

# **INYOBORABIGANIRO IGENEWE**

# **ABAJYANAMA B'ISANAMITIMA**

**[COMMUNITY HEALING FACILITATORS]**

**MU MUSHINGA WO GUTEZA IMBERE ISANAMITIMA,  
IMIBANIRE MYIZA N'UBUDAHERANWA**



## Ijambo ry'ibazze

**Mizero Care Organization (MoC)** ni Umuryango utari uwa Leta ufile icyemezo cy'ubuzimagatozi N° 62/RGB/NGO/2017, washinzwe muri 2013 ufile intego yo gufasha umuryango nyarwanda cyane cyane urubyiruko gukira ibikomere, guhangana n'ibibazo byo mu mutwe biterwa n'ingaruka za Jenoside yakorewe Abatutsi mu 1994 no kwimakaza iterambere rirambye.

Iyi nyoborabiganiro yateguriwe abajyanama b'isanamitima **“Community Healing Facilitators”** babarizwa mu matsinda y'ubumwe n'ubudaheranwa n'abandi bose bazahugurirwa iyi gahunda ngo basobanukirwe ingaruka za Jenoside yakorewe Abatutsi mu 1994 ku buzima bwo mumutwe, no ku mibanire y'abantu n'uburyo bwo guhangana n'ibyo bibazo hagamijwe gusana imibanire mu kwiteza imbere no kwiyubakamo ubudaheranwa.

Iyi nyoborabiganiro ikubiyemo amakuru azagufasha kuyobora ibiganiro mu matsinda y'ubumwe n'ubudaheranwa no gukora ubukangurambaga ku ndwara zo mumutwe, ibzitera, uburyo bwo komora ibikomere no kwiyubakamo ubudaheranwa. Izajya kandi yifashishwa mu **Mugoroba w'Isanamitima** uzajya utegurwa ku rwego rw'Akagari no ku Mudugudu mu matsinda y'Ubumwe n'Ubudaheranwa hagamije guteza imbere imibanire myiza binyuze mu biganiro bivura.

Mu rwego rwo kugera ku ntego z'iyi gahunda, Abajyanama b'Isanamitima mu Kagari bazashyirwaho, banahugurirwe gukorana na Komite Nyobozi y'Umudugudu, n'uko batoranya abantu bakwiye kwitabwaho cyane kurusha abandi mu mudugudu bagaha raporo Umukozi wa Mizero Care Organization uzajya ukurikirana ubuzima bw'ayo matsinda. Muri uyu mushinga hazajya hategurwa ibihe by'ubuvuzi kuri abo bantu. Abaganga ba MoC bazajya bafasha Abajyanama b'Isanamitima babahugura kugira ngo babashe kuyobora neza ibiganiro by'isanamitima ku kagari no ku mudugudu. Hazashyirwaho kandi amatsinda ya mvura nkuvure (Community Healing Support Groups) yo kwiteza imbere no komorana ibikomere mu guteza imbere ubudaheranwa.

**MIZERO Iréné  
Umuyobozi Nshingwabikorwa wa Mizero Care Organization**

## IRIBURIRO

**Mizero Care Organization** yibanda kuri serivise z'ubuvuzi bw'ibibazo byo mu mutwe, gushyigikira uburezi mu rubyiruko rutishoboye ndetse no gufasha abagenerwabikorwa muri rusange kwiteza imbere no guteza imbere ubukungu bw'igihugu. Mu bikorwa byagiye bikorwa; MoC yibanda mu gufasha abantu bagizweho ingaruka na Jenoside bafashwakudaheranwa n'ihungabana, ipfunwe, agahinda ndetse no kwigunga ahubwo bakomorana ibikomere, bagakora ibibafasha kwiteza imbere muri rusange. MoC yibanda kandi ku bantu bafite ibibazo byo mu mutwe bifite inkomoko ku makimbirane yo mu miryango, indwara zidakira, n'ibindi. Ibyo bibazo bishobora kandi gutera agahinda gakabije (depression), guhangayika, n'ikoreshwa ry'ibiyobyabwenge nk'uko bigaragazwa na raporo za MoC.

Ishami rya Mizero Care Organization (MoC) ryita ku buzima bwo mu mutwe ryagaragaje ko mu mwaka wa **2021-2022** umubare munini w'Urubyiruko bahawe serivisi z'ubujyanama kubijyanye n'ubuzima bwo mu mutwe, n'abahawe ibiganiro kuguhangana n'ihungabana, kubaka amahoro n'umubano mu muryango, bafite imbagamizi zo kubura ahantu hisanzuye, hizewe ho kuvugira ibibazo byabo.

Ku bufatanye na Minisiteri y'ubuzima binyuze mu kigo cy' Ubuzima (RBC), ndetse Na Imbuto Foundation, Mizero Care Organization yagiye ikora ubukangurambaga kuguhangana na siterese, hashyirwaho n'umurongo utishyurwa **Vugukire Hotline 8050**, aho abantu bagenda bahabwa serivisi z'ubuzima bwo mumutwe hifashishijwe ikoranabuhanga. Urubyiruko rurenga 455 kandi rumaze gukurikiranwa mu rugendo rwo gukira ibikomere binyuze muri gahunda y'ubuvuzi bukorewe mu itsinda rito (Group therapy).

Muri gahunda zo kubaka amahoro n'ubudaheranwa mu muryango nyarwanda, Mizero Care Organization igira ibiganiro ngarukamwaka 'Sharing Joy Conference' ku nsanganyamatsiko zitandukanye. Iyi gahunda yatangijwe ku mugaragaro muri 2013, insanganyamatsiko yari "Guhangana n'ubwigunge" "Fighting Against Isolation", naho muri 2014 yari "Kwisobanukirwa" "Introspection". Mu mwaka wa 2017 insanganyamatsiko yari "Inzira yo gukira" "Recovering process". Ku nshuro ya kane muri 2022 yari "Wiceceka kuvuga ku bibazo byo mu mutwe" "Break the Silence of Mental Health Issues". Muri izo gahunda umuryango wagiye ukorana n'abandi bafatanyabikorwa.

Mu 2017 Nyakubahwa Jeannette KAGAME, Madamu wa Perezida wa Repubulika y'u Rwanda, yashimiye Mizero Care Organization (MoC) kubwo gufasha urubyiruko guhangana n'ibibazo by'ubuzima bwo mu mutwe, nk'ihungabana (PTSD) no gutanga umusanu mu iterambere ry'igihugu; abibahera igihembo cy'urubyiruko rw'indashyikirwa (Celebrating Young Rwandan Achievers: CYRWA) mu guhindura ubuzima bw'urungano. Ni mugihe kandi umuyobozi wa Mizero Care Organization yagizwe umwe mu barinzi b'Igihango anabihererwa icyemezo cy'Ishimwe ry'Ubumwe na Unity Club muri 2022. MoC izahora iharanira ko buri wese asindagizwa akava mu bwihebe akaba urumuri rw'icyizere cyo kubaho neza nyuma yo gufashwa gukira ibikomere byo kumutima.

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## IMIKORANIRE HAGATI Y'AMATSINDA Y'ISANAMITIMA

### N'UBUDAHERANWA N'INZEGO Z'IBANZE N'ABANDI BAKORERABUSHAKE

#### **Imikoranire n'inzego z'ibenze**

Inzego z'ibenze zifite inshingano yo gukurikirana imikorere y'amatsinda y'ubumwe n'ubudaheranwa, bakanasaba komite nyobozi kubaha raporo na gahunda z'ibyo bakora. Inzego z'ibenze zikwiye kubagira inama z'icyo bakora mugihе hari ibibazo byabajijwe bitagombera gutegereza umukozi wa Mzero Care Organization.

#### **Imikoranire y'amatsinda y'isamnitima n'ubudaheranwa n'izindi nzego z'abakorerabushake**

Mu mudugudu habamo izindi nzego zitandukanye zisanzwe zifasha abaturage harimo abajyanama b'ubuzima, abahagarariye urubyiruko, inama y'abagore, n'izindi. Ni ngombwa ko bakorana bya hafi na komite nyobozi z'amatsinda y'ubumwe n'ubudaheranwa kugira ngo babafashe gutanga amakuru n'amatangazo ya gahunda z'amatsinda. Mu gihe bifusa kandi kugira icyo bamenyesha abagize itsinda, bagomba kubimenyesha umuyobozi w'itsinda nawe akamenyesha abagize komite, bizajya bishyirwa kuri gahunda y'umunsi maze ushaka gutanga itangazo ahabwe umwanya ukwiriye.

Inyoborabiganiro igizwe n'ibiganiro umunani: buri kiganiro gitangizwa n'umwitoto ufasha abagize itsinda kugaragaza icyo batekereza ku nsanganyamatsiko yateguve, kigasozwa no gufata ingamba ndetse n'umukoro wo mu rugo.

**IKIGANIRO CYA 1:** Amateka y'u Rwanda: ibyaranze amateka y'u Rwanda n'ibikomere biyakomokaho

**IKIGANIRO CYA 2:** Gusobanukirwa ibikomere byo ku mutima n'ingaruka zabyo mu muryango nyarwanda

**IKIGANIRO CYA 3:** Imvano y'ibikomere byo ku mutima

**IKIGANIRO CYA 4:** Indwara zo mumutwe, n'uburyo bwo gufasha umuntu ufite ibimenyetso by'izo ndwara

**IKIGANIRO CYA 5:** Inzira yo gukira ibikomere

**IKIGANIRO CYA 6:** Gutekereza bisesengura

**IKIGANIRO CYA 7:** Gukemura amakimbirane mu buryo budahutaza

**IKIGANIRO CYA 8:** Kubaka ubudaheranwa

Kuri buri Kiganiro, urasangamo imyitoto yo mu matsinda cyangwa y'umuntu ku giti cye izafasha abitabiriye ibiganiro gushyira mu bikorwa ibyo baganiriye. Buri mwitoto utangirana n'incamake y'intego y'igikorwa, igihe umwitoto umara n'ibikoresho bikenewe. Ibyo bikurikirwa n'amabwiriza mu magambo arambuye kuri buri mwitoto abitabiriye ibiganiro bashobora kureberaho mu gihe cyose cy'ikiganiro.

**Icyitonderwa:** si ngombwa ko buri gihe ibi biganiro bihuza abari mu matsinda. Hakurikijwe ikigamijwe, uyobora ibiganiro ashobora kwifashisha aka gatabo agatanga kimwe mu biganiro bikagize muri za gahunda zifashaabantu gusana imibanire no kubaka ubudaheranwa. Gusa igihe biyemeje kugira ibiganiro mu itsinda rihoraho ni byiza koibi biganiro bikurikirana uko byateguve muri iyi nyoborabiganiro.

## II ISUZUMA RY'UBUZIMA BWO MU MUTWE, IRY'IMIBEREHO N'IMIBANIRE Y'ABATURAGE BAGIZE AMATSINDA Y'ISANAMITIMA (screening)

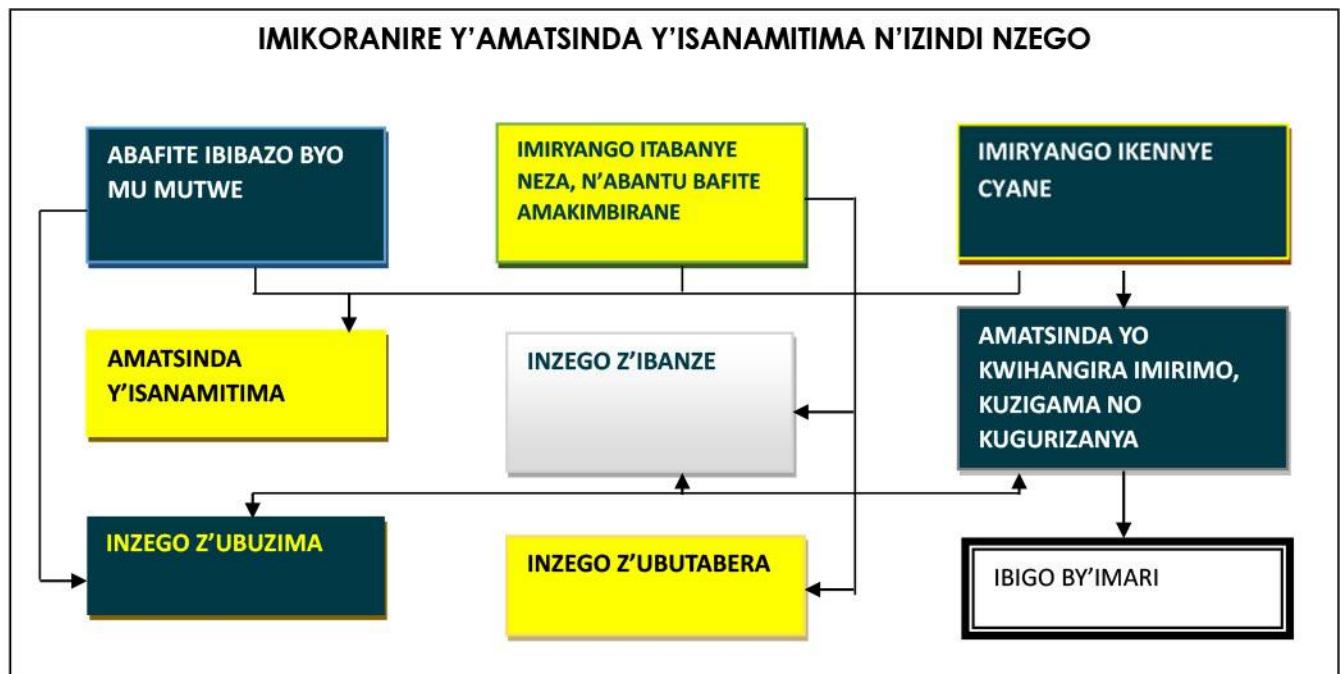
Mizero Care Organization ifatanije n'inzego z'Ibanze n'abandi bafatanyabikorwa ba Leta, izategura ibiganiro bihuza abaturage bivuga ku buzima bwo mu mutwe ndetse habeho no gusuzuma abaturage mbere yo kubashyira mu matsinda y'isanamitima.

Mizero Care Organization izakora amatsinda 4 muri buri kagari ikoreramo. Itsinda rigizwe n'abantu 15. Ibi bizakorwa mu tugari twatoranijwe ku bufatanye n'Uturere aho umushinga ukorera; Gasabo, Gicumbi na Kamonyi.

MoC izakora isuzuma ry'abaturage bazashyirwa mu matsinda mbere na nyuma yo gushyira mu bikorwa gahunda z'ibiganiro mu matsinda hifashishijwe Ikiganiro (screening tool) ku mugereka w'iyi nyoborabiganiro.

### UKO AMATSINDA AKORWA N'UBURYO BWO GUFASHA ABAYAGIZE KWIVANA MU BUKENE NO GUHABWA UBUFASHA BUHURA N'IBIBAZO BYIHARIYE BAFITE

Abantu bazahabwa amatsinda hakurikijwe ibibazo bagaragaje mu isuzuma bazakorerwa;



### III

### IBYITABWAHO MU GIHE UYOOBOYE IKIGANIRO

Iyo ukurikiye iyi gahunda, byaba byiza wihaye igihe gihagije cyo kunyura mu kiganiro cyose no gukora imyitozo yose yateguwe no kwakira ibitekerezo by'abitabiriye, ukayobora itsinda ufite amakuru ahagije ku kiganiro.

Nk'uko byagiye bigaragara igihe Mizero Care Organization yabaga itanga bene ibi biganiro, dusanga bimwe mu biganiro bikunze gutera ibiyumviro/amarangamutima mu bitabiriye ibiganiro; benshi aho bibuka ibihe bibi banyuzemo n'umuryango wabo n'inshuti zabo, ukabona byabateye uwomba bikabahungabanya, abandi bakarira bagashaka no kwiheza.Kubera iyo mpamvu rero, twabagira inama ko ibi biganiro byakorwa mu bihe bitandukanye kandi igihe amarangamutima yabaye menshi mukaba mushobora no guhagarika ikiganiro.

Umujuyanama w'isanamitima (**Community Healing Facilitator**) ashobora kuyobora ibiganiro ariko ntiyemerewe gukora ubujiyanama bw'umuntu ku giti cye. Iyo bibaye ngombwa ko umwe mu bitabiriye itsinda ry'ibiganiro, cyangwa ahabereye ibiganiro agaragaza ibimenyetso bikomeye by'ihungabana, Umujuyanama w'isanamitima amugira inama yo kugana serivise z'ubuvuzi zimwegereye akaba yanamuherekezayo cyangwa undi mu bayobozi b'itsinda ry'ubudaheranwa.

Umujuyanama w'isanamitima (**Community Healing Facilitator**) utanga ikiganiro mu itsinda agomba kumenya ko adakwiye kuba wenyine, agomba kuba afite umwungirije atari uwo kugufasha gukora raporo y'ibiyavuye mu kiganiro gusa ahubwo ushobora no kumwunganira igihe umwe mubagize itsinda agize ikibazo. Mbere yo gutangira ikiganiro, uganira n'abakitabiriye mugategurira hamwe gahunda ijyanyen'ibyifuzo byabo.

### IBITEGANIJWE GUKORWA N'UYOBOYE IKIGANIRO

#### Mbere yo gutangira ibiganiro:

- Ni ngombwa kubahiriza gahunda yateguwe na Mizero Care Organization ifatanije n'abandi bafatanyabikorwa bo muri uwo murenge kandi bakamenyeshwa
- Fatanya n'inzezo z'ubuyobozi mu Kagari gushaka no gutegura aho ibiganiro bizabera,
- Tumira abagize itsinda ry' ibiganiro mbere y'uko umensi ugera, ubibutse kuzaza bitwaje ibyangombwa byabo bigendanye n'ubwishingizi bw'indwara, n'amakayi cyangwa ahandi bashobora kwandika kuba bishoboye.
- Tegura impapuro n'ibindi bikenerwa kwandikwaho, tegura inyoborabiganiro aho zikenewe.

#### Mu gihe ibiganiro biri gukorwa:

- Kubera ko ibi biganiro bikora ku buzima ndetse n'ibiyumviro by'abantu, ni ngombwa kuba muri babiri buri gihe cyangwa murenze uwo mubare kugira ngo mufashanye guha abantu serivisi zihuse.
- Ugomba Kandi kwitegura gufasha uwagira ikibazo icyo aricyo cyose cyamubuza gukurikira neza ibiganiro; no kubungabunga imibereho myiza y'abari mu biganiro.

