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| Izina ry’umwitozo | **Uko wahagarika ihohoterwa rishingiye ku gitsina** |
| Intego y’umwitozo | * Gukora gahunda yo kurwanya ihohoterwa rishingiye ku gitsina |
| Abo umwitozo ugenewe | Abagabo gusa |
| Ingano y’itsinda rigenewe uyu mwitozo | Abantu 20 |
| Igihe giteganijwe umwitozo ugomba kumara | Iminota 40 |
| Ibikoresho | Impapuro nini, marikeri na kasete. |
| Imfashanyigisho | [Ibibazo wakwifashisha uyobora ibiganiro](https://www.threemountains.academy/wp-content/uploads/2018/08/Ibibazo-wakwifashisha-uyobora-ibiganiro.docx) |
| Aho byavuye | Byateguwe hifashishijwe [Journeys of transformation](https://docs.google.com/viewerng/viewer?url=http://promundoglobal.org/wp-content/uploads/2014/12/Journeys-of-Transformation.pdf) |

Uyu mwitozo ukurikira umwitozo ku bijyanye n’ihohoterwa rishingiye ku gitsina.

**1. Uko bikorwa:**

Umukoro wo mu matsinda(iminota 20)

* Shyira abahugurwa mu matsinda y’abantu batatu cyangwa bane.
* Saba ayo matsinda yose kuganira k’ubufasha batanga mu ihagarika ry’amoko ane y’ihohoterwa rishingiye ku gitsina mu muryango mugari.
* Ha buri tsinda ibibazo bakwifashisha:
* Ese haba hari rimwe mu moko ane y’ihohoterwa rishingiye ku gitsina riboneka iwawe mu rugo cyangwa mu muryango mugari utuyemo?
* Ese ninde ushobora gukorerwa ihohoterwa rishingiye ku gitsina?
* Ese wumva ihohoterwa rishingiye ku gitsina ari ikibazo koko gikeneyegushakirwa umuti?
* Ese ninde wumva wafatanya nawe mu gukumira ihohoterwa rishingiye ku gitsina?

Umukoro w’itsinda ryose(iminota 15)

* Emerera buri tsinda kwereka abandi ibyo baganiriyeho. Andika cyangwa ushushanye ibyo bitekerezo byabo ku rupapuro runini, wandika buri gitekerezo gishya mu ruziga rw’ibitekerezo.
* Mu gusoza, reba niba hari ibitekerezo bisa byatanzwe n’amatsinda atandukanye, maze ubabaze bimwe mu bitekerezo byagira akamaro cyane kurusha ibindi cyangwa se ibyakoroha gushyira mu bikorwa.
* Muri icyo kiganiro, mwemeranye ku bikorwa buri muhugurwa ajyana mu rugo kandi akabikurikiza kugira ngo hakumirwe ihohoterwa rishingiye ku gitsina mu ngo mu muryango mugari aho batuye.
* Mbere yo gusoza amahugurwa, baza niba haba hari ufite ikibazo kubijyanye n’ibyo mwaganiriyeho, kandi ubabaze niba umukoro wo mu rugo wabahaye bawumvise neza.

**Umukoro wo mu rugo:** Ha abahugurwa umukoro wo mu rugo wo kuba indashyikirwa mu kuzana impinduka mu muryango mugari batuyemo no gufasha abantu benshi muri gahunda yo kurwanya ihohoterwa rishingiye ku gitsina.

Buri mugabo wahuguwe agomba gutangira gufasha umugore we mu mirimo yo mu rugo urugero nko koza amasahani, guteka no gukora isuku.

Abahugurwa kandi bagomba gushima abagore babo ku mirimo ikomeye bakora

**2. Ubutumwa nyamukuru**:

Amoko ane y’ihohoterwa rishingiye ku gistina ni ikibazo gikomeye mu muryango mugari. Uyu mwitozo ufasha abantu kongera kubisobanukirwa neza ukanabafasha kurwanya ihohoterwa rishingiye ku gitsina mu muryango mugari aho batuye bakanaba indashyikirwa mu kuzana impinduka.

