

Kura Usobahutse

GrowUpSmart

Inyoboranyigisho mu matsinda ku
birebana n'ubugimbi n'ubwangavu

Inyigisho zigenewe abahungu n'abakobwa
bafite imyaka hagati ya 10 na 14, ababyeyi
babo, abantu batuye mu gace kamwe

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Uburyo bwo kukigaragaza mu nyandiko: Ikigo cyita ku buzima bw'imonyorokere (IRH).2014.

GrowUp Smart “Kura Usobanutse”: Inyoboranyigisho mu matsinda kubirebana n’ubugimbi n’ubwangavu, Washington DC Ikigo cyita ku buzima bw'imonyorokere, Kaminuza ya Georgetown

Gushimira

Itegurwa, igeragezwa n’iyemezwa ry’iki gitabo ntirvari gushoboka iyo hatabaho, ubuhimbyi, ugukorana umwete n’ubushake bwa za Minisiteri iy’Ubuzima n’iy’Uburezi z’u Rwanda hamwe n’abafatanyabikorwa aribo: Ihuriro ry’abagide mu Rwanda, Ishingiro ry’icyizere, n’Ihurstro ry’abagore b’urubyiruko rwa gikirisito. Turashimira kandi urubyiruko rwo mu Rwanda n’ababyeyi babo ku bw’ ineza bagaragaje bigomwa igihe cyabo ndetse n’ ibitekerezo batanze mu itegurwa ry’iki gitabo mu rwego rwo gutanga umusanzu ku mbaraga zo guteza imbere ibijyanye n’imibonano mpuzabitsina zo kubungabunga ubuzima bw’ibitsina n’imonyorokere bw’ ingimbi n’abangavu bo mu gace batuyemo.

Uburyo bukoreshwa na GrowUp Smart “Kura Usobanutse” hamwe n’amasomo menshi ari muri iki gitabo byinshi byatunganijwe biturutse ku zindi gahunda zishingira ku byavuye mu bushakashatsi no ku bindi bikorwa bya IRH n’abafatanyabikorwa harimo Cycle smart “Ukwezi k’umugore”, Imihindukire y’umubiri wanje: ubusobanuro ku bugimbi/ubwangavu n’uburumbuke ku rubyiruko rukiri ruto, icapwa rya 2, ryashobotse ku bw’inkunga y’Ikigo gishinzwe iterambere cya Leta zunze ubumwe za Amerika(USAID) binyujije mu masezerano y’ubufatanye n° GP-A-00-07-00003-00. Twakongeraho ko- ibindi bikorwa biri muri iki gitabo byatunganyijwe bigendeye ku mibereho y’abanyarwanda -hifashishijwe ibitabo by’umwimerere byakozwe na Gender roles, Equality and Transformations (GREAT) mu majyaruguru ya Uganda ku bufatanye bwa Pathfinder International na Save the Children ku nkunga ya USAID; binyujije mu masezerano y’ubufanye n° OAA-10-00073. Iki gitabo cyashyizwe mu Kinyarwanda n’ ikigo cyita ku’buzima bw'imonyorokere cya Kaminuza ya Georgetown.

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Zimwe mu nyandiko z’iki gitabo zishobora gusubirwamo cyangwa gukoreshwa uko zakabaye nta ruhushya, kuko iyi nyandiko itangirwa ubuntu, kandi Ikigo cyita ku buzima bw'imonyorokere Kaminuza ya Georgetown ikomeza kuba nyiri izo nyandiko, kuzitubura, kuzitanga ndetse no kuzihuza n’izindi mfashanyigisho.

Ibirimo ni bimwe mu nshingano z’ umushinga wa A3 ugamije kwegereza, gutanga no gusobanurira abaturage gahunda zo kuboneza urubyaro atari ngombwa ko ugaragaje ibitekerezo bya Kaminuza ya Georgetown. Sobanukirwa na byinshi ku mushinga A3 ukoresheje urubuga rwa interineti: “www.irh.org/projects/a3_project/”

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MINISTRY OF HEALTH



**Institute for
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Incamake

Gahunda ya GrowUp Smart “Kura Usobanutse”: Gushimangira ubumenyi ku burumbuke n’ubw’imiterere y’umubiri

Imikurire y’umuntu, imibanire n’abandi ubumenyi bw’umuntu, , imyifatire ku bijanye n’ibitsina, ubuzima bwerekere ibitsina, kuvuga ku birebana n’ibitsina muri sosiyete n’umuco ni zo ngingo z’ingenzi zigarukwaho cyane mu gihe higishwa ingimbi n’abangavu ibijanye n’uburumbuke, igitsina n’imikurire. GrowUp Smart “Kura Usobanutse” ynjira cyane muri izo ngingo z’ingenzi cyane cyane, ubumenyi ku bijanye n’uburumbuke, kumenya umubiri wawe n’akamaro K’amahame y’ubwuzuzanye n’uburinganire hamwe n’ihuriro ry’imyanya myibarukiro n’ubuzima bw’imyororokere. Ariko iyi nyoboranyigisho ntiteganya kuba irimo inyigisho zose ziyanye n’ubuzima bw’imyanya myibarukiro, ahubwo irimo zimwe mu nyigisho z’ingenzi zo kwongera kuburere mbonezabitsina.

Gusobanukirwa uburumbuke ni amakuru/ ubusobanuro kuburumbuke n’ubushobozi bwo gukoresha ubu bumenyi mu gihe cyose bibaye ngombwa. Harimo Ubumenyi bw’ibanze ku bijanye n’ukwezi k’umugore, igihe cyo gusama n’uko umuntu atwita, gutwara inda ziturutse ku mibonanompuzabitsina idakingiye ku byiciro by’imikurire y’umuntu n’akamaro k’uburumbuke bw’abahungu. Hamwe n’ ubumenyi ku bijanye n’uburumbuke abahungu n’abakobwa bashobora gusobanukirwa neza imikurire y’imibiri yabo n’uko bakwirindira ubuzima bw’imyororokere. Kungurana ibitekerezo ku bijanye n’impinduka mu gihagararo, mu mitekerereze n’ibimenyetso by’uburumbuke mu gihe cy’ubugimbi/ubwangavu bifasha ingimbi n’abangavu gusobanukirwa imikorere y’ imibiri yabo; bityo bikabafasha

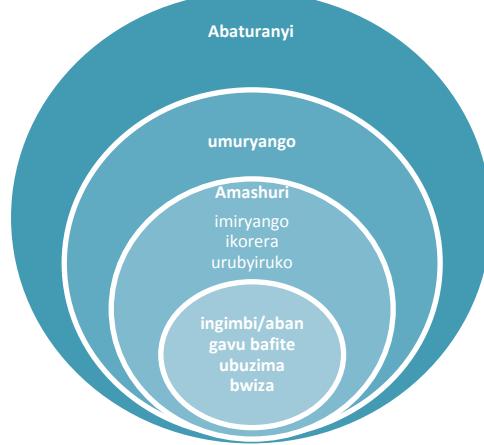
kwirinda ibihuha n’imyumvire mibi ku buzima bw’imyororokere. Ubumenyi ku bijanye n’uburumbuke bushobora gushoboza ingimbi n’abangavu kwifatira ibyemezo bihamye birebana n’imyitwarire mu buzima bw’imyororokere no kubategura kuba abantu bakuru bahamye.

Kumenya umubiri wawe birenze ubumenyi ku bijanye n’uburumbuke ahubwo bisesengura icyo turi cyo, uko twakibaye, n’imikorere y’umubiri wacu biganisha ku buzima bwiza.. Gusobanukirwa neza umubiri wacu, harimo imikorere y’umubiri n’imibanire. Ikindi kandi gusobanukirwa n’impinduka zo mu gihe cy’ ubugimbi/ubwangavu, gusobanukirwa imirimo y’abagabo n’iy’abagore n’isano iri hagati y’ubushobozi bwabo, bishoboza urubyiruko kumenya ko imyifatire yabo mu bijanye n’ibitsina n’imyororokere bifitanye ihuriro n’indangagaci/ amahame mu mibanire, nabyo bikaba bishobora kugira uruhare ku bushobozi bwabo baharanira kugira ubuzima bwiza mu gihe cy’ubugimbi/ubwangavu ndetse na nyuma y’icyo gihe.

Abahuzabitekerezo b’amatsinda bashobora gukoresha ibikorwa byinshi mu matsinda y’abahungu n’abakobwa bafite imyaka 10-14 mu kubafasha kwongera ubumenyi ku bugimbi/ubwangavu, ubumenyi ku bijanye n’uburumbuke, ubushobozi mu gukurikirana ukwezi kw’umugore (ku bakobwa), ibiganiro n’abandi, kumenya uruhare n’inschingano zirebanan’ubwuzuzanye n’uburinganire, ubushobozi bwo kugira imyifatire izabarinda mu mikurire yabo. Ibikorwa by’inyongera bigenewe ababyeyi n’abandi bantu batuye mu gace kamwe nabyo birateganyijwe.

Intangiriro

GrowUp Smart “Kura Usobanutse” ni gahunda nshya yageragejwe irimoinyigisho zivuga ku byiciro binyuranye by'ubugimbi n'ubwangavu zigenewe abahungu n'abakobwa bari mu kigero cy'imyaka 10-14. Nk'imbumbanyigisho kandi ikoresha uburyo bwo kwegera abo igenewe, iyi gahunda ikoresha inyigisho n'uburyo bwo kwigisha bijyanye n' imyaka y'abigishwa mu gukemura bimwe mu bibazo bigira ingaruka ku buzima bujyanye n'ibitsina, imyororokere n'imyitwarire uhoreye mu ntangiro z'ubwangavu n'ubugimbi kugera ku kigero



cy'urubyiruko rukuze.¹

Intego y'iyi nyoboranyigisho ya **GrowUp Smart “Kura Usobanutse”** ni ugu fasha abayobora inyigisho/abafasham yumvire, n'undi –uwo ariwe wese wigisha itsinda rito ry'ingimbi n'abangavu; gutanga inyisho za gahunda ya GrowUp Smart “Kura Usobanutse” ku bahungu n'abakobwa bari mu kigero cy'imyaka 10-14. GrowUp Smart “Kura Usobanutse” yateguwe hagamijwe kuzamura ubumenyi ku bijyanye n'ubugimbi/ubwangavu n'uburumbuke gushygikira imyitwarire n'imyifatire bijyanye n'ubugimbi/ubwangavu hamwe n'amahame

¹ Byakuwe mu nyandiko ya Blum, 2012, Urwego rwo kwita kubidukikije hagamijwe kurengera ubuzima bw'ingimbi n'abangavu.

* Imvugo “Ababyeyi” ikunze gukoreshwa muri iyi nyoboranyigisho mu nyoroshyo y'inayandiko hagamije kuvugwa abantu bose bafite abana bitaho kandi bishingiye kibyeyi.

y'uburinganire, kugira ngo hatezwe imbere ubuzima bw'ibitsina, ubw'imonyororokere n'imibereho myiza. Iyi ishobora gukoreshwa n'imiryango yita ku'urubyiruko, amashuri kimwe n'izindi gahunda zishyira mu bikorwa gahunda z'urubyiruko mu gufasha abayobozi b'amatsinda mato, ndetse n'abarimu mu gutanga inyigisho zishimishije kandi buri wese agizemo uruhare mu byiciro bikurikira:

- ✓ **Ingimbi n'abangavu** binyujijwe mu masomo icyenda (9), buri somo rimara amasaha abiri. Izi nyigisho zigenewe abahungu n'abakobwa kubirebana n'impinduka zo mu bwangavu n'ubugimbi, uburumbuke no gusobanukirwa imiterere y'umubiri, uburyo bwo gukurikirana ukwezi kw'umugore (ku bakobwa), uburinganire n'ubwuzuzanye, guhana amakuru n'imyitwarire iboneye.
- ✓ **Imiryango** hifashishijwe amasomo abiri y'inyigisho zigenewe ababyeyi* cyangwa abarezi b'abana zirebana n'ibiranga ubugimbi/ubwangavu n'ibiganiro hagati y'umwana n'umubyeyi.
- ✓ **Aabantu batuye mu gace kamwe** hifashishijwe ingero z'ibikorwa by'ubukangurambaga mu abantu batuye mu gace kamwe bibakangurira kujya bateganya ibiganiro hagati y'abantu bakuru n'abana ku bufatanye n'abana bakurikiranye gahunda ya GrowUp Smart “Kura Usobanutse”, hashimangirwa inyigisho zifite ireme ku bugimbi/ubwangavu n'ubufasha bukwiriye ingimbi/abangavu.

Mu kwita ku uruhare rw'izo nzego uko ari eshatu ku buzima bw'imonyororokere, gahunda ya ‘GrowUp Smart “Kura Usobanutse”’, igamije gushimangira imyitwarire iboneye mu bana bari hagati y'imyaka 10-14 bifasha gutegura ubugimbi/ubwangavu n'ubuzima bwiza mu gihe cy'ubusore/ubukumi.

Imfashanyigisho za gahunda ya GrowUp Smart “Kura Usobanutse” Imfashanyisho z’iyi gahunda zigizwe n’iyi nyoboranyigisho, hamwe n’imfashanyigisho zunganira arizo



“Brochures” Udutabo tuvuga kubugimbi/ubwangavu (Brochure 3 kuri buri mwana).



Agapaki k’ibikoresho byifashishwa mu gukurikirana ukwezi kw’umugore. Karmo utubindo tumeswa tukongera gukoreshwa mu gihe cy’imihango, urunigi rwifashishwa mu gukurikirana ukwezi k’umugore na n’imfashanyigisho ijyanye nabyo, urupapuro rw’ibanga rwo kwandikamo impinduka za buri cyumweru hamwe n’indangaminsi (za buri mukobwa).



Igitabo cy’inkuru z’abakobwa n’z’abahungu zisomwa baranguruye bari kumwe n’ababyeyi babo cyangwa abandi bagize umuryango.



Izindi mfashanyigisho zrimo umukino kura usonutse witwa “life size” ushobora gukinwa n’ingimbi/abangavu, ababyeyi babo n’abaturanyi babo.

Intego z’amasomo ya GrowUp Smart “Kura Usobanutse” ku ngimbi/abangavu, ababyeyi babo bakurikiye amasomo hamwe n’abakurikiye ibikorwa by’ubukangurambaga mu abantu batuye mu gace kamwe ni izi zikurikira:

Abahungu n’abakobwa bakurikiranye inyigisho za GrowUp Smart “Kura Usobanutse” bazaba bashobora kugaragaza:

- ✓ Ubumenyi ku bugimbi/ubwangavu, impinduka z’ingenzi mu gihe cy’ubugimbi/ubwangavu, n’uburumbuke n’imyanya myibarukiro y’abahungu

n’iy’abakobwa, kurangwa n’isuku n’ubuzima bwiza, gukurikirana ukwezi k’umugore (ku bakobwa), guha agaciro kamwe abahungu n’abakobwa, uko wateza imbere ubuzima bwiza mu gihe cy’ubugimbi/ubwangavu.

- ✓ Ubushobozi mu gukoresha ibikoresho biri mu gapaki k’ibikoresho byifashishwa mu gukurikirana ukwezi k’umugore mu kurushaho gusobanukirwa no kugenzura ukwezi kwe hifashishijwe urunigi, indangaminsi n’urupapuro rwandikwaho impinduka za buri munsi ndetse no kugira no kumenya uko baioresha utubindo tumeswa tukongera gukoreshwa mu gihe cy’imihango (ku bakobwa gusa).
- ✓ Ubushobozi bwo kuvuga yisanzuye, ingingo zerekeye ibitsina, ubuzima bw’imyororokere n’imyitwarire ibungabunga ubuzima yaba ari mu rungano cyangwa ari kumwe n’abamurera bakuru.
- ✓ Imyitwarire ishyigikira hamwe n’imyemerere kubijyanye na:

- imyumvire nyakuri kubijyanye n’ingaruka zo gutwara inda zitateganijwe n’indwara zandurira mu mibonano mpuzabitsina
- akamaro ko kutishora mu mibonano mpuzabitsina kugeza ushyingiwe
- akamaro ko kuganira n’abantu bakuru bizewe/inyangamugayo
- ubushobozi buhamye bwo gukurikiza imyitwarire ibungabunga ubuzima
- gukora imirimo hatitawe ko umuco gakondo uyigira iy’abagore/abakobwa cyangwa iy’abagabo/abahungu
- akamaro ko gufata abahungu n’abakobwa mu buryo buha agaciro buri wese.

Ababyeyi cyangwa abarezi b’abana bakurikiye iyi gahunda bazaba bashobora:

- ✓ Gutanga amakuru nyayo no gushyigikira abana babo ku ngingo zirebana n’ubugimbi/ubwangavu, impinduka

z'ingezi mu gihe cy'ubugimbi/ubwangavu, uburumbuke n'imanya myibarukiro y'abakobwa n'iy'abahungu, uko umukobwa yifata ari mu mihang, isuku bwite n'imyitwarire yo kwirinda y'ingenzi mu gihe cy'ubugimbi/ubwangavu.

- ✓ Kugaragaza imyitwarire ishyigikira abana irimo akamaro ko gutinda gushyingirwa no gutwita ku bakobwa, gukura imirimo yose hatitawe ku gitsina mu rwego rwo gutegura abana kuba inkumi n'abasore bifitiye iciyiizere, n'akamaro ko gufata abahungu n'abakobwa mu buryo bubahesha agaciro.
- ✓ Kuvugana n'abana babo bisanzuye kandi kenshi, ingingo zerekeye ubugimbi/ubwangavu, imirimo n'inshingano by'abagore n'abagabo, kwirinda no kugira ubuzima bwiza, imyitwarire ijyane n'ibitsina n'ubuzima bw'imyororokere.

Abantu batuye mu gace kamwe bitabiriye ibikorwa by'ubukangurambaga bazaba bashobora:

- ✓ Kuvugana ubwisanzure kandi kenshi (hagati y'ibyiciro bitandukanye), ibyerekeye ubugimbi/ubwangavu, ubuzima bw'ibitsina n'ubuzima bwiza ku rubyiruko rukiri ruto.
- ✓ Gushygikira inyigisho ku bugimbi/ubwangavu n'uburumbuke nk'ubuvugizi ku byerekeye uburere n'ubuzima bwiza ku bakobwa mu gihe cy'ubwangavu, guha abahungu n'abakobwa ubwisanzure bubaganisha ku buzima bwiza mu gihe babaye urubyiruko rukuze.

Uko wakkoresha iyi nyoboranyigisho

Kugira ngo ukoreshe iyi nyoboranyigisho, **banza uysome yose kugira ngo igufashe** kuyobora amasomo yose yateganyijwe, kandi umenyere amakuru uzifashisha. Kurikizaho gahunda y'ibikorwa kimwe n'ikindi kintu cyose cyagufasha kwiyumvamo

imgimbi/abangavu, ababyeyi babo ndetse n'abantu batuye mu gace kamwe babo. Iyi nyoboranyigisho irimo udukino dusekeje twinshi, ibikorwa bihuza abakobwa n'abahungu, kandi ni ngombwa gukura amasomo mu bitekerezo byaganiriweho (impaka zagiwe), kugaragaza ingingo z'ingenzi mu ncamake hamwe n'intambwe/gahunda zakurikiraho.

Amasomo agenewe abahungu n'abakobwa ateganyijwe mu byiciro icyenda hatangwa isomo ry'amasa abiri buri cyumweru. Ayo masomo icyenda afite ibikorwa 18 bijyanirana n'amabwiriza mu gutangiza no mu gusoza buri somo. Ibikorwa by'ingenzi bigenewe urubyiruko rukurikira gahunda ya GrowUp Smart "Kura Usobanutse", byateguriwe gutangwa kuri gahunda y'urukurikirane. Hanyuma hateganyijwe n'igikorwa cy'inyongera kimwe cyangwa birenze kimwe kuri buri musozo w'isomo. Mushobora guhitamo kugitanga niba mufite igihe gihagije.

Bitewe n'uko hari itandukaniro rinini mu mikurire y'abakobwa n'abahungu bari hagati y'imyaka 10 na 14, umufashamyumvire ashobora kuzasanga hari itandukaniro rinini hagati y'abakuru n'abato bo muri iyi myaka ku bumenyi bw'ibanze bafite n' ibyobabonye mu buzima bwabo birebana n'ubugimbi/ubwangavu, ubuzima bw'ibitsina n'imyororokere. Nyamara ibikorwa biteganijwe muri iyi nyoboranyigisho, bishobora guhuzwa n'ibikenewe n'amatsinda anyuranye y'urubyiruko agizwe n'abari mu ishuri n'abatari mu ishuri ku buryo bworoshye. Ikindi ni uko abakuru kurusha abandi n'ababonye byinshi kurusha abandi mu itsinda ry'urubyiruko baba bafite uburyo bwiza bwo kugeza kuri bagenzi babo bato ibyo babonye no kubafasha kurushaho gusobanukirwa.

Inyigisho zagenewe ababyeyi zitandukanye n'izagenewe ingimbi n'abangavu kandi ni

umwihariko ku babyeyi cyangwa abarezi. BageneWE amasomo abiri. Isomo rya mbere barihabwa mbere y'uko urubyiruko rutangira irindi bakazarihabwa gahunda igeze hagati. Amasomo y'ababyeyi nayo yagenewe igihe kiri hagati y'amasaHA abiri n'igice (2 $\frac{1}{2}$) n' amasaHA atatu (3) kuri buri somo. Inyandiko igenewe kwohererezwa ababyeyi mu rwego rwo kubamenyesha gahunda mbere yo gutangira amasomo iteganiJwe ku urupapuro rukurikira. Ibikorwa bimwe bihuriza hamwe ababyeyi n'ingimbi/abangavu mu gihe cyo gusoza iyi gahunda mu rwego rwo kurushaho kungurana ibitekerezo ku nsanganyamatsiko z'iYI gahunda cyangwa kwerekana tumwe mu dushya dushobora gusangizwa abantu batuye mu gace kamwe.

Amasomo yagenewe abantu batuye mu gace kamwe atangwa mu isozwa rya gahunda kandi ni umwanya mwiza ku bahungu n'abakobwa bakurikiranye gahunda ya GrowUp Smart "Kura Usobanutse", gusangiza amasomo bize bongeramo udushya, bimenyesha kandi bigakangurira abantu batuye mu gace kamwe kimwe n'ababyeyi uruhare rwabo.

Umufashamyumvire/ uhugura kuri gahunda ya GrowUp Smart "Kura Usobanutse" agomba kuba afite ubumenyi n'ubushobozi bwo:

- ✓ Gusoma no kwandika bimuha gukoresha adategwa iyi n'imfashanyigisho zayo
- ✓ Gutanga no gusangiza abamwumva amakuru y'ifatizo ku ubugimbi/ubwangavu mu buryo bwumvikana kandi butarimo amarangamutima, bwiybashye kandi bubika ibanga
- ✓ Kuyobora amasomo mu matsinda y'ingimbi/abangavu, ababyeyi cyangwa abarezi babo, no mu abantu batuye mu gace kamwe aho buri wese agiramo uruhare rugaragara
- ✓ Gukangurira buri wese mu buryo bwa gihanga gahunda ya GrowUp Smart "Kura Usobanutse" igamije kuzamura ubumenyi k'uburumbuke, uburenganzira kubijanye n'ubuzima bw'imyororokere, uburinganire n'ukubahana/
- ✓ Kumenya kurangira abakeneye serivisi z'inYongera cyangwa z'umwihariko aho bazisanga.

Kuyobora amasomo mu itsinda

Buri somo rya GrowUp Smart "Kura usobanutse" ritangizwa udukino tw'ivumburamatsiko, akaba ari ibikorwa bisekeje biruhura abahugurwa kugira ngo habeho ubwisanzure butuma barushaho kumenyana, bigatuma buri wese agira uruhare rugaragara mu nyigisho. Ibi bikurikirwa no gutanga amahirwe yo kubaza no kungurana ibitekerezo ku bibazo bishingiye ku nyigisho iheruka gutangwa ndetse no gusubiza ibibazo bishobora kuba byarashiyizwe mu gasanduku k'ibibazo.

Nyuma yo gutangira hari ibikorwa bitandukanye bikorwa bigamije gufasha abitabiriye amahugurwagusobanukirwa neza n'ibyo bari bwige, kungurana inama ku myifatire n'imyemerere, no kugira imyitwarire iboneye mu buryo buri wese abigiramo uruhare Hari ibibazo byateganirijwe kunguranaho ibitekerezo ndetse n'ingingo z'ingezi zifasha kugera ku ntego z'inyigisho z'ibi bikorwa by'ivumburamatsiko. Buri gikorwa cyo kwigiraho gifite inyandiko bigendanye igenewe umufashamyumvire kugira ngo imuhe ingero n'amakuru yimbitse ku ngingo y'igikorwa/inyigisho.

Ikiruhuko kigomba guteganywa hagati y'ibikorwa mu gihe bibaye ngombwa. Buri nyigisho isozwa n'igikorwa cyo kongera kuyitekerezaho, hagakorwa inshamake y'amasomo akubiwemo no kuvuga ibyo biyemeje/imihigo cyangwa ibizakurikiraho. Ibikorwa by'inYongera nabyo birateganijwe hagamijwe kongera amahirwe yo kungurana ibitekerezo no gushyira mu bikorwa ingingo n' insanganyamatsiko nyinshi iyo byifujwe. Amakuru y'inYongera aboneka ku mpera ya buri somo kandi ku buryo burambuyeMensi mu masomo yose y' urubyiruko, yagenewe guha uruhare rugaragara abahungu n'abakobwa bonyine nayo arateganijwe. Ibi bitanga amahirwe yo kungurana ibitekerezo no kubaza ibibazo mu itsinda ry'urungano kandi b'igitsina kimwe. Hashingiwe ku miterere ya zimwe mu ngingo abantu batisanzura kuvuga, ibikorwa bishingiye ku muco, ibiganiro byo mu matsinda y'igitsina kimwe n'ubwisanzure bw'umuntu, amatsinda mato agizwe n'abantu b'ibigtsina kimwe ashobora gushyigikira ubwisanzure n'umutekano mu kuganira ku bibazo byabo byihariye no ku mpungenge zabo.

Aho amasomo atangirwa

Kuberako zimwe mu mfashanyigisho zigize iyi
Kuberako zimwe mu mfashanyigisho zigize iyi
nyoboranyigisho zikora ku maranga mutima
y'umuntu, abahabwa amasomo abahabwa
ibiganiro bagomba kuba bari ahantu
hiherereye, kandi hababikira ibanga. Mu
guhitamo aho gahunda ya GrowUp Smart “
Kura usobanutse” itangirwa; niba bishoboka
hitamo ahantu hatuje kandi hatekanye aho
abandi bantu batabareba, batabumva
cyangwa ngo babarangaze. Izeze abari mu
masomo ko ibitekerezo byatangiwe mu
masomo bitazasakazwa hanzwe. Genzura ko
n'ubwiherero butunganijwe kandi butekanye
(aho imisarane iherereye, inzugi zikingwa,
isabune n'amazi, kubona ku buryo bworoshye
imbindo zo kwambara hamwe n'ibindi
bikoresho byifashishwa mu gihe cy'imihango).
Ibi bizaba icyitegererezo n'uburyo bwo gukora

ubuvugizi bwo kugira imisarane myiza n'aho
kwigira hatunganye. Aho hantu hagomba
kuba na none hashobokera abatumirwa
kuhagera mu buryo buboroheye.

Izindi mfashanyigisho

Abahungu n'abakobwa rimwe na rimwe baba
bafite ibibazo cyangwa imbogamizi baba
badashaka gusangiza/kuganiriza ababyeyi
babu. Hari abantu benshi bashobora
kubabera abajyanama: abakora mu
by'ubuzima, abarimu, abayobozi
b'amadini/amatorero, abayobozi b'amashuri
ndetse n'abavandimwe. Mu kwigisha iyi
gahunda bibutse ko bashobora kukwegera
cyangwa undi muntu mukuru biyumvamo
akabaha amakuru arenzeho cyangwa servisi
bakeneye. Gerageza kumenya ndetse no
kubamenyesha aho bakura serivisi muri ako
gace zisubiza ibibazo byabajijwe mu isomo.

(Date)

Babyeyi,

Tunejejwe no kubagezaho gahunda yihariye y'inyigisho yitwa GrowUp Smart “Kura usobanutse.” Iyi
gahunda igenewe abahungu n'abakobwa bafite imyaka 10 kugeza kuri 14 ikaba igizwe n'amasomo
icyenda yateguriwe kuzamura ubumenyi bw'abahungu n'abakobwa, imyifatire n'imyitwarire
y'ubugimbi/ubwangavu, ubumenyi ku uburumbuke, uburyo bwo gukurikirana ukwezi kw'umugore (ku
bakobwa), isuku y'umubiri wawe n'ubuzima, uko abakobwa n'abahungu bitwaranaho, ubuzima
mbonera n'imibereho myiza mu gihe cy'ubugimbi, kuganira n'abakuru bafitiwe icyizere.

Hateganijwe kandi amasomo abiri ateganirijwe mwebwe ababyeyi cyangwa abarezi b'urubyiruko
ruzakurikira iyi gahunda kugirango mwongererwe ubumenyi n'ubwisanzure mu kuvugana n'abana ku
ngingo zijiyanie n'ubugimbi/ubwangavu. Mu gusoza iyi gahunda hazaba ubukangurambaga mu bantu
batuye mu gace k'iwanu aho abahungu n'abakobwa bakurikiye amasomo bazageza kuri abo bantu
ibyo bize hifashishijwe uburyo bukurura abantu nk' indirimbo, imbyino, umuziki, ibiganiro mu ruhame
n'ibindi.

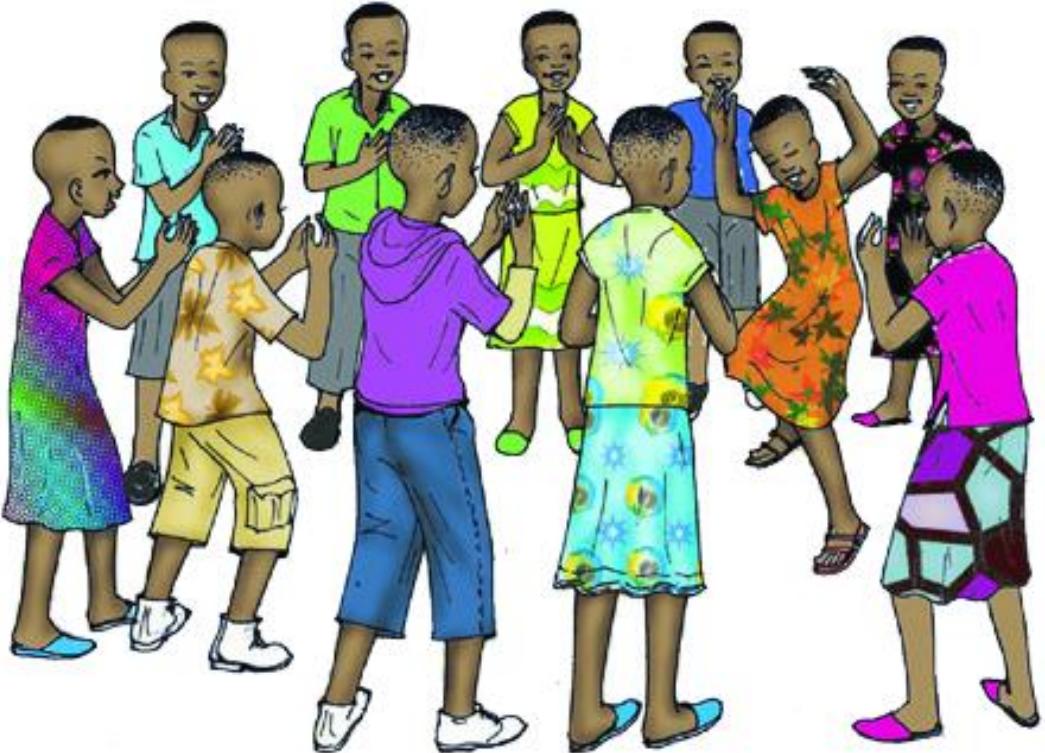
Gahunda ya Kura usobanutse izajya itangirwa (itariki n'igihe). Twizeye ko umuryango wanyu uzabasha
kwifatanya natwe!

Murakoze,

(Shyiraho amazina na aderese)

Amasomo mu matsinda y' abahungu n'abakobwa

Imyaka 10 kugera kuri 14



Amasomo Mumatsinda y' Abahungu N'abakobwa

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ISOMO RYA 1 Uko Tugenda Duhinduka

Gahunda

Gutangiza gahunda, kwibwirana no gutanga ikaze

Igikorwa 1: Amashusho y'umubiri: Impinduka ku mubiri, mu mu marangamutimano mu bwenge Gusoza no kubabwira igikurikiyeho: Imfashanyigisho zizifashishwa mu mukoro wo mu rugo:

Brochure: *Tuganire ku mihindagurikire y'imibiri yacu*

Udutabo tw'inkuru: GrowUp Smart “Kura Usobanutse” ku bakobwa n’abahungu

Igikorwa cy’inyongera: amagambo dukoresha tuvuga ibice by’umubiri wacu Ibindi bisobanuro/amakuru

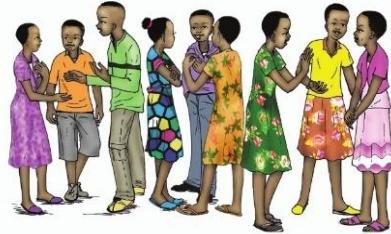
Intego

Nyuma y’iri somo, abahungu n’abakobwa baraba bashobora:

1. Kwibwirana, kumenyerana no gusobanura muri make gahunda ya GrowUp Smart “Kura Usobanutse”
2. Kuvuga ibikorwa n’imyifatire bifasha buri wese mu gihe cy’amasomo kumva yisanzyue kandi yubashywe.
3. Kugaragaza impinduka ku mubiri, mu marangamutima no mitekerereze mu gihe cy’ubugimbi/ubwangavu no kuganira uko babyumva.
4. Kuganira ku butumwa bw’ingenzi bukubiye muribrochure “Kuganira k’ Umubiri wacu uhinduka” no kuvuga umuntu mukuru bazaganira kuri iyi brochure mbere y’isomo ritaha.

Isomo I

Gutangiza, Kwibwirana no gutanga ikaze



Igihe: iminota 40

Ibikoresho/imfashanyigisho:

Agasanduku k'ibibazo

Uduce tw'udupapuro, ikaramu ya wino, cyangwa
ikaramu y'igit

Intego: Abahungu n'abakobwa bazahura
bamenyerane kandi basobanure muri make
Gahunda ya "GrowUp Smart "Kura Usobanutse"".

Nyuma y'ivumburamatsiko, bwira abaje bose muri
make uko gahunda ya Kura Usobanutse iteye.
Garagaza ingingo zizigirwamo n'uburyo
buzifashishwa bujyanye n'imikino. Babwire uburyo
ababyeyi babo n'aabantu batuye mu gace kamwe
nabobazinjizwa muri iyi gahunda.
Saba abahungu n'abakobwa gusobanura gahunda
ya GrowUp Smart "Kura Usobanutse" mu
magambo yabo nk' aho bari kuyisobanurira
ababyeyi babo cyangwa bagenzi babo. (Reba note
zigenewe umufashamyumvire ku rupapuro rwa 13.)

Ivumburamatsiko: Mingle Mingle Intangiro

Saba abahungu n'abakobwa bose guhagarara.
N'uvuga "Mingle! Mingle!" "Bariruka mu
cyumba bajye bavuga bihuse helo kuri buri
muntu banyuzeho Hanyuma uravuga umubare,
urugero nka gatatu, bahite bahurira mu itsinda
rya batatu, babwirane amazina yabo.

Hanyuma uvuge undi mubare utandukanye
n'uwo wari wavye urugero nka gatanu, bahite
bakora itsinda rigizwe na batanu, bakurikizeho
itsinda rya bane, barangirize kuri babiri kandi
buri gihe babwiranaamazina

Mu gihe buri wese araba ari mu itsinda rya
babiri, baribwirana, hanyuma buri wese abwire
mu genzi we bike mu bimwerekeye cyane
cyane ibantu yibuka mu gihe yari afite imyaka
10 kugeza 14. Hanyuma bose barajya ku ruziga
buri wese aiye avuga mugenzi we. Barangije
saba ubishaka kugerageza kugenda ku ruziga
avuga izina rya buri muntu, harimo
n'ay'umufashamyumvire.

Gushyiraho amabwiriza ngenga myitwarire

Intego: Abahungu n'abakobwa bazaba bashobora kuvuga ibikorwa n'imyifatire ifasha buri wese
kumva yisanzye kandi yubashywe mu gihe cyamasomo.

Ibice by'isomo:

1. Mu itsinda **nyungurabitekerezo rinini**, baza abahungu n'abakobwa kugaragaza amabwiriza yose
azafasha buri wese kumva yubashywe, yitaweho kandi atekanye mu gihe yabaza cyangwa
yavuga ikintu cyose kirebana no kuvuga ku ubugimbi/ubwangavu cyangwa ubuzima
bw'imyororkere (SRH).
2. Mu byandike ku gipapuro kinini mwongereho n'andi mabwiriza mubona ari ngombwa mu
kongera icyizere n' ibanga. Reba ingero zikurikira:

-Gukurikira neza

-Kubaza ikibazo icyo ari cyo cyose

-Kudaseka abandi

-Kwitonda no gufashanya

-Abantu bashobora gutanga

ibitekerezo

- Kureka buri wese akavuga -Ibyo abahungu n'abakobwa bavuze -Nta gukobana, ntagucirana imanza
-Kutazimura bihabwa agaciro kimwe

3. **Muganire kandi mwemeranywe kuri ayo mabwiriza nk'itsinda**, amanikwe aho buri wese ayabona. Igihe cyose bibaye ngombwa tuyibukiranyeho.

Agasanduku k'ibibazo by'ibanga

Bwira abahungu n'abakobwa ko hari icyo bashaka kubaza ku kintu icyo aricyo cyose cyavuzwe mu isomo babikorana ubwisanzure. Ariko niba bashaka kubaza mu buryo bw'ibanga, bashobora kwandika ikibazo ku gapapuro badashyizeho izina bakagashyira mu agasanduku k'ibibazo. (*erekana aho agasanduku k'ibibazo cyangwa agatebo kari hamwe n'udupapuro n'ikaramu*) . Mu itangira rya buri somo rishya mu ganire kuri ibyo bibazo mu itsinda ryose.

Inyandiko Igenewe Umufashamyumvire

GrowUp Smart "Kura usobanutse"

GrowUp Smart "Kura usobanutse" ni gahunda nshya y'inyigisho ku bugimbi/ubwangavu zigenewe abahungu n'abakobwa b'emyaka 10-14. Iyi gahunda nshya kandi yageragejwe igizwe n'amasomo icyenda y'urubyiruko arimo udukino dusekeje, ibikorwa buri wese agiramo uruhare .Yateguriwe kuzamura ubumenyi bw'abahungu n'abakobwa, imyifatire n'imyitwarire ku bijyanye:

Ubugimbi/ubwangavu	Gusobanukirwa uburumbuke,
Gukurikirana ukwezi kw'umukobwa)	Isuku y'umubiri wawe n'ubuzima bwiza,
Uko abakobwa n'abahungu bitwaranaho,	Kuganira n'abantu bakuru bafitiwe icyizere
Umutekano n'imibereho myiza mu gihe cy'ubugimbi/ubwangavu	

Hateganyijwe kandi amasomo abiri ateganyirijwe ababyeyi b'urubyiruko rukurikira iyi gahunda kugira ngo bongererwe ubumenyi n'ubwisanzure mu kuvugana n'abana ku ngingo ziyanje n'ubugimbi/ubwangav. Mu gusoza iyi gahunda hazaba ubukangurambaga mu baturanyi aho abahungu n'abakobwa bakurikiye amasomo bazageza kubaturanyi ibyo bize hifashishijwe uburyo bukurura abantu nk'indirimbo, imbyino, umuziki, ibiganiro mu ruhame, iminsi y'ubukorerabushake n'ibindi.

Ikigo cy'ubuzima bw'emyororokere cya Kaminuza ya Georgetown cyateguye iyi gahunda y'inyigisho kandi kizakomeza kuyigerageza no kwigira ku bizaba byayivuyemo kugira ngo harushweho kunoza gahunda zifasha urubyiruko rw'u Rwanda kumenya guhitamo neza.

Inyandiko Igenewe Umufashamyumvire

Gushyiraho Umwuka Mwiza N'ubwubahane mu Masomo

Gushyiraho Amabwiriza Ngengamyitwarire. Mu gihe utanga amasomo ni iby'ingenzi gukurikirana ko abahungu n'abakobwa bumva bose bubashywe, ntawe ubakoba kandi badatinya kubaza no gutanga ibitekerezo ku ngingo iyo ariyo yose irebana n'ibitsina n'ubuzima bw'emyororokere. Ni ingenzi kandi ko abahungu n'abakobwa bagira uruhare rugaragara kandi ibitekerezo byabo bihabwa agaciro kimwe. Urubyiruko rugomba kumenya ko amakuru yihariye ku muntu yaganiriweho agomba kugirwa ibanga ntakwirakwizwe mu bandi. Ibi bizafashwa no gushyiraho amabwiriza ngengamyitwarire mu gihe cy'amasomo mbere yo gutangira gahunda ya GrowUp Smart (Kura usobanutse). Gukurikirana ko umwuka uri mahugurwa ari mwiza, buri wese yubashywe, yitaweho n'udukino dusekeje bishobora gufasha kubigeraho. Genzura kandi ko ubwiherero bumeze neza kandi bushobora gukoreshwa n'abahungu n'abakobwa.

Gusubiza Ibibazo. Mu gihe wowe umufashamyumvire utabashije kumenya igisubizo cy' ikibazo kibajije, ushabora igihe cyose gushakisha igisubizo gishobora gutangwa mu isomo rizakurikiraho. Agasanduku k'ibibazo by'ibanga gashobora gufasha abahungu n'abakobwa kumva bisanzuye no kudatinya kubaza ibibazo byabateye isoni kubariza mu bandi. Mu gihe umufashamyumvire abajije ibibazo bimwerekeye, si ngombwa ko atanga amakuru amwerekeye. Ibi kandi ni kimwe ku abahungu n'abakobwa, bafite uburenganzira bwo gukomeza batabishubije.

Isomo rya 1, Igikorwa Cya 1

Amashusho y'umubiri: Impinduka ku mubiri, mu marangamutimano mu bwenge

Igihe: Iminota 60

Imfashanyigisho: Urupapuro runini
Ikaramu cyangwa marikeri



Intego: Abahungu n'abakobwa baragaraza impinduka ku mu biri, mu murangamutimano mu bwenge mu gihe by'ubugimbi/ubwangavu kandi baganire ku byiyumviro byabo kubijyanye n'izi mpinduka.

Ibice by'isomo:

- Saba abakobwa n'abahungu guhaguruka binanure**, bazunguze amaboko, amaguru n'umutwe bakurikije uburyo uri kubikora. Babwire ko mu gihe cy'ubugimbi/ubwangavu umubiri wacu ukura byihuse kandi ukagira impinduka zinyuranye. Tugiye gukurikizaho gushushanya umubiri w'umuntu, hanyuma tuganire ku mpinduka ku mubiri, mu mitekerereze ndetse no mu bwenge, urubyiruko rukiri ruto ruhura nazo mu gihe cy'ubugimbi/ubwangavu.
- Basabe gukora amatsinda mato**, agizwe n'abahungu ukwabo n'abakobwa ukwabo. Ha buri tsinda urupapuro runini na marikeri.
- Bwira buri tsinda gushushanya umubiri w'umuntu kuri rwa rupapuro runini.** Hanyuma bongereho ibishushanyo byerekana imyanya ihinduka uko bagenda bakura. Urugero: baba barebare, amaboko n'amaguru nayo aba maremare, habaho kuniga ijwi, bashobora kugira ibuya byinshi, kugira impumuro n'ibishishi ndetse n'izindi mpinduka zo mu bugimbi n ubwangavu zrimo impinduka ku myanya myibarukiro. Abakobwa bashushanye kandi bungurane ibitekerezo ku mpinduka zizaba ku bakobwa. Abahungu nabo bashushanye kandi bungurana ibitekerezo ku mpinduka zizaba ku bahungu.
- Nyuma y'iminota 15, saba amatsinda kugaruka ku ruziga basobanure ibyo bashushanyije.** Bamwe bashobora guseka cyane cyangwa kutagira icyo bavuga, ariko intego nyamukuru ni ukuzamura ubumenyi no kumva bisanzuye mu gihe bavuga izo mpinduka. Ha umwanya n'urubuga rwo kuvuga abadakunda kuvuga cyangwa abakiri bato.
- Amatsinda amaze gusobanura ibyo yakoze**, erekana igishushanyo cy'umubiri w'umuhungu n'icy'umukobwa (urupapuro rwa 16 na 17 igishushanyo gishobora gufotorwa buri wese agahabwa icye cyangwa gushushanya ibinini bishobora ku manikwa ku rukuta aho bose bareba). Mu biganireho kandi musubize ibibazo bijyanye n'imihindagurikire y'umubiri n'ibishya



mubonye wifashishije amakuru agenewe umufashamyumvire. Mu gufasha abahungu n'abakobwa kugira uruhare mu biganiro no gutanga amakuru, babaze ibibazo nk'ibi kandi ushingire ku bisubizo byabo:

- ✓ *Ni izihe mpinduka mwaganiriyeho mu itsinda ryanyu? (wakongeraho ibyo baba bibagiwe)*
- ✓ *Ni ibihe bibazo cyangwa gushidikanya byagaragaye?*
- ✓ *Ni ryari abahungu n'abakobwa bagira impinduka nyinshi?*
- ✓ *Mbese abantu bose bagira impinduka zimwe kandi bakazibonera ku myaka ingana? Sobanura.*

6. Saba urubyiruko gusubira mu matsinda y'abakobwa gusa n'abahungu bahozemo hanyuma baganire ku mpinduka mu byiyumviro no mu mibanire bashobora kugaragaza mu gihe cy'ubugimbi/ubwangavu. Mu gihe cy'iminota 5-10 bazavuga ku mpinduka nka:

- ✓ Impinduka mu buryo biyumva
- ✓ Impinduka mu mibanire n'ababyeyi babo
- ✓ Impinduka mu guhitamo inshuti no kumva uri mu rukundo
- ✓ Impinduka mu byo abandi baba babitezeho/babategerejeho

7. Basubire mu itsinda rinini, baganirire hamwe impinduka mu byiyumviro n'imibanire n'abandi zibaho mu gihe cy'ubugimbi/ubwangavu. Mu biganiro baza ibibazo bisa nk'ibi:

- ✓ *Ni izihe mpinduka mu byiyumviro no mu mibanire n'abandi mwumvise bavuga?*
- ✓ *Muratekereza ko impinduka z'abahungu mu marangamutima no mu byiyumviro ziba zitandukanye cyangwa ni n'iz'abakobwa? Sobanura.*
- ✓ *Mbese abantu bakuru baba biteze ko abahungu n'abakobwa bazagira amarangamutima n'ibiyumviro bitandukanye mu gihe cy'ubugimbi/ubwangavu? Sobanura.*
- ✓ *Ibi bikugiraho izihe ngaruka ?*

8. Sozesha Incamake y'ingingo z'ingenzi z'iki gikorwa:

- ✓ Abahungu n'abakobwa bagira impinduka nyinshi ku mubiri, mu bitekerezo no mu bwenge mu gihe cy' ubugimbi/ubwangavu. Ibi ni ibintu bisanzwe kandi biba byitezwe kubaho.
- ✓ Abahungu baba bashobora gutera inda naho abakobwa baba bashobora gutwita. N'ubwo kumva akeneye gukundwa, gukunda n'ibiyumviro bishingiye ku gitsina ari ibintu bisanzwe, abahungu n'abakobwa baba batarageza igihe cyo kuba ababyeyi. Tuzavuga birenzeho ibijyanye n'imihango ku bakobwa no gusohora ku bahungu mu masomo azakurikiraho.
- ✓ Impinduka zo mu gihe cy'ubugimbi/ubwangavu ziza mu bihe bitandukanye kandi abantu bakazitangira ku myaka itandukanye. Bamwe bazibona mbere abandi bakazibona nyuma.
- ✓ Muri rusange ubwangavu butangira hagati y'imyaka 9 na 13 naho ubugimbi bugatangira hagati y'imyaka 10 na 15. Arikohari igihe butangira mbere cyangwa nyuma y'iwi myaka.

Ibyingenzi biri kuri "brochure": Tuganire ku mpinduka z'imibiru yacu Impinduka ku mubiri



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 ibiheri
- Ubira ibuya kurushaho ukagira impumuro idasanzwe
- Ubwoya buza mu maha bukaza no mu bice by'imyanya ndangagitsina
- Ushobora kumva wishimye cyangwa ubangamiwe
- Ushobora kugira ibiyumvo by'Urukundo



Ku Bakobwa

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



"Umunsi umwe umukobwa yabonye imihango ye bwa mbere, bivuga igihe amaraso ava 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 imiryga n' imbaraga kandi ndakomera, mera n'ubwanwa hejuru y' umunwa n'ubwoya mu maso.



Umuhungu ntabwo ajya mu mihangi. 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 njoro 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.

Impinduka nyinshi ziza uko igihe gihta

Imisemburo yo mu mubiri itera impinduka nyinshi mu gihe cy'ubugimbi/ubwangavu. Izo mpinduka ziboneka ku bantu batandukanye kandi ziza ku myaka itandukanye. Abakobwa bamwe batangira kubona impinduka ku myaka 9 kugeza 14. Abahungu batangira kubona izo mpinduka batinzeho gato ugereranije n'abakobwa nko kumyaka 10 kugeza 15. Impinduka zimwe zihita zitangira izindi zikagenda ziza buhoro buhoro. Ku myaka 19 – 21 buri muntu aba yaranyuze mu ubugimbi/ubwangavu ariko buri muntu agira igihe cye.

Impinduka mu byiyumviro

Amarangamutima n'ibiyumvirobishya ni ibintu bisanzwe Urugero nko:

- ✓ kugira umwaga, umujinya, uburakari
- ✓ kumva nta wakwinjira mu buzima
- ✓ Kwishakisha uwo uri we
- ✓ gukenera inshuti n'ibitekerezo by'abandi
- ✓ Guhangayikishwa n' ejo hazaza
- ✓ Guhangayikishwa n'uko agaragara kumubiri
- ✓ kugira amatsiko ku bijyanye n'imyanya ndangagitsina
- ✓ Kumva akuruwe n'abantu badahuje igitsina

Kumva uhangayikishijwe n'imikurire nabyo ni ibintu bisanzwe. Kwumva wifuje gukora imibonampuzabitsina ni ibisanzwe ntampamvu yo kwicira urubanza. Icy' ingenzi ni ukumenya uko ubytwaramo udategekwa nabyo. Abantu bose bajya bagira ibyifuzo biganisha ku mibonano mpuzabitsina.

Kubiganira n'ababyeyi cyangwa n'undi muntu wizewe bishobora gufasha cyane, ibi tuzabigarukaho mu masomo ataha.

Byinshi ku mpinduka ku mubiri

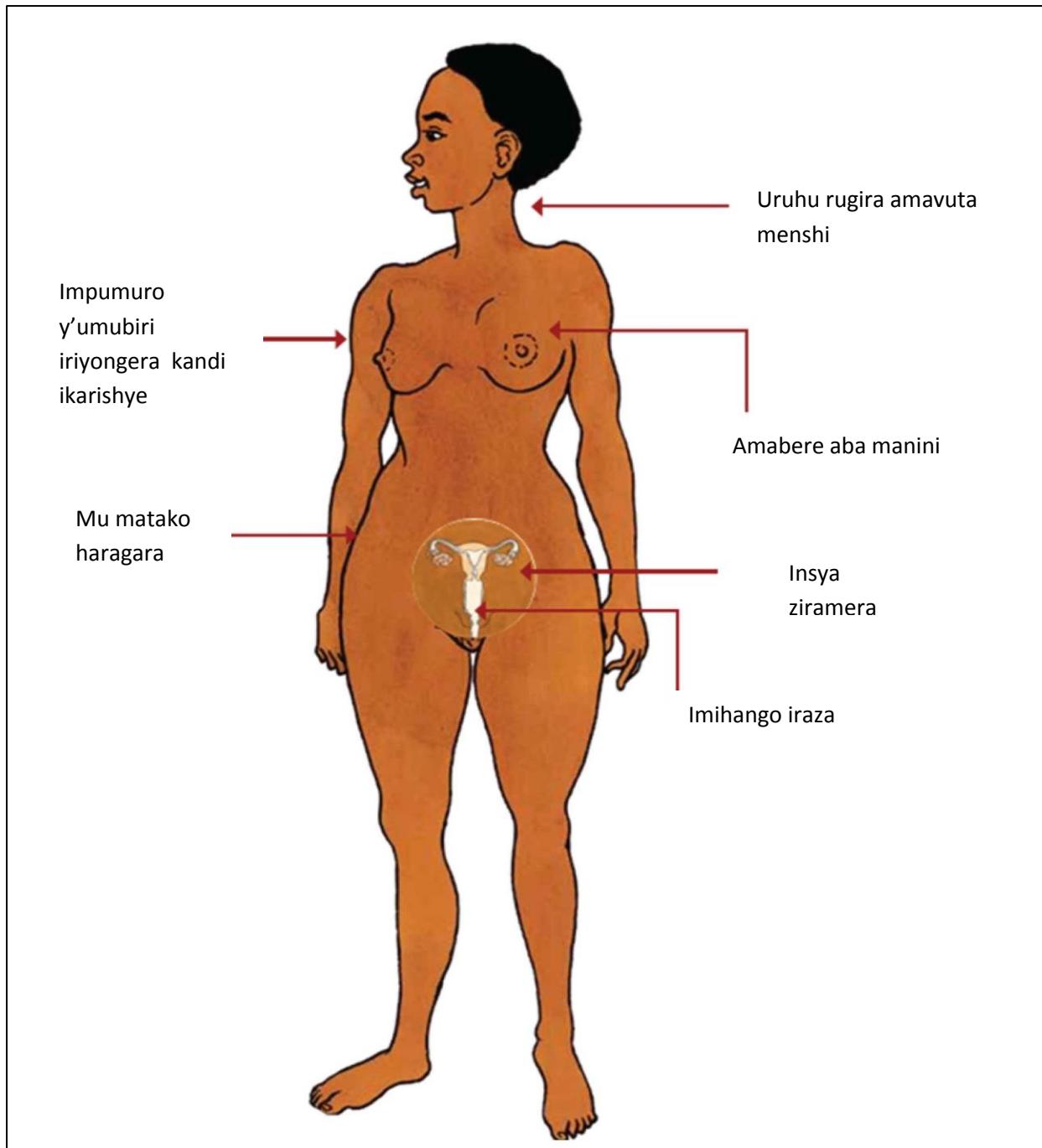
Kugira ibishishi bishobora kumara igihe mu gihe cy'ubugimbi/ubwangavu ariko birashira. Oga mu maso buri munsi ukoreshje amazi n'isabune. Ingano y'ubwoya bumera ku mubiri bu butandukana kuri buri wese yaba umukobwa cyangwa umuhungu.

Romantic Feelings

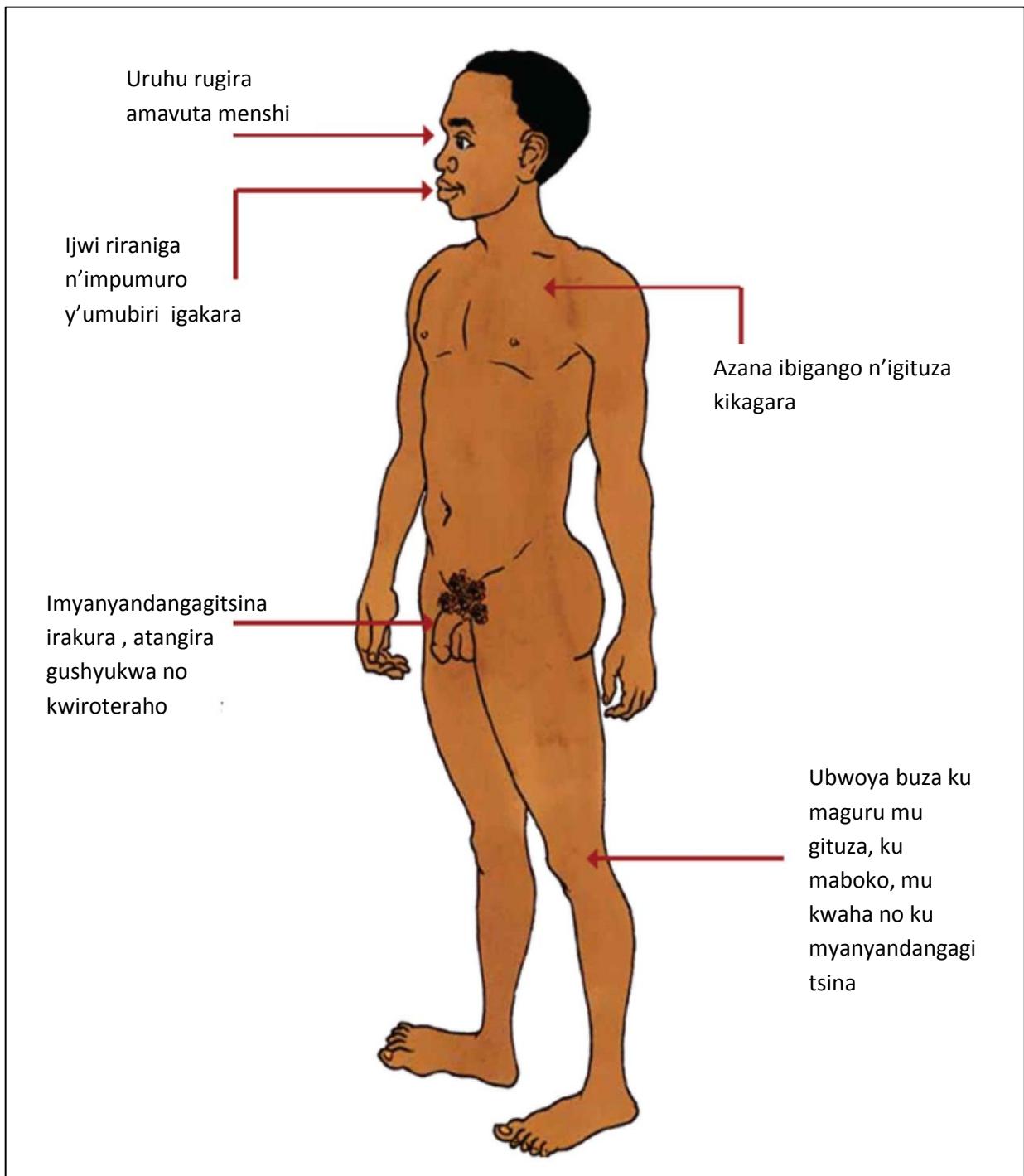
Ni ibisanzwe kwigiramo ibiyumvo by'urukundo cg kumva ukururwa n'umuntu. Kandi ni n'ibisanzwe kuba utabyumva. Kugaragarizanya urukundo bishobora gukorwa ku buryo bwinshi. Gukunda cyangwa kwitanaho ntibivuga gukora imibonano mpuzabitsina. Kutishora mumibonano mpuzabitsina ni bwo buryo byiza bwo kwirinda gusama n'indwara zandura mu mibonano mpuza bitsina nk'agakoko gatera Sida.

Rimwe na rimwe umuntu ashobora kutabona ibimenyetso bimwereka ko yanduye indwara zandurira mu mibonano mpuzabitsina. Izo ndwara zishobora gukwirakwizwa hagati y'abantu binyuze mu gukora imibonano mpuzabitsina bikaba byamutera uburwayi bwashyira no ku rupfu. Urugero: HIV itera Sida, kenshi ntihita igaragaza ibimenyetso ku buryo byoroshye kuyanduza abandi binyuze mu mibonano mpuza bitsina mu matembabuzi, kandi HIV ishobora kwanduzanywa mu maraso (gusangira inshinge n'inzembe), umubyeyi ashobora kwanduza umwana we, amutwite, amubyara anamwonsa.

Ishusho y'umubiri w'umugore



Ishusho y'umubiri w'umugabo



Isomo rya 1

Gusoza no kuvunga ibizakurikira

Igihe: Iminota 20

Imfashanyigisho: “Brochure” Tuganire ku Umubiri wacu uhinduka, Ibitabo birimo inkuru z’ abahungu n’abakobwa

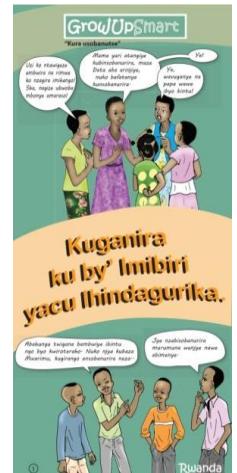
Intego: Abahungu n’abakobwa baraza gusobanura ibyo bize uyu munsi baganire kuri “brochure” *Tuganire ku Umubiri wacu uhinduka*, bavuge kandi umuntu mukuru bazaganira kuri iyi Brochure” mbere y’isomo ritaha.

Ibice by’isomo

- 1. Mu itsinda rinini, saba abahungu n’abakobwa guhaguruka niba bumva bize ikintu gishya uyu munsi, hanyuma umwe umwe ajye avuga icyo yize hanyuma yicare.**
- 2. Tanga “brochure” ya “*Tuganire ku umubiri wacu uhinduka*”, hanyuma usabe abahungu n’abakobwa kwegera mugenzi wabo begeranye basome ako ka “brochure”.**
- 3. Kugenzura mu itsinda rinini ibigize ako ka “brochure”, no kwerekana aho bashobora kujya bandikaho. Gusaba abahugurwa kuzasoma ako gatabo gato bakakaniraho n’umuntu mukuru ubitaho mbere yo kwiga isomo ritaha. (Kubera ubuke bw’ibitabo byo gusoma, bamwe bashobora no gusomera mu rugo igitabo cy’inkuru bakazakigarura baje mu isomo ritaha noneho abandi bashobora kuzabisoma mu isomo ritaha).**
- 4. Muzenguruka ku uruziga baza buri mukobwa na buri muhungu kuvuga umuntu (ashobora kuba nyina, ise, nyirasenge, nyirarume, umwarimu) bateganya gusomera hamwe agatabo gato (brochure) no kuganira ku mpinduka z’ubugimbi/ubwangavu mbere y’isomo ritaha.**
- 5. Ibutsa abahungu n’abakobwa ko ari ingenzi kumenya impinduka ziba ku mibiri yabo, kubazaho ibibazo, kubiganiriza bagenzi babo ndetse n’abantu bakuru bakaba babaha ubufasha bukenewe. *Ibutsa buri wese ko hari* agasanduku k’ibibazo bishyirwamo mu ibanga.**
- 6. Mwemeranye ahantu n’igihe isomo rya 2 rizabera no kubwirana aho buri wese ataha.**

Imfashanyigisho z’umukoro wo mu rugo

Tegura kopi z’imfashanyigisho zifashishwa mu mukoro wo mu rugo zo guha abahungu n’abakobwa isomo rirangiye. Buri muntu arahabwa kopi ya brochure (“Tuganire uko imibiri yacu ihinduka”. Teganya kandi udutabo twa Kura usobanutse tugenewe abahungu n’abakobwa. Ababishaka kandi bahabwe utwo udutabo tw’inkuru tugenewe abakobwa n’utugenewe abahungu, bazasoma bakazatugarura baje mu isomo ritaha. Kubera umubare muke w’udutabo abandi bashobora kuzadutwara mu masomo ataha abaducuye batugaruye.Udutabo duto (brochure) bazatugumana ariko udutabo turimo inkuru bagomba kujya badusubiza umufashamyumvire /umuhuzabitekerezo ku isomo rikurikiyeho.



Isomo rya 1

Ibikorwa by'inyongera

Isomo rya 1, Ibikorwa y'inyongera

Amagambo dukoresha tuvuga ku mubiri waCU

Igihe: iminota 30

Imfashanyigisho:

Impapuro nini
Ikaramu ya marikeri



Intego: Abakobwa n'abahungu baravuga bisanzuye amagambo bumvise yerekeye ibice by'umubiri n'imyororokere. (Iki gikorwa kirafashaumufashamyumvire kumenya amagambo urubyiruko rwumvise cyangwa rukunda gukoresha ku birebana n'ibice by'umubiri n'imyororokere).

Ibice by'isomo:

1. **Manika impapuro** mu cyumba, buri rupapuro rwanditseho ijambo nka:

Umugore	Amabere	Inda ibyara	Ikibuno	Umugabo
Imboro	Agasaho k'amabya	Imitsi	Ayandi....	

2. **Saba abahungu n' abakobwa**, umwe umwe cyangwa mu itsinda rya 2 kwandika amagambo cyangwa interuro bazi, muzishyireku bipapuro mwamanitse. Bashishikarize gukoresha amagambo cyangwa interuro bazi, n'ubwo byaba ari igifefeko. Babwire ko nta kibazo kabone niyo bakoresha amagambo bibwira ko ari mabi kuko dushaka kumenya amagambo yose bumvise cyangwa bakoresheje ajiyanje n'ayo mazina.
3. **Mu itsinda rinini**, basome baranguruye urwo rutonde rw'amagambo bitonze. Hanyuma tujye twungurana ibitekerezo ku bibazo bikurikira:
 - ✓ *Bimera bite kwandika no gusoma aya amagambo?*
 - ✓ *Ni ryari abantu bakoresha igifefeko? Ni ryari bakoresha imvugo isanzwe? Kubera iki?*
 - ✓ *Umugabo cyangwa umugore yakumva ameze ate yumvise hakoreshwa imvugo y'igifefeko mu kumusobanura cyangwa amagambo avuga ibice by'umubiri we?*
 - ✓ *Ni ayahe magambo mwashima gukoresha ku bijyanye n'ubugimbi n'ubwangavu ndeste no ku buzima bw'imyororokere? Kubera iki?*
4. **Muvuge kandi mugaragaze neza inyito zikwiye.** Mwumve ko iri somo ridufasha kwisanzura no kwiga amagambo mashya akwiye mu gihe tuvuga ku bugimbi, ubwangavu n'ubuzima bw'imyororokere.
5. **Tanga** umwanzuro mu magambo akurikira.

Inyandiko Igenewe Umufashamyumvire

Byinshi ku mpinduka ku mubiri

Amagambo dukoresha n'uburyo tuyavuga yerekana uburyo dufata abandi. Amagabo amwe ashobora kuba yakomeretsa abo tuyabwira. Zimwe mu nyito zisobanura ibice by'umubiri cyangwa ibigize imyanya myibarukiro bishobora gutuma agaciro k'yo myanya gatakazwa cyangwa se humvikanishwa neza akamaro kiyo myanya y'igitsina gore cyangwa y'igitsina gabu. Muri iyi gahunda yacu ya GrowUp Smart reka tuzagerageze gukoresha imvugo yiyubashye kandi ikwiye, tuzanagire imyitwarire ikwiye mu gihe tuzaba turi kuganira kubirebana n'umubiri. Buri wese agomba kuzubahwa agahabwa n'agaciro mu bitekerezo no muruhare azasangiza abandi, mu kubaha no mu gufata kimwe abahungu n'abakobwa.

Isomo rya 1

Andi makuru y'inyongera

Ibibazo bishobora kwibazwa n'ibisubizo byabyo

Ikibazo: Birasanzwe ko umukobwa cyangwa umuhungu yagera mu gihe cy' ubwangavu cyangwa icy'ubugimbi imburagihe ni ukuvuga mbere y'urungano rwe?

Yego, hari abahungu batangira ubugimbi ku myaka icumi, mu gihe hari n'abarinda bageza ku myaka 14 cyangwa 15. Abakobwa bamwe batangira ubwangavu hakiri kare nko ku myaka 8, abandi ku myaka 13 cyangwa 14. Ariko iyo umukobwa ageze ku myaka 16 atarabona imihango akwiye kujya kwa muganga.

Ikibazo: Kuki ibice bimwe by'umubiri bikura mbere y'ibindi?

Mu gihe cy'ubwangavu n'ubugimbi hari impinduka z'umubiri zibanziriza Izindi: Ku bakobwa; amabereatangira gukura; ku bahungu gukura kw' amabya nicyo kibyerekana ariko ku bijyanye n'urukurikirane rw' impinduka ku mubiri rushobora guhinduka nyamara bifatwa nk'ibisanzwe.

Ikibazo: Kuki abahungu bamwe bamera amabere mu gihe cy'ubugimbi?

Mu gihe cy'ubugimbi, abahungu bamwe babyimba ibere rimwe cyangwa yombi. Ibi biterwa n'uko habayeho kwiyongera kw'imisemburo ikorwa n'umubiri wabo.

Ikibazo: Kuki bamwe mu ngimbi n'abangavu bagira ibibazo by'uruhi?

Mu gihe cy'ubugimbi n'ubwangavu, kwiyongera kw'ikorwa ry'imisemburo y'umubiri byongera ibikorwa by'imvubura z'uruhi. Amavuta akorwa n'izo mvubura aziba utwenge tw'uruhi yivanga na bagiteri maze bigatera ibishishi. Mu rwege rwo gufata neza uruhu, ingimbi n'abangavu bagomba gukaraba mu maso n'intoki kenshi.

Ikibazo: Amabere arangiza gukura mu gihe kingana iki?

Bifata igihe gitandukanye ku bakobwa, kuba kandi umukobwa yaratinze kumera amabere, ntibivuga ko ariwe uzagira amabere mato . Nta sano riri hagati y'ingano y'amabere n'igihe cyo gutangira kuyamera.

Ikibazo: Abagore bose bagomba kwambara isutiye?

Oya, ariko hari abumva kuyambara aribyo bibanogeye.

Ubugimbi/ubwangavu ni iki?

Ubugimbi/ubwangavu ni igihe umubiri w'umukobwa cyangwa w'umuhungu ugira impinduka: umibiri urabyibuha kandi akiyonera mu gihagararo, imyanya ndangagitsina irakura, agatangira kumera ubwoya mu bindi bice by'umubiri. Mu bwangavu umukobwa aba ashobora gusama naho umuhungu akaba yatera inda.

Kuki habaho ubugimbi/ubwangavu?

Habaho ikorwa ry'imisemburo mishya yiyongera mu mubiri, bigatera impinduka mu mubiri, bigatuma uwari umwana ahinduka umuntu mukuru.

Ni ryari ubwangavu/ubugimbi bitangirira kandi bimara igihe kingana gite?

Ku bakobwa ubwangavu butangira hagati y'imyaka 8 na 13 naho ku bahungu ubugimbi butangira hagati y'imyaka 10 n'imyaka 15 n'ubwo kuri bamwe bitangira mbere cyangwa bitinze. Abantu baratandukanye, bityo igehe cyo gutangira no kuva mu bugimbi/ubwangavu ni umwihariko wa buri muntu. Mu bugimbi n'ubwangavu urubyiruko ruto ruhura n'impinduka nyinshi. Zimara nibura imyaka 2 kugeza kuri 5. Bamwe bashobora kwiyongera santimetro zirenga 10 mu mwaka umwe. Imikurire mu gihagararo mu gihe cy'ubugimbi/ubwangavu niyo isoza gukura mu gihagararo k'umuntu. Iki gihe cyo gukura kirangira umuntu yageze ku uburebure azaba afite n'igehe azaba ari mukuru.

Umubiri wacu uhinduka ute?

Igihagararo cy'umuhungu n'imyanya ndangagitsina

Ibitugu by'abahungu biragara, umubiri wabo ukagira ingufu. Bimwe mu bice by'umubiri (cyane ibiganza n'amagaru) bikura vuba kurusha ibindi. Abahungu bensi babangamirwa n'uburibwe butewe n'imikurire y'amaboko n'amaguru bye kuko amagufwa aba akura byihuse bityo imitsi ikaba igomba kwikwedura kugira ngo iyatwikire. Bamwe mu bahungu amabere yabo abyimba mu nsi y'imoko bagasa nk'abagiye kumera amabere. Ibi biterwa n'imisemburo iba itembera mu mubiri ariko uko igehe gihita bigenda bigabanuka. Mu bugimbi, abahungu batangira gushyukwa no kwiroteraho. Bagira izindi mpinduka nko kubyibuha kw'imboro ikaba na ndende, no kwiyongera kw'amabya.

Igihagararo cy'abakobwa n'imyanyandangagitsina

Umubiri w'abakobwa uragara ukagira ishusho y'ubugore. Biyongera ibiro bitewe no gukura kw'ikibuno n'amabere, atangira kubyimba munsi y'imoko. Rimwe na rimwe ibere rimwe rikura vuba kurusha irindi ariko bikazashira.

Abakobwa bagira kwiyongera kw'ibinure no kubyimba kw'imoko kuko amabere aba atangiye kwiyongera, ibi bikaba ari ibisanzwe. Kwiyongera ibiro ni icyiiciro cy'imikurire y'umugore, bikaba atari byiza kubuzima kugeragegeza kubihagarika. Nyuma y'umwaka 1-2 abakobwa batangiye kumera amabere ubusanzwe batangira kujya mu mihangi, iki kikaba ari ikimenyetso cy'uko bari gutera intambwe mu bwangavu, bigaragaza ko imisemburo yo mu bwangavu irimo gukora akazi kayo. Abakobwa bashobora kubona no kumva amatembabuzi yo mu gitsina (ururenda) ibi ntibivuze ko bafite ikibazo ahubwo ni ikindi kimenyetso cy'imihindagurikire y'umubiri n'imisemburo.

Ubwoya

Ikimenyetso cya mbere cy'ubugimbi n'ubwangavu ni ugutangira kumera ubwoya ahantu butari busanzwe. Mu kwaha haza ubucakwaha, hakaza n'insya ku gitsina n'ahagikikije.

Zitangira zerurutse kandi zitatanye hanyuma zikaba ndende, zibyibushye, zikomeye kandi zirabura, ubusanzwe kandi umusore atangira kumera ubwanwa mu maso no mu gituza.

Uruhu

Mbere yo kwinjira mu bwangavu n'ubugimbi, ibishishi biraza ndetse bishobora gukomeza kugeza mu gihe cyose cy'ubugimbi/ubwangavu. Akensi birangirana n'ubugimbi, urubyiruko rugomba koga mu maso buri munsi bakoresheje isabune n'amazi kugira ngo uruhu rwabo ruhore rukeye.

Ibyuya

Mu kwaha ndetse n'ahandi hamwe na hamwe ku mubiri hashobora kugira impumuro idasanzwe. Iyi ni impumuro yo ku mubiri kandi buri wese arayigira. Imisemburo yo mu bugimbi no mu bwangavu ikangura imvubura z'uruuhu, maze izo mvubura zigakora ibantu bifite impumuro ikaze. Kwoga buri munsi bishobora kugabanya iyi mpumuro nk'aho wakoresha ibihumuza.

Ijwi

Abahungu bagira ijwi rinize kandi bavugira hasi. Abakobwa bagira ijwi riri hasi gahoro. Ubusarare bw'ijwi ry'abahungu bugenda bushira uko bakura.

Ku bahungu: Bimwe mu byerekeye gusohora no kwiroteraho

Uko umubiri w'umuhungu ugenda ugira impinduka mu gihe cy'ubugimbi, niko agira n'ubushobozi bwo gusohora no kwiroteraho. Uguohora ni igihe amasohoro, ariyo matembabuzi abamo intangangabo, asohokera mu mboro. Kwiroteraho cyangwa kwisohoreraho ni joro, ni igihe amasohoro asohotse mu gitsina nijoro umuntu asinziriye. Kuva umunsi umusore atangiye gusohora bwa mbere, aba yatangiye igihe cy'uburumbuke akaba ashobora gutera inda kugeza mu myaka ye y'ibusaza.

