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My STORY My VOiCE

TUGANIRE KU BUZIMA BW'IMYORORORKERE

NO: 09
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SAVE GENERATIONS ORGANIZATION

Save Generations Organization

Prepare, Empower and Equip the Future Generations

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

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

UKENEYE AMAKURU KU BURYO BURAMBUYE WABARIZA AHA HAKURIKIRA:

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INKURU YANJYE, MU IJWI RYANJYE

IJAMBO RY'IBANZE

Muraho neza!

Umuryango nyarwanda utari uwa leta uharanira iterambere ry'umwana urubyiruko n'umugore Save Generations Organization, wishimiye kubagezaho nomero ya cyenda (9) y'ikinyamakuru "Tuganire ku buzima bw'imyororokere, cyizwi ku izina rya "**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 kugira amakuru y'ukuri ku buzima bw'imyororokere.

Kuri iyi nshuro abangavu n'ingimbi bari hagati y'imyaka 10-19 biga mu mashuri abanza n'ayisumbuye mu karere ka Kamonyi na Gasabo, bahuguwe na Save Generations Organization, barasangiza bagenzi babo amakuru y'ukuri bamenye ku buzima bw'imyororokere n'uburenganzira bijyana by'umwihariko uburenganzira 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, zigamije 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 k'uburenganzira bamenye bafite ku buzima bw'imyororokere na serivise bijyana, uruhare bafite ku bibakorerwa n'ubumenyi bafite ku buzima bw'imyororokere.

NAMENYE KO MFITE UBURENGANZIRA BWO GUHABWA AMAKURU Y'UKURI KU BUZIMA BW'IMYOROROKERE

Kwigishwa ku buzima Bw'imyororokere Bituma abangavu n'ingimbi turushaho kugira amakuru y'ukuri tukirinda ibishuko.

Nasobanukiwe ubwiza bw'umubiri wanjye bituma numva ko nkwiye no kuwurinda kwangirika.

Nitwa **TUMUKUNDE Cynthia,**ndi umukobwa, mfite imyaka 14, niga mu mwaka wa 5 w'amashuri abanza mu kigo giherereye mu karere ka Gasabo. Abantu benshi, cyane cyane b'igitsina gabo bumva ko gukora kora ku mukobwa ntacyo bitwaye, nyamara ntibiyumvishe ko iyo umukozeho atabishaka ari ihohotera uba uri kumukorera, abakobwa bamwe n'abamwe baterwa isoni no kuvuga uwabahohoteye mugihe bakorewe ihohoterwa, rimwe na rimwe hakaba aho usanga babwirwa ko mugihe icyo cyibazo cyibaye byakemurirwa mu miryango yabo, nyamara ntibamenye ko iyo batagaragaje icyibazo cyibabayeho hari igihe bahura n'ingaruka zitandukanye zishingiye ku ihohoterwa bakorewe. Mbere y'uko mpabwa inyigisho n'umuryango Save Generations Organization ari naho namenyeye ko mfite uburenganzira bwo kurindwa ihohoterwa, guhabwa amakuru y'ukuri ku buzima bw'imyororokere na serivise bijyana, nahoranaga isoni, naritinyaga nkumva ko ibyo kwitinyuka bitandeba numva bijyenewe abahungu gusa, ibyo byatumaga ndushaho kumva ko no gufata icyemezo muri jye bitandeba nkiri umwana, nkumva ko ibyo bireba abantu bakuru gusa, nashoboraga kuba nakorerwa ihohoterwa nkaba nanjye nabiceceka simbashe kubimenyekanisha kuko numvaga ko byaba ari ukwisebya, numvaga kuganira ibijyanye n'ubuzima bw'imyororokere biteye ipfunwe, numva abandi bakubona nkumushizi w'isoni cyangwa bakakwita indaya, nyamara yaba jye ndetse na bajyenzi banjye tukunva k'umuhungu we ntacyo bitwaye, rimwe na rimwe tukiyumvisha ko abahungu ari nabo baba bafite amakuru ahagije kandi y'ukuri ku buzima bw'imyororokere kuko aribo babifitiye uburenganzira, Nyamara sibyo, naje gusobanukirwa ko umwangavu cyangwa se umukobwa muri rusange nawe afite ubwoburenganzira bwo guhabwa amakuru ku buzima bw'imyororokere na serivise bijyana , nzi kuba navuga oya mugihe cyo guhakana no kuvuga yego mugihe nyacyo cyo kwemera,

NI IKI WABWIRA ABAKOBWA BAJYENZI BAWE?

Icyo nabwira abakobwa bajyenzi banjye ni uko dufite uburenganzira bwo kurindwa ihohoterwa, mugihe hari urikorewe yabimenyesha abamukuriye, ababyeyi cyangwa se akabimenyesha inzego z'umutekano harimo na RIB, ndashimira Save generations organization ko yabashije kumpa inyigisho kurubu nkaba numva ko nanjye ndi umukobwa ushoboye kandi ufite amakuru y'ukuri ku buzima bw'imyororokere.

