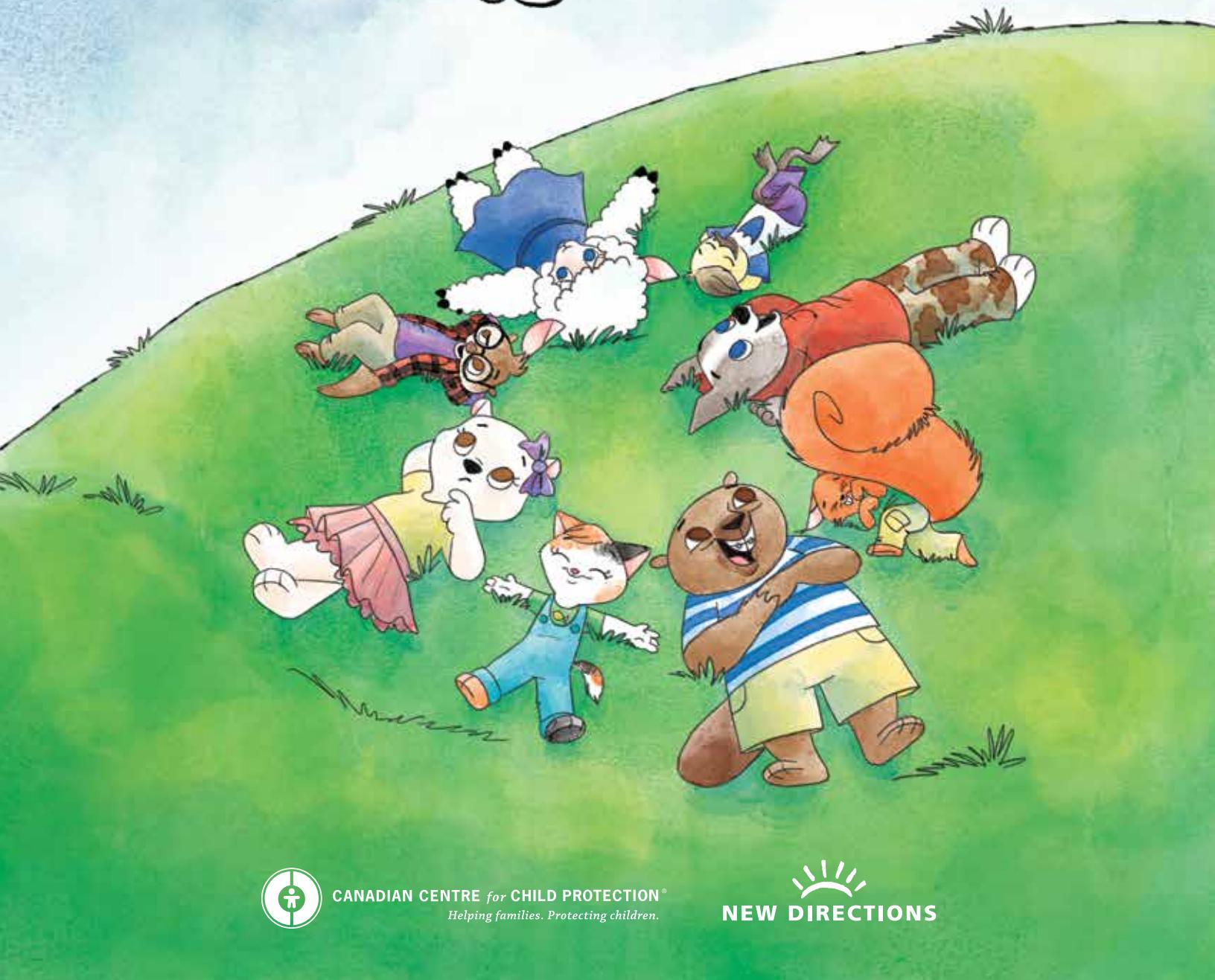


Ibyiyumvo

byinshi Biza Bikagende



CANADIAN CENTRE *for* CHILD PROTECTION®
Helping families. Protecting children.



NEW DIRECTIONS

Ibyfyumvo

byinshi Biza Bikagende



Muri 2018 hateguwe kandi handikwa iki gitabo n'lkigo cy'abanyakanada gishinzwe kurengera abana , n'ibirimo byo 2018 n'iby' lkigo cy' abanyakanada gishinzwe kurengera abana , hamwe n'lcycerekezo gishya ku bana, Urubyiruko, Abakuze n' Imiryango. Uburenganzira bwose burahagaritwe. Nta muntu n'umwe wemerewe kohereza iki gitabo ku buryo buri elegitoronike yaba ari cyose cyangwa igice cy'iki gitabo. Nta gukoporora, gukwirakwiza cyangwa kubika muri sisiteme birabujije uretse ukoko bigaragara hano hepfo. Amakopi (yose cyangwa igice, icapiro cyangwa elegitoronike) nta muntu wemerewe kubikora ngo abonke inyungu cyangwa iyo ubucuruzi k'uwo ari we wese n'igihe icyo aricyo cyose. Ababyeyi / abarezi bashobora gutunga no gufotoza kopi imwe kugirango ikoreshwe ku giti cye. Kugira ngo ukore ibirenze ibyemerewe haruguru, ohorea icyifuzo cyawe: contact@protectchildren.ca

Iki gitabo nti cyari gukorwa hatabayeho akazi gakomeye n'ubwitange bw'abantu benshi haba mu Cyerekezo gishya ndetse n'ikigo cy'abanyakanada. By'umwihariko, Icyerekezo gishya kirashimira uruhare rwa Kate Kiernan na Billy Brodovsky, kandi lkigo cy' abanyakanada kirashimira Itsinda ry'abarezi hamwe n'itsinda ry'abashushanyije muri uyu mushinga w'iki gitabo.



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Ikigo cy'abanyakanada gishinzwe kurengera abana Inc. (Ikigo cy'abanyakanada) n'umuryango wemewe n'amategeko uharanira uburenganzira bw' abana bose. Ikigo cy'abanyakanada gitanga ubufasha ,serivisi n'ibikoresho byinshi ku banyakanada kugirango bibafasha kurinda abana no kugabanya ibyago byo guhohoterwa. Ku bindi bisobanuro wasura urubuga rw'ikigo cy'abanyakanada. www.protectchildren.ca.



Icyerekezo gishya ku bana, urubyiruko, abakuze n'Imiryango (Icyerekezo gishya) ni umuryango udaharanira inyungu utanga serivisi zinyuranye harimo guhindura imibereho myiza, imitekerereze, umuco, uburezi no kwigisha imyuga ikenewe ku bantu aho batuye. Dufite na gahunda yo kugira inama imiryango ,dutanga ibikenewe ku rubyiruko birimo amahugurwa , akazi ,kubaha ubufasha bwihariye, dufasha abarera abana , ndetse no gukoresha uburyo butandukanye mu gufasha abafite ubumuga bwo mu mutwe, abatumva n'imiryango y'abasubijwe inyuma n'amateka. Ku bindi bisobanuro wasura urubuga www.newdirections.mb.ca.

Ukeneye ibisobanuro birambuye ku bana bafite ihungabana n'uburyo bw'imikurire kandi bashobora gufasha, Sura rubuga www.makingsenseoftrauma.ca. Hano hari urubuga rw'ubuntu "**Gutanga igisobanuro cy'ihungabana: Ibikoresho bifatika mu guha ibisubizo abana n'urubyiruko**" n'ibindi bikoresho byose birahari.

IKIGO CY' ABANYAKANADA KIRENGERA ABANA cyemewe n'amategeko muri Kanada nkuko bigaraga ku kirango cy'ikigo cy'abanyakanada gishinzwe kurengera abana Inc. n'Ikiranga cy'Icyerekezo gishya n'umutungo w'Icyerekezo gishya ku bana, urubyiruko, abakuze & imiryango.

ISBN: 978-1-989757-75-8 (Igitabo kivuye mu icapiro)
ISBN: 978-1-989757-73-4 (Igitabo cy' eletoronike)

Iki gitabo gisobanura lbyiyumvo byinshi biza bikagenda cyasohotse bwa mbere mu cyongereza, kandi gihabwa uburenganzira muri 2021 n'Icyerekezo gishya ku bana, urubyiruko, abakuze & Imiryango, 500-717 Portage Ave., Winnipeg, Manitoba, Kanada n'Ikigo cy'abanyakanada gishinzwe kurengera abana Inc, 615 Umuanda wa Academy, Winnipeg, Manitoba, Kanada. **Umunyangu kuri buri mwana(NGO Family for Each Child)**, ubiherewe uruhushya, bahinduye ibiri mu gitabo cy'umwimerere muri Kinyarwanda.**Umunyangu kuri buri mwana (NGO Family for Each Child)** ufite inshingano zose z'ukuri kubwa amakosa yatanzwe mu bisobanuro. Ibirimo byose bitari mu cyongereza byongewemo na **Umunyangu kuri buri mwana(NGO Family for Each Child)**, ufata inshingano zuzuye kubyo wongeyeho. Uburenganzira mu guhindura mu Kinyarwanda n'Icyerekezo gishya ku bana, urubyiruko, abakuze n'imiryango; n'ikigo cy'abanyakanada gishinzwe kurengera abana. Uburenganzira bwose burahagaritwe.

