



Repubulika y' u Rwanda  
**Minisiteri y' Uburinganire  
n' Iterambere ry' Umuryango**



# URUGO RWIZA

**IMFASHANYIGISHO IFASHA ABITEGURA  
GUSHYINGIRWA NO GUHEREKEZA  
ABANTU BABANA NK'UMUGABO N'UMUGORE**

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# GUSHIMIRA



Minisiteri y'Uburinganire n'Iterambere ry'Umuryango (MIGEPROF) irashimira inzego zose n'abantu ku giti cyabo bagize uruhare mu gutegura imfashanyigisho **"TWUBAKE URUGO RWIZA"** igamije gutegura abagiye gushyingirwa no guherekeza abantu babana nk'umugabo n'umugore mu kunoza inshingano zabo hagamijwe kubaka urugo rwiza, ruzira amakimbirane, ruzadufasha kugera ku u Rwanda twifuza.

Ndashimira kandi buri wese uzakoresha iyi mfashanyigisho mu gutegura no guherekeza imiryango, ndetse n'undi uzayikoresha ku giti cye, yihugura, ngo turusheho kubaka umuryango ushoboye kandi utekanye.

Iyi mfashanyigisho **"TWUBAKE URUGO RWIZA"** izajya yigishwa abagiye gushyingirwa mu gihe gikwiye kugira ngo bitegure neza kuzabana mu mahoro no mu munezero, bagamije iterambere rirambye ry'umuryango wabo.

Nifurije buri wese kubaka urugo rwiza, aho umugore, umugabo, abana n'abarugenda bose bahumeka ituze n'amahoro.

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# 1. INTANGIRIRO

Itegeko Nshinga rya Repubulika y'u Rwanda ryo mu 2003 ryavuguruwe mu 2015, rivuga ko umuryango, ari wo shingiro kamere y'imbaga y'Abanyarwanda, kandi ko urengerwa na Leta. Ababyeyi bombi bafite uburenganzira n'inshingano zo kurera abana babo...<sup>1</sup>

Mu cyerekezo cy'iterambere, Igihugu cyacu gifite intego yo kubaka ubushobozi bw'Umunyarwanda, ufite ubumenyi, ubuzima bwiza, ndetse akabaho neza mu muryango utekanye, urangwa n'iterambere muri byose<sup>2</sup>.

Mu rwego rwo gukomeza kubaka umuryango ushoboye kandi utekanye, Minisiteri y'Uburinganire n'Iterambere ry'Umuryango (MIGEPROF) ifatanyije n'izindi nzego za Leta, Imiryango itari iya Leta n'Imiryango ishingiyeye ku myemerere (Amadini/Amatorero) bateguye imfashanyigisho ihuriweho, igamije gutegura abifuzaga gushyingirwa no guherekeza abantu babana nk'umugabo n'umugore, kuzuzanya neza inshingano zabo mu kubaka umuryango mwiza, utekanye.

Iyi mfashanyigisho kandi yateguwe mu rwego rwo gushyira mu bikorwa umwanzuro w'Inama y'Igihugu y'Umushyikirano ya 17 yo mu Ukuboza 2019 wasabaga ko habaho ubufatanye hagati ya Leta n'Imiryango itari iya Leta n'ishingiyeye ku myemerere hagategurwa ingamba zihamye zo gutegura neza abitegura gushyingirwa ndetse no guherekeza abantu babana nk'umugabo n'umugore hagamijwe kubaka umuryango utekanye no kubafasha kubahiriza inshingano zabo za kibyeyi.

<sup>1</sup> Itegeko Nshinga rya Repubulika y'u Rwanda, nkuko ryavuguruwe mu 2015, Ingingo ya 18  
<sup>2</sup> Gahunda ya Guverinoma y'imyaka 7 (2017-2024) p.13

# 2. UKO IMFASHANYIGISHO ITEGUYE

## 2.1. Intego z'imfashanyigisho

Intego nyamukuru y'iyi mfashanyigisho ni ugutegura abagiye gushyingirwa ndetse no guherekeza abashyingiranywe n'abandi bantu babana nk'umugabo n'umugore hagamijwe kurushaho kumva no kubaha no kubahiriza inshingano zabo mu kubaka umuryango ushoboye kandi utekanye. (Soma [hano](#) Ibiranga Umuryango Ushoboye kandi Utekanye.)

Intego rusange z'iyi mfashanyigisho ni:

- 🕒 Guha amakuru y'ibanze abagiye gushyingirwa ku nshingano n'imibanire y'abagize umuryango;
- 🕒 Gufasha abantu babana nk'umugabo n'umugore kunoza ikiganiro hagati yabo ndetse n'abagize umuryango bose;
- 🕒 Kubaka ubushobozi bw'abagize umuryango mu gusobanukirwa ibyateza amakimbirane, kuyirinda no kuyakemura mu ituze.

## 2.2. Uburyo inyigisho zizatangwa

Inyigisho zikubiye muri iyi mfashanyigisho zitangwa nk'ibiganiro, abigishwa bakabaza ibibazo, bagahabwa umukoro-ngiro kugira ngo bagaragaze iby'ingenzi bakuye mu nyigisho. Mu rwego rwo kunoza imitangire y'ibiganiro, ni byiza ko ikiganiro kigenerwa umwanya uhagije, abagihawe bakagira umwanya wo kungurana ibitekerezo no kugifatira umwanzuro.

### 2.2.1. Inzego zitanga izi nyigisho

Ibiganiro bikubiye muri iyi mfashanyigisho bitangwa n'inzego zitandukanye zisanzwe zitegura ndetse zikanaherekeza abantu babana nk'umugabo n'umugore. Muri bo, harimo Abanditsi b'Irangamimerere ku Mirenge, Amadini n'Amatorero n'Imiryango iyishamikiyeho, ndetse n'Imiryango y'intangarugero (y'icyitegererezo) itoranywa n'inteko y'abaturage, bashingiye ku myitwarire n'ubunyangamugayo ndetse no kubana neza.

Ku bitegura gushyingirwa, inyigisho zizajya zitangwa mu gihe gihagije kandi mbere y'umunsi w'umuhango nyirizina wo gushyingirwa nk'uko bigenwa n'itegeko. Ibi ni ukugira ngo bahabwe umwanya uhagije wo kumenyana, no gusobanukirwa neza uburenganzira n'inshingano biyemeje kandi bakarushaho kuzubahiriza. Ni byiza ko umusore n'inkumi bifuzaga gushyingirana bategurirwa hamwe mu gihe baturanye cyangwa biboroheye, ariko bidashobotse, buri wese yahabwa inyigisho ukwe.

## 2.2.2. Abahabwa izi nyigisho

N'ubwo buri wese yakoresha iyi mfashanyigisho mu kwihugura, ishyiriweho by'umwihariko abantu bakurikira:

- Urubyiruko ruri mu byiciro bitandukanye
- Abantu bamaze kwiyumvamo umuhamagaro wo gushyingirwa kandi batangiye kwitegura,
- Abantu babana nk'umugabo n'umugore.

Izi nyigisho zishobora kwifashishwa mu mahuriro y'urubyiruko atandukanye (mu Nama y'Igihugu y'Urubyiruko, mu rubyiruko rw'abakorera bushake, mu mashuri makuru na za kaminuza, mu bigo by'urubyiruko, mu itorero ry'urubyiruko rurangiza amashuri yisumbuye, mu mahuriro y'urubyiruko ashamikiye ku madini n'amatorero...).

Izi nyigisho kandi zizanyuzwa mu Umugoroba w'Imiryango (UWI) mu rwego rwo gukomeza guherekeza abantu babana nk'umugabo n'umugore bakibutswa kurushaho kubahiriza inshingano zabo za kibyezi no kubaka umuryango utekanye.

Iyi mfashanyigisho izashyirwa kuri murandasi z'inzego zitandukanye, no ku mbuga nkoranyambaga (social media nka Facebook, YouTube, Instagram n'izindi), ku buryo uwakenera kwihugura yabikora ku giti cye akoresheje ikoranabuhanga.

# 3. IBIGANIRO BIKUBIYE MU MFASHANYIGISHO

Iyi mfashanyigisho ikubiyemo ibiganiro by'ubwoko bubiri (2):

- 🕒 Ibiganiro byo gutegura, bihabwa gusa abitegura gushyingirwa
- 🕒 Ibiganiro byo guherekeza, bihabwa abitegura gushyingirwa ndetse n'abandi bantu babana nk'umugabo n'umugore.

## 3.1. IBIGANIRO BITANGWA GUSA KU BITEGURA GUSHYINGIRWA

Ibiganiro bigenewe abitegura gushyingirwa byibanda cyane mu kurushaho kumenyana no guhuriza hamwe mu rugendo batangiyeye rwo kubaka umuryango.

### 3.1.1. Ibiranga umuntu mu gihe cy'irambagiza n'imihango yo gushyingirwa

Kwiyemeza gushyingirwa bishingira ku marangamutima karemano n'ibyo umuntu abona mu rungano ndetse no mu bamukikije. N'ubwo iyi myitwarire ishobora gutangira kare, mu gihe cy'ubugimbi n'ubwangavu; mu Rwanda, abantu bemererwa gushyingirwa ari uko nibura bagejeje ku myaka 21 y'ubukure<sup>3</sup>.



