

**IMFASHANYIGISHO Y'ABAFASHA MYUMVIRE
MU MURYANGO NYARWANDA**

**Gahunda yo gukumira no kurinda abana bato
n'urubwiruko
ibiyobyabwenge n'ibisindisha**

Kamena, 2014



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**IOGT·NTO
MOVEMENT**

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Kwandukura ibiri muri iki gitabo cyangwa kugifotora bigomba uburenganzira bwa AGR.

IJAMBO RY'IBANZE

Iyi mfashanyigisho igenewe abafashamyumvire b'umushinga wo gukumira no kurinda abana bato n'urubyiruko ibiyobyabwenge n'ibisindisha. Yanditswe mu mwaka wa 2014 n'umuryango w'abagide mu Rwanda (AGR/RGGA) binyujijwe mu mushinga wawo ugamije kurwanya no gukumira ibiyobyabwenge mu bana bato n'urubyiruko ku nkunga ya IOGT.

Iyi mfashanyigisho ikubiyemo amakuru ku biyobyabwenge, ingaruka zabyo n'uburyo twabyirinda. Ikubiyemo kandi n'uburyo abafashamyumvire ba AGR bakoresha mu gusobanurira urubyiruko ububi n'ingaruka z'ibiyobyabwenge n'ibisindisha ndetse n'uburyo byakwirindwa.

Turashimira rero abantu bose bagize uruhare mu kwandika iyi mfashanyigisho kuko bashyigikiye ku buryo bw'umwihariko umugambi wo guca burundu ibiyobyabwenge n'ibisindisha mu bana bato no mu urubyiruko. Turasaba kandi abantu bose bazasoma n'abazakoresha iyi mfashanyigisho gutanga ibitekerezo byatuma irushaho kunogera abo igenewe

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IRIBURIRO

Kwirinda ibiyobyabwenge ni imwe mu ntego z' igihugu cy'urwanda, binyuze cyane cyane muri ministere y'ubuzima na polisi y'igihugu. Ibiyobyabwenge n'ibisindisha bikoreshwa mu buryo butandukanye no ku mpamvu zitandukanye mu bihugu byinshi byo ku isi. N'ubwo ahenshi mu bihugu, ibinyobwa birimo arukoru/imisemburo isindisha (alcool) byemewe n'mategeko, ibyo ntibubujije ko bigira ingaruka ku buzima kubera uburozi buba bubirimo. Iyo umuntu anyoye ibinyobwa birimo arukoru buri muni, agera aho akaba umugaragu wabyo bikanamwokama agahora ashaka kubifata. Bimwe mu bibazo biterwa n'ibiyobyabwenge/ibisindisha harimo ibibazo bijyanye n'imyitwarire, ibibazo by'ubuzima bigaragara inyuma ku mubiri, ibibazo by' uburwayi, imitekerereze idahwitse n'ibindi

Ni muri urwo rwego, kuva mu mwaka w'2012 umuryango w'abagide mu Rwanda watangiye kugira uruhare mu ikumira no kugabanya ikoresha ry'ibiyobyabwenge mu rubyiruko. By'umwihariko kuva mu mwaka w'2013 umuryango w'abagide mu Rwanda ubitwemo inkunga n'umuryango mpuzamahanga wo mu gihugu cya Suede IOGT watangiye umushinga wo kurwanya no gukumira ibiyobyabwenge n'ibisindisha mu bana bato no mu rubyiruko mu turere dukora ku mipaka nka Burera, Nyagatare, Rusizi na Rubavu.

Iyi mfashanyigisho ikubiyemo ibisobanuro ku bijyanye n'imikoreshereze y'ibiyobyabwenge n'ingaruka zibikomokaho ndetse n'uburyo bwakoreshwa mu guhangana no kwirinda ibyo bibazo. Ikubiyemo kandi inyigisho n'uburyo bwakwifashishwa mu gushyiraho gahunda yo kugabanya no gukuraho burundu inywebwa ry'ibiyobyabwenge mu bana no mu rubyiruko.

Iyi mfashanyigisho yagenewe abafashamyumvire bagira uruhare mu kurwanya ibiyobyabwenge mu rubyiruko mu muryango nyarwanda muri rusange n'aho batuye by'umwihariko. Izafasha kandi kumva neza uburemere bw'ibibazo cyo kunywa ibiyobyabwenge n'uburyo n'ingamba zitandukanye zakoresha mu kurwanya icyo kibazo.

N'ubwo iyi mfashanyigisho igenewe abafashamyumvire ba AGR, ishobora no gukoreshwa n'undi muntu uwo ariwe wese ushaka kumenya no gukumira ibibazo n'ingaruka biterwa no kunywa ibiyobyabwenge n'ibisindisha.

INYANDIKO IGENEWE ABAFASHAMYUMVIRE

Iyi nyandiko ikubiyemo amakuru y'ingenzi abafashamyumvire bakeneye kumenya kugira ngo babashe gukangurira abana bato n'urubyiruko kwirinda ibiyobyabwenge n'ibisindisha. Iyi nyandiko kandi ni uburyo bwo kubategura no kubafasha gusobanukirwa neza no kumenya kurushaho ibijyanye n'ibiyobyabwenge kugirango babashe kubisobanurira abandi.

Abafashamyumvire barasabwa gufata umwanya uhagije bagasoma iyi mfashanyigisho kandi bagategura ibikoresho bazakenera mu gihe cyo guhugura no kuganiriza urubyiruko ku bubu bw'ibiyobyabwenge n'ibisindisha.

