

INYOBORABIGANIRO KU BUZIMA BW'IMYOROROKERE MU RUBYIRUKO RUTARI MU MASHURI

DUSOBANUKIRWE N'UBUZIMA BW'IMYOROROKERE, TWISOBANUKIRWE, TWIHE AGACIRO DUKWIYE.



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ISOBANURAMPAMVU

Ikibazo cy'ubuzima bw'imyorokere n'uburenganzira bubushamikiyeho, ni kimwe mu bibazo byugarije urubwiruko ku isi no mu Rwanda by'umwihariko. Leta y'U Rwanda muri gahunda yayo y'imyaka itanu (2018-2024) yiyemeje kugera ku ntego z'iterambere rirambye (SDGs) kugeza mu mwaka wa 2035. Muri iyi gahunda yo kwita ku buzima bw'imyorokere mu rubwiruko byashyizwe ku rutonde mu byibanze bizatuma ubukene bugabanuka n'iterambere rirambye rigerwaho¹.

Isuzuma ryakozwe ryagaragaje ko urubwiruko rudafite amakuru ahagije ku bijyanye n'ubuzima bw'imyorokere cyane ko batagira umwanya uhagije wo kubiganirizwa mu miryango, mu bigo nderabuzima ndetse no mu bukangurambaga bw'Abaturage byagaragaye ko baba bafite amakuru makeya nayo bafite bayakura mu rungano ruba rudafite ahagije.

Ikindi cyagaragajwe muri iri suzuma, n'uko igice cy'urwo rubwiruko, kidafite ubumenyi, Imyumvire n'ubumenyingiro bihagije cyangwa bikwiye ku bijyanye n'ubuzima bw'imyorokere. Ibi biterwa n'impamvu zitandukanye kandi bikagira ingaruka zikomeye ku buzima bwabo, imiryango bakomokamo ndetse ni Igihugu muri rusange. Impamvu ituma urubwiruko rutagira ubumenyi buhagije ishingiyeye ku muco nyarwanda aho ibijyanye n'imyorokere n'imyibarukiro bifatwa nk'ibanga ritavugirwa mu ruhame bityo; Ababyeyi, Abarezi n'Abayobozi mu nzego zitandukanye, ntibagire uruhare rwo kuganiriza abana no kubaha amakuru kuri icyo gice cy'ubuzima bw'umuntu.

Indi mpamvu yagaragajwe n'urubwiruko rutari mu mashuri n'uko rutagira amahirwe yo guhabwa ubumenyi n'ubumenyingiro kubijyanye nubuzima bw'imyorokere. Bikarangira umubare munini w'iki cyiciro utabonye aya mahirwe yokubona ubwo bumenyi.

Aho urubwiruko ruhabwa inyigisho ku bijyanye n'ubuzima bw'imyorokere byagaraye ko abayobora ayo mahugurwa bakoresha uburyo bwo gutanga ubumenyi gusa aho gufatanywa n'abagenerwa amahugura mu kugira uruhare mu gusangira ubwo bumenyi n'ubumenyingiro no kuzamura imyumvire (Knowledge, Altitude and Practice-KAP). Imwe mu nzitizi zagaragaye n'izijyanye n'uko ikibazo cy'uburenganzira ku buzima bw'imyorokere n'ubw'umwana by'umwihariko kitumvikana neza kubera impamvu zijyanye n'umuco abantu bakuriyemo.

¹ *Gahunda yimyaka itanu ya MINISANTE, 2018-2024 kubijyanye nokuringaniza urubyaro nubuzima bw'imyorokere bwingimbi nabangavu*

UBURYO BWO GUTANGIZA IBIGANIRO

Ibikubiyemo

Iki gice gifasha kugaragaza intego nyamukuru 'intego zihariye z'ikiganiro, kwibwirana, kumenyana no gusangira ubunararibonye bafite mu byerekeranye n'ubumenyi, imyumvire, n'ubumenyi ngiro ku bijyanye n'ubuzima bw'imyororokere n'imyibarukire, uburenganzira bw'umwana. Iki gice kandi gifasha umuyobozi w'ibiganiro gusuzuma ubumenyi, imyumvire, n'ubumenyi ngiro gusuzuma n'impungenge abahugurwa bafite n'icyo biteze kungukira mu kiganiro mu itangiriro ryacyo kugirango batangirane umurava bazarinde bayarangiza. ndetse nanyuma

Intego nkuru. Kongera imyumvire/ubukeshya, ubumenyi, n'ubumenyi ngiro bw'abahugurwa ku bijyanye n'ubuzima bw'imyororokere, uburenganzira ku buzima bw'imyororokere y'urubiruko

Intego zihariye:

- Kunguka ubumenyi ku mikurire n'imihindagurikire y'ubuzima bw'umuntu mu byiciro by'ubuzima bitandukanye n'ingaruka zabyo
- Kumva neza ko amahame y'ubuzima bw'imyorokere atabangamira indangagaciro z'umuco nyarwanda ahubwo byuzuzanya
- Abahugurwa bamenye neza uruhare rwabo no kugaragaza icyo bagiye gukora bashyira mu bikorwa ibyo bungukiye mu mahugurwa bafasha abana babo kuva mu bibazo bishamikiye ku buzima bw'imyororokere no kubaha uburere bukwiye kandi bujyanye n'igihe tugezemo
- Gushyira mu bikorwa ibyibanze bijyanye n'amasomo bavanye mu isomo

Iki gice kigizwe n'intambwe eshatu.

- **Intambwe ya 1:** Kwibwirana no kumenyana
- **Intambwe ya 2:** Gusuzuma ibyo biteze kungukira mu mahugurwa
- **Intambwe ya 3:** Kwishyiriraho amabwiriza azatuma amahugurwa acungwa neza kandi bakayagiramo uruhare bishimye bafite umurava, n'ituze bihagije.

Intambwe ya 1: Kwibwirana no kumenyana (iminota 15)

Hakoreshejwe udupapuro abahugurwa bandika amazina yabo n'ikintu buri wese akunda mu buzima n'icyo yanga, Nyuma abantu babiri babiri baragurana buri umwe akavuga ibya mugenzi we.

Intambwe ya 2: Gusuzuma ibyo abahugurwa bifuzaga kungukira mu mahugurwa (Imihigo y'amahugurwa) (Iminota 30)

Abahugurwa bahabwa udupapuro bagasubiza ibibazo bikurikira:

- N'iki wifuzaga kurushaho kumenyana neza muri aya mahugurwa?
- N'ubuho bumenyi ngiro wifuzaga kungukira muri aya mahugurwa mu rwego rwo kurushaho kugira uruhare mu gukemura ibibazo bishamikiye kubuzima bw'imyorokere n'uburenganzira bw'abana, abangavu n'ingimbi?
- Ibibazo by'ubuzima bw'imyorokere bw'abana, abangavu n'ingimbi, n'uburenganzira bw'umwana wumva ufite izihe nshingano zo kubizirikana no kubwitaho mu nshingano zawe za buri muni?
- N'izihe mpungenge ufite mu kurengera no kwimakaza amahame ajyanye n'ubuzima bw'imyorokere n'uburenganzira bw'umwana?

Abahugurwa bagurana udupapuro banditseho buri wese agasoma ibyifuzo bya mugenzi we; Umufashamyumvire agenda abihuza mu byiciro bine bigaragarira mu mbonerahamwe ikurikira.

Impungenge nazo ziragaragazwa bigatuma abahugurwa bigira hamwe uko impungenge zagabanuka cyangwa zikavanwaho binyuze mu ruhare rwabo n'umufashamyumvire.

Nyuma yo guhuriza hamwe ibitekerezo, ibitezwe kuva mu mahugurwa biramanikwa bikitwa imihigo y'amahugurwa, abahugurwa bakayemeza, ikazashingirwaho mu isuzuma ry'ibizaba byagezweho nyuma y'amahugurwa.

Intambwe ya 3: Abahugurwa kandi bishyiriraho amabwiriza azatuma amahugurwa ayoborwa neza kugirango imihigo bihaye igerweho mu ituze no mu bwisanzure. Umufashamyumvire abaza ikibazo kigamije kugaragaza ibikurikira;

1. Amabwiriza/amahame ngenderwaho mu mahugurwa:

- Ibyo abahugurwa bagomba gukora kugirango amahugurwa agende neza
- Ibyo abahugurwa bagomba kwirinda mu gihe cy'amahugurwa
- Ibyo biyemeje gukora n'ibyo bagomba kwirinda biremezwa bikamanikwa aho buri wese abibona.

2. Abayobozi b'itsinda

Nyuma y'umwitozo abahugurwa bitoranyamo ababahagararira bashinzwe iyubahiriza ry'amabwiriza bishyiriyeho, n'ukuvuga; **Ibiganiro bizatangwa na gahunda yose y'Ibiganiro bizatangwa mu gihe cy'amahugurwa**

Imbonerahamwe ya 1: Gusuzuma ibizakenerwa n'abahugurwa

UMUSARURO UTEZWE KUVA MU MAHUGURWA			
UBUMENYI	IMYUMVIRE/UBUKESHA	UBUMENYI-NGIRO	IMPUNGENGE

IKIGANIRO CYA 1: UBUZIMA BW'IMYOROROKERE

(Uburyo bwo gutangiza ikiganir nyubakabushobozi reba umugereka wa1)

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe (hifashishijwe umugereka

(Uburyo Ikiganiro Kiyoborwa/Gitangwa)

1.1 Ubuzima bw'imyororokere bishatse kuvuga iki?

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

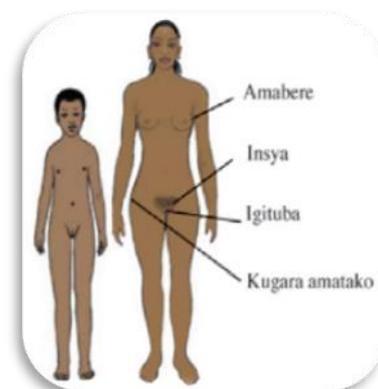
Kugirango byumvikane neza, Ubuzima bw'imyororokere n'imiterere irangwa n'imibereho myiza isesuye ku mubiri, mu mitekerereze no mu mibanire n'abandi, si ukuba gusa nta ndwara cyangwa ubumuga birangwa mu buzima bw'imyororokere, mu nshingano cyangwa mu miterere yabwo.

Ubuzima bw'imyororokere rero bivuga ko abantu bashobora kugira imibonano mpuzabitsina ikingiye kandi ibashimisha, bafite ubushobozi bwo kubyara n'uburenganzira bwo gufata ibyemezo ku bijyanye n'igihe n'inshuro babigirira.

Iki gice cya nyuma cyumvikanisha ko abagabo n'abagore bafite uburenganzira bwo guhabwa amakuru no gushobora kubona uburyo bwo kuboneza urubyaro bihitiyemo butababangamira, bukora neza, budahenze kandi bwemewe, hamwe n'ubundi buryo butanyuraniye n'amategeko bihitiyemo bwo kugena imyitwarire mu gihe cy'uburumbuke, no ku burenganzira bwo guhabwa serivisi z'ubuvuzi zibereye zizatuma abagore batabangamirwa kuva batwite kugera babyaye no gufasha umuryango kugira amahirwe menshi yo kubyara umwana ufite ubuzima bwiza

1.2 Ubwangavu n' ubugimbi:

Ni igihe umuntu aba ari kuva mubwana aya kuba mukuru, Minisiteri y' ubuzima hamwe n'ishami ry' umuryango w'abibumbye ryita kubuzima bashyira abangavu n' ingimbi mu byiciro 3 bikurikira:



- Abangavu n' ingimbi bato (Young adolescents) : Kuva ku myaka 10-14
- Abangavu n' ingimbi (Old adolescents) : Kuva ku myaka 15-24
- Urubyiruko (Young adults) : Kuva ku myaka 20-24

Impinduka z'umubiri ku bakobwa mu bwangavu:

- Gukura mu gihagararo, kubyibuha mu matako no gukura kw'imyanya ndangagitsina muri rusange
- Kumera insya n'incakwaha, kumera amabere kandi umukobwa ashobora kurwara ibishishi mu maso cyangwa akagira ibyuya
- Habaho kurekurwa kw'intangangore no kujya mu mihango bwa mbere
- Mu gihe cy'ubwangavu umukobwa ashobora gusama kabone n'ubwo yaba atarabona imihango bwa mbere

Impinduka z'umubiri ku bahungu mu bugimbi:

- Gukura mu gihagararo, kubyibuha mu gituzo no gukura kw'imyanya ndangagitsina muri rusange
- Kumera insya n'incakwaha, kumera ubwanwa n'impwemwe, kuniga ijwi kandi umusore ashobora kurwara ibishishi mu maso cyangwa akagira ibyuya
- Habaho kwirotaraho cyangwa gusohora bwa mbere
- Muri iki gihe umusore ashobora gutera inda igihe akoze imibonano mpuzabitsina idakingiye kabone n'ubwo yaba atariroteraho

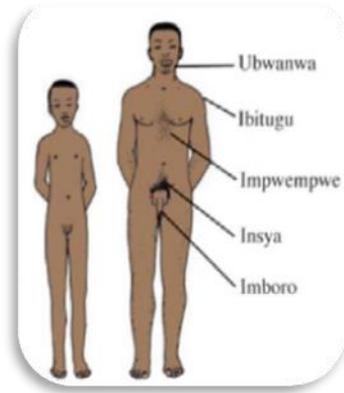
Impinduka z'imitekerereze n'ibiyumviro ku bahungu n'abakobwa:

- Kwiyumvamo ko abandi batamwumva
- Gushaka kwigenga aho kugengwa n'umuryango
- Guhubuka mu gufata ibyemezo
- Gutekereza no kwibaza cyane ku mpinduka zirimo kumubaho
- Gutangira kwifuza gukora imibonano mpuzabitsina

1.3 icyo inyigisho k'Ubuzima bw'imyororokere bimariye urubyiruko

Iyo urubyiruko rugeze mu bugimbi n'ubwagavu, ruhura n'ibibazo by'ubuzima bishya bikagira ingaruka z'igihe kirekire ku buzima bwarwo bw'imyororokere.

