



# Imfashanyigisho ku buzima bw'imyororokere



Dusobanukirwe n'ubuzima bw'imyororokere mu rubyiruko rufite imyaka 15-24

*Kigali, Mata 2018*



# Ubuzima bw'imyororokere ni iki?



# **Ubuzima bw'imyoyorokere ni iki?**

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

# Inyigisho ya 1:

## Ibyerekeye serivisi zigenewe urubyiruko



# Ibyerekeye serivisi zigenewe urubyiruko

- ✓ Serivisi zigenewe urubyiruko ni serivisi zibanda cyane ku buzima bw'imyororokere nko gukumira inda z'abangavu, indwara zandurira mu mibonano mpuzabitsina n'ihohoterwa.
- ✓ Ni serivisi zizewe, ziboneka ku mavuriro, ku mashuri ku bigo by'urubyiruko n'ahandi
- ✓ Ni serivisi zisubiza ibibazo by'urubyiruko kandi zidahenze.
- ✓ Izo serivisi zitangirwa mu ibanga kandi mu buryo bunogeye urubyiruko.
- ✓ Zitangwa n'abakozi babihuguriwe kandi babifitiye uburenganzira.
- ✓ Itangwa rya serivisi z'urubyiruko rikorwa neza hatabayeho gutegereza igihe kirekire.

# Ni izihe serivisi zigenewe urubyiruko?



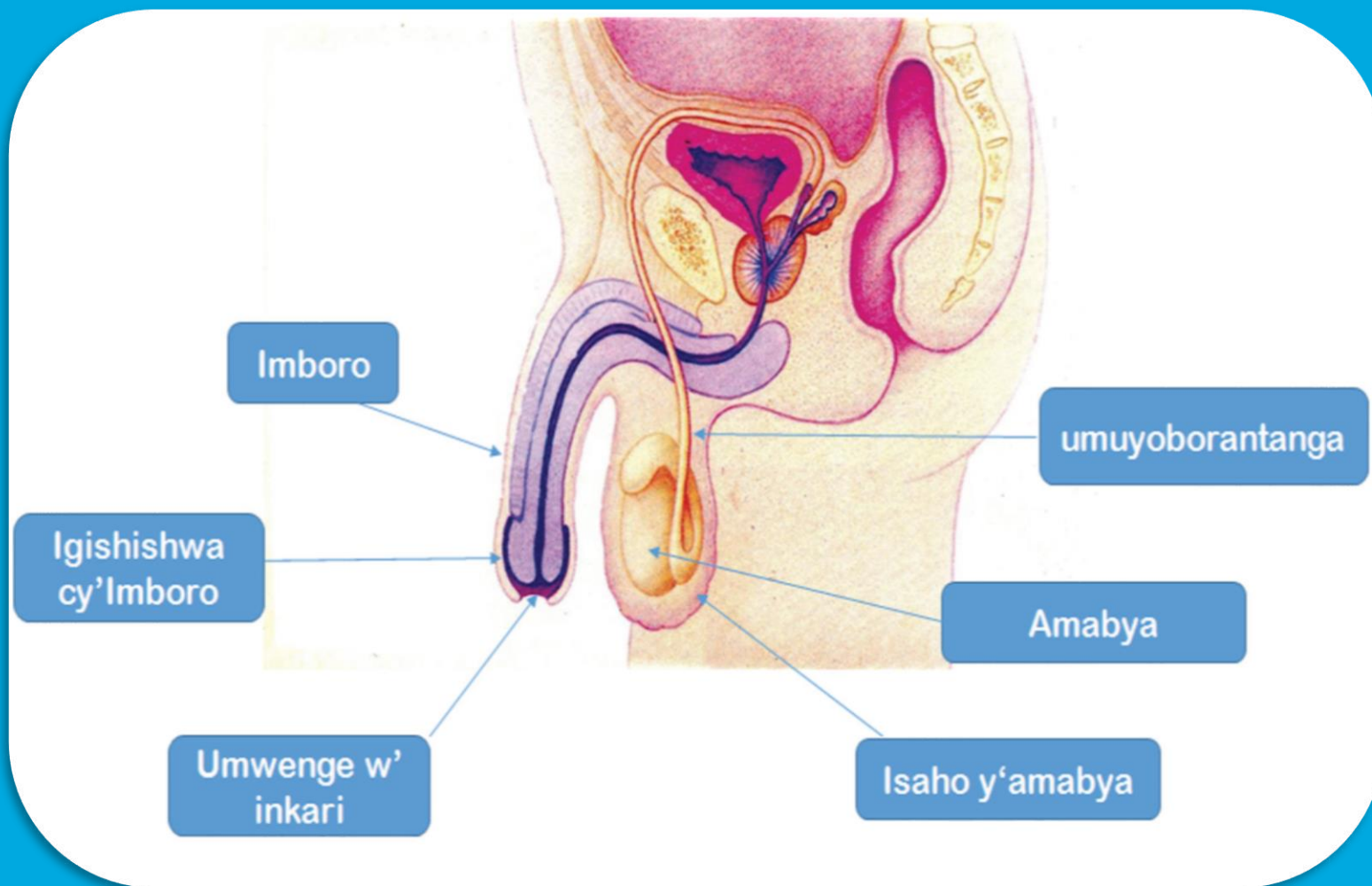
# Ni izihe serivisi zigenewe urubyiruko?

- ✓ Guhabwa inyigisho zerekeranye n' ubuzima bw' imyororokere
- ✓ Guhabwa inyigisho n'uburyo bwo kuboneza urubyaro
- ✓ Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina
- ✓ Gukumira ihohoterwa rishingiye ku gitsina no gufasha abarikorewe
- ✓ Ubujyanama no gupima Virusi itera SIDA
- ✓ Ubujyanama ku bitegura kurushinga
- ✓ Inyigisho zigamije gukumira inda mu bangavu
- ✓ Ubujyanama ku gupima no gukurikirana ubuzima bw'abakobwa batwite
- ✓ Ubujyanama bujyanye no kwirinda gukuramo inda mu buryo budakurikije amategeko no kwita ku wagize ingaruka zo gukuramo inda
- ✓ Inyigisho ku kamaro ko gukebwa ku bahungu no gutanga iyo serivisi.



# Inyigisho ya 2:

## Imyanya myibarukiro/ndangagitsina ku bahungu





# **Imyanya myibarukiro/ndangagitsina y'abahungu**

## **1. Imboro:**

- Ni urugingo rw'igitsina gabo (abahungu/abagabo) rugizwe n'umubiri ufobagana ruba hagati y'amaguru hejuru y'amabya
- Ni urugingo rwinjira mu nda ibyara y'umugore/umukobwa mu gihe cy'imibonano mpuzabitsina kandi niho amasohoro anyura
- Ni igitsina cy'umuhungu kibyimba iyo ashaka gukora imibonano mpuzabitsina
- Igishishwa cy'imboro gitwikira umutwe w'imboro kandi nicyo bakebaho mu gihe cyo gukebwa.
- Umwenge w'inkari niho inkari zinyura ziva mu ruhago zisohoka hanze kandi niho amasohoro anyura kuva umuhungu ageze mu gihe cy'ubugimbi.

## **2. Amabya:**

- Ni udusabo tubiri tuba muni y'imboro ku bahungu/bagabo kandi niho intanga ngabo zikorera kandi zibikwa
- Mu mabya ninaho imisemburo imwe n'imwe y'abahungu/abagabo ikorerwa.

