

Video	Audio
<p>Graphic: TUBIVUGEHO OUR SPACE</p>	<p>Trainer: Muraho, amazina yanjye ni ... nkaba ndi umunyeshuri muri Kaminuza y'u Rwanda ishuri ry'ubuforomo n'ububyaza.</p> <p>Muri iyi videwo tugiye kurebera hamwe icyo ihohoterwa ari cyo, amoko yihohoterwa, ingaruka zihohoterwa ndetse nicyo twakora mugihe dukorewe cyangwa se tubonye ukorerwa ihohoterwa</p> <p>Mbere yo gutangira ndangira ngo mbonereho umwanya wo kubibutsa nkurubwirako gukomeza kwirinda icyoreza cyugarije igihugu ndetse n'isi yose muri rusange cya COVID-19 twubahiriza amabwiriza ashirwaho nibigo by'ubuzima mu gihugu harimo kwambara agapfukamunwa, gukaraba intoki no guhana intera.</p> <p>Iki kiganiro mukigezwaho n'umuryango Rwanda we want ku bufatanye na Intrahealth International binyujijwe muri gahunda y'Ingobyi Activity, iterwa inkunga na USAID.</p>
<p>Ihohoterwa ni iki?</p>	<p>Ihohoterwa ni igikorwa icyo aricyo cyose gikorera umuntu atabishaka haba ku mubiri, mu mitekereze, ku myanya ndangagitsina no ku mutungo kubera ko ari uw'igitsina gore cg igitsina gabo. icyo gikorwa kimuvutsa uburenganzira bwe kandi kikamugiraho ingaruka mbi.</p> <p>Umuntu uwo ariwe wese ashobora guhohoterwa hitatawe ku myaka ye, akazi akora, idini rye cyangwa se ibindi bintu binyuranye bigaragaza itandukaniro hagati y'abantu. Cyakora ubushakashatsi bunyuranye bugaragaza ko abagore n'abana aribo bahohoterwa kurusha abandi.</p>

<p>Amoko y'ihohoterwa</p>	<p>Hari amoko ane yihohoterwa ari yo:</p> <p>1. Ihohoterwa rikorerwa ku gitsina (Sexual violence): Gusambanywa ku gahato, Ihohoterwa rikorerwa mu buriri igihe abashyingiranywe baba batumvikanye mbere yo kubonana, kwangiza imyanya ndangagitsina, gushyingira abana b'abakobwa bakiri bato, guhatira umukobwa gukaramo inda, kutagira ijambo ku buzima bw'imyororokere, gukorakorwa ku myanya ndangagitsina ku gahato</p> <p>2. Ihohoterwa rikomeretsa umubiri (Physical violence): kwangiza cyangwa gukomeretsa umubiri, guterwa imigeri, kunigwa, guhutaza, gukururwa amatwi cyangwa imisatsi, kubohwa,</p> <p>3. Ihohoterwa rikomeretsa umutima (Psychological violence): Guhozwa ku nkeke, gutukwa, guteshwa agaciro, gupfobywa, gucyurirwa, guhabwa akato, gusuzugurwa, gucunaguzwa, kwanga kukuvugisha, kwimwa ijambo, kugenura mu kwita abana amazina atera ipfunwe cyangwa agenura, kwikoma undi ngo atera umwaku.</p> <p>4. Ihohoterwa rishingiye ku mutungo (Economic violence): Gusahura (umutungo w'urugo: kuwugurisha rwihishwa), kwicishwa inzara, kutagira ijambo ku micungire n'imikoreshereze y'umutungo w'urugo, kudashobora kwikenuza umutungo w'urugo igihe ubikeneye, kwimwa uburenganzira bwo kuzungura, gukora imirimo myinshi y'urugo kandi ntihabwe agaciro.</p>

<p>Ingaruka zihohoterwa</p>	<ul style="list-style-type: none"> • Urupfu • Kwiyahura • Ubumuga n’uburwayi budakira • Kwangiza imyanya ndangagitsina, kuzinukwa imibonano mpuzabitsina cyangwa kuyigirira irari rikabije • Kudindira ku mikurire y’abana • Gutwita imburagihe kw’abana kandi imibiri yabo itarakomera • Kwandura indwara zandurira mu myanya ndangagitsina harimo na SIDA • Kwiheza no kwisuzugura • Kutigirira icyizere • Kuba igikange • Guhungabana • Umutekano muke • Gukuramo inda • Umusaruro muke mu kazi, ku ishuri • Kudakomeza amashuri • Abana bata icyizere mu bantu bakuru
<p>Ni iki twakora mu gihe dukorewe cyangwa se tubonye uwakorewe ihohoterwa?</p>	<p>Mu gihe ukorewe ihohoterwa urasabwa guhita wihutira kujya kwa muganga bakaba baguha ubufasha bwibanze. Bigira umumaro iyo uwahohotewe atararenza amasaha 72 /iminsi itatu 3 (akarindwa inda itateguwe, Maladie sexuellement transmissible including HIV/AIDS prevention , agakingirwa Tetanos na Hepatite B. ndetse</p>

	<p>n'ibimenyetso akenshi biba bitarasibangana, bityo bikifashishwa gukurikirana uwahohoteye.</p> <p>Buri mwangavu wese utararenza imyaka 18 wakorewe ihohoterwa agomba kumenya ko uwamuhohoteye agomba kubiryoza ndetse agahabwa ubufasha bukwiye. naho mugihe ubonye ukorerwa ihohoterwa urasabwa kwihutira gutanga amakuru ku nzego zumutekano cyangwa k'umuganga kugira ngo ukorewe ihohoterwa ahabwe ubufasha.</p>
<p>SEGMENT 2: Quiz; multiple choice</p>	<p>Reka dukore igeragezabumenyi ku masomo tumaze kubona.</p> <p>1. Muri aba bakurikira ni nde ushobora gukorerwa ihohoterwa rishingiye ku gitsina</p> <p>A. Umuhungu B. Umukobwa C. Umuntu uwo ari we wese</p> <p>Igisubizo cy'ukuri ni C. Umuntu uwo ari we wese</p> <p>2. Subiza yego cyo oya</p> <p>Ese Guhungabana, kwiheza ndetse no kwisuzugura ni zimwe mu ngaruka zihohotewe rishingiye ku gitsina?</p> <p>Igisubizo ni Yego, Guhungabana, kwiheza ndetse no kwisuzugura ni zimwe mu ngaruka zihohotewe rishingiye ku gitsina?</p>
<p>Graphic: Ubutumwa</p>	<p>Ubuzima bw'inyorokere ni ibintu bisanzwe nta bwoba cyangwa ipfunwe bikwiye kugutera. Mu bigonderabuzima mu gihugu cyose hari abakozi babitorejwe biteguye kugufasha no kuguha amakuru yisumbuyeho, kandi mu ibanga rikomeye.</p> <p>Babyeyi, mugire umuco wo kuganiriza abana banyu kubuzima bwabo bw'inyorokere, nibwo uzabasha no kumenya amakuru y'ibyamubayeho.</p>

Niba hari ikibazo wifuza kutubaza cyangwa se icyo utumvise neza mu byo twize,watwandikira kuri (numero) tukazagusubiza mu kiganiro cyacu cy'ubutaha.

Dutinyuke kuganira ku buzima bw'imyororokere kuko ni ingenzi. #tubivugeho