



Imfashanyigisho ku buzima bw'imyororokere



Dusobanukirwe n'ubuzima bw'imyororokere mu rubyiruko rufite imyaka 10-14

Kigali, Werurwe 2021



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Ubuzima bw'emyororokere ni iki?



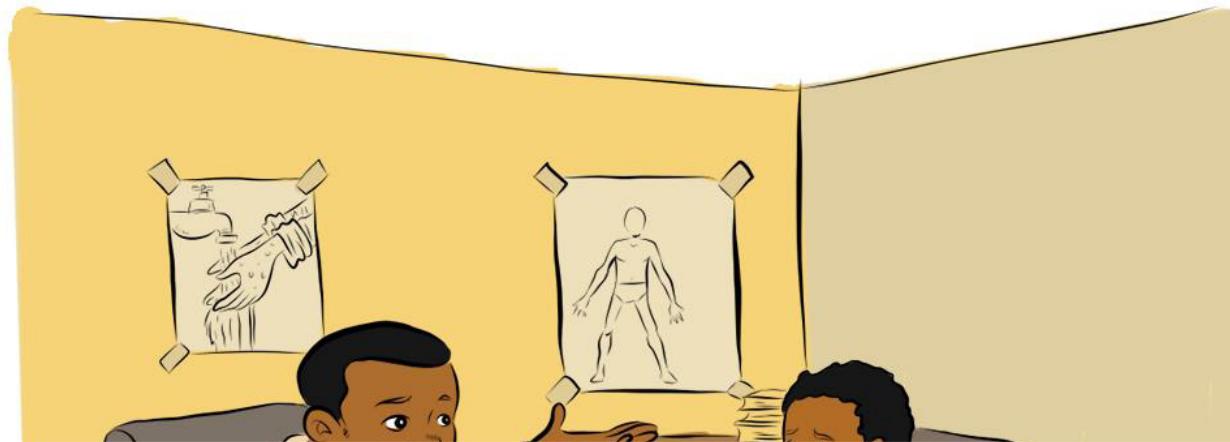
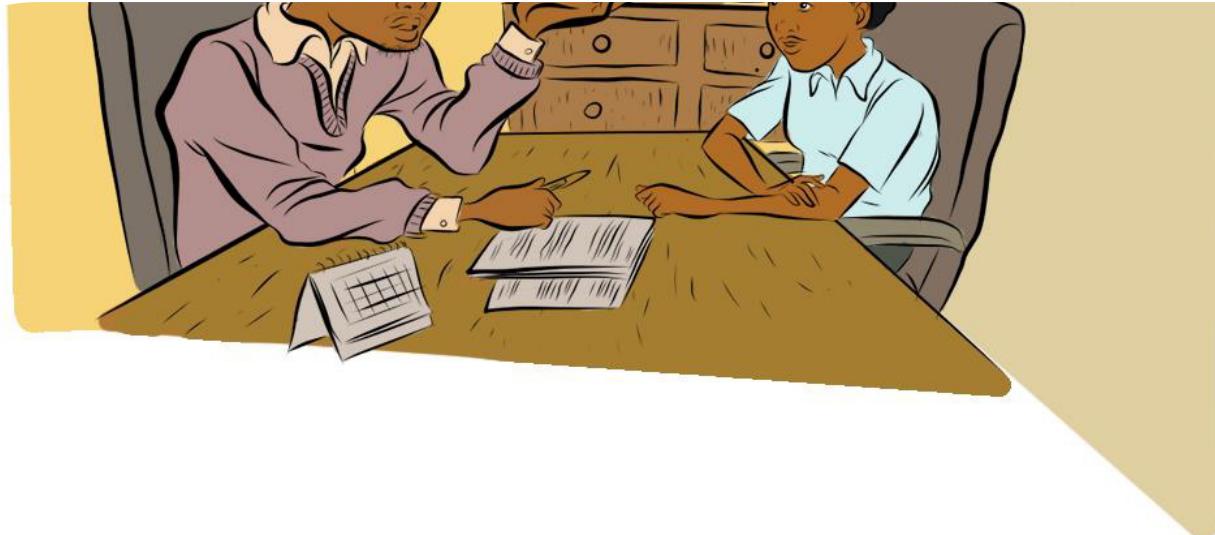
Ubuzima bw'imyoyorokere ni iki?

- Ubuzima bw'imyoyorokere ni imiterere, imikurire, imikorere n'imihindagurikire y'umubiri
- Ubuzima bw'imyoyorokere bisobanuye ubuzima mu bigendanye n'imyanya myibarukiro ndetse n'uburyo ikora.

Gusohora iyi mfashanyigisho mumashini (Re-printing) bikozwe ku nkunga y'umuryango w'ababiligi utsura amajyambere mpuzamahanga (ENABEL) ubinyujije mumuryango wa SFH Rwanda ikazifashishwa n'abakangurambaga b'urungano mugutanga ubutumwa bujyanye n'ubuzima bw'imyoyorokere mu urubyiruko .

Inyigisho ya 1:

