

## TOPIC 3—BULLYING AND DISCRIMINATION

### Ni Iki Iterabwoba, Gukumira No Gukubagura ?

Iterabwoba n'igihe umuntu aguma ahahaza umuntu mutoyi kuri we. Iterabwoka ryo ku mubiri ririmwo guhenagura no gusunika umuntu ku nguvu. Iterabwoba ryo ku munwa harimwo kubwira umuntu nabi no kumutuka, gukwiza urukurukuru. Iterabwoba mu miba-no harimwo kuja hamwe kugira mugire iterabwoba k'umuntu canke mukumire umuntu canke umurwi w'abantu canke imirimo yabo. Iterabwoba kuri internet iba igihe abantu bakoresheje ubuhinga mukurungika ubutumwa butyoza, canke amasanamu, amakuru yerekeye abantu mu majambo. Iyo abantu bakuze bagira iterabwoba bavyita gukumira canke gukubagura.

### What Are Bullying, Discrimination, and Harassment?

Bullying is when someone is constantly mean to a young person. Physical bullying includes pushing and shoving. Verbal bullying includes saying cruel or embarrassing things, or spreading rumors. Social bullying includes getting others to “gang up on” (join together to bully) someone,

or excluding people from groups or activities. Cyber bullying occurs when people use technology to send mean or embarrassing messages, or post unkind photographs or personal information in texts, on web pages, or on blogs. When adults bully others it is called discrimination or harassment.



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## Kubera Iki Abantu Bagira Iterabwoba ?

Abantu bagira iterabwoba kubera:

- Bibaza ko ingene umuntu asa, ubwoko bwiwe, idini, igitsina ciwe canke imigenzo yiwe itameze nk'iyabandi bigatuma babakumira
- Bashaka kukurikira abandi bariko bagira iryo terabwoba
- Bituma bibaza ko bari hejuru y'abandi
- Biba za ko iyo bagize iterabwoba, bishobora gutuma nabo nyene badakurikirwa

Abandi benshi barashobora kwiyumanganya amajambo mabi, mugabo iterabwoba iyo ribaye ryinshi ritera ubwoba umwanya wose uyo bariko bararigirira. Abantu benshi bahahamutse kubera iterabwoba baragira ingorane z'amagara canke zo kwiyumvira neza. Bamwe barihebura, bakanwa inzoga canke ibiyayura umutwe, canke bakiyumvira kwiya-hura.

## Why Do People Bully?

People bully because:

- They think someone's appearance, race, religion, sexuality, or behavior makes them different and subject to exclusion
- They want to fit in with others who are also bullying
- It makes them feel superior to others
- They think if they bully, they can avoid becoming a target

Most people can handle a rude remark, but bullying is often repeated, causing constant fear for the victim. Some people who are bullied develop health or concentration problems. Some get depressed, abuse drugs or alcohol, or think about suicide.



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## Ico Mwoshobora Gukora Iki

Hagati ya 15-25% y'urwaruka muri Amerika bavuga ko bagirirwa kenshi iterabwoba, hanyuma abashika 20% baremeza kuba baragiriye iterabwoba abandi.

Nimba ugirirwa iterabwoba :

- Si wewe wenyene, urwaruka ruragirirwa iterabwoba iminsi yose.
- Bwira umuntu akuze wizeye iyashitse, uwakugiriye iterabwoba, aho vyabereye n'umwanya vyafashe hamwe ningene wiyumva. Batabifashe nkama, bwira uwundi muntu.
- Izere, ntushavure. Abagizi ba nabi bashaka abantu bashobora kubabara canke gutukwa bitabagoye. Uri umuntu mwiza, ico umuntu wese yovuga ntigituma uhinduka.
- Guma hamwe n'abandi. Abo bagizi ba nabi barondera abantu bari bonyene kuko ariho biborohera kubafata nabi. Genda mu bandi aho bahurikiye kugira ugira abagenzi bashasha.
- Iyo bagutyoje kuri internet, ntiwishure, hagarika uyo muntu ariko arakurondera, hanyuma ubivugane n'umuntu akuze.

## What You Can Do

Between 15-25% of U.S. youth report being frequently bullied, and around 20% admit to bullying others.

If you are being bullied:

- You are not alone, young people are bullied every day.
- Tell an adult you trust (like a parent, teacher, or coach) what happened, who bullied you, where and when it happened, how long it has been happening, and how you feel. If they don't take it seriously, tell another adult.
- Be confident, not angry. Bullies target people who they think can easily be hurt or insulted. You are a good person and nothing the bully says or does changes that.
- Stay with others. Bullies choose people who are alone because it is easier to mistreat them. Join clubs or teams to meet new friends.
- If you are cyber bullied, do not respond, block the bully from contacting you, and share the information with an adult.