Umuntu ahitamo gushyingiranwa n'undi ayobowe n'ibintu bitandukanye harimo **amarangamutima, ubushake bwo kubona uwo bazafatanye mu buzima banezerewe, ibitekerezo byo gutera imbere, kororoka, kubaho neza n'ibindi...**

Bimwe mu bibazo umuntu yakwibaza mu gihe cy'irambagiza ni ibi bikurikira:

- **Ugushyingirwa icyo ari cyo n'icyo bigamije**

Ugushyingirwa ni ugushyingira uruguzwe n'umugore n'umugabo. Ni igikorwa gifite intego zo kubaka umubano wihariye n'umuntu ukunze kurusha abandi, gukemura ibyifuzo bitandukanye harimo kororoka no kubaka umuryango, kwiteza imbere kandi byose bigakorwa mu bufatanye no mu bwumvikane. Mu Rwanda, ugushyingirwa kwemewe ni ugushyingirwa nk'umugabo umwe n'umugore umwe, gukorewe mu butegetsi bwa Leta<sup>4</sup>. (Soma [Hano](#) Itegeko rigenga Abantu n'Umuryango; 2016)

3 Itegeko N° 32/2016 ryo ku wa 28/08/2016 rigenga abantu n'umuryango, Ingingo ya 168

4 Itegeko Nshingira rya Repubulika y'u Rwanda ryo mu 2003 ryavugururwe mu 2015, Ingingo ya 17 n'Itegeko N° 32/2016 ryo ku wa 28/08/2016 rigenga abantu n'umuryango, Ingingo ya 166.

- **Imitekerereze n'imitwarire ikwiye kuranga ugiye gushyingirwa**

Ugiye gushyingirwa akwiye kurangwa no kugira ubwumvikane n'uko bitegura kubana, akumva ko bafite agaciro n'uburenganzira bingana imbere y'Imana n'imbere y'amategeko.

Agomba kandi kwiyumvamo ko akunda mugenzi we nta wundi amubangikanyije, amwubaha, bashyira hamwe, bajya inama ku bigomba kubagirira akamaro, kandi bagashyira mu bikorwa ibyemezo bumvikanyeho.

Muri iki gihe ni ngombwa kumenya guhitamo inshuti nziza, zikuganisha ku iterambere, mwungurana ubumenyi butandukanye kandi zirangwa n'imico n'imigenzo myiza. Akenshi abantu bakunze gusanisha umuntu n'abo agendana nabo.

- **Bimwe mu bibangamira irambagiza:**

Mu gihe cyo kurambagiza, umukobwa n'umuhungu bagomba kwirinda ibikorwa n'imigenzo mibi byabagiraho ingaruka, bigasenya umubano wabo. Urugero nko kwishora mu busambanyi, irari, kwiyandarika, ubusinzi, ubugugu n'ubusambo, inshuti zitari nziza, urwango rw'abagize imiryango n'inshuti z'umwe mu bitegura kubana, kumva amabwire no kuyagenderaho ..., ahubwo hakimakazwa indangagaciro zo gushishoza no kudahubuka, kumenyana bihagije hagati yabo n'imiryango yabo.

- **Indangagaciro zikwiye kuranga abifuza gushyingirwa:**

Ugiye gushyingirwa akwiye kurangwa n'imitwarire iboneye igizwe n'indangagaciro zikurikira, zizafasha kubaka urugo rwiza:

- ⌚ Kugira urukundo nyarwo no gukomeza kurusigasira
- ⌚ Kugira ibanga ry'urugo mu bintu byiza
- ⌚ Kuvugisha ukuri muri byose, no kubwirana amagambo meza avuye ku mutima koko;
- ⌚ Kugira ikinyabupfura, kwitonda, kwihesha agaciro, kutiyandarika;
- ⌚ Kwigomwa (kwitsinda mu mubano w'abashakanye);
- ⌚ Kubabarirana;
- ⌚ Gukunda umurimo;
- ⌚ Kwirinda inda nini n'ubusambo;
- ⌚ Kwitangira umuryango mu buryo bwo kuzuzanya ku bushake, nta gahato gaturuka ku muntu uwo ariwe wese;
- ⌚ Kutizirika ku bandi bantu n'ibindi...

- **Ibizira abifuza gushyingirwa bakwiye kwirinda kuko bisenya urugo:**

- ⌚ Kirazira guhohotera uwo mwashakanye mu buryo ubwo aribwo bwose (ingero: ku mutungo, kubabaza umubiri, kubabaza umutima, kumukoresha imibonano mpuzabitsina ku gahato);
- ⌚ Kirazira guta urugo no kwirengagiza inshingano zawe;
- ⌚ Kirazira guca inyuma uwo muzashyingiranywa/cyangwa uwo mwashyingiranywe;
- ⌚ Kirazira kumva amabwire,
- ⌚ Kirazira kwishora mu businzi no mu biyobyabwenge...

- **Ibifasha umuntu gufata icyemezo cyo gushyingirwa**

Ugiye gushyingirwa abanza **kurambagiza** bivuga kureba imico, imyifatire, imimerere... by'umukobwa cyangwa umuhungu, yifuza kuzabana nawe.

Mu kurambagiza kandi habaho kumenya imibereho, imyitwarire ndetse n'umuryango umuhungu cyangwa umukobwa akomokamo hagamijwe kumenya niba urambagizwa yarahawe uburere buboneye, buzamufasha kubaka urugo rwiza.

Uyu muhango uhatse indangagaciro yo **gushishoza** no **kudahubuka** mbere yo guhitamo uwo muzabana ubuzima bwawe bwose. Ni ngombwa kandi ko imiryango y'umuhungu n'umukobwa imenyana kuko igomba kugira inama abana babo mu rugendo rw'imibanire mu gihe cyo gushyingirwa ndetse na nyuma yaho.

Umuhungu cyangwa umukobwa ashobora kwirambagiriza cyangwa hakabaho **umuranga** uzi imico y'uko aranga cyangwa arangira. Umuranga ashobora kuba umuvandimwe, umuturanyi cyangwa inshuti ikuganisha ku kubona uwo muzashyingiranwa ukunyuze kandi muzubakana urugo rwiza.

Biturutse kuri umwe cyangwa bombi, habaho ko abashimanye bombi bafata umwanzuro wa nyuma wo gushyingirwa nta gahato gaturutse aho ari ho hose. Ni byiza gufata umwanya uhagije wo kurambagiza kuko gushinga urugo ari umushinga udahubukirwa. Iyo uhisemo nabi, urugo rukubera umutwaro kandi bikaba byakugiraho ingaruka mbi ku buzima bwawe ndetse no ku miryango yombi.

Nyuma yo kurambagiza no gushimana hagati y'umukobwa n'umuhungu, hakurikiraho gukurikira inyigisho zitegura abagiye gushyingirwa zitangwa na Leta, Amadini n'Amatorero ndetse n'Imiryango ishamikiye ku madini/amatorero mu gihe cyagenwe. Izo nyigisho ni zo zikubiye mu biganirwa biri muri iyi mfashanyigisho. Nyuma y'izo nyigisho, umukobwa n'umuhungu bariyemeza bagafata icyemezo cyo gukomeza urugendo rwo gushyingirwa, kubisubika cyangwa kubireka haramutse habonetse impamvu zibazitira.

- **Imihango ikurikizwa mu gushyingirwa**

Iyo abigishijwe biyemeje gukomeza urugendo rwo kuzabana, hakurikiraho imihango ya ngombwa ikurikira:

- 🕒 **Gusaba no gufata irembo:** Umukobwa n’umuhungu bagomba kubaha imiryango baturukamo, ababyeyi babo bakagira uruhare rugaragara mu gutegura umuhango wo gusaba/gusabwa irembo, bakamenyana neza nk’imiryango y’umukwe n’umugeni. Ibi ntibibe umuhango ahubwo bikaba uruhare rugaragara rw’ababyeyi.
- 🕒 **Gusaba no gukwa umugeni:** uyu muhango ni ikimenyetso cy’ubwubahane hagati y’imiryango yombi, ni ishema ry’imiryango y’abagiye gushyingirwa. Inkwano ni ikimenyetso cy’ubucuti n’ubuvandimwe hagati y’imiryango yombi mu guhuza no kubanisha abana bayo, ikaba ari **ipfundo ry’ubumwe**. Inkwano rero si ikiguzi kandi ntikwiye kubangamira abagiye gushyingirwa. Ababyeyi bagiye gushyingira abana babo bagomba kumvikana, bagatekereza ku guha umusingi urugo rw’abana babo, aho gushakira indonke mu bana baka inkwano ziremereye. Itegeko N° 32/2016 ryo ku wa 28/08/2016 rigenga abantu n’umuryango mu ngingo yaryo ya 167 igika cya 2, ivuga ko **iyi inkwano itabonetse, ntibibuza amasezerano y’ubushyingiranwe kwemerwa**.
- 🕒 **Gutebutsa:** Ni umuhango ukurikira gukwa, aho umuryango w’umuhungu ujya kubaza iwabo w’umukobwa, bakumvikana ku gihe bazashyingiriraho abana babo. Uyu muhango uhatse **indangagaciro yo guteganya, kubahiriza igihe no gukomera ku ijambo**.

### Icyitonderwa:

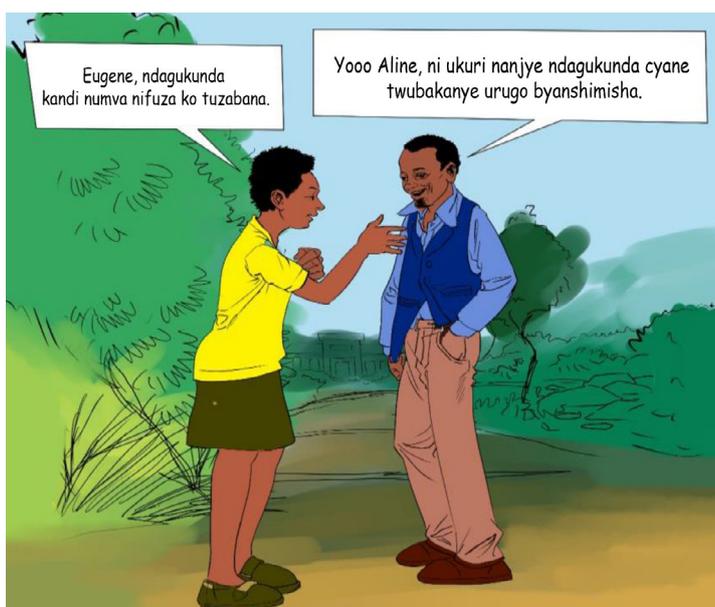
Mu muco nyarwanda, iyi mihango yose ibanziriza uwo gushyingirwa imbere y’amategeko no mu idini/itorero.