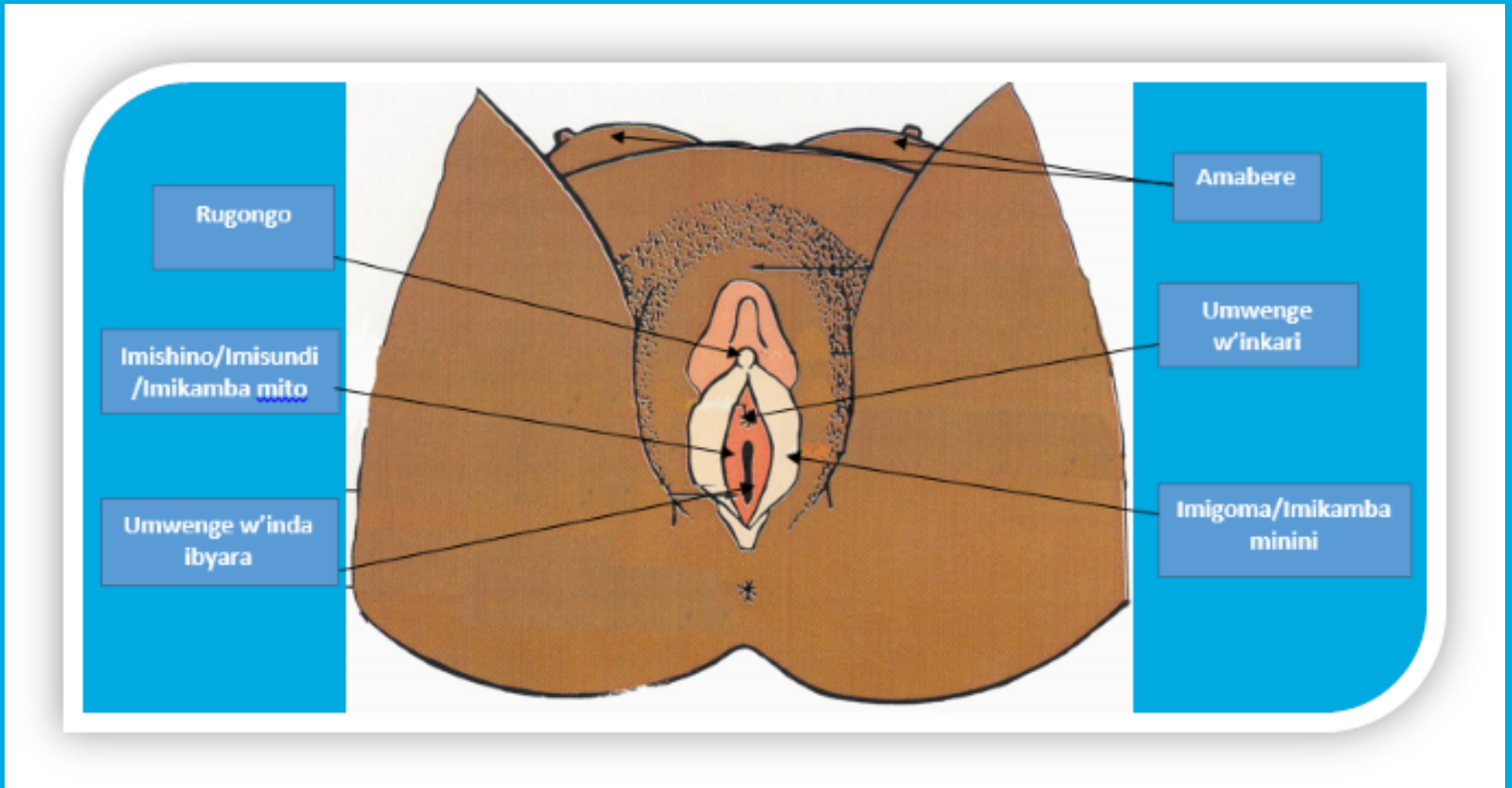
## **3. Isaho y'amabya:**

- Ni agahu gatwikira kandi kakarinda amabya

## **4. Umuyoborantanga:**

- Ni umuyoboro utwara intanga ngabo uzivana mu mabya uzijyana mu muyoboro w'inkari uba mu mboro.

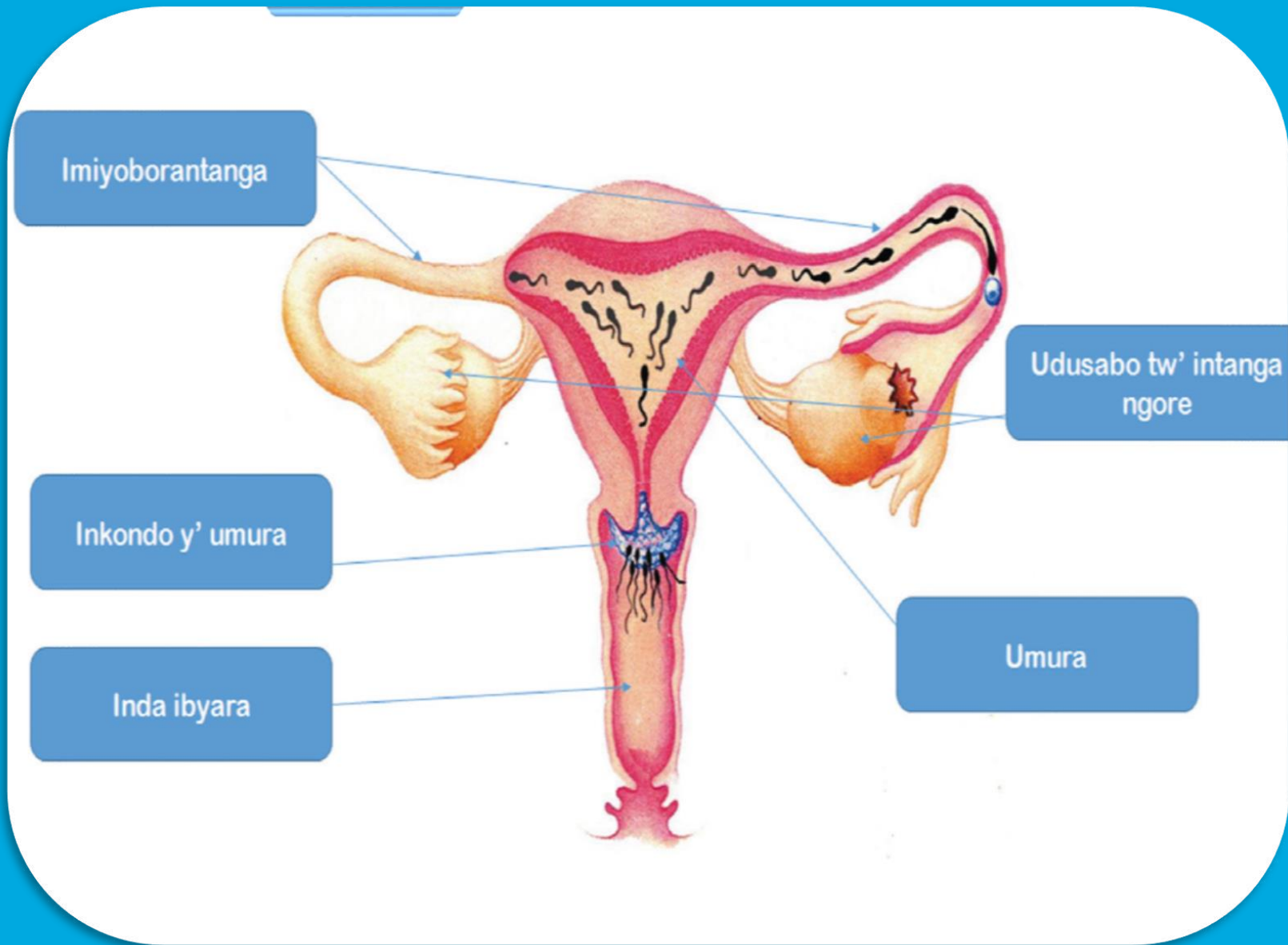
# Imyanya myibarukiro/ndangagitsina ku bakobwa



## Imyanya myibarukiro/ndangagitsina y'inyuma ku bakobwa

#	Umwanya	Icyo ari cyo	Akamaro
1	Umwenge w'inda ibyara	Ni urwinjiro rw'inda ibyara	<ul style="list-style-type: none"> <li>- Aho imboro yinjirira mu nda ibyara mu gihe cy' imibonano mpuzabitsina</li> <li>- Niho amaraso asohokera mu gihe cy'imihango</li> </ul>
2	Imishino/Imisundi/Imikamba mito	Ni utwugara tubiri duto dufashe tuva kuri rugongo tugana hasi	<ul style="list-style-type: none"> <li>- Itwikira kandi ikarinda umwenge w'inda ibyara</li> </ul>
3	Rugongo	Ni urugingo ruri aho imishino/imisundi ihurira hejuru y' umwenge w'inkari n'urwinjiro rw'inda ibyara	<ul style="list-style-type: none"> <li>- Umwanya utuma umukobwa/umugore ashukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo uwukozeho</li> </ul>
4	Umwenge w'inkari	Ni urwinjiriro rw'umuyoboro w' inkari	<ul style="list-style-type: none"> <li>- Niho inkari zisohokera</li> </ul>
5	Imigoma/Imikamba minini	Ni utwugara tubiri tunini tuva ku mbuga y'igituba tugana hasi aho igituba kirangirira	<ul style="list-style-type: none"> <li>- Itwikira kandi ikarinda umwenge w'inda ibyara</li> </ul>
6	Amabere	Ni ibice bibiri by'umubiri byiburungushuye biherereye ku gituzo. Amabere yiyongera mu mubyimba mu gihe cy'ubwagavu kandi ni nayo atanga amashereka mu gihe cyo konsa.	<ul style="list-style-type: none"> <li>- Amabere yagenewe konsa no gutunga umwana amaze kuvuka</li> <li>- Amabere atuma umukobwa/umugore ashukwa (yumva ashaka gukora imibonano mpuzabitsina) iyo akozweho.</li> </ul>

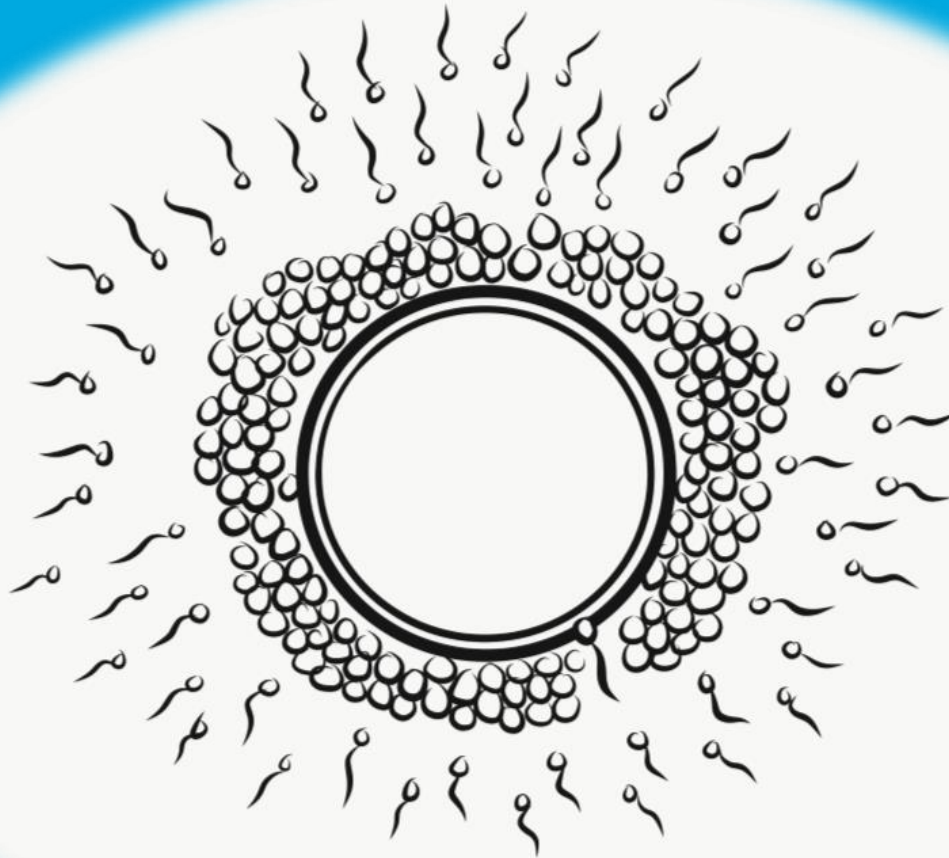
# Imyanya myibarukiro/ndangagitsina y'imbere ku bakobwa