Incamake ikurikira ikubiyemo iby'ingenzi byo kwitabwaho mu gihe umufashamyumvire ari guhugura/kuganiriza umuntu ku biyobyabwenge/ibisindisha:

- Kubahiriza igihe: Ni ngombwa kubahiriza igihe wahanye n'abo uzahugura kandi ukahagera mbere ho gato kugirango utunganye aho muzakorera urebe ko n'ibikoresho byose ukeneye ubifite.
- Ikiganiro: Mu gihe uri gutanga ikiganiro, funga terefone yawe, irinde kuyirebaho buri kanya, n'ubwo byaba ari ukureba igihe. Ibyiza ni uko washyiraho umuntu ushinze kureba ko igihe cyubahirizwa. Mbere yo gutangira ikiganiro banza ubwire abakumva intego yacyo kandi nikirangira ubabazeho ibibazo urebe ko ibyo mwaganiriye babyumvise neza.
- Mbere yo kujya mu karuhuko gato cyangwa se ikiruhuko cya saa sita. Ni ngombwa kubanza kureba ko ibyo uri bukenere mu kiganiro gikurikiraho byose biteguye.
- Reba ko amadirishya afunguye ku buryo hinjira umwuka mwiza, tondeka intebe ku buryo buri muntu abasha kukubona, guhaguruka no gusohoka nta we abangamiye.
- Gerageza kugenda ucisamo udukino, uturirimbo igihe cyose ubona ko abo muri kuganira bananiwe cyangwa se barambiwe
- Mu gihe uri kubaganiriza, ujye unyuzamo ubabaze utubazo tujyanye n'ibyo mumaze kuvuga urebe ko bagukurikiye neza.
- Mu gihe ubajije ikibazo, gerageza kwakira ibisubizo biva ku bantu batandukanye:

IKIGANIRO CYA 1: IKAZE MU RUGENDO RWO KWAMAGANA IBIYOBABWENGE N'IBISINDISHA

Iki gice kinewe guha ikaze abahugurwa no kubamenyesha intego z'amahugurwa ari zo zikurikira:

- Kumenya no gusobanukirwa ibiyobyabwenge n'ibisindisha ibyo ari byo.
- Gucukumbura ingaruka z'ibiyobyagwenge n'ibisindisha kuri nyirukubifata no ku bo babana.
- Gutahura ingaruka z'ibiyobyabwenge n'ibisindisha ku mugore utwite no ku wo atwite.
- Kurebera hamwe ingamba zafatwa mu rwego rwo kwirinda no gukumira ibiyobyabwenge n'ibisindisha.

Umwihariko w'umufashamyumvire	
Intego y'ikiganiro	<p>Nyuma y'iki kiganiro abahugurwa baraba bashobora:</p> <ul style="list-style-type: none"> • Gutahura intego z'aya mahugurwa. • Gusobanura neza ibyavuzwe muri buri kiganiro.
Imyiteguro ikenewe	<ul style="list-style-type: none"> • Kureba ko aho ukorera ikiganiro hatunganyije neza. Ko abantu bari buhakwirwe, ... • Reba ko imbere hari amezaushobora guterekaho ibikoresho byawe. <p>Reba ko ibikoresho by'abahugurwa biteganyijwe kandi ko bibakwira. (Umugereka wa 1: Dupliants ziriho amakuru ku biyobyabwenge n'ibisindisha)</p>
Ibikoresho bikenewe	<ul style="list-style-type: none"> • Utupapuro duto turiho amakuru atandukanye ku biyobyabwenge n'ibisindisha (Dupliants) • Imfahanyigisho zitandukanye

Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
Iminota 10	<ul style="list-style-type: none"> • Gutanga ikaze (umuyobozi w'inzego z'ibanze/ishuri) • Kwibwirana kw'abitabiriye amahugurwa • Kuvuga intego z'amahugurwa. <ul style="list-style-type: none"> • Icyitonderwa: Mu gihe umwe mu bafashamyumvire ari kuvuga ku ntego z'amahugurwa, mugenzi we arasabwa guha abahugurwa ibikoresho bagenewe. Urugero: Dupliants, amakaramu, amakayi, ... • Kubaha amakuru atandukanye ajoyanye n'uburyo amahugurwa ari bukorwe. <ul style="list-style-type: none"> • Kubarangira aho ubwiherero buherereye, ifunguro n'aho bari burifatire (niba riteganyijwe) – insimburamubyizi/ amafaranga y'urugendo n'igihe bari bubifatire (niba biteganyijwe). Igihe muza gusoreza, ... • Gufatanya n'abahugurwa gushyiraho amategeko ngenderwaho. <p style="margin-left: 40px;">Urugero: Kuzimya terefone, kubaha igitekerezo cya buri muntu, kuvuga igihe uhawe ijamba, gushishikarira gutanga ibitekerezo, kubahiriza igihe, ...</p>

IKIGANIRO CYA 2: TUMENYE UMURYANGO W'ABAGIDE ICYO ARI CYO

Umwihariko w'umufashamyumvire	
Intego y'ikiganiro	<p>Nyuma y'iki kiganiro, abahugurwa baraba bashobora:</p> <ul style="list-style-type: none"> • Kuvuga intego z'umuryango w'abagide mu Rwanda. • Kuvuga ibikorwa bitandukanye umuryango w'abagide ukora mu Rwanda
Imyiteguro ikenewe	<p>Soma ibijyanye n'umuryango w'abagide n'ibikorwa bakora mu Rwanda cyane cyane ibijyanye na gahunda yo gukumira no kurwanya ibiyobyabwenge mu bana bato n'urubyiruko. (Umugereka wa2: Incamake ku muryango w'abagide n'ibikorwa byawo mu Rwanda)</p>
Ibikoresho bikenewe	<ul style="list-style-type: none"> ○ Kopi z'incamake ku muryango w'abagide n'ibikorwa byawo mu Rwanda

Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
Iminota 20	<p>Bwira abahugurwa intego z'umuryango w'abagide mu Rwanda</p> <p>Basobanurire neza ibikorwa by'ingenzi ukora mu Rwanda cyane cyane ibijyanye no kwirinda no gukumira ibisindisha n'ibiyobyabwenge.</p>

IKIGANIRO CYA 3: TUMENYE IBIYOBYABWENGE N'IBISINDISHA

3.1 IBIYOBYABWENGE N'IBISINDISHA NI IKI?

Ibisindisha n'ibiyobyabwenge ni ibinyobwa umuntu afata bigahindura imyitwarire ye (uko avuga, uko atekereza,...) kubera ubukana cyangwa uburozi biba bikoranywe.

