



INTSINZI Y'URWARUKA

Igitabu mfashanyigisho ku vyerekeye irondoka rijanye n'amagara meza



Intsinzi y'Urwaruka

Kuko icaremwe n'Imana cose
Gitsinda isi

(Yohani 1, 5-4)

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INTANGAMARARA

Uburundi burahanzwe n'umurindi munini w'irwirirana ry'abantu. Abenegihugu biyongereye incuro zibiri mu myaka mirongo ibiri n'icenda, bavuye ku miriyoni zine n'ibihumbi mirongo ibiri n'umunani n'amajana ane na mirongo ibiri (4 028420) baja ku miriyoni umunani n'ibihumbi mirongo itanu na bitatu n'amajana atanu na mirongo indwi na bane(8 053 574) hagati y'umwaka w'igihumbi kimwe n'amajana icenda na mirongo indwi n'icenda (1979) n'umwaka w'ibihumbi bibiri n'umunani (2008). Turavuye umurindi w'iryo rwirirana, dusanga ungana n'ibice bibiri n'ic'icumi kimwe kw'ijana (2.1%) ku mwaka. Ufatiye kw'uwo murindi, twovuga ko ubu abenegiguguboba barenga imiriyoni cumi. Vyabonetse ko ibice mirongo itanu na bitandatu kw'ijana (56%) bafise muni y'imyaka mirongo ibiri. Uwo murindi munini w'igwirirana ry'abantu hamwe n'urugero runini rw'urwaruka rwo mu gihugu hagati biteye ingorane ku bisata vy'amagara, indero no mu vyerekeye ubutunzi n'imibano. Muri icyo gihe, tutitwaritse bihagije ivyerekeye irondeka rijanye n'amagara meza, Uburundi ntibushobora gushika kw'ihangiro bwihaye mu mugambi w'igwirirana ry'abantu.

Nkuko bimeze mu bihugu vyinshi vyo muri Afrika, urwaruka rw'Uburundi rurahanzwe n'ingorane zikomeye mu vyerekeye irondeka rijanye n'amagara meza. Ivyerekeye irondeka rijanye n'amagara meza ku miyabaga n'imikangara ntivyitaweho, kenshi bigafatwa nk'ikizira kuvugwa. Vyongeye, ibisata vyitaho irondeka rijanye n'amagara meza ntibifise ubushobozi bukwiye kugira ngo vyishure ku bibazo vyose vy'urwaruka.

Urwaruka ruba rugeze ku ntambwe aho rurondera kwimenya no kwerekana icyo ruri mu kibano. Barakeneye gutera imbere mu bumenyi bubategurira kuba abantu bakuze b'ingirakamaro. Kubera abantu baguma biyongera, ubukene hamwe n'itituka ry'indero y'urwaruka, urwaruka rumwe rumwe ntirufise amahigwe yo kuronka ubumenyi bukwiye, bigatuma bafata inzira zibakwegera mu ngorane nyinshi. Ni muri icyo ntumbero kino gitabucateguwe. Ihangiro nyamukuru y'iki gitabu ni gutanga inyigisho zofasha urwaruka mu guhitamwo neza ingingo zibereye ku vyerekeye irondeka rijanye n'amagara meza.



IVYEREKEYE IKI GITABU

Ni bande bagenewe iki gitabu?

Iki gitabu kigenewe imboneya mu madini, mu kibano zaronkejwe inyigisho ku biri muri co, kugira nazo zigishe urwaruka ivyerekeye irondoka rijanye n'amagara meza. Ni igikoresho co guhimiriza, kwigisha no gutanga impanuro ku muntu wese yaronse inyigisho, vyotuma haba iterambere mu vyerekeye irondoka rijanye n'amagara meza mu rwaruka ruri mu madini atandukanye, no mu kibano.

Izi nyigisho zigenewe bande ?

Inyigisho ziri muri kino gitabu zifatira kuvyo urwarukarusanzwe rukenera mu vyerekeye irondoka rijanye n'amagara meza. Ubutumwa burimwo bwerekeye urwaruka rw'abahungu n'abakobwa, n'urwaruka rumaze kwubaka, urwaruka rufise imyaka 10 gushika kuri 14, 15 gushika kuri 19, 20 gushika kuri 24 ufatiye ku butandukane bwabo. Ni vyiza ko mu kiganiro hatorenga abantu 30 bacitavye.

Bohitamwo icigwa gute ?

Kugira bigire akamaro, ibikorwa vyo kwigisha vyokwisunga ivyo abenegihugu basanzwe bakeneye. Ni vyiza ko imboneya mu madini zoja hamwe n'abo mu kibano kandi bagafashanya n'abakora mu gisata c'amagara y'abantu bizewe mu kurabira hamwe ingorane zihari ufatiye ku buremere bwazo, mu guhitamwo icigwa hamwe n'icokorwa ubwa mbere.

Icigwa bahisemwo gitegerezwa kwisunga ivyipfuzo vy'abo cerekeye. Ni ukwirinda kuganira ku vyigwa vyinshi mu mwanya umwe. Kuganira ku cigwa kimwebifasha gukoresha umwanya neza n'abagikwirikirana bagatahura. Naho ivyobaganirako vyoba bitandukanye, ni vyiza ko imbere yo gutandukira ikindi kiganiro, bobanza bakagira umwihwezo w'igihuruka mu gihe umugwi baganira ari wa wundi kugira barabe ko bagitahuye neza.

Ubuhinga bumwebumwe mu bijanye no kuremesha ikiganiro mu migwi

1. Imigwi y'abantu batandatu

Ubwo buhinga bujanye no kugabura umugwi munini muri mitomito (y'abantu 6) kugira hashobore kuba ihanahana ry'ivyiyumviro mu mwanya muto. Intambwe imwe imwe y'ibiganiro mu migwi mitomito ica ikurikirwa n'ihwaniro rya bose kugira ngo bashire hamwe ivyiyumviro.

2. Kurondera ivyiyumviro hirya no hino

Ni ubuhingabwo gutororokanya ivyiyumviro. Abitavye ikiganiro baradondagura mu maguru masha (ataco bisigarije kandi atakunegurana) ivyiyumviro bakura mu cigwa. Uwuremesha ikiyago afadikanije n'abo baganiriye aca agira icegeranyo kugira bagumane inyishu nziza gusa.

3. Udukino

Utwo dukino dutuma urwaruka rwerekana ivyo rubamwo mu buzima bwa minsi yose, ivyo bigaca biha abitavye ikiganiro akaryo ko kubiganirako.

4. Ihwaniro rya bose

Ihwaniro rya bose niuburyo bwo kugira agakino butuma abitavye ikiganiro bagira ico baterereye. Mu mwanya wa mbere, abakinyi barakina agakino. Hanyuma abakinyi basubiramwo uduce tumwe tumwe tw'agakino tutarimwo inyigisho nziza. Abitavye ikiganiro baca basabwa bamwe muri bo ngo baze basubirire abakinye twa duce tudatanga inyigisho nziza bakageragezako ivyari bimeze nabi babihindura vyiza. Abatakinye barabishima canke bakabigaya. Mu nyuma, abahinga (abaganga, abakirizi, abarezi) barishura ibibazo vy'abari ngaho bakongera bakanatanga insiguro zikwiye.

5. Umutumire

Ni ugutumira umuntu yabinonosoye akaza gutanga inyigisho abitavye ikiganiro bakeneye. Umwanya w'umutumire urangiye, uwaremesheje ikiganiro aca arabira hamwe n'urwaruka izo nyigisho baronkejwe ku buryo bashikira ihangiro ry'ikiganiro.

6. Kwigira ku burorero

Ni ubuhinga bwo kuvuga ingorane isanzwe ihari, ingorane yumvikana, ivyashitse ku buryo babiciye hirya no hinobaza gushika aho bamenya neza iyo ngorane bagafata ingingo. Mu kiganiro, bituma abitavye bashobora:

- Kwiga ingorane zisanzwe zibaho,
- Kwerekana ico izo ngorane zibutsa, kwibaza ibibazo kugira batahure izo ngorane,
- Kurondera inyishu zishoboka kugira bazishire hamwe.

IBINTU BIHAMBAYE TWOMENYA

Intonde z'inyigisho

Mu mpera z'iki gitabu muzohasanga amafishi yerekana ingene twotegura ibiganiro.

Ibikoresho bikenewe mu biganiro

Imashini nyabwonko ngendanwa n'ibindi bikoresho bigendana, bikenewe n'igitambara gifasha mu kwerekana ibisomwa vyo mu mashini nyabwonko. Aho ivyo bikoresho tumaze kuvuga bitaboneka, uwuremesha ikiganiro ashobora kwibangikanya urupapuro n'amakaramu y'irangi rikaze, Bibiliya hamwe n'ibicapo biguma ari nkenerwa kugira ngo habe ikiganiro gifatiye kw'ijambo ry'Imana. Uretse ko ivyo bicapo biba biriko inyigisho n'ivyiyumviro ngirakamaro (vy'amashengero nk'akarorero) ku vyerekeye irondeka rijanye n'amagara meza, birafasha kandi ko ikiganiro kigenda neza. Izo nyigisho n'ivyiyumviro bishirwa ku bicapo biba biri mu tuzitizo. Harakenewe udupapuro dutoduto twokwandikako ivyiyumviro hanyuma bakatumadika kugipapuro kinini, amakaramu y'irangi rikaze n'ikibaho.

Igihe co gutanga ivyiyumviro

Mu mpera y'icigwa cose, uwuremesha ikiganiro arasaba urwaruka baganiriye kwandika mw'ikaye ivyiyumviro vyabo.

Ingene bokuzuzwa muri iyo kaye: Hasigaye iminota cumi kugira icigwa kirangire, uwuremesheje ikiganiro arerekana ijambo ry'Imana riherekejwe n'ikibazo bahanahanako ivyiyumviro. Araha umwe wese urupapuro ruriko ico gisomwa nyene. Urwo rupapuro rutegerezwa kuba rufise ijambo ry'umutwe ryerekana icigwa baganiriyeko, muni y'igisomwa naho imirongo urwaruka rwandikamwo ivyiyumviro vyarwo. Urwaruka ruvumeye, bashobora gushira ku bihaho canke ku ruhome icyumviro c'umwe wese kugira ngo babisabikanye n'abandi.

IBIBAZO KU BIJANYE N'UBUMENYI BW'URWARUKA KU VYEREKEYE IRONDOKA RIJANYE N'AMAGARA MEZA

(Mwishura "ego" canke "oya" ku bibazo bikurikira)

- (a) Urwaruka ntirukeneye kuronswa inyigisho kw'irondoka rijanye n'amagara meza _____
- (b) Umuntu yagenyerewe, ntaba agikeneye kwikingira umugera wa SIDA hamwe n'indwara zifatira mu bihimba vy'irondoka _____
- (c) Kwanka gukorana imibonano mpuzabitsina na mugenzawe bisigura ko utamukunda _____
- (d) Abagabo nabo nyene barashikirwa n'amabi ashingiye ku gitsina _____
- (e) Iyo umuntu agaragara ko afise ubuzima bwiza (amerewe neza ku mubiri) ivyo bisigura ko atagendana umugera wa SIDA _____
- (f) Abahungu canke abagabo barakeneye gukora imibonano mpuzabitsina, atari uko baca barwara _____
- (g) Imiyabaga/imikangara iremera vyoroshe agahato ikorerwa n'urunganwe, mubiyikwegera mu mpanuka zo kwandura umugera wa SIDA, indwara zifatira mu bihimba vy'irondoka, n'imbanyi zitifujwe _____
- (h) Urwaruka rugendana ubumuga ntirukeneye kuronswa inyigisho zerekeye ivyo guhuza ibitsina kuko badashoboye imigirwa ijanye n'uguhuza ibitsina _____
- (i) Iyo umwigeme asamye inda aba ari ikosa ryiwe bwegu _____
- (j) Ntushobora gusama inda iyo ari ubwambere ukoze imibonano mpuzabitsina _____
- (k) Urwaruka n'imiyabaga/imikangara ntibafise uburenganzira bwo gukoresha/kuronswa uburyo bwo kwikingira gusama imbanyi _____
- (l) Gutunga urutoke umuntu (kwita umuntu imburabwenge canke imburakimazi) ni uburyo bwo kumuhohotera _____
- (m) Urwaruka rusanga cane ntirwandura indwara zifatira mu bihimba vy'irondoka, umugera _____
- (n) Abapatiri n'abapasitori ntaco bafise co kuduhanura kuvyerekeye irondoka rijanye n'amagara meza _____
- (o) Umuntu wese agendana umugera wa SIDA canke indwara zifatira mu bihimba vy'irondoka ntakundwa n'Imana _____
- (p) Ntibikenewe kuronswa inyigisho ku vyerekeye ivy'imibonano mpuzabitsina _____
- (q) Kuyaga n'urwaruka ivyerekeye irondoka rijanye n'amagara meza bizotuma ruja muvuyo gukora imibonano mpuzabitsina _____
- (r) Abantu bamwe bamwe baritiranya urukundo no guhuza ibitsina _____
- (s) Hariho abantu bataronswa uburyo bwo kuvyara ku rugero kandi bari babukeneye _____

I. IVYO TWOMENYA KU MAGARA N'UBURENGAZIRA MU VYEREKEYE IRONDOKA RIJANYE N'AMAGARA MEZA

Intangamarara

Umuntu wesearafise uburenganzira bwo kumenya amakuru. Arafise uburenganzira bwo kumenyeshwa, bwo gushika aho ashobora kuronka amakuru nyayo aba akeneye yisanzuye. Ayo makuru yerekeye ibisata bitandukanye vy'ubuzima bw'abantu bose cokimwe n'ubw'umuntu ku giti ciwe. Kumenyeshwa ibijanye n'amagara n'uburenganzira muvyerekeye irondeka rijanye n'amagara meza, biri mu vyo umuntu afiseko uburenganzira. Kwima umuntu amakuru canke ukamurekera mu kutamenya ubishaka ni uguhonyanga uburenganzira bwiwe

Agakuru k'intangamarara

Umuhungu akiri muto atigeze yiga kugendesha ipikipiki, yabonye ko se wiwe agiye kuruhuka kandi yasize urupfunguruzo ku meza mu cumba c'uburiro aca yakira iyo pikipiki. Yibwira ko aza kugenda ikirere kigufi kingana n'ibirometero bibiri (2km), kugira aje kwereka abagenzi biwe ko azi kugendesha ipikipiki. Ni izihe ngorane zishobora gushikira uwo mwana? Twiyumvire ibishoboka vyose: kuja muvyo kwinezezeza mu bijanye n'imibonano mpuzabitsina mugihe ata nyigisho zikwiye ubifiseko, ni izihe ngorane bishobora gutera?

Insiguro y'amajambo mashasha

1. Irondeka rijanye n'amagara meza

Mu madini, hari abohitamwo gukoresha ijambo "inyigisho ku vyerekeye ubuzima n'imibonano mpuzabitsina mu bantu". Ariko muri iki gitabu tuzokoresha ijambo "amagara n'uburenganzira muvyerekeye irondeka rijanye n'amagara meza" mu kibanza c'inyigisho ku vyerekeye ubuzima n'imibonano mpuzabitsina mu bantu", kubera ko ahanini arivyo vyerekeye kino gitabu.

Tuvuze irondeka rijanye n'amagara meza, twotahura ico cose atari ivy'indwara gusa, cerekeye ubwisanzure bwa muntu. Ivyerekeye imibonano mpuzabitsina biraba ivyo vyose bijanye nokumenyabuzima bw'umuntu Imana yaremye mu gashusho kayo n'ukuntu bugenda burahanahanwa hisunzwe agashusho k'Imana (Itanguriro. 1, 27). Mu yandi majambo, inyigisho zose kuvyerekeye irondeka rijanye n'amagara meza zituma umuntu abaho neza mubwisanzure kandi muburyo bubereye muvyerekeye imibonano mpuzabitsina bitamutera ingorane (kurondoka uko avyishakiye, gukingirwa indwara zifatira mu bihimba vy'irondeka hamwe n'umugera wa SIDA); amagara y'umuvyeyi (gupimisha imbanyi, kwibarukira kwa muganga no kwisuzumisha inyuma yo kwibaruka); kurondoka neza hamwe n'ibindi.

Kugira dushobore gutahura neza ivy'amagara n'uburenganzira muvyerekeye irondeka rijanye n'amagara meza,

*Turazi neza ko ubutunzi bukomeye bwa Afrika ari ko ifise urwaruka rwinshi, kandi ko rwitanze cane mu gukora, abanyafrika barashobora kurengera ingorane zibahanze ...'
(Amasezerano y'ibihugu vya Afrika ku bijanye n'urwaruka, 2006)*

twokwisunga inkingi z'irondoka rijanye n'amagara meza zikurikira (Ali Kouaouci, "Ubuzima mu vyerekeye guhuza ibitsina hamwe n'irondoka").