#### Icyitonderwa:

Buri gihe nyuma y'ikiganiro ni ngombwa kubaza abakitabiriye uko bacyumvise, icyo cyabafashije ku giti cyabo, icyo bigiyemo n'uko biteguye gukoresha ubumenyi bavanye mu kiganiro.

## Ibiganiro bitegurwa mu matsinda bigamije gufasha ababyitabira:

- Kuganira ku bikomere mu muryango nyarwanda, ibihe by'ingenzi mu mateka y'u Rwanda; uko ubuyobozi mu Rwanda bwari buteye mu bihe bitandukanye, ibyarangaga imibanire y'abanyarwanda, ibyagiye bihuza abanyarwanda, ibyatandukanije ndetse bikanangiza umubano bari basanganywe, ibikomere by'umutima bafite bikomoka ku mateka, komora ibikomere no kwiyubakamo ubudaheranwa.

Igihe cyose utekereza gutanga ikiganiro cyangwa gushyiraho itsinda ry'ubumwe n'ubudaheranwa aho utuye banza wibaze ikibazo uje gukemura; ese abantu ushaka guhuza ni bantu ki? Bafite iyihe mibereho? Basanzwe babigenza bate iyo basubiza ibibazo bahura nabyo mu buzima; n'izihe mbogamizi ubona ku bwawe. Abahurira mu itsinda ry'ibiganiro bagomba kuba bose babyemera kandi basobanukiwe n'icyo kuba mu matsinda bizabamarira.

Igihe cyose utangiye ikiganiro jya ugaruka ku ntego z'itsinda ry'ubumwe n'ubudaheranwa no ku mahame mwiyemeje kugenderaho kugira ngo bifashe abagize itsinda kugira gahunda. Umujyanama w'isanamitima agomba kuba intangarugero kubyo asaba abandi gukora. Nko kubaha igihe, kugira ibanga no kwemera ibitekerezo by'abandi atabacira urubanza.

Izi nyigisho zateguwe muri aka gatabo zagaragaje umusaruro wavuye mu inararibonye Mizero Care Organization yakuye mu biganiro bivura yagiye ikorera abagenerwabikorwa bayo cyane urubyiruko banyuze muri gahunda y'urugendo rwo gukira ibikomere binyuze mu matsinda mato (Group therapy). Niyo mpamvu nawe usabwe kuzakurikiza izi nyigisho uko zikurikiranye.

Ni byiza gukurikiza uruhererekane rw'uko inyigisho zikurikirana kandi ukirinda gushyiramo izindi ngero zitandukanye n'izatanzwe kuko ibiganiro bivuga ku buzima bw'abantu, bityo bikoranwa ubushishozi ngo hatagira amakuru atangwa uko atari.

### Icyitonderwa:

Igihe cyose ugiye gutanga ikiganiro, ibuka kuvuga kubyo mugije kuganiraho uwo munsi n'igihe ikiganiro kimara. Ibuka gusobanurira abagize ikiganiro gahunda ikurikizwa, unabateguze ibiteganijwe gukorwa aho bishoboka, nko gukora raporo y'uko ikiganiro cyagenze handikwa abitabiriye, hanafatwa amafoto aho biri ngombwa kandi bitabangamiye imigendekere myiza y'ikiganiro.

## Ibikubiyemo

Iki gice gifasha kugaragaza intego nyamukuru n'intego zihariye z'ikiganiro, kwibwirana, kumenyana no gusangira ubunararibonye bafite mu byerekeranye, ubumenyi n'imyumvire, ku bijyanye n'isanamitima, imibanire myiza n'ubudaheranwa. Iki gice kandi gifasha umuyobozi w'Ibiganiro gusuzuma ubumenyi, imyumvire, impungenge abahugurwa bafite n'icyo biteze kungukira mu kiganiro mu itangiriro ryacyo kugira ngo batangirane umurava bazarinde barangiza gahunda y'ibiganiro.

## Intego nkuru

Kongera imyumvire, n'ubumenyi bw'abahugurwa ku bijyanye n'isanamitima, imibanire myiza n'ubudaheranwa.

## Intego zihariye:

- Kunguka ubumenyi ku mateka y'u Rwanda yarugejeje kuri Jenoside yakorewe Abatutsi mu 1994 n'ingaruka zayo ku banyarwanda, zirimo ibikomere bitandukanye n'uburyo bwo gukira ibyo bikomere.
- Gusobanukirwa ibikunze gutera ibikomere byo ku mutima.
- Kwigisha zimwe mu ndwara zo mu mutwe n'uburyo bwo gufasha umuntu ufile ibimenyetso by'izo ndwara.
- Kwigisha gutekereza bisesengura no gukemura amakimbirane mu buryo budahutaza bigamije kubaka imibanire myiza mu bantu.
- Gusobanukirwa neza akamaro k'amatsinda y'ubudaheranwa muguteza imbere imibanire myiza n'isanamitima n'ubudaheranwa mu banyarwanda.
- Gufasha abagize itsinda kumenya neza uruhare rwabo, no kugaragaza icky bagiye gukora bashyira mu bikorwa ibyo bungukiye mu matsinda, bafasha imiryango yabo guhangana n'ibibazo bishamikiye ku ngaruka za Jenoside yakorewe Abatutsi mu 1994.

### Iki gice kigizwe n'intambwe eshatu.

#### Intambwe ya 1:

Kwibwirana no kumenyana kubagize itsinda.

#### Intambwe ya 2:

Gusuzuma ibyo biteze kungukira mu mahugurwa n'ibiganiro bizabera mu itsinda.

#### Intambwe ya 3:

Kwishyiriraho amabwiriza azatuma amahugurwa acungwa neza kandi bakayagiramo uruhare bishimye bafite umurava, n'ituzebihagije.

## Intambwe ya 1: Kwibwirana no kumenyana (iminota 15)

Abantu bibwirana mu buryo butandukanye; ubumenyerewe ni aho abantu bavuga amazina aho batuye n'icyo bakora, ariko umujyanama w'isanamitima ashobora kubikora mu buryo butandukanye n'ubusanzwe bumenyerewe. Akoresha uburyo butuma abagize itsinda babasha kuvuga bimwe mu bibaranga byababayeho, cyangwa ibyo batekereza bikazagirira akamaro abagize itsinda mu rugendo rwo komorana ibikomere no kudaheranwa.

Umujuyanama w'isanamitima avuge ngo:

Tugije kwibwirana tugerageza kuzuza interuro zikurikira.

Hano hari uburyo abantu bagije kwibwirana.

1. Saba abantu gukora amatsinda ya babiri.

2. Babwire babazanye ibintu 5 bimubangamira n'ibindi bitanu bakunda, harimo n'ikintu gitangaje cyaba cyarababayeho mu buzima. (Buri wese abaze mugenzi we, mu gihe kingana n'iminota itanu)

3. Saba buri wese kubwira abandi mugenzi we.

4. Buri wese agomba kugira icyo avuga ku byo abantu batandukaniyeho, n'ibyo bahuriyeho nyuma yo kwibwirana.

5. Gushima ibyo tumaze kumenya kuri bagenzi bacu bitandukanye, no gushima intambwe y'ubucuti n'ubuvandimwe itangiye kugerwaho. Gushishikariza abagize itsinda kumenya amazina ya bagenzi babo no kuyakoresha mu gihe cyose bazamarana.

### **Intambwe ya 2: Gusuzuma ibyo abagize itsinda bifuza kungukira mu biganiro (Imihigo y'itsinda) (Iminota 30)**

Abagize itsinda iyo bashoboye kwandika, bahabwa udupapuro bagasubiza ibibazo bikurikira:

o Ni iki wifuza kurushaho kuzamenyera muri iri tsinda?

o Ni ubuhe bumenyi-ngiro wifuza kungukira muri aya mahugurwa mu rwego rwo kurushaho kugira uruhare mu gukemura ibibazo bishamikiye ku ngaruka za Jenoside yakorewe Abatutsi mu 1994?

o Ni izihe mpungenge ufite mu guharanira no kubaka ubumwe n'ubudaheranwa bw'abanyarwanda?

- Abagize itsinda bagurana udupapuro banditseho buri wese agasoma ibyifuzo bya mugenzi we; Umufashamyumvire (umujuyanama w'isanamitima) 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'umujuyanama w'isanamitima.
- Umujuyanama w'isanamitima asoma ibyo buri wese yanditse barangiza bakarebera hamwe ibyo itsinda ryashobora gufasha n'ibyo ritashobora. Ibyo bituma buri wese amenya uko azava mu itsinda amerewe.
- Nyuma yo guhuriza hamwe ibitekerezo, ibyitezwe kuva mu mahugurwa biramanikwa bikabikwa neza, bakajya babirebaho biyibutsa imihigobihaye.

*Buri wese namara gusubiza, vuga intego ya gahunda yo komora ibikomere, n'ubudaheranwa; usubize ibibazo byose ndetse ugerageza gusobanura amagambo n'interuro byaba bitumvikanye neza.*

**INGINGO Z'INGENZI ZISHOBORA GUFASHA UMUJYANAMA W'ISANAMITIMA  
GUTANGA AMAKURU Y'INYONGERA KUBYAGANIRIWE.**

o Buri wese agomba kumenya intego itsinda rizamugezaho kugira ngo bigabanye ikizere gikabije cyo gukemura ibibazo byose abagize itsinda bashobora kuba bafite. Bifasha kandi kubaka ubushobozi bw'abagize itsinda mukongera kurema imbaraga bifitemo zo gusubiza ibibazo bahura nabyo mu buzima.

**INTEGO Y'ITSINDA**

- o Gushyiraho urubuga rutuma abagize itsinda bisanzura, bakavuga ibyagiye bibakomeretsa ndetse n'ibantu bidasanzwe bivugirwa mu ruhame.
- o Urubuga rufite amahame arugenga nk'uko byavuzwe mu nteruro zibanza.
- o Iyo umuntu avuga ubuzima bwe niwe uba ubuzi kurusha abandi. Ntawe ufile uburenganzira bwo gushaka gusobanura ubuzima bw'undi cyangwa kujora amateka undi yanyuzemo.
- o Urubuga rufasha abarugize kongera kubaho badaheranwe n'ibyabakomerekeje, no gushobora kongera kubana n'abandi mu buryo butabaremereye.
- o Urubuga rufasha abarugize kugira ubushobozi bwo gukemura amakimbirane mu buryo buhadutaza.

**Intambwe ya 3: Kwishyiriraho amabwiriza agenga itsinda**

Abahugurwa kandi bishyiriraho amabwiriza azatuma amahugurwa ayoborwa neza kugira ngo imihigo bihaye igerweho mu ituze no mu bwisanzure. Umujyanama w'isanimitima abaza ikibazo kigamije kugaragaza ibikurikira;

**1. Amabwiriza/amahame ngenderwaho mu mahugurwa**

- Ibyo abagize itsinda bagomba gukora kugira ngo amahugurwa agende neza.
- Ibyo abahugurwa bagomba kwirinda mu gihe bateranye mu itsinda.
- Ibyo biyemeje gukora n'ibyo bagomba kwirinda biremezwa bikamanikwa aho buri wese abibona buri uko itsinda riteranye.

**UKO UMWITOZO UKORWA:**

1. Kumanika igipapuro (niba hari igihari) buri wese akagira uruhare rwo gushyiraho ihame atekerezako ryafasha itsinda ryabo kugenda neza.

## **INGINGO Z'INGENZI ZISHOBORA GUFASHA UMUJYANAMA W'ISANAMITIMA GUTANGA AMAKURU Y'INYONGERA KUBYAGANIRIWE.**

- Kubw'ubusugire bw'itsinda, ni ngombwa ko abagize itsinda bemeranya ku mahame

Dore amwe mu mahame rusange; gusa ntagarukiye kuri aya akurikira

- Kugira ibanga.
- Kumva no kubaha uburenganzira bw'abandi.
- Gusobanukirwa ibintu byose byagira ingaruka ku muntu wakomeretse.
- Kudacirana urubanza.
- Gutega amatwi mugenzi wawe.
- Gusobanukirwa icyo undi ashatse kuvuga naho yaba atavuze (uwiruhukije, uhigimye, yimyoje... ).
- Kugira kwihangana no kwihanganirana.
- Gusobanukirwa imyitwarire ya kimuntu ikenewe muri bagenzi bawe.
- Kwizerana mu bagize itsinda.



## **2. Abayobozi b'itsinda**

Nyuma y'umwitozo abahugurwa bitoranyamo ababahagararira bashinzwe iyubahiriza ry'amabwiriza bishyiriye, no kuvuga ibiganiro bizatangwa mu itsinda na gahunda yose y'ibiganiro bizatangwa mu gihe cy'amahugurwa y'abagize itsinda.

**Imbonerahamwe ya 1: Gusuzuma ibizakenerwa n'abahugurwa****UMUSARURO WITEZWE KUVA MU ITSINDA****UBUMENYI****IMYUMVIRE****UBUMENYI-NGIRO**

**Icyitonderwa:** Shushanya iyi mbonerahamwe, maze mwuzuzemo ibyo abagize itsinda bivugiyi ubwabo

## **Ikiganiro cya 1: AMATEKA Y'U RWANDA: IBYARANZE AMATEKA Y'U RWANDA N'IBIKOMERE BIYAKOMOKAHO**

### **1.1. Gusesengura ibyaranze amateka y'u Rwanda**

#### **Umwitoto**

INTEGO:	UBURYO	IGIHE:	IBIKENEWE
Uyu mwitoto urafasha mu kongerera abahugurwa n'ubumenyi ku bijyanye n'ibyaranze amateka y'u Rwanda harimo Jenoside yakorewe Abatutsi, n'ingaruka zayo.	Gukoresha ibibazo n'ibisubizo	Iminota 20	Impapuro zo kwandikaho n'amakaramu.

#### **UKO UMWITOZO UKORWA:**

1. Gusaba abantu batatu kujya hamwe
2. Kubasobanurira uburyo bagiye kuganira

#### **Ibibazo**

- Buri wese arabaza undi ati: Ni iki uhita utekereza iyo bavuze amateka yaranze u Rwanda kugeza ubu?
  - Ni ibiki byiza n'ibibi wibuka mu mateka yaranze u Rwanda?
- Nyuma y'iminota 20 abagize itsinda baragaruka basangize abandi icy'ingenzi bazi ku mateka yaranze u Rwanda, banavuge ibibi n'ibiza byayo.

#### **1.1.1 Ingingo z'ingenzi zifasha umujyanama w'isanamitima kugira icyo yongera ku byavuzwe**

abantu bagira amateka kubera ko bariho, kandi ntanubwo amateka yabaho hatariho abantu. Nibiza ko tumenya amateka yacu nk'abanyarwanda kuko asobanura ibyabaye akanadufasha kuyigiraho, tugafata ingamba nziza zo kwiyubakira igihugu nyuma y'uko gisenywe na Jenoside yakorewe Abatutsi mu 1994. (NURC,2016)

Nk'uko impuguke zagiye zitanga ibiganiro muri Minisiteri y'Ubumwe bw'Abanyarwanda n'Inshingano mboneragihugu (MINUBUMWE) zigenda zibivuga, amateka abanyarwanda banyuzemo yagiye arangwa n'ibihe by'akaga gakomeye kabateye ibikomere byo mu mutima. Intambwe imaze guterwa mu kongera gusana imibereho y'abanyarwanda yari yarashegeshwe n'ayo mateka ashariyiye irashimishije. Ibyo bifasha buri wese gukomeza urugamba rwo gukira no gusigasira ubuzima bw'umuryango Nyarwanda. Ariko kandi sosiyete nyarwanda iracyafite urugendo rwo gukira no kwiyubaka kuko ibikomere bikigaragara hirya no hino.

Amateka y'u Rwanda ari mu bice bitandukanye: Mbere y'ubukoroni, Mu gihe cy'ubukoroni na nyuma yaho, Jenoside yakorewe Abatutsi ndetse n'igihe cyo kongera kwiyubaka nk'Abanyarwanda.

U Rwanda rufite amateka yihariye kubera Jenoside yakorewe Abatutsi mu 1994. Jenoside yasenye igihugu, ibyo byatumye Leta y'Ubumwe bw'Abanyarwanda ishyiraho ingamba zo guhangana n'ingaruka za Jenoside; Inkiko Gacaca, Komisiyo y'Ubumwe n'Ubwiyunge, Urugendo rwo Kwibuka (Walk to Remember), hubatswe inzibutso za Jenoside hirya no hino mu Gihugu, hashyirwaho Komisiyo ishinzwe kurwanya Jenoside (CNLG), na politiki y'ubumwe.

Imiyoborere mishya yashyizweho na Leta nyuma ya Jenoside yakorewe Abatutsi mu 1994, na Komisiyo y'Ubumwe n'ubwiyunge ni zimwe mu ngamba zafashwe zo kongera kwiyubaka no gusana imibanire yari yarasenye n'ivangura rishingiye ku moko n'uturere ndetse na Jenoside ubwayo (**NURC, 2010 pg.86**).

### **1.1.2 Intambwe ziganisha ku bugizi bwa nabi ndengakamere na Jenoside**

Nk'uko zasobanuwe na Ervin Staub, byashyizwe mu nyandiko na Aegis Trust, izi ni intambwe ziganisha ku bugizi bwa nabi ndengakamere na Jenoside;

1. Ibibazo by'imibereho
2. Kurema amatsinda
3. Kwitana nyirabayazana
4. Guhezwa
5. Umurongo w'ibitekerezo bisenya
6. Kurebera ibikorwa by'ubugizi bwa nabi
7. Amateka y'akarengane k'itsinda runaka
8. Ikoreshwabuhumyi
9. Kwamburwa ubumuntu
10. Ubugizi bwa nabi ndengakamere: guteshuka

### **1.1.3 Ingaruka za Jenoside**

Nk'uko zasobanuwe na Ervin Staub, byashyizwe mu nyandiko na Aegis Trust, izi ni intambwe ziganisha ku bugizi bwa nabi ndengakamere na Jenoside;

Umuntu ku giti cye/ Ingaruka ku mubiri no ku marangamutima	Ingaruka ku mibanire n'abandi n'ubukungu	Ingaruka ku rwego rw'igihugu	Ingaruka ku rwego rw'isi muri rusange
Ubumuga bw'umubiri: imvune zidakira, ubumuga bwo kutumva cyangwa kutabona, gufatwa ku ngufu, Uburibwe budashira, Guhangayika, agahinda gakabije, ihungabana, ikoreshwa ry'ibiyobyabwenge kuburyo bukabije.	Ubuhunzi, Ikimwaro n'ipfunwe, Kubura imirimbo, Isenyuka ry'ibikorwaremezo, itotezwa ry'abarakotse Jenoside bangirizwa ibyabo cyangwa bagashyirwaho iterabwoba.	Ibibazo byo mu mutwe bibangamira gahunda z'igihugu nka politiki y'ubumwe n'Ubwiyunge, Umubare munini w'abafungiwe mu igorero hirya no hino mu gihugu.	Ihakana n'ipfobya rya Jenoside, Gutsindwa kw'imiryango mpuzamahanga ku kuzuza inshingano zabo zo kurengera uburenganzira bw'ikiremwa muntu, Urukiko Mpuzamahanga Mpanabyaha rwashyiriweho u Rwanda (ICTR), Amahanga ananiwa kuzana imbere y'ubutabera abakurikiranweho kugira uruhare muri Jenoside.