Kugira amakuru y'ukuri ku buzima bw'imyororokere ni ibyagaciro kuri twese, yaba abangavu, ingimbi n'urubyiruko; **Twese biratureba ! , hari bamwe mu rubyiruko bumva ko bitabareba kandi nyamara kutagira amakuru y'ukuri bishobora kugukururira kwishora mu bikorwa byangiza ubuzima**

Kwigishwa ku buzima bw'imyororokere byatumye ntinyuka, ndetse bimpa kugira amahitamo mazima ku myitwarire yanjye

Nitwa **UWASE Aisha,** ndi umukobwa, mfite imyaka 15, niga mu mwaka 3 w'amashuri Yisumbuye mu kigo giherereye mu Karere ka Gasabo. Kwigishwa ku buzima bw'imyororokere byangiriye umumaro, nagiraga amakuru menshi y'ibihuha ndetse nkaniyumvisha byinshi murijye bidakwiye, burigihe nahoraga numva ntakwisanzurana nabahungu ngo tujye inama, yaba aho ntuye no ku ishuri nkinubira kuba mu matsinda y'amasomo nabo kuko nabonaga hari byinshi tudahuje, numvaga navugana n'abakobwa gusa akaba aribo bonyine tujya inama, burigihe nahoraga numva ko abahungu ari abashukanyi gusa, nabona umukobwa uganira nabo nkamufata muyindi shusho, ntamakuru narimfite k'ubuzima bw'imyororokere pe, numvaga abandi bavuga ngo umukobwa uri mu mihango cyangwa urwaye ibishishi iyo akoze imibonano mpuzabitsina n'umuhungu akira, iyo ntaza guhabwa inyigisho ku buzima bw'imyororokere na Save Generations Organization, nashoboraga kuba nagwa muri ibyo bishuko numvaga mu bandi, ubu narahindutse, mbasha kuganira ndetse nkajya inama n'abahungu kuko mba numva ko ntawankoresha icyo ntashaka, kuri ubu nashobora kugira amahitamo mazima mugihe hari uwashaka kunshuka ankoresha ibidakwiye, ndetse no mugihe nahura n'ihohoterwa nzi aho nabariza.

NI IYIHE NAMA WAGIRA ABAKOBWA MURI RUSANGE?

Icyo nabwira abakobwa bagenzi banjye bumve ko bakwiye kwitinyuka, ndetse batinyuke kubaza mu gihe bakeneye amakuru ku buzima bw'imyororokere, bumve ko bashoboye kandi bigirire icyizere, bamenye kwifatira icyemezo ku buzima bwabo.

Ni ingenzi ko twese abangavu, ingimbi n'urubyiruko tumenya ko ari uburenganzira bwacu guhabwa amakuru y'ukuri ku buzima bw'imyororokere

"Ni ingenzi"

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 bizazanwa nuko twasobanukiwe ko dufite uburenganzira bwuzuye ku mubiri wacu n'inshingano zo kuwurinda ibyawangiza.

Nitwa **M. Kristophe** , ndi umuhungu, mfite imyaka 17, niga mu mwaka wa 3 w'amashuri yisumbuye mu kigo giherereye mu Karere ka Kamonyi. 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, ntihazategurwa 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.

Mwangavu, ngimbi namwe rubyiruko muri rusange, mugihe ubonye uwakoze cyangwa wakorewe ihohoterwa, watabaza cyangwa ugashaka ubufasha wifashishije izi numero zikurikira

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

3512	Ihohotera rikorerwa mungo, cyangwa rishingiye ku gitsina
3029	Isange One Stop Centre
116	Gutabariza umwana wakorewe ihohotera
9059	MIGEPROF
711	NCDA

Ni ingenzi ko twese abahungu n'abakobwa dufatanya gukumira indwara zandurira mu mibonanompuzabitsina, ndetse tugaharanira kugira amakuru y'ukuri ku buzima bw'imyororokere