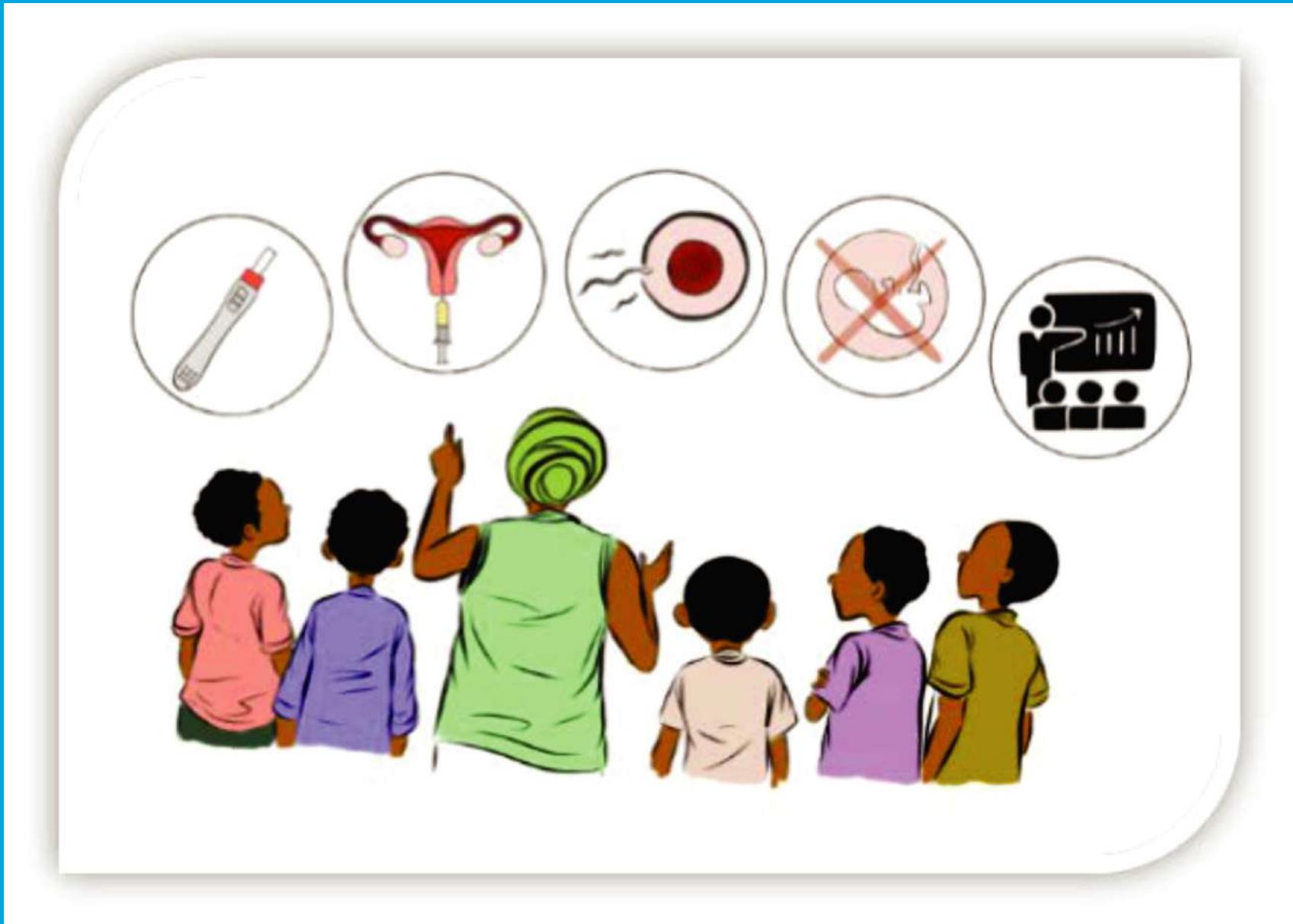
Serivisi zigenewe urubyiruko



Serivisi zigenewe urubyiruko

- Serivisi zigenewe urubyiruko ni serivisi zibanda cyane ku buzima bw'imyororokere nko gukumira inda z'abangavu, indwara zandurira mu mibonano mpuzabitsina n'ihohoterwa.
- Ni serivisi zizewe, ziboneka ku mavuriro, ku mashuri ku bigo by'urubyiruko n'ahandi
- Ni serivisi zisubiza ibibazo by'urubyiruko kandi zidahenze.
- Izo serivisi zitangirwa mu ibanga kandi mu buryo bunogeye urubyiruko.
- Zitangwa n'abakozi babihuguriwe kandi babifitiye uburenganzira cyangwa urubyiruko rwatoranijwe.
- Itangwa rya serivisi z'urubyiruko rikorwa neza hatabayeho gutegereza igihe kirekire.

Ni izihe serivisi zigenewe urubyiruko?



Ni izihe serivisi zigenewe urubyiruko?

1. Guhabwa inyigisho zerekeranye n' ubuzima bw' imyororokere
2. Guhabwa inyigisho n'uburyo bwo kuboneza urubyaro
3. Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina
4. Gukumira iohoterwa rishingiye ku gitsina no gufasha abarikorewe
5. Ubujanama no gupima Virusi itera SIDA
6. Ubujanama no gupima abitegura kurushinga
7. Inyigisho zigamije gukumira inda mu bangavu
8. Ubujanama ku gupima no gukurikirana abakobwa batwite
9. Ubujanama bujanye no kwirinda gukuramo inda mu buryo budakurikije amategeko no kwita ku wagize ingaruka zo gukuramo inda.
10. Inyigisho ku kamaro ko gukebwa ku bahungu no gutanga iyo serivisi
11. Inyigisho ku buryo bwo kwihangira imirimbo ibateza imbere

Aho wasanga serivisi zigenewe urubyiruko

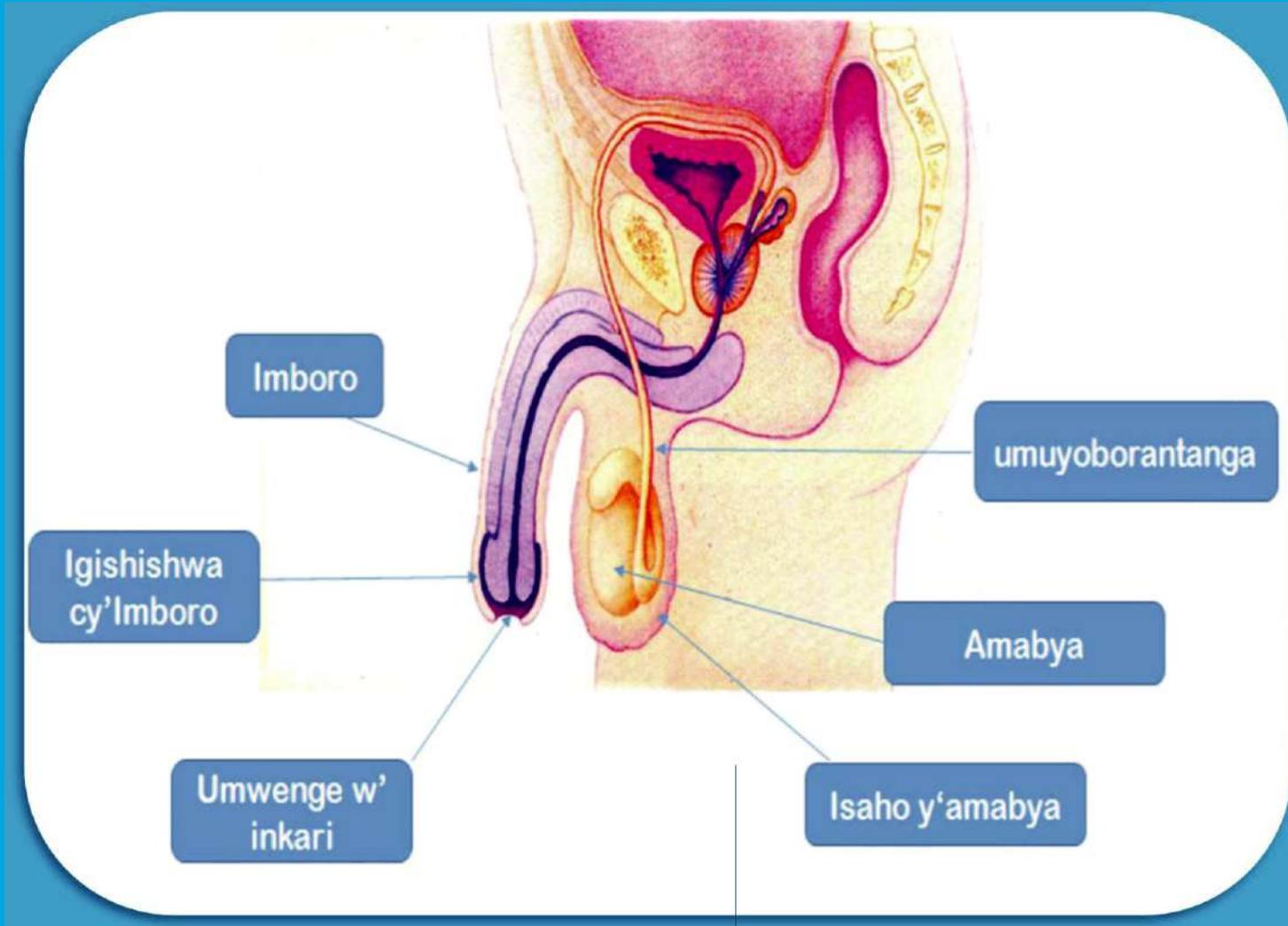


Aho wasanga serivisi zigenewe urubyiruko

- ✓ Mu mavuriro
- ✓ Mu bigo by'urubyiruko
- ✓ Ku mashuri
- ✓ Mu mafarumasi n'ahandi

