



KINYARWANDA

# Ubuzima bw'imyororokere

## IMFASHANYIGISHO Y'UHUGURA

Isomo rimwe ku rutonde rw'amahugurwa  
agenewe Umujiyanama w'Ubuzima w'Inshuti  
Mu Buzima/IMB



INSHUTI MU BUZIMA



**Partners  
In Health**

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Partners In Health (PIH)/Inshuti Mu Buzima (IMB) ni umuryango udaharanira inyungu wigenga washingiwe mu gihugu cya Hayiti mu myaka 20 ishize, ukaba ufite intego yo kugeza ubuvuzi bwo ku rwego rwo hejuru mu duce turimo abantu batagira uko bivuzza, guherekeza abarwayi igihe bafata imiti no gukuraho impamvu zitera ibibazo by'uburwayi bwabo. Muri iki gihe PIH/IMB ikorera mu bihugu 15 ku isi, ikaba ikoresha uburyo bukomatanyije bwo kuvura kugira ngo irwanye uruhererekane rw'ubukene n'indwara- ibyo bikorwa mu kuvura abantu no mu bindi bikorwa bikorerwa mu giturage birimo ubuhinzi, gufasha abantu kubona indyo yuzuye, amacumbi, amazi meza n'ibikorwa bibyara inyungu.

Umurimo wa IMB utangirira ku kuvura abarwayi ugakomereza ku bikorwa byo guhindura imibereho y'abaturage, guteza imbere uburyo bwo kuvura abantu n'ingamba z'ubuzima rusange. PIH/IMB yubatswe inashimangira ubwo buvuzi bukomatanyije mu bihe by'amakuba akomeye nk'umutingito wayogoye ibintu muri Hayiti, mu bihugu byaranzwemo intambara nk'u Rwanda, Gwatemala n'u Burundi, tutibagiwe n'uduce dukennye cyane tw'Umujyi wa Boston muri Leta Zunze Ubumwe z'Amerika. Mu bufatanye PIH/IMB ifatanye n'ibigo n'amashuri bikomeye ku isi nk'Ishuri ry'Ubuvuzi rya Harvard n'Ibitaro by'Abagore bya Brigham, ikora ibishoboka byose ngo ikwirakwize ubwo buvuzi bukomatanyije mu bandi bantu. PIH/IMB ikora ibishoboka byose ngo iteze imbere ibijyanye no kuvura abantu batuye mu bice bikennye cyane kurusha ibindi ku isi, ibyo ikabikora ibinyujije mu buvugizi ikora mu batera inkunga ibikorwa by'ubuvuzi hamwe n'abagira uruhare mu ifatwa ry'ibyemezo.

PIH/IMB ikorera muri Hayiti, mu Burusiya, muri Peru, mu Rwanda, muri Lesoto, muri Malawi, muri Kazakistani no muri Leta Zunze Ubumwe z'Amerika. PIH/IMB ifasha kandi imishinga iyishamikiyeho ikorera muri Mexiko, muri Gwatemala, mu Burundi, muri Mali, muri Nepal no muri Liberiya. Niba mukeneye andi makuru yerekeye PIH/IMB, mushobora gusura urubuga rwayo rwa interineti ari rwo: [www.pih.org](http://www.pih.org)

Abakozi benshi ba PIH/IMB hamwe n'abandi bafatanyabikorwa bo hanze bagize uruhare mu kwandika ibi bitabo by'amahugurwa. Ntibyadushobokera gushimira buri wese ku giti cye, ariko turazirikana cyane ubushake, umurava n'urukundo bagaragaje.

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Inyandiko ya mbere yo mu cyongereza yasohotse muri Werurwe 2011.

Iki gitabo tugituye ibihumbi n’ibihumbi by’Abajyanama b’ubuzima bitanga batizigamye kugira ngo intego yacu ishyirwe mu bikorwa kandi bakaba ari ishingiro rya za gahunda zacu zigamije kurengera ubuzima bw’abantu no guteza imbere ibitunga abantu mu miryango ikennye cyane. Buri muni basura abaturage bakabagezaho serivisi, uburezi n’inkunga binyuranye, kandi bakatwigisha twese ko ubufatanye ari yo ntwaro ikomeye cyane mu kurwanya indwara z’ibyorezo, ubukene no kwiheba.





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## INCAMAKE

Ubuvuzi ni bumwe mu burenganzira bwa muntu. Ariko na none, kuvura indwara byonyine ntibisobanura kugira ubuzima bwiza no kububungabunga. Kugira ngo abantu bagire ubuzima n'imibereho myiza bagomba kuvurwa ku rwego rwo hejuru kandi n'uburenganzira bw'ibanze bundi bwabo bukubahirizwa: Indyo yuzuye, uburezi, amazi meza, gutura heza no guhabwa amahirwe yo gutera imbere mu bukungu.

Partners In Health (PIH)/Inshuti Mu Buzima (IMB) igira uburyo bwo kuvura abantu bushingiye ku burenganzira bwa muntu. Aho PIH/IMB ikorera ku isi yose, abajyanama b'ubuzima bacu bagira uruhare nta ngere mu gufasha abaturage bose kugira ubuzima n'imibereho byiza no guhabwa uburenganzira bw'ibanze bwa muntu.

Abajyanama b'ubuzima bahuza ikigo nderabuzima n'abaturage. Basura ingo zose mu giturage buri gihe. Bashakisha bakanasuzuma ibimenyetso by'indwara zikomeye zibasira abana n'abantu bakuru bahuje imibereho mu giturage. Muri zo twavugaga nk'indwara ya malariya, impiswi, umusonga, imirire mibi, igituntu n'ubwandu bw'agakoko gatera SIDA. Bohereza abantu barembye ku kigo nderabuzima kandi bagafasha abantu kubona serivisi z'ubuvuzi muri rusange. Batanga inzitiramibu n'ibindi bikoreho kandi bakavura indwara zimwe na zimwe. Abajyanama b'ubuzima bigisha kandi imiryango n'abaturage ibirebana no kwirinda indwara, inkingo, kuboneza urubyaro, ubuzima bw'imyororokere, isuku n'isukura by'umuntu ku giti cye no muri rusange, ihohoterwa rishingiye ku gitsina hamwe n'ubuzima bwo mu mutwe. icya nyuma ni uko bafasha imiryango ifite uburwayi n'ibindi bibazo haba mu kubihanganisha no kubaha ubundi bufasha.

Abajyanama b'ubuzima batorwa n'abaturage bagenzi babo. Ni abantu bubashywe, batavugirwamo kandi bagira ibanga. Bacengewe neza cyane n'icyo kuba hafi y'abantu bababaye. Bagira uruhare runini cyane mu guteza imbere ubuzima bw'abaturage no mu iterambere ry'igihugu cyabo muri rusange.

Abajyanama b'ubuzima bahabwa amahugurwa ya buri gihe n'abakozi bahugura ba PIH/IMB abafasha kwiga no kongera ubumenyi bakeneye kugira ngo bakore umurimo wabo uko bikwiye. Iyi Mfashanyigisho y'Uhugura hamwe n'Igitabo cy'Uhugurwa kiyiherekeje, urupapuro runini n'inyandikoshusho ni byo bikorehwa mu mahugurwa ari mu byiciro bikurikira:

- Kuboneza urubyaro
- Ubuzima bw'imyororokere
- Indyo yuzuye n'Imirire mibi
- Inkingo
- Indwara y'impiswi
- Malariya
- Isuku n'Isukura
- Indwara zifata imyanya y'Ubuhumekero
- Ihohoterwa rishingiye ku gitsina



## Ubuzima bw'imyorokere

- Ubuzima bwo mu mutwe
- Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana (PMTCT)
- Indwara zidakira
- Kanseri
- Ubwandu bw'agakoko gatera SIDA, Igituntu, n'indwara zandurira mu mibonano mpuzabitsina.





## IBIKORESHO BIKENERWA MU MAHUGURWA

Buri ngingo y'amahugurwa ifite Imfashanyigisho y'Uhugura, Igitabo cy'Uhugurwa, inyandikoshusho hamwe n'urupapuro runini. Kugira ngo amahugurwa atangwe neza, abahugura bagomba kuba bafite ibi bikoreho byose hamwe:

- **Imfashanyigisho y'uhugura** – ikubiyemo amakuru yose akenewe mu guhugura, harimo imyiteguro y'isomo n'urutonde rw'ibikoreho bikenewe, uko ibice by'isomo bikurikirana, izusumabumenyi rya mbere y'amahugurwa n'irisoza hamwe n'ingingo zose zigize isomo. Abahugura bagomba gusoma imfashanyigisho y'uhugura mbere y'umunsi w'amahugurwa kandi bakayikoresha mu bikorwa byose by'amahugurwa.
- **Igitabo cy'Uhugurwa** – kirimo amakuru yose abahugurwa bakeneye kumenya ku ngingo runaka, harimo kandi ingero n'udukino bikorehwa mu mahugurwa. Abahugura bagomba guha abahugurwa bose Igitabo cy'Uhugurwa mu ntangiriro y'amahugurwa. Nyuma y'amahugurwa, abahugurwa bagomba gutwara ibitabo byabo iwabo kugira ngo bajye babikoresha mu gushubiramo no gushimangira ibyo bize.
- **Inyandikoshusho** – niba abahugura bakorera ahantu hari umuriro w'amashanyarazi n'ibyuma byerekana amashusho n'amajwi, bashobora gukoresha inyandikoshusho (slide). Inyandikoshusho ikubiyemo amashusho yose akenewe mu mahugurwa. Ku masomo akoresha inyandikoshusho/impapuro nini, ibice bigize isomo birimo amashusho (uduce duto twayo), aherekejwe n'amagambo muni asobanura buri shusho.
- **Urupapuro runini** – niba abahugurwa bakorera ahantu hatari umuriro w'amashanyarazi cyangwa ibikoreho byerekana amashusho n'amajwi, bagomba gukoresha impapuro nini. Ruba rufite amashusho asa n'ayo mu nyandikoshusho n'amagambo yanditse inyuma y'urupapuro akenerwa mu gusobanura igishushanyo kiri imbere.


## IMFASHANYIGISHO Y'UHUGURA


Imfashanyigisho y'uhugura irimo amakuru yose akenewe mu gutanga aya mahugurwa, harimo:

-  **Intangiriro** – Ibisobanuro bike ku ntego z'amahugurwa n'ibikubiyemo
-  **Intego** – urutonde rw'ubumenyi abahugurwa bazungukira muri iri somo
-  **Incamake y'amahugurwa** – Imbonerahamwe irimo incamake y'ibizigishwa, uburyo bwo kwigisha, igihe bizamara n'ibikoresho bikenewe kuri buri somo.
-  **Ingingo z'ingenzi** – Ibitekerezo by'ingenzi bigize isomo; abahugurwa bashobora gutanga incamake y'ingingo z'ingenzi ku musozo w'amahugurwa.

**Amasomo atangwa mu mahugurwa** – ni uruherekane rw'amasomo ruherekejwe n'amabwiriza y'uko aya masomo atangwa.

**Isuzumabumenyi rya mbere y'amahugurwa n'irisoza** – Isuzumabumenyi rya mbere y'amahugurwa n'irisoza hamwe n'ibisubizo byayo byashyizwe mu mfashanyigisho y'uhugurwa kugira ngo ajye abireberaho.


-  **Ingingo zifasha Umujyanama w'Ubuzima** – Ni urutonde rw'inshingano n'ibikorwa by'umujyanama w'ubuzima bijyanye n'ingingo iri guhugurwaho. Abahugurwa bagomba gusubiramo urwo rutonde bafatanyije n'abahugurwa ku musozo w'amahugurwa.

-  **Ibindi bisobanuro** – impapuro zitanditseho ikintu aho uhugurwa ashobora kwandika bibaye ngombwa.

## AMASOMO ATANGWA MU MAHUGURWA

*Kugira ngo abahugurwa batange amahugurwa neza, bagomba gusoma amasomo yose, bagategura ibikenewe byose harimo n'ibikoresho kandi bakimenyereza uko ibice bya buri somo bikurikirana **mbere y'uko amahugurwa atangira**. Iyo abahugurwa batasubiyemo amasomo mbere y'igihe, batangira batiteguye.*

**Buri somo rikubiyemo:**

-  **Uburyo bukoreshwa mu kwigisha** – Uburyo bukoreshwa mu kwigisha, urugero, gukusanya ibitekerezo, ibikorwa mu matsinda mato cyangwa ikiganiro.

## Ubuzima bw'imyororokere



**Igihe gikenewe** – Igihe utekereza ko isomo rizamara. Mu bice by'isomo, buri gice cy'isomo kigenerwa igihe kigomba kumara, urugero, iminota 15 ku bikorwa byo mu matsinda mato, iminota 10 yo kungurana ibitekerezo, n'ibindi. Igihe kigenerwa buri gice ni ukugereranya, ariko uhugura agomba kugerageza kubahiriza icyo gihe cyagenewe buri gice. Iyo kubahiriza igihe bidashoboka, uhugura agomba gukora ku buryo ahuza amahugurwa n'igihe cyose cyagenwe.



**Gutegura isomo** – urutonde rw'ibintu uhugura agomba gukora *mbere y'igihe* kugira ngo ategura isomo.



**Ibikoresho** – urutonde rw'ibikoresho bikenewe mu isomo. Abahugura bagomba gusubiramo urutonde rw'ibikoresho no kubikusanya *mbere y'umunsi* amahugurwa azaberaho.



**Uko ibice by'isomo bikurikirana** – ibice byose bifasha uhugura kuri buri somo. Ibyo bice by'isomo birimo ingingo zose zigomba kwigishwa, ibibazo n'ibisubizo byatoranyijwe ngo bize kuganirwaho, uduce duto tw'inyandikoshusho/ibipapuro binini byakoreshejwe, ingero zigirwaho, udukino, inkuru zishushanyije hamwe n'andi makuru ya ngombwa mu isomo.



**Inama** – ni ibyifuzo bihabwa uhugura ku buryo ashobora guhuza cyangwa guhindura amasomo niba abona bikenewe, gukemura imyumvire mibi ishingiyeye ku muco cyangwa gushishikariza abantu kugira uruhare mu isomo.



**Kugenzura amakuru** – iki kimenyetso cyerekana amakuru ashobora guhinduka (amabwiriza areba imiti, amafishi n'ibindi). Abahugura bagomba kugenzura amakuru yose ariho iki kimenyetso gishushanyije kugira ngo barebe ko itariki yo gukoreshwa itarenze.

### Amahugurwa yose atangirwa n'ibi bikorwa:

**Kwibwirana no kuvuga Intego z'amahugurwa** – abahugurwa baribwirana bakanarebera hamwe intego z'amahugurwa.

**Amabwiriza Ngenderwaho n'Agasanduku k'Ibitekerezo** – abahugurwa bemeranywa ku mabwiriza ngenderwaho hanyuma bakigishwa ibijyanye n'Agasanduku k'Ibitekerezo – agasanduku bashobora gushyiramo ibibazo cyangwa imbogamizi bafite ku mahugurwa niba bumva bibangamiye kubibaza mu ruhame.

**Isuzumabumenyi rya mbere y'amahugurwa** – abahugurwa bahabwa isuzumabumenyi ryanditse kugira ngo harebwe ibyo basanzwe bazi ku mahugurwa bagiye guhabwa.

**Amahugurwa yose arangizwa n'ibi bikorwa:**

**Izusumabumenyi risoza** – kimwe no ku izusumabumenyi rya mbere y'amahugurwa, abahugurwa bakora izusumabumenyi risoza kugira ngo harebwe ibyo bungukiye mu mahugurwa arangiye. Uhugura akosora ibibazo byo mu isuzumabumenyi risoza maze abahugurwa bakagereranya ibyavuye mu isuzumabumenyi rya mbere y'amahugurwa n'irisoza.

**Gusuzuma uko amahugurwa yagenze n'Agasanduku k'Ibitekerezo** – abahugurwa basuzuma uko amahugurwa yagenze maze uhugura agasubiza ibibazo byakusanyijwe mu Gasanduku k'Ibitekerezo.

## ISUZUMA

Aya mahugurwa arimo isuzumabumenyi rya mbere y'amahugurwa n'irisoza yagenewe gupima ibyo abahugurwa bayigiramo. Imfashanyigisho y'uhugura irimo ibibazo by'isuzumabumenyi rya mbere y'amahugurwa n'irisoza hamwe n'ibisubizo byayo. Igitabo cy'Uhugurwa kirimo ibibazo by'isuzumabumenyi risoza ku rupapuro rwa nyuma (nta bisubizo), urwo rupapuro abahugurwa barucamo bakarwuzuzura mu gihe cy'amahugurwa. Kugira ngo abahugurwa bafashe abahugurwa bafite ubumenyi butandukanye mu gusoma no kwandika, bagomba gusoma ibibazo baranguruye ijwi, kimwe kimwe, bakaruhuka nyuma yo gusoma buri kibazo kugira ngo bahe abahugurwa umwanya wo guca akaziga ku gisubizo nyacyo. Abahugurwa bagomba kugereranya ibisubizo byo mu isuzumabumenyi rya mbere y'amahugurwa n'irisoza kugira ngo barebe ibyo abahugurwa bungutse no kugira ngo barebe ingingo zikeneye gusubirwamo mu mahugurwa azakurikiraho.

Niba abahugurwa benshi bashubije nabi mu isuzumabumenyi risoza, ibyo bishobora gusobanura ko abahugurwa bagomba kunoza uburyo bwabo bwo kwigisha kugira ngo babafashe gusobanukirwa ibyo bahugurwaho.

Aya mahugurwa kandi arimo isomo ryo gusuzuma uko amahugurwa yagenze rigenewe kumva ibitekerezo by'abahugurwa, aho bavuga ibyagenze neza, ibitaragenze neza n'ibyifuzo by'uko amahugurwa ataha yazanozwa. Abahugurwa bashobora kubaza ibibazo by'isuzuma mu magambo maze bakandika ibisubizo by'abahugurwa, cyangwa se bagasaba abahugurwa guca ifishi y'isuzuma iri ku rupapuro rwa nyuma rw'ibitabo byabo no kurwuzuzura. Abahugurwa bashobora na none gufotora ifishi y'isuzuma iri mu mfashanyigisho y'uhugura. Abahugurwa bagomba gukusanya no gusubiramo ibisubizo n'ibitekerezo by'abahugurwa kugira ngo bizafashe mu kunoza amahugurwa yo mu minsi iri imbere.

## IMYITEGURO Y'UHUGURA

***Abahugura bagomba gusubiramo neza amasomo yose ateganyijwe mu mahugurwa mbere y'uko amahugurwa atangira.*** Bagomba gusoma ibikorwa byose, kwitegura no gukusanya ibikoresho bikenewe kandi bakimenyereza uko ibice bya buri somo bikurikirana n'ingingo zose z'amahugurwa. Niba amahugurwa azarenza umunsi 1, uhugura agomba kongera gusubiramo ibikoresho mu ijoro ribanziriza umunsi wa 2.

Niba abahugura 2 cyangwa barenga bazafatanyaga gutanga amahugurwa, bagomba guhura mbere y'umunsi w'amahugurwa kugira ngo bumvikane kuri gahunda bazagenderaho banagabane amasomo buri wese azatanga. Bagomba kandi guhura ku musozo w'amahugurwa ya buri munsi kugira ngo bavugane ku byagenze neza, ibitagenze neza n'uko bazakora ku munsi ukurikiyeho.

Aya mahugurwa ntakenere kwitegura cyangwa ibikoresho bidasanzwe. Ku masomo menshi, abahugura bakenera gusa Imfashanyigisho y'Uhugura, Igitabo cy'Uhugurwa, inyandikoshusho/inyandiko ku mpapuro nini zo kwandikaho, marikeri na papiyekola. Nyamara rero, ***amasomo amwe akenera ibikoresho byihariye abahugura bagomba gushaka mbere y'igihe, urugero udushumi two gupima ikizigira (MUAC), iminzani yo gupima abana, inzitiramibu, ibikoresho byo kuvanga SIRO cyangwa ingero z'uburyo bukoreshwa mu kuboneza urubyaro.***

## UBUMENYI BW'ABAHUGURWA MU GUSOMA NO KWANDIKA

Abajyanama b'ubuzima ba PIH/IMB bagomba kuba bazi gusoma no kwandika kugira ngo bakore imirimo yabo neza. Ariko rero, igipimo cyo kumenya gusoma no kwandika mu bajyanama b'ubuzima kiratandukanye. Aya mahugurwa yateguriwe gufasha abafite ubumenyi mu gusoma no kwandika butandukanye kugira ngo n'abafite ubumenyi buke babashe kwiga bitabagoye. Urugero, Igitabo cy'Uhugurwa cyanditse mu nyuguti nini, gikoresha imvugo yoroshye, kirimo amashusho menshi kandi gikoresha ingingo zumvikana mu gutanga amakuru ya ngombwa. Amasomo yo mu mahugurwa akoresha amashusho, ibiganiri n'ingero ngufi bisomwa baranguruye ijwi, aho kwibanda ku byanditse byose uko byakabaye.

Ibice by'isomo akenshi bizamo amabwiriza yihariye yerekera uhugura uko agomba guhuza ubumenyi butandukanye bw'abahugurwa mu gusoma no kwandika. Urugero, abahugura basabwa gusoma amakuru baranguruye ijwi, bagasaba abahugurwa gukorana babiri babiri cyangwa mu matsinda mato kugira ngo bafashanyeho hagati yabo, bakagenzura ko buri tsinda ririmo umuntu uzi gusoma no kwandika neza kandi bagasobanura amashusho ari mu nyandikoshusho cyangwa ku rupapuro runini baranguruye ijwi kandi bitonze.

Uretse aya mabwiriza, abahugura bagomba kwita ku byo abahugurwa bagaragaje ko bakeneye muri aya mahugurwa bijyanye no gusoma no kwandika, maze bagapanga uko byakemurwa. Urugero, niba abahugura babona ko bamwe mu bahugurwa bafite ikibazo cyo gusoma cyangwa kwandika, bagomba kubafasha bakagenzura ko abandi bahugurwa na bo babafasha.

## GUHUZA AMAHUGURWA N'ABAYAHABWA

*Amasomo yo muri aya mahugurwa yateguriwe amatsinda y'abahugurwa bari hagati ya 20–30*, ariko ashobora no gukoreshwa neza ku matsinda y'abahugurwa bari hagati ya 12–20. Niba abahugura bagomba gukorana n'amatsinda manini y'abahugurwa, bagomba guhuza amasomo n'abo bantu. Urugero, mu bikorwa byo mu matsinda mato bimwe na bimwe, abahugura bashobora gukenera gukora amatsinda y'abantu 10 aho kuba 5 muri buri tsinda. Mu dukino, abahugura bashobora gukenera kugabanya igihe cyo gukina.

Rimwe na rimwe amasomo atanga inama z'uburyo ushobora guhindura ibikorwa, urugero, inama z'uko wahina isomo niba usigaranye igihe gito cyangwa ubona abahugurwa bananiwe cyane. Uretse gusoma izi nama kandi, abahugura bagomba gukoresha ubwenge bwabo maze bagahindura ibikorwa by'amahugurwa mu buryo bubereye abahugurwa. Urugero, ku bice bimwe na bimwe, abahugura bashobora guhindura ibibazo, agakino, cyangwa ingero kugira ngo babihuze n'imigenzo n'imyemerere y'aho batuye.

Abahugura bagomba buri gihe kwitegereza imbaraga n'ubushake abahugurwa bafite maze bagahindura uko bigishaga niba babona bacitse intege cyangwa batagukurikira. Niba nyuma ya saa sita abahugurwa batagishobora gukurikira, abahugura bagomba kongera ibibakangura (energizers), bakongera ikirukuho gito cyangwa bakabakoresha umukino wo gusubiramo kugira ngo bakanguke.

## IBIGANIRO

Imfashanyigisho irimo ibibazo byihariye n'ibisubizo binyuranye byo guhitamo ku biganiri byose. Ibisubizo binyuranye byo guhitamo byanditse mu nyuguti ziberamye. Abahugura bagomba kugerageza gusobanura ibyo bisubizo mu biganiri bagirana n'abahugurwa aho kugira ngo abe ari bo babitanga ubwabo. Bashobora gukenera kongera kubaza ikibazo mu yandi magambo cyangwa gutanga urugero kugira ngo basobanure ibisubizo bitanzwe n'abahugurwa. Nyamara rero, abahugura bagomba gutanga ibisubizo nyuma y'uko abahugurwa bahawe amahirwe yose yo gusubiza ibyo batekereza kandi batanga gusa ibisubizo abahugurwa batavuze.

## AMAHAME SHINGIRO YO KWIGISHA ABANTU BAKURU

Aya mahugurwa akorwa hubahirizwa amahame shingiro y'ingenzi yo kwigisha abantu bakuru, harimo:

- **Kubahana** – Abiga ari bakuru bagomba kumva bubashywe kandi badatandukanye n'ababigisha.
- **Gushimwa** – Abanyeshuri bakuru bakenera gushimwa n'iyo bakoze utuntu duto.
- **Kwifashisha ubumenyi basanganywe/ibyo basanzwe bakora** – Abantu bakuru biga neza iyo bifashishije ubumenyi bafite n'ibyo basanzwe bakora.

## Ubuzima bw'imyorokere

- **Akamaro k'icyo biga** – Ibyo abantu bakuru biga bigomba guhura n'ibyo bakenera mu buzima bwabo bwa buri munsu- mu kazi kabo, mu miryango n'ibindi.
- **Kuganira** – Kwigisha no kwiga bigomba kujyana kugira ngo abanyeshuri baganire n'uwigisha.
- **Kwitabira** – Abanyeshuri bakuru bagomba kwitabira amasomo mu biganiro, mu mpaka bajya n'abandi no mu kwigira kuri bagenzi babo.
- **Kugaragaza ko bumvise** – Abantu bakuru bagomba kuba bashobora gukoresha ibyo bize ako kanya.
- **Itegeko rya 20-40-80** – Abantu bakuru bibuka neza 20% by'ibyo bumvise, 40% by'ibyo bumvise bakanabibona na 80% by'ibyo bumvise, bakabibona bakanabikora.
- **Gutekereza, kumva no gushyira mu bikorwa** – Kwiga bigira akamaro cyane iyo harimo gutekereza, kumva (uko umerewe) no gukora.
- **Kumva utekanye kandi wisanzuye** – Abanyeshuri bakuru bakenera kumva batekanye kandi bisanzuye kugira ngo bafate ibyo biga kandi banabigiremo uruhare. Bakenera kumenya ko ibitekerezo byabo n'ibyo bavuga bidafatwa nk'iby'abana cyangwa ngo babaseke.

## UBURYO BWO KWIGISHA

Kugira ngo abahugura bashyire mu bikorwa aya mahame shingiro yo kwigisha abantu bakuru, bakoresha uburyo bwo kwigisha bunyuranye aho buri wese abigiramo uruhare. Muri bwo twavugaga ibiganiro mu matsinda manini, udukino, gutanga ingero n'inkuru ngufi. Aya masomo yateguriwe gusobanura no kongera ubumenyi mu bikorwa by'abahugurwa, guteza imbere ibitekerezo no kujya impaka ku bibazo bikomeye, kubereka uko ibyo bize bikorwa no kubafasha kwigishanya hagati yabo.

Amasomo amwe agizwe n'ibiganiro by'abahugurwa. Gusa ugereranyije n'izindi mfashanyigisho nyinshi z'amahugurwa, iyi yo ntikoresha ibisobanuro cy'uhugurwa nk'uburyo bwa mbere bwo kwigisha. Ahubwo amasomo atangwa ku buryo buri wese ayagiramo uruhare, ibyo bigatuma abahugurwa bashobora gufata ibintu byinshi kandi bakumva bisanzuye mu byo bavugaga no gufashanya. *Ibuka ko abantu bakuru bibuka neza 20% by'ibyo bumvise, 40% by'ibyo bumvise bakanabibona na 80% by'ibyo bumvise, bakabibona bakanabikora.* Amahugurwa y'ingirakamaro ni atuma abahugurwa bumva, bakabona bakanakora. Niba abahugurwa batega amatwi ibyo uhugurwa ababwira gusa umunsi wose, ntibigira cyangwa se ngo bafate neza.

