



Imfashanyigisho ku buzima bw'imyororokere



Dusobanukirwe n'ubuzima bw'imyororokere mu rubyiruko ru ite imyaka 15-24

Kigali, Werurwe 2021



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INKUNGA Y'ABANYAMERIKA



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"Inspiring Healthier Lives"

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Ubuzima bw'imirorokere ni iki?



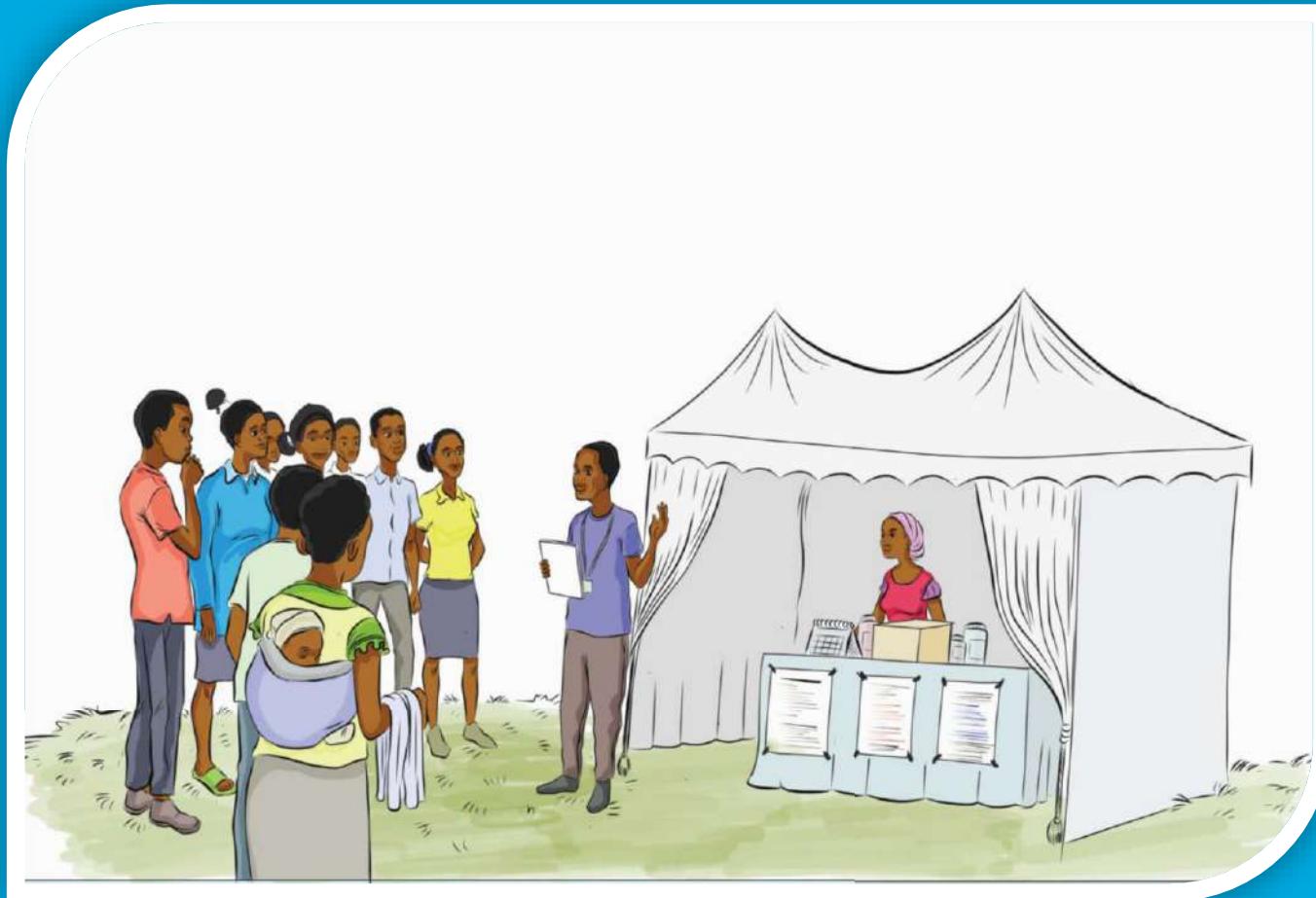
Ubuzima bw'imyororokere ni iki?

Ubuzima bw'imyororokere ni imiterere, imikurire, imikorere n'imihindagurikire y'umubiri cyane cyane imyanya myibarukiro na ndangagitsina.

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 bujanye n'ubuzima bw'imyororokere mu urubyiruko .

Inyigisho ya 1:

Ibyerekeye serivisi zigenewe urubyiruko



Ibyerekeye serivisi zigenewe urubyiruko

- ✓ Serivisi zigenewe urubyiruko ni serivisi zibanda cyane ku buzima bw'imirorokere nkogukumira inda z'abangavu, indwara zandurira mu mibonanompuzabitsina n'ihohoterwa.
- ✓ Ni serivisi zizewe, ziboneka ku mavuriro, ku mashuri kubigo 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.
- ✓ Itangwa rya serivisi z'urubyiruko rikorwa neza hatabayeho gutegereza igihe kirekire.

Ni izihe serivisi zigenewe urubyiruko

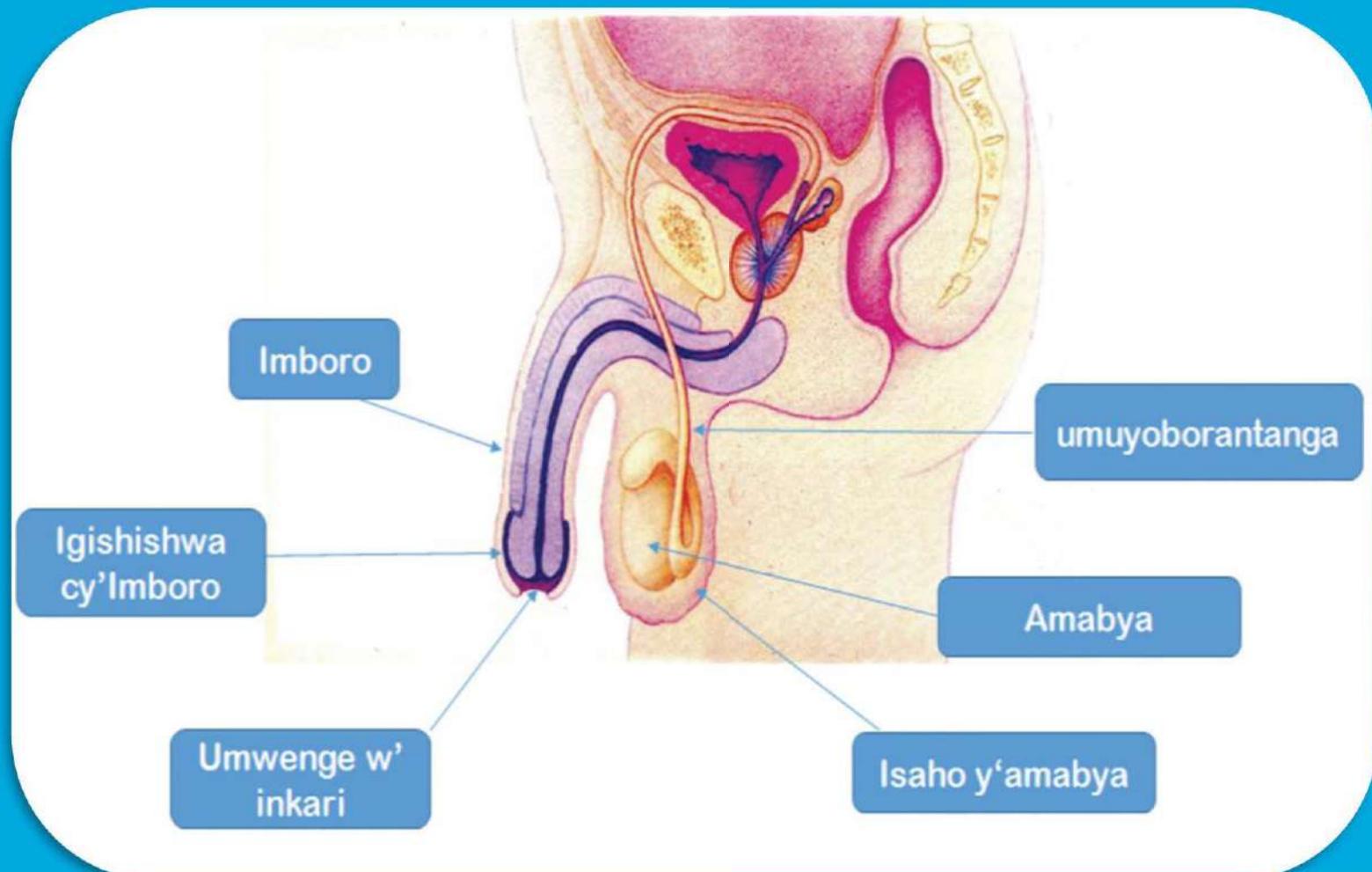


Ni izihe serivisi zigenewe urubyiruko?

- ✓ Guhabwa inyigisho zerekeranye n' ubuzima bw' imyororokere
- ✓ Guhabwa inyigisho n'uburyo bwo kuboneza urubyaro
- ✓ Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina
- ✓ Gukumira ihohoterwa rishingiye ku gitsina no gufasha abarikorewe
- ✓ Ubujanama no gupima Virusi itera SIDA
- ✓ Ubujanama ku bitegura kurushinga
- ✓ Inyigisho zigamije gukumira inda mu bangavu
- ✓ Ubujanama ku gupima no gukurikirana ubuzima bw'abakobwa batwite
- ✓ Ubujanama bujanye no kwirinda gukuramo inda mu buryo budakurikije amategeko no kwita ku wagize ingaruka zo gukuramo inda
- ✓ Inyigisho ku kamaro ko gukebwa ku bahungu no gutanga iyo serivisi.

