

Ubufasha bw'ibanze ku ihungabana rishingiye kumarangamutima

**Kinyarwanda
Version**



Ubufasha bw'ibanze ku ihungabana rishingiye kumarangamutima (EFA) ni iki?

Urungano rugamije
kwishakamo ibisubizo
bigamije **gukira** hirindwa
gukomeza **guhungabana**



Zirikana ko: Tudakoresha iyi mvugo "Ubufasha bw'ibanze bwo mumutwe" kuko iyi mvugo ntiboneye, itesha agaciro ubuvuzi bw'indwara zifitanye isano n'imitekereze kuko byaba ari ugukomeretsa no gutesha agaciro abakize indwara y'ihungabana.

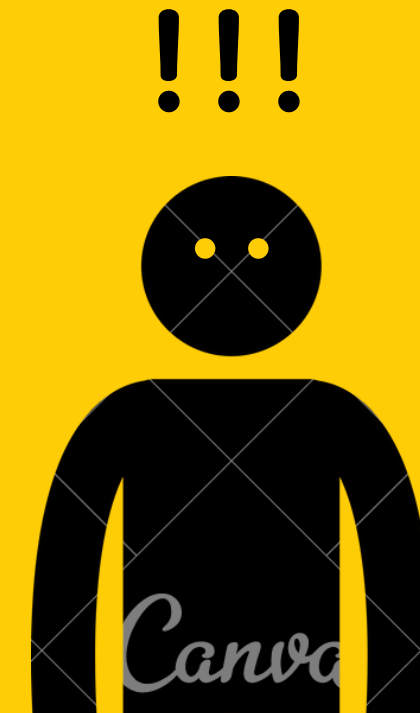
Ibimenyetso rusange byakwerekako ko umuntu afite ibibazo by'ihungabana



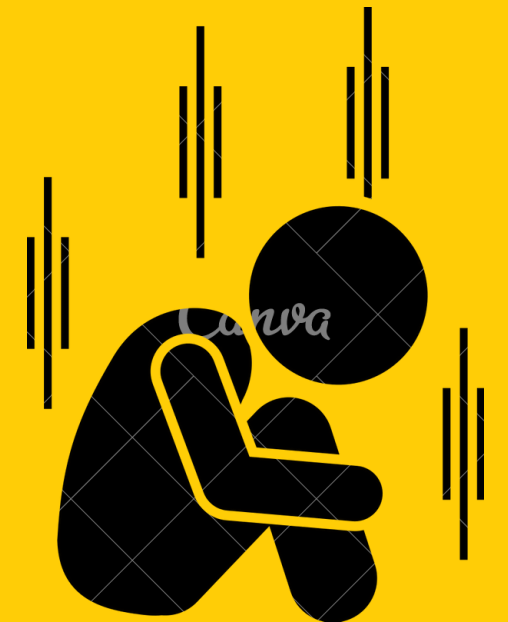
**Kutabasha kwigenzura
Kuniha / Kwigaragura/
Guhumeka bigoye**



**Kugira
amarangamutima
akabije**



**Gukonja bikabije/
Kutabasha
guhumeka**



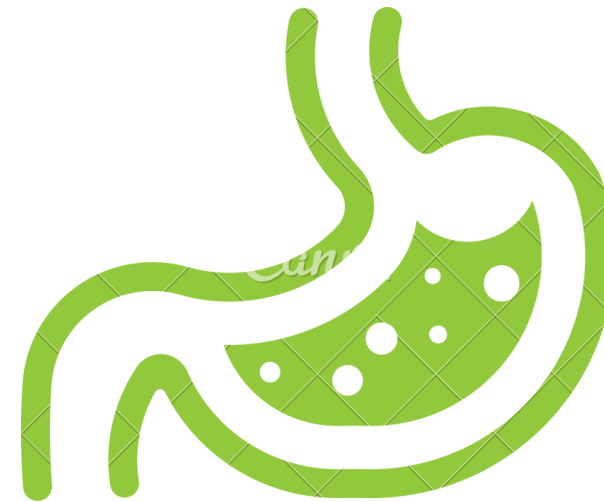
kwigunga

Nubwo hari ibimenyetso bihuriweho, buri wese arihariye. Bamwe mu bakize bashobora kandi kutagaragaza ibimenyetso by'akababaro, nyamara bagakomeza gukenera ubufasha.

