MY STORY MY VOiCE

TUGANIRE KU BUZIMA BW'IMYORORokere

Save Generations Organization

Prepare, Empower and Equip the Future Generations

Umuryango nyarwanda utari uwa Leta, uharanira iterambere ry'umwana, urubyiruko n'umugore.

Iki kinyamakuru cyanditswe ndetse gisohorwa na Save Generations Organization itewe inkunga na Kvinna Till Kvinna

UKENEYE AMAKURU KU BURYO BURAMBUYE WABARIZA AHA HAKURIKIRA

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IJAMBO RY'IBANZE

Turabasuhuje!

Umuryango Save Generations Organizaton (SGO) wishimiye kubagezaho ikinyamakuru "**Tuganire ku buzima bw'imyororokere**, "*MY STORY, MY VOICE*", kigamije guha umwanya abangavu n'ingimbi bagasangiza bagenzi babo inkuru z'impinduka ku buzima bwabo ku bijyanye n'ubuzima bw'imyororokere, kwigirira ikizere ndetse n'imyitwarire myiza ya kigabo ku bahungu; ndetse no kwikorera ubuvugizi ku bibazo bikibugarije bibazitira mu kubona uburenganzira bwabo.

Mu gihe cy'ubugimbi n'ubwangavu hagati y'imyaka 10-19, hagaragaramo imihindagurikire y'umubiri, imyumvire ndetse n'imyitwarire idasanzwe. Ni igihe abangavu, ingimbi ndetse n'urubyiruko muri rusange bashobora guhuriramo n'ingorane zitandukanye mu gihe batagize amahitamo ashingiye ku makuru nyayo. Kwigishwa ku buzima bw'imyororokere ni uburenganzira bw'abangavu n'ingimbi kuko bibafasha kwiyubakamo ikizere n'ubushobozi bibafasha gukora amahitamo meza no gufata ibyemezo bikwiriye ku mibiri yabo.

Muri iki kinyamakuru murasangamo inkuru z'abangavu n'ingimbi zitandukanye, zigamije kwigisha bagenzi babo no gukorera ubuvugizi ibibazo bikibugarije bishingiye ku buzima bwabo bw'imyororokere; harimo n'inyigisho zisoza zigamije kwigisha urubyiruko mugezwaho na muganga muri ***"Haha ubwenge"***.

Ese wowe ni gute wagira uruhare mu gusangiza bagenzi bawe ubu bumenyi? Bahe ikinyamakuru basome, nawe uzatwandikire icyo byagufashije mu gasanduku k'ibitekerezo kamanitse ku ishuri ryawe, ibuka gushyiraho umwaka wigamo n'imyaka ufite, utubwire niba uri umukobwa cg umuhungu, ndetse n'ubutaha ubishatse ukazaduha inkuru yawe tukayisangiza abandi.

Urararitswe, ntucikwe!!!!!

Turabashimiye!!!

Ese ni ngombwa kuganira ku buzima bw'imyororokere?

Abangavu n'ingimbi bahura n'ibibazo byinshi bishingiye ku buzima bw'imyororokere, harimo inda z'imburagihe, indwara zandurira mu mibonano mpuzabitsina, gucikiriza amashuri, n'ibindi, bigaterwa n'uko benshi muri bo usanga badafite amakuru y'ukuri ahagije, kandi yizewe ku buzima bwabo bw'imyororokere bitewe n'impanvu zitandukanye, zishingiye ku muco, imyemerere ndetse na kirazira. Nyamara kutaganira kuri izi ngingo bituma hakwirakwira amakuru y'ibihuha, ibyo bikaba imwe mu mpamvu ituma abangavu n'ingimbi batamenya uburenganzira bwabo bwo kugira amakuru y'ukuri ku buzima bw'imyororokere.

Nyamara kubimenya bituma barushaho kugira ubumenyi bwisumbuyeho ku bijyanye n'ubuzima bw'imyororokere, ndetse no gukora amahitamo meza no gufata ibyemezo bishingiye ku kumenya. Kugira ubumenyi ku buzima bw'imyororokere , byatumye abangavu bahawe amakuru batinyuka bagafata ibyemezo bikwiriye ku mibiri ndetse n'ubuzima bwabo muri rusange. Bamwe mu bangavu n'ingimbi twaganiriye bagize icyo babivugaho:

Kugira amakuru ku buzima bw'imyororokere ni uburenganzira bwanjye

Nitwa UWASE Adeline, mfite imyaka 19 ,ndi umukobwa, niga mu mwaka wa 5 w'amashuri yisumbuye, ishami ry'imibare, ubukungu n'ikoranabuhanga, mu kigo cya GS Ndera mu karere ka Gasabo.

