

Imfashanyigisho ku kuboneza

urubyarō yagenewe abaganga,
abaforomo/kazi n'abajyanama b'ubuzima n'abo
bakira



Byakuwe mu gitabo cyitwa: *the WHO's Decision-Making Tool for Family Planning Clients and Providers*

Iyi mfashanyigisho ku bujyanama ku kuboneza urubyarō yahinduwe mu Kinyarwanda n'umushinga FACT ifatanyije na Minisiteri y'Ubuzima

Ijambo ry'ibanze ku batanga uburyo bwo kuboneza urubyaro

Icyo iyi mfashanyigisho igamije

Izi nyigisho ziri ku mpapuro nini zifashishwa igihe cy'ubujyanama cyangwa mu biganiro by'amatsinda y'abashaka uburyo byo kuboneza urubyaro. Zishobora:

- gufasha abaje bagusanga guhitamo no gukoresha uburyo bwo kuboneza urubyaro bubabereye;
- kuguha amakuru n'ubumenyi ukeneye kugirango utange ubujyanama n'ubufasha byo mu rwego rwo hejuru bijyanye no kuboneza urubyaro;
- kugufasha kumenya uwaba akeneye koherezwa ku zindi nzego.

Kwitegura gukoresha iyi mfashanyigisho

- Ku ngingo iganirwaho yose muri iyi mfashanyigisho, hariho ipaji ikugenewe n'indi igenewe uwaje gushaka uburyo. Kw'ipaji y'uwaje gushaka uburyo hariho amashusho n'amagambo y'ingenzi naho kw'ipaji yawe hariho ibisobanuro birambuye.
- Inyuma hariho amapaji atanga ibindi bisobanuro ku ngingo zitonderwa n'ibyo umuntu ashobora guhura nabyo bidasanzwe.
- Iyi mfashanyigisho ivuga gusa ku ngingo nkuru. Iyo uganira n'uwaje akugana, ushobora kongeraho ibindi bisobanuro mukaganira mugamije ibisubizo kubyo akeneye n'ibimuhangayikishije.
- Niwifashisha iyi mfashanyigisho wigisha bizagufasha kumenya ibikubiyemo. Kumenya kugikoresha bigenda byoroza uko ugenda ugikoresha kenshi.

Gukoresha iki gikoresho ku bakugana

- Shyira iki gikoresho aho wowe n'uwaje akugana mushobora kureba neza bitabagoye.
- Koresha amapaji n'ibisobanuro bijyanye n'ibyo uwaje akugana akeneye. Kugirango ubigereho, tega ugutwi ibyo akubwira, umenye neza ibye, ibyo akeneye n'ibyo yifuza.
- Koresha imvugo yumva. Ntukamusomere ibyanditswe. Kuva waramenye iki gikoresho, wajya gusa unaga akajisho ku ngingo z'ingenzi n'uko zikurikirana.

Uburyo bwo kugikoresha

Itwaze ibikoresho byo kuboneza urubyaro (urugero : agapira bashyira mu mura, agapaki k'ibinini) bityo uwo muganira abashe kureba neza uko bisa n'uko bimeze.

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Uburyo

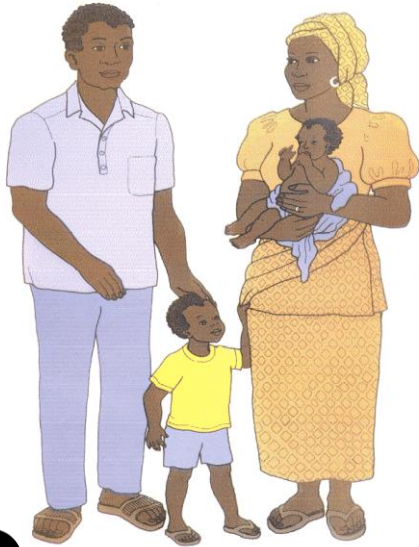
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Kuki naboneza urubyaro?

Ufite uburenganzira bwo guhitamo umubare w'abana wabyara n'igihe wababyarira



Ni gute kuboneza urubyaro byagufasha?

- Bituma ababyeyi n'abana bagira ubuzima bwiza cyane
- Abana bake batuma ugira igihe n'amafaranga byo kwita kuri buri wese
- Kutabyara indahekana bituma abana n'urubyiruko baguma mu mashuri



Kuboneza urubyaro ni ingirakamaro ku buzima bw'umubyeyi, umwana ndetse n'umuryango

Kuki naboneza urubyaro?

Inyungu

- Ababyeyi n’abana barushaho kugira ubuzima bwiza iyo hirinzwe inda zatera ibibazo.
- Umuryango w’abantu bake ubona amafaranga n’ibiryo byo kubatunga neza.
- Ababyeyi babona igihe gihagije cyo gukora n’icyo kwita ku bana mu muryango.
- Gutinda gusama inda ya mbere cyangwa iya kabiri bituma abantu babasha gukomeza amashuri n’izindi gahunda.

Ibintu watekerezaho

- Urubyiruko rukeneye uburyo bubafasha kudasama bakiri bato. Ubusanzwe ni byiza ko abagore n’abagabo bato bategereza bakageza nibura ku myaka 18 kandi bakabanza no kurangiza amashuri, bakabanza bakitegura mbere yo kubyara abana.
- Nyuma yo kubyara, ni byiza gutegereza nibura imyaka 2 mbere yo gutekereza kongera gusama.
- Nibyiza gutegereza nibura amazi 6 mbere yo gusama igihe umugore yakuyemo inda.



Gusobanukirwa uburumbuke

Abagore/Abakobwa bagejeje igihe bagira uburumbuke ku minsi imwe gusa mu kwezi kwabo. Muri icyo minsi bashobora gusama. Abagore bashobora kugenzura icyo minsi y'uburumbuke banyuze mu nzira nyinshi.

- 1) Iyo umugore agira ukwezi kudahindagurika, ashobora gufata ko aba ari mu burumbuke hagati y'umunsi wa 8 n'uwa 19 w'ukwezi kwe. (reba ku gishushanyo).
- 2) Hari igihe umubiri w'umugore ugaragaza amavangingo mu gitsina. Iyo byagenze bityo biba bigaragaza ko ashobora gusama uwo munsi (keretse icyo ari imihango).

Abagabo bo bagira uburumbuke buri iteka, guhera mu gihe cy'ubugimbi kugeza ubuzima bwabo bwose.

Ukwezi k'umugore gutangirira hano

Ukwezi k'umugore kurangirira hano



Imihango



Habaho kuva amaraso rimwe mu kwezi bimara hagati y'iminsi 3-5. Umunsi wa mbere umugore/umukobwa abonaho amaraso ni wo munsi wa mbere w'ukwezi kwe.

Iminsi y'uburumbuke



Umugore ashobora gusama icyo ahoze imibonano muri icyi minsi idakingiye

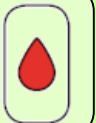
Iminsi itari iy'uburumbuke



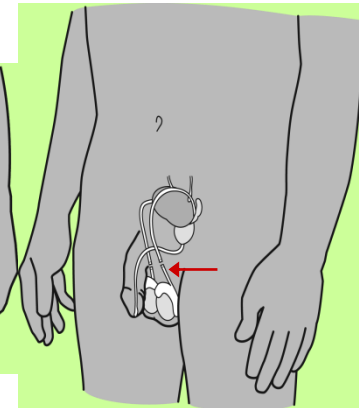
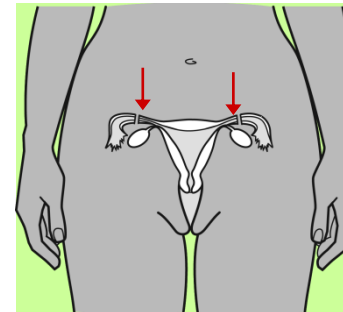
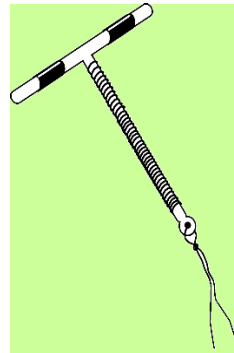
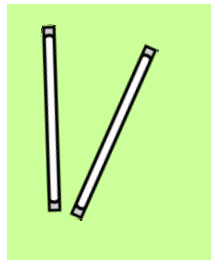
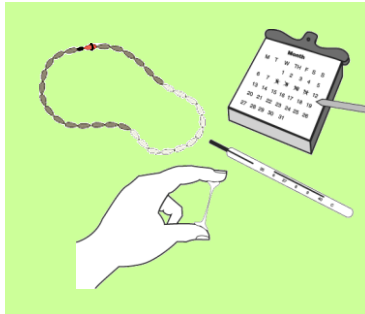
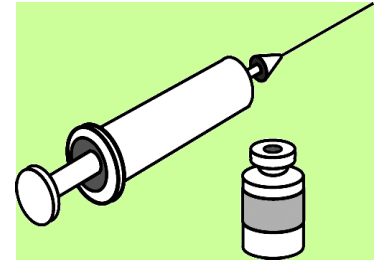
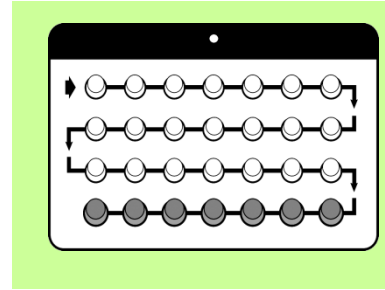
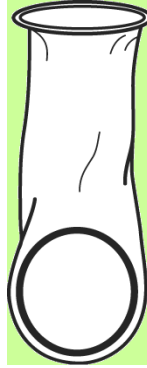
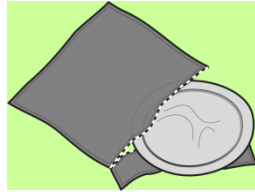
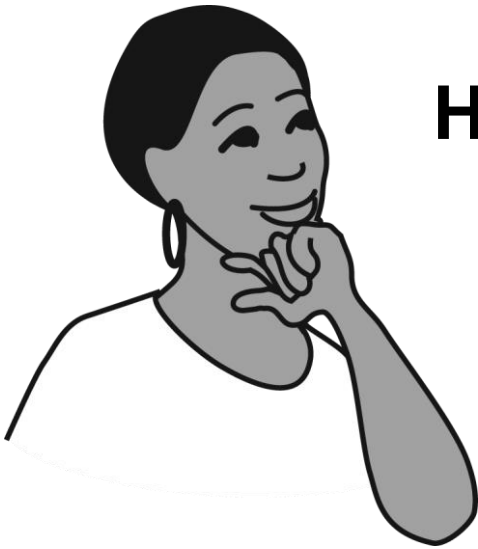
Umugore ntiyakangombye gusama muri icyi minsi ahoze imibonano mpuzabitsina idakingiye