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Iyo ugiriwe iterabwoba, ntiwigere :

- Wishira mu makosa. Nta terabwoba rifise imvo iyisigura.
- Itekerereze. Iterabwoba ntiriyijana ryonyene n'ubwoba. Bibwira umuntu akuze wizigiye.
- Rwanya iterabwoba. Gukoresha inguvu ntaco bimaze kandi ushobora kugira impa-nuka n'ingorane.
- Kwinyegeza. Ntusibe kw'ishure, ku kazi canke mu yindi mirimo yawe kubera ubwoba.

## What You Can Do

If you are being bullied, do NOT:

- Blame yourself. No bullying is justified.
- Keep quiet. Bullying rarely goes away by itself. Tell an adult you trust.
- Fight a bully. Violence will not help the situation and you could get hurt or end up in trouble.
- Hide. You should not have to miss your classes, work, or other activities because you are afraid.



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Ubonye umuntu bariko baragirira iterabwoba :

- Ntubihore, bwira umuntu akuze.
- Akira abantu bose ubafashe kuja hamwe. Abantu bari bonyene nibo kenshi bagirirwa iterabwoba, fungura hamwe nabo, baherekeze bavuye kw'ishure canke mu modokari ibavana kw'ishure, hanyuma bashire mu bikorwa bindi murangura canke ibiganiro. Urashobora kuronka a bagenzi bashasha, gufasha uwundi muntu kwiyumva neza ukaba uriko urarwanya iterabwoba.
- Bwira uyo agira iterabwoba ahagarike niwaba wibaza ko ata ngaruka mbi ivamwo. Niyaba ari umuntu akora ikibi, niwihorere ntumwiteko. Bwira umuntu akuza.

### What You Can Do

If you see someone being bullied:

- Don't ignore it, report it to an adult.
- Make people feel included. People who are alone are often bullied, so eat lunch with them, walk them home from school, sit by them in class or on the bus, and include them in activities and discussions. You can make new friends, help build someone's confidence, and prevent bullying at the same time.
- Tell the bully to stop if you think it is safe to do so. If a bully is violent or very cruel, do not confront them. Report them to an adult.



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## Ico Mwoshobora Gukora Iki

Niyaba ari wewe ugira iterabwoba:

- Hagarika wiyumvire ivyo ukora n'ingene abandi babifata.
- Vugana n'umuntu akuze niwaba ukeneye uwugufasha nk'umwarimu canke umuhanuzi.
- Menya ingaruka zivyo ukora. Abagira iterabwoba basiba kw'ishure, barahagarika amashure, bafise abagenzi badafadika, ugasanga bagaharurwa mu bantu barenga amategeko.

## What You Can Do

If you are a bully:

- Stop and think about how your actions make others feel.
- Talk to an adult if you need help stopping, like a teacher or school counselor.
- Realize the consequences. Bullies are more likely to skip class, drop out of school, have unstable friendships, and develop a criminal record.



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### Imirwi

Imirwi igizwe n'abantu batoranye bakajya hamwe. Kuja mu mirwi n'ibintu bisanzwe kandi ntabwo birimwo, mugabo akarwi karakumira abandi, kakabuza abakagize kugira abandi bagenzi, gusa canke kwigenza ukuntu. Ntiwemere ko uturwi tukugira umuntu wo hanze. Rondera abagenzi bashobora kukwakira. Ubonye abagenzi bawe bagira baje mu turwi, babwire icyo uvyiyumvirako hanyuma ubahanure kwiyugurura ku bandi.



### Cliques

Cliques are selective and exclusive groups of people. Forming of groups of friends is normal and healthy, but a clique excludes others, and may put pressure on members to restrict their friendships, or to look or behave a certain way. Don't let cliques make you feel like an outsider. Look for friends who are as welcoming as you. If you feel your group of friends is becoming a clique, tell them how you feel and encourage them to be open to others.

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### Gukingira Akazina Kawe N'Iteka Ryawe Kuri Internet

Kurikiza ibi bikurikira kugira wikingire kuri internet :

- Ntushire ahabona ibikwerekeye. Ntutange amazina yawe, inomero ya social security, inomero z'ibanga, ibikwerekeye canke ivyerekeye imitungo yawe kuri internet.
- Raba neza imbere yo gushira amasanamu, ama video canke amajambo kuri internet. Vyashobora kukunanira kubikuramwo bigatuma abo muri kumwe, abarimu, canke abakoresha ushobora kuronka baguma babibona umwanya muremure.
- Ntutange amakuru yerekeye umuryango canke abagenzi bawe.

