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| Izina ry’umwitozo | **Igishushanyo cy’umubiri** |
| Intego y’umwitozo | * Kumenya neza imibiri yacu, kugirango bitworohere kumenya ububasha twifitemo.
 |
| Abo uyu mwitozo ugenewe | Abagore  |
| Ingano y’ itsinda umwitozo ugenewe | Abagore bari hagati 10 na 20. |
| Igihe giteganyijwe umwitozo ugomba kumara | Isaha 1 |
| Ibikoresho | Intebe zikoze uruziga, amakaramu, amakaramu y’ibiti afite amabara atandukanye hamwe n’impapuro nini |
| Imfashanyigisho | * [Body Map template](https://www.threemountains.academy/wp-content/uploads/2018/06/Image-body-map.pdf)
* Igishushanyo cy’umubiri Cyavuye: <http://www.danielamekler.com/>
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| Aho byavuye | Byateguwe hifashishijwe *Sexual and Reproductive Health and Rights and Violence Against Women in conflict-affected African contexts - An AWLI Training Guide***,** by Jessica Horn at Akiiki Consulting for Akina Mama wa Afrika |

1. **Uko bikorwa:**

Iriburiro (iminota 15)

* Saba abahugurwa gutondeka intebe bicayeho muburyo bw’uruziga. Basabe kwicara imigongo yabo yemye irambuye n’ibirenge byabo biri kubutaka neza. Niba hari abambaye inkweto ndende basabe bazikuremo. Basabe gukora ibi bikurikira mu minota 10.
	+ Humiriza maze uhumeke winjize umwuka mu nda maze unawusohore munda buhoro buhoro. Ibitekerezo byawe byerekeze ku gikorwa cyo guhumeka kwawe gusa.
	+ Umva uko igituza cyawe cyuzura umwuka kikanashiramo umwuka. Umva uko igituza cyawe cyaguka iyo winjije umwuka kikanasubirayo mu gihe uwusohoye.
	+ Noneho ite ku mubiri wawe wumve uko umeze. Noneho ite ku mutwe wawe. Urumva umerewe ute? Noneho gerageza wite ku gituza cyawe. Urumva umeze gute? Ite ku mutima wawe, ku maboko yawe, ku biganza byawe, mu nda hawe, ku maguru yawe n’ibirenge byawe.
	+ Ese hari ibara ryagaragaza uko wumva umerewe?
	+ Fungura amaso yawe.

Umukoro k’umuntu ku giti cye (iminota 30)

* Ha buri muntu igipapuro kiriho igishushanyo cy’umubiri~~r~~ maze ubasabe gushushanya igishushanyo cy’umubiri wabo. Saba abahugurwa gukora ibi bikurikira:
	+ - Tekereza uko wumvaga umerewe mu mubiri wawe mu gihe wakoraga umwitozo turangije.
		- Tekereza ku bintu bigufasha kumva uri wowe ubwawe. Ni iki kikunezeza muri wowe ubwawe ndetse no mu mubiri wawe?
		- Siga ibara ku bice by’umubiri wawe ukunda.
		- Andika interuro imwe cyangwa ebyiri usobanura impamvu ukunda icyo gice cy’umubiri wawe. Tekereza ku kimenyetso cyangwa ijambo rihagarariye bimwe mu bice by’umubiri wawe maze ubihuze n’ibyo bice by’umubiri wawe ukoresheje imirongo.
		- Noneho tekereza ku bintu byo hanze. Ni iki gituma ubaho uko ubaho mu buzima bwa buri munsi?uko utekereza n’uko wiyumva mu mubiri?
		- Shushanya cyangwa wandike mu mwanya usigaye ku gishushanyo cy’umubiri wawe washushanije

Umukoro w’itsinda ryose (iminota 15)

* Nyuma y’uko itsinda ry’abahugurwa bose bashoje gushushanya saba abahugurwa bitoremo abakorerabushake berekane ibyo bashushanije maze basobanurire n’abandi.
* Manika ibishushanyo byabo aho buri wese ashobora kubibona mu gihre muri kuganira maze buri wese aze gutahana igishushanyo cye mu rugo.

**2. Amabwiriza agenewe umufashamyumvire**

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| Uyu mukoro ni ingirakamaro kuko ni gake cyane abahugurwa bemera imibiri yabo cyangwa basobanukirwa neza imibiri yabo. Kandi imibiri yacu burya niyo idufasha kumenya no go gukoresha ubushobozi.Ububasha bwacu buturuka mu kumenya aho tuva n’abo turi bo. Kugira ngo twumve ibi bidusaba kutareba gusa uburyo twiyumva mu buryo bw’ibitekerezo ahubwo tukibona no mu buryo bw’umubiri, amarangamutima hamwe no mu buryo bw’ umwuka. Ibi bishoboka gusa iyo tuzi aho turi, aho tuva nibwo tubasha kumenya aho dushaka kugera.Uyu mukoro ushobora gukoreshwa nanone mu gihe uri guhugura abagabo gusa kubijyanye no guhindura imyitwarire yabo. |