Muri iki gihe, ikorwa n'igurishwa ry'ibinyobwa bisindisha rigenda ryyongera. Ibinyobwa birimo arukoru ubusanzwe bikunze kunyobwa n'abantu bakuru, cyane cyane b'igitsina gabo. Abagore n'abana banywa ibinyobwa bisindisha nabo bagenda biyongera. Muri byo twavuga nka divayi, inzoga z'ifuro, urwagwa, kanyanga, inzoga zo mu dushashi n'izindi ... N'ubwo bimwe muri ibyo binyobwa byemewe gucuruzwa, ntitwabura kwibutsa ko byose bifite ingaruka mbi ku buzima.

Hari impamvu nyinshi abanywi b'ibisindisha n'ibiyobyabwenge bakunda kwitwaza igihe bari kubifata. Muri zo harimo kuba ibinyobwa bisindisha n'ibiyobyabwenge,

- bibatera imbaraga .
- Bibafasha kuruhuka.
- Bibafasha kwibagirwa ibibazo.
- Bibafasha kurwanya stress.
- Bituma bamera nk'abandi.
- Bibafasha gusabana n'abandi.

Izindi mpamvu bakunda kwitwaza ni:

- ukuba nta tegeko ribibuza.
- Kuba umuco ubibemerera.
- Kuba idini ryabo ritabibabuza ...

Uretse ibinyobwa bisindisha, hari n'ubundi bwoko butandukanye bw'ibiyobyabwenge abantu bafata. Muri byo twavugamo nk'itabi, kore, lisansi, tineri, kokayine, urumogi, mayirungi, marijuwana ...

Itabi ni ikimera cy'icyatsi kibisi kiba kirimo akaremangingo kitwa Nicotine ikaba ikoresheya cyane mu nganda zikora amasegereti , aho bakorera ibiyobyabwenge bitandukanye nk'ibyo bihumuriza, ibyo banywa bakoresheje inkono z'itabi, n'ibindi. N'ubwo itabi ryemewe gucuruzwa hirya no hino ku isi, ntitwabura kwibutsa ko ibyinshi mu bigize itabi bitera kanseri.

Abantu benshi banywa itabi bitwaje impamvu zikurikira:

- rivura kuva imyuna.
 - Nta ngaruka ikomeye rigira.
 - Biroroshye guhagarika kurinywa.
 - Ryongera imbaraga z'imatekerereze.
 - Rirwanya imbeho mu mubiri, igihe hakonje.
- Rituma urinyweye agaragara nk'umusirimu cyangwa umuntu utunyitse

Umwihariko w'umufashamyumvire	
Intego y'ikiganiro	<p>Nyuma y'iki kiganiro abahugurwa baraba bashobora:</p> <ul style="list-style-type: none"> • Gusobanura ibiyobyabwenge n'ibisindisha ibyo ari byo. • Gutanga ingero zitandukanye z'ibiyobyabwenge n'ibisindisha bazi. • Gusobanura impamvu zitandukanye abantu bitwaza igihe banywa ibiyobyabwenge n'ibisindisha.
Imyiteguro ikenewe	<ul style="list-style-type: none"> • Tekereza ku buryo uri bushyire abahugurwa mu matsinda mato. • Reba ko ko hari umwanya uhagije ku buryo amatsinda yose abona aho akorera. • Reba ko ibikoresho by'abahugurwa biteganyijwe kandi ko bibakwira. (Umugereka wa 2: Dupliants ziriho amakuru ku biyobyabwenge n'ibisindisha

Ibikoresho bikenewe	<ul style="list-style-type: none"> • Utupapuro duto turiho amakuru atandukanye ku biyobyabwenge n'ibisindisha (Dupliants) • Imfahanyigisho zitandukanye
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Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
Iminota 10	<ul style="list-style-type: none"> • Shyira abahugurwa mu matsinda mato y'abantu 3 kugera kuri 5. Ushobora kwifashisha agakino ako ari ko kose gatuma bajya mu matsinda yabo.
Iminota 10	<p>Muri buri tsinda, saba abahugurwa gufatanya gusubiza ibibazo bikurikira urebe ubumenyi basanzwe bafite ku biyobyabwenge n'ibisindisha:</p> <ol style="list-style-type: none"> 1. Ibiyobyabwenge n'ibisindisha bifasha ubifata kwibagirwa ibibazo. Yego/oya 2. Ibibyabwenge n'ibisindisha byangiza umubiri w'ubifata. Yego/oya 3. Ntibishoboka guhagarika kunywa itabi/inzoga igihe cyose umuntu yatangiye kubinywa. Yego/Oya 4. Kunywa ibiyobyabwenge nta cyo bitwaye igihe cyose ufite impamvu ifatika ibigutera. Yego/oya 5. Vuga nibura amako 5 y'ibiyobyabwenge uzi bikoreshwa aho utuye. <p>Nyuma y'iminota 10 hitamo amatsinda amwe n'amwe abwire abandi ibisubizo babonye. Ntugire icyo ubyongeraho ubyumve gusa. Babwire ko mugiyeye kuganira ku biyobyabwenge icyo ari cyo. Basabe gukomeza gutekereza kuri ibyo bibazo mu gihe muza kuba muganira, ubabwire ko muri bugarukeho.</p>