Gusohorera mu nda ibyara y'umugore cyangwa umukobwa mu gihe cy'imibonano mpuzabitsina bishobora gutuma habaho isama. Iyo umugore ari mu gihe cye cy'uburumbuke kandi akaba yifitemo ubushobozi bwo gusama. Intangangabo ishobora kumara mu myanya myibarukiro y'umugore iminsi myinshi itegereje guhura n'intangangore. Iyo intangangore ihuye n'intangangabo, bikurira muri nyababyeyi ye bikazatanga umwana.

Ku mukobwa: Iby'ingenzi ku bijyanye n'imihango n'ukwezi k'umugore

Uko umukobwa agenda ahinduka mu gihe cy'ubwangavu, agera aho abona imihango ye ya mbere, bishobora no kwitwa kujya i mugongo. Ni ibisanze, gutakaza amaraso avuye muri nyababyeyi. Imihango muri rusange imara hagati y'iminsi 3-7 kandi ikaza buri kwezi. Iyo imihango izira igihe yagombye kuzira, icyo gihe bavuga ko ari ukwezi k'umugore. Kujya mu mihango bisobanuye ko umugore cyangwa umukobwa ashobora gusama mu gihe akoze imibonano mpuzabitsina idakingiye (nta gakingirizo) mu gihe cy'iminsi ye y'uburumbuke.

Igihe cy'uburumbuke ku mugore cyangwa umukobwa aricyo ashobora gusamiramo kigizwe n'imwe mu minsi yo hagati mu kwezi kwe. Ni mugihe intangangore yahishije iba yarekuwe. Iyo akoze imibonano mpuzabitsina, intangangabo zinjira mu mubiri we, izo ntanga zombi zishobora guhura zikarema urusoro. Urwo rusoro ruguma muri nyababyeyi arirwo ruvamo umwana. Iyo gusama kutabayeho, amaraso n'andi matembabuzi bisohoka mu gitsina cye aribyo bita imihango.

Mu gihe umugore atwite imihango irahagarara, ikazagaruka nyuma yo kubyara. Umugore ukuze cyane aba atakijya mu mihango bityo ntashobora gutwita.

Amakuru menshi avuga ku ugusohora, kwiroteraho, ukwezi k'umugore ndetse no gutwita ateganijwe mu isomo rya 3 na 4. Ibyo tumaze kubona ni incamake.

Ni gute ibiyumviro byacu n'imibanire n'abandibihinduka?

Amarangamutima

Mu gihe cy'ubugimbi/ubwangavu, urubyiruko rushobora guhangayika cyangwa rukiheba vuba.Uguhinduka kw'isura y'imibiri yabo ni kimwe mu bihangayikisha urubyiruko rukiri ruto. Kurakarira vuba kandi kenshi inshuti n'abo mu miryango ye. Kumva batishimye kandi rimwe na rimwe bakababara cyangwa bakumva bihebye. Urubyiruko rukiri ruto rugomba kuganiriza umuntu mukuru bizeye, ibijyanye n'ibiyumviro bafite harimo umujinya, umubabaro, cyangwa ubwihebe baba bafite. Abakobwa n'abahungu bashobora kugira ibiyumviro bimwe cyangwa bitandukanye.

Ibyiyumviro ku bijyanye n'imibonano mpuzabitsina

Mu gihe cy'ubugimbi n'ubwangavu, ni ibisanzwe ko umuntu arushaho gusobanukirwa abo badahuje ibitsina no kwifuza imibonano mpuzabitsina. Ikimenyetso cy'ingezi ku bahungu ni ugushyukwa kw'imboro. Ku bakobwa ni ukugira ububobere bwo mu gitsina cyabo.Kwifuza imibonano mpuzabitsina bishobora gukururwa no gusoma igitabo cy'urukundo cyangwa gutekereza umukobwa cyagwa umuhungu. Kwifuza imibonano mpuzabitsina ni ibisanzwe, ntampamvu yo kwicira urubanza ahubwo gutegeka ibyo byiyumviro ni inshingano zawe, kandi ni byiza gutegereza kugeza ushyingiwe.

Impinduka mu mibanire

Mu gihe cy'ubugimbi n'ubwangavu, imibanire yawe n'ababyeyi, abantu bakuze hamwe n'inshuti zawe cyangwa abo mwigana irahinduka, urubyiruko rukiri ruto bashobora gushaka kutagengwa n'ababyeyi babo, no kumarana igihe kinini n'inshuti zabo, abantu bakuze nabo bashobora kuba hari imyitwarire bari bategereje kuri urwo rubyiruko rukirimo gukura.Ibi rero ni ibisanzwe, tugomba gusobanukirwa ko abahungu n'abakobwa bashobora gukorera hamwe no gufashanya kugera ku rwego rumwe.



ISOMO RYA 2

Tuvuge ku ubugimbi n'ubwangavu

Gahunda

Gutangira

Igikorwa cya I: Ibihuha n'ukuri ku bijyanye n'uburumbuke

Igikorwa cya II: Kuba umukobwa, kuba umuhungu

Akaruhuko (niba bikenewe)

Igikorwa cya III: Gukina bigana: tuvuge ku ubugimbi n'ubwangavu

Gusoza no kuvuga ibizakurikiraho

Igikorwa cy'inyongera: umukino:GrowUp Smart "Kura Usobanutse"

Intego

Nyuma y'iri somo abahungu n'abakobwa baraba bashobora:

1. Gusangiza abandi ibyo bumvise , imyemerere yabo ku birebana n' uburumbuke bw'umugore n'ubw'umugabo no kugaragaza ibihuha bihuriweho na benshi,
2. Gusesengura imirimo, inshinga n'ibyo abahungu n'abakobwa baba bitezweho mu gace kabو,
3. Kuganira no kwerekana uburyo bakagombye kuganira n'ababarera n'urungano ku ubugimbi n' ibijyanye nabwo.

Mbere y' isomo ritahaabakobwa n'abahungu bazaba bashobora:

1. Gushaka ingero z'abakobwa/ abagore n'abahungu/abagabo bakora ibantu batatekerezwagaho mu gace k'iwabo.

Isomo rya 2 Gutangira

Mu itsinda rinini baza abahungu n'abakobwa ibyo bahuye nabyo mu cyumweru gishize ubwo baganiraga n'ababyeyi babo cyangwa ababarera brochure: "Tuvuge k'ubugimbi n'ubwangavu":



*Mwakiriye gute gutanga aka brochureko kuvuga ku ubugimbi n'ubwangavu?
Ababyeyi banyu cyangwa ababarera babyakiriye gute?
Hari ikibazo cyangwa impungenge zagaragaye?*

Muganire ku cyaba ari imbogamizi musubize n'ibibazo. Musubize kandi ibyavuye mu gasanduku k'ibibazo by'ibanga. Kusanya ibitabo by'inkuru bagaruye baribaratahanye.

Isomo rya 2, Igikorwa Cya 1 Ibihuha n'ukuri Kubijyanye n'uburumbuke

Igihe: Iminota 35

Imfashanyigisho: ibimenyetso bihagarariye "Ibihuha" n'ukuri "

Intego: abahungu n'abakobwa barabwirana ibyo kugeza ubu bemera ku bijyanye n'uburumbuke bw'umugore n'ubw'umugabo bagaraze kandi ibihuha bihuriweho na benshi.

Ibice by'isomo:

1. **Subiramo ubusobanuro bw'ukuri n'ibihuha ubwire urubyiruko ko mugije gukina umukino bijyanye kugira ngo bagara gaze ibyo baba barumvise bijyanye n'uburumbuke bw'umugore n'ubw'umugabo no kumenya niba ari ukuri cyangwa ibihuha.**

2. **Somera itsinda interuro y'iglihuha cyangwa y'ukuri** (reba urugero ku nyandiko igenewe umufashamyumvire cyangwa ukoreshe ibivugwa mu karere kanyu). Niba urubyiruko rutekereza

Ivumburamatsiko

Mbere y'isomo, mwigizeyo intebi kugira ngo mubone umwanya mukiniramo. Tegura inyandiko yanditseho ngo "ibihuha" n'indi yanditseho ngo "Ukuri". Bimanike ahantu harebana mu cyumba cy'amahugurwa. Baza umukobwa cyangwa umuhungu kwiruka asanga ahanditse ngo "Ukuri" no gusobanura ukuri icyo ari cyo (ikintu kiri cyo) hanyuma batange urugero nka; Izuba rirasa buri gitondo....Iki ni ukuri. Hanyuma saba undi mutun kwiruka agana ahanditse ngo ibihuha no kubwira abandi ibihuha icyo aricyo (ikintu abantu bashobora kwemera ariko atari ukuri/ataricyo)no gutanga urugero nka: iyo umugore ari mu mihanganyuze mu murima w'imboga ziruma, Iki ni igihuha si ukuri.

Ukuri?

Iglihuha?

ko ari ukuri, basabe birukire ku ruhande ruriho inyandiko yanditseho **ukuri**. Niba bumva interuro ari igihuha birukire ku ruhande rurimo ikimenyetso cyanditseho ngo : **iglihuha**.

- 3. Nyuma yo gusoma buri nteruro ube uretse** urebe aho abahungu n'abakobwa bagana.
- 4. Muganire** ku bihuha n'amakuru atariyo avugwa mu bakobwa n'abahungu bari mu isomo. Baza ibibazo kugira ngo hatahurwe indangagaciro n'imyemerere yo muri ako gace. Hanyuma, mu magambo make kandi asobanutse tanga amakuru y'ukuri afasha kunyomoza ibihuha byagara gaye ko bihuriweho na benshi. Bwira abahungu n'abakobwa ko muzarushaho kubiganira muri gahunda ya masomo ya GrowUp Smart “Kura Usobanutse”.

Inyandiko Igenewe Umufashamyumvire

Interuro	Iglihuha / Ukuri
Kunywa ibintu bishyeshye bitera kuribwa mu gihe cy'imihango	Iglihuha
Abagore bashobora kurya ibirungo cyangwa ibintu bisharira mu gihe cy'imihango	Ukuri
Iyo umugore abuze imihango bishobora gusobanura ko atwite	Ukuri
Niba umugabo atasohoye amasohoro azibumbira hamwe atume imboro cyangwa amabya bisandara	Iglihuha
Ni byiza cyane ko umugore uri mu mihango amesa imisatsi ye kandi akoga	Ukuri
Mu gihe cy'imihango umugore ashobora gukama inka kandi ntibigire icyo bitwara amata	Ukuri
Abahungu bagira imihango nk'abakobwa	Iglihuha
Iyo umugabo cyangwa umuhungu yiroteyeho biba bisonuye ko akeneye gukora imibonano mpuzabitsina	Iglihuha
Intangangabo zo mu masohoro nizo zitanga umwana w'umuhungu cyangwa uw'umukobwa	Ukuri
Abahungu benshi biroteraho mu gihe cy'ubugimbi	Ukuri
Gukorakora imboro kensi bituma ikomeza kuba nini	Iglihuha
Gukora imibonano mpuzabitsina bivura ibishishi	Iglihuha
Umukobwa ntagomba kujya ku ishuri umunsi wa mbere w'imihango	Iglihuha
Abakobwa ntibagomba gutterura umwana muto mu gihe bari mu mihango	Iglihuha

5. Ingingo z'ingenzi:

- ✓ **Ku bakobwa:** Imihango ni igice cy'imikurire isanzwe kandi iboneye. Umukobwa uri mu mihango ashobora gukora ibikorwa bya buri munsi nko kwoga, kujya ku ishuri, kurya ibiryo asanzwe arya n'ibindi n'ibindi.... Imihango ntacyo itwaye kandi ntisobanuye ko umuntu arwaye cyangwa agomba kwirinda ibikorwa bimwe na bimwe. Bisobanuye ko ari gukura yegera kuba umugore kandi ko ashobora gutwita.
- ✓ **Ku bahungu:** Gushyukwa, gusohora no kwiroteraho ni ibintu bisanzwe nk'ibice by'imikurire iboneye. Ntibisobanura ko umuhungu cyangwa umugabo akeneye gukora imibonano mpuzabitsina ahubwo bisobanuye ko afite ubushobozi bwo kubo yatera inda umukobwa cyangwa umugore mu gihe bayikoze.

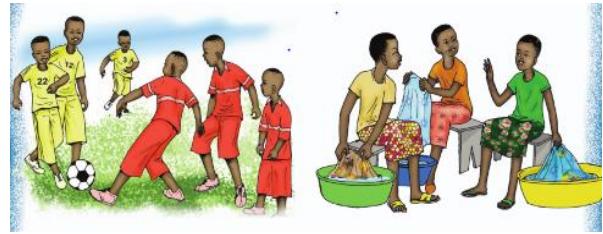
Inyandiko Igenewe Umufashamyumvire

Iki gikorwa kigufasha kumenya imyemerere n'impungenge abahungu n'abakobwa bomuri ako gace bafite. Uko ubaza ibibazo ukanaganira nabo ,uzagenda utahura ibihuha n'amakuru atari yo bafite. Hanyuma ushobora guhuza urutonde rw'ibibazo n'imiterere y'ako gace. Niba igihe kidahagije, ubaze ibibazo by'ingenzi itsinda rikeneye.

Isomo rya 2, Igikorwa cya 2

Kuba umuhungu, Kuba umukobwa

Igihe: Iminota 45



Imfashanyigisho:

Amakaramu ya wino cyangwa ikaramu y'igit

Kopi zihagije zikorerwaho n'itsinda rya mbere, n'izikorerwaho n'itsinda rya 2

Intego: Abahungu n'abakobwa barasesengura imirimo, inshingano n'ibyo abahungu n'abakobwa baba bategerejweho muri sosiyete yabo.

Ibice by'isomo

1. **Mbere y'isomo**, niba Gukuru atari izina rihabwa bose abahungu n'abakobwa muri aka gace, toranya irindi. Koresha izina rimwe ku mpapuro zombi (worksheet 1 and 2). Korera abahugurwa kopi zabo.
2. **Mu isomo** saba abahugurwa gukora amatsinda abiri. Buri tsinda rigomba kubamo abahungu n'abakobwa. Ha itsinda rimwe kopi y'urupapuro rwa mbere irindi urihe kopi z'urupapuro rwa kabiri. Babwire gufata Gukuru nk'umuntu uvuka mu gace k'iwabo, ariko ntubabwire niba Muhoza ryakoreshwa ku umuhungu n'umukobwa kuri izo mpapuro (bizabatungura nyuma).
3. **Saba buri tsinda** kungurana ibitekerezo no gusubiza ibibazo byabajije ku mpapuro bahawe. Barangije saba buri wese kujya ku ruziga hanyuma basangize abandi ibyo bashubije ku mpapuro.
4. **Mu itsinda** rinini baza ibibazo kugira ngo hasesengurwe ibyo buri tsinda ryashubije rigendeye ko Muhoza yaba ari umukobwa cyangwa umuhungu. Urugero:
 - ✓ Mwatekereje ko Gukuru ari umuhungu cyangwa ari umukobwa? Kubera iki?
 - ✓ Ni irihe tandukaniro mubona mu bisubizo byashubijwe hagendewe ko Gukuru ari umuhungu cyangwa umukobwa?
 - ✓ Muratekereza ko ari mpamvu ki twatekereje gutyo?
 - ✓ Hari indi mitekerereze tujya dukora dushingiye ko umuntu ari umugabo cyangwa umugore? Sobanura?
 - ✓ Ni gute iyo mitekerereze igira ingaruka ku mahirwe n'indoto abahungu n'abakobwa bari bafite?
 - ✓ Ni iki uvuga kuri ibyo byose?
5. **Tanga** Incamake muri aya magambo:

Ibyo abahungu n'abakobwa bategerejweho biratandukanye

Imico yose igenera imirimo n' ishingano zitandukanye abagabo n'abagore ishingiye ku gitsina cyabo. Babikora bashingiye ku byo sosiyete iba ibategerejeho aho gushingira ku bushobozi kamere bwabo. Nkuko isi yacu ihinduka, ibyitezwe ku bantu nabyo niko bihinduka. Kugira ngo abahungu n'abakobwa bazavemo abagabo n'abagore bahamye, tugomba gusuzuma iyo mirimo, inshingano, n'ibyo batezweho bya gakondo tugahindura bimwe kugirango dufatanyirize hamwe guteza imbere imibereho yacu n'iya aho dutuye. Myinshi mu mirimo n'inshingano byitirirwa abagore cyangwa abagabo hashingiwe ku gitsina iracyahari. Tuzakomeza tubyunguraneho ibitekerezo hamwe muri iyi gahunda ya kura usobanutse.

Urupapuro rw'itsinda ry'urubyiruko rwa 1

Gakuru afite imyaka 10. Abana n'ababyeyi be. Akunda gukora siporo no kumva umuziki. Inshuti ye magara ituye ku rugo rukurikira iwabo.

1. Ni iyihé siporo utekereza ko Gakuru akunda gukora?

2. Uratekereza ko akunda irihe tsinda ry'abacuranzi?

3. Uratekereza ko inshuti ye magara yitwa nde?

4. Uratekereza ko akora iki iyo avuye ku ishuri?

5. Uratekereza ko akunda irihe bara?

6. Uratekereza ko akunda ibihe biryo?

7. Uratekereza ko yifuza kuzakora akahe kazi nakura?

Urupapuro rw'itsinda ry'urubyiruko rwa 2

Gakuru afite imyaka 10. Abana n'ababyeyi be akunda gukora siporo no kumva umuziki. Inshuti ye magara ituye ku rugo rukurikira iwabo.

1. Ni iyihe siporo utekereza ko Gakuru akunda gukora?

2. Uratekereza ko akunda irihe tsinda ry'abacuranzi?

3. Uratekereza ko inshuti ye magara yitwa nde?

4. Uratekereza ko akora iki iyo avuye ku ishuri?

5. Uratekereza ko akunda irihe bara?

6. Uratekereza ko akunda ibihe biryo?

7. Uratekereza ko yifuza kuzakora akahe kazi nakura?

Isomo rya 2, Igikorwa Cya 3

Tuvuge K'ubugimbin'ubwangavu: Gukina wigana

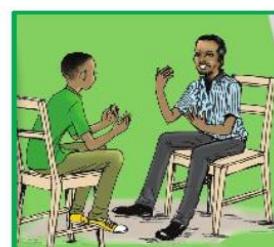
Igihe: 30 iminota

Imfashanyigisho: Inyandiko igaragaza uko umukino ukinwa, imwe kuri buri tsinda rya babiri

Intego: Abahungu n'abakobwa bazungurana ibitekezo kandi berekane uko bagombye kujya baganira na bagenzi babo ndetse n'abantubakuru cyangwaurungano ku birebana n'ubugimbi n'ubwangavu.

Ibice by'isomo

1. Saba abahungu n'abakobwa gukora itsinda rya babiri. Ha buri tsinda urupapuro rusobanura uko umukino ukinwa. (Iyo amatsinda ari menshi ushabora kongeramo indi mikino cyangwa amatsinda arenze rimwe agafata umukino umwe. (Mu gihe byifujwe, urubyiruko rushobora gukora amatsinda agizwe n'abahungu ku bahungu n'abakobwa ku bakobwa.
2. **Saba buri tsinda gukina ibiri ku rupapuro bahawe, bagendeye** ku byo bize mu masomo atambutse. Kangurira buri wese kugira igishya. Abahungu bashobora gukina mu mwanya w'abakobwa kimwe n'uko abakobwa bashobora gukina ari abahungu. Ha buri tsinda iminota iri hagati ya 15 na 20 babiganireho, banategure uko baza kubyereka abandi.
3. **Kungurana ibitekerezo mu itsinda rinini. Baza ibibazo nk'ibi bikurikira:**
 - ✓ *Wumvise umeze ute mu gihe wakinaga wigana?*
 - ✓ *Ni gute byakoroheye cyangwa byakugoye kuganira ibijyanye n'ubugimbi/ubwangavu?*
 - ✓ *Byagombye kugenda gute mu gihe uganira na mama, papa cyangwa undi muntu wizeye ibirebana 'ni izi ningo?*
 - ✓ *Uramutse ufile ikibazo ku birebana n'impinduka zishingiye ku mikurire wumva wakiganiriza nde?*
4. **Kora Incamake y'ingingo z'ingezi arizo:**
 - ✓ Abahungu n'abakobwa bashobora kwibaza niba impinduka ziri kubabaho ari ibantu bisanzwe. Birabafasha iyo bamenye mbere impinduka bazahura nazo.
 - ✓ Buri wese agira igihe cyo kubona impinduka zitewe n' ubugimbi/ubwangavu, bamwe bashobora kuzibona kare abandi zigatinda ugereranyije na bagenzi babo.
 - ✓ Ni inyungu kuri buri wese iyo abahungu n'abakobwa badasekewe uko umubiri wabo wahindutse.
 - ✓ Mu gihe ugize ikibazo cyangwa impungenge, biganirize umuntu mukuru ukwitaho.



Uko gukina bigana bikorwa

<p>Umukino wa mbere #1: Umukinnyi umwe akina ari mama (cyangwa nyirasenge, nyirakuru) undi agakina ari umukobwa w'imyaka 12. Uyu mukobwa ahangayikishijwe ni uko ataramera amabere kandi abenshi mu nshuti ze barayameze. Mama we (aunt, nyirakuru) ahumuriza umukobwa akamusobanurira ko abakobwa batangira kumera amabere ku myaka itandukanye ndetse ni ngano yayo igenda itandukanye.</p>	<p>Umukino wa #2: Umwe akina ari umuhungu w'imyaka 12. Uyu muhungan ababajwe n'uko ku ishuri buri wese amuserereza kubera ko yanize ijwi. Mukuru we amusobanurira impamvu afite ijwi rinize n'ibyo azajya asobanurira abazajya bamuserereza.</p>
<p>Umukino wa #3: Abakinniyi bombi barakina ari abakobwa b'imyaka 10. Umwe aharisha undi kuko ari muremure gusumba abandi bakobwa bose. Umukobwa muremure amusobanurira ko abakobwa bakura ku muvuduko utandukanye kandi bakagira ibihagararo bitandukanye. Amusobanurira kandi impamvu atishimira guharishwa anamusaba kuba umuntu mwiza. Uwo mukobwa wamu harishaga amusaba imbabazi.</p>	<p>Umukino wa #4: Umwe akina ari umuhungu w'imyaka 12 undi akina ari se (ashobora no kuba nyirarume cyangwa sekuru). Uyu muhungan ahangayikishijwe n'uko ari kumera ubucakwaha n'ubwanwa, Papa we (nyirarume, sekuru) bamumara impungenge bakamubwira ko abahungu bensi iyo bakura bamera ubwoya ahantu hamwe na hamwe batari babusanganvwe.</p>
<p>Umukino wa #5: Umwe akina ari umukobwa w'imyaka 11, undi agakina ari inshuti ye. Iyi nshuti ihangayikishijwe n'uko itaratangira kubona imihango kandi uyu w'imyaka 11 ayijamo. Undi amumara impungenge ko abakobwa batangira kubona imihango ku myaka inyuranye.</p>	<p>Umukino wa #6: Umwe akina ari umuhungu w'imyaka 13, undi ari inshuti ye. Inshuti ye ihangayikishijwe n'uko ari muremure kandi munini nka mugenzi we. Uyu muhungan ahumuriza inshuti ye ayisobanurira ko abantu batangira kugira impinduka ku mubiri zishingiye ku bugimbi n'ubwangavu ku myaka itandukanye.</p>
<p>Umukino wa #7: Umwe akina ari umuhungu w'imyaka 14 undi agakina ari se. Umubyeyi aragerageza kuganiriza umuhungu ibijyanye n'imibanire, uburerembonerabitsina n'ubuzima bw'imyororokere. Mu ntangiro, umuhungu abangamiwe n'ibi biganiro. ariko amaze kumenya ko se ashaka ku mufasha yishimira ayo mahirwe afite.</p>	<p>Umukino wa #8: Umwe akina ari umukobwa w'imyaka 13 undi ari nyina. Umukobwa abaza impamvu arimo akora imirimo myinshi yo mu rugo mu gihe impanga ye y'umuhungu ari hanze akina umupira. Nyina atangira ku musobanurira ko ari ko bigenda mu miryango yabo ariko nawe atangira kwibaza impamvu ariko bigenda koko. Umubyeyi n'umwana batangira gutekereza uburyo n'imbogamizi ziri mu guhindura inshingano abantu baba bitezweho hashingiwe ko ari abagabo cyangwa abagore, rimwe na rimwe abantu bagasa nk'aho bategetswe kutabiteshukaho.</p>
<p>Umukino wa #9: Umwe akina ari umukobwa w'imyaka 14 undi agakina ari se. Umukobwa abaza se kumubwira inkuru z'ukuntu yahuye na nyina n'uburyo yamenye ko ariwe bagomba gushyingiranwa.</p>	<p>Umukino wa #10: Umwe akina ari umuhungu w'imyaka 13 undi agakina ari Nyina. Aramusangiza uko abona abahungun'abakobwa bagomba gutekereza gukora imibonano mpuzabitsina. Arasobanura ingaruka zo gutera inda, indwara umuntu ashobora kwandurira mu mibonano mpuzabitsina ahubwo akagaragaza n'akamaro ko gukurikira ishuri.</p>



Isomo rya 2

Gusoza no kuvuga ibizakurikiraho

Igihe: Iminota 10

Imfashanyigisho: Ibitabo by'inkuru z'abakobwa n'iz'abahungu

Ibipapuro bitagikoreshwa n'amakaramu y'igit agatebo gashyirwamo imyanda

Intego: Abahungu n'abakobwa baraba bashobora

gusobanura ibyo bize uyumunsi kandi bategure kuzaba bashatse urugero rw'umukobwa/umugore n'umuhungu/umugabo ukora ibantu bigayitse mu gace kabon mbere y'isomo rizakurikiraho.

Ibice by'isomo

1. Bari mu itsinda rinini saba abakobwa n'abahungu kwandika ibyo bize uyu munsi. Barafata ibipapuro bishaje. Hanyuma barahambiranya bya bipapuro birambuye neza bagerageze kubijugunya mu gatebo gashyirwamo imyanda aho mu cyumba. Bamaze guhuriza hamwe bya bipapuro mu gatebo, saba bake mu rubyiruko gufata kimwe kimwe muri bya bipapuro asome ibyanditseho.(Nyuma y'isomo subira muri byabipapuro byose usome ibyo urubyiruko rwanditse bijyanye n'ibyo bamaze kwiga)

2. Tanga Incamake ikurikira :

- ✓ Hariho imiziririzo myinshi n'amakuru atariyo ku bijyanye n'ubugimbi/ubwangavu, ibijyanye n'ibitsina n'ubuzima bw'imyororkere. Ni ibyingenzi kugira amakuru ariyo, kubaza ibibazo abantu babisobanukiwe kimwe n'abantu bakuru babitaho mu rwego rwo kumenya byinshi
- ✓ Kujya mu mihangi, gushyukwa, gusohora no kwioteraho ni ibimenyesto nyabyo bisanzwe by'ubugimbi. Kujya mu mihangi ni ikimenyetso cy'uko umubiri w'umukobwa uri guhinduka kandi akaba ashobora gusama inda.Gusohora bivuze ko umubiri w'umuhungu uri guhinduka nk'uw'umugabo, ashobora gutera inda.
- ✓ Rimwe na rimwe abahungu n'abakobwa bagenerwa kwambara imyambaro iyi n'iyi, gukora imirimo iyi n'iyi cyangwa bakagira akazi n'inshingano izi n'izi muri sosiyete. Ariko uko gutandukana si karemano. Abahungu n'abakobwa bashobora gukora ibantu bitari bibitezweho.

3. Tanga ibitabo by'inkuru ku bakobwa n'abahungu bagomba kubitahana icyi cyumweru. Rambura k'urupapuro rwa 7, wereke buri wese igishushanyo cy'umugore uyoboye inama y'abaturage n'icy'umugabo ugaburira umwana we.

4. Saba urubyiruko kugenzura niba muri iki cyumweru babona umukobwa/umugore cyangwa umuhungu/umukobwa ukora ibantu batari bamwitezeho no kuzasangizanya ibyo bazaba batahuye mu isomo rizakurikiraho. Shishikariza urubyiruko kuganira n'ababyeyi babo ibijyanye n'ukora imirimo iyi n'iyi iwabo no kubaganiriza n'uburinganire, imirimo, inshingano n'ibyo abantu baba bitezweho hashingiwe ko ari abakobwa/abagore cyangwa abahungu/abagabo iwabo mu miryango.

Imfashanyigisho zizifashishwa mu mukoro wo mu rugo

Teganya ibitabo by'inkuru z'abakobwa n'ibirimo inkuru ku bahungu baza gusoma batashye. Kubw'umubare muke w'ibitabo, bamwe bazasoma ibyo bitabo nyuma y'iri somo babigarure baje mu isomo ry'ubutaha. Abasigaye bazategereza ibyo bagenzi babo bazatarura.

Isomo rya 2

Ibikorwa by'inyongera

Isomo rya 2, Ibikorwa by'inyongera

Umukino: Gukura binoze



Igihe: Iminota 45 cyangwa irenzeho

Imfashanyigisho: Ibibaho bakinisha umukino GrowUp Smart "Kura Usobanutse" amakarita y'ibibazo

Ibantu 4 bishobora kujugunyika

Ibikiniso 4 nk' agafuniko k'icupa cyangwa igoma

Intego: abahungu n'abakobwa barasubiza kandi bungurane ibitekerezo, banabwirane ibyo bemera n'ibyo bize bijyanye n'ubugimbi/ubwangavu, ubumenyi ku uburumbuke, ubwuzuzanye n'uburinganire ndetse n'imyifatire ituma baguma kugira ubuzima buzira umuze

Ibice by'isomo:

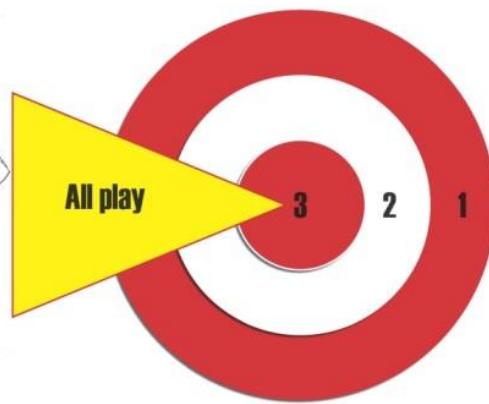
1. **Saba umukobwa cyangwa umuhungu kuyobora** uyu mukino no gusoma amakarita y'ibibazo.
Toranya abandi bahugurwa 2 cyangwa 3 nk'abakemurampaka, bazakorana mu gusuzuma ibisubizo. Tegura abakemurampaka kugira bakore akazi kabon neza bumva ibibazo bakemeza ko itsinda ryasubije igisubizo kiricyo. Iyo abakemurampaka batizeye neza igisubizo, umufashamyumvire ashobora gusoma igisubizo cyanditse hasi ku ikarita y'ibibazo hagafatwa umwanzuro.
2. **Saba abandi bahungu n'abakobwa gukora amatsinda 4** agizwe n'abantu batarenze batanu (bahungu n'abakobwa bavanze). Ha buri tsinda ikintu; nk'agapfundikizo k'icupa bakoresha nk'agakiniso, cyangwa umukinyi umwe kuri buri tsinda yasimbura ako gakiniso, agahagarara mu kibaho cy'umukino. Buri tsinda ritoranye, inkingi imwe mu kibaho cy'umukino: umutuku, ubururu, icyatsi kibisi cyangwa iroza,
3. **Haba buri tsinda akabuye gatoyacyangwaikindi kintu bari** buge baterera mu nt ego. Itsinda ibuye ryaryo riguye ryegereye hafi y'intego ni ryo ritangira bwa mbere.
4. Mbere yo gutangira umukino erekana uko ukinwa mu buryo bukurikira:
5. Umuntu umwe wo mu itsinda ribanza ajugunya ibuye mu nt ego hanyuma akimura agakiniso kaboh ho imyanya 1, 2 cyangwa itatu bitewe naho ibuye ryaguye. Iyo itsinda ryahushije intego, bashobora kongera kugergeza.
 - ✓ Uyoboye umukino afata ikarita agasoma ikibazo aranguruye. Iyo abakemurampaka bemeje ko itsinda rishubije neza, bimukaho umwanya umwe. Iyo rishubije ibitaribyo, andi matsinda ashobora gusubiza.
 - ✓ Iyo akabuye kaguye muri mpandeshatu "all play" itsinda rikomeza kwimura agakiniso karyo. Icyo gihe bafata ikarita hanyuma buri wese mu itsinda agakurikiza amabwiriza yanditseho.

- ✓ Hanyuma hakurikiraho irindi tsinda. Itsinda rirangije utuzu twose mbere riba ritsinze. Bakemerwa nk'itsinda rikura bisobanutse.

6. Umukino urangiye, kora Incamake y'ingingo z'ingenzi n' ibibazo byaganiriweho. Saba buri wese kuvuga icyo yifuzaga kwiga kurushaho muri GrowUp Smart "Kura Usobanutse".

Inyandiko Igenewe Umufashamyumvire

Uyu mukino ushobora gusubirwamo kenshi, muri gahunda ya Kura Usobanutse."Ushobora gukinwa igihe cyose hakoreshejwe amakarita y'ibibazo atandukanye igihe cyose hari igihe gisagutse, cyangwa hifujwe kuganira, kubakira cyangwa gucengeza ingingo za Kura Usobanutse. Inshamake nyuma y'umukino izashingira ku makarita y'ibibazo byasomwe bikanaganirwa.



Ibibazo by'umukino GrowUp Smart "Kura Usobanutse"

Bose bakina ibibazo

- **Umukino mu itsinda:** w'abana batatu baganira hamwe n'ababyeyi babo ku byiringiro n'inzozi bafite byo mu gihe kizaza. Abandi bagakina ari ababyeyi babateze amatwi banabashyigikira.
- Musangire imbyino zo mu muco wanyu, indirimbo, imivugo yerekana uburyo mukomeye kandi mufite ubuzima bwiza.
- Igice cy'itsinda kiganira ku nama bagira umukobwa ukinjira mu bwangavu, ikindi gice cy'itsinda kikaganira ku nama bagira umuhungu ukinjira mu bugimbi.
- Vuga icyo uyu mugani usobanura: "Umuhinzi w'uburo ntatinya izuba." *Iyo umuntu akura ahura kenshi n'imbogamizi twagereranya n'izuba ryinshi. Guhura n'ibibazo, birakwigisha, ugashyigikirwa n'abandi, ukabona inzira yo kunyuramo, bigatuma ukura.*
- Kora ku kintu kirebana na gahunda ya Kura usobanutse kugeza ubwo abandi bo murindi tsinda bamenya icyo ari cyo.
- Ni izihe nama wagira ababyeyi bifusa kuganira n'abana kubirebana n'igihe cy'ubugimbi n'ubwangavu?

Impinduka zo mu bugimbi /mu bwangavu

- **Ikibazo:** Vuga impinduka ebyiri zo mu bugimbi no mu bwangavu, abahungu n'abakobwa bahura nazo. *Uba munini kurushaho, uruhu ruzana amavuta cyangwa rukazana ibishishi, kumera ubuca kwaha n'insya, ushobora kumva wijimye cyangwa urakaye, ushobora kugira ibiyumviro by'urukundo.*
- **Ikibazo:** Vuga impinduka ebyiri zo mu bwangavu zigirwa n'abakobwa (zitagirwa n'abahungu). *Umukobwa atangira kujya mu mihango akanabona ururenda; ububobere mu mwanya ndanga-gitsina bugaragara mu minsi myinshi hagati y'ibihe bibiri by'imihango bikurikirana, Intangangore irashya ikarekurwa n'umurerantanga, nubwo uwo mukobwa atabibona cyangwa ngo abe yabyumva. Amabere y'umukobwa arakura n'amatako ye akaguka.*
- **Ikibazo:** Vuga impinduka ebyiri zo mu bugimbi zigirwa n'abahungu (zitagirwa n'abakobwa) *Umuhungu arashyukwa kandi akaba ashobora gusohora. Aha ni igihe amasohoro aba arimo intanga-ngabo asohoka anyuze mu mboro ye. Abahungu bensi biroteraho, imboro ifata umurego igasohora amasohoro bikaba nijoro igihe basinziriye.*
- **Yego cyangwa oya:** Imibiru y'urubyiruko rwinshi ikura ku muvuduko ungana kandi iba isa. *Oya. Buri wese akura ku kigero gitandukanye n'icy'undi. Bamwe batangira gukura hakiri kare, abandi bagatangira batinze. Ni ibisanzwe.*
- **Umukino mu itsinda:** W'ukuntu ganiriza umukobwa muva indimwe muto cyangwa mubyara wawe w'umukobwa impinduka ziba mu gihe cy'ubugimbi n'ubwangavu harimo no kubijyanye n'amaranga mutima ibiyumvo, mu mibanire n'abandi bashobora guhura nazo.

Uburinganire n' ibiba byitezwe kuri buri gitsina

- **Ikibazo:** Ubaye uri mu itsinda rito ry'ibiganiro, hanyuma ugasabwa gutoranya umuyobozi waryo, watoranya umukobwa cyangwa umuhungu? *Ari abakobwa ari n'abahungu, bose bashobora kuba abayobozi b'itsinda kandi bakabikora neza kimwe.*

- **Soma iki kivugwa mu iiwi riranguruye:** “Abahungu bakagombye gufasha bashiki babo kuvoma amazi mu gihe cy’umugoroba.” Abemeza barajya ku ruhande rumwe rw’ikibaho cy’imikino n’abatemeza barajya ku rundi ruhande banasobanure amahitamo yabo. *Abakobwa bashobora guhura n’ingorane igihe bagenda mu ijoro, n’abahungu ni uko. Kandi abakobwa bashobora kutabona akanya ko gukora imikoro y’ishuri iyo bafite uturimo twinshi. Baba abakobwa baba abahungu bashobora gukora uturimo tunyuranye) bashobora gufashanya, bitananaho kandi banubahana.*
- **Ikibazo:** Utekereza ko abakobwa n’abahungu bashobora gukora ibantu bimwe? *Kubera iki? Tanga ingero. Abahungu cyangwa abakobwa bashobora gukora hafi ya buri cyose, mu buryo bumwe, iyo bahawe amahirwe yo gukora.*
- **Ikibazo:** Haba hariho imirimo abakobwa n’abagore badashobora gukora? Haba hariho imirimo abahungu badashobora gukora? *Abahungu ntibashobora gusama ngo babyare cyangwa ngo bonse impinja. Abakobwa ntibashobora gutera inda. Usibye ibyo, ari abakobwa ari n’abahungu, bose bashobora gukora hafi buri murimo wose, mu gihe bafite ubumenyi n’ubuhanga bikenewe kuri uwo murimo.*
- **Umukino mu itsinda:** Umuntu umwe arakina ari umukobwa afite imirimo yo mu rugo myinshi yo gukora ku buryo bitamushobokera kubona umwanya wo gukora umukoro wo mu rugo. Undi akine ari Mama we, undi akine ari musaza we. Mwerekane uburyo umukobwa ashobora gusaba ubusha mu by’imirimo yo mu rugo kugirango abone umwanya wo gusubiramo amasomo ye.
- **Ikibazo:** Uremeza cyangwa ntiwemeza? Niba uri umuhungu hakaba hari umukobwa uri kugusekera kandi ukwitayeho bishatse kuvuga ko uwo mukobwa ashaka ko mukorana imibonano mpuza-bitsina? *Kubera iki? Bishobora gusobanura ibantu byinshi nko kuba umuhungu ashimisha cyangwa ari uw’igikundiro. Uburyo bumwe gusa bwo kumenya ko umuntu ashishikajwe n’imibonano mpuza-bitsina ni ukubivugaho. Biba iteka ari byiza gukunda umuntu no kugirana ubucuti bwimbitse budashingiye ku mibonano mpuza-bitsina.*

Ubumenyi ku uburumbuke

- **Ikibazo:** Kujya mu mihangi ni iki? *Ni ukuva gusanze kw’amaraso mu myanya myibarukiro y’umukobwa/umugore aturutse muri nyababyeyi. Iyo kujya mu mihangi byatangiye mu gihe cy’ubwangavu, biba hafi rimwe mu kwezi kandi bikamara iminsi mike buri kwezi.*
- **Ikibazo:** Ukwezi k’umugore /umukobwa ni iki? *Ni igihe cyiri hagati y’imihango ibiri ikurikirana. Ukwezi k’umugore/umukobwa gutangira ku munsi wa mbere yabonye imihango kukarangira ku munsi ubanziriza imihango itaha.*
- **Ikibazo:** Ururenda ni iki? *Ubu ni ububobere umukobwa cyangwa umugore yumva mu myanya myibarukiro ye, ariko atari imihango. Ubwo bubobere ashobora no kububona mu ikariso, bukaba buza igihe gito mu kwezi, hafi hagati mu kwezi k’umugore. Ururenda ruzima ntirunuka kandi ntiruryaryata. Ni ikimenyetso cy’uko umukobwa cyangwa umugore bari mu bihe by’uburumbuke, aho baba bashobora gusama.*
- **Ikibazo:** Bivuga iki iyo umukobwa yatangiye kubona imihango? Bivuze ko umukobwa aba ashobora gusama mu gihe cye cy’uburumbuke cyo mu kwezi kwe. Ariko umubiri we uba ugikura niyo mpamvu ari byiza gутегереza ko akura bihagije nibura afite imyaka 21 kugirango abe yasama.
- **Ikibazo:** Ese umugore yaba ajya mu mihangi mu gihe atwite? *Oya, ariko imihango ye igaruka, nyuma y’ibyumweru bike cyangwa amezi make amaze kubyara.*

- **Ikibazo:** Erekena ukuntu umukobwa ukoresha urunigi yagenza kugira ngo amenye igihe yategererezaho imihango ikurikira. *Ku munsi wa mbere abonye amaraso, ashyira impeta ku isaro ritukura. Nyuma akimura impeta buri munsi agananisha mu cyerekezo cy'umwambi. Birashoboka ko azajya mu mihango, igihe impeta izaba iri hagati yamasaro ry'ikijuju kijimwe n'umunsi umwe nyuma y'isaro rya nyuma ry'ikijuju.) Ibi bimufasha kumenya igihe agomba gutangira kwitwaza utubindo yitegura ukugaruka kw'indi mihango.*
- **Ikibazo:** Ni gute umuhungu cyangwa umugabo bagira uruhare mu isama (batera inda)? *Ni igihe yasohoreye (Kurekura amasohoro) mu gituba cy'umugore mu gihe uyu ari mu gihe cye cy'uburumbuke, niho ashobora gusama. Intanga-ngabo ihurira n'intangangore mu mubiri imbere w'umugore, igi ryarumbutse rikiyomeka muri nyababyeyi hanyuma rigakura rikavamo umwana.*
- **Ikibazo:** Ese, abahungu nabo bajya mu mihango ya buri kwezi nk'abakobwa? *Oya. Abahungubarashyukwa bakanasohora.*
- **Ikibazo:** Bishatse kuvuga iki, niba umuhungu ashystswe? *Ibi ni mu gihe imboro y'umuhungu iba ifite umugaga, ikaba nini, ikarega kandi igahagarara. Bishobora kuba iyo afite ibitekerezo bijyanye n'imibonano mpuza-bitsina, cyangwa se nta nikibaye rwose. Ntibishatse kuvuga ko agomba gukora imibonano mpuza-bitsina. Ibyo birarangira ubwabyo.*
- **Ikibazo:** Gusohora ni ki? *Nyuma yo gushyukwa, aha ni igihe amasohoro ni ukuvuga amatembabuzi arimo intanga-ngabo asohoka mu mboro y'umusore cyangwa umugabo. Bishatse kuvuga ko umuhungu afite ubushobozi bwo gutera inda niba asohoreye mu gituba cy'umukobwa cyangwa cy'umugore. Kuba ashystswe ntibivuga ko buri gihe ari ngombwa ko asohora birijyanta nta kibazo nakimwe biteje.*
- **Ikibazo:** Kwirotahro ni iki? Kandi bishatse kuvuga iki? *Kwirorotahro ni igihe imboro y'umuhungu izana umugaga ikanasohora amasohoro, we asinziriye. Ibi ni ibisanzwe kandi kenshi bishyika mu gihe cy'ubugimbi nubwo atari kuri buri muhungu wese.*
- **Ikibazo:** Ese umuhungu ashobora gutera inda atarasohora narimwe? *Oya, kuberako amasohoro ariyo abamo intanga ngabo azituma atuma habaho isama, igihe atarasohora narimwe ntashobora gutera inda.*
- **Yego cyangwa oya:** Abahungu bashobora buri gihe kugenzura ugushyukwa kwabo. *Oya. Gushyukwa gushobora kwizana rwose. Gushyukwa ni igihe imboro ifata umurego kandi igakomera. Iki ni igice gisanzwe cy'ubukure. Iyo hashize igihe gito gushyukwa birarangira. Iyo umuhungu ashystswe cyangwa asohoye, ntibivuze ko aba akeneye gukora imibonano mpuza-bitsina.*
- **Ikibazo:** Vuga ikintu kimwe umuhungu ashobora gukora ashystswe ari ku ishuri. *Nta na kimwe, tegereza kugeza birangiye, ikingirize uruhago, ishyireho umupira wo kwambara cyangwa se igitabo.*
- **Ikibazo:** Niba abashakanye bakoranye imibonano mpuza-bitsina, ni ibihe bintu bitatu bigomba kubaho ngo habeho gusama? 1) *Intanga-ngore igomba kuba yarekuwe mu muyoborantanga.* 2) *Intanga-ngobo yo mu masohoro y'umugabo igahura kandi ikarumbura ntanga-ngore* 3) *Igi ryarumbutse, rigomba kwiyomeka muri nyababyeyi y'umugore kugira ngo rikure rivemo umwana.*

Isuku no kwifata neza

- **Ikibazo:** Ni ibihe bintu bitatu, abahungu n'abakobwa bakora kugira ngo bite ku isuku yabo mu gihe cy'ubugimbi n'ubwangavu? *Kwiuyuhagira buri munsi n'isabune, koza amenyo nyuma*

ya buri funguro, guhorana isuku mu myanya myibarukiro (myanya ndangagitsina), gukaraba intoki nyuma yo gukoresha umusarani, ku bakobwa bagomba kwita cyane ku bikoresho bakoresha mu gihe cy'imihango.

- **Ikibazo:** Ni gute umuhungu udakebwé yasukura imboró ye? *Azamura igishishwa cyo ku mboro hanyuma akayoza neza.*
- **IKibazo:** Dufate ko muri kwamamaza isabune nshya yo koga buri munsi inatuma umubiri wabo isuku buri munsi no koga intoki mbere yo kurya.
- **Ikibazo:** Ese umukobwa yajya ku ishuri ari mu mihangó? *Yego. Icyo akeneye gusa ni ukwitwaza twa dutambaro bongera gukoresha cyangwa se utwo yibindisha mu mwenda we w'imbere kugira ngo amaraso atamwanduriza imyenda.*
- **Ikibazo:** Uramutse ubonye umukobwa yatangiye kubona imihango, yanduje imyenda ye ari ku ishuri, wakora iki? *Akira ibisubizo byose bishoboka nko kuvuga: Kubimumenyesha mu kinyabupfura, kumuha umupira wo kwambara ngo awikenyeze, kujana nawe ku moyobozi w'ishuri kugira ngo abone udutambaro two kwibinda, kumukomeza no kumwemeza ko ari ibisanzwe n'ibindi...*
- **Ikibazo:** Ni iki umukobwa agomba gukora ku dutambaro yakoresheje ari mu mihangó? Ni gute yadusukura n'uko yatwanika? *Umukobwa agomba kudutahana mu rugo akadutumbika, nyuma akatumesa n'amazi n'isabune akatwunyuguza nyuma akatwanika akongera kudukoresha ari uko twumye neza kugirango yirinde indwara. Utwo dutambaro kandi ntidutizanywa.*
- **Ikibazo:** Ese, umukobwa ashobora gukoresha puderí cyangwa ibyatsi kugirango ahanagure ururenda mu gituba? *Oya, Ibi bikoresho, bishobora gutera kwigaragambya k'umubiri no kugubwa nabi. Ogesha isabune gusa hanze y'igitsina, amazi gusa niyo meza kurushaho.*

Imyitwarire yo kwirinda

- **Ikibazo:** Haba hariho uduce tw'aho mutuye duteye impungenge ko abakobwa n'abahungu baducamo ari bonyine? Sobanura cyangwa werekane uko wabigenza. *Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Ni ibihe bintu bibiri bishobora kuba byateza ingorane cyangwa imyitwarire mibi? *Akira ibisubizo byose bishoboka nko: Kunywa ibisindisha, gukoresha ibiyobyabwenge, umukobwa kujya ahantu hatari nyabagendwa ari wenyine ari kumwe n'umuhungu cyangwa umugabo, kwakira impano z'amafaranga y'ishuri, atanzwe n'umuntu mu buryo ababyeyi b'uyihabwa batabizi, kugenda wenyine ahantu hijimye kandi hitaruye, gukurikiza inama z'ubugoryi, n'ibindi...*
- **Ikibazo:** Habaye ko umuntu akwingingira kukugurira agacupa, wakora iki cyangwa se wavuga iki? Sobanura cyangwa werekane uko wabigenza. *Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Habaye ko umuntu ukwemerera kukurihira amafaranga y'ishuri, ariko akanakubwira ati: "Ntuzagire icyo uhingukiriza ababyeyi!" Wabigenza ute? *Anga ayo mafaranga.* *Ntukemere gushukishwa impano n'amafaranga. Akensi abantu bamwe baba bishakira gukora imibonano mpuza-bitsina cyangwa izindi nyungu, mu kubitura. Ntukemere amafaranga cyangwa impano, bivuye ku muntu wundi ababyeyi bawe batabizi.*
- **Umukino mu itsinda:** Umuntu umwe arakina ari ingimbi ikuze undi ari mugenzi we bigana muto. Sobanura. Sobanura icyo aricyo indwara zandurira mu mibonano mpuza-bitsina (STI) n'uburyo bwo kuzirinda. *Ubu ni ubwando umuntu ashobora kwandurira mu mibonano mpuza-bitsina cyangwa kwegerana cyane n'umuntu wanduye. Izi ndwara zikwirakwizwa binyurize mu maraso, amasohoro cyangwa ururenda rwo mu gituba. Kudakora imibonano*

mpuza-bitsina ni inzira nziza ku rubyiruko mu kwirinda indwara zandurira mu mibonano mpuza-bitsina no gusama. Umuntu aramutse akoze imibonano mpuza-bitsina, agakingirizo gashobora kumurinda haba ari ugusama cyangwa kwandura.

- **Ikibazo:** Ni gute umuntu amenya ko yanduriye mu mibonano mpuza-bitsina? (*Ubwandu bwinshi bunyurize mu mibonano mpuza-bitsina ntibugira ibimenyetso; nyamara bugakwirakwira kuva ku muntu umwe bujya kuwundi, nk'agakoko gatera ubwandum bwa SIDA. Indwara zimwe zigira ibimenyetso nko kuribwa mu mboro cyangwa mu gituba cyangwa kubabara mu gatuza. Niba hari utekereza ko yaba afite indwara zandurira mu mibonano mpuza-bitsina yareba umujyanama w'ubuzima kugira ngo amusuzume*), nyinshi muri izo ndwara zishobora kuvurwa zigakira, izindi zigira imiti yorosha buhoro buhoro ubukana bwazo.
- **Ikibazo:** Byaba byemewe ko umusore cyangwa umugabo ahatira inshuti ye y'umukobwa gukora imibonano mpuza-bitsina? Kubera iki? Oya. *Ni uburyo bw'ihohotera, guhatira umuntu mu mibonano mpuza-bitsina, niyo yaba ari umukobwa w'inshuti yawe.*
- **Ikibazo:** Ese biremewe ko umuhungu cyangwa umugabo yashyira igitutu ku mukobwa w'incuti ye gukora imibonano mpuza bitsina? Oya, *kuko ari uburyo bwo gukorera ihohotera guhatira umukobwa w'incuti yawe gukora imibonano mpuza bitsina.*
- **Ikibazo:** Niba umuntu witayeho yaba umukobwa w'incuti cyangwa umuhungu w'incuti aguteye ubwoba cyangwa akaguhemukira mu buryo bugaragara cyangwa bw'ibiyumviro cyangwa akagerageza kukuba guhura n'insuti zawe cyangwa umuryango, wakora iki? *Ntabwo ari byiza, vugana n'ukureberera. Jya ahantu hatekanye. Shaka inkunga yo kukurinda uwo muntu ugutera ubwoba akanagukomeretsa.*

Ubufasha bw'abarezi

- **Ikibazo:** Iyo abakobwa n'abahungu bumva baguwe nabi cyangwa se badatekanye, bagakoze iki? *Gusangiza no kubwira abakurera uko wiyumva, nk'umubyeyi. Urugero, ashobora kugufasha gutekereza ku kibazo, kubona ubufasha no kuguhuza n'abandi.*
- **Ikibazo:** Ni ryari ababyeyi bawe batekereza ko umuntu yatangira gukora imibonano mpuz-bitsina? Kubera iki? *Ibisubizo biterwa n'abakinnye umukino. Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Vuga abantu batatu batandukanye umukobwa cyangwa umuhungu wasaba inama igihe ufite ibibazo birebana n'impinduka zo mu bugimbi cyangwa mu gukura. *Igisubizo cyose cyakwemerwa nka: Ababyeyi, ba Nyokorome, Nyirasenge, Abarezi, Bakuru bawe, Bashiki bawe, Abayobozi b'ibigo by'urubyiruko, n'Abajyanama b'ubuzima.*
- **Umukono mu itsinda:** Umuntu umwe arakina ari umunyeshuri w'umugome kandi agaterana ubuse ku ri mugenzi we mu buryo bwo kwikunda. Abandi bantu babiri bakine ari abanyeshuri bahagarariye umunyeshuri urimo kuterwa ubuse.
- **Ikibazo:** Ni he muri aka gace utuyemo, ubyiruka yagana, agiye kwaka amakuru cyangwa gusobanuza ibijyanye n'ubuzima harimo: Kuringaniza imbyaro, Kwisuzumisha indwara zandura zishoboka kuba zarakwirakwijwe binyurize mu mibonano mpuza-bitsina? *Igisubizo giterwa n'aho umuntu atuye.*
- **Umukino mu itsinda:** Umuntu umwe akina ari umuhungu cyangwa umukobwa ugiye ku kigo nderabuzima gushaka amakuru cyangwa serivisi z'ubuzima bw'imyororokere. Undi akine ari umukozi utanga serivise z'ubuzima, abandi bakine ari abandi bakozibakora ku kigo nderabuzima, undi umwe akine ari incuti cyangwa umuntu baziranye bahuriye mu nzira. Mukine mwerekana uko byagenda.



Gahunda

Gutangira

Igikorwa cya mbere: Urunigi n'uburumbuke bw'umugore

Ikiruhuko mu gihe bikenewe

Igikorwa cya 2: Uburumbuke bw'umugabo

Gusoza no kuvuga ibizakurikiraho: Imfashanyigisho z'umukoro wo mu rugo

Udutabo: *Tuvuge ku umukobwa n'ubwangavu, Tuvuge ku umuhungu n'ubugimbi*

Agapaki ka CycleSmart Ku bakobwa

Ibitabo Kurausobanutse by'abahungu n'iby'abakobwa

Ibikorwa by'inyongera: Umukino wa Tuvuge ku ubugimbi/ubwangavu Umukino wo guhuza amagambo ku Gusobanukirwa uburumbuke

Andi makuru

Intego

Nyuma y'iri somo abakobwa n'abahungu baraba bashobora:

1. Gusobanura ukwezi kw'umugore n'uburumbuke akoresheje urunigi CycleSmart® Kit
2. Gusobanukirwa n'ibikoresho byifashishwa mu gihe cy'imihango n'uko bikoreshwa
3. Gusobanura intego n'ibibazo abahungu bahura nabyo bijyanye no gushyukwa, gusohora no kwiroteraho
4. Kuganira no gukoresha imfashanyigisho z'umukoro wo mu rugo zigizwe n'agapaki ka CycleSmart (ku bakobwa) hamwe n'udutabo: *Tuvuge abakobwa n'ubwangavu cyangwa Tuganire ku bahungu n'ubugimbi*
5. Kuvuga umuntu mukuru bateganya kuzabaza ibyamubayeho mu gihe cy'imihango ye yambere cyangwa yisohoreragaho/ yiroteragaho.

Isomo rya 3 Gutangira

Mu itsinda rinini baza niba hari ikibazo bashobora kuba bafite. Ibutsa urubyiruko igikorwa cy'ubushize kijyanye no, *Kuba umukobwa, kuba umuhungu*, hanyuma ubaze niba hari uwabashije kubona umukobwa/umugore cyangwa umuhungu/umugabo ukora ibyo abantu batari bamwitezeho mu cyumweru gishize. Ni babibwirane. Hanyuma winjire mu isomo ry'umunsi ari ryo uburumbuke bw'umugore (ubushobozi bwo kuba umukobwa cyangwa umugore yatwita) n'uburumbuke bw'umugabo (ubushobozi bw'umuhungu cyangwa umugabo bwo gutera inda).

Ivumburamatsiko: akagozi k'amasaro

Saba buri wese guhagarara kuruziga yegeanye na mugenzi we cyane, areba mu mugongo wa mugenzi we. Buri wese arashyira akaboko ke k'indyo ku rutugu rw'umuri imbere. Nubara gatatu bose baricarira rimwe nk'abicaye ku ntebe (idahari :gusutama). Buri wese aricara yishyzemo ko yicaye ku ntebe, ariko mu by'ukuri arabayicaye ku biberi bya mugenzi we umuri inyuma. Twese tuba duhujwe, nk'uko amasaro y'urunigi ameze. (Erekana urunigi). Icyitonderwa: Iri vumburamatsiko rishobora gukorwa mbere cyangwa nyuma y'igikorwa cy'urunigi n'uburumbuke bw'umugore.

Isomo rya 3, Igikorwa Cya 1 Urunigi n'uburumbuke bw'umugore

Igihe: Iminota 75 (Isaha n'iminota 15)

Imfashanyigisho: Agapaki ka Cycle Smart: 1 kuri buri mukobwa

Urunigi: udupaki dutanu, abahungu bararebana

Igikombe cy'amazi kuri buri tsinda rito

Bareba Ibikoresho by'isuku mu gihe cy'imihango (Ibikunze gukoreshwa n'abagore bo muri ako gace)

Intego: Abakobwa n'abahungu baraba bashobora: 1) Gusobanura ukwezi kw'umugore n'uburumbuke akoresheje urunigi CycleSmart® Kit; 2) Gusobanukirwa n'ibikoresho byifashishwa mu gihe cy'imihango n'uko bikoreshwa.

Ibice by'isomo:

1. **Mbere y'isomo, soma witonze inkuru ya kabiri yo muri brochure yitwa :** "Tuvuge abakobwa n'ubwangavu", kimwe n'izindi nyandiko biri kumwe Urupapuro rwa 52

2. **Mu itsinda rinini, ha Agapaki ka CycleSmart buri mukobwa** uhe n'itsinda ry'abahungu inigi nke bareberaho Urunigi. Basabe bakurikire ibyo ubereka n'ubusobanuro utanga ku bijyanye n' Urunigi.

3. **Koresha Urunigi nk'imfashanyagisho igaragara kugirango** werekane neza uburyo umukobwa watangiye kujya mu mihangi ashobora gukoresha Urunigi mu gukurikirana ukwezi kwe.



(Koresha amakuru aboneka mu gatabo no mu nyandiko zigenewe umufashamyumvire agufashe mu gihe uvuga ibijanye n'imihango, kurekurwa kw'intangangore, hamwe n'ubushoboz bwo gutwita bw'umukobwa. Reba ku rupapuro rwa

4. Kureba ibyo abakobwa bagaragaje ku kwezi kwabo kw'imihango:

- ✓ Bagize imihango yabo kandi amaraso yaje iminsi mike.
- ✓ Ntabwo amaraso aza igihe kirekire.
- ✓ Bashobora gutangira kubona amatembabuzi (amatembabuzi cyangwa ubuhehere mu myanya ndangagitsina bitari imihango)).
- ✓ Intanga yararekuwe ariko ntibayibonye cyangwa ngo bumve irekurwa.
- ✓ Nta matembabuzi bagira
- ✓ Bashobora kugira gutangira impinduka k'umubiri cyangwa mu marangamutima mbere yo kubona imihango y'ukwezi gukurikiyeho.
- ✓ Ukwazi kw'umugore kurongera kugatangira, gutangirana n'umunsi wa mbere w'imihango w'ukwezi gukurikiyeho.

Reba izindi nyandiko A na B kurupapuro rwa...., nyuma muganire ku bijanye n' myanya myibarukiro y'umugore kurushaho.

5. Ereka abakobwa uko bashobora gukoresha Urunigi bashaka kumenya igihe bashobora kujya mu mihangi y'ukwezi gukurikiyeho. Bereke ukuntu bagomba kwimura impeta buri munsi, no kumenya isaro bagezeho. Ubundi iyo impeta igeze ku masaro y'ikuju, umukobwa aba yiteguye kubona imihango ikurikiyeho vuba Sobanura ko ukwezi k'umugore gutandukanye n'ukwezi tubona ku birangaminsi, ni ubwo mu Kinyarwanda byose bavuga ko ari ukwezi kugirango bitajijisha abakobwa.

6. Murebere hamwe ibiri muribrochure kumukobwa: *Tuganire abakobwa n'ubwangavu usubize ibibazo bishobora kubazwa* (Abahungu bazabona kopi y'aka brochure mu isomo ritaha)

7. Kora amatsinda mato agizwe n'abakobwa n'abahungu hanyuma ubasabe kuganira ku Urunigi n'aka "brochure" k'abakobwa. Saba ayo matsinda mato uko bagomba kubwira mushiki cyangwa mubyara wabo muto ibijanye n'Urunigi n'ukwezi kw'umugore. Niba mugifite igihe, tumira umukobwa cyangwa umuhungu kuza kwereka itsinda uko yasobanurira urunigi umuntu utararubona. Amakuru atariyo akosorwe.

- ✓ **Ibutsa abakobwa n'abahungu ko batagomba gukoresha Urunigi nk'uburyo bwo** kwirinda gusama. Ko ahubwo hagize ukenera uburyo bwo kuboneza urubyaro agomba kujya ku bashinzwe ubuzima cyangwa undi muntu mukuru wizewe.
- ✓ **Mu itsinda rinini saba abakobwa gufungura agapaki** ka CycleSmart bakuremo ibintu byari byasigayemo. Musome amabwiriza y'ukuntu abakobwa bakoresha imbindo zisukurwa zikongera gukoreshwa mu gihe cy'imihango. Shimangira ukuntu n'igihe bazimesa n'uko bazanika. Erekana ukuntu abakobwa bakoresha urupapuro rwa gahunda ya buri munsi. Kangurira abakobwa batangiye



kujya mu mihango gukoresha: 1) Urunigi mu gukurikirana ukwezi kwabo kw'imihango, 2) imbindo zisukurwa zikongera gukoreshwa mu kugira isuku mu gihe cy'imihango 3) urupapuro rwa gahunda ya buri munsi bandikaho ibyo babonye, ibitekerezo n'ibiyumviro. Abakobwa bataratangira kujya mu mihango bashobora kubibika bakazabikoresha bayigiyemo. Ariko bakajya buzuza urwo rupapuro.

Bwira buri wese gukoraho akumva ibyo bikoresho bikorerwa iwacu. Babwire bayishyire mu mazi, barebe uko bigenda. Sobanura ko iyi kategisi yinjiza amazi nk'igifufuma kandi akaba ariko bigenda no ku maraso y'imihango, bityo bigafasha kutanduza imyenda y'umukobwa. Saba buri itsinda kuganira kuri ibi bikurikira:

- ✓ Kubera iki abakobwa b'abagore baioresha ibi bikoresho?
- ✓ Bukora bite?
- ✓ Bikenera guhindurwa kangahe?
- ✓ Ese bigomba kubikwa cyangwa gusukurwa gute?
- ✓ Ni gute kategisi zikoreshwa birenze rimwe zimeswa kandi kandi zikanikwa?
- ✓ Ese zicururizwa he? Zigura angahe?

8. Kora Incamake y'ibijyanye n'uburumbuke bw'umugore harimo ibi bikurikira:

- ✓ Kujya mu mihango gutangira mu gihe cy'ubwangavu, bikarangira igithe umugore yacuze. Babyita ukwezi kw'umugore kuko iza buri kwezi. Imihango iza buri rimwe mu kwezi (uretse igithe atwite) kugeza acuze.
- ✓ Kuva umukobwa atangiye kujya mu mihango aba ashobora gutwita. (Umukobwa ashobora gusama ataratangira kujya mu mihango mu gihe yageze mu gihe cy'uburumbuke). Umukobwa kandi ashobora gusama ku nshuro ye ya mbere yo gukora imibonano mpuzabitsina.
- ✓ Umukobwa ashobora gukoresha Urunigi mu kumenya ibijyanye n'ukwezi kwe, uburumbuke bwe, n'igithe ashobora kubona imihango y'ukwezi gukurikiyeho. Umukobwa kandi ashobora kugenzura ibijyanye n'uburumbuke bwe yifashishije kugenzura ururenda ruva mu gitsina cye. Aya matembabuzi cyan gwa ububobere bwo mu myanya ndangagitsina mu gihe cy'ukwezi kwe ni ikimenyetso cy'uko ashobora gusama. Ni ikimenyetso cy'uko imirerantanga ishobora kurekura intanga muri iyo minsi. Amatembabuzi atari ay'uburwayi nta mpumuro agira cyangwa uburyaryate, kandi ntagomba gusohorwa mu gitsina hifashishijwe ibyatsi cyangwa puder kuko yagenewe kubamo.
- ✓ Umukobwa ashobora gukoresha "imbindo zisukurwa zikongera gukoreshwa" kugira ngo zifate amaraso ava mu gitsina. Nyuma yo kuzikoresha ni ngombwa kuzitumbika no kuzimeshesha isabune n'amazi meza. Hanyuma barazunyuguza bakazanika zikuma neza mbere yo kongera kuzikoresha. Irinde kuzitiza abandi bakobwa. Iyo hakoreshejwe imbindo zagenewe gukoreshwa rimwe gusa, ziba zigomba kujugunywa mu mwobo w'umusarane, kuzitaba cyangwa gutwika.
- ✓ Ni byiza cyane haba ku bakobwa no ku bahungu kwirinda gukora imibona mpuzabitsina kugeza bakuze. Abakobwa ntibagomba gukoresha Urunigi nka bumwe mu buryo bubafasha kwirinda gusama. Umugore wifuza gukoresha Urunigi nk'uburyo bwo kuboneza urubyaro aba akeneye amakuru arenze ayo tubonye muri iri somo no kuri aka gapapuro. Agomba kujya kureba umuganga we.

Inyandiko igenewe umufashamyumvire

Ingingo z'ingenzi ziri ku gapapuro: Tuvuge abakobwa n'ubwangavu

Uko bakoresha Urunigi ushaka kumenyaukwezi kw'umugore

Ushobora gukoresha urunigi kugirango umenye kandi ukurikirane neza igihe ubonera imihango.

Kujya mu mihango ni igihe uva amaraso mu gitsina, aturutse mu mura, byerekana ko umubiri wawe ukora neza. Iyo watangiye kujya mu mihango, akensi biza buri kwezi, bikamara hagati y'iminsi 3 na 7.

Ukwezi kwawe gutangira ku munsi wa mbere wabonye imihango kukarangira umunsi ubanziriza imihango izakurikiraho. Ukwezi kungana n'iminsi iri hagati y'imihango wabonye nikurikira.

Iyo umukobwa atangije kujya mu mihango, ashobora gusama igihe akoze imibonano mpuzabitsina mu minsi imwe n'imwe yo mu kwezi kwe.

Uko abakobwa bakoresha urunigi

Buri saro ryose ry'urunigi rigaragaza umunsi umwe w' ukwezi kwawe. Kugirango ukurikirane neza ukwezi kwawe, imurira impeta kw' isaro buri munsi.

Ntabwo abakobwa bagomba kugerageza gukoresha urunigi nk'uburyo bwo kwirinda gutwara inda.

Niba wowe cyangwa undi muntu uzi, mukeneeye kuboneza urubayo, reba umukozi wo kwa mu muganga umubaze cyangwa undi muntu mukuru wizeye.

Wibuke ko, iyo umukobwa agije mu mihango bwa mbere, bifata igihe kugirango ukwezi kwe kuringanire, mbese aje abonera imihango amatariki amwe: Ni cyo gituma umukobwa adashobora kumenya neza iminsi yasamiramo-

Gukurikirana ukwezi kwawe ukoresheje urunigi

1 Ku munsi wa mbere ubonyeho imihango, imurira impeta kw' isaro ritukura.

2 Nyuma y' uko imihango irangira, ugakomeza kwimura impeta, uzagera ku masaro yera. Umukobwa cyangwa umugore ashobora gusama mu minsi myinshi ikurikirana, ohagana hagati mu kwezi kwe. Ku bagore bensi biba igihe impeta iri ku masaro yera.

3 Nyuma yo kwimurira impeta kw' isaro rya nyuma ryera, uzagera ku masaro y' ikijuju. Ku bagore bensi iyo no iminsi batasama.

"Natangiye kubona ibintu bitose mu gitsina amezi menshi mbere yuko njya mu mihango bwa mbere. Ni ko bigenda: Ubwo ni ububobere bwiza, ntampumuro bufite kandi ntiburyaryata: Si byiza kwihutira koza mu gitsina cyangwa kuhahanagura n' imiti cyagwa puder!"

Aka gatabo nfitagatanga amakuru ahagije ku ikoreshwa ry'urunigi rw'ukwezi k'umugore nk'uburyo bwo kuboneza urubayo. Kwirinda gukora imibonano mpuzabitsina nibwo buryo buboneye bwo kwirinda gusama no kwirinda indwara zandurira mu myanya ndanga gitsina harimo n'agakoko gatera Sida

Uko wakoresha urunigi ushaka kumenya igehe ushobora kubona imihango y'ukwezi gukurikiraho



Uko ugenda wimura impeta kw' isaro rimwe buri munsi, genzura aho impeta iri iyo **imihango ikurikiyeho ije**.

Kurikirana umenye niba imihango yaje:

- hagati y' isaro ry' ikijuju cyijimye n' akambi (ukwezi kw' iminsi hagati ya 26 na 32)
- mbere y' isaro ry' ikijuju cyijimye (ukwezi kugufi cyane)
- iminsi irenze umwe nyuma y' impeta kw'isaro ry' isaro ry' ikijuju (ukwezi kurekure cyane)

Ni ibisanze ku bakobwa (no ku bagore) Kugira ukwezi kurekure cyane cyangwa kugufi cyane, cyangwa bakirenza ukwezi.

Igihe kinini, abakobwa iyo batangiye kubona imihango, bensi bagenda birenza ukwezi.

- Kurikirana aho impeta iri mu gihe cyo kubona imihango
- Ukwezi gutaha ushobora gutegereza imihango yawe igihe impeta izaba igeze kuri iri saro. (Abakobwa bamwe bashobora kumva ibimenyetso nko kuribwa mu nda cyangwa kubyimba inda mu gihe begereje imihango.)
- Abakobwa bensi bashobora gutangira kwitegura imihango yabo
- Bityo ushobora kumenya igehe bikagufasha guhora witeguye ugenda agapaki ka cycle smart.

Ibantu byingenzi biri mu gapaki ka CycleSmart

AFRIPads

Udutambaro Tw' Isuku

Dukoreshwa
UMWAKA UMWE
KUBAGIRA IMIHANGO
ISANZWE

Turameswa
Tukanikwa
Tukongera
Gukoreshwa

AMEZI
12

Agafashi Agatambaro Kanini Agatambaro Gato Agafuka k'sashe

2 3 2 1

Zikorerwa i Bugande

Aderesi yacu ni:
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Factory: Kitenges Comprehensive Secondary School Compound.
Masaka.

Manufactured Date: 14 DEC 2012

Batch Number: 1200260026

UBURYO AFRIPADS IKORESHWA

MBERE YO KUZIKORESHWA
Ubwa mbere, mesa udutambaro twose
n'isabune incuro ebyin kugeza
kuri eshatu, ibi bituma udutambaro
tubasha kunya. Nyuma utwanike.

1 Cengeza agatambaro
muniyi y'utugozzi tw'agafashi
igice cy'agatambaro
cyorohereye kkiye hejuru.

2 Shyira agafashi ku
ikariso, agatambaro
kareba hejuru.

3 Rambura ulufashi
ku impande, ufunge
indumane z'agafashi muni.
Noneho ishobora
gukoreshwa.

UKO ISUKURWA N'UKO IFATWA
Suzuma kensi niba agatambaro
kadakeneye guhindurwa.
Igihe kandye, hindura wambare
akandi gatambaro gasukuye.

NYUMA YO KUYIKORESHWA
Zinga agatambaro kanduye
urehreye mu gice cyiri munsi
y'utugozzi, nyuma ugashyre
mu gafuka k'isashe kabugenewe
niba udashobora guhita ugasukura.

1 GUTUMBika
Udutambaro dutumbika mu
mazi akonje arimo isabune,
ibi bituma amaraso avamo.

2 KUMESA
Mena amazi yanduye,
wunyuguze udutambaro
n'amazi meza n'isabune,
uvugute bihagije. Nyuma
wunyuguze n'amazi meza.

3 KWANika
Anika udutambaro hanze ku
mugozzi ukoresheje udafatisho
tw'emyenda, cyangwa utwanike
munzu ahantu hisanzuye
hagera umuyaga.

4 GUKORESHWA
Nyuma y'uko udutambaro
twumye neza, tukongera
tugakoreshwya.

ICYITONDERWA!

A.Ntugasangire udutambaro twawe n'undi muntu,
B.Ntugatere ipasi udutambaro twawe kuberako dufitemo
palasitiki ishobora gushya,
C.Ntukameese udutambaro twawe mu mazi ashyushye,
D.Ntukameese udutambaro twawe mu mazi yanduye,
E.Ntugakoreshe udutambaro twawe tugitose
Cyangwa tutaruma neza.
F.Ntukanike udutambaro twawe mu nguni cyangwa
munsi y'uburiri.

AFRIPads Menstrual Kit Use & Care Instructions

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Amoko y'ibikoresho bikoreshwa mu gihe cy'imihango

Utubindo tudodeshwa tumeswa tukongera gukoreshwa

Ni agatambaro keza koroshye umesa, ukakanika, ukongera kugakoresha. Dusaza nka nyuma y'umwaka

Utubindo wishakira imuhira

Ni udutambaro dusukuye, ukatamo uduce ukatwibinda mu ikariso. Turameswa bishobotse tugaterwa ipasi, tukongera gukoreshwa.

Utubindo tugurwa mu maduka

Ni utubindo twiza tworohereye, tugira akantu ka purasitiki gafata kw'ikariso. Utwo dukoreshwya rimwe risa tukajugunywa.