Ukwezi k'umugore

- 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.
- 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 aba afite uburumbuke kuko arekura igi/intangangore buri kwezi kwe. Nubwo iyo ntangangore ibaho gusa amasaha 24 imaze kurekurwa, umugore ashobora gusama mu gihe cy'iminsi myinshi mu kwezi kwe.
- Ni ngombwa kumenya uburumbuke bwawe no gusobanukirwa ukwezi k'umugore
- Ibyo bizagufasha kumenya umubiri wawe no gusobanukirwa uko uburyo bwo kuboneza urubyaro bukora mu kurinda gusama.



Hari uburyo bwinshi bwateguwe...



...ushobora guhitamo ubukubereye

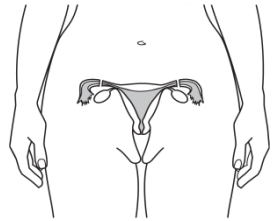
Hari uburyo bwinshi bwateguwe

- Ufite abana? Urashaka kubyara n'abandi mu gihe kizaza?
- Urashaka kwirinda gusama ubu?
- Hari uburyo bwo kuboneza urubyaro ukoresha ubu?
- Hari ubundi wigeze ukoresha uburyo bwo kuboneza urubyaro?
- Ese hari uburyo wumva ushaka gukoresha? Ni iki uzi kuri ubwo buryo ushaka gukoresha?
- Waba wonsa umwana uri hasi y'amezi 6?
- Waba utifuzza ko uwo mwashakanye cyangwa ababyeyi bamenya uburyo ukoresha?
- Waba waraganiriye n'uwo mwashakanye kubyo kuboneza urubyaro? Wumva se yiteguye kugufasha no kugushyigikira?
- Muja mwibaza ku birebana n' indwara zandurira mu mibonano mpuzabitsina na SIDA?
- Hari ikindi kibazo cy'ubuzima ufite? Niba gihari, jya kuri paji ikurikira.

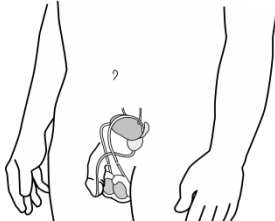


Kugereranya uburyo bwo kuboneza urubyaro

**Bukora neza cyane
kurenza ubundi kandi
bworoshye gukoreshwa**



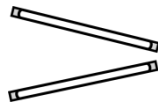
Gufunga umugore burundu



Gufunga umugabo burundu



Agapira ko mu mura

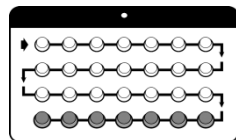


Agapira ko mu kuboko

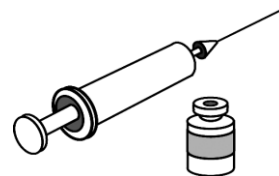
**Bukora neza ariko
buritonderwa mu
kubukoresha**



Uburyo bwo konsa



Ibinini



Inshinge

**Burakora ariko
buritonderwa mu
kubukoresha**

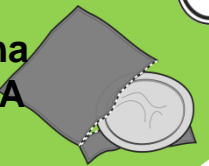


Agakingirizo k'umugabo n'akumugore



Uburyo bushingiye ku kumenya uburumbuke (Urugero: Urunigi)

ICYITONDERWA!
Udukingirizo ni two twonyine turinda gusama tukanarinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA



Kugereranya uburyo bwo kuboneza urubyaro

Hari uburyo bwinshi, wahitamo bumwe.

- Bumwe bukora neza kurenza ubundi.
- Bumwe bworoshye gukoreshwa ubundi buraruhije.
- Uburyo bugoye mu gukoreshwa bukora nabi iyo budakoreshwa nk'uko bikwiriye.

Uburyo nahuha ubu:

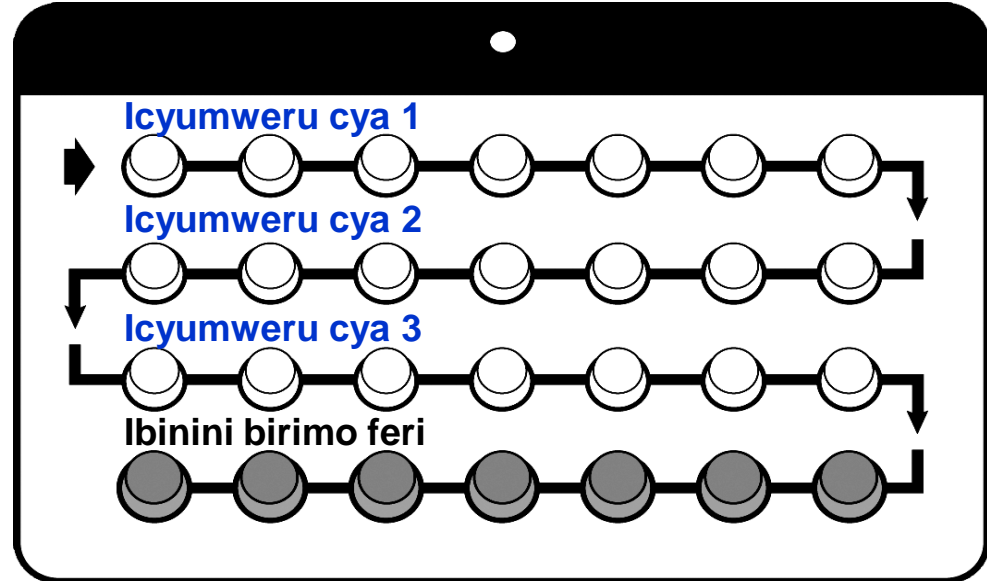
- Udukingirizo
- Ibinini
- Ubujyanama ku buryo bwo konsa
- Uburyo bw'iminsi idahinduka/Urunigi

Uburyo butangirwa kwa muganga:

- Inshinge
- Udupira two mu kuboko
- Agapira ko mu mura
- Gufunga umugore burundu
- Gufunga umugabo burundu
- Ibinini bitangwa mu buryo bw'ubutabazi



Ibinini bifite imisemburo ibiri



- Ntacyo bitwara
- Bikora neza iyo bifatwa buri munsi
- Amaraso aza buri kwezi no kuribwa mu nda biragabanuka

Ibinini bifite imiseburo ibiri

Ni iki?

- Ikinini kiba kirimo imiseburo kigafatwa buri munsu.
- Kibuza intangangore kurekurwa kandi kikabuza intangangabo guhura n'iy'ingore.

Uko gikoreshwa

- Fata ikini kimwe buri munsu ku isaha imwe.
- Niba urangije agapaki k'ibinini, tangira akandi gashya ku munsu ukurikiyeho.

Iyo wibagiwe gufata ikini:

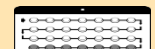
- Fata ikini wibagiwe vuba igihe wibutse.
- Ntacyo bitwaye gufata ibinini bibiri mu gihe kimwe.
- Iyo wibagiwe gufata ikini iminsi irenze 2 yikurikiranya, koresha agakingirizo ariko ukomeze ufate ibinini. Niba wibagiwe gufata ibinini mu cyumweru cya 3, NABWO, simbuka ibinini bya feri maze uhite utangire agapaki gashya.

Impinduka zishobora kubaho

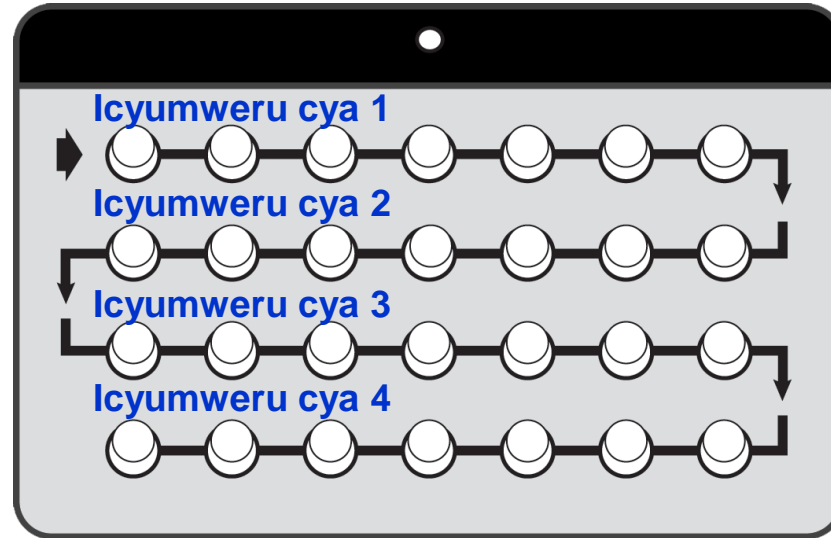
- Rimwe na rimwe kubona amaraso bwa mbere mu buryo buhindagurika, bikurikirwa no kubona amaraso yoroshye kandi n'uburibwe bwagabanutse.
- Abagore bamwe baribwa mu gifu no kurwara umutwe ariko bigashira mu mezi ya mbere.

