

# MAGAZINE



MY STORY MY VOICE

No: 2  
UGUSHYINGO 2021

TUGANIRE KU BUZIMA  
BW'IMYOROROKERE





## Save Generations Organization

Prepare, Empower and Equip the Future Generations

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

Iki kinyamakuru cyandikwa ndetse kigasohorwa na **Save Generations Organization** itewe inkunga na **Kvinna Till Kvinna**



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**UKENEYE AMAKURU KU BURYO BURAMBUYE WABARIZA AHA HAKURIKIRA:**

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**INKURU YANJYE**  
**IJWI RYANJYE**

# I JAMBO RY'IBANZE

## Urubyiruko Muraho!.

Kugira amakuru ahagije birafasha. Umuryango **Save Generations Organization (SGO)** wishimiye kubagezaho numero ya kabiri (2) y'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, ndetse no kwikorera ubuvugizi ku bibazo bikibugarije bibazitira mu kubona uburenganzira bwabo bwo kubona amakuru ku buzima bw'imyororokere.

**K**uri iyi nshuro abangavu n'ingimbi bari hagati y'imyaka 10-19 babashije guhabwa amakuru y'ukuri ku buzima bw'imyororokere na Save Generations Organization, barasangiza bagenzi babo amakuru ku kwezi k'umugore cg umukobwa, imihango ndetse n'isuku mu gihe cy'imihango. Bagaragaje ko abangavu, ingimbi ndetse n'urubyiruko muri rusange ko bashobora guhura n'ingorane zitandukanye mu gihe badafite ubumenyi bushingiye ku makuru nyayo. 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 zigaruka ku buvugizi ku bibazo by'abangavu n'urubyiruko ndetse n'ubumenyi mugezwaho na muganga mu gice cyiswe “Haha ubwenge”.

“*Izi ni inkuru z'impinduka abangavu n'ingimbi bo mu mashuri abanza n'ayisumbuye mu karere ka Kamonyi na Gasabo mu bigo by'amashuri Save Generations Organization ikoreramo ibikorwa byayo byo kongerera ubumenyi abangavu n'ingimbi ku buzima bw'imyororokere, bifuje gusangiza bagenzi babo, abiga n'abatiga.*

*Dore ibyo bavuze ku kwezi k'umukobwa, imihango n'isuku mu gihe cy'imihango.*”



## Kumenya ukwezi k'umukobwa byangiriye akamaro.

*Abantu benshi bibaza niba ari ngombwa ko abakobwa bamenya ukwezi k'umugore cyangwa k'umukobwa?*

Hari abakobwa bamwe na bamwe bataramenya neza ibijyanye n'ukwezi k'umugore cyangwa k'umukobwa, ibi bikababera imbogamizi zo kumenya igihe cyabo cyo kujya mu mihango kuko baba badasobanukiwe neza ihuriro riri hagati y'imihango n'ukwezi k'umugore. *"Sinari nzi ibijyanye n'ukwezi k'umugore pe!, nari nzi ko igihe ukwezi gutangiriye aribwo umugore cyangwa umukobwa wese ajya mu mihango".*

**N**itwa **UWINGABIYE Claudine**, mfite imyaka 19, ndi umukobwa, niga mu mwaka wa 6 indimi n'ubuvanganzo, mu kigo cya G.S Ngamba mu karere ka Kamonyi. Ntarigishwa amakuru ku buzima bw'imyororokere na Save Generations Organization, sinari nzi kubara ukwezi k'umugore, nari mfite amakuru menshi y'ibihaha avuga ku mihango, numvaga ko igihe umukobwa ari mu mihango akumva ababara ashobora gukora imibonano mpuzabitsina n'umuhungu agakira ububabare, nari nzi ko kujya mu mihango ku bakobwa ari uburwayi kandi nkumva biteye ipfunwe. Nyuma yo guhabwa amakuru yizewe ku buzima

bw'imyororokere, nasobanukiwe ko ibyo nibwiraga cyangwa numvaga atari byo, ahubwo kujya mu mihango ku bakobwa si uburwayi kandi nta pfunwe biteye nkuko nabikekaga, ahubwo ni ishema ryacu nk'abakobwa, ni impinduka y'umubiri iba ku bakobwa bose. Ntabwo ububabare mu gihe cy'imihango bukizwa no gukora imibonano mpuzabitsina nkuko nabyumvaga mbere, ahubwo uyikoze ushobora no guhura n'ingaruka zirimo gutwara inda ukiri muto cyangwa kwandura indwara zandurira mu mibonano mpuzabitsina. Kumenya kubara ukwezi kwanjye, bimfasha kumenya uko nitwara simbe natungurwa n'imihango ndetse simbe natwara inda ntiteguye. Kugira ubumenyi byatumye ngira ishyamba ryo gusangiza bagenzi banjye babiri amakuru y'ukuri ku buzima bw'imyororokere harimo no kumenya by'umwihariko kubara neza ukwezi k'umugore.



