Kuganira n'abana ibijyanye n'ubuzima bw'imyororokere: Inama rusange

Subiza ibibazo ukibibazwa kandi utege amatwi witonze ikibazo ubajijwe.

Wicecekesha umwana kuko ashobora kutazongera kubaza. Subiza ikibazo ugira uti: "Nishimiye ko unyegereye ukambaza icyo kibazo." Bivuge mbere y'uko usibiza ikibazo nyirizina. Ibi bizatuma amenya ko agomba kukugana n'ikindi gihe cyose azaba afite ibindi bibazo.

Tekereza ibibazo umwana ashobora kukubaza, maze utegure ibisubizo byawe mbere y'igihe.

Menyera ibibazo n'imyitwarire bijyanye n'ubuzima bw'imyororokere bikunda kugaragara uko imyaka igenda itandukana. Ibi bizagabanya ibyago byo kuba wabazwa ikibazo utiteguye gusubiza.

Niba wumva ubangamiwe cyangwa utisanzuriye kuba wasubiza icyo kibazo, bivuge.

Kwereka abana bawe ko utisanzuye bituma nabo babasha kwerekana ko batisanzuye igihe bahuye n'icyo kibazo. Ushobora kwereka abana bawe ko utisanzuye, ariko n'ubundi ukabaganiriza kubera ko ubakunda kandi wifuza kubafasha. Ni byiza kandi kuba ababyeyi bashyiraho umurongo ntarengwa. Si ngombwa ko utanga ibisubizo byihariye ku bibazo bijyanye n'imyitwarire y'ubuzima bw'imyororokere yawe bwite.

Koresha amagambo afatika kandi y'ukuri.

Birumvikana ko ababyeyi n'abana bagomba kuba bafite amagambo bakoresha bakayumvikanaho neza hagati yabo. Niba umwana wawe azi amagambo akoreshwa n'urungano rwe gusa, kora ku buryo uyasobanura. Nurangiza umushishikarize gukoresha amagambo yabugenewe.

Tangiza ikiganiro.

Hitamo "umwanya mwiza wo kuba wamwigisha", ushingiye ku bintu duhura na byo buri munsi kandi bisanzwe. Nk'ibitabo, inkuru zo mu bitangazamakuru n'ibiganiro binyura kuri televiziyo bishobora kuba ibintu byiza washingiraho utangiza ikiganiro. Ntitugomba gutegereza kugeza igihe abana bacu bazatubariza niba bagomba kubanza kureba mu byerekezo byombi by'umuhanda mbere y'uko bambuka umuhanda unyuramo ibinyabiziga byinshi. Ni akazi k'abantu bakuru, cyane cyane ababyeyi, kwigisha abana bacu uko bagomba kubaho mu isi. Ni kimwe rero n'ubuzima bw'imyororokerere. Ugomba gufata icyemezo cy'ibyo abana bawe bagomba kumenya, maze ukabibabwira kugira ngo bazabe biteguye ibyo bahura na byo byose.

Inama zihuse

- Nta na rimwe haba hakiri kare kuba mwaganira
- Kora ku buryo ibiganiro biba mu bwisanzure
- Tangiza ibiganiro n'umwana wawe
- Igirire icyizere
- Vuga ku ndangagaciro zawe
- Vugisha ukuri
- Gira kwihangana
- Tega amatwi kandi witegereze
- Koresha amahirwe ubonye buri munsi maze uganirize umwana
- Ugomba guhozaho ukabisubiramo buri gihe

Aho ababyeyi bakura amakuru

- Inama zijyanye no kuganira n'ubushakashatsi bushya ku byerekeye ibiganiro bigoye www.talkingwithkids.org
- Ikigo kigira ababyeyi inama zijyanye n'ubuzima bw'imyororokere www.advocatesforyouth.org
- Aho wakura amakuru yerekeye ubuzima bw'imyororokere bw'ingimbi n'abangavu. Amakuru aboneka no mu rurimi rw'icyesipanyoro www.teenwisemn.org/for-parents/
- Amakuru ajyanye n'icyiciro cy'imyaka. Yanashyizwe mu Cyesipanyoro no mu rurimi rwa ba kavukire b'Abanyamerika www.noplacelikehome.org

Kinyarwanda Translation Date: September 2015

Sobanura neza indangagaciro zawe.

Ibi ntibivuze ko ugomba "guca imanza." Abana baba bashaka kandi bakeneye kumva indangagaciro z'umuryango zijyanye n'ibibazo by'ubuzima bw'imyororokere. Baba kandi bakeneye kubona ko ibitekerezo n'amarangamutima byabo bihabwa agaciro.