Kwigisha abangavu n'ingimbi ibijyanye n'ubuzima bw'imyororokere bituma babasha:



- Gusobanukirwa imihindagurikire y'umubiri mu gihe cy'ubwagavu n' ubugimbi
- Gukumira no kurwanya ubwandu bwa Virusi itera SIDA hamwe n' izindi ndwara zandurira mu mibonano mpuzabitsina
- Gukumira ugutwita kw'abangavu
- Gukumira no kurwanya ihohoterwa rishingiye ku gitsina
- Kwirinda ibiyobyabwenge n' ibindi byose byangiza ubuzima



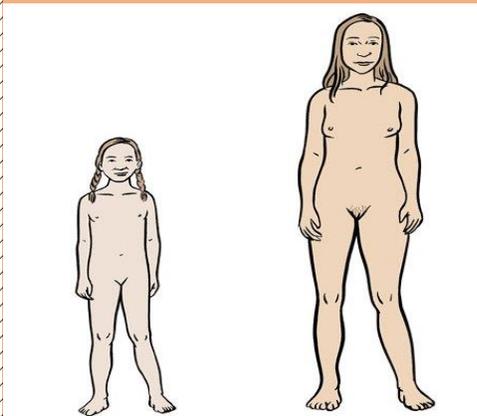
Amashusho agaragaza Sarah na Claude mu bihe bitandukanye

*Urubyiruko rukenewe kubazwa icyo babonye kuri aya mafoto, itandukaniro ry'aba bantu, akira ibisubizo bitandukanye. Andika iby'ingenzi mubyo bavuze. **Urugero**: Umwana yageze aho aba umukecuru*

Baza Urubyiruko niba bakunda inkuru ya Sergine, mukuru we Aliane n'Imibiri yabo itandukanye.



Sergine areba mukuru we Aliane anezewe n'ukuntu Aliane yita ku muryango. Kuva Sergine yasangira icyumba na mukuru we, yasanze imibiri yabo itandukanye. Yasanze ko hari byinshi byahindutse ku mubiri wa Aliane. Ugereranyije n'uko Aliane yari ameze akiri Umwangavu. Sergine yumva ibi ari bimwe mu byiciro byo gukura. Yavumbuye kandi ko Aliane afite amarangamutima atandukanye n'aye kandi hari igihe rimwe mu kwezi, yiherera, akiyuhagira kenshi.



Sergine yabonye ko rimwe na rimwe, Aliane ajya arakazwa n'ibintu runaka nta mpamvu igaragara. Ganiriza urubyiruko wifashishije aya mashusho ya Sergine (Umuto) na Aliane (Umuto), ubaze itandukaniro ku mubiri yabo. Ubabaze uti ni izihe mpinduka cyangwa itandukaniro mubona ku mubiri yabo ndetse no mu nkuru twasomye haruguru?

1.5 Ibivugwa bitari byo ku rungano ku byerekeye imyorokere ku bakobwa n'abahungu

#	Ibivugwa bitari byo	Ibivugwa biri byo
1	Abagabo bagira amasohoro menshi bigaragaza ko bafite ubuzima bwiza kurusha abandi	<p>Ibi sibyo</p> <p>Amasohoro y'umugabo akorwa hakurikijwe akenewe. Niba usohora kenshi umubiri nawo uzakora amasohoro ahagije. Niba ukora imibonano mpuzabitsina rimwe na rimwe cyangwa ukamara igihe kinini wifashe, umubiri nawo uzaba wifashe mu gukora amasohoro. Ntuhangayike wibwira ko iyo udasohoye amasohoro areka cyangwa akaba yatera ibibazo aremerera izindi ngingo z'umubiri. Nta kibazo na gito biteye kuba wakora imibonano mpuzabitsina rimwe na rimwe cyangwa ukifata.</p>

2	Hari abavuga ko izuru ryerekana ingano y'igitsina cy'umugabo	Ibi sibyo na gato. Byaba amatwi, izuru ndetse n'amanu ntaho bihuriye n'ingano y'igitsina cy'umugabo. Uko ibi bice by'umubiri bingana biratandukana cyane bamwe bakagira bito, abandi ibiringaniye, abandi binini, kandi byose nta kibazo, bijyanye n'imiterere ya muntu.
3	Ubunini bw'igitsina cy'umugabo nibwo butuma umugore aryohereka	Kuryohereka k'umugore igihe cy'imibonano mpuzabitsina n'umugabo ntabwo gushingiye cyane cyane ku ngano y'igitsina cy'umugabo. Ahanini biterwa n'uburyo abakorana imibonano mpuzabitsina bateguranye cyangwa biyumvanamo.
4	Ntabwo bishoboka ko umukobwa cyangwa umugore yasama ari mu mihango	Birashoboka rwose k' umukobwa cyangwa umugore asama akiri mu mihango, kuko ku bantu bagira ukwezi guto kudahindagurika, cyangwa ukwezi guhindagurika, igihe cy' uburumbuke gishobora gutangira akiri mu mihango bityo akaba yasama igihe akoze imibonano mpuzabitsina idakingiye
5	Ntabwo bishoboka ko umukobwa yasama atarajya mu mihango	Birashoboka rwose ko umukobwa yasama naho yaba atarajya mu mihango kuko imihango ya mbere k' umukobwa yerekana ko ukwezi kw' imihango kwe kwa mbere kurangiye bityo muri icyo gihe iyo aramuka akoze imibonano mpuzabitsina yari gusama

IKIGANIRO CYA 2: SERIVISI Z'UBUZIMA BW'IMYOROROKERE

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe

2.1 Serivisi zivuga k'ubuzima bw'imyororokere zizewe, ziboneka hose mu gihugu, zisubiza ibibazo by'urubyiruko.

Kugirango zizerwe kandi zigerweho n'urubyiruko rwinshi, izi serivisi zitangirwa mu ibanga rikomeye kandi mu buryo bunogeye urubyiruko. Zitangwa n'abakozi babihuguriwe kandi babifitiye uburenganzira cyangwa urubyiruko rwatoranijwe rugahabwa amahugurwa yabugenewe. Itangwa rya serivisi z'urubyiruko rikorwa neza hatabayeho gutegereza igihe kirekire.

Serivisi zibereye urubyiruko zigomba kugeza ku rubyiruko ibyo rukeneye birebana no:

- Guhabwa amakuru, inyigisho no kugezwaho amakuru agezweho
- Ahantu hatuje kandi horohereza urubyiruko
- Serivisi z'ubuvuzi n'iz'ubujyanama
- Gahunda ihamye yo kubohera ku bandi batanga serivisi z'ubuvuzi n'iz'imibereho myiza

2.1.1. Urutonde rwa serivisi:

Guhabwa inyigisho zerekeranye n'ubuzima bw'imyororokere: Zitangirwa ahantu hose hahurira urubyiruko. Izo nyigisho kandi zishobora gutangirwa mu ngo aho babyeyi baba baganira n'abana babo. Ni byiza ko izi nyigisho zitangirwa ahantu hiherereye aho buri muntu wese abasha gusobanura ibyo adasobanukiwe byaba ngombwa hakiyambazwa impuguke mu buzima bw'imyororokere.

Amasomo n'uburyo bwo gukumira inda z'abangavu hamwe no kuboneza urubyaro: Atangwa n'abajyanama b'ubuzima, abaforomo n'abaforomokazi hamwe n'abandi bose babihuguriwe. Ni byiza gusobanura muganga kugirango agufashe kwihitiramo uburyo buboneye wakoresha. Ni ingenzi kandi gusubira kwa muganga cyangwa ku mujyanama w'ubuzima igihe habayeho impinduka zidasanzwe ku mubiri wawe nyuma yo gukoresha uburyo bwo kwirinda gusama. Ubujyanama no gupima abakobwa batwite: Ni byiza ko umuntu wese ukimenya cyangwa ukeka ko atwite yegera abaganga kugirango bamukurikirane mu rwego rwo kumurinda ibyakwangiza umwana ndetse n'umubyeyi.

Ubujyanama no gufasha abakobwa bakuyemo inda:

Gukuramo inda ku buryo bunyuranyije n'amategeko n'icyaha gihanwa mu Rwanda. N'ubwo bimaze gutyo umuntu wese wakuyemo inda ku buryo butemewe agomba kwihutira kujya ku mujyanama w'ubuzima cyangwa kwa muganga kugirango bamufashe mu rwego rwo kwirinda ingaruka zitandukanye zirimo gutakaza amaraso, indwara zitandukanye ndetse n'urupfu.



Inyigisho no gutanga serivisi ku gukebwa kw'abahungu: Gukebwa kw'abahungu bigabanya kwandura Virusi itera SIDA kukigero cya 60% hamwe n'izindi ndwara zandurira mu mibonano mpuzabitsina.

Gusuzuma no gukingira kanseri y'inkondo y' umura: Abangavu bashobora kwikingiza no kwipimisha kanseri y' inkondo y'umura.

Gutanga udukingirizo tw'abahungu: duhabwa bose abakobwa n'abahungu kandi mu ibanga, ntiduhenda hamwe na hamwe dutangirwa ubuntu.

Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina: Bikorwa n'abaganga babihuguriwe kandi ni byiza kuzivuzza hakiri kare kuko birinda ingaruka nyinshi zirimo n'urupfu

Gukumira ihohoterwa rishingiye ku gitsina no gufasha abarikorewe: Bikorerwa ahantu henshi hatandukanye bigakorwa n'abaganga ndetse n'abandi bantu bahuguwe ku ihohoterwa rishingiye ku gitsina.

Ubujyanama no gupima Virusi itera SIDA:

Bikorerwa mu ibanga kandi ku buntu. Ni byiza ko umuntu wese yipimisha ubwandu bwa Virusi itera Sida kugirango amenya uko ahagaze

Ubujyanama no guhabwa imiti igabanya ubukana bwa Virusi itera Sida n'irinda ibyuririzi:

Iyo utangiye imiti hakiri kare bikurinda indwara z'ibyuririzi no kuzahazwa na SIDA.



Ubujuanama no gupima abitegura gushyingiranwa: Ni byiza ko abitegura gushinga urugo bahabwa ubujuanama ndetse bagakorerwa ibizamini kugirango hirindwe kuba bakwanduzanya indwara cyangwa bazagira ikibazo mu buzima bwabo bw'imyororokere

2.1.2 Serivisi z'ubuzima bw'imyororokere wazisanga hehe?

Ku mavuriro, Ku bigo by' urubyiruko, Mu mafarumasi n' ahandi

2.1.3 Imbonerahamwe ya serivisi z'ubuzima bw'imyororokere zibereye urubyiruko n'aho ziboneka

#	Serivisi	Aho iboneka	Icyitonderwa
01	Guhabwa amasomo k'ubuzima bw'imyororokere	-Kalabu (Club) z'urubyiruko mu mashuri no hanze y'aho -Kwa muganga (Youth corners mu muryango mugari) -Ku bigo by' Urubyiruko -Mu muryango n'ahandi	Izo nyigisho zitangwa mu buryo bunogeye urubyiruko hirindwa akato n' ihezwa.
02	Inyigisho n'uburyo bwo kuboneza urubyaro	-Kubajyama b' ubuzima -Kwa muganga	Niba ugize ikibazo igihe ukoresha bumwe muri ubu buryo wabaza umujyanama cyangwa umuganga ukwegereye aho kubuhagarika. Uretse kwifata no gukoresha akangirizo, ubundi buryo bwose ntabwo burinda SIDA ndetse n'izindi ndwara zandurira mu mibonano mpuzabitsina.
03	Gukumira no Kuvura indwara zandurira mu mibonano mpuzabitsina	-Kwa muganga -Ku bigo bimwe na bimwe by' urubyiruko	
04	Gukumira ihohoterwa rishingiye ku gitsina no gufasha abarikorewe	-Kwa muganga -Kuri polisi -Kuri RIB /Ku kigo Isange one stop center n'ahandi	Ni byiza kwihutira kujya kwa muganga ibimenyetso bitarasibangana, tukarenga umuco w'uko abanyarwanda bazwi ko ugiye gusohoka mu nzu abanza gukaraba no kwambara umwenda mwiza. icyo gihe ibimenyetso uba ubisibye turamutse dufashe urugero rw'imyambaro n'isuku.
05	Ubujyanama no gupima Virusi itera SIDA	-Kwa muganga -Ku bigo by' urubyiruko -Mu biterane by' urubyiruko	

		-Ku mashuri n'ahandi	
06	Ubujyanama no gutanga imiti igabanya ubukana bwa Virusi itera Sida n' irinda ibyuririzi	Kwa muganga	
07	Ubujyanama no gupima abitegura kurushinga	Kwa muganga	
08	Ubujyanama no gupima abakobwa batwite	Kwa muganga	
09	Ubujyanama no gufasha abakobwa bakuyemo inda.		
10	Inyigisho no gutanga serivisi ku gukebwa kw'abahungu	Kwa muganga	
11	Gusuzuma no gukingira kanseri y' inkondo y' umura	Kwa muganga	
12	Gutanga udukingirizo tw'abahungu	-Kwa muganga -Mu bigo by' urubyiruko -Mu mafarumasi -Mu bajyanama b' ubuzima n'ahandi	Agakingirizo karinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina

Icyitonderwa:

Izi serivisi zivuzwe hejuru ingimbi n'Abangavu ndetse n"urubyiruko nabo bafite uburenganzira bwo kuzikoresha,

