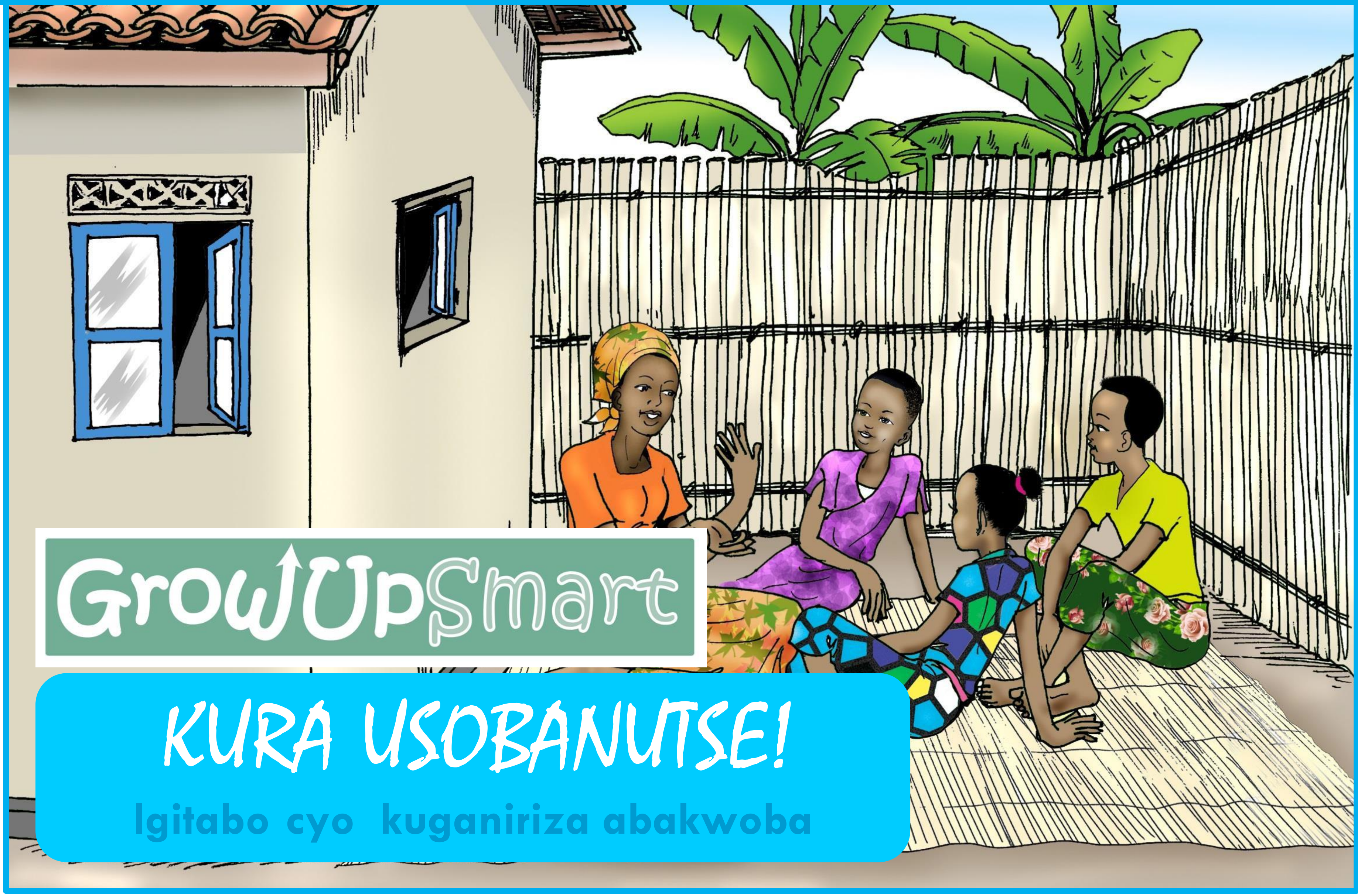


GrowUpSmart

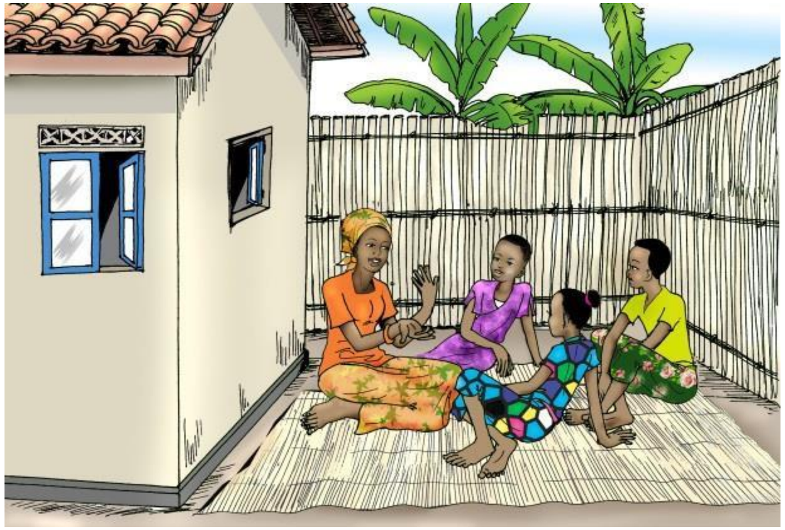
KURA USOBANUTSE!

Igitabo cyo kuganiriza abakwoba

MINISTRY OF HEALTH

Institute for Reproductive Health
Georgetown University

Iki gitabo cy’inkuru cyo kuganiriza abakobwa cyashyizwe mu Kinyarwanda kigendeye ku mibereho y’abanyarwanda hifashishijwe igitabo cy’inkuru cyashyizwe ahagaragara na Gender roles, Equality and transformations (GREAT) cyakorewe mu majyaruguru ya Uganda ku bufatanye bwa Pathfinder International na Save the Children ku nkunga y’ikigo cy’iterambere rya leta zunze ubumwe bwa Amerika mu masezerano bagiranye No. OAA-10-00073. Amashusho yose ari muri iki gitabo yashushanyijwe na Jean de Dieu Munyurangabo.



Muri make icyitonderwa ku bazabara iyi nkuru

Intangiro y'ubwangavu, hagati y'imyaka 10 na 14, irangwa n'impinduka mu mubiri no mu bitekerezo. Abangavu n'ingimbi bacyinjira muri icyo cyiciro akenshi barangwa no kuvangirwa cyangwa guhuzagurika ku buryo baba bakeneye inama z'abantu bakuru bizewe. Ababyeyi babo, ba nyina wabo na ba nyirasenge, ba se wabo na ba nyirarume, bakuru babo, abayobozi babo nk'abo mu mashyirahamwe ndetse n'abarimu, bafite inshingano ikomeye yo gufasha urwo rubyiruko gukura bafite ubuzima bwiza ndetse buhebuje. Izi nkuru zanditse muri iki gitabo zigenewe gufasha abo bantu bakuru bizewe kuganira n'urubyiruko ku mihindukire ibabaho mu gihe cy'ubwangavu, ibyemezo bashobora kwifatira n'ukuntu bakwitwara ngo babeho nta mususu mubo babana. Izi nkuru zishingiye ku nama z'umubyeyi w'umugore yagiraga umukobwa we.

Amabwiriza ku bazakoresha inkuru ziri muri iki gitabo gihugura

1. Iki gitabo gihugura cyagenewe abakobwa bari hagati y'imyaka 10 na 14. Gishobora no gusomerwa abahungu n'abakobwa bari hamwe ariko bahuje imyaka. Bibafasha kumenya no kumva kimwe ibintu ndetse no kubahana. Abakobwa kandi bashobora gutahana ikigitaba bakaba babisoma bari kumwe n'ababyeyi babo cyangwa abandi bantu bakuru bizewe.

2. Iki gitabo gihugura gishobora gukoreshwa ahantu aho ariho hose, nko mu matsinda yo mu mashuri, amatsinda yo ku nsengero, mu nama zo midugudu ndetse no mu rugo.

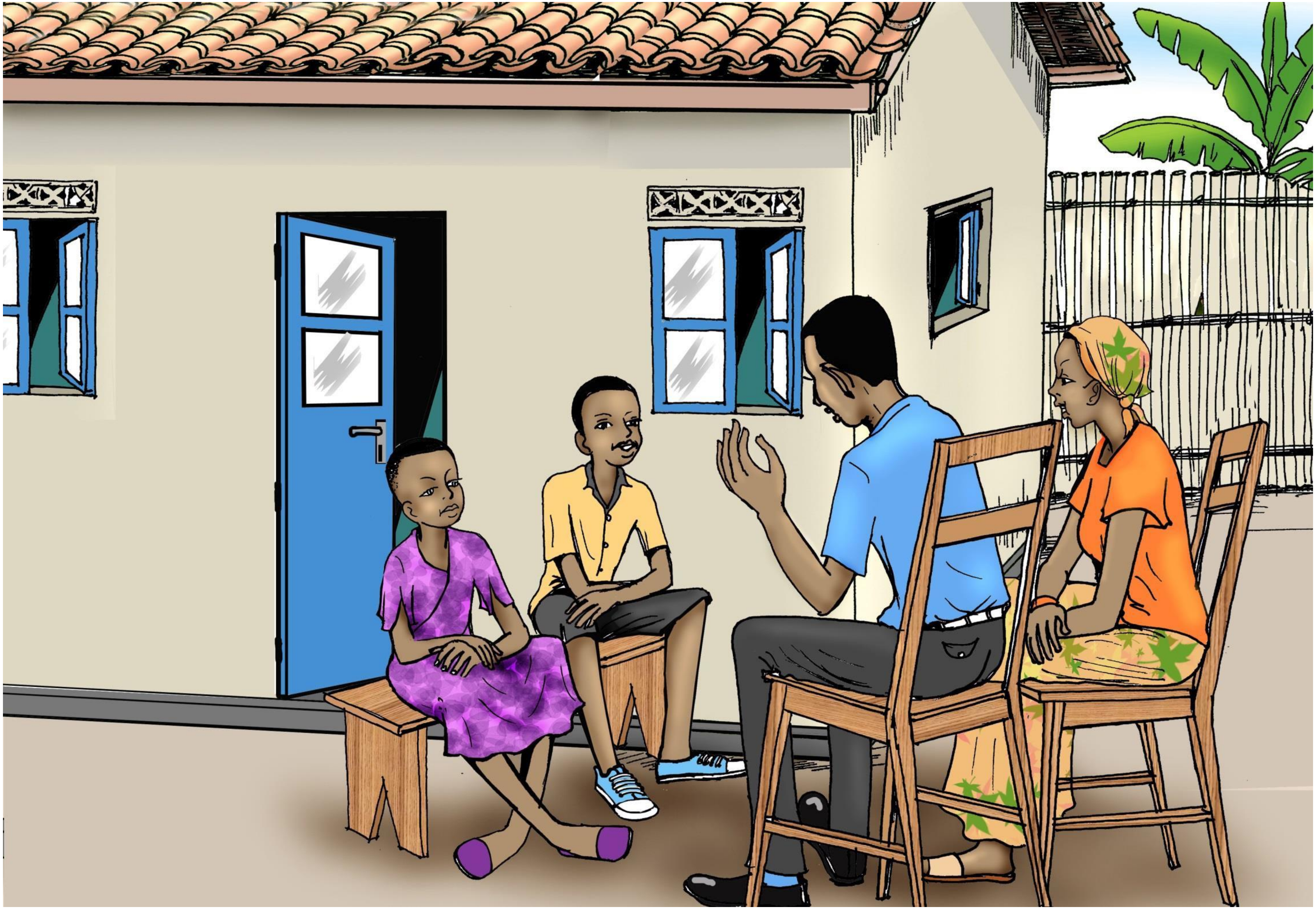
3. Harimo inkuru eshatu ngufi. Inkuru yose igenewe iminota 30. Ubara inkuru ashobora gukoresha imwe cyangwa zirenze imwe mw'ihuriro rimwe.

4. Iki gitabo cyakoreshwa n'ubara inkuru agihagaritse hasi cyangwa ku meza. Kuri buri rupapuro imbere, hari igishushanyo cyo kwereka abangavu. Kuri buri rupapuro inyuma hari inkuru yanditse yo gusomera abangavu. Munsi y'inkuru hateganijwe n'ibibazo ubaza abangavu.

5. Tangira wereka abangavu igishushanyo noneho ubabaze icyo babona n'ubusobanuro bwacyo.

6. Urasabwa kubara inkuru usa n'uwishyize mu ruhu rw'abayivugwamo, wigana ijwi ndetse n'ibikorwa. Ubara inkuru yahitamo gusoma inkuru n'ibibazo uko byanditswe ndetse akaba yakongeramo ibye akurikije imibereho n'ibibazo by'aho batuye. Iyo mibereho n'ubuzima babamo iyo bivuzwe neza, ku buryo bugaragaza itandukaniro hagati y'abahungu n'abakobwa, biba imbarutso yo kuzamura ibitekerezo no kujya impaka hagati y'urubyiruko.

7. Urutonde rw'ibibazo rusange n'ibisubizo ku bijyanye n'ubugimbi n'ubwangavu murayisanga kw'iherezo ry'iki gitabo-mfashanyigisho. Urwo rutonde ruzagufasha mu gusubiza ibibazo abangavu bazakubaza.



Iki ni igishushanyo cy'umuryango utuye mu mujyi wa Nyagatovu. Muri iyi nkuru harimo umukobwa witwa Mutoni. We na musaza we babana na Mama wabo Kantengwa na Papa wabo Kalisa.

Mutoni afite imyaka 12. Buri munsi Mutoni abyuka kare akajya kuvoma mbere yo kujya kw'ishuri. Iyo avuye kwiga, Mutoni akora imirimo yo murugo nko kufira mu karima, gusenya inkwi no guteka. Nijoro hari ubwo abona akanya, ariko si iteka, ko gusubiramo amasomo yo kw'ishuri, amurikisha itara rya peterori.

By'umwihariko Mutoni ashimishwa cyane no kwiga kubyina no gukurikira ibiganiro by'abakuru. Yumva ashimishwa no kumva no kumenya izo nkuru zivuga umuco wabo.

Ibibazo ubaza:

- Ni ibihe bihe wumva wishimira kubana n'umuryango wawe: Iyo babara inkuru? Cyangwa iyo mutetse ibiryo bidasanzwe?

Inkuru ya 1

Inkuru ya 1 Kuba umukobwa

Mutoni akunda kwiga siyanse. Yumva azaba dogiteri, akazakora mu bitaro by'iwabo.

Mutoni yumva nakura azaba umugore n'umubyeyi mu rugo rwuje amahoro n'umunezero. Yifuza kuzashakwa n'umugabo uzamwitaho, uzamwubaha kandi bakazajya bagirana urugwiro. Umugabo wo mu nzozi ze ni utazakoresha ihohotera kandi utazajya mu bandi bagore.

Ntabwo Mutoni azi abagore benshi bakorera umushahara. Ahora yibaza ukuntu azarangiza kwiga kandi akagira n'umuryango.

Ibibazo ubaza:

- Wumva azaba muntu ki?
- Ni iki wifuza cyaranga umugabo muzabana? Kuki?

Uko Mutoni yagiye akura, yakomeje kujya akora imirimo yo mu rugo kurushaho.Anezezwa no gufasha umuryango wabo kandi akunda ukuntu Mama we amwigisha imirimo yo mu rugo. Mutoni yumva afite ishema ryo kumenya ibyo mu muryango babona ko ari ingenzi kumenya mbere yuko umuntu aba umugore.