Ingingo z'ingenzi

- Fata ikini kimwe buri munsu.
- Kora ku buryo uhora ufite ibinini bihagije. Bishake mbere y'uko bishira.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira
- mu mibonano mpuzabitsina na virusi itera SIDA.



Ibinini bifite umusemburo umwe



- Nta ngorane mu kubikoresha
- Ni uburyo bukora neza cyane iyo umugore yonsa

Ibinini bifite umusemburo umwe

Ni iki?

- Ikinini kirimo umusemburo umwe, ufata buri muni ku isaha imwe.
- Kabuza intangangabo guhura n'intangangore.

Uko bikoreshwa

- Iyo wonsa, wabitangira nyuma y'ibyumweru 6 ubyaye.
- Ufate akanini kamwe ku masaha amwe buri muni.
- Iyo urangije agapaki kamwe, utangire akandi gashya ku muni ukurikiyeho.

Iyo wariye isaha, ku mugore wonsa:

- Hita ufata akanini igihe wibukiye, noneho ukomeze uje ubifata nkuko bisanzwe.

Iyo wariye isaha, ku mugore utonsa:

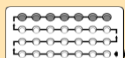
- Niba wibutse nyuma y'amasaha atatu, koresha agakingirizo kumara iminsi 2, kandi ukomeza gufata ikini nkuko bisanzwe.

Impinduka ushobora kubona

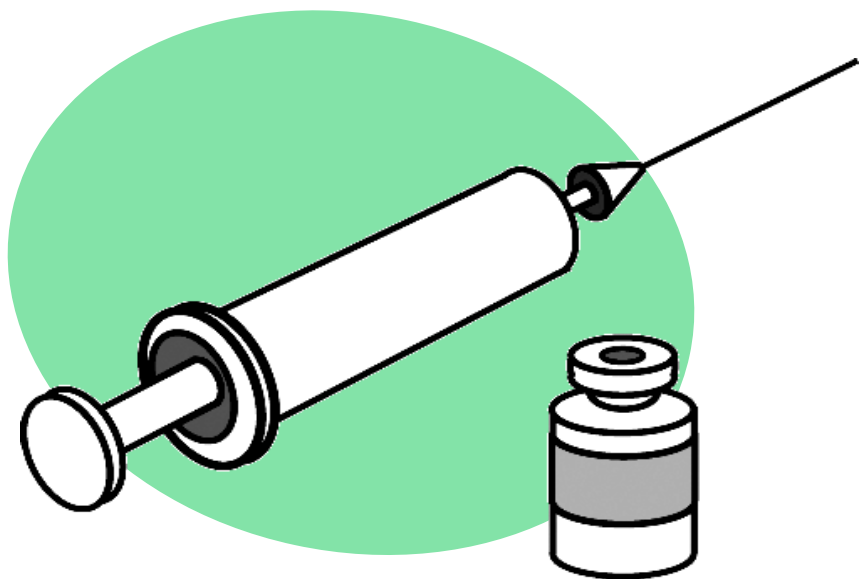
- Impinduka mu buryo wabonagamo imihango ya buri kwezi, birimo nko guhindagurika mu matariki wajyaga uboneraho amaraso, kukona uturaso duke, ubundi ukava cyane, hakaba n'amezi utava na rimwe. Ibyo rero bibaho, kandi ntacyo bitwaye.

Ingingo z'ingenzi

- Fata ikini kw'isaha imwe buri muni, iyo utonsa.
- Kora ku buryo uba iteka ufite ibini bihagije. Bishake ibindi bitari byashira.
- Utekereze ku bundi buryo uzakoresha bwo kuboneza urubyaro igihe uzakagarika konsa.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.



Urushinge



- **Ntacyo rutwara**
- Rukubiyemo imisemburo, rugatangwa buri mezi 2 (NORISITERA) cyangwa 3(DEPO)
- Rukora neza cyane iyo rutanzwe ku gihe
- Ntawundi umenyako urufata, ni ibanga ryawe na muganga

Urushinge

Ni iki?

- Ni urushinge rurimo umusemburo umwe.
- Rubuza kurekurwa kw'intangangore.

Uko rukoreshwa

- Uterwa urushinge rumwe buri mezi 2 (Norisitera) cyangwa 3 (Depo).
- Niba wonsa, watangira ku byumweru 6 nyuma yo kubyara.

Iyo wibagiwe kwiteza:

- Urw'amezi 3 (DMPA): Ushobora kwiteza in'iyi haba haciye ibyumweru 4 waratinze kwiteza.
- Urw'amezi 2 (NET-EN): Ushobora kwiteza in'iyi haba haciye ibyumweru 2 waratinze kwiteza.

Iyo watinze kwiteza, koresha udukingirizo nyuma usubire kwiteza vuba.

Icyo witeze kubona

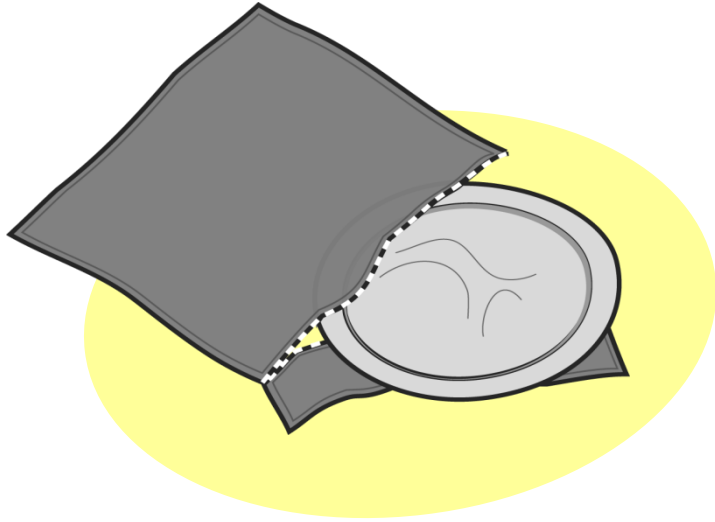
- Imihindagurike mu mihango iyo ugitangira, nyuma ukajya ubona uturaso duke cyangwa hakagira amezi utabona amaraso. Ibyo ni ibisanzwe ntacyo bitwaye.
- Ushobora kugira impinduka mu biro (bikiyongera cyangwa bikagabanuka).
- Nyuma yo guhagarika inshinge, hashora gucaho amezi menshi utarasama.

Ingingo z'ingenzi

- Ntabwo inshinge zitera ubugumba.
- Ukore ku buryo uterwa urushinge rukurikiyeho ku gihe.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonanao mpuzabitsina na virusi itera SIDA.



Agakingirizo k'abagabo



- Karinda gusama kakanarinda indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA
- Gakora neza iyo gakoreshejwe neza igihe cyose ukoze imibonano mpuzabitsina
- Biroroshye kukabona no kugakoresha

Agakingirizo k'abagabo

Ni iki?

- Ni agafuka gakoze mu gahu korohereye cyane gatwikira igitsina cyafashe umurego.
- Gakumira intangangabo kugera mu gitsina cy'umugore.

Uko gakoreshwa

- Ambika igitsina cyafashe umurego mbere yo gutangira gukora imibonano mpuzabitsina.
- Nyuma ugakuremo neza, ukajugunye ahashyirwa imyanda cyangwa mu musarane.

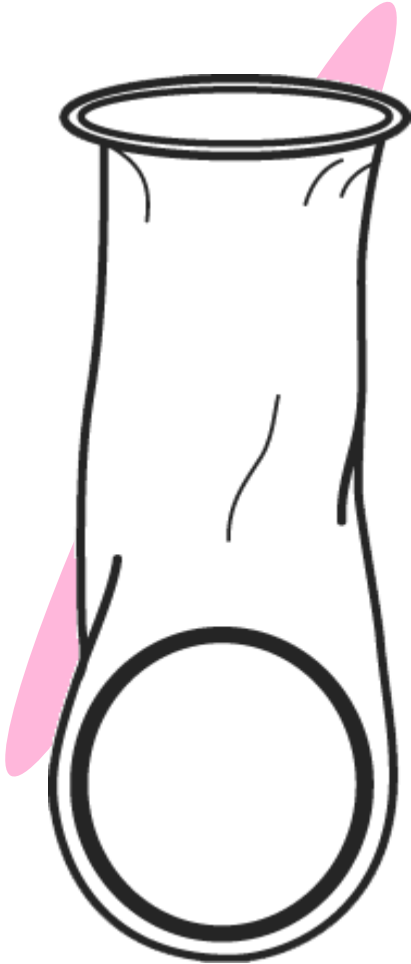
Impinduka zishobora kubaho

- Nta ngaruka gatera.

Ingingo z'ingenzi

- Gashobora gukoreshwa hamwe n'ubundi buryo bwo kuboneza urubyaro kugirango kakurinde kwandura indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA.
- Ni ngombwa kugakoresha neza igihe cyose ukoze imibonano mpuzabitsina.
- Itondere kutagaca iyo ugafungura n'iyo ukambara.
- Abagiye gukora imibonano mpuzabitsina bagomba kukumvikanaho bombi.
- Ibinini birinda gusama by'ubutabazi bigomba gukoreshwa iyo agakingirizo gacitse cyangwa se katanakoreshejwe.

Agakingirizo k'abagore



- Karinda gusama kakanarinda indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA.
- Gakora neza iyo gakoreshejwe neza igihe cyose ukoze imibonano mpuzabitsina.

Agakingirizo k'abagore

Ni iki?

