

TURANDURE IHOHOTERWA RIKORERWA MU NGO

Imfashanyigisho yateguriwe abahugura abandi n'abitangira guca ihohoterwa rikorerwa mu ngo



Community Trainers and Activists

Yateguwe na **ADTS** kubufatanye na **NPA** hamwe n'impuguke
Millie Odhiambo-Mabona

Copyright© ADTS Gashyantare 2013
Uburenganzira bw'umuhanzi bugomba kubahirizwa

Uwashyizemo amashusho: **Tom Maani-Bamuheire**

Cyashyizwe mu Kinyarwanda na: **MUHAWENIMANA JMV**

Uwahuje imirimo akanatunganye igitabo:

Niyonsenga Chrisserie
“Program officer” muri ADTS

ISHAKIRO

GUSHIMIRA	VI
INTANGIRIRO	VI
<i>Umumaro w'iki gitabo</i>	vi
<i>Intego z'ingenzi z'iki gitabo</i>	vi
<i>Uko iki gitabo gikoreshwa</i>	vii
IGICE CYA I: IHOHOTERWA RIKORERWA MU NGO NK'IKIBAZO CY'UBURENGANZIRA BWA MUNTU	7
ISOMO RYA I: UBURENGANZIRA BWA MUNTU NI IKI?	2
ISOMO RYA 2: AMATEKA Y'UBURENGANZIRA BWA MUNTU	6
ISOMO RYA 3: UBURENGANZIRA BW'ABAGORE NK'UBURENGANZIRA BWA MUNTU	8
IGICE CYA II: GUSOBANUKIRWA N'IHOHOTERWA RIKORERWA MU NGO	10
ISOMO RYA 1: IHOHOTERWA RIKORERWA MU NGO NI IKI?	11
ISOMO RYA 2: IMPAMVU IHOHOTERWA RIKORERWA MU NGO RIGOMBA KWITABWAHO BY'UMWIHARIKO	12
ISOMO RYA 3: AMOKO Y'IHOHOTERWA RIKORERWA MU NGO	14
ISOMO RYA 4: NI BANDE BAFITE URUHARE MU IHOHOTERWA RIKORERWA MU NGO ?	16
ISOMO RYA 5: IMPAMVU ZITERA IHOHOTERWA RIKORERWA MU NGO	17
ISOMO RYA 6: IBYEREKERANYE N'IMIBONANO MPUZABITSINA, UBURENGANZIRA KU BIJYANYE NO KUBYARA N'IHOHOTERWA RIKORERWA MU NGO	22
ISOMO RYA 7: KUKI ABAGORE BAHOTERWA BAKAGUMA MU NGO ZABO?	26
ISOMO RYA 8: URUHEREREKANE RW'IHOHOTERWA	27
ISOMO RYA 9: IBYO ABANTU BIBESHYAHU N'IBYO BIBWIRA KU IHOHOTERWA RIKORERWA MU NGO	29
ISOMO RYA 10: INGARUKA Z'IHOHOTERWA RIKORERWA MU NGO	31
IGICE CYA III: UBURINGANIRE N'UBWUZUZANYE MU IHOHOTERWA RIKORERWA MU NGO	33
ISOMO RYA 1: IBISOBANURO KU BWUZUZANYE N'UBURINGANIRE N'IGITSINA	34
ISOMO RYA 2: IBYO ABANTU BIBWIRA KU BWUZUZANYE N'UBURINGANIRE	36
ISOMO RYA 3: IBITUMA IMYUMVIRE MIBI IBA KARANDE	38
IGICE CYA KANE: KWIYEMEZA GUHANGANA N'IKIBAZO: INGAMBA ZAFATWA MU RWEGO RWO KURWANYA IHOHOTERWA RIKORERWA MU NGO	46
ISOMO RYA 1: GUKUMIRA NO KURWANYA AMAKIMBIRANE	47
A: Gusobanukirwa n'amakimbirane icyo ari cyo	48
B: Ibitera amakimbirane	48
C: Amoko y'amakimbirane	50
D: Ibimenyetso by'ibanze byerekana ko hagiye kuvuka amakimbirane	51
ISOMO RYA 2: UBUIYANAMA KU IHUNGABANA	53
A: Ihungabana ni iki?	54
B: Amoko y'ihungabana	55
C: Ibibazo bidasanze bikurikira ihungabana	56
D: Ibimenyetso by'ibibazo bidasanze bya nyuma y'ihungabana	57
E: Ubuiyanama ku ihungabana ni iki?	58
F: Ibiranga umuiyanama w'ihungabana mwiza	59
G: Ubuhanga na tekini by'ubuiyanama	61
ISOMO RYA 3: UBUVUGIZI	64
A: Gusobanura ubuvugizi icyo ari cyo	65
B: Kugena ingamba	66
C: Gushaka no kwegeranya ibikoreshe by'ubuvugizi	70
D: Ibyiciro by'ubuvugizi	70
ISOMO RYA 4: KWIYAMBAZA AMATEGEKO	73
Itegeko ry'umuryango, impano n'izungura	74

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

<i>Ivangamutungo rusange</i>	75
<i>Ivangamutungo w'umuhahano</i>	75
<i>Ivanguramutungo risesuye</i>	75
IGICE CYA GATANU: UBUMENYI N'UBURYO BUKORESHWA MU GUHUGURA UHA URUHARE ABAHUGURWA	77
<i>Ubumenyi mu guhugura n'uburyo bukoreshwa: Inyigisho zihabwa abantu bakuru</i>	78
<i>Uburyo bwo gukoresha mu mahugurwa buha uruhare abahugurwa</i>	79
A. <i>Kwandika ibaruwa</i>	79
A. <i>Gutanga ibitekerezo muri rusange kandi ku buryo bwo gusimburana.</i>	79
B. <i>Udukino</i>	79
C. <i>Ibiganiro mu matsinda.....</i>	80
D. <i>Inkuru.....</i>	80
E. <i>Ikusanyabitekerezo (Brainstorming)</i>	81
F. <i>Kuganira ku ngingo</i>	82
G. <i>Indirimbo n'udukuru.....</i>	82
H. <i>Amashusho n'amafoto</i>	82
I. <i>Ibishushanyo.....</i>	83
J. <i>Videwo na filimi z'ibyabaye</i>	83
K. <i>Udukino</i>	84
L. <i>Udukuru two gufindura.....</i>	84

IRIBURIRO

Guverinoma y'u Rwanda imaze gutera intambwe igaragara mu rwego bwo kurwanya ivangura rishingiye ku gitsina. U Rwanda rwashyize umukono ku masezerano yose arebana no kurandura ihezwa iryo ari ryo ryose rigirirwa abagore, harimo na CEDAW n'amasezerano nyafurika ku burenganzira bwa muntu n'ubw'abaturage. Mu 2007 u Rwanda rwashyize umukono kuri politiki y'igihugu y'uburinganire. Uyu mwaka hazemewe amategeko ajyanye n'ishyirwa mu bikorwa ry'iyi politiki. Ibindi byagezweho mu kurwanya ivangura rishingiye ku gitsina, ni itegeko ry'imuryango impano n'izungura, n'itegeko ngenga ry'ubutaka. Na none kandi, Itegekonshinga ry'u Rwanda ryemera uburinganire rikanashimangira ko abagore bagomba kugira ibice 30% by'imyanya mu Nteko ishingira amategeko no mu zindi nzego z'ubuyobozi. Ibi byarubahirijwe ku buryo ubu u Rwanda rwishimira kuba ari rwo rufite umubare munini ku isi w'abagore mu nteko ishingira amategeko.

Ibi byagezweho bitanga amahirwe ya politiki ku burunganire no kongerera abagore ingufu mu gihugu. Nyamara iterambere ry'uburenganzira bw'abagore cyane cyane abo mu giturage, riracyacumbagira. Ihohoterwa rigirirwa abagore riracyari ikibazo gikomeye mu muryango nyarwanda. Iri hohoterwa rituma bamwe batakaza ubuzima, abandi bakabura uruvugiro, bagateshwa agaciro, ndetse bagatakaza icyizere. Bituma batabasha kugira icyo bakora, bityo ntibagire uruhare mu iterambere ndetse ntibanagerweho n'ibyiza byaryo. Na none kandi, ibigerwaho mu guharanira uburinganire n'uruhare rwa'abagore mu iterambere mu Rwanda bigomba kugaragazwa, cyane cyane ibirebana n'ukuntu sosiyete ikora ngo ihohoterwa riranduke.

Kuva mu 2005 NPA Rwanda yateye inkunga imishinga igamije kurwanya ihohoterwa rikorerwa mu ngo binyuze mu mahugurwa n'ubujyanama. Mu mwaka wa 2006, NPA yifashishije A.D.T.S., yatangiye igikorwa cyo gukora imfashanyigisho z'amahugurwa muri urwo rwego. Iyi mfashanyigisho ikaba yaragizwemo uruhare n'imiryango n'abagenerwabikorwa mu gihe kiri hafi y'imyaka ibiri, ikaba kandi ari kimwe mu byifashishwa mu kurwanya ihohoterwa ribera mu ngo. Ikubiyemo ingingo nyinshi, ikinabuzima n'ibishushanyo bituma iba igikoresheho cyo kwifashisha mu guhugura no gukangura abantu ndetse bikanorohera uyifashisha kuyisoma no kuyumva. Turizera ko iyi mfashanyigisho izaba isoko y'amakuru n'ubumenyi ikanaba umusanzu mu kurandura ihohoterwa rikorerwa mu ngo no guharanira uburenganzira bw'umugore mu nzego zose za sosiyete; abagore bakarindwa ihohoterwa, bakagira ubuzima bwiza, bakigenga mu mibereho yabo kandi bagafatanyaga n'abandi kubaka sosiyete ibereye bose.

Dagmar Forland
Resident Representative



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

GUSHIMIRA

Turashimira abantu, amashyirahamwe n'imiryango yose bagize uruhare mu buryo butandukanye mu itegurwa ry'iyi mfashanyigisho. Turashimira by'umwihariko Minisiteri y'Ubutabera kubera inkunga batanze mu itegurwa ry'integanyanyigisho ndetse n'iyi mfashanyigisho batugaragariza iby'ingenzi bigomba kuba bikubiye muri icyo nteganyanyigisho no muri iyi mfashanyigisho. Hari byinshi kandi batwunguye ku bijyanye n'ibyo guverinoma yagiye ikora mu rwego rwo guhangana n'ikibazo cy'ihohoterwa rikorerwa mu ngo. Ntitwakwibagirwa kandi kongeraho amazina y'imiryango n'amashyirahamwe byadufashije mu nama zari zigamije gutegura iyi mfashanyigisho n'integanyanyigisho akayihagaciro n'umurongo ngenderwaho ariyo : **AJPRODHO-JIJUKIRWA, ASSOCIATION SERUKA., APPROFER, ASSOCIATION TUBIBEMAHORO, CENTRE IWACU, RESEAU DES FEMMES, AGR, CDJP NYUNDO, ACPF.**

ADTS irashimira by'umwihariko abantu bakurikira:

Ms Dagmar S. Forland

Wahoze ari umuyobozi wa NPA mu Rwanda hamwe n'itsinda ry'abakozi ba NPA bose ubwitange bagaragaje ngo iyi mfashanyigisho iboneke.

Millie Odhiambo-Mabona

inzobere yafashije mu gutegura iyi mfashanyigisho

Abakozi bose bo muri ADTS, ku bufatanye n'ubwitange ngo sosiyete nyarwanda ihinduke kandi itere imbere.

Intangiriro

Umumaro w'iki gitabo

Iki gitabo cyateguwe kugira ngo gikoreshwe n'imiryango ikorana na NPA muri gahunda y'amahugurwa agamije gufasha abatwungira gusobanukirwa n'ikibazo cy'ihohoterwa rikorerwa mu ngo. Kiri kumwe kandi n'Integanyanyigisho n'agatabo k'inshamake. Integanyanyigisho igaragaza ibiteganyijwe ku ihohoterwa rikorerwa mu ngo muri rusange, igatanga n'amabwiriza ku ngingo z'ingenzi zizigwaho ku bijyanye n'ihohoterwa rikorerwa mu ngo. Igitabo cy'inshamake gitanga ubumenyi ku bijyanye n'ihohoterwa rikorerwa mu ngo bwagirira akamaro uhugura ndetse n'uhugurwa. Uhugura akeneye ibyo bitabo uko ari bitatu mu kazi ke. Uhugurwa azakenera gusa igitabo cy'inshamake, kereka igihe azaba ahugurirwa kuzahugura abandi, ni bwo na we azakenera ibyo bitabo uko ari bitatu.

Intego z'ingenzi z'iki gitabo

Iki gitabo kigamije:

- (i) Guha imiryango ikorana na NPA inzira inoze yo guhugura ku ihohoterwa rikorerwa mu ngo;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- (ii) Gutanga ubumenyi ku ihohoterwa rikorerwa mu ngo n'uburyo butandukanye bwo guhugura kuri iryo hohoterwa.
- (iii) Kuba ikigega cy'ubumenyi bwifashishwa mu mahugurwa y'abazahugura abandi mu miryango ikorana na NPA;
- (iv) Gutanga umurongo ngenderwaho mu gusuzuma ibigerwaho ku bakifashisha.

Uko iki gitabo gikoreshwa

Iki gitabo kigabanyijemo ibice bine: Intangiriro; igice cya mbere kivuga ku ihohoterwa rikorerwa mu ngo nk'ikibazo cy'uburenganzira bwa muntu; igice cya kabiri kirebana no gusobanukirwa n'ihohoterwa rikorerwa mu ngo; igice cya gatatu kivuga ku buriganire n'ubwuzuzanye mu kibazo cy'ihohoterwa rikorerwa mu ngo; igice cya kane kirebana n'ingamba zo kurwanya ihohoterwa rikorerwa mu ngo.

Buri gice kigizwe n'utundi duce dukubiyemo ibi bikurikira:

- Ingingo
- Intego zacyo;
- Ibikoreshe bizifashishwa
- Uburyo bwo guhugura;
- Amabwiriza uhugura agenderaho

IGICE CYA I: IHOHOTERWA RIKORERWA MU NGO NK'IKIBAZO CY'UBURENGANZIRA BWA MUNTU



ISOMO RYA I: UBURENGANZIRA BWA MUNTU NI IKI?

Intego

- Gufasha abahugurwa gusobanukirwa neza n'igitekerezo cy'uburenganzira bwa muntu;
- Gufasha abahugurwa gusobanukirwa impamvu ihohoterwa rikorerwa mu ngo ribangamiye uburenganzira bwa muntu;

Igihe

Iri somo riteganyijwe gutangwa mu gihe kingana n'isaha. Ni ukuvuga iminota 25 y'imyitozo, iminota 20 yo guhuriza hamwe ibyavuye mu matsinda n'iminota 15 y'impaka (kungurana ibitekerezo) ziyobowe.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Kwifashisha umwitozo wo kugaragaza ibiri uburenganzira bwa muntu no kubitondekanya hakurikijwe uko bisumbana.

Gusaba abahugurwa gukora umwitozo ukurikira.

- (1) Wifashishije amashusho akurikira, saba abahugurwa kuvuga ibintu biri uburenganzira bwa muntu n'ibitari uburenganzira. Basabe kandi gusobanura impamvu.
- (2) Ibyo bagaragaje nk'uburenganzira bwa muntu basabe kubitondekanya bakurikije uko bisumbana. Ni ikihe kiri ingenzi kurusha ikindi? Basabe gusobanura impamvu bumva kimwe kigomba kuza nyuma y'ikindi bitewe n'uburyo babitondetse.
- (3) Basabe noneho kuvuga uburenganzira bwa muntu icyo ari cyo n'impamvu ari ngombwa kurengera ubwo burenganzira.

Imbonerahamwe ya 1
Uburenganzira ku ifunguro meza



Ubwigenge mu kuvuga icyo utekereza

Uburenganzira ku mazi



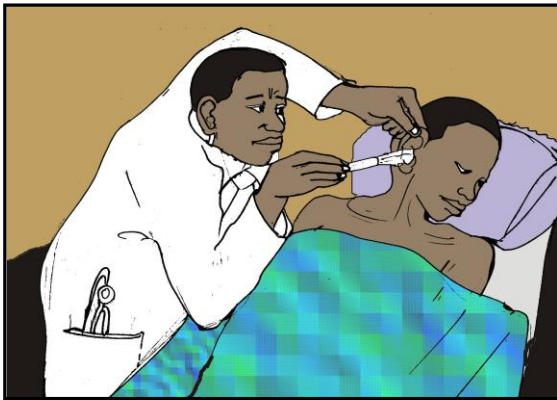
Ubwigenge ku bitekerez, umutimanama, n'iyobokamana



Uburenganzira bwo kwitabwaho ku buzima bwo ku mubiri n'ubwo ku mutima



Uburenganzira bwo kwifatanya n'abandi

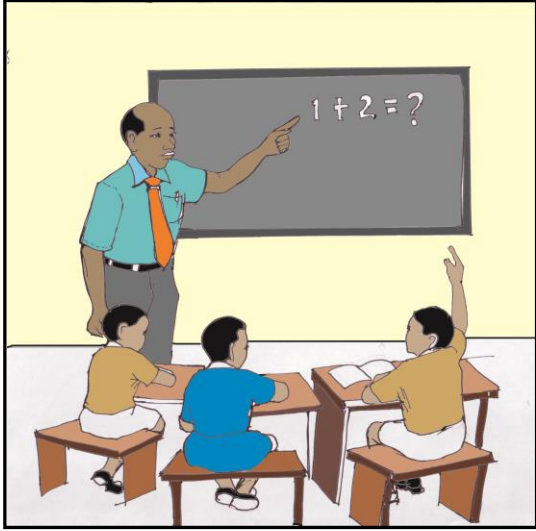


Uburenganzira ku burezi



Uburenganzira bwo kugira inzu hafi y'ingoro ya Perezida

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa



Uburenganzira bwo gukora



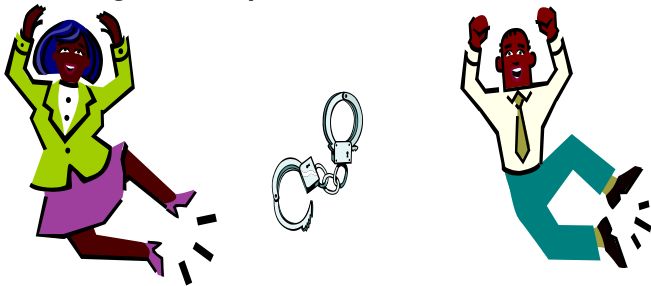
Uburenganzira bwo kubaho



burenganzira ku bwigenge n'umutekano w'umuntu bikubiyemo kudafatwa cg ngo ufungwe nta mpamvu.



Uburenganzira bwo kwidagadura



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

**Uburenganzira bwo kudakorerwa
iyicarubozo, ibikorwa bya kinyamaswa
cyagwa guhabwa ibihano bitesha agaciro**



**Uburenganzira ku bantu bose bwo
gufatwa kimwe imbere y'itegeko
n'imbere y'inkiko zose**

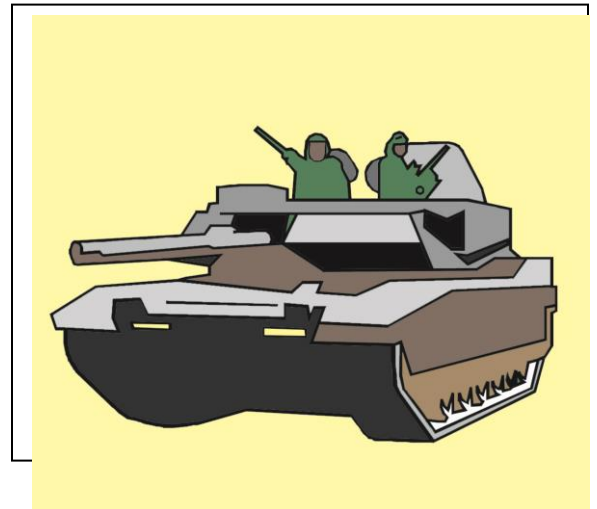


uruhare mu bikorwa by'igihugu



Uburenganzira bwo gutora no kugira

**Kubuzwa
bukurura**



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ibitekerezo uhugura yakwifashisha mu gusobanura isomo

Uburenganzira bwa muntu ni iki ?

- Uburenganzira bwa muntu ni ibintu shingiro umuntu yemerewe kandi agomba kugira mu buzima bwe nk'ikiremwa muntu ;
- Buri wese nk'ikiremwa muntu arabyemerewe;
- Ni uburenganzira kamere (Imana yarabuturumanye ; ni karemano) ;
- Ntabwo ari ibintu bitangwa na Leta kandi nta muntu ugomba kubivutswa ;
- Si ibintu umuntu ahabwa nk'ubuntu agiriwe ;
- Uburenganzira bugiye bufite aho buhurira kandi bukanuzuzanya ni yo mpamvu budashobora gutondekwa ukurikije uburusha ubundi agaciro. Urugero, ntabwo waba udafite uburenganzira ku ifunguro ngo ugire uburenganzira bwo kugaragaza ibitekerezo byawe. Niba kandi umuntu adafite uburenganzira bwo kugaragaza ibitekerezo bye bishobora gutuma hari ubundi burenganzira abura, nk'uburenganzira ku ifunguro kuko nyine aba adashobora kwaka iryo funguro cyangwa se kwaka akazi kamufasha kubona ibimutunga.

ISOMO RYA 2 : AMATEKA Y'UBURENGANZIRA BWA MUNTU

Intego

- Kumva inkomoko y'uburenganzira bwa muntu n'aho buhurira n'ikibazo cy'ihohoterwa rikorerwa mu ngo.

Igihe

Igihe cyose giteganyijwe kuri iri somo ni isaha1: Iminota 30 yo gukorera mu matsinda n'iminota 30 y'ikiganiro gitangwa n'umuhuzabitekerezo.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5). Agakuru gato kifashishwa
- (6) Inyandiko y'amahame y'uburenganzira bwa muntu

Uburyo bwo guhugura

Ibi bigomba gukorwa uagenda ugaruka kuri wa mwitoto wa mbere ndetse ukifashisha n'indi nkuru n'uburyo bwo kwigwaho.

Inkuru yo kwigwaho

Abahugurwa baziga kuri iyi nkuru hanyuma bahabwe impapuro ziriho inyandiko y'amahame y'uburenganzira bwa muntu mu magambo avunaguye. Iyi nyandiko izaganirwaho hamwe n'abahugurwa mu ruhame. Inshamake y'iyi nyandiko urayisanga ku mugereka.

Inkuru ya 1 Intwari Nzeyimana

Mu bantu batuye ku murenge wa Gasharu, harimo intwari yamamaye cyane ku rugamba ikitwa Nzeyimana. Yari azwiho kuba yaratsinze intabara nyinshi yarwanaga n'ababisha bateraga ako karere. Hagati aho ariko akaba imbogamizi ikomeye ku baturage b'i Nyarucyamo bari bafitanye amakimbirane amaze igihe kirekire. Igihe cyose bajyaga ku rugamba yayoboraga ingabo ze maze bakangiza imyaka y'i Nyarucyamo, bakahiba amatungo ndetse bakabanyaga n'abagore bakabagira ababo. Ibyo byarakazaga cyane abaturage b'i Nyarucyamo maze bafata icyemezo cyo gushaka ingamba zo kwihimura. Bohereza umukobwa w'inkumi mwiza cyane ari umutego

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

kugira ngo namubona azamugire umugore we. Ubutumwa bw'uwo mukobwa mu by'ukuri kwari ukugira ngo azamucunge igihe azaba asinziriye maze umuce ubugabo bwe acike intege ku buryo atazongera kurwana. Uwo mugore mwiza witwaga Umutoni yategereje igihe kigeze ku mezi ane, abonye amaze kwizerwa amuca ubugabo maze yiruka asubira i Nyarucyamo, ni ko kubwira abantu baho ngo batere ab'i Gasharu. Baza ari igitero cy'abantu batabarika maze basanga abantu b'i Gasharu basinziriye. Barabanza bafata Nzeyimana baramwica maze basiga umutwe we kugira ngo abaturage bawubone. Nyuma bafata abana babo bose b'abahungu babaca amaguru. Ibyo byashoje intambara ikomeye ku buryo n'abo mu turere baturanye baje kwihera amaso. Haje gushyirwaho akanama kugira ngo kumve ikibazo cya buri ruhande katagamije guhana gusa ahubwo kanagomba gushyiraho amategeko azagenga imibanire yabo mu gihe kizaza.

Abahugurwa bagabanywamo amatsinda atatu. (1) Ab'i Gasharu bagomba kugaragaza ibibi bakorewe n'impamvu ab'i Nyarucyamo bagomba guhanwa; (2) Ab'i Nyarucyamo kugaragaza ibibi bakorewe n'impamvu ab'i Gasharu bagomba guhanwa; (3) Akanama gashinzwe guhana ndetse no gukora amategeko azagenga imibanire yabo y'igihe kizaza.

Ibitekerezo uhugura yakwifashisha mu gusobanura isomo

- Ibindi bintu bisa n'aya makimbirane y'lwacu n'lwabo byagiye bibaho inshuro nyinshi mu mateka y'abantu. Aha twavugamo intambara yo muri Angola, muri Uganda ndetse na "jénocide" yo mu Rwanda;
- Mu bihe byo hambere twavugamo intambara z'isi yose.
- Aho ibi byagiye biba hose, abantu bari basanzwe ari abaturanyi binjiye mu ntambara umwe arwanya undi maze bakora amahano y'ubwoko bwose. Ingaruka z'ibyo rero ni uko imitungo yasenye, abagore bafatwa ku ngufu, abantu bakorerwa icyarubozo, abandi benshi bahatagarika ubuzima n'imiryango itabarika ivanwa mu byayo.
- Iraswa ry'umujyi wa Hiroshima n'uwa Nagasaki ryateye imfu nyinshi, ubumuga bwinshi n'inkovu z'umutima bigishegesha abantu na n'uyu muni.
- Mu ntambara ya kabiri y'isi yose amahano yakozwe by'umwihariko n'abanazi yari akabije cyane ku buryo isi yafashe icyemezo cyo kwishyira hamwe ngo ayo mahano atazongera kubaho ukundi.
- Intambara imaze guhagarikwa ibihugu by'isi byishyize hamwe byemeranywa gukora amabwiriza azagenga imibanire y'abantu ndetse n'iy'ibihugu.
- Ibihugu byumvise ko hari uburenganzira buri ingenzi cyane ku buryo n'iyi haba mu ntambara bugomba kubahirizwa.
- Hakozwe inyandiko yiswe **Amahame y'uburenganzira bwa muntu**. Iyi nyandiko ikaba igaragaza amabwiriza ibihugu bigomba kubahiriza cyangwa gukomeraho.
- Ayo mabwiriza ni ay'uburenganzira shingiro bwa muntu: twavugamo uburenganzira bwo kubaho, kudahungabanyirizwa umutekano, kutazizwa ibitekerezo byawe, kutabuzwa kujya aho ushatse, kureshya n'abandi imbere y'amategeko...
- Kuva icyo gihe hagiye hakorwa n'izindi nyandiko ku burenganzira bwa muntu. Izo nyandiko ni **Amasezerano Mpuzamahanga ku burenganzira bwa Gisivili n'ubwa Politiki** arebana n'uburenganzira bwa politiki nk'ubwo kujya mu ishirahamwe, kujya aho ushaka, gutora, no kugira umutungo n'**Amasezerano Mpuzamahanga ajyanye n'iby'Ubukungu, Imibanire n'Umuco** akaba arebana cyane n'uburenganzira ku by'imibanire n'umuco. Ibihugu byasinye aya masezerano bitegetswe kuyubahiriza.
- Izi nyandiko zatunganyijwe kandi zitangira kubahirizwa guhera mu 1976.
- Bumwe mu burenganzira bugarukwaho n'izi nyandiko ni uburenganzira ku mutekano, kudakorerwa icyarubozo, kudafatwa no kudahabwa ibihano birimo ubugome, ubunyamaswa n'ibimutesha agaciro;
- Ibi bikaba bivugaga ko umuntu wese agomba kurindwa ihohoterwa iryo ari ryo ryose ryamuhungabanyiriza umutekano cyangwa ubuzima.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Ni muri uru rwego ihohoterwa rikorerwa mu ngo rihinduka ikibazo kireba uburenganzira bwa muntu;
- Amahame ku ihohoterwa rikorerwa abagore na yo abarinda ubwoko ubwo ari bwo bwose bw'ihohoterwa.

ISOMO RYA 3: UBURENGANZIRA BW'ABAGORE NK'UBURENGANZIRA BWA MUNTU

Intego

- Gufasha abahugurwa gusobanukirwa n'impamvu uburenganzira bw'abagore na bwo bukubiye mu burenganzira bwa muntu;
- Gufasha abahugurwa gusobanukirwa n'amahame mpuzamahanga arengera uburenganzira bw'abagore.

Igihe

Iri somo riteganyirijwe igihe kigera ku isaha 1. (Impaka hagati y'abahugurwa ntiizagombye kurenza iminota 20 na ho guhuriza hamwe n'umwanya w'ibisobanuro by'umuhuzabitekerezo bigomba kutarenza iminota 40).

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ryagombye gutangwa hifashishijwe agakino.

Agakino (1)

Mukamurisa yatorewe kuba umuyobozi mu nzego z'ibanze. Hambere aha hateguwe inama, abwira umugabo we Gakwaya ko yifuza kujya muri iyo nama maze undi aramuhakanira amubwira ko nta kintu kizima kiva mu nama z'abagore. Mukamurisa akomeje guhatiriza ngo ajye muri iyo nama umugabo we yaramukubise kandi amwangira burundu kuyijyamo.

Saba abahugurwa gukina agakino gashingiye kuri aka gakuru nyuma bagaragaze uburenganzira bwa Mukamurisa bwahungabanyijwe.

Nyuma saba abahugurwa kuganira mu matsinda ya babiri impamvu bumva uburenganzira bw'abagore bukubiye mu burenganzira bwa muntu.

Ibitekerezo uhugura yakwifashisha mu gusobanura isomo

- N'ubwo abagore barebwa n'uburenganzira muri rusange nk'undi muntu uwo ari we wese, imibereho yabo yatumye hemezwa ko bagomba kwitabwaho by'umwihariko.
- Bitewe n'impamvu zinyuranye z'umuco, akamenyeri n'ibindi, abagore bafashwe nk'abaturage bo ku rwego rwa kabiri mu bihugu hafi ya byose. Mu bihugu byinshi hashize igihe kirekire abagore batagira uburenganzira bwo gutora. Abagore benshi mu buzima bwabo bafashwe nk'imitungo y'abagabo bityo bituma badahabwa uburenganzira bumwe nk'uko biteganywa mu mahame y'uburenganzira bwa muntu no mu zindi nyandiko mpuzamahanga zikubiyemo amahame ateganya ukureshya kw'inyokomuntu n'ukutavangura uko ari ko kose bishingiye ku gitsina.
- Abagore kandi bahura n'amahohoterwa atandukanye n'andi ndetse akaba umwihariko kuri bo. Urugero nko mu bihe by'intambara, gufata ku ngufu bifatwa nk'intwari ikoreshwa ku bagore kurusha uko ikoreshwa ku bagabo.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Bitewe n'imirimo yabo ijyanye no kwibaruka ikanaba umwihariko kuri bo, bahura n'amahoterwa na none ashingiye ku kuba ari abagore. Urugero ni imigenzo ijyanye n'imirimo yo kwibaruka ibangamira uburenganzira harimo gucibwa bimwe mu bice by'imyanya ndangagitsina, kwicwa no kutazungura.
- Ihohoterwa rikorerwa mu ngo, n'ubwo rireba n'abagabo, ni ihohoterwa akenshi rireba abagore kurusha uko rireba abagabo.
- Kubera iyo mpamvu, byabaye ngombwa ko hakorwa inyandiko z'amategeko mpuzamahanga zemeza ko uburenganzira bw'abagore buvungurwa n'ubundi.
- Imwe mu nyandiko zakozwe ku burenganzira bw'abagore ni **Amahame ku Ihohoterwa Rikorerwa Abagore**. Nyamara ariko, iyi nyandiko ntifatwa nk'itegeko kuko ari ihame atari amasezerano yashyizweho umukono.
- Andi mahame yakozwe n'Umuryango w'Abibumbye arebana n'uburenganzira bw'abagore arimo **Amahame n'Ishingiro ry'ibikorwa ku burenganzira bwa muntu** yakorewe i Vienne mu 1993 akaba yemeza ko uburenganzira bw'abagore ari uburenganzira bwa muntu ndetse n'**Amahame n'ishingiro ry'ibikorwa** yakorewe i Beijing ari yo yaguye umupaka w'iyubahirizwa ry'uburenganzira bw'abagore. Aya mahame ntiyubahirizwa nk'amategeko ahubwo ni inshingano.
- Inyandiko yumvikana neza ivuga ku iyubahirizwa ry'uburenganzira bw'abagore ku rwego mpuzamahanga ni **Amasezerano ku ikurwaho ry'ivangura iryo ari ryo ryose rikorerwa abagore** yemeza ko ivangura rikorerwa abagore ribangamiye uburenganzira bwa muntu kandi igashimangira ubundi burenganzira nko gufatwa kimwe mbere yo gushyingirwa, mwarashyingiwe ndetse no gusesa ishyingirwa; uburenganzira bumwe ku bana mwabyaranye, ku mutungo no kurindwa nka nyina w'abana n'andi.
- Vuba aha muri Afurika hashyizweho Amasezerano yo ku rwego rw'Afurika ku burenganzira bwa muntu n'ubw'abaturage akaba anareba uburenganzira bw'abagore. Ayo masezerano azwi ku izina ry'**Amasezerano y'Abagore** cyangwa **Amasezerano y'i Maputo**. Ayo masezerano agaragaza iyubahirizwa ryumvikana ry'uburenganzira bw'abagore harimo n'imigenzo mibi ishingiyeye ku mucu.