2.1.4 Bimwe mu bivugwa bitari byo kuri serivisi z'ubuzima bw'imyororokere ziboneye urubyiruko

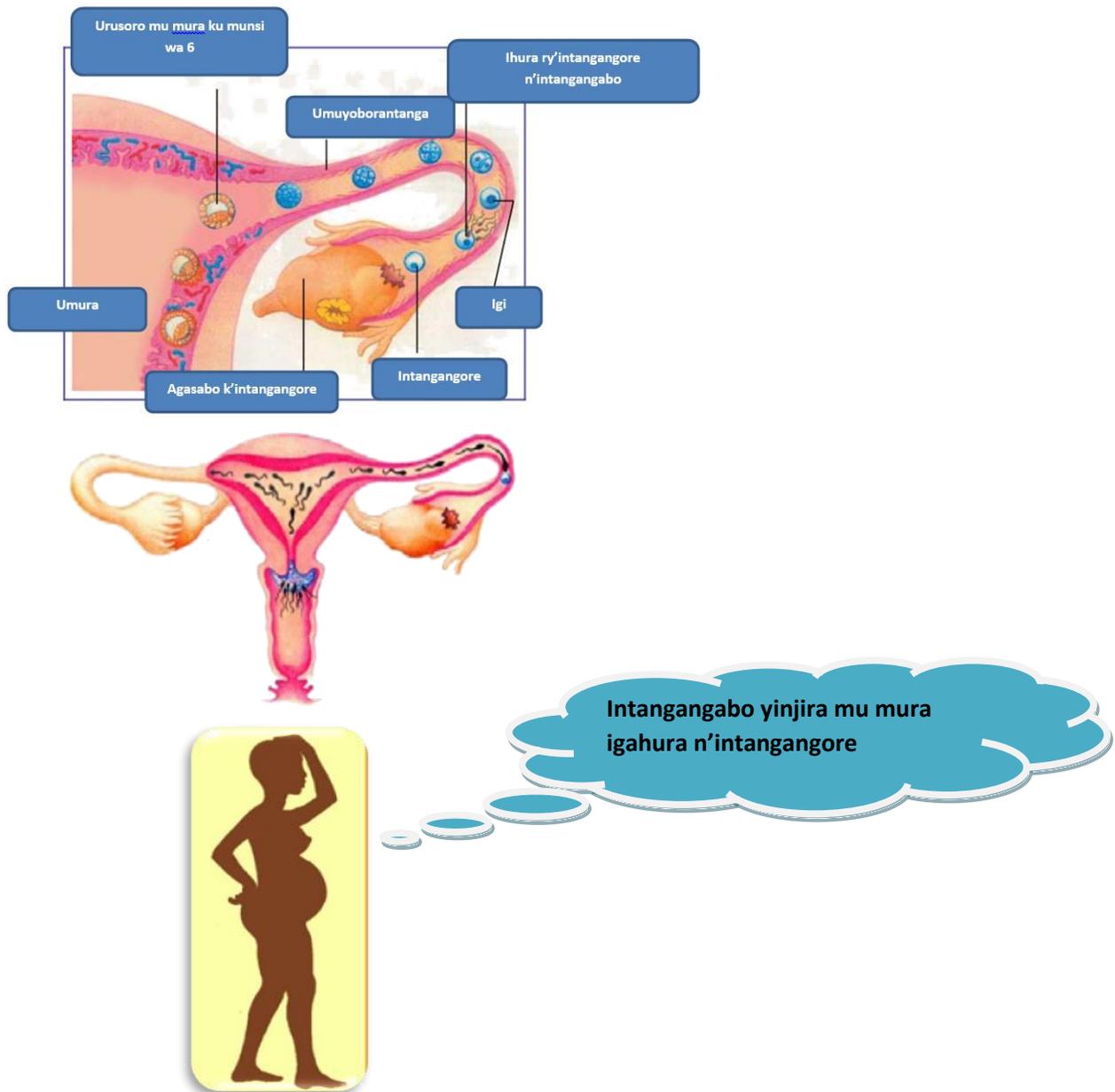
#	Bimwe mu bivugwa bitari byo	Ibiri byo
01	Iyo urubyiruko rugiyeye kwa muganga ruba rugiyeye gukuramo inda cyangwa kwipimisha Virusi itera SIDA	Hari impamvu nyinshi zo kujya kwa muganga no ku bigo byita ku rubyiruko. Rushobora kujya kugisha inama ku mihango, icyakorwa barwaye ibihari cyangwa uko rwakwirinda gutwita. Igihe ikigo gifite serivisi yo gupima ku bushake Virusi itera SIDA, urubyiruko rushobora kuyikoresha mu bujyanama no kwipimisha. Kunenga urubyiruko uruhora ko rwitabira serivisi cyangwa kwibwira ko ruhanganye n'ingaruka z'ingeso mbi nta shingiro bifite kandi ni ikimenyetso cy'ubujiji. Twagombye ahubwo kwishimira ko urubyiruko rwerekana ko rwiyatayeho kandi rukora inshingano zarwo.
02	Serivisi z'ubuzima bw'imyororokere zibereyeho gusa gutanga imiti n'ibikoresho bibuza gusama, ntibigera bashishikariza abantu kwifata kugirango bazakore imibonano mpuzabitsina bakuze	Abakora muri serivisi z'ubuzima bw'imyororokere bahawe ubumenyi bwo gushyigikira urubyiruko mu birebana no kubungabunga ubuzima no kwirinda indwara. Mbere na mbere bagomba gutega amatwi bagasobanukirwa n'ingorane n'ibibazo byihariye bya buri mukiriya. Serivisi zitangwa zijyana n'ibyo umukiriya akeneye. Ishobora kuba ari inama ku magaburo afite intungamubiri kugira ngo hirindwe indwara ziterwa n'imirire mibi; ishobora kuba inama yo kwirinda gukora imibonano mpuzabitsina cyangwa iyo gukoresha agakingirizo, kwipimisha Virusi itera SIDA cyangwa gufata imiti igabanya ububabare buterwa n'imihango n'ibindi. Serivisi zita ku rubyiruko ntizishinzwe kwamamaza no guteza imbere uburyo bubuza gusama.
03	Niba izo serivisi ziha urubyiruko rutarashyirirwa uburyo bubuza gusama zikora nabi	Iyo urebye muri rusange abantu benshi bashinja abatanga serivisi ko bashishikariza urubyiruko imibonano mpuzabitsina babaha uburyo bubuza gusama. Nyamara ubushakashatsi bwagaragaje ko urubyiruko ari rwo rwihitiramo ubwarwo uko rwitwara ku birebana n'imibonano mpuzabitsina, nta ruhare serivisi z'ubuzima zibigiramo. Bafite impamvu nyinshi zibatera gukora cyangwa kudakora imibonano mpuzabitsina bakiri bato. Uruhare rw'umuganga ni ukwerekana urubyiruko rumugana uburyo butandukanye no kurufasha kwirinda indwara cyangwa inda zitifujwe. Ntimwibagirwe: Urubyiruko ni rwo rwihitiramo, ariko dushobora kurufasha gukora ibitabangamira ubuzima bwarwo no gushimangira ko uburyo bubuza gusama bubereye urubyiruko (rwananiwe kwifata) ari uguhora bakoresha agakingirizo kubera ko karinda byombi: inda zitifujwe n'indwara zandurira mu mibonano mpuzabitsina harimo n'ubwandu bwa virusi itera SIDA.

IKIGANIRO CYA 3: GUSAMA, GUTWITA , N'UBUGUMBA

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe

3.0 GUSAMA, GUTWITA NDETSE N'UBUGUMBA

Gusobanurira urubyuruko muri iyi minsi ni ingenzi kubirebana n'inyigisho zo gusama no gutwita mu rwego rwo kubakangurira kwirinda gutwara inda zitateganyijwe cyangwa se imyaka itageze.



- ✓ Gusama ni igihe intangangabo ihuye n'intangangore bikabyara urusoro nyuma yo gukora imibonano mpuzabitsina;
- ✓ Gusama ni igihe intangangabo ihuye n'intangangore bikabyara urusoro nyuma yo gukora imibonano mpuzabitsina;
- ✓ Gusama ni igihe intangangabo ihuye n'intangangore bikabyara urusoro nyuma yo gukora imibonano mpuzabitsina;
- ✓ Iyo isama ryabaye, umukobwa cyangwa umugore ntiyongera kubona imihango, ariko kugira ngo abyemeze agomba kujya kwipimisha kwa muganga.

Ingaruka zo gutwita ukiri muto:

- ✓ Kudindira mu myigire iyo wiga kuko uhagarika kwiga kugira ngo ubyare;
- ✓ Kwiheba, kugira ubwoba, kumva utaye agaciro, guhabwa akato, kugira ipfunwe n'ibindi;
- ✓ Kugorwa no kubona ibibatunga wowe n'umwana utwite;
- ✓ Imyanya myibarukiro yawe ishobora kwangirika (fistula/fistule) bikagusigira ubumuga cyane cyane iyo utakurikiranywe n'abaganga cyangwa iyo ubyariye mu rugo,
- ✓ Ushobora kubyara umwana udashyitse, ufite ibiro bike cyangwa inda ikaguhitana;
- ✓ Umwana wawe ashobora kugira ibibazo by'imikurire, imirire mibi, ndetse n'ingaruka zo kubura uburere buturuka kubabyeyi bombi.

3.1 KWIROTERAHO BIVUZE IKI?

Kwirotaraho ni igihe amasohoro asohotse ku musore cyangwa umugabo, amasohoro akaba ari amatembabuzi arimo intangangabo, zikorwa n'amabya.

Kwirotara bitangirira ku myaka 12 cyangwa irenga bitewe n'imisemburo yo mu mubiri w'umusore, aho buri uko asohoye hasohoka byibuze hagati ya miliyoni 200 na miliyoni 400 z'intangangabo.

Mbere yuko umwana w'umuhungu avukam amabya ye aba akiri mu nda, ibigaragara ari igihu gusa, mo imbere nta kintu kirimo. Gusa mu kuvuka niho ya mabya amanuka, buri ryose rikajya mu gasaho karyo. Iyo atamanutse ari kuvuka, kwa muganga barayamanura.

3.2 KUJYA MU MIHANGO, UKWEZI K'UMUGORE KUDAHINDAGURIKA NDETSE N'UGUHINDAGURIKA

a. Kujya mu mihango bisobanura iki?

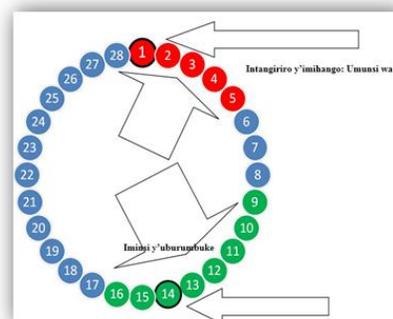
Gusohoka hanze kw'amaraso ndetse n'utundi tunyabugingo biturutse mu mura / nyababyeyi aho urusoro rwari kuzakurira. Imihango bivuga ko nta sama ryabayeho bityo aho urusoro rwari kuzakurira hagatangira kwikanya. Abakobwa bamwe bagira imihango ibababaza ariko ntibivuga ko baba barwaye. Gukora imibonano mpuzabitsina ntibivura kuribwa uri mu mihango nk'uko benshi babyibwira! Umuntu akoze imibonano mpuzabitsina ari mumihango ashobora gusama cyane cyane kubantu bafite ukwezi guhindugurika!

b. Ukwezi k'umugore n'iki?

Ni igihe kiri hagati y'umunsi wa mbere w'imihango n'umunsi wo kongera kubona imihango. Ukwezi k'umugore gutangira umukobwa ageze mu bwangavu kukarangira acuze. Umukobwa/Umugore ashobora kugira ukwezi kudahindagurika gufite iminsi 28. Umukobwa/Umugore ashobora kugira ukwezi guhindagurika gufite iminsi hagati y'iminsi 23 na 32 ariko igihe iyo minsi idahindaguritse mu gihe cy'amazi 6, ihinduka ukwezi kudahindagurika. Iyo umukobwa/umugore agira ukwezi guhindagurika, icyo gihe kubara igihe cy'uburumbuke biragoye. Abangavu benshi bagiye mu mihango aribwo bwa mbere cyangwa bamaze igihe gito bayigiyemo bakunda kugira ukwezi guhindagurika.

c. Uburyo bwo kubara ukwezi k'umugore kudahindagurika?

Ukwezi k'umugore kugufi kudahindagurika bivuze ko igihe kiri hagati y'umunsi ubanziriza imihango ishize n'umunsi ubanziriza imihango izakurikiraho harimo iminsi 23 cyangwa hejuru kugeza munsi ya 28 kandi ibyo bikaba byikurikiranya mugihe cy'amezi atandatu cyangwa hejuru yayo...



Irekurwa ry'Intanga ngore k'Ukwezi kudahindagurika kw'Iminsi 28:
 $28-14=Umunsi wa 14$
Iminsi y'Uburumbuke k'Ukwezi kudahindagurika kw'iminsi 28: $(14-5)$ na $(14+2) = \text{Kuva k'Umunsi wa 9 kugeza kuwa 16}$

Ikibazo: Stella kuva imyaka 5 ishize agira ukwezi kudahindagurika kw'iminsi 28. Imihango ye iheruka yatangiye kuyibona ku Itariki ya 10/10/2017. Ubwo muri cyo gihe n'ayahe mataliki y' uburumbuke muri uko kwezi kwa Mutoni?

Igisubizo: Italiki y'irekurwa ry'intanga ngore (Ovulation): Stella afite ukwezi kudahindagurika kw' iminsi 28, bivuze ko uguhisha kw'intanga ngore (ovulation) ari ku munsi wa 14 ($28-14$).

Ubwo ufashe 10/10/2019 (umunsi wa mbere Stellai yaboneyeho imihango ari nawo munsi wa mbere utangira ukwezi kwe) ukongeraho iminsi 14 ubona ko, ku munsi wa 24/10/2019 aribwo intanga ya Stella zarekurirwa (bishatse kuvuga igihe izagerera mu muyoborantanga aho itegerereza intanga ngabo.

- **Iminsi y'uburumbuke ya Stella :** $14-5= 9$ hamwe na $14+2=16$, ubwo bishatse kuvuga ko buri gihe iminsi y' uburumbuke kuri Stellai ari kuva kumunsi wa 9 kugeza kumunsi wa 16
- **Itariki z'uburumbuke muri uko kwezi kwa Stella:** Twibuke ko ukwezi kwa Stella tukubara duhereye umunsi wa mbere w' imihango ariwo 10/10/2019, ubwo umunsi wa 9 ni ku italiki ya 18/10/2019 naho umunsi wa 16 ni ku itariki ya 25/10/2019 bishatse kuvuga ko igihe cy' uburumbuke cya Stella ari kuva ku itariki ya **9-15/10/2019** (Icyo gihe Stella akoze imibonano mpuzabitsina idakingiye ashobora gusama!)

Icyitondewa:

- *Ukwezi k'umugore/umukobwa kudahinduka kw'iminsi 28 bivuze ko igihe kiri hagati y'umunsi ubanziriza imihango ishize n'umunsi ubanziriza imihango izakurikiraho harimo iminsi 28 kandi ibyo bikaba byikurikiranya mugihe cy'amezi atandatu cyangwa hejuru yayo.*
- *Ukwezi k'umugore kudahindagurika gushobora guhindagurika bitewe n'impinduka zo mu mubiri w'umuntu harimo imbamutima n'indwara, niyo mpamvu kubara bitarinda gusama 100%. Bityo ni byiza ko urubyiruko rwifata cyangwa rugakoresha agakingirizo!*
- *Iyo ukoresha uburyo bwo kubara nibyiza kwifata cyangwa gukoresha agakingirizo mu gihe cy'uburumbuke kugirango udasama!*

Uburyo bwo kubara ukwezi k'umugore kugufi kudahindagurika

Ukwezi k'umugore kugufi kudahindagurika bivuze ko igihe kiri hagati y'umunsi ubanziriza imihango ishize n'umunsi ubanziriza imihango izakurikiraho harimo iminsi 23 cyangwa hejuru kugeza munsi ya 28 kandi ibyo bikaba byikurikiranya mugihe cy'amezi atandatu cyangwa hejuru yayo.

