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RAPPORT

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IBIBAZO URUBYIRUKO RWIBAZA  
KU MIBANIRE IBONEYE

## IRIBURIRO

Nshuti Rubyiruko namwe Basomyi b'aka gatabo;

Mu ruhando rwo kurwanya icyorezo cya SIDA, Leta y'uRwanda ishyira ingufu nyinshi muri gahunda zifasha urubyiruko guhindura imyifatire. Gusa izi ngufu zihura n'ingorane zuko urwo rubyiruko ruba rudafite ubumenyi bwuzuye ku mikurire n' imyororokere y'ubuzima bwabo.

Mu biganiriro n'ubushakashatsi GTZ/Rwanda na PSI/Rwanda bagiranye n'urubyiruko rwo mu ntara za Kibungo, Gisenyi na Gikongoro kuva muri Nyakanga 2004 kugeza muri Werurwe 2005 byagaragaye ko muri rusange urubyiruko rudafite ubumenyi nyabwo kandi buhagije ku myororokere y'ubuzima bwarwo. Hafi ya 75 % by'abakobwa twaganiriye baduhishuriye ko akenshi bajya mu mihango bibatunguye. Ku rundi ruhande hafi 82% by'abahungu twaganiriye bemezaga ko kugirana imibonano mpuzabitsina n'umukobwa inshuro imwe gusa bitamuviramo gutwita. Ibi byatumye twibaza niba byoroshye kurwanya SIDA mu rubyiruko mu gihe urwo rubyiruko rutazi neza uko ubuzima bw'imyorokere yarwo buteye ndetse bunahindagurika.

Mu gukora aka gatabo GTZ/Rwanda na PSI/Rwanda biyemeje kunganira Leta y'uRwanda ndetse n'Abanyarwanda muri rusange mu guhangana n'icyo kibazo. Ibibazo n'ibisubizo byose biri muri aka gatabo byaganiriweho kandi bisubizwa n'urubyiruko rwo mu ntara za Kibungo (Rwamagana), Gisenyi (Umugi n'akarere ka Cyanzarwe) na Gikongoro (Amashuri abanza ya Bwama mu murenge wa Cyizi). Twubahirije ibyifuzo n'ibitekerezo byurwo rubyiruko kandi twizera ko bisa n'ibyo urundi rubyiruko rwo hirya no hino mu Rwanda rwibaza.

Nubwo aka gatabo kateguwe dushingiye ku bibazo by'urubyiruko gusa, gashobora gukoreshwa n'abantu b'urungano urwo arirwo rwo nk'ababyeyi, abarezi, Abakangurambaga b'urungano kugirango barusheho gufasha urubyiruko gusubiza ibibazo rwibaza ku myororokere y'ubuzima bwarwo.

Birashoboka ko twaba twaribagiwe cyangwa twaribeshye mu bisubizo bimwe na bimwe mu bibazo urubyiruko rwibaza ku buzima bw'imyororokere yarwo. Ubugororangingo ndetse n'inama zanyu zirakenewe cyane.

Tubifurije guhindura imyifatire uko musoma aka gatabo.

**Aka gatabo kateguwe na GTZ Tanzania mu Cyongereza.  
Kashyizwe mu kinyarwanda kajya no mu icapiro k'ubufatanye bwa  
GTZ/RWANDA na PSI/RWANDA**

Kigali 2005

## Gushimira

Turagirango dushimire urubwiruko rwo mu mashuri atandukanye yo muri Tanzania rwagize uruhare mu gutegura aka gatabo ku buryo bw'umwimerere. Turashimira na none urubwiruko rwo mu ntara za Kibungo (Rwamagana), Gisenyi (umugi n'akarere ka Cyanzarwe) na Gikongoro (amashuri abanza ya Bwama mu murenge wa Cyizi) kubera ibitekerezo n'ibibazo batugejejeho igihe twashakaga kunoza aka gatabo ngo karusheho kujyana n'ibibazo urubwiruko rw'u Rwanda rwibaza ku myorokere y'ubuzima bwarwo ndetse no ku cyorezo cya SIDA.

Turashimira kandi GTZ Tanzania yo yateguye ikanandika aka gatabo k'umwimerere kandi k'ingirakamaro. By'umwihariko turashimira ikicaro gikuru cya GTZ cyaduhaye uburenganzira busesuye bwo guhindura aka gatabo mu Kinyarwanda no kukanoza dushingiye ku bibazo urubwiruko rw'u Rwanda rwibaza.

Ntitwkwibagirwa gushimira abantu bose bagaragara mugatabo kambere kari mu cyongereza ari narwo rurimi twagakuyemo tugashyira mu kinyarwanda. Abo barimo abanyeshuri babajije ibibazo, abarezi ndetse n'abandi bashakashatsi batandukanye batanze ibitekerezo bitandukanye.

Turashimira cyane abakozi ba GTZ/Rwanda na PSI/Rwanda bafashishe mu gusemura, gukora igeragezwa hirya no hino ndetse no kunoza aka gatabo mu kinyarwanda, kugirango bigaragazwe ko kabanyere n'umuco nyarwanda.

Ntitwasoza tudashimiye Leta y'u Rwanda idahwema kutuba hafi iduha ikaze n'uburenganzira byo kwegera no kuganiriza urubwiruko rw'u Rwanda.

Mu gusoza twagirango twongere dushimire mwe mwese mwagize uruhare mu kwandika aka gatabo k'ingirakamaro. Ntagushidikanya ko kazagirira akamaro abantu bose bazagasoma. By'umwihariko kazatuma urubwiruko rw'u Rwanda rugena neza ibihe byarwo by'imbere kandi rufata n'ingamba nziza kubibazo ruhura nabyo buri muni.