Inyigisho ya 2:

Imyanya myibarukiro/ndangagitsina ku bahungu



Imyanya myibarukiro/ndangagitsina y'abahungu

1. Imboro:

- Ni urugingo rw'umubiri rwinjira mu nda ibyara y'umugore mu gihe cy'imibonano mpuzabitsina
- Ni igitsina cy'umuhungu kibyimba iyo ashaka gukora imibonano mpuzabitsina

2. Igishishwa cy'imboro:

- Nicyo gitwikira imboro
- Ni urugingo rukebwaho mu gihe cyo gukebwa

3. Umwenge w'inkari:

- Umwenge usohora inkari n'amasohoro

4. Isaho y'amabya:

- Ni agahu gatwikira kandi kakarinda amabya

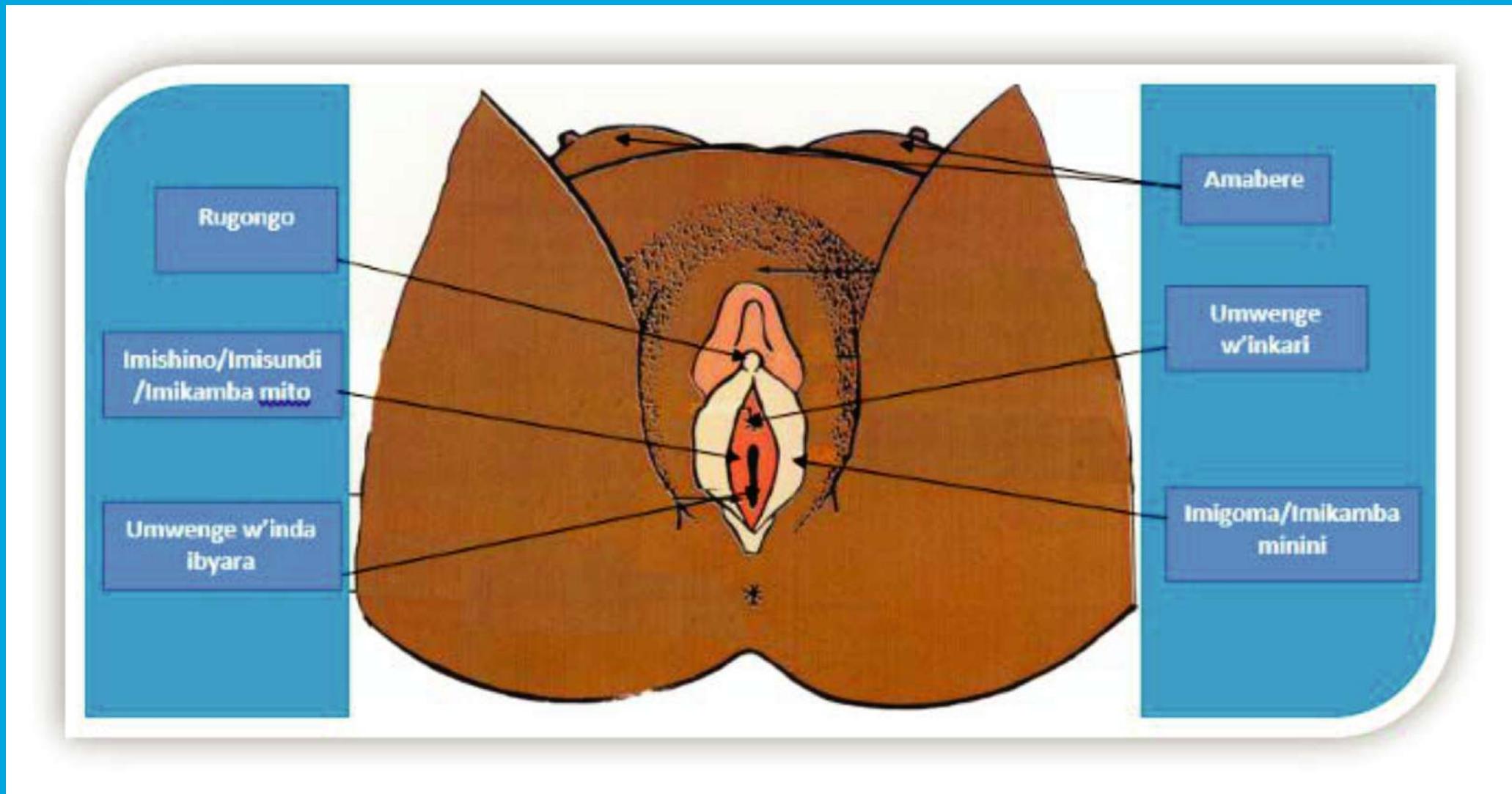
5. Amabya:

- Niho intangangabo zikorerwa kandi zibikwa

6. Umuyoborantanga:

- Niho intangangabo zinyura zisohoka

Imanya myibarukiro/ndangagitsina y'inyuma ku bakobwa



Imyanya myibarukiro/ndangagitsina y'inyuma ku bakobwa

1. Umwenge w'inda ibyara:

- ✓ Aho inda ibyara irangirira
- ✓ Aho imboro inyura yinjirira mu nda ibyara

2. Imishino/Imisundi/Imikamba mito:

- ✓ Itwikira kandi ikarinda umwenge w'inda ibyara

3. Rugongo:

- ✓ Umwanya utuma umukobwa/umugore ashaka gukora imibonano mpuzabitsina iyo umuhungu/umugabo awukozezo

