

**Inyoboranyigisho ku
Buzima
bw'Imyororokere,
SIDA na Virusi itera
SIDA**

Igenewe urubyiruko rutari mu
mashuri n'ururi mu bigo byigisha
imyuga

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IJAMBO RY'IBANZE

Urubyiruko rw'u Rwanda ni yo nkingi y'iterambere y'igihugu cyacu, cyane cyane ko ari rwo rufite ingufu kandi rukaba rugize igice kinini cy'abaturage bacu. Nk'uko ibarura rusange ry'abaturage ryo mu mwaka wa 2002 ryabyerekanye, urubyiruko ruri hasi y'imyaka 25 rugize 67 ku ijana naho abatarengeje imyaka 20 bo bagize 60 ku ijana by'abaturage b' u Rwanda.

Ibyo bishatse kuvuga ko iyo urubyiruko rwacu rufite ibibazo by'ubuzima cyangwa by'imibereho, ni igihugu cyose kiba kimerewe nabi. Kubera iyo mpamvu, Leta y'u Rwanda hamwe n'abafatanyabikorwa bayo bashyira ingufu nyinshi mu kubungabunga ubuzima bw'urubyiruko, cyane cyane barufasha kwirinda SIDA, indwara zandurirwa mu mibonano mpuzabitsina no kuboneza ubuzima bw'imyorokere.

Imwe mu ngamba zikomeye yafashwe kugirango ibyo bigerweho, ni uguha urubyiruko ubumenyi buhagije kuri SIDA no ku buzima bw'imyorokere. icyagaragaye ni uko urubyiruko rutiga cyangwa se rutigeze rugera mu mashuri rukeneye kwitabwaho ku buryo bw'umwihariko, bikaba ari ngombwa ko hategurwa amahugurwa yabo yihariye hagashyirwaho n'uburyo bwihariye bwo kuyabagezaho. Kugirango ibyo bishoboke hateguwe iyi nyoboranyigisho igenewe amahugurwa y'urubyiruko rutari mu mashuri n'urwiga imyuga.

Turizera ko iyi nyoboranyigisho izagira akamaro kanini mu kurwanya SIDA no kubungabunga ubuzima bw'imyorokere bw'urubyiruko rwacu, cyane cyane amahugurwa nanyuzwa mu nzego zashyizweho zisanzwe zihuza urubyiruko kandi n'abafatanyabikorwa batandukanye bakabigiramo uruhare.

IRIBURIRO

Nk'uko byerekanywe n'ubushakashatsi bwakozwe mu mwaka wa 2005 (DHS 2005), urubyiruko rw'u Rwanda rwugarijwe n'icyorezo cya SIDA n'ibindi bibazo by'ubuzima bw'imyororokere, kandi ari rwo rugize igice kinini cy'abaturage b'igihugu. Ubumenyi buke ku byerekeye SIDA, ku birebana no kuboneza urubyaro n'imikorere y'imyanya myibarukiro, ubushobozi buke bwo guhakanira abashaka kubakoresha imibonano mpuzabitsina, ni ibibazo bikomereye urubyiruko rw'u Rwanda. Urubyiruko rwacu rukeneye guhabwa ubumenyi n'ubushobozi kugirango rubashe kwirinda cyangwa gukemura biriya bibazo, rugire ubuzima bwiza kandi rugirire igihugu akamaro.

Iyi nyoboranyigisho yakorewe gufasha urubyiruko rw'u Rwanda, kugirango rubashe kwirinda ibibazo by'ingutu birwugarije birebana na SIDA, indwara zandurirwa mu mibonano mpuzabitsina, gutera cyangwa gutwara inda bidateganyijwe n'ibindi bibazo by'ubuzima bw'imyororokere.

Amasomo n'ibiganiro biri muri iki gitabo bigenewe urubyiruko ruri hagati y'imyaka 10 na 24 rutari mu mashuri ndetse n'ururi mu bigo byigisha imyuga. Aya mahugurwa ashobora gutangwa n'umuntu wese ubifitiye ubumenyi n'ubushobozi buhagije, ni ukuvuga umuntu wese ushobora kuyobora ibiganiro no guhugura urubyiruko. Aha twavugaga nk'umujyanama w'ubuzima, umukangurambaga w'urungano, umwarimu cyagwa umurezi w'urubyiruko, n'undi muntu wese ujijutse kandi wahuguriwe gukoresha iyi nyoboranyigisho.

Kugirango iyi nyoboranyigisho ibashe gutegurwa, hifashishijwe uburyo bunyuranye n'abantu benshi kandi batandukanye:

- Mbere na mbere habanje gukorwa ubushakashatsi bwihuse bugamije kwerekana ibyo urubyiruko rukeneye kumenya ku byerekeye ubuzima bw'imyororokere na SIDA.
- Hakurikiyeho gusoma imfashanyigisho n'ibindi bitabo binyuranye bigenewe urubyiruko kandi bivugaga ku buzima bw'imyororokere na SIDA, kugirango byifashishwe mu gutegura iki gitabo.
- Hateguwe ingingo zizashyirwa muri iyi nyoboranyigisho, zishingiye ku byo urubyiruko rukeneye kumenya no ku bivugwa mu mfashanyigisho zisanzwe

zikoreshwa mu Rwanda, hanyuma hakorwa umushinga (“draft”) w’iyi nyoboranyigisho.

- Habayeho igeragezwa ry’iyi nyoboranyigisho, ryakorewe mu mahugurwa y’urubyiruko yabereye muri Centre Saint Paul i Kigali. Muri ayo mahugurwa, urubyiruko rwatanze ibindi bitekerezo byafashije mu kurushaho gutunganya iyi nyoboranyigisho.
- Inyoboranyigisho imaze kunononsorwa hashingiwe ku byagaragariye mu igeragezwa, hateguwe inama yahuje urubyiruko, inzego za Leta n’abandi bafatanyabikorwa barebwa n’ibibazo by’urubyiruko, maze bamurikirwa inyoboranyigisho kandi batanga n’ibindi bitekerezo bigamije kunononsora no gukwirakwiza iyi nyoboranyigisho.

Iyi nyoboranyigisho irimo ingingo esheshatu z’ingenzi arizo : 1)Ubuzima bw’imyororokere, 2)Uburere mbonerabitsina, 3)Indangagaciro z’umuntu ku giti cye no kwifatira icyemezo, 4)Ubumenyi bw’ibanze kuri SIDA n’indwara zandurirwa mu mibonano mpuzabitsina, 5) Uburyo bwo kwirinda virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina no gusama bidateganyijwe, 6)Kumenya uburyo wugarijwe no gufata ingamba z’ubuzima.

Tugendeye ku byavuye mu bushakashatsi bwakozwe n’abateguye iyi nyoboranyigisho kandi dushingiye ku isuzuma ryayikorewe n’ibitekerezo byatanzwe n’abafatanyabikorwa batandukanye, turahamya ko iyi nyoboranyigisho izagirira akamaro urubyiruko rwose rw’u Rwanda n’abarezi barwo.

GUSHIMIRA

Ikigo cy'u Rwanda gishinzwe Itangabutumwa mu by'Ubuzima (RHCC) kirashimira Global Fund yatanze inkunga y'amafaranga kugira ngo iyi nyoboranyigisho ishobore gukorwa.

Kirashimira kandi abakozi ba CORE Consult, aribo Emmanuel RUGIRA na Jean Marie Vianney NSENGIYUMVA, bateguye bakanatunganya iki gitabo.

Ntitwabura gushimira kandi n'abakozi b'ikigo RHCC bakurikiranye imirimo yose ijyanye n'itegurwa ry'iyi nyoboranyigisho, mu nama zabo n'ubufasha bagiye batanga kugira ngo uyu murimo ukorwe neza.

Abandi bantu bakwiye gushimirwa cyane, ni abafatanyabikorwa ba Minisiteri y'Ubuzima, aba Minisiteri y'Uburinganire n'Iterambere ry'Umuryango, uruburuko rwagaragaje ingingo zigomba kujya muri iyi nyoboranyigisho, cyane cyane urwo mu bigo byigisha imyuga by'i Mayange, i Gacuriro n'i Rubavu, uruburuko rutuye ku Kacyiru, i Muhanga n'i Gatsibo, n'abandi bantu bose batanze ibitekerezo byabo kugira ngo iki gitabo kinononsorwe.

INTANGIRIRO

Igihe: Amasaha 2 n'iminota 30

Intego:

Iki gice kigamije kwakira abahugurwa, kubinjiza mu mahugurwa nyirizina, kubafasha kwiha intego no kugena imikorere yabo. Ibikorwa biteganyijwe muri iki gice ni ibi bikurikira:

- Kwakira abahugurwa, kubandika no kubafasha kwibwirana
- Gusobanura intego rusange y'amahugurwa
- Kugaragaza ibyo abahugurwa bategereje ku masomo bazahabwa no kugena intego zihariye hakurikijwe ibyo bakeneye.
- Kugena imikorere no kugabana imirimo mu gihe cy'amahugurwa
- Kugaragaza ubumenyi bw'abahugurwa hifashishijwe isuzuma ritangwa mbere y'uko amahugurwa atangira

Ibikoresho bikenewe:

- Urupapuro abaje mu mahugurwa biyandikaho
- Impapuro nini zo kwandikaho (cyangwa ikibaho)
- Amakaramu ya marikeri
- Amakayi n'amakaramu agenewe abahugurwa
- Impapuro ziriho ibibazo by'isuzumabumenyi
- Iyi nyoboranyigisho

Uko bikorwa:

i. Kwakira no kwandika abahugurwa

Uhugura atanga urupapuro rugenewe kwandikwaho urutonde rw'abaje, hanyuma buri muntu uhugurwa akandikaho amazina ye n'andi makuru yose asabwa.

ii. Kwifuriza ikaze abahugurwa no kwibwirana

Uhugura yifuriza ikaze abahugurwa akanabasaba kwivuga mu magambo make (umwe nyuma y'undi)

Ubundi buryo bwo kwibwirana ni ubu bukurikira:

- *Gusaba abahugurwa gukora amatsinda ya babiri babiri, hanyuma umwe akibwira undi (amazina, aho aturuka, icyo akora, ibyo akunda, n'ibindi)*
- *Hanyuma buri wese akavuga mugenzi we.*

iii. Intego rusange y'amahugurwa

Uhugura asobanura intego rusange y'amahugurwa: guha urubyiruko ubushobozi bwo gusesengura no gusubiza ibibazo birebana n'ubuzima bw'imyorokere birimo virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina no kwirinda gutera inda cyangwa gusama bidateganyijwe.

iv. Ibyo abahugurwa bategereje kuri aya mahugurwa

Abahugurwa, bashingiye ku ntego y'amahugurwa, basabwa kugaragaza ibyo biteze mu mahugurwa, maze uhugura akabyandika ku kibaho cyangwa ku rupapuro runini. Hanyuma itsinda ryose rigasuzuma niba ibyavuzwe byose bijyanye n'intego rusange y'amahugurwa rikemeza niba byose byakwitabwaho.

v. Imibereho

Uhugura amenyesha abahugurwa uburyo bazakorera n'uko imibereho yabo izitabwaho muri aya mahugurwa (amacumbi, uburyo bazajya bagera aho amahugurwa abera, imirire, n'ibindi), akanasubiza ibibazo byose birebana n'ibikoresho bizakenerwa.

vi. Amategeko agenga imikorere

Uhugura asaba abahugurwa gushyiraho amategeko azagenga imikorere yabo, agomba gukurikizwa na bese kugira ngo amahugurwa agende neza. Abahugurwa bumvikana kuri ayo mategeko hanyuma uhugura akayandika ku kibaho cyangwa ku rupapuro runini akayashyira aho buri wese ashobora kuyasoma. Amwe muri ayo mategeko ashobora kuba: kubahiriza igihe, kubahana, kugira uruhare mu mirimo y'amahugurwa, kuzimya amatelefoni no kudacaracara.

vii. Kugabana imirimo

Abahugurwa bakora urutonde rw'imirimo izakorwa mu gihe amahugurwa azamara hanyuma buri murimo bakawushinga umuntu umwe cyangwa se benshi. Imirimo y'ingenzi bashobora kugabana ni iyi: gushyushya abahugurwa, gukurikirana imibereho myiza, kuvuga amakuru, gukora raporo ya buri munsu no gusenga.

viii. Isuzumabumenyi

Uhugura aha abahugurwa ibibazo by'isuzumabumenyi mbere y'uko amahugurwa atangira. Abasaba gusubiza ibibazo, bazirikana ko intego y'iri suzumabumenyi ari ukumenya gusa ibyo bazi n'ibyo batazi kugira ngo amasomo aganishwe ku byo bakeneye kumenya.

ix. Intego zihariye z'amahugurwa

Nyuma yo gusubiza ibibazo by'isuzumabumenyi, amahugurwa nyirizina aratangira. Uhugura avuga intego zihariye z'amahugurwa zateguwe mbere, akerekana uburyo zijyanye n'ibyo abahugurwa bari biteze kubona mu mahugurwa. Intego z'aya mahugurwa ni izi zikurikira :

- *Guha abahugurwa ubushobozi n'ingamba zibafasha guhangana n'ibishuko bibaganisha mu mibonano mpuzabitsina*
- *Guha abahugurwa ubushobozi bwo gufata ibyemezo bitabafiteho ingaruka mbi kugira ngo bagire ubuzima bwiza buzira SIDA n'izindi ngaruka z'imibonano mpuzabitsina.*
- *Gushishikariza abahugurwa kugira uruhare mu bikorwa by'ubukangurambaga muri bagenzi babo.*

1. UBUZIMA BW'IMYOROROKERE

Muri iki gice turibanda ku mpinduka ziba mu mubiri w'umuntu igihe abyiruka n'ingaruka zazo, kandi tunarebere hamwe ubundi bumenyi bw'ibanze bushobora gufasha urubyiruko kwirinda gutera inda cyangwa gusama bidateganyijwe, cyane cyane ubumenyi burebana n'ukwezi k'umugore ndetse no kuboneza urubyaro.

1.1. Impinduka zo ku mubiri mu gihe cy'ubugimbi n'ingaruka zazo

Igihe : iminota 60

Intego z'isomo

- *Kumenya impinduka zo ku mubiri no mu bitekerezo ziza mu gihe cy'ubugimbi no kumva impanvu n'ingaruka zazo.*
- *Kumenya imyitwarire ijyana n'izo mpinduka mu kwirinda ingaruka mbi zavamo.*

Ubutumwa bw'ingenzi

- *Impinduka zo ku mubiri no mu bitekerezo zitangira mu gihe cy'ubugimbi zifite akamaro kuko zitegurira umubiri kororoka.*
- *Umusore cyangwa inkumi ugeze muri icyo kigero ntagomba kwishora mu mibonano mpuzabitsina kuko ashobora gutera cyangwa gutwara inda akaba umubyeyi imburagihe.*

Imfashanyigisho :

- *Igishushanyo cyerekana impinduka ku myanya ndangagitsina*

Uko isomo riteye muri make

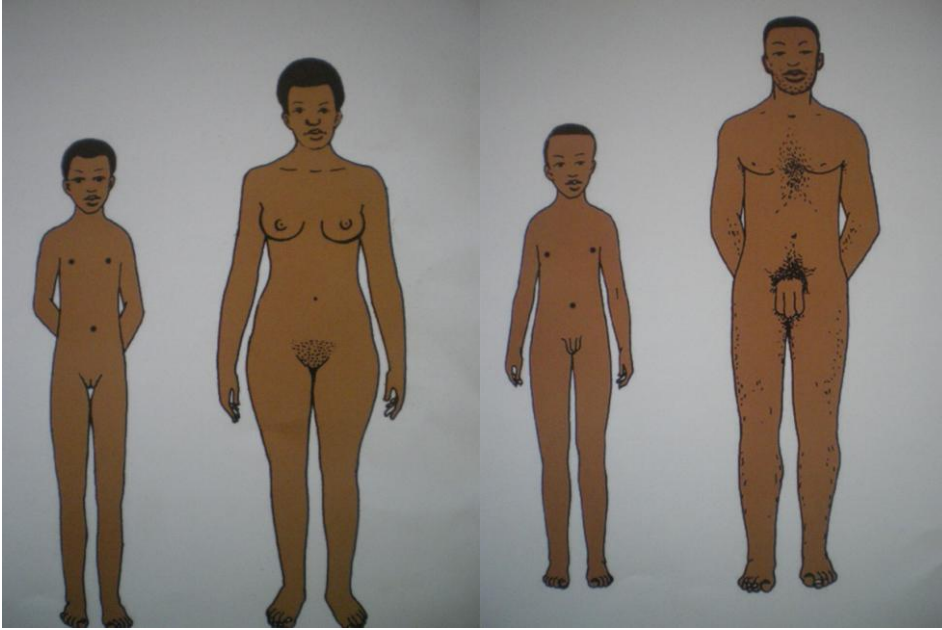
Iki gikorwa kigizwe no kuganira n'urubyiruko ku mpinduka zo ku mubiri no mu bitekerezo zigaragara mu gihe cy'ubugimbi. Abitabiriye ayo mahugurwa bagaragaza izo mpinduka, akamaro kazo, n'imyitwarire ishobora kuzana ingaruka mbi muri icyo gihe.

Uko bikorwa

Baza ibi bibazo munabiganireho n'itsinda:

- *Ni zihe mpinduka zo ku mubiri zigaragara ku mukobwa no ku muhungu iyo babaye ingimbi cg abangavu ? Kuki haba izo mpinduka ?*

Nibarangiza gutanga ibitekerezo, ubereke ibishushanyo bikurikira :



Ongera ubaze:

- Ni izihe ngaruka z'izo mpinduka ? Umuhungu cyangwa umukobwa ugeze muri icyo kigero agomba kwitwara ate ngo yirinde ingaruka mbi z'izo mpinduka ?

Aya makuru yakunganira ibyo biganiri :

- Mu bugimbi, ni ukuvuga igice cy'ubuzima hagati y'ubwana n'ubusore cyangwa n'ubukumi, hatangira kugaragara ibindi bimenyetso bishingiye ku gitsina nko gupfundura amabere, kujya mu mihango bwa mbere, kumera insya, ubucakwaha, kwaguka amatako (ku bakobwa) n'intugu (ku bahungu), kuniga ijwi ku bahungu, n'ibindi.
- Izo mpinduka zifite akamaro mu gukura k'urubyiruko, zikanategura umubiri mu kwitegura kororoka.
- Muri icyo gihe inkumi ishobora gusama umuhungu nawe ashobora gutera inda, akenshi batabisobanukiwe.

Baza iki kibazo :

- Ni iyihe myitwarire y'urubyiruko rufite hagati y'imyaka icumi na cumi n'umunani mu byerekeye igitsina n'imibanire ?

Bagabanyemo amatsinda abiri, ubasabe kugaragaza ingaruka z'iyi myifatire ku bakobwa no ku bahungu.

Ibi bisobanuro byunganira ibisubizo by'amatsinda.

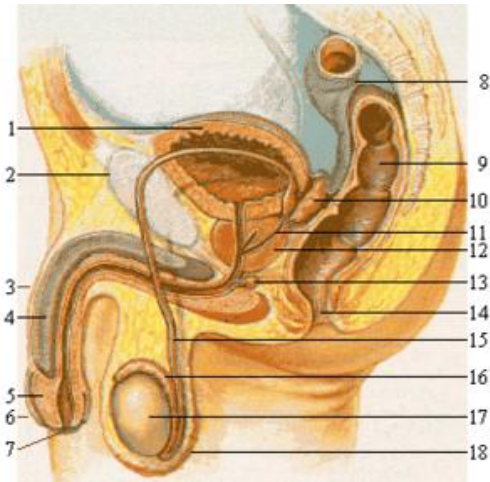
- Igihe ibimenyetso bya mbere by'ubugimbi bigaragaye, bamwe mu rubyiruko bagira ubwoba, abandi nabo bakumva ari cyo gihe cyo kwimara amatsiko bagerageza ibyo bice bishya by'umubiri wabo. Niho bamwe bagerageza gukora imibonano mpuzabitsina kugira ngo bimare amatsiko cyangwa bamenye niba imibiri yabo ikora neza.

- Ikindi dukwiriye kumenya ni uko mu gihe cy'ubugimbi n'ubwangavu abahungu n'abakobwa batangira kwigomeka ku babyeyi cyangwa abandi bantu babakuriye. Muri make, ingimbi cyangwa umwangavu aba yiyemera, akunda guca ukubiri n'abandi, ashaka kwigenga, ashaka ko rubanda bamwemera.
- Muri icyo gihe kandi izo ngimbi n'abangavu bahura n'ibibazo kuko muri uko kujya mu igerageza, abakobwa bashobora gusama, cyangwa bakandura virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina. Ibyo bibazo biterwa n'uko abenshi banga kubwirwa, bakumvira urungano rwabo gusa.
- Mu rwego rwo gufasha urwo rubyiruko, birasaba gushimangira uburezi bw'umuhungu n'umukobwa n'imishyikirano hagati y'umubyeyi n'umwana.

Ibishushanyo by'imyanya myibarukiro y'umuntu

1) Imyanya myibarukiro y'umugabo

Imyanya y'imbere (y'umugabo)



1. Uruhago
2. Symphyse pubienne (*Os pubien*)
3. Imboro
4. Corps caverneux
5. Gland
6. Prépuce
7. Inyariro
8. Colon sigmoïde
9. Rectum
10. Vésicule séminale
11. Umuyoboramasohoro
12. Prostate
13. Glande de Cowper
14. Innyo
15. Umuyoborantanga
16. Épididyme
17. Amabya
18. Agasaho k'amabya

2) Imyanya myibarukiro y'umugore



1. Umuyoborantanga
2. Uruhago
3. Symphyse pubienne (*Os pubien*)
4. Inda ibyara
5. Rugongo
6. Inyariro
7. Igituba
8. Intanga ngore
9. Colon sigmoïde
10. Umura
11. Cul-de-sac vaginal (*Fornix*)
12. Inkondo y'umura
13. Rectum
14. Innyo

Mu gusoza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Twabonyeko ari izihe mpinduka ziba mu mubiri mu gihe cy'ubugimbi n'ubwangavu ? Akamaro k'izo mpinduka ni akahe ?
- Ingaruka mbi zaterwa n'izo mpinduka ni izihe ?
- Urubyiruko rwakora iki ngo rubyitwaremo neza ?

1.2. Ukwezi k'umugore

Igihe: Iminota 60

Intego :

- *Kumva icyo ukwezi k'umugore bivuze*
- *Kumenya igihe cy'uburumbuke no kwirinda gusama cyangwa gutera inda bitunguranye*
- *Kumenya kwigirira isuku no gukemura ibibazo bijyanye n'icyo gihe cy'imihango.*

Ubutumwa bw'ingenzi

- *Birakenewe cyane ko umukobwa amenya ukwezi kwe kugira ngo yirinde gusama atabiteganije*
- *Ibibazo bijyana no kujya mu mihango birashira ariko iyo bikomeje umuntu yasaba inama muganga.*

Imfashanyigisho

- *Igishushanyo cy'ukwezi k'umugore*
- *Igishushanyo cyerekana imyanya myibarukiro y'umugore*

Uko isomo riteye muri make

Iki gice kigizwe no kungurana ibitekerezo ku byerekeye ukwezi k'umugore n'ibibazo bivuka kubera kujya mu mihango.

Uko isomo ritangwa

Baza ibibibazo abitabiriye amahugurwa.

- *Ukwezi k'umugore ni iki?*
- *Kujya mu mihango bivuga iki ? Bifite kamaro ki ?*

Nyuma y'ibiganiro mwakwifashisha aya makuru :

Ukwezi k'umugore ni igihe kimara hafi ukwezi, kiri hagati yo kujya mu mihango inshuro ebyiri zikurikirana.

Imihango ni igihe umukobwa cyangwa umugore ava amaraso aturutse mu mura aciye mu gitsina, bikaba buri kwezi, mu myaka y'uburumbuke bw'umugore, atari uko yakomeretse cyangwa ngo agire ubundi burwayi, ahubwo bitewe n'ihindagurika ry'imisemburo yo mu mubiri igenga uburumbuke. Irindi zina babyita ni « ukujya i mugongo».

Kujya mu mihango biza nyuma yo gukura kw'intanga ngore, mu gihe umugore atasamye. Icyo ni ikintu gihoraho, kigaruka buri kwezi, nyuma y'iminsi idahinduka (akenshi ni iminsi 28, ariko hari abashobora kugira iminsi iri hasi cyangwa hejuru ya 28).

Baza :

- Ni ryari umugore asama ?

Kureka abitabiriye amahugurwa bagatanga ibitekerezo ; mushingiye ku gishushanyo cy'ukwezi k'umugore, mutange ibisobanuro mwifashishije aya makuru :

Umugore ashobora gusama mu gihe cy'iminsi mike y'ukwezi kwe. Ashobora rero kubara neza akamenya iminsi y'uburumbuke bwe.

- Ese iminsi y'ukwezi k'umugore irangana ku bakobwa bose ?

Oya, iminsi y'ukwezi ku bangavu itandukanye n'iya bagore bakuru.

Ku bakobwa bato b'abangavu, iminsi iri hagati ya makumyabiri n'umwe n'iminsi mirongo ine n'itanu, kandi iy'abagore bakuru iri hagati y'iminsi makumyabiri n'ine n'iminsi mirongo itatu n'itanu.

- Umwangavu yamenya ate ko ari hafi yo kujya mu mihango ku nshuro ya mbere ?

Ntabwo yabimenya neza ariko akenshi imihango iza bwa mbere umwaka umwe nyuma yo gupfundura amabere, no kumera insya. Ibyo bimenyetso biba binasobanura ko umukobwa ashobora gusama igihe icyo ari cyo cyose kuko iminsi y'uburumbuke ibanziriza imihango. Iyo agiye mu mihango bivuga ko atasamye.

- Umukobwa agomba kwitwara ate iyo ari mu mihango ?

Mu rwego rwo kwigirira isuku, agomba guhindura impapuro cyangwa ibitambaro by'isuku, akanakaraba mu gitsina byibura kabiri ku munsu. Impapuro cyangwa ibitambaro by'isuku ziyambuye agomba kubipfunyika akabita ahagenewe gutabwa imyanda.