Nitwa **IRADUKUNDA Emmanuel**, ndi umuhungu , mfite imyaka 18, niga mu mwaka 3 w'amashuri yisumbuye mu kigo giherereye mu karere ka Gasabo. Namenye ko hababo amakuru y'ubuzima bw'imyororokere ngeze muri Save Generations Organization, murugo ntago twabonaga uko tubiganira, numvaga ko umuhungu ntaho ashobora guhurira n'umukobwa amuha ubufasha mu bijyanye n'ubuzima bw'imyororokere, umukobwa yashoboraga guhura n'ikibazo cyijyanye n'ubuzima bw'imyororokere yagize imihindagurikire y'umubiri nk'igihe ari mu mihango nkamuha urwamenyo, nkamuseka kuko nabifataga nkibitabaho ndetse nkumva bintunguye cyane, ubwo nahitaga mbifata nk'ibidasanzwe bigatuma uwo mujyenzi wanjye mubona muyindi shusho, Ntamakuru narimfite ajyanye nuko nakwirinda indwara zandurira mu mibonano mpuzabitsina, nakuze numva ko zandurira mu mibonano mpuzabitsina mugihe uyikoze utarakura, sinarinzi byukuri ko umuntu ashobora kwandura mugihe wayikoze idakingiye, kukijyanye na serivise z'ubuzima bw'imyororokere ntacyo narimbiziho, ariko ubu namenye ko ngomba kwikunda, namenye ko buri wese yaba umuhungu cyangwa umukobwa arebwa n'ubuzima bw'imyororokere, namenye ko twese dukwiye gufatanya muri ubu buzima, biratureba twese kwirinda indwara zandurira mu mibonanompuzabitsina idakingiye kuko iyo wazanduye bituma ubaho ubuzima bwawe utishimye cyane cyane mu mikurire yawe, rimwe na rimwe ukaba wakwitera ikizere, iyo hatagize ukuba hafi.

Ndashimira Save Generations Organization yo yaduhurije hamwe, tugahabwa amakuru ku buzima bw'imyororokere, tukerekwa ibyo twari tuzi ko bitabaho, ndetse tukamenyeshwa uburenganzira bwacu, nabandi bahungu bagenzi banjye ndabasaba ko bakwiye guharanira kugira amakuru y'ukuri ku buzima bw'imyororokere kuko bituma uwayagize agasobanukirwa agira umurongo mwiza w'ubuzima, igihe tujyezemo hari inzira nyinshi umuntu wese ashobora gukuramo amakuru, cyane cyane nkatwe urubyiruko, navuga nk'ikoranabuhanga, ku miyoboro yose inyuzwaho amakuru ariko kenshi na keshi ugasanga ariya makuru anyuzwaho kenshi harigihe aba Atari amakuru y'ukuri yakuyobora inzira nziza, birakwiye rero ko tumenya aho twabariza amakuru y'ukuri adufasha, wabariza ku kigo nderabuzima, ku kigo cy'urubyiruko, Isange one stop center cyangwa umwarimu ubishinzwe mu kigo wigaho nawe yagufasha mu gihe udafite club y'ubuzima bw'imyororokere ku kigo wigaho niba uri mu ishuri.

UBUZIMA BWANGE AGACIRO KANJYE!

UBUVUGIZI KU BIBAZO BY'ABANGAVU N'INGIMBI KU BUZIMA BW'IMYORORORKERE.

1

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.

3

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 mashuli ariko abatari mu ishuli bigoranye kumenya ayo makuru, usanga ari intandaro y'uko abangavu batwara inda z'imburagihe kubera kutamenya, cyangwa abangavu n'ingimbi bagakuramo kurwara indwara zandurira mu mibonano mpuzabitisina. Kubwibyo turasaba ko hakongerwa amahugurwa n'ibiganiro bireba urubyiruko, abangavu ndetse n'ingimbi yaba abiga n'abatiga bigishwa ku buzima bw'imyororokere.

4

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!!!

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 tugiye kuba tuganira ubushobozi bw'umugore ku mubiri we, uburyo ari uburenganzira kugenga ibikorerwa 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'ibikorerwa ku mubiri we. Ni uburyo bwo kwiyumvamo ubushobozi umugore n'umukobwa afite bwo kwifatira icyemezo. Umukobwa cg umugore bafite uburenganzira bwo gukora amahitamo y'ibikorerwa ku mibiri 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'ibikorerwa 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'uyahabwa, agatozwa 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 kubakorera amahitamo, kandi indi ngaruka ni uko bizamura ubusumbane hagati y'abagore n'abagabo.

Urugero : Niba umuhungu ari we wenyine ufite ijambo rya nyuma ku gukora imibonano mpuzabitisina, 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 mpuzabitisina,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 yayirenza 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% basubije ko batarenza imyaka 23 bitari ibyo bashobora kwirukanwa mu rugo. Igitangaje ni uko abangavu nabo ariko babyemera babyakiriye ko bagomba gushaka uko byaba bimeze kose, kuko niko amahame yubatse. Ku bantu bafite ubumuga, biba bibi cyane iyo bigeze ku bushobozi n'uburenganzira ku bikorerwa ku mubiri wabo. Kumva ko abandi bantu aribo babakorera 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 bakabuharanira. Ibyo bizateza imbere umuryango by'umwihariko n'igihugu muri rusange, bityo tugere ku iterambere rirambye kandi rihuriweho nabose abakobwa n'abahungu, abagore n'abagabo.

Byateguwe na
Save Generations Organization

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