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| Izina ry’umwitozo | **Ihohoterwa rishingiye ku gitsina ni iki?** |
| Intego y’umwitozo | * Kurebera hamwe no gusobanukirwa neza ihohoterwa rishingiye ku gitsina |
| Abo umwitozo ugenewe | Abagabo gusa |
| Ingano y’itsinda ry’abahugurwa | Abagabo bari hagati ya 20 na 30. |
| Igihe giteganyijwe umwitozo ugomba kumara | Isaha imwe n’igice. |
| Ibikoresho | Impapuro nini na marikeri. |
| Imfashanyigisho | GBV   * Amashusho yerekana [Amoko ane y'ihohoterwa rishingiye ku gitsina.](https://www.threemountains.academy/wp-content/uploads/2018/04/GBV-four-types-of-violence-English-smaller.png) |
| Aho byavuye | Byateguwe hifashishijwe igitabo cyitwa [*Journeys of Transformation*](https://docs.google.com/viewerng/viewer?url=http://promundoglobal.org/wp-content/uploads/2014/12/Journeys-of-Transformation.pdf) cyanditswe naPromundo ndetse na  [*Gender-based Violence* training module](http://www.migeprof.gov.rw/fileadmin/_migrated/content_uploads/GBV_Training_MODULE_English_Version.pdf) cyanditswe na Migeprof. |

1. **Uko bikorwa:**

Iriburiro(Iminota 20)

* Umufashamyumvire yandika ku rupapuro runini amoko ane y’ihohoterwa yerekanwe mu mashusho maze abaze ikibazo gikurikira:
* Ninde waduha ingero z’ihohoterwa rikomeretsa umutima, rikorewe ku gitsina, rikomeretsa umubiri n’irikorewe ku murungo hagati y’abashakanye?
* Bemerere muganireho gato kuri buri rugero rwatanzwe maze ubone gukomeza ubabaza ibibazo bikurikira:
* Ni ryari igikorwa runaka gifatwa ko ari ihohotera?
* Ni ibihe bitekerezo, imyumvire bigaragara mu muryango mugari bishyigikira cyangwa se bitiza umurindi ihohotera? (Urugero: imyumvire y’uko abagabo bagomba gukubita abagore babo nk’uburyo bwo gushyira umurongo mu rugo).
* Ni gute umubano utarimo ihohoterwa wakongera inyungu iva mu bimina babamo?

Umukoro muto wo mu matsinda (isaha imwe)

* Gabanya mo abahugurwa amatsinda abiri. Itsinda rimwe rigomba gutegura ibitekerezo bishyigikira enye muri izi nteruro zikurikira. Maze irindi tsinda ritegure ibitekerezo birwanya izindi nteruro enye muri izi ziri hano hasi:
* Umugabo ukorana imibonano mpuza bitsina n’umugore we atabishaka aba ari gukoresha imparaga ze karemano ntago yashinjwa ihohotera rikorewe ku gitsina.
* Ihohoterwa rikorewe ku gitsina ntabwo ribaho hagati y’abashakanye.
* Umugore udasaba umugabo we uruhushya rwo kujya mu kimina ntago aba yubaha umugabo we kandi umugabo ashobora kumutegeka kuguma mu rugo mu gihe cy’icyumweru.
* Ihohoterwa rikomeretsa umutima ntabwo ryakogombye guhabwa agaciro kuko ridakometsa umubiri..
* Umugabo umarira amafaranga ye yose mu nzoga atasabye uruhushya umugore we aba akoze ihohotera rishingiye ku mutungo.
* Umugore uvuga mu ruhame umugabo we ahari ni umugore mubi kandi akwiye kwitwa “igishegabo” cyangwa “umurozi”.
* Umugabo wemerera umugore we gukoresha amafaranga yo mu kimina muri gahunda ze bwite aba yararozwe. Ntabwo ari umugabo nya mugabo.
* Umugabo ukubita umugore we iyo umugore we amutengushye, aba ari kumwereka ko amukunda ntabwo ari ukumukorera ihohotera rishingiye ku mubiri
* Saba buri tsinda kuza kwerekana ibitekerezo bakusanije.

**Umukoro wo mu rugo:**

Buri mugabo agomba kubaza umugore we uko abona akora inshingano ze aho mu rugo. Ese yaba amufata nk’umuyobozi w’urugo? Ese yaba akora neza inshingano ze nk’umutware w’urugo?Ese haba hari ikintu yifuza ko umugabo we yahindura ku myitwarire ye cyangwa yakora ukundi? Basobanurire neza ko bagomba kubaza ibi bibazo ubundi bakumva ibisubizo by’abagore babo.

Abagore bishobora kutaborohera kuvuga cyangwa gusubiza ibi bibazo kubera kubera ko bo bataje muri aya mahugurwa, mugomba kubaha akanya ko gusubiza. Tegura abahuguwe uko bagomba kwitwara. Icyangombwa n’ukubaha umwanya wo ku bumva mu gihe bari gusubiza.

**2. Isomo nyamukuru**:

Intego y’uyu mwitozo ni ukumvisha abagabo icyo ihohoterwa rishingiye ku gitsina ari cyo, kubashishikariza guhindura imyitwarire yabo mu rugo bakaba abavugizi bakomeye barwanya ihohoterwa rishingiye ku gitsina.

**3. Amabwiriza agenewe umufashamyumvire:**

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| Muri aya mahugurwa, twibanda ku bikorwa by’ihohotera bibera mu ngo. Cyane cyane ihohoterwa rikorerwa abagore. Ihohoterwa rishingiye ku gitsina (GBV) ni rimwe mu bwoko bw’ihohoterwa rikorwa hagati mu bantu. Ijambo ihohoterwa rishingiye ku gitsina rivuga ihohoterwa iryo ari ryo ryose rikorerwa umuntu kubera ari uw’igitsina gore cyangwa gabo.  Ihohoterwa rishingiye ku gitsina riboneka mu bwoko bune:   * Ihohoterwa ribabaza umubiri: gukubitwa inshyi, guterwa imigeri, gutwikwa, kunigwa * Ihohoterwa rishingiye ku gitsina: Itera bwoba rishingiye ku gitsina, gukoreshwa imibonano mpuzabitsina kugahato, guhatirwa gukora imibonano mpuzabitsina * Ihohoterwa ribabaza umutima: guhezwa, guteshwa agaciro, kubuzwa uburenganzira bwo kwivuza, gufata abana bugwate n’iterabwoba ryo guhohoterwa. * Ihohoterwa rishingiye ku mutungo: Kwikubira umutungo kubuzwa kujya ku kazi.   Ihohotera rifitanye isano n’ububasha. Iyo umuntu afite ububasha, ashobora ku bukoresha nabi cyangwa agahohotera. Muri rusange,birazwiko abagabo bafite ububasha ku bagore, ari nayo mpamvu itera amakimbirane hagati y’abashakanye ariyo abyara ihohoterwa ry’abagore. Iri ni ihohoterwa rishingiye ku gitsina.  Ihohotera rishingiye ku gitsina twongera kuribona nanone igihe umugore akubise umugabo, n’ubwo bidakunze kubaho.  Muri aya mahugurwa, twita cyane ku bagabo no ku buryo bunyuranye bakoresha mo nabi ububasha bwabo maze bagahohotera abagore babo, abo babana, abagore cyangwa abakobwa bakorana cyangwa abana babo b’abakobwa. |