Inyigisho ya 2

Imyanya myibarukiro/ndangagitsina ku bahungu



Imanya myibarukiro/ndangagitsina y'abahungu

1. Imboro:

- Ni urugingo rw'igitsina gabo (abahungu/abagabo) rugizwe n'umubiri ufobagana ruba hagati y'amaguru hejuru y'amabya
- Ni urugingo rwinjira mu nda ibyara y'umugore/umukobwa mu gihe cy'imibonano mpuzabitsina kandi niho amasohoro anyura
- Ni igitsina cy'umuhungu kibyimba iyo ashaka gukora imibonano mpuzabitsina
- Igishishwa cy'imboro gitwikira umutwe w'imboro kandi nicyo bakebaho mu gihe cyo gukebwa.
- Umwenge w'inkari niho inkari zinyura ziva mu ruhago zisohoka hanze kandi niho amasohoro anyura kuva umuhungu ageze mu gihe cy'ubugimbi.

2. Amabya:

- Ni udusabo tubiri tuba munsi y'imboro ku bahungu/bagabo kandi niho intanga ngabo zikorerwa kandi zibikwa
- Mu mabya ninaho imisemburo imwe n'imwe y'abahungu/abagabo ikorerwa.

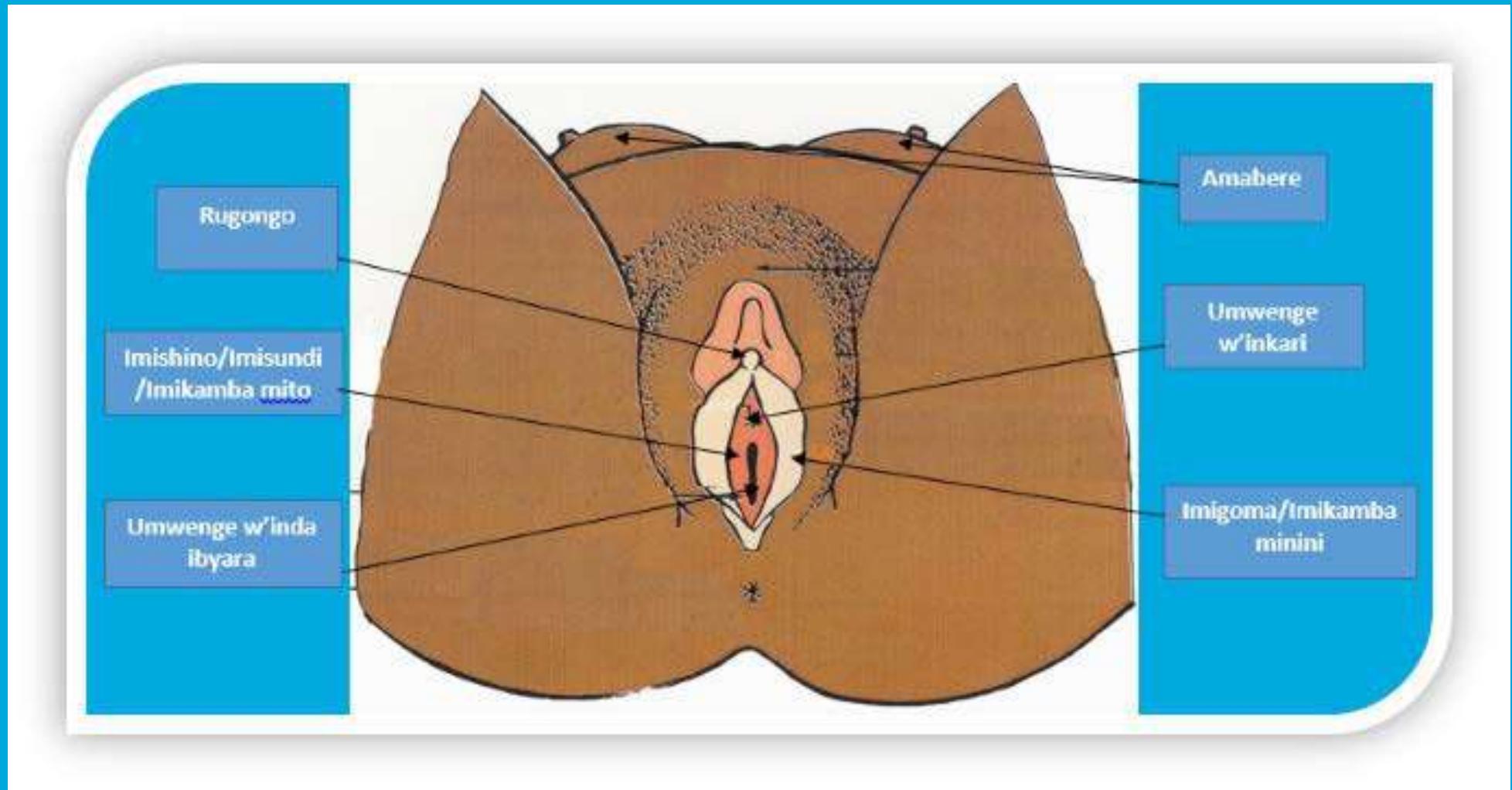
3. Isaho y'amabya:

- Ni agahu gatwikira kandi kakarinda amabya

4. Umuyoborantanga:

- Ni umuyoboro utwara intanga ngabo uzivana mu mabya uzijyana mu muyoboro w'inkari uba mu mboru.

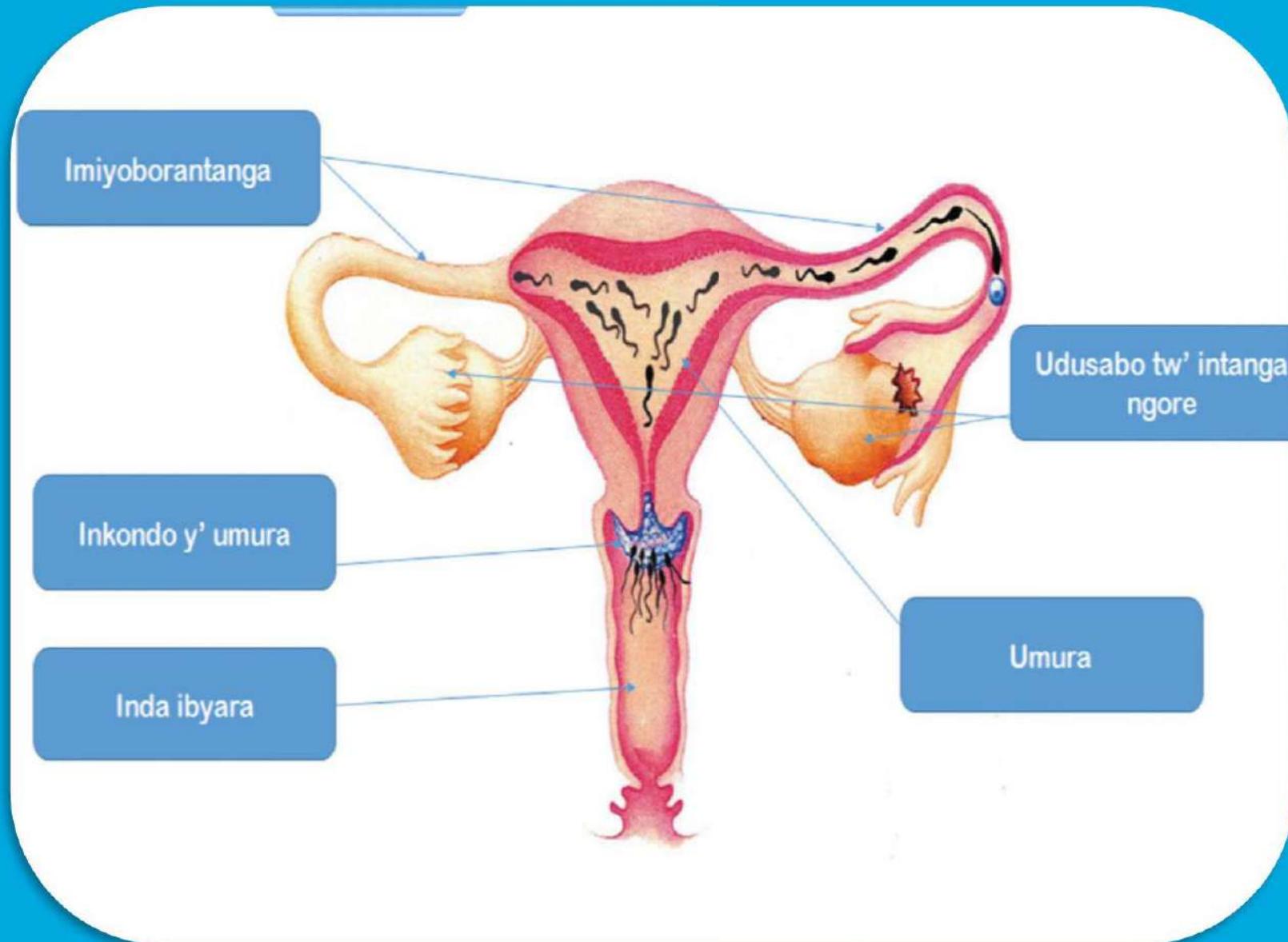
Imyanya myibarukiro/ndangagitsina ku bakobwa



Imanya myibarukiro/ndangagitsina y'inyuma ku bakobwa

#	Umwanya	Icyo ari cyo	Akamaro
1	Umwenge w'inda ibyara	Ni urwinjiro rw'inda ibyara	<ul style="list-style-type: none"> - Aho imboro yinjirira mu nda ibyara mu gihe cy' imibonano mpuzabitsina - Niho amaraso asohokera mu gihe cy'imihango
2	Imishino/Imisundi/ Imikamba mito	Ni utwugara tubiri duto dufashe tuva kuri rugongo tugana hasi	<ul style="list-style-type: none"> - Itwikira kandi ikarinda umwenge w'inda ibyara
3	Rugongo	Ni urugingo ruri aho imishino/imisundi ihurira hejuru y' umwenge w'inkari n'urwinjiro rw'inda ibyara	<ul style="list-style-type: none"> - Umanya utuma umukobwa/umugore ashyukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo uwukozezo
4	Umwenge w'inkari	Ni urwinjiro rw'umuyoboro w' inkari	<ul style="list-style-type: none"> - Niho inkari zisohokera
5	Imigoma/Imikamba minini	Ni utwugara tubiri tunini tuva ku mbuga y'igituba tugana hasi aho igituba kirangirira	<ul style="list-style-type: none"> - Itwikira kandi ikarinda umwenge w'inda ibyara
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.	<ul style="list-style-type: none"> - Amabere yagenewe konsa no gutunga umwana amaze kuvuka - Amabere atuma umukobwa/umugore ashyukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo akozweho.