Ku bantu bose basoma iki gitabo

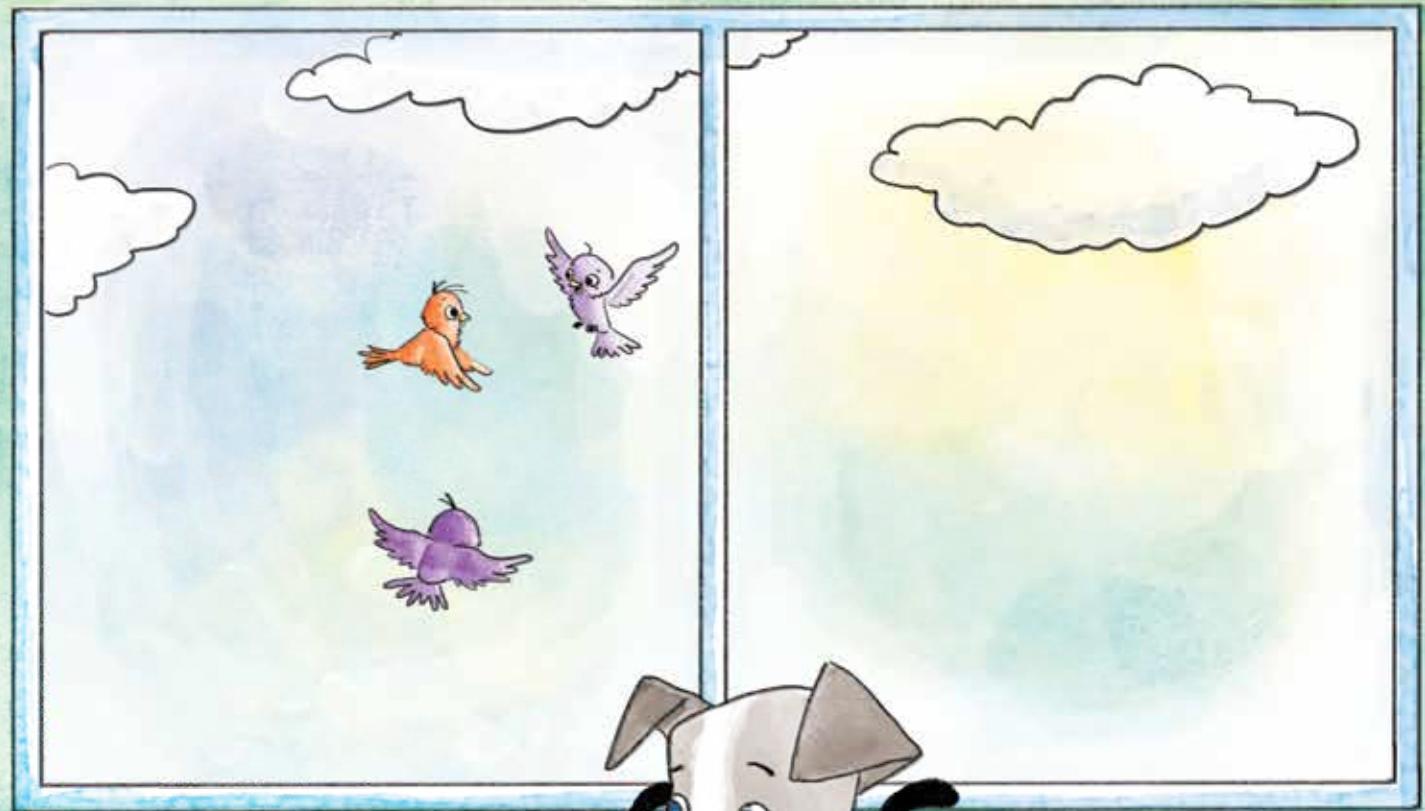
Urakoze cyane kuba warafashe umwanya wo gusoma iyi nkuru maze ukiga ibijyanye no gukonja, kuguruka, no kurwana n'uburyo imibiri yacu bwo kuturinda mu gihe ibiyumvo byacu ari byinshi.

Umuntu wese agira ibiyumvo byinshi, yaba akuze cyangwa ari abana. Nyamuneka fata umyanya usoma iyi nkuru. Wasoma byose icya rimwe cyangwa gahoro gahoro. Witonde urebe icya kubera cyiza.



Uyu munsi tugiye kwiga ku byo
imibiri yacu ikora mu gihe twumva
duhangayitse cyangwa dufite uwoboa
ndetse n' ibiyumvo byacu bikazamuka.





Dufite igice mu bwonko
bwacu kimeze nk'impuruza
cyitwa **amygdala**.





Ikomeza gukora igihe
twumva duhangayitse
cyangwa dufite ubwoba.

Idufasha kuturinda.

Iyo impuruza ivuze, turakonja,
turaguruka, kandi tukarwana.



Rimwe na rimwe twumva tudashobora
kugenda cyangwa gutekereza.

Ibyo byitwa **gukonja**.

Rimwe na rimwe, twumva
dushaka guhunga.

Ibyo byitwa **kuguruka**.



Kandi rimwe na rimwe twumva
dushaka gukubita no gutaka.

Ibyo byitwa **kurwana**.



Tugije kwiga no kwitoza icyo
gukora mu gihe amygdala
yatanze impuruza.



Abakuze hamwe n'abana bose
bajya mu gukonja, no kuguruka,
cyangwa kurwana mu gihe
bumva bahangayitse cyangwa
bafite ubwoba.

Ng'ubu uburyo imibiri yacu igenda
ituzanira ubufasha.



Tekereza ikiyoka kiturebye mu idirishya!