Ishirahamwe mpuzamakungu ryitaho ivyerekeye igwirirana ry'abantu (FNUAP)	IPPF	Ishirahamwe mpuzamakungu ry'itaho amagara y'abantu :OMS
Ugutandukanya imvyaro : inyigisho hamwe n'ibindi umuntu aronswa	Imigenderanire mu bubakanye	Ivyo abubakanye bakeneye batashoboye kuronka mubijanye n'ugutandukanya imvyaro
Ukwitaho amagara y'abavyeyi	Imbanyi zitipfujwe	Ubugumba
Gukorora inda	Abakenyezi bapfa bariko baribaruka	Gukorora inda bishobora kugira ingaruka mbi
Indwara zifatira mu bihimba vy'irondoka	Indwara zandukira biciye mu bihimba vy'irondoka	Abakenyezi bapfa bariko baribaruka
Ubugumba	Gukorora inda bishobora kugira ingaruka mbi	Indwara z'umukenyezi
Irongora rijanye n'amagara meza ku mukenyezi	Ubugumba	Abana bavuka badakwije ibiro
Umugirwa wo guca akabezi canke rugongo kubigeme.	Amabi ashingiyeye kugitsina	Impfu ku bana bakiri bato
	Urwaruka / abakene/ abagendana ubumuga	Umugera w'indwara ya Sida
	N'ibindi	Indwara zandukira ziciye mubihimba vy'irondoka
		Umugirwa wo guca (gukata) akabezi canke rugongo kubigeme

2. Uburenganzira mu vyerekeye irondoka

Kubijanye n'uburenganzira mu vyerekeye irondoka, tuvuga ko umuntu wese afise uburenganzira:

- (a) Ku buzima, kugira amagara meza, kugirirwa ibanga kuvyerekeye ubuzima bwiwe bwite, bwo kwidagemevywa, bw'ukwungana n'ugushikiriza icyumviro
- (b) Bwo gufata ingingo ku vyerekeye gutunganya ivy'imvyaro no ku bindi bisata vy'ubuzima mubijanye n'ivyo guhuza ibitsina, bwo gufatwa neza mu rupfasoni n'icubahiro, n'uburenganzira bwo kubimenyeshwa no kuvyigishwa.
- (c) Bwo gukingirwa ibikorwa bibi bibangamira ubuzima, indwara n'ihohoterwa, akarenganyo ugukorerwa nabi, ikumirwa, gusinzikarizwa ubuzima.
- (d) Bwo kwivuzwa no gukingirwa amagara, bwo kugira uruhara canke guterera umuganda mu bikorwa, bwo kuronka ivyo umuntu akeneye utaravye urukoba, igitsina, ivyiyumviro vyawe muvyerekeye ivyo uguhuza ibitsina, ko yubatswe canke atubatswe, ku myaka afise, ukwemera muv'amadini canke politike, ubwoko canke kuba ufise ubumuga, kugira uburenganzira bwo gufatwa nk'umuntu imbere y'amategeko.
- (e) Gukurikiranwa kuva agisamwa gushika aho akura akifatira ingingo, kandi agahabwaagateka kabereye kiremwa muntu.

Ibibazo biraba abaremesha ibiganiro

- **Imigenzo n'ivyiyumviro bitari vyo:** *Muvyiyumvirako iki ibi bikurikira?*

- i. Mugihe twumva tutisanzura mu kuvuga ibijanye n'irondoka rijanye n'amagara meza mu rwaruka (nk'abamanyeshamana bamwe bamwe bo mu madini atadukanye, yaba katorika canke abaporoti) vyoba vyiza duciye tureka kubivuga,
- ii. Amashirahamwe akorera mu bijanye n'amagara meza n'uburenganzira mu vyerekeye irondoka ntashigikiye uburyo bwo kwihangana mu vyerekeye guhuza ibitsina.
- iii. Gutanga uburyo bwo gutandukanya imvyaro biratandukanye n'ishaka ry'Imana.
- iv. uganira n'urwaruka ivyerekeye irondoka rijanye n'amagaramenze kandi uri umupastori canke umupatiri vyoba nko gusubirira abavyeyi mu ruhara rwabo.

Amajambo y'ubwitonzi

"Imana irihweza ivyo yari yagize vyose: vyari vyiza cane".
(Igitabu c'Amamuko 1, 31)

"Abantu banje barahona kubera ukutamenya" (Ozeya, 4,6)

Si mwizina ryacu umukobwa, umuhungu, umugore canke umugabo yohohoterwa, agafatwa ku nguvu canke akicwa. Si mw'izina ryacu umukobwa yobuzwa kwiga, akabuzwa kurongorwa, yohohoterwa canke ngo afatwe ku nguvu.

« Si mw'izina ryacu umupfasoni yotakaje ubuzima ariko aribaruka, si mw'izina ryacu umwigeme, umuhungu, umugore canke umugabo borenganywa, bagafatwa ku nguvu, canke bakicwa. Si mw'izina ryacu umwigeme yobujijwe kwiga, kwubaka urwiwe, agakubagurwa canke akagirigwa ayandi mabi. Si mw'izina ryacu umuntu yobuzwa kuvurwa, canke ngo umwana, umuyabaga yimwe ubumenyi bwomotumye akura neza. Si mw'izina ryacu umuntu yokwimwa uburenganzira bwiwe” (ivyo abarongozi b'amashengero bahamagarira gukora, New york, Nyakanga 2014)

Igihe umwe wese yandika ivyiyumvirovyiwe kuvyaganiriwe

Ndiyigisha
Ndigisha abandi
Ndiyamiriza ihohoterwa

II. MUGASHUSHO KAYO, IRABAREMA...

Intangamarara

Umuntu yaremwe ngo anezerwe, yidegemvye. Yaremwe ngo yisanzure yongere aterere mu mugambi w’Imana: kugira isi ibe nziza kuruta. Umuntu wese ahamagariwe kuba inyishu ku rukundo rw’Imana n’umwizero Imana yashize mu Bantu. Kandi mu kintu cose gituma umuntu yitesha agaciro, anyegeza agashusho kiwe canke yihakana agashusho k’Imana, ni igihe bikenewe kumenyesha Imana, co gutanga umuco.

Agakuru k’intangamarara

Yakobo ni umusore yimirije kurangiza amashure yisumbuye. Ari mu rwaruka ruririmba muri korare yo mw’isengero iwabo. Akora neza kw’ishure, akunda abagenzi. Arashimwa n’abavyeyi n’ababanyi. Nk’urunganwe rwo mu myakayiwe, Yakobo afise ibibazo ku buzima: igisata yokwigamwo arangije amashure yisumbuye, umwuga yokurikirana? Naho ari mu mugwi w’abaririmvyi mw’isengero, birashika agakekeranya. Arakekeranya no ku bugwaneza bw’abantu, ku rugero rwo guharira kw’abantu. Arakekeranya rimwe na rimwe ku nyota yiwe yo kuba umuririmvyi abikwiye. Iyo rero ukwemera kwiwe ko kuba umwana w’Imana kurengewe no gukekeranya, Yakobo ataishavu ku bavyeyi biwe no ku bakunzi biwe. Ivyo vyamushikiye igihe ahura ubwa mbere na Gatarina. Uyo mwigeme akaba ari nawe nyene mu mugwi w’abaririmvyi mw’isengero. Aho atandukaniye na Yakobo n’uko wewe yugurutse, abangutse. Ageze kuntabwe ya kure nkuko Yakobo wenyene avyivugira. Yakobo arabimushimira cane, ariko kubera amasoni ntiyubahuka kumubwira ico amwiyumvirako. Birashika ntabe agishobora kwigumya kuko aguma yumva yipfuzwa ubudahengeshanya Gatarina. Haracye amezi, atanguye kunywa inzoga n’itabi kuko atari abona uko yovyikuramwo. Ivyo bimumutuma agumana akariro nkuko abivuga. Ariko arazi ko mu mugwi w’abaririmvyi amategeko abuzwa ivyiyumviro bimwe bimwe. Ni kuki none umubiri wiwe udatekana? Ni kuki aguma yipfuzwa umubiri wa mugenziwe? Iyo ico “kiza” kirenganye, Yakobo aratwenga. Arazi ko akunda Gatarina, arazi ko inzoga aho kumugirira neza, zimubuzwa gukora neza kw’ishure. Ariko reroni kuki atagomba gutekana mu mibiri wiwe? Ikizwi neza kuri Yakobo, nuko igihe cose yugurukiye umuntu: umuvyeyi, umugenzi, canke na gake yubahutse kuvugisha Gatarina yumva anezerewe cane.

Ibikorwa

Ikigorwa ca mbere: Umubiri n’ugukura kwawo

Hari ubwoko bubiri bwo gukura ku bantu. Ubwa mbere, hari ugukura kw’umubiri kugizwe n’ihinduka ry’ibiro n’ugukura kw’amagufa; Ubwa kabiri, ugukura mu mutwe (mu bwenge) kugizwe n’uguhinduka mu kwemera, mu vyiyumviro no mu mibereho y’umuntu.

Igihe c’ubuyabaga ni kiriyagihe umukobwa canke umuhungu aba atanguye kugera mu bigero ku buryo yashobora kwibaruka. Hariho ibimenyetso vyerekana ico gihe, haba ku muhungu canke ku mukobwa.

Ku muhungu, ibimenyetso vy'ubuyabaga ni ibi bikurikira:

- a. Igihimba c'irondeka n'amatengatwa birakura
- b. Haca hatangura kuza inzya, ubwakwaha n'ubwanwa
- c. Ijwi rinini
- d. Ugukura kw'umubiri (inguvu n'uburebure)
- e. Ukwiroterako
- f. Haraza n'uduherehere mu maso kuri bamwebamwe.

Amatengatwa agatangura gukora intanga zishobora guhura n'akabuto k'umugore.

Ku mukobwa naho, ibimenyetso vy'umubiri vyerekana ubuyabaga biribonekeza gusumba, ni ibi bikurikira:

- i. Ugukura kw'amabere
- ii. Haca hatangura kuza inzya n'ubwakwaha
- iii. Mu kiyunguyungu haraguka
- iv. Ugukura cane
- v. Uduhere two mu maso ku bakobwa bamwe bamwe
- vi. Ugukura kw'imishino n'akabezi mu gihimba c'irondeka
- vii. Aca atangura kuja mu kwezi. Ku mukobwa, udusaho tw'imbutu twahora tudakora kuva avuka duca dutangura gukora, tugatanga imbutu ku kwezi ku kwezi.

Twomenya ko haba ku muhungu canke ku mukobwa, iyo ivyo bimenyetso bibonetse canke iyo bitabonetse (kandi kubandi bangana vyabonetse), bishobora gutuma amererwa nabi canke bigatera umutima mubi, ivyobikagaragarira mu migenderanire yiwe n'abandi bo mu muryango, abandi bakuze n'abandi bakiri bato

Mu gihe umuntu aba ariko arakura, haraba ibintu vyinshi bihinduka mu vyerekeye inyifato. Ahanini ni ibisonisoni, ugusayangana, gushaka gusa neza imbere y'abantu (kwikora ku bakobwa), inyifato y'ukurwana ku bahungu, ugukwegwa n'uwo mudasangiye igitsina, ibigumbagumba, ivyipfuzo, ukwiyemera, ukwiyemera uko uri, gushaka kwigenga, gushaka kwereka abandi ico umaze, gushaka kugumana n'urunganwe, ukwipfuzo gukora nk'abakuze n'ukwisambanya rimwe na rimwe

● **Imyaka yo kwifatira ingingo**

Uko umuntu akura mu bwenge, umwe wese aca mu bihe bitandukanye. Kimwe muri ivyo bihe akaba ari igihe c'imyaka yo kwifatira ingingo twita kandi imyaka y'ukwikingira.

Iyo myaka ijanye n'ibihe aho urwaruka rushobora kwifatira ingingo mu vyerekeye ivyo guhuza ibitsina. Twisunze amategeko, iyo guhuza ibitsina bikoze ata kwumvikana, tutaravye imyaka buba ari nk'ubwicanyi. Ariko rero, **urwaruka rwose ruri mu madini atandukanyerwategerezwa kugerageza kubaho mu buzima rukristu bakihangana, bakirinda ico cose cobakwegera muvyo gukora imibonano mpuzabitsina.**

- **Ibikorwa bitosekaza ishusho y’Imana (itanguriro, 1: 26-27)**

Mw’ikura ryacu, hari ivyo dukora bishobora kuba intambanyi ku gukura kw’umuntu.

Ivyo navyo bikerekana ibimenyetso vy’ubuhumbu n’ubushurashuzi. Muri vyo turasangamwo ibintubitosekaza agashusho k’umuntu, ivyo bikaba ari: ubusambanyi, ukwisambanya, kuraba amasanamu yerekana ubuhumbu, kudandaza umubiri. Nk’akarorero, ubusambanyi bubonwa nk’uburyo bwo kwimara umusonga mu ntumbero yo kwinezereza. Co kimwe n’ubusambanyi, ivyo bija mu gitigiri c’imigirwa ifise intumbero y’ukwinezereza, mu yandi majambo mu gukoresha igitsina ata rukundo ariko ari gukoresha umubiri nk’igikoreshe co kwinezereza gusa.

- **Ibikorwa bitesha agateka k’ibanga ry’ukwubaka**

Hariho ibikorwa vyinshi bititura agateka k’ibanga ry’ukwubaka (Abalewi 18, 7-20 ; Mat. 5,31-32 ; Luka 16, 18 ; 1 Abanyakor 7, 10-11). Ukubana bidaciye mu mategeko, ukurongorana kw’abasangiye ibitsina, ukurenga ibigo, uguharika, ukwahukana. Ivyo vyose bigatosekaza ibanga riri mu kubana kw’umugabo n’umugore.

Iyo migirwa, nk’akarorero ukubana bidaciye mu mategeko, irabera intambanyi urukundo hagati y’abubakanye. Tuvuze ivy’ukubana bidaciye mu mategeko, ni kuvuga ukwifuza kubana ku bantu babiri, gusohokana, gushiraho imigenderanire ifise ico yisangije ariko itaramba.

Igikorwa ca kabiri: Gukorera mu migwi

Soma ico gisomwa hanyuma wishure ku bibazo

Igisomwa: Ico karidinari Carlo Maria Martini yiyumvira ku bijanye n’umubiri

Ubugingo niimpwemu, ubuzima bw’umubiri, nibwo bubeshaho umubiri kandi bukagira n’uko buwubeshaho. Ubugingo nibwo butuma umubiri uba ico uri, bukawuranga ugatandukana n’iyindi. Nimba mu kuvuka, navutse mfise ishusho kanaka, maze gukura ngira ishusho nagerageje kwironderera.

Kubera ko mu maso hagaragarira ivyambayeko bibi na vyiza, gufatwa nabi no kwidegemvya, kwikwegerako no gukunda abandi: harerekana umwijima canke umuco w’amajambo yabibwe mu mutima wanjye.

Gutera ugira ishusho y’umwana w’Imana

Birahumuriza cane gutahura komu kubaho kwacu dutera tugira ishusho y’umwana w’Imana. Ubukristu bwose bushingiye ku mubiri wa Kristu yemeye kwambara. Ivyo bigaragarira mu mubiri w’umukristu, yabatijwe mu mazi y’ibatisimu, agaherekezwa mubihe vyose vy’ubuzima, gushika ku bubabare bw’indwara n’urupfu kubw’inyitangizo ry’izuka ry’umubiri.

Umubiri w'umukristu ubaho kugira wishushanye n'umubiri waKristu yazutse, ukaba umunywanyani w'umuryango munini ugize ishengero.

Ubwerentengerwa, akarorero ko mpwemu abeshaho umubiri wacu

«Ubwerentengerwa ni inyifato y'umuntu igaragarira mu migenderanire yiwe n'abo badasangiye igitsina» (Karol wojtyła). Ubwerentengerwa ni inyifato nziza itegerezwa gutahurwa mubijanye n'ubwiza bw'urukundo. Biratandukanye cane no kutitaho umubiri, ubwerentengerwa bwegeranya inguvu, mu kubitandukanya n'agatima kokwikunda mu ntumbero yo gushikira igikorwa cisununuye kandi c'ugusabikanya. Nivyo ko inkomoko y'ijambo ubwerentengerwa ifitanye isano n'ukwikunda, uguhagarika ibintu. Tubifashe mu ntumbero nziza, buduha indero y'umutima, amaso, imvugo, n'ibihimba vyose vy'umubiri.

