

# MAGAZiNE



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## 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 cyigizwe n'inkuru z'abangavu n'ingimbi mu mashuri, cyandikwa ndetse kigasohorwa na

**Save Generations Organization**

itewe inkunga na **Kvinna Till Kvinna**



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

**Ikicaro gikuru cya Save Generations Organization :**

Rwanda-Kigali-Gasabo-Kimironko, KG 4st-BK Building, 2nd Floor.

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# IJAMBO RY'IBANZE

## *Muraho!*

**Kugira amakuru ahagije birafasha.**

Umuryango nyarwanda utari uwa leta uharanira iterambere ry'umwana urubyiruko n'umugore Save Generations Organization, wishimiye kubagezaho nomero ya gatatu (3) y'ikinyamakuru "Tuganire ku buzima bw'imyororokere, cyizwi ku izina rya "MY STORY, MY VOICE", kigamiye 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 kugira amakuru ku buzima bw'imyororokere.

**K**uri iyi nshuro abangavu n'ingimbi bari hagati y'imyaka 10-20 biga, bahuguwe na Save Generations Organization, barasangiza bagenzi babo amakuru ku burenganzira bafite ku mubiri wabo n'uko bitwara muri ubwo burenganzira bafite. 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 kandi murasangamo inkuru z'abangavu n'ingimbi zitandukanye, zigamiye kwigisha bagenzi babo no gukorera ubuvugizi ibibazo bikibugarije bishingiye ku buzima bwabo bw'imyororokere; harimo n'inyigisho zisoza zibumbiyemo ubumenyi mugezwaho na Save Generations Organization 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 burenganzira bafite ku mubiri wabo n'uko bitwara muri ubwo burenganzira.

***Ese waba uzi ko ufite uburenganzira bwo kwifatira icyemezo ku mumubiri wawe? Ujya uterwa isoni n'uko umeze? Uzi aho wabariza mugihe ukorewe ihohoterwa cyangwa se ubonye uhohotera undi?*** ibi n'ibindi bijyanye bitandukanye urabona ibisubizo mubiganiro twajyanye tujyirana n'abangavu n'ingimbi bari mu mashuri abanza n'ayisumbuye mu karere ka Kamonyi na Gasabo.

*Ukeneye kumenya ubumenyi bwashohotse ku kinyamakuru NO: 1,2 wagisanga kurubuga [www.sgorwanda.rw](http://www.sgorwanda.rw) kuri page ya media & press room ukabona ahanditse magazine.*

# MY Story My Voice

TUGANIRE KU BUZIMA  
BW'IMYOROROKERE





## Buri wese yaba Umukobwa cyangwa Umuhungu, afite uburenganzira ku mubiri we, n'uruhare ku biwukorerwaho!

**A**mazina yanjye nitwa UWAMWEZI Hamissa, ndi umukobwa, mfite imyaka 17, niga mu mwaka wa 3 w'amashuri yisumbuye mu kigo cya G.S Remera Indangamirwa, mu karere ka Kamonyi. Muri iki gihe hari abahungu bashobora guhatiriza abakobwa gukora icyo badashaka cyane cyane kubijyanye nimibonano mpuzabitsina. Bijyendeye k'umuco wo kuvuga ko umukobwa agomba kwitonda no gucisha make, hari igihe rero bituma babikora bitabarimo, icyo nabwira abakobwa

ni uko bagomba kwifatira icyemezo, bakwiye kumenya neza ko bagomba gukora ikibarimo, ku mahitamo yabo, atari uko bagihatirijwe nundi ukeneye ibyishimo muri bo.

Nkaba nshishikariza urubyiruko muri rusange, tuyje tumenya gushikama ku cyemezo twafashe kitadutera kwicuza mugihe habayeho izindi ngaruka zaterwa no kutamenya kwifatira icyemezo gikwiye.