### Protecting Your Identity and Reputation Online

Follow these steps to protect yourself online:

- Keep your personal information private. Do not share your full name, social security number, passwords, financial or other personal information on the internet.
- Think carefully about pictures, videos, or statements you put online. They may be difficult or impossible to remove completely, so peers, teachers, university admissions, and future employers may see them for a long time.
- Do not give out personal information, or information about your family or friends.



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### Gukingira Akazina Kawe N’Iteka Ryawe Kuri Internet

- Umuntu mumenyanye kuri internet ashobora gushaka kukurengera, gutangura ubugenzi budakwiriye canke kukugirira nabi. Menya ingene utora akazina ko kuri email canke akazina ukoresha uri ku mashinie. Gukoresha indome n’ibiharuro birashobora gufasha kwirinda abantu kumenya ko uri umugabo canke umugore.
- Nimba ufise imyaka iri muni ya 18 hanyuma umuntu akagutuma wumva umeze nabi canke ukumva ko ata mutekano ufise, bwira umuntu akuze hanyuma ubishikize kuri National Center for Missing and Exploited Children’s CyberTipline at [www.missingkids.com](http://www.missingkids.com). Abakuzi n’abana barashobora kwugara konti zabo za email bagatangura izindi, canke bakirinda ama site amwe amwe, canke bakabaza abajewe kubashikiriza internet. Hari umuntu ababangamiye, hamagara abajewe umutekano.



### Protecting Your Identity and Reputation Online

- A person you meet on the internet may want to take advantage of you, begin an inappropriate relationship, or harm you. Be smart when choosing an email address or screen name. Using a mix of letters and numbers can prevent people from identifying you as male or female.
- If you are under 18 years old and anyone ever makes you feel unsafe or uncomfortable, tell an adult and report it to the National Center for Missing and Exploited Children’s CyberTipline at [www.missingkids.com](http://www.missingkids.com). Adults and children can close old email accounts that are subject to abuse and start new ones, avoid certain chat rooms or sites, or contact the local internet service provider. If someone threatens you, contact the police.

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### Gukumira No Gukubagura N'iki ?

Gukumira no gukubagura n'uburyo bubiri bw'iterabwoba buba mu bantu bakuze.

Gukubagura biraba ku mubiri canke mu majambo agirirwa umuntu, nko mu ntumbero yo gutera ubwoba, kubangamira, gutyozza . Harimwo no kubwira amajambo canke kugira imigenzo mibi mu vyerekeye igitsina, canke gutwenga imyaka y'umuntu, ubwoko, idini canke ubumuga. Birashobora no kutagaragara cane, nko guha umuntu udushimwe adashaka, kuguha ikintu bazi ko utagishaka, canke kukuraba cane canke kugukurikira kenshi [bavyita gukurikirana].

### What Are Harassment and Discrimination?

Harassment and discrimination are types of bullying that occur among adults.

Harassment is physical or verbal hostility toward someone, such as behavior that intimidates, threatens, discomforts, or frightens. It includes inappropriate sexual remarks or behavior, or jokes related to age, race, nationality, ethnicity, religion, gender, sexual orientation, or disability. It can also be less obvious, such as when someone continually gives you unwanted gifts, shows you something they know will make you uncomfortable, or regularly watches or follows you (this is called stalking).



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### Gukumira No Gukubagura N'iki ?

Gukumira n'igihe umuntu afata uwundi nabi amuhora kimwe mu vyo twavuze, nk'igihe umuntu bamwimye akazi, kumwaka canke ivyo akwiriye canke agenewe bamuhora imyaka canke ubwoko. Hari ubwoko bubiri bw'ikumirwa:

- Gukumira bigaragar : Ufatwa mu ntumbero itandukanye n'uwundi muntu uwariwe wese afise ubumenyi canke ameze nkawe muri vyose. Akarorero, ugiye gusaba akazi bakakubwira ko katanzwe hanyuma hagenda uwundi muntu bakamubwira ko ico kibanza kikiriho.
- Gukumira bitagarara: Imirwi imwe imwe y'abantu ntibafatwa uko bikwiye. Akarorero, umukoresha ateguye inama umwanya uhuriranye n'umunsi mukuru w'imana hanyuma agaca yirukana canke agahana abataje muri iyo nama.

### What Are Harassment and Discrimination?

Discrimination is when someone is mistreated because of one or more of the characteristics mentioned above, such as when someone is denied service, employment, or benefits or privileges because of their age or race. There are two main types of discrimination:

- Direct discrimination: You are treated differently than someone else with the same qualifications or situation. For example, if you go to a job interview and are told the job is filled, but when a candidate of a different race or gender goes to the interview, they are told that the position is available.
- Indirect discrimination: Particular groups of people are unfairly treated. For example, an employer schedules a meeting at a time that coincides with a religious holiday and fires or penalizes those who do not attend.