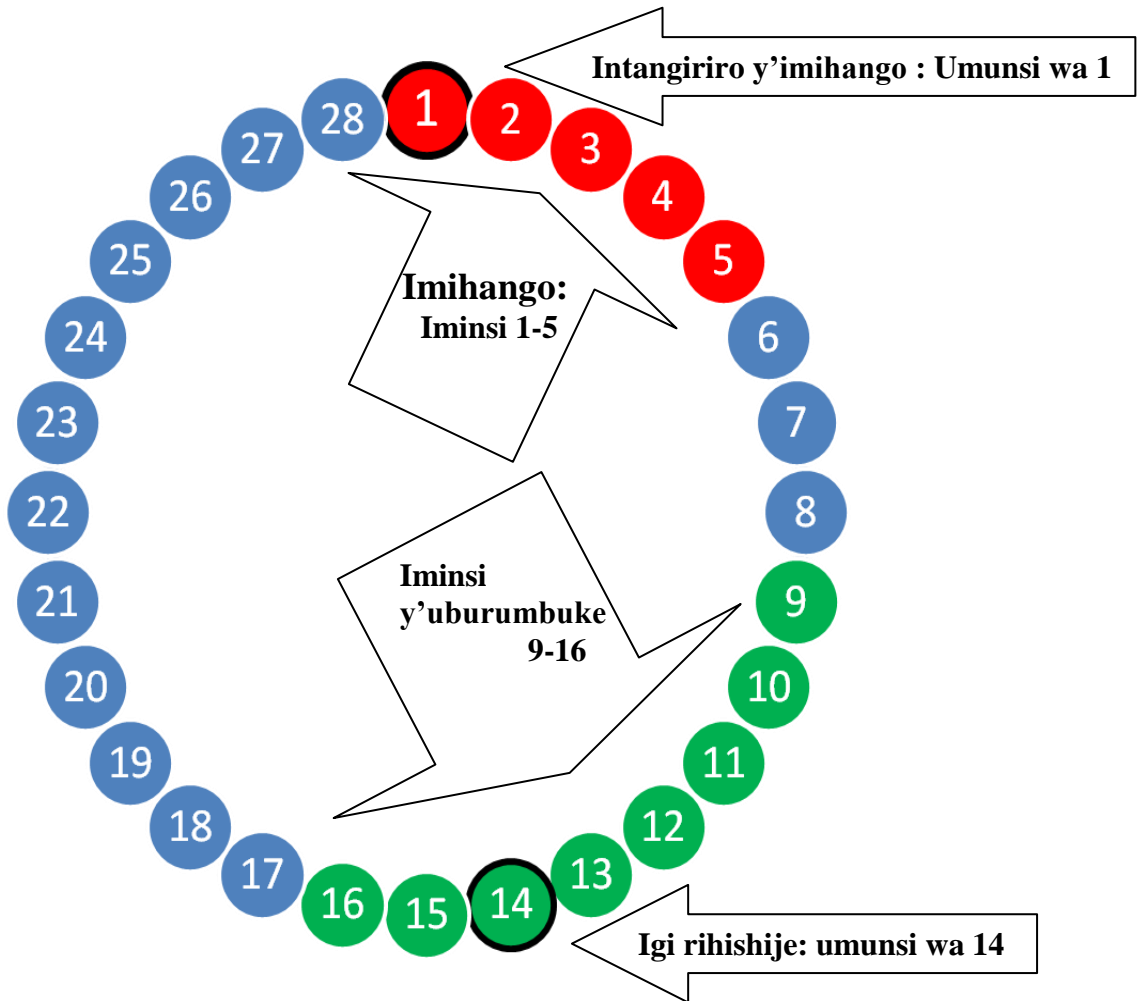
- Ni ibihe bibazo bijyanye na kujya mu mihango ?

Hashobora kuba ibibazo bitandukanye ku bantu, ariko ibikunda kuza ni ibi :

- Gutinda kujya mu mihango ku nshuro ya mbere (kurenza imyaka 16)
- Ukwezi kurekure cyangwa kugufi cyane (munsi y'iminsi 21 cyangwa hejuru ya 45 ku mukobwa)
- Gukomeza kuva (kurenza iminsi 8)
- Imihango ibabaza cyane

Muri icyo gihe ajya kureba umuganga akamugira inama.

Igishushanyo cy'ukwezi k'umugore



Ibisobanuro:

- Kuri iki gishushanyo twatanze urugero rw'ukwezi gufite iminsi 28
- Ukwezi k'umugore gutangirana n'umunsi wa mbere w'imihango.
- Imihango ishobora kumara hagati y'iminsi ibiri n'irindwi, ariko hano turafatira ku rugero rw'iminsi itanu.
- Ku munsi wa 14, intanga y'umugore iba ikuze (igi rihishije), yiteguye kwakira intanga ngabo. icyo gihe nibwo umugore ashobora gusama.
- Iminsi itanu ibanziriza ubukure bw'intanga ngore (kuva ku munsi wa 9 kugeza ku wa 13) nayo twayise iy'uburumbuke kubera ko intanga ngabo ishobora gutegereza iyo minsi yose muri nyababyeyi kugeza intanga y'umugore ikuze, ikaza maze zombi zigahura, agasama.
- Ni iminsi ibiri ikurikira ihisha ry'intanga ngore (ni ukuvuga uwa 15 n'uwa 16) na yo ni iy'uburumbuke kubera ko intanga ngore ishobora kumara iminsi ibiri itarapfa, itegereje intanga ngabo.
- Muri make, iminsi y'uburumbuke ni ukuva ku wa 9 kugeza ku wa 16, igihe ukwezi k'umugore gufite iminsi 28.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ukwezi k'umugore ni iki? Kureshya gute?
- Kujya mu mihango bivuga iki ?
- Ni ryari umugore cyangwa umukobwa ashobora gusama?

1.3. Kuboneza urubyaro

Igihe :iminota 60

Intego z'isomo :

- Gufasha abitabiriye amahugurwa kumenya uburyo bwose bwo kuboneza urubyaro bakanihitiramo ububanogete.
- Kumva neza ibyiza byo kwifata.

Ubutumwa bw'ingenzi

- Uburyo bwo kuboneza urubyaro buhari kugira ngo bufashe abakobwa n'abagore kudasama bibatunguye
- Kwifata ni bwo buryo bwiza bubereye urubyiruko kuko nta ngaruka bugira kandi n'umuco nyarwanda ukaba ubibakangurira.

Imfashanyigisho

- Udupapuro turiho amakuru (leaflets) ku kuboneza urubyaro
- Amashusho yerekana uburyo n'ibikoresho byo kuboneza urubyaro.
- Ibikoresho n'imiti yo kuboneza urubyaro

Uko isomo riteye muri make

Muri iri somo, haratangwa umwanya w'ibibazo, ibisubizo no kungurana ubumenyi ku buryo bwo kuboneza urubyaro, akamaro kabwo, ibyiza n'ingorane zirimo. Uyoboze ibiganiro yerekana uburyo bwose bwo kuboneza urubyaro buboneka hafi.

Uko isomo ritangwa

Baza : Ni ubuhe buryo muzi bwo kuboneza urubyaro ?

Kwandika ibisubizo byose ku kibaho, kongeraho ibi bikurikira :

- Kwifata
- Kumenya iminsi y'uburumbuke
- Agakingirizo k'abagabo n'akabagore
- Kwifungisha k'umugabo
- Kwifungisha kw'abagore
- Ibinini
- Udupira two mu kuboko
- Udupira two mu mura
- Inshinge
- Imiti yica intanga ngabo (ubu buryo buracyageragezwa mu Rwanda)
- Kwiyaka umugore mbere yo gusohora (ubu buryo ntibwizewe cyane)

Kuganira: Ibyiza n'ingorane biri muri ubwo buryo ni ibihe?

Mugomba kumenya ibi :

Uburyo bwo kuboneza urubyaro	Ibyiza byabwo	Ingorane zirimo
Kwifata	Nta ngaruga n'imwe	Bisaba imbaraga zo gutsinda ibishuko n'irari.
Kumenya iminsi y'uburumbuke	Nta ngaruka	Iyo ukwezi k'umugore guhindagurika, ashobora gusama atabyiteguye. Bisaba kwifata.
Agakingirizo k'abagabo	Gakoreshejwe neza, ntaho umugore ahurira n'amasohoro y'umugabo, nta n'ingaruka.	Kugakoresha nabi (kagacika, kakavamo,etc..) kutakabona hafi.
Agakingirizo k'abagore	Gakoreshejwe neza, ntaho umugore ahurira n'amasohoro y'umugabo, nta ngaruka.	Kugakoresha nabi (kagacika, kakanyerera), kutakabona hafi, umwanya wo kukambara.
Ibinini	Bikoreshejwe neza n'umugore, ntibibangamira imibonano mpuzabitsina, bitewe n'ubwoko bwabyo birizewe mu rugero rwo hagati ya 90 na 99 %	Ingaruka (ihindagurika ry'imihango, kurwara umutwe, kunguka cyangwa guta ibiro, n'ibindi).
Ibinini bifatwa ku buryo bwihutirwa nyuma y'imibonano mpuzabitsina	Bikoreshejwe mbere y'amasaha 72 nyuma y'imibonano mpuzabitsina itunguranye. Kimwe n'ibyo hejuru ntibibangamira imibonano mpuzabitsina.	Icyo kinini ntabwo kibuzwa intanga y'umugore n'iy'umugabo guhura ; kigomba gufatwa byihuta. Ntabwo byizewe 100%
Inshinge	Ntabwo zisaba kwitwararika buri munsu, ntaho zihurira n'imibonano mpuzabitsina, zizwi na nyirazo gusa, ariko zihagarika kujya mu mihango. Kandi umugore yitoranyiriza igihe zizamara.	Ntabwo zizewe 100%, ni nka 97%. Hari ingaruka (ihindagurika ry'imihango, kurwara umutwe, kunguka ibiro, kugabanyuka k'ubushake bwo gukora imibonano, n'ibindi).
Udupira two mu kuboko n'utwo mu mura	Tumara igihe kirekire, ntaho duhurira n'imibonano mpuzabitsina, turizewe ku rugero rurenga 99%.	Ingaruka ni nk'iz'ibinini n'inshinge
Imiti yica intanga ngabo	Nayo ntibangamira imibonano mpuzabitsina, ikoreshejwe neza.	Yizewe gake katarenze 70%.
Kwiyaka umugore mbere yo gusohora	Ntibisaba imyiteguro.	Byizewe ku rugero rwa 70% gusa, kandi bishobora kubangamira imibonano mpuzabitsina (biragoye kubikorera igihe)

Nyuma y'uwo mwitoto, usaba abitabiriye amahugurwa gukora amatsinda kugira ngo bafate ingamba zihamye, ukabumvisha ko kwifata bishoboka, ko nta ngaruka bigira.

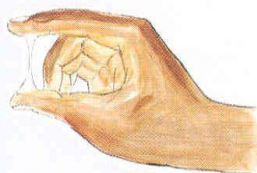
Amashusho ya bumwe mu buryo bukoreshwa mu kuboneza urubyaro¹

UBURYO BWO KUBARA



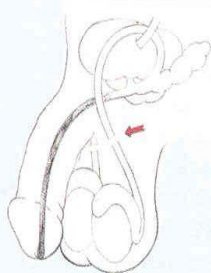
Ni uburyo bushingiye mu kumenya igihe cy'uburumbuke mu kwezi k'umugore hakoreshajwe karendari.

UBURYO BW'URURENDA



Ni uburyo bushingiye ku kumenya imihindagurikire y'ururenda, bufasha umugore ku kumenya igihe cye cy'uburumbuke.

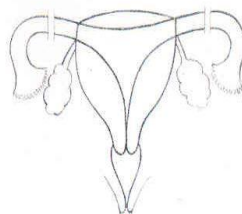
UBURYO BWO KWIFUNGISHA BURUNDU K'UMUGABO



Ni uburyo bwo kwifungisha bukoreshwa n'abagabo batakifuza kubyara.

Ubu buryo ni ubwa burundu busaba icyemezo cyatekerejweho neza.

UBURYO BWO KWIFUNGISHA BURUNDU K'UMUGORE



Ni uburyo bwo kwifungisha bukoreshwa n'umugore utakifuza kubyara.

Ubu buryo ni ubwa burundu busaba icyemezo cyatekerejweho neza.

Ibyiza byo kuboneza urubyaro

- ★ Bigabanya indwara n'impfu z'ababyeyi n'abana
- ★ Bikurinda gusama inda utifuza
- ★ Byongera ubwumvikane hagati y'abashakanye
- ★ Bituma haba iterambere mu muryango
- ★ Byoroshya ibibazo byerekeye uburere bw'abana
- ★ Bituma mubasha kwihaza mu byo umuryango ukeneye
- ★ Bikurinda inda zishobora gutera ibibazo.

Ukeneye ibindi bisobanuro, gana ikigo nderabuzima kikwegereye.



¹ Aya mashusho n'ibisobanuro byakuwe mu gatabo k'umushinga Prime II.

MBESE UZI UBURYO BWO KUBONEZA URUBYARO?

Ni ihuriro ry'uburyo n'ikorabuhanga bigufasha;

- Kwirinda gusama utabishaka
- Kubyara umubare w'abana wifuzwa
- Kwirinda kubyara indahekana
- Kumenya impamvu z'ubugumba no kuzivuzwa
- Kwirinda inda zishobora gutera ibibazo (impfu z'ababyeyi n'abana)

Izo nda;

- Mbere y'imyaka cumi n'umunani (18)
- Nyuma y'imyaka mirongo itatu n'itanu (35)
- Hejuru y'imyaka eshanu (5)
- Gukurikiza umwana nibura ufite imyaka ine (4)
- Inda zitateganijwe.

Ibinini



Ni ibinini bifite imiseburu ibuzwa gusama. Binyobwa buri muni kugira ngo bigire umumaro uhagije. Bikoreshwa n'abagore b'ingeri zose bafite cyangwa se badafite abana.

Inshinge

Ni uburyo bugizwe n'umusemburo ubuzwa gusama mu gihe cy'amezi abiri cyangwa atatu, uterwa ku itako, mu kuboko cyangwa ku kibero. Ubu buryo ntacyo buhindura ku mashereka.



Udupira two mu kuboko

Ni uburyo bwo kuboneza urubyaro bw'igihe kirekire (kugeza ku myaka itanu) bukoresha umusemburo, uba m'uduheha twa parasitike dusekewe muni y'uruho ku kizigira cy'ukuboko. Ubu buryo nta cyo buhindura ku mashereka.



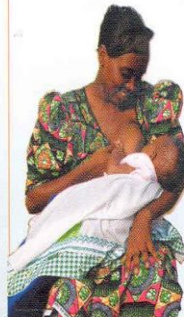
Agapira

Ni uburyo bwo kuboneza urubyaro bw'igihe kirekire (kugeza ku myaka icumi). Bugizwe n'agapira gashyirwa mu mura w'umugore.



Uburyo bwo konsa

Ubu buryo bushingiye mu kutabona imihango kubera konsa, kuva umwana akivuka kugeza ku mezi agera kuri atandatu.



Agakingirizo k'umugabo

Ni agafuka ka parasitike kambikwa igitsina cy'umugabo cyafashe umurego mbere yuko atangira gukora imibonano mpuzabitsina.



Kakurinda;

- Indwara zandurirwa mu mibonano mpuzabitsina n'agakoko gatera SIDA
- Gutera inda igihe utabishaka

Gakoreshwa rimwe gusa.

Agakingirizo k'umugore

Ni agafuka ka parasitike gashyirwa mu nda ibyara.

Kakurinda;

- Indwara zandurirwa mu mibonano mpuzabitsina n'agakoko gatera SIDA
- Gusama igihe utabishaka

Gakoreshwa rimwe gusa.



Uburyo bw'urunigi

Ni urunigi rw'amasaro y'amabara atandukanye. Bufasha abashakanye kumenya igihe cy'uburumbuke mu kuboneza urubyaro. Bukoreshwa n'umugore ufite ukwezi kudahindagurika, kw'iminsi iri hagati ya makumyabiri n'itandatu kugeza ku minsi mirongo itatu n'ibiri (26 kugeza 32).



Mu gusozwa iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni ubuhe buryo bwo kuboneza urubyaro muzi ?
- Mutange ingero z'uburyo butatu bwo kuboneza urubyaro muvuge ingorane n'ibyiza bufite.

2.UBURERE MBONERABITSINA

Muri iki gice turarebera hamwe ibibazo urubyiruko rukunze guhura nabyo birebana n'ubuzima bw'imyororokere, n'uburyo bagerageza kubishakira ibisubizo. Urubyiruko rushobora kuba rufite ubumenyi buhagije bwarufasha kwifatira ibyemezo, ariko rukaba rukeneye uburere n'ubumenyi birurinda kugwa mu mitego y'ibishuko. Imirimo tugiye gukora muri iki gice irafasha abahugurwa kumenya guhitamo ubuzima buboneye, kwanga agahato n'igitutu cy'urungano, no kumva inama z'abarezi n'ababyeyi.

2.1. Kugira gahunda mu buzima bwa buri munsu

Igihe : iminota 30

Intego z'isomo

- *Kumenya ibikenewe, ibyihutirwa n'ibitari ngombwa kugira ngo umuntu yirinde akajagari mu buzima bwe bwa buri munsu.*
- *Gutekereza ku ngaruka z'ikosa rikozwe mu birebana n'ibitsina*
- *Kubona amakuru ahagije kugira ngo urubyiruko rubashe guhitamo neza*

Ubutumwa bw'ingenzi

- *Ntabwo byoroshye gufatanya ibintu byose dukora mu buzima n'ubwo twaba tudakora imibonano mpuzabitsina.*
- *Ushobora gukosora ikosa ryakozwe mu masomo cyangwa mu mirimo yawe. Ikosa rikozwe mu bijyanye n'imibonano mpuzabitsina rishobora kukugiraho ingaruka mbi cyane.*
- *Gukora imibonano mpuzabitsina ni ikintu umuntu ahitamo ; ntabwo ari ikintu umuntu ahatirwa gukora.*
- *Gukora imibonano mpuzabitsina ni icyemezo gikomeye kuko gishobora kugira ingaruka mbi nko gutwita cyangwa gutera inda utabiteguye, indwara zandurirwa mu mibonano mpuzabitsina na Virusi itera SIDA.*
- *Buri munsu mu buzima bwacu, hari ibintu tugomba gukora kandi hari ibyemezo tuba tugomba gufata.*
- *Kuboneza urubyaro ni ingenzi ku buzima bw'umugore, ubw'umuryango n'ubw'igihugu muri rusange.*

Ibikoresho

- *Ibintu 3 bishobora gukinishwa (imipira ya tenisi yaba myiza, ariko ikintu cyose kitari gito cyane kandi kidakomeye na cyo gishobora gukoreshwa. Umuntu ashobora gukoresha amacunga).*
- *Ibintu 3 bishobora gukinishwa kandi byanditseho (hakoreshajwe udupapuro n'ikaramu) imirimo abantu bitaho mu buzima (nk'ishuri, itorerero, gusura inshuti, umuryango, kurya, gusinzira, koga, n'ibindi)*
- *Ikintu gishobora gukinishwa giteye ku buryo butandukanye n'ibindi kandi kigoye gukinishwa, cyanditseho « IMIBONANO MPUZABITSINA » (umupira w'amaguru wo gukina waba mwiza, ariko n'umuneke ushobora gukoreshwa).*

- *Ikintu gishobora gukinishwa kandi cyanditseho ingaruka zo gukora imibonano mpuzabitsina : Virusi itera SIDA, gutera no gutwara inda cyangwa indwara zandurirwa mu mibonano mpuzabitsina.*
- *Urupapuro rwa scotch*
- *Marikeri*

Uko isomo riteye muri make

Abahugurwa bahagarare ku ruziga hanyuma bakinise ibintu bigaragaza imirimo bakora mu buzima. Hanyuma haze kongerwaho ikintu kirushijeho kuba kinini gishushanya imibonano mpuzabitsina n'ingaruka z'amakosa yakozwe mu bijyanye n'ubuzima bw'imyororokere. Umukino urakomeza, ugakurikirwa no kungurana ibitekerezo ku byemezo n'ingaruka zabyo.

Uko bikorwa

Bwira abahugurwa bahagarare ku ruziga bafatanye urunana ; ubahe umufuka cyangwa igikarito kirimo ibintu bitatu byo gukinishwa (imipira ya tenisi yaba myiza). Uwo mufuka uzaba kandi urimo ikintu giteye ku buryo budasobanutse, gitandukanye n'ibindi, kigoye gukinishwa (umupira w'amaguru waba mwiza).

Sobanura : *Ndahereza umupira umuntu umwe ku ruziga. Mbere na mbere ndahamagara izina ry'uwo muntu kugira ngo yitegure kwakira uwo mupira. Igihe uhamagawe afashe umupira, na we arahamagara izina ry'undi muntu ahite amuhereza umupira. Ikigamijwe muri iki gice cya mbere ni ukugira ngo buri wese ashobore gufata umupira inshuro imwe gusa, mbere y'uko muwunsubiza. Ni ngombwa kubibutsa ko umupira uwunagira umuntu umwe gusa, akaba ari we uzajya uwuhereza buri gihe.*

Uyu mukino witwa « *uturimo twinshi mu buzima* ». Tugiye gukorana mu itsinda kugira ngo iyi mipira igume mu kirere. Buri mupira ushushanya ikintu gitandukanye mukora mu buzima. Hari umuntu ushobora kumbwira ikintu akora buri munsu? (Urugero: kujya ku ishuri, gukora siporo, gukora imikoro mu rugo, gusura umuryango, gusohokana n'inshuti, n'ibindi)

Igihe abahugurwa bavuze ikintu bakora mu buzima, ucyandike ku mupira ukoresheje agapapuro kamatira na marikeri, cyangwa uhitemo umupira wanditseho icyo kintu.

Terera umupira wa mbere mu ruziga. Ni ngombwa gukora igerageza ku mupira wa mbere kugira ngo uhugurwa wese aze kwibuka uwo azajya ahereza umupira buri gihe.

Ubaze : « *Mbese byari byoroshye gukinisha umupira umwe ? (Uvuge uwo mupira uwo ari wo). "Ese dukora ikintu kimwe gusa mu buzima?" (Mubigireho akaganiro gasekeje. Urugero : ese tumara umunsu wose twoga ?)*

Abahugurwa nibamara kubyumva, mufate umupira wa kabiri. Ukore ku buryo ubabaza ikindi kintu cy'ingenzi bakora mu buzima hanyuma ucyomeke ku mupira ukoresheje agapapuro kamatira cyangwa se uhitemo umupira wanditseho icyo kintu.

Ugende uhagarika umukino kugira ngo mugire icyo muwuvugaho kandi mutange inama, hanyuma mwongeremo indi mipira.

Igihe itsinda ryashoboye gukinisha imipira ine kugera kuri itandatu (umuryango, inshuti, ishuri, akazi, n'ibindi) uhagarike umukino hanyuma ubwire abahugurwa ko igihe kigeze kugira ngo bakinise wa mupira unyuranye n'indi. Utange umupira ushushanya imibonano mpuzabitsina hanyuma ubwire abahugurwa uti : « Reka turebe icyo gutangira imibonano mpuzabitsina bizazana mu buzima bwacu ». Wereke buri wese umupira wanditseho imibonano mpuzabitsina hanyuma ubabaze aho utandukaniye n'indi: ni umupira munini kuruta indi ukaba rero ushushanya inshingano ziruta izindi; ushobora kuba ugoye gukinisha. Usabe abahugurwa kuvuga ingaruka z'ikosa rikozwe mu byerekeranye n'imibonano mpuzabitsina : Virusi itera SIDA, gutwita mutabyiteguye, indwara zandurirwa mu mibonano mpuzabitsina. Ube ufite imipira itatu ya tenisi uzaba wateguye yanditseho izo ngaruka: ubereke iyo mipira itatu igaragaza izo ngaruka. Ubwire abari mu mahugurwa uti: « mugeze mu kigero mutangiye kumva muhatirwa gutangira gukora imibonano mpuzabitsina mu buzima bwanyu. Birashoboka ko bamwe muri mwe batangiye gukora imibonano mpuzabitsina. Reka turebe uko bigenda iyo dufashe icyemezo cyo gutangira kuyikora».

Ongera utangire gukinisha ya mipira. Noneho wongeremo imipira ishushanya imibonano mpuzabitsina kimwe n'imipira igaragaza ingaruka. Ni ukuvuga ko imipira abahugurwa bagomba gukinisha izaba myinshi cyane bityo umukino ugapfa. Mukine uyu mukino inshuro nyinshi niba hari igihe gihagije.

Sobanura : Mwirinde guterera imipira myinshi umukinnyi mufatanyije niba atiteguye kuyifata. Ni na ko bimeze mu mibanire : gushyira igitutu kuri bagenzi banyu bishobora gutuma bakora amakosa. Mukorere hamwe nk'ikipe kugira ngo mushobore gukora neza uyu mukino, kandi no mu buzima busanzwe mugomba kumvikana kugira ngo mukomeze kubaho neza.

Uhagarike umukino hanyuma ubaze abahugurwa niba byari bikomeye kurushaho igihe umuntu yongeyemo inshingano yo gukora imibonano mpuzabitsina ndetse n'ingaruka zabyo mu mukino. Usobanure uburyo bikomeye kwikura mu ikosa ryakozwe mu mibonano mpuzabitsina ugakomeza ubuzima kubera ziriya ngaruka eshatu zishobora guterwa n'iryo kosa. Sobanura ko gukora imibonano mpuzabitsina ari ikintu duhitamo kandi ko tugomba kuba twiteguye kwirengera ingaruka zabyo niba duhisemo kuyikora.

Musuzumire hamwe n'abahugurwa ibyo bagomba gukora mu buzima n'ibyo bahitamo gukora. Mukore urutonde rurerure rushoboka, hanyuma bavuge n'ingaruka za buri gikorwa.

Ingaruka zo gukora imibonano mpuzabitsina ntizishobora gukemurwa mu buryo bworoshye (si kimwe no gukemura akabazo wagiranye n'inshuti yawe). Ukore ku buryo bumva ko ntawe ushobora gusubira inyuma ngo akureho inda yasamye cyangwa yateye cyangwa se Virusi itera SIDA.

Ni ibintu bisanzwe gukora amakosa mu buzima. Mu buzima duhora dukora amakosa. Mbese wakoze iki igihe waguye mu ikosa? Nk'uko bigenda mu mikino, iyo dukoze amakosa mu buzima turayakosora tugakomeza urugendo.

Ariko se, ibi bitandukaniye he no gukora imibonano mpuzabitsina? Bigenda bite se iyo dukoze ikosa mu bijyana n'imibonano mpuzabitsina? Dushobora gusama cyangwa gutera inda, dushobora kwandura imwe mu ndwara zandurirwa mi mibonano mpuzabitsina cyangwa se tukandura Virusi itera SIDA! Ni ukuvuga ko iyo duhisemo gukora imibonano mpuzabitsina, tugomba gukora ku buryo tudakora ikosa. Gukora imibonano mpuzabitsina ni icyemezo gikomeye, kandi ni inshingano ikomeye.

Ni ubuhe buryo twakoresha kugira ngo twirinde gusama cyangwa gutera inda tutabiteguye, kwandura indwara zandurirwa mu mibonano mpuzabitsina na virusi itera SIDA ? (Kwifata, gukoresha agakingirizo).

Ese bigenda bite iyo dukoze ikosa mu bijyanye n'imibonano mpuzabitsina tukandura Virusi itera SIDA cyangwa indi ndwara yandurira mu mibonano mpuzabitsina?

Sobanura : *Mu buzima, dusabwa gufata ibyemezo byinshi. Ibyo duhitamo gukora byose bifite ingaruka. Ni ngombwa ko mbere yo gufata icyemezo runaka tubanza gutekereza uko bizagenda. Niwambuka umuhanda utitondeye imodoka, zishobora kukugonga. Ni nako bimeze mu bijyanye n'imibonano mpuzabitsina. Niba wiyemeje gukora imibonano mpuzabitsina nta gakingirizo ushobora gutwara cyangwa gutera inda, ushobora kwandura indwara zandurirwa mu mibonano mpuzabitsina cyangwa Virusi itera SIDA.*

Incamake :

- Ntabwo byoroshye gufatanya ibintu byose dukora mu buzima n'ubwo twaba tudakora imibonano mpuzabitsina.
- Gukora imibonano mpuzabitsina ni ikintu umuntu ahitamo ; ntabwo ari ikintu umuntu ahatirwa cyangwa ategukwa gukora.
- Gukora imibonano mpuzabitsina ni icyemezo gikomeye kuko gishobora kugira ingaruka zikomeye nko kwandura Virusi itera SIDA, gutwita cyangwa gutera inda utabiteguye n'indwara zandurirwa mu mibonano mpuzabitsina.
- Buri muni mu buzima bwacu hari ibintu tugomba gukora kandi hari ibyemezo tuba tugomba gufata. Ni ingenzi gutekereza ku ngaruka za buri icyemezo dufata.