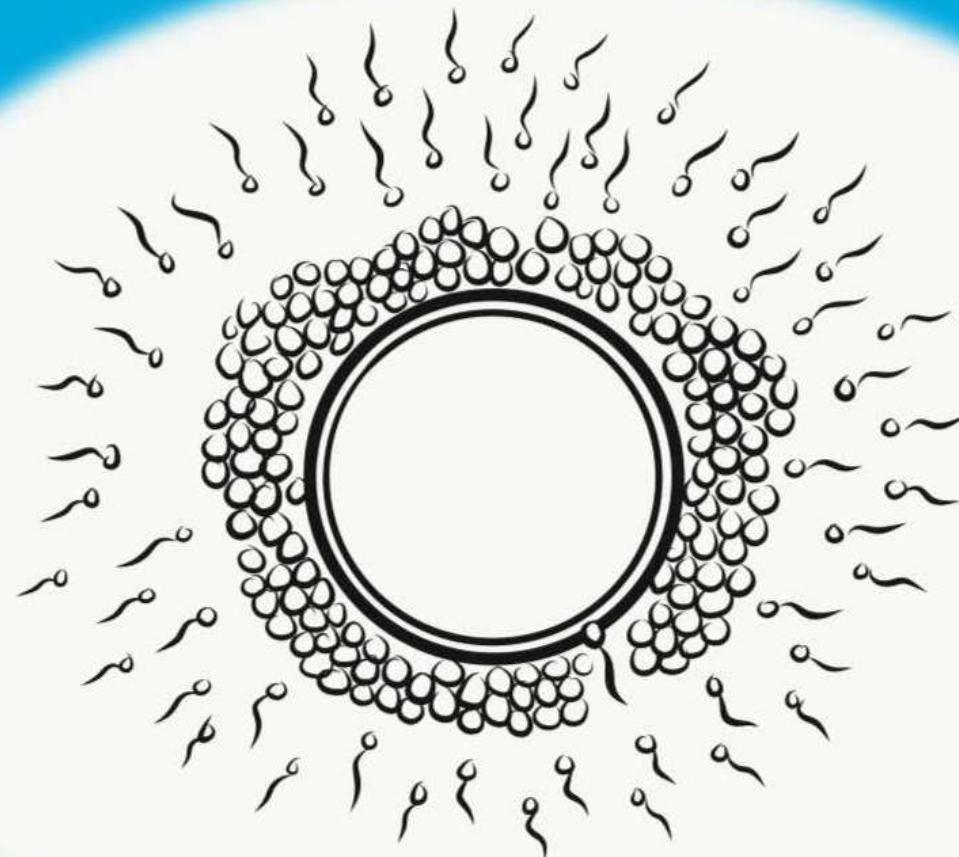
Imyanya myibarukiro/ndangagitsina y'imbere ku bakobwa



Imyanya myibarukiro/ndangagitsina y'imbere ku bakobwa

#	Umwanya	Icyo ari cyo	Akamaro
1	Inda ibyara/Igituba	Ni umuyoboro ugizwe n'imikaya ituruka kurwinjiriro rw'inda ibyara ikarangirira ku nkondo y'umura	<ul style="list-style-type: none"> - Ni umwanya wakira imboro mu gihe cy'imibonano mpuzabitsina - Haboneka amatembabuzi afasha intangangabo kwinjira iyo habaye imibonano mpuzabitsina - Niho umwana anyura iyo avuka - Niho amaraso anyura asohoka mu gihe cy'imihango
2	Inkondo y'umura	Ni igice cyo hasi ku ntangiriro y'umura	<ul style="list-style-type: none"> - Hakorerwa ururenda rufasha mw' ijyanwa ry'intangangabo - Niho amaraso y'imihango asohokera ijya mu nda ibyara - Inkondo y' umura irifungura mu gihe cyo kubyara maze umwana agasohoka mu mura - Icyitonderwa: Ni umwanya woroshye ukunda gufatwa na zimwe mu ndwara zandurira mu myanya ndangagitsina na kanseri
3	Imiyoborantanga	Ni imiyoboro ibiri ituruka kuri Nyababyeyi ikanyura iburyo n'ibumoso bwayo ikarangirira k'udusabo tw' intangangore	<ul style="list-style-type: none"> - Niho intangangabo n'intangagore zihurira mu gihe cy'isama - Iyo habayeho isama niho urusoro runyura rugiye mu mura - Kuva mu bwangavu kugeza mu gihe cy'icura, buri kwezi, umuyoborantanga w'iburyo n'uw'ibumoso bigenda bisimburana kwakira intangangore imwe imwe
4	Umura/Nyababyeyi	Ni umwanya mwibarukiro na ndangagitsina w'imbere munini ugizwe n' imikaya ifitemo umwanya imbere	<ul style="list-style-type: none"> - Ni umwanya ushinzwe kwakira no kugaburira urusoro kuva ku isama kugeza ku kubyara - Niho amaraso aturuka mu gihe cy'imihango
5	Udusabo tw'intangangore	Ni udusabo tubiri tugizwe n'imikaya yiburungushuye ifashe ku mpera z'imiyyoborantanga yombi	<ul style="list-style-type: none"> - Nitwo dushinzwe gukora no kubika intangangore - Kuva mu bwangavu kugeza ku icura, buri kwezi, agasabo k'iburyo n'ak'ibumoso tugenda dusimburana kohereza intangangore imwe mu muyoborantanga - Udusabo tw'intangangore dufasha mu ikorwa n'ikoreshwa ry'imisemburo y'abagore (estrogen na progesterone --- soma esitorojene na porojesiterone)

Gusama ni iki?



Gusama ni iki?

- Guhura kw'intangangore n'intangangabo bikabyara urusoro
- Muri rusange intanga ngabo 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.

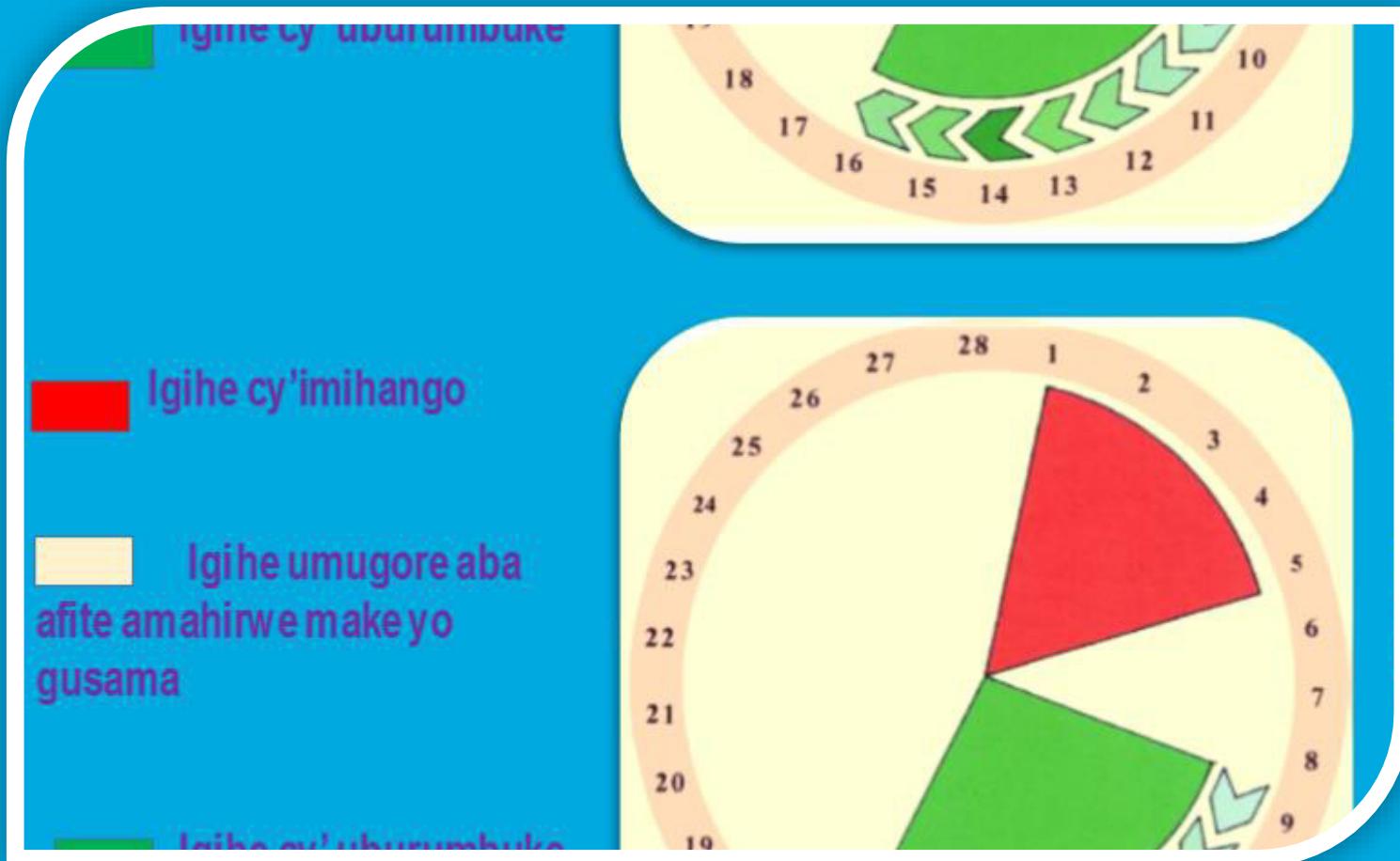
Kujya mu mihangi bisobanura iki?