#### **1.1.4 Umwihariko w'ibikomere by'u Rwanda byatewe na Jenoside yakorewe Abatutsi muri 1994;**

- Gupfusha abantu benshi icyarimwe mu gihe gito cyane.
- Urupfu rutunguranye kandi rurangwamo iyicarubozo rikomeye.
- Kwicirwa n'abo umuntu atacyekaga ko bamugirira nabi.
- Kutabona umwanya wo kunamira abawe kubera kubura umutekano.
- Kubura uwagufata mu mugongo kuko buri wese yakizaga amagara ye.
- Kumara igihe kirekire munsi y'inkota umuntu atazi niba arokoka.
- Kubona abawe bicwa udashobora kubatabara.
- Guteshwa agaciro no gushinyagurirwa n'abakagombye kukurengera.
- Kutagira uburenganzira bwo gushyingura uwawe.
- Kutamenya irengero ry'abawe, ntumenye aho baguye.
- Kunyagwa ibyawe nkaho nta tegeko rikurengera.
- Gutereranywa, guhabwa akato, kubura kivurira umuntu azira uko Imana yamuremye.
- N'ibindi byinshi...

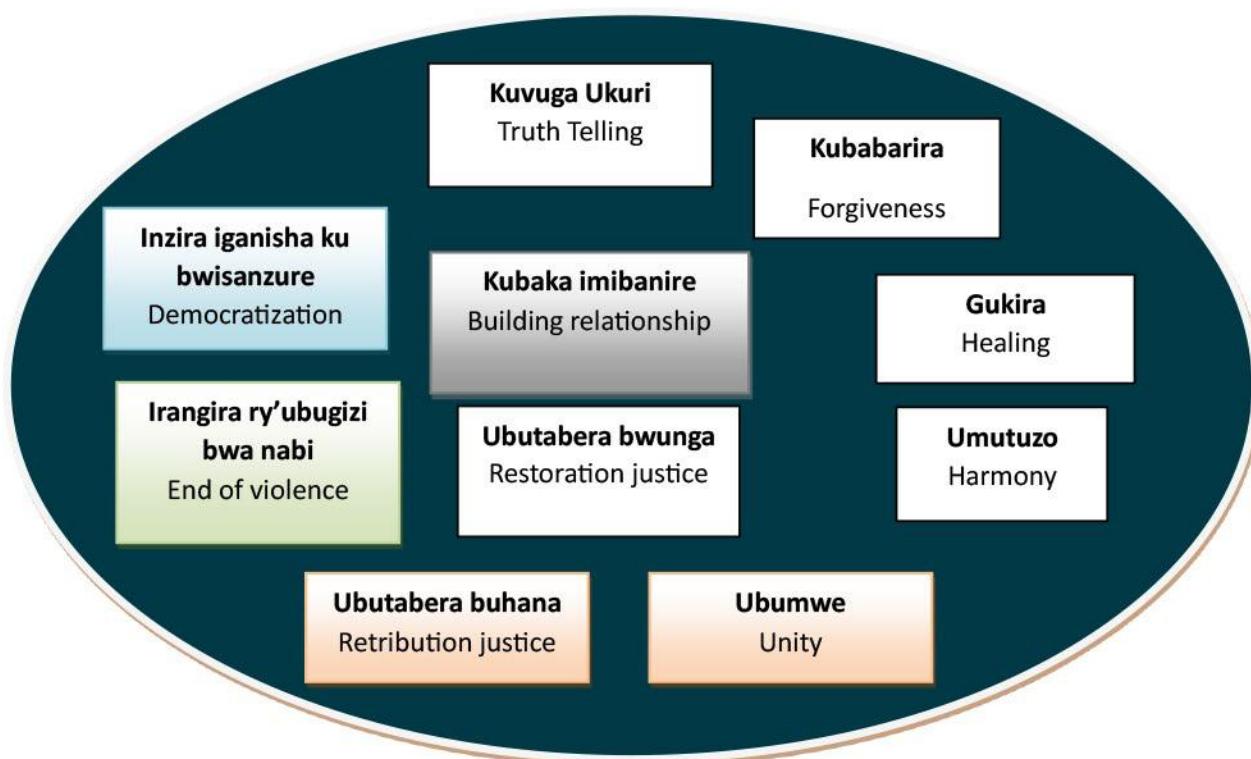
#### **1.1.5 Intambwe ziganisha kukugirira abandi neza**

Izi ntambwe zasobanuwe na Thomas Vincent Flores ashingiye ku bushakashatsi bwakozwe na Ervin Staub, byashyizwe mu Kinyarwanda na Aegis Trust

1. Kewishanya
2. Gufungukira abandi
3. Kwakira: kumva no kwemera undi nk'uko ari
4. Kubaha ibitekerezo by'abandi
5. Kugira impuhwe
6. Kwita ku bandi
7. Kugira ubusabane
8. Kumva uri mumuryango mugari
9. Kugaragariza abandi urukundo
10. Kugira amahoro: kubana n'abandi mu mutuzo, nta makimbirane, impagarara cyangwa urwikekwe.

Uru ni urugendo rufata igihe **(Aegis Trust/ Rwanda Peace Educational Program, 2013)**

### 1.1.6 Intambwe ku gihugu mu kwiyubaka mu mibanire nk'uko byavuzwe na Trudy Govier



### 1.1.7 Ingamba zijiyaney n'ikiganiro cya 1 n'umukoro ukorerwa mu rugo

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba zijiyaney n'ibyo baganiriye.

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera, bigamije kugirira abandi neza no kwiyubaka mu mibanire myiza?

## **Ikiganiro cya 2: GUSOBANUKIRWA IBIKOMERE BYO KU MUTIMA N'INGARUKA ZABYO MU MURYANGO NYARWANDA**

### **2.1. GUSESENGURA IBIKOMERE BYO KU MUTIMA**

#### **UMWITOZO WA MBERE**

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urafasha mu kongerera abagize itsinda ubumenyi ku bijyanye n'ibikomere byo ku mutima biri mu muryango nyarwanda.	Gukoresha ibibazo n'ibisubizo.	Iminota 30	Impapuro zo kwandikaho.

#### **UKO UMWITOZO UKORWA:**

1. Gusaba abantu batatu kujya hamwe
2. Kubasobanurira uburyo bagiye kuganira

#### **Ibibazo**

• Buri wese arabaza undi ati: Iyo bavuze ibikomere byo ku mutima wumva iki?  
 Nyuma y'iminota 20 abagize itsinda baragaruka basangize abandi inshamake y'ibyo baganiriye bijyanye n'icyo bumva iyo abantu bavuze ibikomere byo ku mutima.

#### **UMWITOZO WA KABIRI**

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urafasha abari mu itsinda kongera gutekereza ku bikomere bafite n'ingaruka zabyo kuri bo.	Gukoresha ibibazo n'ibisubizo	Iminota 30	Impapuro zo kwandikaho.

#### **UKO UMWITOZO UKORWA:**

3. Gusaba abantu batatu kujya hamwe
4. Kubasobanurira uburyo bagiye kuganira

#### **Ibibazo**

- Hari abandi bantu ujya ubona bafite ibikomere aho utuye?
- Ubwirwa ni iki ko umuntu afite ibikomere byo ku mutima?
- Ni ibiki wumva byagukomerekeje mu buzima bwawe?
- Byakugizeho izihe ngaruka?

Buri tsinda riragaruka nyuma y'iminota makumyabiri (20) risangize abandi ibyo babonye nk'ibikomere n'ibimenyetso biranga umuntu ukomeretse ku mutima, banavuge ibyabakomerekeje n'ingaruka byabagizeho.



### **INGINGO Z'INGENZI:**

Igikomere cyo ku mutima ni uko umuntu yumva amerewe mu mutima bitewe n'ishyano ryamuguyeho (ibihe bikomeye) akenshi bikarenge ubushobozi bwe bwa kamere bwo guhangana n'ibibazo ahura na byo mu buzima bwa buri munsi. Ibikomere byo ku mutima ni ikibazo gikomeye mu gihugu cyacu.

### **2.2 IBISHOBORA GUTERA IBIKOMERE:**

- Gufatwa ku ngufu no gushinyagurirwa (gusambanya ku ngufu cyangwa ibindi bijyanye n'imbonano mpuzabitsina ku ngufu),
- Kubona uwawe afatwa ku ngufu cyangwa bakorera undi muntu cyane uwo mufitanye isano ibindi biteye isoni bijyanye n'imbonano mpuzabitsina,
- Gukubitwa cyangwa gusagarirwa ku mubiri,
- Kubona aho umuntu asagarirwa ku mubiri cyangwa akubitwa,
- Gukomeretswa bikomeye,
- Kubona aho umuntu akomeretswa bikomeye,
- Guterwa n'umuntu ufite intwaro (umuhoro, imbunda, impiri, icyuma,...),
- Kubona igitero cyitwaje intwaro,
- Kubona abantu baciwe bimwe mu bice by'umubiri cyangwa imirambo,
- Kubona aho umuntu yicwa,
- Kubona iycwa rya mama wawe, papa wawe, umugabo wawe, umugore wawe n'abana bawe,
- Kubona iycwa ry'abantu bensi bicwa urw'agashinyaguro,
- Kumeneshwa ku ngufu aho utuye,
- Gutekereza ko ugiye gupfa,
- Kwihiha munsi yimirambo,
- Kurwara indwara cyangwa kugira igikomere cyagize ingaruka ku buzima,
- Gufatwa bugwate,
- Guhura n'impanuka cyangwa kubona impanuka ikomeye cyangwa yica,
- Kuba mu bihe by'intambara,
- Kuba mu bihe bya Jenoside (gutotezwa n'ivangura, guhigwa, kubona abawe bicwa urwagashinyaguro...).

## 2.3 BIMWE MU BIMENYETSO BIRANGA IBIKOMERE BYO KU MUTIMA

Nyuma yo kunyura mu ngorane zikomeye, hari ibimenyetso byerekana ko umutima ufile ibikomere n'ubwo icyabiteye cyaba cyararangiyi. Bimwe bishobora guhita bigaragara, ibindi bikagaragara hashize igihe kirekire. Bimwe muri ibyo bimenyetso byigaragaza mu buryo bukurikira:

- **Ibitekerezobihora bigaruka ku byabaye ku muntu.** Ibi bishobora kwigaragaza mu nzozi ziteye ubwoba, no mu bitekerezo bimusubiza mu byamubayeho.
- **Gusa n'uhunga ibintu byose byibutsa akaga umuntu yanyuzemo.** Ibyo bigaragazwa no kwirinda guhura n'abatuma umuntu yibuka ibyo yanyuzemo, cyangwa kunanirwa gusubira aho yaboneye akaga.
- **Gusa n'uhora ategereje ko hari ikibi kigiye kuba.** Umuntu asa n'uhora aryamiye amajanja. (MINUBUMWE, 2023)

Gusobanukirwa ibyaguteye ibikomere byo ku mutima, no kubona ahantu heza hagufasha kubiganiraho, bigira uruhare rufatika mu nzira yo gukira.

## 2.4 INGAMBA ZIJJANYE N'IKIGANIRO CYA 2 N'UMUKORO UKORERWA MU RUGO

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba zижанье n'ibyo baganiriye.

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera bibafasha gukumira ibitera ibikomere byo ku mutima, no gufasha abafite ibyo bikomere?

## Ikiganiro cya 3: IMVANO Y'IBIKOMERE BYO KU MUTIMA

### 3.1 IBITEKERENO “STEREOTYPES” NKA KIMWE MU MVANO Y'IBIKOMERE 3.1.1 IBISOBANURO BY’AMAGAMBO IBITEKERANO N’IBYITIRIRO

#### UMWITOZO WA 1

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urafasha mu kongerera abagize itsinda ubumenyi ku bijyanye n’ibikomere byo ku mutima biri mu muryango nyarwanda.	Gukoresha ibibazo n’ibisubizo.	Iminota 30	Impapuro zo kwandikaho.

#### UKO UMWITOZO UKORWA

- Shyira impapuro nini 2 ku rukuta zanditseho kimwe ijambo “ibitekerano” ikindi “Ibyitiriro”.
- Ha abari mu mahugurwa amakaramu manini (markers) ubasabe kwandika ijambo ritanga igisobanuro cya buri jambo.
- Kurebera hamwe n’itsinda ibisobanuro/amagambo batanze.
- Kwerekana ubusobanuro nyabwo bw’ayo magambo uko ari abiri.

#### INGINGO Z’INGENZI:

##### IBITEKERANO (STEREOTYPES) NI IKI?

Ni intekerezo rusange y’abantu ku itsinda runaka cyangwa ubwoko bw’abantu, bikunzwe kwitiranywa no kubeshyerana, kuko byose bishingiye ku gukeka. Urugero ni nko kuvuga ko abantu bo mu gace runaka k’Igihugu ni abanebwe, ubivuze atyo aba abashyize mu gatebo kamwe. Nyamara siko biri.

Ibiterekerano ni amakuru atariyo kandi atari meza usanga abantu benshi bafite ku bandi bantu cyangwa ibintu badahuje imiterere.

##### IBYITIRIRO (LABELLING)

Ibintu byitirirwa itsinda runaka cyangwa ishusho runaka ihabwa abo bantu, akenshi igendeye ku bitekerezo bidafitiwe gihamba. Ibyitiriro kandi ni ugusobanura umuntu cyangwa ikintu ukoresheje ijambo cyangwa interuro ngufi. Urugero nko kwita umuntu umujura kuko wamubonye agendana n’abo ukeka ko ari abajura.

### 3.1.2 GUSESENGURA IBITEKERANO (Stereotypes)



#### UMWITOZO wa 2

INTEGO	UBURYO	IGIHE	IBIKENEWE
Gufasha abari mu itsinda kongera gusuzuma uko batekereza abantu bita ko atari abo mu myemerere n'umuco wabo, badahuje igitsina...	Gushyira abantu mu itsinda rya batanu. Kubohereza gushaka ahantu hihereye hatekanye baganirira.	Iminota 20	Amatsinda y'abantu batanu. Ibibazo biteguye ku mpapuro. Amakaramu manini (markers)

#### UKO UMWITOZO UKORWA

- Tekerereza mugenzi wawe mudahuje umuco cyangwa imyizerere. Ni ibiki mujya mumuvugaho iyo muri kumwe nabo mu itsinda muhuje imyemerere n'umuco?
- Ni ibiki mubona mu Rwanda mu bijyanye n'amoko buri bwoko bukunze kwitirira ubundi?

#### INGINGO Z'INGENZI

Ibitekerano ni ugushyira abantu mu gatebo kamwe, ukitirira itsinda runaka imyitwarire runaka.

Iyo myitwarire ishobora kuba myiza cyangwa mibi, nk'uko abanegihu bamwe bavugwa ko ari abantu beza cyangwa babi.

Impamvu y'iri somo ni ukudufasha kumenya uko twabana n'abandi neza. Buri cyiciro gifite, ibintu tugenderaho duha agaciro ibyo kivuga, twemeza ko ari bibi cyangwa byiza, tukanahitamo uko tubisubiza.

Biroroha kurema ibitekerano igihe ibyo ubitirira bigaragara neza kandi guhora ubibitirira. byakorohera n'abandi kubigenderaho. Akensi twakira ibyo abandi batwitirira (ibitekerano). Ibyo bidufasha kwemeranya n'abandi uko tubana n'abantu bo mu byiciro byose mu buryo bwiza. Abantu baturuka mu matsinda afite ibitekerano yitirirwa bumva babangamiwe.

Ibitekerano bigenda bizenguruka nk'uruziga, abagabo bagira ibyo bitirira abagore, n'abagore bakagira ibyo bitirira abagabo. Mu miryango imwe n'imwe y'abantu ibitekerano bituma abagore bumva ko abagabo ari abandi bantu batandukanye nabo. Ibyo kandi bikunda kuba mu moko nk'abazungu n'abirabura.

Ibitekerano bishobora kuba ibantu bitadusaba imbaraga nyinshi kubitekerezaho, ariko bibeshya imyanzuro yacu n'ibikorwa byacu kabone nubwo waba utabishaka. Ntabwo ibitekerano biterwa n'urwango cyangwa ibitekerezo bibi. Ahubwo ni uburyo abantu baba bashaka gushyushya ikiganiro kandi ku bintu bidafite umumaro cyane bikazagera ubwo bibyara imyitwarire idahwitse.

### 3.1.3. INGARUKA Z'IBITEKERANO

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urafasha abari mu itsinda kumva neza ingaruka ibitekerano bigira mu mibanire y'abantu ndetse no gutera ibikomere byo ku mutima.	Gukorera mu matsinda ya batatu. Gusubiza ibibazo biteguye ku mpapuro.	Iminota 30	Impapuro nini n'amakaramu manini (markers). Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

#### UKO UMWITOZO UKORWA

##### Buri wese asubiza mu buryo bw'inyandiko ibibazo bikurikira:

- Ni ibihe byiyumviro ngira iyo abantu bamvuga mu buryo numva atari bwo?
- Naho se ni ibihe byiyumviro ngira iyo mvuga abandi tudahuje?
- Iyo mutekereje ishingiro byabyo mubona ari irihe?
- Nyuma buri wese atekerereze abandi ibisubizo yabonye.

#### INGINGO Z'INGENZI:

Ibitekerano ntibikomeretsa gusa ahubwo ni na bibi. Nubwo ibitekerano hari igihe usanga ariyo, guhora ushyira umuntu hasi ugendeye ku buryo umubona ntibizamufasha gutsinda. Ibitekerano bitera gufatwa nabi cyangwa gutterwa ubwoba guhera umuntu akiri muto. Kandi ni uguha umwana imbaraga zo gufata abandi nabi akabikurana.

