

Dore uburyo twakoresha ngo dufashe bene uwo muntu :

Kuganira n'umuntu ku byamubayeho muri Jenocide, mu buhunzi no muri iki gihe.

- Umwerekana ko umwumva, kandi ko ibyo akubwira bitaguteye kwiheba no kugira ubwoba.
- Mushobora kubiganira muri babiri, mu muryango, cyangwa muri benshi nko mu mashyirahamwe cyangwa se mw'ishuli.

Muri ubu buryo bwose tumaze kuvuga, wahitamo ubwo ubona bukwoho.

Nuganira n'umuntu ku bintu bibi byamubayeho, birumvikana ko azongera kubabara, ndetse ashobora no kurira. Nawe ubwawe uzumva ushegeshwe n'agahinda. Ariko ni ngombwa kwiyumvisha ko aribwo buryo bwa mbere bwo gufasha uwahungabanye.

Si ukuvuga ko icyo kiganiro kibabaje ari cyo cyahoraho, ariko ni ngombwa rwose ko igihe umuntu ashaka kugira uwo babiganiraho yabona ushobora kumutega amatwi. Niyo yaba ari umwana wamureka akavuga yisanzuye uko abyifuza aho kumucecekesha no kumutwama ngo nabyibagirwe

Mu gihe cy'icyunamo birashoboka ko habaho abantu bagaragaza ibimenyetso bikomeye by'ihungabana nk'ibi bikurikira :

- Agahinda kenshi,
- Kurira, kutaguma hamwe, kwikanga, gukoma akamo,
- Kubona abantu baje kumwica, akagerageza kubihisha no kubahunga bikamera nk'igihe ibyamubayeho byarimo biba n'iyo haba hashyize igihe kirekire n'ibindi...

Icyo gihe bizaba ngombwa ko:

- Abantu bamukura mu kivunge cy'abantu agashyirwa ahantu hatuje kandi hiherereye,
- Ari mu rugo naho, bakamwegera bakamutega amatwi bakamuhumuriza byaba ngombwa bakihutira kumushyikiriza inzego z'ubuvuzi ari zo:
 - Abajyanama b'ubuzima,
 - Abakangurambaga b'ihungabana,
 - Ikigo nderabuzima,
 - Ibitaro by'akarere biri hafi,
 - Ibitaro bikuru bya Kaminuza bya Kigali
- Ibitaro by'indwara zo mu mutwe by'i Ndera.

VI. UMWANZURO

Abanyarwanda twese dukwiye guhagurukira ikibazo cy'ihungabana by'umwihariko muri ibi bihe by'icyunamo kuko icyo kibazo kidafiteye ingaruka mbi abahungabanye gusa ahubwo cyugariye igihugu cyose: mu mibereho ya buri muni, mu mibanire y'abantu n'abandi, mu burezi, muri gahunda y'ubumwe n'ubwiyunge bw'abanyarwanda, mu mutekano, ubukungu n'iterambere by'igihugu.

Buri muntu wese rero asabwe kwirinda gutererana ufite ibibazo by'ihungabana cyangwa se kumubera nyirabayazana.

Niba hagize umuntu uhura n'ibyo bibazo, inama nziza ni iyo kumutega amatwi ndetse no kwihutira kumujoyana kwa muganga.



RWANDA
BIOMEDICAL
CENTER

A Healthy People. A Wealthy Nation

REPUBULIKA Y'U RWANDA



MINISITERI Y'UBUZIMA

**IHUNGABANA N'UBURYO BWO
GUFASHA UWAHUNGABANYE**



CTB RWANDA

I. IRIBULIRO

Amarorerwa yagwiriyeye u Rwanda muri Jenoside yakorewe Abatutsi mu 1994 ari mu rwego rwa bimwe mu bitera ihungabana. Ingaruka zageze ku mubare munini w'abacitse ku icumu ry'ayo mahano no ku babuze ababo ndetse n'ababibonaga. Kubera uburemere bw'ayo marorerwa, umuryango nyarwanda muri rusange warangiritse ndetse n'umuntu ku giti cyeye. Nyuma y'akaga nkako umuntu asigara atakiri nka mbere.

Na n'uyu muni ibibazo by' ihungabana bikomeje kugaragara, cyane cyane mugihe cyo kwibuka, ndetse hari n'aho ihungabana rigenda rifata indi ntera ikomeye y'uburwayi bwo mu mutwe.

Ni muri urwo rwego Minisiteri y'Ubuzima yongeye kwibutsa abaturarwanda ibyo bagomba kumenya ku byerekeranye n'ihungabana n'uko bakwitwara kugira ngo turusheho kurikumira no gufasha abagaragaje ibimenyetso byaryo.