## Imyanya myibarukiro/ndangagitsina y'imbere ku bakobwa

#	Umwanya	Icyo ari cyo	Akamaro
1	Inda ibyara/Igituba	Ni umuyoboro ugizwe n'imikaya ituruka kurwinjiriro rw'inda ibyara ikarangirira ku nkondo y'umura	<ul style="list-style-type: none"> <li>- Ni umwanya wakira imboro mu gihe cy'imibonano mpuzabitsina</li> <li>- Haboneka amatembabuzi afasha intangangabo kwinjira iyo habaye imibonano mpuzabitsina</li> <li>- Niho umwana anyura iyo avuka</li> <li>- Niho amaraso anyura asohoka mu gihe cy'imihango</li> </ul>
2	Inkondo y'umura	Ni igice cyo hasi ku ntangiriro y'umura	<ul style="list-style-type: none"> <li>- Hakorerwa ururenda rufasha mw' ijyanwa ry'intangangabo</li> <li>- Niho amaraso y'imihango asohokera ijya mu nda ibyara</li> <li>- Inkondo y' umura irifungura mu gihe cyo kubyara maze umwana agasohoka mu mura</li> <li>- Icyitonderwa: Ni umwanya woroshye ukunda gufatwa na zimwe mu ndwara zandurira mu myanya ndangagitsina na kanseri</li> </ul>
3	Imiyoborantanga	Ni imiyoboro ibiri ituruka kuri Nyababyeyi ikanyura iburyo n'ibumoso bwayo ikarangirira k'udusabo tw'intangangore	<ul style="list-style-type: none"> <li>- Niho intangangabo n'intangagore zihurira mu gihe cy'isama</li> <li>- Iyo habayeho isama niho urusoro runyura rugiyeye mu mura</li> <li>- Kuva mu bwangavu kugeza mu gihe cy'icura, buri kwezi, umuyoborantanga w'iburyo n'uw'ibumoso bigenda bisimburana kwakira intangangore imwe imwe</li> </ul>
4	Umura/Nyababyeyi	Ni umwanya mwibarukiro na ndangagitsina w'imbere munini ugizwe n' imikaya ifitemo umwanya imbere	<ul style="list-style-type: none"> <li>- Ni umwanya ushinzwe kwakira no kugaburira urusoro kuva ku isama kugeza ku kubyara</li> <li>- Niho amaraso aturuka mu gihe cy'imihango</li> </ul>
5	Udusabo tw'intangangore	Ni udusabo tubiri tugizwe n'imikaya yiburungushuye ifashe ku mpera z'imiyoborantanga yombi	<ul style="list-style-type: none"> <li>- Nitwo dushinzwe gukora no kubika intangangore</li> <li>- Kuva mu bwangavu kugeza ku icura, buri kwezi, agasabo k'iburyo n'ak'ibumoso tugenda dusimburana kohereza intangangore imwe mu muyoborantanga</li> <li>- Udusabo tw'intangangore dufasha mu ikorwa n'ikoreshwa ry'imisemburo y'abagore (estrogen na progesterone --- soma esitorojene na porojesiterone)</li> </ul>

# Gusama ni iki?





## Gusama ni iki?

- Guhura kw'intangangore n'intangangabo bikabyara urusoro
- Muri rusange intanga ngabo imwe niyo yinjira mu ntangangore
- Urusoro nyuma y'isama ruva mu muyoborantanga rukajya mu mura/nyababyeyi aho ruzakurira
- Urusoro iyo rumaze gukura rwitwa umwana (umwana ushyitse avukira amezi icyenda)
- Urusoro rushobora gukurira ahandi hatari mu mura. icyo gihe iyo hatabonetse ubufasha bw'abaganga havuka ibibazo bishobora gutera urupfu.

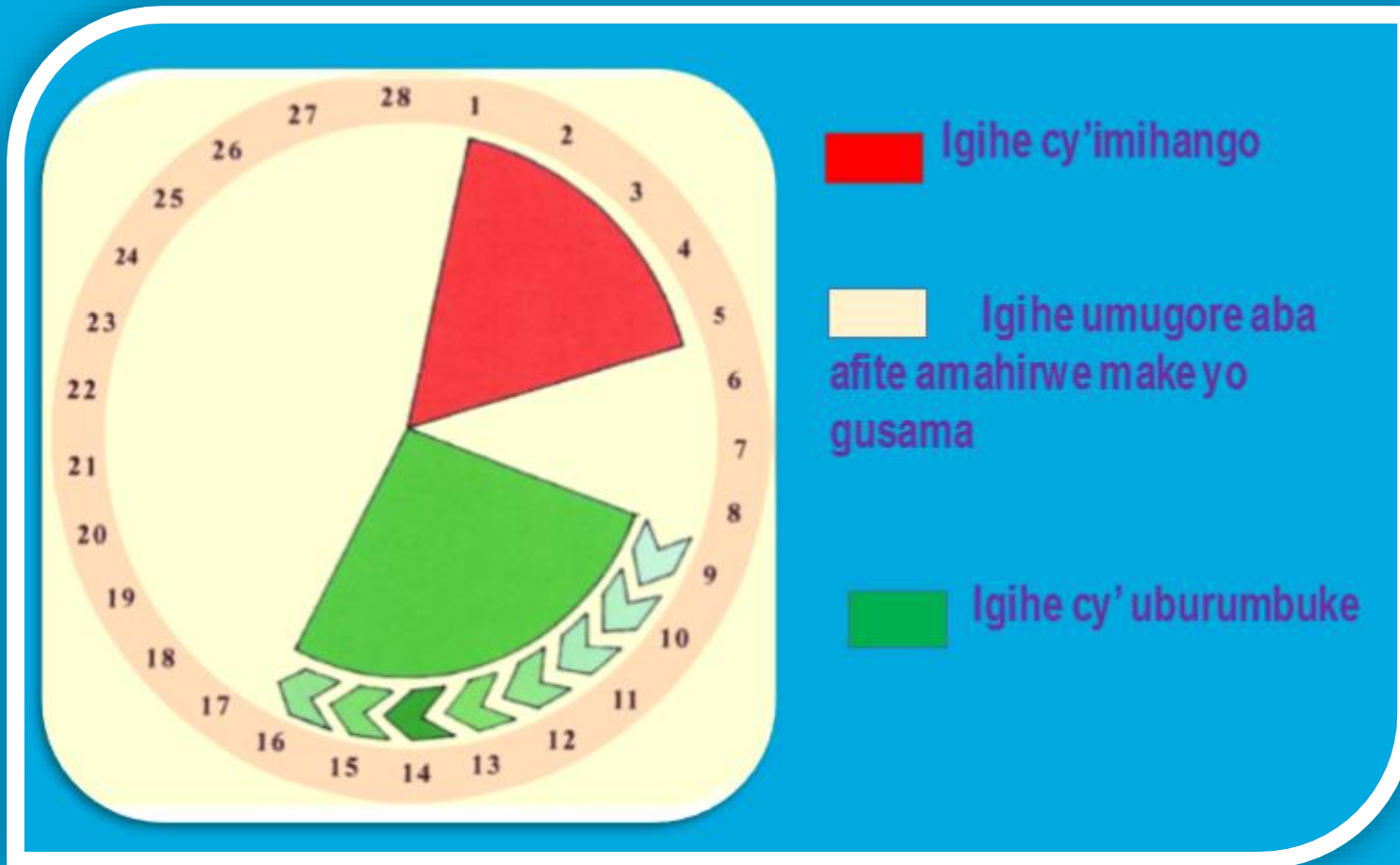
# Kujya mu mihango bisobanura iki?



# Kujya mu mihango bisobanura iki?

- Gusohoka hanze kw' amaraso aturutse muri nyababyeyi agasohokera mu gitsina cy'umukobwa
- Imihango bivuga ko nta sama ryabayeho, bityo aho urusoro rwari kuzakurira hagatangira komoka no kuva amaraso
- Ubusanzwe imihango imara hagati y'iminsi 3-5 muri rusange. Iyo minsi ishobora kugabanuka cyangwa ikarenga ku bagore cyangwa abakobwa bamwe na bamwe.
- Abakobwa bamwe bagira imihango ibababaza, ariko ntibivuga ko baba barwaye
- Gukora imibonano mpuzabitsina ntibivura kuribwa uri mu mihango nk'uko bamwe babyibwira!
- Umuntu akoze imibonano mpuzabitsina ari mu mihango ashobora gusama cyane cyane ku bantu bafite ukwezi guhindugurika!