- 🕒 **Gushyingirwa:** Amategeko y’u Rwanda avuga ko ishyingirwa ryemewe rikorerwa imbere y’umwanditsi w’irangamimerere, kandi hagati y’umugore umwe n’umugabo umwe nibura bafite imyaka 21. Gushyingirwa mu idini/itorero bikorerwa mu idini/itorero abashyingiranwa bumvikanyeho. Umukobwa n’umuhungu bashobora kuba bahuje idini/itorero cyangwa batarihuje kandi ntibikwiye kubangamira imibanire myiza yabo mu muryango.

**Mu gukora ubukwe, hagomba kwirindwa gusesagura no kwigana ibyo abandi bakoze. Abashyingiranwa bagomba kwita ku bushobozi bafite.** Si byiza gukoresha ibya mirenge no gusesagura, cyangwa gufata amadeni yo gukoresha ubukwe mu gihe bigaragara ko bizagorana mu kuyishyura no gutunga urugo. Abagiye gushyingirwa bagomba gukora ubukwe bujyanye n’amikoro yabo.

- 🕒 **Gutwikurura:** ni umuhango ukorwa nyuma yo gushyingirwa, hagamijwe gusohora umugeni ngo atangire gukora imirimo yo guteza imbere urugo rwe. Muri uyu muhango harimo indangagaciro yo kubaha umuryango, ikinyabupfura, gushyigikira urugo rushya no kwigira.

### 3.1.2. Kugira ubwigenge bwuzuye bwo guhitamo uwo muzabana



Mbere yo gushyingirwa, umuntu ahitamo uwo bazabana mu bwisanzure (umukobwa cyangwa umuhungu, uwo ari we wese yabanza kubibwira undi), nta gahato, nk'uko bigenwa n'amategeko. Hari impamvu zitandukanye zishobora gushyingirwaho umuntu ahitamo uwo bazabana kuko akenshi uba ufite mu ntekerezo zawe ibiranga uwo muzabana. Ni byiza rero, ko umuntu yafata umwanya uhagije, akabanza gusesengura neza, kuko guhitamo bidahubukirwa.

Ni byiza kubwizanya ukuri, ukumva umutimanama wawe, amarangamutima yawe, ukibaza ibibazo kandi ukibwiza ukuri, ese wumva wishimye, ese uramukunda, ese ntumutinye kandi nta kibi umwifuriza, n'ibindi...

Ushobora kugisha inama inshuti wizeye cyangwa ababyeyi ugashakisha amakuru ukeneye yagufasha mu guhitamo kwawe ariko nta muntu ugomba kugufatira icyemezo.

### 3.1.3. Kwemeranya kuri gahunda abagiye gushyingiranwa bifuzako kuzageraho mu rugo rwabo

Abagiye gushyingiranwa baba bafite indoto z'urugo bashakira kubaka bityo rero bagomba kwemeranya ku byo bifuzako kuzageraho n'uburyo bazabigeraho. Bimwe muri byo ni ibi bikurikira:

- 🕒 Kwiyemeza gusesuye kubana nk'umugore n'umugabo mu byiza no mu bibi;
- 🕒 Guhara bimwe mu byo ukunda kugira ngo ugire urugo rwiza;
- 🕒 Kuganira ku mubare w'abana bifuzako kuzabyara kandi bakabyubahiriza;
- 🕒 Kuganira ku iterambere ry'umuryango wabo (kubaka inzu, kugura amasambu, n'ibindi);

- ⌚ Kuganira ku mashuri y’abana n’uko bazabarera;
- ⌚ Kuganira ku buryo bazakorera urugo rwabo bakaniteza imbere kandi bafatanyije;
- ⌚ Kwita ku ihame ry’uburinganire n’ubwuzuzanye mu rugo rwabo no kuritoza abana babo;
- ⌚ Gufatanya imirimo mu rugo rwabo;
- ⌚ Kuganira, kumvikana no gufata icyemezo ku buryo bw’imicungire y’imitungo yabo;
- ⌚ Kugira umuco wo kuganira ku ngingo zitandukanye z’urugo, kujya inama, guhana amakuru no kubwizanya ukuri;

Abifuzaga gushyingiranwa bagomba kwibwirana bihagije, bakabwizanya ukuri ku mateka yabo n’inkomoko yabo, kubwirana intege nke za buri wese, bakabwirana ibyo buri wese akunda cyangwa yanga, kuko “ntawe uhisha uwo ahishaho”. Bagomba kubwirana ibikomere bahuye nabyo mu buzima kugira ngo buri wese afate icyemezo azi uwo bagiyeye kubana n’uko bazafatanyaga kubaho neza no gukira ibikomere. Bagomba kubwirana imiryango bakomokamo, ndetse buri wese akajya gusura umuryango w’undi.

### **3.1.4. Kwitegura no gushaka umutungo wo gutunga urugo**

Umusore n’inkumi bitegura gushyingiranwa, bakwiye gusobanukirwa ko urugo ari urwabo bombi, bityo buri wese akitegura no mu bijyanye n’umutungo uzashyigikira urwo rugo. Bagomba kandi gusobanukirwa n’icyo amategeko ateganyaga ku bijyanye n’imicungire y’umutungo w’abashyingiranywe kugira ngo barushyigikira gufata ibyemezo hamwe, ku bijyanye n’uburyo bifuzaga kuzacungamo umutungo wabo, ndetse n’inkurikizi zishobora kubaho mu gihe bananiwe kumvikana mu mubano wabo.

Ababyeyi n’inshuti bashobora kuremera urugo rushya, bakarushyigikira, ariko si itegeko. Niyo mpamvu gufata icyemezo cyo kubaka urugo bitagomba gutungurana kuko ntibikwiye ko umusore cyangwa inkumi biyemeza gutera intambwe yo gushyingirwa nta mutungo bigengaho bafite uzabafasha kwibeshaho no kubeshaho abagize umuryango wabo.

## **3.2. IBIGANIRO BIGENEWE ABITEGURA GUSHYINGIRWA N’ABABANA NK’UMUGABO N’UMUGORE**

Abitegura gushyingirwa bakenera amakuru ahagije ku ndangagaciro z’ibanze zo kubaka urugo rwiza rugakomera. Ni nako kandi abamaze gushyingirwa, ndetse n’abantu babana nk’umugabo n’umugore nabo bakenera gukomeza guherekezwa kugira ngo babagarire urukundo rwabo, bityo urugo rwabo rukomere kandi bunguke ubumenyi bubafasha kuzaza inshingano zabo nk’ababyeyi. Bimwe mu biganiro by’ingenzi byatangwa ni ibi bikurikira:

### 3.2.1. Kumva neza inshingano z'abagize umuryango

Abiyemeje gushyingiranwa cyangwa kubana nk'umugabo n'umugore bagomba kumenya ko umwe aba yiyeguriye undi kandi bakazabana akaramata. Bakwiye kumenya ko hari inshingano ziyongera ku zo bari basanzwe bafite, kandi ko hari ibyo basabwa kwigomwa kugira ngo urugo rwabo ruzabe urugo rwiza.

Abagize urugo, umugabo, umugore ndetse n'abana bose bagomba kumenya ko hari inshingano bafite zo gukorera urugo rwabo ngo rutere imbere, ari nako banoza umubano wabo.

#### 3.2.1.1. Inshingano n'uburenganzira biteganywa n'itegeko

Ugushyingirwa biha abashyingiranywe inshingano yo gushinga umuryango ndemyabuzima, kandi ugushyingirwa bikaba itegeko ryo kubana no gufashanya nk'uko bigaragara mu Itegeko N° 32/2016 ryo kuwa 28/8/2016 rigenga abantu n'umuryango mu ngingo zaryo zitandukanye zikurikira:

##### Inshingano n'uburenganzira bikomoka ku ishyingirwa:

- ⌚ Inshingano yo kwita ku bana no kubarera (ingingo ya 203): abashyingiranywe bafite inshingano yo kwita ku bana bazabyara, kubaha ibibatunga no kubarera bishingiye ku ndangagaciro z'umuco nyarwanda;
- ⌚ Inshingano yo guha uwo mwashyingiranywe ibimutunga (ingingo ya 204): buri wese mu bashyingiranywe afite inshingano yo guha uwo bashyingiranywe ibimutunga, iyo bikenewe;
- ⌚ Abashyingiranywe bagomba kudahemukirana, gutabarana no gufashanya (ingingo ya 205).
- ⌚ Abashyingiranywe bafite uburenganzira n'inshingano bingana (ingingo ya 206);
- ⌚ Buri wese mu bashyingiranywe agomba kugira uruhare mu bitunga urugo rwabo bikurikije uburyo n'amikoro ye (ingingo ya 210);

##### Ubuyobozi bw'urugo (ingingo ya 209):

- ⌚ Abashyingiranywe bafatanya ubuyobozi bw'urugo rwabo harimo kurwitaho kugira ngo rugwize umuco mwiza n'ibirutunga no kurwubaka rugakomera;
- ⌚ Umwe yiharira iyo nshingano iyo undi adashobora kuyikora. Iyo batabyumvikanyeho byemezwa n'inzego zibifitiye ububasha.