Mugabo ibi vyose bitanga kworoherwa, ubwigenge, ukuroranirwa, n'amahoro. Ubwerentengerwa si ikintu kibi, ahubwo niuburyo bwiza bwo gushobora kwigumya bikongera bikaba n'ukwemera yuko Yezu-Kristu ariwe agaba umubiri n'ubuzima bwacu. Ubwerentengerwa butuma turonka mu mubiri wacu bw'umutima bwama ivyama vyitwa ugusabikanya ugufasha, ukwigerera, ukwigumya, urupfasoni kwiyorosha, kwihangana. Umubiri wanjye si gusa bw'ukumviriza no kuvuga ijambo ryeranda, niryu rihuha ubuzima nyakuri.

Ijambo ry'ubwitonzi

« Ntimuzi ko imibiri yanyu ari ingoro za mutima mweranda aba muri mwebwe, mwaronse kandi avuye ku Mana? Kandi si mwe mwiganza, kuko mwaguzwe igiciro. Nuko rero, mushimishe Imana mu mibiri yanyu » (1Cor 6, 19-20).

Abanyefezi, 4, 4-5;
Imigani. 5, 1-9.

Igihe umwe wese yandika ivyiyumviro vyawe kuyaganirwe

**Ndakingira ubuzima bwanje
Ndifata neza nkiyubara, Ndivuza
Ndarondera kumenya ukungene amagara yanje
yifashe**

III. NI MUKUNDANE MWESE...

Intangamarara

Gukundwa, gutahurwa, guhabwa agaciro ukwiriye ni indoto y'umwe umwe wese kuri ino si. Naho umuntu arondera gukundwa, aribagira kenshigutanga urwo rukundo, kubiba urukundo aho aciye hose. Ntiyipfuzako urwo rukundo rwasasagara muri bose. Akunda nabi, yitwararika ivyiye, yitwaza ugukunda yibesha ngo afitiye abandi urukundo ariko mu bisanzwe arondera inyungu.

Ni gute urukundo rwoha agaciro uwundi, rukamuhindura, rukamwigisha kubana n'abandi ha kumusugura, ha kumubabaza, hakumushira hasi, hakumusambura ?

Agakuru k'intangamarara

Uwo twigeze gukundana yitwa ICIMPAYE. Twahuriye mu rubanza hari ku muhingamo. Twaridondoranye bikwiye. Iminsi ibiri iheze, arampamagara kuri terefone ansaba ngo tubonane. Ndamuha umunsi w'uko twohurira mu bunyero. Turanywa ibirahuri bibiri bibiri. Hageze ko dutandukana, arampishuka ko ankunda nca mpfa kwemera ntiyumviriye kuko nanje numva umengo ndamukunda. Duca dutangura kugendana no kumenyerana. Inyuma y'ukwezi ansaba ko twogira imibonano mpuzabitsina. Kugira ndabe ko yohinduka akabireka, namusavye ko twoza turajana gusenga, yarabikoze adahigimanga. Niko kuba abakunzi, twizerana, twemera Imana, twama tujana gusenga mu gisabisho c'urwaruka ku mugoroba. Iminsi yose kuwagatandatu, yamaamenyesha isaha azoza kuntorakoku muni ukurikira n'umuduga wiwe. Nari ndamwizeye. Ukutarambirwa kwiwe kwarantangaza. Iryo birabandanya gutyo igihe c'amezi abiri atigeze agarukana icyumviro c'uko twokora imibonano mpuzabitsina. Umugoroba umwe, twari twiriranywe n'abagenzi anjana iwe ambwira ati : « Ubu ni igiki cotubuza kuryohereza mu buryo bw'umubiri ? » Kugira sinonone umunezero twamyemwo kandi nabona ko afise intumbero ko tuzoshinga umuryango, naravyemeye. Nuko tuba turakoze imibonano mpuzabitsina. Inyuma y'indwi zibiri yaciye ampeba kuko yari yaronse icyo yishakira. Naramaramaye, ndakomereka kumutima, gushika n'ubu ndacicuza, ariko vyampaye icigwa.

Ihangiro

Mu mpera z'iki kiganiro ndashobora:

- ✓ Gusigura agaciro k'imigenderanire itandukanye abantu bafitanye
- ✓ Gutandukanya urukundo n'ivy'uguhuza ibitsina ku bakundanye
- ✓ Gusigura isano riri hagati y'urukundo n'ivyo guhuza ibitsina
- ✓ Gutanga impanuro ku rwaruka rwitiranyura urukundo no guhuza ibitsina



Ibikorwa

Igikorwa ca mbere: Ikiyago ku vyerekeye urukundo n'uguhuza ibitsina

Urukundo ni ikintu gisanzwe mubuzima bw'umuntu ariko kigoye gusigura. Cane cane mu murwi w'urwaruka, insiguro y'urukundo itangwa ukutariko, rukitiranywa kenshi n'ivyiyumviro vyinshi bitari vyo.

Muburyo bwinshi bwokugaragaza urukundo, hari butatu nyamukuru aribwo bw'ubu bukurikira:

Ubwa mbere, hari urukundo rufatiye kuco ukeneye: urwo rukundo rubonekera mukungene umuntu akoresha ibintu canke abantu. Ku rwaruka, uwuri muri uyo murwi ariyegereza urundi rwaruka kubera ico yikenereye, ndetse akanarukoresha kugira ashobore kugishikako.

Urukundo twovuga ko ruri gutatu :(a) urukundo rufatiye kuco ukeneye, (b) urukundo-rw'ibishobisho, (c) urukundo-mpano/ndemanwa. Urukundo mpano rwonyene nirwo rushobora gutuma haba imigenderanire irama. Amadini yose arashigikira imigenderanire ifatiye ku rukundo mpano kandi rwugururira gutanga ubuzima. Ariko rero, hari igihe bishika ko abantu bahebana canke bakahukana. Ivyobirahushanye n'ishaka ry'Imana. "Ico Imana yifatanirije nihagire umuntu agitandukanya." Matayo 19 :6.

Ubwa kabiri, urukundo-rw'ibishobisho: rubonekera mu guhababuka, gushima no gutangarira biba mu mitima. Urwo rukundo rutuma ukwitwararika n'ukwiyegereza uwundi birenze. Mu yandi majambo ni urukundo rw'ibishobisho rugizwe n'indoto n'ivyiyumviro, ibigumbagumba n'ukwiyumvamwo, guhababuka n'ugushuhira umuntu cane.

Ubugira gatatu, urukundo-mpano/ndemanwa: ruhindura umuntu rukamutuma yitangira abandi. Rubonekera mu bikorwa nyavyo, aho umuntu yiyibagira, akarondera gushimisha abandi atarindiriye inyungu.

Ibijanye n'uguhuza ibitsina ni kimwe mu bigize umuntu kandi kikaba no mu migenderanire yiwe yose. Bishobora gusigurwa nk'ikigize ubucuti hagati y'abadasangiye igitsina. Ni ikintu nyamukuru, ntabanduka mukubaho kwacu. Nk'uko turi ibiremwa, ibijanye n'uguhuza ibitsina ni ibintu bihari, duhitamwo uko tuvuyifatamwo bivanye n'uko twipfuzaga.

Hari imero canke ibintu bitatu twotahura muvuy'uguhuza ibitsina:

(a) urukundo rwinshi ruri mu mibereho y'umuntu aho rumutuma yokwiyibagira, akihebera wese uwo badasangiye igitsina.

(b) Imero ishingira ku gitsina ifatiye cane ku kungene ibihimba vy'irondeka bikora. Nino muri iyo mero ubushobozi bw'umubiri muvuye guhuza ibitsina bubonekera. Birafatiye kandi kuri kamere ka muntu mu bijanye n'irondeka.

(c) Imero y'ugusangira canke ukuba hamwe iroresha ku migenderanire umuntu afitaniye n'abandi bitisunze igitsina cabo. Ivyo vyerekeye vy'umwihariko ubushobozi bwacu bwo kubana n'abantu, kuneza yabo kandi hamwe

nabo. Vyerekana ingene umuntu ashoboye kwunga ubucuti n’abandi.

Igikorwa ca kabiri. Udukino: abitavye bishira mu kibanza c’abandi

- **Gukora imibonano mpuzabitsina - Ukudahemukiranira, urukundo, kazozo kuri twese**

Mumirwi mito mito, urwaruka rurahanahana ivyiyumviro ku bijanye n’urukundo n’ivyerekeye uguhuzza ibitsina. Muri buri murwi wose, urwaruka rwigabura mu mirwi mito mito igizwe na babiri babiri. Nya murwi wa babiri wishira mu kibanza c’abavyeyi, abarezi n’abamenyeshamana, bakishura kubibazo vy’abandi kuyerekeye ivyo guhuzza ibitsina. Iyo mirwi ya babiri igenda irahindura: uwambere ugizwe n’abavyeyi, uwukurikira ugaca ugirwa n’abamenyeshamana, gutyo gutyo. Bose bategerezwa kubazwa kugira batange ivyiyumviro vyabo, nk’umurezi, umupasitori, canke umuvyeyi. Ako gakino gatuma urwaruka rutahura ko inyishu zihindagurika bivanye n’uwubajijwe. Munyuma, barashobora kwishura ku kibazo gikurikira: « Kubera iki abavyeyi, abarezi, abamenyeshamana n’abandi badategerezwa gutahura canke kubona kumwe ibijanye n’urukundo n’uguhuzza ibitsina ? hari ico inyishu y’aba n’abandi ihuriyeko? Kihari ni ikihe? Ni hehe zitaniye cane? »

Ijambo ry’ubwitonzi

- Yezu nawe amwishura ati: «Urakunda Umukama Imana yawe n’umutima wawe wose, n’umushaha wawe wose n’ubwenge bwawe bwose: iryo ni ryo bwirizwa ryambere riruta ayandi. N’irya kabiri rimeze nk’iryo: urakunda mugenzawe nk’uko wikunda wewe nyene. (Mat22 :37-39)
- Umwanya wo kwiyumvira ibiganjwe n’umushaha usumba umwanya wo kuryohereza, arirwo rukundo rutashimira ivy’isi. (E. Levinas)
- Nk’uko ritandukanyen’urukundo rudafise intumbero kandi rukironderwa (eros), ijambo « agape » risigura urukundo nyakuri rutuma umenya neza umuntu, rukarengera agatima k’ukwikunda kaba kahora kaganje (Benedigito XVI).

Igihe umwe wese yandika ivyiyumviro vyawe kuvyaganirwe

Ndakunda abandi nk’uko nikunda jewe nyene

Ndazi ingingo 3 z’urukundo (rufise agaciro, rugira integuro, rurashoboka)

Ndarondera kumenya ibijanye n’urukundo nyakuri

IV. WEWE URANESHA...

Intangamarara

Igihe cose umwana yikomerekeje, abavyeyi barababara. Nico kimwe n'imigenderanire iri hagati y'Imana na twebwe. Igihe cose tugiye kure y'urukundo, Imana irababara. Nk'umuvyeyi, Imana idushakira ineza ariko igihe turiko turarondera umwidgegemvyo tutari kumwe nayo, dufata ingingo zitujana mu ngorane. Nkako mu gihe cose tutitwararika ubuzima bwacu, tuba tugiye kure y'Imana.

Agakuru k'intangamarara

Abusalomu mwene Dawudi yari afise mushikiwe mwiza, akitwa Tamari. Amunoni mwene Dawudi aramugomwa. Amunoni biramwanka mu nda gushika n'aho yigwaza kubera mushikiwe Tamari. Nkako Tamari yari akiri isugi, Amunoni akabona umengo ntivyoshoboka kugira ico ashikako. Amunoni yari afise umugenzi yitwa Yonadabu mwene Shimeha mwenewabo na Dawudi. Yonadabu yari umuntu w'ubwitonzi bwinshi. Amubwira ati: "ni kuki iminsi yose mu gitondo wama usa n'uwagowe ga mwana w'umwami? Ntushaka kubimenyesha?" Amunoni amubwira ati: "nagomwe Tamari mushiki wa mwenewacu Abusalomu." Yonadabu amubwira ati: uraryama ku buriri bwawe wirwaze. So niyaza kukuraba uramubwira uti: "ndagusavye ureke mushikanje Tamari aze kumpa ivyo kurya, ategurire ivyo kurya mu maso kugira ngo ndamubone, kandi ndabirye abimpereje n'iminwe yiwe..." Tamari afata ubutsima, arabubumbabumba, ategurira uturobe mu maso ya Amunoni, agirako aratwotsa. Afata umubehe, atwarura abona, ariko aranka kurya. Amunoni avuga ati: "Sohora abantu bose bamvireho". Amunoni abwira Tamari ati: "zana ivyo kurya mu cumba, mpeze ndabirye ubimpereje mu minwe yawe..."

-Uko urwaruka rukura, niko rukomeza ingendo rwiharije zishobora kuba zitandukanye n'izo bigisha mu madini .

-Imigenderanire y'ukwumvikana hagati y'abarongoye amadini n' urwaruka ishobora gutsimbatazwa n' ikiganiro cubahiriza ubudasa.

-Birashoboka guhitamwo neza mu vyerekeye irondeka rijanye n'amagara meza.

Ibikorwa

Igikorwa 1: Insiguro y'amajambo

- **Kwiyumva agaciro hamwe n'ingaruka zavyo**

Inyuma y'ibigabane bibiri biheze, tugiye kwihweza inkurikizi nziza na mbi zo gukura n'urukundok'umuntu yabibayemwo neza. Biciye mu bo babana, umuntu akiri muto ariyumva ko afise agaciro. Bivanye n'urugero yishirako mu kwiyumva agaciro, umuntu yiyumva neza mu mubiri, akiyumvamwo kandi akizera ubushobozi

bwiwe bwo kurangura vyinshi. Ukwiyumva agaciro bivana n’ishusho umuntu yiha we nyene , ari vyo bita ishusho ry’ umuntu . Ishusho ry’umuntu rigizwe n’ivyo vyose umuntu ashaka kuronka n’ico ashaka kuba. Intango nyamukuru umuntu yigereranya n’abandi akabona ikibanza arimwo, akisuzuma muri kamere kiwe n’ingene avyifatamwo mu bandi.

Uko umuntu yiyumva agaciro biba ku rugero rutandukanye:

Ubwambere ni kwumva ko ufise agaciro: Ni ukwibona we nyene, ukiyumva ko ufise agaciro. Ibiranga urwaruka rwiyumva ko rufise agaciro ni ukwama yizerako ibintu bizoba vyiza, ugushaka, imigenderanire myiza n’abandi, kuba akeye, kwubaha abandi, kwumva ko ashoboye no gukora ata gitsure.

Ubwakabiri ni kutiyumva ko ufise agaciro. Aho naho, ni ukutanezererwa uko uri. Ukutiyumva ko ufise agaciro bifise ingaruka mbi nyinshi ku rwaruka. Iyo umuntu atiyumva ko afise agaciro, uca usanga yihebura, akaba umunembwe, yama atata n’abandi, akaba nk’uwahahamutse, ntaco yitaho, ntaniyubare.

Ukutiha agaciro bishobora kuva:

- (a) Kuba ataronse inyigisho zikwiriye zitangwa n’abavyeyi canke abakozi b’Imana
- (b) Gukarirwa mu guhabwa indero n’abavyeyi canke abarongozi mu mashengero
- (c) Kutitabwaho mu ndero
- (d) Kudahabwa urukundo
- (e) Agakuku k’urunganwe

Agatima mpanuzi n’ingaruka ku nyifato

Nk’uko twabibonye hejuru, dufata ko umwigeme canke umusore ashobora kwiyumva ko afise agaciro canke akiyumva ko atako afise. Uko kwiyumva ko afise agaciro ni inkurizi y’ukuba yararonse umwitwarariko uhagije, canke atawuronse. Iyo umwigeme canke umusore afise agatima mpanuzi kameze neza, azogira inyifato itunganye. Nk’akarorero, aba yugurutse mu biganirwa vyerekeye ibijanye n’irondeka, arihangana canke agateba kutangura gukora imibonano mpuzabitsina, aragenda kw’ivuriro kugirango arondere ubumenyi canke yivuze kandi yongere atunganirizwe no mu bindi, arubaha abavyeyi biwe, arakurikiza amabwirizwa y’Imana.

• Ni ibihe bintu twaronse mu miryango yacu ku vyerekeye irondeka rijanye n’amagara meza ?