Uburyo bwo kwigisha buri wese agiramo uruhare burimo:

- Ibikorwa mu matsinda mato
- Ibikorwa mu itsinda ryose muri rusange

- Ibiganiro mu matsinda mato
- Ibiganiro bya rusange
- Gukusanya ibitekerezo
- Agakino
- Urugero rwigirwaho
- Gusubiza amaso inyuma
- Kwerekera uko ibintu bikorwa
- Ikiganiro cy'uhugura
- Inkuru ishushanyije
- Kwigishanya hagati y'abahugurwa

## IBIGANIRO BYA RUSANGE

Ikiganiro cya rusange ni ikiganiro hagati y'uhugura n'abahugurwa bose hamwe, aho basubiza ibibazo uhugura aba yateguye mbere y'igihe. Muri ibyo biganiro, hashobora kuvuka ibibazo bishya. Mbere yo gutangira ibiganiro uhugura agomba gutanga amabwiriza asobanutse. Muri ibyo biganiro uhugura agomba kubiyobora, harimo kurinda abahugurwa gutandukira, gusobanura ibisubizo abahugurwa batanze no kugenera igihe ntarengwa abahugurwa bakunda kuvuga ntibarangize.

Kugira ngo uyobore ikiganiro cya rusange, ugomba gukora iki?

- Kugena igihe ntarengwa no kucyubahiriza.
- Gusobanurira abahugurwa ko ushaka kuvuga agomba kuzamura akaboko.
- Kubafasha kuvuga gusa ku ngingo mwihaye.
- Gukora ku buryo ikiganiro kijya imbere kandi kikabaryohera.
- Gushishikariza buri wese gutanga ibitekerezo.
- Kunyuzwa amaso mu cyumba cy'amahugurwa cyose kugira ngo uhe buri muntu wazamuye akaboko ijamba.
- Guha igihe ntarengwa abahugurwa bavuga ntibarangize.
- Kugenzura uko abantu batanga ibitekerezo.
- Niba abahugurwa bananiwe gusubiza ikibazo runaka, gerageza kukibaza mu bundi buryo.



## Ubuzima bw'imyororokere

- Kubaza ibibazo kugira ngo ushishikarize abahugurwa gutanga ibisubizo birenze kimwe ku kibazo, urugero: “Nta kindi?” “Nta bindi bitekerezo musigaranye?”
- Kurangiza ikiganiro; gusubiramo maze ukavuga incamake y'ingingo z'ingenzi.

Ni ibihe byiza byo gukoresha ibiganiro bya rusange?

- Buri wese ahabwa amahirwe yo kuvuga.
- Buri wese yumva ibitekerezo bya mugenzi we.
- Kumva ibitekerezo byinshi bishobora gutuma ikiganiro gishyuha.
- Abahugurwa babangamirwa no kuvuga mu bantu benshi batega amatwi.

Ni izihe mbogamizi zo gukoresha ibiganiro muri rusange?

- Abahugurwa bavuga cyane n'abiyizeye usanga biharira ijamba abandi ntibavuge.
- Abahugurwa bagira isoni n'abafite ubumenyi buke bashobora kumva babangamiwe no kuvugira mu ruhame.
- Ibiganiro muri rusange bishobora kuziramo ibindi (gutana) iyo harimo ibitekerezo byinshi bivuguruzanya.

## IBIGANIRO MU MATSINDA MATO

Ikiganiro mu matsinda mato ni ikiganiro hagati y'itsinda rito ry'abahugurwa (akenshi baba bari hagati ya 3-6 mu itsinda) aho abahugurwa basubiza ibibazo uhugura aba yateguye mbere y'igihe. Muri ibyo biganiro, hashobora kuvuka ibibazo bishya. Mbere yo gutangira kuganira, uhugura agomba gutanga amabwiriza asobanutse mbere yo kugabanya abahugurwa mu matsinda mato. Mu gihe abagize amatsinda mato baganira, uhugura agomba kubazengurukamo areba ko bakivuga ku ngingo bahawe kandi akabasobanurira uko bagomba kubigenza.

Kugira ngo uyobore ibiganiro bikorerwa mu matsinda mato, ugomba gukora iki?

- Mbere yo kugabanya abahugurwa mu matsinda mato, ha abahugurwa amabwiriza asobanutse y'ibyo basabwa kuganiraho. Uburyo bwiza bwo kubikora ni ukwandika ayo mabwiriza ku rupapuro no kuyamanika mu cyumba cy'amahugurwa.
- Ha amabwiriza amatsinda mato kugira ngo abayagize bose bagire uruhare mu mahugurwa.
- Saba abagize ayo matsinda kwitoramo umuyobozi n'ushinzwe kubahiriza igihe mu matsinda yabo.

- Genzura igihe kandi ujye ubwira abagize amatsinda iminota basigaranye, ni ukuvuga bamaze ½, hasigaye iminota 5 n'igihe basigaranye umunota 1.
- Mu gihe abagize amatsinda bari gukora, banyuremo ureba ko abahugurwa bumvise ibyo basabwa gukora kandi bakaba bari kubikora neza.

Ni ibihe byiza byo gukoresha ibiganiro mu matsinda mato?

- Abantu benshi barisanzura iyo bari gukorera mu matsinda mato kurusha muri rusange, bityo rero batanga ibitekerezo byinshi buri wese akabigiramo uruhare.
- Abahugurwa mu matsinda mato bashobora gusangira ibitekerezo ku ngingo zigorana kuvugwaho mu busanzwe kubera ko batinya kubivuga muri rusange.

Ni izihe mbogamizi zo gukoresha ibiganiro mu matsinda mato?

- Kugira ngo ikiganiro mu itsinda rito kigende neza, biterwa n'abarigize n'uhugura, kandi amatsinda mato amwe ashobora gukora neza kurusha ayandi.
- Ibiganiro mu matsinda mato bishobora kuziramo izindi ngingo zidafite aho zihuriye n'ikivugwa iyo abarimo batabyitwayemo neza.

## **GUSUBIZA AMASO INYUMA**

Gusubiza amaso inyuma ni igikorwa cyo gufasha abantu gutekereza no kwibuka ibyo buri wese azi yanyuzemo. Abahugura bakoresha ubu buryo kugira ngo bafashe abahugurwa gutekereza ku bintu bazi byaba ibyo mu gihe cyashize cyangwa ibiba muri iki gihe – bishobora kuba ari amateka, imibereho itandukanye, abantu cyangwa amarangamutima bifite aho bihuriye n'ingingo iri kwigwaho mu mahugurwa. Igikorwa cyo gusubiza amaso inyuma kigenda neza iyo abahugurwa bakora batekanye, bamerewe neza, bizeranye hagati yabo kandi bafitiye ubahugura ikizere.

Kugira ngo ufashe abahugurwa gusubiza amaso inyuma, ni iki ugomba gukora?

- Gusaba abahugurwa gutuza hanyuma bagafunga amaso.
- Gukoresha ingingo ngufi, kubabaza ibibazo, cyangwa kubabwira inkuru ngufi ibafasha gutekereza.
- Gusoma buri ngingo cyangwa buri kibazo witonze kandi ku buryo bwumvikana, ukagenda unyuzamo ugahagarara inshuro nyinshi hagati kuri buri ngingo cyangwa ikibazo kugira ngo abahugurwa babone umwanya wo kubitekerezaho no kwibuka.

## Ubuzima bw'imyororokere

- Bitewe n'ingingo muri kuganiraho, igikorwa cyo gusubiza amaso inyuma gishobora gutuma bamwe mu bahugurwa bagaragaza amarangamutima akomeye. Uhugura agomba kwibuka ko ibyo bishoboka kuba maze akabasubizanya ubushishozi.
- Rimwe na rimwe nyuma y'igikorwa cyo gusubiza amaso inyuma, abahugurwa bashobora gukenera kwandika ibitekerezo byabo cyangwa kubiganira na bagenzi babo cyangwa se kubiganiriza itsinda ryose muri rusange.

Ni ibihe byiza byo gusubiza amaso inyuma?

- Abahugurwa biga neza iyo bashoboye guhuza inyigisho nshya n'ubumenyi basanganywe.
- Gusubiza amaso inyuma bifasha abahugurwa gutekereza ku bumenyi (ubunararibonye) basanganywe mu buryo butunganye.
- Gusubiza amaso inyuma bishobora gukoreshwa mu musogongerero w'isomo, mu gufasha kuvuga ibibazo cyangwa imbogamizi, cyangwa bigatuma abahugurwa bunguka ibitekerezo bishya.

Ni izihe mbogamizi zo gukoresha uburyo bwo gusubiza amaso inyuma?

- Gusubiza amaso inyuma bishobora gutuma abantu bamwe bagaragaza amarangamutima akomeye. Ni ngombwa ko uhugura abimenya hanyuma akabasubizanya ubushishozi.
- Bishobora kugora abahugurwa bakunda kuvuga cyane kumara umwanya munini bacecetse.

## IKIGANIRO CY'UHUGURA

Uhugura yigisha abwira itsinda ryose, rimwe na rimwe akoresheje inyangamuganda, amafoto, cyangwa inyangamuganda biri ku mpapuro nini. Ibisobanuro by'uhugura ni uburyo bwa kera bukoreshwa mu kwigisha no mu guhugura. Abantu benshi bageze mu ishuri barabimenyereye kuko abarimu hafi ya bose baba abo mu mashuri abanza, ayisumbuye ndetse na za kaminuza bakoresha ubu buryo. Ibisobanuro bitangwa n'uhugura biba byiza cyane iyo uhugura atangiye isomo rishya, ariko ibi bisobanuro bigomba gufata umwanya mugufi maze bigaherekezwa n'amashusho ndetse n'ibiganiro.

Kugira ngo utange ibisobanuro ugomba gukora iki?

- Gutegura neza isomo ryawe mbere y'igihe ku buryo bwumvikana kandi bworoheye buri wese gukurikira.
- Kugenzura ko ibikoresho byose bihari (ibyerekana amashusho, impapuro nini) no kubitegura neza mbere y'igihe.

- Ibisobanuro bigomba kuba bigufi, bishobotse bikaba biri hagati y'iminota 5 na 15.
- Gukoresha imvugo yoroshye kandi yumvikana kugira ngo abahugurwa bose babashe gusobanukirwa neza.
- Gukoresha ibibazo igihe usobanura kugira ngo abahugurwa babashe kugira uruhare mu byo uri kwigisha.
- Gukoresha imvugo yoroheje mu ijwi rituje kandi ryumvikana.
- Kwitegereza abahugurwa mu gihe wigisha, niba ubona bameze nk'abatabyumva cyangwa barambiwe, baza ibibazo cyangwa wihutishe ibisobanuro byawe.
- Kuzenguruka mu cyumba cy'amahugurwa igihe usobanura (niba bishoboka).
- Kwitegereza abahugurwa igihe usobanura inyandikoshusho (kirazira kureba mu mashusho uri gusobanura).
- Mu gusozza ibisobanuro, kuvuga muri make no gusubiramo ingingo z'ingenzi.

Ni ibihe byiza byo gukoresha uburyo bwo gutanga ibisobanuro?

- Ibisobanuro bigira akamaro cyane mu gutanga umusogongerwa w'isomo rishya vuba kandi urasa ku ntego.
- Rimwe na rimwe abahugurwa bakenera guhabwa ibisobanuro bihagije ku somo rishya mbere yo kurikoresha cyangwa kurishyira mu bikorwa.
- Abahugurwa benshi bageze mu ishuri bamenyereye ubu buryo bw'imyigishirize kandi barabwishimira.

Ni izihe mbogamizi zo kwigisha ukoresheje uburyo bwo gutanga ibisobanuro?

- Ibisobanuro nta bwo bituma abantu bose bagira uruhare mu isomo nk'uko bigenda mu biganirwa byo mu matsinda mato, mu dukino cyangwa se ikindi gikorwa icyo ari cyo cyose gituma abantu bose babigiramo uruhare.
- Rimwe na rimwe abahugurwa bararangara ntibakurikire.
- Iyo uhugura atiteguye neza, abahugurwa ntibakurikira isomo rye uko bikwiye.

## **GUKUSANYA IBITEKEREZO**

Gukusanya ibitekerezo ni uburyo uhugura akoresha abaza ikibazo cyangwa atanga ingingo hanyuma agasaba abahugurwa kuyitangaho ibitekerezo byinshi bishoboka. Abahugurwa bashobora gukoresha ubu buryo bwo gukusanya ibitekerezo mu matsinda y'abantu bake cyangwa muri bose muri rusange. Gukusanya ibitekerezo ni uburyo bwiza butuma haboneka ibitekerezo bishya kandi ku buryo bwihuse. Intego yo gukusanya ibitekerezo si ukugira ngo haboneke igisubizo kimwe gusa cy'ukuri ku kibazo cyangwa ingorane runaka, ahubwo ni ukugira ngo haboneke ibitekerezo byinshi bitandukanye.

Kugira ngo ufashe abahugurwa gutanga ibitekerezo, ugomba gukora iki?

- Gusobanura ko intego yo gukusanya ibitekerezo atari iyo kugera ku gisubizo nyacyo kimwe gusa ahubwo ko ari ukugira ngo haboneke ibitekerezo byinshi bishoboka.
- Mu gihe cyo gukusanya ibitekerezo, akira igitekerezo kimwe kimwe cya buri wese uri mu mahugurwa.
- Kwakira ibitekerezo byose uko biri nta kugira ibyo unenga.
- Gushishikariza abahugurwa gutanga ibitekerezo byabo byose uko babyumva.
- Kureka abantu bakisanzura.
- Gushishikariza abahugurwa bose gutanga ibitekerezo. Kwirinda kwibanda ku bahugurwa bake ngo abe ari bo batanga ibitekerezo bonyine.
- Umuntu umwe agomba kuba ayoboye ikiganiro undi akaba ari kwandika ibyo ibitekerezo.
- Nyuma yo gukusanya ibitekerezo, uhugura afatikanyije n'abahugurwa bashobora kureba kuri rwa rutonde rw'ibitekerezo batanze hanyuma bagahitamo ibisubizo by'ikibazo runaka, bakagenda ibifite ingufu kurusha ibindi, bakagenda babishyira mu byiciro, n'ibindi.
- Urugero, niba abahugurwa batanze ibisubizo bishoboka ku kibazo runaka, igikorwa gikurikiraho cyaba icyo gusubiramo ibyo bisubizo, guhitamo 3 biza ku murongo wa mbere (nk'itsinda), kongera kubijyaho impaka kugeza ubwo mugera ku gisubizo kimwe kiboneye kurusha ibindi.

Ni ibihe byiza byo gukusanya ibitekerezo?

- Abahugurwa batanga ibitekerezo byinshi kandi mu buryo bwihuse.
- Gukusanya ibitekerezo bituma abantu bose bakora kandi bikabongerera ingufu.
- Kubera ko nta gisubizo kimwe kiba ari cyo cyangwa kitari cyo, bituma abahugurwa bisanzura mu gutanga ibitekerezo.

Ni izihe mbogamizi zigaragara mu gukusanya ibitekerezo?

- Abahugurwa bamwe bashobora gutanga ibitekerezo bitajyanye n'ikivugwa.
- Abahugurwa bakunda kuvuga cyane bashobora kuganza abandi.

## **AGAKINO**

Agakino ni agakinamico kagufi aho abahugurwa bakina berekana igikorwa cyihariye kandi bakiyumvisha uko byagenda igihe baba bageze muri icyo gikorwa. Utu dukino ntidukurikiza amategeko asanzwe, bivuze ko abahugurwa batagomba gufata mu mutwe ibyo baza kuvuga cyangwa se ngo bakine neza nk'abahanga. Intego yatwo ni ukwerekana ikibazo, igikorwa, cyangwa igitekerezo binyuze mu gakino. Udukino dufasha abahugurwa kwinjira mu bibazo by'ubuzima busanzwe hanyuma bakanitoza uburyo bwo kubikemura. Abahugurwa bashobora gukoresha udukino berekana ibitekerezo n'amakuru y'abarwayi n'abaturage bose muri rusange. Udukino dufasha abahugurwa kwiga ndetse no kwitoza uburyo bwo gutanga amakuru no gutanga inama, imyitwarire myiza n'uburyo bunozze bwo kwegera abaturage. Udukino dushobora gukorwa mu buryo butunguranye kandi budakurikije amategeko, dushobora gukorerwa mu matsinda mato cyangwa se mu bahugurwa bose muri rusange.

Kugira ngo uyobore agakino ugomba gukora iki?

- Guteganya umwanya uhagije kugira ngo abahugurwa babashe kubona umwanya wo gutegura no gukina udukino twabo.
- Gusobanura neza agakino icyo aricyo, uko abahugurwa bagomba kugategura, ndetse n'icyo agakino kagamije kwerekana.
- Niba abahugurwa batamenyere iby'udukino, kubasobanurira neza no kuberekera uko bagomba kubigenza.
- Gutanga iminota ntarengwa yo gukina kandi mukoreshe igihe uko bikwiye.
- Kwibutsa abahugurwa ko udukino bakina tudasaba kuba duteguye neza ijana ku ijana, ahubwo ko ari uburyo bwo kubafasha kwitoza gukemura ibibazo bahura na byo mu buzima busanzwe. Nta cyo bitwaye gukora amakosa igihe umuntu ari gukina.
- Nyuma y'agakino, kuyobora ikiganiro ku bitekerezo byagaragajwe mu gakino. Kwita cyane ku bibazo by'ingenzi byagaragajwe mu gakino aho kwita ku buryo abakinaga babikoze.

Ni ibihe byiza byo gukoresha udukino?

- Udukino dufasha abahugurwa kugira uruhare mu bikorwa kandi tukabaha uburyo bwo gutekereza, kumenya uko bamereye no kugira icyo bakora.

## Ubuzima bw'imyororokere

- Udukino duha abahugurwa amahirwe yo gukorera imyitozo ahantu hizewe kandi bagenzi babo bakabafasha kumenya uko babikoze.
- Ushobora gukoresha udukino 2 tugufi kugira ngo werekane 1) uburyo budahwitse bwo gukemura ikibazo; 2) n'uburyo buboneye bwo gukemura ikibazo.
- Udukino dushobora gutuma haboneka ibitekerezo byinshi kandi bigaha abantu umwanya wo kubiganiraho ku buryo bw'ingirakamaro.

Ni izihe mbogamizi ziboneka mu gukoresha uburyo bw'udukino?

- Udukino dutwara imwanya munini.
- Abahugurwa bamwe bashobora gutinya kujya gukina imbere y'abandi.
- Abahugurwa bashobora kuba batamenyereye gukina udukino nk'utu.

## IGIKORWA CYA RUSANGE

Uhugura ayobora itsinda ryose igikorwa kimwe bahuriyeho bose. Ingero z'ibikorwa bya rusange zirimo nko gutora, kuvangura amafoto, kwiga indirimbo, n'ibindi. Ibikorwa bya rusange bigenda neza iyo itsinda rigizwe n'abantu bari hagati ya 10-25, ariko iyo byateguwe neza, abahugura bashobora kuyobora neza ibikorwa bya rusange ku matsinda agizwe n'abantu benshi barenze abo tuvuze haruguru.

Kugira ngo uyobore igikorwa cya rusange, ugomba gukora iki?

- Gushyiraho iminota ntarengwa no kuyikoresha neza.
- Niba abahugurwa baza gukenere kwimuka mu myanya yabo mu cyumba cy'amahugurwa muri iki gikorwa, gukora ku buryo begezayo intebe n'ameza.
- Gusobanura icyo bagiye gukora ku buryo bwumvikana.
- Kugenzura ko igikorwa kigenda neza.
- Gushishikariza buri wese kukigiramo uruhare.
- Kugaragaza ingingo z'ingenzi mu gihe muri mu gikorwa nyirizina niba nta cyo bitwaye.
- Gusoza icyo gikorwa usubiramo muri make ingingo z'ingenzi.

Ni ibihe byiza byo gukoresha uburyo bw'ibikorwa bya rusange?

- Ibikorwa bya rusange bituma buri wese akora kandi bishobora gutuma abahugurwa bakanguka.
- Ibikorwa bya rusange bifasha abantu kudakoresha ingufu nyinshi cyane nk'ibikorwa byo mu matsinda mato, bityo bikaba byakoreshwa

bisimburana n'ibikorwa byo mu matsinda mato kugira ngo abahugurwa batananirwa cyane.

Ni izihe mbogamizi zigaragara mu gukoresha uburyo bw'ibikorwa bya rusange?

- Abahugurwa bamwe bashobora kutagaragaza uruhare rwabo nk'uko bari kubigenza mu bikorwa byo mu matsinda mato.
- Ibikorwa bya rusange bisaba ko uhugura akoresha ingufu nyinshi cyane.
- Ibikorwa bya rusange bishobora kunanira uhugura kubigenzura iyo itsinda ari rinini cyane.

## **IGIKORWA MU MATSINDA MATO**

Uhugura agabanya abahugurwa mu matsinda mato kugira ngo bakore igikorwa runaka. Ingero z'ibikorwa mu matsinda mato, twavugamo nk'ibiganiro mpaka mu matsinda mato, ingero zigirwaho, gutegura udukino, gukemura ibibazo no kwitegereza inkuru zishushanyije. Amatsinda mato atuma buri muntu wese agira uruhare mu gikorwa kurusha uko yarugira bari gukorera muri rusange. Ibikorwa byo mu matsinda mato bifasha kandi abahugurwa kumenyana no kungurana ubwenge igihe bakorana n'abantu batandukanye.

Kugira ngo uyobore igikorwa cyo mu itsinda rito, ugomba gukora iki?

- Gusobanura neza uko igikorwa giteye.
- Kubwira abagize amatsinda mato uko baza kugeza ku itsinda rinini ibyo bakoze. Urugero, ese bagomba kwandika ibitekerezo byabo ku rupapuro runini kugira ngo baze kubibwira abandi muri rusange? Ese bagomba kuza gusobanura ibyo bakoze mu magambo, cyangwa kwerekana agakino bateguye imbere y'abandi?
- Kugabanya abahugurwa mu matsinda mato. Amatsinda mato y'abantu bari hagati ya 4-6 ni yo abasha gukora neza, ariko ibikorwa bimwe na bimwe bisaba itsinda rigizwe n'abantu 3 gusa cyangwa itsinda rigizwe n'abantu bari hagati ya 10-12.
- Kugabanya abahugurwa mu matsinda mato ukurikije icyo bagiye gukora. Urugero, ku ngingo zivuga ku bitsina, nk'ubuzima bw'imyorokere, ugomba gukora amatsinda y'abagabo ukwabo n'abagore ukwabo.
- Niba ingingo mugiyeye gukoraho idasaba umwihariko mu matsinda, gabanya abahugurwa mu matsinda ukoresheje kubasaba kugenda babara, "1, 2, 3, 4, n'ibindi." Hanyuma ukaza gusaba ababaze 1 bose kujya hamwe, ababaze 2 na bo bakajya hamwe gutyo gutyo.
- Mu gihe ugabanya abahugurwa mu matsinda, ugomba gukora ku buryo abantu baziranye batajya mu itsinda 1. Uburyo bwiza bwo kubigeraho ni ugukoresha kubara.



## Ubuzima bw'imyororokere

- Niba igikorwa bagiye gukora mu matsinda mato gisaba gusoma no kwandika, kora ku buryo buri tsinda rigira nibura umuntu umwe uzi gusoma no kwandika neza.
- Kubwira abatsinda iminota bahawe kugira ngo babe barangije igikorwa wabahaye. Hanyuma ubafashe kumenya gukoresha igihe neza uagenda ubibutsa iminota isigaye, urugero, igihe hasigaye ½ cy'iminota bagomba gukoresha, igihe hasigaye iminota 5 kugeza ku munota 1. Niba ubona igihe kirangiye kandi amatsinda atararangiza gukora ibyo wabahaye, ushobora kubongerera iminota niba ingengabihe yawe ibikwemerera.
- Mu gihe amatsinda arimo akora, zenguruka mu cyumba cy'amahugurwa ureba niba basobanukiwe n'ibyo bagomba gukora kandi ko urebe ko bari gutera imbere, ubafashe kandi usubize ibibazo bafite niba ari ngombwa.
- Kugenzura igihe neza igihe hari itsinda riri imbere ryerekana ibyo ryakoze. Urugero, ha buri tsinda rito iminota 5 yo kubagezaho ibyo ryakoze n'indi minota mike yo gusubiza ibibazo.

Ni ibihe byiza byo gukoresha uburyo bw'ibikorwa byo mu matsinda mato?

- Amatsinda mato atuma buri wese yitabira kurusha uko yaba akorera muri rusange. Abantu benshi bumva bamerewe neza iyo bavugira mu matsinda mato.
- Amatsinda mato atuma abantu barushaho gusobanukirwa n'ibyo bakora no kuganira ku buryo busesuye kuko buri wese aba agomba kugira icyo akora.

Ni izihe mbogamizi zo gukoresha uburyo bw'ibikorwa byo mu matsinda mato?

- Ibikorwa mu matsinda mato bitwara igihe kinini kurusha ubundi buryo bukoreshwa mu kwigisha.
- Amatsinda mato amwe birayakomerera gukorera hamwe cyangwa kurangiza akazi bahawe gukora. Igihe ubonye itsinda rito rifite ibibazo, rifashe rigaruke ku ngingo, bahe ingero zo kubasobanurira, wongere ubasobanurire icyo bagomba gukora, n'ibindi.

## INGERO ZIGIRWAHO

Urugero rwigirwaho ni inkuru ngufi igaragaza ukuri kw'ibintu bibaho ihabwa abahugurwa bakayijyaho impaka ndetse bakanayisesengura. Ingero zigirwaho zifasha abahugurwa kubona umwanya wo gukoresha ubumenyi bungutse mu mahugurwa mu kuganira, gusesengura no gukemura ibibazo byerekeranye n'ingingo bari kwigaho mu mahugurwa. Urugero: urugero rwigirwaho rushobora kuba rugaragaza ibimenyetso by'umuntu urwaye, hanyuma ugasaba abahugurwa gutahura ibyo bimenyetso no kuganira ku cyo bagomba

gukorera uwo muntu. Bitewe n'umubare w'abagize itsinda, ingero zigirwaho zishobora kuganirwaho no gusesengurwa mu matsinda y'abantu 2, mu matsinda mato cyangwa muri rusange. Intego y'ingero zigirwaho ni ugufasha abahugurwa kugera ku bisubizo byinshi bishoboka by'ibibazo bahura na byo mu kazi kabo.

Kugira ngo uyobore urugero rwigirwaho, ugomba gukora iki?

- Gusoma urugero rwigirwaho mu ijwi riranguruye (cyangwa ugasaba undi muntu umwe ubishaka gusoma) kugira ngo na ba bahugurwa batazi gusoma no kwandika neza na bo babashe gusobanukirwa n'urwo rugero rwigirwaho.
- Gusobanura neza icyo abahugurwa bagomba gukoresha urwo rugero rwigirwaho (kuganira ku bibazo bigaragara kuri urwo rugero, cyangwa gushaka umuti w'ikibazo kigaragara muri urwo rugero n'ibindi.)
- Niba wanditse ingero zigirwaho wowe ubwawe, ugomba gukora ku buryo zumvikana neza. Andika urugero rugufi kandi rufite aho ruhuriye n'ukuri kw'ibintu abahugurwa bahura na byo mu kazi. Tanga amakuru y'ingenzi. Si byiza kwandikamo ubucogocogo bwose butari ngombwa. Tanga ibibazo bifasha abahugurwa gusesengura urwo rugero rwigirwaho watanze.

Ni ibihe byiza byo gukoresha ingero zigirwaho?

- Ingero zigirwaho zituma abahugurwa babona uburyo nyabwo bwo gukoresha ubumenyi bungutse mu mahugurwa.
- Ingero zigirwaho zituma abahugurwa babona uburyo bwo kwitoza gukemura ibibazo bahura na byo mu kazi kabo.

Ni izihe mbogamizi zo gukoresha ingero zigirwaho?

- Ingero zigirwaho zisaba gukora abantu bashaka umuti w'ibibazo, bikaba bisaba gukoresha imbaraga nyinshi n'igihe kinini kurusha ibiganiro bindi bisanzwe.
- Abahugurwa bafite ubumenyi buke mu gusoma no kwandika bashobora gutinya ingero zigirwaho.

## **KWEREKERA**

Uhugura cyangwa umwe mu bahugurwa ubizi neza yerekera abandi uko bakora ikintu runaka igice ku kindi, hanyuma akaza gusaba abahugurwa gukora imyitozo ubwabo. Ingero zo kwerekera zishobora kubamo kwerekera abahugurwa uburyo bakoresha agakingirizo k'abagabo n'ak'abagore, uko bapima umuzenguruko w'ikizigira (MUAC) cyangwa uko bavanga SIRO.

## Ubuzima bw'imyororokere

Kugira ngo werekere abandi, ugomba gukora iki?

