

# Umushinga

## “INGO Z’AMAHORO”

### INYOBORABIGANIRO

Gushishikariza abakobwa gukumira ihohoterwa, gusobanukirwa ubuzima bw’imyororokere, uburenganzira bwabo, kwigirira icyizere, gufata ibyemezo no gutegura ejo heza bagizemo uruhare.

## **INTANGIRIRO**

Iyi nyoborabiganiro yateguwe na HAGURUKA mu mushinga “INGO Z’AMAHORO” ishyirwa mu bikorwa ku nkunga y’umuryango mpuzamahanga ukomoka mu gihugu cya Suwede witwa “Kvinna Till Kvinna”.

HAGURUKA ni Umuryango nyarwanda utari uwa Leta washinzwe kuwa 16 Nyakanga 1991 wemerwa n’itegeko n°127/05 kuwa 28 Ukuboza 1991, ufite inshingano yo kurengera uburenganzira bw’umugore n’umwana.

Iyi nyoborabiganiro izakoreshwa n’umuryango HAGURUKA mu guhugura abafashamyumvire bazahugura urubyiruko hagamijwe kurushishikariza guteza imbere ihame ry’uburinganire n’ubwuzuzanye, ubuzima bw’imyororokere n’uburenganzira bijyana no kurwanya ihohoterwa rishingiye ku gitsina ndetse no gukumira inda ziterwa abangavu.

### **Uburyo iyi nyoborabiganiro ikoreshwa**

Mbere yo gutangira ibiganiro, ni byiza ko Umufashamyumvire asoma inyoborabiganiro yose kugira ngo asobanukirwe ibirimo n’uburyo ikoreshwa. Iyi nyoborabiganiro igabanyijemo ibiganiro 7, buri kiganiro kirimo ibikorwa bimara umwanya uri hagati y’iminota 45 n’amasaha 2. Buri kiganiro kirimo igikorwa kimwe, bibiri cyangwa bitatu, n’insanganyamatsiko yo kuganiraho mu matsinda mu rwego rwo gufasha abitabiriye ikiganiro gutekereza ku ngingo nyamukuru ziri muri icyo kiganiro. Umufashamyumvire arasabwa byimazeyo gufatanya n’itsinda gushyiraho amabwiriza y’ibanze kugira ngo abitabiriye ikiganiro bakorere mu bwisanzure, mu bwubahane no kubika ibanga.

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## Ikiganiro cya 1: UBURINGANIRE N'UBWUZUZANYE

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 1:</b> Ubusobanuro bw'amagambo	<i>Isaha 1</i>	Gusobanura amagambo y'ingenzi abantu bakunda kutumva kimwe; bamwe bakayagoreka abandi bakayasobanura uko atari.
<b>Igice cya 2:</b> Ubwoko bw'ububasha	<i>Iminota 45</i>	Gusobanura uko ububasha bukoreshwa mubuzima bwacu ndetse no kumenya ingaruka bishobora kutugiraho iyo bukoreshwe nabi.
<b>Igice cya 3:</b> Ni nde ufite ububasha?	<i>Isaha 1</i>	Buriwese afite ububasha kandi ntawukwiriye kubuvutswa cyangwa ngo apfukiranywe. Gushishikariza abakobwa gukoresha ububasha bifitemo
<b>Igice cya 4:</b> Ibyo dutozwa	<i>Isaha 1</i>	Ibyo dutozwa bitewe n'igitsina twavukanye bishobora guhinduka bigahabwa isura nshya. Ntawuvukana intege nke cyangwa gukandamizwa no gukandamiza abandi ahubwo turabitozwa tukivuka kandi tugasabwa kubyubahiriza uko. Birakwiye ko bihinduka

### Igice cya 1: Ubusobanuro bw'amagambo

#### Amabwiriza:

1. Tangira usuhuza abitabiriye ikiganiro ubashimira ko baje babukereye
2. Babwire ko mugiyeye kungurana ibitekerezo ku amagambo akurikira
3. Babaze niba barigeze bumva ayo magambo, aho batuye, bakora, kuri radiyo, televiziyo n'ahandi
4. Andika ibyo bakubwiye
5. Nyuma ubahe ubusobanuro nyabwo usoma inyandiko ikurikira

## **Jenda ni iki (Gender)?**

**Jenda** yerekana inshingano z’abagabo n’iz’abagore, nk’uko zagenwe mu miryango, aho abantu batuye n’umuco bagenderaho. Igitekerezo cya jenda gikubiyemo kandi ibitegerejwe ku bagore no ku bagabo, mu rwego rw’ibibaranga, ibyo bashoboye n’imyitwarire (ubugabo n’ubugore). Inshingano n’ibitegerejwe ku muntu mu rwego rwa *jenda* birigwa. Bishobora guhinduka bitewe n’ibihe kandi birahinduka bitewe n’umuco wa buri karere. Ibindi bihindura inshingano mu rwego rwa jenda ni inzego z’imibanire aho abantu batuye. Ingero ni amashyamba ya politiki, inzego z’ubukungu, umuryango mugari, ubumuga bw’umubiri cyangwa bwo mu mutwe, imyaka y’amavuko, n’ibindi. Jenda ni ikintu gikomeye cyane kuko, iyo ikoreshejwe mu gusesengura imibanire y’abantu n’abandi, yerekana uburyo umwanya w’abagore (gutegekwa) n’uw’abagabo (gutegeka) byigishwa aho umuntu abyirukira. Kubera iyo mpamvu, gutegekwa bishobora guhinduka cyangwa bigahagarikwa. Ntibiri mu miterere y’umubiri cyangwa ngo bibe byarashyizweho ngo bizabeho ubuziraherezo.

## **Uburinganire bisobanura iki (Gender equality)?**

Uburinganire bisobanura ko abagore n’abagabo bafite uburyo bwo kubaho bungana, kugira ngo bagire uburenganzira bwa muntu bwose kandi bagire uruhare n’inyungu mu iterambere ry’ubukungu, mu mibanire y’abantu n’abandi, mu muco no mu buyobozi bw’igihugu. Bityo rero, ivuga guha agaciro kangana ibisa n’ubudasa hagati y’abagore n’abagabo, kimwe n’inshingano buzuzwa. Ishingiye ku gitekerezo ko umugore n’umugabo bareshya mu ngo zabo, aho batuye no muri rusange imbere y’amategeko.

## **Ubwuzuzanye ni iki (Gender equity)?**

Ni inzira yo gushyira ubutabera mu mibanire y’abagore n’abagabo. Kugira ngo bugerweho, akenshi hafatwa ingamba zo gusiba icyuho cyabaye hagati y’abagabo n’abagore kubera amateka, ku buryo badakorera mu rwego rumwe. *Equity* ni nzira. *Equality* ni intego. Urugero rwa gahunda zigamije gusiba icyuho cy’ubusumbane ni uguha umwanya abagore mu buyobozi cyane munzego zifata ibyemezo(30%), uburezi bw’umwana w’umukobwa nizindi gahunda nyinshi.

Icyitonderwa: Izi gahunda zigamije gusiba icyuho (affirmative action /Positive discrimination) ntabwo zihoraho, zigera igihe zigahagarara iyo icyuho cyagabanutse.

## **Igitsina**

Igitsina bisobanura imiterere karemano iranga umuntu w'igitsina gore n'uwigitsina gabo. Iyi miterere ni karemano ntabwo ihinduka kandi ni rusange ku isi hose.

## **Igabana ry'imirimo**

Umuco muri rusange wagiye ugena imirimo n'inshingano bishingiye ku gitsina. Abagabo n'abahungu bakagira inshingano n'imirimo ibareba, abagore n'abakobwa nabo ni uko. Iyo usesenguye iryo gabana ry'imirimo usanga abagore n'abakobwa bakora imirimo myinshi kandi idahemberwa, ndetse itanagira agaciro kugeza aho abantu bumva ko uwayikoze ntacyo aba yakoze, ari imirimo yo mu rugo. Abagabo bakiharira imirimo ibyara inyungu ndetse inahemberwa.

Mu muco nyarwanda guteka bifatwa ko ari umurimo w'abagore n'abakobwa, ariko iyo bibaye bihemberwa nko muri hoteri abagabo barabikora.

Birakwiye ko igabana ry'imirimo ridakwiye gushingira ku gitsina ahubwo rigashingira k'ubushobozi, umwanya cyangwa ubwenge, ubumenyi n'ubushake.

## **Jenda n'igitsina**

### **Amabwiriza**

1. Gusaba abahugurwa babiri begeranye kuganira mu gihe cy'iminota 2 ku byo bazi biranga umuhungu n'ibyo bazi biranga umukobwa bijyanye n'umubiri wabo, imyitwarire n'inshingano byabo.
2. Gusaba buri tsinda kugeza ku bandi ibyo baganiriye no kungurana ibitekerezo ku bisubizo batanze.
3. Kumanika igipapuro cyanditseho ijamba **"IGITSINA"** ku rukuta rumwe n'ikindi cyanditseho ijamba **"JENDA"** ku rundi rukuta. Guha abahugurwa udukarita twanditseho interuro zikurikira:
  - Abakobwa bajya mu mihango, baratwita
  - Kurera umwana ni inshingano z'abagore/abakobwa
  - Abagore nibo bonyine bonsa abana
  - Umugabo ni umutware w'urugo
  - Abakobwa ntabwo biga ibintu bikomeye nk'imibare, ubugenge
  - Nta mugore/umukobwa ukama inka
  - Nta mukobwa uvuga hari abahungu
  - Abagabo bamera ubwanwa

- Nta mugabo urira
  - Mu gihe cy'ubwangavu n'ubugimbi, umukobwa amera amabere naho umuhungu akaniga ijwi.
  - Abagore/ abakobwa bakunda ibintu
  - Abagabo nibo barambagiza
  - Ntamukobwa ubwira umuhungo ko amukunda
4. Gusaba buri wese wabonye agakarita gusomera bagenzi be ibyanditseho.
  5. Kubaza abahugurwa niba interuro yasomwe isobanura igitsina cyangwa Jenda n'impamvu y'igisubizo cyabo.
  6. Kungurana ibitekerezo ku bisubizo byatanzwe no gufata umwanzuro.
  7. Gusaba ufite ikarita kuyimanika muni y'igipapuro kijyanye n'umwanzuro wafashwe.

**Umwanzuro:** Umufashamyumvire yanzura asobanura ko buri muryango w'abantu ugira igisobanuro cyawo uha jenda abandi batanga bitewe n'umuco wabo, imyemerere yabo n'igihe barimo. Igitsina karemano kiravukanwa, ntigihinduka kandi gisobanurwa kimwe ku isi hose.

#### **Itandukaniro hagati y'igitsina karemano n'igitsina mu muco**

<b>Igitsina (sex)</b>	<b>Jenda (gender)</b>
Karemano	Byubakwa na sosiyete
Ni bimwe hose ku isi	Bihinduka bitewe n'umuco
Ntibihinduka	Birahinduka bitewe n'igihe, akarere...
Biravukanwa	Biratozwa.

#### **Igice cya 2: Ubwoko bw'ububasha**

##### **Amabwiriza**

- Subiramo inyandiko z'ubwoko bw'ububasha maze ukore ku buryo uba wisanzuye mu gusobanura ubwoko butandukanye bw'ububasha. Ibi abe ari nako ubigenza ku birebana n'ububasha. Itoze kuganira ku bwoko bw'ububasha hamwe na bagenzi bawe ukore ku buryo ushobora kuganira ku bubasha mu buryo busobanutse.
- Kora kopi maze ukate ibishushanyo by'ububasha, byatanzwe ku mpera z'aya mabwiriza (kopi imwe 1 ya buri gishushanyo kuva ku witabiriye 1-2).

- Manika igipapuro kinini kiriho ubusa imbere mu cyumba.
- Ibice bitandukanye by'urupapuro rwa A4 (cyangwa impapuro nini igice), andika imitwe ikurikira mu nyuguti zigaragara cyane (kuri paji imwe), Manika buri imwe ku rukuta rutandukanye mu cyumba maze uyipfuke kugira ngo abitabiriye batabona imitwe:
  - Ububasha muri wowe
  - Ububasha ku wundi
  - Ububasha na
  - Ububasha bwo

**Uko bikorwa:**

1. Tangiza ikiganiro cya 2: *Muri iki kiganiro turamara igihe tureba icyo ububasha busobanura. Ububasha ni ikintu kiba buri gihe mu buzima bwacu, Bugira uruhare mu myanzuro dufata n'amahitamo dukora, ariko tubuvugaho gake.*
2. Baza abitabiriye: *"Funga amaso yawe umunota"*
3. Buri wese namara gufunga amaso, komeza: *"tangira gutekereza ku ububasha mu bwenge bwawe. (Guhagarara) ububasha busa bute? Guhagarara) ni iyihe shusho iza mu bwenge bwawe? (Guhagarara). Noneho fungura amaso yawe."*
4. Baza: *"Watekereje iki ubwo wafungaga amaso yawe?"* Shishikariza abitabiriye gukora ibimeneyetso k'ububasha bwabo niba bumva ntacyo bibatwaye kubikora.
5. Nyuma y'uko abitabiriye batandukanye basobanuye bagakina ikinamico ku bubasha bwabo, tanga igishushanyo cya mbere (*"Ububasha muri wowe"*) kugeza abitabiriye bose bakiriye imwe. Hanyuma ufatishe icyo gishushanyo ku rukuta.
6. Baza abitabiriye ibibazo bibiri bikurikira:
  - a. Ese waba watekereje ikintu nk'iki ubwo watekerezaga ku bubasha?
  - b. Ni gute wasobanura ubu bwoko bw'ububasha?
7. Nyuma yo kuganira ku bibazo byombi, tangiza ijambo ry'ububasha bihuye- *Ububasha wifitemo*- maze uryangirira ku rupapuro runini rwegerereye ifoto.
8. Subiramo intambwe ya 7 n'ya 8 kuri buri imwe muri aya mashusho atatu, kwimuka ukurikije uko bikurikirana *"Ububasha ku wundi"* ukageza ku *"Ububasha hamwe na"* hanyuma ukarangiza na *"Ububasha bwo."*
9. Nimurangiza kuganira kuri buri imwe mu mashusho ane avuga ku bubasha n'ijambo rivuga ububasha bihuye, saba abitabiriye guhagarara hagati mu cyumba cy'amahugurwa.
10. Garagaza impapuro nini enye mu cyumba.

11. Sobanura: “Mu rwego rwo kurushaho kumenya icyo ubwoko bune bw’ububasha buvuga, turakora undi mwitoto. Ndasoma uruhererekane rw’interuro. Nyuma ya buri nteruro, jya ku rupapuro runini werekane ubwoko bw’ububasha wumva iyo nteruro isobanura kurusha izindi. Ibuka gusubizanya ukuri aho gupfa gukurikira abandi.”
12. Kora ku buryo amabwiriza aba yumvikana maze utangire.
13. Nyuma ya buri nteruro, ha ikaze buri wese mu bitabiriye ahagarare kuri buri jambo (abitabiriye bashobora guhagarara ku mpapuro nini zitandukanye cyangwa bagahurira kuri rumwe) asangize itsinda impamvu yahisemo iryo jambo. Niba habayeho kutumvikana, muganire hanyuma mwumvikane.
14. Garura abitabiriye mu myanya yabo maze ubahe inyandiko z’ubwoko bune bw’ububasha
15. Kora incamake y’ibi bikurikira:
  - *Hari ubwoko butandukanye bw’ububasha. Mu mushinga “INGO Z’AMAHORO” dushimangira ububasha wifitemo, ububasha ku wundi, ububasha hamwe na n’ububasha bwo.*
  - *Ububasha bushobora gukoreshwa neza cyangwa nabi.*
  - *“Ububasha wifitemo”, “Ububasha hamwe na”, n’ububasha bwo” ni ikoresha ryiza ry’ububasha. “Ububasha ku” ni ikoresha ribi ry’ububasha.*
  - *Ububasha ntibugira umupaka. Umuntu ufite ububasha ntibivuga ko yakwambura ububasha undi. Buri wese yagira ububasha.*
16. Reka abitabiriye bamenye ko ubu tugiye gufata ikiruhuko cy’iminota. Nitugaruka, turakomeza kugenda dusobanukirwa n’aya magambo yerekeye ububasha.

## **Urupapuro Inyoborabiganiro**

### **Ububasha ni iki?**

Ububasha ni uburenganzira, imbaraga, ubushobozi uhabwa na sosiyete, umuco, urwego rw’ubuyobozi, idini etc bwo gukora umurimo runaka, gufata ibyemezo, kuyobora. Ububasha ni ikintu kiba buri gihe mu buzima bwacu. Bugira uruhare mu myanzuro dufata n’amahitamo dukora, ariko tubuvugaho gake.” Hari amoko ane y’ububasha:

### **Ububasha wifitemo:**

Ni imbaraga ziva muri twe iyo tumenye Ububasha bungana twese twifitemo bwo kuzana impinduka nziza mubuzima bwacu no mu muryango mugari nyarwanda. Mu gusobanukirwa

kurushaho ububasha twifitemo, twumva dufite inshingano zo gukemura ibibazo bikomoka ku ikoreshwa ribi ry'ububasha bituma habaho akarengane mu muryango mugari nyarwanda. Buri wese atangire igikorwa cyo guhinduka hagamijwe kurwanya ihohoterwa rishingiye ku gitsina (GBV). *Ububasha twifitemo ni ishingiro ry'izindi mpinduka nziza.*

**Ububashaku:** Bisobanura ububasha umuntu cyangwa itsinda bakoresha mu kugenzura undi muntu cyangwa itsinda. Uku kugenzura gushobora kuba guturuka mu ihohoterwa ritaziguye cyangwa riziguye cyane, bitewe n'imitekerereze n'imigenzereze by'abagize umuryango mugari nyarwanda igaragaza abagabo nk'abafite ububasha kurusha abagore. Gukoresha ububasha nabi kuri mugenzi wawe ni akarengane. Gukoresha ubushobozi bwawe ku wundi muntu bizana ibyiyumvo bibi, intimba, kubura ibyiringiro. Gukoresha ububasha bwawe ku wundi muntu ni ugukoresha uburenganzira nabi. Ni ukwangiza uburenganzira bw'uwo muntu. Uko turushaho gusobanukirwa ububasha twifitemo, tuzaharanira kongera ubumenyi n'imyitwarire iyanye n'uburyo abagabo bakoresha ububasha ku bagore. Ubusumbane bw'ububasha hagati y'abagabo n'abagore niyo ntandaro y'ihohoterwa rishingiye ku gitsina. Guceceka kw'abagize umuryango mugari nyarwanda kuri aka karengane bibabaza buri wese.

**Ububasha hamwe na:** Bisobanura imbaraga iyo umuntu umwe cyangwa benshi bishyize hamwe bagakora ikintu buri wese atabasha gukora ari wenyine. Ububasha hamwe na bukubiyemo guhuza imbaraga zacu n'abantu ku giti cyabo ndetse n'amatsinda kugira ngo tugire icyo dukora ku karengane twifashishije imbaraga nziza no gufashanya.

Bityo ni byiza gukora ibirenze ubukangurambaga hagamijwe kongera ubumenyi bwo gushyiraho imibanire itarangwamo ihohoterwa no kureba icyasimbuzwa ihohoterwa. Ni byiza kandi gukoresha 'ububasha bwo gufatanya' n'abandi uko tugenda duhinduka.

**Ububashabwo:** Ni imyizerere, ingufu n'ibikorwa abantu n'amatsinda bakoresha muguharanira impinduka nziza. Ububasha bwo ni iyo abantu baharanira ko abagize umuryango bose bishimira guhabwa uburenganzira bwabo bwose uko bwakabaye kandi bagakoresha Ububasha bwabo bwose. Guteza imbere ububasha bwogukora ibikorwa byo kurwanya ihohoterwa mumibanire yacu no kurema imigenzo myiza igenga umuryango mugari nyarwanda biteza imbere kudakoresha ihohoterwa n'inyungu zabyo.