II. IHUNGABANA NI IKI ?

Abahanga bavugaga ko ihungabana ryagereranywa n'imihindukire mu myifatire n'imigirire, mu mico no mu bitekerezo by'umuntu wagwiririrwe n'ishyamba rimutunguye, bigatuma abura uko yabyifatamo, ntibigire ivugiro kuko n'uwo yabibwira yumva ko atabyumva, yewe nta n'icyo yamumarira.

III. IMPAMVU ZITERA IHUNGABANA NI IZIHE ?

Aha turatanga ingero zimwe na zimwe:

- Gutotezwa, gukomeretswa ku mubiri,
- Kubona aho abantu bicwa cyangwa bakomeretswa,
- Kwumva abantu batabaza cyangwa bavuzaga induru,
- Guheka imirambo cyangwa abantu bakomeretse,
- Kwihisha mu mirambo,
- Gufatwa ku ngufu,
- Gusenyera, gutwikirwa,
- Kwicirwa n'uwo uzi,
- Guhunga, gutana n'abawe,

- Guhatirwa ikibi utashoboraga gukora,
- Kwihakanwa n'uwo wizeraga,
- Gushinyagurirwa, n'ibindi bibi byinshi.

Ibintu nk'ibyo bisiga mu mutwe w'umuntu urwibutso rushobora kumubabaza igihe kinini cy'ubuzima bwe.

IV. IBIMENYETSO BIRANGA UWAHUNGABANYE NI IBIHE ?

Ibimenyetso biranga uwahungabanye biri ukwinshi. Bimwe muri byo ni ibi bikurikira :

- Kurota inzozi zifitanye isano nibyakubayeho,
- Guhora wikanga, ushikagurika nkaho bya bindi byabaye byongeye kugaruka,
- Gohorana ubwoba wikanga igiti n'isazi,
- Kubura ibitotsi cyangwa ugasinzira nabi,
- Guhora utekereza ibyakubayeho,
- Gusubira inyuma mu mikorere no mu myitwarire: umwana akongera kwituma ku buriri, konka urutoki, kureka kuvuga n'ibindi,
- Kudashaka kurya, umwana akarya adashaka cyangwa akaryagagura,
- Kurwaragurika ntihagire akarwara kamucaho,
- Kurangara (ngo umwana ntacyumva, ntawamenya ibyo yiberamo n'ibindi.)
- Guhorana agahinda, ku bana bato bagahora barira nta mpamvu igaragara,
- Abana bato bakunda kwihambira ku bantu bakuru ntibabarekure ndetse n'abo batazi,
- Guhorana umushiha no kugira amahane, agasa n'udashaka umwegera cyangwa umuvugisha,
- Kunywa ibiyobyabwenge (inzoga, itabi, urumogi n'ibindi.)
- Kutagira uwo yizera, n'ibindi.

Ariko hari ibimenyetso by'ingenzi bikunda kuranga abahungabanye. Ibyo ni ibi bikurikira :

- Umuntu ahora abona amashusho y'ibyamubayeho asa n'ayiyanditse mu bwenge agahora amugarukamo. Ibyo bigatuma umuntu adashobora kwita ku byo akora. Bimuzamo kenshi kandi atabishaka. Akunda kwibuka ibyo byose iyo nta kimuhugije cyangwa iyo aryamye.

- Akenshi agerageza kwirengagiza ikintu cyose gishobora kumwibutsa ibyamubayeho. Usanga bamwe basigaye batinya ibintu byinshi nk'ibikoresho byakoreshejwe mu kwica abantu nk'imipanga, ibyuma, impiri, imbunda, n'ibindi abandi bagatinya amatongo n'ibindi bintu bishobora kubibutsa ibyababayeho.

- Guhora yikanga, agahora asa n'aho yiteguye guhunga cyangwa kwitabara, akagira umutima uhagaze, akikanga igikomye cyose.

- Hariho n'ushegeshwa, akumva ameze nk'igishushungwe, umutima warabaye nk'ibuye, akumva ibyamubayeho ari nko kurota.

- Hari uwo usanga yariyanze, ntakimushimisha na kimwe, atiyitaho, akumva ko icyaruta ari ugupfa.

V. WAFASHA UTE UMUNTU WAGARAGAJE IBIMENYETSO BY'IHUNGABANA ?

Uburyo bwiza bwo gufasha uwahungabanye ni ukumufasha kugaragaza no kuvuga bya bintu bibi yibuka : ibyo yabonye, ibyamubayeho n'uko amerewe.