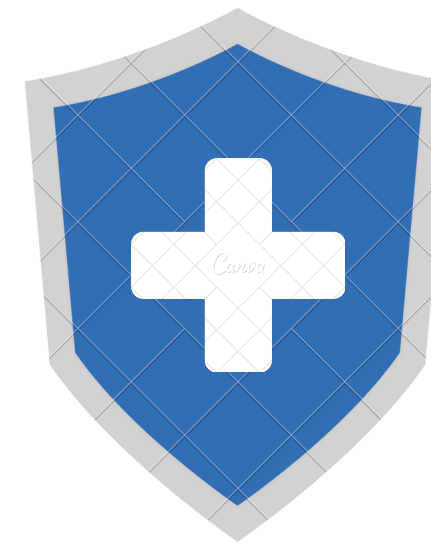
Umubiri wacu **tumebyesha ibibazo byihutirwa bitubayeho** bikadufasha kugira uko twitwara muri ibyo bibazo



**Guhinduka ko gutera
k'umutima no
Guhinduka
k'umuvuduko
w'amaraso**



**Imikorere
y'urwungano
rw'igogora
igahagarara**



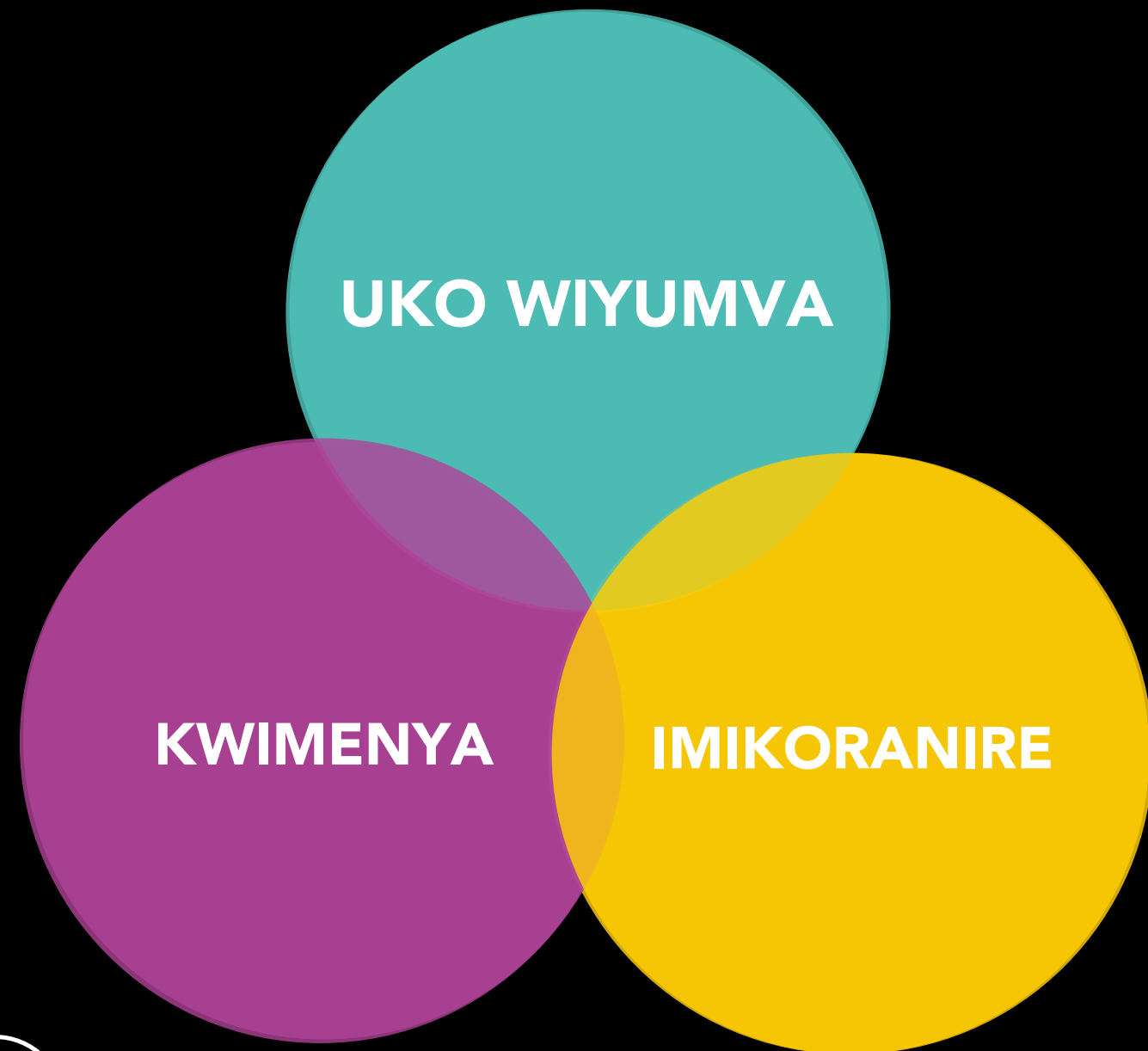
**Ubudahangarwa
bw'umubiri
Bugahagarara**



