

AMAHANE Y'UMWANA WARWAYE IHUNGABANA

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Umwana ufite ihungabana agira amahane kubantu bose haba abana cyangwa abakuru kandi ntakintu atinya cyangwa umupaka.

Amahane y'umwana ashobora kuba ikimenyetso cy'uko uwo mwana yigeze ihungabana cyangwa agiye kugira ihungabana. Nkuko bishora kugaragazwa no kuba adasobanukirwa n'ibiyumviro afite. Gushobora kuvura amahane y'umwana bijyana no kumenya ihungabana yahuye naryo, ubufasha bukwiye twabusanga mubikurikira.

Gukoraneza k'ubwonko (Mental wellbeing)

Iki ni kimwe mu bimenyetso bigaragaza ko umwana ashobora kugaragaza umwanya arimo muri rusange, uko agaragara ndetse n'amaranga mutima ye.

Gukora neza k'ubwonko k'umwana cyangwa umuntu mukuru bituma atera imbere, agira icyo yiga ndetse akaba yagera ku ntego runaka.

Nkuko ubuzima buruhije aribwo butegura umuntu kuba mukuru. Ibi bikaba byarunvishijwe nuko babayeho.

SISITEMU y'ishusho rusange(Ecological system)

Ishingiro ryo Gushikama(Resilience framework)

*Serivisi/sosiyete

*amashuri/imiturire

*Umuryango

*Umwana

Nubwo abagira amahane bose bidaterwa nikibazo cy'ubwonko ariko ni ikimenyetso cyuko ubwonko butameze neza, ku mwana warwaye ihungabana, ibi byumvikanwa nk'amaranga mutima adahoraho.

Dusabunikirwe ihungabana icyo aricyo

Igikorwa cy'ihungabana ni uburwayi buterwa n'ibikomere by'umubiri, by'amaranga mutima cyangwa by'imitekerereze.

Ingero z'ibikomere bitera ihungabana

*itotezwa rishingiye ku gitsina

*ivangura rishingiye ku ruhu

*ubuhemu bushingiye ku maranga mutima

*ubuhemu bushingiye ku ruhu

*gufatwa kungufu

Guhinduka kw'amarangamutima

Guhinduka kw'amaranga mutima ni ukutamenya kuyobora cyangwa gukontorora ibisubizo by'amarangamutima yawe.

Guhinduka kw'amarangamutima gushobora kuba ingaruka z'ihungabana umwana yahuye nazo.

Iyi mihindukirire y'amarangamutima yigaragaza ubwayo hashingiye kumyifatire yo mubwana bwe binyuze mu:

-kutumvikana cyangwa guhuza n'abandi

-kugira amaranga mutima yihariye

-ubukana bw'ibyuyumviro byo kumva amwaye mu bandi no kurira

-iterambere rigoye

Amahane ashobora kuba imigoranire yo guhonga kwibusubizo by'amarangamutima.

Imyitwarire y'umunyamahane

*Ntiyisanga muri sosiyete, ahorana urusaku,

*Ahora ashenguwe umutima, ntajya ashobora kugenga amarangamutima ye

*amagambo ye nuko yitwara.

Bibabyiza kwandika uwo mwana rimwe na rimwe urakara ntacyo abaye cyangwa akanga kugira icyo akora bishobora kuba biterwa n'ihungabana.

Imyitwarire tureba ijyanye n'amahane ni uy'umuntu suhobora gukora ibidakwiye

Ibikorwa biterwa n'amarangamutima y'umwana bishobora gushingirwa kubyo yahuye nabyo mugihe cyahise, ashobora kugira amahane igihe ari mugihe gisa nk'icyo yarimo mu bihe byahise.

Iyo myifatire ayiterwa n'ibyamubayeho.