Mu nyigisho nahawe na Save Generations Organization, nasobanukiwe ko kugira amakuru ku buzima bw'imyororokere ari uburenganzira bwanjye. Nakuze nziko kuganira ku buzima bw'imyororokere biteye isoni. Sinashoboraga kuba nabyumva cyangwa ngo mbaze icyo mbona ntasobanukiwe kijyanye n'impinduka iyo ari yo yose ku mubiri wanjye, nyamara nabaga mfite amatsiko menshi ariko bikantera isoni zo kubaza bitewe n'uko ntaho nabonaga biganirwa, byanteraga ipfunwe kuko byafatwaga nk'ubushizi bw'isoni ndetse no guta umuco, bigatuma nkeka ko byaba ari iby'abantu bakuru gusa. Nyamara siko bikwiriye ahubwo dukwiriye gusobanukirwa ko kugira amakuru ku buzima bw'imyororokere ari uburenganzira bwacu. Ubu singitungurwa n'impinduka ku mubiri wanjye kuko mba mbifiteho amakuru, nzi gufata icyemezo gikwiye ku buzima bwanjye, umuntu ntanjyane aho ashaka. Nzi kuvuga Yego mu gihe ari ngombwa, ndetse na Oya mu gihe atari ngombwa. Ubuzima bw'imyororokere si ibishitani nk'uko bamwe babifata, ahubwo ni uburenganzira bwacu nk'abangavu n'ingimbi kumenya ibibwerekeyeho.

Ku bangavu n'ingimbi turacyafite imbogamizi zo kubona amakuru ku buzima bw'imyororokere kandi ari uburenganzira bwacu, kuko rimwe na rimwe hari aho umuco n'imyemerere bitemerera abantu kuganira ku buzima bw'imyororokere. Bityo, ni byiza ko hashyirwamo ingufu mu bukangurambaga no kwigisha kugira ngo abangavu n'ingimbi babashe guhangana n'ibibazo bibugarije bishingiye ku buzima bw'imyororokere n'ingaruka zabyo.

UWASE Adeline

Nitwa ISHIMWE Aimé, mfite imyaka 15, ndi umuhungu, niga mu mwaka wa 1 mu kigo cya GS Ngamba mu karere ka Kamonyi.

Mbere numvaga ko umuhungu urwaye ibishishi cg se afite ibiheri ku mubiri, abikira ari uko akoze imibonano mpuzabitsina idakingiye n'umukobwa utabirwaye. Nabonaga impinduka ku mubiri wanjye, nkagira amatsiko yo kuba namenya impamvu yazo ariko ngatinya kubaza ababyeyi banjye kuko numvaga biteye isoni ndetse atari ibyo kuvugwa. Maze kwigishwa na Save Generations Organization ku bijyanye n'ubuzima bw'imyororokere, namenye ko gukora imibonano mpuzabitsina idakingiye n'umukobwa bidakiza ibishishi cg ibiheri nk'uko nabikekaga, ahubwo ni imwe mu mpinduka zishobora kuba ku mwangavu cg ingimbi bitewe n'imisemburo y'umubiri, bityo uramutse ukoze imibonano mpuzabitsina idakingiye, ushobora gukuramo ibyago birimo no kwandura indwara zandurira mu mibonano mpuzabitsina cg gutera inda imburagihe. Ubu naratinyutse, kuko nasobanukiwe neza impinduka ziba ku mubiri mu gihe cy'ubwangavu n'ubugimbi n'uburyo bwo kwitwara mu gihe mbonye izo mpinduka. Ndetse ubu mbasha kuganira n'ababyeyi banjye ku buzima bw'imyororokere. Ariko turacyahura n'imbogamizi zo kutabona amakuru ahagije kandi y'ukuri ku buzima bw'imyororokere, bityo bigatuma tugira amakuru y'ibihuha.

Kumenya amakuru ku buzima bw'imyororokere, by'umwihariko ku bangavu n'ingimbi, ni ingenzi kandi ni uburenganzira bwacu, bituma turushaho kumenya gufata ibyemezo bikwiriye ku mibiri yacu no gutegura ejo hacu hazaza heza.

ISHIMWE Aimé

Mu gihe cy'ubwangavu n'ubugimbi hari impinduka zigaragara ku mubiri uko umwana agenda akura; urugero, nko kumera amabere ku bakobwa n'izindi, ese wowe witwaye ute ubonye izo mpinduka zikubayeho?