Twavukiye mu muryango, uwo nawo twavutoranyemwo ivyo twemera. Twarahigiye ibintu, nko kungana kw’abahungu n’abakobwa. Ukuvugana mu miryango, cane cane hagati y’abavyeyi n’abana biratuma haba imigenderanire myiza. Imigenderanire mu muryango ishobora guhinduka iyo umwe mu bana amenyesheje ko yanduye umugera wa SIDA, asamyeye imbanyi, yanse kurongorwa canke bikamenyekana ko asanzwe akora ivyo guhuza ibitsina.

• Urwaruka rwose rurafise uburenganzira bwo kugira ubuzima, kugira amagara, kugira amabanga amwe amwe mu buzima, kugira umwidgegemvyo, kungana n’abandi, kugira uburenganzira mu gushikiriza icyumviro.

Ariko ukutagira agatima mpanuzi kameze neza bituma umuntu agira inyifato itabereye ku magara yiwe. Zimwe zimwe muri izo nyifato mbi ni: gukora imibonano mpuzabitsina imbere yo kwubaka, kunywa inzoga n'ibiyayuramutwe, ubwicanyi, kutagira ico witaho, gutembera bwije, kwangara, ukutubaha impanuro z'abavyeyi n'inyigisho z'idini ryiwe.

Inyifato zitabereye zifise ingaruka mbi cane. Ingorane nyamukuru urwaruka rushobora kugira mu vyerekeye irondoka rijanye n'amagara meza ni: inda batipfuzza, izo nazo zigashobora gutuma haba kuzikorora, kutakira neza umwana, guta canke kwica umwana, gukorora inda bikanatera n'ingorane; indwara zifatira mu bihimba vy'irondoka hamwe n'ingaruka zazo; ukudandaza umubiri; ugukumirwa mu kibano; kunywa itabi; akaborerwe, kunywa ibiyayuramutwe.

- **Ingaruka zimwe zimwe z'inyifato zitabereye**

INDA Z'INDARO

Kuba hariho inda z'indaro mu rwaruka rw'Uburundi, ni ikintu kiriho kandi kibi cane. Ivyo bigaterwa n'ibitu vyinshi, nk'ukudahabwa indero ikwiye muvyekeye ivyo guhuza ibitsina (mu miryango, mu mashure, mu mashengero). Abigeme kenshi birabagora guhakana gukora imibonano mpuzabitsina canke ngo banke ababibakwegeramwo, kandi babikoze ntibama bikingira. Ku mwigeme atarubaka urwiwe, imibonano mpuzabitsina irashobora kumuzanira ingaruka mbi nyishi. Umwigeme atwaye inda kenshi araheba ishure, ivyo bikamutera ingorane kandi bikamubuza gutera imbere mu bumenyi bikanamutesha n'akazi keza. Birashobora kandi kumutera ingorane nyinshi ku mubiri.

Twisunze inyigisho z'amashengero, ukwihangana nibwo buryo bwiza bwo kwirinda imbanyi utipfuzza n'indwara zifatira mu bihimba vy'irondoka harimwo n'umugera wa SIDA. Ariko rero, urwaruka rutangura kwipfuzza ivy'imibonano mpuzabitsina hakiri kare. Urwaruka rwose, yaba abahungu canke abakobwa bategerezwa kumenya guhakana imibonano mpuzabitsina imbere y'uko bubaka. Abahungu bategerezwa kwemanga uruhara rwabo mu gukingira abigeme imbanyi imbere yo kwubaka n'indwara zifatira mu bihimba vy'irondoka harimwo n'umugera wa SIDA. Bategerezwa kubikora bubahirije uburenganzira bw'abigeme bwo guhakana imibonano mpuzabitsina, bakirinda kubibahatiramwo mu gihe batavyemeye.

INDWARA ZANDUKIRA BICIYE MU BIHIMBA VY'IRONDOKA

Indwara zandukira biciye mu bihimba vy'irondoka ni indwara umugabo canke umugore bashobora kwanduzanya mu gihe bakoze imibonano mpuzabitsina canke mu bundi buryo. Izo ndwara kenshi na kenshi ni: Isofisi, agashangazi... indwara y'igitigu hamwe n'umugera wa SIDA. Ibimenyetso bimwe bimwe bizerekana ni:

- **Ukuva biciye mu karingoti gasohora imbuto n'amasobwe ku mugabo:** ni ukuva bitamenyerewe biciye mu karingoti gasohora imbuto n'amasobwe, bigashobora gukurikirwa no

kugira udukomere, kubabara igihe ariko arasoba, hakaza amashira canke ntaze.

- **Ukuva mu gisabo:** ni kubona ibintu biva bitamenyerewe biciye mu gisabo canke mu rwinjiriro rw'igitereko.
- **Udukomere:** Ni ibikomere biza ku bihimba vy'irondeka vy'umukenyenzi canke vy'umugabo, indwara kenshi zibituma ni isofisi, agashangaza ...
- **Kubabara muni y'umukondo ku mukenyenzi:** bibonekera mu kubabara muni y'umukondo ku mukenyenzi.

Ingene indwara zandukira biciye mu gihimba c'irondeka zandurwa

Indwara zandukira biciye mu bihimba vy'irondeka zandurwa kenshibiciye mu mibonano mpuzabitsina (ku gitsina, mu kanwa ndetse no mu kibuno) n'umuntu yanduye. Hari ubundi buryo bwo kwandukira bushoboka bivanye n'indwara iyariyo. Kenshi biba habaye gukora ku bihimba vy'imbere canke gukora ku maraso canke ibindi biva mu mubiri ku muntu mu gihe yanduye.

Inkurikizi z'indwara zandukira biciye mu bihimba vy'irondeka

Inkurikizi z' indwara zandukira biciye mu bihimba vy'irondeka ni nyinshi, ziri kwinshi kandi ziza zirisubiriza kandi zifise ingaruka mbi zimwe, zitangura zibabaza buhorobuhoro mugabo zikaruhira kwica. Izo ndwara zirashobora gutera ubugumba, inda zigakoroka, zikandukira hagati y'umugore yibungenze n'umwana, inda itameze neza mu gitereko.

UMUGERA WA SIDA

Hari ubwoko bubiri bw'umugera wa SIDA: ubwoko VIH1 bukwiragiye kw'isi yose, hamwe n'umugera VIH2 buboneka cane cane muri Afrika y'Uburengerero. SIDA ni indwara ikomakomeye yica n'imiburiburi haheze igihe kirekire, kuko gushika nubw ntibarayitorera umuti n'urucanco, SIDA iterwa n'umugera witwa VIH. Iyo uwo mugera ushitse mu mubiri w'umuntu, ugenda urica buhorobuhoro abasirikare b'umubiri, ugabanya inguvu ziwe kandi ukongereza izindi ndwara nk'ugucibwamwo, igituntu, indwara z'urukoba n'izindi.

Abantu bamwe bamwe barashobora kugira umugera mu maraso, ariko ntihibonekeze indwara ku mubiri. Abo tubita "abagendana umugera". Abo barashobora kwanduza umugera, nico gituma rero umuntu atozza arapimisha ijisho: kwipimisha gusa nivy vyonyene bituma umuntu amenya ko yanduye canke akomeye.

Ingene umugera wa SIDA wandurwa

Umugera wa SIDA wandukira uva k'uwurwaye uja k'uwutawurwaye biciye mu buryo butatu: **(a) gukoraimibonano mpuzabitsina batikingiye** (kwandura biciye mu guhuza ibitsina birongerekana mu gihe habaye guhuza ibitsina umwe asanzwe afise udukomere dushobora kuba twatewe n'indwara zifatira mu bihimba vy'irondeka) **(b) biciye mu maraso:** ukwandura biraba iyo umuntu bamuhaye amaraso arimwo umugera wa SIDA. Gukoresha ibikoresho bitobora uruhu kandi vyanduye canke mu gukora ku bintu vyagiyeke amaraso yanduye ukoresheje amaboko ufise udukomere n'aho twoba dutoduto cane. **(c) umuvyeyi yanduza umwana:**

ukwandura bishoboka igihe umugore yibungenze akaba afise umugera no mu gihe co kwibaruka hamwe canke igihe aba ariko aronsa umwana.

Twokwingira gute imbanyi tutifuje, indwara zifatira mu bihimba vy'irondeka hamwe n'umugera wa SIDA

Uburyo bwo kwihangana nibwo buryo bwiza bwo kwirinda imbanyi tutifuje, indwara zifatira mu bihimba vy'irondeka hamwe n'umugera wa SIDA. Amashengero ntiyemera ico cose kiza kirekura gukora imibonano mpuzabitsina imbere yo kwubaka. Nico gituma asaba abantu bose kwirinda gukora imibonano mpuzabitsina imbere yo kwubaka, hanyuma ku bubatse nabo akabasaba kutarenga ibigo.

Gufata ingingo ibereye

Gufata ingingo ni kwihweza ibintu vyinshi, ukabigereranya hanyuma uguhita kimwe. Gufata ingingo iyo ariyo yose bikorwa mu ntambwe. Izo ntambwe ni:

- a. *Kubona ingorane (urwaruka rw'ubu rurazazanirwa, rukibaza gukurikira inzira y'ijambo ry'Imana canke ivy'isi, guhitamwo gukurikiza inyigisho bahabwa mu mashengero canke gukurikira ibikwiragizwa biciye mu buryo bwa none, kwemera canke kwanka gukurikira agakuku,...).*
- b. *Kuraba inzira zishoboka kugira utore umuti ingorane.*
- c. *Guhitamwo inzira (guhita inzira yo gukurikiza ijambo ry'Imana: « Ariko irembo ripfunganye, n'inzira ntoya, nivyo bija mu buzima, kandi abahabona ni bake » (Matayo 7, 14).*
- d. *Guhitamwo ico gukora : (kubaho wubaha kandi ukunda Imana, « Ubuntu n'ukuri ntibikweko, ubipfundike mw'izosi ryawe, uvyandike ku meza y'umutima wawe. Niho uzoronka gushimwa be n'ubwenge bushitse, mu maso y'Imana n'abantu. Wizigire Uhoraho n'umutima wawe wose, kandi ntiwishimikize ubwenge bwawe. (Imigani 3,3-5)*

Muri izo ntambwe, dufata ko ingingo yose ifatwa yategerezwa kuba ibereye, umuntu agahitamwo neza. Tuvuze guhitamwo neza, twotahura ingingo ibereye kandi ikazana akarusho ariko tutibagiye ko hari n'intambamyi muba mwahuye. Kuri twe abakozi b'Imana, intambamyi ni nyinshi. Nk'akarorero, turahura no kutamenya neza (kutamenya neza ingorane n'ukuntu abandi bameze), inyigisho z'ijambo ry'Imana zica zisanga hari ibindi vy'isi, urwaruka rukavyemera bitoroshe.

Igikorwa ca 2: kuganira mu mirwi

Mu turwi dutoduto, urwaruka ruganira ku nyifato rubona ko zibereye mu kibano iwabo, ni ibihe bintu bifatiye ku mico no ku madini bituma izo nyifato zimera neza canke nabi, canke ataco zizigirako?

Ijambo ry'Ubwitonzi

Imigani 8, 12 «Jewe mutima w'ubwitonzi, namana akenge, mfise ubwenge n'ukwiyumvira »

Igihe umwe wese yandika ivyiyumviro vyawe kuyaganiriwe

**Nditwararika ubuzima bwanje
Ndakingira ubuzima bwanje n'ubw'abandi
Ndazi ingaruka z'inyimfato itabereye.**

V. « NIMWUZUZE ISI.... » NIVYO CANKE SIVYO?

Intangamarara

Muri kamere k'ivyo guhuza ibitsina hari intumbero zibiri zitavana. Iyambere ituma abantu babana(bashinga umuryango). Iya kabiri ni ukurondoka. Urukundo rw'umugabo n'umugore rwuzurizwa/rurangukira mukurangura amabanga y'abubutse muntumbero yo gutanga ubuzima bushasha (kwibaruka). Mukwubahiriza irondoka kama, imiryango y'abihebeye Imana yemera uburyo kama bwo gutandukanya imvyaro. Ivyo biratuma umugore n'umugabo babandanya biyumvanamwo, bakarangura amabanga y'abubutse neza. None ubu buryo bwa none twobuvugako iki?

Agakuru k'intangamarara

Muri iyo minsi Yuda avana n'abo bavukana, aramanuka asemblera ku Munyadulamu yitwa Hira. Yuda abonayo umukobwa wa Shuwa Umunyakanani, aramujana, aramurongora. Asama inda, avyara umuhungu, amwita Eri. Asama inda y'ubuheta, avyara umuhungu, amwita Onani. Yongera kuvyara uwundi muhungu, amwita Shela, kandi uwo yamuvyaye Yuda ari I Kezibu. Yuda asabira imfura yiwe Eri umugeni yitwa Tamari. Eri imfura ya Yuda, yari umunyavyaha imbere y'Uhoraho, nuko Uhoraho aramwica. Yuda abarira Onani, ati: "Cura umugore wa mwene wanyu, umugirire nk'uko bibereye muramu w'umuntu, uhonore mwene nyoko". Onani amenya yuko umwana atazoba ari rwiwe, nuko iyo aryamanye n'umugore wa mwenewabo, akarekurira hasi intanga, kugira ngo ntahonore mwene nyina. Ico kintu yakozze cari kibi imbere y'Imana, nawe iramwica. (Itanguriro 38, 1-10)

Igikorwa ca 1: Inyigisho kuvyerekeye uburyo kama bwo gutandukanya imvyaro

Uburyo kama bwigisha abubutse igihe c'agasamo (hanini kimara imisi iri hagati ya 7 na 10) y'ukwezi kw'umukenyezi. Kugira birinde gusama, abakenyezi barihangana muri ico gihe ntibarangure amabanga y'abubutse. Ubwo buryo bugizwe n'ingingo zitatu zihambaye, arizo «Ukwihweza, ukwandika n'ukubita hura canke kubiha insiguro. □

Mu buryo kamabuhari twovuga:

- (a) Ukwihangana:** Umugore n'umugabo birinda kurangura amabanga y'abubutse. Ukwihangana mubijanye n'uguhuza ibitsina bisigura: (i) kwirinda guhuza ibitsina, (ii) kwirinda ico cose gituma haba gukora ku gitsina.

Iciza ca bwo: Ntiwandura indwara zifatira mubihimba vy'irondoka harimwo na SIDA mugihe ataguhana hana amaraso canke izindi ntembamubiri zirimwo izo ndwara kwabaye; ntangaruka mbi ku mubiri bufise; ntibusaba kuja kwa muganga kandi nta mahera busaba

Akanenge kabwo(agahaze): Umufasha ashobora kuba yishakira kurangura amabanga y'abubutse.

(b) Uburyo bwo gusuzuma ubushuhe

Ingene bukoreshwa

Ko tuzi ko imbere y'ihishira ry'akabuto, ubushuhe bw'umubiri bugabanuka kubice 0,50c hanyuma bukiyongera kuva ku bice 0,2 gushika ku bice 0,50c mu gihe c'ihishira ry'akabuto, umukenyezi abwirizwa rero gupima ubushuhe bwiwe iminsi yose mugatondo kandi kuri ya saha nyene, agaha akandika urugero rw'ubushuhe kumurongo wabwo. Abonye ubushuhe burenze ku rugero rwa 370 c, aca amenya ko ari mugihe c'ihishira ry'akabuto kandi ari igihe c'agasamo gushika kumunsi ugira gatatu inyuma y'ihishira ry'akabuto. Muri icyo minsi itatu ubushuhe buduze nta mabanga y'abubatse arangura

Iciza cabwo: Nta miti ikenerwa, ntibuzimvye, burafasha cane, ni uburyo bwemewe n'amashengero.

Akanenge kabwo (agahaze): Ni uburyo budakoreshwa/butemerwa cane kubera busaba igihe kinini co kwihangana; bugoye gukoreshwa n'urwaruka canke abatazi gusoma no kwandika. Buragoye gukoresha ku mugore akunda kugira ubushuhe atewe n'izindi ndwara. Ubwo buryo kandi ntibukinga indwara zifatira mu bihimba vy'irondeka harimwo na SIDA.

(c) Urudede: Ni uburyo kama bwo gutandukanya imvyaro bushingiye ku kumenya ukwezi kw'umukenyezi.

Uko rukora

Urudederumeze nk'umuzingira ugizwe n'utudede tw'amabara atandukanye yerekana iminsi igize ukwezi kw'umukenyezi. Bufasha umukenyezi kumenya igihe ashobora gusama imbanyi icyo aranguye amabanga y'abubatse atikingiye.