- Mbere y'uko amahugurwa atangira, kusanya ibikoresho byose uza gukoresha muri iki gikorwa cyo kwerekera.
- Gukora ku buryo abahugurwa bose baza kuba bakurikiye ibyo uri kuberekera. Basabe guhaguruka baze imbere cyangwa ubasabe kukuzenguruka niba ari ngombwa.
- Uko uberekera, genda usobanura buri gice cyose witonze kandi ku buryo bwumvikana.
- Gusubiramo inshuro 2 cyangwa 3 niba ari ngombwa.
- Nyuma yo kuberekera, saba umwe mu bahugurwa kuza imbere na we agasubiramo ibyo wakoraga. Uhugura n'abahugurwa bashobora kugira icyo bongeraho cyangwa bakamukosora niba ari ngombwa.
- Nyuma y'ibyo, gabanya abahugurwa mu matsinda mato cyangwa amatsinda y'abantu 2 maze ubasabe gukora imyitozo y'ibyo wowe na wa muntu wundi mwakoraga babareba.
- Uko abahugurwa bari gukora imyitozo, zenguruka mu cyumba ubafasha cyangwa usubize ibibazo bafite niba ari ngombwa.

Ni ibihe byiza byo gukoresha uburyo bwo kwerekera?

- Kwerekera ni uburyo bwiza bwo kwigisha butuma abantu bose babigiamye uruhare.
- Kwerekera bifasha abahugurwa kubona uburyo bwo kwitoza ibyo bungutse mbere yo kubikora mu buzima busanzwe.

Ni izihe mbogamizi zigaragara mu gukoresha uburyo bwo kwerekera?

- Mu matsinda manini, bishobora kugorana gukoresha ubu buryo bwo kwerekera ku buryo buri wese abasha kubibona neza cyangwa ngo yumve ibyo uwerekera avuga. Niba ari ngombwa, gabanya itsinda rinini mo amatsinda 2 cyangwa 3 mato maze ugende werekera rimwe rimwe ukwaryo.
- Mu matsinda manini, byagorana kubona ibikoresho bihagije abahugurwa baba bari mu matsinda ya 2 cyangwa amatsinda mato bose icyarimwe. Niba ari uko bigenze, saba amatsinda ya 2 cyangwa amatsinda mato gukora itsinda nyuma y'irindi kugeza buri wese abonye umwanya wo kwitoza.

## INKURU ISHUSHANYIJE

Inkuru ishushanyije ni urukurikirane rw'amafoto ashushanya inkuru runaka cyangwa ikintu runaka. Inkuru ishushanyije akenshi nta bwo iba irimo amagambo. Inkuru ishushanyije ishobora gukoreshwa mu gusuzuma ubumenyi bw'abahugurwa cyangwa ibibazo bitandukanye cyangwa imbogamizi zirebana n'ingingo bari kuvugaho.

Kugira ngo ukoreshe inkuru ishushanyije, ugomba gukora iki?

- Gutanga amabwiriza asobanutse kugira ngo abahugurwa basobanukirwe n'ibyo bagomba gukora n'uburyo bagomba kubikoramo.
- Gusobanurira abahugurwa uburyo amafoto akurikirana n'uburyo bagomba "gusoma" iyo nkuru (urugero, kumenya gutandukanya igitekerezo n'ijambo).
- Nyuma y'uko abahugurwa barangije gusoma "inkuru" ishushanyije, yobora ikiganiro ubaza ibibazo bifasha abahugurwa gutanga ibitekerezo.

Ni ibihe byiza byo gukoresha uburyo bw'inkuru ishushanyije?

- Inkuru ishushanyije ituma abahugurwa bakoresha amaso cyane.
- Inkuru ishushanyije iroroshye "kuyisoma" ku buryo n'abahugurwa badafite ubumenyi bwinshi mu gusoma no kwandika bayisoma iboroheye.

Ni izihe mbogamizi zo gukoresha inkuru ishushanyije?

- Iyo amafoto atagaragara neza, inkuru ishushanyije ishobora kudatanga igitekerezo gikenewe nk'uku bikwiye.

## KWIGISHANYA HAGATI Y'ABAHUGURWA UBWABO

Uhugura asaba abahugurwa kwigishanya mu matsinda mato hanyuma bakaza kujya imbere kubwira abandi iyo bagezeho (aho kugira ngo abe ari we ujya imbere gusobanura isomo). Abahugurwa bashobora gukoresha inyandikoshusho cyangwa amashusho ku mpapuro nini cyangwa bakandika ingingo bateguye ku rupapuro runini.

Ni ibihe byiza byo kwigishanya mu matsinda mato?

- Kwigishanya bifasha abahugurwa kwibuka no gusobanukirwa neza ibyo bavuzeho kuko baba bagomba kubifata kugira ngo baze kujya imbere kubyigisha abandi.
- Kwigishanya bituma abahugurwa bumvikana neza kuko baba bahuje ubuzima ndetse n'ubumenyi.

## Ubuzima bw'imyorokere

Ni izihe mbogamizi zo gukoresha kwigishanya hagati y'abahugurwa?

- Kwigishanya mu matsinda mato bitwara igihe kirekire kurusha uko uhugura yajya imbere akabasobanurira kubera ko bisaba umwanya uhagije kugira ngo amatsinda arangize gutegura.
- Niba isomo ritumvikana neza, abahugurwa bahura n'ibibazo byo kutabyumva neza bityo bigatuma batabasha kubyigisha.
- Abahugurwa bamwe bashobora kumva babangamiwe no kujya guhagarara imbere y'abandi bigisha.

## IMBARUTSO

Imbarutso ni igikorwa gito gifasha abahugurwa kuruhuka no kumenyana hagati yabo cyangwa kumenyera gukorana. Imbarutso zikoreshwa cyane mu gutangiza amahugurwa. Zigaragaramo zimwe mu ngingo z'amahugurwa cyangwa amasomo arimo. Ingero z'imbarutso twavugaga ni nko gusaba abahugurwa kubwira abandi amazina y'uwo bicaranye, kuvuga ibyo bakunda cyane kurusha ibindi mu kazi kabo, cyangwa se kuvuga ibyo bifuzaga kungukira muri ayo mahugurwa.

Kugira ngo uyobore imbarutso, ugomba gukora iki?

- Gusobanura amabwiriza y'imbarutso ku buryo bwumvikana.
- Gutanga urugero rw'ikintu wifuzaga ko abahugurwa baza gukora muri iki gice cy'imbarutso.
- Kureka abantu bagakorera mu bwisanzure.
- Kwirinda gukoresha iminota myinshi kuri iki gikorwa, ntugomba kurenza iminota iri hagati ya 15-20.
- Kudasaba abahugurwa kuvuga amakuru yerekeye ubuzima bwabo bwite muri iki gikorwa.

Ni ibihe byiza byo gukoresha imbarutso?

- Imbarutso ifasha "gukangura" abahugurwa mbere y'uwo amahugurwa atangira. Iki gikorwa gifasha abahugurwa kumva baruhutse, kuganira na bagenzi babo amakuru aberekeyeho, ndetse no kwigira ku bandi.
- Mu matsinda aho abahugurwa bataziranze neza, imbarutso ishobora kubafasha kwiyumvanamo.

Ni izihe mbogamizi zo gukoresha imbarutso?

- Abahugurwa bagira isoni bashobora kugira ubwoba bwo kujya imbere kwibwira abandi.

- Iyo itsinda ari rinini cyane, imbarutso ishobora gutwara umwanya munini. Niba ufite itsinda rinini, rigabanyemo amatsinda mato mato kugira ngo bagende bibwirana hagati mu matsinda. Hanyuma buri tsinda rize kujya imbere ribwire abandi ikintu 1 cyangwa 2 igihe waba mufite umwanya uhagije.

## GUKANGURA ABAHUGURWA

Gukangura abahugurwa ni igikorwa kigufi, gisekeje (gishimishije), gituma abantu bakoresha umubiri wabo. Gukangura abahugurwa ni igikorwa kigamiye gutuma abahugurwa bumva bongerewe ingufu igihe bumvaga bananiwe cyangwa batangiye gusinzira cyangwa igihe bakeneye ikiruhuko nyuma y'igikorwa runaka cyamaze umwanya muremure. Ibikorwa byo gukangura abahugurwa ntibigombera kuba bifite aho bihuriye n'ingingo zivugwaho mu mahugurwa. Ibikorwa byo gukangura abahugurwa bikomeza umubano mu bahugurwa kuko biba bisekeje kandi bigatuma basabana. Ingero z'ibikorwa byo gukangura abahugurwa ni nko kubyina, kuririmba, gukoma mu mashyi, kwigana umuyobozi runaka, kwinanura ndetse n'umukino ukoresha umubiri wose.

Abahugurwa bagomba guteganya ibikorwa nk'ibi nibura incuro 4 cyangwa 5 ku muni mu mahugurwa. Iyi mfashanyigisho nta ngero z'ibikorwa byo gukangura abahugurwa zirimo, ariko abahugurwa bashobora kubona ingero nziza ku rubuga rwa interineti rukurikira: "100 Ways to Energise Groups: Games to Use in Workshops, Meetings and the Community (uburyo ijana bwo gukangura amatsinda: imikino ikoreshwa mu mahugurwa, Inama n'Abaturage byateguwe n'Urugaga Mpuzamahanga rwo Kurwanya Ubwandu bw'agakoko gatera SIDA, [www.aidsalliance.org](http://www.aidsalliance.org), bigatangazwa na Progression, [www.progressiondesign.co.uk](http://www.progressiondesign.co.uk)." Ibikorwa byo gukangura abahugurwa bishobora kuba ibintu byoroheje, urugero nko gusaba umwe muri bo guterera abandi indirimbo cyangwa kubyina.

Kugira ngo uyobore igikorwa cyo gukangura abahugurwa, ugomba gukora iki?

- Gusobanura amabwiriza y'igikorwa ku buryo bwumvikana.
- Kureka abantu bakisanzura bimuka mu myanya yabo.
- Gukoresha udukuru dusekeje kandi ukureka abantu bagaseka.
- Kubihagarika igihe ubona abahugurwa bamaze gushyuha, ntibarenze iminota 5-10.
- Gukoresha ibyo bikorwa kenshi, nibura nka nyuma ya buri saha 1 cyangwa irengaho gato.
- Guhitamo ibikorwa bidatuma abahugurwa bumva batabyishimiye cyangwa bibabangamiye. Urugero, ntuhitemo agakino gatuma abahugurwa bakoranaho kuko bishobora kubangamira bamwe.
- Guhitamo ikintu cyorohera buri wese gukora, urugero, umukino udasaba gukoresha ingufu nyinshi cyangwa uvunanye.

## Ubuzima bw'imyororokere

- Kureba ko abahugurwa bafite umwanya wisanzuye aho bagomba gukorera icyo gikorwa. Kwimura intebe n'ameza niba ari ngombwa.

Ni ibihe byiza byo gukoresha ibikorwa bikangura abahugurwa?

- Ibikorwa bikangura abahugurwa bituma bongera gushyuha.
- Ibikorwa bikangura abahugurwa bituma bumva baruhutse kandi bikabongerera ingufu zo kumva bashaka kwiga kurushaho.
- Ibikorwa bikangura abahugurwa bituma bumva bishimiye amahugurwa.

Ni izihe mbogamizi zo gukoresha ibikorwa bikangura abahugurwa?

- Iyo itsinda uri guhugura rigizwe n'abantu benshi, ushobora kutabona umwanya uhagije mu cyumba wo gukoreramo imikino imwe n'imwe. Tegura ibikorwa byakorerwa mu cyumba ufite.

## IMIKINO

Rimwe na rimwe amahugurwa aba arimo imikino itandukanye, akenshi ifasha abahugurwa gusubiramo amasomo bungutse. Iyi mikino isaba kenshi ko uhugura agabanya abahugurwa mu matsinda, akababaza ibibazo hanyuma akandika amanota. Niba ari nta mukino wateganyijwe mu mfashanyigisho, abahugura bashobora guhanga imikino yabo bwite bakora urutonde rw'ibibazo bishingiye ku masomo yatanzwe mu mahugurwa.



## URUTONDE RW'INGINGO ZIFASHA MU KUYOBORA NO KUMVIKANA MU MAHUGURWA

- Kubahiriza uburyo bukoreshwa mu kwigisha abantu bakuru.
- Kwiubaha.
- Gufata abantu bose kimwe.
- Kumva no kwitegereza.
- Kwigisha witegereza abahugurwa neza.
- Gukoresha imvugo yoroshye n'ibice by'umubiri.
- Koroherana no guhuza amasomo yo mu mahugurwa n'uburyo bwo kwigisha uko bikenewe.
- Kwihangana, kuvugisha ukuri no gusabana.
- Gushishikariza abahugurwa bose kugira uruhare mu bikorerwa mu mahugurwa.
- Guha abahugurwa umwanya wo gusubiza ibibazo.
- Igihe abahugurwa babajije ibibazo, kubiha agaciro kandi ukabisubizanya ubushishozi.
- Gusubiza abahugurwa ibisubizo bibubaka.
- Kumenya ibyo abahugurwa bifuzaga, ingufu zabo n'urwego rw'imyumvire yabo.
- Kuba umunyakuri. Niba utazi igisubizo cy'ikibazo bakubajije, mubwire ko utakizi. Hanyuma umurangire aho ashobora kubona igisubizo, cyangwa uze kugishakisha ubwawe nyuma y'amahugurwa maze ukimubwire.
- Ugomba kumenya ubushobozi bwo gusoma no kwandika abahugurwa bafite maze ukabigisha ubigendeyeho.
- Shimira abahugurwa ku bwo kwitabira amahugurwa ndetse no kwitanga bagaragaje.





## URUTONDE RW'IBIKORESHO BIKENEWE N'IMYITEGURO Y'AMAHUGURWA

### Mbere y'amahugurwa

- Kumenya igihe amahugurwa azabera.
- Kumenya aho amahugurwa azabera gusaba icyumba no kugitunganya.
- Kumenya abazitabira amahugurwa, kubibamenyesha, gutegura uburyo bazagera aho amahugurwa azabera (transport), kubategurira amafunguro, n'ibyumba bazararamo niba ari ngombwa.
- Gusoma inyandiko zose z'amahugurwa neza mbere y'igihe kugira ngo wimenyereze amasomo n'ibikorwa bindi byose by'amahugurwa.
- Niba ufite ibibazo ku mahugurwa, shakisha ibisubizo byabyo.
- Gutegura neza ibikenewe byose mu mahugurwa (gukora fotokopi, gutumira abashyitsi bazatanga ibiganiro, gukusanya ibikoresho byose bizakoreshwa mu masomo asaba kwerekera, n'ibindi).
- Gukusanya ibikoresho byose bikenewe mu mahugurwa (imizingo y'impapuro nini, papiyekola, marikeri, ibikoresho bikewe mu isomo ryo kwerekera, ibikoresho byerekana amashusho n'amajwi, n'ibindi).
- Niba uzafatanyaga n'undi muntu mu guhugura, mugabane akazi mbere y'igihe kugira ngo buri wese amenye ibice by'amahugurwa agomba gutegura no gutanga.

### Amahugurwa atangiye

- Kumenya niba ibikoresho byose bigomba gukoreshwa mu mahugurwa bihari kandi ko intebe n'ameza na byo bitenze neza.
- Guha ikaze abahugurwa uko bahagera.
- Kwakira itsinda ryose ku mugaragaro igihe bose bamaze kuhagera.
- Kurangira abahugurwa ibyumba by'ubwiherero, amazi, agasanduku k'ibitekerezo, n'ibindi bikoresho bikenewe.
- Gusaba buri wese kwibwira bagenzi be.
- Gukoresha imbarutso kugira ngo abahugurwa bumve ko nta kigoye kirimo.
- Gukusanya ibitekerezo no gushyiraho amabwiriza ngenderwaho mu mahugurwa.
- Kubwira abahugurwa intego y'amahugurwa n'ibiri ku murongo w'ibyigwa.
- Kubaza abahugurwa ibyo bumva bifuzwa kungukira mu mahugurwa.
- Guhitamo abahugurwa bamwe bagomba kugufasha gucunga igihe, ibikorwa byo gukangura abandi, abashinzwe impapuro nini zigirwaho n'ibindi.
- Guha abahugurwa isuzumabumenyi rya mbere y'amahugurwa, gukusanya impapuro z'ibazwa no kuzikosora mu masaha y'ikiruhuko.



## URUTONDE RW'IBIKORESHO BIKENEWE N'IMYITEGURO Y'AMAHUGURWA

### Hagati mu mahugurwa

- Kubahiriza uburyo bukoreshwa mu kwigisha abantu bakuru.
- Kumenya gukoresha igihe neza no kwihutisha amasomo uko ateganyijwe.
- Gutanga ibinyobwa n' ifunguro.
- Igihe mu cyumba cy'amahugurwa hajemo ubushyuhe bwinshi bubangamira abahugurwa, shaka icyuma cy'ubukonje (vantilateri), mufungure amadirishya, n'ibindi.
- Kwandika mu nyuguti nini zisomeka neza kuri buri wese.
- Kumanika amashusho ku buryo buri wese abasha kuyabona.
- Gusobanura amabwiriza yose ku buryo bwumvikana no kuyasubiramo aho bikenewe.
- Gukoresha ibikorwa byo gukangura abahugurwa kugira ngo ubafashe kubagarurira intege.
- Kuvuga mu ncamake ingingo z'ingenzi nyuma ya buri somo.
- Gushimira abahugurwa kubera ibitekerezo batanze.

### Amahugurwa ageze ku musozo

- Gushimira abahugurwa kubera uruhare bagize ndetse n'ubwitange bagaragaje.
- Gusozesha amahugurwa igikorwa gikangura abahugurwa ndetse no gukoma amashyi.
- Guha abahugurwa isuzumabumenyi risoza. Hanyuma uhereze abahugurwa kopi z'isuzumabumenyi bakoze mbere y'amahugurwa kandi ubasabe kugereranya ibisubizo byabo. Gukusanya impapuro zose z'isuzumabumenyi rya mbere y'amahugurwa n'irisoza maze ukazibika.
- Gusigaza iminota iri hagati ya 15–20 nyuma y'amahugurwa kugira ngo abahugurwa batange ibitekerezo ku migendekere yayo.
- Kugenzura ko abahugurwa babonye ibikoresho byose bagomba gutahana.
- Nyuma y'amahugurwa.
- Andika ibyagenze neza, ibitagenze neza hamwe n'ibigomba gukosorwa mu mahugurwa ataha.
- Andika imbogamizi zabonetse mu mahugurwa zigomba gukemurwa. Urugero, niba mu mahugurwa yerekeranye ningingo ya Malariya, abahugurwa bavuze ko ibikoresho byo gukoresha mu buvuzi bwa malariya mu ngo batabibona, bibwire umukozi wok ku kigo nderabuzima kugira ngo babibashakire.
- Gusubiramo no kwandika amanota y'isuzumabumenyi ribanza n'irisoza kugira ngo azafashe mu mahugurwa ataha nibiba bikenewe.





# Ubuzima bw'imyororokere



## INTANGIRIRO

Abagore benshi iyo batwite bagubwa neza bakanabyara neza. Ariko na none, rimwe na rimwe abagore bashobora guhura n'ingorane zikomeye igihe batwite cyangwa babyara. Ino iwacu, rimwe na rimwe abagore ntibigishwa, ntibafashwa cyangwa se ngo bitabweho mu buvuzi bakeneye, ibyo bigatuma rimwe na rimwe hari abagore bapfa igihe batwite cyangwa igihe babyara.

Abagore bagira amahirwe menshi yo kubaho neza, bakagira ubuzima buzira umuze mu gihe batwite ndetse bakabyara neza iyo bigishijwe uburyo bwo kwirinda no kurinda abana baba batwite, bajya kwisuzumisha mbere yo kubyara uko bitegetswe, kandi bakajya kubyarira ku kigo nderabuzima cyangwa ku bitaro. Ikindi, niba umugore utwite abana n'ubwandu bw'agakoko gatera SIDA, agomba kwigishwa uburyo bwo kwirinda kwanduza umwana we igihe cyose amutwite ndetse n'igihe amubyara.

Muri aya mahugurwa, abajyanama b'ubuzima bazigiramo uburyo bashobora gufasha ababyeyi n'abana babo kugira ubuzima bwiza, bigisha abagore uburyo bashobora kubaho neza igihe batwite, bakabakangurira kujya kwisuzumisha mbere yo kubyara ndetse no kwipisha Agakoko gatera SIDA ku bushake (VCT mu rurimi rw'icyongereza), bakabafasha gushyiraho gahunda yo kujya kubyarira kwa muganga ndetse no kubasura nyuma yo kubyara kugira ngo bamenye niba umubyeyi n'umwana bafite ubuzima buzira umuze.

Buri wese afite uburenganzira ku buvuzi buboneye. Buri wese afite uburenganzira bwo kuvurwa no kubaho neza, ndetse agahabwa agaciro mu muryango. Abagore batwite, ababyaye ndetse n'abana babo nabo bafite ubu burenganzira. Abajyanama b'ubuzima bafite inshingano zo gufasha aba bagore n'imiryango yabo kubona ubwo burenganzira bw'ibanze bwa muntu.



## INTEGO Z'AMAHUGURWA




### Amahugurwa arangiye, abahugurwa baraba babasha:

- a. Gusobanura uburyo ubuzima bw'imyororokere ari uburenganzira bwa muntu.
- b. Gusobanura ibice by'ibanze byo kuva ku gutwita kugeza ku kubyara.
- c. Gusobanura uburyo abagore batwite bakomeza kugira ubuzima buzira umuze.
- d. Gushishikariza abagore batwite kujya ku kigo nderabuzima kwipimisha agakoko gatera SIDA ku bushake (VCT)
- e. Gusobanura akamaro ko kwisuzumisha mbere yo kubyara, ibyo bakorera umugore wagiye kwisuzumisha mbere yo kubyara, n'inshuro umugore utwite agomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara.
- f. Gusobanura ukuntu abagore batwite ndetse n'ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bakwirinda kwanduza abana babo (PMTCT mu rurimi rw'icyongereza).
- g. Gutahura ibimenyetso mpuruza ku mugore utwite bisobanura ko agomba kwihutira kujya ku kigo nderabuzima ako kanya.
- h. Gusobanura igihe ndetse n'uburyo abagore batwite n'imiryango yabo bakwitegura kujya ku nda ndetse n'uburyo umujyanama w'ubuzima yabibafashamo.
- i. Gusobanura akamaro ko kubyarira kwa muganga.
- j. Gusobanura ukuntu ababyeyi n'abana babo bakwirinda maze bakabaho mu buzima buzira umuze.






### IGIHE GIKENEWE: Amasaha 6 n'iminota 25

 **INCAMAKE Y'AMAHUGURWA**

Isomo	Ibirimo	 Uburyo bukoreshwa mu kwigisha	 Igihe isomo rimara	 Ibikoresho bikenewe
<b>1</b>	Abahugurwa n'uhugura barahura bagasubiramo intego z'amahugurwa	Imbarutso	<i>Iminota 10</i>	<ul style="list-style-type: none"> <li>• Imfashanyigisho y'Uhugura</li> <li>• Igitabo cy'uhugurwa</li> <li>• Ibipapuro binini byo kwandikaho</li> <li>• Marikeri</li> <li>• Papiyekola</li> </ul>
<b>2</b>	Abahugurwa baraganira bakumvikana ku mabwiriza agenga amahugurwa ndetse bakanigishwa ibijyanye n'Agasanduku k'ibitekerezo	Gukusanya ibitekerezo  Ibisobanuro by'Uhugura	<i>Iminota 10</i>	<ul style="list-style-type: none"> <li>• Ibipapuro binini byo kwandikaho</li> <li>• Marikeri</li> <li>• Papiye kola</li> <li>• Agasanduku k'ibitekerezo</li> </ul>
<b>3</b>	Abahugurwa basuzuma ubumenyi basanganywe	Kubaza abahugurwa	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Amakaramu y'ibiti cg asanzwe</li> <li>• Igitabo cy'uhugurwa</li> </ul>
<b>4</b>	Abahugurwa baganira ku buzima bw'Imyorokere nk'uburenganzira bwa muntu	Ikiganiro cya rusange	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Ibipapuro binini</li> <li>• Marikeri</li> <li>• Papiyekola</li> </ul>
<b>5</b>	Abahugurwa bigishwa uko ibice byo gutwita no kubyara zikurikirana.	Kwigishanya mu matsinda mato	<i>Isaha 1 n'iminota 30</i>	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> </ul>
<b>6</b>	Abahugurwa bigishwa uko umugore yabaho mu buzima buzira umuze igihe atwite.	Agakino	<i>Iminota 20</i>	<ul style="list-style-type: none"> <li>• Amafoto (amashusho) n'inyandiko biri mu Gitabo cy'Uhugurwa</li> <li>• Ibipapuro binini</li> <li>• Marikeri</li> <li>• Papiyekola</li> </ul>

**Ubuzima bw'imyororokere**

Isomo	Ibirimo	 Uburyo bukoreshwa mu kwigisha	 Igihe isom rimara	 Ibikoresho bikenewe
<b>7</b>	Abahugurwa bigishwa ibirebana n'ibyo abagore bagiye kwisuzumisha mbere yo kubyara bakorerwa, bakanasobanurirwa impamvu zo kujya kwisuzumisha mbere yo kubyara, n' akamaro ko kujya kwisuzumisha mbere yo kubyara ndetse n'ako kwipisha ubwandu bw'agakoko gatera SIDA ku bushake (VCT).	Inkuru ishushanyije Ikiganiro cya rusange	<i>Iminota</i> 40	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> <li>• Inkuru ishushanyije iri mu Gitabo cy'Uhugurwa</li> </ul>
<b>8</b>	Abahugurwa bigishwa ukuntu abagore babana n'ubwandu bw'agakoko gatera SIDA bakwirinda kwanduza abana batwite (PMTCT).	Ibisobanuro by'Uhugura	<i>Iminota</i> 10	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> </ul>
<b>9</b>	Abahugurwa bigishwa ibimenyetso mpuruza bigaragara cyane ku bagore batwite.	Gukorera mu matsinda ya babiri Ibisobanuro by'Uhugura	<i>Iminota</i> 30	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> </ul>
<b>10</b>	Abahugurwa bigishwa uburyo bafasha abagore batwite kwitegura kubyara, n'akamaro ko kubyarira kwa muganga.	Ikiganiro cya rusange	<i>Iminota</i> 15	<ul style="list-style-type: none"> <li>• Ibipapuro binini</li> <li>• Marikeri</li> <li>• Papiyekola</li> </ul>

Isomo	Ibirimo	 Uburyo bukoreshwa mu kwigisha	 Igihe isomo rimara	 Ibikoresho bikenewe
<b>11</b>	Abahugurwa basubiramo uburyo bafasha ababyeyi kwiwitaho ubwabo no kwita kubana babo.	Umukino Ibisobanuro by'uhugura Ikiganiro cya rusange	<i>Iminota 30</i>	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> </ul>
<b>12</b>	Abahugurwa bigishwa ukuntu abagore babana n'ubwandu bw'agakoko gatera SIDA bakwirinda kwanduza abana batwite (PMTCT).	Ibisobanuro by'Uhugura	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini</li> <li>• Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)</li> </ul>
<b>13</b>	Abahugurwa bakora imyitozo yo kwigisha abagore batwite n'ababyeyi babyaye ubwa mbere.	Agakino	<i>Isaha 1 n'iminota 10</i>	<ul style="list-style-type: none"> <li>• Udukino dutandukanye n'urutonde rw'ingingo z'ingenzi ruri mu gitabo cy'uhugurwa</li> </ul>
<b>14</b>	Abahugurwa basubiramo ibyo bigiye mu mahugurwa byose.	Umukino (Game)	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Nta na kimwe</li> </ul>
<b>15</b>	Abahugurwa bakora isuzumabumenyi ku byo bize.	Isuzuma (kubaza abahuguwa)	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Amakaramu y'ibiti cg amakaramu asanzwe</li> <li>• Igitabo cy'uhugurwa</li> </ul>
<b>16</b>	Abahugurwa basuzuma uko amahugurwa yagenze n'ibibazo bagifite bigasubizwa.	Ikiganiro cya rusange Agasanduku k'ibitekerezo	<i>Iminota 15</i>	<ul style="list-style-type: none"> <li>• Urupapuro rw'isuzuma cg urupapuro rwo mu ikaye</li> <li>• Agasanduku k'ibitekerezo</li> </ul>

**IGIHE GISABWA: Amasaha 6 n'iminota 25**





**INAMA:** Niba abahugurwa bari gukoresha ifishi y'urugo kandi ukaba ushaka ko muyisubiramo ku gice kirebana n'abagore batwite, fotoza amakopi menshi y'ifishi y'urugo ku buryo buri wese abona kopi 1, hanyuma ushake n'amakopi y'amahugurwa arebana n'ifishi y'urugo ndetse n'ingero zigirwaho. Koresha urugero rumwe ubibutsa uko buzuza iki gice cy'abagore batwite. Teganya iminota iri hagati ya 20 – 30 yo kubikora. Subiramo iri somo ryo ku ifishi y'urugo amahugurwa arangiye, ariko nabwo mbere y'uko abahugurwa bakora isuzumabumenyi rya nyuma ndetse no gutanga ibitekerezo ku migendekere y'amahugurwa.