**Inyurabwenge
"Ubwonko
Butekereza"
ntibukoreneza**

Ibi nibimwe mubimenyetso rusange bishobora gutuma umuntu ahungabana; icyakora uru rutonde rw'ibimenyetso ntabwo ari ihame ntabwo bihuriwe ho n'abakize bose.

Uburyo bwa EFA Amahame



UKO WIYUMVA

Umuntu wese wakize niwe usobanukiwe gukirakwe. Wubahe imbaraga bavukanye, umurava, ubwenge, kwihangana, n'uburenganzira bwo kugaragaza ibyo bakeneye.

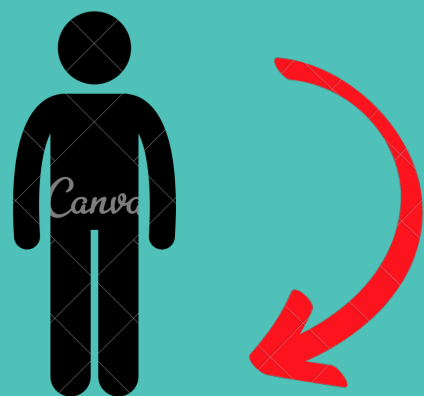
KWIMENYA

Ubwoko, igitsina, idini, ikiciro, umuco, nizindi mbaraga zishobora kugira uruhare no guteza ihungabana. Jyu menya ko uburyo wiyumva bushobora gutandukana n'uko undi yiyumva. Ntukigereranye ngo wiyumve uko utari. Jya wegera buriwese wakirutse ihungabana ufite ubugwaneza, wicishijebugufi, kandi umwereke ko umwitayeho.

IMIKORANIRE

Ikigongwe, impuhwe, n'imikoranire ya kimuntu bishobora gufasha Umuntu ufite ihungabana kumva afite amarangamutima yo kuba atekanye nubwo aho yaba ari haba hadatekanye. Iyi mikoranire myiza ishobora kwibagiza umuntu kwigunga byigihe kirekire bitewe n'ingaruka zatewe n'ihungabana.

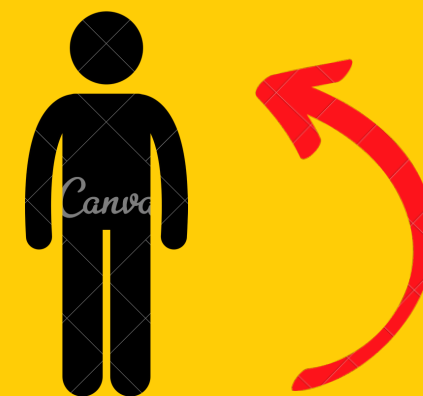
Uburyo bwa EFA



Hejuru Hasi

Iyo Ubwonko bwacu budufasha gutekereza butari gukora neza, ntidushobora kuvuga neza uko bisanzwe kuko tubatwiyumva muburyo butandukanye.