Ubwonko bwacu buvuza impuruza hanyuma
ugahita , tukajya **mubukonja...**

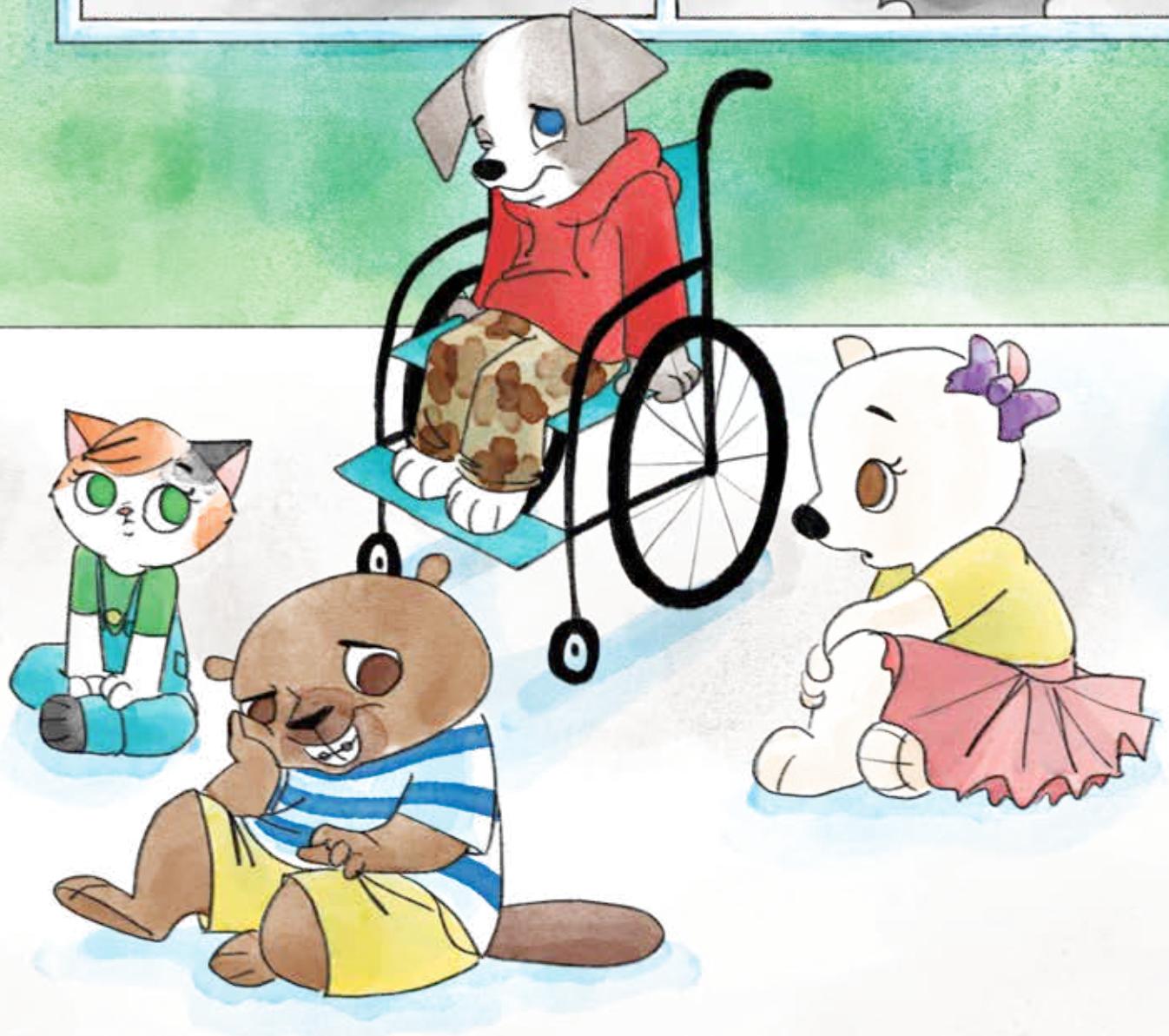
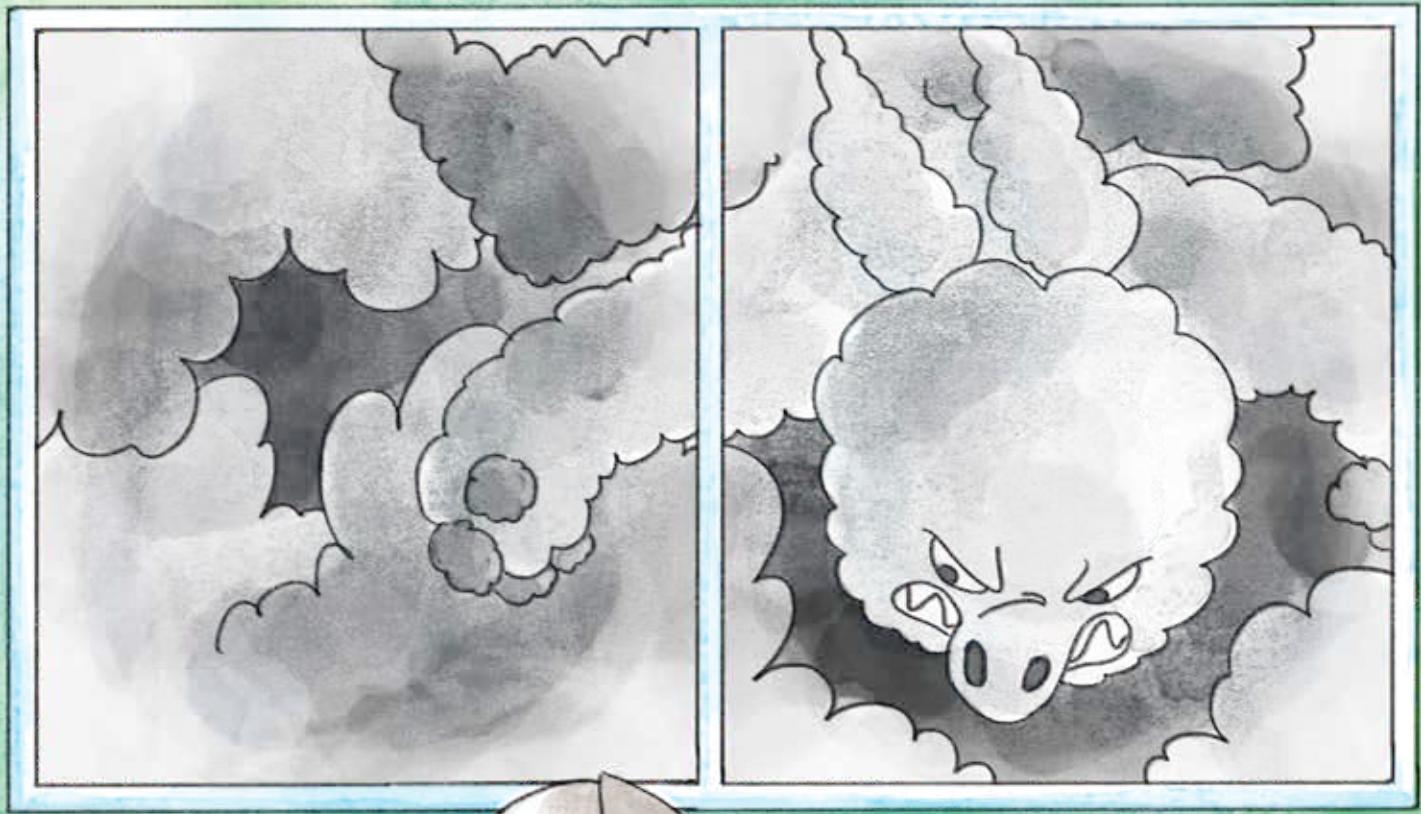
Dukonja mu gihe tuba mu byiyumvo byinshi kandi nti
dushobora guhunga cyangwa kurwana.

Umutima wacu utera vuba kandi guhumeka
kwacu biriyongera.

Abantu bose bajya mu bukonja
mu buryo bucye butandukanye.

Tekereza...Ni gute bigenda
iyo dukonje?





Ndatunguwe ko ...



... Kuguma kubura



... Umutwe wanjye
wacitse ku mubiri



... Nabuze aho nyura

... Umutima wanjye
urimo uratera vuba
hanyuma gahoro
sinshobora kuvumva





... Nahindutse
muto cyane

... Nakonje



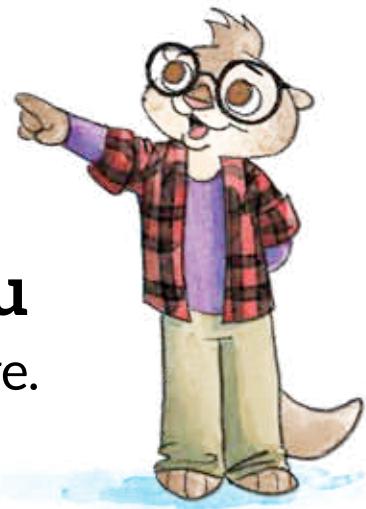
... Ntabwo mboneka
... Sinshobora
kuvuga



Duturisha imibiri yacu nyuma yo kumva
duhangayitse cyangwa dufite uwobba.

Reba icyo dushobora gukora.

Reba hirya no hino ubare **ibintu bitatu**
by'ubururu mu cyumba aho uherereye.



Injiza **umwuka ... hanyuma**
uhumeke usohora umwuka
buhoro.

Injiza undi **umwuka ...**
hanyuma uhumeke
usohora umwuka buhoro.





Reba niba **wicaye** ku kintu
gikomeye cyangwa
cyoroshye. Munyeganyeze
amano yanyu.



Injiza **umwuka** ... **hanyuma**
uhumeke usohora umwuka buhoro.



umva uko umubiri wawe umeze niba wakize neza.

Uko impuruza icika intege,ninako Umutima
wawe no guhumeka kwawe bigenda gake .

Ibyiyumvo byinshi biza
bikagenda, nk'ibicu
igenda bikagaruka.



Noneho, Tekereza gihe inzoka itureba
mu idirishya, ubwonko bwacu buvuza
impuruza hanyuma tukaguruka...

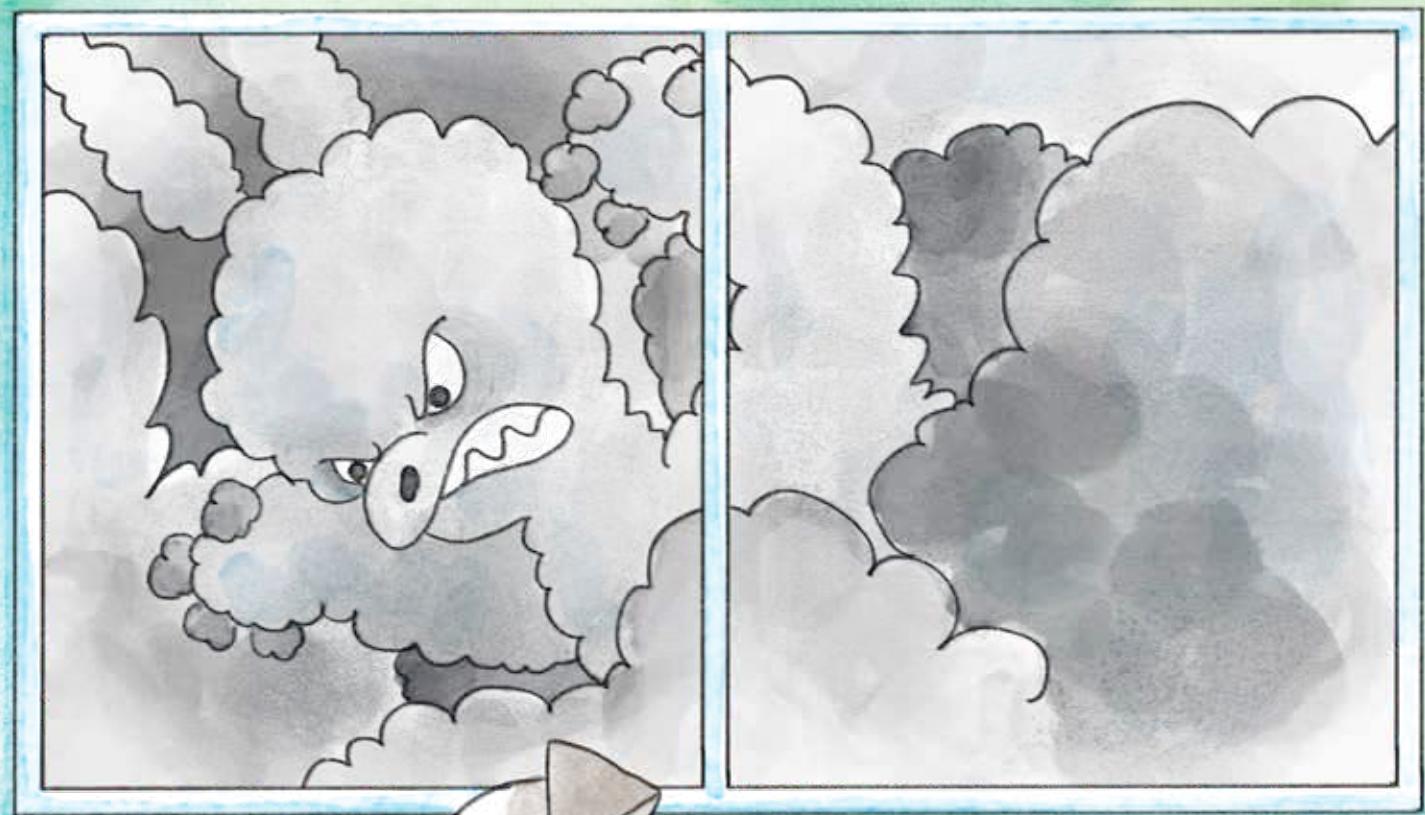
Tugurutse mu gihe ibiyumvo byacu biba byinshi
kandi dushaka kugenda ndetse no guhunga!

