

AGATABO K'UMUKINO W'AMAKARITA



Ishema Ryanjye



IRIBURIRO

Tubashimiye ko mwahisemo gukina uyu mukino w'amakarita witwa **"Ishema Ryanjye"** kugira ngo mwishime, musabane n' inshuti, abavandimwe, ababyeyi n'abandi batandukanye kandi mwiga.

Aka agatabo gakubiyemo amabwiriza agenga uyu mukino ndetse n'amakuru yizewe ku buzima bw'imyororokere.

Umukino w' amakarita uri muri aka gatabo ukinwa nk'andi asanzwe bigatandukanira ku mashusho ariho. Umwihariko muri uyu mukino ni uko abawukina biga cyangwa bakiyungura ubumenyi ku buzima bw'imyororokere, kwirinda indwara zandurira mu mibonano mpuzabitsina, inda zitateganyijwe n' ihohotera rishingiye ku gitsina. Aya makuru kandi yungura ubumenyi abakuze, bikanabafasha kuganira n'urubyiruko mu gihe bakina.

Uyu mukino watekerejwe ndetse ushushanywa n'umuryango utegamiye kuri leta witwa "HEALTH PROMOTION ORGANIZATION" ku bufatanye n'Ikigo cy'Igihugu Gishinzwe Ubuzima (RBC), n' Ishami ry' Umuryango w' Abibumbye wita ku buzima (WHO).

Turashishikariza ingimbi n'abangavu ndetse n'urubyiruko gukina uyu mukino w'amakarita **"Ishema Ryanjye"** kuko ubafasha kwidagadura ubungura n'ubumenyi ku buzima bw'imyororokere.

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**i. NKWIYE KUMENYA KU BUZIMA
BW'IMYOROROKERE**

1.1. Ubugimbi, ubwangavu n'ibiburanga

Ubwangavu n'ubugimbi ni igihe kiri hagati y'ubwana n'igihe umuntu aba yabaye inkumi cyangwa umusore.[1] Iki gihe kirangwa n'imihindagurikire mu mubiri, mu bitekerezo no mu myitwarire. Muri rusange, ubwangavu n'ubugimbi butangira hagati y'imyaka 10 na 14, gusa na none bushobora gutangira nyuma cyangwa mbere y'iyi myaka kuko imikorere y'imibiri y'abantu iratandukanye.[2]

1.1.1. Impinduka z'umubiri

Ibiranga ubwangavu	Ibiranga ubugimbi
<ul style="list-style-type: none">▪ Gukura mu gihagararo▪ Gutangira kumera amabere agenda akura uko umukobwa akura.▪ Kumera insya▪ Kumera incakwaha▪ Kugara kw'amatako▪ Guhinduka k'uruhu rwo mu maso no mu mugongo (rugira ibinure bishobora gutera ibishishi).	<ul style="list-style-type: none">▪ Gukura mu gihagararo▪ Kwi Yongera kw'ingufu z'umubiri▪ Kumera insya, incakwaha n'impwempwe (kuri bamwe)▪ Kuniga ijwi▪ Kugara kw'ibitugu n'igituza▪ Guhinduka k'uruhu rwo mu maso no mu

<ul style="list-style-type: none"> ▪ Kujya mu mihango bwa mbere (bisobanura ko ashobora gutwita) <p>[1], [2]</p>	<p>mugongo (rugira ibinure bishobora gutera ibishishi)</p> <ul style="list-style-type: none"> ▪ Gukura kw'imyanya ndanga gitsina. ▪ Kwirotaraho (bisobanura ko ashobora gutera inda)
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1.1.2. Impinduka mu mitekereze n'imyitwarire

- Gushaka kwigenga no guhorana n'urungano
- Guha agaciro gakomeye ibyo bagenzi be bavuze cyangwa bakoze.
- Gutangira kugira inshuti mudahuje igitsina
- Kwita cyane ku mubiri wawe bidasanzwe (Kwiyitaho, kwisukura, kwambara neza, n'ibindi)
- Kurarikira ibigezweho
- Kwiyeamera no kwirarira
- Kumva ntacyo utinya no kunatekerezwa ku ngaruka z'ibyo ukora.
- Kugira amatsiko yo gushaka gukora imibonano mpuzabitsina.[1], [3]

Icyitonderwa: Izi mpinduka ntizibera igihe kimwe kuri buri wese. Kuri bamwe ziza kare, ku bandi zikaza zitinze. Iyo uri muri iki kigero ni byiza gutinyuka

1.1.3. Ibyo ukwiye kwirinda muri iki gihe

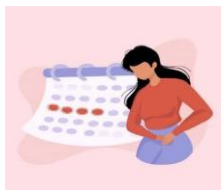
- Kwirinda ibishuko byakuganisha ku gukora imibonano mpuzabitsina.
- Ugomba guhitamo ibyiza wakwigira ku bandi no kwirinda ingeso mbi washorwamo n'igitutu cy'urungano.[1]

1.1.4. Ukwezi k'umugore ni iki?

Ukwezi k'umugore/umukobwa ni igihe kiri hagati y'umunsi wa mbere w'imihango n'umunsi ubanziriza imihango y'ubutaha [2]. Muri rusange iminsi y'ukwezi k'umugore/umukobwa ntiba imwe ku bagore bose. Hari abagore/abakobwa bagira iminsi y'ukwezi idahindagurika n'abagira iminsi ihindagurika. Gusa muri rusange, ukwezi k'umugore/umukobwa ntigukunze kujya munsi y'iminsi 21 cyangwa ngo kurenze 35. Ariko nugira ukwezi kugufi (kuri munsi y'iminsi 21) cyangwa ukwezi kurekure kuri hejuru y'iminsi 35 uzajye kwa muganga kugira ngo bagufashe kumenya impamvu ibitera [4]. icyakora abangavu bashobora kugira ukwezi gufite iminsi iri munsi ya 21 cyangwa hejuru ya 35 kandi ntakindi kibazo bafite.

Imihango ni iki? Imihango ni amaraso asohokera mu nda ibyara (mu gitsina) bivuye mu mura aturuka ku ngiramubiri zo mu mura ziba ziteguye kwakira umwana zigasenyuka iyo hatabayeho gusama. Imihango imara hagati y'iminsi itatu n'irindwi [1]. Muri rusange umukobwa ajya mu mihango rimwe mu kwezi. Akenshi abakobwa batangira kujya mu mihango hagati y'imyaka 10 na 14.[2],[4]

1.1.5. Uko ukwezi k'umugore kubarwa



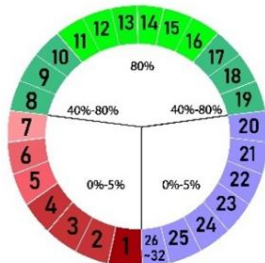
Ni gute namenya iminsi igize ukwezi kwanjye?

Kugira ngo umenye iminsi igize ukwezi kwawe ubara uherye ku munsu wa mbere waboneyeho imihango ukageza ku munsu wa

nyuma ubanziririza imihango y'ukwezi gukurikira.

Kugira ngo umenye ukwezi kwawe bityo ubashe gukoresha formule (uburyo bwo kubara) uba ugomba kumara nibura amezi atandatu ubara indeshyoy'ukwezi kwawe, kandi udataruka umunsu n'umwe kugira ngo uzabashe kumenya niba ukwezi kwawe kugira iminsi ingana cyangwa se guhindagurika.[1] Iyo ukwezi kwawe kugira iminsi ingana ubasha kumenya umubare w'iyominsi; yaba itangana ukamenya ngo imyinshi ni ingahe, n'imike ni ingahe.[1]

Icyitonderwa: Ukwezi k'umugore cyangwa umukobwa gutandukanye n'ukwezi gusanzwe kwa karindari.



Ukwezi k'umugore ufite iminsi iri hagati ya 26 na 32

Ubusobanuro:

- A. 1-7 iminsi y'imihango (amahirwe yo gusama ni make cyane (0-5%))
- B. 8-10 amahirwe yo gusama (ku rwego rwa 40-80%)
- C. 11-16 uburumbuke (gusama ni 80%)
- D. 17-19 amahirwe yo gusama (kurwego rwa 40-80%)
- E. 20-32 amahirwe yo gusama ni make cyane (0-5%)

Iyo wasanze ukwezi kwawe kudahindagurika ukoresha formule (uburyo) bukurikira:

Ufata iminsi ukwezi kwawe gufite ugakuramo iminsi **14** uturutse inyuma, igisubizo ubonye (**x**) ukongera ugakuramo **5** (bivuga iminsi intanga ngabo ishobora kumara itegereje intanga ngore itarapfa), noneho cya gisubizo wabonye (**x**) na none ugateranyaho **5** (bivuga ko intanga ngore ishobora kumara hagati y'umunsi umwe (**1**) kugera kuri ibiri (**2**) itarapfa, hakiyongeraho iminsi itatu (**3**) yagateganyo cyangwa y'ubwirinzi).