Kubwira cyangwa gusubirira mo umuntu inkuru y'ibyamubayeho bishobora gutuma ahungabana birenze ho.



Hasi Hejuru

Uburyo bwa EFA busubiza umubiri kurigahunda wahoranye mbere. Ibi bifasha ubwonko bwari bwavuye kurigahunda bwongera kugaruka kumurongo.

Noneho twese twumve kandi duhe agaciro abakirutse ihungabana kandi duteze imbere kumva imbaraga zacu bwite no kumva abo turibo.

Intambwe z'uburyo bwa EFA

1



**IHANGANISHE
UMUBIRI WAWU**

2



**ISHYIRE
MUMUTUZO**

3



**BAFASHE
KWIHANGANISHA
UMUBIRI WABO**

4



**BATEGE AMATWI &
UBAHE AGACIRO**

5



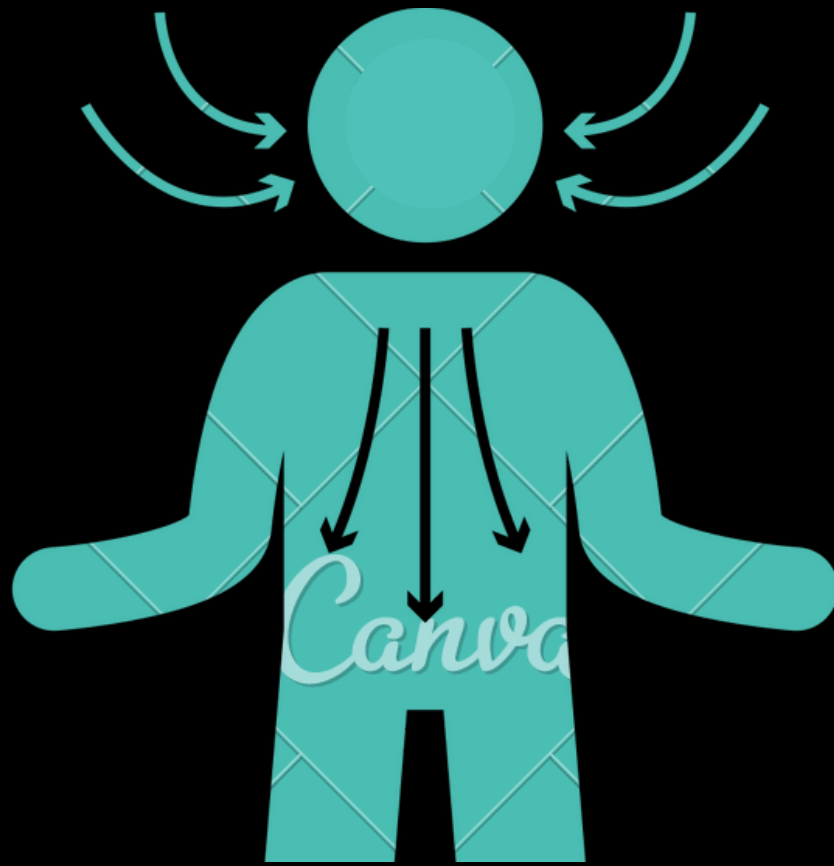
**BAHUMURIZE
UKO WIYUMVA**

6



**BATOZE
KWIYITAHO**

1



IHANGANISHE UMUBIRI WAWWE

Niba uhungabanye, kurikiza intambwe za EFA kugirango wiyiteho ubwawe.

Ubwoba nibubi.

Kugerageza gufasha abandi mugihe uhungabanye bishobora kukugiraho ingaruka mbi nyinshi kurusha inziza.