Umutima yacu iratera vuba; gahumeka vuba vuba
kandi amaguru yacu ashobora kumva asimbuka.

Buri wese ajya mu kuguruka
mu buryo butandukanye.

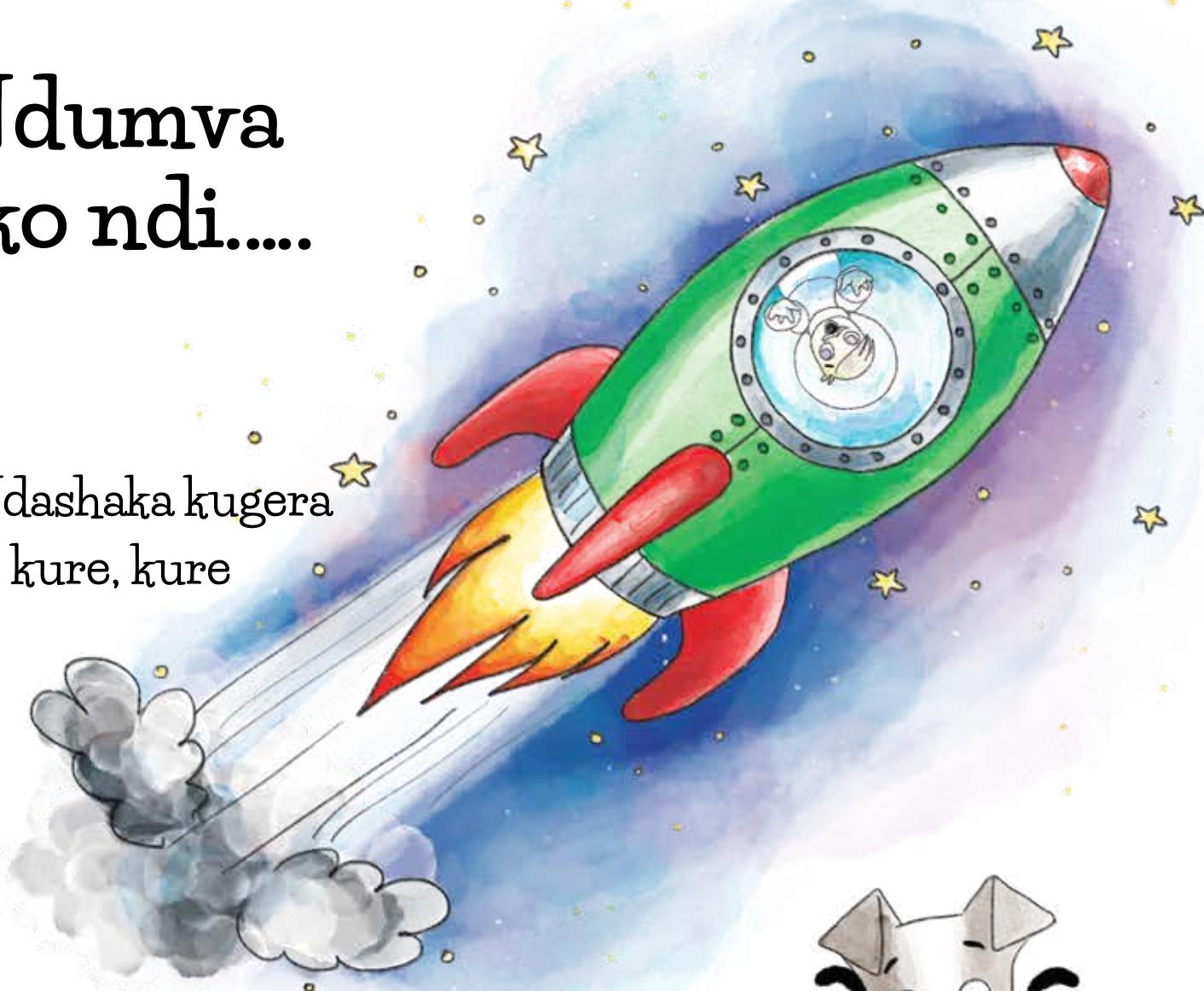
Tekereza... Kuguruka
ubyumva ute kuri wowe?



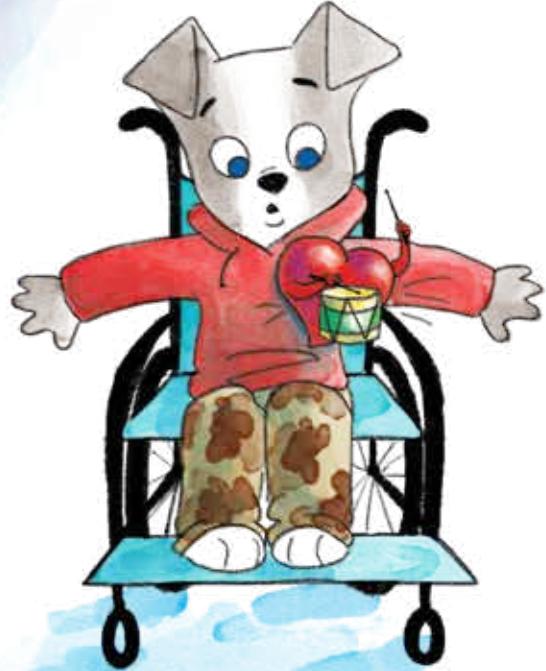


Ndumva ko ndi....

... Ndashaka kugera
kure, kure



... Ndashaka kwiruka
nkifarashi



Umutima wanjye urimo
uratigita nkingoma

Gusimbuka
inyuma y'uruuhu
rwanjye



... Sinshobora
guhumeka



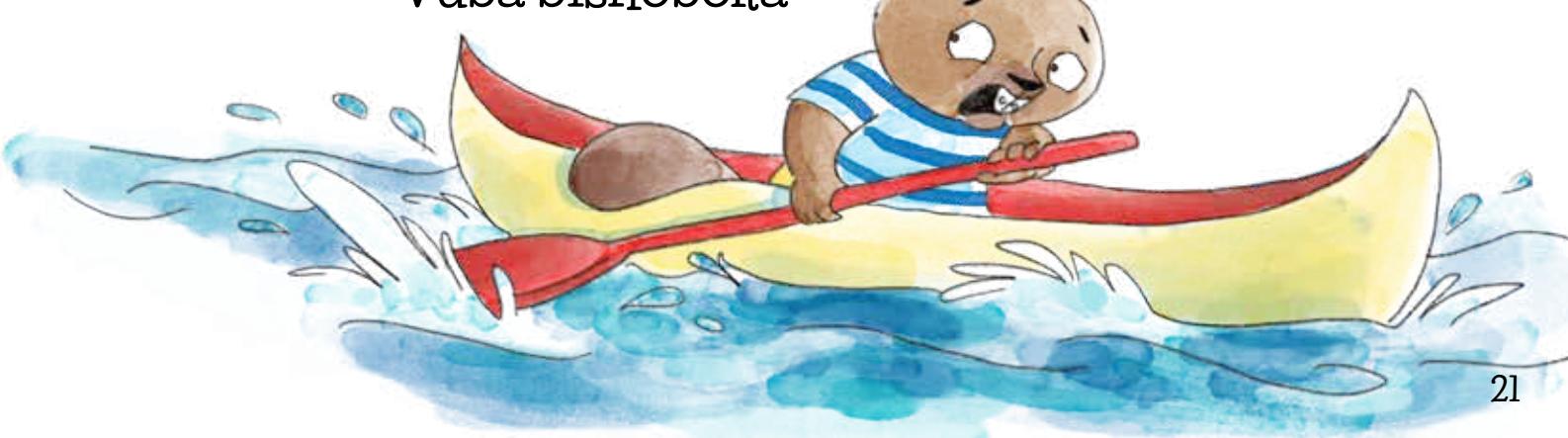
... Ndatangaye



... Kuvuga byihuse
nka gari ya
moshi ihunze



... Ndashaka guhunga
vuba bishoboka



Dutuze mu mibiri yacu nyuma yo kumva
duhangayitse cyangwa dufite uwoba.