Ariko yumva bimuyobeye, iyo areba ibyo abagore bakora n'ibyo badakora aho iwabo. Mutoni atekereza ko Mama we afite ibintu byinshi byiza kandi bifite umumaro abwira abantu ari imuhira. Abantu bakunda kuza kenshi kumugisha inama. Ariko icyimuyobera ni uko mu nama zo mu mudugudu, Mama we kimwe n'abandi bagore, bicecekera ntibagire icyo bavuga. Buriya ni ukubera iki? Mutoni ahora abyibaza.

Rimwe narimwe Mutoni yabobonaga abagore n'abagabo bakora ibintu bidasanzwe. Abagabo bamwe barera abana bakanabagaburira, abagore bafata ijambo mu muruhame cyangwa se abakaba n'abapolisi.

Ibibazo ubaza:

- Ni ibihe bintu wabonye byiza kandi bidasanzwe abagore bamwe bajya bakora?
- Ni ibihe bintu wabonye byiza kandi bidasanzwe abagabo bamwe bajya bakora?

Mutoni afite musaza we w'inyaka 13. Bakiri bato bombi bakoraga imirimo yose yo mu rugo igihe kimwe kandi nta tandukaniro. Ariko ubu Mutoni akora imirimo myinshi kurushaho, mu gihe musaza we, we abona umwanya wo gusubira mu masomo no kwikinira n'inshuti ze.

Umunsi umwe, Mutoni yasabye musaza we kumufasha imirimo ati: "Ese wamfasha gusekura ubunyobwa ko mfite imirimo nyinshi?".

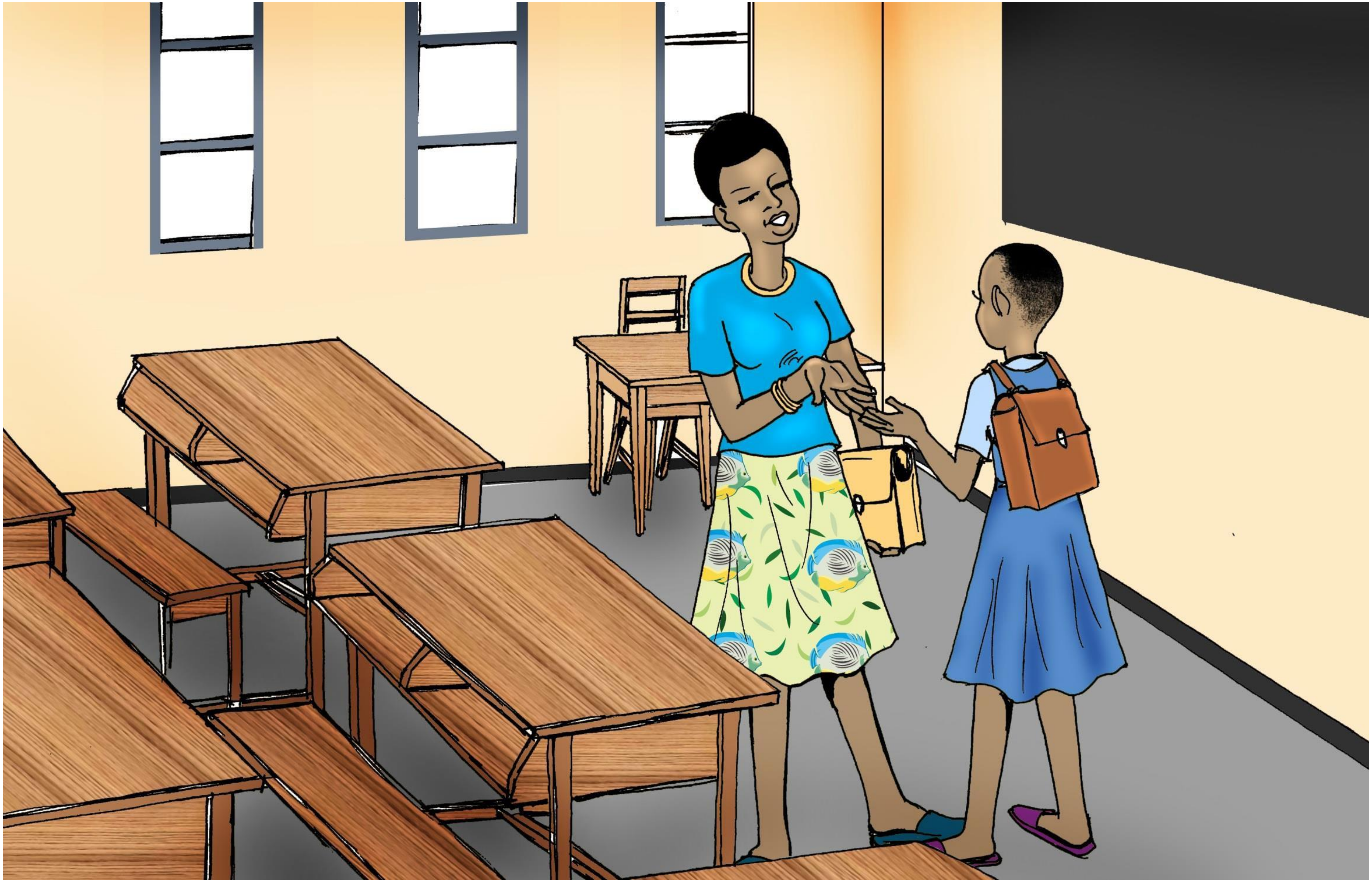
Incuti za Musaza we zibyumvise ziraseka. musazawe aramusubizaati:" Ni ryari wigeze ubona nkora bene ibyo"? Aherako yijyanira n'inshuti ze.

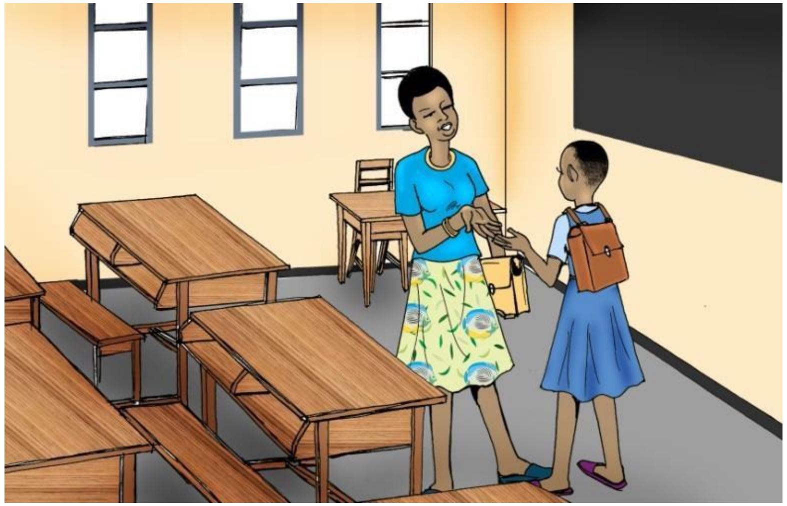
Mutoni yumva biramuyobeye, arivugisha ati:" Ndabizi ko musaza wanjye ankunda kandi twahoze dufatanya imirimo. Ariko muri iyi minsi birasa nk'aho ashaka kunezeza inshuti ze kunduta. Nsigaye nibaza niba ikinyifuriza ibyiza?".

Birasa nk'aho hari urukuta rutagaragara rwiyubatse hagati ya Mutoni na musaza we, ni urukuta rutagaragara ariko Mutoni we ararwumva.

Ibibazo ubaza:

- Ubusanzwe, ni iyihe mirimo mukora mu rugo? Ese imirimo abahungu bakora itandukanye n'iy'abakobwa?
- Ese niba itandukanye, mwumva ntacyo bitwaye? Ntakarengane mubibonamo?





Ijoro rimwe, Mutoni yumvirije ababyeyi be bavuga ko bakoresheje amafaranga yari yarateganirije gutangirira Mutoni ishuri no kumugurira ibitabo.Bavugaga ko Mutoni agomba kuva mw'ishuri kugeza igihe bazabonera andi mafaranga, ariko ko musaza we azakomeza kwiga.

Mutoni arababara. Ijoro ryose ntiyasinzira, arara atekereza icyakorwa ngo akomeze kwiga. Yumvaga rwose yifuza kuzarangiza ishuri. Bukeye, Mutoni abwira mwarimu we ati:" ababyeyi banjye bafite ibibazo byo kunyishyurira ishuri iki gihembwe. Ese wazabareba mukabiganiraho?

Mwarimu wa Mutoni arabyemera. Aragenda avugana nabo, maze babona igisubizo. Mutoni yumva atuye umutwaro.

Bukeye incutize zimubwira ko yabaye mwiza bidasanzwe. Ntabwo kandi Mutoni yari yahinduye imyenda cyangwa ngo asokoze ukundi. Yakomeje kwibaza ati "Ni iki cyahindutse kuri jye?"

Ibibazo ubaza:

- Mutoni yakoze iki kugirango agume mw'ishuri?
- Ni iki wakora habaye impamvu yatuma utarangizaishuri? Kuki?
- Utekereza ko ari iki cyatumye inshuti za Mutoni zimubwira ko yabaye mwiza bidasanzwe ?

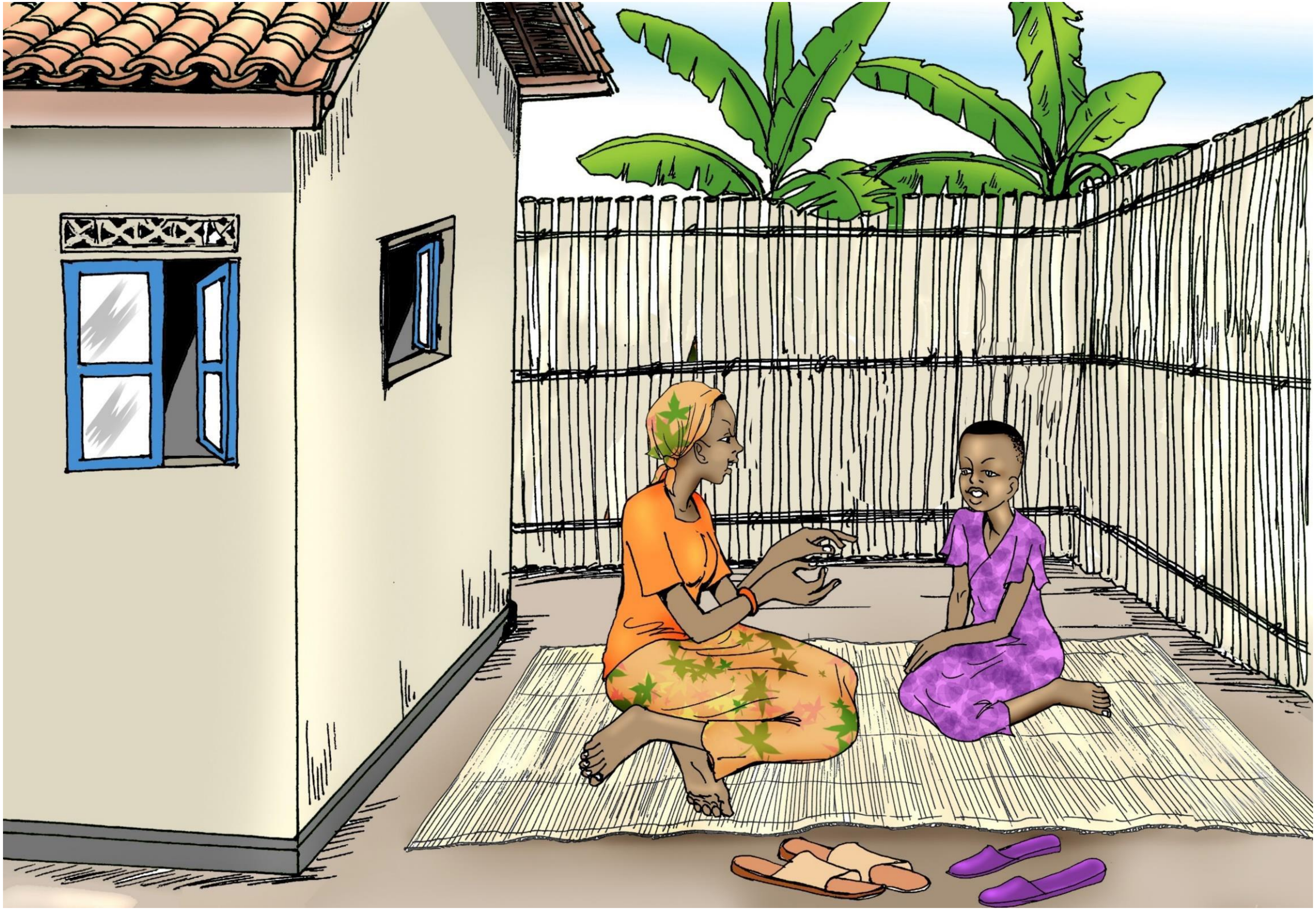
Rimwe Mutoni yageze imuhira asanga musaza we munsi y'igiti yashyize umutwe we hagati y'amaboko (yihebye). Atekereza ko arimo kurira yiciraho. Bibabazaga Mutoni kubona umuhungu arira, cyana cyane iyo ari musaza we, kuko bivugwa ko abahungu batakagombye kurira.

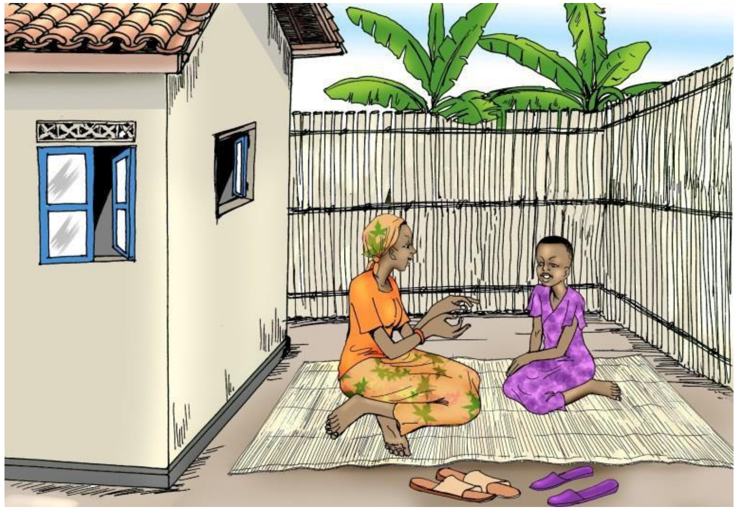
Nuko Mutoni arekeraho gutekereza ibyo. Ahubwo ashakagufasha musaza we kumererwa neza. Ikindi kandi yibaza impamvu abahungu bo bababuza kurira. Yegera musaza we yitonze nkuko yabyiyemeje. Nyuma Mutoni aramubaza ati:"Wabaye iki se?"

Musaza we yubura amaso aramureba, atangazwa no kubona mushiki we ahagaze aho. Aramubwira ati:" Mushiki wanjye, wowe uri umukobwa. Ntushobora kumva umutwaro twe abahungu dufite wo kwiga, wo gutunga urugo no guhora wikomeje mu bandi".