Humeka byimaze yo. Niba hari igihe, ubare kugeza kuri 5 usohora umwuhaka unawinjize.



ISHYIRE MUMUTUZO

Niba bishoboka, kura umuntu mubyago byumubiri. Reba niba uwo muntu akeneye ubuvuzi bwihuse.

Shakisha ahantu hatuje ugereranyije hibanga ubariho umushyira. Hashobora kuba hafi y'urukuta cyangwa igiti.

Kumva umuntu atekanye birihariye kuri buri muntu. Fasha uwahungabanye kumenya icyo akeneye kugirango yumve atuje kandi atekanye.

3



**BAFASHE
GUTURISHA
UMUBIRI WABO**

Ubu buryo bushobora gufasha:

Bahamagare mu izina.

Bicare uruhande.

Bizeze ko, "batari bonyine. Ndi hano hamwe namwe. "

Humekana nabo.

Egamira ku rukuta cyangwa ku giti.

Gendana nabo.

Bahobere.

Ushobora, kubegera, kubanyeganyeza, cyangwa kunyigimba akaririmbo kabahumuriza.

Ibyumviro bitanu.

Koresha buri kimwe mu byumviro by'umubiri. Urugero: Soma amazi cyangwa icyayi. Ihumurize ururabo. Rya akantu runaka. Fata ikintu runaka. Reba mu kirere.

Kwihumuruza.

Basabe ko mwakubana ho amaboko kugirango mukore ubushyuhe, hanyuma ukore kumubiri aho bikenewe.

Ushobora guceka ikirenge, kwiruka uzenguruka aho, gusimbuka, cyangwa kunyeganyega.

Ibi bifasha umubire kuvubura imisemburo iwutera imbaraga.

Rangurura ijwi.

Bara gatatu 3 mukomerere rimwe. Niba ari ntacyo bitwaye, ni mukomerere mu musego cyangwa mu ishati. Cyangwa "Mukomere mwongorerana."

Rira.

Ibi ninko kurekura amaranga mutima. Niba barimo kurira bikabiye, bafashe kubigabanya bahumeke byimbitse.

4

**Ndi hano
hamwe nawe**

Ndakumva

BATEGE AMATWI & UBAHE AGACIRO

Bizeze ko ikintu cyose bakubwiye ko uzakigira ibanga. Ibi bibongerera ituze.

Ntubahatire kuvuga niba batiteguye. Nibyiza kwicara ucecetse.

Basabe kukubwira uko biyumva. Batege amatwi witonze. Ntubace mu ijambo. Ongerera usubize amaso inyuma ushyire munyurabwenge ibyo wumvise bavuga.

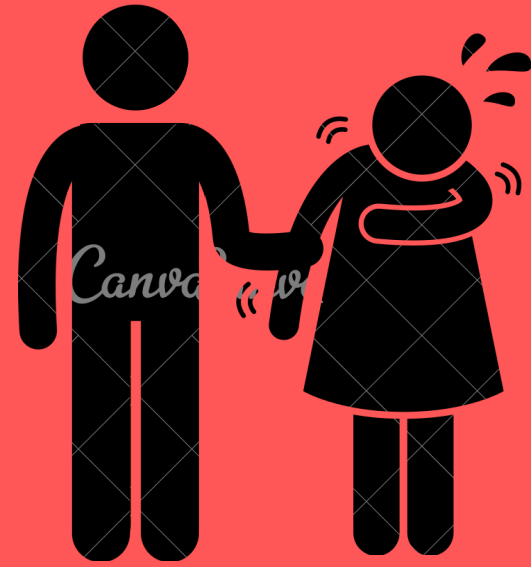
Wibande ku byiyumvo, aho kwibanda ku nkuru gusa.

Niba ibyo barikuvuga byabatera ihungabana, babwire bo gukomeza kubivugaho. Batware gake. Ni muhumekere icyarimwe.