Urupapuro rwuzuzwa buri munsi



Urupapuro rwibanga



Icyumweru cya 1

Icyumweru cya 2

Icyumweru cya 3

Ni iki nabonye cyangwa niyumviseho muri iki cyumweru (impinduka ku mubiri, mu bitekerezo no mubyiyumviro...)	Ni iki nabonye cyangwa niyumviseho muri iki cyumweru (impinduka ku mubiri, mu bitekerezo no mubyiyumviro...)	Ni iki nabonye cyangwa niyumviseho muri iki cyumweru (impinduka ku mubiri, mu bitekerezo no mubyiyumviro...)
Ibibazo naba mfite	Ibibazo naba mfite	Ibibazo naba mfite

Indangaminsi

CycleSmart™							Indangaminsi yanjye 2014						
Nzeri							Ugushyingo						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30											
Ukwakira							Ukuwoza						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
2	3	4	5	6	7	8	1	2	3	4	5	6	7
9	10	11	12	13	14	15	12	13	14	15	16	17	18
16	17	18	19	20	21	22	19	20	21	22	23	24	25
23	24	25	26	27	28	29	28	29	30	31			
30													
2015													
Mutarama							Gashyantare						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28
29	30	31											
Werurwe							Mata						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		
29	30	31											
Gicurasi							Kamena						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	7	8	9	10	11	12	13
17	18	19	20	21	22	23	14	15	16	17	18	19	20
24	25	26	27	28	29	30	21	22	23	24	25	26	27
31							28	29	30				
Nyakanga							Kanama						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
30	31						28	29	30				

Isomo rya 3, Igikorwa Cya 2 Uburumbuke bw'umugabo

Igihe: Iminota 40

Imfashanyigisho: Igitabo cy'inkuru ku bahungu Umweru w'igi cyangwa ibindi bisa nkaho mu gasahani

Intego: Abakobwa n'abahungu bazasobanura impamvu n'ibibazo abahungu bahura nabyo bijyanye no gushyukwa, gusohora no kwiroteraho



Ibice by'isomo

- Mbere y'isomo**, soma witonze inkuru ya kabiri yo muri brochurekitwa *Tuganire ku bahungu n'ubugimbi*, inyandiko ijyanye nako **rupapuro rwa 57.**
- Mu itsinda rinini baza abakobwa n'abahungu ibyo bumvise bijyanye no gushyukwa**, gusohora no kwiroteraho. Tahura ibyo babwiwe n'abandi nka bakuru babo, inshuti, ababyeyi, abarimu, ibinyamakuru n'abandi. Muri make subiramo ubusobanuro bw'ayo magambo. (Reba inyandiko zajyenewe umufashamyumvire n'inyandiko ku makuru y'inyongera ku rupapuro rwa 54-57). Ushobora gukoresha umweru w'igi cyangwa ibindi bisa nawo mu gasahani kugira ngo bawitegereze banawukoreho kugirango bumve uko amasohoro aba ameze.
- Musome muranguruye inkuru ya kabiri mu gitabo cy'inkuru z'abahungu mu itsinda rinini cyangwa mu matsinda mato.** Muganire kandi musubize ibibazo kuri iyo nkuru. Baza uko ibyo gasore yahuye nabyo kubigereranya n'ibyo abasore bo mu gace k'iwabo.
- Ha abahungu utubrochure tuvuga “ Tuganire ku bahungu n'ubugimbi”** abakobwa nabo bashobora kwitegereza utwo brochure bakunguranaho ibitekerezo mu kiganiro kigufi. (abakobwa bazahabwa utwo dupapuro mu isomo ritaha)
- Mu itsinda rinini, kora Incamake ushimangira ibi bikurikira**
 - ✓ *Umuhungu ntashobora kugenzura igihe cyo gushyukwa cyangwa kwiroteraho*
 - ✓ Gushyukwa, gusohora no kwirotera ni ibintu bisanzwe rwose. Bisobanura ko umuhungu ari kuba umugabo
 - ✓ Igihe abahungu bashyutswe ntibivuze ko igihe cyose bagomba gusohora. (kudasohora nta ngaruka bigira ku mubiri)
 - ✓ Amasohoro asohoka mu gihe cyo gusohora. Amasohoro aba arimo intangangabo, uturemangingo tw'imyororokere tw'abagabo.



- ✓ Gusohora bivuzeko umuhungu ashobora gutera inda umukobwa cyangwa umugore bari mu gihe cyabo cy'uburumbuke (niba bakoze imibonano mpuzabitsina). Abahungu n'abakobwa bagomba kwirinda imibonano mpuzabitsina kugeza bakuze.
- ✓ Agakingirizo ni bwo buryo umuhungu/umugabo bakoresha mu gihe cy'imibonano mpuzabitsina bubarinda gutera inda ndetse no kwandura indwara zandurira mu mibona mpuzabitsina (nka HIV).

Inyandiko y'umufashamyumvire

Ingingo zingenzi zikubiye mu gatabo k'inkuru k'abahungu na brochure yitwa: *Tuganire ku bahungu n'ubugimbi*

Kuva mu bwana ukaba ingimbi

Mu gihe cy'ubugimbi abahungu barashyukwa. Iki ni igihe igitsina cy'umuhungu kiba cyafashe umurego, kikaba kinini, kigakomera, kikeguka. Gushyukwa biza kensi iyo watekereje ibantu birebana n'igitsina cyangwa se nta mpamu. Gushyukwa ntibivuga ko ari ngombwa gukora imibonano mpuzabitsina.

Abahungu kandi bakiroteraho . Kurota ni igihe amasohoro (amatembabuzi aijya kuba umweru kandi afashe arimo intangangaboo) asohoka mu gitsina cy'umuhungu.

Ntabwo ari ngombwa ko uko umugabo cyangwa umuhungu ashyutswe asohora. Iyo hashize akanya gato gushyukwa birashire bitagize ico bitwara . Igihe amasohoro agiye mu gitsina cy'umukobwa cg umugore ashobora gusama.

Igitondo kimwe navuye mu nzosi, maze nsanga ikabutura n'imanya ndangagitsina byatohejwe n' ibantu bifashe. Ntabwo nikanzze, kuko Data yari yarambiyiye ko umunsi umwe bizatangira kumbaho:

"Kwirotaho" ni igihe igitsina gifashe umurego kikarekura amasohoro usinziriye .

Gufata umurego kw'igitsina no kwiroteraho ni ibantu bisanzwe biba mu mikurire y'abahungu bose kandi badashobora kugenzura.

Ariko, kugira imibonano mpuzabitsina byo wabitegeka kandi ikiruta byose ku bahungu n'abakobwa ni ugutegereza kugeza igihe bozashyingirirwa. Kwirinda imibonano mpuzabitsina bibarinda gutwara inda no kwandura indwara zandurira mu mibonano mpuzabitsina nka virusi itera SIDA.

Niba wowe cyangwa undi muntu uzi, akeneye kuboneza urubyaro cyangwa kwirinda indwara zandurira mu mibonano mpuzabitsina, wareba umukozi wo mu by' ubuzima cyangwa undi muntu mukuru wizeye.

5



Inku ya 2 Ubugimbi bushobora kuba agahebuzo



Umubiri wawe ugenda uhinduka

Igice kirebana n'ugukura gikubiyemo imihindagurikire iba mu mubiri wawe. Burî wese bimubaho mu buryo bwe no ku muvuduko wihariye.

Ku bahungu

Ubwanwa	Kwirotaho	Igitsina kirekura
Urujiwi	Ibihishi	Kuba muremure Kugira Ibigango

Iyi mihindagurikire iba mu gihe k'imonyaka myinshi bikoba nta murongo uhamye bikurikiza. Ibyo byose birasanzwe.

Isomo rya 3

Gusoza n'ibiteganijwe gukurikiraho

Igihe: Iminota5

Imfashanyigisho: udupapuro twitwa

Tuvuge abakobwa n'ubwangavu

Tuganire ku bahungu n'ubugimbi

Ibitabo by'inkuru ku bakobwa n'ibyo
abahungu

Intego: Abakobwa n'abahungu

bazaganira kandi bakoreshe

imfashanyigisho z'umukoro wo mu rugo,

kandi bahitemo umuntu mukuru

bateganya kuzabaza ibyamubayeho mu

gihe cy'imihango cyangwa

gusohora/kwiroteraho.

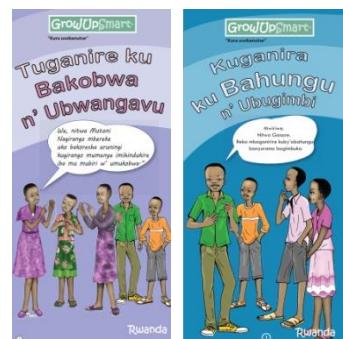
Imfashanyigisho z'umukoro wo murugo

Tegura kopi z'imfashanyigisho z'umukoro wo mu rugo zihagije zo kuza guha abahungu n'abakobwa isomo rirangiye. Buri mukobwa aratahana agapaki ke ka cycle smart kandi karimo na brochure ka Tuvuge ku bakobwa n'ubwangavu. Buri muhungu azacyura ka brochure kariho "Tuvuge abahungu n'ubugimbi". Tegura kandi n'ibitabo by'inkuru z'abakobwa n'iz'abahungu zo guha urubyiruko rutahiwe kuzisoma.

Abakobwa bagumana agapaki ka cyclesmart n'urupapuro rwa Tuganire ku bakobwa n'ubwangavu" n'abahungu bagumana utwo dupapuro gusa ariko ntawemerewe kugumana igitabo ahubwo akigarurira umufashamyumvire mu isomo rikurikiyeho.

Ibice by'isomo:

- Musubire muri make ibiri mu dupapuro** tugenewe abahungu n'abakobwa muri mu itsinda rinini. Saba urubyiruko kuganira n'umuntu mukuru kuri utwo tubrochures (abakobwa baganire kandi ku Agapaki ka CycleSmart) mbere y'isomo ritaha. Saba abakobwa batangiye kujya mu mihangi gukoresha Urunigi mu gukurikirana ukwezi kwabo kw'imihango no kugereranya igehe bazabonera imihango itaha. Ha urubyiruko ibitabo by'inkuru byateguwe bazasomera mu rugo n'ababyeyi babo, bakabigarura baje mu isomo rikurikiyeho.)
- Ku ruziga**, baza buri wese kuvuga umuntu (ashobora kuba mama we, papa we, nyirasenge cyangwa nyirarume, umwarimu ...) ateganya kuzasomana nawe brochure
- Saba abakobwa** kandi kuzavugana n'umuntu w'umugore bizeye akababwira igehe yaboneyeho imihanga bwa mbere n'uko byamugengen dekeye. Saba abahungu, kuzavugana n'umuntu mukuru bizeye ku bijyanye n'igihe yatangiriye kwiroteraho cyangwa gusohora n'uko byari bimumereye.



Isono rya 3

Ibikorwa by'inyongera

Isomo rya 3, Igikorwa cy'inyongera Umukino ngiro: Tuvuge kuuburumbuke

Igihe: Iminota 30 -45

Imfashanyigisho: Agapapuro kuri buri tsinda rya babiri gasobanura uko umukino ukinwa



Intego Hashingiwe k'uburyo bunyuranye bwo gukina, abakobwa n'abahungu baragaraza uko bo cyangwa abandi bantu bazi bagombye kuvuga ibijyanye no kujya mu mihango (ku bakobwa) cyangwa kwioteraho (ku bahungu).

Ibice by'isomo

- Saba abakobwa n'abahungu buri wese** gushaka mugenzi we bakore itsinda rya 2. Ayo matsinda ashobora kuba amatsinda avanze (mukobwa n'umuhungu) cyangwa bavanguye (umukobwa n'umukobwa). **Ha buri tsinda agapapuro** kanditseho ibyo bari bukine. Niba amatsinda ari menshi ushabora kongeramo utundi dukino cyangwa umukino umwe ugakinwa n'amatsinda arenze rimwe.
- Saba buri tsinda gukina umukino** bahawe bakurikije ibyo bize. Batere umwete wogushyiramo ubuvumbuzi/udushya. Umukobwa ashobora gukina ari umugabo kimwe n'uko umuhungu yakina ari umugore niba babishaka. Ha buri tsinda nk'imnota 15 yo kubiganiraho, kubitegura no kubikina mu itsinda ryabo. Niba mugifite igihe, bwira itsinda rimwe kwereka itsinda rinini umukino bateguye.
- Gusangizanya ibyo mwagezeho muri mu itsinda rinini.** Baza ibibazo bisa n'ibi:
 - ✓ *Wumvise umeze ute mu gihe wakinaga?*
 - ✓ *Byoroshye gute cyangwa bikomeye gute kuvuga cyangwa gukina ibyabaye mu mwanya w'undi? Ni ibiki bindi abakobwa n'abahungu bo mu kigero cyanyu bahura nabyo ku birebana na: imihango, kwioteraho, gushyukwa bitunguranye n'izindi mpinduka zo mu bugimbi n'ubwangavu?*
 - ✓ *Niba umukobwa agira imihango myinshi, kubabara mu gihe cy'imihango cyangwa ikindi kibazo cyirebana n'ubuzima, ni hehe yakura amakuru cyangwa serivise z'ubuzima? Niba umuhungu afite ibibazo mu kwhagarika cyangwa ikindi kibazo cy'ubuzima nihehe yakura amakuru cyangwa serivisi z'ubuzima?*
- Kora Incamake** y'ibikubiye mu mukino harimo ingingo zikurikira:
 - ✓ Ikintu gishya nko gutangira kujya mu mihango, ku bakobwa cyangwa gutangira kwioteraho no gushyukwa gutunguranye ku bahungu ni impinduka nini. Birafasha kugira amakuru y'ukuri no kumenya ibizakubaho mbere y'uko bikubaho.
 - ✓ Ababyeyi, ba nyirasenge, ba nyirarume na bakuru babo, abarimu n'abakozi mu by'ubuzima ni isoko ihebuje y'amakuru mukeneeye. Mushobora kandi namwe gufasha barumuna banyu.
 - ✓ Niba ufite impungenge cyangwa ikibazo, bivugane n'umuntu mukuru wumva abantu. Naho wakumva bikubangamiye cyangwa utisanzyue, tangira uvuge amagambo azagenda aza.

Ubusobanuro bw'umukino bakina

<p>Umukino wa #mbere: Umwe akina ari nyirasenge undi akina ari umukobwa w'imyaka 12. Umukobwa ahangayikishije no kuba ataratangira kujya mu mihango kandi inshuti ze zarayigiyemo. Nyirasenge akomerisha umwisengeneza we ku mumenyesha ko n'ubwo imihango itangira ku myaka 9 n'10, habaho n'abatangira kuyibona bitinzezo gato.</p>	<p>Umukino wa #2: Umuntu umwe akina ari umukobwa w'imyaka 10, undi agakina ari mukuru we. Umukobwa atewe ubwoba no kuba yaratangiye kujya mu mihango ariko ntazi ibyo aribyo. Mukuru we amusobanurira imihango icyo aricyo n'uburyo imihango ibaho.</p>
<p>Umukino wa #3: Umuntu amwe akina ari papa, undi nawe agakina ari umuhungu we w'imyaka 13. Umuhungu ahangayikishejwe n'uko iyo abyutse asanga uburiri bwe bwatose. Arabaza se ikibitera. Se amusobanurira kwiroteraho icyo ari cyo kandi ko ari ibintu bisanzwe.</p>	<p>Umukino wa #4: Umwe akina ari umukobwa w'imyaka 12 undi akaba nyina cyangwa se. Umukobwa yanduje ikanzu ye n'amaraso y'imihango ari ku ishuri none ntashaka gusubira ku ishuri kuko atekereza ko buri wese ari bumubone. Mama we cyangwa papa we aramuhumuriza amubwira ko rimwe na rimwe buri mugore asanga ikizinga cy'amaraso ku myenda ye. Nyina cyangwa se amusobanurire ibyo bakoresha kugira ngo batiyanduza..</p>
<p>Umukino wa #5: Umwe arakina ari umuhungu w'imyaka 12 undi ari mukuru we. Umuhungu ahangayikishwe no kuba yisohoreyeho akaba atekereza ko intanga ze ziri kuzerera mu mwuka zikaba zishobora gutera umuntu inda. Mukuru aramusobanurira ibijyanye no gusohora no kwiroteraho</p>	<p>Umukino wa #6: Umwe akina ari umukobwa w'imyaka 13, undi ari mubyara we. Uyu mukobwa abangamiwe no kumesa no kwanika imbindo ze munsi y'uburiri. Ntabwo zimeswa neza kandi ntizuma neza. Mubyara we aramugira inama y' uko agomba kuzimesa no kuzanika neza kandi amukangurira kutabifata nk'ikintu kimubangamiye. Barungurana ibitekerezo kandi n'ahantu ashobora kuzanika ku zubakugira ngo zume neza.</p>

Isomo rya 3, Igikorwa cy'inyongera

Ubumenyi kuuburumbuke: Isubiramo: gutahura amagambo asobekeranye

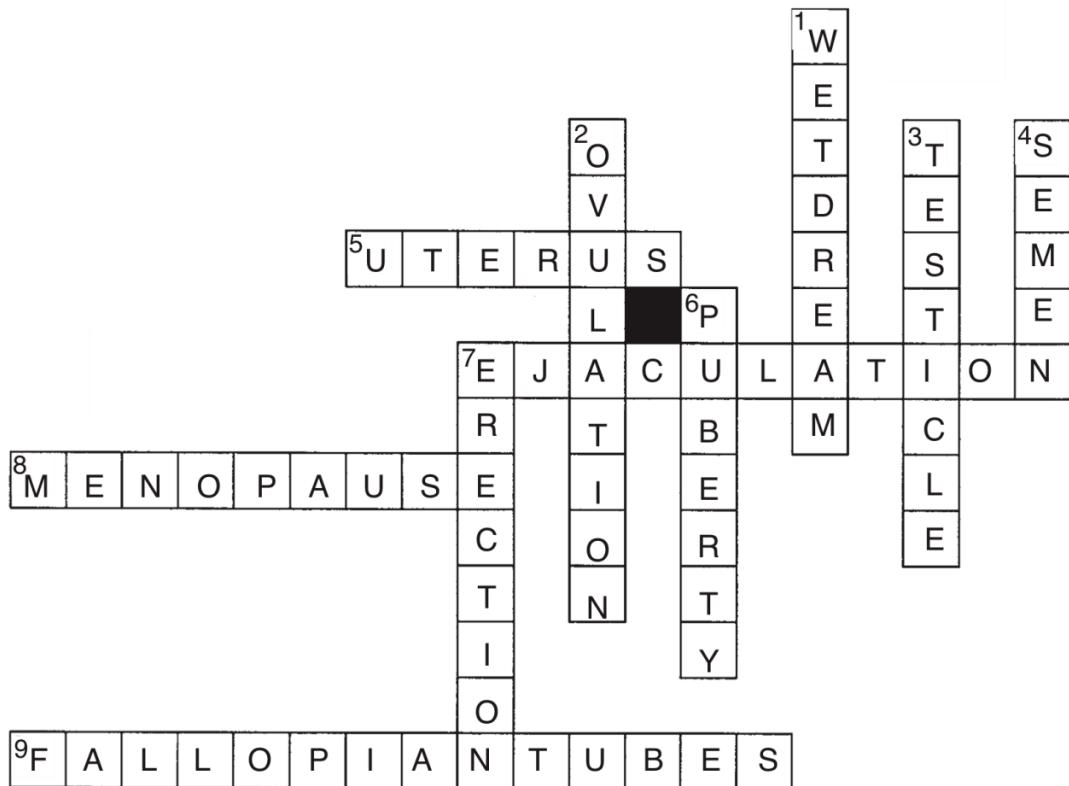
Igihe: iminota 5 yo gusobanura na 10-15 yo kugenzura uko byujujwe

Imfashanyigisho: urupapuro rwo kuzurizaho amagambo asobekeranye, kopi kuri buri muntu

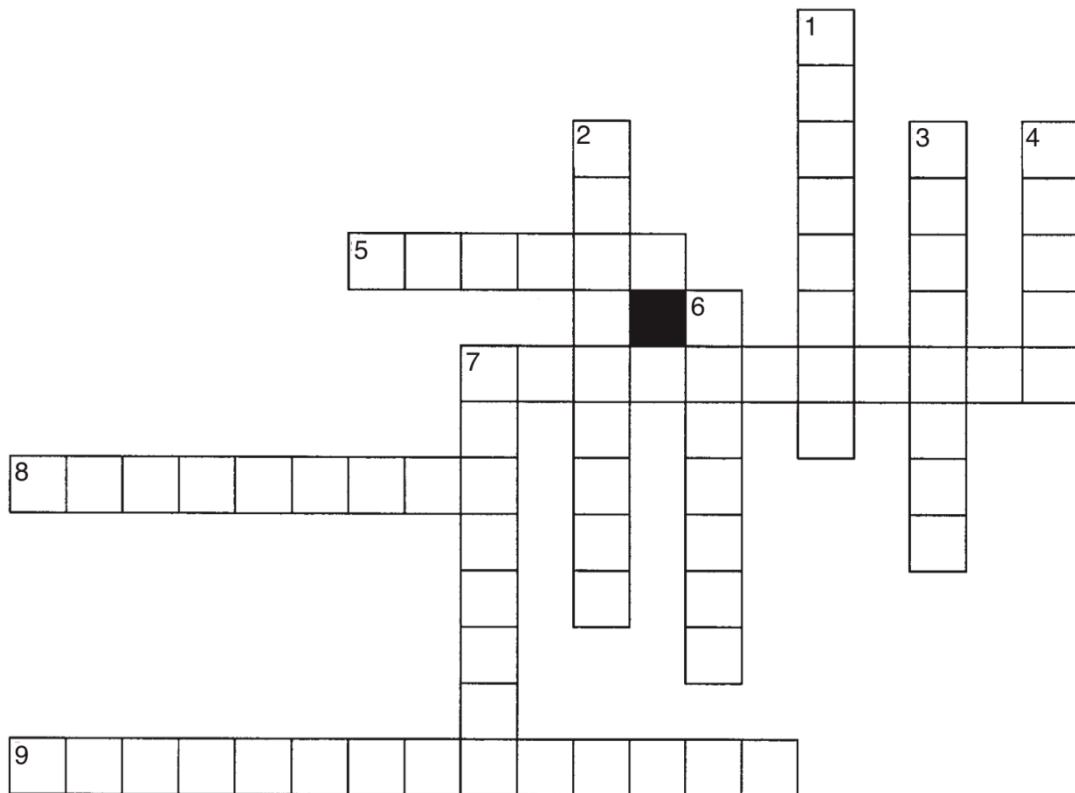
Intego: Mu gutahura no kuganira ku magambo asobekeranye, abakobwa n'abahungu bazazamura ubumenyi bwabo ku myanya myibarukiro n'imikorere yayo

Ibice by'isomo

- Ha buri wese igipapuro kitujuje** azuzuzamo amagambo asobekeranye. Basabe kuzabyuzuza bakazabizana baje mu isomo ritaha.
- Sobanura uko buzuza urwo rusobe ku buryo bukurikira:**
 - ✓ *Soma buri nteruro utahure ijambu cyangwa interuro isobanura.*
 - ✓ *Andika ibisubizo mu tuzu wandika inyuguti muri buri kazu.*
- Mu isomo rikurikiye**, abahungu n'abakobwa bazabe bujuje iyi mbonerahamwe y'amagambo, bakosorere hamwe. Subiza ikibazo cyose cyaba cyabajijwe. Hanyuma musubiremo ibyiciro bigize ukwezi k'umugore. Reba hasi ibigize ibisubizo.



Imbonerahamwe y'amagambo k'ubumenyi k'uburumbuke



Mu ntambike

5. Igice cy'umubiri umwana akuriramo: Nyababyeyi
7. Irekurwa ry' amasohoro anyuze mu mboror: Gusohora
8. Igihe umugore atakijya mu mihang: gucura
9. Igice cy'umubiri w'umugore kivana intangangore mu murerantanga uyijyana muri nyababyeyi (mu magambo 2) Umuyoborantanga

Mu buhagarike

1. Gusohora usinziriye (amagambo abiri): Kwioteraho
2. Kurekura intangangore iva mu murerantanga : irekurwa ry'intanga
3. Ahakorerwa intangangabo: amabya
4. Amatembabuzi asohokera mu mboror mu gihe cyo gusohora: amasohoro
6. Kuva mu bwana ujya mu bukuru: ubugimbi
7. Gukomera kw' imboro: gushyukwa

Isomo rya III

Andi makuru

Ku bakobwa

Imihango ni iki?

Imihango ni amaraso asanzwe asohokana n'ingirango zo muri nyababyeyi. Imara hagati y'iminsi 3 ni 7. Ku bagore bensi imihango iza buri kwezi. Ni ikimenyetso cy'uko umugore aba ashobora gutwita mu gihe akoze imibonano mpuzabitsina. Umugore iyo atwite imihango irahagarara akazongera kuyibona nyuma yo kubyara

Umukobwa atangira kujya mu mihango afite imyaka ingahe?

Nk'uko abakobwa bamwe batangira ubwangavu kare abandi bakabutangira batinze, ni ko no gutangira kujya mu mihango bigye bitandukanye. Bamwe batangira kujya mu mihango ku myaka 9 cyangwa 10 abandi bagatangira kuyijyamo nyuma y'iyo myaka.

Ni ikihe kimenyetso cy'uko imihango yatangiye?

Umukobwa/umugore amenya ko yagiye mu mihango iyo abonye amaraso make ava mu gitsina cye. Amaraso ntabwo yisuka nk'amazi ava muri robine; aza buhorobuhoro. Akensi iyo umugore yumvise gutota kudasanzwe mu nda ibyara, ikariso ye iba yandujwe n'amaraso yaje. Niyo mpamvu ari ngombwa ko umugore acishiriza igihe imihango ye izagarukira agateganya utubindo, twaba udukoreshwa rimwe cyangwa udukoreshwa kenshi kugira ngo yirinde ko ayo maraso yakwandumu imyenda ye.

Ese ayo maraso aba angana iki?

Bivuze ingano y'amaraso atakara mu gihe cy'imihango. Ubusanzwe, mu gihe cy'imihango, ingano y'amaraso atakara iterwa n'umuntu, kuko bamwe batakaza make mu gihe abandi batakaza menshi. Mu ntangiro amaraso aba yijimye akagenda arushaho gutukura uko imihango igenda igabanuka niko igenda igira ibara rikeye. Ingano y'amaraso umugore ava ntabwo angana igehe cyose ihinduka umunsi k'uwundi.

Ukwezi k'umugore ni iki?

Ukwezi kw'umugore Ni igehe gitangira ku munsi wa mbere w'imihango kikarangira kumunsi ubanziriza imihango ikurikiye. Kuko imihango iza buri kwezi ku buryo buhoraho bayita ukwezi.

Ukwezi kw'umugore kureshya gute?

Indeshyo y'ukwezi k'umugore iratandukana ku bagore. Bamwe bagira amezi magufi ashobora kugera ku minsi 21, abandi bakaba bagira amazi maremare ashobora kugera ku minsi 35 bamwe bakaba banarenza Kugira ukwezi guhindagurika ni rusange ku bakobwa bagitangira kujya mu mihango. Biterwa n'uko umubiri ugenda umenyere impinduka ziterwa n'ubwangavu. Urugero, umwana w'umukobwa ukiri muto ashobora kugira ukwezi kureshya n'amezi abiri, hanyuma akazabura imihango cyangwa akagira imihango kabiri mu kwezi. Ukwezi kwe kugeraho kukaba ukwezi kudahindagurika n'ubwo hari igehe gukomeza kuba ukwezi guhindagurika. Rimwe na rimwe kandi birashoboka ko hagati mu kwezi kwe yabona amaraso umunsi umwe cyangwa ibiri. Ibi ubusanzwe ntibikwiye gutera impungenge kuko ni ibintu bisanzwe.

Ni ryari umugore cyangwa umugabo aba afite uburumbuke?

Umugore aba afite uburumbuke igithe aba ashobora gusama. Umugore agira uburumbuke muri imwe mu minsi y'ukwezi kwe yonyine . Iyo ni iminsi aba ashobora gusamiraho muri buri kwezi kwe kuva atangiye kujya mi mihango kugeza acuze. Kuva atangiye gusohora, umugabo agira uburumbuke iminsi ye yose kandi aba ashobora gutera inda igithe cyose ariho. .

Irekurwa ry'intanga ni iki?

Irekurwa ry'intanga ni isohoka ry'intangangore yahishije mu gasabo k'intanga. ubusanzwe ibi biba hagati mu kwezi k'umugore.

Gucura ni iki?

Guca ni icyiciro umugore ageramo ntabe akibona imihango. Imihango ihagarikwa ni uko imisemburo ituma intanga zihishiriza mu gasabo k'intanga iba itagikorwa. Gucura ubusanzwe bitangira ku bagore bari mu myaka 40 na 50. Ariko bishobora no gutangira mbere yaho cyangwa nyuma yaho. Bivuze ko abagore bamwe bashobora gucura ku myaka 35 abandi bagacura barengeje imyaka 50.

Uri mu mihango yumva umubiri we umeze ute?

Rimwe na rimwe umugore ashobora kumva impinduka mu mubiri, cyangwa mu marangamutima mu gihe yegereje kujya mu mihango. Ntabwo ari bose bagira izo mpinduka kuko hari n'abatagira icyo bumva.Umugore ashobora kugira ibimenyetso bikurikira:

Ibimenyetso ku mubiri: Kuribwa mu nda, uburibwe mu mubiri, kubyimba inda, kwiyongera ibiro, kurarikira ibiryo, kubyimba cyangwa kubabara amabere, kubyimba ibiganza cyangwa ibirenge, ibibazo by'uru, kurwara umutwe, kugira isereru cyangwa gushikagurika.

Ibimenyetso mu marangamutima: kugira umushiha, kwiyenza, umujinya, agahinda cyangwa ubwoba, kujija, kubura umutuzo, umunaniro cyangwa ubwihebe. Izi mpinduka zizwi nk'ibimenyetso bibanziriza imihango. Ibimenyetso bibanziriza imihango bishingiye ku mpinduka mu misemburo y'umubiri.

Uko imisemburo igenda yiyongera ikanamanuka mu gihe cy'ukwezi k'umugore, bishobora kugira impinduka ku kuntu umuntu yiyumva,, mu mubiri no mu marangamutima. Mu kugabanya izi mpinduka, ashobora kwikandisha amazi ashyushye, kunywa icyayi kirimo ibirungo nka "mint" na "chamomile" cyangwa se agakoresha imiti yorosha uburibwe. Iyo bitamufashije agomba kujya kwa muganga bakamufasha

Ururenda ni iki?

Abakobwa rimwe na rimwe babona ururenda/amatembabuzi ku myenda yabo y'imbere cyangwa bakumva ububobere mu gitsina.Urwo rurenda rugenda ruhindura ibara n'uko runyerera mu gihe cy' ukwezi k'umugore. Kenshi abakobwa bagira ururenda mu minsi yegereye irekurwa ry'intangangore, aho umubiri uba witeguye kwakira no kwita ku rusoro (intangangabo yahuye n'intangangore). Uru rurenda rufasha intangangabo kunyura muri nyababyeyi igiye guhura n'intangangore, bityo rero iyo umukobwa afite ururenda aba azi ko yegereje igihe cye cy'uburumbuke. Ururenda rwateganirijwe kuba mu myanya myibarukiro singombwa kururkuramo hifashishijwe ibyatsi cyangwa puderu.

Gukurikirana urwo rurenda bifasha abakobwa gusobanukirwa n'imibiru yabo. Iminsi mike umukobwa arangije imihango, ashobora kubona ururenda ruke. Uko iminsi ihita, urwo rurenda

rugenda rwiyongera kuburyo ushobora kurubona n'amaso ndetse ukasarwumva. Kuva rutangiye kuza ubusanzwe rurakomeza mu minsi myinshi igize ukwezi kw'umugore. Nyuma rutangira kugenda rugabanuka kugeza rushize. Urwo rurenda rugaragaza ko umukobwa cyangwa umugore ashobora gutwita.

Kumenya ibintu bisanzwe mu buzima, bifasha umukobwa kumenya kubitandukanya n'ibidasanzwe. Urugero, ururenda rufite impumuro ikaze cyangwa ratera uburyaryate ntabwo rusanzwe. Ayo matembabuzi akensi ni ikimenyetso cy'uburwayi bityo akaba aba agomba kujya kwa muganga.

Ni ibihe bikoresha abakobwa bakoresha mu gihe cy'imihango?

Udutambaro dusa neza: Ni udutambaro tw'emyenda ikozwe mu ipamba bakata bakatizinga neza kugira ngo dukwire mu ikariso. Utu dutambaro tuba tugomba guhora dusa neza. Tugomba kumeswa maze tukamanikwa ahantu hihereye hagera izuba kugira ngo twume neza. Ntitugomba gutizwa abandi.

Impapuro z'isuku: Hari ushobora gukoresha impapuro z'isuku yazikubiranyijemo kensi. Rimwe na rimwe impapuro z'isuku ziba zihanda zikaba zishobora gutera uburyaryate n'udukomere ku ruhu. Zishobora kandi kuba zidahagije mu gufata amaraso y'imihango.

Kotegisi: Izi zateganirijwe gushyirwa mu ikariso ahegereye umubiri. Kotegisi zikoreshwa rimwe zigahita zijugunywa. Ziba zifite umukaba utuma zifata ku ikariso maze ikariso igatuma kotegisi iba yegereye umwinjiro w'inda ibyara. Ziba zifite kandi akantu k' ishashi gatuma amaraso adatambuka. Niba umugore akoresheje kotegisi aba agomba kuzijugunya mu mwobo w'umusarani cyangwa kuzitwika nyuma yo kuzikoresha. Ntizigomba kujugunywa mu birundo by'emyanda cyangwa mu misarani ikoresha amazi kuko byatuma iziba.

Kotegisi zikoze mu myenda yoroshye zisukurwa zikongera gukoresha: nazo zatunganirijwe gushyirwa mu ikariso zegereye umubiri. Ariko zo aho kuzijugunya umaze kuzikoresha, urazimesa, ukazunyuguza hanyuma ukazanika zikuma neza. Ubwo ziba zishobora kongera gukoresha. Kotegisi zisukurwa zikongera gukoresha zishobora kumara igihe cy'umwaka umwe.

Utuzingo dukoze mu ipamba: Ni ipamba bahuza bakaritsindagira, rikagira ishusho nkiryo agatembo ku buryo bagasunikira mu munda ibyara mu gihe cy'imihango. Iri pamba uko ryakira amaraso ava muri nyababyeyi, rigenda ryoroha, ako gatembo kandi kava gafite utugozi dusigara inyuma y'inda ibyara twifashishwa mu gukuramo agatembo igehe kagiye guhindurwa. Umukobwa agomba gukaraba intoki mbere na nyuma yo kwambara ako kazingo. Udupamba natwo tugomba guhindurwa kensi kuko dutinze mu gitsina twateza uburwayi, ntikagomba kwambarwa amasaha arenze umunani.

Icyo umukobwa yakoresha cyose (udutambaro, urupapuro rw'isuku, kotegisi cyangwa ipamba) agomba guhindura kensi kugira ngo yirinde kwiyunduza no kugira impumuro mbi. Iyo amaraso y'imihango ahuye n'umwuka bitanga impumuro mbi. Kotegisi n'ipamba birahenda kurusha udutambaro n'impapuro z'isuku, ariko byose bikora neza. Umukobwa ashobora rimwe na rimwe kubaza mukuru we, nyina cyangwa undi muntu wo mumuryango wa hafi ibyo agomba gukoresha. Umukobwa ashobora kubangamirwa n'uko inshuti zamubona atwaye ibyo bikoresha, ariko ashobora kubitwara mu gipapuro yashyira mu gakapu ke, igikapu atwaramo ibikoresha by'ishuri, cyangwa agakapu baheka nta mbogamizi biba biteye.

Iyo ikariso ye cyangwa undi mwenda wandujwe n'amaraso y'imihango, ashobora kuyitumbika mu mazi akonje arimo umunyu muke, amazi ashyushye atuma amaraso ahinduka ikizinga kitavamo.

Ku bahungu

Gushyukwa ni iki?

Gushyukwa ni igihe imitsi y'imbоро yuzuyemo amaraso bityo igakomera kandi ikareba ahantu hamwe, gushyuka biba rimwe na rimwe iyo abahungu bifuje kandi bagatekereza ibintu bifitanye isano n'igitsina, ubundi bikaba byaza ntampamvu ntibashobora kuba ige ibyo bibera. Ni ibintu rusange ku bahungu kubyuka mu gitondo bashyutwse. Iyo basinziriye nijoro, imboro yabo igenda ishyukwa yongera igwa inshuro eshanu kugeza kuri indwi. Ibi akaba ari ibintu bisanzwe bigaragaza ko afite ubuzima bwiza. Gushyukwa si ikimenyetso cy'uko umuhungu akeneye gukora imibonano mpuzabitsina. Iyo umuhungu yashyutswe ntashobora kwihagarika kubera ko hari imitsi iba yafunze uruhago rw'inkari agomba gutegereza ko imboro ye igwa akabona gushobora kwihagarika.

Gushyukwa bishobora kumara ige kinini cyangwa gito kandi bishobora kubera aho ariho hose n'igihe icyo aricyo cyose. Ibi bishobora kubangamira abahungu, cyane cyane mu gihe batari babyiteze. Gushyukwa bitunguranye bigenda bigabanuka uko umuhungu agenda akura. Mu gihe atunguwe no gushyukwa umuhungu ashobora: Kwita ku bindi bintu, gukomeza akicara, kwambara ipantaro irekuye gushyira igitabo cyangwa ikindi kintu imbere y'igitsina cyangwa ntagire ikintu akora.

Kurangiza ni iki?

Kurangiza ni ige amasohoro avuye mu gitsina cyashyutswe cy'umuhungu cyangwa cy'umugabo bivuye ku byiyumvo bishingiye ku gitsina. Uko umugabo ashyutswe siko asohora iyo ategereje gushyukwa birashira kandi ntibigire ikibazo bitera mu mubiri. Iyo umuhungu atangiye ubugimbi, amasohoro ye aba yenda gucyu cyangwa yenda kuba umuhondo. Uko agenda akura atangira gusohora intanga nyinshi zikuze kandi amasohoro yenda kugira ibara ryera. Abahungu ntibavukana intanga, batangira kuzigira mu gihe cy'ubugimbi. Iyo yatangiye kuzigira azigira ubuzima bwe bwose. Iyo intanga zisohorewe mu nda ibyara y'umugore, ashobora gutwita, amasohoro kandi ashobora kubamo indwara zishobora kwanduza umugore. Intangangabo isohowe niyo itanga igitsina cy'umwana uzavuka: umuhungu cyangwa umukobwa.

Kwiroteraho ni iki?

Kwiroteraho ni ige igitsina cy' umuhungu gishyutswe, maze agasohora mu gihe asinziriye. Ibi bituma abyuka ikariso cyangwa uburiri bitose. Iyo umuhungu adasobanukiwe ibijyanye no kwiroteraho ashobora guhangayika cyangwa akayoerwa ibimubayeho. Kwisohoreraho ni ibintu bisanzwe. Umuhungu we ubwe ntashobora gukumira cg guhagarika kwiroteraho.

Ese imboro igira uburebure bungana iki?

Nta ndeshyo ikwiye y'imbоро ibaho. Ideshyo zinyuranye zayo zose ni zo. Urebye imboro yawe usanga idahora ingana. Mu gihe urakaye cyangwa ukonje uzabona yabaye ngufi kuruta uko yari isanzwe. Iyo wisanzuye ufite n'igipimo cy'ubushyuhe cyiza bituma imboro iba ndende ho kuruta uko yari isanzwe kuberako amaraso aba atemberamo neza. Imboro iba ndende kandi igakomera mu gihe yashyutswe, ishobora nokujya ku ruhande rumwe ige yashyutswe. Ibi byose ni ibisanzwe.

Ni ryari abahungu barumbuka?

Abahungu ntibagira iminsi yo kutarumbuka n'ijo kurumbuka. Abahungu n'abagabo bahora bafite uburumbuke buri munsi. Bivuzeko burigihecyose bakoze imibonano mpuzabitsina bashobora

gutera inda umukobwa cyangwa umugore. Nyuma yuko umuhungu asohoye bwa mbere ni ikimenyetso cy'uko ashobora gutera inda umukobwa cg umugore igehe uwo yaba ari mu gihe cye cy'uburumbuke.

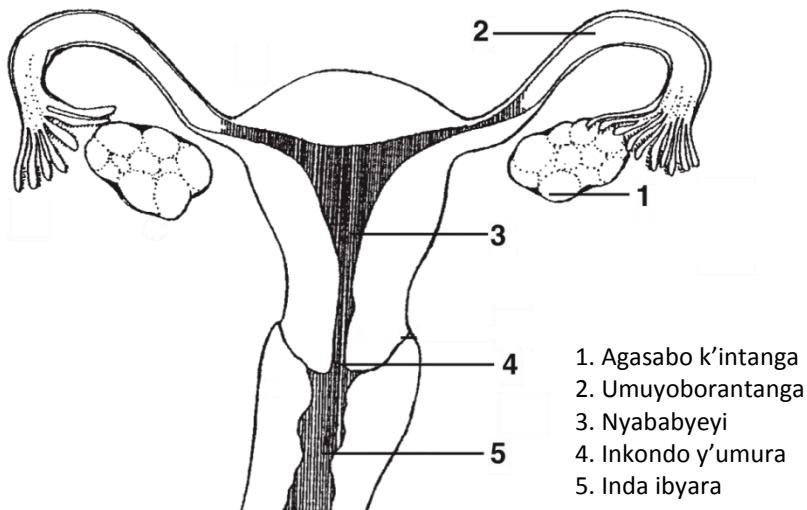
Ni iki kigena igitsina cy'umwana ?

Mu gihe habayeho isama, intanga y'umugabo niyo itanga igitsina cy'umwana si intanga y'umugore.

Imyanya myibarukiro y'umugore y'imbere (itagarakara inyuma)

Umuntu wese w'igitsinagore avukana ibihumbi by'intanga ngore mu gasabo ke k'intanga. Izo ntangangore ziba ari nto ku buryo zitabonwa n'ijisho. Iyo umukobwa ageze mu bwangavu, intangangore nto irakura/ igahisha muri kamwe mu gasabo k'intanga ikanyura mu muyoborantanga igana muri nyababyeyi. Uku kurekurwa kw' intangangore iva mu gasabo k'intanga byitwa irekurwa k'intangangore. Nyababyeyi yitegura kuhagere k'urusoro, ikora icyari cyoroshye cyimeze nk'umusego. Iyo umukobwaakoze imibonano mpuzabitsina mu minsi mike ibanziriza, cyangwa ikurikira irekurwa ry'intanga, intangangore igera mu muyoborantanga ahashobora kuba hari intangangabo yari itegereje guhura nayo. Iyi ntangangore ihuye na ya ntangangabo (bita gusama) hakorwa urusoro, rujya muri nyababyeyi, muri cya cyari rukagumamo mu gihe cy'amezi icyenda, airwo ruvamo umwana. Igihe intangangore itahuye n'intangaboo, icyo gihe nyababyeyi ntiba igikeneye cya cyari yari yateguye, irakirekura kigaragara nk'amaraso. Ibi byose binyura mu nkondo y'umura bigasohokera mu nda ibyara. Aya maraso niyo bita kujya imugongo cyangwa imihango.

Imyanya myibarukiro y'umugore igaragara inyuma



Imyanya y'inyuma igizwe n'ibice bibiri bijya kwiburungushura aribyo imigoma (igice kinini kiri inyuma) n'imishino/imisundi (igice gitoya kandikibanza. Akamaro k'iyi myanya ni ukwambika no kurinda umwinjiro w'igituba. Hejuru y'imishino hari akabiri gato kiburungushuye kitwa rugugongo. Rugongo igizwe n'ingirangingo zimeze nk izikoze umutwe w'imboro kandi ibbara byoroshye/kuyikoraho bitera ubushagarira. Umuyoboro w'inkari ni umuyoboro muto utwara inkari ziva mu ruhago zijya hanze. Inkari zijya hanze zinyuze mu mwenge w'inkari. Umwinjiro winda ibyara ni umwenge usohokeramo imihango. Imyanya ndagagitsina yo hanze yose hamwe niyo yitwa igituba.

Amagambo y'ingenzi

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

Imiyoborantanga: Imiheha intanga zinyuramo zivuyemu dusabo tw'intangangore zijya mu mura.

Gusama. Guhura kw'igi n'intangangabo

Imihango: Amaraso hamwe n'ingirangingo bisohoka buri kwezi biva mu mura

Udusabo tw'intanga: udusabo tubamo ibihumbi by'intangangore zitarahisha

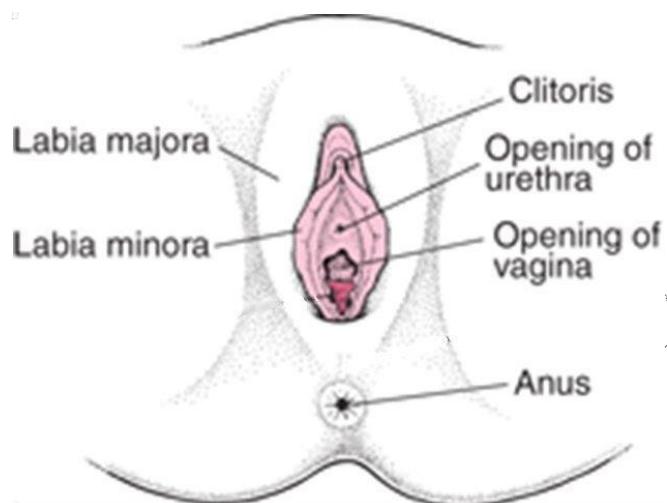
Irekurwa ry'intanga: kurekurwa kwa buri gihe kw'intanga ngore yahishije ikava mu murerantanga

Amatembabuzi/ amavangoingo: ibintu bibyoroshye bikorwa n'imvubura mu maraso cyangwa hanze y'umubiri.

Nyababyeyi: igice cy'umubiri w'umugore aho umwana akurira kuva asamwe kugeza avutse

Inda ibyara/: kimwe mu bice by'imyanyangadagitsina y'umugore gihuza imyanyangadagitsina y'inyuma na nyababyeyi/umura

Imyanya myibarukiro y'umugore igaragara inyuma



Imyanya y'inyuma iginzwe n'ibice bibiri bijya kwiburungushura ariyo imigoma (igice kinini kiri inyuma) n'imishino/imisundi (igice gitoya kandikibanza). Akamaro k'iyi myanya ni ukwambika no kurinda umwinjiro w'igituba. Hejuru y'imishino hari akabiri gato kiburungushuye kitwa rugugongo. Rugongo igizwe n'ingirangingo zimeze nk izikoze umutwe w'imbororo kandi ibbara byoroshye/kuyikoraho bitera ubushagarira. Umuyoboro w'inkari ni umuyoboro muto utwara inkari ziva mu ruhago zijya hanze. Inkari zijya hanze zinyuze mu mwenge w'inkari. Umwinjiro winda ibyara ni umwenge usohokeramo imihango. Imyanya ndangagitsina yo hanze yose hamwe niyo yitwa igituba.

Amagambo y'ingenzi

Rugongo: akabiri gato kiburungushuye kari ku mpera y'imishino gatera ubushagarira iyo bagakozeho

Imigoma: Ibihu bibiri bizengurutse inda ibyara bishinzwe gutwikira no kurinda imyanya ndangagitsina

Imishino/ imisundi: Uduce tubiri tw'umubiri dukikije umuyoboro w'inkari n'inda ibyara dutangiriye kuri rugongo

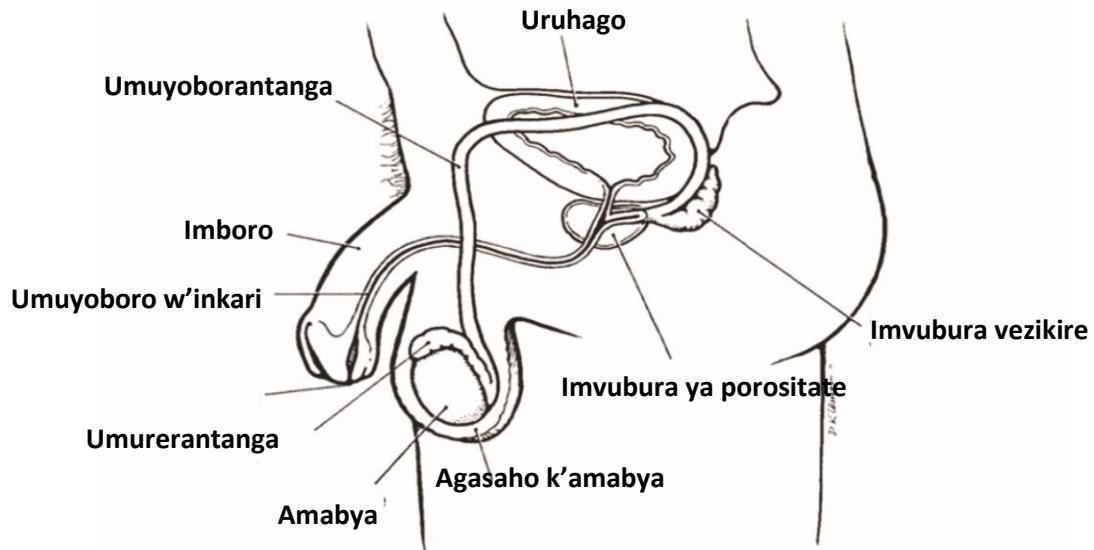
Umuyoboro w'inkari: Umuyoboro muto usohora inkari mu ruhago uzijyana hanze y'umubiri.

Umwenge w'inkari: Umwenge inkari zihokeramo

Umwinjiro w'igituba: Umwenge imihango isohokeramo iva mu mubiri

Igituba: Imyanya ndangagitsina y'umugore igaragara inyuma ariyo imigoma, imishino, rugongo na vesitibile.

Imyanyamyibarukiro y'umugabo igaragarinyuma



Kuva ubugimbi butangiye, amabya akora intangangabo ubudahagarara. Amabya aba mu isaho yayo. Uko intanga zikura, zimukira mu murerantanga zikahamara ibyumweru. Hanyuma intanga ziva mu murerantanga zikajya mu miyoborantanga. Iyo miyoboro zinyuramo inyura mu mvubura ebyiri (imvubura ya vesicule n'imvubura ya porositate) zikora amatembabuzi yivanga n'intanga bigakora amasohoro. Mu gihe cyo gusohora, amasohoro asohokera mu mboro akajya hanze anyuze mu muyoboro w'inkari. Umwenge w'inkari ni wo umuhungu/umugabo anyariramo akanasohoreramo.

Amagambo y'ingenzi

Gusohora: Kurekurana imbaraga amasohoro kw'imboro.

Umurerantanga: Umwanya intanga zimaze gukorwa n'amabya zikuriramo.

Imboro: Umwanya ndangagitsina ku muhungu /mugabo w'inyuma usohokeramo amasohoro n'inkari.

Imvubura ya porositate: Imvubura ikora amatembabuzi ameze nk'amata intangangabo zogamo nyuma nayo aguhinduka **amasohoro**.

Agasaho: Uruhu rukoze agafuka kabamo amabya

Amasohoro: Amatembabuzi asohoka mu mboro mu gihe cyo gusohora

Imvubura ya vesicule: Imvubura ntoya ikora amatembabuzi afashe kandi afatira ashinzwe guha imbaraga intangangabo

Intangangabo: Ingirangingo y'igitsina gabu.

Amabya: Imyanya myibarukiro y'umugabo ikora intangangabo.

Umuyoboro w'inkari: Umuyoboro ukura inkari mu ruhago (aho inkari zikusanyirizwa mu mbubiri) kugera aho zisohokera. Ku bagabo, Umuyoboro w'inkari ninawo ucamo amasohoro.

Umwiniro w'umuyoboro w'inkari: Umwenge inkari zisohokeramo.

Umuyoborantanga: Umuyoboro muremure ufile umubyimba muto unyuramo intanga zivuye mu murerantanga.

ISOMO 4

Uburumbuke bw'umugore bwahuye n'ubw'umugabo

Gahunda

Gutangira

Igikorwa cya 1: Uko gutwita kubaho

Akaruhuko niba gakenewe

Igikorwa cya 2: Urusobe rw'ingaruka zishoboka

Gusoza no kuvuga ibizakurikiraho: Imfashanyigisho z'umukoro wo mu rugo

Brochure: *Tuvuge abakobwa n'ubwangavu, Tuvuge abahungu n'ubugimbi*

Igitabo cy'inkuru ku bakobwa n'abahungu

Ibindi bikorwa: Byinshi ku ndwara abantu bashobora kwandurira mu mibonano mpuzabitsina,

Gutegura imiryango ifite ubuzima bwiza

Andi makuru

Intego

Nyuma y'iri somo abakobwa n'abahungu baraba bashobora:

- 1) Gusobanura uburumbuke no gutwita
- 2) kuganira ku mpamvu zo kutishora mu mibonano mpuzabitsina bakiri bato
- 3) Kuganira ku mfashanyigisho z'umukoro wo mu rugo hanyuma bavuge umuntu bazabaza ibijyanye n'indangagaciro zabo zirebana n'igitsina n'imvugo mboneragitsina

Isomo rya 4 Gutangira

Mu itsinda rinini baza abakobwa n'abahungu kubwirana ibyo bahuye nabyo mu cyumweru gishize cyane cyane ibirebana n' imfashanyigisho z'umukoro wo mu rugo. Baza ibibazo bisa nk'ibi:

- ✓ *Ni iki mwigiye mu biganiro mwagiranye n'abantu bakuru kubijyanye n'ibyo umuntu ugitangira kubona imihango nk'umukobwa cyangwa kwiroteraho no gushyukwa nk'umuhungu?*
- ✓ *Mu gihe mwabivugagaho wumvaga umeze ute?*
- ✓ *Ku bakobwa bakoresheje Urunigi, nta watubwira ibyo yahuye nabyo?*
- ✓ *Nta kindi kibazo kijyanye n'ikoreshwa ry'Urunigi?*

Subiza ibibazo byabajije birimo n'ibakuwe mu gasanduku k'ibibazo by'ibanga. Fata ibitabo by'inkuru k'ubugimbi/ubwangavu bari bacyuye ubushize bagaruye. Bwira itsinda ko uyu munsi mugiye kuvuga ihuzwa ry'uburumbuke bw'umugabo n'ubw'umugore, harimo uko gutwita/ gusama bibaho, ibimenyetso by'uburumbuke n'inyugu urubyiruko rukura mu gutinda gutangira gukora imibonano mpuzabitsina (kutishora mu mibonano mpuzabitsina imburagihe).

Isomo rya 4, Igikorwa Cya 1 Uko gusama bibaho

Igihe: Iminota 45

Ibikoresho: Urupapuro rw'umweru runini na Marikeri

Intego: Abakobwa n'abahungu barasobanura guhura kw'intanga no gusama.

Ibice by'isomo:

1. **Mbere y'iri somo,** soma witonze inyandiko igenewe umufashamyumvire, andi makuru yo ku isomo rya 4 hamwe n'inyandiko yo guha abahugurwa A, B na C byo mu isomo rirangiye rya 3.
2. **Mu itsinda rinini,** saba abakobwa n'abahungu gutekereza kubyo bumvise bivugwa bijyanye n'aho umwana aturuka urugero nka: abana baturuka mu mukondo wa nyina, cyangwa abaganga n'ababyaza nibo baha ba nyina abana. Garagaza ibihuha n'inkuru zibivugwaho. Hanyuma umwe mu rubyiruko cyangwa umufashamyumvire avuge inkuru nyayo y'uko umwana abaho bivuye ku

Ivumburamatsiko: Ninde utsinze irushanwa?

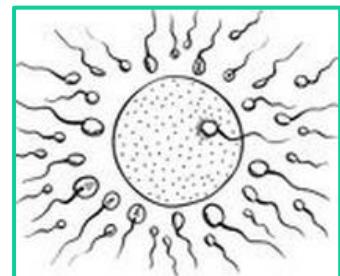
Mbere nambere saba abakobwa n'abahungu bafatanye kwigizayo inteve cyangwa ikindi kintu cyose kiri mu cyumba kugira ngo babone aho bakinira. Hanyuma shushanya uruziga runini kurupapuro urushyire ku ruhande rumwe rw'icyumba cy'amahugurwa. Naho abakobwa n'abahungu bajye ku rundi ruhande birebana. Hanyuma babwire ko mugiye gukina "heal-walk race" aho muri burebe umuntu ugera mberey'abandi kuri rwa ruhande rurimo uruziga agakora mu ruziga mbere yabo, mugendagenda aho mu cyumba nyuma uvuge 1, 2, 3...Genda! Bur wese agerageza kuba uwambere mu gukora mu ruziga.Umuntu ukoze bwa mbere mu ruziga ashimirwa nk'umuntu wirutse cyane nk'uruziga.



mibonano mpuzabitsina hagati y'umugabo n'umugore, hanyuma intangangabo igahura n'intangangore.

3. Baza ibi bibazo “igitsina ni iki” cyangwa “Imibonano mpuzabitsina ni iki? Ibi ni uburyo bwo gukurura ibiganiro no gutinyura urubyiruko kuvuga ibyo bazi. Zirikana ko mu bana b'ibimyaka 10 na cumi n'ine harimo abafite ubumenyi bukiri hasi ku bijyanye n'izi ngingo bityo bakaba batungurwa kandi bakabangamirwa n'ibyo bagenzi babo bazi n'uburyo bafite byinshi byo kuvuga. Reba inyandiko igenewe umufashamyumvire, kugira ngo umenye ingingo z'ingenzi, zo kuganiraho mu gihe cyo gusobanura imibonano mpuzabitsina (imboro yinjizwa mu gituba) no gusohora mu gihe irekurwa ry'intanga ryegereje. Sobanura kandi ko uretse gutanga ubuzima, imibonano mpuzabitsina ifite ibyiza kandi bishimishije. Ongeraho kandi ko igomba gukorwa ku bwumvikane hagati y'abayikora atari gukoresha igitsure cyangwa imbaraga.

4. Sobanura uguhura kw'intanga no gusama: Ukoreshheje uruziga rushushanyije ku gipapuro kinini (cyakoreshwe mu gakino nshyushya masomo muri heal-walkrace) ruhagarariye intangangore hanyuma ushushanye intangangabo nyinshi zitanguranwa kuri iyo ntangangore. Nk'uko mu mukino bose batanguranwaga kuba aba mbere mu kugera mu ruziga, niko miliyonu nyinshi z'intangangabo zoga mu miyoborantanga zishakisha guhura n'intangangore.” Iyo intangangabo imwe ihuye n'intangangore habaho gusama. Shimangira ko kugira ngo isama ribeho hagomba ibintu bitatu bikurikira:



- ✓ Hagomba kuba hari intangangore muri umwe mu miyoborantanga y'umugore
- ✓ Intangangabo igomba guhura n'intangangore yo mu igi ryarumbutse
- ✓ Nyuma yo guhura kw'izo ntanga, urusoro ruvuyemo rugomba kujya kwiyomeka mu cyari nyababyeyi yateguye akaba ariho rukurira rukavamo umwana. Buri wese muri twe yabayeho binyuze mu mibonano mpuzabitsina y'ababyeyi bacu

5. Subiza ibibazo kandi utange izindi ngero zikenewe. Mu duce tumwe, kugereranya uburumbuke bw'abantu n'ibihe, ibimera cyangwa inyamaswa bishobora gufasha cyane.

6. Kora Incamake mu ngingo z'ingezi zikurikira:

- ✓ Guhura kw'intangangore n'intangangabo byitwa gusama. Intangangabo yinjira mu nda ibyara y'umugore mu gihe cy'imibonano mpuzabitsina (Imboro mu nda ibyara) n'umugabo.
- ✓ Umuhungu wageze mu gihe cy'ubugimbi aba ashobora gutera inda kugeza ashaje (ahorana uburumbuke).
- ✓ Umukobwa wageze mu bugimbi ashobora gusama inda ku minsi imwe n'imwe mu kwezi kwe. Ibi babyita iminsi y'uburumbuke. Ku yindi minsi ntashobora gusama. Iyo akoze imibonano mpuzabitsina mu minsi ye y'uburumbuke aba afite amahirwe yo gusama nubwo byaba ari ubwa mbere akoze imibonano mpuzabitsina. Umugore aba afite ubushobozi bwo gusama igihe cyose akibona imihango. Iyo ageze mu gihe cyo gucura, kubona imihango birahagarara, bityo ntabe agishoboye kuba yasama.

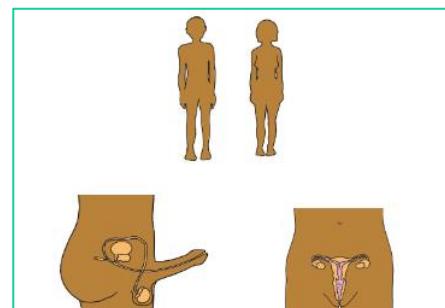
- ✓ Ni byiza cyane ku bakobwa n'abahungu kwirinda gukora imibonano mpuzabitsina kugeza bashatse, kuko aribwo baba bamaze gukura mu bwenge, mu mitekerereze bakaba biteguye gukora imibonano mpuzabitsina, biteguye kugira umwana no kumwitaho.
- ✓ Intangangabo niyo igena ko umwana avuka ari umukobwa cyangwa umuhungu.
- ✓ Rimwe na rimwe abashakanye bashobora kutabasha gusama n'ubwo baba bakora imibonano mpuzabitsina idakingiye. Ibi babyita ubugumba. Nyamara niba bakora imibonano mpuzabitsina ariko umugore ntasame ntibisobanura ko adafite uburumbuke.

Bigenda bite mu gihe cy'imibonano mpuzabitsina?

Imibonano mpuzabitsina ni igihe imboro y'umugabo yinjiye mu nda ibyara y'umugore. Ibi bishobora gutera umugabo gusohora amasohoro. Iyo asohoye, mu nda ibyara y'umugore, intangangabo zivuye mu masohoro zoga zigana muri nyababyeyi, zigakomereza mu miyoborantanga zishakisha intanga ngore yo guhura nazo. Mu gihe cy'imibonano mpuzabitsina miliyoni nyinshi z'intangangabo, zishobora guhosoka mu masohoro. Zimwe zishobora kubaho kugeza ku minsi itanu n'itandatu mu myanyamyibarukiro y'umugore. Uretse imibonano mpuzabitsina ikorerwa munda ibyara y'umugore (imboro n'inda ibyara), hari n'abakora imibonano mpuzabitsina bakoresheje umunwa cyangwa mu kibuno. Gusama bibaho iyo imibona ikoreshejwe imyanyandangagitsina, ubu uburyo bwose bw' imibonano mpuzabitsina bushobora gutuma abantu banduzanya indwara impamvu akaba ari uko indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa no guhuza amatembabuzi ava mu mubiri. (Reba ku rupapuro rwa75-76 ku makuru aruseho ku bijyanye n'indwara umuntu ashobora kwandurira mu mibonano mpuzabitsina).

Ni gute gusama bibaho?

N' ubwo umukobwa cyangwa umugore adashobora kumenya neza igihe intanga ye izarekurirwa iva mu gasabo k'intanga, ubusanzwe biba mu cyakabiri cy'ukwezi kwe. Nyuma y'uko igi rirekuwe, ryoga mu muyoborantanga igana muri nyababyeyi. Mu masaha 24 rimara rigenda gahoro mu miyoborantanga, riba rifite amahirwe yo guhura n'intangangabo niba habayeho imibonano mpuzabitsina. Intangangabo ishobora gутегереza igi kandi ifite ubushobozи bwo gутегереza igi kugeza ku minsi itanu cyangwa itandatu. Intangangore akensi iba ari ngari kuruta intangabo. Intangangabo imwe yonyine niyo ishobora kwinjira no guhura n'intangangore. Intangangabo igena niba urusoro rubayeho ruzavamo umwana w'umukobwa cyangwa w'umuhungu, intangangore imaze guhura n'intangangabo, bijya gukurira mu cyari cyateguwe na nyababyeyi. Ibi bitwara iminsi itandatu kugirango urusoro rugere muri nyababyeyi. Rumaze kugera neza mu cyari, urusoro rutangira gukura. Nyuma y'amezi icyenda ubusanzwe umwana aravuka anyuze mu nda ibyara ya nyina.



Umukobwa cyangwa umugore abwirwa ni iki ko atwite?

Nyuma y'igihe gito igi rigeze muri nyababyeyi, umubiri utangira gukora imisemburo yo guhagarika imihango no gutuma umwana akura. Iyo misembero ishobora kugaragarira mu bizamini by'amaraso n'iby'inkari by'umugore. Abagore benshi bashobora kuba batwite, iyo imihango yahagaze, cyangwa bakabona impinduka ku mubiri wabo nko kubyimba amabere, no kwiyongera ibiro. Guhagarara kw'imihango ariko ntabwo ari ikimenyetso simusiga cyo kuba umugore yasamye.

Ni iki gitera kubyara impanga?

Impanga zavuye mu igi rimwe ziba zisa kandi ari abakobwa bombi cyangwa bombi ari abahungu. Ibi biba iyo mu mikurire yarwo urusoro rwigabanyijemo kabiri. Impanga zitavuye mu igi rimwe (amahaha) zibaho iyo habayeho ko intangangore zirekuriwe rimwe ari ebyiri imwe ku gasabo k'iburyo n'indi ku gasabo k'ibumoso hanyuma buri yose igahura n'intangangabo zitandukanye. Izi mpanga zishobora kuba igitsina kimwe cyangwa ibitsina bitandukanye.

Isomo rya 4, Igikorwa Cya 2 Urusobe rw'ingaruka zishoboka



Igihe: Iminota 50

Imfashanyigisho:

Urudodo cyangwa ikizingo cy'urudodo ruzingiye ku kintu ku buryo ushobora gufata ku cyo ruzingiyeho hanyuma ugakomeza kuruterera mu-genzi wawe.

Urupapuro runini na marikeri

Intego: Abahungu n'abakobwa baragaragaza impamvu zo kutishora mu mibonano mpuzabitsina bakiri bato.

Ibice by'isomo

1. Mu itsinda rinini bwira abakobwa n'abahungu ko igikorwa gikurikiyeho ari ugusesengura ingaruka zishobora gutterwa no kwishora mu mibonano mpuzabitsana. Mu gihe urubyiruko rwinshi rutegereza gukora imibonano mpuzabitsina ari uko rwashyingiwe, hari abahungu n'abakobwa batabibona kimwe nabo. Baza iki kibazo" Muratekereza ko ari iyihe mpamvu bamwe mu rubyiruko bakora imibonano mpuzabitsina ibisubizo bishoboka ni:

- ✓ Agakungu k'urungano cyangwa abavandimwe
- ✓ Amatsiko cyangwa gutanga urwaho
- ✓ Kudatinyuka kuvuga oya
- ✓ Gushukwa cyangwa kubihatirwa
- ✓ Gushaka urukundo cyangwa kwitabwaho
- ✓ Kunywa inzoga cyangwa ibiyobyabwenge
- ✓ Ibindi...

2. Mukore uruziga runini; bwira itsinda ko mugiye gukina umukino wagereranywa n'inzu y'igitagangurirwa hifashishijwe kwibukiranya ingaruka zose zishoboka gutterwa n'imibonano mpuza bitsina". Buri wese arafatanya n'abandi gukora urutonde rw'izo ngaruka ku bakobwa no ku bahungu mu buryo bukurikira:

Iyo umupira ukuguyeho: fata uwo mupira

- ✓ *Vuga imwe mu ngaruka zo gukora imibonano mpuzabitsina (urugero, "umukobwa ashobora gutwara inda!")*
- ✓ *-ongeraho n'inkuru cyangwa uwo byabayeho (umuturanyi wanje yatwaye inda bituma arangiza kwiga bimugoye)*
- ✓ *Komeza gufata urudodo hafi y'aho agapira kari (ukomeze kurufata mu mukino wose mu kubaka inzu y'igitagangurirwa)*
- ✓ *Jugunyira umwe mu bari ku ruziga kugira ngo agafate*
- ✓ **SUBIRAMO**

3. Umuntu usamye agapira nawe avuga indi ngaruka ikomoka ku kwishora mu mibonano mpuzabitsina. Hanyuma nawe agaterera undi.

4. Subiramo ibyo bice *inshuro nyinshi* kugeza ubwo ingaruka zishingiye ku mibonano mpuzabitsina umuntu atarakura mwumva ko zose zarangiye kandi agapira kagarutse ku bantu kenshi ku ruziga kandi byagiye binyuranamo bikubaka ikintu kimeze nk'inzu y'igitagangurirwa. Iyo umuntu afashe agapira ntahite abona icyo avuga, ashobora gusubira mu byo abandi bavuze. Mu kurangiza, bafata urudodo mu ntoki maze bakarurekurira rimwe rukagwa rumeze nka ya nzu y'igitagangurirwa bubatse hagati mu ruziga.

6. Mugaruke ku ruziga hanyuma mukoreshe urupapuro runini rushyirwaho ishushonsobanuro z'ingaruka zavuzwe mu mukino ziterwa no kwishora mu mibonano mpuzabitsina ku bakobwa no ku bahungu (Reba urugero hasi). Hagize indi iboneka itari yavuzwe mu mukino nayo yakongerwaho.

7. Muganire ku mpamvu, ibyago n'inshingano zo kwirinda ubwawe, indwara zandurira mu mibonano mpuzabitsina hamwe n'inda zitifujwe (Reba inyandiko zigenewe umufashamyumvire). Babwire kandi ko kwita no kwereka umuntu urukundo bigomba kuba urukundo rwishimirwa na buri wese kandi ko hari ingaruka nyinshi mu gukora imibonano mpuzabitsina

8. Kora Incamake mu ngingo z'ingenzi zikurikira:

- ✓ Hari impamvu nyinshi zituma abakobwa n'abahungu bagomba kwirinda kwishora mu mibonano mpuzabitsina kugeza bashatse. Muri izo mpamvu harimo izishingiye ku mubiri, ku mitekerereze, ku mibanire n'abandi, ku bukungu ndetse n' ibyo umuntu aba ateganya kugeraho.
- ✓ Niba umuntu aguhatira, cyangwa agerageza ku gushuka ngo mukore imibonano mpuzabitsina, bibwire umuntu mukuru wizera.
- ✓ Niba wowe cyangwa undi muntu muteganya gukora imibonano mpuzabitsina, mugomba kubanza gushaka umuganga kuko aba afite amakuru na servisi zifasha abantu kwirinda ubwabo indwara umuntu ashobora kwandurira mu mibonano mpuzabitsina, n'uburyo bwo kwirinda gusama.



Inyungu zo kwirinda kwishora mu mibonano mpuzabitsana utarashaka Impamvu, ibyago, imyitwarire iboneye

Kuki hari urubyiruko rwishora mu mibonano mpuzabitsina

Bamwe mu rubyiruko bakora imibonano mpuzabitsina, bitewe n'agakungu/ igitutu kubo bangana cyangwa n'abandi babakangurira kwishora mu mibonano mpuzabitsina. Mu duce tumwe na tumwe abahungu bakangurirwa gukora igerageza mu mibonano mpuzabitsina bakiri bato, mbere yo gushyingirwa, mu gihe abakobwa baba bitezweho gutegereza kugeza bashyingiwe. Mu duce tumwe kandi abakobwa bamwe bashyingirwa bakiri bato, bakiri abangavu.

Rimwe na rimwe, urubyiruko rwotswa igitutu, kubatega imitego cyangwa bagahatirwa gukora imibonano mpuzabitsina. Umugabo ashobora kwiyemeza kurihira umukobwa amafaranga y'ishuri cyangwa kumugurira ikanzu nshya nyamara yiteze ko bakorana imibonano mpuzabitsina ho ubwishi. Umuhungu ashobora gushyirwaho igitutu ko agomba kugaragaza ko ari umugabo (nta muntu n'umwe ugomba gushyiraho abandi igitutu, kubatega imitego cyangwa kubahatira gukora imibonano mpuzabitsina).

Urubyiruko rumwe ruba rufite amatsiko ku bijyanye n'imibonano mpuzabitsina, bashobora kandi kumara igihe kinini ntawubagenzura, nta n'ubujyanama babona kubijanye n'ingaruka nyinshi zo gukora imibonano mpuzabitsina idakingiye nko kuba basama inda zitateganijwe hamwe n'indwara zandurira mu mibonano mpuzabitsina.

Ibyago byo gutwita n'indwara zandurira mu mibonano mpuzabitsina

Iyo umuntuakoze imibonano mpuzabitsina idakingiye (yaba ikoreshejwe imboro, igituba, mu kibuno cyangwa umunwa), hari ibyago byo kuba yakwandura indwara zandurira mu mibonano mpuzabitsina. Izi ndwara zikwirakwizwa n'imibonano mpuzabitsina cyangwa ibindi bikorwa biganisha ku mibonano. Hari indwara nyinshi zandurira mu mibonano mpuzabitsina kandi rimwe na rimwe nta bimenyetso bigaragaza ko umuntu arwaye bigaragarira amaso. Icyo gihe uyu muntu akomeza ayikwirakwiza mu bandi mu gihe cy'imibonano mpuzabitsina

Urugero nka HIV: virusi itera SIDA, ishobora gukomeza gukwirakwizwa binyuze mu mibonano mpuzabitsina idakingiye, guhuza amaraso (rimwe na rimwe binyuze mu gukoresha inshinge zakoreshejwe n'abandi), ndetse n' umugore ashobora kwanduza umwana we mu gihe amutwite, mu gihe cyo kubyara cyangwa mu gihe amwonsa, HIV ntiyandurira mu kuramukanya, guhana ibiganza, gusangirira ku bikoresho bimwe, gukoresha umusarane umwe cyangwa kurumwa n'umubu.

K'umwangavu, gutwita bishobora guhungabanya ubuzima bwe kuko umubiri we uba utarakura neza n'uko akaba yagira ibibazo byinshi mu gihe cyo gutwita no kubyara. Gutwita no kurera umwana, bigira ingaruka ku mibanire hagati ye n'imiryango ye, inshuti ndetse n'aabantu batuye mu gace

kamwe. Rimwe na rimwe se w'umwana ntiyishimira gufasha umukobwa n'umwana we. Kubyara ukiri muto bishobora kuba uwabyaye gukomeza amashuri no kugera ku ntego yari afite mbere yo kuzabona akazi keza mu mahanga.

Ku muhungu, gutera inda ukiri muto nawe bishobora gutuma acikiriza amashuri kandi bikagira ingaruka ku mutungo we. Gutera inda no kwita kumuryango ni inshingano zikomeye zisaba ko umuntu aba akuze bihagije.

Imyitwarire iboneye

N'ubwo umukobwa cyangwa umuhungu yakunda mugenzi we, akamwifusa, ntibivuze ko bakeneye gukora imibonano mpuzabitsina. Hari ubundi buryo bwinshi bwo kwereka umuntu ko umwishi miye/urukundo no kumwitaho nko kumugenera igihe cyo kubana nawe, kumwandikira amabaruwa cyangwa ibisigo cyangwa gusangira nawe. Ni byiza cyane ko abakobwa n'abahungu batishora mu mibonano mpuzabitsina kugeza bakuze bagashaka abo babana.

Kudakora imibonano mpuzabitsina nibwo buryo bwiza cyane bwo kwirinda gutwara inda n'indwara zandurira mu mibona mpuzabitsino bubereye urubyiruko.

