

‘NIGUTE IHUNGABANYA RIGIRA INGARUKA KU BANA NDETSE NO KUBANTU BAKURU



Akagatabo kagenewe Abarezi n’inararibonye

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World Awareness for Children in Trauma (WACIT)



Ihungabana ni iki?

Mu buryo bw'imitekerereze ihungabana riterwa n'ibikorwa bibi umuntu yahuye nabyo cyangwa ububabare bw'ibisebe biri ku mubiri we.

Bimwe mu bikorwa byatera ihungabana harimo:

- Intambara
- Ibiza
- guturwa kubice by'umubiri, ku gitsina cyangwa amarangamutima
- gukoreshwa imirimo y'ingufu ukiri muto
- uburwayi, gupfusha umuntu wakundaga cyangwa urupfu urwarirwo rwose
- gufatwa kungufu.



IBIKORWA BY'IHUNGABANA

- Akora ibintu bidahwitse(urugero:aratukana, ariyenza)
- ibikorwa byo gusebanya
- rimwe na rimwe agaragaza ibikorwa byamuhungabanyije(biterwa nubwivange cyangwa ubwinshi bwibikorwa bibi byamubayeho.)

*akunda kugaragara mu maso y'abandi arira cyangwa ingaruka mbi



NIGUTE IHUNGABANA RIGIRA INGARUKA KU BANA

Umwana wagize ihungabana agarazwa:

- *Gutinda guterimbere
- *Biragorana kuri bo gushyira kumurongo amarangamutima yabo
- *Birabagora kumva amarangamutima y'abandi
- *kwibasirwa nibyuyumviro by'amarira cyangwa ikimwaro
- *guhindagurika ku bwonko cyangwa imyifatire
- *Uburwayi bwo mu mutwe.



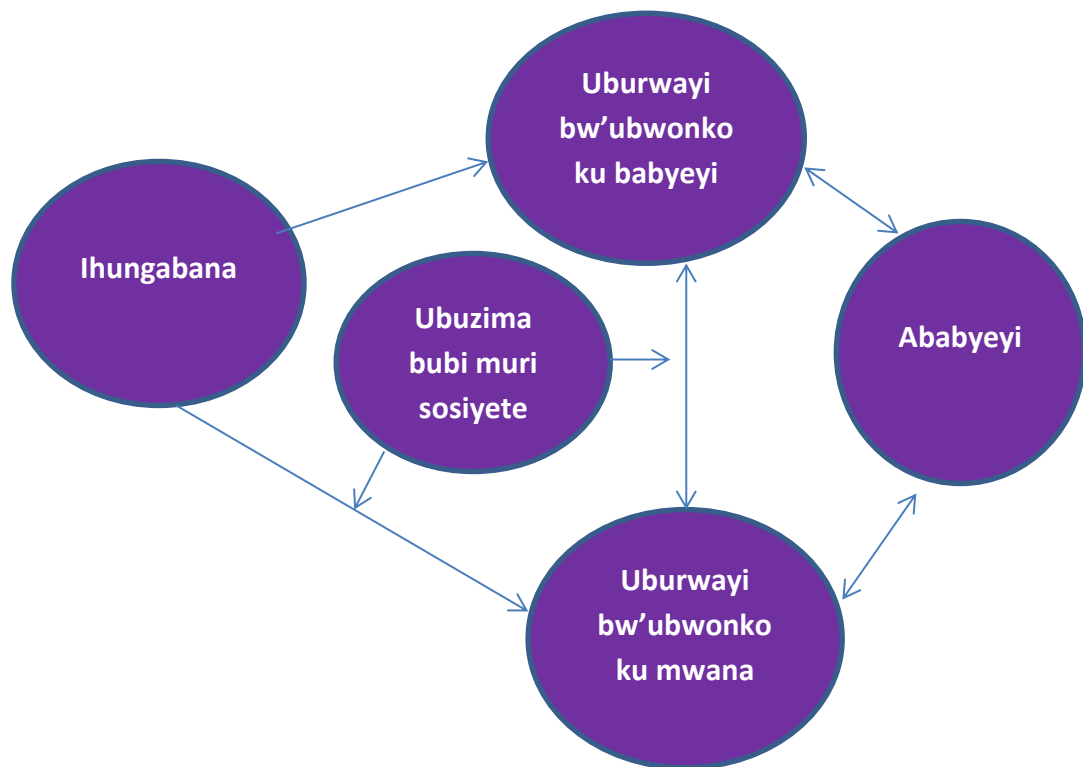
INGARUKA Z'IHUNGABANA

Iki gishushanyo kiri hasi kiragaraza ubuhurirane bw'ibintu byinshi biterwa no:

*ukuntu ihungabana ritera ingaruka mbi ku bana ndetse n'uburwayi bwo mu mutwe bw'ababyeyi.

*ishavu rusange (urugero:ubushomeri, gutura ahantu habi, ubuzima budafite umuzi.)

Ibi biragaraza na none ukuntu ababyeyi aribo rufunguzo rw'ifatizo.



