Gusuzuma ubumenyi n'ubushobozi bw'abari mu kiganiro kuvyerekeye akaranga nderano n'irondoka rijanye n'amagara meza

Izina n'iritazirano ry'uwuri mu kiganiro :

Igitsina :

- ☐ umugore
- ☐ umugabo
- ☐ nshimye kutabivuga

Shira umuzingi ku nyishu yo kugira werekane ko isuzuma ryakozwe imbere canke inyuma y'ikiganiro :

IMBERE INYUMA

I.Shira agasaraba ku nyishu ibere(Ego, Oya)

1. Imero ndemanwa n'akaranga nderano ni ibintu bibiri bitandukanye.

   ☐ EGO ☐ OYA

2. Ivyerekeye akaranga nderano ntaho bihwaniye n'irondoka rijanye n'amagara meza

   ☐ EGO ☐ OYA

3. Umwigeme yatwaye inda y'indaro aba ari igitandero ntakwiye kuba umugenzi w'abandi bana

   ☐ EGO ☐ OYA

4. Abagore n'abagabo bafise ubushobozi bumwe bwo kuja mu bikorwa vy'iterambere

   ☐ EGO ☐ OYA

II. NDAVYEMERA /SINDAVYEMERA.

Erekana ko wemera canke uhakana ibi bikurikira.

5. Abagore nibo bategerezwa gukora ibikorwa vyo muhira,abagabo bakaja kurondera ibibeshaho umuryango.

   ☐ Ndavyemera

   ☐ Sindavyemera

6. Amabi akorerwa mu rugo ni ibanga ritegerezwa kuvuganirwa no'guherezwa hagati y'umugore n'umugabo

   ☐ Ndavyemera

   ☐ Sindavyemera

7. Iyo hari uwahohotewe, ni ukubihereza hagati y'iyo miryango ibiri hanyuma mukamuja-na kwa muganga

   ☐ Ndavyemera

   ☐ Sindavyemera

8. Ntibibereye ko umupfakazi/umupfakare canke uwahukanye akoresha uburyo bwa none bwo kwirinda imbanyi.

☐ Ndavyemera

☐ Sndavyemera

9. Urwaruka rutarubaka urwabo ntirurekuriwe kuja ku buryo bwo ku rondoka ku rugero/kwirinda imbanyi utipfuje, ruhamagariwe kwihanga kugeza rw'ubatse urwabo.

☐ Ndavyemera

☐ Sndavyemera

10. Utwigoro twokworohereza imirwi yihariye(imiyabaga, urwaruka, abagendana ubumuga, abapfakazi/abapfakare, batwaye inda batifuza, etc) kwitura igisata cirondoka rijanye n'amagara meza si ivyokorwa ni vuriro. Ivyo biraba abajejwe gutunganya imigambi ikomakomeye

☐ Ndavyemera

☐Sindavyemera

11. Umuganga/umuforma arashobora kwima uburyo bwo gutandukanya imvyaro, canke kuvura umukenyezi yibungenze mu gihe atari kumwe n'umufasha wiwe.

☐ Ndavyemera

☐Sindavyemera

12. Ingingo yo kuja ku buryo bwo kwirinda imbanyi itipfujwe/ku rondoka ku rugero canke igitigiri c'abana umuryango wokwibaruka ibwirizwa gufatwa n'umugabo kuko ari we mutwe w'urugo

☐ Ndavyemera

☐Sindavyemera

III. Shira agasaraba imbere y'inyishu ibereye

Erekana inyishu zose zishoboka mu gushira agasaraba mu kumba k'inyishu utoye.

13. Ibituma nyamukuru haba ihohoterwa mu rugo :

☐ Gushavura no kudashira umutima munda

☐ kunywa inzoga n'ibiyayuramutwe

☐ Ububasha nokuganza

☐ Imigenzo n'imigirwa iha ikibanza umwe mu bubakanye ku rusha uyundi

14. Guhohoterwa bibera mu ngo biri mu buryo bwinshi :

☐ Gukubagurwa

☐ Guturubikwa

☐ Gusambanywa ku nguvu

☐ Ivyo vyose biri hejuru

15. Muri ibi bikurikira, ni ikihe atari ico gukora ku wahohotewe?

☐ Kumubuza kwitwara akagumiza ico kibazo mu muryango

☐ Guhimiriza uwahohotewe kuja kwa muganga vyihuta

☐ Kumwumvira impuhwe ukamufasha kuva muri uko kwihebura