## INGINGO Z'INGENZI

- Abagore batwite bagomba kwirinda bakabaho mu buzima buzira umuze bipimisha ubwandu bw'agakoko gatera SIDA ku bushake (VCT), barya indyo yuzuye kandi bakaruhuka bihagije, bagira isuku, bafata inyongera y'umunyu wa “Fer”, bakoresha umunyu urimo “Iyodi”, baryama mu nzitiramibu ziteye umuti, kandi bajya kwisuzumisha mbere yo kubyara.
- Niba umugore utwite agaragaje bimwe mu bimenyetso mpuruza bikurikira, agomba guhera ko ajya ku kigo nderabuzima: kuva cyane mu gitsina (bidahagarara), kuribwa mu nda ku buryo bukabije, umuriro, kubyimba ibiganza no mu maso, kutabona neza, kuribwa umutwe cyane, cyangwa kugira umunaniro ukabije.
- Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bagomba guhera ko batangira gufata imiti igabanya ubukana [ARVs] hakiri kare (mu byumweru 12 bya mbere akimara gusama) kugira ngo birinde kwanduza abana babo.
- Abagore bose batwite bagomba guteganya kujya kubyarira kwa muganga kandi bakitegura hakiri kare. Abajyanama b'ubuzima bagomba gufasha abagore batwite n'imiryango yabo kwitegura kubyara.
- Ababyeyi bagomba kwita ku buzima bwabo nyuma yo kubyara baryama mu nzitiramibu, barya indyo yuzuye bakanaruhuka bihagije, bakirinda no gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6 nyuma yo kubyara.
- Ababyeyi bagomba kwita ku buzima bw'abana babo babonsa, bagenzura ko urureri rw'umwana rutanduye, bahindurira umwana imyambaro buri munsu, baryama mu nzitiramibu, bacunga ko umwana yifubitse bihagije, ndetse bajyana abana ku kigo nderabuzima kubakingiza no kubasuzumisha.
- Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana. Atunga abana akabarinda kurwaragurika.
- Iyo umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA atangiye gufata imiti igabanya ubukana mu gihe batwite (mu mezi 3 ya mbere bakimara gusama, cyangwa mu mezi 3 mbere yo kubyara), bituma abasha konsa neza kandi bikagirira umwana we akamaro. Abagore babana n'ubwandu bw'agakoko gatera SIDA batafashe imiti igabanya ubukana nibura mu mezi 3 mbere yo kubyara bagomba kugaburira abana babo bakoresheje amata y'ifu.

## ISOMO RYA 1 KWIBWIRANA N'INTEGO Z'AMAHUGURWA



**Uburyo bukoreshwa mu kwigisha:** Ibisobanuro by'Uhugura hamwe n'imbarutso



**Igihe isomo rimara:** Iminota 10



**Intego z'isomo**

- Kwibwirana no kuganira ku ntego z'amahugurwa.



**Gutegura isomo**

- Subiramo intego z'amahugurwa
- Andika intego z'amahugurwa ku gipapuro kinini maze ukimanike ku rukuta.



**Ibikoresho bikenewe**

- Imfashanyigisho y'Uhugura
- Igitabo cy'Uhugurwa
- Ibipapuro bininni byo kwandikaho
- Marikeri
- Papiyekola



### UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 10*

1. Suhuza abahugurwa hanyuma ubibwire.
2. Sobanurira abahugurwa ko muri aya mahugurwa bagiye kwigishwa ibijyanye n'ubuzima bw'imyororokere y'umugore. Ku musozo w'iri somo, abahugurwa bazaba bafite ubumenyi n'ubushobozi bwo gufasha abagore kubaho mu buzima buzira umuze igihe batwite ndetse no kubyara abana bafite ubuzima bwiza.
3. Saba abahugurwa kugenda bibwirana buri muntu bavuga ibikurikira:
  - Amazina ye n'igihe amaze akora akazi k'Abajyanama b'Ubuzima.
  - Ikintu kimwe ategereje kungukira cyangwa gukorera muri aya mahugurwa.

- Urugero: *Nitwa Clementine nkaba naturutse i Rwinkwavu. Ndifuzza kwiga no kumenya uburyo nashishikariza abagore batwite kujya kwisuzumisha mbere yo kubyara.*
- 4. Soza igikorwa cyo kwibwirana ubwira abahugurwa ko ibyinshi mu byo bifuzza kunguka bari bubimenyere muri aya mahugurwa. Ibyo batari bumenye none bazabimenya ku bundi buryo, haba umuntu ku giti cye cyangwa se mu yandi mahugurwa azakurikiraho.
- 5. Saba umwe mu bahugurwa gusoma intego zanditse ku gipapuro kinini mu ijwi riranguruye. Bwira abahugurwa ko amahugurwa ya none aza kwibanda kuri izo ntego zose.
- 6. Baza abahugurwa niba hari ibibazo bafite kugeza aho ubisubize.

## ISOMO RYA 2 AMABWIRIZA NGENDERWAHO N'AGASANDUKU K'IBITEKEREZO



**Uburyo bukoreshwa mu kwigisha:** Gukusanya ibitekerezo by'abahugurwa n'ibisobanuro by'uhugura.



**Igihe isomo rimaara:** iminota 10



### **Intego z'isomo**

- Kumvikana ku mabwiriza ngenderwaho atuma amahugurwa akorwa abantu bubahana ndetse banizerana.
- Gusobanura akamaro ko kugira ibanga, haba ku makuru y'umurwayi hamwe no ku makuru avugirwa mu mahugurwa.



### **Gutegura isomo**

- Tegura Agasanduku k'Ibitekerezo ugashyire mu mwanya wako mu cyumba cy'amahugurwa



### **Ibikoresho bikenewe**

- Impapuro nini
- Marikeri
- Papiyekola
- Agasanduku k'Ibitekerezo



## **UKO IBICE BY'ISOMO BIKURIKIRANA**



*Iminota 10*

1. Bwira abahugurwa ko kugira ngo amahugurwa agende neza, bagomba kumvikana ku mabwiriza amwe n'amwe bagenderaho. Amabwiriza ngenderwaho ni atuma amahugurwa agenda neza kandi akigirwamo ibintu byinshi bishoboka, ashishikariza abahugurwa kugira uruhare mu masomo kandi agatuma bumva ko bisanzuye kandi bubashywe.
2. Saba abahugurwa gutanga ibitekerezo ku rutonde rugufi rw'amabwiriza ngenderwaho. Uko abahugurwa bavuga amabwiriza yandike mu nyuguti nini ku gipapuro kinini.

3. Kora ku buryo buri muntu uri mu mahugurwa atanga igitekerezo cye kimwe kandi buri wese ushaka kuvuga umuhe amahirwe.
4. Nyuma yo gukusanya ibitekerezo, ongeraho amabwiriza akurikira niba batayavuze:
  - Kubahiriza igihe
  - Kugira ibanga
  - Kugira uruhare mu biganirwa no mu masomo
  - Kubaha ibitekerezo bitandukanye bya buri wese.
5. Manika igipapuro kiriho aya mabwiriza ku rukuta kugeza igihe amahugurwa azarangirira.
6. Sobanura ibanga icyo ari cyo n'akamaro karyo. Bwira abahugurwa uti:

Nk'uko mubizi, ibanga ni ikintu cy'ingenzi mu kazi k'Abajyanama b'Ubuzima. Amakuru abaturage bababwiriza hamwe n'ibyo muzi byose birebana n'ubuzima bwabo mugomba kubigira ibanga rikomeye. Ayo makuru ugomba kuyabwiriza abaganga n'abafarimo bavura umuntu bonyine. **Kirazira kubwira aya makuru umufasha w'umuntu wayaguhaye, abavandimwe be cyangwa abana be, cyangwa se umugore wawe bwite, abavandimwe bawe cg se abana bawe.**

Bamwe muri mwe mushobora gushaka kugira amakuru mutubwiriza muri aya mahugurwa cyangwa mukabaza ibibazo byerekeranye n'ingo mushinzwe. Ibyo mugomba kubikora mu buryo butamena ibanga. Urugero, ntugomba gukoresha amazina nyakuri y'umuntu, kuvuga aho atuye cyangwa gutanga amakuru ayo ari yo yose ashobora gutuma uwo muntu amenyekana. Buri muntu wese uri muri iki cyumba cy'amahugurwa agomba kububahiriza. Byongeye kandi, ntumugomba kuganira kuri ayo makuru y'ibanga hanze y'aya mahugurwa.

7. Baza abahugurwa uti:
  - Byagenda bite uramutse umennye ibanga ku buzima bw'umwe mu bo ukurikirana?  
*(Uwo muntu abandi bashobora kumuha akato cyangwa bakamuheza, ashobora kutongera kukwizera ukundi, ashobora kutazongera kukubwira amakuru ajyanye n'ubuzima bwe n'ibindi.)*
  - Wakumva umereye ute umuntu aganiriye n'abandi amakuru y'ibanga akwerekeyeho?  
*(Wakumva yaraguhemukiye cyane, ntiwakongera kumwizera na rimwe, ntiwakongera kumva wizeye kumubwira ikindi kintu icyo ari cyo cyose, n'ibindi.)*

## Ubuzima bw'imyororokere

8. Basubiriremo ko kugira ibanga ari kimwe mu bintu by'ingenzi biranga umujyanama w'ubuzima.
9. Sobanurira abahugurwa ko bashobora kwifashisha Agasanduku k'Ibitekerezo kugira ngo habeho ibanga muri aya mahugurwa. Zamura ako gasanduku ukabereke. Babwire ko igihe icyo ari cyo cyose mu mahugurwa bashobora kwifashisha ako gasanduku bashyiramo ibibazo n'ibitekerezo bafite badashaka kubariza mu ruhame. Ibyo bibazo bishobora kuba byihariye cyangwa se ibindi ibyo ari byo byose. Amahugurwa y'umunsi arangiye, uraza kureba ibyo bibazo biri mu gasanduku ubisubize, haba mu itsinda rusange cyangwa se mu ibanga umuntu ku giti cye bibaye ngombwa.



**INAMA:** Reba mu Gasanduku k'Ibitekerezo mu gihe cy'akaruhuko cyangwa igihe mufata ifunguro rya ku manywa, maze usubiremo ibibazo byose mbere kugira ngo witegure kubisubiza ku musozo w'amahugurwa y'uyu munsi.

## ISOMO RYA 3 ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA



**Uburyo bukoreshwa mu kwigisha:** Kubaza abahugurwa



**Igihe isomo rimara:** Iminota 15



**Gutegura isomo**

- Subiramo ibibazo by'Isuzumabumenyi ribanza .



**Ibikoresho bikenewe**

- Amakaramu y'igiti cyangwa amakaramu asanzwe kuri buri wese
- Igitabo cy'uhugurwa kuri buri wese.



**INAMA:** Ugomba kumenya ko hashobora kuboneka bamwe mu bahugurwa baba batamenyereye kubazwa, akaba ari yo mpamvu ugomba gukurikiza amabwiriza akurikira.



**INAMA:** Sobanurira abahugurwa ko ku kibazo cya mbere bagomba kuzuzaho igihe cyose buri wese amaze ari Umuherekeza, cyangwa ari Umujyanama w'Ubuzima.



### UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15

1. Sobanurira abahugurwa ko ubu noneho bagiye gukora “Isuzumabumenyi rya mbere y'amahugurwa”. Intego y'iri suzumabumenyi si ugucira abahugurwa urubanza, ahubwo rigamije kumenya neza ibyo abahugurwa bazi n'ibyo batazi no kwizera ko aya mahugurwa aza kubafasha mu byo batazi. Iri suzumabumenyi kandi rizafasha mu gusuzuma ireme ry'aya mahugurwa no kurushaho kunoza azakorwa mu minsi iri imbere.
2. Sobanura ko ugiye gusoma uranguruye ibibazo bimwe birebana n'ubuzima bw'imyororokere. Abahugurwa barasubiza ibibazo baca akaziga ku gisubizo nyacyo kuri buri kibazo cy' isuzumabumenyi ribanza.



## Ubuzima bw'imyororokere

3. Bwira abahugurwa ko niba batazi igisubizo ku kibazo runaka, bagisimbuka.
4. Sobanurire abahugurwa ko ugiye gufatanya na bo gusubiza ikibazo cya mbere.
5. Saba abahugurwa kureba ibibazo by'isuzumabumenyi ribanza mu bitabo byabo.
6. Soma ikibazo cya mbere hamwe n'ibisubizo bishoboka uranguruye ijwi. Saba ubishaka gusubiza icyo kibazo, cyangwa ugisubize wowe ubwawe. Sobanurira abahugurwa ko mu gusubiza iki kibazo bagomba guca akaziga ku gisubizo kiboneye ku mpapuro zabo.
7. Mu ijwi riranguruye, soma ibibazo byose bisigaye n'ibisubizo byateganyijwe buhoro buhoro, kimwe kimwe. Ongerera usome ibibazo n'ibisubizo byateganyijwe igihe cyose bikenewe. Nyuma yo gusoma ibibazo, ha abahugurwa igihe cyo guca utuziga ku bisubizo bahisemo.
8. Nyuma y'Isuzumabumenyi ribanza, saba abahugurwa kwandika amazina yabo hejuru ku rupapuro basubirijeho, hanyuma bace impapuro z'isuzumabumenyi mu bitabo byabo maze baziguhereze.
9. Sobanurira abahugurwa ko nyuma y'aya mahugurwa, bazasubiramo iri suzumabumenyi kugira ngo bamenye ibyo bungutse. Nyuma yaho muzarebera hamwe ibisubizo nyabyo ku bibazo byose by'ibazwa.

## IBIBAZO BY'ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA

Amazina yawe: \_\_\_\_\_ Itariki: \_\_\_\_\_

Ikigo nderabuzima: \_\_\_\_\_ Nomera Iranga Umujyanama w'Ubuzima: \_\_\_\_\_













Umaze igihe kingana iki ukora akazi k'umujyanama w'ubuzima? \_\_\_\_\_

### Ca akaziga ku gisubizo kiboneye kuri buri kibazo.

1. Kugira ngo umugore utwite arinde ubuzima bwe bwite n'ubw'umwana we ugikura, buri munsu agomba:
  - a. Kuryama mu nzitiramibu
  - b. Gufata inyongera y'ikinini cya "Fer"
  - c. Kuryama akaruhuka bihagije
  - d. **Byose ni byo**
  
2. Kugira ngo umugore arinde ubuzima bwe bwite n'ubw'umwana we ugikura, ntagomba:
  - a. Kurya umunyu
  - b. **Kunywa ibisindisha cyangwa itabi**
  - c. Kurya inyama
  - d. Kunywa ibinyobwa bishyushye.
  
3. Abagore bose batwite bagomba kujya ku kigo nderabuzima:
  - a. Igihe bagiye kubyara gusa
  - b. Igihe barwaye gusa
  - c. **Kwisuzumisha mbere yo kubyara uko bitegetswe.**
  - d. Igihe bagiye gufata imiti bayikeneye gusa.

4. Umugore utwite agomba kujya kwisuzumisha ku nshuro ya mbere:
  - a. **Mu mezi 3 abanza yo gutwita**
  - b. Igihe inda imaze kuba nkuru
  - c. Igihe yumva arwaye
  - d. Igihe agiye kubyara
  
5. Niba umugore atwite kandi akaba abana n'ubwandu bw'agakoko gatera SIDA, agomba:
  - a. Guhisha aya makuru ntihagire uwo ayabwira.
  - b. **Gutangira gufata imiti igabanya ubukana vuba bishoboka**
  - c. Kutarya cyane
  - d. Kwakira ko umwana we azandura agakoko gatera SIDA.
  
6. Umugore utwite agomba kujya ku kigo nderabuzima ako kanya igihe:
  - a. Ava amaraso menshi mu gitsina (adahagarara)
  - b. Ibiganza bye no mu maso he byabyimbaganye
  - c. Arwaye umutwe bikabije no kutabona neza
  - d. **Byose ni byo**

Ca akaziga kuri “ni byo” cyangwa “si byo” ku bibazo bikurikira:

7. Ni byiza ko abagore hafi ya bose babyarira mu rugo.		
	Ni byo	<u>Si byo</u>
<hr style="border-top: 1px dotted #000;"/>		
8. Indyo n'ikinyobwa bibereye impinja ni amashereka.		
	<u>Ni byo</u>	Si byo
<hr style="border-top: 1px dotted #000;"/>		
9. Nyuma yo konsa umwana, abana bato (impinja) bagomba guhabwa n'amata y'ifu ndetse n'umutobe.		
	Ni byo	<u>Si byo</u>
<hr style="border-top: 1px dotted #000;"/>		
10. Umujyanama w'ubuzima agomba gusura ababyeyi n'abana babo akimara kubyara.		
	<u>Ni byo</u>	Si byo
<hr style="border-top: 1px dotted #000;"/>		
11. Nyuma yo kubyara, umugore abujijwe gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6.		
	<u>Ni byo</u>	Si byo
<hr style="border-top: 1px dotted #000;"/>		
12. Ababyeyi bose bamaze igihe gito babyaye bagomba kujyana abana babo ku kigo nderabuzima kubakingiza.		
	<u>Ni byo</u>	Si byo
<hr style="border-top: 1px dotted #000;"/>		

## ISOMO RYA 4 UBUZIMA BW'IMYOROROKERE N'UBURENGANZIRA BWA MUNTU



**Uburyo bukoreshwa mu kwigisha:** Ikiganiro cya rusange



**Igihe isomo rimara:** Iminota 15



**Intego z'isomo**

a. Gusobanura uburyo ubuzima bw'imyororokere ari uburenganzira bw'umuntu.



**Gutegura isomo**

- Andika iki gisobanuro cy'uburenganzira bwa muntu ku gipapuro kinini:
  - Uburenganzira bwa muntu bivuga iki?  
Uburenganzira bwa muntu ni uburenganzira abantu bose bahuriyeho, utitaye ku ibara ry'uruhu, ku bwoko, ku myaka, ku myizerere, ku gitsina, ku bitekerezo bya politiki, cyangwa se ku bushobozi umuntu afite.  
Uburenganzira bwa muntu buvuga ko abantu bose bagomba kubaho bubahana. Abantu bose barashyamba imbere y'amategeko.



**Ibikoresho bikenewe**

- Impapuro nini
- Marikeri
- Papiyekola



**INAMA:** Iri somo riradusogongeza ku buzima bw'imyororokere ari bumwe mu burenganzira bwa muntu. Abahugurwa bamwe bashobora kuba batamenyereye kumva iri jambo ry'uburenganzira bwa muntu. Birashoboka ko batabasha guhera ko bamenya gutanga igisobanuro cyaryo uko kiri cyangwa se ngo babashe kuba bahita ko batanga ingero za bumwe mu burenganzira bwa muntu. Ushobora gusanga bamwe muri bo basobanukiwe neza n'iri jambo ry'uburenganzira bwa muntu. Ariko kubera ko abaturage benshi batuye mu byaro aho usanga batagira namba uburenganzira bwa muntu bw'ibanze, abahugurwa bagomba gusobanukirwa neza ko hari ibintu by'ibanze abantu bose bakeneye kugira ngo babashe kubaho bubashywe nk'abantu no mu bwisanzure. Intego nyamukuru y'iri somo ni ugushimangira iki gitekerezo cy'ibintu by'ibanze n'aho bihuriye n'ubuzima bw'imyororokere, aho kugira ngo tuze gutinda ku bisobanuro by'ijambo ubwaryo.



## UKO IBYICIRO BY'ISOMO BIKURIKIRANA



Iminota 5

### 1. Bwira abahugurwa uti :

Mwibuke ko mukora nk'abantu bashinzwe gufasha guteza imbere ubuzima bwiza, kandi ubuzima bwiza bufite aho buhuriye n'uburenganzira bwa muntu. Bivuze ko zimwe mu nshingano zanyu ari ugufasha abaturage kubaho bubashywe ndetse no kubafasha kugera ku buzima bwiza.

Reka tubanze twibukiranye ku ngingo zikurikira.

### 2. Baza abahugurwa uti:

- Uburenganzira bwa muntu bivuga iki? Kugira uburenganzira bivuga iki?

*(Akira ibisubizo bike by'ababishaka)*

### 3. Manika igipapuro wanditseho igisobanuro cy'ijambo uburenganzira bwa muntu, hanyuma usome mu ijwi riranguruye cyangwa usabe umuntu umwe mu bahugurwa asomere abandi mu ijwi riranguruye.

Uburenganzira bwa muntu bivuga iki?

Uburenganzira bwa muntu ni uburenganzira abantu bose bahuriyeho, utitaye ku ibara ry'uruhu, ku bwoko, ku myaka, ku myizerere, ku gitsina, ku bitekerezo bya politiki, cyangwa se ku bushobozi umuntu afite. Uburenganzira bwa muntu buvuga ko abantu bose bagomba kubaho bubahana. Abantu bose bararashya imbere y'amategeko.



Iminota 5

### 4. Saba abahugurwa gutekereza ku mahugurwa bahawe mbere ku burenganzira bwa muntu hanyuma batekereze no ku byo basanzwe bazi mu buzima. Babaze uti:

- Ni izihe ngero z'uburenganzira bwa muntu mwaba muzi? Mu yandi magambo, ni ibihe bintu abantu bose bakeneye kugira ngo babeho mu mudendezo kandi bubashywe?

*(Bwira abahugurwa gutekereza ku buzima bwabo bwite, ubw'abarwayi bashinzwe ndetse n'ubw'abaturanyi babo kugira ngo babashe kubona ingero zimwe z'uburenganzira bwa muntu. Niba abahugurwa batabasha kuba batanga urugero na rumwe, batangirire*

## Ubuzima bw'imyorokere

*ubahe urugero nka rumwe cyangwa se 2 kugira ngo ubafashe gukangura ibitekerezo byabo)*

*Uburenganzira bwa muntu burimo:*

*Kutagirwa umucakara*

*Uburenganzira bwo gutekereza no gutanga igitekerezo wisanzuye*

*Kudatotezwa*

*Kugira uruhare mu bikorwa rusange bya Leta(nko gutora n'ibindi)*

*Kugira umutungo*

*Uburenganzira bwo kubaho neza n'iterambere rye ku giti cye ndetse n'iry'umuryango we, no **kugira uburenganzira ku buvuzi bwiza.***

*Uburezi*

*Kubaho mu mudendezo no kudahungabanywa.*



*Iminota 5*

### 5. Bwira abahugurwa uti:

Tuzi ko ubuvuzi buboneye ari uburenganzira bwa muntu. Buri muntu wese afite uburenganzira ku buvuzi bwiza kugira ngo abashe kugira ubuzima buzira umuze ndetse n'icyubahiro kimukwiriye. Muri abo bantu bavugwa harimo abagore batwite, abagore babyaye ndetse n'abana babo.

Nk'abajyanama b'ubuzima, mufite inshingano zo gufasha aba bagore n'abana babo kubaho mu buzima bwiza, ubwo bukaba ari uburenganzira bwabo.

### 6. Baza abahugurwa uti:

- Ni gute wafasha abagore batwite n'ababyeyi bafite abana bakiri bato kubaho no kugumana ubuzima buzira umuze?

*(Akira ibisubizo by'ababishaka. Muri ibi bisubizo hashobora kubamo:*

*(Kwigisha abagore uburyo bashobora kubaho mu buzima buzira umuze.)*

*(Gufasha abagore guhabwa ubuvuzi bakeneye, harimo kwisuzumisha mbere yo kubyara ndetse no kubyarira kwa muganga.)*

*(Gusura abagore batwite buri kwezi kugira ngo urebe ko bafite ubuzima buzira umuze)*

*(Gusura ababyeyi n'abana babo kugira ngo urebe ko bafite ubuzima buzira bwiza.)*

*(Kwigisha abagore batwite babana n'ubwandu bw'agakoko gatera SIDA kwirinda kwanduza abana babo.)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

**7. Bwira abahugurwa uti:**

Muri aya mahugurwa, muzigishwa uburyo bwo gufasha abagore batwite ndetse n'ababyeyi bafite abana bakivuka uburyo bwo kubaho neza mu buzima buzira umuze. Iyo mukora iki gikorwa muba mubafasha guteza imbere ubuzima bwabo, bityo bigatuma n'ubuzima bw'imiryango n'ubw'abaturage muri rusange na bwo butera imbere.

Muri mu rugo mushobora gusubiramo amakuru yose arebana n'ubuzima n'uburenganzira bwa muntu biri ku rupapuro rwa 4–5 mu bitabo byanyu.



## ISOMO RYA 5 GUTWITA NO KUBYARA



**Uburyo bukoreshwa mu kwigisha:** Kwigishanya mu matsinda mato



**Igihe isomo rimara:** Isaha 1 n'iminota 30



**Intego z'isomo**

b. Gusobanura uko ibice by'ibanze byo Gutwita no Kubyara bikurikirana.



**Gutegura isomo**

- Subiramo amafoto n'ibisobanuro



**Ibikoresho bikenewe**

- Inyandikoshusho cyangwa inyandiko ku bipapuro binini.
- Ibyuma byerekana amashusho n'amajwi niba ukoresha inyandikoshusho.
- Amafoto n'ibisobanuro biri ku mpapuro za 6–13 mu gitabo cy'uhugurwa.



**INAMA:** Iri somo riradusogongeza ku makuru y'ingenzi yerekeranye no Gutwita no Kubyara, bikorwa mu buryo bwo kwigishanya mu matsinda mato – aho bamwe mu bahugurwa bakina mu mwanya w'abavuga n'abigisha. Kwigishanya mu matsinda mato bifasha abahugurwa gusobanukirwa neza n'ibyo biga kuko bagomba kuba babizi neza kugira ngo babashe kubyigisha abandi. Ibuka guteganya umwanya uhagije wo kwigisha iri somo.



### UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 5

#### 1. Bwira abahugurwa uti:

Buri wese muri iki cyumba afite icyo azi ku byerekeranye no gutwita ndetse no kubyara. Reka noneho turebere hamwe ibyo mwaba muzi.

Mutege amatwi mwumve interuro ngiye kubasomera. Niba hari interuro nsomye ukumva wemeranya na yo, uhaguruke ugume uhagaze, hanyuma nihagira izindi nteruro wumva na zo arizo uzamure ukuboko (ugikomeje no guhagarara):

- Haguruka niba warigeze utwara inda hanyuma ukabyara.

- Haguruka niba umugore wawe yarigeze gutwara inda hanyuma akabyara.
- Haguruka (cyangwa uzamure ukuboko niba uhagaze) niba umwe muri bashiki bawe yarigeze gutwara inda hanyuma akabyara.
- Haguruka (cyangwa uzamure ukuboko) niba umwe muri ba nyogosenge, babyara bawe, inshuti zawe, cyangwa abaturanyi bawe yarigeze atwita hanyuma akabyara.
- Haguruka (cyangwa uzamure ukuboko) niba wibuka mama wawe igihe yari atwite hanyuma akabyara abo muvukana.

**2. Aho bigeze aha, buri wese agomba kuba ahagaze. Bwira abahugurwa uti:**

Reba hose mu cyumba cy'amahugurwa. Urabona ko buri wese uri mu mahugurwa afite icyo azi ku bijyanye no gutwita ndetse no kubyara.

**3. Shimira abahugurwa hanyuma ubasabe kwicara.**



*Iminota 5*

**4. Bwira abahugurwa uti:**

N'ubwo bigaragara ko buri wese afite icyo azi ku byerekeye gutwita no kubyara, rimwe na rimwe abantu bumva bibagora kubiganiraho. Bashobora kwiyumvamo ko babaye injajwa cyangwa se bari kuvuga ibizira.

Nyamara ariko kuganira ku byerekeye gutwita no kubyara nta bwo ari ubujajwa cyangwa kuvuga ibizira, ahubwo ni uburyo bwiza bwo gufasha abagore batwite, ababyeyi n'abana babo kugira ubuzima buzira umuze. Kuvuga ibyerekeye gutwita no kubyara ni imwe mu nshingano z'umuhanama w'ubuzima.