- Ni nk'agafuka k'agahu kanoze kinjizwa mu gitsina cy'umugore kakagitwikira mbere yo gutangira gukora imibonano mpuzabitsina.
- Gakumira intangangabo kugera mu gitsina cy'umugore .

Gakoreshwa gate?

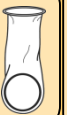
- Gaseseke mu gitsina mbere yo gutangira gukora imibonano mpuzabitsina.
- Nyuma ugakuremo neza, ugapfundike, ukajugunye ahashyirwa imyanda cyangwa mu musarane.

Witeze kubona iki?

- Nta ngaruka gatera.

Ingingo z'ingenzi

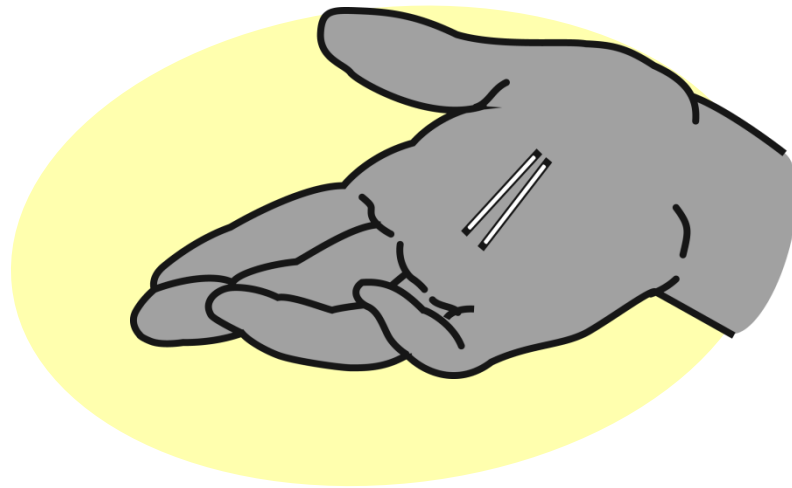
- Gashobora gukoreshwa hamwe n'ubundi buryo bwo kuboneza urubyaro kugirango kakurinde kwandura indwara zandurira mu mibonano mpuzabitsina harimo na virusi itera SIDA.Ni ngombwa kugakoresha neza igihe cyose ugize imibonano mpuzabitsina.
- Abagiye gukora imibonano mpuzabitsina bagomba kukumvikanaho bombi.
- Ibinini birinda gusana by'ubutabazi bigomba gukoreshwa iyo agakingirizo kanyereye kakavamo cyangwa se katanakoreshejwe neza.



Udupira two mu kuboko



- Nta mbogamizi mu kudukoresha
- Ni bumwe mu buryo bukora neza cyane
- Tumara imyaka 3 kugeza kuri 5
- Ushobora kudukuramo igihe cyose ushaka gusama.



Udupira two mu kuboko

Ni iki?

- Ni utuntu tumeze nk’uduhombo duto baseseka munsi y’uruhu mw’imbere, ku kuboko.
- Imisemburo irimo ibuza intangangabo kugera ku ntangangore kandi ikabuza irekurwa ry’intangangore.

Uko dukoresha

- Uwabihuguwemo niwe uduseseka mu kuboko cyangwa akadukuramo.
- Nta kintu nakimwe ugomba kwitwararika kwibuka iyo bamaze kudushyiramo.

Icyo witeze kubona

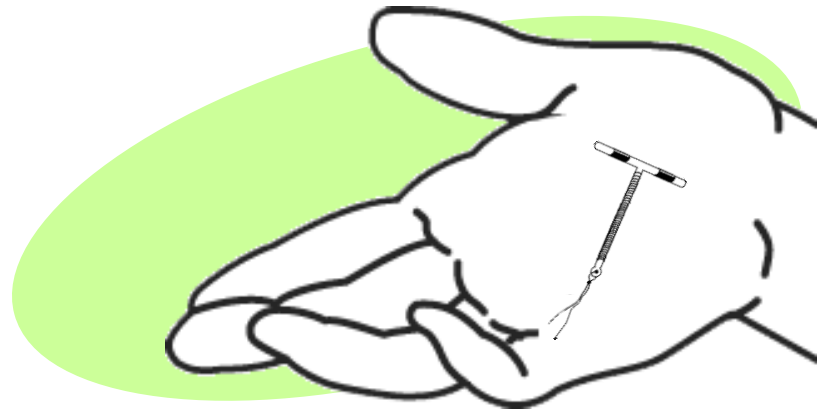
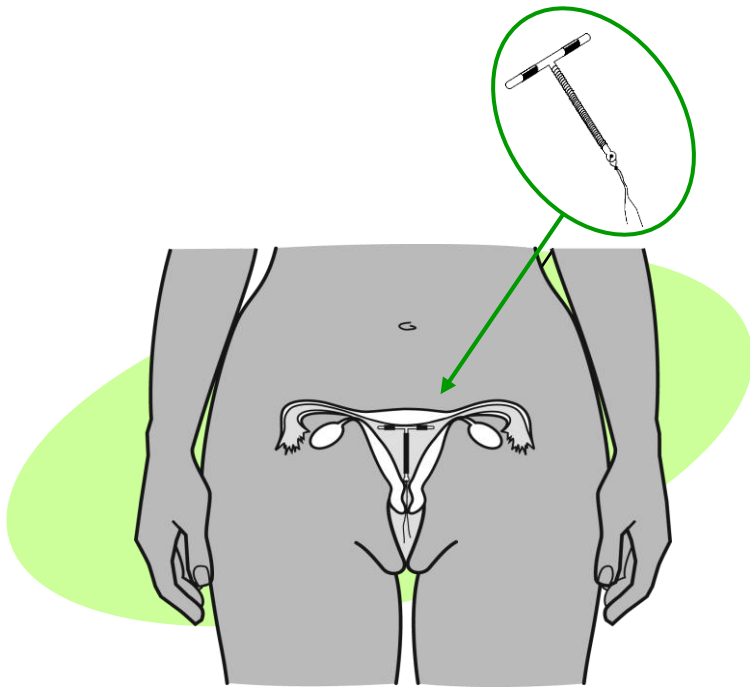
- Imihindagurike ku bihe imihango izira, nyuma ukajya ubona uturaso duke cyangwa menshi cyane, hakagira amezi utabona amaraso. Ibyo ni ibisanzwe ntacyo bitwaye.

Ingingo z’ingenzi

- Koresha ubundi buryo iyo utegereje kuzajya kudushyirishamo.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonanao mpuzabitsina na virusi itera SIDA.

Aho wadushyirishamo: _____

Agapira bashyira mu mura



- Nta mbogamizi mu kugakoresha
- Ni bumwe mu buryo bukora neza cyane
- Gashobora gukoreshwa kumara imyaka 12
- Bashobora kugakuramo igihe cyose ushaka gusama.

Agapira bashyira mu mura

Ni iki?

- Ni agapira ka pulasitiki, gato, kagondeka gafite iforomo ya “T” , gatwikiriwe n’umuringa bashyira mu mura.
- Kabuza intangangabo guhura n’intangangore.

Uko gakoreshwa

- Uwabihuguwemo agashyiramo kandi akakavanamo.
- Bashobora kugashyiramo ukimara kubyara cyangwa n’ikindi gihe cyose.
- Ntacyo ugomba kwitwararika kwibuka iyo bamaze kugashyiramo.

Icyo witeze kubona

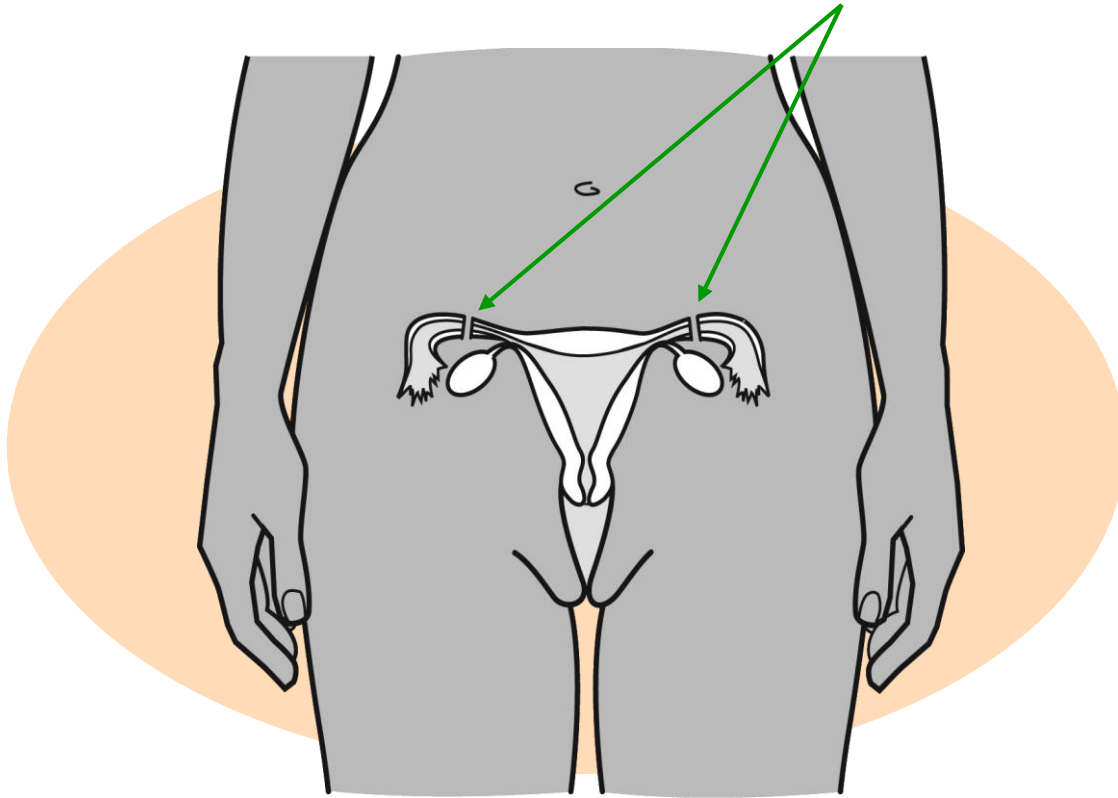
- Kubabara munda rimwe na rimwe no kuva cyane igihe cy’imihango mu mezi ya mbere bamaze kugashyiramo.