**GTZ/RWANDA na PSI/RWANDA**

## IBIRIMO

1. Ni iyihe mibonano mpuzabitsina yemewe ?
2. Hari uburyo bungahwe bwo kuboneza urubyaro ?
3. N'ikihe gihe gikwiriye cyo gutangira gukoresha uburyo bwo kuboneza urubyaro ?
4. Birashoboka ko wakwirinda gusama ukoresheje uburyo bwo kubara iminsi?
5. Birashoboka ko abagore bakoresha ibinini byo kuboneza urubyaro byaba bibatera udusebe mu gifu ?
6. Birashoboka ko abagore bakoresha ibinini cyangwa inshinge mu kuboneza urubyaro bashobora kubara nyuma yo kubihagarika ?
7. Ni ngombwa gufata ikinyi no mu minsi utakoze imibonano mpuzabitsina?
8. Ni ubuhe buryo bwiza bwo kuboneza urubyaro bunogeye urubyiruko mu gihe cy'imibonano mpuzabitsina ?
9. Agakingirizo k'abagabo gakoreshwa gate?
10. Agakingirizo k'abagore gakoreshwa gate?
11. Ni nde wambika undi agakingirizo: ni umugabo cyangwa ni umugore?
12. Birashoboka ko agakingirizo kaba kanini ku bagabo bamwe kakaba gato ku bandi?
13. Kubera iki agakingirizo gakoreshwa rimwe gusa?
14. Kuki rimwe na rimwe udakingirizo dukika mu gihe cy'imibonano mpuzabitsina?
15. Amasohoro y'umugabo cyangwa ububobere bw'umugore bishobora guca mu gakingirizo?
16. Ni akahe kamaro k'amavuta aba mu gakingirizo? Ese hari ingaruka zayo ku bantu?
17. Bimerera gute umugore gukora imibonano mpuzabitsina hakoreshejwe agakingirizo cyangwa kadakoreshejwe?
18. Niba nkoresha agakingirizo uko nkoze imibonano mpuzabitsina, nshobora kwandura indwara zandurira mu mibonano mpuzabitsina ?
19. Ni gute nakwihanganira kudakora imibonano mpuzabitsina ntakakingirizo?

20. Ni gute indwara zandurira mu mibonano mpuzabitsina zandura ?
21. N'izihe ndwara zandurira mu mibonano mpuzabitsina kandi n'ibihe bimenyetso byazo ?
22. Ni ukuri ko hari abantu byoroheye cyangwa bikomereye kwandura indwara zandurira mu mibonano mpuzabitsina ?
23. Ese kwiyuhagira nkimara gukora imibonano mpuzabitsina byandinda kwandura indwara zandurira mu mibonano mpuzabitsina ?
24. Birashoboka ko indwara zandurira mu mibonano mpuzabitsina zakwandura niba imboro ikuwe mu gituba mbere yo gusohora cyangwa hakoze ikubitana ryo mu kibuno ?
25. Bitwara igihe kingana iki hagati yo kwandura no kugaragaza ibimenyetso by'indwara zandurira mu mibonano mpuzabitsina ?
26. Ni izihe ngaruka indwara zandurira mu mibonano mpuzabitsina zigira ku buzima bw'imyorokere?
27. Ni gute nakwemeza ko mugenzi wanjye afite indwara zandurira mu mibonano mpuzabitsina kandi namenya nte niba njye ntazifite?
28. Kuki abagabo bagaragaza ibimenyetso by'indwara zandurira mu mibonano mpuzabitsina kurusha abagore?
29. Haba hariho imiti ivura indwara zandurira mu mibonano mpuzabitsina ?

## 1. NI IYIHE MIBONANO MPUZABITSINA YEMEWE?

Ubusanzwe Imibonano mpuzabitsina yemewe ni ikorwa hagati y'umugore n'umugabo bashakanye. Birashoboka ariko ko umuntu wumva akuze ashaka kugira imibonano mpuzabitsina n'umuntu bakundana. icyo gihe imibonano mpuzabitsina yemewe ni ishobora gutuma hatabaho gusama utabishaka, ntiwandure indwara zandurira mu mibonano mpuzabitsina na VIH/SIDA. Imibonano mpuzabitsina yemewe rero ku ruhande rumwe ni uguhuza imibiri hatabayeho ~~kwinjiza imbere mu gituba~~, ku rundi ruhande ni uguhuza ibitsina hakoreshejwe agakingirizo. *Guhuza ibitsina*

Mu buryo bwo kwishimisha hatabayeho guhuza ibitsina hari nko gusomana, guhana ururimi, gukorakoranaho no kwikinisha. Ibyo byose byarinda gusama utabishaka no kwandura VIH/SIDA. Niba rero ~~imbere yinjije mu gituba~~ mu gihe cy'imibonano mpuzabitsina hagomba kubaho kwirinda. *Guhuza ibitsina*

Uburyo bumwe bushoboka bwo kwirinda ni ukwizerana n'uwo mugiyeye gukorana imibonano mpuzabitsina, ariko nabyo bisaba ko mwembi ntawe uba afite izo ndwara zandurira mu mibonano mpuzabitsina. Ubundi buryo ni ubwo kwirinda hakoreshejwe agakingirizo. Udukingirizo ntaturinda gusa gusama utabishaka, tunarinda kwandura indwara zandurira mu mibonano mpuzabitsina.

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## HARI UBURYO BUNGAHE BWO KUBONEZA URUBYARO ?

Nubwo urubiruko ruba rutarashaka ngo rukurikije <sup>z</sup>gahunda zo kuringaniza imbyaro, ni byiza ko rwigishwa hakiri kare ibyiza byo kuringaniza imbyaro aho kuzabibwirwa rwamaze gushaka. Hari uburyo bwinshi bwo kuboneza urubyaro kandi bushobora gushyirwa mu matsinda atandukanye.

Uburyo bw'agakingirizo: karinda intanga – ngabo kudahura n'intangangore ngo habe ifatishantanga cyangwa isama.

Udukingirizo ni udufuka twa parasitike dufunze uruhande rumwe. Hari udukingirizo dutandukanye twakorewe abagore n'abagabo. Ariko udukingirizo tw'abagore ntabwo turasakara hano mu Rwanda kuko ubushahashatsi butarerekana niba abanyarwandakazi batwemera bakanadushima.

Igishushanyo

Agakingirizo k'abagabo

Agakingirizo k'abagore

Udukingirizo tw'abagabo twambikwa <sup>igatirira babo</sup> imbere yashyutswe mbere yo kuyinjiza mu <sup>gituba</sup> gituba. Udukingirizo tw'abagore two twinjizwa imbere mu gituba mbere yo gukora <sup>gitubira</sup> imibonano mpuzabitsina .

**Uburyo bw'ibinini:** Umugore amira akanini kamwe buri muni kabone nubwo yaba atakoze cyangwa ataribukore imibonano mpuzabitsina.

#### Igishushanyo

**Hari n'ubundi buryo bw'igihe kirekire:** Ntibisaba ubuhanga bukomeye bwo kwirinda kudasama igihe cy'imibonano mpuzabitsina, umugore rero agomba kutabyibagirwa ngo yirenze itariki.

#### Igishushanyo

Muri ubwo buryo hari **inshinge zihabwa abagore**, agaterwa rumwe buri mezi atatu ruterwa ku kaboko, ku itako cyangwa ku kibero. Ubundi buryo ni **ubw'agapira**. Utwo dupira ni uduheha twa parasitike dusesekwa muni y'uruho ku kizigira cy'ukuboko, utwo dupira tubuza intanga ngore guhisha. Byongeye kandi hari agapira gashyirwa mu mura mu mpine bita **IUD**. Ako gapira kaba gakozwe mu bwoko bwa parasitike kagasesekwa mu mura w'umugore n'inzobere mu by'ubuzima.