IGICE CYA II: GUSOBANUKIRWA N'IHOHOTERWA RIKORERWA MU NGO



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ISOMO RYA 1: IHOHOTERWA RIKORERWA MU NGO NI IKI?

Intego

- Gufasha abahugurwa gusobanukirwa n'ibigize ihohoterwa rikorerwa mu ngo;
- Gufasha abahugurwa gutandukanya ihohoterwa rikorerwa mu ngo n'andi moko y'ihohoterwa.

Igihe

Iri somo rya teganyirijwe iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Mu gukusanya ibitekerezo cyangwa mu kuganira, umuhuzabitekerezo abaza abahugurwa uko bumva ihohoterwa muri rusange n'ihohoterwa rikorerwa mu ngo by'umwihariko. Nyuma yo kungurana ibitekerezo mu ruhamwe ku ihohoterwa no ku ihohoterwa rikorerwa mu ngo, abahugurwa bahabwa iyi nkuru ikurikira kugira ngo ibafashe kwibaza impamvu ihohoterwa rikorerwa mu ngo risobanurwa ku buryo butandukanye n'andi moko y'ihohoterwa. Ibi bikorwa hifashishijwe agakuru kagufi ko kwigiraho kaganirwaho mu matsinda y'abantu batanu. Ibi bikorwa bitabaye ngombwa ko ayo matsinda atandukanywa cyane. Hashobora kandi gukoreshwa agakino:

Agakino (2)

Rutikanga yashakanye na Nirere. Bafite abana 7. Kuva bamaze gushyingiranwa, Rutikanga yagiye kenshi amubabaza ku mubiri. Rutikanga afite inshoreke nyinshi kandi iteka ataha mu gicuku avuye kuri izo nshoreke maze yagera mu rugo agakubita umugore we. Nirere amaze kurambirwa kubaho atunzwe n'inkoni yiyemeje kujya kwa basaza be ngo bamufashe gukemura icyo kibazo. Aho kugira icyo bamumarira, basaza be baramubwiye ngo asubire iy'umugabo we yemere ibyo amukorera byose kuko nyine ari umutware mu rugo. Nirere yanze kumva ibyo yabwirwaga na basaza be. Igiteye agahinda kandi ni uko Rutikanga yanze kurihira abana amafaranga y'ishuri bituma bacikiza amashuri maze baja kuba amabandi. Nirere bimaze kumuyobera yiyemeje gusubira iy'umugabo we ariko ahageze asanga yacyuye imwe muri za nshorekeze. Iyi nshoreke yahise yirukana Nirere n'abana. Ubu abana biyemeje kwibera inzererezi.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo :

Abahugurwa bamaze gutanga ibitekerezo byabo umuhuzabitekerezo atanga igisobanuro gifatika na cyo kivuye mu bitekerezo by'abahugurwa. icyo gisobanuro kigomba kuba kijyanye cyane n'ibisobanuro rusange bikurikira :

Ihohoterwa ni iki ?

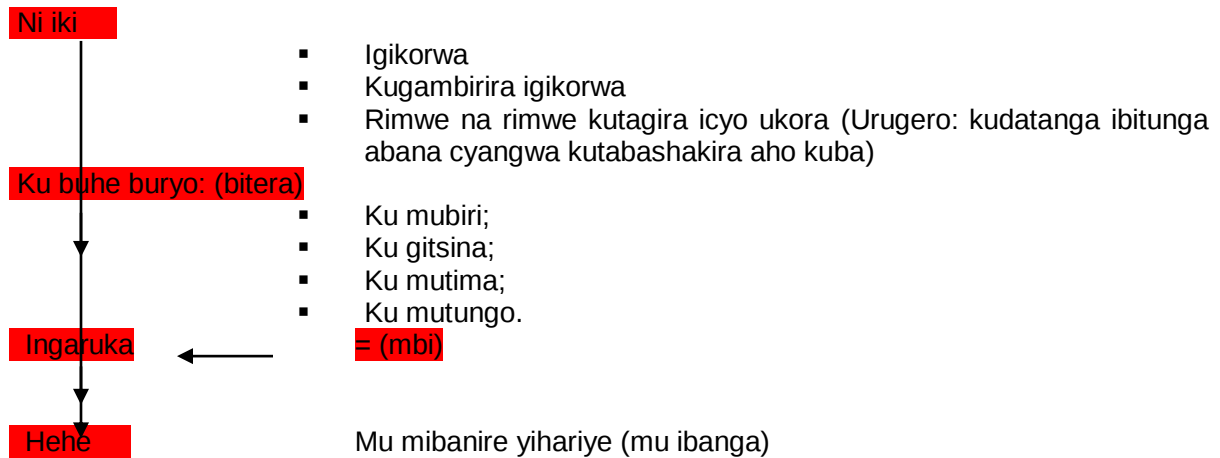
"Ihohoterwa ni igikorwa icyo ari cyo cyose kibabaza umuntu kiganisha cyangwa gishobora kuganisha ku bugiranabi bukorewe ku mubiri, ku gitsina, ku by'umutungo no ku mutima."ⁱ

Ihohoterwa rikorerwa mu ngo ni iki ?

Igisobanuro gisesuye cya kwifashishwa ni iki : "Ni igikorwa icyo ari cyo cyose cyangwa icyo wahatirwa gukora kigatera ingaruka mbi ku mubiri, ku gitsina, ku mutima no ku mutungo mu mibanire yihariye".ⁱⁱ Rimwe na rimwe hashobora kuzamo no kutabasha kugira icyo ukora.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ibi byakumvikana neza ku buryo bukurikira:



Ni bande ihohorerwa rireba?

Abantu bafite imibanire yihariye nka:

1. Abashakanye (umugabo n'umugore);
2. Umukunzi (umuntu ubana n'undi bishingiye ku mibonano mpuzabitsina);
3. Umuntu wa hafi mu muryango (nk'umwana, nyokobukwe, muramu wawe. Urugero nko mu Buhinde hari abagore bicwa n'abantu bo mu muryango wo kwa ba sebukwe bakabyita urupfu rw'inkwano iyo batatanze inkwano ihagije. [Mu Buhinde abakobwa ni bo batanga inkwano])
4. Umuhungu cyangwa umukobwa b'inshuti.

Ni nde ihohoterwa rishegesha cyane?

- Abana n'abagore ni bo bakunze gushyirwaho n'ihohoterwa rikorerwa mu ngo n'ubwo hari n'abagabo rigeraho. Hari n'abagabo bagabwaho n'ihohoterwa ariko umubare wabo si munini.
- Ihohoterwa rikorerwa mu ngo rigera ku bagore b'ingeri zose muri sosiyeti (Abakire n'abakene), abize ku nzego zitandukanye, mu moko no mu bihugu bitandukanye.

ISOMO RYA 2: IMPAMVU IHOHOTERWA RIKORERWA MU NGO RIGOMBA KWITABWAHO BY'UMWIHARIKO

Intego

- Gufasha abahugurwa gusobanukirwa n'impavu ihohoterwa rikorerwa mu ngo rigomba kwitabwaho by'umwihariko nk'ihohoterwa ry'ubwoko bwihariye.

Igihe

Iri somo ryateganyirijwe iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikaho;
- (4) Amakaramu manini (marqueurs);
- (5) Inkuru yo kwifashisha

Uko isomo ritangwa

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Iri somo ritangwa hifashishijwe inkuru ngufi yo kwigiraho no kungurana ibitekerezo mu ruhame.

Inkuru 2

Lusiya amaze imyaka ibiri ashakanye na Luka. Yiteguye kubyara umwana wabo wa mbere bityo akaba akunze kuba ananiwe no kuba arwaye mu gitondo kubera iyo nda atwite. Nyina wa Luka abana na bo i Kigali mu nzu yabo ifite ibyumba bibiri byo kuraramo. Arashaje kandi afite ububabare butuma agomba kwitabwaho by'umwihariko. N'ubwo Lusiya akunze kuba ananiwe bitewe no gutwita, agerageza gukora ibyo ashoboye byose ngo yite kuri nyirabukwe. Bashiki ba Luka batatu na bo baje kuhaba kuko umwe muri bo yiga mu ishuri ryisumbuye i Kigali na ho abandi babiri bakaba barimo gushaka akazi. Imirimo yose bayiharira Lusiya harimo ndetse no kwita kuri nyina ubabyara no gutekera buri wese muri urwo rugo. Akenshi baba bicaye ntacyo bakora ahubwo bavugaga amagambo kuri Lusiya. Vuba aha umwe muri abo bakobwa yabwiye Lusiya nabi maze Lusiya na we aramusubiza. Akubita Lusiya urushyi maze ubwo batangira kurwana. Ba bakobwa bandi babiri babyitereramo maze batangira guhondagura Lusiya. Abaturanyi bose bumvise urusaku baza kureba ibirimo kuba. Lusiya abonye bamuhundukiyeho agira ibwoba bw'umwana we atwite maze mu rwego rwo kwirwanaho afata intebe ayihonda umwe muri ba bakobwa mu mutwe bimutera igikomere kinini cyagombye kudodwa mu bitaro biri hafi aho. Lusiya nta gikomere kigaragara yari afite ku mubiri ariko yumvaga umubiri we ubabara kubera guhondagurwa. Luka atahutse nimugoroba yumva ibyabaye ni ko kwadukira Lusiya arahonda amubwira ko agomba kumenya kubaha abo kwa sebukwe kuko bamukoye. Lusiya yaje gukomereka ku rutugu biturutse ku nkoni za Luka nuko yihutira kujya kuri Polisi kuvuga uburyo yakubiswe inshuro ebyiri anasaba ko bakurikirana ikibazo cye. Polisi ibwira Lusiya ko atari byiza kuvuga ikibazo byo mu rugo mu ruhame rw'abantu bakurikije uko bisanzwe bigenda mu mucu. Bamugiriye inama yo gusubira kwa nyirasenge kugira ngo amwigishe uko bubaha umugabo ndetse n'abo kwa sebukwe.

- *Ese waba utekereza ko polisi yari ifite ukuri mu buryo yitwaye mu kibazo cya Lusiya? Vuga impamvu.*
- *Uratekereza ko Lusiya yari gukora iki bimaze kumugendekera kuriya?*

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

- Abantu benshi ndetse na guverinoma bakunze kumva ko atari byiza kwivanga mu bibazo babona bireba abantu mu ibanga ryabo.
- Urugo rwakunze kugaragara nk'ahantu h'ibanga kandi hatekanye.
- Nyamara byaragaragaye uko imyaka igenda ishira ko abagore n'abana bahohoterewe muri iryo banga kugeza ubwo bijya bibaviramo urupfu cyangwa ibindi bikomere bikomeye ku mubiri cyangwa ku mutima.
- Kubera iryo tandukana rigaragara ry'ibigomba kubera mu ruhame n'ibigomba kubera mu ibanga, abagore benshi bagiye babura kirengera haba mu nzego za guverinoma cyangwa mu nshuti n'abavandimwe.
- Ihohoterwa rikorerwa mu ngo rireba abantu basangiye ibanga ryo kubana cyangwa bagombye kuba barifitanye. Ingaruka z'iyi mibanire ni uko abantu benshi basanga bikomeye kugira icyo ukora kuko bibabangamira kandi bikanareba abo bakunda.
- Gushyira ihohoterwa rikorerwa mu ngo mu rwego rwihariye bifasha abashaka kugira icyo bakora korosoraho uwo mwenda ukingiriza ibanga ry'urugo maze bagahangana n'ihohoterwa ritandukanye rihabera.
- Bituma abashinzwe kubahiriza amategeko bakora ibyo bagomba gukora nko ku byabaye kuri Lusiya, kuko nasubira mu rugo azakomeza agakubitwa bikaba byamuviramo kubura umwana cyangwa akahasiga n'ubuzima bwe.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ISOMO RYA 3: AMOKO Y'IHOHOTERWA RIKORERWA MU NGO

Intego

- Kugaragaza amoko atandukanye y'ihohoterwa rikorerwa mu ngo;
- Gufasha abahugurwa gusobanukirwa n'ukuntu buri bwoko bw'ihohoterwa bwigaragaza mu Rwanda;

Igihe

Iri somo rya teganyirijwe isaha 1 n'iminota 30. ryagombye gutangwa hifashishijwe imirimo yo mu matsinda cyangwa udukino. Ni ukuvuga iminota 30 y'imirimo mu matsinda/udukino; iminota 30 yo guhuriza hamwe n'indi 30 y'impaka muri rusange ndetse n'ibyo umuhuzabitekerezo yateguye.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5) Impapuro ziriho inkuru yo kwifashisha

Uko isomo ritangwa

Iri somo ryagombye gukorerwa mu dutsinda duto tugenze (reba igitabo kivuga ku masomo atangirwa mu matsinda mato), ibiganiro mu ruhamu ndetse no kuganira bisanzwe. Uhugura aha abahugurwa (bitewe n'umubare wabo), utu dukuru dukurikira. Abahugurwa baganira mu matsinda y'abantu batarenze batanu ku dukuru dutandukanye bagiye bahabwa. Ibi bigakurikirwa no kuganira mu ruhamu kuri utu dukuru. Hanyuma abahugurwa bakaganira mu dutsinda twa babiri ku ihohoterwa rikunze kugaragara mu Rwanda. Ibi bikaganirwa ho mu ruhamu biherekejwe n'ibitekerezo by'uhugura..

Inkuru 3

1. Mukankusi yakundaga ko umugabo we amugurira imyenda myiza akamuha n'impano. Umugabo ananiwe gukomeza kubigenza atyo, umugore yanga kuryamana na we kugeza ubwo amuguriye ibyo yifuza. Ese ibi ni ihohoterwa rikorerwa mu ngo?

Ibi byifashishwa kugira ngo abahugurwa bacengere ibyo basanzwe bazi mu muco ku kwigenga mu mibonano mpuzabitsina (abantu benshi bemera ko umugore nta burenganzira afite bwo guhakanira umugabo imibobano mpuzabitsina kandi ari we umutunze), bizatuma kandi abantu batekereza kurushaho ku ihohoterwa rikorerwa mu ngo rishobora gukomeretsa umuntu ku bijyanye n'igitsina cyangwa ku mutima.

Inkuru 4

2. Anyesi na Karangwa bafite umwana witwa Kamaliza. Uwo mwana si umuhanga mu ishuri. Karangwa bikamurakaza agahora amubwira ati, "Uri igicucu nka nyoko", cyane cyane iyo umwana atsindwa mu ishuri. Ese iri ni ihohoterwa rikorerwa mu ngo? *Ibi bituma abahugurwa bumva neza ihohoterwa ryo ku mutima rikorerwa uwo mwana na nyina.*

Inkuru 5

3. Mukeshimana yashakanye na Rubayiza. Rubayiza akunze gutaha atinze maze Mukeshimana akamugaburira ibiryo bikonje kandi bafite icyuma gishyushya ibiryo n'amasorori abika ibiryo bigakomeza gushyuhya. Mukeshimana avuga ko ananiwe kuko yakoze umunsi wose akanita ku bana ibyo bigatuma adashobora gushyushya ibiryo. Ibi byarakaje Rubayiza maze amukurura itama. Ese iri ni ihohoterwa rikorerwa mu ngo?

Uyu ni umwanya wo gucengera imyumvire ishingiyeye ku muco kuri ibi bikurikira:

- *Nko kuba umugore ntacyo agomba kubaza ku cyo umugabo akoze cyaba ari cyo cyangwa atari cyo (urugero: nko gutaha atinze)?*

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- *Kureba niba “ihohoterwa ryoroheje” nko gukurura itama ari ihohoterwa rikorerwa mu ngo.*
- *Imbaraga n’ububasha umugabo agira ku mugore bijyanye no kumugarira ku murongo kubera “kugabura ibiryo bikorje”.*

Inkuru 6

4 Zaninka ni umwarimu. Umugabo we Murihano afata amafaranga yose kuko atizera ko Zaninka yayakoreshe neza. Ese iri ni ihohoterwa rikorerwa mu ngo?
Ibi bizafasha kumva neza ihohoterwa rishingiye ku mutungo.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Amoko y’ihohoterwa akubiyemo:

- **Irikorerwa ku mubiri:** Aha ni ho dusanga gukurura amatama, gukubita inshyi, gukubita imigeri, guhonda wifashishije ibikoresho, gukurura umusatsi, gutwika, kuniga, guca imwe mu myanya y’umubiri ndetse no kwica.
- **Irikorerwa ku gitsina:** Rikubiyemo gukoreshwa imibonano mpuzabitsina ku gahato, guhatira umuntu kureba amashusho cyangwa ibindi bintu byerekana ibitsina ku mugaragaro, kwangira umuntu gukora imibonano mpuzabitsina idafite inkurikizi mbi no guhatira umuntu gukora ibintu bitajyanye n’ugushaka kwe. Ushobora kandi gusangamo kwanga gukora imibonano mpuzabitsina cyangwa kuyihoramo nk’igihano, kubabaza umuntu ubishaka igihe mukorana imibonano mpuzabitsina, kutemerera umuntu kwigenga mu bijyanye n’imikoreshereze y’gitsina cye (urugero: nko kutemerera umuntu gukoresha uburyo bwo kuringaniza imbyaro cyangwa se kubimuhatira), no kugira imibonano mpuzabitsina ishobora gutuma umuntu yandura indwara zandurira mu mibonano mpuzabitsina cyangwa SIDA.
- **Irikorerwa ku mutima:** Aha hazamo kubwira umuntu amagambo mabi cyangwa kumunegura bigamije gutesha umuntu agaciro, kugenura inshuti ze, ubushuti agirana n’abandi bantu bo mu muryango, kumutesha agaciro mu ruhame, kumukangisha kumugirira nabi cyangwa kwangiza umuntu cyangwa ibintu yakundaga no kumukangisha kumwambura abana mwabyaranye. Hanazamo kandi kwangira umuntu kugira uruhare mu mirimo y’iyobokamana yemewe n’amategeko, kutamuvugisha, kumucyurira cyangwa gucyurira abantu akunda (nk’ababyeyi cyangwa abo bava inda imwe), kumugirira ishyari rituma ugenura ibikorwa bye byose ugasigara umufata nk’umwana cyangwa umuja.
- **Irikorerwa ku mutungo:** Rikubiyemo kunanirwa gutanga ibintu by’ingenzi urugo ruba rukeneye, kwangira umuntu gukora ibintu byatuma atera imbere nko kumubuza gufungura konti kuri banki, hakaziraho no gufata ibyemezo byose bikomeye ku mutungo utamubajije no gufatira ukanagenzura umutungo we atabikwemeraye.

Amoko y’ihohoterwa rikorerwa mu ngo akunze kugaragara mu Rwanda

Nyuma y’ibisobanuro birambuye, abahugurwa bagaragaza amahohoterwa akunze kuboneka mu Rwanda. (Mu nama yo gutegura integanyanyigisho n’iki gitabo, ibi bikurikira byagaragajwe n’abahugurwa nk’amahohoterwa anyuranye akunze kugaragara mu Rwanda)

- (a) **Irikorerwa ku mubiri:** Gutera ingumi, kwica, guhirika, gupfukamisha, gukurura amatama n’umusatsi
- (b) **Irikorerwa ku gitsina:** Gukoreshwa imibonano mpuzabitsina ku gahato, kunanirwa gushimisha umugore mu mibonano mpuzabitsina, gukata bimwe mu bice by’imyanya ndangagitsina y’umugore nk’igihano iyo yasambanye, kumushyiramo urusenda, kwanga kuryamana na we, no kuryamana n’abana wibiyariye.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy’amahugurwa

(c) Irikorerwa ku mutima: Kutamenya agaciro k'umugore, kumushyiraho iterabwoba umutuka ngo ni igicucu, ikigoryi, kumucira mu maso, kwita abana amazina agaragaza ko umugore aguca inyuma nka "Jyamubandi" rishatse kuvuga ngo mu by'ukuri sijye wakubaye ariko ngwino nkongere ku bo nibyariye.

(d) Irikorerwa ku mutungo: Abagore benshi barakora ariko ntibagire ijamba ku byo bakoze. Abagabo benshi bananirwa gutanga ibitunga ingo zabo ahubwo amafaranga yabo bakayatsembera mu nzoga.

ISOMO RYA 4: NI BANDE BAFITE URUHARE MU IHOHOTERWA RIKORERWA MU NGO ?

Intego

- Kugaragaza abafite uruhare babishishikariye cyangwa batabishishikariye mu ihohoterwa rikorerwa mu ngo.
- Gusobanukirwa icyo kugira uruhare mu ihohoterwa rikorerwa mu ngo bishatse kuvuga.

Igihe

Iri somo ryateganyirijwe iminota 30.

Ibikoresho

- | | |
|--|-----------------------------------|
| (1) Impapuro nini (Flipchart) zo kwandikaho; | (3) icyo kwandikiraho; |
| (2) Ibifatisho byo kumanika impapuro; | (4) Amakaramu manini (marqueurs); |
| (5) Impapuro ziriho inkuru yo kwifashisha | |

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe inkuru ihabwa abahugurwa bose mu ruhamu bagasubiriza mu ruhamu bamaze kuyisoma.

Inkuru 7

Hashize imyaka 14 Tereza ashakanye na Yakobo. Iki gihe cyose bakimaze Yakobo amutuka, ntanahweme kumutesha agaciro amuhimba amazina amukobera mu ruhamu ku myambarire ye no gukururana n'abandi bagore. Tereza ntibyamuguye neza ariko kuba baramaze kubyarana abana 2 bituma yemera ibyo akorerwa byose. Tereza atekerereje nyina ibyo bibazo nyina yamubwiye ko agomba kubyihanganira kuko ngo ariko zubakwa. Nyina kandi yamusabye gutekereza neza niba nta kintu yaba akora gituma umugabo we yivumbura. Ubwo nyina amubwira ko na we ubwe yakubiswe inshuro nyinshi na se wa Tereza.

Hashize iminsi atangira kumukurura amatama no kumukubita inshyi. Tereza abibwira Tasiyana, inshuti ye ikomeye, we amubwira ko urushyi atari ikintu gikabije ku buryo batagombye kwirirwa banabitindaho. Tereza arimo gusoma ikinyamakuru aza gusoma inkuru ivuga ukuntu umubare w'abagore n'abagabo batandukana waje kwiyongera kubera uburenganzira bw'abagore. Afata icyemezo cyo kubitondamo kuko atashakaga kuba umwe mu bavugwa muri iriya mibare. Gukubitwa biza kugera aho bikabije maze ajya kureba umupadiri. Umupadiri aramuhumuriza we n'umugabo we abasaba kubabarirana maze bagakurikiza inyigisho za Bibiliya. Nyamara umugabo we ntiyarekeye aho kumukubita. Umunsi umwe amaze kumuvuna akaboko ajya kumurega kuri polisi, ubwo abo mu muryango babona ko ababangamiye bajya kuvugana na polisi maze ikirego cye kiraseswa. Vuba aha aherutse kumukubita amuziza ko yamugaburiye atinze. Iby'umwaku rero haza kuba impanuka inkoni yamukubitaga iravunika ihita imutobora umutima aba arapfuye.

Muri uru ruhererekane, ni nde wagerekwaho urupfu rwe?

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Muri uru rugero rwa Tereza kimwe no mu zindi ngero nyinshi z'ihohoterwa rikorerwa mu ngo, aba bantu bakurikira bakunze kuba ari bo babifitemo uruhare bashishikaye cyangwa batabishishikariye bagatuma ihohoterwa rigenda rikaza umurego:

- **Uhohotera:** Ni umuntu ufitanye n'undi imibanire yihariye. Agira uruhare ku buryo bubishishikariye mu guhohotera ku mubiri, ku mutima ndetse no ku mutungo.
- **Umuryango:** Imiryango myinshi yinjira mu muco ntishake kwivanga mu bibazo by'ihohoterwa rikorerwa mu ngo. Akenshi bakora ibyo bashoboye byose ngo barinde izina n'icyubahiro by'umuryango. Uku kwicecekerana gutuma ihohoterwa rikomeza kubaho. Imiryango imwe ndetse irigiramo uruhare rugaragara. Urugero ni uko mu miryango imwe n'imwe abahungu bava inda imwe n'umugabo bahabwa uburenganzira bwo gutegeka umugore washatse muri urwo rugo.
- **Abagukikije:** Harimo insengero, inshuti, itangazamakuru, akenshi bagira uruhare batabishishikariye. Amadini menshi yita gusa ku ruhare rw'abagore bavugwa muri Bibiriya no mu bindi bitabo by'iyobokamana ariko ntibigere bagira icyo bavugaga ku bateganyijwe bijyanye n'abagabo. Abagore babavugaho kubabarira no kwibagirwa n'ubwo ubuzima bwabo bwaba buri mu kaga. Itangazamakuru na ryo ntabwo rivugaga neza ku bibazo by'ihohoterwa rikorerwa mu ngo ndetse ugasanga rigaya abagore benshi bagize icyo bakora kugira ngo birinde ngo baroshya n'amahanga ndetse bakanarwanya n'umuco.
- **Leta:** Kubera ko Leta itinjira mu mabanga y'ubuzima bw'abantu, abantu benshi barenganiye mu ihohoterwa rikorerwa mu ngo ntibitabwaho. Ibi bigaragara mu buryo bukurikira:
 - a. Kudahana ababikoze;
 - b. Kugira amategeko atuzuye cyangwa kubura amategeko abarengera;
 - c. Kugira ingamba zituzuye cyangwa zikaba nta niziya. Ibi byose bikaganisha ku mwanzuro w'uko akenshi Leta irebera igihe ihohoterwa rikorerwa mu ngo ririmo gukorwa.

ISOMO RYA 5: IMPAMVU ZITERA IHOHOTERWA RIKORERWA MU NGO

Intego

- Gufasha abahugurwa kumva neza impamvu muzi z'ihohoterwa rikorerwa mu ngo n'ingamba zafatwa mu rwego rwo kurirwanya.

Igihe

Iri somo ritangwa mu gihe cy'isaha. Ni ukuvuga iminota 20 y'impaka hagati y'abantu begeranye no guhuriza hamwe; iminota 20 yo kuganira ku nkuru yifashishwa n'indi 20 yo guhuriza hamwe.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo rigomba gukorwa hakusanywa ibitekerezo ku mpamvu zitera ihohoterwa rikorerwa mu ngo nyuma hagatangwa ibitekerezo mu ruhame. Ibi bigakurikirwa n'inkuru z'ingero zigaragaza ukuri ku mpamvu zatanze zitera ihohoterwa rikorerwa mu ngo.

Impamvu zishoboka zitera ihohoterwa rikorerwa mu ngo

Mu nama y'imiryango ikorana na NPA yo gutegura iki gitabo n'integanyanyigisho, abari bayirimo bagaragaje ko ibi bikurikira bishobora kuba zimwe mu mpamvu zitera ihohoterwa rikorerwa mu ngo:

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Ubusumbane bushingiye ku muco;
- Ubusumbane bushingiye ku gitsina, no kumva ko umugabo ari we uri hejuru;
- Guharika;
- Kwikunda;
- Ruswa;
- Gukunda ibintu;
- Ubusinzi;
- Guca inyuma uwo mwashakanye;
- Kwivanga kw'abo mu muryango;
- Amashuri make;
- Ubukene;
- Ubukire bukabije;
- Kumva udashaka gukora imibonano cyangwa kudashimisha umugabo mu gihe cy'imibonano mpuzabitsina (bitewe n' *"Imeterere"*).

N'ubwo impamvu zatanze zifite uruhare cyane mu ihohoterwa rikorerwa mu ngo, kugira ngo ugaragaze ukuntu zitera cyangwa zigira uruhare muri iryo hohoterwa, abahugurwa bagomba kubanza bakareba ku ngero zikurikira maze bakaziganiraho mu ruhamwe.

Inkuru 8

Mariya yashakanye na Matiyasi. Mariya ataha mu gicuku kandi yasinze. Matiyasi yamubaza aho avuye, Mariya akavuga ko atakwihanganira ikibazo cy'ubucucu nk'icyo agahita akubita Matiyasi.

*Ikibazo: Ese mu Rwanda ibi bikunze kubaho? Niba bidakunze kubaho, biterwa n'iki?
Byagenda bite abaye ari Matiyasi utaha igicuku yasinze maze agakubita Mariya?
Ese byo bikunze kubaho? Kubera iki?*

Inkuru 9

Lusiya arakize cyane ndetse abona amafaranga menshi kurusha umugabo we. Iyo atashye atuka umugabo we maze umugabo yagira icyo akosa Lusiya akamukubita ngo kuko ari we ufite amafaranga menshi.

*Ese mu Rwanda ibi bikunze kubaho? Niba bidakunze kubaho, biterwa n'iki ?
Byagenda bite abaye ari umugabo ukize cyane agakubita umugore we?
Ese bikunze kubaho? Niba bibaho, biterwa n'iki?*

Inkuru 10

Nikuze ni umukene kandi ibyo bihora bimutera ipfunwe mu buzima. Kugira ngo abyikuremo, atuka Pawulo, umugabo we, ndetse akanamukubita.

*Ese mu Rwanda ibi bikunze kubaho? Niba bidakunze kubaho, biterwa n'iki ?
Byagenda bite abaye ari umugabo ukennye bikamutera ipfunwe?
Ese birashoboka ko yakubita umugore we? Niba bishoboka biterwa n'iki?
Ese bikunze kubaho?*

Inkuru 11

Yohana ni umuhungu w'imyaka 15 uvuka mu muryango w'abakene. Bimutera ipfunwe kuko abandi bana bigana ku ishuri abona bo ntacyo babuze. Akunda gutaha atinze mu gicuku akavuga ko aba yakererewe akina umupira n'abandi bana. Iyo se amubajije kumubwira ikimutinzira mu by'ukuri umwana ahita amukubita.

Ese ibintu nk'ibi bikunze kubaho mu Rwanda? Niba bitabaho ni kuki?

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Byagenda bite aramutse ari se cyangwa nyina utaha atinze, nyuma Yohani akababaza aho batinze bari, bamukubita? Niba ari ko babigenza, ese ubundi ibi ni ibintu bikunze kubaho mu Rwanda?

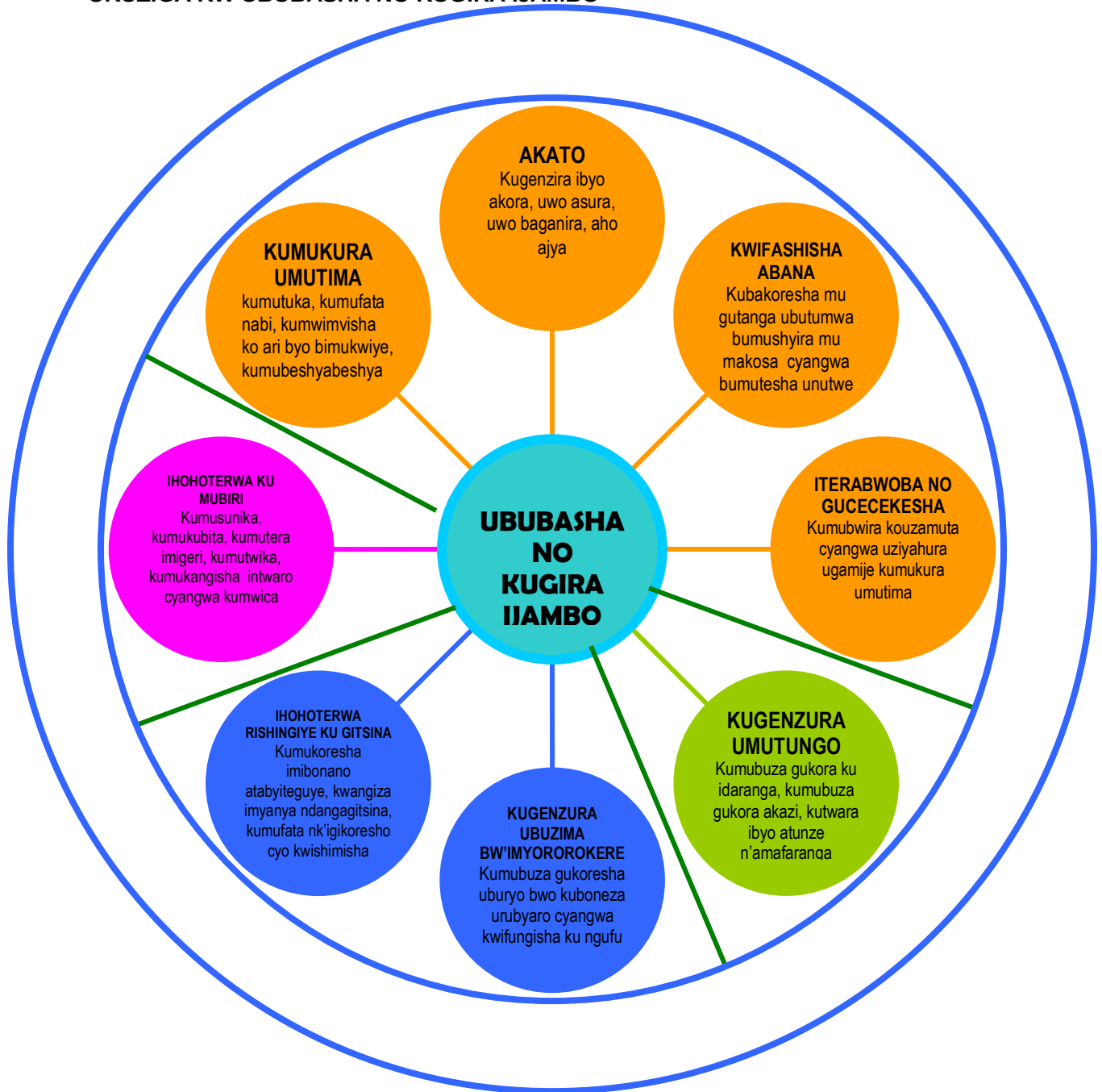
Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Uruhare rw'ububasha no kugira ijambo mu ihohoterwa rikorerwa mu ngo.