Dore icyo dushobora gukora.

Ubwa mbere, **subiza inyuma amano**.
Reba uburyo imitsi yo mu maguru yawe ikomera.

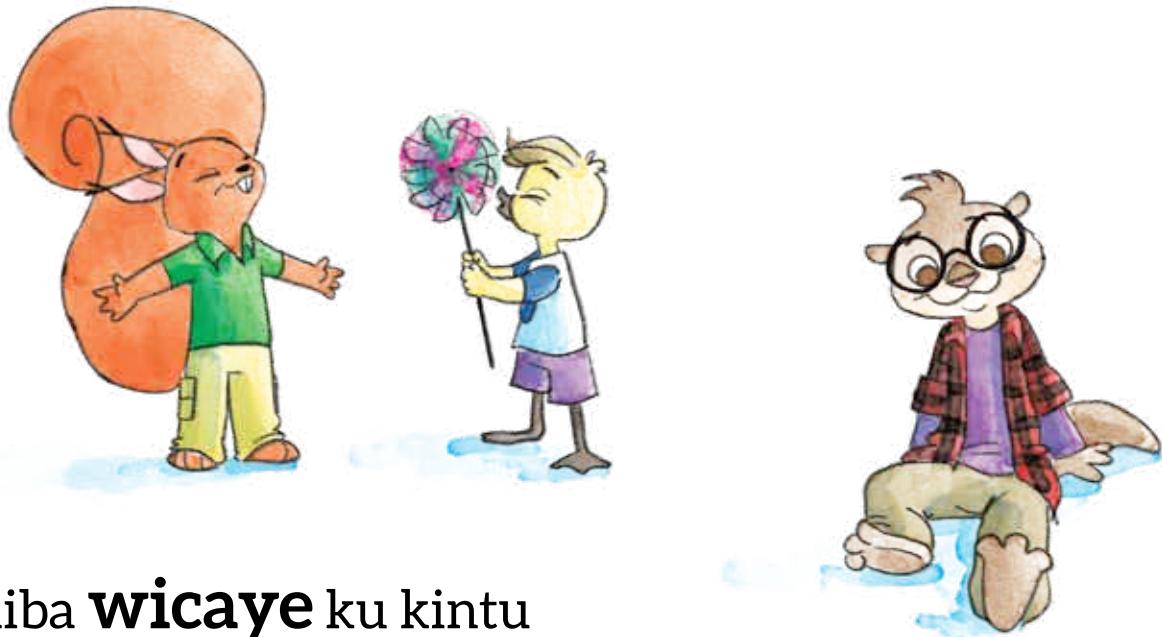


Reka amano yawe **aruhuke**.



Injiza **umwuka i...**
sohora umwuka
muremure utinze.

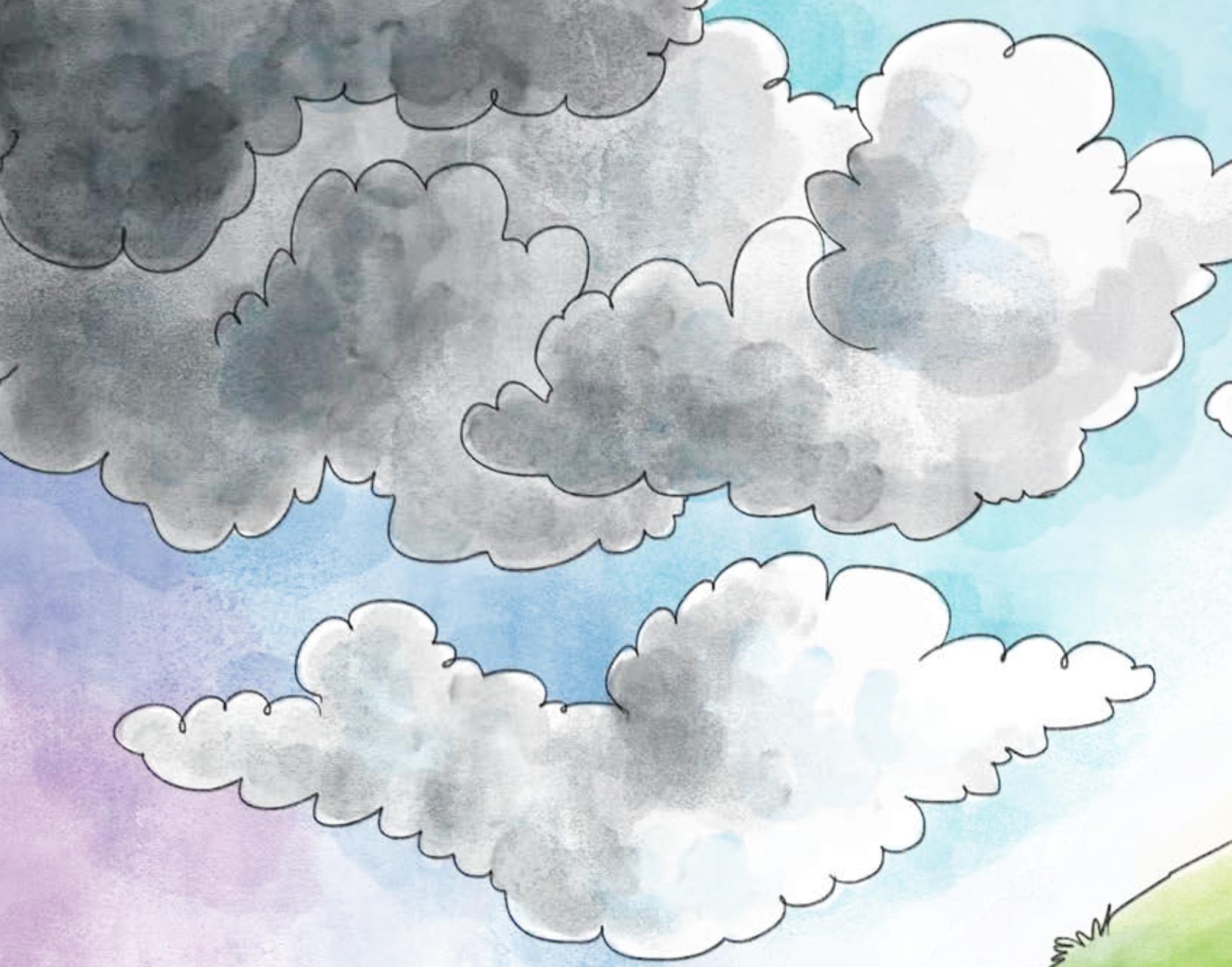
Noneho fata undi **mwuka muri**...
hanyuma **uhumeke** buhoro.



Reba niba **wicaye** ku kintu
gikomeye cyangwa cyoroshye.
Koza amano.

Injiza undi **umwuka** ... sohora
umwuka **muremure utinze**.





Reba uko umubiri wawe umeze niba wakize neza.

Umutima wawe n'umwuka wawe
biratinda uko impuruza ituje.

Ibyiyumvo byinshi biza
bikagenda, nk'ibicu
bireremba hejuru.



Na none, iki gihe iyo dutekereje ikiyoka kireba
mu idirishya, ubwonko bwacu buvuza induru
hanyuma tujya **kurwana**...

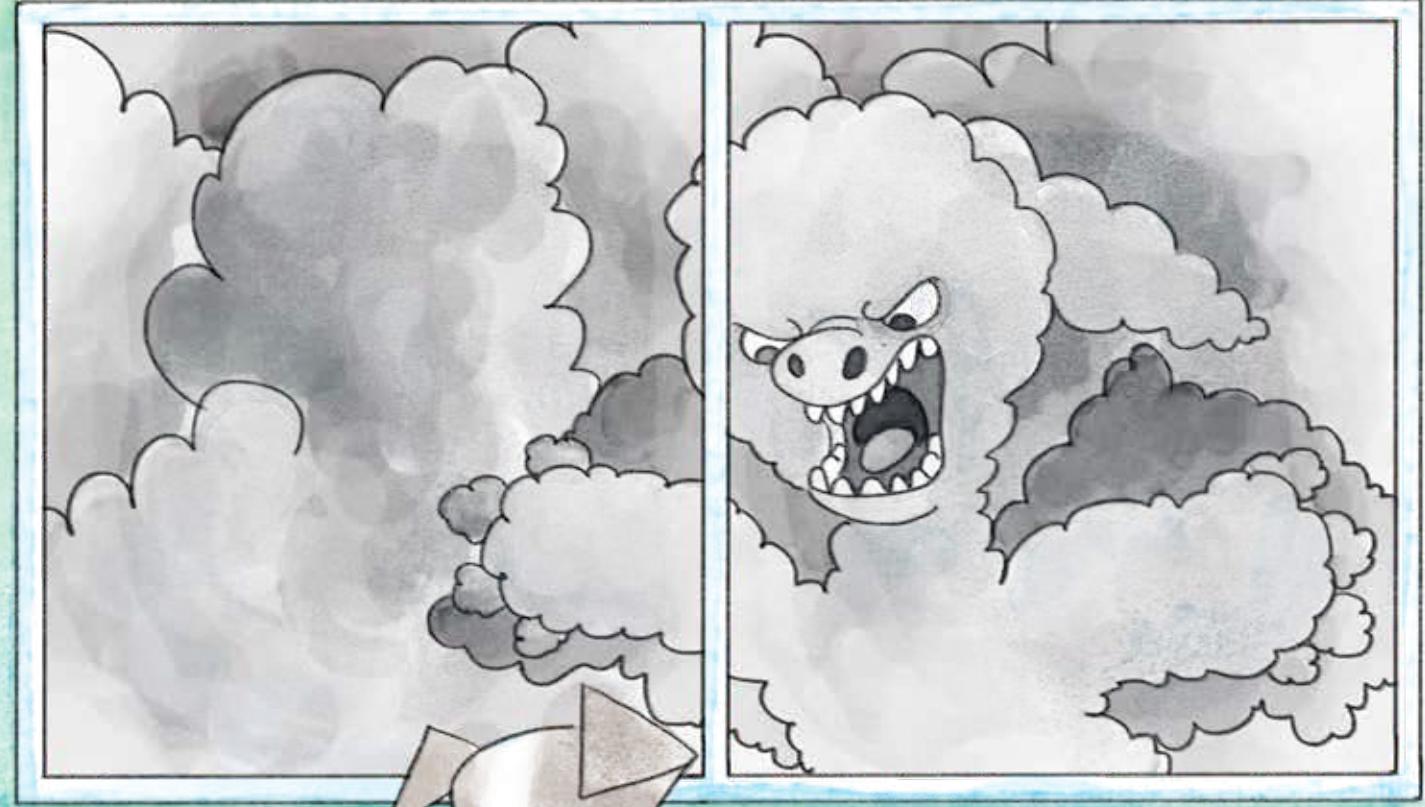
Kurwana ni igihe ibiyumvo byacu biba byinshi kandi
dushaka gukora agafuni cyangwa gukandagiza ibirenge!