<p>Iminota 30</p>	<ul style="list-style-type: none"> • Fatanya n’abahugurwa kuganira no kumenya ibiyobyabwenge n’ibisindisha ibyo ari byo. Ha abahugurwa umwanya wo gutanga ibitekerezo byabo hanyuma ugire icyo wongeraho niba ari ngombwa. • Shyira abahugurwa mu matsinda mato mato baganire ku biyobyabwenge n’ibisindisha bazi. Kuri buri kiyobyabwenge/gisindisha bagende banashakisha impamvu bakeka abantu baba babifata. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa. • Saba amatsinda amawe n’amawe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kubira icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira. • Baza abahugwara niba basobanukiwe neza n’ibyo mumaze kuganira. Niba hari ibindi bibazo bafite babikubaze
<p>Iminota 15</p>	<ul style="list-style-type: none"> • Ongera ushyire abahugurwa mu matsinda bahoze bakoreramo wongere ubabaze ibibazo wari wababajije mu ntangiriro y’iki kiganiro urebe ko bahinduye uburyo bw’imitekerereze n’impamvu: <ol style="list-style-type: none"> 1. Ibiyobyabwenge n’ibisindisha bifasha ubifata kwibagirwa ibibazo. Yego/oya 2. Ibiyobyabwenge n’ibisindisha byangiza umubiri w’ubifata. Yego/oya 3. Ntibishoboka guhagarika kunywa itabi/inzoga igihe cyose umuntu yatangiye kubinywa. Yego/Oya 4. Kunywa ibiyobyabwenge nta cyo bitwaye igihe cyose ufite impamvu ifatika ibigutera. Yego/oya 5. Vuga nibura amako 5 y’ibiyobyabwenge uzi bikoreshwa aho utuye. <ul style="list-style-type: none"> • Babaze ikindi kibazo icyo ari cyo se wishakiye ukurikije uko ikiganiro cyagenze. • Babaze ingamba bafashe bakurikije ikiganiro mwagiranye. • Babwire ko uzakomeza kubaba hafi no kubafasha igihe cyose ari ngombwa.

IKIGANIRO CYA 4: INGARUKA Z'IBIYOBWENGE N'IBISINDISHA

4.1 Ingaruka ku muntu unywa ibiyobyabwenge/ibisindisha

- Kubura ibitotsi.
- Kudakora (ubunebwe), umunaniro udashira.
- Guta umurongo (kuvuga/gukora ibiterekeranye).
- Kuvuga menshi cyangwa guceceka bidasanzwe.
- Kuruka no kurwara umutwe.
- Kugenda udandabirana.
- Kuvuga rutava mu kanwa.
- Ubuzima bubi no kumva udatujje.
- Kutabasha gufata icyemezo vuba.
- Urupfu.
- Kuzungera.
- Kugira uruzizi.
- Kubabara mu gituzo.
- Gucika intege kw'imikaya.
- Gutukura amaso.
- Gupfa amatwi.
- Kubabara mu kanwa no mu mazuru.
- Kwangirika kw'ibihaha n'umwijima.
- Kugira amazinda (kwibagirwa).

- Kudidimanga no kuvuga ibiterekeranye.
- Impanuka (urugero: kugwa ukagwira ibintu bikomeretsa wasinze, impanuka zo mu muhanda ziva kugutwara imodoka abantu basinze).
- Gutana kw' incuti.
- Ibikomere bitewe n'impanuka cyangwa urupfu.
- Ihohoterwa.
- Gukora imibonano mpuzabitsina ukicuza nyuma.
- Igabanuka ry'imbaraga mu gukora imirimo itandukanye.
- Kubura akazi.
- Inzoga zigabanya ubushobozi bw'imiti urugero: imiti igabanya ubukana bwa SIDA.
- Kwiyahura.
- Kuba umugaragu wazo (Gukoronizwa n'inzoga).
- Indwara z'inyama zo munda.
- Indwara zo mu mutwe.
- Igabanuka ry'ubukungu n'umutungo w'urugo.
- Indwara zandurira mu myanya ndangabitsina no mu myanya y'ubuhumekero.
- Guhindura ibara ry'umurwa n'intoki ku banywi b'itabi.
- Amenyi afite umwanda.
- Kubyimba inda.
- Kudashaka kurya (kubura appetit).
- Indwara y'umutima, umwijima, gupfuka kw'igifu, ...
- Kwigunga kubera kugira umwuka mubi mu kanwa.
- Kubyara umwana ufite ibibazo.

4.2 Ingaruka ku bandi babana n'unywa ubisindisha/ibiyobyabwenge

- Gukoresha nabi amafaranga.
- Gutandukana kw'incuti/imiryango.
- Imyitwarire idahwitse ijyanye n'imibonano mpuzabitsina ishobora gukurura ubwandu bw'agakoko ka SIDA.
- Impanuka .
- Ihohoterwa.
- Gutana kw'incuti cg imiryango.
- Igabanuka ry'imitungo y'umuryango.
- Indwara zandurira mu mibonano mpuzabitsina.
- Kutagira agaciro mu bandi.
- Kutitabwaho kw'abana.
- Kuvumbywa abatanywa ibisindisha/ibiyobyabwenge (kubanukira).
- Kwangirika kw'ibidukikije.

4.3 Ingaruka ku mwana uvuka mu mugore wokamwe n'ibiyobyabwenge/ibisindisha

- Kuvukana ibiro bike cyane n' umutwe mutoya.
- Ubumuga bukomeye mu mikurire, mu bwenge n'ubushobozi buke bwo kwiga.
- Amano afite inenge cyangwa abura.
- Amaso mato kandi adashobora gufunguka ngo arebe kure.
- Amaso aturumbutse kandi atabona neza.
- Izuru rugufi n'amatwi ateye nabi.
- Kuvukana uburwayi bw'umutima.
- Imyanya ndangabitsina ifite inenge.
- Igisenge cy'akanwa kidafunze neza no kuvukana ibibari kuri bamwe.
- Ubushobozi buke bw'imikorere y'imyanya y'inyuma y'umubiri cyane cyane intoki n'ibiganza.¹⁹

Umwihariko w'umufashamyumvire

<p>Intego y'ikiganiro</p>	<p>Nyuma y'iki kiganiro abahuguwe baraba bashobora:</p> <ul style="list-style-type: none"> • Gusobanura ingaruka z'ibiyobyabwenge n'ibisindisha ku muntu ku gite cye. • Gutanga ingero z'ingaruka mbi zishobora kuba ku muryango w'umuntu unywa ibiyobyabwenge/ ibisindisha. • Gutanga ingero ingaruka mbi zishobora kuba ku mwana utwiswe n'umugore ufata ibiyobyabwenge/ ibisindisha.
<p>Imyiteguro ikenewe</p>	<ul style="list-style-type: none"> • Tekereza ku buryo uri bushyire abahugurwa mu matsinda mato. • Reba ko ko hari umwanya uhagije ku buryo amatsinda yose abona aho akorera. • Reba ko ibikoresho by'abahugurwa biteganyijwe kandi ko bibakwira. (Umugereka wa 3: Dupliants ziriho ingaruka z' biyobyabwenge n'ibisindisha)
<p>Ibikoresho bikenewe</p>	<ul style="list-style-type: none"> • Udupapuro duto turiho amakuru atandukanye ku ngaruka mbi z'ibiyobyabwenge n'ibisindisha (Dupliants) • Imfahanyigisho zitandukanye

Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
<p>Iminota 10</p>	<ul style="list-style-type: none"> • Ongera ushyire abahugurwa mu matsinda mato mato.

