



# IMFASHANYIGISHO KU BUZIMA BW'IMYOROROKERE

Dusobanukirwe n'ubuzima bw'imyororokere  
mu rubyiruko rufite hagati y'imyaka 10-14

Cyateguwe n'Umuryango Nyarwanda  
« Hope for Single Mothers with Disabilities(HSMD) »  
binyuze mu mushinga

« **Kurenga Guceceka Birenze Gupfobya** »



Sverige

# UBUZIMA BW' IMYOROROKERE NI IKI?



# INTANGIRIRO

Ubuzima bw'imyororokere ni imiterere, imikurire n'imihindagurikire y'umubiri irangwa n'imibereho myiza isesuye ku mubiri, mu mitekerezwe no mu mibanire n'abandi, si ukuba gusa nta ndwara cyangwa ubumuga birangwa mu buzima bw'imyororokere, mu nshingano cyangwa mu miterere yabwo. Ubuzima bw'imyororokere rero bivuga ko abantu bashobora kugira imibonano mpuzabitsina ikingiyeye kandi ibashimisha, bafite ubushobozi bwo kubyara n'uburenganzira bwo gufata ibyemezo ku bijyanye n'igihe n'inshuro babigirira.

Abangavu n'ingimbi bakeneye kugezwaho ku buryo buhoraho amakuru yizewe ku buzima bw'imyororokere n'uburenganzira, uko bakwirinda ihohoterwa rishingiyeye ku gitsina kugirango bashobore kugira ubumenyi buhagije bubafasha gufata ibyemezo binoze ku buzima bwabo. Uretse mu muryango, ku ishuri niho hantu h'ingenzi abana b'abangavu n'ingimbi bamara amasaha menshi mu buzima bwabo, bityo ni nawo muyoboro mwiza wizewe wo kubagezaho amakuru ku buryo buhoraho.

Ni kubw'iyi mpamvu umuryango HOPE FOR SINGLE MOTHERS WITH DISABILITIES wanditse iki gitabo kigamije kongerera ubumenyi n'ubushobozi abafashamyumvire, abarimu bo mu mashuri abanza n'ayisumbuye kugirango kibafashe gutegura neza amasomo ajyanye n'ubumenyamuntu n'ubuzima bw'imyororokere, ndetse bashobore gukurikirana no gufasha abanyeshuri mu matsinda y'ibiganiro ku buzima bw'imyororokere n'uburenganzira bigendanye.

Iki gitabo gikubiyemo amakuru anyuranye kandi yizewe ku buzima mboneragitsina, ubuzima bw'imyororokere, uburenganzira, uburinganire n'ubwuzuzanye ndetse no kurwanya ihohoterwa rishingiyeye ku gitsina. Kiribanda cyane cyane ku buzima bw'imyororokere bw'ingimbi n'abangavu mu kugaragaza uko bakwiye kwitwara kugirango babungabunge ubuzima n'agaciro byabo. Kiragaruka kandi ku burenganzira bw'umwana by'umwihariko umukobwa w'umwangavu.

Iki gitabo kizafasha abafashamyumvire b'urubiruko mu ngeri zose mu gutegura ibiganiro by'abangavu n'ingimbi, gufasha urubiruko kubona amakuru yizewe no kurufasha gusobanukirwa n'impinduka rubona ku mibiri yabo.

Iki gitabo kizafasha kandi umufashamyumvire mu mashuri n'umwarimu kugira amakuru nyayo kandi yizewe maze nawe ayageze ku banyeshuri mu kwigisha neza ibijyanye n'ubuzima bw'imyororokere binyujijwe mu masomo anyuranye (Comprehensive Sexuality Education). Iki gitabo kandi abarimu bazakifashisha mu gusobanurira abanyeshuri mu matsinda y'ibiganiro bahuriramo nyuma y'amasomo (Reproductive Health Clubs).

Iki gitabo cyateguwe n'Umuryango HOPE FOR SINGLE MOTHERS WITH DISABILITIES ubitwemo inkunga na KVINNA TILL KVINNA

Tubifurije umurimo mwiza. Kigali, Kanama 2024.



**Intambwe ya mbere mu kubahiriza  
uburenganzira bw'ikiremwamuntu  
ni uko abo bwashyiriweho babumenya  
bisesuye.”**

# Ubuzima bw'imyoyorokere ni iki?

- Ubuzima bw'imyoyorokere ni imiterere, imikurire, imikorere n'imihindagurikire y'umubiri. Iyo mihindagurikire harimo igaragara ku mubiri n'itagaragara.
- Ubuzima bw'imyoyorokere bisobanuye ubuzima mu bigendanyen'imyanya myibarukiro ndetse n'uburyo ikora.