Ibitekerano bituma abantu babaho ubuzima buyobowe n'urwango, kandi bishobora gutuma ababikorerwa kuyoborwa n'ubwoba. Ababikorerwa n'ababikora bose babihomberamo.

Ibitekerano bibuza umuntu amahirwe yo kubaka ubusabane n'itsinda ry'abantu runaka. Bishobora no gutera ibikorwa bibi ku bandi.

Ibitekerano bitera inkunga ikorwa ry'udutsiko mu mudugudu, mu mashuri no mu kazi. Abantu bagerageza kwihuza n'abo bameze kimwe bagashyira abandi basigaye hanze y'agatsiko kabo.

Icyo gihe ibitekerano bishobora kubuza abantu amahirwe yo kumenya imico y'abandi kandi bigatuma habaho amacakubiri. Urugero: umukoresha ufata umukozi nabi bitewe n'ubwoko cyangwa igitsina bifatwa nk'amacakubiri mu mategeko.

Ibitekerano bigira ingaruka ku byo dutekereza ku bandi; bikagira n'ingaruka no ku byo tubakorera.

### 3.1.4 GUHANGANA N'IBITEKERANO

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urazamura imyumvire kugira ngo abagize itsinda bashobore guhindura ibitekerano abantu bababonamo, batandukane nabyo. Kandi bamenye nabo ibyo bashyira ku bandi.	Kubaza no gusubiza ibibazo.	Iminota 30	Inkuru iteguye.

#### INGINGO Z'INGENZI:

**Uburyo budakwiye bwo guhangana n'ibitekerano** ni ukubyirengagiza. Kuko iyo abantu bategetswe kubihagarika gutyo gusa badasobanuriwe ahubwo barushaho kugira intekerezo zifatiye ku bitekerano.

Ubundi buryo budakwiriye ni ukubifata nk'ibantu bisanzwe, Gordon W. Allport mu 1954 yasohoye inyandiko ivuga ko kwegerana no kuganira kw'abantu bishobora kugabanya ibitekerano. Ariko nanone kwegerana kw'abantu ntibihagije kuko abatujuje ibyo abandi bahuriyeho bashobora kutemerwa mu itsinda ry'abo bandi bagashyirwa mu gatsinda kari munsi y'irindi. Guhangayika no kutamererwa neza bikiyongera. Mu gihe kwimakaza uburinganire mu bantu hatitawe ku byiciro barimo bishobora kongera ubushuti mu bantu.

**Uburyo bukwiriye bwo guhangana n'ibitekerano** harimo gukoresha ubwenge bigatuma abantu babasha kugabanya imyumvire irimo ibitekerano. Mur'uku guhagarika imyumvire irimo ibitekerano gucira urubanza ababikoresha si byiza. Hakirindwa kubica hejuru, kumva ibitekerezo bya mugenzi wawe ukumva impamvu afite imyitwarire runaka utagendeye ku bitekerano.

bifasha irindi tsinda kwiyumva mu itsinda ryanyu. Uburyo bukwiriye bwa nyuma ni ukwamagana

ibikorwa byose bibi bizanwa n'ibitekerano.

Ubushakashatsi bwagaragaje ko ibitekerano bituma habaho imikorere mibi. Ibituranga bitandukanye biragaragara cyane iyo ibitekerano bihari. Iyo twamaganye ibitekerano tukongera imibanire myiza, imikorere myiza iriyongera.

### **3.2 INKOMOKO “IDENTITY” NK’ IMVANO Y’IBIKOMERE BY’UMUTIMA**

#### **3.2.1 IBIBAZO BIYANA N’INKOMOKO Y’UMUNTU**

##### **UMWITOZO**

INTEGO	UBURYO	IGIHE	IBIKENEWE
Intego y’iri somo ni uguha abagize amatsinda ubumenyi ku bitekerano (Stereotypes) no kuri labelling (ibitiriro), nka kimwe mu mvano y’ibikomere mu muryango nyarwanda	Umwitoto ukorerwa mu ishuri, ahandi hantu hatekanye n’itsinda ryose	Iminota 30	Impapuro nini n’amakaramu manini y’amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa

##### **UKO UMWITOZO UKORWA**

**Gusaba buri wese witabiriye gahunda y’itsinda gusubiza ibibazo bikurikira:**

- Umuntu akubajije ngo uri nde urumva wamusubiza ngo iki?
- Ni iki udakunda mu nkomo yawe (aho uvuka, imimerere yawe, amateka yawe)?
- Kuki wumva utagikunda?

##### **INGINGO Z’INGENZI**

Iyo tuvuga inkomoko y’umuntu haba harimo irangamimerere ye, aho avuka, igitsina, uko ateye, ibyo yemera, imyemerere y’igice yisangamo. Ibyo bose bituma umuntu aba uwo ariwe.

### **3.2.2 KOMORA IBIKOMERE BITERWA N’INKOMOKO**

##### **UMWITOZO**

INTEGO	UBURYO	IGIHE	IBIKENEWE
Intego y’iri somo ni uguha abagize amatsinda ubumenyi ku bitekerano (Stereotypes) no ku byitiriro (labelling), nka kimwe mu mvano y’ibikomere mu muryango nyarwanda.	Umwitoto ukorerwa mu ishuri, ahandi hantu hatekanye n’itsinda ryose.	Iminota 30	Impapuro nini n’amakaramu manini y’amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

##### **UKO UMWITOZO UKORWA**

###### **1. Ikinamico zigaragaramo aba bakurikira:**

- Ibikomere biterwa n’amoko nk’inkomoko y’ibikomere mu Rwanda,
- Ibikomere bijyanye n’igitsina kuba ari umugore cyangwa umugabo,
- Ibikomere bikomoka ku muryango akomokamo,
- Uko umuntu yasohoka muri ibyo bikomere ntibikomeze kumuremerera.

## 2. Muri buri gakinamico hagomba kwitabwaho ibi bikurikira:

### INGINGO Z'INGENZI:

#### Ibigomba kwitabwaho

- Kumenya neza gusobanura igikomere gikomoka ku nkomoko.
- Kwirinda ko umuntu akina ibyamubayeho kugira ngo ataza gutwarwa n'amarangamutima y'amateka ye bwite.
- Kugaruka cyane ku buryo abantu bashobora kwakira inkomoko zabo bakanahangana n'ibiru mu nkomoko zabo badashobora guhindura ariko bakabana nabyo mu buryo butabangiza.
- Kimwe mu bifasha ni ukumenya ibiguha imbaraga mu buzima akaba ariyo wubakiraho; ikindi ni ukwiha intego yawe mu buzima akaba ariyo iguha icyerekezo.
- Ibigize inkomoko yacu si ibantu bimwe, bigenda byaguka ndetse bimwe bigahinduka. Uyu munsi uba uri ingaragu ejo ugashaka, uba uri umunyeshuri ejo ukaba umukozi...

### 3.3 IBIKOMERE BYIHARIYE KU BAGABO NO KU BAGORE (GENDER BASED WOUNDS)

#### 3.3.1 IBISOBANURO BY'AMAGAMBO « GORE » NA « GABO »

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Intego y'iri somo ni ugufasha abagize amatsinda kugira ubumenyi ku bikomere byihariye bishingiye ku kuba uri umugore cyangwa umugabo.	Umwitoto ukorerwa mu ishuri, ahandi hantu hatekanye n'itsinda ryose.	Iminota 30	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

#### UKO UMWITOZO UKORWA

- Shyira impapuro nini cyane 2 ku rukuta zanditseho kimwe ijambo umugore ahandi handitse umugabo.
- Ha abari mu itsinda amakaramu manini (markers) ubasabe kwandika ijambo ritanga igitobanuro cya buri jambo bakurikije uko babona abagore n'abagabo bafatwa mu muryango nyarwanda, mu mirimo bakora, uruhare bagira mu mibereho ya buri wese, ....
- Niba nta bipapuro binini bibonetse, saba buri wese kwandika ibisobanuro by'ayo magambo mu gakayi ke,
- Kurebera hamwe n'itsinda ibisobanuro/amagambo batanzé,
- Kwerekana ubusobanuro nyabwo bw'ayo magambo uko ari abiri.

### INGINGO Z'INGENZI:

Iyo bavuze umugore cyangwa umugabo bashobora kuba bavuga ku miterere karemano ariko  
aha ngaha turibanda cyane uko umuryango utandukanya umugore n'umugabo bishingiye cyane ku ndorerwamo z'umuco n'uburyo utanga inshingano kuri buri umwe.

### 3.3.2 GUSESENGURA IBIKOMERE BYIHARIYE KU BAGORE NO KU BAGABO

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Gufasha abari mu itsinda kongera gusuzuma ibikomere byihariye ku bagabo no ku bagore.	Gushyira abantu mu itsinda rya batanu bishingiye ku gitsina. Kuboherenza gushaka ahantu hihereye baganirira.	Iminota 30	Amatsinda y'abantu batanu. Ibibazo biteguye ku mpapuro. Amakaramu manini (markers). Iyo bitabonetse buri wese ashobora kuyandika ku gapapuro ke kamufasha kwiyibutsa.

#### UKO UMWITOZO UKORWA

- Ni ibihe bikomere mubona byihariye ku bagore/abagabo biterwa nuko umuco nyarwanda ubona buri wese?
- Ni ibiki mubona aho mutuye abagore bavuga ku bagabo cyangwa se abagabo bavuga ku bagore bishobora gukomeretsa umwe cyangwa undi (imvugo cyangwa imigani nyarwanda)?

### INGINGO Z'INGENZI

Kuba hari abatarumva neza ihame ry'uburinganire n'ubwuzuzanye ni kimwe mu bituma habaho bimwe mu bikomere bitandukanye. Bimwe byakunze kugaragara mu Rwanda byihariye ku bagore; harimo gufatwa ku ngufu mu gihe cya Jenoside yakorewe abatutsi; abakobwa babyara bakiri bato bakangwa n'imiryango yabo, abagore birukanwa mu ngo bazira kubyara n'ibindi.

Ibikomere byihariye ariko ntibigaragara ku b'igitsina gore gusa, kuko hari n'abagabo bahohoterwa bagakubitwa n'abagore babo, nubwo imibare yerekana ko ari bake ugereranije n'abagore. Abagabo bashobora kugerwaho n'ingaruka nyinshi kuko baranabihisha, kugira ngo batagaragara nk'abanyantege nke, cyane ko umuco ubasaba kuba abantu bafite ingufu kandi batagomba kwerekana ko hari ibyo badashoboye.

### 3.3.3 INGARUKA Z'IBIKOMERE BISHINGIYE KU KUBA UMWE ARI UMUGORE UNDI ARI UMUGABO

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urafasha abari mu itsinda kumva neza ingaruka n'imbanire y'abantu ndetse no gutera ibikomere by'umutima.	Gukorera mu matsinda ya batatu. Gusubiza ibibazo biteguye ku mpapuro.	Iminota 30	Impapuro nini n'amakaramu Manini y'amabara.  Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

#### UKO UMWITOZO UKORWA

Buri wese asubiza mu buryo bw'inyandiko ibibazo bikurikira:

- Ni ibihe byiyumviro ngira iyo abantu bamfata mu buryo buntesha agaciro kuko ndi umugore/ umugabo?
- Naho se ni ibihe byiyumviro ngira iyo abandi tudahuje bavugwa cyangwa bakorerwa ibantu bibatesha agaciro kuko ari abagore/ abagabo?
- Iyo mutekereje ishingiro byabyo mubona ari irihe?

Nyuma buri wese atekerereze abandi ibisubizo yabonye.

#### INGINGO Z'INGENZI:

Akensi iyo abantu bari mu muco runaka udaha agaciro itsinda runaka ntibakunze kumenya ko babakomeretsa. Ndetse nabo bagirwa ibyo ntibakunze guharanira uburenganzira bwabo kuko bigera aho bikaba ubuzima.

Usanga hari n'interuro cyangwa imigani imwe n'imwe igaragaza uburyo abantu bafata abandi. Urugero: Urugo ruuze umugore ruvuga umuhoro.

Nta nkkokokazi ibika isake iharilbi bigera naho amakosa y'abandi ashobora gufatwa nk'ikintu kiza kuko bamwe bashyirwa hejuru.

Urugero: umugabo ni urya utwe akarya n'utw'abandi. Ingarka zibaho nuko usanga mu mibanire nta bwisanzure bubamo ndetse bikadindiza n'iterambere kuko bamwe baba basa n'abarihejweho.

### 3.3.4 GUHANGANA N'INGARUKA Z'IBIKOMERE BYIHARIYE KU BAGORE NO KU BAGABO

#### UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Uyu mwitoto urazamura imyumvire Kugira ngo abagize itsinda bashobore guhindura imyumvire abantu bababonamo, batandukane nayo. Kandi bamenye nabo ibyo bashyira ku bandi.	Umwitoto ukorerwa mu ishuri n'itsinda ryose.	Iminota 30	Inkuru iteguye.

## **UKO UMWITOZO UKORWA**

Gusaba abari mu itsinda gusubiza mu buryo bw'inyandiko ibibazo bikurikira:

- Ubora uburyo bukwiye bwo guhangana n'ibibazo biterwa nuko bafata umugore cyangwa umugabo ari ubuhe?

Buri wese narangiza kuvuga, muganire kuri ibi bikurikira:

- Ese ni ubuhe buryo nshobora gukoresha kugira ngo nige guha agaciro abo tudahuje mu buryo nyabwo?

### **3.4 INGAMBA ZIJJANYE N'IKIGANIRO CYA 3 N'UMUKORO UKORERWA MU RUGO**

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba zijiyanje n'ibyo baganiriye

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera?

## **Ikiganiro cya 4: INDWARA ZO MU MUTWE, N'UBURYO BWO GUFASHA UMUNTU UFITE IBIMENYETSO BY'IZO NDWARA**

### **4.1 UMWITOZO**

INTEGO	UBURYO	IGIHE	IBIKENEWE
Gufasha abagize itsinda kumenya zimwe mu ndwara zo mu mutwe n'ibindi bibazo byo mu mutwe, bakamenya uko bafasha umuntu ufite ibimenyetso by'izo ndwara	Ibitekerezo by'itsinda.	Iminota 40	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

### **UKO UMWITOZO UKORWA**

Mu matsinda ya batanu, abagize itsinda baraganira ku ndwara zo mu mutwe n'ibimenyetso byazo.

### **4.2 UBURWAYI BWO MU MUTWE BUKUNZE KUGARAGARA**

#### **Uburwayi bwo mu mutwe**

Ikigo cy'Igihugu cyita ku buzima (RBC), mu ishami ryita ku buzima bwo mu mutwe, batanga amakuru y'ingenzi ku busobanuro bwa zimwe mu ndwara zo mu mutwe n'uburyo bwo gufasha umuntu ugaragaje bimwe mu bimenyetso by'izo ndarwa, ndetse n'aho yakoherezwa ngo avurwe. Uburwayi bwo mu mutwe n'ibibazo byo mu mutwe biravurwa bigakira. Izo serivise zitangirwa mu bitaro byose bya leta no ku bigo nderabuzima bibishamikiyeho.

IBIMENYETSO BY'INDWARA ZO MU MUTWE	IBISHOBORA GUTERA INDWARA ZO MU MUTWE
<p>Bimwe mu bimenyetso by'uburwayi bwo mu mutwe Imihindukire:</p> <ul style="list-style-type: none"> <li>▪ Mu myitwarire n'imyifatire</li> <li>▪ Mu mivugire</li> <li>▪ Mu mitekerereze</li> <li>▪ No mu mibanire ye n'abandi</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ibibazo by'imitekerereze,</li> <li>▪ Ibibazo by'imibereho y'ubuzima rusange (ubukene, intambara, ubuhunzi, n'ibindi).</li> <li>▪ Impinduka mu mibereho y'umuntu (gupfusha, kubura ibywae wakundagacyane, ibiza nk'umutingito, imyuzure, jenoside n'ibindi)</li> <li>▪ Uruhererekane rwo mu muryango,</li> <li>▪ Imiterere y'imisemburo y'ubwonko,</li> <li>▪ Ubundi burwayi bw'umubiri.</li> </ul>

**ZIMWE MU NGERO Z'UBURWAYI BWO MU MUTWE BUKUNZE KUGARAGARA**
**1. Indwara ituma umuntu asa naho yibereye mw'isi ye**

Bimwe mu bimenyetso biranga iyi ndwara:  
 -Gusa n'aho nta busabane agirana n'abandi agahora amezenk'uri mw' isi ye rimwe na rimwe yigunze.  
 -Imitekerereze ye iba ari ihame rye.  
 -Akunze kumva amajwi abandi batumva, kubona amashusho abandi batabona.  
 -Agakora ibantu biterekereanye.  
 -Imyambarire ye irangwa n'umwanda kandi ikaba iterekereanye.  
 -Akensi agenda nta gahunda hakavamo gutorongera.  
 -Bakunze kurya ibyatsi, imyanda, n'ibindi byose biboneye.  
 -Abafite ubwo burwayi bakunze kuboneka ku mihanda, mu nsegero, mu masoko n'ahandi hateraniye abantu benshi.

**2. Indwara igaragazwa n'amarangamutima ari ku rugero rwo hejuru cyane**

Umurwayi ufile iyi ndwara arangwa na bimwe mu bimenyetso bikurikira:  
 -Ikimiranga cyane ni ibitekerezo bituma yumva ari hejuru cyane y'abandi cyangwa afite ububasha budasanzwe. **Urugero:** Usanga akensi avuga ko ariwe Perezida w'ighugu, ari Imana, cyangwa undi muntu wundi w'umunyacyubahiro.  
 -Gukorana ingufu zidasanzwe.  
 -Kudasinzira neza.  
 -Kugirira imishinga myinshi cyane icyarimwe ntihagire n'umwe arangiza.  
 -Rimwe na rimwe kugira amahane menshi ashobora kuva ku kantu gatocyane.  
 -Mu mvugo ye avuga ubutaruhuka, aba ashaka ko abantu bose bita ku byoakora cyangwa avuga.  
 -Imyambarire ye iba idasanzwe ku buryo buri wese amwibazaho.  
 -Hari ubwo yumva amajwi cyangwa akabona ibyo abandi batabona.  
 -Uwo murwayi aba agomba kubona ubuvuzi bwihutirwa, agafashwa gutuza.