Izindi nzira zo kwirinda indwara zandurira mu mibonano mpuzabitsina kubayikora harimo:

- ✓ Gukoresha agakingirizo igihe cyose hakozwe imibonano mpuzabitsina
- ✓ Kwisuzumisha n'uwo mwitegura kubana
- ✓ Kudaca inyuma uwo mubana kandi nawe akaba ataranduye
- ✓ Kudatizanya ibintu bikomeretsa (urushinge cyangwa urwembe) bishobora kuba byagiyeho amaraso y'umuntu ufite ubwandum
- ✓ ((ku mubyeyi ubana n'ubwandum bw'agakoko gatera SIDA) gufata imiti igabanya ubukana mu gihe atwite no mu gihe yonsa kugira ngo atanduza umwana ako gakoko ka HIV



Ubundi buryo bwo kwirinda inda zitateganijwe, ku muntu wakoze imibonano mpuzabitsina, harimo uburyo bwo kuboneza urubyaro urugero nk agakingirizo. Hari uburyo bwinshi bunyuranye bwo kuboneza urubyaro buboneka ku bigo nderabuzima.

Isomo rya 4

Gusoza no kuvuga ibikurikiraho

Igihe: Iminota 25

Imfashanyigisho

Brochures:

Tuvuge abakobwa n'ubwangavu

Tuganire ku bahungu n'ubugimbi

Igitabo cy'inkuru z'abakobwa n'icy'izabahungu

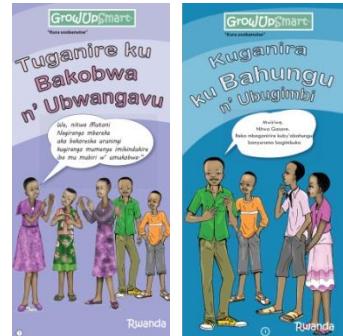
Imfashanyigisho z'umukoro womurugo

Tegura kopi z'udupapuro zihagije zo kuza guha abahungu n'abakobwa isomo rirangiye. Tegura kandi n'ibitabo by'inkuru z'abakobwa n'iz'abahungu zoguha urubyiruko rutahiwe kuzisoma. Bitewe n'umubare w'ibitabo bihari, abahungu n.abakobwa bashobora gukomeza gutegereza bakazacyura ibyo bitabo baje mu isomo rikurikira.

Intego: Abakobwa n'abahungu bazabasha gusobanura ibyo bize, kuganira ku mfashanyigisho z'umukoro wo mu rugo no kuvuga uwo bazagirana ikiganiro ku bijyanye n' indangagaciro zabo kubirebana n'igitsina n'uko bigaragazwa.

Ibice by'isomo:

1. Ha buri mukobwa na buri muhungu brochure. Abakobwa barafata brochure kitwa: *Tuganire ku bahungu n'ubugimbi*, abahungu bafate kopi ya brochure kitwa: *Tuvuge abakobwa n'ubwangavu*. Ibi bifasha bombi, abakobwa n'abahungu kumenya byinshi bijyanye n' impinduka bagenzi babo b'i kindi gitsina bahura nazo ndetse bakaza kubiganira n'ababyeyi babo
2. **Bose hamwe ku ruziga**, bagaragaze impamvu ari ingenzi kumenya impinduka ziba no kuri bagenzi babo badahuje igitsina
3. **Genda ku ruziga** ubaza buri mukobwa na buri muhungu kuvuga umuntu (nyina, se, nyirasenge cyangwa nyirarume, umwarimu ...) bateganya kuzasomera hamwe brochure mbere yo kuza mu isomo rikurikiyeho.
4. **Basome hamwe baranguruye inkuru ya Gasore na Ntwali**, iri mu gatabo k'abahungu. (Reba inyuma urupapuro rukurikiyeho.) Muri make baganire kuri iyi nkuru bakoresheje ibibazo bikurikira:
 - ✓ *Iyi nkuru iratubwira iki?*
 - ✓ *Ni gute Gasore arinda ubuzima n'umutekano we?*
 - ✓ *Ni gute Gasore yerekana ko yubaha abakobwa?*
 - ✓ *Gasore afasha mushiki we ate?*
 - ✓ *Ni ibiki bindi wowe n'abavandimwe bawe mwakora mu rwego rwo gufashanya?*
5. **Shishikariza urubyiruko kuzaganira n'ababyeyi babo** (abarezi babo) icyo batekereza ku bijyanye n'ubwigaragaze bw'igitsina. Bashobora kuzabaza ibi bibazo:
 - ✓ *Ni gihe ki umuntu yemerewe n'igihe atemerewe gukora imibonano mpuzabitsina?*
 - ✓ *Ni iki ababyeyi baba biteze ku bakobwa mu muryango? Ni iki baba biteze ku bahungu ?*



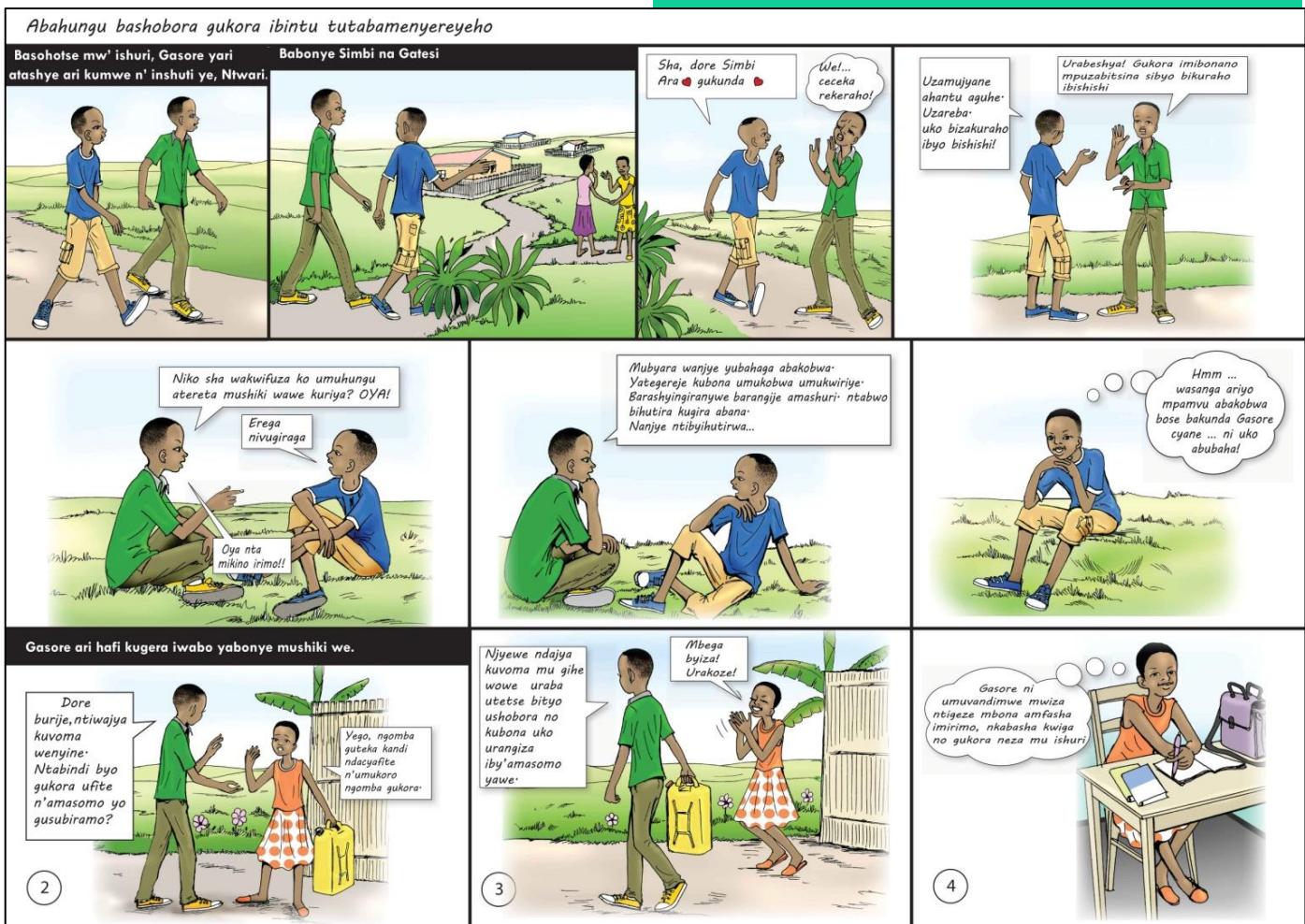
- ✓ Ni mu buhe buryo umuntu ukiri urubyiruko ashobora kwerekana ko akunda by'ukuri kandi yita ku wundi?
- ✓ Ni gute umukobwa cyangwa umuhungu ashobora kwereka undi ko amwubashye?

- Ibutsa abakobwa bakoresha agapaki ka CycleSmart** kwita ku isaro bateganya imihango itaha izaziraho.
- Ha rumwe mu rubyiruko ibitabo birimo inkuru** byo kuzasomana n'ababyeyi babo bakazabigarura baje mu isomo rizakurikiraho.

Inkuru ya Gasore na Ntwali yo mu gatabo:

Tuganire ku bahungu n'ubugimbi

Inyandiko igenewe umufashamyumvire



Isomo rya 4

Ibikorwa by'in Yongera

Isomo rya 4, Ibikorwa by'inyogera

Byinshi ku burwayi abantu bashobora Kwandurira mu mibonano mpuzabitsina

Igihe: Iminota 30 kugeza kuri 45

Imfashanyigisho: Udukarita duto turiho ubusa cyangwa agace k'urupapuro kuri buri muntu” Agapapuro kariho indwara zandurira mu mibonano mpuzabitsina

Intego: Nyuma y'iki kiganiro abakobwa n'abahungu bazababafite imyumvire yisumbuyeho kubijane n'uko umuntu ashobora kwanduza undi indwara zandurira mu mibonano mpuzabitsina atabizi kandi bungurane ibitekerezo ku makuru y'banze ku ndwara zandurira mu mibonano mpuzabitsina.

Ibice by'isomo:

1. **Mbere y'uko igikorwa gitangira** baza mu ibanga umukobwa cyangwa umuhungu bashobora gukina bigize umuntu ubana n'ubwandum bw'indwara zandurira mu mibonano mpuzabitsina muri uyu mukino.
2. **Ha buri wese agakarita gato cyangwa agace k'urupapuro katariho ikintu.** Ariko nta muntu ugize icyo ubwira, uhe wa muntu ukina yigize umuntu ufite ubwandum bw'indwara zandurira mu mibonano mpuzabitsina agapapuro kanditseho ngo “Ubwandum bwandurira mu mibonano mpuzabitsina” abandi bose babona udukarita tutariho ikintu.
3. **Sobanura umukino ku buryo bukurikira:** *Ubu tugiye gukina umukino witwa “Elbow-Bump”. Mugumane udupapuro nza kubaha mu ntoki cyangwa mu mufuka mu gihe turaba dukina. Murazenguruka mu cyumba hanyuma uko mugenda mubwirana ngo” Bite” muhuze inkokora zanyu. Hanyuma ujye kuwundi nawe umubwire ngo “Bite” hanyuma muhuze inkokora komeza ubikore ku bantu bensi kugeza igihe ndibuvugire Ngo Hagarara*
4. **Subiramo amabwiriza** ku buryo buri wese abisobanukirwa neza. Tangiza umukino hanyuma ukurikire uko abakobwa n'abahungu babwira bagenzi babo “**Bite**” ni uko bahuza inkokora.
5. **Mu itsinda rinini baza abakobwa n'abahungu** ku kuvuga ibyo bumvise bivugwa ku ndwara zandurira mu mibonano mpuzabitsina n'uburyo zikwirakwizwa.
6. **Ibutsa itsinda ko** indwara zandurira mu mibonano mpuzabitsina zitandurira mugukubitana inkokora, ariko mutekerezezibayezikwirakwizwa muri ubwo buryo, kugira ngo bibahe ishusho y'ukuntu umuntu ashobora kwanduza undi rimwe na rimwe ntanabimenye. Saba buri wese gufata twa dukarita batwitegerezze.

- 7. Saba wa wundi ufite agakarita kanditseho ngo Indwara zandurira mu mibonano mpuzabitsina” guhaguruka hanyuma usobanure ibi bikurikira.** Reka tuvuge ko uyu muntu yanduye indwara zandurira mu mibonano mpuzabitsina naho guhuza inkokora tuvuge ko bivuze gukora imibonanompuzabitsina, niba hari umuntu wese wahuje inkokora n’uyu muntu ahaguruke. (Niba guhuza inkokora byavugaga gukora imibonano mpuzabitsina, aba bantu bose bahagaze bari kuba bafite ibyago byinshi byo kuba banduye indwara zandurira mu mibonano mpuzabitsina. Hanyuma baza nanone niba hari uwahuje inkokora n’umwe muri aba bahagaze. Ni bahari nabo bahaguruke kuko nabo bafite ibyago byinshi byo kuba banduye.
- 8. Komeza ubaza** niba hari uwagiye ahuza inkokora n’abo bahagaze kugeza ubwo abensi baraba bahagurutse.
- 9. Tanga amakuru y’ibanze ku ibijyanye** indwara zandurira mu mibonano mpuzabitsina harimo gusobanura icyo aricyo, uko zikwirakwizwa n’uko wakwirinda kuzandura. (Reba inyandiko zigenewe umufashamyumvire n’amakuru arambuye).
- 10. Kora Incamake ikurikira:**
Uburyo bwiza bwo kwirinda kwandura indwara zandurira mu mibonano mpuzabitsina ku rubyiruko ni ukwirinda gukora imibonano mpuzabitsina. Mu bundi buryo dusangamo gukoresha buri gihe agakingirizo ku imibonano mpuzabitsina iyo ariyo yose wakora .Ikindi ni uko abantu babiri bipimishije bagasanga ari bazima, ntihagire uca undi inyuma (bagakora imibonano mpuzabitsina hagati yabo gusa) ntibazaba bakwirakwiza indwara zandurira mu mibonano mpuzabitsina.

Inyandiko igenewe umufashamyumvire

Amakuru y’ibanze kubijyanye n’indwara zandurira mu mibonano mpuzabitsina

- ✓ Indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa no gukora imibonano idakingiye n’umuntu wamaze kwandura (hakoreshwa Imboro, inda ibyara, mu kibuno cyangwa umunwa)
- ✓ Ushobora kwandura indwara zandurira mu mibonano mpuzabitsina wandujwe n’amatembabuzi y’umuntu wamaze kwandura (amaraso, amasohoro cyangwa amatembabuzi yo mu nda ibyara). Gutizanya inshinge, inzembe nabyo bishobora gukwirakwiza indwara zandurira mu mibonano mpuzabitsina kuko amaraso umuntu asize kuri ibyo bikoresho ashobora guhura n’ayundi muntu.
- ✓ Indwara zandurira mu mibonano mpuzabitsina zimwe zikwirakwizwa no guhuza uruhu ku ruhu mu rwego rw’imibonano mpuzabitsina nko gukorakozanyaho bimwemu bice by’umubiri w’umuntu wanduye utagaragaza ibimenyetso (ushobora kuba ubizi cyangwa utabizi),
- ✓ Umuntu ugaragara neza ashobora kuba afite ndetse anakwirikwiza indwara zandurira mu mibonano mpuzabitsina.
- ✓ Indwara zandurira mu mibonano mpuzabitsina nyinshi zikwirakwizwaakensi no kutagaragaza ibimenyetso twavuga nka HIV. Izindi zigira ibimenyetso muri byo twavuga gusohora amashyira ava munda ibyara ku bagore, no mu mboror ku bagabo. Ibindi bimenyetso ku bagabo n’abagore banduye harimo kubabaramu myanya ndanga gitsina no kuribwa mukiziba cy’inda.
- ✓ Nyinshi mu indwara zandurira mu mibonano mpuzabitsina ziterwa na bagiteri zishobora kuvurwa zigakira (urugero nka mburugu, imitezi ...) Izindi ziterwa na virusi itavurwa urugero umwijimawo kiciro cya B, HIV, HVP, herpes) ariko hariho imiti igabany ibimenyetso n’ubukana bw’indwara.
- ✓ Kurwara zimwe mu indwara zandurira mu mibonano mpuzabitsina byongera ibyago byo kwandura na HIV
- ✓ Agakingirizo iyo gakoreshshejwe neza mu gihe cy’imibonano mpuzabitsina, karinda indwara zandurira mu mibonano mpuzabitsina no gusama.

Isomo rya 4, Ibikorwa byiyongeraho

Gutegura imiryango myiza: Ni iki kiri mu mufuka wawe?

Igihe: Isaha 1



Imfashanyigisho: Udukapu 5 ccyangwa 6 cyangwaudutebo, buri kose karakoreshwa mu kubika ibantu by'umwana nk' akayiko k'umwana, igiceri, inkongoro, ibyahi ni bindi bikoresho by'abana
Igipapuro kinini na marikeri

Intego: Abakobwa n'abahungu bazasobanura byinshi mu ibantu bikenerwaharimo n'iminsi mikuru ikorwa mu kwita no kurera umwana ndetse hamwe n'ibiza byo kubyara abo dushoboye kurera

Ibice by'isomo:

1. **Mbere y'isomo** shaka ibantu bitanu bitandukanye cyangwa birenze bihagarariye igihe, ibikoresho no kwitabwaho bya ngombwa mu kurera abana Urugero: 1)akayiko gato cyangwa biberi birahagararira ibiribwa by'umwana ; 2) Imbindo zihagarariye gusukura umwana no kumuhindurira 3)ishati cyangwa isogisi bigaraza imyambaro icyenewe 4) igishushanyo cy'inzu kigaragaza ko hakenewe icumbi; 5) Igiceri kigaragaza ko hakenewe amafaranga uburere no kwiga 6) igishushanyo cy'umutima cyerekana ko hakenewe urukundo no kwitabwaho 7) Isaha igaragaza ko hagomba igihe cyo kumwitaho.Hisha ibyo bintu byose muri twa dukapu/udutebo kimwe kimwe ukwacyo.
2. **Mu itsinda rinini**, bwira ababishaka baze bazunguze, bihumurize, ndetse bagerageze uburemere bw'udukapu hanyuma bageragereze gutahura ikintu kiri mu gakapu kagaragaza igihe no kwitabwaho umwana akeneye. Reka abakobwa n'abahungu basimburane gutahura ikiri muri buri gakapu.
3. **Fungura udukapu** kamwe kamwe hanyuma mwandike ku gipapuro kinini ibikenewe byose mu kurera umwana.
4. Muganire kandi mwandike ibindi bitavunzwe ku gipapuro kinini. Muvuge inshingano n'ibyo ababyeyi biyemeza kugira ngo bagere ku muryango ufite ubuzima bwiza kandi utera imbere. Baza ibibazo bisa nk'ibi:
 - ✓ *Ni nde wifuza kuzagira abana amaze gukura? Uriwuza kuzagira abana bangahe?*
 - ✓ *Ni ibihe bantu bakeneye kuba bafite, biteguuye kubibona mbere yo gushinga urugo?*
 - ✓ *Ni ibihe bantu wifuza kubanza kuzakora mbere yo gushinga urugo?*
 - ✓ *Ni hehe muri aka gace abantu bakura amakuru na serivisi zibafasha kuboneza urubyaro no kugira ubuzima bwiza mu gihe cyo gutwita no kubyara?*

5. **Kora Incamake** igaragaza inshingano z'ingenzi mu bijyanye no guteza imbere umuryango, hanyuma mukore urutonde rw'aho abaturage bakura amakuru abafasha guteganya no gufasha imiryango kugera ku buzima bwiza.

Isomo rya 4

Andi Amakuru

Bimwe mu bibazo n'ibisubizo byabyo

Gusama no gutwita

Ikibazo: Kuki hari abagore badashobora gutwita?

Ubugumba cyangwa kudashobora gutwita bishobora guterwa n'ibibazo by'imirsemburo haba ku mugabo cyangwa ku mugore cyangwa bose icyarimwe, umuyobarantanga w'umugore, intangangabo nkeya cyangwa se kuba umugore cyangwa umugabo bageze mu zabukuru. Rimwe na rimwe abadogiteri ntibashobora kugaragaza impamvu y'ubugumba buhoraho.

Ikibazo: Mbese umukobwa ashobora gusama mu gihe cy'imihango?

Yego birashoboka n'ubwo atari ibantu bisanzwe. Biterwa n'uko ukwezi kwe kureshya, iminsi amara ari mu mihango n'igihe yakoreye imibonano mpuzabitsina; kuko intangangabo ishobora kumara iminsi itandatu mu nda ibyara y'umugore ikiri nzima.

Ikibazo: Umukobwa ashobora gusama atarabona imihango ye ya mbere?

Mbere y'uko umukobwa abona imihango, agasabo ke k'intanga kaba karekuye intangangore mbere y'uko agira imihango ye. Ashobora gusama aramutse akoze imibonano mpuzabitsina mu gihe cyegeranye n'irekurwa ry'intanga mbere y'uko imihango iza.

Ikibazo: Umukobwa ashobora gusama afite imyaka ingahe?

Iyo umukobwa yatangiye kugira imihango, biba bivuze ko imyanya myibarukiro ye yatangiye gukora bityo akaba ashobora gusama aramutse akoze imibonano mpuzabitsina. Nti bivuze ko aba yiteguye kugira umwana ahubwo gusa ni uko aba ashobora gusama.

Ikibazo. Ese umukobwa ashobora gusama kandi atigeze akora imibonano mpuzabitsina?

Nta cyerekana ko iyo imboro igiye iruhande rw'inda ibyara hanyuma umuhungu/ umugabo agasohora, umukobwa ashobora gusama. Ariko habayeho guhura kw'imboro n'umwinjiro w'inda ibyaro birashoboka ko yakwandura indwara zandurira mu mibonano mpuzabitsina.

Ikibazo: Ni iki gitera ko umugore abyara impanga?

A: Biterwa n'uko zavutse niba ari impanga nyakuri cyangwa impanga zitari nyakuri: Impanga zitari nyakuri zishobora gusa n'ubwo ziba zidahuye. Zishobora kuba zihuje igitsina cyangwa zitagihuje. Ibi bibaho iyo intangangore zasohowe ari ebyiri mu muyoborantanga mu gihe kimwe zose zikaba zahuye n'intangangabo 2 zitandukanye.

B: Impanga nyakuri ziba ari igitsina kimwe, kandi basa cyane, zikaba zibaho bitewe nuko nyuma yo gusama mu gihe urusoro rukura rwigabanyamo kabiri.

Ikibazo: Ni iki gitera ko umwana aba umuhungu cyangwa aba umukobwa?

Iyo intangangore ihuye n'intangangabo, igitsina cy'umwana gihita cyemezwa uwo mwanya. Intangangabo igira ibyo bita "chromosomes." habaho chromosomes z'ubwoko bubiri,—ni ukuvuga X na Y iyo Intangangabo ifite chromosome ya Y, umwana aba azavuka ari umuhungu; Iyo ifite chromosome X, Umwana aba azaba umukobwa. Intangangabo niyo itera ko umwana azaba umuhungu cyangwa umukobwa.

Ikibazo: Ni ibiki ngomba gutekerezaho mbere y'uko ntwita?

Kugira umwana ni ikintu gikomeye umuntu abanza gutekerezaho. Ugiye kuba umubyeyi ukiri muto, yagombye kubanza kwibaza ibibazo bikurikira:

- ✓ **Ese mu by'ukuri nditeguye mu buryo bw'imitekerereze?** Umwana akenera kwitabwaho amasaha 24 ku munsi, iminsi irindwi mu cyumweru. Birasaba kwihangana kwinshi n'ubushishozi bwinshi.
- ✓ **Ese nditeguye mu bijyanye n'ubushobozi bw'amafaranga?** Umukobwa witegura kuba umubyeyi cyangwa abashakanye bakiri bato bagomba gushaka aho bakura amafaranga yo kwishyura ibyo umwana akenera buri munsi harimo: ifunguro, imiti, imyambaro, umurezi hamwe n'ibyo nyina nawe akenera nk'umubyeyi.
- ✓ **Ese ndashaka kudindiza amasomo yanje?** Ni ibantu bigoye cyane kurera umwana mu gihe ukijya mu ishuri. Abakobwa benshi iyo bamaze kugira umwana bisanga bagomba kureka ishuri bityo bakaba bateshutse kuri gahunda bateganyaga kuzageraho.
- ✓ **Ese umukunzi/ umufasha wanje yifuza kugira umwana?** Ni ibantu bigoye cyane kurera umwana udafite se. Umugore udafite umugabo, yirwanaho we n'umwana we haba ku mafaranga, no mu mitekereze kandi iyo akiri muto aba agicungira ku babyeyi be cyangwa ku bandi kugira ngo abibone.
- ✓ **Ese ababyeyi bawe cyangwa abakurera bakeneye ko ugira umwana? Ese bazagufasha?** Umubyeyi ukiri muto iyo ashaka kuguma mu ishuri cyangwa akeneye kujya ku kazi azakenera umurezi w'umwana.
- ✓ **Ese umuco wacu n'idini yanje bivuga iki ku umukobwa ubyaye atarashyingirwa?** Imico myinshi, nta bwo iha agaciro umugore ubyaye atarashyingirwa ndetse ashobora guhabwa akato.

Ibijyanye n'imibonano mpuzabitsinabitsina

Ikibazo: Mbese imibonano mpuzabitsina ibabaza umugore?

Abagore bamwe bagira ububabare mu gihe cy'imibonano mpuzabitsina ya mbere nyamara abandi ntibabare. Buri wese atandukanyen'undi.

Ikibazo: Ese umugore ukoze imibonano bwa mbere wese ava amaraso?

Abagore bamwe bava amaraso iyo ari ubwa mbere bakoze imibonano mpuzabitsina abandi ntibayava Kutava amaraso mu gihe cy'imibonano mpuzabitsina ya mbere ntabwo ari ikimenyetso cy'uko atari isugi.

Ikibazo: Amasohoro amaze gusohorerwa mu nda ibyara y'umugore biyagendekera gute?

Amasohoro amaze gusohorerwa mu nda ibyara y'umugore, ashobora gukomeza muri nyababyeyi, ashobora gusohoka hanze cyangwa agakama. Amasohoro aguma mu mubiri niyo atwara intangangabo zishobora kuguma mu mubiri w'umugore kugeza ku minsi itandatu. Iyo Amasohoro atwawe n'umwuka intangangabo zari ziyanimo zirapfa.

Ikibazo: Mbese umukobwa ushyize urutoki rwe mu gitsina atakaza ubusugi?

Oya. Abantu bensi bemeza ko umugore atakaza ubusugi bwe igihe cyo gukora imibonano mpuzabitsina bwa mbere.

Ikibazo: Kurangiza ni iki?

Iyo umugabo arimo arangiza imboro iba ngari kandi igakomera amasohoro agasohoka. Hanyuma imboro igasubira kuba nto no koroha. Kurangiza bifata amasogonda nka 20. Iyo umugore ari kurangiza, inda ibyara ye irikanya. Imara igihe kingana n'icyo iyo umugabo imara ariko ishobora gutindaho gato. Umugore kandi ashobora kurangiza iyo bakorakoye rugongo ye yaba arimo yikinisha cyangwa mu mibonano mpuzabitsina. Umugore ashobora gusama kabone n'iyo ataba yarangije.

Ikibazo: Nta bundi buryo abantu bakora imibonano mpuzabitsina uretse kwinjiza imboro mu gituba?

Abantu bakoresha uburyo bunyura mu gukemura ibiyumviro byabo biganisha ku gitsina. Ikintu cy'ingenzi ni uko wumva wisanzuye mu byo urimo gukora.

Ikibazo: Ni iyihe myaka myiza yo gukora imibonano mpuzabitsina?

Gukora imibonano mpuzabitsina bwa mbere bishobora kuba ikintu gikomeye ku bijyanye n'amaranga mutima. Hari ibibazo byinshi bigomba kwitabwaho mbere yo kuyikora:

- ✓ Mbese koko niteguye gukora imibonano mpuzabitsina?
- ✓ Ese nzumva meze gute nimara gukora imibonano mpuzabitsina?
- ✓ Ese mugenzi wanje we azumva ameze ate nyuma yo kurangiza?
- ✓ Mfite impamvu zumvikana zo gukora imibonano mpuzabitsina?
- ✓ Ababyeyi n'inshuti zanje bazabyakira gute?
- ✓ Idini ryanje n'umuco bivuga iki kubijyanye no gukora imibonano mpuzabitsina mbere yo gushyingirwa?
- ✓ Nzirinda gute gutwara inda ntifuza cyangwa indwara zandurira mu mibonano mpuzabitsina harimona HIV?
- ✓ Ese niba nkoze imibonano mpuzabitsina nzajya mbeshya ku birebana nayo?
- ✓ Ese nzajya niciraho urubanza?

Ikibazo: Umugabo ashobora gutera umugore inda kandi yakuye Imboro ye mu gituba mbere yuko asohora?

Yego. Rimwe na rimwe ndetse mbere yuko asohora hari amatembabuzi make cyane aba yasohotse mu mbororo, bakunze kwita imbanziriza gusohora aba arimo intangangabo.

Amaranga mutima ku bijyanye n'igitsina

Ikibazo: Ni irihe tandukaniro riri hagati yo gukundana no gukorana imibonano mpuzabitsina? Nta bisobanuro nyabyo ku gukunda buri muntu. Gukunda umuntu hazamo kumva umwifuza, mwahorana, kumwitaho n'ibindi...Gukorana imibonano mpuzabitsina byo ni igikorwa kigaragara.

Kuboneza urubyaro (Ibibuza gusama)

Ikibazo: Ni gute abashakanye birinda gusama?

Iyo umugabo n'umugore bashaka gukora imibonano mpuzabitsina ariko badakeneye umwana, bashobora gukoresha uburyo bwo kuboneza urubyaro bubuza gusama. Hariho uburyo bwinshi bwo kuboneza urubyaro bakunze kwita uburyo bubuza gusama. Amahitamo y'abashakanye ashingira ku mpamvu zifatika cyangwa ku mitekerereze. Abashakanye kandi bashobora gukoresha uburyo bushingiye ku kwifata mu gihe cy'uburumbuke bw'umugore, batojwe kumenya icyo gihe cy'uburumbuke. Iyo abashakanye bakoresha neza uburyo bwo kuboneza urubyaro bivuze ko baba bikingiye. Imibonano idakingiye n'imibonano ikozwe hadakoreshewje uburyo bwo kwirinda gusama ubwo ari bwo bwose.

Ikibazo: Ni ubuhe buryo bukoreshwa mu kuboneza urubyaro?

[Icyitonderwa: Niba hari ubajije iki kibazo, kimwena zimwe mu ngero z'uburyo buhari, ubyerekane unabasobanurira.]

- ✓ **Kwifata:** Ni uburyo abakundana biyemeza kudakora imibonano mpuzabitsina, nibwo buryo bwiza kandi bwizewe bwo kwirinda gusama n'indwara zandurira mu mibonano mpuzabitsina.
- ✓ **Agakingirizo k'abagabo:** Agakingirizo k'abagabo ni agafuka koroherereye gafunze uruhande rumwe nk'udufuka tw'intoki bityo umugabo agasesekamo imboro ye, kagatangira intangangabo ngo zitinjira mu nda ibyara.
- ✓ **Agakingirizo k'abagore:** Agakingirizo k'abagore ni agafuka korohereye gashyirwa mu gitsina cy'umugore kagatwikira inda ibyara bityo kakabuza intangangabo kwinjira muri nyababyeyi.
- ✓ **Agapira ko mu mura (IUD):** IUDs ni udukoresho duto dukoze muri parasitike cyangwa utwuma dufite ishusho n'ingano zitandukanye badushyira mu mura tukarinda umugore gusama. Diaphragm: niakugi/akugaro gashyirwa ku nkondo y'umura kakarinda ko intangangabo zakwinjira muri nyababyeyi ngo zibe zahura n'intangangore, ibasha gukora neza iyo ikoreshewje hamwe n'imiti yica intangangabo.
- ✓ **Ibinini:** Ibinini bibuza gusama bita ibinini byo kuboneza urubyaro bikaba birimo imisemburo. Ibi bininibihagarika irekurwa ry'intanga rya buri kwezi ariko ntibihagarika kujya mu imihango. Umugore agomba gufata buri munsi ikinini kugira ngo abashe kuba akingiwe.
- ✓ **Urushinge:** Urushinge rukora mu buryo bumwe n'ibinini. Ariko umugore arufata buri mezi abiri cyangwa atatu aho gufata ikinini buri munsi (bitewe n'ubwoko bw'urushinge afata). Barwita DMPA, Depo-Provera, cg NET-EN.
- ✓ **Ibinini byo mugihe cy'amage (ECPs):** Kenshi babyita ibininibihagarika gusama nyuma y'imibonano mpuzabitsina, bishobora kugabanya ibyago byo kuba wasama nyuma yo gukora imibonano idakingiye. Ubikoresha afata mu gihe kitarenze amasaha 72 urugero rurenze

urusanzwe rufatwa rw' ibinini bikoreshwa mu kuboneza urubyaro.Uko bikoreshwa imibonano ikirangira ni nako zitanga icyizere cyinshi cyo kubuza gusama.

- ✓ **Uburyo bwo konsa (LAM):** abagore bahitamo konsa umwana wabo gusa batamuvangiyemo irindi funguro, bashobora gukoresha ubu buryo.Buhagarika irekurwa ry'intanga kubera ko konsa bihindura imikorere y'umubiri bityo intanga ntirekurwe.
- ✓ **Uburyo bwa kamere bushingiye kukugenzura uburumbuke bw'umugore:** Ni uburyo abashakanye bakoresha birinda gukora imibonano mpuzabitsina mu minsi y'uburumbuke bw'umugore birinda ko basama. Umugore ugira ukwezi kw' iminsi 26 kugeza kuri 32 ashobora gukoresha **urunigi** nk'igikoresho gikoreshwa mu kuboneza urubyaro rukamufasha kumenya iminsi ashobora gusamiraho (ariko aba akeneye andi makuru arenze aboneka muri iyi nyoboranyigisho.) Umugore kandi ashobora gukoresha ubundi buryo bwo kumenya iminsi ashobora gusamiraho agenzura buri munsi niba afite **ururenda** cyangwa niba ari ntarwo. Niba abonye ururenda uyu munsi cyangwa yararubonye ejo amenya ko ari mu gihe cy'uburumbuke bityo ko no gusama bishoboka. Umugore kandi ashobora no gufata **igipimo cy'ubushyuhe** kugira ngo amenye igehe intangangore ye ishobora kuba yarekuwe cyangwa iri hafi kurekurwa.
- ✓ **Imiti yica intangangabo:** Imiti yica intangangabo ni imiti ikozwe mu butabire yinjizwa mu gitsina cy'umugore mbere yo gukora imibonano mpuza bitsina ikica intangangabo ikazibuza gutambuka inkondo y'umura.
- ✓ **Kwifungisha burundu ku bagabo:** Ni igikorwa cyo kubaga umugabo. Bakata agace gato ka buri muyoborantanga. Nyuma yaho intangangabo, zakorewe mu mabya ntiziba zigishobora kugera mu gasabo k'imvubura ya vesikule. Bityo akaba ari nta ntangangabo ziboneka mu masohoro y'umugabo wafunzwe burundi.
- ✓ **Kwifungisha burundu ku mugore:** Ni igikorwa cyo kubaga umugore aho bafunga kuri buri muyoborantanga hanyuma bagakatamo kabiri bityo bigatuma intangangore itagishoboye kugera muri nyababyeyi ngo ihure n' intangangabo.

Ikibazo: Mbese umugore ashobora gukoresha urunigi nk'uburyo bwo kuboneza urubyaro?

Yego. Umugore ugira amezi ari hagati y'iminsi 26 na 32 iyo abyumvikanyeho n'umufasha we bashobora gukoresha urunigi rw'ukwezi k'umugore rutandukanye n'urunigi bambara dusanzwe tuzi[®], rukamufasha kwirinda gusama. Arikо kugira ngo arukoreshе akenerа irindi suzuma n'ubujyanama kugira ngo hemezwe ko ubu buryo buzabasha kwirinda gusama.

Indwara zandurira mu mibonano mpuzabitsina

Ikibazo: Ni izihe ndwara zandurira mu mibonano mpuzabitsina zikunze kubaho?

Mburugu, Imitezi, Uburagaza, Heripesi ifata mu myanya ndangagitsina, Tirikomunasi, Umwijima wo mu kiciro B, Kanseri y'inkondo y'umura (HPV), na Virusi itera SIDA HIV.

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

Abagabo bashobora kugira ububare bwinshi mu gihe bihagarika, ndetse bakaba bashobora kubona amashyira asohoka mu muyoboro w'inkari, udusebe cyangwa ibibyimba bitewe n'ubwoko bw'

indwara zandurira mu mibonano mpuzabitsina arwaye. Urubyiruko rukiri ruto rukeneye kugirwa inama yo kujya kwivuza hakiri kare mu gihe babonye ibi bimenyetso.

Ikibazo: N' ibihe bimenyetso by' indwara zandurira mu mibonano mpuzabitsina ku mugore?

Umugore ashobora kugira ibibyimba cyangwa udusebe ku myanya ndangagitsina, kuribwa cyangwa kubyimba mu kiziba cy'inda, amatembabuzi adasanzwe asohoka mu gitsina, kwishimagura mu gitsina, ububabare bwinshi mu gihe cyo kwhagarika cyangwa kubabara mu gihe cy'imibonano mpuzabitsina bitewe n'indwara zandurira mu mibonano mpuzabitsina arwaye. Urubyiruko rw'abakobwa rukiri ruto, bakeneye kugirwa inama yo kujya kwa mu ganga hakiri kare mu gihe babonye ibi bimenyetso.

Ikibazo: Birashoboka ko umuntu yarwara indwara zandurira mu mibonano mpuzabitsina ntabimene?

Yego, indwara zandurira mu mibonano mpuzabitsina ku bagore akensi ntibazivuza kare kubera ko akensi ibimenyetso bigaragara bitinze kuri bo bityo ntibabyumve cyangwa ngo babibone vuba. Indwara zandurira mu mibonano mpuzabitsina zitavuwe zishobora gutera ubugumba ku bagore no ku bagabo. Ni ngombwa kujya gushaka umuganga akagusuzuma mu gihe utekereza ko waba warakoze imibonano mpuzabitsina idakingiye n'umuntu ufite indwara zandurira mu mibonano mpuzabitsina.

Ikibazo: Ni gute nakwirinda indwara zandurira mu mibonano mpuzabitsina

Uburoo bumwe bwizewe bwo kwirinda indwara zandurira mu mibonano mpuzabitsina ni ukwifata cyangwa gukoresha agakingirizo. Niba wanduye indwara zandurira mu mibonano mpuzabitsina, ni ngombwa kujya kwa muganga kugira bavure ubwo bwandu hakoreshejwe imiti.

Ikibazo: Ese umuntu yakwandurira indwara zandurira mu mibonano mpuzabitsina mu gikorwa mpuzabitsina icyo ari cyo cyose?

Indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa n'igikorwa mpuzabitsina ariyo mibonano ikorewe mu myanyandangagitsina, mu kibuno cyangwa mu kanwa.

Ikibazo: Ese kwandura indwara zandurira mu mibonano mpuzabitsina mu busore bishobora kuzagira ingaruka z'igihe kirekire zikomeye ku buzima?

Yego, zimwe mu indwara zandurira mu mibonano mpuzabitsina zitera ubugumba buhoraho, uburibwe budakira hamwe na kanseri y'inkondo y'umura. Iyo zitavuwe, kwangirika k'umutima n'ubwonko bishobora kubaho nyuma y'imyaka 10 kugeza kuri 25 umuntu yanduye sifilisi.

Agakoko gatera SIDA (HIV/AIDS)

Ikibazo: Agakoko gatera Sida ni iki?

HIV ni impine y'amagambo (the human immunodeficiency virus) Virusi/agakoko igabanya ubudahangarwa bw'umubiri w'umuntu. HIV ni virusi itera SIDA.

Ikibazo: SIDA ni iki?

SIDA ni impine y'amagambo "acquired immuno deficiency syndrome" bivuze uruhurirane rw'ibimenyetso by'indwara biturutse ku igabanuka ry'ubwirinzi bw'umubiri bwatewe n'agakoko ka VIH twavuze haruguru. Akaba ari icyiciro cya nyuma cy'ubwandu. Virusi ica intege umubiri bikarangira umubiri utagifite ubushobozi bwo kurwanya izo indwara.

Ikibazo: Abantu bandura gute HIV?

Hari uburyo butatu bw'ingenzi HIV yandura:

- ✓ Imibonano mpuzabitsina iyo ariyo yose idakingiye n'umuntu ufite ubwandum.
- ✓ Guhuza amaraso cyane cyane gukoresha urushinge rwakoreshejwe n'umuntu wanduye ndetse no guhabwa amaraso y'umuntu wanduye.
- ✓ Umubyeyi wanduye ayanduza umwana we mu gihe amutwite, mu gihe cyo kubyara no mu gihe amwonsa.

Ikibazo: Ese umuntu yakwandura HIV binyuze mu biribwa, mu mwuka cyangwa mu mazi?

Oya, Kugeza ubu ntiharagara ubwandum bwa HIV butewe no gukoresha umusarane umwe n'umuntu ufite ubwandum, lmyambaro, gusangirira ku bikoresho bimwe, kwitsamura, gukororera ku muntu, gusangira amafunguro, kurumana, cyangwa guhuza imibiru idafite igikomere n'umuntu ubana n'ubwandum bwa HIV cyangwa warwaye SIDA. Nta wushobora kwandura HIV ngo kuko abana n'umuntu ubana n'ubwandum.

Ikibazo: Umuntu uwo ariwe wese ashobora kwandura HIV?

Buri muntu wese ukoze imibonano mpuzabitsina idakingiye cyangwa wakiye amaraso yanduye byaba kuyaterwa kwa muganga, byaba gukoresha urushinge cyangwa ibindi bikoresho bikomeretsa byakoreshejwe n'umuntu ufite ubwandum, aba afite ibyago byinshi byo kuba yakwandura HIV.

Ikibazo: Ese hari umuti wa SIDA ubaho?

Oya. Hari imiti ifasha abantu babana n'ubwandum kubaho igihe kirekire ni ukuvuga igabanya ubukana bw'agakoko gatera SIDA bikabafasha kugira ubuzima bwiza ariko nta muti cyangwa urukingo byo kuyikiza burundi buraboneka.

Ikibazo: Ubwirwa ni iki ko umuntu afite agakoko gatera SIDA?

Hari ibizamini bishobora kwerekana ko umuntu afite ariko gakoko. Ariko ntibishoboka ko ureba umuntu ukaba wamenya ko ari muzima cyangwa atari muzima. Umuntu ashobora kugaragara nk'ufite ubuzima bwiza nyamara yaranduye.

Ikibazo: Umuntu yakwirinda gute kwandura ubwandum nk'ubwa HIV/AIDS?

Uburyo bwiza bwo kwirinda HIV ni ukwifata, cyangwa se gukorana imibonano n'umuntu uzi neza ko atanduye gusa. Kubera ko bidashoboka kumenya uwanduye n'utanduye hadakoreshejwe ibizami, abashakanye iyo umwe yanduye cyangwa bombi, bagomba gukoresha agakingirizo buri gihe.

Kwirinda ibintu bibiri icyarimwe

Ikibazo: Ese ushobora kwirinda gutwara inda no kwinda indwara zandurira mu mibonano mpuzabitsina icyarimwe?

Yego, abakora imibonano mpuza bitsina bashobora gukoresha agakingirizo k'abagabo cyangwa ak''abagore birinda byombi ; ko umugore yasama n' indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA. Abashakanye kandi bashobora gukoresha uburyo bubiri bwo kuboneza urubyaro (urugero agakingirizo n'agapira komu mura)) bakaba birinze gusama n' indwara zandurira mu mibonano mpuzabitsina.lcyu nyuma ni uko uburyo nyabwo bwizewe bwo kwirinda byombi ni ukwifata kuri bose.

Ikibazo: Ni gute wasaba umukunzi wawe gukoresha agakingirizo ?

abantu bamwe ntibemera gukoresha agakingirizo, kubera ko batekereza ko agakingirizo kagabanya umunezero mu gihe cyimibonano mpuzabitsina. Byoroshye gukangurira umuntu ikoreshwa ry'agakingirizo iyo mubivuganyeho mbere yo gukora imibonano mpuzabitsina. Kuvuga ibijyanye n'inda zitifujwe ndetse n'indwara zandurira mu mibonano mpuzabitsina mbere y'uko muyikora bifasha abakorana imibonano mpuzabitsina kumva akamaro ko gukoresha agakingirizo.

Ibikorwa byihariye bishingiye ku umuco

Ikibazo: Gukebwa kw'abagabo ni iki?

Iki ni igikorwa gikorerwa abana ba bahungu bakimara kuvuka n'ubwo mu mico imwe n'imwe babikora batinze. Muri iki gikorwa bakuraho igihu cy'umutwe w'imboro. Ubusanzwe igikorwa ubwacyo ntigifatwa mu rwego rw'ubuzima ahubwo gikorwa k'ubwimyemerere y'amadini cyangwa impamvu zishingiye ku muco. Imboro isiramuye n'idasiramuye bikora kandi bikaryoyerwa kimwe. Ubushakashatsi kandi bwagaragaje ko gukeba/gusiramura bigabanya ibyago byo kwandura HIV.

Ikibazo: Gukata imyanya ndangagitsina y'umugore ni iki?

Mu bihugu bimwe na bimwe bya Afurika n'Aziya y'iburasirazuba bwo hagati, umukobwa aba agomba gukatwa rugongo n'imishino cyangwa bakabifunga akivuka, akiri umwana cyangwa mu bwangavu. Iki gikorwa kigamije kuba umukobwa ukiri muto kwishora mu busambanyi, gushaka imibonano mpuzabitsina, cyangwa gutwita mbere yo gushyingirwa. Ibi ariko ntibyemewe n'amategecko mu bihugu byinshi, kubera ko bishobora gutera ububabare bwinshi haba ku mubiri ndetse no mu mitekerereze mu gihe birimo gukorwa ndetse no mu gihe cyose cy'ubuzima bwe gisigaye.

Ikibazo: Ese hari uduce abakobwa n'abahungu bashyingirwa bakiri abana?

Yego. Muri sosiyete zimwe na zimwe, haracyagaraga ibikorwa byo gushyingira abakobwa bakiri bato. N'ubwo mu bihugu byinshi hashyizweho ko imyaka yemewe yo gushyingirwa ari 21. Akensi uko gushyingira abana bitegurwa abahungu cyangwa abakobwa bireba batabigizemo uruhare.

ISOMO RYA 5

**Tuvuge
ibijyanye
n'ibiyumviro,
uburumbuke
ndetse n'ejo
hazaza**

Gahunda

Gutangira

Igikorwa cya 1: Kugaragariza umuntu ko umwishimiye

Akaruhuko niba bikenewe

Igikorwa cya 2: Icyizere n'inzozi by'ejo hazaza

Gusoza no kuvuga ibizakurikiraho

Intego

Nyuma y'iri somo abakobwa n'abahungu baraba bashobora:

1. Kungurana ibitekerezo kumyaka ikwiye yo kugaragaza ko wishimiye umuntu
2. Kuvuga no gusesengura icyizere n'inzozi bifitiye z'ahazaza
3. Kwerekana ubuvugizi bakwikerera n'ubumenyi bwo kuganira bavuga uko basubiza ibibazo bijyanye na: "Ni iki niba..."

Isomo rya 5 Gutangira

Mu itsinda rinini baza abakobwa n'abahungu kubwirana ibyo bahuye nabyo mu cyumweru gishize cyane cyane ibirebana n'imfashanyigisho y'umukoro wo mu rugo.

Baza ibibazo bisa nk'ibi:

- ✓ *Byari bimeze bite ubwo abakobwa baganiraga n'ababyeyi babo brochure ivuga ku abahungu n'ababyeyi babo?*
- ✓ *Byari bimeze bite ubwo abahungu baganiraga n'ababyeyi babo brochure ivuga ku abakobwa n'ababyeyi babo?*
- ✓ *Abantu bakuru mwaganiriye bababwiye iki kubijyanye n'igihe gikwiye cyo gukora imibonano mpuzabitsina?*

Subiza ibibazo bibajijwe harimo n'ibyavuye mu gasanduku k'ibibazo by'ibanga.

Ivumburamatsiko: Umurinzi wizewe

Saba urubyiruko gukora amatsinda y'abantu babiri babiri bizerana. umwe arahagarara imbere y'undi hanyuma undi muntu ahagagare inyuma yabouhagaze imbere y'undi amaze kwitegura aravuga ngo "ndaguye" ubwo mugenzi we abe yamurebaga ahite amufata ataragera hasi/amuramira. Baza ibibazo bisa nk'ibi:

- ✓ *Kwiringira ni iki?*
- ✓ *Wakwizera gute ko undi umuntu azakuramira?*
- ✓ *Mbese abantu bahagarara neza maze ntibagwe? Sobanura.*
- ✓ *Kuki ibyiringiro ari byiza?*

Isomo rya 5, Igikorwa Cya 1 Kugaragariza umuntu ko umwishi miye

Igihe: Iminota 50

Ibikenewe: Igipapuro kinini, Marikeri

Intego: Abakobwa n'abahungu bazaganira ku myaka ikwiye yo kwerekana ko wishimiye umuntu

Ibice by'isomo

1. **Baza urubyiruko imyaka yarwo n'uburyo rwerekana ko rwishimiranye kandi umwe yita ku wundi.** Muganire ubutumwa bujyanye n'umuco mu rwego rwo kugaragariza umuntu ko umwishi miye, urugero:

"Urukundo ruri kwinshi kandi n'uburyo bwo kurugaragaza buri kwinshi. Urukundo hagati y'urubyiruko n'ababyeyi babo, bakuru babo/ barumuna babo, basaza babo/bashiki babo, urukundo hagati y'inshuti, urukundo rushingiye ku gitsina ni bumwe mu bwoko bw'urukundo. Nigute wereka mugenzi wawe ko umukunda? Ubyereka ababyeyi gute?, bakuru bawe/barumuna bawe?, basaza bawe/bashiki bawe? inshuti yawe? Kuvugana, kumwenyurira, gusoma, guhobera no gukorakora ibi byose ni uburyo bwo kwerekana urukundo no kwita ku muntu"

- 2. Kora amatsinda mato agizwe n'abantu batatu cyangwa bane** (baba abakobwa n'abahungu bavanze cyangwa batavanze bitewe n'ikigero cy'ubwisanzure) bw'abakobwa n'abahungu—Saba buri tsinda gushushanya ighushanyo kinini cy'umutima ku rupapuro runini. Imbere mu mutima bashushanyemo ibintu byose umukobwa cyangwa umuhungu ashobora gukora yerekana ko koko akunda umuntu. Ibi bishushanyo bishobora kuba byerekana ahantu ho kujya, ibiorwa byo gukora, impano zo gutanga, cyangwa impuhwe yagirira abandi. Hanyuma buri tsinda rirageza ku bandi ibyo ryakoze bageze mu itsinda rini. Bimwe mu bitekerezo bishobora gutangwa harimo:

*gukina cyangwa kumva umuziki kubyina gutemberana gusura umuryango
kuvugana no kwandikirana amabaruwa kureba sinema cyangwa (ikinamico)*

3. Mu itsinda rinini baza ibibazo bisa n'ibi:

- ✓ Wabwirwa ni iki ko umuntu agukunda?
- ✓ Niba warakunze umuhungu, wifuza ko yagufata ate? Ni iki wifuza ko yakora? Yavuga?
- ✓ Niba warakunze umukobwa, wifuza ko yagufata ate? Ni iki wifuza ko yakora? yavuga?
- ✓ Ni gute wasobanura gukunda uwo mudahuje igitsina by'intangarugero?

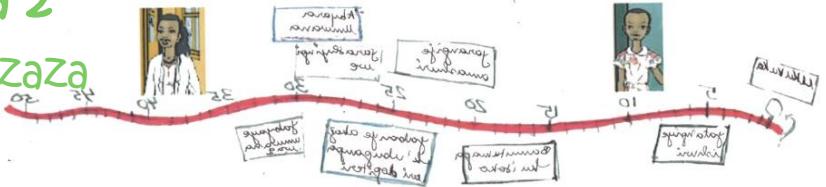
- 4. Kora Incamake kandi ushimangire ingingo z'ingenzi** zigizwe n'akamaro ko kutishora mu mibonano mpuzabitsina kugeza ushatse kandi ko kudakora imibonano mpuzabitsina aribwo buryo bwiza bwo kwirinda inda zitifujwe hamwe n'indwara zandurira mu mibonano mpuzabitsinaharimo na HIV. Ibutsa itsinda ko abakora imibonano mpuzabitsina bagomba mbere na mbere gushaka umuganga. Umuganga aba afite amakuru na serivisi bijyanye no ku kuboneza urubyaro no kwirinda indwara zandurira mu mibonano mpuzabitsina. Agakingirizo, agafuka koroshye binjizamo imboro karinda byombi; gutwita n'indwara umuntu ashobora yakwandurira mu mibonanompuzabitsina. Shimangirako imibonano mpuzabitsina itagomba gukoreshwa ku gitsure, kumbaraga cyangwa mu mahane.
- 5. Murebere hamwe aho bakura amakuru muri ako gace ku** bijyanye no kuboneza urubyaro n'indwara zandurira mu mibonano mpuzabitsina. Tanga aho habarizwa, izina ry'umuntu mukuru ukorera yo hanyuma muvuge n'ibyiza urundi rubyiruko rwakuyeyo harimo no kugirirwa ibanga. Reba aho bakura amakuru mu abantu batuye mu gace kamwe kuri **page....**
- 6. Shishikariza urubyiruko kuvugana n'umuntu mukuru ubitaho** kugira ngo barusheho kubona inkunga n'amakuru, kutumva bashyizwe igitsure cyangwa bafite ubwoba. Abakobwa n'abahungu, bashobora kandi gufasha urungano rwabo kumenya aho bakura amakuru n'uko bayabona mu gihe bayakeneye.

Kuvuga ibijyanye no kugaragaza urukundo no guteza imbere ubwirinzi

- ✓ Uretse impinduka ku mubiri mu gihe cy'ubugimbi/ubwangavu, ibiyumviro byo kwita kubandi ndetse n'ubushuti nabyo birahinduka. Imyaka yo gukura ni igihe kibamo impinduka nyinshi ku rubyiruko rukiri ruto haba ku mubirindetsee no kumyumvire. Wibuke ko ari ibantu bisanzwe ko abakobwa n'abahungu bamwe bagira impinduka kandi bagakura mbere y'abandi. Impinduka zo mu bugimbi/ubwangavu ntizizira ku myaka imwe kandi ntiziza ku rugero rumwe ibi ni ibantu bisanzwe.
- ✓ Gukora imibonano mpuzabitsina no gukundana ni ibantu bitandukanye. Umuntu ashobora kugira ibiyumviro by'urukundo kugera n'ubwo atekereza gusomana cyangwa gukorakora biganisha ku miboonano ariko abantu bakiri bato ntabwo baba bemerewe kugera kuri ibyo byiyumviro. Ni byiza ko abahungu n'abakobwa bategerezakugeza bashyingiwe.
- ✓ Nubwo umukobwa yaba yarabonye imihango, umubiri we uba utaritegura gutwita. Yagombye nibura kuba afite imyaka 18, afite uwo bashakanye umwitaho mbere yo kubaka urugo. Bifata igihe kugira ngo abakobwa n'abahungu babe biteguye haba mu gihagararo ndetse n'imitekerereze, kandi bafite umutungo wo kwita kuriwoo mana hamwe n'uwo murya ngo ubwawo .
- ✓ Niba umukobwa cyangwa umuhungu agize ibiyumviro by'urukundo kuwo badahuje igitsina, yagombye kubiganiriza ababyeyi cyangwa undi muntu yizeye kugirangoamenye uko babibona, inama n'ubufasha. Ibi ni ngombwa cyane niba yumva ashyirwaho igititu cyangwa adatekanye.
- ✓ Uburyo bwo kugaragaza ibijyanye n'iigitsina harimo n'imibonano mpuzabitsina bigomba kunezaza bombi kandi bika byumvikanyweho hagati yabo. Umugore cyangwa umugabo ntagomba narimwe guhatirwa gukora imibonano mpuzabitsina cyngwa gukoreshwa ikintu cyose ku mubiri atigeze ashaka gukora. Umuntu agomba kubanza gutanga uburenganzira bwemerera undi kumukoraho. Mu gihe habayeho ko umuntu akora kuwundi mu buryo budakwiriye atabiherewe uburenganzira, uyu muntu agomaba gushaka ubufasha byihuse...
- ✓ Hari kandi ahantu hanyuranye dushobora gukura amakuru menshi muri akagace (Sobanura ahaboneka amakuru muri ako gace n'uburyo bashobora kuyagera.)

Isomo Rya 5, Igikorwa 2

Icyizere n'inzozi by'ejo hazaza



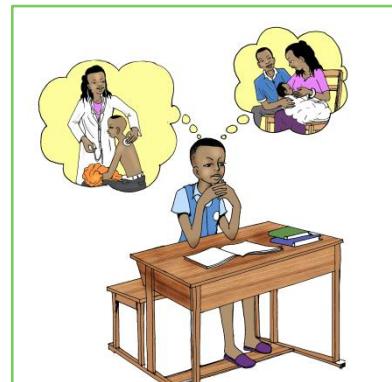
Igihe: Iminota 45

Imfashanyigisho: ubudodo cyangwa umugozi w'inyabubiri, urupapuro rukase mu ishusho y'ikarita, amakarita 8 kuri buri wese, ikaramu ya wino cyangwa ikaramu y'igit na metero bushumi

Intego: Abakobwa n'abahungu bazagaragaza kandi basesengure icyizere n'inzozi byabo by'ejo hazaza.

Ibice by'isomo

1. **Rambura hasi cyangwa ku rukuta umugozi muremure, inago cyangwa urudodo.** Andikaho imibare imwe n'imwe ku burambure bw'uwo mugazi ihagarariye imyaka ikintu iki n'iki kimara. Ha buri mukobwa na buri muhungu amakarita 8 cyangwa uduce tubiri tw'urupapuro, imakasi yo gukatisha urupapuro mo udukarita 8.
2. **Baza buri muntu kwandika ibintu by'ingenzi umuntu agira mu buzima, buri kintu ku gapapuro kacyo.** Abakobwa n'abahungu barandika ibintu byababayeho n'ibintu bifusa ko byazababaho nka: kuvuka, gutangira ishuri, kurangiza ishuri, gushyingirwa, kujya... kubona akazi ko.....n'ibindi.
3. **Baza buri mukobwa na buri muhungu gushyira udukarita twabo ku murongo w'igihe, ziwuzengurutse zaba izababayeho cyangwa batekereza kuzababaho.**
4. Hanyuma, mu itsinda rinini, ubaze abakobwa n'abahungu kubwirina icyizere n'inzozi byabo byo mu gihe kizaza, bagendeye kuumurongo ndangagihe hasi cyangwa ku rukuta. Muganire ku bintu bishobora kubafasha cyangwa kubabuza kugera ku byifuso cyangwa inzozi zabo. Hindura urwo rupapuro rukurikiraho hanyuma ushishikarize buri wese gukoresha ikaramu y'igit hanyuma bagerageze gutahura inzira ya bageza ku ntego.
5. Hamwe n'itsinda, mugaragaze ahantu bashobora gukura amakuru mu gace kabayo yo gufasha abakobwa n'abahungu kugera ku nzozi zabo. Hakaba harimo ababyeyi n'abantu bakuru, ibigo by'urubyiruko, amahuriro y'abahungu n'abakobwa, amatsinda yo kwigana, amatsinda y'urubyiruko, ibigo nderabuzima n'amavuriro, abajyanama b'ubuzima, amahugurwa mu kazi....
6. Niba mugifite igihe, tumira bake mu babishaka guhimba agakino karimo amakabyo y'uko byakagombye kumera mu kubona amakuru avuye muri hamwe bashobora gukura amakuru mu gace kabayo, hagabanya imbogomizi mu kuyageraho.



Ibyiringiro n' Inzozi

Buri muntu agira ibyiringiro n' inzozi z' ubuzima.
Umukobwa cyangwa umuhungu bashobora kuba
muganga, mwarimu , umuhinzi wa kijyambere cyangwa
ikindi cyose bashaka kuba.
Wumva uzaba iki cyangwa uzakora iki nukura ?

Vuga umuntu mukuru ukwitaho wumva mwaganira—
umuntu wakumva kandi akagushyigikira:

Sometimes...

Rimwe narimwe ushobora guhura n'ibibazo cyangwa imbogamizi utari witeguye mugihe uri
gukurikira gushyira mubikorwa ibyifuzo byawe n'inzozi zawe z'ejo hazaza. Bizatuma wiga byinshi
cyangwa se ushakishe abakunganira cyangwa ibyakunganira.

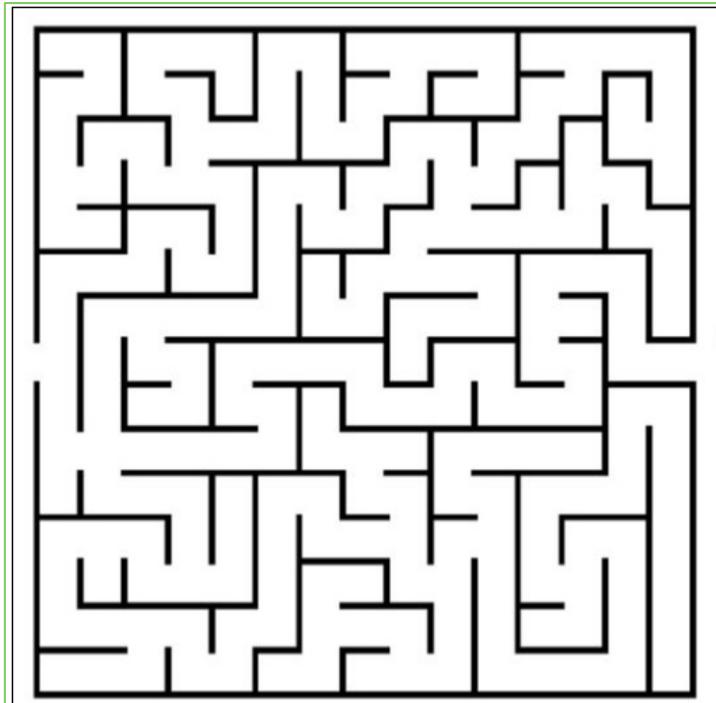
Umukino wa Maze

Ni uburyo bushimishije bufasha gutekereza uko washakisha inzira zo kunyuramo kugirango ugere ku ntego
zawe .Gukina umukino wa Maze utangirira mu nzira yanditseho gutangira ugakoresha ikaramu y'igit
ukerekana inzira igeria kurundi ruhande.

Ese byagenda gute igihe uhuye
n'imbogamizi kugirango ugere ku ntego
zawe?

Gutangira

Ni izihe ngamba wafata kugirango wigizeyo
izo mbogamizi?



Isomo rya 5

Gusoza no kuvunga ibizakurikiraho

Igihe: Iminota 25

Imfashanyigisho: Ibitabo birimo inkuru zo kuganiriza abahungu n'abakobwa

Intego: Abakobwa n'abahungu bazerekana kwivugira n'ubumenyi bwo kuganira berekana uko bazajya basubiza ikibazo "Ni iki niba..."

Ibice by'isomo

- Saba abakobwa n'abahungu gutekereza** ku byo bigiye muri iri somo hanyuma babwirane bimwe mu byingenzi bakuye mu gikorwa cya "Kugaragaza urukundo" "Expressing affection" cyangwa icyizere n'inzozi by'ejo hazaza. Bamenyesheko rimwe rimwe abandi bantu bashobora kuvuga ibintu bishoboara gutuma dushidikanya ku cyizere n'inzozi byacu cyangwa kumva duhatirwa kugaragaza urukundo.
- Baza ibijyanye** n'ibyo urubyiruko rwakagombye kwikoreraho ubuvugizi mu gihe bahinyuwe cyangwa bahatiwe n'abandi. Urugero, Wavuga iki cyangwa wakora iki mu gihe hari uvuze:
"Ibyo ni ukwibeshya. Ibi ni ubupfu. Ntushobora kuba umuganga."
(Wenda, ariko ntawamenya ko ntazagerageza.)

"Kubera iki burigihe wiga cyane? Hari ibintu bisokeshe byinshi wakora!"
(Si mbizi, urashaka kunsetsa. Urashakako twigana?)

"Iyaba warankunze wari kunsohokana ahantu nyuma y'amasomo."
(Iyo unkunda ntiwari kunsaba gukora ibyo bintu.)

"Muri iyi minsi buri wese asigaye akora imibonano mpuzabitsina, kubera iki twe tutabigerageza?"
(Oya, Njyewe rwose Oya.)

- Saba urubyiruko** kwandika imwe mu mvugo ihinyura "byagenda gute hagize uvuga ngo' akurijke ingero bumvise. Ku gace k'urupapuro barandikaho ibyo umuntu yigeze ababwira, cyangwa ikintu baba barumvise kivugwa. (Cyangwa umufashamyumvire ashobora gutegura ingero mbere yo kwinjira mu isomo akaba abizite).

- Shyira za nyandiko zibaza ngo "byagenda gute hagize uvuga'** mu gakapu cyangwa mu gatebo. Saba ubishaka akoremo agapapuro hanyuma asome yanyandiko ihinyura, hanyuma undi avuge icyo yasubiza hagize umubwira iyo mvugo itesha agaciro.

- Tanga kopi z'ibitabo by'inkuru ku** batabasha kubitahana ngo basomere mu rugo. Bibutse ko bagomba kubigarura mu isomo rizakurikiraho.

Imfashanyigisho z'umukoro wo mu rugo

Guteganya ibitabo birimo inkuru ku bakobwa n'abahungu byo gutiza abatarabitahana.



ISOMO 6 Amatsiko n'impungene

Gahunda

Gutangira

Igikorwa cya mbere:

Dusesengure ibibazo n'amatsiko byacu (Itsinda ry'abahungu bonyine n'irya bakobwa bonyine)

Akaruhuko niba gakenewe

Igikorwa cya 2: Uruhererekane rwo koza ibisorori

Gusoza no kuvuga ibizakurikiraho

Ibindi bikorwa: Umubiri wanjye uguwe neza

Intego

Nyuma y'iri somo abakobwa n'abahungu baraba bashobora:

1. Kubaza ibibazo no kuvuguruza impuha ku bijyanye n'imibiru yabo, ubugimbi/ubwangavu n'uburumbuke.
2. Kugaragaza no kuganira ku mpungenge cyangwa amatsiko ku bijyanye n'impinduka z'imibiru yabo, ibiyumviro kubijyanye n'igitsina, kwiyitaho, imyifatire irinda ndetse n'izindi ngingo zinyuranye zishobora kuvuka mi isomo hagati.
3. Gukora imirimo itari imenyerewe gukorwa n'igitsina iki n'iki no kuganira ubufatanye bw'imirimo yo mu rugo ubusanzwe ikorwa n'abahungu gusa cyangwa n'abakobwa gusa
4. Kuvuga akazi cyangwa umurimo utarumenyerewe gukorwa n'igitsina iki ni iki yumva yagerageza.

Isomo rya 6

Gutangira

Igihe: 10 iminota

Imfashanyigisho: uduce tw'urupapuro, buri kose kariho izina rya zimwe mu nyamaswa

Udufatisho two gufatisha agace k'urupapuro (kanditsweho izina ry'inyamaswa) mu mugongo wa buri muntu

Ivumburamatsiko: ndi nde?

Abahungu n'abakobwa bacyinjira mu cyumba, fatisha mu mugongo wa buri wese agapapuro (kanditseho izina ry'inyamaswa). Ntubwire umuntu izina rimwanditseho. Saba urubyiruko kuzenguruka mu cyumba, babazanye kandi bagerageze gutahura/gufindura izina ry'inyamaswa rimuriho. Nyuma yuko abenshi bamaze gutahura amazina y'inyamaswa bafite, bakore uruziga runini.

Ibice by'isomo

1. Fata ibitabo bataruye.
2. Mu itsinda rinini baza icyo abakobwa n'abahungu batekereza kuri uyu mukino. Mu ncamake mu ganire akamaroko kubaza ibibazo ukabona amakuru mashya akwiye kugirango urushehogusobanukirwa ibantu. Ganira n'urubyiruko ibi bikurikira:

Muri aka gakino kubaza ibibazo byabafashije gutahura izina ry'inyamaswa ryari ryanditse ku mugongo wanyu. Mu isomo ry'uyu munsi turakora itsinda ry'abahungu bonyine n'itsina ry'abakobwa bonyine buri ryose rifite umufashamyumvire mukuru uhuje igitsina n'itsinda. Abahungu barabona amakuru aruseho ku gushyukwa nokwioteraho. Naho abakobwa barabona amakuru aruseho kumihango Amatsinda yose araba afite amahirwe yo kubaza ibibazo byinshi kubirebana n'ubugimbi/ubwangavu n'izindi ngingo zingenzi kandi bamarwe impungenge n'amatsiko bafite. N'ubwo ari byiza ko abakobwa n'abahungu baganiririra hamwe k'ubugimbi/ubwangavu, ariko biranafasha kugira igehe rimwe na rimwe kubivugira muitsinda rigizwe n'abantu bahuje igitsina

3. Saba abahungu gukora itsinda rimwe, n'abakobwa bakore irindi. Niba bishoboka ayo matsinda ahurire ahantu hatandakanye bityo buri tsinda ribe ryisanzuye.



Isomo 6, Igikorwa Cya 1

Igikorwa cy'abahungu: Dusesengure ibibazo n'impungenge byacu

*Iki gikorwa kimwe n'icy'abakobwa bigomba gutangirwa rimwe kiri ku rupapuro rwa 115.

Igihe: Iminota 50

Imfashanyigisho: Ibice by'ibipapuro, ikaramu y'igitu urubyiruko ruza kwandikisha ibibazo cyangwa impungenge ku ngingo zijiyanne n'ubugimbi/ubwangavu

Indi myiteguro: Iki gikorwa gisaba abafashamyumvirebabiri, umwe w' umugabo n'undi w'umugore. Umugabo ahuye n'abahungu, umugore agahura n' abakobwa byaba ari akarusho. Soma witonze inyandiko igenewe umufashamyumvire ifite ibikerezo bishobora kubazwa ku rupapuro rwa 96 kugira ngo ube witeguye gusubiza ibibazo bashobora kuzakubaza.

Intego: Abahungu baraba bashobora kuvuguruza ibihuha bitatu cyangwa birenze ku bijyanye, n'umubiri, ubugimbi n'uburumbuke by'abahungu.

Ibice by'isomo

1. Itsinda rito rigizwe n'abahungu babwire ko ugiye gusoma interuro nkeya zivuga ku bahungu gusa nkizi ngizi:

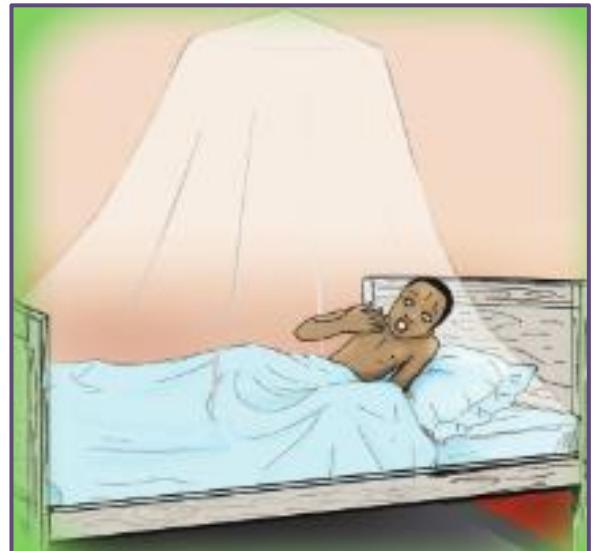
*"Bwa mbere niroteraho byambereye nk'ukubiswe
n'inkuba kuko nta bumenyi na buke nari mfiteho.
Hanyuma mukuru wanje ansobanuri ibyo ari byo."*

*"Si nigeze menya gushyukwa icyo aricyo. Nabaye
nk'utaye umutwe kandi ngira isoni imbere
y'ababyeyi banje ndetse n'urungano rwanje.
Byageze naho nsaba Imana ngo inkize ibi bintu.
Hanyuma naje kumenya ko ari kimwe mu bigize
ubuzima."*

*"Kwirotera byanteje ingorane cyane. Numvaga
nabuze amahoro." Data*

*"Yambwiye ko ibi bigomba kubaho; ariko sinigeze
menya uko ngomba kubyitwaramo."*

Baza niba muri abo bahungu nta wigeze ahura n'ibantu bisa n'ibi cyangwa niba hari uwo bazi byabayeho nk'uko biba kuri benshi.



2. Bahe uduce tw'udupapuro, ikaramu ya wino cyangwa iyi giti. Babwire kwandika ikibazo icyo ari cyo cyose baba bafite ku bijyanye n'ubugimbi n'ipinduka z'umubiri kuri utwo dupapuro. Ibi bibazo bishibora kuba bishingiye ku masomo yose bamaze kwiga cyangwa se bishingiye ku zindi ngingo z'ubugimbi, igitsina n'ubuzima bw'imyororokere.

3. **Kusanya twa dupapuro hanyuma usome** buri kibazo mu ijwi riranguruye. Ni byiza kutagaragaza ikibazo gifite umuhungu kireba ku buryo bw'umwihariko. Nyuma ya buri kibazo, baza itsinda niba rizi igisubizo. Niba ntawushubije utange igisubizo.
4. **Baza kandi musubize ibibazo byose ibibazo byose bishoboka biri ku rupapuro** rwa 96-98 niba abahungu batabajije ibijyanye n'izi ngingo, ubusanzwe abantu benshi bakunze kubaza. Niba hari ikibazo gishya cyashyizwe mu gasanduku k'ibibazo by'ibanga, nabyo mubisubize.

Inyandiko igenewe umufashamyumvire

Ku bahungu n'abakobwa bombi mu matsinda nyunguranabitekerezo

Ni ubwo nta kibazo cy'umwihariko kw'itotezwa rikorerwa abana cyateganijwe mu nyandiko igenewe umufashamyumvire, hari ikibazo urubyiruko rushobora kwibaza. Birashoka ndetse ko haba hari abakobwa n'abahungu bakorewe iohoterwa ryo ku mubiri cyangwa irishingiye ku gitsina, gusambanya n'abo bafitanye isano cyangwa gusambanya ku gahato. Bityo ni ngombwa kwitwararika kuri iki kibazo, hanyuma ugashimangira ko nta muntu numwe ugomba gukorerwa iohoterwa haba iryo ku mubiri cyangwa irishingiye ku gitsina. Kandi ko atari amakosa yabo niba barahuye nabyo. Urubyiruko rukiri ruto akensi barishinja ubwabo iyo bahohotewe, kandi bagira ubwoba bwo kugira uwo babibwira. Ariko umuntu mukuru ufitiwe icyizere, nk'umubyeyi, umuganga, umwarimu, cyangwa umuyobozi mu idini; akensi ashobora kumufasha. Uwo ariwe wese wahuye n'itotezwa ry'abana, itotezwa rishingiye ku gitsina, gusambana n'uwo bafitanye isano ya hafi, guhatirwa gukora imibonano mpuzabitsina cyangwa ukeka ko hari umwe muri uru rubyiruko yahuye nabyo, akeneye kugira uwo abibwira no kubona ubufasha mu maguru mashya. Abantu n'ahantu bashobora gutanga ubufasha harimo abaganga, abayobozi b'amashuri, abarimu, ibigo by'abagore, abayobozi b'amadini, polisi, abanyamategeko n'abandi.

Ibibazo n'ibisubizo bishoboka bigenewe itsinda ry'abahungu

Ikibazo: Ese abahungu bajya mu mihangi?