- Utudede tw'ibara ryera twerekana iminsi umukenyezi ashobora gusama imbanyi.
- Utudede dusa n'ivu twerekana iminsi umukenyezi afise amahirwe make yo gusama imbanyi.

Nibande bakoresha ubwo buryo?

- Abakenyezi bashakira gutandukanya imvyaro bakoresheje uburyo kama kandi bufasha cane.
- Abakenyezi baja mu butinyanka hagati y'iminsi 26 na 32 (ukwezi kwabo kumara hagati y'iminsi 26 na 32).

Ingene urudede rukoresha

- Umunsi wa mbere w'ubutinyanka, shira akagozi ku kadede gatukura.
- Ucawandika ahantu uwo munsi canke ukawufata ku mutwe. Kuwumenya bica bigufasha nkomugihe wibagiye kwunguruza akagozi.
- Iminsi yose mu gatondo, unguruza akaringa ukurikije inzira nkuko uvyerekwa n'akamenyetso kari ku rudede.

Bandanya wunguruza ako kagozi n’aho uba uri mu butinyanka

- Umunsi ubutinyanka bukurikira buziyeko, shira akagozi ku kadede gatukura. Nimba hari hagnosisaye utudede dusa n’ivu, dusimbe ushire kugatukura.

- Iyo akagozi kageze ku kadede kera, ushobora gusama imbanyi igihe uranguye amabanga y’abubatse utikingiye.

- Iyo akagozi kari ku kadede gasa n’ivu, ufise amahirwe make yo gusama imbanyi mu gihe ukoze amabanga y’abubatse utikingiye.

Ivyiza vyabwo: ni uburyo kama, nta ngaruka mbi bufise, nta miti bukenera, buroroshe kwigisha no gukoresha, burafasha neza nko gushika ku bice 95 kw’ijana [mugihe bukoreshajwe neza], butwara uburyo buke.

Akanenge/agahaze: ntibukingira kwandura indwara zifatira mubihimba vy’irondeka harimwo n’umugera wa Sida. Bisaba kwihangana mu minsi y’agasamo canke gukoresha ubundi buryo bwo kwikingira.

(d) Uburyo bwo kwonsa

Uburyo bwo kwonsa bukoreshwa n’abakenyezi bahejeje kwibaruka, bakonsa umwana bamuha ibere ryonyene. Ubwo buryo bukora neza cane mu kiringo c’amezi atandatu ya mbere inyuma yo kwibaruka, ariko bigasaba ko umukenyezi yonsa umwana n’imiburiburi uko haciye amasaha ane ane ku mutaga, mw’ijoro naho n’imiburiburi ku masaha atandatu. Inyuma y’amezi atandatu, umukenyezi ashobora gusubira gusama umwanya uwariwo wose. Ubwo buryo buratuma haba ukwonsa umwana, ivyo navyo bikaba ari na vyiza ku mwana.

Ivyiza vyabwo

- Nta buryo bw’amahera busaba
- Butuma haba kwonsa umwana
- Ntibusaba gufata imiti
- Buremewe n’amadini
- Umukenyezi ashobora gusama ahagaritse ubwo buryo
- Nta ngaruka mbi bufise, ...

Utunenge/agahaze

- Ukwonsa ubisabwe, mbere harimwo no mwijoro, ntivyorohera umukenyezi
- Ubwo buryo ntiburenza amezi atandatu bukoreshwa
- Ukwonsa umwana ata yindi ngaburo umuha si bose babikora
- Ihishira ry’akabuto rirashobora kuba umukenyezi atabimenye, bigatuma asama imbanyi.
- Ntibukingira indwara zifatira mu bihimbwa vy’irondeka harimwo n’umugera wa SIDA, ntibwokoreshwa n’umukenyezi asanzwe afise indwara imutuma ubwenge bugabanuka

(e) Uburyo bw'uruziri

Ubwo buryo bwisunga kwihweza ihindagurika ry'uruziri (uko rungana, ibara, ukurenduka) riba mu kwezi. Imbere y'ihishira ry'urubuto, uruziri ruba ari rukeya. Mu gihe c'agasamo, ruraba rwinshi, rukarenduka kandi rukanyerera. Inyuma y'agasamo, uruziri ruragabanuka, rugumaraye kandi rufatana. Mu gukoresha ubwo buryo, umukenyezi atagerezwa kwihweza/kwumviriza uruziri rwiwe mu gitondo acikangura. Ategerezwa kwirinda imibonano mpuzabitsina mu gihe abonye ko uruziri ari rwinshi kandi rurenduka. Arashobora gusubira mu gihe abonye rusubiye kugabanuka kandi rufatana.

Ivyiza vyabwo:

- Ntibusaba gufata imiti
- Nta buryo bw'amahera busaba
- Buratuma umukenyezi amenya ingene umubiri wiwe ukora
- Nta nkurikizi mbi bufise ku mukenyezi
- Umukenyezi ashobora gusubira gusama ahagaritse ubwo buryo

Utunenge/agahaze

- Burakunda kunanirwa
- Busaba igihe kirekire kugira ubumenyere
- Busaba igihe kirekire co kwihangana
- Ntibukingira indwara zifatira mu bihimba vy'irondeka harimwo n'umugera wa SIDA
- Birashobora gutuma umuntu yandura indwara

Muri rusangi, uburyo kama burafise ivyiza n'utenenge. Twovuga ko ari ibi bikurikira:

Ivyiza:

- a. Nta ngaruka mbi n'imwe ku magara ubwo buryo butera;
- b. Butuma umuntu yitaho umubiri wiwe;
- c. Bwubahiriza ukwemera n'imibereho myiza mu buzima;
- d. Burakomeza ikiyago hagatiy'abubakanye (ikiyago mu rugo)
- e. Butera intege abagabo kubona uruhara rwabo mw'irondeka

Utunenge kuri ubwo buryo kama

- a. Ntibukingira namba kwandura indwara zifatira mubihimba vy'irondeka
- b. Biragoye kuronka abanonosoye kwigisha gukoresha uburyo kama
- c. Busaba igihe gikwiye co kuvyigishwa no kubitahuzwa;
- d. Harakenewe kwigumya n'ukwitanga bikwiye
- e. Biragoye kwubahiriza ibihe, bisaba ukwihangana

Uburyo kama ni uburyo bwubahiriza kamere k'umugabo n'umugore. Ikindi naco nuko ubwo buryo butuma ivyo kwikingira gusama imbanyi bitaguma bifatwa nk'ibitegerezwa gutangirwa kwa muganga gusa.

Igikorwa ca 2 : Uburyo bwa none bwo gutandukanya imvyaro

(a) Ibinini bamira

Ingene bikora

Ibinini bibuza ihishira ry'akabuto. Bigatuma igitereko kidashobora kwakirairigi. Birahindura kandi uruziri ntirube rugishobora gutwara intanga mugitereko. Bikagabanya umurindi w'intanga zija guhura n'akabuto k'umugore.

Ingene bifatwa

Umutekeroumwe umwe uba urimwo ibinini 28; muri ivyo 21 birera birimwo inkabuzo zibuza gusama n'ibindi 7 birimwo gusa icunyunyu (fer). Umuntu ategerezwa gutangura kubifata hagati y'umunsi wa mbere n'uw'indwi w'ukwezi kwiwe kandi akaba azi neza (akisuzumisha bikenewe) ko atambanyi afise.

Umukenyenzi atangura gufata ibinini vyera; agafata kimwe ku munsi kandi kuri ya saha nyene kugeza aheze ibinini mirongo ibiri na kimwe (21) vyera. Hanyuma aca afata bimwe 7 bisa n'ivu, afata kimwe ku munsi. Mu bisanzwe aja mu butinyanka igihe ariko afata ivyo indwi 7. Iyo ahejeje umutekero wa mbere; aca abandanya uwundi adahagaritse na rimwe nkuko twabivuze ngaha hejuru.

Igihe yibagiye kubifata hanyuma akavyibuka imbere yuko afata ikinini gikurikira; aca abanza gufata ca kinini yibagira hanyuma agaca afata nico c'uyo munsi. Igihe naho yibutse gufata ikinini inyuma y'iminsi ibiri ategerezwa kubanza kuja kwa muganga bakamuha impanuro. Igihe hajemwo kudahwa inyuma y'amasaha 3 ahejeje gufata ikinini; umugore ategerezwa guca afata ikindi kinini gisubirira ico yari ahejeje gufata ubwo nyene. Ikinini c'umunsi ukurikira aca agifata ku masaha yahora agifatirako.

Ivyiza: igihe umukenyenzi yonsa; birakora neza cane. Ntibizimvye; biratuma umukenyenzi ashobora kuzana amaraso mu gihe atari akiza canke bikayagabanya mu gihe yaguma aza. Ntaco bihindura ku kuntu imibonano mpuzabitsina isanzwe igenda.

Utunenge/agahaze : Gufata ibinini birashobora gutera ingorane zo mu mitsi, birashobora gutera kandi : ukuva mu gihimba c'irondeka, kumeneka umutwe, amaraso akareka kuza, iseseme, kudahwa, inguvu nke, kubabara mu gikiriza, ivumbuka ry'umurundi w'amaraso, canke ibiro bikongerekana. Ntibukingira indwara zifatira mu bihamba vy'irondeka n'umugera wa SIDA.

(b) Akanyuzi

Akanyuzi ni akantu gato binjiza mu gitereko kugira bakingire umukenyenzi gusama imbanyi.

Ingene gakora

Akanyuzi bagashira mu gitereko kugira bakingire umukenyezi gusama imbayi. Bagashiramwo ari mu butinyanka canke mu gihe bazi neza ko atibungenze. Barashobora kugakuramwo umwanya uwo ariwo wose bisabwe n'umukenyezi we nyene. Akanyuzi kabuza imbuto z'umugabo kurengana zija guhura n'urubuto rw'umukenyezi kandi kagatuma igitereko kidashobora kwakira akagi mu gihe imbuto zoba zahuye.

Ivyiza : Karakora neza mu gihe bashizemwo akanyuzi kameze neza

Utunenge/agahaze: Karashobora kuhindagura ukwezi kw'umukenyezi : amaraso akaza ari menshi, hakaguma haza ibintu biva mu gisabo canke amaraso y'ubutinyanka akareka kuza.

(c) Akagegene

Akagegene kagizwe n'utuntu tumeze nk'uduti tubiri dutoduto tworoshe tugomba kumera nk'utwampi tw'ikibiriti bashira munsu y'urukoba ku kuboko. Iyo bagashizemwo, akagegene gaca kaguma gatanga inkabuzo mu mubiri, izo nazo zigatuma urubuto rudahishira, ivyo navyo rero bigatuma ata gasamo gashoboka.

Ivyiza vyako

- Gakora neza kandi kamara umwanya muremure
- Karoroshe gukoresha kuko bamaze kugashiramwo, ntusubira kukagirira umwitwarariko
- Bagakuyemwo umukenyezi aca asubira gusama

(c) Agapfuko/agakingirizo

Tuvuze ubukingirizo canke ubupfuko, hariho ubupfuko bw'abagabo hakaba n'ubupfuko bw'abakenyezi. Agapfuko k'abagabo kameze nk'akagunira gakoze mwikawucu umugabo akakambika ku nzanyi ashutswe imbere y'uko arangura amabanga mpuzabitsina kugira imbuto ziwe ntizinjire mu gisabo c'umukenyezi. Agapfuko k'umugore nako, ni uburyo bakoresha kugira bikingire indwara zifatira mu bihimba vy'irondeka na SIDA hamwe n'imbanyi batipfuza.

Ivyiza: Ni uburyo bwiza bwo gukinga indwara zifatira mu bihimba vy'irondeka. Ikindi urwaruka rwomenya ni uko: agapfuko gategerezwa kuba kakimeze neza, kagomeye kandi kanyerera.

Utunenge/agahaze: agakingirizo (agapfuko) ntigakingira indwara ijana kw'ijana (100%). Ari naco gituma umuntu atoca yijajara.

(d) Ibinini bacisha mu gisabo

Ni ibinini bashira mu gihimba c'irondoka c'umukenyezi imbere y'ukurangura amabanga mpuzabitsina kugirango vyice canke bihagarike imbuto z'umugabo ntizinjire mu gitereko.

(e) Gukinga imbanyi babanje gukorwa

Ni uburyo bwo kwugara uturingotiku mukenyezi canke ku mugabo. Ubwo buryo ni ntasubirwamwo (burundu).

✓ Gupfunga burundu ku mugore

Ni uburyo bwo kwugara uturingoti tw'umugore kugira imbuto z'umugabo ntizishoboreguhura n'iz'umugore. Ubwo buryo butuma imbuto z'umugabo n'iz'umugore zidashika mu mutonzi. Butuma rero ata gasamogashoboka kubera imbuto ataho zihurira.

✓ Gupfunga burundu ku mugabo

Ni ubuhinga bwokwugara uturingoti dutwara imbuto z'umugabo kugira ntizishike mu gasaho zishikiramwo. Imbuto zikorewe mu matengatwa ntizishobora kuduga ngo zishike mugasaho kazo. Muri ico gihe, umugabo asohora urunyigimbe rutagira imbuto. Ivyo bigatuma umugabo adashobora gutuma umukenyezi asama.

Ivyizavy'uburyo bwo gukorwa : ni uburyo bukora neza; nta mwitwarariko wo kwibagira, ntaco bwonona kukungene imibonano mpuzabitsina igenda, si benshi babujijwe kubukoresha, nta ngaruka mbi nyinshi butera, umugabo canke umugore agumana ubushobozi bwo kurangura amabanga mpuzabitsina.

Utunenge/agahaze: bisaba abaganga babinonosoye; ntibutangwa mu mavuriro amwe amwe; birashika ko umuntu agira ibikomere inyuma yo gukorwa, ntibusubirwamwo, ntibukingira indwara zifatira mu bihimba vy'irondoka n'umugera wa SIDA.

Ubwo buryo babutanga hehe?

Babutangira mu bitaro ahari ibikoresho n'abaganga bavyigiye.

Igikorwa ca 3 : kubera iki amadini amwe amwe atemera uburyo butangirwa kwa muganga bwo kurondoka ku rugero?

Imvo yo kutabwemera yerekeye ukwemera kwabo. Iyo umuntu akoresheje uburyo bwo kwa muganga bwo kwikingira imbanyi, aba ahagaritse ku bushake bwiwe isano Imana yashize hagati y'urukundo no kurondoka. Baba banse kwemerana no kwiha, umwe ngo yihe uwundi bisunze uko vyategerezwa kumera, haba kubw'umubiri canke kubw'umutima.

- Mbega, ugushaka kw'umuntu kwategerezwa kunyuranwa n'ukw'Imana twisunze inyangirakuru?
- Twihweje ingorane zihari muvuyigwirirana ry'abantu n'iz'ubukene, ishaka ry'Imana ryoba ari kubona abana bayo babayeho nabi?

Abitavye ikiganiri baba bagira imigwi hanyuma bagahanahana ivyiyumviro ku vyerekeye uburyo bwo gutangukanya imvyaro.

Ijambo ry'ubwitonzi

Yohani 8, 31-32: «Nuko Yezu abwira abayuda bari bamwemeye, ati ni mwaguma mw'ijambo ryanje, muri abigishwa banje vy'ukuri, kandi muzomenya ukuri, kandi ukuri kuzobaha ukwidegemvya».

Yeremiya 29, 4-6: « Nguko uko uhoraho nyeningabo avuze ... mwiya birire abagore, muvuyare abahungu n'abakobwa, muvuyare abahungu banyu abageni, muvuyare abakobwa banyu, kugira ngo nabo bavuyare abahungu n'abakobwa, murondokereye, ntimube inkehwa »

1 Timoteyo 5, 8 : « Ariko umuntu n'atungira abo munzu iwabo, cane cane abiwe azoba yihakanye ukwizera, kandi azoba abaye inyuma y'uwutizera »

Ukwihangana, uburyo kama bwo kwikingira imbanyi bushingiye ku kwiraba ku mubiri hamwe no kurangura amabanga mpuzabitsina mu gihe gusa umukenyezi adashobora gusama birahuye n'ukwemera. Ubwo buryo burubahiriza imibiri y'abubakanye, bituma haba urukundo hagati yabo kandi bigatuma bagira uguhitamwo kwiza ». Papa Paulo VI ;

Igihe umwe wese yandika ivyiyumviro vyawe

.....

.....

.....

.....

