n'amategeko kuko kibabaza umugore haba mu byiyumviro no ku mubiri ari mu gihe cyo kugikora ndetse no mu buzima bwe bwose.

Ikibazo. Hari aho abakobwa n'abahungu bashaka bakiri bato?

Igisubizo. Yego . Mu miryango imwe n'imwe, biramenyerewe ko abakobwa n'abahungu bashaka bakiri bato. N'ubwo ibihugu bimwe na bimwe bitegeka ko nta wemerewe gushaka ataragira imyaka 18; usanga mu bindi bihugu abantu b'imyaka 13 bashyingirwa. Kenshi bene uru rushako ruba ari ubwumvikane hagati y'ababyeyi b'impande zombi ariko umukobwa n'umuhungu nta jambo barufiteho.

Imyitozo y'inyongera

Turibusange ahakurikira ko hari imyitozo imwe n'imwe yakorerwa mu matsinda.

Umwitozo wa 1

Umwandiko ku byo umuryango tubamo uvuga ku burumbuke.

Saba abahugurwa gukora umwandiko uvuga ku buryo abagize sosiyete babamo bahana amakuru ku bijyanye n'imyororokere. Uwo mwandiko ugomba kuba ukubiyemo:

- Uko abahungu mu muryango tubamo bamenya ibijyanye n'uburumbuke bw'abakobwa n'ubw'abahungu?
- Uko abakobwa mu muryango tubamo bamenya ibijyanye n'uburumbuke bw'abakobwa n'ubw'abahungu?
- Itandukaniro ry'ibibwirwa abahungu n'ibibwirwa abakobwa?
- Wifuza ko umuryango wahindura uburyo bwo guha amakuru abakobwa n'abahungu ku bijyanye n'imyororokere, cyangwa uko bikorwa ubu birakunyuze, kuki?
- Uramutse urimo kwigisha abantu mungana ibijyanye n'uburumbuke, ni izihe ngingo washyira mu isomo ryawe?

Umwitozo wa 2

Kuzuza amagambo ajyanye n'uburumbuke.

Ha buri wese kopi y'umwitozo wo kuzuza amagambo (Crossword Puzzle). Basabe kuwukora hagati mu isomo mu matsinda ya babiri cyangwa kuwukorera mu rugo.

Umwitozo wa 3

Kwifashisha urunigi mu gusobanukirwa n'uburumbuke.

Saba buri mukobwa wese watangiye kujya mu mihango gukoresha igishushanyo cy'urunigi mu gihe cy'ukwezi. Abatarayijyamo basaba

mukuru wabo, nyina wabo cyangwa nyirasenge, nyina cyangwa undi mugore bizeye gukoresha icyo gishushanyo mu mwanya wabo. Buri wese arakora umwandiko w'urupapuro rumwe uvuga uko azakoresha igishushanyo cy'urunigi cyangwa uko azasobanurira mwene wabo ashaka ko agikoresha.

Nyuma y'ukwezi, basabe gukora umwandiko uvuga ku mikoreshereze y'igishushanyo cy'urunigi. Uwo mwandiko ugomba kuba usubiza ibi bibazo:

- Hari ibibazo waba warahuye nabyo mu gukoresha igishushanyo cy'urunigi? Niba bihari ni ibihe?
- Byarakoroheye kwibuka gushyira akamenyetso ku isaro buri muni?
- Ni ubuhe bumenyi ku mubiri wawe wungutse (cyangwa mwene wanyu warukoresheje yungutse) kubera gukoresha igishushanyo cy'urunigi)?

Icyitonderwa

Iyo abahugurwa ari abana cyangwa batazi kwandika no gusoma, uyu mwitozo ushobora gukorwa ku bundi buryo—saba abahugurwa kungurana ibitekerezo mu matsinda manini cyangwa mato.

Isomo rya 3

Umwitozo
wa 4

Ingaruka z'imibonano mpuzabitsina.

Saba abahugurwa gukora urutonde, bifashishije amagambo cyangwa ibishushanyo, rw'ibyo bakora umunsi wose ndetse n'igihe buri gikorwa kibatwara. Byaba byiza babanje kwandika amasaha yose 24 agize umunsi kugirango batagira ibikorwa bibagirwa cyane cyane ibya mu gitondo na nimugoroba aho baba batari mu ishuri. Nibarangiza, usabe buri wese, kubwira abandi urutonde rwe. Ibikorwa bavuga ugende ubyangirira kuri flip chart cyangwa ku kibaho. Bimwe muri ibyo bikorwa ni: kujya ku ishuri, kurya, gukora siporo, kuryama, gusoma, gukora imirimo yo mu rugo, gusura inshuti, kuririmba, kubyina, n'ibindi. Mu kungurana ibitekerezo ubasabe kukubwira uko bumva bameze iyo batari ku ishuri barimo gukora imirimo yo mu rugo cyangwa ibindi bikorwa; muganire kandi ku myitwarire ijyana no kuzuza neza inshingano z'umuntu, nko gutangira umurimo ku gihe, kumenya inshingano zawe n'ibindi.

Basabe kukubwira inshingano z'umubyeyi maze ujye wandika ibyo bavuga kuri flip chart cyangwa ikibaho. Ushobora kubibutsa inshingano batibutse kuvuga kandi ugakora ibishoboka ngo babone neza imirimo umubyeyi akora mu masaha 24 bityo bumve uburemere bwo kugira umwana.

Saba abahugurwa kugereranya no guhuza urutonde rw'imirimo yabo n'urw'imirimo y'umubyeyi. Nibamara gukora ikigereranyo basabe ko

bashyira akaziga ku mirimo ya ngombwa cyane (kugaburira umwana, kumukarabya), bagashyira akamenyetso ka "X" ku mirimo itari ngombwa cyane (gusohoka n'inshuti, kujya muri siporo). Muganire ku byo batazajya babona uko bakora baramutse babyaye bakiri ingimbi n'abangavu. Sobanura ko gutwita bituruka ku mibonano mpuzabitsina ikorwa n'ingimbi n'abangavu batitaye ku ngaruka zayo; Kandi ko imibiri y'ingimbi n'abangavu iba ifite ubushobozi bwo gukora imibonano mpuzabitsina ariko ko byaba byiza bategereje kuko baba batarakura bihagije mu mitekerereze. Byongeye kandi, kenshi ntabwo baba biteguye gukoresha uburyo bwo kubarinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina.

Ingingo z'ingenzi ku isomo ry'igatatu

Imibonano mpuzabitsina ikorwa ite?

Imibonano mpuzabitsina ni igikorwa gisaba umugabo kubisikanya kwinjiza no gukura igitsina cye mu nda ibyara y'umugore kugeza igihe asohoreye. Intanga ngabo ziba mu masohoro zinjira mu mura, nyuma zikajya mu muyoborantanga zishakisha intanga ngore ngo bihure. Mu mibonano mpuzabitsina umugabo asohora miliyoni z'intanga, zimwe muri zo zishobora kumara iminsi igera kuri itandatu mu mubiri w'umugore zitarapfa.

Bigenda bite ngo umugore asame?

Mu kwezi k'umugore, agasabo k'intanga karekura intanga ngore ikamanuka mu muyoborantanga yerekeza mu mura. Mu masaha 24 imara igenda mu muyoborantanga ishobora guhura n'intanga ngabo niba hari iziri mu mubiri w'umugore. Intanga ngore iruta kure intanga ngabo mu bunini ariko intanga ngabo imwe gusa niyo ishobora kwinjira mu ntanga ngore. Iyo intanga ngore imaze guhura n'intanga ngabo bikora igi maze rikajya mu mura, ibi bifata hafi iminsi itandatu. Iyo igi rimaze gutura mu mura neza ritangira gukura.

Ni gute umugore amenya ko atwite?

Nyuma y'uko igi rijya mu mura, umubiri uhita ukora imisemburo ibuza imihango kuza no gutuma urusoro rukura. Iyi misemburo igaragarira

mu gupima amaraso n'inkari by'umugore. Abagore benshi bamenya ko batwite iyo babuze imihango cyangwa se barebeye ku bindi bimenyetso birimo kubyimba no kubabara amabere ndetse no kongera ibiro. Nyamara, kubura imihango si gihamya yo gutwita.

Akamaro k'urunigi

Urunigi rukoresha mu gufasha abakobwa gusobanukirwa n'ukwezi kwabo. Urunigi rugizwe n'amasaro 32 kandi buri saro rihagarariye umunsi umwe mw'igize ukwezi k'umugore. *Isaro ritukura* ryerekana umunsi wa 1 w'ukwezi k'umugore, ariwo munsi abonera imihango. *Amasaro atandatu yijimye* yerekana iminsi y'imihango n'indi mike iyikurikira. Muri iyi minsi umugore aba adashobora gusama n'aho yakora imibonano mpuzabitsina. Nyuma hakurikiraho *amasaro 12 yera cyangwa y'irindi bara rikeye*, yerekana iminsi y'uburumbuke, ni ukuvuga iminsi umugore yasamaho abaye akoze imibonano mpuzabitsina. Nyamara, n'ubwo urunigi rufite amasaro 12 y'ibara rikeye, iminsi y'uburumbuke y'umugore ya buri kwezi iri hagati y'itanu n'itandatu kubera ko intanga ngabo ifite ubushobozi bwo gutegereza intanga ngore mu gihe cy'iminsi itanu cyangwa itandatu. Urunigi rero rufite amasaro 12 yerekana uburumbuke kuko iyo minsi itanu cyangwa itandatu bigoye kuyimenya neza, kwifashisha amasaro 12 ni ugucishiriza. Aya masaro y'ibara rikeye akurikirwa *n'amasaro 13 yijimye* yerekana iminsi itari iy'uburumbuke.

N'ubwo urunigi rwerekana ukwezi kwa benshi mu bagore, buri mugore agira ukwezi kwe kwihariye gufite ibyo gutandukaniyeho n'ukw'abandi, bityo rero uru runigi nta kwezi k'umugore runaka rwerekana. Urugero, ukwezi k'umugore gushobora kugira iminsi 28 aho kuba 32, birasanzwe ko kwagira iyi minsi. Iyo umugore akoresha urunigi mu gukurikirana ukwezi kwe, agomba kumenya ko n'ubwo yabona indi mihango mu gihe ku runigi hakiri andi masaro yijimye atarashyiraho akamenyetso, ukwezi kwe kundi gutangirana n'iyi mihango.

Icyitonderwa k'uhugura

Niba urunigi nk'igikoreshe cyo gukurikirana ukwezi kw'umugore ruboneka mu gihugu cyanyu, birashoboka ko abitabiriye amahugurwa baruzi rukaba rwakwitiranywa n'urunigi rusanze rukoresha nk'igikoreshe cyo kumenya igihe cy'uburumbuke.

Iyo uburumbuke bw'amukobwa buhaye n'ubw'amuhungu: Gusama

Ifishi yifashishwa mu kwigu gukurikirana no kumenya ukwezi kumugore.

Isomo
rya 3

umunsi wa 1



umunsi wa 2



umunsi wa 3



umunsi wa 4



Ifishi yifashishwa mu kwigira gukurikirana no kumenya ukwezi k'umugore.

umunsi wa 5



umunsi wa 6



umunsi wa 7

umunsi wa 8

Ifishi yifashishwa mu kwigaga gukurikirana no kumenya ukwezi kumugore.

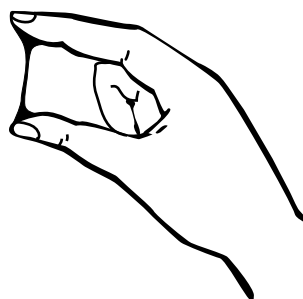
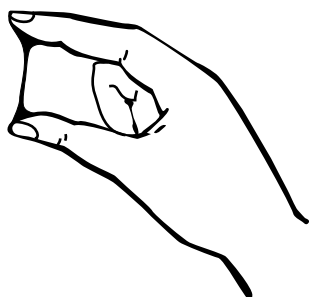
Isomo
rya 3

umunsi wa 9

umunsi wa 10

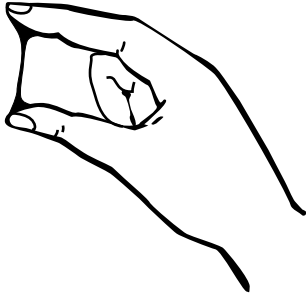
umunsi wa 11

umunsi wa 12

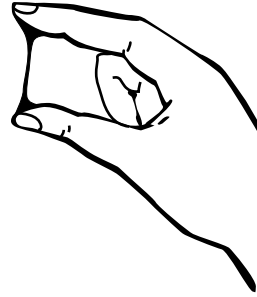


Ifishi yifashishwa mu kwigira gukurikirana no kumenya ukwezi k'umugore.

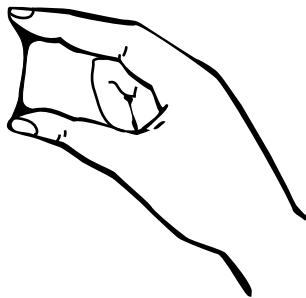
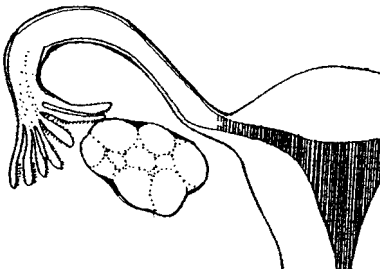
umunsi wa 13



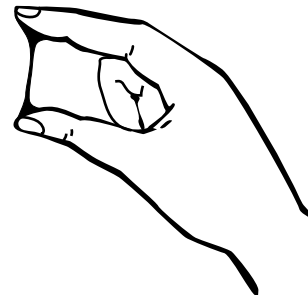
umunsi wa 14



umunsi wa 15

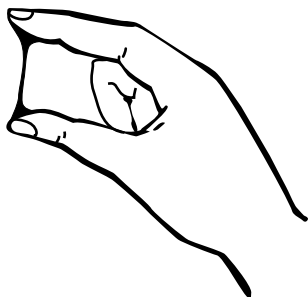


umunsi wa 16



Ifishi yifashishwa mu kwiya gukurikirana no kumenya ukwezi kumugore.

umunsi wa 17



umunsi wa 18

Isomo
rya 3

umunsi wa 19

umunsi wa 20

Ifishi yifashishwa mu kwigira gukurikirana no kumenya ukwezi k'umugore.

Eusomer la fertilité masculine et féminine : la fécondation

umunsi wa 21

umunsi wa 22

umunsi wa 23

umunsi wa 24

Ifishi yifashishwa mu kwigaga gukurikirana no kumenya ukwezi kumugore.

umunsi wa 25

umunsi wa 26

Isomo
rya 3

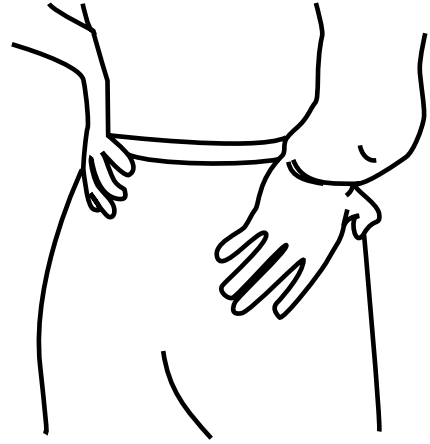
umunsi wa 27

umunsi wa 28

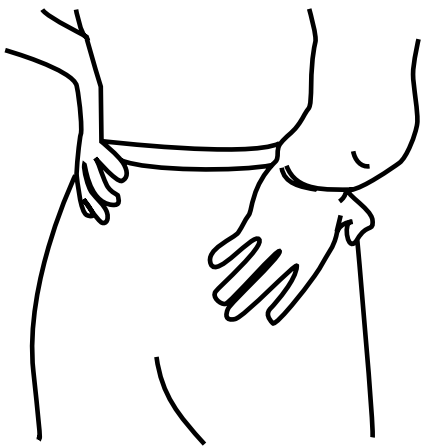
Ifishi yifashishwa mu kwigira gukurikirana no kumenya ukwezi k'umugore.

umunsi wa 29

umunsi wa 30



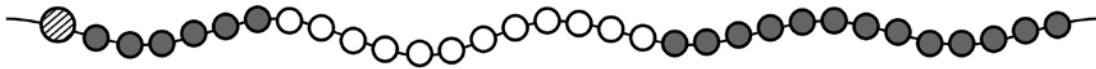
umunsi wa 31



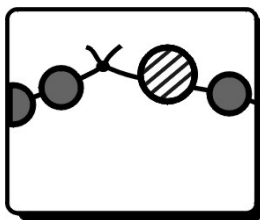
IMFASHANYIGISHO D:
Uko bakora urunigi rwo gusobanura uburumbuke
hifashishijwe amasaro *

Intambwe ya 1: *tunga amasaro ku buryo bukurikira:*

- Isaro 1 ritukura (ryerekana umunsi wa mbere w'imihango)*
- Amasaro 6 yijimye (yerekana iminsi itari iy'uburumbuke)
- Amasaro 12 yera cyangwa y'irindi bara rikeye (yerekana iminsi y'uburumbuke)
- Amasaro 13 yijimye (yerekana indi minsi itari iy'uburumbuke)

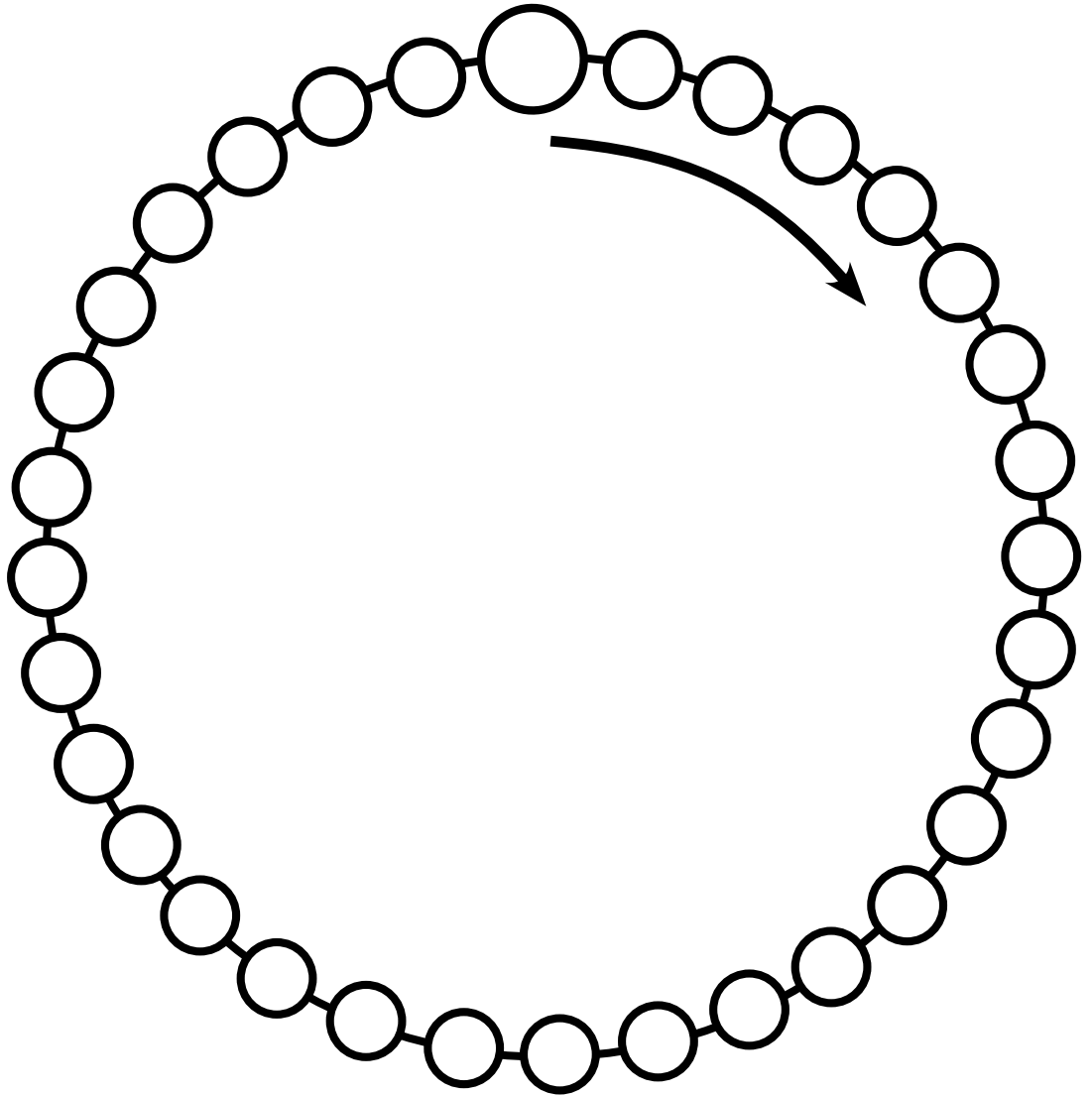


Intambwe ya 2: *pfundika ukomeje urudodo rutunzeho amasaro.*

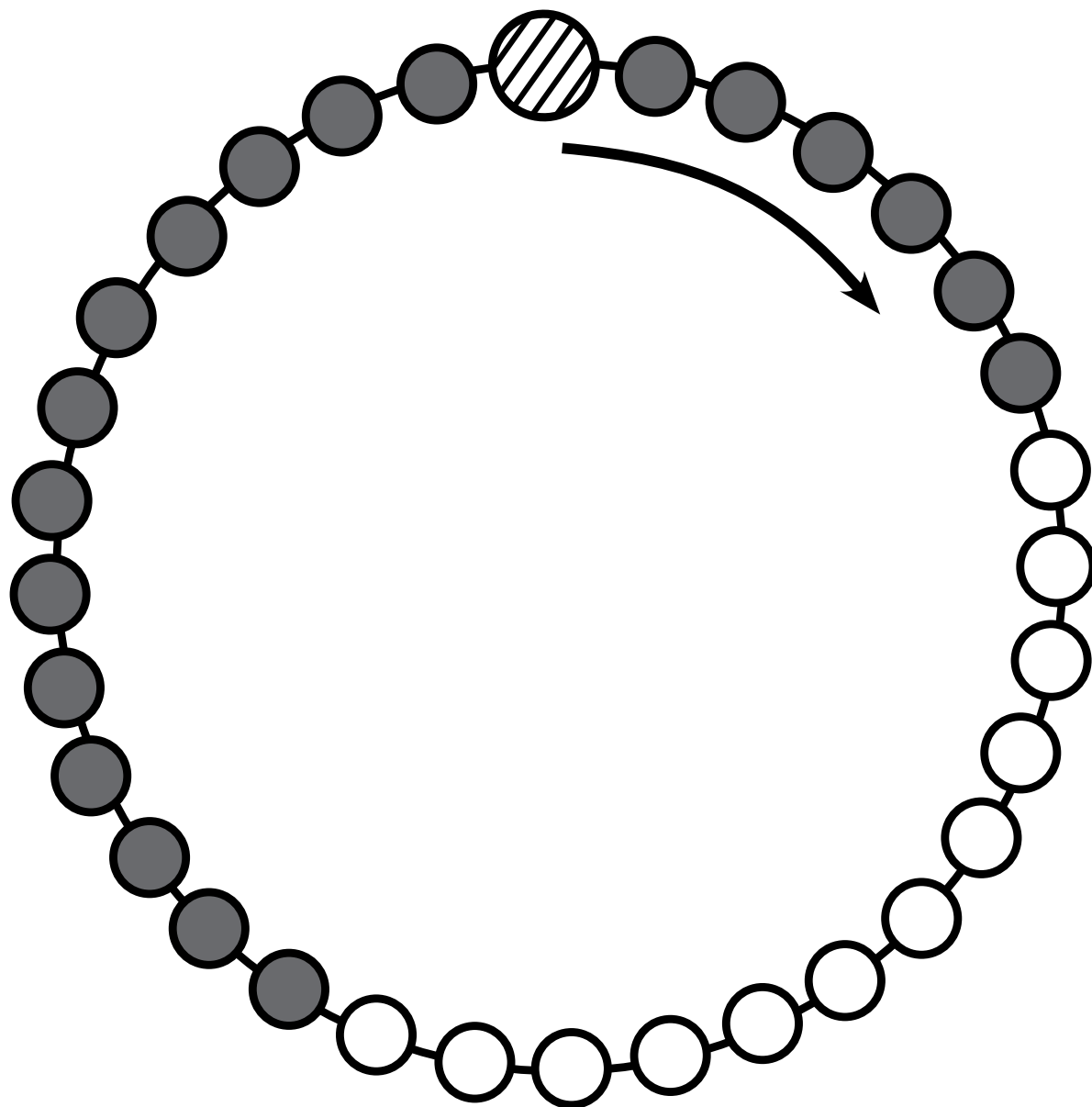


* Kuberako muri iyi nyoboranyigisho iki gishushanyo gikoze mu mabara y'umweru n'umukara gusa, isaro ryakabaye umutuku riraba riciyemo uturongo tw'umukara.

IMFASHANYIGISHO E :
Uko bashushanya urunigi rwo gusobanura uburumbuke

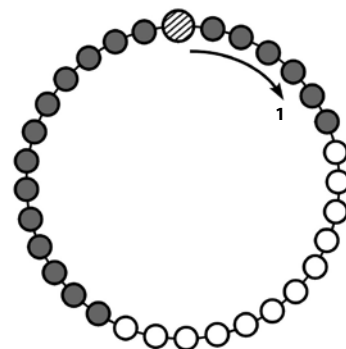


IMFASHANYIGISHO F :
Igisubizo cy'umwitozo wo gushushanya urunigi
rwo gusobanura uburumbuke



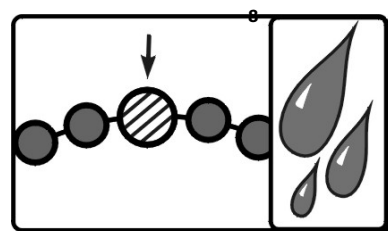
IMFASHANYIGISHO G: Uko bakoresha urunigi mu kumenya ukwezi k'umugore

Uru runigi rurerekana ukwezi k'umugore cyangwa umukobwa. Buri saro rihagarariye umunsi umwe mw'igize uko kwezi. Amasaro afite amabara atandukanye.

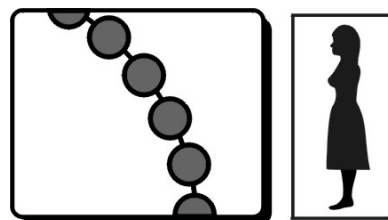


Urunigi rushobora kugufasha kumenya igihe azagira mu mihango; agakurikirana ukwezi kwe kandi agasobanukirwa n'impinduka ziba mu mubiri we muri uko kwezi.

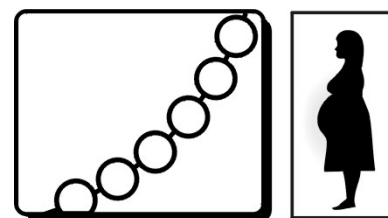
Isaro ritukura (iririho akambi ku gishushanyo) ryerekana umunsi wa mbere w'imihango y'umugore cyangwa umukobwa.



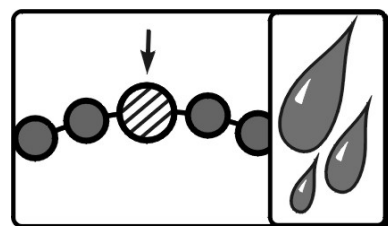
Amasaro yijimye yerekana iminsi itari iy'uburumbuke. Ni ukuvuga iminsi umugore atasamamo.



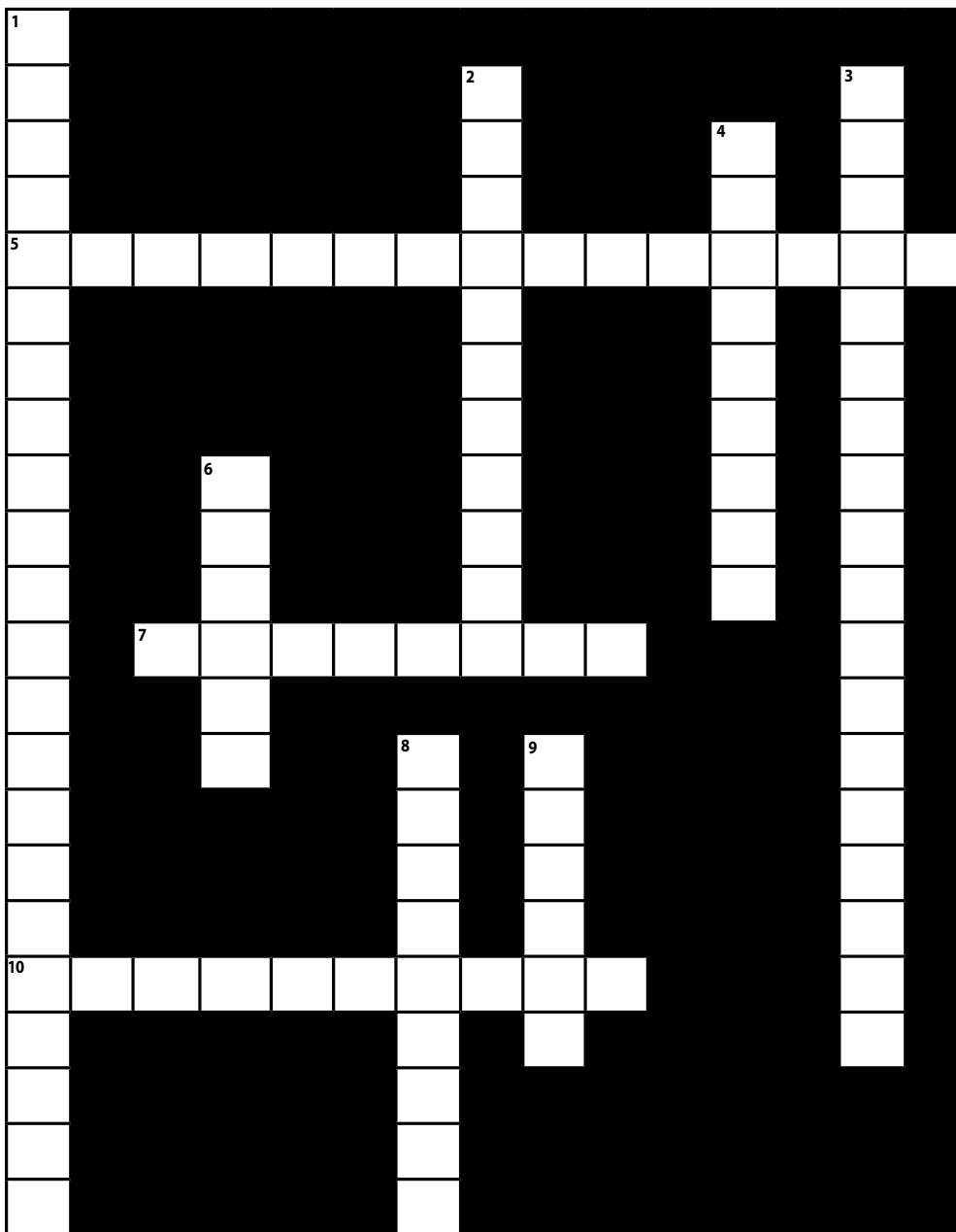
Amasaro yera cyangwa y'ibara rikeye yerekana iminsi y'uburumbuke. Ni ukuvuga iminsi umugore ashobora gusamamo.



Ku munsi umugore aboneyeho indi mihango, aba atangiye ukundi kwezi.