Inshinge, udupira, n'agapira ko mu mura bigomba gukorwa n'abakozi babihuguriwe bihagije.

Duhereye ku buryo bw'igihe kirekire buhindura cyane ukwezi k'umugore, ingaruka z'ubwo buryo na none ziruta iz'ibinini, dufashe urugero.



Hari n'ubundi buryo bwo kwifungisha burundu k'umugabo cyangwa k'umugore. K'umugabo bakata imiyoborontanga bakayizirika, bikabuza intanga- ngabo kwivanga n'amasohoro. Iyo umugabo akoze imibonano mpuzabitsina nyuma y'iki gikorwa , arasohora ariko nta ntanga –ngabo ziba ziri muri ayo masohoro .

Ku bagore, bakata imiyoborantanga bakayizirika mu buryo bwo kubuza intanga- ngore kugera mu mura . Nyuma y'iki gikorwa, umugore akomeza kujya mu mihango uko bisanzwe, ariko intanga – ngore ntiba ishobora guhura n'intanga – ngabo.

Na none kandi hari uburyo bundi budasaba imiti cyangwa udukingirizo. ubwo buryo ariko ntiburinda bihagije kudasama. Rimwe na rimwe umugore arebera ku mihindagurikire y'ururenda, bikamufasha kumenya iminsi ye y'uburumbuke bityo akabara iminsi ngo atandukanye iyo ashobora gusamiraho maze akirinda gukora imibonano mpuzabitsina.

Abagabo bagerageza na none gusohorera inyuma abagore nabo bakizera ko konsa igihe kirekire bibarinda gusama akaba ari uburyo bumwe bwa gakondo mu kuboneza urubyaro.

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Twibuke ko ubwo ari uburyo bukunze gukoreshwa ariko butizewe mu kwirinda gusama no kwandura indwara zandurira mu mibonano mpuzabitsina. Ni ngombwa kumenya ko bumwe muri ubwo buryo bunogera abantu ariko abandi ntibubanogere. Ni ukuvuga ko umuntu wese ushatse kuboneza urubyaro agomba kujya kwa muganga mu rwego rwo kumufasha guhitamo uburyo bwamunogera.

### **3. NI IKIHE GIHE GIKWIRIYE CYO GUTANGIRA GUKOresha UBURYO BWO KUBONEZA URUBYARO?**

Igihe gikwiriye cyo gutangira kuboneza urubyaro ni igihe utangiye gukora imibonano mpuzabitsina. Nicyo gihe cyo gukoresha agakingirizo kuko kakurinda gusama utabishaka kakanakurinda indwara zandurira mu mibonano mpuzabitsina.

Igishushanyo

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Ni igihe kandi cyo kujya kwa muganga ugahabwa inama ku buryo butandukanye bwo kuboneza urubyaro, umuganga cyangwa umuforomo ashobora gufasha abashakanye guhitamo uburyo bakoresha.

Bamwe na bamwe batekereza ko serivisi zitanga inama ku kuboneza urubyaro zigenewe abagore bashatse, abatwite n'ababyeyi gusa. Nyamara siko bimeze mu bihugu byinshi, umuntu wese ugeze ku myaka yo kuba yakororoka, yaba umukobwa cyangwa umuhungu aba afite uburenganzira bwo kugana serivisi yo kuboneza urubyaro kugira ngo ahabwe ubumenyi bwuzuye ku myororokere y'ubuzima bwe.

#### **4. BIRASHOBOKA KO WAKWIRINDA GUSAMA UKORESHEJE UBURYO BWO KUBARA IMINSI?**

Intanga-ngore irekurwa iminsi 14 iturutse mu murerantanga waba uw'iburyo cyangwa uw'ibumoso mbere y'igihe cy'uburumbuke. Mu kuva aho, intanga-ngore inyura mu muyoborantanga igana mu mura.

Iyo rero intanga-ngore ihuye n'intanga - ngabo niyo byahurira mu muyoborantanga habaho ifatishantanga. Niba rero umugore yirinze gukora imibonano mpuzabitsina mu minsi ye y'uburumbuke ashobora kudasama.

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Ngomba kuba naribeshye  
mu kubara iminsi

Igishushanyo

Abenshi mu bangavu ntibamenya neza ibihe byabo bya mbere n'ibya nyuma by'uburumbuke. Ibyo bigatuma badashobora kumenya neza igihe cyo kwirinda kuba bakora imibonano mpuzabitsina.

Ukwezi k'umukobwa gushobora guhinduka bitewe n'impamvu nyinshi: Ubwoba, umubabaro, urugendo cyangwa ibindi byose bihinduye ubuzima bwe. Nubwo umukobwa yaba afite ukwezi kudahinduka igihe kimwe bishobora guhinduka, akaba ari iyo mpamvu umwangavu atakwiyizera mu kubara iminsi ngo adasama, kimwe n'uko adashobora kumenya ko hari intanga - ngore ihishije yiteguye kwakira intanga-ngabo cyangwa ko ari ntayo, nta minsi rero isanzwe yo kudasama cyangwa gusama ku mwangavu agomba kwirinda igihe cyose.

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#### **5. BIRASHOBOKA KO ABAGORE BAKORESHA IBININI BYO KUBONEZA URUBYARO BYABA BIBATERA UDUSEBE MU GIFU?**

Abagore bamwe bagira utwo dusebe two mu gifu ariko utwo dusebe nta sano tugirana n'ikoreshwa ry'iyi miti.

Utwo dusebe ahubwo rimwe na rimwe duterwa no guhangayika, ibinure byinshi, imirire kimwe no kuba byaba ari nk'umurage cyangwa akarande mu muryango wanyu, ibyo binini rero ntibitera udusebe two mu gifu.

**6. BIRASHOBOKA KO ABAGORE BAKOresha IBININI CYANGWA INSHINGE MU KUBONEZA URUBYARO BASHOBORA KUBYARA NYUMA YO KUBIHAGARIKA?**

Ibinini n'ishinge bibuza gusama kuko bibuza intanga-ngore guhisha. Iyo umugore akoresha ubwo buryo rero akomeza kujya mu mihango nk'ibisanzwe ariko nta ntanga – ngore ihisha ngo ibe yakwakira intanga – ngabo.

Umugore aramutse ahagaritse ibinini niyo yaba inshuro imwe gusa, intanga- ngore irahisha ndetse umugore akaba yanasama.

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nahagarika ibinini inshuro imwe gusa  
nzahita mpisha

Igishushanyo

Ku mugore ukoresha urushinge, bifata igihe kugirango yongere kugira intanga - ngore zihishije . Ndetse ku bagore bamwe bifata igihe cy'amezi 12.