Urugero: Umukobwa mu mezi atandatu ashize yabaze iminsi y'ukwezi kwe neza asanga ukwezi kwe kudahinduka kandi gufite iminsi **29**. Tuzafata $29-14=15$ twongere dufate $15-5=10$, noneho twongere dufate $15+5=20$. Ibi bikaba bivuga ko uyu mukobwa iminsi ye y'uburumbuke ihera ku munsi wa **10** ikarangira ku munsi wa **20**.

Ku bagira ukwezi guhindagurika icyo gihe formule (uburyo) ukoresha ni iyi:

Ufata iminsi igize ukwezi kwawe kugufi cyangwa se ukugira iminsi mike ugakuramo **18**. Hanyuma ugafata iminsi igize ukwezi kwawe kurekure cyangwa se ugufite iminsi myinshi ugakuramo **11**.

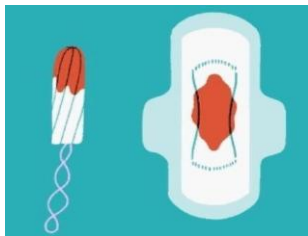
Urugero: Umukobwa mu mezi atandatu ashize yabaze iminsi y'ukwezi kwe neza asanga ukwezi yagize iminsi mike yaragize 27 naho uko yagize iminsi myishi yagize 31. Tuzafata $27-18=9$; hanyuma dufate $31-11=20$.

Ibi bikaba bivuga ko uyu mukobwa iminsi ye y'uburumbuke ihera ku munsu wa **9**, ikarangira ku munsu wa **20**. Ibuka kubara uherye ku munsu wa mbere wabonyeho imihango.

Icyitonderwa: Hari abagore cyangwa abakobwa bagira iminsi y'ukwezi idahindagurika n'abagira iminsi ihindagurika bitewe n'imikorere y'umubiri, imirire, uguhangayika, uburwayi n'ibindi. Gusa igihe bikabije ushobora kujya kwa muganga.

1.1.6. Isuku mu gihe cy'imihango

Mu igihe cy'imihango, umukobwa cyangwa umugore agomba kugira isuku by'umwihariko. Isuku nke mu gihe cy'imihango yatera za mikorobe gukurira mu nda ibyara bishobora gutera uburwayi mu myanya myibarukiro. Mu gihe cy'imihango ni ngombwa koga byibuze kabiri ku munsu cyangwa ikindi gihe bibaye ngombwa, kandi agakoresha ibikoresho by'isuku byabugenewe.[3]



Ibikoresho byifashishwa mu gihe cy'imihango

- i. **Udutambaro dusukuye:** Utu dutambaro dukatwa neza kugira ngo dukwirwe mu myenda y'imbere, bashobora kugerekeranya (kudodana) udutambaro turenze kamwe. Utu dutambaro tugomba kugirirwa isuku, tukameswa neza kandi tukanikwa ahantu hiherereye ariko hagera izuba. Ntitugomba kandi gutizwa, buri wese agira utwe yihariye.
- ii. **Impapuro z'isuku (Kotegisi):** Ni ibikoresho byakorewe kwambarwa mu myenda y'imbere (ikariso). Iyo bimaze gukoreshwa bijugunywa ahabugenewe nko mu musarani w'icyobo, pubele cyangwa se bigatwikwa. Kirazira kubishyira mu musarane wo mu nzu kuko bituma uziba.
- iii. **Amapamba (tampons):** Ni amapamba bazingazinga akagira ishusho nk'iy'inkoni bakayacengeza mu nda ibyara (mu gitsina) igihe bari mu mihango. Uko ipamba igenda icengerwamo n'amaraso, niko yoroha. Ipamba iba iziritseho akagozi gato kaguma hanze y'inda ibyara, arinako bakurura iyo bashaka gukuramo ipamba. Nyuma na mbere yo gushyira no gukura ipamba mu nda ibyara umuntu agomba gukaraba intoki kandi iryo pamba rigahindurwa kenshi gashoboka (bitarengeje amasaha umunani) kuko ritinze mu nda ibyara ryatera uburwayi.
- iv. **Udukombe (menstruation cup):** Ni agakoresho gateye nk'agakombe gashyirwa mu nda ibyara mu gihe cy'imihango kagafata amaraso.[3]



Udukombe



Amapamba



Kotegisi

1.2. Gusama no gutwita

Gusama: Ni igihe intangangabo ihuye n'intangangore bikabyara urusoro nyuma yo gukora imibonano mpuzabitsina idakingiye.[5]

Gutwita: Ni igihe kiri hagati yo kuva umugore/umukobwa asamyeye kugeza abyaye. Iki gihe gishobora kumara ibyumweri biri hagati ya 38 na 40.[5]

Isama ribera mu miyoborantanga y'umugore naho gutwita bikabera muri nyababyeyi. Iyo isama ryabaye, umukobwa cyangwa umugore ntiyongera kubona imihango, ariko kugira ngo abyemeze agomba kujya kwipimisha kwa muganga.[5]

1.2.1. Ingaruka zo gutwita ku mwangavu

- Kudindira mu myigire iyo wiga kuko uhagarika kwiga kugira ngo ubyare ndetse urere umwana.
- Kwiheba, kugira ubwoba, kumva utaye agaciro, guhabwa akato, kugira ipfunwe n'ibindi.

- Kugorwa no kubona ibibatunga wowe n'umwana utwite.
- Guhungabana biturutse ku gufata inshingano zikurenze nawe ukiri muto.
- Imyanya myibarukiro yawe ishobora kwangirika (kujojoba/fistule) bikagusigira ubumuga cyane cyane iyo utakurikiranywe n'abaganga cyangwa iyo ubyariye mu rugo.
- Ushobora kubyara umwana udashyitse, ufite ibiro bike cyangwa inda ikaguhitana.
- Umwana wawe ashobora kugira ibibazo by'imikurire, imirire mibi, ndetse n'ingaruka zo kubura urukundo ruturuka ku babyeyi bombi.

2. INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA NA VIRUSI ITERA SIDA

Ni indwara ziterwa n'udukoko (virusi, indiririzi cyangwa mikorobe) duhererekanywa mu gihe cy'imibonano mpuzabitsina idakingiye. [1]

2.1. Indwara zandurira mu mibonano mpuzabitsina Zimwe mu ndwara zandurira mu mibonano mpuzabitsina harimo:

Iziterwa na mikorobe	Iziterwa n'indiririzi (parasite)	Iziterwa na virusi
<ul style="list-style-type: none"> - Imitezi, - Kalamidiya - Mburugu 	<ul style="list-style-type: none"> - Kandidoze yo mu gitsina, 	<ul style="list-style-type: none"> - Zona Herpes (ibinwete),

- Uburagaza	- Tirikomoni	- Indwara z'umwijima zo mu bwoko bwa B na C) - Virusi itera SIDA (HIV), - Isharankima (Kondilome) iterwa na Human papillomavirus (HPV)
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Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina

Ibimenyetso ku bagabo	Ibimenyetso ku bagore
<ul style="list-style-type: none"> ▪ Kuninda cyangwa kunyara amashyira ▪ Kuzana ibibyimba mu mayasha ▪ Kubyimba amabya ▪ Amasazi mu mayasha cyangwa mu ntantun ▪ Kokerwa igihe yihagarika ▪ Kugira udusebe ku gitsina ▪ Kugira uburyaryate ku gitsina no kwishimagura 	<ul style="list-style-type: none"> ▪ Kuzana uruzi rudasanze cyangwa amashyira mu gitsina ▪ Amasazi cyangwa ibibyimba mu mayasha ▪ Uburyaryate no kwishimagura ku gitsina ▪ Kubabara mu kiziba cy'inda ▪ Ububabare mu gihe cyo kwihagarika ▪ Kugira udusebe ku gitsina ▪ Guhinda umuriro

<ul style="list-style-type: none"> ▪ Guhinda umuriro ▪ Kubabara mu gihe cy'imibonano mpuzabitsina. 	<ul style="list-style-type: none"> ▪ Kubabara mu gihe cy'imibonano mpuzabitsina; <p>[1], [6]</p>
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Icyitonderwa: Mu gihe ubonye kimwe muri ibi bimenyetso byavuzwe haruguru, ugomba kwihutira kujya kwa muganga kuko izi ndwara zigira ingaruka nyinshi k'umubiri bikaba byakuviramo no kubura ubuzima.

