

TOPIC 7 — DOMESTIC VIOLENCE

Indwano Yo Mu Nzu

Indwano zo mu nzu ziragwiriye kandi n'ikibazo gihambaye kiraza ishingira abantu, imiryango n'ababanyi. Urwo ruhagarara rushobora kwaduka hagati y'abavyeyi n'abana, y'umugabo n'umugore, yabigeze kubana, y'abandi bantu mu muryango no mu bagenzi. Iki kiganiro cibanda gutorera inyishu uruhagarara rwo mu rugo. Ububisha bukorerwa abana tuzobuvuga mu gisata cavyo ciharijwe.

Violence in the Home

Violence in the home is a common and serious problem that affects individuals, families, and communities. Abuse can occur between parents and children, spouses, ex-partners, other family members, and acquaintances. This topic will address domestic violence. Child abuse will be discussed in a separate topic.



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Uruhagarara Rwo Mu Rugo

Uruhagarara mu rugo n'ingendo yo kurenganya iba hagati y'umugabo n'umugore babana canke bahukanye canke hagati y'abagenzi mpfa mpfe. Akarorero ni hagati y'umugabo n'umugore bubakanye, y'umuhungu n'umukobwa bakundana, canke hagati y'abasangiye igitsina. Uruhagarara mu rugo n'ingendo yo kurenganya ku nguvu mu gushaka kwiganza canke kwiha ububasha bwo kuganza uwundi ukamugenderako. Uruhagara rwo mu rugo rushobora kwibonekeza mu gukoresha igikenye, mu kumukubagura, mu kumuyimvya umutima, canke mu kumurenganya mu matungo.

Domestic Violence

Domestic violence is abusive behavior between a current or former spouse or intimate partner. For example, a husband and wife, boyfriend and girlfriend, or same gender partners. Domestic violence is abusive behavior by one person to control and have power over another person. Domestic violence can be physical, sexual, emotional, or economic abuse.



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Ubwoko Bw'ikibi Gikorwa

Uturolero two gukoresha igikenye ni nko gusunagiza umuntu, ku mufata mu kanigo, kumukubita, k'umutera umugere, kumuturira. Gukubagura uwundi n'ukumufata ku nguvu n'agahato kugira ngo murangure amabanga y'ababiranye.

Types of Abuse

Examples of physical abuse are pushing, grabbing, hitting, slapping, kicking, and burning someone. Sexual abuse is forcing sexual activity against someone's will.



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Ubwoko Bw'ikibi Gikorwa

Uturolero two kuvyimvya uwundi umutima n'ukumuhogoza umuryagumba, gukoresha amajambo n'imvugo bibabaza, kumutuka, gusagiriza umuntu, kubuza umuntu kubonana n'abaryango canke abagenzi, gutera ubwoba, kubuza mugenzawe kwiga icongereza, kugendereza abo bavugana mw'itelefone canke abo bandikiranira bakoresheje uburyo bushasha bwo gutumatumanako amakuru (e-mail).



Types of Abuse

Examples of emotional abuse are name-calling, insulting, obsessively contacting or following someone, keeping someone from their family or friends, making threats, intimidating another person, not allowing someone to take English classes, and monitoring phone calls or mail.

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Ubwoko Bw'ikibi Gikorwa

Uturolero two kurenganya mu matungo ni nko kubuza uwo mubana kuronka akazi canke kukamuzakamwo, gucungera uru-tavanako amahera aronka, kumu-nyegeza amahera uronka, kumut-wara cheque y'umushahara wiwe.

Types of Abuse

Examples of economic abuse are not allowing someone to get or keep a job, maintaining control over financial resources, hiding money, and taking a partner or spouse's paycheck.



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Uruhagarara Rwo Mu Rugo Rwibonekeza Hehe?

Birababaje, ariko uruhagarara rwo mu rugo rwibonekeza mu bihugu no mu micokama kw'isi yose. Ibihugu n'imicokama vyinshi bifise uburyo bwinshi bwo kurwanya uruhagarara rwo mu ngo. Umuntu uwariwe wese arafise uburenganzira bwo kugira ubuzima buzira akarenganyo n'agahoto akariko kose. Muri Leta Zunz'Ubumwe za Amerika, uguhohotera uwo mwubakanye birahamwe n'amategeko.