Ingingo z’ingenzi

- Koresha ubundi buryo iyo utegereje kuzajya kugashyirishamo.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonananano mpuzabitsina na virusi itera SIDA.

Aho wagashyirishamo: _____

Gufungwa burundu k'umugore



- Uburyo butagira imbogamizi kandi buhoraho- ku bagore cyangwa abashakanye batifuza abandi bana.
- Bumwe mu buryo bukora neza cyane kurenza ubundi
- Ni ugufunga imiyoborantanga y'umugore ku buryo bworoshye

Gufungwa burundu k'umugore

Ni iki?

- Umuganga wabihuguriwe, akata ku mpande zombi z'inda akagera ku miyoboro ijyana intangangore mu mura.
- Akata iyo miyoboro akayifunga. Ntabwo avanamo umura.
- Ushobora kwifungisha ukimara kubyara cyangwa n'ikindi gihe cyose.

Icyo witeze kubona

- Iyo bimaze gukorwa ntacyo ugomba kwitwararika kwibuka kandi nta ngaruka bitera.
- Ntibakenera kugusinziriza iyo bakubaga.
- Ubusanzwe utaha nyuma y'amasaha make ubazwe.
- Ushobora gusa kubabara gahoro aho bakubaze, iminsi mike.
- Imihango ya buri kwezi irakomeza bisanzwe.

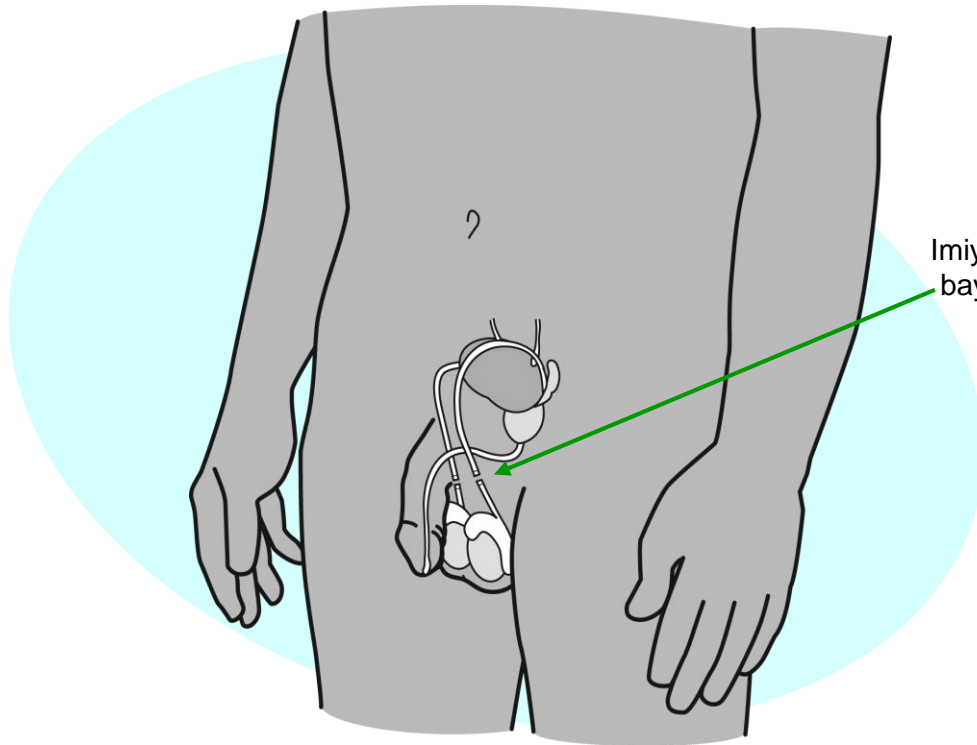
Ingingo z'ingenzi

- Ni uburyo bwa burundu.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonanano mpuzabitsina na virusi itera SIDA.

Aho wakwifungishiriza burundu: _____



Kwifungisha burundu k'umugabo



- Uburyo butagira imbogamizi kandi buhoraho- ku bagabo cyangwa abashakanye batifuza abandi bana.
- Bumwe mu buryo bukora neza cyane kurenza ubundi
- Ni ukubaga umugabo uburyo byoroshye cyane
- Ubu buryo bugomba guherekezwa n'ubundi mu mezi 3 ya mbere

Kwifungisha burundu k'umugabo

Ni iki?

- Umuganga wabihuguriwe, akata ku mpande zombi hejuru y'amabya akagera ku miyoboro ijyana intangangabo.
- Akata iyo miyoboro akayifunga. Ntabwo avanamo umabya.
- Bibuza intanga guhura n'amasohoro.

Uko bikora

- Bikora neza nyuma y'amezi 3. Abashakanye bashaka ubundi buryo baba bakoresha muri ayo mezi.
- Nyuma y'amezi 3, ntacyo witwararika kwibuka.

Icyo witeze kubona

- Ntibagomba kugusinziriza igihe bakubaga.
- Ubusanzwe urataha nyuma y'amasaha make ubazwe.
- Ushobora gusa kubabara gahoro aho bakubaze, iminsi mike.

Ingingo z'ingenzi

- Ntibigabanya gushaka gukora imibonano mpuzabitsina, gushyukwa no gusohora.
- Ni uburyo bwa burundu.
- Koresha udukingirizo niba ushaka kwirinda indwara zandurira mu mibonanano mpuzabitsina na virusi itera SIDA.

Aho waja kwifungishiriza: _____



Uburyo bwo konsa (Ni ubw'ababyeyi bonsa)

- Nta mbogamizi bugira kandi nta n'ingaruka.
- Bukora neza iyo:
 - wonsa kenshi, ku manywa na nijoro, kandi ntugire ikindi cyo kunywa cyangwa cyo kurya uha umwana
 - umwana agomba kuba ari hasi y'amezi 6, kandi
 - ukaba utarasubira mu mihango



Uburyo bwo konsa (Ni ubw'ababyeyi bonsa)

Ni iki?

- Konsa ni uburyo bwo kwirinda gusama.
- Bibuza irekurwa ry'intangangore.
- Ntabwo birinda kwandura indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA- kugirango wirinde izo ndwara , koresha agakingirizo.

Uko bukoreshwa:

- Uburyo bwo konsa busaba ibintu bitatu:
 1. Kuba wonsa gusa (ntakindi uha umwana cyo kumywa cyangwa cyo kurya)
 2. Kuba utarasubira kubona imihango nyuma yo kubyara.
 3. Kuba umwana wabyaye atararenza amezi 6

Icyo witeze kubona

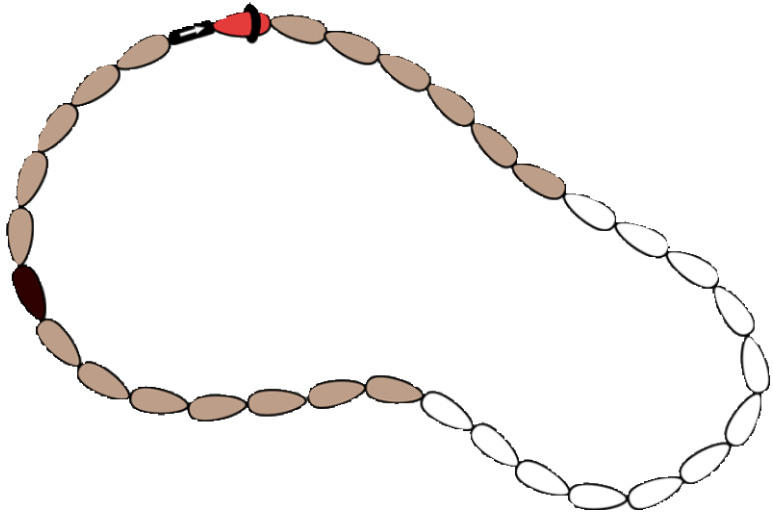
- Nta amaraso ya buri kwezi uzabona.
- Nta ngaruka nimwe bizakugiraho.

Imyumvire itari yo

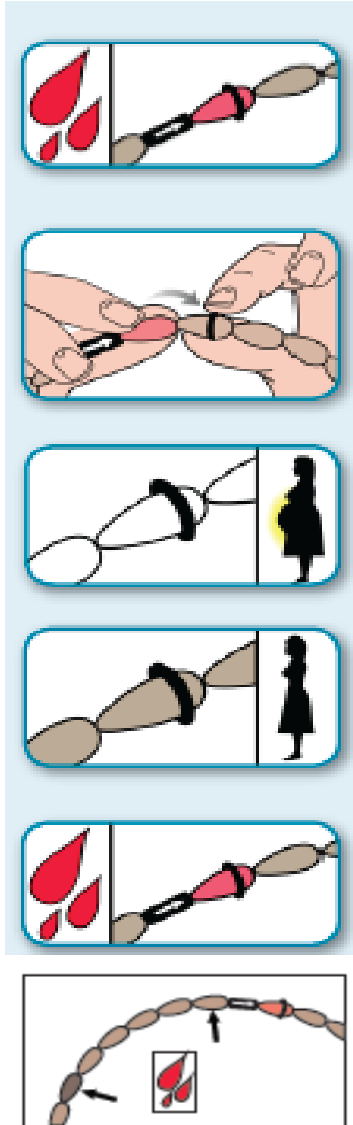
- Kutonsa byonyine ntibirinda gusama: ugomba kuba wujuje biriya bitatu byose bisabwa.