Icy'ingenzi twakwibuka ni uko ari inshinge ari n'ibinini ntabwo ari uburyo bwa burundu bwo kuboneza urubyaro kabone n'ubwo byafata igihe kitari gito ku mugore ngo yongere kugira izindi ntanga – ngore zihisha .

**NI NGOMBWA GUFATA IKININI NO MU MINSI UTAK  
UTARIBUKORE IMIBONANO MPUZABITSINA ?**

Hari udupaki tumwe na tumwe tw'ibinini, hari utw'ibinini 21, hari n'ibiza 28. Niba wandikiwe agapaki k'ibinini 21, ugomba guhagarika gufata iki 7 buri kwezi. Niba ufata agapaki k' ibinini 28, ugomba kumira ikinini kimw munsu, ndetse no mu minsi y'imihango.

} Ikindi ni uko muri uko gufata ibinini byo kuboneza urubyaro ugomba uwabiguhaye akagusobanurira neza uko ugomba kubikoresha .

Igishushanyo

Niba umugore yibagiwe kumira ikinini n'ubwo yaba ari umunsi umwe gusa ashobora gusama .Niba rero yibagiwe kukimira ni ngombwa ko yakoresha agakingirizo mu gihe cy'imibonano mpuzabitsina kugirango kamurinde gusama.Ni nako yabigenza kandi mu gihe ahitwa cyangwa akaruka mu masaha 4 afashe ikinini.

Niba kandi umugore yibagirwa kenshi na kenshi kumira ikinini ,agomba kwegera muganga akamufasha guhitamo ubundi buryo bumushobokeye bwo kuboneza urubyaro.

## **8. NI UBUHE BURYO BWIZA BWO KUBONEZA URUBYARO BUNOGEYE URUBYIRUKO MU GIHE CY'IMIBONANO MPUZABITSINA?**

Buri buryo bufite inyungu n'ingaruka:

Urugero 1: Inyungu yo gufata ibinini n'uko nta mpungenge zibaho mu gihe cy'imibonano mpuzabitsina niba umugore afata ibinini uko bikwiriye. Ingaruka zabyo ni uko umugore agomba guhora yibuka ko agomba gufata ikinini buri muni.

Urugero 2: Agakingirizo gafite inyungu kuko katarinda gusa gusama, ahubwo kanarinda kwandura indwara zandurira mu mibonano mpuzabitsina.

Ikibi cyako n'uko ugomba kukambara igihe cyose ukora imibonano mpuzabitsina.

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Igishushanyo

Kimwe n'inshinge zifite inyungu kuko rutangwa rimwe gusa mu mezi atatu. Ingaruka zazo ni uko zisaba igihe kinini ku bagore bamwe na bamwe cyo kongera kubona intanga- ngore zihisha, na none kandi zituma abagore bamwe na bamwe bagira ibihe bihindagurika.

Nyamara umukobwa yegereye inzobere mu kuboneza urubyaro, bashobora kujya impaka kuri ubwo buryo bwose, bakareba ibyiza n'ibibi byazo, maze bakagena uburyo bwiza bunogeye umukobwa.

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## **9. AGAKINGIRIZO K'ABAGABO GAKORESHWA GATE ?**

Igihe hakoreshe agakingirizo, ibyiciro bikurikira bigomba gukurikizwa:

Kureba neza ko agapaki karimo agakingirizo katafunguwe no kureba ko itariki kagenewe itarangiye. Niba imboro yashyutswe, fungura agakingirizo neza witonze, irinde gukoresha urwembe, amenyo, imakasi cyangwa icyuma.

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Fata ku mutwe wako kugirango hatajyamo umwuka mu gihe cyo kukambara bikarinda gutoboka, zingurira agakingirizo ku mboro kugeza igihe cyose iraba yambaye , niba wizeye ko imaze kukambara neza ushobora gutangira gukora imibonano mpuzabitsina .

Igihe cyo gukura imboro mu gituba, ugomba kwitonda kugirango agakingirizo katavamo. Nyuma yo kuyukuramo, vanamo agakingirizo witonze imboro itaragwa ngo amasohoro ajye mu gituba. Nyuma yo kugarukamo, kajugunye mu musarani cyangwa ugatwike, ariko ntugasige ahagaragara.

Mu dupaki twinshi tw'udukingirizo tuboneka ku isoko, ushobora kubonaho ibisobanuro bihagije by'uko bakoresha agakingirizo .Imenyereze rero gukoresha agakingirizo mu gihe cy'imibonano mpuzabitsina bizagufasha kugira ubuhanga mu kugakoresha .

#### **10 .AGAKINGIRIZO K'ABAGORE GAKORESHWA GATE ?**

Mu bihugu byinshi by'Afurika udukingirizo tw'abagore ntituraboneka cyangwa ngo gakwirakwiza. Agakingirizo k'abagore kinjizwa mu gitsina imbere, bigakorwa mbere yo gukora imibonano mpuzabitsina.

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Niba ugiye gukoresha agakingirizo k'abagore, reba neza ko ari kazima katacitse, urebe ko n'itariki yako itarangiye.

Fungura agapaki neza witonze. Aka gakingirizo gafite impeta ebyiri za parasitiki, hakaba gafunguye uruhane rumwe. Impeta imwe ni ntoya kandi iri k'uruhande rufunze, iya 2 yo ni nini ikaba iri k'uruhande rufunguye.

Fata ako gakingirizo k'uruhande rufunze, impeta nto use n'uyikoramo umunani ? Maze uyisunikishe intoki ebyiri. Rimwe narimwe agakingirizo karanyerera ariko ugomba gukomeza kugasunika kugeza igihe kinjiye neza. Hitamo neza uburyo bwiza wifatamo mu gihe winjiza iyo mpeta maze uyisunikishe intoki zawe. Reka impeta

igende igereyo neza kuko ihamishamo agakingirizo igihe ukuyemo intoki zawe.  
Noneho rero seseka urutoki mu gakingirizo usunike impeta igere ku nkondo y'umura.  
Nyuma y'imibonano, kuramo agakingirizo neza ukajugunye mu musarani cyangwa  
ugatwike ariko ntugasige ahagaragara.

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**11. NINDE WAMBARA AGAKINGIRIZO K'ABAGABO NI UMUGABO CYANGWA NI UMUGORE?**

Yaba umugabo wambika agakingirizo imboro ye cyangwa akaba umugore umufasha kukambara byose biterwa n'imyanzuro y'abantu babiri baba bagiye gukorana imibonano, bombi bashobora kwambika imboro agakingirizo mu gihe cy'imibonano mpuzabitsina kimwe nkuko bose bashobora kukagura.