## Inyigisho 1 Service zigenewe Urubyiruko



- Serivisi zigenewe urubyiruko ni serivisi zibanda cyane ku buzima bw'imyoyorokere nko gukumira inda z'abangavu, indwara zandurira mu mibonano mpuzabitsina n'ihohoterwa;
- Ni serivisi zizewe, ziboneka ku mavuriro, kumashuri 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 cyangwa urubyiruko rwatoranijwe;
- Itangwa rya serivisi z'urubyiruko rikorwa neza hatabayeho gutegereza igihe kirekire.

## izihe serivisi zigenewe urubyiruko?



## Ni izihe serivisi zigenewe urubyiruko?

1. Guhabwa inyigisho zerekeranye n' ubuzima bw' imyororokere;
2. Guhabwa inyigisho n'uburyo bwo kuboneza urubyaro;
3. Gukumira no kuvura indwara zandurira mu mibonano mpuzabitsina;
4. Gukumira ihohoterwa rishingiye ku gitsina no gufasha abarikorewe;
5. Ubujyanama no gupima Virusi itera SIDA;
6. Ubujyanama no gupima abitegura kurushinga;
7. Inyigisho zigamije gukumira inda mu bangavu;
8. Ubujyanama ku gupima no gukurikirana abakobwa batwite;
9. Ubujyanama bujyanye no kwirinda gukuramo inda mu buryo budakurikije amategeko no kwita ku wagize ingaruka zo gukuramo inda;
10. Inyigisho ku kamaro ko gukebwa ku bahungu no gutanga icyo serivisi;
11. Inyigisho ku buryo bwo kwihangira imirimo ibateza imbere.

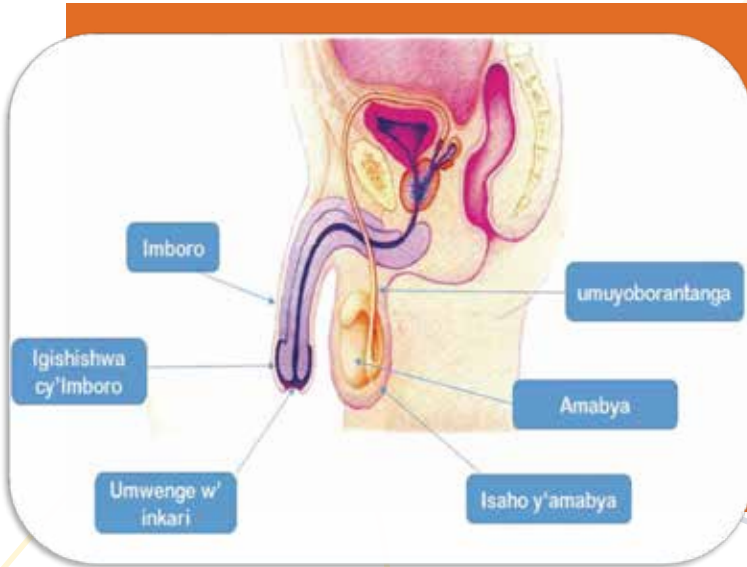
# Aho wasanga serivisi zigenewe urubyiruko



## Aho wasanga serivisi zigenewe urubyiruko

- ✓ Mu mavuriro;
- ✓ Mu bigo by'urubyiruko;
- ✓ Ku mashuri;
- ✓ Mu mafarumasi n'ahandi...

# Imyanya myibarukiro/ ndangagitsina ku bahungu



## 1.Imboro:

- ✓ Ni urungiro rw'umubiri rwinjira mu nda ibyara y'umugore mu gihe cy'imibonano mpuzabitsina;
- ✓ Ni igitsina cy'umuhungu kibyimba iyo ashaka gukora imibonano mpuzabitsina

## 2. Igishishwa cy'imboro:

- ✓ Nicyo gitwikira imboro;
- ✓ Ni urungiro rukebwaho mu gihe cyo gukebwa;

## 3. Umwenge w'inkari:

- ✓ Umwenge usohora inkari n'amasohoro.

## 4. Isaho y'amabya:

- ✓ Ni agahu gatwikira kandi kakarinda amabya.