Bakobwa bagenzi banjye, nibyiza ko dukwiye kumenya neza ukwezi k'umugore, bituma tumenya igihe tugira mu mihango bikadufasha kwitegura uburyo bwo gukora isuku kandi tukirinda no gutwara inda imburagihe.

Ujya wumva imihango iguteye isoni? Wumva nta murimo wabasha gukora mu gihe uyirimo ?

*Wari uzi ko umukobwa uri mu mihango yabasha gukora indi mirimo?*

**N**itwa **IGIHOZO Ange Nicole**, ndi umukobwa, mfite imyaka 19, niga mu mwaka wa 6 imibare ubukungu n'ikorabuhanga mu kigo cya G.S Ndera mu karere ka Gasabo, kugira amakuru ku buzima bw'imyorokere byaramfashije cyane kuko nibwiraga ko umukobwa uri mu mihango nta kindi ashobora gukora uretse kuguma mu rugo aryamye kubera kumva ko atagera mu bandi. Imihango numvaga imbangamiye, nkumva binteye isoni ko umuntu yamenya ko ndi mu mihango. Nyamara siko bimeze kuko namenye ko imihango ari ibisanzwe, nta pfunwe igomba kuntera ngo niheze mu bandi. Ahubwo igihe uyirimo ushobora gukora buri kimwe cyose, kujya mu ishuri ukiga n'ibindi. Kubimenya byatumye nigirira ikizere ndetse nishimira kuba njya mu mihango. icyambere ni ukumenya neza igihe nyigiramo, nkayitegura, ndetse nkamenya no gukora isuku ikwiye mu gihe nyirimo.





## Ibihuha nari mfite ku mihango, byanteraga ubwoba n'isoni zo kuba nayijyamo.

**N**itwa **UMUTONIWASE Vivine**, ndi umukobwa, mfite imyaka 14, niga mu wa 6 w'amashuri abanza mu kigo cya G.S Bugoba mu karere ka Kamonyi, mbere nta makuru y'ukuri nari mfite by'umwihariko ku mihango, nari nzi ko kujya mu mihango, ari ukuva amaraso wenda wakomeretse, nasobanuzaga abanduta bakambwira ko ntarakura ngo nzabimenya namaze gukura. Najyaga numva abahungu bavuga ngo iyo umukobwa yatinze kujya mu mihango, akora imibonano mpuzabitsina n'umuntu w'igitsina gabo yizeye maze akabona kuyijyamo. Byatumaga numva ngize ubwoba

bwo kuyijyamo. Maze kumenya amakuru ku buzima bw'imyororokere, namenye neza ko kujya mu mihango atari uko uba wakoze imibonano mpuzabitsina cyangwa se ngo ukomeretswe nk'uko nabibwirwaga, ahubwo umukobwa wese ugeze mu gihe cy'ubwangavu ajya mu mihango nk'ikimenyetso cyerekana ko afite ubuzima bwiza cyane cyane ku buzima bw'imyororokere, ntabwo biteye isoni n'ubwoba kuko niko umukobwa aremye. Imihango ni ikimenyetso nyacyo kikwereka ko wakuze, ni icyizere cy'uko uri muzima.



Icyo nasaba abakobwa bagenzi banjye ni uko baja birinda ababaha amakuru y'ibihuha, bagasobanuzaga ababyeyi cyangwa ababarera ndetse bagahamagara 845 aho babona amakuru ku buzima bw'imyororokere. Ku batangiye kujya mu mihango, ndabakangurira kumenya kwiyitaho bakora isuku ikwiye mu gihe bari mu mihango.