# Ukwezi k'umugore ni iki?



# Ukwezi k'umugore ni iki?

- Ukwezi k'umugore ntibisobanura imihango ya buri kwezi. Ukwezi k'umugore gutangira umunsi wa mbere aboneyeho imihango kukarangira umunsi ubanziriza kubona imihango y'ukwezi gukurikiyeho.
- Ukwezi k'umogore kudahindagurika ugereranyije kumara iminsi 28 ariko gushobora no kumara iminsi 21-35 ku bagore bakuru cyangwa 21-45 ku bangavu.
- Ukwezi k'umugore guhindagurika kumara iminsi iri munsi cyangwa irenga iyavuzwe haruguru.
- Mu kwezi k'umugore habamo iminsi aba afite amahirwe yo gusama (“iminsi y'uburumbuke”), hakabamo n'indi minsi aba ari nta mahirwe (“Iminsi itari iy'uburumbuke”)yo gusama.
- Umugore arekura intangangore buri kwezi kwe. N'ubwo iyo ntangangore ibaho gusa amasaha 24 imaze kurekurwa, umugore ashobora gusama mu gihe cy'iminsi myinshi mu kwezi kwe kubera ko intanga ngabo ishobora kumara iminsi igera kuri itanu ikiri nzima muri nyababyeyi mbere cyangwa nyuma y'uko intanga ngore irekurwa.
- Ni ngombwa kumenya uburumbuke bwawe no gusobanukirwa ukwezi k'umugore
- Ibyo bizagufasha kumenya umubiri wawe no gusobanukirwa uburyo bwo kuboneza urubyaro no kwirinda inda zidateganyijwe.

## Ubugumba ni iki kandi buterwa ni iki?





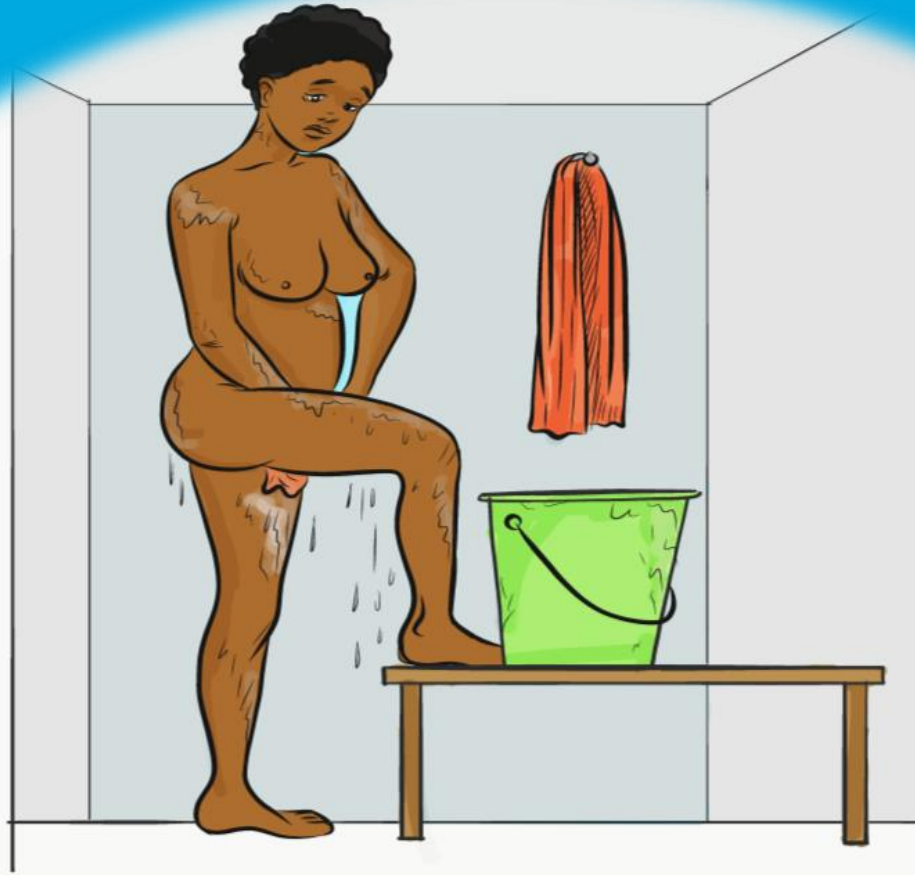
## Ubugumba ni iki?

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

## Ubugumba buterwa n'iki?

- Ugukorwa kw'amasohoro adahagije
- Intangangabo zidafite imbaraga
- Amavangingo y'umugore atabasha gutambutsa intangangabo bitewe n'indwara zandurira mu mibonano mpuzabitsina cyangwa hatarakozwe urugero ruhagije
- Kutarekurwa kw'intangangore
- Imyanya myibarukiro y'umugore cyangwa umugabo idakora neza

# Isuku y'imyanya ndangagitsina?

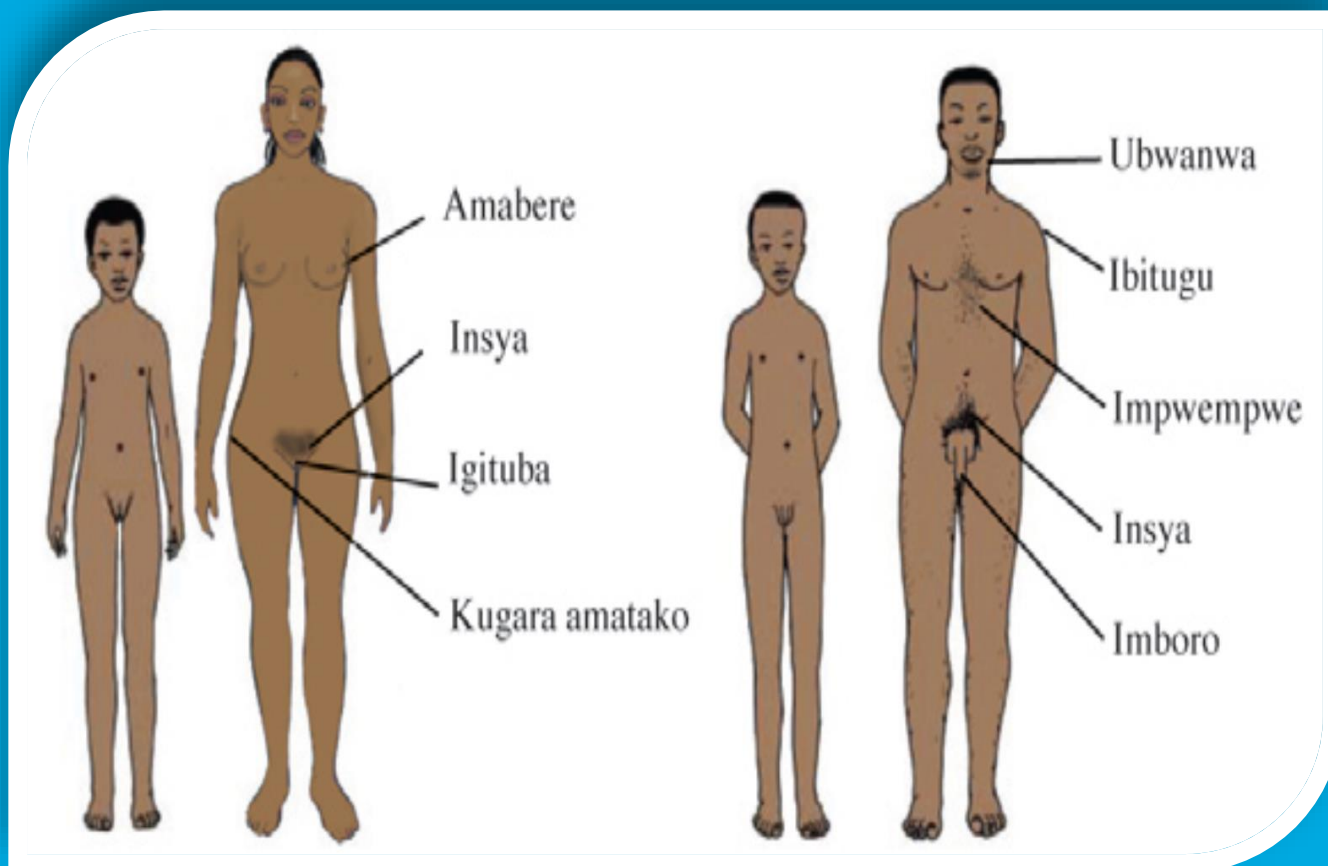


# Isuku y'imyanya ndangagitsina

- Kutagira isuku y'imyanya ndangagitsina bitera:
  - ✓ Impumuro mbi mu gitsina
  - ✓ Indwara z' uruhu harimo n' indwara zandurira mu myanya ndangagitsina na kanseri
- Imyanya ndangagitsina igomba kozwa buri munsu hakoreshejwe amazi meza kandi ahagije
- Ku bahungu ni byiza gukunguta imboro igihe umaze kwihagarika
- Ku bakobwa ni byiza gusukura imyanya ndangagitsina hakoreshejwe urupapuro rwabigenewe cyangwa amazi nyuma yo kwihagarika
- Ni byiza gusukura mu kibuno hakoreshejwe amazi cyangwa igipapuro cyabugenewe igihe umaze kwituma, uvana imbere uyuho
- Ni byiza gusukura mu ntoki igihe umaze gusukura imyanya ndangagitsina cyangwa uvuye ku musarane.
- Ni byiza kubanza koza mu gitsina ugakurikizaho mu kibuno, ariko ukoza uvana imbere werekeza inyuma.
- Birabujijwe gukoresha mu gitsina amasabune n'amavuta ahumura, imibavu cyangwa puderi kuko byakwangiza utunyangingo turinda umubiri
- Ku bahungu gukebwa ni bumwe mu buryo bw'isuku ariko nyuma yo kwisiramuzwa koza imyanya ndangagitsina bigomba gukomeza.