Mu ikinamico



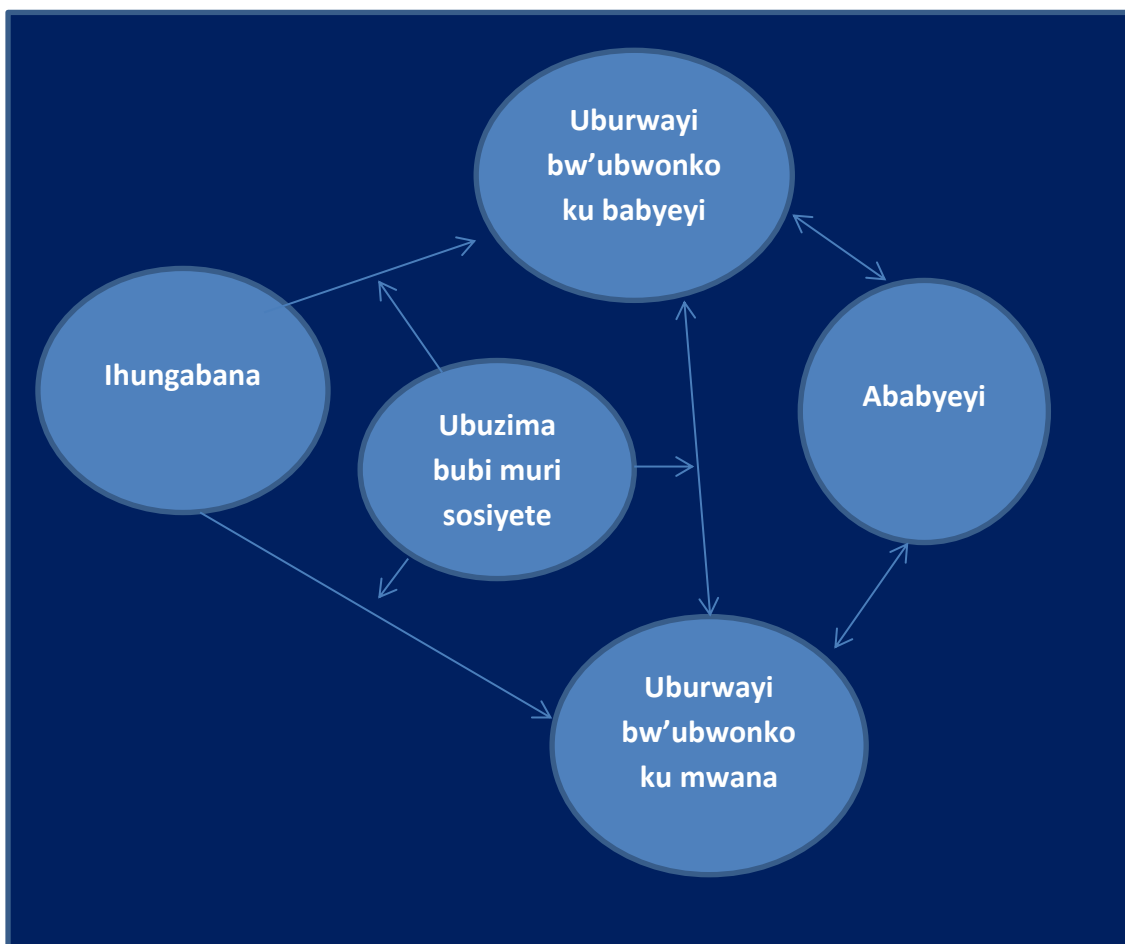
Umwana wakuze ababyeyi bahora bamukubita , bimutera amahane no mu kantu gato kugira ngo babashe kwitabara bahunga aho bari bari bakajya ahitaruye.

Ihungabana
Imibereho
y'ubuzima bubi
nk'ubukene
Igikorwa runaka



Imihindukirire ya
sisitemu y'ubwonko
Guhindagurika
kw'amarangamutima

**Ingaruka z'imiberoho y'ubuzima bubi ku buzima bw'ubwonko
bw'umwana**



Gukurikirana no kurebana ubushishozi by'abantu barera cyangwa inararibonye bashobora kugaragaza ibindi bimenyetso bishobora gutuma umenya neza amahane y'umwana ufite ihungabana utagendeye ku myifatire ye.

*Akababaro, kurira no kugira ishavu

*inzosi ziteye ubwoba

*kwanga ishuri cyangwa ibindi bikorwa rusange

*Gushaka kwitabwaho cyane cyangwa kugenzura imyitwarire

*kutamenya kuguma hamwe.

*imihindukirire yuko aryama, aya cyangwa izindi mpinduka.

Ingaruka zikomeza z'ihungabana zituma umwana atumva neza amarangamutima ye cyangwa amaranga mutima yabamukikije.

Bikaba byatera abamukikije kwigana ibitekerezo bye cyangwa amarangamutima ye nko kumva ateye isoni mubandi cyangwa kurira.

Ariko irihungabana ntirihura nk'iry'umwana wafashwe ku ngufu cyangwa ufite ibikomere k'umubiri, kuko ibi byo umwana ashobora kumva ko ariwe nyirabayazana wabyo nubwo ari inzirakarangane.

Kuko ibi byo bikujyana mu rwego ruri hejuru rwo kudasobanukirwa , ukigaya bikomeye, kugira ubwoba no kumva ko ntacyo uri cyo.