Urugero rw'ukwezi kugufi kudahindagurika kw'iminsi 23:

Irekurwa ry'intangore ku kwezi kugufi kudahindagurika kw'iminsi 23: $23-14 =$ umunsi wa 9 Iminsi y'uburumbuke ku kwezi kugufi kudahindagurika kw'iminsi 23: $(9-5)$ na $(9+2) =$ Kuva ku munsi wa 4 kugeza ku wa 11

Ikibazo:

- *Kuva imyaka 7 ishize Gikundiro agira ukwezi kugufi kudahindagurika kw'iminsi 23. Imihango ye iheruka yatangiye kuyibona ku itariki ya 10/10/2019.*
- *Ubwo muri icyo gihe ni ayahe matariki y'uburumbuke muri uko kwezi kwa Gikundiro?*

Igisubizo:

- Umunsi w'irekurwa ry'intanga ngore (ovulation): Gikundiro afite ukwezi kugufi kudahindagurika kw'iminsi 23, bivuze ko ovulation ye ari kumunsi wa 9 (23-14).
- Iminsi y'uburumbuke ya Gikundiro : $9-5= 4$ hamwe na $9+2=11$, ubwo bishatse kuvuga ko buri gihe iminsi y'uburumbuke kuri Gikundiro ari ukuva ku munsi wa 4 kugeza ku munsi wa 11
- Amatariki y'uburumbuke muri uko kwezi kwa Gikundiro: Twibuke ko ukwezi kwa Gikundiro tukubara duherewe

Icyitonderwa :

- Ukwezi k'umugore kugufi kudahindagurika gushobora guhindagurika bitewe n'impinduka zo mu mubiri w' umuntu harimo imbamutima n' indwara, niyo mpamvu kubara bitarinda gusama 100%. bityo ni byiza ko urubwirako rwifata cyangwa rugakoresha agakingirizo.
- Iyo ukoresha uburyo bwo kubara ni byiza kwifata cyangwa gukoresha agakingirizo mu gihe cy' uburumbuke kugirango udasama

- Birashoboka ko umuntu asama ari mumihango igihe iriya minsi y' uburumbuke igeze ukiri mu mihango

Uburyo bwo kubara ukwezi k'umugore kurekure kudahindagurika?

Ukwezi k'umugore kurekure kudahindagurika bivuze ko igihe kiri hagati y'umunsi ubanziriza imihango ishize n'umunsi ubanziriza imihango izakurikiraho harimo iminsi 32 cyangwa munsi yayo kugeza hejuru y'iminsi 28 kandi ibyo bikaba byikurikiranya mugihe cy'amezi atandatu cyangwa hejuru yayo.

a) Uburyo bwo kubara ukwezi k'umugore guhindagurika?

Ukwezi k'umugore guhindagurika bivuze ko igihe kiri hagati y'umunsi ubanziriza imihango ishize n' umunsi ubanziriza imihango izakurikiraho gihindagurika kandi ibyo bikabaho mu mezi menshi atandukanye.

Kaliza ni umukobwa ugitangira kujya mu mihango, afite ukwezi guhindagurika kandi imihango aheruka yatangiye ku italiki ya 10/10/2019. Ukurikije imbonerahamwe igaragara hasi y'uburyo amezi ye abanza yakurikiranye n'igihe yagiye amara ni ayahe matariki y' uburumbuke ya Kaliza muri uku kwezi kwa cumi?



Ukwezi	Iminsi y' ukwezi	Ubwoko bw' ukwezi
Gashyantare	Iminsi 29	
Werurwe	Iminsi 26	Ukwezi kugufi
Mata	Iminsi 30	
Gicurasi	Iminsi 31	Ukwezi kurekure
Kamena	Iminsi 30	
Nyakanga	Iminsi 31	
Kanama	Iminsi 29	
Nzeri	Iminsi 28	

3.3 UBUGUMBA NI IKI?

1. Ubugumba ni iki?

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

Impamvu zishobora gutera ubugumba zishobora kuba:

- Intangangabo nkeya (nkeya kandi zitari nzima),
- Umworohera wo muri nyababyeyi bitewe n' indwara cyangwa udahagije,
- Kuba intangangore zitajya zirekurwa,
- Kuba imyanya y'umugore itameze nk'iy'abandi bitewe n'ihungabana, urugero: nyuma y'ihohoterwa, imibonano mpuzabitsina yakozwe umugore atarakura,
- Kwifunga kw'imiyoborantanga ngore (biturutse ku ndwara yandurira mu mibonano mpuzabitsina itaravuwe).

3.4 SUKU Y'IMYANYA NDANGAGITSINA NA MYIBARUKIRO

1. *Imyanya ndangagitsina igomba kozwa buri munsu hakoreshejwe amazi meza kandi ahagije. Ku bahungu ni byiza gukunguta imboro igihe umaze kwihagarika*
2. *Ku bakobwa ni byiza gusukura imyanya ndangagitsina hakoreshejwe urupapuro rwabigenewe cyangwa amazi nyuma yo kwihagarika.*
3. *Ni byiza gusukura mu kibuno hakoreshejwe amazi cyangwa urupapuro rwabugenewe igihe umaze kwituma, uvana imbere, ujyana inyuma. Ibi bituma umwanda uva inyuma utakwinjira mu gitsina.*

Ni byiza gusukura mu ntoki igihe umaze gusukura imyanya ndangagitsina cyangwa uvuye ku musarani.

IKIGANIRO CYA 4: INDA Z'ABANGAVU UBURYO BWO GUKUMIRA INDA Z'ABANGAVU, KWITA KU BANGAVU BATWITE CYANGWA BABYAYE HAMWE NO KU BONEZA URUBYARO

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe

4.1 Ubusobanuro bw'inda z'abangavu

Inda y' umwangavu ni ugutwita k' umwangavu ufite hagati y' imyaka 13 na 19 (UNICEF 2008); ariko muri rusange ni ugutwita ukiri mu kicio cy'abangavu, ingimbi n'Urubyiruko (Imyaka 10-24).

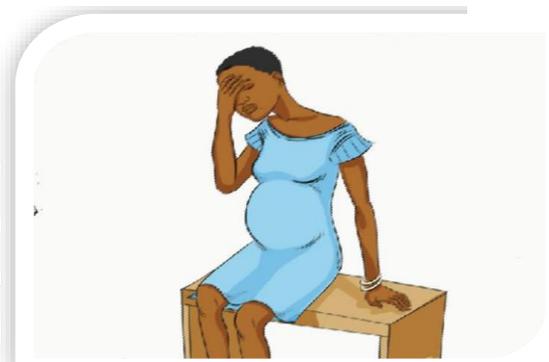
4.2 Aho igihugu gihagaze n' Ibitera inda z'abangavu

Inda z'abangavu zagiye ziyongera kuva kuri 4%, 6.1% kugeza 7.3% nk'uko bigaragazwa n'ubushakashatsi bwagiye bukorwa urugero nka RDHS 2005, 2010 na 2014/15.

Byagaragaye ko iyo umubyeyi abyaye akiri muto aba afite igihe gihagije cyo kuzabyara abana benshi ndetse no kuzagira ingorane nyinshi ku buzima bwe ndetse n'ubw'abana azabyara.

4.3 Ingaruka z'inda z'abangavu

Muri rusange, buri nda itwawe iba ishobora kugira ingaruka ku buzima bw'umugore. Mu bigaragara, imihindagurikire y'umubiri w'umugore iriyongera cyane hanyuma hakavuka ibibazo kuva intangangabo n'intangangore bigihura kugeza mu gihe gikurikira kubyara (Urugero: inda zivukira amezi umunani, kuva igihe utwite, gutambama k'umwana mu nda, kuva nyuma yo kubyara ...).



Ibindi byago byo kuba abangavu batwita nkuko bigaragara hasi:

Ingaruka zihariye zo gutwita ku bangavu:

- ***Gushyira ubuzima bwabo mu kaga bishobora no kubaviramo urupfu***
- ***Gushyirwa mu kato n'ihuzwa***
- ***Gukuramo inda mu buryo budatekanye kandi butemewe n'amategeko***
- ***Imbamutima z'ubwoba hamwe no kwiheba bishobora gutera kwiyahura***
- ***Guhabwa akato mu bantu***
- ***Kwirukanwa mu muryango***
- ***Guhagarika amashuri***
- ***Ubukene***

4.4 Uburyo bwo gufasha umwangavu watwaye inda

- Kumufasha kwiyakira
- Kumukangurira kujya kwipimisha inda no guhabwa inkingo zose zagenwe
- Kumugira inama yo kutayikuramo ku buryo butemewe n'amategeko
- Kumugira inama ku mirire n'imibereho y' umugore utwite ndetse n'igihe yonsa

4.5 Ibyerekeranye no konsa hamwe no gufasha umwana wabyawe n'umwangavu

- Hari abangavu banga konsa ngo amabere atagwa, ni byiza kubasobanurira akamaro ko konsa n'uburyo bwo konsa neza umwana umwana.
- Umwana agomba konka amashereka atavangiye nibura kugeza kumezi 6 no kumushakira imfashabere kuva ku mezi 6 nibura kugeza ku myaka ibiri.
- Iyo umwana atonse kuri kiriya gihe cyavuzwe haruguru ashobora kugira ibibazo byo kurwara bwaki, kugwingira, kurwaragurika n'ibindi kuko amashereka akize ku byubaka umubiri, ibirinda indwara n'ibindi utabona mu mata y'inka cyangwa ibijyanye nayo.
- Konsa kandi byongera urukundo hagati y'umwana n'umubyeyi bigafasha mu mikurire y'ubuzima bwo mu mutwe bw'umwana kandi bikarinda umubyeyi kurwara indwara zimwe na zimwe z'amabere

4.6 Ibyerekeranye no gukuramo inda

- Gukuramo inda ni ukuvamo kw' inda itarageza igihe cyo kuvuka
- Inda ishobora kwivanamo cyangwa igakurwamo

- Inda ishobora gukurwamo n’abaganga babifitiye uburenganzira kugirango bafashe umubyeyi cyangwa igakurwamo mu buryo butemewe n’amategeko
- Gukuramo inda kuburyo butemewe n’amategeko bishobora gutera uburwayi bukomeye cyangwa urupfu bitewe n’uko bikorewe ahantu hatabugenewe cyangwa n’abantu batabigenewe
- Gukuramo inda ku buryo butemewe bishobora gutera gufungwa

4.7 Uburyo bwo kwirinda gusama no kuboneza urubyaro mu bajene

Muri rusange, urubyiruko rushobora gukoresha buri buryo ubwo ari bwo bwose



Kuboneza urubyaro ni uburyo bwo kugena umubare w’abana uzabyara ndetse n’igihe uzabagirira mu rwego rwo kwita ku buzima bw’umwana uzabyarwa n’umubyeyi ndetse no guteza imbere umuryango

Abangavu benshi bagize ibibazo byo gutwara inda baba bifuzaga kuzikuramo kandi bigoye, bityo nibyiza kwirinda gutwara inda kurusha kwifuzaga kuzikuramo.

Guha abagore bakiri bato ubushobozi bwo kwirinda kubyara igihe kitaragera no kwirinda kubyara indahekana ni urufunguzo rw’imiryango ifite ubuzima bwiza no guha ubushobozi abagore (amahirwe yo kwiga no kubona akazi). Byongeye kandi, gahunda zo kuboneza urubyaro zifasha mu kwirinda indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA abantu bashishikarizwa gukoresha agakingirizo.

Kwifata:

Kwifata bishatse kuvuga kwirinda gukora imibonano mpuzabitsina kugeza igihe cyo gushaka. Ni uburyo bwiza kandi bwizewe bwo kwirinda gutwita ndetse no kuba wa kwandura Virus itera Sida hamwe n’izindi ndwara zandurira mu mibonano mpuzabitsina. Umwangavu utarakora imibonano mpuzabitsina (wifashe) bamwita **isugi** naho umuhungu bakamwita **imanzi**.

Gukoresha agakingirizo:

Agakingirizo iyo gakoreshajwe neza karinda gutwita ndetse no kwandura Virusi itera Sida hamwe n'izindi ndwara zandurira mumibonano mpuzabitsina. Mu Rwanda agakingirizo k'abahungu/abagabo kaboneka ahantu henshi hatandukanye. Hari n'agakingirizo k'abagore kaboneka hamwe na hamwe ku mavuriro.

Gukoresha ubundi buryo bwo kuboneza urubyaro

- **Ibinini n'inshinge** Hariho ibinini n'inshinge bikoze mu misemburo, iyo bikoreshajwe neza birinda gusama ku kigero kiri hejuru.
- **Udupira dushyirwa mu kaboko cyangwa mu mura w'umugore/umukobwa:**
 - ✓ Udupira dushyirwa mu kaboko dukoze mu misemburo tukaba tumaramo igihe kiri hagati y'imyaka itatu n'itanu bitewe n'ubwoko bwakoreshajwe. Rimwe na rimwe dushobora guhagarika imihango.
 - ✓ Hari n'udupira bashyira mu mura tukaba tumaramo imyaka igera kuva kuri irindwi kugera ku icumi. Harimo uturimo imisemburo n'utundi tutarimo imisemburo.
- **Gufunga imiyoborantanga ku bagabo no ku bagore:** Uburyo bwo gufunga imiyoborantanga y'abagabo n'abagore ni uburyo bwa burundu bityo ntabwo ari uburyo bw'ibanze ku rubyiruko.
- **Uburyo bwa kamere:** Kubara ukwezi k'umugore, konsa umwana bihagije, kwiyakana, kubara igihe cy'ubushyuye ndetse no kugenzura ururenda ni bumwe mu buryo bwo kuboneza urubyaro ariko ubu buryo ntabwo bwizewe cyane cyane ku rubyiruko si byiza kubukoresha kuko ushobora kubusamiraho

Icyitonderwa:

Hari ibinini bibuza gusama byitwa "Emergency Pills" cyangwa "Pillules du lendemain" bishobora gukoreshwa bitarenze amasaha 48 nyuma yo gukora imibonano mpuzabitsina idakingiye. Ibyo binini biboneka ku mavuriro yose no muri za farumasi. Ibyo binini bibuza gusama bikoreshwa gusa igihe habayeho gukora imibonano mpuzabitsina idakingiye kandi itateguwe (nko ku bantu bafashwe ku ngufu!), si byiza kubyimenyereza kuko bishobora kugira ingaruka zikomeye ku buzima bw'umuntu!