### Igice cya 3: Ni nde ufite ububasha?

#### Amabwiriza

- Manika urupapuro rumwe runini rutanditseho ku rukuta.
- Kora kopi y'Urupapuro rw'Amahitamo akomeye yatanzwe aho iki kiganiro Kirangirira, imwe k'uwitabiriye wese.
- Shushanya inyandikorugero y'Urupapuro rw'Amahitamo akomeye ku gice cy'urupapuro runini kugira ngo ushobore kuyasobanurira abitabiriye (si ngombwa ko wandika buri nteruro, ahubwo wakoresha inkingi n'ibimenyetso).

#### Uko bikorwa:

1. Sobanurira abitabiriye: *Igihe kimwe mu buzima bwacu, twanyuze mu bihe aho umuntu yakoresheje ububasha kuri twe. Tugiye gukora umwitozo udufasha twese kwibuka uko biba bimeze iyo umuntu akoresheje ububasha kuri twe. Muri uyu mwitozo, urasabwa kwibuka ikintu wanyuzemo mu bihe byashize. Hanyuma uzasabwa gusangiza abandi ibyakubayeho, hitamo ibyo wibuka wumva wisanzuye gusangiza abandi.*
2. Saba abitabiriye kumva bisanzuye, bahumirize, bumve neza ibyo uribubasomere. Basabe gutekereza barema ishusho mu bitekerezo byabo y'ibyo banyuzemo uko ugenda ubasomera.
3. Buri wese namara guhumiriza, soma iyi shusho ikurikira. Yisome buhoro buhoro kugira ngo abitabiriye babashe gutekereza ibisobanuro byinshi. Nubona ijambo "hagarara gato" manura umwuka mwinshi mu bihaha maze ubare ucecetse kugeza kuri gatanu maze ureke hahite amasegonda make.

*Tekereza ku gihe wari mu gihe wumvaga nta bubasha ufite. (hagarara gato) hashobora kuba ari igihe wari muto cyangwa ingimbi cyangwa se wari mukuru. (hagarara gato) Hashobora kuba hashize imyaka myinshi cyangwa se hashize igihe gito bibaye. (hagarara gato) Ni igihe wumvise nta bubasha ufite. (hagarara gato) Undi muntu yari ari gukoresha ububasha bwe kuri wowe. (hagarara gato) Ashobora kuba ari inshuti, umubyeyi, umuvandimwe, undi ugize umuryango mugari, umuyobozi mukuru. Ashobora kuba yari mukuru cyangwa muto, umugabo cyangwa umugore cyangwa se itsinda ry'abantu. Tekereza ku byo yakoraga cyangwa bakoraga ubwo bakorehaga ububasha kuri wowe. (hagarara gato) Habaye iki? (hagarara gato) Byari bimeze gute? (hagarara gato)*

*Gerageza kwibona muri icyo gihe. Wari uri he? (hagarara gato) Gerageza gutekereza umuntu cyangwa abantu bakorehaga ububasha bwabo kuri wowe. (hagarara gato) Ibuka ibyari bigize icyo kiganiro. Ibuka icyabaye. Amagambo yavuzwe? (hagarara gato) Mu maso y'abantu hari hameze hate? (hagarara gato) mu maso hawe? (hagarara gato)*

*Byari bimeze gute umuntu gukoresha ububasha bwe kuri wowe? (hagarara gato) Gerageza kwibuka amarangamutima yawe mu buryo bwihariye. Amarangamutima yawe yari ayahe? Ese wumvishe urakaye, ubabaye, umwaye, udafite ubushobozi bwo kugira icyo ukora, cyangwa ikindi kintu? (hagarara gato) Ubu, niba witeguye, ufungure amaso yawe.*

4. Baza abitabiriye: *Hindukira urebe mugenzi wawe maze musangire ibyo wanyuzemo byatumye wumva ubuze ububasha. Sobanura ibyo wanyuzemo ho gato. Sobanura ukuntu byatumye wumva umeze ubwo umuntu yakoreshegaga imbaraga kuri wowe. **Iminota 3** nirangira ndabamenyesha, ni ryari mwagurana ibyo mukora maze undi muntu akavuga ibyamubayeho.*
5. Baza niba ntawe ufite ikibazo, maze ubwire abiteguye gutangira.
6. Nyuma y'**iminota3**, saba abari kumwe guhinduranya umwe abe uvuga undi abe uw'utega amatwi.
7. Nyuma y'indi **minota3**, saba abitabiriye kugaruka ku ruziga runini niba bari bimutse.
8. Tanga ibitekerezo ku mwitoto:
  - a. *Mwibutse ukuntu bimera icyo umuntu akoresheje ububasha kuri wowe. Byatumye wumva bimeze gute kuba muri icyo gihe?"* Rondora ibitekerezo byunganira byatanzwe ku rupapuro runini.
  - b. *Tekereza ku muryango mugari tubarizwamo. Ese ubusanze hari itsinda rimwe ry'abantu bemerewe gukoresha ububasha bwinshi kurusha abandi? Niba bahari ni bande?*
  - c. *Ese abagabo nk'itsinda bemerewe gukoresha ububasha bwinshi kurusha abagore?*
  - d. *Utekereza ko mu muryango mugari tubarizwamo abagore bumva nabo bafite ayo amarangamutima wagize muri bya bihe watekerejeho?*
9. Sobanura: *Twabonye ingaruka zo kumva nta bubasha ufite kandi ko buri wese afite amahitamo yo gukoresha ububasha bwe neza cyangwa nabi. Nyamara, ntidukunze kwita ku buryo dukoreshegamo ububasha. Uyu mwitoto ukurikira uradufasha gutekereza ku buryo dukoreshegamo ububasha bwacu nk'abantu.*
10. Tanga urupapuro rw'amahitamo y'ububasha umanike inyandikorugero ku rukuta.
11. Sobanura: *Ndasoma buri nteruro cyane maze mpararare, mbaha umwanya wo gutekereza ku nteruro. Shyira akamenyetso kuri 'igihe cyose,' 'rimwe na rimwe,' cyangwa 'nta na rimwe' kuri buri nteruro.*

12. Garagaza ku rupapuro ruri ku nyandikorugero y'urupapuro runini maze ugaragaze ibimenyetso byo kuri buri nkingi kugira ngo abashobora gusoma bamenye inkingi bijyanye.
13. Shimangira: *Uyu ni umwitozo w'umuntu ku giti cye wo kwitekerezaho utaribukosorwe cyangwa ngo usangizwe abandi, subiza mu bunyangamugayo.*
14. Reba neza ko nta bibazo bihari maze utangire. Soma nimero ya buri kibazo kugira ngo wizere neza ko abashobora gusoma bashobora kumenya iyo mibare. Ushobora gukenera gusubiramo buri nteruro inshuro ebyiri. Hagarara gato nk'igihe cy'amasegonda menshi hagati y'interuro kugira ngo uhe umwanya wo gusubiza uhagije abitabiriye (IGISOBANURO: Watanga ubundi bufasha burenze ku batisanzuye mu gusoma no kuzuza ifishi. Tanga ubufasha uko bukenewe).
15. Buri wese narangiza kuzuza urupapuro, babwire batange ibitekerezo ku mwitozo:
- Kuzuza uru rupapuro kuri wowe byari bimeze gute?*
  - Ni iki cyakugoye?*
  - Ni iki ibisubizo byawe bikubwira kuri wowe?*
  - Benshi muri twe bashobora kudashaka kwereka ibi abandi. Ibi bitubwira iki ku buryo dukoresha ububasha?*
  - Ese hari ibibazo utigeze ushaka gusubiza ukoresheje ukuri?*
  - Ubusanzwe iyo dukoresheje ububasha bwacu ku wundi muntu twumva bidushimishije?*
  - Ese gufata abantu bose kimwe kandi ukabubaha buri gihe biroroha? Kuki ari byo cyangwa kubera iki atari byo?*
16. Vuga mu incamake: *Gukoresha ubushobozi bwawe ku wundi muntu bizana ibiyumviro bibi, intimba, kubura ibyiringiro. Gukoresha ububasha bwawe ku wundi muntu ni ugukoresha uburenganzira nabi. Ni ukwangiza uburenganzira bw'uwo muntu.*

Shimira abitabiriye uruhare babigizemo.

#### Igice cya 4: Ibyo dutozwa

##### Itegurwa

1. Shushanya imbonerahamwe/ngari ku rupapuro runini rufite inkingi 3 n’utuzu 5 maze ufate paji yose (reba amashusho mato ahakurikira):
  - a. Shushanya inkingi enye
  - b. Ha umutwe inkingi ya mbere “Imyaka,” inkingi ya 2 “Abakobwa,” n’inkingi ya gatanu “Abahungu.”
  - c. Shushanya utuzu dutanu ku nkingi.
  - d. Shyira ikimenyetso ku kazu ka “kuva kuri 0 kugeza kuri 5,” aka kabiri “kuva kuri 5 kugeza kuri 10,” agakurikira “kuva kuri 10 kugeza kuri 15” gutyo gutyo (ubwiyongere ho imyaka 5 kugeza ugeze kuri 25.

Imyaka	Abakobwa	Abahungu
0 kugeza 5		
5 kugeza 10		
10 kugeza 15		
15 kugeza 20		

##### Intambwe

1. Tangiza ikiganiro : *Muri iki kiganiro tugiye kureba uko ubusumbane bw’ububasha hagati y’abagabo n’abagore bwabayeho n’impamvu buriho. Ni ukubera ko abagabo ari babi (Oya!)? Ni ukuberako abagore ari abanyanteye nke (Oya!)? Ese byagombye kuba gutya (Oya!)? Reka dutangire tureba neza ubuzima bw’abakobwa, abahungu, abagore n’abagabo.*
2. Sobanura: *Mugiye gukorera mu matsinda kugira ngo murebe ubuzima bw’abakobwa n’abahungu mu muryango mugari tubarizwamo, uherye bakivuka ukageza ku myaka 25. Mu matsinda yanyu, muratekereza kandi muganire ibintu byose biranga ubuzima bw’abakobwa n’ubw’abahungu mu byiciro bitandukanye. Muratekereza ku byiciro mu bwiyongere butanu: imyaka kuva kuri 0 kugeza kuri 5, kuva kuri 5 kugeza kuri 10, kuva kuri 10 kugeza kuri 15 n’ibindi. Tekereza ku buryo abahungu n’abakobwa bitezweho*

*kwitwara, uko bafatwa, agaciro bahabwa, ibyo bagomba kwambara, ibyo bemerewe gukora, uwo bagomba kugendana n'ibindi. Muri buri cyiciro. Muraganira nk'itsinda maze mwandike ibisubizo byanyu mu mbonerahamwe ku gice cy'urupapuro runini nk'uru (erekana urugerofatizo rw'urupapuro runini).*

3. Genda utanga urugero kuri buri cyiciro : Abana bashobora kwambikwa amabara atandukanye cyangwa bakavugishwa mu buryo butandukanye iyo ari abahungu cyangwa abakobwa. Bityo rero mu kazu ka “kuva kuri 0 kugeza kuri 5” kari muni “y’abakobwa” wakwandika ko abantu babavugisha mu mvugo yoroshye kandi nziza kandi bambaye iroza. Mu nkingi y’ “Abahungu” wakwandika ko bashimwa kubera ari abahungu bakanambara ubururu. (Erekeza ku tuzu twabugenewe ku mbonerahamwe kugira ngo bigaragarire abitabiriye). Abana b’abakobwa bashobora kwambikwa amakanzu, kwita kuri barumuna babo, guceceka cyangwa kurya bike kurusha bahungu. Bityo rero wakwandika ibisubizo mu kazu ka “kuva kuri 5 kugeza kuri 10” cyangwa “kuva kuri 10 kugeza kuri 15”, muni y’inkingi y’ “Abakobwa” (Ereka akazu gakwiye abitabiriye).
4. Sobanura ko bafite iminota 30 yo gukora umwitozo n'iminota 5 yo kugaragaza ibyo bakoze.
5. Gabanya abitabiriye mo amatsinda atatu, bahe urupuro runini na marikeri maze utangire.
6. Bamenyeshe niba hasigaye **iminota5 n’umunota1**. Nyuma y’**iminota25**, saba abitabiriye kugaruka mu itsinda rikuru.
7. Saba itsinda rya mbere kuza imbere mu cyumba kugaragaza ibyo ryakoze. Uko bagaragaza, bafashe kvanamo ingingo z’ingenzi mu kiganiro, kugaragaza itandukaniro riri hagati y’igitsina na gender.
8. Nyuma y’iminota 5, hamagara itsinda rikurikira. Subiramo intambwe ya 7 ku matsinda abiri asigaye
9. Kora incamke utangiza ubusobanuro bw’“igitsina” na “Gender”. *Imiterere y’umubiri igena niba umuntu ari umugore cyangwa umugabo. Ibi bizwi nk’ “igitsina” Igitsina kigenwa mu mavuko. Irindi tandukaniro tubona kandi tubamo hagati y’abahungu n’abakobwa, abagabo n’abagore, ni inshingano n’ibibiranga imiryango ibaha. Ibi tubyita ‘gender.’* Baza ibibazo bigamije kumenya icyo batekereza. urugero:
  - a. Amatsinda ashobora kuganira ku myambaro abo bana cyangwa abakobwa bato bambara. Ushobora kubaza niba abakobwa bavuka bambaye amajipo. Abitabiriye bazaseka maze bavuge “birumvikana si ko biri.” Iki gishobora kuba ikiganiro buri wese agiramo uruhare kijyanye n'uko twese tuvuka tumeze kimwe, dutandukaniye gusa ku mibiri yacu. Ariko ako kanya, imiryango migari

tubarizwamo itangira kuduhindura bitandukanye, bitewe n'uko turi abakobwa cyangwa abahungu. Twigishwa kwambara ibintu bitandukanye, kwitwara mu buryo butandukanye, n'ibindi.

10. Buri tsinda nirimara kugaragaza ibyaryo, baza niba hari ikibazo icyo ari cyo cyose maze uhe abitabiriye amahirwe yo gusubiza uko bashoboye.

11. Vuga muri make ingingo z'ingenzi :

- a. *Uhereye umuntu akivuka, ndetse rimwe na rimwe mbere yaho, dufata abakobwa n'abahungu mu buryo butandukanye. Twigisha abakobwa kwitwara mu buryo butandukanye n'ubw'abahungu, kwitega ibintu bitandukanye ku bakobwa no ku bahungu no kubaha gaciro mu buryo butandukanye. Ibi ntibikwiye kandi bigabanyiriza amahirwe abakobwa n'abagore.*
- b. *Itandukaniro rishingiye ku gitsina riha abagore n'abakobwa agaciro gake ugereranyije n'abagabo. Ibi birema ubusumbane bw'ububasha hagati y'abagabo n'abagore, ibi bikica imibanire yacu n'imiryango migari tubarizwamo.*
- c. *Kenshi twizera ko uburyo abagabo /abahungu n'abagore/abakobwa bitwara 'bisanzwe'" Dukoresha ibi dusobanura impamvu yo gufata abakobwa n'abagore mu buryo butandukanye n'ubwo dufatamo abagabo n'abahungu. Nyamara, itandukaniro rishingiye kuri gender n' itandukaniro twiremera.*
- d. *Gender ishobora guhinduka! Uko imiryango n'imico igenda ihinduka ikanakura, ninako ibyo twiteze ku buryo tugomba kwitwara kuko dufite igitsina.*

## Ikiganiro cya 2: IHOHOTERWA RISHINGIYE KU GITSINA

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 2.1:</b> Ihohoterwa rishingiye ku gitsina ni iki?	<i>Iminota</i> 45	Gufasha abahugurwa gusobanukirwa ihohoterwa rishingiye ku gitsina rikorerwa abana b’abakobwa n’abahungu icyo aricyo, impamvu n’ingaruka zaryo n’uko rikwiye kwirindwa.
<b>Igice cya 2.2:</b> Kudahishira ihohoterwa rikorerwa mu mashuri	<i>n’iminota</i> 45	Kungurana ibitekerezo ku birebana n’umuco wo guhishira ihohoterwa rikorerwa mu miryango n’imibanire y’abakundana kandi hatekerezwa ku cyo abasore bashobora gukora igihe bo cyangwa umuntu bazi bisanze mu mibanire iganisha ku ihohoterwa.
<b>Igice cya 2.3:</b> Kwishimisha biganisha ku imibonano mpusabitsina n’ingorane bikurura	<i>Isaha</i> <i>Imwe</i>	Gutekereza ku ngaruka zishobora gutezwa no kwishimisha biganisha ku imibonano mpusabitsina kwa muntu no kuganira ku ngamba zo kugabanya izo ngaruka mbi cyane ku bangavu bari mugihe cyiganjemo impinduka zishingiye ku misembura ibatera amarangamutima.

## Igice cya 2.1: Ihohoterwa rishingiye ku gitsina ni iki?

### Amabwiriza:

1. Sobanura ko intego y'umwitozo ari ukuganira ku ihohoterwa icyo ari cyo n'ubwoko bw'ihohoterwa.
2. Baza buri tsinda uti "IHOHOTERWA ni iki?" Andika ibisubizo ku rupapuro runini (flipchart). Bashishikarize gutekereza ku bwoko butandukanye bw'ihohoterwa.
3. Sobanurira abitabiriye ibiganiro ko ihohoterwa ari igikorwa icyo ari cyo cyose gikorwa umuntu haba ku mubiri, mu bitekerezo, ku myanya ndangagitsina no ku mutungo kimuvutsa uburenganzira bwe kandi kikamugiraho ingaruka mbi. Guhohotera ntibipfa kubaho ahubwo bikorwa mu bihe n'uburyo bisobanutse. Ibikorwa by'ihohotera bikunze kubaho mu bihe bimwe na bimwe. Sobanurira itsinda ko ibikorwa by'ihohoterwa biri mu bice bine binini bitandukanye:
  - **Ihohoterwa rikorerwa ku mubiri:** Gukoresha imbaraga hagamijwe gukora ibibabaza umubiri nko gukubita (urushyi cyangwa umugeri), gutwika cyangwa guhutaza n'ibindi.
  - **Ihohoterwa rikomeretsa umutima cyangwa se mu mitekerereze cyangwa ryo mu mutima (ry'imbamutima) Ubu bwoko bw'ihohoterwa nibwo bugoye kugaragaza kurusha ubundi:** Bugaragara mu gutesha agaciro, gukanga, gutuka, kotsa igitutu, gufuha no gufatira umuntu ntabashe gufata icyemezo runaka cyangwa ngo agire icyo yikorera. Iri hohoterwa rigaragara kandi mu kubuza umuntu gutembera. Iri hohoterwa rishobora gukorwa mumagambo cyangwa bucece.
  - **Ihohoterwa rikorerwa ku myanya ndangagitsina:** Guhatira umuntu gukora ibijyanisha ku mibonano mpuzabitsina (gusomana cyangwa gukora imibonano mpuzabitsina) cyangwa gukoresha amagambo aganisha ku gitsina ku buryo butesha agaciro cyangwa butera ikimwaro. Niyo uhohoterwa yaba yarigeze kwemera imibonano mpuzabitsina mu gihe cyashize, ubu noneho mugomba kuba mubyemeranyaho/akabyemera ku bafite imyaka y'ubukure. Ku bana (abantu batarageza ku myaka 18), imibonano mpuzabitsina yose ikorewe bene uwo muntu aba ari icyaha cy'ubusambanyi gihanwa ku buryo butandukanye n'iyo iri hohoterwa rikorewe umuntu ufite nibura imyaka 18 kujyana hejuru,
  - **Ihohoterwa rishingiye ku mutungo:** Igihe umuntu ajenzura ku buryo buziguze

amafaranga n'umutungo w'undi muntu cyangwa umuntu agaheza undi ku mutungo afiteho uburenganzira. Iri hohoterwa ni uburyo bushobora gukoreshwa mu kubuza undi uburenganzira, kugira aho ajya cyangwa kumubuza guhura n'inshuti.

