

IKIGANIRO KU MIBANIRE Y'ABASHAKANYE

I.INTANGIRIRO

Leta y'u Rwanda ifite inshingano zo guteza imbere umuryango nk'ishingiro kamere ry'umuco nyarwanda, binyuze muri gahunda zitandukanye z'iterambere ry'igihugu.

N'ubwo hariho gahunda zinyuranye zo guteza umuryango imbere, mu bashakanye haracyagaragara ibibazo birimo: ubukene, kutumvikana ku micungire y'umutungo, kutavugisha ukuri hagati y'abashakanye, ubuharike, gucana inyuma kw'abashakanye, kurwana binabaviramo kwicwa, n'ibindi....

Kubera ibyo bibazo bigaragara, ni ngombwa ko abashakanye baganirizwa, bagahabwa inyigisho zibafasha kurushaho kunoza imibanire yabo.

II. NI GUTE UMUBANO W'ABASHAKANYE WANOWA?

1. Guhitamo neza uwo muzabana:

- ▶ Ababyeyi bakwiye gutegura abana mu guhitamo abo bazabana bashingiye ku rukundo aho gushingira ku bintu, icyubahiro n'uburanga;
- ▶ Gufata igihe cyo kumenya uwo muzabana;
- ▶ Ababyeyi bakwiye kudahatira abana abo bagomba kubakana urugo;
- ▶ Kwiyambaza Imana.

2. Kuganira hagati y'abashakanye:

- ▶ Gutega amatwi uwo mwashakanye;
- ▶ Kumenya igihe gikwiriye cyo kuganira n'aho kuganirira hakwiriye;
- ▶ Kwirinda amazimwe;
- ▶ Guhana amakuru mpamo kandi yubaka;

3. Kurwanya ubukene, kwiteza imbere no gukoresha neza umutungo:

- ▶ Kuganira ku bijyanye n'imikoreshereze y'umusaruro w'urugo n'umutungo yawo;
- ▶ Kubahiriza inshingano zo kubonera abagize umuryango ibyo bakeneye;
- ▶ Gukora igenamigambi ry'ibikorwa bibyara umusaruro;
- ▶ Guteganyiriza ejo hazaza (Guhunika, kuzigama,...)
- ▶ Kwitabira umurimo.

4. Kunoza imibanano mpuzabitsina ku bashakanye:

- ▶ Kwereka mugenzi wawe urukundo n'urugwiro;
- ▶ Kumenya mugenzi wawe bihagije; amarangamutima ye,...
- ▶ Gutegura mugenzi wawe (kumuguyaguya, kumureba neza, kumugaragariza urukundo, kumusekera,...)

- ▶ Kuganira ku gikorwa mbere, mu gihe gikorwa na nyuma yacyo kugira ngo abashakanye bamenye niba bishimanye cyangwa hari ikibazo;
- ▶ Kuba umwe mu bashakanye atarwaye kuko iyo afite ububabare nta munezero aba ufite;
- ▶ Kuba buri wese mu bashakanye afite isuku ku mubiri, n'ibyo yambaye ku buryo uwo bashakanye atinubira impumuro ya mugenzi we;

5. Kuboneza urubyaro:

- ▶ Abashakanye bagomba kumenya igihe cy'uburumbuke;
- ▶ Kugira urubyaro birashimisha nk'uko kurubura bitera agahinda gakabije;
- ▶ Abafite abana rero ni ngombwa kubaha ibyo bakeneye no kubateganyiriza ; kugira ngo bishoboke ababyeyi bagomba kuboneza urubyaro;
- ▶ Kuba ufite imitungo ihagije ntibivuga ko ugomba kubyara abana benshi;

6. Kubahiriza Uburinganire n'ubwuzuzanye

Uburinganire n'ubwuzuzanye ni uburyo abashakanye bafatanyaga kubaka urugo rwabo, buri wese akagira icyo amara ku mirimo y'urugo rwabo bikurikije uburyo, amikoro n'ubushobozi bwe. icyo umwe adashoboye undi akamwunganira ntawe uvunisha undi, bigamije iterambere ry'urugo rwabo.

7. Gukumira no gukemura amakimbirane hagati y'abashakanye:

- ▶ Abantu babana bakunze kugirana ibibazo. Ibibazo ariko bishobora no kuvugwaho, bityo bigashakirwa umuti ntawe uvujishe undi amaraso;
- ▶ **Gukumira amakimbirane** ni ukuganira kw'abashakanye, gukora gahunda ihamye y'urugo, kugabana inshingano, kumvikana ku micungire y'umutungo, kubana neza n'abandi, kubaha indangagaciro zishingiye ku muco n'imyemerere, gukoresha ukuri, gukundana, kubaha uburenganzira bw'uwo mwashakanye, kwihanganirana, gutega amatwi, kubaha amategeko.
- ▶ **Ibikunze kuba intandaro y'amakimbirane hagati y'abashakanye:** Ubukene; Ubuharike, ubusambanyi, ubushoreke; Guhoza umugore ku nkeke; amazimwe y'abantu bo hanze; Imibanire n'imiryango abashakanye bakomokamo; Gusebanya,...

III. URUHARE RW'INZEGO ZINYURANYE

Kugira ngo abashakanye ari nabo musingi w'umuryango nyarwanda babane neza mu mahoro nta hohoterwa iryo ari ryo ryose;

- Inzego zose (Leta, sosiyete sivile, itangazamakuru, abanyamadini,...) zikwiye gukomeza uburyo bwose bushoboka bwo kwigisha abashakanye ku buryo bwiza bwo kubana
- Izo nzego zose kandi zikwiye kumenya by'umwihariko ingo zirimo ibibazo kugira ngo zifashwe amazi atararenga inkombe;
- Iyo binaniranye hitabazwa amategeko kugira ngo abanyanteye nke mu bashakanye, bataba banahasiga ubuzima