4. Umwenge w'inkari:

- ✓ Niho inkari zisohokera

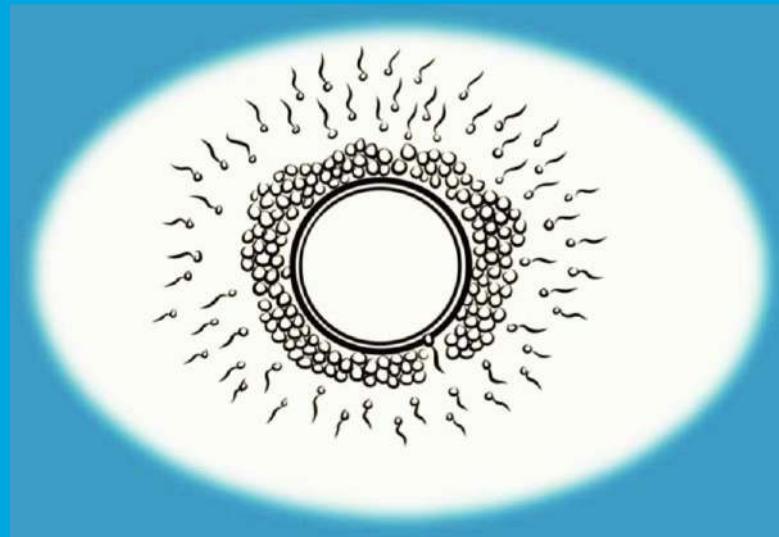
5. Imigoma/Imikamba minini:

- ✓ Itwikira imyanya ndangagitsina y'inyuma y'umugore
- ✓ Niyo bakurura mu gihe cyo guca imyeyo

6. Amabere:

- ✓ Ni ibice bibiri by'umubiri byiburungushuye biherereye ku gituza. Amabere yiyongera mu mubyimba mu gihe cy'ubwangavu kandi ni nayo atanga amashereka mu gihe cyo konsa.
- ✓ Imyanya ituma umukobwa/umugore ashaka gukora imibonanao mpuzabitsina iyo umuhungu/umugabo ayikozezo

Gusama ni iki?



Kujya mu mihangoo bisobanura iki?



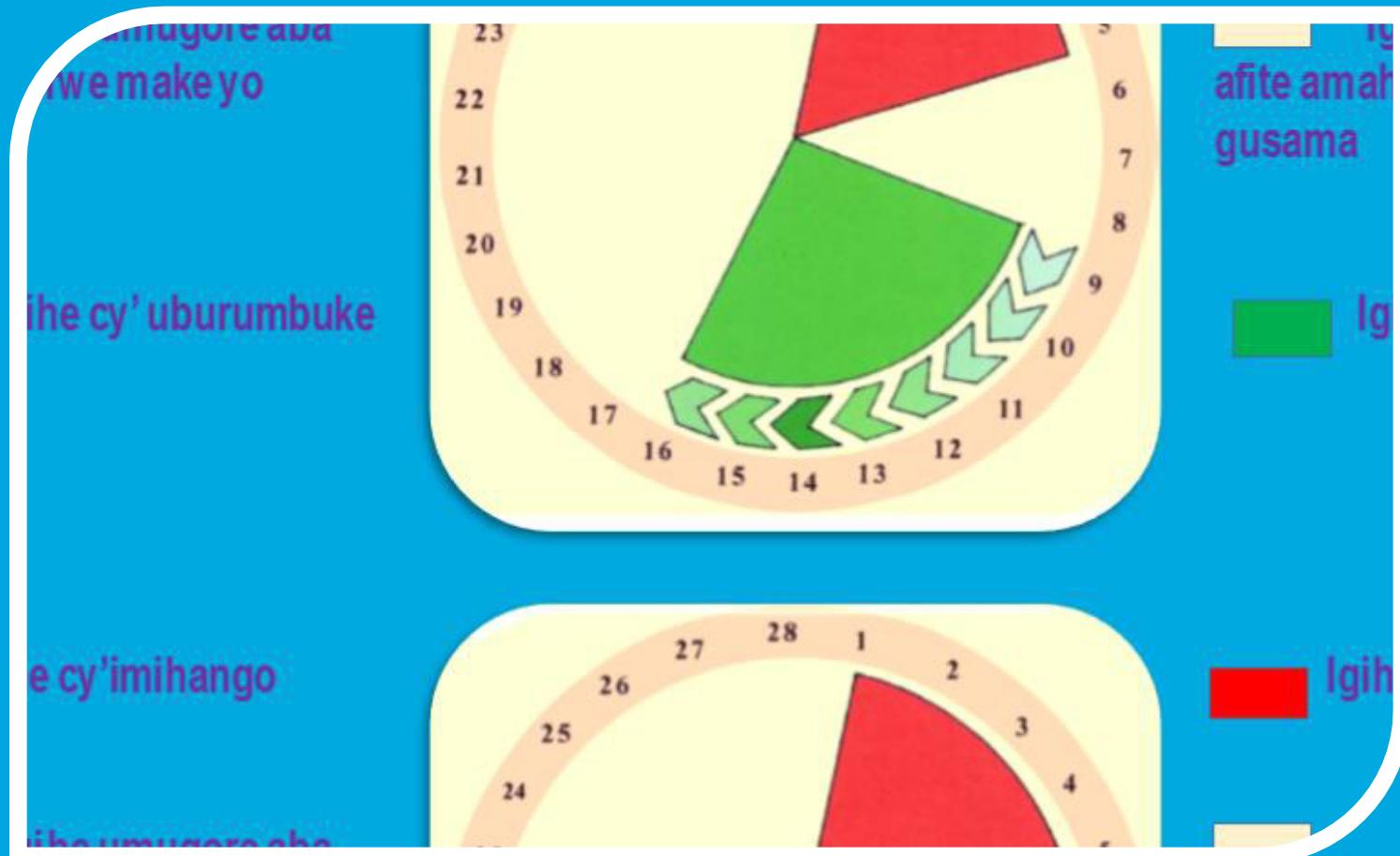
Gusama ni iki?

- Gusama bibaho iyo intanga ngore n'intangangabo bihuye bikabyara urusoro
- Muri rusange intangangabo imwe niyo yinjira mu ntangangore
- Urusoro nyuma y'isama ruva mu muyoborantanga rukajya mu mura/nyababyeyi aho ruzakurira
- Urusoro iyo rumaze gukura rwitwa umwana (umwana ushyitse avukira amezi icyenda)
- Urusoro rushobora gukurira ahandi hatari mu mura; icyo gihe iyo hatabonetse ubufasha bw'abaganga havuka ibibazo bishobora gutera urupfu rw'umubyeyi n'umwana.

Kujya mu mihangi bisobanura iki?

- Gusohoka hanze kw' amaraso aturutse muri nyababyeyi agasohokera mu gitsina cy'umukobwa
- Imihango bivuga ko nta sama ryabayeho, bityo aho urusoro rwari kuzakurira hagatangira komoka no kuva amaraso
- Ubusanzwe imihango imara hagati y'iminsi 3-5 muri rusange. Iyo minsi ishobora kugabanuka cyangwa ikarenga ku bagore cyangwa abakobwa bamwe na bamwe.
- Abakobwa bamwe bagira imihango ibababaza, ariko ntibivuga ko baba barwaye
- Gukora imibonano mpuzabitsina ntibivura kuribwa uri mu mihangi nk'uko bamwe babyibwira!
- Umuntu akoze imibonano mpuzabitsina ari mu mihangi ashobora gusama cyane cyane ku bantu bafite ukwezi guhindugurika!

Ukwezi k'umugore ni iki?



Ukwezi k'umugore ni iki?