**3. Amabwiriza agenewe umufashamyumvire:**

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| Amoko ane y’ihohoterwa rishingiye ku gitsina:   * Ihohoterwa rikorewe umubiri: ribabaza umubiri * Ihohoterwa ry’amarangamutimal: ribabaza umutima * Ihohoterwa ryo kugitsina: rikorewe ku igitsina * Ihohoterwa ryo ku mutungo: rikorewe ku mitungo no ku mafaranga   Ubusobanuro burambuye:  *a) Ihohoterwa rikorewe umubiri*  **Ibibabaza umubiri**: Gukubita, kuruma, gutwika cyangwa kwica ukoresheje cyangwa udakoresheje intwaro bikunze gukoreshwa bikomatanyije n'andi moko y’ihohoterwa rishingiye ku gitsina.  Rishobora gukorwa n’uwo mwashakanye, uwo mu muryango, inshuti, umuntu utazi cyangwa se uwariwe wese ufite ububasha.  *b) Ihohoterwa ry’amarangamutima: rishobora gukoresha amagambo cyangwa ntiribe iry’amagambo.*  **Gutesha agaciro**: gutukana, gutesha agaciro, gutoteza cyangwa se guhatira umuntu gukora ibikorwa by’ urukozasoni haba ahiherereye cyangwa se mu ruhame, kwima umuryango wawe ibikenerwa byangombwa kugirango babeho.  Ibi bikorwa n’umuntu uwariwe wese ufite ububasha, bikunze gukorwa n’abashakanye, abo mu muryango bafite ububasha.  Gufungirana umuntu: guca umuntu ku nshuti ze/umuryango we, gucunga intambwe ze zose, kumubuza ubwigenge no kumubuza uburenganzira bwo kugira aho ajya.  Ibi bikorwa n’umuntu uwariwe wese ufite ububasha cyane cyane uwo mwashakanye uwo mu muryango ufite ububasha.  *c) Ihohoterwa rikorewe ku gitsina*  **Gufata ku ngufu**: Gukoresha undi muntu imibonano mpuzabitsina nta bwumvikane bubayeho,hakoreshejwe imbaraga,iterabwoba, ikiguzi runaka n’ibindi.  **Gufata kungufu uwo mwashakanye**: igikorwa cyose kigamije imibonano mpuzabitsina gikozwe n’umwe mu bashyingiranywe ntabwumvikane bubayeho, hakoreshejwe  ingufu, iterabwoba, ikiguzi runaka n’ibindi. Abashakanye bombi bafite uburenganzra bungana ku mibonano mpuzabitsina, ubuzima bw’imyororokere no kuboneza urubyaro. Birabujijwe gukora imibonano mpuza bitsina nta bwumvikane bubayeho.  **Kubangamira umuntu binyuze mu bikorwa bishingiye ku gitsina**: ibikorwa umuntu akorera undi bishingiye ku gitsina. Muri ibyo bikorwa hakubiyemo gukorakora umuntu mu buryo budakwiriye, bigakorwa ku ngufu cyangwa se bigakorwa mu mimerere itanogeye abo bantu bombi, Ibi bikorwa n’umuntu uwariwe wese ufite ububasha cyangwa ubutegetsi.  **Guhoza ku nkeke bishingiye ku mibonano mpuzabitsina**: Ni ibikorwa ibyo ari byo byose bitifuzwa, biganisha ku imibonano mpuzabitsina, gusaba ruswa y’igitsina, amagambo yerekeza ku bitsina n’andi magambo cyangwa ibikorwa yerekeza ku gitsina, cyangwa kwerekana ibikoresho by’urukozasoni. Guhoza ku nkeke bishingiye ku gitsina bokorwa mu kazi ni inkeke ishobora guteza ikibazo mu kazi. Ibi rero bishobora gutuma abantu ku kazi batisanzura.  Ubu bwoko bw’ihohotera rikorwa n’abakoresha, abagenzuzi, abo mukorana, abarimu n’undi muntu uwo ari we wese ufite ububasha.  **Imibonano mpuzabitsina ikozwe ku ngufu cyangwa ikozwe ku gahato**: gukora imibonano mpuzabitsina kugira ngo uhabwe inyungu runaka zifatika, serivisi cyangwa ubundi bikunze kuba ku bagore cyangwa abakobwa badafite kirengera batabasha kubona ibibatunga cyangwa ibitunga abana babo.  Ubu bwoko bw’ihohotera rikunze gukorwa n’abantu babayeho neza,babakire bafite amafaranga, imitungo cyangwa batanga serivise zikomeye. Urugero abakora ibikorwa by’ubutabazi.  *d. ihohoterwa rishingiye ku mutungo:*  **Ihohoterwa ryo ku mutungo**: Ni igihe uguhohotera agenga amafaranga y’uhohoterwa cyangwa indi mitungo. Ivangura cyangwa kubuza amahirwe, serivis~~e~~: kuvangurwa, kubuzwa uburenganzira bwo kwiga, ku buvuzi cyangwa ku murimo cyangwa kubuzwa uburenganzira ku mutungo.  Bikorwa n’abashakanye, abo mu muryango, ibigo,imiryango, abakozi ba leta.  **Ihezwa mu muryango mugari/ihezwa rishingiye ku gitsina:** Kubuza umuntu kubona serivisi, inyungu rusange cyangwa gukora no kwishimira kuba muri sosiyete cyangwa uburenganzira bwa politike, kumushyiraho ibihano, ibikorwa by’ivangura kumubabaza ku mubiri cyangwa amaranga mutima ye no kwihanganira ibikorwa by’ ivangura, kurwanya umuntu bitewe n’uko: ari umutinganyi, bitewe n’uko ari umuntu wisanisha cyangwa wiyumva nk’uwo badahuje igitsina cyangwa umuntu unezezwa no kwambara imyambaro y’abo badahuje igitsina  Iri vangura rikorwa n’ abo mu muryango, ibigo n’ indi miryango, leta n’ abandi bakozi.  **Ibikorwa byo kubuza umuntu uburenganzira ahabwa n’amategeko**: Kubuzwa uburenganzira mu mibereho, umutungo, umuco n’ uburenganzira kuri politike cyane cyane ku bagore. Ikiyongera kuri aya moko y’ ihohoterwa yavuzwe haruguru, ni ngombwa kuvuga ko amwe muri yo ataragaragara mu Rwanda ariko kubera uko ibintu bigenda bihinduka abantu n’ umuryango mugari bagomba kumenya aya moko y’ ihohoterwa kugirango babashe kuyakumira.  **Gushyingirwa ku gahato**: Gushyingirwa ku gahato bikorwa utabishaka, akenshi inkwano zihabwa umuryango. Akenshi, iyo uhohoterwa abyanze bimuviramo ingaruka zikomeye.  Bikorwa n’ababyeyi cyangwa abo mu muryango.  Aho byavuye: [Migeprof gender training manual](http://www.migeprof.gov.rw/fileadmin/_migrated/content_uploads/GBV_Training_MODULE_English_Version.pdf) |