Iminota 10

Muri buri tsinda, saba abahugurwa gufatanya gusubiza ibibazo bikurikira urebe ubumenyi basanzwe bafite ku ngaruka z'ibiyobyabwenge n'ibisindisha:

1. Inzoga uyikura mu icupa ikagukura mu bagabo. **Yego/oya**
2. Iyo umugore utwite anywa ibiyobyabwenge n'ibisindisha bigira ingaruka mbi ku mwana atwite. **Yego/oya**
3. Kunywa ibiyobyabwenge n'ibisindisha bimunga umutungo w'urugo. **Yego/Oya**
4. Ibiyobyabwenge n'ibisindisha byangiza inyama zo munda. **Yego/oya**
5. Ibiyobyabwenge n'ibisindisha biratinyura. **Yego/oya**
6. Abantu bose banywa ibiyobyabwenge n'ibisindisha. **Yego/ Oya**

Nyuma y'iminota 10 hitamo amatsinda amwe n'amwe abwire abandi ibisubizo babonye. Ntugire icyo ubyongeraho byumve gusa. Babwire ko mugiyeye kuganira ku ngaruka z'ibiyobyabwenge n'ibisindisha. Basabe gukomeza gutekereza kuri ibyo bibazo mu gihe muza kuba muganira, ubabwire ko muri bubigarukeho..

Iminota 45

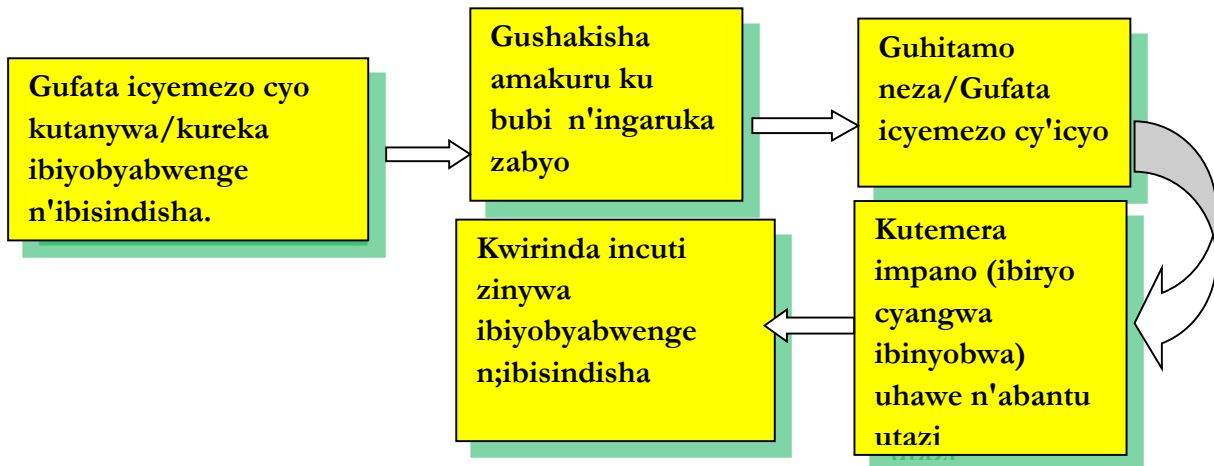
- Shyira abahugurwa mu matsinda amato mato baganire ku ngaruka mbi zitandukanye zishobora kuba ku muntu unywa ibiyobyabwenge/ibisindisha. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa.
- Saba amatsinda amwe n'amwe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kubira icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira ukurikije incamake iri ku ntangiriro y'iki kiganiro.
- Ongerera ushyire abahugurwa mu matsinda mato mato baganire ku ngaruka mbi zitandukanye zishobora kuba ku muryango w'umuntu unywa ibiyobyabwenge/ibisindisha. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa.
- Saba amatsinda amawe n'amawe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kugira icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira ukurikije iri ku ntangiriro y'iki kiganiro.
- Saba abahugurwa kungurana ibitekerezo ku ngaruka mbi zishobora kuba ku mugore utwite kandi unywa ibiyobyabwenge/ibisindisha ndetse n'ingaruka mbi zaba ku mwana atwite. Bashishikarize kuguha amakuru menshi ashoboka kandi ugende ukora ubugorarangingo bw'ibitekerezo bagenda batanga wifashishije ibiri ku ntangiriro y'iki kiganiro.
- Baza abahugwara niba basobanukiwe neza n'ibyo mumaze kuganira muri iki gice. Niba hari ibindi bibazo bafite babikubaze.

Iminota 15

- Ongerera ushyire abahugurwa mu matsinda bahoze bakoreramo wongere ubabaze ibibazo wari wababajije mu ntangiriro y'iki kiganiro urebe ko bahinduye uburyo bw'imitekerereze bakubwire n'impamvu:
1. Inzoga uyikura mu icupa ikagukura mu bagabo. **Yego/oya**
 2. Iyo umugore utwite anywa ibiyobyabwenge n'ibisindisha bigira ingaruka mbi ku mwana atwite. **Yego/oya**
 3. Kunywa ibiyobyabwenge n'ibisindisha bimunga umutungo w'urugo. **Yego/Oya**
 4. Ibiyobyabwenge n'ibisindisha byangiza inyama zo munda. **Yego/oya**
 5. Ibiyobyabwenge n'ibisindisha biratinyura. **Yego/oya**
 6. Abantu bose banywa ibiyobyabwenge n'ibisindisha. **Yego/ Oya**
- Babaze ikindi kibazo icyo ari cyo se wishakiye ukurikije uko ikiganiro cyagenze.
 - Babaze ingamba bafashe bakurikije ikiganiro mwagiranye.
 - Babwire ko uzakomeza kubaba hafi no kubafasha igihe cyose ari ngombwa.