Abahungu ntibagira ukwezi kw'umugore cyangwa ngo babone imihango kubera ko imyanya myibarukiro yabo itandukukanye n'iy'abakobwa. Imihango ni ugushwanyagurika kw'icyari cyo muri nyababyeyi, aho umwana akurira mu gihe bamutwite. Kubera ko abagore ari bo bonyine bagira nyababyeyi ni nabo bonyine bagira ukwezi kw'umugore.

Ikibazo: Mbese abagabo bakuze barekeraho gusohora?

Iyo umugabo agejeje nko ku myaka 60 cyangwa hejuru yayo, ashobora kugira intanga nke mu masohoro. Ariko iyo umugabo afite ubuzima bwiza ashobora gusohora mu buzima bwe bwose.

Ikibazo: Mbese amasohoro n'inkari bishobora gusohokera rimwe mu mubiri?

Abahungu bamwe bibaza ibi bintu kubera ko umuyoboro umwe ariwo ukoreshwa hombi ku masohoro no ku nkari. Akugara kari ku ntangiriro y'umuyoborow'inkari gatuma inkari n'amasoho bitanyura muri uyu tuyoboro icyarimwe.

Ikibazo: Ni ubuhe burebure nyabwo bw'imboro?

Ikigereranyo cy'Imboro ni hagati ya santimetero 11 na 18 z'uburebure iyo yashyutswe. Nta rugero ntarengwa rw'ingano y'imboro, imiterere cyangwa uburebure. Zimwe ziba zibyibushye kandi ari

ngufi. Izindi ari ndende kandi zinanutse. Nta kuri kw'igitekerezo cy'uko imboro ibyibushye ariyo nziza.

Ikibazo. Mbese ni ibantu bisanzwe ko umuntu agira ibya riri hejuru kurusha irindi?

Yego. Abagabo benshi bafite amabya ataringaniye.

Ikibazo: Mbese ni ikibazo ko imboro ishobora kureba hasi?

Ni ibisanzwe ko umuhungu cyangwa umugabo bagira imboro ireba hasi. Ihagarara mu gihe yashyutswe.

Ikibazo: Imibyimba iba ku mutwe w'imboro ni iyiki?

Imibyimba ni imvubura zikora amatembabuzi afite ibara ryera kandi amatira. Aya matembabuzi afasha igishishwa cy' imboro gusubira hejuru y'imvubura. Nyamara iyo zirundiye mu nsi y'igishishwa cy'imboro, bikurura impumuro mbi cyangwa uburwayi. Ni ngombwa gusukura neza igice gitwikiriwe n'igishishwa cy'imboro igihe cyose.

Ikibazo: Ni gute umuntu yakwirinda gushyukwa mu bantu?

Ibi ni ibantu bisanzwe. Nubwo watekereza ko bibangamira umuntu, gerageza kwibuka ko abantu benshi badashobora kumenya ko bashyutswe keretse iyo babyitayeho.

Ikibazo: Mbese kwiroteaho cyangwa gusohora bituma umuhungu atakaza intanga ze zose?

Oya. Umubiri w'umugabo ukora intanga ku buryo buhoraho igihe cyose akiraho.

Ikibazo: Nkora iki iyo umuntu ankozeho kuburyo numva mbangamiwe?

Umubiri wawe ni uwawe bwite, bityo nta muntu ugomba kugukoraho ku buryo wumva ubangamiwe. Ufite uburenganzira bwo gusaba umuntu guhagarika kugukoraho niba wumva bikubangamiye. Niba ibi bikubayeho, ibuka ko iriatari ikosaryawe kandi ushobora kubibwira umuntu mukuru wizeye kugira ngo agufashe no gukomeza kubibwira abantu benshi kugeza bagize icyo bakora.

Ikibazo: Hakorwa iki niba umugabo cyangwa umugore ashaka imibonano mpuza bitsina undi atabishaka.

Imibonano mpuzabitsina igomba kunezeza kandi ikumvikanwaho hagati y'abantu babiri. Umugabo cyangwa umugore ntagomba guhatirwa gukora imibonano mpuzabitsina cyangwa gukoresha umubiri we icyo aricyo cyose adashaka. Umuntu agomba gutanga uruhushya mbere yuko umuntu amukoraho. Niba habayeho ko umuntu akora ku wundi muburyo badakwiye, uwo muntu agomba gushaka ubufasha ako kanya. Iyo muntu ababaye mu buryo bw'umubiri, bw'igitsina cyangwa bw'imikorere y'umubiri, bitewe n'uwo babana cyangwa uwo bashyingiranywe, nabwo agomba gushaka ubutabazi ako kanya.

Ikibazo: Mbese hari ikibazo umuntu akinishije umubiri we kugirango agere ku munezero?

Gukinisha umubiri wawe ngo ugere kuumnezero ni byo bita kwikinisha bivuze ko akuba, agakorakora cyangwa agakangura imyanya ndangagitsina ye (imboro, inda ibyara cyangwa amabere) agamije kugera ku munezero cyangwa ibiyumviro bishingiye ku gitsina. Abantu barikinisha cyangwa bigeze kwikinisha rimwe na rimwe mu buzima bwabo. Kwikinisha bikorwa n'abantu bo ku myaka itandukanye, kandi bikorwa n'igitsina gore n'igitsina gabu. Ni ibantu bisanzwe kandi kutikinisha. Kugeza ubu nta kimenyetso gishingiye ku bushakashatsi kirerekana ko kwikinisha byangiza umubiri cyangwa imyumvire. Ni icyemezo

buri wese yihitiramo n'ubwo hari n'abashingira ku madini cyangwa inzitizi zishingiye ku muco no ku miziro.

Ikibazo: Mbese bigenda bite iyo umukobwa akunze umukobwa, umuhungu agakunda umuhungu?
“Uko umuntu yiyumva ashingiye ku gitsina” ni ukwisobanukirwa k’umuntu uwo ariwe mu buryo bw’igitsina harimo no kwiyumva nk’umugabo cyangwa umugore, kugena inshinga z’umugore n’umugabo hashingiwe k’umucohhamwe n’amahitamo y’igitsna.” (ISOFI toolkit, pg. 20). Amahitamo y’igitsina bijyanye no kumenya ninde twumva adukurura mu rwego rw’igitsina – abagabo, abagore cyangwa bose.Kuba umuntu areshywa n’uwo badahuje igitsina babyita «ababana badahuje igitsina» iyo ureshywa n’uwo muhuje igitsina byitwa « ubutinganyi », naho kureshywa n’ibitsina byombi nabwo bavugako ari ubutinganyi. Abahaha mu bumenyi ntibaramenya neza icyo ireshywa ryacu rishingiraho, icyo tuzi ni uko abantu basobanura kureshywa kwabo muri uyu murongo. Rimwe na rimwe abakobwa bashobora kugirira ibiyumviro by’urukundo abandi bakobwa, cyangwa abahungu bakagirira ibiyumviro by’urukundoabandi abahungu, kandiibi bishobora gushira cyangwa bigakomeza. Imiryango imwe n’imwe, n’amwe mu madini bafite inzitizi, imiziro ndetse n’amategeko arwanya ubutinganyi aho bahabwa akato, no guhezwa mu mibanire n’abandi. Uburenganzira ku birebana n’igitsina harimo uburenganzira ku bantu bose buzira guhatirwa, gukorerwa ivangura cyangwa iohoterwa...ahubwo ubuzima bw’igitsina bunyura, bwizewe kandi butanga ibyishimo. Kandi ko buri muntu yubahiriza uburenganzira bw’undi.” Byakuwe na WHO ku bijyanye n’ubuzima n’mibereho y’igitsina:
http://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/ (WHO, 2006a, updated 2010).

Ni iby’ingenzi ko abakobwa n’abahungu babaza ibibazo no gushaka ibisubizo byabyo cyane cyane ingingo nk’ubugimbi/ubwangavu n’ibijyanye n’igitsina zirimo zivugwaho, kuko rimwe na rimwe izi ngingo zidakunze kuvugwaho cyangwa zikavugwa mu bundi buryo. Ibibazo byose ni byiza kandi hari icyo byigisha umuntu.

Isomo rya 6, Igikorwa Cya 1

Igikorwa cy'abakobwa: Dusesengure ibibazo n'impungenge byacu

*Iki gikorwa kimwe n'icy'abakobwa bigomba gutangirwa rimwe kiri ku rupapuro rwa 111.

Igihe: iminota 50

Imfashanyigisho; Ibice by'ibipapuro, ikaramu y'igitu urubyiruko ruza kwandikisha ibibazo cyangwa impungenge ku ngingo zijiyanne n'ubugimbi/ubwangavu

Indi myiteguro; Iki igikorwa gisaba abafashamyumvirebabiri, umwe ari umugabo n'undi ari umugore. Umugabo akurikiranye abahungu, umugore agakurikira abakobwa byaba ari akarusho. Soma witonze inyandiko igenewe umufashamyumvire ifite ibikerezo bishobora kubazwa ku rupapuro rw 117 kugira ngo ube witeguye gusubiza ibibazo bashobora kuza kubaza.

Intego: Abakobwa baraba bashobora kuvuguruza ibihuha bitatu cyangwa birenze ku bijyanye, n'umubiri, ubugimbi n'uburumbuke by'abakobwa.

Ibice by'isomo

1. Mu itsinda rito rigizwe n'abakobwa babwire ko ugiye gusoma interuro nkeya zivuga ku bakobwa gusa nkizi ngizi:

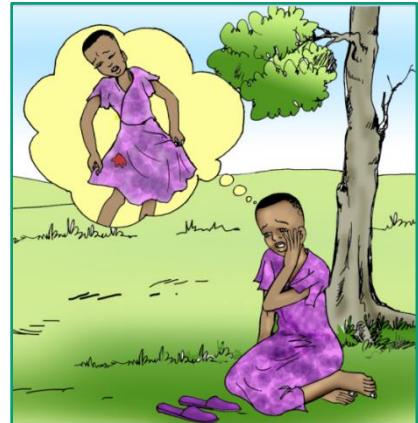
"Bwa mbere mbona imihango byambereye nk'ukubiswe n'inkuba kuko nta bumenyi na buke nari mfiteho hanyuma mama wanje ansobanuri impamvu ngomba kujya mbonaimihango."

"Si nigeze menya ukwezi kw'umugore icyo aricyo. Nabaye nk'utaye umutwe kandi ngira isoni imbere y'ababyeyi banje ndetse n'urungano rwanje. Byageze naho nsaba Imana ngo inkize ibi bantu. Hanyuma naje kumenya ko ari kimwe mu bigize ubuzima."

"Si nari nzi ibiri kumbaho. Sinari mfite amakuru na mekeya y'uko nabiyitwaramo. Imihango yanteje ingorane cyane."

"Narishimye cyane ubwo nabonaga imihango kuko nari nziko bisobanuye ko ntangiyeye gukura."

Baza niba muri abo bakobwa nta wigeze ahura n'ibantu bisa n'ibi cyangwa niba hari uwo bazi byabayeho nk'uko biba ku bandi.



2. Bahe uduce tw'udupapuro, ikaramu ya wino cyangwa iyi gitu. Babwire kwandi ikibazo icyo ari cyo cyose baba bafite ku bijyanye n'ubwangavu n'imihindagurikire y'umubiri kuri utwo dupapuro. Ibi bibazo bishibora kuba bishingiye ku masomo yose bamaze kwiga cyangwa se bishingiye kuzindi ngingo z'ubugimbi, igitsina n'ubuzima bw'imyororokerere.

3. Kusanya twa dupapuro hanyuma usome buri kibazo mu ijwi riranguruye. Ni byiza kutagaragaza ikibazo gifite umukobwa kireba ku buryo bw'umwihariko. Nyuma ya buri kibazo, baza itsinda niba rizi igisubizo. Niba ntawushubije utange igisubizo.

- Baza kandi musubize ibibazo byose bishoboka biri ku rupapuro rwa 117** niba abakobwa batabajije ibijyanye n'izi ngingo, ubusanzwe abantu benshi bakunze kubaza . Niba hari ikibazo gishya cyashyizwe mu gasanduku k'ibibazo by'ibanga, nabyo mubisubize.
- Baza abakobwa ibijyanye nuko bakoresha agapaki k'ibikoresho bifashisha mu gihe cy'imihango, bakurikirana ukwezi kwabo.** Mubwirane amasomo mukuyemo hanyuma mukosore n'amakuru atariyo.

Inyandiko igenewe umufashamyumvire

For Both Girls and Boys Small Group Discussions

Ni ubwo nta kibazo cy'umwihariko kw'itotezwa rikorerwa abana cyateganijwe mu nyandiko igenewe umuhuzabitekerezo, hari ikibazo cy'uko urubyiruko rushobora ku kibaza. Birashoka ndetse ko haba hari abakobwa n'abahungu bakorewe ihohoterwa ryo ku mubiri cyangwa irishingiye ku gitsina, gusambanya n'abo bafitanye isano cyangwa gusambanya ku gahato. Bityo ni ngombwa kwitwararika kuri iki kibazo, hanyuma ugashimangira ko nta muntu numwe ugomba gukorerwa ihohoterwa haba iryu ku mubiri cyangwa irishingiye ku gitsina. Kandi ko atari amakosa yabo niba barahuye nabyo. Urubyiruko rukiri ruto akensi barishinja ubwabo iyo bahohotewe, kandi bagira ubwoba bwo kugira uwo babibwira. Ariko umuntu mukuru uftiwe icyizere, nk'umubyeyi, umuganga, umwarimu, cyangwa umuyobozi mu idini; akensi ashobora kumufasha. Uwo ariwe wese wahuye n'itotezwa ry'abana, itotezwa rishingiye ku gitsina, gusambana n'uwo bafitanye isano ya hafi, guhatirwa gukora imibonano mpuzabitsina cyangwa ukeka ko hari umwe muri uru rubyiruko yahuye nabyo, akeneye kugira uwo abibwira no kubona ubufasha mu maguru mashya. Abantu n'ahantu bashobora gutanga ubufasha harimo abaganga, abayobozi b'amashuri, abarimu, ibigo by'abagore, abayobozi b'amadini, polisi, abanyamategeko n'abandi.

Ibibazo bishora kubazwa mu itsinda ry'abakobwa

Ikibazo: Ni gute umukobwa ashobora kumenya ko agiye gutangira kubona imihango?

Nta n'umwe ushobora kumenya neza igihe ibi bizatangirira. Abakobwa benshi batangira kujya mu mihango hagati y'imyaka 12 na 16. Ikigereranyo cy'imyaka batangiriraho ni 12 cyangwa 13. Uburyo bwiza umukobwa yakoresha ni ukugenzura ibimenyetso. Ubushakwaha, n'ururenda ruva mu gitsina ni ibimenyetso by'uko gutangira kujya mu muhango bitari kure.

Ikibazo: Bigenda gute iyo umukobwa atigeze atangira kujya mu mihango?

Imihango itangira kare kimwe nuko itangira bitinze. Nyamara niba umukobwa agize imyaka 16 akaba ataratangira kujya mu mihango, agomba kujya kwa muganga.

Ikibazo: Ni iki gitera kuribwa mu gihe cy'imihango?

Mu gihe cy'imihango, nyababyeyi irikanya, nyuma ikirekura kugira ngo imihango ibashe gusohoka. Bamwe mu bakobwa n'abagore bagira uburibwe bukabije kurusha abandi. Imiti igabanya uburibwe nka aspirine, imyitozo ngororamubiri, kwoga amazi ashyushye cyangwa agatambaro gashyushye urambika ku kiziba cy'inda bishobora korosha ubwo buribwe.

Ikibazo: Hari umuntu ushabora kumenya igihe umukobwa azabonera imihango?

Oya. Ni ibanga rye keretse we hari uwo abibwiye. Iyo abonye imihango bwa mbere, agomba kubibwira nyina (cyangwa mukuru we, papa we, cyangwa undi muntu mukuru yizeye). Bityo hakaba hari umuntu mukuru uzajya umufasha gukemura ibibazo yahura nabyo.

Ikibazo: Mbese hari ibiribwa byo kwirinda mu gihe cy'imihango cyangwa indi miziririzo/kirazira?

Oya .Gutekereza ko hari ibiribwa bimwe na bimwe bitagomba kuribwa mu gihe cy'imihango ni impuha. Ikindi ni uko umugore cyangwa umukobwa uri mu mihango ashobora guterura uruhinja, kunyura mu murima wimboga ndetse no gukama inka. Ntabyo umuntu abujije mu gihe cy'imihango nta n'imyifatire y'umwihariko ihari.

Ikibazo: Kuki hariho imihango ihindagurika?

Kuba umukobwa atangiye kujya mu mihango, bisaba byibura imyaka 2 cyangwa irenze ho kugira ngo ukwezi kwe kw'imihango kugire gahunda idahinduka. Mur iki gihe, ikigero cy'imirisemburo mu mubiri kirahinduka kandi irekurwa ry'intanga rigashobora kudakorwa ku buryo budahinduka. Bityo iminsi iri hagati y'ukwezi n'ukundi, ingano y'amaraso y'imihango asohoka hamwe n'iminsi imihango imara bikaba byahinduka hagati y'ukwezi n'ukundi. Abakobwa bashobora guhangayikishwa ni uko ukwezi kwe kw'imihango gutandukanye n'uko inshuti ze. Bashobora guhangayikishwa n'uko yabonye imihango ye yambere ariko ntiyongere kubona indi, nta yindi mihango yagize kugeza ku mezi atatu. Uku guhindagurika ni ibisanze.

Ikibazo: Mbese isugi yakoresha tampo (ipamba ryinjizwa mu nda ibyara mu gihe cy'imihango)?

Yego. Isugi ni umuntu utarakora imibonano mpuzabitsina. Inda ibyara ifite umwenge w'igituba utuma amaraso y'imihango asohoka uwo mwenge rero ushabora gushyirwamo tampo.

Ikibazo: Kubera iki njyewe n'umuvandimwe wanje tugira rimwe mu mihango buri kwezi ?

Ni ubwo bitumvikana neza, ntabwo ari ibintu bidasanzwe ku bantu baba mu rugo rumwe kujya mu mihango mu gihe cyegeranye. Abavandimwe, abamama, abakobwa bawe cyangwa inshuti za hafi y'imiryango bashobora kugira ukwezi byenda kuba mu minsi yegeranye ku buryo buhoraho.

Ikibazo: Mfite uwwoba bwo kujya mu mihango. Ese birababaza?

Kujya mu mihango uwababyo nta buribwe bitera. Nkuko twabiganiriye, hari abagore bamwe bagira uburibwe cyangwa ibindi bimenyetso mbere cyangwa agitangira kubona imihango. Umugore ntagomba kugorwa no kubona ukwezi kwe. Ni ikintu gisanzwe.

Ikibazo: Nakora iki igihe mbonye imihango yanje bwa mbere?

Iyo wamenye ibijyanye n'imihango mbere y'uko utangira kuyijyamo, uzaba ufite ubumenyi bugufasha kubyitwaramo neza nta bwoba cyangwa ngo wumve ubuze amahoro. Ni bisa bigutunguye ntukagire uwwoba. Abarimu bawe, abo mu muryango hamwe n'abashinzwe urubyiruko ubusanzwe bashobora kugufasha kumenya ibikoresho wakwifashisha mu gufata amarasoy'imihango.

Ikibazo: Nakora iki iyo umuntu ankozeho ku buryo numva mbangamiwe?

Umubiri wawe ni uwawe bwite, bityo nta muntu ugomba kugukoraho ku buryo wumva ubangamiwe. Ufite uburenganzira bwo gusaba umuntu guhagarika kugukoraho niba wumva bikubangamiye. Niba ibi bikubayeho, ibuka ko iri atari ikosa ryawe kandi ushabora kubibwira umuntu mukuru wizeye kugira ngo agufashe no gukomeza kubibwira abantu benshi kugeza bagize icyo bakora.

Ikibazo: Hakorwa iki niba umugabo cyangwa umugore ashaka imibonano mpuza bitsina undi atabishaka?

Imibonano mpuzabitsina igomba kunezeza kandi ikumvikanwaho hagati y'abantu babiri. Umugabo cyangwa umugore ntagomba guhatirwa gukora imibonano mpuzabitsina cyangwa gukoresha umubiri we icyo aricyo cyose adashaka. Umuntu agomba gutanga uruhushya mbere yuko umuntu amukoraho. Niba habayeho ko umuntu akora ku wundi muburyo budakwiye, uwo muntu agomba gushaka ubufasha ako kanya. Iyo muntu ababaye mu buryo bw'umubiri, bw'igitsina cyangwa bw'imikorere y'umubiri, bitewe n'uwo babana cyangwa uwo bashyingiranywe, nabwo agomba gushaka ubutabazi ako kanya.

Ikibazo: Mbese hari ikibazo umuntu akinishiye umubiri we kugirango agere ku munezero?

Gukinisha umubiri wawe ngo ugere ku umunezero ni byo bita kwikinisha bivuze ko akuba, agakorakora cyangwa agakangura imyanya ndangagitsina ye (imboro, inda ibyara cyangwa amabere) agamije kugera ku munezero cyangwa ibiyumviro bishingiye ku gitsina. Abantu barikinsha cyangwa bigeze kwikinisha rimwe na rimwe mubuzima bwabo. Kwikinisha bikorwa n'abantu bo ku myaka itandukanye, bombiabagoren'abagabo. Ni ibintu bisanzwe kandi kutikinisha. Kugeza ubu nta kimenyetso gishingiye ku bumenyi kirerekana ko kwikinisha byangiza umubiri cyangwa imyumvire. Ni icyemezo buri wese yihitiramo n'ubwo hari n'abashingira ku madini cyangwa inzitizi zishingiye ku muco no kumiziro.

Ikibazo: Mbese bigenda bite iyo umukobwa akunze umukobwa, umuhungu agakunda umuhungu?

“Ukoumuntu yiyumva ashingiye ku gitsina” ni ukwisobanukirwa k’umuntu uwo ariwe mu buryo bw'igitsina harimo no kwiyumva nk’umugabo cyangwa umugore, kugena inshingano z’umugore n’umugabo hashingiwe k’umuco kimwe n’amahitamo y’igitsna.” (ISOFI toolkit, pg. 20).

Amahitamo y’igitsina bijyanye no kumenya ninde twumva adukurura mu rwego rw’igitsina – abagabo, abagore cyangwa bose. Iyo umuntu areshywa n’uwo badahuje igitsina babita “ababana badahuje igitsina,” iyo ureshywa n’uwo muhuje igitsina byitwa ubutinganyi, naho kureshywa b’ibitsina byombi bavugako n’ubundi ari umutinganyi. Abahanga mu bumenyi ntibaramenya neza icyo ireshywa ryacu rishingiraho, icyo tuzi ni uko abantu basobanura kureshywa kwabo muri uyu murongo. Rimwe na rimwe abakobwa bashobo kugirira ibiyumviro by’urukundo abandi bakobwa, cyangwa abahungu bakagirira ibiyumviro by’urukundoabandi bahungu, kandi ibi bishobora gushira cyangwa bigakomeza. Imiryango imwe n’imwe, namwemumadini bafite inzitizi, imiziro ndetse n’amategeko arwanya ubutinganyi aho bahabwa, akato, no guhezwa mu mibanire n’abandi. Uburenganzira ku birebana n’igitsina harimo uburenganzira ku bantu bose buzira guhatirwa, gukorerwa ivangura cyangwa iohoterwa... Ubuzima bw’igitsina bushingiye ku kunyurwa, bwizewe kandibutanga ibyishimo. Kandiko buri muntu yubahiriza uburenganzira bw’undi.” Byakuwe muri WHO kubijyanyen’ubuzima mibereho y’igitsina: http://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/ (WHO, 2006a, updated 2010).

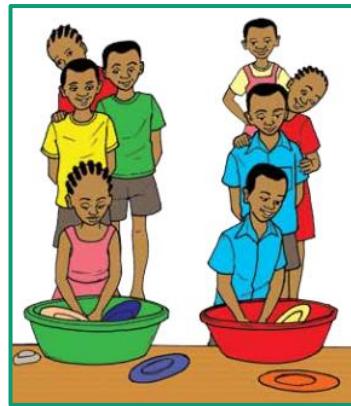
Ni ibyingenzi ko abakobwa n’abahungu babaza ibibazo no gushaka ibisubizo byabyo cyane cyane ingingo nk’ubugimbi/ubwangavu n’ibijyanye n’igitsina zirimo zivugwaho, kuko rimwe izi ngingo zidakunze kuvugwaho cyangwa zikavugwa mu bundi buryo. Ibibazo byose ni byiza kandi birigisha.

Isomo rya 6, Igikorwa Cya 2 Uruhererekane mu koza ibisorori

Igihe: Iminota 45

Imfashanyigisho; amabase atatu yogerezwamo, isabune, ibirundo bitatu by'ibyombo byanduye

Intego: Abakobwa n'abahungu barakora imirimo batari bamenyere gukora banungurane ibiterekerezo ku gufashanya imirimo yo mu rugo ubusanzwe iharirwa abakobwa gusa cyangwa ikorwa n'abahungu gusa.



Ibice by'isomo

1. Mbere y'isomo zana cyangwa usabe buri wese mu bahugurwa kuzana igisorori cyanduye, icyogesho, ibase cyangwa indobo. Shyira amazi mu ibase yo kwogerezamo.

2. Mu gutangira igikorwa itsinda rinini rikoremo amakipe atatu anganya umubare, bahagarare ku gice cy'uruziga inyuma y'ibase yo kwogerezamo (biratuma buri wese ashobora kureba). Amakipe arimo abakobwa n'abahungu muri buri kipe. Ariko ikindi gihe ushobora gutegure amarushanwa hagati y'amakipe y'abakobwan'aya bahungu. Ha buri muntu igisorori cyangwa igikombe cyanduye agifate mu kiganza cyekandi ugenzure ko amakipe yose anganya umubare w'ibisorori.

3. Sobanura uyu mukino w'uruhererekane muri aya amagambo :

Iri ni irushanwa ku ruhererekane mukoza. Intego ni kureba ikipe irangiza koza ibisorori byayo mbere. Ni mvuga ngo "genda" umuntu wa mbere muri buri tsinda arigira imbere yoze igikoresho cye vuba vuba. Nta bantu barenze umwe bemerewe kwogereza icyarimwe muri buri kipe. Umuntu wo mu ikipe akimara kurangiza koza igikoresho cye, umukurikiye nawe yihutira kujya kwoza igikoresho cye. Nyuma yo kurangiza kwoza gishyire ku ruhande kugirango cyumuke. Umukino ukomeza gutyo kugeza buri mukinni wo mu ikipe arangije kwoza. Hatsinda ikipe yarangije mbere.

4. Bose bamaze kwitegura bara-kugeza kuri gatatu hanyuma ijambo "Genda" hanyuma buri kipe itangire koza. Mu gihe habonetse utsinda mushobora kongera gutangira niba mugifite igihe.

5. Saba buri wese kujya ku ruziga hanyuma muganire ku bibazo bikurikira :

- ✓ Uyu mukino murawuvugaho iki? Uratubwira iki cyangwa uratwigisha iki?
- ✓ Ubusanzwe ni nde woza ibisorori/amasahani mu rugo?
- ✓ Mbese iwanyu birashoboka ko abahungu bafasha abakobwa kwoza ibisororicyangwa indi mirimo? Sobanura.
- ✓ Mbese inyungu ku bakobwa cyangwa ku bahungu ishingiye ku gufashanya imirimo yo mu rugo ni iyihe? Ni ikihe gihombo kirimo?

- ✓ *Ni yihe mirimo yo mu rugo yindi abahungu bafasha abakobwa? Naho abakobwa bafasha iki abahungu?*
- ✓ *Ni yihe mvugo wakoresha kugirango usabe abavandimwe bawe kuba bagufasha gukora imirimo yo mu rugo? Ni gute uzabasaba?*
- ✓ *Ni yihe mirimo igenewe abagabo bo mu gace kanyu? Ni yihe mirimo igenewe abagoreo bo mu gace kanyu?*
- ✓ *Mu mirimo yo murugo, mu kazi n'ibindi) ni izihe mpinduka mwakwifusa ko ziba mu bijyanye nimirimo n'ibyo umuntu aba yitezweho?*

6. Mu ganire ku makuru ari munyandiko igenewe umufashamyumvire.

7. Kora incamake y'ibyo abakobwa n'abahungu bavuze ko babonye cyangwa guhindara ku bijyanye nimirimo n'inshingano byitezwe ku ku bakobwa biba bitandukanye n'ibyitezwe ku bahungumu gace kabo. Ibutsa abakobwa n'abahungu ko buri weseashobora gukora ibantu aabantu batuye mu gace kamwe batari bamwitezeho kandi ko bashobora gufashanya bakora imirimo idashingiye ku nshingano za kera.

Inyandiko yumufashamyumvire

- ✓ Hari itandukaniro riboneka ku mibiri y'abakobwa n'abagore iyo igereranijwe n'imibir y'abahungu n'abakobwa. Ubusanzwe abagore bagira amabere, inda ibyara ndetse na nyababyeyi, bashobora kandi gutwita no konsa abana, mu gihe abagabo bafite Imboron'agasaho k'amabya baka bashobora gutera inda abagore. Iri tandukaniro ntiryahinduka.Ni itandukaniro karemano.
- ✓ Ariko n'ubwo abakobwa n'abahungu bambara imyambaro itandukanye n'ibyo bakora bikaba bitandukanye, iyo tandukaniro ntabwo ari karemano.Ni ibantu twigishwa na sosiyete.
- ✓ Abagore bashobora kugera ku bintu batari bitezweho nko kugira ubutaka bwabo, kuba umudogiteri kandi bakaguma ari abagore. Abagabo nabo bashobora gukora ibantu batari bitezweho nko guteka cyangwa gukora isuku kandi bagakomeza kuba abagabo. Kubera ko inshingano zigwa, dushobora no guhindura ibyo dushaka kugira ngo ubuzima bwacu burusheho kuba bwiza.
- ✓ Iyo abagabo n'abagore, abahungu n'abakobwa bafatanya imirimo, bituma imiryango yabo n'agace batuyemo bitera imbere. Iyo umuhungu afasha mushiki we bituma mushiki we nawe abona umwanya wo gukora ibindi bintu.Twavuga nk'umukoro wo mu rugo ibi bigatuma atava mu ishuri. Byereka ababyeyi be ndetse n'abaturanyi be uburyo ari umuhungu wiybashye.Rimwe na rimwe iyo abagabo n'abahungu bafasha abagore mu mirimo nk'yo kuvoma bifasha umugore kugumana ubuzima bwiza.

Isomo rya 6

Gusoza, no kuvuga ibikurikira

Igihe: Iminota 15

Imfashanyigisho: Ibitabo by'inkuru ku bakobwa n'abahungu, uduce tw'udupapuro, metero bushumi agapapuro gafata n'ikaramu y'igitu

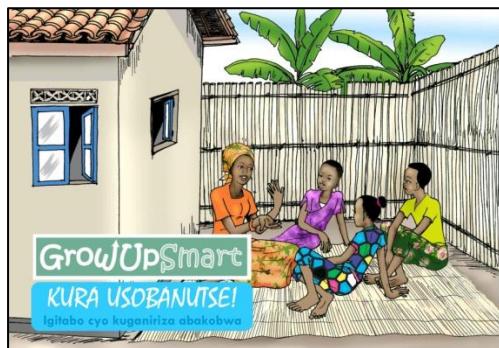
Imfashanyigisho z'umukoro wo mu rugo

Guteganya ibitabo birimo inkuru ku bakobwa n'abahungu byo gutiza abatarabitahana.

Intego: Abakobwa n'abahungu barabwirana isomo bakuye mu byo bize uyu munsi, hanyuma bavuge umwe mu mirimo irimo kuvuka kw'isoko ry'umurimo bifuza kuzakora .

Ibice by'isomo

- Mu itsinda rinini, saba abakobwa n'abahungu kwandika ikintu kimwe bumva bize** uyu munsi ku gace k'urupapuro hanyuma bakamanike ku rukuta. Bashishikarize gusoma ibyo abandi nabo bashyize ku rukuta kugira ngo ibyabo babyegeranye n'ibyo byenda gusa. Urugero amasomo bakuyemo ku bijyanye n'impinduka z'umubiri agomba gushyirwa uruhande rumwe hanyuma ajyanye n'ibihuha n'imyumvire bishingiye ku gitsina nayo agashyirwa ku rundi ruhande.
- Soma hanyuma ukore Incamake y'ubutumwa bw'ingenzi** bumanitse ku rukuta. Ongeraho izindi ngingo zingenzi zikeneye kwibutswa urubyiruko.
- Mutekereze ku gikorwa cy'uruhererekane rwo koza ibisorori.** Ku ruziga tumira bakobwa n'abahungu kubwirana imirimo itari isanzweho mbere, ubu ikaba ishishikaje abantu, bumva nabo bazakora.
- Ha urubyiruko rutaratahana ibitabo birimo inkuru** bajye kubisoma bari kumwe n'ababyeyi babo. Bibutse ko bagomba kubigarura baje mu isomo ritaha.



Isomo rya 6

Ibikorwa by'inyongera

Isomo rya 6, Igikorwa cy'inyongera

Umubiri wanjye umeze neza

Igihe: Iminota 15

Imfashanyigisho: Ntabwo ikenewe

Indi myiteguro: Iki gikorwa gisaba abafashamyumvire babiri, umwe ari umugabo undi ari umugore. Umugabo akurikiranye abahungu, umugoreagakurikirana abakobwa byaba ari akarusho. Gishobora gukorwa mu gikorwa cya 11: "Dusuzume ibibazo n'impungenge byacu"

Intego: Mu matsinda abahungu ukwabo n'abakobwa ukwabo, abakobwa n'abahungu baraba bashobora kuvuga ibintu bakunda (Bituma bumva umubiri wabo uguwe neza) basobanure kwikinisha icyo aricyo kandi bungurane ibitekerezo ku mpuha zibivugwaho.

Ibice by'isomo

- Mu itsinda rito ry'abahungu cyangwa abakobwa** basabe gutekereza igikorwacyangwa ikintu kibashimisha basobanure uko baba bumva bameze iyo barimo kugikora, bagifite cyangwa bari kukirya. Basabe gusobanura ibiyumviro cyangwa ibyishimo baba bafite iyo bari kugikora/ku kirya.
- Babaze niba barigeze bumva havugwa ukuntu umuntu agera** ku munezero akoreshje umubiri we. Babaze uko babyita. Nibabasha kuvuga kwikinisha; musobanure muri make icyo aricyo n'impamvu ibitera. Shimangira ko inzobere mu buvuzi zivuga ko ari ibintu bisanzwe, ariko ko imicoimwen'imwe hamwe n'amadini bitabishygikira. Shishikariza itsinda kuvuga ibyo bumvise bivugwa birebana no kwikinisha. Mu vuguruze ibyo bumvise byaba atari ukuri nka:
 - ✓ Kwikinisha bitera uburwayi bwo mu mutwe. (igihuha)
 - ✓ Kwikinisha bitera kumera ubwoya mu kiganza, bigatera ibibyimba mu maso cyangwa bigatera ubuhumyi. (Ighuha)
 - ✓ Abakobwa bikinisha batwarwa/ bararikira imibonano mpuzabitsina. (Ighuha)
 - ✓ Kwikinisha bitera kweruruka mu maso kandi bigatuma umuhungu akoresha/ arangiza intanga ze zose. (Ighuha)
 - ✓ Kwikinisha bica intege bigatuma umugabo adashobora gutera inda. (Ighuha)
 - ✓ Bituma utakaza kwifuza umutu mudahuje igitsina. (Ighuha)

Inyandiko yumufashamyumvire

Kwikinisha ni ukujombagura, gukorakora cyangwa ubundi buryo, mu gukangura imyanya ndangagitsina (imbora, inda ibyara n'amabere) ugamije kugera ku munezero cyangwa ibiyumviro by'igitsina. Abantu benshi baba barikinishije mu buzima bwabo. Bombi abagabo n'abagore bashobora kongera ibiyumviro by'igitsina bityo bakagera ku munezero bakoresheje kwikinisha. Kugeza ubu ntabitmenyetso by'inzobere biragaraza ko kwikinisha byakwangiza umubiri cyangwa intekerezo z'umuntu. Kwikinishabihinduka ikibazo gisaba ubuvuzi iyo bibuza umuntu gukora neza cyangwa iyo bikorerwa mu ruhame. Nyamara kwikinisha bihura n' inzitizi z'amwe mu madini menshi n'umuco. Icyemezo cyo kwikinisha cyangwa kutabikora umuntu agifata ku giti cye.

Kwikinisha akensi ni uburyo bwa mbere butuma umuntu agera ku munezero w'igitsina. Ni ibintu bisanzwe ko abahungu n'abakobwa batangira kwikinisha mu gihe cy'ubugimbi/ubwangavu, kandi ni ibisanzwe ko hari n'abatigera bikinisha. Nta muntu ugomba guhatirwaho cyangwa gushyirwa igitsure mu gukora imibonano mpuzabitsina. Imibonano mpuzabitsina igomba gushimisha bombi abagore n'abagabo.



ISOMO RYA 7

Isuku yacu, ubwacu n'iy'abandi

Gahunda

Gutangira

Igikorwa cya 1: Imihango ku ishuri

Ikiruhuko niba gikenewe

Igikorwa cya 2: Umukino ku isuku

Gusoza no kuvuga ibizakurikiraho

Ibindi bikorwa: Iyo guseka bitarimo urwenya, kwamamaza ibantu bikoreshwa mu gutunganya umubiri

Intego

Isoma rirangiye abakobwa n'abahungu baraba bashobora:

1. Gusobanura no kwerekana uko ashobora gufasha umukobwa uri mu mihangi, kwiyumvamo ikaze kandi yiteguye kuguma mu ishuri
2. Kuvuga uburyo bwo gufasha urubyiruko rwahuye n'ikibazo cyo kumwazwa cyangwa gukobwa bitewe n'imihindagurikire y'umubiri we cyangwa izindi mpamvu.
3. Gusobanura ibikorwa by'ingenzi mu kwigirira isuku
4. Kugaragaza ingamba mu gukuraho inzitizi/ imbogamizi, mu gukurikiza amabwiriza ku bikorwa by'ingenzi, mu kugira isuku, no kongera gusobanura imikoreshereje y'agapaki k'ibikoresho byifashishwa mu gukurikirana ukwezi kw'umugore.

Isomo rya 7 Gutangira

Igihe: 50 iminota

Imfashanyigisho: Inkuru zижане n'imihango

Mu itsinda rinini, ifurize buri wese ikaze mu isomo kandi musubize ikibazo cyaba kitarashubijwe mu isomo riheruka hamwe n'ibibazo byo mu gasanduku k'ibibazo by'ibanga. Baza niba hari uwagerageje gukora umurimo utari usanzwe ugenewe igitsina iki n'iki kuva murangije isomo riheruka. Kusanya ibitabo by'inkuru ku bugimbi/ubwangavu byatiruwe.

Ivumburamatsiko: uruvange rw'имвура n'umuyaga

Buri weseahagarara kuruziga, umuhufashamyumvire, akavuza inkonokono buhoro buhoro. Umuntu uri iburyo bwe akurikireho (kuvuza inkonokono buhorobuhoro) buri muntu ku ruziga nawe abikore, umwe umwe azunguza ikiganza. Hanyuma umuhuzabitekerezo abikore vubavuba, bose bamwigane. Umuhuzabitekerezo akube ikiganza cye ku kindi, akome amashyi, akubite ku kibero cye arangize ahonda ibirenge hasi abandi nabu bigana ikintu cyoseakoze barikuruziga kugeza humvikanye urusaku ruremereye. Hanyuma urusaku rw'имвура ivanze n'umuyaga rugende rugabanuka buhorobuhoro kugeza rurangiriye kuri wa mukino batangiriye w'ibiganza.

Bwira abakobwa n'abahungu ko nk'uko umukino w'имвура n'umuyaga mwawukinnye mukoresheje uruhurirane rw'amajwi menshi, ni nako hari ibantu byinshi bigira uruhare mu buzima bwacu n'imibereho myiza. Duhereye kuri ibi, isomo ry'yuu munsi riribanda ku isuku y'umubiri, imihango ku ishuri, kugirira isuku umubiri wacu, ubuzima n'uburyo umwe afata undi mu gihe cy'ubugimbi/ubwangavu. Ibikorwa biri bwibande ku kwita ku mubiri wacu ubwacu cyangwa abandi.

Isomo rya 7, Igikorwa Cya 1

Imihango n' ishuri

Igihe: Iminota 50

Imfashanyigisho: Inkuru ku mihangi

Intego: Abakobwa n'abahungu bazaganira kandi bakine bigana uko bagoboka abakobwa bari mu mihangi no kubafasha kwiyumvamo ikaze kandi biteguye kuguma mu ishuri no kuvuga uburyo bwo gufasha urubyiruko rurimo guharishwa/gukobwa bitewe n'imihindagurikire y'umubiri wabo cyangwa izindi mpamvu.



Ibice by'isomo

1. Saba itsinda gukora uruziga mu gihe urimo gusoma uranguruye (cyangwa umwe mu rubyiruko) inkuru iri kurupapuro rwa...rukurikiye.

2. **Muganire kuri iyi nkuru mukoresheje ibibazo bikurikira:**

- ✓ Wasobanura ute ubutumwa bw'ingenzi buri muri iyi nkuru?
- ✓ Ni iki cyatumye Mutoni yumva adashaka gusubira ku ishuri?

- ✓ Ni iki cyatumye abahungu bamukoba/ bamukwena n' abakobwa bakamuseka?
 - ✓ Ni iki bagombye kuba barakoze kugira ngo bafashe Mutoni?
 - ✓ Ni iki abantu bakuru (abarimu) cyangwa umukuru bigana bagombaga gukora kugira ngo bafashe Mutoni ku munsi we wa mbere w'imihango?
 - ✓ Ni gute ishuri ryagombye kuba ryari ryiteguye gufasha Mutoni mu gihe yabonaga imihango ye yambere?
- 3. Niba mugifite umwanya, urubyiruko rukore amatsinda mato bahimbe agakino kerekana** uko ibyabaye kuri Mutoni byagomba gukorwa mu buryo bukwiye, hanyuma bagakinire itsinda rinini. (Utwo dukino dushobora no gukoreshwa mu masomo y'ubukangurambaga bw'abantu batuye mu gace kamwe).
- 4. Mu nsanganyamatsiko zakinwaho harimo:**
- ✓ Umukobwa cyangwa umuhungu yumvise umuhungu asekia Mutoni hanyuma amubuza gukomeza kumukoba.
 - ✓ Mubyara wa Mutoni cyangwa musaza we yabonye amaraso ku ijipo ya Mutoni hanyuma amutiza umupira wo guhisha icyo kizinga kandi ntayagira undi abizimurira
 - ✓ Umukobwa wigana na Mutoni ufite kotegisi yajyanye na Mutoni mu bwiherero.
 - ✓ Mwarimu yabimenye maze ajyana Mutoni mu cyumba cy'abakobwa, amuhumuriza, amuha amazi meza na kotegisi ndetse aramukomeza.
 - ✓ Abakobwa n'abarimu bakurikirana abanyeshuri bavuganye n'umuyobozi w'ikigo basaba ko imisarane yagirirwa isuku kandi igakingwa ndetse hakaba amazi meza n'ibikoresho by'isuku y'abakobwa.
- 5. Amatsinda yose amaze gukina agakino kayo,** kora i incamake y'ingingo z'ingenzi kandi wibutse itsinda ko abakobwa bashobora kujya ku ishuri kandi bagakora imirimo yabo isanzwe, no mu gihe bari mu mihang. Urunigi rushobora gufasha umukobwa kwibuka umunsi ashobora kuboneraho imihango y'ukwezi gukurikiyeho.
- 6. Zenguruka ku ruziga ubaza** buri mukobwa na buri muhungu kuvuga ikintu kimwe yabwira cyangwa yakora mu rwego rwo gufasha mugenzi we urimo gusekwa n'abandi kubera impinduka z'umubiri we.



Inkuru ijyanye no kujya mu mihang

Mutoni yiyumvaga buri gihe ari umukobwa usanzwe. Agize imyaka 11, ariko atangira kumera amabere n'ubwoya butangira kuza ku myanya ye yibanga no mu kwaha. Umunsi umwe abona amaraso ku ikariso ye. Yirirwa yicaye mu ishuri, yibaza impamvu y'ayo maraso. Mu gihe yahagurukaga umwe mu bahungu abona amaraso ku myenda ya Mutoni y'inyuma ahita abibwira ishuri ryose. Maze bose baraseka batangira kumutunga intoki. Mutoni yahise yirukira mu rugo arira kandi arahira ko atazasubira ku ishuri. Ageze mu rugo abwira mama we ibyamubayeho. Mama we aramuhumuriza kandi amwibutsa ko ikintu cyose cyabaye mumubiri we ari ibintu bisanzwe.

Yibukije Mutoni ibyo bari baraganiriye bijyanye n'ubwangavu harimo ko amabere y'abakobwa atangira kuba manini n'ubwoya bukamera ku myanya yabo yibanga no mu kwaha. Abakobwa bakura mu gihagararo, amatako yabo akagara kandi bakiyongera mu biro. Ibi bisobanura ko bidatinze umukobwa azatangira kujya abona amaraso buri kwezi aribyo bita kujya mu mihang nk'uko Mutoni yabitangiye uyu munsi. Mutoni yaramwenyuye ubwo mama we amubwira ko buri mugore wese ku isi agira izi mpinduka.

Mutoni yaratangaye cyane ubwo mama we yamubwiraga byinshi ku bijyanye n'impinduka ziba ku bahungu mu gihe cy'ubugimbi. Abahungu nabo bamera ubwoya ku mubiri, bagakura mu gihagararo, bakagira impumuro ndetse bakiroteraho bituma basohora nijoro." Iyo bamenya ko bihwanye no kwiroteaho mu ishuri, wenda ntibajya baseka abakobwa bagiye mu mihang", niko uyu mubyeyi w'umuhabanga yavuze. Ibi byatumye Mutoni asekya cyane kandi yumva yishimye.

Ku munsi wagize imihango

Ushobora kujya kw'ishuri ugakora imirimo nk'uko bisanzwe, n'yo waba uri mu mihang. Mu gihe uri mu mihang, ambara akabindo gasukuye mw'ikariso kugirango wirinde kwanduza imyenda yawe.

Hari igihe ndibwa munda cyangwa nkabyibuhu mu minsi yegereye imihango. Ubundi nkumva mbabajwe n'ubusa.

Ni wumva utameze neza mu minsi y' imihango, warambika agatambaro karimo amazi ashyushye ku nda, ukanywa se icyayi gishyushye cyangwa utunini tubuza kubabara.

Mutoni na mama we bafungura Agapaki ka CycleSmart basangamo udutambaro dusukurwa tukazongera gukoreshwa, ashobora kudukoresha tugafata amaraso bityo ntibigere ku myenda ye y'inyuma. Mama wa Mutoni yamubwiye ko agomba kwikomeza ntatume gusekwa uko ariko kwose bihagarika kwiga kwe. Abahungu nabo bagira impinduka zishobora gutuma bumva babangamiwe. Bazigishwa kutajya baseka abandi ukundi.

Abakobwa n'abahungu bungukira byinshi mu kugana ishuri. Ni ngombwa gufasha abakobwa bajya mu mihang kuguma mu ishuri kandi ntibasibe ishuri n'umunsi n'umwe.

Uburyo bwo gufasha inshuti cyangwa mugenzi wawe mwigana

Mu gihe hari abari ku mukoba/kumuseka cyangwa guhatirwa gukora ikintu kibi cyangwa kidakwiriye

- ✓ Erekanisha amagambo n'ibikorwa uburyo bwo gufata abandi neza kandi ububashye
- ✓ Tekereza kandi ube uretse kugira icyo uvuga cyamwaza cyangwa kigakomeretsa abandi
- ✓ Niba hari umuntu uri gusekwa kubera impinduka z'umubiri we, muhindure ikiganiro cyangwa utange icyifuzo cy'igikorwa kiruhura umutwe/gishekeje buri wese ashobora gukora.
- ✓ Umuntu urimo gusekwa, gukobwa cyangwa guhatwa. Erema umuntu urimo kumuseka ko uri inshuti y'uwo urimo gusekwa. Saba uwo urimo gusekana kubireka.
- ✓ Tanga igitekerezo cy'uko abandi bakwifatanya namwe gukora ikindi kintu kandi nabo babe inshuti y'uwari uri gusekwa/ gukobwa.
- ✓ Tanga igitekerezo cy'uko umuntu urimo gusekwa ajyana nawe ahandi. Byaba ngombwa mu kajyana ahantu hatekanye.
- ✓ Bwira umuntu mukuru wizewe (umubyeyi, umwarimu cyangwa undi muntu) niba gusekana/gukobana bitahagaze cyangwa niba wumva wokejwe igititu cyangwa ubangamiwe.
- ✓ Irinde imyifatire nk'iyyi, ahantu cyangwa abantu nk'aba

Isomo rya 7, Igikorwa Cya 2

Umukino w'isuku

Igihe: Iminota 50

Imfashanyigisho: Amakarita ariho amakuru y'ingenzi, imwe kuri buri tsinda

Ushobora kuzana ibindi bikoresho bituma umukino ushimisha nk'isabune, uburoso bw'amenyo na kologate, imboro ikoze mu git, agapaki k'ibikoresho byifashishwa mu gihe cy'imihango, ibikoresho bitandukanye bikoreshwa mu gihe cy'imihango

Intego: Abakobwa n'abahungu bazaganira ku bumenyi bukenewe n'ibikorwa bya ngombwa mu isuku y'umubiri wacu.

Ibice by'isomo

1. Baza ibibazo bike bigufasha gutahura ibyo abakobwa n'abahungu basanzwe bazi kubijyanye no gufata neza imibiri yabo:

- ✓ Twavuze *byinshi birebana n'impinduka z'umubiri mu gihe cy'ubugimbi/ubwangavu. Ese ibi bivuze ko tugomba gufata neza imibiri yacu mu buryo bonyuranye? Gute?*
- ✓ *Ni ukubera iki ibice binyuranye by'umubiri wacu bigomba guhorana isuku? Ni ibihe bice?*
- ✓ *Ni iyihe suku ikenewe kuri buri gice?*

Muvuge n'ibice by'umubiri bashobora kwibagirwa kuvuga (mu maso, imisatsi, amenyo, impumuro, n'imyanya ndanga gitsina).

2. Mukore amatsinda abiri, abakobwa n'abahungu bavanze. Ha buri tsinda amakarita: Guhorana isuku n'ubuzima bwiza. Saba buri tsinda guha amakarita buri wese uri mu itsinda kugira ngo bayitegereze mbere y'uko umukino utangira. Ha buri itsinda iminota igera kuri itanu yo kwitegereza neza Ayo makarita y'umukino. Hanyuma mutangire umukino.

3. Baza itsinda rya mbere ikibazo kiri ku rutonde rukurikira bagisubize mu masegonda 30. Niba igisubizo aricyo, itsinda rya mbere rirabona inota. Niba igisubizo atari cyo, itsinda rya 2 riragerageza gutanga igisubizo neza maze ribone inota.

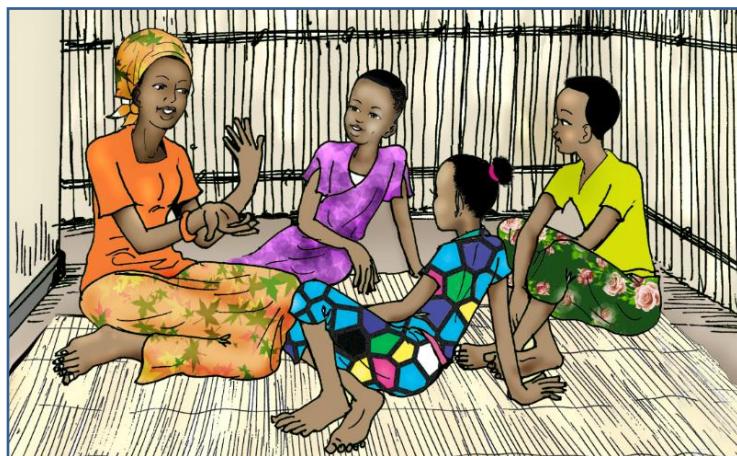
4. Komeza kugeza ibibazo byose bibonewe ibisubizo biri byo. Niba igihe ari gito umuhuzabitekerezo azahitamo ibibazo by'ingenzi azaha buri tsinda. Itsinda rizagira amanota menshi niryo rizaba ritsinze.

5. Baza kandi musubize ibibazo birebana n'isuku ya ngombwa ku mubiri w'umuntu. Menya neza niba abahungu n'abakobwa bahawe umwanya ungana mu gutanga ibitekerezo. Ku yandi makuru, reba amakarita y'umukino n'inyandiko igenewe umufashamyumvire ku rupapuro rwa 30.

6. Kora Incamake ikurikira: Guhorana isuku bigufasha kugumana ubuzima bwiza, kugaragara neza hamwe no kugira impumuro nziza. Guhorana isuku bigomba kuba igikorwa gihoraho buri munsi.

Ibibazo by'umukino kuisuku

- ✓ Ni ubuhe buryo bwiza bwo kugumana isuku? (*Igisubizo kigomba kuba ibyo abantu benshi bahuriyeho mu gihugu.*)
- ✓ Ni ubuhe buryo bwiza bwo kwita ku gishishi cyo mumaso? (koga mu maso nibura kabiri ku munsi ukoreshe isabune n'amazi.)
- ✓ Kuki twoza amenyo? (Kwirinda imungu y'amenyo no kugira ngo agume asa neza.)
- ✓ Ni ubuhe buryo bwiza bwo gusukura amenyo? *Igisubizo kigomba kuba ibyo abantu benshi bahuriyeho mu gihugu.*
- ✓ Ni igihe ki byanze bikunze tuba tugomba gukaraba intoki? (*Mbere na nyuma yo gufata amafunguro, uvuye ku musarani.*)
- ✓ Ni iyihe mpamvu ugomba gukaraba intoki igihe cyose uvuye ku musarani? (*Kwirinda gukwirakwiza mikorobe n'ubundi bwandu.*)
- ✓ Kuki twambara amakariso ameshe? (*Kwirinda ubwandum no kugira ngo imyanya ndangagitsina ihorane isuku.*)
- ✓ Ni iki abakobwa n'abahungu bashobora gukoresha mu gusukura imyanya ndangagitsina? (*Isabune n'amazi.*)
- ✓ Mbese umugore agomba gushyira imibavu (ibyatsi bihumura neza, amazi.) mu nda ibyara? Kubera iki? (*Oya, kuko byahatera kumagara, uburyaryate cyangwa n'ubundi burwayi.*)
- ✓ Ni ibiki umukobwa cyangwa umugore akenera mu gusukura udutambaro dukoreshwa mu gihe cy'imihango? Akenera amazi meza n'isabune byo kumesa no kunyuguza udutambaro. Akenera kandi ahantu amanika utwo dutambaro kugira ngo twume neza.
- ✓ ESE iyo umuhungu adasiramuye agomba koza neza ate imboroye? (Yitonze yigiza igishishwa cy'imboroye inyuma hanyuma akoza intini yayo.)



Ikarita z'umukino:Hora ukeye kandi ufite ubuzima bwiza

<p>Kugira impumuro nziza</p> <p>Koga buri munsi bigufasha guhorana impumuro nziza</p>	<p>Imyenda y'imbere</p> <p>kwambara umwenda w'imbere buri munsi mu rwego rwo kwirinda umwanda no kugira ngo imyanya ndagagitsina igumye ise neza</p>
<p>Amenyo no mu kanwa</p> <p>Koresha ibintu bikoreshwa mu gihugu cyawe woze amenyo buri gihe umaze gufata amafunguro na joro mbere yo kuryama.Gusukura amenyo bifasha kwirinda gucukuka cyangwa kubora kw'amenyo. Gukoresha umuti woza amenyo urimo filiworide bishobora gutuma amenyo yawe akomera</p>	<p>Imisatsi/ mu mutwe</p>  <p>Mesa mu mutwe wawe ku buryo buhoraho kugira ngo uhorane isuku. Inshuro umesa mu mutwe biterwa n'ubwoko bw'umusatsi wawe kimwe n'aho uri. Abafite imisatsi irambuye cyangwa yoroshye bashobora kubona kwiyyongeranya kw'amavuta aba mu misatsi vuba vuba bityo bikabasaba kumesamo buri munsi cyangwa buri minsi ibiri cyangwa itatu. Abafite imisatsi y'injwiri cyangwa se yizingazinze bagira kwiyubaka buhorobuhoro kw'amavuta aba mu misatsi bityo bakaba bashobora kumesa mu mutwe buri cyumweru. Biterwa ariko nanone n'imyemerere ishingiye ku muco. Niba utazi inshuro ugomba kumeza mu mutwe, baza inshuti yawe cyangwa umuntu wo mu muryango wawe mufite imisatsi y'ubwoko bumwe ushabora ku kugira inama.Abahungu bagomba kuvugana n'ababyeyi babo, mukuru wabo cyangwa undi muntu mukuru kubijyanye no kwiyyogoshesha Abakobwa bashobora kubaza umugore bizeye ibijyanye no kwiyyogoshesha. Ntabwo abagabo bose n'abagore bose ariko biyogoshesha. Biterwa n'umuco n'amahitamo y'umuntu igithe cyo gutangira kwiyyogoshesha. Ntimugatizanye inzembe cyangwa ibindi bantu byatuma amaraso cyangwa andi matembabuzi y'umuntu yivanga n'ay'undi. Shishoza kugira ngo utikomerekessa urwembe kandi urubike ahantu abana bato batazarugeraho.</p>
<p>Koga umubiri</p> <p>Koga umubiri bifasha umuntu kuguma asa neza, kwirinda ubwandu, kwirinda kurwara.Oga amazi n'isabune rimwe cyangwa kabiri ku munsi. Karaba intoki mbere na nyuma yo gufata amafunguro. Karaba intoki nyuma yo kuva ku musarani kugira ngo wirinde gukwirakwiza mikorobe n'ubundi bwandu. Gukaraba mu maso nibura kabiri ku munsi ukoresheje amazi n'isabune bishobora kwirukana ibishishi cyangwa kugabanya ubukana bwabyo.</p>	<p>Imyanya ndangagitsina (abahungu)</p> <p>Ni ngombwa koza no gusukura imboro buri munsi. Oza agasaho K'amabya, hagati y'agasaho n'ibibero, aho amabuno ahurira, no mu nnyo. Ukoresha amazi n'isabune buri munsi. Ku bahungu batikebesheje,ni ngombwa kwegeza igishishwa cy'imboro inyuma bagasukura bitonze umutwe w'imboro. Umuhungu yaba yarikebesheje cyangwa ataricyebesheje, ni ngombwa koza no gusukura imboro ye n'imyanya ikikije innyo buri munsi. Ibi bikuraho za mikorobe kandi bigatuma aho hantu hatagira impumuro mbi.</p>
	<p>Imyanya ndangagitsina (Abakobwa)</p> <p>Abakobwa bakenera koza ibice bikikije igituba n'innyo akoresheje amazi n'isabune. Imbere mu nda ibyara harisukura ubwaho. Ntugomba kugeregeza kuhasukura keretse ubitigetswe na muganga. Ni byiza cyane kudakoresha isabune, ibirwanya impuro, imibavu, ibyatsi cyangwa amazi mu gusukura inda ibyara. Ibi singombwa kuko bishobora kuhangiza bitebewe nuko ibyo bintu bishobora guhindura amatembabuzi asanzwe y'imbere mu nda ibyara bikaba byakwangiza uruhu rw'imbere mu nda ibyara ndetse bigatera ubwandu. Hindura kenshi kotegezi cyangwa ibindi byose wakoresha mu gihe cy'imihango. Niba ukoresha udutambaro dusukurwa tukongera gukoreshwa, Menya neza ko wazitumbitse kandi ko wazimeshesheje amazi meza n'isabune. Hanyuma zume neza mbere yo kongera kuzikoresha. Niba ukoresha ibintu bikoreshwa rimwe gusa, bijugunye mu mwobo w'umusarane cyangwa mu gitebo cy'imyanda cyabugenewe kugirango bizatabwe cyangwa bitwikwe. Ntukajunye ibyo wakoresha mu misarani ikoresha amazi.</p>

Ibibazo bishobora kubazwa n'ibisubizo

Ikibazo: Mukuru wanje yambwiye ko ari byiza gutera imibavu, ibyatsi bihumuza, amazi n'ibindi mu nda ibyara kugira ngo hajye hahumura neza. Mbese hari ikibi kirimo?

Yego. Ni bibi kuko byatuma mu nda ibyara humagara, kwishimagura cyangwa hakazamo ubundi bwandu. Abagore bamwe bashyiramo ibantu bimwe na bimwe kuko badashaka amatembabuzi ava mu gitsina cyabo. Ariko ayo matembabuzi ni bintu bisanzwe, meza ku buzima kandi yagenewe kubamo. Abagore ntibagombye kugereza kuyabuza bashyiramo ibantu bidasanzwe.

Ikibazo: Ese birasanzwe ko bamwe mu bakobwa bagira umwaga cyangwa kuribwa mu nda mu gihe bari mu mihango ?

Yego. Kubera impinduka ziba mu mubiri w'umukobwa mu minsitibanziriza imihango, ashobora kumva atishimye, arakaye cyangwa afite umujinya nta mpamvu igarara. Abakobwa bamwe bababara amabere kandi akabyimba iyo begereje kujya mu mihango. Abandi bababara mu mugongo abandi bakaribwa mu nda bakunze kwita ifumbi. Zimwe mu mbogamizi zirasanzwe. Ariko niba uburibwe bukabije, bibwire mama wawe, nyogosenge cyangwa umuntu mukuru wizeye. Ushobora gukoresha agatambaro gashyushe, gufata icyo kunywa cyangwa imiti igabanya uburibwe.

Ikibazo: Wakorera iki imbindo zanduye?

Imbindo zaguzwe mu isoko wazipfunyika mu bipapuro ukazijugunya mu myanda. Imbindo zisukurwa zikongera gukoreshwa cyangwa uduce tw'utwenda bishobora gushyirwa mu gashashi wabona umwanya ukazitumbika mu mazi meza, kuzimesa n'isabune kuzunyuguza no kuzanika zikuma neza. Ku bakobwa ni ngombwa kugira amazi meza n'isabune byo kumesheshaimbindo zisukurwa zikongera gukoreshwa, n'umwanya wo kuzanikamo kugira ngo zume neza, byaba byiza zanitswe ku zuba.

Ikibazo: Mbese abakobwa bagomba gukuna (bashobora no kuvuga guca imyeyo)?

Abakobwa bamwe bashobora kumva ibijyanye cyangwa se bakabibwirwa na bakuru babo, urungano rwabo cyangwa abarezi babo ko bagomba gutangira gukurura imishino yabo mu gihe cy'ubwangavu. Nubwo bamwe bemera iki gikorwa gakondo cyongera igitsina cyangwa kikarinda imyanya ngandagitsina kujyamo ibyanda cyangwa ibindi bintu byanduye, murwego rw'ubuvazi nta mpamvu nimwe yo gukuna.

Ikibazo: Kangahe ugomba kwoga mu musatsi?

Biterwa n'ubwoko bw'umusatsi wawe, n'aho uri. Niba umusatsi n'umutwe byawe bifata amavuta vuba cyangwa niba uri ahantu hari imyanda cyangwa ubira ibuya cyane (urugero niba ukora siporo cyane), ugomba kumesa mu musatsi buri munsi cyangwa buri minsitibiri cyangwa itatu. Niba imisatsi yawe n'umutwe wawe bigaraga nk'ibyumutse, icyo gihe rimwe mu cyumweru rirahagije.

Ikibazo: Mbese abagabo bose bariyogoshesha?

Oya. Bamwe batereka ubwanwa. Abandi ntibiyogoshesha kuko batamera ubwanwa.

Ikibazo: Ese ni byiza kumena igishishi cyaje mu maso?

Ni byiza cyane kutamena igishishi cyaje mu maso cyangwa kugikorakora, kubera ko bishobora gutuma hazamo ubwandu. Bishobora gutuma gihinduka ikibyimba.

Isomo rya 7

Gusoza ho kuvuga ibizakurikiraho

Igihe: 20 Iminota

Imfashanyigisho: Agapaki k'ibikoresho bikoreshwa mu gukurikirana ukwezi kw'umugore n'Urunigi, ibitabo by'inkuru ku bakobwa n'abahungu bya kura usobanutse

Intego: Abakobwa n'abahungu bazagaragaza ingamba zakoreshwa mu gukuraho inzitizi mu gukurikiza ibikorwa bya ngombwa mu isuku kandi basobanure uburyo Agapaki k'ibikoresho bikoreshwa mu gukurikirana ukwezi kw'umugore gakoreshwa.

Ibice by'isomo

- Mu itsinda rinini musubirmo uko bakoresha urunigi na** "cycleSmart" Agapaki k'ibikoresho bikoreshwa mu gukurikirana ukwezi kw'umugore cyangwa ubaze umukobwa cyangwa umuhungu kubyerekan imbere y'itsinda rinini. Kosora icyaba kivuze mu buryo butaribwo. Shimangira ko umukobwa ashobora gukoresha Urunigi kugira ngo amenye igihe ashobora kuzabona imihango y'ukwezi kwe gukurikiyeho.
- Baza ibijyanye n'imbogamizi cyangwa inzitizi mu gukurikiza ibikorwa by'ingenzi mu kugira isuku.** (Urugero: amazi meza yo koga adahagije, kubura amafaranga yo kugura isabune cyangwa ibikoresho byo gusukuza amenyo ni ibindi). Shyira urutonde rw'imbogamizi abakobwa n'abahungu bavuze ku rupapuro runini.
- Shaka ibitekerezo mu itsinda rinini bijyabye** n'ukuntu abakobwa n'abahungu bakemura izo nzitizi. Mutekereze uko abarezi cyangwa serivisi zihari zafasha buri wese mu bakobwa n'abahungu guhangana n'inzitizi ahura nazo. Shimangira uko bagera kuri serivisi zihari niba ari ngombwa.
- Ha ibitabo by'inkuru kuri Kura usobanutse,** abakobwa n'abahungu batarabitahana. Basabe kuzabitirura baje mu isomo rikurikiyeho.



Imfashanyigisho z'umukoro wo mu rugo

Tegura kopi z'igitabo cy'inkuru cya Kura usobanutse zo gutiza 'abakobwa n'abahungu batarabicyura.

Isomo rya 7

Ibikorwa by'inyongera

Isomo rya 7, Ibikorwa by'inyongera

Igihe guseka bitarimo urwenya

Igihe: Iminota 45

Imfashanyigisho: Ntayo

Intego: Abakobwa n'abahungu barasobonura kandi berekane uburyo bafasha cyangwa batera inkunga urubyiruko rwahura n'ikibazo cyo gusekwa/gukwenwa bivuye ku mpinduka z'imibiru yabo cyangwa n'izindi mpamvu.



Ibice by'isomo:

1. Mu itsinda rinini tangiza igikorwa interuro zisa nizi:

Twese tuzi guseka icyo ari cyo. Guseka bituma umuntu yumva ameze neza kandi ubusanze duseka kuko tunezerewe cyangwa iyo ikintu gishekeje. Rimwe na rimwe ariko abakobwa n'abahungu baseka iyo barimo gusekana ibijyanye n'impinduka z'umubiri wabo. Ibi bishobora kubabaza cyane. Uburero tugiye kuvuga ibirebana n'igihe guseka bisekeje n'igihe guseka bibaza cyane.

2. Saba abakobwa n'abahungu gukora amatsinda abiri buri tsinda ririmo abakobwa n'abahungu.

3. Saba itsinda rya mbere gutegura umukino

werekana abantu bari guseka kuberaikintu gishekeje. Barakina icyo kintu gisekeje ku buryo buri wese abibona kandi bagerageze gusetsa buri wese.

4. Saba itsinda rya kabiri gutegura umukino

werekana uko guseka bishobora kubabaza cyane. Barakina abakobwa n'abahungu bari gukwena/guseka mugenzi wabo kubera impinduka z'umubiri we. Bahe iminota 15 kugira ngo itsinda riganire kandi ryitoze ako gakino.

5. Saba buri wese kwicara ku ruziga yitegereze

uko buri tsinda ryerekena agakino karyo .

6. Amatsinda amaze kwerekana udukino twayo, baza itsinda rinini ibibazo:

- ✓ Ni uruhe rugero twabonyemo igihe guseka biba bisekeje? Ni uruhe rugero twabonyemo igihe guseka biba bibabaje cyane
- ✓ None uyu munsi mwize iki kubijyanye n'itandukaniro riri hagati yo guseka abantu bakoba umuntu n'igihe abantu baseka bishimye?
- ✓ Mu rugo iwanyu no ku ishuri hari ubwo abakobwa n'abahungu rimwe na rimwe bajya basekana kubera impinduka z'imibiru yabo bari kunyuramo? Waduha urugero?
- ✓ Ese yumva ameze ate umuntu urimo gusekwa kubera impinduka z'umubiri we ari gucamo? Wakora iki igihe ibyo bibayeho?

- ✓ Ese abakobwa buri gihe barasekwa iyo bari mu mihango maze imyenda yabo ikandura?
- ✓ Ni iki wagombye kuvuga cyangwa gukora niba ubonye umukobwa bari guseka kubera ko ari mu mihango? Nk'umuntu ubibona cyangwa wabihagazeho, ni gute wafasha guca umuco mubi wo gusekana?
- ✓ Nigute abakobwa n'abahungu berekana kubahana hagati yabo kuko imibiri yabo ihinduka kubera ubugimbi n'ubwangavu

7. Kora Incamake y'ingingo z'ingenzi zaganiweho mu itsinda rinini. Sozesha interurozisa nizi:

Guhura n'impinduka mu bugimbi/ubwangavu ni ibintu bisanzwe mu buzima. Buri wese azinyuramo ariko ziba mu bihe bitandukanye ku batu batandukanye. Guseka abandi, by'umwihariko ku bintu bijyanye n'impinduka zo ku mubiri, bishobora kubabaza cyane. Gushygikirana no kwishimira izo mpinduka ku myaka itandukanye bitera ishema kandi birafasha cyane.

8. Genda ku ruziga ubaza buri mukobwa na buri muhungu kuvuga ikintu kimwe bashobora kuvuga cyangwa gukora mu gufasha inshuti yabo cyangwa mugenzi wabo w'urungano urimo gusekwa n'abandi kubera impinduka z'umubiri. Subira mu ngingo z'ingenzi ziri mu nyandiko igenewe umufashamyumvire niba batazivuze.

Inyandiko igenwe umufashamyumvire

Uburyo bwo gufasha inshuti cyangwa mugenzi wawe mwigana

Mu gihe hari abari ku mukoba/kumuseka cyangwa guhatirwa gukora ikintu kibi cyangwa kidakwiriye

(iki gikorwa n'nyandiko igenewe umufashamyumvire irashimangira ubutumwa bwo mu isomo rya VII, igikorwa cya 1)

- ✓ Erekanisha amagambo n'ibikorwa, uburyo bwo gufasha abandi neza kandi ububashye.
 - ✓ Tekereza kandi ube uretse kugira icyo uvuga cyamwaza cyangwa kigakomeretsa abandi.
 - ✓ Niba hari umuntu uri gusekwa kubera impinduka z'umubiri we, muhindure ikiganiro cyangwa utange icyifuzo cy'igikorwa kiruhura umutwe/gishekeje buri wese ashobora gukora.
 - ✓ Jya mu ruhande rw'umuntu urimo gusekwa, gukobwa cyangwa guhatwa.
- Ereka umuntu urimo kumuseka/gukobana ko uri inshuti y'uwo urimo gusekwa. Saba uwo urimo gusekana kubireka.
- ✓ Tanga igitekerezo cy'uko abandi bakwifatanya namwe gukora ikindi kintu kandi nabo babe inshuti y'uwo bari bari guseka/ gukoba.
 - ✓ Tanga igitekerezo cy'uko umuntu urimo gusekwa ajyana nawe ahanti. Byaba ngombwa mu kajyana ahantu hatekanye.
 - ✓ Bwira umuntu mukuru wizewe (umubyeyi, umwarimu cyangwa undi muntu) niba gusekana gukobana bitahagaze cyangwa niba wumva wokejwe igititu cyangwa ubangamiwe.
 - ✓ Irinde imyifatire nk'ihi, ahantu cyangwa abantu nk'aba.

Isomo rya 7, Ibikorwa by'inyongera

Kwamamaza ibyita ku mubiri

Igihe: iminota 45

Imfashanyigisho: amakarita ariho amakuru y'ingenzi, imwe kuri buri tsinda, ibantu byo gutanga nka: udupapuro twamamaza, marikeri, impapuro, amakaramu n'ibindi bintu byafasha mu gukora amatangazo y'ibantu byita ku mubiri.

Intego: Abakobwa n'abahungu barungurana ibitekerezo ku bikorwa by'isuku by'ingenzi

Ibice by'isomo

- Mu itsinda ry'abantu babiri,** ha buri tsinda imwe mu ngingo zikurikira hamwe n'amakarita ajyanye na buri gikorwa n'amakuru y'ingenzi ari ku rupapuro rukurikiye. (Icyitonderwa: Aya ni amakarita amwe n'ayakoreshewe mu mukino w'isuku. Iki gikorwa n'uburyo bundi bwo kuganira ku makuru amwe y'isuku.)

-Koga umubiri	-Guhumura neza	-Amenyo no mukanwa-
-Imisatsi		
-Imyenda y'imbere	-Imyanya ndangagitsina (abakobwa)	
-Imyanya ndangagitsina (abahungu)		

- Saba buri tsinda gusoma amakarita y'iki gikorwa ariho amakuru ajyanye n'ingingo** hanyuma bahimbe cyaba televiziyo, radiyo, ikinyamakuru cyangwa ikindi kinyamakuru cyamamaza kumenyekanisha ikintu gishya cyangwa uburyo bwo gutunganya neza ingingo yabo. Bashishikarize kugira guhangga udushya/ubuvumbuzi. Urugero, bashobora kuvumbura ikintu cyo gukoresha, gukina bigana inzobere mu bintu ibi n'ibi ,gutegura"guma ukeye" kubyina cyangwa guhimba indirimbo nshya, ibyiciro mu koza amenyo. Bahe iminota 15 kugira ngo babashe guhimba itangazo/iyamamaza ryabo.
- Barangije akazi kabo, saba buri tsinda kwerekana itangazo ryabo mu itsinda rinini
- Saba abakobwa n'abahungu kubaza ibibazo nyuma ya buri tangazo ryerekanywe no gutanga igitekerezo cyabo.
- Kora Incamake y'ubutumwa bw'ingenzi bugizwe n'impamvu ari ngombwa kwoga umubiri harimo n'imyanya ndangagitsina, kwoza amenyo, guhindura imyenda y'imbere n'amasogisi no kwita ku mpumuro y'umubiri uko bikwiye. Ni byiza kudatizanya ibantu by'umuntu ku giti cye nk'urwembe, igikombe cyo kunywesha, uburoso bw'amenyo, igisokozo, isume/igitambaro cy'amazi n'ibindi.