Mutoni aramukomeza, aramubwira ati: "Uri musaza wanjye kandi ndagukunga. Natwe abakobwa dufite ibibazo byacu. Mbwira ibyawe nanjye ndakubwira ibyanjye". Baraganira, musaza we yumva araruhutse. Uwo mugoroba biyemeza kujyana kuvoma.

Bukeye, Mutoni agiye kw'ishuri, inshuti zirongera ziramubwira ziti: "Noneho si ubwiza, uyu munsi urakabije!"





Mutoni akomeza kwibaza ku buryo yitwara, nk'iyo akomeza musaza we igihe ababaye cyanga se nk'igihe yahagurukiye ikibazo cye kugirango agume mw'ishuri, yibaza niba ari ibintu bikwiriye umuntu w'umukobwa. Yumva kandi afite amatsiko y'impamvu inshuti ze zimubwira ko yabaye mwiza bidasanzwe. Bwarakeye, Mutoni yiyemeza kwegera Mama we ngo amubaze.

Mutoni atekerereza Mama we ibimuhangayikishije byose. Aramubaza ati: "Mubyeyi, ntabwo nigeze mpindura imisatsi cyangwa imyenda. Wowe hari ikintu ubona cyahindutse kuri jye da?

"Mama we araseka, aramubwira ati: "Mwana wanjye rero, ibyakubayeho ndabyumva. Ese wari uzi ko burya ubwiza buva imbere ndetse n'inyuma? Umuntu wese burya ni mwiza mu buryo bwe. Burya twese tuba beza kurushaho iyo tubaye abo dushaka kuba bo. Nta gihe utabaye mwiza. Ubu bwo wabaye agahebuzo, kuko wabaye intwari, ukumva icyo umutima wawe ukubwira kandi ugasenya igikuta kitagaragara kiba hagati y'abakobwa n'abahungu".

Mutoni abyumvise anezerewe cyane!

Ibibazo ubaza:

- Ni iki cyabaye kuri Mutoni?
- Wemera ko ubwiza buva hanze cyangwa imbere mu muntu ?
- Ni gute wagira ubwiza buhebuje no kuba uwo ushaka kuba, umena ibikuta bigutangira ?

Mama wa Mutoni arakomeza aramubwira ati: “Nshuti yanjye, wabonye ko hari itandukaniro hagati y’abakobwa n’abahungu. Reka tubiganireho. Ikigira umuntu umukobwa cyangwa se umuhungu ni umubiri. Urugero, ibice by’umubiri by’abagabo bitandukanye n’iby’abagore. Iryo tandukaniro ku mubiri ni ibintu bavukana.

Ikindi, wanabonye ko abahungu n’abakobwa, abagore n’abagabo, akenshi bakora ibintu bitandukanye. Dutozwa gukora imirimo itandukanye mu rugo, kwambara imyenda itandukanye kuvuga no kwigaragaza mu buryo butandukanye. Ibyo byo rero ntibivukanwa. Ni ibintu abantu bishyiriraho ahantu hose. Ariko ibyo twatojwe dushoshobora kubihindura, cyane cyane iyo iyo bigiye guhindura ubuzima bwacu neza.

Guhindura ibyo abagabo n’abagore bakora ntacyo bihindura kw’itandukaniro ry’imibiri yacu. Nuko rero, abagore bakora ibintu bidasanzwe, nko kugira amasambu no kuba abayobozi, barakomeza bakaba abagore. Abagabo nabo bakora ibintu bidasanzwe nko kurera umwana, kuvoma, yewe no kurira, barakomeza bakaba abagabo”.

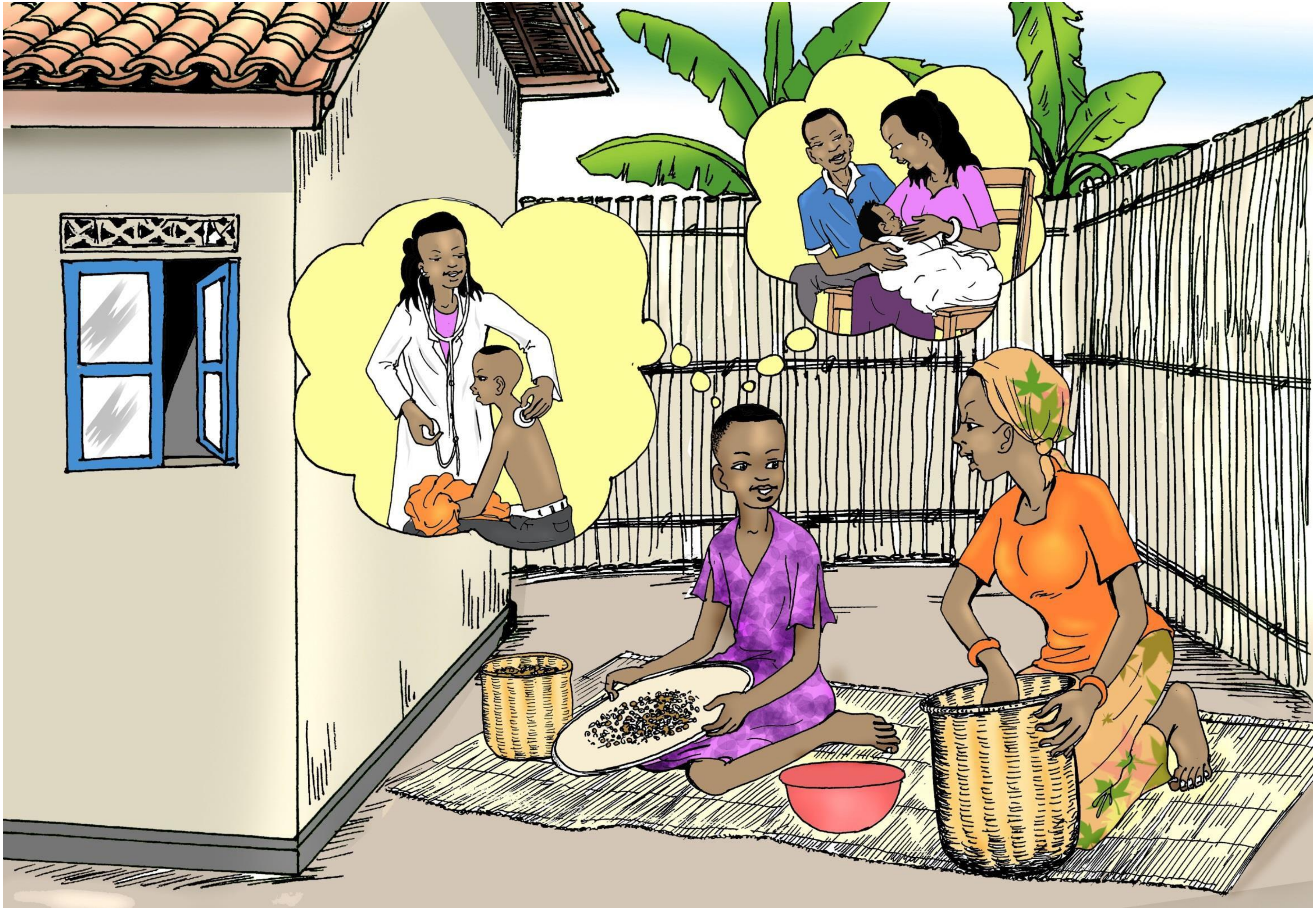
Mama wa Mutoni arakomeza aramubwira ati:”Kuba umukobwa bitandukanye no kuba umuhungu. Sibyo byiza cyangwa sibyo bibi. Wenda ntibigaragara iteka, ariko burya abahungu bahura n’ibibazo nkuko abakobwa nabo bahura n’ibyabo.

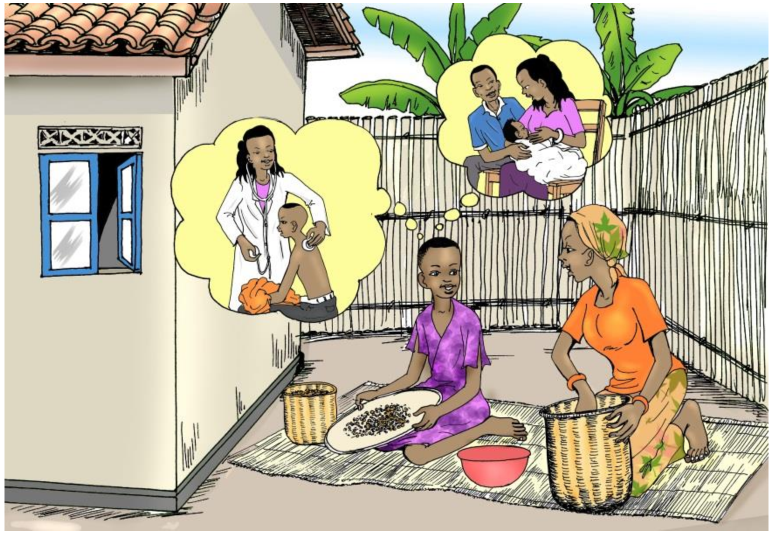
Urebye, twavutse kimwe, dufite n’ibintu byinshi bisa. Abakobwa n’abahungu bose bafite imibiri myiza n’ibitekerezo birimo ubwenge. Abakobwa n’abahungu bose bafite amaraso n’amagupfa. Abakobwa n’abahungu bafite icyizere cy’’ibihe bizaza. Abakobwa n’abahungu bakwiriye kugira amahiwe amwe yo kuba abo bifuza kuba.

Niyo mpamvu tugomba gusenya ibikuta bitagaragara bitubangamira. Tangirira kubyoroheje, utera intambwe nto, nka kuriya wabigenje, ariko ntuzahagarare. Ukomeze wigiremo icyizere ko uzaba umukobwa wifuza kuba we.

Ibibazo ubaza:

- Ni irihe tandukaniro hagati y’abakobwa n’abahungu?Ese ni ibintu bavukana cyangwa byashyizweho n’abantu?
- Ese guha abakobwa amahirwe amwe n’abahungu byafasha imiryango n’aho tuba gukomera no gutera imbere? Gute?





Mama wa Mutoni ageze aho aramubwira ati: « Ncuti yanjye, ubu rero wasobanukiwe ko waremwe mu bwiza buhebuje. Noneho reka numve ibyifuzo byawe byo mu gihe kizaza. Jya uganirira abakuru ibyiringiro byawe bitume tugufasha kuzabigeraho. Ngaho rero mbwira, urumva uzaba muntu ki nukura? ”

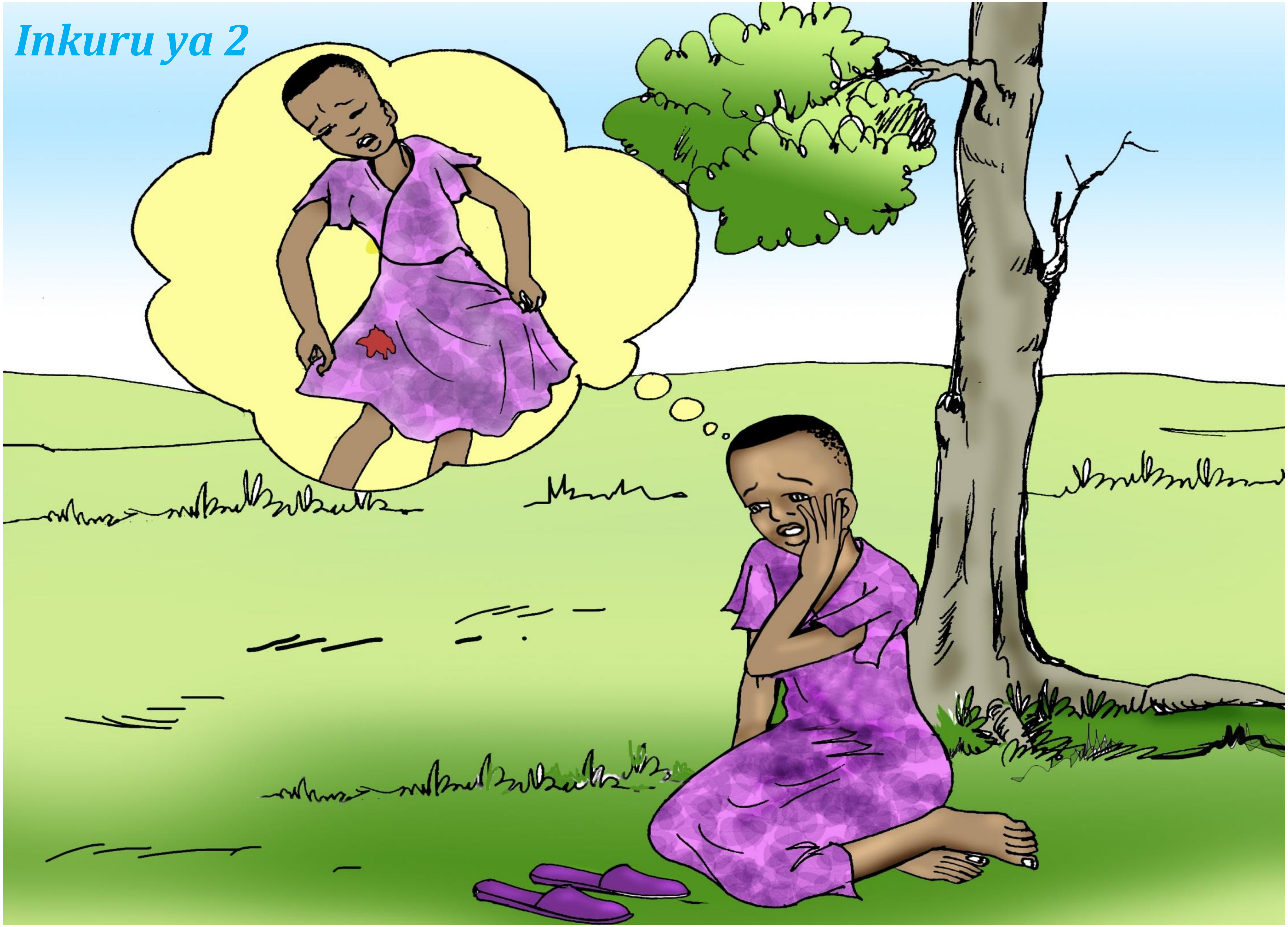
Mutoni aramusubiza ati: “Ndifuza kuzaba umuntu wiyubashye kandi wubashywe. Ndashaka kuzaba umugore n’umubyeyi mu rugo rwuje amahoro. Ndashaska kuzaba dogiteri”.

Mama we aramusubiza ati: “Nejejwe no kubimenya. Ubu igihe kirageze cyo gukora gahunda y’ubuzima bwawe, gukora cyane no gukomeza guteza imbere buri munsi ubwiza buhebuje bukurimo. Ubwo bwiza bw’imbere rero, ubugwaneza, ubutwari no kudacika intege nibyo bizagufasha kugera kubyo wizeye kandi wiyemeje”.

Ibibazo ubaza:

- Wumva nukura uzaba muntu ki?
- Wumva nukura uzakora murimo ki?
- Ninde wumva waganirira ibyifuzo n’ibyiringiro byawe?
- Ni iki wigiye ku nkuru ya Mutoni?

Inkuru ya 2



Inkuru ya 2 Ubwangavu

Umunsi umwe Mutoni yumvise mu nda hamurya. Nyuma yumva ikariso ye yatose. Agiye ku musarani, abona hari uturaso twavuye mu gitsina cye. Yibaza ko arwaye, maze bimutera ubwoba. Nyuma yaje kwibwirako bishobora kuba ari ibyo Mama we yigeze kumubwira bijyanye no kubona amaraso buri kwezi biba ku bakobwa.