**3. Indwara igaragazwa n'agahinda gakabije**

Umurwayi ufile iyi ndwara arangwa na bimwe mu bimenyetso bikurikira:  
 -Kugira agahinda kensi bigatuma umuntu yiheba, akumva nta mpamu yo kubaho.  
 -Imitekerereze irangwa no kubona ibantu byose ari bibi, akumva nta kitwa ikiza kimubaho.  
 -Kumva ntacyo amaze, ntacyo ashoboye, akumva nta gaciro afite ari hasiy'abantu bose.  
 -Kubura ibitotsi cyangwa rimwe na rimwe gusinzira cyane.  
 -Kumva nta bushake bwo gufata ifunguro.  
 -Guhorana umunaniro /integre nke.  
 -Kwigunga cyane no kutavuga.  
 -Kutiyitaho...  
 -Kumva kubaho ntacyo bimaze bikaba byamuviramo gutekereza cyangwa se kugerageza kwiyahura.

**4. Ihungabana**

Ihungabana rigaragara ku muntu wagwiriwe n'ishyano rimutunguye, akabura uko yabyifatamo, ntibigire ivugiro kuko n'uwo yabibwira yumva ko atabyumva, yewe nta n'icyo yamumarira.

**Bimwe mu bimenyetso by'ingenzi bigaragaza uwahungabanye:**

- Amashusho y'ibayamubayeho asa n'aylyanditse mu bwenge, agahora agaruka, bigatuma adashobora kwita ku byo akora.
- Kugerageza guhunga ikintu cyose gishobora kumwibutsa ibayamubayeho.
- Gutinya ibantu bimwibutsa ibayamubayeho cyangwa akabigendera kure. Urugero: gutinya kubona umupanga, ibyuma, ubuhiri, imbunda n'ibindi.
- Kwikanga bikabije, umuntu agahora asa n'aho yiteguye guhunga cyangwa kurwana.
- Kwiyang, nta kimushimisha, kutiyitaho, kumva ko icyoroshye ari uko yapfa.
- Kubura ibitotsi cyangwa gusinzira nabi, Kurota inzozi ziteye ubwoba.
- Guhara atekereza ibayamubayeho no guhorana impagarara nk'aho bigiye kongera kubaho.
- Rimwe na rimwe kwiyahura mu biyobyabwenge, ashakisha umutuzo.

**Uburyo bwo gufasha uwahungabanye**

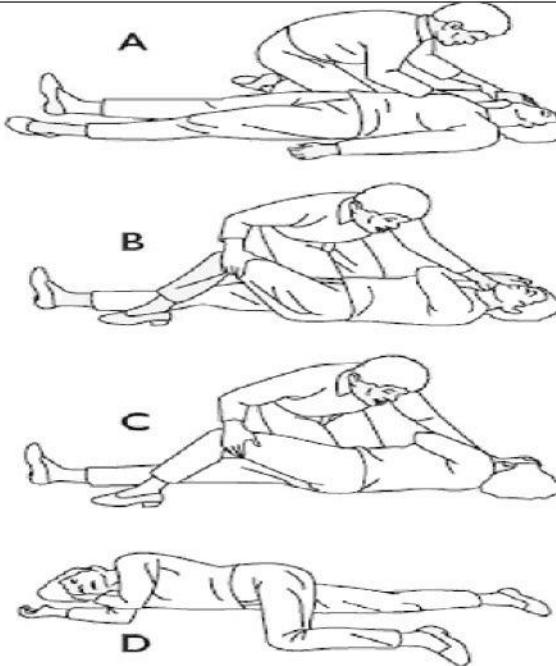
- Abantu bashobora kuganira ku byababayeho ari babiri, mu muryango cyangwa muri benshi nko mu matsinda y'abahuye n'ibyo bibazo, kwereka uwahungabanye ko udatewe ubwoba n'ibyo akubwira.
- Mu gihe umuntu yagaragaje ibimenyetso by'ihungabana ari ahantu hateraniye abantu benshi nko mu gihe cyo kwibuka Jenoside yakorewe Abatutsi, kumukura mu kivunge cy'abantu agashyirwa ahantu hatuje kandi hiherereye.
- Ni ngombwa kumushishikariza no kumufasha kugera ku nzego z'ubuvuzi aho asanga abamufasha babifitemo ubumenyi.

**5. Ikibazo cy'imyitwarire yo kutaguma hamwe, kudatuza n'amahane**

Bene iyo myitwarire irangwa no kutaguma hamwe mu buryo bukabije bidasanzwe, ibyo bikaba byagaragazwa n'amahane, kurwana, kutaruhuka, kugendagenda, kuririmba, gusakuza cyangwa kwisararanga. Hari n'ubwo umurwayi aba acecetse, ariko akaba yagaragaza umujinya mwinshi iyo hagize umwegera cyangwa akamushotora. Iyo myitwarire ikuze kugaraga ku bantu bafite uburwayi bwo mu mutwe muri rusange, cyangwa ubw'umubiri butandukanye.

**6. Indwara y'igicuri**


Figure 1 source : Internet image

<p><b>Uko umuntu yakwitwara imbere y'umuntu ufile ikibazo cyo kutagumahamwe, kudatuza no kugira amahane</b></p> <ul style="list-style-type: none"> <li>Gufasha umurwayi ubikorana ituze, ukamutega amatwi, utamurwanya cyangwa ngo umugirire nabi, umuvugisha neza kandi ukabikora udafite ubwoba,</li> </ul> <p><i>Ibi bikorwa ufasha umurwayi amusaba gutuza hakoreshejwe amagambo, byananirana, hakaba hakoreshwa uburyo bwo gutuma umurwayi atava aho ari, atinyagambura kugeza igihe agezwa kwa muganga. Ibi bikorwa umurwayi adahutajwe cyangwa ngo akomeretswe.</i></p> <ul style="list-style-type: none"> <li>Kwirinda kumwegera cyane cyangwa kumujya kure cyane. Bisaba ko hagati yawe na we haba umwanya uringaniye.</li> <li>Gushishikariza umuryango w'umurwayi kwihutira kumugeza kwa muganga.</li> </ul> <p>Uburyo bwo gufasha umurwayi ufile ikibazo cyo kutaguma hamwe:</p> <ul style="list-style-type: none"> <li>Kwirinda kumubohesha imigozi cyangwa ibindi bikomeretsa</li> <li>Kumufasha kwivuza, no kumufasha gufata imiti ahabwa na muganga neza</li> </ul>	<p>Igicuri ni indwara ituruka ku kudakora neza k'ubwonko, bitewe n'impamvu zitandukanye bikagaragarira ku bimnyetso nko kugwa, guta ubwenge, kugagara,...., Umurwayi ashobora kugaragaza ibimnyetso by'igicuri bikamara igihe gito, ariko bitavuze ko akize. Umurwayi w'igicuri akunze gusubirwa kensi cyangwa se akamara igihe kinini mbere y'uko yongera gusubirwa.</p> <p><b>Ibimnyetso by'uburwayi bw'igicuri</b></p> <ul style="list-style-type: none"> <li>Guta ubwenge bitunguranye no kugwa, bishobora guherekezwa n'ibi bikurikira: kuvu urusaku rudasanzwe, Kurashya cyangwa kugagara igice kimwe cy'umubiri cyangwa umubiri wose.</li> <li>Kuzana urufizi mu kanwa.</li> <li>Guhekenya ururimi.</li> <li>Guta ubwenge by'agahe gato ariko bidaherekejwe no kugwa cyangwa kugagara.</li> <li>Kugagara cyangwa gutitira ingingo zimwe z'umubiri ariko bidaherekejwe no guta ubwenge.</li> <li>Hari igihe umuntu agwa ariko atagaragaje ibindi bimnyetso byavuzwe haruguru uretse guta ubwenge.</li> </ul> <p>Ibyo abafite umurwayi w'igicuri bagomba kumenya mu kumwitalaho:</p> <ul style="list-style-type: none"> <li>Gukumira ikvunge cy'abantu ahakikije umurwayi;</li> <li>Kumwigiza kure y'umuriro cyangwa amazi menshi (iziko, ikiyaga, uruzi,...);</li> <li>Kwigizayo ibantu byose bishobora kumukomeretsa (amabuye, amacupa,...);</li> <li>Kumuryamisha ku rubavu kuburyo amacandwe n'ibindi byose bishobora kumububa guhumeka bisohoka;</li> <li>Kumushiyigikiza umusego woroshye muni y'umutwe;</li> <li>Kworoshy imyenda imufashe cyane (gufungura ibipesu, imashini, umukandara, karuvati,...);</li> <li>Kugumana n'umurwayi kugeza agaruye ubwenge</li> </ul> <p>Uko umurwayi wafashwe n'igicuri agomba kuryamishwa:</p>
	 <p>Figure 2 Image source :Internet</p> <p><b>Icyitonderwa:</b></p> <p>Umuntu ugaragaje ibimnyetso by'igicuri bwa mbere agomba kujyanwa kwa muganga, iyo asanzwe ari ku miti ariko akamara ibimnyetso twavuze hejuru bikarenga hagati'iminota icumi na mirongo itatu bidahagarara, cyangwa bikagaruka bylikurikiranyije, ni ngombwa kwihutana umurwayi kwa muganga.</p> <p><b>Ibibujijwe:</b></p> <ul style="list-style-type: none"> <li>Kugira ikintu na kimwe ushyira mu kanwa k'umurwayi (ikiyiko, intoki, igitambaro, ...)</li> <li>Si byiza gutsikamira umurwayi mu gihe arimo kurashya;</li> <li>Kwirinda kumuwa ibyo kurya cyangwa kunywa kugeza agaruye ubwenge neza;</li> </ul>

## 7. Ikoreshwa ry'ibiyobyabwenge

### 7.1 Ubusobanuro

Ikiyobyabwenge ni ikintu cyose iyo umuntu agikoresheje gihindura ubushobozi bwe mu gutekereza, gufata ibyemezo, ndetse kikanahindura imikorere y'umubiri we. Ingero ni nk'inzoga, itabi, imiti ikoreshejwe nabi, n'ibindi.

### Ibiranga uwabaye imbata y'ibiyobyabwenge

- Irari ridashira ryo gufata ikiyobyabwenge,
- Gutakaza ubushobozi bwo gufata icyemezo cy'igihe agifatira, n'ingano y'ibiyoby abwenge ukoresha,
- Kugira ibimenyetso cyangwa ububabare iyo ikiyobyabwenge cyagabanutse cyangwa cyabuze mu mubiri,
- Gukenera kongera ingano y'ibiyobyabwenge kugira ngo yumve amerewe neza uko abishaka (tolerance),
- Gutakaza ishyaka ryo gukora ibindi bintu bitari ikoresha ry'ibiyobyabwenge, mbese gukoresha igihe kinini cy'umwanya we wa buri munsi ku ikoreshwa ry'ibiyoby abwenge,
- Gukomeza gukoresha ikiyobyabwenge n'igihe azi neza ingorane cyamuteje ndetse n'ingaruka ashobora guhura nazo.

### 7.2 Zimwe mu ngero z'ibiyobyabwenge bigaraga mu Rwanda



### 7.3 Ingaruka zo gukoresha ibiyobyabwenge

Ikoreshwa ry'ibiyobyabwenge rigira ingaruka ku mubiri, ku buzima bwo mu mutwe, ku mibanire n'abandi, ku murimo cyangwa umwuga umuntu yari asanzwe akora n'ejo hazaza he, ndetse n'ingaruka zижyanye n'amategeko.

**Icyitonderwa:** Uburemere bw'ingaruka bugendana n'imiterere y'umuntu, inshuro afata ibiyobyabwenge, ingano y'ibiyobyabwenge afata, n'igihe umuntu amaze akoresha ibiyobyabwenge.

## INGARUKA KU MUBIRI

Ibiyobyabwenge bishobora gutera uburwayi bw'umwijima, ubw'umutima, ubwonko n'imyakura ndetse n'ubumuga bushobora kubikomokaho, uburwayi bw'urwungano ngogozi, indwara z'ubuhumekero, kanseri, gutakaza ubushobozi bw'umubiri bwo kurwanya indwara, kwandura agakoko gatera SIDA mu gihe umuntu akoresha inshinge zakoreshejwe n'usanzwe afite ako gakoko, n'ibindi...

Ku mugore utwite, isindwe igira ingaruka ku mwana atwite kuko itambuka ingobyi y'umwana ku buryo ashobora kuvukana ibimenyetso byo kuzahazwa n'inzoga.

## INGARUKA KU BUZIMA BWO MU MUTWE

Ibiyobyabwenge bishobora kuba imbarutso y'uburwayi bwo mu mutwe. Mu gihe umuntu asanzwe afite uburwayi bwo mu mutwe, agakoresha ibiyobyabwenge, ibibazo byo mu mutwe birushaho kuba urusobe, ndetse amaherezo umuntu akaba yagira indwara zikomeye zirimo: Gutakaza ubushake bwo gukora, ubushobozi bwo gufata mu mutwe, agahinda gakabije no kwiyahura, uburwayi bukomeye bwo mu mutwe no guta umutwe (biboneka cyane ku bantu bavanga ubwoko bwinshi bw'ibiyobyabwenge).

## INGARUKA KU MIBANIRE N'ABANDI, KU MURIMO NDETSE N'EJO HAZAZA

Muri zo twavuga: guhorana amadeni, impagarara n'amahane mu muryango, impushya za hato na hato ndetse no gusiba akazi, kwirukanwa mu mashuri cyangwa ku kazi, ubukene, kwiyandarika kugira ngo ubone ibiyobyabwenge, kwishora mu mibonano mpuzabitsina idakingiye kandi ititeguwe, n'ibindi...

Ingaruka zijiyanje n'amategeko; twavuga nk'impanuka mu muhanda, kwiba, guhohotera abandi nko gufata ku ngufu, gukubita no gukomeretsa.

### **7.4 Ubufasha buhabwa uwahuye n'ikibazo cy'ikoreshwa ry'ibiyobya bwenge**

Gukangurira ufata ibiyobyabwenge cyane cyane urubyiruko ububi bwabyo no kugirwa inama yo kubireka. Mu gihe ukoresha ibiyobyabwenge atabasha kubireka we ubwe cyangwa yahuye na zimwe mu ngaruka zavuzwe hejuru, agomba kugirwa inama yo kugana abashinzwe ku mufasha bahuguriwe ibijyanye n'ubuzima bwo mu mutwe. Uruhare runini rw'umuuyjanama rukubiye mu gukumira ikoreshwa ry'ibiyobyabwenge, ni ngombwa kandi ko abajyanama b'ubuzima bafatanya n'izindi nzego kugira ngo bakumire ikwirakwizwa n'ikoreshwa ry'ibiyobyabwenge. Aha twavuga: umuryango, Polisi, inzego z'urubyiruko, abashinzwe imibereho myiza y'abaturage, abanyamadini, n'abandi.

## 4.3 GUFASHA UMURWAYI KWIRINDA GUSUBIRWA

### Ibimenyetso mpuruza by'uko umurwayi agiye gusubirwa

Akensi iyo umurwayi agiye gusubirwa, agaragaza ibimenyetso by'uburwayi bidakomeye, ku buryo abo babana bashobora kudahita bumva ko ari uguSubirwa. Bimwe muri ibyo bimenyetso ni ibi bikurikira: Kubura ibitotsi, Kutaguma hamwe, Kwigunga, Kugira isuku nke y'umubiri, Kwivugisha, Guhindagurika kw'amarangamutima, Kurakazwa n'akantu gato akari ko kose, n'ibindi...

### Uruhare rw'umuJyanama w'isanamitima mu gukumira gusubirwa

- Gufatanya n'umuryango kubahiriza uburenganzira bw'umurwayi wo mu mutwe.
- Kwigisha umurwayi ko agomba gukurikiza amabwiriza yose ya muganga (gufata imiti uko yanditswe na muganga, kwitabira ibiganiro by'istinda ry'ubudaheranwa).
- Kwigisha umurwayi wo mu mutwe, umuryango we n'abaturanyi ibimenyetso byo gusubirwa no kumukangurira kwihutira kuuya kwa muganga igihe agaragaje ibyo bimenyetso.
- Kuba umuvugizi w'umurwayi mu nzego zose (Urugero: igihe yahohotewe bitwaje ko ari umurwayi), kumuHuza n'inze go akeneyemo ubufasha.
- Kumukangurira kwitabira Ibikorwa by'iterambere: Urugero: kuba mu matsinda yo kwiteza imbere ya Mizero Care Organization, cyangwa ay'abandi bafatanyabikorwa, kwitabira ubudehe, ubwisungane mu kwivuza, amashyirahamwe,...
- Gufasha umurwayi kwihangira udushinga no kumubera umuvugizi.

### Uruhare rw'umuJyanama w'isanamitima mu gukumira gusubirwa

- Kumuba hafi no kumushishikariza gusubira mu buzima busanzwe.
- Gukurikiranira hafi amakuru y'uko ubuzima bw'umurwayi wo mu mutwe bwa buri munsi bumeze, agakangurirwa kwihutira kugana abaganga igihe asubiwe.
- Kumushishikariza gufata neza imiti no kubahiriza gahunda ahabwa n'abaganga.
- Kumusura kenshi hagamijwe kureba niba afata imiti ye neza, cyangwa niba nta bindi bibazo bibimutera.
- Gukangurira abandi baturage gufata ingamba zo kurwanya ihoterwa no guhabwa akato ku barwayi bo mu mutwe.

### Bimwe mu bimenyetso bishobora guturuka ku miti y'uburwayi bwo mu mutwe

Nk'indi miti yose, imiti y'uburwayi bwo mu mutwe nayo ishobora kutera ibibazo bimwe na bimwe byabangamira uyifata.

#### Ingero:

- Kugagara ingingo (nk'ijosi, amaboko),
- Kugira amacandwe menshi cyane,
- Gusohoka k'ururimi,
- Gusinzira cyane bidasanze
- Gucika intege.
- Gutitira ibice bimwe by'umubiri nk'intoki, amaboko, n'ibindi...