IMFASHANYIGISHO H:
Umwitozo wo gusobanukirwa n'uburumbuke:
kuvumbura no kuzuza amagambo mu mwanya yagenewe



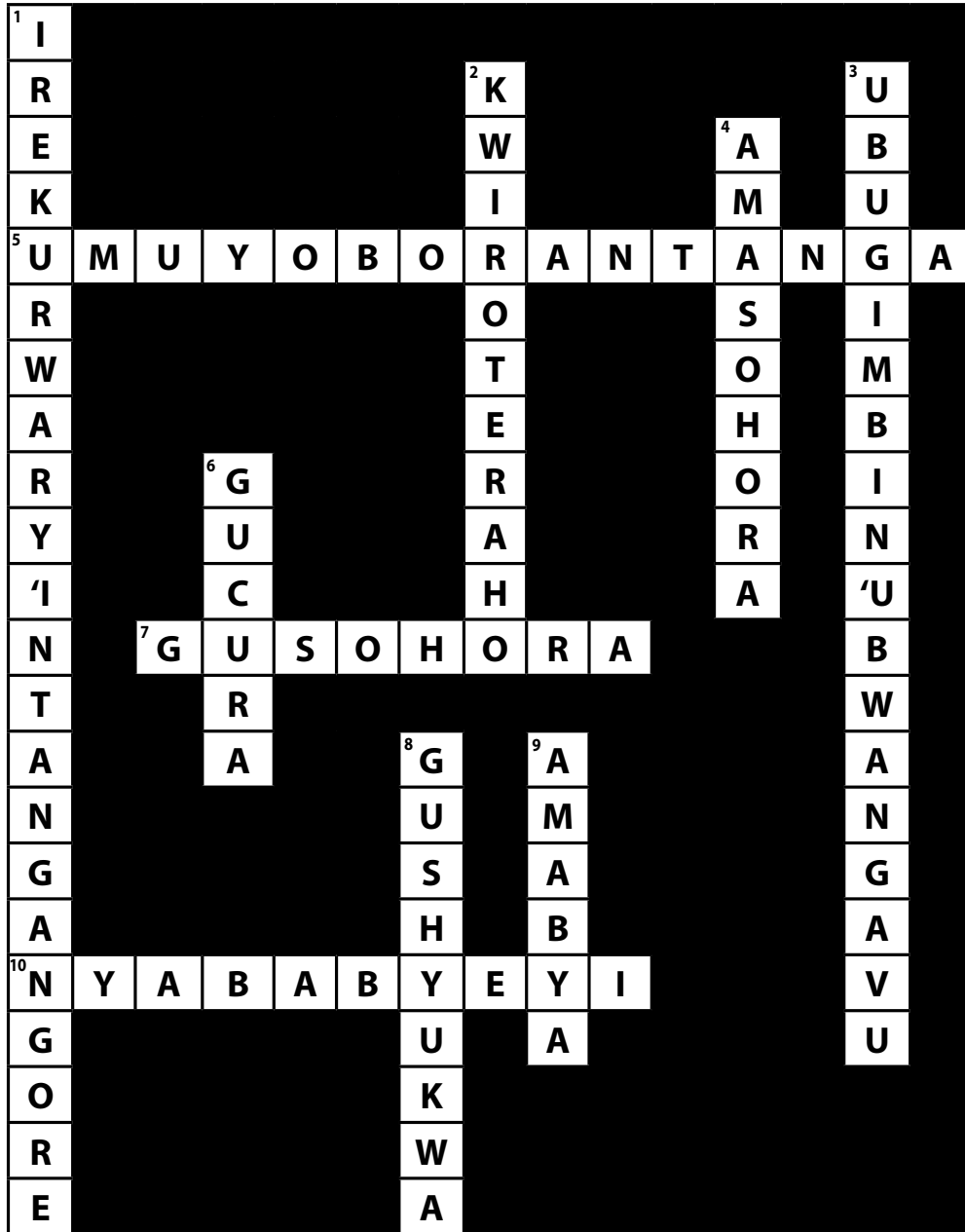
Mu butambike (Across):

5. Igice cy'umubiri w'umugore kivana intangangore mu dusabo tw'intanga kizijyana mu mura
7. Irekurwa ry'amasohoro ava mu gitsina cy'umugabo
10. Aho umwana akurira

Mu buhagarike (Down):

1. Irekurwa ry'intangangore iva mu gasabo k'intanga
2. Gusohora mu gihe usinziriye
3. Ikigero kiri hagati y'ubwana n'ubukuru
4. Amatembabuzi afatiriye arekurwa mu gitsina cy'umusore cg umugabo igihe asohoye
6. Igihe umugore arekereraho kujya mu mihango
8. Gufata umurego kw'igitsina gabo
9. Aho intangangabo zikorera

IMFASHANYIGISHO I:
Ibisubizo by’umwitozo wo kuvumbura no kuzuzza
amagambo mu mwanya wayo



Isomo rya 3

Isomo rya 4

Ibibazo ku burumbuke: ibiganiro mu matsinda abakobwa ukwabo n'abahungu ukwabo

Intego

Nyuma y'iri somo, abahungu barikurikiye bazaba bashobora:

1. Gusobanukirwa na bitatu mu byo bibazaga ku burumubuke bw'abagabo

Nyuma y'iri somo, abakobwa barikurikiye bazaba bashobora:

1. Gusobanukirwa na bitatu mu byo bibazaga ku burumubuke bw'abagore

Nyuma y'iri somo, abahungu n'abakobwa barikurikiye bazaba bashobora gusobanukirwa n'ibihuha ndetse n'ibintu bitandukanye umuryango wemera ku bantu hashingiye ku gitsina (gender myths and stereotypes).



Imfashanyigisho

- Impapuro cyangwa udukarita



Mbere yo gutanga isomo

- Soma neza **incamake y'isomo rya 1, incamake y'isomo rya 2, n' incamake y'isomo rya 3.**
- Soma neza ibikubiye muri buri gice mu bigize isomo. Tekereza ku buryo uribwigishe buri gice kandi n'ibyo wakongera ku isomo ngo rirusheho kumvikana.
- Teganya uko uri bwigishe ibikubiye mu gice cya 2.
- Soma witonze icyitonderwa ku bijyanye no kwikinisha.
- N'ubwo nta gihamya y'abaganga ivuga ko kwikinisha ari bibi mu buryo ubwo ari bwo bwose, biravugwa ko byaba bigira ingaruka ku mitekerereze no ku mubiri. Ibi bigatuma abantu benshi iyo bikinishije bumva nabo ubwabo bicira urubanza. Imico, umuryango n'amadini binyuranye birwanya kwikinisha; birumvikana ko n'umuryango nyarwanda murimo ushobora kuba ufite ibyo uziririza ku bijyanye no kwikinisha. Nyuma yo gutekereza kuri ibi byose shaka uburyo wigishamo igice cya 2. Utiriwe ubitindaho ushobora gusobanura icyo kwikinisha ari cyo ubundi ukavuga kuri zimwe mu

mpuha zibivugwaho mu gace mutuyemo kandi ugasobanura ko izo mpuha nta bushakashatsi mu by'ubuzima bwigeze buzemeza.

- Shyira abahugurwa mu matsinda abiri.
- Mu kwigisha igice cya 1 n'icya 2 by'iri somo, abakobwa n'abahungu bazakorera mu matsinda atandukanye. Byaba byiza habonetse abayobora amahugurwa b'ibitsina byombi maze umugabo akayobora itsinda ry'abahungu naho umugore akayobora iry'abakobwa. Abakobwa n'abahungu bongera gusubira hamwe iyo bagiye kwiga igice cya 3 cy'iri somo.
- Sobanurira abahugurwa hakiri kare ko mu gice cya 1 n'icya 2 abakobwa bari bujye ukwabo n'abahungu ukwabo. Ibi bikaba bigamije kubaha urubuga rwo kubaza mu bwisanzure umuntu mukuru bahuje igitsina ibibazo byose bari bagize isoni zo kubaza igihe bari bavanze. Basobanurire kandi ko birushaho kuba byiza iyo abakobwa n'abahungu baganiriye hamwe ibijyanye n'ubuzima bw'imyororokere ariko ko mu kigero bagezemo bakeneye umwiherero n'umuntu bahuje igitsina kandi na byo bifite akamaro.
- Mbere yo gutandukanya abahungu n'abakobwa bwira abahugurwa ibikurikira: "Uyu muni abakobwa barakorana na Madamu _____ naho abahungu bakorane na Bwana _____. Abakobwa bararushaho gusobanurirwa ibijyanye n'imihango naho abahungu barusheho gucengera ibijyanye no kwirotaho. Amatsinda yombi kandi ararushaho gusobanukirwa n'imihindukire y'imibiri yabo."

Isomo ry'ya 4



Igihe

Ibikorwa n'itsinda ry'abahungu	Iminota
Igice cya 1: Gusubiza ibibazo ku burumbuke bw'abahungu	45
Igice cya 2: Umubiri wanjye umerewe neza	10
Ibikorwa n'itsinda ry'abakobwa	Iminota
Igice cya 1: Gusubiza ibibazo ku burumbuke bw'abakobwa	45
Igice cya 2: Umubiri wanjye umerewe neza	10
Igice cya 3: Amakuru tumenya tukiri bato n'ingaruka atugiraho (Abahungu n'abakobwa basubira hamwe)	30
IMINOTA YOSE HAMWE	85

Igice
cy' 1

Ibikorwa n'itsinda ry'abahungu

Ibibazo ku burumbuke bw'abahungu

Ibiganiro mu itsinda ry'abahungu (Iminota 45)

Soma buri nteruro muri izi kandi ubasobanurire ko zikubiyemo ibitekerezo by'abahungu nka bo:

" kwiroteaho bwa mbere byarankanze kuko nta kintu na kimwe nari mbiziho. Nyuma ni ho mukuru wanjye yansobanuriye ibyo ari byo."

" Sinari nzi icyo gushyukwa ari cyo, numvaga mfite isoni imbere y'ababyeyi n'inshuti. Yemwe narasenze cyane nsaba Imana ngo inkize ibyo bintu. Nyuma naje gusanga ari ibintu bigomba kubaho mu buzima."

" Ntago nigeze nishimira kwiroteaho . Numvaga bimbangamiye cyane."

" Papa yambwiye ko ari ibintu bigomba kumbaho; nyuma nasobanukiye ko nta cyo nakora ngo mbihagarike."

Baza abahugurwa niba bumva ibyo abo bahungu bavuze bifite ishingiro, sobanura ko abahungu benshi batekereza nka bariya kandi ko ariyo mpamvu mwabahaye umwanya ngo babaze ibibazo byose baba bafite.

Saba abahugurwa kwandika ku mpapuro cyangwa udukarita ibibazo byose baba bafite ku bijyanye n'ubugimbi. Ibibazo bishobora kubaza bifitanye isano n'amasomo yabanjirije iri cyangwa se bishingiye ku byo bumva hirya no hino ku bijyanye n'ubugimbi n'imyororokere. Kusanya impapuro zose cyangwa udukarita banditseho ibibazo byabo maze usome cyane buri kibazo kandi wirinde kumenyekanisha uwabajije ikibazo iki n'iki. Nyuma yo gusoma ikibazo baza abahugurwa niba bazi igisubizo, niba batakizi subiza ikibazo.

Icyitonderwa k'uhugura

Ku yandi masomo, urutonde rw'ibibazo bashobora kukubaza n'ibisubizo byabyo si igice cy'ingenzi cy'isomo. Gusa iyo abahugurwa babajije ibibazo rugufasha kubibonera ibisubizo. Isomo rya 4 ryo ni umwihariko kuko n'ubwo abahugurwa batabaza ibibazo biri kuri ruriya rutonde urasabwa gushaka uko ubikomozaho maze mukaganira ku bikubiyemo. Uru rutonde rugizwe n'ibibazo ingimbi zikunda kwibaza kandi byaba byiza abahugurwa bamenye ibisubizo byabyo. Kora ibishoboka iri somo ritangwe mu bwisanzure buhagije kandi wite by'umwihariko ku bahungu baba bagira isoni zo kubaza ibibazo no gutanga ibitekerezo.

Icyitonderwa k'uhugura

N'ubwo mu rutonde rw'ibibazo rukurikira nta kibazo kihariye kirebana n'ihohoterwa ry'abana kirimo, abahugurwa bashobora kubaza bene ibyo bibazo kuko bamwe muri bo bashobora kuba barahuye n'ihohoterwa ritandukanye nk'iribabaza umubiri cyangwa irishingiye ku gitsina, kuba barasambanyijwe n'abantu bo mu miryango yabo, cyangwa se barasambanyijwe n'undi muntu uwo ari we wese. Bityo rero, ni ngombwa ko ubereka ko wumva ibibazo byabo, ugasobanura ko nta muntu n'umwe ugomba gukorera ihohoterwa ryaba iribabaza umubiri cyangwa irishingiye ku gitsina kandi ugahumuriza ababa barahuye n'iri hohoterwa ubumvisha ko nta ruhare babigizemo ko ari ibyago bahuye na byo. Kenshi iyo abana bahohotewe bicira urubanza bakumva ko babigizemo uruhare bigatuma nta muntu babwira ibyo bahuye na byo. Ariko umuntu mukuru bizeye, nk'umubyeyi, umukozi wo muri serivisi z'ubuzima, umwarimu cyangwa umuyobozi wo mu idini ashobora kubafasha muri ibyo bibazo. Umuntu wese uhuye n'ihohoterwa ryo mu bwana, ihohoterwa rishingiye ku gitsina, gusambanywa n'abantu bo mu murango we, gukoreshwa imibonano mpuzabitsina ku gahato cyangwa se undi ukeka ko hari umwana wahuye n'ibi bibazo agomba kubimenyesha byihuse inzego zibishinzwe kugirango uwahohotewe atabarwe. Inzego zakwiyambazwa ni ibigo bitanga serivisi z'ubuzima, umuyobozi w'ishuri, umwarimu, imiryango y'iterambere ry'abagore, ubuyobozi bw'idini, polisi, inzego z'ubutabera, n'izindi.

Isomo rya 4



Ibibazo n'ibisubizo bishoboka

Ikibazo. Ese abahungu bajya mu mihango?

Igisubizo. Abahungu ntibajya mu mihango kuko imiterere n'imikorere y'imyanya myibarukiro yabo itandukanye n'iy'abakobwa. Imihango ikomoka ku gushwanyuka kw'icyari umura—aho urusoro rukurira iyo umugore atwite— uba wateguriye kwakira urusoro. Kuko rero abagore ari bo bonyine bagira umura ni na bo bonyine bajya mu mihango.

Ikibazo. Ese iyo abagabo bamaze gusaza barekeraho gusohora?

Igisubizo. Iyo umugabo amaze kugera mu myaka 60 cyangwa hejuru yayo intanga zishobora kugabanuka mu masohoro ye. Ariko iyo umugabo afite ubuzima bwiza agira amasohoro kugera apfuye.

Ikibazo. Ese umuntu ashobora gusohora akananyara mu gihe kimwe?

Igisubizo. Abahungu benshi bakunda kwibaza iki kibazo kuko inzira amasohoro n'inkari bicamo ari imwe. Hari umukaya uba ku ntangiriro y'umuyoboro w'inkari n'amasohoro ubuza ibi byombi kuba byasohokera rimwe.

Ikibazo. Uburebure bukwiye bw'igitsina cy'umugabo (imboro) ni ubuhe?

Igisubizo. Igitsina cy'umugabo (imboro) kiringaniye kiba gifite hagati ya sentimetero 11 na 18 igihe cyafashe umurego

(cyashyutswe). Nta burebure, umubyimba cyangwa ishusho bizwi bigomba guhurirwaho n'ibitsina byose. Bimwe biba binini kandi bigufi, ibindi bikaba birebire kandi binanutse. Ibyo bavuga ko igitsina kinini aricyo cyiza nta kuri kurimo.

Ikibazo. Ese nta kibazo kirimo kuba umuntu yagira udusabo tw'intanga (amabya) tutangana?

Igisubizo. Nta kibazo na gito rwose kuko kuri benshi mu bagabo utwo dusabo ntitungana.

Ikibazo. Ese hari ikibazo kirimo kuba umuntu yagira igitsina (imboro) gisa n'ikigondoye ho gato?

Igisubizo. Ibi nta kibazo kibirimo kuko iyo gifashe umurego (gishyutswe) gihagarara kigororotse.

Ikibazo. Utuntu tumeze nk'utubyimba turi ku mutwe w' igitsina gabo (imboro) ni uduki?

Igisubizo. Ni imvubura zikora amatembabuzi afashe kandi y'urwererane afasha igihu kiba ku mutwe w'igitsina (imboro) gutwikira neza ziriya mvubura. Nyamara aya matembabuzi iyo abaye menshi muni ya kiriya gihu atera impumuro mbi cyangwa uburwayi, bityo rero ni ngombwa kwita buri gihe ku isuku yo muni ya kiriya gihu.

Ikibazo. Ni gute umuntu yakwirinda gushyukwa ari mu ruhame?

Igisubizo. Ibi ni ibintu bisanzwe mu buzima. Zirikana ko n'ubwo wowe wumva bikubangamiye abandi bashobora kutabibona kereka gusa ukomeje kubitindaho niho birushaho kugaragara.

Ikibazo. Umuhungu atakaza amasohoro ye yose igihe yiroteyeho cyangwa asohoye?

Igisubizo. Oya. Umubiri w'umuhungu ukora intanga buri gihe kugera apfuye.

Ikibazo. Nakora iki igihe umuntu ankozeho nkumva bimbangamiye?

Igisubizo. Umubiri wawe ni wowe uwufiteho ijamba mbere y'abandi bityo rero ntawe ugomba kugukoraho mu buryo bukubangamiye. Ufite uburenganzira bwo kumusaba kureka kugukoraho, ikindi kandi niba bikubayeho zirikana ko atari ikosa ryawe ahubwo biganirize abantu bakuru wizeye kugeza igihe uboneye ugufasha kuva muri iki kibazo.

Ikibazo. Byagenda bite igihe umugabo cyangwa umugore yifuza gukorana imibonano mpuzabitsina n'undi utabishaka?

Igisubizo. Imibonano mpuzabitsina ni igikorwa kigamiye gushimisha

abayikora kandi bagomba kuba babyumvikanyeho. Umugabo cyangwa umugore ntagomba guhatirwa imibonano mpuzabitsina cyangwa ikindi gikorwa cyose kibera ku mubiri we igihe atagishaka. Mbere y'uko umuntu agukoraho agomba kubanza kukubaza niba ubyemeye. Ikindi kandi niba uburyo agukozeho bukubangamiye kandi utabimwemereye, shaka uko wabona ugufasha kwikura muri icyo kibazo.

Igice
cy'2

Ku bahungu: Umubiri wanjye umerewe neza

Imyitozo mu matsinda (Iminota 10)

Saba abahugurwa gutekereza ku murimo cyangwa ikindi kintu bakunda bakubwire uko baba bamereye iyo barimo gukora uwo murimo, kurya icyo kintu cyangwa iyo bagifite mu ntoki. Basabe ko basobanura neza umunezero babikuramo. Nyuma ubabaze niba hari umunezero udasanzwe bajya bumva iyo bikoze ku bice bimwe na bimwe by'umubiri nk'imyanya ndangagitsina. Ubabaze n'uko icyo gikorwa kibyara bene uwo muzero cyitwa. Nibasubiza ko ari ukwikinisha, usobanure icyo ari cyo ndetse n'impamvu bibaho. Shimangira ko bamwe mu baganga bemeza ko kwikinisha ari igikorwa gisanzwe mu buzima ariko ko kenshi imico n'amadini bibirwanya. Shishikariza abahugurwa kuvuga ibyo bumvise byose ku birebana no kwikinisha, kora uko ushoboye muvuge kuri izi mpuha ndetse n'izindi zaba ziboneka aho mutuye, maze ubonereho kuzinyomoza:

- Kwikinisha bitera ibibazo byo mu mutwe.
- Kwikinisha bitera kumera ubwoya mu biganza, bitera ibihari mu maso, cyangwa bitera ubuhumyi.
- Kwikinisha bitera uruhu guhisha kandi bimara intanga mu mubiri w'umuhungu.
- Kwikinisha bigabanya imbaraga kandi bituma umugabo atabyara.
- Kwikinisha bituma utongera kwifuza gukora imibonano mpuzabitsina n'uwo mudahuje igitsina.
- Kwikinisha bitera abakobwa kugira irari rikabije ry'imibonano mpuzabitsina.

Icyitonderwa

Kuganira ku mpuha zivugwa ku bijyanye no kwikinisha bituma abahugurwa bumva kwikinisha nk'ikibazo gihuriweho n'abantu benshi. Mu muco wanyu hashobora kuba hari izindi mpuha zitari ziriya, zongere ku rutonde.

Nyuma yo gukora umwitozo, sobanurira abahugurwa icyo

Isomo ry'2

kwikinisha ari cyo. Kwikinisha ni ukwikirigita, kwikorakora ku myanya ndangagitsina —imboro, inda ibyara n'amabere—ugamiye kubikuramo umunezero nk'uva mu mibonano mpuzabitsina. Abagabo n'abagore bose bashobora kwikinisha ngo babone uwo munezero. Abahungu bashobora gukorakora ibitsina byabo kugeza basohoye. Abakobwa na bo bashobora kwikorakora mu gitsina bigatera ububobere mu nda ibyara ndetse bakaba barangiza. Abantu benshi baba abagabo cyangwa abagore bemeza ko mu buzima bwabo bagize igihe cyo kwikinisha. Kugeza ubu nta bushakashatsi buremeza ko kwikinisha bitera ibibazo mu mutwe cyangwa ku mubiri. Kwikinisha bishobora kuba ikibazo cyakemurwa na muganga igihe bituma umubiri w'ubikora udakora uko bikwiye cyangwa se igihe umuntu abikorera mu ruhamye. Ariko kandi imico n'amadini birwanya byimazeyo kwikinisha; buri wese rero niwe ugomba kwifatira icyemezo cyo kubikora cyangwa kubireka.

Ibando ku ngingo zikurikira

- Kenshi kwikinisha ni yo nzira ya mbere umuntu akuramo umunezero uva mu mibonano mpuzabitsina.
- Benshi mu bahungu n'abakobwa batangira kwikinisha iyo bageze mu bugimbi n'ubwangavu.
- Bamwe mu bakobwa n'abahungu ntibajya bikinisha na rimwe.
- Kwikinisha ntacyo byangiza ku bwonko cyangwa ku mubiri.
- Kenshi imico n'amadini birwanya kwikinisha. Niba hari ufite ikibazo ku buryo idini rye ribona ibyo kwikinisha, yabaza abayobozi baryo.

Shimira abitabiriye amahugurwa umurava bagaragaje kuko n'ubwo bitorohere abantu kuvuga ku bice by'umubiri wabo; washimye uburyo bo babyitwayemo.

Huza isomo n'ubumenyi bw'abo uhugura

Mu gutanga iri somo ni ngombwa gushingira ku bumenyi abo uhugura bafite ndetse n'ubwo bakeneye. Iyambaze abahugurwa bagufashe kubona amakuru yose wumva yagufasha gutegura neza isomo. Urugero: ni ibihe bibazo abahungu bafite ku bijyanye n'ubuzima bwabo bw'imyorokere?

Icyitonderwa: igice cya gatanu cy'iri somo gitangwa abakobwa n'abahungu bari hamwe. icyo gice kiraza nyuma y'igice cya 3 n'icya 4 bigenewe abakobwa.

Ku bakobwa: Ibibazo ku burumbuke bw'abakobwa

Ibiganiro mu itsinda ry'abakobwa

(Iminota 45)

Soma izi nteruro kandi ubasobanurire ko zikubiyemo ibitekerezo by'abakobwa nk abo:

"Njya mu mihango bwa mbere narikanze kuko nta kintu na kimwe nari mbiziho. Nyuma ni ho mama yansobanuriye impamvu ngomba kuyijyamo."

"Sinari nzi icyo imihango ari cyo. Numvaga imbangamiye kandi nkagira isoni imbere y'ababyeyi n'inshuti. Naranasenganga ngasaba Imana ngo inkize ibyo bintu. Ariko nyuma naje gusobanukirwa ko ari ibintu bisanzwe mu buzima."

"Ntago nigeze nishimira kujya mu mihango kuko sinari nsobanukiwe n'ibirimo kumbaho, ntago nari nzi uko ngomba kubyifatamo."

"kujya mu mihango byaranshimishije kuko nari nzi ko ari ikimenyetso cy'uko ndimo gukura."

Baza abahugurwa niba bumva ibyo abo bakobwa bavuze bifite ishingiro, sobanura ko abakobwa benshi batekereza nka bariya kandi ko ariyo mpamvu mwabahaye umwanya ngo babaze ibibazo byose baba bafite.

Saba abahugurwa kwandika ku mpapuro cyangwa udukarita ibibazo byose baba bafite ku bijyanye n'ubwangavu. Ibibazo bishobora kuba bifitanye isano n'amasomo yabanjirije iri cyangwa se bishingiye ku byo bumva hirya no hino ku bijyanye n'ubwangavu n'imyororokere. Kusanya impapuro zose cyangwa udukarita banditseho ibibazo byabo maze usome cyane buri kibazo kandi wirinde kumenyekanisha uwabajije ikibazo iki n'iki. Nyuma yo gusoma ikibazo baza abahugurwa niba bazi igisubizo, niba batakizi subiza ikibazo.

Icyitonderwa

Sobanura ko abakobwa benshi bibaza uko bizabagekendera umunsi bagiye mu mihango; bityo rero byaba byiza kubitekerezaho mbere y'igihe ukiha gahunda y'uko uzabyitwaramo. Sobanura kandi ko uyu mwitozo ufiteye akamaro n'ababa baragiye mu mihango kuko bishoboka ko batazi ibyo bakeneye kumenya byose.

Ku masomo yabanje, **urutonde rw'ibibazo bashobora kukubaza n'ibisubizo byabyo** si igice cy'ingenzi cy'isomo. Gusa iyo abahugurwa babajije ibibazo rugufasha kubibonera ibisubizo. Isomo rya 4 ryo ni umwihariko kuko n'ubwo abahugurwa batabaza ibibazo biri kuri ruriya rutonde urasabwa gushaka uko ubikomozaho maze mukaganira ku bikubiyemo. Uru rutonde rugizwe n'ibibazo abangavu bakunda kwibaza kandi byaba byiza abahugurwa bamenye ibisubizo byabyo. Kora ibishoboka iri somo ritangwe mu bwisanzure buhagije kandi wite by'umwihariko ku bakobwa baba bagira isoni zo kubaza ibibazo no gutanga ibitekerezo.

N'ubwo mu rutonde rw'ibibazo rukurikira nta kibazo kihariye kirebana n'ihohoterwa ry'abana kirimo, abahugurwa bashobora kubaza bene ibyo bibazo kuko bamwe muri bo bashobora kuba barahuye n'ihohoterwa ritandukanye nk'iribabaza umubiri cyangwa irishingiye ku gitsina, kuba barasambanyijwe n'abantu bo mu miryango yabo, cyangwa se barasambanyijwe n'undi muntu uwo ari we wese. Bityo rero, ni ngombwa ko ubereka ko wumva ibibazo byabo, ugasobanura ko nta muntu n'umwe ugomba gukorera ihohoterwa ryaba iribabaza umubiri cyangwa irishingiye ku gitsina kandi ugahumura ababa barahuye n'iri hohoterwa ubumvisha ko nta ruhare babigizemo ko ari ibyago bahuye na byo. Kenshi iyo abana bahohotewe bicira urubanza bakumva ko babigizemo uruhare bigatuma nta muntu babwira ibyo bahuye na byo. Ariko umuntu mukuru bizeye, nk'umubyeyi, umukozi wo muri serivisi z'ubuzima, umwarimu cyangwa umuyobozi wo mu idini ashobora kubafasha muri ibyo bibazo. Umuntu wese uhuye n'ihohoterwa ryo mu bwana, ihohoterwa rishingiye ku gitsina, gusambanywa n'abantu bo mu miryango we, gukoreshwa imibonano mpuzabitsina ku gahato cyangwa se undi ukeka ko hari umwana wahuye n'ibi bibazo agomba kubimenyesha byihuse inzego zibishinzwe kugirango uwahohotewe atabarwe. Inzego zakwiyambazwa ni ibigo bitanga serivisi z'ubuzima, umuyobozi w'ishuri, umwarimu, imiryango y'iterambere ry'abagore, ubuyobozi bw'idini, polisi, inzego z'ubutabera, n'izindi.

Ikibazo. Ni gute umukobwa amenya ko ari hafi kubona imihango ye ya mbere?

Igisubizo. Nta muntu n'umwe umenya neza igihe nyacyo azagira mu mihango. Benshi mu bakobwa bayijyamo bafite hagati y'imyaka 12 na 16; ukoze impuzandengo usanga ikigero gihuriweho na benshi ari hagati y'imyaka 12 na 13. icyafasha umukobwa ni ukwitegereza ibimenyetso. Kumera incakwaha no kuzana ururenda mu nda ibyara ni bimwe mu bimenyetso byerekana ko umukobwa ari hafi kubona imihango ye ya mbere.

Ikibazo. Byagenda bite umukobwa atigeze ajya mu mihango?

Igisubizo. Imihango ishobora gutinda ariko igashyira ikaza; nyamara

kandi umukobwa agize imyaka 16 atarayibona yajya kwa muganga.

Ikibazo. Ni iki gitera ububabare umuntu agira iyo ari mu mihango?

Igisubizo. Iyo umuntu ari mu mihango, umura uriyegegeranya ukongera ukirekura usa n'ukamura amaraso awurimo ngo asohoke. Bamwe mu bagore n'abakobwa bararibwa cyane, bikubayeho wafata ikinini cy'asipirini, ugakora siporo, ukiyuhagira amazi ashyushye cyangwa ukishyira ku nda ibitambaro byinitse mu mazi ashyushye.

Ikibazo. Ese abandi bashobora kumenya ko uri mu mihango?

Igisubizo. Oya. Kereka gusa ari wowe ubyivugiye kuko ni ibanga ryawe. Iyo umukobwa agiye mu mihango bwa mbere, ni ngombwa ko abibwira umuntu yizeye nka mama, papa we cyangwa mukuru we cyangwa se undi muntu mukuru afiteye icyizere, bityo abe afite uwo yajya abaza ibibazo byose yagira.

Ikibazo. Hari ibiryo umuntu abujijwe kurya igihe ari mu mihango?

Igisubizo. Ntabwo. Kwemeza ko hari ibiryo umuntu abujijwe kurya igihe ari mu mihango nta shingiro bifite.

Ikibazo. Ni ukubera iki imihango itazira igihe kimwe buri kwezi?

Igisubizo. Iyo umukobwa agiye mu mihango bwa mbere bisaba imyaka ibiri cyangwa irenga kugirango ukwezi kwe kureke guhindagurika. Muri icyo myaka ibiri imisemburo iriyongera cyangwa ikagabanuka ku buryo irekurwa ry'intanga ritabera igihe kimwe buri kwezi, ibi bigatuma iminsi iri hagati y'imihango n'indi, ingano y'amaraso ava, ndetse n'iminsi umuntu amara mu mihango bihindagurika buri kwezi. Abakobwa bashobora guhangayikishwa n'itandukaniro riri hagati y'ukwezi kwabo n'ukwa bagenzi babo, bashobora kandi guhangayika igihe nyuma y'imihango ya mbere birengeje amezi abiri cyangwa atatu nta yindi babonye. Nyamara ibi ni ibintu bitagomba kubahangayikisha kuko birasanzwe.

Ikibazo. Ese umukobwa w'isugi ashobora gukoresha ipamba?

Igisubizo. Yego. Isugi ni umukobwa utarakora na rimwe imibonano mpuzabitsina ariko inda ibyara ye kimwe n'iy'abandi ifite umwenge imihango isohokeramo kandi uwo mwenge ni wo bacengezamo ipamba.

Isomo rya 4

Ikibazo. Ni ukubera iki nyewe na mukuru/murumuna wanjye tugira mu mihango rimwe buri kwezi?

Igisubizo. N'ubwo bitumvikana neza ariko nta gitangaza kirimo ko abagore babana bagira mu mihango rimwe. Umukobwa ashobora kugira mu mihango rimwe n'abavandimwe, nyina n'izindi nshuti babana.

Ikibazo. Mfite ubwoba bwo kujya mu mihango. Ese birababaza?

Igisubizo. Kujya mu mihango ubwabyo ntibibabaza. Ariko nk'uko twabibonye, abagore bamwe baribwa mu nda cyangwa se bakagira ibindi bimenyetso bibanziriza imihango. Umugore ntagomba kugira ubwoba bwo kujya mu mihango kuko ni ikintu kigomba kubaho mu buzima bwe.

Ikibazo. Nakora iki igihe ngiye mu mihango bwa mbere?

Igisubizo. Niba waramenye mbere uko umukobwa ugiye mu mihango abyitwaramo bizagufasha kuko ntuzabura uko wifata cyangwa ngo ugire ubwoba. N'ubwo yaza utiteguye ntugire ubwoba kuko mwarimu wawe, abantu bo mu muryango wawe ndetse n'abayobozi b'urubyiruko bakugira inama y'ibyo wifashisha ngo utiyanduza.

Ikibazo. Nakora iki igihe umuntu ankozeho nkumva bimbangamiye?

Igisubizo. Umubiri wawe ni wowe uwufiteho ijamba mbere y'abandi bityo rero ntawe ugomba kugukoraho mu buryo bukubangamiye. Ufite uburenganzira bwo kumusaba kureka kugukoraho, ikindi kandi niba bikubayeho zirikana ko atari ikosa ryawe ahubwo biganirize abantu bakuru wizeye kugeza igihe uboneye ugufasha kuva muri iki kibazo.

Ikibazo. Byagenda bite igihe umugabo cyangwa umugore yifuza gukorana imibonano mpuzabitsina n'undi utabishaka?

Igisubizo. Imibonano mpuzabitsina ni igikorwa kigamije gushimisha abayikora kandi bagomba kuba babyumvikanyeho. Umugabo cyangwa umugore ntagomba guhatirwa imibonano mpuzabitsina cyangwa ikindi gikorwa cyose kibera ku mubiri we igihe atagishaka. Mbere y'uko umuntu agukoraho agomba kubanza kukubaza niba ubyemeye. Ikindi kandi niba uburyo agukozeho bukubangamiye kandi utabimwemerereye, shaka uko wabona ugufasha kwikura muri icyo kibazo.

Umwitozo mu matsinda (Iminota 10)

Saba abahugurwa gutekereza ku murimo cyangwa ikindi kintu bakunda bakubwire uko baba bamerewe iyo barimo gukora uwo murimo, kurya icyo kintu cyangwa bagifite mu ntoki. Basabe ko basobanura neza umunezero babikuramo. Nyuma ubabaze niba hari umunezero udasanze bajya bumva iyo bikoze ku bice bimwe na bimwe by'umubiri, nk'imyanya ndangagitsina. Ubabaze n'uko icyo gikorwa kibyara bene uwo munezero cyitwa. Nibasubiza ko ari ukwikinisha, usobanure icyo ari cyo ndetse n'impamvu bibaho. Shimangira ko bamwe mu baganga bemeza ko kwikinisha ari igikorwa gisanze mu buzima ariko ko kenshi imico n'amadini bibirwanya. Shishikariza abahugurwa kuvuga ibyo bumvise byose ku birebana no kwikinisha, kora uko ushoboye muvuge kuri izi mpuha ndetse n'izindi zaba ziboneka aho mutuye, maze ubonereho kuzinyomoza:

- Kwikinisha bitera ibibazo byo mu mutwe.
- Kwikinisha bitera kumera ubwoya mu biganza, bitera ibihari mu maso, cyangwa bitera ubuhumyi.
- Kwikinisha bitera abakobwa kugira irari rikabije ry'imibonano mpuzabitsina
- Kwikinisha bitera uruhu guhisha kandi bimara intanga mu mubiri w'umuhungu.
- Kwikinisha bigabanya imbaraga kandi bituma umugabo atabyara.
- Kwikinisha bituma utongera kwifuza gukora imibonano mpuzabitsina n'uwo mudahuje igitsina.

Icyitonderwa ku uhugura (Facilitator Note)

Kuganira ku mpuha zivugwa ku bijyanye no kwikinisha bituma abahugurwa bumva kwikinisha nk'ibazo gihuriweho n'abantu benshi. Mu muco wanyu hashobora kuba hari izindi mpuha zitari ziriya, zongere ku rutonde.