Kujya mu mihango 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 mihango nk'uko bamwe babyibwira!
- Umuntu akoze imibonano mpuzabitsina ari mu mihango ashobora gusama cyane cyane ku bantu bafite ukwezi guhindagurika!

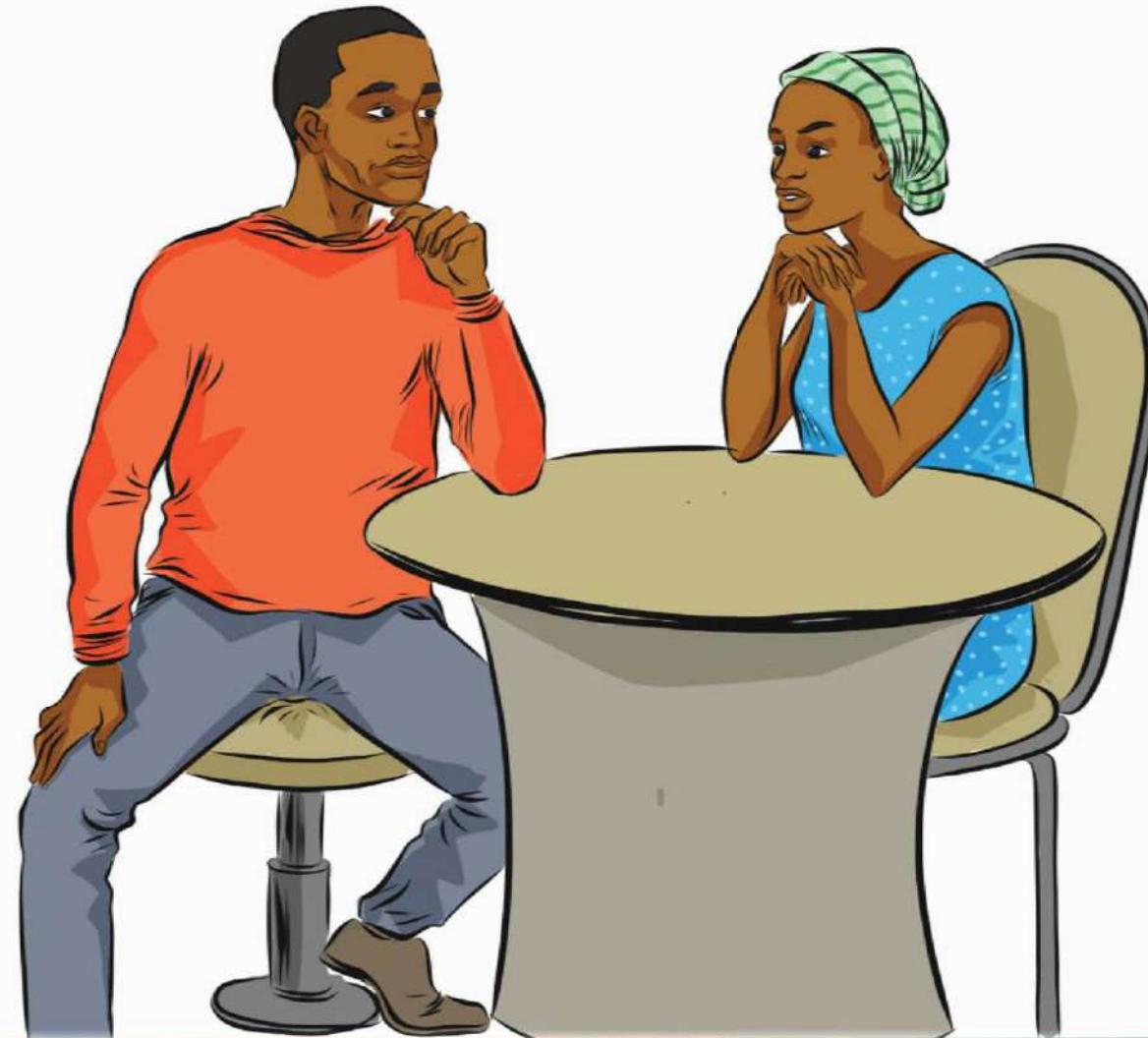
Ukwezi k'umugore ni iki?



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 igera 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.

Ubugumba ni iki kandi buterwa ni iki



Ubugumba ni iki?

- Ni igihe umugore n'umugabo batabasha kubyara
- Ubugumba ntibuterwa gusa n'ikibazo gifitwe n'umugore bushobora no guterwa n' ikibazo kiri ku mugabo

Ubugumba buterwa n'iki?

- Ugukorwa kw'amasohoro adahagije
- Intangangabo zidafite imbaraga
- Amavango y'umugore atabasha gutambutsa intangangabo bitewe n'indwara zandurira mu mibonano mpuzabitsina cyangwa hatarakozwe urugero ruhagije
- Kutarekurwa kw'intangangore
- Imyanya myibarukiro y'umugore cyangwa umugabo idakora neza

Isuku y'imyanya ndangagitsina

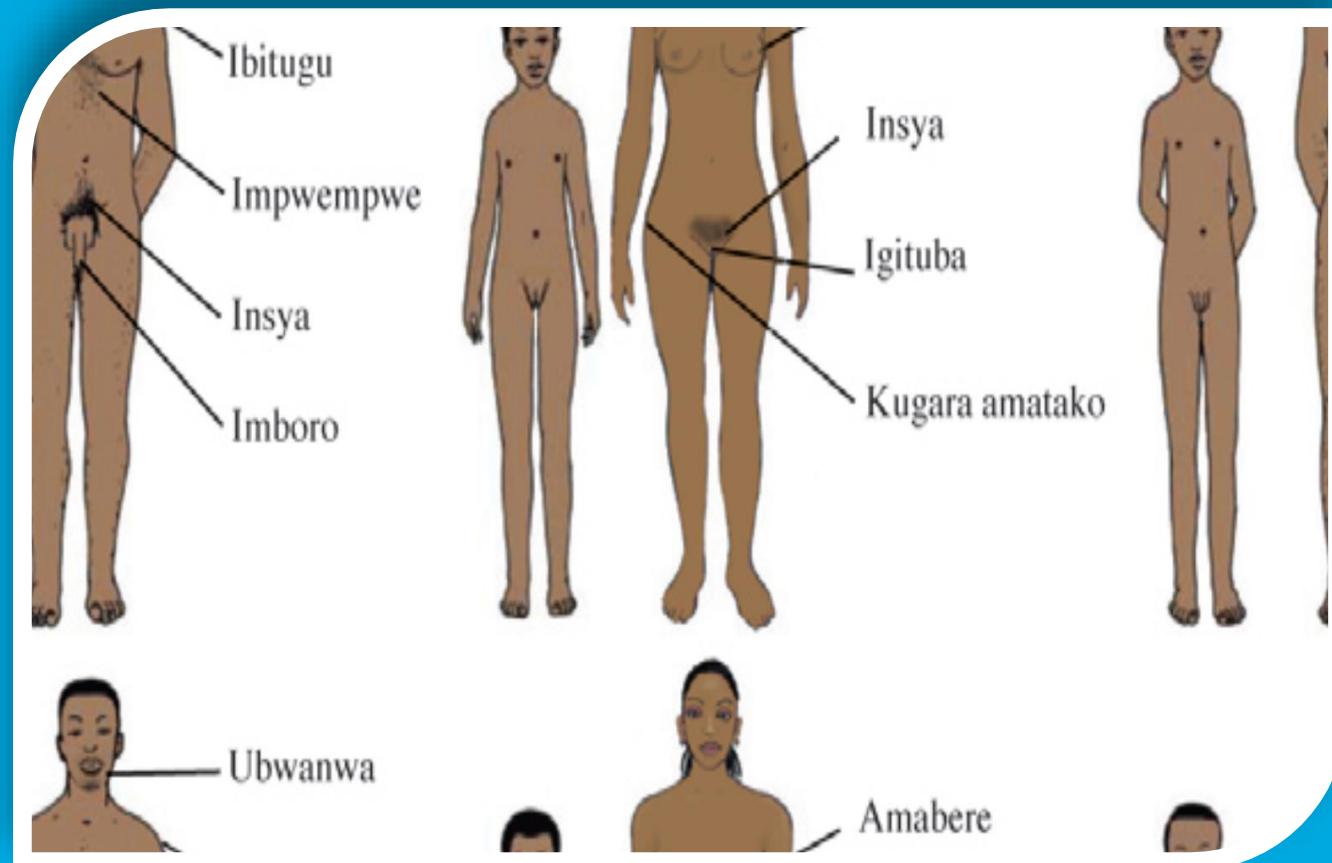


Isuku y'imyanya ndangagitsina

- 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 ndangagitsina hakoreshejwe urupapuro rwabigenewe cyangwa amazi nyuma yo kwiagarika
- Ni byiza gusukura mu kibuno hakoreshejwe amazi cyangwa igipapuro cyabugenewe igihe umaze kwituma, uvana imbere ujyana inyuma
- Ni byiza gusukura mu ntoki igihe umaze gusukura imyanya ndangagitsina cyangwa uvuye ku musarane.
- Ni byiza kubanza koza mu gitsina ugakurikizaho mu kibuno, ariko ukoza uvana imbere werekeza inyuma.
- Birabuijwe 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 ni iki?