Uburyo bw'iminsi idahinduka: Gukoresha urunigi



- Urunigi rugufasha kumenya iminsi yo mu kwezi kwawe ushobora gusamiramo
- Kugirango wirinde gusama, ifate cyangwa se ukoreshe agakingirizo muri iyo minsi
- Ubu buryo bubera abagore bagira imihango mu bihe bidahindagurika



Uko bakoresha urunigi

- Shyira impeta kw'isaro RITUKURA iyo imihango itangiye. Umunsi ukurikiyeho imura impeta kw'isaro rikurikiyeho.
- Buri munsi imurira impeta kw'isaro rikurikiyeho. Yimure n'iminsi wabonye amaraso.
- Koresha agakingirizo cyangwa wifate igihe impeta igeze kw'isaro RYERA kugirango wirinde gusama.
- Amasaro y'IKIJUJU yerekana iminsi udashobora gusama.
- Iyo imihango yongeye kugaruka, shyira impeta kw'isaro ritukura utangire bundi bushya.
- Iteka ugenzure ko imihango yawe iza hagati y'isaro ry'ikijuru cyijimye n'isaro rya nyuma ry'ikijuru

Uburyo bw'iminsi idahinduka: Gukoresha indangaminsini n'urunigi

Ni iki?

- Byigisha kumenya iminsi muri buri kwezi kwawe ushobora gusamiramo (iminsi y'uburumbuke).
- Ukifata cyangwa se ugakoresha agakingirizo muri iyo minsi y'uburumbuke.
- Ni uburyo bukoreshwa n'abagore bagira imihango ya buri kwezi, ku minsi idahindagurika (iteka hagati y'iminsi 26 na 32).

Uko bukoreshwa

- Koresha urunigi n'indangaminsini maze ubare iminsi y'ukwezi kwawe. Tangira ku munsi w'ukwezi waboneyeho amaraso.
- Kuva ku munsi wa 8 kugeza kuwa 19 wa buri kwezi ni "iminsi y'uburumbuke".
- Muri iyo minsi y'uburumbuke, irinde gukora imibonano mpuzabitsina idakingiye.

Icyo witeze kubona

- Muzirinda imibonano mpuzabitsina cyangwa mukoreshe udukingirizo mu minsi 12 ikurikirana, buri kwezi.
- Nta ngaruka mbi ubu buryo bubagiraho.

Ingingo z'ingenzi

- Abashakanye bombi bagomba kumvikana bakemeranya ku kwifata cyangwa se gukoresha agakingirizo mu minsi y'uburumbuke.
- Niba ibihe byo kujya mu mihango bigenda bihindagurika, muzagomba guhitamo ubundi buryo bwo kuboneza urubyaro.
- Mukoreshe udukingirizo niba mukeneye kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.

Ibinini bikoreshwa mu gihe cy'amage

- Bibuza gusama nyuma y'uko wakoze imibonanao mpuzabitsina idakingiye
- Bikora neza iyo wihutiye kubikoresha nyuma y'imibonano mpuzabitsina, utarengeje iminsi 5.
- Ntibikuramo inda.



Ibinini bikoreshwa mu gihe cy'amage

Ni iki?

- Ni ibinini bifatwa kugirango wirinde gusama, nyuma yo gukora imibonano mpuzabitsina idakingiye kandi ukeka ko ushobora gusama.
- Bibuza cyangwa bigatinza irekurwa ry'intangangore.
- Ntibukuramo inda.

Uko bukoreshwa _____

- Bukoreshwa kugeza ku minsi 5 nyuma y'imibonano idakingiye.
- Bukora neza iyo uhise umira ibinini nyuma yo gukora imibonano mpuzabitsina.

Icyo witeze kubona

- Rimwe na rimwe uzagira iseseme, uruke, ubone uturaso cyangwa se amaraso menshi iminsi mike.

Ingingo z'ingenzi

- Ntibirinda gusama ubutaha niwongera gukora imibonano mpuzabitsina.
- Uburyo busanzwe buhoraho nibwo bukora neza kuruta ubu, urebe niba hari ubwo wahitamo gukoresha.
- Isuzumisha kandi wivuze niba wanduriyemo indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.

Aho wahabwa ibinini bikoreshwa nk'ubutabazi: _____



Ibisobanuro bya ngombwa

Nyuma yo kubyara

- Uburyo bushingiye ku konsa burinda neza gusama kugeza ku mezi 6 iyo bukoreshwe neza, kandi bugaha abana indyo irenze izindi.

Igihe watangirira ubundi buryo bwo kuboneza urubyaro:

- Agapira ko mu mura: ukimara kubyara cyangwa se ugategereza ibyumweru 4 nyuma yo kubyara.
- Gufungwa burundu k'umugore: akimara kubyara cyangwa se gutegereza amezi 6 nyuma yo kubyara.
- Gufungwa burundu k'umugabo: ibyiza amezi 3 mbere y'igihe hashobora kubaho gusama, kuko bukora neza nyuma y'amezi 3.
- Ibinini by'umusemburo 1, inshinge, udupira two mu kuboko: ibyumweru 6 nyuma yo kubyara niba umugore yonsa. Ako kanya akimara kubyara niba umugore atonsa.
- Ibinini by'imiseburo 2: amezi 6 nyuma yo kubyara iyo umugore yonsa. Ibyumweru 6 iyo umugore atonsa.

Virusi itera SIDA na SIDA

- Iyo umuntu yanduye virusi ya SIDA (ariko atarwaye SIDA): Ashobora gukoresha uburyo ubwo aribwo bwose keretse imiti bashyira mu gitsina.
- Uri ku miti igabanya ubukana bwa virusi cyangwa urwaye SIDA: Yakoresha uburyo hafi bwose, agakurikiza inama bamuha.
- Uri ku miti y'igituntu: Ashobora gukoresha uburyo hafi bwose, agakurikiza inama bamugira.
- Udukingirizo: dukoresha mu kwirinda kwanduza virusi itera SIDA, niyo waba ukoresha ubundi buryo bwo kuboneza urubyaro.
- Niba umugore yanduye virusi itera SIDA kandi agahitamo konsa, yagirwa inama zo:
 - Konsa gusa kugeza umwana agize amezi 6.
 - Nyuma y'amezi 6, kongeraho ibindi biryo ariko umwana agakomeza konka kugeza ku mezi 12.
 - Hanyuma agahagarika konsa iyo hari indyo nziza yuzuye yaha umwana.



Abagabo cyangwa abagore batifuza kugira abandi bana

- Muganire ku byo kuboneza urubyaro bya burundu (ku mugore no ku mugabo) n’uburyo bumara igihe kirekire (nk’agapira ko mu mura, n’agapira ko mu kuboko).

Imyaka

- Ukiri muto: Yakoresha uburyo bwose. Ganira nawe ku kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.
- Ukuze: Yakoresha uburyo bwose. Muganire ku buryo buhoraho n’ubutinda.

Nyuma yo gukuramo inda

- Ashobora gukoresha uburyo bwose nyuma yo gukuramo inda.
- Niba hari uburwayi afite, ategereze abanze kwivuza mbere yo gushyiramo agapira ko mu mura.

Abafite ubumuga

- Yakoresha uburyo bwose.
- Ni ngombwa kuganira kubyo bakeneye mu buryo bwo kuboneza urubyaro no kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.

Uwafashwe ku ngufu

- Koresha uburyo bwo kuboneza urubyaro bw’ubutabazi niba ntabundi asanzwe akoresha.
- Umwohereze mu bujyanama ku ndwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA.

Mu bihe by’intamabra/Amapfa/Inkambi/Abantu baba mu mihanda

- Yakoresha uburyo bwose.
- Mutekereze uko azajya abona ibikenerwa mu kuboneza urubyaro (udukingirizo, ibinini bitangwa mu buryo bw’ubutabazi).
- Kwirinda gusama hamwe no kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA ni ikintu cya ngombwa cyane.



Kohereza umugore ku kigo ndera buzima kimwegereye niba afite kimwe muri ibi bibazo:

- Igihe yaba ababara cyane mu gituzza cyangwa ahumeka nabi
- Ababara cyane amaguru
- Ababara cyane mu nda
- Umutwe, kutareba neza cyangwa areba ibirorirori, cyangwa abona umucyo mwinshi cyane
- Afite amaso cyangwa uruhu by'umuhondo



Ibibazo byatuma umenya neza ko umugore adatwite

Umugore utakibona amaraso ya buri kwezi ashobora gutangira uburyo bwo kuboneza urubyaro bukoresha imisemburo (ibinini, inshinge, cyangwa utunini dutol) UBU. Baza ibi bibazo bitume umenya neza ko adatwite.

Iyo umugore asubiza OYA ku bibazo BYOSE, ntabwo wahakana ko adatwite. Ni byiza ko aguma gutegereza kugeza abonye imihango ikurikiraho (kandi akifata cyangwa akirinda imibonano mpuzabitsina akoresha agakingirizo) cyangwa se agasuzumisha ko atwite.

Umugore nasubiza YEGO nibura kuri KIMWE mu bibazo kandi adafite ibimenyetso byo gutwita. * umuhe uburyo bwo kuboneza urubyaro.

OYA		YEGO
	1. Waba ufite umwana uri hasi y'amezi 6, ese uramwonsa gusa kandi ese nturongera kujya mu mihango kuva wabyara?	
	2. Waba waririnzwe gukora imibonano mpuzabitsina nyuma y'imihango yawe iherutse cyangwa kuva wabyara?	
	3. Waba warabyaye ufite umwana muri ibi byumweru 4 bishize?	
	4. Imihango yawe ya nyuma yaba yaratangiye mu minsi 7 ishize?	
	5. Waba warakuyemeo inda mu minsi 7 ishize?	
	6. Hari ubwo wakoresheje uburyo bwo kuboneza urubyaro bwemewe ukabukoreshereza igihe kandi neza?	