N'ubwo ibyagaragajwe byose bigira uruhare mu ihohoterwa rikorerwa mu ngo, mu mwitoto biraza gutangira kugaragara ko ihohoterwa rikorerwa mu ngo rikunze kugaragara iyo umuntu asumbye undi ububasha no kugira ijambo. Impamvu zatanze ubwazo si zo zitera ihohoterwa rikorerwa mu ngo ahubwo zirarisembura. Mu ipfundo ry'ihohoterwa rikorerwa mu ngo, harimo ko uhohotera afite ububasha n'ijambo k'uhohoterwa. Ni yo mpamvu tudakunze kubona umugore ufite ipfunwe, uw'umusinzi, cyangwa uw'umukire ashoza ihohoterwa rikorerwa mu ngo ku mugabo, mu gihe byoroshye kubona abagabo bameze batyo bo bakubita abagore. Ububasha no kugira ijambo bikunze kwigaragaza kandi bikaba byikinga mu mpamvu zagaragajwe zirimo:

- **Impamvu z'umuco:** Akenshi ziba umugabo ububasha n'ijambo ku mugore. Mu mico myinshi, umugabo aba afite umwanya wo hejuru ugereranyije n'umugore kandi hari n'uburyo bwinshi bwo kubishimangira. Urugero nko mu gutanga inkwano, uburenganzira bwo guhana umugore n'indi mihango yo mu mucu nko kuba umugabo ari we nyir'umutungo.
- **Impamvu z'umutungo:** Umuntu ufite kandi akagenzura umutungo akenshi aba afite **ububasha n'ijambo** kurusha abandi kuko ari nawe bakesha kubona ibibabeshaho. Biturutse ku mpamvu z'umuco, akenshi usanga abagabo bafite ijambo ku mitungo ndetse no ku mafaranga. Ibi bituma bagira ububasha n'ijambo ku bandi by'umwihariko ku bagore babo. Ibi bigatuma habaho guhohoterwa.
- **Impamvu za politiki:** Politiki itanga ububasha. Mu bihugu byinshi by'Afurika abagore barahajwe mu bubasha bwa politiki bityo bigatuma nta kemezo gifatika bafata ku ngamba cyangwa ibibazo bireba imibereho yabo. Ku bw'amahirwe u Rwanda ruhagaze neza kuri icyo kibazo na 48% by'abagore mu nteko ishingira amategeko ndetse no mu yindi myanya y'ibanze mu buyobozi.
- **Impamvu z'amategeko:** Kuva na kera amategeko menshi yashyigikiye ubusumbane hagati y'abagabo n'abagore ndetse ibihugu bimwe na bimwe bishyira imbere amwe mu mategeko y'imyitwarire irwanya umugore.

URUZIGA RW'UBUBASHA NO KUGIRA IJAMBO



IHOHOTERWA RIKORA KU MUTIMA



IHOHOTERWA RISHINGIYE KU MUTUNGO



IHOHOTERWA RISHINGIYE KU GITSINA



IHOHOTERWA RIKORA KU MUBIRI

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Uru ruziga rugaragaza uburyo butandukanye bw'ihohoterwa abahohoterwa bakoresha kugira ngo bagenzure abo bashakanye/babana.

Ku mubiri:

Kumuhohoterwa ku mubiri: Kumuhirika, kumuniga, kumutera imigeri, kumutwika kumutunga intwara cyangwa no kumwica.

Ku mutima:

Kumutera intimba: kumutuka, kumufata nabi, kumwumvisha ko akwiye gufatwa atyo, kumukina amacenga.

Kumushyira mu kato: Kugenzura ibyo akora, abo areba n'abo avugana na bo, aho ajya cyane cyane amutandukanya n'umuryango we n'inshuti ze.

Kwifashisha abana: Kwifashisha abana be kugira ngo bajye batanga amakuru bamugushe mu makosa banamuhangayikishe.

Kumushyiraho agahato n'iterabwoba: Gukoresha iterabwoba amubwira ko azamuta, azamukenesha, aziyahura, azamwica, kugira ngo amubabaze ku mutima ndetse no ku mubiri.

Ku mutungo:

Kugenzura umutungo: Kugenzura umutungo w'urugo wose wenyine, kumubuza kugira cyangwa kuguma ku kazi, gufatira amafaranga ye n'ibyo atunze byose.

Ku gitsina:

Kugenzura imibyarire ye: Kumubuza gukoresha uburyo bwo kuringaniza imbyaro cyangwa kumuhatira kwifungisha burundu.

Kumuhohoterwa ku gitsina: Kumuhatira gukora imibonano mpuzabitsina atabishaka, kwangiza imyanya ndangagitsina ye, kumufata nk'igikoreshe cy'imibonano mpuzabitsina.

Hagati muri urwo ruziga harimo “ububasha no kugira ijambo” nk'ipfundo ry'ibyo byose.

**ISOMO RYA 6: IBYEREKERANYE N'IMIBONANO MPUZABITSINA,
UBURENGANZIRA KU BIJYANYE NO KUBYARA N'IHOHOTERWA
RIKORERWA MU NGO**



Intego

- Kumva uburyo ububasha no kugira ijamba bigaragara mu kugenzura igitsina cy'umugore;
- Gusobanukirwa uburyo kugenzura imikoreshereze y'igitsina cy'umugore bigira uruhare mu ihohoterwa rikorerwa mu ngo.

Igihe

Ugereranyije iri somo ryagombye gufata isaha imwe hakubiyemo n'ibiganiro mu ruhame.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5) Impapuro ziriho inkuru yo kwigiraho

Uko isomo ritangwa

Iri somo rigomba gutangwa hifashishijwe inkuru yatanze urugero hakanifashishwa n'ibiganiro mu ruhame.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Inkuru ya 12

Kalinda yashakanye na Uwamahoro. Vuba aha aherutse gusoma mu gitabo ibijyanye n'imibonano mpuzabitsina binyujijwe mu kanwa none arashaka ko babishyira mu bikorwa. Uwamahoro asanga ari ibintu bidasanzwe kuri we maze arabyanga.

Ese aha haba harimo ihohoterwa rikorerwa mu ngo? Niba ririmo ryakozwe na nde?

Tuvuge ko Uwamahoro yanze maze Kalinda akamuhatira gukora imibonano mpuzabitsina inyujijwe mu kanwa.

Ese ibi byaba ari ihohoterwa rikorerwa mu ngo? Niba ari ryo ni ukubera iki? Ese Kalinda aramutse ashakanye imibonano mpuzabitsina isanzwe Uwamahoro akanga maze Kalinda akamuhatira kuyikora, ibyo na byo byaba biri mu ihohoterwa rikorerwa mu ngo? Niba ari byo bisobanure.

Kuri uru rugero, uracengerwa ibibazo bijyanye n'imyumvire ishingiyeye ku muco ku bijyanye n'imyitwarire mu mibonano mpuzabitsina n'ukwigenga k'umugore mu mibonano mpuzabitsina.

Inkuru ya 13

Mariko yashakanye na Goreti, bamaze kugirana abana 3. Goreti yumva ko abo bana bahagije cyane ko badafite akazi kabahemba bishimishije. Nuko abwira umugabo we ko ashaka gukoresha uburyo bwo kuringaniza imbyaro kugira ngo bimufashe kutabyara abandi bana. Mariko aranga avuga ko umuco we n'idini rye bitamwemerera kuringaniza imbyaro maze amutegeka ko agomba gukomeza akabyara abandi bana. Goreti yaje kujya kwa muganga umugabo we atabizi maze bamuha ibinini. Umugabo abimenye ararakara arabijugunya amubwira ko nakomeza iki gitekerezo bazatandukana.

Ese Mariko arahotera Goreti?

Inkuru ya 14

Hashize imyaka irenga 20 Roza ashakanye na Samweli bakaba batuye mu Ruhengeri. Umwana wabo wa kabiri witwa Lusiya yemerewe umugabo ushaje w'inshuti y'umuryango witwa Luka ataravuka. None ubu hashize imyaka itandatu afashe irembo. Uwo mwana w'umukobwa ubu afite imyaka 12. Vuba aha baramusabye, baratebutsa, none barashaka no gukwa mbere y'uko bashyingirwa.

Ukimara kumva iyi nkuru nk'umuntu uharamira iyubahirizwa ry'uburenganzira bwa muntu, wegereye ababyeyi be ubabwira ko ibyo bashakaga gukorera Lusiya atari byo. Se yagusabye kutita mu bitakureba kuko Lusiya ari umwana we akaba agomba kumukoresha icyo ashakaga. Ese iri ni ihohoterwa rikorerwa mu ngo?

Inkuru ya 15

Mugabo ni umugabo w'umyaka 30. Yashakanye na Mariya, uyu na we akaba afite imyaka 20. Mugabo si indahemuka ku mugore we kuko afite inshoreke y'umukobwa, Solange. Bakunda gukorana imibonano mpuzabitsina. Mariya yamamenye uwo mubano hagati y'umugabo we na Solange ni uko kubera gutinya kwandura virusi ya SIDA asaba Mugabo ko baja bakoresha agakingirizo igihe bakora imibonano mpuzabitsina. Mugabo ntiyabyemeye ahubwo yiyemeje kumukoresha imibonano ku ngufu nta gakingirizo.

Ese ku bwawe wumva Mugabo ari mu kuri kandi wumva Mariya yagombye gutsimbarara ku ikoresha ry'agakingirizo?

Ibi bifasha gusesengura ibijyanye n'ubwigenge mu mibonano mpuzabitsina n'ubushobozi bwo kumvisha mugenzi wawe ko ari ngombwa gukora imibonano mpuzabitsina itagomba kukugiraho ingaruka mbi.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Kimwe mu bintu bigaragaramo ububasha no kugira ijambo ni ibijyanye n'imikoreshereze y'ibistina. Kuva mu ivuka, imikoreshereze y'igitsina cy'umugore mu buzima bwe bwose igenzurwa n'umugabo. Iyo ari inkumi, iyo mikoreshereze igenzurwa na se cyangwa basaza be, yamara gukura, uwo murimo ugaharirwa umugabo we. Hari ubwoko bwinshi bw'ihohoterwa bugenda bukorwa bushingiye kuri iri genzura. Hifashishijwe umurongo w'ubuzima, urerekana ukuntu mu mico itandukanye, ihohoterwa rikorerwa by'umwihariko abagore n'abakobwa kugira ngo hakomezwe umuco wo kubagiraho ububasha n'ijambo.

Mu kuvuka: Mu moko menshi, abakobwa ntibemerewe kwihitiramo abo bazabana. Babatanga ndetse mbere y'uko bavuka. Umugenzo wa kinyarwanda wo *"Gufata irembo"* ushobora gukorwa na mbere y'uko umwana avuka. Iki cyemezo akenshi gifatwa na se w'umwana n'umuryango w'uzaba umugabo we. Mu moko amwe n'amwe abana bato b'abakobwa bacibwa bimwe mu bice by'imyanya ndangagitsina yabo kugira ngo bashobore kugenzura imikoreshereze y'ibitsina byabo. Akenshi bavuga ko ari uburyo bwo kurinda ubusugi bwabo. Nyamara ibi ntibikorera abahungu. Nyuma y'igihe ibi bigira ingaruka ku mikurire y'umubiri n'iyi mu bwenge by'umukobwa. Mu moko amwe n'amwe kubyara umwana w'umukobwa bifatwa nk'umuvumo. Urugero, mu moko amwe yo mu Buhinde, basuzumisha ababyeyi kugira ngo bamenye igitsina cy'umwana uri mu nda, basanga ari umukobwa inda bakayikuramo. Mu moko menshi ivuka ry'umukobwa ntirakirwa ku buryo bushamaje nyamara umuhungu akakiranwa ibyishimo n'ibirori byinshi. Mu moko menshi havuzwa impundu nyinshi ku ivuka ry'umuhungu kurusha iry'umukobwa, kandi umubyeyi wabyaye umuhungu akamazwa igihe kirekire ku kiriri kurusha iyo yabyaye umukobwa. Mu Rwanda, ababyeyi bashyira igisabo mu ntoki z'umwana w'umukobwa kugira ngo bagaragaze imirimo yo kwita ku rugo, igihe umuhungu we bamuhereza icumu kugira ngo bagaragaze ububasha no kugira ijambo.

Mu gihe cyo kubwiruka/ Ubugimbi: Muri iki gihe hagaragaramo ihohoterwa ry'ubwoko bwinshi. Mu moko menshi ni abakobwa basabwaga kurinda ubusugi bwabo, si abahungu. Habaga hari ingaruka zikomeye ku mukobwa utarakorewe iri suzumwa. Mu moko menshi, gusuzuma ubusugi bw'abakobwa byari ibintu bikunze gukorwa. Vuba aha muri Afurika y'Epfo bashakaga kubigarura nk'uburyo bwo guhagarika icyorezo cya Sida. Mu moko menshi kandi bashishikariza kandi bagahatira abakobwa kurongorwa bakiri bato, ibyo bigatuma bibagiraho ingaruka mbi nk'izo ku mubiri (mu gushwanyuza imyanya ndangagitsina yabo) iz'imibonano mpuzabitsina (kuko biba ari ugufatwa ku ngufu), izo ku mutima (kuko umwana aba atarageza igihe cyo kujya muri ubwo buzima). Bamwe muri aba bana bahita batwara inda maze bagahura n'ibibazo mu gihe batwite ndetse rimwe na rimwe bikabaviramo gupfa. Hari n'indi migenzo mibi ishingiyeye ku muco ikomeza kugaragara muri iki gihe. Mu moko menshi, kutabyubahiriza bishobora guhanishwa urupfu. Urugero, mu bihugu byinshi byo mu burasirazuba bwo hagati, bakunze kwica abakobwa bafashwe nk'abasebeje umuryango kuko bakoze imibonano mpuzabitsina batarashaka.

Mu gihe cy'umuntu ukuze: Mu moko menshi abagore ntibihitiramo abo bashobora kugirana imibonano mpuzabitsina mu gihe abagabo bo babyemerewe. Ibi babikora bemerera gushaka abagore benshi cyangwa bagira n'inshoreke. Nyamara umugore wagize abagabo barenze umwe we akitwa indaya. Imico myinshi kandi ipfukirana ubwisanzure bw'abagore mu kugaragaza ubushake bwabo ku mibonano mpuzabitsina, cyane ko umugore ubigaragaje bavuga ko ari indaya. Ibi kandi bikaba bishatse kuvuga ko mu mico myinshi, abagore batavirira abagabo igihe bifuje gukora imibonano mpuzabitsina ndetse ngo banumvikane uburyo bari bubikoremo kabone n'iyi bashakanye. Akenshi rero ibi bikurura ukudashimishanya mu mibonano mpuzabitsina ari

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

na yo nkomoko y'ibibazo byinshi by'abashakanye cyane ko bishobora gutuma abagore baja kwishakira abandi bagabo.

Mu muco kandi abagabo ntibemererwa gucengera mu biganiri bijyanye n'imibonano mpuzabitsina by'abashakanye. Ibi bikavuga ko n'iyi batanyuzwe mu rugo, umwanzuro bakunze gufata ni uwo gushaka kunyurwa baciye inyuma abo bashakanye. Ibyo kandi bigashimangirwa n'akamenyero ko kutavugira ibijyanye n'imibonano mpuzabitsina kaba mu muco wa Afurika. Kuba rero umugore atemerewe kubwira umugabo ko ashaka imibonano mpuzabitsina, bituma akenshi abagabo bakora imibonano mpuzabitsina mu gihe abagore batanabyiteguye maze bigatuma bagirirwa nabi ku mubiri. Mu Kinyarwanda bivugwa ko hari n'amazina agaragaza ko umwana yasamwe nyina atateguwe ku bijyanye n'imibonano mpuzabitsina, (atabobereye), (Urugero: "MUKAGATARE"). Ibi ubwabyo bivugira ko akenshi abagore badashobora kwisabira gukora imibonano mpuzabitsina igihe bayishaka. Nyamara kandi nanone guha umwana izina risobanura ko nyina adashimisha mu mibonano mpuzabitsina bitesha agaciro. Abagore benshi kandi ntibemerewe gusaba abagabo babo kugirana imibonano mpuzabitsina itabagira ingaruka cyane cyane iyo umugabo afite umugore urenze umwe (ari umugore we cyangwa inshoreke ye), kimwe n'uko umugore adashobora gusaba gukoresha agakingirizo. Ibi bigashyira abagore mu makuba yo guhora bashobora kwandura SIDA. Mu muco, umugore aramutse asabye umugabo we ko bakoresha agakingirizo mu mibonano mpuzabitsina ashobora gufatwa nk'ingare bikaba byatuma akubitwa n'umugabo cyangwa akamwirukana.

Abagore benshi kandi nta jambo bagira ku bijyanye n'umubare w'abana bagomba kubara kuko ibyo kubara bigengwa n'umugabo. Ibi bisobanura ko abagore kandi batagenda igihe bagomba kumara mbere y'uko bakurikiza umwana uri ku ibere cyangwa ngo bagene umubare w'abana bagomba kubara. Umugore kandi n'iyi aramutse yemerewe kuringaniza imbyaro, rimwe na rimwe ntiyemererwa guhitamo uburyo yakoresha muri iryo ringaniza ry'imbyaro. Ibi byagiye biba imwe mu mpamvu z'ihohoterwa rikorerwa mu ngo nyinshi. Aha ni ngombwa kumva neza ko ibirebana no kubara ari uburenganzira bw'abashakanye bombi; umugabo n'umugore.

Abagore benshi kandi bahura n'andi mahohoterwa menshi ashingiye ku kugenzurwa kw'imikoresherezwe y'igitsina cyabo, aho bafatwa nk'umurage w'umuryango kandi abapfakaye bakaba bagomba kwezwira ari byo guhatirwa kuryamana n'abavandimwe b'umugabo we igihe umugabo amaze gupfa.

Mu gihe cy'urupfu: Imwe mu migenzo y'umuco ishimangira ko umugabo akomeza kugira ububasha k'umugore we kabone n'iyi yapfa. Mu Buhinde abagore bategekwa kwijugunya mu muriro mu kirundo cy'inkwi batwikiraho umugabo we yapfuye kugira ngo apfane na we. Mu Rwanda, umugabo ahambwa ariyamiye uruhande rw'ibumoso bivuze ko agifite ijamba n'ubwo yapfuye. Mu moko menshi yo muri Kenya, umugore w'umupfakazi yitwa 'umupfakazi w'imva' bivugira ko adashobora gukomeza imibereho isanzwe nyuma y'urupfu rw'umugabo we, akaba agomba gutwarwa gusa n'abava inda imwe n'umugabo we. Nyamara ibyo siko bigenda ku bagabo.

ISOMO RYA 7: KUKI ABAGORE BAHOTERWA BAKAGUMA MU NGO ZABO?

Intego

- Gufasha abahugurwa gusobanukirwa n'ibituma abagore baguma mu ngo zabo igihe barimo bahoterwa;
- Gufasha abahugurwa kumva impamvu zituma iyo habaye ihoterwa rikorerwa mu ngo abandi bantu batabyiniramo.

Igihe

Iri somo riteganyirijwe iminota igera kuri 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa abantu baganira kandi bungurana ibitekerezo mu ruhamye. Gusaba abahugurwa kuganira mu dutsinda twa babiri ku mpamvu zituma abagore baguma mu ngo kandi babanye nabi n'abo bashakanye. Ibi bikaza kuganirwaho mu ruhamye.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Abagore benshi babanye nabi n'abo bashakanye akenshi ntibashakira ibisubizo by'ibibazo byabo ndetse bahitamo kuguma mu ngo kabone n'ubwo ihoterwa ryaba ryabashegeshe. Ibi byabereye ikibazo abantu basesengura ibibazo by'ihoterwa rikorerwa mu ngo. Ni ngombwa rero kumva zimwe mu mpamvu zituma abagore baguma mu ngo zabo kandi bafashwe nabi kugira ngo abashinzwe iterambere bafate ingamba kuri icyo kibazo bashingiye ku kuri. Mu mpamvu zatanze zituma abagore baguma mu ngo zabo kandi babanye nabi n'abo bashakanye harimo:

- **Impamvu z'imibanire:** Uhohotera akoresha guhangayikisha n'iterabwoba. Ikibabaje ni uko abantu benshi bafata guhohotera nk'ibintu bisanzwe mu buzima ntibabone ko bagombye kugira icyo babikoraho. Abantu benshi babifata nk'ibintu bigomba kubaho ku bantu babana. Abantu benshi bagira icyo bakora iyo babona hari ugiye kubitarizamo ubuzima. Ikibabaza ni uko akenshi biba byaratinze bakabimenya ari uko umuntu yamaze kuhasiga ubuzima.
- **Impamvu z'umuco:** Mu moko menshi umugore agira agaciro kuko abana n'umugabo we. Abagore benshi batinya gutandukana n'abagabo kuko nyine byabatesha agaciro. Gutandukana kw'abashakanye ntibishyigikirwa ndetse biragawa ku buryo benshi bahitamo kuba bakwihanganira guhohoterwa aho gutandukana. Akenshi usanga nta n'ubundi buryo buboneye umuco uteganya bwo kurengera abahuye n'ibyo bibazo.
- **Impamvu z'umutungo:** Ku bijyanye n'umutungo abagore benshi usanga baba batanzwe n'abo babahoterwa bityo bigatuma baramutse batandukanye na bo babona ubundi buryo bwo kubaho. Bigatuma rero abenshi baguma muri icyo kibazo mibi kubera kubura icyo bakora. Ibi bikarushaho kugorana iyo bafatanye abana.
- **Impamvu z'umuryango:** Abantu benshi baba ari beza banakundana iyo bagitangira kubana. Uko igihe gishira ni ko bigenda bihinduka. Abagore benshi bagumana n'abagabo babo kuko bakeka ko umunsi umwe bazahinduka. Nyamara ni inshuro nkeya uhohotera ahinduka kereka iyo habaye igikorwa kigaragara gituma iryo hinduka ribaho. Abandi bagore benshi bagumana n'abagabo babanye nabi bitewe n'abana. Abantu benshi

Kurwanya ihoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ntibakunda ko abana babo bakura batari kumwe n'ababyeyi babo bombi cyane ko ibi biba bigayitse mu maso ya sosiyeti.

- **Amategeko n'inzego bidafite ingufu:** Mu bihugu byinshi usanga amategeko nta ngufu afite ku bijyanye n'ihohoterwa rikorerwa mu ngo. Mu bihugu byinshi kandi ihohoterwa rikorerwa mu ngo ntirifatwa nk'icyaha, inzego zose zagombye kurikurikirana nk'icyaha usanga nta ngufu zifite. Inkiko ntabwo zirifata nk'icyaha gikomeye ndetse usanga bashakisha ubundi buryo bwo guhangana na ryo aho kurifata nk'icyaha. Usanga kandi nta bigo byabugenewe byakira abagize ibyo bibazo igihe bagishakisha ibisubizo cyangwa ubundi buryo ku bibazo byabo.

ISOMO RYA 8: URUHEREREKANE RW'IHOHOTERWA

Intego

- Gufasha abahugurwa gusobanukirwa n'intera zitandukanye ihohoterwa rinyuramo;
- Gufasha abahugurwa gusobanukirwa n'uburyo ihohoterwa ari uruhererekane rwisubiramo;
- Gufasha abahugurwa kumva neza impamvu ari ngombwa ko hagira igikorwa kugira ngo urwo ruhererekane ruhagarikwe.

Igihe

Hateganyijwe ko iri somo ryamara iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa mu kiganiro kiyobowe mu ruhamye iyo umuhuzabitekerezo amaze gusobanura uruhererekane rw'ihohoterwa.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Mu ihohoterwa harimo uruhererekane ruhora rwisubiramo ku buryo iyo rudahagaritswe rushobora gukomeza ubuzima bwo. Ibi akenshi bitangira mu gihe cyo guhembera amakimbarane ari ho hagaragaramo ihohoterwa rito cyangwa rikabije kugeza ubwo ihohoterwa risandaye bishobora kuvamo igikorwa kibi gikabije ndetse n'urupfu. Ibi bikurikirwa n'igihe cyo kwicuza ibyabaye maze rwa ruhererekane rukazongera gutangira bundi bushya rutangiriye ku guhembera amakimbarane. Bitewe n'igihe abashakanye bamaranye, uru ruhererekane rushobora gutangira kandi rukarangira mu munsu umwe. Rushobora kandi gufata iminsi myinshi cyangwa amezi. Bashobora gutangira bahembera umujinya mu gitondo maze bigasandara nyuma y'isaha imwe cyangwa amasaha make. Ibi akenshi bikurikirwa n'igihe cyo gutuza no kwicuza ibyabaye. Mu bihugu byinshi byateye imbere mu Burayi n' Amerika uwahohoteyeye ashobora gusaba imbabazi ndetse akagura n'impano kugira ngo agaragaze ko yicujije. Mu bihugu hafi ya byose bya Afurika, gusaba imbabazi bifatwa nk'ibintu bitari ibya 'kigabo' ubwo kwa kwicuza kugakorwa binyujijwe mu zindi nzira. Uruhererekane twavugaga ko runyura mu ntera zikurikira:

(a) Igihe cyo guhembera umujinya: Guhembera umujinya bitangirira mu mibanire ibyo bikagaragarira mu butumwa butagwa mu bimenyetso bikozwe n'umubiri cyangwa mu magambo. Uhohoterwa yumva yugarijwe naho uhohotera akumva ari we ufite ijambo. Ibyo bigatera umuhangayiko mwinshi, kwiheba ndetse n'umujinya. Ibyo bikunze kugaragarira mu gukandamizwa k'umwe mu babana bikozwe n'uwo babana no gushaka kwiharira ijambo ku byo bakora byose harimo n'ibikorwa by'urugo muri rusange. Abantu benshi bo mu rugo batinya

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

kandi ntibifuza ikintu icyo ari cyo cyose cyatuma bijya ku ntera ikurikiraho ari yo yo gusandara kwa wa mujinya.

(b) Igihe cyo gusandara: Uhohoterwa (akenshi aba ari umugabo) ananirwa kwifata maze agashinja uhohoterwa (akenshi aba ari umugore) ko ari we umushotora. Ibi bizamo kugirira nabi uhohoterwa ku mubiri bishobora gukorwa mu buryo butandukanye. Uhohoterwa ageraho agacururuka maze uwahohoterwaga nawe akabyakira.

(c) Gusubira mu kwezi kwa buki: Uwahohoteye ababazwa kandi akicuza ibyo yakozwe. Agasaba imbabazi ndetse akarahira kutazabisubira cyane cyane iyo atinya ko uwo yahohoteye ashobora kugira icyo akora cyagira ingaruka. Ubwo ibyabaye akabyitirira ubusinzi cyangwa umuhangayiko wawe n'akazi. Mu miryango gakondo y'Abanyafurika ntibabivuga mu magambo ahubwo babyerekana mu bikorwa ndetse hamwe na hamwe ubu buryo bugashyigikirwa n'umuco, nk'urugero aho bavuga ko ugomba kuryamana n'umugore wawe igihe umaze kumukubita. Umugabo arahira ko atazongera kubikora ariko mu kanya gato wa mujinya ugatangira kwihembera ubwo rwa ruhererekane rukaba ruratangiye nanone.

Uruhererekane rw'ihohoterwa



Ukwezi kwa buki



Guhembera umujinya



Gusandaza umujinya

ISOMO RYA 9: IBYO ABANTU BIBESHYAHO N'IBYO BIBWIRA KU IHOHOTERWA RIKORERWA MU NGO

Intego

- Gufasha abahugurwa gusobanukirwa n'ibintu abantu bemera atari byo ku ihohoterwa rikorerwa mu ngo.
- Gufasha abahugurwa kumva neza uburyo ibyo abantu bibeshyaho n'ibyo bibwira bishobora gukurura ihohoterwa rikorerwa mu ngo;
- Gufasha abahugurwa gusobanukirwa neza iby'ihohoterwa kugira ngo bafate n'ingamba zo kugira icyo barikoraho.

Igihe

Hateganyijwe ko iri somo ryamara iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa binyujijwe mu kuganira k'udutsinda twa babiri cyangwa batatu bigakurikirwa n'ikiganiro mu ruhamwe. Abahugurwa bagaragaza ibyo basanga abantu bibeshyaho cyangwa bibwira ku ihohoterwa rikorerwa mu ngo.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Hari ibintu abantu bibeshyaho ku bibazo bimwe na bimwe. Urugero, mu bihe byashize abantu bibeshyaga ko abagore badashobora kuba abayobozi. Nyamara mu Rwanda honyine, abagore ni 48% mu nteko ishingira amategeko bigaragaza ko n'ubwo ibi byafatwaga nk'ihame, mu by'ukuri atari byo.
- Ibyo abantu bibwira byenda gusa n'ibyo bibeshyaho, bikaba ari ibintu abantu bemeza muri rusange ku biranga umuntu, abantu runaka, ariko bishingiye ku bintu bitasuzumwe neza. Ibi biganisha ku guha abantu cyangwa urwego rw'abantu runaka ikibaranga muri rusange. Uku guha abantu ikibaranga cya rusange bigafatwaho ukuri kw'ihame bikanagira uruhare mu buryo dufata umuntu wo muri urwo rwego.
- Ibyo abantu bibwira bishobora kuba ari byo kuri bamwe mu bagize urwo rwego rw'abantu ariko ntibibe byo kuri benshi muri abo bantu, ariko ibyo babibwiraho bigafatwa nk'ihame ridakuka kuri abo bantu. Urugero, abantu bibwira ko Abanyafurika batazi gukorera ku gihe. Ibi bishobora kuba ari byo ku bantu bamwe muri Afurika ariko si ngombwa ko biba byo ku banyafurika bose. Ikindi abantu bibwira ni uko abantu b'i Burayi batazi kwakira abantu nk'Abanyafurika. Ibi na byo si ihame ko ari byo. Nyamara nidufata ibyo abantu bibwira tuzahora twibwira kandi twemera ko Abanyafurika bakererwa maze tubafate uko, maze dufate ko abantu b'i Burayi batazi kwakira abantu tubyakire dutyo.
- Hari ibintu abantu bibwira ku moko amwe n'amwe y'abantu nko kuba birata, ari abanebwe, bakunda imibonano mpuzabitsina, ibisambo, cyangwa abantu bo kwizerwa.
- Iyi myumvire rero inagaragara ku kibazo cy'ihohoterwa rikorerwa mu ngo aho dusanga ibyo abantu bibeshyaho n'ibyo bibwira kuri iryo hohoterwa cyangwa ku ruhare rw'umugabo n'urw'umugore muri ryo. Imbonerahamwe ikurikira iragaragaza ibyo abantu bibeshyaho n'ibyo bibwira n'ukuri kujyanye na byo.

Ibyo abantu bibeshyaho n'ibyo bibwira	Ibigaragara
Abagore niba batara ihohoterwa kubera kutihangana no kuvugana umushiha.	Ibi si byo kuko hari abagore benshi bakubitwa kandi bitonda. Akenshi hari igihe bakubitwa kubera ko umugabo yagize umunsi mubi ku kazi. Kuvugana umushiha no kutihanganira ibintu ntibitanga uburenganzira bwo gukorera ihohoterwa.
Abakene n'abantu batize ni bo gusa bakubita abagore babo.	Abagabo bo mu nzego zose bakubita abagore babo. Uwahoze ari visi perezida wa Uganda yatanze ubuhamya ko yarokotse ihohoterwa rikorerwa mu ngo.
Abagore bahohoterwa mu ngo zabo barabikwiye kuko bagombye guhitamo kwigendera bakahava.	Hari impamvu nyinshi zituma bigora umugore gutandukana n'umugabo we harimo kuba umugabo we ari we umutunze, kudashaka gusenya umuryango (harimo n'abana) no gutinya ibyo bikomere by'umutima.
Abagabo bakubita abagore babo bashaka kubereka ko babakunda.	Guhohoterwa ntibyerekanwa urukundo na cyane ko urukundo rudahohoterwa. Ahubwo baba bashaka kubereka ko babafiteho ububasha n'ijambo.
Abagabo b'Abanyafurika bariyemera ntibemere agaciro k'umugore ibyo bakabyerekana bakubita abagore babo.	Guhohoterwa ni iby'umuntu ahitamo, bikaba ntaho bihuriye n'ubwoko bw'umuntu n'amateka yabwo.
Iyobokamana ryemera ko umugore akubitwa.	Amadini menshi aha inshingano zingana umugore n'umugabo kandi ntashyigikira ihohoterwa.
Umugabo agomba gukosora umugore we iyo atashoboye gusohozza imirimo ye neza nko guteka no kwita ku bana.	Abagore bafite inshingano zimwe n'abagabo kandi bagomba gufatwa kimwe n'abagabo.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ISOMO RYA 10: INGARUKA Z'IHOHOTERWA RIKORERWA MU NGO

Intego

- Gufasha abahugurwa kumva neza ingaruka z'ihohoterwa rikorerwa mu ngo ku bantu batandukanye;
- Gufasha abahugurwa gusobanukirwa n'impamvu ari ngombwa ko hagira igikorwa kugira ngo ihohoterwa rikorerwa mu ngo rihagarare.