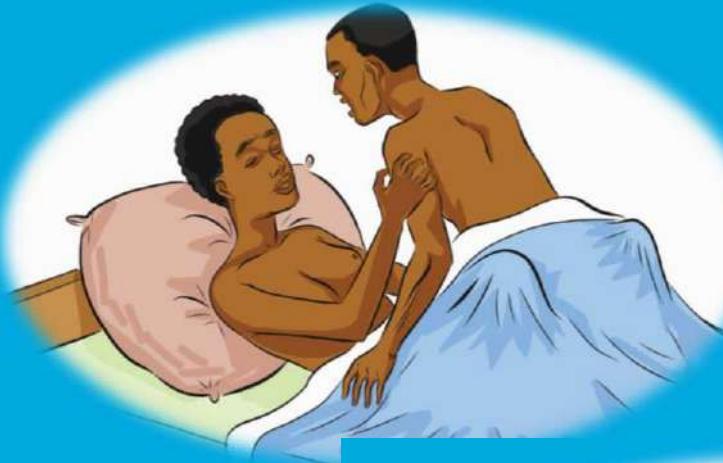


Ubugimbi n'ubwangavu ni iki?

- **Ubugimbi n' ubwangavu ni igehe 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, kubyibuga mu matakano no gukura kw' imyanya ndangagitsina muri rusange
 - Kumera insya, in cakwaha, 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, kubyibuga 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 igehe akoze imibonano mpuzabitsina idakingiye kabone n'ubwo yaba atariroteraho
- **Impinduka z'imatekerereze 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 kwifusa gukora imibonano mpuzabitsina.

Inyigisho ya 4:

**Uko indwara zandurira mu mibonano
mpuzabitsina**



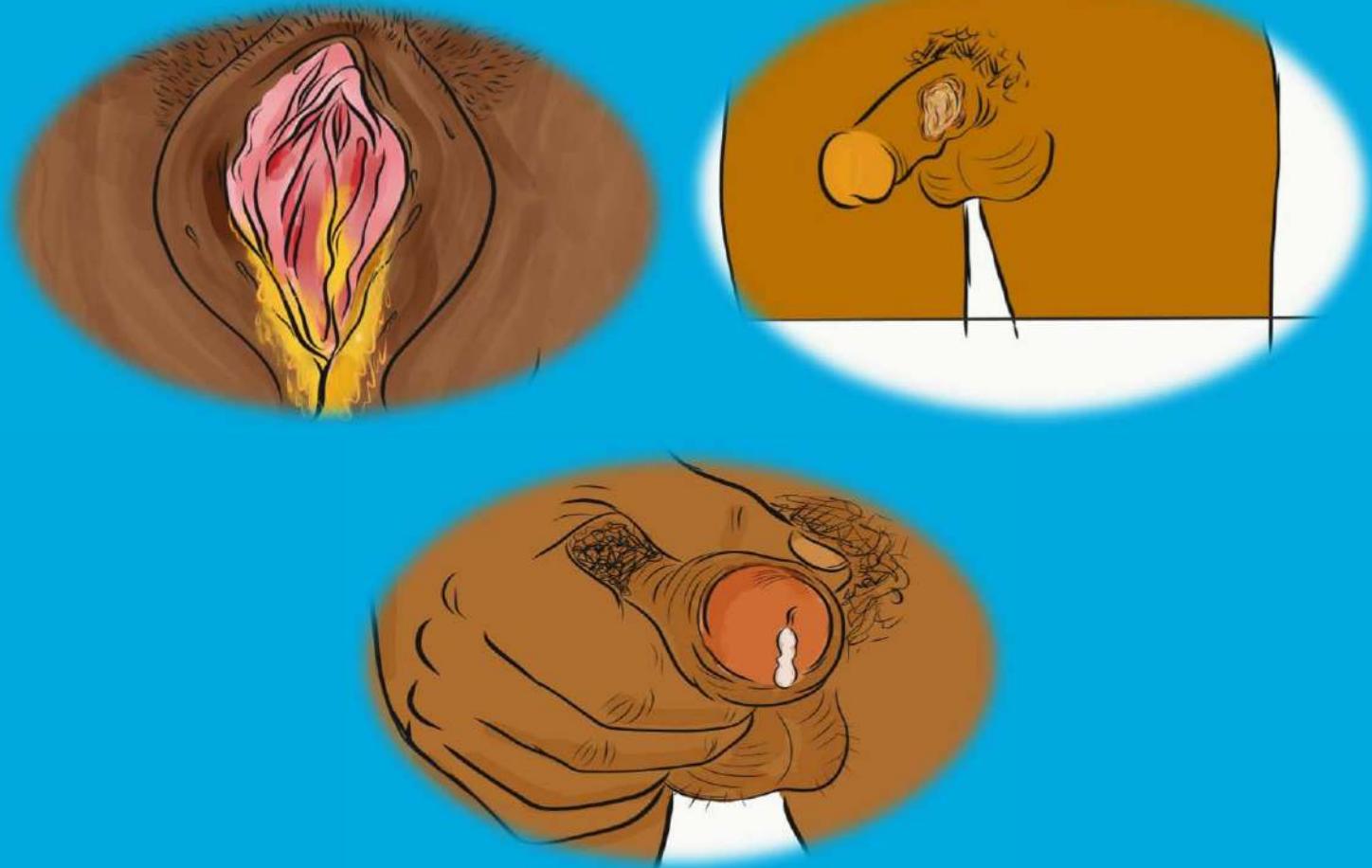
Uko indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa:

- ✓ Zandura zinyuze mu gitsina igihe habayeho imibonano mpuzabitsina idakingiye
- ✓ Zishobora kwandura habaye imibonano mpuzabitsina idakingiye ikorewe mu kibuno cyangwa mu kanwa
- ✓ Izo ndwara ababyeyi bashobora kuzanduza abana babatwite, bababyara cyangwa babonsa
- ✓ Zishobora kwandurira mu guhuza amaraso hagati y'uwanduye n'utanduye.

Icyitonderwa:

- ✓ Imibonano mpuzabitsina idakingiye yakwanduza 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 ntizingira ibimenyetso
- ✓ Ihohotera rishingiye ku gitsina ryibasira abakobwa/abagore cyane rikorwa n'abahungu/abagabo. Iyi ni imwe mu nzira zo kwandura izi ndwara.

Bimwe mu bimenyetso by' indwara zandurira mu mibonano mpuzabitsina



Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina:

- Kuribwa mu kiziba cy'inda no kuva atari igihe cy'imihango ku bakobwa/ abagore
- Kugira amashyira cyangwa amavango adasanzwe mu gitsina no kubabara igihe wihagarika
- Ibisebe bibabaza cyangwa bitababaza ku gitsina, mu kibuno cyangwa mu kanwa
- Kugira uburyaryate cyangwa uburibwe mu gitsina
- Kubyimba agahu gatwikira amabya ku bahungu/abagabo
- Kugira amasazi mu mayasha
- Kumera isharankima mu gitsina cyangwa hagati y'amaguru
- Kugira umuriro no kuribwa mu gihe cy'imibonano mpuzabitsina

Icyitonderwa:

- Umuntu ashobora kugira kimwe cyangwa byinshi muri ibi bimenyetso
- Umuntu ashobora kutagira ikimenyetso na kimwe kandi yaranduye izi ndwara
- Ibibimenyetso bimwe by'izi ndwara bishobora kwikiza nta muti, bitavuze ko umuntu aba yakize indwara/ubwandumu kandi muri icyo gihe aba agishobora kwanduza abandi
- Inyinshi mu ndwara zandurira mu mibonano mpuzabitsina ziravurwa zigakira.
- Virusi itera SIDA na bumwe mu bwoko bw'umwijiima ntizikira ariko zifite imiti igabanya ubukana bwazo bukagabanyuka, bityo ibyuririzi byazo bigakumirwa
- Mu gihe urwaye indwara zandurira mu mibonano mpuzabitsina, usabwe gushishikariza uwo mwayikoranye wese kwihutira kujya kwa muganga kwivuza.

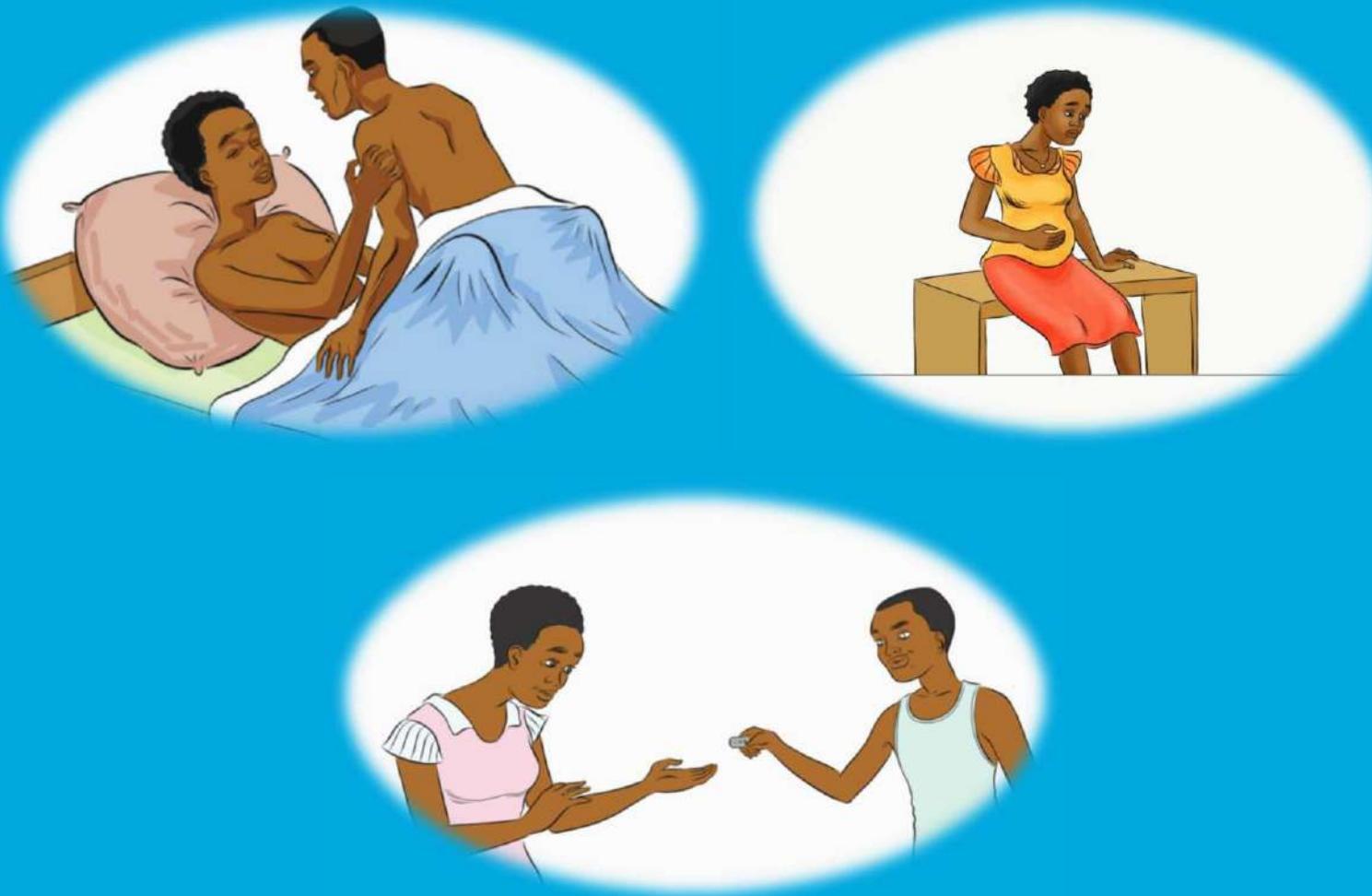
Uko wakwirinda indwara zandurira mu mibonano mpuzabitsina