# Inyigisho ya 3:

## Ubugimbi n'ubwangavu ni iki?

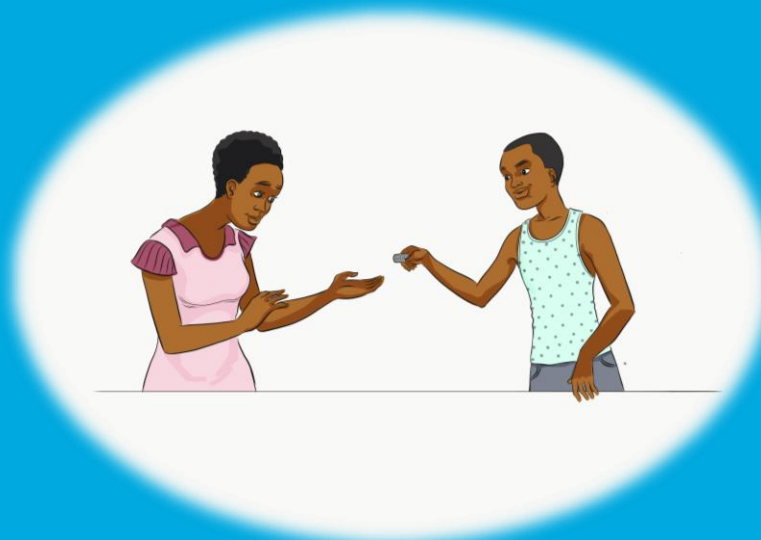


## Ubugimbi n'ubwangavu ni iki?

- **Ubugimbi n' ubwangavu** ni igihe cy' imihindagurikire y' umubiri aho umuntu aba ari kuva mu bwana ajya mu bukuru, icyo gihe gitangira hagati y' imyaka 12 na 14 ariko gishobora kuba mbere y'iyi myaka.
- **Impinduka z'umubiri ku bakobwa:**
  - Gukura mu gihagararo, kubyibuha mu matako no gukura kw' imyanya ndangagitsina muri rusange
  - Kumera insya, inshakwaha, amabere, umukobwa ashobora no kurwara ibishishi
  - Habaho kurekurwa kw' intangangore no kujya mu mihango bwa mbere
  - Mu gihe cy'ubwangavu umukobwa ashobora gusama kabone n'ubwo yaba atarabona imihango bwa mbere
- **Impinduka z'umubiri ku bahungu:**
  - Gukura mu gihagararo, kubyibuha mu gituzo no gukura kw' imyanya ndangagitsina muri rusange
  - Kumera insya n' incakwaha, kumera ubwanwa n' impwemwe, kuniga ijwi kandi umusore ashobora kurwara ibishishi
  - Kwirotaraho cyangwa gusohora bwa mbere
  - Muri iki gihe umusore ashobora gutera inda igihe akoze imibonano mpuzabitsina idakingiye kabone n'ubwo yaba atarirotaraho
- **Impinduka z'imatekerereze n' ibiyumviro ku bahungu n'abakobwa:**
  - Kwiyumvamo ko abandi batamwumva
  - Gushaka kwigenga aho kugengwa n'umuryango
  - Guhubuka mu gufata ibyemezo
  - Gutekereza no kwibaza cyane ku mpinduka zirimo kumubaho
  - Gutangira kwifuza gukora imibonano mpuzabitsina.

# Inyigisho ya 4:

## Uko indwara zandurira mu mibonano mpuzabitsina





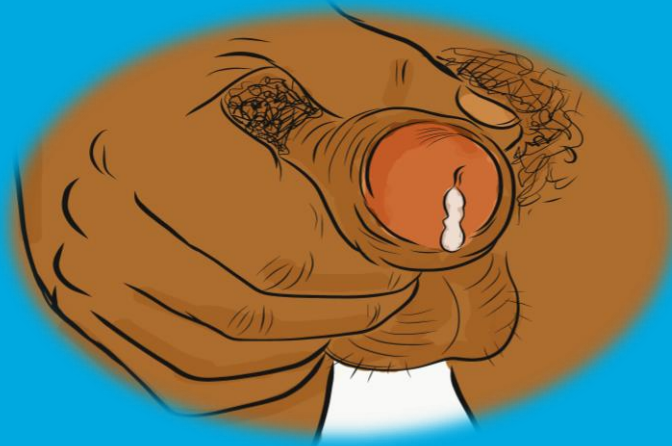
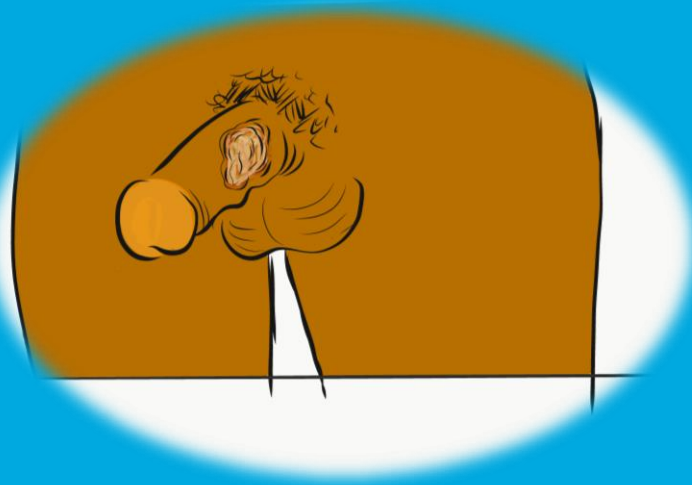
# Uko indwara zandurira mu mibonano mpuzabitsina zikwirakwizwa:

- ✓ Zandura zinyuze mu gitsina igihe habayeho imibonano mpuzabitsina idakingiye
- ✓ Zishobora kwandura habaye imibonano mpuzabitsina idakingiye ikorewe mu kibuno cyangwa mu kanwa
- ✓ Izo ndwara ababyeyi bashobora kuzanduza abana babatwite, bababyara cyangwa babonsa
- ✓ Zishobora kwandurira mu guhuza amaraso hagati y'uwanduye n'utanduye.

## Icyitonderwa:

- ✓ Imibonano mpuzabitsina idakingiye yakwanduza n'ubwo yaba ikozwe inshuro imwe
- ✓ Imiterere y'imyanya ndangagitsina y'umugore yorohereza kwandura indwara zandurira mu mibonano mpuzabitsina
- ✓ Indwara zimwe na zimwe zandurira mu mibonano mpuzabitsina ku bakobwa/abagore ntizigira ibimenyetso
- ✓ Ihohotera rishingiye ku gitsina ryibasira abakobwa/abagore cyane rikorwa n'abahungu/abagabo. Iyi ni imwe mu nzira zo kwandura izi ndwara.

# Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina



# Bimwe mu bimenyetso by'indwara zandurira mu mibonano mpuzabitsina:

- Kuribwa mu kiziba cy'inda no kuva atari igihe cy'imihango ku bakobwa/ abagore
- Kugira amashyira cyangwa amavangingo adasanzwe mu gitsina no kubabara igihe wihagarika
- Ibisebe bibabaza cyangwa bitababaza ku gitsina, mu kibuno cyangwa mu kanwa
- Kugira uburyaryate cyangwa uburibwe mu gitsina
- Kubyimba agahu gatwikira amabya ku bahungu/abagabo
- Kugira amasazi mu mayasha
- Kumera isharankima mu gitsina cyangwa hagati y'amaguru
- Kugira umuriro no kuribwa mu gihe cy'imibonano mpuzabitsina

## Icyitonderwa:

- Umuntu ashobora kugira kimwe cyangwa byinshi muri ibi bimenyetso
- Umuntu ashobora kutagira ikimenyetso na kimwe kandi yaranduye izi ndwara
- Ibimenyetso bimwe by'izi ndwara bishobora kwikiza nta muti, bitavuze ko umuntu aba yakize indwara/ubwandu kandi muri icyo gihe aba agishobora kwanduza abandi
- Inyinshi mu ndwara zandurira mu mibonano mpuzabitsina ziravurwa zigakira.
- Virusi itera SIDA na bumwe mu bwoko bw'umwijima ntizikira ariko zifite imiti igabanya ubukana bwazo bukagabanyuka, bityo ibyuririzi byazo bigakumirwa
- Mu gihe urwaye indwara zandurira mu mibonano mpuzabitsina, usabwe gushishikariza uwo mwayikoranye wese kwihutira kujya kwa muganga kwivuza.