- Ukwezi k'umugore ntibisobanura imihango ya buri kwezi. Ukwezi k'umugore gutangira umunsi wa mbere aboneyeho imihango kukarangira umunsi ubanziriza kubona imihango y'ukwezi gukurikiyeho.
- Ukwezi k'umogore kudahindagurika ugereranyije kumara iminsi 28 ariko gushobora no kumara iminsi 21-35 ku bagore bakuru cyangwa 21-45 ku bangavu.
- Ukwezi k'umugore guhindagurika kumara iminsi iri munsi cyangwa irenga iyavuzwe haruguru.
- Mu kwezi k'umugore habamo iminsi aba afite amahirwe yo gusama (“iminsi y'uburumbuke”), hakabamo n’indi minsi aba ari nta mahirwe (“Iminsi itari iy'uburumbuke”)yo gusama.
- Umugore arekura intangangore buri kwezi kwe. N’ubwo iyo ntangangore ibaho gusa amasaha 24 imaze kurekurwa, umugore ashobora gusama mu gihe cy’iminsi myinshi mu kwezi kwe kubera ko intanga ngabo ishobora kumara iminsi igeria kuri itanu ikiri nzima muri nyababyeyi mbere cyangwa nyuma y'uko intanga ngore irekurwa.
- Ni ngombwa kumenya uburumbuke bwawe no gusobanukirwa ukwezi k'umugore
- Ibyo bizagufasha kumenya umubiri wawe no gusobanukirwa uburyo bwo kuboneza urubyaro no kwirinda inda zidateganyijwe.

Isuku y' imyanya ndangagitsina

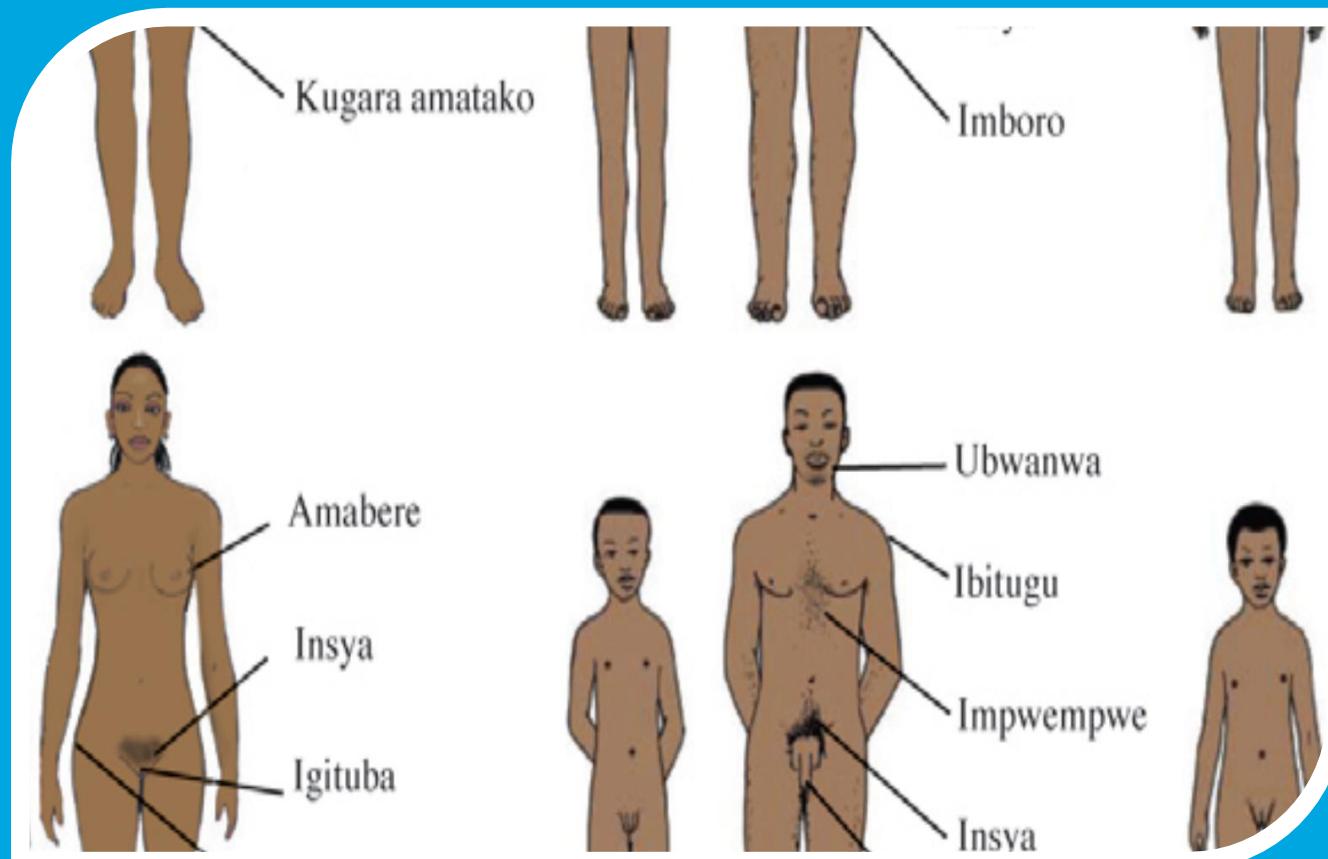


Isuku y'imyanya ndangagitsina

- Kutagira isuku y'imyanya ndangagitsina bitera:
 - ✓ Impumuro mbi mu gitsina
 - ✓ Indwara z' uruhu harimo n' indwara zandurira mu myanya ndangagitsina na kanseri
- Imyanya ndangagitsina igomba kozwa buri munsi hakoreshejwe amazi meza kandi ahagije
- Ku bahungu ni byiza gukunguta imboror igihe umaze kwiagarika
- Ku bakobwa ni byiza gusukura imyanya ngangagitsina hakoreshejwe urupapuro rwabigenewe cyangwa amazi nyuma yo kwiagarika
- Ni byiza gusukura mu kibuno hakoreshejwe amazi cyangwa igipapuro cyabugene we igihe umaze kwituma, uvana imbere ujyana inyuma
- Ni byiza gusukura mu ntiki igihe umaze gusukura imyanya ndangagitsina cyangwa uvuye ku musarane.
- Ni byiza kubanza koza mu gitsina ugakurikizaho mu kibuno, ariko ukoza uvana imbere werekeza inyuma.
- Birabujijwe gukoresha mu gitsina amasabune n'amavuta ahumura, imibavu cyangwa puderu kuko byakwangiza utunyangingo turinda umubiri
- Ku bahungu gukebwa ni bumwe mu buryo bw'isuku ariko nyuma yo kwisiramuza koza imyanya ndangagitsina bigomba gukomeza.

Inyigisho ya 3:

Ubugimbi n'ubwangavu



Ubugimbi n'ubwangavu ni iki?