**12 .BIRASHOBOKA KO AGAKINGIRIZO KABA KANINI KU BAGABO BAMWE KAKABA GATO KU BANDI?**

Habaho ingero zitandukanye z'udukingirizo. Muri rusange ingero z'udukingirizo ziriho zibereye ahanini abagabo bakuze. Ntibikunze kubaho ariko udukingirizo tuba duto ku bagabo bamwe na bamwe .

Abagabo bamwe bakunda kwigaragaza ko bafite imboro nini ariko bakagira urwitwazo rwo kudakoresha agakingirizo.

Dessin

Ni agakingirizo kanini cyangwa ndacyari muto ?

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Nyamara ku gimbi ho biratandukanye.

Rimwe na rimwe udukingirizo tubaho tunini iyo ugereranije ingano z'imboro z'abagabo n'iz'ingimbi.

Mu bihugu byinshi by'Afurika, udukingirizo duto ntidukunze kuboneka, Ingimbi rero zifite imboro nto zitabonerwa udukingirizo, zakagombye kwirinda guhuza ibitsina bagakoresha ubundi buryo bwo kwishimisha nko gukorakorana no gusomana.

**13. KUBERA IKI AGAKINGIRIZO GAKORESHA RIMWE GUSA ?**

Agakingirizo kagomba gukoreshwa rimwe gusa, kuko niba gakoreshwe inshuro ebyiri cyangwa eshatu katazarinda neza gusama cyangwa kwandura indwara zandurira mu mibonano mpuzabitsina.

Sinshaka kongera gukoreshwa

Igishushanyo

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Udukingirizo ntitugomba kozwa cyangwa kongera gukoreshwa, tugomba kujugunywa mu musarani cyangwa tugatwikwa nyuma yo gukoreshwa, udukingirizo twagenewe gukoreshwa inshuro imwe gusa.

#### **14. KUKI RIMWE NA RIMWE UDUKINGIRIZO DUCIKA MU GIHE CY'IMIBONANO MPUZABITSINA ?**

Udukingirizo twacika rimwe na rimwe iyo tutambitswe neza imboro. Ni ngombwa rwose gukanda ku mutwe rw'agakingirizo mu gihe ukambika imboro kuko iyo hagiye umwuka utuma gacika mu gihe cy'imibonano mpuzabitsina.

Byongeye kandi, ntitugomba gushyira amavuta nka vaserine ku gakingirizo mu koroshya iyinjizwa ryako. Bene ayo mavuta agabanya uburambe bw'agakingirizo bityo kakaba kacika.

Amavuta aba mu gapaki k'agakingirizo biguranwe, akomeza uburambe bw'agakingirizo biguranywe, kandi atandukanye cyane n'ubundi bwoko bw'amavuta.

Ni ngombwa kwibuka ko niba agakingirizo gakoreshwe uko bikwiye, ibyago byo kuba kacika aba ari bike cyane.

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#### **15. AMASOHORO Y'UMUGABO CYANGWA UBUBOBERE BW'UMUGORE ASHOBORA GUCA MU GAKINGIRIZO**

Oya, amasohoro ntashobora guca mu gakingirizo, udukingirizo twakorewe kubuza amasohoro kwinjira mu gituba mu gihe cy'imibonano mpuzabitsina, kubera rero ko amasohoro adashobora guca mu gakingirizo, udukingirizo ni uburyo bwiza bwo kwirinda gusama utabishaka no kwandura indwara zandurira mu mibonano mpuzabitsina. Na none ububobere bw'umugore ntibushobora guca mu gakingirizo kazima.



Abantu bamwe bavuga ko agakingirizo kaba gafite utwenge duto, duhitisha amashoro na virusi zitera indwara zandurira mu mibonano mpuzabitsina, ariko ibyo ni ibinyoma. Niba ushaka kumenya ko agakingirizo gashya kadafite utwenge, fata kamwe maze ukuzuzemo amazi asanzwe, uzabona ko adashobora kunyura mu gakingirizo uko byagenda kose. Nyuma yo gukora iryo gerageza, kajugunye mu musarani cyangwa ugatwike. Wigakoresha mu mibonano mpuzabitsina.

Igishushanyo

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**16. NI AKAHE KAMARO K'AMAVUTA ABA MU GAKINGIRIZO ?**

**ESE HARI INGARUKA ZAYO KU BANTU ?**

Amavuta aba mu gakingirizo ni amavuta yihariye, abamo kugirango arinde agakingirizo kugeza ku munsigakoreshejwe. Nta mavuta uburambe bw'agakingirizo bwaba buke, kuko agakingirizo kakuma maze kagatakaza gukweduka kwako. Aya mavuta nta ngaruka agira ku bantu benshi, abantu bake cyane bafite uruhu rworohereye bagira uburyaryate nyuma yo kugakoresha, ariko icyo ntabwo ari ikibazo gikomeye. Abantu nk'abo bagirwa inama yo koza buhoro buhoro ibice by'igitsina cyabo bakoresheje isabune nyuma yo gukora imibonano mpuzabitsina.

Nta mavuta  
singikoreshejwe

- 22-

Hari ibihuha bivugwa ko amavuta yo mu dukingirizo abamo VIH. Ibyo ni ibinyoma, ariya mavuta abamo gusa kugirango yongere uburambe bw'agakingirizo.

**17. BIMERERA BITE UMUGORE GUKORA IMIBONANO MPUZABITSINA HAKORESHEJWE AGAKINGIRIZO CYANGWA KADAKORESHEJWE?**

Ntitwashobora kuvuga uko bimerera umugore gukora imibonano mpuzabitsina hakoreshejwe cyangwa hadakoreshejwe agakingirizo. Buri wese agira guhitamo kwe. Ariko ikintu cy'ingenzi mu mibonano mpuzabitsina ni ugushimisha umubiri no gushimishanya hagati y'abakundana n'urugero ibyo byishimo bigeraho.

Abagore bamwe bahitamo gukora imibonano mpuzabitsina hakoreshejwe agakingirizo kuko nta bwoba bwo gutwita cyangwa kuba yakwandura indwara zandurira mu mibonano mpuzabitsina agira.

Abandi bagore bahitamo kudakoresha agakingirizo nyamara hari ingaruka zo kuba batwita cyane. Muri iyi minsi, hari ingaruka zo kuba wakwandura indwara zandurira mu mibonano mpuzabitsina na VIH / SIDA igihe cyose hadakoreshejwe agakingirizo. Si byiza rero kubigerageza na gato kugeza mwembi mwipimishije mukamenya ko muri bazima.

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**18. NIBA NKORESHA AGAKINGIRIZO UKO NKOZE IMIBONANO MPUZABITSINA NSHOBOA KWANDURA INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA**

Mikorobi zitera indwara zandurira mu mibonano mpuzabitsina ziba mu masohoro no mururenda rwo munda ibyara y'umugore ariko niba ukoresha agakingirizo igihe cyose ukoze imibonano mpuzabitsina, ushobora kutandura izo ndwara zandurira mu mibonano mpuzabitsina kuko amasohoro cyangwa urwo rurenda rwo munda ibyara bidashobora guca mu gakingirizo.