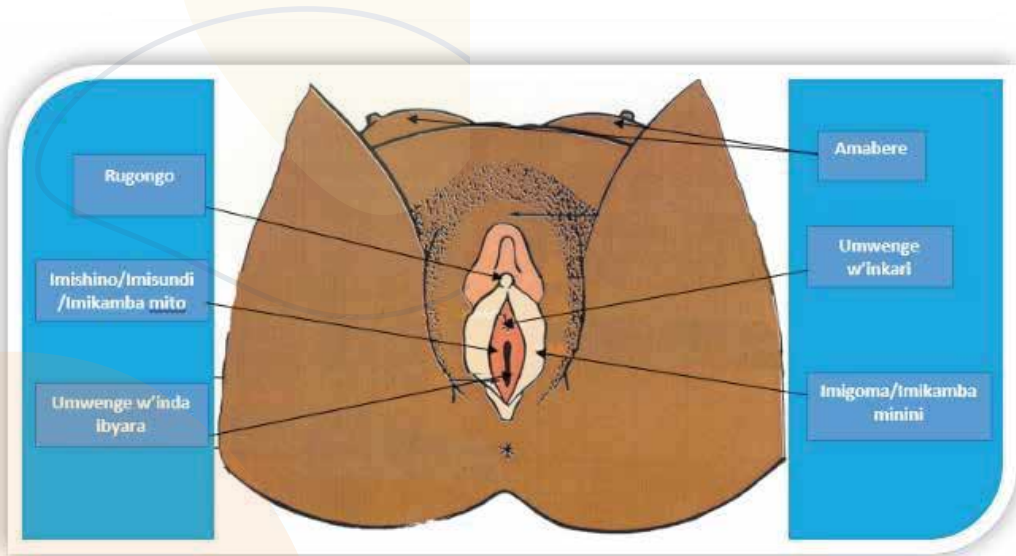
## 5. Amabya:

- ✓ Niho intangangabo zikorera kandi zibikwa.

## 6. Umuyoborantanga:

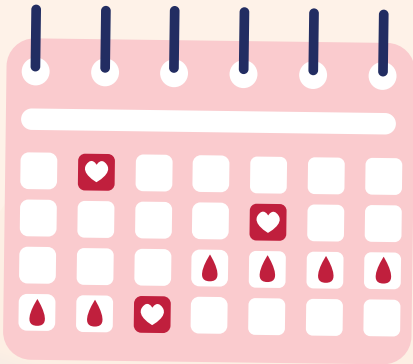
- ✓ Niho intangangabo zinyura zisohoka.

# Imyanya myibarukiro/ndangagitsina y'inyuma ku bakobwa



- 1. Umwenge w'inda ibyara:**  
Aho inda ibyara irangirira;  
Aho imboro inyura yinjirira mu nda ibyara;
- 2. Imishino/Imisundi/Imikamba mito:**  
itwikira kandi ikarinda umwenge w'inda ibyara.
- 3. Rugongo:**  
Umwanya utuma umukobwa/umugore ashaka gukora imibona no mpuzabitsina iyo umuhungu/umugabo awukozeho.
- 4. Umwenge w'inkari:**  
Niho inkari zisohokera.
- 5. Imigoma/Imikamba minini:**  
Itwikira imyanya ndangagitsina y'inyuma y'umugore;  
Niyo bakurura mu gihe cyo guca imyeyo.
- 6. Amabere:**  
Ni ibice bibiri by'umubiri byiburungushuye biherereye ku gituzi. Amabere yiyongera mu mubyimba mu gihe cy'ubwangavu kandi ni nayo atanga amashereka mu gihe cyo konsa; Imyanya ituma umukobwa/umugore ashaka gukora imibonanaopuzabitsina iyo umuhungu/umugabo ayikozeho.

# Ukwezi k'umugore ni iki?



igihe cy'imihango  
igihe cy'uburumbuke  
igihe umugore aba afite  
amahirwe yo gusama

- ✓ Ukwezi k'umugore gutangira umunsi wa mbere aboneyeho imihango kukarangira umunsi ubanzirizakubona imihango y'ukwezi gukurikiyeho;
- ✓ Ukwezi k'umugore kudahindagurika ugereranyije kumara iminsi 28 ariko gushoborano kumara hagati y'iminsi 21-35 ku bagore bakuru cyangwa 21-45 ku bangavu.
- ✓ Ukwezi k'umugore guhindagurika gushobora 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 yo gusama iminsi itari iy'uburumbuke.
- ✓ Umugore arekura intangangore buri kwezi. 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 urubyarwo no kwirinda inda zidateganyijwe.

# Gusama niki ?



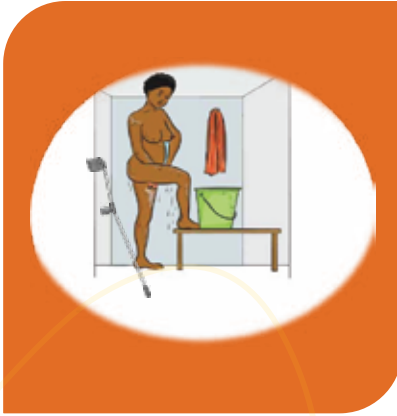
- ✓ Gusama bibaho iyo intanga ngore n'intangangabo bihuye bikabyara urusoro;
- ✓ Muri rusange intangangabo imwe niyo yinjira mu ntangangore;
- ✓ Urusoro nyuma y'isama ruva mu muyoborantanga rukajya mu mura/nyababyeyi aho ruzakurira;
- ✓ Urusoro iyo rumaze gukura rwitwa umwana (umwana ushyitse avukira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

## 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.

# 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.

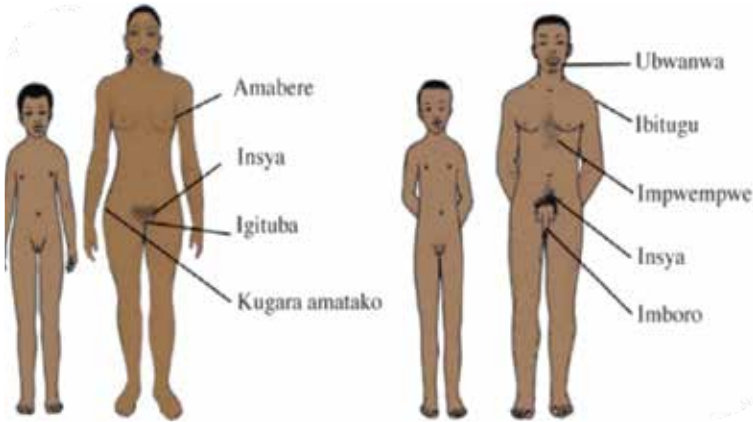
## Ku bahungu:

- ✓ Ni byiza gukunguta imboro igihe umaze kwihagarika;
- ✓ Gukebwa ni bumwe mu buryo bw'isuku ariko nyuma yo kwisiramuzwa koza imyanya ndangagitsina bigomba gukomeza.

## 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 ujanya inyuma;
- ✓ 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;

## Inyigisho ya 3: Ubugimbi n'ubwangavu



• Ubugimbi n'ubwangavu ni igihe cy' imihindagurikire y' umubiri aho umuntu aba ari kuva mu bwana ajya mu bukurū. 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 matakō 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;
- ✓ Kwiroteraho cyangwa gusohora bwa mbere;
- ✓ Muri iki gihe umusore ashobora gutera inda igihe akoze imibonano mpuzabitsina idakingiye kabone n'ubwo yaba atariroteraho.

### •Impinduka z'imitekerereze n' ibyiyumviro ku bahungu n'abakobwa:

- ✓ Kwiyumvamo ko abandi batamwumva;
- ✓ Gushaka kwigenga aho kugengwa n'umuryango;
- ✓ Guhubuka mu gufata ibyemezo;
- ✓ Gutekerereza no kwibaza cyane ku mpinduka zirimo kumubaho;
- ✓ Gutangira kwifuza gukora imibonano mpuzabitsina.

## Inyigisho ya 4: Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA



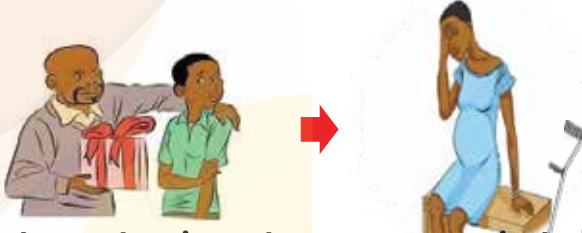
### Uburyo bwo kwirinda no kurinda abandi Virusi itera SIDA

- ✓ Kwifata;
- ✓ Ubudahemuka mu bashakanye;
- ✓ Gukoresha agakingirizo igihe kwifata n'ubudahemuka byakunaniye;
- ✓ Kwipimisha virusi itera SIDA ukamenya uko uhagaze;
- ✓ Kwivuzza ku gihe urwaye indwara zandurirwa mu mibonano mpuzabitsina;
- ✓ 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 utizeye;
- ✓ Gufata imiti igabanya ubukana bwa virusi itera SIDA ku banduye;
- ✓ Gukebwa ku bahungu bigabanya ibyago byo kwandura, ariko si urukingo.

### Icyotonderwa:

- ✓ Imibonano mpuzabitsina idakingiye yakwanduzza n'ubwo yaba ikozwe inshuro imwe gusa;
- ✓ Imiterere y'imyanya ndangagitsina y'umugore yorohera 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.

