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| Izina ry’umwitozo | **Ububasha( igice cya mbere)** |
| Intego y’umwitozo | * Kumenya amoko anyuranye y’ububasha no kurebera hamwe uburyo ububasha bushobora gukoreshwa neza cyangwa nabi.
* Kureba uburyo ububasha busaranganywa hagati y’igitsina gore n’igitsina gabo.
* Kumva uko twakoresha ububasha mu buryo bwiza.
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| Abo umwitozo ugenewe | Abagore n’abagabo  |
| Ingano y’itsinda rigenewe uyu mwitozo | 20 abagore n’abagabo bavanze |
| Igihe giteganyijwe umwitozo ugomba kumara | Iminota 30 |
| Ibikoresho | Impapuro nini na marikeri |
| Imfashanyigisho |  |
| Aho byavuye | Byateguwe hifashishijwe [Journeys of Transformation](https://promundoglobal.org/resources/journeys-of-transformation-a-training-manual-for-engaging-men-as-allies-in-womens-economic-empowerment/) by Promundo |

**1. Uko bikorwa:**

Umukoro w’itsinda ryose (iminota 30)

* Umufashamyumvire yandika ijambo “UBUBASHA” hagati ku rupapuro runini maze arumanike ku gikuta.
* Baza abahugurwa ikintu kiza mu mitwe yabo iyo bumvise ijambo “ububasha” maze ibisubizo batanga ubyandike iruhande rwa rya jambo “ububasha”wanditse ku rupapuro runini.
* Saba abahugurwa gushyira ibisubizo byabo mu matsinda abiri atandukanye:, bimwe babishyire mu itsinda ry’ububasha bwiza ibindi babishyire mu itsinda ry’ububasha bubi.
* Ni ubuhe bwoko bw’ububasha bukunze gukoreshwa cyane n’igitsina gore? Ni ubuhe bwoko bw’ububasha bukunze gukoreshwa n’igitsina gabo?
* Ni ibiki biranga ububasha bubi cyangwa ni ibiki biranga ububasha bukoreshejwe nabi?
* Sobanurira abahugurwa ko ububasha bwose bushobora kuba bwiza cyangwa bukaba bubi bitewe n’uko abantu bahisemo ku bukoresha.

**2. Ibibazo wakwifashisha uyobora ibiganiro:**

* Ni gute igitsina gore n’igitsina gabo bakoresha ububasha bwabo?( neza cyangwa nabi)

**3. Ubutumwa nyamukuru**: Ubusobanuro bw’ububasha ntaho bubogamira. Ntabwo ububasha ari bubi cyangwa bwiza. Ububasha buteye kwinshi kandi bufite ubusobanuro bwinshi. Ntabwo ari ubw’igitsina gore cyangwa igitsina gabo. Ni wowe rero ugomba kwihitiramo uko ubukoresha neza.

**4. Amabwiriza agenewe umufashamyumvire:**

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| Uyu mwitozo wongera ubumenyi ku bijyanye n’ububasha. Wigisha kandi ko ububasha ntaho bubogamira, ko bushobora kuba bwiza cyangwa bubi ku gitsina gore no kugitsina gabo. Ni umuntu ku giti cye ugomba guhitamo uko asaranganya ububasha ku gitsina gabo cyangwa ku gitsina gore n’uko agomba gukoresha ububasha neza cyangwa nabi. Shishikariza abahugurwa kongera gutekereza ku busobanuro bw’ububasha n’ibibukubiyemoUyu mwitozo ufite igice cyawo cya kabiri |