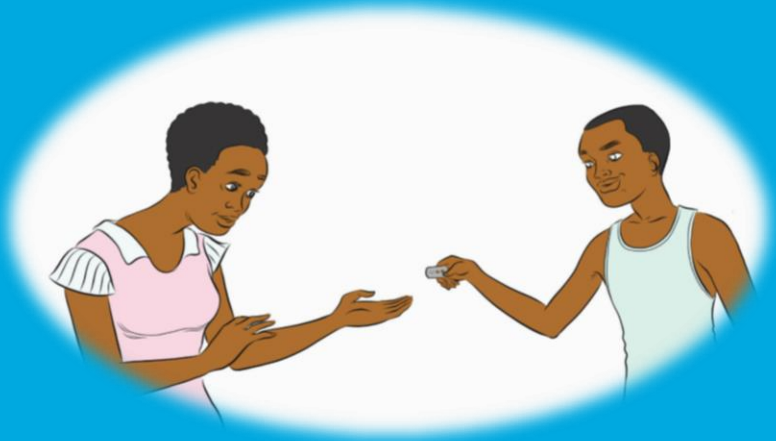
# Uko wakwirinda indwara zandurira mu mibonano mpuzabitsina



# Uko wakwirinda indwara zandurira mu mibonano mpuzabitsina:

- Kwifata kugeza ushinze urugo
- Gukoresha agakingirizo buri gihe kandi neza, igihe kwifata byakunaniye
- Kwipimisha indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA
- Kutagirana imibonano mpuzabitsina n'abantu benshi
- Kugira amakuru ahagije ku byerekeranye n'indwara zandurira mu mibonano mpuzabitsina
- Kwirinda gukoresha ibiyobyabwenge
- Kwirinda gukora uburaya no gukora imibonano mpuzabitsina na shuga dadi cyangwa shuga mami
- Ku bakobwa kwirinda gukoresha amasabune n'amavuta ahumura, imibavu ndetse na za puderi mu myanya ndangagitsina
- Kwiwebesha ku bagabo
- Kwitondera gukora imwe mu migenzo gakondo nko gukurakuza, gukuramo inzembe, gukazanura n'ibindi.

# Uburyo Virusi itera SIDA yanduriramo





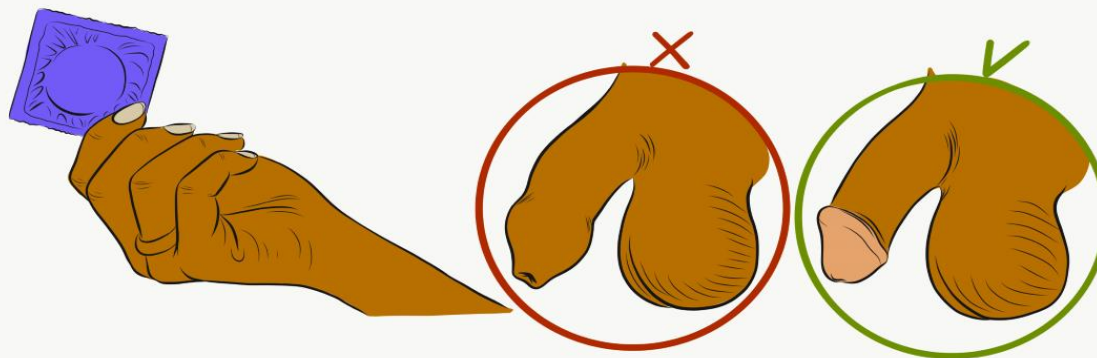
# Uburyo Virusi itera SIDA yanduriramo

- Imibonano mpuzabitsina idakingiye
- Gukoresha ibyuma n'ibindi bikoresho bikomeretsa byanduye
- Umugore ubana na Virusi itera SIDA ashobora kwanduza umwana igihe amutwite, amubyara cyangwa amwonsa

## Icyitonderwa: Ibi bikurikira ntibyanduza Virusi itera SIDA:

- Kubana no kwegera umuntu urwaye SIDA cyangwa wanduye virusi itera SIDA
- Gusangira amafunguro n'umuntu ubana cyagwa urwaye virusi itera SIDA
- Guhoberana no kuramukanya n'umuntu ubana na virusi itera SIDA cyangwa urwaye SIDA
- Gukoresha ubwiherero n'ubwiyuhagiriro bimwe n'umuntu urwaye cyangwa wanduye virusi itera SIDA
- Gukina cyangwa kogana n'umuntu ubana cyangwa wanduye SIDA
- Kuribwa n'umubu no gukororerwaho cyangwa kwitsamurirwaho n'umuntu urwaye cyangwa wanduye virusi itera SIDA

# Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

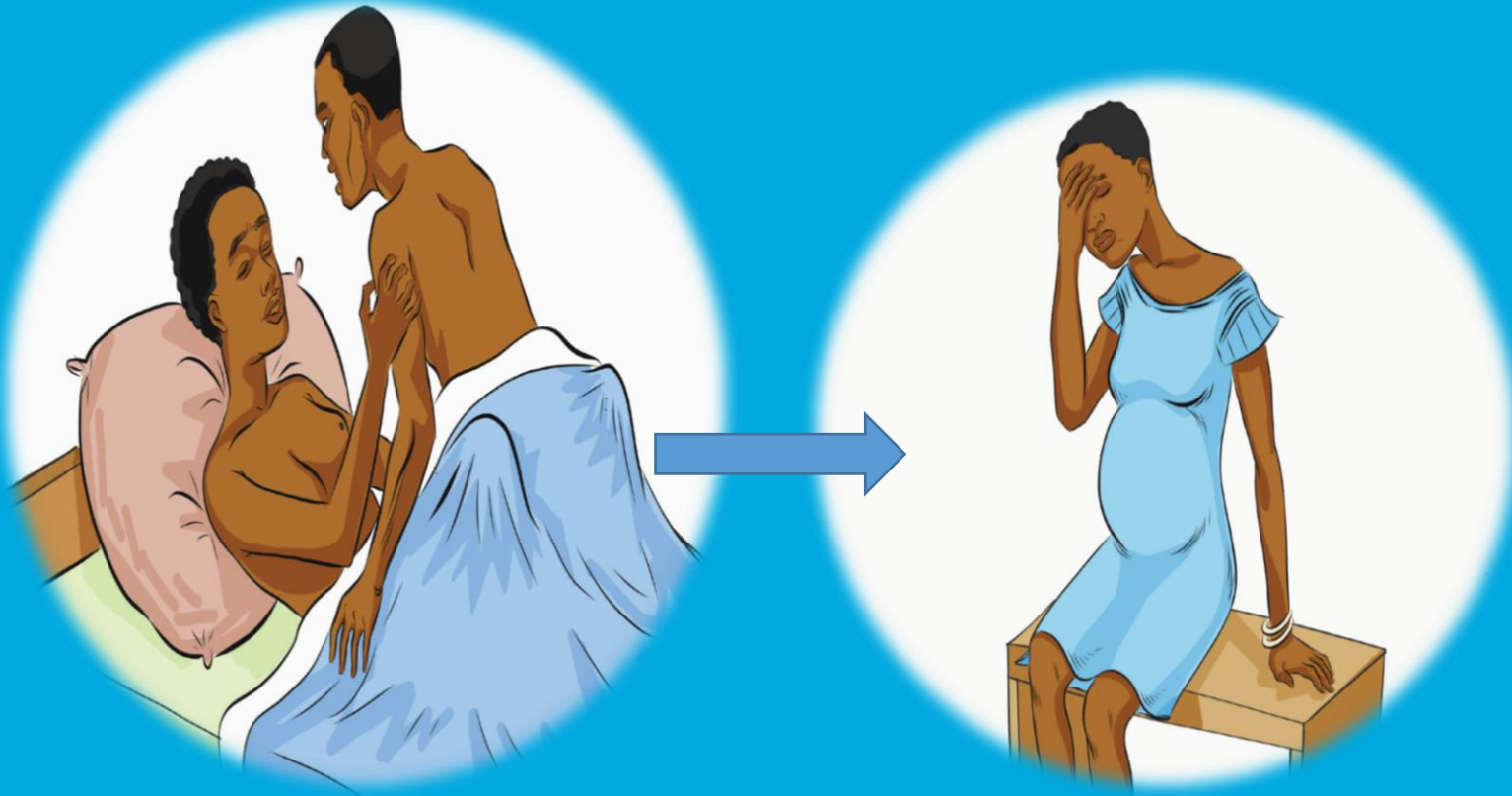


# Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

- Kwifata
- Ubudahemuka mu bashakanye
- Gukoresha agakingirizo igihe kwifata n'ubudahemuka byakunaniye
- Kwipimisha virusi itera SIDA ukamenya uko uhagaze
- Kwivuza indwara zandurira mu mibonano mpuzabitsina hakiri kare
- Kwirinda gukoresha inshinge zakoreshejwe n'ibindi bikoresho bikomeretsa
- Kwisuzumisha inda no kubyarira kwa muganga igihe umubyeyi atwite
- Kwihutira kujya ku kigo nderabuzima mu gihe wakoze imibonano mpuzabitsina idakingiye n'umuntu utazi uko ahagaze cyangwa n'umuntu ubana na virusi itera SIDA
- Gufata imiti igabanya ubukana bwa virusi itera SIDA ku banduye
- Gukebwa ku bahungu bigabanya ibyago byo kwandura virusi itera SIDA. Gusa gukebwa si urukingo kandi ntibirinda kwandura virusi itera SIDA ijana ku ijana.