Where Does Domestic Violence Happen?

Unfortunately, domestic violence happens in countries and cultures around the world. Different countries and cultures have different ways of addressing domestic violence. Everyone has the right to live a life free of violence. In the United States, domestic violence is a crime.

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Amateka n'Amategeko Akwubahiriza

Muri Leta Zunz'Ubumwe za Amerika, ntibaraba urukoba, imyaka, igitsina, amatungo, canke kuba impunzi, umuntu uwariwe wese arafise uburenganzira bwo:

- Kubaho mu mutekano no mu bwigenge
- Gufata ingingo zerekeye ubuzima bwiwe
- Kubaho ata bwoba canke uruhagarara mu rugo rwiwe
- Kuvavanura n'umuntu amusinzirakiza amagara, amuhuhika, canke amufata ku gahato ngo barangure amabanga y'ababiranye.
- Gutabaza abajewe umutekano na sentare

Your Rights

In the United States, it does not matter what your race, age, gender, income, or refugee status is, you have the right to:

- Be safe and independent
- Make your own decisions about your life
- Live without fear and violence in your home
- Leave anyone who is hurting you physically, emotionally, or sexually
- Seek protection from the police and court



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Ninde Ashikirwa N'uruhagarara Rwo Mu Rugo?

Umuntu wese ashobora gushikirwa n'ukurenganwa – abakuze, abana n'abatama. Naho umugabo n'umugore bashobora guhohoterwa mu rugo, mirongo umunani n'abatanu kw'ijana vy'abahohoterwa mu rugo n'abakenyezi.

Who Experiences Domestic Violence?

Anyone can be vulnerable to abuse - adults, children, and the elderly. While both men and women can be victims of domestic violence, eighty-five percent of domestic violence victims are women.



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Abana & Uruhagarara

Abana babona ububisha bw'uruhagarara iwabo baterwa n'ubwoba bakama bijiriwe. N'ubuzima bubi ku bana kubona baba mu rugo ruramutswa uruhagarara. Abana babona uruhagarara iwabo ntibakurikira neza mu mashule, baca batangura kunywa ibiyayura umutwe n'inzoga. Abana bamwe bamwe barateba bakandura ingeso yo kurwana kw'ishule, canke iyo bamaze gukura bakubaka canke bakavyara. Uruhagarara rwo mu nzu rushobora kugira inkurikize ndende mbi mu buzima bw'umwana.



Children & Violence

Children who see violence at home feel scared and sad. It is unhealthy for children to live in a violent home. Children who see violence in their homes often have trouble at school, and start using drugs and alcohol. Some children may become violent themselves in school or when they are older and they are parents or spouses. Domestic violence can have long-term effects on a child's life.

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Ingene Uruhagarara Ruja Rukurikirana

Uruhagarara rwo mu rugo rushobora kwibonekeza mu biringo vyinshi.

Hari ukubandanya uvyimba umutima

Ingendo y'uruhagarara isigaye yibonekeza kenshi gusumba kera. Uwuren-ganywa aragerageza gusigura, kurwanirira, canke guhakana ingendo y'uwumukorera ikibi.

Ubukozi Bw'ikibi

Gukubitwa, guhuhikwa, kuvyimvya umutima canke kwabirwa ku nguvu, ivyo vyose n'amabi akorwa.

Kurekurirwa, Gusaba Imbabazi

Uwateye uruhagarara ashobora gusaba ikigongwe, gusigura icatumwe akora ivyabaye, canke akagerageza kwerekana urukundo rurushirije mu vy'akora. Iyo nkozi y'ikibi ishobora gusaba ishimitse ko uwarenganijwe yoguma mu rugo ntiyahukane.

Uko iminsi ishira, niko uruhagarara rwo mu rugo rukomera, rukibonekeza kenshi.

The Cycle of Violence

Domestic violence can go through different stages.

Tension builds

Abusive behavior happens more often. Victim sometimes tries to explain, defend, or deny abuser's behavior.

Abuse

Physical, emotional, psychological, and/or sexual abuse happens.

Excuses, Apologies

Abuser may apologize, give excuses, or act more loving. The abuser may encourage the victim to stay in the relationship.