IKIGANIRO CYA 5: KWIRINDA IBIYOBWENGE N'IBISINDISHA

Ubushakashatsi bwakozwe na NACADA bwagaragaje ko hari inzira umuntu akwiye gucamo mu kwirinda no kureka ibiyobyabwenge n'ibisindisha burundu. (Reba igishushanyo gikurikira)



Hari ingamba zihariye zikwiye gufatwa ku bamaze kokamwa n'ibiyobyabwenge/ibisindisha no ku batarabifataho na rimwe.

5.1 Uburyo bwo kwirinda ibiyobyabwenge n'ibisindisha ku batarangira kubinywa

- Kwirinda kugendana n'incuti zikunda kunywa ibisindisha n'ibiyobyabwenge.
- Gukoresha neza igihe cya nyuma y'akazi n'ibiruhuko.
- Kwifata ukanga ubutumire buganisha ku kunywa no gusinda.
- Kwirinda kugwa mu gishuko cyo kumva ushaka kugerageza ngo wumve uko bimeze kuko ushobora guhita ugendanirako.
- Kumenya gusesengura amakuru yose umuntu ahawe. (Urugero: Ibiguvwa ku maradiyo ku nzoga n'itabi mu rwego rwo kubyamamaza)



5.2 Uburyo bwo kugabanya/kureka ibiyobyabwenge n'ibisindisha ku bokamwe na byo

- **Kwiha intego:** Ibi bijyanye no gufata icyemezo cyo kureka kunywa mu gihe runaka. (Urugero: Kutarenza amacupa runaka mu gihe runaka) Ibyo bishobora kugabanya ingaruka z'inzoga mu mubiri wawe.
- **Kubara:** Ibi bijyanye no kubarura umubare w'amacupa umuntu afata ku munsu mu gihe wiyemeje kugabanya inzoga. Urugero: Ushobora kubika udufuniko tw'amacupa buri munsu hanyuma ukatubarura nyuma y'igihe runaka. Ibi bigufasha kumenya igihe ugiye kurenza intego wihaye ugaheraho wifata.
- **Kwirinda kunywa amasaha menshi akurikiranye no kugotomera:** Igihe binaniranye kwifata no kugabanya kunywa inzoga ni ngombwa kugerageza byibura kuyinywa buhoro buhoro kandi uyivanga n'ibindi binyobwa bidasindisha nk'amazi, imitobe, ...
- **Kwirinda kunywera inzoga mu nda nsa:** Ni ngombwa kwirinda kunywa inzoga igihe utariye. Abanywi b'inzoga barasabwa kujya babanza kurya ibiryo birimo intungamubiri mbere yo kunywa. Ibyo bituma ubukana bw'inzoga butinda gukwirakwira mu mubiri.

Icyitonderwa:

- Abagore baratwite barasabwa kwirinda kunywa ibiyobyabwenge n'ibisindisha kuko birira ingaruka mbi ku bo batwite. Mu gihe bumva bitaboroheye kwifata, bagomba gusaba muganga inama.
- Hari imyitozo itandukanye umuntu ashobora gukora mu gihe yumva ananiwe cyangwa afite ibibazo aho kwiyahuza inzoga.

1	<p>Kwishimisha: Gukora ikintu icyo ari cyo cyose kigushimisha. Urugero: kuririmba, kubyina, gushushanya, ...</p>	
2	<p>Kuryama: Ibitotsi bifasha umuntu kuruhuka no kudateshwa umutwe n'ibibazo.</p>	

3	<p>Kuganira: Mu gihe ifite ikibazo kikuremereye, shaka uwo ukiganirizaho akugire inama aho kwiyahuza ibiyobyabwenge.</p>	
4	<p>Imyitozo ngororamubiri: Mu gihe kureka ibiyobyabwenge n'ibisindisha byakunaniye ushobora kubisimbuza gukora imyitozo ngororamubiri igihe cyose wumvise ushatse kubifata.</p>	

Umwihariko w'umufashamyumvire

Intego y'ikiganiro

Nyuma y'iki kiganiro abahuguwe baraba bashobora:

- Gusobanura inzira umuntu yacamo mu kwirinda/kureka ibiyobyabwenge n'ibisindisha.
- Gutanga ingero z'ibikorwa bitandukanye umuntu yakora aho kwiyahuza ibiyobyabwenge.

Imyiteguro ikenewe

- **Tekereza ku buryo uri bushyire abahugurwa mu matsinda mato.**
- **Reba ko ko hari umwanya uhagije ku buryo amatsinda yose abona aho akorera.**
- **Reba ko ibikoresho by'abahugurwa biteganyijwe kandi ko bibakwira.** (Umugereka wa 5: Kopi ziriho incamake y'inzira umuntu yanyuramo mu kwirinda ibiyobyabwenge ku muntu utaratangira kubinywa cyangwa se uwokamwe na byo)

Ibikoresho bikenewe	<ul style="list-style-type: none"> • Kopi ziriho umugereka wa 5 • Imfahanyigisho zitandukanye
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Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
Iminota 10	<p>Baza abahugurwa ibibazo bikurikira:</p> <ol style="list-style-type: none"> 1. Ibiyobyabwenge ntabwo bipfa kukwangiza. Ugomba kubikoresha igihe kinini cyane mbere y'uko bikwangiza. Yego/oya 2. Kunywa ibiyobyabwenge rimwe gusa ntacyo bitwaye. Yego/oya 3. Ni bibi kunywa ibiyobyabwenge ibisindisha ku mugore utwite. Iyo bimunaniye kwifata kunywa bike ntacyo bitwaye. Yego/Oya 4. Ese wakora iki mu rwego rwo kwirinda ibiyobyabwenge/ibisindisha mu gihe utarabifata na rimwe? 5. Ese wakora iki mu rwego rwo kugabanya no kureka ibiyobyabwenge/ibisindisha mu gihe wamaze kokamwa na byo? <p>Ntugire icyo wongera ku bisubizo baguhaye ubyumve gusa. Babwire ko mugiyeye kuganira ku nzira umuntu yanyura mu kwirinda ibiyobyabwenge n'ibisindisha yaba uwatangiye kubifata cyangwa se utarabifata na rimwe. Basabe gukomeza gutekereza kuri ibyo bibazo mu gihe muza kuba muganira, ubabwire ko muri bubigarukeho.</p>