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**UWAMWEZI Hamissa**



# INKURU ZACU, IJWI RYACU!

TUGANIRE KU BUZIMA BW'IMYOROROKERE

“Bangavu, ngimbi namwe mwese rubyiruko,  
nimuze tuganire ku buzima bw’imyororokere”



*Mu byukuri nitwe bayobozi b'ubuzima bwacu, nitwe dukwiye kubugira bwiza, dufite amahitamo menshi muri ubu buzima, gusa muri aya mahitamo, ni byiza gushyiramo ubwenge kuko ubuzima bwacu nibwo bukungu dufite, ni byo byishimo by'ejo. Ibyishimo by'ejo ntabwo bizanwa no kuba twariyangije, twarakoresheje umubiri wacu mu bidakwiye, ibyishimo by'ejo bizanwa nuko twasobanukiwe ko dufite uburenganzira bwuzuye ku mubiri wacu n'inshingano zo kuwurinda ibyawangiza.*

**N**itwa KWIZERA Eric, ndi umuhungu, mfite imyaka 19, niga mu mwaka 5 w'amashuri yisumbuye mu ishami ry'indimi n'ubuvanganzo mu kigo cya G.S Ndera mu karere ka Gasabo. Murungano bijya bigaragara yuko akenshi kumva ko gufata ibiyobya byenge no kuba mu bigare byababikoresha ntacyo bitwaye mu buzima, harigihe bibwira ko mugihe bafite ibibazo byose byakemuzwa kunywa inzoga n'itabi, bakiyumvisha ko gukoresha inzoga n'itabi aribwo burenganzira bwabo, nyamara siko bimeze, kugira uburenganzira ntibivuze kwishora mubidafite umumaro, namenye ko iyo ubuzima bukomeye ugomba kuba ukomeye kurushaho, ukaba umujyenga wabwo kugirango urusheho kumera neza, nasobanukiwe ko kandi abakobwa n'abahungu dufite uburenganzira bwo kurinda umubiri wacu n'ibiwukorerwaho, muri ubwo burenganzira niho dukwiye no kuvana imbaraga zo kurushaho kuwurinda icyatuma

wangirika, nk'umuhungu namenye neza ko nubwo mfite ubwo burenganzira, n'umukobwa ni uburenganzira bwe gufata icyemezo ku bikorwa ku mubiri we, kandi ko ngomba kubaha amahitamo ye. Tumenye gutegura ejo heza hacu hazaza, ntawundi uzahategura nitwe ubwacu, ntago hazategurwa n'ibishuko twakwishoramo, nti hazategurwa n'ibigare twajyenderamo cyangwa ibiyobyabwenge twafata, hazategurwa n'ibitekerezo bizima byacu, hazategurwa n'uburenganzira bufite intego yubatswe n'amahitamo mazima, dufite uburenganzira k'ubuzima bwacu ariko ntidufite uburenganzira bwo kwangiza ubuzima bwacu, ahazaza hari mu biganza byacu.

**KWIZERA Eric**

“

*Abakobwa dukwiye kumenya kwifatira icyemezo gikwiye ku buzima bwacu, tumenya kuvuga Yego cyangwa Oya mu gihe ari ngombwa kandi tubihisemo.*

*Ndetse ni natwe dukwiye kumenya icyo tugomba gukoresha umubiri wacu ntawundi uduhitiyemo cyangwa ngo aduhatirize gukora icyo tudashaka.*

”



*Hari abantu baterwa ipfunwe nuko bameze, ntibishimire imiterere y'umubiri wabo cyangwa se ibibabaho mu buzima bwa buriminsi birimo n'impinduka zaba ku mubiri wabo, bakumva ko bataremwe nkabandi, bikabatera isoni zo kwisanzura mugihe barikumwe n'abandi.*