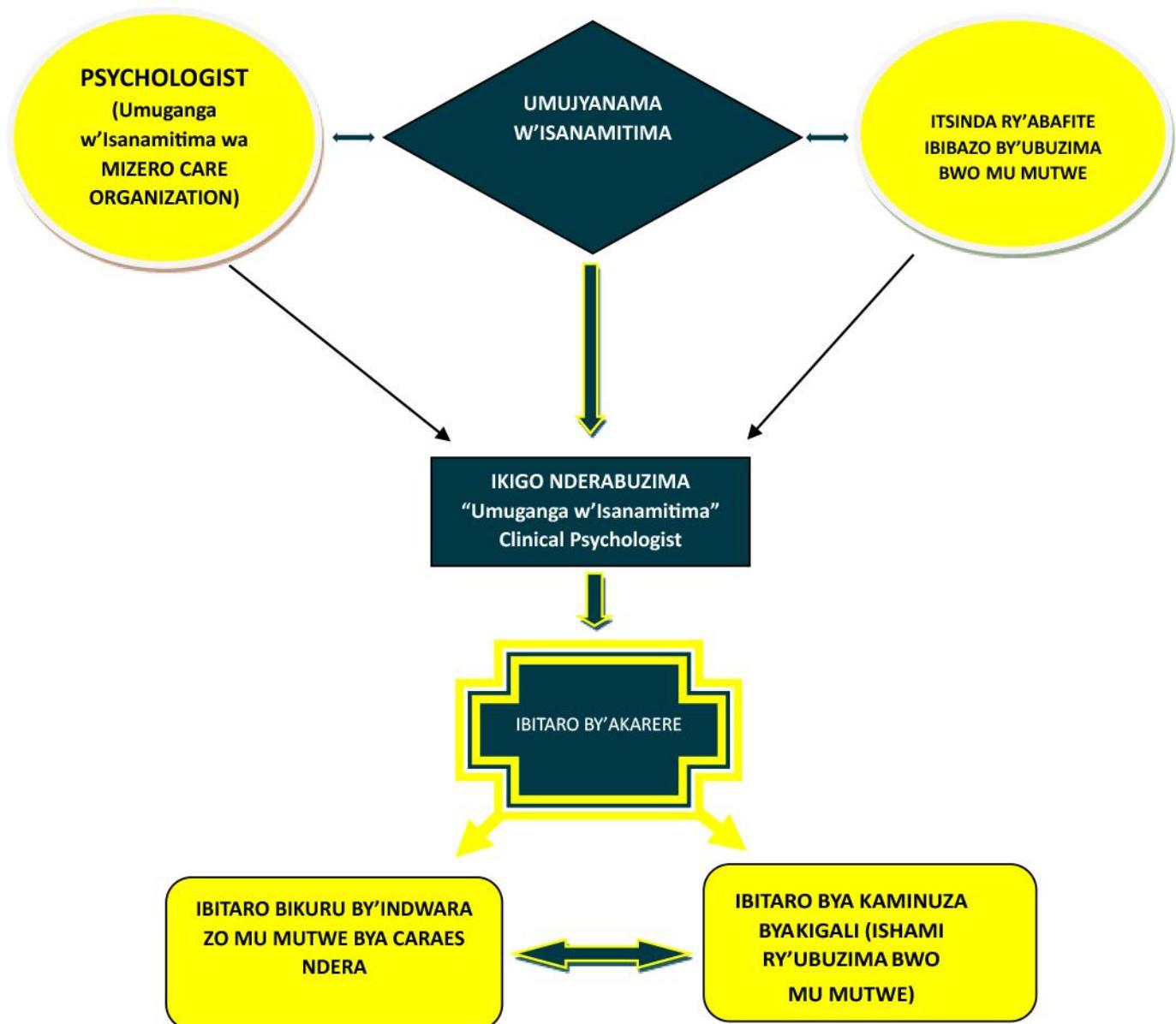
**Icyitonderwa:** Iyo umujyanama w'isanamitima asanze umurwayi afite ibyo bibazo, agomba kumushishikariza kwihutira kugana ikigo nderabuzima.

## **Kuyobora umuntu ufile ikibazo cy'ubuzima bwo mu mutwe ku nzego z'ubuzima;**

-Umuntu wagaragayeho ibimenyetso by'indwara yo mu mutwe ashishikarizwa hamwe n'umuryango we kugana ikigo nderabuzima.

-Ku murwayi ufile amahane menshi, urwana, cyangwa nave ashobora kwigirira nabi, hitabazwa serivise z'imbangukiragutabara kugira ngo umurwayi agezwe kwa muganga hakurikijwe uko inzego z'ubuzima zikurikirana.

## **Igishushanyo cyerekana uko amatsinda y'ubumwe n'ubudaheranwa akorana n'inzego z'ubuvuzi bwo mu mutwe uko zikurikirana;**



### **ANDI MAKURU YAFASHA UMUYANAMA W'ISANAMITIMA**

- Ni ngombwa ko Abajyanama b'Isanamitima bamenya umunyamuryango ukeneye ubufasha bwa muganga bashingiye ku bimenyetso by'indwara zo mu mutwe, bakamufasha kugera kwa muganga akakirwa, akagaruka mu itsinda nyuma yo gufashwa.
- Bakwiye kandi kumenya abafite ibibazo byihariye by'ubuzima bwo mu mutwe, gushyiraho uburyo bwo kubfasha no kubaheza na serivise z'ubuzima bwo mu mutwe ku rwego rw'ibigo nderabuzima.

### **4.4 GUTEGA AMATWI NEZA BIGAMIJE GUFASHA UMURWAYI**

#### ***Bimwe mu bigenderwaho mu gutega amatwi neza***

- Gutegura ahantu hihererereye ho kuganirira; hatari umwijima, urusaku n'ibirangaza,....
- Kwakirana urugwiro utegwa amatwi.
- Kumuha umwanya uhagije mu biganiro.
- Kugira ibanga: ibiganirwaho ntibigomba gusohoka.
- N'ibindi,....

#### ***Ibigomba kwirindwa mu gihe utega amatwi***

- Gutanga amabwiriza no gutanga inama n'ibisubizo mu gihe utega amatwi.
- Gutera ubwoba, guhohotera cyangwa guhungabanya umutekano w'uwo muganira.
- Gutandukira no kuvogera ubuzima bwite bw'uwo utega amatwi, cyane cyane iyo yakweretse ko adashaka ko mubiganiraho.
- Kwiherira ijambo.
- Gucira uwo muganira urubanza, kumunegura.
- Gusesengura ibyo avuga no kubifata uko bitari.
- Kvirinda kubogama ugendeye kubyo usanzwe uzi ku muntu cyangwa ibimuvugwaho.
- Kubaza ibibazo wungikanya nk'umucamanza.
- Gusohoka cyangwa kurangara iyo uri mu gutega amatwi.



## Ikiganiro cya 5. INZIRA YO GUKIRA IBIKOMERE

### 5.1 UMWITOZO

INTECO	UBURYO	IGIHE	IBIKENEWE
Gufasha abagize itsinda kumva neza inzira umuntu acamo kugira ngo abashe komora ibikomere bitandukanye yahuye nabyo mu buzima.	Gutekereza buri wese ku gitи cye. Ibitekerezo by'itsinda.	Iminota 40	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kuyandika ku gapapuro ke kamufasha kwiyibutsa.

### UKO UMWITOZO UKORWA

1. Mu matsinda ya batanu, abagize itsinda baraganira icyo komora ibikomere aricyo.

### 5.2 INZIRA YO KOMORA IBIKOMERE



### UMWITOZO

INTECO	UBURYO	IGIHE	IBIKENEWE
Gufasha abagize itsinda kumva neza inzira umuntu acamo kugira ngo abashe komora ibikomere bitandukanye yahuye nabyo mu buzima.	Gutekereza buri wese ku gitи cye. Ibitekerezo by'itsinda.	Iminota 40	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kuyandika ku gapapuro ke kamufasha kwiyibutsa.

### UKO UMWITOZO UKORWA

Buri muntu mu itsinda rigari abanze atekereze kuri ibi bibazo, mbere yuko biganirirwa mu matsinda mato y'abantu 5.

- Ese umuntu kugira ngo yomore ibikomere bisaba iki?
- Ni ibihe bantu mubona bifasha umuntu gukira ibikomere no kongera kwiyubaka?

## INGINGO Z'INGENZI

1. Umuntu ashobora gufashwa ku giti cye n'ababigize umwuga.
2. Umuntu agomba kugira umurimo runaka akora utuma yumva hari icyo amaze, kudahugira ku bikomere bye ndetse ukamufasha no gukemura ibibazo bisanzwe by'ubuzima.
3. Umuryango nyarwanda ukwiye kongera kubaka ikizere gituma abantu bashobora kongera kubana batishishanya aho batuye.
4. Umuryango nyarwanda ukwiye kubaka inzego buri munyarwanda wese yisangamo akumva atekanye kandi yisanzuye.
5. Ubukungu bukwiye kuba busaranganywa ku buryo buri wese agira ikizere cy'ejo hazaza.
6. Kubaka igihugu kigendera ku mategeko, ndetse hakimakazwa umuco wo guhana uwakoze icyaha.
7. Umuryango nyarwanda ukwiye gukomeza umuco wo kwibuka no guha agaciro abawo bapfuye kuko bifasha buri wese kwiyubaka.

Jenoside yakorewe Abatutsi mu 1994 yasenye imibanire y'Abanyarwanda bari basanzwe bakuramo imbaraga zibafasha kubaho no kubana neza. Jenoside kandi yateje ibikomere mu marangamutima bitandukanye bitera abantu bamwe kwigunga no kwiheza mu bandi. Byabagizeho ingaruka zo kutagira ubuzima bwiza no kudatanga umusaruro mu iterambere ry'umuryango. Niyo mpamvu abakomeretse bakeneye ahantu heza, hatekanye bisanzurira bakavuga ibikomere byabo, bagategwa amatwi. Kutamenya no kudasobanukirwa gahunda zishyirirwaho abaturage zo kwita ku buzima bwo mu mutwe, kubabarirana n'ubwiyunge ni imbogamizi yo gukira ibikomere. (**Régine, 2018**)

### 5.3 IBIRANGA ISENYUKA RY'IMIBANIRE MU BANYARWANDA

Hatabayeho gukira ibikomere byo ku mutima, nta mizero y'imibanire myiza mu bantu. Muri rusange bimwe mu biranga isenyuka ry'imibanire n'ubumwe bw'abanyarwanda nyuma y'amakimbirane no gukomeretsanya n'ibi bikurikira :

- ✓ Kubura ubumwe abantu bakaba ba nyamwigendaho, abantu bagaturana bataziranye ntibananashake kumenyana.
- ✓ Umutekano muke, urwikekwe, kutizerana, no guhorana ubwoba.
- ✓ Nta bikorwa bakorera hamwe bafite ubushake, ibyemezo bifatwa n'agatsiko kamwe abandi bagakurikira.
- ✓ Umwete mu bikorwa ugaragazwa na bamwe mu gihe abandi basa n'indorerezi.
- ✓ Ubusumbane burigaragaza, abakire n'abakomeye ntibite ku bandi.
- ✓ Indangagaciro zikomeza ubumwe bw'umuryango ntizubahirizwa, umuco ntiwitabwaho.

- ✓ Ubusumbane burigaragaza muri byose bigatuma habaho guhohoterana.
- ✓ Ubuzima ntibwubahwa, ubugizi bwa nabi buriyongera.
- ✓ Abantu bamwe ntibishimira akarango kabo, babana n'ipfunwe n'igisuzuguriro.
- ✓ Amahirwe yo kwiga, kugera k'ubukungu, kubona akazi aharirwa bamwe.
- ✓ Kutubahana mu mwizerere itandukanye. N'ibindi... **(MINUBUMWE, 2023)**

#### **5.4 INGAMBA ZIYANYE N'IKIGANIRO CYA 5 N'UMUKORO UKORERWA MU RUGO**

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba ziyanye n'ibyo baganiriye, bijyanye n'icyo bakora ngo basane imibanire yasenyutse.

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera, bibafasha komorana ibikomere no kubaka icyizere hagati muri bo?

## Ikiganiro cya 6. GUTEKEREZA BISESENGURA

### 6.1 IGISOBANURO CYO GUTEKEREZA BISESENGURA NO KWITOZA GUTEKEREZA BISESENGURA

UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Gutekereza bisesengura bizafasha abagize itsinda kubaka ubushobozi n'ubushake bwo gutekereza mu buryo butabogama bufite ibimenyetso. Bizafasha kandi abagize itsinda kumenya gushungura no kudatwarwa n'ibantu by'ibihuha.	Gutekereza buri wese ku gitit cye. Ibitekerezo by'itsinda.	Iminota 30	Igipapuro kinini n' amakaramu manini (Markers), cyangwa amakayi buri wese ugize itsinda yandikamo.

#### UKO UMWITOZO UKORWA

- a) Gushaka interuro buri wese mu bagize itsinda ashobora kwemera, guhakana cyangwa kutagira uruhande afata,
- b) Buri wese agasobanura impamvu yahisemo kuba mu ruhande runaka,
- c) Uyoboye ikiganiro ntiyemerewe kugira igitekerezo atanga cyangwa uruhande abarizwamo,
- d) Hakorwe amatsinda ajyanye n'uruhande abantu bahisemo, buri tsinda riragerageza kwemeza irindi impamvu ryahisemo gufata uruhande runaka,
- e) Uwumva yemeye ashobora guhindura uruhande.

#### INGINGO Z'INGENZI:

- Gutekereza bisesengura bicumbukura ntibivuga kujora iby'abandi bavuga, cyangwa kunenga. Bivuga gufata umwanya ugatekereza ugashungura ukabona gufata icyemezo kandi ukaba ushabora gusobanura impamvu zifatika wahisemo icyemezo cyawe.
- Gukereza bisesengura bicukumbura bisaba kuba ufile amakuru ahagije ku kintu runaka, uri umuntu ufungutse ku buryo wakira ibitekerezo by'abandi kabone nubwo mutakwemeranya.

### 6.2 Ingamba zijiyanne n'ikiganiro cya 6 n'umukoro ukorerwa mu rugo

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba zijiyanne n'ibyo baganiriye.

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera?

## Ikiganiro cya 7. GUKEMURA AMAKIMBIRANE MU BURYO BUDAHUTAZA



### 7.1 GUSOBANUKIRWA AMAKIMBIRANE ICYÓ ARI CYÓ

UMWITOZO

INTEGO	UBURYO	IGIHE	IBIKENEWE
Kugergeza kwereka abagize itsinda uburyo butandukanye bwo gukemura amakimbirane mu buryo budahutaza. Kumenya uburyo wakwitwara mu gukemura ibibazo by'ubuzima busanzwe. Kwiga uburyo bwo kubaho udakomeretsa abandi, kumenya gushungura no kudatwarwa n'ibantu by'ibihuha.	Gutekereza buri wese ku gitit cye. Ibitekerezo by'itsinda.	Iminota 40	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.

### UKO UMWITOZO UKORWA

Abagize itsinda barafata udupapuro duto. Buri wese arasubiza ibibazo bikurikira:

- Amakimbirane ni iki?
- Ni ibiki mubona bitera amakimbirane aho mutuye?

#### INGINGO Z'INGENZI:

Amakimbirane ni ubushyamirane, kutavuga rumwe cyangwa kutumvikana hagati y'abantu babiri cyangwa benshi, hagati y'amatsinda y'abantu, hagati y'uturere cyangwa hagati y'ibihugu biturutse ku kudahuza ibitekerezo cyangwa ku kudahuza inyungu.

Ubu bushyamirane bushobora no kuba mu muntu ubwe, biturutse ku kugongana kw'ibitekerezo muri we.

Iyo umuntu avuze amakimbirane, akensi humvikana imvururu, intambara, umwuka mubi mu bantu, guhangana, inzangano n'ibindi bibi byinshi.

Ntibikwiye kumva ko amakimbirane buri gihe ari ikintu kibi ndetse gikwiye kwamaganirwa kure. Ahubwo uburyo tuyitwaramo nibwo butuma abyara ibintu bibi cyangwa byiza.

## 7.2 INZIRA YO GUKE MURA AMAKIMBIRANE MU BURYO BUDAHUTAZA

### UMWITOZO

INTEGO:	UBURYO	ICIHE:	IBIKE NEWE
Kugerageza kwereka abagize itsinda uburyo butandukanye bwo gukemura amakimbirane mu buryo budahutaza.	Gutekereza buri wese ku gitu cye. Ibitekerezo by'itsinda.	Iminota 20	Impapuro nini n'amakaramu manini y'amabara. Iyo bitabonetse buri wese ashobora kwandika ku gapapuro ke kamufasha kwiyibutsa.
Kumenya uburyo wakwitwara mu gukemura ibibazo by'ubuzima busanzwe.			
Kwiga uburyo bwo kubaho udakomeretsa abandi.			

### UKO UMWITOZO UKORWA

Abagize itsinda barafata udupapuro duto. Buri wese arasubiza ibibazo bikurikira:

- Ni ubuhe buryo mwumva amakimbirane yakemukamo mu buryo budahutaza?

### INGINGO Z'INGENZI:

### KUMVIKANA

Kumvikana ni imiyitwarire ituma hari icyo uruhande rumwe rutakaza, ariko nanone rukagira narwo icyo rubona hadakoreshjeje ingufu. Ibi bifasha buri wese gusohoka mu makimbirane bitamuteye ipfunwe cyangwa igihombo kandi akabana n'uwo bari bafitanye ikibazo mu buryo bwiza.

## 7.3 GUTEGA AMATWI NEZA BIGAMIJE GUSANA IMIBANIRE

**Gutega amatwi bivuze;** Kumva neza ibyo bagenzi bawe bavuze, bakoresheje amagambo, amarenga cyangwa ibimenyetso. Gutega amatwi kandi bisaba kumenya uburyo bwo gusangira amakuru n'abandi no kuyahanahana. Imibanire y'abantu irushaho kuba myiza iyo bitoje gukemura ibibazo bivutse hagati yabo kugihe.

## **7.4 INZIRA IKORESHWA MU GUKE MURA AMAKIMBIRANE**

### ◆ Intambwe zikurikizwa

1. Kwemeranya ku kibazo cyateje amakimbirane.
2. Gukusanya amakuru yose ajyanye n'ikibazo ku mpande zombi.
3. Gushyiraho umurongo ngenderwaho mu gihe ibiganiro biri kuba, kuvuga buhoro mu mutuzo, kudaca abandi mu ijambo, ...
4. Kutavanga amarangamutima y'umuntu ku giti cye n'ikibazo kiganirwaho.
5. Gufata icyemezo no gukurikiza imyanzuro yafashwe kandi itabogama.

### ◆ Gusangira amakuru no kuyahanahana mu nzira yo gukemura amakimbirane

Kugira ngo umuntu abashe gusangira n'abandi amakuru no kubasha kuyahanahana mu buryo nyabwo, bisaba ko wiybakamo ubushobozi bwo gutega amatwi neza, ugashyira umutima kubyo uri kuganiraho, ukabaza neza ibyo utumvise, kandi ukirinda kudatandukira ngo uzane izindi ngingo zihabanye n'ibyo muri kuganiraho.