Ibikurikira bishobora gufasha uwahungabanye kumva ko abonwa, yumvwa, kandiko ahabwa agaciro:

- Mbabajwe cyane nuko ibi byabaye.
- Ndakumva.
- Ibyo birumvikana rwose ko bigoye.
- Ndakwizeye.
- Ntabwo ari amakosa yawe.
- Ntabwo wari ukwiye ibi rwose.
- Nibyiza kumva ubabaye / ufite ubwoba / uburakari / nibindi.
- Ntakibazo niba urikumva udashaka kuvuga cyane.
- Ushobora kuvuga igihe cyose uraba witeguye.
- Fata igihe cyose ushaka.
- Turikumwe.
- Nturi wenyine.
- Nishimira umurava wawe / imbaraga / intege nke.
- Ndakwishimiye rwose.
- Urakoze kumbwira. Ibyo byari ubutwari cyane.

Ibyo ugomba kwirinda



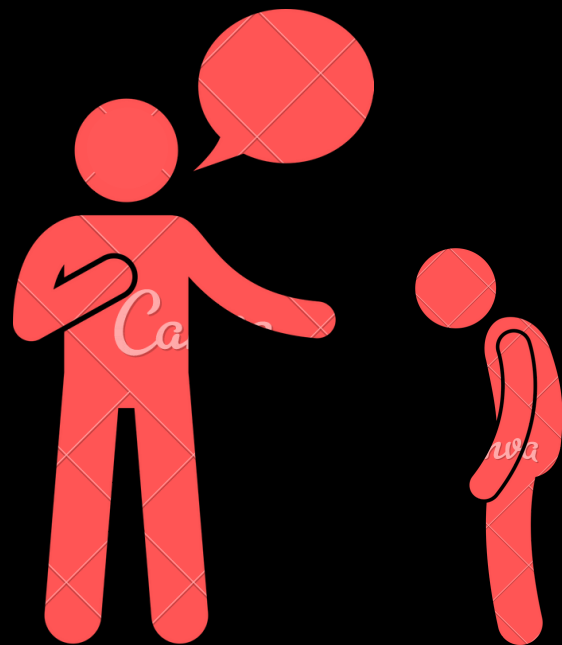
**KUBAKORAHU
UTABABAJIJE**



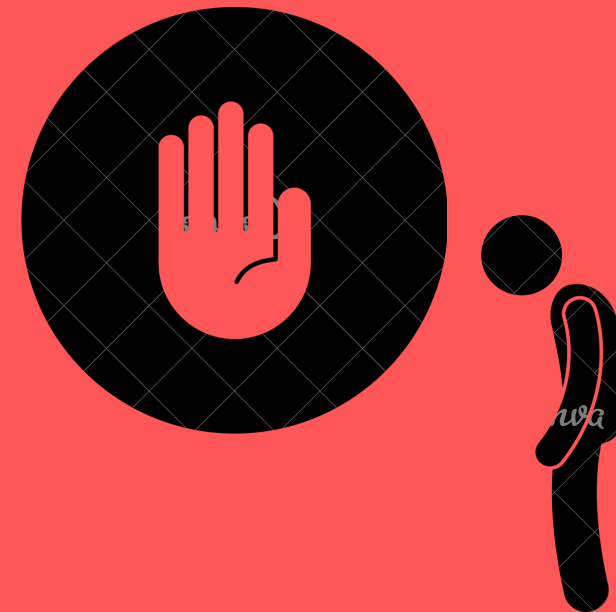
**KUBAHATA
KUBAGANIRIZA**



KUBAGIRA INAMA



**KUBABWIRA
INKURU UKABARAMBIRA**



**GUTESHA AGACIRO
UBURIBWE BWABO**

IMVUGO UGOMBA KWIRINDA

Imvugo zikurikira zisesereza zikanatesha agaciro abagize ihungabana bityo zishobora gutuma bicira urubanza cyangwa bakumva batewe ikimwaro n'uko biyumva:

- Uzakira.
- Byose bizagenda neza.
- Ibintu byose bibaho kubwimpamvu.
- Ibi bizashira.
- Ishime.
- Ntugire ikibazo.
- Shaaahuuu, wirira.
- Gerageza kubyibagirwa.
- Ntukababare.
- Gerageza wikuremo agahinda / ubwoba / nibindi.
- Humura.
- Tuza gusa
- Reka birashira.
- Bishobora kuba bibi.
- Byambayeho, kandi meze neza.
- Nyurwa.