Niba hari igihe, ukuremo umupira ushushanya imibonano mpuzabitsina hanyuma urebe niba abahugurwa bashobora gukinisha imipira isigaye icyarimwe. Bamwe mu bahugurwa bazishimira ko bashoboye kongera gukinisha iyi mipira.

INAMA ZIGIRWA UHUGURA

Usabe abahugurwa gukina uyu mukino basimbagurika bashyize amaboko mu kirere kugira ngo umukino urusheho gushimisha. Nibafata umupira wa mbere bamanure amaboko. Ibi bituma ushobora kumenya abatarahabwa umupira. Imipira irakugarukira iyo imaze kugera kuri buri wese.

Ukore ku buryo buri muntu uri mu mahugurwa avuga izina ry'uwu ahereje umupira mu mukino wose. Bizatuma imipira iguma mu kirere kandi bizasa n'ibisetsa igihe amazina yose ahamagariwe icyarimwe. Ibi bigaragaza kandi ko ujugunya umupira agomba kuwujugunya neza. Kimwe no mu buzima busanzwe, abantu babiri (ujugunya n'ufata umupira) barebwa n'igikorwa runaka bagomba kugira uruhare kugira ngo hatagira umwe muri bo ukora ikosa.

Kugira ngo birusheho gusetsa, ushyireho itegeko ko buri wese abanza guhagarika umupira ushushanya imibonano mpuzabitsina n'igituza mbere yo kuwufata.

Ushimangire ingingo y'uko iyo umupira ucitse umukinnyi ukagwa, uwo mukinnyi agomba kuwutora agakomeza gukina. Ni na ko bigenda mu buzima, igihe dukoze ikosa turongera tugahaguruka tugakomeza ubuzima.

Musubire muri uyu mukino inshuro nyinshi, usaba abahugurwa ko bakora ku buryo imipira myinshi ishoboka iguma mu kirere.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni izihe ngaruka zo kugira akajagari mu buzima bw'umwangavu n'ingimbi?
- Twakora iki ngo twirinde izo ngaruka?



2.2. Ubuzima bwugarijwe n'ingorane

Igihe : iminota 30

Intego z'isomo

- *Kumva icyo kugarizwa bivuga n'ingaruka zabyo.*
- *Abahugurwa bariyumvisha ko ingaruka zikomoka ku byemezo bafata zishobora kugera no ku bandi.*
- *Abahugurwa barumva ko ubumenyi, imyafatire n'ibikorwa byiza ari ngombwa mu kwirinda ingorane no gufata ibyemezo bifite ingaruka nziza.*

Ubutumwa bw'ingenzi

- *Ubuzima bubamo ingorane nyinshi*
- *Gukora imibonano mpuzabitsina bishobora kugira ingaruka mbi : gutwita cyangwa gutera inda utabiteguye, indwara zandurirwa mu mibonano mpuzabitsina, Virusi itera SIDA.*
- *Uburyo bwiza bwo gukomeza kugira ubuzima bwiza ni ukwirinda ibintu n'imyumvire ishobora gukurura ibyago.*
- *Ni ngombwa gushyira mu bikorwa imigirire ya ngombwa iturinda kwandura Virusi itera SIDA, nk'uko abakinnyi babigenza mu mupira w'amaguru.*
- *Ingorane twikururira mu buzima zishobora kugira ingaruka mbi kuri twe ubwacu, ku nshuti zacu, ku miryango yacu, ku bo dukinana ndetse no ku gihugu.*
- *Tugomba gufashanya kugira ngo twirinde kwishyira mu ngorane.*

Ibikoresho

- *Imipira y'amaguru yo gukina (byaba byiza, abakinnyi 6 kugeza ku 8 bahawe umupira umwe)*
- *Imitemeri cyangwa ibindi bintu nk'amacupa akoze muri parasitiki, amabuye cyangwa se inkweto (byaba byiza habonetse imitemeri itanu ku bakinnyi 6 kugeza ku 8)*

Uko isomo riteye muri make

Abahugurwa bakore imyitozo yoroshye y'umupira w'amaguru ibafasha gutekereza ku bibazo bikomeye by'ubuzima nk'ingaruka z'ibyho dukora, kwirinda ingorane no kugira imyumvire itaduteza ingorane. Ingaruka z'ibyho dukora (gukora ku mitemeri) zigaragazwa no guhabwa igihano (gukora pompaje). Izo ingaruka zigera ku muntu ku giti cye no ku muryango we.

Uko bikorwa

Umukino witwa « ikibuga kirimo ingorane » Ushyire abahugurwa mu makipe y'abakinnyi 8 kugeza kuri 12. Usabe buri tsinda kwihitiramo izina.

ICYICIRO CYA 1:

Isiganwa rya mbere: Abahugurwa baze kugenda banyuza umupira hagati y'imitemeri (cyangwa amacupa ya parasitiki, uduti dushinze mu kibuga, ...) bakoresheje amaguru. Ushobora gusubiramo uyu mukino inshuro nyinshi mbere y'uko utanga amasomo ava mu mukino. Mu gutangira, gukora ku mitemeri nta ingaruka biza gutera.

Mushyire nibura imitemeri itanu imbere ya buri tsinda, kugira ngo abahugurwa bashobore kunyuzwa imipira hagati y'iyi mitemeri. Imitemeri igomba kuba itandukanyijwe n'intera igera kuri metero imwe. Usabe buri kipe gutonda umurongo imbere y'umurongo w'imitemeri. Uhe buri kipe umupira w'amaguru.

Sobanura : Nimvuga ngo : « mugende », buri mukinnyi wa mbere wa buri kipe agomba kugenda anyuzwa umupira hagati y'imitemeri yihuta kandi atayikoraho. Namara kunyuzwa mu mitemeri yose agaruke inyuma ahereze umupira umukinnyi wa kabiri wo mu ikipe ye na we anyuzwa muri ya mitemeri, bityo bityo. Ikiye iri burangize kunyuzwa umupira muri ya mitemeri mbere y'andi ni yo iza kuba itsinze. Murumva mwiteguye gukinira ku kibuga kirimo ingorane ?

ICYICIRO CYA 2:

Isiganwa rya kabiri: Noneho uvuge ku ngorane z'umukino n'ingaruka zazo. Ubu niba umukinnyi akoze ku mitemeri, agomba gukora pompaje inshuro eshanu (ingaruka z'ikosa ryo gukora ku mitemeri).

Nyuma y'irushanwa rya mbere uhindure umukino kugira ngo buri mitemeri ube ugaragaza ikintu gishobora gutera ingorane mu buzima. Uganire n'abahugurwa :

«Ikintu gishobora kudukururira ingorane ni iki ? »

«Ni izihe ngero z'imyitwarire ishobora guteza ingorane ? » : gutwara imodoka wasinze, imibonano mpuzabitsina nta gakingirizo, kunyuzwa inzoga nyinshi, gukoresha ibiyobyabwenge, kugirana imibonano mpuzabitsina n'abantu benshi, gukora ibinyuranye n' ibyo twemera, n'ibindi.

Sobanura: Ubu tugiye kongera gutangira umukino, ariko noneho umupira w'amaguru ushushanywa ubuzima bwacu, kandi tukaba tugomba kurinda ubuzima bwacu icyabuhungabanywa. Iyi mitemeri yose iraba ishushanywa ibintu tugomba kwirinda mu buzima niba dushaka kugumana ubuzima bwiza, butarimo ibibazo.

Ukoreshe urutonde uvuge ko buri mitemeri ushushanywa ikintu gishobora kudushyira mu ngorane.

Baza: « Mwaba mubona ibintu mu buryo butandukanye n'ubwa mbere noneho ubwo mubwiwe ko imitemeri ishushanywa ibintu bishobora kuduteza ingorane mu buzima ? »

« Byaba bivuze iki mu buzima muramutse mudashoboye kwirinda iyi mitemeri ? Byagenda bite ? »

Sobanura : Mu buzima, iyo tudashoboye kwirinda ibintu bibi, dushobora guhura n'ingaruka zabyo . Ibi byaba bivuze iki mu buzima ? Byaba bivuze iki se uramutse ukoze ku mitemeri ushushanywa « imibonano mpuzabitsina idakingiye » cyangwa se umitemeri ushushanywa

« kunywa inzonga n'ibiyobyabwenge » ? Haba ingaruka mu buzima. Zimwe muri izo ngaruka zaba ari izihe ? Gutwita cyangwa gutera inda utabiteguye, zimwe mu ndwara zandurirwa mu mibonano mpuzabitsina cyangwa Virusi itera SIDA. Ni ngombwa ko muri uyu mukino haba ingaruka zisa n'iziba mu buzima. Tugiye gutangira gukina : buri gihe ukoze ku mutemeri ugomba kuryama hasi ugakora pompaje inshuro eshanu – ibi bikaba bigaragaza ingaruka z'ingorane wishyizemo. Nurangiza gukora pompaje, ugomba guhita uhaguruka ugakomezanya umupira wawe. Mwiteguye gukinira ku kibuga kirimo ingorane ?

Muri iri rushanwa, witondere kwitegereza abakinnyi bakora ku mitemeri no kubaha igihano cyo gukora pompaje.

ICYICIRO CYA 3:

Isiganwa rya gatatu mu mitemeri : Ubu noneho umukinnyi nakora ku mutemeri, we ubwe n'ikipe ye yose bagomba gukora pompaje eshanu (ingaruka ku bakinnyi, inshuti n'imiryango yabo).

Sobanura : Mu irushanwa rikurikira, usobanura ko igihe cyose umukinnyi akoze ku mutemeri, ikipe yose igomba gukora pompaje inshuro eshanu (ingaruka zitewe n'icyo umukinnyi umwe yakoze). Buri wese agomba gukora pompaje kuko twese turi mu bwato bumwe. Niba wanduye Virusi itera SIDA, inshuti n'umuryango wawe na bo bagerwaho n'ingaruka. Niba utwaye cyangwa uteye inda utabiteganyaga bizagira ingaruka ku nshuti n'umuryango wawe.

ICYICIRO CYA 4:

Isiganwa rya kane mu mitemeri : Ubu noneho, umukinnyi nakora ku mutemeri, umukinnyi, ikipe ye, andi makipe n'abatoza bagomba gukora pompaje inshuro eshanu (ingaruka ku bakinnyi, inshuti zabo, imiryango yabo n'umuryango mugari muri rusange).

Sobanura : Muri iri rushanwa, igihe cyose umukinnyi akoze ku mutemeri, abantu bose (amakipe n'abatoza) bagomba gukora pompaje inshuro eshanu. Usobanure ko ibi bishushanya ingaruka z'amakosa dukora – kandi ko twese turi mu bwato bumwe. Niba wanduye Virusi itera SIDA cyangwa utwaye inda (ku bakobwa), bigira ingaruka ku nshuti n'umuryango wawe no ku gihugu muri rusange.

ICYICIRO CYA 5:

Isiganwa rya gatanu mu mitemeri : Ubu noneho abakinnyi barakoresha akaguru gafite ingufu nke kurusha akandi, bigashushanya uburyo inzoga n'ibiyobyabwenge bishobora guca intege ubushobozi bwacu bwo kwirinda ibiduteza ingorane.

Subanura : Ubu tugiye gukina umukino wa nyuma. Uyu mukino witwa “Akaguru gafite ingufu nke!”. Turakurikiza amategeko nk’aya mbere, harimo n’ingaruka ziterwa no gukora ku mutemeri utera ingorane. Ariko noneho buri wese arakoresha akaguru ke gafite ingufu nke. Nta burenganzira mufite bwo gukinisha umupira akaguru gafite ingufu nyinshi, murakoresha gusa akaguru gafite ingufu nke kurusha akandi muri iri rushanwa rya nyuma.

Gukoresha akaguru gafite ingufu nke byongera ibyago byo gukora ku mutemeri. Igihe uhuye n’ibintu bishobora gutera ingorane, ugomba kwitonda no kuba uzi neza icyo ukora. Gukoresha akaguru kawe gafite ingufu nke bishobora gushushanya ingaruka z’inzoga ku bushobozi bwanyu bwo gufata ibyemezo byiza cyangwa se ibyemezo binyuranye n’indangagaciro umuntu yemera.

IBIBAZO BYO KUGANIRWAHO

Mbere yo gusoza muganire ku masomo atandukanye abahugurwa bamaze gukura mu mukino.

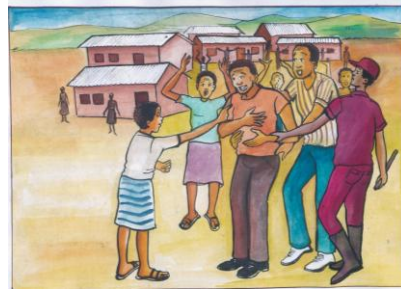
- Mbese biragoye guhereza umupira w’amaguru cyangwa gucenga ukoresheje akaguru kawe gafite intege nke ? Ni iki washoboraga gukora kugira ngo woroshye ako kazi ? (Kwitoza).
- Mbese abakinnyi babigize umwuga bakeneye kwitoza kugira ngo barusheho gukora neza ? (bagomba kubahiriza amategeko n’ibihano bitangwa mu mukino no mu buzima bwa buri muni kugira ngo batsinde).
- Waba se warushijeho kwirinda gukora ku mitemeri kubera ko wari uzi ko ushobora kuza guhabwa igihano cyo gukora pompaje?
- Niba ushaka guhindura imyumvire, ugomba kwitoza kubahiriza amategeko, ariko kwitoza bishobora gushimisha kimwe no mu mukino w’umupira w’amaguru. No mu buzima dukeneye kwitoza kugira ngo turusheho gukora ibintu neza.
- Ni izihe ngorane washoboraga guhura na zo igihe wacishaga umupira hagati y’imitemeri?
- Byagendaga bite igihe wakoraga ikosa? Ibyabaye byitwa ingaruka.
- Wakora iki kugira ngo wirinde gukora kuri iyo mitemeri ubutaha? Kurushaho kubwitaho, gushyira mu bikorwa ubumenyi ufite, gushyira ingufu zawe zose ku cyo ukora, ...
- Wakora iki mu buzima busanzwe kugira ngo wirinde ibintu bishobora kugushyira mu ngorane ? Kwirinda ibintu bishobora kudutera ingorane, kwifata, n’ibindi.
- Ni izihe ingaruka zishobora gukomoka ku mibinano mpuzabitsina idakingiye ?
- Ni iyihe myitwarire dukwiriye kugira yadufasha kwirinda virusi itera SIDA ?
- Ninde ugirwaho ingaruka na Virus itera SIDA ?
- Wumvise umeze ute igihe ikipe yose yagombaga guhanishwa pompaje kubera ikosa ry’umukinnyi umwe?
- Ni gute imiryango yacu, inshuti zacu n’abandi bagerwaho n’ingaruka zikomoka ku myitwarire yacu mibi ?
- Waba warushijeho kwitonda igihe abakinnyi bo mu ikipe yawe bagombaga

guhanishwa gukora pompaje? Kuki?

- Uratekereza ko abantu bazarushaho kwitonda mu kwirinda kwandura Virusi itera SIDA mu gihe bazaba bazi ko bishobora kugira ingaruka no ku bandi?

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni izihe ngorane muhura nazo zirebana n'ubuzima bw'imyororokere ?
- Ni ayahe makosa ashobora kubakururira ibyago mu buzima bw'imyororokere ?
- Ese mu buzima busanzwe, haba hari uburyo bwo gucenga kugirango wirinde amakosa ?



2.3. Guhangana n'igitutu cyo gukora ibyo utemera

Igihe : iminota 30

Intego z'isomo

- Kwiga binyuze mu mikino uburyo bwo guhakanira abaguhatira gukora ibyo utemera.
- Guha urubwiruko umwanya wo kwitoza guhangana n'ibintu bisanzwe bibahatira gukora ibyo batemera.
- Guha abahugurwa umwanya wo gufashanya mu gushakira ibisubizo abantu babashyira ku nkeke bashaka kubayobya.

Ubutumwa bw'ingenzi

- Igitutu dushyirwaho gishobora kwigaragaza mu buryo butandukanye. Urubwiruko rugomba gukora uko rushoboye rugahunga igitutu cyatuma rukora amafuti.
- Nk'uko abakinnyi b'umupira w'amaguru babigenza, mugomba guhangana n'ababotsa igitutu kugira ngo mudatsindwa igitego (igitutu gishobora gutuma ukora imibonano mpuzabitsina utabiteganyaga, cyangwa nta gakingirizo ukoresheje).
- Itoze guhangana n'icyo gitutu nk'uko mu mukino witoza amayeri yose ashoboka kugira ngo wirinde gutsindwa n'uwo muhanganye.

Ibikoresho : Ntabyo

Uko igikorwa giteye muri make

Abahugurwa basobanure uburyo butandukanye igitutu cyigaragazamo n'uburyo bahangana na cyo kugira ngo birinde ibintu byabashyira mu ngorane. Nibarangiza bungurane ibitekerezokugira ngo bashakire hamwe ingamba zo guhangana n'icyo gitutu.

Uko bikorwa

Mwungurane ibitekerezo kuri ibi bikurikira: Igitutu cy'urungano ni iki ? Ni ibihe bintu urubwiruko rushobora guhatirwa gukora?

Ugabanye abahugurwa mu matsinda atatu hanyuma buri tsinda urihe gukina imwe mu nkuru zikurikira:

- Umugabo mukuru azaniye impano (amafaranga, imyenda cyangwa telefone igendanwa) umukobwa kugira ngo amugire inshoreke ye.
- Umuhungu arashyirwaho igitutu na bagenzi be kugira ngo areke ubumanzi bwe maze akorane imibonano mpuzabitsina n'umukobwa ukora umwuga w'uburaya mu karere k'iwabo.
- Umukobwa yananiwe guhakanira umuhungu w'inshuti ye ko bagirana imibonano mpuzabitsina n'ubwo we atabishaka.

Usabe buri tsinda gutegura agakinamico gashingiye ku nkuru igaragaza ibihatira umuntu gukora ibyo atemera n'uburyo bwo guhangana na byo. Buri tsinda rihitemo abakinnyi babiri, ariko abarigize bese bagomba kugira uruhare mu gutegura agakino.

Mu gihe buri tsinda rikina agakinamico karyo, ugaruke ku gikorwa inshuro ebyiri cyangwa eshatu hanyuma usabe abari aho kuvuga baranguruye ijwi ubundi buryo igitutu gishobora kugaragara cyangwa uburyo bwo guhangana na cyo, hanyuma ureke agakino gakomeze muri iki cyerekezo gishyashya. Kwereka abahugurwa ubu buryo butandukanye bituma itsinda ryose rigira uruhare kandi abakinnyi bagahimba uburyo bushyashya bwo kugaragaza ibitekerezo byabo.

IBIBAZO BYO KUGANIRWAHO

Mbese ibyagaragajwe mu mikino ni ibintu bibaho mu buzima?

Mbese uburyo bwakoreshejwe n'abakinnyi mu guhangana n'igitutu burakoreshwa mu buzima busanzwe?

Byaba ari ingenzi kumenya uburyo bwo guhangana n'igitutu mbere y'uko ugera mu bibazo biguhatira gukora ibyo utagambiriye cyangwa utemera?

Ni gute wakwitegura guhangana n'igitutu cy'abaguhatira gukora ibyo utagambiriye cyangwa utemera mu buzima bwa buri munsu?

Mu gusoza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Igitutu cy'urungano ni iki?
- Ni ibihe bintu urungano rukunda kubahatira gukora?
- Mwakora iki ngo mwirinde igitutu cy'urungano?



2.4. Ubucuti n'urukundo

Igihe : Iminota 30

Intego z'iri somo

- Gusobanura ubucuti icyo ari cyo
- Kugaragaza ibiranga inshuti nyanshuti
- Gutandukanya ubucuti nyabwo n'ubucuti bushingiye ku nyungu
- Kwerekana ibiranga urukundo nyarwo
- Gusobanura impamvu urubyiruko rwagombye kwirinda inkundo zidafite ishingiro

Ubutumwa bw'ingenzi

- Inshuti ni umuntu duhuje imyumvire kandi dusangiye indangagaciro
- Gukunda umuntu ni ibintu byizana, ariko kwiyemeza gukorana na we imibonano mpuzabitsina ni wowe ubihitamo
- Guhitamo gukora imibonano mpuzabitsina ni icyemezo gikomeye kandi cyo kwitonderwa
- Tugomba gutandukanya ubucuti nyabwo n'ubucuti bushingiye ku nyungu
- Si byiza kwemera impano z'umuntu utazi cyangwa ushaka kuzigushukisha ngo mukorane imibonano mpuzabitsina

Ibikoresho

- Impapuro
- Amakaramu ya marikeri
- Udutemeri cyangwa uduti twerekana aho ikibuga kigarukiye
- Scotch

Uko isomo riteye muri make

Iri somo ritangwa mu byiciro bibiri byuzuzanya. Habanza umukino wa siporo wo gukangura abuhugurwa, hanyuma bakawuheraho batekereza ku rukundo n'ubucuti. Mu cyiciro cya kabiri, abahugurwa bajya mu matsinda cyangwa bakaguma hamwe bose maze bakungurana ibitekerezo ku mibano itandukanye abantu bashobora kugirana.

Uko isomo ritangwa

Icyiciro cya 1 : Imirimo yo mu matsinda

Shyira abahugurwa mu matsinda abiri, hanyuma yose uyahe impapuro n'amakaramu ya marikeri.

Saba itsinda rimwe gukora urutonde rw'ibintu biranga ubucuti nyabwo, naho irindi tsinda rikore urutonde rw'ibiranga urukundo nyarwo. Niba abahugurwa ari benshi (barenze 20), ushobora kubashyira mu matsinda ane, abiri agakora ku bucuti andi abiri agakora ku rukundo. Nyuma y'iminota 10 baze kwerekana ibyo bagezeho.

Reka buri tsinda ryerekane ibyo ryakoze, hanyuma abahugurwa bose batange ibitekerezo byo kuzuza buri rutonde.

KUNGURANA IBITEKEREZO

- Ni iki gitandukanya ubucuti n'urukundo?
- Ni ryari umujene agomba gutangira gukunda ? Kubera iki ?
- Ese tugomba kwemera impano za ba suggest daddy na ba suggest mommy? Kubera iki ?
- Wabwirwa n'iki ubucuti bugamije inyungu ?
- Ese umuhungu n'umukobwa bashobora kuba inshuti nyanshuti ? Gute ?

Dore bimwe mu bitekerezo bishobora kuva muri icyo kiganiro :

- Ubucuti nyabwo bushingiye ku kutaryanya
- Umuhungu n'umukobwa bashobora kuba inshuti batagamije imibonano mpuzabitsina.
- Akenshi urukundo hagati y'umukobwa n'umuhungu ruganisha ku mibonano mpuzabitsina.
- Ubucuti bugamije inyungu, ni ubucuti buba bufite ibindi bugamije. Ni nka bwa bundi bwa ba sugar daddy na ba sugar mommy.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ubucuti n'urukundo bitandukaniye he?
- Ninde wemerewe kugira umukunzi?
- Use urukundo nyarwo rugomba kuganisha ku mibonano mpuzabitsina?



2.5. Ubwisanzure hagati y'ababyeyi² n'abana ku birebana n'ubuzima bw'imyororokere

Igihe: iminota 30

Intego z'iri somo

- Kwerekana ibiranga umubyeyi cyangwa umurezi mwiza
- Gusobanura inshingano z'umubyeyi cyangwa umurezi
- Kwerekana ibiranga umwana mwiza
- Kwerekana akamaro k'ubwisanzure hagati y'abana n'ababyeyi cyangwa abarezi

Ubutumwa bw'ingenzi

- Kuba umubyeyi ntibyoro shyeye kubera ko bitanga inshingano nyinshi kandi zikomeye
- Urubwiruko n'ababyeyi ntibakunze kuganira, bigatuma babana ariko ntibamenyane neza
- Akenshi umubyeyi aba ashakira umwana we ibyiza gusa, ariko akabikora atamusobanuriye
- Umwana mwiza ni ukurikiza abantu b'intangarugero kandi akagira umwete mu byo akora
- Mu biganirwa bijyanye n'ubuzima bw'imyororokere, urubwiruko rushobora gusaba ababyeyi kuruganiriza kubera ko bo badashobora kumenya aho babihera cyangwa se ugasanga bafite isoni zo kubiganira n'abana bitewe n'umuco wa kirazira ababyeyi bamenyereye.

Ibikoresho

- Impapuro nini
- Amakaramu ya marikeri
- Scotch (udupapuro tumatira two kumanikisha izindi)

Uko isomo riteye muri make

Abahugurwa barakora amatsinda abiri hanyuma batekereze ku biranga umwana mwiza n'ibiranga umubyeyi mwiza. Buri tsinda riraza kwerekana ibyo ryaganiriyeho hanyuma abahugurwa bose bagende babitangaho ibitekerezo. Mu murimo wa kabiri, amatsinda aratekereza ku byo ababyeyi banenga abana n'ibyo abana banenga ababyeyi. Hanyuma nabwo buri tsinda riraza kugaruka mu ishuri ryerekane ibyo ryagezeho maze n'abandi bagire icyo babivugaho. Mu gusoza, abahugurwa bose baratanga inama ku byo ababyeyi n'abana bagombye gukora kugira ngo bumvikane neza.

Uko isomo ritangwa

Icyiciro cya 1 : Ibiranga umwana mwiza n'umubyeyi mwiza

Ugabanye abahugurwa mu matsinda abiri agizwe n'abantu 8 kugera kuri 15. Buri tsinda rihabwe urupapuro runini n'amakaramu ya marikeri yo kwandikisha. Buri tsinda riganire ku nsanganyamatsiko ryahawe. Ni ukuvuga ibiranga umubyeyi mwiza cyangwa umwana mwiza.

² Ababyeyi : aha turashaka kuvuga ababyeyi cyangwa umuntu wese ubahagarariye mu kurera abana.

Sobanura : Buri tsinda rifite iminota 10 yo gutekereza ku nsanganyamatsiko ryahawe. Nyuma y'icyo gihe uhagarariye itsinda aze kuvuga ibyo itsinda rye ryagezeho.

Igihe itsinda rirangije kuvuga ibyo ryakoze, usabe abahugurwa gutanga ibindi bitekerezo, niba byemejwe byongerwe ku rutonde.



Icyiciro cya 2 : Ni ibiki abana banenga ababyeyi kandi ni ibiki ababyeyi banenga abana?

Ugabanye abahugurwa mu matsinda abiri agizwe n'abantu 8 kugera kuri 15. Buri tsinda rihabwe urupapuro runini n'amakaramu ya marikeri yo kwandikisha.