4. Sobanura ko ugiye kugabanya abantu mu matsinda ane. Buri tsinda rirategura agakinamico kagaragaza bumwe mu bwoko bw'ihohoterwa. Buri tsinda riribanda ku bwoko bumwe bw'ihohoterwa. Ha buri tsinda bumwe mu bwoko bw'ihohoterwa bugaragara haruguru. Bahe iminota hagati y'itanu n'icumi kugira ngo bategure agakinamico.
5. Saba buri tsinda ryerekane agakino ryateguye ku ihohoterwa. Amatsinda yose narangiza kugaragaza udukino twayo, muganire ku ibibazo bikurikira.

#### **Ibibazo byifashishwa mu kungurana ibitekerezo:**

1. Ibyerekanywe mu mukino bibaho mu buzima busanzwe?
2. Ni ubuhe bwoko bw'ihohoterwa bukunze kugaragara mu miryango? mu bakundanda? Mu nshuti?
3. Ese abasore niba bakunze guhohotera inkumi, cyangwa se inkumi nazo zihohotera abasore?
4. Ese birakwiye ko umugabo cyangwa umugore akubitwa cyangwa ahohoterwa? Kubera iki?
5. Ese hari isano iri hagati yo kugira ubushobozi no guhohotera abandi? (bwira abitabiriye ikiganiro batekereze ku bushobozi butandukanye (ku rwego rw'ubukungu, rw'imbaraga z'amaboko, etc.) umuntu agira bikamutera guhohotera abandi).
6. Ese hari ubwoko bw'ihohoterwa bukorwa bitewe n'uko urikorera afite igitsina runaka? (Aha ushobora gusobanura ibijyanye n'ihohoterwa rishingiye ku gitsina, wifashishije urupapuro rw'inyoborabiganiro )
  - a. **Ihohoterwa rishingiye ku gitsina (gender):** Igikorwa cyose gituma haba ihohoterwa rishingiye ku mubiri, ku mitekereze, ku gitsina ndetse no ku bukungu kubera ko urikorera ari umugabo cyangwa umugore. Ibyo bikorwa bibangamira uburenganzira bw'ubikorewe kandi bikamugiraho ingaruka mbi.
7. Ni izihe ngaruka ihohoterwa rigira ku muntu? Ku mibanire? Ku muryango mugari?
8. Ni ubuhe bumenyi uvanye muri iki kiganiro? Hari icyo wize gishobora guhuzwa n'ubuzima bwawe cyangwa imibanire yawe n'abandi?

**NTIBAVUGA :**

Gufata ku ngufu umwana  
Ihohotera

**BAVUGA :**

Gusambanya umwana  
Ihohoterwa

## Igice cya 2.2: Kudahishira ihohoterwa

### Amabwiriza:

1. Sobanurira abitabiriye ikiganiro ko ikiganiro gikurikiraho kigiye kwibanda ku buryo bo nk'abakiri bato bashobora kudahishira ihohoterwa iryo ari ryo ryose rishingiye ku gitsina rikorerwa abakobwa/abangavu mu mashuri ndetse no hanze yayo.
2. Gabanyamo abitabiriye ikiganiro amatsinda abiri, noneho ubabwire ko bafite iminota 15 yo gutegura umukino uhuriweho na bose werekeranye n'ingaruka zo guhishira n'izo kuvuga ku ihohoterwa ryabo cyangwa ry'umuntu bazi barimo guhura na zo. Ha buri tsinda ingingo zigize umukino bagomba gutegura:
  - **Itsinda rya 1:** Gukora umukino uhuriweho na bose werekana umuntu urimo gukorerwa ihohoterwa mu mibanire y'abakundana, ku ishuri, cyangwa mu muryango we, kandi akaba arimo gutekereza ukuntu yagira uwo abibwira. Babwire gutekereza ku mpamvu zatuma uyu muntu atavugaga ko yahohotewe "agahitamo guceceka."
  - **Itsinda rya 2:** Gukora umukino uhuriweho na bose werekana ingorane zo kwegera no gufasha umuntu urimo gukorerwa ihohoterwa mu mibanire y'abakundana, ku ishuri; abaye ari umunyeshuli na Mwarimu cyangwa umuyobozi ku ishuri. Babwire gutekereza ku mpamvu umuntu yarebera ntashake kwegera no gufasha umuntu urimo gukorerwa ihohoterwa. Uyu muntu ashobora kuba ari inshuti, umuvandimwe, umuturanyi, n'abandi.
3. Nyuma y'iminota 15, bwira amatsinda yombi yerekane imikino yateguye. Nyuma y'uko amatsinda yombi amaze kwerekana imikino yabo bose bagizemo uruhare, koresha ibibazo bikurikira mu gutangiza ikiganiro ku bibazo biboneka mu kuvuga ku birebana n'ihohoterwa na bimwe mu bisubizo bishoboka.

### Ibibazo byifashishwa mu kungurana ibitekerezo:

1. Ubusanzwe ihohoterwa turivuga dute? Turivugaho iki?
2. Ese haba hari imvugo cyangwa imigani (biganisha ku ihohoterwa cyangwa biganisha ku

- bagore) bituma ihohoterwa rigaragara nk'ibintu bisanzwe cyangwa byemewe?
3. Muri rusange, igihe umuntu arimo guhohoterwa cyangwa arimo guhohotera undi, biravugwa cyangwa ntibivugwa? Kubera iki?
  4. Ni ukubera iki bitoroshye kuganira ku ihohoterwa hagati y'abakundana? Cyangwa mu miryango?
  5. Impamvu zitangwa ziratandukanye ku bakobwa no ku bahungu?
  6. Mu kutavuga ku ihohoterwa, twaba dufite uruhare mu gushyigikira ihohoterwa aho dutuye ndetse no ku ishuri?
  7. Kuki, rimwe na rimwe, abakobwa badashaka kuvuga ibyerekeranye n'ihohoterwa bakorerwa mu buzima bwabo?
  8. Wumva umerewe ute iyo wamenye ko hari umuntu wawe urimo gukorerwa ihohoterwa?
  9. Ni gute ushobora kuganira n'uwo muntu ku ihohoterwa? Ni izihe ngamba wafata mu gufasha umuntu ufite imibereho irangwa n'ihohoterwa?
  10. Ese ku ishuri hari uburyo bwo kugaragaza ihohoterwa?
  11. Ni izihe ngamba umuntu ashobora gufata yirwanaho mu mibanire irimo ihohoterwa?
  12. Niba ukeka ko inshuti yawe iri mu mibanire mibi, ni nde wamugira inama yo kujya gushaka ubufasha cyangwa aho yabushakira?
  13. Ni bande bakorerwa ihohoterwa? Hehe? Ni irihe hohoterwa rikunze gukorerwa abakoba mu mashuri? Rikorwa gute?
  14. Ni gute twakangurira abakobwa "kudahishira" ihohoterwa?
  15. Ni iki mwungutse muri iki kiganiro ? Haba hari ibyo muzahindura mu buzima bwanyu bwite mushingiye ku byo twaganiriye?

### Igice cya 2.3: Kwishimisha biganisha ku mibonano mpuzabitsina n'ingorane zabyo

#### Amabwiriza:

1. Gusobanurira abitabiriye ikiganiro Kubasobanurira ko mu ikiganiro gikurikira, bari burebere hamwe zimwe mu ngaruka mbi ziterwa no kunywa ibisindisha n'ibindi biyobyabwenge; banungurane inama kuri zimwe mungamba zafatwa ngo hakumirwe ibyago byaterwa no kunywa inzoga n'ibindi biyobyabwenge cyane cyane abangavu.
2. Kubaza abitabiriye ikiganiro niba bazi urubyiruko (abakobwa) runywa ibisindisha. Kubabaza niba bamenya ibindi biyobyabwenge urubyiruko rukoresha? Andika ibisubizo baguhaye kurupapuro runini ('flipchart').
3. Kumenyeshya abitabiriye ikiganiro ko ubu ugiye kubagabanya mu matsinda atatu mato. Guha buri tsinda igice cy'urupapuro runini (flipchart) na marikeri. Kubwira buri tsinda ko bagiye guca ibihande bibiri. Mu gihande cya mbere andikamo amagambo 'imyitwarire yaguteza ibyago & amakuba (ibyago)
4. Gusobanurira buri tsinda ko ryakwandika imyitwarire yaguteza ibyago n'amakuba bikururwa no kunywa ibiyobyabwenge n'inzoga.. Amakuba (ibyago) ni ingaruka mbi zishobora kukubaho bitewe n'igikorwa wakoze. Waha itsinda iminota 10.
5. Nyuma y'iyi minota icumi, kubwira amatsinda kwandika amagambo 'ingamba zirengera' ku mutwe w'igihande cya kabiri. Gusobanura ko ingamba zirengera ari ibikorwa cyangwa ibintu bigamije kurwanya ingaruka mbi (amakuba). Gusobanura ko buri tsinda ryagombye kwandika zimwe mu ngamba zo kwitwararika abakobwa (urubyiruko) rushobora gufata kugirango rwirinde izo ngaruka mbi zakururwa n'ibisindisha n'ibindi biyobyabwenge. Guha amatsinda iminota 10 yo gukora uwo mwitoto.
6. Nyuma y'iyi minota 10, gusaba buri tsinda kumurikira abandi urutonde rw'imyitwarire yateza ingaruka mbi & ingaruka mbi mndetse n'urutonde rw'ingamba zo kubiburizamo. Nyuma y'uko amatsinda yose aseruka, gufungura impaka zigamije gusubiza ibibazo bikurikira.

### **Ibibazo byo kuganirwaho mu matsinda:**

1. Kubera iki ari ngombwa gutekereza kumyitwarire iganisha abantu kunywa inzoga n'ibindi biyobyabwenge n'ingaruka zabyo?Ese abakobwa nabo birabareba?
2. Kubera iki ari ngombwa kuzirikana ku ngamba zarengera umuntu mu gihe yaba yugarijwe n'ibisindisha n'ibindi biyobyabwenge?
3. Ni irihe sano riri hagati yo gukoresha ibiyobyabwenge, ibisindisha no kwishimisha?
4. Ni iyihe myitwarire yatera umuntu kunywa ibiyobyabwenge cyangwa amakuba ashobora guterwa no kuba imbata yabyo Ingaruka zo gukoresha ibiyobyabwenge (byo mu bwoko bw'imiti, ibyatsi, amafu) zitandukanye n'ingaruka zo kunywa alukolo?
5. Ese gukoresha ibiyobyabwenge cyangwa alukoro byangiza ubushobozi bwacu bwo gufata ibyemezo bihamye?
6. Ese ni ibiki byatubaho igihe tunaniwe gufata icyemezo gikwiye?
7. Ni ubuhe buryo twakoresha kugira ngo duhangane n'izo ngaruka mbi zishobora kutubaho?
8. Ese ku ishuri hari ingamba zisanzwe zo guhana urubyiruko rwishora mu ngeso mbi n'ibiyobyabwenge?
9. Ni ubuhe bumenyi wungutse muri iri iki kiganiro? cyazagufasha mu buzima bwawe buri imbere?

**Uhugura asoza yibutsa abakobwa ko** Ibyemezo dufata bigendana akenshi n'umunezero ndetse n'ingaruka. Bimwe muri ibi byemezo twavugaga nk'ibyemezo birebana no kunywa inzoga, kunywa itabi no gukoresha ibiyobyabwenge. Ni ngombwa kumenya ingaruka zaterwa no kunywa inzoga no gukoresha ibiyobyabwenge no kubasha guhangana n'ingaruka bigira ku buzima bwacu n'imibanire yacu n'abandi.

## **Urupapuro nyobora biganiro**

**Ihohoterwa rishingiye ku gitsina ni iki?**

**ITEGEKO N°59/2008 RYO KUWA 10/09/2008 RIKUMIRA KANDI RIHANA IHOHOTERWA IRYO ARI RYO RYOSE RISHINGIYE KU GITSINA**

Ni igikorwa icyo ari cyo cyose gikorwa umuntu haba ku mubiri, mu mitekereze, ku myanya ndangagitsina no ku mutungo, kubera ko ari uw'igitsinagore cyangwa uw'igitsinagabo. Icyo gikorwa kimuvutsa uburenganzira bwe kandi kikamugiraho ingaruka mbi. Iryo hohoterwa rishobora gukorwa mu ngo cyangwa hanze yazo;

### **A. Amoko y'ihohoterwa**

#### **1. Ihohoterwa rikorewe ku myanya ndangagitsina(Igitsina)**

Guhatira umuntu gukora ibijyanisha ku mibonano mpuzabitsina (gusomana cyangwa gukora imibonano mpuzabitsina) cyangwa gukoresha amagambo aganisha ku gitsina ku buryo butesha agaciro cyangwa butera ikimwaro. Niyo uhohoterwa aba yarigeze kwemera gukora imibonano mpuzabitsina mu gihe cyashize, ubu noneho mugomba kuba mubyemeranyaho/akabyemera ku bushake.

#### **Ingero:**

- Gukoresha ku gahato imibonano mpuzabitsina uwo bashyingiranywe (inama itavuye mu kirambi igera ku buriri igaca ikirago ni ukuvuga ko hagomba ibiganiro hagati y'abashyingiranywe mbere yo kubonana kw'abashyingiranywe),
- gufata ku ngufu,
- kugumisha ahantu hagamijwe gufata ku ngufu , amafoto n'ibindi ;
- Gukangisha kubura ibyo afiteho uburenganzira
- Guterura ;
- Ubushoreke ;
- Ubuharike,
- Ibikorwa by'urukozasoni bishingiye ku gitsina;

#### **2. Ihohoterwa rikomeretsa umubiri**

Iryo hohoterwa rikorerwa ku mubiri; ingero ni nko:

- kwangiza cyangwa gukomeretsa umubiri,
- guterwa imigeri,

- kunigwa ,
- guhutaza,
- gukururwa amatwi cyangwa imisatsi,
- kubohwa,
- Gutwikwa n'bindi.

## 2. Ihohoterwa rikomeretsa umutima

Ubu bwoko bw'ihohoterwa nibwo bugoye kugaragaza kurusha ubundi. Bugaragara mu gutesha agaciro, gukanga, gutuka, kotsa igitutu, gufuha no gufatira umuntu ntabashe gufata icyemezo runaka cyangwa ngo agire icyo yikorera. Iri hohoterwa rigaragara kandi mu kubuza umuntu gutembera. Iri hohoterwa rishobora gukorwa mu magambo cyangwa bucece.

### Ingero :

- Guhozwa ku nkeke,
- Kubuza umudendezo uwo bashyingiranwe hakorwa ubuharike, ubushoreke, ubusambanyi
- gutukwa,
- guteshwa agaciro,
- gupfobywa,
- gucyurirwa,
- guhabwa akato,
- gusuzugurwa,
- gucunaguzwa,
- kwanga kukuvugisha,
- kwimwa ijambo,
- kugenura mu kwita abana amazina atera ipfunwe cyangwa agenura,
- kwikoma undi ngo atera umwaku
- Kutita ku mwana hashingiwe ku gitsina
- Kwimwa umwanya wo kuvuga mu bandi cyangwa gutanga ibitekerezo

## 4. Ihohoterwa rishingiye ku mutungo

Igihe umuntu agenzura ku buryo buziguye amafaranga n'umutungo w'undi muntu. Iri hohoterwa ni uburyo bushobora gukoreshwa mu kubuza undi kugira aho ajya cyangwa kumubuza uburenganzira bwo guhura n'inshuti.

### Ingero:

- Gusahura umutungo w'urugo nko kuwugurisha rwihishwa,
- kwicishwa inzara,
- kutagira ijamba ku micungire n'imikoreshereze y'umutungo w'urugo,
- kudashobora kwikenuza umutungo w'urugo igihe ubikeneye,
- kwimwa uburenganzira bwo kuzungura no ku munani : gutanga imyitozo ku bibazo abana bahura na byo ku izungura
- gukora imirimo myinshi y'urugo kandi ntihabwe agaciro...

### **Ingaruka mbi ziterwa n'ihohoterwa rishingiye ku gitsina**

Uwahohotewe ashobora kugira ingaruka zikurikira:

- Guhungabana;
- Kwiheba;
- Kwiyahura;
- Kumugara;
- Amakimbirane ;
- Kwanga ubuzima;
- Kwihorera no kwica;
- Kwigunga...
- By'umwihariko ku bijyanye n'ihohoterwa rishingiye ku gitsina uwakorewe imibonano mpuzabitsina atabishaka ashobora gusama atabyifuzaga bityo bikabangamira imyigire ye
- Kwandura indwara zidakira nka SIDA

## Ikiganiro cya 3: UBUFASHA BUHABWA UWAHOHOTWE

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 3.1:</b> Inzira uwahohotewe anyuramo	<i>Iminota</i> 45	Gusobanukirwa serivisi zihabwa uwahohotewe n'aho zitangirwa
<b>Igice cya 3.2:</b> Imikurikiranire y'ibyaha by'ihohoterwa	<i>Iminota</i> 45	Uburenganzira uwawohotewe afite ndetse n'ubufasha mu by'amategako

### Igice cya 3.1: Inzira uwahohotewe anyuramo

#### Amabwiriza :

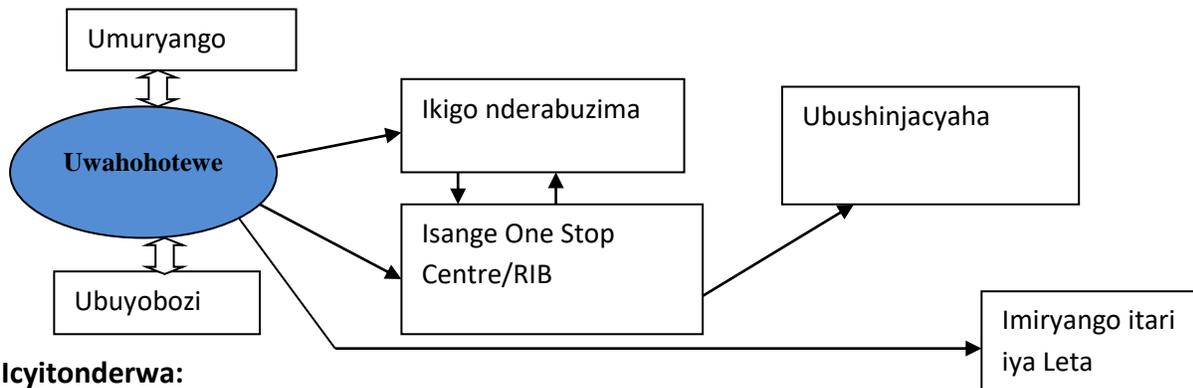
1. Baza abitabiriye ibiganiro icyo bazi ku bufasha buhabwa uwahohotewe
2. Andika ibisubizo ku rupapuro
3. Saba abitabiriye ibiganiro gusesengura ubufasha bakurikije ubwoko bw'ihohoterwa
4. Hifashishijwe amashusho akurikira erekana abufasha n'aho uwahohotewe aca, muhuze ibyo banditse.

#### Ibibazo byifashishwa mu kungurana ibitekerezo:

- Kuki uwahotewe yigumira mu rugo ntajye gushaka ubufasha?
- Umuryango nyarwanda uhishira ihohoterwa ?
- Abantu ntibazi aho bakura ubufasha?
- Aho mutuye nta serivisi ziboneka hafi?
- Hari urugendo runini kujya gushaka ubufasha?