IHUNGABANA



AMARANGAMUTIMA

- *Ikimwaro
- *Uburakari
- *Agahinda
- *Ubwoba

Kudasobanukirwa



Kwigana Imikorere

- *Amahane
- *kujya ahantu ha wenyine muburyo bwo kwirinda.



INTAMBWE IKURIKIRA:GUFASHA ABANA

Umaze kumenya ko amahane y'umwana aterwa nibyamubayeho mu gihe cyahise , igikurikira ni ukumenya uburyo n'amayeri wakoresha kugirango mubane mumyifatire ye no kumufasha kubivamo.

Kumwitaho bigomba gushingira ku mateka ye ya hashize nuburyo byagize ingaruka ku myifatire ye no kubyo abantu bakuru bafata imyifatire ye bagendeye ku muco wabandi.

Birakwiye ko tugira ishusho rusange yuko wafasha umwana, kuko bizadufasha kumenya uburyo twafasha buri mwana hagendewe kuko ameze no kubyo akeneye.

Umwana wajugunywe	Agomba kwitabwaho muri buri kimwe bityo ntiyumve ko ari wenyine cyangwa yumve ko yongeye gutabwa.
Umwana wabaye utukirwa uko umubiriwe uteye cyangwa uko asa	Kumubwira neza no kumufata neza bituma yumva ko akunzwe cyangwa yitaweho.ni imyifatire idasanzwe ibigaragaza.



AMAYERI WAKO RESHA KU MWANA UFITE IHUNGABANA

<p>Menya neza kumwana atumva ko ari wenyine cyangwa ko yatawe kuko ibi bishobora kumumutera cyangwa kumusubiza mu ihungabana ryuko yigeze gutabwa bishobora gutuma ahorana amahane cyangwa amahane ye akiyongera</p>	<p>Menya kwihuza n'abana bitari mu bigaragarira abantu ,ahubwo menya ko abana bazi ko ubafasha kandi nawe uzi ko aribyo ukora</p>	<p>Niba muri kuganira ku myifatire yabo cyangwa ibibazo bafite koresha imvugo y'iterambere. Wibuke ko umwana ufite ihungabana adindira mu iterambere. Urugero:ugomba kubabwira nkabantu bakuru. Amagambo yawe ntagomba kuba nka:"biratugora kuyobora amarangamutima yacu iyo umuntu atubabaje."</p>
<p>Gufasha umwana kumenya amaranga mutima ye bizamufasha kumenya uburyo akorana nayo. Kwagura ubwo bushobozi bwo kumenya amarangamutimaye bizamufasha kugabanya kugira amahane.</p>	<p>Fatanya n'umwana mukibazo cyo kutamenya gusobanura amarangamutima ye kandi umushishikarize kubikora.wibuke umupaka uri hagate yo kumva aguye neza no ku muvura. Urugero:ikigambiriye ni ukumwumvisha neza no kumumenyesha amarangamutima ye aho kumurekera mu</p>	<p>Gufasha umwana kumva atekanye , bizamufasha kumenya uko avuga amarangamutima ye, ibi bishobora kugabanya ibyuyumviro by'uko ari wenyine cyangwa yatawe bikongera ibyuyumviro by'uko atekanye bizamutera kugabanya amarira.mu ri ubwo buryo azashobora guca uruziga ihungabana rimutera amahane aturuka mukutamenya</p>

<p>Gufasha umwana kugirira icyizere ubushuti , no gusimbuza bishimye ihungabana ry'ibyashize bisanisha n'ibihembo bitangwa n'amahame agezweho.</p>	<p>ihungabana.</p> <p>Icyizere cyeye heza kigomba gutangirwa mu muryango, ku mashuri, mu matsinda cyangwa mu ihuriro. Ibi bizatanga imikoranire myiza hagati yuwita ku mwana n'inarazibonye mu nzego zose.</p>	<p>kugenga amarangamutimaye aterwa n'ihungabana.</p>
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UBURYO BWAKURIKIZWA

MUGUHA ABANA

IBYO BAKENEYE



uburenganzira kuri serivisi baha abafite uburwyi bwo
mu mutwe

guhumuriza cyangwa guhabwa izindi nyigisho
zizyanye n'imitekerereze

gushyira mubikorwa kwabita kuri abo bana cyangwa
inarazibonye bigishijwe uko bafata abana bafite
ihungabana

kwihangana kubakiye ku mashuri, amatsinda ,ndetse
n'amahuriro

Kugaburirwa mu muryango cyangwa kw'ababarera

Umutekano, umutuzo, ibidukikije ndetse n'imyifatire.