Iminota 45

- Fatanya n’abahugurwa kuganira ku nzira cyangwa se ibikorwa by’ingenzi byakorwa mu rwego rwo kwirinda ibiyobyabwenge. Ha abahugurwa umwanya wo gutanga ibitekerezo byabo hanyuma ugire icyo wongeraho niba ari ngombwa. Ushobora kwifashisha ibiri mu gishushanyo kiri mu ntangiriro y’iki kiganiro.
- Shyira abahugurwa mu matsinda mato mato baganire ku byo umuntu utaratangira kunywa ibiyobyabwenge/ ibisindisha yakora mu rwego rwo kubyirinda. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa.
- Saba amatsinda amawe n’amawe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kubira icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira wifashishije amakuru ari mu ngingo ya 5.1.
- Ongera ushyire abahugurwa mu matsinda mato mato baganire ku byo umuntu wamaze kokamwa n’ibiyobyabwenge/ibisindisha yakora mu rwego rwo kubigabanya/kubireka burundu. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa.
- Saba amatsinda amawe n’amawe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kuvuga icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira ukurikije ibiri mu gika 5.2 muri aki gitabo.
- Garuka ku bijyanye n’abagore batwite. Utsindagire cyane ko bibujijwe bikaziririzwa gufata ibiyobyabwenge/ ibisindisha ku mugore utwite. Babwire ko igihe byananiranye aho kwiyahuza ibiyobyabwenge/ibisindisha bamugira inama yo kugana muganga.
- Ungurana ibitekerezo n’abahugurwa ku bikorwa ibitandukanye umuntu yakora mu gihe yajyaga ata afata ibiyobyabwenge/ibisindisha. Gendagenda ufashe abahugurwa kubikora neza unabasobanurira aho bibaye ngombwa. Ushobora kwifashisha amakuru akubiye mu mbonerahamwe iri mu cyitonderwa mu gika 5.2
- Baza abahugwara niba basobanukiwe neza n’ibyo mumaze kuganira muri iki gice. Niba hari ibindi bibazo bafite babikubaze.

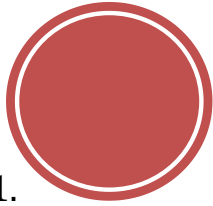
- **Iminota
15**

- Ongerera ubaze abahugurwa ibibazo wari wababajije mu ntangiriro y'iki kiganiro urebe ko bahinduye uburyo bw'imitekerereze bakubwire n'impamvu:
 1. Ibiyobyabwenge ntabwo bipfa kukwangiza. Ugomba kubikoresha igihe kinini cyane mbere y'uko bikwangiza. **Yego/oya**
 2. Kunywa ibiyobyabwenge rimwe gusa ntacyo bitwaye. **Yego/oya**
 3. Ni bibi kunywa ibiyobyabwenge ibisindisha ku mugore utwite. Iyo bimunaniye kwifata kunywa bike ntacyo bitwaye. **Yego/Oya**
 4. Ese wakora iki mu rwego rwo kwirinda ibiyobyabwenge/ ibisindisha mu gihe utarabifata na rimwe?
 5. Ese wakora iki mu rwego rwo kugabanya no kureka ibiyobyabwenge/ibisindisha mu gihe wamaze kokamwa na byo?
- Babaze ikindi kibazo icyo ari cyo se wishakiye ukurikije uko ikiganiro cyagenze.
- Babaze ingamba bafashe bakurikije ikiganiro mwagiranye.
- Babwire ko uzakomeza kubaba hafi no kubafasha igihe cyose ari ngombwa..

IKIGANIRO CYA 6: UMWANZURO

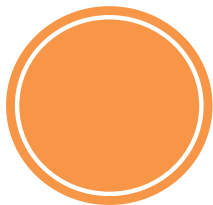


Nyuma yo kuganiriza/guhugura umuntu ku bubu bw'ibiyobyabwenge, ni ngombwa kumufasha gutekereza ku buryo yakoresha amakuru akuye mu mahugurwa. Gufata icyemezo ni ikuntu cy'ingenzi mu buzima. N'ubwo ariko ari ingenzi ibyo ntibihagije. Ni ngombwa ko abafashamyumvire bafasha abo bahugura gufata icyemeze cyiza. Inzira yo gufata icyemezo twayigereranya n'amataru ayobora abagenzi mu muhanda



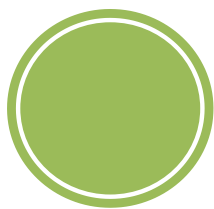
1.

Umutuku: Ibi bivuga ngo **hagarara**. Tekereza neza wibaze ikibazo kikugarije icyo ari cyo. Ese kiraterwa n'iki? Ni izihe ngorane ufite zikubuza kukirinda? Tekereza neza icyo wakora?



2.

Ikigina: Ibi bivuga ngo ba uretse. Banza usuzume neza icyemezo ugiye gufata. Ese ubundi amahitamo ufite ni ayahe? Suzuma neza ingaruka nziza n'imbi kuri buri cyemezo.



3.

Icyatsi: Ibi bivuga ngo tangira ushyire mu bikorwa icyemezo cyawe. Igihe wamaze guhitamo icyo gukora ni ngombwa guhita ugutangira nta yindi nteguza. Igihe cyose udashoboye gushyira mu bikorwa icyemezo/icyifuzo cyawe biba ari kimwe nk'aho ntacyo wigeze utekereza. Kuko kudafata icyemezo biba bifite icyo bivuze nabyo.