4.8 Ibivugwa bitari byo ku buryo bwo gukumira inda z'abangavu, kwita ku bangavu batwite n'ababyaye hamwe no kuboneza urubyaro

#	Ibivugwa bitari byo	Ibiri byo
1	Sinshobora gusama igihe nkoze imibonano mpuzabitsina bwa mbere kuko mba ntarakura	Ushobora gusama igihe cyose ukoze imibonano mpuzabitsina idakingiye, igihe nta bundi buryo bwo kuboneza urubyaro. Ku bagore mu gihe cy'ubwangavu umubiri uba witeguye gusama.
2	Urubwiruko ntabwo rwemerewe gukoresha uburyo bwo kuboneza urubyaro uretse kwifata gusa	Amabwiriza ya Minisiteri y'ubuzima avuga ko urubwiruko ndetse n'ingimbi n'abangavu bemerewe uburyo bwo kuboneza urubyaro ariko bakabubabwira n'abaganga cyangwa abandi babihuguriye kugirango babafashe kwihitiramo uburyo bubabereye
3	Nta ngorane gutwita no kubyara ukiri muto (umu jeune)	Ubushakashatsi bwinshi bwerekana ko kubyara ukiri muto cyane cyane muni y'imyaka 18 bitera ibibazo byinshi ku mubyeyi n'umwana birimo n'urupfu
4	Iyo wakuyemo inda ntiwongerera na rimwe gutwita kandi niyo utwite ntubayara	Iyo wakuyemo inda ubifashijwemo n'abaganga babifitiye ububasha wongerera gusama ntakibazo ariko iyo wabifashijwemo n'umuntu utabifitiye ubushobozi n'uburenganzira ushobora kugira uburwayi bityo bigatuma utazongera kubyara ukundi
5	Ushobora kwikuriramo inda ukoresheje kunywa ikawa nyishi, inzoga nyinshi, imiti ya malariya, imiti yo kuboneza urubyaro cyangwa indi miti	Kwikuriramo inda ku giti cyawe bishobora kukuviramo uburwayi bukomeye cyangwa urupfu ndetse ushobora no gutera uburwayi bukomeye ku mwana uzabyara
6	Iyo ukoresheje agakingirizo gashobora guhera mu nda bityo kakaba katera ibibazo bitandukanye	Ntabwo ari byo, niyo kaheramo mu gihe wenda ukoresheje nabi ntabwo kajya kure ushobora kugakurura ukoresheje urutoki
7	Ibinini n' inshinge byo kuboneza urubyaro bishobora gutuma umubyeyi atazongera gusama ukundi cyangwa bigatera ingorane ku mwana azasama nyuma	Ntabwo ibinini n' inshinge byo kuboneza urubyaro bihagarika burundu urubyaro kandi ntabwo byangiza umwana uzasama nyuma kuko biba byarakorewe ubushashatsi mbere y' uko bikoreshejwe kandi niyo habaye ikibazo kidasanzwe ujya kwa muganga bakagufasha

IKIGANIRO CYA 5: GUKUMIRA NO KWIRINDA IHOTERWA RISHINGIYE KU GITSINA MU RUBYIRUKO

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe

5.1 Ubusobanuro bw'ihoterwa rishingiye ku gitsina

Ihoterwa rishingiye ku gitsina bivuze ikintu cyose gikorerwa umuntu gishobora kumubangamira cyangwa kumugiraho ingaruka mbi hashingiwe ku kuba ari umukobwa cyangwa umuhungu, umugore cyangwa umugabo. Byagaragaye ko hari abantu benshi bakora cyangwa bakorerwa ihoterwa rishingiye ku gitsina batabizi niyo mpamvu buri mwangavu n'ingimbi agomba kumenya byinshi bitandukanye kuri ibi byigisho mu rwego rwo gutegura Urwanda rutarangwamo ihoterwa rishingiye ku gitsina.



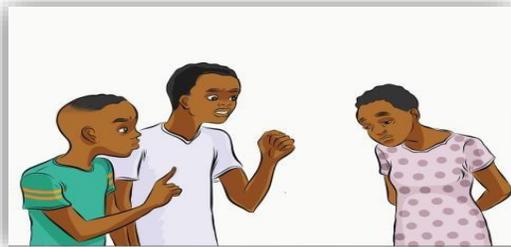
5.2 Ibyiciro by' ihohoterwa rishingiye kugitsina

a) Gufata kungufu no gusambanya abana bari muni y' imyaka 18



- Amategeko y'Urwanda ahana umuntu wese ukorana imibonano mpuzabitsina n' umwana uri muni y' imyaka 18 cyangwa umuntu wese ukoresha mugenzi we imibonano mpuzabitsina yitwaje imbaraga, ruswa y' akazi, amanota, cyangwa indi serivisi, icuruzwa ry' abantu, gusambanya umuntu uyobora cyangwa urera ndetse n' ibindi.
- Gufata ku ngufu no gusambanya abana bari muni y' imyaka 18 ni kimwe mu bituma hakorwa imibonano mpuzabitsina idakingiye kuko abayikorana badafite ubushobozi bungana bwo kuganira ku buryo bwo gukoresha agakingirizo
- Gukorakora umuntu mudahuje igitsina atabikwemereye ni ihohoterwa rishingiye ku gitsina
- Gukoresha imibonano mpuzabitsina uwo mwashakanye atabishaka (utamuteguye) naryo ni ihohoterwa rishingiye ku gitsina

Gukubita no gukomeretsa



Gukubita, gukurura imisatsi, kuniga umuntu, gutwika umuntu, gusunika umuntu, kwica umuntu ukoresheje cyangwa udakoresheje intwaro iyo mudahuje igitsina bibarwa nk' ihohoterwa rishingiye ku gitsina

Ihohoterwa rishingiye ku mibereho myiza n' ubukungu

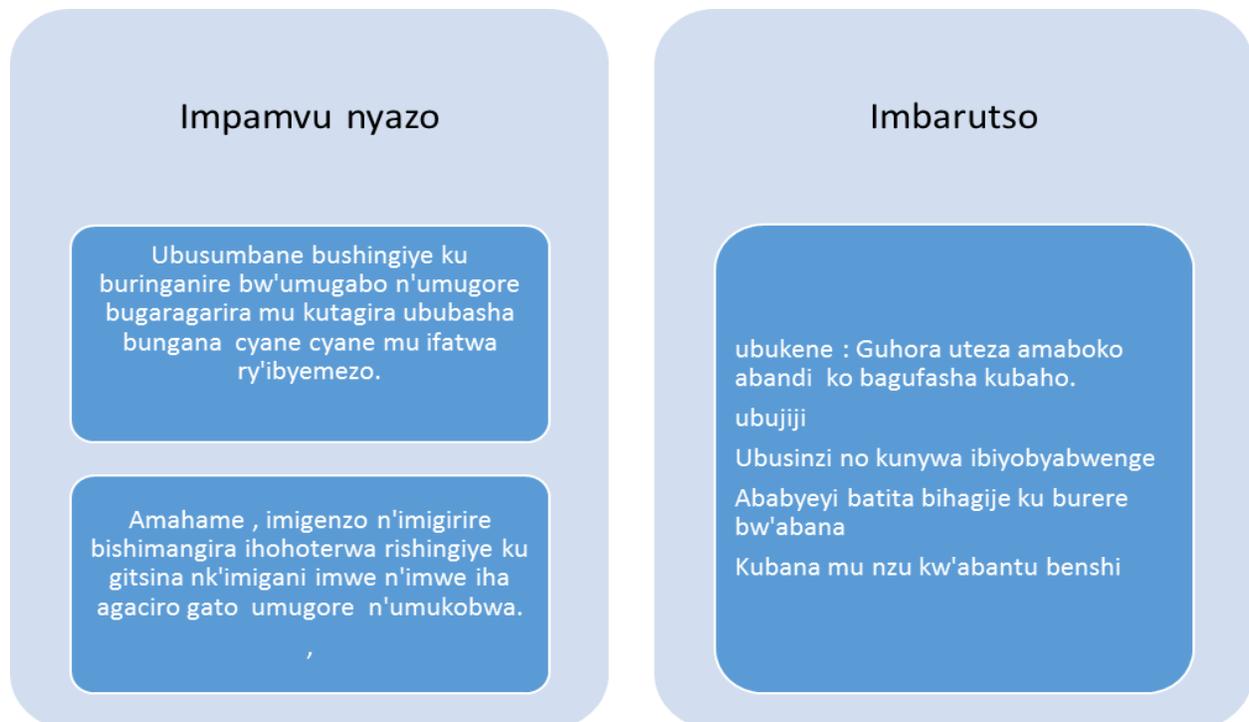


- Kubuzwa amahirwe angana n' uburenganzira bungana ku murimo, ku mutungo, ku kwiga no ku bindi byose byateza umuntu imbere hagati y' umukobwa n' umuhungu cyangwa umugore n' umugabo ni ihohoterwa rishingiye ku gitsina
- Kumva ko umukobwa adashoboye cyangwa hari imirimo yagenewe abahungu niyagenewe abakobwa bishobora kuganisha ku ihohoterwa rishingiye ku gitsina
- Akenshi mu ngo usanga abakobwa n' abagore bafite imirimo yabo yihariye nko guteka, kumesa n' ibindi ariko iyo bigeze aho iyo mirimo ihemberwa usanga abahungu n' abagabo nabo bayigiyemo (urugero: abatetsi benshi ni abagabo/ abahungu mu mahoteli) bityo bigaragara ko no mungo bajya bafatanyaga imirimo mu rwego rwo kuzuzanya.

Ubundi bwoko bw' ihohoterwa

<p>Ihohoterwa rishingiye ku migenzo gakondo:</p> <ul style="list-style-type: none">-Gukeba abakobwa no gukata imyanya ndangagitsina bidatewe nuko ifite uburwayi kandi akenshi bikorerwa abakobwa bakiri bato.-Gushyingira umuntu utarageza ku myaka y'ubukure.-Gushyingira umuntu ku gahato, akenshi hagamijwe kumushakiraho inyungu(inkwano)	<p>Icuruzwa ry'abantu:</p> <p>Icuruzwa ry'abantu ni ibikorwa bihindura umuntu igicuruzwa bijyanye no gushakisha cyangwa kwimurira umuntu ahandi mu gihugu cyangwa mu mahanga hakoreshejwe uburiganya, ibikangisho, imbaraga cyangwa agahato, ububasha ubikora aba amufiteho, akenshi hagamijwe kumwangiriza ubuzima cyangwa kumubyaza inyungu zitemewe.</p> <p>Uwagurishijwe akoreshwa mu biterasoni, mu buraya, mu bikorwa binyuranyije n'amategeko, mu bisa n'ubucakara, kumwica urubozo no kumukorera urugomo ndengakamere cyangwa kumukoresha imirimo yo mu rugo nk'umuja.</p> <p>Amategeko y'u Rwanda ahana umuntu wese uranga, ugura cyangwa ugurisha abantu</p>
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5.3 Ibitera ihohoterwa rishingiye ku gitsina mu Rwanda



5.4 Ingaruka z'ihohoterwa rishingiye ku gitsina

Ubuzima	Imitekerereze	Umuryango	Umusaruro muke /Ubukene
<ul style="list-style-type: none"> • Ubumuga/urupfu • Indwara zandurira mu mibonano mpuzabitsina na SIDA • Gutwita ukiri muto/Inda zitifujwe • Gukuramo inda • Ubugumba 	<ul style="list-style-type: none"> • Guhungabana/Kwi yahura • Kwigunga • Isoni • Umutekano mucye • Kutigirira icyizere 	<ul style="list-style-type: none"> • Gusenyuka kw'imiryango /ubutane • Guhungabanya uburenganzira bw'umwana (uburezi, imibereho myiza, kurindwa). • Guta ishuri no gutuma abana baja mu muhanda. 	<ul style="list-style-type: none"> • Umusaruro Muke/Ubukene • Ikiguzi gihenze cyo gukurikirana ibibazo by'ihohoterwa rishingiye ku gitsina (kwivuzza, ubufasha mu by'amategeko).

5.5 Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

- Kwirinda irari ry'amafranga, impano n'ibindi bintu byose byankururira gukora imibonano mpuzabitsina
- Kwirinda kuganirira ahantu hihishe n'abantu tudahuje igitsina kuko bashobora kunshuka no kumpohotera
- Kwiyama umuntu wese unkorakora kuko yanganisha mu bishuko byo gukora imibonano mpuzabitsina
- Kumenya kuvuga oya imbere ya ba shuga mami na ba shuga dadi
- Kwirinda gukoresha ibiyobyabwenge n' inzoga
- Kwirinda kuba inshuti n'abantu bafite imyitwarire mibi
- Kubaha no gukurikiza Inama mpabwa n'ababyeyi cyangwa abandi barezi
- Kwitabira amatsinda y' urubyiruko kugirango ngire ubumenyi buhagije
- Ni byiza ko abahungu n'abakobwa bafashanya imirimo yo mu rugo ndetse n'ibindi bakora kandi bakajya inama

5.6 Uburyo bwo gufasha uwahohotewe

Buri gihe umuntu wese wakorewe ihohoterwa aba akeneye kwitabwaho no kurenganurwa. Ni byiza cyane rero:

- ✓ **Kutamuha akato n'iheza:** Amategeko y' Urwanda ahana umuntu wese ushobora kwima serivise, gutuka, guharabika, gutesha agaciro umuntu hashingiwe ko yakorewe ihohoterwa rishingiye kugitsina. Urubyiruko hamwe n' Ingimbi n'abangavu nabo bafite uburenganzira busesuye bwo guhabwa serivisi zagenwe abakorewe ihohoterwa rishingiye kugitsina cyangwa ihohoterwa rikorerwa abana
- ✓ **Kumuhumuriza no kumutabariza:** Nibyiza guhumuriza umuntu wese wakorewe ihohoterwa rishingiye kugitsina umusobanurira ko nyuma yo guhohoterwa ubuziama bukomeza. Kandi ni byiza kumutabariza mu nzego z' umutekano cyangwa izubuzima kandi ibyo byose bigakorwa mu ibanga rikomeye
- ✓ **Kumufasha kugera byihuse kwa Muganga:** Ni byiza gufasha uwakorewe ihohoterwa rishingiye kugitsina kugera kwa muganga ku buryo bwihuse kugirango akorerwe ibizamini ibimenyetso bitarasibangana, ahabwe ubufasha bw' ibanze harimo ibinini bibuza gusama, ibimurinda kwandura virusi itera Sida n' ibindi hanyuma ahabwe n' izindi serivisi
- ✓ **Kumuhuza n' Inzego zitanga ubufasha mu byamategeko:** uwakorewe ihohoterwa akeneye gufashwa no koroherezwa kubona ubutabera kugirango arenganurwe. Mu turere twose tw' igihugu hari Inzego za Polisi ndetse n'Urwego rwa MAJ (Maison d'Access a la Justice) rufasha abahohotewe kubona ubutabera
- ✓ **Kumufasha gukomeza kwiga no kwiyubaka:** abahohotewe cyane cyane urubyiruko rwohohotewe usanga ntakizere bafite cyo gukomeza kwiga, nibyiza kubagira inama no kubafasha gusubira mu ishuri ndetse no gukomeza gahunda z' ubuzima busanzwe kabone n' ubwo haba hari uburwayi cyangwa ikindi kintu gihungabanya ubuzima bwabo.

Numero zitishyurwa wahamagara igihe ukeneye ubufasha ku ihohoterwa rishingiye ku gitsina cyangwa rikorerwa abana:

#	Ibabishinzwe	Tel zitishyurwa
	Police	3512 112 116
	GMO	5798
	Imbangukiragutabara	912
	RDF/Ingabo	3945

IKIGANIRO CYA 6: KURWANYA NO GUKUMIRA VIRUSI ITERA SIDA HAMWE N'IZINDI NDWARA ZANDURIRA MU MIBONANO MPUZABITSINA.