Ndakingira ubuzima bw'umwana wese Imana yampezagije

Ndarondera kumenya uburyo bwiza bwo kuba umuvyeyi mwiza, nubahiriza

ukwemera kwanje

VI. KIBAGIRIRE NAMWE... : IHOHOTERWA RIFATIYE KU GITSINA, KU MUBIRI CANKE KU VYIYUMVIRO

Intangamarara

Imibano hagati y'abantu irabamwo ibihe vy'umunezero, vy'ukubaho neza, vy'umubabaro, vy'umwiheburo. Imibano rero ntiyama ari myiza, iyo hagiye mu guhohotera umuntu naho bikunyuka. Ihohotera rya kiremwa muntu ririca ubuzima, rirasubiza inyuma umuntu muri rusangi, rirateranya, rigasambura agashusho k'Imana kari muri mugenzawe. Ihohotera rya kiremwa muntu rizimanganya agashusho kiwe, rigatesha agateka umuntu, rikamubuza gutera intambwe mu buzima. Rirahonyanga agateka ka mugenzawe n'uburyo yotera imbere mu kubaho neza. Ihohotera rya kiremwa muntu ribuza umwidgegemvyo, rikabuza ubuzima ku buryo bwisanzuye, rikamubuza no kugira akanyamuneza.

Agakino k'intangamarara

Urwaruka ruba rwicaye. Uwuremesha ikiyago arabaha udupapuro tw'amabara atandukanye. Ku gapapuro kamwe kamwe, haba handitseko ijambo. Iryo jambo rishobora kuba ari ryiza : ivyipfuzo, icipfuzo ciza, ijambo rihumuriza, ubwiza bwo ku mubiri canke ku mutima, ... ; rishobora kandi kuba ribi : ijambo ry'urusaku, ububi bw'umuntu, kuvuga nabi umuntu, kuvuga ko umuntu asa nabi, ... Urwaruka kirazira ko ruraba/ rusoma ijambo ryanditse ku gapapuro bahawe. Hanyuma rero bagaca batangura kubonana.

Ingene bigenda: Urwaruka ruricara rugize umuzingi. Ikimenyetso co gutangura agakino gitanzwe, umwe arahaguruka akajya kuramutsa uwo yahisemwo akamwereka ivyanditse kugakararata kiwe. Igihe cose bamuramukije, uwo nyene yandika inyuma ku gakararata kiwe insiguro y'amajambo yahawe. Ijambo ryiza ringana n'inota rimwe ariko ribi ritakaza amanota abiri. Haciye akanya, urukino rurahagarara, umwe wese akavuga igitigiri c'amajambo meza na mabi yaronse. Iyo amajambo mabi ari menshi arava mu gakino, atari uko, agumamwo. Batanguye gushasha uwuremesha ikiyago atanga utundi dukararata kugira "ababi" ntibagumemwo, agakino kagasubira. Urukino rukabandanywa n'abasigaye.

Ibikorwa

Igikorwa ca mbere: Guhohoterwa, gukumirwa n'agakengere.

- **Ihohoterwa**

Ihohoterwa mu rwaruka rukundanye rishobora kuba mu mutwe (ku vyiye umviro), ku mubiri, canke rishingiye ku gitsina. Ihohoterwa risigurwa nk'inyifato iyariye yose ifise ingaruka yo guhungabanya iterambere ry'uwundi ikabangamira umubiri wiwe, iviyumviro vyawe canke ivyerekeye igitsina. Muri icyo ntumbero turashobora kuvuga kandi ko ari "gukoresha ububasha ufise ugashaka kugenzura umuntu ukoresheje uburyo butandukanye kugira umugumize hasi canke ngo umuhatire kwigenza uko ushaka"

Guhohoterwa bikorwa mu buryo bwinshi :

(a) Guhohotera bifatira ku vyiyumviro, bifatiye ku kuganza umuntu mu kibano canke mu vy'ubutunzi, mu gucunga umuntu mu nyambaro no k'ukuntu ameze, mu gucinyiza, mu gutukana, mu kutitanaho canke gukangisha umuntu ngo uramuheba.

(b) Guhohotera ku buryo bw'umubiri ni ikintu cose gishobora kubabaza, kumugaza canke kwica umubiri w'uwundi muntu. Muri bene ayo mabi, dusangamwo nko gutera ibintu, gusunika, gufatana, guterana imigere canke gukubitana ibipfunsi, gutera ubwoba canke gukomeretsa hakoreshejwe ikigwanisho;

(c) Guhohotera bifatiye ku gitsina bihagaze ku gutuma uwundi muntu umujana muvy'imibonano mpuzabitsina ku gahato. Bene ibi bishobora kwiyerekana mu rwaruka biciye mw'iterabwoba canke guhatira mu mibonano mpuzabitsina umuntu atavyemeye. Mwene ayo mabi ariyerekana kandi no mu gutuma uwundi muntu araba amasanamu y'ibiterasoni, mu kumuhata gukora imibonano mpuzabitsina mu buryo bugayitse, kumuhohotera bifatiye ku gitsina. Ihohoterwa rigwiriye henshi ni ugukengerana.

• **Agakengerwe n'ikumirwa**

Kenshi mu kibano, imbere y'amabi atandukanye hamwe no gufata birenze ibiyayuramutwe, harakunze kwibonekeza ugukengera n'ugukumira. Munsiguro itomoye, gukengera vyerekana inyifato itabereye kubantu twibaza y'uko badakomeye canke batameze nkatwe (ni nk'akarorero abanywa ibiyayuramutwe). Neza na neza, dukengera umuntu mugihe tumufata nk'uwuri murwego rwo hasi bivanye n'ivyo bamuvugako canke bamubonako (kwiyumvirako umuntu ataco amaze, ari imburakimazi kubera akenye canke atakazi afise). Muyandi majambo, ikumirwa riza nk'ikintu kivuye mu gakengere. Hanyuma, mw'ikumirwa turumvamwo gufata nabi umuntu kurugero rutandukanye kubera ko atameze nk'abandi, nk'akarorero umuntu agendana umugera wa SIDA.

Agakengerwe n'ikumirwa biri mu bintu bikurubikuru biraje ishingira, bifata urwaruka rwacye mubihe vy'amabi canke vyo gufata ibiyayuramutwe. Urwo rwaruka ntirwiyumva ko rwemewe mu kibano, ntibaronswa inyigisho ku vyerekeye irondoka rijanye n'amagara meza, kandi kenshi ntibashobora kuyaga ingorane bacyemwo.

Muri iki kigabane, ni ngombwa kwumva igituma ugukumira vyama ari bibi

- ***G u k u m i r a birafise ingaruka mbi ku bantu no mu kibano ;***
- ***Mu Burundi, hari h a r i h o a m a t e g e k o ahana ikumirwa***

***Hari uburyo butatu b'agakengere :
- Gukengera abandi ;
-Kwikengera wewe nyene ;
-Gukengerwa bivuye ku bandi***

***TWIHANGANIRANIRE
KANDI TWUBAHANE***

Agakengere kibonekeza mu buryo bwinshi:

- (a) gakengerwe kubandi kiharijwe n’ugukumira abandi.
- (b) “kwikengera” ni igihe umuntu yibaza ko abandi bamubona nabi, mu yandi majambo uko kwikengera kurashobora gutuma umuntu yitandukanya n’umuryango, n’abagenzi hamwe n’ikibano.
- (c) Ubundi bwoko bw’agakengereni igihe umuntu akengerwa mu kibano bivuye ku nyifato y’uwundi. Nk’akarorero, umuntu arashobora gukengerwa kubera avukana n’umuntu anywa ibiyayuramutwe.

kumirwa naryo riyerekana mu buryo bwinshi : (i) ugukubagurwa i muhira canke mu kibano, (ii) kubuzwa uburenganzira bwo kuronka amakuru n’ubwo kwivuza, (iii) ugukumirwa mu muryango canke mu kibano, (iv) gucibwa mu mashengeru, (v) gukubagurwa uko ariko kwose, (vi) gukumirwa haba mu majambo canke ku vyibonekeza (nko kubuzwa kuja ahantu hamwe hamwe canke gukoresha ibikoresho bimwe bimwe).

Amabi n’ikubagurwa vy’ubwoko bwose biva :(i) kutagira ubumenyi bushemeye, (ii) kuba warafashwe nabi mu bwana, canke warakubaguwemu muryango, (iii) kunywa inzoga, (iv) kwemera amabi n’ubusumbasumbane bufatiye ku gitsina, (v) igihe habaye ukutumvikana, inyuma yo kutumvikanagutanako ishavu birashobora kwongereza ikubagurwa riba risanzwe rihari. Ariko ahanini igituma ayo mabi akwiragira mu rwaruka ni ukunywa ibiyayuramutwe.

- **Gufata ibiyayuramutwe**

Tuvuze ibiyayuramutwe, twokwumva ubumara bwose bushobora guhindura uko tubona ibintu, uko twumva ibishobisho, uko twiyumvira n’uko twigenza. Muri ubwo bumara hariho ubukunze gukoreshwa n’urwaruka rwo mu Burundi: itabi n’inzoga. Ukunywa itabi n’inzoga bironona amagara y’abantu no mu bijanye n’ukwigenza runtu, co kimwe n’ukunywa ibiyayuramutwe. Ibintu bitatu bikurubikuru bituma urwaruka runywe itabi n’inzoga ni:agakuku, akarorero kabi ahabwa n’abo mu muryango, akazi ko hanze(y’umuryango canke y’igihugu).

Imvo zituma urwaruka rufata ibiyayuramutwe ziratandukanye. Biragoye cane kumenya ikibibatuma nyezina. Twovuga cane cane ko ibibituma ari : ukutamenya, ugushaka kwumviriza uko bimeze, ugushaga kugira/kumera nk’abandi, agakuku, gushaka kurengera ingorane zo mu kibano, ibishobisho, guta umutwe n’ubwoba, akosho k’abagenzi n’abo bagendana, kudohoka kw’ibanga kw’abavyeyi mu kurera, umuryango udahagaze neza, kuba yasubijwe mu muryango ariko ntibigende neza, ubukene, ukubura akazi, ubukozi bw’ikibi, kubura ibinezereza, kwimukira mu bisagara binini, kuronka ibiyayuramutwe bitagoranye, ibimenyeshamakuru n’ibindi .

Inkurikizi z’ibiyayuramutwe ku magara ni nyinshi cane. Ziratandukanye bivanye n’ubwoko bw’ibiyayuramutwe, incuro umuntu abifata n’umwanya (imyaka). Ikindi naco congerereza ingaruka mbi, ni ubushobozi bw’umubiri bwo guhangana n’ibiyayuramutwe kuko ingaruka ziratandukana ku bantu bivanye nuko basanzwe bameze. Twihweje ivyo vyose tuvuze, ingaruka z’ibiyayuramutwe ku magara zirashobora kuba : ukuba utoba ugishobora kubaho utabifashe, guhungabanya ivyo kwibuka canke uko umuntu yumva ibintu, guhungabanya ukuntu ubwenge bukora, indwara zo mu mihogo, indwara z’igitigu, udukomere two mu bihimba vyo munda, igabanuka ry’ubushobozi muvyokurangura imibonano mpuzabitsina, kutaba umubiri ugishobora guhangana n’indwara, guhohotera abandi

no kutabihanganira, indwara zifatira mu bihimba vy'irondeka harimwo n'umugera wa SIDA, kuja mu buhumbu, gufatana ku nguvu no kwiba, guhahamuka, kwiyahura no gupfa.

Igikorwa ca kabiri: Ishura Ego canke Oya

- (a) Guhohotera bikorerwa abagore bonyene
- (b) Guhohotera bisigura gusa gufata ku nguvu.....
- (c) Gufata ku nguvu biva ku gushaka gukora imibonano mpuzabitsina ku buryo udashobora kuvyirinda.....
- (d) Gufata ku nguvu biba mu bakene gusa.....
- (e) Iyo umuntuamenye ko yafashwe ku nguvu n'umugenzi wiwe, biramworohera guca ahagarika imigenderanire nawe.....
- (f) Gufata ku nguvu ahanini bikorwa n'abanyamahanga.....
- (g) Abigeme bafatwa ku nguvu mu gihe bambaye uduhuzu tugufitugufi
- (h) Ibiboreza biratuma haba amabi yo guhohotera
- (i) Mu madini, ntihigera habaho gukumirana.....

Ijambo ry'Ubwitonzi

Itanguriro 37, 22 : « Kandi ati ntimuvishe amaraso, ariko mumuterere muri urwo rwobo ruri aha mu bugararwa, ariko ntimumukozeko amaboko »

Matayo 5, 5 : « Hahiriwe abatekereza, kuko bazorarwa isi »

Igihe umwe wese yandika ivyiyumviro vyawe

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Ntegerezwa gufatwa mu rupfasoni

Kirazira guhatira uwundi mu bintu mu gihe atavyiyumvamwo (nk'akarorero kurongora/ kurongorwa)

Ndanse ico cose kiza gihohotera umuntu

Ndafise uburenganzira bwo kugira ubintu bimwe bimwe vyerekeye jewe jenyene

IVYONGEWEKO

I. INGENE TWOTUNGANYA IVYIGWA

Ifishi 1: Ivyo twomenya ku magara n'uburenganzira mu vyerekeye irondeka rijanye n'amagara meza

Ihangiro nyamukuru: Kwongereza ubumenyi bw'urwaruka mu vyerekeye irondeka rijanye n'amagara meza

Ihangiro nyezina z'ikiyago:

mu mpera y'iki kiganiro urwaruka ruba rushobora:

- ✓ Kubona utunenge rufise ku vyerekeye ivyo ruzi mw'irondeka rijanye rijanye n'amagara meza
- ✓ Gusigura mu majambo yiwe uburenganzira mu vyerekeye irondeka rijanye n'amagara meza
- ✓ Kwerekana intambanyi zerekeye ubwo burenganzira aravye aho abaye mu kibano no mw'ishengero.

Igikorwa	ihangiro	uburyo bwokuremesha ikiyago/inzigisho	Umwanya
Gusoma umurongo wo muri bibiliya	Kugira intangamarara y' inzigisho ukoreshije ijamba ry'Imana	<i>Uwuremesha ikiganiro/inzigisho arasoma agace kateguwe k'ijamba ry'Imana agaca aha umwanya muto arwaruka kugira ruzirikane iryo jamba. Igisomwa: Itanguriro 1,31</i>	Iminota 3
Agakino k'intangamarara	Gusigura uruhara rwo kuronswa inzigisho	Uwuremesha ikiyago arasoma igisomwa c'ako gakino. Mu mpera, arabaza ibibazo: <ul style="list-style-type: none">- Ni iyihe ngaruka mbi uwo muhungu yokwitega?- Ni gute yari gushobora kwirinda izo ngaruka mbi?- Nimwerekane ingene iyo uyomuhungu yari kuba afise inzigisho kubijanye n'iyi nyifato vyari kumufasha kudahura n'izo ngorane- Ereka ingene kuba ufise inzigisho bishobora gufasha gufata ingingo itomoye mu gihe kanaka	Iminota 7

Itohoza	Gusuzuma urugero rw'ubumenyi bw'urwaruka ku bijanye n'icigwa	Uwuremesha ikiyago/ikiganiro amaze gusigura uruhara rw'inkuru/inyigisho kandi ko bihambaye ko urwaruka rworonswa inyigisho zikwiye zerekeye ubuzima bwabo muvuy'irondoka rijanye n'amagara meza, aratanga "urutonde rw'ibibazo vyo kuraba ubumenyi bw'urwaruka kuvyerekeye irondoka rijanye n'amagara meza".Igihe urwaruka ruriko rurishura ibibazo, uwuremesha ikiyago ategura ibikoresho bikenewe yigishirizako	Iminota 20
Inyigisho y'uwuremesha ikiyago	Gusigura ico ari co amateka canke uburenganzira muvyerekeye irondoka rijanye n'amagara meza	Uwuremesha ikiyago aravuga mu ncamake ivyo yakuye mw'itohoza. Hanyuma akerekana kandi agasigura uburenganzira mu vyerekeye irondoka rianye n'amagara meza.Bisubiye, aributsa akamaro ko kumenya ubwoburenganzira.	Iminota 10
Ibibazo vy'urwaruka n'umwihwezo wabo	Guha akaryo Urwaruka ko gushigikiriza ivyiyumviro vyarwo	Uwuremesha ikiyago aratumirira urwaruka kugira ico ruvuze kubijanye n'ubwo burenganzira.	Iminota 10
Kwandika ivyiyumviro	Guhamagarira urwaruka kwiyumvira umwe wese muburyo bwivekukarorero kanaka ku bijanye n'ico kiganiro	Uwuremesha ikiyago ashikiriza ijambo ry'ubwitonzi n'ikibazo co kwiyumvira:"Ni izihe ntambamyi mpura nazo canke nshobora guhura nazo muvyerekeye uburenganzira n'irondoka rijanye n'amagara meza mfatiye k'ukuntu nsanzwe mbayeho mu kibano canke mw'idini ?"	Iminota 10

Ifishi 2.1. Mu gashusho kayo, irabarema

Ihangiro nyamukuru: Gutahura ko umubiri ari ingoro nyeranda mu gihe tuvuze ivyerekeye amagara n'uburenganzira mu vyerekeye irondoka rijanye n'amagara meza

Ihangiro nyezina y'ikiganiro: Mumpera z'iki kiganiro urwaruka ruba rushoboye:

- ✓ Gusigura igituma umubiri ari ingoro ya Mutima Mweranda
- ✓ Gusigura ko umubiri ufise akabira kerandade proposer des conseils pour user de sa liberté sans nuire à la santé.
- ✓ Gutanga impanuro mu gukoresha ubwigenge bwiwe atononye amagara.