Nyuma yo gukora umwitozo, sobanurira abahugurwa icyo kwikinisha ari cyo. Kwikinisha ni ukwikirigita, kwikorakora ku myanya ndangagitsina —imboro, inda ibyara n'amabere—ugamije kubikuramo umunezero nk'uva mu mibonano mpuzabitsina. Abagabo n'abagore bese bashobora kwikinisha ngo babone uwo munezero. Abahungu bashobora gukorakora igitsina cyabo (imboro) kugera basohoye. Abakobwa nabo bashobora kwikorakora mu gitsina bigatera ububobere mu nda ibyara ndetse bakaba barangiza. Abantu benshi baba abagabo cyangwa abagore bemeza ko mu buzima bwabo bagize igihe cyo kwikinisha. Kugeza ubu nta bushakashatsi buremeza ko

kwikinisha bitera ibibazo mu mutwe cyangwa ku mubiri. Kwikinisha bishobora kuba ikibazo cyakemurwa na muganga igihe bituma umubiri w'ubikora udakora uko bikwiye cyangwa se igihe umuntu abikorera mu ruhame. Ariko kandi imico n'amadini birwanya byimazeyo kwikinisha; buri wese rero niwe ugomba kwifatira icyemezo cyo kubikora cyangwa kubireka.

Ibando ku ngingo zikurikira (Stress the Following)

- Kenshi kwikinisha niyo nzira ya mbere umuntu akuramo umunezero uva mu mibonano mpuzabitsina.
- Benshi mu bahungu n'abakobwa batangira kwikinisha iyo bageze mu bugimbi n'ubwangavu.
- Bamwe mu bakobwa n'abahungu ntibajya bikinisha na rimwe.
- Kwikinisha nta cyo byangiza ku bwonko cyangwa ku mubiri.
- Kenshi imico n'amadini birwanya kwikinisha. Niba hari ufite ikibazo ku buryo idini rye ribona ibyo kwikinisha yabaza abayobozi baryo.

Shimira abitabiriye amahugurwa umurava bagaragaje kuko n'ubwo bitorohere abantu kuvuga ku bice by'umubiri wabo, washimye uburyo bo babyitwayemo.

Igice cy'5

Impanuro duhabwa tukiri bato n'ingaruka zigira ku myitwarire yacu – Ibihuha n'ibindi bintu bitandukanye bivugwa ku bantu hashingiye ku gitsina cyabo⁴

Kungurana ibitekerezo muri rusange (Iminota 30)

Saba abahugurwa kwibuka impanuro zose bahawe n'ababyeyi, abarimu, abandi bantu bakuru ndetse na bagenzi babo ku bijyanye n'imyitwarire abahungu n'abakobwa bakwiye kugira mu birebana n'umunezero uva mu mibonano mpuzabitsina no mu birebana no gutwita. Saba abahugurwa kwandika izo mpanuro ku mpapuro nini bifashishije interuro zikurikira:

⁴ Cet exercice est tiré de: Gender and relationships: a practical action kit for young people. Commonwealth Secretariat and Healthlink Worldwide

ABAKOBWA NI...

Abagore bagomba...

Abagabo bakunda abagore bameze....

Abakobwa bakora ...

Biba byiza iyo aba...

Abakobwa bafite uburenganzira bwo.....

Koresha umwitozo nk'uyu wo hejuru, bifashishe izi nteruro:

ABAHUNGU NI:

Abagabo bagomba....

Abagore bakunda abagabo bameze.... cyangwa bakora...

Abahungu ni...

Biba byiza iyo abagabo...

Abahungu bafite uburenganzira bwo

Vuga itandukaniro ryatanzwe riri mubutumwa bwatanzwe n'abahungu n'ubwatanzwe n'abakobwa. Basabe kukubwira impanuro babona ko zagize akamaro mu myitwarire yabo n'izo babona ko zagize ingaruka ku myitwarire yabo. Ni izihe mpanuro zipfobya agaciro kawe imbere y'abo mudahuje igitsina? Hakorwa iki ngo bene iyo mitekerereze ihinduke?

Isomo ry'2

Isuku n'ubugimbi/ubwangavu

Intego

Nyuma y'iri somo abarikurikiye bazashobora:

1. Gusobanukirwa n'impamvu isuku igomba kwiyongera mu gihe cy'ubugimbi n'ucy'ubwangavu.
2. Gusobanura uburyo bwo kugira isuku mu bugimbi n'ubwangavu.



Imfashanyigisho

- Udukarita two kwandikaho
- Impapuro nyinshi nini
- Marikeri



Mbere yo gutanga isomo

- Soma neza **incamake y'isomo rya 5** (urupapuro rwa 120).
- Soma neza ibikubiye muri buri gice mu bigize isomo. Tekereza ku buryo uribwigishe buri gice kandi n'ibyo wakongera ku isomo ngo rirusheho kumvikana.
- Teganya udukarita two kwandikaho turi bukenerwe mu gice cya 2 nkuko bigaragarazwa.
- Himba itangazo ryo kwamamaza cyangwa indirimbo uri bukoresha nk'urugero mu kwigisha igice cya 2.



Igihe

Icyigwa

Iminota

Igice cya 1: Kugirira isuku umubiri wawe	15
Igice cya 2: Kwamamaza no gucuruza ibikoresho by'isuku y'umubiri wacu	45
Igice cya 3: Ibibazo n'ibisubizo – isuku ya buri muni	30
Igice cya 4: Dutahanye iki?	10

IMINOTA YOSE HAMWE

100

Kugirira isuku umubiri wawe**Kungurana ibitekerezo muri rusange
(Iminota 15)**

Mu gutangira isomo baza abahugurwa ibibazo ubonereho gutangira isomo rishya:

- Mu masomo yabanje twaganiriye ku mpinduka ziba ku mibiri yacu mu gihe cy'ubugimbi n'ubwangavu, ese hari ubwo izo mpinduka zidusaba kugirira isuku imibiri yacu uko tutajyaga tubigenza? Sobanura igisubizo cyawe.
- Ni kuki ari ngombwa kugirira isuku ibice bigize umubiri wacu?
- Wakora iki ngo buri gice cy'umubiri wawe gihorane isuku?

Ujye ubibutsa ibyo bibagirwa haba mu bice bigize umubiri cyangwa se imiterere yawo (*mu maso, umusatsi, amenyo, impumuro, imyanya ndangagitsina*).

Kwamamaza ibikoresho by'isuku y'umubiri**Umwitoto mu matsinda mato
(Iminota 45)**

Gabanya abahugurwa mu matsinda ya babiri cyangwa se amatsinda mato maze buri tsinda urihe gukora kuri imwe mu ngingo zikurikira. Wifashishije ubutumwa bw'ingenzi bw'isomo rya gatanu. Tegura agakarita kajyanye na buri ngingo wandikeho ibitekerezo by'ingenzi bijyanye nayo maze ugahe itsinda rifite gukora kuri iyo ngingo (cyangwa se ufotorere buri tsinda uru rupapuro).

- Kwiuhagira
- kugira impumuro nziza
- Umusatsi
- Amenyo no mu kanwa
- Imyenda y'imbere
- Imyanya ndangagitsina (Abahungu)
- Imyanya ndangagitsina (Abakobwa)

Saba buri tsinda gusoma neza ibyanditse ku gakarita bahawe.

Buri tsinda rirasabwa guhimba itangazo ryo kwamamaza ryanyura kuri televiziyo, radiyo, cyangwa ikinyamakuru ryamamaza igikoresho gishya cyangwa uburyo bushya bwo kugirira isuku igice cy'umubiri bahawe gukoraho. Urugero, itangazo rishobora kuba igishushanyo gisobanura neza ibyo umuntu yakora ngo agire impumuro nziza. Shishikariza abahugurwa kuvumbura no kureba kure. Urugero, bashobora kuvumbura igikoresho gishya bakishyira mu mwanya w'abashakashatsi

mu bintu runaka; bashobora no guhimba uburyo umuntu yajya yoza amenyo abyina; cyangwa se bagahimba rap ikangurira abantu kugira isuku. Bereke itangazo cyangwa indirimbo wahimbye barebereho. Nibarangiza umwitozo usabe buri tsinda kugeza ku bandi ibyo ryakoze.

Igice cy'3

Ibibazo n'ibisubizo- Duhorane isuku

Umukino mu matsinda abiri (Iminota 30)

Gabanya abahugurwa mu matsinda abiri. Saba itsinda rya 1 gusubiza kimwe mu bibazo bikurikira. Itsinda rihabwa amasegonda 30 yo gusubiza. Niba igisubizo ritanze aricyo, itsinda riba ribonye inota rimwe, niba igisubizo atari cyo icyo kibazo kibaze abo mu itsinda rya 2. Komeza utyo kugera igihe ibibazo byose bisubijwe neza. Itsinda rigira amanota menshi riba ryatsinze irindi.

1. Ni ibiki abakobwa n'abahungu bakoresha mu gukarabya imyanya ndangagitsina yabo? (*Isabune n'amazi.*)
2. Umuhungu udakebye ni gute yakarabya igitsina (imboro) cye? (*Yakwegura igihu buhoro maze agakarabya umutwe w'igitsina.*)
3. Ni ubuhe buryo bwiza bwo gukemura ikibazo cy'ibiheri warwara mu maso? (*Gukaraba mu maso nibura kabiri ku munsu ukoresheje isabune n'amazi.*)
4. Ni ubuhe buryo bwagufasha guhorana isuku? (*Igisubizo kiraterwa n'uburyo mukoresha mu gihugu cyanyu- kwihanagura, kwiuhagira....*)
5. Ni ubuhe buryo bwiza bwo koza amenyo? (*Igisubizo kiraterwa n'uburyo mukoresha mu gihugu cyanyu*)
6. Ni kuki twoza amenyo? (*Kuyarinda indwara no kuyagirira isuku.*)
7. Kuki tugomba kwambara imyenda y'imbere isukuye? (*Kurinda indwara imyanya ndangagitsina yacu no kuyigirira isuku.*)
8. Ni ryari ukaraba intoki? (*Mbere yo kurya, nyuma yo kurya na nyuma yo kuva mu bwihereho.*)
9. Kubera iki igihe cyose uvuye mu bwihereho ugomba gukaraba intoki? (*Kwirinda gukwirakwiza za mikorobe zanduzi.*)
10. Ese abagore bemerewe gutera imibavu cyangwa kuhagira mu nda ibyara? Sobanura igisubizo cyawe (*oya, kuko byatera ubwumagare, uburyaryate n'uburwayi mu nda ibyara.*)

Dutahanyeho iki?**(Iminota 10)**

Soza isomo wibanda kuri ibi:

- Isuku ni isoko y'ubuzima; bityo rero tugomba kurangwa no kugira isuku mu bikorwa byacu bya buri muni.

Ibanga ku ngingo zikurikira

Shimira abitabiriye amahugurwa umurava bagaragaje kuko n'ubwo bitorohere abantu kuvuga ku bice by'umubiri wabo; washimye uburyo bo babyitwayemo.

**Ibibazo n'ibisubizo**

Ikibazo. **Mukuru wanjye yambwiye ko ari byiza gutera umubavu no kuhagira mu nda ibyara kuko birwanya impumuro mbi. Ese koko nta kibi kibirimo?**

Igisubizo. Ni bibi, kuko byatera ubwumirane, uburyaryate n'uburwayi mu nda ibyara. Bamwe mu bagore bashyira imibavu mu nda ibyara kuko badashimishwa n'impumuro y'ururenda ruyivamo. Nyamara urwo rurenda ni ibintu bisanzwe mu buzima bw'umugore bityo rero ntagomba gushaka kuruhagarika akoresheje imibavu cyangwa ibindi ibyo aribyo byose.

Ikibazo. **Namesa mu mutwe nibura kangahe mu cyumweru?**

Igisubizo. Biterwa n'uko imisatsi yawe imeze ndetse n'aho muba. Niba imisansi yawe izana imvuvu cyangwa se mukaba mutuye ahanu haba ivumbi, cyangwa se ukaba ubira ibyuma cyane (nk'urugero ukaba ukora siporo), icyo gihe mushobora kumesa mu mutwe buri muni, cg buri muni ibiri cg se itatu. Niba uruti rw'imisatsi yanyu rusa n'urwumagaye, icyo gihe mushobora kumesamo rimwe mu cyumweru.

Ikibazo. **Ese abagabo bese bogosha ubwanwa?**

Igisubizo. Oya. Hari abagabo bamwe bareka ubwanwa bwabo ntibabwogoshe ariko kandi hari n'abatabwogosha kuko batagira bwinshi.

Ikibazo. **Hari icyo bitwaye kumena igihari cyo mu maso?**

Igisubizo. Ni byiza kwirinda kumena ibihari biza mu maso kuko bishobora gutuma hinjiramo mikorobe kandi kubimena ninabyo bizana inkovu.

Isomo ry' 5

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omo rya gat

mayasha, no mu kibuno ukoresheje isabune n'amazi buri muni. Ku bahungu badakebye ni ngombwa ko begura igihu bagakaraba neza aho gitwira. Umuhungu yaba akebye cyangwa adakebye ni ngombwa ko buri muni yuhagira neza igitsina cye (imboro) n'ibice bikikije innyo.

Imyanya ndangagitsina (Abakobwa)

Abakobwa bagomba gukaraba neza ibice bikikije igitsina cyabo (igituba) n'innyo bakoresheje isabune n'amazi buri muni. Imbere mu nda ibyara harisukura ho ubwaho, bityo rero ntugomba kuhakaraba keretse igihe wabitegetswe na muganga. Byaragaragaye ko bamwe mu bakobwa n'abagore bakaraba mu nda ibyara bakoresheje amasabune ahumura ndetse bamwe bakanateramo imibavu; nyamara ibi byose ntibikenewe kandi byakwangiza ubuzima kuko bishobora guhindura imiterere y'amatembabuzi aya mu nda ibyara kandi bikaba byanatera uburwayi. Nyuma yo kwituma abakobwa bagomba kwihanagura baturuka imbere bagana inyuma; baba bakoresha urupapuro rw'isuku, urupapuro rusanzwe, amazi, ibyatsi cyangwa ibibabi bagomba kwirinda kwihanagura baganisha imbere kuko byatuma bakura mikorobe mu nnyo bazerekeza mu nda ibyara cyangwa mu muyoboro w'inkari. Ikindi kandi abakobwa bagomba kwihatira guhindura ibyo bambara (kotegisi cyangwa ibindi) iyo bari mu mihango.

Isomo ry'5



Umukoro wo mu muryango

Abahugurwa bagomba kuganira n'ababyeyi babo ibyo bize kandi bakababaza ibibazo baba bafite. Basabe kwandika ibintu batekereza ko byabera imbogamizi ingimbi n'abangavu mu guhorana isuku.

Isubiramo

Intego

Nyuma y'iri subiramo abitabiriye amahugurwa:

1. Baraba bongereye ubumenyi k'ubwo bari basanzwe bafite ku myororokere y'abagore.
2. Baraba bongereye ubumenyi k'ubwo bari basanzwe bafite ku myororokere y'abagabo.
3. Baraba bashishikarijwe ku kamaro ko kutihutira gutangira gukora imibonano mpuzabitsina n'abandi bantu.
4. Baraba basobanukiwe ku akamaro k'isuku y'umubiri no kuwurinda maze bazavemo abantu bakuru barangwa n'ubuzima bwiza.



Imfashanyigisho

- Impapuro ntoya cyangwa udukarita two kwandikaho (bihagije kuko hakenewe iby'imyitozo ibiri itandukanye)
- Igitebo cyangwa ingofero binini
- Kopi z'inkuru ya Helena na Fred (iri inyuma y'igice cya kane) zingana n'abahugurwa
- Impapuro nini nyinshi
- Marikeri



Mbere yo gutanga isomo

- Soma buri gice mu bigize isomo. Tekereza ku buryo uzigisha buri gice ndetse n'ubundi bumenyi wumva ari ngombwa kongerwa ku isomo kugirango risobanuke neza.
- Andika ibibazo biri mu gice cya 1 cy'iri somo ku mpapuro cyangwa udukarita ubishyire mu gitebo cyangwa ingofero. Ongeramo ibindi bibazo byose bijyanye n'amasomo mwize kandi wumva abahugurwa bakeneye kunononsora.
- Korera buri wese mu bahugurwa kopi y'inkuru ya Helena n'ya Fred, uyihe buri wese.



Igihe

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Igice cya 1

Isubiramo ku burumbuke

Umukino mu matsinda manini (Iminota 20)

Andika ku dupapuro cyangwa udukarita ibibazo bikurikira maze udushyire mu gitebo cyangwa ingofero. Gabanya abahugurwa mu matsinda abiri maze usabe buri wese gufata agapapuro mu gitebo cyangwa mu ngofero. Umwe mu bagize itsinda rya 1 asomera bagenzi be bo mu itsinda ikibazo yafashe maze bakagishakira igisubizo. Iyo bagisubije neza bahabwa inota rimwe. Genda usimburanya amatsinda kandi uhe buri wese umwanya wo kubaza ikibazo. Zirikana ko ari ngombwa gushishikariza abahugurwa kurushanwa kuko bituma barushaho kunguka ubumenyi.

1. Gusama ni iki? *(Ni uguhura kw'intanga ngore n'intanga ngabo.)*
2. Imihango ni iki? *(Ni ugusohoka kw'intanga ngore itahuye n'intanga ngabo ndetse n'ibyo umura wari wateguriye kwakira urusoro, bisohokera mu nda ibyara.)*
3. Ni iki kiranga umunsi wa mbere w'ukwezi k'umugore? *(Ajya mu mihango.)*
4. Ukwezi k'umugore kurangira ryari? *(Ku munsi ubanziriza uwo aboneraho indi mihango.)*
5. Irekurwa ry'intanga ni iki riba ryari? *(Ni igihe intanga ngore iva mu gasabo k'intanga. Biba hafi muri kimwe cya kabiri cy'ukwezi k'umugore.)*
6. Ese umugore ashobora gusama ku munsi uwo ari wo wose w'ukwezi kwe? *(Oya.)*
7. Ese umugore ashobora gusama akoze imibonano mpuzabitsina bwa mbere? *(Yego.)*
8. Iminsi y'uburumbuke ni iki? *(Ni iminsi umugore aba ashobora gusama.)*
9. Iminsi itari iy'uburumbuke ni iki? *(Ni iminsi umugore aba adashobora gusama.)*

Isomo rya 6

10. Nyuma yo kugera mu bugimbi, umugabo aba afite ubushobozi bwo gutera inda buri munsu? (*Yego, ashobora kubyara kugera igihe apfiriye.*)
11. Ni bande bagera mu bugimbi/ubwangavu mbere hagati y'abakobwa n'abahungu? (*Benshi mu bakobwa batangira ubwangavu mbere ho imyaka 2 ugereranyije n'abahungu, ariko ntibivuze ko abahungu basigara inyuma mu mikurire.*)
12. Ni gute abahungu badakebye bakarabya neza ibitsina (imboro) byabo? (*Begura igihu maze bagakarabya bitonze aho kiba gitwikiriye.*)
13. Ni ikihe gice cy'umubiri w'umugore intanga ngabo ihuriramo n'intanga ngore (*Umuyoborantanga.*)
14. Ururenda rufite akahe kamaro? (*Rufasha intanga ngabo kwinjira mu nda ibyara zigakomeza zigana mu mura.*)
15. Ese abahungu bose bioteraho? (*Oya. Ariko abenshi ni abo bibaho kandi ni ibintu bisanzwe.*)
16. Ese umugore akomeza kujya mu mihango ubuzima bwe bwose? (*Oya. Iyo amaze gucura ntaba akijya mu mihango*)
17. Ni izihe mpinduka zishobora kuba mu mubiri w'umugore mbere cyangwa se mu gihe cy'imihango? (*Kuribwa mu nda, kubyimba inda, kwiyongera ibiro, kumva ararikiye ibiryo bimwe na bimwe, kugira uruhu rukanyaraye cyangwa ruriho ibihari, kurwara umutwe, n'ibindi.*)

Igice cy'2

Inkuru ku burumbuke⁵

Umwitoto mu matsinda mato (Iminota 25)

Tangira ubwira abahugurwa ko ukeneye kumenya ibyo bibuka ku bugimbi n'ubwangavu, by'umwihariko imihango ku bakobwa no kwiteraho ku bahungu. Babwire ko ufite inkuru ziburamo ibintu ushaka ko buzuzamo bifashishije ubumenyi bwabo kuburyo inkuru iba iryoheye amatwi. Basabe kwigabanya mu matsinda ya bane cyangwa batanu kandi buri tsinda rihitemo uzajya yandika ibitekerezo byabo. Ha buri tsinda kopi z'inkuru ya Helena n'ya Fred maze ubasabe kuzuza amagambo akwiye ahagiye harimo imyanya. Nyuma y'iminota 10 saba buri mwanditsi w'itsinda gusoma inkuru ya Helena uko bayujuje ndetse n'ya Fred. Nibarangiza utange umwanya wo kungurana ibitekerezo mwibanda kuri ibi bikurikira:

- Ni iyihe nkuru yari yoroshye kuyuzuzwa? Kubera iki?
- Ugize ikibazo ku bugimbi/ubwangavu wakibaza nde?
- Ese abantu bakwiye kwitwara mu buryo butandukanye n'ubwa Helena cyangwa Fred? Kubera iki?

5. Center for Population Options. When I'm Grown: Life Planning Education for Grades 5 and 6. (Washington: Center for Population Options, 1991) 11.

Uruhurirane mu kwezi k'umugore**Umwitoto mu matsinda mato
(Iminota 15)**

Gabanya abahugurwa mu matsinda ya batandatu. Ha buri tsinda udukarita kuri buri gakarita handitseho imwe mu nteruro zikurikira

- Umugore akajya mu mihango.
- Umura utegura icyari cy'urusoro.
- Intanga irahisha.
- Intanga iva mu gasabo k'intanga.
- Umura usohora intanga itahuye n'intanga ngabo.
- Intanga ngabo ntihura n'intanga ngore.

Buri muntu agomba gufata nibura agakarita. Sobanura ko utwo dukarita twerekana ibiba mu kwezi k'umugore maze usabe ko bakora umurongo ku buryo udukarita bafite tuba dukurikiranye nk'uko impinduka zo mu kwezi k'umugore zikurikirana.

Icyitonderwa ku uhugura

Udukarita dukurikirana gutya:

1. Intanga irahisha.
2. Intanga iva mu gasabo k'intanga.
3. Umura utegura icyari cy'urusoro.
4. Intanga ngabo ntihura n'intanga ngore.
5. Umura usohora intanga itahuye n'intanga ngabo.
6. Umugore akajya mu mihango

Isomo rya 6

Kugaragaza ibyiyumviro**Umwitoto mu matsinda mato
(Iminota 30)**

Tangira iki gice usobanura ko hari amoko atandukanye y'urukundo ndetse n'uburyo bunyuranye bwo kwereka umuntu ko umukunda. Amwe muri ayo moko y'urukundo ni urukundo hagati y'abana n'ababyeyi cyangwa abavandimwe, urukundo hagati y'inshuti n'urukundo rwiheriye hagati y'umukobwa n'umuhungu. Ni gute wereka umuntu ko umukunda? Ni gute wereka ababyeyi bawe ko ubakunda? Abavandimwe bawe? Inshuti zawe? Inshuti yawe yihariye y'umukobwa cyangwa umuhungu? Kumuganiriza, kumusekera, kumusoma, kumuhobera no kumukoraho ni bimwe mu byo umuntu akorera uwo akunda.

Gabanya abahugurwa mu matsinda mato ya batatu cyangwa bane. Saba buri tsinda gushushanya umutima munini ku rupapuro runini maze bandike muri uwo mutima ibintu byose bumva byakwereka umukobwa cyangwa umuhungu ko undi amukunda. Bimwe mu byo bazandika ni ahantu ho gutemberera, ibikorwa bakora, impano umwe yaha undi. Saba buri tsinda gusomera abandi ibyo ryanditse maze ubabaze itsinda babona ryanditse ibintu bishimishije kandi byoroshye kubikora kurusha ayandi. Ifashishe urutonde rukurikira. Basobanurire ko mu bihe bizaza imibiri n'ibiyumviro byabo bizahura n'impinduka nyinshi kandi zikomeye. Shimangira ko n'ubwo bamwe bashobora kuba baratangiye guhura na zimwe muri izo mpinduka hakiri urugendo kuko barimo kuva mu bwana baba abantu bakuru. Bibutse ko imibiri yabo irimo gukura kandi ko bashobora kuba bagira ibyifuzo nk'iby'abantu bakuru nko mu bijyanye no gusomana cyangwa gukuyakuyana ariko ko batarakura ku buryo bubahiriza ibyo byifuzo.

Ingero z'ibikorwa bazandika mu mutima

- Guseka
- Gukina cyangwa kumva umuziki
- Kwandika
- Kubyina
- Gukora siporo
- Gusura umuryango
- Kureba tiyatiri
- Gutembera
- Kuganira
- Kureba filimi
- Kuja guhaha
- Gukina imikino yo muri mudasobwa
- Kureba izuba rirenga
- Kurya shokola
- Kuja kureba inshuti

Ibando kuri izi ngingo

Shimira abitabiriye amahugurwa umurava bagaragaje. Uabwire ko bagize ibindi bibazo bazabikubaza cyangwa bakabibaza undi muntu mukuru bizeye. Bizeze ko muzahora mwiteguye kwakira ibibazo byabo igihe cyose.

IMFASHANYIGISHO J:

Inkuru ya Helena

Inkuru ya Helena iraburamo amagambo ngo yuzure. Shaka ayo magambo ugende uyandika mu mwanya urimo ubusa. Iki ntabwo ari ikizami, bityo rero ntuhangayikishwe no gushakisha ibisubizo nyabyo.

Helena afite imyaka 12. Nyuma yo gusobanukirwa ibijyanye n'imihango abikesha

ihugurwa ku buzima bw'imyororokere, yumvaga _____ kujya mu

mihango. Umunsi umwe agiye mu bwiherero abona _____. Yari

yagiye mu mihango. Helena yumvise _____

_____.

Ajya muri _____ kugura _____ kugirango

atiyanduza. Amasomo arangiye yihutiye kujya kubibwira _____

_____.

Helena yakekaga ko azamara mu mihango iminsi _____ ariko yashakaga

kubisobanuza neza.

_____.

Kubera ko imihango yari yaje noneho Helena yari yishimiye ko _____

_____.

Ikintu kidasanzwe cyabaye kuri Helena. Ni ukuvuga ko yari

_____.

IMFASHANYIGISHO K: Inkuru ya Fred

Inkuru ya Fred iraburamo amagambo ngo yuzure. Shaka ayo magambo ugende uyandika mu mwanya urimo ubusa. Iki ntabwo ari ikizami, bityo rero ntuhangayikishwe no gushakisha ibisubizo nyabyo.

Umunsi umwe mu gitondo Fred akangutse yabonye ko yaraye yiroteyeho. Ibi yari abisobanukiwe kuko _____

_____. Fred yibutse ko kwiroteraho bisobanura _____

N'ubwo Fred ku ishuri bari baramusobanuriye ko kwiroteraho ari ibintu bisanzwe, yumvaga abangamiwe n'uko _____

Ku rundi ruhande, Fred yumvaga yishimiye ko _____

Umunsi wose Fred yiriwe atekereza byinshi bijyanye no kwiroteraho. Kimwe mu bibazo yibazaga ni _____

Kugirango akibonere igisubizo, yiyemeje kubaza _____

Ikintu kidasanzwe cyari cyabaye kuri Fred. Ni ukuvuga ko yari _____

Isuzuma: Wungutse ubuhe bumenyi?

Ushobora kwifashisha iri suzuma kugirango umenye ubumenyi abakobwa n'abahungu bakuye mu nyigisho ku Imihindukire y'umubiri wanjye. Basabe kukubwira impinduka bize ko ziba ku bakobwa n'abahungu mu bwangavu n'ubugimbi. Soma interuro zikurikira ugenda buhoro kugirango ujyane n'abahugurwa kandi ubasobanurire aho batumva, unakosora ibyiyumviro bafite bitari byo.

Interuro	Nibyo	Sibyo
Amasohoro akorerwa mu mboro		X
Kwiroteraho ni ikintu gihuriweho n'ingimbi nyinshi	X	
Amasohoro abamo amatembabuzi n'intanga ngabo	X	
Igihe cyose umugabo ashyutswe ni ngombwa ngo asohore		X
Amabere y'umuhungu ntacyo ahindukaho mu bugimbi		X
Abagabo bageze mu myaka 60 ntibaba bagisohora		X
Ibizigira by'umuhungu ugeze mu bugimbi biriyongera kandi akaba muremure	X	
Gukebwa bikorerwa abahungu bonyine		X
Impinduka ziba ku mibiri mu gihe cy'ubugimbi/ubwangavu zijyana n'izo mu byiyumviro	X	
Mu gihe cy'ubugimbi umuhungu aba ashobora kubara cyangwa gutera inda	X	
Iyo umukobwa agize imyaka 14 atarajya mu mihango biba ari ikimenyetso cy'uburwayi		X
Kubura imihango bishobora kuba ikimenyetso cyo gutwita	X	
Imihango imara buri gihe iminsi itanu		X
Ukwezi kw'abagore bose kugira iminsi 28		X
Umuhungu asohora gusa iyo akoze imibonano mpuzabitsina		X
Abagore n'abagabo barikinisha	X	
Kwikinisha bitera kurwara mu mutwe		X
Umukobwa ashobora gutwita akoze imibonano mpuzabitsina bwa mbere	X	
Imibonano mpuzabitsina ni igikorwa gisaba umugabo kwinjiza igitsina cye mu nda ibyara y'umugore	X	
Mu bugimbi/ubwangavu nta bwoya bumera ku bice bimwe na bimwe by'umubiri	X	
Mu bugimbi/ubwangavu abahungu n'abakobwa bariyongera mu burebure no mu biro	X	
Gukora imibonano mpuzabitsina ni kimwe no gukunda		X
Gukaraba imyanya ndangagitsina n'isabune ni ngobwa kugirango ugire isuku	X	

Isuzuma: Wungutse ubuhe bumenyi?

Interuro	Nibyo	Sibyo
Amasohoro akorerwa mu mboro		
Kwirotehaho ni ikintu gihuriweho n'ingimbi nyinshi		
Amasohoro abamo amatembabuzi n'intanga ngabo		
Igihe cyose umugabo ashutswe ni ngombwa ngo asohore		
Amabere y'umuhungu ntacyo ahindukaho mu bugimbi		
Abagabo bageze mu myaka 60 ntibaba bagisohora		
Ibizigira by'umuhungu ugeze mu bugimbi biriyongera kandi akaba muremure		
Gukebwa bikorerwa abahungu bonyine		
Impinduka ziba ku mibiri mu gihe cy'ubugimbi/ubwangavu zijyana n'izo mu byiyumviro		
Mu gihe cy'ubugimbi umuhungu aba ashobora kubara cyangwa gutera inda		
Iyo umukobwa agize imyaka 14 atarajya mu mihango biba ari ikimenyetso cy'uburwayi		
Kubura imihango bishobora kuba ikimenyetso cyo gutwita		
Imihango imara buri gihe iminsi itanu		
Ukwezi kw'abagore bose kugira iminsi 28		
Umuhungu asohora gusa iyo akoze imibonano mpuzabitsina		
Abagore n'abagabo barikinisha		
Kwikinisha bitera kurwara mu mutwe		
Umukobwa ashobora gutwita akoze imibonano mpuzabitsina bwa mbere		
Imibonano mpuzabitsina ni igikorwa gisaba umugabo kwinjiza igitsina cye mu nda ibyara y'umugore		
Mu bugimbi/ubwangavu nta bwoya bumera ku bice bimwe na bimwe by'umubiri		
Mu bugimbi/ubwangavu abahungu n'abakobwa bariyongera mu burebure no mu biro		
Gukora imibonano mpuzabitsina ni kimwe no gukunda		
Gukaraba imyanya ndangagitsina n'isabune ni ngobwa kugirango ugire isuku		



Imihindukire y'umubiri wanyije

Ikiganiro kigenewe ababyeyi

Imihindukire y'umubiri wanjye: Ikiganiro kigenewe ababyeyi

Ababyeyi bafite uruhare ntagereranywa mu kurengera abana babo kandi ubushakashatsi bwagaragaje ko guteza imbere ikiganiro hagati y'abana n'ababyeyi bifasha cyane ingimbi n'abangavu kwirinda imibonano mpuzabitsina: mu yandi magambo, ni ngombwa cyane guha ababyeyi uruhare rufatika muri gahunda zigenewe urubyiruko.

Ubushakashatsi bwakorewe mu bihugu bitandukanye bwerekanye ko ingimbi n'abangavu bifuzwa kugisha inama ababyeyi babo cyangwa abandi bantu bakuru bafitiye ikizere ku birebana n'ubugimbi/ubwangavu, ibirebana n'imiterere y'umubiri n'imyitwarire bishingiye ku gitsina ndetse n'izindi ngingo zinyuranye. Ubushakashatsi kandi bwerekanye ko ababyeyi n'abarezi baba bifuzwa gufasha abana bageze mu bugimbi/ubwangavu ariko bakazitirwa no kutagira ubumenyi buhagije, bityo bikabatera kubura ubwisanzure bwabafasha kuganira kuri izo ngingo ; ikindi kandi ni uko ababyeyi n'abarezi bahangiyikishwa n'impinduka mu birebana n'imyitwarire ishingiyeye ku gitsina iterwa n'iterambere bityo bigatuma batamenya uko bitwara imbere y'ingimbi n'abangavu bageze mu gihe cyo guhinduka. N'ubwo byumvikana ko gukangurira ababyeyi kuganira n'abana no kubaba hafi mu gihe cy'ubugimbi n'ubwangavu ari ingirakamaro, gahunda nyinshi zigenewe urubyiruko ntiziteganywa uruhare rw'ababyeyi. Bityo rero ni ngombwa gukora ibishoboka byose ngo haboneke ahantu ababyeyi bajya bahurira kugirango inyigisho bahabwa zibagirire akamaro.