Niba ukoresha agakingirizo neza ntushobora kwandura.

### 19. NI GUTE NAKWIHANGANIRA KUDAKORA IMIBONANO MPUZABITSINA NTA GAKINGIRIZO

Rimwe na rimwe biragora kwihanganira kudakora imibonano mpuzabitsina nta gakingirizo kubera ubwuzu uba ufiteye inshuti yawe, ariko twibuke ko bitoroshye kumenya niba umuntu afite zimwe mu ndwara zandurira mu mibonano mpuzabitsina no kwizera ko atanduye VIH/SIDA.

Ntushobora kumenya umubare w'abantu inshuti yawe imaze kubonana nabo mu buzima bwayo, n'inshuti yawe kandi ntishobora kumenya niba utaragira n'undi wese imibonano mpuzabitsina.

Ntibishimisha gukoresha  
Agakingirizo...

VIH/SIDA  
Ntabwo ariyo ishimishije  
kurushaho

Igishushanyo

Kuki ushaka gukoresha agakingirizo?  
Ntunyizera?

Nta ngaruka kuri twe  
S'ikibazo cyo kwizera  
N'ikibazo cy'ubuzima

Igishushanyo

Igihe cyose ukoze imibonano mpuzabitsina umva ko bishoboka kwandura indwara zandurira mu mibonano mpuzabitsina.ku bw'ibyo, umvikana n'inshuti yawe mukoreshe agakingirizo mu rwego rwo kurinda mwembi. Niba mugenzi wawe akubwiye ko nta ndwara n'imwe afite, mubwire ko utakwizera ko atanduye VIH/SIDA kugeza ataripimisha.

Niba umwe muri mwe ataripimisha, haracyari ingorane zo kwandura virusi.  
Ntukemere kudakoresha agakingirizo kuko bishobora kwangiza ubuzima bwawe .

Nta ndwara nakwanduza...

Niba unkunda ubaha  
ubuzima bwanjye

Igishushanyo

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## **20. NI GUTE INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA ZANDURA?**

Indwara zandurira mu mibonano mpuzabitsina zandura iyo uwamaze kuzandura agiranye imibonano mpuzabitsina n'utarazandura. Mu bihugu byinshi by'Afurika indwara nyinshi zandurira mu mibonano mpuzabitsina zimaze gukwirakwira, hafi y'abantu barenga 10% mu bapimwe, bafite izo ndwara. Niba ushidikanya ko wowe cyangwa inshuti yawe mwagiranye imibonano mpuzabitsina haba hari uwanduye, ni ngombwa kujya kwipimisha. Niba indwara nk'izo zitavuriwe igihe zishobora gutera ingaruka zikomeye ku mubiri. Ahanini zigira ingaruka ikomeye yo gutera ubugumba .

## **21. NI IZIHE NDWARA ZANDURIRA MU MIBONANO MPUZABITSINA KANDI N'IBIHE BIMENYETSO BYAZO?**

Hari indwara nyinshi zitandukanye zandurira mu mibonano mpuzabitsina, zimwe murizo twavugaga nk'Imitezi, Mburugu, Karamidiya, Uburagaza, Kandidose na VIH / SIDA. Ikibazo gikomeye cy'izo ndwara ni uko ibimenyetso byazo bidatandukanye neza kandi zikaba zatera ingaruka zikomeye ku mubiri igihe zitavuye neza ngo zinavurirwe igihe.

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Hari itandukaniro rito ku nyinshi mu ndwara rusange zandurira mu mibonano mpuzabitsina .

**IMITEZI :** Ifata hagati y'umunsi 1 kugeza ku minsi 14 yanduwe kugira ngo igaragaze ibimenyetso byayo. Ku mugore wayanduye agaragaza ibimenyetso bikurikira, kugira ububabare mu kiziba cy'inda, bushobora gutera umuriro cyangwa akazana uruzi mu gitsina. Nyamara abagore benshi nta bimenyetso bagira.

Ku bagabo bo ibimenyetso bigaragara ni ukuzana amashyira mu mboro no kubabara igihe cyo kunyara. Ingaruka zihariye ku bagore ni ukwangirika kw'imiyoborantanga, maze agatwitira hanze y'umura, bikaba byanatera ubugumba, uruhinja ruvutse ku mugore wanduye imitezi rushobora kuba impumyi.

Ku bagabo imitezi rimwe na rimwe ituma umuyoborankari wangirika kandi rimwe na rimwe akaba yakwangirika imyanya y'imbere.

**MBURUGU :** Ibimenyetso bya mburugu ku mugore n'uduheri agira ku bice by'igitsina cyane cyane mu nsya ku nkengeri z'inyo .

Abagabo bakunze kugira udusebe ku mutwe w'imboro, uburibwe ku bindi bice by'imboro no ku nkengeri z'inyo.

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Abagabo bashobora kugira n'uduheri ku bice by'igitsina. Ingaruka zihariye z'imatezi ku bagabo n'ibibazo by'umutima, kwibagirwa no kubyara abana batuzuye.

**KALAMIDIYA:** Biragora kugaragaza ibimenyetso by'umugore urwaye kalamidiya. Abagabo muri rusange bagira ububabare igihe banyara kandi bagashaka kunyara buri kanya. Ingaruka ku bagore ni ukwangirika kw'imiyoborantanga bitera intanga – ngore kuyoboka hanze y'umura. Kubabara igihe atwite cyangwa kuba ingumba bikaba byamushyikira. Ku bagabo, kalamidiya ishobora kwangiza umuyoboro w'inkari cyangwa se akaba ingumba.

Igishushanyo

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**UBURAGAZA:** Ibimenyetso byayo ni udusebe tubabaza tuba ku myanya ndangagitsina, kubabara cyane igihe unyara, ukagira uduhuri n'udusebe ku gitsina. Bene utwo iyo duturitse hasohoka amashyira anuka byose bijyana n'uburibwe . Aha twibuke ko uburagaza bushahura igitsina kikavaho kigenda gicikagurika cyane ku bagabo.

**KANDIDOSE :** ku bagore ibimenyetso byayo ni amashyira asohoka mu gitsina n'udusebe duta tuba ku myanya ndangagitsina. Ku bagabo ni uburyaryate bwo ku myanya ndangagitsina no kubabara banyara. Gukora imibonano mpuzabitsina birababaza cyane ku muntu urwaye Kandidose.