Ingaruka z'indwara zandurira mu mibonano mpuzabitsina

Izi ndwara zigira ingaruka nyinshi ku muntu uzirwaye harimo ubugumba, kanseri y'inkondo y'umura, kwanduza uruhinja mu gihe umugore abyara, kuvamo kw'inda inshuro nyinshi, ubuhumyi ku bana bavukanye izo ndwara, gupfusha umwana akivuka cyangwa akavuka apfuye, kuziba kw'imiyoborantanga, gutwitira inyuma y'umura, gusama bigoranye, kubyara umwana udashyitse ndetse no kongera ibyago byo kwandura virusi itera SIDA.

Indwara zandurira mu mibonano mpuzabitsina birashoboka ko zakwirindwa binyuze mu buryo bukurikira: Gukoresha agakingirizo, kugirira isuku imyanya ndangagitsina, kwisiramuka ndetse no kwikingiza.

Ni iki nakora ngo nirinde indwara zandurira mu mibonano mpuzabitsina n'ingaruka zazo?

- Gukomera ku busugi n'ubumanzi cyangwa kwifata ntukore imibonano mpuzabitsina kereka kuyikorana gusa n'uwo mwashakanye.
- Kwikingiza kanseri y'inkondo y'umura n'indwara y'umwijima y'ubwoko bwa B
- Kudaca inyuma uwo mwashakanye cyangwa uwo mubana nk'abashakanye
- Gukoresha agakingirizo neza kandi buri gihe mu mibonano mpuzabitsina yose itizewe.
- Kwisiramuka ku bahungu n'abagabo
- Kugira isuku ku myanya ndangagitsina
- Iyo ubonye kimwe mu bimenyetso ugomba kwisuzumisha, kandi ugasaba na mugenzi wawe mwakoranye imibonano mpuzabitsina kwisuzumisha.
- Ugomba gufata imiti uko muganga yayikwandikiye no kubahiriza inama yakugiriye.
- Kwirinda kwivuza magendu kuko bishobora kugukururira ibyago byo kudakira neza ndetse bikakwanduza n'izindi ndwara.

2.2. Virusi itera SIDA

Virus itera SIDA: Ni ubwoko bwa virusi busenya uturemangingo tw'umubiri w'umuntu dufasha mu kurwanya indwara.[1]

Indwara ya SIDA: Ni uruhurirane rw'ibimenyetso by'indwara z'ibyuririzi zinyuranye zifata umuntu bitewe n'uko ubudahangarwa kamere bw'umubiri buba

butagifite ubushobozi bwo kumurinda indwara kuko buba bwarashegeshwe na virusi itera SIDA.

Uburyo Virusi itera SIDA yanduriramo:

- Gukora imibonano mpuzabitsina idakingiye n'uwanduye Virusi itera SIDA,
- Gutizanya/gusangira ibikoresho bikomeretsa (urugero: gukoresha urushinge rumwe ku bantu bitera ibiyobyabwenge, cyangwa abivuzwa hakoreshejwe uburyo bwa magendu, ibikwasi, inzembe) n'umuntu wanduye Virusi itera SIDA,
- Ababyeyi bafite Virusi itera SIDA bashobora kwanduza abana mu igihe cyo kuvuka cyangwa konka badakurikiranwe n'abaganga.
- Izindi ndwara zandurira mu mibonano mpuzabitsina zishobora gutera udusebe zikongera ibyago byo kwandura Virusi itera SIDA mu igihe habayeho imibonano mpuzabitsina idakingiye.

Hakorwa iki kugira ngo turinde akato n'ihazwa ku banduye Virusi itera SIDA?

- Kugira inama umuntu ufite ubwandu bw'agakoko gatera SIDA kujya kwivuzwa, yahabwa imiti akayinywa akurikije amabwiriza kugirango abashe kubaho igihe kirekire.
- Gukangurira imiryango kudaha akato abayibamo banduye virusi itera SIDA kuko bibafasha kugira ubuzima bwiza.
- Iyo uwanduye virusi itera SIDA atiyitayeho cyangwa atitaweho arushaho kwiheba, kwigunga n'ibindi

bityo ubuzima bwe bukarushaho kuba bubi akaba yapfa vuba cyangwa bigatuma ahisha ko yanduye bityo agakomeza kwanduza abandi no gukwirakwiza Virusi itera SIDA.[1]

Nakora iki kugira ngo ngire ubuzima burambye mu igihe nanduye virusi itera SIDA?

- Kurya indyo yuzuye no gukora imyitozo ngororamubiri
- Kuruhuka bihagije no kwirinda kwigunga
- Kwisuzumisha kwa muganga kenshi
- Gufata imiti igabanya ubukana bwa virusi itera SIDA neza kandi ku igihe
- Kwirinda ibiyobyabwenge, inzoga n'itabi
- Kwifata cyangwa gukoresha agakingirizo neza kandi buri igihe kugira ngo urinde ubuzima bwawe n'ubw'abandi.
- Kwivuzza hakiri kare indwara yose igufashe
- Kumenyeshya muganga vuba ikintu cyose gihindutse mu buzima bwawe.
- Kwirinda kwanduza abandi.

- Gukomeza gukora inshingano zaweho nk'uko bisanzwe no kugira intego kandi ukagambirira kuyigeraho.

Ni ubuhe buryo virusi itera SIDA itakwanduriramo?

Virusi itera SIDA ntiyandurira mu:

- Gusomana
- Gukoresha igikombe kimwe n'uwanduye virusi itera SIDA

- Kuramukanya n'uwayanduye
- Gukina n'uwayanduye
- Gusangira ibiribwa
- Gukoresha umusarane umwe
- Gusura umurwayi kwa muganga
- Kurumwa n'umubu

Ni bande bafite ibyago byinshi byo kwandura virusi itera SIDA?

- Ababana umwe muribo afite ubwandu bwa virusi itera SIDA
- Abakora umwuga w'uburaya
- Abagabo baryamana n'abandi bagabo. [7]

3. AKATO N'IHEZWA

3.1. Akato

Akato ni iki?

Ni iteshwagaciro rikorerwa bamwe mu bantu bagize umuryango cyangwa umuryango Nyarwanda hashingiwe ku myitwarire cyangwa imiterere yabo.[1]

Akato ni ukubangamira uburenganzira bw'ibanze bwa muntu.



3.2. Ihezwa

Ihezwa ni iki?

Ihezwa ni ingaruka z'akato zishobora kugaragazwa no kutitabwaho, kudahabwa uburenganzira ukwiye, kudahabwa agaciro bitewe n'umuco runaka, umuryango cyangwa ikindi kintu cyose abantu bashingiraho nk'indangagaciro.[1]



Amoko y'ihezwa	Amoko y'akato
<ul style="list-style-type: none">Ihezwa rishingiye ku gitsinaIhezwa rishingiye ku matekaIhezwa rishingiye ku miterere y'umuntuIhezwa rishingiye ku ruhu, ubwoko, gutwita, virusi itera SIDA, ubwenegihugu, idini, ururimi, n'ibindi	<ul style="list-style-type: none">Akato umuntu yihaAkato umuntu ahabwa n'umuryango we cyangwa umuryango nyarwandaAkato gaturuka mu batanga serivisi (abarimu, abaganga, cyangwa se mu zindi nzego zitandukanye.

4. KWIRINDA INDA ZITATENGANYIJE NO KUBONEZA URUBYARO

Kuboneza urubyaro ni iki?

Ni uburyo umuryango cyangwa umuntu ugeze mu gihe cyo kororoka (kubyara) ahitamo gukoresha kugira ngo abyare umubare w'abana yifuza kandi mu gihe ashaka.[8]

Kuboneza urubyaro bikorwa n'abajyanama b'ubuzima, abaganga ku kigo nderabuzima cyangwa irindi vuriro ribyemerewe.