**N**itwa Niyindorera Francine, ndi umukobwa, mfite imyaka 19, niga mu wa 5 Imibare, Ubukungu n'ububumenyi bw'isi, mu kigo cya G.S Bugoba mu karere ka Kamonyi. Namenye ko abakobwa imibiri yacu ari iya gaciro, kandi ko dufite uburenganzira bwo gufata icyemezo kubiyikorera. icyo nabwira bagenzi banjye nuko badakwiye kugira isoni cyangwa ipfunwe ry'uko bateye, cyangwa ubumuga bafite, bityo ngo bumve ko imibiri yabo yahohoterwa bagaceceka. Mu gihe hari uwavutswa uburenganzira bwe, yakwegera ubuyobozi bumwegereye bukamufasha

kugirango uburenganzira bwe buharanirwe. Nkaba na soreza kunama igira iti "buri wese by'umwihariko abangavu ,bafite uburenganzira ku buzima bwabo n'imibiri yabo ariko muri bwa burenganzira bakamenya ko bakwiye kurangwa no kugira amahitamo mazima “.

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**NIYINDORERA Francine**



Buri muntu wese yaba  
umukobwa cyangwa  
umuhungu, afite  
uburenganzira bwo kugira  
uruhare ku bikorerwa ku  
mubiri we



**Kugira Amakuru Birafasha**



## Abakobwa n'abahungu dufite uburenganzira bwo kugira uruhare ku bikorera ku mibiri yacu

**N**itwa IRANKUNDA ISHIMWE Pacifique, mfite imyaka 19, niga mumwaka 5 w'amashuri yisumbuye mu ishami ry'ibinyabugenge n'ubutabire, mu kigo cya G.S Ngamba, mu karere ka Kamonyi. Hari igihe usanga nk'umuntu afite ubumuga ku mu biriwe cyangwa akaba afite imiterere y'umubiri atishimiye, bikaba bishobora kumutera ipfunwe bikaba byamubuza no, kujya mu bandi. Nasobanukiwe ko umuntu akwiye kwikunda we ubwe akishimira uko ateye, ko ntanukwiriye kumukoresha icyo adashaka agamiye kwishimisha. Ikindi nagira inama abasore bagenzi banjye, ko atari twe duteguka cyangwa dufite imbaraga ku mibiri y'abakobwa,

dukwiye kujya twubaha ibyifuzo byabakobwa mu gihe turi mu rukundo nabo, tukirinda ku bahatiriza gukora ibyo badashaka twitwaje urukundo, tukamenya neza ko nabo bafite uburenganzira bwo gukora icyo bashaka kandi mu gihe bashakiye, tukamenya neza ko ari uburenganzira bwabo ndetse bakwiye guhagarara ku cyemezo nyacyo bifatiye bo ubwabo. Nkaba nshimira Save Generations Organization ko yampaye inyigisho, ngasobanukirwa neza ibijyanjye nubuzima bw'imyorokere n'uburenganzira bubushingiyeho. Nasobanukiwe ko mfite uburenganzira n'inshingano zo kugira uruhare kubikorera umubiri wanjye.

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IRANKUNDA ISHIMWE Pacifique



**N**itwa Uwase Xaverine, ndi umukobwa, mfite imyaka 20, niga mu mwaka wa 6, Imibare, ubukungu n’ubumenyi bw’isi , mu kigo cya G.S Bugoba, Mu karere ka Kamonyi.

Mbere sinarinzi yuko umuntu afite uburenganzira bwo kugira uruhare ku bikorerwa umubiri we, sinarinzi aho yabariza aramutse ahuye n’ikibazo cy’ihohoterwa, kuko numvaga ko nk’umwana ibyo ntabibaza, ndetse ko kubigiraho amakuru ntakamaro bimfitiye. Maze kugera muri Save Generations Organization ngahabwa amahugurwa, nasobanukiwe neza uburenganzira bwanjye cyane cyane kubijyanye n’ubuzima bw’imyorokere. Kuri ubu nzi ko mfite uburenganzira kubuzima bwanjye, nijye wifatira icyemezo, nasobanukiwe ko iyo hagize ukoresha cyangwa ukora ku mubiri wanjye ntabyemeye, ari ihohoterwa. Byatumye nisobanukirwa menya ko arijye ukwiye kwifatira icyemezo ku bikorerwa umubiri wanjye. Abakobwa ningombwa kumenya ko uwakora ku mubiri wacu tutabishaka cyangwa akadukeya ibyo tudashaka nko gusambanywa ku gahato ari ihohoterwa. Ni uburenganzira bwacu kurindwa ihohoterwa.