## Gushira ipfunwe ry'imihango, byatumye ndushaho kwiyitaho mu gihe nyirimo.

**N**itwa **GIRASO Fanny**, ndi umukobwa, mfite imyaka 16, niga mu mwaka wa 2 w'amashuri yisumbuye mu kigo cya G.S Kabuga mu karere ka Gasabo. Nakuze numva ijamba imihango ku bakobwa, nabaza icyo bivuze bakambwira ko ari imihango y'ubukwe gusa, nkura nzi ko yaba abahungu n'abakobwa bose bajya mu mihango kuko iyo najyaga mu bukwe twahuriragayo bombi, nakumva abandi bakobwa banduta babivuga, nkagira amatsiko yo gusobanukirwa neza ariko bakambeshya ko baba bari mu migati; *"imihango bayitaga imigati"*.

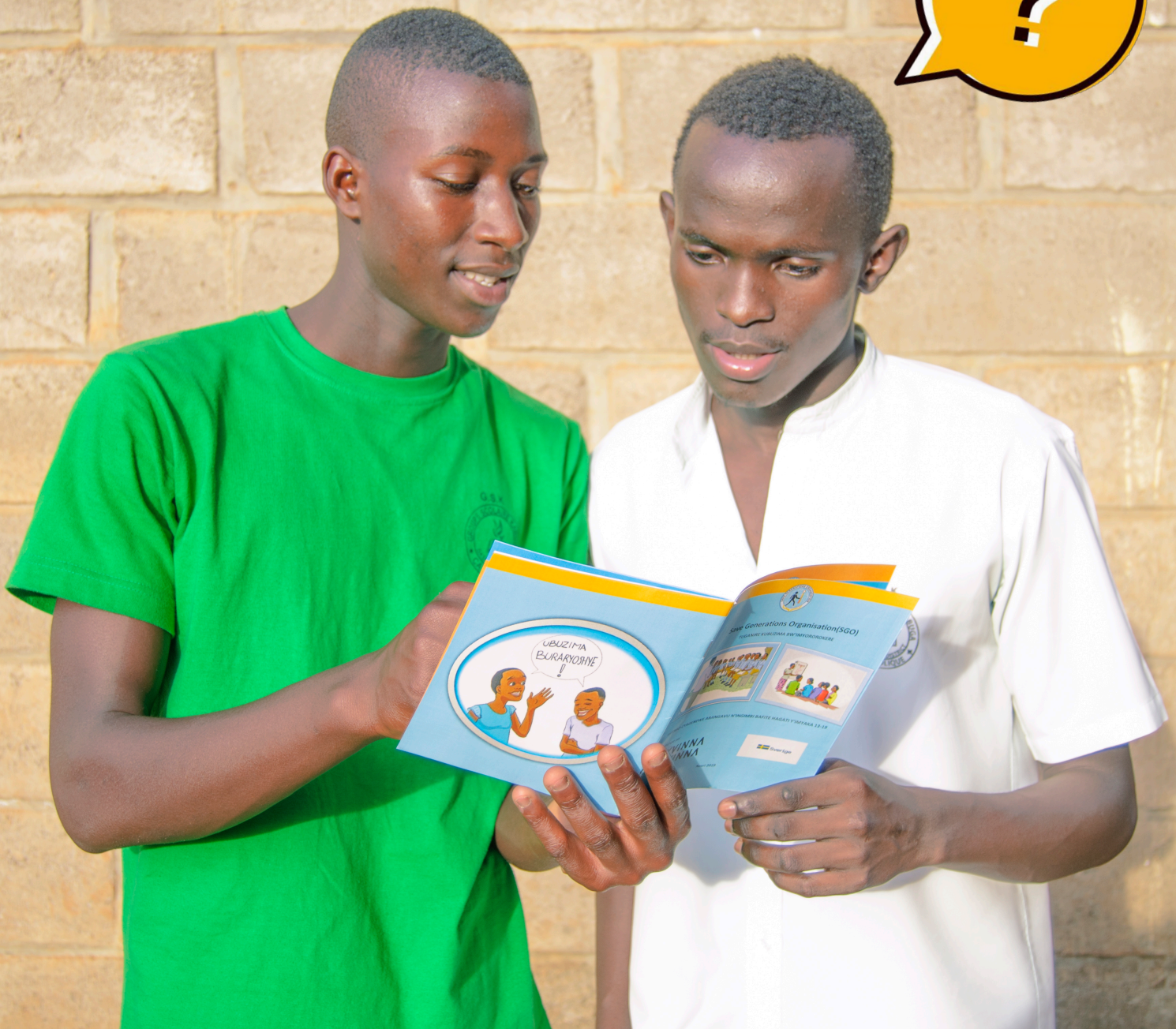
Maze guhabwa ubumenyi ku buzima bw'imyororokere na Save Generations Organization nasobanukiwe impinduka ku bangavu, harimo no kujya mu mihango, nsobanukirwa ko ari ikimenyetso cy'uko umwangavu yakuze, ko ashobora gusama inda igihe cyose akoze imibonano mpuzabitsina idakingiye. icyindi kandi ko ari ibisanzwe nta soni bigomba kuntera kuba najya mu mihango. Kubimenya hari impinduka nziza byanzaniye harimo kuva mu isoni ahubwo nkamenya kwitegura imihango no gushaka ibikoresho by'isuku mu gihe nyirimo. Namenye kwikorera isuku ihagije, harimo koga n'amazi meza n'isabune no guhindura kotegisi nibura 3 ku munsu, bikamfasha kwirinda zimwe mu ndwara ziterwa n'umwanda.