Igihe

Iri somo ryagombye gufata iminota itarenze 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5) Impapuro ziriho inkuru yo kwigiraho

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe kwitegereza amashusho (amafoto). Kumanika amashusho ku rukuta yerekana ihohoterwa ritandukanye. Aya ashobora kuba ari amafoto nyakuri (ariko imyirondoro ya beneyo itagaragajwe) cyangwa amashusho yo mu binyamakuru. Gusaba abahugurwa kwitegereza buri shusho ari na ko bandika ingaruka zigaragara z'ihohoterwa rikorerwa mu ngo bahereye kuri ayo mashusho n'izindi ngaruka zitagaragara witegereje amashusho. Nyuma bakaganira mu ruhame ibitekerezo bagize nyuma yo kwitegereza amashusho.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Zimwe mu ngaruka z'ihohoterwa rikorerwa mu ngo ni izi zikirikira:

Ku buzima: Ihohoterwa rikorerwa mu ngo rishegesha imibereho y'uhohoterwa haba ku mubiri cyangwa ku mutima. Bitewe n'intwari yakoreshejwe, n'igihe ihohoterwa ryamaze, haboneka ukwangirika gutandukanye ku mubiri w'uwahohotewe. Bishobora kuba gukomereka koroheje cyangwa ibisebe, ibikomere bihoraho birimo kubyimba, gukuboka, ubushye, gutemwa, kurumwa, gucibwa ibice by'imyanya ndangagitsina, kuvunwa amagufa, ibikomere mu mutwe, amaraso yipfunditse mu ruhu, kugwa igihumura, guakaza ubwenge mu gihe runaka ndetse n'urupfu. Ibi kandi bishobora gutera ibibazo byo mu mutwe nko kwiharurukwa bituma umuntu ntacyo aba akitaho haba mu kazi cyangwa mu rugo. Abantu benshi bakorewe ihohoterwa rikorerwa mu ngo bagira ukwiheba mu bitekerezo, guhangayika no kudatuza. Abenshi bashobora kandi kubura ibitotsi, kubura ubushake bwo kurya, kugira ubwoba, kumva hari ibyo bishinja, umujinya no gutakaza icyizere, kutongera kugira icyo witaho mu byo wakoraga, gucika ku nshuti n'umuryango. Bishobora ndetse no gutuma ashaka kwiyahura.

Ku mutungo: Bibangamira amikoro y'uwahohotewe ndetse n'ay'umuryango kuko amafaranga yagombaga gukoreshwa mu bindi byanateza imbere umuryango akoreshwa mu kwita ku wahohotewe. Bituma kandi uwahohotewe ahora mu bukene kubera ko asa nk'aho ntacyo aba akimariye sosiyeti.

Kuri sosiyeti: Byaragaragaye ko ihohoterwa ribyara irindi hohoterwa. Abantu benshi bakurira mu miryango ibamo ihohoterwa na bo bageraho bagakora ihohoterwa mu mibereho yabo. Byaragaragaye kandi abicanyi benshi bavuka mu ngo zitabanaga

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

neza, bityo ihohoterwa rikorerwa mu ngo rikaba rishobora kubyarira sosiyeti ibibazo biremereye.

Ku bana: Ihohoterwa rikorerwa mu ngo rigira ingaruka mbi ku bana, zirimo ibibazo byo mu mutwe bituma abana badakurikira neza mu ishuri, bakora ibintu bitajyanye n'ikigero barimo, kandi bakaba ibirumbo. Abana bahohotewe ari abana bageraho bakazakora ihohoterwa kera mu mibereho yabo. Abana bamwe bahura ubwabo n'ihohoterwa ririmo irishingiye ku gitsina nk'ingaruka z'ihohoterwa rikorerwa mu ngo.

**IGICE CYA III: UBURINGANIRE N'UBWUZUZANYE MU
IHOHOTERWA RIKORERWA MU NGO**



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ISOMO RYA 1: IBISOBANURO KU BWUZUZANYE N'UBURINGANIRE N'IGITSINA

Intego

- Gufasha abahugurwa kumva neza uburinganire n'ubwuzuzanye n'igitsina.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5) Impapuro ziriho inkuru yo kwigiraho

Igihe

Iri somo riteganyirijwe igihe cy'isaha.

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe inkuru yo gufundura “Dogiteri ni nde?”. Iyi nkuru ikaba ishobora no gukoreshwa mu rwego rwo kuruhura mu mutwe abahugurwa. Ibi byanakorwa kandi mu kiganiro kigana impaka mu nteko ishingira amategeko. Kugabanya abahugurwa mu amatsinda atatu. Itsinda rya mbere rihagarariye Leta yazanye itegeko, “Itegeko ry'Ubumunyakomeza” rigamije ko abakobwa n'abagore baringanira n'abahungu n'abagabo. Iri tsinda rizashyigikira iryo tegeko mu nteko ishingira amategeko ritanga impamvu bumva ko abakobwa n'abagore bagomba kuringanira n'abahungu n'abagabo. Itsinda rya 2, rizaba rihagarariye ishyamba ry'abakobwa n'abagore mu Rwanda, bo bazanga iryo tegeko bemeza ko abakobwa n'abagore basumba abahungu n'abagabo kuko hari ibintu bashobora gukora abahungu n'abagabo ntibabishobore, Itsinda rya 3, rihagarariye ishyamba ry'abahungu n'abagabo mu Rwanda, na bo bazanga iryo tegeko bavugaga ko hari ubushobozi bihariye abakobwa n'abagore batagira, bityo bakaba badashobora kureshya, Ibi bashobora gukorwa uganisha ibiganiro nko (i) ku buyobozi; (ii) ku musaruro; (iii) Kwagura umuryango; (iv) Icyo abo muri buri tsinda bamarira imiryango yabo.

Uyu mwitoto uzaba ufite iyi sura:

Abahagarariye guverinoma	Ishyamba ry'abakobwa n'abagore mu Rwanda	Ishyamba ry'abahungu n'abagabo Rwanda
Ubuyobozi	Abagore bashobora kuyobora kimwe n'abagabo,	Abagabo bonyine ni bo bashobora kuyobora.
Umusaruro.	Abagore bagira uruhare runini mu musaruro ariko ntirubarwe.	Abagabo bonyine ni bo bakora mu byinjiza umusaruro nko mu buhinzi bw'ibihingwa bicuruzwa.
Kwagura umuryango.	Abagore ni bo bonyine babyara.	Mu muco umugore wabyaye nta mugabo agira nta murage agira.
Icyo abakobwa n'abahungu bamarira imiryango yabo.	Abahungu ntibajya bibuka ababyeyi babo n'ubwo baba babatangiye amafaranga menshi. Ahanini usanga abagore n'abakobwa ari bo bibuka imiryango yabo.	Abakobwa batangwaho amafaranga menshi kurusha abahungu. Abakobwa bashobora gutwita ntaho baragera ariko abahungu ntibibabaho. Abakobwa iyo bamaze kurongorwa ntibafasha imiryango yabo.

Inkuru yo gufundura: Uyu Dogiteri ni nde?

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

“Mariko na se bari mu rugendo bava i Kigali bagana mu Majyaruguru. Bagira impanuka ikomeye cyane maze se wa Mariko ahita apfa ako kanya. Mariko we ntiyapfa ariko bihutira kumujyana kwa muganga aho yagombaga guhita abagwa byihutirwa. Umudogiteri wagombaga kumubaga arinjira akimukubita amaso aratangara ati “Mana yanjye! Uyu se si umuhungu wanjye!” Ibi bishoboka bite ko se wa Mariko yaba yahise yitaba Imana ako kanya? Saba umuntu wese waba asanzwe azi igisubizo kuba aretse kukivuga abandi babanze bavuge. Ubundi buryo ni uko uhugurwa wese yashyira igisubizo cye ku gapapuro akagatanga.

Ibisubizo bitangwa biba bitandukanye cyane. Mu nama yaberaga mu Majyaruguru iuza imiryango ikorana na NPA bo batanze ibisubizo bikurikira:

Uyu Dogiteri ni nde? (Ibisubizo)	Umubare w’abantu basubije batyo
Yeri se wabo wa Mariko.	8
Nyina wa Mariko yari yaramubyaranye na Dogiteri.	26
Yari umubyeyi we muri batiisimu	2
Dogiteri yamugereranyije n’abana be	5
Mu muco umugabo utabyara yemereraga umugore we kubyarana n’abandi bagabo ariko abana bakitwa abe, uyu rero akaba ashobora kuba ari we se nyakuri wa Mariko.	1
Dogiteri na se wa Mariko bari inshuti cyane ku buryo yafataga Mariko nk’umwana we bwite.	1

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Nta muntu n’umwe wigeze atekereza ko uriya Dogiteri yari **nyina wa Mariko**. Nyamara u Rwanda ruri mu bihugu byateye imbere muri Afurika mu gushyiraho amategeko arengera umugore. Umwe mu bahugurwa yavuze ko impamvu bitari byoroshye gutekereza kuri nyina wa Mariko ni uko iyo uvuze Dogiteri ishusho ya mbere umuntu agira mu mutwe ari iy’umuntu w’umugabo.

Ibisobanuro ku buringanire n’ubwuzuzanye n’igitsina

- Duhereye kuri uyu mwitozo wo hejuru, biragaragara ko hari itandukaniro hagati y’abagabo n’abagore. Amwe mu matandukaniro aravukanwa andi ntavukanwa. Urugero, ni uko kuba abantu batekereza ko Dogiteri agomba kuba ari umugabo gusa atari byo, ariko abantu benshi batekereza gutyo kubera ibintu twatojwe ku itandukaniro hagati y’abagore n’abagabo.
- Mu nkoranyamagambo ijamba ‘gender’ ari byo cy’ubwuzuzanye n’uburinganire, risobanurwa nk’aho ari ukuba igitsina gabo cyangwa igitsina gore.
- Nyamara impuguke zakoresheje ijamba ‘gender’ zashakaga kuvuga imitandukaniro iri hagati y’abagabo n’abagore muri sosiyeti.
- Bityo rero gender ikaba ari itandukaniro hagati y’abagore n’abagabo rishingiye ku mibanire, mu gihe igitsina ari itandukaniro hagati y’abagabo n’abagore rishingiye ku miterere y’umubiri baremanye.
- Itandukaniro rishingiye ku mibanire riva ku myuvire twatojwe ku bagabo no ku bagore rikaba ntaho tihuriye n’uburyo baremwe. Urugero, ni uko muri Kenya, Turkana, abagore ari bo bubaka amazu, mu gihe mu Rwanda uwo ari umurimo w’abagabo.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy’amahugurwa

Igitsina ni:	Uburinganire n'ubwuzuzanye ni:
1. Ni karemano kandi ntibishobora guhinduka. Urugero: Abagore ni bo bonyine babyara.	1. Bishingiye mu mibanire no mu muco. Birebana n'inshingano n'umwanya sosiyeti iha buri muntu ishingiyeye ku gitsina cye.
2. Ni bimwe ku isi yose. (Biteye kimwe haba mu Buhinde cyangwa mu Rwanda)	2. Bitandukana bitewe n'umuco w'ahantu. (Mu Buhinde abakobwa ni bo batanga inkwano, muri Kenya no mu Rwanda bikora abagabo).
3. Ntibihinduka kereka umuntu yibagishije kwa muganga..	3. Birahinduka. (urugero mu Rwanda, abagore basigaye bafite uburenganzira ku mutungo, kandi hari benshi bari mu nteko ishingira amategeko).

ISOMO RYA 2: IBYO ABANTU BIBWIRA KU BWUZUZANYE N'UBURINGANIRE

Intego

- Gusobanukirwa n'ibyo abantu bibwira ku burunganira n'ubwuzuzanye n'uburyo byakurura ihohoterwa rikorerwa mu ngo;
- Ikoreshwa ry'ububasha hagati y'abagabo n'abagore n'uburyo rishobora gukurura ihohoterwa rikorerwa mu ngo.

Igihe

Irisomo riteganyirijwe kumara iminota 30.

Ibikoreshe

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Uko isomo ritangwa

Iri somo rizigishwa hifashishijwe umwitozo w'ibirwa by'uburinganira n'ubwuzuzanye.

Umwitozo: Ibirwa by'uburinganire n'ubwuzuzanye

Gukora ibirwa bitatu mu cyumba cy'amahugurwa wifashishije ingwa cyangwa ibifatisho by'impapuro (papier collant) ushushanye inziga eshatu zerekana ibyo birwa. (i) ikirwa cya **Ndabyemeye**; (2) Ikirwa cya **Simbyemera**; (3) n'ikirwa cya **Ndashidikanya**. Banza utoranye ibibazo (ibitekerezo ku byo abantu bibwira) maze usabe buri muntu uhugurwa kwirukira mu kirwa kimwe mu byateganyijwe akurikije ko yemera, atemera cyangwa ashidikanya ku bimaze kuvugwa. Uwinjiye mu kirwa bwa nyuma agomba gusobanura impamvu ari cyo ahisemo. Ibi bigomba gukorwa kugira ngo bitangize ikiganiro (impaka) ku kibazo cyavuzwe bikanaherwaho mu gutangira kuvuga ibyo abantu bibwira ku burunganire n'ubwuzuzanye.

Mu nama yahuje abantu bo mu miryango ikorana na NPA, hari ibintu byagaragaye ko byemerwa n'abantu bitewe n'ikigero barimo. Urugero, ni uko abantu bakuze basaga n'abemera ibishingiye ku muco na ho uruburako rukemera ibijyanye n'iterambere. Ibi kandi byagaragaraga ku bagore no ku bagabo kuko hari ibyo abagabo bemeraga abagore ntibabyemere. Ibitekerezo bigomba gutangwa nk'ibibazo ni ibi:

Ibibazo

1. Abagore bagira intege nke n'ubwoba.
2. Abagore ntibagira ubwenge bumwe nk'abagabo.
3. Abagore ntibizera.
4. Abagore ntibashobora kuyobora.
5. Abagabo bavukana ubushobozi bwo kuba abayobozi.
6. Abagabo ni bo nkingi z'urugo.
7. Abagabo bagira imitima ikomeye.
8. Abagore bagira imitima yoroshye.
9. Abagore ntibashobora kwibeshaho bagomba gutungwa n'abagabo.
10. Abagabo batwara imodoka neza kurusha abagore.

Iri somo kandi rishobora gutangwa hifashishijwe agakino gakurikira**Agakino (3)**

Mukantaho yagiye mu nama asiga umugabo we Nzirorera n'umwana mu rugo. Avuye mu nama yasanze umugabo atagaburiye amatungo n'abana igihe bari bavuye ku ishuri ndetse ari nta n'undi murimo wo mu rugo yakoze. Ibi ngo yari yabitewe n'uko iyo mirimo yose atari iye ahubwo ari iy'umugore.

Saba abahugurwa gukina agakino gashingiye kuri iyi nkuru nyuma bagire ikiganiro mu ruhamwe mbere yo kugira icyo uvuga nk'umuhuzabitekerezo.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Hari ibintu bitari byo abantu bibwira ku bagore cyangwa ku bagabo. Urugero, ni nko kuvuga ngo umugore ushatse umugabo bwa kabiri nyuma y'aho atandukaniye n'uwa mbere aba nta burere agira, nyamara ibyo ntibivugwe no ku bagabo. Ibyo bintu abantu bibwira atari byo bikurura ihohoterwa rikorerwa mu ngo kuko bituma umugabo afatwa nk'aho ari ishingiro rya byose umugore agafatwa nk'umunyantege nke ugomba guhora yisunze umugabo. Bituma kandi abagabo bafatwa nk'abanyamahane cyangwa abantu batavugirwamo na ho abagore bagafatwa nk'abantu bagomba kumvira, badafite uburenganzira bwo kugira icyo babaza ku byo umugabo akora byaba ari byo cyangwa atari byo. Bimwe mu byo abantu bakunze kwibwira ni ibi bikurikira:

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ku bagore	Ku bagabo
Ni abanyantegere nke kandi bagira ubwoba	Bagira imbaraga kandi bakaba intwari.
Nta bushake bagira kandi batunzwe n'abagabo. Ntibashobora guhangana n'ibihe bikomeye.	Bagira ubushake bukomeye kandi ntibacike intege mu bihe bikomeye.
Ntibashobora kuyobora.	Baremanywe ubuyobozi.
Bameze nk'abana kandi bagomba gufatwa nk'abana.	Bamenya inshingano zabo kandi bikaba ari umurage wa kamere wo kuba abatware b'ingo no gutanga amabwiriza, kudata umurongo no kuyobora abandi.
Abagore bataye umuco ni bo bajya muri politiki.	Politiki ni iy'abagabo.
Bagomba gukubitwa kugira ngo bashobore kugenzurwa.	Ntibashobora gukubitwa kuko ari bo bafite ububasha n'ijambo.
Avuga ko adashaka imibonano mpuzabitsina kandi ayishaka bikaba ngomwa rero ko umugabo aba ari we ubimuhatira.	Ni bo batangira iby'imibonano mpuzabitsina kandi ni bo bagomba kubyemeza abagore.

ISOMO RYA 3: IBITUMA IMYUMVIRE MIBI IBA KARANDE



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Intego

- Gufasha abahugurwa kumva uburyo imyumvire itari yo ku burunganire n'ubwuzuzanye igenda ikwira.

Igihe

Iri somo riteganyirijwe gutangwa mu gihe cy'isaha 1.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Abahugurwa bagabanywamo amatsinda atatu maze bagakora uyu mwitozo:

- (i) Itsinda rya 1: Mu ndirimbo no mu mbyino, bagomba kugaragazamo uko abantu bumva (a) abagore (b) abagabo ku bijyanye n'uruhare, agaciro, n'ubushobozi byabo muri sosiyeti.
- (ii) Itsinda rya 2: Kureba mu migani y'imigenurano, imvugo, ibisakuzo, n'ibimenyetso bifite icyo bisobanura mu muco w'Abanyarwanda ubundi bakagira icyo bavuga ku buryo bumva (a) abagore (b) abagabo ku bijyanye n'uruhare, agaciro, n'ubushobozi byabo muri sosiyeti.
- (iii) Itsinda rya 3: Kureba mu byo abantu bemera bishingiye ku muco, imigenzo ubundi bakavuga uko iyo myumvire yerekana ishusho(a) y'abagore (b) abagabo ku bijyanye n'uruhare, agaciro, n'ubushobozi byabo muri sosiyeti.

Buri tsinda rigomba kwita kuri iyi myumvire bakurikije izi ntera zikurikira:

Intera: Kuvuka, kwita izina, ubugimbi (harimo n'imihango yo kwinjizwa mu rwego rw'abantu bakuru) gushinga urugo, gupfa.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo

Hari ibintu byabaye inzira yo guhererekanya iyo myumvire biva mu gisekuru byinjira mu kindi. Iyi myumvire igaragara mu migenzo ifatwa nk'aho ari ukuri kandi ntabwo ijya ipfa gukomwakomwa. Zimwe muri izo nzira zo guhererekanya imyemerere zirimo:

1. Umuco

Mu mico myinshi hari inshingano zizwi zigenewe abagabo n'izigenewe abagore. Ibi bigaragarira mu nzira nyinshi nko mu migenzo, mu buryo bw'imyumvire (nk'uko bikubiye mu ndirimbo, imbyino, imigani y'imigenurano, imvugo n'ibisakuzo).

(a) Imigenzo

Hari imigenzo ikorwa umuntu akimara kuvuka kugeza igihe apfiriye igaragaza agaciro baha abagabo n'ako baha abagore.

- **Mu ivuka:** Mu Rwanda rwo hambere iyo umugore yabyaraga impanga, umukobwa yagombaga kwicwa. Muri iki gihe iyo urugo rubyaye umwana bakababaza igitsina cye, iyo ari umukobwa hari abavuga ngo "twabyaye indaya".
- **Mu kwita izina:** Ako gaciro kandi kongera kugaragara mu buryo bwo kwita izina. Mbere yo kwita izina umugabo yavuganaga n'umugore izina yahisemo kuzita umwana ibyo bakabivugana bagirana imibonano mpuzabitsina.

Ku munsu wo kwita izina habagaho umuhango, umwana yaba ari umuhungu agapfumbatishwa inkoni nk'ikimenyetso cyo kuba umurinzi. Yaba ari umukobwa, abakobwa bagakinira hanze imikino ijyanye n'ibyo gusarura bigaragaza ko mu byo umukobwa ashinzwe harimo no gusarura. Amazina na yo kandi yerekanaga ako gaciro. Urugero: MURORUNKWERE ni izina ry'umukobwa rishatse kuvuka ko ari mwiza nta kindi akwiye uretse gukubwa inka. Izina CYURINYANA na ryo ni izina ry'umukobwa rigaragaza

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

umurimo abakobwa bato bakoraga wo kuragira inyana zagombaga gucyurwa hagati ya saa yine na saa tanu z'anyanywa. NTWARI ni izina ry'umuhungu rivuga ko agomba guhora ari intwari koko. Na ho NDICUNGUYE ni izina ry'umuhungu rivuga ko umugabo yaryitaga umwana we w'umuhungu agaragaza ko abonye uzamusimbura namara gupfa.

- **Mu gihe cyo gushinga urugo:** Mbere y'uko umukobwa ashyingirwa ababyeyi be babanzaga kwigana iby'umuco mubi wo kwahukana kugira ngo babimukuremo atazavaho abagarukira mu rugo yahukanye. Abagore kandi babaga barinzwe cyane binyujijwe muri imwe mu migenzo yabaga mu muco. Ku bashakanye umugabo yaryamaga ku rwuririro kuko ari we wari umurinzi w'urugo. Kera iyo umukobwa yatwaraga inda y'indaro yoherwaga mu kiyaga cyangwa mu mugezi kuko yabaga yashebeje umuryango. Iyo umugabo yarongoraga umugore agasanga atarabayeho nk'uko abyifuza yari yemerewe kubatangaza ku mugaragaro.
- **Mu mirimo ya buri munsu:** Abagore ntibashoboraga gukama inka. (Ibi abagore babifataga nk'ibintu byiza kuko byabarindaga gukora uyu murimo washoboraga kubatera isoni). Yari abujijwe kandi kurira hejuru y'inzu.
- **Mu buyobozi no mu yindi mirimo:** Kera ingabo zagiraga ibyivugo. Abagore ntibari bemerewe gukora ibyivugo nk'ibyangibye bivugaga ibikorwa bya gitwari kuko ibikorwa by'abagabo ni byo byarebwaga gusa. Kera kandi abagore bari babujijwe kugira ijamba mu ruhamu. Ibyo byatumaga bataba abayobozi.
- **Mu byo kurya:** Abagore bari babujijwe kurya ihene. Bavugaga ko byatuma bamera ubwanwa. Bari babujijwe kandi kurya impindura iri jambo riva ku nshinga *guhindura*. *Abagore babwirwaga ko baramutse bariye iyo nyama bahindura abagabo babo (bikaba byari ibintu bisuzuguritse cyane mu muco).*
- **Ku rupfu :** Iyo umugabo yapfaga, mu kumuhamba bamuryamishaga areba ibumoso, kuko yakomezaga gufatwa nk'umurinzi n'ubwo yabaga yapfuye. Hari ibyo umugore yahabwagaho umurage iyo umugabo we yapfaga ariko ibi ugasanga ari bike cyane.

(b) Indirimbo n'imbyino

- Indirimbo n'imbyino zikunze kugaragaza ibintu byinshi kandi bigakoreshwa mu guhererekanya imyumvire n'agaciro bya sosiyeti kuva mu gisekuru ujya mu kindi.
- Agaciro baha umugabo cyangwa umugore kagaragarira mu njyana, mu ijwi, no mu magambo. Uburyo abagore babyina bubagaragaza nk'abantu badasamara, biyoroshya, kandi akenshi bikagaragaza ibijyanye n'imibonano mpuzabitsina. Ku rundi ruhande imibyinire y'abagabo, igaragaza imbaraga, ububasha, no guhora biteguye urugamba.
- Nyamara kandi indirimbo nyinshi zigaragaza uruhare abagore bagira muri sosiyeti ahanini rwo kwita ku rugo n'abarurimo mu gihe abagabo bagaragazwa nk'ingabo ku rugamba.

Indirimbo ivuga ku bakobwa:

Abakobwa b'iwacu

1. Abakobwa b'iwacu
Ni beza cyane
Ntibagira uburyarya shenge baborana
urugwiro
Abakobwa b'iwacu barakagwira

R/ Ye urasohoke udatinya

**Ye seruka bakurebe maze shenge ugarike
ibyano
Shenge iseko yawe irera nyabusa nsekera
ngushushanye
Shenge unsekere ngushushanye kandi
nkugabire Gaju**

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

2. Abakobwa b'iwacu
Mbakunda mu gitondo iki cy'umuseso
Bamwe bafashe imyeyo shenge abandi
boza ibyansi
Abakobwa b'iwacu barakagwira
3. Abakobwa b'iwacu
Bafatanya n'abandi bari guhinga
Na mbere yo guhinga bahirira inyana
Abakobwa b'iwacu barakagwira
4. Abakobwa b'iwacu
Mu kuruhuka kwabo baboha imisambi
Babifatanya kandi shenge n'ibyo mu gikari
Abakobwa b'iwacu barakagwira
5. Abakobwa b'iwacu
Muzaze ka karege mwihere amaso
Abakobwa b'iwacu shenge ni abatarutwa
Abakobwa b'iwacu barakagwira

Indirimbo ivuga ku bagabo:

Indateba

1. Indateba wee
Ayi wararaye
Intwari ku rugamba
Ingeri mubahige
2. Intwari ku rugamba
Ayi wararaye
Iyo rumaze kurema
Ingeri mubahige
3. Iyo rumaze kurema
Ayi wararaye
Urugamba rushyushye
Ingeri mubahige
4. Abaramizwa nshyushyu
Ayi wararaye
Mushyushye urugamba
Ingeri mubahige
5. Ye ntwari z'iwacu
Ayi wararaye
Barabahiga nkabica
Ingeri mubahige

6. Ayi kwezi we
Ayi wararaye
Iyo gukina mu bicu
Ingeri mubahige

7. Barabahiga nkabica
Ayi wararaye
Nimubahiga ndabaha inka
Ingeri mubahige

Ibitekerezo umuhuzabitekerezo yakwifashisha asobanura isomo

- Indirimbo zivuga ku bakobwa zibarata ubwiza, uburyo uko bagaragarira abagabo bituma bifuza gukorana na bo imibonano mpuzabitsina, ubushobozi bwo gukora imirimo myinshi itandukanye (mu gihe cyo kuruhuka babikora banaboha imisambi) n'imyitwarire yabo myiza muri rusange yo kwakira abantu;
- Zivuga ku bwiza bw'imiterere y'umubiri wabo ishimisha abagabo bigatuma babagabira impano zihenze;
- Iriya ndirimbo igaragaza kandi uruhare abagore/abakobwa bagira mu kwita ku rugo babyuka kare ngo basukure inzu kandi bakore n'utundi turimo two mu rugo;
- Indirimbo ivuga ku bagabo yerekana ko ari intwari n'ingabo zikomeye ku rugamba;
- Zigaragaza ko bashobora gutabara aho rukomeye no guhangana n'amagorwa ayo ari yo yose;
- Iriya ndirimbo kandi irerekana ukuntu abagabo bashimishwa no kubona ubashotora bakaba kandi iyo myitwarire bayishimirwa ndetse bagakangishwa urupfu mu gihe baba baterekanye ko biteguye guhangana n'uwo ari we wese wabashotora.

(c) Ibisakuzo, imigani y'imigenurano n'izindi mvugo.

Imyumvire abantu bo mu moko atandukanye baba bafite igira uruhare runini mu kugena uburyo abagore n'abagabo bafatwa. Iyo myumvire ikwirakwizwa binyujijwe mu bisakuzo, imigani y'imigenurano n'izindi mvugo. Urugero twatanga ni urw'abantu bo mu bwoko bwitwa **'Akamba'** bo muri Kenya bavuga ko roho y'umugore imeze nk'iy'inkima. Ibi bikavuga rero ko abagore atari abo gutegwa amatwi. Izindi ngero zatanze n'abari mu nama itegura iki gitabo zirimo izi zikurikira:

- Abantu bemera ko umugabo ari we mutware w'urugo. Ibi byumvikanisha ko abagore batagira ubushobozi nk'ubw'abagabo. Hari umugani uvuga ngo **"Uruvuze umugore ruvuga umuhoro"** bishatse kuvuga ko urugo umugore yagizemo ujamba rurasenyuka.
- Indi mvugo usanga ari rusange ni nk'igira ngo **"Nta nkokokazi ibika isake ihari"**.
- Indi mvugo na none ni uko **"Inkunguzi y'umukobwa yirahira imfizi ya se"**. Ibi bishatse kuvuga ko umukobwa yagombye kumva ko atari uw'umuryango avukamo ndetse ko nta n'ikintu se ashobora kumuhaho umurage.
- Umwe mu migani cyangwa imvugo bireba abagabo ni nko kuvuga ngo **"Imfizi ntiyimirwa"**. Ibi bivuga ko abagabo badakomwe imbere iyo bashatse gukora imibonano mpuzabitsina kabone n'ubwo baba bashakira kuyikorana n'abandi batari abagore babo. Kuvuga ko ari imfizi itimirwa bisobanura ko abagore bo batemerewe gukora imibonano mpuzabitsina igihe bashatse kandi n'abo bashatse.
- Hari undi mugani uvuga ngo **"umugabo mbwa aravoma"**. Ibi bivuga ko kuvoma ari umurimo wihariye w'abagore bityo abagabo bakaba badashobora gukora umurimo nk'uwo. Ibyo kandi bikaba bitesha agaciro umurimo wo kuvoma.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Imigani n'imvugo zivuga ibintu byiza ku bagore

- Ukurusha umugore akurusha urugo
- Umugore ni umutima w'urugo
- Umukobwa ni nyampinga
- Umukobwa ni gahuzamiryango
- Nyiramahoro ni we nyiramahore
- Uburiri bushashe neza ni umuteguro w'abashakanye

Imigani ivuga ibintu bibi ku bagore

- Uruvuze umugore ruvuga umuhoro
- Ingabo y'umugore iragushora ntigukura
- Nta nkokokazi ibika isake ihari
- Umukobwa w'umupfu yirahira imfizi ya se

Imigani n'imvugo bivuga ibintu byiza ku bagabo

- Umugabo ni imyugariro
- Imfizi ibyara uko ibyagiye

Imigani n'imvugo bivuga ibintu bibi ku bagabo

- Amazi iyo abaye make aharirwa imfizi
- Imfizi ntiyimirwa.
- Umugabo mbwa aravoma; Ibi bigaragaza ko nta mugabo uvoma ndetse ko kubikora bisuzuguritse kuko ari umurimo w'abogore.
-

(d) Ibimenyetso bifite icyo bisobanura mu muco

Ibyo bimenyetso na byo bigaragaza agaciro baha abagabo cyangwa abagore . Ibimenyetso bijyanye n'abagabo usanga byerekana ububasha n'imbaraga ku rugamba mu gihe ibimenyetso bijyanye n'abakobwa bigaragaza imirimo yo kwita ku rugo. Ibimenyetso bigaragara mu Rwanda ni ibi bikurikira:

Ibimenyetso bigaragaza ubugabo

- Icumu
- Umuheto
- Ingabo
- Inkota
- Imyugariro

Ibimenyetso bigaragaza ubugore

- Urugori
- Agaseke
- Icyansi
- Igisabo
- Inkangara

2. Kwigira ku bandi

Ibyo twiga twitegereje ibyo ababyeyi cyangwa abandi bantu bakora bigira uruhare runini ku myumvire y'imirimo y'umugore cyangwa iy'umugabo. Ni ibiki tubona ku mugabo cyangwa ku mugore iyo twitegereje ababyeyi?

Ibi umuhuzabitekerezo arabanza akareka abahugurwa bakaba ari bo babivuga. Muri byo harimo ibi bikurikira:

- Abagore barateka bakita no ku bana;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Abagabo baha buri wese amabwiriza haba ku bana cyangwa ba nyina;
- Abagore ni bo bahinga;
- Abagabo baruhuka kurusha abagore;
- Abagabo ni bo bafata ibyemezo;
- Abagabo ni bo bajya mu buyobozi;
- Abagore bajya mu mashyirahamwe y'abagore.

3. Gukora nk'iby'abo muhuje ikigero

Abantu benshi bakiri bato baba bafite inyota yo gukora ibyo abo bahuje ikigero bakora. Ibi bikavuga ko niba abo muhuje ikigero badafasha abagore babo mu mirimo yo mu rugo, nawe uzumva ugomba kubigenza utyo. Niba batemerera abagore kuvuga ibyo batekereza ku bijyanye n'imibonano mpuzabitsina, nawe uzakora nk'ibyo. Niba uri mu kigero cy'abantu ubona bakubita abagore babo, nawe uzashaka kugenza utyo.