Ibimenyetso byo gutwita

Niba umugore aheruka kera imihango kandi akaba afite n'ibindi bimenyetso bifatika, ashobora kuba yarasamywe.
Yagerageza kwemeza ko atwite yisuzumisha muri laboratwari no kwa muganga.

Ibimenyetso bihita bigaragara

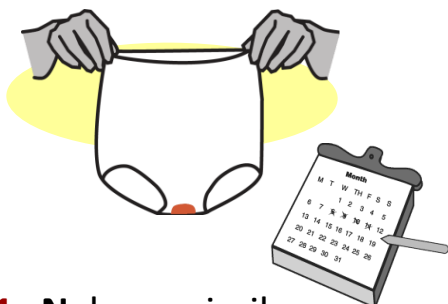
Kubura imihango	Guhinduka kw'ibiro
Koroha kw'amabere	Guhora arushye
Isesemu	Kugira umunabi
Kuruka	Guhurwa cyangwa
Gusoba buri kanya	gutwarira ibiryo

Ibimenyetso biboneka bitinze

Amabere kuba manini cyane
Kwirabura kw'imoko
Kuzana amavangingo menshi adasanzwe
Inda yabaye nini
Umwana arakina m'nda

Ibibazo byo kuge
nzura ko adatwite

Niba KIMWE muri ibi ari ukuri, ntabwo utwite, ushobora gutangira gukoresha uburyo bwo kuboneza urubyaro.



1. Nabonye imihango mu minsi 7 yashize

or



2. Nabyaye mu mezi 4 ashize

or

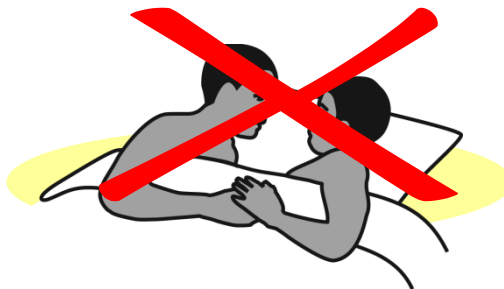


3. Ndonsa gusa KANDI haciye amezi atarenze 6 mbyaye kandi ntarasubira kubona imihango



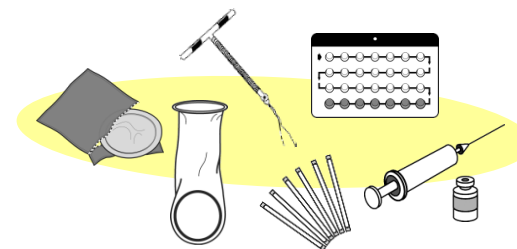
or 4. Nakuyemo inda mu minsi 7 ishize

or



5. Sinigeze nkora imbonano mpuzabitsina kuva mbyaye imihango ishize cyanga kuva nabyara

or



6. Nkoresha ubundi buryo bwo kuboneza urubyaro kandi mbukoresha iteka kandi neza

Ibibazo bikunze kubazwa

Ese uburyo bwo kuboneza urubyaro butuma abantu baba ingumba?

- OYA- Uburyo bwa burundu ku bagore no ku bagabo nibwo bwonyine butuma umuntu atongera kubyara
- Ku bundi buryo bwose, abashakanye bashobora gusama umwana, bakimara guhagarika kubukoresha
- Abashakanye batari babyara bashobora nabo gukoresha uburyo bwo kuboneza urubyaro kandi bakaba babyara bakimara kubuhagarika.

Ese uburyo bwo kuboneza urubyaro butera kanseri?

- OYA- Urebye ahubwo, uburyo bumwe bwo kuboneza urubyaro bushobora kurinda kanseri

Ese uburyo bwo kuboneza urubyaro bwatuma umugore agira ibibabazo mu igihe abyara?

- OYA-Nta buryo bwo kuboneza urubyaro bwatera ibibazo byo kubyara kabone n'iyi wabukoresha utwite

Ese gufunga umugabo burundu bitandukaniye he no kumukona?

- Gukona ni ukuvanamo amabya. Mu gufunga umugabo burundu byo, amabya ntakorwaho na gato. Umuyoboro ujyana intanga niwo ukatwa. Ibyo bituma intanga zidahura n’amasohoro, ariko ntacyo bigabanya na gato ku gushaka gukora imibonano mpuzabitsina, ku kuyikora cyangwa ku gusohora.

Ese uburyo bwo kuboneza urubyaro butuma umuntu yiyongera ibiro?

- Abagore bamwe biyongera ibiro igihe bakoresha uburyo bwo kuboneza urubyaro. Ariko ubusanzwe ibiro byiyongera ni **bike**.

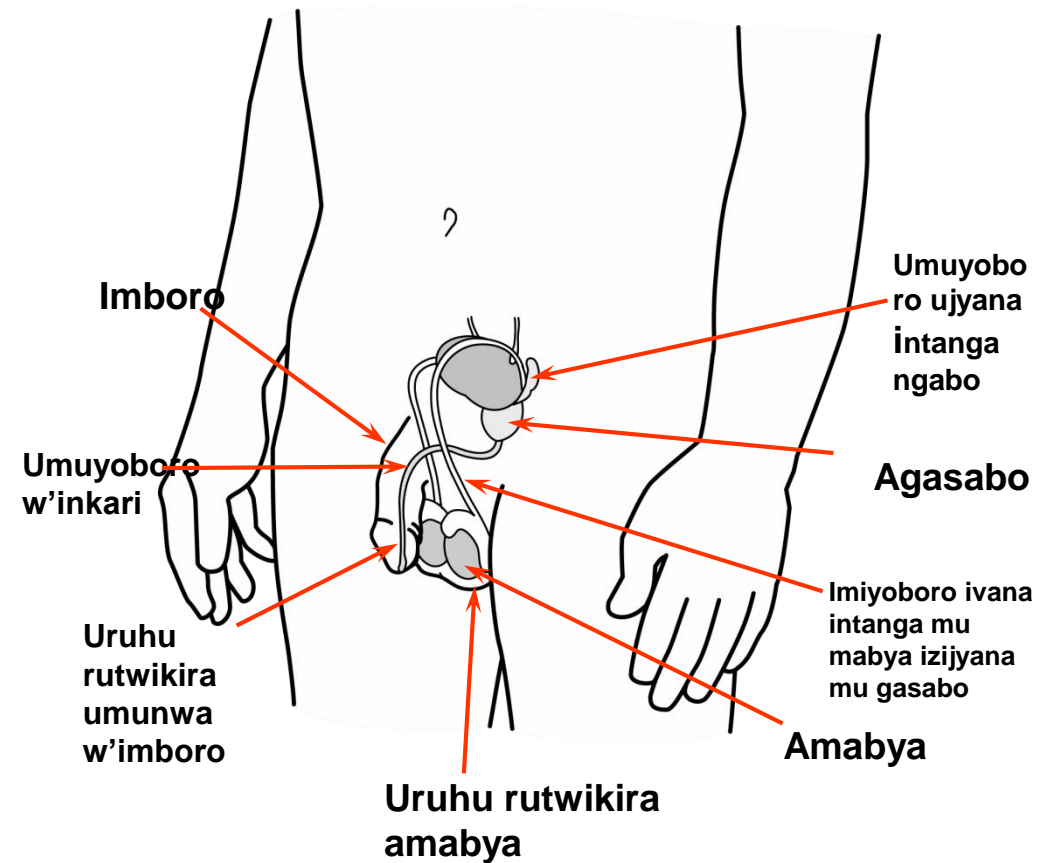
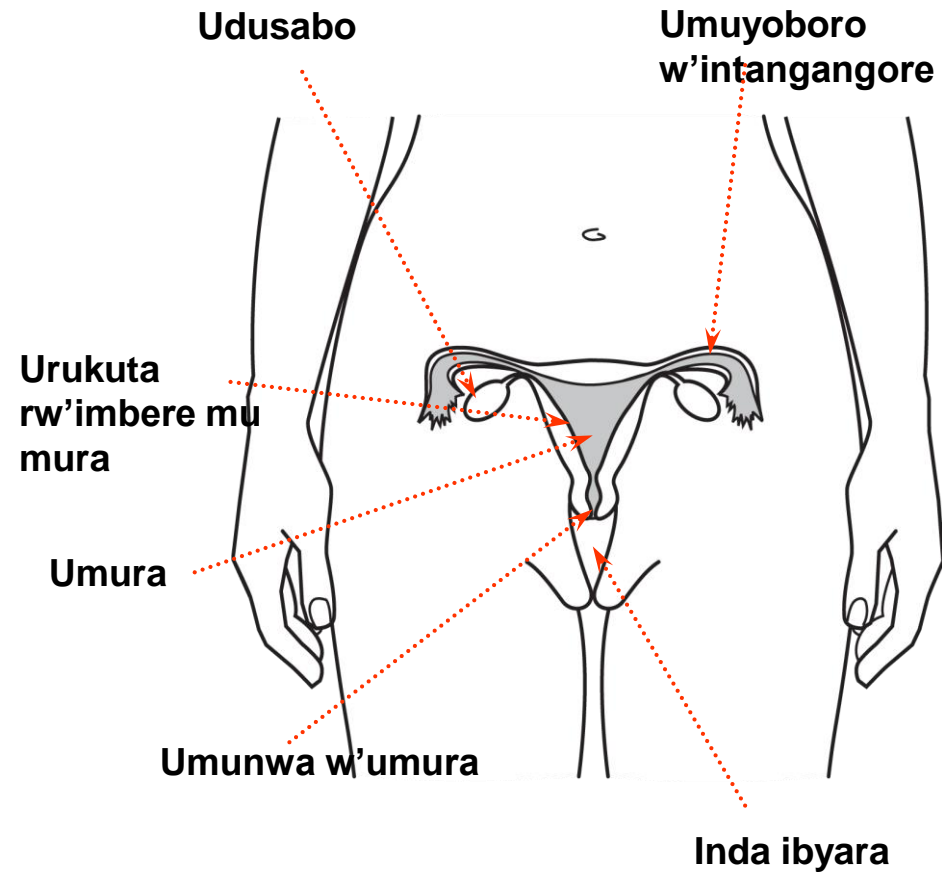
Ese abashakanye bakiri bato bakoresha uburyo bwo kuboneza urubyaro nta ngorane?