Ukugene ikiganiro kigenda

Ibikorwa	Ihangiro	Ubuhinga bukoreshwa	Umwanya
Gusoma igisomwa co muri Bibiliya	Gutanguza icigwa igisabisho	Uwuremesha ikiganiro arasoma igice co muri Bibiliya hanyuma agaha umwanya muto urwaruka wo kwiyumvira kuri iryo jambo Igisomwa(1 Abanyakorinto 6:19-20)	Iminota 3
Agakuru ntangamarara	Initier une réflexion sur le corps	L'animateur lit le texte du brise-glace à propos de Jacques (p. 15).A la fin, il pose une question : - <i>conflict avec son corps ou les passages où s'exprime le corps de Jacques.</i>	Iminota 7
Gutanga icigwa	Gutuma biyumvira ivyerekeye umubiri	Uwuremesha ikiyago arasoma igice c'agakuru ntangamarara kuri Yakobo. Ahejeje arabaza ikibazo: "Tora imirongo yose aho Yakobo ari mu ruhagarara n'umubiri wiwe canke imirongo aho umubiri wa Yakobo uvugwa"	Iminota 10
Igikorwa co mumigwi	Gutuma urwaruka rwiyumvira kandi rugahanahana ivyiyumviro, kwiga guserura no gutanga icyumviro	<ol style="list-style-type: none"> 1. <i>Urwaruka rugira imigwi itatu rukoreramwo. Ku murwi umwe umwe uwuremesha ikiganiro arabaza kimwe muri ibi bibazo bitatu bikwirikira:</i> 2. 1. <i>Kubera iki ari ivy'ingirakamaro kumenya umubiri wawe?</i> 3. 2. <i>Ni irihe hinduka mu vyiyumviro dushobora kubona mu rwaruka kandi ni gute iryo hinduka rigira ingaruka ku migenderanire bafitaniye n'umubiri wabo hamwe n'abandi?</i> 4. 3. <i>Ni ibihe bikorwa bihwanye n'umubiri wacu vyonona agashusho k'Imana muri twebwe</i> 	Iminota 20

Ugushikiriza inyishu bari kumwe bose	Gushira hamwe inyishu n'ugusabikanya iviyumviro	Umugwi wose urahitamwo uwuuserukira, akaba afise iminota ibiri kugira ashikirize inyishu zo mu murwi wiwe. Inyuma y'ivyo, urwaruka ruragira ico rubivuzeko. Igihe imirwi yose yamaze gutanga iviyumviro vyayo, uwuremesha ikiganiro aragira incamake y'inyishu.	10 min
Kwuzuza ahagenewe gushikiriza iviyumviro	Guhimiriza urwaruka kwiyumvira umwe umwe ku ngingo bashitseko	Ikibazo vyo kwiyumvira : Uburyo dufata neza umubiri wacu nibwo buzokwerekana ingene. tuzobaho. Mwofata gute umubiri wanyu nk'ingoro ya Mutima Mweranda ?	10 min

Ifishi 2.2.: Mu gashusho kayo irabarema (ibikurikira)

Ibikorwa	Ihangiro	Ubuhinga bukoreshwa	Umwanya
Ukwibukanya ivyari bigize icirwa giheruka	Kwibutsa ivyari bigize icirwa giheruka	Uwuremesha ikiganiro aributsa bikuru bikuru bize ubuheruka.	Iminota 10
Kurabira hamwe igisomwa mu mirwi	Guhimiriza urwaruka gushikiriza icyumviro carwo no gukorera mumirwi	<ul style="list-style-type: none"> • <i>Uwuremesha ikiganiro atumirira urwaruka kuja mu mirwi y'abantu bane bane. Munyuma aca atanga igisomwa «iviyumviro bisanzwe ku vyerekeyeumubiri, vyatanzwe na cardinari carlo Mariya Martiniya».</i> Agaca abaha umwanya ukwiye wo gusoma. inyuma y'igisomwa urwaruka ruca rwishura kubibazo : • <i>Ni izihe ntambamyi zibuza kwigumya</i> • <i>Vyoba bikenewe kwumviriza umubiri wacu? Twobikora gute?</i> • <i>« Twaremwe mw'ishusho y'Imana » bisigura iki?</i> • <i>Ni ibihe bikorwa bishobora kuba binyuranye n'ukurondera kugira agashusho k'Imana?</i> 	Iminota 20
Akaruhuko	Kwiruhura		Iminota 10

Ugutanga inyishu	Gushira hamwe mu mirwi	Umugwi wose uraserukirwa n'umuntu umwe umwe akagira iminota 4 kugira atange inyishu zavuye mu mugwi wiwe. Ahejeje kuvuga, abari ngaho baragira ico babivuzekocanke bunganiye. Imigwi yose ihejeje kuvuga, uwuremesha ikiyago aca ashira hamwe ivyavuzwe	Iminota 15
Kwuzuzwa ikibanza kigenewe iviyumviro	Gutuma urwaruka rwiyumvira umwe wese ukwiwe ku karorero kamwe mu vyerekeye ikiyago cakoze.	Akabazo ko kwiyumvirako : « <i>Ni gute umuntu ashobora kugirira nabi umubiri wiwe ?</i> »	Iminota 5

Ifishi 2.3 Jewe hamwe n'amagara n'uburenganzira mu vyerekeye irondeka rijanye n'amagara meza
Ihangiro nyamukuru: Kwiyumvira ku bijanye n'uburenganzira mu vyerekeye irondeka rijanye n'amagara meza, turavye aho dusanzwe tubaye.

Ico twomenya: Inyuma y'ikiganiro ca mbere n'ica kabiri, urwaruka rwategerezwa kuba ruzi icarico amagara n'uburenganzira mu vyerekeye irondeka rijanye n'amagara meza. Rwararonse umwanya wo kwiyumvira ku bijanye n'intambamyi ziturutse mu kibano canke amadini ku bijanye n'uburenganzira mu vyerekeye irondeka rijanye n'amagara meza. Vyongeye barigishijwe ku vyerekeye ko umubiri ari ingoro nyeranda. Iki iganiro gituma bashira hamwe ivyo babonye imbere kandi kigashoboza uwuremesha ikiganiro kurongora inyigisho, no gusuzuma ko ivyigwa 2 vya mbere babitahuye.

Ibikorwa	Intumbero	Ubuhunga	Umwanya
Ubwa mbere	Gutuma urwaruka: <ul style="list-style-type: none"> rushikiriza iviyumviro vyabo ruhanahana iviyumviro rugira ico ruterereye mu kiganiro guhagararira iviyumviro vyabo kumenya gushigikira icyumviro 	Uwuremesha ikiganiro arahamagara ababishaka gufata intebe z'imbere. Mugihe bose bamaze gufata ikibanza, uwubishaka umwe wese uko ashikiriwe, asoma inyishu zatanze ku kibazo co mu kiganiro ca mbere: <i>"Ni izihe ntambamyi mpura na zo canke nshobora guhura nazo ku bijanye n'amagaran'uburenganzira mu vyerekeye irondeka rijanye n'amagara mezadufatiye ku migenzo yanje n'akaranga, mu kibano no mw'idini?"</i> Urwaruka rwose umwe wese aravugaga idini ryiwe. Mu gihe ababishaka bahejeje kuvuga bose, uwutanga amajambo yatowe arahamagarira urwaruka guterera kandi akarongora inyigisho. Uwuremesha ikiganiro agerageza kwandika intererano zitandukanye akabimanika ku kibaho.	Imonota 45

Akaruhuko			Iminota 15
Ubwa kabiri	Ihangiro: Co kimweno mu cirwa ca mbere	Imyimenyerezo, co kimwe n'yo hejuru, ariko mu buryo butandukanye. Ikibazo: Ukugene twofata neza imibiri yacu n'ingene twokwerekana uburyo dukwiye kubaho: ni gute mwimirije gufata neza imibiri yanyu nk'ingoro ya Mutima Mweranda	Iminota 45
Gusozera	Kugira incamake y'ivyo twabonye vyose	Uwuremesha ikiganiro ahamagarira uwubishoboye kugira incamake y'ivyo babonye vyose. Araheraheza inyigisho ashimikira ku bintu bikurubikuru vyizwe.	Iminota 15

Ifishi ya 3.1: Ni mukundane mwese...

Ihangiro nyamukuru: Gutahura itandukaniro ry'urukundo n'ivyo guhuza ibitsina

Ihangiro nyezina z'ikiganiro: Inyuma y'iki kiganiro, uwacitavye aba ashobora :

- ✓ Gusigura agaciro/akamaro k'imigenderanire abantu bafitaniye
- ✓ Gutandukanya urukundo n'ivyo guhuza ibitsina mu bakundanye
- ✓ Kwiyumvira impanuro yoha urwaruka rwibaza ibibazo kw'isano riri hagati y'urukundo n'imibonano mpuzabitsina.

Igikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro/inzigisho	Umwanya
Gusoma umurongo muri bibiliya	Gutanga ikiganiro n'ijambo ry'Imana	Uwuremesha ikiganiro asoma ijambo ryo muri Matayo 22,37-39	Iminota 3
Agakuru k'intangamarara	IGutanga intangamarara y'ikiganiro	Uwuremesha ikiganiro arasoma igisomwa kiri ku rupapuro rwa 19 Ikibazo : " <i>Mubona gute iyo nyifato y'uwo muhungu? Iy'uwo mukobwa nayo ?</i> "	Iminota 12
Gutororokanya ivyiyumviro	Gutuma urwaruka rutanga ivyiyumviro vyabo mugushikiriza aho bahagaze kuvyerekeye urukundo n'ivyo guhuza ibitsina	Uwuremesha ikiganiro acapa ikibariko c'impande zibiri Muruhande rwa mbere handikwa inyifato yerekana ubugenzi gusa, nayo kurwakabiri izerekeye ivy'uguhuza ibitsina. Urwaruka rufata umwanya wo kuvyiyumvirako. Uwufise icyumviro arabaguruka akaja kucandika mu kubariko	Iminota 10

Ibibazo vy'urwaruka	Guhamagarira urwaruka kugira ico ruvuze ku vyiyumviro vy'abandi	Uwuremesha ikiganiro asaba urwaruka kugira ico ruvuze ku vyiyumviro vyatanzwe n'aba n'abandi	Iminota 15
Incamake igirwa n'uwaremeseje ikiganiro	Gushira hamwe incamake nyamukuru y'ivyaganiweko	Uwuremesha ikiganiro arashirahamwe iviyumviro n'inyishu zatanze n'urwaruka, agatanga n'insiguro ngufi z'urukundo n'ivyuguhuza ibitsina.	Iminota 10
Igihe c'ugutanga iviyumviro	Guhamagarira umwe wese mu rwaruka kwiyumvira ku karorero azi kajanye n'inyigisho z'uwo muni	Ikibazo co kwibaza: <i>"uko dufata imibiri yacu birafise ingaruka k'ukuntu tuzobaho?"</i> Ni gute mugiyeye gufata imibiri yanyu nk'ingoro za Mutima Mweranda?"	Iminota 10

Ifishi 3.2 Ni mukundane mwese... (ibikurikira)

Igikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Ukwibukanya ibigize icigwa giheruka	Kwibutsa ibigize icigwa giheruka	Uwuremesha ikiganiro aributsa ingingo nkuru nkuru z'ikiganiro	Iminota 10
Udukino tujanye n'ukwishira mukibanza c'abandi	Gufasha urwaruka kwishira mu kibanza c'umuntu ategerezwa kwishura ibibazo	Urwaruka rwigabura mu mirwi ine bishoboka umwe wose ugizwe n'abakobwa n'abahungu. Umwe muri iyo mirwi wishira mukibanza c'abamenyeshamana, uwundi muc'abigisha, uwundi muc'abavyeyi, uwusigaye muc'urwaruka. Mu minota icumi, umurwi wose uca imbere y'abandi ugatanga inyishu ubajijwe, wazumvikanyeko. Nabo nyene badashoboye kwumvikana ku nyishu botanga barabivuga. Umwanya uheze, haca hakurikira umugwi wa 2, hanyuma iyindi migwi igakurikira	Iminota 40

Ugushira hamwe ivyavuzwe	Gutuma urwaruka rugira ico rupfunditse kunyigisho y'ako gakino	Uwaremesheje ikiganiro abaza ibibazo urwaruka : <ul style="list-style-type: none"> • <i>Vyabigishije iki ?</i> • <i>Kubera iki abavyeyi abarezi, abamenyeshamana badategerezwa kubona kumwe ibijanye n'urukundo n'ibijanye n'uguhuza ibitsina?</i> • <i>Inyishu z'aba n'abariya zirafise ico zihuriyeko? Nimba kihari ni ikihe? Ubudasa nyamukuru bwazo buhagaze hehe?</i> Uwaremesheje ikiganiro arashirahamwe ivyiyumviro vy'urwaruka	
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Ifishi 4.1 Wewe uranesha...

hangiro nyamukuru: Ugutahura kwifata bibereye mu bijanye n'ivyerekeye imibonano mpuzabitsina

Ihangiro y'ikiganiro:

mu mpera z'iki kiganiro, urwaruka ruzoba rushoboye:

- Gusigura ikibanza kwiyumva agaciro bifise mu vyerekeye kubaho neza kw'umuntu
- Isano riri hagati yo kwiyumva agairo hamwe n'ukwitwara neza mu vyerekeye guhuza ibitsina
- Kwerekana ingendo nziza mu vyerekeye ivyo guhuza ibitsina

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Gusoma umurongo wa Bibiriya	Gutangura inyigisho n'ijambo ry'Imana	Uwugirisha ikiganiro aca asoma umurongo ukurikira: Imigani 8,12	Iminota 3
Indangurakintu	Uwuremesha ikiganiro aca asoma igisomwa.	Uwuremesha ikigayo arasoma agasomwa kari ku rupapuro rwa 23. Akabaza aka kabazo: "Ni iyihe nyigisho mukuye muri uyo mugani?"	Iminota 7

Kwerekana kamere k'uwundi	Permettre aux jeunes de réfléchir le sens de l'estime de soi	Urwaruka ruca rugira imigwi ya babiri babiri. Mumugwi umwe umwe, umuntu acapa mugenzi we, hanyuma nawe nyene akamucapa. Urwaruka A acapa ivyiza vyiwe hanyuma urwaruka B akamushushanya; hanyuma A akerekana utunenge twiwe, B akongera agashushanya A n'utunenge twiwe. Mu nyuma, B agashushanya mu ncamake A. Mugihe abo babiri bahejeje gukora utwo dushusho, urwaruka rurerekana agashusho karwo umwe wese akavugako yemeye ko bakamanika.	Iminota 20
Kuyaga k'ukuntu umwe wese yabonye uwundi	Guhamagarira urwaruka gusigura	Umwe wese aravugaga igituma yemeye canke yanse ko agashusho kiwe bakerekana.	Iminota 5
Gushirahamwe ivyiyumviro	Kuronka inyishu y'umugwi	Ku mwimenyerezo ukurikira, Uwuremesha ikiyago aracapa ikibariko kigizwe n'impade 2. Uruhande rumwe bagashiramwo ivyerekeye "inyifato ibereye", urundi bagashiramwo ivyerekeye "uko umuntu yiha agaciro". Urwaruka ruca rwuzuzura mw'izo mpade 2 ivyerekeye ivyo babonye.	Iminota 10
Gusigura amajambo	<ul style="list-style-type: none"> • Gusuzuma ubumenyi bwurwaruka ku vyerekeye ayo majambo abiri. • Guhimiriza urwaruka gushikiriza ivyiyumviro no kwungura ubumenyi 	Mu mpera, uwaremeseje ikiganiro aca abaza ibi bibazo: <ul style="list-style-type: none"> • Bisigura iki "kwiyumva agaciro?" • Bisigura iki "kwitwara neza" Uwuremesha ikiyago abaza ikibazo gikurikira: "ni irihe sano rishobora kuba hagati yo kwiyumva agaciro no kwitwara neza?" Uwuremesha ikiyago aratanga uburorero butomoye	Iminota 15

