

NIGIKI NOKORA MUGIHE HARIHO INDWANO MUNZU?

Mugihe umuntu uba munzu iwawe agomvye kukugirira nabi canke abana bawe, ningombwa yuko usaba ko hagira ugutabara:

1. Biganirire umuntu uzi kandi wizeye, umugenzi, umubanyi, umuntu wo mumuryango wawe, canke urya mukozi ashinzwe kukugira inama.
2. Canke ushobora guhamara irya numero ya telefoni ariyo 911. Murico gihe abapolisi bazoca baza ngaho murugo iwawe bazoheza bagutabare bagukingire wewe n'abana bawe.
3. Mugihe utavuga icongereza, urashobora guhamagara kuli ya numero iraba ingorane niterabwoba mungo mugihugu hagati: 1-800-799-7233. Izo numero ntabwo uziriha ni izagusa. Uraheza ukabarira uwitavye telefoni ururimi uvuga. Ushinzwe rero kugusemurira azoheza akubarire ico ushobora gukora hamwe naho woronka ugutabara mukarere urimwo.

Mugihe uhamagaye iyo numero yico kigo gishinzwe kumenya ingorane niterabwoba zomungo urya muntu yitaba ntashobora kumenyesha ivyabaye kuko ntibemerewe KUMENA IBANGA.

Mugihe ukeneye inyigisho zindi kuri interineta muvuyerekeye ingorane n'iterabwoba mungo zirimwo impunzi, genda kuraba:

www.endabuse.org

www.atask.org

www.apiahf.org/apidvinstitute

www.tapestri.org

www.mosaicservices.org

www.hotpeachpages.net



*Kuri interineta hariho indimi nyinshi
zivugwa n'impuzi mushobora kurabako ivyo
mukeneye kumenya*

*Iyinyandiko yateguwe ifashijwe n'umutungo uwuye
mu bushikiranganji bwubuzima hamwe n'ibiro
biraba imibereho n'ibiro vy'impunzi zimuwe.*

AHO KURONDERERA AMAKURU:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Telefoni: 202 • 347 • 3507

Fagisi: 202 • 347 • 7177

www.refugees.org



Iterabwoba mungo Violence in the Home (Kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

NI IKI ITERABWOBA MUNGO?

Iterabwoba murungo bayyita kenshi kwonona umuntu. Nukuvuga yuko mugihe umuntu iyo aje iwawe akakubabaza canke akagutera ubwobwa incuro nyinshi. Bivuga kandi ko mugihe umuntu agututse, akakubabaza mumvugo, akagukoresha ibintu bibi utifuzaga gukora bituma wumva utamerewe neza ufise n'isoni zo kubisobanura, canke akakwereka yuko uri ikijuju ari ntanguvu ufise, canke se ko ataco wimariye udashobora no kwibwiriza kugira ikintu kizima wimarira mubuzima bwawe bwose.

NI NDE ASHOBOGA GUTEGWA UBWOBA?

Umuntu uwariye wese arashobora gutegwa ubwoba: yaba akuzwe, ari umwana canke umutama. Mumiryango aho ubwo bukozi bw'ibibi mukunze kuba, abagore, abana eka hamwe n'abatama nibo kenshi bakunze kugira ingorane.

ABANA

Abana iyo babonye ize ngorane imuhira bahita bagira ubwoba. Kenshi na kenshi, baremeza yuko iyo batanguye kwitwara nabi arukubera ize ngorane. Ntabwo umwana aba munzu irimwo induru nkizo yuko amererwa neza. Abana babona ize ngorane munzu barakunda kugira ibibazo mw'ishule, bagatangura gukoresha ibiyovywa bwenge bakanwa inzoga nabo bakazovamwo batera induru.

HARI UBWO UGIRIRWA NABI MURUGO?

Kugirirwa nabi murugo ni:

- iyo umuntu agusunitse, agukubise canke akakurya ibinuma,

- iyo bakubariye ngo bazokwica canke kukugirira nabi
- mugihe bakubariye ngo umwana wawe bazomugutwara,
- iyo baguma bakugaya ivyo ukoze vyose imbere y'abantu ngo uri ikijuju,
- mugihe batakureka ngo ugende kuraba umuryango wawe canke abagenzi,
- mugihe bakoresheje imguvu kugirango muryamane kunguvu atavyo ushaka gukora
- mugihe batagomba yuko ukora akazi ngo uronke amahera yawe wakoreye,
- mugihe badashaka yuko ugenda kwiga icongereza canke ngo wige gutwara umuduka,
- mugihe bagutoteje ngo bazogusubiza iwanyu mugihugu wavuyemwo
- Canke iyo bageze aho bakwaka impapuro zawe zerekana ukugene washitse ngaha canke ubayeho.

NI ICAHA GIKOMEYE

Ubwo bugizi bw'anabi murugo ntabwo mukwiriye kubuceceka. Gukoresha inguvu ukubitwa canke kugusambanya kunguvu ntabwo vyemewe muma tegeko yo ngaha muri amerika. Abapolisi hamwe n'inkiko zitegerezwa gukingira imiryango yose mu ngo. Abana, abagore hamwe n'abatama barakingirwa gose kurusha abandi. Umuntu atera induru murugo ashobora no gufungwa.

NTABWO ARI IKOSA RYAWE

Mugihe wagiriye nabi, ntabwo bivuga yuko uteri umugore canke umuvyeyi w'urugero. Uwo akugirira nabi nuko aba agomba kugira ngo akwitegekere.

NTABWO URI WENYENE

Mugihe umuntu wo mumuryango wawe akugiriye nabi, wari ukwiriye kumenya yuko uteri wenyene. Hariho abagore barenze miliyoni zibiri bagirigwa nabi n'abagabo babo canke abahabara babo muri kino gihugu ca amerika ku mwaka

Ni wumva hariho umuntu uzi agirigwa nabi, uramumenyesha yuko Atari wenyene kandi yuko hariho ukuntu ashobora kuronka abamufasha:

- Guhamagara 911 bakamufasha aba polisi na ambulansi zikaza kuraba.
- Hariho n'amazu bakiriramwo abantu bagiriye nabi: ayo mazu ntaco uriha iyo ugiye kuyabamwo kandi barayakingira abagore n'abana barakirwa.
- Gutanga itego ry'agateganyo ryo kubarinda : umu jije araba urukiko rw'imiryango aca asaba yuko umuntu yoba ariko atera ize ngorane yova munzu akaja kuba kure y'umugore n'abana.
- Imfashanyo mubucamanza: imiryango yagize ingorane murugo iri mubatishoboye badafise amahera barashobora kuronka umu avoka kubantu kugira ngo azobafashe mugihe akenewe mumanza, ko mugihe akeneye icemezo co kubarinda, imanza ziye bashaka kuburana uwuzosigarana umwana, mugihe bakeneye yuko baronka imfashanyo yo kurera abana, canke mugihe bahisemwo gutandukana biciye mumategeko.