Icyo nabwira abakobwa bagenzi banjye, ni uko kujya mu mihango ari ibyo kwishimira. Ni ikimenyetso cy'uko turi bazima. Ni ingenzi kumenya kwikorera isuku mu gihe cy'imihango, tukamenya gukoresha icyumba cy'umukobwa mu gihe tuyirimo kuko nta soni cyangwa ipfunwe biteye.

*Murakoze!!!*

# Ese birakwiye ko abahungu nabo bagira amakuru ku kwezi k'umugore n'imihango?





## Ni ingenzi ko abahungu nabo bamenya ukwezi k'umugore.

**N**itwa **TWAGIRIMANA Benny**, ndi umuhungu, mfite imyaka 18, niga ubukungu n'ikorabuhanga mu mwaka wa 6 w'amashuri yisumbuye mu kigo cya G.S Kabuga mu karere ka Gasabo. Abahungu benshi twumva ko kumenya ibijyanye n'ukwezi k'umugore cyangwa se imihango ku bakobwa bitatureba. Ni kenshi nicaranye n'abasore bagenzi banjye tunganira ibijyanye n'ubuzima bw'imyororokere ariko iyo twavugaga ku mihango, abenshi igihuha ni kimwe ko gukora imibonano mpuzabitsina n'umukobwa uri mu mihango bimukiza kubabara. Nyuma twaje gusobanurirwa tumenya gutandukanya amakuru y'ibihuha n'ukuri, ndetse nsobanukirwa neza ukwezi k'umugore.

Ibyo rero bituma nshyiraho umuhate wo kuba namenya kubara ukwezi k'umugore nkamenya uko nafasha bashiki banjye badafite ubwo bumenyi kumenya ukwezi kwabo. Namenye neza ko yaba abahungu cyangwa abakobwa bakwiye kumenya kwirinda gukora imibonano mpuzabitsina idakingiye mu gihe bari mu gihe cy'uburumbuke. Kuri ubu mu gihe mbonye umukobwa uri mu mihango mbasha kuba namenya ubufasha akeneye aho kugirango mutererane nka mbere nko kuba twafatanye mu mirimo ndetse no kuba namuzanira ibikoresho yakwifashisha akora isuku.

*Icyo nsaba abahungu bagenzi banjye!!!*

**N**dasaba abahungu bagenzi banjye ko ari ingenzi kugira amakuru ku kwezi k'umugore cg umukobwa n'imihango kuko birafasha cyane, ikindi kandi tukirinda kwita ku bihuha bivugwa ahubwo tukamenya ko umukobwa uri mu mihango nawe ashoboye. Ntitukumve ko ari umunyantege nke ahubwo ubufatanye bwacu twembi ni ngombwa mu gihe ari mu mihango, twamufasha ibyo dushoboye cyane cyane tumurinda guhangayika, ahubwo tukamuba hafi. Ikindi ndasaba abahungu bajyenzi banjye kudaseka bashiki bacu mu gihe bari mu mihango kuko ari ibisanzwe, nta gikuba kiba cyacitse.