## Inyoborabiganiro

### Inzira inyurwamo mu gutabara uwahuye n' ihohoterwa rokorewe ku myanya ndangagitsina



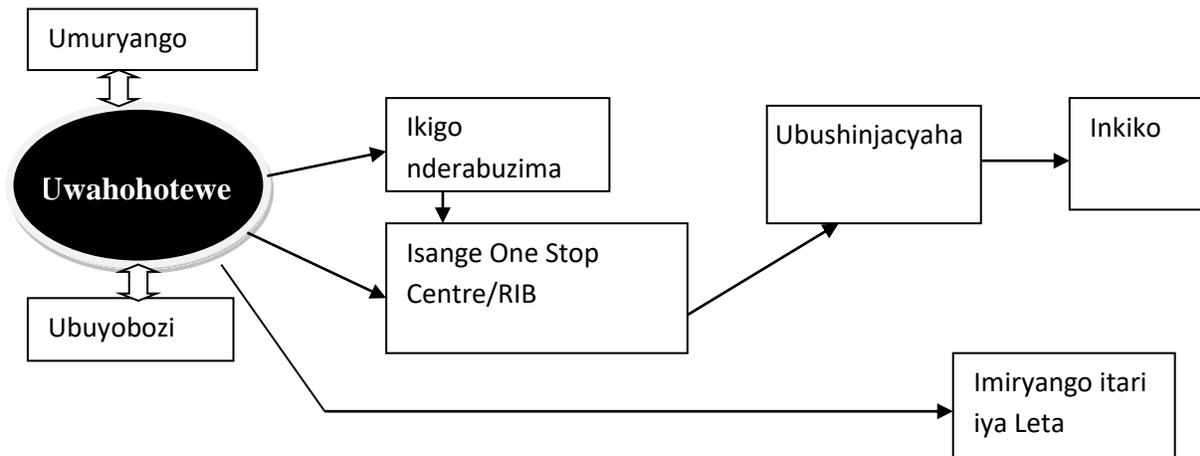
#### Icyitonderwa:

Umuntu wafashwe ku ngufu cyangwa se wasambanyijwe agomba kugezwa kwa muganga bitarenze mbere y'amasaha 48 kugirango ahabwe imiti ituma adasama cyangwa ngo yandure indwara zandurira mu mibonano mpuzabitsina. Bishobokako ikigo nderabuzima cyaba kure kandi mwegereye ibiro bya polisi/RIB wahita umugezayo kuko Polisi/RIB ihita imwohereza vuba ku kigo nderabuzima cyangwa ibitaro kugira ngo ahabwe imiti yo kumukingira kuba yakwandura VIH kimwe no gutangira ikusanyabimenyetso hakorwa gutangira ibizami byo kwa muganga bapima uwakorewe icyaha "expertise medicale". Ni ngombwa kwirinda gusibanganya ibimenyetso wirinda gukaraba/gukarabya uwakorewe ihohoterwa rikorewe ku gitsina, gukuramo imyenda wari wambaye ndetse n'ibindi bikorwa byasibanganya ibimenyetso.

#### Ibisobanuro

- Uwakorewe ihohoterwa ajyana ikirego kuri RIB (ubugenzacyaha) agahabwa urupapuro aya gukoreshereza ibizamini bya muganga
- Uwakorewe ihohoterwa ajya kwa muganga agakoresha ibizamini bya muganga bakanamuvura
- Ibitaro byohereza ibisubizo by'ibizamini bya muganga kuri polisi nk'ikimenyetso mu rubanza
- Nyuma yo gukora iperereza ryuzuye, Urwego rw'Igihugu rushinzwe Ubugenzacyaha (RIB) rwohereza idosiye y'ikirego mu bushinjacyaha
- Ubushinjacyaha, iyo bumaze kunononsora iperereza, bukora idosiye y'ikirego bukyohereza kuburanishwa mu rukiko
- Nyuma y'ikatwa ry'urubanza, imyanzuro yarwo yoherezwa inzego z'ibanze/urwego rwa gereza kugira ngo rurangizwe/uwakoze icyaha ahanwe
- Uwakorewe ihohoterwa ashobora kwitabaza NGOs/CBOs agahabwa ubufasha bwisumbuye (guhukurizwa, mu byo amategeko, ubukungu, etc.)

## Inzira inyurwamo mu gutabara uwahuye n' ihohoterwa rishingiye ku mubiri

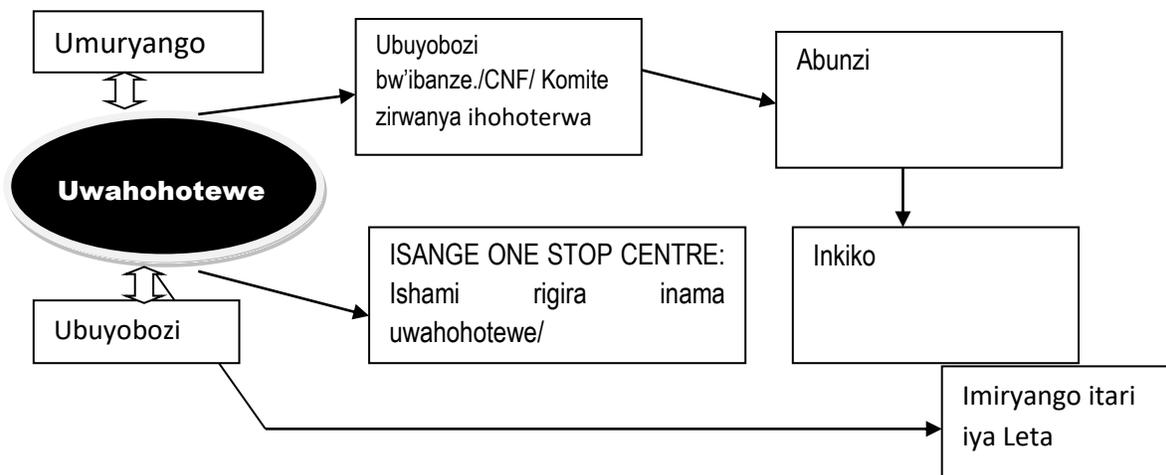


Umuntu wakomerekejwe agomba nawe guhita ayanwa kwa muganga kugirango ahite ahabwa ubufasha.

### **Ibisobanuro**

- 1: Uwakorewe ihohoterwa aaryana ikirego kuri polisi agahabwa urupapuro aya gukoresherezaho ibizamini bya muganga
  - 2: Uwakorewe ihohoterwa aya kwa muganga agakoresha ibizamini bya muganga bakanamuvura
  - 3: Ibitaro byohereza ibisubizo by'ibizamini bya muganga mu bugenzacyaha ( RIB) nk'ikimenyetso igashyirwa muri dosiye itegura urubanza
  - 4: Nyuma yo gukora iperereza ryuzuye, RIB yohereza idosiye y'ikirego mu bushinjacyaha
  - 5: Ubushinjacyaha, iyo bumaze kunononsora iperereza, bukora idosiye y'ikirego bukayohereza kuburanishwa mu rukiko
  - 6: Nyuma y'ikatwa ry'urubanza, imyanzuro yarwo yoherezerwa inzego z'ibanze/urwego rwa gereza kugira ngo rurangizwe/uwakoze icyaha ahanwe kandi n'indishyi yagenewe n'urukiko akazihabwa. Twibutse ko hari igihe uwakorewe icyaha aba ataratanze ikirego cy'indishyi mu rubanza nshinjabyaha, icyo gihe aziregera nyuma y'urubanza nshinjabyaha, haba mu bunzi cyangwa mu rukiko bitewe n'indishyi aregera.
  - 7: Uwakorewe ihohoterwa ashobora kwitabaza imiryango itari iya Leta (NGOs/CBOs) agahabwa ubufasha bwisumbuye (guhukurizwa , mu byo amategeko, ubukungu , etc.).
- A:** Umuryango  
**B:** Aboyobozi b'ibanze ) no komite zo kurwanya ihohoterwa (Umudugudu/Akagari bigomba kumenyeshwa akayoborwa aho yakwitabaza

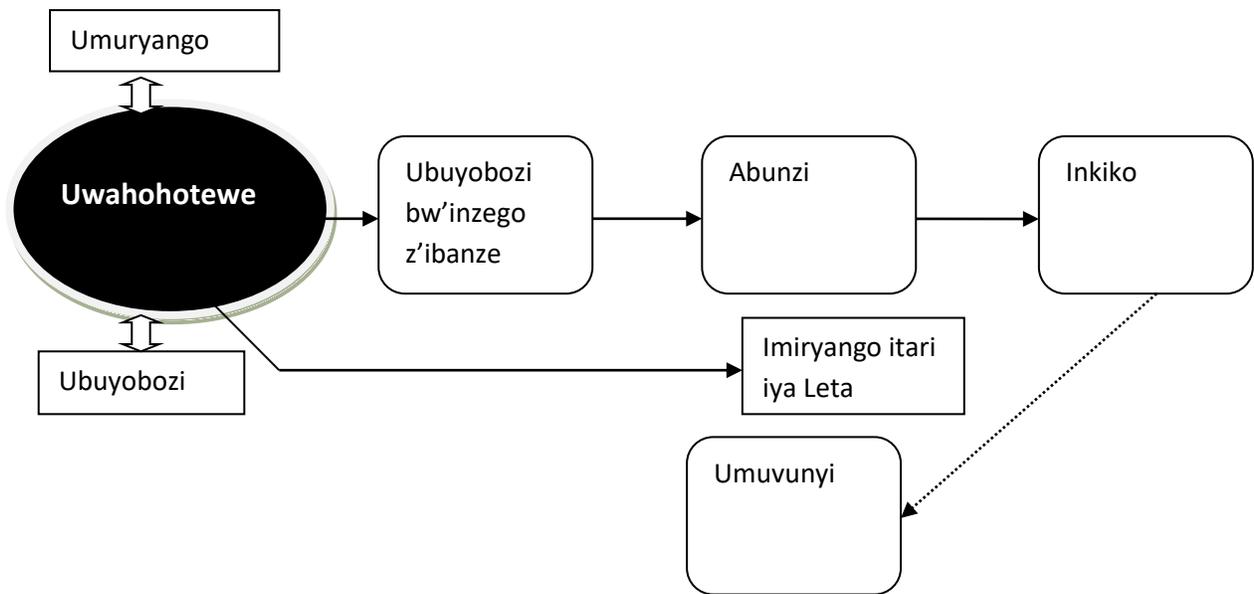
## Inzira inyurwamo mu gutabara uwahuye n' ihohoterwa rishengura umutima



### Ibisobanuro

- Uroye akenshi ihohoterwa rigamije gutesha umutwe ribanza kuganirwaho mu muryango
- Iyo nta gisubizo kibonetse, uwahohotewe ajyana ikibazo mu buyobozi bw'ibanze (akenshi mu nzego z'abari n'abategarugori no muri Komite zo kurwanya ihohoterwa rishingiye ku gitsina)
- Iyo ikibazo kidakemuwe, cyoherezwa mu Bunzi ku bijyanye n'ububasha bwabo cyangwa se mu nkiko nk'iyi ari uguhozwa ku nkeke
- Iyo hari utishimiye uko abunzi bagerageje kubahuzza, kijyanwa mu rukiko
- Nyuma yo guca urubanza, imyanzuro y'urubanza yoherezwa mu nzego z'ibanze kugira ngo urubanza rurangizwe
- Uwakorewe ihohoterwa ashobora kwitabaza NGOs/CBOs agahabwa ubufasha bwisumbuye (guhumurizwa, mu byo amategeko, ubukungu, etc.) ishobora kandi kumufasha no kuregera indishyi kimwe no mu rugo
- Imiryango itegamiye kuri Leta yohereza ikibazo mu buyobozi bw'ibanze bigafatanyaga kugira ngo barebeka hari impinduka yaba.
- Iyo bagerageje ibiganiro byo guhindura imyitwarire n'ubwunzi, imiryango itegamiye kuri Leta igomba kugeza ikibazo mu nkiko bagaha n'ubufasha mu byo amategeko uwakorewe ihohoterwa.

**Inzira inyurwamo mu gutabara uwahuye n' ihohoterwa rishingiye ku mutungo**



**Ibisobanuro**

- Ikibazo kijyanye n'ihohoterwa mu bukungu kiganirwa mbere na mbere mu muryango.
- Iyo nta mwanzuro ubonetse, uwakorewe ihohoterwa ageza ikibazo mu nzego z'ibanze (Umurenge/Akagari ),
- Iyo ikibazo kitabonewe igisubizo, gishyikirizwa Abunzi ( iyo ikiburanwa kiri hasi cyangwa kingana na miliyoni eshatu z'amafaranga y'u Rwanda),
- Iyo hari uruhande rutishimiye imikirize y'urubanza rwaciwe n'Abunzi cg ikiburanwa kirenze miliyoni eshatu(3,000,000 rwf) ikirego gishyikirizwa inkiko,
- Nyuma y'ikatwa ry'urubanza, imyanzuro yarwo yohererezwa inzego z'ibanze kugira ngo zirurangize,
- Uwakorerwe ihohoterwa ashobora kwitabaza NGOs/CBOs agahabwa ubufasha bwisumbuye (guhumurizwa, mu by' amategeko, ubukungu, n'ibindi).
- Iyo atanyuzwe n'ibisubizo by'inzego z'ibanze, abunzi cg/inkiko, uburana/uwahohotewe ashobora kujyana ikibazo cye mu rwego rw'umuvunyi,
- Nyuma yo gusesengura ikibazo, Urwego rw'Umuvunyi rushobora kugira inama inzego z'ibanze ku mwanzuro wafatwa ku kibazo,
- Urwego rw'Umuvunyi rushobora kandi gutanga inama ko urubanza rwasubizwa mu nkiko.

## **UBUFASHA BUHABWA UWAHOHOTWE**

- Kugezwa ku kigo nderabuzima cyangwa ibitaro bimwegereye byihutitwa kugirango ahabwe ubufasha bw'ibanze
- Kugezwa kuri Isange One Stop Centre kugirango ahabwe ubufasha burimo ubujyanama, ubuvugizi n'ubufasha mu by'amategeko. Ubwo bufasha bwose butangwa ntakiguzi. Ni byiza ko uwahohotewe agezwa kuri isange one stop centre bitarenze amasaha 48 kugirango arindwe kwandura virusi itera SIDA cyangwa gusama inda atifuza.
- Gukomeza gukurikiranwa mu bujyanama mu by'ihungabana
- Guhuzwa n'inzego z'ubutabera kugirango uwahohotewe arenganurwe cyangwa ahabwe ubutabera
- Gufashwa gukomeza kubana n'abandi mu muryango nyarwanda
- Gukurikirana indishyi igihe urubanza rwahamye umuntu

### Igice cya 3.2: Imikurikiranire y'ibyaha by'ihohoterwa

#### Amabwiriza

*Icyitonderwa* : Iki gice biba byiza kigishijwe n'umuntu usobanukiwe amategeko

1. Baza abitabiriye ibiganiro niba bazi itegeko rihana rikanakumira ihohoterwa rishingiye ku gitsina?
2. Sobanurira abitabiriye ibiganiro ko uyu muni mufite umushyitsi uza kubafasha gusobanukirwa neza n'itegeko rikumira rikanahana ihohoterwa rishingiye ku gitsina ndetse n'icyo iri tegeko ryamarira abaturage. Saba umunyamategeko waje gutanga ikiganiro kwibwira abitabiriye ibiganiro.
3. Muhe iminota 45 maze asobanure amabwiriza na politiki (ingamba) bitandukanye birebana n'ihohoterwa rishingiye ku gitsina. Agomba kandi gutanga amakuru ku nzego ziriho zifite inshingano zirebana n'ihohoterwa rishingiye ku gitsina. Akibuka kandi gusobanura urwego rw'iigihugu rushya rushinzwe ubugenzacyaha (Rwanda Investigation Bureau : RIB).
4. Namara gutanga ikiganiro, baza abitabiriye ikiganiro niba bafite ibibazo, ubundi umuhe umwanya wo gusubiza ibibazo byabajijwe.
5. Umunyamategeko namara gutanga ibisobanuro ku bibazo byabajijwe, mushimire umusezerere ubundi utangize ikiganiro wifashishije ibibazo bikurikira:

#### Ibibazo byifashishwa mu kungurana ibitekerezo:

- Ni izihe politiki n'amabwiriza wari uzi mbere y'uko iki ikiganiro gitangira?
- Hari ikintu gishya wungutse muri iri somo?

Wumva ishyirwa mu bikorwa ry'aya mategeko na politiki bizagira izihe ngaruka ku baturanyi bawe n'umuryango wawe?

#### Ihohoterwa rishingiye ku gitsina rikurikiranwa n'inzego zitandukanye ariko zuzuzanya.

- Mbere na mbere uwakorewe icyaha aratabaza agatararwa n'abaturanyi cyangwa se abandi bantu bari hafi y'aho icyaha cyabereye, cyangwa se kaba ariwe uya kubimenyesha abo bantu kugira hafatwe amakuru y'ibanze.

- Muri abo babimeneshejwe bwa mbere hakaba harimo n’inzego z’ibanze : Umudugudu, Akagari, Umurenge n’izindi nzego z’umutekano nka « community Policing » ndetse n’abandi bese bagira ruhare mu kurwanya ihohoterwa

**Icyitonderwa** : Izi nzego hari igihe ziha ububasha butari ubwabo zigatangira kunga impande zombi ; uwakorewe icyaha n’uwagikoze kandi atari byo.

- Iyo izo nzego z’ibanze zibimenye zibimenesha abashinzwe umutekano bari hafi cyane cyane Polisi y’Igihugu na RIB kugira ngo uwakoze icyaha afatwe ashyikirizwe ubugenzacyaha, akaba afunze by’agateganyo, kugira ngo butangire dosiye (dossier judiciaire) hatabayeho kuyobya cyangwa kwica ibimenyetso. Aha rero hakunze kugaragara mo ibibazo by’uko mu gihe uwafashwe akekwo icyaha yafashwe mu buryo bunyuranije n’ibiteganywa n’amategeko y’ifata n’ifunga, ashobora kurekurwa by’agateganyo ariko ntibivuze ko aba ahanaguweho icyaha kuko akomeza gukurikiranwa ari hanze.
- Hagati aho ariko iyo izo nzego z’ibanze zibihugukiweho, ziyana uwakorewe ihohoterwa kwa muganga mu gihe ihohoterwa yakorewe ryangije ubuzima bwe ako kanya (twavuga nko gufatwa ku ngufu, imibonano mpuzabitsina ku gahato hagati y’abashyiranywe, gukubita no gukomeretsa...);
- Iyo dosiye yageze kuri RIB aribwo bugenzacyaha itangira kumva uwakorewe icyaha ariko ikihutira gushyikiriza uwakorewe icyaha impapuro zimuzyana kwa muganga (iyo ari ihohoterwa ribabaza umubiri cyangwa se rikorewe ku gitsina) kugira hakorwe « expertise médicale » vuba. Iyi nzira ni inzira igomba gukurikiranwa byihutse kuko bifashaku kumenya ukuri ku buryo uwakorewe icyaha byamwangije cyangwa bizamugira ho ingaruka runaka.
- Ubugenzacyaha burangije dosiye buyishyikiriza ubushinjacyaha kugira nabwo bukore dosiye buzashyikiriza urukiko kugira ngo narwo ruzace urubanza rurebe ko uwakoze icyaha kimuhama.
- Kuri uru rwego urukiko ni rw rutanga ibihano cyangwa rugahanagura ho icyaha ku wagikekwegaho.