4. Itangazamakuru

Itangazamakuru na ryo rikwirakwiza uburyo abantu bumva umuhungu n'umukobwa, cyangwa umugore n'umugabo. Urugero, abagore bakunda kugaragaza ibijyanye n'imibonano mpuzabitsina n'imirimo ijyanye no kwita ku rugo. Nk'iyi bamamaza amavuta yo guteka, umugabo unaniwe nyuma y'akazi ko mu biro aya mu rugo kurya ibiryo byiza byakozwe n'umugore wasigaye ku rugo kugira ngo ateke. Mu bindi bitangazamakuru byinshi, abagabo bagaragazwa mu mihimbikano ikomeye yinjiza amafaranga no mu kwigusha neza, bakoresha abagore kugira ngo bishimishe mu bijyanye n'imibonano mpuzabitsina. Mu gihe atari ikosa guhitamo kuba umugore wibera mu rugo, sosiyeti ntiyagobye guhatira abagore kumva ko nta kindi bashoboye uretse icyo.

5. Gukurikiza abantu uha agaciro

Akenshi abantu bakunda gukopera iby'abayobozi cyangwa abandi bantu bahabwa agaciro bakora bityo imyumvire y'abayobozi ku bakobwa igafatwa nk'ihame ridakuka. Niba abayobozi badaha agaciro abakobwa n'abagore, abantu bose basigaye muri sosiyeti bazabyemera batyo. Ni yo mpamvu ari ngombwa kugira abayobozi bumva neza ibibazo by'uburinganire n'ubwuzuzanye bakita ku bibazo bireba abagore n'ibireba abagabo.

6. Uburezi

Mu bitabo byinshi byo mu mashuri, abakobwa bagaragazwa mu mirimo yo kwita ku ngo na ho abagabo bakagaragazwa mu mirimo y'ubuyobozi. Abakobwa benshi berekanwa bakomeza imirimo yabo ya kera yo kurera abana, bafasha ba nyina mu mirimo yo mu rugo n'indi mirimo ya "kigore". Ku rundi ruhande, abahungu bakunze kwerekanwa bari mu mirimo yinjiza amafaranga cyangwa y'ubuyobozi. Ibi bituma abahungu batangira kwitegura kuzakora iyo mirimo, mu byifuzo by'abakobwa byo bihagararira aho kubera iyo myumvire yabaye karande.

7. Iyobokamana

Amadini menshi yigisha uburinganire no gufatwa kimwe hagati y'abagabo n'abagore. Urugero, muri Bibiliya handitse ko abantu bose ari bamwe. Urugero ni ahavugwa ko yaba Umuyahudi cyangwa umunyamahanga bose bararushya imbere y'Imana. Nyamara ariko abantu basobanura uko bashatse inyigisho z'iyobokamana cyane kenshi bagamije kurengera abagabo. Mu gihe cy'imihango yo gusezerana mu kiliziya/urusengeru usanga inyigisho zitangwa zibanda ku kuntu umugore agomba gushimisha umugabo we maze imirongo yose isomwa ikibanda kuri iyo ngingo. Urugero ni mu gitabo cy'imigani 31:10, "umugore w'umutima". Umugore w'umutima abyuka mu museso agategurira umuryango we ifunguro kandi akambika neza umuryango we. Umuryango we ntabwo ujya usonza. Umugabo yicara ku marembo maze abamubonye bakavuga ko yahiriwe". Cyakora ni gake abagabo bibutswa uruhare n'inshingano zabo nk'ababyeyi. Mu bakirisitu, umurongo wo muri Bibiliya ukunze kuvugwa ni mu ibaruwa yandikiwe Abanyefezi. Uwo murongo ushishikariza abagore kumvira abagabo. Nyamara ariko uwo mutwe utangirwa n'amagambo agira ngo "buri wese yiyegurire mugenzi we" ukanatega abagabo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

gukunda abagore babo nk'uko Kirisitu yakunze Kiliziya. Niba rero koko abagabo bemera gukunda abagore babo ku rugero rwa Kirisitu ni ngombwa ko bazirikana ko Kirisitu yerekanye urwo rukundo akunda Kiliziya yemera kwigira umugaragu wayo. Yogeje intumwa ze ibirenge kandi apfa urupfu rw'umusaraba agirira Kiliziya. Ibaruwa yandikiwe Abanyakorinto 13 na yo ivuga ko urukundo rwihangana, rugira urugwiro kandi rukirengagiza ibibi. Ibi birumvikanisha ukuntu iyobokamana ryagombye gukoreshwa mu gushyigikira ubutabera n'uburinganire.

**IGICE CYA KANE: KWIYEMEZA GUHANGANA N'IKIBAZO:
INGAMBA ZAFATWA MU RWEGO RWO KURWANYA
IHOHOTERWA RIKORERWA MU NGO**



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ISOMO RYA 1: GUKUMIRA NO KURWANYA AMAKIMBIRANE

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

A: Gusobanukirwa n'amakimbirane icyo ari cyo.

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa neza amakimbirane icyo ari cyo;
- Gufasha abahugurwa gusobanukirwa uburyo butandukanye amakimbirane yigaragazamo.

Igihe isomo rimara:

Iri somo ryateganyirijwe kumara iminota 15.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanikisha impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa:

Amakimbirane agomba gusobanurwa icyo ari cyo hakoreshejwe uburyo bwo kujya impaka mu dutsinda duto tw'abahugurwa. Nyuma habaho impaka muri rusange ku makimbirane icyo ari cyo.

Agakino 4

Mukurarinda ni umusinzi. Buri gihe asesagura umutungo w'umuryango n'ubwo umugore aba ari we ugoka awushakisha. Ikibabaje kandi ni uko yaba umugore cyangwa abana nta n'umwe ufite icyo yambara. Buri gihe iyo umugore we Mukarutakwa amwibukije ibijyanye no gucunga neza umutungo w'urugo aho kumwumva aramukubita. Ibi byateye ubwoba umugore, maze bituma yiyemeza kubitekerereza Mugiraneza, umuturanyi wabo. Mu ntangiriro Mukurarinda ntiyakiriye inama z'umuturanyi ariko kuko Mugiraneza atacitse intege byageze aho Mukurarinda yumva inama ze maze ikibazo kiza gukemuka.

Saba abahugurwa gukina agakino gafatiye kuri iyi nkuru.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo.

Mu gusobanura amakimbirane hagaragazwa ko ari kimwe muri ibi bikurikira:

- Kutumvikana hagati y'abantu babiri cyangwa hagati y'amatsinda y'abantu bitewe no kudahuza ibitekerezo cyangwa kutabona ibintu kimwe;
- Intambara hagati y'imitwe ibiri ihanganye;
- Urugamba;
- Guhangana bishingiye ku bitekerezo cyangwa inyungu bishobora kubyara intambara.
- Ni ngombwa gusobanukirwa ko kutumvikana ubwabyo atari amakimbirane kuko amakimbirane abaho gusa iyo uko kutumvikana bibayeye guhangana kandi bigaragara ko nta muti w'icyo kibazo.
- Si ngombwa ko buri gihe amakimbirane aba yeruye;
- Amakimbirane ashobora kugira ibibi ndetse n'ibyiza;
- Amakimbirane agira ibyiza iyo abaye intandaro yo gukemura ibibazo;
- Amakimbirane agira ibibi iyo adakemuka kuko ashobora gukurura ubwumvikane bucyeye hagati y'abantu ku buryo buhoraho cyangwa akabyara imvururu zidashira.

B: Ibitera amakimbirane

Ikigamijwe

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'impamvu zitandukanye zikurura amakimbirane;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Gufasha bahugurwa kumva neza ukuntu amakimbirane ashobora kurwanywa bitewe no kuba umuntu yamaze gusobanukirwa n'uburyo avuka.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 45.

Ibikoreshe

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo rigomba gutangwa hifashishijwe inkuru no kungurana ibitekerezo abahugurwa bari hamwe muri rusange.

Inkuru yo kwifashisha 13

Yuliya afite imyaka 23 naho Jyoni akagira imyaka 25. Nyuma y'igihe gito bahuriye muri kaminuza bagahita batangira gukundana, baje gushyingiranwa bakora ubukwe bwiza cyane. Jyoni yari yishimye cyane kuko yibwiraga ko gushyingiranwa na Yuliya byagombaga kuba bigiye kumufasha kuzuza inzozo ze. Yuliya na we yibwiraga atyo. Jyoni yari yararerewe mu muryango w'abakirisitu gatorika. Yibwiraga rero ko Yuliya yagomba kujya mu idini gatorika kuva yari yaramushatse. Nyamara ariko Yuliya we yari umupentekositi utajegajega kandi akumva atagomba guhindura ukwemera kwe kuko n'ubundi bari baramenyanye na Jyoni ari muri iryo dini. Ibi byakuruye ubwumvikane bucyeye mu rugo rwabo kubera ko ku Cyumweru buri wese yajyaga gusengera mu idini rye. Ntibashoboye kumvikana ngo bakemure icyo kibazo kuko buri wese atashakaga kuva ku izima kandi nyamara bakaba bataranifuzaga icyatuma bahangana. Jyoni yari yararerewe mu muryango aho umugore ari we ukora imirimo yose yo mu rugo na ho umugabo akicara akisomera ibitabo mu gihe umugore ahihibikana muri icyo mirimo. Yuliya we yari yararerewe mu rugo rwateye imbere kandi rurimo ubwuzuzanye n'uburinganire aho umugabo afasha umugore imirimo yo mu rugo. Ibi byatumye yarumvaga ko kuva Jyoni na we yari atari uwa kera yaragombaga kuba azi neza ko umugabo afasha umugore imirimo yo mu rugo, bityo agategereza ko amufasha ariko undi ntabikore. Ejobundi Yuliya aherutse kwijujutira ko ari we ukora imirimo yose yo mu rugo mu gihe Jyoni aba yicaye yiruhukira. Ibi byarakaje Jyoni atonganya Yuliya kandi amwibutsa ko ari umutware w'urugo ko agomba kujya amukorera ibyo amubwiye byose kandi akamwubaha bidasubirwaho. Yamubwiye ko agomba kujya akora imirimo yo mu rugo kandi atinuba ndetse amutegeka ko guhera ku cyumweru gitaha agomba kujya ajya gusengera mu gatorika. Ubu Yuliya afite ishavu n'agahinda, ntacyo avuga kandi ntashobora kuvugisha Jyoni.

Garagaza impamvu z'aya makimbirane kandi werekane n'uburyo ashobora gukemuka.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Impamvu z'amakimbirane

Aha Yuliya na Jyoni bugarijwe n'amakimbirane akururwa n'ibintu bitandukanye: uko barezwe, idini no kuba batavugana ku bibazo bafite (ntibafata umwanya wo kuganira). Mu buzima bwa buri muni, ibitera amakimbirane bishobora kuba muri ibi bikurikira:

- Kutaganira;
- Kudaha ibintu agaciro kimwe;
- Kutumva kimwe uko ibintu byakorwa;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Kutumva kimwe uwo imirimo runaka ireba (uruhare rwa buri wese);
- Uburyo bwo gucunga umutungo (cyane cyane umutungo w'urugo harimo n'amafaranga);
- Imiterere/kamere;
- Intego zitandukanye;
- Ibibazo by'umuco;
- Imibereho itandukanye.

C: Amoko y'amakimbirane

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'uburyo amakimbirane yigaragaza binyuze mu kubafasha gusobanukirwa n'amoko atandukanye y'amakimbirane;

Igihe isomo rimara

Iri somo ryateganyirijwe kumara isaha 1.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ryagombye gutangwa hakoreshejwe udukino. Gabanya abahugurwa mu matsinda 3. Saba buri tsinda gutegura no gukina agakino kerekana amakimbirane ku buryo bukurikira: Itsinda rya 1 ryerekane amakimbirane abera mu rugo hagati y'umugabo n'umugore, itsinda rya 2 ryerekane amakimbirane aba hagati y'imiryango/amoko 2 itandukanye na ho itsinda rya 3 risabe kwerekana amakimbirane abera mu biro hagati y'abakozi cyangwa abakozi n'abakoresha. Nyuma y'uko buri tsinda ryakinnye agakino ryateguye, saba abahugurwa kugaragaza impamvu zateraga ayo makimbirane yagaragajwe, ubwoko bwayo n'ingaruka ashobora kugira.

Ibitekerezo uhugura yakwifashisha mu gusobanura iri somo

Amoko y'amakimbirane

Amakimbirane ashobora gushyirwa mu moko atandukanye bitewe n'abo areba cyangwa n'ubwoko bw'ingaruka ziyakomokaho. Bitewe n'abo areba, amakimbirane ashobora kwitwa *amakimbirane y'abantu ku giti cyabo*, *amakimbirane y'amatsinda y'abantu*, *amakimbirane y'amashami y'imirimo n'amakimbirane mu miryango*. Cyakora hari abandi berekana amoko y'amakimbirane ku bundi buryo. Ubundi buryo bwo kwerekana amoko y'amakimbirane ni ubugaragaza ko hari amakimbirane *yubaka (meza)* cyangwa *asenya (mabi)*.

- **Amakimbirane y'abantu ku giti cyabo**

Amakimbirane hagati y'abantu ubusanzwe aba ari hagati y'abantu ku giti cyabo. Ashobora kuba ari hagati y'umugabo n'umugore, hagati y'umwana na nyina cyangwa hagati y'inshuti. Ashobora kandi kuba ari hagati y'abantu bakorana.

- **Amakimbirane y'amatsinda y'abantu**

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Aya makimbirane aba ari hagati y'abantu barenze babiri ndetse akaba ashobora kuba ari hagati y'amatsinda y'abantu barenze babiri.

▪ **Amakimbirane y'amashami y'imirimo**

Aya makimbirane ni aba hagati y'abakozi akaba ashobora kuba hagati y'itsinda ry'abakozi bo mu ishami rimwe n'abo mu rindi.

▪ **Amakimbirane y'imiryango**

Amakimbirane y'imiryango ni ashobora kuba hagati y'inzego zitandukanye mu muryango nko hagati y'abakozi n'ubuyobozi cyangwa hagati y'umuryango n'undi.

▪ **Amakimbirane yubaka**

- Amakimbirane yubaka abyara impinduka, agira inyungu kandi abyara iterambere ry'imibereho, ry'igihugu n'iterambere muri rusange;
- Atuma abantu batekereza kandi bagashaka umuti;
- Yemera ko muri sosiyeti hagomba kubamo impaka (imyumvire itandukanye) kuko abantu batandukanye akanemera ariko ko izo mpaka zigomba kubonerwa umuti;
- Yemera ko uko mbona ibintu bishoboka ko Atari ko undi abibona;
- Mu gukemura amakimbirane yubaka abantu bifashisha amahame amwe n'amwe, umuco gakondo, amategeko n'ubundi buryo butandukanye.

▪ **Amakimbirane asenya**

- Aya makimbirane ashobora kuba arimo guhutaza cyangwa nta guhutaza kuyarimo;
- Ajyana n'urwango, ubunyamaswa, ubugome, ihiganwa no guhangana;
- Abantu nta hame bifashisha ngo bayakemure ahubwo icyo bashyira imbere ni inyungu ku giti cyabo.

D: Ibimenyetso by'ibanze byerekana ko hagiye kuvuka amakimbirane

Ikigamijwe

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'ibimenyetso by'ibanze biganisha ku makimbirane.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange ku bimenyetso by'ibanze byerekana ko hagiye kuvuka amakimbirane. Nyuma y'impaka hahurizwa hamwe ibyagaragajwe.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo.

Hari ibimenyetso byinshi by'amakimbirane mu mibanire itandukanye y'abantu. Bimwe mu bimenyetso by'ibanze biganisha ku makimbirane hagati y'ababana ni ibi bikurikira:

- Kudategana amatwi;
- Kudashaka kuvugana n'abandi;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Kwitirira abandi ibibazo byawe kabone n'ubwo twaba utubazo duto no kudashobora kutubonera umuti;
- Gutegeka (ku ngufu) k'umwe mu babana no kumvira muri byose k'undi;
- Ibinyoma,
- Kudahana agaciro cyangwa kuba umwe gusa mu babana atita kuri mugenzi we;
- Iterabwoba,
- Kudafata umwanya wo kuvugana.

E: Inzego z'ibikorwa mu gukemura amakimbirane

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusabanukirwa n'inzego z'ibigomba gukorwa mu gukemura amakimbirane.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 45.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe udukino dukinwa n'abahugurwa mu matsinda ya 3 tugaragaza uko bashobora gukemura amakimbirane.

Mariya na Yakobo bamaze imyaka 6 bashyingiranywe. Hambere aha Yakobo na Mariya bagiye impaka ndende bibaza ugomba kujya abika umushahara wabo kandi agahaha ibikenerwa mu rugo byose. Yakobo nk'umuntu w'umugabo yabwiye Mariya ko adashobora kumwumva kuva ari umugore n'uko afata amafaranga yose ayagura iradiyo nshya yo kumva umuziki. Ibi byateye Mariya ishavu ku buryo atakivugisha Yakobo. Ibi kandi bigira ingaruka ku mwana wabo w'imyaka 6 ujya ku ishuri buri gitondo arira.

Nka mwarimu w'uwo mwana wabo urashaka gufasha ababyeyi be gukemura aya makimbirane bafitanye.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Kugaragaza intego

- Mu gukemura amakimbirane ni ngombwa kwita ku ntego abantu bahuriyeho aho kwita ku byo batumvikanaho. Intego zizafasha mu gushaka umuti w'amakimbirane. Urugero, abashakanye bashobora kuba bafite intego imwe yo kugira umunezero cyangwa se urugo rwiza. Amakimbirane yabo asesengurwa hitawe kuri iyo ntego.

Gukemura ibitumvikanwaho

Ibikorwa mu rwego rwo gukemura ibitumvikanwaho ni ibi bikurikira:

▪ Gufata iya mbere

Fata iya mbere uvugishe uwaguhemukiye. Kenshi na kenshi buri wese yihagararaho agategereza ko mugenzi we aba ari we ufata iya mbere. Ibi bituma gukemura amakimbirane bigorana.

▪ Gutora abagabo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Niba umuntu adashaka ko muvugana, tora umuntu umwe cyangwa babiri wizeye nk'incuti cyangwa uwo mufitanye isano babe bagufasha gukemura ikibazo. Niba ibi ntacyo bitanze kandi amakimbirane akaba ari ku rwego rwo kutihanganirwa, ushobora gushyikiriza ikibazo ubutegetsu.

▪ **Kwiyambaza amategeko**

Kwiyambaza amategeko bishobora kuba ubundi buryo bwo gukemura amakimbirane. Ibi bikorwa igihe amakimbirane arimo ubugome cyangwa se nta bugome buyarimo ariko uwo muyafitanye adashaka ko hashakishwa uburyo ikibazo cyakemuka.

Gukemura amakimbirane

Gusobanukirwa neza n'uko amakimbirane ateye

- Mu gukemura amakimbirane ni ngombwa kugira amakuru y'ukuri kuko akenshi ibivugwa bishobora kubamo amakuru atari yo.
- Ugomba gusobanukirwa n'igitera buri wese amakimbirane;
- Koresha uburyo bwo kudahubuka ushakisha uburyo ihangana rishingiye ku marangamutima ryagabanuka.

Gushyira ahagaragara amakimbirane

- Shakisha ingingo n'ibisobanuro biri byo;
- Huza abafitanye amakimbirane n'abantu bashobora kubafasha nk'abajyanama;
- Niba amakimbirane adakomeza gukura, shakisha umuti nta kindi ukoze nko kwiyambaza amategeko.

Gukemura ibibazo by'amakimbirane

- Kusanya ingingo, ibitekerezho n'uko abantu bamerewe imbere y'ayo makimbirane;
- Rebera hamwe n'abafitanye amakimbirane ibintu byose bishoboka bumva byakorwa;
- Tandukanya abafitanye amakimbirane n'amakimbirane ubwayo cyangwa n'uburyo butandukanye bwakwifashishwa mu kuyakemura
- Haranira ko abafitanye amakimbirane bakumvikana aho gushyiraho iteka cyangwa kugira ibyo utegeka umwe muri bo.

ISOMO RYA 2: UBUJYANAMA KU IHUNGABANA



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

A: Ihungabana ni iki?**Ikigamijwe muri iri somo ni:**

- Gufasha abahugurwa gusobanikirwa n'ihungabana icyo ari cyo;
- Gufasha abahugurwa kumva neza uko ihohoterwa rikorerwa mu ngo rishobora gutera ihungabana.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 45.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);
- (5) Impapuro ziriho inkuru yifashishwa zihabwa abahugurwa.

Uko isomo ritangwa

Ihungabana rishobora gusobanurwa hifashishijwe inkuru z'ibyabaye. Abahugurwa bajya mu matsinda atatu, buri tsinda rigahabwa inkuru ebyiri ku bintu bitandukanye byabaye. Iyo bamaze gusoma izo nkuru basabwa kwerekana inkuru imwe muri zo igaragaza umuntu ufite ikibazo cy'ihungabana mu bayivugwamo kandi bakavuga n'impamvu bemeza ko uwo muntu afite ikibazo cy'ihungabana. Nyuma rero bashobora gusabwa gusobanura icyo ihungabana ari cyo.

Inkuru ya mbere

Mu mwaka wa 2002, Tom wakoraga icyo gihe mu ishyirahamwe ry'abarimu bo muri Kenya, yavuye mu rugo yizinduye ajya ku kazi. Ageze yo yicaye mu biro byakira ibibazo byari bifunguye. Muri ibyo biro harimo abakozi bagera kuri 30. Abarimu benshi bazaga aho kugira ngo bakurikirane ibibazo byabo. Bityo rero wasangaga mu biro byakira abantu byari ahagaragara kandi na we yashoboraga kubona yicaye aho yari ari hari nk'abarimu bagera kuri 40. Uwo muni abantu bari bahimbawe, batangira kujya impaka z'ibya politiki dore ko ari yo yavugwagaho cyane n'Abanyakenya. Umukobwa uteka icyayi yari yarangije kugihisha yakibahaye bari kukinywa ari nako baganira ariko banitegura guhagarika ikiganiro. Muri ako kanya bagiye kumva bumva ikintu kiraturitse n'uko we yumva inzu ibaye nk'ihirimye nk'aho habaye umutingito. Yabaye nk'utaye ubwenge, aho agaruriye akenge abona imirambo myinshi y'incuti ze ari yo imukikije. Abona abandi buzuye amaraso n'ibikomere umubiri wose. Inzu yari yabomaguritse, ibirahure byamenaguritse n'ibikoresho byanyanyagiye impande zose. Byamufashe akanya kugira ngo amenye ko inzu yari yahengamye imeze nk'iyenda guhirima. Ubwo yatangiye kwirukanka no gukurura umuntu wari wakomeretse kugira ngo bavemo. Ageze hanze asanga ibintu biteye ubwoba kuko abantu benshi bari bapfuye. Inzu yari hafi aho na yo yari yaguye, hari abantu benshi barimo bagerageza kwita ku nkomere. Bamubwiye ko hari habaye igitero cy'abiyahuzi cyari cyagabwe ku nzu y'ambasade y'Abanyamerika, icyo gitero kikaba ari nacyo cyari cyibasiye andi mazu akikije iyo ambasade. Guhera ubwo yatangiye kujya arara ashikagurika mu buriri kandi igihe cyose yumvaga urusaku rukabije yahitaga atahwa n'ubwoba, agatengurwa kuko yikangaga ikindi gitero cy'abiyahuzi. Iyo atekereje ya mirambo yabonye ahinduka igishushungwe kandi ahantu hose hateraniye abantu benshi hamutera ubwoba.

Inkuru ya kabiri

Garatsiya ni umunyamategeko ubifitemo impamyabumenyi yavanye muri kaminuza y'U Rwanda, ubu hashize imyaka itanu. Yari afite ubwenge busumbye ubw'abo biganaga bose. Yari azwi na bose kuko yasabanaga cyane kandi nyine akaba umuhanga bitavugwa. Mu ishuri yigagamo, harimo umusore mwiza cyane witwaga Samweli wari waravutse mu muryango ukize. Aho Garatsiya atangiriye gukundana na Samweli, abantu benshi bamugiriye ishyari kuko Samweli yari umusore benshi bifuzaga ko yababera umugabo kandi akaba yari anazwi cyane.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Byagaragaraga ko urugo rwabo ruzaba rumeze neza, cyane cyane aho aboneye akazi keza ko kuba umuyobozi ushinze amategeko mu kigo gikomeye akimara kurangiza kwiga. Yahise ashyingiranwa na Samweli nyuma y'umwaka umwe barangije kwiga, ubu bakaba bafitanye umwana umwe. Nyuma y'aho babyariye uwo mwana, Samweli yahindutse umuntu mubi cyane. Kenshi ataha atinze, akaza atuka Garatsiya kuko avuga ko uwo mwana atari uwe; ko yamubonye yasambanye n'undi mugabo. Hashize imyaka ibiri uko atashye amukubita kandi inshuro amukubise yose biba bikabije kurusha iyayibanjirije. Garatsiya ntiyifuza ko hari umuntu wo hanze wabimenyaga kuko igihe bari mu ishuri bari babanye neza buri wese abona bazubaka urugo ruzira amakemwa. Byongeye kandi hashize iminsi mike yaraciye umubano na bagenzi be. Nta cyizere akigiramo, ku kazi kandi n'icyo agiye kuvuga ubona nta cyizere avugana, ndetse rimwe na rimwe yaba atangiye kuvuga agahinda umushyitsi. Asigaye arara akanuye akarikesha bityo bikagira ingaruka ku kazi akora. Nyamara ariko ubona asa nk'aho ntacyo bimubwiye.

Wowe nk'incuti ye uhangayikishijwe n'ibyo bimubaho, cyane cyane aho umwe mu bo bakorana agutekerereje ibya Garatsiya.

Ibitekerezo uhugura yakwifashisha mu gusobanura iri somo.

Ihungabana ni iki?

- Igisobanuro rusange cy'ihungabana ni ugukomereka kw'amarangamutima y'umuntu nyuma yo kubona ibintu bibi kenshi biba bitunguranye. Ubusanzwe ibyo bintu bimugiraho ingaruka mbi kandi ku buryo burambye.
- Mu buvuzi, ihungabana rikunze gufatwa nk'ibikomere bikomeye ku mubiri, ibisebe cyangwa guta ubwenge.
- Mu rwego rw'ubuvuzi bw'indwara zo mu mutwe, "ihungabana" risobanurwa nk'ibintu umuntu yahuye na byo bikamugiraho ingaruka zidasibangana, ububabare no gushenguka umutima bikunze kwigaragariza mu guta umutwe cyangwa kugira ibindi bimenyetso bidasanzwe ku mubiri.
- Mu by'ubumenyi bw'abantu, ihungabana rifatwa nk'igisubizo cyangwa imyitwarire isanzwe imbere y'ibintu bidasanzwe byabaye. Bijyana no guhora umuntu yibuka ibyo bintu mu buryo bw'amarangamutima kandi bikaba biba byaramugiyeye mu bwenge.
- Umuntu uri hafi y'aho ibintu biteye ihungabana byabereye ni we ukomereka cyane ku mutima. Urugero, nko ku ishuri ryarashwe ho amasasu, umwana wakomerekejwe n'ayo masasu ashobora kuba ari we ukomereka cyane ku mutima mu gihe kandi undi munyeshuri wabonye mugenzi we araswa azakomereka cyane ku mutima kurusha undi utari hafi aho ibyo biba.
- Ihohoterwa rikorerwa mu ngo rishobora gutera ihungabana kuko rikorerwa ku muntu ku buryo butaziguye.
- Ingaruka ziziguye zihohoterwa rikorerwa mu ngo na zo zishobora gutera ihungabana. Urugero, nk'umwana ubona se akubita nyina biramuhungabanya kandi bigatuma amera nk'uwahamutse.
- Ibi biragaragara no muri ziriya nkuru zombi kuko zivugaga ku ihungabana ryabaye ku bantu babiri n'ubwo bwose ibyabateye guhungabana bitandukanye.

B: Amoko y'ihungabana

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'amoko anyuranye y'ihungabana.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 30.

Ibikoresho

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange ku moko atandukanye y'ihungabana.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo.

Amoko y'ihungabana

Ihungabana rishobora gushyirwa mu byiciro bibiri (2) bikurikira:

Icyiciro cya 1

- Iri ni ihungabana riterwa no kugirirwa nabi rimwe rigakurikirwa n'igisubizo cyangwa igikorwa kiza ari nk'ingaruka z'ibikubayeho. Urugero, umugore ukubiswe ku nshuro ya mbere agakomeretswa, bishobora kumukomeretsa umutima akahukana.

Icyiciro cya 2

- Iri ni ihungabana riterwa n'ikintu gihora kigaruka cyangwa gihoraho nk'ubugome buhoraho mu rugo, ibiza cyangwa ubundi bugizi bwa nabi.
- Ihungabana rimaze igihe kirekire rituma haba impinduka kuri kamere y'umuntu uhohoterwa akaba anashobora kugira izindi ngaruka n'indwara nyinshi zitandukanye.
- Iri ihungabana rimaze igihe kirekire kandi rishobora guherekezwa n'ibindi bibazo bidasanze binyuranye (ingaruka).

C: Ibibazo bidasanze bikurikira ihungabana

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'ibibazo bidasanze bikurikira ihungabana.
- Gufasha abahugurwa kumenya impamvu z'ibibazo bidasanze bikurikira ihungabana.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange ku ndwara zidasanzwe za nyuma y'ihungabana icyo ari cyo.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo.

Ibibazo bidasanze bikurikira ihungabana

- Ibibazo bidasanze bikurikira ihungabana bisobanura uruherekane rw'ibimenyetso bigaragara ku muntu wahuye n'ikintu kimuhungabanya mu miterere ye.
- Ibibazo bidasanze bikurikira ihungabana kandi ni imimerere itewe n'ingaruka zirambye z'ibintu biteye ubwoba umuntu yahuye na byo; z'ibintu byamuhungabanyije.
- Ibi bishobora guterwa n'ibintu bidasanze cyangwa se bikomeye byabaye ku muntu (tutaretse ihohoterwa rikorerwa mu ngo), nk'impanuka y'imodoka, ibiza, n'ibindi.
- Ibi bibazo bishobora kwigaragaza nyuma y'icyumweru, nyuma y'amezi cyangwa se nyuma y'imyaka nyuma y'ikintu cyahungabanyije umuntu. Ibyo bibazo bya nyuma y'ihungabana bitangira kwigaragaza mu mirimo n'ubuzima by'umuntu bya buri muni.
- Ubuzima bw'umuntu burahinduka ku buryo bukabije bitewe n'ibintu biteye ubwoba kandi adashobora kubana na byo. Ibi bimubuza umutekano n'amahoro.

Ibimenyetso by'ibibazo bidasanze bya nyuma y'ihungabana

- Umuntu arahindagurika mu buryo butandukanye maze ibyo bikagaragarira aha hakurikira: ku mubiri, mu mibanire n'abandi, mu mbamutima, mu mitekerereze/ubwenge/ubumenyi no mu myitwarire.
- Kubera iyo mpamvu, kuri bamwe ibimenyetso by'ihungabana bishobora kugaragara ako kanya nyuma y'icyataye ihungabana, na ho ku bandi bikaba byagaragara nyuma y'iminsi, y'ibyumweru, y'amezi cyangwa se nyuma y'imyaka.
- Mu gihe cy'ibibazo bidasanze bikurikira ihungabana, imyitwarire ya bamwe iba yerekana ku buryo bugaragara ko bagize koko ihungabana. Ububi bw'ibyo banyuzemo butuma bumva mu isi atari ahantu hazima ho kuba nk'uko bajyaga babyibwira. Bityo rero, babaho bameze nk'abiteguye ibibazo/ingorane iteka: bahora bari maso biteguye guhunga cyangwa guhangana. Bahora mu bihe by'amaze kandi ibyo banyuzemo bituma ntawe bagirira icyizere. Muri uko kugira imyitwarire yerekana ku buryo bugaragara ko bagize ihungabana, ni na ko kandi baba bacecetse cyane ku buryo kugira imyitwarire ikwiye imbere y'ibintu n'imbere y'abandi bibagora. Ihungabana rigira ingaruka haba ku mubiri cyangwa ku myifatire. Dore bimwe mu bimenyetso by'ihungabana umuntu ashobora kubona:
 1. Kongera kwiibutsa ibyabaye ku muntu binyuze mu mikino, mu nzozo cyangwa mu kongera kubitekerereza.
 2. Guhungabana imbere y'ibintu bisa cyangwa biganisha ku cyataye ihungabana. Urugero, nko ku mugore wafashwe ku ngufu ashobora kubona umuntu amurakariye akaba yagira ngo ni ugiye kongera kumufata ku ngufu.
 3. Guhora umuntu yirinda kwibuka ibyamubayeho cyangwa kugaragara nk'aho ibintu ntacyo bimubwiye. Urugero, umugore wanga kongera kugira uwo bakorana imibonano kubera ubwoba aterwa no kwibuka uko yafashwe ku ngufu.
 4. Uko wabonaga ubuzima birahinduka: Umuntu wahungabanyeye kenshi ntawe yizera kandi atinya abandi.
 5. Abantu benshi bahungabanyeye bakunda kuba bigunze cyane.
 6. Abantu bamwe bahungabanyeye bashobora kuba abiyahuzi.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

7. Abantu benshi bahungabanyijwe n'ihohoterwa rikorerwa mu ngo bashobora no kurangwa n'ubwoba no kwitarura abandi.
8. Kutigiramo icyizere/agaciro cyangwa kwisuzugura bishobora na byo kuba ingaruka z'ihohoterwa rikorerwa mu ngo;
9. Abantu benshi bahungabanye bahorana inkomanga ku mutima nk'aho bishinja ko ari bo ubwabo biteye iryo hungabana.
10. Kugaragaza ku mubiri ingaruka zitaziguye nk'umutwe cyangwa ibikomere bidakira.
11. Bamwe mu bantu bahungabanye bashobora kugira ibibazo byo kubura ibitotsi ndetse no kurara mu nzizi ziteye ubwoba bitewe n'urugero rw'ihungabana bagezeho.
12. Ihungabana kandi rishobora kugira ingaruka ku ngano y'umusaruro n'ingufu by'umuntu.
13. Abantu benshi bahungabanye barangwa no kutagira uwo bashaka kuvugana no kwitarura abandi. Urugero, nk'umuntu usanzwe asabana ashobora kugira gutya ku buryo butunguranye akanga kubonana n'inshuti ze.
14. Bamwe mu bantu bahungabanye bashobora kugira ibitekerezo biganisha ku kwiyahura.