Umutima wacu utera vuba kandi guhumeka
kwacu birihuta.

Abantu bose bajya kurwana
mu buryo butandukanye.

Tekereza... kurwana
wumva bimeze bite
kuri wewe?





Numva bime ...



Guhumeka umuriro



... Ndashaka
inyundo

... Ndi munini
nk'igihangange





... Kurwana
nk'umutware



... Ndashaka gukubita
no gukandagira



Gutontoma
nk'intare



... Ndashyushye
nk'ikirunga

Kurwana
nk'ingagi



Duturisha imibiri yacu nyuma
yo kumva duhangayitse
cyangwa dufite ubwoba.

Hano dore icyo dushobora
gukora.



Shyira amaboko hamwe nkuko
urimo gukubita umupira... **guhumeka...**
hanyuma ureke ngende.

Noneho **fata umwuka...**
hanyuma **uhumeke buhoro.**





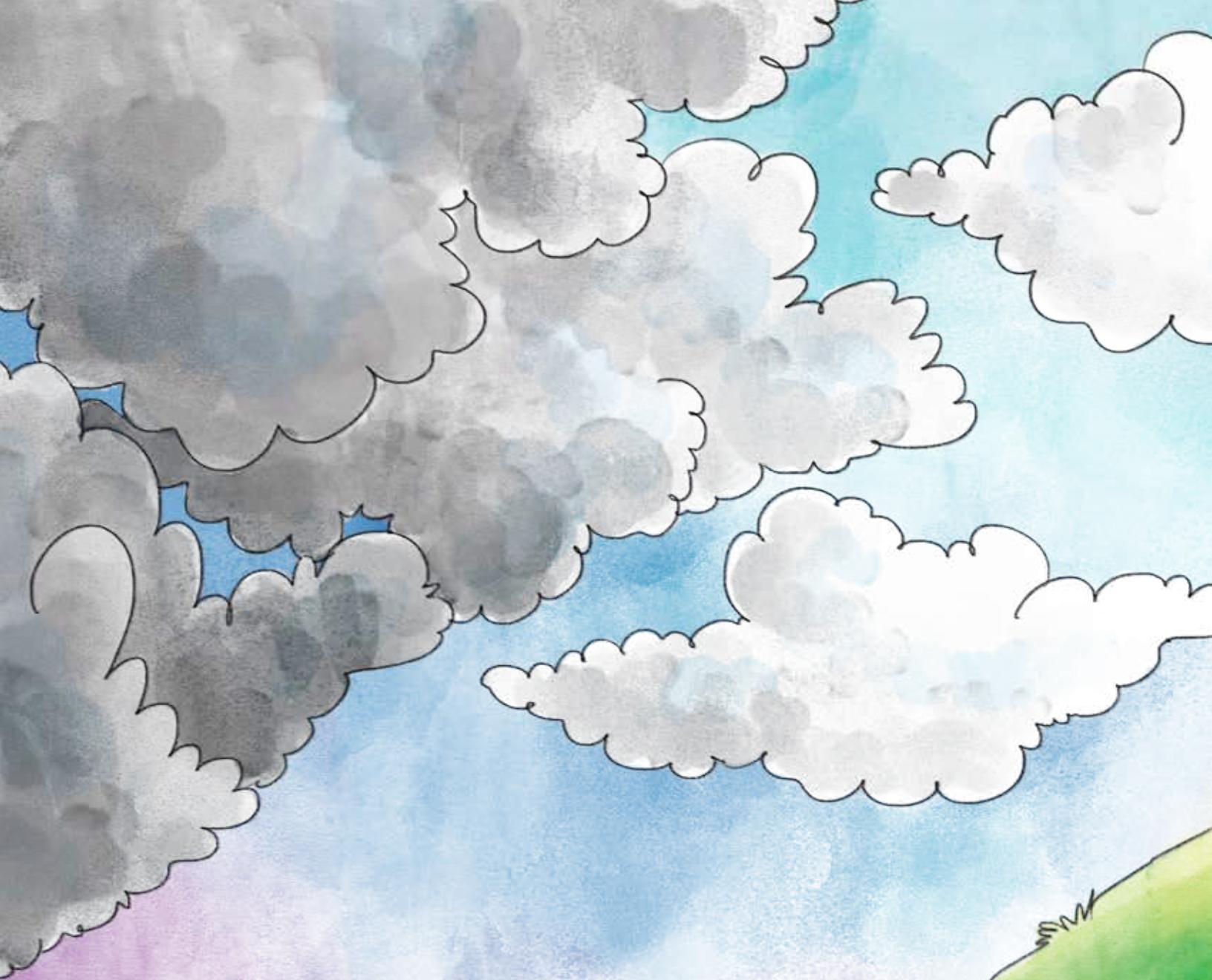
Noneho **fata undi mwuka**
muri... hanyuma **uhumeke**
buhoro.

Reba niba **wicaye** ku kintu **gikomeye**
cyangwa cyoroshye. Kozaho
amano yawe.



Injiza **umwuka** ... sohora
umwuka **muremure utinze.**





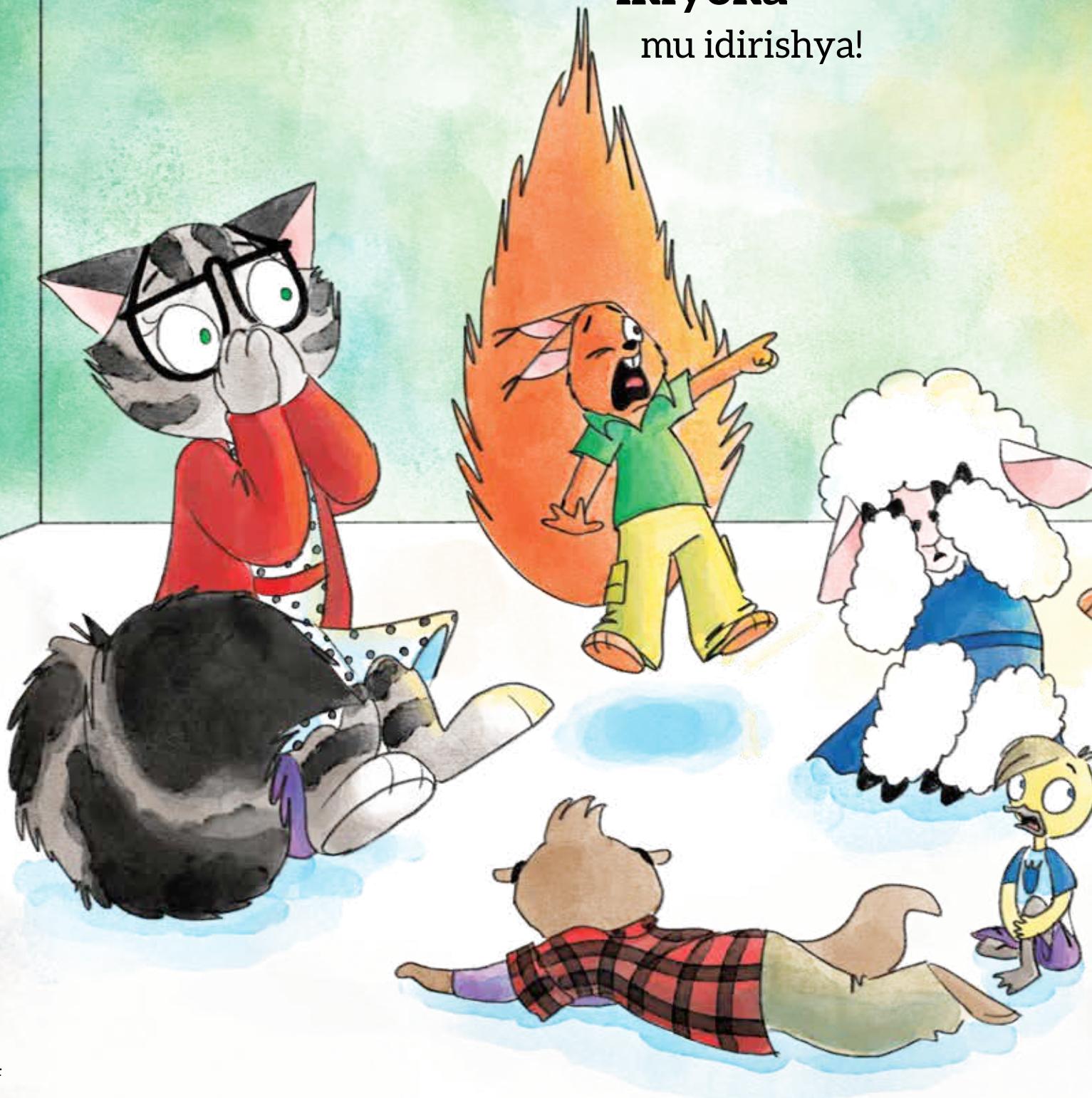
Reba uko umubiri wawe niba wakize neza.