- **YEGO**- Abakiri bato bakoresha uburyo butari ubwa burundu, nyuma bakazabuhagarika bakabyara
- Abantu bose bafite ibyago byo kwandura indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA, bagomba gukoresha udukingirizo n’iyo baba bakoresha ubundi buryo bwo kuboneza urubyaro

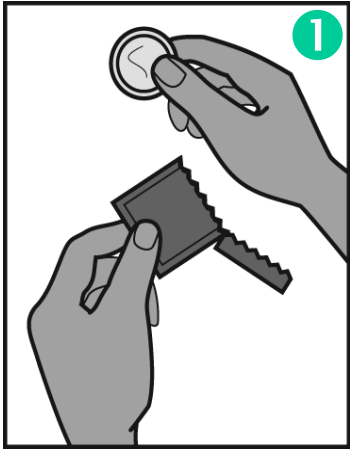
Wongereho n’ibindi bibazo abo muturanye bibaza kenshi.



Imyanya myibarukiro y'umugabo n'iy'umugore



Uko agakingirizo k'umugabo gakoreshwa



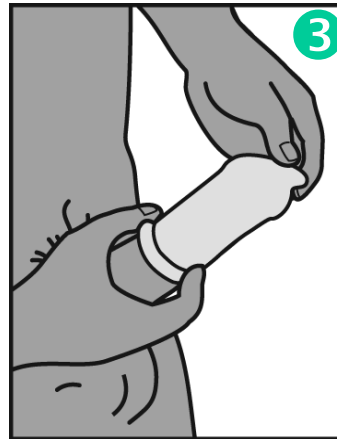
1

Koresha
agakingirizo
gashya iteka iyo
ugiye gukora
imibonano
mpuzabitsina



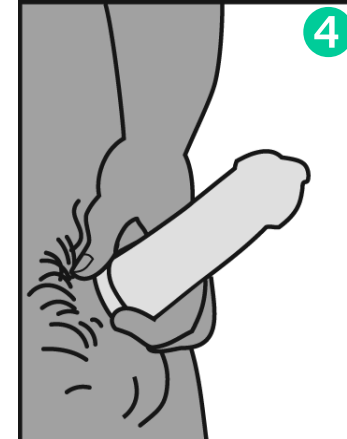
2

Utari wagira
ikindi ukora,
shyira
agakingirizo ku
munwa w'igitsina
cyashyutswe aho
kazingurirwa hari
hanze



3

Zingurira
agakingirizo
ku gitsina
umanure
ugeze aho
gitereye



4

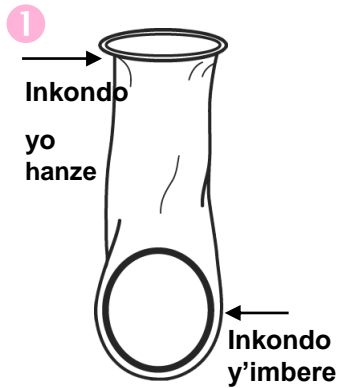
Nyuma
y'imibonano
mpuza bitsina na
nyuma yo
gusohora, komeza
ufatire agakingirizo
aho igitsina
gitereye, maze
uvanemo igitsina
kigifite umurego.



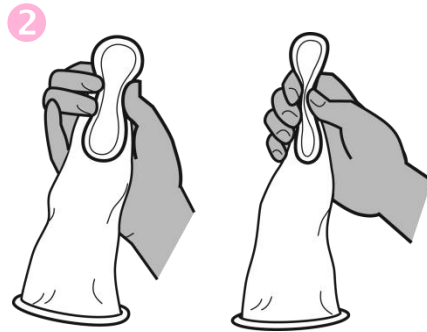
5

Ugakoreshe
rimwe risa.
Kajugunye
ahabigenewe
witonze

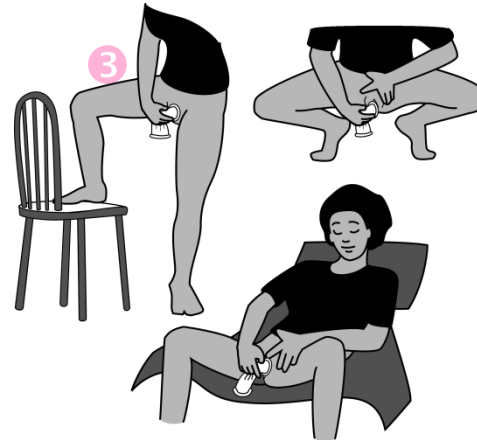
Uko bakoresha agakingirizo k'umugore



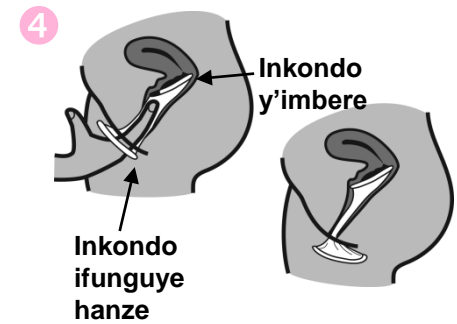
- Koresha iteka agakingirizo gashya
- Fungura agapaki witonze
- Kora ku buryo agakingirizo kaba gasize amavuta ahagije mo imbere



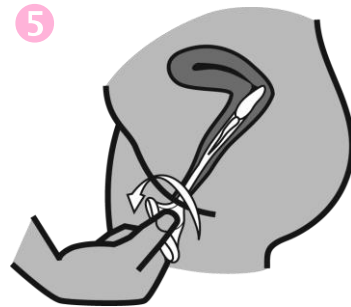
- Kanda inkondo y'imbere uyegeranye



- Icara neza wumve utabangamiwe



- Witonze seseka inkondo y'imbere mu nda ibyara
- Shyira urutoki rwawe imbere mu gakingirizo usunike inkondo y'imbere uyigeze kure bishoboka
- Genzura neza ko inkondo yo hanze iri hanze y'igitsina kandi ko agakingirizo katigoranzoye
- **Kora ku buryo umenya neza ko igitsina cy'umugabo cyinjiye mu gakingirizo kandi kikagumamo igihe cyose cy'imibonano mpuzabitsina**



- Mu gukuramo agakingirizo, goronzora inkondo yo hanze maze ugakurure witonze ukavanemo
- Kajugunye neza ahabigewe

Ku batangizi, ese hari ubwo ...

- Wamufashije guhitamo uburyo bwo kuboneza urubyaro bumubereye?
- Mwaganiriye ku ngaruka zishoboka zijyanye n'ubwo buryo?
- Mu bishoboka, wamuhaye uburyo yashakaga, cyangwa wamwohereje ahandi babutanga?
- Witayeho kumuha uburyo bw'agateganyo mu gihe ategereje kuja ahandi wamwohereje?
- Wamuhaye uburyo, amakuru yose ajyanye nabwo, n'impapuro yabisomamo?
- Wazirikanye kumenya niba afite udukingirizo n'ibinini by'ubutabazi, niba bikenewe?
- Mwaganiriye ku kwirinda indwara zandurira mu mibonano mpuzabitsina na virusi itera SIDA, maze umuha udukingirizo niba byari bikenewe?
- Wamusobanuriye ko agomba kugaruka igihe akeneye ibindi bikoresho, cyangwa igihe cyose agize ibibazo, mbere y'uko ahagarika uburyo yakoreshaga?
- Washubije ibibazo byose yabajije?
- Wamuhaye ikaze yo kuzajya aza igihe cyose abikeneye?



Ku basanzwe baza, hari ubwo...

- Wagenzuye niba yishimiye uburyo bwo kuboneza urubyaro akoresha?
- Wagenzuye niba akoresha neza uburyo yahisemo?
- Washubije ibibazo n'ibimuhangayikishije, nk'urugero:
 - ibibazo byo gukoresha uburyo bwo kuboneza urubyaro, nko kwibagirwa gufata ikinini cyangwa ibibazo bijyanye n'agakingirizo
 - ibibazo yagiranye n'uwo bashakanye
 - impinduka mu kuva amaraso, nko kubona uturaso duke, kubura amaraso ya buri kwezi
 - izindi ngaruka nko kuzengerezwa, kurwara umutwe, guhindagurika kw'uko yiyumva muri we, kugira ibiheri mu maso
 - kumubaza niba impinduka abona azifata nk'ibibazo bikomeye. Muhumurize umubwire ko ari ibintu bibaho, bidakanganye kandi bishira ubwabyo byijyanye. Niba ashaka guhagarika uburyo yakoresheje, mufashe guhitamo ubundi.
- Wagenzuye niba nta bindi bibazo afite cyangwa ibindi bimuhangayikishije?
- Wamufashije guhitamo uburyo yakoresha igihe yonsa na nyuma yaho, niba atwite cyangwa aheruka kubyara umwana?
- Witayeho kumenya niba afite udukingirizo cyangwa ibinini by'ubutabazi niba bikenewe?
- Ese wamuhaye ibikoresho cyangwa ibinini bihagije?