D: Ubujyanama ku ihungabana ni iki?

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa ubujyanama ku ihungabana icyo ari cyo.
- Kurebera hamwe n'abahugurwa uko ubujyanama bwakwifashishwa mu ihungabana.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 40.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange ku bujyanama ku ihungabana icyo ari cyo.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo.

- Ubujyanama ku ihungabana busobanurwa ku buryo bwinshi ariko ubwo buryo bwose bugusha kuri kimwe mu bisobanuro bikurikira:
- Ubujyanama ni umushyikirano hagati y'umuntu wiyemeza ubwe gusaba inama n'undi wiyemeza kumugira inama abikuye ku mutima, akaba abifitemo ubushobozi cyangwa yarabihuguriwe byongeye kandi akabikorera ahantu habugenewe kugira ngo gutanga no kwakira inama bitagira imbogamizi.
- Ubujyanama ni igikorwa kidakorwa rimwe kigamije gufasha umuntu kwiga uko yakemura ibibazo agirana n'abandi, ibyo yigiramo ubwe mu mbamutima no mu bijyanye no kwifatira ibyemezo. Aha ikiba kigamijwe ni ugufasha umuntu kumva ko agomba kwimenyera uko

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

abayeho yiyongeramo ubushobozi bwo gufata ibyemezo binoze no guhindura imyitwarire ye kugira ngo ibyo akora bibe bitunganye.

- Ubujyanama ni umushyikirano ugamije gufasha umuntu guhangana na bimwe mu bibazo ahura na byo mu mibereho ye. Ni igikorwa kidakorwa rimwe cyo guha abantu ubushobozi bwo kumva no guhangana n'ibibazo byabo kugira ngo babigabanye cyangwa se babikemure burundu.

E: Ibiranga umujyanama w'ihungabana mwiza

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'ibyo umujyanama mwiza w'ihungabana agomba kuba yujuje;
- Gufasha abahugurwa guca ukubiri n'ubujyanama budahwitse binyuze mu kubumvisha neza ibiranga umujyanama mwiza w'ihungabana.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara isaha 1.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe agakino.

Gusaba abahugurwa kwigabanya mu matsinda atatu. Kubamenyesha ko hari umugabo witwa Samweli n'umugore we Garatsiya bafite ibibazo mu rugo rwabo. Samweli yinubira ko Garatsiya atamwubaha kubera ko atamugaburirira igihe na ho Garatsiya na we akinubira ko umugabo we ari umunyagitugu kuko buri gihe amukangara amukankamira kandi akaba adatuma baganira ku bibazo by'urugo. Garatsiya na Samweli basanze umujyanama.

Gusaba ya matsinda uko ari atatu buri tsinda rigakorera ubujyanama uwo mugabo n'umugore nyuma mukareberera hamwe uburyo bwakoreshejwe na buri tsinda. Ibi bikurikirwa no gusobanurira abahugurwa ibiranga umujyanama mwiza n'ibyo agomba kwitaho nk'uko bigaragazwa hasi.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Ibiranga umujyanama w'ihungabana mwiza

Hari amahame atanu (5) ya ngombwa agenderwaho kugira ngo ubujyanama bukorwe neza.

▪ Ihame ryo “kwakira”

Iri hame risobanura 'kugira ubushake bwo kwakira neza uje agusanga yaba afite imyitwarire idahwitse cyangwa se myiza.' Ni ukuvuga ko n'ubwo waba urimo ugira inama umugore waje agusanga ariko uwo mugore akaba aca inyuma umugabo we, ugomba kumwakira uko ari. Iri hame rero risobanura ko muri uru rwego icyo ushakisha kumva ari impamvu umuntu afite imyitwarire runaka.

▪ Ihame ryo 'gufata umuntu ku giti cye'

- Buri muntu ateye ukwe kandi agomba kubahirwa uko ateye ndetse agafatwa atyo nyine.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Mu yandi magambo ibibazo by'umuntu bigomba gufatwa nk'aho byihariye. Ntacyo bivuze kuba umujyanama ahuye n'umuntu ufite ikibazo gisa n'icyo abandi benshi yakiriye mbere bari bafite.

▪ **Ihame ryo 'kudaca urubanza'**

- Umujyanama ntagomba kwigira umucamanza wemeza icyaha cyangwa ubwere. Gucira urubanza uje akugana bishobora kubangamira ikiganiro mugirana kuko bishobora gutuma yifata.

▪ **Ihame ryo 'kwifatira icyemezo'**

- Iri hame risobanura ko buri muntu uje akugana agomba kwihitiramo uburyo yakoresha no kwifatira ibyemezo mu rwego rwo gukemura ikibazo cye.
- Icyo umujyanama agomba gukora ni ugufasha umugana kwigiramo ubushobozi bwo kwifatira ibyemezo.

▪ **Ihame ryo 'kugira ibanga'**

- Iri hame risobanura ko ibyo umujyanama yaganiriye n'uwaje amugana nta wundi agomba kubibwira keretse igihe bibaye ngombwa na bwo kandi ari mu rwego rwo gufasha uwaje amugana.

Imbonerahamwe y'ibikorwa n'ibidakorwa mu bujyanama

Ibikorwa	Ibidakorwa
○ Kwakira uje akugana.	▪ Kubaza ibibazo bishinje.
○ Kugarurira icyizere uje akugana	▪ Gushyira amakosa k'uwo ugira inama.
○ Gutuma habaho umushyikirano	○ Kuba nk'umuntu ugaragaza ko ashya mu bikorwa ibyo yize. Cyakora na none ni ngombwa kwifata nk'ufite ubumenyi n'amahame agenderaho mu byo akora.
○ Kugira umutima werekana ubucuti kandi wakira uje akugana	○ Guca urubanza.
○ Kwerekana icyizere.	○ Kwica gahunda wahaye abakugana keretse igihe kuyubahiriza bikugoye koko.
○ Kwerekana ko uri uwo kwiringirwa kandi ko udateye ubwoba; ushobora kugerwaho n'uje akugana.	○ Kugira amakuru yerekeranye n'uwaje agusanga utangaza keretse gusa ku bw'inyungu z'ako kazi k'ubujyanama.
○ Kugaragariza ku buryo bushoboka uwaje akugana ko ibyo muganira bizagirwa ibanga keretse igihe waba ugomba kubibwira undi muntu wamufasha. Urugero, bishobora kuba ngombwa ko ubibwira undi muntu wamufasha mu bibazo bye.	○ Kuba umuntu wihariye no gutuma uwo ugira inama ari wowe gusa ahanga amaso.
○ Ni ngombwa gusobanura ko umubano uri hagati y'umujyanama n'uje amugana ushingiyeye ku murimo w'ubujyanama n'ubwo n'ibindi bibazo byihariye bishobora kuganirwaho. Ni yo mpamvu rero umujyanama agomba nyine kwifata nk'ukora akazi k'ubujyanama n'ubwo umubano we n'abamugana ugomba kuba wuje urugwiro.	
○ Kugenzura koko ko muri ahantu hiherereye kugira ngo bifashe umuntu kuvuga ibimuri ku mutima ntacyo yikanga. Igihe cyose bishoboka ni ngombwa kuba muri mu cyumba gifunze neza kandi kitarimo ibintu	○ Kugirira ikiganiro ahantu harangaye hashobora kuba ibica umuntu mu ijamba cyangwa abantu bumviriza ibyo muganira.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

byarangaza.	
○ Kumvikana mu ntangiriro ku gihe ikiganiro cyanyu kiri bumare.	○ Kwerekana ko umeze nk'umuntu wihuta (ufite ibindi ushaka kujyamo).
○ Kutitarura cyangwa ngo wegere cyane uwo mugirana ikiganiro.	▪ Kutagira imyifatire yayobya uwo mugirana ikiganiro nko gusomana cyangwa guhoberana niba uwo mugirana ikiganiro mudahuje igitsina.
○ Kwita ku bintu ibyo ari byo byose byakozwe n'abantu, uburyo mwicaye n'impumuro bishobora gutuma uwo mugirana ikiganiro ahinduka muri we kuko bimwibutsa ibyamubayeho.	○ Kwerekana ko utishimiye imyitwarire mibi y'uwo mugirana ikiganiro atewe n'ibintu bimwibutsa ibihe bibi yanyuzemo.
○ Kwishyira mu mwanya w'uwo mugirana ikiganiro	○ Kugaragariza amarangamutima k'uwo mugirana ikiganiro.
○ Kwifata ntuhungabanywe n'ibyo ubwirwa cyangwa ubona k'uwo mugirana ikiganiro.	○ Guteshwa umutwe n'ibintu bibabaje ubwiwe n'uwo mugirana ikiganiro.
○ Kureka uwo mugirana ikiganiro akavuga ku kigero asanzwe avugiraho.	○ Guhatira uwo mugirana ikiganiro kuvuga.
○ Kuba umunyabwenge, gucisha make no kumenya kumva ibyo ubwirwa n'ibiri inyuma yabyo.	○ Guca mu ijamba kenshi uwo mugirana ikiganiro.
○ Gusuzuma ibitekerezo n'imyitwarire byawe.	○ Kudahuza ibyo wanyuzemo wowe ubwawe n'ibyo uri kumva mu gihe cy'ikiganiro.
○ Kuba intabogama; kumva ibyo uwo mugirana ikiganiro akubwira nta bindi wishyizemo.	○ Kuyobya uwo mugirana ikiganiro ku birebana n'icyo ashobora gukora.

F: Ubuhanga na tekini by'ubujyanama

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'uburyo ubujyanama bukorwa;
- Gufasha abahugurwa gusobanukirwa na tekini zikwiye z'ubujyanama.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 45.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Ubuujyanama ni igikorwa kigizwe n'ibintu byinshi kandi gikorwa mu byiciro no ku gihe kinini. Bityo rero, hari uburyo bwinshi bukoreshwa mu bihe bitandukanye. Bumwe mu buryo bukoreshwa ni

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

ubugabanya icyo gikorwa mu byiciro bitatu bikurikira: Kubaka umubano n'abakugana, kumenya neza no kugaragaza ikibazo, gucengera ikibazo; gushaka umuti no gusozza ikiganiro.

I. Kubaka umubano

- Ni ngombwa kubaka umwuka mwiza w'imyumvire watuma ubujyanama bugenda neza binyuze mu kwakirana umutima mwiza no kugirana umushyikirano n'abakugana.
- Kubera iyo mpamvu, ni ngombwa gutangiza ikiganiro n'ukugannye gituma yumva ko atari umunyamakosa cyangwa ko arimo acirirwa urubanza.

Dore uburyo bwiza bwo gutangiza ikiganiro:

- Kwishyira mu mwanya w'uwo mugirana ikiganiro: Tangiza ikiganiro ikibazo cyereka uwo mugirana ikiganiro ko wishyize mu mwanya we; ko umwitayeho: "Ushobora kwemera ko tunganira ku byo wumva biguhangayikishije?"
- Kumushishikariza kuvuga.
- Kuganirira ahantu hiherereye no kwizeza uwo mugirana ikiganiro ko ibyo muvugana bizagirwa ibanga.,
- Ni ngombwa kugirana amasezerano mu mvugo cyangwa se mu nyandiko y'ibyo mwifuza kuzarangiza ibyiciro byose by'ubujyanama mugezeho n'igihe mwumva ibyo byazamara.

II. Kumenya neza no kugaragaza ikibazo

- Gufasha uwo mugirana ikiganiro kuvuga ibimuhangayikishije. Ibi bikorwa umureka agasohora ibintu byose bimuziga umutima n'amarangamutima yifitemo nk'uburakari, kwiheba, ibitekerezo cyangwa ibikorwa.
- Ni ngombwa kugaragaza mu ntangiriro ibyo wifuza kugeraho, ariko ntiwizeze na rimwe uwo mugirana ikiganiro icyo ari cyo cyose utizeye ko kizakorwa; cyakora umugaragarize ubushake bwo kumufasha ukoresheje:
 - Kumuha amakuru;
 - Kumushyigikira no kumugarurira icyizere;
 - Kwemera ibyo akubwiye.

III. Gucengera ikibazo

Nk'umujyanama, ni ngombwa kugerageza gucengera ikibazo no gukoresha uburyo butandukanye. Ibi byagerwaho hifashishijwe ubuhanga bukoreshwa mu kiganiro burimo kumenya gutega amatwi no kubaza neza ibibazo.

Ikiganiro kinoze mu bujyanama

Mu bujyanama umuntu ashobora kuvuga akoresheje uburyo butandukanye:

- **Inyandiko cyangwa amashusho.** Bamwe mu bagana umujyanama bashobora guhitamo kuvuga ibibazo byabo bakoresheje inyandiko. Abana bo bashobora guhitamo gukoresha amashusho.
- **Ibintu bisanzwe byakozwe n'abantu** (nk'imyenda twambara). Imyenda twambara ishobora kugira igisobanuro kibi k'uwo mugirana ikiganiro kuko ishobora kuba imwibutsa ibihe bibi by'ihohoterwa yagiriwe. Ni ngombwa rero kwitegura guhangana n'ibintu nk'ibyo.
- **Ibyo umuntu abona.** Ni ngombwa kwirinda mu buryo bushoboka ko icyumba gitangirwamo ubujyanama kiba kimanitse ibintu cyangwa kirimo ibikoreshe bishobora kurangaza uwo mugirana ikiganiro. Icyumba gitangirwamo inama kigomba kuba kirimo ibintu bike ku buryo bushoboka.
- **Kuvuga hakoreshejwe ibimenyetso by'umubiri.** Ni ngombwa kwita ku byo uwo mugirana ikiganiro ashobora kuvuga akoresheje ibimenyetso by'umubiri. Iyo uwo mugirana ikiganiro agutumbirira adahumbya ashobora kuba akubwira ko atakumva neza cyangwa se ko atiteguye kugira icyo avuga.

- **Gukora ku muntu:** Gukorakora umuntu bisobanura ibintu bitandukanye ku bantu. Mu mico imwe n'imwe gusoma umuntu ntacyo bivuze nyamara hari iyindi mico gusoma umuntu biba biganisha ku mibonano mpuzabitsina.
- **Kwegera cyangwa kwitarura uwo mugirana ikiganiro:** Uburyo wegereye cyangwa witaruye uwo mugirana ikiganiro bugomba kwitabwaho kuko bushobora kuba bufite icyo bumwibutsa.
- **Impumuro:** Impumuro y'umubavu ishobora kugira icyo ihindura k'uwo mugirana ikiganiro kuko ishobora kuba imwibutsa umuntu wamuhohoteye. Tugomba rero kwita kuri ibi bintu byose kandi ntiturakazwe n'uko umuntu agaragaje ko bimuteye ibibazo.

Uburyo bunoze bwo kubaza ibibazo

Uburyo bwo kubaza ibibazo ni ingenzi kuko bufasha umuntu kwifungura iyo ibibazo bitarimo guca urubanza.

Ubwoko bw'ibibazo bishobora kubazwa:

- **Ibibazo bicukumbura:** Ibi ni ibibazo bijyanye no gusaba amakuru arambuye: 'Hari ikindi cyakurikiyeho?'
- **Gushaka gucengerwa no kwaka ibisobanuro.** Ibi bigufasha kwizera ko ibyo wumvise ari byo wabwiwe, bityo ukaba utabwirwa ibi ngo ukeke biriya.
- **Kumenya icyo umuntu atekereza-** 'Ni nde watumye ukora biriya?'
- **Kwiganishaho ikibazo:** Ibi bigufasha kongera kumva neza ikibazo. Bifasha kandi kwibanda ku kigomba gukorwa no kuba cyagira akamaro: 'hakorwa IKI, RYARI, HEHE'.
- **Guhindura uburyo bw'imitekerereze:** Umujyanama agomba kumenyesha umugana ingaruka zose za buri gikorwa.
- **Ibibazo bishishikariza kuvuga:** Kimwe n'ibibazo bicukumbura, ibi bibazo bishishikariza kuvuga bigamije kwaka andi makuru binyuze mu gushishikariza uwo mugirana ikiganiro kuvuga ndetse no kumugusha mu mutego wo kugira ibyo avuga n'ubwo yaba atabishaka. Ubu ni uburyo bw'ingenzi bwo kuvura.
- **Ibibazo bisubizwa mu magambo arambuye.** 'Ni iki cyaba cyaratumye witwara kuriya?'

▪ Ibyo ugomba kwirinda:

- **Ibibazo byungikiranyije:** Ibi ni ibibazo byinshi bkubiye mu nteruro imwe.
- **Ibibazo bishinja:** Kuki utatekeye igihe?
- **Ibibazo bijyana umuntu aho ushaka:** Ibi ni ibibazo bisaba igisubizo cyangwa kugira uko umuntu yifata runaka.
- **Si byiza kubaza ibibazo umuntu asubiza 'yego' cyangwa 'oya'.** Ibi bibazo ni nka 'waba waragize utya, ugira utya, umeze utya, ushobora kugira utya?' Kenshi na kenshi ibibazo by'ubu bwoko bisubizwa 'yego' cyangwa 'oya.'

▪ Baza ukoresheje uburyo bw'ibibazo:

- Iki?
- Hehe?
- Ryari?
- Nde?
- Ikihe?
- Gute?

Ibibazo bibajije ku buryo bukurikiranye nk'ibi bikurikira birafasha:

- Byatangiye gute?
- Byabereye hehe?
- Byatangiye ryari?

- Ni nde wari uhari?
- Byamaze igihe kingana iki?
- Warababaye?
- Utekereza ko ari iki cyamuteye gukora atyo?
- Ni nde wabibwiye?

Ubuganga bwo gutega amatwi

Kumenya gutega amatwi bifasha umuntu kwaka amakuru menshi. Nyamara ariko n'ubwo gutega amatwi bifatwa nk'ikintu cyaba cyoroshye, gutega amatwi si ibintu byoroshye. Ubwenge bwacu bushobora kuba bwibereye ahandi tugatumbirira uwo tugirana ikiganiro twitonze nk'aho tumuteze amatwi mu gihe nyamara ubwenge bwacu bwibereye kure cyane.

Gutega amatwi bishobora gushyirwa mu byiciro bikurikira:

- **Gutega amatwi udasubiza/ntacyo uvuga:** Uku ni ugutega amatwi uwo mugirana ikiganiro mu gihe akubwira ibyamubayeho ariko wowe utamuca mu ijamba.
- **Gutega amatwi usubiza ku byo ubwirwa:** Aha wereka uwo mugirana ikiganiro ko wumva ibyo akubwira ukoresheje kuganisha ku byo avuze no kubisubiramo uko wabyumvise cyangwa gusubira mu byo avuze ukoresheje amagambo yawe. Ibi bijyana no:
 - **Kuganisha ku bivuzwe:** Ibi bijyana no gufasha uwo mugirana ikiganiro kubona ikibazo nk'uko undi muntu wundi yakibona.
 - **Gusubiramo ibivuzwe uko wabyumvise:** Ibi bijyana no gusubira mu byo uwo mugirana ikiganiro avuze mu buryo wowe wabyumvisemo.
 - **Gusubiramo ibivuzwe mu magambo yawe:** Ibi bijyana no kovuga mu magambo yawe ibyo uwo mugirana ikiganiro amaze kuvuga.

Kumva ibiri inyuma y'amagambo

Bifasha umuntu kumenya icyo uwo mugirana ikiganiro ashaka kuvuga igihe akoresha imbamutima. Wabimenya ushingiyeye ku ijwi rye, uburyo avuga ameze, kwitsa cyangwa kuzamura ijwi no ku mvugo ikoresha ibimenyetso by'umubiri.

Ibyiza byo gutega amatwi

- Bituma habaho umushyikirano hagati yawe n'uwo mugirana ikiganiro;
- Bifasha kumenya neza icyo umuntu atekereza ko ari ikibazo;
- Bifasha kubona ibisubizo bishoboka;
- Bifasha kumva icyo uwo mugirana ikiganiro atekereza.

IV. Gushaka umuti

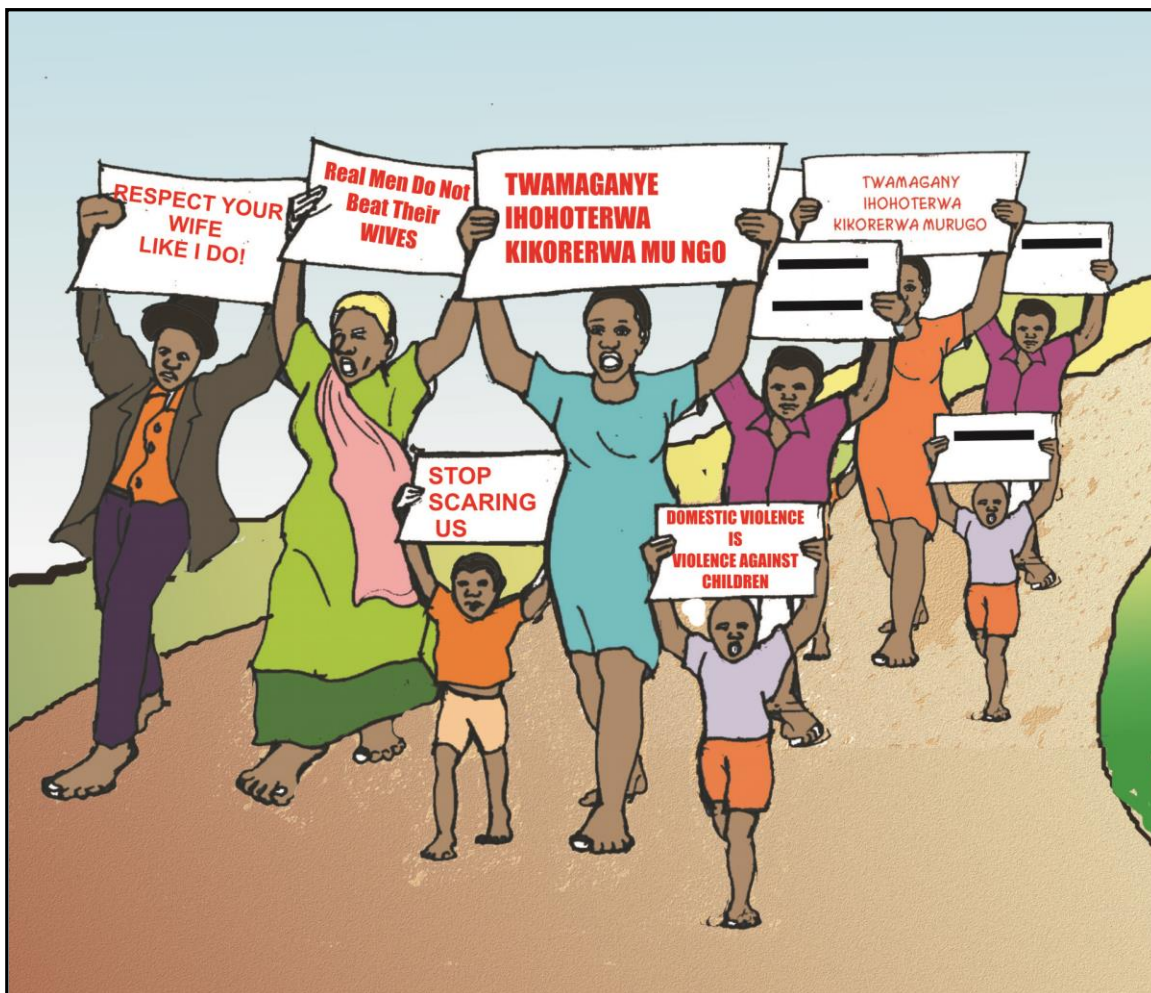
Kuri iki cyiciro umujyanama n'uwaje amugana bashakira hamwe uburyo bwose bwakoreshwa mu rwego rwo gukemura ikibazo. Baganira kandi ku byiza n'ibibi bya buri buryo mbere y'uko ugirwa inama asabwa guhitamo uburyo bwatoranywa nk'igisubizo. Umujyanama kandi agomba kumufasha gusesengura intego,, ibyo ategereje ku buryo ahisemo, n'impinduka yifuza.

V. Gusoma ikiganiro

Mu gusoma ikiganiro, umujyanama n'uwaje bagirana ikiganiro bumvikana ku kindi gihe bazahuriraho, ibyo bazaganiraho bongeye guhura, ibyo usaba inama agomba kujya gukora no kubirebana n'ibanga ry'ibyo baganiriye. Nyuma y'ibi umujyanama aha uwo bagiranye ikiganiro umwanya wo kubaza ibibazo.

ISOMO RYA 3: UBUVUGIZI

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa



Gusobanura ubuvugizi icyo ari cyo.

Ikigamijwe

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gusobanukirwa n'ubuvugizi icyo ari cyo;
- Gufasha abahugurwa gusobanukirwa n'icyo ubuvugizi buba bugamije.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 15.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa. Izi mpaka zigomba gukurikirwa no kungurana ibitekerezo muri rusange.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Gusobanura ubuvugizi icyo ari cyo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Ubuvugizi ni igikorwa kigamije gutuma hashyirwaho politiki inogeye abantu cyangwa gutuma habaho imyumvire iyi n'iyi ku kibazo runaka ku rwego rw'akarere, rw'igihugu cyangwa ku rwego mpuzamahanga.
- Ubuvugizi bugizwe n'ibikorwa bigamije gukangurira abantu kumva ikibazo kiriho, bukaba kandi bugamije gutuma abafata ibyemezo bagira ibyo bahindura.
- Ni igikorwa kidakorwa mu cyiciro kimwe hagamijwe impinduka ku kibazo runaka mu rwego rwo kurengera abo icyo kibazo gifiteho ingaruka.

Intego z'ubuvugizi

- Kumvikanisha ikibazo gikorerwa ubuvugizi;
- Gushaka inkunga ya rubanda mu kwamagana ikibazo kiriho;
- Guharanira ko habaho ubutabera n'uburinganire kuri bose;
- Gutuma amategako na politiki bisanzwe bikurikizwa ku kibazo runaka bihinduka;
- Gutuma abashyiraho politiki bahindura imyumvire ku kibazo bigira ingaruka ku burenganzira bw'abantu.

B. Kugena ingamba

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa kumenya ingamba zitandukanye zishobora gukoreshwa mu buvugizi;
- Gufasha abahugurwa kubona ingamba zakoreshwa mu bihe bitandukanye.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 30.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo ritangwa hifashishijwe inkuru ngufi ikurikira:

Ukorera ihuriro nyarwanda ry'imiryango ikora ibikorwa byo kurwanya ihohoterwa rikorerwa mu ngo. Vuba aha buri muryango mu igize iryo huriro wabonye ko ibikorwa by'ihohoterwa rikorerwa mu ngo byiyongereye. Mu byumweru bibiri bishize, hari ikinyamakuru cyatangaje ko hari umugore wakubiswe n'umugabo we kugeza ubwo apfa. Muri iki cyumweru cyonyine turimo, ibinyamakuru byatangaje ko abagore 4 bakubiswe bikabije kandi barakomeretswa. N'ubwo bwose imiryango yanyu yatangiye ibikorwa byo kugira inama ku giti cyayo yigisha ingo z'abashakanye bafite ibibazo, ibi bikorwa bisa nk'aho nta musaruro bitanga.

Ni izihe ngamba zindi mwafata mu rwego rwo gukangurira abantu ububi bw'ibyo bikorwa no kugira ngo leta ifate ingamba zikomeye zo kubihashya?

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Hari ingamba nyinshi zakoreshwa mu buvugizi hagamijwe impinduka. Guhitamo ingamba yakoreshwa biterwa n'uko ikibazo giteye (niba gikomeye cyangwa niba cyoroshye), urwego ubuvugizi burimo (niba bushyigikiwe cyane), igihe ntarengwa gihari ndetse n'amikoro. Uburyo bwahiswemo bugomba kugeza neza abantu ku byo bifuza.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Gukoresha uburyo/ingamba yo kwigisha abantu

- Byaba byiza gukoresha iyi ngamba igihe abantu nta bumenyi bafite cyangwa igihe abantu batagushyigikiye mu rugamba rwo kwamagana ingaruka mbi z'ikibazo.
- Urugero, kubera ko ihohoterwa rikorerwa mu ngo ribera ahiherereye kandi na none bishingiye ku muco, abantu benshi bashobora kuba batabona ububi bw'ihohoterwa rikorerwa mu ngo.
- Aha rero byaba ngombwa ko abantu bigishwa ibijyanye n'ihohoterwa rikorerwa mu ngo nk'ikintu kibangamiye uburenganzira bwa muntu, higishwa kandi ingaruka zaryo.
- Kwigisha abantu bishobora gukorwa hifashishijwe uburyo butandukanye. Muri ubwo buryo twavugaga nk'ibiganiro kuri radiyo, amahugurwa n'ibiganiro nyunguranabitekerezo no kwigishiriza mu makinamico n'ibindi bintu bishimisha abantu.

Gushakisha ubwumvikane

- Mu gihe ikibazo kivugwaho gitera impaka kandi hakaba hari itsinda ry'abantu badashakira ko hari icyakorwa, ni ngombwa ko mushakisha uburyo bwumvikana n'iryo tsinda rishobora kubangamira igikorwa.
- Urugero nko muri Kenya, igihe umushinga w'itegeko ry'uburinganire washyikirizwaga inteko ishingira amategeko, abagore b'abayisiramubashaguritse barwanya uwo umushinga kuko basangaga itegeko rya Isilamu ritemera ko habaho uburinganire hagati y'umugabo n'umugore nk'uko umushinga wabiteganyaga;
- Uburyo bushoboka bwo gutuma bagushyigikira ni ukugirana ikiganiro na bo maze mukumvikana ku bintu bike by'ingenzi biri mu mushinga bashobora gushyigikira aho kuwanga wose uko wakabaye.

Ibikorwa by'impuruzi

- Ahantu hari ihohoterwa rigaragara cyangwa ibikorwa by'ihohoterwa rikabije byiyongera kandi guverinoma ikaba yarananiwe cyangwa yaranze kugira icyo ibikoraho, indi ngamba yaba iyo gushakira inkunga y'imiryango mpuzamahanga cyangwa yo mu rwego rw'akarere binyuze mu bikorwa by'impuruzi;
- Ibikorwa by'impuruzi birimo kwandikira amabaruwa imiryango myinshi mpuzamahanga uyimenyeshako uko ikibazo cy'ihohoterwa giteye werekane cyane cyane ingero zifatika zigaragaza iryo hohoterwa. Urugero, nko muri Sudani havuzwe ibikorwa byo gufunga abaturage ntacyo bashinjwako, gufata abagore ku ngufu no kwica abaturage bikozwe n'ingabo za guverinoma.
- Imiryango yo muri icyo gihugu yamenyeshe ibyo bikorwa indi miryango myinshi mpuzamahanga ikorera hirya no hino ku isi nk'umuryango mpuzamahanga urwanya iyicarubozo (World Organization Against Torture – OMCT) wahise nawo wandikira indi miryango uyisaba kwandikira guverinoma ya Sudani kugira ngo igire icyo ikora kuri ibyo bibazo.
- Guverinoma ishobora kwihutira kugira icyo ikora ku kibazo runaka ibitewe n'igitutu ishyizweho n'imiryango yo mu bindi bihugu.
- Urugero ni nk'igihe umugore w'umuyisiramu Amina Lawal wo mu gihugu cya Nijeriya yari yakatiwe igihano cy'urupfu kubera gusambana nyuma imiryango myinshi y'uburenganzira bwa muntu ikandikira guverinoma ya Nijeriya iyisaba ko yakuriraho uwo mugore icyo gihano.
- Igitutu nk'icyo gishobora gutuma za guverinoma zikora igikorwa gishimishije nk'uko guverinoma ya Nijeriya yabigenzeje ku kibazo cya Amina.
- Ku buryo bw'umwihariko bishobora kugira akamaro kanini iyo ari ibibazo by'imfungwa za politiki cyangwa byo gufata abantu no kubafunga bitubahirije amategeko.
- Mu miryango yo ku rwego mpuzamahanga ishobora kugira icyo ikora muri ubu buryo twavugaga nk'imiryango y'uburenganzira bwa muntu Amnesty International, Human Rights Watch, umuryango mpuzamahanga urwanya iyicarubozo (World Organization Against Torture) na komisiyo mpuzamahanga y'abanyamategeko (International Commission of Jurists).