Mugihe ugize ikibazo gitewe n'uburyo ukoresha bwo kuboneza urubyaro/kwirinda gusama wegera ikigo nderabuzima kikwegereye bakakugira inama, byaba ngombwa bakaguhindurira bakaguha ubundi buryo bukunogeye.

Iyo ukoresheje uburyo bwo kuboneza urubyaro/kwirinda gusama ukabuhagarika ushobora gusama uko ubyifuza.

Icyitonderwa: Umuntu wese utarabyara ntago aboneza urubyaro ahubwo akoresha uburyo bwo **kw'irinda gusama**.

Akamaro ko kwirinda gusama/kuboneza urubyaro

- Birinda ingimbi, abangavu n'urubwiruko gutera cyangwa gusama inda
- Bigabanya impfu z'abana n'ababyeyi
- Ni uburyo bufasha abashakanye kubyara umubare w'abana bifuzwa kandi mu gihe babyifuza.
- Birinda umuryango gutakaza umutungo mu mibereho ya buri muni
- Biha umuryango gutuza no gutekana
- Bifasha igihugu mu iterambere
- Byongera icyizere cyo kubaho
- Byongera ubusabane n'urukundo mu bashakanye no mu muryango bikagabanya umwiryane n'inzangano.
- Bituma uburezi mu mashuri bukorwa ku buryo bunozwe.[1]

“Ingaruka zo kutirinda gusama/kuboneza urubyaro ni imbusane z'akamaro ko kwirinda gusama/kuboneza urubyaro”



Umuryango waboneje urubyaro



Umuryango utaraboneje urubyaro

4.2. Uburyo bukoreshwa mu kuboneza urubyarwo/kwirinda gusama.

- **Uburyo bwa kamere** (kugenzura ururenda, uburyo bwo konsa, n'uburyo bwo kubara ku muntu ufite iminsi idahinduka)
- **Uburyo bw'igihe kigufi** (agakingirizo k'umugabo n'ak'umugore, inshinge n'ibinini)
- **Uburyo bw'igihe kirekire** (Agapira ko mu mura gafite umusemburo kamara imyaka 5 n'akadafite umusemburo kamara imyaka 10, agapira ko mu kizigira cy'akaboko k'imyaka itatu (3) n'ak'imyaka itanu (5).
- **Uburyo bwa burundu** (Kwifungisha burundu ku mugore no kwifungisha burundu ku mugabo). [6], [8], [9]

4.2.1. Uburyo bwa kamere

Mu buryo bwa kamere dusangamo

Konsa: Ubu buryo busaba konsa gusa inshuro nyinshi zishoboka ku manywa na nijoro, nta kindi uhayeho umwana kugeza agejeje amezi 6 kandi umubyeyi atarasubira mu mihango nyuma yo kubara.

Uburyo bwo kubara: ubu buryo bukoreshwa iyo umugore cyangwa umukobwa yakurikiranye iminsi y'ukwezi kwe mu gihe byibura cy'ameza 6. (***murebe formule yavuzwe haruguru***)

Kugenzura ururenda mu gitsina: Mu gihe umugore cyangwa umukobwa ari mu gihe cy'uburumbuke haza ururenda rurekuye rwerurutse kandi rudacika.

Muri iyo minsi urubonye aba ashobara gusama. Ni byiza kwirinda gukora imibonano mpuzabitsina idakingiye.

Uburyo bwo kugenzura ubushyuhe bw'umubiri:

Ni uburyo bushingiye ku kumenya igihe cy'uburumbuke bapima ubushyuhe bw'umubiri, ubukoresha yifata ubushyuhe bw'umubiri buri munsu mu gitondo mbere yo kubyuka mu gitsina cyangwa mu kanwa.

Uburyo bw'iminsi idahinduka (Urunigi)

Ubu ni uburyo bwo kwirinda gusama by'igihe kigufi bukaba bukorwa umugore/umukobwa abara iminsi ye akoresheje urunigi ariko bukorwa n'abagore/abakobwa ukwezi kwabo kuri hagati y'iminsi 26 na 32 bugakorwa hakurijwe amabara y'amasaro ari kuri urwo runigi.

Uko bukorwa urunigi






Ku runigi hariho impeta ugenda wimura ku isaro buri munsu.

Icyo amabara y'amasaro asobanura:

1. Isaro 1 **ritukura** ryerekana umunsu wa mbere w'imihango);
2. Amasaro 6 **yijimye** yerekana iminsi itari iy'uburumbuke;

3. Amasaro 12 **y'umweru** cyangwa y'irindi bara rikeye yerekana iminsi y'uburumbuke;
4. Amasaro 13 **yijimye** yerekana indi minsi itari iy'uburumbuke [1]

4.2.2. Uburyo bw'igihe kigufi

Agakingirizo	Hari agakingirizo k'abagabo n'ak'abagore
<p>Ibinini</p> <p><i>Ibinini birinda gusama inda zitateganyijwe</i></p>  <p><i>Ibinini by'ingoboka</i></p> 	<p>Ibinini birinda gusama inda zitateganyijwe binyobwa buri munsu mu gihe cy'iminsi 30 bikarinda gusama. Akamaro kabyo ni ugutuma hatabaho irekurwa ry'intanga buri kwezi, ariko ntibihagarika imihango. Kugira ngo umugore yirinde neza agomba kunywa ibinini byose biri mu gapaki yahawe.</p> <p>Ibinini by'ingoboka binyobwa mu gihe kitarenze amasaha 72 umaze gukora imibonano mpuzabitsina idakingiye. Ibi binini biboneka ku bigo nderabuzima, amavuriro, na farumasi hose mu gihugu.</p>
<p>Inshinge</p> 	<p>Ni urushinge umugore aterwa rimwe mu kwezi cyangwa mu mezi atatu rukamurinda gusama muri icyo gihe cyose.</p>
<p>Imiti yica intanga ngabo.</p>	<p>Ni imiti basiga mu gitsina cy'umugore mbere yo gukora imibonano mpuzabitsina, igafasha kwica intangangabo zitaragera mu nkondo y'umura.</p>

[8], [9]

Agakingirizo

Agakingirizo ni iki?

Agakingirizo ni agafuka gakoze mu bwoko bw'isashe bworohera cyane.[1] Hariho amoko abiri y'udukingirizo (ak'abagabo n'ak'abagore).



Agakingirizo k'abagabo



Agakingirizo k'abagore

Akamaro k'agakingirizo

- Karinda umugore gusama: Iyo umugabo asohoye, amasohoro aguma mu gakingirizo ntiyinjire mu nda ibyara y'umugore cyangwa umukobwa.
- Karinda kandi abakorana imibonano mpuzabitsina kwanduzanya Virusi itera SIDA cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.

Agakingirizo karahendutse, kaboneka henshi mu Rwanda kandi kugakoresha biroroshye.

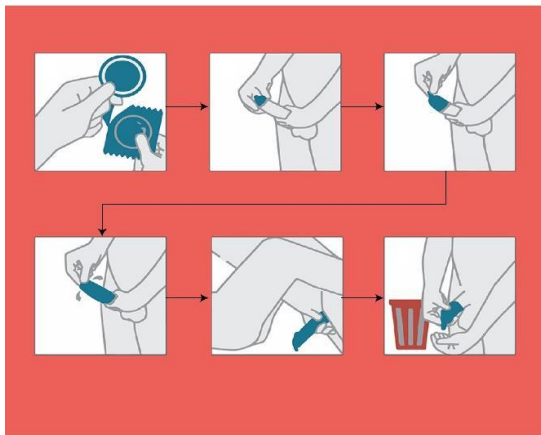
Gukoresha agakingirizo

Agakingirizo k'abagabo kambarwa ku gitsina cy'abagabo cyafashe umurego, naho ak'abagore kagasesekwa mu nda ibyara y'umugore.

Agakingirizo, kaba ak'abagabo cyangwa ak'abagore, kagomba gukoreshwa rimwe gusa.

Uko agakingirizo k'abagabo gakoresheka:

1. Banza urebe niba agakingirizo katararenza igihe cyo gukoreshwa;
2. Gakande wumwe ko umwuka urimo, katangiritse;
3. Fungura agapaki witonze n'intoki zawe, urebe niba kadahinduriye;
4. Fata ku mutwe w'agakingirizo kugira ngo umwuka uvemo;
5. Komeza ufate ku mutwe w'agakingirizo, ukazingurire ku gitsina cyafashe umurego kose kugeza aho igitsina gitereye;
6. Nyuma yo gusohora, fatira agakingirizo aho igitsina gitereye, hanyuma wiyake mugenzi wawe;
7. Gapfundike ukajugunye aho imyanda yagenwe kujugunywa.