Ikarita z'umukino:Hora ukeye kandi ufite ubuzima bwiza

<p>Kugira impumuro nziza</p> <p>Koga buri munsi bigufasha guhorana impumuro nziza.</p>	<p>Imyenda y'imbere</p> <p>kwambara umwenda w'imbere buri munsi mu rwego rwo kwirinda umwanda no kugira ngo imyanya ndagagitsina igumye ise neza.</p>
<p>Amenyo no mu kanwa</p> <p>Koresha ibintu bikoreshwa mu gihugu cyawe woze amenyo buri gihe umaze gufata amafunguro na joro mbere yo kuryama.Gusukura amenyo bifasha kwirinda gucukuka cyangwa kubora kw'amenyo. Gukoresha umuti woza amenyo urimo filiworide bishobora gutuma amenyo yawe akomera,</p>	<p>Imisatsi/ mu mutwe</p>  <p>Mesa mu mutwe wawe ku buryo buhoraho kugira ngo uhorane isuku. Inshuro umesa mu mutwe biterwa n'ubwoko bw'umusatsi wawe kimwe n'aho uri. Abafite imisatsi irambuye cyangwa yoroshye bashobora kubona kwiyongeranya kw'amavuta aba mu misatsi vuba vuba bityo bikabasaba kumesamo buri munsi cyangwa buri minsi ibiri cyangwa itatu. Abafite imisatsi y'injwiri cyangwa se yizingazinze bagira kwiyubaka buhorobuhoro kw'amavuta aba mu misatsi bityo bakaba bashobora kumesa mu mutwe buri cyumweru. Biterwa ariko nanone n'imyemerere ishingye ku muco. Niba utazi inshuro ugomba kumeza mu mutwe, baza inshuti yawe cyangwa umuntu wo mu muryango wawe mufite imisatsi y'ubwoko bumwe ushabora ku kugira inama.Abahungu bagomba kuvugana n'ababyeyi babo, mukuru wabo cyangwa undi muntu mukuru kubijyanye no kwiyogoshesha Abakobwa bashobora kubaza umugore bizeye ibijyanye no kwiyogoshesha. Ntabwo abagabo bose n'abagore bose ariko biyogoshesha. Biterwa n'umuco n'amahitamo y'umuntu igithe cyo gutangira kwiyogoshesha. Ntimugatizanye inzembe cyangwa ibindi bantu byatuma amaraso cyangwa andi matembabuzi y'umuntu yivanga n'ay'undi. Shishoza kugira ngo utikomerekessa urwembe kandi urubike ahantu abana bato batazarugeraho.</p>
<p>Koga umubiri</p> <p>Koga umubiri bifasha umuntu kuguma asa neza, kwirinda ubwandu, kwirinda kurwara.Oga amazi n'isabune rimwe cyangwa kabiri ku munsi. Karaba intoki mbere na nyuma yo gufata amafunguro. Karaba intoki nyuma yo kuva ku musarani kugira ngo wirinde gukwirakwiza mikorobe n'ubundi bwandu. Gukaraba mu maso nibura kabiri ku munsi ukoresheje amazi n'isabune bishobora kwirukana ibishishi cyangwa kugabanya ubukana bwabyo.</p>	<p>Imyanya ndangagitsina (abahungu)</p> <p>Ni ngombwa koza no gusukura imboro buri munsi. Oza agasaho K'amabya, hagati y'agasaho n'ibibero, aho amabuno ahurira, no mu nnyo. Ukoresha amazi n'isabune buri munsi. Ku bahungu batikebesheje,ni ngombwa kwegeza igishishwa cy'imboro inyuma bagasukura bitonze umutwe w'imboro. Umuhungu yaba yarikebesheje cyangwa ataricyebesheje, ni ngombwa koza no gusukura imboro ye n'imyanya ikikije innyo buri munsi. Ibi bikuraho za mikorobe kandi bigatuma aho hantu hatagira impumuro mbi.</p>
	<p>Imyanya ndangagitsina (Abakobwa)</p> <p>Abakobwa bakenera koza ibice bikikije igituba n'innyo akoresheje amazi n'isabune. Imbere mu nda ibyara harisukura ubwaho. Ntugomba kugeregeza kuhasukura keretse ubitigetswe na muganga. Ni byiza cyane kudakoresha isabune, ibirwanya impuro, imibavu, ibyatsi cyangwa amazi mu gusukura inda ibyara. Ibi singombwa kuko bishobora kuhangiza bitebewe nuko ibyo bintu bishobora guhindura amatembabuzi asanzwe y'imbere mu nda ibyara bikaba byakwangiza uruhu rw'imbere mu nda ibyara ndetse bigatera ubwandu. Hindura kenshi kotegezi cyangwa ibindi byose wakoresha mu gihe cy'imihango. Niba ukoresha udutambaro dusukurwa tukongera gukoreshwa, Menya neza ko wazitumbitse kandi ko wazimeshesheje amazi meza n'isabune. Hanyuma zume neza mbere yo kongera kuzikoresha. Niba ukoresha ibintu bikoreshwa rimwe gusa, bijugunye mu mwobo w'umusarane cyangwa mu gitebo cy'imyanda cyabugenewe kugirango bizatabwe cyangwa bitwikwe. Ntukajunye ibyo wakoresha mu misarani ikoresha amazi.</p>

ISOMO RYA 8

Kubungabunga ubuzima n'ubuziranenge

Gahunda

Gutangira

Igikorwa cya 1: Igitabo kirimo inkuru guma utekanye

Akaruhuko niba gakenewe

Igikorwa cya 2: Ubuziranenge n'imibereho myiza: imikino, indirimbo, ubugeniimbyino

Gusoza no kuvuga ibizakurikiraho

Ibindi bikorwa: Uko ibisindisha biduhindura mu byiyumviro, -Umukino “gumana ubuziranenge”, Kugaragaza isoko y'amakuru mu gace kacu.

Intego

Isomo rirangiye abakobwa n'abahungu baraba bashobora:

1. Gusoma baranguruye inkuru ya gatatu yo mu gitabo cy'inkuru “Gufata umwanzuro uhebuje” no kungurana ibitekerezo ku byifuzo batanze birebana nibyo urubyiruko ruto rushobora gukora cyangwa kuvuga kugira ngo mu rwego rwo kwirinda ahantu cyangwa ibantu hakururira ibibazo ubuzima.
2. Guhimba agakino, indirimbo, imbyino cyangwa ikindi gihimbano kivugitse neza hashingiwe ku nsangamatsiko cyangwa amasomo yizwe muri gahunda ya kura usobanutse, no gutegura uko bazabyerekana mu isomo riteganijwe ry'ubukangurambaga mu abantu batuye mu gace kamwe.
3. Gukora urutonde na aderesi z'ahantu hatangirwa serivise z'urubyiruko no kuvuga nibura izina ry'umuntu bashobora gushaka akabafasha.

Isomo rya 8 Gutangira

Mu itsinda rinini baza kandi muganire ikibazo cyose abakobwa n'abahungu bashobora kuba bafite kuva amasomo ya GrowUp Smart "**Kura Usobanutse**" yatangira.



Isomo rya 8, Igikorwa Cya Mbere

Igitabo cy'inkuru ku Kugumana ubuzima buzira umuze

Igihe: Iminota 50

Imfashanyigisho: Ibitabo by'inkuru z'abakobwa n'abahungu ku igipapuro kinini, marikeri

Intego: Abakobwa n'abahungu barasoma baranguruye inkuru ya gatatu yo mu gitabo cy'inkuru, "Gufata umwanzuro uhebuje" baganire ku byifuzo by'icyo urubyiruko rukiri ruto rwakora cyangwa rwavuga kugira ngo hirindwe ibintu biki cyangwa ibintu byangiza ubuzima.

Ibice by'isomo:

- Saba abakobwa n'abahungu gukora amatsinda mato.** Ha buri tsinda igitabo cy'inkuru z'abakobwa. (niba ibitabo bihari bidahagije, amatsinda amwe ahabwe ibitabo by'inkuru z'abahungu) saba buri tsinda gusoma baranguruye inkuru ya nyuma : "Gufata imyanzuro ihebuje" urubyiruko rushobora gusimburanwa gusoma inkuru baranguruye mu gihe abandi bateze amatwi.
- Saba urubyiruko kuganira ku bibazo bikurikira,** bakiri mu itsinda rinini
 - ✓ Saba urubyiruko kuganira kuri ibi bibazo mu gihe bakiri mu matsinda mato
 - ✓ *Muri iyi nkuru ninde wahuye n'ikintu kitari cyiza? Icyo kintu kitari cyiza ni ikihe?*
 - ✓ *Uwo muntu yakoze iki?*
 - ✓ *Ninde wabonye uburyo bwo kumufasha? Yakoze iki mu kumufasha?*
 - ✓ *Tekereza kuri iyi nkuru wasomye, ni iki wasaba abakobwa n'abahungu bo mu kigero cyawe kubijyanye no kugumana ubuzima bwiza kandi batekanye? (Mutegure kubwira itsinda rinini.)*
- Niba mugifite igihe, saba amatsinda mato gukina agakino** kuri iyo nkuru cyangwa ibindi bintu bisa nayo bishobora kuba mu gace kabu. Shimira abakinni.

Ivumburamatsiko: ubuzima busesuye buraboneka

Saba abakobwa n'abahungu kwicara ku ruziga hanyuma batekereze ibintu bituma bumva bameze neza kandi batekanye, nko kuryama mu kiringiti cyorohereye, amafunguro mu rugo cyangwa guhoberana n'umubyeyi. Hanyuma bwira itsinda ko urajya uvuga "1,2,3, POP! Abahungu n'abakobwa bakiruka vuba bakavuga ikintu gituma bumva batekanye hanyum bakongera bakicara. Iyo atekereje ikindi kintu arahuguruka nanone akaza yihuta akakivuga. Barangije, kora inshamake y'ibisubizo hanyuma ubabwire ko mugiye kurebera hamwe uburyo butandukanye bwo kugumana ubuzima bwiza kandi utekanye mu gihe cy'ubugimbi/ubwangavu.

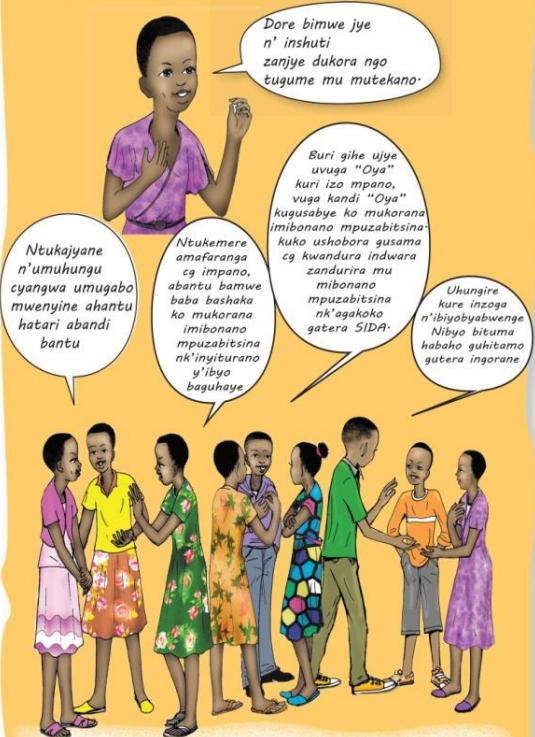
4. **Mu itsinda rinini sobanura muri make** hanyuma usabe abahungu n'abakobwa kubwirana ibyifuzo by'uko abantu bo mu kigero cyabo byabafasha kugumana ubuzima bwiza kandi butekanye mu gihe cy'ubugimbi/ubwangavu. Mwandike ibyo byifuzo ku rupapuro runini kandi mwongereho izindi niba ari ngombwa. Ibisubizo bishoboka harimo:

- ✓ Hitamo kandi ujye umurana igihe n'inshuti yita ku bintu byiza kuri wowe. Muharanire ko buri umwe muri mwe agumana umutuzo.
- ✓ Irinde abantu, ahantu n'ibantu bishobora kugushora mu byago
- ✓ Niba utisanzura cyangwa wumva uhatwa, vuga Oya mu mvugo ihamye kandi idaciye ku ruhande.
- ✓ Ku bakobwa, ntukemere impano uhawe n'umuhungu cyangwa umugabo udahawe uburenganzira n'umubyeyi wawe.
- ✓ Saba umuntu mukuru wizeye kugira ngo agufashe cyangwa bakugire inama.
- ✓ Komeza kubivugaho, ubaze abantu benshi bishoboka kugeza ubwo bamwe bazagira icyo bakora.
- ✓ Jya ahantu hari umutekano

Imfashamyumvire

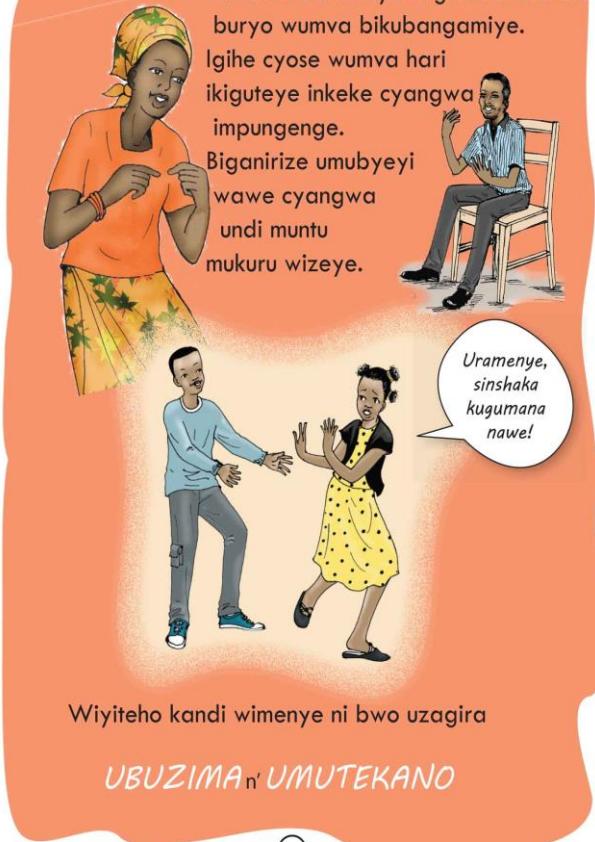
Guhorana umutekano n' Ubuzima

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



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.



Inyandiko igenewe Umfashamyumvire

Ni iki urubyiruko rukiri ruto rwakora niba hari umuntu umuhatira gukora ibintu byangiza ubuzima cyangwa bimubuza umutekano?

Mu ngamba zishoboka harimo:

- ✓ Hindura ikiganiro, cyangwa utange ikifuzo cyo gukora ikindi gikorwa
- ✓ Vuga Oya ukomeje kandi wiyyizeye
- ✓ Vuga Oya ugumye uyisubiremo.
- ✓ Koresha ijwi ridategwa kandi ukoresha imvugo y'ibice by'umubiri
- ✓ Igendere (cyangwa iruka) uve aho hantu niba bishoboka.
- ✓ Shaka umuntu ugufasha kandi akagutera inkunga yo kuvuga Oya cyangwa kujya ahandi.
- ✓ Kwirinda ibintu nk'ibi, aha ahantu cyangwa uyu muntu ubutaha.
- ✓ Bwira umuntu mukuru wizeye (cyangwa urungano rwawe) niba wumva uhatwa cyangwa udatekanye kugira ngo agufashe cyangwa akugire inama.
- ✓ Komeza kubivugaho, ubaze abantu benshi bashoboka kugeza ubwo bamwe bazagira icyo bakora.
- ✓ Jya ahantu hari umutekano

Inyandiko igenewe Umfashamyumvire

Ni bihe bintu bimwe umukobwa cyangwa umuhungu atagomba gukora byabafasha kugumana ubuzima bwiza kandi butekanye?

- ✓ Ntugakoreshe itabi, ibisindisha cyangwa ibindi biyobyabwenge
- ✓ Ntukajye hanze nijoro wenyine cyangwa ahantu hatari abantu cyangwa ahantu haguteza ibyago (Jyana n'abandi cyangwa mu itsinda niba ushaka kujya hanze)
- ✓ Ntugashukwe n'impano cyagwa amafaranga. Abantu benshi baba bashaka imibonano mpuzabitsina nk'inyiturano yabyo.
- ✓ Ntugatumbe abandi bagukoraho mu buryo wumva umerewe nabi.
- ✓ Ntugakore imibonano mpuzabitsina kugeza ushyingiwe (imibonano mpuzabitsina ntigomba gukorwa ku gitugu, ku gahato kandi niba umuntu ahisemo kuyikora, akoreshe agakingirizo kugira ngo yirinde gusama inda itifujwe cyangwa kwandura indwara zandurira mu mibonano mpuzabitsina).

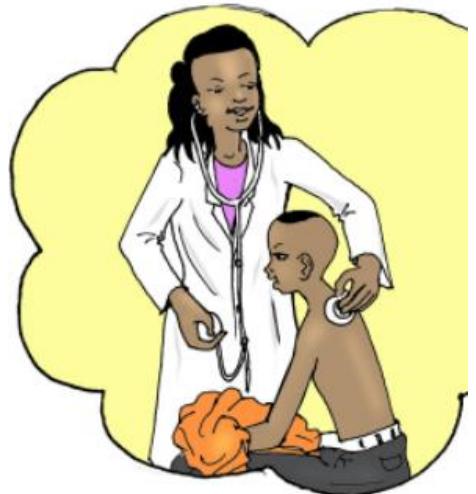
Isomo rya 8, Igikorwa Cya 2

Ubuzima bwiza kandi butekanye: udukino, indirimbo, ubugeni, im byino

Igihe: Iminota 55

Imfashanyigisho: Urukupuro runini, ikaramu, ibikorwa
by'ubukangurambaga mu abantu batuye mu gace kamwe

Intego: Abakobwa n'abahungu bazahimba agakino, indirimbo,
imbyino, ubugeni cyangwa ikindi gihangano kivugitse neza ku
nsanganyamatsiko cyangwa amasomo bigiye muri gahunda ya
GrowUp Smart "Kura Usobanutse" kandi bategure kuzabyerekana mu isomo ry'ubukangurambaga
mu abantu batuye mu gace kamwe.



Ibice by'isomo:

1. **Mu itsinda rinini sobanura gahunda y'isomo ry'ubukangurambaga mu bantu batuye mu gace kamwe** Saba abakobwa n'abahungu gutekereza ibikorwa bimwe n'ibiganiro bagize muri iyi gahunda ya GrowUp Smart "Kura Usobanutse". Babaze ibibazo bisa nk'ibi:
✓ *Ni ayahe masomo cyangwa insanganyamatsiko z'ingenzi twabonye mwakwifusa kugeza ku bandimuburyo bwa gihanzi ubwo hazaba hakorwa ubukangurambaga mu abantu batuye mu gace kamwe?* (Bimwe mu bisubizo bike harimo: ubumenyi ku bugimbi/ubwangavu n'uburumbuke, gukoresha agapaki kabamo ibikoresho byifashishwa mu gukurikirana ukwezi kw'umugore n'urunigi, uko wagumana umubiri ukeye kandi ufite ubuzima bwiza, gusangiza ubumenyi ku bugimbi/ubwangavu n'urungano, impamvu urubyiruko rutagomba kwishora mu mibonano mpuzabitsina rutarashaka, uburyo bwo gukora ubuvugizi hagamijwe ubuzima bwiza mu gihe cy'ubugimbi/ubwangavu, amahirwe ku mirimo itari isanzwe yitezwe ku bakobwa cyangwa itari isanzwe ikorwa n'abakobwa n'abahungu, uko wafasha urubyiruko mu gihe arimo gusekwa kubera kujya mu mihango cyangwa impinduka z'umubiri, kuganira n'abantu bakuru bizewe hamwe n'akamaro k'inkunga y'ababyeyi n'aabantu batuye mu gace kamwe mu bijyanye n'igitsina n'ubuzima bw'imyororekere ku basore n'inkumi.
2. **Kora amatsinda mato hanyuma usabe buri tsinda gutegura udukino, indirimbo, imbyino, ubugeni, imivugo cyangwa ubundi buhanzi buvugitse neza cyangwa ikindi gihimbano gifite ubusobanuro bujyanye n'ibyo bahuye nabyo muri GrowUp Smart "Kura Usobanutse".**
3. Abakobwa n'abahungu bashobora kwimenyereza kwerekana cyangwa gukina igikorwa cyabo bari mu itsinda rinini bitewe n'uko igihe kingana.
4. **Bamenyeshe ahantu, n'igihe ndetse na gahunda y'isomo ry'ubukanguramba mu bantu batuye mu gace kamwe bizaberaho mu rwego rwo gukomeza imyiteguro yo kuzagira uruhare rugaragara muri icyo gikorwa**

Isomo rya 8

Gusoza no kuvuga gahunda izakurikiraho

Igihe: 15 Iminota

Imfashanyigisho: Inyandiko yo guha abahugurwa iriho ahantu hashakirwa amakuru muri aka gace, ibitabo by'inkuru za GrowUp Smart "Kura Usobanutse" byogutiza abakobwa n'abahungu

Intego: Abakobwa n'abahungu baraba bashobora gukora urutonde rw'ahantu abasore n'inkumi bakura amakuru no kuvuga izina byibura ry'umuntu bashobora gushaka ngo abafashe

Ibice by'isomo

- 1. Baza amazina y'ahantu n'aho haherereye abasore n'inkumi bashobora gukura amakuru mu gace kabo**
 - ✓ Ni ayahe makuru cyangwa serivisi abakobwa n'abahungu mu gace kanyu bakenera?
 - ✓ Ni hehe umuntu yakoreshereza ibizamini bya HIV mu gihe abishatse? Agakingirizo? Ubundi buryo bwo kuboneza urubyaro
 - ✓ Izo serivisi yazikura he?
 - ✓ Ni iki wumvise cyivugwa kuri izo servise?
 - ✓ Mbese biroroshye kuhagera cyangwa biragoye?
 - ✓ Ni gute wasobanura abantu bakora aho hantu? Ubumenyi bwabo n'ubufasha batanga mu gukemura ibibazo by'urubyiruko rukiri ruto biri ku kihe kigero?
 - ✓ Wakumva umeze ute kubaza umuntu mukuru ibijyanye na serivisi ziboneka?
- 2. Tanga kopi iriho urutonde rw'ahantu haboneka amakuru muri aka gace hanyuma muganire kubijyanye nuko bagerwaho. Mushyireho amazina y'abakozi, ibintu byiza bimuvugwaho n'ubufasha abantu bahereweyo mu rwego rwo kugabanya inzitizi mu kuhagera.**
- 3. Zenguruka uruziga ubaza buri wese kuvuga izina ry'umuntu** (Nka mama we, papa, nyirasenge/nyinawabo, nyirarume, mwarimu...) bashobora kuvugana mu gihe bafite ikibazo, bumva badatekanye cyangwa bahangayitse kubera ikintu iki n'iki.
- 4. Ibutsa abanyeshuri kuzatarura ibitabo by'inkuru ubwo bazaba baje mu isomo rizakurikiraho akazaba ari naryo ryanyuma.**

Imfashanyigisho z'umukoro wo murugo

Tegura ibitabo birimo inkuru kuri kura usobanutse byo gutiza abakobwa n'abahungu batarabitahana. Saba ko ibyo bitabo byose bizatarurwa mu isomo rizakuriraho, rizaba ari irya cyenda akaba ariryo rya nyuma ku bahungu n'abakobwa.

Aho gukura amakuru /Inkomoko y'amakurumuri aka gace

Ku bakobwa, abahungu, ababyeyi ndetse n'abarezi babo: lyi mbonerahamwe yo hasi, izuzuwamo imiryango ikorera urubyiruko hashyirwamo amakuru yose y'ahayiranga byashoboka hagashyirwaho n'ikarita.

(Icyitonderwa: *uru rutowde rugomba kuzuwamo hashingiwe kubiri muri aka gace.*)

Ibijyanye n'uburezi

Izina, aho giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Amazu y'ubuvuzi cyangwa serivisi z'ubuzima (harimo no kuboneza urubyaro, serivisi ku ndwara zandurira mu mibonano mpuzabitsina n'izindi serivisi ku buzima bw'imyororokere)

Izina, aho giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Imiryango yita ku rubyiruko

Izina, aho giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Imiryango ishingiye ku madini

Izina, aho giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Amasomero n'ahandi hatanga amakuru muri rusange

Izina, aho giherereye, aho baboneka

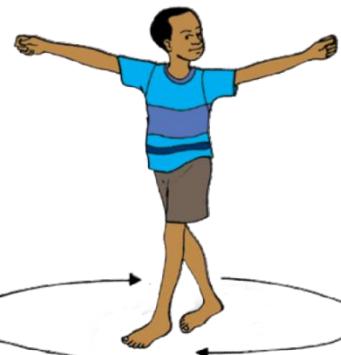
Amazina y'abita ku rubyiruko

Polisi, amakuru kumategeko no kurwanya iohoterwa/ uruhare rwayo n'inkunga batanga

Izina, aho giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Isomo rya 8
Ibikorwa by'inyongera



Isomo rya 8, Ibikorwa by'inyongera Uko ibisindisha bituma twiyumva

Igihe: 30 iminota

Imfashanyigisho: Ntayo

Icyitonderwa: genzura ko hari ibyumba bihagije byo gukoreramo iki gikorwa, kandi niba hari uwumva afite isereri cyangwa adahumeka neza mufate iminota mike kugira ngo bongere bumve bameze neza.

Intego: Abakobwa n'abahungu barakina umukino wa muzunga kugira ngo bumve uburyo bigoye kugira icyo wakora igithe ufile isereri cyangwa utazi aho uri, nk'uko bigendekera umuntu wanyoye ibisindisha byinshi.

Ibice by'isomo:

1. **Hitamo ahantu habiri** hatandukanijwe na metero 20, hamwe n'aho batangirira ahandi ni aho barangiriza.
2. **Mu itsinda cyangwa umuntu umwe umwe**, Saba abakobwa n'abahungu kwiruka cyane uko bashoboye bava ku ntangiriro bagana aho barangiriza/iherezo. Mu gutangira urajya uvuga: itegure, tangira, genda. Umuntu cyangwa itsinda wiruka kurusha abandi niwe utsinda umukino.
3. **Hanyuma saba buri wese aho ari**, kwizenguruka kabiri mbere yo gutangira umukino bwa kabiri. Ibi bituma umukino ugorana. Mu gihe bageze ku rundi ruhande na none muvuge uwatsinze umukino.
4. **Saba abakobwa n'abahungu kujya ku ruziga bakaganira** ibibazo bisa n'ibi bikurikira;
 - ✓ *Mwumvaga mu meze nk'iki mbere yo kubyinamuzunga? Mwumvise mu muze nk'iki nyuma yo kubyina muzunga?*
 - ✓ *Ni iki mwabonye iwanyu abantu bafashe ibisindisha bakora? Mbese nabo rimwe na rimwe bajya bamera nk'abantu babyinne muzunga?*
 - ✓ *Ni gute mubona ko iki gikorwa kijyanye no kunywa ibisindisha?*
 - ✓ *Urubyiruko rwinshi runywa ibisindisha kubera ko inshuti zarwo ziruhatira kubifata kabone n'ubwo rwo rwaba rutabishaka. Niko mubitekereza namwe?*
5. **Genda genda ku ruziga usabe buri wese gusubiza kimwe muri ibi bibazo::**
 Aho kunywa ibisindisha, Ngiye kujya ku _____
 Nihagira umuntu ugerageza kumpa ibisindisha nza _____
6. **Kora incamake y'ingingo zasobanuwe.** Ibutsa abakobwa n'abahungu ko kunywa ibisindisha bishobora guhungabanya imitekerereze y'umuntu kandi bagatuma bimugora gutsinda igitutu cy'abamukururira mu myitwari itaboneye. Urugero kunywa ibisindisha bishobora gutuma bigora umuntu kubwira "Oya "urungano rumushyiraho igitutu ngo banywe itabi, kujya ahantu

hashobora guteza ibyago, gukora imibonano mpuzabitsina utarageza igihe. Byorohera cyane umuntu gufata umwanzuro mwiza iyo atafashe ibisindisha cyangwa ibiyobyabwenge ngo byangize cyangwa ngo bivange imitekerereze ye.

Inyandiko igenewe Umfashamyumvire

Kunywa ibisindisha byinshi bishobora kuganisha ku bibazo byinshi nko kugabunuka kw'imitsindire mu ishuri, na siporo no gufata ibyemezo bigayitse. Ibisindisha bishobora gutuma wumva urwaye, ndetse ugakora ibantu bibabajje haba kuri wowe cyangwa ku bandi. Iyo unywa ibisindisha byinshi, biragoye ko wagera ku ntego zawe.

Isomo rya 8, Ibikorwa by'inyongera Umukino Gumana Umutekano



Igihe: 30 iminota

Imfashanyigisho: ibice by'impapuro cyangwa igitambaro kuri buri wese

Intego: Abakobwa n'abahungu barungurana ibitekerezo bijyanye n'uburyo bagira ubuzima bwiza n'umutekano mu gace kabo.

Ibice by'isomo

1. **Erekana uko bakina umukino gumana ubuzima bwiza.** Ha abakobwa n'abahungu igice cy'urupapuro cyangwa cy'umwenda hanyuma ubasabe ku bishyira inyuma ku ikabutura yabo cyangwa bagafate mu ntoki zabo bafashe umutwe wako umwe. Shushanya uruziga runini hasi ku mbuga rwerekana aho umukino ukinirwa, cyangwa mukoreshe ahasantze hakinirwa. Hitamo umuhungu umwe abe intare y'ingabo n'umukobwa umwe abe intare y'ingore.
2. **Soma aya mabwiriza urangurura: mwese muri intama** naho bano ni intare y'ingabo n'intare y'ingore. (Erekana intare zombi). Intare y'ingabo n'intare y'ingore ziragerageza gufata imirizo yanyu (udutambaro). Intego yanyu ni ukugumana imirizo yanyu ntimureke intare ziyifata. Intare y'ingabo ishobora guhiga imirizo y'abahungu gusa n'intare y'ingore irahiga imirizo y'abakobwa gusa. Ni mvuga "genda" mushobora kwirukira hose hano mu ruziga (cyangwa ahandi hatoranijwe). Iyo umurizo wawe ufashwe uva mu mukino. Hatsinda intama yasigaye yonyine mu kibuga.
3. **Subiramo amabwiriza y'umukino** kandi umenye neza ko bose bumvise uko umukino ukinwa.
4. **Vuga cyane ijambo "Genda" hanyuma umukino utangire.** Niba barangije gufata imirizo, kandi mugifite igihe, toranya indi ntare y'ingabo n'indi ntarey'ingore hanyuma musubiremo umukino.
5. **Nyuma y'umukino, mwicare ku ruziga hanyuma muganire ku bibazo bisa nk'ibi mu itsinda rinini :**
 - ✓ Intama akensi zirinda kwegera aho intare ziba kuko zizi ko zahagirira ibyago/ibibazo. Rimwena rimwe abakobwa bashobora kuburira umutekano mu abantu batuye mu gace kamwe babo. Nihehe abakobwa bashobora guhurira n'ibibazo/ibyago mugace kacu? Ni ibiki bindi byakururira abakobwa ibyago?
 - ✓ Intama kandi zigendera hamwe kuko zizi ko byongera umutekano kurusha kugenda wenyine. Nihehe mu gace kacu abakobwa bakwizera umutekano mu gihe bagendeye hamwe aho kugenda ari umwe? Ni ubuhe buryo bundi abakobwa n'abahungu bagira uruhare mu mutekano wabo?
 - ✓ Ese umukobwa asabwe kujya kuvoma amazi nijoro cyangwa kujya murugorwamwarimu wenyine ?Yakora iki ngo atahagirira ibibazo/ibyago?

- ✓ Ni iki abahungu n'abagabo bashobora gukora mu gufasha abakobwa kugira umutekano mu gace gacu.?
 - ✓ Ni ibihe byifuzo wageza ku nshuti yawe mu rwegorwokumufasha kugumana ubuzima bwiza n'umutekano?

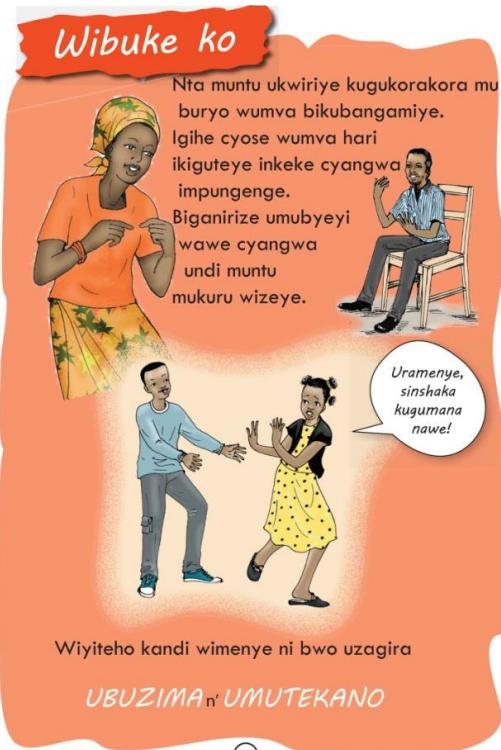
6. Kora Incamake mu nteruro nk'iyi” Nk'uko kwaba ari ukwikururira ibyago, intama ziramutse zigiye mu isenga ry'intare, hari n'ibantu, ahantu hamwe ndetse na bamwe mu bantu mu gace kacu bishobora kuguteza ibyago cyane cyane abakobwa”. Urugero : kugenda wenyine bwamaze kwira bishobora ku mukururira ibyago. Ni ngombwa kumenya ngo ni ryari kandi nihehe kuhajya bitateza ibyago, nokumenya uburyo bwo kwirindaimyitwarire yateza ingorane. Ni iby igiciro kandi koabahungu, abagabo, cyangwa itsinda ry'inshuti ko bagendana n'abakobwa iyo habaye njoro kugira ngo mu barinde mu batabare

- ✓ Hitamo inshuti wumva ikunogeye kandi mufatanya muri byose
 - ✓ Irinde imibonano mpuzabitsina, ibisindisha n'ibiyobyabwenge. Gendera kure abantu, ahantu cyangwa ibintu bishobora kugukururi ibyago, urugero nk'ahantu hiherereye, ahantu hatagendwa, urungano ruhubuka, cyangwa abantu baguha impano n'amafaranga ariko bizeye gukurana nawe imibonano mpuzabitsina nk'ingurane.
 - ✓ Vugana n'umuntu mukuru niba wumva uhatirwa cyangwa ufite ubwoba, cyangwa guhura nabo bakakugira inama cyangwa inkunga.

7. Zenguruka uruziga maze uvuge ikintu kimwe wakora kugira ngo ugumaneubuzima buzira umuze, cyangwa gufasha undi kugumana ubuzima buzira umuze.

Inyandiko igenewe Umfashamyumvire

Bimwe mubyatuma uguma mu mutekano



Isomo rya 8, Ibikorwa by'inyongera

Tugaragaze aho dukura amakuru mu gace kacu

Igihe: 45 Iminota

Imfashanyigisho: Urupapuro runini, marikeri na

Intego: Abakobwa n'abahungu baratekereza ku hantu batuye, bakore ikarita nini yerekana ahantu hatekanye, ahadatekanye n'ahantu haboneka amakuru.

Ibice by'isomo

1. Mukore amatsinda mato y'abantu 4 cyangwa 5, abahungu n'abakobwa hamwe.

Ha buri tsinda urupapuro rugari n'amakaramu ya marikeri, uvuge uti: "Reka tuganire ku hantu dutuye no ku makuru ahaboneka ku bakobwa n'ahaboneka ku bahungu b'ikigero cyanyu, cyangwa icy'ababaruta. Dutangira, tuvuge ko turi inyoni ziguruka mu kirere tukabona abantu batuye hasi ku butaka. Ndasaba itsinda ryanyu gushushanya ifoto cyangwa ikarita igaragaza ibintu byose twabonye. Ibyo bizadufasha kumenya no kuvuga ku baturage b'aho dutuye, harimo ahantu hatekanye ku bahungu no ku bakobwa, ahantu habi cyangwa habuze umutekano, n'ahantu urubyiruko rubasha kujya gushakira amakuru."



2. Baza ibibazo byerekeranye n'ahantu hanyuranye, utange amabwiriza mu matsinda mato yo gusubiza ibyo bibazo bavuga cyane, mu gihe baraba bashushanya ibyo bisubizo ku makarita yabo. (Nk'urugero, Wabasha kugira uti:

- ✓ Reka dutangirire kuri iyi miryango ishinzwe serivisi z'urubyiruko, ku nyubako tureba iburyo bwacu. Shushanya aho hantu.
- ✓ Mutekereze ibijyanye n'ahantu mutuye, ni muhashushanye naho ku ikarita
- ✓ Mukurikizeho kuvuga kandi mushushanye aho muba muri mu cyumweru cyose. (Nk'urugero, ni he wigira, aho muvoma, aho mujya mu busitani...)
- ✓ Bigenda bite mu mpera z'icyumweru, nihe mujya mutemberera? (Nk'urugero, mu misa cyangwa mu musigit, mu kigo cyita ku rubyiruko, mu isoko? Shushanya aho hantu ujya ujya.)
- ✓ Hari ahandi hantu ujya ujya? Ni he handi ujya ujya, ukahamara igihe uri kumwe n'inshuti? N'umuryango? Ongera aho hantu ku ikarita yawe.
- ✓ Tekereza ku bahungu no ku bakobwa, hari ahantu hagibwa gusa n'abahungu?
- ✓ Hari ahantu hagibwa gusa n'abakobwa? Hashushanye uhashyire n'ikiharanga.
- ✓ Noneho tekereza ku kimenyetso (nk'iki ☺) twakoresha tugaragaza ahantu hose hatekaniye abakobwa, ku ikarita yanyu. Noneho ahatekaniye abahungu. Umutekano w'aho hantu uterwa n'iki?

- ✓ Noneho, tekereza ku hantu hadatekanye by'umwihariko ku bakobwa. Ahadatekanye ku bahungu? Ndakwinginze shushanya aho hantu, uhashyire ikimenyetso (nk'iki.). Ni iki gituma aho hantu haba ahadatekanye?
- ✓ Tekereza ku hantu wajya gushakira amakuru cyangwa serivisi ijyanye n'ubuzima. Erekana aho hantu ku buryo bw'amashusho. (Nk'urugero, iyo umuntu akeneye amakuru yerekany n'ubugimbi, amakuru ku kuringaniza imbyaro cyangwa serivisi ku ndwara zandurira mu mibonano mpuzabitsina, yayabariza hehe?) Ni he abakorewe iohoterwa bakwitabaza ngo barenganurwe? Abafashwe ku ngufu cyangwa abakorewe ibindi byaha bagana he ngo barenganurwe?

3. Bwira buri tsinda rito ryereke itsinda rinini, mu gihe cy'iminota mike, ikarita yaryo, kandi basubize ibibazo banatanga ibisobanuro.

4. Kora incamake y'ibikorwa, ugaragaza amakuru ingimbi/abangavu bafite aho dutuye, abakozi bashinzwe urubyiruko n'amazina yabo, udutabo bahabwa two gusoma, (reba urupapuro rwa...). Niba mugifite igihe, mushobora gutumira abahungu n'abakobwa bakine berekana uko bagombye gushaka inkunga, ahawe n'ahasanzwe hashakirwa amakuru muri ako gace.



ISOMO RYA 9 **Gusubiramo no kubitekerezaho**

Gahunda

Gutangira

Igikorwa cya I: Urujijo ku mihango y'abagore

Igikorwa cya II: Umukino wo gukura bihebuje: Isuzuma riheruka

Gusoza no kuvuga ibizakurikiraho

Intego:

Nyuma y'iri somo abakobwa n'abahungu baraba bashobora:

1. Kugaragaza ubumenyi bw'uko ibyiciro biranga ukwezi kw'umugore bikurikirana
2. Kugaragaza ubumenyi ku butumwa bw'ingenzi bwa gahunda ya GrowUp Smart Kura Usobanutse

Isomo rya 9

Gutangira

Bari mu itsinda rinini, ha ikaze buri wese ikaze ku nyigisho, hanyuma musubize ibibazo byatanzwe mu mahugurwa y'ubushize hamwe n'ibyashyizwe mu gasanduku

k'ibitekerezo. Kusanya udutabo tw'inkuru zo muri GowUp Smart "Kura Usobanutse", twataruwe.

Ibutsa itsinda ko mu nyigisho za Kura usobanutse twize byinshi bijyanye n'ubugimbi/ubwangavu n'ibindi bifitanye isano, harimo uko twabumbatira ubuzima n'uko twabungabunga ubuzima, n'ukubaho neza kw'abakobwa n'abahungu .Nk'uko twabikoze mu ivumburamatsiko rya Human Knot, reka dukomeze gukorera hamwe, dufashanye kandi duterane inkunga, tugere ku migambi yacu. Uyu mansi, mu isomo riheruka, turakina imikino ibiri, dusubiramo kandi twungurana ibitekerezo ku butumwa bw'ingenzi bw'iyi gahunda.

Ivumburamatsiko: Ipfundo nyamuntu

Mu matsinda mato y'abantu 6 cyangwa 8, bwira abakobwa n`abahungu bahagarare ku ruziga, bafatane ibiganza n`undi wambukiranya urwo ruziga. Buri kiganza kirafatana n`icy`undi. N`uko batarekuranye intoki cyangwa ngo bareke hagire ugenda, buri muntu arakora uko ashoboye ngo bagume mu ruziga, batarekuranye.

Isomo rya 9, Igikorwa Cya I

Urujijo ku mihangi y'abagore

Igihe: Iminota 40

Imfashanyigisho: Urupapuro runini kuri buri tsinda, amakaramu, agapaki k'amakarita arimo ubusobanuro bw'ukwezi kw'umugore, urunigi hamwe n'agapaki ka Cycle Smart(ibikoresho byifashishwa mu gukurikirana ukwezi k'umugore)

Intego: Abahungu n'abakobwa baragaragaza ubumenyi bafite ku mikurikiranire y'ibyiciro by'ukwezi k'umugore.

Ibice by'isomo:

- Mbere yo gutangira isomo**, kora ibyiciro bine cyangwa bitanu by'amakarita asobanura iby'imihango y'abakowa. Ikarita ya buri cyiciro irasobanura kimwe kimwe mu biba mu gihe cy'imihango. Reba urugero rukurikira, aho amakarita adatondetse neza.

Nyababyeyi yiteguriye kwakira intangangore.	Intanga irahishije bihagije.
Intangangabo ntihuye n' intangangore.	Umugore atangiye imihango
Agasabo k'intangangore karekuye intangangore.	Umugore asubiye mu mihangi



- 2. Kora amatsinda mato y'abantu batandatu maze** uhe buri tsinda amakarita asobanura iby'imihango ngarukakwezi. Ubabwire ko ayo makarita agaragaza ibiba mu gihe cy'ukwezi kw'umugore.
- 3. Saba buri wese mu bagize itsinda gufata ikarita imwe** muyo bahawe hanyuma ayatondeke akurikije uko ibyiciro by'ukwezi k'umugore bikurikirana. Reba hasi uko byagombye gukurikirana.
 1. Umugore atangije ukwezi kwe.
 2. Intangangore irahishije.
Intangangore irekuwe n'agasabo k'intangangore.
 3. Nyababyeyi yiteguriye kwakira igi ryahuye n'intangangabo.
 4. Intangangabo ntihuye n'igi.
 5. Umugore aatangiye ukwezi kwe nanone.
- 4. Genzura buri tsinda niba amakarita asobanura urukurikirane rw'ibiba mu gihe cy'imihango** atondetse neza. Hanyuma abahungu n'abakobwa basome amakarita yabo,bahereye ku ikarita ya mbere basoreze ku ya nyuma.
- 5. Saba urubyiruko kwongeraho ubundi busobanuro bibuka nko kuvuga impamvu habaho** imihango, ibimenyetso by'uburumbuke ndetse n'ibimenyetso by'uko umukobwa giye kubona imihango vuba. Kubera ko abahungu batagira imihango, baza ibirebana n'abahungu nk'ibimenyetso by'uburumbuke k'umuhungu hanyuma musubiremo impamvu yo gushyukwa no gusohora.

Inyandiko igenewe Umfashamyumvire

Iki gikorwa kibasha gukorerwa mu itsinda rinini niba igithe ari gito. Saba urubyiruku 6babishaka. Buri muntu arafata ikanita y'ukwezi kw'umugore maze bazitondeke neza ubwabo mu itsinda rinini. Ukosore aho biri ngombwa, hanyuma buri muntu asome cyane ibyiciro by'ukwezi kw'umugore.

Isomo rya 9, Igikorwa Cya 2 Umukino Kura Usobanutse

Igihe: 60 iminota

Imfashanyigisho: Ibibaho bakinisha umukino Kura binoze, amakarita y'ibibazo, ibintu 4 bishobora kujugunyika, agafuniko k'icupa cyangwa igoma



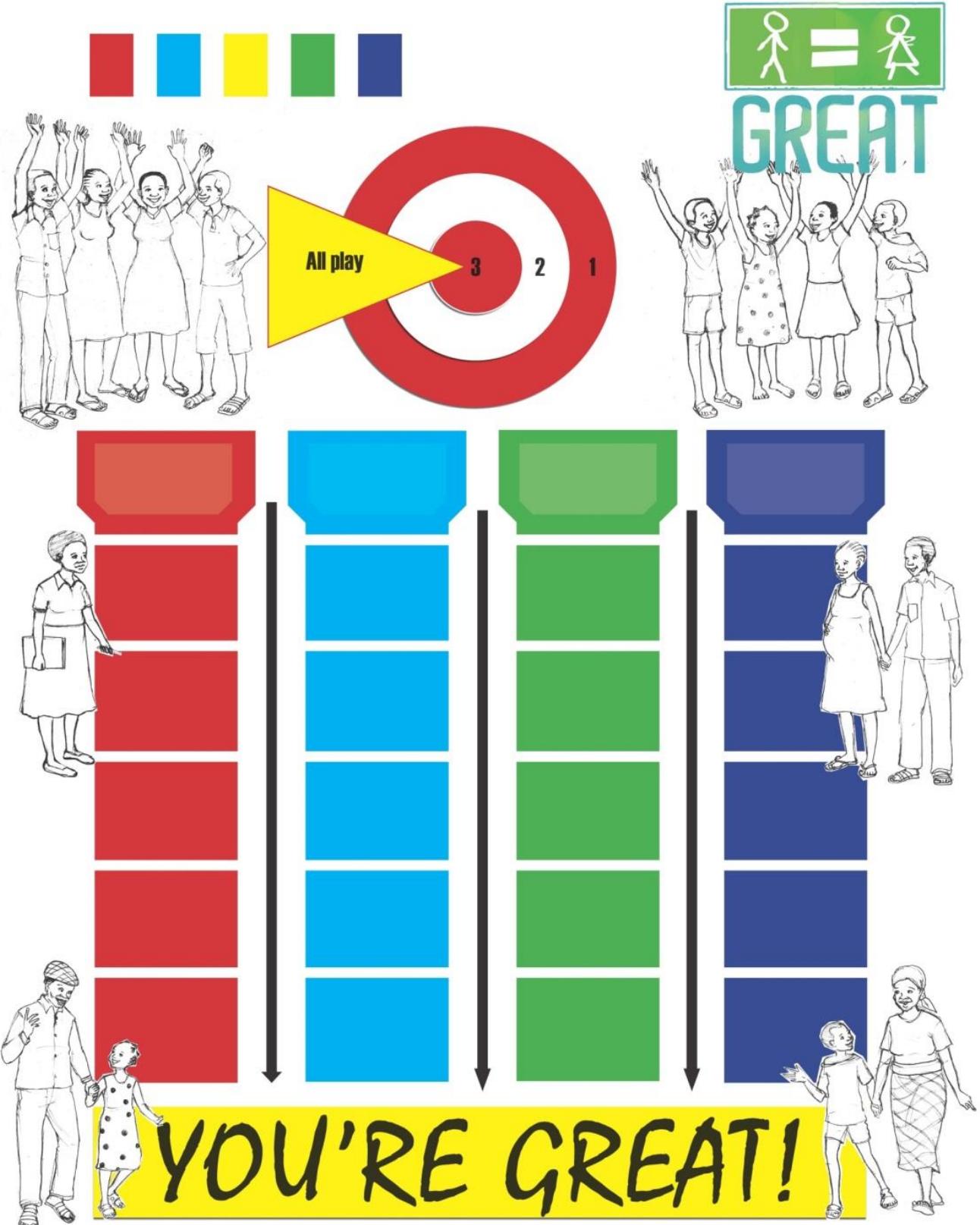
Intego: Mu gihe baraba bakina umukino, abahungu n'abakobwa barasubiza ibibazo banagaragaze ubutumwa bw'ingenzi bugize gahunda ya GrowUp Smart "Kura Usobanutse"

Ibiceby'isomo

1. **Saba umukobwa cyangwa umuhungu** kuyobora uyu mukino no gusoma amakarita y'ibibazo.
Toranya urundi rubyiruko 2 cyangwa 3 nk'abakemurampaka, bazakorana mu gusuzuma ibisubizo. Tegura abakemurampaka kugira ngo bakore akazi kabo neza, aho bari bwumve ibibazo bakemeza ko itsinda ryasubije igisubizokiricyo. Iyo abakemurampaka batizeye neza igisubizo, umuhuzabiterezo ashobora gusoma igisubzo cyanditse hasi ku ikarita y'ibibazo hagafatwa umwanzuro.
2. **Saba abandi bahungu n'abakobwa gukora amatsinda 4** agizwe n'abantu batarenze batanu (bahungu n'abakobwa bavanze). Ha buri tsinda ikintu; nk'agapfundikizo k'icupa bakoresha nk'agakinisho, cyangwa umukinnyi umwe kuri buri tsinda yasimbura ako gakinisho, agahagarara hafi y'ikibaho cy'umukino. Buri tsinda ritoranye, inkingi imwe mu kibaho cy'umukino: umutuku, ubururu, icyatsi kibisi cyangwa iroza,
3. **Ha buri tsinda akabuye gatoya cyangwa** ikindi kintu bari bujye baterera mu ntego. Itsinda ibuye ryaryo riguye ryegereye mu ntego cyangwahafi y'intego ni ryo ritangira bwa mbere.
4. **Mbere yo gutangira umukino erekana uko ukinwa mu buryo bukurikira:**
 - ✓ Umwe mu itsinda ribanza aratera ibuye ku ntego, nuko yimure impano yabo ho imyanya umwe, ibiri cyangwa itatu bitewe n'aho ibuye ryabo ryaguye. Niba itsinda rihushije intego, rirakomeza rigerageze.
 - ✓ Umufashamyumvire ahitemo ikarita asome cyane ikibazo. Itsinda nirisubiza neza, bitewe n'ibyo abakemurampaka babyemeje, rizongera ryimukeho umwanya umwe. Nirisubiza nabi irindi tsinda rirasubiza.
 - ✓ Iyo ibuye riguye muri mpandeshatu "allp play" itsinda rirakomeza rikimura inka yabo, bafata kandi agakarita maze buri wese mu itsinda agakurikiza amabwiriza yanditseho.
 - ✓ Hanyuma hakurikiraho irindi tsinda. Itsinda rigeze ku musozo mbere niryo riba ritsinze. Bemerwa nk'abakinnyi bakura basobanutse. Umukino urangiye kora Incamake y'ingingo z'ingenzi, impungenge cyangwa ibibazo bayaganiweho.

5. Umukino urangiye, kora Incamake y'ingingo z'ingenzi, imbogamizi cyangwa ibibazo byavuzweho. Saba buri muntugusangiza abandi ibyo yize muri gahunda ya GrowUp Smart "Kura Usobanutse" by'ingenzi kuri bo cyangwa bizabafasha mu gihe kizaza.

Ikibaho cy'Umukino wa kora usobanutse



Bose Bakina Ibibazo

Bose bakina ibibazo

- **Umukino mu itsinda:** W'abana batatu baganira hamwe n'ababyeyi babo ku byiringiro n'inzozi bafite byo mu gihe kizaza. Abandi bagakina ari ababyeyi babateze amatwi banabashyigikira.
- Musangire imbyino zo mu muco wanyu, indirimbo, imivugo yerekana uburyo mukomeye kandi mufite ubuzima bwiza.
- **Ikibazo:** Igice cy'itsinda kiganira ku nama bagira umukobwa ukinjira mu bwangavu, ikindi gice cy'itsinda kikaganira ku nama bagira umuhungu ukinjira mu bugimbi.
- Vuga icyo uyu mugani usobanura: "Umuhinzi w'uburo ntatinya izuba." *Iyo umuntu akura ahura kenshi n'imbogamizi twagereranya n'izuba ryinshi. Guhura n'ibibazo, birakwigisha, ugashyigikirwa n'abandi, ukabona inzira yo kunyuramo, bigatuma ukura.*
- Kora ku kintu kirebana na gahunda ya Kura usobanutse kugeza ubwo abandi bo murindi tsinda bamenya icyo ari cyo.
- Ni izihe nama wagira ababyeyi bifuza kuganira n'abana kubirebana n'igihe cy'ubugimbi n'ubwangavu?

Impinduka zo mu bugimbi /mu bwangavu

- **Ikibazo:** Vuga impinduka ebyiri zo mu bugimbi no mu bwangavu , abahungu n'abakobwa bahura nazo. *Uba munini kurushaho, uruhu ruzana amavuta cyangwa rukazana ibishishi, kumera ubuca kwaha n'insya, ushobora kumva wijimye cyangwa urakaye, ushobora kugira ibiyumvo by'urukundo.*
- **Ikibazo:** Vuga impinduka ebyiri zo mu bugimbi/ubwangavu zigirwa n'abakobwa (zitagirwa n'abahungu). *Umukobwa atangira kujya mu mihango akanabona ururenda; ububobere mu mwanya ndanga-gitsina bugaragara mu minsi myinshi hagati y'ibihe bibiri by'imihango bikurikirana, Intangngore irashya ikarekurwa n'umurerantanga, nubwo uwo mukobwa atabibona cyangwa ngo abe yabyumva. Amabere y'umukobwa arakura n'amatako ye akaguka.*
- **Ikibazo:** Vuga impinduka ebyiri zo mu bugimbi zigirwa n 'abahungu (zitagirwa n'abakobwa) *Umuhungu arashyukwa kandi akaba ashobora gusohora. Aha ni igihe amasohoro aba arimo intanga-ngabo asohoka anyuze mu mboro ye. Abahungu benshi biroteraho, imboro ifata umurego igasohora amasohoro bikaba mu nijoro igihe basinziriye.*
- **Yego cyangwa oya:** Imibiru y'urubyiruko rwinshi ikura ku muvuduko ungana kandi iba isa. *Oya. Buri wese akura ku kigero gitandukanye n'icyundi. Bamwe batangira gukura hakiri kare, abandi bagatangira batinze. Ni ibisanzwe.*
- **Umukino mu itsinda:** W'ukuntu ganiriza umukobwa muva indimwe muto cyangwa mubyara wawe w'umukobwa impinduka ziba mu gihe cy'ubugimbi n'ubwangavu harimo no kubijyanye n'amaranga mutima ibiyumvo, mu mibanire n'abandi bashobora guhura nazo.

Uburinganire n' ibiba byitezwe kuri buri gitsina

- **Ikibazo:** Ubaye uri mu itsinda rito ry'ibiganiro, hanyuma ugasabwa gutoranya umuyobozi waryo, watoranya umukobwa cyangwa umuhungu? *Ari abakobwa ari n'abahungu, bose bashobora kuba abayobozi b'itsinda kandi bakabikora neza kimwe.*
- **Soma iki kivugwa mu ijwi riranguruye:** "Abahungu bakagombye gufasha bashiki babo kuvoma amazi mu gihe cy'umugoroba." Abemeza barajya ku ruhande rumwe rw'ikibaho cy'imikino n'abatemeza barajya ku rundi ruhande banasobanure amahitamo yabo.
Abakobwa bashobora guhura n'ingorane igihe bagenda mu ijoro, n'abahungu ni uko. Kandi abakobwa bashobora kutabona akanya ko gukora imikoro y'ishuri iyo bafite uturimo twinshi. Baba abakobwa baba abahungu bashobora gukora uturimo tunyuranye) bashobora gufashanya, bitananaho kandi banubahana.
- **Ikibazo:** Utekereza ko abakobwa n'abahungu bashobora gukora ibintu bimwe? *Kubera iki? Tanga inger. Abahungu cyangwa abakobwa bashobora gukora hafi ya buri cyose, mu buryo bumwe, iyo bahawe amahirwe yo gukora.*
- **Ikibazo:** Haba hariho imirimo abakobwa n'abagore badashobora gukora? Haba hariho imirimo abahungu badashobora gukora? *Abahungu ntibashobora gusama ngo babyare cyangwa ngo bonse impinja. Abakobwa ntibashobora gutera inda. Usibye ibyo, ari abakobwa ari n'abahungu, bose bashobora gukora hafi buri murimo wose, mu gihe bafite ubumenyi n'ubuhanga bikenewe kuri uwo murimo.*
- **Umukino mu itsinda:** Umuntu umwe arakina ari umukobwa afite imirimo yo mu rugo myinshi yo gukora ku buryo bitamushobokera kubona umwanya wo gukora umukoro wo mu rugo. Undi akine ari Mama we, undi akine ari musaza we. Mwerekane uburyo umukobwa ashobora gusaba ubusha mu by'imirimo yo mu rugo kugirango abone umwanya wo gusubiramo amasomo ye.
- **Ikibazo:** Uremeza cyangwa ntiwemeza? Niba uri umuhungu hakaba hari umukobwa uri kugusekera kandi ukwitayeho bishatse kuvuga ko uwo mukobwa ashaka ko mukorana imibonano mpuza-bitsina? Kubera iki? *Bishobora gusobanura ibintu byinshi nko kuba umuhungu ashimisha cyangwa ari uw'igikundiro. Uburyo bumwe gusa bwo kumenya ko umuntu ashishikajwe n'imibonano mpuza-bitsina ni ukubivugaho. Biba iteka ari byiza gukunda umuntu no kugirana ubucuti bwimbitse budashingiye ku mibonano mpuza-bitsina.*

Ubumenyi kuuburumbuke

- **Ikibazo:** Kujya mu mihangi ni iki? *Ni ukuva gusanze kw'amaraso mu myanya myibarukiro y'umukobwa/umugore aturutse muri nyababyeyi. Iyo kujya mu mihangi byatangiye mu gihe cy'ubwangavu, biba hafi rimwe mu kwezi kandi bikamara iminsi mike buri kwezi.*
- **Ikibazo:** Ukwazi k'umugore /umukobwa ni iki? *Ni igihe cyiri hagati y'imihango ibiri ikurikirana. Ukwazi k'umugore/umukobwa gutangira ku munsi wa mbere yabonye imihango kukarangira ku munsi ubanziriza imihango itaha.*
- **Ikibazo:** Ururenda ni iki? *Ubu ni ububobere umukobwa cyangwa umugore yumva mu myanya myibarukiro ye, ariko atari imihango. Ubwo bubobere bushobora ashobora no kububona mu ikariso, bukaba buza igihe gito mu kwezi, hafi hagati mu kwezi k'umugore.*

Ururenda ruzima ntirunuka kandi ntiruryaryata. Ni ikimenyetso cy'uko umukobwa cyangwa umugore bari mu bihe by'uburumbuke, aho baba bashobora gusama.

- **Ikibazo:** Bivuga iki iyo umukobwa yatangiye kubona imihango? Bivuze ko umukobwa aba ashobora gusama mu gihe cye cy'uburumbuke cyo mu kwezi kwe. Ariko umubiri we uba ugikura niyo mpamvu ari byiza gutegereza ko akura bihagije nibura afite imyaka 21 kugirango abe yasama.
- **Ikibazo:** Ese umugore yaba ajya mu mihango mu gihe atwite? *Oya, ariko imihango ye igaruka, nyuma y'ibyumweru bike cyangwa amezi make amaze kubyara.*
- **Ikibazo:** Erekena ukuntu umukobwa ukoresha urunigi yagenza kugira ngo amanye igithe yategererezaho imihango ikurikira. *Ku munsi wa mbere abonye amaraso, ashyira impeta ku isaro ritukura. Nyuma akimura impeta buri munsi agananisha mu cyerekezo cy'umwambi. Birashoboka ko azajya mu mihango, igithe impeta izaba iri hagati yamasaro ry'ikijuju kijimwe n'umunsi umwe nyuma y'isaro rya nyuma ry'ikijuju. Ibi bimufasha kumenya igithe agomba gutangira kwitwaza utubindo yitegura ukugaruka kw'indi mihango.*
- **Ikibazo:** Ni gute umuhungu cyangwa umugabo bagira uruhare mu isama (batera inda)? *Ni igithe yasohoreye (Kurekura amasohoro) mu gituba cy'umugore mu gihe uyu ari mu gihe cye cy'uburumbuke, niho ashobora gusama. Intanga-ngabo ihurira n'intangangore mu mubiri imbere w'umugore, igithe ryarumbutse rikiyomeka muri nyababyeyi hanyuma rigakura rikavamo umwana.*
- **Ikibazo:** Ese, abahungu nabo bajya mu mihango ya buri kwezi nk'abakobwa? *Oya. Abahungubarashyukwa bakanasohora.*
- **Ikibazo:** Bishatse kuvuga iki, niba umuhungu ashyutswe? *Ibi ni mu gihe imboro y'umuhungu iba ifite umugaga, ikaba nini, ikarega kandi igahagarara. Bishobora kuba iyo afite ibitekerezo bijyanye n'imibonano mpuza-bitsina, cyangwa se nta nikibaye rwose. Ntibishatse kuvuga ko agomba gukora imibonano mpuza-bitsina. Ibyo birarangira ubwabyo.*
- **Ikibazo:** Gusohora ni ki? *Nyuma yo gushyukwa, aha ni igithe amasohoro ni ukuvuga amatembabuzi arimo intanga-ngabo asohoka mu mboro y'umusore cyangwa umugabo. Bishatse kuvuga ko umuhungu afite ubushobozi bwo gutera inda niba asohoreye mu gituba cy'umukobwa cyangwa cy'umugore. Kuba ashyutswe ntibivuga ko buri gihe ari ngombwa ko asohora birijyanta nta kibazo nakimwe biteje.*
- **Ikibazo:** Kwiroteraho ni iki? Kandi bishatse kuvuga iki? *Kwiroroteraho ni igithe imboro y'umuhungu izana umugaga ikanasohora amasohoro, we asinziriye. Ibi ni ibisanzwe kandi kenshi bishyika mu gihe cy'ubugimbi nubwo atari kuri buri muhungu wese.*
- **Ikibazo:** Ese umuhungu ashobora gutera inda atarasohora narimwe? *Oya, kuberako amasohoro ariyo abamo intanga ngabo azituma atuma habaho isama, igithe atarasohora narimwe ntashobora gutera inda.*
- **Yego cyangwa oya:** Abahungu bashobora buri gihe kugenzura ugushyukwa kwabo. *Oya. Gushyukwa gushobora kwizana rwose. Gushyukwa ni igithe imboro ifata umurego kandi igakomera. Iki ni igice gisanzwe cy'ubukure. Iyo hashize igithe gito gushyukwa birarangira. Iyo umuhungu ashyutswe cyangwa asohoye, ntibivuze ko aba akeneye gukora imibonano mpuza-bitsina.*

- **Ikibazo:** Vuga ikintu kimwe umuhungu ashobora gukora ashystswe ari ku ishuri. *Nta na kimwe, tegereza kugeza birangiye, ikingirize uruhago, ishyireho umupira wo kwambara cyangwa se igitabo.*
- **Ikibazo:** Niba abashakanye bakoranye imibonano mpuza-bitsina, ni ibihe bintu bitatu bigomba kubaho ngo habeho gusama? 1) *Intanga-ngore igomba kuba yarekuwe mu muyoborantanga.* 2) *Intanga-ngobo yo mu masohoro y'umugabo igahura kandi ikarumbura ntanga-ngore* 3) *Igi ryarumbutse, rigomba kwiyomeka muri nyababyeyi y'umugore kugira ngo rikure rivemo umwana.*

Isuku no kwifata neza

- **Ikibazo:** Ni ibihe bintu bitatu, abahungu n'abakobwa bakora kugira ngo bite ku isuku yabo mu gihe cy'ubugimbi n'ubwangavu? *Kwiyhagira buri munsi n'isabune, koza amenyo nyuma ya buri funguro, guhorana isuku mu myanya myibarukiro(myanya ndangagitsina), gukaraba intoki nyuma yo gukoresha umusarani, ku bakobwa bagomba kwita cyane ku bikoresho bakoresha mu gihe cy'imihango.*
- **Ikibazo:** Ni gute umuhungu udakebwé yasukura imboró ye? *Azamura igishishwa cyo ku mboro hanyuma akayoza neza.*
- **IKibazo:** (“Dufate ko muri kwamamaza isabune nshya yo koga buri munsi inatuma umubiri wabo isuku buri munsi no koga intoki mbere yo kurya .
- **Ikibazo:** Ese umukobwa yajya ku ishuri ari mu mihangó? *Yego. Icyo akeneye gusa ni ukwitwaza twa dutambaro bongera gukoresha cyangwa se utwo yibindisha mu mwenda we w'imbere kugira ngo amaraso atamwanduriza imyenda.*
- **Ikibazo:** Uramutse ubonye umukobwa yatangiye kubona imihango, yanduje imyenda ye ari ku ishuri, wakora iki? *Akira ibisubizo byose bishoboka nko kuvuga: Kubimumenyesha mu kinyabupfura, kumuha umupira wo kwambara ngo awikenyeze, kujana nawe ku muyobozi w'ishuri kugira ngo abone udutamabaro two kwibinda, kumukomeza no kumwemeza ko ari ibisanze n'ibindi...*
- **Ikibazo:** Ni iki umukobwa agomba gukora ku dutambaro yakoresheje ari mu mihangó? Ni gute yaziukura n'uko yazanika? *Umukobwa agomba kudutahana mu rugo akadutumbika, nyuma akatumesa n'amazi n'isabune akawunyuguza nyuma akawanika akongera kudukoresha ari uko twumye neza kugirango yirinde indwara. Utwo dutambaro kandi ntidutizanywa.*
- **Ikibazo:** Ese, umukobwa shobora gukoresha puderí cyangwa ibyatsi kugirango ahanagure ururenda mu gituba? *Oya, Ibi bikoresho, bishobora gutera kwigaragambya k'umubiri no kugubwa nabi. Ogesha isabune gusa hanze y'igitsina, amazi gusa niyo meza kurushaho.*

Imyitwarire yo kwirinda

- **Ikibazo:** Haba hariho uduce tw'aho mutuye duteye impungenge ko abakobwa n'abahungu baducamo ari bonyine? Sobanura cyangwa werekane uko wabigenza. *Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Ni ibihe bintu bibiri bishobora kuba byateza ingorane cyangwa imyitwarire mibi? *Akira ibisubizo byose bishoboka nko: Kunywa ibisindisha, gukoresha ibiyobyabwenge,*

umukobwa kujya ahantu hatari nyabagendwa ari wenyine ari kumwe n'umuhungu cyangwa umugabo, kwakira impano z'amafaranga y'ishuri, atanzwe n'umuntu mu buryo ababyeyi b'uyihabwa batabizi, kugenda wenyine ahantu hijimye kandi hitaruye, gukurikiza inama z'ubugoryi, n'ibindi...

- **Ikibazo:** Habaye ko umuntu akwingingira kukugurira agacupa, wakora iki cyangwa se wavuga iki? Sobanura cyangwa werekane uko wabigenza. *Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Habaye ko umuntu ukwemerera kukurihira amafaranga y'ishuri, ariko akanakubwira ati: "Ntuzagire icyo uhingukiriza ababyeyi!" Wabigenza ute? *Anga ayo mafaranga. Ntukemere gushukishwa impano n'amafaranga. Akensi abantu bamwe baba bishakira gukora imibonano mpuza-bitsina cyangwa izindi nyungu, mu kubitura. Ntukemere amafaranga cyangwa impano, bivuye ku muntu wundi ababyeyi bawe batabizi.*
- **Umukino mu itsinda:** Umuntu umwe arakina ari ingimbi ikuze undi ari mugenzi we bigana muto. Sobanura. Sobanura icyo aricyo indwara zandurira mu mibonano mpuza-bitsina (STI) n'uburyo bwo kuzirinda. *Ubu ni ubwandumuntu ashobora kwandurira mu mibonano mpuza-bitsina cyangwa kwegerana cyane n'umuntu wanduye. Izi ndwara zikwirakwizwa binyurize mu maraso, amasohoro cyangwa ururenda rwo mu gituba. Kudakora imibonano mpuza-bitsina ni inzira nziza ku rubyiruko mu kwirinda indwara zandurira mu mibonano mpuza-bitsina no gusama. Umuntu aramutse akoze imibonano mpuza-bitsina, agakingirizo gashobora kumurinda haba ari ugusama cyangwa kwandura.*
- **Ikibazo:** Ni gute umuntu amenya ko yanduriye mu mibonano mpuza-bitsina? (*Ubwandumwinshi bunyurize mu mibonano mpuza-bitsina ntibugira ibimenyetso; nyamara bugakwirakwira kuva ku muntu umwe bujya kuwundi, nk'agakoko gatera ubwandum bwa SIDA. Indwara zimwe zigira ibimenyetso nko kuribwa mu mboro cyangwa mu gituba cyangwa kubabara mu gatuza. Niba hari utekereza ko yaba afite indwara zandurira mu mibonano mpuza-bitsina yareba umujyanama w'ubuzima kugira ngo amusuzume*), nyinshi muri izo ndwara zishobora kuvurwa zigakira, izindi zigira imiti yorosha buhoro buhoro ubukana bwazo.
- **Ikibazo:** Byaba byemewe ko umusore cyangwa umugabo ahatira inshuti ye y'umukobwa gukora imibonano mpuza-bitsina? Kubera iki? *Oya. Ni uburyo bw'ihohotera, guhatira umuntu mu mibonano mpuza-bitsina, niyo yaba ari umukobwa w'inshuti yawe.*
- **Ikibazo:** Ese biremewe ko umuhungu cyangwa umugabo yashyira igitutu ku mukobwa w'incuti ye gukora imibonano mpuza bitsina? *Oya, kuko ari uburyo bwo gukorera ihohotera guhatira umukobwa w'incuti yawe gukora imibonano mpuza bitsina.*
- **Ikibazo:** Niba umuntu witayeho yaba umukobwa w'incuti cyangwa umuhungu w'incuti aguteye ubwoba cyangwa akaguhemukira mu buryo bugaragara cyangwa bw'ibiyumviro cyangwa akagerageza kukubuza guhura n'insuti zawe cyangwa umuryango, wakora iki? *Ntabwo ari byiza, vugana n'ukureberera. Jya ahantu hatekanye. Shaka inkunga yo kukurinda uwo muntu ugutera ubwoba akanagukomeretsa.*

Ubufasha bw'abarezi

- **Ikibazo:** Iyo abakobwa n'abahungu bumva baguwe nabi cyangwa se badatekanye, bagakoze iki? *Gusangiza no kubwira abakurera uko wiyumva, nk'umubyeyi urugero, ashobora kugufasha gutekereza ku kibazo, kubona ubufasha no kuguhuza n'abandi.*

- **Ikibazo:** Ni ryari ababyeyi bawe batekereza ko umuntu yatangira gukora imibonano mpuza-bitsina? Kubera iki? *Ibisubizo biterwa n'abakinnye umukino. Akira ibisubizo byose bishoboka.*
- **Ikibazo:** Vuga abantu batatu batandukanye umukobwa cyangwa umuhungu wasaba inama igihe ufite ibibazo birebana n'impinduka zo mu bugimbi cyangwa mu gukura. *Igisubizo cyose cyakwemerwa nka: Ababyeyi, ba Nyokorome, Nyirasenge, Abarezi, Bakuru bawe, Bashiki bawe, Abayobozi b'ibigo by'urubyiruko, n'Abajyanama b'ubuzima.*
- **Umukono mu itsinda:** Umuntu umwe arakina ari umunyeshuri w'umugome kandi agaterana ubuse ku ri mugenzi we mu buryo bwo kwikunda. Abandi bantu babiri bakine ari abanyeshuri bahagarariye umunyeshuri urimo kuterwa ubuse.
- **Ikibazo:** Ni he muri aka gace utuyemo, ubyiruka yagana, agiye kwaka amakuru cyangwa gusobanuza ibijyanye n'ubuzima harimo: Kuringaniza imbyaro, Kwisuzumisha indwara zandura zishoboka kuba zarakwirakwijwe binyurize mu mibonano mpuza-bitsina? *Igisubizo giterwa n'aho umuntu atuye.*
- **Umukino mu itsinda:** Umuntu umwe akina ari umuhungu cyangwa umukobwa ugiye ku kigo nderabuzima gushaka amakuru cyangwa serivisi z'ubuzima bw'imyororokere . Undi akine ari umukozi utanga serivise z'ubuzima, abandi bakine ari abandi bakozi bakora ku kigo nderabuzima, undi umwe akine ari incuti cyangwa umuntu baziranye bahuriye mu nzira. Mukine mwerekana uko byagenda.

Isomo rya 9

Gusoza na gahunda izakurikiraho

Igihe: Iminota 20

Imfashanyigisho: ntazo



Intego: Abakobwa n'abahungu bazaganira ikibazocyangwa impungenge byaba bitarashubijwe kandi berekane ubushobozi bwo kuzagira uruhare mu gikorwa giteganijwe cy'ubukangurambaga mu abantu batuye mu gace kamwe.

Ibice by'isomo

- Mu itsinda rinini**, baza niba hari ufilet ibazo kubijanye n'ingingo cyangwa andi masomo yizwe muri gahunda ya GrowUp Smart "Kura Usobanutse". Umva ibisubizo bitangwa n'abakobwa n'abahungu hanyuma ukosore aho biri ngombwa.
- Ibutsa buriwese igikorwa giteganijwe cy'ubukangurambagamabantu batuye mu gace kamwe**, hanyuma ubasabe kuzitabira no kugiramo uruhare runini bose. (Ku yandi makuru reba ku upapuro rwa. Tumira n'ababyeyi kuzifatanya n'abandi muri iredy isomory'ubukanguramba mu abantu batuye mu gace kamwe. Niba mugifite igithe mukore ibikorwa binyuranye harimo imikino, amatangazo, imivugo, indirimbo, imbyino n'ibindi. Abakobwa n'abahungu bazereka mu gikorwa cy'ubukangurambaga mu abantu batuye mu gace kamwe.

Inyandiko igenewe Umfashamyumvire

Ifishi y'isuzumabumenyi ntabwo yuzuzwa kubera ko gahunda ya kura usobanutse izagira ikindi gice n'isuzuma ry'ibavuyemo nka kimwe mu bice bizakurikiraho bigize uyu mushinga.

Inyandiko igenewe Umfashamyumvire

Shimira abahungu n'abakobwa kuba bagize uruhare rukomeye mu itsinda. Ubibutse ko bashobora buri gihe kuba babaza undi muntu mukuru bizeye mu gihe bigizemo ibibazo mu gihe kizaza. .