Ibibazo ubaza:

- Ese Mutoni ararwaye?
- Hari undi uzi ibyo bintu byabayeho

Uwo mugoroba Mama wa Mutoni yabonye Mutoni yaryamye kare bidasanzwe. Mutoni aza kumutekerereza ibyamubayeho.

Nyirasenge niko kumukomeza ambwira ati:"Nshuti yanjye, nta kibazo namba kirimo. Reka mbigusobanurire nkubwire byose byerekeye gukura k'umukobwa. Ndibuka ukuntu nanjye nabinyuzemo. Jye nkiri muto ni ibintu abantu batanaganiragaho, ari ko ubu jye ndashaka ko ubimenya ukitegura neza.

Ibuka ibyo twaganiriye bijyanye n'ukuntu umunsi umwe umukobwa yatangiye kubona imihango ye yaburi kwezi? Ibi nibyo nawe byakubayeho. Niko bigenda, habaho kuva amaraso biba buri kwezi, kandi ntacyo bitwaye ahubwo byerekana ko uri muzima. Ayo maraso aturuka mu mura. Imihango rero imara iminsi kuva kuri itatu kugeza kuri irindwi.

Imihango ya buri kwezi igaragaza ko umubiri wawe ukura neza kandi ko urimo kwitegura kuba mukuru. Ni ikimenyetso cy'uko winjiye mu gihe cyitwa ubwagavu. Ubwangavu butangira mu bihe bitandukanye ku bana. Abakobwa bamwe babutangira kare nko ku myaka 9 mu gihe abandi babutangira ku myaka 14. Gukura kurakomeza kukageza nko ku myaka 19. Mu gihe cy'ubwagavu umubiri n'ibitekerezo birakura kandi mu buryo bwihuta cyane.

Mu gihe cy'ubwangavu ntuba ukiri umwana ntuba wakabaye neza umugore. Ufite rero byinshi uba ugomba kunyuramo mbere yo kuba umugore byuzuye".
Ahuu, Mutoni yumva atuye umutwaro anahumurijwe.

Mama wa Mutoni akomeza kumugira inama agira ati:" Nta munsi n'umwe ugomba gusiba ishuri kubera kujya mu mihango. Nta na rimwe nigeze nsiba kandi ndifuza ko nawe wamera nkanjye.

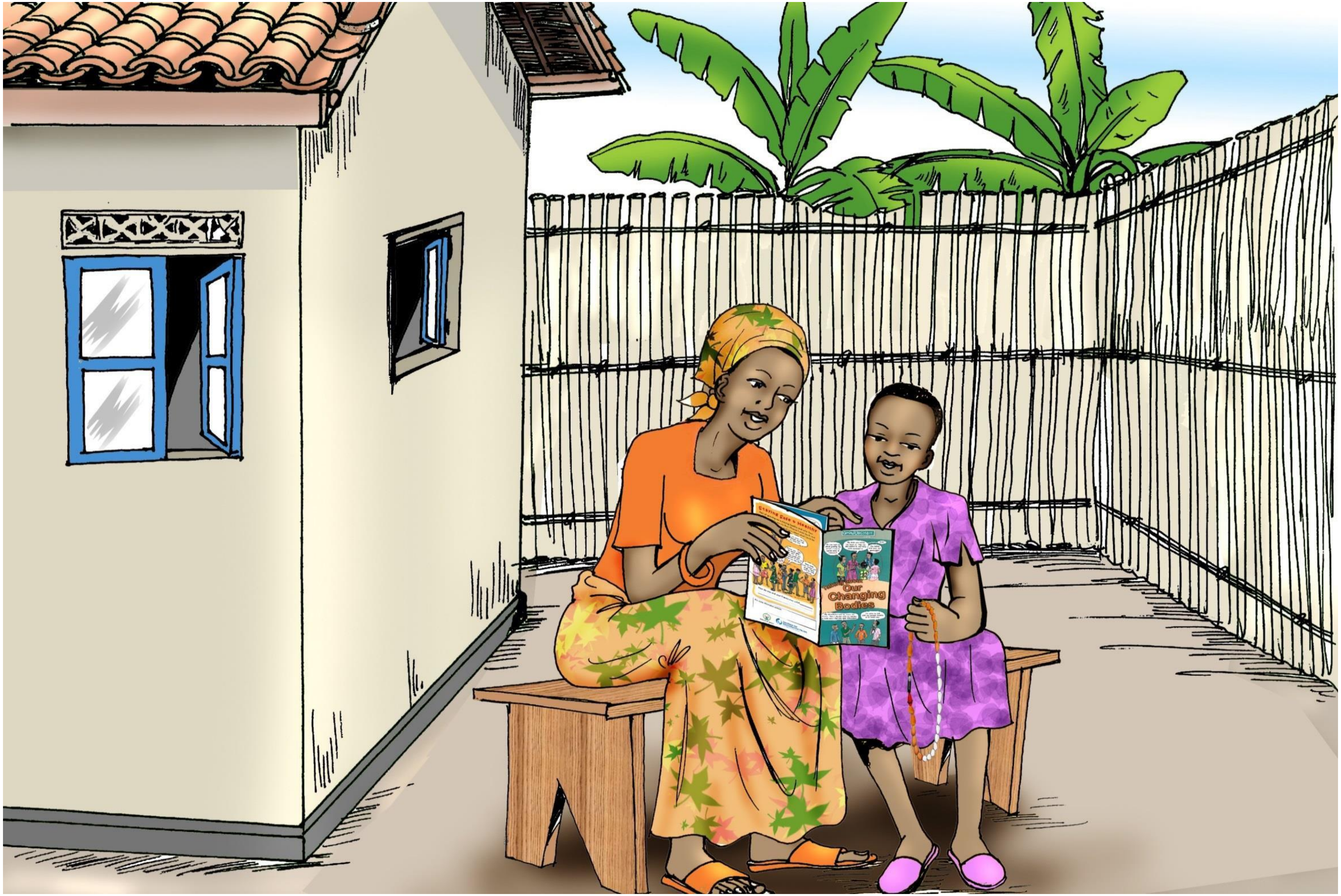
Ugomba kwibinda, ukoresheje udutambaro dufite isuku, ipamba cyangwa kotegisi bifata amaraso. Ugomba kuduhindura nyuma y'amasaha make.Ni ba ukoresha udutambaro twongera gukoreshwa, ugumba kutumesa ugeze mu rugo ukatwanika kugirango twume. Iyo ugiye kw'ishuri uratwitwaza mu mufuka utwaramo ibitabo noneho ukajya uhindura igihe kigeze. Igihe ugize ikibazo cyo kwanduza ijipo yawe, wakenyera umupira cyangwa undi mwenda hejuru y'ijipo.Iyo wumwise mu nda hakubababaza cyane cyangwa mu mugongo, washyira icupa ririmo amazi ashyushye ahakubabaza, cyangwa ukanywa amazi cyangwa icyayi bishyushye. Iyo ukomeje kuribwa cyane, wasaba umwarimu w'umudamu utunini cyangwa ukadusaba undi muntu wese wizewe, nyogosenge cyangwa nyoko wanyu, cyangwa bakuru bawe.

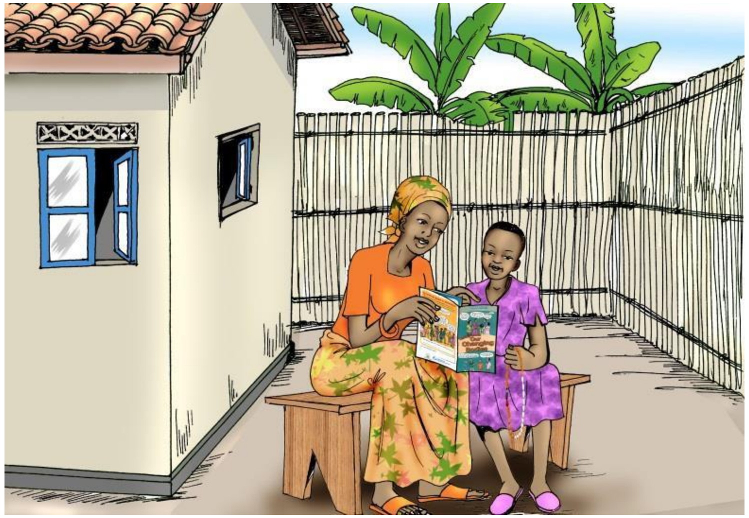
Nshuti yanjye, abakobwa bamwe bagira umushiha no kurakara iyo hasigaye igihe gito ngo bajye mu mihango. Abandi amabere arabyimba akababababaza. Ariko ibyo bimara igihe gito bigashira.

Ibyo byose ni bizima ntacyo bitwaye na gato. Wumve rwose ko nta mpungenge namba zo kujya kw'ishuri buri munsi".

Ibibazo ubaza:

- Ni iyihe nama wagira Mutoni yo kumva nta mpungenge zo kujya kw'ishuri igihe ari mu mihango?
- Ni nde wumva wabwira ko ufite ikibazo cyo kubona udutambaro two kwibinda iyo uri mu mihango.


Staying Safe & Healthy
GrowUpSmart
Our Changing Bodies



Mutoni rero, hari icyo bita ukwezi k'umugore. Ukwezi k'umugore ni igihe kiva ku munsi wa mbere yabonyeho amaraso kugeza ku munsi ubanziriza andi maraso azabona ukwezi gukurikiyeho. Kubera ko bisa nkibibera igihe kimwe buri kwezi, nicyo gituma byitwa ukwezi k'umugore.

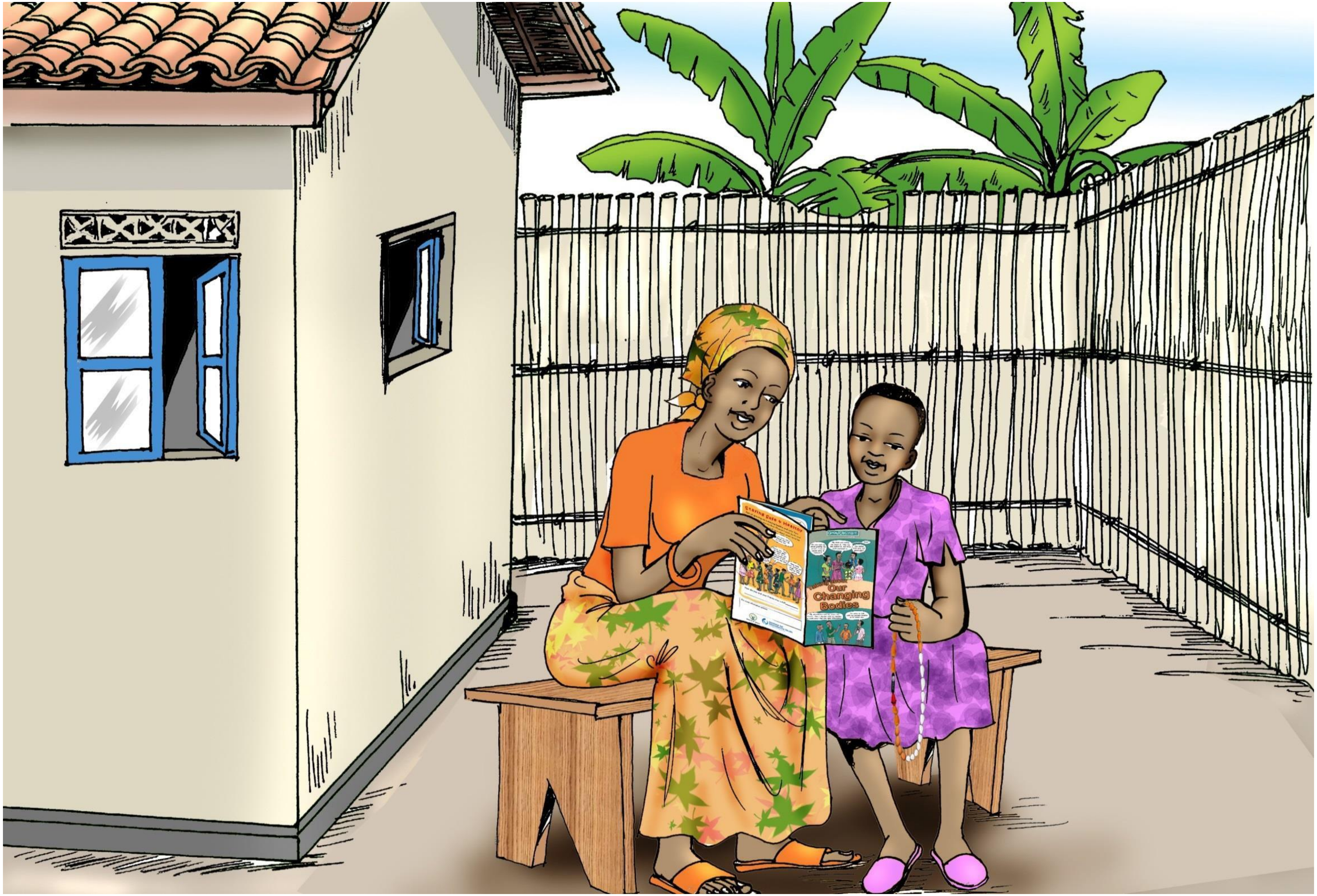
Iminsi igize uko kwezi k'umugore iratandukana kuri buri mukobwa cyangwa umugore. Bamwe bagira iminsi 21 cyangwa mike kuri yo. Abandi bageza kuri 35 ndetse bakayirenza.

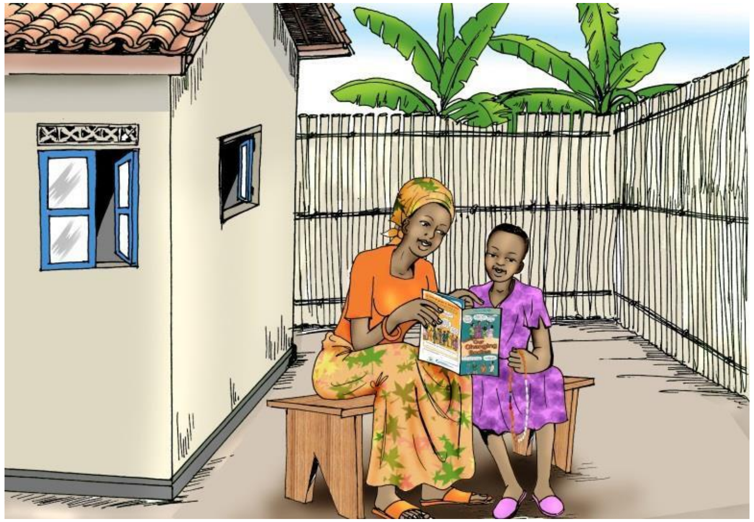
Hari igihe haba impinduka, hakaba ukwezi ishobora kuza mbere cyane, cyangwa nyuma cyane. Ariko ibyo bifatwa nk'ibisanzwe, nta ribi. Hari n'igihe ushobora kwirenza ukwezi kose nta maraso ubonye. Hari n'igihe kagati mu kwezi kwawe ushobora kubona udutonyanga tw'amaraso kw'ikariso yawe. Ibyo byose nta mpungenge bigomba gutera. Ikindi ukwiriye kumenya ni uko imihango ihagarara iyo umugore atwite.