Uko agakingirizo k'abagore gakoreshwa

1. Banza urebe niba agakingirizo katararenza igihe cyo gukoreshwa.
2. Funguza intoki gusa uhereye ku ruhande rw'iburyo.
3. Kanda ku mutwe w'agakingirizo
4. Hitamo uburyo bukorohye bwo kwambara agakingirizo: uhagaze akaguru kamwe kari kuntebe, wicaye cyangwa uryamye
5. Injiza agakingirizo mu gitsina uhereye ku mutwe wako, ukore kuburyo katizinga
6. Ukoresheje urutoki rwegereye igikumwe, sunika agakingirizo kuburyo impeta y'agakingirizo iguma hanze y'igitsina
7. Yobora igitsina cy'umugabo wirinde ko cyanyura ku ruhande
8. Mu gihe imibonano mpuzabitsina irangiye, zinga impeta y'agakingirizo, maze ugakurure witonze ukavane mu gitsina.
9. Kazingire mu gipapuro hanyuma ukajugunye ahagenwe kujugunya imyanda.



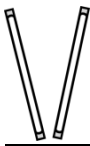
Imyumvire itaboneye ku bijyanye no gukoresha agakingirizo:

- Gutekerezwa gukora imibonano mpuzabitsina ukoresheje agakingirizo bituma hatabaho kunyurwa;
- Kumva ko gukoresha agakingirizo byerekana ko abantu badakundana/batizerana;
- Gutekerezwa ko gukora imibonano mpuzabitsina rimwe udakoresheje agakingirizo bitakwanduza virusi itera SIDA;
- Kugira impungenge ko agakingirizo gashobora guhera mu mukobwa cyangwa umugore.



4.2.3. Uburyo bw'igihe kirekire

Agapira ko mu kaboko



Uburyo bw' agapira bukoreshwa bashyira agapira karimo umusemburo munsu y'uruhu rw'akaboko k'abagore/abakobwa bikabarinda gusama inda zitateganyijwe, kandi bigakorwa na muganga gusa. Ubu buryo bugizwe n'amoko abiri ariyo **Implanom** ikoresheya mu gihe cy'imyaka itatu, hakaba na **Jadelle** ikoresheya mu kurinda gusama mu igihe cy'imyaka itanu.

Agapira ko mu mura



Ubu ni uburyo bukoreshwa hashyirwa agapira gafite **ishusho y'inyuguti ya T** mu mura w'umugore kugira ngo gatangire intangangabo zireke gukomeza ngo zijye guhura n'intangangore. Ibi birinda umugore/umukobwa gusama mu gihe cy'imyaka itanu kugeza kuri cumi n'ibiri.

4.2.4. Uburyo bwa burundu

Ni uburyo bukoreshwa mu kwirinda gusama/kuboneza urubyaro mu gihe cya burundu.

- Ku **bagabo** bakata imiyoborantanga kugira ngo intangangabo zitanyuramo, bityo bikamurinda gutera inda;
- Ku **bagore** bikorwa hakatwa imiyoborantanga itwara igi rizavamo umwana, bityo bikamurinda gusama.

Uburyo bwa burundu bushishikarizwa abagabo n'abagore batifuza kongera kubyara.



Kwifungisha burundu ku bagabo



Kwifungisha burundu ku bagore

Icyitonderwa: Uretse kwifata no gukoresha agakingirizo ubundi buryo bwavuzwe hejuru bwo kwirinda gusama, ntiburinda kwandura Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina idakingiye.

Igihe ugize ikibazo mu kwirinda gusama/kuboneza urubyaro mu buryo bwavuzwe hejuru, biba byiza iyo uhise ujya ku kigo nderabuzima kikwegereye kugira ngo baguhe ubufasha; nibiba ngombwa babe bakugira inama y'ubundi buryo wakoresha mu kwirinda gusama/kuboneza urubyaro.

5. TUMENYE, DUKUMIRE KANDI TURWANYE IHOHOTERA RISHINGIYE KU GITSINA

Ihohotera rishingiye ku gitsina ni iki?

Ni igikorwa icyo ari cyo cyose kibi gikorerwa umuntu, haba ku mubiri, mu mitekerereze, ku myanya ndangagitsina no kumwima uburenganzira ku mutungo, kubera ko ari uw'igitsinagore cyangwa uw'igitsinagabo. Icyo gikorwa kimuvutsa uburenganzira bwe kandi kikamugiraho ingaruka mbi. Iryo hohoterwa rishobora gukorerwa mu ngo cyangwa hanze yazo.[10]

5.1. Amoko y'ihohotera rishingiye ku gitsina

Ihohotera rishingiye ku gitsina ririmo amoko 4:

1, Ihohotera rikorewe ku myanya ndangagitsina

- Gusambanya umwana,
- Kwangiza imyanya ndangagitsina,
- Gufata ku ngufu,
- Gukoresha imibonano mpuzabitsina ku gahato uwo mwashyiriranwe,
- Gukoreshwa ibikorwa by'urukozasoni n'ibindi.

Ihohotera rikomeretsa umutima

- Guhozwa ku nkeke,
- Guteshwa agaciro,
- Gutukwa, gucunaguzwa no gucyurirwa,
- Kubuzwa umudendezo kubera imiterere karemano, kuba yarabuze urubyaro cyangwa kubyara abana b'igitsina kimwe.

Ihohotera rikomeretsa umubiri

- Kwica,
- Gukubita no gukomeretsa,
- Guhutaza,
- Gutwika kimwe mu bice by'umubiri,
- Guhana umwana birenze urugero.



Ihohotera rishingiye ku mutungo

- Kutagira ijamba ku micungire y'umutungo w'urugo,
- Kuvutswa uburenganzira ku murimo,
- Kwimwa uburenganzira bwo kuzungura,
- Kwanga guhahira urugo.

5.2. Zimwe mu mpamvu zitera ihohotera

- Kudaha umugore cyangwa umugabo agaciro n'uburenganzira akwiye nk'ikiremnamuntu,
- Kudasobanukirwa uburenganzira bwa muntu,
- Guteshuka ku nshingano za kibyezi,
- Gushaka kwikubira,
- Imyitwarire idahwitse no gutakaza indangagaciro ziganisha ku kubana mu mahoro: ubusambo, ubusinzi

n'ibiyobyabwenge, gucana inyuma, ubuharike, ubushoreke, ubwamanzi, kutita ku nshingano, intonganya za buri muni, kurwana, gukubita no gukomeretsa

- **Imyumvire iri hasi ku ihame ry'uburinganire:**
- Ububasha butangana hagati y'abagore n'abagabo mu gufata ibyemezo bibareba, ibiteza imbere urugo, kutumvikana ku micungire y'umutungo w'urugo no kuwukoresha nabi...;
- Kutagira umuco wo kuganira no gukemura ibibazo mu ituze;
- Kubyara abana badahwanye n'ubushobozi buhari bwo kubarera;

5.3. Zimwe mu ngaruka z'ihohotera rishingiye ku gitsina

K'uwahohotewe

- Urupfu,
- Kwanduzwa Virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina idakingiye,
- Ubugumba n'ubundi bumuga bw'umubiri,
- Gutwita inda itateganijwe cyangwa guterwa inda kw'abangavu
- Ihungabana no kwiheba,
- Umutekano muke mu muryango,
- Kugira ipfunwe muri sosiyete,
- Gutakaza icyizere cyo kubaho.

K'uwakoze icyaha

- Gufungwa no kuba umutwaro ku muryango we n'igihugu,
- Kudindira mu kwiteza imbere no guteza imbere umuryango we,
- Icyimwaro no guta agaciro mu bandi,
- Kwandura Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina idakingiye,
- Guhorana inkomanga ku mutima.



Kuri sosiyete n'Igihugu muri rusange

- Amakimbirane mu miryango,
- Ubukene mu miryango no mu gihugu muri rusange,
- Indwara zitandukanye zibasira abagize umuryango (Bwaki, Impiswi, Malaria, SIDA, n'izindi),
- Kugira abana b'inzererezi ...