### 3.2.1.2. Indangagaciro z’umuco nyarwanda zigomba kuranga abantu babana nk’umugabo n’umugore:

- ⌚ Abashyingiranywe bagomba kugira ukuri, kwiyoroshya, kuja inama, kuzuzanya amasezerano no kubaha ijamba babwiranye, kubaha ibyemezo by’umuryango bafatiye hamwe, kwihangana, kudahemuka, gushishoza no kwanga umugayo.
- ⌚ Abashyingiranywe bafite inshingano yo kunga ubumwe bagira ubufatanye, kubahana hagati yabo, kwizerana, kubaha uburengenzira bwa muntu hirindwa ihohoterwa iryo ari ryo ryose.
- ⌚ Iyo habonetse ibibazo no kutumvikana mu muryango (nk’ubukene, uburwayi bukomeye, igihombo, kubura urubyaro, kutabana iminsi yose kubera impamvu zizwi nk’akazi, kuba abashakanye barutana cyane, uwashyingiranywe n’uwapfakaye cyangwa uwatandukanye n’uwo bari barashyingiranywe mbere...), hagomba kubaho kuganira hagamijwe gushaka icyabafasha bombi gusohoka mu kibazo barimo mu bwumvikane, mu mahoro, ntawe uhutaje undi.

### 3.2.1.3. Inshingano z’urugo iyo zitubahirijwe bigenda gute?

- ⌚ Iyo umwe mu bashyingiranywe atubahirije inshingano ze, abashyingiranywe bagomba gufata umwana bakaganira ku ngaruka zatewe no kutubahiriza inshingano k’umwe muri bo; iyo badashoboye kubikemura ubwabo bashobora kwiyambaza umuryango, inshuti cyangwa undi wese babona wabafasha kugera ku bwumvikane. Iyo byanze, ubangamiwe aregera urukiko rubifitiye ububasha kugira ngo hafatwe ibyemezo by’agateganyo birengera urugo cyane cyane kwita ku bana (ingingo ya 211).

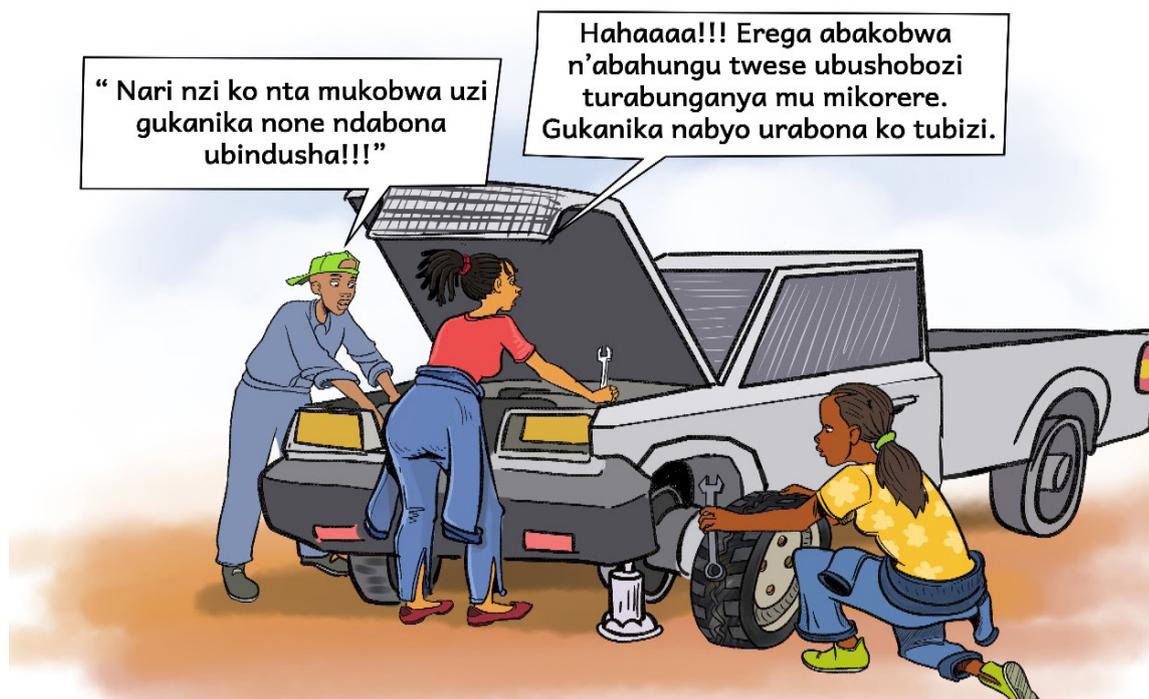
### 3.2.2. Ihame ry’uburinganire (Jenda) n’ubwuzuzanye mu muryango

Nk’uko bigaragara mu ngingo ya 2 y’Itegeko N° 51/2007 ryo kuwa 20/09/2007 rigena inshingano, imiterere n’imikorere by’Urwego rushinzwe kugenzura iyubahirizwa ry’uburinganire n’ubwuzuzanye bw’abagore n’abagabo mu iterambere ry’Igihugu;

- ⌚ **Jenda** ni ijamba rikoreshwa bavuga inshingano, amahirwe, uburenganzira, icyubahiro n’agaciro umuntu ahabwa na sosiyete kubera ko ari uw’igitsina runaka bitandukanye n’ibya mugenzi we badahuje igitsina bishobora guhinduka bijyanye n’igihe, umuco n’ibindi<sup>5</sup>.
- ⌚ **Uburinganire n’Ubwuzuzanye bw’abagore n’abagabo** ni ukugira amahirwe angana kandi asesuye ku bagore n’abagabo no gukoresha uburenganzira bwabo bwa muntu n’ubushobozi bwabo bakagira uruhare rungana mu bikorwa byose by’iterambere

5 Itegeko N° 51/2007 ryo kuwa 20/09/2007 rigena inshingano, imiterere n’imikorere by’Urwego rushinzwe kugenzura iyubahirizwa ry’uburinganire n’ubwuzuzanye bw’abagore n’abagabo. p9

ry'igihugu mu rwego rwa politike, ubukungu, imibereho myiza n'umuco; bakanabona umusaruro uvuyemo ku buryo bungana<sup>6</sup>.



*Abagore n'abakobwa nabo bashoboye imirimo yose*

### Uburinganire n'ubwuzuzanye si:

- Abagore bigaranzuye abagabo,
- Uguta umuco nyarwanda,
- Abagore babaye ibyigenge,
- Umuco w'abazungu n'indi myumvire itari yo abantu bamwe bibwira



Ni ngombwa ko abashyiranywe n'abandi babana nk'umugabo n'umugore bafatanyaga mu mirimo yo mu rugo kuko bituma buri wese abona umwanya wo kwitabira ibindi bikorwa by'iterambere, akagira ubuzima bwiza ndetse bikihutisha iterambere ry'urugo rwabo n'iterambere ry'igihugu muri rusange.

Ababyeyi bagomba guha amahirwe angana, uburenganzira bumwe no gutoza abana babo b'abahungu n'abakobwa umuco mwiza wo gufatanyaga mu mirimo yose, ntawe uvunisha undi, kuko bizabagirira akamaro mu buzima bwabo no mu kubaka imiryango yabo ndetse n'igihugu muri rusange.

6 Ibidem

Uburinganire n'ubwuzuzanye ntibikwiye kuba intandaro y'amakimbirane mu rugo, abantu bagomba kubaho bubahana, ntawe ubangamira undi cyangwa ngo amuvutse uburenganzira bwe. Abantu babana nk'umugabo n'umugore bafatira hamwe ibyemezo bijyanye n'iterambere ry'urugo rwabo, bakuzuzanya mu gucunga umutungo w'urugo rwabo, bagafatanyiriza hamwe no kujya inama ku ruhare rwabo mu iterambere ry'igihugu, ndetse no mu burere buboneye bw'abana babo.

Iterambere ry'umuryango rikwiye gushingira ku buringanire, ubwuzuzanye, ubwumvikane no gufatanya hagati y'umugore n'umugabo, ribaha ubushobozi bwo gutanga uburere n'uburezi buboneye ku bana babo.

### 3.2.3. Imicungire y'umutungo w'abashyiranywe



Abashyiranywe ndetse n'abandi babana nk'umugabo n'umugore bafatanya gushaka umutungo w'umuryango, bakawuhuriza hamwe, bakanumvikana ku mikoreshereze yawo ku nyungu z'abagize umuryango bose. Bagomba guharanira ko uwo mutungo wiyongera, birinda kuwusesagura. Mu Rwanda, havuguruwe itegeko rigenga imicungire y'umutungo w'abashyiranywe, impano n'izungura, riteganywa uburyo bw'imicungire y'umutungo w'abashyiranywe aribwo ivangamutungo rusange, ivangamutungo w'umuhahano n'ivanguramutungo risesuye<sup>7</sup>.

### 3.2.4. Uburyo bukwiye bwo kuganira hagati y'abagize umuryango

Ibiganiro hagati y'abantu babana nk'umugabo n'umugore ndetse n'abagize umuryango muri rusange, bitangizwa n'uwo ariwe wese, umugore, umugabo cyangwa umwana.

<sup>7</sup> Itegeko N°27/2016 ryo ku wa 08/07/2016 rigenga imicungire y'umutungo w'abashyiranywe, impano n'izungura, ingingo ya 9. p17



Ni byiza gushyiraho umwanya uzwi n'uburyo bw'ikiganiro kuko kuganira byungura, bikanakomeza umubano (gutega amatwi, kutarogoya, kumenya ijwi ukoresha, n'ibindi). Abana nabo bagenerwa umwanya wo kuganirizwa ku ngingo yateguwe ndetse no kubatega amatwi ngo bagire ibyiyumviro bageza ku babyeyi.

Amakuru atandukanye y'ibyo waganiriza umwana bitewe n'icyiciro cy'ubukure agezemo wayasanga mu gatabo kiswe "Tuganire mwana wanjye". (Soma [hano](#) agatabo kose; Tuganire mwana wanjye.)