Nkimera amabere, byanteye isoni ntangira kugenda mpese ibitugu kugirango nyahishe, numvaga mfite ipfunwe ry'uko abantu bazambona nameze amabere bakansereereza. Sinarinzi ko igihe kigera hakaza imihango, ndetse n'ibisobanuro by'izo mpinduka, ndetse n'uko nakwitwara kuko nta muntu wigeze abinganirizaho.

Maze kwigishwa na Save Generations Organization ku buzima bw'imyororokerere, nasobanukiwe ko haba impinduka ku mubiri mu gihe cy'ubwangavu n'ubugimbi, ibyo byanyongereye ubumenyi bituma nisobanukirwa menya nuko ngomba kwitwara.

Nitwa AGASARO Canthea, mfite imyaka 12, ndi umukobwa, niga mu mwaka wa 5 w'amashuri abanza mu kigo cya GS NDERA mu karere ka Gasabo.

Nagira inama abangavu n'ingimbi bagenzi banjye ko igihe mugize impinduka izo arizo zose ku mubiri, mwabigsniriza ababyeyi cyangwa ababarera, cyangwa mwarimu kuko babasha kukugira inama. Ndasaba n'ababyeyi cg abaturera kujya batuganiriza ku buzima bw'imyororokere kuko ari uburenganzira bwacu, ibyo bidufasha nk'abangavu n'ingimbi kumenya uko twitwara mu gihe tubonye impinduka zidasanzwe ku mibiri yacu.

GASARO Canthea

Bangavu n'ingimbi , duharanire kugira amakuru yizewe ku buzima bw'imyororokere, kuko ni uburenganzira bwacu. Kugira amakuru ku mihindagurikire y'umubiri ku bangavu n'ingimbi ni ingenzi kuko bidufasha guhangana n'ibibazo bishingiye ku buzima bw'imyororokere n'ingaruka zabyo.

Kwigirira ikizere ni ingenzi

Kwigirira ikizere ni ingenzi ku muntu wese no ku mwana w'umukobwa by'umwihariko, kuko bimufasha guhitamo ubuzima bwe no kwifatira ibyemezo ku mubiri we. Bakimara gusobanukirwa kwigirira ikizere, bamwe mu bakobwa twaganiriye badusobanuriye ko babashije kwivumburamo ubushobozi n'imbaraga bifitemo, bagaragaza ko hari byinshi byashingirwaho byerekana ko umwana w'umukobwa ashoboye kandi ko nawe yabasha kugena intego ze.

Kugira amakuru ku buzima bw'imyororokere ni uburenganzira kuri twese!!!
Buri muntu wese afite uburenganzira bwo kwifatira icyemezo kubijyanye n'ubuzima bwe bw'imyororokere.

NNitwa BENIMANA Odette, mfite imyaka 13, ndi umukobwa, niga mu mwaka wa 6 w'amashuri abanza mu kigo cya GS Ngamba mu karere ka Kamonyi. Muri njye niyumvagamo ko nta bushobozi mfite bwo kuba nagera ku cyifuzo cyanjye, ntago narinzi ko nanjye nabasha kwifatira icyemezo byumwihariko ku mubiri wanjye,

Maze kwigishwa na Save Generations Organization, nasobanukiwe neza ko nifitemo ubushobozi, ko ari uburenganzira bwanjye gukora amahitamo yanjye akwiye nko kuvuga yego cyangwa oya igihe bikwiye. Numvaga ko ntabasha kugera ku cyo niyemeje, nagiraga inyota yo kuba narushaho kujya ngira amanota meza mu ishuri, ariko nkumva nta bushobozi nifitemo bwo kuba natsinda amwe mu masomo akomeye, kurubu mbasha kugera ku ntego zanjye harimo no gutsinda mu ishuri.

Icyo nabwira abangavu bagenzi banjye, nuko dukwiriye kwigirira icyizere kuko twifitemo imbaraga n'ubushobozi, dukwiriye kumenya n'uburenganzira bwacu bwo gukora amahitamo yacu atari abandi baduhitiyemo.

BENIMANA Odette

“Namenye uburenganzira bwanjye bwo kwifatira ibyemezo no gukora amahitamo yanjye”.

Nitwa UMUTONI Vanessa, mfite imyaka 19, ndi umukobwa, niga mu mwaka wa 6 w’amashuri yisumbuye mu ishami ry’imibare, Ubugenge n’Ubukungu mu kigo cya GS Kabuga catholic mu karere ka Gasabo.