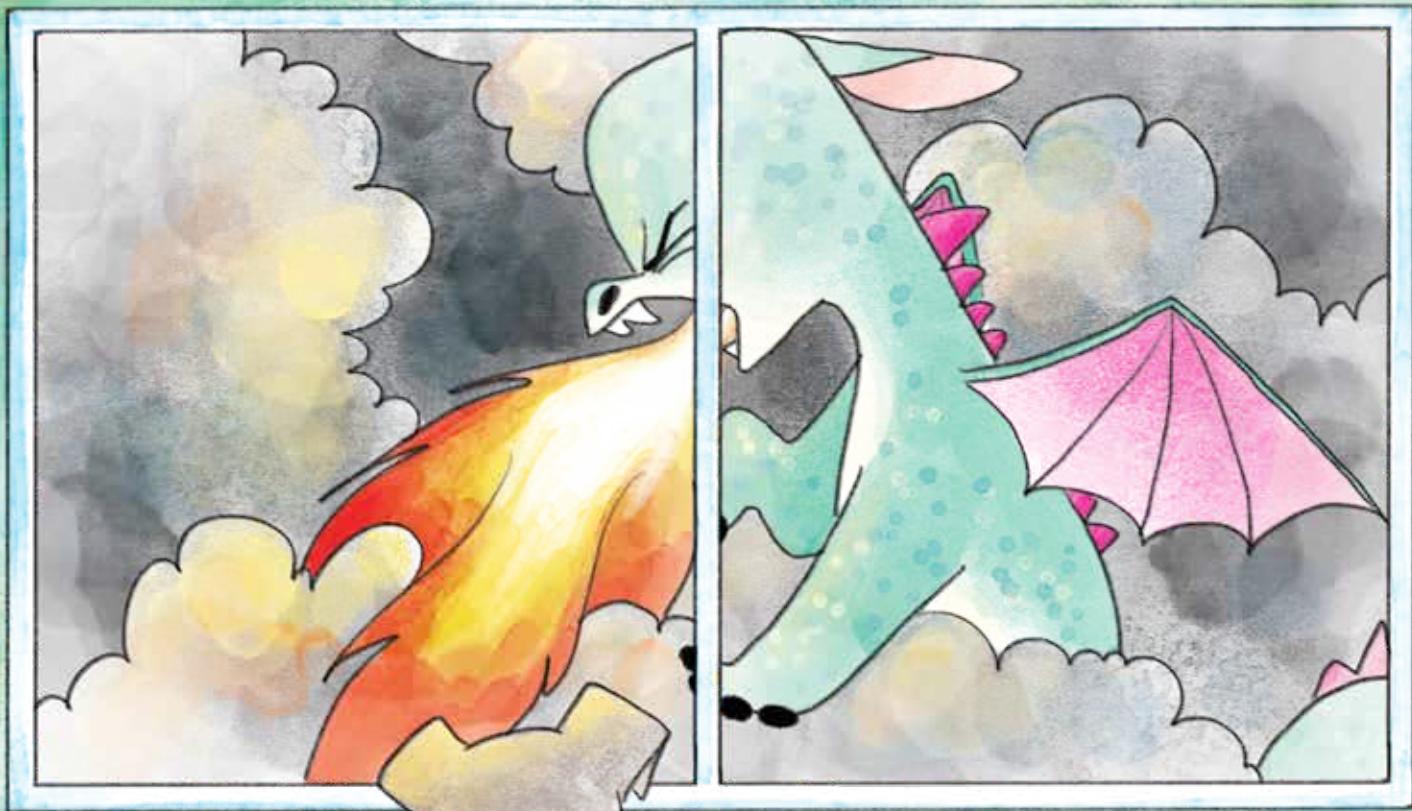
Umutima wawe n'umwuka wawe
biratinda uko impuruza ituje.

Ibyiyumvo byinshi biza
bikagenda, nk'ibicu
bireremba hejuru.



Reba,
mu by'ukuri
ikiyoka
mu idirishya!





Ndumva bimeze...