#### **Numero wahamagara ngo uhabwe ubufasha**

One stop centre Kigali	3029
Umurongo wa telefoni utishyuzwa w’ Ingabo z’Igihugu:	3945
Umurongo wa telefoni utishyuzwa w’Ubushinjacyaha:	3935
Umuvunyi igihe wahuye n’akarengane:	199
Umurongo wa telefoni utishyuzwa wa Polisi y’Igihugu :	3512
Umurongo wa telefoni itishyuzwa w’ikigo GMO:	5798
Umurongo itishyurwa wa RIB	3936
Umurongo utishyuzwa igihe hahorewe umwana:	116

## Ikiganiro cya 4: UBURENGANZIRA BWA MUNTU

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 4.1:</b> Uburenganzira bwa muntu ni iki?	<i>Isaha 1</i>	Kumenya uburenganzira bwa muntu icyo bisobuye
<b>Igice cya 4.2:</b> Uburenganzira bw'abagore n'abakobwa	<i>Isaha 1</i>	Abagore bafite uburenganzira busesuye ntawe ukwiriye kububavutsa
<b>Igice cya 4.3:</b> Gutekereza neza no kumva igisobanuro cy'ubuyobozi bw'abagore	Iminota 45	ushishikariza abakobwa kwigirira icyizere cyo kuba abayobozi, kandi bakabyitoza hakiri kare  Bazanashobora kandi kumenya imbaraga, ingorane n'amahirwe abantu bafite mu bijyanye no gushyira mu bikorwa ubuyobozi bugamije impinduka

### Igice cya 4.1: Uburenganzira bwa muntu ni iki?

#### Amabwiriziza

- Tanga ikaze abitabiriye ikiganiro kandi ubashimira kuba baje
- Mwibukiranye kubyo mwize ubushije, koresha umwitozo wo kubaza bamwe icyo bibuka bize ubushize, mugihe cy'iminota 10 mwibukiranye
- Bwira abitabiriye ko mugihe kuganira k'uburenganzira bw'ikiremwa muntu
- Fata urupapuro ku mutwe wandikeho "uburenganzira bwa muntu"
- Jya ubaza abitabiriye ibyo bavuze ubyandika
- Nimurangiza ugende ubaza abitabiriye niba babona abantu bose bagira uburenganzira bungana (abana, abakobwa, abahungu abagabo)

**Icyitonderwa:** Ntabwo uba wasobanuye uburenganzira icyo aricyo. Babwire ko rero: Uburenganzira bwa muntu ni uburenganzira umuntu uwo ariwe wese avukana, hatitawe ku bwenegihugu bwe, ku bwoko, ku ibara ry'uruho, ku idini, ku rurimi cyangwa ikindi icyo ari cyo cyose. Buri wese afite ubwo burenganzira nta vangura ribayeho. Ubu burenganzira bufitanye isano, buruzuzanya kandi ntibushobora gutandukanwa.

Uburenganzira bwa muntu ni amahame mpuzamahanga ateganywa n'amategeko afasha kurinda abantu n'amatsinda babarirwamo ibikorwa bibangamira uburenganzira bwabo bw'ibanze n'agaciro ka muntu. Amategeko agenga uburenganzira bwa muntu ateguka za guverinoma kugira ibintu bimwe na bimwe zikora kandi akagira n'ibindi azibuza gukora.

Uburenganzira bwa muntu bwemejwe kuva mu mwaka wa 1948 ubwo Inteko Rusange y'Umuryango w'Abibumbye, yemeje ku mugaragararo Itangazo Mpuzamahanga ryerekeye uburenganzira bwa muntu. Mbere ya 1948, uherye mu kinyejana cya cumi n'umunani, hariye habaho ibikorwa byinshi bigamije guharanira iyubahirizwa ry'ikiremwamuntu mu bihugu n'ibice by'isi bitandukanye. Urugero, mu mwaka wa 1947, mu Rwanda Umwami Mutara wa III Rudahigwa yaciye ikiboko n'uburetwa hagamijwe kubaha ikiremwa muntu.

Uburenganzira bwa muntu butezwa imbere kandi n'imiryango itari iya Leta itandukanye. Mu Rwanda naho, uherye mu mwaka wa 1990 hariye havuka imiryango iharanira uburenganzira bw'ikiremwamuntu, ari na yo yaje kwibumbira hamwe igashinga impuzamiryango yiswe CLADHO. Hari n'indi miryango iharanira ikanashyigikira uburenganzira bw'abagore by'umwihariko.

**Urugero :** HAGURUKA, Impuzamiryango PRO-FEMMES TWESE HAMWE, Rwanda Women Network, ikurikirana uburenganzira bw'umwana n'umugore.

**Ibyiciro by'uburenganzira bwa muntu:** Uburenganzira bushobora kugabanywamo ibyiciro bitatu:

- Uburenganzira mu by'imbenezamubano no mu bya Politiki,
- Uburenganzira ku bukungu, imibereho n'umuco,
- Uburenganzira rusange bugenewe abaturage.



## **URUPAPURO NYOBORA BIGANIRO**

### **Uburenganzira mu by'i mbonezamubano n'ubwa politiki**

Rimwe na rimwe ubu burenganzira bufatwa nk'uburenganzira bwo mu cyiciro cya mbere. Ni uburenganzira buha umuntu ubwisanzure mu nzego zitandukanye. Buha abaturage ubwisanzure n'uburinganire. Muri ubwo burenganzira harimo:

- Uburenganzira bwo kubaho
- Uburenganzira ku bwisanzure
- Kurindwa ubucakara n'imirimo y'agahato
- Kurindwa ivangura
- Kurindwa kwicwa urubozo, cyangwa gukorerwa ibikorwa by' ubugome, ibikorwa bidakwiye umuntu cyangwa bimutesha agaciro.
- Uburenganzira bwo guciribwa urubanza ruboneye n'urwego rwigenga kandi utabogamye ndetse no kugira uburenganzira bwo gufatwa nk'umwere ku cyaha aregwa igihe cyose kitaramuhama burundu.
- Kudafatwa ku buryo bunyuranyije n'amategeko, kudafungwa cyangwa gutegekwa guhunga igihugu
- Uburenganzira bwo gutembera aho ashaka hose no gutura aho ari ho hose mu gihugu cyawe.
- Uburenganzira ku bwenegihugu
- Kutagira umuntu wivanga mu buzima bwawe bwite, bw'umuryango cyang wa urugo byawe ndetse no kurindwa ibyabangamira icyubahiro cyawe n'agaciro kawe mu maso y'abandi.
- Uburenganzira bwo kugira umutungo no kurindwa kwamburwa umutungo wawe.
- Ubwisanzure mu bitekerezo, mu mutimanama no mu guhitamo idini.
- Uburenganzira bwo guteranira mu nama no kwishyira hamwe
- Uburenganzira bwo gutora no gutorwa mu gihe nta miziro iteganijwe n'amategeko.

### **Uburenganzira mu by'ubukungu, imibereho myiza n'umuco**

Ubu burenganzira busa n'aho buha umuntu umutekano mu rwego rw'imibereho myiza n'ubukungu. Burinda abantu kugira ibintu byabo by'ibanze byatwawe n'abandi. Muri ibyo bintu twavuga ibiribwa, imyenda, icumbi, kwivuzza, kwiga n'ibindi. Ubwo burenganzira bufasha umuntu kubaho neza. Muri bwo twavuga:

- Uburenganzira ku biribwa
- Uburenganzira ku burezi
- Uburenganzira bwo guhitamo no gukora umurimo umunogeye,
- Uburenganzira bwo gukorera mu buryo bwiza kandi bunoze

- Uburenganzira bwo guhabwa umushahara ungana ku kazi kangana.
- Uburenganzira bwo gushyiraho ingaga z’abakozi no kuzijyamo.
- Uburenganzira bwo kugira imibereho inoze we ubwe ndetse n’umuryango we.
- Uburenganzira bwo kubaho mu muco no guhabwa ku byiza by’iterambere mu by’ubumenyi n’ibikorwa byabwo.
- Uburenganzira bwo kugira ubuzima bwiza cyane haba ku mubiri cyangwa mu bitekerezo.
- Uburenganzira bwo guhaha umutungo no kuwutunga haba ku giti cye cyangwa ari mu ishyirahamwe ahuriyemo n’abandi mu buryo bunoze.

Kugira ngo abantu bashobore guhabwa ubwo burenganzira, inzego za Leta zifite inshingano zo kubutanga zigomba kurangwa n’imikorere inyuze mu mucyo kandi zigasobanura ibyo zikora. Mu rwego rwo guteza imbere ubwo burenganzira kandi abaturage bafite inshingano zo gukora ibikorwa by’ubukungu byubahirije amategeko bishobora gutuma haboneka umutungo.

#### **Uburenganzira rusange bugenewe abaturage**

Uburenganzira rusange ni icyiciro cya gatatu cy’uburenganzira akaba ari urusobe rw’uburenganzira umuntu atabona ku giti cye, ahubwo ahabwa nk’umwenehugu utuye ahantu runaka. Muri ubwo burenganzira harimo nk’uburebana n’ibidukikije n’iterambere.

Uburenganzira ku bidukikije no ku iterambere bukubiyemo umwuka duhumeka, imiterere y’ikirere, amazi, ibikorwa by’ubukungu dukora ndetse n’ikindi kintu cyose kigira ingaruka ku bidukikije. Uburenganzira ku bidukikije buha abantu uburenganzira bwo kugira ibidukikije bisukuye, bimeze neza kandi bizira guhumanwa no kwangizwa.

Uburenganzira ku iterambere bwo bugenda buhinduka bituma hizerwa ko igihugu n’abagituye babayeho mu burumbuke kandi ko bafite umutungo uhagije bakenera mu gukoresha kandi urenzeho ukazigamirwa abantu bazaba bariho mu bihe bizaza. Muri ubwo burenganzira kandi harimo ibikorwa byose by’ubukungu dukora. Ni yo mpamvu ku ruhanda rumwe Leta ihabwa inshingano zo gukora ku buryo iterambere ry’ubukungu n’iry’inganda bijyana no kubungabunga umurage wacu tuwubungabungira abazaba bariho mu bihe biri imbere ku rundi ruhanda.

Ubwo burenganzira bukubiyemo:

- Uburenganzira ku bidukikije bisukuye bidashobora kwangiza ubuzima n’imibereho myiza by’abantu.
- Uburenganzira bwo kubungabunga ibidukikije hifashishijwe ingamba nyazo zifasha gukumira ihumanywa ryabyo.
- Uburenganzira bwo gushyiraho inganda.
- Uburenganzira bwo kugira imibereho myiza harimo kugira icumbi, umutekano, amahoro n’agaciro.

## Igice cya 4.2: Uburenganzira bw'umugore n'umukobwa

### Amabwiriza:

- Sobanura ko mugihe kuganira uburenganzira bwihariye bw'abagore
- Baza abitabiriye niba hari icyo babizi ho
- Komeza ubasomera ibi bikurikira

**Uburenganzira ku kurindwa ivangura iryo ari ryo ryose:** Ku mpamvu izo ari zo zose, birabujijwe gukorera umuntu uwo ari we wese ivangura (Ingingo ya 16 igika cya kabiri mu Itegeko Nshinga rya Repubulika y'u Rwanda). Ivangura rishingiye ku gitsina ntiryemewe mu mategeko y'u Rwanda. Iri hame kandi urisanga mu Itangazo Mpuzamahanga ry'uburenganzira bwa muntu no mu masezerano agamije guca burundu ivangura iryo ari ryo ryose rikorerwa abagore. Amategeko n'ingamba bitandukanye birebana n'uburenganzira bw'abagore bishingiye ku mahame y'ikumirwa ry'ivangura dusanga mu Itangazo Mpuzamahanga ry'uburenganzira bwa muntu n'Amasezerano mpuzamahanga ku burenganzira ku bukungu, imibereho n'umuco; Amasezerano Mpuzamahanga agamije guca burundu ivangura iryo ari ryo ryose rikorerwa abagore (CEDAW):

- a) Guca ivangura mu bijyanye n'umurimo:** Ntushobora kwima umuntu akazi ushingiyeye gusa ko ari umugore. (Ingingo ya 9 y'itegeko N° 66/2018 ryo ku wa 30/08/2018 rigenga umurimo mu Rwanda rigenga umurimo kuko rikumira ivangura rishingiye ku gitsina, irangamimerere, ku nshingano z'urugo, gutwita haba mu gihe cyabanjirije icyo, ubwo no mu gihe gikurikiyeho).
- b) Guca ivangura mu birebana n'imishahara:** Abagabo n'abagore bakora akazi kamwe bagomba kugira imishahara ingana (Ingingo ya 30 y'Itegeko Nshinga rya Repubulika y'u Rwanda ryo muri 2003 uko ryavugururwe mu Kuboza 2015, ivuga ko abantu bose bakora akazi kamwe bafite uburenganzira ku mushahara ungana).

**Uburenganzira bwo kugira uruhare mu buyobozi:** Abagore bafite uburenganzira bwo gutora no gutorwa. Abagore kandi bafite uburenganzira bwo kugira uruhare mu nzego zifata ibyemezo.

Mu Rwanda, mu rwego rwo guteza imbere ubu burenganzira, byibuzwe 30% y'imyanya ifatirwamo ibyemezo, ifitwe n'abagore nkuko biteganywa n'ingingo ya 10 y'Itegeko Nshinga. Imitwe ya politiki ifite inshingano zo kugenzura iyubahirizwa ryo guha abagore uruhare rwabo harimo nayo ubwayo igihe ishiraho inzego zayo bwite z'ubuyobozi n'ibindi bikorwa (Ingingo ya 7 y'Itegeko Ngenga N° 10/2013/OL ryo ku wa 11/07/2013 rigenga imitwe ya politiki n'abanyapolitiki)

**Uburenganzira bwo kurindwa ihohoterwa rikorerwa ku gitsina:** Amategeko yo mu Rwanda ahana umuntu wese waba yagiranye imibonano mpuzabitsina n’umuntu batabyumvikanyeho, bigize icyaha nshinjabyaha cyo gufata ku ngufu. (Ingingo ya 134 y’Itegeko N°68/2018 ryo ku wa 30/08/2018 riteganya ibyaha n’ibihano muri rusange, aya mategeko akaba yaragiriyeho gukumira no guhana ihohoterwa rishingiye ku gitsina). Ibi kandi ni nako bimeze ku bashakanye (Ingingo ya 137 y’Itegeko N°68/2018 ryo ku wa 30/08/2018 riteganya ibyaha n’ibihano muri rusange).

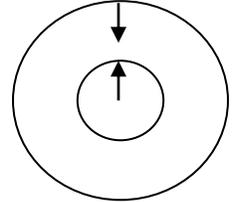
- a) **Uburenganzira bwo kurindwa ihohoterwa mu kazi:** Ingingo ya 67 y’Itegeko N° 86/2013 ryo ku wa 11/09/2013 rishyiraho amategeko rusange agenga abakozi ba Leta, riyitegeka kubungabunga no kurinda abakozi bayo ihohoterwa bakorerwa ryose, igihe bari ku murimo no hanze yawo.
- b) **Ubwisanzure mu kuboneza urubyaro:** Ni icyaha gihanwa n’amategeko, guhatira cyangwa guhoza ku nkeke umugore umuziza uburyo yahisemo mu kuboneza urubyaro (Ingingo ya 148 y’Itegeko N°68/2018 ryo kuwa 30/08/2018 riteganya ibyaha n’ibihano muri rusange).
- c) **Uburenganzira bwo kuzungura:** Abagore n’abagabo bafite uburenganzira bungana ku mutungo (Itegeko Itegeko n°27/2016 ryo kuwa 08/07/2016 rigenga imicungire y’umutungo w’abashyiranywe, impano n’izungura ryerekeye izungura ku mutungo), abagore kandi bafite uburenganzira bungana n’ubw’abagabo mu bijyanye n’izungura. Mu Rwanda kandi, Itegeko N° 43/2013 rigenga ubutaka, riha uburenganzira bungana abagore n’abagabo mu kubucunga.
- d) **Uburenganzira bwo kurindwa ivangura mu bijyanye n’imicungire y’ubutaka :** Abagore bafite uburenganzira bwo kuzungura, kugura no kugurisha ubutaka (Ingingo ya 4 y’Itegeko N° 43/2013 ryo ku wa 16/06/2013, rigenga ubutaka mu Rwanda rica burundu ivangura iryo ari ryose, ryaba irishingiye ku gitsina cyangwa inkomoko, bifitanye isano n’imicungire y’ubutaka)
- e) **Uburenganzira bwo kurengerwa n’amategeko ku buryo bungana:** Ingingo ya 27 y’Itegeko Nshinga rya Repubulika y’u Rwanda ryo muri 2003 uko ryavuguruwe mu Kuboza 2015, ivuga ku butabera buboneye ndetse n’ingingo ya 16 ivuga ku burenganzira bwo kutavangurwa.
- f) **Uburenganzira ku bantu bose bwo kureshya ku buryo bungana imbere y’amategeko:** Abagore n’abagabo barashyamba imbere y’amategeko (Ingingo ya 15 y’Itegeko Nshinga rya Repubulika y’u Rwanda Rwanda ryo muri 2003 uko ryavuguruwe mu Kuboza 2015).
- g) **Uburenganzira bungana hagati y’abana b’abakobwa n’abahungu:** Ingingo ya 5 y’Itegeko N°71/2018 ryo ku wa 31/08/2018 ryo kurengera umwana ryerekeye uburenganzira bw’umwana no kumurengera, ivuga ko abana bose bagomba kurengerwa nta vangura iryo ari ryose. Abana bose abakobwa n’abahungu bagomba kurengerwa mu buryo bumwe.

- h) Uburenganzira bungana mu gushinga urugo:** Ingingo ya 17 igika cya 5 yo mu Itegeko Nshingarya Repubulika y'u Rwanda Rwanda ryo muri 2003 uko ryavuguruwe mu Kuboza 2015, itanga uburenganzira n'inshingano bungana ku mugore n'umugabo, bakimara gusezerana n'igihe cyose bazaba bakibana byemewe n'amategeko ndetse no mu gihe cyo gutandukana.
- i) Gushyingirwa ku ngufu ntibyemewe:** Amasezerano y'ubushyingirwe yemewe n'amategeko, ntawe ushobora gushyingirwa atabyemeye ku bushake bwe yaba uw'igitsina gore cyangwa uw'igitsina gabo (Ingingo ya 17 igika cya 4 y'Itegeko Nshingarya Repubulika y'u Rwanda Rwanda ryo muri 2003 uko ryavuguruwe mu Kuboza 2015)
- j) Gukumira ihohoterwa rishingiye ku gitsina:** Biteganywa mu ngingo ya 9 y'Itegeko N° 66/2018 ryo ku wa 30/08/2018 rigenga umurimo mu Rwanda rigenga umurimo mu Rwanda.

### Igice cya 4.3: Gutekereza neza no kumva igisobanuro cy'ubuyobozi bw'abagore

#### Amabwiriza:

1. Saba abahugurwa kubara 1 na 2. Bwira ababaze 1 bafate intebe zabo bakore uruziga hagati mu cyumba cy'amahugurwa bareba inyuma; bwira n'ababaze 2 na bo bakore uruziga rukikije aba 1 bareba imbere ku buryo buri wese mu ruziga rw'imbere n'urw'inyuma yicaye afite uwo barebana ku buryo bagirana ikiganiro mu buryo bworoshye. Reba igishushanyo 1.
2. Kuri buri cyiciro, tanga ikibazo babiri babiri barebana baganiraho. Bahe igihe kiri hagati y'iminota 5 – 10 yo kuganira kuri buri kibazo. Muri rusange, hagombye kubaho igihe cy'ibiganiro mu byiciro 3 cyangwa 4.
3. Nyuma ya buri kibazo, saba ko iby'ingenzi abantu baganiriye babisangiza abandi mu ijwi riranguruye.
4. Hagati y'ibibazo saba abantu bari mu ruziga rw'imbere kwimukaho ibyicaro 2 – 3 ku buryo buri wese ahura n'umuntu mushya kuri buri kibazo.
5. Nk'itsinda nimuganire ku buryo gufata inshingano z'ubuyobozi byakongerera umuntu icyizere muri we, uburyo inshingano y'ubuyobozi yahindura imibereho n'imibanire by'abantu baturanye, n'icyo kugira inshingano z'ubuyobozi byongerera umuntu. Nyuma y'ibyo nimuganire ku ngamba z'uburyo umuntu yafata inshingano y'ubuyobozi kandi wite ku bumva bidakwiye cyangwa bidashoboka ko umugore yajya mu nshingano z'ubuyobozi. Mu mpera, nimuganire ku cyo itsinda ritekereza ku birebana n'uko byagenda igihe abagore baba bahisemo KUTAGIRA inshingano z'ubuyobozi bafata aho batuye.