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Imyigaragambyo

- Imyigaragambyo igizwe n'ibikorwa byo kwereka ubuyobozi ibibangamiye abantu kugira ngo bwumve ko ari ngombwa ko hagira igikorwa ku kibazo abantu binubira.
- Imyigaragambyo ikorwa bitewe n'uburyo politiki imeze mu gihugu.
- Niba guverinoma ifite ubushake bwo kumva ibibazo byugarije abatwariye no kubikemura uko bikwiye; icyo gihe iyi ngamba ntabwo yaba ikwiriye gukoreshwa.
- Urugero nko muri Kenya, imyigaragambyo bwari uburyo bukoreshwa cyane bitewe n'ibihe by'amashyamba menshi ubwo imiryango itegamiye kuri Leta n'amashyamba atavugaga rumwe na Leta bijugunyaga mu mihanda n'amabendera kandi bariramba basaba ko habaho impinduka;
- Iyo guverinoma ari inyagitugu, imyigaragambyo ishobora kujyana n'imfu, ifatwa n'ifungwa ry'abafite uruhare mu myigaragambyo;
- Mu kwigaragambya hagomba gukurikizwa amategeko abigenga kimwe ndetse n'ibihe buri gihugu kirimo.

Iminsi yo kwibuka

- Iminsi yo kwibuka ituma habaho kumvikanisha ikibazo kibangamiye abantu baba binubira.
- Hari iminsi mikuru myinshi y'uburenganzira bwa muntu yizihizwa/yibukwa ku isi hose;
- Imwe muri iyi misni mikuru ni nk'umunsi w'Umwana a w'Umunyafurika wizihizwa ku wa 16 Kamena buri mwaka hibukwa icyicwa ry'abana bo muri Afurika y'epfo biciwe i Soweto mu mwaka wa 1976, bishwe n'ubutegetsi bwo mu gihe cya Apariteyide (Apartheid) igihe bigaragambyaga bamagana imyigishirize y'indimi za Afrikaans mu mashuri yo muri Afurika.
- Umunsi mpuzamahanga wo kurwanya icyicwa rubozo na wo wizihizwa ku wa 21 Kamena.
- Iminsi 16 y'ibikorwa byo kurwanya ihohoterwa rishingiye ku gitsina yizihizwa buri mwaka kuva kuwa 25 Ugushyirye kugeza ku wa 10 Ukuboza hagamijwe gukangurira abantu kwamagana ibijyanye n'ihohoterwa rishingiye ku gitsina. Bikorwa hibukwa akaga gakomeye k'icyicwa ry'ababikira b'i Mirabel bishwe n'ubuyobozi bw'igitugu bwo muri Repubulika ya Dominikani (République Dominicaine). Haba kandi hanibukwa icyicwa hakoreshejwe amasasu ry'abagore 21 bigaga iby'ubuhanga mu gukora no gukoresha ibimashini, bakaba bararashwe n'umugabo wumvaga ko batagombaga kuba baraje muri Canada kwiga ibintu ubundi byagombye kwigwa n'abagabo gusa.
- Umunsi mpuzamahanga wo kurwanya ihohoterwa ry'umwana wizihizwa ku wa 19 Ugushyirye kimwe n'umunsi w'uburenganzira bw'umwana wizihizwa ku wa 20 Ugushyirye.
- Umunsi mpuzamahanga w'uburenganzira bwa muntu wizihizwa buri mwaka ku wa 10 Ukuboza.
- Imiryango ishobora kwiyeze gukora ibikorwa runaka kugira ngo ikangurire abantu kwamagana ibibazo runaka biriho.
- Urugero, nko mu rwego rwo kwamagana ihohoterwa rikorerwa mu ngo, ibikorwa byo muri uru rwego bishobora kuba muri ya minsi 16 yo kurwanya ihohoterwa rishingiye ku gitsina.
- Buri munsi ushobora kugira igikorwa cyihariye nk'ikiganiro kuri radiyo, inyandiko mu binyamakuru, ibiganiro mpaka birimo abagabo n'abagore, imihango n'ibiganiro bigenewe abantu bose kimwe n'urugendo rwo kwamagana ihohoterwa rikorerwa mu ngo, bigakorwa muri icyo minsi 16 abantu bigishwa ububi bw'ingaruka z'ihohoterwa rikorerwa mu ngo.
- Bumwe mu bundi buryo bushobora gukoreshwa mu kwamagana iri hohoterwa ni udukino twigana ubucamanza. Mu rwego rwo kwerekana ko amategeko atubahirizwa, abantu bakandamizwa n'uku kutubahiriza amategeko bashobora gukina udukino twigana ubucamanza baningura ibitagenda neza maze bakerekana ishusho y'ubutabera imbere y'ibyo bibazo. Mu gakino nk'aka haba hagaragazwa urukiko rufite abacamanza barimo baca urubanza rujyanye n'ihohoterwa nyuma bagafata ibyemezo.

Ubuwugizi ku rwego mpuzamahanga no ku rwego rw'akarere

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ibihugu biri mu Muryango w'Abibumbye kenshi byiyemeza kubahiriza amategeko mpuzamahanga bishyira umukono ku nyandiko zerekana ibiteganywa n'ayo mategeko. Mu nyandiko zo muri uru rwego twavuga nk'amasezerano ku burenganzira bw'umwana, amasezerano yo guca burundu ivangura iryo ari ryo ryose rikorerwa abagore, n'amasezerano yo kwamagana iyicarubozo. Hariho urwego rushinzwe kugenzura ko aya masezerano yubahirizwa no gushyiraho uburyo bwo gushimangira iyubahirizwa ryayo. Muri ubwo buryo twavuga ubu bukurikira:

- **Gutanga raporo:** Amasezerano mpuzamahanga hafi ya yose, asaba ibihugu byayasinye gutanga raporo yerekana ku buryo burambuye intambwe byateye n'ingamba byafashe mu rwego rwo kubahiriza amasezerano aya n'aya. Imiryango itegamiye kuri Leta ishobora gutanga izindi raporo akenshi na kenshi zivuguruza ibiri muri raporo zatanze na Leta. Nk'urugero, muri raporo yacyo, igihugu gishobora kugaragaza intambwe guverinoma irimo gutera mu rwego rwo kurwanya ihohoterwa rikorerwa mu ngo, maze iyo raporo igatangwa mu rwego rw'amasezerano yerekeranye no guca burundu ivangura iryo ari ryo ryose rikorerwa abagore.
- **Uburyo bukoreshwa bwo kwamagana ikintu runaka bikoze n'umuntu ku giti cye:** Amasezerano amwe n'amwe ateganya uburyo umuntu ku giti cye yagaragaza ikibazo. Umuntu ubikoze ku giti cye agomba kumenya ibyakozwe n'igihugu mu rwego rwo gukemura icyo kibazo mbere y'uko yandikira urwego rubishinzwe agaragaza ikibazo kandi n'igihugu kigomba kuba cyarasinye amabwiriza arebana n'ikoreshwa ry'ubu buryo.
- **Inkiko mpuzamahanga n'iz'uturere ziburanisha ibyaha bisanzwe n'ibyaha bidasanzwe:** Amwe mu masezerano mpuzamahanga cyangwa y'uturere yashyizeho inkiko ziburanisha ibyaha bisanzwe n'iziburanisha ibyaha bidasanzwe, ibihugu byasinye ayo masezerano bikaba birebwa n'izo nkiko. Muri izo nkiko twavuga nk'urukiko rw'ibihugu byibumbiye mu buryo w'ubumwe bw'i Burayi rureba ibyaha bijyanye n'ihungabanywa ry'uburenganzira bwa muntu n'urukiko ruhuriweho na Leta z'Amerika. Urukiko rw'Afurika ruburanisha ibyaha birebana n'ihungabanywa ry'uburenganzira bwa muntu rwashyizweho vuba aha mu rwego rw'amasezerano ku burenganzira bwa muntu n'ubw'abantu. Mu zindi nkiko mpuzamahanga z'iburanisha ibyaha bisanzwe n'ibyaha bidasanzwe twavuga nk'urukiko mpuzamahanga rwashyiriweho icyahoze ari Yugosilaviya n'urukiko rwashyiriweho u Rwanda. Izi nkiko zose ni urubuga rushobora gukoreshwa mu rwego rwo gushyigikira uburenganzira bwa muntu. Ibyemezo byiza birebana n'iyubahirizwa ry'uburenganzira bwa muntu bifatwa n'izo nkiko bishobora kwifashishwa mu buvugizi ku rwego rw'igihugu kandi bishobora gutegeka igihugu kugira ibyo cyubahiriza.
- **Intumwa zihariye:** Aba bashobora gushyirwaho na za komite z'umuryango w'abibumbye kugira ngo bakore ubushakashatsi ku hantu hose hagaragaye ibikorwa byo kubangamira uburenganzira bwa muntu haba ku rwego rw'akarere, ku rwego rw'igihugu cyangwa ku rwego rw'isi. Urugero ni nk'intumwa zihariye y'umuryango w'abibumbye ku bijyanye n'ihohoterwa rikorerwa abagore ijya ihabwa ubutumwa mu bihugu bitandukanye kugira ngo ikore iperereza ahavugwaga ibikorwa byo guhohotera abagore. Intumwa zihariye zigomba kubanza gusaba no kwemererwa uruhusa rwo gukora bene ayo maperereza n'ibihugu zifitemo ubwo butumwa.
- **Ubutumwa bwo kugenzura ibyabaye no gukora raporo zihariye:** Abajya mu butumwa bwo kugenzura ibyabaye no gukora raporo zihariye bashyirwaho n'Umuryango w'Abibumbye kugira ngo bakore iperereza ku ibangamirwa rikomeye ry'uburenganzira bwa muntu, nk'iyicarubozo rikorwa n'abashinzwe umutekano. Muri ibyo bihe, hagomba kubaho ubufatanye bwa guverinoma n'abantu bahawe ubutumwa nk'ubwo. Twavuga

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

kandi raporo zakozwe zo muri urwo rwego nka raporo ku kibazo cy'abana bashorwa mu bikorwa by'intambara yakozwe na Lady Graca Machel. Vuba aha kandi haherutse gukorwa raporo ku ihohoterwa rikorerwa abagore n'indi ku ihohoterwa rikorerwa abana.

C: Gushaka no kwegeranya ibikoresho by'ubuvugizi

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa kumenya ibikoresho by'ingenzi bikoreshwa muri gahunda y'ubuvugizi;
- Gufasha abahugurwa kumenya ibikoresho byakwifashishwa mu buvugizi bitewe n'igihe n'ahantu.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 15.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa zigomba gukurikirwa no kungurana ibitekerezo muri rusange. Gusaba abahugurwa kuvuga ibikoresho byifashishwa mu buvugizi baba bazi n'igihe ibyo bikoresho bikoreshwa.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Hari ibikoresho bitandukanye bishobora kwifashishwa mu buvugizi mu bihe bitandukanye. Muri ibyo bikoresho twavugaga nka kalendari, ibirango, ibikinisho, imipira n'ingofero. Ni ngombwa guhitamo ubutumwa bushobora kuguma mu mitwe y'abantu ku buryo bubashishikariza koko kuzirikana ku kibazo gikorerwa ubuvugizi.

- **Guhitamo ibikoresho:** Guhitamo ibikoresho biterwa n'abantu wifuza kugezaho ubutumwa kimwe kandi n'icyo uba wifuza kugeraho muri ubwo butumwa. Niba ubutumwa bugenewe abantu bo mu cyaro bize amashuri make cyangwa se batigeze biga, ni ngombwa ko igikoreshe ukoreshe kiba kigomba kuborohera kucyisobanurira kandi hagakoreshwa imvugo yumvwa na rubanda. Gukoreshe ibirango biherekejwe n'amafoto asobanura ubwayo ubutumwa butangwa birushaho kuba byiza. Mu gihe ubutumwa bwaba bugenewe abana byaba byiza gukoreshe udukino.
- **Guhitamo ubutumwa:** Ni ngombwa ko mu gihe cyo guhitamo ubutumwa hakoreshwa imvugo yita ku muco no ku bihe abantu barimo. Ubutumwa bugomba kuba bugufi kandi bwumvikana, bukurura ubwumvise kandi bumushishikariza kugira icyo akora.
- **Guhitamo amabara:** Mu gihe uhisemo gukoreshe imipira yambarwa cyangwa ibindi bintu abantu bareba, ni ngombwa guhitamo amabara ashimishije azakurura abantu kugira ngo basome ubutumwa cyane cyane mu gihe hakoreshajwe imipira. Urugero, ibara ry'umutuku n'ibara ry'umuhondo ni yo akunda gukoreshwa.

D: Ibyiciro by'ubuvugizi

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gosobanukirwa n'ibyiciro bigomba kunyurwamo mu buvugizi.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Igihe isomo rimara

Iri somo ryateganyirijwe kumara iminota 20.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe impaka hagati y'abahugurwa zigomba gukurikirwa no kungurana ibitekerezo muri rusange. Gusaba abahugurwa kuvuga ibyiciro bumva bigomba kunyurwamo mu buvugizi. Ibi bikurikirwa n'ikiganiro muri rusange ku bitekerezo bikurikira bitangwa n'umuhuzabitekerezo:

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

- **Kugena urwego cyangwa ikibazo kigomba kubamo impinduka.**
Kugena ibigomba guhinduka biterwa n'ikibazo gifite ingaruka ku bantu muri rusange cyangwa ku itsinda ry'abantu kikaba kigaragarira buri wese kubera uburyo kibabangamiye kandi ku buryo buhoraho. Aha urugero twafata nk'ikibazo cy'ihohoterwa rikorerwa mu ngo.
- **Gusesengura impinduka ishobora kubaho**
Ibi bisaba gukora ubushakashatsi ku kibazo cyagenwe kugira ngo hamenyekane imiterere n'ubukana by'ihohoterwa, amategeko na politiki biriho birebana n'icyo kibazo ndetse n'uburyo abantu bakibona. Urugero, byaba byiza ku bantu bashaka impinduka ku kibazo cy'ihohoterwa rikorerwa mu ngo mu Rwanda babanje kumenya ubukana bw'icyo kibazo n'uburyo bwose ihohoterwa rikorerwa mu ngo ryigaragazamo.
- **Kugena ingamba zafatwa ngo impinduka yifuzwa igerweho**
Ibi bijyana no kugena ibigomba kugerwaho n'ubuvugizi mu gihe kirekire, kiringaniye no mu gihe kigufi. Bijyana kandi no kumenya abazagufasha muri icyo gikorwa n'abashobora kuzakurwanya no kwiga uburyo bwo kwiyegezeza abagushyigikiye ndetse n'uburyo bwo kuzahangana n'abakurwanya. Kugena imiryango n'abantu ubuvugizi buzakorerwaho no kumenya uburyo bakora ni ngombwa. Ibi bijyana kandi na none no kugena gahunda y'ibikorwa by'ubuvugizi.
- **Gushakisha amikoro**
Bitewe n'ingamba izakoreshwa mu buvugizi, bizaba ngombwa kandi kugena amikoro ya ngombwa yatuma imirimo y'ubuvugizi igenda neza. Aha amikoro ni amafaranga n'abantu bikenewe. Ni na yo mpamvu ari ngombwa kwinjiza muri iki gikorwa imiryango itegamiye kuri Leta myinshi ku buryo bushoboka kugira ngo amikoro abe yava muri icyo miryango yose. Iyo ubuvugizi bukorerwa amatsinda amaze kimwe byaba byiza yishyize hamwe nk'itsinda.
- **Kwigisha abantu ibirebana n'impinduka ikenewe**
Ni ngombwa ko ushyigikirwa na rubanda kugira ngo wizere ko igikorwa cyawe gitanga umusaruro. Ni ngombwa rero gushishikariza abantu kugutera ingabo mu bitugu wifashishije ibikorwa bibera mu ruhamo hagamiye kubasobanurira ikibazo n'ingamba uteganya

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

gukoresha kugira ngo uhangane n'icyo kibazo. Ni ngombwa ko abantu bagushyigikira kuko bashobora kubangamira ibikorwa byawe igihe batemera ingamba wahisemo gukoresha.

- **Gukora gahunda yo guhindura imyumvire y'abagena politiki zigenderwaho**

Aba ni abantu bafite ingufu zatumye impinduka yifuzwa igerwaho. Urugero, nk'umuryango utegamiye kuri Leta uramutse wifuje gukora ubuvugizi ku kibazo cy'ihohoterwa rikorerwa mu ngo, bamwe mu bayobozi barebwa n'ubwo buvugizi bashobora kuba batabona ihohoterwa rikorerwa mu ngo nk'ikibazo. Ni yo mpamvu kugira ngo ubuvugizi bwawe bwumvikane ari ngombwa ko ubanza guhindura imyumvire yabo kuri iki kibazo bityo na bo bakaba bagushyigikira mu bikorwa by'ubuvugizi.

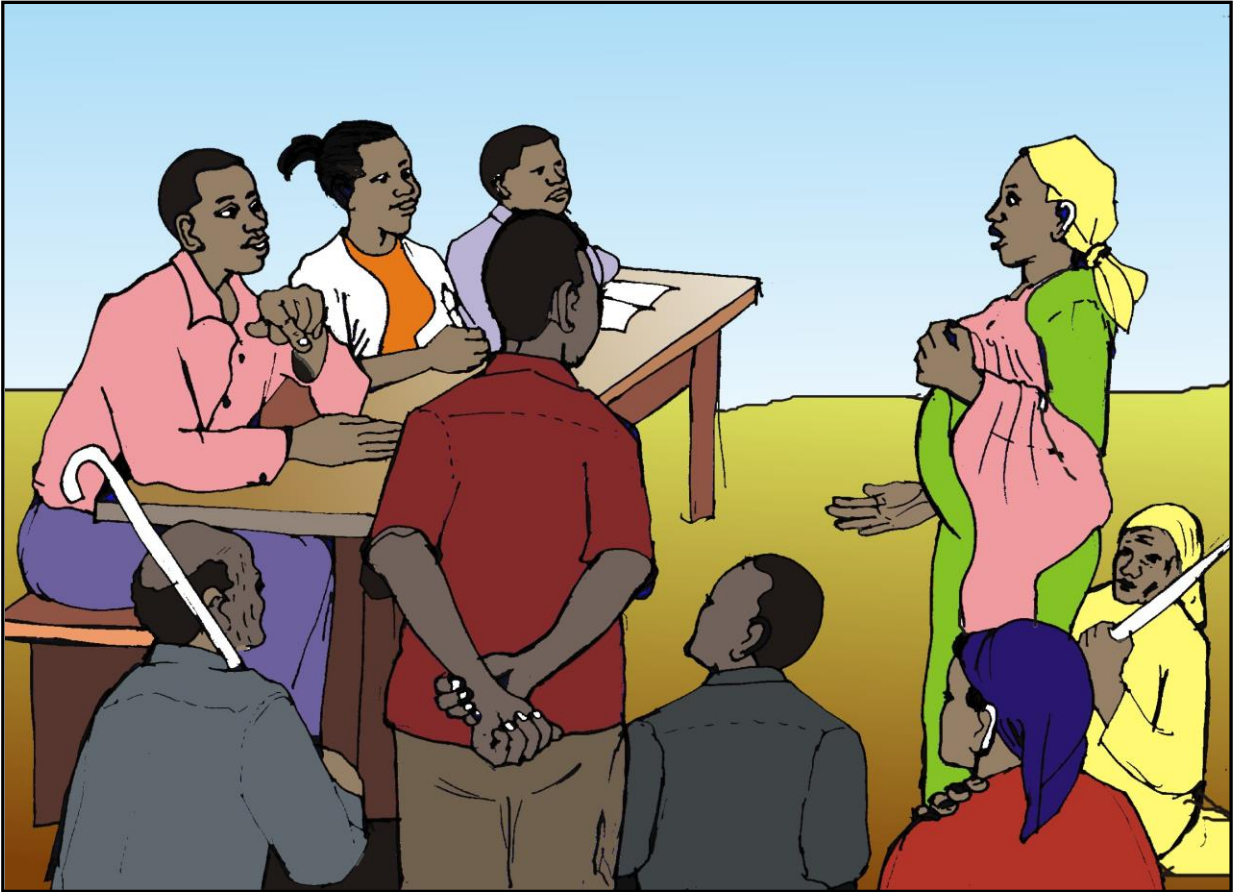
- **Gukurikirana no gusuzuma ibyiza cyangwa ibibi by'impinduka**

Kugira ngo umenye niba ibyari bigamijwe bigenda bigerwaho kandi ko ingamba ikomeza gufasha kugera ku ntego, ni ngombwa gukurikirana no gusuzuma ibyo ubuvugizi bugenda bugeraho.

- **Kwandika ku byerekana impinduka**

Inyandiko ku bigenda bikorwa hagaragazwa kandi ingorane n'ibyagezweho ishobora kwifashishwa mu kugena ingamba zizakoreshwa mu gihe kizaza ikanaba kandi yafasha mu kugena ibindi bikorwa by'ubuvugizi kuri icyo kibazo.

ISOMO RYA 4: KWIYAMBAZA AMATEGEKO



Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa gosobanukirwa n'iamategeko yakwiyambazwa mu bibazo birebana n'ihohoterwa rikorerwa mu ngo.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara amasaha 2.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) Icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Iri somo rigomba gutangwa hifashishijwe udukino.

Saba abahugurwa gutegeka no gukina agakino kerekana ibibazo rusange bijyanye no gucunga umutungo hagati y'abashakanye. Aka gakino kagomba kugaragaza uko bumva uburenganzira bw'abashakanye mu icungwa ry'umutungo w'urugo. Nyuma y'agakino hagomba kubaho ikiganiro/impaka mu gihe kitarengeje isaha 1. Izi mpaka zikurikirwa no gutanga ibisobanuro bikurikirira:

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura iri somo

Amategeko arebana n'ihohoterwa rikorerwa mu ngo ashobora kugabanywamo ibice bibiri: *amategeko arengera uburenganzira bwa gisivili bw'abashakanye n'amategeko mpanabyaha bikoze n'abashakanye*. Ariya mategeko ya gisivili anakubiyemo *Itegeko ry'umuryango, impano n'izungura*.

Itegeko ry'umuryango, impano n'izungura.

- Iri ni itegeko nimerwa 22/99 ryo ku wa 12/11/1999 ryashyizweho ngo ryuzuzanye n'igitabo cya mbere cy'amategeko ya gisivili no gushimangira igice cya gatanu kirebana n'itegeko ry'umuryango, impano n'izungura.
- Rirebana n'ibyo abashakanye bemeranywaho ku bijyanye n'uburyo bwo gucunga umutungo wabo;
- Rirebana kandi n'uburyo bwo gucunga umutungo w'abashakanye, impano n'izungura mu gihe umwe cyangwa abashakanye bose baba bitabye Imana;
- Rishyiraho uburyo 3 bwo gucunga umutungo w'abashakanye bakimara gusezerana. Ubwo buryo ni ubu bukurikira:
 - Ivangamutungo rusange;
 - Ivangamutungo w'umuhahano;
 - Ivanguramutungo risesuye.
- Amategeko agenga imicungire y'umutungo kandi arimo ingingo zirebana n'ububasha bwo gucunga, gukoresha no gutanga umutungo hakurikijwe ibiteganywa n'amategeko;
- Mu gihe abashakanye biyemeje ivangamutungo rusange no mu gihe basezeranye ivangamutungo w'umuhahano abashakanye bihitamo uzaba ashinzwe gucunga umutungo rusange wabo.
- Cyakora buri wese mu bashakanye agomba gucunga umutungo n'ibintu byose azaba yahawe ngo abikoreshe.
- Mu gihe umwe mu bafitanye umugambi wo kuzabana azaba ataruzuzwa imyaka y'ubukuru yemewe n'amategeko, uburyo bw'icungamutungo azabuhitirwamo n'umurera.
- Umwe mu bashakanye ashobora gusaba ko uburyo basezeranye bwo gucunga umutungo buhinduka igihe babana ariko bigasabwa gusa mu gihe byaba ari ku nyungu z'urugo cyangwa na none mu gihe bigaragara koko ko hari ikintu gikomeye cyahindutse ku mibanire y'abashakanye bombi cyangwa kuri umwe muri bo.
- Ni ngombwa ko hakorwa ibarura kandi impinduka izo ari zo zose zibaye ku byabaruwe zigatangazwa rubanda ikabimenya cyane cyane iyo umwe mu bashakanye ari umucuruzi (afite igitabo cy'ubucuruzi) no mu gihe habayeho kugurana bimwe mu byabaruwe, bigatangazwa mu binyamakuru 2 bisohoka buri munsu kandi bisomwa n'abantu benshi;
- Umwenda w'umwe mu bashakanye yafashe hagamijwe inyungu z'urugo n'ubwo yaba yawishyuye mu mutungo we wihariye agomba gusubizwa ibyo yatanze bikavanwa mu mutungo rusange iyo basezeranye ivangamutungo rusange cyangwa ivangamutungo w'umuhahano;
- Mu gihe umutungo rusange udashobora kubara ubwishyu bwose, umwenda usigaye abashakanye bagomba kuwugabana buri wese akishyura ku mutungo we bwite ibingana n'ibyo undi;
- Iyo abashakanye basezeranye ivanguramutungo risesuye, imyenda yishyurwa mu mutungo wa buri wese kandi bagatanga imigabane ingana.
- Amasezerano y'ivangamutungo rusange n'ivangamutungo w'umuhahano aseswa iyo habayeho kimwe mu bukurikira:
 - Gutana byemejwe n'inkiko;
 - Gutandukana bisabwe n'ubutegetsi;
 - Guhinduka kw'amasezerano biciye mu mategeko.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Iyo habayeho iseswa ry'amasezerano y'ivangamutungo risesuye, abashakanye bagabana ibyo bari batunze ndetse n'imyenda bari bafite;
- Buri wese afite uburenganzira bwo gutanga impano mu mutungo we bwite, apfa gusa kudatanga ibirenze umutungo afite;
- Hatitawe ku masezerano y'imicungire y'umutungo abashakanye bagiranye, mu gihe umwe mu bashakanye atanga impano, ntabwo yemerewe kurenza 1/5 cy'umutungo we niba afite umwana, kandi na none ntiyemerewe kurenza 1/3 mu gihe yaba nta mwana afite;
- Impano hagati y'umusore n'inkumi zishobora guseswa igihe cyose batarashyingiranwa;
- Mu gihe umwe mu bashakanye yitabye Imana, izungura rikorwa hakurikijwe amasezerano y'icungamutungo abashakanye bagiranye. Urugero, niba abashakanye barasezeranye ivanguramutungo risesuye, abazungura ba mbere ni abana, ababyeyi nyuma abafitanye isano n'uwitabye Imana bityo bityo. Naho iyo abashakanye basezeranye ivangamutungo rusange, usigaye mu bashakanye aba afite uburenganzira bwo guhabwa ku mutungo kimwe ndetse n'abo bava inda imwe.

Ivangamutungo rusange

- Iyo abashakanye bagiranye amasezerano y'ivangamutungo rusange, bese bagira ububasha ku mutungo wabo bakimara gusezerana ndetse n'igihe cyose babana.
- Baba kandi basangiye imyenda yose kugeza igihe habayeho iseswa ry'amasezerano y'ivangamutungo rusange bakemeranywa ku yandi masezerano y'imicungire y'umutungo.
- Mu gihe habayeho kugabana umutungo abashakanye barasezeranye ivangamutungo rusange, utuntu twihariye tw'umwe muri bo nk'imyenda, ibikomo cyangwa ibikoresho arabigumana.

Ivangamutungo w'umuhahano

- Iyo abashakanye biyemeje kugirana amasezerano y'ivangamutungo w'umuhahano, mu gihe basezerana bagomba gusobanura umutungo bazaba bahuriyeho n'uzaba ari uw'umuntu ku giti cye (niba ari uwo buri wese yishakiye mbere yo gusezerana cyangwa uwo bazabona mu gihe bazaba babana).
- Abashakanye bgomba gukora inyandiko igaragaza umutungo bazaba bahuriyeho n'uzaba ari uw'umuntu ku giti (n'amadeni agomba kugaragazwa). Ibi bishyikirizwa umukozi ushinze irangamimerere.
- Umutungo wose utari ku rutonde rw'umutungo rusange ubarwa nk'aho ari umutungo w'umuntu ku giti cye.
- Umwenda wose uzaba warafashwe n'umwe mu bashakanye mbere cyangwa nyuma yo gusezerana kandi yarawukoresheje mu bibazo bye bwite, ukaba na none utarashyizwe ku rutonde rw'ibigize umutungo rusange uzabarwa nk'umwenda w'umuntu ku giti cye.

Ivanguramutungo risesuye

- Iyo abashakanye basezeranye ivanguramutungo risesuye, buri wese acunga umutungo we ariko abashakanye bagafatanyaga gushaka ibitunga urugo n'ibyangombwa byose bikenerwa hakurikijwe ubushobozi bwa buri wese;
- Bisabwe n'abashakanye cyangwa undi muntu, mu gihe umwe mu bashakanye abangamira inyungu z'urugo akoresha nabi umutungo we, ashobora kwamburwa uburenganzira bwo gucunga cyangwa gukoresha uwo mutungo binyuze mu mategeko.

- Kereka haramutse habayeho impamvu zituma urukiko rubona ko ari ngombwa kugira uwo rusinga uwo mutungo, umwe mu bashakanye ni we uhabwa ububasha bwo gucunga uwo mutungo akabikora kandi mu nyungu z'urugo kandi ibindi bibyajwe muri uwo mutungo bigomba gukoreshwa neza cyangwa bikazigamwa.
- Mu gihe uwari warambuwe uburenganzira bwo gucunga umutungo we agaragaje ko yahindutse ku buryo noneho yacunga neza uwo mutungo yongera gusubizwa ubwo burenganzira.
- Cyakora mu gihe yambuwe uburenganzira bwo gucunga umutungo we ntabwo atakaza uburenganzira kuri uwo mutungo we ahabwa n'amategeko, icyo yamburwa ni uburenganzira bwo kuwucunga gusa.

**IGICE CYA GATANU: UBUMENYI N'UBURYO BUKORESHWA MU
GUHUGURA UHA URUHARE ABAHUGURWA**



Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Ubumenyi mu guhugura n'uburyo bukoreshwa: Inyigisho zihabwa abantu bakuru

Ikigamijwe muri iri somo ni:

- Gufasha abahugurwa kumenya uburyo butandukanye bukoreshwa mu kwigisha abantu bakuru;
- Gufasha abahugurwa gukora imyitoto ku buryo butandukanye bukoreshwa mu kwigisha abantu bakuru, bityo habeho kongera ubumenyi ngiro bwabo.

Igihe isomo rimara

Iri somo ryateganyirijwe kumara amasaha 5.

Ibikoresho

- (1) Impapuro nini (Flipchart) zo kwandikaho;
- (2) Ibifatisho byo kumanika impapuro;
- (3) icyo kwandikiraho;
- (4) Amakaramu manini (marqueurs);

Uko isomo ritangwa

Irisomo ritangwa hifashishijwe imimirimo ikorerwa mu matsinda. Gabanya abahugurwa mu matsinda 3. Ha buri tsinda imwe muri izi ngingo :

1. Ingaruka z'ihohoterwa rikorerwa mu ngo
2. Ibibazo bidasanzwe bikurikira ihungabana
3. Ihohoterwa rikorerwa mu ngo n'ibijyanye n'imibonano mpuzabitsina.

Saba buri tsinda gutanga ikiganiro ku ngingo ryahawe rikoresheje uburyo 3 butandukanye bukoreshwa mu kwigisha abantu bakuru. Ni ngombwa kubaha isaha yo gutegura. Kuyobora ibiganiro bigomba kumara amasaha 2 hanyuma impaka/kungurana ibitekerezo muri rusange na byo bikamara andi masaha 2.

Ibitekerezo umuhuzabitekerezo yakwifashisha mu gusobanura isomo.

Kwigisha abantu bakuru byagombye ahanini gushingira ku mitekereze yabo no ku kubaha uruhare mu byo bigishwa. Birazwi neza ko kwigisha/guhugura abantu bakuru bigenda neza iyo:

- Iyo abahugurwa bagize uruhare mu kugena ibyo amahugurwa agomba kubafasha kugeraho.
- Ibyo bahugurwamo ari ibintu bibareba babayemo kandi bagahabwa umwanya wo kubyunguranaho ibitekerezo buri wese avuga ibyamubayeho.
- Buri wese agira uruhare mu byigishwa.
- Inyigisho zitangwa nk'izo mu ishuri aho mwarimu ari we uvuga abanyeshuri bagatega amatwi ntizemewe.
- Uburyo bwo guhugura butuma uhugura agira igihe cyo kuvuga n'abahugurwa bakagira igihe cyo kuvuga bityo ari abahugurwa bakigira k'uhugura n'uhugura akigira ku bahugurwa.

Ubushakashatsi bwakozwe n'abahanga bwerekanye ko abantu benshi bibuka ku kigero cya 20% ibyo bumvise, 40% ibyo babonye na 80% ibyo bamenye babyivumburiye ubwabo. Ni yo mpamvu rero uburyo bwo kwigisha uha uruhare uwigishwa ari bwo bwiza. Uburyo bwo kwigisha buha uruhare uwigishwa butuma kandi habaho kungurana ubumenyi, bukanatuma buri wese agira ibyo yigisha abandi byose bidatanze n'umwigisha.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Uburyo bwo gukoresha mu mahugurwa buha uruhare abahugurwa

A. Kwandika ibaruwa

Ubu ni uburyo bukoreshwa butuma abahugurwa batanga amakuru bafite ku kibazo runaka.