- Ubugimbi n' ubwangavu ni igithe cy' imihindagurikire y' umubiri aho umuntu aba ari kuva mu bwana ajya mu bukuru, Icyo gihe gitangira hagati y' imyaka 12 na 14 ariko gishobora kuba mbere y'iyi myaka.
- Impinduka z'umubiri ku bakobwa:
 - ✓ Gukura mu gihagararo, kubyibuhu mu matakano no gukura kw' imyanya ndangagitsina muri rusange
 - ✓ Kumera insya, inshakwaha, amabere, umukobwa ashobora no kurwara ibishishi
 - ✓ Habaho kurekurwa kw' intangangore no kujya mu mihangi bwa mbere
 - ✓ Mu gihe cy'ubwangavu umukobwa ashobora gusama kabone n'ubwo yaba atarabona imihango bwa mbere
- Impinduka z'umubiri ku bahungu:
 - ✓ Gukura mu gihagararo, kubyibuhu mu gituza no gukura kw' imyanya ndangagitsina muri rusange
 - ✓ Kumera insya n' incakwaha, kumera ubwanwa n' impwemwe, kuniga ijwi kandi umusore ashobora kurwara ibishishi
 - ✓ Kwiroteraho cyangwa gusohora bwa mbere
 - ✓ Muri iki gihe umusore ashobora gutera inda igithe akoze imibonano mpuzabitsina idakingiye kabone n'ubwo yaba atariroteraho
- Impinduka z'imitekerereze n' ibiyumviro ku bahungu n'abakobwa:
 - ✓ Kwiyumvamo ko abandi batamwumva
 - ✓ Gushaka kwigenga aho kugengwa n'umuryango
 - ✓ Guhubuka mu gufata ibyemezo
 - ✓ Gutekereza no kwibaza cyane ku mpinduka zirimo kumubaho
 - ✓ Gutangira kwifuza gukora imibonano mpuzabitsina.

Inyigisho ya 4:

Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA



Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

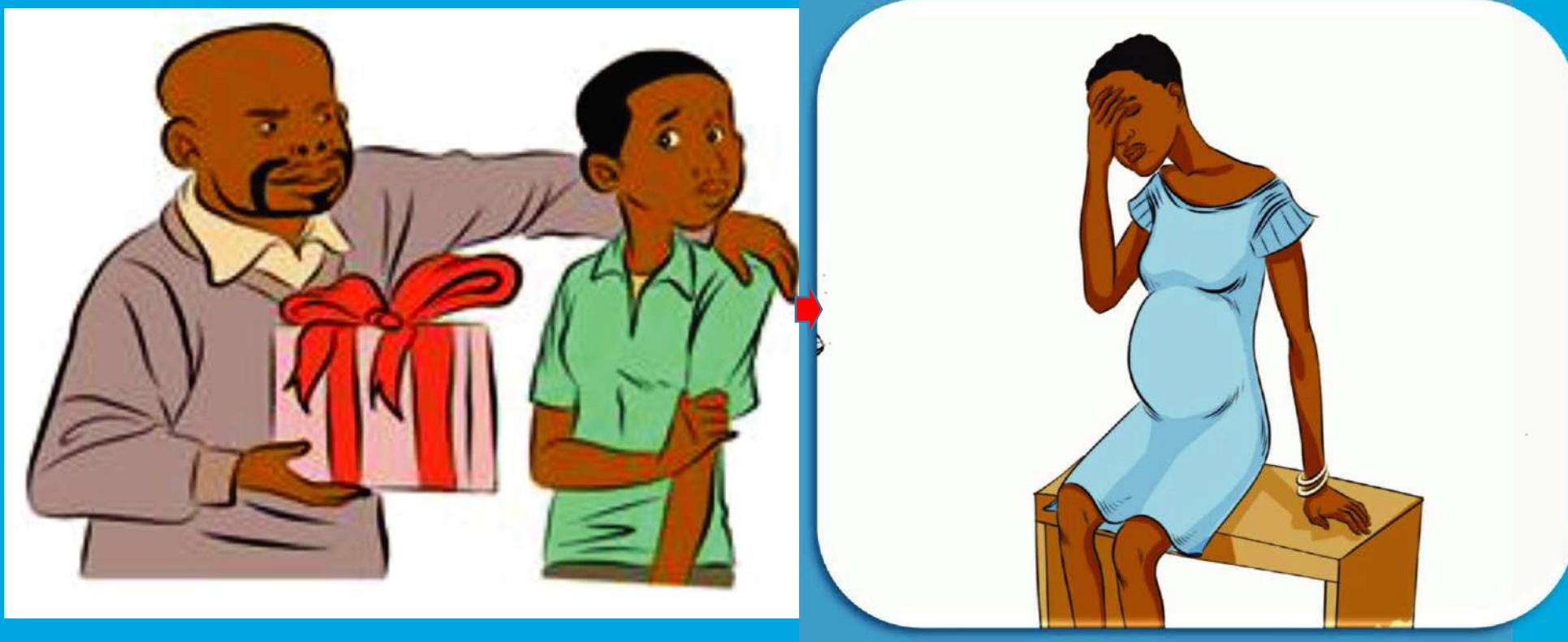
- Kwifata
- Ubudahemuka mu bashakanye
- Gukoresha agakingirizo igihe kwifata n'ubudahemuka byakunaniye
- Kwpimisha virusi itera SIDA ukamenya uko uhagaze
- Kwivuza ku gihe indwara zandurira mu mibonano mpuzabitsina
- Kwirinda gukoresha inshinge zakoreshejwe n'ibindi bikoresho bikomeretsa
- Kwisuzumisha inda no kubyarira kwa muganga igihe umubyeyi atwite
- Kwihiutira kujya ku kigo nderabuzima mu gihe wakoze imibonano
mpuzabitsina idakingiye utazi uko ahagaze cyangwa umuntu ubana na virusi
itera SIDA.
- Gufata imiti igabanya ubukana ku banduye
- Gukebwa ku bahungu bigabanya ibyago byo kwandura, ariko si urukingo

Icyotonderwa:

- ✓ Imibonano mpuzabitsina idakingiye yakwandumuza n'ubwo yaba ikozwe inshuro imwe
- ✓ Imiterere y'imyanya ndangagitsina y'umugore yorohereza kwandura indwara zandurira mu mibonano
mpuzabitsina
- ✓ Indwara zimwe na zimwe zandurira mu mibonano mpuzabitsina ku bakobwa/abagore ntizigira
ibimenyetso
- ✓ Ihohotera rishingiye ku gitsina ryibasira abakobwa/abagore cyane rikorwa n'abahungu/abagabo. Iyi ni
imwe mu nzira zo kwandura izi ndwara.