Ni ngombwa kandi ko umugore n'umugabo bashaka umwanya wabo bonyine bakongera kuganira ku byo bemeranyijweho, inzozu bari bafite bajya kubana, aho bageze bazishyira mu bikorwa, imibanire yabo ya buri munsu, kuganira ku mishinga y'urugo, uko bakoresha umutungo w'urugo, amashuri n'uburere bw'abana n'ibindi.

Bagomba kugira ibihe byo kwishimana, guseka, kubwirana amagambo y'urukundo, gusabana imbabazi no kuzitanga, guca bugufi no kugaragarizanya ibimenyetso by'urukundo n'icyubahiro, guhana impano n'ibindi... kuko bikomeza umubano wabo.

Ni ngombwa kwirinda amagambo akomeretsa cyangwa apfobya abo mubana mu rugo. Ni ngombwa kandi gutanga urugero rwiza muri byose kugira ngo utange umurage mwiza mu bo mubana no mu bana by'umwihariko.

### **3.2.5. Kubana neza n'imiryango y'abashyingiranywe n'inshuti z'urugo**

Mu mibanire y'umugabo n'umugore ni byiza ko baganira bakanemeranya ku buryo bazabana n'ibindi byiciro by'abantu nk'ababyeyi, abavandimwe, inshuti n'abaturanyi. Bagomba kumenya kubaha imiryango bashatsemo, kuyibanira neza kandi bakamenya aho inshingano zo gufasha umuryango zitangirira n'aho zigarukira.

Abagiye gushyingiranwa ndetse n'abantu babana nk'umugabo n'umugore bagomba kumenya uburyo bwo kurinda urugo rwabo amakimbirane aho yakomoka hose haba mu muryango bavukamo, mu nshuti ndetse no mu baturanyi, kandi urugo rwabo rugomba kuba nyabagendwa, rwakira abantu bose babagana...

Abantu babana nk'umugabo n'umugore, cyane cyane abitegura kubana, bakwiye kubwirana inshuti za buri wese no kumvikana abo bahitamo gukomezanya nk'inshuti z'umumaro mu rugo rwabo.

Ababyeyi bagomba kuba hafi y'abana babo, bakabagira inama zirushaho gutuma bubaka urugo rukomeye, urugo rwiza ariko bakirinda kubafatira ibyemezo no kubategeka ibyo bakora.

### 3.2.6. Gukumira no gukemura amakimbirane no kurwanya ihohoterwa rishingiye ku gitsina mu muryango

Amakimbirane n'ihohoterwa rishingiye ku gitsina bisenya umuryango n'igihugu muri rusange bikaba byatuma habaho no gutana kw'abashyingiranywe cyangwa kw'abantu babanaga nk'umugabo n'umugore. Bigira n'ingaruka mbi ku buzima n'imibereho myiza by'abagize umuryango, imiryango yabo n'abana by'umwihariko.

#### 3.2.6.1. Ibisobanuro by'amagambo:

- **Amakimbirane ni iki?** Amakimbirane ni ubushyamirane, kutavuga rumwe, ukutemeranywa ku bitekerezo cyangwa ku bintu runaka, hagati y'abantu babiri cyangwa benshi, biturutse ku kudahuza ibitekerezo cyangwa inyungu, bigatuma umubano w'abantu uburamo umudendezo n'ubwizansure.
- **Ihohoterwa ni iki?** Ni igikorwa umuntu akora ku bushake, agikorera undi muntu cyangwa itsinda ry'abantu akoresha imbaraga cyangwa ububasha afite bishobora kubaviramo gukomerera ku mubiri, kwangirika mu bitekerezo, urupfu cyangwa kudatera imbere ku wabikorewe.
- **Ihohoterwa rishingiye ku gitsina ni iki?** Ni igikorwa icyari cyo cyose gikorera umuntu haba ku mubiri, mu mitekereze, mu myanya ndangagitsina no ku mutungo kubera ko ari uw'igitsina gore cyangwa uw'igitsina gabo. Icyo gikorwa kimuvutsa uburenganzira bwe kandi kikamugiraho ingaruka mbi.

#### 3.2.6.2. Impamvu zitera amakimbirane n'ihohoterwa rishingiye ku gitsina mu muryango



Amakimbirane hagati y'abashyingiranywe ndetse n'abantu babana nk'umugabo n'umugore ndetse n'abagize umuryango muri rusange aterwa na bimwe mu byonnyi by'urukundo rw'abashyingiranywe birimo gusuzugurana, kwigira kagarara, gucana imyuma, ubuharike, ibigare, gukoresha nabi ikoranabuhanga, kumva amabwire, ubunebwe... bituma umwe muri bo atubahiriza inshingano ze nk'uko bikwiye.

Zimwe mu zindi mpamvu zitera amakimbirane n'ihohoterwa rishingiye ku gitsina mu muryango harimo izishingiye ku **mutungo**, **izishingiye ku mibanire y'abantu**, **n'izishingiye ku muco**.

- ⌚ Mu mpamvu zishingiye **ku mutungo**, harimo kutumvikana ku micungire y'umutungo nk'ubutaka, izungura ndetse n'ubukene mu miryango (abasangira ubusa bitana ibisambo), guhezwa ku mitungo k'umwe mu bashyingiranywe, gusesagura umutungo, kuwikenusa no kuwukoresha mu nyungu bwite z'umuntu ku giti cye...
- ⌚ Mu mpamvu zishingiye **ku mibanire y'abantu** harimo kutaganira hagati y'abagize umuryango hagamijwe gukemura ibyo batumvikanaho, ubusinzi no gukoresha ibiyobyabwenge, kubana abantu batarasezeranye mu buryo bwemewe n'amategeko kuko buri umwe aba yumva ari nyamwigendaho, umujinya ukabije, kamere mbi n'urugero rubi rw'ababyeyi imbere y'abana. Hari kandi gushakana kw'abantu bataziranye neza no gukurikira imitungo mu rushako; kuba bamwe mu bashyingiranywe baheranwa n'akazi ku buryo kuzuza inshingano z'ibanze z'urugo binanirana, ubwumvikane bukaba buke n'ibindi.
- ⌚ Mu mpamvu zishingiye **ku muco**, harimo kuba umuco nyarwanda warahaga umwanya wa mbere umugabo n'umuhungu, ubusumbane hagati y'umugabo/umugore, umuhungu/umukobwa, imyumvire yo kudahinduka vuba, ubujiji, n'imvugo zimwe na zimwe zagiye zimakazwa mu muco w'abanyarwanda mu bihe byashize zipfobya abagore, kumva nabi ihame ry'uburinganire, aho bamwe bumva ko guteza imbere umugore ari ukwigaranzura kw'abagore ku bagabo cyangwa kwamburwa ububasha kw'abagabo, n'ibindi.

### 3.2.6.3. Uko twakwirinda amakimbirane n'ihohoterwa rishingiye ku gitsina mu muryango

- Gukumira amakimbirane n'ihohoterwa rishingiye ku gitsina bisaba ibi bikurikira:
  - ⌚ Kujya inama no gufatira hamwe ibyemezo bireba umuryango hakiri kare;
  - ⌚ Kubahiriza uburenganzira bwa buri wese mu muryango;
  - ⌚ Kugisha inama no kubahiriza amategeko mbonezamubano;
  - ⌚ Gusaranganya no gucunga umutungo w'urugo neza;
  - ⌚ Kubwizanya ukuri mbere yo kubana ndetse n'igihe abantu babana;
  - ⌚ Kwirinda guca inyuma uwo mwashyingiranywe;
  - ⌚ Gusaba imbabazi igihe wakosheje;
  - ⌚ Gushyira imbere indangagaciro na kirazira zituma abantu babana barambana arizo ubworoherane, gushyira imbere ubumwe bw'umuryango, ibiganiro no gutoza abato ubupfura, ubunyangamugayo no kuba intore;
  - ⌚ N'indi migenzo myiza (kubaha no kwiyubaha, gukoresha neza igihe no kubahiriza gahunda mwahanye, gukundana...)

Mu rwego rwo gukumira ihohoterwa rishingiye ku gitsina, ni ngombwa ko abantu bamenya amoko y'ihohoterwa kugira ngo bibafashe no kuryirinda. Hari amoko 4 y'ingenzi y'ihohoterwa rishingiye ku gitsina:

- 🕒 irikomeretsa umutima (kubwirwa amagambo mabi, guhozwa ku nkeke, gutukwa, gucunaguzwa...),
- 🕒 irikomeretsa umubiri (gukubita no gukomeretsa, guhutazwa, gusunikwa, gukubitwa ku gikuta, gutwika,),
- 🕒 irikorewe ku gitsina (gukoreshwa imibonano mpuzabitsina ku gahato, gufatwa ku ngufu, ...)
- 🕒 irishingiye ku mutungo (kwimwa uburenganzira ku mutungo, kudahabwa iby'ibanze ukeneye: amafunguro, icumbi, kudatanga ibitekerezo ku buryo umutungo ukwiye gucungwa.

Kubera ko ibi byaha by'ihohoterwa rishingiye ku gitsina bigira ingaruka nyinshi ku buzima bw'abarikorera, abarikora, abana babo, n'imiryango yabo; harimo nk'uburwayi, ubumuga, urupfu, ihungabana, ubukene, ihungabana ku bana, isenyuka ry'umuryango n'igihugu muri rusange...; abashyingiranywe ndetse n'abantu babana nk'umugabo n'umugore bakwiye kumenya imbarutso z'amakimbirane ngo babashe kuyirinda bagera ku bitagenda neza no kubishakira ibisubizo mu mahoro kandi hakiri kare.

Bimwe mu byo bakwiye kwirinda ni intonganya za hato na hato, kubeshya no kujya impaka za ngo turwane, ndetse n'indi mico idahwitse.

• **Gukemura amakimbirane n'ibibazo by'ihohoterwa rishingiye ku gitsina:**



Ubusanzwe kutumvikana ku ngingo runaka si byo bitera ikibazo. Ahubwo uburyo abantu babana babyitwaramo, n'inzira bakoresha mu gukemura ibyo bibazo niyo yabateza amakimbirane. Abantu babana rero basabwa gushaka inzira nziza ibafasha gusohoka mu kibazo ntawe uhutajwe.