# Inyigisho ya 5:

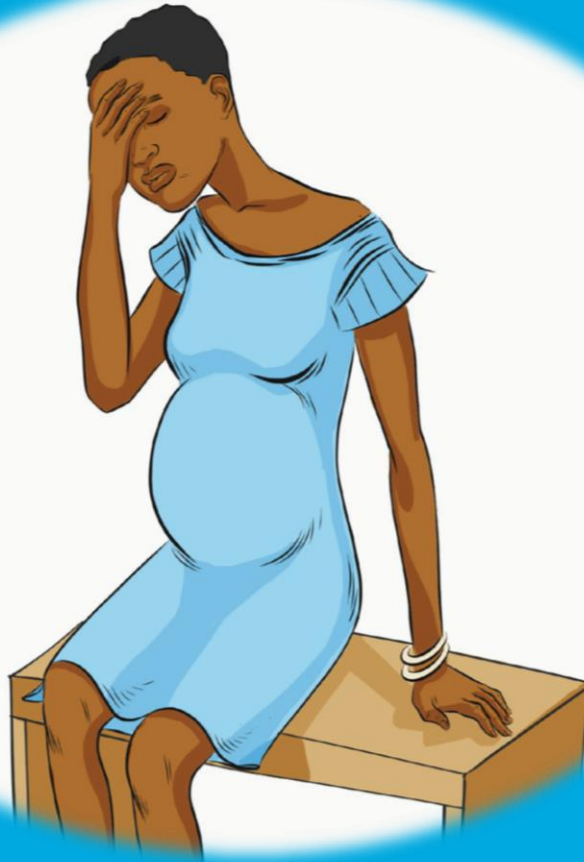
Zimwe mu mpamvu zitera gutwita mu bangavu



# Zimwe mu mpamvu zitera gutwita mu bangavu

- Agakungu k'urungano/ kugendera mu kigare
- Gutangira gukora imibonano mpuzabitsina ukiri muto
- Kutabona amakuru kandi yizewe ku buzima bw'imyororokere
- Gukoresha ibiyobyabwenge n'inzoga bishobora gutuma ukora imibonano mpuzabitsina idakingiye
- Ihohotera rishingiye ku gitsina harimo no gufata ku ngufu
- Ubukene n'irari
- Ba shuga dadi, uburaya hamwe n'icuruzwa ry'abantu.

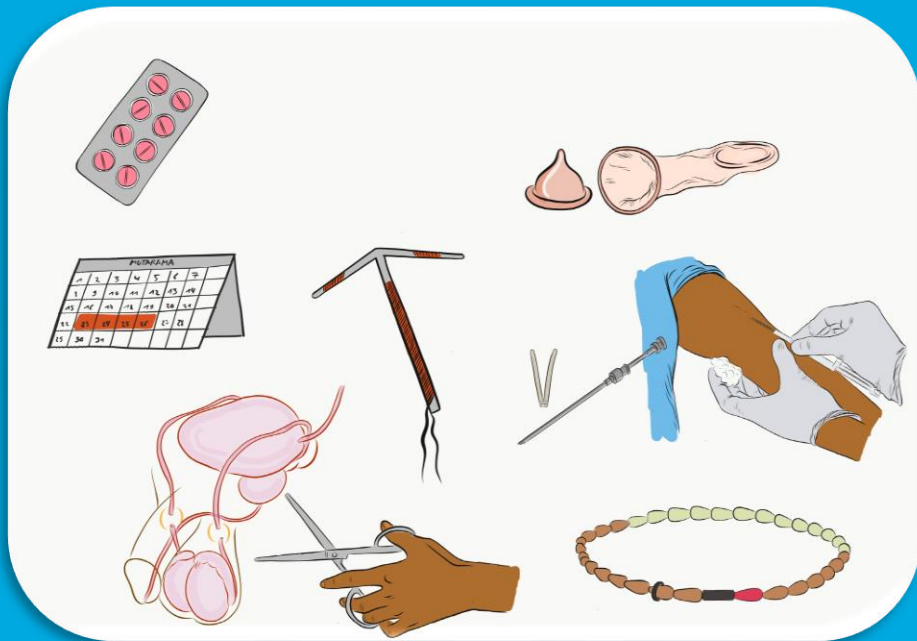
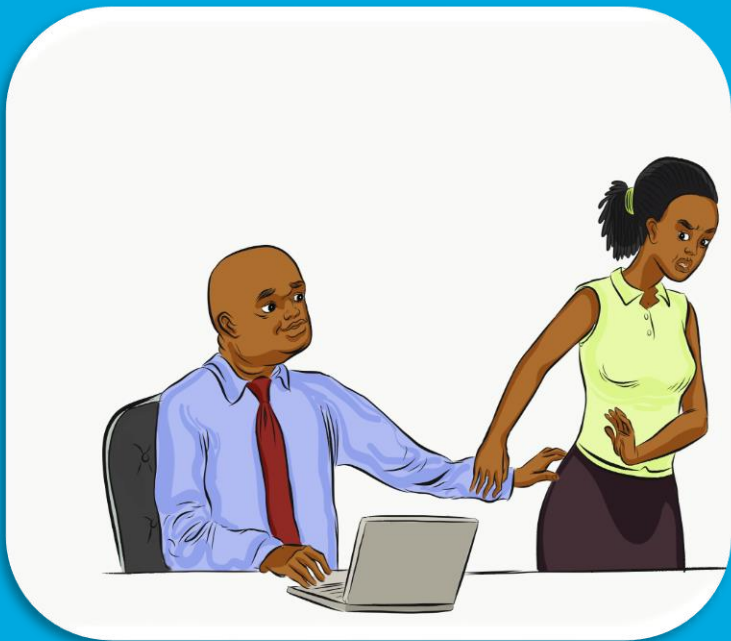
# Zimwe mu ngaruka zo gutwita ku bangavu



## **Zimwe mu ngaruka zo gutwita ku bangavu**

- Gushyira ubuzima bwawe mu kaga bishobora kukuviramo n'urupfu
- Gushyirwa mu kato n'ihezwa
- Gukuramo inda mu buryo budatekanye kandi butemewe n'amategeko
- Imbamutima z'ubwoba hamwe no kwiheba bishobora gutera kwiyahura
- Guhabwa akato no kwirukanwa mu muryango
- Guhagarika amashuri
- Ubukene
- Ingaruka ku buzima bw'umwana atwite

# Uburyo bwo kwirinda gusama ku bangavu





# Uburyo bwo kwirinda gusama ku bangavu

- Kwifata
- Gukoresha agakingirizo
- Gukoresha ubundi buryo bwo kuboneza urubyaro:
  - Ibinini n'inshinge
  - Udupira dushyirwa mu kaboko cyangwa mu nda ibyara
  - Uburyo bwa kamere (kubara ukwezi k'umugore, kwiyakana, kubara igihe cy'ubushyuhe ndetse no kugenzura ururenda.

**Icyitonderwa:** Hari ibinini bibuza gusama bishobora gukoreshwa nyuma yo gukora imibonano mpuzabitsina (emergency contraceptive pills) biboneka ku mavuriro yose no muri farumasi.

*Ibyo binini bibuza gusama bikoreshwa gusa igihe habayeho impanuka yo gukora imibonano mpuzabitsina idakingiye kandi itateguwe! Si byiza kubyimenyereza kuko bishobora kugira ingaruka ikomeye ku buzima bwawe*

# Inyigisho ya 6:

## Ihohoterwa rishingiye ku gitsina



# Amoko y'ihohoterwa rishingiye ku gitsina

- 1. Gufata ku ngufu:** igikorwa cyose kigendanye n'imibonano mpuzabitsina ku buryo butumvikanyweho cyangwa gikorewe umwana uri munsi y'imyaka 18
- 2. Gukubita cyangwa kwangiza umubiri:** gukubita cyangwa gukoresha imbaraga ku muntu ugira ngo umubabaze bishingiye ko ari igitsina gore cyangwa igitsina gabo.
- 3. Ihohoterwa rishingiye ku mutungo:** gukoresha imbaraga cyangwa ubusumbane mu gucunga umutungo w'urugo.
- 4. Kubabazanya:** igikorwa icyo ari cyo cyose gishobora kubabaza, cyangwa gutera ubwoba mugenzi wawe kubera igitsina cye.

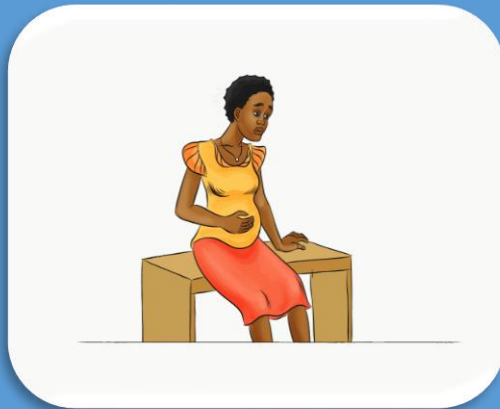
# Ibitera ihohoterwa rishingiye ku gitsina mu rubyiruko



# Ibitera ihohoterwa rishingiye ku gitsina mu rubyiruko

- Kubura amakuru kw'ihohoterwa rishingiye ku gitsina bishobora gutuma abantu bakora cyangwa bakorerwa ihohoterwa batabizi.
- Gukoresha ibiyobyabwenge n'inzoga bishobora gutuma abantu batabasha gutandukanya ikiza n'ikibi
- Imigenzo cyangwa imyizerere itari yo nko gutekereza ko gukorana imibonano mpuzabitsina n'umwana bivura SIDA
- Kutaganira ku ihohoterwa rishingiye ku gitsina ahubwo bigafatwa nk'ibintu bitavugwa mu muryango
- Ubukene no kutagira akazi bituma abantu bakorerwa ihohoterwa cyane cyane gufatwa ku ngufu kugira ngo bahabwe akazi cyangwa amafaranga.