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umugaruro uteganijwe

6.1 Ubusobanuro bw'indwara zandurira mu mibonano mpuzabitsina

Indwara zandurira mu mibonano mpuzabitsina ni indwara zandura binyuze mu mibonano mpuzabitsina idakingiye yaba ikorewe mu gitsina, mu kibuno cyangwa mu kanwa.

6.2 Uko indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa

Udukoko dutera indwara zandurira mu mibonano mpuzabitsina dushobora kuboneka mu matembabuzi yo mu mubiri nk'amasohoro, ururenda rwo mu nda ibyara, amaraso cyangwa amashereka.

- Indwara zandurira mu mibonano mpuzabitsina zandura zinyuze mu gitsina igihe habayeho imibonano mpuzabitsina idakingiye
- Zishobora no kwandura habayeho imibonano mpuzabitsina ikorewe mu kibuno cyangwa mu kanwa idakingiye.
- Izo ndwara ababyeyi bashobora kuzanduza abana babatwite, bababyara cyangwa babonsa
- Zimwe muri izo ndwara nka SIDA n'umwijima zishobora kwandurira mu guhuza amaraso cyangwa andi matembabuzi hagati y'uwanduye n'utanduye izo ndwara zandurira mu mibonano mpuzabitsina.
- Zimwe muri izo ndwara nk'imitezi, tirikomoni n'izindi zishobora kwandurira mu isuku nke cyangwa kutamenya uburyo bwo gusukura imyanya ndangagitsina n'imyenda y'imbere cyane cyane ku bakobwa n'abagore.

Icyitonderwa:

- ✓ Imibonano mpuzabitsina idakingiye yakwanduza kabone ni yo yaba ari inshuro imwe
- ✓ Imiterere y'imyanya ndangagitsina y'umugore yorohera kwandura indwara zandurira mu mibonano mpuzabitsina
- ✓ Indwara zimwe na zimwe zandurira mu mibonano mpuzabitsina ku bakobwa/abagore ntizigira ibimenyetso
- ✓ Indwara zandurira mu mibonano mpuzabitsina zibasira abakobwa/abagore cyane kurusha abahungu/abagabo

6.3 Bimwe mubimenyetso by' indwara zandurira mu mibonano mpuzabitsina

Indwara zandurira mu mibonano mpuzabitsina zigira ibimenyetso butandukanye kandi ibyo bimenyetso rimwe na rimwe usanga bigera ku bagore n'abagabo nko kubabara igihe wihagarika, kwihagarika amashyira, kugira ibisebe cyangwa ibihari ku gitsina, kugira uburyaryate ku gitsina n' ibindi.

6.3.1 Ibimenyetso bya rusange by'indwara zandurira mu mibonano mpuzabitsina ku bagabo

- Kuribwa mu nda ahagana hasi
- Amatembabuzi adasanzwe asohoka mu gitsina cy'umugabo.
- Ibikomere/ udusebe/ ibisebe binini/ ibihari/ inkovu ku gitsina cyangwa ahaba hatereye igitsina, ku nnyo, ku munwa
- Kubabara imbere/ahakikije igice kirimo igitsina
- Amabya abyimbye
- Kubyimba agahu gatwikira amabya ku bahungu /abagabo
- Inturugunyuzo zo mu mayasha hafi y'igitsina zirimo amazi

- Kugira umuriro
- Kubabara arimo gukora imibonano mpuzabitsina
- Kocyerwa mu gihe cyo kwihagarika

6.3.2 Ibimenyetso bya rusange by'indwara zandurira mu mibonano mpuzabitsina ku bagore:

- Kuribwa mu kiziba cy'inda no kuva atari igihe cy'imihango ku bakobwa/abagore
- Kugira ururenda rw'umweru ruva mu nda ibyara rugenda rwiyongera, runuka no kubabara igihe wihagarika
- Ibisebe bibabaza cyangwa bitababaza ku gitsina, mu kibuno cyangwa mu kanwa
- Kugira uburyaryate cyangwa uburibwe mu gitsina
- Kugira amatakara hagati y'amaguru
- Kumera isharankima (ibintu bimeze nk'ishu ry'ururabyo (choux fleure) mu gitsina cyangwa hagati y'amaguru
- Kugira umuriro
- Kuribwa mu gihe cy'imibonano mpuzabitsina

Icyitonderwa:

Umuntu ashobora kugira kimwe cyangwa byinshi muri ibi bimenyetso

- ***Umuntu ashobora kutagira ikimenyetso na kimwe kandi yaranduye imwe muri izi ndwara***
- ***Ibimenyetso bimwe by'izi ndwara bishobora kwikiza nta muti, bitavuze ko umuntu aba yakize indwara/ubwandu kandi muri icyo gihe aba agishobora kwanduza abandi***
- ***Inyinshi mu ndwara zandurira mu mibonano mpuzabitsina ziravurwa zigakira.***
- ***Virusi itera SIDA na bumwe mu bwoko bw'umwijima ntizikira ariko zifite imiti igabanya ubukana bwazo bugabanyuke hanyuma ibyuririzi byazo bikumirwe***
- ***Mu gihe urwaye indwara zandurira mu mibonano mpuzabitsina, usabwe gushishikariza uwo mwayikoranye wese kwihutira kujya kwa muganga kugirango nawe avurwe kabone n'ubwo yaba ntaimeneyetso agaragaza.***

1. Kugira amashyira mu gitsina cy'umuhungu/umugabo
2. Kugira amashyira mu nda ibyara (igituba)
3. Ibisebe ku gitsina
4. Kugira amatakara hagati y'amaguru
5. Kubyimba amabya
6. Kuribwa mu kiziba cy'inda ku bakobwa n'abagore
7. Kugira isharankima mu gitsina cyangwa mu kibuno
8. Uruhinja kuvuka rufite amashyira mu maso

6.4 Ibyiciro 8 by'indwara zandurira mu mibonanompuzabitsina hakurikijwe ibimenyetso byazo

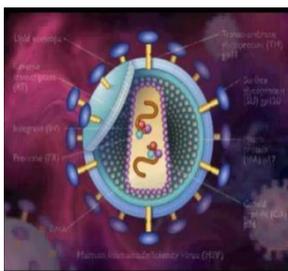


6.5 Uko wakwirinda kwandura indwara zandurira mu mibonano mpuzabitsina

Kugira ngo birinde indwara zandurira mu mibonano mpuzabitsina, abangavu n'ingimbi bagomba gushishikarizwa:

- Kwifata kugeza ushinze urugo
- Gukoresha agakingirizo buri gihe kandi neza, igihe kwifata bikunaniye
- Kwipimisha indwara zandurira mu mibonano mpuzabitsina na Virusi itera SIDA
- Kugerageza kugabanya umubare w'abo mukorana imibonano mpuzabitsina
- Kugira amakuru ahagije ku byerekeranye n'indwara zandurira mu mibonano mpuzabitsina
- Kwirinda gukoresha inzoga n'ibiyobyabwenge
- Kwirinda gukora uburaya no gukora imibonanompuzabitsina na shuga dadi cyangwa shuga mami
- Ku bakobwa kwirinda gukoresha amasabune n'amavuta ahumura, imibavu ndetse na puderi mu myanya ndanga gitsina
- Kwirinda kwikebeshya ku bahungu/abagabo
- Kwitondera gukora imwe mu migenzo gakondo nko gukurakuzwa, gukuramo inzembe, gukazanura n'indi

6.6 Kwandura SIDA bivuze iki? Kurwara SIDA bivuze iki?



Kwandura SIDA: Igihe mu mubiri wawe hinjyemo agakoko ko mu bwoko bwa virusi kitwa “VIH cyangwa HIV” ibyo bikemezwa n’ ibizamini byo kwa muganga

Kurwara SIDA: Igihe umuntu wanduye Virusi itera SIDA atangiye kugaragaza bimwe mu bimenyetso by’indwara z’ibyuririzi nk’igituntu, kunanuka bidasazwe, umuriro udasazwe, guhitwa, zona n’izindi.

6.7 Aho Virusi itera yandurira

Virusi itera SIDA ikwirakwizwa binyuze mu maraso, mu mavangingo yo mu gitsina cy’umukobwa/umugore, mu mashereka no mu masohoro y’umuhungu/umugabo.

Virusi itera SIDA yandurira mu buryo bukurikira:



6.8 Ibi bikurikira ntabwo byanduza Virusi itera SIDA

- Kuramukanya n'uwanduye Virusi itera SIDA
- Gusangira n'uwanduye Virusi itera SIDA
- Gusomana n'uwanduye Virusi itera SIDA adafite ibisebe mu kanwa
- Gukina n'uwanduye Virusi itera SIDA
- Gusura cyangwa kurwaza uwanduye Virusi itera SIDA
- Gukoresha ubwiherero bumwe n'umuntu ubana n'ubwandu bwa Virusi itera SIDA
- Kurumwa n'umubu

6.9 Uburyo bukomatanyije bwo kwirinda Virusi itera SIDA

- **Kwifata:** Kwifata ni ugutegereza uwo muzabana ntukore imibonano mpuzabitsina aho yaba ikorewe hose. Kwifata bigufasha gukomera ku busugi cyangwa ubumanzi bwawe. Kwifata n' uburyo bwizewe bwo kwirinda indwara zandurira mu mibonano mpuzabitsina na SIDA hamwe no gutwara inda
- **Ubudahemuka:** Ubudahemuka ni ukudaca inyuma uwo mwashakanye cyangwa inshuti yawe ngo ukorane imibonano mpuzabitsina n'undi muntu. Ubudahemuka bufasha mu gukumira ikwirakizwa ry' ubwandu bwa Virusi itera SIDA
- **Gukoresha agakingirizo:** Gukoresha agakingirizo neza birinda 100% ubwandu bwa SIDA hamwe no gusama. Agakingirizo k'abahungu/abagabo kaboneka hose mu gihugu kandi karahendutse. Agakingirizo k'abagabo cyangwa k'abagore kagomba gukoreshwa rimwe gusa.
- **Ubundi buryo bwo kwirinda kwandura Virusi itera SIDA bugendana na butatu bwavuzwe hejuru:**
 - Kwipimisha hakiri kare ubwandu bwa virus itera SIDA
 - Kwivuzza hakiri kare indwara zandurira mu mibonano mpuzabitsina
 - Kwirinda gukoresha inshinge zakoreshejwe n'ibindi bikoresho bikomeretsa
 - Gukumira ko umubyeyi ubana n'ubwandu bwa SIDA yakwanduza umwana we
 - Gutanga imiti igabanya ubukana ku muntu wakoranye imibonano mpuzabitsina idakingiye n'ubana n'ubwandu bwa Virusi itera SIDA mu gihe kitarenze amasaha 48 bigabanya ibyago byo kwandura Virusi ya SIDA hejuru ya 90%
 - Gukebwa ku bahungu bigabanya ibyago byo kwandura SIDA hejuru ya 60%

6.10 Uburyo bwo gufasha urubyiruko rubana na Virusi itera SIDA

Ingimbi n'abangavu banduye Virusi itera SIDA bakeneye kwiyitaho no kwitabwaho kugirango babone:

- Imiti igabanya ubukana bwa Virusi itera SIDA iboneka hose mu gihugu, iyo miti ntikiza Virusi itera SIDA ariko ihagarika ubukana bwayo igakumira indwara z'ibyuririzi
- Ifunguro ryuzuye kandi risukuye rifasha guteza imbere ubuzima bw'umuntu ubana na Virusi itera SIDA.
- Umuntu ubana n'ubwandu akeneye kwirinda kwanduza abandi Virusi itera SIDA
- Inama no guhumurizwa kandi bakaganirizwa kubijyanye n'ubuzima bwabo, uburyo bwo kwiteza imbere n'ibindi byabafasha hirindwa kubaha akato n'ihwezwa

6.10 Imyitwarire ishobora kwihutisha ikwirakwizwa rya Virusi itera SIDA

- Gukoresha inzoga n'ibiyobyabwenge ni bimwe mu bikururira urubyiruko gukora imibonano mpuzabitsina idakingiye
- Gukorana imibonano mpuzabitsina muhuje ibitsina byongera ibyago byinshi byo kwandura Virusi itera SIDA kuko imibonano mpuzabitsina iba ikorerwa ahatarabigenewe bityo gukomeretsanya bikihuta
- Ba shuga dadi na ba shuga mami hamwe no kurarikira ibintu kwa bamwe mu rubyiruko ni bimwe mu kwirakwiza Virusi itera SIDA kuko akenshi imibonano mpuzabitsina ikorwa hatabanje kwemeranya ku ikoresha ry' agakingirizo

IKIGANIRO CYA 7 : UBURINGANIRE N'UBWUZUZANYE

Intego: Gushyiraho umwanya wo kumvikana kuntego yikiganiro numusaruro uteganijwe

GUTANDUKANYA IHAME RY'UBURINGANIRE N'IGITSINA N'UBUSOBANURO BW'ANDI MAGAMBO

Igikorwa cya 1: Gusubiza amaso inyuma mu bwana	
Intambwe	Ibyo kwibandaho basubiza
<p>Intambwe ya 1: <i>Uhugura abaza abahugurwa gutekereza kure hashoboka ku buzima babayeho mu miryango yabo, hanyuma basangire inkuru zabo babiri babiri badahuje igitsina ikintu kidasanzwe cyababayeho bigatuma batekereza ukuntu batandukanye n'ikindi gitsina. Buri wese arakoresha iminota 5, n'ijya ishira urababwira guhinduranya.</i></p>	<p>Barasubiza bagendeye kuri ibi:</p> <ul style="list-style-type: none"> a) Imyaka nari mfitte b) Ikintu cyabayeho c) Ni nde wabigizemo uruhare d) Nari ndi hehe
<p>Intambwe ya 2: <i>Uhugura bitewe ni igihe yakira abakoranabushake nka 3 basangize inkuru zabo.</i></p>	<p>Abakoranabushake barahaguruka bagasoma ibyo banditse noneho uhugura akajya agira icyo yongeraho. Buri wese arakoresha iminota 5 mu gusangiza inkuru.</p>
Igikorwa cya 2: Gusesengura ibijyanye n' igitsina, uburinganire, umuco n'imibanire	
<p>Intambwe ya 1: <i>Mu gihe barimo basangiza inkuru, uhugura yandika zimwe mu ngingo bavuga zigendanye n'uburinganire, umuco, imibanire, igitsina,</i></p>	<p>Urugero: niba hari uwatanze inkuru y'uko yatangiye kwibona nk'utandukanye igihe yajyaga mu mihango, genda wandika uwo yabibwiye mbere, uko yabigenje, ibyamubayeho byatewe n'umuco cyangwa imibanire.</p>
<p>Intambwe ya 2: Iki nicyo gihe cyiza rero cyo gusobanura icyo igitsina aricyo n'uburinganire.</p>	<p><i>Bwira abahugurwa ko itandukaniro ry'umuhungu n'umukobwa bishingiye ku misusire y'inyuma n'iyi mbere mu mubiri. Abahungu n'abakobwa bigishijwe kwambara bitandukanye, kwitwara bitandukanye no gukora imirimo itandukanye n'ibindi n'ibindi.....</i></p>

IGITSINA NA GENDER

Igitsina ni itandukaniro ngirabuzima riri hagati y'umugore n'umugabo.