**Zimwe mu nzira bakoresha ni izi zikurikira:**

- 🕒 Ibiganiro hagati y'abafitanye ibibazo; imishyikirano hagati y'abagiranye ibibazo; ubuhuza; kugana inzego zashyizweho (Umugoroba w'Imiryango, Inteko z'abaturage, Inshuti z'Umuryango, Isibo, Abunzi cyangwa kuburanira mu nkiko).

- 🕒 Ni byiza ko ikibazo gikemurwa na ba nyiracyo, buri wese akagaragaza ubushake n'uruhare rwe mu kuzana ihumire n'amahoro. Ni byiza kandi kumenya umwanya mwiza wo kuganira hagamijwe gukemura ikibazo, no kudatinza ikibazo ngo hataba indi mpamvu ituma cyiyongera.
- 🕒 Iyo abantu babana bananiwe kumwikana, ni byiza kwiyambaza bamwe mu bagize imiryango (inama y'umuryango nk'urwego ruteganywa n'amategeko rusuzumirwamo ibibazo byo mu muryango) cyangwa inshuti zibegereye zabafasha; cyangwa se ababyigiye babifitemo uburambe, mbere yo kwiyambaza abandi bo hanze.

### Icyitonderwa:

- Ihohoterwa rishingiye ku gitsina ni icyaha gihanwa n'amategeko, **ntigikemurirwa mu muryango**. Iyo umwe mu bagize umuryango akorewe ihohoterwa rishingiye ku gitsina n'umugabo/umugore we, ni byiza kubivuga kugira ngo uwahohotewe ahabwe ubufasha bujyanye n'ihohoterwa yakorewe, kandi uwakoze icyaha nawe ahanwe nk'uko amategeko abiteganyaho.
- Guhana uwakoze icyaha cy'ihohoterwa rishingiye ku gitsina bifasha n'abandi kumenya ububi bwacyo ndetse bakacyirinda.
- Abakorewe ihohoterwa rishingiye ku gitsina bose babikeneye baja ku kigo nderabuzima cyangwa ibitaro bibegereye, bagahabwa serivise zitandukanye ku buntu: ubuvuzi, imitekerereze, ubukungu, umutekano n'amategeko, na gahunda yose yo kubasubiza mu buzima busanzwe aho batuye, kugira ngo imibereho yabo irusheho kuba myiza, kandi bagafashwa guhangana n'ihohoterwa bagiriwe, kimwe n'ibindi bibazo by'ihohoterwa rishingiye ku gitsina bishobora kubabaho.
- Mu gihe habaye ihohoterwa rishingiye ku gitsina, hashobora kwifashishwa imirongo ya telefoni itishyurwa ikurikira (ku bana 116 ya RIB, 711 ya NCDA), cyangwa iyi mirongo itishyurwa ku uwahohotewe uwo ari we wese: 3512 (RIB), Isange One Stop Center (3029), 112 ya Polisi, 3935 (Ubushinjacyaha Bukuru), 5798 (GMO), 199 (Urwego rw'Umuvunyi), 3936/ 3736 (MINIJUST), na 9059 (MIGEPROF).

### 3.2.7. Imishyikirano mpuzabitsina y'abashyingiranywe ndetse n'ababana nk'umugabo n'umugore

Umushyikirano Mpuzabitsina ni ibikorwa bifasha umugabo n'umugore kunga ubumwe bukomeye, bushingiye ku rukundo bombi baba bafitanye harimo guhuza urugwiro ndetse no gukora imibonano mpuzabitsina babanje kubiganiraho no kubitegura. Icyo gikorwa kibafasha guhuza imitima, ubwenge n'imibiri, aho buri wese yiha mugenzi we atizigama. Ibyishimo bigendana n'icyo gikorwa, bibafasha kuvugurura urukundo rwabo, bakarushaho kugira umunezero wo kubana. Icyo gikorwa iyo kitagenze neza, gishobora guteza ubushyirirane no kutabana neza mu rugo.

Imishyikirano mpuzabitsina y'umugabo n'umugore igamije ibintu bibiri by'indatana: **urukundo rw'ukuri no kororoka**, ariko ntibivuga ko abashyingiranywe batabonye urubyaro byababera impamvu yo gutandukana.

### 3.2.7.1. Ibituma imishyikirano mpuzabitsina igenda neza

Umubano mwiza hagati y'umugabo n'umugore utuma imibonano mpuzabitsina yabo igenda neza kandi ikabagirira akamaro. Iyo umugabo n'umugore bihatiye kubahana mu mibanire yabo ya buri muni, bakirinda gucana inyuma, bagafatanya muri byose, umwe akita kuri mugenzi we, akamenya ibyishimo bye, imvune ze, uburwayi, umunaniro, ibibazo ahura na byo... iyo baganira umwe agatega mugenzi we amatwi kandi akamwumva, bibafasha kurushaho gukundana no kwerekana ko bakeneranye.

### 3.2.7.2. Intambwe z'ingenzi zituma imishyikirano mpuzabitsina igenda neza

#### Kwitegura

Buri wese mu bashyingiranywe agomba gukora imibonano mpuzabitsina abishaka, abyifuza kandi mu gihe kimutunganiye. Umugabo n'umugore bagomba kumenya ko igihe cyo kwitegura kitangana, gikunze kuba rimwe na rimwe kirekire ku bantu b'igitsina gore kurusha ab'igitsina gabo. Umwe muri bo ashobora kugaragariza mugenzi we ko yifuza imibonano mpuzabitsina binyuze mu magambo cyangwa mu bindi bimenyetso.

Hari uburyo umugabo n'umugore bifashisha kugira ngo bitegure kugera kuri ibyo byishimo no kuri icyo gikorwa :

- ⌚ Kwereka mugenzi we urukundo n'urugwiro : kuguyaguyana, gukorakorana, kurebana neza, gusekerana, kubwirana amagambo meza bigatuma umwe yifuza undi.
- ⌚ Gutinyukana, umwe akerurira mugenzi we uko amerewe ndetse ntatinye no kuba yamumenyesha ibijya bimubangamira mu gihe bakora imibonano mpuzabitsina, bityo byabafasha kuyitunganya kurushaho ;
- ⌚ Kuganira ku gikorwa mbere na nyuma yacyo hagamijwe ko buri wese yasangiza mugenzi we uko yiyumva. Iyo hari ikibazo, si byiza kugitsimbararaho ahubwo bashakira hamwe uko cyakemuka, kandi rimwe na rimwe umwe akigomwa kugira ngo undi yishime.

## Imishyikirano mpuzabitsina ubwayo



Abashyiranywe cyangwa ababana nk'umugabo n'umugore bagomba gukora imibonano mpuzabitsina ku buryo butagize uwo bubangamira muri bo haba mu myifatire, mu magambo, mu mikorere, ku buryo buri wese afasha mugenzi we kugera ku byishimo byuzuye. Uyu mwanya ni igihe cyo kwishimira no gushimana ku gikorwa cyiza batunganyije, ni na cyo gihe cyo kuganira, bakungurana ibitekerezo ku rugo rwabo.

### Icyitonderwa

- Abashyiranywe bakwiye kwitegura neza imibonano mpuzabitsina, kuko ibafasha kuvugurura urukundo n'imibanire yabo. Iyo imibonano mpuzabitsina itagenda neza bituma babana nabi, bikaba byakurura ingeso y'ubusambanyi ndetse bagashobora no kuba batandukana. Ni yo mpamvu gutegurana neza no kuganira kuri iki gikorwa ari ngombwa.
- Abashyiranywe bagomba guhora bahanga udushya dutuma urukundo rwabo ruhora rutoshye, bagahora ari abageni kandi baharanira kubaka ijuru rito mu rugo rwabo, ku buryo n'abarugendamo bifuza kubaka urugo nk'urwabo.

### 3.2.8. Uburere buboneye bw'abana

Uburere buboneye ni uburyo bwo kurera bugamije guteza imbere imikurire y'umwana kuva agisamwa, aho ababyeyi bombi bereka umwana ukiri mu nda urukundo; bagakomeza kumwitaho igihe avutse, bita ku mikurire ye, ku myitwarire ye mu buryo bumwubaka kandi bumufitiye akamaro.

Ababyeyi bombi bagomba kumenya ko ari inshingano yabo yo kurera abana babo, kandi bakabyubahiriza. Bagomba gutoza abana ikinyabupfura, umurimo, kubaha, gukunda kwiga, gukunda igihugu ndetse n'indangagaciro z'umuco nyarwanda<sup>8</sup> (Soma [hano](#))



Ubu buryo bwo kurera, bushingiye mu kubaka imibanire myiza hagati y'umwana n'ababyeyi, bityo ababyeyi bombi bakaba bafite inshingano zo kwita ku mwana mu buryo buziguye, bakunganirwa na serivisi mbonezamikurire y'abana bato kuva akiri mu nda kugeza akuze.