Uko wakwirinda indwara zandurira mu mibonano mpuzabitsina:

- Kwifata kugeza ushinze urugo
- Gukoresha agakingirizo buri gihe kandi neza, igihe kwifata byakunaniye
- Kwpimisha indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA
- Kutagirana imibonano mpuzabitsina n'abantu benshi
- Kugira amakuru ahagije ku byerekeranye n'indwara zandurira mu mibonano mpuzabitsina
- Kvirinda gukoresha ibiyobyabwenge
- Kvirinda gukora uburaya no gukora imibonano mpuzabitsina na shuga dadi cyangwa shuga mami
- Ku bakobwa kvirinda gukoresha amasabune n'amavuta ahumura, imibavu ndetse na za puderu mu myanya ndangagitsina
- Kwikebesha ku bagabo
- Kwitondera gukora imwe mu migenzo gakondo nko gukurakuza, gukuramo inzembe, gukazanura n'ibindi.

Uburyo Virusi itera SIDA yanduriramo



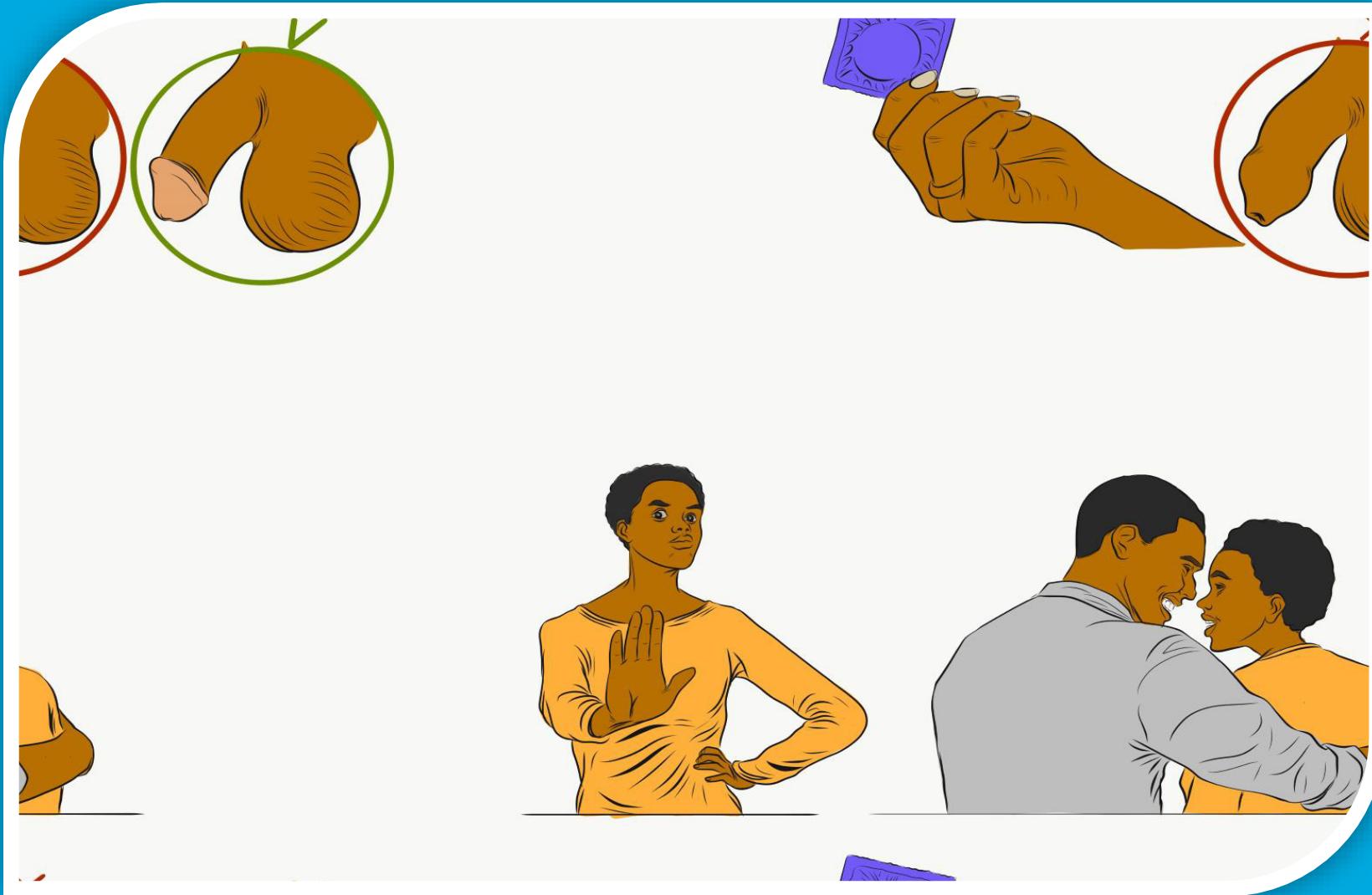
Uburyo Virusi itera SIDA yanduriramo

- Imibonano mpuzabitsina idakingiye
- Gukoresha ibyuma n'ibindi bikoresho bikomeretsa byanduye
- Umugore ubana na Virusi itera SIDA ashobora kwanduza umwana igihe amutwite, amubyara cyangwa amwonsa

Icyitonderwa: Ibi bikurikira ntibyanduza Virusi itera SIDA:

- Kubana no kwegera umuntu urwaye SIDA cyangwa wanduye virusi itera SIDA
- Gusangira amafunguro n'umuntu ubana cyagwa urwaye virusi itera SIDA
- Guhoberana no kuramukanya n'umuntu ubana na virusi itera SIDA cyangwa urwaye SIDA
- Gukoresha ubwiherero n'ubwiuhagiriro bimwe n'umuntu urwaye cyangwa wanduye virusi itera SIDA
- Gukina cyangwa kogana n'umuntu ubana cyangwa wanduye SIDA
- Kuribwa n'umubu no gukororerwaho cyangwa kwitsamurirwaho n'umuntu urwaye cyangwa wanduye virusi itera SIDA

Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

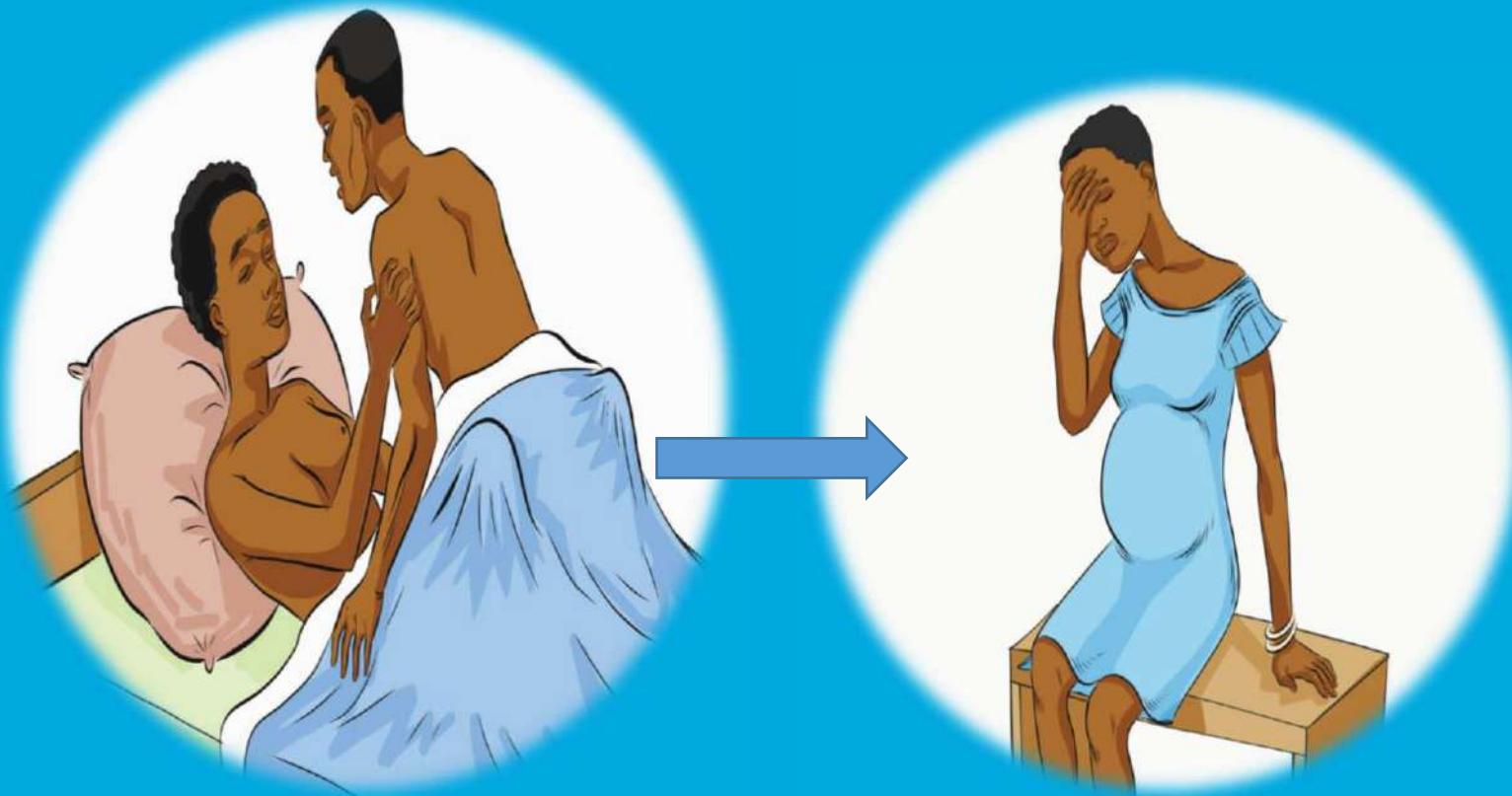


Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

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

Inyigisho ya 5:

Zimwe mu mpamvu zitera gutwita mu bangavu



Zimwe mu mpamvu zitera gutwita mu bangavu

- Agakungu k'urungano/ kugendera mu kigare
- Gutangira gukora imibonano mpuzabitsina ukiri muto
- Kutabona amakuru kandi yizewe ku buzima bw'imyororokere
- Gukoresha ibiyobyabwenge n'inzoga bishobora gutuma ukora imibonano mpuzabitsina idakingiye
- Ihohotera rishingiye ku gitsina harimo no gufata ku ngufu
- Ubukene n'irari
- Ba shuga dadi, uburaya hamwe n'icuruzwa ry'abantu.

Zimwe mu ngaruka zo gutwita ku bangavu



Zimwe mu ngaruka zo gutwita ku bangavu

- Gushyira ubuzima bwawe mu kaga bishobora kukuviramo n'urupfu
- Gushyirwa mu kato n'ihezwa
- Gukuramo inda mu buryo budatekanye kandi butemewe n'amategeko
- Imbamutima z'ubwoba hamwe no kwiheba bishobora gutera kwiyahura
- Guhabwa akato no kwirukanwa mu muryango
- Guhagarika amashuri
- Urukene
- Ingaruka ku buzima bw'umwana atwite

Uburyo bwo kwirinda gusama ku bangavu



Uburyo bwo kwirinda gusama ku bangavu

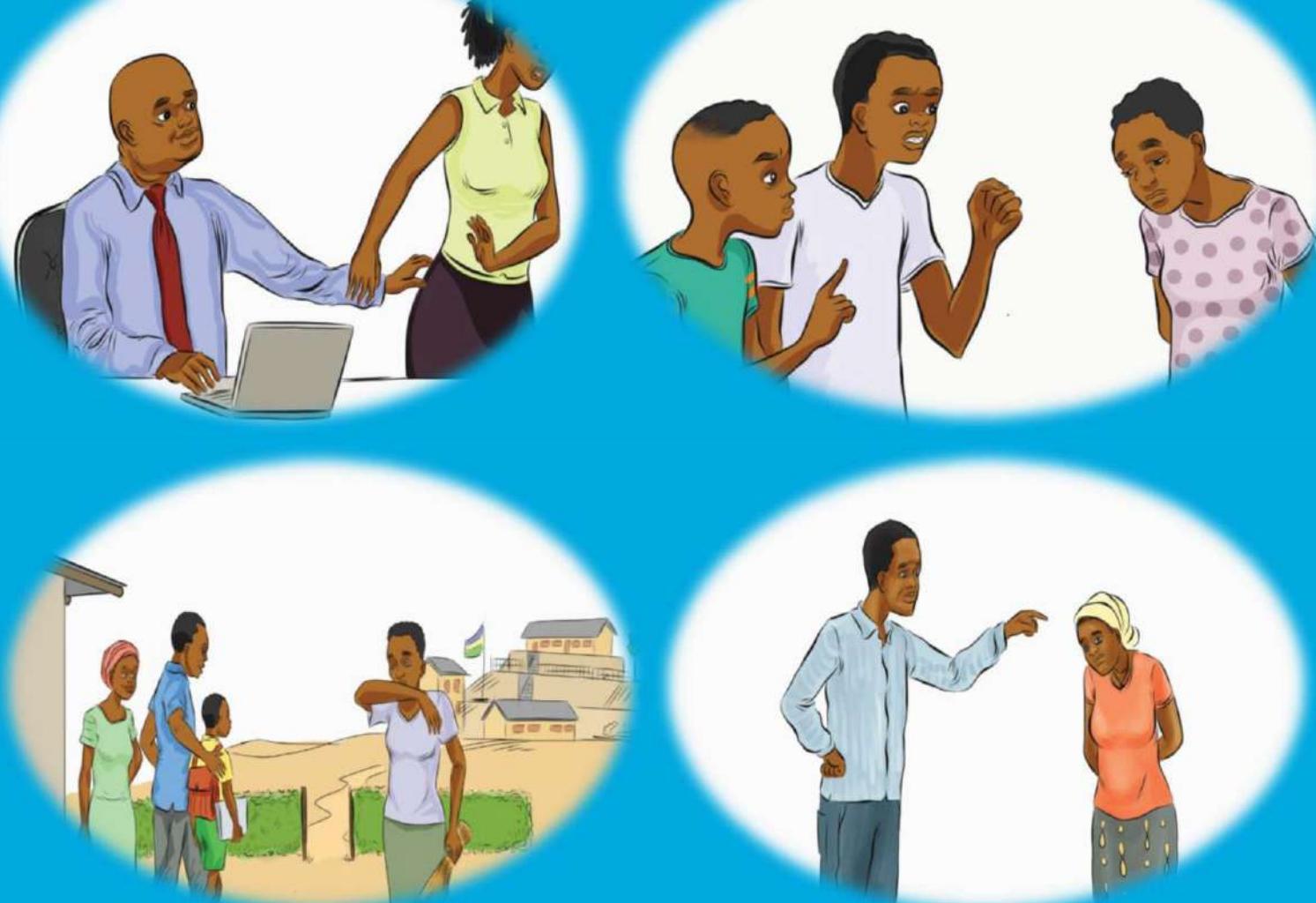
- Kwifata
- Gukoresha agakingirizo
- Gukoresha ubundi buryo bwo kuboneza urubyaro:
 - Ibinini n'inshinge
 - Udupira dushyirwa mu kaboko cyangwa mu nda ibyara
 - Uburyo bwa kamere (kubara ukwezi k'umugore, kwiyakana, kubara igihe cy'ubushyuhe ndetse no kugenzura ururenda.

Icyitonderwa: Hari ibinini bibuza gusama bishobora gukoreshwa nyuma yo gukora imibonano mpuzabitsina (emergency contraceptive pills) biboneka ku mavuriro yose no muri farumasi.

Ibyo binini bibuza gusama bikoreshwa gusa igihe habayeho impanuka yo gukora imibonano mpuzabitsina idakingiye kandi itateguwe! Si byiza kubyimenyereza kuko bishobora kugira ingaruka ikomeye ku buzima bwawe

Inyigisho ya 6:

Ihohoterwa risingiye ku gitsina



Amoko y'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.

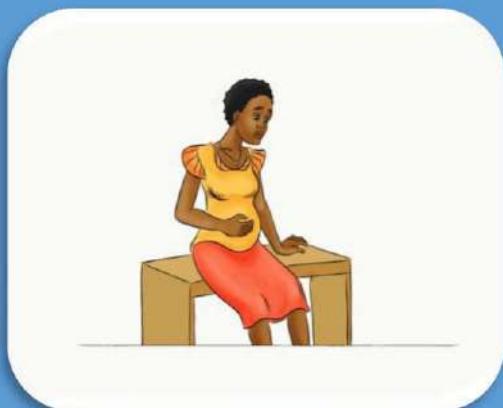
Ibitera ihohoterwa rishingiye ku gitsina mu rubyiruko



Ibitera ihohoterwa rishingiye ku gitsina mu rubyiruko

- Kubura amakuru kw'ihohotera rishingiye ku gitsina bishobora gutuma abantu bakora cyangwa bakorerwa ihohoterwa batabizi.
- Gukoresha ibiyobyabwenge n'inzoga bishobora gutuma abantu batabasha gutandukanya ikiza n'ikibi
- Imigenzo cyangwa imyizerere itari yo nko gutekereza ko gukorana imibonano mpuzabitsina n'umwana bivura SIDA
- Kutaganira ku ihohoterwa rishingiye ku gitsina ahubwo bigafatwa nk'ibintu bitavugwa mu muryango
- Ubukene no kutagira akazi bituma abantu bakorerwa ihohoterwa cyane cyane gufatwa ku ngufu kugira ngo bahabwe akazi cyangwa amafaranga.

Ingaruka z'iho hoterwa rishingiye ku gitsina



Ingaruka z'ihohoterwa rishingiye ku gitsina

- Gutwara inda zitateganyijwe, kubyara no kurera biruhanyije no gukuramo inda
- Kwandura indwara zandurira mu mibonano mpuzabitsina zirimo Virusi itera SIDA bishobora no kuvamo urupfu
- Kugira uwobwa, agahinda, ihahamuka/ihungabana bishobora no kuganisha ku kwiyahura
- Gufungwa no guhanwa n'amategeko ku muntu wahohoteye undi
- Itotezwa, guhabwa akato n'ihezwa mu muryango
- Kwangirika kw'imyanya ndangagitsina n'ubugumba
- Gutakaza amashuri, gushaka ukiri muto n'ubukene.

Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

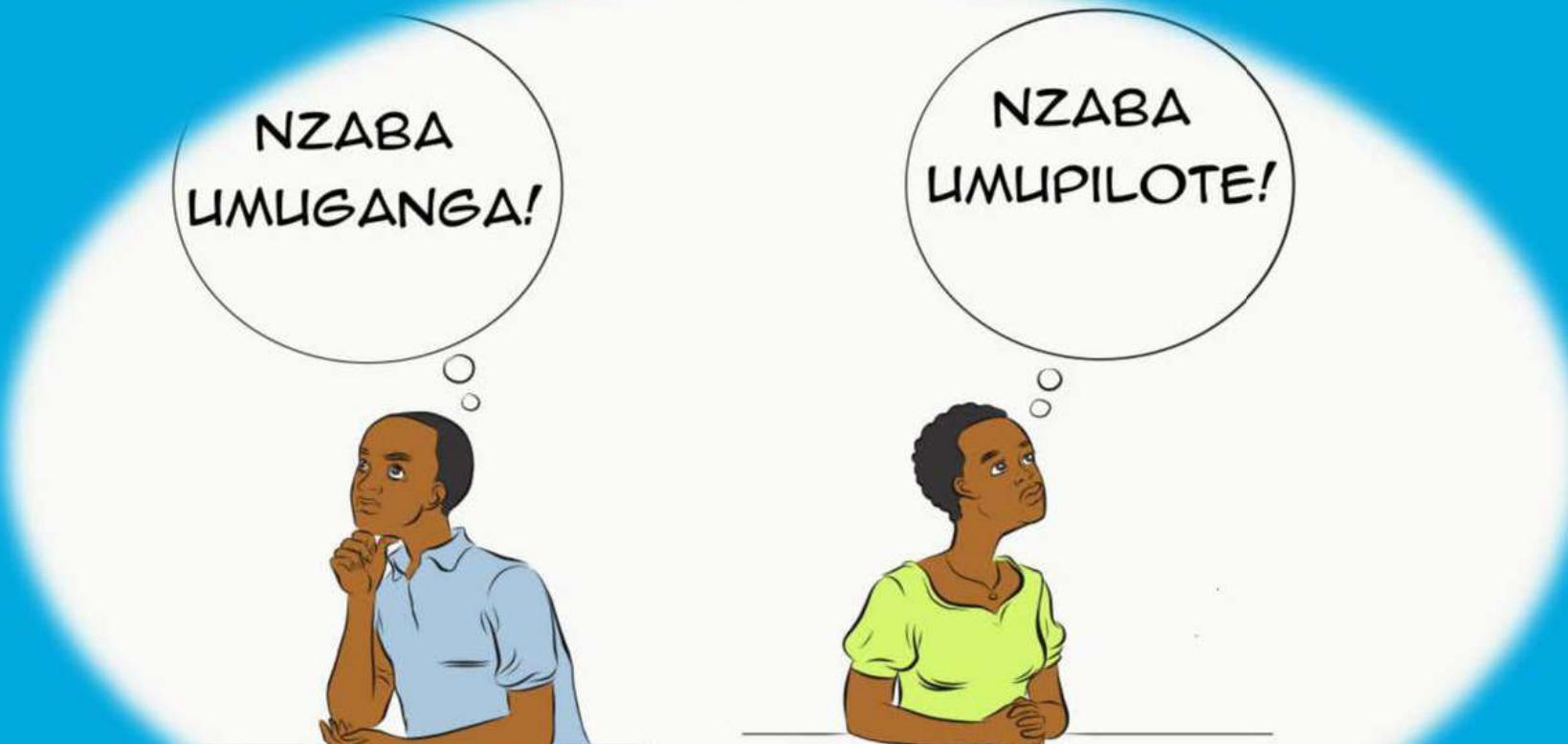


Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

- Gushyigikira no guteza imbere ibikorwa byo kwigisha ku buzima bw'emyororokere n'ihame ry'uburinganire mu baturage no mu nzego zose za Leta
- Guteza imbere imyigire y'umukobwa no gufasha abakobwa gukomeza amashuri
- Kuganira ku ihame ry'uburinganire mu muryango, mu makoraniro no mu biganiro mbwirwaruhame
- Gufasha urubyiruko kubona akazi no kwihangira imirimo
- Gukangurira abaturage kwicungira umutekano no kudahishira ibyaha

Inyigisho ya 7:

Ibyiciro by'ubumenyi buhagije ku mibereho



Ibyiciro by'ubumenyi buhagije ku mibereho

1. Ubumenyi buhagije bwo kwimenya

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

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.

3. 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 n'ubwa bagenzi be
- Buri cyemezo dufata kigira ingaruka ku buzima bwacu.

Impamvu zikunze gutera imyitwarire idahwitse mu rubyiruko

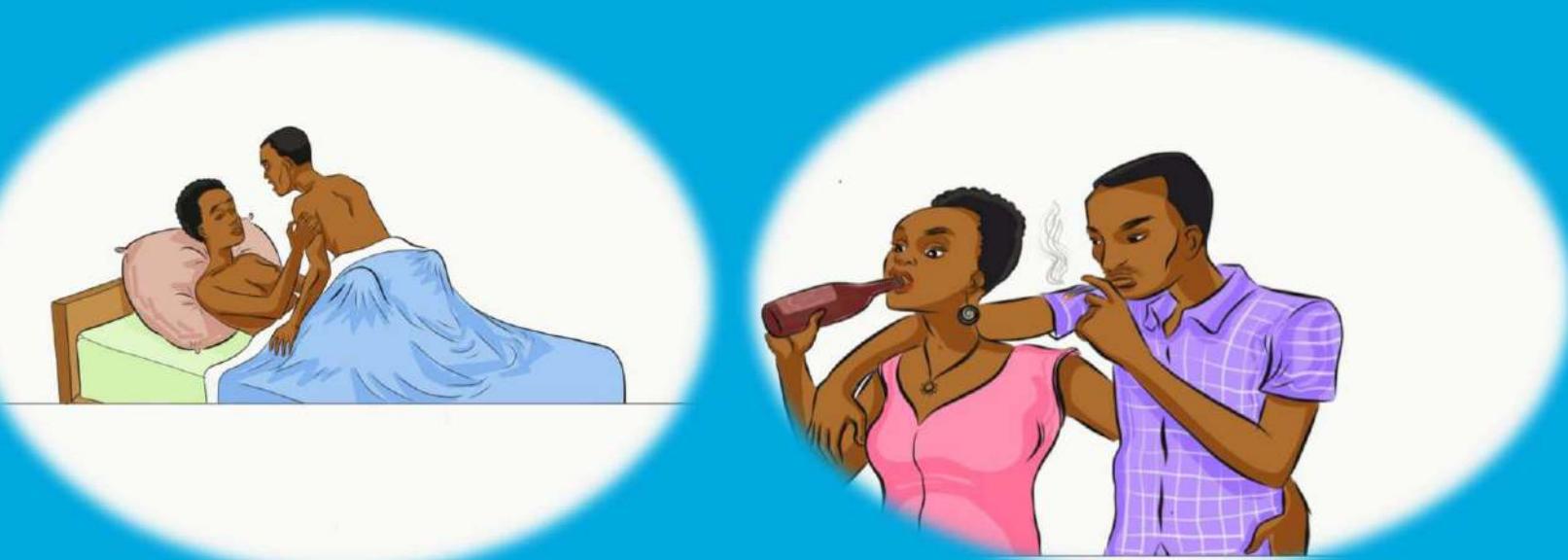


Impamvu zikunze gutera imyitwarire idahwitse mu rubyiruko:

Kutagira amakuru ahagije kuri ibi bikurikira:

- uburenganzira bw'umuntu ku giti cye
- Imyitwarire myiza n'ingaruka zituruka ku myitwarire mibi
- Impamvu zishingiye ku mutungo
- Agakungu k'urungano
- Inshingano umuntu ahabwa bitewe n'uko ari umukobwa cyangwa umuhungu
- Kutagira abantu b'intangarugero mu buzima
- Kutagirana ibiganiro n'ababyeyi

Imyitwarire idahwitse ishingiye ku gitsina hamwe n'ikoreshwu ry' ibiyobyabwenge



Imyitwarire idahwitse ishingiye ku gitsina	Imyitwarire idahwitse ituruka mu gukoresha ibiyobyabwenge
<ul style="list-style-type: none"> ➤ Gukora imibonano mpuzabitsina ukiri muto ➤ Gukora imibonano mpuzabitsina idakingiye ➤ Gukorana imibonano mpuzabitsina n'abantu batandukanye ➤ Kutivuza neza indwara zandurira mu mibonano mpuzabitsina ➤ Kunywa no gukoresha ibiyobyabwenge ➤ Gukora imibonano mpuzabitsina ugamije indonke ➤ Gufata/gufatwa ku ngufu 	<ul style="list-style-type: none"> ➤ Ikiyobyabwenge ni ikintu ushobora gufata kigahindura imikorere y'ubwonko n'ibindi bice by'umubiri, nk'uburyo umuntu abona, yumva, aryoherwa, atekereza, n'uko yitwara ➤ Gukoresha ibiyobyabwenge bitera: <ul style="list-style-type: none"> - Impanuka, - Kutabasha kwifatira icyemezo bishobora gushora uwabifashe mu mibonano mpuzabitsina idateganyijwe kandi idakingiye - Gukora cyangwa gukorerwa ihohoterwa rishingiye ku gitsina - Indwara zifata ibice bimwe na bimwe by'umubiri, kanseri, umwijima, n'izindi - Guteshuka ku nshingano z'umuryango - Gusesagura umutungo w'umuryango - Guhanwa n'amategeko no gufungwa - Urupfu

Inyigisho ya 8:

Bumwe mu burenganzira ku buzima
bw' imyororokere



Bumwe mu burenganzira ku buzima bw'imyororokere:

- Uburenganzira bwo gufatwa kimwe no kudahezwa 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.

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.