Buri tsinda riganire ku nsanganyamatsiko ryahawe. Ni ukuvuga ko itsinda rimwe rivuga ku byo ababyeyi banenga abana irindi rikavuga ku byo abana banenga ababyeyi

***Sobanura** : Buri tsinda rifite iminota 10 yo gutekereza ku nsanganyamatsiko ryahawe. Nyuma y'icyo gihe uvugira itsinda aze kuvuga ibyo itsinda rye ryagezeho.*

Igihe itsinda rirangije kuvuga ibyo ryakoze, usabe abahugurwa gutanga ibindi bintu ababyeyi n'abana bashinjanyana. Niba byemejwe byongerwe ku rutonde.

Icyiciro cya 3 : Kungurana ibitekerezo

- Ababyeyi n'abana bakora iki kugira ngo barusheho kumvikana ?
- Ese biroroshye kuzuza ibiranga umubyeyi mwiza byose ?
- Ese biroroshye kuzuza ibiranga umwana mwiza byose ?
- Ese umwana asabwa kwitegura kuzaba umubyeyi? Kuki?

Ibintu bine biranga umubyeyi mwiza

- Agomba kugira ubumenyi. Nk'uko bikunze kuvugwa « Ubumenyi ni imbaraga » kandi « Ubujiji ni ubumuga ». Kumenya ni ingufu naho ubujiji buteza ingorane.
- Agomba kuganira n'umwana kandi ntashake kwemeza umwana ibitekerezo bye ku ngufu. Kumwemeza ibye ku ngufu bivuga ko ari ugukoresha igitugu cyangwa ko umwe ashaka gutegeka undi. Kuganira n'umwana bivuga kubaha ibitekerezo bye, kuba inyangamugayo no kuvugisha ukuri, gutega amatwi no kumenya ukuri kw'ibintu.
- Gushyiraho disipuline: Ni nk'imari ishoye ikazunguka mu gihe kizaza, ni uburezi bwiza kandi bukomeye. Ni nk'amafaranga ashizwe muri banki umuntu azabikuzamo hamwe n'inyungu zayo. Mu gihe igihano gikorera umuntu, disipuline ishoyirirwaho ikosa riba ryakozwe. Nanone, igihano gitera umwana kugira ubwoba no kutubaha kandi kikamutoza gukemura ibibazo akoresheje iterabwoba. Disipuline ituma habaho kubahana, urukundo no kuvuga icyo utekereza mu bwisanzure; bituma abagize umuryango bafatanyaga gushyiraho amategeko asobanutse bakanashobora kungurana ibitekerezo.
- Kwigisha urubyiruko turubera urugero birufasha kubona ingero rwakwigana. Ni rwo ruhare rw'abatoza bo mu miryango.

Icyiciro cya 4 : Akamaro ko kuganira n'ababyeyi n'abarezi ku buzima bw'imyororokere

Abahugurwa bahurire hamwe maze baganire ku ngingo zikurikira:

- Ni iki wakwifuzaga kumenya ku buzima bw'imyororokere ababyeyi bawe batazi ?

- Ni ibiki ukeka ko ababyeyi bawe bakurusha, bagombye kukwigisha, birebana n'ubuzima bw'imyororokere ?
- Ni ibiki wumva waganira n'urungano ariko ukaba utatinyuka kubibaza ababyeyi cyangwa abarezi ?
- Urubyiruko rwumva rwisanzuye kuri bagenzi barwo, bakabwirana amabanga n'ibibazo byabo aho kubibwira ababyeyi. Bizagenda bite nugeza ikibazo kuri mugenzi wawe kandi atabasha kukugira inama ?
- Kubera iki ababyeyi bahora bahangayikishijwe n'ubuzima bw'imyororokere bw'umwana wabo ?

Mwibande kuri ibi:

- Ababyeyi bacu baturusha ubumenyi ku birebana n'ubuzima bw'imyororokere n'ibitsina, kubera ko bo babifitemo uburambe kuturusha. Dushobora kubagirira icyizere tukabagisha inama kuri izo ngingo.
- Ababyeyi bacu batwifuriza ibyiza gusa, bityo bakaba badashobora kutugira inama mbi ku byerekeye ubuzima bwacu. Nyamara bagenzi bacu bashobora kudushuka cyane cyane iyo tubagishije inama mu bintu nabo ubwabo batazi neza cyangwa se iyo bafite inyungu mu bujiji bwacu.
- Niba udafite umubyeyi ukubyara, wagombye kugisha inama abantu bakuze kandi b'inyangamugayo bari mu muryango wawe, cyangwa abarezi ufite icyizere.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni akahe kamaro ko kuganira n'ababyeyi n'abarezi ku birebana n'ubuzima bw'imyororokere ?
- Kubera iki kuganira n'ababyeyi biruta kugisha inama urungano ?



3.INDANGAGACIRO Z'UMUNTU KU GITI CYE NO GUFATA ICYEMEZO

Ibikorwa biri muri iki gice byateguriwe gufasha urubyiruko kumenya indangagaciro za ngombwa no kuzikomeraho kugira ngo babashe gufata ibyemezo bihamye bazi ingaruka zabyo, kandi bakagaragaza icyo batekereza ku bibazo, bashingiye ku ndangagaciro bemera. Iki gice kirafasha kandi urubyiruko gusesengura uburyo bafata ibyemezo n'uko bagombye kwitwara mu buzima bafatiye ku bantu b'intangarugero bemera.

3.1. Indangagaciro n'imyemerere yawe ku birebana na SIDA n'Ubuzima bw'imyororokere

Igihe: iminota 15

Intego z'isomo

- *Abahugurwa bakoreshe ubumenyi bafite kugira ngo bo ubwabo babonere ibisubizo ibibazo bikomeye byerekeranye na Virusi itera SIDA na gahunda yo kuboneza urubyaro.*
- *Kumva bisanzuye mu kubwira abandi ibyo batekereza no kwiga kumva no kubaha indangagaciro n'ibyo abandi bemera ;*
- *Kumva uburyo indangagaciro zacu zigira ingaruka ku myitwarire yacu.*
- *Kumva impamvu tugomba kugira abantu b'intangarugero dukurikiza mu buzima*

Ubutumwa bw'ingenzi

- *Indangagaciro ni ibyo twemera, amahame n'ibitekerezo dushingiraho mu kubaho ubuzima bwacu ;*
- *Indangagacira zidufasha guha icyerekezo ubuzima n'ibyemezo byacu ;*
- *Indangagaciro zacu zishobora guhinduka, bitewe n'aho turi n'igihe turimo*
- *Indangagaciro ntiziba nziza cyangwa mbi. Ariko ni ingenzi ko imyitwarire yacu ijyana n'indangagaciro twemera.*
- *Niba indangagaciro zacu zitandukanye n'iz'abandi, tube twiteguye gushyigikira indangagaciro zacu cyangwa kwirinda ibintu bimwe na bimwe.*
- *Indangagaciro zacu zigira ingaruka ku byemezo dufata ndetse n'imyitwarire ikomoka kuri ibyo byemezo. Imyitwarire yacu na yo ubwayo ifite ingaruka.*

Ibikoresho

- *Ibyapa byerekana « Ndabyemera », « Simbyemera » na « Simbizi » ; Umanike ibyapa bya « Ndabyemera » na « Simbyemera » ku mpande zitandukanye. Umanike icyapa « Simbizi » hagati ya biriya byapa bya mbere. Niba isomo ribera hanze, umanike ibyo byapa ku ntebe, ku biti cyangwa ahandi)*
- *Mikorofone (cyangwa se ukoreshe urupapuro ruzinze nk'umubirikira)*

Uko ibikorwa biteye muri make

Abahugurwa barasabwa gusubiza « ibibazo bikomeye » byerekeye imibanire, Virusi itera SIDA no gufata ibyemezo. Abahugurwa bajya ku murongo, kuva ku ruhande rwa

“Ndabyemera” kugeza ku rwa “Simbyemera”. Iki gikorwa kiratuma abahugurwa bagaragaza “aho bahagaze” ku bibazo bikomeye byerekeranye n’imibanire, Virusi itera SIDA ndetse no gufata ibyemezo. Mu gihe abahugurwa bungurana ibitekerezo, basabwa gutega amatwi bagenzi babo, kuganira ku bibazo byihariye na bagenzi babo ndetse no kwigishanya hagati yabo. Umuntu wese agomba kuba ashoboye gusobanura impamvu yahisemo aho ahagaze kuri ibyo bibazo.

Uko isomo rigenda

Sobanura: Indangagaciro ni ibintu cyangwa ibitekerezo by’ingenzi ku muntu. Buri muntu afite indangagaciro zitandukanye. Ni izihe ngero z’indangagaciro ?

Uburere, amafaranga, umuryango, inshuti, kugira umukunzi, iyobokamana, kwishimisha, kwirinda uburiganya, kubaha ababyeyi, n’ibindi.

Musabe abahugurwa gukwirakwira hirya no hino mu cyumba barimo.

Sobanura: Ngiye kubasomera interuro zitandukanye zivuga kuri Virusi itera SIDA. Zimwe muri zo zishobora kutumvikanwaho na bose kandi birumvikana ko abantu bo mu itsinda ryawe baza kurigiraho ibitekerezo bitandukanye. Nimara gusoma buri nteruro, urahita ujya ku cyapa kigaragaza icyo utekereza kuri iyo nteruro – niba ubyemera, utabyemera cyangwa se ntacyo ubiziho. Nta gisubizo cy’ukuri kandi nta n’igisubizo kibi. Ugomba gufata icyemezo ukurikije icyo utekereza. Ushobora guhindura aho uhagaze igihe icyo ari cyo cyose ukaba wajya ku kindi cyapa: Ntukurikire inshuti zawe gusa! Ariko, icyemezo ufata cyose ube witeguye gusobanura impamvu wagifashe. Uraza kuvugira gusa kuri mikorofone, kandi ni ngombwa gutega amatwi abandi igihe bavuga.

Nyuma y’uko abahugurwa bazaba bamaze gufata imyanya imbere y’ibyapa, usabe abashaka gusobanura impamvu bahisemo kwemera cyangwa kutemera interuro runaka. Abahugurwa bashobora guhindura aho bahagaze no guhindura umwanya barimo mu cyumba bitewe n’ibisobanuro bumvise.

Ubaze ibindi bibazo kugira ngo barushaho kubitekerezaho. Ibi bishobora gutera bamwe muri bo kuva mu ruhande rumwe mu cyumba bajya ku rundi – mubatere umwete wo guhindura aho bahagaze niba bumva ari ngombwa.

Nurangiza kubaza ibyo bibazo byose, komezanya n’ingingo zo kuganirwaho.

INGINGO ZIGANIRWAHO

- Ni ibihe bintu cyangwa abantu badufasha kugira ibitekerezo cyangwa indangagaciro dufite ?
- Ni gute indangagaciro zacu zigira ingaruka ku myitwarire yacu ?
- Ni kuki ari ingenzi gukurikiza indangagaciro zacu aho gukurikiza ibyo abandi bose bakora ?

- Hari uwaba yungutse ikintu gishya biturutse ku biganiro yagiranye n’abandi kuri ibi bibazo?
- Ese byaba byoroshye cyangwa bikomeye gufata icyemezo gitandukanye n’icyo abandi bafashe ?
- Ese wiyumva ute igihe umuntu agerageza kuguhatira gukora ikintu gitandukanye n’ibyo wemera ? Hari uwaduha urugero ?

Shimangira :

- Buri wese afite indangagaciro zitandukanye n’iz’abandi.
- Ibintu, ibitekerezo, imyizerere n’amahame bifite icyo bivuze kuri wowe bituma ugena indangagaciro zawe.
- Dufata ibyemezo dushingiye ku ndangagaciro zacu.
- Niba uzi indangagaciro zawe izo ari zo, birakorohera cyane kuzishingiraho ugakora icyo utekereza ko ari cyiza.
- Niba indangagaciro zawe zitandukanye n’iz’abandi, ube witeguye kuzihagararaho no kwirinda gukora ibintu utemera.

Urutonde rw’interuro

- 1) Niba wigisha abana ibijyanye n’ibitsina bazarushaho kwishora mu mibonano mpuzabitsina.
- 2) Abana n’ababyeyi bagombye kuganira ku bijyanye n’ibitsina.
- 3) Buri wese afite uburenganzira bwo kwanga gukora imibonano mpuzabitsina igihe atabishaka.
- 4) Ese gukomera ku ndangagaciro birahinduka iyo umuntu amaze kubaka urugo ?
- 5) Igihe umuntu azi ko yanduye virusi itera SIDA, yagombye guhagarika ibyo gukora imibonano mpuzabitsina.
- 6) Abakobwa bagomba gukorana imibonano mpuzabitsina n’inshuti zabo ngo bazishimishe.
- 7) Iyo umukobwa abwiye umuhungu ngo « Oya » aba avuze « Yego », bityo umuhungu akaba agomba guhatiriza kugeza ubwo umukobwa yemeye ko bakorana imibonano mpuzabitsina.
- (8) Uburyo bwiza bwo kwirinda kwandura Virusi itera SIDA ni « UKUVUMBIKA » ; ni ukuvuga kwinjiza igitsina cy’umugabo mu gitsina cy’umugore ukakirekeramo kitanyeganyega.
- (9) Abana bari muni y’imyaka 18 ntibagombye gukora imibonano mpuzabitsina.
- (10) Ni ibintu bisanzwe ko umukobwa akundana n’umuhungu umuruta cyane.
- (11) Ni ingenzi ko abantu bipimisha ubwandu bwa Virusi itera SIDA.
- (12) Biremewe ko abagore n’abakobwa bagendana udukingirizo.
- (13) Umuntu ubana n’ubwandu bwa Virusi itera SIDA ntagomba kwiga cyangwa gukora.
- (14) Sinakongerana kwegerana n’umuntu ndamutse menye ko yanduye virusi itera SIDA.
- (15) Abantu banduye Virusi itera SIDA bari babikwiye.
- (16) Mfite ubwoba ko umunsi umwe nzandura virusi itera SIDA.
- (17) Abagore banduye virusi itera SIDA ni abagore baryamana n’uwo babonye wese.
- (18) Abarimu banduye Virusi itera SIDA bagombye kwirukanwa mu kazi.
- (19) Icyizere ni ingenzi mu mibanire.
- (20) Ni ibintu bisanzwe kugirana imibonano mpuzabitsina n’inshuti zawe za hafi.
- (21) Ushobora gukora imibonano mpuzabitsina ntacyo wikanga igihe cyose ukoresha agakingirizo.

- (22) Umugore nta burenganzira afite bwo kwanga gukorana imibanano mpuzabitsina n'umugabo we.
- (23) Ni ingenzi gufasha no kwita ku bantu banduye virusi itera SIDA.
- (24) Ntugomba gukora ikintu ababyeyi bawe batemera.
- (25) Sinagura ibyo kurya n'umuntu ufite ubwandu bwa virusi itera SIDA.
- (26) Kuboneza urubyaro ni ingenzi kandi bifite ibyiza ku buzima bw'umugore, umwana ndetse no ku nyungu z'igihugu :
- (28) Guhana ni ikimenyetso cy'urukundo. Ubusanzwe iyo umugabo akubise umugore biba bigaragaza ko amukunda.
- (29) Gohohotera abagore nta ngaruka bifite ku mwana igihe uwo mwana atakozweho.
- (30) Abagore bamwe na bamwe bakwiriye gukubitwa.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni hehe urubyiruko rukura indangagaciro nziza?
- Tanga urugero rw'ukuntu indangagaciro z'abanyarwanda zishobora gufasha urubyiruko kwirinda virusi itera SIDA



3.2. Guhitamo abantu b'intangarugero no kubakurikiza

Igihe: iminota 40

Intego z'isomo

- *Kwiga kugena indangagaciro n'intego mu buzima*
- *Kumenya guhitamo abantu twakwigana kugira ngo badufashe kugera ku ntego zacu.*

Ubutumwa bw'ingenzi

- *Abantu batubera urugero bose basangiye indangagaciro zimwe ari zo ubunyangamugayo, gukunda umurimo no kwitangira umuryango.*
- *Kwitegereza no kwigana abo bantu bidushyira mu nzira nziza kandi bidufasha kwirinda ibintu byadutera ingorane bikatubuza kugera ku ntego zacu.*
- *Ni ngombwa gutangirira mu bigimbi no mu bwangavu tugira imico nk'iy'abantu dufataho ingero kugira ngo nidukura tuzabe dufite umurongo tugenderaho*
- *Umuntu yishimira buri gihe kuvuga ibyiza yagezeho.*
- *Ni byiza gukora ku buryo abandi batubona neza bityo akaba ari ngombwa ko mu buzima bwacu duhora twirinda gukora ibikorwa bibi.*

Ibikoresho

- *Impapuro nini*
- *Amakaramu ya marikeri*
- *Urupapuro n'ikaramu kuri buri muntu*

Uko isomo riteye muri make

Uhugurwa wese arasabwa gutekereza ku kintu yagezeho hanyuma akibwire abagize itsinda rye. Hanyuma buri wese yandike ku rupapuro umuntu atekereza ko yamubera urugero hanyuma atange impamvu yahisemo uwo muntu. Hanyuma abahugurwa bose bahurize hamwe baganire ku byiza biranga abantu bafashwe nk'intangarugero n'icyakorwa ngo duhinduke nka bo.

Uko bikorwa

Icyiciro cya 1 : Ibikorwa byo kwishimira

Usabe abahugurwa gutekereza ku bintu bitandukanye bagezeho mu buzima. Ubasabe noneho kubwira itsinda ryose ibyo buri muntu yegezeho akaba abyishimira cyangwa abyirata anasobanure impamvu abyirata. Niba hari igihe gihagije ugereranyije n'umubare w'abahugurwa, ureke buri wese avuge. Niba ibyo bidashobotse, ubwire ababishaka bake bavuge ibyo bagezeho.

Nyuma y'ibi biganire usabe abatagize amahirwe yo kuvuga kwerekana imyitwarire y'ababashije kuvuga. Ese bari bababaye cyangwa bari bishimye ? Wabonaga bashishikajwe n'ibyo bavuga cyangwa wabonaga batabyitayeho? Ibisubizo by'ibi bibazo byagombye kwemeza ko abantu bashimishwa no kuvuga ibyo bagezeho. Ni byiza gukora ku buryo buri wese muri twe agaragara neza, bityo tukaba tugomba buri gihe kwirinda ibikorwa bibi.

Icyiciro cya 2 : Abantu batubera urugero

Kwandika amagambo « Abantu batubera urugero » ku rupapuro runini cyangwa ku kibaho. Usabe abahugurwa, ukoresheje ikusanyabitekerezo, kuvuga icyo ayo magambo avuze kuri bo. Munganire kuri ibyo bitekerezo kugira ngo mugere nko kuri iki gisobanuro: “Umuntu ukurikiza mu buzima”, cyangwa “Umuntu wemera ukaba ushaka gusa na we”.

Usabe buri wese gutekereza ku bantu yemera kurusha abandi ku isi. Ninde ubabera urugero ? Ninde bifuzaga gusa na we ku isi ? Ubasobanurire ko ashobora kuba umuntu w'icyamamare cyangwa umuntu uzwi n'umuntu ku giti cye. Uyu muntu ashobora guturuka aho ari ho hose ku isi, ashobora kandi kuba yarabayeho mu gihe icyo ari cyo cyose mu mateka. Uhe abahugurwa iminota itanu (5) yo gutekereza bitonze ku muntu bashakaga guhitamo.

Hanyuma usabe buri wese guhitamo umuntu bakorana itsinda rya babiri. Umwe muri bo abwire undi amateka y'umuntu yemera kurusha abandi. Nyuma y'iminota itanu (5) undi na we avuge amateka y'uwo yemera. Hanyuma usabe buri tsinda guhitamo amateka y'umwe muri bo baza kubwira abandi.

IBIGANIRO

Noneho ukoreshe urupapuro runini cyangwa se wandike ku kibaho ibyerekeranye n'uyu mwitoto. Usabe abahugurwa gutekereza ku mateka yose yavuzwe. Ubasabe gusubiza ibibazo bikurikira :

- Aba bantu b'intangarugero wabasobanura ute ?
- Ni ibihe biranga aba bantu dufata nk'intangarugero?
- Ni ibihe bintu byiza basangiye?

Muhurize hamwe ibitekerezo n'itsinda ryose. Bimwe mu byiza biranga abo bantu ni ibi bikurikira :

- Ubunyangamugayo
- Ubudahemuka no gufasha abandi
- Kugira icyo bageraho bahereye ku busa (ku tuntu duke)
- Gufasha imiryango yabo n'abaturanyi
- Kugira impuhwe no kwita ku bibazo by'abandi

Mukomeze ikiganiro

- Ese ugerageza guteza imbere ibyo byiza muri wowe ubwawe ? Niba ari ko bimeze ubigeraho ute ? Niba atari ko bimeze kuki ?
- Kwitegereza abo bantu byagushyira mu nzira nziza cyangwa se byagufasha kwirinda ibintu byaguterana ingorane ?

Mu gusoza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni abahe bantu b'intangarugero dushobora gukurikiza aho tuba cyangwa mu miryango yacu?
- Kubera iki ari byiza ko urubyiruko rugira abantu b'intangarugero rukurikiza ?



3.3. Gufata icyemezo

Igihe: iminota 30

Intego z'isomo

- *Kumva ibyiza byo kudafata ibyemezo uhubutse cyane cyane ku birebana n'imibonano mpuzabitsina.*
- *Kwitoreza hamwe n'urubyiruko intabwe umuntu acamo afata ibyemezo.*
- *Kugaragaza akamaro k'abantu bagishwa inama n'urubyiruko mu gufata ibyemezo.*

Ubutumwa bw'ingenzi

- *Guhitamo gukora imibanano mpuzabitsina ni icyemezo gikomeye kandi cyo kwitonderwa.*
- *Ni ingenzi kumenya ingaruka z'ibikorwa mbere y'uko tugira icyo dukora.*
- *Ntitugomba gufata ibyemezo duhubutse, ni ngombwa kubahiriza ibyiciro byose cyane cyane kugisha inama abantu dufataho ingero.*
- *Iyo umuntu ashyizweho igitutu kugira ngo akore imibonano mpuzabitsina, agomba gufata icyemezo niba abyemeye cyangwa abyanze. Nta wundi ugomba kumufatira icyemezo.*

Ibikoresho

- *Umupira w'amaguru*
- *Urupapuro runini*
- *Marikeri*
- *Scotch*

Uko isomo riteye muri make

Iri somo ritangwa mu byiciro bibiri bifitanye isano. Mbere na mbere umukino wa siporo wo kwishyushya ufasha gutangira gutekereza ku buryo bwo gufata ibyemezo. Mu cyiciro cya kabiri, abari mu itsinda cyangwa se abahugurwa bose bateranye baganira ku byiciro bitandukanye umuntu anyuramo mu gufata ibyemezo.

Uko isomo ritangwa

Icyiciro cya 1 : Umukino wa siporo – Guherezanya umupira inshuro 10

Sobanura : Nyuma yo gushyira amakipe mu matsinda abiri mu kibuga gifite imbibi, buri kipe iragerageza guherezanya umupira inshuro icumi indi kipe bahanganye itarakora ku mupira kandi umupira udasohotse mu kibuga. Igihe ikipe bahanganye yaba ikoze ku mupira umukino uhita uhagarara ukongera gutangira ikipe ya mbere yasubiranye umupira kandi ari uko mvugije ifirimbi.

Nyuma yo kugerageza inshuro nyinshi bibananira, uhagarike umukino hanyuma ubabaze : Wakoraga iki ngo worohereze akazi mugenzi wawe wabaga afite umupira ? Ibisubizo bishoboka ni ibi bikurikira:

- kumuhamagara
- Kumusanga
- Kujya ahantu ambona
- Gufasha uwo turi mu ikipe imwe

Ongera utangize umukino umare iminota mike, hanyuma wicaze ayo makipe yombi:

Kungurana ibitekerezo

- Ese uyu mukino uroroshye ?
- Mwagombye gukora iki buri gihe? (gufasha abandi, gufata icyemezo)
- Mbese uko uwo mukinana yashakaga umupira mwawumuhaga ?

Icyiciro cya 2 : Imirimo mu matsinda

Tanga impapuro nini n'amakaramu ya marikeri kuri ayo matsinda abiri.

***Ubaze :** Mukore urutonde rw'ibyiciro umuntu agomba kunyuramo mbere yo gufata icyemezo. Nyuma y'iminota icumi muraza kutubwira ibyo mwagezeho. Ureke amatsinda avuge ibyo yagezeho kandi ukore bu buryo abagize itsinda bungurana ibitekerezo kugira ngo bagaragaze ibyiciro bahuriraho.*

KUNGURANA IBITEKEREZO

- Mbese biroroshye gufata icyemezo ?
- Ni gute umuntu yafata icyemezo ku bijyanye n'imibonano mpuzabitsina ?
- Ninde wagisha inama mu gihe ufite ikibazo ku bijyanye n'imibonano mpuzabitsina ? (Igisubizo : abarezi, ababyeyi)
- Ni ibihe byiciro by'ingenzi umuntu anyuramo mu gufata icyemezo ?

Ibitekerezo biza kuva mu mirimo n'ibiganiro byo mu matsinda byagombye kuba :

- Guhagarika ibyo wari urimo kugira ngo utekereze neza
- Kugisha inama abantu dufataho urugero
- Gusesengura inama duhawe tuzigereranya n'indangagaciro zacu
- Kureba ibyemezo cyangwa se amahitamo ashoboka
- Gusenga
- Gutekereza ku ngaruka z'ibyemezo bitandukanye
- Gufata icyemezo
- Gukora igikorwa
- Kwemera ingaruka z'ibyo dukora

Mu gusoza iri somo, baza abahugurwa ikibazo gikurikira kandi bunganirane mu kugisubiza :

- Ni gute kwifatira icyemezo byakurinda kwandura virusi itera SIDA no gutwita utateganyije?

3.4. Udukinamico: kuvugisha ukuri, kugira amahane no kwemera ibije

Igihe: iminota 45

Intego z'isomo

- *Guha abakinnyi uburyo bwo kwiga gukomera ku byo bemera no kubishyira mu bikorwa.*
- *Kwigisha itandukaniro riri hagati yo kuvugisha ukuri, kugira amahane no kwemera ibije*

Ubutumwa bw'ingenzi

- *Buri munsu tunganira n'abandi aho turi hose no mu byo dukora byose.*
- *Kumenya kuganira ni ikintu cy'ingenzi mu mibanire myiza n'abandi.*
- *Ibihe bimwe na bimwe bisaba ko dukomera ku byo twemera ariko twirinda guhangana kugira ngo bitavamo intonganya cyangwa ibindi bintu bibi.*
- *Ubushobozi bwo kumenya gushyikirana n'abandi neza buzagufasha igihe uzaba usakiranye n'ibibazo by'ubuzima bigusaba gutsimbarara ku bitekerezo byawe.*

Ibikoresho: Ntabwo

Uko isomo riteye muri make

Agakinamico kagufi gafite ibice bitatu gakinwa n'abayoboye amahugurwa (bashobora gufatanya n'abahugurwa) kugira ngo basobanure icyo aricyo kuvugisha ukuri, ugereranyije no kugira amahane cyangwa kwemera ibije (kwicecekerera). Nyuma y'agakino, abakinnyi bakorerwa mu matsinda kugira ngo bahimbe, bitoze kandi bakine udukinamico twabo bwite.