IBIMENYETSO BY'INGARUKA ZO KUTAGIRA KIRENGERA

Kutagira kirengera bishobora kongera imirimo ku bana ndetse no kuzatera uburwyi bwo mu mutwe ahazaza.

*Ubukene

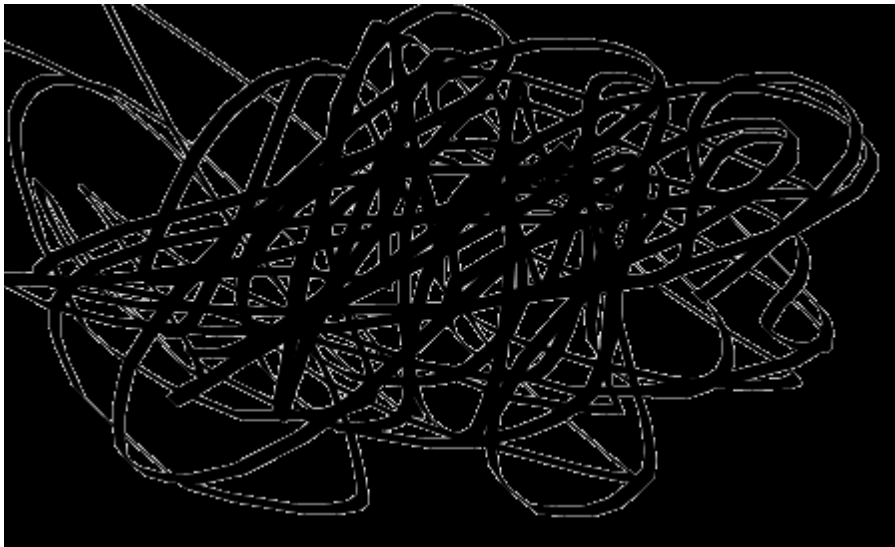
*kuba wenyine muri rusange

*Ibikorwa by'ubugizi bwa nabi

* guturwa kubice by'umubiri, ku gitsina cyangwa amarangamutima

*kubura umuryango cyangwa ubufasha bwo muri sosiyete

*Uburwayi bwo mu mutwe bw'ababyeyi, gufata ibiyobyabwenge cyangwa ibisindisha



IBIMENYETSO BYO GUSHIKAMA

Gushikama bitera umwana kurwana n'ishavu ndetse no kongera imbaraga z'ubukure:

-kwishingira ku kwitabwaho

-kwibumbirahamwe(mu muryango, inshuti ndetse n'amahuriro)