#### Ibibazo byo kwifashisha:

- Mushingiye ku bunararibonye bwanyu (mu rugo iwanyu, mu rungano, mu nshuti, mu kazi/ibikorwa mugiramo uruhare aho mutuye, ku ishuri), umuntu nabwire mugenzi we ubunararibonye bwe bw'igihe yigeze yafata inshingano z'ubuyobozi n'uko yiyumvise ameze muri we?
- Ganiriza abandi ibihe bikomeye wagizemo uruhare mu guhindura ibintu. Ni iki cyagufashije kubigeraho?
- Ni ibiki wakora mu buryo butandukanye kugira ngo ushishikarize kurushaho uruhare rw'abagabo n'abana b'abahungu (abarimu, abayobozi b'ishuri,... ) gushyigikira ubwuzuzanye n'uburinganire no kumva ko abakobwa bashoboye kuba abayobozi kandi bakazana impinduka?

## Ikiganiro cya 5: UBUZIMA BW'IMYOROROKERE

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 5.1:</b> Ubusobanuro bw'amagambo (ubuzima bw'imyororokere, uburenganzira kubuzima bw'imyororokere)	<i>Iminota</i> 30	kumva neza impamvu abana b'abakobwa n'abahungu bakwiye guhabwa ubumenyi bw'ibanze ku buzima bw'imyororokere Kungurana ibitekerezo ku gisobanuro cy'ubuzima bw'imyororokere n'uburenganzira bijyana n'agaciro bifite mu mibereho yacu
<b>Igice cya 5.2:</b> Ubugimbi n'ubwangavu	<i>Iminota</i> 30	Gusobanukirwa n' imikurire y'umwangavu n'ingimbi, impinduka zibabaho mu buzima bwabo n'uko bakwiye kwifata no gufashwa
<b>Igice cya 5.3:</b> Ukwezi kumugore	<i>Iminota</i> 45	Gusobanukirwa ukwezi k'umugore icyo aricyo
<b>Igice cya 5.4:</b> Kwirinda inda zirerwa abangavu	<i>Iminota</i> 45	Abakobwa bazaganira ku bibazo bijyanye no gutwita kw'abangavu, kandi bazasobanukirwa ko gutwita biba byiza iyo bibaye mu gihe nyacyo kandi mu buryo nyabwo. Abakobwa bazagira ubumenyi n'ibihamya nyabyo mu gihe bazaba barimo kuganira ibiri muri iri somo. Abakobwa bazakangurirwa kwirinda gusama no kumenya gufata icyemezo kubuzima bwabo.
<b>Igice cya 5.5:</b> Ingaruka zo gusama inda ukiri muto.	<i>Iminota</i> 45	Gusesengura ingaruka zo gutwara inda ukiri muto

## Igice cya 5.1: Ubuzima bw'imyororokere ni iki ?

### Amabwiriza:

1. Gusobanurira itsinda ko mugiyeye kuganira ku buzima bw'imyororokere n'uburenganzira bijyana bukaba ari igice kimwe cy'uburenganzira bwa muntu mwize mu kiganiro cyashize.
2. Gushyira abitabiriye ikiganiro mu matsinda mato agizwe n'abantu 3 kugeza kuri 5.
3. Kubasobanurira ko buri tsinda rigiye guhabwa uburenganzira 3 bujyanye n'ubuzima bw'imyororokere kugira ngo babuganireho. Kubwira ayo matsinda ko ubwo ari uburenganzira abantu bose bagomba kugira, baba abagabo, abagore ndetse n'urubyiruko kandi ubwo burenganzira bukaba bunaboneka mu murongo wa politiki ngenderwaho ya Repubulika y' u Rwanda yashyizweho mu wa 2012 irebana n'ubuzima bw'imyororokere bw'urubyiruko. Iyo politiki yashyizweho hagamijwe kurengera no guteza imbere ubuzima bw'imyororokere y'urubyiruko ruri mu kigero cy'imyaka 10 na 24.
4. Guha buri tsinda za mpapuro ziriho butatu mu burenganzira bushingiye ku buzima bw'imyororokere (Urupapuro rw'inyoborabiganiro nimeru 1). Gusobanurira buri tsinda ko bagiye kurebera hamwe niba ubwo burenganzira bahawe bwubahirizwa aho baba, mu yandi magambo, ese abantu bose baba bishimira ubwo burenganzira? Kubabwira ko bashobora gutanga ibisubizo bitatu ari byo KUBYEMERA, KUBYEMERA BIGERERANYIJE, KUTABYEMERA. Kubaha iminota 20 yo kubiganiraho.
5. Nyuma y'iminota 20, gusaba buri tsinda gusobanurira abandi ibyo baganiriyeho mu matsinda atandukanye. Kubwira buri tsinda kwandika ku mpapuro zashyizwe ku rukuta uburenganzira bahawe kuganirwaho, bakandika bagendeye ku kuba BEMERA, BATEMERA cyangwa BEMERA BIGERERANYIJE niba ubwo burenganzira bwubahirizwa bahereye ku mpamvu zagiye zitangwa. Kubaza abasigaye niba bemeranwa n'ibisubizo byatanzwe.
6. Amatsinda yose yamara gusobanura ibyo baganiriyeho, kubaza ibibazo bikurikira hagamijwe kungurana ibitekerezo ku kamaro k'ubuzima bw'imyororokere mu mibereho y'abagore n'abagabo.

### Ibibazo byo kuganirwaho mu matsinda:

- Mutekereza iki kuri ubu burenganzira? Murabwemera?
- Ese uburenganzira bushingiye ku buzima bw'imyororokere y'urubyiruko (abasore n'inkumi) burubahirizwa aho mutuye?

- Ni ubuhe burenganzira bukunze kutubahirizwa (guhonyorwa)? Kubera iki?
- Mutekereza ko urubwiruko rufite uburenganzira ku buzima bw'imyororokere bungana n'ubw'abantu bakuru? Kubera iki atari ko bimeze?
- Mutekereza ko abagore n'abagabo bafite uburenganzira bungana ku buzima bw'imyororokere? Kubera iki? Kubera iki atari ko bimeze?
- Ni kuki hari uburenganzira bwitabwaho kurusha ubundi?
- Ni izihe nzitizi zikomeye abagore bahura nazo mu guharanira uburenganzira bwabo bushingiye ku buzima bw'imyororokere? Naho abagabo?
- Ni izihe nzego cyangwa ibigo aho mutuye bitanga serivisi zijyanye no kurengera uburenganzira bujyanye n'ubuzima bw'imyororokere y'urubwiruko?
- Ni ubuhe bumenyi uvanye muri iri somo? Hari ubumenyi wungutse bwagufasha mu buzima bwawe ku giti cyawe cyangwa mu mibanire yawe n'abandi?

7. Uhugura asoza yibutsa abahugurwa ko bumwe mu burenganzira bw'ibanze bwa buri muntu harimo uburenganzira burebana n'ubuzima bw'imyororokere. Ubu burenganzira harimo ubwo gufata ibyemezo birebana n'imikoreshereze y'umubiri ndetse n'ubwo gukora imibonano mpuzabitsina itari iy'agahato. Urubwiruko rufite uburenganzira bwo gushakisha no guhabwa amakuru na serivisi bibafasha gufata ibyemezo bigira ingaruka nziza ku buzima bwabo.

## **Inyoborabihaniro**

### **Ubuzima bw'imyorokere n'uburenganzira bijyana**

Abantu bose, utitaye ku myaka cyangwa igitsina, bafite uburenganzira ku buzima, harimo n'ubuzima bw'imyorokere. Politiki y'u Rwanda ku buzima bw'imyorokere y'urubyiruko n'uburenganzira bijyana n'andi mategeko arebana n'ubuzima, birengera urubyiruko ku buzima bw'imyorokere mu buryo bukurikira:

- Buri muntu wese afite uburenganzira busesuye bwo kubahwa n'ubusugire bw'umubiri we. Umuntu wese afite uburenganzira busesuye bwo gufata icyemezo mu bijyanye n'imibonano mpuzabitsina no kutavogerwa ku mubiri we ndetse n'umubiri n'ingingo zawo zose zikubahwa. Ibi bireba kurindwa icyarubozo, kwangizwa imyanya ndangagitsina, ihohoterwa iryo ari ryo ryose, bivuze ko kandi abandi badashobora kuguhatira gukora icyo udashaka.
- Umuntu wese afite uburenganzira bwo gufata icyemezo cyo gukora imibonano mpuzabitsina cyangwa akabyanga, uburenganzira bwo gukora imibonano mpuzabitsina yumvikanyeho no gushyingirwa n'uwo mwabyumvikanyeho. Umuntu wese afite uburenganzira bwo kudahatirwa gushyingiranwa n'undi cyangwa guhatirwa gukorana nawe imibonano mpuzabitsina.
- Umuntu wese afite uburenganzira bwo gukora imibonano mpuzabitsina iboneye. Bivuze ko afite uburenganzira bwo kubona amakuru ahagije ajyanye n'ubuzima bw'imyorokere, kuboneza urubyaro, kwirinda gutwita bitateguwe, kwirinda agakoko gatera SIDA, kwirinda indwara zandurirwa mu mibonano mpuzabitsina kugira ngo bimufashe gufata ibyemezo biboneye.
- Buri muntu wese afite uburenganzira ku buryo bungana bwo kubona serivisi zo kwivuzza, hatitawe ku kigero cy'imyaka, igitsina, waba warashatse cyangwa uri ingaragu, waba uri muzima cyangwa urwaye. Urubyiruko kimwe n'abantu bakuru, bafite uburenganzira bwo guhabwa serivise zijyanye n'ubuzima bw'imyorokere mu ibanga.
- Buri wese afite uburenganzira bwo guhitamo ku bushake bwe umubare w'abana azabyara, gushyira intera hagati y'umwana n'undi no guhitamo igihe cyo kubyara.
- Buri muntu afite uburenganzira bwo gukora imibonano mpuzabitsina ikingiye kandi akanyurwa

**ICYITONDERWA:**

Ku bijyanye no gushyingiranwa, byemerewe umuntu wese urengeje imyaka 21. Iyo kubana nk'umugabo n'umugore ku muntu urengeje imyaka 18 utarageza ku myaka 21 y'amavuko biba ari icyaha gihanwa n'amategeko (ingingo ya 133 y'Itegeko N°68/2018 ryo ku wa 30/08/2018 riteganya ibyaha n'ibihano muri rusange).

Imibonano mpuzabitsina yose harimo no kubana n'umwana utarageza ku myaka 18 ni icyaha cyo gusambanya umwana gihanwa n'amategeko ku buryo bukomeye kurushaho ingingo ya 134 y'Itegeko N°68/2018 ryo ku wa 30/08/2018 riteganya ibyaha n'ibihano muri rusange).

## Igice cya 5.2: Ubugimbi n'ubwangavu

### Amabwiriza

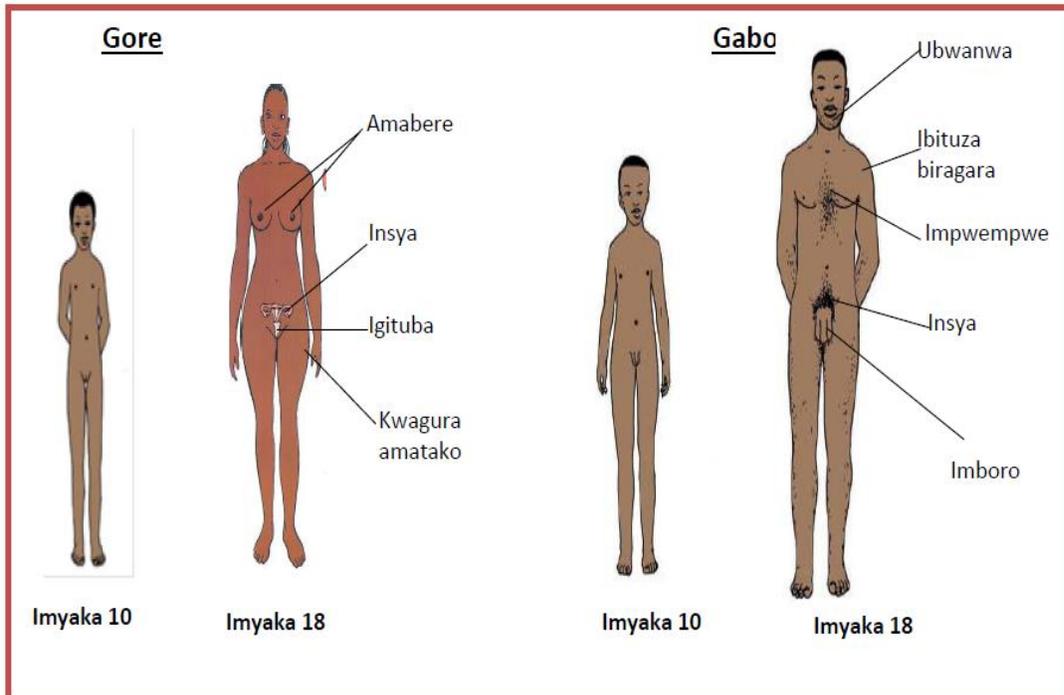
1. Uhugura atangira abaza abari mu kiganiro, icyo ubwangavu n'ubugimbi bisobanura, ndetse n'ibiburanga.

Uhugura asobanura ko :

Ubwangavu cyangwa ubugimbi ni igihe kiri hagati y'ubwana n'igihe umuntu aba atangiye kuba umusore cyangwa inkumi. Iki gihe ntigitangirira cyangwa ngo kirangirire rimwe ku bantu bose kuko biterwa n'aho umuntu yakuriye n'uburyo yabayeho, imirire n'ibindi. Icyakora muri rusange kikaba gishobora gutangira kuva ku myaka 12 kikageza mu myaka 18. Gusa hari ubwo gishobora kutangira mbere cyang kikarangira nyuma y'iyi myaka ivuzwe. Mu kinyarwanda dukoresha igihe cy'ubwangavu ku bantu b'igitsina gore n'ubugimbi ku bantu b'igitsina gabo.

### Ibimenyetso biranga umwangavu n'ingimbi

2. Uhugura aha abari mu mahugurwa urupapuro ruriho ibishushanyo bikurikira akababaza icyo babona kuri ibyo bishushanyo. Asaba buri wese kugira icyo abivugaho.
3. Nyuma akomeza asobanurira mu buryo bwimbitse impinduka ziba k'umwangavu n'ingimbi ku mubiri no mu myitwarire



## Ibihinduka ku mubiri w'umwagavu n'ingimbi

Muri rusange, abakobwa bari muri iki kigero barangwa no:	Muri rusange iki kigero cy'abahungu kirangwa no:
<ul style="list-style-type: none"><li>▪ Gukura mu gihagararo ;</li><li>▪ Gutangira kumera amabere agenda akura uko umwana w'umukobwa akura ;</li><li>▪ Kumera insya;</li><li>▪ Kumera incakwaha;</li><li>▪ Kugara kw'amatako, mu rukenyerero hakaba hato;</li><li>▪ Guhinduka k'uruho rwo mu maso;</li><li>▪ Kujya mu mihango bwa mbere.</li></ul>	<ul style="list-style-type: none"><li>▪ Gukura ku gihagararo;</li><li>▪ Kwiyongera kw'ingufu z'umubiri;</li><li>▪ Kumera insya incakwaha, n'impwempwe (kuri bamwe)</li><li>▪ Guhinduka kw'ijwi rikaniga</li><li>▪ Kugara kw'ibitugu n'igituza;</li><li>▪ Guhinduka k'uruho rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi).</li><li>▪ Kwiroteaho</li><li>▪ Gushaka kwikinisha</li></ul>

## Impinduka ku mico n'imyifatire ku bana b'abakobwa n'ab'abahungu

Hahinduka byinshi ariko iby'ingenzi ni ibi bikurikira:

- Kwikunda cyane bidasanze birangwa no gukunda kwireba no kwiyitaho (narcissisme);
- Kumva bitaweho cyane cyangwa se banzwe n'ababaruta (nibwo bakoresha imvugo nka: ishuri ryacu baratwanga cyane, batwishyizemo, baraturwanya, batugendaho,...)
- Gushaka kwikubira utwiza twose (Urugero: Kujya ku ishuri akajyana utuvuta twiza, udusabune duhumura, amashuka meza,...) ngo yitabweho cyangwa agaragare neza kuruta abandi;
- Kwiyitaho cyane mu kugira isuku y'umubiri we n'imyambaro (urugero: kwica inzara cyane no kuzitaho, harimo no gushaka kuzisiga, kwiyogoshesha bigezweho, gutinda mu cyumba cyo kogeramo, kwambara imyenda iteye ipasi, cg migufiya, igaragaza uko ateye n'ibindi...);
- Guhitamo urungano bagendana akitandukanya n'abandi;
- Gutangira gushakisha inshuti badahuje igitsina no kwiyerekana cyane;
- Gushaka kugira umwana wo kuba wenyine, kandi aba afite utwo ahugiyemo, akadukora yiherereye (Urugero: bashaka kuba mu byumba bihariye cyangwa uburiri bihariye,...).
- Kwitandukanya n'ababyeyi n'abantu bakuru;
- Kumva yihagije, kwiyemera no kwikunda;
- Kunanirwa guhitamo no kugira impungenge yibaza aho agana;

- Kudasabana n’ubonetse wese, atangira kujya yifata avugana n’abantu yihitiyemo, no kushaka gukora icyo yumva ashaka gusa;
- Aba ashaka kugerageza ibintu bishya ndetse ni naho batangira kwiga ibyo gusomana, no gushaka gukora imibonano mpuzabitsina;
- Agaragaza ndetse n’imico isa no guhangana n’abandi ndetse n’imico igaragaza uri mu gihirahiro;
- Agira impungenge ku buzima bwe yibaza aho agana;
- Asa n’aho ari nyamwigendaho kuko ntaba agishaka kwegamira ku babyeyi.
- Kwigunga cyangwa kuba wenyine;
- Gushishikarizwa no kunegura abandi bantu (kuba atabura icyo abavugaho, abanenga,);
- Agira amatsiko yo gushaka kumenya ibibera mu mibanire y’abandi bantu cyane cyane kugira amatsiko ku birebana n’ihuzabitsina; kureba filimi zerekana ibyo,
- Bahora mu ntambara zo gushaka inshuti badahuje igitsina, rimwe bakaba bashwanye, ubundi bakananirwa guhitamo bikabatesha umwanya wo kuzuza inshingano zabo, harimo n’izo kwiga.

#### **Icyo izi mpinduka zisobanura**

4. Uhugura asaba abantu babiri mu bahugurwa (umwe w’igitsina gabo n’undi w’igitsina gore iyo abahugurwa ari ibitsina byombi) kuza imbere agasaba buri wese nibura ibintu bitatu yibuka byaba byaramubayeho mu gihe yari ageze mu bugimbi/ubwangu.
5. Nyuma agakomeza asobanura ko: Izi mpinduka ziboneka inyuma zisobanura ko umwana w’umukobwa cyangwa se uw’umuhungu agenda akura koko.

**Ku mukobwa:** Izi mpinduka ziyana no kujya mu mihango bwa mbere, ari byo biba hagati y’umwana w’umukobwa w’imyaka 12 na 14. Ishobora no kuboneka mbere y’icyo gihe nko ku myaka 9, 10 cyangwa nyuma nko mu myaka 16 bitewe n’imiterere y’abantu, uko yabayeho naho yakuriye. Iyo umukobwa atangiye kujya mu mihango, ni ikimenyetso simusiga cy’uko ashobora gusama aramutse akoze imibonano mpuzabitsina nta gakingirizo. Kubasha gusama ariko ntibivuze ko imyanya ye myibarukiro iba yarakuze neza ku buryo yakwakira umwana mu nda, akamutwita kandi akamubyara nta kibazo. Byongeye aba akiri muto mu mitekereze, anagikeneye kurerwa no gukura mu bitekerezo kugira ngo azashobore kuba umubyeyi ubereye urugo.