8 MINISPOC, (2018). Indagagaciro z'Umucu w'u Rwanda, Inyandiko Nyobozi, p.13, 43

## Ababyeyi bombi bafite inshingano zo gufasha abana:

- 🕒 **Gukura neza ku mubiri:** Kubaha indyo yuzuye, kubarinda indwara no kubavuzza igihe barwaye, kubambika, kubagirira isuku, kubaha umwanya wo kwigadadurira n'ibindi.
- 🕒 **Gukura neza mu marangamutima:** Kubaha urukundo ruhagije kandi birinda gukomeretsa amarangamutima yabo, birinda kubatuka, kubakubita, kubahutaza no kubima ibyo bakeneye igihe babifite, ariko ntibibabuze igitsure cya kibyeyi mu kurera, batanga ibihano bigamije gukosora umwana, bijyanye n'ikigero cy'umwana kandi bitababaza umubiri.
- 🕒 **Gukura neza mu bwenge:** Kubaha amakuru bakeneye mu bumenyi bwabo kuva bakiri bato, babajyana mu ngo mbonezamukire y'abana bato, mu mashuri, babaha ibikoresho bakeneye mu ishuri, bakanabakurikirana mu masomo yabo, kubaha uburenganzira n'umwanya wo gutanga ibitekerezo byabo muri gahunda zitandukanye zo mu rugo, cyane cyane izibakorerwa. Ni byiza kandi kuganiriza abana bategurwa kwinjira mu byiciro bitandukanye by'imikurire, bagafashwa kugira ubumenyi butandukanye ku mpinduka ziba mu gihe runaka cyane cyane ubugimbi n'ubwagavu; bagahabwa amakuru ku buzima bw'imyororokere, no gufata ibyemezo bitagira ingaruka ku buzima bwabo.
- 🕒 **Gukura neza mu myemerere:** Ababyeyi bagomba gutoza abana gukunda no kwubaha Imana, bagendeye ku myemerere yabo.

## Bimwe mu by'ingenzi byafasha ababyeyi gutoza abana imigenzo mbonezabupfura:

- 🕒 **Kuba inshuti nyakuri z'abana babo:** Ni ngombwa ko ababyeyi bombi bitoza kugira ubucuti bwihariye n'abana babo kuva bakiri bato kuko iyo bamaze gukura bumva bashaka kwigenga, bityo bikabagora kuba bamenya icyo batekereza, kubakosora no kubagira inama. Ni byiza kandi kugena umwanya wo gukina n'abana kuko bituma babisanzuraho bakababwira ibyo batekereza.
- 🕒 **Guha abana urugero rwiza:** Abana bigana ku buryo bworoshye ibyo ababyeyi bakoze kuko baba babafitiye icyizere. Niyo mpamvu ababyeyi bagomba kurangwa n'imigenzo mbonezabupfura, abana bakayiga bakiri bato, binyuze mu bikorwa byabo kuko iyo babikuranye ari bwo bibubakamo ubumuntu nyabwo.
- 🕒 **Gufatanyanya kurera:** Uruhare rw'ababyeyi bombi ni **ndasimburwa** mu burere bw'abana babo. Umugabo n'umugore bagomba gufatanyanya mu gutoza abana uburere bwiza n'imigenzo mbonezabupfura batanyuranya. Ibyo bisaba ko ababyeyi bombi bagira igihe cyo kubana n'abana mu rugo kugira ngo bamenye ibyo bakora n'icyo babafasha.
- 🕒 **Gutoza abana imico mbonezabupfura:** Ni ngombwa kumenyereza abana umuco wo gukunda no kubaha ababaruta, bagenzi babo, abo bangana, abakene n'abakire; kubatoza kwitonda, kumenya ikibi no kukirinda, ikinyabupfura, kugira umurava n'ubwitange, ukwiyoroshya n'ibindi. Izi ndangagaciro zabategurira hakiri kare kuzagera ku muhamagaru wabo harimo no kuzubaka urugo rwiza.

- 🕒 **Gutoza abana imirimo:** Abana bose bagomba gutozwa imirimo ijyanye n’imyaka yabo, ikigero n’imbaraga bafite kuva bakiri bato, nta gusigana hagati yabo, baba abahungu cyangwa abakobwa. Ibyo bituma bakurana umwete, bagafasha ababyeyi ndetse nabo bakazashobora kwirwanaho no kwigirira akamaro. Nta mirimo igenewe abakobwa cyangwa abahungu yose bagomba kuyikora ndetse no kuyifatanya.



Abana bose bagomba gutozwa imirimo kandi bose bagakora nta kuvunishanya

- 🕒 **Igitsure cy’ababyeyi:** Iyo umwana akosheje, ababyeyi bagomba kubanza kumwumva, kumusobanurira ububi bw’ibyo yakoze no kumuhana, kugira ngo yikosore ntazongere. Igihano kigomba kuba gifitanye isano n’ikosa ryakozwe kandi kigamije kurikosora, ndetse kigatangwa mu rukundo, niyo mpamvu umubyeyi yirinda guhana umwana arakaye kuko byatuma amugirira nabi. Uburyo bwiza si uguha umwana ibihano, ahubwo ni ugukosora umwana neza umwerekana ikosa yakoze, agatandukanya ikibi n’icyiza. Umubyeyi agomba kwirinda gutanga igihano kibabaza umubiri cyangwa kibabaza umutima.

### 3.2.9. Umuryango n’imyemerere y’abawugize

Abanyarwanda bemera ko umuntu n’ibibaho byose ari iby’agaciro kanini, kandi ko umugenga wabyo ari umwe ari we **“Imana”**. Abasesengura ibijyanye n’imibanire mu ngo bavuga ko ingo nyinshi zifite umunezero ari aho umugabo n’umugore bumva kimwe ibyo bakwiye kugenderaho bikaba umwihariko w’urugo rwabo ndetse bakaba bahuje n’imyemerere.

Guhuza imyemerere ni kimwe mu bimenyetso by’ubumwe buhamye bw’umubiri n’umutima bifasha kubana neza nta makimbirane, ababana bagasengera hamwe, bakabitoza abana ndetse n’abandi babana. Kudahuza imyemerere ariko ntibyabaye impamvu yatuma basenya umuryango, ahubwo bakwiye gushaka aho bahurira, bakuzuzanya kandi bakubahana. Buri wese akubaha imyemerere y’undi kandi akamuha umwanya wo gusenga.

### 3.2.10. Kumenya ibikomere no kubikira

Igikomere ni ububabare bukabije kandi buremereye, umuntu yagize, agendana, bukagira ingaruka ku buzima, abandi bakaba bashobora kububona cyangwa ntibabubone. Umuntu yavuga ko igikomere ari igisebe cy'umutima cyatuma ubahirwa n'ubuzima bwawe cyangwa ukabishya ubw'abandi. Umuntu wese ashobora gukomerera ariko siko ibikomere byose bigira ingaruka zingana ku bantu bose. Ibi biterwa n'ubushobozi buri wese yifitemo bwo guhangana n'ibimubayeho ku buryo abantu babiri bashobora gukomeretswa n'ikintu kimwe, umwe kikamuzahaza undi we ukagira ngo nticyanamugezeho.

Umuntu wese agomba kumenya gukora urugendo rwo kwimenya ngo akire kandi akize n'abandi. Mu buzima bwo uba ukwiriye gufata ibyemezo byiza, aho gufata ibibi, bisenya ubuzima bwawe. Muri urwo rugendo ni ngombwa kwirinda indwara twakwita: izima, akamenyero, ndabizi, n'ubundi, ntacyo bimaze, gucika intege, ni ibisanzwe, ndanze, niko yabaye, narabimubwiye, n'ibindi.

#### **Bimwe mu bigira uruhare mu kudukiza ibikomere:**

- 🕒 Uburere twahawe, abadukijije ibikomere, gusenga no kumenya Imana.... Niyo mpamvu uwakomeretse aba akeneye kubana n'abantu bamuha ingufu zo kubaho, batamucira urubanza, ngo bamwereke ko ari ikosa rye cyangwa ko nta kigishoboka mu buzima bwe.
- 🕒 Buri wese afite uburenganzira bwo kurira, kubabazwa n'ibyamubayeho, ariko ntawe ufite uburenganzira bwo gutura mu gahinda ubuziraherezo. Byazakuviramo gupfa uhagaze. Niyo mpamvu ari ngombwa gukora urugendo rugufasha gusohoka mu byakubayeho. Hari uvuga ati ngombwa kubiyiyibagiza nyamara ntibishoboka kuko ubwonko bwacu nta na kimwe bujya busiba, n'iyo kigiye ukakibagirwa uyu muni hari ahandi kiba kibitse muri wowe, ukazakibuka igihe icyo ari cyo cyose, rimwe na rimwe kikakugiraho ingaruka mbi.
- 🕒 Usanga hari abantu bagerageza guhisha ibyababayeho, bagaseka ku manywa bakarara barira. Birumvikana kuko ntiwagenda urira mu nzira ariko ugomba gutekereza ko umunsi umwe wagombye kuzaseka ku manywa na nijoro. Ubuzima bwawe uko bwagenze kose nibwo bwawe, bwakire kandi buri muni urebe imbere. Baho, wikunde kuko urabikwiye, kandi kuba uriho niyo mahirwe asumba byose, ishime kuko ubuzima ari ukwiyemeza, kandi ba umugisha ku bo mubana.
- 🕒 Ibyo wabonye bibi cyangwa wumvise, kubivuga ni byiza gusa ukamenya uwo ubibwira. Ntukabe ku isi wenyine kandi hari uwagufasha, kuko mu bantu Imana yaremye hari uwakumva, akagutega amatwi, ukaruhuka. Ni byiza no kwiyambaza impuguke kuko zagufasha mu gukira ibikomere no kubana nabyo neza.

- ⌚ Ibikomere bishobora guturuka ahantu hatandukanye, mu muryango: wenda wari ufite ababyeyi b'abasinzi, badakundana, bahora batongana, barwana, baroga, barakuraguriye, baragutuye ibigirwamana; mu byaha byawe bwite; mu kazi: wahawe akazi wabanje gusambanywa, abo mukorana batakwakira... ; ibikomere wakuye ku ishuri; ibyavuye ku baturanyi; ibyo watewe n'abandi... uwaguhemukiye, uwagufashe ku ngufu, uwakubeshye bikomeye, uwagukubise; ibikomere biva ku bupfubyi; ibikomere bya Jenocide: uwiciwe abe, uvukana cyangwa ubyarwa n'uwishe, abakiboshywe n'ingengabitekerezo ya Jenocide, urwanganano, inzika, ishyari, agahinda, ubugome, n'ibindi...; ibikomere bishingiye ku idini: abahemukiye n'idini/itorero...; igikomere cy'uko uteye ku mubiri; ibikomere biva ku bitutsi n'amagambo mabi n'ibindi.