Ndifuza ko umenya aya makuru akaba yagufasha gukurikirana ukwezi kwawe.Reba Kuri uru runigi, ushobora kurukoresha wiga unakurikirana imihango yawe. Biroroshye kurukoresha.Ku munsi waboneyeho imihango ushyira impeta ku isaro ritukura. Uhita ushyira akamenyetso ku ndangaminsi ku itariki y'uwo munsi. Buri munsi wimura impeta ku isaro rikurikiyeho mu cyerekezo akambi karebamo.Ubundi urikurikirana ukamenya isaro impeta yari igizeho igihe imihango igarutse, akenshi imihango igaruka impeta igeze ku masoro ari hagati y'isaro ry'ikijuju kijimye n'umwambi.Abakobwa benshi bakunze kubona imihango yabo y'ukwezi gukurikiyeho igihe impeta iri hafi y'isaro ry'ikijuju kijimye, ibi bigufasha gutangira kwitegura kubona imihango. Numenya uko ukwezi kwawe kureshya, bizajya bigufasha kwitegura igihe indi mihango azazira, ugashaka ibikoresho bihagije, ukabyitwaza, kugirango utazatungurwa uri kw'ishuri.

Ibibazo ubaza:

- Ni gute uzakoresha urunigi cyangwa kalindari kugirango ubashe gukurikirana ibijyanye n'imihango yawe?


Our Changing Bodies



Nyuma Mutoni abaza Mama we ati: "Mubyeyi, mu minsi ishize hari inshuti yanjye yambwiye ko yabonye ibintu bitose by'umweru, rimwe narimwe bikeye biri kw'ikariso ye. Ngo si inkari, si n'amaraso. Ibyo se nabyo biterwa n'imihango? »

Mama we aramusubiza ati: « Ibyo ibintu by'umweru babyita « ururenda ». Abagore bose barabigira, uretse ko bamwe batanabyitaho ko byaje. Ibyo rero bijyanye na kwa kwezi k'umugore. Bigaragara hagati mu kwezi, kuva imihango yararangiye, utegereje imihango izaza mu kundi kwezi. Iyo ururenda rwaje, ni ikimenyetso cy'uko ushobora gusama igihe ukoze imibonano mpuzabitsina.Reka ngusobanurire byose mwana wanjye, iyo umugabo n'umugore, bagiranye imibonano mpuzabitsina, umugabo arekurira amatembabuzi mu gitsina cy'umugore. Ayo matembabuzi aba yuzuye amamiliyoni y'intanga z'umugabo. Twavuga ko ari nk'amagi avamo abana.

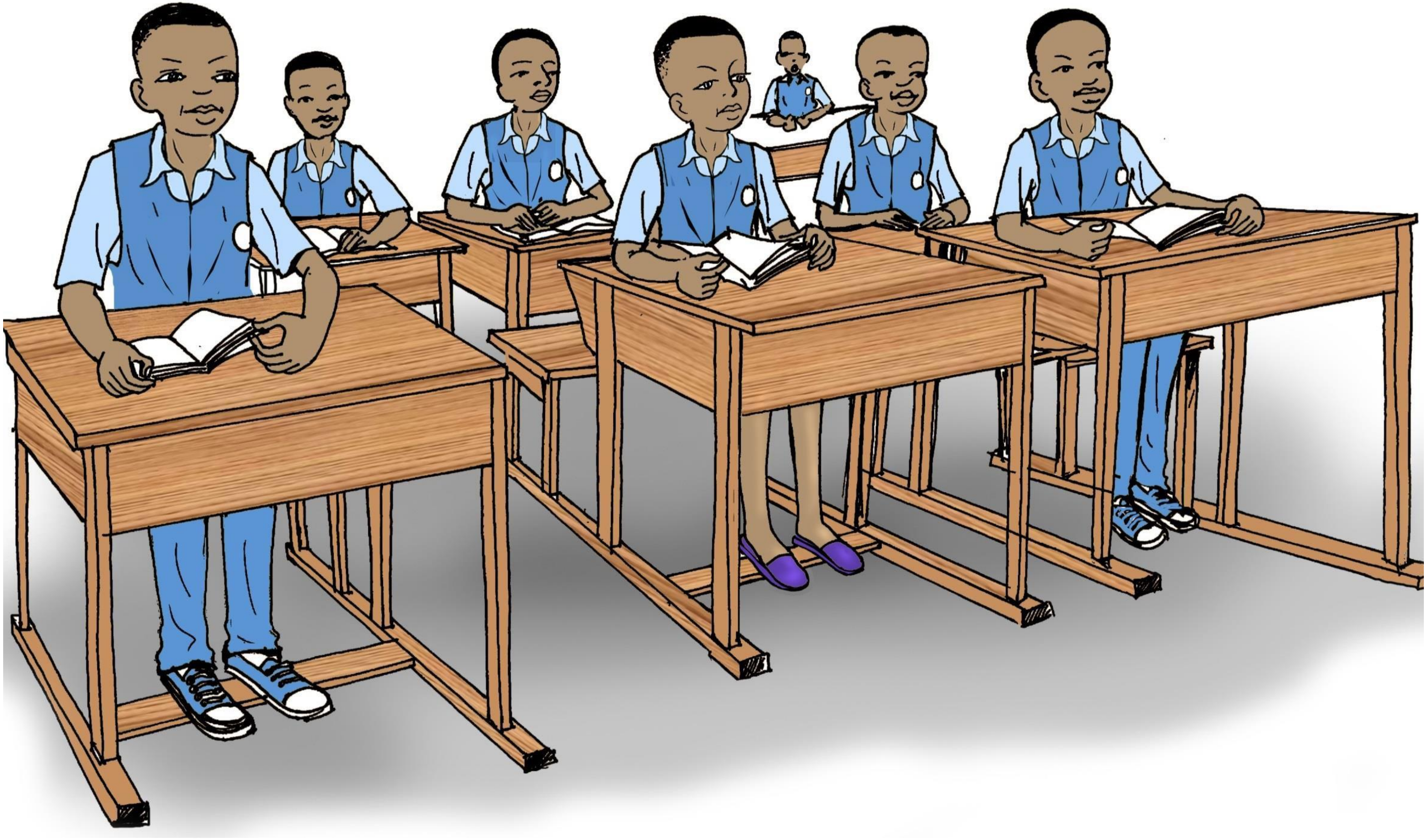
Igihe cy'ukwezi umukobwa cyangwa umugore azana ururenda, ni igihe mu mubiri we intanga iba yakuze, ku buryo umugore yasama. Ibyo byose bijyanye n'ukwezi k'umugore bitangira igihe umukobwa abonye imihango ye ya mbere kugeza igihe azakurira, akageza igihe kubona imihango bihagarara bavuga ko aba acuze.

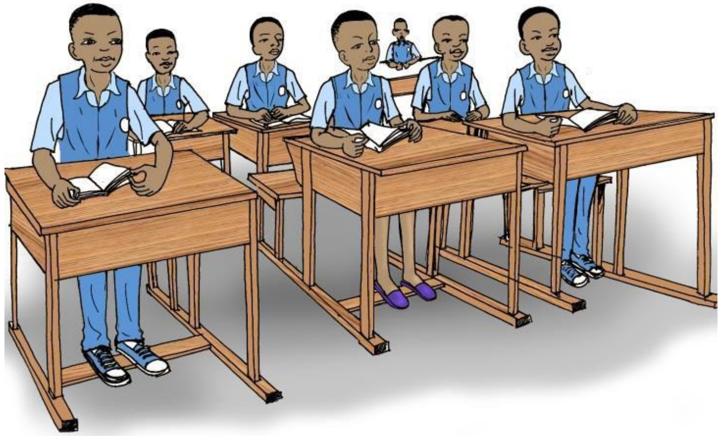
Itondere igihe wabonye cyangwa wiyumviseho ururenda. Ururenda ruzima ntirunuka kandi ntiruryaryata. Ntugomba kwihutira koga mu gitsina cyangwa kuhahanagura n'imiti cyangwa na puderi, ntacyo rutwara kuba ruhari.

Kumenya ibintu bizima bisanzwe biba mu mubiri wawe bizagufasha kumenya ibidasanzwe byatera ikibazo, biramutse bije. Iyo ubonye uzana ubintu binuka cyangwa byokera, icyo ni ikimenyetso cy'uburwayi, byaba byiza urebye umujyanama w'ubuzinma cyangwa ukajya kwa muganga.

Ibibazo ubaza:

- Ururenda ni iki?
- Wigeze narimwe uyibonaho?

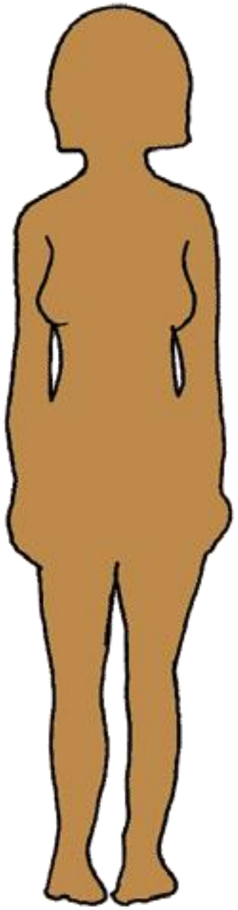


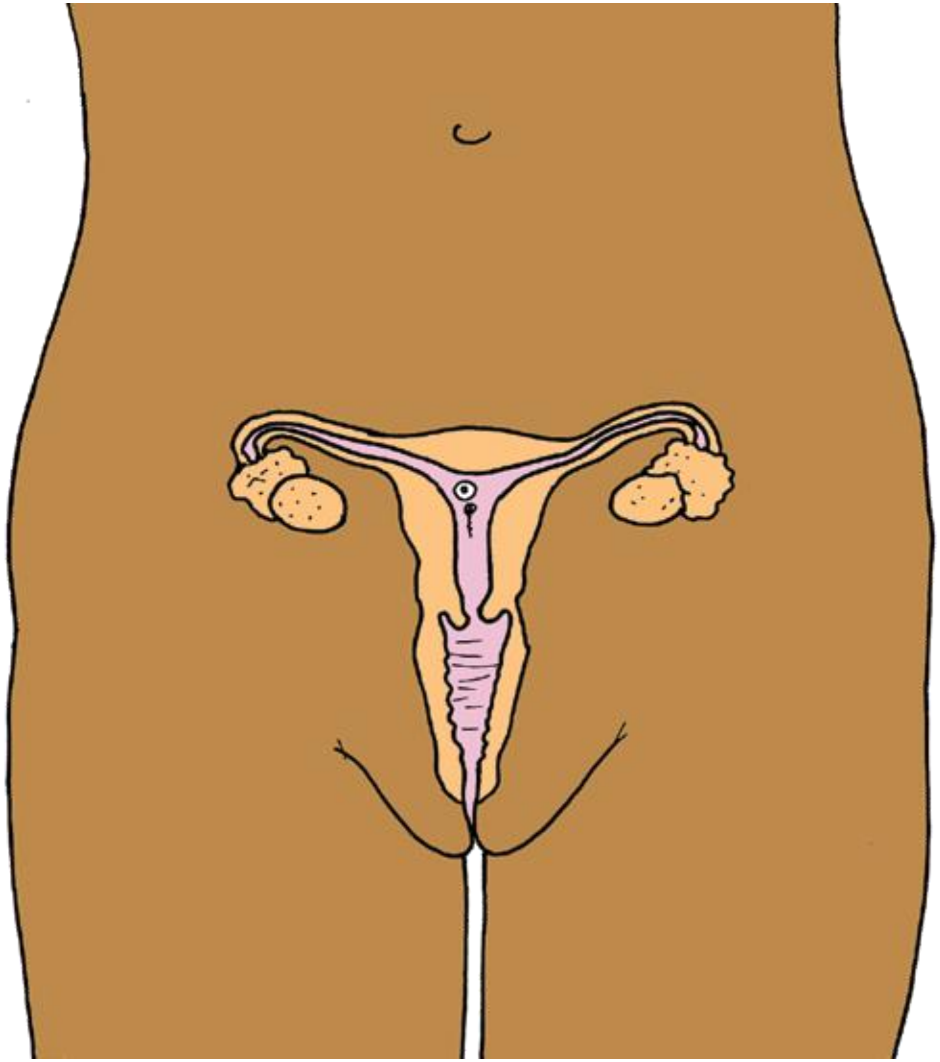


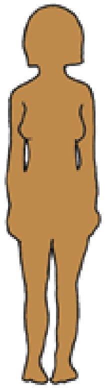
Mama wa Mutoni arakomeza aramubwira ati: “Uko ugenda ukura niko uzajya wumva utangira kumva ukururwa n’ abahungu. Kumenya uko uzabyifatamo ni inshingano zikomeye. Ndagusaba kuzategereza kugeza igihe uzabera mukuru, kandi ushobora kumbaza igihe cyose wumva hari ikibazo ubigizeho. Ariko ubu bwo, icyo ukeneye kumenya ni imihindukire iba ku bahungu igihe cy’ubugimbi bityo ukabasha nabo kubumva.

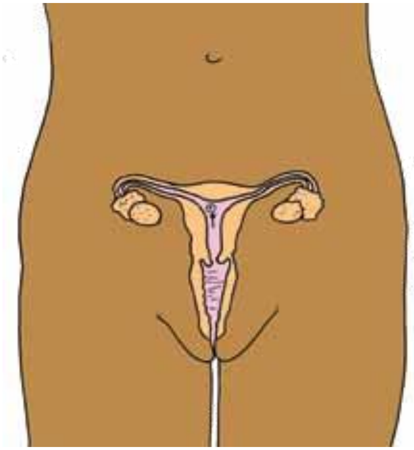
Abahungu bo si kimwe n’abakobwa ntabwo bagira imihango, amabere yabo ntakura kimwe n’amatako. Mu gihe cy’ubugimbi, igitsina cyabo kirakura. Ubwo batangira kujya bashyukwa Gushyukwa ni igihe igitsina cy’umugabo gihaguruka, kigakomera kubera amaraso agira atya akuzuramo. Gushyukwa hari igihe biza ari uko umuhungu atekereje ibijyanye n’igitsina, ariko hari n’igihe byizana gusa. Abahungu benshi kandi bagira ibyo twita kwiroteraho. Ibyo ni igihe umuhungu akanguka agasanga yatoheje ibyo yambaye cyangwa uburiri, igitsina cye cyasohoye amatembabuzi. Iyo umuhungu ategereje, gushyukwa bigeraho bigashira ubwabyo kandi nta nicyo bimutwara.

Iyo igitsina cy’umuhungu cyatangiye gusohora ayo amatembabuzi, akagira imibonano mpuzabitsina n’umukobwa, ashobora kumutera inda. Abahungu n’abagabo bafite ubushobozi bwo gutera inda iteka ryose bakiriho.









Nuko Mama wa Mutoni aramubaza ati: “Ese uzi uko abagore basama inda? Twebwe igihe cyacu, turi abana, nta muntu numwe wagiraga icyo abitubwiraho. Uzi ukuntu byateye abakobwa n’abahungu benshi ibibazo mu buzima bwabo.Mutoni arushaho kwegera Mama we ngo yumve neza, kuko iteka yajyaga yibaza uko bigenda ngo umugore asame inda.