Uko bigenda:

- Bwira abahugurwa kwifata nk'aho bari mu bihe by'ihohoterwa.
- Basabe kwandika ibaruwa bandikira ubahohotera berekana ikibazo n'ingaruka zacyo kuri bo.
- Ushobora no kubasaba ko mu ibaruwa yabo bandika ibyo babona byaba umuti kuri icyo kibazo.
- Amabaruwa y'ikitegererezo ashobora gusomerwa mu ruhamwe
- Ibibazo bishobora gushyirwa mu matsinda hakurikijwe isano bifitanye
- Nyuma y'ibyo ibibazo bitanu by'ingenzi bishobora gushyirwa ku rutonde hakoreshejwe buryo bwo gushyira ibintu bibiri bibiri hamwe kandi bikagibwaho impaka.

A. Gutanga ibitekerezo muri rusange kandi ku buryo bwo gusimburana.

Ubu ni uburyo bukoreshwa kugira ngo abahugurwa bose bagire uruhare kandi mu buryo bunoze. Biba byiza kubukoresha iyo hari ibibazo bigomba kuganirwaho birenze kimwe kandi byose biganisha ku ngingo imwe. Bituma buri wese mu bahugurwa atanga igitekerezo cye kuri buri kibazo cyangwa ku bibazo byose biganisha ku ngingo imwe kandi bigakorwa mu gihe gito cyane.

Uko bigenda:

- Manika ibibazo biganisha ku ngingo imwe mu bice bitandukanye ku nkuta z'icyumba cy'amahugurwa;
- Gabanya abahugurwa mu matsinda atandukanye.
- Saba buri tsinda kujya aho ibibazo byo ku ngingo ya mbere bimanitse ribiganireho mu minota itanu;
- Basabe kuzenguruka ku matsinda yose y'ibibazo basimburana;
- Ikibazo cyose kitashoboye kumvikanwaho cyongerwa kugarukwaho muri rusange abahugurwa bagarutse ku itsinda rinini.

B. Udukino

Utu ni udukino tugufi tumeze nk'ikinamico dukinwa n'abahugurwa. Dukinwa bahereye ku bisa n'ibyababayeho cyangwa se ibisa n'ibyo babonye tukaba tuba tugamije kubagaragariza ibintu bashora kuba batamenyereye kubona. Tuba tugamije kumvisha neza abantu ikibazo kiriho no gutuma bakigira icyabo bityo tukabashishikariza kuba bagira icyo bakora mu rwego rwo kugihashya. Twinshi mu dukino nk'utu dutegurirwa aho kandi ntahaba handitse uko dukinwa.

Uko bigenda:

- Hitamo ikibazo agakino kagomba kwerekana, urugero umugabo cyangwa umugore w'umusizi;
- Gabanya abahugurwa mu matsinda ubasabe kujya guhimba agakino muri ayo matsinda nyuma bagaruke bakine ako gakino;
- Garagaza ahantu, ikibazo n'abantu bagomba kugaragara mu gakino;
- Byaba byiza ibyo udukino tugaragaza biri mu matsinda abiri cyangwa atatu kandi bishobotse buri wese akagira uruhare muri utwo dukino.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Abahugurwa bashobora kwifashisha ibintu n'ibikoresho biri mu cyumba cy'amahugurwa mu dukino twabo mu gihe bibaye ngombwa ko babyifashisha kugira ngo bagire ibyo bagaragaza.
- Udukino tumaze gukinwa, fatanya n'abahugurwa kurebera hamwe amasomo mwadukuramo;
- Ayo masomo ashobora kwandikwa ku rupapuro runini rwabigenewe (flipchart).

C. Ibiganiro mu matsinda

Imirimo yo mu matsinda ishobora gukorwa hakoreshejwe ibiganiro mu dutsinda duto turimo abantu batanu cyangwa mu matsinda yagutse y'abantu umunani imwe imwe bitewe n'umubare w'abari mu ihugurwa bose hamwe. Udutsinda duto tuba twiza iyo ari ibiganiro ku ngingo ngufi zagaragajwe n'abahugurwa mu gihe cyo guhuriza hamwe ibyari byaganiriweho mbere. Na ho amatsinda manini byaba byiza akoreshejwe mu gihe cyo kuganira ku bibazo bitumvikanwaho bikaba byakurura impaka kuko bishobora gusaba igihe kinini n'uruhare rugaragara rw'abahugurwa. Ibiganiro mu matsinda bituma abahugurwa bagira uruhare rusesuye kandi bagatanga ibitekerezo ku buryo bwihuse. Bituma kandi hashimangirwa amahame y'ubufatanye nko gutega matwi abandi, kureka abandi bakavuga, guhana ijamba no kubaha ibitekerezo by'abandi n'uko babona ibintu.

Uko bigenda:

- Gena uburyo ushaka gushyira abahugurwa mu matsinda, urugero ukurikije igitsina cyangwa ubundi buryo bwagufasha gushyira buri wese mu itsinda.
- Igihe cy'ibiganiro mu matsinda ni byiza gushishikariza abahugurwa gukora bicaye ku ruziga.
- Ku matsinda manini y'ibiganiro, ingingo igomba kuganirwaho ndetse n'ibibazo byo kwifashisha byagombye kuba biri kuri 'flipchart' cyangwa hari ahandi babihawe byanditse.
- Ku ngingo isaba igihe kinini no kuvugwa ho byinshi, ni ngombwa ko itsinda ryitoramo uyobora ibiganiro n'umwanditsi. Uyobora ibiganiro aba ari nk'umuyobozi w'itsinda akaba ari we utanga amagambo na ho umwanditsi akandika ibivugwa n'abagize itsinda kandi akabyandika mu ngingo zivunaguye.
- Igihe abahugurwa bari gukorera mu matsinda uhugura agomba kuba abari hafi kugira ngo nibakenera ko hari icyo abafasha cyangwa icyo abasobanurira abe yabikora. Cyakora ntabwo agomba kwivanga mu byo bari gukora.
- Gerageza kwita kimwe ku matsinda yose.
- Iyo abahugura barenze umwe, buri wese agira itsinda cyangwa matsinda akurikirana bitewe n'umubare wayo.
- Mu gihe cyo guhuriza hamwe ibyakorewe mu matsinda, buri tsinda rigaragariza abandi ibyo ryagezeho.
- Nyuma yo kwerekana ibyo itsinda ryakoze abandi bahabwa umwanya wo kubaza cyangwa kugira icyo bongera ku byo iryo tsinda ryerekanye;
- Ingingo z'ingenzi zafatwa nk'isomo zigomba kugaragazwa neza kandi zikandikwa kuri flipchart.

D. Inkuru

Inkuru zishobora kuba zishingiye ku byabaye cyangwa ibishobora kuba wifuza ko abahugurwa bajyaho impaka. Zifasha abahugurwa kongera ubumenyi bwabo mu buryo bwo gusesengura, gukemura ibibazo no mu buryo bwo gukorera mu itsinda. Inkuru zishobora kuvanwa mu binyamakuru, mu bitabo, mu manza zakaswe ndetse no mu duce tw'ibyerekeye kuri videwo cyangwa porogaramu yanyuze kuri televiziyo. Inkuru ntabwo igomba kuba ndende cyane cyangwa igoye kuyumva kuko byatwara igihe abahugurwa kugira ngo bayumve banayisesengure. Inkuru igomba kuba ifitanye isano n'ingingo iganirwaho.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Uko bigenda:

Hitamo ikibazo ushaka kugaragaza. Urugero: ihohoterwa rikorerwa abana cyangwa ihohoterwa rikorerwa mu ngo.

- Himba inkuru ushingiye ku byanditswe mu kinyamakuru cyangwa se wumvise ahandi;
- Niba uhisemo gukoresha inkuru zirenze imwe zo mu kinyamakuru ni ngombwa kumenya niba zikurikiranye ku buryo bwumvikana buremye inkuru imwe;
- Ni byiza gusomera inkuru mu matsinda;
- Ha buri tsinda inkuru.;
- Kuri buri nkuru omekaho ibibazo wifuzako abahugurwa baganiraho;
- Ha amatsinda umwanya wo gusoma inkuru kandi umenze niba basobanukiwe n'ibyo basomye;
- Bahe igihe cyo gusesengura iyo nkuru (ni byiza gutanga igihe kitarenze iminota 20)
- Buri tsinda rigomba kwitoramo uyobora ibiganiro n'umwanditsi ugomba kugaragaza ibyo itsinda ryakoze mu gihe cyo guhuriza hamwe.
- Abandi bashobora kugira ibyo basobanuzwa ku byagaragajwe na buri tsinda kimwe kandi n'uko bashobora kugira icyo bongeraho.
- Andika ingingo z'ingenzi zafatwa nk'isomo ku mpapuro nini z'umweru zandikwaho (flipchart).

E. Ikusanyabitekerezo (Brainstorming)

Ikusanyabitekerezo ni uburyo bwo gusaba abahugurwa muri rusange gutanga ibitekerezo mu buryo bwihuse ku ngingo iganirwaho. Butuma habaho kuvumbura no gutanga ibitekerezo vuba. Bushobora gukoreshwa mu gukemura ikibazo runaka ariko ubusanzwe biba byiza iyo bukoreshwe mu gusubiza ibibazo.

Igihe uburyo bw'ikusanyabitekerezo bwakoreshwa:

- Igihe hari ingingo abahugurwa babiri cyangwa barenze babiri batumvikanyeho;
- Mu gutangiza ikiganiro gishya, urugero uburenganzira ni iki? Bifasha kumenya icyo abahugurwa bazi ku ngingo kandi bigafasha gutera amatsiko abahugurwa;
- Gufasha abahugurwa kuruhuka iyo hashize umwanya munini bari mu isomo;
- Gukoresha umwitozo wo guhimba ku buryo bwihuse, urugero kubasaba kuvuga uko inkuru runaka ishobora kurangira.

Uko bigenda:

- Kugena igihe uri bukoresha uburyobw'ikusanyabitekerezo;
- Uburyo bw'ikusanyabitekerezo bushobora gukoreshwa bitabanje gutegurwa nk'igihe havuze impaka ku kibazo runaka;
- Aho gutanga ibisubizo bikomeye kandi byihuse, koresha uburyo bw'ikusanyabitekerezo ubaza ikibazo buri wese ashobora gutangaho igitekerezo;
- Mu gihe uburyo bw'ikusanyabitekerezo bwateguwe kandi hagenwe n'uburyo buri bukoreshwe, andika ibitekerezo bitangwa n'abahugurwa ku rupapuro runini rwandikwaho (flipchart);
- Buri wese mu bahugurwa ashobora gutanga ibitekerezo bye;
- Abahugurwa ntibagomba gusubiramo ibitekerezo byamaze kuvugwa;
- Ibitekerezo bigomba kuba bivuzwe mu nteruro ngufi atari mu magambo arambuye;
- Gutanga ibitekerezo si agahato;
- Nta bitekerezo bigomba kugucika cyangwa ngo ugire ibyo usuzugura;
- Ntuhatire abantu kuvuga ibyo wifuzaga cyangwa ngo ibitekerezo bitanzwe ubifate nk'ibidafite agaciro, uzenguruka uca kuri buri wese umubaza kandi igitekerezo cye amaze kukubwirira;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Garagaza ko buri gitekerezo ari cyiza kandi ucyandike;
- Umaze kubona ko abahugurwa barangije gutanga ibitekerezo bari bafite, ongera usuzumire hamwe na bo ingingo bavuze imwe imwe, nibishoboka muzitondeke hakurikijwe uko zisumbana (uko zihutirwa).
- Ntugashake ko ingingo zose zemerwa na bese byanze bikunze.

F. Kuganira ku ngingo

Iki kiganiro ni “impaka zikorwa abantu basa nk’abajujura.” Ubu buryo bushobora gukoreshwa hagamijwe gufasha abahugurwa gutekereza ku bimaze kuganirwaho. Biba byiza kenshi gusaba abahugurwa kugira ikiganiro nk’icyo nyuma y’isomo rimaze umwanya munini cyangwa nyuma y’uko hamaze gutangwa ibitekerezo mu gihe cyo guhuriza hamwe, byaba bitanzwe n’uhugura cyangwa abahugurwa. Byakorwa usaba babiri cyangwa batatu begeranye kuganira ku cyo batekereza ku bimaze kuvugwa. Kuganira ku ngingo kandi bishobora gukurikirwa n’ikusanyabitekerezo.

Uko bigenda:

- Saba abahugurwa kuganira ku ngingo runaka bisanzuye mu matsinda ya babiri cyangwa batatu ariko badahagurutse mu myanya yabo;
- Kuganira ku ngingo byakorwa igihe hari ingingo y’ingenzi cyangwa impaka ku ngingo itanzwe n’umwe mu bahugurwa cyangwa n’uhugura;
- Ni ngombwa kwandika ibyagiweho impaka bikaba byakongera kuganirwaho muri rusange;
- Akanya k’ikiganiro ku ngingo kagomba kuba kagufi ntikarenze iminota 15.

G. Indirimbo n’udukuru

Indirimbo n’udukuru ni isoko y’amakuru y’ingenzi cyane cyane ku bijyanye n’imyemerere, imigenzo n’ibitekerezo bishingiye ku muco. Bifasha mu kumenya ibyo abantu bemera atari byo cyangwa se bishobora kuba byo, mu gutuma abantu bagira amatsiko no gutuma bashishikarira kugira uruhare. Bifasha kandi umuntu kwibuka ibyo yanyuzemo bikanashimangira kwiga.

Uko bigenda:

- Hitamo indirimbo ijyanye n’ingingo y’ikiganiro;
- Saba abahugurwa gufatanya nawe kuyiririmba;
- Saba abahugurwa gusesengura icyo iyo indirimbo ishaka kuvuga;
- Saba abahugurwa kugaragaza ingingo z’isomo bakura muri iyo ndirimbo (icyo ibigisha);
- Andika izo ingingo ku rupapuro (flipchart) muzirebere hamwe n’abahugurwa imwe imwe;
- Indirimbo kandi zishobora gukoreshwa n’uhugura kugira ngo ashimangire ingingo runaka igihe hari ibyo arimo abwira abahugurwa;
- Agakuru na ko gashobora gukoreshwa muri ubwo buryo.

H. Amashusho n’amafoto

Ikoreshwa ry’amashusho n’amafoto ni uburyo bukomeye bwo kwerekana ibibazo cyane cyane ikibazo cy’ibangamirwa ry’uburenganzira bwa muntu dore ko abantu babibona kandi bigasiga ishusho igaragara mu mitwe y’ababireba. Ni ibikoresho by’ingenzi byo kwigisha kuko bituma umuntu yibaza ikiri inyuma y’ishusho; icyo ishaka kwerekana. Bishobora gukoreshwa hagamijwe gukurura impaka ku ngingo yaganiriweho cyangwa bikerekanwa mu gihe cy’amahugurwa ngo bishimangire ingingo nkuru yaganiriweho.

Uko bigenda:

- Hitamo amashusho/amafoto yerekana ingingo iganirwaho, urugero, igitero cyagabwe ku muntu, gufata umuntu nabi, ihohoterwa, n’izindi.

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy’amahugurwa

- Ha buri tsinda ishusho/ifoto bayirebe kandi basesengure ibiriho;
- Buri tsinda rigomba kwandika ibibazo ryibaza kuri ayo mashusho/amafoto;
- Gusaba amatsinda kugurana amashusho/amafoto, buri tsinda rigasubiza ibibazo byagaragajwe n'ayandi matsinda;
- Ibibazo n'ibisubizo ku mashusho/amafoto bigomba guhita bimanikwa aho bose babibona. Kubijyaho impaka muri rusange.

I. Ibishushanyo

Gushushanya bigira akamaro mu guteza imbere gukorera hamwe no kongera ubumenyi bwo gukorera hamwe. Imyitozo myinshi ijyanye no gushushanya ishobora gukoreshwa mu ntangiriro, mu kwerekana uburyo bwo gukorera hamwe cyangwa igihe cyo gushyiraho amabwiriza/amategeko agenga abari mu ihugurwa.

Urugero:

- Gushyira abahugurwa mu matsinda ya babiri babiri;
- Gusaba buri wese gushushanya mugenzi we basangiye itsinda ari na ko habazwa ibibazo 'witwa nde, ni ibiki bigushimisha, ni he wumva wifuza gusura, ni ikihe kintu cy'ingenzi wifuza kugeraho mu buzima bwawe...?'
- Uko umuntu abaza mugenzi we ibibazo ni na ko yandika ibyo amusubiza kuri ibyo bibazo akoresheje ibimenyetso iruhande rw'ishusho yashushanyije;
- Bagomba guhinduranya uwabajije mbere na we akabazwa na mugenzi we umwitozo ugakomeza utyo;
- Uyu mwitozo ugomba gukorwa bari mu itsinda rimwe bateranye imigongo;
- Ibyakozwe muri uyu mwitozo nyuma bivugirwa muri rusange mu itsinda rya bose.

J. Videwo na filimi z'ibyabaye

Videwo na filimi bituma abantu bibaza cyane kandi byahinduye ubuzima bw'abantu. Bisiga ishusho mu mitwe y'abantu yerekana neza uko bumva ibintu. Hari videwo na filimi byinshi byakozwe ku burenganzira bw'umugore mu bihugu byinshi byo muri Afurika. Izo videwo na filimi bishobora gukoreshwa mu gihe gikwiye cy'amahugurwa.

Uko bigenda:

- Mbere y'uko amahugurwa aba, hitamo videwo na filimi bijyanye n'ingingo izibandwaho igihe cy'amahugurwa;
- Menya neza niba aho amahugurwa azabera hari ibikoresho byo kwerekana videwo na filimi;
- Iyibutse ibizigishwa mbere y'igihe kugira ngo wizere neza ko usobanukiwe n'ibibazo bizaganirwaho;
- Mbere y'uko amahugurwa atangira suzuma neza ko videwo iri aho itangirira ku girango nujya kuyerekana itazatangirira hagati;
- Suzuma ibikoresho mbere y'uko gahunda y'amahugurwa itangira;
- Erekanwa videwo cyangwa filimi ku gihe gikwiye kuri porogaramu;
- Ntukerekane amafilimi y'ibyabaye yigisha igihe gishyira saa sita cyangwa gato nyuma ya saa sita igihe abahugurwa bananiwe kandi basa n'abasinzira. Ahubwo za videwo zishimishije zishobora kwerekanwa muri ayo masaha;
- Niba herekanywe videwo ishobora gutuma abantu bagaragaza marangamutima ni ngombwa ko ushaka umujyanama uba hafi kugira ngo afashe abashobora kugira ibibazo by'ihungabana cyangwa akoreshe umwitozo wabafasha gutsinda ayo amarangamutima;
- Saba abahugurwa ko bandika ingingo z'ingenzi zirimo isomo nyuma byandikwe kurupapuro (flipchart);

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Videwo yerekanywe yagombye kuba intangiriro y'ibiganiro byimbitse ku nsanganyamatsiko y'amahugurwa yagaragayemo.

K. Udukino

Udukino dufasha abahugurwa kuruhuka kandi banadukuramo inyigisho.

Uko bigenda:

- Shaka agakino keza kandi karimo inyigisho;
- Saba abahugurwa kwerekana ingingo z'amasomo yavanwa muri ako gakino;
- Andika izo ingingo ku rupapuro (flipchart).

L. Udukuru two gufindura

Udukuru nk'utu ni uburyo bwiza bwo gufasha abahugurwa gutekereza cyane ku ngingo iganirwaho.

Uko bigenda:

- Shaka agakuru ko gufindura nka "papa wa Yohani";
- Ako gakuru kabwire abahugurwa;
- Saba ko niba hari uwaba yarigeze kumva ako gakuru atagasobanurira abandi;
- Nyuma yo gusobanura neza ako gakuru, saba abahugurwa kwandika amasomo bagakuyemo.

Hari ubundi buryo bwinshi bukoreshwa mu guhugura abantu bakuru. Cyakora ubu bwavuzwe haruguru ni bwo bukunze gukoreshwa.

Amahame agenderwaho mu mikoreshereze y'uburyo bwo kwigisha

- Ni ngombwa kuzirikana ko nta bisubizo biri byo cyangwa bitari byo ahubwo habaho uburyo butandukanye bwo kubona ibintu;
- Buri gitekerezo gitanzwe ni ingenzi;
- Uko abahugurwa bagaragaza amasomo bakuye mu byigishijwe, byandike mu nyandiko igaragara ku rupapuro rwandikwaho (flipchart);
- Isomo rigana ku mwanzuro, kora incamake y'ingingo z'ingenzi zumvikanyweho ugerageze kugira ibyo wongeraho ariko ingingo zagibwaho impaka uzireke uko ziri;
- Ntabwo ari byiza guhatira abahugurwa kumva ibintu uko wowe ubyumva;
- Ibibazo bikurura impaka ndende bishyirwa ku ruhande bikaza kuganirwaho nyuma;
- Nta bitekerezo bigomba kugucika cyangwa ngo ugire ibyo usuzugura;
- Ntuhatire abantu kuvuga ibyo wifuza cyangwa ngo ibitekerezo bitanzwe ubifate nk'ibidafite agaciro uzenguruka uca kuri buri wese umubaza kandi igitekerezo cye amaze kukikubwira.
- Garagaza ko buri gitekerezo ari cyiza kandi ucyandike.
- Umaze kubona ko abahugurwa barangije gutanga ibitekerezo bari bafite, ongera usuzumire hamwe na bo ingingo bavuze imwe imwe, nibishoboka muzitondeke hakurikijwe uko zisumbana (uko zihutirwa).
- Ntugashake ko ingingo zose zemerwa na bose byanze bikunze.

Gahunda y'umunsi		
UMUNSI WA MBERE		
Igihe	Igikorwa	Ubishinzwe
8.00 -8.30	Kwakira abitabiriye amahugurwa	Abahagarariye umuryango watumye abantu mu mahugurwa
8.30 – 9.00	Kwibwirana n'intangiriro	Umuhuzabitekerezo
9.00-9.30	Kumvikana ku by'ibanze: Ibyifuzo, Intego n'amabwiriza/amategeko agenga ihugurwa	Umuhuzabitekerezo
9.30- 10.00	Imirimo mu matsinda no guhuriza hamwe (Uburenganzira bwa muntu ni iki?)	Abahugurwa
10.00- 10.30	Ibiganiro biyobowe: Uburenganzira bwa muntu icyo ari cyo.	Umuhuzabitekerezo
10.30 – 11.00	AKARUHUKO & ICYAYI	
11.00-12.00	Amateka y'uburenganzira bwa muntu	Umuhuzabitekerezo
12.00-01.00	Uburenganzira bw'umugore nk'uburenganzira bwa muntu	Umuhuzabitekerezo
1.00- 2.00	IFUNGURO RYA SAA SITA	
2.00-2.30	Gusobanura ihohoterwa rikorerwa mu ngo icyo ari cyo	Umuhuzabitekerezo
2.30- 3.00	Impamvu ari ngombwa kwita cyane ku ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo
3.00- 4.30	Amoko y'ihohoterwa rikorerwa mu ngo	Abahugurwa/umuhuza bitekerezo
4.30- 5.00	Abagira uruhare mu ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo
5.00-5.30	Gusuzuma umunsi	Umuhuzabitekerezo
5.30	ICYAYI NO GUSOZA UMUNSI	

UMUNSI WA KABIRI		
Igihe	Igikorwa	Ubishinzwe
8.00 – 8.30	Kwibukiranya ibyaganiriweho ku munsi wa 1 no guhana amakuru	Abahugurwa
8.30-9.30	Impamvu z'ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo
9.30- 10.30	Ibijyanye n'igitsina, imyororokere n'ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo
10.30 -11.00	AKARUHUKO & ICYAYI	
11.00-12.00	Ibijyanye n'igitsina, imyororokere n'ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo n'abahugurwa
12.00- 12.30	Kuki abagore bahohoterwa ariko bakaguma mu ngo zabo?	Umuhuzabitekerezo
12.30-1.00	Ibyiciro by'ihohoterwa	Umuhuzabitekerezo
1.00- 2.00	IFUNGURO RYA SAA SITA	
2.00- 2.45	Ibyo abantu bemera tari byo n'ibyo bemera bishobora kuba byo cyangwa ntibibye byo ku ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

2.45-3.15	Ingaruka z'ihohoterwa rikorerwa mu ngo	Umuhuzabitekerezo
3.15-4.15	Ibisobanuro kuri Gender n'igitsina	Umuhuzabitekerezo
4.15-4.45	Ibyo abantu bemera kuri Gender bishobora kuba byo cyangwa ntibibe byo	Umuhuzabitekerezo
4.45-5.45	Ibituma ihohoterwa rishinga imizi	Umuhuzabitekerezo
5.45- 6.00	Gusuzuma umunsi	Umuhuzabitekerezo
6.00	ICYAYI NO GUSOZA UMUNSI	

UMUNSI WA GATATU		
Igihe	Igikorwa	Ubishinzwe
8.00 – 8.30	Kwibukiranya iby'umunsi wa kabiri	Umuhuzabitekerezo
8.30- 9.15	Amakimbirane icyo ari cyo	Umuhuzabitekerezo
9.15-10.00	Impamvu z'amakimbirane	Umuhuzabitekerezo
10.00-10.30	Amoko y'amakimbirane	Umuhuzabitekerezo
10.30-11.00	AKARUHUKE & ICYAYI	
11.00-11.30	Ibimenyetso bigaragaza ko hagiye kuvuka amakimbirane	Umuhuzabitekerezo
11.30-12.15	Gukemura amakimbirane	Umuhuzabitekerezo
12.15-11.00	Ihungabana icyo ari cyo	Umuhuzabitekerezo
1.00- 2.00	IFUNGURO RYA SAA SITA	
2.00-2.30	Amoko y'ihungabana	Umuhuzabitekerezo
2.30-3.00	Ibibazo bikurikira ihungabana	Umuhuzabitekerezo
3.00-3.45	Ubujyanama icyo ari cyo	Umuhuzabitekerezo
3.45-4.45	Ibiranga umujyanama mwiza	Umuhuzabitekerezo
4.45-5.30	Ubumenyi na tekiniiki z'ubujyanama	Umuhuzabitekerezo
6.00	ICYAYI NO GUSOZA UMUNSI	

UMUNSI WA KANE		
Igihe	Igikorwa	Ubishinzwe
8.00 – 8.30	Kwibukiranya iby'umunsi wa gatatu	Umuhuzabitekerezo n'abahugurwa
8.45-9.15	Ubuwugizi icyo ari cyo	Umuhuzabitekerezo
9.15- 9.30	Kugena/guhitamo ingamba	Umuhuzabitekerezo
9.15-9.30	Gushaka no kwegeranya ibikoreshe by'ubuvugizi	Umuhuzabitekerezo
9.30-10.00	Ibyiciro by'ubuvugizi	Umuhuzabitekerezo
10.00- 10.30	Kwiyambaza amategeko	Abahugurwa
10.15- 10.40	AKARUHUKE & ICYAYI	
11.00-12.30	Kwiyambaza amategeko	Umuhuzabitekerezo
12.30-1.00	Uburyo bwo guhugura uha uruhare uhugurwa	Abahugurwa/ amatsinda
1.00- 2.00	IFUNGURO RYA SAA SITA	
2.00-6.00	Uburyo bwo guhugura uha uruhare uhugurwa	Umuhuzabitekerezo-abahugurwa
6.00-6.30	Gusuzuma amahugurwa	Umuhuzabitekerezo
6.30-7.00	Gusozza amahugurwa	
Umunsi wa kane		

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Imbonerahamwe yakoresheya mu isuzuma

	Ikigero					
Ibibazo	5	4	3	2	1	Icyo wabivugaho
Ni kukihe kigero amahugurwa yasubije ibyifuzo byawe?						
Erekana ikigero ubumenyi bushya wungutse buriho.						
Igihe cyakoreshejwe gute?						
Uburyo bwo guhugura bwari bumeze bute?						
Ni kukihe kigero washyira uburyo abahugura bakoresheje?						
Ni ibiki bindi wifuza kuvuga kuri aya mahugurwa?						

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

Inshamake y'itangazo mpuzamahanga ry'amahame y'ikiremhamuntu

1. Ibiremwa muntu byose bivukana ubwigenge n'uburinganire mu gaciro no mu burenganzira bwabyo.
2. Buri muntu afite uburenganzira bwe nta tandukanyirizo na rimwe ribayeho.
3. Buri wese afite uburenganzira mu kwigenga no ku mutekano we.
4. Ubucakara ntibwemewe.
5. Iyicwarubozo, gufatwa cyangwa guhabwa ibihano bya kigome na kinyamaswa ntibwemewe.
6. Buri wese afite uburenganzira bwo gufatwa nk'umuntu imbere y'amategeko.
7. Abantu bose bararashya kandi bagomba gufatwa kimwe imbere y'amategeko.
8. Buri wese afite uburenganzira bwo kwitabaza urukiko rubifitiye ububasha igihe uburenganzira bwe bwabangamiye.
9. Buri wese afite iburenganzira bwo gutegwa amatwi mu ruhamwe n'umuntu udafite aho abogamiye.
10. Nta muntu ugomba gufatwa, gufungwa cyangwa kwirukanwa mu gihugu cye ku buryo bunyuranyije n'amategeko.
11. Umuntu wese afite uburenganzira bwo gufatwa nk'umwewe igihe cyose atarahamwa n'icyaha; ntawe ugomba guhanirwa icyaha kitari mu mategeko igihe yagikoraga.
12. Amabanga y'umuntu ntagomba kuvogerwa
13. Umuntu wese afite uburenganzira bwo kujya aho ashatse harimo ubwo gusohoka no kugaruka mu gihugu cye.
14. Buri wese afite uburenganzira bwo gusaba ubuhungiro mu bindi bihugu cyane cyane iyo akurikiranywe n'ibya politiki.
15. Buri wese afite uburenganzira ku bwenegihugu
16. Umuntu wese afite uburenganzira mbere, hagati na nyuma yo gushyingirwa no kugira umuryango uko abyifuza.
17. Buri wese afite uburenganzira bwo kugira umutungo
18. Umuntu wese afite uburenganzira ku bitekerezo bye, ku mutimanama we, no ku idini rye.
19. Buri wese afite uburenganzira ku bwigenge bwo kuvuga ibyo atekereza.
20. Buri wese afite uburenganzira bwo kujya mu nama no mumashyirahamwe.
21. Buri wese afite uburenganzira ku miyoborere y'igihugu cye harimo gutora no gutorwa.
22. Buri wese afite uburenganzira bwo kuba mu muryango
23. Uburenganzira bwo kugira akazi bugomba kubahirizwa.
24. Buri wese afite uburenganzira ku kiruhuko no kwishimisha.
25. Buri wese afite uburenganzira ku mibereho myiza ijyanye n'urwego rwe n'umuryango we. Ababyeyi n'abana ntibavogerwa.
26. Buri wese afite uburenganzira bwo kwiga.
27. Buri wese afite uburenganzira bwo kugira uruhare ku bijyanye n'umuco w'iwabo.
28. Buri wese agomba gufashwa na sosiyete ye ndetse n'amahanga kugira ngo ubwigenge n'uburenganzira afite bikubiye muri aya mahame byubahirizwe.
29. Buri wese afite ibyo agomba kubahiriza muri sosiyete ye bizatuma ubumuntu bwe bwuzuye bugerwaho.
30. Nta n'umwe yaba igihugu cyangwa umuntu ku giti cye wemerewe guhakana uburenganzira bukubiye muri iyi nyandiko.

Ibitabo n'inyandiko byifashishijwe

1. Dipak Naker & Lori Michau; Rethinking Domestic Violence; A Training Process for Community Activists; Raising Voices & CEDOPIV; 2004
2. Police Training on Gender and Human Rights; Federation of Women Lawyers, Kenya; August 2002; Nairobi, Kenya
3. A Curriculum for Community Paralegal Workers; Paralegal Support Network; May 2003; Nairobi, Kenya
4. Manual for Paralegal Trainers; Paralegal Support Network September 2005; Nairobi, Kenya
5. Responding to Family and Domestic Violence; A Guide to Health Care Professionals in Western Australia; Eastern Perth Public and Community Health Unit; December 2001; 2nd Edition
6. Vidya Shah and Devika Sahdev; Strength in Action; An Educator's Guide to Preventing Domestic Violence; Published by Breakthrough, New Delhi; 2004
7. Coordinated Community Response to Domestic Assault Cases: A Guide for Policy Development; Domestic Abuse Intervention Project; Duluth Minnesota;
8. Lori Michau & Dipak Naker; Mobilising Communities to Prevent Domestic Violence; A Resource Guide for Organizations in East and Southern Africa; 2003
9. Musasa Project in Partnership with Ministry of Higher and Tertiary Education;

Kurwanya ihohoterwa rikorerwa abagore mu ngo: Igitabo cy'amahugurwa

- Gender Violence Manual for Students, Lecturers and Support Staff; December 2005
10. Millie Odhiambo & Jeff Maganya: Making Schools A Safe Horizon for Girls; A Training Manual on Preventing Sexual Violence against Girls in Schools; The CRADLE-The Children Foundation; 2004, Nairobi, Kenya
 11. Professor Munywoki Samson: Basic Skills in Counselling; Report of a training workshop by United States International University and The CRADLE: Nairobi, 2003.
 12. Indira Jaising; Law of Domestic Violence; A User's Manual for Women; Universal Law Publishing Co. Ltd; New Delhi; 2001
 13. Leslye E. Orloff & Catherine Kleinn; Domestic Violence; A Manual for Probono Lawyers; Ayuda Inc; Second Ed; 19992

ⁱ Musasa Project, in Partnership with Ministry of Higher and Tertiary Education; Manual on Gender Violence for Students, Lecturers and Support Staff; Harare, Zimbabwe, December 2005

ⁱⁱ Dipak Naker & Lori Michau; Rethinking Domestic Violence; A Training Process for Community Activists; Raising Voices & CEDOPIV; 2004