Uburyo bwiza bwo gukemura amakimbirane ni ubukozwe buri wese agahabwa umwanya w'ijambo, kandi igitekerezo cye kigahabwa agaciro mu gihe avuga.

Ibiganiro bikarangwa n'ibi bikurikira:

- **Kugira ibanga,**
- **Kubaka icyizere,**
- **Gukemura ibibazo ku gihe,**
- **Kubaha umuryango (kutagira nabi),**
- **Kubaha amahitamo y'undi,**
- **Kuganira**
- **Kutabogama no kwita kugifite inyungu kurusha ibindi,**
- **Gufatira hamwe ingamba** zo kwirinda ko ibyabaye byongera kuba,
- **Gusobanukirwa ubwuzuzanye mu bushobozi,**
- **Gushyiraho gahunda yo kugenzura** ko ibyo abantu biyemeje byubahirizwa.

## **7.5 NI RYARI ABANTU BAKWIYE KWIYAMBAZA IZINDI NZEGO MU GUKE MURA AMAKIMBIRANE?**

Amatsinda y'isanamitima akorana n'abandi bafatanyabikorwa b'Akarere nk'imiryango nyarwanda itari iya leta, amadini n'amatorero akora isanamitima, inzego z'banze, inzego z'ubutabera n'iz'umutekano mu gukemura ibibazo mu gihe byananiranye.

## **7.6 INGAMBA N'UMUKORO**

- Abagize itsinda bafatire hamwe ingamba zижyanye n'ikiganiro cya 7.
- Ni ibiki bifatika abagize itsinda bagiye gukora bijyanye n'ikiganiro?

## Ikiganiro cya 8: KUBAKA UBUDAHERANWA



### 8.1 UBUDAHERANWA

Kugera ku budaheranwa muri sosiyete bisaba uruhare rwa buri wese uyibamo, akemera gukoresha ubushobozi buhari mu kwivana mu bibazo bibugarije n'ingorane zitandukanye (**Magis 2010, p.401**),

Binasaba kandi ko buri wese afashwa kugera ku buzima bwiza bwo mu mutwe, akavurwa amarangamutima akomeretse, kugira ngo akire, abone no kwifatanya n'abandi mu kugera ku ntego umuryango mugari wiyemeje (**Berkes & Ross, 2013**).

### 8.2 BIMWE MU BITEZA IMBERE UBUDAHERANWA:

- Kugira itsinda rimwe cyangwa amatsinda menshi agufasha kugira imibereho myiza.
- Kwigira ku bandi bantu no gutembera ukamenya uko ahandi babayeho.
- Kwishakamo ubushobozi bwo gukemura ibibazo nka sosiyete.
- Ibiganiro bidaheza.
- Ubunyangamugayo mu miyoborere.
- Kugira intego mu buzima

Mu rugendo rwo kubaka Ubumwe bw'Abanyarwanda, buri munyarwanda wese yibutswa agaciro ko kuba Umunyarwanda, agashishikarizwa guharanira inyungu rusange mbere y'inyungu ze bwite.

Nubwo intambwe imaze gutterwa muri urwo rugendo ishimishije, nta kwirara kuko hari inzitizi zicyigaragara zibangamiye Ubumwe bw'Abanyarwanda. Muri zo twavuga inzitizi zishingiye ku bikomere byatewe n'amateka, abacyibona mu ndorerwamo y'amoko, ubwishishanye, inzitizi zishingiye ku buremere n'ingaruka za Jenoside yakorewe Abatutsi (ihungabana, kutagaragaza imibiri y'abazize Jenoside kugira ngo ishyingurwe mu cyubahiro, indishyi z'akababaro ku babuze ababo) n'ibindi.

Mu rwego rwo guhangana n'izo nzitizi, ni ngombwa ko ibyiciro byose by'Abanyarwanda byumva neza uruhare rwa buri wese mu kwimakaza ubumwe bwabo. Kugira ngo ibyo biggerweho, zimwe mu nzira twakwifashisha ni ukongerera imbaraga abajyanama b'isanamitima binyuze mu mahugurwa yo guhangana n'ihungabana n'ibindi bibazo byo mu mutwe biterwa n'ingaruka za Jenoside yakorewe Abatusti mu 1994.

Abanyarwanda mu byiciro byose, abakuru n'abato bakagira umwanya wo kuganira ku mateka y'Igihugu cyacu hagamijwe kurushaho gusesengura no gusobanukirwa ibihe bikomeye Igihugu cyanyuzemo, kurushaho kwigisha urubyiruko amateka y'igihugu cyacu, inzira yo kwiyubaka no kwigira, bikajyana no kwita ku buzima bwo mutwe, urubyiruko rukarangwa n'imitekerereze mizima n'imyitwarire myiza yubaka igihugu aho kugira iteje ikibazo mu buzima, komorana ibikomere mu muryango, kubaka ubwizerane mu banyarwanda no kubaka u Rwanda ruzira amacakubiri.

Muri uwo murongo wo kwiyubakamo ubudaheranwa, ni ngombwa gushyiraho amatsinda y'Ubumwe n'Ubudaheranwa mu muryango muri sosiyete aho batuye bikabafasha komorana ibikomere, gufatanya mu nzira yo kwiyubaka no kwigira hagamijwe kugira umuryango nyarwanda muzima uzira ibikomere, ahubwo ufile ubushobozzi bwo gukora ukiteza imbere, ugateza imbere ubukungu bw'igihugu n'amahoro arambye.

### **8.3 AKAMARO K'AMATSINDA Y'UBUDAHERANWA MU GUSANA IMIBANIYE YASENYUTSE NO KUBAKA UBUDAHERANWA**

#### **INTEGO**

Gusobanukirwa neza akamaro k'amatsinda y'ubudaheranwa muguteza imbere imibanire myiza n'isanamitima n'ubudaheranwa mu banyarwanda.

Bumwe mu buryo bwo gufasha umuntu kudaheranwa n'agahinda k'ibyamukomerekeje;

- Kuganira nawe ku byamubayeho muri Jenoside, mu buhunzi no mu bindi bihe yanyuzemo.
- Kumwereka ko umwumva, kandi ko ibyo akubwira bitaguteye kwiheba no kugira ubwoba.

Mushobora kubiganira muri babiri, mu muryango, cyangwa muri benshi nko mu mashyirahamwe cyangwa se mw'ishuri. RBC, 2017

Kubona ubufasha bw'imibereho cyangwa kwitabwaho n'abandi mubana; umuryango wa hafi cyangwa mugari, abaturanyi, inshuti cyangwa imiryango y'abagiraneza bishobora kongerera umuntu ubudaheranwa mu gihe cy'ihungabana cyangwa Ibiza.<sup>3</sup>

### **8.4 INGAMBA ZIJJANYE N'IKIGANIRO**

**Ingamba:** Ha abagize itsinda umwanya bafatire hamwe ingamba zижяняе n'ibyo baganiriye.

**Umukoro:** Ni ibiki bifatika abagize itsinda biyemeje kujya gukora iwabo mu rugo, aho batuye cyangwa aho bakorera?

## **UMWANZURO**

Isanamitima n'isanamibanire ni urugendo tuzageraho nk'abanyarwanda dufatanije. Ubu ni nabwo buryo bwo kubaka ubudaheranwa mu bantu. Ubumwe bw'abanyarwanda no kwishakamo ibisubizo by'ibibazo bafite ni isoko y'imbaraga muri uru rugendo rwo kongera kwiyubaka, nyuma y'amateka ashaririye igihugu cyanyuzemo ya Jenoside yakorewe Abatutsi mu 1994. Mizeron Care Organization, hamwe n'abafatanyabikorwa bayo, bazakomeza guha ubushobozi abajyanama b'Isanamitima, mu rwego rwo kongerera abaturage ubumenyi bwo kwikemurira ibibazo binyuze mu matsinda mato ahuriza abantu aho batuye.

Turizera ko iyi Nyoborabiganiro ikoreshwa mu rugendo rw'amezi 6 nibura, kandi bikazafasha abana, urubyiruko, n'abakuze; gukira ibikomere byo ku mutima, no kugira imibereho irangwa no gushyira hamwe mu kwikemurira ibibazo no kwikura mu bukene binyuze mu matsinda yo kwiteza imbere.

Iyi ni inyoborabiganiro, ntitanga amakuru yose ahubwo ifasha abayikoresha kwikorera ubushakashatsi bucukumbuye kuri buri ngingo bashaka gukoraho ikiganiro.

Mbere yo kuyobora ikiganiro ni ngombwa ko ukiyobora yitegura neza, akanegeranya amakuru azifashisha harimo izindi mfashanyigisho zateguwe n'inzego zizewe cyangwa ingero zifatika z'aho batuye kuri buri ngingo.

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## IMIGEREKA

- 1. Umugereka wa 1:** Aho Mizero Care izashyirira mu bikorwa umushinga wo guteza imbere isanamitima, imibanire myiza n'ubudaheranwa.
- 2. Umugereka wa 2:** Andi makuru yafasha umujyanama w'isanamitima kwiyungura ubumenyi bumufasha kurushaho kuyobora itsinda ry'ubumwe n'ubudaheranwa neza.
- 3. Umugereka wa 3:** Uburyo bwo gutanga raporo.
- 4. Umugereka wa 4:** Ifishi yuzuzwa n'umuyobozi w'itsinda mu gihe atanga raporo.
- 5. Umugereka wa 5:** Ifishi yifashishwa mu gusuzuma ubuzima bw'abaturage mbere na nyuma y'umushinga, harebwa ubuzima bwo mu mutwe, imibanire yo mu muryango n'uburyo bwo kwiteza imbere (Screening tool).

**1. AHO MIZERO CARE ORGANIZATION IZAKORERA UMUSHINGA WO GUTEZA IMBERE ISANAMITIMA, IMIBANIRE MYIZA N'UBUDAHERANWA KUBUFATANYE NA MINISITERI Y'UBUMWE BW'ABANYARWANDA N'INSHINGANO MBONERAGIHUGU (MINUBUMWE) KUVA MU UKUBOZA 2022 – UGUSHYINGO 2023**

INTARA /UMUJYI WA KIGALI	AKARERE	UMURENGE	AKACARI
AMAJYARUGURU	Gicumbi	Ruvune	Gashirira
AMAJYEPO	Kamonyi	Karama	Bunyonga
UMUJYI WA KIGALI	Gasabo	Rutunga	Kibenga

**UMUGEREKA WA 2. ANDI MAKURU YAFASHA UMUJYANAMA W'ISANAMITIMA  
KWIYUNGURA UBUMENYI BUMUFASHA KURUSHAHO KUYOBORA ITSINDA  
RY'UBUMWE N'UBUDAHERANWA NEZA;**

<b>Ibiganiro bijyanye na</b>	
<b>Inkingi</b>	<b>Ingero z'ibiganiro</b>
<b>MURI RUSANGE</b>	<p>Ibiranga umuryango muzima ushoboye kandi utekanye.</p> <p>Kwerekana ishusho y'umudugudu mu bijyanye n'ingaruka za Jenoside ku buzima bw'abantu muri rusange no kudaheranwa n'amateka akomeye igihugu cyacu cyanyuzemo.</p> <p>Ibiganiro bireba urubyiruko n'abana (kubaza icyo bifuza kumenya).</p>
<b>UBUKUNGU N'ITERAMBERE</b>	<p>Gucunga neza umutungo w'umuryango.</p> <p>Guhanga imirimo /imishinga ibyara inyungu.</p> <p>Umuco wo kuzigama no gukorana n'ibigo by'imari.</p> <p>Kwibumbira mu bimina cyangwa mu makoperative.</p> <p>Gukumira no kurwanya ibiza no kurengera ibidukikije.</p>
<b>IMIBEREHO MYIZA MU MURYANGO</b>	<p>Kunoza imibanire mu muryango no kubahana.</p> <p>Kwpipimisha, gukingiza, kuboneza urubyaro no kubyarira kwa muganga.</p> <p>Gutegura indyo yuzuye, kwirinda igwingira ry'abana.</p> <p>Kwita kubageze mu zabukuru bafite uburwayi cyangwa ubumuga.</p> <p>Kwimakaza ibiganiro hagati y'abakuze ubwabo no hagati y'abakuze n'abato.</p> <p>Kurwanya ubuzererezi.</p> <p>Kurwanya ikoreshwa ry'ibiyobyabwenge n'ibusambanyi.</p> <p>Kugira umuco wo kuremerana.</p>
<b>IMIYOBORERE MYIZA N'UBUTABERA</b>	<p>Kwitabira gahunda za leta.</p> <p>Kwimakaza ihame ry'uburinganire n'ubwuzuzanye mu muryango.</p>
	<p>Uruhare rw'umuturage mu bimukorerwa no kurwanya ruswa.</p>
	<p>Gukumira iohoterwa.</p>
	<p>Kurwanya imirimo mibi ikoreshwa abana.</p>

**UMUGEREKA WA 3. UBURYO BWO GUTANGA RAPORO  
IFISHI YIFASHISHWA MU GUKORA RAPORO Y'UMUGOROBA W'ISANAMITIMA (YUZUZ-  
WA MU MUGOROBA WA MBERE HAGARAGAZWA AMAKURU FATIZO-BASELINE- NA  
NYUMA Y'IKIGANIRO CYA NYUMA Y'AMEZI 6)**

**1. Amakuru y'ibanze**

Akarere :.....

Umurenge :.....

Akagari :.....

Umudugudu :.....

Itariki ikiganiro cya mbere kibereyeho:...../...../.....

Umubare w'amatsinda:.....

Umubare w'abagomba kwitabira umugoroba w'isanamitima bose:

Abagore\_\_\_\_\_ /Abagabo\_\_\_\_ /Urubyiruko\_\_\_\_\_

**2. RAPORO KU MAKURU AHINDURA IMIBEREHO Y'IMIRYANGO KUBIYANYE NO GUFASHA ABAYIGIZE GUKIRA IBIKOMERE BYO KU MUTIMA, NO KUBAHO BIZIRA AMAKIMBIRANE NO GUTEZA IMBERE UBUDAHERANWA MU BAYIGIZE BAKITEZA IMBERE**

IBYAKOZWE			
Mu bukungu	Ibipimo (indicators)	Uko bihagaze itsinda rigitangira (baseline)	Uko rihagaze nyuma y'amezi 6
		Ukwezi kwa.....	Mu kwezi kwa .....
	Imibare y'imiryango ikeneye ubufasha bw'isanamitima n'isanamibanire.		
1. Kugira uruhare mu bikorwa bifasha umuryango kwivana mu bukene.	Umubare w'abantu bakeneye kwitabwaho byihariye mu isanamitima.		
2. Kwizigamira no gukorana n'abandi mu itsinda ryo gutezanya imbere.	Umubare w'imiryango itagira aho kuba kubera imibanire yasenyutse cyangwa indi mpamvu, amazina na telephone.		
3. Kutarangwamo n'amakimbirane mumuryango.	Imiryango itarangwamo n'amakimbirane. Imiryango irangwamo n'amakimbirane		
4. Kutagira ubwishingizi mu kwivuza no kutivuza uko bikwiriye.	Imiryango igaragaramo ibikomere byo ku mutima itagira ubwishingizi bwo kwivuza (MUSA). Imiryango irimo abantu batabona ubuvuzi bw'indwara zo ku mutima nk'uko bikwiriye n'imyirondoro yabo (amazina na telefone).		
ICYONGERWAHO			
Udushya twakozwe	Imbogamizi	Ibyifuzo	

**UMUGEREKA WA 4: IFISHI YUZUZWA N'UMUYOBOZI W'ITSINDA MU GIHE ATANGA RAPORO**

**UMUSHINGA WO GUTEZA IMBERE ISANAMITIMA, ISANAMIBANIYE NO KUBAKA UBUDAHERANWA**

AKARERE : .....  
 UMURENGE : .....  
 AKAGARI : .....  
 UMUDUGUDU : .....  
 ITSINDA RYA : .....  
 ITARIKI ITSINDA RYAHURIYEHOB:...../...../2023

IKIGANIRO CYATANZWE : ..... AHO CYATANGIWE.....

UWAYOBOYE IKIGANIRO:..... UMUBARE W'ABAGIZE ITSINDA....

AMAZINA Y'ABITABIRIYE UMUGOROBA W'ISANAMITIMA/ TEL ..... /UMUKONO

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....
- 11.....
- 12.....
- 13.....
- 14.....
- 15.....

Umubare w'abitabiriye : Gabo  Gore

Andi makuru y'ingenzi atangwa (Uwahungabanye, uwoherejwe kwa Muganga, imiryango yiyunze n'abo bari bafitanye amakimbirane, inkunga yatanzwe nko guhemba umubyeyi wabyaye, gusura umurwayi, gukora igikorwa cy'inyungu rusange, cyangwa imhogamizi zagaragaye n'uburyo zizakemurwa ubutaha etc)

UMUYOBOZI W'ITSINDA: ..... Tel: .....  
 ITARIKI N'UMUKONO:...../...../2023

**UMUGEREKA WA 5: IFISHI YIFASHISHWA MU GUSUZUMA UBUZIMA BW'ABATURAGE  
MBERE NA NYUMA Y'UMUSHINGA, HAREBWA UBUZIMA BWO MU MUTWE,  
IMIBANIRE YO MU MURYANGO N'UBURYO BWO KWITEZA IMBERE (SCREENING TOOL)**

**IKIGANIRO KIGAMIJE GUSUMA ABATURAGE - IFISHI YO KUZUZA**

**IGICE A: Kubijanye n'ubuzima bwo mu mutwe**

Amabwiriza: Ibibazo bikurikira, bibaza ku bantu bishobora kuba byarakubangamiye. Kuri buri kibazo, uhitemo umubare usobanura neza uburyo (cyangwa inshuro) wahangayikishijwe na buri kibazo mugihe cyashize nubu (mu kwezi gushize). Ushobora gusubiza uhisemo kimwe muri ibi bisubizo 6: Nta na rimwe (nta na gato), Gake cyane (munsi y'umunsi umwe cyangwa ibiri), Gake (iminsi itari micye), Biciriritse (birenze igice cy'iminsi/ukwezi), Bikabije (hafi ya buri umunsi), cyangwa Bitari uku kwezi ariko byari ikibazo kera.