Violence in the home usually gets worse and happens more frequently over time.



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Ibibazo Umuntu Yobaza

Ibibazo wokwibaza canke wobaza uwo wicura ko akorerwa amabi mu rugo: Uwo mubana mu rugo yoba akwagiriza yuko uruhagarara ruva kuri wewe? Imigenzo yiwe yo gusinda ayitirira inzoga canke ibiyayura umutwe yoba anywa? Ni waba ukorerwa amabi,menya ko atari ikosa ryawe. Umuntu akugirira nabi aba ashaka kukuganza agutware agucuritse.

Questions to Ask

Questions to ask yourself or someone you suspect is being abused:

Does your partner tell you the violence is your fault? Does he or she blame violent behavior on alcohol or drugs?

If you are being abused, it is not your fault. A person who abuses you wants to have control over you.



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Ivyerekana Ko Umuntu Akorerwa Amabi Mu Rugo N'uko Bubakanye

Umugenzi wawe canke incuti niyaba akorerwa amabi mu rugo, ubibonera kur'ibi bikurikira:

- Kuba atakija kuraba abagenzi canke incuti
- Asa n'uwutinya uwo babana canke akama yitwaririka gukora ibimun zereza
- Avuga ko umugenzi wiwe afuha canke ashaka kumwiguganya
- Avuga ko umugenzi wiwe atamuha uburenganzira bwo gufata ifa anga mu minwe
- Afise ibifufuri canke ibiguma ku mubiri

Signs of Partner Abuse

If your friend or family member is experiencing domestic violence, he or she may:

- Stop seeing friends or family
- Seem afraid of a partner or always anxious to please him or her
- Say a partner is jealous or possessive
- Say a partner gives him or her no access to money
- Have bruises or cuts on his or her body



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Ingene Yoronka Ikimutabara

Yoba wewe canke uwo womeya akorerwa amabi, ushobora gutabaza abagenzi canke umuryango, abashinzwe ivy'imibano, abajejwe umutekano, canke ukitura ubucamanza. Ushobora gutabaza ababahaye indaro, amashirahamwe arwanya amabi akorerwa mu ngo, ibiro vy'umuganga, canke ku bitalo.



Ways to Get Help

If you or someone you know is being abused, you can ask for help from friends and family, community services, police, and the court system. You can ask for help at your resettlement agency, local domestic violence organizations, the doctor's office, or the hospital.

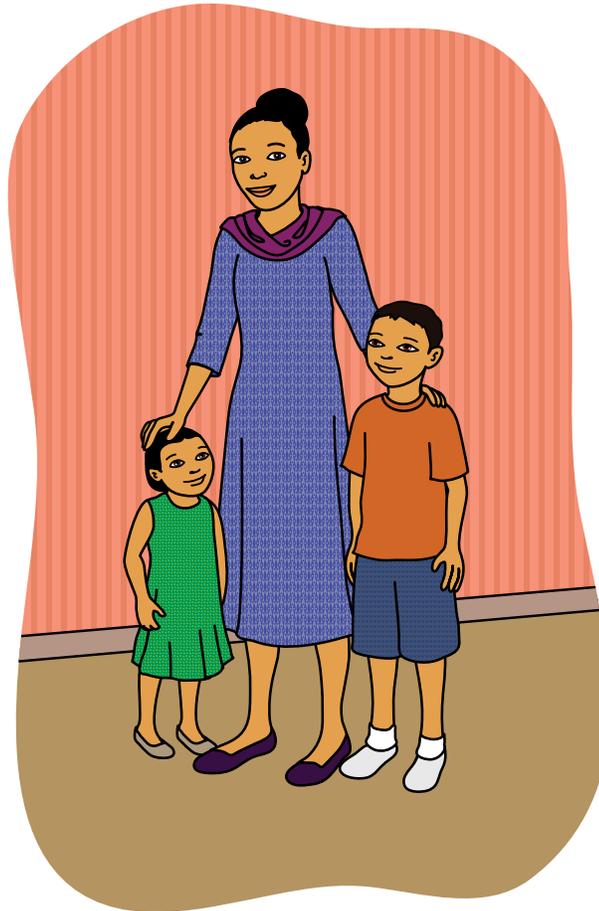
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Ingene Yoronka Ikimutabara