### **Kubana neza n'ibyakubabaje.**

- ⌚ Kuba warababaye birumvikana ko ukwiye kwiyitaho n'abandi bakakuba hafi, kuko kubabara siko gupfa. Kubabara ntibikatuvanemo urukundo. Komera, impore, aho bishoboka, iyoroherewe ububabare. Ni wowe wa mbere ufite umuti wo kwivura. Witegereza abandi kuko ni wowe wiyizi by'ukuri, gerageza kugira indoro y'ubuzima bufite icyanga, nta nyungu mu guhora mu gahinda. Reba imbere, kuko guhora uririmba ko wababaye sibyo bituma ugirirwa impuhwe, hari ugukeneye ngo nawe abeho.
- ⌚ Ubuzima ni umunezero wubakwa, ugaharanirwa kandi amateka yawe niyo wowe uyu muni. Ariko ongera usure umuntu witwa "WOWE" maze wisuzume, umenye uwo uriwe utibereye. Ubuzima bwawe ni igitabo kibumburwa buri muni kandi kigahorana paji nshya. Ryohereza n'ubuzima kandi ubigizemo uruhare.
- ⌚ Gerageza kuryohereza n'ubuzima, ibyagushimishije, n'ibyakubabaje ubyibuke ariko ntibiguherane. Menya ko inshuti yawe ya mbere ari wowe, maze umenye uwo uriwe, aho ujya, n'uburyo uzahagera. Igihe cyose umunezero wawe utarawugiramo uruhare uzahorana ingorane kuko ntuzi neza ibyo undi yiyemeje kuguha. Kubaho ni uguhora uhitamo icyiza, niyo mpamvu ugomba gusura umuntu witwa "wowe" kandi ukamubwira ibyiza byose umwifuzaho kandi ugaharanira kuzagira iherezo ryiza

### **3.2.11. U Rwanda twifuzwa rwubakiye ku rugo rwiza**

Urugo rwiza, ni ishingiro ry'umuryango wo mutungo kamere w'Igihugu. Urugo rukeye, urugo rwiza, ni isoko y'umunezero n'ibyishimo rukagira uruhare mu kubaka u Rwanda twifuzwa.

U Rwanda twifuzwa niruhereza ku rugo rwiza n'umuryango mwiza, tuzagera kuri byinshi byiza kuko tuzaba twubakiye ku musingi nyawo.

## 4. IBYIFUZO-NGIRO MU GUHEREKEZA ABAMAZE GUSHYINGIRWA

Abamaze gushyingiranwa, baba batangiye ubuzima bushya, umugore ari kumwe n'umugabo we bahujwe n'urukundo. Iyo bamaze kugera mu rugo rwabo buri wese aba afite inshingano ariko bakagomba gufatanya kugira ngo urugo rwabo rutere imbere. Bagomba kugisha inama mu ngingo zitandukanye kuko hari igihe bashobora guhura n'ibinyuranye n'ibyiza babwiwe cyangwa batekerezaga mbere yo kubana.

- ⌚ Inzego z'ibanze zashyingiye ababana zikwiye gushaka umwanya wo kongera guhura n'imiryango bashyingiye, kugira ngo bamenye uko babayeho nyuma yo gushyingirwa, bakabagira inama yo gukomeza kubaka urugo rwiza aho bikenewe.
- ⌚ Hagomba kubaho imiryango y'icyitegererezo kandi irangwa n'ubudakemwa mu mico no mu myifatire, igaherekeza abandi mu muhamagaro wo kubaka urugo rwiza, ruzira amakimbirane. Bakwiye kugena igihe cyo guhura no kuganira ku bibazo bibangamiye umuryango muri rusange no gutanga ibisubizo birambye. Imiryango mishya ikwiye gushyirirwaho amahuriro anyuranye, igaherekezwa cyane cyane mu myaka 5 ya mbere.
- ⌚ Ni byiza gushyiraho amahuriro y'abashyingiranywe ndetse n'abantu babana nk'umugabo n'umugore agamije guhugurana no guhana ubuhamya ku kubaka urugo rwiza no kuva mu bibazo bitandukanye, nta makimbirane. Ingo zifite ibibazo byihariye zigomba guhabwa umwihariko mu guherekezwa, hakurikije ikibazo cya buri muryango.
- ⌚ Amadini, amatorero, imiryango ishamikiye ku madini/amatorero n'abandi bose bashinzwe imibanire myiza y'imiryango basabwa gusura kenshi ingo bateguye kugira ngo bakomeze kuziherekeza no kubagira inama, kugira ngo barusheho kubaka umuryango ushoboye kandi utekanye. Amadini n'Amatorero bazajya bagena umwanya bahuze abageni basezeraniye, babategurire ibiganiro, amahugurwa..., bababaze uko ingo zabo zihagaze kugira ngo batange inama aho zikenewe kandi bakomeze kubaba hafi.
- ⌚ Inzego zegerejwe abaturage nk'Inshuti z'Umuryango, Komite z'Umugoroba w'Imiryango nabo bazajya baba hafi ingo nshya ndetse n'izisanzwe kugira ngo zigirwe inama aho zikenewe. Buri muryango mushya ndetse n'isanzwe yubatswe, isabwa guharanira kuba umuryango ushoboye kandi utekanye babifashijwemo n'abafatanyabikorwa batandukanye.

# 5. UMWANZURO

**“TWUBAKE URUGO RWIZA”** ni imfashanyigisho irimo ibiganiro bitegura abagiye gushyingirwa ndetse no guherekeza imiryango ibana nk’umugabo n’umugore kugira ngo barusheho kubaka umuryango ushoboye kandi utekanye.

Gutegura abagiye gushyingirwa cyangwa guherekeza abantu babana nk’umugore n’umugabo bigomba guhabwa umwanya uhagije kugira ngo abahabwa ibiganiro babashe gusobanukirwa neza uburenganzira n’inshingano ku muryango bityo bazarusheho no kuzubahiriza. Umuntu ku giti cye nawe ashobora kwihugura akoresheje iyi nyandiko.

# 6. INYANDIKO ZIFASHISHIJE

1. Republic of Rwanda. (2020) Vision 2050. Kigali
2. MINECOFIN (2017). Gahunda ya Guverinoma y'imyaka 7 (2017-2024)
3. Itegeko Nshinga rya Repubulika y'u Rwanda ryo mu 2003 ryavuguruwe mu 2015.
4. Itegeko N° 32/2016 ryo ku wa 28/08/2016 rigenga abantu n'umuryango
5. Itegeko N° 27/2016 ryo ku wa 08/07/2016 rigenga imicungire y'umutungo w'abashyiranywe, impano n'izungura
6. Itegeko N° 59/2008 ryo ku wa 10/09/2008 rikumira kandi rihana ihohoterwa iro ari ryo ryose rishingiye ku gitsina
7. Itegeko N° 51/2007 ryo kuwa 20/09/2007 rigena inshingano, imiterere n'imikorere by'Urwego rushinzwe kugenzura iyubahirizwa ry'uburinganire n'ubwuzuzanye bw'abagore n'abagabo
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# 7. UMUGEREKA: IBIRANGA UMURYANGO USHOBOYE KANDI UTEKANYE

Igihugu cyacu gifite intego yo kugira Umunyarwanda ushoboye, ufite ubumenyi, ubuzima bwiza, kandi ubayeho neza mu muryango utekanye.

Umuryango ushoboye kandi utekanye urangwa n'ibi by'ingenzi bikurikira:

## **Mu bukungu**

1. Kugira uruhare mu bikorwa biteza imbere ubukungu bw'umuryango no kwivana mu bukene
2. Kwizigamira no gukorana n'ibigo by'imari
3. Kwitabira gukoresha ikoranabuhanga mu iterambere ry'ubukungu
4. Kugira rondereza cyangwa ubundi buryo bwo guteka butangiza ibidukikije

## **Mu mibereho myiza**

5. Kugira inzu yo kubamo itari mu manegeka kandi ifite uburyo bwo gufata amazi y'imvura, inzu zigenewe amatungo yo mu rugo ku bayafite n'ubwiherero buboneye bufite isuku
6. Kugira isuku ku mubiri, isuku y'aho utuye no ku bikoresho byo mu rugo
7. Kutarangwamo imirire mibi
8. Abana bose bari muni y'imyaka 6 bagerwaho na serivisi za gahunda mbonezamikurire y'abana bato
9. Abana bose biga kandi bakurikiranwa mu myigire yabo ntibate ishuri
10. Guha abana uburere buboneye, barindwa gusambanywa n'ihohoterwa iryo ari ryo ryose
11. Kugira ubwishingizi bw'indwara ku bawugize kandi bakivuzza ku gihe
12. Kuboneza urubyaro

## **Mu miyoborere myiza**

13. Kutarangwamo amakimbirane n'ihohoterwa rishingiye ku gitsina
14. Kurangwa n'indangagaciro z'umuco nyarwanda
15. Kwimakaza ihame ry'uburinganire n'ubwuzuzanye mu bagize umuryango
16. Kwirinda ibyaha, ruswa, ibiyobyabwenge no kugira uruhare mu kurinda umutekano w'abaturanyi
17. Kwitabira gahunda zose z'Igihugu: Umuganda, umugoroba w'Imiryango (abagore, abagabo n'abana), Itorero ryo ku mudugudu, Inteko z'abaturage n' izindi

Buri muryango uharanire kuba umuryango ushoboye kandi utekanye ubuziraherezo.

# Build a safe and Resilient Family / Twubake Umuryango Ushoboye kandi Utekanye

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-  RwandaGender
-  Rwanda\_Gender
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