Amasomo mu matsinda y'ababyeyi



Amasomo Agenewe Amatsinda y'Ababyeyi

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gahunda

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Byinshi birebana n'ababyeyi

Ababyeyi nabo bashobora gukurikira isomo ry'ubukangurambaga mu baturanyi cyangwa isomo rya gatatu
ry'ababyeyi rishobora gutegurwa, bafatanyije n'abana babo bakurikiye gahunda ya Kura usobanutse

ICYICIRO CYA 1

Ikaze kuri Kura

Usobanutse

Gahunda

Gutangira, iriburiro gutanga ikaze

Igikorwa cya 1: impinduka zo mu bugimbi n'ubwangavu

Igikorwa cya 2: Urunigi n' uburumbuke bw'umugore

Akaruhuko

Igikorwa cya 3: Uburumbuke bw'umugabo

Igikorwa cya 4: Umukino w'icyerekezo cy'ababyeyi:

Inshingano z'umugore n'umugabo, ubuzima buzira umuze n'imibereho myiza

Gusoza no kuvuga ibizakurikiraho

Intego:

Nyuma y'isomo rya mbere ry'ababyeyi, ariryo Ikaze kuri GrowUp Smart "Kura Usobanutse", ababyeyi (abarezi b'abakobwa n'abahungu bazakurikira iyi gahunda) baraba bashobora:

1. Guhura no kwibwirana mu itsinda rinini no gusobanura muri make gahunda ya GrowUp Smart "Kura Usobanutse"
2. Gusobanura impinduka zo mu bugimbi no mu bwangavu adategwa kandi yisanzuye
3. Gusobanura uburumbuke bw'umugoren'uburyo bwo kugenzura imihango y'umugore akoresheje agapaki (CycleSmart kit) karimo ibikoresho byifashishwa mu gukurikiranabrochure ka GrowUp Smart "Kura Usobanutse" hamwe n'ibitabo by'inkuru z'abakobwa.
4. Gusobanura uburumbuke bw'umugabo akoresheje brochure: *Tuganire ku bahungu n'ubugimbi* hamwe n'ibitabo by'inkuru z'abahungu;
5. Kugenzura imyitwarire n'imyemerere birebana n'uko abakobwa n'abahungu bafatwa ndetse no gusobanura uburyo bwo kubafasha kugira ubuzima buzira umuze mu gihe cy'ubugimbi n'ubwangavu.

Isomo ry'ababyeyi

Gutangira no gutanga ikaze

Igihe: Iminota20



Imfashanyigisho: Urupapuro runini na marikeri agasanduku k'ibibazo by'ibanga

Intego: Ababyeyi barahura, bibwirane mu itsinda rinini kandi basobanure muri make gahunda ya GrowUp Smart "Kura Usobanutse".

Ivumburamatsiko: Mingle Mingle

Saba ababyeyi bose guhagarara. Nuvuga "Mingle! Mingle!" bariruka mu cyumba bajye bavuga bihuse helo kuri buri muntu banyuzeho.

Hanyuma uravuga umubare urugero nka gatatu, bahite bahurira mu itsinda rya batutu, hanyuma babwirane amazina yabo. Hanyuma uvuge undi mubare utandukanye n'uwo wari wavuze urugero nka gatanu, bahite bakora itsinda rigizwe na batanu, bakurikizeho itsinda rya bane, barangirize kuri babiri kandi buri gihe bibwirana amazina.

Mu gihe buri wese araba ari mu itsinda rya babiri, barbwirana, hanyuma buri wese abwire mu genzi we bike mu bimwerekeye cyane ibantu yibuka mu gihe yari afite imyaka 10 kugeza 14. Hanyuma bose barajya ku ruziga buri wese ajye avuga mugenzi we. Barangije saba ubishaka kugerageza kugenda ku ruziga avuga izina rya buri muntu, harimo n'iry'umufashamyumvire.

Ibice by'isomo:

- 1. Mu itsinda rinini,** sobanura muri make gahunda ya Kura usobanutse (reba urupapuro rukurikiyeho ahari inyandiko igenewe umufashamyumvire) shimangira ibyo abana babo bazakora mu gihe cy'amasomo icyenda ya kura usobanutse, n'uburyo ababyeyi n'aabantu batuye mu gace kamwe bazinjizwa muri iyi gahunda. Bwira ababyeyi ko iyi gahunda iharanira gufasha abana kugira amakuru nyayo, kuganira ku myitwarire, imyemerere n'imikorere ifasha kunyura mu gihe cy'ubugimbi n'ubwangavu neza ugana mu gihe cy'ubukure kandi ishishikariza ababyeyi kugiramo uruhare.
- 2. Emeza ko ababyeyi bashobora kuba abarezi beza mu bijyanye n'uburere mbonerabitsina,** bashingiye ku ndangagaciro n'umuco gakondo wo mu muryango wabo. Erekana ko kuba umubyeyi mwiza, ihuriro ry'abana n'ababyeyi, kuganira ibirebana n'ubugimbi n'ubwangavu, kubaha umugore n'umugabo, n'uburyo bwo guharanira ubuzima buzira umuze ari ibantu by'ingenzi ku burere mbonerabitsina bw'abana bari hagati y'imyaka 10 na 14
- 3. Saba ababyeyi kubika ibanga ry'ibiganiro** n'inkuru zavugiwe mu isomo ry'ababyeyi. Ibi bifasha buri wese kumva yubashywe kandi yisanzyue mu kuvuga no kugira uruhare mu masomo, kuko babazi kandi bizeye ko abahugurwa bose bemeranyijwe kugira ibanga.

4. **Shishikariza ababyeyi kugaragaza ibibazo bafite.** Niba bahitamo kubaza ibibazo mu ibanga, bashobora kubyandika ku gapapuro hanyuma bakabishyira mu gasanduku k'ibibazo, bikazaganirwa nyuma.

Inyandiko y'umufashamyumvire



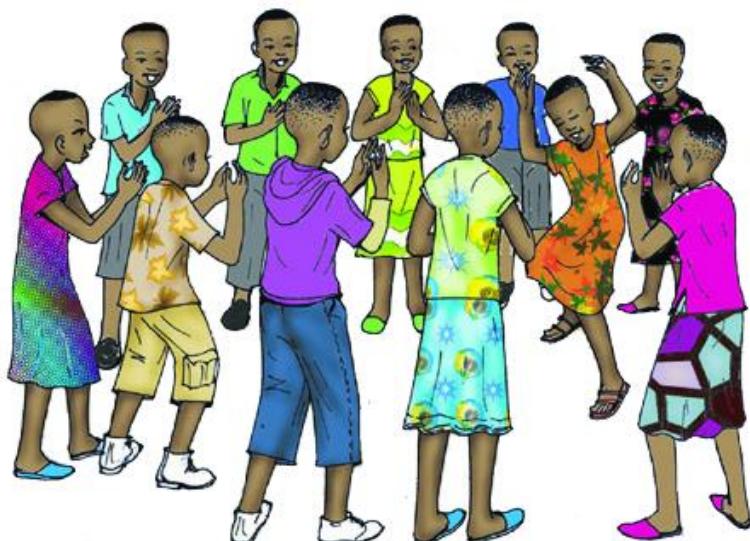
GrowUp Smart (Kura Usobanutse) ni gahunda y'inyigisho k'ubugimbi/ubwangavu zigenewe abahungu n'abakobwa b'imyaka 10-14. Iyi gahunda nshya kandi yageragejwe igizwe n'amasomo icyenda agenewe urubyiruko arimo udukino dusekeje, ibikorwa buri wese agiramo uruhare .Yateguriwe kuzamura ubumenyi bw'abahungu n'abakobwa ndetse n' imyifatire n'imyitwarire kubijanye

- ✓ Ubugimbi/ubwangavu
- ✓ Gusobanukirwa uburumbuke,
- ✓ Gukurikirana ukwezi kw'imihango (ku bakobwa)
- ✓ Isuku y'umubiri wawe n'ubuzima bwiza,
- ✓ Uko abakobwa n'abahungu bitwaranaho,
- ✓ Ubuzima mbonera n'imibereho myiza mu gihe cy'ubugimbi/ubwangavu
- ✓ Kuganira n'abantu bakuru bafitiwe icyizere.

Gahunda ifite kandi amasomo abiri ateganirijwe ababyeyi b'urubyiruko rukurikira iyi gahunda, kugirango bongererwe ubumenyi n'ubwisanzure mu kuvugana n'abana ku ngingo zижyane n'ubugimbi/ubwangavu. Mu gusoza iyi gahunda hazaba ubukangurambaga mu baturanyi aho abahungu n'abakobwa bakurikiye amasomo bazageza kubaturanyi ibyo bize hifashishijwe uburyo bukurura abantu nka: indirimbo, imbyino, umuziki, ibiganiro mu ruhame, iminsi y'umuganda, inama n'ibindi.

Ikigo cy'ubuzima bw'imyororokere gishamikiye kuri Kaminuza ya Georgetown cyateguye iyi gahunda y'inyigisho kandi kizakomeza kuyigerageza no kwigira kubiva muri izi nyigisho kugira ngo harushwe kunoza gahunda zifasha urubyiruko rw'u Rwanda kumenya guhitamo neza.

Igizwe n'amasomo icyenda, hatangwa rimwe buri cyumweru, amasomo abiri agenewe ababyeyi babo hamwe n'igikorwa cyo gukanguria abaturanyi kongera ibiganiro k'ubugimbi/ubwangavu.



Amasomo y'ababyeyiyi, Igikorwa Cya 1

Impinduka zo mu bugimbi n'ubwangavu

Igihe: 30 iminota

Imfashanyigisho: Urupapuro runinina marikeri

Tuvuge ku mibiri yacu ihinduka

Intego: Ababyeyibazaba bashobora gusobanura impinduka zo mu bugimbi n'ubwangavu bifitiye ikizere kandi bisanzuye.

Ibice by'isomo

- 1 **Mu itsinda rya babiri**, saba ababyeyi kuganira ibyo bibuka byababayeho mu gihe cy'ubugimbi n'ubwangavu bumva basangiza abandi nta nkomyi. Baraganira ibibazo bisa n'ibi:

Ni izihe mpinduka ku mubiri mwagize?

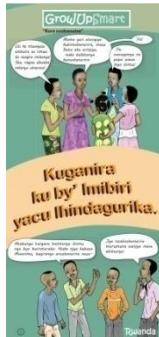
Ni izihe mpinduka mu mitekerereze mwibuka?

Ese babafataga ku buryo butandukanye bitewe n'uko uri umukobwa cyangwa uri umuhungu?

Waba wibuka imyaka izo mpinduka zakubereyeho?

Ni kuruhe rugero ababyeyi bawe hamwe n'abavandimwe bawe bakuganirizaga ibijyanye n'ubugimbi n'ubwangavu?

- 2 **Mu itsinda rinini, saba ababyeyi kuvuga impinduka** zo mu bugimbi baganiriyeho maze uzandike ku rupapuro runini. Ongeraho izo baba bibagiwe kuvuga. (reba mu gitabo cy'umufashamyumvire). Manika urupapuro ku rukuta kugirango bage baziybukirazaho ni ikindi gihe.



- 3 **Bahe “brochure”** Tuganire ku mibiri yacu ihinduka, kugira ngo ababyeyi babashe kukareba. Bwira ababyeyi ko umwana wabo azakazana mu rugo kugasoma no kukaganiraho nabo, nibarangiza isomo rya mbere rya gahunda ya GrowUp Smart “Kura Usobanutse”.

- 4 **Kora Incamake** mu ngingo z'ingenzi zikurikira:

- ✓ Biraflasha cyane iyo abakobwa n'abahungu bamenye impinduka ku mubiri, mu marangamutima no mu bwenge zo mu gihe cy'ubugimbi mbere yuko zibabaho.
- ✓ Impinduka zo mu bugimbi/ubwangavu ziza mu myaka itandukanye. Zitangirira ku myaka inyuranye ku bantu banyuranye
- ✓ Ababyeyi bashobora gufasha abana babaganiriza ibijyanye n'izo mpinduka, babizeza ko ari impinduka zisanzwe bagomba kwitegura kandi bakabafasha kudasekwa kubera impinduka z'umubiri wabo.



Inyandiko igenewe umufashamyumvire

Impinduka ku mubiri mu gihe cy'ubugimbi n'ubwangavu

Abahungu	Abakobwa
✓ Uburebure n'ibiro biriyongera	✓ Kumera amabere.
✓ Kumera insya, ubucawkaha n'ubwanwa	✓ Kwiyyongera mu biro no mu gihagararo.
✓ Imikaya irakomera.	✓ Amatako n'umubyimba biragara.
✓ Imvumba z'amajwi ziba ngari kandi ndende maze Ijwi rikaniga	✓ Guhindura indoro bishobora kubaho
✓ Umubiri wongera umubare w'insoro zitukura	✓ Kumera insya n'ubucawkaha kandi akabyibuha amaboko n'amaguru
✓ Imvubura z'ibuya n'amavuta zirakora cyane, impumuro y'umubir igahinduka	✓ Imikaya irakomera.
✓ Ibishishi bishobora kuza	✓ Imvumba z'amajwi ziba ngari kandi ngari
✓ Abahungu bamwe bashobora kumera amabere mato y'igihe gito.	✓ Imvubura z'ibuya n'amavuta zirakora cyane, impumuro y'umubir igahinduka.
✓ Imyanya myibarukiro itangira gukora	✓ Imyanya myibarukiro itangira gukora

Impinduka mu byiyumviro

Amarangamutima n'ibiyumviro bishya ni ibantu bisanzwe urugero nko:

- ✓ kugira guhubuka, umujinya, uburakari
- ✓ kumva ntawakwinjirira mu buzima
- ✓ gushakisha uwo uri we
- ✓ gukenera inshuti n'ibitekerezo by'abandi
- ✓ Guhangayikishwa n' ejo hazaza
- ✓ Guhangayikishwa n'uko agaragara ku mubiri
- ✓ kugira amatsiko ku bijyanye n'imyanya ndangagitsina
- ✓ Kumva akuruwe n'abantu

Kumva uhangayikishije n'imikurire nabyo ni ibantu bisanzwe. Kwumva wifuje gukora imibonano mpuzabitsina ni ibisanzwe ntampamvu yo kwicira urubanza. Icy'ingenzi ni ukumenya uko ubiyitwara mo udategekwa nabyo. Abanu bose bagira ibyifuzo biganisha ku mibonano mpuzabitsina. Kubiganira n'ababyeyi cyangwa undi muntu wizewe bishobora gufasha cyane, ibi tuzabigaruka mu masomo ataha.

Impinduka nyinshi zifata igihe

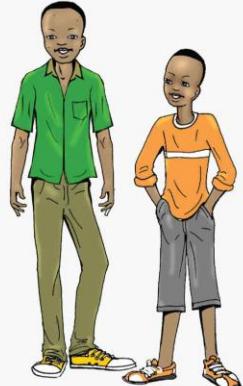
Imisemburo yo mu mubiri itera impinduka nyinshi mu gihe cy'ubugimbi/ubwangavu. Izo mpinduka ziboneka ku bantu batandukanye kandi ziza ku myaka itandukanye. Abakobwa bamwe batangira kubona impinduka ku myaka 9 abandi bakageza kuri 14. Abahungu batangira kubona izo mpinduka batinzeho gato ugereranje n'abakobwa nko kumyaka 10 kugeza 15. Impinduka zimwe zihita zitangira izindi zikagenda ziza buhoro buhoro. ku myaka 19 – 21 buri muntu aba yaranyuze mu bugimbi/bwangavu ariko buri muntu agira igihe cye.

Ingingo zigize “Tuganire ibijyanye n’imibiri yacu ihinduka” Impinduka ku mubiri



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 ibiheri
- Ubira ibuya kurushaho ukagira impumuro idasanzwe
- Ubwoya buza mu maha bukaza no mu bice by’imyanya ndangagitsina
- Ushobora kumva wishimye cyangwa ubangamiwe
- Ushobora kugira ibiyumvo 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 ava 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 bihagiye ngo ube witeguye gusama inda. Yakagombye gutegereza akageza ku myaka yemewe yo gushinga urugo.

Ku Bahungu

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



Umuhungu ntabwo ajya mu mihangi. 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.

Isomo ry'ababyeyi, Igikorwa Cya 2

Urunigi n'uburumbuke bw'umugore



Igihe: Iminota 45

Imfashanyigisho:

Agapaki ka CycleSmart ko kwerekiranaho

Ibijyanye na Brochure "Tuganire ku bakobwa n'ubwangavu"

Igitabo cy'inkuru z'abakobwa

Intego: ababyeyi baramenyera kandi bashobore kuganira ku burumbuke bw'umugore n'uburyo bwo gukurikirana/kugenzura ukwezi kw'umugore akoreshsheje agapaki ka CycleSmart n'igitabo cy'inkuru z'abakobwa

Ibice by'isomo

1. Fata agapaki ka cycle smart hamwena brochure CycleSmart:

Tuganire ku bahungu n'igitabo cy'inkuru z'abakobwa. Bwira ababyeyi ko ubu mugiye kwiga ibijyanye n'uburumbuke bw'umugore mwifashishije imfashanyigisho muzakoresha mu masomo y'urubyiruko. Bombi abakobwa n'bahungu baziga ibijyanye n'impinduka z'ubugimbi n'uburumbuke bw'umugabo harimo ukwezi kw'umugore n'uburumbuke bw'umugore.



2. Koresha urunigi nk'imfashanyigisho igaragara kandi musobanure ukwezi kw'umugore muri mu itsinda rinini. Musubiremo ingingo z'ingenzi ziri ku gatabo *Tuvuge abakobwa n'ubwangavu.* *Babwire ukuntu abakobwa bashobora kwiga ibijyanye n'ukwezi kwabo bakoresheje urunigi.* Bakamenya igihe bashobora kubonera imihango y'ukwezi gukurikiraho. Mwungurane ibitekerezo ku mpavu ari ngombwa ko bombi abahungu n'abakobwa bamenya impinduka ziba ku mubiri w'abakobwa.



3. Erekana n'ibindi bisigaye mu gapaki ka CycleSmart hanyuma musubiremo uko umukobwa uri mu mihangi azabikoresha. Abakobwa batarabona imihango bashobora kukabika bategereje ko bazayibona. Erekana brochure iasobanura uko bikoreshwa kandi usobanure akamaroko kugira amazi meza yo kumeshesha no kunyuguza udutambaro n'impamvu ari ngombwa kukanika kakuma neza Saba ababyeyi gufata igitabo cy'inkuru z'abakobwa.

4. Shishikariza ababyeyi gusoma icyo gitabo n'abakobwa babo (cyangwa igitabo cy'inkuru z'abahungu n'abahungu babo) mu gihe abana bazaba babicyuye mu rugo mu gihe cy'icymweru ubwo gahunda izaba yatangiye. Bashishikarize kandi gusoma udupapuro bari kumwe n'abana babo ubwo bazaba baducyuye. Izi mfashanyigisho zifasha ababyeyi



kugirana ibiganiro by'ingirakamaro n'abana babo ku bijyanye n'ubugimbi/ubwangavu n'uburyo bwo kugumana ubuzima buzira umuze gihe cy'ubusore/ubukumi.

5. **Baza ababyeyi niba bafite ikibazo cyangwa igitekerezo kubijanye** n'imfashanyigisho za GrowUp Smart "Kura Usobanutse" cyangwa ikindi kintu cyose kirebana n'iyi gahunda.

6. **Kora Incamake y'izi ngingo zikurikira:**

- ✓ Iyo umukobwa abonye imihango ye yambere ni ikimenyetso cy'uko ari guhinduka umugore kandi ko kuva ubwo aba ashobora gutwita aramutse akoze imibonano mpuzabitsina.
- ✓ Ururenda rwo mu mura ni ikimenyetso cy'uko umukobwa ari mu gihe cy'uburumbuke kandi ashobora gutwita. Uru rurenda rugomba kubamo kandi ntibagomba kurukura mu nda ibyara.
- ✓ Agapaki ka CycleSmart ni ako kwifashisha mu gukurikirana ukwezi kw'umugore n'uburumbuke gusa. Urunigi rufasha abakobwa kwiga no gukurikirana ukwezi kwabo. Aka gapaki ntabwo gatanga amakuru ahagije ku bijyanye no kuboneza urubyaro. Abakobwa n'abahungu bigishwa ko kuri bo urunigi rudakoreshwa nk'uburyo bwo kwirinda gutwita.
- ✓ Niba ababyeyi bakeneye amakuru menshi arenze ayo gukoresha urunigi nk'igikoresho cyo kugenzura uburumbuke, mushobora kuzaganira imikoreshereze yarwo nk'uburyo bwo kuboneza urubyaro mu bihe bizaza.



Iningo z'ingenzi ziri ku gapapuro: *Tuvuge abakobwa n'ubwangavu*

Ushobora gukoresha urunigi kugirango umenye kandi ukurikirane neza igihe ubonera imihango.



Kujya mu mihango ni igihe uva amaraso mu gitsina, aturutse mu mura, byerekana ko umubiri wawe ukora neza. Iyo watangiye kujya mu mihango, akensi biza buri kwezi, bikamara hagati y'iminsi 3 na 7.

Ukwezi kwave gutangira ku munsi wa mbere wabonye imihango kukarangira umunsi ubanziriza imihango izakurikiraho. Ukwezi kungana n'iminsi iri hagati y'imihango wabonye nikurikira.

Iyo umukobwa atangije kujya mu mihango, eshobora gusama igihe akoze imibonano mpuzabitsina mu minsi imwe n'imwe yo mu kwezi kwe.

Uko abakobwa bakoresha urunigi

Buri saro ryose ry'urunigi rigaragaza umunsi umwe w' ukwezi kwave. Kugirango ukurikirane neza ukwezi kwave, imurira impeta kw' isaro buri munsi.



Ntabwo abakobwa bagomba kugerageza gukoresha urunigi nk'uburyo bwo kwirinda gutwara inda.

Niba wowe cyangwa undi muntu uzi, mukeneye kuboneza urubyaro, reba umukozi wo kwa mu muganga umubaze cyangwa undi muntu mukuru wizeye.

Wibuke ko, iyo umukobwa agije mu mihango bwa mbere, bifata igihe kugirango ukwezi kwe kuringanire, mbese ajye abonera imihango amatariki amwe: Ni cyo gituma umukobwa dashobora kumenya neza iminsi yasamiramo.

(2)

Gukurikirana ukwezi kwave ukoresheje urunigi

1 Ku munsi wa mbere ubonyeho imihango, imurira impeta kw' isaro ritukura.

Ushobora no gushyira akamenyetso ku ndangaminsi yave kuri uwo munsi. Buri munsi, imura impeta kw' isaro rimwe ukurikiye icyerekezo cy'akambi.

ukomeze kwimura no ku minsi uri mu mihango.



2 Nyuma y' uko imihango irangira, ugakomeza kwimura impeta, uzagera ku masaro yera. Umukobwa cyangwa umugore ashobora gusama mu minsi myinshi ikurikirana, ahagana hagati mu kwezi kwe. Ku bagore benshi biba igihe impeta iri ku masaro yera.



Iyo impeta iri ku masaro yera, uzabona hari n' ububobere mu gitsina kandi butari imihango. Ibyo byitwa ururenda ruturuka ku nkondo y' umura, ni ikimenyetso cyerekana ko umukobwa cyangwa umugore ashobora gusama. Hari igihe ubona ubwo bubobere cyangwa se ntumenye ko ubufite



"Natangiye kubona ibantu bitose mu gitsina amezi menshi mbere yuko njya mu mihango bwa mbere: Ni ko bigenda: Ubwo ni ububobere bwiza, ntampumuro bufite kandi ntiburyaryata: Si byiza kwihiutira koza mu gitsina cyangwa kuhahanagura n' imiti cyagwa puderil!"

3 Nyuma yo kwimirira impeta kw' isaro rya nyuma ryera, uzagera ku masaro y' ikijuji. Ku bagore benshi iyo ni iminsi batasama.

Ku minsi impeta iri ku masaro y' ikijuji, akensi ntuzumva ububobere mu gitsina.

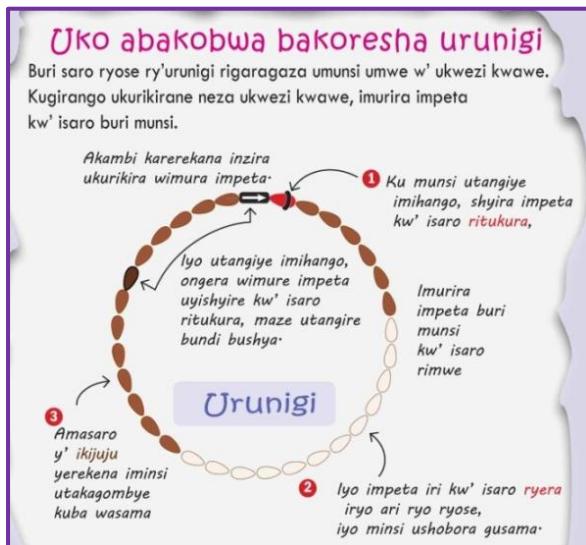
Akensi iyo impeta iri hagati y' isaro ry' ikijuji cyijimye n' akambi, uzabona imihango ikurikiye. Rimwe na rimwe imihango iza mbere gato cyangwa nyuma gato. Iyo imihango ije, urongera ukimirira impeta kw' isaro ritukura, ugatangira bundi bushya. Ku minsi uri mu mihango ubusanzwe ntushobora gusama.



Aka gatabo ntigatanga amakuru ahagije ku ikoresha ry'urunigi rw'ukwezi k'umugore nk'uburyo bwo kuboneza urubyaro. Kwirinda gukora imibonano mpuzabitsina nibwo buryo buboneye bwo kwirinda gusama no kwirinda indwara zandurira mu myanya ndanga gitsina harimo n'agakoko gatera Sida

(3)

Uko bakoresha Urunigi mu kumenya igihe wazabonera imihango y'ukwezi gukurukiraho



- Kurikirana aho impeta iri mu gihe cyose ubonye imihango
- Ukwezi gutaha ushobora gutegerezza imihango yawe igihe impeta izaba igeze kuri iri saro. (Abakobwa bamwe bashobora kumva ibimenyetso nko kuribwa mu nda cyangwa kubyimba inda mu gihe bari hafi yo kujya mu mihango.)
- Abakobwa bensi bashobora gutangira kwiteguraimihango yabo

Uko bakoresha Imbindo (kotegisi) zisukurwa zikongera gukoreshwa



AFRIPads Menstrual Kit Use & Care Instructions

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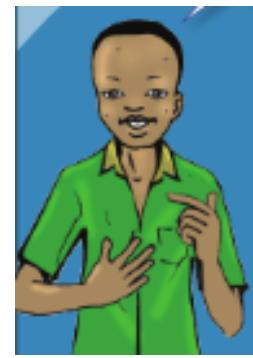
The products pictured here are used with permission from AFRIPads Uganda Ltd. All rights reserved

Isomo ry'ababyeyi, Igikorwa Cya 3

Uburumbuke bw'umugabo

Igihe: 45 iminota"

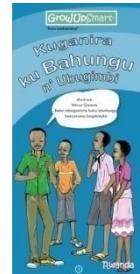
Imfashanyigisho: Brochure ka "Tuganire ku bahungu n'ubugimbi, kura usobanutse igitabo cy'inkuru z'abahungu



Intego: ababyeyi bazamenyera kandi bashobore kuganira kuuburumbuke bw'abagabo bifashishije brochure: *Tuganire ku bahungu n'ubugimbi n'igitabo cy'inkuru z'abahungu.*

Ibice by'isomo

- Fata "brochure" ka CycleSmart kitwa Tuganire ku bahungu n'ubugimbi n'igitabo cy'inkuru z'abahungu.** Bwira ababyeyi ko ubu mugiye kwiga ibijyanye n'uburumbuke mwifashishije imfashanyigisho muzakoresha mu masomo y'urubyiruko. Bombi abakobwa n'abahungu baziga ibijyanye n'impinduka z'ubugimbi n'uburumbuke bw'umugabo harimo gushyukwa, kwiroteraho no gusohora'.



- Musome muranguruye inkuru ya kabiri mu gitabo** cy'inkuru z'abahungu mu itsinda rinini cyangwa mu matsinda mato. Muganire kandi musubize ibibazo kuri iyo nkuru. Cyangwa bitewe n'ubumenyi bw'ababyeyi mu gusoma bashobora gusomera mu matsinda mato. (Ushobora kandi gusoma agatabo k'abahungu muri kumwe, cyane cyane igice cyitwa "Kuva mu buhungu uhinduka umugabo" hamwe na "Umubiri wanje uhinduka". Ibutsa ababyeyi ko ari ngombwa ko bombi abakobwa n'abahungu bamenya impinduka z'umubiri w'umuhungu.



- Baza ababyeyi niba nta kibazo cyangwa igitekerezo** bafite kubijyanye n'imfashanyigisho za Kura usobanutse zivuga k'uburumbuke bw'umugabo. Tanga amakuru n'aho bayakura mu gihe bikenewe.

- Kora Incamake muri aya magambo kandi usubize ibibazo bishobora kubazwa.**

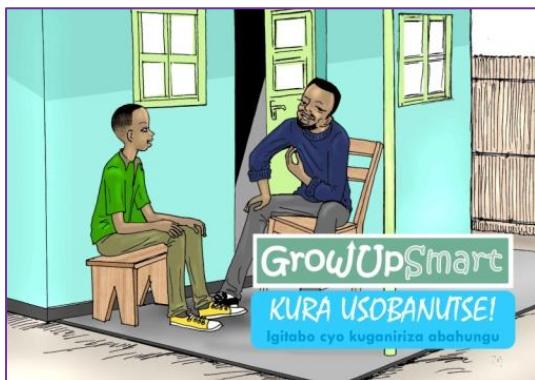
- ✓ Iyo umuhunguatangiye gusohora, akensi ubwambere biba nijoro bizwi nko kwiroteaho, ni ikimenyetso cy'uko ashobora gutera inda
- ✓ Abahungu n'abagabo bahorana uburumbuke, bakaba bashobora gutera inda buri gihe
- ✓ N'ubwo abakobwa n'abahungu baba bashobora kubyara umwana mu gihe cy'ubugimbi n'ubwangavu, bifata imyaka myinshi ngo bagire ubushobozi mu gihagararo mu mitekerereze kuba biteguye kwita k'umwana no gutunga umuryango.
- ✓ Ni iby'ingenzi ko abakobwa n'abahungu bamenya neza imyemerere y'ababyeyi babo n'ibyo babategerejeho mu busore bwabo n'ibitsina ndetse n'ubuzima bw'imyororokere. Musome

kandi muganire agatabo n'igitabo cyirimo inkuru muri kumwe n'umwana wanyu, musangiza ibitekerezo byanyu n'ubufasha mwamuha.

5. Muganire ibyo ababyeyi baganirije abana babo birebana n'ubugimbi n'ubwangavu, harimo kuvuga ku mihangi y'abagore hamwe n'abakobwa cyangwa kwiroteraho ku gahungu. Baza ibibazo bisa n'ibi:

- ✓ Ni ibiki byabayeho mwaba mwaraganirije umwana wanyu bijyanye n'ubugimbi n'ubwangavu? Mwavuzeho iki? Byagenze bite? Ni ibiki byagenze neza? Ni ibiki bitagenze neza?
- ✓ Ni iki mwagombye kuzakora kurushaho

Tuganire ku bahungu n'ubugimbi



Inku ya 2 Ubugimbi bushobora kuba agahebuzo



Kuva mu bwana ukaba ingimbi

Mu gihe cy'ubugimbi abahungu barashywa. Iki ni igihe igitsina cy'umuhungu kiba cyofashe umurego, kikoba kinini, kigakomera, kikeguka. Gushyukwa bize kensihi iyo watekerereje ibintu birebana n'igitsina cyangwa se nta mpamvu. Gushyukwa ntibvuga ko ari ngombwa gukora imbonano mpuzabitsina.

Abahungu kandi bakiroteraho. Kurata ni igihe amasohoro (amatembabuzi) aya kuba umveru kandi ofashe arimo intangangaboo) asohoko mu gitinsa cy'umuhungu.

Ntabwo ari ngombwa ko uko umugabo cyangwa umuhungu ashyutswa asohora. Iyo hashize akanya gato gushyukwa birashiro bitagize iyo bitwara. Igihie amasohoro aglye mu gitinsa cy'umukobwa cg umugore asohora gusama.

"Kwiroteraho" ni igihe igitsina gifash umurego kikarekura amasohoro usinziriye .

Gufata umurego kw'igitsina no kwiroteraho ni ibintu bisanzwe biba mu mikurire y'abahungu bose kandi badashobora kugenzura.

Ariko, kugira imbonano mpuzabitsina byo wabitegeka kandi ikiruta byose ku bahungu n'abakobwa ni ugutegereza kugeza igihe bazashyngirwa. Kwirinda imbonano mpuzabitsina bilardin gutwara indo na kwandura indwara zandurira mu mibonano mpuzabitsina nka virusi itera SIDA.

Niba wowe cyangwa undi muntu uzi, okeneye kuboneza urubyaro cyangwa kwirinda indwara zandurira mu mibonano mpuzabitsina, wareba umukozi wo mu by'ubuzima cyangwa undi muntu mukuru wizeye.

5

Wibuke ko

Nta muntu ukwiriye kugukorakora mu buryo wumva bikubangamiye. Igihie 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

5

Amasomo y'ababyeyi, Igikorwa Cya 4

Umukino w'uko ababyeyi babibona: Uruhare rw'uburinganire n'ubwuzuzanye, ubuzima bwiza no kubaho neza

Igihe: Iminota 30

Imfashanyigisho: Inyandiko Yanditse: turemeranywa "ntitwemeranywa"

Intego: Ababyeyi barasesengura imyifatire yabo n'imyemerere ku bijyanye nuko abahungu n'abakobwa bafatwa mu miryango no gusobanura uburyo bwo kubafasha kugumana ubuzima bwiza mu bugimbi/ubwangavu



Ibice by'isomo

1. **Bwira ababyeyi ko bagiye gukina agakino kadufasha** gutekereza no kuvuga ku myemerere yacu ku ruhare rw'umukobwa n'umuhungu iwabo mu rugo n'aho batuye, dushakishe uburyo twafashamo abana bacu ngo bahorane ubuzima bwiza, hamwe no kwiyumvamo kumererwa neza. Ku ruhande rumwe rw'icyumba, hashyirei ikimenyetso cya "ndabyemera", no ku rundi ruhande rw'icyumbauhashyire ikimenyetso "ndabihakana", urasobanura uko uwo mukino ukinwa, mu buryo bukurikira

Ndasoma interuro nka "Abakobwa bakora neza imirimo yo mu rugo kurusha abahungu". Nuko, niba wemeranya n'icyo gitekerezo urihuta wegere ahari ikimenyetso "ndabyemera". Niba utemeranya n'igitekerezo urerekera ku ruhande rw'icyumba rurimo ikimenyetso "ndabihakana". Niba ushidikanya, uraguma hagati mu cyumba, nk'uwananiwe guhitamo icyerekezo. Hanyuma turajya impaka ku mpamvu duhitamo iki cyangwa kiriya, munabonereho umwanya wo guhindura icyerekezo niba imyumvire yanyu ihindutse.

2. **Soma kimwe mu bitekerezo biri ku rupapuro rwa....** N'umara gusoma icyo gitekerezo ube uhagaze, maze buri muntu yerekera mu ruhande rw'icyumba bitewe n'ibyo yemera, ashidikanyaho, cyangwa atemeranyaho n'ubuhamya.
3. **Baza byibuze abantu batatu kuri buri ruhande, impamvu bahisemo** kugana icyo cyerekezo. Shishikariza n'abandi gufatanya muhana ibitekerezo. Hanyuma, nihagira uwifuza guhindura icyerekezo mu mwemerere. Niba buri muntu yerekera uruhande rumwe, mugire icyo muvuga mwisanzuye kw'ibyo bitekerezo. Ikigamijwe ni uko tugira imyumvire imwe ku ndangagaciro n'ibyo twemera, aho kwemera ku gahato cyangwa igisubizo gipfuye.

4. **Soma ubundi buhamya.** Na none, nyuma y'uko buri muntu agiye mu ruhande ahisemo, bwira abahugurwa bake bagaragaze uko babibona. Shishikariza n'abandi kugira ijambo muri icyo kiganiro. Ha urubuga abahugurwa babisshaka, bahindure icyerekezo niba ukuntu babyumvaga kwahindutse. Komeza izo ntambwe nyuma yo gusoma ibitekerezo byinshi birebana n'indangagaciro n'imyemerere.
5. **Kora incamake y'ibitekerezo** by'ingenzi byatanzwe. Ifashishe ibisobanuro by'umufashamyumvire biri ku rupapuro rwa.....mu kwemeza uruhare rw'ingenzi ababyeyi bafite mu kwigisha abana ibirebana n'ubuzima bw'imyororokere n'imibonano mpuzabitsina n'ukubaho neza.

Ibitekerezo ku mukino w'uko aba byeyi

Urabyemera cyangwa ntubyemera?

Munsi hari ibitekerezo binyuranye byo gusomwa mu mukino w'"uko Ababyeyi babibona", wafasha ababyeyi gutekereza no kuvuga ku ndangagaciro zabo_ibyo bemera n'ibyo batemera, byerekeye K'umumaro w'uburere mu gihe cy'ubwangavu/ubugimbi, ingimbi izira umuze n'ukubaho neza. (Hitamo kandi/cyangwa uhuze ibitekerezo by'ingenzi cyane byo gusomwa no kuganirwaho, hitawe ku gihe gihari).

Kuganira ku mpinduka mu bwangavu/ ubugimbi n'ubuzima bw'imyororokere ku bana b'i kigero kiri hagati y'imyaka 10 n'imyaka 14, zibatera gukora imibonano mpuzabitsina y'imburagihe.
(Icyitonderwa mu kiganiro:Ababyeyi bamwe batinya ibinyamara ubushakashatsi bwerekana ko kuganira n'abana banyu ku buzima bw'imyororokere, imibonano mpuzabitsina mu ngimbi/abangavu (ASRH) n'izindi ngingo bifasha urubyiruko kumva ko rushyikirana n'ababyeyi byahaji no kugira imyifatire myiza dusangamo 'kwirinda imibonano mpuzabitsina. Niba ababyeyi bataganirije abana babo ku ndangagaciro zabo no ku byiyumviro birebana n'ubuzima by'imyororokere n'imibonano mpuzabitsina, abo bana ntibashobora kumenya icyo ababyeyi babo batekereza kandi bemera.

Ababyeyi bakwiye kuba abarezi b'ibanze b'abana babo, ku buzima bw'imyororokere.(Icyitonderwa ku biganiro:Ababyeyi nibo bari mu mwanya mwiza wo kwigisha abana babo indangagaciro n'ibyo babifuzaho byerekeye imibonano mpuzabitsina n'ubuzima bw'imyororokere. Hari ibintu byinshi byafasha ababyeyi gukora ibyo. Ababyeyi bamwe, nyamara, bumva babangamiwe no kugirana n'abana ibiganiro ku buzima bw'imyororokere n'imibonano mpuzabitsina.Iyo ababyeyi bashidikanya ku gihe cyangwa ku kuntu batangira iryoso, bigatuma badaha abana babo uburere kuri iyo ngingo, bishobora kubangamira no gukomerera umwana w'ingimbi/umwangavu. Abigisha, abahuza bitekerezo mu bana bakorera imiryango, n'undi wese wita ku bantu bakuru, bashobora gufasha urubyiruko n'ababyeyi ku birebana n'ubuzima bw'imyororokere n'imibonano mpuzabitsina..

Ababyeyi babasha gukererwa kuganiriza abana ibirebana no gusohora cyangwa kwiroteraho bikazarinda bibabaho batabizi. *(Icyitonderwa mu kiganiro: Kenshi abahungu ntacyo bamenya ku kwiroteraho, abakobwa nabo ugasanga nta bumenyi bahawé mu byerekeye imihango y'abagore kugeza/nyuma y'uko bayibona.Ibi bishobora kubabaza cyangwa guhangayikisha urubyiruko. Niba*

ababyeyi cyangwa abarezi bigishije urubyiruko mbere y'uko imihindagurikire y'imikorere y'umubiri ibabaho, urubyiruko rushobora kwitegura kandi bagatanguranwa n'iyo mihindagurikire idasanzwe y'ubuzima).

Umukobwa uri mu mihangi abasha kutajya kwiga ku munsi wa mbere w'imihango. Nubwo hashobora kubaho kwiheza gushingiye ku muco no ku mibanire y'abantu mu gihe cy'imihango y'abagore n'abakobwa, umukobwa/umugore uri mu mihangi ashobora gukora imirimo yose isanzwe yakoraga atari mu mihangi, dushyizemo guteka, kwoza amasahani, kujya ku ishuri n'indi...)

Mu gihe ababyeyi badafite amafaranga ahagije yo kurihira abana babo, bohereza abhungu mbere yo kohereza abahungu. (Icyitonderwa: abakobwa baba barengana kandi baba babuzwa amahirwe mu gihe ababyeyi bakoze ibyo).

Ni byiza guhumuriza abakobwa n'abahungu ku byerekeye imihindagurikire y'umubiri wabo mu gihe cy'ubwangavu/ubugimbi. (Icyitonderwa ku kiganiro: kugaragaza ibyo ubona no gutwama bibasha kubabaza ubigiriwe. Umuryango n'inshuti babasha gutera inkunga abahungu n'abakobwa birinda kubatwama, bakanabuza abandi niba babibakorera, kandi bagafasha abahungu n'abakobwa kumva ari ibisanzwe kandi bakabitaho uko bari)

Abahungu bagomba gukora ibirenze uko bakoraga; bateka, gukora isuku imuhira, kwita ku bana. (Icyitonderwa ku kiganiro: Mu ngo nyinshi, mu gihe cy'ubwangavu abakobwa basabwa gukora imirimo myinshi yo mu rugobihariye, no kwita ku bana kurusha abahungu. Niba abakobwa bakora imirimo myinshi bihariye kurusha abahungu, ntibagira igihe gihagije cyo kwiga n'icy'indi mirimo. Abakobwa bumva bafashwe nabi ugereranije n'uko abahungu bafatwa. Niba umuhungu adakora imirimo yo mu rugo yihariye, ntazunguka ubumenyi muri iyo mirimo. Niba umuhungu cyangwa umukobwa akora imirimo imwe yihariye, bidaturutse ku miterere ye, ibyo bibasha guhinduka, mu rwego rwo gushyigikira uburinganire. Umuhungu n'umukobwa babasha gukora imirimo "utabatekerezagaho"

Ababyeyi bagombye kuba baretse kuganiriza abana babo ku buzima bw'imyororokere kugeza igihe aribo babybarije umubyeyi. Ni ngombwa kubwira abana no gusubiza ibibazo byabo igihe babibajije. Nyamara, abana ntibashobora kubaza ku bintu batazi. Ni ngombwa ko urubyiruko, rumenya indangagaciro z'ababyeyi babo n'umumaro wo kutishora mu mibonano mpuzabitsina imburagihe. Mbere y'uko umuntu akora imibonano mpuzabitsina, yagombye kumenya uburyo bwo kwirinda inda itateganyijwe n'ubwo kwirinda indwara zandurira mumibonano mpuzabitsina, umuntu yagombye kwifata yirinda imibonano mpuzabitsina, na SIDA)

Mbere y'imyaka 18, imyanya y'umukobwa iba itaritegura kwakira umwana. (Icyitonderwa: n'ubwo umukobwa abasha gusama igihe yatangiye kujya mu mihangi, umubiri we uba utaritegura ku buryo ashobora guhura n'ibibazo bikomeye atwite, ari ku gise cyangwa abyara.)

Ababyeyi bagomby, bitewe n'impamu runaka, kubwira abana bakajya baganira n'ababyeyi cyangwa n'undi muntu mukuru bizeye igihe bumva batamerewe neza. (Abahungu n'abakobwa bashobora kugira isoni zo kubwira umuntu mukuru ko bamerewe batyo, bagategereza kumva uwababwira ko afite umwanya wo kubibaganirizaho. Akensi, umushukanyi ashobora gukoresha amayeri kugira ngo umwana akomeze guceceka.)

Uruhare rw'ababyeyi

Ababyeyi nibo bigisha b'ibanzé ku buzima bw'imyororokere y'abana babo. Gahunda ya "GrowUp Smart" "Kura Usobanutse" igamije gushyigikira no kongerera ingufu ibyo ababyeyi bigishije, ndetse no gushyira ahabona amakuru ashingiye ku bumenyi (scientific information). Ni ababyeyi bagomba kwigisha abana babo indangagaciro n'ibyo babifuzaho bijyanye n'ubuzima bw'imyororokere.

Abana bagombye kwita ku kintu ababyeyi babategerezeho kandi bizera ko ari ukuri. Nubwo ingimbi/abangavu, bakururwa na bimwe mu bitangazamakuru ndetse n'urungano rwabo, bakwiye kwegera ababyeyi babo bakabigisha icyo babona cyatuma bakura bakanahinduka mu buryo bwiza, n'icyemezo babategerezeho gufata, kirebana no gukora imibonano mpuzabitsina, n'icy'imibanire n'abandi.

Abana bazi ibyo ababyeyi bemera nibyo batoranya mbere mu mikurire yabo kandi batekereza ku cyemezo bafata kirebana n'imibonano mpuzabitsina, ni nabo cyane bafata bwa mbere icyemezo ababyeyi babo batekereza ko gikwiye gufatwa. Inzira imwe rukumbi abana bamenyeramo ibyo ababyeyi babo bemera ni uko ababyeyi babaganiriza ku byo bagezeho.

"GrowUp Smart "Kura Usobanutse"" ifite ibikorwa kandi iha ababyeyi ibyo bakora, hamwe n'abana babo. Ibyo bikorwa bifasha ababyeyi gushyira ahagaragara hamwe n'abana babo ibyo batekereza ko ari ukuri ndetse n'ikintu bifuza ko abana babo bakora ngo bakure kandi bahinduke abagore n'abagabo b'ejo hazaza.

Ingingo z'ingenzi

- ✓ Ababyeyi nibo bigisha b'ibanzé b'abana babo ku byerekeye uburere mbonerabitsina. Bashobora kubigisha indangagaciro, kandi bakabafasha kumenya icyo babategerezeho.
- ✓ Abana bakwiye kwita cyane ku cyo ababyeyi babo babategerezeho kandi bemera ko ari ukuri.
- ✓ Inzira imwe abana bamenyeramo icyo ababyeyi bemera ni ikiganiro bagirana hagati yabo.

Ku bindi, reba "Uri umubyeyi abana bisanzuraho?", byavanywe muri "Advocates for Youth, urupapuro **rwa.....**

Inyigisho y'ababyeyi, Gusoza n'igice

Igihe: Iminota 10

Imfashanyigisho: Ntayo

Intego: Ababyeyi bazaganira n'abana babo ku mfashanyigisho batahana ya GrowUp Smart "Kura Usobanutse"

Ibice by'isomo

1. **Baza niba hari ibibazo birebana na gahunda ya** GrowUp Smart "Kura Usobanutse"
imfashanyigisho n'ikindi cyaganiriweho uyu munsi. Subiza ibibazo by'ababyeyi.
2. **Shishikariza ababyeyi kuganira n'abana babo**, bavuye mu nyigisho mu matsinda ya GrowUp Smart "Kura Usobanutse", bongere barebere hamwe imfashanigisho z'umukoro wo mu rugo, bahawe ngo bazitahane. Mufatanyirize hamwe incamake zikurikira:
 - ✓ Ni ngombwa kuganira n'abahungu n'abakobwa ku mpinduka zo mu gihe cy'ubugimbi/ubwangavu, mbere y'uko bibabaho, kugira ngo bamenye ikibategereje. Muri ubu buryo, ntibazagira uwomba cyangwa ngo bamware igihe umukobwa yagira imihango bwa mbere, cyangwa umuhungu yiroteyeho bwa mbere.
 - ✓ Ni ibisanzwe ku babyeyi kumva rimwe na rimwe batisanzuye, no kudasubizaibisubizo byose. Ubwira umwana ko muzabigarukaho birambuye ikindi gihe, hanyuma ugatekereza ukuntu uzamusubiza cyangwa ugashakisha andi makuru.
 - ✓ Hora witeguye gusubiza ikibazo kirebana n'indangagaciro zawe n'ibyo wemera byerekeranye n'ukuntu abakobwa n'abahungu bakwiye kwifata n'ukuntu bakwiye gufatwa mu gihe cy'ubwangavu/ubugimbi na nyuma yaho gato. Niba umwana akubajije ibirebana n'igitsina, cyangwa akabivugana n'uwo bigana witekereza ko abashaka imibonano mpuzabitsina. Inkunga yawe, inama hamwe n'ibiganiro birambuye bishobora kumuganisha mu nzira y'abakuze atekanye kandi afite ubuzima bwiza.
 - ✓ Si ngombwa kuganira n'umwana wawe ku buzima bwawe bwite, cyane cyane niba ari ikintu utavugana ubwisanzure. Ariko nanone zimwe mu nkuru zawe zishobora gushyigikira ubumwe hagati yanyu n'uburyo bwo kwita ku bana.
 - ✓ Uretse, gusoma udutabo mwahawwe muri gahunda ya GrowUp Smart "Kura Usobanutse" ngo mudusomere mu rugo hamwe n'abana banyu, abana bashobora kubabaza ibijyanye n'ibyababayeho mu mihindagurike y'umubiri mu gihe cy'ubugimbi/ubwangavu, inama ku isuku no kwiyuhagira, igihe gikwiye ko umuntu akora imibonano mpuzabitsina, uko urubyiruko rushobora kugaragaza ko rukunda umuntu runaka kandi rumwitayeho, n'izindi nsanganyamatsiko zinyuranye. Imfashanyigisho zo gutahana mu rugo ni inkunga ibafasha gutangira ibiganiro ibi n'ibi hamwe n'umwana wanyu w'ingimbi.
3. **Menyekanisha uko** waboneka mu gihe ababyeyi bakenera kukubona mu gihe cya gahunda ya GrowUp Smart "Kura Usobanutse". Mwumvikane igihe n'itariki inyigisho zitaha z'ababyeyizabera.

Inyigisho igenewe ababyeyi ya 2 Kuvuga ku bunararibonye mufite kuri GrowUp Smart (Kura Usobanutse)

Gahunda

Gutangira

Igikorwa cya 1: Inzitizi z'ibiganiro n'uburyo bwo kubishygikira

Igikorwa cya 2: Umukino kuba umugore, kuba umugabo

Akaruhuko

Igikorwa cya 3: Ibyiciro by' ubuzima bw'igitsina

Igikorwa cya 4: Gushygikira imyifatire iboneye

Gusoza no kuvuga ibikurikira

Intego

Ku musozo w'isomo rya kabiri rigenewe ababyeyi, "Tuvuge ku bunararibonye muri GrowUp Smart "Kura Usobanutse" ababyeyi (abarezi) b'abakobwa n'abahungu bitabiriye amahugurwa bazaba bashobora:

- 1) **Kugaragaza ukwigirira icyizere** n'ubumenyi mu kuganira n'abana bawe ku bijyanye n'ubugimbi/ubwangavu n'andi masomo bifitanye isano mu buryo bushygikira.
- 2) **Gutekereza no gusobanura inshingano** z'umugabo n'iz'umugore aho batuye no kugaragaza imirimo idashingiye ku muco gakondo cyangwa ku nshingano bwite.
- 3) **Gusobanura ubuzima bw'igitsina** mu buryo bwagutse no kugaragaza ingingo zirebana n'igitsina byoroshye cyangwa bigoye kuganirwaho.
- 4) **Kuganira ku buryo bwo kubaka ubumenyi** no gusobanura icyo ababyeyi bashobora gukora mu guteza imbere imyifatire iboneye y'abana babo mu gihe cy'ubugimbi na nyuma yaho.
- 5) **Kugaragaza isoko y'amakuru ashobora gukenerwa** mu gihe kiri imbere, kuvuga ibikorwa by'ubutaha, birimo kwitabira igikorwa cy'ubukangurambaga mu abantu batuye mu gace kamwe.

Inyigisho igenewe ababyeyi ya 2 Gutangira

Imyiteguro mbere

y'ivumburamatsiko:

Mushyire intebé cyangwa ameza uruhande rumwe, bityo ababyeyi babone aho bicara kuuruziga kandi bashobora no kuzenguruka hagati mu ruziga. Tegurira buri mubyeyi ikirango kiriho izina ry'urubuto nk'ipapayi, umunekecyangwa icunga. Ababyeyi babiri kugeza kuri bane baraba bahuje urubuto kugira ngo umukino ugende neza.

Ivumburamatsiko: umukino w'imbuto

Saba ababyeyi bose kwicara ku ruziga. Buri wese agomba kuba afite ikirango gishushanyijeho urubuto. Zenguruka uruziga usaba buri wese guhaguruka, akavuga izina rye, izina ry'urubuto ruri ku kirango cye hanyuma yongere yicare. Nyuma y'uko kwibwirana, ereka ababyeyi uko bakina umukino w'imbuto. Mbere na mbere uravuga izina ry'urubuto urugero "Ipapayi". Hanyuma buri wese ufite igishushanyo cy'ipapayi, ahaguruke vuba vuba, avuge izina rye, ashake undi mwanya wo kwicaramo agurane umwanya n'undi ufite ikirango kiriho ipapayi. Hanyuma wongere uvuge urundi rubuto; urugero "umuneke" buri wese ufite umuneke ku kirango cye ahindure umwanya we yihuta n'undi ufite umuneke. Kora ibi igihe gito hanyuma uhagarike. Uyu mukino ufasha abantu kwibuka amazina y'anandikandi guhinduranya ibyicaro bituma buri wese akora bikanashimisha.

Inyigisho igenewe ababyeyi ya 2, Igikorwa Cya 5 Inzitizi mu biganiro n'uburyo bwo kubishyigikira

Igihe: Iminota 45

Imfashanyigisho: Ikirangoburi cyose gishushanyijeho urubuto one.

Inzitizi mu mishyikirani tugana mu kubaka imishyikirano: Zimwe mu ngero ku rupapuro rwa: (Izi zishobbora gusomwa n'umufashamyumvire aranguruye cyangwa zigahabwa ababyeyi buri wese agashaka ufite agace kuzuzanya n'ako afite. Ababyeyi bazi gusoma bashobora gufasha abandi).

Intego: Ababyeyi bazagaragaza ukwigirira icyizere n'ubumenyi bafite mu kuganira n'abana babo ku byerekeye ubugimbi/ubwangavu, n'izindi nsanganyamatsiko zижанье nabwo mu buryo bubashyigikira.

Ibice by'isomo

1. **Nyuma y'ivumburamatsiko saba ababyeyi gutekereza** ku bunararibonye bafite muri gahunda GrowUp Smart "Kura Usobanutse" kugeza ubu. Baza ibibazo bisa bitya:
 - ✓ *Ni ubuhe bunararibonye umwana wawe afite kuri gahunda yo GrowUp Smart "Kura Usobanutse" kugeza ubu*
 - ✓ *Waganiriye iki n'umwana wawe? Byagenze bite?*
 - ✓ *Nk'umubyeyi, iyi gahunda yagukozeho ite?*

- ✓ *Igufasha ite kuganira n'umwana kubyerekeye ubugimbi/ubwangavu no ku zindi ngingo bifitanye isano?*
 - ✓ *Hari icyakuruhiye cyangwa icyakubereye imbogamizi? Sobanura.*
Subiza ku bibazo umubyeyi yahuye nabyo mu mahugurwa yabanje harimo n'ibibazo byatanzwe mu dusanduku tw'ibitekerezo n'abantu batazwi. Ubwire abahugurwa ko igikorwa gitaha kigamije gushishikariza ababyeyi n'abana kuganira bakabana hafi.
2. **Baza abahugurwa ibibazo bibiri batangeho ibitiekerezo hanyuma** musobanure amagambo amwe nka:
- ✓ *Ikiganiro hagati y'umubyeyi n'umwana bisobanuye iki kuri mwe? (guhana amakuru, ibitekerezo, ibiyumviro, igishyika, n'ibindi hagati y'umubyeyi n'umwana, impande zombi).*
 - ✓ *Ugusabana n'ababyeyi ni iki? (ibi birenze kuganira kandi harimo ubucuti magara n'ubushyuhe mu mibanire iri hagati y'ababyeyi n'abana)*
 - ✓ *Ni ubuhe buryo duhana amakuru tukanateza imbere ibiganiro? Mu magambo dukoresha, mu ijwi, amagambo akomeza dukoresha atari inshinga, gutega amatwi undi, n'ibindi*
3. **Genzura ubumenyi bw'ababyeyi mu kuganira** no mu gusabana binyujijwe mu gikorwa cyerekana ukuntu amagambo yacu, ijwi, uburyo twegera undi bishobora gufunga cyangwa gufungura urugi rw'ikiganiro (inzitizi) cyangwa bigakomeza binubaka ubuzima, ikiganiro cyiyubashye mu kunga abantu (kwubaka inkuta). Amagambo asohoka mu kanwa ni amagambo dukoresha, amagambo atari ay'ururimi rwacu ni uburyo tuvuga amagambo: ijwi ryacu, igishyika, amarenga).
4. **Erekana inzitizi mu kiganiro.** Urugero: Umwana arekuriye ijage irimo amata hasi irameneka, mama we aravuga ati: "Dore ibyo ukoze. Wanduje mu nzu kandi upfushije ubusa amata! Ntacyo witaho, nk'utagize icyo abazwa." Baza:

Ni iki cyahindura ibi inzitizi mu kiganiro? (Gutonganya, gucyaha, kwitirira umuntu ikosa).

Ni izihe ngero zindi z'inzitizi mu kiganiro? Bwira ababyeyi bavuge ingero z'ibiranga ikiganiro nkene cyangwa inzitizi z'ikiganiro, nko:

Gucira undi urubanza...: wagombaga..., ugomba...,
 Kwamagana: ni akazi kawe siakanje...,
 Guhimba izin: mbega ikintu, ingirwamuntu...,
 Gutegeka, gutanga igisubizo : gira utya nonaha,
 Gukangisha : Niba udakoze uko nkubwiye ...,
 Kuba ushidikanya, udahagaze ku byo utekereza : ni nde wabimenya,...tuzareba,
 Gukankamira undi : nabikubwiye inshuro nyinshi ...,
 Imvugo y'amarenga: gukubita urushyi, kubusanya amaboko,...

5. **Noneho, erekana inkingi ikomeza ugusabana.** Urugero: igithe umwana arekuriye hasi ijage irimo amata umubyeyi yavuga ati: "Ndabona wabogoye amata, kandi ko ufashe igitambaro cyo guhanagura hasi. Ibyo nibyiza. Wigengesere utoragura ibimene by'ibirahure."

Ni iki gituma ibi biba inkingi y'ugusabana? (Icyubahiro, kugirira icyizere, gukoresha amagambo yubaka, aho kuba acira undi urubanza.)

Ni izihe ngero zindi z'inkingi y'ubusabane? Bwira ababyeyi basobanure cyangwa berekane imimerere yaba ari urugero rw'inkingi nziza ikomeza ubusabane, nko:

Gutega amatwi: "mbwira birushijeho..."
Gushimagiza: "Ni byiza! Wakoze cyane!"
Ibyiyumviro: "Ndishimye/ ndababara igithe"
Kwubaha« Ihitamo ni iryawe. Nagufasha iki?"
Kugaragariza umuntu icyizere: "Nzi ko uri bukore ibantu byiza"
Kwemeza: "Ndagushimye kuri ibyo!"
Guterana amagambo: "Nakumvise uvuga ngo"
Gusobanura birushijeho: "Ni iki kindi nababwira ku mirwano?"
Amarenga: kurebana akana ko mu jisho, guhoberana, gufatana mu biganza
Gukoresha imvugo y'ubuhamya: "Numva mbabaye iyo udasubije"
Aho gutwama: "Wirinda gutega amatwi, ukaririnda gusubiza"

6. **Kora amatsinda abiri y'ababyeyi, itsinda rya 1, itsinda rya 2, hanyuma usobanure ibi bikurikira: ndasoma ibyo umwana yavuze, hanyuma itsinda rya 1 rivuge inzitizi ku kuganira, kuri ibyo yavuze. Itsinda rya 2 naryo riravuga kuribyo ariko hatangwa inkingi yakubaka ubusabane. Reba urutonde rw'ubuhamya ku rupapuro **rwa**....**
7. Nyuma yo gusoma interuro ya mbere, mufate akaruhuko. Ha itsinda rya 1 umwanya wo gutanga igisubizo kimwe cyangwa byinshi cyafatwa nk'inzitizi y'ubusabane. Mufate akandi karuhuko, ureke buri wese yibaze uko izi nzitizi mu biganiro zitera umuntu kumererwa. Noneho, ongera usome indi nteruro, usabe itsinda rya 2 ritange igisubizo kimwe cyangwa byinshi by'inkingi y'ubusabane. Muruhuke nanone, mwibaze uko mumererwa mu kwumva inkingi ikomeza ubusabane. No ku buhamya bw'abana, ku rupapuro **rwa**... busigaye mugenze mutyo, (Niba ababyeyi bagifite ingorane mu gusubiza, mutange izindi ngero z'uko bikorwa).
8. **Mu itsinda rinini, bwira ababyeyi** bavugane ku kuntu bamererwa iyo bumvise ijambo inzitizi mu gusabana, babigereranije n'inkingi ikomeza ubusabane.



9. **Gusesengura amasomo bungutse y'ukuntu ababyeyi** bashobora gukoresha inkingi ikomeza ubusabane, ikabahuza n'abana babo mu gihe baganira ku bwangavu/ ubugimbi, uko abakobwa n'abahungu bafatwa, umutekano n'imibereho myiza mu gihe cyo gukura kimwe n'izindi ngingo.

10. Saba abahugurwa batange ubundi buryo bwo guteza imbere ikiganiro hagati y'abana n'ababyeyi.

Ibyifuzo by'ababyeyi b'abanyarwanda bagize uruhare mu guteguragahunda yo GrowUp Smart "Kura Usobanutse", harimo:

- ✓ Guhuza imyumvire hagati y'umugore n'umugabo bubakanye urugo,
- ✓ Gutega amatwi ibyifuzo by'umwana n'ibibazo bye,
- ✓ Kugaragariza abana urukundo no kubitaho,
- ✓ Kugena umwanya wo kuganira n'abana,
- ✓ Kwirinda intonganya, ibitutsi no guhana abana wihanukiriye,
- ✓ Gushyiraho umwanya ababyeyi batuye ahantu runaka bajya bahura bakaganira

Inzitizi mu biganiro: Zimwe mu ngero.

Icyo umufashamyumvire akwiye gukora:

Imbonerahamwe ikurikira ifite inkingi tubonamo ibyagaragajwe n'umwana n'uburyo bubiri umubyeyi yabyitwayemo. Imwe ni inzitizi ku biganiro n'umwana,indi ni uburyo bwo kubaka ibiganiro hagati y'umwana n'umubyeyi. Ushobora gusoma ibyatangajwe n'umwana ugasaba amatsinda mato ko bagaragaza uko bo basubiza. Cyangwa ugaratanga igisubizo kimwe ukabasaba gusubiza ikindi bijyanye kubicamo ibice, ugasaba itsinda gusoma

Imiterere	Inzitizi ku biganiro	Uburyo buteza imbere ibiganiro
Icyo umwana yavuze	Igisubizo (kitubaka) cyatanzwe n'umuntu mukuru	Igisubizo (cyubaka) cyatanzwe n'umuntu mukuru.
1."Ndakwanga, ndakwanga"	1. Nanje ndakwanga!" (kwamagana ukwanga)	1."Ndagukunda jyewe,kandi mbabajwe no kumva uvuze ibyo>.(Jyew =igaragaza ibiyumviro)
2."Papa, wari umunsi mubi. Ni ukuri naratsinzwe"	2."Uhora utsindwa.wakora iki ubungubu iki washobora? (Kwamagana)	2."Wabimbwiraho? Ndakumva". (gutega amatwi)
3."Mama, mbuze icyo nkora.Elizabeti avuze ko yutazongera kuba inshuti nitutajyana, ndetse n'itsinda ry'abahungu ku nkombe z'uruzi nyuma y'amasono".	3."Nibyo, ntimujyana. Ibyo ni byo.Simbabajwe nuko atazongera kuba inshuti yawe ukundi".(gutegeka,gutanga umuti)	3."Nabigufashaho iki? Mbwira birambuye..."(gutega amatwi)
4. Reba ikintu nakoze mu bice by'igit, amabuye n'udukoni!"	4."Ntacyo bivuze imbere yanje.Wagombye gukora ibirenze ibyo!"(isesengura rigaya)	4."Wafashe igihe kirekire ukora iyo mashini none dore ukuntu umenyereye igikoresho cyawe!" (gushimagiza)
5. Umwana wawe avuye ku ishuri,akubita urugi, yinjira mu cyumba cye adasuhuje, ajugunya imyambaro y'ishuri hasi, atera umugeri akabati	5.Uzinga umunya,ubusanya amaboko, udimba hasi ikirenge, umuhagarara imbere.(Imvugo y'umubiri yamagana)	5.Urahagarara, uraruhuka,nuko wicara iruhande rw'umuhungu wawe, ukorakora ku ntoki ze, umureba mu maso, umubaza impamvu ababaye.(kwubaha, ibyumvo, gusobanura)
6. "Sinemera ko mwarimu atandenganya ampa amanota mabi.Nakoranye umwete,nkora ibyo yansabaga gukora"	6."Ni byo, ugomba kuba wakoze amakosa".	6"Uvugana umubabaro kandi ucitse integer? Ibyo ni ukuri?" Urashaka ko tubivugaho? (kumva igitekerezo)
7. Yuliya ni umuntu mwiza. Yita ku bantu, kandi yitwara neza. Nshobora kujyana mu isoko nawe?	7.Ntibishoboka. Byibagirwe.N'ubikora ntugaruke mu rugo (gutegeka, guhutuza)	7. Ndabizi, nshobora kukwizera kandi uzi kugenzura. (Gushimagiza, kwemeza ibantu byiza)

Amasomo ry'ababyeyi, Igikorwa Cya 6

Umukino: Kuba umugabo, Kuba umugore

Igihe: iminota 30

Infashanyigisho: urutonde rw'amagambo avuga ku mugore n'umugabo, yanditse ku gipapuro kinini, Inyito isobanura <umugabo>, < Umugore>, ndetse n'ibivuga byombi <umugabo n'umugore>.

Intego: Ababyeyi baratekereza banungurane ibitekerezo ku nshinganoz'umugabo n'iz'umugore aho batuye kandi berekane imirimo idashingiyek'umuco gakondo cyangwa uruhare rw' inyungu bwite z'umuntu (imirimo bashaka kwishoramo ubusanzwe abantu b'igitsina cye batayikoraga, cyangwa umurimo utajyanye n'umuco ndetse n'umurimo ukwiye bifuza ko abana babo bazakora).

Ibice by'isomo

- 1. Toranya ahantu habiri (urugero, mu nguni ebyiri z'icyumba)** zitandukanijwe na metero 10.
Bwira ababyeyi ko icyerekezo kimwe cyitwa <abagabo>, ikindi kikitwa <abagore>, hitamo hagati uhite <abagabo n'abagore>. Ubasha kuhita izina ukanaryandikaho.
- 2. Bwira itsinda rigari ko mugiye kuvuga ijambo,** nka mama, maze usabe ababyeyi bagane ahantu bumva hajyanye n'abo baribo. Kuva umugore ariwe gusa ushobora kuba mama, ababyeyi b'abagore barihutira kujya ahanditse <mama>. Nibumva ijambo <muremure> kandi bagasanga umugabo n'umugore babasha kuba barebare, baragana ahantu hagenewe abagabo n'abagore.
- 3. Soma rimwe mu magambo ari ku rutonde rukurikira** (nyuma murebe n' amagambo yanditse ku gipapuro kinini):

<i>Igifite ingufu</i>	<i>Ighutaza</i>	<i>Ibyemezo</i>
<i>Intyoza mu magambo</i>	<i>Umwigisha</i>	<i>Gukunda</i>
<i>Uwita ku muryango</i>	<i>Umutesti</i>	<i>Umuganga</i>
<i>Utiringiwe</i>	<i>Umupolisi</i>	<i>Nyirarume</i>
<i>Ufite amafaranga</i>	<i>Uwita kubanaufata</i>	<i>Umuforomo</i>
- 4. Nimumara gusoma ayo magambo mufate akaruhuko,** buri muntu ajye mu ruhande ashaka. Hanyuma ubaze byibuze abantu babiri kuri buri ruhande impamu yahisemo kujya aho hantu. Shishikariza abandi gutanga ibitekerezo. Nimurangiza kujya impaka, musome ijambo rikurikiyeho ku rutonde, na none ababyeyi berekere ku ruhande bihitiyemo. Babaze impamu bahisemo urwo ruhande banabijyeho impaka hagati yabo. Komeza gusubira muri izo ntambwe kuri buri jambo riri ku rutonde.
- 5. Mukore uruziga rugari mugiramo impakaku mpamu mugira imyumvire itandukanye ku bijyanye n'inshinganoz'igitsinagabo n'iz'igitsinagore.** Mbere na mbere erekana ku gipapuro ko amagambo yavuzwe yanditseho. Mwifashishihe ikiganiro cyahise saba ababyeyi kuza bace

uruziga ku magambo yakoreshwa ku bagabo no ku bagore. (Amagambo yose yashyirwa mu ruziga uretse ijambo nyirarume). Hanyuma ubaze :

- ✓ Kuki duhuriza ku bagore cyangwa abagabo, amagambo cyangwa ibimenyetso bitandukanye?
- ✓ Ni gute abakobwa bafatwa n'umuryango? Abahungu bo bafatwa bate?-Ni gute wagaragaza umugabo ushyitse? (Byandike ku kindi gipapuro munsi y'ijambo umugabo).
- ✓ Ni gute wagaragaza umugore ushyitse? (Byandike ku gipapuro kinini munsi y'ijambo umugore).
- ✓ Reba kuri mpandezombi maze usabe ababishaka babiri baze bashyre mu ruziga amagambo yose ahurirwaho n'abagore n'abagabo.

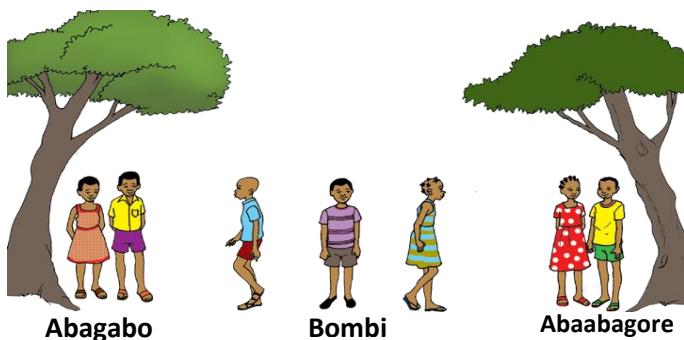
6. Bwira ababyeyi batekereze ku kintu gishoborwa gusa n'abagabo cyangwa n'abagore gusa.

- ✓ -**Abagore nibo bonyine bibaruka cyangwa bakonsa**
- ✓ -**Abagabo gusa nibo batera inda.**

Ibi bishingiye ku miterere y'umubiri.Ibisigaye bigaragazwa n'ibyo abantu badukeneyeho. Ibindi bisigaye byashyizweho n'ibyo sosiyete idukeneyeho. Ni inshingano z'abagore n'abagabo.

7. Muganire muri make ibyo inshingano z'abagore n'abagabo zihuriraho -zo ntizishingiye ku miterere y'umubiri,zashyizwehon'umuco ugaragaza icyo sosiyete itwifuzaho.Fasha amatsinda kwerekana uburyo inshingano z'abagore n'abagabo zagiye zihinduka mu miryango yabo, mu baturage, mu muco n'igihugu, uko ibihe bihita. Baza ukuntu inshingano z'umugore n'umugabo hamwe no kubongerera ubushobozi bibasha kwongerera abahungu n'abakobwa ubushobozi bwo guhorana ubuzima buzira umuze mu gihe cy'ubugimbi/ubwangavu. Bwira ababyeyi ko ibitekerezo byo guhindura inshingano z'umugore n'umugabo bizaganirwaho muri gahunda yo GrowUp Smart "Kura Usobanutse" kugirango bafashe abakobwa n'abahungu babo guhindura isi bakuriyemo, no gutuma abagabo n'abagore bafatwa ku buryo bungana.

8. Baza niba hari ababyeyi bafatanya igikorwa cyangwa umurimo ubusanzwe abantu b'igitsina cyabo batakoraga,cyangwa baza ababyeyi kuvuga umurimo udashingiye ku muco gakondo bumva bakwishimira ko umwana wabo awukora



Amasomo ry'ababyeyi, Igikorwa Cya 7

Ibyiciro by'ubuzima bushingiye ku gitsina

Igihe: Iminota 40

Imfashanyigisho: Icipapuro bigari bitanu. Kimwe kuri buri cyiciro cy'ubuzima bw'imyelorokere, cyateguriwe buri itsinda rito ry'ubuzima bw'imyelorokere, inyigisho kuri buri muntu witabiriye inyigisho (ababyeyi basobanukiwe kurusha abandi bazajya babafasha).

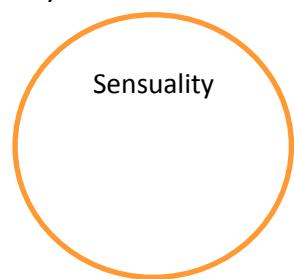
Intego: Ababyeyi bazasobanura ubuzima bw'igitsina mu buryo bwagutse banagaragaze ibyiciro by'ubuzima bw'igitsina byoroshye cyangwa bitera imbogamizi kuvugwaho

Ibice by'isomo

- Mbere yo gutangira isomo** ni ngombwa gusoma inyandiko igeneweumufashamyumvire ku buzima bw'igitsina kugirango ube ufile amakuru ahagije ku kigishwa. Kubera ko iri somo rishobora gukurura impaka, umenye gukoresha neza igihe cyateganijwe kugirango murangize neza icyo gikorwa. Ababyeyi bashobora kubaza no kujya impaka ku bibazo byabo bwite n'ibyo bahuye nabyomu buzima bw'imyelorokere, bishobora kuba birenze ibyateganyijwe muri iyi gahunda n'ibizayivamo.
- Mu itsinda rigari,** sobanura ko muri gahunda ya GrowUp Smart "Kura Usobanutse" tunganira ku buzima bw'igitsina nk'uko byasobanuwe ku buryo burambuye, igisobanuro kirenze imibonano mpuzabitsina. Igikorwa gikurikira kigaragaza igisobanuro cyagutse cy'ubuzima bw'Igitsina.
- Saba abahugurwa kuvuga amagambo yose batekereza ko afite aho ahuriye n'ubuzima bw'igitsina.** Andukura amagambo yose atari ku gipapuro kigari. Babaze ku hantu cyangwa batange ibitekerezo ku hantu ho kwitabwaho (Ababyeyi babishaka bagufasha kwandukura amagambo nk'uko ibi bikurikira bikoze). Dore urutonde rw'amagambo rwakozwe n'itsinda ry'ababyeyi (bitondetse uko bibonye).