Noneho ubu tugiye kwibukiranya uko umugore asama, agatwita kugeza abyaye. Murakorera mu matsinda mato mwibukiranye uko bigenda maze muze kubisobanurira abandi. Ibi byazabafasha kubivuga ku buryo bworoshye igihe muzaba mubiganiriza imiryango mwasuye.

**5. Gabanya abahugurwa mu matsinda 6 mato. Ugomba gukora ku buryo buri tsinda rijyamo abahugurwa bazi gusoma no kwandika neza.**

**6. Sobanura akazi bagiye gukorera mu matsinda mato:**

- Musome igice cyagenewe itsinda ryanyu mu ijwi riranguruye, hanyuma musesengure n'amafoto. (Buri tsinda ndariha ibyaryo mu kanya gakurikiyeho).
- Kora ku buryo buri wese mu matsinda aba asobanukiwe n'igice bahawe.

## Ubuzima bw'imyororokere

- Hitamo abantu babiri bagomba kuza imbere kubisobanurira abandi. Abo wahisemo baraba ari abantu bashobora gukoresha inyandikoshusho/ amafoto ari ku bipapuro binini igihe basobanura.
- Abahugurwa bigisha bagomba kuba basobanukiwe neza ibyo bagiye gusobanura kugira ngo birinde kuza kuba basoma mu bitabo.
- Amatsinda afite iminota 15 yo gutegura.
- Abaza gusobanurira abandi barakoresha iminota 5.

- 7.** Saba abahugurwa gufungura ibitabo byabo ku rupapuro rwa 6–13 aho bari busange amakuru yerekeranye no kubyara no gutwita. Buri tsinda rihe insanganyamatsiko ku buryo bukurikira:

Itsinda rya 1: “Umugore asama bigenze gute?”

Itsinda rya 2: “Ibimenyetso byo gusama (gutwita)”

Itsinda rya 3: “Umwana akurira muri nyababyeyi”

Itsinda rya 4: “Umugore atwita amezi 9”

Itsinda rya 5: “Ibise (kujya ku nda)”

Itsinda rya 6: “Kubyara”



*Iminota 15*

- 8.** Ha amatsinda iminota 15 yo gukora. Uko amatsinda akora, zenguruka mu cyumba maze ufashe ababikeneye niba ari ngombwa.



*Iminota 10*

- 9.** Saba amatsinda kurekera aho gukora. Saba ba bantu 2 ba buri tsinda kuza imbere bagasobanura ibyo bakoze bakoresheje inyandikoshusho cyangwa ibipapuro binini. Fasha abagiye guhagararira abandi gukoresha inyandikoshusho cyangwa ibipapuro binini. Niba ibisobanuro byabo birengeje iminota 5, basabe kuvuga muri make. Gira icyo wongeraho cyangwa ubakosore aho ari ngombwa.

- 10.** Baza abahugurwa niba hari ibibazo cyangwa ibitekerezo bakongera ku byavuzwe hanyuma ubasubize cyangwa se usabe abahugurwa babimenyereye basubize. Gerageza kugabanya ibibazo kuburyo bitarenza iminota 5 cyangwa irenzeho gato.



*Iminota 50*

- 11.** Bikore gutyo no ku itsinda rya 2 kugeza ku rya 6.



*Iminota 5*

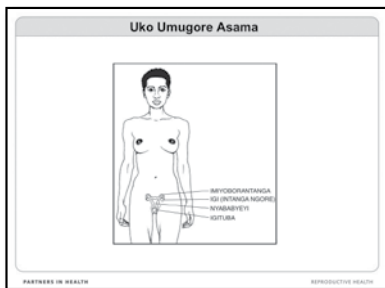
- 12.** Mu gusoza, bwira abahugurwa uti:

Bamwe muri mwe bari bazi aya makuru mbere y'aya mahugurwa. Ariko ku bandi, aya makuru ni mashya. Ni byiza ko buri wese muri mwe amenya neza uko umugore atwita kugeza abyaye kugira ngo mubashe kwigisha no gufasha abagore batwite kugira ubuzima bwiza no kubyara abana bazima.

- 13.** Baza abahugurwa niba hari ibibazo bafite kugeza aha maze ubisubize cyangwa se usabe bamwe mu bahugurwa babisobanukiwe kubisubiza.



## ITSINDA RYA 1: UKO UMUGORE ASAMA (ATWITA)



Iyi foto iragaragaza imyanya myibarukiro y'umugore – ni ukuvuga ibice by'umubiri we bigira uruhare mu gusama, mu kurera umwana no mu kubyara.

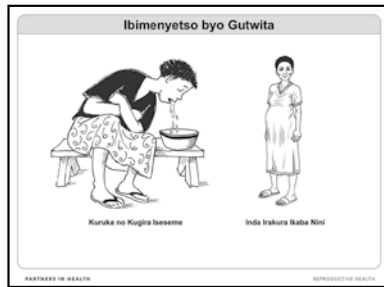
Buri kwezi igi (intanga ngore) rirarekurwa rikajya gutegerereza muri nyababyeyi (ishobora no kwitwa “Umura”). Iyo umugabo n'umugore bakoze imibonano mpuzabitsina, intanga ngabo zisohoka zinyuze mu gitsina gabo (imboro) hanyuma zikisuka muri nyababyeyi. Iyo intanga ngabo ihuye n'intanga ngore (igi), iri gi rihera ko riyomeka kuri nyababyeyi hanyuma rigatangira gukura rivamo umwana. Ibi ni byo bivuga ko umugore atwite.

Iyo umugore adasamyeye muri uko kwezi, rya gi rirashwanyagurika rigasohoka hanze mu gihe cy'imihango ya buri kwezi y'umugore.

Nyababyeyi ni umutsi ukoze nk'igikapu. Nyababyeyi itangira ari akantu gato, ariko uko umwana agenda akura ni ko na yo igenda yiyongera. Mu mezi ya mbere yo gutwita, inda iba ikiri nto ku buryo umuntu atabona ko umugore atwite.



## ITSINDA RYA 2: IBIMENYETSO BYO GUTWITA



### Kugira iseseme no kuruka Inda irakura ikaba nini

Iyo umugore yasamye, abura **imihango**. Impamvu ni uko intanga ngabo iba yarahuye n'igi (intanga ngore) maze rya gi rigafata kuri nyababyeyi, hanyuma rigatangira gukura rivamo umwana. icyo gihe rya gi nta bwo rishwanyagurika ngo risohoke hanze nk'uko bisanzwe bigenda mu mihango y'umugore ya buri kwezi.

Mu miryango iwacu, imihango y'umugore bayita ayahe mazina? Abagore bo bayita gute?

Iyo umugore atwite, amabere ye araryaryata hanyuma akagenda anarushaho kuba manini.

Umugore ashobora kumva agize iseseme hanyuma akanaruka rimwe na rimwe.

Ashobora kumva ananiwe cyane kurusha uko bisanzwe.

Uko umwana agenda akura ni na ko inda y'umugore na yo irushaho kuba nini. Mu mezi ya mbere yo gusama, umwana aba akiri muto cyane ku buryo n'inda y'umugore na yo iba itaraba nini. Umugore agomba gutangira kwiyitaho ku buryo budasanzwe ndetse no kwita ku mwana we kuva agisama, n'ubwo inda ye yaba itaratangira kugaragara.



### ITSINDA RYA 3: UMWANA AKURIRA MURI NYABABYEYI



#### **Umwana akurira muri nyababyeyi**

Umwana agenda akura buri kwezi. Mu mezi ya nyuma yo gutwita nyababyeyi y'umugore iba yaragutse cyane ku buryo ibasha gukwirwamo umwana neza.

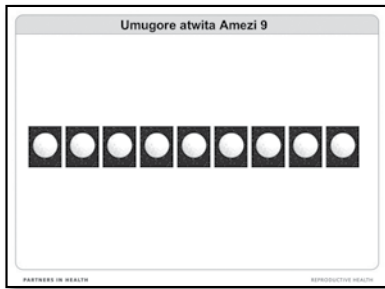
**Isuha** ni agasaho gato kaba mu nda (muri nyababyeyi), kabamo amazi meza. Aya mazi arinda umwana kwandura indwara ndetse akagenda amutangira uko nyina yinyeganyeza.

**Ingobyi** ni agasaho k'amaraso gakurira muri nyababyeyi iruhande rw'umwana. Amaraso amwe y'umugore anyura muri iyi ngobyi no mu mukondo agakomeza akagera ku mwana anyuze mu **rureri**.

**Urureri** ruha umwana amaraso ndetse n'intungamubiri biva mu mubiri wa nyina.



## ITSINDA RYA 4: UMUGORE ATWITA AMEZI 9



### Shyira igishushanyo hano cy'amezi 9

Umugore amara igihe cy'amezi 9 atwite (ibyumweru 40). Mu mezi 3 cyangwa 4 ya mbere inda y'umugore iba itaragaragara. Kuva ku kwezi kwa 4 kujyana hejuru, inda itangira kugenda ikura iba nini.

Ni ngombwa ko umugore amenya igihe amaze atwite kugira ngo amenye igihe agomba kujya kwisuzumisha inda mbere yo kubyara ndetse n'igihe agomba gutangira kwitegura ibise no kubyara.

Ni gute abagore bo mu duce mutuyemo bamenya amakuru y'igihe bamaze batwite?





## ITSINDA RYA 5: KUJYA KU NDA



Iyo umugore agejeje igihe cyo kubyara, **ajya ku nda( agira ibise)**. Iyo ibise bitangiye, imitsi y'umura (nyababyeyi) irikanya hanyuma igasunika umwana ngo asohoke. Ibi ni byo bita **ibise cyangwa ububabare bwo kujya ku nda**.

Mbere cyangwa nyuma y'uko ibise bitangira, **isuha irameneka**. Ibi biba igihe ka gasaho k'amazi kaba gakikije umwana mu nda kamenetse hanyuma ibintu bimeze nk'ururenda bigasohokera mu gitsina cy'umugore.

Rimwe na rimwe iyo umugore atangiye kujya ku bise, ururenda rusa n'amaraso kandi rufatira rusohoka mu gitsina cye (inda ibyara).

Nyababyeyi(umura) ni umutsi ukomeye cyane ku buryo n'ibise na byo biba bifite ingufu nyinshi. Kuri buri gise, ni ko umwana agenda asohoka hanze buhoro buhoro. Uko ibise bigenda byiyongera ni ko birushaho kuza mu bihe bimwe kandi byungikanya.

Mu gihe cy'ibise, umwana ava muri nyababyeyi akajya mu **nzira asohokeramo avuka**.



## ITSINDA RYA 6: KUBYARA



Iyo umwana yarangiye kuva muri nyababyeyi yageze mu **nzira asohokeramo**, umugore nawe arasunika buri uko yumvise igise kugira ngo umwana agere hanze. Inzira umwana asohokeramo na yo iraguka kugira ngo atambukemo neza, hanyuma akavuka.

Iyo umwana amaze kuvuka, umuganga akata **urureri** akoresheje icyuma gisukuye kugira ngo umwana atandura indwara. Nyuma y'uko umwana ageze hanze, umugore agomba gusunika cyane kugira ngo **inda ya nyuma (ingobyi)** na yo isohoke. Icyo gihe hari amaraso make asohoka mu gitsina.

Igihe bishobora gutwara kugira ngo umwana avuke kiratandukanye kuri buri mugore. Bishobora kumara amasaha make cyangwa se bikaba byanarenza umunsi wose.

## ISOMO RYA 6 UMUGORE AGOMBA KUGIRA UBUZIMA BUZIRA UMUZE IGIHE ATWITE



**Uburyo bukoreshwa mu kwigisha:** Umukino



**Igihe isomo rimara:** iminota 20



**Intego z'isomo**

c. Gusobanura ukuntu abagore bashobora kubaho mu buzima bwiza igihe batwite.



**Gutegura isomo**

- Subiramo amafoto n'amakuru ayaherekeje ku bijyanye no kubaho mu buzima bwiza buzira umuze mu gihe cyo gutwita.



**Ibikoresho bikenewe**

- Inyandikoshusho
- Ibibyuma byerekana amashusho niba uri gukoresha inyandikoshusho
- Ibipapuro binini
- Marikeri
- Papiyekola



## UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 10*

1. Sobanura ko muri iri somo abahugurwa bagiye kwiyibutsa uburyo umugore ashobora kugira ubuzima bwiza igihe atwite. Kugira ngo babigereho, barifashisha umukino.
2. Gabanya abahugurwa mo amatsinda 2. Sobanura uko umukino uteye:
  - Ndaza kubaza itsinda rya mbere ikintu kimwe umugore agomba GUKORA cyangwa ATAGOMBA GUKORA kugira ngo agire ubuzima buzira umuze igihe atwite.
  - Abagize itsinda baraza kuba bafite amasegonda 15 kugira ngo bumvikane ku gisubizo bagomba gutanga.
  - Niba itsinda ritanze igisubizo nyacyo, rirahabwa inota 1.

- Niba itsinda ritanze igisubizo kitari cyo, nta nota rihabwa.
- Hanyuma nze gusaba itsinda rya 2 na ryo kuvuga ikindi kintu 1.
- Itsinda riza kugira amanota menshi ni ryo riza kuba ryatsinze.



Iminota 15

3. Tangira umukino. Nyuma y'uko buri tsinda rigize icyo rivuga, baza abahugurwa bose IMPAMVU umugore agomba kugikora cyangwa kutagikora, ureke ababishaka abe ari bo basubiza. Hanyuma wifashishe ibisobanuro bikurikira ugire icyo wongeraho cyangwa se ubakosore niba ari ngombwa.
4. Genda wandika amanota ya buri tsida ku gipapuro kinini. Komeze wihutisha umukino.
5. Niba abahugurwa bavuze ibisubizo byerekeranye n'imico y'aho batuye kandi bitari ku rutonde ruri hasi, wabyemera nk'ibisubizo byiza niba hari icyo bimarira umugore utwite. Niba igisubizo batanze cyerekeranye n'umuco ariko kandi kikaba hari abo gikomereza, basobanurire impamvu kandi ntucyemere nk'igisubizo kiza.
6. Igihe ingingo zose ziri hasi ziza kuba zirangiye, rangiza umukino maze unababwire itsinda ryawutsinze. Niba amatsinda atabashije gutanga ibisubizo byose uko biri muri izo ngingo, ushobora kuzisubiramo ku gice cya 7.



Iminota 10

7. Igihe umukino uza kuba warangiye, erekana izi nyandiko shusho imwe imwe kandi usubiremo isomo wihuta.



**Kugumana Ubuzima Bwiza mugihe Utitwe**

**Vuga uti:** Kurya indyo ifite intungamubiri zihagije (indyo yuzuye)

**Baza:** Kubera iki?

## Ubuzima bw'imyorokere

*(Abagore batwite baba bigaburira ubwabo bakagaburira n'abana batwite. Kurya indyo yuzuye bibaha imbaraga, bigatuma umwana akura neza kandi bikabarinda kurwaragurika. Abagore batwite bagomba kurya kurusha uko bari basanzwe kandi bakarya ibiryo byiza bashobora kubona byose.)*

**Vuga uti:** Gukoresha Iyodi (umunyu wo ku meza)

**Baza uti:** Kubera iki?

*(Iyodi ituma ubwonko bw'umwana bukura neza. Iyo umugore utwite adafite iyode ihagije, ubwonko bw'umwana bushobora kwangirika. Umugore agomba gukoresha umunyu urimo iyode uringaniye – umunyu mwinshi ni mubi ku buzima.)*

**Vuga uti:** Gufata inyongera y'ikinini cya "FER"

**Bazauti:** Kubera iki?

*(Akenshi abagore batwite bashobora kubura amaraso. Inyongera y'ikinini cya fer ibafasha kutabura amaraso mu mubiri.)*



### Kugumana Ubuzima Bwiza mugihe Utitwe

**Vuga uti:** Kuryama no kuruhuka bihagije

**Baza uti:** Kubera iki?

*(Umubiri w'umugore ukoresha imbaraga nyinshi mu gukuza umwana ndetse no kongera ingobyi. Byongeye kandi, umugore aba yikoreye ibiro byinshi uko umwana agenda akura. Ni yo mpamvu abagore batwite bagomba kuruhuka bihagije kugira ngo babone imbaraga bakeneye.)*

**Vuga uti:** Kuryama mu nzitiramibu

**Baza uti:** Kubera iki?

*(Iyo umugore utwite afashwe na malariya, aba ashobora kuyanduza n'umwana uri mu nda. Abagore bagomba kwirinda imibu, bakifubika ninjoro kandi bakaryama mu nzitiramibu. Abagore batwite bashobora kujya ku kigo nderabuzima bagahabwa inzitiramibu ku buntu.)*



**Kugumana Ubuzima Bwiza mugihe Utitwe**

**Vuga uti:** Kugira Isuku ku Mubiri no koza amenyo

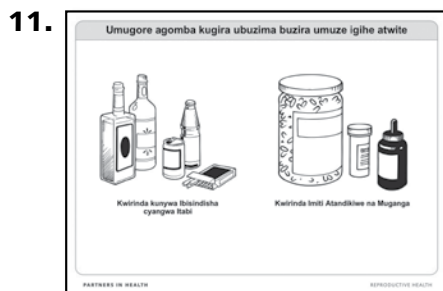
**Baza uti:** Kubera iki?

*(Kugira isuku birinda umugore utwite indwara zandura zishobora kumuteza ibibazo we ubwe n'umwana uri mu nda.)*

**Vuga uti:** Kwitabira gahunda zose z'isuzuma mbere yo kubyara

**Baza uti:** Kubera iki?

*(Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha nibura inshuro 3 mbere yo kubyara (zishobora kurenga iyo hari ibibazo byagaragaye). Mu gihe umugore agiye kwisuzumisha mbere yo kubyara umuganga asuzuma ko umugore n'umwana atwite bafite ubuzima buzira umuze, akanasuzuma niba umugore afite amaraso ahagije ndetse n'umuvuduko w'amaraso. Abagore batwite bahabwa amafishi (ifishi y'umubyeyi) yandikwaho incuro zose aje kwisuzumisha mbere yo kubyara.)*



**Kugumana Ubuzima Bwiza mugihe Utitwe**

**Vuga uti:** Kutanywa ibisindisha cyangwa itabi

**Baza uti:** Kubera iki?

*(Iyo umugore anyweye ibisindisha mu gihe atwite bigira ingaruka mbi ku mwana uri mu nda. Kimwe no mu itabi ryatunganyirijwe mu ruganda cyangwa se rimwe bahinga mu rugo ry'ibibabi byose iyo umugore abinyoye mu gihe atwite bimugiraho ingaruka mbi ndetse zikagera no ku mwana atwite.)*

**Vuga uti:** Kudafata imiti atandikiwe na muganga

**Baza uti:** Kubera iki?

*(Imiti imwe isanzwe ikoresheya ishobora kutaba myiza ku bagore batwite n'abana babo. Ibi ni kimwe no gufata imiti y'ibyatsi n'iya gakondo. Igihe cyose umugore ahawe umuti agomba kubanza kubwira abaganga cyangwa umujyanama w'ubuzima ko atwite.)*

12.



### Kugumana Ubuzima Bwiza mugihe Utitwe

**Vuga uti:** Kwirinda kwegera abantu barwaye

**Baza uti:** Kubera iki?

*(Ibi birinda umugore utwite kwandura indwara na we. Iyo umugore utwite afashwe n'indwara, bituma arwaragurika ku buryo budasanzwe. Umubiri we uba ukora cyane ku buryo atabona imbaraga zihagije zo kurwanya indwara. Indwara y'“Iseru” ishobora kuba imbogamizi ikomeye ku mikurire y'umwana. Abana bafite ibihari ku mubiri wose bashobora kuba barwaye iseru, bityo rero abagore batwite bagomba kwirinda kubegera).*

**Vuga uti:** Kudahohoterwa

**Baza uti:** Kubera iki?

*(Uretse kuba byakomeretsa umugore, guhohoterwa (guterwa imigeri, igipfunsi cyangwa gukubitwa) bishobora kugira ingaruka ku mwana cyangwa bigatuma akuramo inda)*

13. Saba abahugurwa kureba amakuru n'ishusho bijyanye no Kugira Ubuzima Buzira Umuze mugihe Atwite ku rupapuro 14–19 mu gitabo cyabo. Ibutsa abitabiriye amahugurwa ko bagomba kwifashisha aya makuru mugihe bahugura abagore batwite kubijyanye n'uko bakomeza kugira ubuzima buzira umuze.

## ISOMO RYA 7 KWISUZUMISHA MBERE YO KUBYARA (CPN) NO KWIPISHA UBWANDU BW'AGAKOKO GATERA SIDA KU BUSHAKE (VCT)



**Uburyo bukoreshwa mu kwigisha:** ikiganiro cya rusange n'inkuru ishushanyije.



**Igihe isomo rimara:** Iminota 40



### Intego z'isomo

- d. Gushishikariza abagore batwite kujya ku kigo nderabuzima kugirwa inama no kwipimisha ubwandu bw'agakoko gatera SIDA ku bushake (VCT).
- e. Gusobanura akamaro ko kwisuzumisha mbere yo kubyara, gusobanura ibyo abagore bakorerwa iyo bagiyeyo ndetse n'inshuro abagore batwite bagomba kujya kwisuzumisha mbere yo kubyara.



### Gutegura isomo

- Subiramo inkuru ishushanyije n'ibisobanuro bikurikira.
- Subiramo ibibazo muza kuganiraho.



### Ibikoresho bikenewe

- Ibipapuro binini cyangwa inyandikoshusho.
- Ibikoresho byerekana amashusho n'amajwi (niba ukoresha inyandikoshusho)
- Inkuru ishushanyije yerekeranye no kwisuzumisha mbere yo kubyara iri mu gitabo cy'uhugurwa, urupapuro rwa 21.



## UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 5*

### 1. Bwira abahugurwa uti:

Nk'uko twabiganiriyeho mu isomo rishize, abagore batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara no kumenya uburyo bwo kwirinda ubwabo n'abana babo kugira ngo bagire ubuzima buzira umuze. Muri iki gihe cyo kwisuzumisha, muganga asuzuma uko ubuzima bw'umugore n'umwana buhagaze.

Bamwe muri mwe mushobora kuba mwarigeze kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara, cyangwa se abafasha



banyu, bashiki banyu, cyangwa se inshuti zanyu na zo zaba zarabikoze. Bivuze ko bamwe muri mwe muzi ibikorwa iyo umugore utwite agiye ku kigo nderabuzima kwisuzumisha mbere yo kubyara. Tugiye kwiyibutsa ibintu byose bikorwa kugira ngo buri wese abisobanukirwe.

### 2. Baza abahugurwa uti:

- Ni ryari umugore utwite agomba kujya kwisuzumisha mbere yo kubyara ku nshuro ya mbere?

*(Akimara kumenya ko atwite, cyangwa nibura mu mezi 3 ya mbere yo gutwita.)*

- Umugore utwite agomba kwisuzumisha inshuro zingahe mbere yo kubyara?

*(Inshuro 3, zishobora kurenga bitewe n'ingorane umugore afite)*

- Muri rusange, bigenda bite iyo umugore agiye kwisuzumisha mbere yo kubyara?

*(Akira ibisubizo bike by'abahugurwa. Ibisubizo bishobora kuba birimo: kugenzura umuvuduko w'amaraso, guhabwa vitamini cyangwa inkingo, gupima inda, gusuzuma malariya, n'ibindi)*



*Iminota 5*

3. Gabanya abahugurwa mu matsinda ya babiri. Bwira buri wese ko bagiye gusubiramo ibikorwa iyo umugore agiye kwisuzumisha mbere yo kubyara basesengura inkuru ishushanyije.
4. Saba amatsinda kubumbura ibitabo byabo ku rupaparo rwa 21 aho basanga inkuru ishushanyije ivuga ku kwisuzumisha mbere yo kubyara. Saba abagize buri tsinda kuvuga icyo buri foto isobanuye mu gihe cy'iminota 5 cyangwa se irengaho gato.



*Iminota 10*

5. Erekanako inkuru ishushanyije ku nyandikoshusho (projection) cyangwa ku bipapuro binini. Saba itsinda rimwe kuza imbere maze rikavugaga icyo ifoto ya mbere isobanuye. Ifashishe ibisobanuro bikurikira maze ugende ugira icyo wongeraho cyangwa ukosora ku byo bavugaga niba ari ngombwa.
6. Genda ubikora kuri buri foto. Ntukoreshe igihe kirekire cyane kuri buri foto.



Iminota 10

7. Bwira abahugurwa uti:

Rimwe na rimwe abagore banga kujya kwisuzumisha mbere yo kubyara. Imwe mu nshingano zanyu nk'abajyanama b'ubuzima ni ugushishikariza abagore batwite kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara; byaba na ngombwa mukabaherekeza.

8. Baza abahugurwa ibibazo bikurikira kandi ubashishikarize kubiganiraho muri make:

- Kubera iki abagore bamwe banga kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

*(Batekereza ko bagomba kwishyura, bagira ubwoba, ikigo nderabuzima cyubatse kure y'aho batuye, bafite imyumvire ya kera [yo hambere], ntibabona taransiporo [inyoroshyarugendo], bashobora kuba bafite inshuti zabo nazo zagiye kwisuzumisha mbere yo kubyara ariko bakaba bagifite ingorane zigendanye no gutwita, abagabo babo, abo mu miryango yabo cyangwa inshuti zabo zibabuza kujyayo, n'ibindi.)*

- Ni gute washishikariza abagore batwite kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

*(Bwira abagore akamaro ka byo n'ibintu bikorwa iyo umugore agiye kwisuzumisha mbere yo kubyara, kugira ngo batagira ubwoba. Basobanurire ko abaganga bazabigisha uburyo bwo kwirinda bakabaho mu buzima buzira umuze igihe cyose batwite, bakabafasha igihe basanze bafite ubwandu bw'agakoko gatera SIDA, bakennye cyane, badafite abagabo, cyangwa igihe bumva barahungabanye cyangwa bafite akababaro n'agahinda kenshi.)*

*(Sobanurira ibi byose abagabo b'aba bagore batwite cyangwa abandi bantu bakuru babana mu miryango yabo. Fasha abagore kubona uburyo bagera ku kigo nderabuzima[taransiporo], n'ibindi.)*

- Ni gute wagenzura ko abagore batwite bajya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

*(Ku nshuro ye ya mbere agiye ku kigo nderabuzima kwisuzumisha mbere yo kubyara, bamuha ifishi y'umubyeyi, ari yo muganga yandikaho igihe umugore azajya agarukira kwisuzumisha mbere yo kubyara. Buri kwezi igihe wabasuye, ugomba kubibutsa ko bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara kandi ukagenzura amafishi yabo ureba ko bubahiriza gahunda yo kujya kwisuzumisha bahawe na muganga.)*



Iminota 10

9. Bwira abahugurwa uti:

Igihe cyose umugore akimara kumenya ko atwite, agomba kujya ku kigo nderabuzima kwipisha ubwandu bw'agakoko gatera SIDA. Agomba kujyayo ku bushake bwe kandi agapimwa ku buntu ndetse akagirwa n'inama. Ibi ni byo byitwa "kwipimisha ubwandu bw'agakoko gatera SIDA ku bushake" cyangwa ("VCT" mu rurimi rw'icyongereza). Nyuma y'uko umugore yipimishije ubwandu bw'agakoko gatera SIDA no kugirwa inama ku bushake, bamuha ifishi.

10. Baza abahugurwa ibibazo bikurikira kandi ubashishikarize kubiganiraho muri make:

- Kwipimisha no kugirwa inama ku bushake bikorwa gute?  
*(Ikizamini cy'ubwandu bw'agakoko gatera SIDA ni ugupima amaraso ku buryo bwihuse kandi bworoshye. Ibisubizo biboneka mu munsu umwe. Umujyanama abanza kuganiriza abaje kwipimisha mbere yo gufata ikizamini agusobanurira uko bikorwa, na nyuma y'ikizamini baje gufata ibisubizo kandi akanabafasha kubyakira uko biri.)*
- Kubera iki abagore batwite banga kwipisha ubwandu bw'agakoko gatera SIDA?  
*(Bagira ubwoba bw'agakoko gatera SIDA, bagira ubwoba ko basanze baranduye byatuma abandi bantu babaha akato, ntibaba bifuzako abagabo babo bamenya ko bagiye kwipimisha, bagira ubwoba ko abagabo babo bazabagirira nabi cyangwa se bazabata niba basanze bafite ubwandu bw'agakoko gatera SIDA, n'ibindi).*
- Ni akahe kamaro ko kwipimisha ubwandu bw'agakoko gatera SIDA ku bagore batwite?  
*(Ubwandu bw'agakoko gatera SIDA bushobora kuvurwa, ni ngombwa ko umugore amenya ko abufite kugira ngo avurwe).*  
*(Iyo umugore utwite abana n'ubwandu bw'agakoko gatera SIDA yigishwa uburyo bwo kwirinda kugira ngo atanduza umwana we atwite. (PMTCT)*  
*(Iyo ibisubizo bigaragaje ko umugore nta bwandu bw'agakoko gatera SIDA afite, bamugira inama y'uburyo yakwirinda kuzayandura).*  
*(Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bahabwa ubufasha n'ikigo nderabuzima harimo n'imfashanyo y'ibiribwa).*

- Ni iki wabwira abagore batwite ubashishikariza kujya ku kigo nderabuzima kwipimisha ubwandu bw'agakoko gatera SIDA?