Mama we arakomeza ati:”Zamura ukuboko kwawe kw’iburyo maze ukuzunguze wigana inzoka. Reka ibyo tubyite intanga y’umugabo. Noneho funga ikindi kiganza cyawe cy’imoso. Reka icyo kiganza kindi tukigeranye n’intanga iri mu mugore. Ngaho noneho subira mu byo ngiye kuvuga:

”Naremwe igihe ababyeyi banjye bahuje ibitsina, maze intanga iva muri Data (uzunguze ikiganza cy’iburyo nk’inzoka), n’intanga iri muri Mama (ufunge ikiganza cy’ibumoso), biba birahuye (uhuze ibiganza byawe), mba ndaremwe”.

Nshuti yanjye, ugomba kumenya ko iyo watangiye kujya mu mihango, ushobora gutwita uramutse ukoze imibonano mpuzabitsina n’umuhungu. Ariko ibyo ntibisobanura ko ugeze igihe cyo gukora imibonano mpuzabitsina no gusama inda.Tegereza, igihe uzaba warakuze nibwo uzaba wariteguye neza kuba umubyeyi no kubaka urwawe rugo.

Igihe uzagira umusore mukundana mukazubaka urugo, nyuma mukumvikana ko igihe kigeze cyo gusama, muzareba umuntu ushinzwe iby’'ubuzima, muganire kuri gahunda yo gutwita no kubyara abana. Hari uburyo bwinshi bufasha abantu gutwita igihe babishatse, bakirinda kuba batwita bibatunguye, batarabiteganije. Mutoni, ibyo se uzabikurikiza mu muryango wawe nkuko mbikubwiye?

Mutoni yemera ko azabikora.

Noneho Mutoni yumva atinyutse Mama we, amubaza ikintu yahoraga yibaza ati: “Mubyeyi, mu minsi ishize twari twagiye gusenya, maze inshuti zanjye nseka, bavuga ngo bo bameze amabere, ngo bafite amatako, ngo jye ntabyo mfite. Ibyo biterwa n’iki?”

Mama we aramusubiza ati: “Hari abakobwa bagira imihindukire y’umubiri vuba kurusha abandi. Ariko ibyo ni ko bimeze nta gitangaje kirimo.

Impinduka zituruka ku misemburo iba mu mubiri wawe. Uretse no kujya mu mihango, uko ukura uzagira izindi impinduka nyinshi mu mubiri wawe. Uzaba muremure, n’amaguru yawe abyibuhe. Nka za nshuti zawe, uzagira amabere n’amatako manini. Ijwi rizahinduka. Uzamera insya n’ubucakwaha. Uzajya ubira ibyuya kurusha uko byari bisanzwe. Uruhu rwo mu maso hawe ruzamera nk’urusize amavuta bizatuma uzana igishishi.

Kimwe n’abakobwa, mu gihe cy’ubugimbi abahungu na bo bamera ubucakwaha n’insya, bakagira ikijwi kinini, bakabira ibuya kurushaho, bakaba na barebare. Nabo kandi bashobora kugira ibishishi mu maso.

Mbese urebye, burya abakobwa bihutira kugira izo mpinduka kurusha abahungu. Ariko buri mukobwa wese na buri muhungu wese akura ku ntambwe ye, nta wumera nk’undi. Ni ibisanzwe kandi nta kibazo biteye ko hari abakobwa cyangwa abahungu bakura vuba kurusha abandi. Buri wese ateye ukwe kandi aba ari muzima. Wiyumvemo rero mu mutima wawe ko udasanzwe kandi ko uri mwiza. Gira ishema ko ufite ubuzima bukomeye kandi bwiza!

Ibibazo ubaza:

- Ni izihe mpinduka zimwe abakobwa bagira mu gihe cy’ubwangavu?
- Waba warigeze kugira zimwe muri izo mpinduka? Wumvaga umeze ute?

Mutoni abaza Mama we ati: "Mubyeyi hari mugenzi wanjye ufite ibibazo. Ibintu birarushaho kumutesha umutwe muri iyi minsi. Ubushize ku munsi w'isoko, yabonye nkweto yifuza kugura, ariko nk'uko bisanzwe, nabwo twari dufite amafaranga ahagije. Yarababaye, tumara igihe kinini tumuhumuriza, bituma ngera mu rugo natinze. Buriya ni kuki yitwara kuriya?

Mama we aramusubiza ati: "Uko arimo kwitwara bishobora kuba biterwa n'impinduka ziba mu maragamutima ziza mu gihe cy'ubwangavu. Namwe bishobora kubabaho mu gihe cy'ubwangavu. Rimwe na rimwe, muzajya mwumva mufite kwiyizera munishime. Mu bindi bihe, mwumve mutameze neza cyangwa hari icyo mubuze muri mwe cyangwa se mukibaza ko nta wubumva.

Ibi byose ni bizima kandi ni ibisanzwe. Uko iminsi ihita uzagenda ubimenyera kandi nabyo bizagenda bishira".

Ibibazo ubaza:

- Ese wize iki ukurikije ibyabaye kuri Mutoni mu gihe cy'ubwangavu?
- Ni nde uzasaba inama mu gihe uzagira ibibazo byerekeye ubwangavu no gukura?

Inkuru ya 3

Inkuru ya 3 Gufata ibyemezo bihebuje

Mutoni na mubyara we muto bajyaga bajya kuvoma kw'iriba buri gitondo. Umunsi umwe, mubyara we amubwira ibanga ati: "Numvise ko nzagira ibibazo byo kuribwa mu nda mu gihe kizaza. Ese ibyo byantera ubwoba?"

Mbere y'uko aganira na Mama we, Mutoni yari bwumve adahambukiwe no kubwira mubyara we ibyamubayeho. Ariko noneho, yahise atekereza icyo yakora. Afata icyemezo cyo kubwira mubyara we ibyamubayeho. Kandi yumvise ari icyemezo cyoroshye.

Mutoni asobanurira mubyara we ko ibyo babyita imihango ya buri kwezi. Aramubwira ati: "Witinya kandi ntugire impungenge ku byerekeye impinduka zo mu mubiri wawe. Uzajye umbaza cyangwa ubaze undi muntu mukuru wizeye, buri gihe ufite ikibazo cyangwa ikindi kintu kiguhangayikishije."

Ibibazo ubaza:

- Ni iyihe nama wagira umukobwa muto yaba uwo mu muryango wawe cyangwa inshuti ku byerekeye gukura?

Ibibazo ubaza:

- Wumva wemera ibyo Mutoni yakoze? Kuki?
- Ese utekereza ko ari ibintu byemewe ko abahungu botsa igitutu abakobwa babashakaho gusambana? Kuki?

Umunsi umwe, Mutoni yagiye ku ishuri n'inshuti ze ebyiri. Umuhungu arabahamagara ati: "Mwe, bakobwa, muze kuza duhuririe munsi y'igiti ku kibuga cy'ishuri uyu mugoroba. Haraba ari ku kwezi kandi turaza gukina umukinoushimishije."

Bagenzi ba Mutoni babisekana umunya, barihuta. Ariko Mutoni yumva yiyizeye kubera inama Mama we yamuhaye. Asubiza uwo muhungu ati: "Ntutwibeshyeho di! Ntabwo twiteguye gukora imibonano mpuza-bitsina cyangwa gutwara inda. Si umukino." Umuhungu aramusubiza ati: "Yewe, muracyari abana. Ntabwo mushobora gutwita ku myaka mufite."

Mutoni atera umwete bagenzi be ngo bihute. Ababwira icyo Mama we yamubwiye: "Turacyakura kandi imibiri yacu n'ibitekerezo byacu ntabwo biragera igihe cyo kuba twakoraimibonano mpuzabitsina. Dufite uburenganzira bwo kuvuga "Oya!" mu gihe umuhungu avuze ko ashaka imibonano mpuzabitisna na twe. Tutitonze dushobora gukura muri iyo mibonano gutwita cyangwa indwara nka virusi itera SIDA, kabone n'iyo bwaba ari ubwambere tubikoze.
Abashakanye bo baba bakeneye kuvugana n'umukozi wo kwa muganga kugirango bagire gahunda ku gihe bakwiriye gutwita cyangwa kudatwita maze babashe kuzagera ku ntego z'ubuzima bwabo. Hariho uburyo bwinshi bwo kwirindagusama."

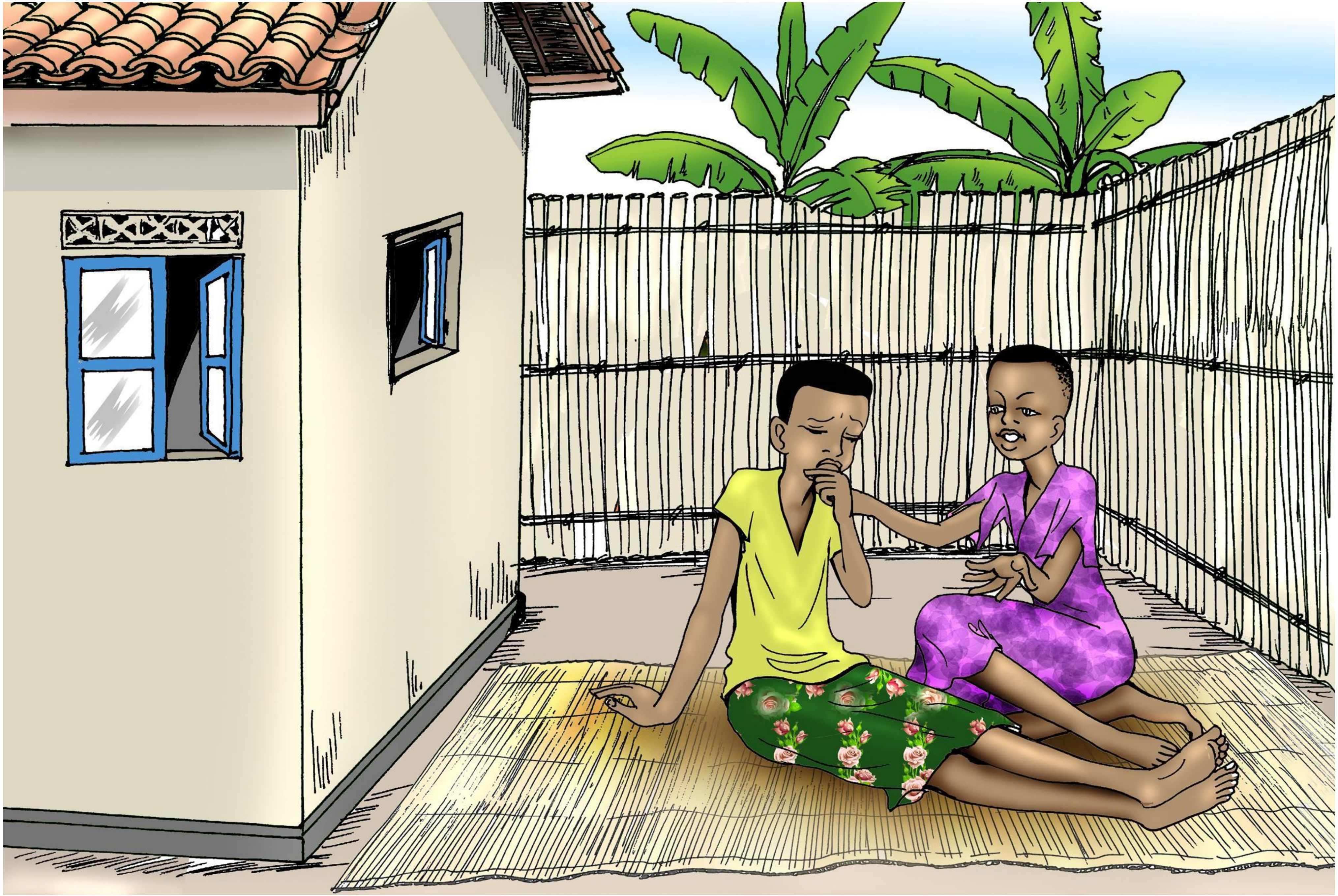
Umwe mu nshuti za Mutoni aravuga ati:" Mbega byiza, uri intwari kandi uri mwiza!" Ndashaka ko tuzajya tujyana ku ishuri buri munsi.

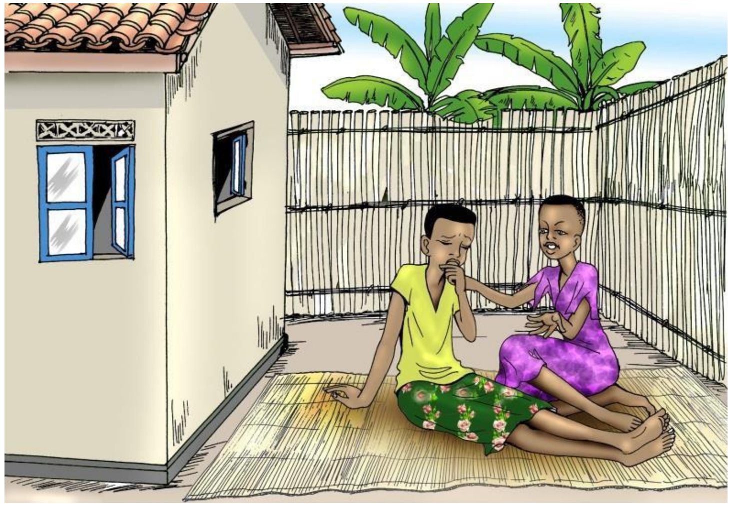
Mutoni yumvaga ari icyemezo cyoroshye kwanga ibyo abo bahungu bababwiraga kandi yumvaga agomba no kurengera bagenzi be.

Umunsi umwe Mutoni yagize imirimo myinshi bidasanzwe kandi bwari bumwiriyeho ataravoma n'amazi. Azi neza ko atari byiza ku mukobwa kugenda nijoro. Yafashe igihe cyo kubitekerazaho ngo yumve icyo yiyemeje. Aratekereza ati ibintu ni bitatu: Hari kunyaruka nkajya yo, nizera ko ntacyo ndi bube. Hari ugusaba mugenzi wanjye ko tujyana. Hari no gusaba musaza wanye kuba ari we ujya kuvoma.

Abitekerezaho yumva biramukomereye. Yibaza icyo agiye gukora.

Mutoni afata icyemezo cyo kubibwira musaza we no kumwereka impungenge yagize zo kujya yo. Musaza we yatangajwe n'ukuntu atarazi ko abakobwa bagira ibibazo nk'ibyo byo gutinya. Nuko musaza we aramubwira ati noneho reka ndajyana nawe iri joro, kandi n'undi munsi uwo ari wo wose uzabona bwakwiriyeho, nzajya nguherekeza.Mutoni aramwenyura abwira musaza we ati:"Urakoze".





Hari umunsi inshuti ya Mutoni yaje iwabo. Mutoni abona ntiyishimye ni ko kumubaza icyo yabaye.

Inshuti ye imuramubwira iti: « Ni uriya mugabo wo mw'iduka hakurya hariya. Mu kwezi gushize yampaye ikanzu. None yantumiye iwe. Ubu nkore iki? »Mutoni ahitamo gusaba Mama we inama. Mama we aramwumva, nyuma aramubwira ati: "Mwana wanjye, biranejeje ko waje kundeba, ni icyemezo gihebuje wafashe. Iteka jya usaba inama umuntu mukuru wizeye cyangwa se mugenzi wawe igihe ufite ibibazo. Ku bijyanye n'ibyo wambwiye byo, nzasubiza uwo mugabo iyo kanzu kandi mvugane nawe.