Igihe c'ugutanga ivyiyumviro	Gutuma urwaruka rwiyumvira umwe umwe ku karorero kerekeye ivyo bahejeje kubona	Uwaremesheje ikiganiro araha agakorwa urwaruka: " <i>mwisunze ivyerekeye imibonano mpuzabitsina, mutange akarorero kugira musigure isano riri hagati y'ukuntu umuntu yiyumva agaciro n'ukuntu agira ingendo nziza</i> "	Iminota 10
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Ifishi 4.2. Wewe uranesha... (ibikurikira)

Igikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Kwibutsa ivyo mu cirwa giheruka	Kwibutsa ivyo mu cirwa giheruka	Uwuremesha ikiyago aributsa bikuru bikuru mu vyihwejwe ubuheruka	Iminota 4
Ibikorwa vyo mu migwi	<p>Gutuma urwaruka :</p> <ul style="list-style-type: none"> <i>Bashikiriza icyumviro cabo mu migwi</i> <i>Kumenya kwumviriza no kuvugana n'abandi</i> 	<p>Urwaruka rugira imigwi 3. Umugwi wose wishura kuri kimwe muri ibi bibazo :</p> <ul style="list-style-type: none"> Nk'abakristu, bisigura iki gufata ingingo zibereye mu vyerekeye ivyo guhuza ibitsina? Nk'abakristu, bisigura iki « inyifato zishobora kutuzanira ingorane? »Ni izihe ngaruka mbi yazo? Nk'abakristu, ni izihe nyifato mu kibano iwanyu mubona ko zibereye, ni ibihe bintu bijanye n'idini canke ikibano bituma umuntu agira izo nyifato zibereye, canke vyo zibera intambamyi ? 	Iminota 30

Guhanahana ivyiyumviro	Gutuma urwaruka rwerekana ivyo rwakoze, kandi n'abandi bakagira ico babivuzeko	Uwuremeshaikiyago arasaba imigwi yose kuvuga ivyo bavuganye mu migwi, hanyuma abandi bakagira ico babivuzeko	Iminota 15
Gushira hamwe	Kubona kumwe ibintu muri rusangi	Uwaremesheje ikiganiro arashira hamwe ivyavuzwe vyose	Iminota 10

Ifishi 5.1 : Nimwuzuze isi ... ego canke oya

Ihangiro nyamukuru : Gutahura uburyo bwo gutandukanya imvyaro, uburyo kama n'ubutangirwa kwa muganga.

Ihangiro nyezina z'ikiganiro :

mu mpera z'iki kiganiro, urwaruka rushobora :

- Gusigura uburyo bwo gutandukanya imvyaro, haba uburyo kama n'uburyo bwo kwa muganga
- Yisunze ukwemera kwiwe, gusigura akamaro ko gukoresha uburyo bwo gutandukanya imvyaro.
- Guhanahana ivyiyumviro k'ukuntu amashengero abona ivyerekeye uburyo bwo gutandukanya imvyaro, uburyo kama n'ubwo kwa muganga

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwaza
Gusoma ivyanditse muri bibiriya	Intangamarara y'inyigisho uhereye kw'ijambo ry'Imana	Uwuremesha ikiyago arasoma ijambo ry'Imana muri Timoteyo 1:5,8	Iminota 3
Agakuru k'intangamarara	Gutangura ikiyago	Uwuremesha ikiyago arasoma igisomwa kiri ku rupapuro 29, hanyuma akabaza ikibazo: "Ni izihe nyigisho mwakuye muri ico gisomwa?"	Iminota 7
Kwigisha	Gutuma urwaruka rutahura uburyo kama n'uburyo bwo kwa muganga bwo gutandukanya imvyaro	Uwuremesha ikiyago arasigura uburyo kama bwo gutandukanya imvyaro	Iminota 40

Igihe co gutanga ivyiyumviro	Gutanga icyumviro c'umwe umwe	Ikibazo : <i>"ni ubuhe buryo kama bwo gutandukanya imvyaro nohanura abandi gukoresha?"</i>	10 min
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Ifishi ya 5.2 : Nimwuzuze isi...ego canke oya (ibikurikira)

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Kwibutsa ibiri mu nyigisho ziheruka	Kwibutsa ibiri munyigisho ziheruka	Uwuremesha ikiyagoaributsa ibice bikuru bikuru vy'inyigisho ziheruka	Iminota 10
Kwigisha	Gutuma urwaruka rutahura uburyo bwo gutandukanya imvyaro, uburyo kama n'uburyo bwo kwa muganga	Uwuremesha ikiyago arasigura uburyo bwo kwa muganga bwo gutandukanya imvyaro	Iminota 40
Igihe co gutanga ivyiyumviro	Gutanga icyumviro kuri umwe umwe	Ikibazo : <i>" ni ubuhe buryo bwo kwa muganga twohanura abandi? kubera iki?"</i>	Iminota 10

Ifishi 5.3: Nimwuzuze isi...ego canke oya (ibikurikira)

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Ukwiyibutsa ivyavuzwe mu nyigisho ziheruka	Kwibutsa ivyavuzwe munyigisho ziheruka	Uwuremesha ikiyago yibutsa ivyiyumviro bikuru vyo mu nyigisho ziheruka	Iminota 10

Guhanahana ivyiyumviro	Gutandukira ivyiyumviro bitandukanye, kwiga gushikiriza ivyiyumviro nokubisigura	Uwuremesha ikiyago ahamagarira urwaruka rushigikiye ubuhinga bwo kwa muganga akabashira mumigwi, n'abatabushigikiye akabashira mu wundi murwi. Babiri barashikiriza ivyiyumviro vyabo Ikibazo: "murashigikiye canke ntimushigikiye ubuhinga bwo kwa muganga?" "kubera iki?" uwugira gatatu yandika ku rubaho ivyiyumviro bishikirijwe mukwemera canke mu guhakana mu buryo ubu canke buriya.	Iminota 40
Gushirahamwe ivyavuzwe	Gutanga igicapo cerekana inyishu za bamwe n'abandi	Uwuremesha ikiyago arashushanya igicapo cerekana insiguro y'inyishu zimwezimwe mu gutora inyishu ziguma zigaruka kenshi.	Iminota 10

Ifishi 6.1 Ihohoterwa rifatiye ku gitsina, ku mubiri canke ku vyiyumviro

Ihangiro nyamukuru: gutahura amabi afatiye ku gitsina n'ingene twoyarwanyana

Ihangiro nyezina z'icigwa:

mumpera z'icigwa, urwaruka ruba rushoboye:

- ✓ Gusigura ico ari co amabi mu mice itandukanye
- ✓ Gutanga akarorero mu bijanye n'amabi n'ingaruka ku magara y'umuntu.
- ✓ Gushikiriza uburyo bwo kurwanyana ayo mabi.

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Igisomwa c'ijambo ry'Imana	Gutanguza ikiyago n'ijambo ry'Imana	Uwuremesha ikiyago asoma umurongo ukurikira: Matayo 5,4	Iminota 5
Agakino	Gufasha urwaruka ngo rwerekane ico rwatahuye kubijanye n'amabi	Uwuremesha ikiyago arasigura urukino hanyuma akareka urwaruka rugakina	Iminota 30
Gushira hamwe	Kwegeranya ivyiyumviro vyavuye mu gakino	Inyuma y'ako gakino, arabaza ikibazo: "ku vyerekeye amabi, aka gakino kabigisha iki?" Uwuremesha ikiyago arandika ku kibaho inyishu zitandukanye zitanzwe	Iminota 10

Ibibazo vy'umwe umwe wese	Guha umwanya urwaruka rugaserura ivyiyumviro vyabo	Uwuremesha ikiyago arabaza ikibazo kimwe kimwe hanyuma agatanga amasegunda make ku rwaruka kugira rwishure. Bandika inomeru y'ikibazo hanyuma bakishura "ego" canke "oya"	Iminota 5
Gushira hamwe	Ukwegeranya n'ugusabikanya ivyiyumviro bitandukanye vyashikirijwe	Guhanahana ivyiyumviro ku nyishu	Iminota 5
Igihe co gutanga ivyiyumviro	Gutuma urwaruka rwiyumvira umwe umwe ku vyerekeye ivyo baganiriye	Ikibazo: <i>Ni gute ihohoterwa rishobora kuba intambamyi kw'irondeka rijanye n'amagara meza?</i>	Iminota 10

Ifishi ya 6.2: Ihohoterwa rifatiye ku gitsina, ku mubiri canke ku vyiikumviro

Ibikorwa	Ihangiro	Uburyo bwo kuremesha ikiganiro	Umwanya
Kwibutsa ivy'icigwa giheze	Kwibutsa ivyigwa biheruka	Uwuremesha ikiyago aributsa ibintu bikurubikuru vyo munyigisho zihuruka.	Iminota 5
Kwiyumvira agakino	Gutuma urwaruka rwiyumvira ingene rworwaya ihohoterwa	Uwuremesha ikiyago arasaba urwaruka kugira imigwi y'abantu 6. Umugwi wose ukiyumvira agakino kerekana ingene bogwanya guhohoterwa	Iminota 30
Gukina udukino	Gutuma urwaruka rwerekana ivyo rwakoze	Umugwi wose urakina agakino kawo	Iminota 20
Kuraba ingene utwo dukino twari tumeze	Gufasha abandi kuryohora udukino	Urwaruka rurahanahana ivyiyumviro kuri utwo dukino twose bakerekana n'ingene boturyohora	Iminota 5

INGORANE ZIKUNDA KWIBONEKEZA MURWARUKA

INGORANE	INYISHU ZISHOBOKA
Ukutaronka inyigisho zikwiye ku vyerekeye irondoka rijanye n'amagara meza	Gutanga inyigisho ku rwaruka zimurikiwe n'ijambo ry'Imana
Ikumirwa mu mavuriro	Gusaba ko amavuriro yokwitaho urwaruka, cane cane amavuriro yegamiye amashengero
Amavuriro yugururwa mu mwanya abanyeshure baba bari ku mashure gusa	Kwongereza amasaha y'akazi ashobora kworohereza urwaruka rw'abanyeshure, gutanga umwanya wiharije urwaruka mu mavuriro
Kuzazanirwa mu kubaza ibijanye n'irondoka rijanye n'amagara meza	Abajejwe amashengero bokwitaho bikwiye urwaruka
Kwibazako abakozi bo kwa muganga bashobora kumena amabanga y'ababituye	Kuremesha urwaruka ko ibikorwa vyose biguma ari ibanga
Ingorane zifatye k'ukwemera zituma haba ukutumvikana canke ukutitaho ibijanye n'irondoka rijanye n'amagara meza.	Gutanga inyigisho zikwiye kugira abantu bamenye kandi bifatire ingingo zibereye.

II. INSIGURO Y'AMAJAMBO AMWE AMWE

- **Kwihangana:** Ni ukwifatira ingingo yokwama wiyima ibintu canke ukibuza ibinezereza mu ntumbero yo gufata inzira nziza
- **Ubuyabaga/ubukangara:** Ni igihe kiri hagati y'ubwana no kuba umuntu akuze. Mu bisanzwe kiri hagati y'imyaka 10 na 19. Twomenya ko mu bisanzwe urwaruka ruharurwa nk'abantu bari hagati y'imyaka 15 na 24.
- **Kurenga ibigo:** Ni igihe umuntu yubatse arenze ku masezerano yo kugumana n'uwu bubakanye hanyuma akaja kuryamana n'uwundi muntu atari uwo bubakanye.
- **Imyaka yo kwifatira ingingo:** mu mategeko, ni imyaka mu gihe umwana atarayishikana, umuntu bokorana imibonano mpuzabitsina yoba ashobora gukurikiranwa n'amategeko y'igihugu. Ngaha, twomenya ko mu mashengero twemeza ko umuntu ashikira ico gihe yubatse urwiwe.
- **Gukorora imbanyi:** Ni gukura munda umwana ataravuka. Birashoboka ko biba umuntu atabiteguye, canke yabiteguye.
- **Ivyo umuntu aba yakeneye mu vyerekeye uburyo bwo gutandukanya imvyaro hanyuma ntabironke:** Ni igitigiri c'abakenyezi bubatse bari bipfuzwa kurindira n'imiburiburi imyaka ibiri imbere y'uko basama iyindi mbanyi canke batagishaka iyindi mbanyi, ariko ntibamenye uko bobigenza
- **UbwereTEGERWA:** Ni kwifatira ingingo yo kwirinda ibisayangana bitari vyiza hamwe n'ivyo vyose bijanye navyo (ivyiyumviro,...). Muyandi majambo, ni kwirinda ivyo vyose bisayangana bitarekuwe
- **Agatima mpanuzi:** Ni agatima umuntu aba afise k'ukuntu yiyumvira, kukubaho kwiwe. Kadufasha kumenya iciza n'ikibi. Ni agatima kadusaba gukora iciza.
- **Gupimisha imbanyi:** Ni ugukurikirana imbanyi ku mukenyezi, bikorerwa kwa muganga
- **Kwahukana:** Ni guhanagura ubugeni imbere y'amategeko bikozwe na sentare, bisabwe n'umwe canke bose mu bubakanye bisunze amategeko. Twomenya ko amashengero rukristu atemera kwahukana kubera kuri bo "ico Imana yifatanirije, ntawushobora kugitandukanya" (Mariko 10,2-16) ;
- **Ukuva:** ni ukuva biciye ahantu hari agatoboro ku mubiri
- **Ukwiyumva ko ufise agaciro:** ni umunezero umuntu yumva iyo yiyumva ko atacotuma yiyagiriza. Mu yandi majambo, ni ukuntu umuntu yiha agaciro wenyene aravye ico yumva amaze
- **Ugukumira mu kibano:** ni kwinuba abantu batameze nk'abandi benshi mu kibano. Mu bisanzwe biba bitizwe neza, kandi ntivyemerwa mu kibano, ariko bigatuma bukebuke haba uguhagarika imigenderanire

n'abandi

- **Ubusambanyi:** Imigenderanire ishingiyeye ku guhuza ibitsina ku bantu babiri bataba bubakanye canke bahuriye kukindi kintu. Ni igicumuro c'umubiri
- **Inda itipfujwe:** ni gusama imbanyi umuntu atari yabishatse. Mu yandi majambo, ni ingaruka y'imibonano mpuzabitsina idakingiyeye mu gihe umukenyeyi/umwigeme aba ari mu gihe c'agasamo, bikaba bibaye atabishaka
- **Agakuku k'urunganwe:** Ni uruhara ruhambaye rw'urunganwe, abagenzi bo mwishure canke abantu munganya imyaka, mu kugushiramwo ivyiyumviro vy'ubwiza canke inyifato, mu ntumbero yo kwiha agaciro
- **Guca ibihimba vy'irondoka ku mwigeme:** ni ikintu cose gituma bacacura igihimba c'irondoka kiboneka ku mukobwa, bakagica agace canke cose, canke bakagikomereza
- **Kwubaka n'abantu benshi:** ni uburyo bw'imibereho burekurira umugabo kwubaka n'abagore benshi, canke umugore kwubaka n'abagabo benshi
- **Kudandaza umubiri:** Ni ikintu gituma umuntu akora mibonano mpuzabitsina n'abantu bakamuha amahera
- **Ubugumba:** Ni ukudashobora kurondoka ku mugabo canke umugore, bitumwe n'ukudakora kw'ibihimba bimwe bimwe, ibihimba vy'irondoka vyononekaye, canke yaripfungishije burundu we nyene
- **Ingeso yo kunywa itabi:** Ni ingeso yo kunywa itabi birenze umuntu akabigira umugenzo.
- **Kunywa ibiyayuramutwe:** kwama ufata ibintu bituma biyayura umutwe (urumogi, ...) umubiri ukamenyera kuguma ubishaka
- **Ukwibanira nk'abubatse:** ni ukwibanira mu rukundo, mutaciye mw'isengeru canke imbere y'abaserukira amategeko.

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Iki gitabu canditswe na Patiri Pierre Célestin Musoni asanzwe anarongoye ikigo « Service Yezu Mwiza », bifashijwemwo n'ishirahamwe GIZ. Carihwejwe congera kiremezwa n'abarongozi mu madini. Ikoreshwa ryaco ryarageragerejwe ku rwaruka rwo mu Rumonge ruhurikiye mu madini atandukanye.

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