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**UWASE Xaverine**

## TUGANIRE KU BUZIMA BW'IMYOROROKERE

Yaba abahungu cyangwa abakobwa, kwiha agaciro nizo nyungu zacu, kuko iyo utihaye agaciro ntwundi wakaguha, dukwiye kumenya gukoresha neza umubiri wacu, tukamenya neza kwifatira icyemezo gikwiriye ku mibiri yacu.



# IJWI RY'ABANGAVU N'INGIMBI

## INKURU Y'UBUVUGIZI

Twebwe Abangavu n'ingimbi mu mashuli abanza, dusanga kugira amakuru ku buzima bw'imyororokere ari bumwe mu burenganzira bwacu, ariko dusanga butubahirizwa uko bikwiriye, ababyeyi bamwe baracyatinya kuganiriza abana babo ku buzima bw'imyororokere, bityo turifuza ko ababyeyi muri rusange bazamura imyumvire, bakaganiriza abana ubuzima bw'imyororokere.

Numero wahamagara mugihe uhuye n'ikibazo ukeneye ubufasha kuri ibi bikurikira:

3512	Ihohoterwa rikorerwa mungo, cyangwa rishingiye ku gitsina
3029	Isange One Stop Centre
116	Gutabariza umwana uri mu kaga

Twebwe abangavu n'ingimbi bo mu mashuli yisumbuye, twasanze ko ikibazo cyo kutamenya amakuru ku buzima bw'imyororokere tugihuriyeho n'abangavu n'ingimbi batari mu mashuri, kuko usanga byigishwa mu mashuri ariko abatari mu ishuli bigoranye kumenya ayo makuru, usanga ari intandaro y'uko abangavu batwara inda z'imburagihe kubera kutamenya, cywangwa abangavu n'ingimbi bagakuramo kurwara indwara zandurira mu mibonano mpuzabitisina. Kubwibyo turasaba ko hakongerwa amahugurwa n'ibiganiro bireba uruburiko, abangavu ndetse n'ingimbi yaba abiga n'abatiga bigishwa ku buzima bw'imyororokere.



# HAHA UBWENGE!!!

## Umubiri wanjye, amahitamo yanjye

Ese uburenganzira bw'umwana w'umukobwa cg umugore butangirira he kandi bugarukira he? Ni inde ugena uburenganzira bwabo ubwo ari bwo? Ese abakobwa n'abagore baziko amahitamo ku bikorerwa k'umubiri wabo ari uburenganzira bwabo? Hano tugiyeye kuba tunganira ubushobozi bw'umugore ku mubiri we, uburyo ari uburenganzira kugenga ibikorera umubiri we, kandi n'icyakorwa ngo abakobwa n'abagore basobanukirwe ubwo burenganzira kandi babashe kubuharanira.

Uburenganzira ku mubiri w'umukobwa bivuze iki? Muri make ni uburenganzira bwo kugira amahitamo y'ibikorera ku mubiri we. Ni uburyo bwo kwiyumvamo ubushobozi umugore n'umukobwa afite bwo kwifatira icyemezo. Umukobwa cg umugore bafite uburenganzira bwo gukora amahitamo y'ibikorera ku mubiri yabo, ibyo ari byo byose, igihe icyo ari cyo cyose, uburyo bwose, nta wundi muntu ubigizemo uruhare wamushyiraho igitutu cyamubuza uburenganzira bwe. Igihe cyose hari umuntu wundi ugize uruhare mu mahitamo y'ibikorera ku mubiri w'umukobwa cg umugore, iryo ni ihohoterwa. Igihe hari umutegeka igihe agomba gushakira umugabo, umubare w'abana agomba kubyara, imigenzo imwe agomba gukora yangiza umubiri we, ibyo byose Bizana ihohoterwa.