*(Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bigishwa uburyo bwo kwirinda kugira ngo batanduza abana babo, bakababyara ari bazima kandi ndetse bagakomeza kubaho mu buzima buzira umuze. Kugira ngo babigereho ni uko bagomba kubanza kwipimisha hanyuma bagahabwa imiti igabanya ubukana n'ubufasha biturutse ku kigo nderabuzima.)*

*(Ibisubizo b'ibizamini by'agakoko gatera SIDA ni **ibanga rikomeye**. Abakozi b'ikigo nderabuzima nta muntu n'umwe bagomba kubwira ibisubizo by'ibizamini byawe.)*

*(Niba umugore afite ubwoba bw'uko umugabo we azamuta cyangwa akazamutoteza kubera ko afite ubwandu bw'agakoko gatera SIDA, uwo mugore ashobora gusaba umujyanama we w'ubuzima cyangwa undi muntu ushinzwe ubuzima rusange bw'abaturage bakamufasha).*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

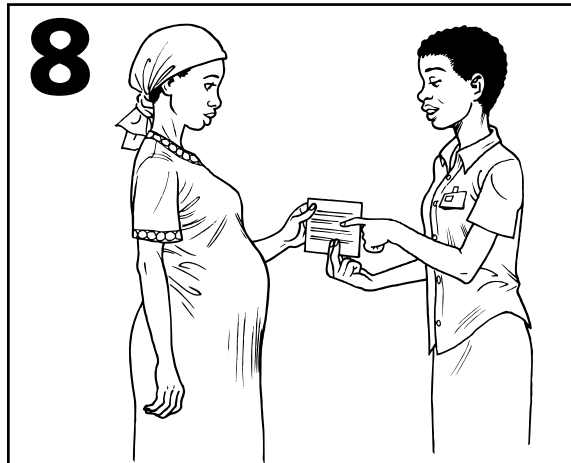
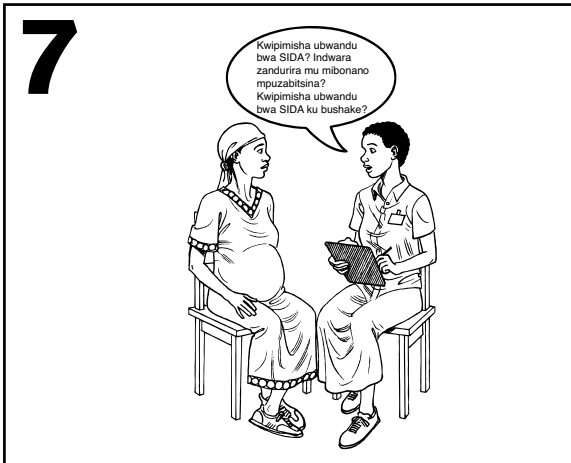
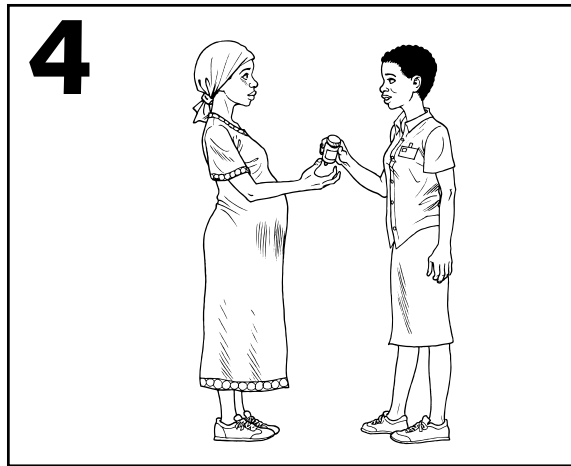
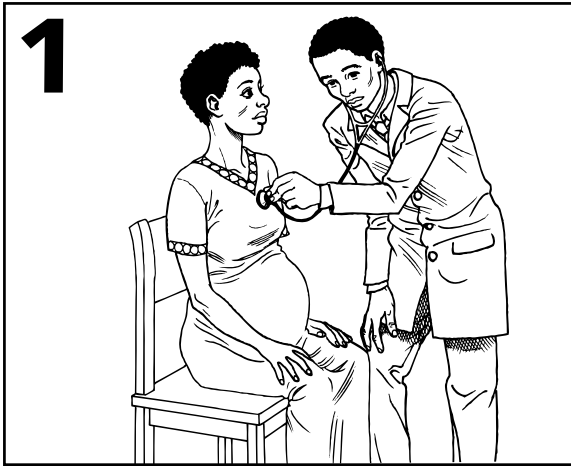
- Ni gute wamenya ko umugore utwite yipishije ubwandu bw'agakoko gatera SIDA?

*(Musabe kukwereka ifishi yipishirijeho ku bushake [ifishi ya VCT])*

**11.** Muri make, bwira abahugurwa uti:

Kwisuzumisha mbere yo kubyara ndetse no kwipisha agakoko gatera SIDA no kugirwa inama ku bushake ni ibintu bibiri by'ingenzi ku bagore batwite kuko bibafasha kumenya uburyo birinda ubwabo hamwe n'abana babo bityo bakabaho mu buzima buzira umuze. Nk'abajyanama b'ubuzima, mufite inshingano zo kwigisha abagore ibyo byose. Mushobora kwifashisha inkuru ishushanyije ndetse n'ibisobanuro biri mu bitabo byanyu mukongeraho n'ibyo musanzwe muzi kugira ngo mwigishe abagore batwite, mubamara ubwoba, kandi mukabashishikariza kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara ndetse no kwipisha agakoko gatera SIDA no kugirwa inama ku bushake.

**12.** Kugira ngo wemeze ko abagore batwite bari mu ngo ushinzwe bajya kwisuzumisha mbere yo kubyara kandi ko bipimishije ubwandu bw'agakoko gatera SIDA, basabe kukwereka ifishi y'umubyeyi hamwe n'ifishi yo kwipimisha ku bushake VCT.



- 1.** Umuganga asuzuma umuvuduko w'amaraso, uko umutima utera ndetse n'umwijima by'umugore.
- 2.** Asuzuma umwana uri mu nda(uko umutima utera, imikurire, n'uburyo umwana ameze mu nda)
- 3.** Amuha urukingo rw'akaniga (tetanus) n'izindi nkingo niba ari ngombwa.
- 4.** Amuha inyongera y'ikinini cya “fer” cyangwa Vitamini A iyo abikeneye.
- 5.** Asuzuma niba umugore afite amaraso ahagije mu mubiri agezura niba inzara z'intoki ziteruruka.
- 6.** Amubaza ibijyanye no kwirinda malariya ndetse n'ibyerekeranye n'inzitiramibu.
- 7.** Amubaza ibyerekeranye no kwipisha agakoko gatera SIDA, uko ahagaze, ibyerekeranye n'indwara zandurira mu mibonano mpuzabitsina ndetse n'ibyo kwipimisha no kugirwa inama ku bushake.
- 8.** Yuzuza ifishi y'umubyeyi (yo kwisuzumishirizaho mbere yo kubyara) hanyuma akamubwira igihe azagarukira.

## ISOMO RYA 8 KURINDA UMUBYEYI UBANA N'UBWANDU BWA SIDA KWANDUZA UMWANA WE IGIHE AMUTWITE (PMTCT)



**Uburyo bukoreshwa mu kwigisha:** ibisobanuro bitangwa n'uhugura



**Igihe isomo rimara:** Iminota 10



**Intego z'isomo**

f. Gusobanura uburyo abagore batwite babana n'ubwandu bw'agakoko gatera SIDA bakwirinda kwanduza abana babo (PMTCT).



**Gutegura isomo**

- Subiramo amafoto ari mu nyandikoshusho/amafoto ari ku bipapuro binini n'ibisobanuro byayo.



**Ibikoresho bikenewe**

- Ibipapuro binini/ inyandikoshusho
- Ibikoresho by'amashusho n'amajwi (niba ukoresha inyandikoshusho)



## UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 10*

1. Erekanako buri shusho/buri foto ku bipapuro binini kandi usobanure buri imwe imwe wifashishije amakuru akurikira:



### Uko abana bashobora kwandura agakoko gatera SIDA

**Baza uti:** Ni gute umugore ashobora kwanduza umwana we agakoko gatera SIDA? (Fata ibisubizo by'abahugurwa, ugende ubabwira ibiri byo hanyuma ugende ugira n'icyo wongeraho niba ari ngombwa)

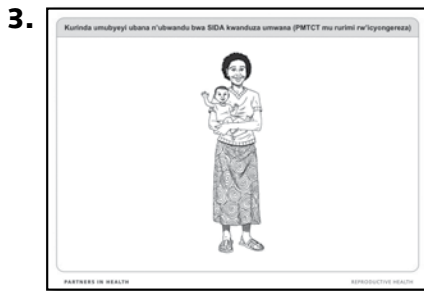
**Vuga uti:**

Igihe amutwite

Mu gihe cy'ibise no kubyara

Amwonsa (niba umugore atarigeze afata imiti 3 igabanya ubukana [3 ARVs] buri muni nibura amezi 3 mbere yo kubyara, ndetse no mu gihe cyose ari konsa).

Gushyira amashereka mu maso y'umwana.



**Kurinda umubyeyi ubana n'ubwandu bwa SIDA kwanduza umwana**

**Vuga uti:** Iyo umugore abana n'ubwandu bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igihe atwite, iyo ari ku bise n'igihe cyo kubyara, ndetse no mu gihe cyo kwita ku mwana we, ashobora kwirinda kumwanduza agakoko gatera SIDA kandi na we ubwe n'umwana bakagira ubuzima buzira umuze. Ubwo buryo bwitwa “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we”.



**Kurinda umubyeyi kwanduza umwana igihe atwite**

**Baza uti:** Ni gute umugore ubana n'ubwandu bw'agakoko gatera SIDA yakwirinda kwanduza umwana we igihe atwite? (Akira ibisubizo by'abahugurwa, ugende ubabwira ibiri byo hanyuma ugende ugira n'icyo wongeraho niba ari ngombwa).

**Vuga uti:** Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikora

Kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara

Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA agisama, mu mezi 3 asanye iyo bishoboka cyangwa se mu mezi 3 abanziriza



kubyara. Iyo umubyeyi ahawe ibisubizo nyuma yo kwipimisha agakoko gatera SIDA, muganga amwandikira Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ako kanya iyo asanze yaranduye agakoko gatera SIDA.

**Vuga uti:** Abagore BOSE batwite babana n'ubwandu bw'agakoko gatera SIDA bagomba gufata imiti 3 igabanya ubukana kugira ngo bakomeze kugira ubuzima bwiza kandi banirinde kwanduza abana babo. Iyo umugore utwite agize ingaruka mbi ziterwa no gufata imiti igabanya ubukana bw'agakoko gatera SIDA, urugero nko kugira umwera ku mubiri, kumva azungurira cyangwa kumva ananiwe cyane, agomba kwihutira kujya ku kigo nderabuzima.

5. Baza abahugurwa ibibazo bafite ku kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we igihe amutwite maze ubisubize cyangwa usabe abahugurwa babizi kubisubiza.
6. Saba abahugurwa kubumbura ibitabo byabo ku rupapuro rwa 26–29 aho basanga amafoto n'ibisobanuro bijyanye no kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Bibutse ko bashobora gusubiramo iri somo bageze mu ngo zabo hanyuma bagakoresha ibi bisobanuro bigisha abagore batwite hamwe n'imiryango yabo.

## ISOMO RYA 9 INGORANE ZIKOMEYE ABAGORE BATWITE BAHURA NAZO



**Uburyo bukoreshwa mu kwigisha:** ibiganiro mu matsinda mato ya babiri n'ibisobanuro by'uhugura



**Igihe isomo rimara:** Iminota 30



### **Intego z'isomo**

**g.** Gutahura ibimenyetso mpuruza ku bagore batwite bituma bagomba guhita boherezwa ku kigo nderabuzima.



### **Gutegura isomo**

- Andika amakuru akurikira ku gipapuro kinini:
  - Ingorane zikomeye abagore batwite bakunze guhura nazo
    - » Umunaniro ukabije
    - » Umuriro
    - » Kubyimba ibiganza no mu maso
    - » Kuva bikabije
    - » Kuribwa cyane mu nda
  - Kuri buri kibazo, mwungurane ibitekerezo: Kubera iki yaba ari ikibazo gikomeye?



### **Ibikoresho bikenewe**

- Ibipapuro binini byanditseho ingorane zikomeye abagore batwite bakunze guhura nazo
- Inyandikoshusho(slides) cyangwa inyandiko ku bipapuro binini
- Ibyuma by'amashusho n'amajwi (niba ukoresha inyandikoshusho)
- Ibipapuro binini
- Marikeri
- Papiyekora



## UKO IBICE BY'ISOMO BIKURIKIRANA

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*Iminota 10*

**1. Bwira abahugurwa uti:**

Abagore benshi bagira ubuzima bwiza iyo batwite kandi bakanabyara neza. Ariko rimwe na rimwe hari abahura n'ingorane. Mugomba kumenya kwigisha abagore kumenya igihe baba bafite ibimenyetso mpuruza n'igihe bagomba guhera ko bajya ku kigo nderabuzima.

**2. Manika igipapuro wanditseho ibimenyetso mpuruza n'ikibazo wateguye maze ubisome mu ijwi riranguruye:**

Ingorane zikomeye abagore batwite bakunze guhura na zo

- Umunaniro ukabije
- Umuriro
- Kubyimba ibiganza no mu maso
- Kuva bikabije
- Kuribwa cyane mu nda.

**3. Kuri buri ngorane, mwungurane ibitekerezo: Kubera iki yaba ari ikibazo gikomeye?**

**4. Saba abahugurwa kujya mu matsinda ya babiri bakurikije uko bicaye hanyuma baganire kuri buri ngorane mu gihe kingana n'iminota 5. Bwira abahugurwa ko nta kibazo niba batazi impamvu zitera ziriya ngorane zose.**



*Iminota 15*

**5. Erekanaga amashusho ya buri foto imwe imwe. Kuri buri foto saba itsinda ribishaka kuza imbere kugira icyo riyivugaho ribwira abandi bose. Hanyuma ugende ureba ku bisobanuro bikurikira ugire ibyo wongera ku byo bavuze cyangwa ubakosore niba ari ngombwa.**



**Umunaniro ukabije**

**Vuga uti:** birasanzwe ko iyo umugore atwite ashobora kugira umunaniro udasanzwe. Ariko niba umugore yumva ananiwe cyane ku buryo atabasha gukora akazi ke nk'ibisanzwe, ni ikibazo gikomeye.

**Baza abahugurwa uti:** Kubera iki umunaniro ukabije ari ikibazo gikomeye?

*(Bivuze ko umugore ashobora kuba afite ikibazo cy'amaraso adahagije, kandi ayo maraso akaba atabasha guwirakwiza umwuka mwiza n'itungamubiri mu mubiri wose uko bigomba. Iyo umugore agiye ku kigo nderabuzima bamuha ikinini cya "Fer" bakamugira n'inama y'ibiribwa agomba gufata kugira ngo akemure ikibazo cy'amaraso adahagije).*



**Umuriro**

**Vuga uti:** Iyo umugore afite umuriro igihe atwite bishobora kuba ari ikibazo gikomeye.

**Baza uti:** Kubera iki umuriro ushobora kuba ikibazo gikomeye?

*(Iyo umugore utwite afite umuriro, ibi bivuze ko ashobora kuba arwaye **Malariya**. Malariya ni ikibazo gikomeye ku bagore batwite kuko ishobora gutuma babura amaraso mu mubiri. Bishobora no gutuma umwana avuka adashyitse, cyangwa akavukana ibiro bike cyane, cyangwa se agapfira mu nda ya nyina. Umuriro uwo ari wo wose ugomba guhera ko uwurwa.)*

8.



### Kubyimba mu maso n'ibiganza

**Vuga uti:** Birasanzwe ko umugore abyimba ibirenge mu mezi ya nyuma y'inda. Ariko iyo umugore yabyimbye ibiganza ndetse no mu maso, bivuze ko afite ingorane ikomeye.

**Baza uti:** Kuki kubyimba ibiganza ndetse no mu maso ari ikibazo gikomeye ku mugore utwite?

*(Kubyimba bishobora kuba ari ikimenyetso cy'uko umugore afite umuvuduko w'amaraso ukabije. Ubu burwayi (Preeclampsia) bushobora gutera kugagara bikaba byatuma umugore n'umwana bapfa. Ibindi bimenyetso by'ubu burwayi ni ukurwara umutwe ku buryo bukabije, no kutabona neza.*

*(Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara. icyo gihe muganga abapima umuvuduko w'amaraso).*

9.



### Kuva bikabije

**Vuga uti:** birasanzwe ko mu mezi 3 ya mbere yo gutwita, umugore ashobora kuva ariko bidakabije. Ariko iyo umugore utwite atangiye kuvirirana cyane, cyangwa akava nyuma y'amezi 3 yo gutwita, bivuzeko afite ingorane cyangwa ikibazo gikomeye.

**Baza uti:** kuki kuva cyane ari ingorane ikomeye?

*(Iyo umugore aribwa ari kuva, cyangwa se iyo ava cyane bidasanzwe, cyangwa se akava nyuma y'amezi 3 yo gutwita, bivuzeko inda ye ifite ingorane)*



**Kuribwa cyane mu nda**

**Vuga uti:** Iyo umugore ababara cyane mu nda kandi atarageza igihe cyo kujya ku bise, bikaba kandi atari ibise (urugero: kubabara uruhande rumwe rw'inda ntibishire kandi bikamurya nk'ibise ariko atari byo, iki ni ikibazo gikomeye.

**Baza uti:** kuki kuribwa bikabije mu nda ari ikibazo gikomeye?

*(Ibi bivuze ko umwana ari gukurira mu mwanya utari wo mu nda, cyangwa ko afite ubuzima butameze neza. Uyu mugore akeneye kubagwa).*



Iminota 5

**11. Bwira abahugurwa uti:**

Mugomba kwigisha abagore bose batwite hamwe n'imiryango yabo kubasha gutahura ibi bimenyetso mpuruza, kandi mukababwira ko igihe cyose bagize icyo babona muri ibi bimenyetso bagomba kwihutira kujya ku kigo nderabuzima.

Mugomba kuganira n'abagore batwite hamwe n'imiryango yabo uburyo bashobora kugera ku kigo nderabuzima igihe bahuye n'ibi bibazo, hanyuma mukabafasha no kubyitegura igihe byaba bibaye.

**12. Baza abahugurwa ibibazo basigaranye ku bijyanye n'ibimenyetso mpuruza bituma bohereza abagore batwite ku kigo nderabuzima, ubisubize cyangwa usabe abahugurwa babizi kubisubiza.**

**13. Ibutsa abahugurwa:**

N'iyo umugore utwite yaba nta kimenyetso mpuruza mu byo twavuze haruguru afite, ntibyambuzza kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara ndetse no kwirinda kugira ngo agire ubuzima buzira umuze. Igihe cyose usuye umugore utwite ugomba kugenzura niba koko ajya kwisuzumisha nk'uko biteganyijwe.

**14. Saba abahugurwa kubumbura ibitabo byabo ku rupapuro rwa 30–33 aho bari busange amafoto (ibishushanyo) bigaragaza ingorane zikomeye**

abagore batwite bashobora guhura nazo, ndetse n'urutonde rw'ibyho umujyanama w'ubuzima agomba gukora iyo asuye umugore utwite. Saba umwe mu bahugurwa gusoma urutonde rw'ibyho bagomba gukora basuye umugore utwite mu ijwi riranguruye. Bwira abahugurwa ko bagomba kwibuka ibyho bagomba gusuzuma n'ibyho bagomba kubwira abagore batwite igihe babasuye buri kwezi. Bashobora kwifashisha amafoto (ibishushanyo) igihe bigisha abagore batwite hamwe n'imiryango yabo ibyerekeranye n'ibimenyetso mpuruza bigaragara ku mugore utwite.

**15. Baza abahugurwa niba hari ibibazo bagifite hanyuma ubisubize neza.**

**Gusura Abagore Batwite**

Genzura niba umugore utwite

- Ajya kwisuzumisha mbere yo kubyara (reba ku ifishi)
- Ajya kwipisha agakoko gatera SIDA no kugirwa inama ku bushake "VCT" (reba ku ifishi)
- Aryama mu nzitiramibu
- Akoresha Iyodi (umunyu wo ku meza)
- Afata ikinini cya "Fer"
- Arya indyo yuzuye (genzura ibimenyetso by'imirire mibi)
- Aruhuka bihagije
- Agira isuku ku mubiri kandi ko yoza amenyo
- Atanywa ibisindisha cyangwa itabi
- Adafata imiti atandikiwe na muganga
- Adatotezwa (adakubitwa)
- Ateganya kubyarira kwa muganga (mufashe we hamwe n'umuryango we kwitegura).
- Ibimenyetso mpuruza

Niba umugore utwite afite kimwe mu bimenyetso bikurikira, agomba guhera ko ajya ku kigo nderabuzima:

- Umunaniro ukabije
- Umuriro
- Kubyimba ibiganza no mu maso
- Kuva bikabije
- Kuribwa cyane mu nda

## ISOMO RYA 10 KWITEGURA KUJYA KU NDA (IBISE) NO KUBYARA



**Uburyo bukoreshwa mu kwigisha:** Ikiganiro cya rusange



**Igihe isomo rimara:** Iminota 15



**Intego z'isomo**

- h. Gusobanura igihe n'uburyo abagore batwite hamwe n'imiryango yabo bitegura ibise n'uburyo umujyanama w'ubuzima yabafasha kwitegura.
- i. Gusobanurira abagore batwite akamaro ko kubyarira kwa muganga.



**Gutegura isomo**

- Subiramo ibibazo muza kuganiraho.



**Ibikoresho bikenewe**

- Ibipapuro binini
- Marikeri
- Papiyekola



### UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 10*

#### 1. Bwira abahugurwa uti:

Umugore utwite akenshi aba azi itariki akeka ko azabyariraho – itariki ashobora kugiraho ku bise ndetse no kubyara. Ku nshuro ya mbere umugore agiye kwisuzumisha mbere yo kubyara, umuganga amufasha kumenya itariki ashobora kuzabyariraho hanyuma akayandika ku ifishi y'umubyeyi.

Iyi tariki umugore azabyariraho ni agateganyo, nta bwo iba ari yo neza. Ibise bishobora gutangira mbere cyangwa nyuma y'itariki bateganyije. Abagore batwite bagomba kwigishwa uburyo bwo kwitegura kujya ku nda, cyane cyane bahereye ku kwezi kwa 7, kuko umwana ashobora kuvuka mbere y'igihe.

Nk'abajyanama b'ubuzima, mufite inshingano zo gufasha abagore batwite kwitegura ibise ndetse no kubyara.



2. Baza abahugurwa ibibazo bikurikira, wakire ibisubizo by'abahugurwa, kandi ushishikarize abahugurwa kubiganiraho muri make. Ugire icyo wongeraho ku byo bagenda bavuga niba bikenewe:

- Ni gute wafasha abagore batwite kwitegura kujya ku nda?

*(Kubigisha kumenya ibimenyetso by'igihe kujya ku nda bitangirira: kumeneka kw'isuha, gutangira kugira ibise, kugira ububobere, ururenda ruvanze n'amaraso rushobora gusohoka mu gitsina.*

*(Kubashisikariza kubyarira kwa muganga)*

*(Kubafasha hamwe n'imiryango yabo gutegura uburyo umugore azagera kwa muganga mbere y'igihe.)*

*(Kubibutsa ibyo bagomba kwitwaza: ifunguro, amazi, imyenda yo guhinduranya yabo bwite ndetse n'uy'umwana uzavuka.)*

*(Ugomba kumenya ko umugore utwite afite umuntu uzamuherekeza kwa muganga –umugabo we, undi muntu wo mu muryango we, inshuti cyangwa umuturanyi)*

*(Ugomba kumenya ko hari umuntu uzasigara ku rugo yita ku bandi bana igihe umugore azaba yagiye kwa muganga kubyara.)*

*(Bwira umugore utwite hamwe n'umuryango we ko bagomba guhera ko bajya kwa mu ganga igihe umugore atangiye kujya ku nda (ari ku bise).)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

- Ni akahe kamaro ko kubyarira kwa muganga?

*(Iyo hari ibibazo bivutse, abaganga n'abaforomo bashobora guhera ko bafasha umubyeyi n'umwana. Urugero; niba umwana aryamye nabi mu nda, bashobora guhindukiza umwana bakamugarura mu cyerekezo nyacyo cyangwa bakabaga umugore kugira ngo umwana abashe kuvuka ari muzima.)*

*(Baha umugore imiti yo kumurinda indwara zandura, kugabanya uburibwe, cyangwa kugabanya kuva.)*

*(Ku ivuriro, ni ahantu hahorana isuku, bityo bikaba byarinda umugore kwandura indwara)*

*(Iyo umugore utwite abana n'ubwandu bw'agakoko gatera SIDA, kubyarira kwa muganga bimurinda kwanduza umwana we)*

*(Nyuma y'uko umwana avutse, abaganga bagira umubyeyi inama y'uburyo bwo konsa, PMTCT, n'ibindi)*

*(Abaganga baha umwana urukingo rwa mbere, maze bakabwira umubyeyi igihe azagarukira gukingiza umwana we)*

*(Umubyeyi n'umwana babona umwanyu wo kuruhuka neza no kwitabwaho)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

- Mutekereza ko ari izihe mpamvu zituma abagore bamwe batwite badakunda kujya kubyarira kwa muganga?

*(Bagira ubwoba)*

*(Batekereza ko kubyarira kwa muganga bihenze cyane)*

*(Baba barigeze kubyarira mu rugo kandi bakabyara neza)*

*(Baba bashaka kubyazwa n'ababyaza ba gakondo)*

*(Batuye kure y'ivuriro)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

- Ni iki wabwira abagore batwite hamwe n'imiryango yabo ubashishikariza kujya kubyarira kw' ivuriro?

*(Kubasobanurira ibyiza byo kubyarira kwa muganga – abaganga barabafasha iyo hari ibibazo bivutse, kwa muganga ni ahantu hahorana isuku ku buryo umugore atapfa kwandura indwara, babagira inama ku kurinda abana babo, gufasha no kugira inama umubyeyi n'ibindi)*

*(Kumara umugore ubwoba umubwira ko kubyarira kwa muganga ari byiza kandi bigirira umubyeyi n'umwana akamaro.)*

*(Gufasha abagore gutegura uburyo bazagera ku kigo nderabuzima no gutegura umuntu uzamuherekeza.)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*



### Iminota 5

3.



### Abagore bakunze guhura n'ingorane mu gihe cyo gutwita ndetse no kubyara

**Vuga uti:** Abagore bamwe baba bafite ibyago byinshi byo guhura n'ingorane nyinshi igihe batwite n'igihe babyara. Mugomba kuganiriza aba bagore hamwe n'imiryango yabo mubabwira ko bashobora guhura n'izo ngorane, hanyuma mukabashishikariza kujya kubyarira kwa muganga.

- Abagore bamaze kubyara abana benshi (barenze 5)

- Abagore babyaye indahekana (abana batarushanya nibura imyaka 2)
- Abagore bakiri bato n'abakobwa (munsi y'imyaka 18 y'amavuko)
- Abagore bakuze (barengaje imyaka 35 y'amavuko)
- Abagore bigeze bahura n'ingorane batwite cyangwa igihe babyaraga mu gihe cyashize.
- Abagore babana n'ubwandu bw'agakoko gatera SIDA
- Abagore bagufi cyane cyangwa bananutse cyane.