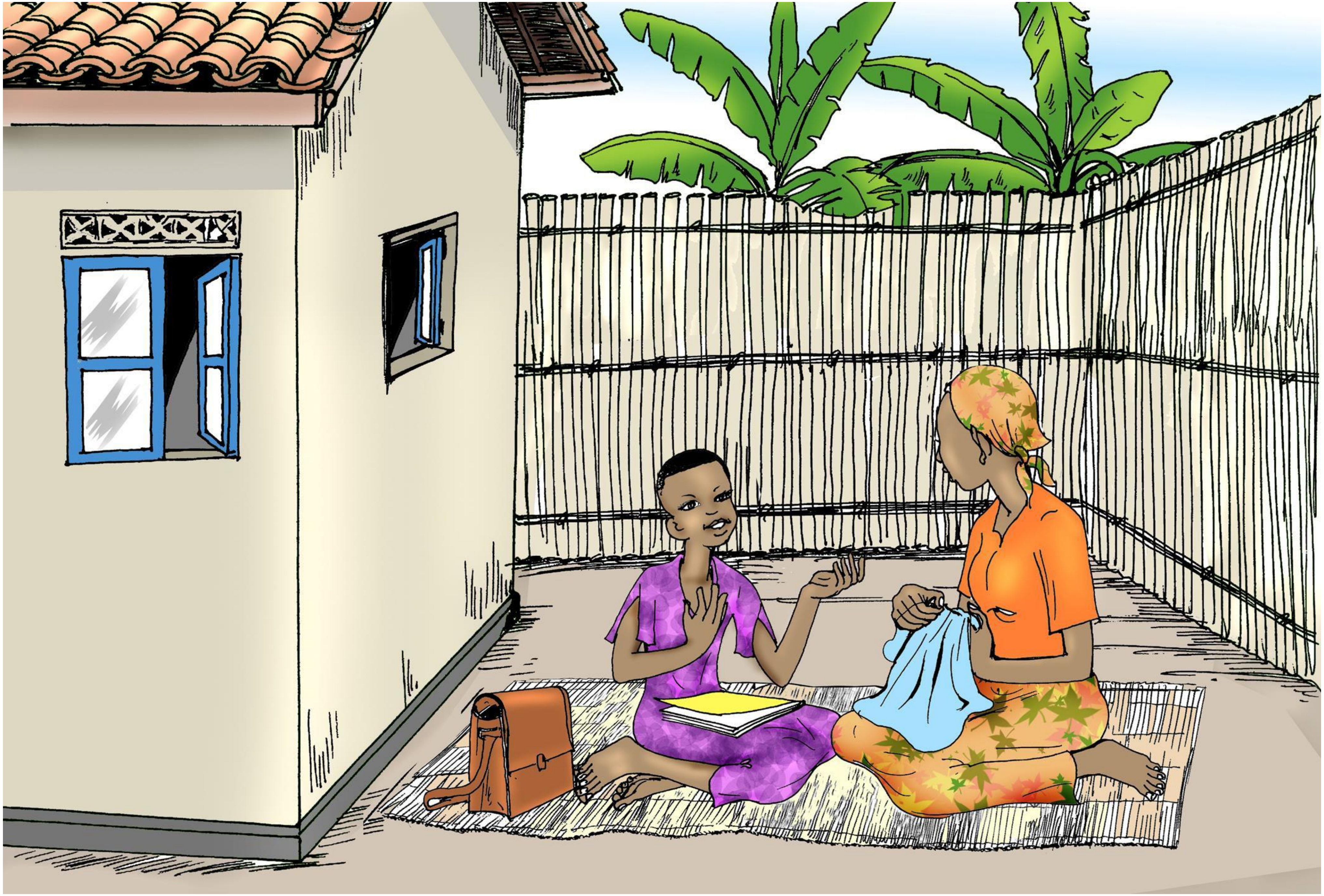
Umubiri wawe ni uwawe, nta muntu numwe ugomba kugukorakora ku buryo bikubuza amahoro. Ubutaha, dore ibintu nshaka ko uzajya ukora byagufasha guhora mu mutekano:

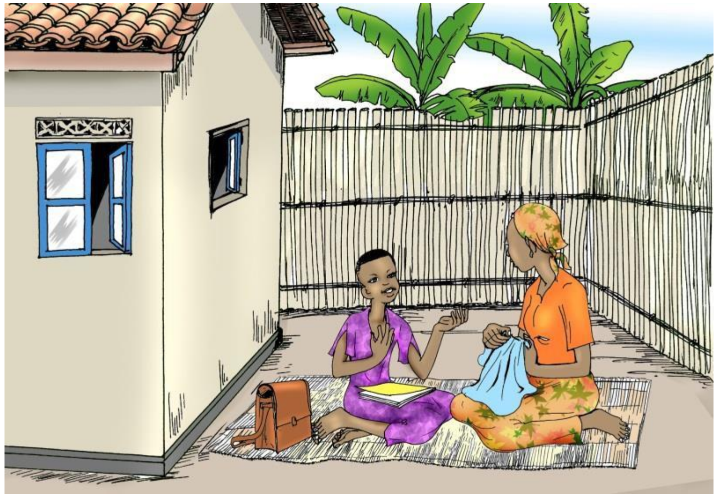
1. Ntukemere impano nimwe uhabwa n'umuhungu cyangwa umugabo iwanyu batabyemeye.
2. Igihe cyose wumva hari icyo utemeye ugomba kuvuga "OYA" ubishimangiye.
3. Iteka ujye ugisha inama ababyeyi bawe cyangwa umuntu wizeye.
4. Jya ubwira abantu ushoboye bose iyo ugize ikibazo, kugeza igihe muri bo hagira ugira icyo akora.
5. Jya ujya gusa ahantu wizeye umutekeno wawe.

None se uzajya wibuka ibyo bintu unabikore? Umutekano wawe ni ngombwa cyane. Twe abantu bakuru dushinzwe gukora ku buryo abo tubana babaho neza, mu mutekano kandi bazi icyo bakora, cyane cyane abakobwa ».

Ibibazo ubaza:

- Utekereza ko Mutoni yabasha gukurikiza ziriya nama? Kuki? Ese wowe wabishobora?
- Ni nde muntu mukuru wumva wajya kureba hari umuhungu cyangwa umugabo waguteye ibibazo?
- Wumva ahantu hari umutekano wajya ujya ari nka he?





Ibibazo ubaza:

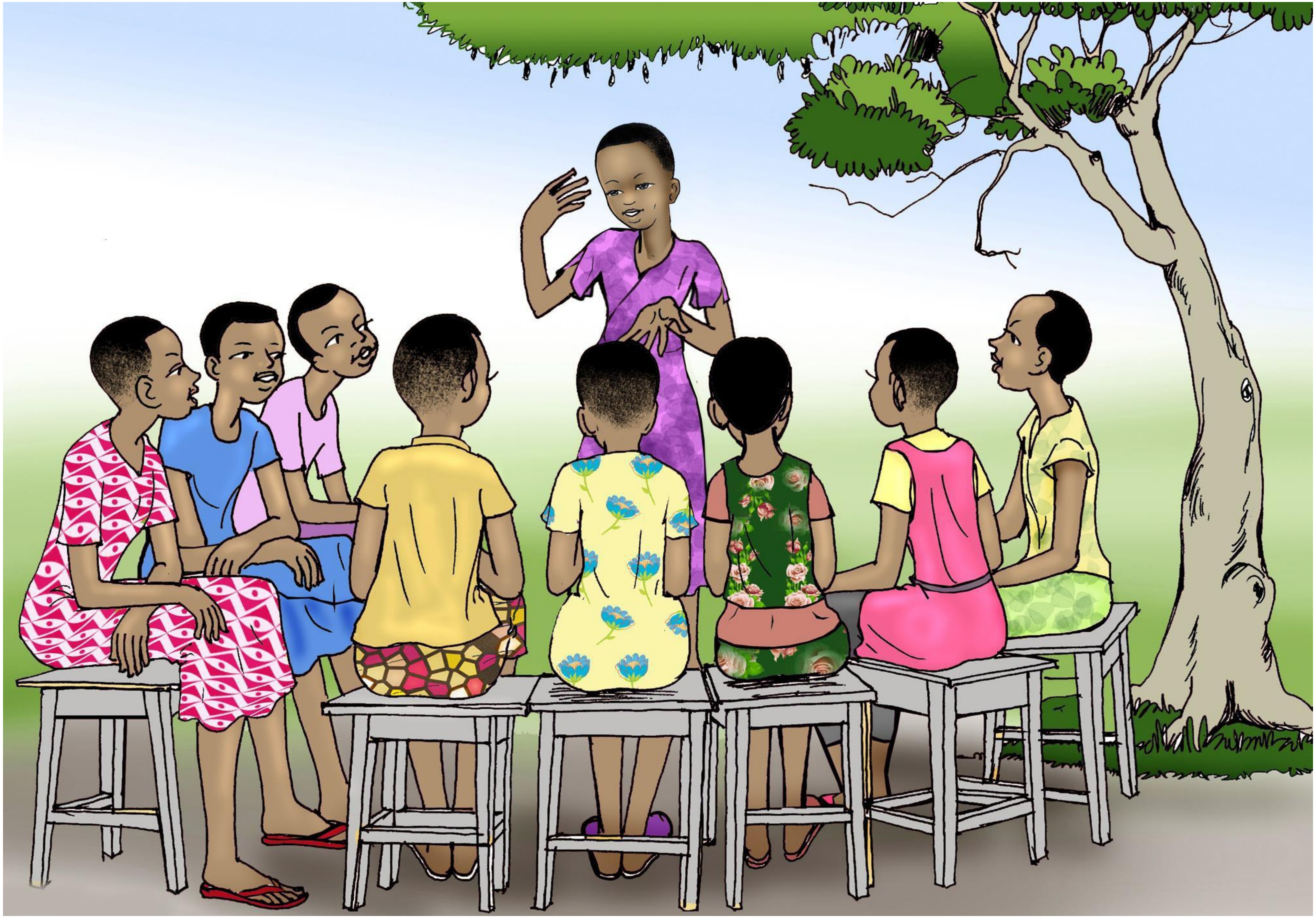
- Ese wereka abo mu muryango wawe n'inshuti zawe urukundo? Gute?
- Ese umuntu yakwereka inshuti ye y'umukobwa cyangwa y'umuhungu urukundo badakoze imibonano mpuzabitsina?Gute?
- Ni ibihe bibazo ubanza kwibaza mbere yo kwemerera umuhungu cyangwa umukobwa kugirana nawe ubucuti?

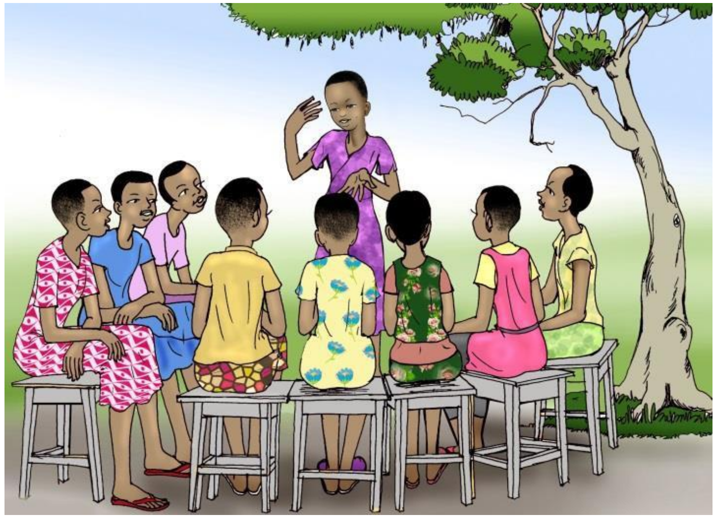
Umunsi umwe Mutoni ategereje inshuti ye, yumvise abakobwa bakuru bavuga iby'inshuti zabo z'abahungu. Umwe muri bo aravuga ati: " Inshuti yanjye irandushya! Ariko kubera ko ari umuhungu nta kundi, nemera ibyo ambwiye byose. Ndizera gusa ko ntazatwita".

Nyuma Mutoni aza kubwira Mama we ati: "Mubyeyi, njye ndumva ntarageza igihe cyo kugira inshuti y'umhungu. Sinshaka guteshwa umutwe n'umuhungu! Ndashaka kuzarangiza ishuri. Ariko wenda kera nzamukenera. Ese buriya nshobora kugira inshuti inyubaha, inyumva kandi itampatira gukora ibyo ntashaka?"

Mama we aramubwira ati: "Rwose birashoboka. Reba ababyeyi bawe n'inshuti. Ntubakunda se? Ubereka urukundo mu buryo butandukanye. Ni ko byamera rero no ku muhungu.Iyo ubonye umuntu ukubaha kandi ukwizera, umwe ashobora kubyereka undi mu buryo butandukanye. Mwakwandikirana amabaruwa n'imivugo. Mwaganira udukuru n'amabanga. Mwaririmba.

Uko ugenda ukura, uzumva ugenda ukururwa n'abahungu. Ibyo ntakibazo biteye. Ariko kumenya uko ubyitwaramo ni cyo cyangombwa. Ni byiza gutegereza ukaba mukuru kugirango ugire uwo mukundana ukaba wagena wowe ubwawe intera y'ubucuti ushaka ko mugirana. Mutoni, ntusanzwe kandi uri umukobwa mwiza, ushobora gufata ibyemezo bihebuje!".