Kubera iki iyi ngingo ari ngomwa kuyiganira, kandi abakobwa bagomba kuyiganirizwa ryari? Abakobwa bagomba kuganirizwa kuri iyi ngingo bahabwa amakuru ajyanye n'ikigero cy'imyaka y'uhabwa, agatowa kugira amahitamo, no kumenya kuvuga OYA cyangwa YEGO igihe biri ngombwa. Rimwe na rimwe umuco wacu n'imyemerere imwe n'imwe, bitoza abagore n'abakobwa ko kubaha umuntu mukuru, ari uguhora wemeranya nawe by'umwihariko igitsina gabo, iyo bitameze gutyo, bivugwa ko umukobwa cg umugore nta burere afite. Akenshi ibi byubaka ubwoba mu bakobwa n'abagore, no kutigirira ikizere. Ikiza bagomba gutozwa no kugishwa inama cyangwa gusabwa uruhushya kubibakorerwa. Iyo abakobwa n'abagore badahawe uburenganzira ku bikorerwa umubiri wabo, bigira ingaruka ku buzima bwabo bigatuma bitera ikizere.

Bituma kenshi bumva ko hari babantu bagomba kubakorerwa amahitamo, kandi indi ngaruka ni uko bizamura ubusumbane hagati y'abagore n'abagabo. Urugero, niba umuhungu ari we wenyine ufite ijamba rya nyuma ku gukora imibonano mpuzabitsina, bituma umukobwa ashobora guhatirwa gukora imibonano kubera ubwoba nokwanga kwitwa inshinzi, rimwe na rimwe ubwoba bushobora gutuma bafatwa ku ngufu, bagatwara inda zimburagihe, kurwara indwara zandurira mu mibonano mpuzabitsina, n'ibindi.

Mu muryango mugari dukuriramo, hari amahame amwe nayo twavuze hejuru, aho usanga abakobwa n'abagore bakura babifata nk'ibisanzwe. Urugero: igihe cyo gushaka. Bitewe naho dukurira, hamwe usanga bashyiraho imyaka yo gushaka ku mukobwa yayireza agatangira kwitwa amazina cyangwa agashyirwaho igitutu gituma ashobora gushaka atari amahitamo ye.

Rimwe naganiraga n'abagavu, bari hagati y'imyaka 13-19, mbabaza igihe bumva bazashakira. 80% basubijye ko batarenze imyaka 23 bitari ibyo bashobora kwirukanwa mu rugo. Igitangaje ni uko abagavu nabo ariko babyemera babyakiriye ko bagomba gushaka uko byaba bimeze kose, kuko niko amahame yubatswe.

Ku bantu bafite ubumuga, biba bibi cyane iyo bigeze ku bushobozi n'uburenganzira ku bikorerwa ku mubiri wabo. Kumva ko abandi bantu ariko babakorerwa amahitamo. Rimwe na rimwe bitekerezwa ko umukobwa ufite ubumuga adashobora kuvuga OYA ngo ntakore imibonano mpuzabitsina kuko kuba yabona ubimusaba ni impuhwe amugiriye, usanga bibatesha agaciro, bagakorerwa iryo hohoterwa. Kubera ko bafite ubumuga runaka; icyo bakora cyose, uko bambaye, imyifatire yabo, byose byibazwaho nkaho bo badafite uburenganzira ku bikorerwa umubiri wabo bivuye mu marangamutima yabo.

Ibi byose bigomba guhagarara. Abakobwa/abagore bafite uburenganzira bungana n'ubwabahungu / abagabo. Abakobwa bagomba gutozwa ubwo burenganzira bwabo kuva bakiri bato bakubuharanira. Ibyo bizateza imbere umuryango by'umwihariko n'igihugu muri rusange, bityo tugere ku iterambere rirambye kandi rihuriweho nabose abakobwa n'abahungu, abagore n'abagabo.



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**M@GAZINE**