MUGABO Elie, G.S Kabuga S6 Imibare,  
Ubukungu n'ikorabuhanga

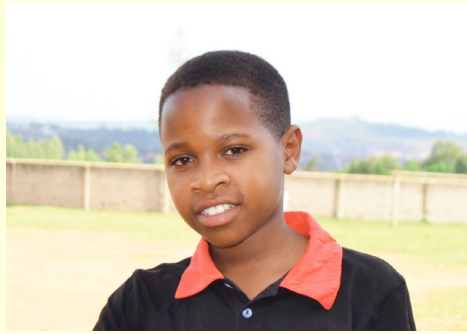
G.S.K

*Ese birakwiye ko abahungu banēna bashiki babo mu gihe bari mu mihango?*

**Abahungu ntibikwiye ko tunēna bashiki bacu ngo tubatere ipfunwe mu gihe bari mu mihango.**



# Nubwo nta mihango twe tujoyamo, ntibikwiye ko dufata abayijyamo nk'abadasanzwe.



**N**itwa **NIYOMWUNGERI Emmanuel**, umuhungu w'imyaka 12, niga mu mwaka wa 6 w'amashuri abanza mu kigo cya G.S Ndera mu karere ka Gasabo. Mbere numvaga impinduka ziba ku mubiri w'umukobwa cyane cyane nk'imihango ari ibintu bidasanzwe, ndetse na bamwe muri bagenzi banjye turi mu kigero kimwe babifata nk'uburwayi, ntibatinye kubyita ko ari icyorezo cyugariye abakobwa b'iki gihe.

Nyuma yo guhabwa ubumenyi na Save Generations Organization ku buzima bw'imyororokere, nasobanukiwe ko kujya mu mihango ku bakobwa ari ibisanzwe, si uburwayi si n'icyorezo!!!

Ahubwo ni impinduka zerekana ko umukobwa arimo gukura. Kubimenya byangiriye umumaro, singiseka abakobwa twigana igihe batunguwe n'imihango. Kuri ubu nterwa icyimwaro no kuba narabasekaga, mboneraho no gusaba abahungu bagenzi banjye ko nabo bakwiye kumenya ko igihe bashiki bacu bari mu mihango, badakwiye gusekwa cyangwa ngo banenwe, ahubwo ko bajya babafasha ibishoboka bakirinda kubatererana kuko ni ibisanzwe. Ndashimira Save Generations Organization ko yaduhaye inyigisho natwe abahungu tukaba twarasobanukiwe ubuzima bw'imyororokere by'umwihariko imihango no kumenya uruhare rwacu mu gufasha bashiki bacu.

# UBUVUGIZI KU BIBAZO BY'ABANGAVU.



1

Iyo turi mu mihango rimwe na rimwe hari igihe twumva ububabare, turibwa munda ndetse tukagira intege nke. Kugira ibikoresho bihagije mu cyumba cy'umukobwa ku ishuri biri mu byadufasha kugira isuku no guhangana n'ububabare mu gihe cy'imihango. Rimwe na rimwe usanga muri ibi byumba nta bikoresho bihagije biba birimo, ugasanga bishobora kuba imwe mu mpamvu abakobwa bamwe na bamwe bahitamo kujya kubishakira ahandi, kuburyo bishobora kuba byabakururira gushukwa na bamwe mu bagabo, bakabakoresha imibonano mpuzabitsina ku ngurane yo kubaha ibyo bikoresho. Nk'abakobwa, turifuza kugira ibikoresho bihagije mu cyumba cy'umukobwa kugirango bidufashe kwirinda imbogamizi iyo ari yo yose yaterwa no kujya mu mihango.

2

Mu biganiro byo mu matsinda, abangavu bagaragaje bimwe mu bibazo bahura nabyo harimo ihohoterwa rishingiye ku gitsina rikorerwa abangavu, bamwe bakanaterwa inda bakiri bato, ariko ntibahabwe ubutabera kubera ikibazo cyo guhishira abakoze ibyaha. Bagaragaje ko mu bangavu benshi batewe inda, imiryango yabo iba iya mbere mu guhishira uwahohoteye uwo mwangavu. Babyita guharanira ishema ry'umuryango bagaceceka. Ingaruka zigaragara bahura nazo ni ihungabana no kutabona ubutabera n'ubufasha mu gihe bahohotewe.