Urukundo	Ubugimbi/ubwangavu bufitanye isano n'imihindagurikire y'umubiri	Ibikorwa bifasha kwirinda	Gushyukwa	Gukirana
Ikganiro ku buzima bw'imyelorokere,	Imyambaro ikurura abagabo	Udukanzu tugufi	Guhuza imibirri	Guhobera
Gukenera gukorakorwa	Urukozasoni	Kwikinisha	Gusomana	Gukorakora
Ibyishimo	Umunezero	Amatembabuzi y'abagore	Gutwita	Kwibaruka
Gukenera gukorakorwa	Uva mu mibonano mpuzabitsina		Kwandura sida	
Inama ku buryo bwo gukoresha umubiri wabo	Ugusama Ikiganiro kubuzima bw'igitsina	Kuboneza urubyaro		Kwicwa na SIDA

4. **Baza niba hari amagambo bibagiwe:** Ni ikihe cyiciro cy'ubuzima bw'imyororokere abantu baganiraho bisanzuye? Ni ibihe baziririza kuvugaho? Ni izihe ngaruka/ibikorwa mbi zifite aho zihuriye n'ubuzima bw'ibitsina?
5. **Bwira abahugurwa mufatanye** gusobanura inyito zikurikira: imikoreshereze ihanitse y'ibyumvisho, gukundana gushingiye ku bitsina, ibiranga umuntu hashingiwe ku gitsina cy'umuntu, ubuzima bw'igitsina n'imyororokere, kwigaragaza bishingiye ku gutsina. Ongera ku bisobanuro bikurikira. Muzabona ibisobanuro birambuye by'aya magambo imbere ku rupapuro rwa:
6. **Mukore amatsinda mato atanu.** Ha buri tsinda rito inyandiko ku byicirob'y'ubuzima bw'ibitsina n'igipapuro kinini gishushanyijeho uruziga rwanditsemo ibikurikira. Itsinda rya 1. Imikorere n'imiterere y'umubiri
 ✓ Itsinda rya 2. Gu kundana gushingiye ku gitsina,
 ✓ Itsinda rya 3. Ibiranga igitsina
 ✓ Itsinda rya 4. Ubuzima bw'igitsina n'imyororokere,
 ✓ Itsinda rya 5. Kwigaragaza bishingiye ku gitsina cy'umuntu
7. **Bwira buri tsinda rito kwandikaamagambo** yavuzwe mu biganiro by'itsinda rininibayashyire ku gipapuro kinini, arebana n'n'ikiciro cy'ubuzima bw'igitsina bahawe. Babasha kongeramo andi magambo afite aho ahuriye n'icyo kiciro uko babyumva. Erekana ko amagambo amwe n'amwe ashobora no gukoreshwa ku byiciro nyinshi.
8. **Nyuma y'iminota nk'itanu kugeza ku icumi,** muhurire mu itsinda rinini. Muhurize ibyiciro by'ubuzima bw'igitsina, ku rukuta nk'aho mukoze igipapuro kinini kimwe kirihoibyiciro bitanu. Nyuma y'uko amatsinda mato agaragaje ibyo yakoze, yobora ikiganiro gisobanura inyito kikanasubiza ibibazo bikurikira:
- *Hari ibyicirobirimo amagambo make? Nk'ababyeyi twumva dute ibi byiciro by'ubuzima bw'igitsina?*
 - *Hari ibyiciroa musangamo amagambo menshi? Nk'ababyeyi twumva dute ibi byiciro by'ubuzima bw'igitsina?*
 - *Hari inziga z'ibyiciro by'abana bari hagati y'imyaka 10 n'imyaka 14 y'ubukure ababyeyi bumva bitaganiriweho. Kuki? Kuki atari ngombwa?*
 - *Hari inziga z'ibyiciro ababyeyi bumva ari ngombwa kuganiraho by'umwiharikon'abana bafite imyaka iri hagati y'icumi n'imyaka cumu n'ine? Kuki? Kuki atari ngombwa?*
9. **Muganire k'ubutumwa burebana** n'ibitsina akensi bishimisha kandi bifitiye akamaro abakobwa n'abahungu; nk'ibi bikurikira:
- *Ni ibantu bisanzwe ko urubyiruko rugira ibiyumviro by'urukundo cyangwa bakumva bakururwa n'umuntu. Ni isanzwe kandi kutagira ibyo byiyumviro*
 - *Niba umwana avuze umuntu akunda cyangwa yitahocyangwa se akabaza ibibazo birebana n'ibitsina, ibi ntibivuze ko umwana ari gukora ibyo ababyeyi badashima*
 - *Ni ngombwa ko ababyeyi basangiza abana babo ibijyanye n'igihe umuntu aba ashobora gukora imibonano mpuzabitsina kimwe n'icyo wakora mu gihe hari umuntu uhatira umukobwa cyanwa umuhungu gukora imibonano mpuzabitsina*



- *Urubyiruko rukiri ruto rushobora gutangira kwikinisha (kugera ku munezero ushingiye ku gitsina bivuye ku kwikorakora). Nta cyemezo cy'impuguke kiragaraza ko byangiza.*

10. Kora incamake y'ibavuye mu biganiro, usozereshe ibisobanuro ku buzima bw'imyororokere, byatanzwe n'umuryango Mpuzamahanga Wita ku Buzima (WHO) Ubuzima bw'ibitsina ni iki?

Ni imimerere, mu buryo bw'umubiri, bw'ibiyumviro, bwo mu mutwe ndetse n'imibereho myiza ishingiye ku gitsina Ntibivuze ko ntacyorezo cyangwa kudakora cyangwa ubumuga. Ubuzima bw'igitsina bukenera gukoresha uburyo bwiza kandi bwubaha ibitsina n'imibanire ishingiye ku gitsina hamwe n'ubushobozi bwo kugira umunezero n'umutekano ku birebana n'igitsina.

Ibyiciro bya kamere mbonerabitsina

Imikorer n'imiterere y'umubiri

Gusobanukirwa, kwiyikira gukomezwa ,umubiri wacu, imikorere, imiterere imitekerereze no kwishimira n'umubiri wacu ndetse n'uwabandi, gusobanukirwa no kwishimira isi tubifashijwe n'ibiyumviro bitanu: gukorakora, kuryoherwa, guhumurirwa, kumva no kureba..

Uburyo bw'igitsina

Gukoresha imikorere y'igitsina „, wikurire, ugenzurura kandi ushuke abandi.

Ugukunda

Ubushobozi n'ugukenera gukunda no gukundwa n'ikiremwa muntu .

Gukiranya

Gushuka

Ihohoterwa rishingiye
ku gitsina

Kwangira umuntu
gukora imibonano
mpuzabitsina Gufata

Ishusho y'umubiri

Ingarukabihe
y'imyivumbagatanyo
b'ibitsina
Kumva ushaka gukora
imibonano
mpuzabitsina
ibitekerezo bishingiye

Kwita

Gusangira

Gukunda

Kwifuza

Kwirengera ingaruka
Vulnerability

Ibyiyumviro n'imyitwarire

Imikorere, imiterere
n'imyororokerelmyanya
Imyororokere ishingiye ku
gitsina

Factual Information

Kwiyumva nk'umugore

Cyangwa umugabo
Inshinga zishiye ku
gitsina

Amerekezo ku bijyanye
n'ibitsina

Igitsina n'ubuzima bw'imyororokere

Imyitwarire n'imyifatire ijyanye no kubyara, kwita ngusukura igtsura imyanya nyibarukiro n'ingaruka ku buzima zishingiye ku myifatire ishingiye'ibitsinda.

Kwimenya bishingiye ku gitsina

Uburyo umunyu yibona mu rwego
rw'igitsina harimo kwiyumva
nk'umugabo cyangwa umugore

Ibisobanuro by”ibyiciro by’ubuzima bw’ibitsina

Imikorere y’ibitsina, ntabwo ari gusa ibiyumviro ku bitsina cyangwa imibonano mpuzabitsina, birenze ibyo.Ni igice gikomeye cy’ubo umuntu ariwe n’icyo uwo muntu azaba. Dusangamo n’urwunge rw’ibiyumviro,, ibitekerezo n’imyifatire ijyanye nokuba ‘umugore cyangwa umugabo,kuba ateye ubwuzu, akunda kimwe n’imishyikirano igizwe no gukundana hashingiwe ku gitsina no ku mikorere y’ibiyumvisho n’iy’ibitsina. Hakubiyemo kandi kuryoherwa n’isi hifashishijwe ibiyumviro bitanu: kuryoherwa, gukorakora, guhumurirwa, kumva no kubona.

Icyiciro cya #1- Imikorere n’imiterere y’umubiri

Imikorere y’umubiri ni ugusobanukirwa n’umubiri we n’ukuntu umuntu yiyumva hashingiwe kuri wo no k’uw’abandi bantu, cyane cyane umubiri w’umuntu bakorana imibonano mpuzabitsina.Imikorere y’umubiri ituma twumva tumeze neza ku birebana n’ukuntu umubiri wacu ugaragara n’icyo dushobora kuwukoresha. Imikorere y’umubiri ituma na none tunezezwa n’ibyishimo umubiri wacu ushobora kuduha twebwe ubwacu ndetse n’abandi bantu. Iki gice cy’imikorere y’igtsina cyacu kigira ingaruka ku myitwarire yacu mu buryo butandukanye.

Isura y’umubiri- Kumva umuntu ateye ubwuzu kandi atewe ishma n’umubiri we hamwe n’ukuntu ukora bifite ico bikora ku bintu byinshi bigize ubuzima. Urubyiruko ruhitamo akensi ibikomerezwa rufata nk’urugero rw’abantu rwagombye gusa nabo, ariko akensi rusanga ibyo bidafata bitewe n’ishusho yabo indorerwamo iboherereza. Bashobora kutishima mu buryo bw’umwihariko niba abo rushaka kugenderaho b’ingenzi batujuje ibyangombwa, nk’ibara ry’uruuhu, ubwoko bw’umusatsi, imiterere y’amaso, igihagararo cyangwa imitere y’umubiri.

- Kumva wishimye- Imikorere y’umubiri 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 baryoherwa, bakorakora, babona,bumva cyangwa bahumurirwa.
- Kurangiza irari rishingiye ku guhuza imibiri- Bakunze kubyita Kuryoherwa n’ihuzamibiri,kumva ukeneye ko umuntu agukoraho cyangwa kuba wisanga mu maboko y’umuntu mu buryo bwo gukunda no gushaka gukunda no gukundwa.Ubusanzwe,gukoranaho hakoreshejwe intoki hagati y’abangavu n’ababyeyi babo ntibikunze kuboneka nk’uko biboneka ku bana bato.Abangavu bensi barangiza irari ryabo ryo guhuza imibiri hakoreshejwe guhuza imibiri n’amacuti yabo kobwa na hungu.Umubonano mpuzabitsina ushobora rimwe na rimwe gaterwa n’uko umwangavu/ingimbi yakeneye gucigatirwa n’umuntu,aho kuba yakwifuza imibonano mpuzabitsina.
- Kumva ukunze undi muntu bitewe n’ukuntu asa- Icyiciro cy’imikorere y’umubiri n’iyo kumva ushaka abandi bantu cyangwa 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 gukururana kw’ibitsina buba mu bwonko si mu myanya ndangagitsina.

- Ibitekerezo bishingiye ku byifuzo-Ubwonko nanone butuma abantu bagira ibitekerezo bidafite ishingiro uretse kwifuza mu birebana n'ibyo umuntu yigeze kubona cyangwa kumenya cyangwa imiyitwarire ishingiye ku gitsina. Ingimbi n'abangavu bakenera akensi ko babibafashamo kugirango bamenye ko ibitekerezo bishingiye ku byifuzo byo guhuza ibitsina ari ibantu bisanzwe, kandi ko atari ngombwa gushyira mu bikorwa icyifuzo cyo guhuza ibitsina igihe nta shingiro.

Icyiciro cya #2--Gukundana hashingiwe ku gitsina

Gukundana bishingiye ku mibonano mpuzabitsina ni ubushobozzi 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 ico abantu bahuriyeho kirushaho gukomera. Mu gihe imikorere y'umubiri irebana no kuba abantu bakwegerana ku mubiri,gukundana byo bijyanye no kwegerana mu buryo bwo gukunda no gukundwa.
- * Kwita ku muntu cyangwa kumukurikirana-Kwita ku muntu cyangwa kumukurikirana bivuga ko umuntu yiyumvamo ibyishimo bye n'imbabaro ye.Ibyo bivuga kuba witeguye kwakira ibyumvo bishobora kuba atari byiza cyangwa bitakubereye.Nyamara,imishyikirano ishingiye ku rukundo nyarwo ishoboka gusa igihe wita ku muntu cyangwa umufite mu mitekerereze yawe.
- * Gukunda cyangwa gushimishwa n'undi muntu-Kumva ufitiye umuntu urukundo cyangwa icyerekezo kijyanye no gukunda no gukundwa ni ibantu byerekana urukundo rutajegajega.
- * Kwigerezaho kubera gushaka gukunda no gukundwa- kugira ngo umuntu agirane urukundo nyarwo n'umuntu agomba kwakira no gusangira nawe ibitekerezo n'amakuru by'umuntu ku giti cye. Kubwira undi ibitekerezo n'ibyifuzo byawe bwite ni ukwigerezaho kubera y'uko bishoboka ko uwo muntu batabyumva kimwe. Nyamara ntibishoboka ko undi muntu wamuba hafi utamubwiza ukuri cyangwa ngo umwizere.
- * Kuba ubangamiwe-Kuba dufitanye urukundo rukomeye n'umuntu bivuga ko hari ibantu dusangiye kandi ko dutekereza k'uwo muntu,ko tumukunda cyangwa ko tumwemera; ariko nanone ko ari ukwigerezaho bijyanye no gushaka gukunda no gukundwa,ari nabyo bituma twumva tubangamiwe: mu by'ukuri,umuntu dusangiye ibantu,dutekerezaho cyangwa dukunda,afite ububasha bwo kutubabaza mu rwego rwo gushaka gukunda no gukundwa.Gukundwa bisaba kuba ubangamiwe,kandi ibyo ni ku mpande zombi zishaka urukundo.

Icyiciro cya #3—Icyicirocya gatatu-uko umuntu 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 cyangwa umugore. Uko umugabo yiyumva hashingiwe ku gitsina cye bigizwe n'ibice bitatu bikomatanyije kandi bituma umuntu yibona uko yibona, iyo ubishyize hamwe. Buri gice ni ingirakamaro.

Uko umuntu yiyumva hashingiwe ku gitsina cye-Kumenya niba uri umugabo cyangwa umugore. Mu kigero cy'emyaka ibiri, abensi mu bana bato baba 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 (cyangwa zihariwe n'igitsina)

Kugaragaza ibikorwa cyangwa/n'emyitwarire yihariwe na buri gitsina. Ibantu bimwe na bimwe bigaragazwa n'uburyo umubiri w'umugabo cyangwa w'umugore uremye cyangwa ukora.

Nk'urugero, abagore nibo bonyine bashobora kujya mu mihango, n'abagabo nibo bonyine bagiraintangangabo. Izindi nshingano zihariwe n'ibitsina zigaragazwa n'umuco. Bityo,muri Leta Zunze ubumwe z'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 cyangwa ukora. Ni ngombwa ko ingimbi n'abangavu bumva uburyo bw'imikorere y'igtsina, bitewe n'uko ibyo bazasabwa n'amacuti yabo cyangwa ababyeyi babo, cyangwa ibyo umuco usaba, kugirango babe ibitsinagabo cyangwa ibitsinagore, byiyongera mu gihe cy'emyaka y'ubugimbi n'ubwangavu. Abahungun'abakobwa bakiri bato bakenera inkunga kugirango bamenye uburyo ibitekerezo ku nshingano za buri kimwe mu bitsina byombi bifite ingaruka ku mahitamo bumva bashishikarizwa gukora cyangwa kudakora mu byerekeranye n'imishyikirano yabo, ibikorwa bashobora gukora mu bihe by'ikiruhuko, uburezi bwabo cyangwa umurimo bazakora.

Kugira imyumvire idafite aho ishingiye ku birebana n'igtsina bivuga ko umuntu afite igitekerezo kidakuka yishyizemo ku birebana n'igtsina cye. Nk'urugero hashobora kubaho gutekereza ko ubwenge bw'umugore buciriritse cyangwa ko adafite ubushobozi nk'ubw'umugabo,ko umugabo yaba yugarijwe n'uburozi yahawe bwa testosterone, ko umugabo adashobora kurera abana atabifashijwemo n'umugore, ko umugore adashobora gusesengura ibantu,cyangwa ko abagabo batagira imbabazi.Akensi abantu batsimbarara kuri ubu bwoko bw'igitekerezo kidakuka bishyizemo batitaye ku miterere ijjanye na buri kintu mu bigize ibitsina byombi.

Icyerekezo cy'igtsina-Ni ukuba umuntu ahanini agana abantu b'ikindi gitsina, abo buhuje igtsina cyangwa b'ibitsina byombi. Icyerezo cy'igtsina gitangira kwigaragaza igihe cy'ubugimbi n'ubwangavu. Hagati ya gatatu n'icumi ku ijana (3%-10%) by'abaturage bashobora kuba bafite icyerekezo cy'abo buhuje igtsina bonyine, naho ikindi gice kigizwe n'icumi ku ijana by'abaturage usanga bakunda ibitsina byombi.

Mu gihe cy'ubugimbi/ubwangavu, abahungu n'abakobwa bose baba bashishikazwa n'ikindi gitsina, igtsina buhuje cyangwa ibitsina byombi bashobora kumva bagana umuntu ufite igtsina nk'icyabo cyangwa gukorana imibonano mpuzabitsina n'uwo bagihuje. Imyifatire nk'iyi,harimo n'imikino y'ibitsina hamwe n'amacuti y'abahungu cyangwa y'abakobwa buhuje igtsina,gukundana n'umuntu mukuru buhuje igtsina, cyangwa ibitekerezo bidafite ishingiro byerekeranye n'imibonano mpuzabitsina ku bantu buhuje igtsina,ni ikintu gisanzwe ku bataragera mu gihe cy'ubugimbi n'ubwangavu n'abasore, kandi ntaho bihuriye n'amerekezo y'igtsina.Amagambo atubaka bumva aho batuye cyangwa kubera gutinyana bishingiye ku muco muri rusange,abangavu bumva bifuza gukora imibonano mpuzabitsina cyangwa bumva bafite ibyifuzo byo kugirana urukundo n'umuntu buhuje igtsina, bazakenera inkunga kugira ngo ibyifuzo byabo bishyirwe ahagaragara kandi imikorere y'ibitsina byabo yemerwe.

Icyiciro cya #4—Imyororokere n'ubuzima bw'igtsina

Ni ubushobozi bw'umuntu bwo kworokera, hamwe n'imyitwarire 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 myibarukiro y'umugabo n'umugore ikora,uburyo gutwita bigenda,cyangwa uburyo indwara zandurira mu mibonano mpuzabitsina zandura. Akensi abakiri

bato baba bafite amakuru adahagije arebana n'umubiri wabo cyangwa uw'abo bakorana imibonano mpuzabitsina. Bakeneye ayo makuru kugirango bajye bashobora gufata ibyemezo bazi impamvu mu birebana n'imikorere y'igtsina cyabo,no kugirango barinde ubuzima bwabo. Birakwiye ko abakiri bato bumva imitere 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, ikoreshwa ry'imiti n'ibikoresho biburizamo gutwita, gukuramo inda, no kubyara umwana.

Imibonano mpuzabitsina ni imwe mu myitwarire ikunze kuboneka kukiremwamuntu. Imibonano mpuzabitsina ni imyitwarire ishobora gutanga ibyishimo bishingiye ku gitsina, akensi bigasozwa n'irangiza ku mugabo no ku mugore. Inda cyangwa indwara zandurira mu mibonano mpuzabitsina bishobora nabyo kuba ingaruka y'imibonano .Mu nyigisho zigenerwa abakiri bato, ibiganirompaka ku mibonano mpuzabitsina akensi bigarukira ku kuvuga mu buryo budasobanutse aho umugabo n'umugore batandukaniye (imboro, igituba). Nyamara urubyiruko muri rusange rukeneYE amakuru nyayo ku birebana n'ubuzima bushingiye ku mibonano mpuzabitsina, yaba ikorerwa mu gituba, mu kanwa no mu kibuno.

Imiterere y'igtsina n'imyororokere- Umubiri w'umugabo n'umugore n'uburyo bikora ni bimwe mu bigize ubuzima bushingiye ku gitsina. Abakiri bato muri rusange bashobora kwiga kurinda ubuzima bwabo bw'igtsina n'ubuzima bwabo bw'imyororokere.Kugirango ibyo bikorwe, urubyiruko 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 bibasha kuvuga ko urubyiruko rugomba kumenya gukoresha agakingirizo gakozwe mu mupira mu kwirinda indwara zikomoka ku mibonano mpuzabitsina. N'ubwo umuntu ukiri muto yaba atarimo gukora imibonano mpuzabitsina ubu, hari ubwo azaba arimo kuyikora ubutaha. Bityo ni ngombwa ko amenya uburyo yakwirinda gutwita no/cyangwa kwikingira indwara.Mu kurangiza, birakwiye na none ko urubyiruko rumenya ko uburyo gakondo buburizamo gutwita (uburyo bushobora kuba busanzwe bukoreshwa n'abaturage cyangwa 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'urubyiruko bazagomba kwerekana ubwo buryo gakondo, ubushobozi bwabwo n'ingaruka zabwo mbere y'uko bavuga ku migenzo gakondo iburizamo gutwita mu buryo bwhariye kandi bujijurana mu rwego rwo kuboneza umuco.

Imyororokere ishingiye ku gitsina-Imigendekere nyayo y'isama, ibyara n'iyo kwisubiranya nyuma yo kubyara ni ibintu bikomeye bigize imikorere y'igtsina. Ingimbi n'abangavu bakeneye amakuru ku birebana n'imyororokere ishingiye ku gitsina, ni ukuvuga uko bigenda kugira ngo abantu babiri bagire uruhare buri wese, mu gutanga igice cy'ibintu mu iremwa ry'umwana wabo. Mu yandi magambo, umwana ntasa ijana ku ijana n'umwe mu babyeyi bombi.[,imyororokere idashingiye ku gitsina ni uburyo ikinyabuzima nyabumwe cyihariye cyororoka cyicamo ibice, kikarema ibinyabuzima bibiri nyabumwe bitandukanye bisa neza n'ikinyabuzima gore bikomokaho mbere y'uko gicikamo ibice].Inyigisho nyinshi zihambaye zibanda gusa ku myororokere ishingiye ku gitsina mu rwego rw'uburere mbonezabitsina, zitita ku bindi bintu byose bigize imikorere y'igtsina cy'umuntu.

Icyiciro cya #5- Kwigaragaza kw'igitsina

Gukoresha undi imibonano mpuzabitsina ni uburyo bw'imikoreshereze y'igitsina abantu bitwaramo hashingiwe ku gitsina kugira ngo bashuke, bakoreshe cyangwa bagenzure abandi bantu. Nk'uko bakunze kubyita 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 iyo myitwarire ishingiye ku gitsina, dushobora kuvuga gukiranya, gushuka, kwangira imibonano mpuzabitsina uwo musanzwe muyikorana kugira ngo umuhane maze agire ikintu aguha, ihohotera rishingiye ku gitsina, gukorera umuntu ibya mfura mbi bishingiye ku gitsina, cyangwa 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 bishobora kuba intandaro yo kugira undi igikoresho, kandi ibyo bishobora gutuma umuntu wagizwe igikoresho yumva ababaye, asuzuguritse cyangwa bimuteye isoni.

Koshya-Igikorwa kijyanye no kubeshyabeshya umuntu kugira ngo 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 cyangwa uko imboro n'amabya by'umugabo bingana. Bishobora kuba nanone ari ugukorakora kutemewe, nko gucigatira umuntu umukuriye cyangwa gukora ku matakoy'umuntu. Ibi na none bishobora gusa n'ibyo umwarimu agusaba gukora, umuntu ukugenga cyangwa undi muntu wese ugufiteho ububasha akaba ashaka imibonano mpuzabitsina kugira ngo aguhe amanota meza, uzamuke mu ntera, aguhe akazi, akongerere umushahara, n'ibindi. Iyo myitwarire yose ni ugukoresha no gukorakora. Amategeko muri Leta Zunze Ubumwe za 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 rishingiye ku gitsina. Bagombye na none kumenya ko n'abandi bashobora kubarega kubera imyitwarire yabo baramutse bahohoteye umuntu mu buryo bushingiye ku gitsina.

Gufata ku ngufu-Bivuga ko umuntu akorsha ku ngufu cyangwa ahatira undi guhuza igitsina cye n'icy'undi muntu. Gukuyakuya cyangwa gukorakora ku ngufu cyangwa gukoresha imibonano mpuzabitsina ku gahato ni ihohoterwa rishingiye ku gitsina. Igihe ari ugufata ku ngufu, ako gahato gashobora na none karimo kwitabaza imbaraga kugira ngo uganze undi, kwitabaza igitsure, na/cyangwa 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 nabo ku mpamvu iyo ariyoyose.

Kwanga 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'ubo muntu ubimuhatira. Amacugane ku ngufu ni ubugome bukabije kubera y'uko 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, akensi yihanangiriza uwo mwana yabikoreye ngo atabivuga. 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.

Isomo ry'ababyeyi, Igikorwa Cya 8

Gushyigikira imyifatire iboneye

Igihe: 30 iminota

Imfashanyigisho: Umurongo ushushanyije wo gusiga amabara mu gihe cyo kungurana ibitekerezo, umwe kuri buri mubyeyi

Intego: Ababyeyi bazungurana ibitekerezo mu kubaka ubumenyi mu kugira umwete hamwe ni icyo bakora ngo bashyigikire imyitwarire iboneye mu bana babo bageze mu bugimbi/ubwangamvu ndetse na nyuma yaho.

Ibice by'isomo

1. **Mu itsinda rinini bwira ababyeyi komugiye kuvuga ibijyanye na bimwe mu byago abakobwa n'abahungu bahura nabyo muri iyiminsi mu gace kacu, mu myaka yabo yo gukura. Saba ababyeyi kubwirana impungenge iyo ari yo yose bagirira abasore babo n'inkumi zabo ahobatuye. Andika ibusubizo ku gipapuro kinini. Bashobora gutanga ibisubizo bikurikira.**
 - ✓ Kubona no gukoresha itabi, inzoga n'ibiyobyabwenge
 - ✓ Abagabo n'abagore bakuze bashuka abakobwa n'abahungu bakoresheje amafaranga, kubaha ibintu bihenze cyangwa kubishyurira ishuri (bakunze kwita shuga dadi na shuga mami)
 - ✓ Bagensi babo bigana babashishikariza kwigana imyitwarire idahwitse
 - ✓ Ahantu hadakwiye nko kuba abakobwa bajya kuvoma ku mugoroba
 - ✓ Imisarane idatunganije ku ishuri
 - ✓ Gukobwa no gukwenwa/ gusekwa n'abandi bakobwa cyangwa abahungu
 - ✓ Abakobwa n'abahungu batangira imibonanompuzabitsina bakiri bato
 - ✓ Ibyago byo kuba batwara inda cyangwa bakandura indwara zandurira mu mibonano mpuzabitsina
 - ✓ Gushukwa na interinet n'ibindi binyamakuru (harimo firime z'urukozasoni)
 - ✓ Ihohoterwa rishingiye ku gitsina mu baturanyi cyangwa mu miryango
 - ✓ Ibiciro bahanitse by'ibikoresho bikoreshwa mu gihe cy'imihango
 - ✓ Ibindi
2. **Ha buri mubyeyi urupapuro ruriho igishushanyo cyo gusiga amabara mu gihe buri wese atanga ibitekerezo ku bibazo by'ingutu hamwe n'impungege .Ushobora no kumanika urupapuro runini ku rukuta hanyuma ugashishikariza ababyeyi gushushanya ibitekerezo byabo uko bagenda babiganiraho. baza ibibazo bisa ni ibi bikurikira kugira ngo ingingo ziganirwaho zirusheho gusobanuka:**
 - ✓ Ni yihe ngingo ibahangayikishije kurusha izindi?
 - ✓ Ni gute wafasha umuhungu cyangwa umukobwa wawe kuguma ari muzima no kwirinda ibyo byago?
 - ✓ Umuganiriza ute ibirebana ni ibi ? Abandi babyakira bate? Ni gute undi muntu ashobora gufasha umuhungu wawe cyangwa umukobwa wawe kugumana ubuzimabwiza

- ✓ *Mwitegereze igishushanyo cy'umukobwa uri guhunga umugabo. Ibi bijya bibaho mu gace kanyu? Muganiriza gute abakobwa banyu ibirebana n'ibi? Mu jya muganiriza abahungu banyu kuri iki kibazo? Mubabwira iki? Ni gute twashishikariza abakobwa n'abahungu gushyigikirana mu kurwanya ibi bibazo no kugumana ubuzima bwiza buzira umuze?*
- ✓ *Ni izihe soko z'amakuru zafasha mu gukemura iki kibazo ziboneka mu gace kanyu?*
- ✓ *Ni iki nakora kugira ngo mbe umubyeyi ushabora kubazwa, umubyeyi umwana yumva yisanzuye mu kumubaza ibintu bitinyitse cyangwa by'ibanga?*

3. Manika ibishushanyo byose ku rukuta hanyuma muvuge ingingo z'ingezi. Sozesha ingingo ababyeyi n'abana babo bashobora kuganiraho no gushyira mu bikorwa ku bijyanye no kwirinda igitutu kibaroha mu myifatire yabakururira ibyago.

Mu ngamba zishobaka harimo:

- ✓ Guhindura ingingo yavugwagaho cyangwa uga tanga igitekerezo cyo guhindhura igikorwa mwakoraga
- ✓ Kuvuga Oya mu buryo busobanutse kandi wi yizeye.
- ✓ Kuvuga Oya ukajya ubisubiramo.
- ✓ gukoresha ijwi rihamye n'imvugo by'umubiri mu gutsindagiraOya
- ✓ Kwiruka niba ubishoboye
- ✓ Gushaka umuntu wagufasha akana gushyigikira mu kuvuga Oya cyangwa mu kubona inzira
- ✓ Menya ibyagutera ibibazo aho utuye
- ✓ Kwirinda imyifatire idatanga umutekano, menya aho hantu ndetse n'uwo muntu ubutaha.
- ✓ Kubibwira umuntu mukuru wizewe (cyangwa urungano rwawe wizeye) niba wumva wotswa igitutu cyangwa udatekanye. Saba inkunga cyangwa inama.
- ✓ Komeza ubivuge, ubibaze abantu benshi igihe cyose ari ngombwa kugeza igihe hagira ugira icyo agikoraho .
- ✓ Kujya mu ahantu hatagukururira ibibazo.

4. Niba mu gifite igihe, ababyeyi bakine bigana uko baganira n'abahungu cyangwa abakobwa babo ibirebana ni imwe mu ngingo z'ingenzi zaganiriweho. Koresha ubumenyi mu kuganira hamwe n'ingamba zo kuzamura imyumvire k'uburinganire n'ubwuzuzanye zaganiriweho muri iri somo kugira ngo bifashe gukina umukino neza .

Inyandiko Zihabwa Abitabiriye Ibiganiro

Ibishashunyo ababyeyi bazasigamo amabara barimo bungurana ibitekerezo

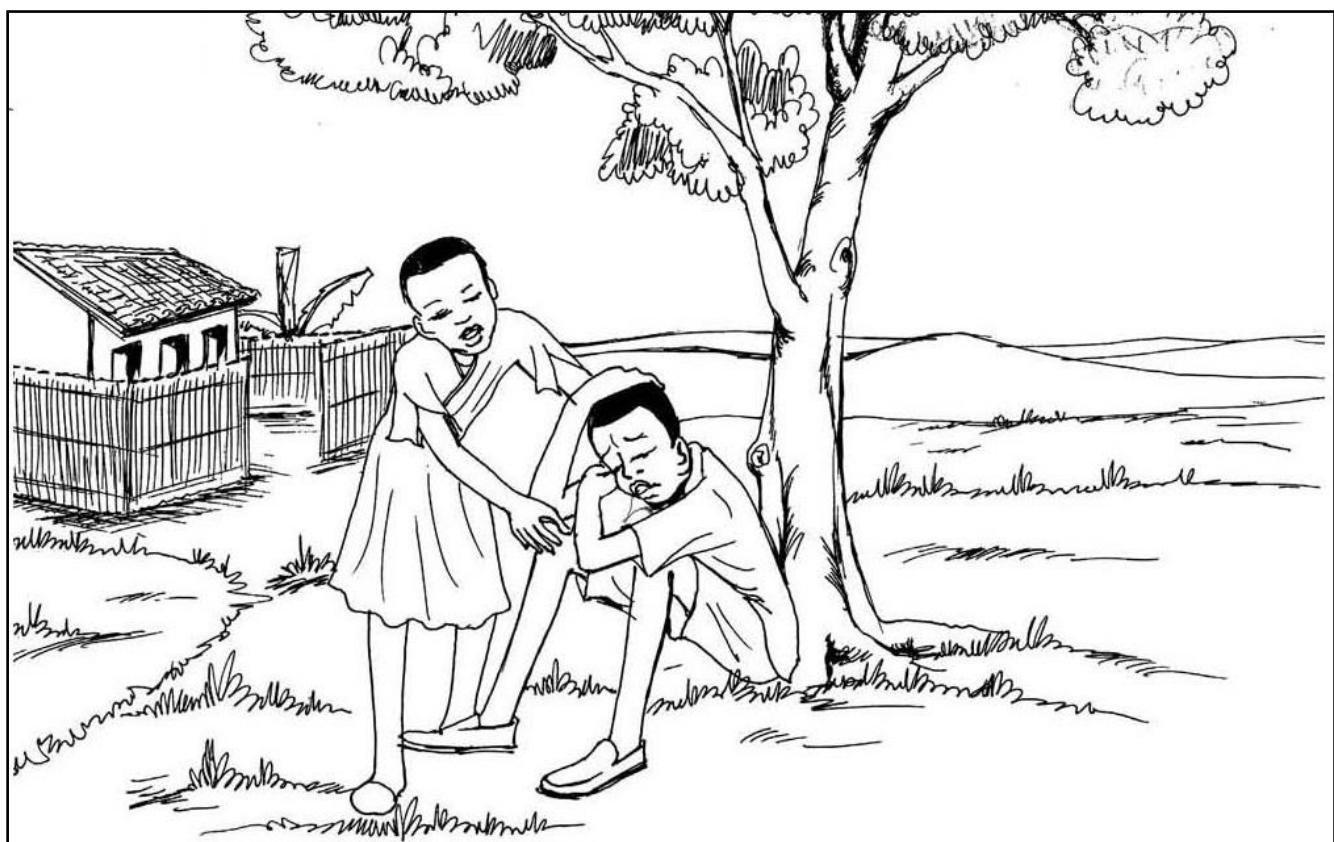
Impungenge ku birebana n'ibyago inkumi n'abasore bahura nabyo mu buzima
n'uburyo bwo guteza imbere imyitwarire iboneye



Inyandiko Zihabwa Abitabiriye Ibiganiro



Inyandiko Zihabwa Abitabiriye Ibiganiro



Amasomo y'ababyeyi

Gusoza n'ibizakurikiraho

Igihe: Iminota 10 iminota

Imfashanyigisho: urutonde rw'ahatangirwa amakuru muri aka gace

Intego: Ababyeyi baraba bashobora kugaragaza ahashobora gutangirwa amakuru ashobora gukenerwa mu gihe kiri imbere no kugaragaza uko bazitabira ibikorwa by'ubukangurambaga mu baturage.

1. **Mu itsinda rinini**, baza niba hari ikibazo ku ngingo zaganiriwe, muri iyi gahunda ya GrowUp Smart “Kura Usobanutse”. Subiza ibizo byakuwe mu gasanduku k'ibibazo kandi utange amakuru yose ashobora kuba akenewe.
2. **Ibutsa ababyeyi ibijyanye n'ibikorwa** by'ubukangurambaga mu batuye muri ako gace biteganijwe ku itariki ya..... Batumire bazatabire ndetse bazabigiremo uruhare.
3. **Emeza ahabonerwa amakuru muri** akagace hanyuma utange n'uko umuntu yahabona. Tanga urutonde rwabo hanyuma muganire by'umwihariko ku baboneka mu gace kanyu Reba imbonerahamwe yabyo ku rupapuro **197**.
4. **Shimira ababyeyi kubera uruhare runini** bagize muri iyi gahunda. Bashishikarize gukomeza kugira uruhare rwabo rutagereranywa mu nyigisho ku bitsina n'ubuzima bw'imyororokere.

Amakuru yo gutahana agenewe ababyeyi

Aho gukura amakuru muri aka gace

Ku bakobwa, abahungu, abayeyi ndetse n'abarezi babo

(Note: uru rutownde rugomba kuzuzwamo hashingiwe kubiri muri aka gace .)

Ibijyanye n'uburezi

Izina, ahoikigo giherereye, aho baboneka

Amazina y'abita ku rubyiruko

Amazu y'ubuvuzi cyangwa serivise z'ubuzima (harimo no kuboneza urubyaro, serivise ku ndwara zandurira mu mibonano mpuzubitsina n'izindi serivise ku buzima bw'imyororokere)

Izina, ahoikigo giherereye, uko wahabona

Amazina y'abita ku rubyiruko

Imiryango yita ku rubyiruko

Izina, aho ikigogiherereye, uko wahabona

Amazina y'abita ku rubyiruko

Imiryngi ishingiye ku madini

Izina, aho ikigogiherereye, uko wahabona

Amazina y'abita ku rubyiruko

Amasomero n'ahandi hatanga amakuru muri rusange

Izina, aho ikigogiherereye, uko wahabona

Amazina y'abita ku rubyiruko

Polisi, amakuru kumategeko no kurwanya ihohoterwa/ uruhare rwayo n'inkunga batanga

Izina, aho ikigo giherereye, uko wahabona

Amazina y'abita ku rubyiruko

Amasomo y'ababyeyi
Andi makuru

Ese uri Umubyeyi abana bisanzuraho?

Nk'umubyeyi cyangwa umurezi, ni ngombwa ko abana bakwisanzuraho. Ibi bisobanuye iki? Ni gute wakora ngo ubigereho?

Kuba umubyeyi abana bisanzuraho bivuga ko abana bakubona nk'umuntu bishyikiraho ushobora no kumva ikibazo bakubajije. Ababyeyi n'abarezi hafi ya bose bifusa kuba baganira n'abana bisanzuye ku bijyanye n'ubuzima bw'imyororokere ariko benshi babona kubigeraho biruhije cyane.

Abantu bakuru bashobora nabo kuba badafite amakuru ahagije cyangwa se nta na make babonye kubijanye n'ubuzima bw'imyororokere bakiri abana. Ubuzima bw'imyororokere bushobora kuba butaraganirwagaho iwabo mu rugo bakiri bato bitewe n'uku ibiganiro nk'ibyo bitabaga iwabo mu rugo. Cyangwa ababyeyi bumva batabohokewe kubera:

- Kutamenya amagambo akwiye cyangwa ibisubizo nyabyo baha abana,
- Kugaragara nk abasigaye inyuma imbere y'urubyiruko,
- Gutanga amakuru arenze akenewe cyangwa se adahagije,
- Gutanga amakuru imburagihe.

Kuba uwisanzurwaho ni ngombwa. Ubushakashatsi bwerekanye ko urubyiruko rudafite amakuru ahagije ku bijyanye n'ubuzima bw'imyororokere n'ingaruka ziva ku myitwarire mibi rushobora kugwa mu mutego kandi hakiri kare, ugereranje n' urubyiruko rufite amakuru ahagije.Ubushakashatsi kandi bwagaragaje ko iyo ingimbi/abangavu bashobora kubona umuntu mukuru cyangwa undi wizewe baganira ku buzima bw'imyororokere n'uburyo bwo kwirinda bisanzuye, bibongerera amahirwe yo kutishora mu mibonano mpuzabitsina imburagihe cyangwa idakingiye kurusha bagenzi babo batagira umuntu mukuru bizeye baganira kuri iyo ngingo. Kenshi usanga urubyiruko ruvuga ko rwifusa kuganira n'ababyeyi ku buzima bw'imyororokere kuko aribo bantu ruba rwizeyeho amakuru nyayo.

Kubera ko kuba uwisanzuweho ari ikintu cy'ingenzi cyane kandi abantu bakuru ntiboroherwe no gufata iya mbere baganiriza abana ku buzima bw'imyororokere, abantu bakuru bakenera kwiga ubumenyi bushya bubafasha kwigirira icyizere mu gihe baganira n'abana. Izi nama zitangwa n'abahanga zerekana uburyo bwo kuganira ku buzima bw'imyororokere.

A-Kuganira n'urubyiruko ku bitsins n'ubuzima bw'imyororokere.

1-Kusanya ubumenyi buhagije kandi bw'ukuri. Zirikana ko ubuzima bw'imyororokere ari ingingo ngari itavuga gusa ku mibonano mpuzabitsina.Ikubiyemo ibijyanye n'ibinyabuzima, ibiranga abagabo n'abagore, ibiyumviro, umushyikirano wihariye hagati y'abantu,kwita ku wundi,gusangira, gukunda, imyitwarire, gukuyakuya, amahitamo yo kugira imibonano mpuzabitsina, kwibaruka n'imibonano mpuzabitsina.

2-Iga kandi ukoreshe amagambo nyayoavuga imyanya y'umubiri n'umumaro wayo. Niba hari amagambo ugira'isoni zo kuyavuga, itoze kuyavuga, wiherereye ufate indorerwamo ujye

uyasubiramo kenshi wireba kugeza ubwo wumva nta mpungenge, nk'aho ari amagambo asanzwe. Urugero, urashaka kuba wakorohera no kuvuga imboro nk'uko kuvuga inkokora bikworohera.

3-Ibane mu byiyumviro n'indangagaciro byawe ku bijyanye n'urukundo n'imibonano mpuzabitsina. Iyibutse ibyo wanyuzemo ukiri umwana, uko wakunze bwa mbere, indangagaciro zawe, uko wiyumva ku bijyanye n'ubuzima bw'imyororokere muri iki gihe nk'uburyo bwo kwirinda gusama, uburenganzira mu by'imyororokere, uburinganire mu kugirana imibonano mpuzabitsina. Ni ngombwa kumenya iyi ngingo mbere yo kuyiganiriza urubyiruko.

4-Ganira n'umwana wawe-Tega amatwi kurusha kuvuga. Kora ku buryo hagati yawe n'umwana habaho guhana ibitekereo, byo shingiro ry'ubwisanzure. Mu gutegana amatwi, muzumvikana, by'umwihariko ku bijyanye n'urukundo 'ubuzima by'imyororokere ku rubyiruko n'abakuru kuko batabibona kimwe.

5-Ntuhagarikishwe umutima no:

Kuba ugendana n'igihe. Urubyiruko rushimishwa no kwereka urungano ko bagendana n'igihe. Icyo bagukeneyeho ni ukumenya ibyo wemera, uwo uriwe n'byiyumviro byawe.

-Kumva ufile isoni. Abana nabo bumva bafite isoni. Birumvikana kandi kuko urukundo n'ibirebana n'ubuzima bw'imyororokere harimo imibonano mpuzabitsina ari ibanga ry'umuntu ku gitit cye. Urubyiruko rurabisobanukiwe.

-Guhitamo umubyeyi mubiganiraho. Umubyeyi cyangwa undi muntu wizewe abasha guhugura abana ku buzima bw'imyororokere.

-Kubura ibisubizo by'ibibazo bimwe na bimwe. Ni byiza kuvuga ko utabizi, igihe bakubajije ikibazo udafitiye igisubizo. Ongeraho ko uzamushakira igisubizo cyangwa ko muzafatanya kugishaka. Ibyo wemeye ujye ubishyira mu bikorwa.

B-Kuganira n'abana

1-Zirikana ko igihe cyose umuntu akuze bihajje ashobora kubaza cyangwa kumva ikibazo nyacyo, akanamenya amagambo nyayo.

2-Kora uko ushoboye usobanukirwe icyo umwana akubajije. Aho udasobanukiwe ongera umubaze. Nk'urugero, wavuga uti sinsobanukiwe n'ikibazo cyawe. Urabaza niba ari byiza gukora ibi cyangwa impamvu abantu babikora? Icyo wanga ni ukugira ngo we kwishora mu bisobanuro byinshi bitanasubiza ikibazo cy'umwana.

3-Subiza ikibazo ukikibazwa. Aho gutakaza amahirwe yo kwigisha umwana wawe wakora icyo bamwe bakwita ko kibatera isoni (muri nko mu iduka). Ikindi kandi umwana aba yifuza ko umusubiza kandi witonze. Niba udashoboye kumusubiza ako kanya mubwire ko wishimiye ikibazo cye kandi ko muribubiganireho mu nzira mutaha.

4-Subiza umwana nk'aho yaba aruta uwawe ho gato ku buryo asobanukirwa, kubera ko ushobora kwibwira ko akiri muto mu myumvire atari ko biri, kandi byanagufasha mu kiganiro gitaha. Arikon tiwibagirwe ko uganira n'umwana muto. Urugero, nakubaza itandukaniro riri hagati y'umuhungu n'umukobwa, ntufate igitabo ngo umwereke amashusho y'imyanya myibarukiro. Umwana akenera kumenya ibigaragara inyuma. Mubwire gusa ko umuhungu agira imboro naho umukobwa agira igituba.

5-Zirikana ko hari ibyo utaganira n'umwana muto. Wirinda gusubiza ibibazo birebana n'ubuzima bwawe bwite.Ibiba hagati yanje na papa wawe ni ibanga ryacu nta wundi tubibwira. Kora uko ushoboye umwana wawe asobanukirwe itandukaniro riri hagati y'indangagaciro n'uko abandi babona ibijyanye n'ikibazo cye. Urugero nk'umwana akubajije niba kwikinisha ari bibi wamusubiza ko atari bibi, ariko ko bidakorerwa mu ruhame. Ni igikorwa kibera mu bwiherero. Ushobora no kubwira umwana ko hari abantu bakuru babibona ukundi kuri iyo ngingo, bemera ko kwikinisha ari bibi, nyamara ighurizwaho na bose ni uko bibera ahiherereye.

C-Kuganira n'ingimbi n'abangavu

1-Gerageza wibuke uko wari umeze ukiri mu bugimbi n'ubwangavu. Zirikana ko ubugimbi/ubwangavu ari ikigero kitoroshye. Igihe kimwe ingimbi/umwangavu, imaranira kwigenga, mu kandi kanya agakenera umuntu mukuru umuba hafi.

2-Zirikana ko mu kiganiro ingimbi/abangavu bakenera kwubahana. Irinde kubashyiraho agahato. Musangire ibiyumviro, indangagaciro n'imyitwarire, ubumve kandi wige ku byabo. Wibuke ko utagomba guhatira undi ibiyumvo, imyitwarire cyangwa indangagaciro.

3-Wifata ingimbi/abangavu nk'inraribonye cyangwa nk'udafite ubumenyi buhagije mu by1myororokere cyangwa nk'abanebwe. Tegera amatwi ibyo bavuga cyangwa babaza. Basubize ucyumva ikibazo cyabo, aho kubasubiza ushingiye ku mpungenge ufite.

4-Wipfobya ubushobozi bw'ingimbi/abangavu mu mahitamo y'icyiza n'ikibi. Ingimbi/abangavu bafite indangagaciro kandi bashobora gufata ibyemezo birimo ubushishozi, cyane cyane iyo bahawé amakuru ya ngombwa kandi babonye umwanya wo kuganira n'umuntu mukuru ubitayeho. N'uha ingimbi/umwangavu amakuru atariyo azakuvanaho icyizere. Azakwizera ari uko akubonamo isoko y'amakuru nyayo. Icyemezo cy'ingimbi kibasha gutandukana n'icyo wagafashe, ariko ibyo nta gitangaza kirimo.

Kuba uwisanzuweho biri mu bigize ubucuti. Byagura imiryango y'ubucuti bikanahuza imiryango. Nturatinda gutangira.

1 Kirby D. *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2001.

2 Baldo M, Aggleton P, Slutkin G. *Does Sex Education Lead to Earlier or Increased Sexual Igikorwa cya in Youth?* Presentation at the IX International Conference on AIDS, Berlin, 6-10 June, 1993. Geneva: World Health Organization, 1993.

3 UNAIDS. *Impact of HIV and Sexual Health Education on the Sexual Behaviour of Young People: A Review Update.*[UNAIDS Best Practice Collection, Key Material] Geneva: UNAIDS, 1997.

4 Alford S et al. *Science & Success:Sex Education & Other Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections*. Washington, DC: Advocates for Youth, 2003.

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 fMutoniles. *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.

11 Kaiser Family Foundation, Nickelodeon, and Children Now. *Talking with Kids ibijyanye Tough Issues: a National Survey of Parents and Kids*. Menlo Park, California: The Foundation, 2001.

Ubuzima bw'ibitsina ni iki?

Imikorere y'ibitsina akensi yumvikana nabi kandi nk'igitekerezo remezo, bishobora kuba bitoroshye kuyisobanura byimazeyo kandi mu buryo bunoze. Tuzi icyo aricyo mu kigero runaka mu buryo bw'imitekerereze, ariko si kensi tuyivugaho.

Hariho ibitekerezo byinshi binyuranye kucyo imikorere y'ibitsina aricyo n'icyo isobanuye. Umuryango ushinzwe ubuzima ku Isi (OMS) usobanura imikorere y'ibitsina. (2002) muri ubu buryo bukurikira:

- Imikorere y'igitsina ni indangacyerekezo shingiro y'ikiremwa muntu mu buzima bwe bwose, ikaba igizwe n'igitsina nyabuzima, imibonano mpuzabitsina, uko beneyo bayakira n'inshingano zihariye, amerekezo y'ibitsina, ibyishimo , umunezero,gukundana n'imyororokere.
- Imikorere y'ibitsina tuyiyumvamo kandi tuyigaragaza mu buryo bw'ibitekerezo, mu buryo bw'ibitekerezo bishingiye ku ndoto, ibyifuzo, ibyo twemera, imyifatire,indangagaciro,imyitwarire,ibikorwa,inshingano,imibanire n'imishyikirano.
- Mu gihe imikorere y'igitsina ishobora kuba igizwe n'izi ndangabyerekezo zose, siko zose tuzinyuramo cyangwa ngo tuzigaragarize icyarimwe.
- Ubuzima bw'igitsinabugengwa n'impamvu zishingiye ku buzima, imitekerereze,imibereho,ubukungu, politike,umuco, umurimo, amategeko, amateka ,idini n'ibyo twemera.

Imimerere y'imikorere y'ibitsina 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 atari umwimerere burundi, hari impinduka zikomeye cyane zagiye ziba mu masekurusa, imico, amatsinda y'amoko n'ibindi. Imikorere y'ibitsina ishobora kumvwa mu buryo butandukanye cyane mu bantu bo mu nzego z'ubuzima zinyuranye, kandi na none hari itandukanirorishingiye ku myaka, umuco, amerekezo y'ibitsina no ku kuba uri umugabo cyangwa umugore.

Akensi igehe abantu babonye ijambo <igitsina> cyangwa imikorere y'ibitsina, batekereza imibonano mpuzabitsina cyangwa ibindi bikorwa bishingiye ku gitsina.Nyamaraubuzimabw'ibitsina, ntabwo ari gusa ibiyumviro bishingiye ku gitsina cyangwa imibonano mpuzabitsina, birenze ibyo. Ibi birebana n'uruhare rukomeye rw'imiterere ya buri muntu.Dusangamo urwunge rw'imyumvire, ibitekerezo n'imyitwarire umugore cyangwa umugabo bafite, kuba akunda cyangwa akundwa n'abandi, kuba afite urukundo cyangwa ari mu mishyikirano ijyanye no gukundana mu buryo bw'ibitsina. Iki gitekerezo remezo gikubiyemo na none kwibona ku isi nk'uko tuyizi mu byumwiro bitanu aribyo:kuryoherwa, gukorakora, guhumurirwa, kumva no kubona.

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

Uburo taragaza imikorere yacu y'igitsina, akensi irangwa n'igitsina cyacu,akensi twumva ko abagabo bagomba kugira abo bahuza ibitsina benshi,mu gihe abagore bazwiho kurinda ubusugi bwabo no kumenyekana ko batiyandarika,kandi bakanga kwemera ko hari igehe bagira umunezero ushingiye ku ihuzabitsina. Ahantu henshi usanga hari igitekerezo cy'uko imikorere y'igitsina cy'umugore cyangwa cy'umugabo itakumirwa. Nk'urugero, niba umugabo afashe umugore ku ngufu, icyo bakeka ni uko atashoboye gukumira ihaguruka ry'igitsina cye.

Ubuzima bw'igitsina ni kimwe mu bigize ubuzima. Byaba mu nyungu z'imibereho myiza y'umubiri, zo gukunda no gukundwa cyangwa z'imitekerereze, kubaho cyangwa kororoka, imikorere y'igitsina ifite akamaro k'ibanze mu mibereho y'umuntu. Abagabo n'abagore bafite amahitamo ku byerekeleranye n'imikorere y'igitsina ajyana akensi no kuba batanga cyangwa 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 cyangwa iohoterwa, kandi bugizwe no kwemeranya no kubahana.

Abantu benshi bafite uruhare mu mishinga itera inkunga abagwiriwe 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'ighugu mu bukungu**. Ni koko, kumva umuco kwacu n'amategeko agenga imikorere y'ibitsina bifite uruhare mu bice byinshi by'ubuzima: imyaka yo gushaka, kuba umuntu ashobora guta cyangwa kudata urugo, amatwara y'ighugu mu birebana no kubona amakuru ajyanye no guhagarika kubyara, n'umubare w'abana, cyangwa na none kuba wamenya niba ibyiciro bimwe na bimwe by'abantubihura n'ivangura ku kazi, nk'urugero abakora umwuga w'uburayacyangwa abantu bafite ubwandumwaga bw'agakoko gatera sida.

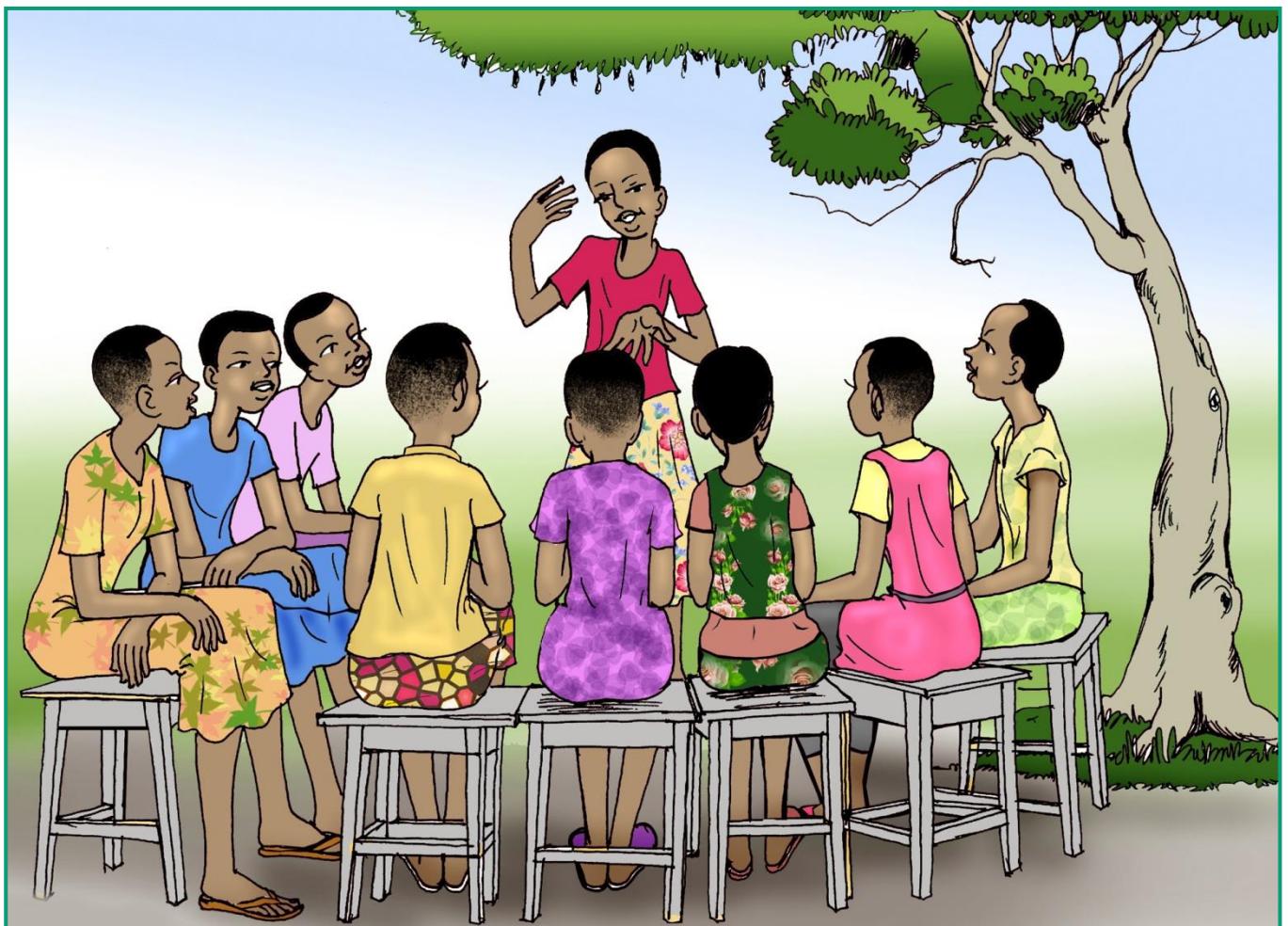
Ikigo Institute for Development Studies (IDS Policy Briefing No 29,2006) kigerageza gusobanura igitekerezo remezo cy'**imikorere y'ibitsina mu rwego rw'iterambere**. Amatwara n'imikorere yo mu rwego rw'iterambere yakunze kurangwa no gushaka kutita ku mikorere y'ibitsina, cyangwa na none kuyitaho nk'ikibazo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

Nyamara ubuzima bw'ibitsinabufite 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 cyangwa 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 kubirebana n'igitsina, 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 iohotera cyangwa irimo agahato.
- Gutinya imikorere y'ibitsina bishobora gutesha umunezero wo mu mibonano mpuzabitsina.
- Kwemera ko habaho imbagya nyamuke mu rwego rw'igitsina, bitari ibyo bashobora kuguma mu bwihihiso (nk'ababonana bahuje ibitsina, abakora umwuga w'uburaya, n'abandi).
- Kwagura gahunda zikarenga guhindura imyifatire irebana n'umuntu ku giti cye, kugirango tugire uruhare mu ifatwa ry'ibyemezo ku mibereho no ku muco mu birebana n'imibonano mpuzabitsina.

Ubukangurambaga mu abantu batuye mu gace Kamwe

Urugero rw'ibikorwa byakoreshwa



Ubukangurambaga mu abantu batuye mu gace kamwe

Intego: Nyuma y'amahugurwa muri gahunda yo GrowUp Smart "Kura Usobanutse", abahungu n'abakobwa (n'ababyeyi bishishikaje) bazitabira igikorwa kimwe cyangwa byinshi mu guhugura abandi ku birebana n'amasomo ya GrowUp Smart "Kura Usobanutse", no kubashishikariza kubigiramo uruhare. Ibikorwa by'abaturage birihariye kandi ibisobanuro birambuye bizaterwa n'ubushake bw'abaturage mu kugaragaza ukuri, ukuboneka kw'abitabiriye ibiganiro n'ibindi byagenderwaho. Hasi ni zimwe mu ntera zakurikizwa mu gihe hategurwa ibikorwa birebaabantu batuye mu gace kamwe.

Ibice:

- Hitamo igikorwa cyo gukorera mu abantu batuye mu gace kamwe.** Byaba byiza guhura b'abakozi batoraniwe mugahurira ku bigo by'urubyiruko bakabafasha gutegura ibikorwa bikenewe kandi bikoreka mu baturage. Urugero mushobora gukoresha udukino, indirimbo, amakinamico, amarushanwa, inyigisho z'urungano, ibiganiro n'ibindi bikorwa binyuranye.
- Gufasha abahungu n'abakobwa bakurikiye gahunda ya GrowUpSmart** "Kura Usobanutse" kwitoza ibyo bazakora mu gikorwa cy'ubukanguramba mu bantu batuye mu gace kamwe. Ibyo bikorwa byabo cyangwa amasomo bigiye muri gahunda bashobora kubyitoreza mu ismo rya munani, igikorwa cya 2: ubuzima buzira umuze n'imibereho myiza: imikino, imbyino, indirimbo.
- Yobora igikorwa mu bantu batuye mu gace kamwe,** tumira kandi utegure uburyo abana n'ababyeyi bakurikiye iyi gahunga bazagiramo uruhare runini. Nyuma y'ubukanguramabaga mu abantu batuye mu gace kamwe, mutekereze uko bizagenda n'ikigiye gukurikiraho

Ababyeyi bagize uruhare mw'itegurwa rya GrowUp Smart "Kura Usobanutse" bifuje ko hazakoreshwa izi ngamba mu kugaragaza inkunga, no kugeza amakuru arebana n'iyi gahunda no gushishikariza ababyeyi n'abantu batuye mu gace kamwe kugiramo uruhare:

- ✓ Kumenyesha abayobozi ba baturage no kubavanaho inkunga, kubashishikariza kuganira n'abaturage bashinzwe
- ✓ Guhitamo no gukoresha abavugarikijana nk'umuyoboro muvugishirizamo ababyeyi n'abandi baturage.
- ✓ Gukoresha umuyoboro w'itangazamakuru nka radio na televiziyo.
- ✓ Gukorana n'imigoroba y'ababyeyi yashyizweho,
- ✓ Gutegura kopi nyinshi z'inyandiko yohererezwa ababyeyi, ingimbi/abangavu n'abandi baturage zigakwirakwizwa muri baturage

Zimwe mu ngero z'ibikorwa

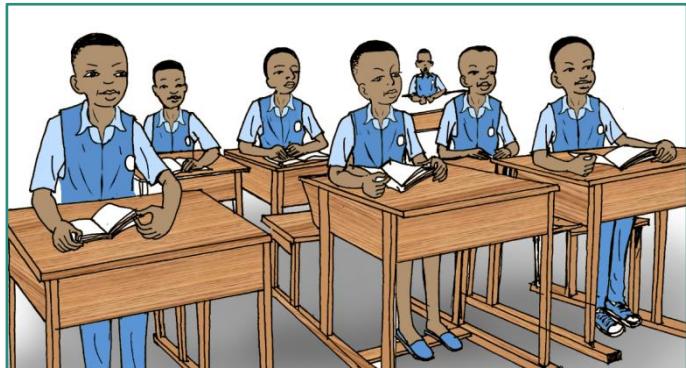
Ikiganiro n'abaturage



Ingero zikurikira ni ubukangurambaga bwakozwe mu mushinga w'ikitegererezo mu GrowUp Smart "Kura Usobanutse": Amatsinda manini cyangwa mato ateraniye hamwe, ibiterane cyangwa umunsi w'abakorerabushake ni igikorwa cy'ingenzi ku rubyiruko mu kumenyekanisha GrowUp Smart (GrowUp Smart "Kura Usobanutse") mu nsanganyamatsiko no kubyamamaza mu muvugo ,indirimbo cyangwa kubirata mu bugeni.

Hamwe no kurera no gutekerereza abana bato

Binyujijwe mu gukina bigana, no kwereka mu mashuri abakobwa n'abahungu bitabiriye GrowUp Smart "Kura Usobanutse" babasha kugera no ku rundi rubyiruko. Nk'urungango ruyoboye kandirusobanukiwe bazageza ku bandi amakuru yizewe kandi begerwe, banaganire n'urundi rubyiruko uko bahorana ubuzima bwiza mu myaka yabo y'ubugimbi/Ubwangavu.Gahunda yo ku kwigishanya mu runga no gufashanya yashyizweho n'abarimu izafasha ikigikorwa kugenda neza mu mashuri.



Amahuriro y'ubuzima mu mashuri (School Health Club)

Kuba hari amasangano y'ubuzima mu mashuri menshi yo mu Rwanda, arimo ingimbi/abangavu n'abakuru ni umwanya mwiza wo gukoreramo ibikorwa by'ubukangurambaga busesuye mu mashuri.

Amarushanwa y'abana n'ibiterane

Mu baturage, amahuriro y'amarushanwa n'amateraniro niho hantu hakurura abantu benshi baje kwihera amaso cyangwa kugira uruhare mu gikorwa nyirizina.

Ahantu hatoranijwe hahurira abaturage

Aya matsinda y'abantu bafite hagati y'imyaka 20 na 25 baturanye, yaba ari umwanya mwiza wo kwegera ingimbi/abangavu batari mu mashuri

Umugoroba w'ababyeyi

Uyu mugoroba w'ababyeyi nni ahandi hantu ho gusangirira ubunraribonye mu bavanye GrowUp Smart "Kura Usobanutse", ababyeyi basangizanya, 'amasomo arebana no gufasha

ingimbi/abangavu kimwe n' inkunga y'ubumenyi mu buzima bw'imyororokere, imibonano mpuzabitsina mu ngimbi/abangavu bakeneye mu gihe cyabo cy'ubugimbi na nyuma yaho.

Ubugeni: Indirimbo, imivugo, imbyino, ikinamico, n'ibindi...

Muri gahunda yoseya CycleSmart kit, abahungu bahimbye indirimbo, abakobwa bavuga umuvugo ujyanye n'ubwangavu n'ubugimbi ndetse n'ubumenyi kuri gahunda z'burumbuke. Abandi bakobwa bahimbye imbyino ku bumenyi bafite ku burumbuke.

Abakangurambaga bafatanije n'urubyiruko ndetse n'urubyiruko rukorera imiryango runaka bahisemo ibikorwa bigera ku baturage muri iyi gahunda ya GrowUp Smart “Kura Usobanutse”), bikaba ari ingenzi cyane.

Ikirere niwo mupaka!

Ababyeyi bafite uruhare mu matsinda ndeberwaho mu guteza imbere igitekerezo cyo GrowUp Smart “Kura Usobanutse”) bagaragaje uburyo bukurikira, gusakaza amakuru kuri’ iyo gahunda, gushishikariza ababyeyi n’abandi baturage kugira uruhare muri iyo gahunda:

Mu gusoza, umumaro w’ibikorwa by’ubukangurambaga ni ugusangira amasomo yuzuye ibisobanuro n’abaturage mu buryo buhangi. Iki gice cya gahunda yo GrowUp Smart “Kura Usobanutse” cyongerera abaturage ubushake n’ubufasha binyujije mu biganiro hagati y’abantu bari ku kigero gitandukanye. Ifasha kandi ikongerera abaturage batuye mu gace kamwe kugira ubushake n’ubushobozzi bwo guha abana babouburere buboneye mu bijyanye n’imyororokere by’ingimbi/abangavu.

Uburyo bwo gutanga amasomo

Kuganira n'abana uburyo bw'imikurire yabo bisaba umurava. Mu duce tumwe na tumwe, abantu babuzwa kuvuga ku bijyanye n'ibitsina. Nyamara byagaragaye 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 kuyikuramo amasomo. Ni ngombwa kandi ko uyoboye amahugurwa akurikira buri ntambwe kandi akibanda ku ngingo abona ko zifitiye akamaro kanini abo ahugura.

Kugirango amahugurwa ku Gukura bisobanutse agere ku musaruro atezweho, ni ngombwa kurenga ubwoba n'isoni uterwa no kuganira ku bijyanye n'imyororokere ndetse n'ibice by'umubiri w'umuntu. Ibi bizatuma haba ubwisanzure hagati yawe n'abo uhugura. Intambwe zikurikira zizagufasha kwitegura neza no kuyobora gahunda ya Grow up smart "Kura Usobanutse"

Soma inyoboranyigisho yose.

Gusoma inyoboranyigisho mbere y'amahugurwa bizatuma usobanukirwa neza ibyo uzigisha, ibikoresho uzakenera ndetse n'uko wakwitegura gutanga ibiganiro muri gahunda ya Grow up smart "Kura Usobanutse".

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. Sobanukirwa uburyo abakobwa n'abahungu basobanura ibibazo cyangwa ibishobora kubahuza by'ingenzi.

Irine de guhinyura ibitekerezo by'abo uhugura

Akira kandi wubahe ibitekerezo n'ibibazo by'abitabiriye amahugurwa. Babwire ko ibitekerezo byabo bifite ishingiro n'agaciro bikomeye. Menya neza ko abitabiriye amahugurwa baba urubyiruko n'abandi bumva bahawe ikaze kandi bisanzuye mu gusangira ibitekerezo, ubunararibonye n'ibibazo. Haranira ko aho muri haba umwuka mwiza.

Koresha imvugo, amashusho n'ingero bitarangwamo ivangura rishingiye ku gitsina.

Irine de gukoresha amagambo arimo ivangura rishingiye ku gitsina cyangwa se acira urubanza abantu bamwe na bamwe. Irine de gukoresha insimburazina cyangwa amagambo aranga abagabo ahubwo ukoreshe amagambo avuga abantu muri rusange hakoreshwu imvugo nka uwo ariwe wese, bo n'andi. Aho kugirango hakoreshwu amagambo nka Bwana Perezida, mwavuga Ubuyobozi

bubishinzwe runaka...Irinde imvugo igaragaza ko abagabo bari mu mirimo isaba gukoresha imbaraga mu gihe abagore bo birirwa mu rugo. Ifashishe ibinyamakuru n'ibindi bikoresho bigaragaza 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 babamo.

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

Rangwa n'umurava.

Fasha abo uhugura kwitwara nk'abantu bakuru bategereje kwigira byinshi ku mikurire y'umuntu mu biganiro mugiye kugirana. Mu mahugurwa, erekana ko imikurire y'umuntu ari ikintu gisanzwe kandi cyiza kinakenewe mu buzima. Zirikana ko n'ubwo abantu bakuru bakora ibishoboka byose ngo badatwarwa n'ibiyumviro n'imyifatire byabo, abana bazi kureba aho umuntu agaragaje ibiyumviro 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 bibazo bigirwaho impaka kugira ngo ufashe urubyiruko kwinjira mu mahugurwa neza.Itegure kuba wabazwa ikibazo icyo aricyo 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 kubaza nta zina ku buryo bagenzi babo batamenya ubajije.

Ku bahugurwa bamwe, kubaza ni inzira yoroshye yo kugaragaza ibibateye impungenge. Ha abahugurwa igihe cyo kubaza banditse hanyuma bashyre mu gasanduku impapuro z'ibibazo. Hanyuma usubize ibyo bibazo imbere y'itsinda ryose.

Tegura ahantu wakorera n'abantu bagufasha.

Igihe wumva utabohokewe no gutanga ikiganiro runaka cyangwa se utabifitiye ubumenyi buhagije, iyambaze umuntu ubishoboye (nk'impuguke mu buzima cyangwa undi murezi).

Tanga urubuga rwo gutanga ibitekerezo uko babyumva

Uzasanga abahugurwa bazi byinshi ku bugimbi/ubwangavu n'uburumbuke birenze uko wibwiraga.Urubuga rwo gutanga ibitekerezo uko bije nirwo ruzagufasha kumenya ibyo bazi no kumenya niba bafite amakuru nyayo cyangwa niba atuzuye.

Fasha abahugurwa kwishyiriraho amabwiriza abagenga.

Gufasha abahugurwa kwishyiriraho 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 kwiyungura 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 mu matsinda manini cyangwa se mu mato.

Imyitozo mu matsinda mato.

Imyitozo ya buri muntu ku gitи cye 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 abatinya 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 nyanama igizwe n'ababyeyi n'abana ishinzwe ubuvugizi ku bandi babyeyi. (Reba ibisobanuro bihagije mu gice cyo "Gutegura ababyey.")

Ubuntu bw'amagambo

Amabya: Umwanya mwibarukiro w'umugabo ukora intanga ngabo.

Amasohoro: Amatembabuzi ava mu mboror igihe umugabo asohoye.

Gucura: Kurekeraho kujya mu mihangi.

Gukebwa: Ku bagabo, ni ugukuraho igihu cyo ku mutwe w'imboror. Ku bagore, ni ugukata rugongo, cyangwa rugongo n'imishino umukobwa akivuka, akiri umwana cyangwa amaze kuba umwangavu.

Gusama: Guhura kw'intangangabo n'intangangore.

Gushyukwa: Gufata umurego kw'igitsina cy'umugabo (kw' imboror).

Gusohora: Irekurwa ry'amasohoro ava mu mboror.

Ibimenyetso bibanziriza imihango: Ni ibimenyetso umuntu yumva mu minsi mike ibanziriza imihango birimo kuribwa mu nda, kugira umwaga, kubabara amabere, kubyimba inda, bikagabanya ubukana iyo imihango ije.

Igihu/Igishishwa: Ni igihu gitwikiriye umutwe w'imboror.

Igituba: Imyanya ndangagitsina y'inyuma y'umugore igizwe n'imigoma, imishino, rugongo na vestibule.

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

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 gutwikira no kurinda imyanya yimbere mu gitsina cy'umugore.

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

Imirerantanga: Umwanya intanga ngabo zikuriramo nyuma yo gukorwa n'amabya.

Imisemburo: Ibantu bikorwa n'imvubura bikaba bitera impinduka mu bice bimwe na bimwe by'umubiri.

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

Imiyborantanga: Imiheha miremire inanutse ivana intangangabo mu mirerantanga.

Imvubura ya porositati: Iyi mvubura ikora amatembabuzi afashe, akaba kimwe mu bigize amasohoro.

Imyanya ndangagitsina: Imyanya myibarukiro.

Inda ibyara/igituba: Umuyoboro uhuza imyanya ndangagitsina y'inyuma na nyababyeyi, umura.

Insya: Ubwoya bumera ku gitsina iyo umuntu ageze mu bugimbi/ bwangavu.

Intanga ngabo: Ni ingirangoingo ngabo.

Intanga ngore: Ni ingirangoingo y'igitsina gore.

Intini: Umutwe w'imbor/aho imbor irangiriye.

Irekurwa ry'intanga: Irekurwa ry'intanga ngore yahishije iva mu murerantanga.

Isaho ry'amabya: Ni uruhu rumeze nk'agafuka ruba inyuma y'imbor, rufubitse amabya.

Isugi/Imanzi: Umukobwa/umuhungu utarakora imibonano mpuzabitsina na rimwe.

Kwibaruka: Gusama no kubyara umwana.

Kwakinisha: kwikorakora ku myanya ndangagitsina ugamije kugira umunezero nk'uva mu mibonano mpuzabitsina.

Kwirotaho: Ni ugusohora usinziriye.

Kuvumbuka: Igikuriro kidasanzwe kibaho mu gihe cy'ubugimbi n'ubwangavu.

Rugongo: inyama iba haruguru y'imishino, kuyikoraho bikaba bitera ubushagarira.

Ubugimbi/Ubwangavu: Ikigero umuntu ageramo, imyanya myibarukiro ye igatangira gukora.

Uburumbuke: Ubushobozi bwo kubyara.

Ubusore/ubukumi: Ikigero kiri hagati y'ubugimbi/ubwangavu n'umuntu mukuru**Inkondo y'umura:** Igice cyo hepfo cy'umura cyinjira mu nda ibyara.

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

Udusabo tw'intanga: Imvubura zibamo ibihumbi n'ibihumbi by'intangangore zitarahisha. Buri kwezi imwe muri izo ntanga irahisha maze igasohoka mu gasabo, bikitwa kurekurwa kw'intanga.

Ukwezi k'umugore: Ni igihe kiri hagati y'umunsi wa mbere w'imihango n'umunsi ubanziriza imihango y'ubutaha.

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

Umuyoboro w'inkari: Umuyoboro usohora inkari mu ruhago haba ku bagabo no ku bagore, by'umwihariko ku bagabo niwo usohokeramo amasohoro.

Umwenge w'inkari: Umwenge inkari zisohokeramo.

Umwinqiro w'igituba: Umwunge wo muri nyababyeyi aho imihango isohohera.

Uruhinja Ni umwana ukiri mu nda ya nyina nyuma y'ibyumweru umunani intangangabo n'intangangore bihuye, kugera igihe umwana avukiye. Mbere y'ibyo byumweru umunani baba bamwita urusoro.

Ururenda: Ni amatembabuzi y'umweru, rujya gusa n'umuuhondo ava mu nkondo y'umura agasohokera mu nda ibyara.

Vesitubile: Ni igice cy'igitsina cy'umugore kigizwe n'umwenge w'inkari n'inda.

Inyandiko zifashishijwe

Kopi ya Boroshure za GrowUp Smart “Kura Usobanutse”

Tuganire ku mubiri yacu yahindutse

Tuganire ku bakobwa n’Ubwangavu

Tuganire ku bahungu n’Ubugimbi