#### 4. Muri make, bwira abahugurwa uti:

Ku bagore bose batwite, ikintu cy'ingenzi cyane bagomba gukora bitegura kujya ku nda no kubyara, ni ugutegura uburyo bagomba kugera kwa muganga igihe ibise bitangiye, kugira ngo babashe kubyarira abana babo kwa muganga.

Abagore bamwe, cyane cyane abigeze kubyarira kwa muganga bazi uburyo bitegura kujya kubyarira kwa muganga. Ariko abagore bandi bigeze babyarira mu ngo iwabo cyangwa batarabyara na rimwe bashobora gukenera ubufasha bwanyu mu kwitegura.

Imwe mu nshingano zikomeye z'abajyanama b'ubuzima ni ukwigisha abagore batwite hamwe n'imiryango yabo uburyo bwo kwitegura ibise ndetse no kubyara, no kubafasha kwitegura. Ibi bivuze kwigisha abagore n'imiryango yabo akamaro ko kubyarira kwa muganga, no kubafasha kwitegura kujya kubyarira kwa muganga igihe atangiye kumva ibise.

## ISOMO RYA 11 UBUZIMA BW'UMUBYEYI N'UMWANA UKIVUKA



**Uburyo bukoreshwa mu kwigisha:** Umukino n'ibisobanuro by'uhugura



**Igihe isomo rimara:** Iminota 30



**Intego z'isomo**

- j. Gusobanura uburyo ababyeyi bashobora kwirinda hamwe n'abana babo b'impinja kugira ngo bagire ubuzima bwiza.



**Gutegura isomo**

- Subiramo inyandikoshusho/ibipapuro binini urutonde rw'inshingano z'ingenzi z'Umujyanama w'Ubuzima.



**Ibikoresho bikenewe**

- Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini
- Ibyuma byerekana amashusho n'amajwi (niba uhugura akoresha inyandikoshusho)
- Ibipapuro binini
- Marikeri
- Papiyekola



### UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 5*

1. Erekanwa inyandikoshusho/cyangwa amafoto ku bipapuro binini maze ukoreshe ibibazo n'ibisubizo bikurikira kugira ngo ubasobanurire:

2.



**Isura ry'umujyanama w'ubuzima**

**Vuga uti:** Indi nshingano ikomeye mufite ni iyo gusura ababyeyi BOSE bakimara kubyara kugira ngo mumenye niba uwo mubyeyi n'umwana we ukivuka bafite ubuzima buzira umuze.

**Baza uti:** Iyo umugore yabyariye kwa muganga, ni ryari umujyanama w'ubuzima agomba kumusura?

*(Amusura ageze mu rugo akiva kwa muganga, hanyuma akazasubirayo nyuma y'icyumweru 1, nyuma ya ho akajya amusura buri kwezi nk'uko bisanzwe.)*

**Baza uti:** Iyo umugore yabyariye mu rugo, umujyanama w'ubuzima agomba kumusura hashize igihe kingana iki?

*(Ako kanya akimara kubyara, cyangwa igihe icyo ari cyo cyose akimenya ko uwo mugore yabyaye.)*

**Baza uti:** Niba umugore abyariye mu rugo, umujyanama w'ubuzima amugira iyihe nama?

*(Kumushishikariza kwihutira kujya ku kigo nderabuzima iyo bishoboka, kongera kumusura nyuma y'iminsi mike kugira ngo arebe ko amerewe neza, kumukurikirana buri kwezi nk'ibisanzwe.)*



Iminota 5

### 3. Bwira abahugurwa uti:

Igihe usuye umubyeyi, ugomba kugenzura niba uwo mubyeyi n'umwana we bameze neza, kandi ukamenya niba uwo mubyeyi azi kwiyitaho no kwita ku mwana we.

### 4. Sobanurira abahugurwa ko muri aya mahugurwa bazigishwa ibyo bagomba gukora igihe basuye umubyeyi, n'ibyo umubyeyi agomba gukora kugira ngo abungabunge ubuzima bwe n'ubw'umwana we. Kugira ngo bigerweho neza, abahugurwa barakina agakino nk'ako ku isomo ribanza (igihe bagenda bavuga ibyo umugore utwite agomba gukora cyangwa atagomba gukora kugira ngo agire ubuzima bwiza – isomo rya 6)

### 5. Gabanya abahugurwa mo amatsinda 2 nk'uko wabigenje mu isomo rya 6. Iyibutse amabwiriza y'umukino muri make:

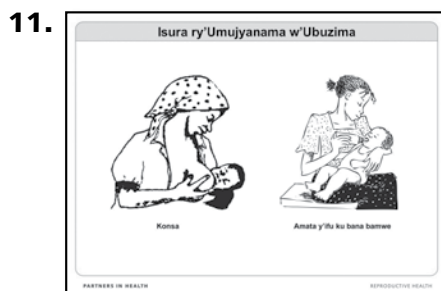
- Ndaza kubaza itsinda rya mbere ikintu kimwe umujyanama w'ubuzima agomba gukora cyangwa atagomba gukora iyo asuye umubyeyi n'umwana. Abagize itsinda barahabwa amasegonda 15 kugira ngo bumvikane ku gisubizo bagiye gutanga.
- Niba itsinda ritanze igisubizo nyacyo, barahabwa inota 1.
- Niba itsinda ritanze igisubizo kitari cyo, nta nota bahabwa.

- Hanyuma nze gusaba itsinda rya 2 na ryo kuvuga ikindi kintu 1.
- Itsinda riza kugira amanota menshi ni ryo riza kuba ryatsinze.



Iminota 15

6. Tangira umukino. Nyuma y'uko hari itsinda rigize icyo rivuga, baza abahugurwa bose impamvu Umujyanama w'ubuzima/umubyeyi agomba kugikora, ureke ababishaka abe ari bo basubiza. Hanyuma wifashishe ibisobanuro bikurikiraho ugire icyo wongeraho cyangwa se ubakosore niba ari ngombwa.
7. Genda wandika amanota ya buri tsida ku gipapuro kinini. Komeza umukino wihuta.
8. Niba abahugurwa bavuze ibisubizo byerekeranye n'ibikorera iwabo kandi bitari ku rutonde ruri hasi, wabyemera nk'ibisubizo byiza niba hari icyo bifasha ababyeyi n'abana. Niba igisubizo batanze cyerekeranye n'ibikorera iwabo ariko kandi kikaba hari abo gikomeretsa, basobanurire impamvu utacyemeye.
9. Igihe urutonde ruri hasi ruza kuba rwarangiye, rangiza umukino maze unababwire itsinda ryawutsinze. Niba amatsinda atabashije gutanga ibisubizo byose uko biri kuri urwo rutonde, ushobora kubisubiramo muri make. mukanya gakurikira.
10. Igihe umukino uza kuba warangiye, erekana izi nyandikoshusho/amafoto ari ku bipapuro binini imwe imwe wihuse usubiremo amakuru ajyanye n'isomo.



**Ubuzima bw'Umubyeyi n'Ubwuruhinja**

**Vuga uti:** Umubyeyi agomba kwonsa byibuze amezi 6; byaba byiza kurushaho yonkeje kugeza kumezi 18 cyangwa ayarengeje.

**Baza uti:** Kubera iki?

*(Amasheka ni maza cyane ku bana, n'ubwo umubyeyi yaba yaranduye agakoko gatera SIDA, ashobora kwonsa umwana nta kibazi mu gihe*

## Ubuzima bw'imyororokere

*yaba yarafashe imiti igabanya ubukana burimunsi byibuze amazi 3 mbere yo kubyara)*

**Vuga uti:** Ababyeyi bamwe na bamwe babana n'ubwandu bw'agakoko gatera SIDA NTIBAGOMBA kwonsa abana babo.

**Baza uti:** Kubera iki?

*(Iyo Umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA atafashe imiti igabanya ubukana byibuze amazi atatu mbere yo kubyara, umwana ashobora kwandurira mu mashereka igihe yonka. Ababyeyi nk'aba bagomba gukoresha amata y'ifu ndetse bakanakurikiza andi mabwiriza arebana n'ubwandu bw'agakoko gatera SIDA, bahabwa n'ibigo nderabuzima.)*

12.



### Ubuzima bw'Umubyeyi n'Ubwuruhinja

**Vuga uti:** Kuryama mu nzitiramibu.

**Baza uti:** kubera iki?

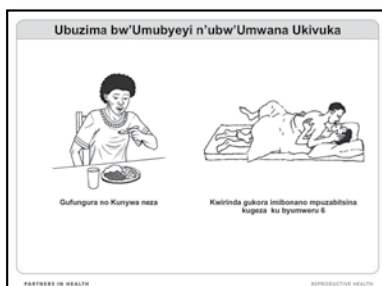
*(Kugira ngo we n'umwana we batandura malariya; ubwirinzi kamere bw'umubiri bw'impinja buba butakomera, bityo malariya ikaba yatuma barwa cyane kuburyo yanabica.)*

**Vuga uti:** Kuruhuka.

**Baza uti:** Kubera iki ?

*(Umubiri w'umubyeyi ukeneye kwiyubaka nyuma yo kubyara. Anakoresha imbaraga nyinshi kugirango kugirango akore amasheraka y'umwana.)*

13.



### Ubuzima bw'Umubyeyi n'Ubwuruhinja

**Vuga uti:** Kurya no kunywa neza.

**Baza uti:** Kubera iki?

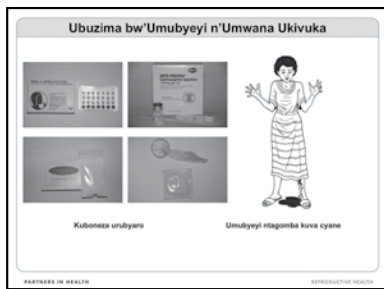
*(Umubyeyi aba akeneya ifunguro rihagije n'ibyokunywa bihagije bitewe no kuba umubiri we uba urigukora amashereka. Mushishikarize kurya no kunywa neza.)*

**Vuga uti:** Irinde gukora imibonanano mpuzabitsina mu gihe cy'ibyumweru 6.

**Baza uti:** Kubera iki?

*(Umubyeyi akomeza kuva amaraso mugitsina ibyumweru byinshi nyuma yo kubyara. Muri iki gihe abashobo kwandura indwara igihe akoze imibonano mpuzabitsina niyo mpamvu agomba kubanza gutegereza ko kuva bihagarara akaba aribwo atangira gukora imibonano mpuzabitsina. Mubice bimwe na bimwe, usanga hari umuco uvuga ko umugabo agomba gukorana imibonano mpuzabitsina n'umugorewe hashize iminsi 8 abyaye. Ariko, ibi bishobora gukomeretsa umugore. Bityo rero, ugomba kugira umuryango inama ukanawusobanurira impamvu.)*

14.



### Ubuzima bw'Umubyeyi n'Ubwuruhinja

**Vuga uti:** Kuboneza urubyaro.

**Baza uti:** Kubera iki?

*(Umubyeyi ukimara kubyara, umwana we, ndetse n'umuryango we wose bagira ubuzima bwiza igihe umugore yifashe ntiyongere kubyara kugeza nibura imyaka 2 ishize. Abagore bakeneye kwigishwa ko kuboneza urubyaro bifasha imiryango yabo kugira ubuzima bwiza, ndetse bakanabwirwa uburyo bwo kuboneza urubyaro buboneka hafi yabo.)*

**Vuga uti:** Kwivuza vuba igihe umugore ava cyane

**Baza uti:** Kubera iki?

*(Kuva amaraso mu gutsina nyuma yo kubyara ni ibisanzwe. Ariko niba umugore akomeje kuva cyane nyuma yo kubyara na nyuma y'uko inda ya nyuma isohotse, cyangwa se iyo ava amaraso y'umutuku werurutse mu minsi mike nyuma yo kubyara, biba ari ikibazo gikomereye. Agomba guhera ko ajya ku kigo nderabuzima. Nubona icyo kibazo uzahite uhamagara umugenzuzi wawe.)*



15.



### Ubuzima bw'Umubyeyi n'Ubwuruhinja

**Vuga uti:** Gufubika umwana bihagije

**Baza uti:** Kubera iki?

*(Gufubika no gukikira umwana w'uruhinja kugira ngo ashyuhe bimufasha kugira ubuzima bwiza).*

**Vuga uti:** Urureri rugomba guhorana isuku kandi rufubitse ndetse rugahindurirwa imyenda buri muni

**Baza uti:** Kubera iki?

*(Bituma urureri rutandura indwara (infection). Niba urureri ruhindutse umutuku cyangwa rukabyimba, cyangwa se rukazamo amashyira, umubyeyi agomba guhera ko ajyana umwana ku kigo nderabuzima. Iyo igihe kigeze rurihungura ubwarwo)*

16.



### Ubuzima bw'Umubyeyi n'Ubwuruhinja

**Vuga uti:** Jyana umwana ku kigo nderabuzima kugirango akingirwe anasuzumwe

**Baza uti:** Kubera iki?

*(Umwana akeneye gukingizwa kugira ngo agire ubuzima buzira umuze, akivuka, ku byumweru 6, ku byumweru 9, ku byumweru 14, no ku mezi 9. Iyo umwana atavukiye kwa muganga, umubyeyi n'umwana bagomba guherako bajyayo igihe umubyeyi abashije kugenda).*

17. Saba abahugurwa kureba urutonde rw'ibigomba gukorwa mw'isurwa ry'Ababyeyi n'Impinja ku rupapuro rwa 46 mu bitabo byabo. Subiramo urwo rutonde muri make.

**Gusura Ababyeyi n'Impinja**

Ugomba kugenzura niba umubyeyi

- Yonsa
- Aryama mu nzitiramibu hamwe n'uruhinja rwe
- Atava cyane nyuma yo kubyara (Niba umubyeyi avirirana cyane ugomba guhera ko ubimenyesha umugenzuzi wawe. Umubyeyi agomba guhera ko ajya ku kigo nderabuzima).
- Aruhuka bihagije
- Afungura kandi akananywa neza
- Adakora imibonano mpuzabitsina mbere y'ibyumweru 6
- Azi ibyerekeranye no kuboneza urubyaro.

Agomba kumenya niba umwana w'uruhinja

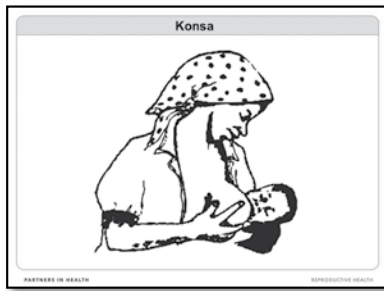
- Yonka buri kanya
- Afite ubuzima bwiza (nta muriro, anyara neza kandi ko yituma nibura inshuro 1 ku munsu)
- Aryama mu nzitiramibu.
- Ahorana ubushyuhe ( afubitse)
- Urureri rwe ruhorana isuku kandi ko rutanduye indwara
- Yakingiwe
- Ajyanwa ku kigo nderabuzima buri kwezi kugira ngo bamusuzume.



*Iminota 10*

18. Erekana inyandikoshusho/amafoto manini, ubaze ibibazo bikurikira maze mubiganireho. Ubwo abahugurwa baza kuba basubiza, genzura ibisubizo batanga maze niba ari ngomba ubunganire.

19.



### Kwonsa

**Baza uti:** Ni irihe funguro n'ikinyobwa by'ingirakamaro ku bana b'impinja (bafite muni y'amezi 6)?

*(Amashereka ni yo funguro n'ikinyobwa cyonyine cy'ingirakamaro ku bana bari muni y'amezi 6. Mu mezi 6 ya mbere yabo y'amavuko, abana nta rindi funguro cyangwa ikinyobwa baba bakeneye, habe n'amazi. Amashereka afite intungamubiri zose umwana aba akeneye.)*

**Baza uti:** Kuki amashereka ari ingirakamaro ku bana b'impinja?

*(Amashereka aha umwana intungamubiri zose aba akeneye. Amashereka arinda abana bato kurwaragurika kuko aba arimo abasirikari bahagije bavuye ku mubyeyi bamufasha kurwanya indwara. Nta yandi mata agira abasirikari barinda umubiri.)*

**Baza uti:** umwana ufite muni y'amezi 6 y'amavuko yonka inshuro zingahe ku muni?

*(Umwana agomba konka inshuro 8 nibura buri muni, ijoro n'amanywa n'igihe cyose umwana abishatse. Konsa umwana kenshi bituma amabere y'umubyeyi akora amashereka menshi.)*

**Baza uti:** Umubyeyi agomba konsa umwana igihe kingana iki?

*(Kugeza umwana agize imyaka 2, cyangwa se akanayirenta, kubera ko amashereka aha umwana intungamubiri, imbaraga, n'ibimurinda kurwaragurika; ikindi ni uko guhera ku mezi 6, umwana ashobora gutangira kurya n'ibindi biryo bikomeye.)*

**Baza uti:** Andi mata aturuka ku nyamaswa cyangwa se amata y'ifu (kigozi) muyatekerezaho iki? Ese mubona atari meza ku bana b'impinja?

*(Oya, kuko amata aturuka ku nyamaswa agora umwana mu igogora kimwe n'amata y'ifu. Amata y'ifu ateguwe mu mazi yanduye ashobora gutuma umwana arwara impiswi, kandi impiswi ni mbi cyane ku mwana.)*

**Baza uti:** Kubera iki ababyeyi bamwe batonsa abana babo?

*(Bashobora kuba batarigishijwe neza uko bonsa)*

*(Bashobora kuba bagomba gusiga abana babo mu rugo bagasubira ku kazi.)*

*(Bibwira ko amata y'ifu ari meza ku bana b'impinja)*

*(Bashobora gutekereza ko nta mashereka ahagije bafite. Iyo umugore atonsa kenshi amabere ye ntakora amashereka menshi.)*

*(Abahugurwa bashobora gutanga ibindi bisubizo)*

**Baza uti:** Ni iki wabwira ababyeyi ubashishikariza konsa abana babo?

*(Uko umugore yonsa kenshi ni ko n'amabere ye arushaho gukora amashereka menshi. Iyo umwana yonka, amabere ya nyina arushaho gukora amashereka menshi.)*

*(Niba umugore afite ikibazo cyo kumenya uko yonsa, ashobora kujya ku kigo nderabuzima bakamufasha cyangwa se akegera abandi babyeyi baturanye babimenyereye bakamufasha bakamusobanurira)*

*(Sobanura impamvu amashereka ari ifunguro n'ikinyobwa cy'ingirakamaro ku bana b'impinja)*

*(Fasha ababyeyi gutekereza uburyo bashobora kubana n'abana babo n'igihe bari ku kazi.)*

*(Abahugurwa bashobora gutanga ibindi bitekerezo)*

- 20.** Ibutsa abahugurwa ko bagomba gukoresha uru rutonde n'amafoto n'ibisobanuro biri mu bitabo byabo kugira ngo biyibutse ibyo bagomba gukora igihe basuye ababyeyi n'abana babo, ndetse no kwigisha ababyeyi babyaye bwa mbere hamwe n'imiryango yabo uburyo bwo kwiyitaho ndetse kwita ku bana babo maze bakagira ubuzima buzira umuze.

## ISOMO RYA 12

# KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE (PMTCT) IGIHE AMUBYARA NA NYUMA YAHU



**Uburyo bukoreshwa mu kwigisha:** Ibisobanuro by'uhugura



**Igihe isomo rimara:** Iminota 15



**Intego z'isomo**

f. Gusobanura uburyo ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bashobora kwirinda kuyanduza abana babo (PMTCT).



**Gutegura isomo**

- Subiramo inyangikoshusho/amafoto ku bipapuro binini n'ibisobanuro.



**Ibikoresho bikenewe**

- Ibipapuro binini cyangwa inyangikoshusho
- Ibikoresho byerekana amashusho n'amajwi (niba ukoresha inyangikoshusho)



## UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 15*

1. Erekanako amashusho cyangwa amafoto ku bipapuro binini, hanyuma wifashishe n'ibisobanuro bikurikira usobanurira abahugurwa.

2.



**Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cy'ibise no mu kubyara**

**Vuga ngo:** Kugira ngo umubyeyi atanduza umwana agakoko gatera SIDA ari ku bise cyangwa amubyara, agomba kubyarira kwa muganga. Abagore BOSE batwite, atari ababana n'ubwandu

bw'agakoko gatera SIDA gusa, bagomba kubyarira kwa muganga iyo babishoboye. Iyo umugore abyariye kwa muganga, muganga cyangwa umuforomo azenzura ko atatinze ku bise cyane, akamufasha iyo nta bise afite, agaha umubyeyi imiti y'inyongera igabanya ubukana, agatangiza umwana umuti wa Nevirapine, akanagira inama uwo mubyeyi mushya uburyo bwo kugaburira umwana we no kwirinda kumwanduza agakoko gatera SIDA.

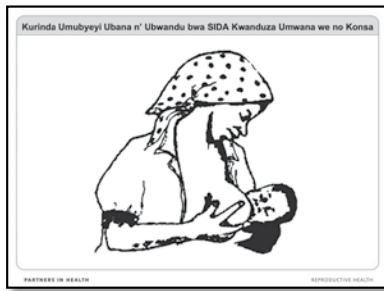


### Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we nyuma y'uko umwana avutse

**Vuga uti:** Kugira ngo umubyeyi yirinde kwanduza umwana we, agomba:

- Gukomeza gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kujya ku kigo nderabuzima iyo agaragaje ingaruka mbi zirimo kugira umwera ku mubiri, kuzungurira, cyangwa umunaniro ukabije. Agomba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa (kugeza ku mezi 18 nyuma yo kuvuka k'umwana) cyangwa se akayifata ubuzima bwe bwose iyo umubare w'abasirikari b'umubiri we wigeze kujya muni ya 500.
- Guha umwana umuti wa Nevirapine. Agomba kujyana umwana ku kigo nderabuzima mu minsi 3 nyuma yo kuvuka kugira ngo ahabwe umuti wa nevirapine iyo atabyariye kwa muganga. Biba byiza cyane iyo umwana atangiye gufata nevirapine uherye ku muni yavukiyeho. Agomba guha umwana Nevirapine mu gihe cy'ibyumweru 6. Guha umwana imiti ya antibiyotiki (Bactrim)
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA nyuma y'ibyumweru 6 avutse.
- Gukingiza umwana (akivuka, ku byumweru 6, ku byumweru 9, ku byumweru 14 no ku mezi 9 y'amavuko).
- Gukomeza kujyana umwana ku kigo nderabuzima incuro 1 mu kwezi kumusuzumisha Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku ncuro ya 2 agize amezi 18.
- Konsa umwana we iyo umubyeyi yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara.

4.



### **Kurinda Umubyeyi Ubana n' Ubwandu bw'agakoko gatera SIDA Kwanduza Umwana we no Konsa**

**Vuga uti:** Abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA buri muni bakimara kumenya ko batwite, cyangwa se bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 mbere yo kubyara. Bagomba guha abana babo nabo umuti ugabanya ubukana bw'agakoko gatera SIDA (ARVs), kujyana abana babo ku kigo nderabuzima kubapimisha ubwandu bw'agakoko gatera SIDA nyuma y'amezi 6 bavutse na nyuma y'amezi 18 ku nshuro ya 2, ndetse no kubakingiza.

Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana. Amashereka atunga abana akanabarinda kurwaragurika. Iyo umugore atangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA mu gihe atwite (mu mezi 3 ya mbere yo gutwita cyangwa se nibura mu mezi atatu mbere yo kubyara), nta kibazo bitera iyo yonkeje kandi bigirira umwana we akamaro kanini.

5.



### **Amata y'ifu**

Iyo umugore utwite abana n'ubwandu bw'agakoko gatera SIDA atafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, virusi itera ubwandu bwa SIDA iba itaraganzwa burundu bityo rero ntagomba konsa ahubwo agaburira umwana we akoresheje amata y'ifu. Ni ngombwa cyane ko abagore bose batwite bipimisha ubwandu bw'agakoko gatera SIDA bakimenya ko batwite. Hanyuma basanga bafite ubwandu bw'agakoko gatera SIDA, bagatangira gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA bakagumana ubuzima bwiza igihe batwite kandi bakonsa abana babo nta mpungenge.

6. Saba abahugurwa kubumbura ibitabo byabo ku rupapuro rwa 55 aho basanga urutonde rw'ingingo zirebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Saba umwe mu bahugurwa gusoma urwo rutonde aranguruye.

**KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE (PMTCT)**

- Genzura niba abagore batwite n'ababyaye ubwa mbere babana n'ubwandu bw'agakoko gatera SIDA
  - Bafata imiti igabanya ubukana buri munsu bakimara gusama, cyangwa se nibura amezi 3 mbere yo kubyara. Babyarira kwamuganga Baha abana babo umuti wa Nevirapine
  - Bapimisha abana ubwandu bw'agakoko gatera SIDA nyuma y'amezi 6 y'amavuko Bongera gupimisha umwana ubwandu bw'agakoko gatera SIDA agize amezi 18.
  - Bonga igihe abo babyeyi batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara
  - Bagaburira abana amata y'ifu igihe batafashe imiti igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara.
7. Baza abahugurwa niba hari ibibazo bafite ku bijyanye n'uburyo bwo kurinda Umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we maze ubisubize.
8. Saba abahugurwa kuraba amakuru n'amashusho arebana na PMTCT ku rupapuro rwa 50–54. Ibutsa abahugurwa ko bashobora gusubiramo ayamakuru igihe bari murugo iwabo kandi bakayifashisha mu guhugura ababyeyi n'imiryango yabo.



## ISOMO RYA 13 KWIGISHA ABAGORE BATWITE N'ABABYEYI BABAYE UBWA MBERE



**Uburyo bukoreshwa mu kwigisha:** Agakino



**Igihe isomo rimara:** Isaha 1 n'iminota 10



**Intego z'isomo**

**k.** Gusobanura uburyo ababyeyi n'abana babo bashobora kwirinda no kugira ubuzima bwiza.



**Gutegura isomo**

- Subiramo udukino



**Ibikoresho bikenewe**

- Udukino turi mu gitabo cy'uhururwa ku rupapuro rwa 57
- Urutonde ruri mu gitabo cy'uhugurwa ku rupapuro rwa 34, 46, 55, 58
- Ibipapuro binini
- Marikeri
- Papiyekola



### UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 10*

1. Sobanurira abahugurwa ko bagiye gukoresha ibyo bize muri iri somo bahanga udukino tubafasha kwitoza kwigisha abagore hamwe n'imiryango yabo ibyerekeranye n'ubuzima bw'imyororokere.
2. Saba abahugurwa kubumbura ibitabo byabo ku rupapuro rwa 34, 46, 55, 58 aho basanga urutonde rw'ingingo z'ingenzi. Sobanurira abahugurwa ko bashobora kwifashisha urwo rutonde mu gutegura udukino twabo.
3. Basomere urutonde rw'udukino uranguruye.
4. Gabanya abahugurwa mu matsinda mato ya 4–5 buri rimwe. Saba buri wese gufungura igitabo cye ku rupapuro rwa 56 ahari amabwiriza y'udukino. Genera buri tsinda agakino karyo.

**5. Soma amabwiriza y'umukino uranguruye:**

- Hitamo umuntu umwe muri buri tsinda ukina mu mwanya w'umujoyanama w'ubuzima n'undi muntu 1 ukina mu mwanya w'umugore.
- Niba ubishaka ushobora guha abandi bagize itsinda gukina nk'abagize umuryango w'umugore.
- Abagize itsinda bose bagomba gufatikanya gushakira buri wese icyo agomba kuvuga cyangwa gukora.
- Hanyuma abakinnyi bagatangira gusubiramo agakino. Abandi bagize itsinda bagomba kuba bakurikiye kandi bagatanga ibyifuzo ku migendekere y'agakino niba ari ngombwa.
- Mufite iminota 20 yo gutegeza agakino.
- Agakino kanyu ntikagomba kurenza iminota 5.
- Nimurangiza kwitegeza, ndahitamo itsinda riza kutwerekana agakino ryakoze.



*Iminota 20*

**6. Saba amatsinda gutangira gutegeza udukino twabo.**

**7. Zenguruka mu cyumba cy'amahugurwa ugenda ureba uko babikora cyangwa ubafashe aho bikenewe. Uko uzenguruka mu cyumba, genda ubibutsa ko hasigaye iminota 10 n'iminota 5.**

**8. Hitamo amatsinda aza imbere kwerekana ibyo yateguye.**



*Iminota 10*

**9. Saba abahugurwa gusubira mu byicaro byabo. Hamagara abakinnyi b'itsinda rya 1 kuza imbere berekane agakino kabo.**

**10. Nyuma y'agakino, saba ko babakomera amashyi. Hanyuma usabe abakinnyi gusubira mu byicaro byabo.**

**11. Baza abahugurwa ibibazo bikurikira maze ubashishikarize gutanga ibitekerezo ku gakino karangiye. Intego si ugupinga uko abandi bakinnye, ahubwo ni ugutahura niba uburyo bwakoreshejwe mu kwigisha bufasha cyangwa budafasha n'impamvu:**

- Ni iki umujoyanama w'ubuzima yavuze cyangwa yakoze neza cyane? Sobanura impamvu ari cyiza?
- Ni iki kindi umujoyanama w'ubuzima yashoboraga gukora?