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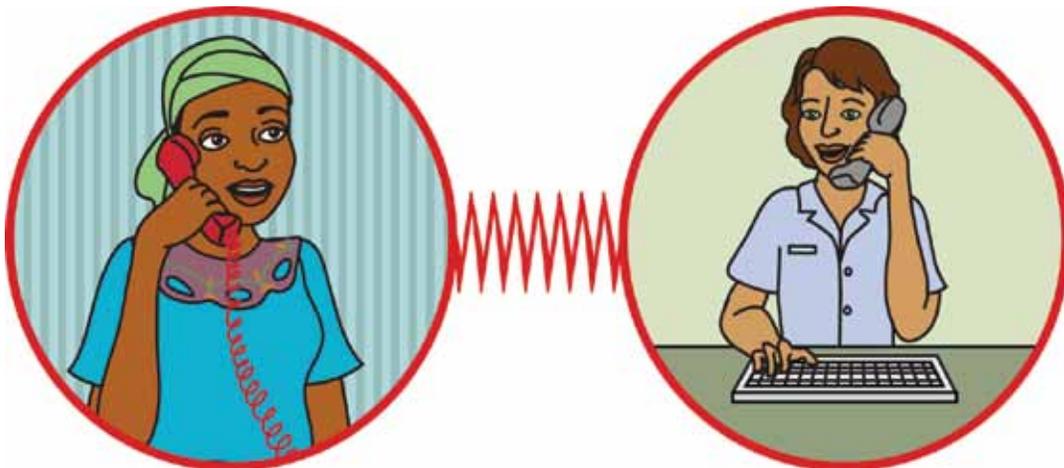
Ubona ko umuntu ashobora kubangamira ubuzima bwawe, hamagara abajejwe umutekano. Muri Amerika kirazira ko abajejwe umutekano bakumira canke bakubagura abandi nico gituma bazoca bagufasha. Batabikoze, barege ku babakurira. Uburen-ganzira bwo gufatwa uko bikenewe utakumirwa ubuhabwa n'amategeko.

Wumva ataco ushobora kuba, mugabo hakaba hari umuntu ariko aragukubakuba canke kugukumira, mubwire udahisha ico wiyumvira amaso mu yandi canke umwan-dikire ikete (ugumane kopi yaryo). Bidahinduye na kimwe canke wiyumva nabi imbere y'uwo muntu, bwira uwundi muntu, bishoboka umuntu akuze afise ubushobozi ushobora kwizigira.

## What You Can Do

If someone ever threatens to hurt you or if you feel in danger, call the police. It is against the law for police in the United States to discriminate or harass people, and they will help you. If they do not, report it to their superiors. Your right to fair and equal treatment is protected by law.

If you do not feel your safety is threatened but someone is harassing or discriminating you, you can tell the person clearly and directly how you feel, either in-person or in a letter (keep a copy of the letter). If the situation doesn't change or you aren't comfortable approaching the person, tell someone else, preferably another adult in a position of authority who you trust.



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### Ico Mwoshobora Gukora Iki

Aho ukora canke kw'ishure bashobora kuba bafise urutonde rw'ingene ushobora gushing urubanza. Rondera urwo rutonde hanyuma urukurikize. Mugihe cose wumva ukumiriwe canke ukubaguye, andika iyabaye, umunsi, isaha, aho vyabereye, n'ibindi vyose vyerekeye ingene vyagenze. Gumana ama emails, ubutumwa bwo muri telephone canke amabaruwa ashobora kwerekana yuko ivyo witwarira arivyo. Niwaba wabigiriwe hanze y'akazi canke ishure, hamagara iture abashinzwe umutekano.

Iyo witwarira ubwo bukozi bw'ikibi, kenshi urashobora kuronka itegeko rikurinda, rizobuza uyo muntu kukwegera canke kukurondera. Bigaragaye ko uyo muntu yagukubaguye canke yagukumiriye, arashobora gufungwa canke kuriha ihadabu.

### What You Can Do

Your workplace or school probably has guidelines for how to file a complaint. Find out what these are and follow them. Every time you feel harassed or discriminated against, write down all the facts, such as the day, time, place, and details about the event. Keep copies of harassing emails, phone messages, or letters to help prove that your complaint is valid. If you are harassed outside of the workplace, school, or other establishment, call the police.

When you report these crimes, it is often possible to get a restraining order, which will prevent the person from coming near you or contacting you. If it is proven that the person has harassed you or discriminated against you, they could go to jail or have to pay a fine.