# HAHA UBWENGE!!!

*Duhe umwangavu ubumenyi ku mihango n'ubushobozi bwo kubona ibikoresho byifashishwa mu kunoza isuku yo mu gihe cy'imihango.*

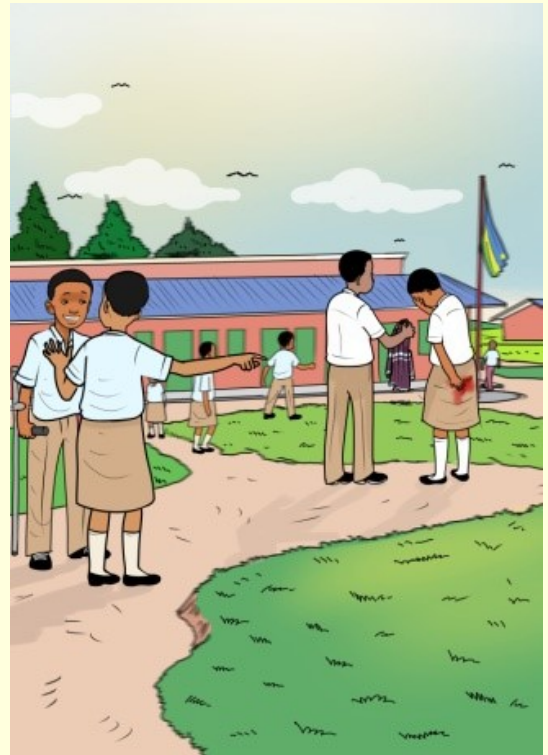
**I**mihango ni amaraso asohoka mu gitsina cy'umukobwa buri kwezi igihe cyose hatabayeho gusama. Imihango ni ngarukakwezi. Muri rusange kuva amaraso y'imihango bimara hagati y'iminsi itatu n'itanu, ariko bishobora no guhinduka. Amaraso yo mu mihango ntadudubiza, aza buhoro buhoro, kandi abantu bose ntabwo bava amaraso angana, ndetse n'iminsi yo kuva ntingana. Abakobwa batangira kujya mu mihango mu gihe cy'ubwangavu, bafite hagati y'imyaka 10 na 18. Nk'uko abakobwa bamwe batangira ubwangavu mbere y'abandi, ni nako badatangira kujya mu mihango igihe kimwe. Bamwe batangira kujya mu mihango kare bafite imyaka 10 - 12 abandi bagatangira kuyijyamo batinze ku myaka 16 - 18. Kujya mu mihango ni ibintu bisanzwe, bigaragaza ko umubiri w'umukobwa ukora neza. Ni ikimenyetso kigaragaza ko umukobwa yavuye mu bwana kandi ko ashobora gusama. Kujya mu mihango birakomeza kugeza igihe cyo gucura, ni ukuvuga umugore afite hagati y'imyaka 45 na 55.

Ibikoresho byifashishwa mu gihe cy'imihango bifasha abakobwa bayirimo gufata amaraso ngo atagaragara inyuma ku myambaro, birimo:

- ✓ Udutambaro bitegurira, bashobora kumesa no kwanika ku zuba bakazongera kudukoresha.
- ✓ Ibikoresho bigurishwa bidoze mu dutambaro, bimeswa bigakoreshwa inshuro nyinshi.
- ✓ Udutambaro tw'isuku dukorerwa mu nganda, tutangiza ikirere tugakoreshwa incuro imwe gusa (bizwi nka kotegisi).

Ingimbi n'abangavu bagomba gufashwa:

- ✓ Gusobanukirwa uko imihango n'ukwezi k'umugore bigenda.
- ✓ Gusobanurirwa bimwe mu bibazo umukobwa ashobora guhura nabyo ari mu mihango, n'uko yabyitwaramo.
- ✓ Kubona amazi meza n'isabune byo koga umubiri wose, ndetse no koga intoki mbere na nyuma yo guhindura igikoresho cy'isuku.
- ✓ Kubona ibikoresho bikwiye by'isuku mu minsi y'imihango.



Abagabo n'abahungu nabo bafite uruhare runini mu gushyigikira abangavu n'abagore bari mu mihango, bakabafasha kubona ibikoresho by'isuku mu rugo, ku ishuri n'ahandi hose baturira.

Uretse kuba umukobwa ufite ububabare bukabije mu gihe cy'imihango yakwegera umuganga akamufasha, hari ubundi buryo yakoresha akagabanya ubwo bubabare:

- ✓ Kwiyakira no kwemera ko imihango atari uburwayi.
- ✓ Kunywa amazi menshi kandi buri gihe.
- ✓ Gukora imyitozo ngororamubiri (siporo) ku buryo buhoraho.
- ✓ Gushyira umusego cyangwa icupa ririmo amazi y'akazuyazi ku nda cyangwa mu mugongo.

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*Byateguwe na:  
Dr. Anicet Nzabonimpa.*

My Story  
My Voice

# TUGANIRE KU BUZIMA BW'IMYOROROKERE



# M@GAZINE