... Kugera
kure, kure



... kurwana
nkumutware

... Kuba utagaragara



... Sinshobora
gusohora
amagambo yanje





... Kwiruka
nk'ifarashi

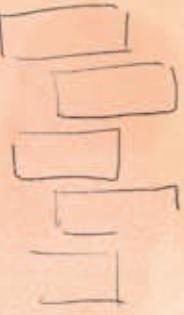


... Umutwe wanjye
ureremba

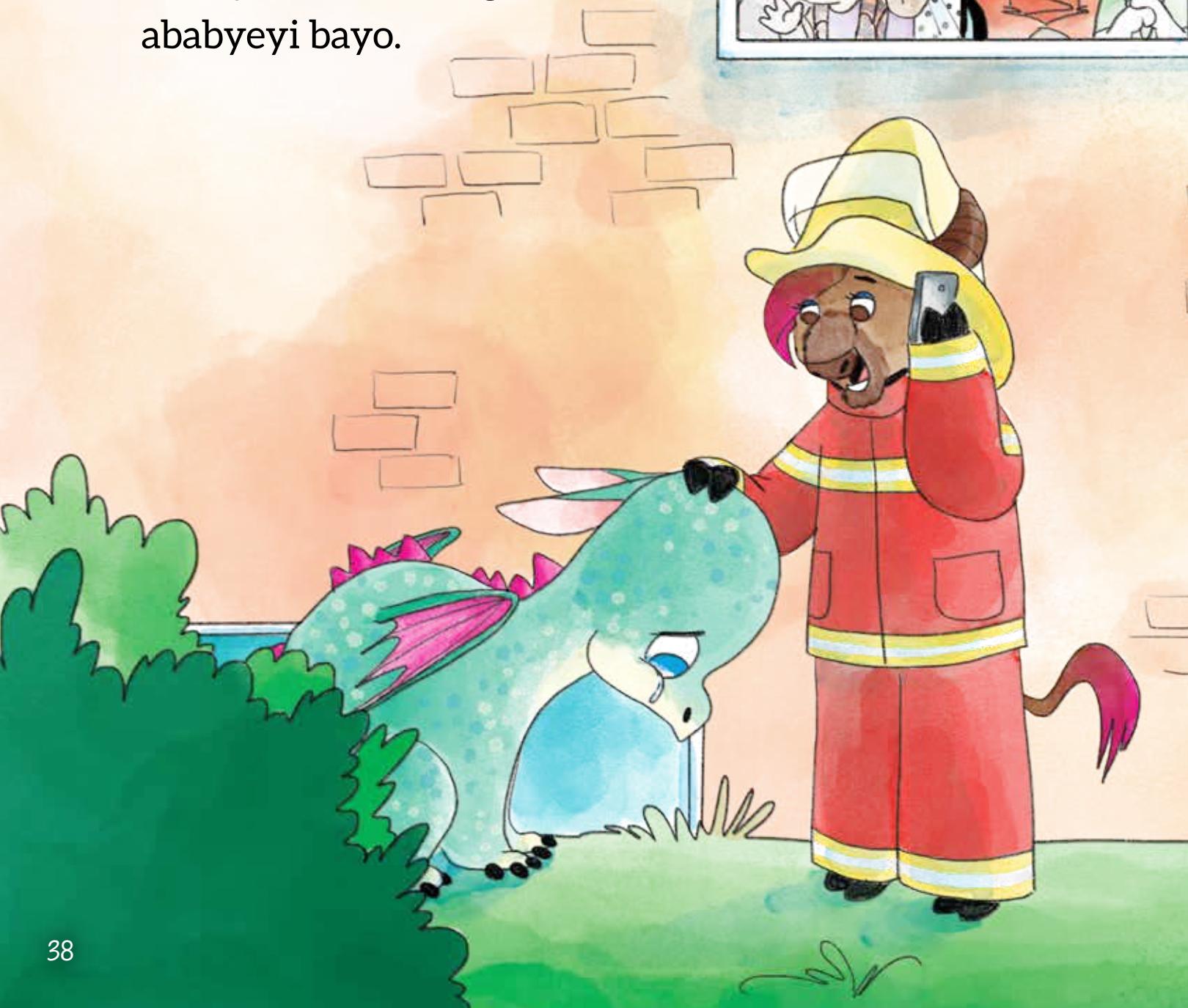


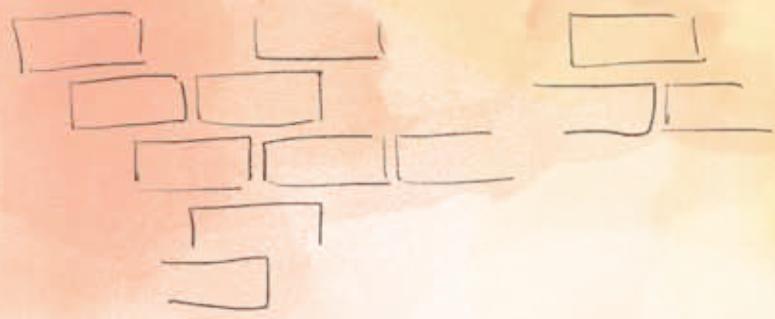
... Nshyushye
nk'ikirunga





Nibyiza. N'inzoka
yazimiye. Umuzamu
w'Ikiyoka azahamagara
ababyeyi bayo.





Ibyo byari biteye ubwoba kubona
ikiyoka hanze y'idirishya.

Imibiri yacu yakoze ibyo
yari ikeneye gukora.



Reka twitoze gutuza imibiri
yacu nyuma yo kumva
duhangayitse cyangwa
dufite ubwoba.



Injiza **umwuka muri...** n'umwuka
muremure utinze.

Injiza undi **mwuka umwe...**
hanyuma **uhumeke neza.**



Reba niba **twicaye** kukintu **gikomeye cyangwa**
cyoroshye. gukozaho **amano yacu.**

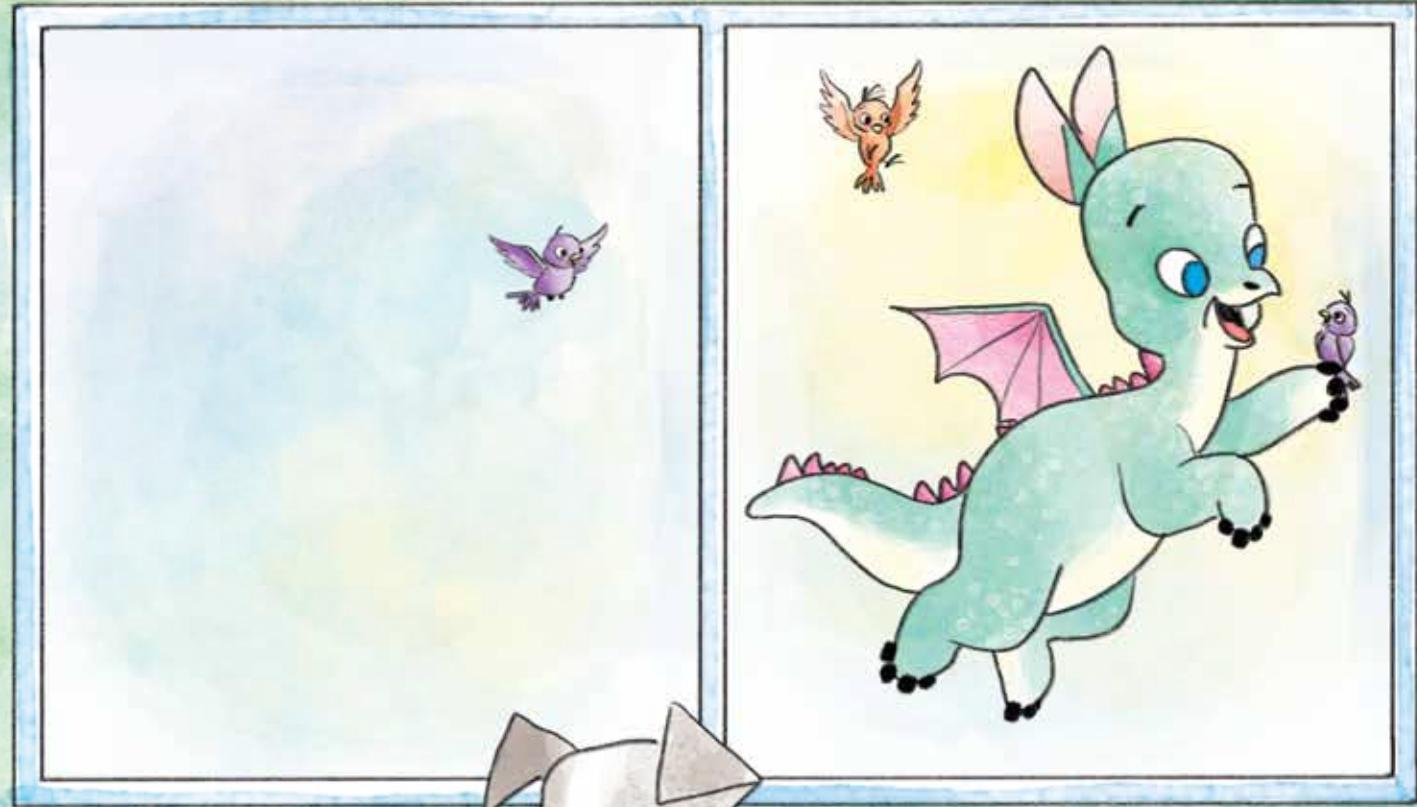


Injiza undi **mwuka umwe...**
hanyuma uhumeke buhor.



N'iki umubiri wawe ushaka gukora
ubu mu gihe wumva **utuje kandi**
ufite umutekano?





Ndabona ko...

... gushaka
Gukina



Seka nk inkende



... irashobora
guhumeka neza



Nshinzwe
ibiyumvo
byanjye...

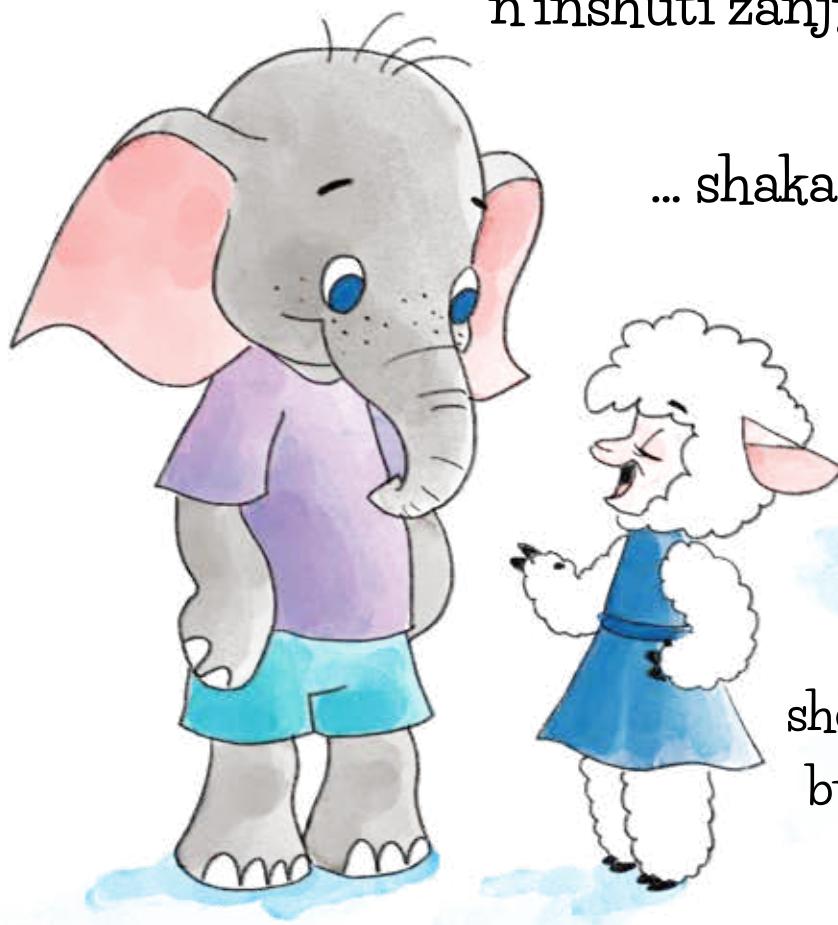


... Mfite amatsiko
nku muperereza



Ndi umuswa hamwe
n' inshuti zanjye

... shaka kwiga



shobora kuvuga kugirango abantu
bumve kandi basobanukirwe
amagambo yanjye...



Ntabwo uberewe no kumenya
ubyo wakiza umubiri wawe no
gucecekesha impuruza?



Turabizi ko dushobora gucunga
ibiyumvo byacu iyo byinshi.

Noneho reka tujye gukina!