Uko isomo ritangwa

Sobanura : *Muzi uwanyu uburyo mwakwirinda virusi itera SIDA ; tugiye rero kubaha umwanya wo gushyira mu bikorwa ibyo muzi. Tugomba gushyira mu bikorwa ubushobozi bwacu iminsi yose kugira ngo dushobore gukora ibintu neza igihe tugiye mu kibuga. Uyu munsu turashaka ko mushyira mu bikorwa ibintu bitandukanye nko kuvuga « Oya » no gutsimbarara ku kuri, kugira ngo twizere ko mushobora kubikora no mu gihe kizaza. Mbere na mbere tugiye kubakinira agakino gato, hanyuma turabaha umwanya namwe mukine.*

Uyoboye amahugurwa hamwe n'abantu bake bakina agakino k'intangarugero: « Gutonda umurongo kuri butike mugiyeye kugura fanta» (Mubanze mubyitaze mbere yo kubikina).

UDUCE TW'AGAKINO

Uhugura ashake undi muntu umwe cyangwa babiri, bajye ku murongo bategereje kugura fanta. Harashyushye kandi bamaze igihe kirekire bategereje. Undi muntu ntashaka gutonda umurongo ahubwo yicire ku ruhande. Abandi bagaragaze ko batabyishimiye mu buryo butandukanye hanyuma abakinnyi basabwe kuvuga uwagaragaje icyo atekereza mu buryo bwiza kurusha abandi.

Agace ka 1 : Imyifatire yo kwemera ibije

Abatoza bari ku murongo igihe undi mutoza asohoka mu modoka ye. Agannye imbere asunika uwari uri kuri kontwari hanyuma agura ibinyobwa byose bikonje byari bisigaye. Bamwe mu bari ku murongo bagerageje kumukoma ku ntugu ariko abarebye yitwaye nk' « umuntu ukomeye » basubira inyuma. Arigendera atwaye igikapu cye cyuzuyemo bya binyobwa hanyuma umucuruzi ahita afunga iduka rye. Abari ku murongo bose bataha amara masa.

Agace ka 2 : Imyifatire yo kugira amahane

Abantu bari ku murongo kimwe no mu nkuru ya mbere, hanyuma wa mugabo agerageza kubacaho ; abatoza babiri baramufata batangira kumutonganya bamusunikira ku murongo inyuma. Umugabo na we agerageza kwirwanaho maze imirwano iratangira. Umuporisi wari wabonye uko byagenze araza ateguka abantu bose bari ku murongo gutaha cyangwa se akabafunga. Nta muntu utahanye ikinyobwa uyu muni.

Agace ka 3 : Imyifatire yo kwihagararaho

Abantu bari ku murongo nka mbere, hanyuma wa mugabo agerageze kubacaho. Umwe mu batoza aramuhagarika aramubwira ati : « munyihanganire nyakubahwa, mugomba kujya ku murongo mugategereza ko abo muhasanze babona ibyo bakeneye. Twese turategereje bityo namwe mugomba gukora nk'abandi».

Wa mugabo ati : « ntabwo mubyumva, uriya mucuruzi ni inshuti yanjye, sinshobora kujya ku murongo».

UHUGURA ati : « Ibyo ndabyuma, ariko uyu muni ugomba gutegereza. Bitabaye ibyo ubwo twe twaba tubihomberamo. Ndagusabye, tegereza ugerweho». Wa mugabo ashaka gukomeza ngo ajye imbere. UHUGURA aramubwira ati : « Ndashaka ko ujya ku murongo inyuma nonaha, niba atari ibyo ndahamagara umuporisi akoreshe ububasha afite agusubize mu mwanya wawe». Wa mugabo arebye ku ruhande abona umuporisi ahita yinjira mu modoka ye aragenda.

KUNGURANA IBITEKEREZO

- Mukuye iki muri aka gakino ?
- Uburyo bwiza bwo kugaragaza icyo utekereza mu bihe nk'ibi ni ubuhe ?
- Ninde watubwira icyo umuntu ufite imyitwarire yo kuvugisha ukuri yakoze ? Mbese yabikoze mu gasuzuguro cyangwa yabikoze mu bwubahane ? Yaba yagaragaje neza icyo yashakaga ?
- Mbese ni byiza ko umuntu agaragara buri gihe nk'umunyakuri cyangwa rimwe na rimwe tugomba guceceka cyangwa tugatongana ?
- Ninde watubwira inshuro byaba ngombwa ko umuntu yakwitwara atyo mu buzima ? (mu buryo bwihariye ku bibazo birebana na Virusi itera SIDA.)
- Ni ubuhe buryo budakuka bwo kuvuga « Oya » ? Tubyandike ku mpapuro.

UDUKINAMICO TW'ABAHUGURWA

Ugabanye abahugurwa mu matsinda atatu buri tsinda urihe gukina imwe mu nkuru zikurikira :

- a) Umwarimu ukuze arahatira umukobwa kugira ngo bakorane imibonano mpuzabitsina maze amuhe amanota.
- b) Umuhungu arashyirwaho igitutu na bagenzi be kugira ngo areke ubumanzi bwe maze akorane imibonano mpuzabitsina n'indaya yo mu murenge w'iwabo.
- c) Umukobwa arahatirwa n'inshuti ye gukora imibonano mpuzabitsina n'ubwo we atabishaka.

Usabe buri tsinda gukina agakinamico mu bice bitatu bashingiye ku nkuru bahawe yerekana: Imyifatire yo kwemera ibije, imyifatire yo kugira amahane n'imyifatire yo gutsimbarara ku kuri. Ukorerwa ibikorwa bibi agomba kuba ari we ugaragaza iyo myifatire. Mu matsinda manini, buri gace k'umukino gakinwe n'abantu batandukanye.

INGINGO ZO KUGANIRWAHO

- Ni iyihe myifatire yagize akamaro kuruta iyindi : ni iyo kwemera ibije, iy'amahane cyangwa se ni iyo gutsimbarara ku kuri ?

Shimangira : Rimwe na rimwe gutsimbarara ku kuri ntabwo kiba icyemezo cyiza. Urugero, niba imitwe yashyushye, cyangwa abantu bakoresheje ibiyobyabwenge cyangwa inzoga, cyangwa se uri ahantu hatari umutekano, gutsimbarara ntabwo bizaguha umutekano. Ni ngombwa gusuzuma uko ibintu bimeze, byaba ngombwa ugaceceka ukigendera.

Uburyo butatu bwo kubana n'abandi

1) Kwemera ibyo abandi bagusabye byose

Muri ubu buryo bw'imibanire, umuntu yumva ko ibitekerezo by'abandi biri hejuru y'ibye. Wereka abandi ko ibyo utekereza nta gaciro bifite kandi ko utekereza ko uri ku rwego rwo hasi ugereranyije n'abandi. Wirinda gukemura ikibazo kubera ko udashaka kubangamira abandi cyangwa kubakomeretsa. Uganira udaha agaciro ibitekerezo byawe, wubitse umutwe, ukavuga witonze, ushidikanya kandi usaba imbabazi buri kanya. Mu kuganira muri ubu buryo, umuntu ntashobora kurengera inyungu ze.

2) Kugira amahane

Mu kuvugana amahane, ushyira ibyo wemera n'ibyo utekereza hejuru y'iby'abandi. Wereka abandi ko ibitekerezo byabo nta gaciro bifite kandi ukerekana ko ubaruta. Uganira mu buryo buvunda usukiranya amagambo, utunga abantu urutoki, utumbira abantu, ugasakuza kandi ugashinja uwo muvugana.

3) Gutsimbarara ku kuri

Mu gutsimbarara ku kuri, ushyira imbere ibitekerezo byawe n'ibyo wemera ariko ukanubaha iby'abandi. Uba wereka uwo muvugana ko mwembi mufite akamaro kandi ko mureshya.

Uganira ku buryo ukomera ku byo wemera ukora ibimenyetso ugaragaza ko utuje kandi uvuga ukomeje. Umuntu uganira akomeye ku byo yemera aba azi neza kwita ku nyungu ze.

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Ni gute wavugisha ukuri ntibibe gusuzugura ?
- Ni izihe ngaruka zo kugira amahane no kwemera ibyo bagusabye byose ?



4. UBUMENYI BW'IBANZE KURI SIDA, INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA NO KUBONEZA URUBYARO

Iki gice kigamije gutanga ubumenyi bw'ibanze kuri SIDA, indwara zandurirwa mu mibonano mpuzabitsina no ku kuboneza urubyaro. Turibanda ku gukemura ibihuha bivugwa ku kuboneza urubyaro no kuri SIDA, turebere hamwe uko virusi itera SIDA ikwirakwira mu bantu n'uburyo ishegesha umubiri ikawuganisha mu burwayi bwa SIDA.

4.1. Ukuri n'ibihuha kuri Virusuri itera SIDA, indwara ya SIDA n'indwara zandurirwa mu mibonano mpuzabitsina

Igihe : Iminota 45

Intego z'iri somo

- *Kugira amakuru y'ukuri ku bijyanye na virusuri itera SIDA, SIDA n'indwara zandurirwa mu mibonano mpuzabitsina*
- *Gutandukanya ukuri n'ibihuha*
- *Kwisanzura no kubasha kuvuga ku byo abantu bakunze gutsinda.*

Ubutumwa bw'ingenzi

- *Ibihuha kuri virusuri itera SIDA, ku ndwara ya SIDA no ku ndwara zandurirwa mu mibonano mpuzabitsina, tubisanga ahantu hose; mugomba rero kugira ubushobozi bwo gutandukanya amakuru y'ukuri n'ashingiye ku bihuha kugira ngo mubashe gufata ibyemezo bihamye.*
- *Twahuriye hano kugira ngo twungurane ubumenyi kuri virusuri itera SIDA, ku ndwara ya SIDA, ku ndwara zandurirwa mu mibonano mpuzabitsina no ku kuboneza urubyaro; Rero icy'ingenzi si ukurushanwa amanota. Buri wese agomba gusobanukirwa impamvu amakuru amwe ari ukuri andi akaba ibihuha.*
- *Twese tubona amanota mu mukino w'ubuzima iyo dufite amakuru y'ukuri.*

Ibikoresho

- *Marikeri*
- *Impapuro nini cyangwa ikibaho n'ingwa*
- *Amarukuta yanditseho « ukuri » n'ayanditseho « ibihuha »*

Uko isomo riteye muri make

Abahugurwa bashyirwa mu makipe hanyuma bagafatanyaga gusubiza ibibazo birebana na virusuri itera SIDA, indwara ya SIDA n'indwara zandurirwa mu mibonano mpuzabitsina. Abasubije neza bahabwa amanota, maze abakoze neza ibibazo by'inyongera bagahabwa inota ry'agahimbazamushi.

Uko isomo ritangwa

Abahugurwa bajye mu matsinda (ariko ntihagire itsinda rirenze abantu 10). Nibishoboka, buri tsinda rihabwe umuyobozi wo kurishyigikira no kuyobora ikiganiro.

Mutegure ikibaho cyo kwandikaho cyangwa urupapuro runini rumanikwa aho bose babona. Buri tsinda ryihitiremo izina. Andika amazina y'amakipe ku kibaho cyangwa kuri rwa

rupapuro. Buri tsinda rihe amakarita yanditseho Ukuri n'Impuha. Bwira buri tsinda ryitoremo umuntu uzajya amanika ikarita yanditseho « Ukuri » cyangwa « Impuha». Bwira abayobozi b'amatsinda bayobore ibiganiro mu matsinda yabo. Babwire bashishikarize buri wese gutanga ibitekerezo.

Sobanura: Ngiye gusoma ibintu bivugwa kuri virusi itera SIDA, indwara ya SIDA, indwara zandurirwa mu mibonano mpuzabitsina no kuboneza urubyaro. Bimwe muri ibyo bintu ni ibihuha, ibindi ni ukuri. Ninzajya mvuga ikintu, ikipe izajya ivuga niba ari ukuri cyangwa impuha. Ndajya mbaha igihe kiri hagati y'amasogonda 30 n'umunota kugira ngo ikipe yanyu itekereze ku makuru mbabwiye. Nimvuga ngo « murekere aho », umuyobozi w'itsinda ryanyu aramanika ikarita yanditseho « ukuri » cyangwa iyanditseho « impuha ». Itsinda ryanyu niba risubije neza, rirabona inota. Itsinda rizarangiza rirusha irindi amanota riraba ritsinze! Ni ngombwa ko itsinda ryanyu risuzuma impamvu amakuru ari ukuri cyangwa ibihuha, kuko nzajya mbaha ikibazo cy'inyongera kugira ngo menye niba mwumva neza igisubizo mwatanze.

Banza witoze usoma ibibazo n'ibisubizo byabyo biri mu nyoboranyigisho, kugira ngo wimenyereze uyu mukino. Ni ngombwa ko amatsinda yose akorana umurava muri uyu mukino, kandi yose akumva ko yakoze neza. Mu mukino, gerageza gukora ku buryo amatsinda atarushanwa cyane, ubaza niba hari itsinda ryifuzaga gutsindira amanota menshi isubiza ibibazo by'inyongera. Umukino nurangira, ushimire itsinda ryabaye irya mbere, ariko ushimangire ko amatsinda yose yatsinze kubera ko yungutse ubumenyi.

INAMA ZIGIRWA UYOBOYE ISOMO

- Si ngombwa gusoma amakuru yose cyangwa ibibazo byose by'inyongera. Uyu mukino ugamije gutanga ubumenyi bw'ibanze no gushishikariza abantu gutanga ibitekerezo, ariko si ngombwa ko muvugaga ibintu byose birebana na virusi itera SIDA, indwara ya SIDA, indwara zandurirwa mu mibonano mpuzabitsina no kuboneza urubyaro.
- **Irinde kubogama** — wirinde ko umukino wahinduka cyane irushanwa. Iki gomba kwibandwaho ni ukungura ubumenyi buri wese, aho kuvuga ko hari utsinze cyangwa utsinze! Abayoboze amahugurwa bagomba kwirinda guteza impaka zirebana n'amanota.
- **Vugisha ukuri** — Ntugatange amakuru atari yo. Niba hari ikibazo utabashije gusubiza, ubwire abahugurwa uti « icyo ni ikibazo cyiza, ariko kirangoye; ndabashakira igisubizo nzakibahe ubutaha ».
- **Hitamo abantu ubaza ibibazo by'inyongera** kugira ngo buri wese agire uruhare mu isomo.
- Banza umenye neza niba bese basobanukiwe impamvu igisubizo ari ukuri cyangwa ibihuha, mbere yo kubaza ikindi.
- **Banza witegure**— Banza usome inyoboranyigisho, usome amakuru y'ukuri n'ay'ibihuha, usome ubumenyi bw'ibanze kuri virusi itera SIDA na SIDA mbere yo gutangira iryo somo, kugira ngo nawe ubwawe uze kubasha kumenya ibisubizo biri byo.

- Rangiza usobanura ko ntawatsinzwe. Vuga ko bese batsinze kubera ko bungutse ubumenyi.
- Bwira abahuguwe ko bize ibintu byinshi muri iri somo, ko bagombye kwiyumvamo ubushobozi bwo gusangira n'abandi ibyo bungutse. Bashobora kubigeza ku bandi : ababyeyi, abavandimwe, inshuti, abo bakinana, abaturanyi, n'abandi.

KUNGURANA IBITEKEREZO

- Haba hari ibindi bintu mwumvise bavuga kuri SIDA mukeka ko ari ibihuha ?
- Ni gute twarwanya ibihuha bimwe na bimwe bivugwa aho dutuye ?
- Aho dutuye, ni hehe twakura amakuru y'ukuri arebana na SIDA, indwara zandurirwa mu mibonano mpuzabitsina no kuboneza urubyaro ?

UBUTUMWA BWO KUJYANA MU RUGO

Igihe : iminota 5

Sobanura : Muhereye ku myitozo mwakoze uyu munsu, murebe ibintu bibiri bishya mujya gusangira n'abo mubana cyangwa n'inshuti zanyu. Nimugaruka mu mahugurwa, muzabe mwiteguye kutugezaho inshamake y'ibyo mwaganiriye n'inshuti n'imiryango zanyu.

AMWE MU MAKURU Y'UKURI N'IMPUHA

- 1) Kugira Virusi itera SIDA, ni kimwe no kurwara SIDA. *Impuha*
- 2) Bumwe mu buryo bwizewe bwo kwirinda Virusi itera SIDA, ni ukwirinda gukora imibonano mpuzabitsina. *Ukuri*
- 3) Ukoranye imibonano mpuzabitsina n'umuntu wanduye virusi itera SIDA ariko ukabikora inshuro imwe gusa, ntiwakwandura. *Impuha*
- 4) Uburyo bugezweho kandi bwizewe bwo kwirinda virusi itera SIDA mu bahungu b'abanyarwanda ni « Ukuvumbika », ari byo kwinjiza igitsina cy'umuhungu mu cy'umukobwa ariko nta kunyeganyega. *Impuha*
- 5) Kuboneza urubyaro bireba abagore gusa. *Impuha*
- 6) Biroroshye kwandura virusi itera SIDA iyo ukoze imibonano mpuzabitsina ufite indi ndwara yandurirwa mu mibonano mpuzabitsina. *Ukuri*
- 7) Abakobwa bafite ibyago byo kwandura virusi itera SIDA kurusha abahungu. *Ukuri*
- 8) Agakingirizo gashobora guhera mu mugore mu gihe cy'imibonano mpuzabitsina. *Impuha*
- 9) Kwipimisha virusi itera SIDA ni bwo buryo bwonyine bwatuma umenya ko wayanduye cyangwa ko utayanduye. *Ukuri*
- 10) Ufite ibyago byo kuba wakwandura virusi itera SIDA niba ugirana imibonano mpuzabitsina n'abantu benshi. *Ukuri*
- 11) Umwana wese uvutse ku mubyeyi ubana na virusi itera SIDA nawe avuka yanduye. *Impuha*
- 12) Virusi itera SIDA iba mu matembabuzi yo mu gitsina ariko ntiba mu maraso. *Impuha*
- 13) Bumwe mu buryo bwo kuboneza urubyaro butera abagore ubugumba cyangwa bugatuma abana bavukana uburema. *Impuha*
- 14) Ushobora kwandura virusi itera SIDA igihe ukoresheje urushinge cyangwa urwembe rwakoreshejwe n'umuntu wanduye iyo virusi. *Ukuri*

- 15) Umuntu ubyibushye cyangwa ugaragaza ubuzima bwiza aba atanduye virusi itera SIDA, bivuze ko mushobora gukorana imibonano mpuzabitsina nta mpungenge zo kwandura. *Impuha*
- 16) Niba umuhungu n'umukobwa bakuze maze bagafata icyemezo cyo gukora imibonano mpuzabitsina bwa mbere, si ngombwa ko bakoresha agakingirizo. *Impuha*
- 17) Imibonano mpuzabitsina ituma umukobwa agira ikimero cyiza, amabuno n'amabere bigakura). *Impuha*
- 18) Muri rusange ibinini bigira ingaruka mbi ku buzima. *Impuha*
- 19) Kugeza ubu SIDA ntirabonerwa umuti uyikiza. *Ukuri*
- 20) Agakingirizo ni bwo buryo bwonyine wakwifashisha, ugakora imibonano mpuzabitsina kandi ukirinda inda z'indaro n'indwara zandurirwa mu mibonano mpuzabitsina, icyarimwe. *Ukuri*
- 21) Umukobwa ntashobora gusama akoze imibonano mpuzabitsina inshuro imwe gusa. *Impuha*
- 22) Ibinini byo kuboneza urubyaro birinda virusi itera SIDA. *Impuha*
- 23) Niba niyemeje gukora imibonano mpuzabitsina, ngomba gukoresha agakingirizo neza kandi buri gihe kugira ngo nirinde virusi itera SIDA no gutera inda cyangwa gutwita ntabishaka. *Ukuri*
- 24) Imibonano mpuzabitsina itangiwe kare ituma igitsina cy'umuhungu gikura kandi akamera vuba ubwanwa n'insya. *Impuha*
- 25) Umugabo ntashobora gutera inda igihe yiyatse umugore maze agasohorera hanze. *Impuha*
- 26) Gukorana imibonano mpuzabitsina n'umukobwa w'isugi bikiza virusi itera SIDA. *Impuha*
- 27) Umugore wonsa ntashobora gutwita. *Impuha*

Mu gusozza iri somo, baza abahugurwa ibibazo bikurikira kandi bunganirane mu kubisubiza :

- Virusi itera SIDA itandukaniye he na SIDA ?
- Umukobwa ashobora gusama afite imyaka ingahe ?
- Ni gute umuntu ubana na virusi itera SIDA arebwa n'ibikorwa byo kurwanya SIDA?
- Ni akaha kamaro ko kwirinda imibonano mpuzabitsina ku mwangavu cyangwa ingimbi ?



4.2. Uko virusi itera SIDA ikwirakwira mu bantu

Igihe : iminota 15

Intego z'isomo

- *Kwerekana uko virusi itera SIDA ihererekanywa vuba kandi ku buryo bworoshye.*
- *Kwerekana ko umuntu ufite virusi itera SIDA adapfa kugaragara*
- *Kwerekana ukuntu ukwifata n'ubudahemuka bigabanya ibyago byo kwandura virusi itera SIDA.*
- *Kwerekana ibyiza byo kumenya amateka ya mugenzi wawe mbere yo kugirana na we imibonano mpuzabitsina.*

Ubutumwa bw'ingenzi

- *Virusi itera SIDA ikwirakwizwa vuba iyo abantu bakora imibonano mpuzabitsina nta gakingirizo kandi bakayikorana n'abantu banyuranye. Ugomba kumenya amateka y'umuntu mugiyeye gukorana imibonano mpuzabitsina kandi ukirinda icyatuma wandura virusi itera SIDA*
- *Ukwifata n'ubudahemuka ni bumwe mu buryo bw'ingenzi bwo kwirinda virusi itera SIDA.*

Ibikoresho

- *Udupapuro duto*

Uko isomo riteye muri make

Abahugurwa batambagira mu cyumba cy'amahugurwa cyangwa mu kibuga, bakagenda baramukanya. Iyo birangiye, abantu bafite virusi itera SIDA bahamagara abo baramukanyije bose, gutyo bakaba berekanye abo banduje.

Uko isomo ritangwa

Tegura udupapuro dukwiriye abantu bahari bose. Andika « VIH » ku gapapuro kamwe cyangwa tubiri. Andika « Ukwifata » ku gapapuro kamwe cyangwa tubiri. Andika « Ubudahemuka » ku gapapuro kamwe cyangwa tubiri. Ku dupapuro dusigaye ntugire icyo wandikaho. Buri gapapuro kazinge mo kabiri. Bwira buri wese ahitemo agapapuro kamwe. Babwire ko ntawe ugomba gufungura agapapuro ke cyangwa ngo asome ibyanditseho. Bashyire udupapuro twabo mu mufuka cyangwa mu isogisi kugeza umukino urangiye.

Sobanura: “Ndasaba ko buri wese azenguruka icyumba/ikibuga, noneho nimbibabwira muramukanye, muhana ikiganza. Nuramutsa umuntu umubaze ibibazo bikurikira”:

- *Witwa nde ?*
- *Ni uwuhe mukino ukunda ?*
- *Wambwira ikintu kimwe uzi kuri virusi itera SIDA ?*

Buri munota umwe cyangwa ibiri, babwire buri wese aramukanye n'undi kandi babazanye bya bibazo. Igihe buri wese azaba yaramukije nibura abantu batatu, bwira buri wese afate ka gapapuro ke asome icyanditseho.

Sobanura : “Noneho mutekereze ko mutarimo kuramukanya ko ahubwo mwarimo gukorana imibonano mpuzabitsina (Basobanurire ko ari ugukina gusa)”.

Bwira abafite agapapuro kanditseho « VIH » baze bahagarare imbere y’abandi, berekana agapapuro kabo. Sobanura ko bahagarariye abantu babana na virusi itera SIDA mu karere batuyemo.

Bwira buri wese ufite agapapuro kanditseho VIH guhamagara abo yaramukanyije nabo bose. Baze imbere bafatane urunana bose. Vuga ko abo bahagarariye abantu bagiranye imibonano mpuzabitsina n’abanduye virusi itera SIDA.

Bwira abafite udupapuro twanditseho « Ukwifata » n’utwanditseho « Ubudahemuka » ko bo ari bazima ko bashobora kwicara.

Abahagaze imbere bose berekane abo baramukanyije bose. Hagarika umukino mbere y’uko buri wese yandura.

Sobanura: “Uyu mukino uratwerekana ukuntu virusi itera SIDA ikwirakwira vuba mu baturage, kandi ko ntawamenya uwanduye n’utanduye. N’iyo waba utararyamanye n’abantu benshi, birerekana ukuntu Virusi ikwirakwira iyo ugiranye imibonano mpuzabitsina n’umuntu umwe cyangwa babiri. Iyo ukoranye imibonano mpuzabitsina n’umuntu umwe, ni nk’aho waba uyikoranye n’abo bayikoranye bose”.

Sobanura ko abantu bifashe cyangwa bagakomera ku budahemuka ari icyemezo bihitiyemo, bafite umutekano kurusha abandi kubera ko bahisemo kureka imibonano mpuzabitsina cyangwa bakirinda guca inyuma bagenzi babo, bityo bakaba bari bafite amahirwe menshi yo kutandura virusi itera SIDA.

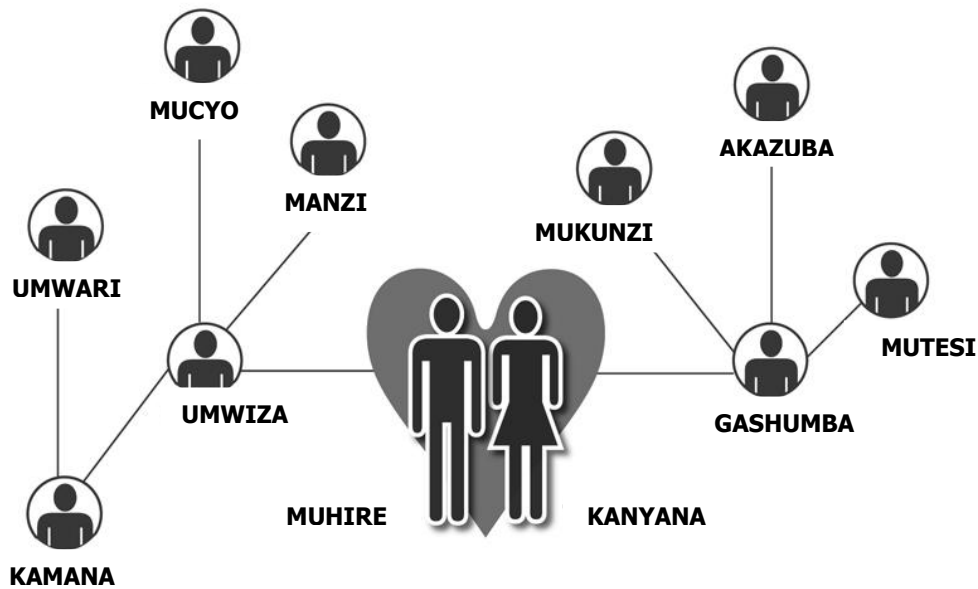
IBIBAZO BYO KUGANIRAHU

- Ni abantu bangahe bari banduye mu ntangiriro y’umukino ?
- Ni bangahe banduye ubungubu ?
- Kuki bariya bantu bose banduye mu mukino ?
- Ese mu by’ukuri ushobora kwandura virusi itera SIDA uganiriye n’abantu cyangwa muramukanyije gusa ?
- Ni gute twakwirinda kwandura virusi itera SIDA ?
- Kuki abantu bahisemo ukwifata n’ubudahemuka batandura virusi itera SIDA ?