5.4. Wakora iki igihe ukorewe cyangwa ubonye umuntu ukorerwa ihohotera rishingiye ku gitsina?

Niba wahuye n'ihohotera cyangwa wamenye uwarikorewe, ihutire gutanga amakuru kugira ngo ibimenyetso bisigasirwe,

- Gana Isange One Stop Center (IOSC) ikwegereye urahasanga abakozi biteguye kukwakira no kugufasha.
- Ihutire kugera ku kigo nderabuzima cyangwa ibitaro bikwegereye,
- Ihutire kugera kwa muganga

- Sigasira ibimenyetso (wikaraba cyangwa ngo ukuremo umwenda w'imbere) kugira ngo bifashe inzego bireba gukurikirana uwakoze icyaha,
- Fasha uwahohotewe kubona ubufasha bwihuse, bukwiye kandi umufashe kugera ku nzego bireba.

5.5. Serivisi zashyizweho mu gufasha abahohotewe

Mu rwego rwo kurushaho gukumira no kurwanya ihohotera rishingiye ku gitsina, Leta y'u Rwanda yashyizeho serivisi zitandukanye zirimo:

- Isange One stop Centre (IOSC),
- Inzu y'Ubufasha mu by'Amategeko (MAJ),
- Serivisi ishinze gukurikira ibibazo by'ihohotera rishingiye ku gitsina ikorera mu bushinjacyaha bukuru.

Isange One Stop Centre (IOSC)

Iyi serivisi yashyizweho hagamijwe gufasha uwahohotewe kubona serivisi zitandukanye, zihuse, zigatangirwa ahantu hamwe kandi ku buntu. Iyi serivisi ikorera mu bitaro by'Akarere no ku kigo nderabuzima.[11]

Ni zihe serivisi zitangirwa muri Isange One stop Centre?

Iyo uwahohotewe agiye kuri Isange One Stop Centre, ahabwa serivisi zikurikira:

▪ Serivisi z'ubuvuzi

Uwahohotewe asuzumwa n'umuganga w'inzobere, agakorerwa ibizami hagamijwe kureba ko nta ndwara yanduye, gukingirwa kwandura Virusi itera SIDA no gusama.

Ibyo bigakorwa mu gihe hatararenga amasaha 72 ihohotera ribaye.

▪ **Serivisi mu by'isanamitima**

Uwahohotewe ahabwa ubujyanama mu by'ihungabana mu rwego rwo kumuhumuriza no kumufasha kwiyakira.

Uwahohotewe kandi ashobora gucumbikirwa by'igihe gito, hagamijwe kubanza kumuhumuriza no kumurindira umutekano mu gihe hagishakishwa uburyo yasubira mu muryango we.

▪ **Serivisi z'ubutabera**

Uwahohotewe yakirwa n'umugenzacyaha wa RIB akamubwira ihohotera yakorewe, bityo hagatangira isuzuma no gukurikirana icyo kirego kugira ngo ahabwe ubutabera bwihuse kandi bunoze.

Uretse guhabwa serivisi z'ubuvuzi no kubona ubutabera, Isange One Stop Centre itangira ibikorwa byo gusubiza mu buzima busanzwe uwahohotewe.

Ubujyanama mu mategeko: Kuri Isange IOSC kandi hari serivisi y'ubujyanama mu mategeko ndetse ashobora no gufashwa gutanga ikirego cy'indishyi

6. DUKUMIRE KANDI TURWANYE GUSAMBANYA UMWANA

Umwana ni nde?

Itegeko N°71/2018 ryo ku wa 31/08/2018 ryerekeye kurengera umwana, risobanura umwana nk'umuntu wese

(umuhungu cyangwa umukobwa) utarageza ku myaka cumi n'umunani (18) y'amavuko.

Gusambanya Umwana ni iki?



Ingingo ya 133 y'Itegeko N°68/2018 ryo ku wa 30/08/2018 riteganya ibyaha n'ibihano muri rusange isobanura ko umuntu wese ukorera ku mwana kimwe mu bikorwa

bishingiye ku gitsina bikurikira aba amusambanyije:

- Gushyira igitsina mu gitsina, mu kibuno cyangwa mu kanwa k'umwana;
- Gushyira urugingo urwo arirwo rwose rw'umubiri w'umuntu mu gitsina, cyangwa mu kibuno cy'umwana;
- Gukora ikindi gikorwa cyose ku mubiri w'umwana hagamijwe ishimishamubiri.[10]

Ingaruka zo Gusambanya umwana

- Bimutera ihungabana rikabije;
- Gutwara inda imburagihe, bityo bikamuviramo guta ishuri, gutereranwa n'umuryango we na sosiyete muri rusange;
- Kwandura indwara zandurira mu mibonano mpuzabitsina harimo na virus itera SIDA;



- Bishobora kumutera ubumuga cyangwa ibindi bikomere bidakira.

Twakumira dute isambanywa ry’abana?

Mubyeyi:

- Haranira guha no gukurikirana uburere bwiza bw’umwana wawe ndetse n’uw’abandi;
- Ganiriza abana (abahungu n’abakobwa) ku buzima bw’imyororokere ndetse n’izindi ngingo zigamije kubaremamo icyizere cy’ejo hazaza;
- Irinde amakimbirane mu muryango kuko aba intandaro ituma abana bajya gushakira ahandi ubuzima bwiza;
- Haranira imibereho myiza y’abagize umuryango wawe ndetse wite ku nshingano za kibyeyi;
- Toza abana kurangwa n’umuco n’indangagaciro nyarwanda;
- Toza abana gukunda umurimo unoze ndetse no kwirinda ibishuko n’irari;
- Tanga amakuru k’uwasambanyije umwana byaba byamuviriyemo gutwita cyangwa atatwise.

Wafasha iki umwana wahohotewe bikamuviramo gutwara inda imburagihe?

Mubyeyi cyangwa undi wese ufite inshingano yo kurera:

- Mufashe kubona ubutabera bunoze ku cyaha yakorewe
- Mufashe kubona serivisi zo kwa muganga akeneye
- Irinde ku muhoza ku nkeke no kumubwira amagambo akomeretsa umutima

- Mufashe gusubira mu buzima busanzwe no kongera kwigirira icyizere.
- Niba yarataye ishuri mufashe kurisubiramo.
- Niba yarateranywe n'umuryango we akaba atagira aho aba, mufashe kubona aho aba, ndetse umufashe kongera kumuhuza n'umuryango we).
- Wimuha akato ndetse ubishishikarize n'abandi
- Mufashe kubona amikoro yo kubaho we n'umwana

7. TUMENYE, DUKUMIRE KANDI TURWANYE ICURUZA RY'ABANTU

Icuruzwa ry'abantu ni iki?

Ni ibikorwa bihindura umuntu igicuruzwa hagamijwe kumubyaza inyungu, hakoreshejwe uburiganya, ibikangisho, imbaraga cyangwa agahato. Ibi bikorwa bishobora gukorerwa imbere mu gihugu cyangwa mu mahanga.

Icuruzwa ry'abantu rikorwa rite?

Abenshi bacuruzwa bashukwa ko bagiye guhabwa akazi keza mu mahanga cyangwa imbere mu gihugu, kwishyurirwa amashuri mu mahanga, gushaka umugabo n'ubundi buriganya butandukanye.

Icuruzwa ry'abantu ryibasira bande?

- Urubyiruko (cyane abakobwa)
- Abana baba mu miryango irimo amakimbirane
- Abana bacikije amashuri



- Abana b'imfubyi
- Urubyiruko rudafite akazi /abashomeri

Abacuruzwa bakoreshwa iki?

- Ibikorwa by'urukozasoni birimo gukinishwa filime z'urukozasoni
- Kugirwa igikoreshe cy'uburaya
- Gukoreshe imirimo y'ubucakara
- Gukurwamo zimwe mu ngingo z'umubiri zikagurishwa
- Gushorwa mu bikorwa binyuranyije n'amategeko nko gucuruza ibiyobyabwenge ...

Ingaruka z'Icuruzwa ry'abantu

- Urupfu
- Gutakaza ingingo z'umubiri
- Gutwara inda imburagihe
- Kwanduzwa virus itera SIDA n'zindi ndwara zandurira mu mibonano mpuzabitsina
- Ihungabana rikabije
- Gucikiza amashuri
- Gutakaza icyizere cy'ubuzima
- Guhinduka imbata y' ibiyobyabwenge, ibikorwa by'urukozasoni n'ubusambanyi.