Inyandiko «Imihindukire y'umubiri wanjye» ubutumwa bugenewe ababyeyi yateguwe mu rwego rwo kunononsora ubumenyi n'ubushobozi bw'ababyeyi n'abandi bantu bakuru bizewe mu kuganira n'urubyiruko, no kubafasha kugira ubwisanzure mu kuganira ku ngingo zibatera isoni, bityo bakabasha kuba hafi y'ingimbi n'abangavu. Iyi gahunda igizwe n'ibikorwa bisaba buri wese kugira uruhare ndetse no kungurana ibitekerezo ku nsanganyamatsiko zikubiye mu nyandiko «Imihindukire y'umubiri wanjye», ikaba kandi ivuga ku buryo bucukeye ibirebana n'imishyikirano hagati y'abakobwa n'abahungu (cyangwa abagore n'abagabo), ibirebana n'imibonano mpuzabitsina ndetse no kuganira hagati y'abana n'ababyeyi.

Intego

Nyuma y'ibi biganirwa ababyitabiriye bazashobora:

1. Kugaragaza impamvu 3 zituma bumva ko uruhare rwabo ari ngombwa mu kwigisha abana babo ibirebana n'ubuzima bw'imyororokere.
2. Kugaragaza inzira 3 bakwifashisha ngo bagire uruhare mu kwigisha abana babo ibirebana n'ubuzima bw'imyororokere.
3. Kuganira ku mpinduka nyamukuru zibera mu mibiri y'abakobwa bageze mu bwangavu n'abahungu bageze mu bugimbi.
4. Kugira ubumenyi fatizo ku birebana n'ubuzima bw'imyororokere ku bahungu no ku bakobwa.



Imfashanyigisho

- Impapuro nini bandikaho (Flip chart)
- Marikeri (markers)
- Igifashi (tape)
- Imfashanyigisho zihabwa abitabirirye ibiganiro:
 1. Imfashanyigisho L: Inzitizi 10 ku kiganiro cyiza
 2. Imfashanyigisho M: Ubusobanuro ku mbogamizi z'ikiganiro cyiza
 3. Imfashanyigisho N: Ibisabwa kugirango habeho ikiganiro cyiza
 4. Imfashanyigisho O: Ubusobanuro ku bisabwa ngo habeho ikiganiro cyiza
 5. Imfashanyigisho P: Uruhererekane ku buzima mbonera gitsina
 6. Imfashanyigisho Q: Impinduka ziba ku mibiri y'abakobwa mu bwangavu n'abahungu mu bugimbi
 7. Imfashanyigisho R: Imikurire y'imyanya ndagabitsina ku bakobwa n'abahungu
 8. Imfashanyigisho S: Ni gute wakoresha urunigi nk'uburyo bwo gusobanukirwa n'ukwezi k'umugore?
 9. Imfashanyigisho T: Ese uri umubyeyi abana bawe bisanzuraho?



Mbere yo gutanga isomo

- Musome ibice bigize isomo. Mutekereze ku buryo muribukoreshe kuri buri gice kigize isomo.
- Mutezure ibikenerwa byose ku myitozo yo mu **gice cya 1 kugera ku cya 5**.

Ababyeyi



Igihe

Igikorwa	Iminota
Gutanga ikaze no kwibwirana	15min
Igice cya 1: Kuki ari ngombwa ko tuvuga ku ruhare rw'ababyeyi: Ni iki turuziho?	15 min
Igice cya 2: Ni byiza kugirana ikiganiro n'umwana wawe	30 min
Igice cya 3: Gusobanukirwa kamere mboneragitsina n'uburinganire: Kuba umugabo cyangwa umugore	60 min
Igice cya 4: Ni iki gihinduka mu gihe cyo mu bugimbi n'ubwangavu	30 min
Igice cya 5: Dusobanukirwe n'uburumbuke	60 min
Igice cya 6: Incamake no gusoza	30 min
Iminota yose	240 min

Gutanga ikaze no kwibwirana

Ikiganiro (iminota 15)

Tegura intebe z'abitabiriye ibiganiro ku buryo zirema uruziga rugari. Ha ikaze abitabiriye ibiganiro ubibwire kandi ubasabe kwibwirana bavuga amazina yose, imyaka n'igitsina by'umwana wabo uzitabira inyigisho ku "Imihindukire y'Umubiri Wanjye". Saba abitabiriye ibiganiro kuvuga ikintu kimwe bifuzako kumenyera muri ibi biganiro. Nyuma umenyeshe buri wese niba icyo yifuza kumenya kizavugwaho; niba kitazavugwaho ubamenyeshe ko bashobora kuzageza ikibazo/icyifuzo cyabo ku muyobozi w'ibiganiro akabafasha gushaka igisubizo cy'ibyo bibaza.

Igice cya 1

Kuki ari ngombwa ko tuvuga ku ruhare rw'ababyeyi

Gukoresha ibibazo n'ibisubizo: (Iminota 15)

1. Ababyeyi ni bo barezi bakomeye mu byiciro bitandukanye by'ubuzima bw'abana, harimo n'ubuzima mbonera gitsina. Nibo babigisha indangagaciro kandi babwira abana babo icyo babategerejeho.
2. Abana ntibita ku byo ababyeyi babo bababwira, n'icyo baba bazi ko ari ukuri
3. Uburyo abana bashobora kumenya icyo ababyeyi babo batekereza, ni mu kubaganiriza.

Ingingo z'ingenzi uyoboye ibiganiro agomba kwibandaho:

1. Ababyeyi ni bo barezi b'ibanze mu birebana n'ubuzima bw'imyororokere. Gahunda zinyuranye nka "Imihindukire y'Umubiri Wanjye" zigamiye kuzuza no gushimangira ibyo ababyeyi bigisha no kubisobanura binonosoye hifashishijwe ubumenyi bwimbitse (science). Ababyeyi nibo bonyine bashobora kwigisha abana indangagaciro n'imyifatire babategerejeho mu birebana n'ubuzima bw'imyororokere.
2. Abana baha agaciro kanini ibyo ababyeyi babo batekereza kandi babifata nk'ukuri. N'ubwo ibitangazamakuru na bagenzi babo bagira uruhare runini mu myifatire y'ingimbi n'abangavu ntibibuza ko bakenera ko ababyeyi babo babigisha impinduka bazahura nazo mu mikurire yabo ndetse banabagire inama ku byemezo bazajya bafata ku bijyanye n'ubuzima bw'imyororokere.
3. Abana bemera ko ibyo ibitekerezo by' ababyeyi bigomba kubabera urumuri mu gufata ibyemezo igihe bakuze no mu guha umurongo ubuzima bwabo bw'imyororokere, ni bo kenshi usanga bafata ibyemezo binyuze ababyeyi.
4. Uburyo bwiza bwafasha abana kumenya ibitekerezo by' ababyeyi ku bijyanye n'ubuzima bw'imyororokere ni ukuganira hagati y'abana n'ababyeyi.
5. Imfashanyigisho "Imihindukire y'Umubiri Wanjye" ikubiyemo imyitozo n'imikoro abana bagomba gukora bafashijwe n'ababyeyi. Iyi myitozo izafasha ababyeyi gusobanurira abana ibyo batekereza ko bikwiye ndetse n'uko bifuzwa ko bazitwara uko bagenda bakura.

Inyandiko yihariye uyoboye ibiganiro yifashisha: "Ese uri umubyeyi abana bisanzuraho?"

Ababyeyi

**Igice
cy' 2**

Kurushaho gushyikirana n'Umwana wawe

Impaka mu matsinda ku birebana n'imishyikirano hagati y'ababyeyi n'abana babo (Iminota 30)



Imfashanyigisho

- Imbonerahamwe igizwe n'impapuro zisimburana cyangwa igipapuro cya pulasitiki kibonerana ku buryo gisubira mu gisobanuro cy'inzitizi ku mishyikirano.
- Urwunge rw'amafishi
 1. Amafishi 10 y'umweru, buri fishi igasubira mu nzitizi y'imishyikirano
 2. Amafishi 10 y'ubururu, buri fishi igasubira mu gifasha imishyikirano

- Imfashanyigisho zitangwa:

1. **Imfashanyigisho L: Inzitizi 10 z'imishyikirano ihamye**
2. **Imfashanyigisho M: Igisobanuro ku nzitizi z'imishyikirano ihamye**
3. **Imfashanyigisho N: Ibintu 10 byifashishwa mu mishyikirano ihamye**
4. **Imfashanyigisho O: Ibisobanuro by'ibintu byifashishwa mu mishyikirano ihamye**

Icyitonderwa ku uhugura

Mu mbonerahamwe ziboneka mu mpera z'iki cyiciro, murasangamo ibizazane bimwe na bimwe byerekana inzitizi n'ibyifashishwa mu mishyikirano ihamye. Ibizazane cyangwa amagambo umwana avuga biboneka mu musitari w'ibumoso, naho ingero z'ibisubizo bitangwa n'abantu bakuze ziri mu musitari w'iburyo. Izi mbonerahamwe z'inzitizi n'ibyifashishwa mu mishyikirano bihindurwamo igikorwa cyo kujya impaka hakoreshejwe kurema amafishi kuri buri kimwe mu bisubizo, maze ayo mafishi agahabwa abitabiriye igikorwa.

Inzitizi n'ibyifashishwa mu mishyikirano ihamye

Sobanura ko mugaye gusaba ababyeyi kwitabira impaka ku buryo bunyuranye amagambo yacu, imitere y'ijwi ryacu cyangwa uburyo twitwarika igihe tuvugana n'umuntu bishobora kenshi kumuviramo kwanga imishyikirano iyo ari yo yose (inzitizi), cyangwa se mu bundi buryo bikaba ari ukugirana n'ugushimangira imishyikirano myiza kandi ikozwe mu bwubahane (ibyifashishwa). Imishyikirano ikoresha amagambo, irangwa n'amagambo dukoresha, naho imishyikirano itari iyo mu magambo, irangwa n'uburyo tuvugamo ibintu (imiterere y'ijwi ryacu, ibiyumviro, imvugo ishingiyeye ku mikoreshereze y'umubiri wacu).

Inzitizi ku mishyikirano ihamye (iminota 10)

Erekana imbonerahamwe cyangwa igipapuro cya pulasitiki kibonerana ku buryo gisubira ku gisobanuro cy'inzitizi.

Shyikiriza buri wese waje kwitabira igikorwa ifishi y'umweru yanditseho inzitizi. Niba haje abantu batageze ku 10, usabe bamwe mu baje ko bafata amafishi abiri. Niba haje abantu barenze 10, bamwe mu bitabiriye igikorwa nta fishi y'umweru bazahabwa. Kora ku buryo abo bantu baje bahabwa ahubwo ifishi yanditseho icyifashishwa mu mishyikirano.

Ahereye ku nzitizi, uhugura, cyangwa umuntu ufashe ifishi, asoma ikizazane cyangwa interuro byo mu musitari w'ibumoso

w'imbonerahamwe iri hano hepfo; saba noneho umuntu ufite igisubizo gifite inumero bihuje kuyisoma yihanukiriye, nk'uko umubyeyi cyangwa umuntu mukuru yayisoma mu kizazane nk'icyo. Erekanamuri make ukuntu wifuza ko abitabiriye icyo igikorwa bakora uwo mwitozo.

Wifashishije ibisobanuro biri ku gipapuro cya pulasitiki kibonerana cyangwa imbonerahamwe, sobanura mu magambo make cyane ukuntu iyo nzitizi yitwa n'icyo ivuze.

Niba ufite igihe gihagije, ushobora guhitamo gukina umwe mu myanya y'abakina icyo kizazane. Bwira abitabiriye icyo gikorwa ko ugiye kubashyikiriza inyandiko bashobora gutahana kandi ko isubiramo ibizazane byose cyangwa interuro zose kimwe n'ibisubizo bijyanye na byo. Inzitizi zitangirira ubusanzwe ku magambo asa n'aca urubanza, anenga cyangwa amagambo atoroshye nka "Wakagombye... ", "Byaba byiza kurushaho ugize utya na gutya...", cyangwa na none "Uri igicucu".

Ushobora kurangiza umwitozo usaba abitabiriye igikorwa bo muri iryo tsinda gutekereza ku kuntu basanze byifashe igihe bumvise igisubizo cy'umuntu mukuru (nk'urugero, bumvise bibababaje, bibarakaje, bahejwe, basuzuguritse, cyangwa se basanze basa n'abatarumvishwe). Ushobora na none gusaba abitabiriye izo mpaka gutanga ingero z'inzitizi baba nabo ubwabo barahuye na zo.

Ibyifashishwa mu mishyikirano ihamye (iminota10)

Hereza buri wese mu bahari ifishi y'ubururu yanditseho icyifashishwa mu mishyikirano. Kurikiza uburyo bwakoreshejwe ku mwitozo w'ibirebana n'inzitizi. Ntiwibagirwe kumanika igipapuro cya pulasitiki kibonerana cyangwa imbonerahamwe gisubira mu kwerekana igisobanuro ku byifashishwa.

Rangiza umwitozo ku byifashishwa ukoresha igibwampaka nk'uko wabigenje ku birebana n'umwitozo werekeranye n'inzitizi. Saba abitabiriye igikorwa bo muri iri tsinda gutekereza ku kuntu byabagendekeye igihe bumvise igisubizo cy'umuntu mukuru. Sobanura ukuntu ibyifashishwa bituma abantu bumva bahawe agaciro, baratezwe amatwi, barumvishwe, barahawe icyubahiro kandi/cyangwa barakunzwe. Shimangira ko gutege amatwi, na cyane cyane icyo bita gutege amatwi umwe undi cyangwa kuvuga ibintu mu buryo bunyuranye, ari ingenzi nk'ikintu cyifashishwa mu mishyikirano bitewe n'uko kigize ifatizo ry'imishyikirano ihamye.

Ongera usubire mu nzitizi werekana za **nzitizi 10 ku mishyikirano ihamye** (ku gipapuro cya pulasitiki kibonerana cyangwa ku mbonerahamwe).

Niba ufite igihe gihagije, ushobora gusaba abitabiriye igikorwa kurema "ibyifashishwa" nk'ibisubizo ku nzitizi. Ushobora gusaba abitabiriye igikorwa kurema amatsinda y'abantu babiri babiri. Saba umwe mu bagize amatsinda gusoma inzitizi noneho undi agatanga igisubizo

(icyifashishwa), cyangwa se ushobora gusaba abitabiriye igikorwa ku giti cyabo gusoma ikizazane no gusaba uwo ari we wese mu itsinda gutanga ubufasha avuga igisubizo.

Ku babyeyi

Saba uwo ari we wese mu itsinda kugena "icyifashishwa" mu rwego rw'igisubizo.

Tanga imfashanyigisho zinyuranye:

Imfashanyigisho L: Inzitizi 10 ku mishyikirano ihamye, Inyandiko

Imfashanyigisho M: Ibisobanuro by'inzitizi ku mishyikirano ihamye,

Imfashanyigisho N: Ibyifashishwa 10 mu mishyikirano ihamye,

Imfashanyigisho O: Ibisobanuro ku bintu byifashishwa mu mishyikirano ihamye.

Noneho kora incamake y'izi mpaka ukoresheje ingingo nkuru zikurikira:

- Ubumenyi mu birebana n'imishyikirano ihamye kandi inoze bushobora kwigwa.
- Abana bakwiye kwigira ubumenyi bwerekeranye n'imishyikirano ku bantu bakuru bashyira mu gaciro, biyubashye kandi babikanguriwe.
- Nta muhanga muri byose. Rimwe na rimwe, tunanirwa twese kwihangana kandi tuvuga ibintu tuzicuza. Nyamara dushobora gusaba imbabazi, maze tugakoresha ibyifashishwa kugirango dushimangire imishyikirano yacu.

Subirana amafishi uyashyire mu gakayi.

IMFASHANYIGISHO L:

Inzitizi 10 zibangamira imishyikirano ihamye

Ibizazane (Situations)	Ibisubizo by'umuntu mukuru (ku mafishi y'umweru)
S-1. Mama, simbona neza icyo nakora ku byerekeranye n'ingengabihe y'inyigisho uyu mwaka. Birakomeye rwose, bitewe n'amasomo yose y'inyongera ngomba gukurikira.	R-1. Wakagombye kwiga amasomo yose y'imibare n'ay'ubumenyi bakubwiye. Uko byagenda kose ugomba kureba akamaro bifite?
S-2. Papa, uyu muhungu amaze kunyiba ikamyo yanjye.	R-2. Icyo kibazo ni wowe kireba, ugishakire igisubizo.
S-3. Mama, akabindi ka kole kahirimye kitura hasi.	R-3. Urakureba ibyo wakoze ! Wanduje ikirambi. Ntugira icyo witaho wa ndangare we!
S-4. Ajya gusenga, umwana wawe w'imyaka umunani yambaye ishate yashaje kera (ya yindi ifite amaboko atanyutse) hamwe n'ipantalo yambara agiye gukina (yanduye koko) aho kwambara imyenda ye asanzwe yambara ku cyumweru.	R-4. Ikigori cyonyine cyangwa igicucu ni cyo cyakwambara gutyo kigiye gusenga!
S-5. Papa, nta ruhare mbifitemo niba umwarimu wanjye w'imibare anyanga.	R-5. Urakeka ko ari wowe ufite ibibazo? Buretse nkubwire ibyerekeranye n'umukoresha wanjye !
S-6. Mama, ndumva ndibujye gusura incuti yanjye uyu mugoroba.	R-6. Oya, ntaho ujya. Uraguma mu rugo kandi wige. Urarushaho kunoza ibyigwa.
S-7. Ariko papa, ni ubwa nyuma mfite ububasha bwo kujya kureba iminsi mikuru imuhira, sinigeze nyireba na rimwe.	R-7. Nutiga nturibushobore gutwara ivatiri muri iyi wikendi.
S-8. Mama, ngomba rwose kumenya niba nshobora kwitabira igikorwa cy'ishuri giteganyijwe muri iyi wikendi.	R-8. Turareba, ndabitekerezaho.
S-9. Ndibukore inshingano zanjye mu kanya, papa.	R-9. Sinongere kubisubiramo, maze kubikubwira inshuro cumi. Urabikora ubu!
S-10. Umwana wawe avuye ku ishuri, ahonze urugi, agiye mu cyumba cye nta kuvuga mwiriwe, ajugunye imyenda ye y'ishuri hasi hanyuma asekuye akabati n'ikirenge.	R-10. Urebye igitsure, wifashe nk'uwumiwe amaboko ku gatuza, utimbye akaguru hasi kandi uhagaze wemye imbere y'umwana wawe.

IMFASHANYIGISHO M:
Ibisobanuro by'inzitizi ku mishyikirano ihamye

Mu magambo (Verba)		Ingero
S-1. Gucira urubanza	Kugira icyo uvuga unenga	Wagombye... Byaba byiza ugize utya na gutya...
S-2. Kwiyangira	Kutagira icyo umarira umuntu	Ikibazo ni icyawe, si icyanjye.
S-3. Kurega / Gusebya	Guharira icyaha uwundi	Ikosa ni iryawe.
S-4. Gushyira ku rutonde	Gukoresha imvugo zigizwe n'ibitutsi cg imvugo zisebya	Igicucu cyonyine ni cyo cyabigenza gutyo.
S-5. Kwimura	Kudatega amatwi ukizana ibibazo byawe bwite	Reka ngusobanurire ibyambayeho.
S-6. Gutegeka	Gutanga imyanzuro itagira amahitamo	Ibi ni byo ugomba gukora noneho.
S-7. Guhohotera / Gushukisha amafaranga	Guhohotera cyangwa guha umuntu amafaranga ugerageza kugira ibyo umukoresha	Nudakora ibyo nshaka... Nukora ibyo nshaka, ndagukorera ibi.
S-8. Kutagira icyo uvuga cyumvikana / Gukikira ikibazo	Kuvuga ibintu bitumvikana kandi bitagira umutwe n'ikibuno igihe hagomba gufatwa	Wenda ahari... Turareba... Ndabitekerezaho...
S-9. Kutava ku izima ugira inama cyangwa utonganya	Gukomeza gusubira mu byo ushaka cyangwa usaba	Maze kukubwira inshuro igihumbi... Ni kangahe ngomba kugusaba ku...
Bitari mu magambo		Ingero
S-10. Kwitwara mu buryo runaka	Gukoresha imvugo y'umubiri igaragaza ibintu bidahwitse cyangwa ibangamiye abantu; gutoteza	Kuzinga amaboko, kutitegereza umuntu uvuga, kwigendera, gukubita ikirenge hasi, gutunga umuntu urutoki, gukubitisha ukuboko cg ikirenge

IMFASHANYIGISHO N:
Gusobanukirwa kamere mboneragitsina n'Uburinganire

Uko ibintu byifashe	Réponses de l'adulte (sur les fiches bleues)
S-1. Papa, uyu munsu wambereye mubi rwose – nahuye n'ikibazo ntari niteze!	R-1. Urumva ushaka kukingezaho? Nguteze amatwi.
S-2. Reba ikintu nakoze nifashishije amashami y'ibiti, utubuye n'uduti.	R-2. Byagutwaye igihe kirekire gukora iyo mashini yawe, none irebere ukuntu wirwanyeho n'ibyo bikoresheho!
S-3. Ndakwanga!	R-3. Njyewe ndagukunda, biranshavuje cyane kumva ari uko umbwiye.
S-4. Mama, sinzi icyo nakora. Yavuze ko azanyanga niba nanze kuryamana na we.	R-4. Urumva nakora iki kugirango mbe nagufasha gukemura icyo kibazo gikomeye?
S-5. Sinshobora kumva ukuntu mwarimu yampaye amanota mabi mu kizame cyanyje cyanditse. Nakoranye umurava kandi nakoze ibyo yansabye gukora byose.	R-5. Ndabona utishimye kandi ubabaye. Ese ni byo? Urumva twabivuganaho?
S-6. Ni umuntu mwiza. Aritonda, yita ku bimureba kandi yarezwe neza. Nshobora kujyana na we ku kiyaga?	R-6. Nzi ko nshobora kukugirira icyizere kandi ko ufite ubushobozi bwo gutekereza neza.
S-7. Papa, reba, reba! Nashoboye kwambukiranya icyuzi twogeramo.	R-7. Uri umuhanga mu koga kandi uzi uburyo bifata mu mazi.
S-8. Nkubwiye uko yambwiye n'ibyo yankoreye, ntiwabyemera. Sinzongera kugirana ubucuti na we na rimwe!	R-8. Urasa n'uwamurakariye cyane. Ni koko se? Ushaka kuba wagira icyo ubivugaho?
S-9. Ndamwanga, ni igicucu ku buryo bukabije. Ntacyo bintwaye kutazongera gukina na we.	R-9. Ushobora kumbwira ikibazo mwagiranye?
S-10. Umwana wawe avuye ku ishuri, akubise urugi, agiye mu cyumba cye atakuramukije, ajugunye imyambaro ye y'ishuri hasi ku butaka, hanyuma ateye umugeri mu kabati.	R-10. Egera umwana wawe umwicare iruhande, umufate akaboko, umwitegereze mu maso, nyuma y'ibyo gusa abe ari bwo umubwira ko wifuza kumenya icyamurakaje bene ako kageni.

IMFASHANYIGISHO O:
Ibisobanuro ku byifashishwa mu mishyikirano ihamye

Ibivugwa mu magambo		Ingero
S-1. Gutega amatwi	Kwibanda ku by'ubu, kutazana ibibazo cg amakosa yo mu gihe cyahise; gukora ku buryo umuntu ashobora kuvuga icyo ashaka cyose mu mutekano.	Ndabona ubu ukeneye ko ngutega amatwi, kugutega amatwi gusa.
S-2. Gushimagiza	Guha ibihembo kenshi ababikwiye; kureba intambwe igenda iterwa kuruta ikiyivuyemo.	Washyize imbaraga nyinshi muri uyu mushinga kandi wawukoze igihe kirekire cyane
S-3. Gusangira ibiyumviro	Kugaragariza abandi ibiyumviro byawe nk'uburakari, ibyishimo se cg kuba utishimye; kuvuga mu izina ryawe.	Ndumva ... Birandakaza cyane igihe u... Ndagukunda.
S-4. Kubaha	Kureka abandi bagafata ibyemezo, kudacyaha cg ngo ugire umuntu inama, kugerageza kumufasha gufata byemezo bye.	Ni cyo uhisemo.
S-5. Gutega amatwi	Kugaragaza ibiyumviro by'umuntu hamwe n'ikibigize, no kumusaba kwemeza ko ari byo.	Umuntu yavuga ko utishimiye na gato guhindurirwa ishuri. Ni koko se?
S-6. Kugirira abantu icyizere	Kutarengera; kubaza abana icyo batekereza ku kintu runaka no kumva ko bagomba kugira uburyo bwabo bigamo, n'ubwo baba bibeshya.	Nzi ko uzakorana umurava kandi ko uzuzura inshingano zawe.
S-7. Kuvuga wemeza	Gushaka ibyo wavuga bihamye.	Ushoboye ibyo ukora.
S-8. Kumva ubitekerezaho ukabigaragaza (usubira mu byavuzwe)	Kuganisha ku byo undi yavuze; kuvuga mu yandi magambo ibyo umuntu yavuze kugirango yumve ko wamwumvise.	Urasa n'urakaye kubera icyo inshuti yawe yashubije. Ni ko wiyumva?
S-9. Kumvikanisha ibintu neza	Gusaba ko ibintu bisubirwamo niba utabisobanukiwe.	Ushobora kugira icyo wongeraga ku kuntu mwatonganye n'inshuti yawe?
Ibitari imvugo		Ingero
S-10. Kugira imyitwarire	Gushaka uburyo wakoresha ubugenge mu kwerekana ko wifatanije n'umuntu, ko umutekereza cg ko witaye ku kibazo afite.	Kumureba mu maso, kumukoraho (niba ari ngombwa), gufatana ukuboko, kuguma iruhande rw'uwo muntu.

Gusobanukirwa kamere mboneragitsina n'Uburinganire

**Kuba umugabo cyangwa umugore: Ni iki
kidutandukanya?⁶
(iminota 20)**



Imfashanyigisho

Urupapuro runini (flip chart) rugabanyijemo ibice (columns) bibiri. Igice kimwe cyitwe "Abagore" ikindi "Abagabo".

Baza abitabiriye ikiganiro: "Ni ibiki biranga abagore n'abagabo?", kandi ukabasaba gutanga ibisubizo bihuse badatinze mu kubitekerezaho kandi bakabitanga bitavangavanze (babanza ibisubizo byose ku bagore nyuma bagakurikizaho ibisubizo byose ku bagabo), badafashe umwanya munini wo kubitekerezaho. Uyoboye ibiganiro yandika ibisubizo mu gice bijyanye na cyo.

Nyuma yo kwandika ibisubizo, uyoboye ibiganiro asiba ijambo "Abagore" (umutwe w'igice cya mbere) n'ijambo "Abagabo" (umutwe w'igice cya kabiri) maze ahari handitse "Abagore" akahandika "Abagabo" n'ahari handitse "Abagabo" akahandika "Abagore".

Nyuma uyoboye ibiganiro akabaza ababyitabiriye ibiranga igitsina runaka bidashobora **kuranga na rimwe ikindi gitsina**. Uyoboye ibiganiro ashimangira ko "Gutwita", "Konsa" no "Kuba se w'umwana" ari ibitandukanya abagore n'abagabo hashingiwe ku miterere yabo karemano. Nyuma yaho uyoboye ibiganiro ashobora gutangiza akaganiro ku bindi bitandukanya abagore n'abagabo byahimbwe n'umuryango (sosiyeti) babamo (bitari karemano) bityo agasobanura itandukaniro hagati y'igitsina (sex) n'uburinganire (gender). Uyoboye ibiganiro asaba ababyitabiriye kugaragaza ihuriro ry'ibyo umuryango (sosiyete) uvuga ko bitandukanya abagore n'abagabo ndetse akabafasha no kurebera hamwe ukuntu ibyo bintu bigenda bihinduka haba mu miryango/aho batuye/ mu muco wabo/ ndetse no mu gihugu. Umuyobozi w'ibiganiro ashimangira kandi ko iri hinduka ry'ibyo umuryango (sosiyeti) uvuga ko bitandukanya abagore n'abagabo rizaganirwaho muri gahunda y' "Imihindukire y'Umubiri Wanjye" hagamiywe gufasha abakobwa n'abahungu babo kwitegura izindi mpinduka bazajya bagenda bahura nazo uko bakura.

Ababyeyi

6 Cet exercice est tiré de: *Workshop on Gender, Health and Development: Facilitator's Guide*. Washington, D.C. PAHO. 1997.

Ibice biranga ubuzima mboneragitsina⁷ (Iminota 40)



Imfashanyigisho

- Impapuro nini ziri hagati ya 4-6 (umubare w'impapuro uzaterwa n'umubare w'abitabiriye ibiganiro bazagabanywa mu matsinda agizwe n'abantu 4-6) zateguwe mbere kandi zishushanyijeho ibice by'ubuzima bw'imyororokere << imfashanyigisho P >>. Buri wese mu bitabiriye ibiganiro kandi ahabwa imfashanyigisho igaragaza ibice by'ubuzima bw'imyororokere.

Sobanurira abitabiriye ibiganiro bose bari hamwe ko inyoboranyigisho *"Imihindukire y'umubiri wanjye"* ikubiyemo inyigisho ku buzima mbonera gitsina muri rusange aho kwibanda gusa ku mibonano mpuzabitsina. Bityo rero bakaba basabwa kugira uruhare mu mwitozo wo gucengera neza igisobanuro kuri kamere mbonera gitsina

Saba abitabiriye ibiganiro kwibuka amagambo/inyito yose afitanye isano ku buzima mbonera gitsina. Uyoboye ibiganiro cyangwa se babiri mu babyitabiriye bandika ku rupapuro runini amagambo yose avuzwe ntacyo bahinduyeho kandi bakora uko bashoboye ngo hatagira amagambo yibagirana.

Mu kwibutsa amagambo yaba atavuzwe habazwa ibibabazo nk'ibi: Hari ikindi gisa n'iri jambo bavuze? Ni ayahe magambo arebana n ubuzima bw'imyororokere abantu badakunda kuvugira mu ruhamwe? Ibi bifasha mu kwibuka amagambo yose ashobora kuba yasoba abantu. Ni iyihe myitwarire mibi mu birebana n'ubuzima mbonera gitsina? Ni izihe ngaruka cyangwa z'iyi myitwarire?

Rema amatsinda y'abantu 4-6, buri tsinda urihe igishushanyo cy'inzigira z'ibice dusanga mu buzima mbonera gitsina. Fata urupapuro rutanditseho amagambo maze usabe abitabiriye ibiganiro kwandika buri jambo ryavuzwe mu gihe cyo gutanga ibitekerezo mu ruziga cyangwa bijyanye, bibutse ko buri ijamba rimwe rishobora kuba rijyanye n'inzigira zirenze rumwe.

Imirimo mu matsinda irangiye uyoboye ibiganiro amanika impapuro buri tsinda ryakoreyeho maze agatangiza ikiganiro kigamije gusubiza ibibazo bikurikira:

1. Hari inziga zitanditseho ijamba na rimwe? Twe nk'ababyeyi turumva tumeze dute mu gihe tunganira kuri ayo magambo arebana n'ubuzima bw'imyororokere?
2. Hari inziga zirimo amagambo menshi? Twe nk'ababyeyi turumva

⁷ Cet exercice est tiré de: *Advocates for Youth Circles of Sexuality Exercise and ISOFI Toolkit: Tools for Learning and Action on Gender and Sexuality*

tumeze dute mu gihe tunganira kuri ayo magambo arebana n'ubuzima bw'imyorokere?

3. Hari uruziga rwaba rurimo amagambo twumva adakwiye kuganirwaho n'umwana w'imyaka 10-14? Sobanura igisubizo cyawe.
4. Hari uruziga rwaba rurimo amagambo twumva kuyaganiraho n'umwana w'imyaka 10-14 byaba ari ingenzi? Sobanura igisubizo cyawe?

Iyi mbonerahamwe ikubiyemo ingero z'amagambo abitabiriye ibiganiro byabanje batanzeho ingero (aya magambo yanditswe uko yagiye avugwa)

Gusomana	Kwitabwaho cyangwa kwita ku bandi	Agakoko gatera SIDA	Inzosi/ibyifuzo
Guhoberana	Kuringaniza imbyaro	Gukunda/ kwishimira umuntu	Guhohotera umuntu mukundana
Gukururwa n'uwo wifuza ko mukorana imibonano	Udusabo tw'intanga	Kwirinda gusama	Amashusho/ inyandiko zerekana imibonano mpuzabitsina
Kwigirira ikizere	Gukomereka kw'imbamutima	Ikinyabibiri/ umuntu uryamana n'aba bahuje ibitsina ndetse n'abo batabihuje	Ishusho y'umubiri nk'uko nyirawo ayibona
Uburemba	Imibonano mpuzabitsina ikorewe mu kibuno	Gusangira	Imibonano mpuzabitsina hagati y'abantu bafitanye isano
Masaje	Ubugumba	Abakorana imibonano mpuzabitsina bahuje ibitsina	Indwara zandurira mu mibonano mpuzabitsina
Gufata ku ngufu	Guhoza umuntu ku nkeke hashingiwe ku gitsina	Gukuramo inda	Kwikinisha
Gutwita	Gukebwa kw' abagore	Kumva ukeneye ko undi agukoraho	Intanga ngabo
Kurangiza	Uburyo bwo guhagarika ubucuti	Gukorakora	Gukuyakuya (gukaresa)
Gusama	kuganira	Gukuyakuya	Gusama utabiteguye

Ababyeyi

Tanga imfashanyigisho P nyuma y'umwitozo.

**Ikiganiro mumatsinda
(iminota 30)****Imfashanyigisho**

- Tegura impapuro nini 3 zanditseho ibi bikurikira: "Imihindukire y'imibiri", "Imihindukire y'ibiyumviro", n' "Imihindukire y'umushyikirano/umubano n'abandi". Maze ushushanye kuri buri rupapuro imbonerahamwe y'ibice 3 bifite inyito: "Abakobwa", "Abahungu", "Abakobwa n'abahungu".
- Imfashanyigisho T yo gutanga: Ese uri umubyeyi abana bawe bisanzuraho?

Baza abitabiriye ibiganiro kwibuka nibura inshuro imwe bigeze kuganira n'umwana wabo ku bijyanye no kuba umwangavu cyangwa ingimbi. Tangira wifashisha urugero rukurikira (wemerewe kandi gukoresha urugero rwawe bwite cyangwa se uruberanye n'umuco w'abitabiriye ibiganiro):

"Umukobwa wanjye yambaye umupira uriho umukungugu. Mfata igitambaro ngo mpungure uwo mukungugu maze mukoze mu gituza aravuga ati "aah urambabaje!" Mu by'ukuri sinari narabonye ko arimo kumera amabere nuko ndamubwira nti "amabere yawe arababara kuko utangiye gukura ukava mu bwana ujya mu bwangavu. Iyi rero ni intangirio y'impinduka nyinshi".

Nyuma yo gutanga urugero rwandike ku rupapuro biberanye (niba ukoresheje uru rugero ruvuzwe haruguru rwandike ku rupapuro rufite umutwe "Imihindukire y'imibiri" mu gice gifite inyito "Abakobwa"). Saba buri wese mu bitabiriye ibiganiro gutanga urugero kandi asobanure uko ikiganiro hagati ye n'umwana we cyagenze ndetse n'ibyo baganiriyeho. Nyuma yo gutanga ingero saba abitabiriye ibiganiro kugaragaza izindi mpinduka babonye ku bana babo bakuru cyangwa se bo ubwabo bibonyeho mu bugimbi n'ubwangavu kandi ujye wandika buri mpinduka mu mwanya biberanye.

Ha abitabiriye ibiganiro imfashanyigisho Q na R: Impinduka ziba ku mibiri y'abakobwa mu bwangavu n'abahungu mu bugimbi n'imihindukire mu bwangavu n'ubugimbi (Puberty handouts) bityo bashimangire ubumenyi bavanye mu mwitoto. Basabe gusoma izo mfashanyigisho no kubaza ibibazo baba bafite ku biyikubiyemo.

Nyuma y'ibibazo, saba ababyeyi kuganira ku buryo bakoresha ngo borohereze abana babo kubabaza ibibazo. Bahe imfashanyigisho T: "Ese uri umubyeyi abana bisanzuraho?" maze muganire ku biyikubiyemo. Saba ababyeyi kubaza ibibazo niba hari ibyo bafite kuri iyi mfashanyigisho.

Ubumenyi bw'ibanze ku bijanye n'uburumbuke**Umwitozo wo mu matsinda
(iminota 60)**

Mu kwigisha ababyeyi ku bijanye n'uburumbuke uzifashisha amwe mu masomo akubiye mu nyoboranyigisho "Imihindukire y'umubiri wanjye" igenewe urubyiruko, by'umwihariko Isomo rya 2: Igice cya 1, 2 & 3 n' Isomo rya 3: Igice cya 3 & 4. Uburyo aya masomo atangwa ndetse n'imfashanyigisho zikenewe nabyo ni bimwe.

Sobanurira ababyeyi ko gusobanukirwa n'uburumbuke ari ryo fatizo ryo kugenzura uburumbuke bwawe. Uko abana babo bakura ni ngombwa ko bamenya imikorere y'imibiri yabo ndetse n'iy'abo badahuje ibitsina. Sobanurira ababyeyi ko kubera ko uruhare rwabo ari ingenzi mu gusobanukirwa kw' abana babo, uyu munsu bari bukore umwitozo usa n'uwo abana babo bazakora. Bakangurire kwitabira uwo mwitozo ubasobanurira ko natwe abakuru hari ibyo tudasobanukiwe ku mikorere y'imibiri yacu cyangwa y'abandi, bityo uyu mwitozo ukaba ugamije kubongerera ubumenyi buzabafasha gusobanurira neza abana babo.

Incamake no Gusozo**(iminota 30)**

Subiramo muri make iby'ingenzi mwaganiriye n'ababyeyi. Saba abitabiriye ibiganiro gutekereza ku biganiro mwagiranye maze babyunguraneho ibitekerezo. Bungutse ubuhe bumenyi? Mu byo mwaganiriyeho ni iki cyabatangaje? Ni ibiki bashimye cyangwa banenze?

Nyuma ukurikizeho kubaza ababyeyi ingamba bafashe mu bijanye no kuganira n'abana babo no kubababwira hafi mu bihe by'ubugimbi n'ubwangavu. Basabe kuvuga uko bateganya kwitwara kugirango borohereze abana babo kubabaza ibibazo bisanzuye.

Iri niryo somo risoza. Shimira ababyeyi uburyo babyitabiriye.

Ababyeyi

IMFASHANYIGISHO P: Inziga za kamere mbonerabitsina

Kuryoherwa n'imikorere n'imiterere y'umubiri:

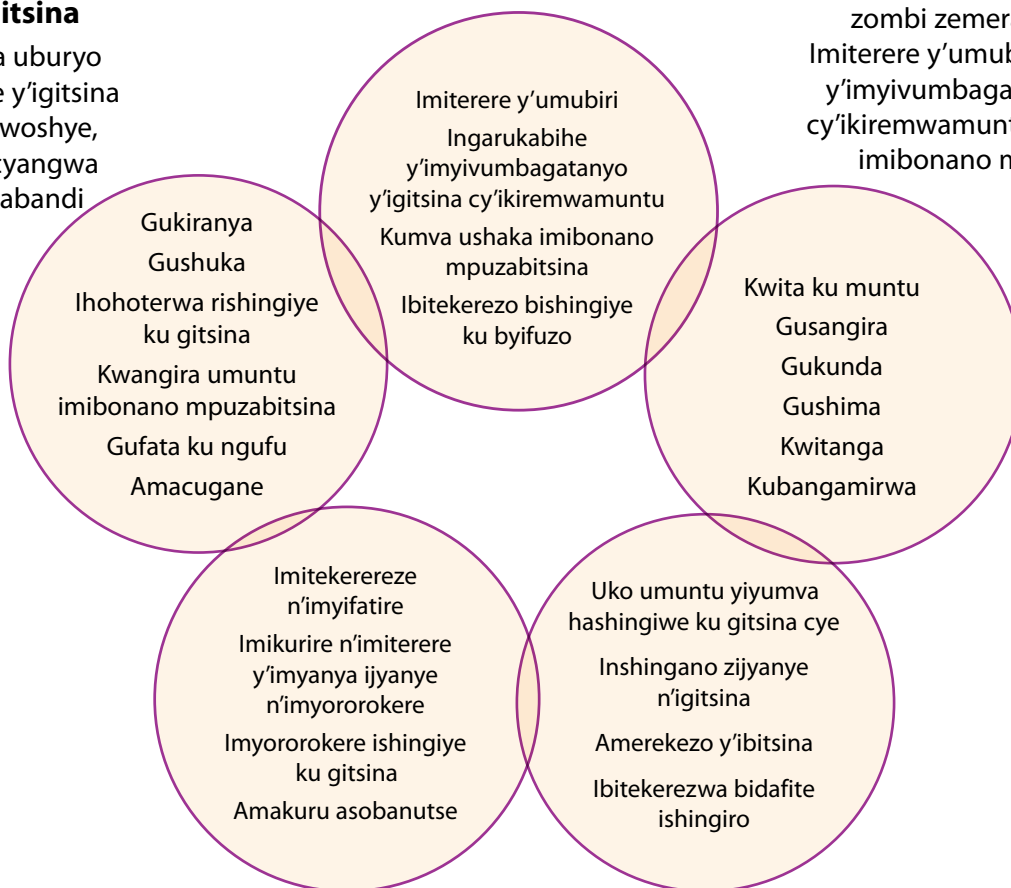
Uko wumva kandi ukaryoherwa
n'imiterere n'imikorere y'umubiri wawe
ndetse n'uw'abandi ; kuryoherwa
n'ibiri mu isi tubifashijwemo
n'ibyumviro by'uburyohe,
gukorakora,kureba, kumva no
guhumurirwa

Gukoresha undi imibonano mpuzabitsina

Kwifashisha uburyo
bw'imikorere y'igitsina
kugirango woshye,
ugenzure cyangwa
ukoreshe abandi

Gukunda (Hashingiye ku bitsina)

Kuba umuntu ashobora kandi
akenera kuba hafi y'ikindi kiremwa
muntu hagamijwe gukunda no
gukundwa, no kuba impande
zombi zemera kwegerana.
Imiterere y'umubiri ingarukabihe
y'imyivumbagatanyo y'igitsina
cy'ikiremwa muntu kumva ushaka
imibonano mpuzabitsina



Imyororokere n'ubuzima bw'ibitsina

no kubyara, kwita no kugirira isuku
umwanya ndangagitsina n'umwanya
w'uburumbuke, hamwe n'ingaruka
z'imyitwarire yo mu rwego rw'igitsina
ku buzima

Uko umuntu yibona ashingiyeye ku gitsina cye

Umuntu uko yibona ashingiyeye ku
gitsina cye, harimo no kuba yumva
ko ari igitsina gabo cyangwa
igitsina gore

IMFASHANYIGISHO Q: Imihindukire y'umubiri mu gihe cy'ubugimbi n'ubwangavu

Byavuye ku rubuga rwa interineti: <http://www.4parents.gov/sexdevt/index.html> (Physical changes during puberty for boys; Physical changes during puberty for girls; Sexual Development of Boys and Sexual Development of Girls)

Impinduka ziba ku mibiri y'abahungu mu gihe cy'ubugimbi	Impinduka ziba ku mibiri y'abakobwa mu gihe cy'ubwangavu
• Ubwiyongere bw'ibiro n'uburebure.	• Amabere arakura.
• Kumera ubwoya ahagana ku gitsina, mu maha no mu maso; ubwoya bwo ku maguru bukiyongera	• Ubwiyongere bw'ibiro n'uburebure.
• Imikaya irakomera.	• Amatako n'umubyimba birushaho kugaragara.
• Imvumba z'amajwi ziriyongera kandi hakaba kuniga ijwi.	• Imihindagurikire y'imbamutima.
• Umubiri ukora insoro z'umutuku nyinshi kurushaho.	• Kumera ubwoya ku gitsina, mu maha no mu maso; ubwoya bwo ku maguru n'amaboko
• Imvubura z'ibyuya n'iz'ibinure zirakora cyane, impumuro y'umubiri igahinduka	• Imikaya irakomera.
• Ashobora kurwara ibiheri.	• Imvumba z'amajwi zirakura kandi hakabaho guhindura ijwi rikaniga ho gake.
• Ku bahungu bamwe amabere arakura ho gato ariko ntibimare igihe	• Imvubura z'ibyuya n'iz'ibinure zirakora cyane, impumuro y'umubiri igahinduka • Ashobora kurwara ibiheri.
• Imyanya myibarukiro itangira gukora.	• Imyanya myibarukiro irushaho gukura

IMFASHANYIGISHO R:

Imihindukire y'umbiri w' umuhungu mu gihe cy'ubugimbi igizwe n' ibyiciro bitanu.

Muri rusange abahungu batangira kugaragaza ibimenyetso by'imihindukire ijyanye n'ubugimbi hagati y'imyaka 11 na 14, batindaho gato ugereranyije n'abakobwa. Umusemburo w'abagabo witwa tesitesiterone ndetse n'indi misemburo ni byo bitera impinduka ku mubiri w'ingimbi.

Ibyiciro bitanu by'imihindukire y'umubiri w'umuhungu mu bugimbi:

Icyiciro cya mbere	Icyiciro cya Kabiri
Gishobora gutangira ku myaka 9 kigakomeza kugera kuri 14. Nta kimenyetso kigaragara ku mubiri ariko imisemburo itangira gukorwa.	Gishobora gutangira hagati y'imyaka 11 na 13. - Uburebure n'ibiro bishobora kwiyongera ku buryo bwihuse. - Amabya arushaho kuba manini kandi isaho yayo ikigira epfo - Isaho y'amabya irushaho kwirabura. - Aho imboro itereye hatangira kumera ubwoya bworoshye. - Ku maguru no mu maha hamera ubwoya.
Icyiciro cya Gatatu	Icyiciro cya Kane
Gishobora gutangira hagati y'imyaka 13 na 16. - Umubiri uba waratangiye gukora intanga ngabo. - Ingoto iriyongera kandi imvumba z'amajwi zikarushaho gukura n'ijwi rikaniga. - Uburebure n'ibiro birushaho kwiyongera. - Imboro n'amabya bikomeza gukura. - Insya zirushaho kuba nyinshi, zikirabura, zigakomera, zikanizinga.	Gishobora gutangira hagati y'imyaka 12 na 14. - Imboro, amabya n'isaho yayo birakura. - Insya zirushaho kwirabura, kuba nyinshi no kwizinga. - Imikaya irushaho kuba migari kandi ibyaziha n'ibizigira bikagara. - Imvubura z'ibyuya n'iz'ibinure birushaho gukora bityo umuntu akaba yarwara ibiheri. - Umubiri ushobora gutangira gukora intanga ngabo. - Imoko zishobora kubyimba ariko ntibimare igihe. - Uburebure n'ibiro birushaho kwiyongera. - Ubwoya bwo ku maguru n'ubucakwaha bikomeza kwiyongera.
Icyiciro cya gatanu	
???? needs translation	

IMFASHANYIGISHO R (abakobwa): Imihindukire y'umubiri w'umukobwa mu bwangavu

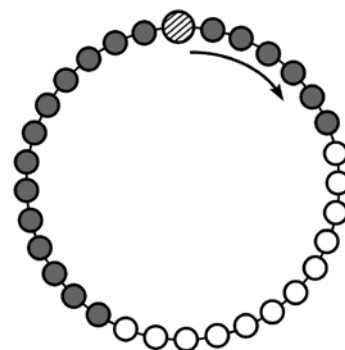
Mu bwangavu abakobwa bahura n'imihindukire y'umubiri ikubiye mu byiciro bitanu. Muri rusange abakobwa batangira kugaragaza ibimenyetso by'ubwangavu hagati y'imyaka 9 na 13, ni ukuvuga mbere ho gato y'abahungu. Umusemburo w'abagore witwa esiterojeni hamwe n'indi misemburo ni byo bitera imihindukire y'umubiri w'umwangavu. Abakobwa bamwe baba bamaze gukura neza mu myaka 16, naho abandi bakabigeraho ku myaka 18.

Ibyiciro bitanu by'imihindukire y'umubiri w'abakobwa ni ibi bikurikira:

Icyiciro cya mbere	Icyiciro cya Kabiri
Gitangira hagati y'imyaka 8 na 12. Nta bimenyetso bigaragara by'imihindukire y'umubiri. Ariko udusabo tw'intanga tuba tunini kandi umubiri ugatangira gukora imisemburo.	Gishobora gutangira hagati y'imyaka 8 na 14. - Uburebure n'ibiro biriyongera ku buryo bwihuse. - Ku gitsina no mu maha hamera ubwoya bworoshye. - Amabere atangira kugaragara, imoko zikiyongera kandi umuntu akaba yatonekara hagize igikomaho. - Imvubura z'ibyuya n'iz'ibinure birushaho gukora bityo umuntu akaba yarwara ibiheri.
Icyiciro cya Gatatu	Icyiciro cya Kane
Gishobora gutangira hagati y'imyaka 9 na 15. - Amabere afata ishusho y'uruziga kandi akabyibuha. - Amatako aragara ugereranyije n'umubyimba. - Mu nda ibyara hasohoka ururenda - Insya zirushaho kwirabura, gukomera no kwizinga. - Uburebure n'ibiro bikomeza kwiyoungera. - Ku bakobwa bamwe intanga zitangira guhisha bakagira imihango ariko bishobora kutaba buri kwezi.	Gishobora gutangira hagati y'imyaka 10 na 16. - Incakwaha zirushaho kwirabura. - Insya zikora ishusho ya mpandeshatu ku gitsina no mu nkengero zacyo. - Ibere rirashinga - Ku bakobwa bamwe intanga zitangira guhisha bakagira imihango ariko bishobora kutaba buri kwezi.
Icyiciro cya gatanu	
Gishobora gutangira hagati y'imyaka 12 na 19. - Umukobwa agira uburebure bw'abantu bakuru. - Amabere aba yarangije gukura. - Insya zirema ishusho ya mpandeshatu igizwe n'ubwoya bukomeye kandi bwizinze. - Ihisha ry'intanga n'imihango bibaho buri kwezi. - Muri rusange umukobwa agaragara nk'inkumi.	

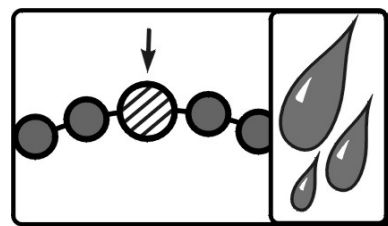
IMFASHANYIGISHO S: Gukoresha urunigi nk'uburyo bwo gukurikirana ukwezi k'umugore

Uru runigi rwerekana ukwezi k'umugore cyangwa umukobwa. Buri saro rihagarariye umwe mu minsi igize uko kwezi. Urunigi rugizwe n'amasaro y'amabara anyuranye.

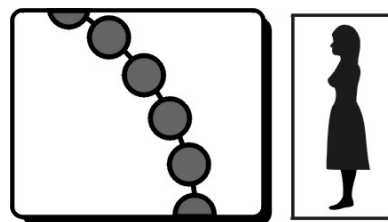


Umugore cyangwa umukobwa ashobora kwifashisha urunigi akamenya igihe azagira mu mihango kandi agakurikirana ukwezi kwe; ndetse agasobanukirwa n'impinduka zibera mu mubiri we mu kwezi kwe.

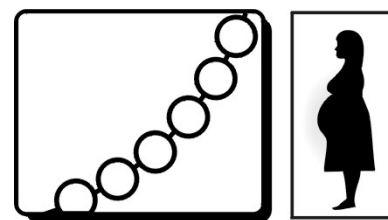
Isaro ritukura (iririho akambi ku gishushanyo) rirerekana umunsi wa mbere w'imihango y'umugore cyangwa umukobwa.



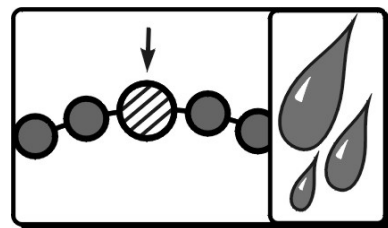
Amasaro yijimye yerekana iminsi itari iy'uburumbuke. Ni ukuvuga iminsi umugore atasamamo.



Amasaro yera cyangwa y'irindi bara rikeye agaragaza iminsi y'uburumuke. Ni ukuvuga iminsi umugore afite amahirwe make yo gusama.



Ku munsu imihango yindi itangiriyeho niho umugore cyangwa umukobwa atangira ukundi kwezi.



* Kubera ko ibishushanyo bitarimo amarangi, isaro ritukura rigaragazwa n'uturongo dusharuye

IMFASHANYIGISHO T:

Ese uri umubyeyi abana bisanzuraho?



Nk'umubyeyi cyangwa undi wese urera abana ni ngombwa ko abana bakwisanzuraho. Ibi bivuze iki? Ni iki wakora ngo ubigereho?

Kuba umubyeyi abana bisanzuyeho bisobanura ko abana bakubonamo umuntu baganira bihagije kandi bakamubaza ibibazo baba bafite. Ababyeyi n'abarezi hafi ya bose bifuza kuba baganira n'abana bisanzuye ku bijyanye n'ubuzima bw'imyororokere ariko benshi

bakabona ko bitoroshye kubigeraho.

Abantu bakuru bashobora kuba nabo ubwabo nta makuru ahagije bafite cyangwa se nta na make babonye ku bijyanye n'ubuzima bw'imyororokere igihe bari bakiri abana bitewe n'uko ibiganiro nk'ibyo bitabaga mu miryango yabo kuko ababyeyi babo batari babohokewe no kubibaganiriza. Birashoboka kandi ko abantu bakuru bashobora kuba bafite amakuru ahagije ariko bakagira impungenge zo:

- Kutamenya amagambo nyayo akwiye gukoreshwa cyangwa se ibisubizo nyabyo by'ibibazo;
- Kugaragara nk'abataye umuco imbere y'abana babo;
- Gutanga amakuru arenze akenewe cyangwa se adahagije; cyangwa
- Gutanga amakuru imburagihe.

Kuba umubyeyi cyangwa umurezi abana bisanzuraho ni ingenzi. Ubushakashatsi bugaragaza ko abana bafite amakuru^{1,2,3,4,5} adahagije ku bijyanye n'ubuzima bw'imyororokere n'ingaruka ziva ku myitwarire mibi bashobora kugwa mu mitego kenshi kandi mbere y'abana bafite amakuru ahagije. Ubushakashatsi kandi bwerekana ko iyo abangavu n'ingimbi bafite umubyeyi cyangwa undi muntu mukuru baganira bisanzuye iby'ubuzima bw'imyororokere n'uburyo bwo kwirinda bibongerera amahirwe yo kutishora mu mibonano mpuzabitsina idakingiye kurusha bagenzi babo batagira umuntu mukuru^{6,7,8,9} bizeye baganira bene ibyo biganiraho. Ikindi kandi urubirako rwemeza ko ruba rwifuza kuganira n'ababyeyi ibijyanye n'ubuzima bw'imyororokere-ababyeyi niba bantu ruba rwizweyeho amakuru nyayo kuri iyo ngingo^{10, 11}.

Bitewe n'uko kuba umubyeyi cyangwa umurezi abana bisanzuyeho ari ingenzi kandi benshi mu bantu bakuru bakaba batorohereye no kuganira n'abana ibijyanye n'ubuzima bw'imyororokere, ni ngombwa ko abantu bakuru bagira ubumenyi bushya bubafasha kwigirira icyizere mu gihe cyo kuganira n'abana. Igika gikurikira gikubiyemo inama

Ababyeyi

zagaragajwe n'abahanga zafasha ababyeyi mu kuganira n'abana babo ibijyanye n'ubuzima bw'imyororokere.

A. Kuganira n'urubyiruko ubuzima bw'imyororokere

1. **Kusanya ubumenyi buhagije kandi bw'ukuri.** Zirikana ko ubuzima bw'imyororokere butavuga gusa imibonano mpuzabitsina. Bukubiyemo ibijyanye n'ibinyabuzima (biology), ibiranga abagabo n'abagore (gender), ibyiyumviro, umushyikirano wihariye hagati y'abantu (intimacy), kwita ku wundi, gusangira, gukunda, imyifatire, gukuyakuya (flirtation), amahitamo yo kugirana imibonano mpuzabitsina n'abo muhuje cyangwa mudahuje igitsina, kwibaruka n'imibonano mpuzabitsina.
2. **Menya neza amagambo nyayo avuga imyanya y'umubiri n'imimaro yayo.** Niba hari amagambo agutera isoni kuyakoresha banza wiherere ufate indorerwamo maze ujye uyasubiramo kenshi wireba kugeza igihe wumva ko kuyavuga ari nko kuvuga andi magambo yose. Urugero, urifuza kuba byakorohera kuvuga "imboro" nk'uko kuvuga "inkokora" bikorohera.
3. **Ibaze ku byiyumviro n'indangagaciro byawe ku bijyanye n'urukundo n'imibonano mpuzabitsina.** Gera gusa kwibuka ibyo wanyuzemo ukiri umwana, nk'uko wakunze bwa mbere, indangagaciro zawe, n'uko ubona ibijyanye n'ubuzima bw'imyororokere muri iki gihe, ni ukuvuga nk'uburyo bwo kwirinda gusama, uburenganzira n'uburinganire mu by'imyororokere, n'amahitamo yo kugirana imibonano mpuzabitsina n'abo muhuje igitsina cyangwa mutagihuje. Ni ngombwa ko umenya uko wowe ubwawe wumva ibi byose mbere yo kubiganiraho n'abana.
4. **Tangira ikiganiro n'abana bawe.** Tega amatwi kurusha uko uvuga. Kora ibishoboka byose kugirango wowe n'abana mwese mugire uruhare mu kiganiro kuko nibyo shingiro ry'ubwisanzure hagati yanyu. Gutega amatwi bibafasha mwese gusobanukirwa n'ibitekerezo bya buri wese by'umwihariko ku bijyanye n'urukundo n'ubuzima bw'imyororokere kuko kenshi usanga imyumvire y'abantu bakuru kuri izi ngingo itandukanye n'iy'urubyiruko.
5. **Wihangayikishwa n'ibi bikurikira—**
 - Kwemerwa nk'aho "ugendana n'igihe". Urubyiruko ruhora ruharanira kwereka bagenzi babo ko bagendana n'igihe. Wowe si cyo bagutegerejeho ahubwo barifuza kumenya ibyo wemera, uwo uri we ndetse n'ibiyumviro byawe.
 - Kumva ufite isoni. Abana nabo baba bafite isoni. Kandi ibi birumvikana kuko urukundo n'ibindi bijyanye n'imibonano mpuzabitsina ni ibintu biba ari nk'ibanga ry'umuntu ku giti cye kandi abana ntibabiyobewe. Guhitamo umubyeyi ugirana

ikiganiro n'abana. Umubyeyi cyangwa umurezi wese ukunda abana ashobora kuganira n'abana ku bijyanye n'ubuzima bw'imyororokere.

- kutabona ibisubizo by'ibibazo bimwe na bimwe. Ni byiza kuvuga ko utabizi igihe nta gisubizo ufitiye ikibazo ubajijwe kandi ukemerera umwana ko uzagishaka cyangwa se ukamusaba ko muzafatanyaga kugishaka. Ibyo wemeye kandi ukabishyira mu bikorwa.

B. Kuganira n'abana bato

- 1. Zirikana ko igihe cyose umuntu afite ubukure bumwemerera kubaza ibibazo aba ashobora kumva ibisubizo nyabyo n'amagambo nyayo akoreshwa mu biganiro.**
- 2. Kora uko ushoboye usobanukirwe n'ibibazo by'umwana muto.** Aho udasobanukiwe ongera umubaze. Urugero ushobora kumubaza uti "Ndumva ntasobanukiwe neza n'ikibazo cyawe. Ese urabaza niba igikorwa iki n'iki ari cyiza cyangwa impamvu abantu bagikora?" Ibi bigufasha kwirinda kujya mu bisobanuro byinshi bidasubiza ikibazo umwana yabajije.
- 3. Subiza ikibazo igihe kibajijwe.** Aho kudasubiza umwana wawe cyangwa gutakaza amahirwe yo kumwigisha wakora igikorwa giteye isoni uri kumwe n'abantu bakuru (muri nko mu iduka wenda). Ikindi kandi umwana aba yifuza ko umusubiza witonze kandi akimara kubaza ikibazo. Niba udashobora kubona igisubizo ako kanya, ereka umwana ko ushimishijwe n'ikibazo akubajije kandi umubwire igihe uzamusubiriza. "Ni byiza ko ubajije icyo kibazo. Ihangane tuze kubiganiraho dutaha."
- 4. Subiza nk'aho waba uganira n'umwana uruta uwawe ho gato, kuko ushobora kuba wibwira ko umwana akiri muto cyane mu myumvire kandi atari ko biri ikindi ni uko bizafasha mu kuganira ku bindi bibazo azabaza mu gihe kizaza.** Nyamara ntiwibagirwe ko uganira n'umwana muto. Urugero, akubajije nk'itandukaniro hagati y'abakobwa n'abahungu ntabwo wamwereka ibishushanyo by'imyanya myibarukiro y'abagore n'abagabo. Umwana muto aba akeneye kumenya itandukaniro rigaragara inyuma. Mu kumusubiza wavuga ko "umuhungu afite imboro, naho umukobwa akagira igituba."
- 5. Zirikana ko hari ibyo ikiganiro n'umwana muto kitagomba kuvugaho.** Ushobora kwirinda gusubiza ibibazo byerekeye ku buzima bwawe bwite. "Ibiba hagati yanjye na papa wawe ni ibanga ryacu nta wundi muntu tujya tubibwira." Kora uko ushoboye ufashe umwana gusobanukirwa niba ikintu iki n'iki cyemewe ndetse n'indangagaciro zijyanye na cyo. Urugero, niba umwana akubajije ko kwikinisha ari bibi, ushobora kumubwira ko "Kwikinisha si bibi

Ababyeyi

ariko nta narimwe umuntu abikora abandi bamureba. Ni igikorwa kibera ahiherereye". Ugomba kandi kumubwira ko abandi bantu bakuru bashobora kuba bafite imyumvire itandukanye n'iyawe kuri iyo ngingo, urugero hari abumva ko kwikinisha ari bibi ariko bakemeranya nawe ko bikorerwa ahiherereye.

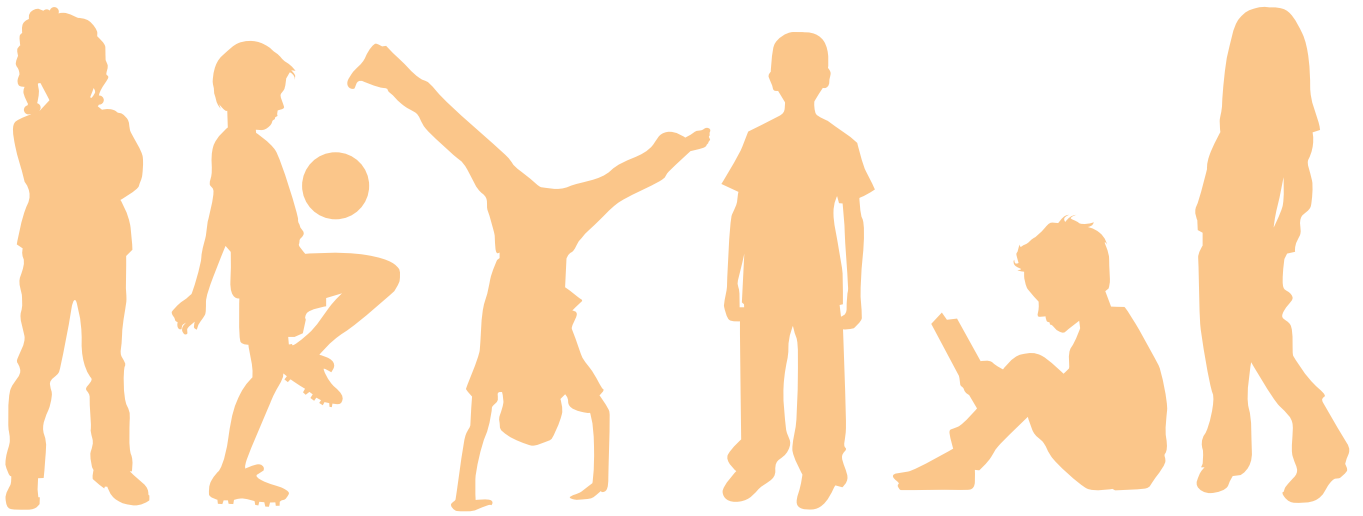
C. Kuganira n'ingimbi n'abangavu

1. **Gerageza kwibuka uko wumvaga umeze mu bwangavu cyangwa ubugimbi bwawe.** Zirikana ko iki ari ikigero kitoroshye. Mu kanya kamwe umwangavu cyangwa ingimbi aba ashaka kugira ubwigenge mu kandi kanya akaba akeneye umuntu mukuru umuba hafi.
2. **Zirikana ko ingimbi n'abangavu bakeneye ubwubahane mu biganiro.** Irinde igitugu. Gerageza kutabahisha ibyiyumviro, indangagaciro n'imyifatire byawe kandi uharanire no kumenya ibyabo. Zirikana ko udashobora gutegeka ibyiyumviro, indangagaciro n'imyifatire by'umuntu.
3. **Wifata abangavu n'ingimbi nk'abantu bafite ubumenyi buhagije cyangwa badafite na buke mu bijyanye n'ubuzima bw'imyororokere.** Tega amatwi ibitekerezo n'ibibazo byabo. Ibisubizo utanga bigomba kuba bijyanye n'ibibazo n'ibitekerezo by'umwana aho kuba bishingiye ku mpungenge zawe.
4. **Witekereza ko umwana adafite ubushobozi buhagije bwo gusuzuma ibyiza n'ibibi by'ikintu runaka.** Abangavu n'ingimbi bafite indangagaciro kandi bafite n'ubushobozi bwo gufata ibyemezo birimo ubushishozi cyane cyane igihe bahawe amakuru yose ya ngombwa ndetse n'umwanya wo kuganira n'umuntu mukuru ubitayeho. Igihe cyose uhayeho umwana amakuru atarimo ukuri agutera icyizere kimwe n'uko kumubwiza ukuri bituma arushaho kukwizera nk'isoko y'amakuru nyayo. Birumvikana ko umwana ashobora gufata icyemezo gitandukanye n'icyo wifuza; ibi nta gitangaza kibirimo.

Kuba umubyeyi cyangwa umurezi abana bisanzuyeho bigomba guhoraho mu buzima. Bifasha mu kongera umushyikirano n'ubwisanzure mu muryango. Bityo rero nta rirarenga namwe mwabitangira!

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- 5 Thomas MH. Abstinence-based programs for prevention of adolescent pregnancies: a review. *Journal of Adolescent Health* 2000; 26:5-17.
- 6 Miller KS et al. Patterns of condom use among adolescents: the impact of mother-adolescent communication. *American Journal of Public Health* 1998; 88:1542-1544.
- 7 Shoop DM, Davidson PM. AIDS and adolescents: the relation of parent and partner communication to adolescent condom use. *Journal of Adolescence* 1994; 17:137-148.
- 8 Jemmott LS, Jemmott JB. Family structure, parental strictness, and sexual behavior among inner-city black male adolescents. *Journal of Adolescent Research* 1992; 7:192-207.
- 9 Rodgers KB. Parenting processes related to sexual risk-taking behaviors of adolescent males and females. *Journal of Marriage and Family* 1999; 61:99-109.
- 10 Hacker KA et al. Listening to youth: teen perspectives on pregnancy prevention. *Journal of Adolescent Health* 2000; 26:279-288.
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Imihindukire y'umubiri wanyje

Inyigisho zigenewe abakangurambaga

Imihindukire y'umubiri wanjye: Inyigisho zigenerwe abakangurambaga

Umubiri wanjye ugenda uhinduka ishingiyeye ku gitekerezo cy'uko abangavu n'ingimbi bagomba guhabwa urubuga rubafasha kwiga no kungurana ibitekerezo mu bwisanzure ku birebana n'ubugimbi n'ubwangavu, imiterere n'imikorere y'umubiri n'uburumbuke. Iyi gahunda igenewe amasaha 4 igamije guha abakangurambaga n'abarezi b'urubyiruko (bashobora kuba bafite uburambe buke mu gukoresha imyigishirize iha uruhare rufatika abiga) ubumenyi mu birebana n'imirongo ngenderwaho y'imyigishirize iha uruhare rufatika abiga, ubufatanye hagati y'urubyiruko n'abantu bakuru ndetse n'ubukangurambaga, ibi bikaba ari ibintu by'ingenzi bifasha mu migendekere myiza ya gahunda izwi ku izina ry' **Imihindukire y'umubiri wanjye**. Igice kinini cy'izo nyigisho kigizwe n'imyitozo igenewe abakangurambaga bitoza uwo murimo, iyo myitozo ikaba ikubiye mu nyoboranyigisho **Imihindukire y'umubiri wanjye** – icapwa rya 2. Iyo myitozo igenewe gufasha abayikora kongera ubumenyi no kwitoza kuganira mu bwisanzure ku murangamutima, uburumbuke n'izindi ngingo zisanzwe zibagora. Abakangurambaga bazaba bahuye bwa mbere n'inyigisho zirebana n'imikorere y'umubiri n'imyitwarire y'ibitsina byombi (cyangwa kimwe muri byo) bashobora kuzifuza kwitoza gutanga ubumenyi kuri iyo ngingo bukubiye muri gahunda **"Imihindukire y'umubiri wanjye: ubutumwa bugenewe ababyeyi"**.

Intego

Nyuma y'iyi nyigisho abakangurambaga bazaba bashobora gukora umurimo w'ubukangurambaga (ntabwo ari uwo guhugura) kandi bakawukora bashingiyeye ku bufatanye hagati y'urubyiruko n'abantu bakuru, ndetse no ku guha agaciro ibitekerezo n'inyungu by'abahugurwa.



Imfashanyigisho

- Impapuro nini zimanikwa ku nkuta
- Impapuro zingana nk'ikaye
- Ikaramu kuri buri wese witabiriye ihugurwa, marikeri
- Udufishi tutanditseho tugenewe kwandikwaho ibitekerezo by'abahugurwa

- Ibikoresho bifasha gufatisha impapuro (Ruban adhesif)
- **Imfashanyigisho zo gutanga U: Imirongo ngenderwaho y'ubukangurambaga**
- **Imfashanyigisho zo gutanga V: Urupapuro rwo kwisuzuma rugenewe buri mukangurambaga**



Durée

Igikorwa	Iminota
Ikaze no kwibwirana.....	10
Igice cya 2: ubukangurambaga.....	20
Igice cya 3: imyigishirize iha uruhare rufatika abiga.....	25
Igice cya 4: ibyo urubwirako rwibwira ndetse n'uko rubona ibintu.....	45
Igice cya 5: inama n'imyitoto bigenewe abakangurambaga.....	140
IMINOTA YOSE HAMWE:	240

Ikaze no kwibwirana

(Iminota 10)

Abitabiriye amahugurwa baribwirana.

Igice
cya 1

Ubukangurambaga

Kungurana ibitekerezo mu matsinda

(iminota 20)

Iki ni igihe kigenewe kungurana ibitekerezo mu matsinda ku birebana n'icyo ubukangurambaga ari cyo. Kora amatsinda y'abantu babiri kugirango bungurane ibitekerezo ku busobanuro bw'ijambo ubukangurambaga kandi bandike ibitekerezo byabo ku dufishi (igitekerezo 1 kuri buri gafishi). Ku dufishi nta mazina yandikwaho. Nyuma y'iminota mike uhugura azakusanya udufishi maze asome ibyanditseho mu ijwi ryumvikana kugirango abahugurwa babiganireho. Nyuma udufishi tuzomekwa ku mpapuro nini hakurikijwe uko ibitekerezo bituriho bifatika.

Mukore umwitozo ukurikira mwuzuzwa **amahame ngenderwaho mu bukangurambaga** nk'uko agaragara mu mirongo ikurikira (uru rutonde rugomba kubanza kwandikwa ku rupapuro runini kandi rukamanikwa ku rukuta nyuma yo kurangiza umwitozo wa 1)

Amahame ngenderwaho mu bukangurambaga

- Guharanira ko abahugurwa bese bibona mu gikorwa

Abakangurambaga

- Kubahana no kutigaragaza nk'umuntu ubakuriye
- Kubaza ibibazo bifite icyo bigamije
- Gutege amatwi
- Gufatanya mu gutekereza
- Kubaza ibibazo: kubaza ibibazo kandi ukabicukumbura kugirango ibibazo abahugurwa babajijwe bibonerwe ibisubizo
- Gukora incamake y'ibisubizo byatanze n'abahugurwa
- Gukoresha imyigishirize n'ibikoreshe biha abiga uruhare.

Gusaba abahugurwa gutanga ibitekerezo ku itandukanyirizo hagati y'inyigisho n'ubukangurambaga.

Nyuma y'iki gice tanga inyandiko ikubiyemo **"amahame ngenderwaho y'ubukangurambaga"** – Imfashanyigisho V.

Igice cy'2

Imyigishirize iha uruhare rufatika abiga

Ibiganiro mu matsinda (iminota 25)

Icyitonderwa ku bakangurambaga

Igisobanuro gikurikira kigomba kwandikwa ku rupapuro runini rukamanikwa ku rukuta kugirango ruze kwifashishwa mu biganiro mu matsinda.

Imyigishirize iha uruhare rufatika abiga:

**Kugira uruhare = kumva ufite inshingano =
gushimangira umwete n'ubwisanzure**

Saba abahugurwa gutanga ibitekerezo kuri iyi nteruro iri hejuru. Bashishikarize kuyitekereraho no kuyunguranaho ibitekerezo.

Shimangira ingingo zikurikira ufatanyije n'abahugurwa. Bashishikarize kubaza ibibazo no kungurana ibitekerezo ku ngingo zikurikira:

- Imyigishirize ishingiyeye ku guha uruhare rufatika abiga ituma uhugura n'abahugurwa bombi bagira ijamba kandi ikaba ari ubufatanye hagati y'umukangurambaga n'abo yigisha. Iyi myigishirize ituma abantu bamenya imbaraga zabo, bongera ubushobozi bwabo mu gukemura ibibazo kandi bakagira uruhare runini bafatanyije mu gukemura ibibazo by'aho bari.
- Imyigishirize ishingiyeye ku guha uruhare rufatika abiga ni uburyo **bushingiye ku guha agaciro uwiga**, mu yandi magambo hubahirizwa igitekerezo cy'uko abahugurwa (urubyiruko) bafite

amakuru, ubumenyi n'uburambe.

- Imyigirishirize ishingiyeye ku gushyira inyigisho mu bikorwa, ni imyigirishirize iteganywa ko abiga bahabwa uburyo bwo gushyira mu bikorwa ibyo biga, ibi bivuze ko iyi myigirishirize isaba igihe gihagije. Inyigisho zitangwa binyuze mu myitozo nk'amahurizo cyangwa indi myitozo yose isaba gukorera mu matsinda no kungurana ibitekerezo nk'urungano. N'ubwo umukangurambaga ari we utanga inzira imyitozo ikorwamo, ibisubizo ku myitozo bitangwa n'abiga (urubiruko cyangwa ababyeyi). Ubu buryo bufasha kunononsora imyigire kandi bugafasha abiga kwigirira icyizere mu birebana no kwitwaza gukemura ibibazo. Abakangurambaga bagomba kugira ubwihangane buhagije kuko iyi myigirishirize isaba ibiganiro n'impaka nyinshi bagomba kandi gukora ku buryo buri wese agira uruhare rufatika.
- Uburyo bukoreshwa mu myigirishirize iha uruhare rufatika abiga buri mu byiciro binyuranye:
 - 1) **Uburyo bw'ivumbura** – agaciro kanini gahabwa uburyo bw'ivumbura kuko bufasha abantu gukoresha imbaraga, impano n'ubushobozi byabo ;
 - 2) **Uburyo bw'ubushakashatsi** – bufasha abiga kwikorera isuzuma bo ubwabo ndetse no gushyira amakuru;
 - 3) **Uburyo bw'isesengura** – bufasha abiga gucukumbura ikibazo kugirango bumve inkomoko yacyo kandi bagishakire ibisubizo ;
 - 4) **Uburyo bw'igenamigambi** – abiga bateganya ibikorwa, ababishinzwe kandi bagashyiraho ingengabihe yo gukemura ibibazo ;
 - 5) **Uburyo bwongera ubumenyi** – abiga bashyira amakuru babinyujije muri buriya buryo bwavuzwe hejuru, ubundi hakifashishwa imfashanyigisho kugirango abiga bongerewe ubumenyi.

Abakangurambaga

Igice
cy'3

Ibyo urubiruko rwibwira n'uburyo rubona ibintu

Agakino no kungurana ibitekerezo
(Iminota 45 – 15 igenewe agakino naho 30 igenewe kungurana ibitekerezo)



Imfashanyigisho

Muzakenera impapuro 2: kuri rumwe muzandikaho "NDABYEMERA" ku rundi mwandikaho "SIMBYEMERA". Mwomeke izi mpapuro ku nkuta zibangikanye mu cyumba murimo.

Agakino

Inzego z'ibitekerezo (Opinion Scales):

Urutonde rukurikira ruriho ibitekerezo birebana n'imibereho y'urubyiruko ndetse n'uruhare rwabo muri sosiyete. Ibyo bitekerezo abantu bashobora kutabihurizaho.

Amahugurwa y'abakurambaga

- Urubyiruko ntirwubaha amategeko!
- Urubyiruko ntiruzi kwifatira ibyemezo!
- Urubyiruko rwa kera ntirwari rugoye nk'urw'iki gihe!
- Urubyiruko rwa none ruzavamo abayobozi beza!

Saba abahugurwa gutekereza umurongo uri hagati na hagati utandukanya izo mpapuro zombi maze bawerekane. Ibi bibafasha kubona ibyo bemeranyaho n'ibyo batemeranyaho. Guhagarara ku murongo wo hagati bivuga "SIMBIZI".

Soma interuro ya mbere mu ijwi ryumvikana kandi usabe abahugurwa guhagarara ahantu hajyanye no kuba bemeranya cyangwa batemeranya n'iyi nteruro. Saba bamwe mu bahugurwa gusobanura impamvu bemeranya cyangwa batemeranya n'interuro yasomwe. Biba byiza iyo wibanze ku bahagaze hafi y'impera z'igice iki n'iki.

Ni ngombwa kuzirikana ko uyu mwitoto ushobora kubara impaka ndende. Igihe ubaza abahugurwa gusobanura impamvu bahagaze mu gice iki n'iki, irinde guteza impaka zirenze igitekerezo mwari muriho. Buri wese agomba guhabwa umwanya wo kwisobanura adaciye mu ijamba, atavugurujwe cyangwa ngo asekwe. Igihe ubona ko hari ingingo zikwiye kuganirwaho, zandike uze kuzifashisha mu kungurana ibitekerezo mu gice cya kabiri.

Kungurana ibitekerezo (Discussion)

Saba abahugurwa kwicara ku ruziga. Basabe kuvuga uko biyumvaga mu gihe cy'umukino. Babaze niba hari ingingo bifuzwa ko zaganirwaho ku buryo burambuye. Nibarangiza kungurana ibitekerezo, ubabaze ibibazo bikurikira:

1. Ufite uburambe bungana iki mu gukorana n'urubyiruko?
2. Urubyiruko rufitiye akamaro umuryango (sosiyete)? Akamaro bafite mu muryango (sosiyete) ni akahe? Ni akahe kamaro bashobora kugira mu muryango (sosiyete)?

Igice
cy'4

Inama n'imyitoto bigenewe abakurambaga

**Kwibwirana n'imyitoto mu matsinda
(hafi amasaha 2 n'iminota 20)**

Inama

Sobanura inama z'ibanze umukangurambaga agomba gukurikiza nk'uko zikubiye mu mirongo ikurikira (kora uko ushoboye abahugurwa babaze ibibazo bibafasha gusobanukirwa buri ngingo):

1. Abakangurambaga bagomba gusoma inyandiko no gufata umwanya uhagije wo gutegura amasomo yose bazatanga: mu buryo bufatika, inyigisho zimwe zisaba gusohora inyandiko zimwe mu mashini (imprimer) bagasubiramo ibizikubiyemo kugirango zizakoreshwe mu gihe cyo guhugura ; hari izindi nyigisho zisaba gushushanya imbonerahamwe ku mpapuro nini zikubiyemo amakuru amwe namwe zikamanikwa ku nkuta, kandi hagateganywa kopi zihabwa abahuguwe.
2. Ni ngombwa ko abakangurambaga batekereza ku buryo bwo guhuza inyigisho batanga n'imibereho yo mu gace bahuguriramo: mu yandi magambo inyigisho zitangwa zigomba gusanishwa n'agace zitangirwamo, ibi bikaba bishobora gusaba ko amagambo akoreshwa n'uburyo isomo ritangwa.
3. Abakangurambaga bagomba gusobanurira bihagije abahugurwa imyitozo ku buryo bayikora bitabagoye.
4. Mu rwego rwo gutegura amasomo, abakangurambaga bakwiye kwifashisha urutonde rubafasha gusuzuma ko ibice byose by'isomo n'ibikoreshe bizakenerwa byateguwe. Bityo, igihe abahugurwa bamaze gutanga ibitekerezo byabo, umukangurambaga ashobora kuzuza rwa rutonde: urugero, mu gihe cy'imyitozo yo gutekereza cyangwa kungurana ibitekerezo mu matsinda, umukangurambaga agomba kuba afite urutonde rw'ibitekerezo yumva ari ngombwa ko biganirwaho. Ni ukuvuga ko igihe umukangurambaga yamaze gukusanya ibitekerezo by'abahugurwa akanabakangurira kungurana ibitekerezo bisanzuye, ashobora kwifashisha rwa rutonde rwe kugirango yuzuze ibitekerezo byatanzwe n'abahugurwa.
5. Ibitekerezo byose byatanzwe n'abahugurwa mu gihe cy'imyitozo cyangwa kungurana ibitekerezo bigomba kwandikwa ku kibaho cyangwa ku mpapuro zikamanikwa ku nkuta nk'umusaruro wavuye mu myitozo yakozwe, ibi bituma abahugurwa bashobora guhora babireba mu gihe cy'inyigisho kandi bakumva ko ari umusaruro wavuye mu kazi bakoze.

Imyitozo ngiro

Uyu mwitozo ugamije gufasha abakangurambaga bitoza ako kazi. Hitamo bamwe mu bahugurwa bitoze ubukangurambaga bigisha amasomo akurikira nk'uko bazabikora igihe bazaba batangiye gukorana n'uruburiko. Ingero z'amasomo yo kwitwazaho yakuwe mu Imihindukire y'Umubiri Wanjye.

Abakangurambaga

Tanga Imfashanyigisho yanditseho U: "Urupapuro rwo kwisuzuma rugenewe abakangurambaga". Sobanura ko nyuma ya buri kicro cy'imyitozo, ari ngombwa ko abakangurambaga bitoza bikorera isuzuma, abahugurwa bose bagomba gutanga ibitekerezo ku isuzuma kugirango uwo mwitozo ubashe kubagirira akamaro.



Ingero z'amasomo



Igihe

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IMINOTA YOSE HAMWE

150

Igice cy'1

Uburumbuke ni iki?

Kungurana ibitekerezo mu itsinda rinini (iminota 10)

Baza abahugurwa ibibazo bikurikira:

- Ijambo "uburumbuke" rivuga iki?
- Ni gihe ki umugore agira uburumbuke?
- Ni gihe ki umugabo agira uburumbuke?

Nyuma yo kumva ibisubizo bitangwa n'abahugurwa basobanurire ko izo ngingo ziza gucukumburwa mu gihe cy'isomo nyirizina.

Icyitonderwa kigenewe umukangurambaga

Kangurira abahugurwa kuvuga ibyo bazi kuri buri nsanganyamatsiko n'ubwo byaba atari ukuri. Ibi bizafasha kumenya aho ubumenyi bwabo bugarukira. Kora uko ushoboye kugirango abahugurwa basobanukirwe neza uburumbuke icyo ari cyo. Shimangira ko uburumbuke butangirira hafi ku gihe kimwe ku bahungu n'abakobwa.

Igice
cy' 2

Ibyo abantu bibwira n'ukuri ku burumbuke

Umukino mu itsinda rinini (iminota 20)

Sobanura ko itsinda rigiye gukora umukino ushingiyeye ku bimenyetso by'uburumbuke bw'abagore n'abagabo, by'umwihariko imihango no kwirotehaho kandi ko uwo mukino uza kubafasha kumenya no gukosora ibyo bibwira (ni ukuvuga ibintu bemera kandi atari ukuri) kuri iyo nsanganyamatsiko. Itsinda rigabanyemo amakipe 2 maze ahagarare mu bihande biteganye by'icyumba. Saba buri kipe kwiyeza izina.

Somera interuro zikurikira umuntu ubanza wo mu ikipe A. uwo muntu yifashisha abo bari kumwe mu ikipe kugirango bemeze niba interuro yasomwe ari "ibyo abantu bibwira" cyangwa se ari "ukuri". Umuntu wa 1 amaze gusubiza, bamenyeshe niba igisubizo yatanze ari cyo kandi wandike amanota buri kipe igira ku kibaho cyangwa urupapuro runini. Niba igisubizo atari cyo, tanga igisubizo gikwiye kandi unagisobanure.

Komeza usomera indi interuro umuntu wa 1 wo mu ikipe B, ukomeze utyo usimburanya amakipe kugeza igihe buri muntu wese ahabwa umwanya wo gusubiza. Numara gusoma interuro zose zikubiyemo ibyo abantu bibwira cyangwa ukuri, saba amakipe kuvuga ibintu 2 bumvise ku mihango no kwirotehaho. Saba indi kipe kuvuga niba ibivuzwe ari ukuri cyangwa ibyo abantu bibwira, kandi usobanure niba igisubizo batanze ari cyo unasobanure n'impamvu. Nurangiza teranya amanota buri kipe yagize, unatangaze ikipe yarushize iyindi.

Abakangurambaga

Ibyo abantu bibwira cyangwa ukuri?

Interuro	Ibyo abantu bibwira cyangwa ukuri
Amaraso umugore ava mu gihe cy'imihango ni ikimenyetso cy'uburwayi.	Ibyo abantu bibwira
Ibinyobwa bishyushye bitera kuribwa mu gihe cy'imihango.	Ibyo abantu bibwira
Abagore bashobora kurya ibiryo birimo urusenda cyangwa se bisharira mu gihe cy'imihango.	Ukuri
Igihe umugore abuze imihango bishobora kuba ikimenyetso cy'uko atwite.	Ukuri
Niba umugabo adasohora amasohoro azaguma mu mubiri we maze imboro cyangwa amabya ye biturike.	Ibyo abantu bibwira
Nta ngaruka bifite kuba umugore yakaraba mu misatsi cyangwa yakwiyuhagira mu gihe ari mu mihango.	Ukuri
Amaraso umugore ava mu mihango avuga ko umugore yanduye/ afite umwanda.	Ibyo abantu bibwira
Igihe umuhungu aroze inzosi ziganisha ku mibonano mpuzabitsina maze akisohoreraho bisobanura ko yifuza gukora imibonano mpuzabitsina.	Ibyo abantu bibwira
Benshi mu bahungu bageze mu gihe cy'ubugimbi bioteraho.	Ukuri
Iyo umuntu akomeje gukorakora imboro ye kenshi iba nini burundu	Ibyo abantu bibwira

Inama ku birebana n'imico n'imigenzereze y'abahugurwa

Shakisha amakuru ku bihangayikishije urubiruko rwo mu gace mutuyemo. Kugirango ubashe gutegura neza inyigisho, huriza hamwe bamwe mu rubiruko ubabaze iki kibazo: "Ni ibiki abantu bibwira cyangwa se ibihuha ku birebana n'uburumbuke biri muri aka gace dutuyemo?". Ifashishe ayo makuru kugirango ukore uko ushoboye isomo rihuzwe n'imitekerereze/imyumvire y'abahugurwa.

Mu kurangiza umwitozo baza ibibazo bikurikira:

- **Wumvaga umeze ute mu gihe wakoraga uyu mwitozo?**
- **Ni ubuhe bumenyi wungutse?**

- Utekereza ko ari byiza ko mu muryango (sosiyete) habamo biriya bintu abantu bibwira ku burumbuke? Hakorwa iki kugirango abantu barusheho gusobanukirwa neza ibirebana n'imihango no kwiwiteraho?

Igice
cya 3

Iriburiro ku burumbuke bw'igitsinagore

Kujya impaka mu itsinda ryaguye (iminota 20)

Inginga abakobwa bakubwire ibyo bumvise bavuga ku birebana no kujya mu mihango, baba bashiki babo, ba nyina, ba nyirasenge, izindi ncuti n'ababyeyi, mu bitangazamakuru, ku ishuri, n'ahandi. Nyuma yo kubareka bakivugira, emeza cyangwa ukosore ibyo bavuze. Hereza **Imfashanyigisho A "Umwanya w'imyororokere w'igitsinagore – ibice bijyanye n'uburumbuke by'imbere"** buri muntu mu itsinda. Sobanura ibintu by'ingenzi bijyanye no kujya mu mihango wifashishije **amakuru shingiro yo mu kiganiro cya kabiri** nk'akuyobora. Witabire kurangiza ibintu bikurikira bigaruka mu **makuru shingiro yo mu kiganiro cya kabiri**:

- **Kujya mu mihango ni iki?** Ifashishe **Imfashanyigisho A: "Umwanya w'imyororokere w'igitsinagore – ibice bijyanye n'uburumbuke by'imbere"** kugirango usobanure buri kintu. Saba abitabiriye ikiganiro gusoma inyandiko mu ijwi riranguruye basimburana, kandi bakerekana ku gishushanyo ahantu havugwa muri iyi nyandiko.
- **Ni ku yihe myaka abakobwa batangira kujya mu mihango yabo?**
- **Ni ikihe kimenyetso cyerekana ko kujya mu mihango byatangiyeye?**
- **Ingarukabihe y'imihango ni iki?**
- **Amaraso aseseka angana iki?**
- **Ingarukabihe y'imihango imara igihe kingana gite?**
- **Umuntu yumva ameze ate mu mubiri mu gihe cy'imihango?**
- **Kujya mu mwanya kw'intangangore (ovulation) ni iki?**
- **Umugore ashobora kumva ameze ate mu gihe cy'imihango? Vuga neza ibintu bibiri cyangwa bitatu.**
- **Guhagarika imbyaro/Kutazongera kujya mu mihango ni iki?**

Sobanurira abitabiriye ikiganiro ko ingarukabihe y'imihango y'umugore ikoreka mu bihe byinshi:

1. Ajya mu muhango ye akanatakaza amaraso.
2. Ntiyongera kava amaraso mu gihe cy'iminsi runaka.
3. Ibintu by'ururenda bishobora gutangira kuboneka.

Abakungurambaga

4. Asohora intanga.
5. Nta bintu by'ururenda na gato byikora.
6. Ashobora gutangira kubona imihindagurikire y'umubiri cg y'umyuvire ijyanye no gukunda mbere y'imihango ye y'ubutaha.
7. Ingarukabihe irongera igatangira.

Umaze kuvuga ku birebana n'ingarukabihe y'imihango, hereza
Imfashanyigisho B: "Umwanya w'imyororokere w'igitsinagore – imyanya ndangagitsina y'imyororokere yo hanze" buri muntu uri mu itsinda. Sobanurira abahari imyanya itandukanye iranga imiterere yo hanze y'umugore.

Shimangira ingingo zikurikira (Stress the Following)

- Igihe umukobwa atangiye kugira imihango, aba afite ubushobozi busanzwe bwo gutwita.
- Umukobwa ashobora gutwita mbere yo kubona imihango ye ya mbere niba uburumbuke bwe bwaramaze kwirema.
- Bayita ingarukabihe y'imihango kubera y'uko ikomeza kugaruka buri gihe, uretse igihe atwite, no kugeza ku ihagarara ry'imihango.
- Ingarukabihe y'imihango itangirana n'ubwangavu, ikazarangirana no guhagarika imbyaro.
- Kujya mu mihango bivugako umukobwa arimo gutangira kuba umugore. Ubusanzwe abagore bose ku isi bagira imihango yabo. Nta mpamvu n'imwe yo kubitinye. Ibyo bisobanura ko umukobwa arimo guhinduka umugore.

**Igice
cy'4**

Ibiranga uburumbuke

Kujya impaka mu itsinda ryaguye (iminota 10)

Fata agakopo karimo umweru w'igi. Sobanurira itsinda ko bishoboka ko haba igihe abakobwa basanga hari ururenda rujya gusa n'umweru cg rwererana ku ikariso bambara, cg bakumva mu mpande z'igitsina cyabo hasa n'ahatose. Urwo rurenda cg ibyo bintu bisa n'ibitose byitwa "imvubura". Imvubura ntiziba iminsi yose, ahubwo ziboneka gusa mu iminsi imwe n'imwe y'ingarukabihe y'imihango. Sobanurira itsinda ko uko kwirema kw'imvubura mu gitsinagore gufasha intanga ngabo kwinyagambura muri nyababyeyi zigana ku ntangangore. Sobanura ko abagore bafite uburyo bw'umwihariko bwo kumenya neza uko kwirema k'ururenda igihe intangangore irimo kujya mu mwanya – ni ukuvuga igihe abagore barushijeho kuba basama – kubera y'uko imvubura icyo gihe ziba zirimo amazi menshi. Abagore na none bashobora kubona andi moko y'imvubura mu zindi ngarukabihe zabo, ariko izi zo ntiziba zitose cyane. Abagore bamwe bashobora kutagira imvubura na gato: ibi bikaba biterwa na buri mugore.

Fata umweru w'igi uri mu gakopo maze uwureke utembe ku ntoki zawe kugira ngo ubereke uko imvubura zishobora kuba zisa. Sobanurira abari mu itsinda ko imvubura zose zidasa gutyo, kuko zimwe na zimwe zirushijeho kuba zitsindagiye cyangwa zoroherewe.

Basobanurire na none ko niba bakurikiranye neza imvubura ziboneka mu gitsina cyabo, bazashobora kwiga kumenya ibintu bigomba kuba bisanzwe kuri bo. Nibasanga hari ikinyuranye n'ibyo bamenyereye kubona, bizaba byiza ko babibaza inzobere mu by'ubuzima. Nk'urugero, ururenda ruja kuba umuhondo cg rurekura impumuro mbi rwerekana akenshi ko hari ubwandu ahanu.

Shimangira ingingo zikurikira

- Ku bagore bamwe na bamwe, imvubura ziba zitsindagiye, ku bandi imvubura ziroroherewe cyane cg nta nazo.
- Kugira imvubura ntibivuga ko igitsina cy'umugore gifite umwanda. Ibyo bivuga gusa ko umubiri wabo urimo kugira imihindagurikire isanzwe ijyanye n'ingarukabihe y'imihango kandi izahora igaruka.
- Niba imvubura zihinduye ibara cg impumuro mu buryo butunguranye, ibyo bishobora kuvuga ko uwo mugore afite ubwandu, kandi bityo yakagombye kugana inzobere mu by'ubuzima.
- Abenshi mu bagore ntibagira imvubura igihe cyose ; bazigira gusa mu minsi imwe n'imwe y'ingarukabihe y'imihango.

**Igice
cy'5**

Ibintu dukoresha mu bihe by'imihango

Iki gikorwa kibera mu matsinda mato mato (iminota 20)

Saba abitabiriye igikorwa kurema amatsinda mato atanu cg atandatu. Niba byemewe n'umuco, saba abahungu n'abakobwa gukorera hamwe.

Ha buri tsinda kimwe mu bintu bikoreshwa n'umugore igihe ari mu mihango, hamwe n'igikombe cg ikirahure cy'amazi. Reka ababireba bakore kuri ibyo bintu kandi babimenye. Saba abitabiriye igikorwa bo muri buri tsinda gusobanura uburyo ibyo bintu bikoreshwa kandi bikavanwaho. Bwira buri tsinda kurambika ibyo bintu mu mazi. Sobanura ko ibyo bintu binywa amazi nk'icyangwe, kandi ko ari icyo bikora no ku maraso igihe umuntu ari mu mihango. Shishikariza abahungu kubaza ibibazo abakobwa baribusubize.

Ha abitabiriye igikorwa ibibazo bikurikira:

- Ni ku mpamvu ki hakoreshwa ibyo bintu?
- Bikora gite?
- Babihindura mu gihe kingana iki?

Abakurambaga

Igice cy'6

- Ni gute bigomba gutabwa cg kozwa?
- Bigurirwa hehe kandi ku kihe giciro? (Cyangwa se ni hehe ibikoresho byo kubikora biboneka?)

Iriburiro ku burumbuke bw'igitsinagabo

Kujya impaka mu itsinda ryaguye (iminota 20)

Ongera ufate agakombe karimo umweru w'igi. Bwira abahari ko basabwe kuvuga ibyo bigeze kumva ku byerekeranye no gushyukwa, gusohora n'uburote babyumvanye abo bavukana, ba nyirarume, izindi ncuti n'abandi babyeyi, mu bitangazamakuru, ku ishuri, n'ahandi. Nyuma yo kubareka bakivugira, emeza cyangwa ukosore ibyo bavuze. Reba neza niba warangije kuvuga neza ingingo zikurikira zigaruka mu makuru y'ibanze y'ikiganiro cya kabiri:

- **Ni gute intangangabo ikorwa? Mukoreshe Imfashanyigisho C: "Umwanya w'imyororokere w'igitsinagabo"** kugirango musuzume iyi ngingo mu buryo bwihuse. Saba abitabiriye ikiganiro gusoma inyandiko mu ijwi riranguruye basimburana, kandi bakerekana ku gishushanyo ahantu havugwa muri iyi nyandiko
- **Gushyukwa ni iki?**
- **Gusohora ni iki?** (Kanda umweru w'igi ukoresheje intoki zawe kugirango werekane uko ayo mazi asa, kandi usobanure neza ko irangi ry'amazi y'amasohoro (imvubura zigizwe n'intangangabo) akenshi ari umweru kurushaho kandi akaba atabonerana cyane nk'umweru w'igi). Sobanurira abari aho ko imvubura z'intangangabo ari imvubura ziva mu gitsina cy'umugabo igihe asohoye.
- **Uburote ni ibiki?**

Gushimangira ibintu bikurikira

- Abahungu ntibashobora kumenya mbere igihe baribushyukwe cg igihe bazagira uburote.
- Gushyukwa n'uburote ni ibintu bisanzwe rwose. Ibyo bikaba bivuga ko umuhungu arimo kuba umugabo.
- Abahungu ntibasohora igihe cyose bashyutswe
- Imvuburantanga ngabo zisohoka mu mubiri igihe habayeho gusohora.
- Gusohora bivuga ko umuhungu afite ubushobozi bwo gutera inda umukobwa (baramutse bakoze imibonano mpuzabitsina).

Kuvuga ku birebana n'uburumbuke bwacu**Umwitoto mu matsinda agizwe n'abantu babiri
(iminota 30)**

Kurema muri iryo tsinda amatsinda abiri matoya. Guha buri muntu muri ayo matsinda umwe mu mikino y'inshingano ziboneka hepfo hano. Niba amatsinda y'abantu babiri akabije kuba menshi, umukino w'inshingano umwe uzashobora gukinwa n'itsinda rirenze rimwe.

Saba buri tsinda rigizwe n'abantu babiri gukina ikizazane hakoreshejwe ibyo bamaze kwiga. Bashishikarize kurangwa n'ubuhanzi kandi ushishikarize abakobwa gukina inshingano z' abahungu cg abahungu gukina inshingano z'abakobwa. Ha abitabiriye igikorwa iminota itanu yo gutegura buri umwe mu mikino.

Gukina inshingano n° 1: Umuntu umwe akina inshingano ya nyirasenge, undi agakina umukino w'umukobwa w'imyaka 12. Umukobwa afite impungenge z'uko atarabona imihango ye, mu gihe bacuti be byabaye. Nyirasenge aha icyizere umukobwa amubwira ko imihango ya mbere ishobora gutangira guhera ku myaka 9 cg10, ariko ko na none ishobora gutangira nyuma ho imyaka mike.

Gukina inshingano n° 2: Umuntu umwe akina inshingano y'umukobwa w'imyaka 10, undi agakina inshingano ya mukuru we na we w'umukobwa. Umukobwa afite ubwoba kubera y'uko yatangiye kujya mu mihango, kandi akaba atazi ibyo ari byo. Mushiki we mukura aramusobanurira kujya mu mihango ibyo ari byo n'impamvu ibyo bibaho.

Gukina inshingano n° 3: Umuntu umwe akina inshingano ya se, undi iy'umwana we ufite imyaka 13. Umwana afite impungenge z'uko abyuka buri gihe kandi ko igihe cyose uburiri buba bwatoseho gato. Arabaza ise ikitagenda kuri we. Ise aramusobanurira ko ibyo bintu ari uburote kandi ko ibyo ari ibintu bisanzwe.

Gukina inshingano n° 4: Umuntu umwe akina inshingano y'umukobwa w'imyaka 12, undi iya nyina cg iya se. Imyambaro y'umukobwa yahindanyijwe n'amaraso akomoka ku mihango igihe yari ku ishuri, bityo akaba atumva ukuntu yasubira ku ishuri kubera y'uko akeka ko abantu bose bamubonye. Nyina cg se aramuhumuriza amubwira ko ikizinga ku myambaro, ibyo hari igihe biboneka ku bagore bose. Nyina cg se aramusobanurira icyo yakoresha mu kujya yitegura no kugira ngo ajye ashobora kwita ku mihango ye.

Gukina inshingano n° 5: Umuntu umwe akina inshingano ya mukuru we, undi iy'umwana w'umuhungu w'imyaka 12. Umuhungu afite impungenge ko yasohoye akaba atekereza ko noneho intangangabo ze zirimo kureremba mu kirere bityo hakaba hari uwatwita. Mwenenyina aramusobanurira ibintu byerekeranye n'uburote no gusohora.

Abakungurambaga

Ubutumwa butibagirana**(Iminota 20)**

Rangiza iki gikorwa ushimamgira ingingo zikurikira:

- Imihango, gushyukwa, gusohora n'uburote ni ibimenyetso bisanzwe rwose by'ubugimbi n'ubwangavu.
- Imihango bivuga ko umukobwa yujuje ibyangombwa byo kuba yatwita.
- Gusohora bisobanura ko umuhungu yujuje ibya ngobwa byo kuba yatera umukobwa inda.

Gushimangira ibikurikira

Shishikariza abitabiriye umukino kubaza ibibazo, ariko umenyeshe itsinda ko bazagirana ikiganiro cya bonyine ari mwo bazashobora kuvugana kuri ibyo bintu n'umukangurambaga bahuje igitsina (ikiganiro cya kane). Bashimire kuba barabaye itsinda rizi kwitanbira ibikorwa rishishkkaye. Basobanurire ko rimwe na rimwe bitoroshye kuvuga ibirebana n'umubiri wawe, kandi ko ubishimiye ku kuba baraje no kuba barahererekanyije ibitekerezo byabo.

Kwisuzuma

Erekeza ku ipaji ikurikira (**Imfashanyigisho U: Kwisuzuma ku bakangurambaga**). Buri wese mu bitabiriye igikorwa mu gukora ku kiganiro yakagombye kwikorera isuzuma nyuma ya buri gikorwa kugirango asuzume ubushobozi bwe, kandi yumve icyo abandira bakangurambaga bamuvugaho. Abandira bitabiriye igikorwa bakagombye na bo kwerekana icyo babitekerezaho (urabe ufite hafi za kopi z'urupapuro rwuzuzwa mu kwisuzuma kugirango uzitange).

IMFASHANYIGISHO U: Urupapuro rwo kuzuza rwerekeranye no kwisuzuma ku bakangurambaga

Inyito y'ikiganiro / Insanganyamatsiko: _____

OYA	BIJYA GUSA NA BYO	YEGO	
			1. Nakoresheje imyigishirize cg igikoresho gihuriweho na benshi mu kiganiro.
			2. Nakoze ku buryo abitabiriye igikorwa bashyirwa mu kiganiro mpaka kandi bakakigiramo uruhare.
			3. Nakoze ku buryo abantu batavugaga mu itsinda mbakangurira kuvuga no gutanga ibitekerezo byabo.
			4. Nitabiriye gutega amatwi ibyo abitabiriye igikorwa bavugaga.
			5. Nanjye ubwanjye nabajije ibibazo kandi naje kwinja abitabiriye igikorwa ngamije gusobanura ibibazo byagaragaye cg ibitekerezo byatanze na bo.
			6. Nitaye cyane ku bitekerezo byatanze n'abitabiriye igikorwa, ndetse n'igihe byabaga bitandukanye n'ibyanjye.
			7. Nagejeje ku itsinda ibitekerezo byanjye.
			8. Nyuma y'ikiganiro, nakoze incamake y'ibisubizo byatanze n'itsinda.
			9. Nakoze ku buryo icyumba kiberamo imyitozo cyaba gipanze mu buryo bwo kongera imishyikirano (ameza yashyizwe mu ruziga cg mu buryo bw'ameza agize umuzenguruko mukazi, ntabe mu mirongo, n'ibindi....)
			10. Nakoze ku buryo abitabiriye igikorwa babona uburyo bwo gutanga ibibazo haba mu kiganiro cyangwa hanze yacyo.

Ibitekerezo ku guteza imbere ubukangurambaga:

IMFASHANYIGISHO V:

Ibintu shigiro uhugura agenderaho

- Kuba abahugurwa buzuzanya kandi bashyize hamwe
- Kubahana no kumva ko mugenzi wawe mureshya
- Kubaza ibibazo bifite ireme
- Guteka amatwi
- Kungurana ibitekerezo
- Mbere yo gutanga igisubizo, kubaza ubajije uko we abyumva
- Gutanga incamake y'ibisubizo byavuye mu matsinda
- Koresha uburyo abahugurwa bagira uruhare mu ikoreshwa ry'imfashanyigisho no mugutanga ikiganiro

INYANDIKO ZIFASHISHWA N'ABAKANGURAMBAGA

Imikorere y'igitsina ni iki?⁸

Imikorere y'igitsina akenshi yumvwa nabi, kandi nk'igitekerezo remezo, bishobora kuba bitoroshye kuyisobanura byimazeyo kandi mu buryo bunoze. Tuzi icyo ari cyo mu kigero runaka mu buryo bw'imitekerereze, ariko si kenshi tuyivugaho.

Hariho ibitekerezo byinshi binyuranye ku cyo imikorere y'igitsina ari cyo n'icyo isobanuye. **Umuryango Ushinzwe Ubuzima ku Isi (OMS) usobanura imikorere y'igitsina** (2002) muri ubu buryo:

- Imikorere y'igitsina ni indangacyerekezo shingiro y'ikiremwa muntu mu buzima bwe bwose, ikaba igizwe n'igitsina nyabuzima, imibonano mpuzabitsina, uko bene yo bayakira n'inshingano zihariye (ni ukuvuga na buri kimwe mu bitsina byombi), amerekezo y'ibitsina, ibyishimo, umunezero, gukundana (n'imishyikirano ijyanye no gukundana) n'imyororokere.
- Imikorere y'igitsina tuyiyumvamo kandi tuyigaragaza mu buryo bw'ibitekerezo, mu buryo bw'ibitekerezo bishingiye ku ndoto, ibyifuzo, ibyo twemera, imyifatire, indangagaciro, imyitwarire, ibikorwa, inshingano n'imibanire n'imishyikirano.
- Niba ariko imikorere y'igitsina ishobora kuba igizwe n'izi ndangabyerekezo zose, ntabwo buri gihe zose tuziyumvamo cyangwa ngo tuzigaragarize icyarimwe.
- Imikorere y'igitsina isunikwa n'impamvu zishingiye ku buzima, imitekerereze, imibereho, ubukungu, politiki, umuco, umurimo, amategeko, amateka, idini n'ibyo twemera.

Imimerere y'imikorere y'igitsina cy'umuntu ubwayo ifite inkomoko ku rwunge rwihariye rw'impamvu zishingiye ku buzima n'imibereho, kandi igenda ihindagurika. Kubera ko hari abantu bayishyize kuri gahunda kandi ikaba itari umwimerere burundu, hari impinduka zikomeye cyane zagiye ziba mu masekuruza, imico, amatsinda y'amoko, n'ibindi.... Imikorere y'igitsina ishobora kumvwa mu buryo butandukanye cyane mu bantu bo mu nzego z'ubuzima zinyuranye, kandi na none hari amatandukaniro ashingiyeye ku myaka, umuco, amerekezo y'ibitsina, no kuba uri umugabo cyangwa umugore.

Akenshi, igihe abantu babonye ijamba "igitsina" cg "imikorere y'ibitsina", batekereza "imibonano mpuzabitsina" cg ibindi bikorwa bishingiye ku gitsina. **Nyamara imikorere y'ibitsina, ntabwo ari gusa ibyumvo bishingiye ku gitsina cg imibonano mpuzabitsina, birenze**

Abakangurambaga

8 Tiré de: Inner Faces, Outer Spaces Initiative Toolkit - Tools for Learning and Action on Gender and Sexuality. International Center for Research on Women (ICRW). 2007.

ibyo. Ibi birebana n'uruhare rukomeye rw'imiterere ya buri muntu. Dusangamo urwunge rw'imyumvire, ibitekerezo n'imyitwarire umugore cg umugabo bafite, kuba akunda cyangwa akundwa n'abandi, kuba afite urukundo cg ari mu mishyikirano ijyanye no gukundana mu buryo bw'ibitsina. Iki gitekerezo remezo gikubiyemo na none kwibona ku isi nk'uko tuyizi mu byumvisho bitanu: kuryohereza, gukorakora, guhumurirwa, kumva no kubona.

Igitsina (mu nyumve y'umugabo cg umugore) n'imikorere y'igitsina bibangikanye cyane n'ukuntu umuntu yibona kandi yigaragaza.

Mu by'ukuri, uburyo tugaragaza imikorere yacu y'igitsina akenshi irangwa n'igitsina cyacu: akenshi, twumva ko abagabo bagomba kugira abo bahuza ibitsina benshi, mu gihe abagore bazwiho kurinda ubusugi bwabo no kumenyakana ko batiyandarika, kandi bakanga kwemera ko hari igihe bagira umunezero ushingiyeye ku ihuzabitsina. Ahantu henshi, usanga hari igitekerezo cy'uko imikorere y'igitsina cy'umugore cg cy'umugabo itakumirwa. Nk'urugero, niba umugabo afashe umugore ku ngufu, icyo bakeka ni uko atashoboye gukumira ihaguruka ry'igitsina cye.

Imikorere y'igitsina ni kimwe mu bigize ubuzima. Byaba mu nyungu z'imibereho myiza y'umubiri, zo gukunda no gukundwa cg z'imitekerereze, kubaho cg kororoka, imikorere y'igitsina **ifite akamaro kibanze mu kubaho k'umuntu.** Amahitamo abagabo n'abagore bafite ku byerekeranye n'imikorere y'igitsina ajyana akenshi no kuba batanga cg biha ububasha.

Imikorere y'igitsina ni uburenganzira bwa muntu. Uburenganzira bwawe bwo kuvuga no kwishimisha ni bumwe mu bigize uburenganzira bw'ibitsina, ariko nta kuvangura abandi bantu kandi nta gutinya ko nawe ubwawe bakuvangura. Uburenganzira bw'ibitsina bwizeza ko abantu bashobora kugaragaza imikorere y'ibitsina byabo badashyizweho agahato, ivangura cg ihohoterwa, kandi bugizwe no kwemeranya no kubahana.

Abantu benshi bafite uruhare mu (cg bakora ku) mishinga itera inkunga abagwiriye n'ibiza n'itera inkunga mu iterambere bumva ukuntu imikorere y'ibitsina **ari ingenzi mu kugera ku ntego z'abantu ku giti cyabo, z'abaturage ndetse n'iz'iterambere ry'igihugu mu bukungu.** Ni koko, kumva umuco kwacu n'amategako agenga imikorere y'ibitsina bifite uruhare mu bice byinshi by'ubuzima: imyaka yo gushaka, kuba umuntu ashobora guta cg kudata urugo, amatwara y'igihugu ku birebana no kubona amakuru ajyanye no guhagarika kubara n'umubare w'abana, cyangwa na none kuba wamenya niba ibyiciro bimwe na bimwe by'abantu bihura n'ivangura ku kazi, nk'urugero abakozi b'igitsina cg abantu bafite ubwandu bw'agakoko gatera sida (VIH).

Ikigo L'Institute for Development Studies (IDS Policy Briefing No. 29, 2006) kigerageza gusobanura igitekerezo remezo cy' **imikorere y'ibitsina mu rwego rw'iterambere**. "Amatwara n'imikorere yo mu rwego rw'iterambere yakunze kurangwa no gushaka kutita ku mikorere y'ibitsina, cyangwa na none kuyitaho nk'ikibazo kijyanye n'imibereho myiza y'abaturage, kuboneza urubyaro, indwara n'ihohoterwa.

Nyamara imikorere y'ibitsina ifite ingaruka ziremereye kurushaho ku mibereho myiza n'imibi y'abantu. Gukenera kurwanya VIH/sida no gufata ingamba zishingiye ku burenganzira bwa muntu byatumye habaho ibiganiro mpaka bihamye ku mikorere y'igitsina, no ku mikoro yaguye muri urwo rwego. Amategeko ku mibereho myiza y'abaturage no mu butabera kimwe ku miterere y'imibereho myiza y'abaturage hashingiwe ku mikorere y'igitsina ni igisubizo ku mutekano w'abantu, ku busugire bwabo, uburere mpuzabitsina, ingendo zabo cg na none uko bahagaze mu bukungu. Ibi bikaba bifite icyo bimaze ku mizero yabo yo kugira imikorere y'ibitsina irushijeho kuba ishimishije no kuba iboneye".

Kimwe no ku birebana n'igitsina (mu nyumve y'umugabo cg umugore), abakozi bagomba gusuzuma no kumva ibyiza byacyo, imyifatire n'imyemerere mu birebana n'imikorere y'ibitsina, kandi bagomba kumenya ukuntu iyo mikorere y'ibitsina iboneka mu nzego z'ibitekerezo remezo no mu buryo bw'imihindukire y'imyitwarire. Izi ni zo mpamvu zindi zituma tugomba gutangira umurimo wacu twibanda ku mikorere y'ibitsina:

- Kutabona amakuru biganisha ku myitwarire ibangamiwe ndetse na none ku myitwarire yaba ihohotera cyangwa irimo agahato.
- Gutinya imikorere y'ibitsina gushobora kuburizamo imiterere imwe n'imwe imibonano mpuzabitsina ishobora kuba ari myiza cyane.
- Kwemera ko habaho imbaga nyamuke y'abahuza ibitsina, bitari ibyo bashobora kuguma mu bwihisho (nk'ababonana bahuje ibitsina, abakoresha igitsina, n'abandi...).
- Kwagura ibyo za gahunda zishobora kugeraho tureba kure y'imihindurire irebana n'imyifatire y'umunu ku giti cye kugirango dutere akanyabugabo ifatwa ry'ibyemezo ku mibereho no ku muco mu birebana n'imibonano mpuzabitsina.

Abakungurambaga

INYANDIKO ZIFASHISHWA N'ABAKANGURAMBAGA

Igisobanuro cy'inziga z'imikorere y'ibitsina⁹

Imikorere y'ibitsina, ntabwo ari gusa imitekerereze ku bitsina cg imibonano mpuzabitsina, birenze ibyo. Ni igice gikomeye cy'uko buri muntu yibona n'icyo uwo muntu agiye kuzaba. Ibyo bigizwe n'urwunge rw'imatekerereze, ibitekerezo n'imyifatire yihariwe n'umugore cg umugabo, kuba ateye ubwuzu, akunda cg aba mu mishyikirano igizwe no gukundana hashingiwe ku gitsina no ku mikorere y'ibyumvisho n'iy'ibitsina. Iki igitekerezo remezo gikubiyemo na none kwibona ku isi nk'uko tuyizi mu byumvisho bitanu: kuryohereza, gukorakora, guhumurirwa, kumva no kubona.

Uruziga rwa mbere—Imikoreshereze ihanitse y'ibyumvisho

Imikoreshereze ihanitse y'ibyumvisho, ni ukuba umuntu azi umubiri we n'ukuntu umuntu yiyumva hashingiwe kuri wo no ku w'abandi bantu, cyane cyane ku mubiri w'umuntu bakorana imibonano mpuzabitsina. Imikoreshereze ihanitse y'ibyumvisho ituma twumva tunezerewe ku birebana n'ukuntu tubona umubiri wacu n'icyo dushobora kuwukoresha. Imikoreshereze ihanitse y'ibyumvisho ituma na none tunezewa n'ibyishimo umubiri wacu ushobora kuduha twebwe ubwacu ndetse n'abandi bantu. Iki gice cy'imikorere y'igitsina cyacu kigira ingaruka ku myitwarire yacu mu buryo butandukanye

- **Isura y'umubiri** — Kumva umuntu ateye ubwuzu kandi yishimiye umubiri we hamwe m'ukuntu ukora bifite icyo bikora ku bintu byinshi bigize ubuzima. Urubiruko ruhita akenshi ibikomerezwa rufata nk'urugero rw'abantu rwagombye gusa na bo, ariko akenshi rusanga ibyo bidafata bitewe n'ishusho yabo indorerwamo ibohereza. Bashobora kutishima mu buryo bw'umwihariko niba abo rushaka kugendera b'ingenzi batujuje ibyangombwa (cyangwa rutababonamo mu buryo nyabwo) imitere y'igihagararo rusanga mu ndorerwamo, nk'ibara ry'uruhu, imitere y'imisatsi, imitere y'amaso, igihagararo cg imitere y'umubiri.
- **Kumva wishimye** — Imikoreshereze ihanitse y'ibyumvisho ituma umuntu yumva yishimye igihe ingingo zimwe na zimwe z'umubiri hagize uzikoraho cyangwa uzikuyakuya. Nk'ibiremwa nyabuzima, abantu na none bagira ibyishimo ku byumvisho bitewe n'uko baryohereza, bakorakora, babona, bumva cg bahumurirwa.
- **Kurangiza irari rishingiye ku guhuza imibiri** — Bakunze

kubyita "kuryoherwa n'ihuzamibiri" kumva ukeneye ko umuntu agukoraho cg kuba wisanga mu maboko y'umuntu mu buryo bwo gukunda no gushaka kugukunda no gukundwa. Ubusanzwe, gukoranaho hakoreshejwe intoki hagati y'abangavu n'ababyeyi babo ntibikunze kuboneka nk'uko biboneka ku bana bato.

Abangavu benshi barangiza irari ryabo ryo guhuza imibiri hakoreshejwe guhuza imibiri n'amacuti yabo kobwa na hungu. Umubonano mpuzabitsina ushobora rimwe na rimwe guterwa n'uko umwangavu/ingimbi yakeneye gucigatirwa n'umuntu, aho kuba yakwifuzaga imibonano mpuzabitsina.

- **Kumva ukunze undi muntu bitewe n'ukuntu asa** — N'ibiparu byose biboneka kuri iyi ngingo, icyicaro cy'imikoreshereze ihanitse y'ibyumvisho n'iyi kumva ushaka abandi bantu cg bo bakagushaka, ntabwo ari imyanya y'imyororokere, ahubwo ni ubwonko, bukomeye kurusha ibindi "umwanya mpuzabitsina" w'ikiremwa muntu. Uburyo bw'imikorere butigeze busobanurwa kandi bushinzwe kukururana kw'ibitsinade buba mu bwonko si mu myanya ndangamyororokere.
- **Ibitekerezo bishingiye ku byifuzo** — Ubwonko na none butuma abantu bagira ibitekerezo bidafite inshingiro uretse kwifuzaga mu birebana n'ibyo umuntu yigeze kubona cyangwa kumenya cg imyitwarire ishingiyeye ku gitsina. Ingimbi n'abangavu bakenera akenshi ko babibafashamo kugirango bamenye ko ibitekerezo bishingiye ku byifuzo byo guhuza ibitsina ari ibintu bisanzwe, kandi ko atari ngombwa gushyira mu bikorwa icyifuzo cyo guhuza ibitsina mu gihe nta shingiro.

Uruziga rwa kabiri — Gukundana hashingiye ku gitsina

Gukundana bishingiye ku mibonano mpuzabitsina ni ubshobozi bwo kuba hafi y'ikindi kiremwa muntu mu rwego rwo gukunda no gukundwa no kwemeranya iryo yegerana. Dore zimwe mu ngingo z'ubwo buryo bwo gukundana:

- **Gusangira** — Gusangira urukundo ni cyo gituma icyo abantu bahuriye kirushaho gukomera. Mu gihe imikoreshereze ihanitse y'ibyumvisho irebana no kuba abantu bakwegerana ku mubiri, gukundana byo bijyanye no kwegerana mu buryo bwo gukunda no gukundwa.
- **Kwita ku muntu cg kumukurikirana** — Kwita ku muntu cg gukurikirana uwo muntu bivuga ko umuntu yiyumvamo ibyishimo bye n'imibabaro ye. Ibyo bivuga kuba witeguye kwakira ibyumvo bishobora kuba atari byiza cyangwa bitakubereye. Nyamara, imishyikirano ishingiyeye ku rukundo nyarwo ishoboka gusa igihe wita ku muntu cg umufite mu mitekereze yawe.

Abakungurambaga

- **Gukunda cg gushimishwa n'undi muntu** — Kumva ufitiye umuntu urukundo cg icyerekezo kijyanye no gukunda no gukundwa ni ibintu byerekana urukundo rutajegajega.
- **Kwigerezaho kubera gushaka gukunda no gukundwa** — Kugirango umuntu agirane urukundo nyarwo n'umuntu agomba kwakira no gusangira na we ibitekerezo n'amakuru by'umuntu ku giti cye. Kubwira umuntu ibitekerezo n'ibyifuzo byari iby'umuntu ku giti cye ni ukwigerezaho kubera y'uko bishoboka ko uwo muntu wundi atabyumva kimwe. Nyamara ntibishoboka ko undi muntu wamuba hafi koko utamubwiza ukuri kandi utamwizera.
- **Kuba ubangamiwe** — Kuba dufitanye urukundo rukomeye n'umuntu bivuga ko hari ibintu dusangiye kandi ko dutekereza uwo muntu, ko tumukunda cg ko tumwemera ; ariko na none ko ari ukwigerezaho bijyanye no gushaka gukunda no gukundwa, ari na byo bituma twumva tubangamiwe: mu by'ukuri, umuntu dusangiye ibintu, dutekereza, cyangwa dukunda cg twemera, afite ububasha bwo kutubabaza mu rwego rwo gushaka gukunda no gukundwa. Gukundana bisaba kuba ubangamiwe, kandi ibyo ni ku mpamde zombi zishaka urukundo.

Uruziga rwa gatatu — Umuntu uko yiyumva hashingiwe ku gitsina cye

Uko umuntu yiyumva hashingiwe ku gitsina cye, biterwa n'uko umuntu yiyumvamo uwo ari we ashingiye ku gitsina cye, harimo no kumva ko ari umugabo cg umugore. Uko umugabo yiyumva hashingiwe ku gitsina cye bigizwe n'ibice " bitatu bikomatanye kandi bituma umuntu yibona uko yibona, iyo ubishyize hamwet. Buri kimwe muri ibyo " bice " ni ingirakamaro.

- **Umuntu uko yiyumva hashingiwe ku gitsina cye** — Kumenya niba uri umugabo cg umugore. Mu kigero cy'umyaka ibiri, abenshi mu bana bakiri bato bazaba bamaze kumenya uburyo biyumva hashingiwe ku gitsina cyabo bwite rimwe na rimwe, igitsina cy'umuntu uko cyaremwe ntabwo ari kimwe n'uko yiyumva hashingiwe ku gitsina cye: ni byo bita imikorere y'ibitsina ibangikanye n'igitsina.
- **Inshingano zishingiye ku gitsina (cg zihariwe n'igitsina)** — Kugaragaza ibikorwa na/cg imyitwarire yihariwe na buri gitsina. Ibintu bimwe na bimwe bigaragazwa n'uburyo umubiri w'umugabo cg w'umugore uremye cg ukora. Nk'urugero, abagore ni bo bonyine bashobora kuja mu mihango, n'abagabo ni bo bonyine bakora intangangabo. Izindi nshingano zihariwe n'ibitsina zigaragazwa n'umuco. Bityo, muri Leta Zunze Ubumwe za Amerika, basanga umugore ari we ukwiye kwambara ikanzu mu bucuruzi, mu gihe mu bindi bihugu bishoboka ko n'abagabo

bakwambara imyenda ijya gusa n'amajipo uko byaba bimeze kose.

- Hari "amategeko" menshi yerekeranye n'ibyo abagabo n'abagore bashobora cyangwa badashobora gukora, kandi bidafite aho bihuriye n'ukuntu umubiri wabo uremye cg ukora. Ni ngombwa ko ingimbi n'abangavu bumva ubu buryo bw'imikorere y'igitsina, bitewe n'uko ibyo bazasabwa n'amacuti yabo cg ababyeyi babo, cg ibyo umuco usaba, kugirango babe "ibitsinagabo" cg "ibitsinagore" byiyongera mu gihe cy'umyaka y'ubugimbi n'ubwangavu. Abahungu n'abakobwa bakiri bato bakeneye inkunga kugirango bamenye uburyo ibitekerezo ku nshingano za buri kimwe mu bitsina byombi bifite ingaruka ku mahitamo bumva bashishikarizwa gukora cg kudakora mu byerekeranye n'imishyikirano yabo, ibikorwa bashobora gukora mu bihe by'ikiruhuko, uburezi bwabo cg umurimo bazakora.

Kugira imyumvire idafite aho ishingiyeye ku birebana n'igitsina bivuga ko umuntu afite igitekerezo kidakuka yishyizemo ku birebana n'igitsina cye. Nk'urugero hashobora kubaho gutekereza ko umugore ubwenge bwe buciriritse cg ko adafite ubushobozi nk'ubw'umugabo, ko umugabo aba yugarijwe n'uburozi yahawe bwa testostérone" (imvugo isebya yadutse mu cyongereza), ko umugabo adashobora kurera umwana atabifashijwemo n'umugore, ko umugore adashobora gusesengura ibintu, cg na none ko abagabo badashobora kugira imbabazi. Abantu akenshi batsimbarara kuri ubu bwoko bw'igitekerezo kidakuka bishyizemo badatekereje neza ku miterere ijyanye na buri kimwe mu bigize ibitsina byombi.

- **Icyerekezo cy'igitsina** — Ni ukuba umuntu ahanini agana abantu b'ikindi gitsina (hétérosexualité), abo bahuje igitsina (homosexualité) cg b'ibitsina byombi (bisexualité). Icyerekezo cy'igitsina gitangira kwigaragaza igihe cy'ubugimbi n'ubwangavu. Hagati ya gatatu n'icumi ku ijana by'abaturage bashobora kuba bafite icyerekezo cy'abo bahuje igitsina bonyine, naho ikindi gice kigizwe n'icumi ku ijana by'abaturage usanga bakunda ibitsina byombi.

Mu gihe cy'ubugimbi, abahungu n'abakobwa bose baba abashishikazwa n'ikindi gitsina, igitsina bahuje cyangwa ibitsina byombi bashobora kumva bagana umuntu ufite igitsina nk'icyabo na/cg gukorana imibonano mpuzabitsina n'uwo bagihuje. Imyifatire nk'iyi, harimo n'imikino y'ibitsina hamwe n'amacuti y'abahungu cg y'abakobwa bahuje igitsina, gukundana n'umuntu mukuru bahuje igitsina, cg ibitekerezo bidafite ishingiro byerekeranye n'imibonano mpuzabitsina ku bantu bahuje igitsina, ni ikintu gisanzwe ku bataragera mu gihe cy'ubugimbi n'ubwangavu n'abasore, kandi ntaho bihuriye n'amerekezo y'igitsina. Kubera amatangazo bumva aho batuye atubaka cg kubera gutinyana bishingiye ku muco muri

Abakungurambaga

rusange, abangavu bumva bifuza gukora imibonano mpuzabitsina cg bumva bafite ibyifuzo byo kugirana urukundo n'umuntu bahuje igitsina bazakenera inkunga, kugirango ibyifuzo byabo bishyirwe ahagaragara kandi imikorere y'ibitsina byabo yemerwe.

Uruziga rwa kane — Imyororokere n'ubuzima bw'igitsina

Ni ubushobozi bw'umuntu bwo kororoka, hamwe n'imitwarire n'imyifatire bituma imibonano mpuzabitsina iba mizima ikanashimisha.

- **Amakuru nyayo ku birebana n'imyororokere** — Aya makuru ni ngombwa kugirango abakiri bato bashobore kumenya ukuntu imyanya y'imyororokere y'umugabo n'umugore ikora, uburyo gutwita bigenda, cg uburyo indwara zandurira mu mibonano mpuzabitsina zandura. Akenshi, abakiri bato baba bafite amakuru adahagije arebana n'umubiri wabo na/cg uw'abo bakorana imibonano mpuzabitsina. Bakeneye ayo makuru kugirango bajye bashobora gufata ibyemezo bazi impamvu mu birebana n'imikorere y'igitsina cyabo, no kugirango barinde ubuzima bwabo. Birakwiye ko abakiri bato bumva imiterere n'imikorere y'umubiri wabo bitewe n'uko buri mwangavu akeneye ubumenyi bumufasha kumva uburyo umubiri we ukora.
- **Imitekerereze n'imyifatire** — Usanga ari ibintu bihambaye igihe umuntu avuga ku byerekeranye n'imikorere y'ibitsina n'imyororokere, cyangwa ibintu birebana n'ubuzima bw'ibitsina nk'indwara zandurira mu mibonano mpuzabitsina, agakoko gatera sida na sida ubwayo, ikoresheya ry'imiti n'ibikoreshe biburizamo gutwita, gukuramo inda, inda no kubyara umwana.
- **Imibonano mpuzabitsina** — Imwe mu myitwarire ikunze kuboneka mu biremwamuntu. Imibonano mpuzabitsina ni imyitwarire ishobora gutanga ibyishimo bishingiye ku gitsina, akenshi bigasozwa n'irangiza ku mugabo no ku mugore. Inda na/cg indwara yandurira mu mibonano mpuzabitsina bishobora na byo kuba ingaruka y'imibonano mpuzabitsina. Mu nyigisho zigenerwa abakiri bato, ibiganiro mpaka ku mibonano mpuzabitsina akenshi bigarukira ku kuvuga mu buryo budasobanutse aho umugabo n'umugore batandukaniye (imboro - igituba). Nyamara urubiruko muri rusange rukeneye amakuru nyayo ku birebana n'ubuzima bushingiye ku mibonano mpuzabitsina, yaba ikorerwa mu gituba, mu kanwa no mu kibuno.
- **Imiterere y'igitsina n'imyororokere** — Umubiri w'umugabo n'uw'umugore n'uburyo bikora ni bimwe mu bigize ubuzima bushingiye ku gitsina. Abakiri bato muri rusange bashobora kwiga kurinda ubuzima bwabo bw'igitsina n'ubuzima bwabo bw'imyororokere. Kugirango ibyo bikorwe, urubiruko muri rusange rukeneye amakuru ku buryo bwose bw'ingirakamaro bukoreshwa mu kwirinda gutwita kandi bushobora kuboneka ku

isoko, imikoreshereze y'ubwo buryo, aho babusanga, ububasha bufite n'ingaruka yabwo. Ibyo bishaka kuvuga na none ko urubwiruko rugomba kumenya gukoresha agakingirizo gakozwe mu mupira mu kwirinda indwara zikomoka ku mibonano mpuzabitsina. N'ubwo umuntu ukiri muto yaba atarimo gukorana imibonano mpuzabitsina ubu, hari ubwo azaba arimo kuyikora ubutaha. Bityo ni ngombwa ko amenya uburyo yakwirinda gutwita no/cg kwikingira indwara.

Mu kurangiza, birakwiye na none ko urubwiruko rumenya ko uburyo gakondo buburizamo gutwita (uburyo bushobora kuba busanzwe bukoreshwa n'abaturage cg buboneka mu muco by'umwihariko) ushobora gusanga budahagije byo kuburizamo uko gutwita, kandi bunashobora kongerera amahirwe indwara zikomoka ku mibonano mpuzabitsina, bitewe n'uburyo ubwo ari bwo. Abakangurambaga b'urubwiruko bazagomba kwerekana ubwo buryo gakondo, ubushobozi bwabwo n'ingaruka zabwo mbere y'uko bavugaga ku migenzo gakondo iburizamo gutwita mu buryo bwihariye kandi bujijurana mu rwego rwo kuboneza umuco.

- **Imyororokere ishingiyeye ku gitsina** — Imigendekere nyayo y'isama, y'inda, y'ibyara n'iyi kwisubiranyira nyuma yo kubyara ni ibintu bikomeye bigize imikorere y'igitsina. Ingimbi n'abangavu bakeneye amakuru ku birebana n'imyororokere ishingiyeye ku gitsina, ni ukuvuga uko bigenda kugirango abantu babiri bagire uruhare buri umwe mu gutanga igice cy'ibintu ireme ry'umwana wabo. Mu yandi magambo, umwana ntasa ijana ku ijana n'umwe mu babyeyi bombi [imyororokere idashingiyeye ku gitsina ni uburyo ikinyabuzima nyabumwe cyihariye cyororoka cyicamo ibice, kikarema ibinyabuzima bibiri nyabumwe bitandukanye bisa neza n'ikinyabuzi (gore) bikomokaho mbere y'uko gicikamo ibice]. Inyigisho nyinshi zihambaye zibanda gusa ku myororokere ishingiyeye ku gitsina mu rwego rw'uburere mbonezabitsina, zitita ku bindi bintu byose bigize imikorere y'igitsina cy'umuntu.

Abakangurambaga

Uruziga rwa gatanu — Gukoresha undi imibonano mpuzabitsina

Gukoresha undi imibonano mpuzabitsina ni uburyo bw'imikoreshereze y'igitsina abantu bitwaramo hashingiyeye ku gitsina kugira ngo bashuke, bakoreshe cg bagenzure abandi bantu. Nk'uko bakunze kubwita uruhande "rwijimye" rw'imikoreshereze y'igitsina cy'umuntu, gukoresha undi imibonano mpuzabitsina bigizwe n'imyitwarire kuva ku idakanganye cyane kugeza ku iteye impungenge n'agahinda, irangwa n'ubugome cyangwa irimo icyaha. Muri icyo myitwarire ishingiyeye ku gitsina, dushobora kuvugaga gukiranya, gushuka, kwangira imibonano mpuzabitsina uwo musanzwe muyikorana kugirango umuhane maze agire ikintu aguha, ihohotera rishingiyeye ku gitsina, gukorera

umuntu ibya mfura mbi bishingiye ku gitsina, cg na none gufata ku ngufu. Ingimbi n'abangavu bagomba kumenya ko nta muntu ufite uburenganzira bwo kubahohotera hashingiwe ku gitsina kandi ko nta burenganzira bafite bwo kugira uwo bahohotera ku gitsina.

- **Gukiranya** — Ni imyitwarire idakanganye cyane ijyanye no gukoresha undi imibonano mpuzabitsina. Nyamara, ibi hari ubwo bishora kuba intandaro yo kugira undi muntu igikoresho, kandi ibyo bishobora gutuma umuntu wagizwe igikoresho yumva ababaye, asuzuguritse cyangwa bimuteye isoni.
- **Koshya** — Igikorwa kijyanye no kuryoshya umuntu kugirango yemere imibonano mpuzabitsina. Igikorwa kijyanye no koshya kirimo n'ikorakora rishobora rimwe na rimwe kuba ribi ku muntu wohejwe.
- **Ihohotera rishingiye ku gitsina** — Ni imyitwarire ihanwa itemewe n'amategeko. Guhohotera hashingiwe ku gitsina bivuga ko habaho gutoteza cyangwa gukorera umuntu ikintu cyiza cyangwa kibi kubera igitsina cye. Nk'urugero, umuntu ashobora kuba arimo gutanga ibitekerezo bye bwite kandi biteye impungenge ku birebana n'uko umuntu asa, cyane cyane ku birebana n'imiterere yerekeranye n'ubukure bushingiye ku gitsina, nk'umubyimba w'igituza cy'umugore cg uko imboro n'amabya by'umugabo bingana. Bishobora kuba na none ari ugukorakora kutemewe, nko gucigatira umuntu umukuriye cg gukora ku matako y'umuntu. Ibi na none bishobora gusa n'ibyo umwarimu agusaba gukora, umuntu ukugenga cg undi muntu wese ugufiteho ububasha akaba ashaka imibonano mpuzabitsina kugira ngo aguhe amanota meza, uzamuka mu ntera, aguhe akazi, akongerere umushahara, n'ibindi. Iyo imyitwarire yose ni ugukoresha no gukorakora. Amategeko muri Leta Zunze Ubumwe z'Amerika atanga uburinzi mu kurwanya ihohotera mpuzabitsina. Ingimbi n'abangavu bagombye kumenyeshwa amategeko igihugu cyashyizeho mu byerekeranye n'ihohoterwa mpuzabitsina, no kwigishwa ukuntu batanga ikirego imbere y'abayobozi babishinzwe igihe bahuye n'ihohoterwa mpuzabitsina. Bagombye na none kumenya ko n'abandi bashobora kubarega kubera imyitwarire yabo baramutse bahohoteye umuntu mu buryo mpuzabitsina.
- **Gufata ku ngufu** — Bivuga ko umuntu akoresha ku ngufu cyangwa ahatira undi guhuza igitsina cye n'icy'undi muntu. Gukuyakuya cyangwa gukorakora ku ngufu cyangwa gukoresha imibonano mpuzabitsina ku gahato ni amahohotera mpuzabitsina. Igihe ari ugufata ku ngufu, ako gahato gashobora na none kuba karimo kwitabaza imbaraga kugirango uganze undi, kwitabaza igitsure, na/cg ibisa n'igitsure bituma umuntu agira

ubwoba, akaba ari ugufatwa ku ngufu. Mugomba kumenya ko gufata ku ngufu bitemewe n'amategeko kandi ko ari ubugome. Ingimbi n'abangavu bagomba kumenya ko hakurikijwe amategeko bafite uburenganzira bwo kurindwa n'urusobe rw'amategeko ahana niba bahuye n'ifatwa ku ngufu, kandi ko umuntu na none ashobora kubatangaho ikirego niba bahatiye umuntu kugirana ihuzabitsina na bo ku mpamvu iyo ari yo yose. Kwanga kwemera ko bakubwira " oya " noneho ugahatira undi muntu kugira imibonano mpuzabitsina ni ugufata ku ngufu uko byagenda kose.

- **Amacugane akozwe ku gahato** — Guhatira umwangavu gukora imibonano mpuzabitsina kandi uwo mwangavu mu mavuko no mu ishyingiranwa afite aho ahuriye n'uwo muntu ubimuhatira. Amacugane ku ngufu ni ubugome bukabije kubera y'uko atuma abana n'urubyiruko muri rusange batakaza icyizere bari bafitiye imiryango yabo. Hejuru y'ibyo, bitewe n'uko umuntu ukuriye undi azi neza ko amacugane atemewe n'amategeko kandi ko agerageza guhisha icyaha, akenshi bafata umwana cg wa wundi ukibwiruka. Amacugane agira ingaruka mbi by'umwihariko ku bantu bahuye n'amacugane bitewe n'umuzigo w'inyabutatu w'imibonano mpuzabitsina yabaye ku gahato, gutakaza icyizere no kwicuza.

Abakungurambaga

Ibisobanuro by'amagambo

Amabya: umwe mu myanya myibarukiro y'umugabo ukora intanga ngabo.

Amasohoro: amatembabuzi asohoka mu mboro mu gihe cyo gusohora.

Gucura: kurekeraho kujya mu mihango.

Gukebwa: ku bagabo ni ugukuraho igihu cyo ku mutwe w'imboro. Ku bagore ni ugukata rugongo, cyangwa rugongo n'imishino umuntu akivuka, akiri umwana cyangwa amaze kuba umwangavu.

Gusama: guhura kw'intanga ngore n'intanga ngabo.

Gushyukwa: gufata umurego kw'igitsina gabo (imboro).

Gusohora: irekurwa ry'amasohoro ava mu mboro.

Ibimenyetso bibanziriza imihango: ni ibimenyetso umuntu yumva mu minsi mike ibanziriza imihango birimo kuribwa mu nda, kugira umwaga, kubabara amabere, kubyimba inda; iyo imihango ije bigenda bigabanya ubukana.

Igihu/igishishwa: ni igihu gitwikiriye umutwe w'imboro.

Igituba: imyanya ndagagitsina y'inyuma y'umugore igizwe n'imigoma, imishino, rugongo na vestibule.

Imanzi: umuhungu utarakora imibonano mpuzabitsina na rimwe.

Imboro: umwanya ndangagitsina w'inyuma w'umugabo ugeza inkari n'amasohoro hanze.

Imibonano mpuzabitsina: igikorwa cyo kwinjiza imboro yashyutswe mu nda ibyara y'umugore.

Imigoma: ibihu bibiri bizengurutse inda ibyara (kimwe iburyo ikindi ibumoso) bifite akamaro ko gutwika no kurinda ibice by'imbere mu gitsina cy'umugore.

Imihango: gusohoka kwa buri kwezi kw'amaraso n'ingiramubiri biva mu mura.

Imirerantanga: umwanya intanga ngabo zikuriramo nyuma yo gukorwa n'amabya.

Ibisobanuro
by'amagambo

Imisemburo: ibintu bikorwa n'imvubura bikaba bitera impinduka mu bice bimwe na bimwe by'umubiri.

Imishino cyangwa imisundi: inyama ebyiri zikikijwe n'imigoma zitangirira kuri rugongo zikamanuka zikikije umuyoboro w'inkari n'inda ibyara

Imiyoborantanga: imiheha ivana intanga ngore mu dusabo tw'intanga izijyana mu mura.

Imiyoborantanga: imiheha miremire inanutse ivana intanga ngabo mu mirerantanga.

Imvubura ya porositati: iyi mvubura ikora amatembabuzi yera kandi afashe ajya mu masohoro.

Imyanya ndangagitsina: imyanya myibarukiro.

Inda ibyara: umuyoboro uhuza umura no hanze

Inkondo y'umura: igice cyo hepfo cy'umura kinjira mu nda ibyara.

Insy: ubwoya bumera ku gitsina uko imyanya ndangagitsina y'umuntu igenda ikura.

Intanga ngabo: ingirangingo ngabo.

Intanga ngore: Ni ingirangingo y'igitsina gore .

Irekurwa ry'intanga: kuva mu gasabo kw'intanga yahishije.

Isaho y'amabya: ni uruhu rumeze nk'agafuka ruba inyuma y'imboro rufubitse amabya.

Isugi: umukobwa utarakora imibonano mpuzabitsina na rimwe.

Kuvumbuka: igikuriro kidasanze kibaho mu gihe cy'ubugimbi n'ubwangavu.

Kwibaruka: gusama no kubyara umwana.

Kwikinisha: kwikorakora ku myanya ndangagitsina ugamije kugira umunezero nk'uva mu mibonano mpuzabitsina.

Kwirotaraho: ni ugusohora usinziriye.

Rugongo: inyama iba haruguru y'imishino kuyikoraho bikaba bitera ubushagarira.

Ubugimbi/ubwangavu: ikigero umuntu ageramo maze imyanya myibarukiro ye igatangira gukora.

Uburumbuke: ubushobozi bwo kubyara.

Udusabo tw'amatembabuzi: imvubura ntoya zikora amatembabuzi afashe afasha intanga ngabo kugenda.

Udusabo tw'intanga: imvubura zibamo ibihumbi n'ibihumbi by'intanga ngore zitarahisha. Buri kwezi imwe muri izo ntanga irahisha maze igasohoka mu gasabo, ibi byitwa irekurwa ry'intanga.

Ukwezi k'umugore: igihe kiri hagati y'umunsi umugore yagiriye mu mihango n'umunsi w'imihango ikurikira; iki gihe kirangwa n'impinduka zinyuranye zibera mu dusabo tw'intanga no mu mura.

Umura/nyababyeyi: ni umukaya umeze nk'umuheha ucumbikira kandi ugatunga umwana kuva asamwe kugeza avutse.

Umuyoboro w'inkari: umuyoboro muto usohora inkari mu ruhago uzijyana hanze y'umubiri. Ku bagabo uyu muyoboro unyuramo n'amasohoro.

Umwenge w'inkari: umwenge inkari zicamo zisohoka.

Umwenge w'inda ibyara: umwenge imihango isohokeramo.

Ururenda: amatembabuzi y'umweru, rujya gusa n'umuhondo ava mu nkondo y'umura agasohokera mu nda ibyara.

Urusoro: intanga ngabo n'intanga ngore iyo bihuye icyo bibyara, kuva ku byumweru umunani kugera igihe umwana avukiye kitwa urusoro.

Vestibule: ni igice cy'igitsina cy'umugore kigizwe n'umwenge w'inkari n'inda ibyara.

Ibisobanuro
by'amagambo

Aho wakura amakuru arebana n'ubuzima bw'imyororokere

Imiryango n'imbuga za interineti wakwifashisha ushaka amakuru
ajyanye n'ubuzima bw'imyororokere:

Imiryango n'imbuga za interineti wakwifashisha ushaka amakuru ajyanye n'ubuzima bw'imyororokere

Institute for Reproductive Health (IRH)

Iki ni kimwe mu bice bigize Georgetown University, kikaba gikora
ubushakashatsi, gitanga amakuru y'ubumenyi, kandi kigashyigikira
politiki zo guteza imbere uburyo bwa kamere bwo kuboneza urubyaro.

Institute for Reproductive Health, Georgetown University, 4301
Connecticut Avenue, NW, Suite 310, Washington, DC 20008 USA;
Telephone: 202-687-1392; Facsimile: 202-537-7450;
Urubuga rwa interineti: **www.irh.org**

Advocates for Youth

Uyu muriyango uharanira gushyiraho gahunda no gusaba ko hajyaho
politiki zifasha urubyiruko gusobanukirwa n'ubuzima bw'imyororokere.

Advocates for Youth, 1025 Vermont Avenue, NW, Suite 200,
Washington, DC 20005 USA; Telephone: 202-347-5700; Facsimile:
202-347-2263;
Urubuga rwa interineti: **www.advocatesforyouth.org**

Alan Guttmacher Institute (AGI)

Intego ya AGI ni uguharanira ko muri Leta Zunze Ubumwe z'Amerika
no ku isi yose hubahirizwa ibyemezo by'abagore n'abagabo ku
bijyanye n'ubuzima bwabo bw'imyororokere. AGI ikora ibishoboka
ngo yigishe abantu kwifatira ibyemezo bikwiye, ibakangurire gukora
ubushakashatsi, iteze imbere gahunda na politiki binoze mu bijyanye
n'ubuzima bw'imyororokere.

Alan Guttmacher Institute Headquarters, 120 Wall Street, 21st Floor,
New York, NY 10005 USA; Telephone: 212-248-1111; Facsimile: 212-
248-1951; or 1120 Connecticut Avenue, NW, Suite 460, Washington,
DC 20036 USA; Telephone: 202-296-4012; Facsimile: 202-223-5756;
Urubuga rwa interineti: **www.agi-usa.org**

Center for Education and Population Activities (CEDPA)

CEDPA itegura ikanashyira mu bikorwa za gahunda zijyanye no kunoza ubuzima bw'abagore n'abakobwa, yibanda ku kongera amahirwe mu burezi no kongera amahirwe yo kugera ku buzima bw'imyororokere, no guhabwa amakuru na za serivisi mu birebana n'Agakoko gatera SIDA na SIDA ubwayo

Center for Educational and Population Activities, 1120 20th Street, NW, Suite 720, Washington, D.C. 20036, USA; Phone: +1 202-667-1142; Fax: +1 202-332-4496; **www.cedpa.org**

Family Health International (FHI)

FHI iharanira guteza imbere ubuzima bw'imyororokere ku isi hose ibinyujije mu bushakashatsi mu by'ubuzima n'imibereho y'abantu no gutanga serivisi nziza mu by'ubuzima no mu mahugurwa. FHI iyobora YouthNet, ariyo gahunda yo guteza imbere ubuzima bw'imyororokere no kwirinda ubwandu bw'agakoko ka SIDA mu rubyiruko ruri hagati y'imyaka 10 na 24. YouthNet ikorana n'urubyiruko, ababyeyi, abayobozi b'amadini n'ab'inzego z'ibanze, abafata ibyemezo, amashuri, abakozi bo muri serivisi z'ubuzima, abakoresha, ibitangazamakuru, imiryango itegamiye kuri leta, n'izindi nzego zose z'urubyiruko mu kwigisha ubuzima bw'imyororokere urubyiruko rwo ku isi hose.

Icyicaro cya FHI, P.O. Box 13950, Research Triangle Park, NC 27709 USA; Telephone: 919-544-7040; Facsimile: 919-544-7261; or FHI HIV/AIDS and YouthNet Departments, 2101 Wilson Boulevard, Suite 700, Arlington, VA 22201 USA; Telephone: 703-516-9779; Facsimile: 703-516-9781; Urubuga rwa interineti: **www.fhi.org**

International Center for Research on Women (ICRW)

Intego ya ICRW ni uguha abagore ububasha, guteza imbere uburinganire bw'ibitsina no kurwanya ubukene mu bihugu bikiri mu nzira y'amajyambere. ICRW ifite imishinga inyuranye y'urubyiruko, ibyandikwa byabo bikaba byibanda ku ishyingirwa ry'abatarakura, guha abakobwa ububasha, n'ibindi bishobora kuganirwaho.

International Center for Research on Women (ICRW), 1120 20th Ikigo mpuzahanga cy'Ubushakashatsi ku Bagore (ICRW), 1120 20th St NW Suite 500 North, Washington, D.C. 20036 USA; Phone: +1 202-797-0007 Fax: 1 202-797-0020; **www.icrw.org**

International HIV/AIDS Alliance

Ishyirahamwe Mpuzamahanga mu byerekeranye n'Agakoko Gatera SIDA na SIDA ubwayo ryibanda kurubyiruko rwagizwe imfubyi na SIDA, ababana n'Agakoko ka Sida, abashobora kuba ubu barimo kwita ku babyeyi babo barwaye n'abagiye mu miryango yabakiriye nk'imfubyi. Iri Shyirahamwe ryateguye kandi ryasohoye inyandiko zinyuranye zigamiye

gufasha amatsinda y'abaturage, ibigo bigengwa na Leta n'ibitagengwa na Leta n'imiryango.

International HIV/AIDS Alliance Secretariat, Preece House, 91-101 Davigdor Road, Hove, Sussex BN3 1RE United Kingdom; Phone: + 44 (0) 127 718900; Fax: +44(0) 1273 718901; www.aidsalliance.org

International Planned Parenthood Federation (IPPF)

IPPF ifatanyije n'indi miryango iyigize iharanira ko abagore n'abagabo bagira uburenganzira busesuye bwo guhitamo umubare w'abana bazabyara n'uburyo bwo kuringaniza imbyaro ndetse igaharanira ko buri wese agira uburenganzira ku buzima bwe bw'imyororokere. IPPF ikorana n'imiryango iteza imbere kuringaniza imbyaro mu bihugu (Family Planning Associations-FPAs) birenga 180 byo ku isi.

International Planned Parenthood Federation, IPPF Public Affairs Department, Regent's College, Inner Circle, Regent's Park, London NW1 4NS, UK; Telephone: 44-171-487-7900; Facsimile: 44- 171-487-7950; Urubuga rwa interineti: www.ippf.org

International Women's Health Coalition

Inshingano ya International Women's Health Coalition (IWHC) ni uguha abategarugori bose uburenganzira ku buzima bwiza kandi bukwiriye. IWHC itera inkunga abayobozi, umutegarugi, abakiri bato n'abakora ubuvugizi ku burenganzira no ku buzima bw'abategarugori ku isi yose. IWHC itera inkunga imiryango imwe n'imwe n'imbuga za Interineti zivuga ku bikenerwa mu buzima bw'abakiri bato no ku burenganzira bw'ikiremwa muntu.

International Women's Health Coalition, 333 Seventh Avenue, 6th Floor, New York, NY 10001, USA; Phone: +1 212-979-8500; Fax: +1 212-979-9009; www.iwhc.org

International Youth Foundation (IYF)

IYF ikorera mu bihugu n'uturere hafi 70 mu birebana no kunogereza urubyiruko imibereho n'ibyo rwifuza kuzageraho ejo hazaza. Mu byo IYF igamije, harimo: uburezi n'ubumenyi mu by'ubuzima, ubuzima bw'imyororokere n'Agakoko Gatera SIDA/SIDA

International youth Foundation, 32 South Street, Baltimore, MD 21201, USA; Phone: +1 410-951-150; Fax: +1 410-347-1188; www.iyfnet.org

National Campaign to Prevent Teen Pregnancy

Uyu muriyango uharanira kurwanya gutwita mu ngimbi n'abangavu ibinyujije mu gushimangira indangagaciro ndetse no gukangurira urubyiruko ibikorwa byarufasha kwirinda gutwita imburagihe.

National Campaign to Prevent Teen Pregnancy, 1776 Massachusetts Avenue, NW, Suite 200, Washington, DC20036 USA; Telephone: 202-478-8500; Facsimile: 202-478-8588;
Urubuga rwa interineti: **www.teenpregnancy.org**

PATH

Inshingano ya PATH ni ukuboneza ubuzima bw'abatuye isi hakoreshejwe ikoranabuhanga ririmo gutera imbere, gushimangira uburyo buboneka mu mikorere no gushyigikira imyifatire myiza. PATH yibanda ku buzima bw'imyororokere bw'urubyiruko hakoreshejwe za gahunda nk'Umushinga w'Ubuzima bw'Imyororokere y'Urubyiruko mu Bushinwa, Umushinga w'Ubuzima bw'Imyororokere muri Kenya, Umushinga Entre Amigas, n'Umushinga Farumasi RxGn.'

PATH, P.O. Box 900922 Seattle, WA 98109 USA; Phone: + 1 206-285-3500; Fax: + 1 206- 285-6619; **www.path.org**

Pathfinder International

Pathfinder International ifasha abagore, abagabo n'urubyiruko bo mu bihugu bikiri mu nzira y'amajyambere kubona amakuru na serivisi bijyanye no kuringaniza imbyaro. Pathfinder iharanira kandi kurwanya ikwirakwizwa ry'agakoko ka SIDA, gufasha abagore guhangana n'ingaruka zituruka ku gukuramo inda mu bwihisho, ndetse no guteza imbere politiki zihamye zo kuringaniza urubyaro muri Leta Zunze Ubumwe z'Amerika no ku isi hose. Mu bikorwa bya Pathfinder harimo gahunda ya FOCUS on Young Adults yari igamije guteza imbere imibereho myiza y'abasore n'inkumi mu bihugu bikiri mu nzira y'amajyambere binyujijwe mu gushyiraho no gushyigikira ibikorwa byo kuringaniza imbyaro.

Pathfinder International, 9 Galen Street, Suite 217, Watertown, MA 02472 USA; Telephone: 617-924-7200; Facsimile: 617-924-3833;
Urubuga rwa interineti: **www.pathfind.org**

Planned Parenthood Federation of America (PPFA)

PPFA ni wo muriyango munini kandi wizewe w'abakorera bushake ku isi uharanira guteza imbere ubuzima bw'imyororokere n'imibereho myiza. PPFA yemera ko buri wese hadashingiwe ku mikoro, irangamimerere, ubwoko, imyaka, n'igihu akomokamo afite uburenganzira busesuye bwo kugenga ubuzima bwe bw'imyororokere uko abyumva kandi atavogerewe.

Planned Parenthood Federation of America, 810 Seventh Avenue, New York, NY 10019 USA; Telephone: 212-541-7800 or 800-230-PLAN refers you to your local Planned Parenthood organization; Facsimile: 212-245-1845; We Urubuga rwa interineti:
www.plannedparenthood.org

Population Services International (PSI)

Impuzamahanga ya za Serivisi Zihabwa Abaturage (PSI)

Inshingano ya PSI ni ukuboneza mu buryo busobanutse ubuzima bw'abakene n'ubw'ababangamiwe mu bihugu bikiri mu nzira y'amajyambere, hakoreshejwe cyane cyane kwegereza abaturage uburyo bwo kuboneza urubyaro, ibikoresho na za serivisi byerekeranye no kurinda ubuzima n'amakuru yerekeranye n'ubuzima. PSI yita ku rubyiruko, kuri za serivisi no ku buzima hakoreshejwe cyane cyane umushinga wayo wo KUGOBOKA Urubyiruko/YouthAIDS. YouthAIDS igeza ku rubyiruko rufite imbogamizi hagati y'imyaka 15 na 24 ubutumwa buhamye kandi bw'ingirakamaro bwo kwifata, kudacana inyuma, no gukoresha agakingirizo keza kandi neza igihe bageze mu myaka yo kwitabira imibonano mpuzabitsina,

Population Services International, 1120 19th Street, NW, Suite 600, Washington, DC 20036 USA; Phone +1 202-785-0072; Fax +1 202-785-0120; www.psi.org

Save the Children

Save the Children ikorera kongera ingufu mu ihinduka rihamye kandi ry'ingirakamaro ry'ubuzima bw'abana bakennye muri Leta Zunze Ubumwe no ku isi yose. Bafatanya n'imiryango n'abaturage mu gusesengura no mu kubonera ibisubizo ibibazo abana bahura na byo, harimo no kwita ku buzima bw'imyororokere na mbonezabitsina ku rubyiruko.

Save the Children US Headquarters, 54 Wilton Road Westport, CT 06880 USA; Phone: +1 203-221-221-030, Fax + 1 203-227-5667; www.savethechildren.org

Sexuality Information and Education Council of the United States (SIECUS)

Intego ya SIECUS ni ukumvisha abantu ko ubuzima bw'imyororokere ari kimwe mu bigize ubuzima bw'umuntu. Igamiye kandi gushakisha, gukusanya, gutanga amakuru no guhugura abantu b'ingeri zose ku bijyanye n'ubuzima bw'imyororokere; ndetse no guharanira ko buri wese agira uburenganzira bwo kwifatira ibyemezo ku bijyanye n'ubuzima bw'imyororokere.

Sexuality Information and Education Council of the United States Headquarters, 130 West 42nd Street, Suite 350, New York, NY 10036-7802 USA; Telephone: 212-819-9770; Facsimile: 212-819-9776; or 1706 R Street, Washington, DC 20009 USA; Telephone: 202-265-2405; Facsimile: 202-462-2340; Urubuga rwa interineti: www.siecus.org

ISOFI (CARE)

Umushinga Inner Spaces outer Faces Initiative (ISIFI) ushaka gukemura ikibazo cy'ubusumbane mu bubasha kiboneka mu bitsina no mu mikorere y'ibitsina hakoreshejwe urwunge rw'ibikoresho bya ISOFI. Ibyo bikoresho by'amahugurwa, ibikoresho bishingiye ku bitekerezo no ku bugenzuzi, ibi bikaba byafasha gushyira mu bikorwa ubumenyi bwabo bushyashya muri za gahunda bafite ubu.

CARE, 151 Ellis Street, NE, Atlanta, GA, 30303 USA; Phone: + 1 404-681-2552, www.careacademy.org/health/isofi

Population Council

Ihuriro ry'Abaturage rigamije kunoza imibereho myiza n'ubuzima bw'imyororokere by'abariho n'iby'abazaza ku isi yose, cyane cyane hakoreshejwe ubushakashatsi. Imwe mu ntego z'ibanze z'ihuriro ry'abaturage ni ukunoza ubuzima bw'imyororokere n'imibereho myiza y'urubyiruko mu bihugu bikiri mu nzira y'amajyambere.

Population Council, One Dag Hammarskjold, 9th Floor New York, NY; USA 10017; Phone: +1 212-339-0500; Fax: + 1 212- 339-0599; www.popcouncil.org

United Nations Children's Fund (UNICEF)

Iri mu bihugu n'uturere 190 ku isi, UNICEF yibanda kuri za gahunda n'ubushakashatsi bigamije gufasha abana n'urubyiruko. UNICEF ifite inganzo nyinshi n'ibyo yanditse byinshi ku rubyiruko, ku buzima bw'imyororokere no ku gakoko gatera Sida na Sida ubwayo.

United Nations Children's Fund Headquarters, UNICEF House 3 United Nations Plaza New York, New York 10017 U.S.A.; Phone: + 1 212-326-7000; Fax + 1 212-7465; www.unicef.org

United Nations Population Fund (UNFPA)

Iri ni ishami ry'Umuryango w'Abibumbye rifasha ibihugu bikiri mu nzira y'amajyambere gukemura ibibazo binyuranye by'abaturage babyo. UNFPA ifite ibikorwa na gahunda binyuranye birebana n'ubuzima bw'imyororokere.

United Nations Population Fund, 220 East 42nd Street, New York, NY, 10017 USA; Telephone: 212-297-5020; Facsimile: 212-557-6416; Urubuga rwa interineti: www.unfpa.org

Youth Coalition for Sexual and Reproductive Rights

The Youth Coalition is an international organization of young people between the ages of 15 and 29 committed to advocating for sexual and reproductive health and rights at the national, regional, and international levels.

The Youth Coalition for Sexual and Reproductive Rights, 190

Web Sites for Youth

Girls Incorporated: www.girlsinc.org/ic/

Uru rubuga rwa interineti rwashyizweho n'umuryango udaharanira inyungu w'urubyiruko wo muri Leta Zunze Ubumwe z'Amerika ukangurira abakobwa kumenya gufata ibyemezo bihamye kandi bakabihagaraho.

Go Ask Alice: www.goaskalice.columbia.edu

ni urubuga rukubiyemo ibibazo n'ibisubizo ku bijyanye n'ubuzima bw'imyorokere.

I Wanna Know: www.iwannaknow.org

Uru rubuga rwa interineti amakuru ku ndwara zandurira mu mibonano mpuzabitsina, impinduka z'ingenzi ziba ku mibiri y'ingimbi n'abangavu ndetse rukabagira inama z'uho bakwirinda inama mbi za bagenzi babo.

It's Your (Sex) Life: www.itsyoursexlife.com

Uru rubuga rwa interineti ruha urubyiruko amakuru yizewe ku bijyanye n'ubuzima bw'imyorokere.

Mezzo: www.ippf.org/mezzo/index.htm

Uru rubuga rwa interineti rutanga rukubiyemo inama zitangwa n'urubyiruko kandi zigenewe urubyiruko ku birebana n'urukundo.

Sex Etc.: www.sexetc.org

Uru rubuga rwa interineti rutanga amakuru afasha urubyiruko kwirinda indwara zandurira mu mibonano mpuzabitsina no gutwita imburagihe.

TeensHealth (<http://kidshealth.org/teen/>)

TeensHealth iterwa inkunga na the Nemours Foundation kandi itanga amakuru ku bintu binyuranye bigira ingaruka ku rubyiruko harimo n'ubuzima mbonerabitsina, imibanire, ibiribwa, imyambarire, imiti n'ibiyobyabwenge. Teenhealth na none igeza ku bantu akanyamakuru gasohoka rimwe mu cyumweru kakaba kanasohoka mu Gisipanyoli.

Teenwire: www.teenwire.com

Uru rubuga rwa interineti rutanga amakuru arebana n'imihindukire y'umubiri w'ingimbi n'abangavu, uko wakwirinda imibonano

mpuzabitsina, uko wikingira igihe wiyemeje kuyikora ndetse n'uko wakwitwara igihe utandukanye n'umukobwa cyangwa umuhungu w'inshuti yihariye.

Voices of Youth: www.unicef.org/voy/

Uru rubuga rwa interineti rukubiyemo ibitekerezo biva mu biganiro binyuranye bigamiye kurengera uburenganzira bw'umwana ku isi hose.

X-press: www.ippf.org/x-press/index.htm

Uru rubuga ni nk'akanyamakuru ka IPPF kandikwa n'urubyiruko kandi kagenewe urubyiruko.

Yo! Youth Outlook: www.pacificnews.org/yo/

Uru rubuga rwa interineti rugizwe n'ikinyamakuru cyandikwa n'urubyiruko kandi kigenewe urubyiruko.

Youth HIV: www.youthhiv.org

Uru rubuga rwa interineti rukubiyemo amakuru ajyanye no kubana n'ubwandu bw'agakoko gatera SIDA.

Youthshakers: www.youthshakers.org

Uru rubuga rwa interineti ni ihuriro ry'urubyiruko rwo ku isi yose ruharanira ko buri wese agira ubuzima bwiza bw'imyororokere rubinyujije mu gutanga amakuru nyayo, kwigishanya hagati y'urubyiruko, no gufasha urubyiruko kugira ubumenyi n'ubushobozi bwo kwiyobora no kuyobora abandi.

**Inyandiko z'Ingirakamaro ku rubyiruko
rukiri ruto (VYA)**

Breinbauer, Cecilia and Matilde Maddaleno. 2005. *Urubyiruko, Amahitamo n'Imihindagurikire. Guteza imbere Amatwara meza mu rubiruko.*

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Caskey, M.M & Anfara, V.A., Jr. 2007. *Incamake y'ubushakashatsi: Ibiranga imikurire y'urubyiruko rukiri ruto.*

Kiboneka kuri: **www.nmsa.org/portals/0/pdf/Research_Summaries/Developmental_Characteristics.pdf**

Ihuriro ry'Imiryango Mpuzamahanga ryita ku Bumenyi mu by'Ubuwuzi (CIOMS).2002. *Amabwiriza ku Bushakashatsi mu by'Ubuwuzi bushingiye ku binyabuzima harimo n'ibyigishwa birebana n'Umuntu.*

Riboneka kuri: **www.cioms.ch/publications/layout_guide2002.pdf**

Ikigo cy'Ubuzima bw'Imyororokere, Kaminuza ya Georgetown.2010. *Guteza imbere Inyigisho z'ejo hazaza no Kuzigeza k'Urubyiruko rw'Abakiri Bato Cyane: Ikinyamakuru gikusanya ibyanditwe*. Washington, DC. Kiboneka kuri: **www.irh.org/sites/default/files/Promising Practices for VYA Programs_Literature Review_IRH_Sept2010.pdf**

Mmari, K. and Blum, R. 2008. *Imbogamizi n'ibintu bishobora Kurinda umuntu bikanagira ingaruka ku Buzima bw'Imyororokere mu Bihugu Bikiri mu Nzira y'Amajyambere*. Global Public Health Journal 4 (4):350-366. Kiboneka kuri: **www.who.int/child_adolescent_health/documents/9241592273/en/index.html**

Ross, David A., Bruce Dick, and Jane Ferguson (eds.).2006. *Kurinda Urubyiruko Agakoko Gatera Sida/SIDA: Gusubira Gusesengura Byimazeyo Ibyagaragaye mu Bihugu Bikiri mu Nzira y'Amajyambere*. Genève: Umuryango Wita ku Buzima ku Isi. Uboneka kuri: **http://whqlibdoc.who.int/trs/WHO_TRS_938_eng.pdf**

Ihuriro ry'Abaturage. 2009. Byose ni nk'aho Ari icyigishwa Kimwe: *Amabwiriza n'ibikorwa ku bijyanye n'uburyo bukomatanyije mu birebana n'imikorere y'ibitsina, iyubahirizabitsina, Agakoko Gatera Sida, n'uburezi ku birebana n'uburenganzira by'ikiremwa muntu*. Amabwiriza aboneka kuri: **www.popcouncil.org/pdf/2011PGY_ItsAllOneGuidelines_en.pdf** n'ibikorwa Biboneka kuri: **http://www.popcouncil.org/pdf/2011PGY_ItsAllOneActivities_en.pdf**

Amabwiriza ku byagaragajwe n'urubyiruko bo mu Ihuriro ry'Abaturage, akaba akomoka mu matsinda y'ibintu byagaragariye DHR mu bihugu birenga 50. **www.popcouncil.org/publications/serialsbriefs/AdolExplnDepth.asp**

Umuryango w'Abibumbye Wita ku Burezi, Ubumenyi n'Umuco mu Bihugu (UNESCO). 2009. *Amabwiriza Mpuzamahanga mu bya Tekiniki zerekanywe n'Uburezi bushingiye ku Mikorere y'ibitsina: Uburyo bushingiye ku bintu bigaragara byafasha amashuri, abarimu n'abarezi mu by'ubuzima*. Uboneka kuri: **<http://unesdoc.unesco.org/images/0018/001832/183281e.pdf>**

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Umuryango Wita ku Buzima ku Isi. 2007. *Ufasha ababyeyi bo mu bihugu bikiri mu nzira y'amajyambere kunoza ubuzima bw'abangavu*.

Uboneka kuri: [www.who.int/child_adolescent_health/
documents/9789241595841/en/index.html](http://www.who.int/child_adolescent_health/documents/9789241595841/en/index.html)

Aho
washakira
amakuru

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