Nishimira ko ndi umukobwa ubasha kwihagararaho mu gufata ibyemezo mbona bikwiriye ku mubiri wanjye, bimfasha guharanira inzozi zanjye mfite. Mbere numvaga gufata ibyemezo bingora. Ariko ubu namenye uburenganzira bwanjye bwo kwifatira ibyemezo no gukora amahitamo yanjye kubigendanye nibyo nshaka.

Naratinyutse mbasha no kwifatira ibyemezo bikwiye ku mubiri wanjye. Kuba mfite uburenganzira ku mahitamo yanjye bimfasha guharanira inzozi zanjye.

Inama ku bakobwa bagenzi banjye, ubuzima ni ubwacu, tugomba gutekereza ku cyo tugiye gukora cyose, kuko twifitemo imbaraga n’ubushobozi byo guhitamo igikwiye ku buzima bwacu, amahitamo y’uyu munsi nibwo buzima bwacu bw’ejo hazaza.

UMUTONI Vanessa

Mbere numvaga umukobwa ari umunyantege nke ndetse adashoboye, ko akwiriye kwemera icyo umuhungu amubwiye cyose, kuri ubu nasobanukiwe ko nshoboye, nanjye mbyibonamo mu buryo mbasha kwifatira ibyemezo.

Nitwa IRADUKUNDA Esperance, mfite imyaka 18, ndi umukobwa, niga mu mwaka wa 5 w'amashuri yisumbuye mu ishami ry'imibare, ubukungu n'ikoranabuhanga mu kigo cya GS Ndera mu karere ka Gasabo.

Bitewe n'uko mu rugo twavutse turi abakobwa gusa byatumye nkura hari uburyo mfatamo umuhungu. Nk'abakobwa, twabwirwaga ko ntacyo tuzageraho, ntacyo dushoboye, nkurana icyo gikomere numva nisuzugura. Nkishyiramo ko mu muco, kuba umuryango warabyaye abakobwa gusa bifatwa nk'igisebo. Kwisobanukirwa nk'umukobwa byongeye kunyubakamo ikizere, bimpa ubushobozi bwo kubasha kwifatira ibyemezo no gukora amahitamo ankwiriye, azamfasha kugera ku nzozi zanjye.

Mukobwa mujyenzi wanjye, ubuzima bwawe ni wowe ukwiriye kubuha umurongo, kandi iyo ufite intego mu buzima bituma ugira ejo heza.

IRADUKUNDA Esperance

Rimwe na rimwe abangavu n'ingimbi basubizwa inyuma n'imwe mu myumvire ibangamira uburenganzira bw'abangavu n'abakobwa ishingiye ku muco, imyemerere na kirazira, aho bakura batozwa ko hari ibyo batemerewe gukora, bakabwirwa amagambo abaca intege ko ntacyo bashoboye, bityo bikagabanya ububasha bwabo bwo kwifatira ibyemezo no kwikorera amahitamo yabo. Hakenewe gukomeza kubaka ubushobozi bw'abangavu bagasobanikirwa n'uburenganzira bwabo bwo guhitamo neza, bakabuharanira bityo bakagira ubushobozi bwo kugera ku iterambere ryabo. Abantu bose bakwiye gusobanurirwa ko kubahiriza uburenganzira bw'umwana w'umukobwa atari impuhwe, ni ibyo akwiriye.

Amazina yanjye nitwa, NSABIMANA Innocent, ndi umuhungu, niga mu mwaka wa 6 w'amashuri yisumbuye MCE mu kigo cya GS Kabuga mu karere ka Gasabo.

Mbere numvaga ko ubuzima bw'imyororokere ari ibireba abakobwa gusa, ntabwo narinzi uruhare rw'abahungu mu bibazo abakobwa bahura nabyo.
Natekerezaga ko ingaruka bahura nazo nko kuba yatwara inda akiri muto, gucikiriza amashuri, n'izindi, ko ari amakosa yabo kuko ari abanyantege nke batabasha gufata gufata ibyemezo. Akenshi na kenshi twe abahungu turabyirengagiza, twigize ba ntibindeba kandi mu by'ukuri ari twe ba nyirabayazana b'ibibazo abakobwa bahura nabyo, kuko umwangavu aterwa inda ari uko umuhungu cyangwa umugabo yabigizemo uruhare, dore ko ari natwe dukunze gushuka abana b'abakobwa.