**VIH/SIDA :** Mu gihe gito ukimara kwandura VIH/ SIDA nta bimenyetso byihariye ugira, ushobora ndetse no kumara imyaka 10. Nyamara iyo sida yasohotse haboneka ibimenyetso byinshi. ( Ubudahangarwa bw'umubiri w'umuntu bugenda bucika intege ) abasirikare b'umubiri w'umuntu bacika intege, umuntu atakaza ibiro byinshi kandi agahora arwaragurika. Ingaruka ya nyuma ya VIH / SIDA ni urupfu.

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## **22. NI UKURI KO HARI ABANTU BYOROHEYE CYANGWA BIKOMEYE KWANDURA INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA?**

Si ukuri ko hari abantu bavukanye abasirikare b'umubiri (Ubudahangarwa) bakomeye kurusha ab'abandi mu kurwanya indwara zandurira mu mibonano mpuzabitsina. Iyago byo kwandura izo ndwara biterwa n'imyifatire yawe.

Nk'uko amazina yazo abivuga, indwara zandurira mu mibonano mpuzabitsina, zandura habayeho guhuza ibitsina. Niba rero ukoranye imibonano mpuzabitsina n'abantu benshi nta gakingirizo, uragana mu byago byo gufatwa n'izo ndwara.

Niba ufite mugenzi wawe umwe gusa mukorana imibonano mpuzabitsina kandi akaba nta zindi nshuti agira nkawe, mukaba ndetse mwaripimishije mugasanga muri bazima, nta ngaruka nimwe yo kwandura.

Nyamara ntibyoroshye kumenya niba mwembi muri bazima no kumenya niba inshuti yawe ntawundi bahuza ibitsina . Ni ukuvuga ko ibyiza rero ari ugukoresha agakingirizo igihe cyose ugiye gukora imibonano mpuzabitsina.

**23. NIBA NIYUHAGIYE NKIMARA GUKORA IMIBONANO MPUZABITSINA BYANDINDA KWANDURA INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA?**

Oya, ntushobora kwirinda kwandura indwara zandurira mu mibonano mpuzabitsina ngo n'uko wiyuhagiye ukimara gukora imibonano mpuzabitsina ngo n'uko wiyuhagiye ukimara gukora imibonano mpuzabitsina kuko udukoko dutera izo ndwara twinjira mu mubiri ako kanya tukajya mu maraso.

Igishushanyo

Twageze mu maraso

Ubu ntidushobora kozwa uko byagenda kose !

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**24. BIRASHOBOKA KO INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA ZAKWANDURA NIBA IMBORO IKUWE MU GITSINA CY'UMUGORE MBERE YO GUSOHORA CYANGWA HAKOZWE IKUBITANA RYO MU KIBUNO ?**

Nibyo rwose , indwara zandurira mu mibonano mpuzabitsina zishobora kwandura kabone n'iyi wavanamo imboro mbere yo gusohora . Abantu barwaye bene izo ndwara, bakunda kugira udusebe mu myanya ndangagitsina maze Mikorobe y'izo ndwara ikabasha kunyuramo byoroshye. Ushobora rero kwandura izo ndwara zandurira mu mibonano mpuzabitsina n'ubwo wakuramo imboro mbere yo gusohora. Kimwe nuko gukubitana mu kibuno, atari uburyo bwiza bwo kwirinda indwara zandurira mu mibonano mpuzabitsina. Kubera ko uruhu rwo munnyo ruba rworohereye, akaba kandi ari nta rurenda rubamo nk'urwo mu nda ibyara, gukubitana mu nnyo bitera udukomere duta, muri utwo dukomere rero udukoko dutera indwara zandurira mu mibonano mpuzabitsina dushobora gucama byoroshye. Nyamara ibyago byo kwandura indwara zandurira mu mibonano mpuzabitsina ni byinshi k'ukubitanye mu nnyo kurusha uko wakwandurira mu gituba . Niyo mpamvu rero ari byiza gukoresha agakingirizo igihe cyose.

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**25. BITWARA IGIHE KINGANA IKI HAGATI YO KWANDURA NO KUGARAGAZA IBIMENYETSO BY' INDWARA ZANDURIRA MU MIBONANO MPUZA BITSINA ?**

Igihe kiri hagati yo kwandura no kugaragaza ibimenyetso by'indwara zandurira mu mibonano mpuza bitsina giterwa n'ubwoko bw'iyi ndwara.

Indwara zimwe na zimwe nta bimenyetso zigaragaza, izindi zikabigaragaza nyuma y'iminsi mike, izindi nyuma y'icyumweru, nyuma y'ukwezi kumwe cyangwa menshi cyangwa se umwaka. Kuli VIH / SIDA bishobora no gufata imyaka 10 hagati yo kwandura no kugaragaza ikimenyetso cya mbere. Abantu bamwe bagaragaza ibimenyetso vuba, abandi bigatwara igihe. Kubw'ibyo rero, nta gisubizo cyihariye twaha iki kibazo.

## 26. NI IZIHE NGARUKA ZO KUGIRA INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA ?

Ingaruka z'indwara zandurira mu mibonano mpuzabitsina ziterwa n'ubwoko bw'iyo ndwara kuko buri ndwara igira ingaruka zayo bwite.

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Icyumba cyo kwa muganga, bategererezamo.

Dessin

Hari ingaruka z'igihe gito, n'igihoraho.  
Ingaruka z'igihe gito zishobora kuba ibikomere n'udusebe duto hamwe n'uburyaryate cyangwa kubabara mu myanya ndangagitsina, umunuko cyangwa kugira uruzi mu gitsina, cyangwa kubabara mu gihe cyo kunyara.

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Niba ibyo bintu bitavuriwe igihe bishobora gutera umubiri ingaruka zihoraho.

Urugero: Imiyoborantanga y'umugore ishobora kwangirika maze intanga ze zikigira hanze y'umura.

Abagabo bagira ibibazo byo kwangirika umuyobora nkari.

Ku bagabo, ku bagore ndetse no ku bana bavutse indwara zandurira mu mibonano mpuzabitsina zishobora kubatera ubugumba, urupfu n'ubumuga bwo mu bwonko.

Ni ngombwa rero kwirinda kwandura izo ndwara igihe cyose ukoze imibonano mpuzabitsina.



**27. NI GUTE NAKWEMEZA KO MUGENZI WANJYE AFITE INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA KANDI NAMENYA NTE NIBA NJYE NTAZIFITE ?**

Zimwe mu ndwara zandurira mu mibonano mpuzabitsina zishobora kugaragara neza kurusha izindi ushobora kubona ibimenyetso byazo n'amaso gusa; urugero ni nk'udusebe two mu myanya ndangagitsina. Nyamara utwo dusebe dushobora kuba imbere mu mubiri wawe, bityo ntushobore kutubona. Niba ufite ibimenyetso cyangwa niba ukeka ko ufite cyangwa udafite indwara zandurira mu mibonano mpuzabitsina nyuma yo gukora imibonano mpuzabitsina ugomba kujya kwisuzumisha ku ivuriro.