Hari ibyemezo bitandukanye umuntu ashobora gufata nyuma yo gusobanurirwa ibijyanye n'ibiyobyabwenge. Umuntu ashobora gufata ibyemezo bijyanye na we ubwe harimo kwirinda ibishuko bishobora gutuma umuntu afata ibiyobyabwenge, kugabanya buhoro buhoro umubare w'ibisindisha umuntu asanzwe afata, ... Uretse ibyemezo bijyanye n'umuntu ku giti cye, hashobora no gufatwa ingamba zo gufasha abandi kumenya ibiyobyabwenge n'ingaruka zabyo. Twavugaga nko kujya muri za club anti alcohol, kwandika cyangwa gukina ikinamico ku biyobyabwenge, kujya inama ku bijyanye n'ibiyobyabwenge, kwitabira ibiganiro bivuga ku biyobyabwenge no gubitangamo ibitekerezo, guhimba no gukina udukino ku bubu bw'ibiyobyabwenge, guhimba imivugo n'indirimo ku biyobyabwenge n'ibindi n'ibindi.

Umwihariko w'umufashamyumvire	
Intego y'ikiganiro	Nyuma y'iki kiganiro abahuguwe baraba bashobora: <ul style="list-style-type: none">• Gusobanura inzira yo gufata icyemezo.• Gutanga ingero z'ibyo bazakora mu minsi iza mu rwego rwo gukumira no kurinda ibiyobyabwenge abana boto n'urubyiruko. .
Imyiteguro ikenewe	<ul style="list-style-type: none">• Tekereza ku buryo uri bushyire abahugurwa mu matsinda mato.• Reba ko ko hari umwanya uhagije ku buryo amatsinda yose abona aho akorera.
Ibikoresho bikenewe	<ul style="list-style-type: none">• Imfahanyigisho zitandukanye (Ikibaho, ingwa, Flip charts cg marquers)

Incamake y'ibikorwa muri iki kiganiro

Igihe	Ibikorwa
Iminota 10	<ul style="list-style-type: none"> • Bwira abahugurwa ko noneho mugeze mu gihe cyo gufata umwanzuro muhereye ku byo mwaganiriye byose. • Babwire ko ukeneye ko bagufasha mu rugamba rwo kurinda no gukumira ibibyobyabwenge n'ibisindisha mu bana bato n'urubyiruko. • Babwire ko kugira ngo ibyo mubigereho, bisaba gufata icyemeze kandi mugafata icyemezo cyiza. • Basobanurire inzira umuntu acamo kugira ngo afate icyemezo cyiza ubigereranyije n'amataro yo ku muhanda. (Ifashishe amakuru ari mu ntangiriro y'iki gika)
Iminota 40	<ul style="list-style-type: none"> • Shyira abahugurwa mu matsinda mato mato. Muri buri tsinda, saba abahugurwa gufata umwanzuro/icyemezo kijyanye n'ibikorwa bakora cyangwa se inama bagira abantu ku bijyanye no gukumira no kurinda ibiyobyabwenge abana bato n'urubyiruko. • Saba amatsinda amwe n'amwe kuza kubwira abandi ibyo baganiriye. Buri gihe uko itsinda rimaze kumurikira abandi akazi kabo, ujye usaba abasigaye kubira icyo babivugaho cyangwa se bongeraho. Genda nawe ubunganira ukurikije incamake iri ku ntangiriro y'iki kiganiro. • Baza abahugwara niba basobanukiwe neza n'ibyo mumaze kuganira muri iki gice. Niba hari ibindi bibazo bafite babikubaze. • Babaze ikindi kibazo icyo ari cyo se wishakiye ukurikije uko ikiganiro cyagenze. • Babwire ko uzakomeza kubaba hafi no kubafasha igihe cyose ari ngombwa kandi ubashishikarize guhita batangira gushyira mu bikorwa ibyo biyemeje.

IKIGANIRO CYA 7: ISUZUMA RY'AMAHUGURWA

NO GUSOZA

Intego	<p>Nyuma y'iki kiganiro, abahugurwa baraba bashobora:</p> <ul style="list-style-type: none">• Kuvuga no gusobanura ibyo bigiye muri ibi biganiro.• Gusobanura ingamba bafashe n'uburyo bazazishyira mu bikorwa.
Imyiteguro ikenewe	<ul style="list-style-type: none">• Gusaba umuyobozi uri aho kwitegura gusoza• Gushyira hafi udukarito cyangwa amabahasha yo kuza kubikamo ibisubizo
Ibikoresho bikenewe	<p>Impapuro</p> <p>Amakaramu</p> <p>Udukarito duto cyangwa se amabahasha manini yo gushyiramo ibisubizo bivuye mu matsinda</p>

Igihe	Ibikorwa	
Iminota 40	<ul style="list-style-type: none"> Shimira abahugurwa kuba bitabiriye n'ibitekerezo byiza batanze. <p>Ongera ushyire abahugurwa mu matsinda mato mato bafatanye gusubiza ibibazo 4 bikurikira babyandike ku mpapuro:</p>	
	<ul style="list-style-type: none"> Ibyo bakunze mu biganiro mwagiranye 	<ul style="list-style-type: none"> Ibyabatangaje batari bazi ku biyobyabwenge n'ibisindisha
	<ul style="list-style-type: none"> Ibikorwa bateganya gukora mu rwego rwo gutangira kurinda no gukumira ibiyobyabwenge n'ibisindisha mu bana bato n'urubyiruko 	<ul style="list-style-type: none"> Ibyo bari bafitiye ubwoba cyangwa bahangayikiye mbere yo kuganira nawe
	<ul style="list-style-type: none"> Akira impapuro abahugurwa basubirijeho uzishyire mu bintu bine bitandukanye ukurikije ibibazo wababajije. Nyuma y'amahugurwa fata umunya wo gusoma amakuru akubiye kuri utwo dupapuro uzayahereho utegura ibiganiro bitaha. Saba abahugurwa kukubaza ikindi kibazo icyo ari cyo cyose kijyanye n'ibyo mwaganiriye mbere yo gusoza. 	
	Iminota 5	Ijambo risoza. Rishobora kuvugwa n'umuyobozi uwo ari wese uri aho.

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