Mu nyigisho twahawe na Save Generations Organization, harimo "uruhare rw'abahungu mu guteza imbere ihame ry'uburinganire mu buzima bw'imyororokere" kuri njye nungukiyemo byinshi cyane, nasobanukiwe ko umuhungu adafite ububasha burenze ubw' umukobwa ku byemezo afata ku mubiri we "niba ambwiye ngo oya, ngomba kumwubaha nanjye nkabifata ko ari oya".
Kuri ubu ngerageza kwigisha bagenzi banjye, nkabereka ko abakobwa bafite uburenganzira bwo kutavogerwa mu kwifatira ibyemezo ku bikorerwa ku mibiri yabo, mbasangiza amakuru y'ukuri ku buzima bw'imyorokere.

NSABIMANA Innocent

Turinde bashiki bacu gutwara inda z'imburagihe.

Ndashaka kwisabira abahungu bagenzi banjye ko dukwiriye guhindura imyumvire yo kumva ko abahungu bafite ububasha burenze ubw'abakobwa, kandi ko tugomba no kujya dusangira na bashiki bacu amakuru y'ukuri ku bijyanye n'ubuzima bw'imyororokere tutababwira ibihuha.

NSHIMYIMANA Pacifique, umuhungu wiga mu 6 w'amashuri yisumbuye , imibare, ubukungu n'ubumenyi bw'isi, mu cyigo cya GS Bugoba mu karere ka Kamonyi.

Haha ubwenge!!!

Mu Rwanda, bigaragara ko ingimbi n'abangavu bagifite imbogamizi zo kugezwaho amakuru yizewe ku mpinduka bahura nazo mu kigero k'imyaka 10-19. Abana bo mu kigero cy'ubwangavu n'ubugimbi bahura n'amakuru menshi atarimo ukuri bakura kuri bagenzi babo, no ku mbuga nkoranyambaga ziba zigamije gukurura abazireba mu rwego rw'ubucuruzi. Ababyeyi n'abarezi kandi ntibaragira umuco wo kuganiriza abana mu muryango mu rwego rwo kubategura guhangana n'ibibazo bahura nabyo mu gihe cy'ubwangavu n'ubugimbi kugirango babafashe kubungabunga no gusigasira ubuzima bwabo.

By'umwihariko, umwangavu wo mu myaka 10-19 ahura n'ibibazo byinshi kuko abagabo n'abahungu baba bamwifuza mu rwego rwo kumwishimishaho kandi bikarangira bamwangirije ubuzima nyuma yo guterwa inda akiri muto, kwanduzwa indwara zandurira mu mibinano mpuzabitsina, kwishora mu myitwarire igayitse y'uburaya, guta ishuri, ubusinzi n'ubwomanzi. Ni ngombwa rero ko umwangavu n'ingimbi bahabwa hakiri kare amakuru ku buzima bw'imyororokere n'uburenganzira bijyanye nabyo. Agasobanurirwa hakiri kare impinduka agenda ahura nazo ku mubiri we, agakangurirwa kwirinda ihohoterwa rishingiye ku gitsina. Ababyeyi bakwiye kumva neza ko mu muryango ariho ha mbere umwana akwiye kuvana amakuru yizewe ku mpinduka zimubaho kuko ababyeyi ba none baba baraciye muri iki kigero cy'ubwangavu n'ubugimbi mu myaka yashize, bityo bakwiye gusangiza abana babo uko bashoboye gusohoka muri icyo kigero kandi bakabagira inama.

Umwana w'umukobwa agomba kumenya kwihesha agaciro muri bagenzi be, akagira intego mu byo akora byose, kandi agaharanira kuzagera kucyo yiyemeje maze agashobora kwiteza imbere.

Agomba kumenya ko impano bamushukisha bamubeshya urukundo, ntacyo zizamumarira uretse kumushora mu myitwarire mibi no kumwangiza.

Abagabo n'abahungu nabo bafite uruhare runini mu kurinda abangavu n'abagore ihohoterwa iryo ari ryo ryose kandi bakarangwa no kubafasha muri byose, mu mirimo yo mu rugo ndetse no ku ishuri.

Kugirango abangavu babashe kubaho neza ubuzima burambye, bagomba kumenya kuvuga OYA imbere y'ababashuka, bagomba kwigirira ikizere bagategura ubwabo imibereho myiza y'ejo hazaza. Igihe cyose hagize ubizeza imishinga ashaka kubakorera cyangwa abashukisha impano, bagomba gutinyuka kubibwira ababyeyi n'abarezi babo, bakabagisha inama.

Dr Anicet NZABONIMPA

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MAGAZINE