Inyigisho ya 5:

Uburyo bwo gukumira no kurwanya ugutwita kw'abangavu

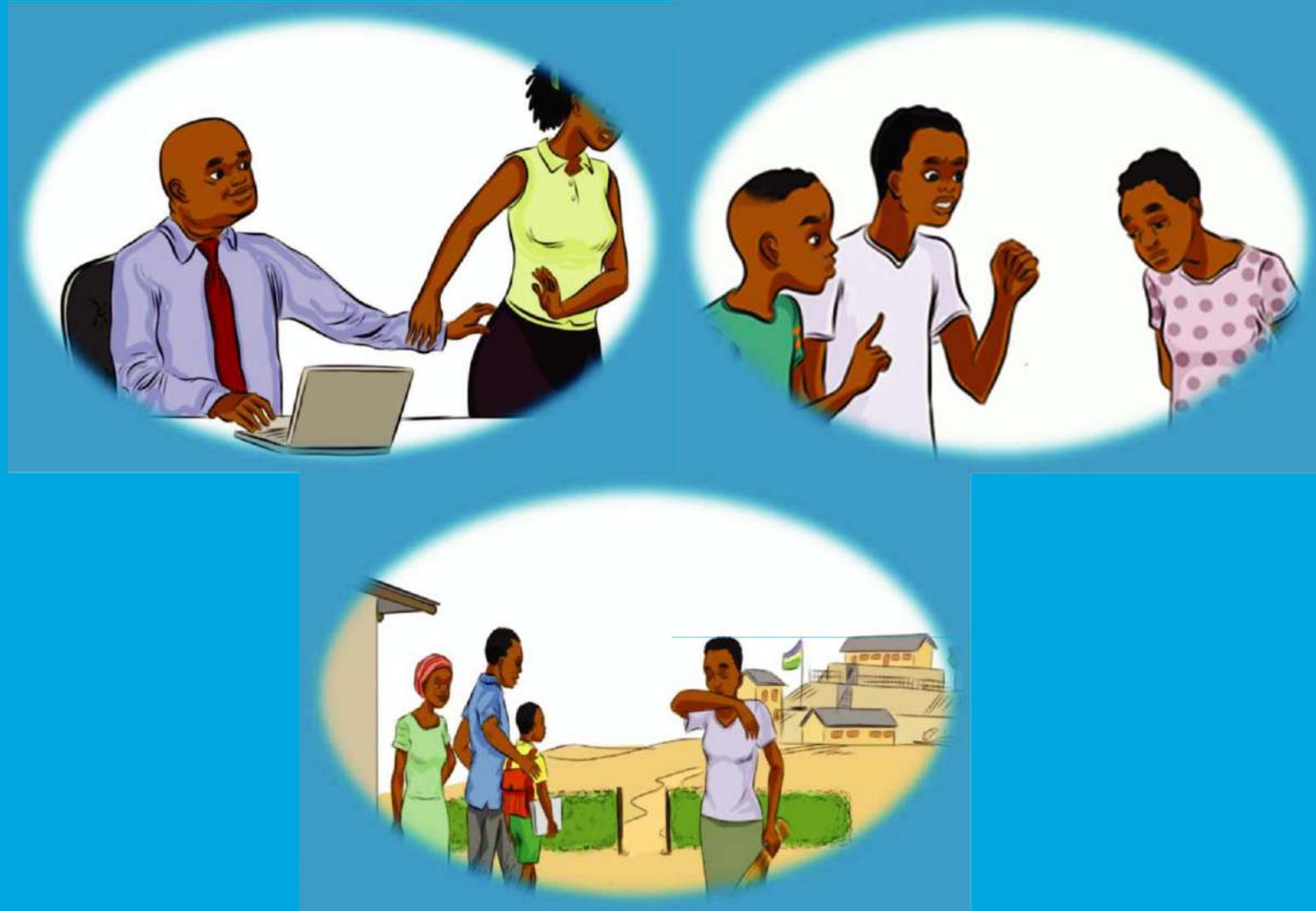


Uburyo bwo gukumira no kurwanya ugutwita kw'abangavu

- Kwifata
- Gukoresha agakingirizo
- Kumenya guhakanira abagushuka no kubatungira
agatoki inzego z'umutekano

Inyigisho ya 6:

Ihohoterwa rishingiye ku gitsina

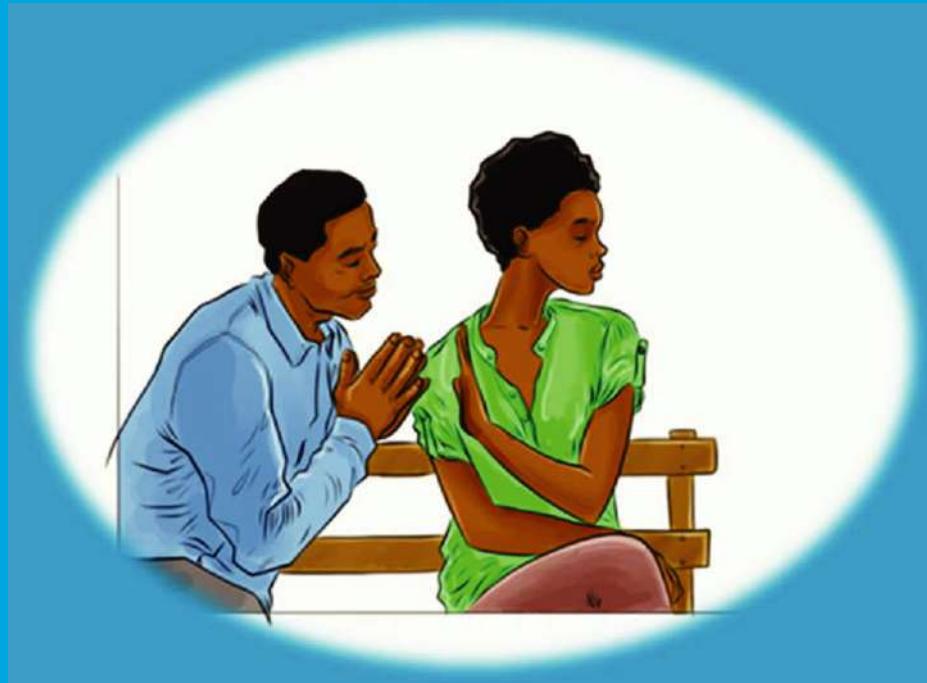


Amako y'ihohoterwa rishingiye kugitsina

Ibyiciro by'ihohoterwa rishingiye ku gitsina

- 1. Gufata ku ngufu:** igikorwa cyose kigendanye n'imibonano mpuzabitsina ku buryo butumvikanyweho cyangwa gikorewe umwana uri munsi y'imyaka 18
- 2. Gukubita cyangwa kwangiza umubiri:** gukubita cyangwa gukoresha imbaraga ku muntu ugira ngo umbabaze bishingiye ko ari igitsina gore cyangwa igitsina gabo.
- 3. Ihohoterwa rishingiye ku mutungo:** gukoresha imbaraga cyangwa ubusumbane mu gucunga umutungo w'urugo.
- 4. Kubabazanya:** igikorwa icyo ari cyo cyose gishobora kubabaza, cyangwa gutera uwoba mugenzi wawe kubera igitsina cye.

Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina



Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

- Kwirinda ba shuga mami naba shuga dadi hamwe no kudakururwa n'irari ry'ibantu
- Kwirinda kudakururwa n'imyitwarire y'abana b'ibirara
- Kwirinda gukoresha ibiyobyabwenge n'ibisindisha
- Kwirinda ubuzererezi n'ubwomanzi
- Kwirinda ubusambanyi
- Kudahishira ibikorwa bibi n'ihohoterwa ry'uburyo bwose
- Kubaha ababyeyi, abayobozi ndetse n'abarezi
- Guteza imbere imyigire y'umukobwa no gufasha abakobwa gukomeza amashuri

Inyigisho ya7:

Ibyiciro by'ubumenyi buhagije ku mibereho



Ubumenyi buhagije bwo kwimenza

- **Kwimenza:** Kumenya ibyo ukunda n'ibyo wanga ndetse no kumenya aho ugira intege nke n'aho ufile imbaraga kurusha ahandi.
- **Kwiyubaha no kwiyubahisha:** kuba inyangamugayo, kwigirira icyizere.

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.

Ubumenyi mu gufata ibyemezo bikwiye

- Gusesengura ibitekerezo mbere yo gufata icyemezo
- Gukemura ibibazo
- Guhangga udushya.

Agaciro k' ubuzima



Agaciro k'ubuzima

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

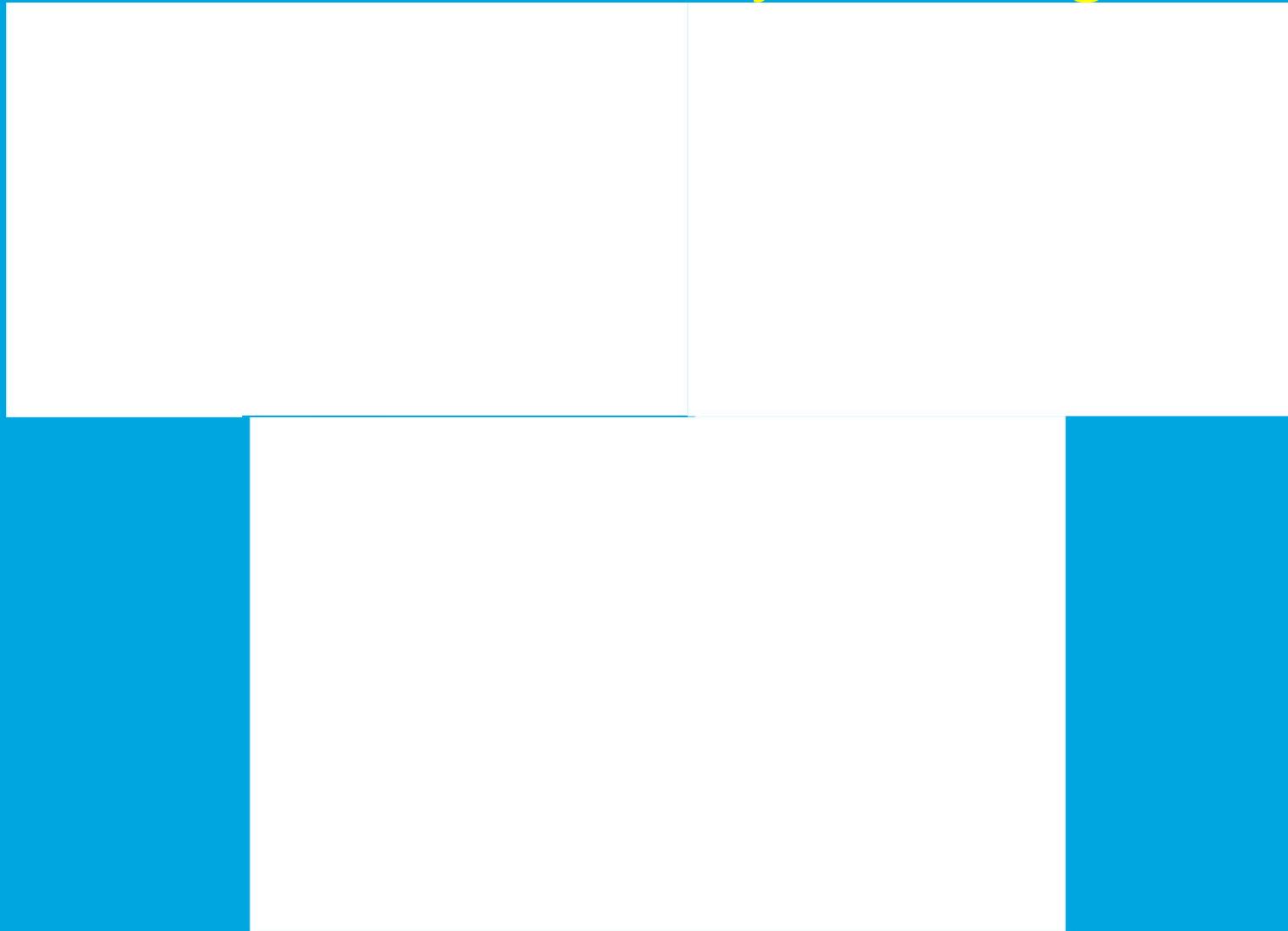
Ibyiyumviro by'urukundo



Ibyiyumviro by'urukundo

- Ni ibisanzwe kugira ibiyumviro by'urukundo cyangwa kumva ukunze umuntu agasa n'aho agukurura.
- Urukundo rwerekana wa mu buryo bwinshi butandukanye.
- Urukundo no kwita ku muntu ntibivuze kugirana imibonano mpuzabitsina.
- Kudakora imibonano mpuzabitsina nibwo buryo bwiza ku rubyiruko bwo kwirinda gusama n'indwara zandurirwa mu mibonano mpuzabitsina zirimo virusi itera SIDA.

Imyitwarire idahwitse mu rubyiruko n'ingaruka zayo



Imyitwarire idahwitse mu rubyiruko n'ingaruka zayo

Imyitwarire idahwitse mu rubyiruko n'ingaruka zayo

S/N	Imyitwarire	Ingaruka
1	Gukoresha ibiyobyabwenge	<ul style="list-style-type: none"> - Kutagira icyo utinya cyangwa wubaha - Impanuka - Kutabasha kwifatira icyemezo, bishobora kugushora mu mibonanano mpuzabitsina - Indwara zifata ibice bimwe na bimwe by' umubiri, kanseri, Umwijima, n'izindi - Gusesagura umutungo w' umuryango - Guhanwa n'amategeko no gufungwa - Urupfu
2	Gukora imibonano mpuzabitsina ukiri muto;	<ul style="list-style-type: none"> - Gutwita kw'abangavu/gutera inda ukiri muto ku bahungu - Kwandura indwara zandurira mumibonano mpuzabitsina zirimo na Virusi itera Sida - Ubugumba - Kanseri y' inkondo y' umura
3	Ubuzererezi n'ubwomanzi	<ul style="list-style-type: none"> - Kwandura indwara zandurira mu mibonano mpuzabitsina harimo na Virusi itera Sida - Gutwita kw'abangavu/gutera inda ukiri muto - Guhagarika amashuri n' ubukene.