INAMA ZIGIRWA UHUGURA

- Sobanura ko muri uyu mukino virusi itera SIDA iterwa gusa n’imibonano mpuzabitsina
- Mushobora gukomeza iri somo mushushanya igiti cy’uruhererekane rwa virusi itera SIDA, cyerekana uko abantu bagenda banduzanya. Shimangira ko iyo umuntu atinya kwandura virusi itera SIDA, atagomba gutekereza gusa uwo bagiye gukorana imibonano mpuzabitsina, ahubwo agomba no gutekereza abayikoranye n’uwo, n’abandi bayikoranye nabo.

Urugero (hifashishijwe igishushanyo):



Iyo Muhire na Kanyana cyangwa abantu babiri bakoranye imibonano mpuzabitsina ni nk'aho baba bayikoranye n'abandi bose bayikoranye n'umwe muri bo. Muri iki gishushanyo, ibyo biravuga ko buri wese asa n'uwakoranye imibonano n'abandi bantu 10. Niba muri abo bantu harimo umwe gusa wanduye virusi itera SIDA, Muhire na Kanyana nabo bashobora kuyandura.

IBIBAZO BYO KUGANIRWAHO

- Ni iki Muhire na Kanyana bakora ngo birinde virusi itera SIDA igihe ibintu bimeze kuriya ?
- Byagenda bite niba umwe mu bo bigeze kuryamana yari afite indwara zandurira mu mibonano mpuzabitsina ?
- Ese biriya biravuga ko Muhire na Kanyana batagombye kugirana imibonano mpuzabitsina ? Oya, biravuga ko bagomba kwifatira icyemezo. Bagomba kubanza kwipimisha kugira ngo bamenye niba bataranduye virusi itera SIDA.

Mu gusozza, baza ibi bibazo maze urubwiruko rubisubize :

- Ese ushobora kwandura virusi itera SIDA ukorana imibonano n'umuntu umwe gusa kandi umwizera ?
- Urubwiruko rwakora iki kugirango virusi itera SIDA yegukwirakwira ?

4.3. Amayeri virusi itera SIDA ikoresha mu gutera umubiri

Igihe : Iminota 15

Intego z'isomo

- Kwerekana uko virusi itera SIDA itera umubiri w'umuntu
- Kwerekana ko uko virusi itera SIDA ica intege umubiri w'umuntu ikamukururira indwara nazo zikaba zamwica
- Kwerekana akamaro ko kwipimisha virusi itera SIDA.

Ubutumwa bw'ingenzi

- Ubudahangarwa bw'umubiri buwurinda kwandura virusi n'izindi ndwara
- Virusi itera SIDA ica intege umubiri maze ikorohereza izindi virusi n'izindi ndwara kuwinjiramo. Imiti igabanya ubukana irwanya virusi itera SIDA hanyuma igafasha umubiri kugarura ingufu.
- Imiti igabanya ubukana hamwe no kugira isuku y'ibiribwa n'iy'umubiri, bifasha umuntu wanduye virusi itera SIDA kubaho igihe kirekire.
- Imiti igabanya ubukana ntikiza burundu cyangwa ngo yice virusi itera SIDA

Ibikoresho

- Imipira y'amaguru 3 kuri buri kipe
- Imipira yo kwambara cyangwa udutambaro 3 tw'amabara atandukanye kuri buri kipe
- Urupapuro rwa scotch

Uko isomo riteye muri make

Abakinnyi bakora igice cy'uruziga, batatu muri bo bagakinira mo imbere bahagarariye umubiri w'umuntu, insoro zera n'imiti igabanya ubukana. Abandi bakinnyi basigaye inyuma bahagararira virusi z'amoko yose na za mikorobe zishaka gutera umubiri zikoresheje imipira bakina, naho insoro zera zigatabara umubiri.

Uko isomo ritangwa

Shyira abakinnyi mu makipe abiri agizwe n'abantu 10 kugeza kuri 13. Kubashyira ku gice cy'uruziga wabanje gushushanya.

Sobanura: Uyu mukino witwa « Amayeri ya virusi itera SIDA ». Tugiye kwifashisha uyu mukino twerekana uko virusi itera umubiri, uko iwuca intege n'uko imiti igabanya ubukana idufasha kuyirwanya.

Tangira utanga ibisobanuro ku mubiri w'umuntu. Baza uti: virusi itera SIDA iba he? Cyangwa uti iriya nyuguti « H » iri mu ijamba HIV cyangwa VIH ivuga iki? Igisubizo gitegerejwe cyagombye kuba « mu mubiri w'umuntu ». Usubiza icyo kibazo umuzane imbere mu gice cy'uruziga.

Sobanura urusoro rwera ubaza iki kibazo: ni iki kiri mu mubiri w'umuntu kiwufasha kurwanya indwara na za virusi? Kora ku buryo igisubizo kiza kuba « insoro zera cyangwa ubudahangarwa bw'umubiri ». Usubiza icyo kibazo umushyire imbere mu gice cy'uruziga iruhande rw'umubiri.

Komeza ubabaze uti: Ubudahangarwa bukora iki mu mubiri w'umuntu? Igisubizo gitegerejwe: ubudahangarwa burwanya indwara na za virusi. Budufasha kutarwara cyangwa gukira vuba indwara.

Babwire uti: Mwebwe muri ku ruziga muhagarariye mikorobe na za virusi (barondore za mikorobe n'izindi ndwara zose bazi). Mugiyeye kugerageza kwinjira mu mubiri muwutera imipira mukoresheje intoki. Urusoro rwera ruragerageza kurinda umubiri rutangira imipira yanyu.

Reka umukino umare nk'iminota 5 hanyuma utangize ikiganiro:

- Urusoro rwera rwakoraga iki ?
- Ese rwahuye n'akazi gakomeye ?
- Ese rwabashije gutangira imipira ?

Noneho reka tuvuge ko umuntu yakoranye imibonano mpuzabitsina n'undi ufite virusi itera SIDA. Bizagenda bite mu budahangarwa bw'umubiri we cyangwa mu nsoro zera ?

Kora ku buryo basubiza ko ubudahangarwa cyangwa insoro zera bizacika intege. Noneho ufate amaboko ya wa muntu uhagarariye urusoro rwera uyazirikire mu mugongo ukoresheje urupapuro rwa scotch. Bongere bakine.

Nyuma y'iminota 5 wongere uhagarike umukino ubaze uti:

- Ese byoroheye urusoro rwera kurinda umubiri ?
- Ese gutera umubiri noneho biroroshye ?

Baza uwari uhagarariye umubiri uti « imipira yakugwagaho hari icyo yagutwaraga ? » Kora ku buryo asubiza ko imipira yamubabazaga. Sobanurira urubyiruko ko iyo ubudahangarwa cyangwa ubwirinzi kamere bw'umubiri bwacitse intege, umuntu yumva atamerewe neza, afite intege nke cyangwa ababara.

“Umuntu yakora iki ngo ye kurwara?” Igisubizo cyaba: kujya kwa muganga, gufata imiti, kwipimisha virusi itera SIDA.

Komeza ubaze : Tuvuge ko umuntu yipimishije agasanga yaranduye virusi itera SIDA. Bamushyize ku miti igabanya ubukana. Iyo miti izamumarira iki ? Kora ku buryo basubiza ko imiti izarwanya virusi ikayica intege hanyuma ikongera ingufu z'umubiri. Ongera utangize umukino ariko noneho urusoro rwera rufite ukuboko kumwe kuzirikiye mu mugongo.

Rangiriza umukino ku bibazo bikurikira:

- Ese aho imiti igabanya ubukana iziye, urusoro rwera rwasubiranye ingufu zose?
- Ese imiti igabanya ubukana ikiza SIDA ? Imiti se imara iki ?
- Ese umuntu wese basanganye virusi itera SIDA bamuha imiti igabanya ubukana ?
- Umuntu uri ku miti igabanya ubukana bwa virusi itera SIDA ashobora kubaho igihe kingana iki ?

4.4. Uko virusi itera SIDA ikwirakwira mu mubiri

Igihe : Iminota 15

Intego z'isomo

- *Kwigisha urubyiruko akamaro ko kwifata n'ubudahemuka mu kwirinda virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina no gusama bidateganyijwe.*
- *Kwigisha urubyiruko ko ubuhanga bukoreshwa mu mukino (muri iri somo) bufitanye isano n'ubuhanga bukoreshwa mu buzima busanzwe (gufata icyemezo, kwitwara neza, kubanira abandi neza, kwirinda, n'ibindi.).*
- *Kwigisha urubyiruko uko virusi itera SIDA ikwirakwira vuba mu bantu.*

Ubutumwa bw'ingenzi

- *Mu mukino, abakinyi bagomba kwima umupira abo bahanganye kandi bakirinda kotswa igitutu.*
- *Mu buzima, mugomba kurinda umubiri wanyu abanzi bawo nka virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina n'inda z'indaro, mugerageza kwirinda ibishuko n'imyitwarire ibakururira ibyo byago, mugashyira ingabo hagati y'umubiri wanyu n'abanzi bawo.*

Ibikoresho

- *Udutemeri cyangwa amabuye*
- *Udutambaro*
- *Impapuro*
- *Scotch*

Uko isomo riteye muri make

Umukino w'Intare n'Imparage: ku kabuga gatoya, abakinnyi barazenguruka biruka, bambaye agatambaro cyangwa agapapuro kaziritse ku mukandara cyangwa kometse ku kibuno kameze nk'umurizo; baragerageza kurinda imirizo yabo ngo abandi bakinnyi badafite imirizo (intare) batayitwara. Iyo umukinnyi bamutwariye umurizo, nawe ahinduka intare agatangira guhiga imirizo y'imparage. Intare zambare ku kuboko cyangwa ku mutwe udutambaro two kuzigaragaza.

Uko umukino uagenda

Shushanya aho ikibuga kigarukiye, ukoresheje udutemeri cyangwa amabuye, ubwire abakinnyi ko bataribuharengere.

Sobanura : *Muri uyu mukino, abakinnyi baragenda mu kibuga nta kurenga imbibi zacyo. Batekereze ko ari imparage zirimo kurisha mu gisambu. Haraza umuntu uri mu mwanya w'intare, udafite umurizo. Uwo muntu arinjira mu kibuga maze agerageze gutwara imirizo y'imparage. Imparage ziragerageza kurinda imirizo yazo zidakoresheje amaboko. Nihagira imparage yamburwa umurizo wayo, irahinduka intare maze nayo izifashe guhiga imirizo y'imparage.*

Bwira abakinnyi gufatisha agatambaro ku mukandara cyangwa ku ipantalo inyuma ku buryo kanagana nk'unurizo kandi bikaba byoroshye kugashikuzaho. Hitamo umuntu uribube intare hanyuma umwambike agatambaro ku kuboko cyangwa ku mutwe.

Imparage nizimara akanya gato zitangiye kurisha muri cya kigunda, woherewe intare uyibwire igerageze gushikuzaho imirizo y'imparage myinshi inshoboka. Nubona hasigaye imparage imwe, uhagarike umukino maze werekane umukinnyi watsinze. Subirishamo umukino inshuro nyinshi. Mu gihe abakinnyi barimo gukina babwire uti:

« Murinde imirizo yanyu mugerageze kwitambika hagati yayo n'intare ».

« Mwige kwirinda intare mufata ibyemezo birimo ubwenge. Mwirinde kujya ahantu habateza ibibazo »

« Ntimuteshuke ngo murangare. Mukine neza kandi muginane ubushishozi. Nta gutegana, nta no gufatana ku buryo butemewe. Ntimuzirike imirizo cyane cyangwa ngo muyikomeze binyuranyije n'amategeko y'umukino».

Sobanura: *Noneho dukore nk'aho intare ari virusi itera SIDA ije kutwanduzza.*

Gusubirishamo umukino kabiri cyangwa gatatu, uhinduranya intare (virusi).

INGINGO ZIGANIRWAHO

- Ni ayahe masomo dukuye muri uyu mukino ashobora kutugirira akamaro mu kwirinda virusi itera SIDA ?
- Virusi itera SIDA ikwirakwira vuba nko muri uriya mukino.
- Wowe ubwawe ushobora kwirinda virusi itera SIDA.
- Ukwifata bishobora kukubera ingabo ikurinda virusi itera SIDA, nk'uko mwakoreshaga umubiri ngo murinde umurizo wanyu gufatwa n'intare.
- Iyo mwirinde ibintu bibakururira ibyago, bituma mubaho igihe kirekire.
- Mugomba kwitwara neza mugafata n'ibyemezo byiza kugira ngo mubeho.
- Ni iyihe myitwarire yabakururiye ibyago muri uriya mukino ? Ni gute mwakwirinda mu buzima busanzwe?
- Ni gute Ukwifata kubarinda virusi itera SIDA?

INAMA ZIHABWA UHUGURA

- Kora ku buryo ikibuga (ubwatsi bw'imparage) kitaba gito cyane maze umukino ukarangira vuba cyangwa kinini cyane maze intare ikananirwa nta murizo n'umwe ifashe.
- Kora ku buryo abakinnyi bumva ko virusi itera SIDA idafata abantu bose bo mu karere cyangwa mu murenge.
- Muri uyu mukino, abantu bose bagera aho bakandura, ariko mu buzima busanzwe siko bigenda kuko handura bake. UHUGURA ashobora guhagarika umukino hatarandura benshi kugira ngo abakinnyi babyumve neza.

Mu gusoza, baza ibi bibazo maze urubyiruko rubisubize: Ni iki gituma virusi itera SIDA igorana mu kuyibonera umuti ? Ni hehe itandukaniye n'izindi virusi ?

4.5. Namenya nte uwanduye virusi itera SIDA ?

Igihe : Iminota 15

Intego z'isomo

- *Kumva ko ntawe ushobora kureba undi ngo amenye neza ko afite virusi itera SIDA*
- *Kunguka ubumenyi ku birebana n'akato mu buryo bw'imikino kandi bworoshye.*
- *Kungurana ubumenyi ku kwipimisha ku bushake virusi itera SIDA*

Ubutumwa bw'ingenzi

- *Nta kindi cyakubwira ko wanduye virusi itera SIDA uretse kwipimisha.*
- *Ntiwamenya ko undi yanduye virusi itera SIDA atipimishije ngo abikubwire.*
- *Ntitugomba guha akato cyangwa ngo duheze abantu babana na virusi itera SIDA.*
- *Abantu babana na virusi itera SIDA ni nk'abakinnyi b'ikipe yacu. Tugomba kubitaho no kubafasha.*

Ibikoresho

- *Amatenesi abiri cyangwa utundi tuntu duto tubiri*

Uko umukino uteye muri make

Abahugurwa barakora amakipe abiri, bahagarare ku mirongo ibiri iteganye kandi barebana ; abagize buri kipe bahererekanye itenese bayicishije mu mugongo. Buri kipe iragerageza kuvuga ufite umupira mu yindi kipe (ku wundi murongo).

Uko umukino ukorwa

Abakinnyi bakore amakipe abiri angana. Abagize ikipe bajye ku murongo, umwe iruhande rw'undi, begeranye ku buryo intugu zikoranaho. Amakipe yombi ahagarare ku mirongo iteganye, irebana, itandukanyijwe na metero 5 cyangwa 10. Abakinnyi bashyira amaboko inyuma mu mugongo- abari ku murongo begerane ku buryo ntawe ushobora gucisha mo ijisho ngo abone inyuma yawo.

Fata agapira (agatenesi) ugahe mu ibanga umuntu umwe kuri buri murongo. Bwira buri kipe itangire guhererekanya agapira mu ntoki, mu cyerekezo bashatse, babikorera mu mugongo. Bagomba gukora ku buryo bigora indi kipe gufindura aho agapira kageze.

Sobanura : Ninzajya mvuga « muhagarare » muzajya murekera aho guhererekanya, maze buri kipe ifindure ufite agapira mu yindi kipe.

Buri kipe irajya ihabwa amahirwe yo gufindura inshuro nyinshi.

INGINGO ZIGANIRWAHO

- Ese byari byoroshye gufindura aho umupira ugeze ?
- Ese biroroshye kumenya umuntu wanduye virusi itera SIDA ?
- Ese iyo bavuze ngo umuntu umeze neza kandi ubyibushye aba ari muzima mwaryamana nta mpungenge, ibyo mubitekereza ho iki ?
- Ni gute mwakwizera neza ko umuntu atanduye virusi itera SIDA ?
- Ise iyo tumenye ko kanaka yanduye virusi itera SIDA, bivuga ko tutagomba kongera kumwegera ?

INAMA ZIGIRWA UHUGURA

Bwira abari kuri buri murongo begerane ku buryo hatagira ucishamo ijisho.

Uko bagenda bamenyera umukino, babwire bajye bakora nk'aho aribo bafite umupira kugira ngo umukino urusheho gukomera.

Niba makipe ari manini cyane, ushobora kongeramo udupira twinshi cyangwa utundi tuntu two guhererekanya.

Mu gusoza, baza ibi bibazo kugirango urebe ko urubwiruko rwumvise isomo:

- Ni gute wamenya ko umuntu yanduye virusi itera SIDA ?
- Ese virusi itera SIDA ntishobora kwandurirwa mu gusangira no gukina ?



5. INGAMBA ZO KWIRINDA VIRUSI ITERA SIDA, INDWARA YA SIDA, INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA NO GUSAMA BIDATEGANYIJE.

Imirimo yo muri iki gice igamije kurebera hamwe ingamba zitandukanye urubyiruko rushobora gukoresha mu kwirinda virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina, gutera inda cyangwa gusama bidateganyijwe.

5.1. Imibonano mpuzabitsina ishobora gutegereza

Igihe : iminota 30

Intego z'isomo

- Kumva ibyiza byo kwihangana ntukore imibonano mpuzabitsina imbura gihe
- Gukoresha ingamba wakuye muri iri somo zikagufasha kwifata no kunanira abaguhatira gukora imibonano mpuzabitsina.

Ubutumwa bw'ingenzi

- Guhitamo gukora imibonano mpuzabitsina ni icyemezo gikomeye kandi cyo kwitonderwa.
- Ni ngombwa kumenya ingamba zagufasha kwirinda gukora imibonano mpuzabitsina ukabasha gutegereza ko igihe kigera.
- Iyo hari abantu bagushyira ku nkeke bashaka ko mukorana imibonano mpuzabitsina, ugomba kumenya uburyo wabahakanira cyangwa ukabirinda.

Ibikoresho

- Impapuro nini cyangwa ikibaho
- Marikeri cyangwa ingwa zo kwandikisha

Uko isomo riteye muri make

Muri iri somo, abahugurwa baraganira ku kwifata n'ingamba urubyiruko rukoresha kugira ngo rubashe kwifata.

Uko isomo ritangwa

Baza uti: Ese ushobora kwereka umuntu ko umukunze mutagombye gukorana imibonano mpuzabitsina? Niba bishoboka, wabigenza ute ?

Icyitonderwa: Babwire bavuge uburyo bakoresha. Ingero: gusomana; guhoberana; Kubwirana utugambo twiza (imitoma); Gufatana ikiganza mu kindi, n'ibindi.

Baza: Hari uwatubwira Kwifata icyo bivuga?

Kugaruka ku kwifata byo bisobanura iki? Bitandukaniye he no kwifata?

Sobanura:

Kwifata: Ni icyemezo cyo kudakora imibonano mpuzabitsina ugategereza igihe cyo gushyingirwa cyangwa igihe wumva ubyiteguye. Ubwo buryo burinda ijana ku ijana (100%) gusama cyangwa kwandura Virusi itera SIDA.

Kugaruka ku kwifata: Ni ukwisubiraho ugatangira bundi bushya ingamba zo kwifata niba warigeze gukora imibonano mpuzabitsina. Ibyo bivuga kutongera gukora imibonano mpuzabitsina ugategereza igihe cyo gushyingirwa cyangwa igihe wumva ubyiteguye.

INAMA ZIGIRWA UYOBOYE AMAHUGURWA:

Hari igihe abahugurwa batakumvikana ku gisobanuro cy'Ukwifata bitewe n'uko abantu baba babyumva ku buryo butandukanye.

Biriya bisobanuro ubahaye ni ibyo baheraho bungurana ibitekerezo.

Abahugurwa bashyire mu matsinda abiri, maze rimwe urisabe kuvuga "ibyiza" irindi rivuge "ingorane" zirebana no kwifata. Bahe iminota 15 yo gukora urutonde rw'ibyiza n'ingorane zo kwifata. Babwire babisome wowe ujye ubyandika ku kibaho babiganireho.

Urugero rw'ibyiza byo kwifata mbere yo gushyingirwa:

- Bituma wowe n'inshuti yawe mubona igihe cyo gushimangira ubucuti n'urukundo rwanyu rugakura.
- Bibarinda ijana ku ijana kwandura virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina, no gutera cyangwa gutwara inda mutabiteganyije.
- Bituma mwemerwa mu muryango no mu baturanyi.
- Bituma mwumvikana n'ababyeyi n'abarezi banyu.
- Ni byo bijyanye no kubaha Imana.
- Bituma mutegereza umukunzi mukwiranye – mwifuza umuntu uzabakunda by'ukuri mbere y'uko mukorana imibonano mpuzabitsina.
- Bituma mutegereza gushyingirwa – Mwifuza ko urukundo rukomera kandi mukabanza kumenya uko muhagaze ku bijyanye n'ubwandu bwa virusi itera SIDA.
- Mubera urugero rwiza inshuti n'abavandimwe.
- Bituma mwiyumvamo ingufu zo kwifatira ibyemezo no kwiyobora.
- Bituma mushyira ingufu mu gukurikirana intego z'ubuzima nta kibarangaje.
- Bibarinda kugira impungenge, kwiheba, kwiyumvamo icyaha, guhora mwicuza no gucika intege.

Zimwe mu ngorane zishobora gutuma urubiruko runanirwa kwifata:

- Koshiya n’urungano — Kumva ko abandi bose babikora uretse wowe.
- Ubwoba bw’uko inshuti yawe yaguta
- Igitutu n’agahato by’abantu bakuze.
- Kumva irari ryakurenze ukananirwa kwihangana.
- Kutigirira icyizere gihagije.
- Ubukene butuma abakobwa n’abahungu bishora mu mibonano mpuzabitsina bakurikiye amafaranga n’izindi mpano zitandukanye.
- Kutamenya uburyo bwo gushyikirana no kwihagararaho
- Gukoreshwa n’inzoga cyangwa ibiyobyabwenge

Saba umuntu umwe muri buri tsinda aze yerekane urutonde bakoze. Komeza ubafashe kuganira ku ngamba bashobora gukoresha mu kwifata.

Zimwe mu ngamba nziza :

- Mwerekane urukundo ku bundi buryo butari imibonano mpuzabitsina : gusomana, guhoberana, gukorakoranaho, gufatana ikiganza mu kindi, n’ibindi.
- Vuga ko wowe wumva utiteguye ! – Niba mugenzi wawe agukunda BY’UKURI, azakubaha wowe n’icyemezo cyawe.
- Ntugasohoke cyangwa ngo ujye mu bitaramo wenyine. Jya ujyana n’inshuti zawe wizeye.
- Tegereza wuzuze imyaka runaka mbere yo kugira umukunzi.
- Banza ufate icyemezo cy’imbibi utari burenge mbere yo gusohokana cyangwa guhura n’inshuti.
- Wirinde kunywa ibiyobyabwenge no gusinda mu bitaramo n’imyidagaduro.
- Menya aho ingufu zawe zigarukiye hakiri kare.
- Kwita ku byiyumviro byawe. Niba wumva hari ikikubangamiye, kuramo akarengye ugende !
- Gukunda imirimo – imikino, imyidagaduro ukunda, kujya mu rusengeru, ibikorwa rusange byo mu mudugudu cyangwa mu mashyirahamwe, n’ibindi.
- Bwiza ukuri inshuti yawe kandi ntiwemere ko isuzugura ibyemezo byawe.
- Wirinde kugirana agakungu n’abantu uziko bashobora kugushora mu mibonano mpuzabitsina.
- Wirinde gucudika n’umuntu utizeye.
- Wirinde gutinda ahantu hihishe cyangwa aho udashobora kubona abagutabara.
- Wirinde kujya mu modoka z’abantu utazi cyangwa utizeye.
- Wange amafaranga n’impano z’abantu ukeka ko bashobora kubikuryoza.

Mu gusozza isomo, baza : impamvu ari byiza ko urubiruko rutegereza gushyingirwa mbere yo gukora imibonano mpuzabitsina.

5.2. Guhakanira abaguhatira gukora imibonano mpuzabitsina

Igihe : Iminota 60

Intego y'isomo

- Kwimenyereza guhakanira abaduhatira gukora ibidakwiye

Ubutumwa bw'ingenzi

- Mu buzima, hari igihe dushyirwa ku nkeke yo gukora ikibi cyangwa icyo tudashaka. Kwitoza guhakanira abaduhatira gukora ibidakwiye, bishobora kudufasha kwigirira icyizere kugira ngo niduhura nabyo mu buzima busanzwe tuzabashe kubitsinda.

Ibikoresho : Ntabyo

Uko isomo riteye muri make

Amatsinda arakora udukino two kwitoza guhakanira ababahatira gukora ibidakwiye.

Uko isomo ritangwa

Sobanura : Iri somo riradufasha gushaka ibisubizo twatanga igihe hari abantu badushyize ku nkeke cyangwa bashaka kuduhatira gukora imibonano mpuzabitsina.

Abahugurwa bacemo amatsinda atatu. Buri tsinda rihe ingero z'ibibazo birimo agahato (ibishuko) bagerageze kuvuga uko babisubiza.

Sobanura : Mu matsinda yanyu, mufate iminota 20 yo kwitoza udukino tumara umunota umwe, mukine ku bibazo 4 twabahaye. Buri wese agomba gukina nibura mu gakino kamwe muri tune itsinda riza kwerekana. Muri buri gakino, murerekana urugero rw'agahato n'uburyo bwo kukanga.

Ingero z'amagambo arimo agahato

- Inshuti zawe zose zikora imibonano mpuzabitsina ; kuki wowe utayikora ?
- Ntiwakwandura virusi itera SIDA ubikoze rimwe gusa.
- Ndabikwijeje, nzakugurira icyo ushaka cyose, upfa kukimbwira gusa.
- Nutampa nzishakira undi
- Ntawe uzamenya ko twabikoze
- Ubwo se wumva ukiri umwana ku buryo wakwanga imibonano mpuzabitsina ?
- Hambere aha twarabikoze; ubu noneho se ufite izihe mpungenge?
- None se ntidukundana ?
- Nkwijeje ko biribugende neza- ndibwitonde.
- Ndakwiyaka mbere yo gusohora.
- N'ubundi se ko tugiye gushyingirwa, kuki tutabikora inshuro imwe ?
- Urabitinya se ?

Bwira buri tsinda rize gukina udukino twaryo. Nyuma ya buri gakino, saba abahugurwa bose bavuge ibindi bisubizo byatangwa mbere y'uko haza akandi gakino.

Nyuma y'udukino twose, bwira abahugurwa bavuge inzitizi cyangwa ibihuha bishingiye ku myumvire bibuza urubyiruko kwifata, hanyuma bose bagende bavuga ibisubizo umuntu yatanga ngo arwanye ibyo bihuha n'izo nzitizi.