Gender ni itandukaniro rishyirwaho mu gihe runaka rishingiye ku gitsina rishaka gutandukanya umugabo n'umugore, rishobora kuba ryarashyizweho rigendeye ku bukungu, imibanire, n'umuco.

Urugero: - *Kuba umugore ariwe ukora imirimo yo murugo idahemberwa naho umugabo agakora iyo hanze ahanini yinjiza amafatanga bishingiye ku muco nuburere abantu bahabwa uherye mu bwana.*

UBUSOBANURO BW'AMAGAMBO AMWE

Muri iyi nyoborabiganiro, amwe mu magambo akoreshwa akagenda agaruka kenshi afite ibisobanuro bikurikira

Gender : Ni isura umuntu ahabwa n'aho yabyirukiye bijyanye n'igitsina cye. Buri wese agenerwa imirimo n'imwitwarire, ibyubahiro, ibyemewe n'ibibujijwe bitandukanye bitewe n'uko abantu babona ko bikwiriye abakobwa cyangwa abahungu, abagore cyangwa abagabo. Ibyo bikaba bihinduka bitewe n'umuco, umuryango umuntu yabyirukiyemo, ubukire n'imisumbanire y'imiryango, amadini cyangwa imyaka y'amavuko.

Yerekana inshingano z'abahungu/abagabo n'iz'abakobwa/abagore, nk'uko zagenwe mu miryango, aho abantu batuye n'umuco bagenderaho. Igitekerezo cya gender gikubiyemo kandi ibitegerejwe ku bagore no ku bagabo, mu rwego rw'ibibaranga, ibyo bashoboye n'imwitwarire (ubugabo n'ubugore). Inshingano n'ibitegerejwe ku muntu mu rwego rwa *gender* biratozwa . Bishobora guhinduka bitewe n'ibihe kandi birahinduka bitewe n'umuco wa buri karere. Ibindi bihindura inshingano mu rwego rwa gender ni inzego z'imibanire aho abantu batuye. Ingero ni inzego z'ubukungu, umuryango mugari, ubumuga bw'umubiri cyangwa bwo mu mutwe, imyaka y'amavuko, n'ibindi.

Gender ni ikintu gikomeye cyane kuko, iyo ikoreshejwe mu gusesengura imibanire y'abantu n'abandi, yerekana uburyo umwanya w'abakobwa/abagore (gutegekwa) n'uw'abahungu/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. Gender itandukanye n'igitsina kuko cyo ari imiterere karemano

Imbonerahamwe ikurikira irerekana mu ncamake aho Genda itandukanira n'igitsina:

Uburinganire /Gender	Igitsina
1. Isura ishingiyeye ku gitsina itangwa n'aho umuntu yabyirukiye.	1. Imiterere karemano.
2. Burahinduka ku mpamvu zitandukanye	2. Ntigihinduka
3. Buratozwa	3. Kiravukanwa
4. Burahinduka bitewe n'akarere	4. Giteye kimwe ku isi hose

Benshi bakunze gusobanura Jenda mu Kinyarwanda nk'Uburinganire n'ubwuzuzanye. Uburinganire buvugwa ni ubw'uburenganzira, amahirwe n'inshingano ku bagore n'abagabo abahungu n'abakobwa. Uburinganire ntibivuga ko abagabo n'abagore bahinduka bamwe. Ahubwo uburenganzira, amahirwe n'inshingano, ntibigenwa n'ukoumuntu yavutse ari igitsina gabo cyangwa gore. *Uburinganire n'ubwuzuzanye* ivuga ko inyungu, ibikenewe n'ibiyhutirwa kurusha ibindi ku bagabo no ku bagore bigomba kwitabwaho kuko biba bitandukanye.

Itandukaniro riri hagati yabantu rishingiyeye ku gitsina na gender rivamo ubusumbane nivangura nizindi ngaruka mbi

Umukoro mu matsinda: Ni gute ivangura rivuzwe haruguru aho guteza ivangura nigihombo gishamikiyeho, ryavamo ubwuzuzanye ninyungu ku ri buri wese ku giti cye numuryango muri rusange?

KWISOBANUKIRWA: KUMENYA UWO URIWE NYAWE.

Intego rusange: Kumenya ubushobozi wifitemo muri wowe.

Intego zihariye

- Kwisobanukirwa bijyanye no kumenya ubushobozi wifitemo
- Kugira ubushobozi bwogukoresha impano
- Kugira intego mu buzima bwawe
- Kugira ubudas buranga umuntu

Ibibazo byo kuganiraho mu matsinda

- Ufite ndoto ki mu buzima bw'ejo hawe?
 - Wumva ufite agaciro kangana iki?
 - Wumva wakora iki ngo ugere ku ndoto zawe
 - Wahawe amahirwe ubona ufite uburyo bwo kugera ku ndoto zawe
 - Ni izihe nzitizi zishobora kukubuza kugera kundoto zawe?
 - Wakora iki ngo izo nzitizi ziveho?
 - Ni ikihe kintu ukunda gukora ku buryo niyo batakiguhembera wumva bikunejeje iyo ugikoze kandi waba utagikoze neza ukumva utishimye?
 - Ni nde watanga ubuhamya bw'ukuntu yagize indoto, akazazibyaza umusaruro wamugiriye akamaro kandi bikaba byarafashije abandi?
 - Ni ayahe masomo wadusangiza, urundi rubyiruko rwakwigiraho?
 - Ninde muntu cyangwa itsinda ry'abantu uzi baba baragize indoto nziza, bakazibyaza umusaruro?
2. **Imyitozo yakorwa:** Gutumira abantu bikitegerezo bafite ubuhamya bwafasha ibyiciro byurubiruko kwivana mu myumvire ibasubiza inyuma nuburyo bakoresheje kubyivanamo
 3. Gushyira abahugurwa mu matsinda nyuma yokumva ubuhamya icyo bwabahinduye mu myumvire nuburyo bwabafasha kugirango bagire indoto kandi bazibyaze umusaruro.
 4. Kwifashisha inyandiko (Case study) ikubiyemo ubuhamya bw'umuntu w'urubyiruko ufatwa nk'icyitegererezo, n'uburyo yageze ku rwego rushimishije rwo kwisobanukirwa, icyo byamugejejeho n'abandi.

Kungurana ibitekerezo no gukuramo amasomo.

IKIGANIRO CYA 8: UBURENGAZIRA KU BUZIMA BW'IMYOROROKERE MU RUBYIRUKO RW'IBITSINA BYOMBI.

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro numusaruro uteganijwe

8.1 Ubusobanuro bw'uburenganzira ku buzima bw'imyororokere

Uburenganzira ku buzima bw'imyororokere bushingiye ku burenganzira butandukanye bwa muntu nk'uko bugaragara mu mategeko y'ibihugu, mu mategeko mpuzamahanga ndetse no mu burenganzira mpuzamahanga bwa muntu.

Ubu burenganzira bwerekana uburenganzira bw'ibanze ku babana ndetse n'abantu ku giti cyabo kugirango babashe kwifatira ibyemezo ku mubare n'igihe bazagirira abana kandi babone amakuru ahagije, ubushobozi bwo kubikora, ndetse ku kigero cyo hejuru cy'ubuzima bwiza bw'imyororokere. Ni uburenganzira bwo gufata ibyemezo ku myororokere hatabayeho iheza, akato ndetse n'ihohoterwa nk'uko byagaragajwe mu nyandiko z'uburenganzira bwa muntu (*ICPD, 1994*)

8.2 Ubuzima bw'imyororokere n'uburenganzira bijyana

Abantu bose, utitaye ku myaka cyangwa igitsina, bafite uburenganzira ku buzima, harimo n'ubuzima bw'imyororokere. **Politiki y'u Rwanda ku buzima bw'imyororokere y'urubyiruko n'uburenganzira bijyana n'andi mategeko arebana n'ubuzima, birengera urubyiruko ku buzima bw'imyororokere 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 iyicarubozo, kwangizwa imyanya ndangagitsina, Ihohoterwa rishingiye ku gitsina 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 yumvikanyweho no gushyingirwa n'uwo mwabyumvikanyeho. Umuntu wese afite uburenganzira bwo kudahatirwa gushyingiranwa n'undi cyangwa guhatirwa gukorana nawe imibonano mpuzabitsina.

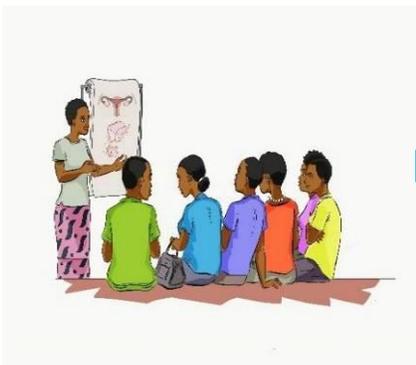
- Umuntu wese afite uburenganzira bwo gukora imibonano mpuzabitsina iboneye. Bivuze ko afite uburenganzira bwo kubona amakuru ahagije ajyanye n'ubuzima bw'imyororokere, kuboneza urubyaro, kwirinda gutwita bitateguwe, kwirinda agakoko gatera SIDA, kwirinda indwara zandurirwa mu mibonano mpuzabitsina kugira 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'imyororokere 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 ikingiyeye kandi akanyurwa

8.3 Uburenganzira bwo guhabwa amakuru ku buzima bw'imyororokere



Ingimbi n'abangavu bafashijwe n'ababyeyi babo bafite uburenganzira bwo kwihitiramo ubuvuzi buboneye hibandwa kugukumira ibyakwangiza ubuzima bwabo

Bafite uburenganzira bwo gukoresha uburyo butandukanye bwo kwirinda ibyakwangiza imibiri yabo



Ingimbi n'abangavu nabo bafite uburenganzira bwo gusaba no guhabwa amakuru ku buzima bw'imyororokere hibandwa cyane ku kudasobanurira imihindagurikire y'imibiri yabo mu gihe cy'ubwagavu n'ubugimbi.

Nyuma yo guhabwa amakuru ingimbi n'abangavu ni byiza ko babaza aho badasobanukiwe kandi bagafata ingamba ku buzima bwabo

Amakuru ku buzima bw'imyororokere agomba gutangwa ku buryo buboneye mu gihe gikwiye hubahirizwa imyaka ndetse n'igitsina kandi agatangirwa ahantu haboneye.



Urubwiruko rwibitsina byombi bufite uburenganzira bwo kugirirwa ibanga igihe basaba cyangwa bahabwa serivisi z'ubuzima bw'imyororokere harimo ikoresha ry'agakingirizo n'ubundi buryo bwo kuboneza imbyaro

Ubu burenganzira ntibukuraho iyubahirizwa ry'amategeko y'Igihugu harimo guhana abakuramo inda ku buryo butemewe n'amategeko cyangwa abakora ihohoterwa rishingiye ku gitsina.

Icyitonderwa:

Uburenganzira ku buzima bw'imyororokere ntabwo bivuga uburenganzira bwo gukora imibonano mpuzabitsina ukiri muto ahubwo bivuze uburenganzira bwo kugira ubuzima bwiza bw'imyororokere hibandwa ku guhabwa amakuru yose no gufata ibyemezo bikwiye mu kubungabunga ubuzima bw'imyororokere kandi hirindwa ugutwita kw'abangavu no kwandura Virusi itera SIDA ndetse n'izindi ndwara zandurira mu mibonano mpuzabitsina,

8.4 icyo tegeko rishya riteganywa ku bijyanye no gukuramo inda ku muntu utaruzuzwa imyaka 18

ITEKA RYA MINISITIRI N°002/MoH/2019 RYO KU WA 08/04/2019 RIGENA IBIGOMBA KUBAHIRIZWA KUGIRA NGO MUGANGA AKURIREMO UMUNTU INDA

Ingingo ya 3: Impamvu zemewe mu ukuramo inda: Gukuramo inda bikorwa ku mpamvu zikurikira:

- 1° kuba umuntu utwite ari umwana (ari muni yimyaka 18yamavuko)
- 2° kuba usaba gukurirwamo inda yarakoreshejwe imibonano mpuzabitsina ku gahato;
- 3° kuba usaba gukurirwamo inda yarayitwaye nyuma yo kubanishwa ku gahato n'undi nk'umugore n'umugabo;

4° kuba usaba gukurirwamo inda yarayitewe n’uwo bafitanye isano ya hafi kugera ku gisanira cya kabiri;

5° kuba inda ibangamiye ubuzima bw’utwite cyangwa ubw’umwana atwite.

Ingingo ya 4: Igihe ntarengwa cyo gukuramo inda: Uretse mu gihe inda ibangamiye ubuzima bw’utwite cyangwa ubw’umwana atwite, inda ikurwamo igomba kuba itarengeje ibyumweru makumyabiri na bibiri (22).

Ingingo ya 5: Ikigo cy’ubuvuzi cyemerewe gutanga serivisi yo gukuriramo umuntu inda: Gukuriramo umuntu inda bikorerwa mu kigo cy’ubuvuzi cya Leta cyangwa icyigenga kiri ku rwego rw’ibitaro cyangwa urwa poliklinike, cyemerewe gukora na Minisitiri ufite ubuzima mu nshingano ze.

Ingingo ya 6: Uko umwana asabirwa gukurirwamo inda: Iyo ushaka gukurirwamo inda ari umwana, abisabirwa n’abamuhagarariye bemewe n’amategeko nyuma yo kubyumvikanaho.

Iyo abamuhagarariye bemewe n’amategeko batumvikanye hagati yabo cyangwa batumvikanye n’umwana, icyifuzo cy’umwana nicyo kitabwaho.

Ingingo ya 7: Ibigomba gukorwa mbere y’uko muganga akuriramo umuntu inda: Mbere y’uko muganga akuriramo umuntu inda agomba:

1° gutanga ubujyanama bwimbitse ku buzima;

2° gukora isuzuma rusange.