Hariho ahantu bakira abagirirwa amabi mu ngo, bashobora kuguha ubuhungiro, bashobora gutanga amazu y'indaro z'imfata kibanza ku bagore no ku bana kugira ngo babahungishe ababakorera amabi. Abantu baja gusaba gutabarwa mu buhingirowe bw'abagirirwa amabi mu ngo birabujijwe yuko bavuga aho haherereye, kugira ngo baronke umutekano wabo n'abo bahasanze. Mur'ubwo buhingirowe, abagore n'abana bararonka impanuro n'izindi mfashanyo bakeneye.

Ways to Get Help

There are domestic violence shelters that can provide safe, temporary housing for women and children to keep them safe from the abuser. People who go to a domestic violence shelter for help should not reveal its location in order to keep themselves and everyone there safe. At shelters, women and their children can also receive counseling and other support to help them.



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Ingene Yoronka Ikimutabara

Ni yaba umugenzi wawe mubana agukorerera amabi, aba ariko ararenga amatageko ya Leta Zunz'Ubumwe za Amerika kandi ashobora gufatwa agafungwa. Uhamagaye abajewe umutekano bakaza imuhira iwawe kandi ukaba utavuga icongereza, rondera uwoshobora gusimura ivyo uvuga – ariko ntawe umwe mubana canke umwana wawe. Abashinzwe umutekano bashobora gukoresha umuhinga mu ndimi avuga ururimi rwawe bakoresheje telephone yitwa Umurongo w'Indimi.

Ways to Get Help

If your partner is abusing you, he or she is committing a crime in the United States and can be arrested. If you call the police and they come to your home and you do not speak English, find someone who can interpret for you - other than your partner or your child. The police can also use an interpreter who speaks your language through a phone service called Language Line.



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Ingene Yoronka Ikimutabara

Abajejwe umutekano nibaba bemera ko umugenzi wawe yarenze amategeko, barashobora kumufata bakamufunga. Igihe ivyo bishitse, saba abajejwe umutekano kwandika icegeranyo c'ingene ibintu vyagenze wongere ufate inumero y'ico cegeranyo. Fata kandi izina n'numero y'umupolisi yanditse ico cegeranyo. Ivyo bizogufasha gukurikirana aho urubanza rugeze.

Ways to Get Help

If the police believe your partner has committed a crime, they can arrest him. If this happens, ask the police to complete an incident report and get the report number. Also, get the name and badge number of the police officer making the report. This information will help you follow up on the status of the case.



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Ingene Yoronka Ikimutabara

'Ingigo yo gukingirwa' ifatwa na sentare n'ubundi buryo bwo gukingira umutekano wawe n'abana bawe mu kubatandukanya n'uwubakorera ibibi. Akoresheje 'ingingo yo gukingirwa', umucamanza ashobora gutegeka uwukora amabi mu rugo kuruvamwo akaja kuba kure y'uwo bubakanye n'abana.



Ways to Get Help

A “protection order” issued by the court is another way to keep you and your kids safe from an abusive partner. With a “protection order” a judge can order an abusive person to leave his home and stay away from his spouse or partner, and children.

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Ingene Yoronka Ikimutabara

Uwukorerwa amabi yo mu rugo arashobora kuronka imfashanyo ahawe n'imigambi irwanya amabi yo mu ngo hafi yahaba mu kuronka ingingo ya sentare imukingira uwo amukorera amabi. Rimwe na rimwe urashobora kuronka umushingwamanza akuburanira kuri gusa uciye mu migambi yo gufasha abantu imbere y'ubutungane; uwo araheza akagufasha kuronka itegeko rigukingira, uruhusha rwo kugumya abana ukabarera, canke kwahukana.



Ways to Get Help

A person experiencing domestic violence may receive help from local domestic violence programs in getting a protection order against the abuser. Sometimes you can also receive a free attorney through legal assistance programs to help with protection orders, child custody, or divorce.