	Muri uku kwezi gusihze, ni kangahe ibi bibazo byakubangamiye?	Nta Na rimwe Nta na gato	Gake cyane Munsi y'umunsi umwe cg ibiri.	Gake Iminsi itari micye	Biciriritse Birenze igice cy'iminsi/ukwezi	Bikabije Hafi ya buri munsi	Bitari uku kwezi ariko byari ikibazo cyera.	Ibitekerezo by'inyongera
<b>DEP</b>	1. Kutashikazwa n'imrimo isanzwe, kumva nta munezero?	0	1	2	3	4	P	
	2. Kumva umerewe nabi, wihebye cyangwa udfalite ibyiringiro?	0	1	2	3	4	P	
<b>SUI</b>	3. Kumva ko kuba uraho birutwa no gupfa?	0	1	2	3	4	P	
	4. Gutekereza kwiyambura ubuzima?	0	1	2	3	4	P	
<b>ANX</b>	5. Kumva ufinite impagarara, uhangayitse?	0	1	2	3	4	P	
<b>PSY</b>	6. Kumva ugize icyoba kidasanzwe?	0	1	2	3	4	P	
	7. Guhungira kure ibigutera icyoba kidasanzwe?	0	1	2	3	4	P	
	8. Kumva ko abantu bahora bakureba, ugahorana uwobwa bwo gusebera mu bantu, cyangwa kwangwa?	0	1	2	3	4	P	
	9. Kumva amajwi adahari?	0	1	2	3	4	P	
<b>OCD</b>	10. Kumva ko abandi bashobora kumva ibyo utekereza utabibabviye, cyangwa ko wowo uri kumva ibyo abandi batekereza.	0	1	2	3	4	P	
	11. Kugira ibitekerezo, ibyifuzo cyangwa amashusho bikubangamiye,bihora bigutera mubitekerezo byawe.	0	1	2	3	4	P	
<b>DIS</b>	12. Kumva ufinite ubushake bwo guhora ukora ikintu kimwe inshuro nyinshi, niyo bidakenewe.	0	1	2	3	4	P	
	13. Kumva udahari, uri kure yaho wicaye cyangwa uhagaze, usa nkaho utakiri mu mubiri wawe; kumva nkaho ibyo ubona bidahari mu byukuri.	0	1	2	3	4	P	
	14. Kumva utazi uwo uri we nyawe, n'icyo wumva wifuza mu buzima.	0	1	2	3	4	P	

	15. Kumva utisobanukiwe, utazi n'inkomoko yawe.	0	1	2	3	4	P	
BPD	16. Kumva ufite icyaho muri wowe?	0	1	2	3	4	P	
	17. Kunywa ibisindisha 4 by'ubwoko butandukanye, mu munsi umwe?	0	1	2	3	4	P	
	18. Kunywa itabi?	0	1	2	3	4	P	
SUB	19. Kunywa ibinini byo kwa muganga igihe kirenze icyo muganga yaguhaye, cyangwa gukoresha ibyobyabwenge nk'urumugi, n'ibindi.	0	1	2	3	4	P	
	20. Kutabasha kwifata byangizeho ingaruka mbi.	0	1	2	3	4	P	
	21. Nabeshyeye undi, ngamije kugaragara neza (kwiha ishusho nziza).	0	1	2	3	4	P	
	22. Nigeze gukoresha intwarz runaka ngo ngere kucyo nifuzaga.	0	1	2	3	4	P	
ANG	23. Nigeze gukubita umuntu mbitewe n'umujinya.	0	1	2	3	4	P	
	24. Kumva nsubijwe mu bihe bya jenoside, nkaho biri kumbaho ubu.	0	1	2	3	4	P	
	25. Guhungira kure ibinyibutsa jenoside byose: ahantu, abantu, ibiganiro, ibikorwa, cyangwa ibantu.	0	1	2	3	4	P	
	26. Kwicira urubanza cyangwa gucira abandi urubanza, wihora cyangwa ubahora ibyabaye muri jenoside, na nyuma yaho.	0	1	2	3	4	P	
TRA	27. Guhora wikanga, ukaba maso birenze.	0	1	2	3	4	P	
	28. Kumva urengewe n'amarangamutima yawe?	0	1	2	3	4	P	
	29. Kutabasha gutuza iyo hari ikimbabaje cyangwa ikindakaje?	0	1	2	3	4	P	
EMDYS	30. Guhita urakara iyo ibantu bihundutse, ntibigende uko wari ubyiteguye. (gutabasha kwihangana)	0	1	2	3	4	P	
	31. Guhora utekereza intonganya zahise.	0	1	2	3	4	P	
	32. Guhora utekereza uko witwaye mu gihe cyashize?	0	1	2	3	4	P	
RUM	33. Guhora utekereza ku byakubayeho, mu gihe cyahise?	0	1	2	3	4	P	
	34. Gukora ibantu uhubutse, utabanje gutekereza ku ngaruka?	0	1	2	3	4	P	
IMP	35. Kumva kudahubuka bikugoye?	0	1	2	3	4	P	
	36. Kumva ko uri ingenzi kurusha abandi?	0	1	2	3	4	P	
GR/CAL	37. Kumva ko hari abo ugomba gukandamiza kugira ngo ugere kucyo wifuza mu buzima ?	0	1	2	3	4	P	
SOM	38. Guhorana ububabare bwo mu mubiri, abaganga baburiye impamu.	0	1	2	3	4	P	

Abbreviations : DEP= depression, SUI= suicidality, ANX= anxiety, PSY= psychosis, OCD= obsessive compulsive disorder, DIS= dissociation, BPD= borderline traits, SUB= substance use, ANG= anger, TRA= trauma, EMDYS= emotion dysregulation, RUM= rumination, IMP= impulsivity, GR/CAL= grandiosity, callousness, SOM= somatization problems

## IGICE B: Kubijyane n'amakimibirane yo mu miryango

Amabwiriza: Igice gikurikira kirimo interuro zijiyanie n'imibaniire mu muryango wawe. Gerageza gusubiza kuri buri kibazo ukurikije uko umubano usanzwe uri hagati yaye n'umuryango wawe. Ushobora gusubiza kimwe mu bisubizo bitanu (5) bikurikira: Ntabwo aribyo , Buhoro, Rimwe na rimwe, Birasanzwe, Hafi ya buri munsi.

Erekana uburyo urimo uhura n'ibi bikurikira:	Ntabwo aribyo	Buhoro	Rimwe na rimwe	Birasanzwe	Hafi ya buri munsi	Ibitekerezo by'inyongera
1. Mu muryango wanje, hari ubwumvikane, buri wese yumva mugenzi we.	0	1	2	3	4	
2. Mu muryango wanje, ntidusangira inshingano.	0	1	2	3	4	
3. Mu muryango wanje dukora ibishoboka byose ngo ntihagire ubabara mu marangamutima cyangwa no ku mubiri.	0	1	2	3	4	
4. Twizera ko inshuti, abaturanyi, n'abandi baturage bashobora kuduhemukira (cyangwa ari abahemu).	0	1	2	3	4	
5. No mu bikomeye, mu muryango wanje twizera ko ibantu bizagenda neza.	0	1	2	3	4	
6. Mu muryango wanje dukunda kwitana ba mwana cyangwa gucyurirana.	0	1	2	3	4	
7. Turaganira mpaka tubonye igisubizo.	0	1	2	3	4	
8. Mu muryango wanje biratugora kuganira; duhishana amarangamutima yacu.	0	1	2	3	4	
9. Mu muryango wanje, tunganira kuri ejo hazaza, imigambi n'byiringiro dufite.	0	1	2	3	4	
10. Amahame cyangwa amabwiriza y'umuryango ntashobora guhinduka bitewe n'ibikenewe.	0	1	2	3	4	
11. Mu muryango wanje tubasha kuganira ku bitubabaza, tukagera ku bwumvikane.	0	1	2	3	4	
12. Mu muryango wanje ntidutega amatwi ibibazo by'undi.	0	1	2	3	4	

**Amabwiriza:** Ibibazo bikurikira bivuga ku bitandukanye ushobora kuba warabayemo uri umwana. Subiza ibibazo hamwe yego cyangwa oya.

Mu gihe wakuraga, mu myaka 18 yambere y'ubuzima bwawe:

- Ese hari umubyeyi wawe cyangwa undi muntu mukuru wo mu rugo wakunze: kugutuka, kugushyira hasi agutesha agaciyo, cyangwa kugusebya?

**Cyangwa** gutuma ugira ubwoba bwo kubabazwa ku mubiri?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Ese hari umubyeyi wawe cyangwa undi muntu mukuru wo mu rugo wakunze: kugusunika aguhutaza, ku gukubita, cyangwa kugutera ikintu?

**Cyangwa** Wigeze kugukubita cyane ku buryo wagize ibimenyetso cyangwa wakomeretse?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Ese haba hari umuntu mukuru cyangwa umuntu wakurushaga byibuze imyaka 5 waba: yaragukozezo mu buryo budakwiriye cyangwa ngo agusabe kumukoraho bidakwiye, nko mu myanya y'ibanga?

**Cyangwa** waba waragufashe ku ngufu, cyangwa ngo abigerageze?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Waba warakuze wumva ko: nta numwe mu muryango wawe wagukundaga cyangwa wibwiraga ko ufito akamaro?

**Cyangwa** ko mu muryango wawe ntawitaga ku wundi, cyangwa ngo bashygikirane?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Waba warakuze wumva ko: ntabyo kurya bihagije warufite, wagombaga kwambara imyenda yanduye, kandi ko nta muntu wo kukureberera warufite?

**Cyangwa** ko ababyeyi bawe batashoboraga ku kwitaho nk'uko bikiwiye, nko kukuvuza mu gihe ubikeneye, kubera babaga basinze cyangwa bafashe ibiyobyabwenge?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Ababyeyi bawe bigeze batandukana?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Haba hari umwe mu babyeyi bawe cyangwa abandi barezi bakuze, baba barakundaga: gusunika bahutaza, gukubitwa cyangwa kujugunyirwa ibantu runaka?

**Cyangwa** rimwe na rimwe cyangwa akensi bateraga imigeri, barumaga, cyangwa bagakubitisha ikintu gikomeye?

**Cyangwa** bigeze bakubitwa byibuze iminota micye, cyangwa bagakangishwa icyuma cyangwa imbunda?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Waba warabanye n'umuntu warufite ikibazo cyo gusinda cyangwa gukoresha ibiyobyabwenge?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Haba hari umuntu wo mu rugo wari urwaye agahinda gakabije cyangwa indi ndwara yo mu mutwe? Cyangwa ngo hagire ugerageza kwiyahura?

Yes     No

If Yes, enter 1 \_\_\_\_\_

- Haba hari umuntu wo mu rugo wafunzwe?

Yes     No

If Yes, enter 1 \_\_\_\_\_

**ACE SCORE (Total "Yes" Answers):** \_\_\_\_\_

### Section C: Kubijanye n'amakimbirane, n'ingorane mu kubana

**Amabwiriza:** Igice gikurikira gikubiyemo interuro zerekanye n'ibikorwa byakozwe n'abitabiriye, mu rwego rwo kwitabira ibikorwa rusange. Hitamo kimwe muri ibi bisubizo bitatu: Nafasha mu gutegura, Nzitabira, Ntabwo nzitabira. Ufite kandi amahirwe yo kongeramo ibitekerezo, niba ushaka gusobanura igitekerezo cyawe cyo kutitabira, cyangwa ikindi cyose cyatuma uhitamo kutitabira.

Byongeye kandi, hano ndaguha ibisobanuro bimwe bijyanye n'urwego ushobora kubabariraho abantu batandukanye.

<b>Subiza werekana ubushake ufite mu gufasha gutegura/kwitabira ibi bikurikira, ku rwego rw'umudugudu (mu muryango mugari ubamo)</b>	<b>Nafasha mu gutegura</b>	<b>Nzitabira</b>	<b>Ntabwo nzitabira</b>	<b>Ibitekerezo by'inyongera</b>
1. Ibiganiro bigamije gukemura amakimbirane.	0	1	2	
2. Umuganda rusange ugamije gukemura ikibazo.	0	1	2	
3. Gufasha abakoze jenoside kwishyura imitungo yangiritse mu gihe cya Jenoside.	0	1	2	
4. Gushyiraho club/ ishyirahamwe/ koperative ry'ubumwe n'ubwiyunge.	0	1	2	
5. Gufasha uwacitse ku icumu kwiyunga n'uwaikoze jenoside.	0	1	2	

<b>Gerageza gusubiza ugereranyije n'ubushobozi bwave bwo kubabarira abandi:</b>	<b>Oya, nababarira</b>	<b>Nababarira ariko byamfata igihe</b>	<b>Yego, sinabasha kubabarira</b>	<b>Ibitekerezo by'inyongera</b>
1. Ndumva ntashobora kubabarira umuntu wishe ababyeyi / abana / abavandimwe banjye.	0	1	2	
2. Ndumva ntashobora kubabarira umuntu wamfashe ku ngufu / wafashe ku ngufu bene wacu.	0	1	2	
3. Numva ntashobora kubabarira umuntu wanyangirije/wansenye umutungo.	0	1	2	
4. Numva ntashobora kubabarira umuntu wambabaje, kabone niyo yakwihana.	0	1	2	
5. Ndumva ntashobora gusaba imbabazi umuntu/abantu nababaje.	0	1	2	

Waba ufitanye amakimbirane n'umuntu/abantu mu gace utuyemo ? Kubera iyihe mpamvu?

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Ni gute ukemura amakimbirane n'abandi baturage ?

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## Section D: Kubijanye no kwitabira bikorwa biteza imbere imibereho

Ni gute wasobanura imibereho yawe n'ubukungu?

- Ntibyoroshye kubona ifungura rya buri munsi.
- Mbasha kubona ifunguro ry'umunsi, ariko simbayeho neza.
- Mbayeho neza kandi nrya neza.

**Amabwiriza:** Igice gikurikira kijyanye n'ubushobozi bwo kubaho. Subiza werekana ubumenyi ufile kuri buri kimwe.

	Ubushobozi bujyanye n'imibereho	Nta bumenyi mbifiteho	Mbifiteho ubumenyi bw'banze	Mbifiteho ubumenyi burambye
1	Guhinga umurima muto nkoresheje ipiki, igitiyo n'ishoka.	1	2	3
2	Guhinga umurima munini nkoresheje ikoranabuhanga rijyanye no kuhira cyangwa amamashini.	1	2	3
3	Kuvura no kurinda indwara n'ibyonnyi by'ibihingwa.	1	2	3
4	Kuvura indwara zamatungo n'ibyuririzi.	1	2	3
5	Gukora amatafariyo kubaka igikuta.	1	2	3
6	Gukoresha imbahao mu gukora ameza, intebé n'ibindi bikoresho.	1	2	3
7	Gukoresha ibitambaro mu kuboha amashati, amajipo cyangwa imipira.	1	2	3
8	Kwigisha abana kwandika no gusoma mu ishuli.	1	2	3
9	Gufasha no gutanga ubujyanama ku bantu bafite ibibazo By'amarangamutima atandukanye.	1	2	3
10	Gukora ibantu bitandukanye by'ubukorikori, ubugen'i byo kugurisha mu isoko.	1	2	3
11	Gukoresha mudasobwa mu gutegura ibikorwa by'iterambere.	1	2	3
12	Gukora imodoka ifite ibibazo bya moteri cyangwa iby'umuriro.	1	2	3
13	Gutwara imodoka.	1	2	3
14	Gukora igenamigambi rifasha kumenya ibyo twinjiza, uko tuza byinjiza nuko tuzabigurisha.	1	2	3
15	Gusoma no kwandika mu rurimi urwo ari rwose.	1	2	3
16	Gukoresha imibare mu kubara ibyo twasohoye n'ibyinjiye.	1	2	3

**Amabwiriza:** Igice gikurikira gikubiyemo ibibazo byerekeranye n'ubushake, n'uko umuntu yiteguye kugira uruhare mu bikorwa by'iterambere, bijyanye cyane cyane n'ubuyobozi ndetse n'ubumenyi-ngiro bifasha mu kwihangira imirimo.

	Ntabwo nabishobora	Buhoro	Nabishobora	Ibitekerezo by'inyongera
1. Mpore nshakisha uburyo bushya bwo gukemura ibibazo.	0	1	2	
2. Niteguye gukora ibidasanzwe niyo ntizizeye bihagije, kugira ngo ngere ku ntsinzi.	0	1	2	
3. Nkunda gukora ibikomeye. Bimpa ishyaka ryo gukorana umwete.	0	1	2	
4. Nzi gushishoza nkamenya ibibazo bikeneye kwitabwaho mbere, kugira ngo ubuzima bw'abaturage butere imbere.	0	1	2	
5. Iyo ndi gukemura ikibazo, ngerageza kubaha no guha agaciro ibitekerezo bya buri wese.	0	1	2	
6. Nzi kubaha ibitekerezo bya bagenzi banje, niyo tutabyumva kimwe.	0	1	2	
7. Nshobora kwihanganira amakosa, n'ingeso mbi by'abandi.	0	1	2	
8. Mbasha kubona inyungu nyinshi no kuzuzanya biva mu gukorana n'abantu b'ingeri zitandukanye (abantu batandukaniye mu turere baturukamo, amadini, n'ibindi).	0	1	2	
9. Nshobora kubona imbaraga z'umuntu, nuko nabageraho kugira ngo tugirane imikoranire myiza.	0	1	2	
10. Abantu bambona nk'umutu ukora akazi uko bikwiye.	0	1	2	
11. Iyo mfite intego, mu busanzwe nkora ibishoboka ngo nyigereho.	0	1	2	
12. Mpindura uburyo nkoramo, iyo mbonye ibintu bitari kugenda neza, uko nabiteguye.	0	1	2	
13. Nizera ko abagore n'abagabo bose bashoboye gutanga umusanzu ukomeye mu muryango nyarwanda mbamo.	0	1	2	
14. Nizera ko abagore n'abagabo bashoboye gufata ibyemezo mu kazi.	0	1	2	
15. Niyemeje gutanga umwanya wanje n'ibindi bikenewe mfitiye ubushobozi, kugira ngo tugere ku mpinduka nziza muri sosiyete.	0	1	2	
16. Nezezwa no gusubika ibindi bindeba kugira ngo nkorane n'abandi mu kubaka ibyiza mu muryango mugari mbamo.	0	1	2	

Wakwemera kugira uruhare mu bikorwa rusange bigamije gutera imbere? YEGO/OYA  
Andika hano ibindi bitekerezo byatanzwe n'uwitabiriye:

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