IMPUHA ZIMWE NA ZIMWE ZIBUZA URUBYIRUKO KWIFATA, N'UBURYO BWO KUZIKEMURA

Abahungu	
Impuha	Uko wazivuguruza
Ugomba gukora imibonano mpuzabitsina ngo ugaragarize urungano rwawe ko uri akagabo !	Ubugabo ntibugaragarira mu gukora imibonano mpuzabitsina. Ubugabo ni ukwiyubaha ukihesha agaciro wirinda gukora imibonano mpuzabitsina idateguwe kuko bishobora kugukururira akaga.
Gukora imibonano mpuzabitsina bituma igitsina gabo gikura kandi kigakora neza.	Gukora imibonano mpuzabitsina si byo bituma igitsina gabo gikura ahubwo gikura nk'uko indi myanya y'umubiri ikura. Kwishora mu mibonano mpuzabitsina ugamiye gukura igitsina bishobora kugukururira indwara, gutera inda utabishaka, guta agaciro, n'ibindi byago.
Umukobwa uguhakaniye aba yiraza i Nyanza, iyo ukomeje guhatiriza agera aho akaguha.	Umukobwa afite uburenganzira bwo kuvuga « oya », kandi umuhungu na we akabyubahiriza. Iyo umuhungu akomeje guhatiriza haba hajemo ihohoterwa rishobora guhanwa n'amategeko. Kandi umuntu ukunda ntumuhatira gukora ibyo adashaka.

Abakobwa	
Impuha	Uko wazivuguruza
Imibonano mpuzabitsina ituma ugira amataye (ikimero kiza), n'amabere agakura.	Ikimero cyiza ntikizanza no gukora imibonano mpuzabitsina ahubwo biterwa n'imiterere y'umuntu! Kwishora mu mibonano mpuzabitsina ugamiye kugira ikimero kiza bishobora kugukururira indwara, gutwara inda utabishaka, guta agaciro, n'ibindi byago.
Imibonano mpuzabitsina ivura ibishishi.	Ibyo ni ibihuha. Ibishishi birizana bitewe n'imisemburo iri mu mubiri w'umuntu, kandi na none bikikiza. Ariko ubonye bidakira wagisha inama umuganga aho kwishora mu mibonano mpuzabitsina yagukururira SIDA, izindi ndwara, gusama utabyiteguye cyangwa kwitesha agaciro.
Nintemera gukora imibonano mpuzabitsina, umuhungu w'inshuti yanjye arakeka ko ntamukunda.	Umuhungu ugukunda nyabyo arakubaha kandi akubaha icyemezo wafashe. Niwangira umuhungu akaguta, uzamenye ko atagukundaga ahubwo ko yishakiraga ko mukorana imibonano mpuzabitsina gusa.

INGINGO ZIGANIRWAHO

- Kwifata bisaba kubifatira umugambi, kubiyemeza no kumenya uburyo bwo kwihagararaho.
- Kuba warigeze gukora imibonano mpuzabitsina ntibivuga ko byarangiye ! Ushobora kugaruka ku mugambi wo kwifata.
- Kureka imibonano mpuzabitsina ni icyemezo umuntu afata kenshi mu buzima. Si icyemezo umuntu afata inshuro imwe gusa.
- Kwifata cyangwa kwirinda gusama, bigira akamaro iyo ubikoze neza kandi buri gihe.
- Gukunda cyangwa gutekereza imibonano mpuzabitsina ni ibintu kamere kandi ubwabyo si bibi. Ariko uburyo duhitamo gushyira mu bikorwa ibyo bitekerezo, bisaba kwifatira icyemezo.

Mu gusoza, baza ibibazo bikurikira :

- Ese umwagavu yagombye guhakanira umuntu mukuru kandi yubaha umusabye gukora imibonano mpuzabitsina ?
- Kubera iki ubukene budakwiye kudushora mu mibonano mpuzabitsina ?
- Ese iyo watangiye gukora imibonano mpuzabitsina, ni iki byaba bimaze kongera kwifata ?



5.3. Guhitamo kugira umukunzi umwe

Igihe : Iminota 30

Intego z'isomo

- *Kumvisha urubwiruko ko igihe cyo gukundana kigera aho kikaza, ariko abakundana bakaba bafite ibyo bagomba kwitwararika.*
- *Kumva agaciro ko kwizerana no kudahemukirana*
- *Kumenya nibura ingamba ebyiri zifasha abakundana gukomera ku budahemuka.*

Ubutumwa bw'ingenzi

- *Mu mubano ushingiye ku kwizerana, ugomba kwirinda guhemukira cyangwa gutererana umukunzi wawe*
- *Kudahemukira umukunzi wawe bishobora gutuma mubana mu munezero buri wese akabasha gutegereza igihe cyo gushyingirwa nta mashyushyu yo gukora imibonano mpuzabitsina imburagihe.*

Ibikoresho

- *Impapuro nini zikoreshwa nk'ikibaho*
- *Marikeri zo kwandikisha*

Uko isomo riteye muri make

Abahugurwa barebera hamwe kwizerana icyo bivuga mu bakundana. Bakurikizaho kujya mu matsinda mato bagashaka ibyiza biri mu budahemuka n'ingorane zibubangamira, hanyuma bagashaka n'ingamba zakoresheye kugira ngo ubudahemuka busugire hagati y'abakundana.

Uko isomo ritangwa

Baza:

- *Kwizerana bivuga iki? Ubudahemuka ni iki?*
- *Ni gute abakundana babasha kwizerana no kudahemukirana?*
- *Ni gute icyizere gishobora gutakara? Icyo gihe umuntu yumva amerewe ate?*

Sobanura: Iyo wumva witeguye guhitamo gukora imibonano mpuzabitsina, ni ngombwa ko wowe ubwawe n'uko mukundana mugomba kwirinda virusi itera SIDA n'indwara zandurira mu mibonano mpuzabitsina. Uburyo bwo kubigeraho ni ukudacana inyuma, akaba ari we wenyine mukorana imibonano. Uko wirinze kugira abakunzi benshi ni nako uba wirinze kwandura virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina. Kandi iyo mwumva igihe cyo kubyara kitaragera, byaba byiza mukoresheje uburyo bwo kuboneza urubyaro mwihitiyemo.

Babwire bakore amatsinda abiri, rimwe urihe gushaka inyungu irindi urihe gushaka ingorane ziri mu budahemuka. Bahe iminota 15 yo gukora uwo mwitoto, hanyuma baze kwerekana ibisubizo byabo, ujye ubyangira ku kibaho maze babiganireho.

Zimwe mu nyungu zo kubana mu budahemuka:

- Bituma ubucuti buramba
- Bizana umunezero mu muryango
- Bituma ukwizerana kuramba
- Mwigirira icyizere kurushaho
- Birashimishije kugira umukunzi umwe
- Birinda intonganya mu nshuti no mu muryango
- Bituma mugera ku ntego z'ubuzima
- Bijyanye n'iyobokamana
- Bituma mwubahwa
- Bituma inshuti, umuryango n'abana babafataho urugero rwiza
- Bigabanya ibyago byo kwandura virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina
- Bituma mwiyumvamo ingufu zo kwifatira ibyemezo no kwiyobora.

Zimwe mu ngorane zishobora gutuma abakundana bahemukirana:

- Igitutu cy'urungano
- Igitutu cy'abakuru
- Kutihangana
- Kutigirira icyizere bihagije
- Imibereho mibi (ubukene)
- Ibyifuzo n'irari
- Gushukwa n'inzoga n'ibiyobyabwenge

Bwira umuntu umwe muri buri tsinda aze kwereka abandi urutonde rwakozwe n'itsinda rye.

Komeza ubafashe kuganira ku ngamba bashobora gukoresha kugira ngo babashe kubana mu budahemuka.

Zimwe mu ngamba zituma abakundana babana mu budahemukirana:

- Kwaha imbibi mudashobora kurenga mu mubano wanyu
- Kumvikana kuri byose
- Gukoresha ingufu mwifitemo n'ubuhanga mwigishijwe bwo kwangira abandi imibonano mpuzabitsina (Ukwifata cyangwa kugaruka ku kwifata)
- Kwangira mugenzi wawe imibonano mpuzabitsina niba ukeka ko yaba ayigirana n'abandi, cyangwa ugasaba ukomeje ko mukoresha agakingirizo.

Urubyiruko rushobora kuvuga n'izindi ngamba rukeka ko zarugirira akamaro.

Mu gusozza isomo, baza ibi bibazo kugirango urebe niba ryumvikanye :

- Ni izihe ngamba wafata kugirango ushobore gukomera ku cyemezo cyo kugira umukunzi umwe ?
- Niba umukunzi wawe ataguhemukira (ataguca inyuma), byaba bivuga ko mutagomba gutekereza agakingirizo ?
- Ni gute umuntu ashobora kwanduza virusi itera SIDA bagenzi be bahuje igitsina?

5.4. Ukuri n'impuha ku gakingirizo no gusama bidateganyijwe

Igihe : Isaha 1 n'iminota 45

Intego z'isomo

- *Kugira ubumenyi ku gakingirizo n'ubushobozi gafite bwo kurinda virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina no gusama bidateganyijwe.*
- *Kumenya uburyo agakingirizo gakoreshwa neza, n'akamaro kabyo*
- *Kumenya uburyo bwo kwirinda gusama bidateganyijwe*

Ubutumwa bw'ingenzi

- *Iyo twiyemeje gukora imibonano mpuzabitsina, gukoresha agakingirizo ni yo ngabo yizewe yo kuturinda virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina no gusama cyangwa gutera inda bidateganyijwe.*
- *Gukoresha agakingirizo neza kandi kuri buri mubonano mpuzabitsina bigabanya ibyago byo kwandura virusi itera SIDA n' indwara zandurirwa mu mibonano mpuzabitsina, ariko ntibikuraho izo mpungenge ijana ku ijana.*
- *Umuhungu w'ingimbi ashobora gutera inda, n'umukobwa w'umwangavu ashobora gusama.*

Ibikoresho

- *Marikeri*
- *Urupapuro runini cyangwa ikibaho*
- *Amakarita yanditseho « Ukuri » n'ayanditseho « Impuha »*

Uko isomo riteye muri make

Abahugurwa bicara mu matsinda, bakicara mu bihande byegeranye, buri tsinda rigahabwa akanya ko gutekereza ku bibazo birebana no gukoresha agakingirizo. Abasubije neza buri kibazo bahabwa amanota, abasubije ibibazo by'inyongera (by'isuzuma) bagahabwa agahimbazamusyi (inota ry'inyongera).

Uko isomo ritangwa

Shyira abahugurwa mu matsinda (ntihagire itsinda rirenza abantu 10). Nibishoboka buri tsinda rihabwe UHUGURA wo kurishyigikira no kurifasha kuyobora ikiganiro.

Mutegure ikibaho cyo kwandikaho cyangwa urupapuro runini rumanikwa aho bose babona. Buri tsinda ryihitiremo izina. Andika amazina y'amatsinda ku kibaho cyangwa kuri rwa rupapuro.

Bwira buri tsinda ryitoremo umukapiteni uzajya amanika ikarita yanditseho « Ukuri » cyangwa « Impuha». Buri mukapiteni muhe amakarita ariho Ukuri/Impuha. Bwira abakapiteni bayobore ibiganiro mu matsinda yabo. Babwire bashishikarize buri wese gutanga ibitekerezo

Sobanura: *Ngiye gusoma ibintu bivugwa ku gakingirizo no ku kwirinda gusama bidateganyijwe. Bimwe muri ibyo bintu ni ibihuha, ibindi ni ukuri. Ninzajya mvuga ikintu,*

itsinda rizajya rivuga niba ari ukuri cyangwa impuha. Ndajya mbaha igihe kiri hagati y'amasogonda 30 n'umunota kugira ngo itsinda ryanyu ritekereze ku makuru mbabwiye. Nimvuga ngo « murekere aho », kapiteni w'itsinda ryanyu aramanika ikarita yanditseho « ukuri » cyangwa iyanditseho « impuha ». Itsinda ryanyu niba risubije neza, rirabona inota. Itsinda rirangiza rirusha irindi amanota riraba ritsinze! Ni ngombwa ko itsinda ryanyu risuzuma impamvu amakuru ari ukuri cyangwa ibihuha, kuko nzajya mbaha ikibazo cy'inyongera kugira ngo menye niba mwumva neza igisubizo mwatanze.

Tangiza uyu murimo ubaza uti : Kuki tugomba gukoresha agakingirizo mu mibonano mpuzabitsina ?

Shyira mu ncamake ibisubizo byatanzwe uvuga ko n'ubwo agakingirizo katizewe ijana ku ijana, kugakoresha bituma ugabanya ibyago byo kwandura virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina gutera cyagwa gusama inda bidateganyijwe ?

Ongera ubaze uti : Ni ubuhe buryo bwizewe ijana ku ijana mu kurinda kwandura virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina, gutera cyagwa gusama inda bidateganyijwe ? Bagomba gusubiza ko ari Ukwifata.

AMWE MU MAKURU Y'UKURI N'IMPUHA KU GAKINGIRIZO

- Iyo wumva ufashe icyemezo cyo gukora imibonano mpuzabitsina, agakingirizo ni bwo buryo bwonyine bwizewe bwo kwirinda kwandura virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina, gutera cyagwa gusama inda bidateganyijwe
- Udukingirizo tugurishwa na PSI mu mafarumasi no mu mabutiki dukora kimwe n'udutangwa n'indi miryango itegamiye kuri Leta
- Utwinshi mu dukingirizo ducuruzwa ducika ubusa
- Agakingirizo gashobora kongera gukoreshwa iyo bakogeje bakakanika
- Ni ngombwa guhehereza agakingirizo ukoresheje vazelini cyangwa amazi mbere yo gutangira imibonano mpuzabitsina
- Iyo umugabo n'umugore barimo gukora imibonano mpuzabitsina, bombi bashobora kwambara udukingirizo
- Ni byiza ko umuhungu yambara udukingirizo tubiri. Bituma yirinda kurushaho
- Udukingirizo ni tunini cyane ugereranyije n'igitsina, ibyo bigatuma dukunze kunyerera tukavamo
- Agakingirizo gatera indwara y'impuyiko
- Agakingirizo gatuma abakora imibonano batanyurwa
- Udukingirizo ni dutoya cyane, duhambira igitsina tukakibabaza
- Iyo amasohoro agumye mu gakingirizo bishobora kubabaza umugabo, cyane cyane iyo asubiye mu gitsina cye.
- Abakoze agakingirizo bagashyizemo virusi itera SIDA
- Agakingirizo k'abagabo gashobora guhera mu nda ibyara y'umugore mu gihe cy'imibonano mpuzabitsina

AMWE MU MAKURU Y'UKURI N'IMPUHA KU GUTWITA ZIDATEGANYIJE

- Umukobwa w'imyaka 12 ntashobora gusama
- Ibinini byo kuboneza urubyaro bitera ubugumba
- Umuhungu utagejeje ku myaka 15 ntashobora gutera inda
- Iyo umuhungu yiyatse umukobwa agasohorera hanze ntashobora kumutera inda
- Nyuma y'imibonano mpuzabitsina, umukobwa ashobora gukaraba mu gitsina kugira ngo adasama.

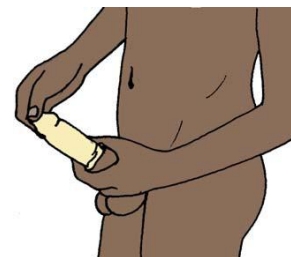
Nyuma y'ibiganiro, mwungurane ibitekerezo ku zindi nzitizi cyangwa imyumvire mibi ituma abantu bamwe na bamwe banga gukoresha agakingirizo, hanyuma abahugurwa bashake ibisubizo batanga ngo bakemure izo nzitizi.

ZIMWE MU NZITIZI ZIBUZA ABANTU GUKOresha AGAKINGIRIZO N'UBURYO BWO KUZIKEMURA

Inzitizi	Ibisubizo byo gukemura izo nzitizi
Agakingirizo gahumura nabi	Niba utishimiye impumuro y'agakingirizo aka n'aka, byiba intandaro yo kwishora mu mibonano idakingiye, ahubwo koresha agafite impumuro ikunogeye kuko hariho udukingirizo tw'amoko anyuranye.
Ntacyo bimariye umuntu wanduye virusi itera SIDA gukoresha agakingirizo	Umuntu ubana na virusi itera SIDA agomba buri gihe gukoresha agakingirizo kugira ngo atiyongerera ubwandu cyangwa ngo yanduze abandi.
Mfite isoni zo kujya kugura agakingirizo kuko bambonye banyita indaya.	Ntibyagombye kugutera isoni kuko ari uburenganzira bwawe bwo kukagura, kandi uzi akamaro kabyo.
Simbona umwanya wo kujya kukagura cyangwa kukambara kuko hagati aho umukobwa ashobora kwisubiraho	Aho kugira ngo ukore imibonano mpuzabitsina nta gakingirizo utiteguye cyangwa bigutunguye, umukobwa yakwisubiraho, kuko kwandura virusi itera SIDA cyangwa gutera inda utabishaka bifite ingaruka mbi kurusha ko umukobwa yakwima.
Inshuti yanjye ndayizeye, si ngombwa ko dukoresha agakingirizo	Umuntu wese ashobora kuba yaranduye, yewe n'uwo wizera. Kandi ugomba no gutekereza kwirinda gutera inda cyangwa gusama utiteguye.

Mu gusozza isomo baza iki kibazo maze abahugurwa bagusubize :

- Ni ibihe bihuha mwajyaga mwumva ku gakingirizo iri somo ryabashije kunyomoza ?
- Kubera iki kugura agakingirizo bidakwiye gutera isoni umuntu ugiye gukora imibonano mpuzabitsina
-



6. KUMENYA UBURYO WUGARIJWE NO KWIHA GAHUNDA Y'UBUZIMA

Imirimo yo muri iki gice irafasha abahugurwa gusuzuma uburyo bugarijwe na virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina, kandi igashishikariza abahugurwa guhitamo ingamba mu buzima zatumaga bagira imyitwarire ibarinda kwandura izo ndwara.

6.1. Imyitwarire yadukururira ibyago

Igihe : iminota 30

Intego z'iri somo

- *Kumenya imyitwarire idukururira ingorane n'ingaruka zayo.*
- *Gusuzuma imyitwarire yacu yo mu buzima bwa buri muni.*
- *Kurwanya ibihaha kuri SIDA na virusi itera SIDA.*

Ubutumwa bw'ingenzi

- *Abakinnyi bagomba gutinyuka bagahangana n'ingorane kugira ngo babashe kubona ibitego.*
- *Iyo abakinnyi bari mu rubuga rw'amahina hafi y'izamu ryabo, iyo batitonze bashobora gukora ikosa rikabaviramo gutsindwa igitego.*
- *Tugomba kuba ba « myugariro » kugira ngo twirinde SIDA. Nta burenganzira na buke dufite bwo gukora ikosa imbere ya virusi itera SIDA.*
- *Kimwe no mu mukino w'umupira w'amaguru, ubuzima bwuzuyemo ingorane n'ingaruka zazo. Mugomba kumenya ingaruka z'ibibazo mwikururira n'uburyo bwo kwirinda ibyo bibazo. Ikosa ukoze mu birebana n'imibonano mpuzabitsina rishobora kukuviramo urupfu.*

Ibikoresho

- *Ikarita y'umuhondo, iy'umutuku n'iy'umweru*
- *Urutonde rw'imyitwarire mibi (ifite ingaruka mbi)*
- *Ikibaho kimukanwa*
- *Scotch (udupapuro tumatira two kumanikisha izindi)*
- *Marikeri*
- *Imipira y'amaguru 2 cyangwa 3*

Uko isomo riteye muri make

Abahugurwa bakora amakipe mato kugira ngo baganire ku irimo ibyago byinshi, irimo ibyago bike n'itarimo ibyago byo kwandura virusi itera SIDA. Nyuma amakipe yose arabazwa ibibazo, asubije neza ahabwe amanota.

Uko bikorwa

Shyira abahugurwa mu matsinda atarengeje abantu 10 muri buri tsinda.

Tegura ikibaho cyangwa urupapuro runini rwo kwandikaho amanota ya buri tsinda (buri

tsinda rigomba guhitamo izina ryaryo).

Manika ya makarita atatu (umutuku, umuhondo n'umweru) imbere y'abahugurwa.

Sobanura : *Tugiye kureba uburyo imyitwarire yacu idukururira ibyago byo kuba twakwandura virusi itera SIDA. Buri kipe ndajya nyisomera igitekerezo, nyihe amasogonda 30 yo kucyumvikanaho igahitamo niba harimo ibyago byo kwandura virusi itera SIDA byinshi, bike cyangwa ntabyo. Ya masogonda nabahaye nashira, buri kipe irahitamo umuntu uyihagarariye uribujye guhagarara imbere y'ikarita ijyanye n'ibyo byago. icyo gihe itsinda ribe ryiteguye gusobanura impavu ryahisemo iyo karita.*

Ibisobanuro by'ibyago « byinshi », « bike », na « ntabyo »:

Imyitwarire irimo ibyago « byinshi »: *igihe ushobora kwandura virusi itera SIDA, ugasama cyangwa ugatera inda, ni ukuvuga iyo hari uguhana amaraso, amasohoro, amashereka cyangwa ububobere bwo mu gitsina (mu nda ibyara).*

Imyitwarire irimo ibyago « bike »: *igihe hari ubushobozi buke bwo kwandura virusi itera SIDA, gusama cyangwa gutera inda, kubera ko hari ubushobozi buke bwo guhana amaraso, amasohoro, amashereka cyangwa ububobere bwo mu gitsina.*

Imyitwarire itarimo ibyago: *igihe mudashobora kwandura virusi itera SIDA, gusama cyangwa gutera inda, kubera ko mutigeze muhana amaraso, amasohoro, amashereka cyangwa ububobere bwo mu gitsina.*

Mukine uwo mukino musoma ibitekerezo biri ku « rutonde rw'imyitwarire irimo ibyago ». Amakipe namara kumvikana ku gitekerezo ubasomeye kandi igihe wabahaye kirangiye, koma mu mashyi maze umuntu uhagarariye ikipe amanike ikarita igaragaza igisubizo cy'ikipe ye. Shishikariza abahugurwa gusobanura impamvu bahisemo ibisubizo byabo, no kubihuza na bwa buryo abantu banduriramo virusi itera SIDA.

Baza ibibazo byo gusuzuma niba ikipe yumva ibisubizo batanze hanyuma bibaheshe amanota y'inyongera.

Andika amanota ya buri kipe hanyuma ushimire abatsinze! Rangiza umukino usobanura ko nta kipe yatsinzwe kubera ko buri wese yungutse ubumenyi kuri SIDA.

INAMA ZIGIRWA UYOBOYE IBIGANIRO

- **Irinde kubogama** – Ntutume mu mukino hazamo irushanwa rikabije. Ikigomba kwibandwaho, ni uko buri wese yunguka ubumenyi, buri wese akumva ashubijwe ku bibazo yibazaga. Abayoboye amatsinda bagomba kwirinda kujya mu mpaka zishingiye ku manota.
- **Vugisha ukuri** – Ntugatange amakuru atari yo. Niba utazi igisubizo, bwira abahugurwa ko uzakibashakira ukakibaha ubutaha.
- Kora ku buryo abahugurwa babanza bakumva neza impamvu imyitwarire runaka igira ingaruka mbere yo kubabaza ikindi kibazo.

- Hari igihe ibisubizo biri byo bishobora kuba byinshi. Abahugurwa bashobora gusobanura ibisubizo byabo ugasanga nabyo bifite ishingiro.
- Uyu mukino ushobora no kubyutsa ibibazo. Bwira abahugurwa ko ufite ikibazo cyangwa impungenge yisanzura akabikubwira nyuma y'iri somo igihe cyose abishakiye. Mushobora no kurangira umuntu aho bamukemurira ikibazo, nko mu bajyanama b'ubuzima cyangwa kwa muganga.
- Si gnombwa ko usoma urutonde rw'imyitwarire yose. Uyu mukino ushobora gukoreshwa mu gutanga igitekerezo gishya kugira ngo abantu bakiganireho, ariko si ngombwa kuganira ku bitekerezo bishoboka byose.
- Ni ngombwa ko amakipe yose agira uruhare muri iki gikorwa kandi akumva ko yakoze neza. Mu kuyobora umukino, kora ku buryo buri kipe ikorera amanota menshi kugira ngo hatazamo ubusumbane (ushobora kubaza ibibazo by'inyongera kugira ngo buri kipe ibone amanota).

Rangiza uyu mukino ubwira abahugurwa ko bize ibintu byinshi bikomeye, kandi ko basabwa kujya babiganiraho n'ababyeyi babo, abavandimwe, inshuti n'abaturanyi.



INGERO Z'IMYITWARIRE

1. Odeta yari afite umunsi mukuru. Yanyoye inzoga nyinshi arasinda, akora imibonano mpuzabitsina. **IBYAGO BYINSHI**

Iyo ukoze ikintu udatekereza neza bituma wibagirwa kwirinda

1. Muhirwa yituma mu misarani ya rusange **NTA BYAGO BIRIMO**

Kugira ngo Muhirwa abe yakwandura virusi itera SIDA, byasaba ko yicara ku musarani uriho amaraso agishyushye kandi nawe akaba afite igisebe kikajyamo ya maraso.

3. Kabera agiye kwa muganga kwiteza urushinge **NTA BYAGO BIRIMO/ NI BIKE**

Niba inshinge zisukuye nk'uko bisanzwe bikorwa kwa muganga, nta mpungenge Kabera yagombye kugira. Nko ku bantu bicisha imanzi, ibyago byo kwanduzwa n'inshinge zikoresheya ni bike cyane iyo izo nshinge zasukuwe. Ariko nta wahakana ko izo nshinge zishobora kwa nduza virusi itera SIDA cyane cyane nk'iyi zikoreshejwe ku bantu benshi icyarimwe.

4. Jani atanga amaraso. **NTA BYAGO BIRIMO**

Amasashi akoreshwa mu gufata amaraso aba asukuye kandi ayakoreshejwe arajugunywa. Mu by'ukuri urubyiruko rwagombye gutinyuka gutanga amaraso kugira ngo ibibazo byo kubura amaraso ahabwa indembe bigabanuke. Iyo abatanga amaraso babaye benshi, bituma amaraso meza kandi atarimo ubwandu aboneka igihe cyose kandi ku buryo bworoshye.

5. Petero akorana imibonano mpuzabitsina n'abakobwa benshi. **IBYAGO BYINSHI**

Petero arugarijwe cyane, kubera ko ibyago byo kwandura virusi itera SIDA bigenda byiyongera uko uryamana n'abantu benshi. Usanga ubwandu bwa virusi itera SIDA hafi ya bwose buturuka mu mibonano mpuzabitsina.

6. Mariya n'inshuti ye bashaka kubyara ariko ntibipimishije visuri itera SIDA.

IBYAGO BYINSHI

Mariya n'inshuti ye bashobora kuba bafite virusi itera SIDA bakayanduzanya cyangwa bakageza n'aho banduza umwana babyaye, bitewe n'uko muri kiriya gihe batazakoresha agakingirizo (bashaka umwana). Kubera iyo mpamvu rero, ababyeyi n'umwana bose bafite ibyago byinshi. Iyo umubyeyi utwite abana na virusi itera SIDA, ashobora kongera amahirwe yo kubyara umwana utanduye iyo afata imiti neza, akabyara bamubaze kandi akirinda konsa uwo mwana.