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Ingene Ushobora Gufasha

Ni waba wibaza ko umugenzi canke incuti ikorerwa amabi yo mu rugo, ushobora gufasha mugukora ibi bikurikira:

- Kumuyagisha atawundi barikumwe canke igihe ashobora kuvuga adatinya
- Kumuyagisha werekana ko umufitiye impuhwe
- Gusonera ingigo yiwe niyaba adashaka ko amabi amushikira yom nyakana
- Kwemera ivyo akubariye

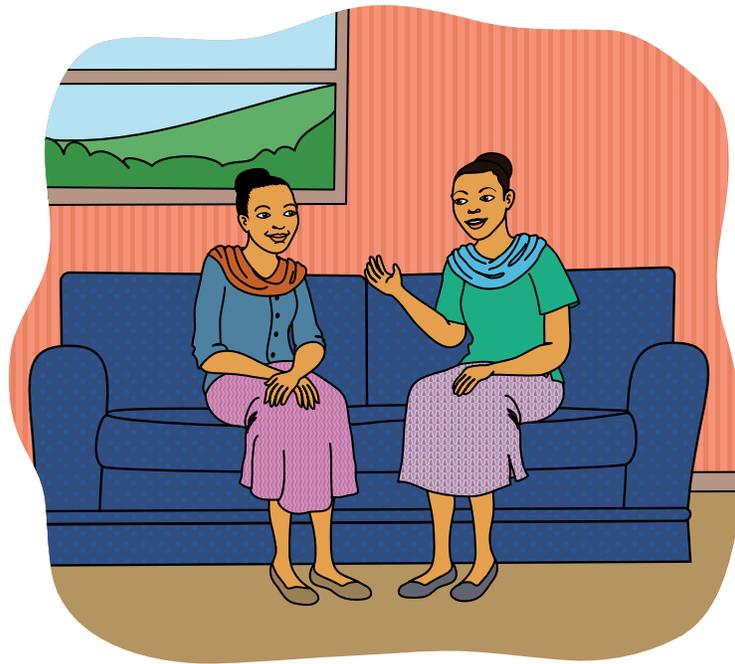
How You Can Help

If you think a friend or family member is experiencing domestic violence, you can help by:

- Talking to him or her when you are alone and it is safe to speak
- Talking in a sensitive way
- Respecting his or her decision if he or she does not want to talk about the abuse
- Believing what he or she tells you



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Ingene Ushobora Gufasha

- Mumenyeshye ko bitava kuri we. Ntumutonganye ngo umuteko am kosa.
- Shishikara wibanda k'umutekano wiwe n'uw'abana biwe.
- Reka kumubwira ico yokora.
- N'uje inama nawe murabe imigambi y'ukubaho mu mutekano.
- Shigikira ingingo yiwe yo gutabaza abamufasha.

Ibuka na wewe kwikingira mu gushigikira umuntu ahanzwe n'amabi yo mu rugo.

How You Can Help

- Let him or her know they are not at fault. Do not blame him or her.
- Focus on the person's safety and any children's safety.
- Avoid telling the person what to do.
- Explore options to help plan ways to stay safe.
- Support the decision to seek help.

Remember to also think about your own safety when providing support to someone in a domestic violence situation.

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Mu Ncamake

Nta numwe yandikiwe guhangwa n'amabi yo mu rugo. Urugo rwawe rute-gerezwa kuba ikibanza kirimwo umutekano uzira gukubitwa, guhuhikwa, gu-fatwa ku nguvu, canke kurenganywa muvy'ubutunzi. Gira urugo rwawe urugo rw'amahoro ku mubiri no ku mutima, rw'urukundo, rurimwo umutekano kuri wewe no k'umuryango wawe wose. Ni waba wewe nyene canke uwundi muntu akeneye kumenya canke kuronka imfashanyo mu vyerekeye amabi yo mu ngo, ushobora guhamagara umurongo wa telephone mu gihugu ku vyerekeye amabi akorerwa mu ngo ku numero zikurikira 1-800-799-7233.

Summary

No one deserves to be a victim of domestic violence. Your home should be a place you feel safe and where you are free from physical, emotional, sexual, or economic abuse. Make your home one that is healthy, loving, and secure for you and all of your family. If you or someone you know needs information or support related to domestic violence, you can call the National Domestic Violence Hotline at 1-800-799-7233.