-Gushobora kwiga

-kwigana amayeri ya bandi

-uburenganzira ku bufasha bw'inshuti z'abana na serivisi



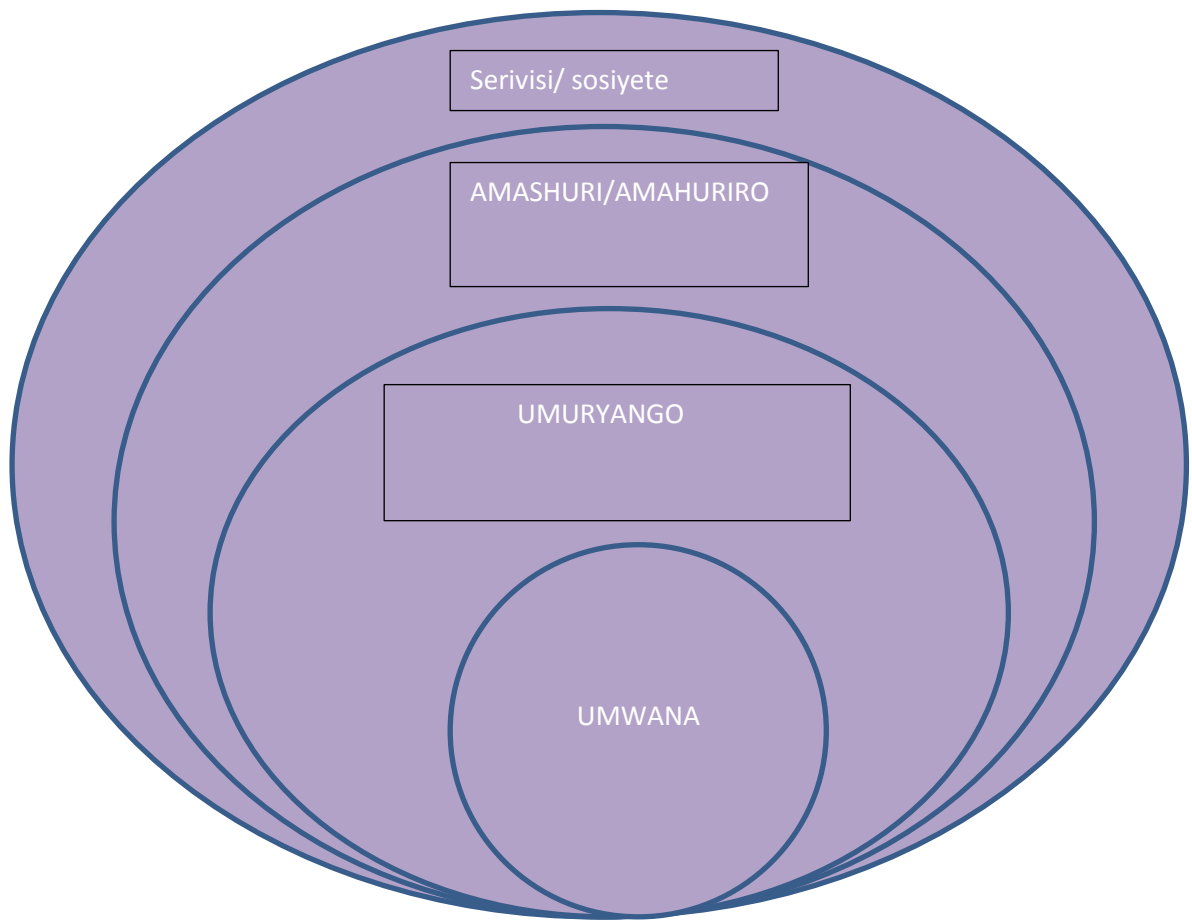
IMITEREREREMEZO YO GUSHIKAMA

Gushikama ni ukumenyera gusubiza muburyo bwemeza ku bishobora byose gutera ihungabana cyangwa igihe gihangayikishije.

*muri sisitemi y' ishusho rusange iri ahakurikira buri rwego rugaragaza imbaraga ziri mugushikama

*urweko rwuko wihuza na buri muntu ku murongo

*Rero ni ingenzi kugaragaza ibimenyetso bya buri rugero.



IBIKORESHWA MU IRANGAMITERERE RYO GUSHIKAMA

URUGERO:

URWEGO	IBIMENYETSO BISHOBOKA BYO GUSHIKAMA
Umwana	Kwigirira icyizere , ubumuntu, kwigana amayeri y'abandi ndetse n'imiterere ye.
Umuryango	Kuguma hamwe,ubusugire bw'imibanire,kumva no Kenya ababyeyi
Amashuri n'amakoraniro	Ubushuti no gusabana
Serivisi na sosiyete	Umutekano no gufashanya n'abandi

UMUKORO!

Tekereza kuri ibi bibazo bikurikira utange ikimenyetso cyo gushikama kuri buri rwego

1.Umwana w'imyaka itanu wakoreshwe imirimo y'ingufu, akarya nabi kandi ntajyanwe mu ishuri, akaba afite abavandimwe bane, mu muryango we ntawe ufite akazi bakaba batuye mukajagari, uwo mwana akaba agira amahane ku bandi bana ndetse no ku bantu bakuru.

2.Umwana w'imyaka cumi n'itatu(13) wakuze aho bamurera, bahora bamutuka uko agaragara, kuba yirabura, kwiga bigoranye kuri we, ahora yigunze kandi akaba atagira inshuti.



IBINTU RUSANGE BITUMA UDAFASHA ABATAGIRAKIRENGERA

- *Ubufasha na serivisi bidahagije
- *Umubare udahagije w'inzobere muri ubwo bumenyi
- *Umutungo udahagije
- *itumanaho ririhasi hagati y'ibigo
- *kutagira amabwiriza cyangwa amategeko agenga imifashirize.



*Amafaranga abantu barimo gutanga yo gufasha ntahagije kugira ngo ufungure aho hantu

*Akenshi ihumuriza ritangwa n'abarimo aho gutangwa ninararibonye mubijyanye n'ihungabana kandi akenshi ntituba tuzi ko turi mu murongo w'ukuri bityo hari ibyo tudashobora gutanga cyangwa ibyo dukora nabi.

*Byavuzwe n'abanyeshuri, abarimu, ababyeyi ndetse na zimwe mu nararibonye zabajijwe zo mugihugu cya Kenya.(Getana, Vostanis &O'Reilly,2017)

IMIPAKA MURI SOSIYETE

Umugayo no kutumvikana neza bishobora kubanya ubushake bw'umwana kwemera ko afashwa.

*Ntabwo mfite uburwayi bwo mu mutwe

*bamuteye inshinge bamujyana mubitaro by'abafite uburwayi bwo mu mutwe

*ntibashaka gusangangiza abandi uko biyumva kuko bafite ubwoba bwuko abo babibwira barabatekerezaho, bashobora kutabikunda cyangwa bakabona ko ndimo kubashimisha.



Byavuzwe n'abanyeshuri, abarimu, ababyeyi ndetse na zimwe mu nararibonye zabajijwe zo mugihugu cya Kenya.(Getana, Vostanis &O'Reilly,2017)

Byavuzwe n'umwana wo mu kigero cy'ubugimbi wimpunzi washyizweho n'Ubwongereza ngo atange serivisi zijyanye n'uburwayi bwo mu mutwe.(O'Reilly, Majumder, Karim &Vostanis,2015)

Ukeneye andi makuru avuga ku bumenyi bw'ihungabana ry'abana ku isi wasura urubuga www.wacit.org cyangwa ukandikira Impuguke, Panos Vostanis kuri pv11@le.ac.uk.