Ingingo ya 11: Gukurirwamo inda ku mpamvu zuko ibangamiye ubuzima bw’utwite cyangwa ubw’umwana atwite:

Gukuriramo umuntu inda ku mpamvu zuko ibangamiye ubuzima bw’utwite cyangwa ubw’umwana atwite bikorwa hubahirijwe ibi bikurikira:

1° kwemeza imiterere y’ikibangamiye ubuzima bw’utwite cyangwa ubw’umwana atwite, bikoze nibura n’abaganga babiri (2), umwe muri bo ari inzobere mu byerekeye kubyaza no kuvura indwara zifata imyanya y’imyorokere;

2° kugaragaza ukwiyemerera mu nyandiko k’utwite cyangwa umuhagarariye wemewe n’amategeko iyo utwite ari umwana cyangwa umuntu ufite ubumuga bwo mu mutwe;

3° gukora raporo ikorwamo kopi ebyiri (2) zigashyirwaho umukono na muganga wemewe na Leta n' utwite cyangwa umuhagarariye wemewe n'amategeko iyo utwite ari umwana cyangwa umuntu ufite ubumuga bwo mu mutwe, kopi imwe igahabwa utwite cyangwa umuhagarariye wemewe n'amategeko indi ikabikwa n'ikigo cy'ubuvuzi.

IKIGANIRO CYA 9 : UBUMENYI KU MIBEREHO N'IMIBABANIRE Y'URUBYIRUKO

Intego: Gushyiraho umwanya wo kumvikana ku ntego y'ikiganiro n'umusaruro uteganijwe

- ✓ **Kwimenya:** Kumenya ibyo ukunda n'ibyo wanga ndetse no kumenya aho ugira intege nke n'aho ufite imbaraga kurushaahandi.
- ✓ **Kwiyubaha no kwiyubahisha:** kuba inyangamugayo, kwigiriraicyizere.

Ubusobanurobw'amagambo:

- Ubumenyi kumibereho** ni ubushobozi bwokwihanganira nokwikura mubibazo mu buzima bwa burimunsi
- Imyitwarire itari myiza** ni imibereho n'ibikorwa bitari byiza bishyira umuntu mu kaga ko kurwara cyangwa gukomereka bishobora kumuzanira ubumuga cyangwaurupfu
- Ikiyobyabwenge** ni ikintu cyose ushobora gufata kigahindura imikorere y'umubiri kandi uko kigenda gikoresheya kikaba cyatera ingorane ku gifata cyangwa abandi. Ikiyobwabwenge gishobora guhindura uko abantu babona, bumva, bumva uburyohe, bahumirirwa, batekereza, bagira ibyiyumviro ndetse banitwara.

Ibice bigize ubumenyi buhagije ku mibereho

a) Kumenya abandi no kubana nezanabo



- ✓ Kumenya kubaka umubano abandi
- ✓ Kwishyira mu mwanya wa mugenziwawe
- ✓ Kwirinda agakungu katari kezak'urungano
- ✓ Kumenya gushyikirana nokumvikana
- ✓ Kumenya kuganiraibyubaka.
- ✓ Kugira inshuti nziza zishobora kugirana inamazubaka

b) Ubumenyi mu gufata ibyemezo bikwiye



- ✓ Gusesengura ibitekerezo mbere yo gufata icyemezo
- ✓ Gukemura ibibazo
- ✓ Guhangaudushya.

c) Agaciro k'ubuzima



- ✓ Ubuzima butandukanya umubiri wapfuye n'umubiri muzima
- ✓ Umuntu muzima aharanira ubuzima ntaharanira urupfu
- ✓ Ubuzima ni impanoihebuje
- ✓ Ni inshingano ya buri wese kurinda no kwita ku buzima bwe ndetse nubwabagenzibe
- ✓ Buri cyemezo dufata kigira ingaruka ku buzima

d) Ibiyumvo by'urukundo



- Ni ibisanzwe kugira ibiyumviro by'urukundo cyangwa kumva ukunze umuntu agasa naho agukurura.
- Kandi nanone ni ibisanzwe kutagira ibyobyiyumviro.
- Urukundo rwerekana mu buryobwinshi butandukanye.
- Urukundo no kwita ku muntu ntibivuze kugirana imibonano mpuzabitsina.
- Kudakora imibonano mpuzabitsina ni bwo buryobwiza ku rubyiruko bwo kwirinda gusama n'indwara zandurirwa mu mibonano mpuzabitsina, nkavirusi itera SIDA.

e) Ibikunze gutera imyitwarire mibi murubyiruko:

- i. Kutagira amakuru ahagije kuri ibi bikurikira: a) uburenganzira bw'umuntu ku giti cye, b) Imyitwarire myiza n' Ingaruka zituruka ku myitwariremibi
- ii. Impamvu zishingiye kumutungo
- iii. Agakunguk'urungano
- iv. Inshingano umuntu ahabwa bitewe n'uko ari umukobwa cyangwa umuhungu
- v. Kutagira abantu b'intangarugero mubuzima
- vi. Kutagirana ibiganiron'ababyeyi

f) Imwe mu myitwarire idahwitse ishingiyeye ku gitsina:



- ✓ Gukora imibonano mpuzabitsina ukiri muto
- ✓ Gukora imibonano mpuzabitsina idakingiye
- ✓ Gukorana imibonano mpuzabitsina n'abantu batandukanye
- ✓ Kutiveza neza indwara zandurira mu mibonano mpuzabitsina igihe wazirwaye
- ✓ Kunywa no gukoresha ibiyobyabwenge
- ✓ Gukora imibonano mpuzabitsina ugamije indonke
- ✓ Gufata ku ngufu n'ibindi

g) Imwe mu myitwarire idahwitse ishingiyeye ku ikoresha ibiyobyabwenge:



Gukoresha ibiyobyabwenge bitera:

- ✓ Impanuka
- ✓ Kutabasha kwifatira icyemezo bishobora gushora umuntu mu mibonano mpuzabitsina idateganyijwe kandi idakingiye
- ✓ Gukora cyangwa gukorerwa ihohoterwa rishingiye ku gitsina
- ✓ Indwara zifata ibice bimwe na bimwe by'umubiri, kanseri, indwara z'umwijiman'izindi.
- ✓ Guteshuka ku nshingano z'umuryango
- ✓ Gusesagura umutungo w'umuryango
- ✓ Guhanwa n'amategeko nogufungwa

Ibivugwa bitari byo ku ku mibereho nimibanire

#	Ibivugwa bitari byo	Ibiri byo
1	Inzoga n'itabi ntabwo ari ibiyobyabwenge	Inzoga n'itabi minisiteri y'ubuzima ibishyira mu rwego rw'ibiyobyabwenge biciritse kuko nabyo bishobora kuba karande ku muntu kandi bikaba byashora umuntu mu gukora ibibi kandi atabanje gutekerezaho
U	Inzoga ntabwo yakwica	Hari ingero nyinshi mu rubyiruko rwagiye rwicwa n'ibibazo by'ubusinzi
3	Iyo umuntu yasinze bituma akora imibonano mpuzabitsina neza	Ntabwo ari byo, iyo umuntu yasinze, ubwonko bwe buba bwatakaje imbaraga bityo n'imbaraga zo gukora imibonano mpuzabitsina ziragabanuka

IKIGANIRO CYA 10: GUSOZA, NOGUKURIKIRANA IBIGANIRO KU BUZIMA BWIMYOROKERE

Intego: Kugirango ibiganiro bitangwa bigire kandi bigaragaze impinduka nziza mu myifatire no mu mikorere yurubyuko rwahawe ibiganiro nyubaka bushobozi.

Nkuko buri kiganiro gitangizwa no gusiza ikibanza, ni ko no mu gusoza hagomba kubaho kunoza cyangwa **finisaje**, nokwiha imihigo.

Gukurikirana ko ibiganiro byaznaye impinduka, amasoma mashya no kureba inzitizi zigihari nizindi zaba zaragaragaye. Ubu ni uburyo bushya butamenarewe (innovation) buzajya bwifashishwa mu bikorwa bwo gukurikirana ibikorwa byimishingwa irimo gahunda yubuzima bwimyorokere

Gukurikirana ibiganiro bizajya bitangwa ku buzima bwimyorokere mu rubyiruko bizajya bikorwa bu byiciro bitandukakanye nuburyo bukurikira:

- Gukora inama buri gihembwe abafatanyabikorwa bahura bakaganira, bahana amakuru ku mpinduka nziza zigenda zigaragara, inzitizi zagragaye ningamba zafatwa. Izinama zijyanye numwanzuro wavuye mu nama yahuje Resea des Femmes Rwanda women Network nindi miryango iterwa inkunga na Kvinna Till Kvinna ku bijyanye nubuzima bwimyorokere mu rubyiruko. Iyo nama yabaye taliki ya 24 Nyakanga 2020 yemeza iyi nyobora biganiri.
- Abahagarariye imishinga mu turere dutandukanye bazajya basuzuma ishyirwa mu bikorwa ku bijyanye n'ubuzima bwimyorokere bifashishije **UMUGEREKA 4**.

IMIGEREKA

UMUGEREKA 1: UBURYO BWO GUTEGURA, GUTANGA NO KUYOBORA IKIGANIRO NDETSE NO KUGIKURIKIRANA ISHYIRWA MU BIKORWA

1. Kwishyiriraho intego zikiganiro zumufasha myumvire mbere yo gutangira gutegura ikiganiro
2. Gukusanya nogusesengura amakuru yingenzi ajyanye nimiterere yahantu nabo ugiye guhura nabo no kubaganiriza
3. Kugaragaza neza nogusobanukirwa nibibazo mugiyeye kuganiraho werekana nicyo wifuza ko cyahinduka mu gihe nya nyuma yamahugurwa
4. Gusuzuma, imyumvire, ubumenyi abahugurwa bafite hafishishijwe ibibazo byihariye
5. Gukorera mu matsinda cyangwa kungurana ibitekerezo
6. Mu gusoza n'ukwerekana iby'ingenzi bukubiye mw'isomo
7. Umukoro wo kongera ubumenyingiro/guhanga udushya

UMUGEREKA WA 2: UBURYO IKIGANIRO NYUBAKABUSHOBOZI GITEGURWA NUBURYO GITANGWA

Intambwe yambere	Uyobora ikiganiro abanza gukusanya nogusesengura amakuru yingenzi ajyanye nibibazo byihariye bifitanye isano nubuzima bwabo ikiganiro kigenewe biri mu gace nibiranga abo agiye kuganiriza hazirikanwa umuco nimiterere yahantu itandukanye
Intambwe yakabiri	Gutegura incamake yiby azaganiraho bijyanye numutwe wikiganiro

Intambwe yagatatu	Kwibwirana nokumvikana ku ntego yikiganiro harimo kuzamura imyumvire, ubumenyi, ubumenyi ngiro
Intambwe ya kane	Guhitamo uburyo(methodology) buzakoreshwa bijyanye nimiterere yabagenerwa biganiro ndetse nigihe ikiganiro kiribumare
Intambwe ya gatanu	Gutangiza intego yikiganiro usanisha ubuzima bwimyororokere nubuzima bwa muri munsu(hifashishwa ingero zifatika ubuzima bwimyororokere nubuzima busanzwe.
Intambwe ya gatandatu	Gutanga ikiganiro mu buryo bwokungurana ibitekerezo
Intambwe ya gakarindwi	Kwakira ibibazo harimo nokureba impinduka ikiganiro kizanye mu myumvire no mu bumenyi
Intambwe ya munani	Umukoro wo kwitoza ibyo bungutse no kubibyaza ibisubizo{ icyo bagiye gukora umuntu ku giti cye cyangwa mu matsinda)

UMUGEREKA WA 3: ISUZUMA BUMENYI (IYO HAI IGIHE GIHAGIJE)

Ibibazo by'isuzuma bumenyi

Iri bazwa ryateguwe kugira ngo risuzume ubumenyi nibyo urubwirako rukeneye mbere yo gutangira amahugurwa ku buzima bw'imyororokere n'ibitsina n'uburenganzira. Si ngombwa kwandika izina ryawe kuri iki gipapuro. Iri suzuma rigize ni ibibazo 15 byemeza. Subiza wandika Y (Yego) na O (Oya) mu kadirishya kabugenewe kari kuri buri kibazo. Murakoze

IBIBAZO	IBISUBIZO
1. Ubugimbi n'ubwangavu ni ikigereranyo cy'imyaka 10-24	O
2. Ikintu cyihutirwa ku mukobwa urwaye ibishishi ni ugukora imibonano mpuzabitsina	O
3. Gushingira ku ngufu umwana w'umukobwa bibangamira uburenganzira bw'imyororokere n'ibitsina	Y
4. Umuco nyarwanda utuma tutavuga ibijyanye n'imyororokere	Y
5. Biteye isoni kuvga ko nagiye mu mihango	O

6. Imikurire y'abahungu igaragazwa no kumera kw'insya no gukura kw'imyanyandangabitsina	Y
7. Mu bugimbi, ingimbi zigira imihandagurikire igaragazwa n'ibishishi, kwirotaraho, kwikinisha no gukura kw'igitsina	Y
8. Mu bwangavu, abangavu bagira ibishishi, imihango no gukura kw'amabere	Y
9. Ubushuti ku muhungu n'umukobwa bakiri bato buba buganisha ku kuryamana	O
10. Biteye isoni ku mwangavu cyangwa ingimbi kugura agakingirizo	Y
11. Urubyiruko rugorwa no kuvuga ibijyanye n'imyororokere n'ibitsina	Y
12. Ababyeyi n'abarezi bafite uruhare runini mu bibazo urubyiruko ruhura nabyo bijyanye n'ubuzima bw'imyororokere	Y
13. Ababyeyi n'abarezi bagomba kubuza urubyiruko gukora imibonano mpuzabitsina nicyo kizakemura inda ziterwa abangavu.	O
14. Nta burenganzira umwangavu afite bwo kuvuga uwamuteye inda	O
15. Imirimo y'abahungu ni ya abakobwa ikwiye kubaho kandi ikaba itandukanye.	O

UMUGEREKA WA 4: GUKURIKIRANA IBIGANIRO BIMAZE GUTANGWA

1. *Nyuma yikiganiro umufashamyumvire atanga umukoro ufite intego igaragaza ibyo urubyiruko gukora cyangwa rugiyeye gukora mu buryo bushya buzana impinduka*
2. *Gusura amatsinda y' abitabiriye ibiganiro mu bikorwa bitandukanye , gusuzuma impinduka nibyo bagenda bageraho mu buryo buziguye nubutaziguye*
3. *Kureba ibyagezweho, inzitizi bahura nazo, amasomo bagenda biga, nuburyo bakoresheje bwogukemura ibibazo*
4. *Kungurana ibitekerezo ku byavuye muri 2 na 3 haruguru*
5. *Abafatanyaga bikorwa bakora inama zigihembwe bagahana amakuru ajyanye nimpinduka zigenda zigaragara mu bagenerwa bikorwa*
6. *Gushyiraho uburyo bushya bwogutanga raporo yerekana impinduka ibiganiro byazanye mu rubyiruko ku bijyanye naubuzima bwimyororokere*
7. *Gutegura inama ihuza amatsinda bakungurana ibitekerezo bitekerezo no gufata ingamba nshya*