7. Siperansiya yita kuri murumuna we ubana na virusi itera SIDA.

NTA BYAGO BIRIMO / IBYAGO BIKE

Siperansiya ntazandura niyitondera ibyo akora. Ashobora gukoresha uturindantoki dukoze

muri parasitiki (gants) igihe agiye gukora ku gisebe cy'umurwayi, kandi akirinda ko bahuza amaraso.

8. Karori n'umukunzi we barasomana cyane ariko ntibakora imibonano mpuzabitsina.
NTA BYAGO BIRIMO / IBYAGO BIKE

Nta byago byo kwandura virusi itera SIDA bafite niba muri bo ntawe ufite igikomere mu kanwa.

9. Manzi ariwe n'umubu.

NTA BYAGO BIRIMO

Kugeza ubu nta bushakashatsi buremeza ko umubu ushobora gukwirakwiza virusi itera SIDA. Imibu inyunyuzwa amaraso gusa, ariko ntiyatera mu muntu. Virusi itera SIDA ni virusi iba mu muntu gusa, ikaba idashobora kuba mu mubu.

10. Nicole arifata (ntakora imibonano mpuzabitsina). **NTA BYAGO BIRIMO**

Kwifata birinda ijana ku ijana virusi itera SIDA n'indwara zandurirwa mu mibonano mpuzabitsina.

11. Jerari arahobera inshuti ye yanduye virusi itera SIDA. **NTA BYAGO BIRIMO**

Ntushobora kwandura virusi itera SIDA ukoze ku muntu uyifite cyagwa wambaye imyenda ye.

12. Ana abana na virusi itera SIDA agakora imibonano mpuzabitsina nta gakingirizo kandi ari ku miti igabanya ubukana. **IBYAGO BYINSHI**

Mu mibonano mpuzabitsina harimo ibyago byinshi byo kwanduzanya. Kugira ngo Ane agabanye ibyo byago, yagombye gukoresha agakingirizo kandi akabwira inshuti ye ko yanduye kandi nayo ikipimisha. Ana ashobora kwanduza mugenzi we cyangwa nawe akiyongerera ubwandu.

13. Kugirana imibonano mpuzabitsina n'isugi. **IBYAGO BYINSHI**

Abakobwa b'amasugi bafite ibyago byinshi byo kwandura bitewe n'uko bakomereka iyo bakora imibonano bwa mbere. Kandi umukobwa w'isugi nawe ashobora kuba yaranduye virusi itera SIDA (kubera ko itandurira mu mibonano mpuzabitsina gusa).

14. Alegisi arwaye imitezi none arakora imibonano mpuzabitsina nta gakingirizo.
IBYAGO BYINSHI

Ibisebe biterwa n'imatezi ni imwe mu nzira zicamo virusi itera SIDA. Imibonano idakoresheje agakingirizo iba irimo ibyago byinshi.

15. Kayiranga yiteza inshinge mu ivuriro ryigenga ryogeshya inshinge amazi akonje.
IBYAGO BYINSHI

Urushinge rukoreshwa rimwe gusa.

Niba hari igihe gihagije, ushobora kongeramo ibindi bibazo (Gusangira ku isahani, kunywesha ikirahuri kimwe, gukinana umupira, kuryama mu buriri bumwe, n'ibindi).

Ibibazo byo gusoza isomo :

- Mukurikije ibyo mumaze kumva muri iri somo, ni ryari umuntu aba afite ibyago byinshi byo kwandura Virusi itera SIDA ?
- Ni ryari ibyo byago aba ari bike ?
- Ni ryari utagira impungenge zo kwandura ?

6.2. Gusuzuma uburyo wugarijwe no gufata ingamba zikwiye

Igihe : Iminota 30

Intego z'iri somo

- *Kumenya imyitwarire yawe n'ingaruka zayo*
- *Kubasha kwifatira ibyemezo birebana n'imibonano mpuzabitsina*

Ubutumwa bw'ingezi

- *Abantu badafite ubunararibonye usanga bafata ibyemezo bitari byiza mu buzima*
- *Rimwe na rimwe dukora ibintu bishobora kudukururira virusi itera SIDA, indwara zandurirwa mu mibonano mpuzabitsina, inda z'indaro, tukabikora tutabizi cyangwa tutabishaka.*
- *Iyo tumaze kumva neza ingaruka zabyo, tugomba kwifatira ibyemezo kugira ngo twirinde.*

Ibikoresho

- *Kopi ya « Waba uri mu nzira nziza ? » ihabwa buri wese*
- *Impapuro z'umweru zihabwa buri wese*
- *Agatebo cyangwa agakarito*

Uko isomo riteye muri make

Abahugurwa baruzuzwa « Waba uri mu nzira nziza? » bayisomewe n'umuyobozi w'amahugurwa. Hanyuma umuyobozi asaba buri wese guhitamo ingamba azakurikiza mu buzima akayandika ku gapapuro atakerekanye

Uko bikorwa

Icyiciro cya 1:

Bwira abahugurwa ko mu buzima bugarijwe cyane n'indwara zandurirwa mu mibonano mpuzabitsina na SIDA. Bimwe mu bitwugarije biragaragara, ibindi ntibigaragara. Uyu mwitoto uradufasha kumenya ibitwugarije bimwe na bimwe no kubyirinda.

Ha buri wese kopi y'urupapuro ruriho « Waba uri mu nzira nziza? » Basomere ibibazo biriho hanyuma bo bagende buzuza ibisubizo buri wese ku giti cye. Bamenyeshe ko ibisubizo byabo baribubigumane bikaba ibanga ryabo.

Niba hari utinye kwandika ibisubizo kugira ngo abandi batava aho babimenya, mubwire areke kubyandika ariko abitekerezeho.

Icyiciro cya 2 :

Bakimara gukora uwo mukoro, mukurikizeho umurimo ukurikira witwa “Gahunda y'ubuzima”.

Sobanura: *Mugiye kwandika inyuguti imwe ku gapapuro mwahawe. Buri wese arandika inyuguti ihagarariye gahunda y'ubuzima yafashe. Birabujijwe kwandika izina ryawe ku gapapuro. Niba gahunda yawe yo kwirinda virusi itera SIDA, indwara zandurirwa mu*

mibonano mpuzabitsina n'inda z'indaro ari ukwifata, urandika A ku gapapuro. Niba gahunda wafashe ari ubudahemuka urandika B, niba wafashe gahunda yo gukoresha agakingirizo wandike C. Nurangiza urazinga agapapuro uje kugashyira mu gatebo kari imbere.

Ibibazo : WABA URI MU NZIRA NZIZA ?

IGICE CYA 1: WABA WARIGEZE UKORA KIMWE MURI IBI BINTU BIKURIKIRA ?

1. Nakoze imibonano mpuzabitsina nta gakingirizo?
2. Nakoranye imibonano mpuzabitsina n'umuntu utaripimishije virusi itera SIDA, nta gakingirizo ?
3. Nakoranye imibonano mpuzabitsina n'umuntu tutaziranye, ijoro rimwe gusa, nta gakingirizo?
4. Nakoze imibonano mpuzabitsina, ariko agakingirizo twakoreshaga karacika?
5. Nakoranye imibonano mpuzabitsina n'abantu barenze umwe?
6. Nigeze ngira ibimenyetso by'indwara zandurirwa mu mibonano mpuzabitsina?
7. Nigeze mfatwa n'indwara yandurirwa mu mibonano mpuzabitsinaje ariko sinayivuriza kwa muganga?

Niba hari aho wasubije « YEGO » kuri ibyo bibazo kandi ukaba utaripimishije virusi itera SIDA, birashoboka ko waba warayanduye.

Uko « YEGO » wasubije ari nyinshi ni nako ufite ibyago byinshi byo kuba waranduye virusi itera SIDA.

Wakora iki ngo wongere amahirwe yo kutandura?

IGICE CYA 2: UKURIKIJE UKO UBYUMVA

1. Waba ukunda gukora ibyo inshuti zawe zigusabye byose?
2. Waba ukunda gukora ibyo inshuti zawe zigusabye, niyo waba ubona ko bishobora kugira ingaruka mbi? Ese birakugora guhakanira inshuti zawe?

Niba wasubije « YEGO » nyinshi kurusha « OYA », bitekerezeho neza.

Ushobora kwandura virusi itera SIDA niba ukunda gukora ibyo inshuti zawe zigusabye.

Ariko kuva uyu munsu, ushobora kwiha gahunda y'ubuzima, ugafata inzira nziza ikuganisha ku byiza.



7. ISUZUMA RY'AMAHUGURWA

Igihe: iminota 30

Intego :

- *Gusuzuma ubumenyi bwungukiwe muri aya mahugurwa*
- *Gusuzuma niba amahugurwa yagenze neza*

Ubutumwa bw'ibanze :

- *Abayoboye amahugurwa bagomba kumenya icyo urubiruko rwungukiye muri aya mahugurwa (bagereranya amanota babonye mbere na nyuma y'amahugurwa) kugira ngo banabashe kumenya ingingo zikeneye kugarukwaho mu yandi mahugurwa.*
- *Abahugurwa nabo bakeneye gutanga ibitekerezo ku migendekere y'amahugurwa barangije kugira ngo ay'ubutaha azagende neza kurushaho.*

Ibikoresho :

- *Impapuro ziriho ibibazo by'isuzumabumenyi (bihuye n'ibyakoreshwe mu ntangiriro y'amahugurwa)*
- *Impapuro ziriho ibibazo byo gusuzuma uko amahugurwa yagenze*

Uko igikorwa giteye muri make:

- *Abahuguwe bahabwa ibibazo by'isuzumabumenyi n'ibyo gusuzuma uko amahugurwa yagenze, maze buri wese akabisubiza ku giti ke. Iyo barangije ibisubizo babiha uyoboye amahugurwa.*

Uko bikorwa:

Abahugurwa bose bahe impapuro z'isuzuma rihera (isuzumabumenyi n'isuzuma ry'amahugurwa). Bahe iminota 30 yo gusubiza ibibazo. Numara gukusanya impapuro z'ibisubizo, ubwire abahuguwe ko ugiye gusoma ibisubizo n'ibitekerezo byabo witonze kugira ngo bizakoreshe mu gufata ingamba zikwiye. Hanyuma basabe gutanga ibindi bitekerezo, ibibazo n'ibyifuzo mbere yo gusoma amahugurwa.

Imigereka

A. Ibibazo by'isuzumabumenyi

Igice cya mbere: Umwirondoro

- Igitsina (andika Gabo cyangwa Gore):Imyaka : Akazi ukora :
- Akarere utuyemo : Umurenge utuyemo:
- Amashuri wize (guca akaziga kuri nimeru y'igisubizo cyawe) :

- 1) Sinigeze njya mu ishuri
- 2) Amashuri abanza ariko sinayarangije
- 3) Amashuri abanza narayarangije
- 4) Amashuri y'Imyuga, ariko sinayarangije.
- 5) Amashuri y'Imyuga, narayarangije.
- 6) Amashuri yisumbuye, ariko sinayarangije.
- 7) Amashuri yisumbuye, narayarangije
- 8) Kaminuza ariko sinayarangije

Igice cya 2 : Isuzumabumenyi

Nr	IBIBAZO	Murasubiza muvuga « nibyo », « sibyo » cg « simbizi »
1.	Kugira virusi itera SIDA ni kimwe no kurwara SIDA	
2.	Ntiwakwandura virusi itera SIDA ukoze imibonano mpuzabitsina rimwe gusa.	
3.	Iyo umuntu afite virusi itera SIDA, ashobora gukorana imibonano mpuzabitsina n'undi uyifite nta mpungenge.	
4.	Abakobwa b'inkumi bafite ibyago byo kwandura virusi itera SIDA kurusha abasore	
5.	Umuntu yakwaduzwa virusi itera SIDA n'umubu wamurumye.	
6.	Ushobora kugabanya ibyago byo kwandura virusi itera SIDA, iyo ukorana imibonano mpuzabitsina n'umuntu utayifite, kandi na we ntawundi bakorana imibonano.	
7.	Ushobora kugabanya ibyago byo kwandura virusi itera SIDA, iyo ukoresha agakingirizo kuri buri mubonano mpuzabitsina	
8.	Umuntu wanduye virusi itera SIDA, iyo umubonye uramumenya.	
9.	Ushobora kwandura virusi itera SIDA iyo uririye ku isahani imwe n'umuntu uyifite.	
10.	Virusi itera SIDA ntikira	
11.	Umugabo n'umugore bashobora kuba bafite indwara zandurira mu mibonano mpuzabitsina ariko zitagaragara	
12.	Indwara yandurira mu mibonano mpuzabitsina ishobora kwikiza itavuwe.	
13.	Iyo ufite indwara zandurira mu mibonano mpuzabitsina uba ufite ibyago byinshi byo kwandura virusi itera SIDA	
14.	Umukobwa w'imyaka 12 ntashobora gutwara inda	
15.	Ibinini byo kuboneza urubyaro bitera ubugumba	
16.	Umuhungu utagejeje ku myaka 15 ntashobora gutera inda umukobwa.	
17.	Mu mibonano mpuzabitsina ikozwe nta gakingirizo, iyo umuhungu asohoreye hanze ntashobora gutera umukobwa inda.	
18.	Iyo umukobwa amaze gukora imibonano mpuzabitsina nta gakingirizo hanyuma	

Nr	IBIBAZO	<i>Murasubiza muvuga « nibyo », « sibyo » cg « simbizi »</i>
	agahita yoza mu gitsina, ntashobora gusama.	
19.	Iyo abahungu n'abakobwa batangiye imibonano mpuzabitsina bakiri bato, bituma abakobwa bagira ikimero cyiza, bagakira ibishishi, ndetse n'igitsina cy'umuhungu kigakura cyane.	
20.	Iyo ukoresheje udukingirizo tubiri mu mubonano mpuzabitsina, bigabanya ibyago byo kwandura virusi itera SIDA.	
21.	Umukobwa akomeza kujya mu mihango iyo atwite.	
22.	Kwigisha urubyiruko gukoresha agakingirizo ni ukubashishikariza gukora imibonano mpuzabitsina.	
23.	Urubyiruko ruganira n'ababyeyi ku birebana n'ubuzima bw'imyororokere ni rwo rusambana cyane.	
24.	Biroroshye kuganira n'inshuti kurusha uko waganira n'ababyeyi ku birebana n'ubuzima bw'imyororokere, kubera ko ababyeyi bakugaya cyangwa bakagutonganya.	
25.	Iyo umukobwa n'umuhungu bakundana baba bagomba gukorana imibonano mpuzabitsina.	
26.	Ntiwakwanga gukorana imibonano mpuzabitsina n'umuntu ukunda cyane.	
27.	Mu miryango dutuyemo, rimwe na rimwe ni ngombwa ko urubyiruko rukora ibinyuranye n'umuco uhasanzwe.	

	<i>Ibibazo</i>	<i>Ca akaziga ku nimeru y'igisubizo uhisemo</i>
28.	Ni ryari mu kwezi k'umugore aba ashobora gusama?	<ol style="list-style-type: none"> 1) Mu gihe cy'imihango 2) Hagati mu kwezi kwe 3) Imihango ikirangira 4) Imihango igiye gutangira 5) Simbizi
29.	Ni ubuhe buryo bwo kuboneza urubyaro butizewe cyane ?	<ol style="list-style-type: none"> 1) Akakingirizo 2) Ibinini 3) Gusohorera hanze 4) Kwifata 5) Inshinge 6) Agapira ko mu mura 7) Simbizi
30.	Ni ubuhe buryo bwo kuboneza urubyaro burinda kwandura virusi itera SIDA ?	<ol style="list-style-type: none"> 1) Akakingirizo 2) Ibinini 3) Gusohorera hanze 4) Inshinge 5) Agapira ko mu mura 6) Simbizi

B. Isuzuma rya buri muni

Igihe: iminota 15

Intego :

- *Gufasha abahugurwa kugira icyo bavuga ku mahugurwa ya buri muni, kugira ngo ku muni ukurikiyeho abahugurwa babashe gukosora ibitagenze neza.*
- *Guha abahugurwa uruhare mu mitegurire n'imitunganyirize y'amahugurwa.*

Ibikoresho

- *Udukarito tubiri*
- *Ikaramu n'impapuro ebyiri kuri buri wese*

Uko bikorwa :

- *Baza buri wese witabiriye amahugurwa kwandika ku rupapuro rumwe ibyo yashimye mu mahugurwa y'uwo muni, ku rundi rupapuro yandikeho ibitagenze neza.*
- *Hanyuma abahugurwa bashyire impapuro mu bikarito bitandukanye (ibitagenze neza bijye ukwabyo, n'ibyo bashimye ukwabyo).*
- *Abahugurwa bamaze gutaha, uyoboye amahugurwa asoma ibyo banditse kugira ngo amenye ibizasubizwa cyangwa ibizakosorwa ku muni ukurikiyeho.*

C. Ibitabo byifashishijwe

1. BCSM, *Le Guide du Coach*, 2009
2. BCSM, *Les Messages Clés et les Arguments d'Appui pour Changer les Comportements des Différents Groupes Cibles du Projet BCSM*, 2009
3. CHAMP, *Ubutumwa Bugamije Guhindura Imyitwarire mu Kurwanya SIDA*, 2009
4. CNLS, *Module de Formation des Formateurs en Communication pour le Changement de Comportement en Matière de VIH et SIDA*, 2006
5. KHI/CEFOCK, *Rapport du Séminaire-Atelier sur la Santé Sexuelle et Reproductive des Jeunes et Adolescents*, 2005
6. OMS et JHSPH-CCP, *Planification Familiale*, 2008
7. JHSPH-CCP, *Key Facts About the Menstrual Cycle, Issue No 7*, 2006

D. Gahunda y'amahugurwa

Umunsi wa 1

Isomo/Ikiganiro	Uburyo bwakoreshwa	Igihe
INTANGIRIRO		
Kwakira no kwandika abitabiriye amahugurwa	Gutegura urupapuro buri muntu wese wibitabiriye amahugurwa akiyandikaho.	8h30-9h00
Gutanga ikaze no kwibwirana	Uyoboye amahugurwa yifuriza ikaze abaje mu mahugurwa akabasabakwibwirana.	9h00-9h15
Intego rusange y'amahugurwa	Uyoboye amahugurwa asobanura impamvu yabahuje.	9h15-9h20
Ibyo abahugurwa bategereje kunguka	Buri wese mu bitabiriye amahugurwa avuga icyo ayategerejeho, uyayoboye akandika ku kibahoibyifuzo byabo.	9h20-9h35
Kuganira ku mibereho mu mahugurwa	Umwe mu bateguye amahugurwa abwira abayitabiriye ibirebana n'imibereho (amacumbi, amatike, amafunguro, ...)	9h35-9h45
Kugena amategeko azagenga amahugurwa no kugabana imirimo	Gusaba abitabiriye amahugurwa bagashyiraho amategeko azabagenga, bagahitamo abazabahagararira mu mirimo itandukanye. Kwandika ku kibaho ibitekerezo byose no kubiganiraho.	9h45- 9h55
Isuzumabumenyi ribanza	Uyoboye amahugurwa atanga impapuro ziriho ibibazo by'isuzumabumenyi, abaje mu mahugurwa bakabisubiza, bakabimuha.	9h55-10h15
Ibigamijwe (intego zihariye) mu mahugurwa	Uyoboye amahugurwa avuga intego zihariye z'ayo mahugurwa agerageza kuzigereranya n'ibyifuzo abahugurwa bagaragaje. Hanyuma abereka gahunda y'amahugurwa byaba ngombwa bakayinononsora.	10h15-10h30
AKARUHUKO		10h30-10h45
1. UBUZIMA BW'IMYOROROKERE		
Impinduka zo ku mubiri mu gihe cy'ubugimbi n'ingaruka zazo	Iriburiro ku buzima bw'imyororokere, ikusanyabitekerezo ku mpinduka zo ku mubiri ziza mu gihe cy'ubugimbi. Imirimo yo mu matsinda : gusuzuma ingaruka z'izo mpinduka ku bahungu no ku bakobwa.	10h45-11h45
Ukwezi k'umugore	Ibibazo n'ibisubizo bigamije gusuzuma ubumenyi bw'abahugurwa, Kwerekana igishushanyo cy'ukwezi k'umugore no kugisobanura.	11h45-13h00
IKIRUHUKO- AMAFUNGURO YO KU MANYWA		13h00-14h00
Kuboneza urubyaro	Kurondora uburyo bwo kuboneza urubyaro hakoreshejwe ikusanyabitekerezo. Kwerekana amashusho y'ibikoresho byo kuboneza urubyaro Kuganira ku byiza n'ingorane ziri mu ikoreshwa ry'uburyo butandukanye bwo kuboneza urubyaro .	14h00- 15h00
AKARUHUKO		15h00-15h15
Kungurana ibitekerezo	Ikiganiro cyo kubaza no gusubiza ibibazo ku masomo y'uwo munsi.	15h15-16h15
<i>Isuzuma ry'umunsi</i>		<i>16h15-16h30</i>

Umunsi wa 2

Isomo/Ikiganiro	Uburyo bwakoreshwa	Igihe
Kwishyushya	Agakino, indirimbo cyangwa imbyino	8h00- 8h15
Kwiyibutsa ingingo zaganiriweho ku munsi ubanza	Umwe mu bahugurwa yibutsa muri make ibyo bize ku munsi ubanza, umunyamakuru akavuga ingingo z'amakuru yaranze uwo munsi.	8h15-8h30
2. UBURERE MBONERABITSINA		
Kugira gahunda mu buzima bwa buri munsi	Umukino ukurikiwe no kungurana ibitekerezo	8h30-9h15
Ikibuga kirimo ingorane	Umukino ukurikiwe no kungurana ibitekerezo	9h15-9h30
Guhangana n'igitutu cyo gukora ibyo utemera	Udukinamico, ibibazo n'ibisubizo byo kuganirwaho	9h00-9h30
Urukundo n'ubucuti	Imirimo ikorerwa mu matsinda 2, hagakurikiraho kungurana ibitekerezo.	9h30-10h30
Ubwisanzure hagati y'abana n'ababyeyi cyangwa n'abarezi mu kuganira ku bijyanye n'ubuzima bw'imyororokere		
AKARUHUKO GATO		10h30-10h45
3. INDANGAGACIRO Z'UMUNTU KU GITI CYE NO GUFATA ICYEMEZO		
Indangagaciro n'imyemerere yawe ku birebana na SIDA n'Ubuzima bw'imyororokere.	Kubaza ibibazo cyangwa gutanga ibitekerezo maze abahugurwa bakavuga niba babyemera cyangwa batabyemera. Gufatira hamwe umwanzuro.	10h45-11h45
Guhitamo abantu b'intangarugero no kubakurikiza	Buri wese avuga umuntu afata nk'intangarugero, agasobanura n'impamvu, nyuma akiyemeza kumukurikiza.	11h45-12h15
Kuvugisha ukuri, kugira amahane no kwemera ibije.	Udukinamico: Uhugura abanza gutanga ingero; abahugurwa bagategura udukino twabo mu matsinda, bakatwerekana mu ruhame hanyuma bakatuganiraho.	12h15-13h00
IKIRUHUKO- AMAFUNGURO YO KU MANYWA		13h00-14h00
4. UBUMENYI BW'IBANZE KURI VIRUSI ITERA SIDA, SIDA N'INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA		
Ukuri n'ibihaha kuri virusi itera SIDA, indwara ya SIDA n'indwara zandurirwa mu mibonano mpuzabitsina	Udukino two mu matsinda n'ibiganiro bya rusange	14h00-15h00
AKARUHUKO GATO		15h00-15h15
Uko virusi itera SIDA ihererekanywa, uko itera umubiri n'uko iwukwirakwira mo.	Habanza udukino twerekana uko virusi itera SIDA ihererekanywa, uko itera umubiri, no kwirinda akato. Hakurikiraho kungurana ibitekerezo bivuye muri utwo ukino.	15h15-16h15
<i>Isuzuma ry'umunsi</i>	<i>Kubwira buri wese mu bahugurwa agafata udupapuro tubiri, kamwe akandikaho ibyo yashimye ku kandi akandikaho ibyo yanenze ku mahugurwa y'uwo munsi.</i>	16h15-16h30

Umunsi wa 3

Isomo/Ikiganiro	Uburyo bwakoreshwa	Igihe
Kwishyushya	Indirimbo	8h00- 8h15
Kwiyibutsa ingingo zaganiriweho ku munsi ubanza	Umwe mu bahugurwa yibutsa muri make ibyo bize ku munsi ubanza, n'umunyamakuru akavuga ibyaranze amakuru y'uwo munsi.	8h15-8h30
5. INGAMBA ZO KWIRINDA VIRUSI ITERA SIDA, INDWARA YA SIDA, INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA N'INDA Z'INDARO.		
Imibonano mpuzabitsina ishobora gutegereza	Ikiganiro cya rusange	8h30-9h00
Uburyo bwo guhakanira abaguhatira gukora imibonano mpuzabitsina	Umukino wa rusange : uhugura agenda avuga amagambo arimo agahato cyangwa arimo ibishuko, maze abahugurwa bakagerageza kumusubiza cyangwa kumuvuguruza.	9h00-10h00
Guhitamo kugira umukunzi umwe	Kungurana ibitekerezo muri rusange	10h00-10h30
AKARUHUKO		10h30-10h45
Ukuri n'ibihuha ku gakingirizo no ku gusama bidateganyijwe	Uurimo wo mu matsinda: Kwerekana ibihuha birebana n'agakingirizo no gusama bidateganyijwe, no gushaka ibisubizo wakoresha mu kubirwanya.	10h45-11h15
	Kwerekana ibyakozwe n'amatsinda, no kubiganiraho.	11h15-12h00
		12h00-13h00
IKIRUHUKO- AMAFUNGURO YO KU MANYWA		13h00-14h00
6. KUMENYA IBYAGO BIKUGARIJE NO KWIHA GAHUNDA Y'UBUZIMA		
Imikino irimo ingorane	Agakino kerekana ibibazo dushobora dushobora guhura nabyo n'uburyo bwo kubyirinda	14h00-14h15
Kwisuzuma ukamenya uburyo wugarijwe na virusi itera SIDA, no kwifatira ingamba z'ubuzima	Buri wese ku giti cye asubiza ibibazo bibazwa n'uhugura ariko ntagire undi yereka ibisubizo bye. Hakurikiraho kungurana ibitekerezo mbere y'uko buri wese yifatira ingamba z'ubuzima.	14h15-15h00
AKARUHUKO GATO		15h00-15h15
Kungurana ibitekerezo no gusubiza ibibazo by'abitabiriye amahugurwa.	Kuganira ku ngingo iyo ari yo yose yaba itanononsowe neza, kwakira ibibazo by'abahugurwa no kubisubiza.	15h15-15h45
Isuzumabumenyi risoza	Guha abahugurwa impapuro z'isuzumabumenyi risoza, maze bagasubiza ibibazo biriho.	15h45-16h00
Gusuzuma uko amahugurwa yagenze	Guha abahugurwa ibibazo byo gusuzuma imigendekere y'amahugurwa maze bakabisubiza.	16h00-16h15
Gusoza amahugurwa	Abateguye amahugurwa n'abahuguwe bahabwa umwanya wo kugira icyo bavuga kuri aya mahugurwa. Bashobora gutumira abayobozi b'ibanze muri icyo gikorwa.	16h15-16h30