Wakora iki mu gukumira no kurwanya icuruzwa ry'abantu?

- Tanga amakuru ku gihe aho ubonye, uketse cyangwa wumvise icuruzwa ry'abantu
- Mubyeyi, haranira guha abana bawe uburere bwiza

- Shishoza igihe umwana akubwiye ko hari umuntu uri kumushakira akazi mu mahanga cyangwa ahandi hantu runaka imbere mu gihugu; amashuri meza mu mahanga cyangwa imbere mu gihugu.
- Gira amakenga, wishukwa n’uwari we wese ukwizeza ubuzima bwiza hanze y’igihugu cyawe
- Amahoteri, utubari n’abandi batanga serivisi z’amacumbi barasabwa kugenzura ko nta babagana bafite imigambi y’icuruzwa ry’abantu

Numero zitishyurwa wahamagara ho

Ushobora kandi gutanga amakuru ku ihohotera iryo ari ryo ryose cyangwa icuruzwa ry’abantu ku mirongo ya telefoni itishyurwa ikurikira:

- **Ku bana:** Urwego rw’Igihugu rw’Ubugenzacyaha **(RIB): 116** n’ Ikigo cy’Igihugu Gishinzwe Imikurire no Kurengera Umwana **(NCDA): 711**
- Polisi y’u Rwanda: **3512**; Ubushinjacyaha Bukuru: **3677**
- Ku uwahohotewe uwo ari we wese: **3512 (RIB)**, Isange One Stop Center **(IOSC):3029**; Urwego rw’Igihugu Rushinzwe Kugenzura Iyubahirizwa ry’Uburinganire n’Ubwuzuzanye bw’Abagore n’Abagabo mu Iterambere ry’Igihugu **(GMO): 5798 na** Ministeri y’Uburinganire n’Iterambere ry’Umuryango **(MIGEPROF): 9059**

8. SHUGA DADI CYANGWA SHUGA MAMI NI IKI?

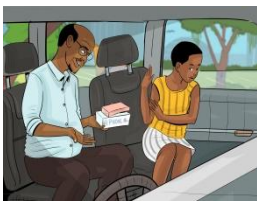
Ni abantu bakuze bakorana imibonano mpuzabitsina cyangwa ibikorwa by’ishimishamubiri n’abangavu, ingimbi cyangwa urubiruko barusha imyaka bitwaje ibishuko ibyo aribyo byose nk’amafaranga, kubizeza

ibitangaza n'ibindi. Iyo ari umugabo yitwa shuga dadi, naho iyo ari umugore yitwa shuga mami.

Nubwo abangavu n'ingimbi bakunda kugwa mu bishuko kubera ubukene, ikigare, ibiyobyabwenge n'ibindi, ibi bibagiraho ingaruka nko guterwa inda ku bangavu, indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA, kuva mu mashuri imburagihe, n'izindi nyinshi bikaba byakwangiza ejo heza habo.



Shuga mami



Shuga dadi

Zimwe mu ngamba zo kwirinda ba shuga dadi na ba shuga mami

- Ugomba kumenya kuvuga **“OYA”** yanyayo kandi ukanabyerekana mu myifatire yawe, kubagusaba gukora imibonano mpuzabitsina cyangwa ibindi bikorwa by'ishimisha mubiri. Abangavu n'ingimbi bagomba kubwira ababyeyi/ababarera mu gihe bahuye na ba shuga dadi cyangwa shuga mami.
- Twese hamwe twamagane cyane abagabo cyangwa abagore bashora urubyiruko cyane abangavu mu mibonano mpuzabitsina.[1]

9. TUMENYE KANDI TWIMAKAZE IHAME RY'UBURINGANIRE N'UBWUZUZANYE MU MURYANGO

Uburinganire n'ubwuzuzanye bw'abagore n'abagabo ni iki?

Ni ukugira amahirwe angana kandi asesuye ku bagore n'abagabo yo gukoresha uburenganzira bwabo bwa muntu n'ubushobozi bwabo, bakagira uruhare rungana mu bikorwa byose by'iterambere ry'igihugu haba mu rwego rwa politiki, ubukungu, imibereho myiza n'umuco ndetse n'umuryango bakanabona ku musaruro uvuyemo ku buryo bungana.[10]

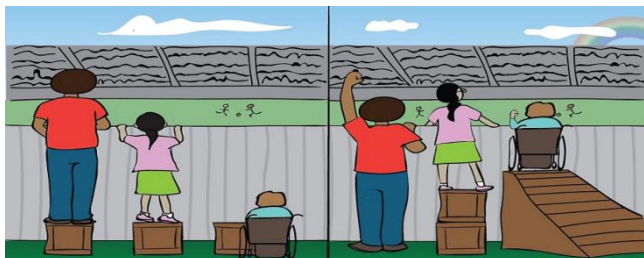


Uburinganire: Ni uburyo abantu bose bagira uburenganzira bungana, bagira ishimwe n'amahirwe angana hatitawe ko bavutse ari ab'igitsina-gore cyangwa igitsina-gabo. Bukubiyemo kugira uburenganzira

bungana, kunganya agaciro, kugira irangamimerere rimwe no kugira uburenganzira bungana ku mutungo.[12]

Icyitonderwa: *Uburinganire ntabwo bivuga ko abagore n'abagabo baba kimwe; ahubwo ko amahirwe ndetse n'impinduka zo mu buzima bitazitiwe cyangwa ngo bibe bishingiye ku gitsina. Uburinganire ntabwo ari ikibazo kireba abagore gusa ahubwo bureba abagore n'abagabo kandi babugiramo uruhare.*

Ubwuzuzanye: Ni ukuvuga ukuri no kutabogama bijyanye n'uburyo umugabo n'umugore bafatwa ukurikije ibyo bakenera. Harimo kwemera ko hariho ubusumbane no gushyiraho ingamba zo kugera ku buringanire hagati y'abagore n'abagabo.[12]



Uburinganire

ubwuzuzanye

9.1. Inyungu zo kwimakaza ihame ry'uburinganire n'ubwuzuzanye

- Bituma uburenganzira bw'ikiremhamuntu bwubahirizwa
- Byihutisha iterambere ry'igihugu, kandi ntawe usigaye inyuma
- Bifasha kwihutisha iterambere ry'umuryango/urugo
- Bitanga uburenganzira n'amahirwe angana ku bagize sosiyete (abagabo n'abagore, abahungu n'abakobwa), bityo bigatuma babasha kugaragaza impano zabo ndetse bakanabyaza umusaruro amahirwe bagenerwa n'igihugu mu nzego zitandukanye.
- Bigabanya imvune zishingiye ku mirimo sosiyete igenera bamwe hashingiye ku gitsina cyabo.

9.2. Ingaruka zikomoka ku kutimakaza ihame ry'uburinganire n'ubwuzuzanye



- Kudindira kw'iterambere ry'umuryango/urugo n'iry'igihugu muri rusange.
- Gutakaza uburere bwiza bw'abana
- Kuvutsa bamwe uburenganzira n'amahirwe angana bagenewe nk'ikiremnamuntu.
- Kuba intandaro y'ibibazo bibangamira iterambere n'imibereho myiza by'umuryango.

10. UBURENGANZIRA BUSHINGIYE KU BUZIMA BW'IMYOROROKERE

Uburenganzira bwa muntu ni iki

Umuryango w'abibumbye uharanira uburenganzira bwa muntu usobanura ko uburenganzira bwa muntu ari uburenganzira dufite kubera ko turiho nk'abantu, nta gihugu na kimwe kibutanga. Ubu burenganzira rusange butureba twese hatitawe ku bwoko, igitsina, inkomoko y'igihugu cyangwa ibara, idini, ururimi, cyangwa ikindi kintu icyo ari cyo cyose. [13]

Umuntu wese afite uburenganzira bungana n'ubwa mugenzi we hatitawe ku bwenegihugu, igitsina, imyemerere, ubwoko, ibara ry'uruhu, aho akomoka, ururimi cyangwa ibindi bimuranga.