## Inyigisho ya 5: Uburyo bwo gukumira no kurwanya ugutwita kw'abangavu



### Uburyo bwo gukumira no kurwanya ugutwita kw'abangavu

- 1.Kwifata;
- 2.Gukoresha agakingirizo;
- 3.Kumenya guhakanira abagushuka no kubatungira agatoki inzego z'umutekano.

## Inyigisho ya 5: Ihohoterwa rishingiye ku gitsina



### Ibyiciro by'ihohoterwa rishingiye ku gitsina

**1. Gufata ku ngufu:** igikorwa cyose kigendanye n'imibonano mpu-zabitsina ku buryo butumvikanyweho cyangwa gikorewe umwana uri muni 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.

## Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina



## Uburyo bwo gukumira ihohoterwa rishingiye ku gitsina

- ✓ Kwirinda ba shuga mami naba shuga dadi hamwe no kudakururwa n'irari ry'ibintu;
- ✓ Kwirinda kudakururwa n'imyitwarire y'abana b'ibirara;
- ✓ Kwirinda gukoresha ibiyobyabwenge n'ibisindisha;
- ✓ Kwirinda ubuzererezi n'ubwomanyi;
- ✓ Kwirinda ubusambanyi;
- ✓ Kudahishira ibikorwa bibi n'ihohoterwa ry'uburyo bwose;
- ✓ Kubaha ababyeyi, abayobozi ndetse n'abarezi;
- ✓ Guteza imbere imyigire y'umukobwa no gufasha abakobwa gukomeza amashuri.

# 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 nubwa bagenzi be;
- ✓ Buri cyemezo dufata kigira ingaruka ku buzima bwacu, zaba nziza cyangwa mbi.

## Ingingo ya 7 :byiciro by'ubumenyi buhagije ku mibereho



### **Ubumenyi buhagije bwo kwimenya**

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

### **Kumenya no kubana neza n'abandi**

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

### **Ubumenyi mu gufata ibyemezo bikwiye**

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

# Agaciro k' ubuzima



## Ibyiyumviro by'urukundo

- ✓ Ni ibisanzwe kugira ibyiyumviro by'urukundo cyangwa kumva ukunze umuntu agasa n'aho agukurura;
- ✓ Urukundo rwerekanwa mu buryo bwinshi butandukanye;
- ✓ Urukundo no kwita ku muntu ntibivuze kugirana imibonano mpuzabitsina;
- ✓ Kudakora imibonano mpuzabitsina nibwo buryo bwiza ku rubyiruko bwo kwirinda gusama n'indwara zandurirwa mu mibonano mpuzabitsina zirimo virusi itera SIDA.



# Imyitwarire idahwitse mu rubyiruko n'ingaruka zayo



## Imyitwarire idahwitse mu rubyiruko n'ingaruka zayo

S/N	Imyitwarire	Ingaruka
1	Gukoresha ibiyobyabwenge	<ul style="list-style-type: none"> <li>- Kutagira icyo utinya cyangwa wubaha;</li> <li>- Impanuka;</li> <li>- Kutabasha kwifatira icyemezo, bishobora; kugushora mu mibonano mpuzabitsina;</li> <li>- Indwara zifata ibice bimwe na bimwe by'umubiri, kanseri, Umwijima, n'izindi...</li> <li>- Gusesagura umutungo w'umuryango;</li> <li>- Guhanwa n'amategeko no gufungwa;</li> <li>- Urupfu.</li> </ul>
2	Gukora imibonano mpuzabitsina ukiri mutwo;	<ul style="list-style-type: none"> <li>- Gutwita kw'abangavu/gutera inda ukiri mutoko bahungu;</li> <li>- Kwandura indwara zandurira mu mibonano mpuzabitsina zirimo na Virusi itera SIDA;</li> <li>- Ubugumba;</li> <li>- Kanseri y'inkondo y'umura.</li> </ul>
3	Ubuzererezi n'ubwamanzi	<ul style="list-style-type: none"> <li>- Kwandura indwara zandurira mu mibonano mpuzabitsina harimo na Virusi itera SIDA;</li> <li>- Gutwita kw'abangavu/gutera inda ukiri mutwo;</li> <li>- Guhagarika amashuri n'ubukene.</li> </ul>



**Website**

<https://hsmdhopes.org/gallery>

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utm\\_source=qr&igsh=dXkyMnV2NHZWnNnA1](https://www.instagram.com/hsmd_org?utm_source=qr&igsh=dXkyMnV2NHZWnNnA1)