Kujya mu mihango ni igihe gikomeye ku mwana w’umukobwa akwiye gufashwamo n’abamurera baba ababyeyi, abajyanama, abarezi muri rusange n’abandi kugirango bitamubera umutwaro n’ikimwaro byatuma ata ishuri bishingiye kudasobanurirwa, kutitabwaho no kudahanurwa kare.

**Ku muhungu:** Iyo umuhungu agaragaza biriya bimenyetso kandi yatangiye kwirotaraho, bivuze ko aba ashobora gutera inda. Ariko nawe aba agikeneye gukura mu bitekerezo no kubanza kwitegura neza kuba umugabo ubereye urugo kandi wakuzuzza inshingano.

### **Ibikwiye kwitabwaho mu bihe bisanzwe**

6. Uhugura akomeza asomera abahugurwa ibikwiye kwitabwaho nk'uko bigaragara mu ncamake ikurikira ariko agaha n'umwanya abahugurwa wo gusangira abandi bantu baba baragize mu kubasobanurira izo mpinduka.

Muri iki gihe cy'ubwangavu n'ubugimbi ni byiza ko ababyeyi, abarezi, abajyanama batega amatwi abana, bakabaganiriza maze bagasobanukirwa neza n'izi mpinduka, n'ingaruka zazo. Ni byiza gushimangira cyane ko ubugimbi n'ubwangavu ari igihe cy'ubuzima cyiza, gisanzwe mu mikurire y'umuntu ariko kandi bagomba kwitondera, kuko kijyana n'impinduka zimwe ziboneka inyuma n'izindi zitaboneka. Kibamo kandi ibishuko bitari bike ndetse n'imyifatire ishobora kumubaho karande, kuzayigobotora akuze bikamugora mu gihe yaba atari myiza. Ni igihe rero cyo kwitondera, kwitwararika no kumenya gufata ibyemezo bihamye, kumenya kwitsinda, kugira ubuzima bufite intego, gucunga ubuzima bw'imyororekere no kubuha icyerekezo gihamye

7. Umufashamyumvire asoza aha umwanya abitabiriye ikiganiro kugira ngo baganire ku makuru atari yo abantu bakwirakwiza k'ubuzima bw'imyororokere. Bishobora gukorwa mu matsinda mato agizwe n'abantu 5 kugeza ku 8. Wakurikiza uburyo bumwe bwo gukora amatsinda bugiye buri mu biganiro bibanza.
8. Bahe iminota 15 yo kubitekerezaho, ujye ubibutsa habura iminota 3 kugeza ishize
9. Basabe ko bageza kubandi ibyo bakoze. Wibande kunyomoza amakuru atariyo, urugero: iyo umukobwa aribwa igihe agiye mu mihango agomba gukora imibonano mpuzabitsina ngo bikire.
10. Soza abashimira uruhare bagize mukiganiro.

### Igice cya 5.3: Ukwezi k'umugore/kujya mu mihango

#### Amabwiriza

1. Uhugura agomba kuba afite amashusho agaragaza imyanya myibarukiro, urunigi cyangwa impapuro zishushanijeho urunigi. Ibi bikoresho biraboneka ku kigonderabuzima, ibitaro cyangwa aho batanga serivisi zo kuboneza urubyaro.
2. Uhugura atangira afasha abahugurwa kongera kureba ya mashusho yerekana imikurire y'umwana w'umukobwa imwe ku yindi akabafasha kuyiganiraho no kuyitangaho ibisobanuro.
3. Nyuma uhugura asaba abahugurwa kuganira ku kwezi ku mugore no kuvuga uko bumva igisobanuro cyako.
4. Nyuma y'ibitekerezo byatanzwe n'abahugurwa ubwabo, uhugura ahuza ibisobanuro byatanzwe akanerekana igisobanuro gitangwa n'impuguke: ***“Ukwezi k'umukobwa gutangira ku muni wa mbere yabonyeho imihango kukarangira ku muni ubanziriza imihango ikurikira”***.
5. Ishusho ya nyuma bayivaho bamaze kumvikana ko umukobwa ugeze muri kiriya kigero aba ashobora no kujya mu mihango aribyo bita ukwezi k'umukobwa/umugore.
6. Hashimangirwa ko umwana w'umukobwa aba ashobora gusama igihe yakoze imibonano mpuzabitsina idakingiye.
7. Mu rwego rwo gufasha abahugurwa kumva neza ukwezi k'umugore, uhugura atanga imyitozo ikurikira mu matsinda:

#### **Imwitozo wa mbere:**

Mu mezi atatu ashize, KALIZA yagiye mu mihango ku buryo bukurikira: Itariki 06/01/2018, itariki 03/02/2018 n'itariki 03/03/2018. Ubwo ukwezi kwa Devota kugira iminsi ingahe?

#### **Imwitozo wa kabiri:**

MUKAMWIZA utuye mu Izindiro we imihango yayibonye kuri aya matariki akurikira: Itariki 09/01/2018, itariki 10/02/2018 n'itariki 07/03/2018. Ubwo ukwezi kwa Mariya kugira iminsi ingahe? Ese hari abandi mutekereza bashobora kugira ukwezi gusa gutya?

#### **Imwitozo wa gatatu:**

INGABIRE utuye i Musanze yagize imihango kuri aya matariki: Itariki 08/01/2018, itariki 05/02/2018, 02/03/2018 n'itariki 01/04/2018. Ubwo ukwezi kwa Liberata kugira iminsi ingahe?

#### **Imwitozo wa kane:**

UWAMALIYA yabonye imihango ku itariki ya 10/05/2018. Imihango y'ukundi kwezi yayibonye ku yahe matariki niba afite ukwezi kw'iminsi 28.

8. Buri tsinda rihabwa iminota 20 yo gukora uyu mwitozo, yashira uhugura agahamagara amatsinda yose maze bagasangira ibyayavuyemo nyuma akabahaibisobanuro bitandukanye ku minsi igize ukwezi k'umukobwa.



**Ibisobanuro by'iminsi igize ukwezi k'umukobwa :**

- ☞ **Iminsi iri mu mabara y'umutuku:** Iminsi y'imihango (1-5)
- ☞ **Iminsi iri mu mabara y'ubururu :** Iminsi itari iy'uburumbuke (6-8 na 17-28)
- ☞ **Iminsi iri mu mabara y'icyatsi:** Iminsi y'uburumbuke (9-16)
- ☞ **Umunsi wa mbere:** Intangiriro y'imihango
- ☞ **Umunsi wa cumi na kane:** umunsi Igi rihishaho.

**Icyitonderwa:** Iki gishushanyo ni icyerekana ukwezi k'umukobwa/Umugore kudahindagurika

9. Nyuma uhugura akoresheje iki gishushanyo agaragaza ko imiterere y'abagore/abakobwa, bagira iminsi y'ukwezi itandukanye:
- ✓ Hari abagira ukwezi kw'iminsi 28 idahinduka ;
  - ✓ Hari abagira ukwezi kw'iminsi 32 idahinduka ;
  - ✓ Hari abagira ukwezi guhindagurika gushobora kugira iminsi iri munsi cyangwa hejuruya 28.
10. Uhugura yanzura yibutsa ko ukwezi k'umugore/umukobwa ari umwihariko, bitewe n'imiterere ya buri wese. Asobanura ko ihindagurika rishobora guterwa n'izindi mpamvu harimo: guhangayika, gukora birengeje urugero, siporo zivunanye, ingendo ndende kandi mu mihanda mibi, ihungabana, ihahamuka, uburwayi n'ibindi. Ukwezi k'umugore kandi kujyana nuko ateye, yaremwe bityo akaba ariyo mpamvu hari abagira ukwezi kudahinduka n'abafite ukwezi guhindagurika. Yibutsa ko mu gihe umugore cg umukobwa ari mu mihango agomba kugira isuku ihagije haba ku byo akoresha ndetse no ku mubiri. Mu gihe haba habaye ibibazo bidasanzwe, umukobwa cg umugore yihutira kugera kwa muganga.

**Icyitonderwa:** Muri rusange iyo abahugurwa bafite aho bahuriye n'amashuri nibyiza ko banaganira kuri gahunda y'icyumba cy'umwana w'umukobwa. Uhugura asobanura gahunda y'icyumba cy'umukobwa ku ishuri aho abakobwa bashobora kwifashisha igihe bagiye mu

mihango

bityo

tibasibe

ishuri.

## Igice cya 5.4: Kwirinda inda zitifujwe

### Amabwiriza

- Umufashamyumvire agomba kugaragaza nibura ibimenyetso bibiri byerekana ko umukobwa atwite bigaragara ku mubiri, unasobanure ko kubura imihango ku mukobwa bidasobanura yuko buri gihe umukobwa atwite.
- Kugaragaza nibura ahantu hamwe cyangwa ivuriro umukobwa ashobora kujya kwisuzumisha ko atwite
- Gusobanura uburyo butandukanye bwo kuringaniza urubyaro cyangwa kwirinda inda z'imburagihe, nibura bakagaraza uburyo bubiri bazi neza, bagatanga ingero kuri buri buryo bakanasobanura uburyo burinda inda z'imburagihe.

### Uko bikorwa

1. Saba abakobwa gukora amatsinda agizwe n'abantu 4 na 5
2. Basomere interuro zikurikira ubasabe kuziganiraho mu matsina
3. Bahe impapuro nini na marikeri baze kwandikaho ibisubizo, ahobora no kubaha impapuro nyinshi ntoya kuburyo igisubizo kimwe kijya ku urupapuro rwacyo bakaza kubyomeka ku rukuta
  - Ni gute ushobora gutwita;
  - Ibimenyetso bigaragaza umuntu utwite
  - Ibishobora gusunikira umuntu ku gutwita
  - Ibibi ku mubiri no mu mibanire ku mwana watwise akiri muto kandi akiri ingaragu.
  - Uburyo bwo kuboneza urubyaro: uko bukoreshwa n'akamaro kabyo, ibyiza n'ibibi byabyo.
  - Ibikunda kuvugwa ku bijyanye no gutwita inda zitateguwe.
  - Ibisubizo bishoboka iyo umuntu yasamyeye inda itifujwe, ibyiza byabyo n'ibibi byabyo.
  - Gukuramo inda bigira ingaruka
4. Nibamara kwandika ibisubizo basabe kubyomeka ku rukuta maze ubisome byose.

### Dore muri bimwe abakobwa bashobora gutanga

**Ni ibihe bimenyetso bindi bigaragaza umuntu wasamyeye (umukobwa cyangwa umugore)? Mu byukuri bishobora guhindagurika bitewe n'imiterere y'umuntu**

Amabere aba akomeye kandi aremereye

Kugira iseseme (Kumva ushaka kuruka)

Umunaniro (Kumva unaniwe burigihe)

Uburyo bwizewe ijana (100%) ni ugukoresha ikizamini cyo gutwita. Ushobora kugura ibikoresho byifashishwa kugupima inda mw'iguriro ry'imiti cyangwa ukajya kwa muganga.

Gupima inda biroroshye kandi birizewe. Bapima inkari. Bahungu, niba mwarabigizemo uruhare muzaherekeza uwo mwateye inda kwipimisha kwa muganga.

Niba umukobwa atwite, nyuma y'amezi icyenda asamyeye azabyara

**Iyo umuntu atwite tuvuga ngo iki?** Birumvikana: Umukobwa ashobora gutwita iyo yakoze imibonano mpuzabitsina idakingiye n'umuhungu. Ikimenyetso simusiga cyo gutwita ni ukubura imihango. Nyamara, kubura imihango ntibivuga igihe cyose ko umukobwa yasamyeye. Abangavu bashobora kugira ikibazo cy'imihango ihindagurika mu gihe cy'imyaka myinshi. Imihango y'umukobwa ishobora guhindagurika igatinda ndetse rimwe na rimwe akaba yakwirenza ukwezi.

**Iyo umuntu atwite tuvuga ngo iki?**

Birumvikana: Umukobwa ashobora gutwita iyo yakoze imibonano mpuzabitsina idakingiye n'umuhungu.

Ikimenyetso simusiga cyo gutwita ni ukubura imihango.

Nyamara, kubura imihango ntibivuga igihe cyose ko umukobwa yasamyeye. Abangavu bashobora kugira ikibazo cy'imihango ihindagurika mu gihe cy'imyaka myinshi. Imihango y'umukobwa ishobora guhindagurika igatinda ndetse rimwe na rimwe akaba yakwirenza ukwezi.

Ubuzima bushobora kugorana k'umwana muto w'umukobwa wabyariye iwabo. Mu gihe kiri imbere umwana ashobora guhura n'ingorane zikurikira:

Umwana w'umuhungu ashobora kwanga kwitwa se w'umwana

Umukobwa ashobora kuva mu ishuri

Umukobwa ashobora gukubitwa ndetse akirukanwa mu muryango

Kubera imyitwarire iteye ubwoba y'ababyeyi umwana ashobora guhunga uwo muryango.

Abahungu bateye inda abakobwa nabo bashobora guhura n'ibibazo. Ibyo bibazo biashobora kuba:

Guhatirwa kubana n'uko yateye inda no guhatirwa gufasha no kwita ku mwana.

Asabwa gutanga indezo nyinshi cyangwa y'igihe kirekire iwabo w'umukobwa.

Ashobora gukubitwa na se cyangwa musaza w'umukobwa

Gutoroka ishuri cyangwa kwirukanwa mu muryango.

Kuryozwa icyo cyaha ndetse no gufungwa igihe umukobwa afite imyaka iri muni y'ubukure, muni ya 18.

**Kwirinda inda z'imburagihe.**

Uburyo bwiza bwo kwirinda inda z'imburagihe ni ukwirinda ndetse no kurwanya imibonano mpuzabitsina. Twibuke ko igihe twavugaga imibonano mpuzabitsina watekerejeho ugomba kwirengera ingaruka zabyo!

Niba ugeze ku myaka y'ubukure (inyaka 18) yo gukora imibonano mpuzabitsina ku buryo bwumvukamyweho n'inshuti yawe y'umuhungu cyangwa iy'umukobwa irinde ukoresha agakingirizo cyangwa ibinini. Abahungu n'abakobwa bombi barebwa n'ibijyanye n'uburyo bwo kwirinda.

Gusa nanone uburyo bwo kuboneza urubyaro ni kimwe mu bifasha kwirinda inda z'imburagihe. Hari ubwoko 4 bwo kuboneza urubyaro:

Ibinini

Inshinge

Agakingirizo

Agakingirizo k'abagore

Ni uburyo bwo kuboneza urubyaro bwizewe ku rubyiruko. Agakingirizo n'agakingirizo k'abagore birinda cyane kwandura indwara zandurira mu mibonano mpuzabitsina n'agakoko gatera viirusi ya SIDA.

## **GUSOZA**

Umufashamyumvire asoza atanga isumabumenyi kuri buri mukobwa witabiriye isomo. Koresha ibibazo bikurikira:

**ISUZUMABUMENYI**

No	Interuro	Igisubizo			Ijanisha ry'ibisubizo biribyo
		Nibyo	sibyoy	Simbizi	
1	Ntushobora gusama inda iyo ukoze imibonano mpuzabitsina ku nshuro ya mbere.				
2	Abahungu bagomba guhagarika ubucuti n'abakobwa niba abakabwa babasabye gukoresha agakingirizo mu gihe cy'imibonano mpuzabitsina.				
3	Fillette yagomba kwirinda mu mibonano ye ariko umuhungu w'inshuti ye ntiyabikunze kandi ntiyari kuvuga oya kuko atashakaga gushwana n'umukunzi we				
4	Abahungu bagomba gusaba abakobwa b'inshuti zabo gukoresha pilire kugira ngo bakorane imibonano mpuzabitsina idakoresheje agakingirizo kugira ngo birinde gusama. Hamwe n'agakingirizo ntabwo wishimisha cyane ( ku bahungu gusa)				
5	Abakobwa bahitamo pilire kugira ngo birinde gusama aho gukoresha agakingirizo. Aga kingirizo gashobora kunyerera kakavamo kakaba kaguteza ibyago.				
6	Abakobwa bashobora kwemera gukorana imibonano mpuzabitsina n'umuntu bashobora kubana niba yamuteye inda.				
7	Ntibyoroshye gushyingirwa nyuma yo kurangiza kwiga. Umukobwa ashobora kurongorwa igihe icyo aricyo cyose abonye fiancé niyo byamusaba kuva mu ishuri. Umugabo ni ingenzi kurusha impamyabushobozi				
8	Abahungu badafite ababyeyi bagomba guhagarika kwiga hanyuma bagashaka abagore kuko batagomba gutegereza kubera ibibazo byinshi bahura nabyo.				
9	Ushobora gufata ku ngufu niba umukobwa atemeye ko bakorana imibonano mpuzabitsina.				
10	Ntugomba kugira uwo ubwira niba wafashwe ku ngufu niba uwagufashe ku ngufu yaje mu muryango wawe gusaba imbabazi kandi akaba yari inshuti yawe.				
11	Abahungu bafite ubushobozi burenze mu gufasha abandi mu ishuri kurusha abakobwa. Abahungu ni abantu badasanze kandi bafite imbaraga cyane kurusha abakobwa mu miterere yabo.				

## Igice cya 5.5: Ingaruka zo gusama inda utifuje

### Amabwiriza:

1. Gusobanurira abitabirirye ikiganiro ko bagiye kungurana ibitekerezo ku ngaruka z'inda zitateguwe n'uruhare n'inshingano by'urubyiruko rw'abasore n'inkumi mu kwirinda izo nda.
2. Gusomera abitabirirye ikiganiro agakuru ka KALIZA na KANEZA (urupapuro rw'inyoborabiganiro nimeru: **Inkuru ya KALIZA na KANEZA**).
3. Kubwira abitabirirye ikiganiro ko ugiye kubagabanyamo amatsinda abiri kugirango bakine ako gakuru. Kubasobanurira ko buri tsinda riza kugerageza gufindura uko iyo nkuru yarangiye.
4. Gabanya abitabirirye ikiganiro mu matsinda abiri maze uhe buri tsinda ibyo bagomba gukina.

**Itsinda rya 1:** KALIZA amaze gusama byamugendekeye bite? Ereka ingaruka zo gutwara inda ititeguwe kuri KALIZA.

**Itsinda rya 2:** KANEZA byamugendekeye bite amaze kumenya ko KALIZA atwite? Mukine mwerekana ingaruka z'inda zitunguranye kuri KANEZA

5. Kubaha iminota 10 kugirango batunganye imikino yabo. Kubasobanurira ko abantu bose uko bagize itsinda atari ngombwa ko bagira uruhare muri uwo mukino.
6. Nyuma y'iminota icumi, gusaba buri tsinda gutambutsa umukino waryo bagendeye ku iherezo ry'inkuru uko bari hawe. Nyuma y'utwo dukino, gusaba abitabirirye ikiganiro gusubira mu byicaro byabo mu ruziga mugatangira kuganira mukoresheje ibibazo bikurikira.

### Ibibazo byifashishwa mu kungurana ibitekerezo:

- Ni gute icyemezo cya KALIZA na KANEZA cyo gukora imibonano mpuzabitsina nta gakingirizo cyabagizeho ingaruka ndetse no kuri ejo habo hazaza?
- Hari ukundi wumva iyi nkuru yari kurangira?
- Iyo umukobwa atwaye inda y'indaro, abantu babifata bate?
- Ni gute gutwara inda ititeguwe bihindura ubuzima bw'umukobwa? Ni gute bihindura ubuzima bw'umusore?
- Ese izi ngaruka bagira bagakwiye kuzigira?
- Ese urubyiruko rw'abakobwa rutinya gutwara inda zitateguwe? Ese abasore barabitinya? Kuki?
- Ni izihe nshingano wumva abasore n'inkumi bafite mu kurwanya inda zitatenganyijwe?
- Ese inda zitateguwe ziteje ikibazo aho mutuye? Hari umuntu waba uzi wahuye n'iki kibazo?
- Ni gute umubare w'abakobwa baterwa bene izi nda wagabanuka?

- Hari icyo wize muri iki kiganiro cyaba cyazagufasha mu buzima bwawe bwite?

### **Inkuru ya KALIZA na KANEZA**

KALIZA ni umwana w'umukobwa w'imyaka 18 akaba yiga mu ishuri ry'isumbuye. Mu ishuri ni umuhanga akaba afite na gahunda yo gukomeza akiga na kaminuza. Yitabira imirimo yose ikorerwa ku ishuri kandi akaba aba no muri Club irwanya SIDA.

Aranezerewe rwose, yisanzura ku bandi, ntaseta ibirenge mu byo akora, afite inshuti nyinshi kandi agwa neza ku bantu bose cyane cyane KANEZA, umukunzi we nawe ufite imyaka 18. Bakunda kuba bari kumwe igihe kirekire bakaba banasangiyeye kwizera ejo haza heza. KANEZA nawe ni umunyeshuli mwiza nawe akaba ashaka kuzigana na KALIZA muri kaminuza.

Hashize amezi atari menshi bamenyanye, KANEZA yamusabye ko bakora imibonano mpuzabitsina ku nshuro ya mbere. Bose bari muri club yo kurwanya SIDA kandi banazi n'akamaro ko gukoresha agakingirizo mu kwirinda indwara zandurira mu mibonano mpuzabitsina, agakoko gatera SIDA no gutwara inda zitatekerejweho. Ariko umunsi umwe KANEZA yatumiye KALIZA ngo aze kumusura iwabo anamubwira ko iwabo badahari.

Batangiyeye gusomana baza no gufata umwanzuro wo gukora imibonano mpuzabitsina. KALIZA yasabye ko bakoresha agakingirizo ariko KANEZA nta gakingirizo yari afite. Ariko ntibyababujije kuyikora. Kera kabaye, KALIZA yashidutse yaratwaye inda.

## Ikiganiro cya 6: KWIGIRIRA ICYZERE

Ibice bigize ikiganiro	Igihe	Intego
<b>Igice cya 6.1:</b> Kugira icyerekezo	<i>Iminota</i> 45	Gufasha abahugurwa guteganya ejo hazaza n'ibyemezo bakeneye gufata kugira ngo buzuzwe ibyo bateganyije mu buzima bwabo.
<b>Igice cya 6.2:</b> Kuvuga mu ruhame	<i>Iminota</i> 45	Kunyurira abakobwa mu myitozo ishobora kubafasha kuzamura uburyo buhamye bwo kuvuga
<b>Igice cya 6.3:</b> Irangamytwarire	<i>Iminota</i> 45	Gufasha abakobwa gusobanukirwa ko uburyo bifata bugira ingaruka ku buryo abandi bababona igihe bavugaga mu ruhame.

### Igice cya 6.1: Kugira icyerekezo

#### Amabwiriza:

- Sobanurira abitabiriye ikiganiro ko bagiye gukora umwitozo ubafasha gutekereza ejo hazaza;
- Saba abitabiriye ikiganiro kwicara neza, guhumeka neza no gufunga amaso;
- Babwire ko muri uyu mwitozo wifuzaga ko batekereza ku biganiro byose byabaye ndetse n'ubumenyi bushya bungutse mu biganiro 7 birangiye;
- Mu gihe bafunze amaso, saba ko batekereza bucece ku bibazo bikurikira:
  - Ni iki nifuzaga kuba ndi cyo mu myaka 5 iri imbere? Nzaba nkora iki icyo gihe?
  - Umuryango nifuzaga kubamo ni umeze ute?
  - Ni iyihe ntego nifuzaga kugira mu buzima bwanjye?
  - Nakora iki kugira ngo nuzuzwe intego nihaye?
- Menyeshya abitabiriye ikiganiro ko bafite iminota 20 bandike cyangwa batekereze kuri ibi bisubizo. Babishatse, bashobora kwiyandikira ibaruwa. Nta muntu uri busabe ko

babwira abandi ibyo banditse. Kwerekana ibyo banditse si agahato.

6. Shishikariza abitabiriye ikiganiro gusangiza abandi imigambi cyanga amabaruwa niba babyifuza. Nta gahato karimo.
7. Nyuma y'uko ababyifuza bamaze gusangiza abandi ibitekerezo byabo, tangiza ikiganiro ukoresheje ibibazo bikurikira:

**Ibibazo byifashishwa mu kungurana ibitekerezo:**

- Biroroshye gusesengura uwo wifuza kuzaba we? Sobanura impamvu
- Biroroshye gusesengura icyo wifuza ejo hazaza? Sobanura impamvu
- Ni gute uburere wahawe n'ababyeyi bawe na bene wanyu bugira uruhare mu mibereho yawe y'igihe kizaza?
- Ukeneye iki kugira ngo ubashe kugera ku ntego y'ubuzima bwawe?
- Ni gute ibikorwa n'ibyemezo ufata uyu muni bigira uruhare mu buzima bwawe buzaza?
- Ese hari ikigomba guhinduka mu buzima bwawe ubu kugira ngo ubashe kuzuza intego wihaye mu gihe kiri imbere?
- Ese hari abantu wiringiye bashobora kugufasha kugera ku ntego wihaye?
- Ni irihe somo wakuye muri iki kiganiro? Ni gute ushobora gukoresha ubumenyi wungutse kugira ngo uhindure ubuzima bwawe?

**Icyitonderwa:** Mbere yo gutanga ikiganiro ibutsa abitabiriye cyane cyane abakobwa kumenya kwifatira icyemezo ku buzima bwabo. Kuvuga OYA ikaba OYA.

## Igice cya 6.2: Kuvuga mu ruhame

### Amabwiriza

1. Basa abakobwa icyo bumva ku kuvugira mu ruhame urugero mu nama, mubirori, cyangwa mu muhango runaka.
2. Saba abakobwa babiri babiri kwegerana maze baganira uko biyumva iyo bavugiyeye mu ruhame. Bahe iminta 10.
3. Baza abakobwa bagaruke bicare hanyuma usabe uwumva yasangiza abandi ibyo baganiriye;
4. Jya wandika ibyo bavuze ku kibaho, ukomeze ubaze n'abandi benshi.
5. Baza ibibazo bikurikira:
  - *Niba hari uwigeze avugira mu ruhame ijamba, uko yiyumvise ameze, abandi bavuze ngo iki?*
  - *kuba umukobwa bumva bituma bagira isoni zo kuvuga mu ruhame?*
  - *Abakobwa bafite ubushonzi bwo kuvuga mu ruhame kandi neza?*
  - *Iyo abakobwa bavugaga abandi barabumva?*
  - *Kuki abakobwa bakunda kwitinya no kuvugira amasoni yo kuvuga mu ruhame?*

### Umwitoto

Bwira abakobwa ko ugiye kubaha umwanya bategure imbwirwaruhame IGENEWE abanyeshuli bose bababwira ibijyanye n'umushinga wa HAGURUKA. Bishyire mu mwanya w'umuyobozi wa HAGURUKA (Umunyamabanga nshingwabikorwa).

Abakobwa bagende bakore uwo mwitoto hanyuma nibarangiza buri wese ahabwe umwanya wo kuvuga. Bihobora hutwara umwanya munini, ntabwo bose bashobora kuvuga gusa havuga bake bitewe n'umwanya abandi bakaboneraho.

## Igice cya 6.3: Irangamyitwarire

### Amabwiriza

1. Tangira uganira kandi ugaragaza igisobanuro “k'Irangamyitwarire”. Sobanura ko rigomba guhinduka hagendewe ku « rukurikirane mu kamaro », cyangwa « ingano y'akamaro cyangwa ububasha ufite ». Irangamyitwarire rishobora kugendana n'ubukungu, imisusire cyangwa umurimo. Mu yandi magambo Irangamyitwarire rishobora gusanishwa n'icyo turi cyo. Rishobora kandi gusanishwa n'ubukungu, imisusire, amashuri, igitsina, kuba wubatse cyangwa utubatse, idini, imyaka, n'ibindi. Dushobora ariko no kuryoroshya tukavuga ko abantu bifitemo kwiyizera cyane baba bafite Irangamyitwarire ryo hejuru na ho abantu bigirira ikizere gike bakaba bari ku rwego rwo hasi rw'Irangamyitwarire. Bityo bituma ushobora ku
  - Shyira abakobwa mu matsinda ya batanubatanu hanyuma ubahe iminota mike yo kuganira ku bibazo bikurikira; *Ni bantu ki muri sosiyete yanyu bafite Irangamyitwarire ryo ku rwego rwo hejuru?*
  - *Ni bantu ki muri sosiyete yanyu bafite Irangamyitwarire ryo ku rwego rwo hasi?*
  - *Mu Rwanda, ni nde ugira Irangamyitwarire ryo mu rwego rwo hejuru- abagabo cyangwa abagore?*
  - *Ni ubuhe buryo mu Rwanda umugore agomba kugera ku Irangamyitwarire ryo hejuru?*
2. Sobanura ko hari uburyo bwinshi abantu bagaragaza Irangamyitwarire ryo hejuru cyangwa ryo hasi ubarebeye inyuma. icya mbere ni ukurebesha amaso.

### ❖ Toza amaso

1. Sobanura uko muri rusange abantu b'Irangamyitwarire ryo hejuru bakureba mu maso. Abantu b'Irangamyitwarire ryo hasi bareba hasi cyangwa iruhande.
2. Baza abakobwa abantu muri aba bakurikira bafite Irangamyitwarire ryo hejuru cyangwa ryo hasi; abaganga, abarimu, abacuruzi, abayobozi bo mu nzego z'ibanze, aborozi. Fata abakobwa babiri bakine ikiganiro kigufi mu mwanya w'umuntu w'Irangamyitwarire ryo hejuru n'uw'iryo hasi.
3. Gabanya bose mu matsinda abiri. Itsinda rimwe ni “Irangamyitwarire ryo hejuru” na ho irindi “Irangamyitwarire ryo hasi”. Uko bagendagenda mu cyumba basuhuzanya na buri wese, abakobwa bo mu itsinda ryo ku rwego rw'Irangamyitwarire ryo hejuru bahanga

amaso abantu basuhuza. Abakobwa bo mu itsinda ry'Irangamyitwarire ryo hasi iyo basuhuje abantu bubika amaso. Kora ibi iminota mike (bishobotse bacecetse) hanyuma uhagarike ubaze uko byagenze.

4. Baza: Ni gute buri tsinda ryumvise rimeze? Rikomeye? Ryoroheje? Rifite ingufu, ntazo rifite? Ese bumvise batabangamiwe cyangwa babangamiwe n'umwanya bahawe?

**N.B :** Kwibutsa abakobwa ko kuvugira mu ruhame bisaba ko ibyo uvugaho ugomba kuba wabiteguye, ukaba waba ufite impine cyangwa se kuba ufite ingingo z'ibanze ari buvugeho.

Gukoresha umwitozo wo kuvugira mu ruhame, uhugura akaza gutanga kubaz abandi uburyo babonyemo uwavugiraga mu ruhame, bagatanga ubugororangingo ku buryo bagiyeye bitwaza kandi bakabyumvikanaho bafashijwe n'uhugura

## **Gusoza**

Garura abakobwa ku ruziga ubabaze ibyo bumva byaba ubutumwa bw'ingenzi mu isomo ry'uyu muni.

### **❖ Toza umutwe**

*Intego y'ibi ni ugutuma basobanukirwa ko abantu b'Irangamyitwarire ryo hejuru batajya bakebuka kandi umutwe wabo uhora hamwe. Mwitoze ibi mu rugo mwifashishije indorerwamo kugeza igihe mugeze ku mwifato utababangamiye.*

1. Bwira itsinda ko ugiye kubavugisha umunota umwe hanyuma ubasabe kugerageza kureba niba hari igihinduka uko ugenda uvuga. Ese bumva ikinyuranyo kuri wowe no ku Irangamyitwarire ryawe uko ugenda uvuga? Tangira uvuge n'igishyika kinshi, uzunguza umutwe cyane uko ugenda uvuga, ugende ugabanya kuzunguza umutwe gahoro gahoro. Hama hamwe. Babaze icyo babonye n'icyateye impinduka z'uburyo babonye ibyo wakoraga. Bashobora kuba babonye impinduka ariko ntibashobore kuvuga izo ari zo. Akenshi baravuga ngo "watangiye uvuga gahoro" n'ibindi bintu.
2. Sobanura ibi bikurikira. Kugumisha umutwe wacu hamwe bihindura uburyo twiyumva ubwacu n'uburyo abandi batubona. Twumva dufite agaciro kandi tugaragara nk'abakomeye. Tekereza ku Mwamikazi w'Ubwongereza. Ntajya ahindukiza umutwe we. Abasirikare batowza gutanga amategeko badahindukije umutwe. Iyo tudahindukije umutwe tugira ububasha busumbyeho.
3. Basabe gutembera mu cyumba barebana badahumbya kandi badahindukije umutwe.

4. Babaze niba babonye impinduka mu kugenda kwabo nk'umusaruro wo kudahindukiza umutwe. Ese babonye ko ubusanzwe bagenda buhoro iyo badahindukiza umutwe

**Gusoza**

Garura abakobwa ku ruziga ubabaze ibyo bumva byaba ubutumwa bw'ingenzi mu isomo ry'uyu munsi.

## Ikiganiro cya 7: Ijwi rirangurura

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<b>Ibice bigize ikiganiro</b>	<b>Igihe</b>	<b>Intego</b>
<b>Igice cya 6.1:</b> Gufata ingamba	<i>Iminota</i> 45	Gufasha abakobwa kumenya icyo bungutse no kubashishikariza gusesengura ikibazo kigaragara aho dutuye ku ishuri n'ibyememo bashobora gufata kugira ngo bahazane impinduka nziza.
<b>Igice cya 6.2:</b> Gukora ubukangurambaga	<i>Iminota</i> 45	Gushishikariza abahuguwe gusangiza abandi ibyo bize binyuze mu bukangurambaga. Abakobwa bashishikarizwa gukora amatsinda club kugirango bahuze imbaraga kandi ubuyobozi bw'ishuri bubabe ubufasha (urugero: Umwalimu ukurikirana itsinda)

## Igice cya 7.1: Gufata ingamba

### Amabwiriza:

Sobanurira abagize itsinda ko muri uyu mwitoto bagiye gusesengura ibibazo abakobwa bahura nabyobifitanye isano nibyo bize, n'ibyemezo bashobora gufata ku giti cyabo cyangwa nk'itsinda kugira ngobazane impinduka aho batuye ndetse no ku ishuri.

### Gusesengura ikibazo

1. Shyira abahuguwe mu matsinda mato atatu. Basabe gutekereza ku bibazo bitandukanye bahura nabyo nk'abakobwa byaganiriweho. Basabe gutekereza ku kibazo kimwe basanga ari ngenzi aho batuye no ku ishuri.
2. Ibutsa ko buri tsinda ritegura umukino mugufi ugaragaza uburyo ikibazo basesenguye kibangamira abakobwa mu buryo butandukanye n'uburyo kibabangamira mu buzima bwabo bwa buri muni kunishuri no mu rugo. Gena iminota 20 y'ikiganiro.
3. Nyuma y'iminota 20, buri tsinda riragaragaza umukino ryateguye.
4. Nyuma yo kwerekana umukino mugufi, saba itsinda gutekereza ku kibazo kimwe muri bitatu byagaragajwe mu mumukino, bese bashobora kugira icyo bakivugaho.

### Ibibazo byo kuganirwaho mu matsinda:

1. Hakorwa iki ngo iki kibazo gikemuke aho dutuye no ku ishuri?
2. Ni iki iri tsinda ryakora kugira ngo iki kibazo gikemuke?
3. Ni gute wasangiza urundi rubyiruko ibyo wize muri ibi biganiro?
4. Akenshi tuvuga kumbogamizi urubyiruko cyane abakobwa ruhura nazo aho dutuye no ku ishuri. Ni ayahe mahirwe dufite yogukemura ibibazo bigaragara aho dutuye no ku ishuri.
5. Ni gute ushobora gutsinda izi mbogamizi?

## Agice cya 2: Gutegura ubukangurambaga

### Amabwiriza

1. Sobanurira itsinda ko bumwe mu buryo bubafasha gukemura ibibazo ari ugukora ubukangurambaga bubafasha kuzamura imyumvire kuri ibyo bibazo. Ubukangurambaga bushobora gukorwa hakoreshejwe ikinamico, ibiganirompaka cyangwa ubundi buryo bwo gukangurira abantu kumenya inkomoko y'ibibazo no kuzana impinduka.
2. Sobanurira itsinda ko bagiye gutegura gahunda y'ubukangurambaga izashyirwa mu bikorwa n'itsinda.
3. Bwira itsinda ko kugira ngo bategure ubukangurambaga, bakeneye gusubiza ibibazo bikurikiraby'ingenzi: -NI IKI, KUBERA IKI, NI GUTE, HEHE na NI NDE?
4. Fata urupapuro runini wandike "KUKI" hejuru. Baza itsinda "Kuki bakora ubukangurambaga? Niiki twifuzza kugeraho? Andika ibisubizo ku rupapuro.
5. Hanyuma ufate urupapuro runini wandike "NI IKI" hejuru. Baza itsinda "Ubutumwa mutanga ni ubuhe?" Andika ibisubizo batanze ku rupapuro runini.
6. Hanyuma ufate urupapuro runini wandike "NI NDE" hejuru. Baza itsinda "Ni bande mwifuzza guha ubutumwa?" Na none andika abo bifuzza kwiyambaza kugira ngo bagere ku ntego zabo." Andika ibisubizo batanze ku rupapuro runini.
7. Hanyuma ufate urupapuro runini wandike "NI GUTE" hejuru. Baza itsinda uburyo ubutumwa bwabo bukangurira abantu kumenya ibibazo. Hakenewe iki? (Urugero, ikinamico yateguriwe abaturage, ibiganirompaka, umuganda n'ibindi.
8. Hanyuma ufate urupapuro runini wandike "HEHE" na "RYARI" hejuru. Baza itsinda "ubukangurambaga burakorerwa hehe? Ryari? Mugihe kingana iki? Andika ibisubizo batanze ku rupapuro runini.
9. Ibibazo byose nibimara gusubizwa, umanike impapuro nini ku nkuta. Shishikariza itsinda gutegura gahunda ihamye y'ibikorwa bateganya n'uburyo bateganya kubikora, uzashingwa ibikorwa bitandukanye by'ubukangurambaga. Tangiza ibiganiro ukoresheje ibibazo bikurikira.

**Ibibazo byo kuganirwaho mu matsinda:**

1. Uratekereza iki kuri gahunda y'ubukangurambaga mugiyeye gutangira ku ishuri no hanze yaryo?
2. Ese icyo gahunda iroroshye kuyishyira mu bikorwa hano ku ishuri? Ni ubuhe bufasha musaba ishuri, ababyeyi ndetse n'ubuyobozi cyangwa HAGURUKA?
3. Ni izihe mbogamizi uteganya mu gushyira mu bikorwa ubu bukangurambaga?
4. Ni gute ushobora gutsinda izo mbogamizi?
5. Ni gute uzashyira mu bikorwa ubukangurambaga? Ninde uzashingwa ibice bitandukanye by'icyi gahunda?
6. Nyuma y'ibi biganiro, ni gute wakoresha iri tsinda mu kuzana impinduka aho mutuye? Ku ishuri ndetse n'abandi banyeshuli?