Vuga ku byishimo bikomoka ku mibonano mpuzabitsina.

Ibi bishobora gutuma ubabwira ko ibyishimo bikomoka ku mibonano mpuzabitsina biba muri kamere muntu kandi nta cyo bitwaye, ko urukundo ari kimwe mu bintu bituma ubuzima buryoha kandi ko kugira ibanga hagati y'abantu babiri bahuriyeho bonyine ari ikintu cyiza mu buzima bw'abantu bakuru.

Wumve ko ari uruhare rwawe "kuvuga bike utinze" kuruta "kuvuga byinshi hakiri kare."

Upfa kuba ayo makuru atanzwe mu bwisanzure, mu kuri no mu rukundo, nta mpamvu yo kumva ko ateye ubwoba kandi nta n'ubwo ashishikariza abana kugerageza ibyo ubabwiye. Wibuke ko: Abana bawe bumva ibijyanye n'imibonano mpuzabitsina hirya no hino. Bakwiriye kubikumvana.

Kora uko ushoboye abana bumve ko bisanzuriye kukubaza ibibazo.

Bagaragarize ko wubaha uburenganzira bwabo bwo guhabwa amakuru. Ba "umubyeyi ushobora kubazwa ibibazo." Nta na rimwe biba ari byiza ko wabwira umwana wawe ngo nategereze abanze akure maze uzabone kumusubiza ibibazo bye. Iyo umwana abajije ibibazo, ni yo mahirwe uba ubonye yo kumufasha gusobanukirwa.

Menya ibyo amashuri, kiliziya, insengero n'amatsinda y'urubyiruko abana babarizwamo byigisha ku bijyanye n'ubuzima bw'imyororokere.

Shishikariza ayo matsinda gutanga inyigisho zijyanye n'ubuzima bw'imyororokere muri gahunda zayo. Iyo urubyiruko rutera urwenya, rutebya ndetse ruganira ibijyanye n'ubuzima bw'imyororokere hagati yabo, biba byiza cyane iyo hari abantu bakuru babihuguriwe bayoboye ibyo biganiro.

Menya "ikibazo cyihishe inyuma y'ibyo abajije."

Ikibazo kiba kiteruwe ngo kibazwe kigira kiti: "Ese ndi muzima?" akenshi kiba cyihishe inyuma y'ibibazo byinshi bijyanye n'imyororokere, ibitekerezo n'ibyiyumviro biganisha ku mibonano mpuzabitsina. Fasha abana bawe gusubiza umutima mu gitereko kenshi gashoboka.

Ibibazo bikunze kubazwa

- Kuki ibi bice by'umubiri ari ibanga?
- Ese nzamera amabere, insya cyangwa ngire igitsina kingana nk'icyawe? Ryari?
- Naturutse he?
- Ninjiyemo nte? Nasohotsemo nte?
- Ni ryari nabyara umwana?
- Amashereka agera mu mabere y'umugore ate?
- Kuki igitsina cyanjye gifata umurego?
- Kotegisi/udutambaro tumara iki?
- Kuki abakobwa bajya mu mihango? Ese abahungu bayijyamo?
- Ese abagabo bajya bashyingiranwa n'abandi bagabo?

Gusubiza ibibazo bikakaye

- Tuza ku maso no mu ijwi.
- Akira ikibazo.
  - "Nishimiye cyane ko umbajije icyo kibazo!"
    "Igihe nanganaga nawe nanjye nibajije icyo kibazo."
- Nawe wongere umubaze icyo kibazo yari akubajije.
  - "*Ukeka* ko byaba bisobanura iki?"
    "Wabyumvise he?"
- Tanga igisubizo cyoroshye kandi kiboneye.
  - "Impinja zikurira ahantu habugenewe mu mubiri w'umuntu hitwa muri nyababyeyi."
- Mubaze icyo atekereza.
  - "Urumva umerewe ute?"
- Mubwire icyo utekereza kuri iyo ngingo, ariko wirinde kumera nk'aho umucira urubanza.
- Genzura ko anyuzwe.
  - "Urumva igisubizo kikunyuze?"

TEENWISE MINNESOTA
Teenwisemn.org

Family Tree Clinic
www.familytreeclinic.org
(651)645-0478

Byavanywe muri "Kids Need to Know," Family Sexuality Education, Eugene, OR na "Now What Do I Do?" cya Robert Selverstone, PhD.

Kinyarwanda Translation Date: September 2015