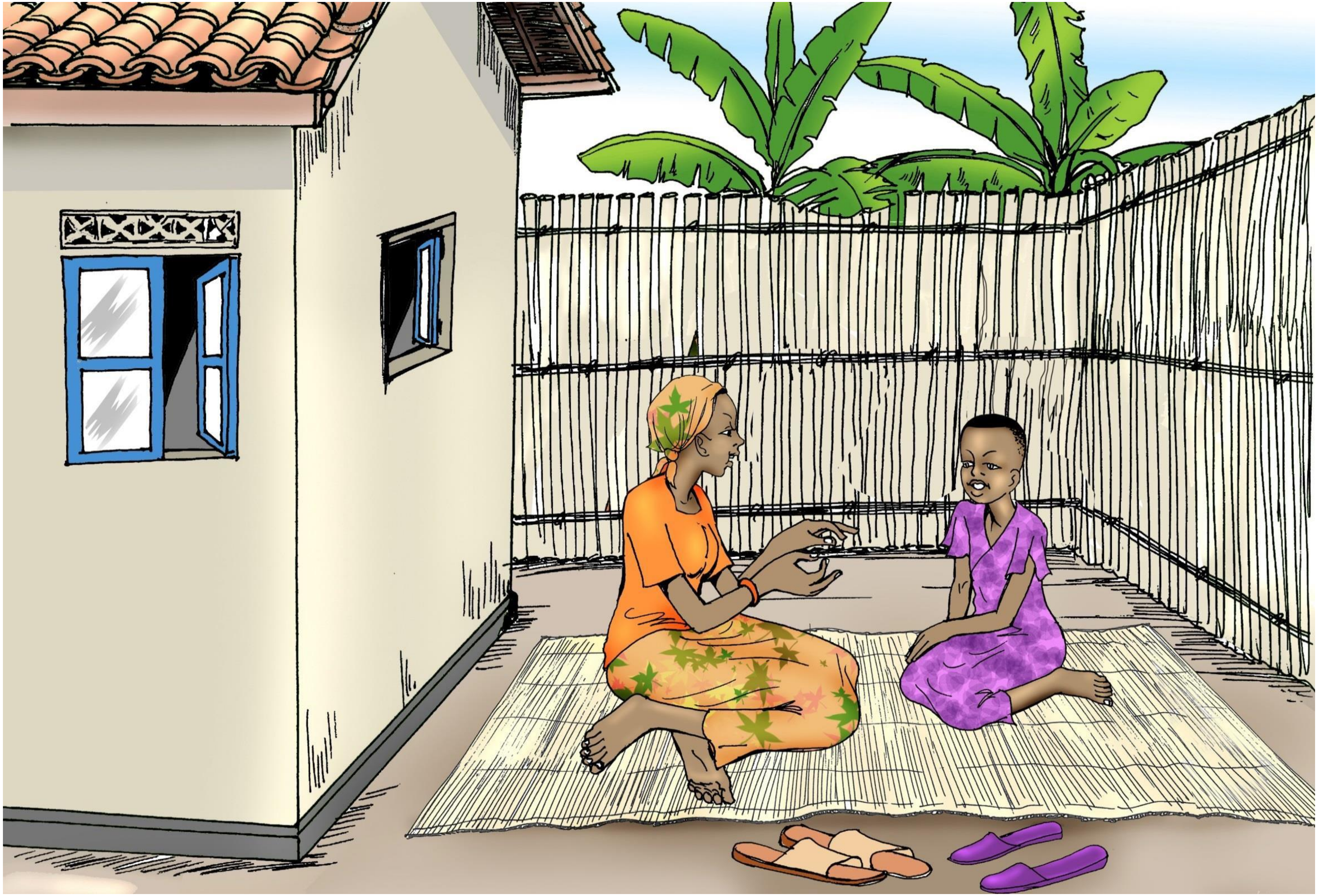
Bukeye, Mutoni yumvise inkuru ko mukuru w'inshuti ye agiye kuva mw'ihuri ryisumbuye kugirango ashyingirwe. Ababyeyi b'uwo mukobwa barashaka ko ashyingirwa kugirango musaza we nawe abashe kurongora. Mutoni yumvise bimubabaje kuko azi ko uwo mukobwa ashaka kurangiza ishuri, akazaba umwarimu, mbere yo gushyingirwa.

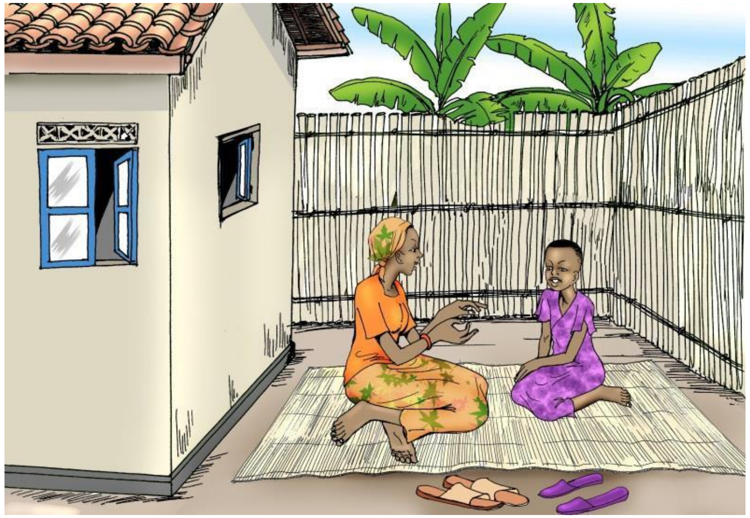
Mutoni na bagenzi be basezerana kuza guhura ngo babiganireho, wenda hari icyo babikoraho.

Abakobwa barahura babiganiraho igihe kirekire. Umukobwa umwe yumvaga ibintu byo mu muryango nta kintu na kimwe babikoraho. Undi atanga igitekerezo cy'uko bakinira ababyeyi agakino kavuganira abakobwa ko batagomba gukurwa mw'ishuri, bakajya babareka bakarirangiza. Mutoni we ababwira ko agiye kuzavugana na Nyirarume, w'umuyobozi, kugirango ajye kuvugana n'ababyeyi b'uwo mukobwa.

Abakobwa bemeza kugerageza ibyo bitekerezo byose: bategura ka gakino kandi bapanga no kujya kureba umuyobozi. Basobanurira umuyobozi ko kwigisha umukobwa ari inyungu z'umuryango n'aho aba. Umukobwa warangije ishuri arera abana neza akanabigisha kandi akanazana amajyambere mu muryango.

Ba bakoba ibyo bashatse baje kubigeraho kuko wa mugenzi wabo ababyeyi bamuretse akarangiza ishuri. Nuko bishimira kuba barafatanije bagahindua ikintu gikomeye.



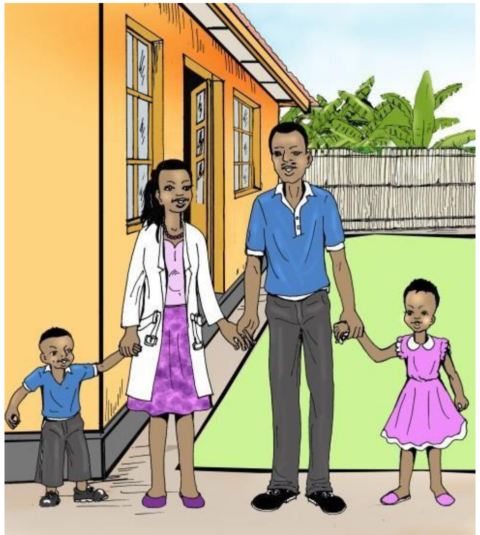


Mama wa Mutoni yaramubwiye ati: “Umpesha ishema.Wagiye utekereza neza ku byemezo no guhitamo. Urimo kwiga gufata ibyemezo bihebuje.Urimo urakura ariko ntabwo uraba umugore. Hari ibintu byinshi bigutegereje mu buzima.

« Ntusanzwe. Wigirire icyizere. Nanjye ndakigufitiye!”

Ibibazo ubaza:

- Nyuma yo kumva inkuru ya Mutoni, wunva kari ikintu ugiye gukora uko utari usanzwe ugikora?



Nuko Mutoni akura bihebuje! Kubera umuhati, Mutoni yabaye umuganga kandi aba icyitegererezo iwabo.

Yaje kubakana urugon'umusore bahuriye mw'ishuri. Yakundaga ukuntu umugabo we yubahaga bashiki be agahora abatera umwete wo kuzarangiza ishuri. Mutoni yumvaga nawe ariko azabigenza ku bakowa n'abahungu azabyara. Mutoni yakundaga kuganira n'umugabo we. Na nyuma y'imyaka myinshi babana, bakomeje kugirana urugwiro.Mutoni n'umugabo we bagishyingirwa, umuryango w'umugabo washakaga ko bahita babyara. Baje kuganira n'umuryango bemeza ko bazabyara nyuma y'imyaka ibiri, babyumvikanaho bamaze gutegura gahunda yabo. Nyuma Mutoni n'umugabo we baje kubyara abana babiri. Bemeza ko abana babiri babahagije, nuko bajya ku kigo nderabuzima gusobanuza uko barekeraho kubyara.Mutoni yakoze uko ashoboye ngo umukobwa n'umuhungu babo bagire amahirwe angana yo kujya mw'ishuri n'ayo gukura bahebuje. Buri joro, Mutoni yabwiraga abana be ati:

"Ntimusanzwe. Mwigirire icyizere. Nanjye ndakibafitiye"

Ibibazo rusange n'ibisubizo

Ubugimbi/Ubwangavu ni iki?

Ubugimbi/Ubwangavu ni igihe kigera umwana akaba atakiri muto kandi akaba na none atari yaba umuntu mukuru. Mu gihe cy'ubugimbi/ubwangavu umubiri w'umukobwa bigira impinduka-baba barebare kandi banini, imyanya ndangagitsina igakura, bamera ubwoya n'imisatsi ahantu hadasanzwe. Mu gihe cy'ubugimbi/ubwangavu, umukobwa ashobora gutwita n'umuhungu ashobora gutera inda ariko baba bataragira ubushobozi bwo kurera umwana no kwita ku muryango.

Ni ku yihe myaka umuhungu n'umukobwa baba ingimbi/abangavu?

Ubugimbi bugaragazwa n'impinduka zose zo mu mubiri umwana anyuramo kugirango azabe umuntu mukuru. Ubusanzwe abakobwa batangira ubugimbi mbere y'abahungu. Abakoba benshi batangira impinduka hagati y'imyaka 8 na 13, abahungu bagatangira hagati ya 10 na 15. Bishobora gutangira vuba cyangwa bigatinda ho. Buri muntu wese burya atandukanye n'undi, buri wese rero anyura mu bugimbi/ubwangavu ukwe. Imihindukire y'umubiri n'ibitekerezo birakomeza kugeza ku myaka 19 cyangwa 20.

Ese birasanzwe ko abahungu bamwe cyangwa abakobwa bakura vuba kurusha abandi?

Yego. Bamwe mu bahungu batangira ubugimbi ku myaka 10, abandi bagategereza no kugeza ku myaka 15. Abakobwa bamwe batangira ubwangavu kare nko ku myaka 8 abandi bakageza ku myaka 13 ndetse bamwe bakarenzaho. Buri muntu wese uko ateye biba ari bizima. Ariko umukobwa warenza imyaka 16 atabonye imihango, agomba kureba muganga.

Kubona amaraso buri kwezi ni iki?

Kubona amaraso buri wezi, babyita kujya mu mihango, ni iyo amaraso ava, bitari uburwayi, mu gitsina cy'umukoba cyangwa umugore aturutse mu mura. Ubusanzwe biza buri kwezi kandi bikamara iminsi 3 kugeza kuri 7. Ni ikimenyetso ko umugore ari muzima, ashobora kubyara, aramutse aryamanye n'umugabo.

Ukwezi k'umugore ni iki?

Ukwezi k'umugore ni igihe gitangirira ku munsi wa mbere umugore yabonye imihango ye y'ukwezi kugeza ku munsi ubanziriza kubona imihango y'ukwezi gukurikiyeho. Kubera ko ibyo biba buri kwezi kandi igihe kimwe, nicyo gituma byitwa ukwezi k'umugore.

Ni ryari umugore cyangwa umugabo baba bari mu gihe cy'uburumbuke, ni ryari yasama? Kuba mu gihe cy'uburumbuke ku mugore bisobanura ko ashobora gusama inda. Hari iminsi ikurikirana, mu kwezi k'umugore, aba ari mu burumbuke, iyo ni yo minsi ashobora gusamamo. Umugore ashobora gutwita kuva abonye imihango ye bwa mbere kugeza igihe azacurira. Abagabo bo bashobora kubyara ubuzima bwabo bwose kugeza bapfuye.

Guhisha kw'intanga-ngore ni iki?

Guhisha kw'intanga-ngore ni igihe intanga-ngore iba yakuze bihagije. Ubusanzwe ibyo biba hagati mu kwezi k'umugore.

Ururenda ni iki?

Abakobwa rimwe na rimwe babona ku makariso yabo ururenda cyangwa bakumva batose. Ururenda ni amatembabuzi y'umweru. Abakobwa babigira igihe cyo uguhisha kw'intanga-ngore, igihe umubiri uba witeguye kwakira no kwitaho igi ryaremwe biturutse ku guhura kw'intanga-ngabo n'intanga-ngore. Ururenda rufasha intanga y'umugabo kuzamuka ikangera mu mura igahurirayo n'iy'umugore ngo bireme igi rizaba umwna. Iyo rero umukobwa afite ururenda agomba kumenya ko ari igihe cyo kuba yasama inda.

Ese umukobwa hari ikintu yashyira mu myanyanda ngagitsina kugirango hakomeze hahumure neza?

Oya. Koza hanze kumyanya ndanga gitsina neza buri munsi n'isabune n'amazi birahagije ngo giibe isukuye. Gushyira ikintu mo imbere bishobora gutera mo umwuma, kubabara n'uburwayi.

Ni ku yihe myaka umukobwa ashobora gutwita?

Iyo umukobwa yatangiye kujya mu mihango ya buri kwezi, bisobanura ko imyanya ye yatangiye gukora akaba ashobora gutwita iyo akoze imibonano mpuzabitsina. Ibyo ntibivuga ko aba yagejeje igihe cyo kuba yiteguye kubyara nubwo ashobora gutwita.

Bisaba iki kugirango umukobwa asame ?

Nubwo uko umuntu akoze imibonano mpuzabitsina atariko asama, gusama bisaba guhura kw'ibintu bitatu:1) hagomba kuba hari intanga y'umugore mu miyoboro, aho inyura ijya mu mura, hahandi umwana akurira iyo ari mu nda; 2) hagomba ko intanga y'umugabo ihura n'iy'umugore kugirango bireme igi rizavamo umwana; 3) hagomba kandi ko iryo igi ryakozwe ribona aho ryegama mu mura w'umugore rikahaguma.

Ese umukobwa ashobora gusama mu gihe ari mu mihango?

Yego, birashoboka n'ubwo bidasanzwe. Biterwa n'uko ukwezi kwe kureshya, iminsi amara mu mihango, n'igihe yagiriye imibonano mpuzabitsina, kuko intanga-ngabo ishobora kumara iminsi myinshi mu mugore ari nzima.

Ese umugabo yiyatse umugore mbere yo gusohora, ashobora kumutera inda?

Yego. Bishobora kugabanya kuba yamutera inda, ariko kuyimutera birashoboka. Impamvu ni uko bidashobokera abagabo bamwe kwiyaka umugore hakiri kare kandi hari n'intanga nke ziba zageze kare mu miyoboro, mbere yo gusohora nyirizina.

Ni gute umuntu yakwirinda gusama?

Iyo umugabo agiranye imibonano mpuzabitsina n'umugore badateganya kubyara, bashobora gukoresha uburyo bwabarinda gusama. Hari uburyo bwinshi burimo agakingirizo, ibinini, inshinge, agapira bashyira mu mura, n'uburyo bwo kwifata. Ugomba gushaka umukozi w'ubuzima akagusobanurira neza iby'ubwo buryo n'ubwashoboka. Iyo abashakanye bakoreresheje neza

uburyo bwo kwirinda gusama, « bibarinda » gusama. Iyo bakoresheje agakingirizo hamwe n'ubundi buryo, « bibarinda » gusama no kwandura indwara zandurira mu mibonano mpuzabitsina nka virusi itera SIDA. Uburyo bwiza kandi buboneye bwo kwirinda gusama no kwandura indwara zandurira mu myanya ndangagitsina ku bakobwa no ku bahungu ni ukwifata.

Kuki abagore bamwe badashobora gusama ?

Kudasama inda bishobora guterwa n'impamvu nyinshi zirimo: ibibazo bituruts e ku mugabo, ibibazo bituruts e ku mugore, cyangwa ibituruts e kuri bombi; imiyoborantanga yazibye; umugabo kugira intanga nke; cyangwa kuba umugore ashaje. Rimwe na rimwe kandi hari ubwo abaganga basuzuma bakabura impamvu n'imwe itera kudasama.Ariko ibyo ntibivuze ko niba umukobwa akoze imibonano mpuzabitsina ntasame aba adafite ubushobozi bwo gusama, rimwe narimwe bishobora kudahita bikunda ariko bikazashoboka hashize igihe.