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Kubera ko basuzuma ibigaragara ku mubiri ndetse bakanapima amaraso; muganga ashobora kumenya niba waranduye cyangwa utaranduye niba ufite indwara nk'IMITEZI, MBURUGU, CLAMYDIA, UBURAGAZA cyangwa CANDIDOSE , akakwandikira imiti.

Dessin

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**28. KUKI ABAGABO BAGARAGAZA IBIMENYETSO BY'INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA KURUSHA ABAGORE ?**

Ibimenyetso by'indwara zandurira mu mibonano mpuzabitsina, nk'imatezi, biboneka ku myanya ndangagitsina inyuma.

Ubwandu bw'abagabo buba ahanini ku muyoboro w'inkari, aho uburyaryate n'uburibwe bikunda kuba kurusha imbere mu myanya ndangagitsina y'umugore cyane cyane nk'igihe cyo kunyara, igihe inkari ziba zigiye mu dusebe two mu muyoboro nkari. Biroroshye rero ku mugabo kumenya ko yanduye.

Byongeye kandi, cyane cyane ku bagabo ku mpera y'imboro hagira uburyaryate hakanasohokamo amashyira.

Ibituba by'abagore bigira imbaraga zibuza indwara kuryaryata uruhu vuba, kandi nanone indwara ntigaragare cyane.

Ariko izo mbaraga ntizibuza ubwandu ahubwo zigabanya ukugaragara kw'ibimenyetso.

Ntitwibagirwe ko niba umugabo afite ibimenyetso by'indwara zandurira mu mibonano mpuzabitsina, umugore bakoranye iyo mibonano agomba kujya kwisuzumisha akavurwa neza.

## 29. HABA HARIHO IMITI IVURA INDWARA ZANDURIRA MU MIBONANO MPUZABITSINA ?

Ku ndwara nyinshi zandurira mu mibonano mpuzabitsina zigira imiti, urugero nk'Imitezi, Mburugu Clamidia, <sup>Ubugaragaza</sup> Ubugaragaza na Kandidose. Kandi biroroshye ko imiti izivura izikiza vuba.

Niba hashize igihe kirekire utarakira ufite ibyago byo kugira ingaruka zihoraho ku myanya ndangagitsina yawe, nko kwangirika imiyoborantanga - ngore.

Ni ingenzi kujya kwa muganga vuba hamwe nuwo mwakoranye imibonano mpuzabitsina kuko niba uvuwe wenyine, inshuti yawe igasigara yanduye izongera nayo ikwanduze nimwongera kugirana imibonano mpuzabitsina.

Nyinshi mu ndwara zandurira mu mibonano mpuzabitsina zishobora kuvurwa kandi zigakira neza uretse VIH/SIDA.

VIH/SIDA yo iri ukwayo kuko kugeza ubu itarabonerwa umuti cyangwa urukingo.

⇒ Muho ARI, domo de bushyamba (VCT)

**PROJET SANTE REPRODUCTIVE  
DES ADOLESCENTS (SRA)  
RWA/03/PO5  
B.P 6429 KIGALI**

Kigali le, 2/11/2005

N° SRA/021/05/B.P./K.O

Monsieur le Ministre de la Jeunesse,  
des Sports et de la Culture  
KIGALI

Objet : Transmission du rapport  
de réunion du 28/10/2005

Monsieur le Ministre,

J'ai l'honneur de vous transmettre en annexe de la présente, le rapport de la réunion qui a été tenue par les représentants des ministères, de la Santé, de l'Education, de la Jeunesse, de la Culture et des Sports ainsi qu'un représentant de la Primature.

Vous en souhaitant bonne réception, je vous prie d'agréer, Monsieur le Ministre, l'expression de ma très haute considération.

**Dr BWITO Paul**  
**Gestionnaire Technique**



C.P.I

- Monsieur le Représentant de l'UNFPA  
KIGALI

## RAPPORT DE REUNION

**PROJET**: Projet Santé Reproductive des Adolescents/ MIJESPOC

**Lieu et Date** :Le 28 / 10 / 2005 , bureau du Ministère de la Santé, Kigali.

**Soumis par** : Dr BWITO Paul, Gestionnaire Technique

### **Brève introduction** :

Dans le cadre d'informer, éduquer et communiquer ce qui concerne la santé de la reproduction aux jeunes rwandais, GTZ et PSI ont imprimé deux livrets à leur intention.

Néanmoins, la commission formée par les représentants du MINEDUC ,du MINISANTE , de la PRIMATURE et du MIJESPOC, a constaté que quelques propos sont à supprimer, sinon à modifier. Les deux livrets ont été conçus en Tanzanie, conformément à la culture Tanzanienne. En outre, le bureau de NEPAD a contribué pour la santé de la reproduction des jeunes en faisant un CDR qui montre les organes génitaux du sexe féminin et du sexe masculin.

### **Objectifs de la réunion** :

- Approuver le contenu des livrets pour enfin les distribuer dans les écoles.
- Adapter le contenu des deux livrets au contexte socioculturel de notre pays
- Approuver le CDR de NEPAD pour être distribué dans les écoles.

### **Principales contraintes** :

- Certains écrits ne sont pas appropriés à la culture rwandaise ;
- Certains propos stimulent l'instinct sexuel du lecteur.
- Le contenu des deux livrets est probablement le reflet de la culture Tanzanienne et pas nécessairement de la culture Rwandaise.

## **LES RESULTATS**

### **Problèmes.**

- Non insistance sur des sujets intéressant réellement la santé de la reproduction tels que :
  - ❖ Enseignement sur les IST, y compris le VIH/SIDA ,
  - ❖ Grossesses non désirées et leurs risques,
  - ❖ Avortements et leurs risques
  - ❖ La prise des drogues
- Manque de computers pour pouvoir suivre les CDR au niveau des écoles.
- Destruction de la culture Rwandaise par des propos mal choisis.

## **RECOMMANDATIONS**

- Définir les objectifs des deux livrets : quels problèmes auxquels ils s'attaquent ?
- Respecter les valeurs socioculturelles du peuple Rwandais en supprimant les termes non appropriés ;
- Insister sur l'abstinence plus que sur les préservatifs ;
- Encourager la jeunesse à faire le premier acte sexuel lors du mariage ;
- Dégager du contenu des deux livrets une leçon de morale pour montrer aux jeunes que le vagabondage sexuel est un péché ;
- Que le CDR soit un matériel didactique pour les enseignants des sciences ;
- Equiper les écoles en computers pour pouvoir utiliser les CDR.