# Ingaruka z'ihohoterwa rishingiye ku gitsina



# Ingaruka z'ihohoterwa rishingiye ku gitsina

- Gutwara inda zitateganyijwe, kubyara no kurera biruhanyije no gukuramo inda
- Kwandura indwara zandurira mu mibonano mpuzabitsina zirimo Virusi itera SIDA bishobora no kuvamo urupfu
- Kugira ubwoba, agahinda, ihahahamuka/ihungabana bishobora no kuganisha ku kwiyahura
- Gufungwa no guhanwa n'amategeko ku muntu wahohoteye undi
- Itotezwa, guhabwa akato n'ihwezwa mu muryango
- Kwangirika kw'imyanya ndangagitsina n'ubugumba
- Gutakaza amashuri, gushaka ukiri muto n'ubukene.



# Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina



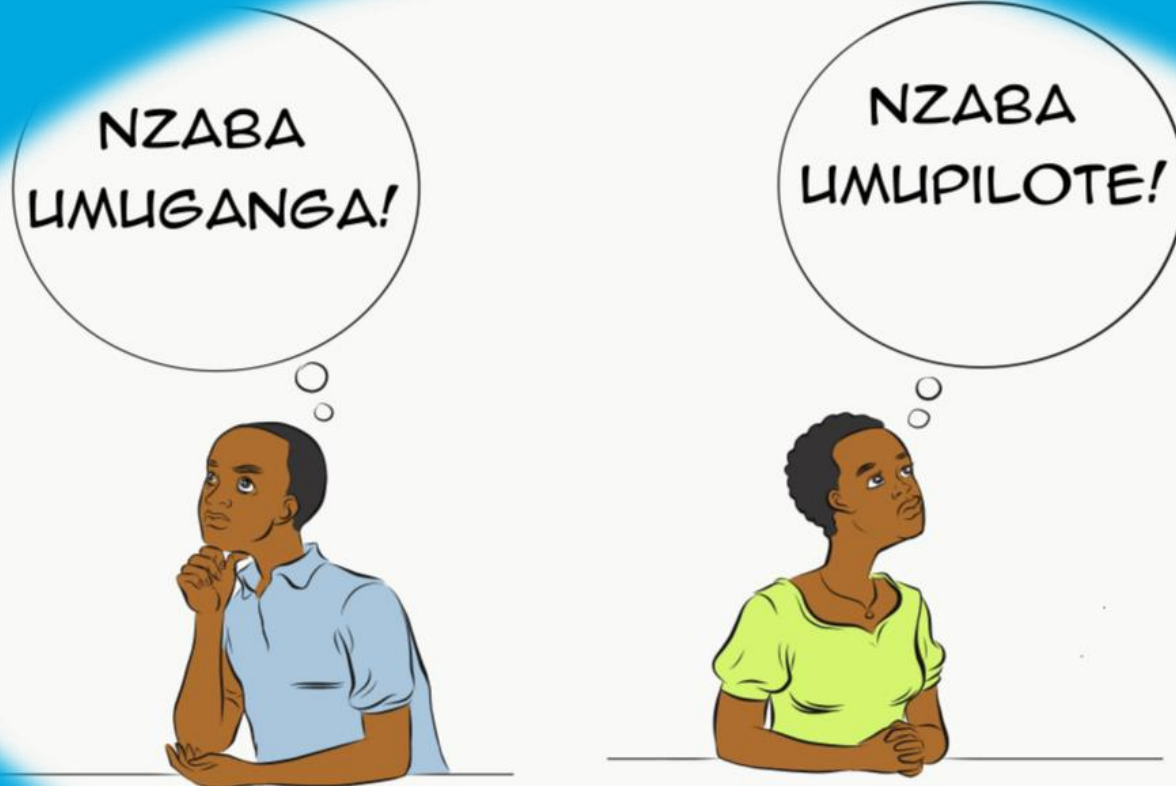


# Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

- Gushyigikira no guteza imbere ibikorwa byo kwigisha ku buzima bw'imyororokere n'ihame ry'uburinganire mu baturage no mu nzego zose za Leta
- Guteza imbere imyigire y'umukobwa no gufasha abakobwa gukomeza amashuri
- Kuganira ku ihame ry'uburinganire mu muryango, mu makoraniro no mu biganiro mbwirwaruhame
- Gufasha urubyiruko kubona akazi no kwihangira imirimo
- Gukangurira abaturage kwicungira umutekano no kudahishira ibyaha

# Inyigisho ya 7:

## Ibyiciro by'ubumenyi buhagije ku mibereho



# Ibyiciro by'ubumenyi buhagije ku mibereho

## 1. Ubumenyi buhagije bwo kwimenya

- Kwimenya: Kumenya ibyo ukunda n'ibyo wanga ndetse no kumenya aho ugira intege nke n'aho ufite imbaraga kurusha ahandi.
- Kwiyubaha no kwiyubahisha: kuba inyangamugayo, kwigirira icyizere.

## 2. Kumenya no kubana neza n'abandi

- Kumenya kubaka umubano n'abandi
- Kwishyira mu mwanya wa mugenzi wawe
- Kwirinda agakungu k'urungano
- Kumenya gushyikirana no kumvikana
- Kumenya kuganira ibyubaka.

## 3. Ubumenyi mu gufata ibyemezo bikwiye

- Gusesengura ibitekerezo mbere yo gufata icyemezo
- Gukemura ibibazo
- Guhanga udushya.

## Agaciro k'ubuzima



# Agaciro k'ubuzima

- Ubuzima butandukanya umubiri wapfuye n'umubiri muzima
- Umuntu muzima aharanira ubuzima ntaharanira urupfu
- Ubuzima ni impano ihebuje
- Ni inshingano ya buri wese kurinda no kwita ku buzima bwe ndetse n'ubwa bagenzi be
- Buri cyemezo dufata kigira ingaruka ku buzima bwacu.

# Impamvu zikunze gutera imyitwarire idahwitse mu rubyiruko



# Impamvu zikunze gutera imyitwarire idahwitse mu rubyiruko:

Kutagira amakuru ahagije kuri ibi bikurikira:

- uburenganzira bw'umuntu ku giti cye
- Imyitwarire myiza n'ingaruka zituruka ku myitwarire mibi
- Impamvu zishingiye ku mutungo
- Agakungu k'urungano
- Inshingano umuntu ahabwa bitewe n'uko ari umukobwa cyangwa umuhungu
- Kutagira abantu b'intangarugero mu buzima
- Kutagirana ibiganiro n'ababyeyi

# Imyitwarire idahwitse ishingiye ku gitsina hamwe n'ikoresha ry' ibiyobyabwenge





## **Imyitwarire idahwitse ishingiye ku gitsina**

- Gukora imibonano mpuzabitsina ukiri muto
- Gukora imibonano mpuzabitsina idakingiye
- Gukorana imibonano mpuzabitsina n'abantu batandukanye
- Kutivuzza neza indwara zandurira mu mibonano mpuzabitsina
- Kunywa no gukoresha ibiyobyabwenge
- Gukora imibonano mpuzabitsina ugamiye indonke
- Gufata/gufatwa ku ngufu

## **Imyitwarire idahwitse ituruka mu gukoresha ibiyobyabwenge**

- Ikiyobyabwenge ni ikintu ushobora gufata kigahindura imikorere y'ubwonko n'ibindi bice by'umubiri, nk'uburyo umuntu abona, yumva, aryohereza, atekereza, n'uko yitwara
- Gukoresha ibiyobyabwenge bitera:
  - Impanuka,
  - Kutabasha kwifatira icyemezo bishobora gushora uwabifashe mu mibonano mpuzabitsina idateganyijwe kandi idakingiye
  - Gukora cyangwa gukorerwa ihohoterwa rishingiye ku gitsina
  - Indwara zifata ibice bimwe na bimwe by'umubiri, kanseri, umwijima, n'izindi
  - Guteshuka ku nshingano z'umuryango
  - Gusesagura umutungo w'umuryango
  - Guhanwa n'amategeko no gufungwa
  - Urupfu

# Inyigisho ya 8:

## Bumwe mu burenganzira ku buzima bw'imyororokere



# Bumwe mu burenganzira ku buzima bw'imyororokere:

- Uburenganzira bwo gufatwa kimwe no kudahezwa muri gahunda z'ubuzima bw'imyororokere
- Uburenganzira bwo kubaho
- Uburenganzira ku busugire bw'umubiri
- Uburenganzira bwo gushaka, gushinga urugo no kugira umuryango
- Uburenganzira ku kubahiriza ubuzima bwite bwa muntu no kugirirwa ibanga
- Uburenganzira bwo kubona amakuru no kwigishwa
- Uburenganzira ku buzima buzira umuze.

## Icyitonderwa:

Kugira uburenganzira ku buzima bw'imyororokere ntibivuze kwishora mu mibonano mpuzabitsina ukiri muto. Ku ngimbi n'abangavu ni byiza kwifata kugeza igihe bashatse. Iyo kwifata byanze ni byiza gukoresha agakingirizo neza kandi buri gihe, mu rwego rwo kwirinda inda zidateganyijwe, virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina.