

Ibyiyumviro by' Urukundo



Ni ibisanzwe kugira ibyiyumviro by' urukundo cyangwa kumva ukunze umuntu agasa n' aho agukurura. Kandi na none ni ibisanzwe kutagira ibyo byiyumviro. Urukundo rwerekanwa mu buryo bwinshi.

Urukundo no kwita ku muntu ntibivuze kugirana imibonano mpuzabitsina. **Kudakora** imibonano mpuzabitsina ni bwo buryo bwiza ku rubyiruko bwo kwirinda gusama n' indwara zandurirwa mu mibonano mpuzabitsina, nka virusi itera SIDA.

Wibuke ko



Nta muntu ukwiriye kugukorakora mu buryo wumva bikubangamiye. Igihe cyose wumva hari ikiguteye inkeke cyangwa impungenge. Biganirize umubyeyi wawe cyangwa undi muntu mukuru wizeye.



Uramenye, sinshaka kugumana nawe!

Wiyiteho kandi wimenye ni bwo uzagira

UBUZIMA n' UMUTEKANO

Guhorana umutekano n' Ubuzima

Mu gukura harimo guhorana ubuzima n'umutekano. Ibyo inshuti zawe zabigufashamo. Hitamo inshuti (abakobwa n' abahungu) bakubaha kandi bagushakira ibyiza.



Dore bimwe jye n' inshuti zanjye dukora ngo tugume mu mutekano.

Ntukajyane n' umuhungu cyangwa umugabo mwenyine ahantu hatari abandi bantu

Ntukemere amafaranga cyangwa impano, abantu bamwe baba bashakira ko mukorana imibonano mpuzabitsina nk'inyiturano y'ibyo baguhaye

Buri gihe ujye uvuga "Oya" kuri izo mpano, vuga kandi "Oya" kugusabye ko mukorana imibonano mpuzabitsina kuko ushobora gusama cyangwa indwara zandurira mu mibonano mpuzabitsina nk'agakoko gatera SIDA.

Uhungire kure inzoga n'ibiyobyabwenge Nibyo bituma habaho guhitamo gutera ingorane



Ni gute wowe n' inshuti zawe mwaguma mu mutekano

Ukeneye ibindi bisobanuro wabaza :

- Ku kigo nderabuzima kikwegereye
- Ku ishuri rikwegereye
- Ku kigo cy'urubyiruko kikwegereye



GrowUpSmart

"Kura usobanutse"

Uzi ko ntawigeze ambwira na rimwe ko nzagira imihango! Sha, nagize ubwoba mbonye amaraso!

Mama yari atangiye kubinsobanurira, maze Data aba arinjiye, nuko bafatanyaga kunsobanurira.

Ye, wavuganye na papa wawe ibyo bintu!

Ye!



Kuganira ku by' Imibiri yacu Ihindagurika.

Abahungu twigana bambwiye ibintu ngo byo kwiroteaho. Nuko njya kubaza Mwarimu, kugirango ansobanurire neza.

Jye nzabisobanurira murumuna wanjye nawe abimenye.



Ni gute Umubiri Uhinduka ?



Abahungu n'abakobwa bagira imihindukire mu mibiri yabo no mu byiyumvo byabo. Iyo mihindukire iba kuri buri wese mu myaka itandukanye.

- Uba muremure
- Uruhu rwawe rurayaga cyangwa rukazana ibihari
- Ubira ibyuya kurushaho ukagira impumuro idasanzwe
- Ubwoya buza mu maha bukaza no mu bice by'imyanya ndangagitsina
- Ushobora kumva wishimye cyangwa ubangamiwe
- Ushobora kugira ibyiyumvo by'Urukundo



Ku Bakobwa

Impinduka ya mbere nabonye ni uko natangiye kumera amabere. Nyuma mbona n'amatako agenda aba manini.



“Umunsi umwe umukobwa yabonye imihango ye bwa mbere, bivuga igihe amaraso aya mu myanya ndangagitsina y'imbere mu gihe cy'iminsi mike buri kwezi”
Ibyo bisobanura ko ashobora gusama aramutse akoze imibonano mpuzabitsina.

Nyamara, umubiri we nturakura bihagije ngo ube witeguye gusama inda. Yakagombye gutegereza akageza ku myaka yemewe yo gushinga urugo.

Ku Bahungu

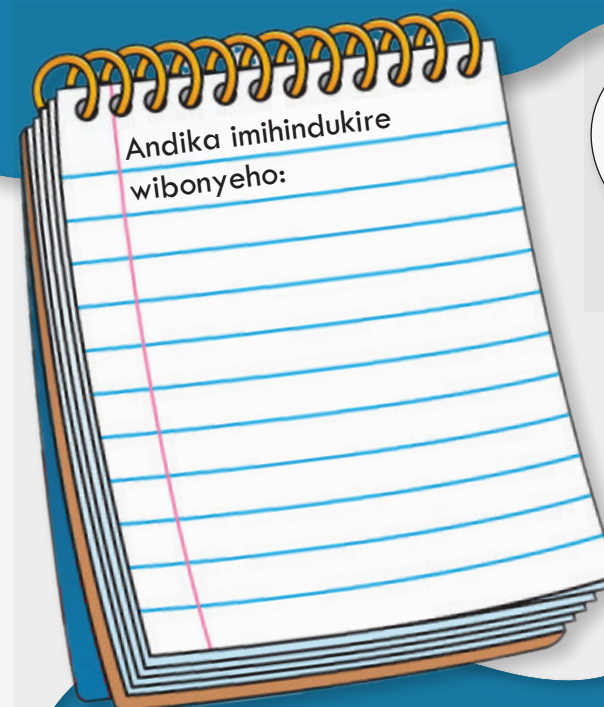
Nagize urujwi, ngira imirya n' imbaraga kandi ndakomera, mera n'ubwanwa hejuru y' umunwa n'ubwoya mu maso.



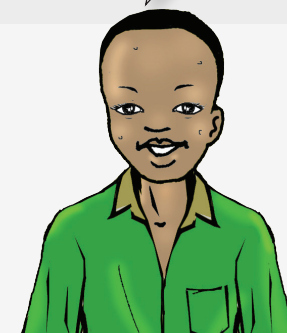
Umuhungu ntabwo ajya mu mihango. Ahubwo we yiroteraho, yakanguka agasanga amasohoro yavuye mu gitsina cye. Ibyo bisobanura ko ashobora gutera inda umukobwa cyangwa umugore aramutse arekuriye amasohoro mu gitsina cye.

umuhungu kandi arashyukwa. Ni igihe igitsina cye kiba cyafashe umurego bishobora kuba nijoro cyangwa ku manywa. iyo umuhungu ashyutswe cyangwa yiroteyeho ntibivugako agomba gukora imibonano mpuzabitsina, ibyo birasanzwe mu mikurire y'abahungu bibategura kuba abagabo.

Nubwo abahungu n' abakobwa bashobora kubyara, bisaba imyaka myinshi kugirango bakure mu mubiri no mu byiyumviro kugirango bitegure kwita ku mwana no gutunga urugo.



Iyo mihindukire ishobora kuza vuba cyangwa igatinda, biratandukana ku bantu, kandi nta kibazo. Ereka ababyeyi cg abakurera aka gatabo, muganire kubikubiyemo



Abakobwa n' abahungu bafatwa bate?

Uko umubiri ugenda ugira impinduka, rimwe na rimwe umuryango n' inshuti batangira gufata abakobwa ku buryo butandukanye n' uko bafata abahungu. Bakabategerezaho ibintu bitandukanye cyangwa bakabaha imirimo itandukanye.



Imyaka 6 kugeza 8



Imyaka 10 kugeza 14

Waba warigeze gufatwa ku buryo butandukanye?

Yego ☐ Oya ☐

Sobanura _____