BAHUMURIZE UKO WIYUMVA

"Umutwe / umutima / umubiri wawe wumva umeze ute ku gipimo cya 1-10?"

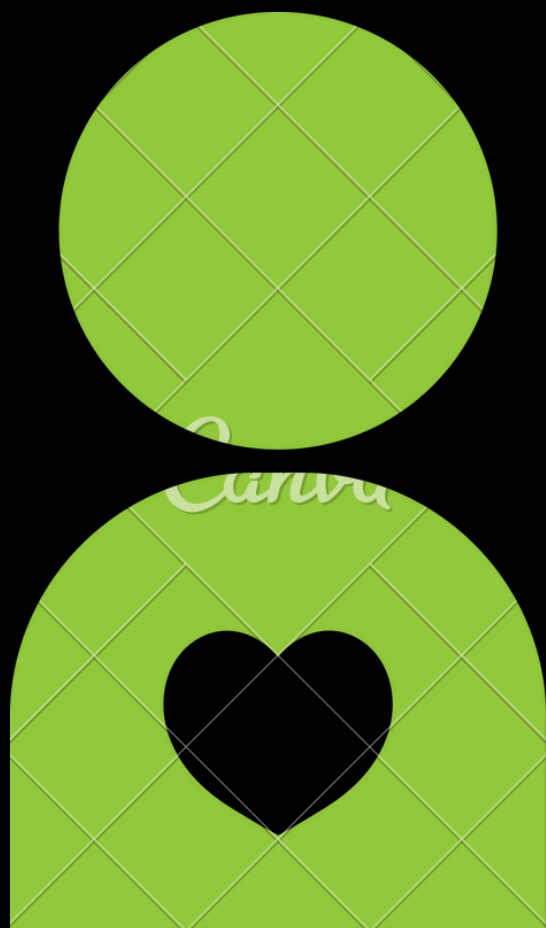
Ibi bibafasha kwimenya uko bameze ubu. Babaze ikintu gishobora kubafasha guhindura umubare wabo?

"Nigute nshobora kugufasha nonaha?"

Wibande kubikenewe byihuse kugirango wirinde ko bakizimba mu gutekereza kubyahise cyangwa ibyejo hazaza.

Bahitishemo amahitamo yoroshye amije kugenzura uko bamerewe, imbaraga, no kwigenzura.

Urugero Urashaka kwicara hano cyangwa hariya? Urashaka amazi cyangwa icyayi? Urashaka kuvuga cyangwa twicarane ducecetse?



**BATOZE
KWIYITAHO**

Kwita kubandi bishobora kukubera byiza cyangwa bibi.

Bishobora kukunaniza, bikagutera ibibazo byubuzima, "ihahamuka ridasanzwe" ndetse nanone bishobora kongera kukubyukiriza ihungabana.

"Umutwe / umutima / umubiri wanjye wumva umeze ute ku gipimo cya 1-10?"

Zana ibyiyumvo by'uko wiyumva. Niki cyahindura nimeroyawe?

Kurekura & Kuvugurura.

Kurekura imihangayiko cyangwa amarangamutima ushobora kuba ufite mumubiri wawe. Dimba ikirenge, inyeganyeze, taka, genda, iruka, rira, n'ibindi.

Noneho kora ikintu gitunga umubiri wawe, intekerezo zawewe, numutima wawe. Kunywa amazi cyangwa icyayi, humeka cyane, rya akantu runaka, marana umwanya n'uwo ukunda nibindi.

Reka duhuze

Kubindi bisobanuro, cyangwa niba ushaka kwitanga kugirango uhindure iki gitabo mu ndimi zitandukanye, dusure unyuze kuri imeli cyangwa ku mbuga nkoranyambaga zikurikira:



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