Umuntu yakwa uburenganzira kubera impamvu runaka zihariye (urugero: Mu gihe bigaragaye ko yakoze ibyaha runaka)

10.1. Uburenganzira bushingiye ku buzima bw'imyororokere

Itegeko N° 21/05/2016 ryo ku wa 20/05/2016 ryerekeye ubuzima bw'imyororokere y'abantu rivuga ko umuntu wese afite uburenganzira bungana n'ubw'undi mu bijyanye n'ubuzima bw'imyororokere y'abantu. Ntawe ushobora kuvutswa ubwo burenganzira kubera ivangura iryo ariryo ryose.[14]

Bumwe mu burenganzira ku buzima bw'imyororokere:

- Uburenganzira bwo gufatwa kimwe no kudahenzwa muri gahunda z'ubuzima bw'imyororokere
- Uburenganzira bwo kubaho
- Uburenganzira ku busugire bw'umubiri
- Uburenganzira bwo gushaka, gushinga urugo no kugira umuryango
- Uburenganzira ku kubahiriza ubuzima bwite bwa muntu no kugirirwa ibanga
- Uburenganzira bwo kubona amakuru no kwigishwa
- Uburenganzira ku buzima buzira umuze.[14]

Icyitonderwa: Kugira uburenganzira ku buzima bw'imyororokere ntibivuze kwishora mu mibonano mpuzabitsina ukiri muto. Ku ngimbi n'abangavu ni byiza kwifata kugeza igihe bashatse.

Iyo kwifata byanze ni byiza gukoresha agakingirizo neza kandi buri gihe, mu rwego rwo kwirinda inda zidateganyijwe, virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina.[4]

11. UBUMENYI BWAGUFASHA KUBAHO NEZA

11.1. Ibyiciro by'ubumenyi bwagufasha kubaho neza

11.1.1. Ubumenyi buhagije bwo kwimenya

- Kumenya ibyo ukunda n'ibyo wanga
- Kumenya aho ugira intege nke n'aho ufite imbaraga kurusha ahandi.
- Kwiyubaha, kwiyubahisha no kuba inyangamugayo,
- Kwigirira icyizere.

11.1.2. Kumenya no kubana neza n'abandi

- Kumenya kubaka umubano n'abandi
- Kwishyira mu mwanya wa mugenzi wawe
- Kwirinda agakungu k'urungano
- Kumenya gushyikirana no kumvikana
- Kumenya kuganira ibyubaka.

11.1.3. Ubumenyi mu gufata ibyemezo bikwiye

- Gusesengura ibitekerezo mbere yo gufata icyemezo
- Kumenya kuvuga oya no kumenya ko nta muntu ukwiye kugukoresha icyo udashaka
- Gukemura ibibazo
- Guhanga udushya.

11.2. Agaciro k'ubuzima

- Ubuzima ni impano ihebuje
- Ni inshingano ya buri wese kurinda no kwita ku buzima bwe ndetse n'ubwa bagenzi be
- Ubuzima butandukanya umubiri wapfuye n'umubiri muzima
- Umuntu muzima aharanira ubuzima ntaharanira urupfu
- Buri cyemezo dufata kigira ingaruka ku buzima bwacu zaba nziza cyangwa mbi.

11.3. Ibyiyumviro by'urukundo

- Ni ibisanzwe kugira ibyiyumviro by'urukundo cyangwa kumva ukunze umuntu agasa n'aho agukurura.
- Urukundo rwerekanwa mu buryo bwinshi butandukanye.
- Urukundo no kwita ku muntu ntibivuze kugirana imibonano mpuzabitsina.
- Kudakora imibonano mpuzabitsina nibwo buryo bwiza k'urubyiruko bwo kwirinda gusama n'indwara zandurirwa mumibonano mpuzabitsina zirimo virusi itera SIDA.[2]

12. IBIYOBABWENGE

12.1. Ibiyobyabwenge ni iki?

Ikiyobyabwenge ni ikintu cyose gihindura imitekerereze n'umyitwarire bikagira ingaruka ku buzima bw'umuntu, cyaba kinyowe, gihumetswe cyangwa gitewe mu rushinge, n'ubundi buryo bwose cyafatwamo.[15]

12.2. Ubwoko bw'ibiyobyabwenge

Dushingiye ku rutonde rw' ibiyobyabwenge ruteganywa n' amategako igihugu cyacu kigenderaho, ibikunze kugaragara ni:

- | | |
|-----------------|----------------|
| ✓ Urumogi | ✓ Kole |
| ✓ Kanyanga | ✓ Chief waragi |
| ✓ Mayirungi | ✓ Suzie waragi |
| ✓ Mugo (Heroin) | ✓ Cocaine |
| ✓ Lisansi | ✓ Muriture |
- ✓ Ibinini byo kwa muganga bikoreshwa nk'ibiyobyabwenge nka Rohypinol, Diazepam na Morphine.[16]

12.3. Ingaruka z'ibiyobyabwenge



Turwanye ibiyobyabwenge



Gukoresha ibiyobyabwenge

Ingaruka k'umuntu ku giti cye

- Kugabanya ubushobozi bw'umubiri bwo kwirinda indwara bigatuma urwaragurika
- Gusaza imburagihe
- Kuba imbata y'ibiyobyabwenge ntugire icyo wimarira
- Indwara zifata imyanya y'ubuhumekero cyane biturutse ku itabi
- Kanseri yo mu kanwa, mu mihogo, mu menyo, mu bihaha, igifu (cyane cyane bituruka ku itabi)
- Indwara y'umwijima (urushwima)
- Indwara z'umutima (kudatembera neza kw'amaraso)
- Kwishora mu bikorwa by'urugomo ndetse no gukora ihohotera.
- Kwishora mu mibonano mpuzabitsina idakingiye bikamuviramo kwandura virusi itera SIDA,
- Gutera cyangwa gutwara inda
- Guhungabanya ubuzima bw'umwana uri mu nda [1]

Ingaruka ku muryango

- Ubukene mu muryango, gusesagura amafaranga
- Gusenyuka kw'ingo bitewe n'umwe mu bagize umuryango ufata ibiyobyabwenge
- Kwica akazi no kubana nabi na bagenzi bawe
- Urugomo, ubujura, n'ubundi bugizi bwa nabi
- Gutakaza icyizere n'agaciro kuri bagenzi bawe no mu muryango
- Nta burere bukwiye umubyeyi ubifata aha abana be.

Ingaruka ku gihugu

- Kumunga ubukungu bw'igihugu n'imiryango bitewe ahanini nuko ababifata batagira imitekerereze iboneye yo kwiteza imbere no kubaka igihugu.
- Gutunga abantu b'imburamukoro
- Umutekano muke mu gihugu, n'ibindi.

12.4. Ese ni iki gituma urubyiruko rwishora mu ibiyobyabwenge?

- Ikigare no kujyana n'ibigazweho: kumva ko bagenzi bawe babinywa nawe ukabigana
- Amatsiko: gushaka kumva uko bimera
- Kugabanya umunaniro: kubikoresha bibwira ko biwubakiza
- Imyumvire: kumva ko bibongerera ubwenge cyangwa ubushobozi.
- Kubura uburere bw'ababyeyi
- Uruhare rwa sosiyete tubamo
- Uruhare rw'imbuga nkoranyambaga n'itangazamakuru (binyuze muri filime no kwamamaza)
- Kuba ababyeyi babinywera mu rugo, kuba abaturanyi babinywa, n'ibindi.



13. NI IZIHE SERIVISI ZIGENEWE URUBYIRUKO?

- Guhabwa inyigisho zerekeranye n' ubuzima bw' imyororokere
- Guhabwa inyigisho n'uburyo bwo Kwirinda Gusama/kuboneza urubyaro
- Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina
- Gukumira ihohotera rishingiye ku gitsina no gufasha abarikorewe
- Ubujyanama no gupima Virusi itera SIDA
- Ubujyanama no gupima abitegura kurushinga
- Inyigisho zigamije gukumira inda mu bangavu
- Ubujyanama ku gupima no gukurikirana abakobwa batwite
- Ubujyanama bujyanye no kwirinda gukuramo inda mu buryo budakurikije amategeko no kwita ku wagizweho n'ingaruka zo gukuramo inda.
- Inyigisho ku kamaro ko gukebwa ku bahungu no gutanga iyo serivisi
- Inyigisho ku buryo bwo kwihangira imirimo ibateza imbere.[2]

13.1. Aho wasanga serivisi zigenewe urubyiruko

- Abajyanama b'ubuzima
- Mu mavuriro
- Mu bigo by'urubyiruko
- Ku mashuri
- Muri farumasi n'ahandi.[2], [4]

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