*Iminota 20*

- 12.** Genda ukora gutyo no ku tundi dukino dukurikiyeho.
  
- 13.** Baza abahugurwa niba hari ibindi bibazo cyangwa ibitekerezo bafite ku byerekeye kwigisha abagore ibyerekeranye n'ubuzima bw'imyororokere maze ubisubize cyangwa usabe abahugurwa babizi gusubiza.

**UDOKINO****AGAKINO KA 1**

Ku isura rya buri kwezi, umujyanama w'ubuzima amenye ko Adeline yamenye ko atwite. Uyu ni we mwana wa mbere azaba abyaye. Adeline arakennye kandi abana n'umugabo we mu cyaro kiri kure y'ikigo nderabuzima. Adeline abwiye umujyanama w'ubuzima ko mama umubyara atigeze akandagiza ikirenge cye ku kigo nderabuzima na rimwe, ahubwo ko yabyariraga mu rugo. Adeline atekereza ko na we azabyarira mu rugo.

**AGAKINO KA 2**

Ku isura rya buri kwezi, umujyanama w'ubuzima amenye ko Caroline, ubana n'ubwandu bw'agakoko gatera SIDA, yamenyeko atwite. Abajije umujyanama w'ubuzima icyo yakora. Arakennye cyane kandi we n'umugabo we bahangayikishijwe n'uko umwana wabo azavukana ubwandu bw'agakoko gatera SIDA.

**AGAKINO KA 3**

Francoise yabyariye kwa muganga hanyuma agaruka mu rugo ejo hashize. Umujyanama w'ubuzima aramusuye kugira ngo amenye niba umubyeyi n'umwana we bamereye neza. Francoise n'umuryango we barakennye. Abwiye umujyanama w'ubuzima ko umwana we yari aherutse kwibaruka yafashwe n'uburwayi bukomeye hanyuma agahera ko yitaba Imana agifite amezi 2 yonyine y'amavuko. Ahangayikishijwe na none n'uwo mwana wundi amaze kubyara.

## ISOMO RYA 14 ISUBIRAMO



**Uburyo bukoreshwa:** Umukino



**Igihe isomo rimara:** Iminota 15



**Intego z'isomo**

- Gusubiramo intego zose z'amahugurwa.



**Gutegura isomo**

- Fata umwanya usubiremo ibibazo byose by'umukino mbere y'igihe.



**Ibikoresho bikenewe**

- Ntabyo



### UKO IBICE BY'ISOMO BIKURIKIRANA



*Iminota 15*

1. Gabanya abahugurwa mo amatsinda 2, bagenda babara kugera kuri 2 (1, 2, 1, 2, gutyo gutyo)
2. Saba abahugurwa kwiyegeranya mu matsinda yabo bakurikije uko bagiye babara, ababaze 1 bose hamwe, n'ababaze 2 bose nabo bicare hamwe.
3. Sobanura amategeko y'umukino:
  - Uhugura arakorana n'amatsinda yombi, aragenda abaza ikibazo kimwe kuri buri tsinda.
  - Amatsinda araba afite umunota 1 wo kuganira ku gisubizo cyabo
  - Niba itsinda ritanze igisubizo nyacyo, barahabwa inota 1.
  - Niba itsinda rya mbere ritanze igisubizo kitari cyo, irindi tsinda rirahabwa amahirwe yo gusubiza icyo kibazo.
  - Niba iryo tsinda rya kabiri rigisubije neza, barahabwa inota 1.
  - Amatsinda yombi nananirwa gusubiza icyo kibazo, nta numwe uri buhabwe rya nota, ahubwo uhugura aragisubiza.
  - Ikibazo cya 2 kirabazwa itsinda rya 2.

4. Ibibazo byose birangiye, itsinda riza kuba ryagize amanota menshi ni ryo riza kuba ryatsinze umukino.
5. Tangiza umukino kugeza ibibazo byose bisubijwe (cyangwa kugeza ku minota 15 cyangwa irenga niba mufite igihe gihagije).



**INAMA:** *Ku bibazo bifite ibisubizo byinshi nk'uko bigaragara ahakurikira, si ngombwa gutegereza ko baguha ibisubizo byose niba nta gihe gihagije ufite. Subiramo ibibazo inshuro nyinshi kugira ngo abahugurwa babashe kumva mo bimwe. Hanyuma uze kubanyuriramo muri make ibindi bisubizo batabashije kuvuga mbere yo kujya ku kibazo gikurikiyeho.*

### Ibibazo by'umukino

1. Umugore abwirwa n'iki ko atwite? Vuga ikimenyetso kimwe. (Ushobora gusubiramo iki kibazo inshuro nyinshi ubaza ikimenyetso kimwe kimwe).  
*Abura imihango.*  
*Amabereye ye araryaryata kandi akagenda aba manini.*  
*Yumva aribwa mu nda ndetse rimwe na rimwe akaruka.*  
*Yumva ananiwe cyane kurusha uko bisanzwe.*  
*Inda ye iba nini.*
2. Ni iki umugore utwite agomba gukora kugira ngo agire ubuzima bwiza? Vuga ikintu kimwe (Ushobora gusubiramo iki kibazo inshuro nyinshi, ugenda ubaza ikintu kimwe buri gihe).  
*Kurya indyo yuzuye*  
*Gukoresha umunyu wa Iyodi*  
*Gufata inyongera y'ikinini cya "Fer"*  
*Kuryama no kuruhuka bihagije.*  
*Kugira isuku ku mubiri no koza amenyo*  
*Kuryama mu nzitiramibu*  
*Kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara no kwipisha ubwandu bw'agakoko gatera SIDA no kugirwa inama ku bushake (VCT).*  
*Kwirinda kwegerana n'abantu barwaye.*

3. Ni iki umugore utwite ATAGOMBA gukora? Vuga ikintu kimwe (Ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe)

*Kunywa ibisindisha*

*Kunywa itabi*

*Gufata ibinini cyangwa imiti y'ibyatsi atandikiwe na muganga*

*Kuba hari umuntu uwo ari we wese wamutera umugeri, cyangwa wamukubita.*

4. Ni ibihe bibazo abagore batwite bakunze guhura na byo bigatuma bagomba kujya ku kigo nderabuzima? (Ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe).

*Umunaniro ukabije*

*Umuriro*

*Kubyimba ibiganza no mu maso*

*Kuribwa umutwe cyane*

*kutabona neza*

*Kuva amaraso menshi mu gitsina*

*Kuribwa mu nda bikabije.*

5. Iyo umugore utwite agiye kwisuzumisha mbere yo kubyara bamukorera iki? (Ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe)

*Umuganga amupimira umuvuduko w'amaraso, uko umutima utera, ndetse n'ibihaha.*

*Basuzuma umwana uri mu nda (apima uko umutima utera, apima imikurire, ndetse n'uko umwana aryanye mu nda)*

*Bamuha urukingo rw'akaniga n'izindi nkingo iyo ari ngombwa.*

*Bamuha inyongera y'ikinini cya "Fer" cyangwa Vitamini A iyo ari ngombwa.*

*Basuzuma niba umugore afite amaraso ahagije mu mubiri bagenzura niba inzara ze z'intoki ziteruruka.*

*Bamubaza ibyerekeranye na marariya n'inzitiramibu.*

*Bamubaza ibyerekeranye no kwipimisha ubwandu bw'agakoko gatera SIDA, uko ahagaze, ibyerekeranye n'indwara zandurira mu mibonano mpuzabitsina ndetse na VCT*

*Muganga amwuzuriza ifishi y'umubyeyi hanyuma akamubwira igihe azagarukira.*

6. Ni ryari umugore utwite ajya kwisuzumisha mbere yo kubyara ku nshuro ya mbere?  
*(ku mezi 3)*
7. Umugore utwite ajya kwisuzumisha mbere yo kubyara inshuro zingahe nyuma y'inshuro ya mbere?  
*(Ubusanzwe umugore utwite ajya kwisuzumisha **inshuro 3** mbere yo kubyara, cyangwa akazirenta iyo hari ingorane zindi zajemo).*
8. Ni gute abajyanama b'ubuzima bagenzura ko umugore utwite ajya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?  
*(Ku nshuro ya 1, umugore utwite bamuha ifishi, kuri iyi fishi ni ho ikigo nderabuzima kigenda cyandika igihe umugore azagarukira kwisuzumisha. Ku isura rya buri kwezi, umujyanama w'ubuzima agomba kwibutsa abagore batwite kujya kwisuzumisha, bakagenzura n'amafishi yabo kugira ngo bamenye niba abagore bubahiriza gahunda yo kujya kwisuzumisha bahawe na muganga).*
9. Igihe usuye umugore buri kwezi, ni iki ugomba gukora? Ni iki ugomba gusuzuma? (ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe)  
*Genzura ko umugore utwite*  
*Ajya kwisuzumisha mbere yo kubyara (reba ku ifishi)*  
*Ajya kwipisha ubwandu bw'agakoko gatera SIDA ku bushake "VCT" (reba ku ifishi)*  
*Aryama mu nzitiramibu*  
*Akoresha umunyu wa Iyodi*  
*Afata inyongera y'ikinini cya "Fer"*  
*Arya indyo yuzuye (genzura ibimenyetso by'imirire mibi)*  
*Aruhuka bihagije*  
*Agira isuku ku mubiri kandi ko yoza mu kanwa*  
*Atanywa ibisindisha cyangwa itabi*  
*Adafata imiti atandikiwe na muganga*  
*Adahoterwa*  
*Ateganya kubyarira kwa muganga(mufashe we hamwe n'umuryango we kwitegura)*  
*Afata imiti igabanya ubukana bw'agakoko gatera SIDA niba abana n'ubwandu*



*Niba umugore utwite afite kimwe mu bimenyetso bikurikira,  
agomba guhera ko ajya ku kigo nderabuzima:*

*Umunaniro ukabije*

*Umuriro*

*Kubyimba ibiganza no mu maso*

*Kuva bikabije*

*Kubabara cyane mu nda*

10. Ni gute umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA ashobora kubwanduza umwana we?

*Igihe amutwite*

*Igihe cy'ibise cyangwa abyara*

*Mu gihe amwonsa (niba umugore atarangiye gufata imiti igabanya ubukana nibura amezi 3 mbere yo kubyara)*

11. Ni ubuhe buryo ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bakoresha kugira ngo batanduzababana babo?

*Bafata imiti igabanya ubukana buri munsu bakimara gusama, cyangwa se nibura amezi 3 mbere yo kubyara bagakomeza kuyifata na nyuma yo kubyara.*

*Baha abana umuti wa Nevirapine*

*Bapimisha abana ubwandu bw'agakoko gatera SIDA nyuma y'amezi 6*

*Bongera gupimisha abana ubwandu bw'agakoko gatera SIDA bagize amezi 18*

*Bonsa abana babo iyo abo babyeyi batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara*

*Bagaburira abana amata y'ifu iyo batafashe imiti igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara.*

12. Ni gute umugore amenya ko atangiye kujya ku nda?

*Isuha irameneka.*

*Ibise biratangira.*

*Ururenda rufatira kandi rurimo amaraso rutangira gusohoka mu gitsina.*

13. Ni abahe bagore bashobora kugira ingorane mu gihe cyo kubyara? Vuga icyiciro kimwe. (ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe)
- Abagore bamaze kubyara abana benshi (barenze 5)*
- Abagore babyaye indahekana (abana batarushanya nibura imyaka 2)*
- Abagore bakiri bato n'abakobwa (munsi y'imyaka 18)*
- Abagore bakuze (bari hejuru y'imyaka 35)*
- Abagore bigeze bagira ingorane batwite cyangwa igihe babyaraga mu gihe cyashize.*
- Abagore babana n'ubwandu bw'agakoko gatera SIDA*
- Abagore bagufi cyane cyangwa bananutse cyane.*
14. Iyo wasuye umubyeyi n'umwana, ni iki ugomba gusuzuma? (ushobora gusubiramo iki kibazo inshuro nyinshi bagenda bakubwira ikintu kimwe kimwe)
- Kumenya niba umubyeyi*
- Yonsa*
- Aryama mu nzitiramibu hamwe n'uruhinja rwe*
- Atava cyane nyuma yo kubyara (Niba umubyeyi avirirana cyane ugomba guhera ko ubimenyesha umugenzuzi wawe. Umubyeyi agomba guhera ko ajya ku kigo nderabuzima).*
- Aruhuka bihagije*
- Afungura kandi akananywa neza*
- Adakora imibonano mpuzabitsina mbere y'ibyumweru 6*
- Azi ibyerekeranye no kuboneza urubyaro.*
- Kumenya niba umwana w'uruhinja*
- Yonka nyuma ya buri masaha make*
- Afite ubuzima bwiza (nta muriro, anyara neza kandi ko yituma nibura inshuro 1 ku munsi)*
- Aryama mu nzitiramibu.*
- Ahorana ubushyuhe (yifubitse)*
- Urureri rwe ruhorana isuku kandi ko rutanduye indwara*
- Yakingiwe*
- Ajyanwa ku kigo nderabuzima buri kwezi kugira ngo bamusuzume.*

## ISOMO RYA 15 ISUZUMABUMENYI RISOZA



**Uburyo bukoreshwa mu kwigisha:** Kubaza abahugurwa



**Igihe isomo rimara:** Iminota 15



**Gutegura isomo**

- Kosora impapuro z'isuzumabumenyi ribanza.
- Reba ku bisubizo kugira ngo umenye ibice by'amasomo bikeneye kunozwa no gusobanurwa.
- Tegura kopi z'isuzumabumenyi ribanza uze kuzisubiza abahugurwa.



**Ibikoresho bikenewe**

- Buri muntu agomba kugira ikaramu y'igiti n'isanzwe
- Ibitabo by'Abahugurwa ku bantu bose



**INAMA:** Sobanura witonze isuzumabumenyi risoza niba hari abahugurwa batamenyereye ibyo kubazwa.



### UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15

1. Sobanurira abahugurwa ko ubu noneho bagiye gukora "Isuzumabumenyi risoza". Intego y'iri bazwa risoza amahugurwa si ugucira abahugurwa urubanza, ahubwo tugamije kumenya neza ibyo abahugurwa bazi n'ibyo batazi no kwizera ko aya mahugurwa aza kubafasha mu byo batazi. Isuzumabumenyi risoza kandi rizafasha mu gusuzuma ireme ry'aya mahugurwa no kurushaho kunoza azakorwa mu minsi iri imbere.
2. Sobanura ko ugiye gusoma uranguruye ibibazo bimwe birebana n'ubuzima bw'imyororokere y'umugore. Abahugurwa barasubiza ibibazo baca akaziga ku gisubizo kiboneye kuri buri kibazo cyo mu Isuzumabumenyi risoza.
3. Bwira abahugurwa ko niba batazi igisubizo ku kibazo runaka, bagisimbuka.

- 4.** Sonaburira abahugurwa ko ugiye gufatanya na bo gusubiza ikibazo cya mbere.
- 5.** Saba abahugurwa kureba ibibazo by'isuzumabumenyi risoza mu bitabo byabo.
- 6.** Soma ikibazo cya mbere hamwe n'ibisubizo bishoboka uranguruye. Saba ubishaka gusubiza icyo kibazo, cyangwa ugisubize wowe ubwawe. Sobanurira abahugurwa ko mu gusubiza iki kibazo bagomba guca akaziga ku gisubizo kiboneye ku mpapuro zabo.
- 7.** Soma uranguruye kandi witonze ibibazo bisigaye ku isuzumabumenyi risoza ry'amahugurwa hamwe n'ibisubizo bishoboka, kimwe kimwe. Subiramo ibibazo n'ibisubizo byateganyijwe niba ari ngombwa. Nyuma yo gusoma buri kibazo, ha abahugurwa umwanya wo guca akaziga ku gisubizo.
- 8.** Nyuma y'isuzumabumenyi risoza, saba abahugurwa kwandika amazina yabo ahagana hejuru ku rupapuro, hanyuma ubasabe guca impapuro bakoreyeho mu bitabo byabo baziguhereze.
- 9.** Bwira abahugurwa ko bagiye kugereranya isizumabumenyi bakoze mbere yo gutangira amahugurwa n'iryo bakoze ku musozo w'amahugurwa. Hereza abahugurwa kopi zikosoye z'isuzumabumenyi ribanza.
- 10.** Bwira abahugurwa ibisubizo by'ukuri kugira ngo bikosore.
- 11.** Kusanya impapuro zose zaba iz'isuzumabumenyi ribanza n'iz'isuzumabumenyi risoza.

## IBIBAZO BY'ISUZUMABUMENYI RISOZA

Amazina yawe: \_\_\_\_\_ Itariki: \_\_\_\_\_

Ikigo nderabuzima: \_\_\_\_\_ Nomera Iranga Umujyanama w'Ubuzima: \_\_\_\_\_













Umaze igihe kingana iki ukora akazi k'umujyanama w'ubuzima? \_\_\_\_\_

### Ca akaziga ku gisubizo kiboneye kuri buri kibazo.

1. Kugira ngo umugore utwite arinde ubuzima bwe bwite n'ubw'umwana we ugikura, buri munsu agomba:
  - a. Kuryama mu nzitiramibu
  - b. Gufata inyongera y'ikinini cya "Fer"
  - c. Kuryama akaruhuka bihagije
  - d. **Byose ni byo**
  
2. Kugira ngo umugore arinde ubuzima bwe bwite n'ubw'umwana we ugikura, ntagomba:
  - a. Kurya umunyu
  - b. **Kunywa ibisindisha cyangwa itabi**
  - c. Kurya inyama
  - d. Kunywa ibinyobwa bishyushye.
  
3. Abagore bose batwite bagomba kujya ku kigo nderabuzima:
  - a. Igihe bagiye kubyara gusa
  - b. Igihe barwaye gusa
  - c. **Kwisuzumisha mbere yo kubyara uko bitegetswe.**
  - d. Igihe bagiye gufata imiti bayikeneye gusa.

4. Umugore utwite agomba kujya kwisuzumisha ku nshuro ya mbere:
  - a. **Mu mezi 3 abanza yo gutwita**
  - b. Igihe inda imaze kuba nkuru
  - c. Igihe yumva arwaye
  - d. Igihe agiye kubyara
  
5. Niba umugore atwite kandi akaba abana n'ubwandu bw'agakoko gatera SIDA, agomba:
  - a. Guhisha aya makuru ntihagire uwo ayabwira.
  - b. **Gutangira gufata imiti igabanya ubukana vuba bishoboka**
  - c. Kutarya cyane
  - d. Kwakira ko umwana we azandura agakoko gatera SIDA.
  
6. Umugore utwite agomba kujya ku kigo nderabuzima ako kanya igihe:
  - a. Ava amaraso menshi mu gitsina (adahagarara)
  - b. Ibiganza bye no mu maso he byabyimbaganye
  - c. Arwaye umutwe bikabije no kutabona neza
  - d. **Byose ni byo**

Ca akaziga kuri “ni byo” cyangwa “si byo” ku bibazo bikurikira:

- |   |   |   |
|---|---|---|
| 7. Ni byiza ko abagore hafi ya bose babyarira mu rugo.  |    |    |
|   | Ni byo  | <b><u>Si byo</u></b>  |
| <hr/>   |   |   |
| 8. Indyo n'ikinyobwa bibereye impinja ni amashereka.  |    |    |
|   | <b><u>Ni byo</u></b>  | Si byo  |
| <hr/>   |   |   |
| 9. Nyuma yo konsa umwana, abana bato (impinja) bagomba guhabwa n'amata y'ifu ndetse n'umutobe.          |    |    |
|   | Ni byo  | <b><u>Si byo</u></b>  |
| <hr/>   |   |   |
| 10. Umujyanama w'ubuzima agomba gusura ababyeyi n'abana babo akimara kubyara.                           |    |    |
|   | <b><u>Ni byo</u></b>  | Si byo  |
| <hr/>   |   |   |
| 11. Nyuma yo kubyara, umugore abujijwe gukora imibonano mpuzabitsina mu gihe cy'ibyumweru 6.            |   |   |
|   | <b><u>Ni byo</u></b>  | Si byo  |
| <hr/>   |   |   |
| 12. Ababyeyi bose bamaze igihe gito babyaye bagomba kujyana abana babo ku kigo nderabuzima kubakingiza. |  |  |
|   | <b><u>Ni byo</u></b>  | Si byo  |
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## ISOMO RYA 16 GUSUZUMA UKO AMAHUGURWA YAGENZE N'AGASANDUKU K'IBITEKEREZO



**Uburyo bukoreshwa mu kwigisha:** Ikiganiro cya rusange n'ibibazo mu nyandiko bisuzuma uko amahugurwa yagenze



**Igihe isomo rimara:** Iminota 15



**Gutegura isomo**

- Niba witegura kubaza abahugurwa mu magambo, andika ibibazo ku gipapuro kinini uhereye ku gice cya 3 cyangwa ku mpapuro zisanzwe. Siga umwanya nyuma ya buri kibazo aho ushobora kwandika ibisubizo by'abahugurwa
- Tegura Agasanduku k'Ibitekerezo.



**Ibikoresho bikenewe**

- Ibibazo byanditse ku gipapuro kinini cyangwa ku mpapuro zisanzwe zo mu makaye (niba ushaka kubabaza mu magambo)
- Ifishi y'isuzuma ku rupapuro rwa 69 mu Gitabo cy'Uhugurwa (niba ushaka ko abahugurwa basubiza ibibazo mu nyandiko)
- Urutonde rw'ingingo zifasha Umujyanama w'ubuzima ruri ku rupapuro rwa 58 mu Gitabo cy'Uhugurwa
- Igipapuro kinini cg urusanzwe
- Marikeri
- Agasanduku k'ibitekerezo



**INAMA:** Ushobora kubaza abahugurwa mu magambo (igice cya 1 – 3) cyangwa ukabasaba guca urupapuro ruriho ibibazo ruri mu bitabo byabo by'abahugurwa no kurwuzuzwa

*Dore ibyiza byo kubaza abahugurwa mu magambo: Abahugurwa bafite ubumenyi buke mu kwandika no gusoma na bo bashobora gusubiza ku buryo bworoheje; kubaza ibibazo mu magambo bishobora gutuma habaho impaka z'ingirakamaro; iryo bazwa rishobora gutwara umwanya muto ugereranyije n'ibazwa mu nyandiko.*

*Dore ibyiza byo gusaba abahugurwa gusubiza bandika: Abahugurwa basanzwe bagira isoni bashobora kwifuzza gusubiza bandika kurusha mu magambo; abahugurwa bashobora gutanga ibisubizo bibavuye ku mutima iyo bashubije biherereye bandika kuruta kubikorera imbere ya bagenzi babo benshi mu magambo.*





## UKO IBICE BY'ISOMO BIKURIKIRANA

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*Iminota 15*

1. Shimira abahugurwa ku kuba bagize uruhare rugaragara mu mahugurwa ya none.
2. Bwira abahugurwa ko wifuza kumenya icyo batekereza kuri aya mahugurwa. Uzifashisha ibitekerezo byabo mu kugira ibyo uhindura cyangwa se unoza mu mahugurwa yo mu minsi iri imbere niba ari ngombwa.
3. Niba uhisemo kubaza abahugurwa mu magambo, babaze ibibazo bikurikira maze wandike ibisubizo ku rupapuro runini (cyangwa ku rupapuro rusanzwe):
  - Ni irihe somo wakunze kurusha ayandi muri aya mahugurwa? Kuki?
  - Ni irihe somo ritagushimishije muri aya mahugurwa? Kuki?
  - Ni iki wize cyakugiriye akamaro kikaba kizangufasha mu kazi kawe?
  - Ese haba hari ikintu utasobanukiwe neza? Tanga ingero zifatika.
  - Ni ibiki wifuza ko binozwa muri aya mahugurwa? Ni iki wumva wahindura? (Urugero ni ayahe masomo, ibishushanyo n'ibindi wumva byahinduka?)
  - Hari icyo wumva wakongeraho?
4. Niba uhisemo ko abahugurwa basubiza bandika, basabe kureba urupapuro rwo gusubirizaho ku rupapuro rwa 69 mu bitabo byabo no kurucamo. Soma ibibazo by'isuzuma ry'uko amahugurwa yagenze uranguruye ijwi. Saba abahugurwa gusubiza ibyo bibazo. Mu gihe abahugurwa basubiza ibyo bibazo, banyuremo ubafashe niba ari ngombwa.
5. Andika ibisubizo byose batanze mu magambo, cyangwa se ukusanye impapuro z'ibisubizo byanditse.
6. Shimira abahugurwa kuba bemeye gusubiza ibi bibazo.
7. Saba abahugurwa kongera kureba ku rutonde rw'ingingo zifasha Umujyanama w'ubuzima ruri ku rupapuro rwa 58 mu bitabo byabo. Baza abahugurwa niba nta bibazo basigaranye ku birebana n'inshingano zabo maze ubisubize, cyangwa se ureke ababisobanukiwe kurusha abandi babisubize.

- 8.** Fata ibibazo abahugurwa bashyize mu Gasanduku k'Ibitekerezo maze ubisubize uko bikwiye muri rusange cyangwa ukavugana n'umuntu ku giti cye mu ibanga nyuma y'amahugurwa.
- 9.** Shimira abahugurwa kuba bagize uruhare mu mahugurwa. Bashimire akazi gakomeye bakora buri muni.



## URUTONDE RW'INSHINGANO Z'INGENZI Z'UMUJYANAMA W'UBUZIMA

- Kwigisha abagore batwitwe n'imiryango yabo ibice by'ibanze byo kuva umugore atwise kugeza abyaye.
- Kwigisha abagore batwite hamwe n'imiryango yabo uburyo umugore yagira ubuzima buzira umuze mu gihe atwite.
- Gushishikariza abagore batwite kujya ku kigo nderabuzima kwipisha agakoko gatera SIDA ku bushake (VCT).
- Gusobanura akamaro ko kwisuzumisha mbere yo kubyara, ibyo bakorera umugore wagiye kwisuzumisha mbere yo kubyara, n'inshuro umugore utwite agomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara.
- Kwigisha abagore batwite hamwe n'imiryango yabo ibyerekeranye no kurinda umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we (PMTCT).
- Kwigisha abagore batwite hamwe n'imiryango yabo ibyerekeye ibimenyetso mpuruza ku mugore utwite bituma agomba kwihutira kujya ku kigo nderabuzima, muri byo hari: kuvirirana cyane mu gitsina, kuribwa cyane mu nda, umuriro, kubyimbagana ibiganza no mu maso, kutabona neza, kurwara umutwe bikabije no kugira umunaniro ukabije.
- Gushishikariza abagore batwite hamwe n'imiryango yabo kwitegura ibise no gutegura kujya kubyarira kwa muganga. No kubafasha kwitegura.
- Gusura ababyeyi n'abana babo vuba cyane uko bishoboka nyuma yo kubyara kugira ngo amenye niba bafite ubuzima buzira umuze. Kwigisha ababyeyi bafite abana b'impinja uburyo bakwirinda ubwabo hamwe n'abana babo bakabaho mu buzima buzira umuze, hari kubigisha konsa abana babo ku buryo buhoraho, kuryama mu nzitiramibu hamwe n'abana babo no kujyana abana ku kigo nderabuzima kubakingiza ndetse no kubasuzumisha.



**URUPAPURO RW'ISUZUMA RY'UKO AMAHUGURWA YAGENZE**

**Ni irihe somo wakunze kurusha ayandi muri aya mahugurwa? Kuki?**

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**Ni irihe somo ritagushimishije muri aya mahugurwa? Kuki?**

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**Ni iki wize cyakugiriye akamaro kikaba kizanagufasha mu kazi kawe?**

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**Ese haba hari ikintu utasobanukiwe neza? Tanga ingero zifatika.**

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**Ubuzima bw'imyororokere**

**Ni ibiki wifuza ko binozwa muri aya mahugurwa? Ni iki wumva wahindura?  
(Urugero ni ayahe masomo, ibishushanyo n'ibindi wumva byahinduka?)**

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**Hari icyo wumva wakongeraho?**

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**Ndabashimiye kuba mwemeye gusubiza ibi bibazo.**



