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| Izina ry’umwitozo | **Rutabikangwa na Nyirakamana: Inkuru ku ihohoterwa rikorerwa mu ngo** |
| Intego y’umwitozo | •Kumenya no gusobanura ihohoterwarikorerwamu ngo  • Gusobanukirwa n’ingaruka z’ihohoterwa rishingiye ku gitsina |
| Abo umwitozo ugenewe | Amatsinda y’abagabo n’abagore |
| Ingano y’itsinda ry’abahugurwa | 12 |
| Igihe giteganyijwe umwitozo ugomba kumara | Iminota 60 |
| Ibikoresho | Ntabikenewe |
| Imfashanyigisho | * [Inkuru ya Rutabikangwa na Nyirakamana](https://www.threemountains.academy/wp-content/uploads/2019/04/Inkuru-ya-Rutabikangwa-na-Nyirakamana-.docx) * [Ibibazo byo mu matsinda](https://www.threemountains.academy/wp-content/uploads/2019/04/Ibiganiro-mu-matsinda-ku-nkuru-ya-Rutabikangwa-na-Nyirakamana.docx) |
| Aho byavuye | MIGEPROF gender-based violence training module  [Raising Voices](http://raisingvoices.org/wp-content/uploads/2013/03/downloads/Innovation/Creating_Methodologies/RethinkingDomesticViolenceTrainingGuide/Section_2.pdf) |

**1. Uko bikorwa:**

iriburiro (Iminota 15)

* Saba abagize itsinda kwicara bakoze ikiziga.
* Somera abagize itsinda inkuru ya Rutabikangwa na Nyirakamana. Ubasobanurire neza ko iyi ari inkuru mpimbano.

Umukoro w’itsinda ryose (iminota 15)

* Yobora ikiganiro mu matsinda wifashishije ibi bibazo:
* Nizihe ngaruka z’igihe gito kuri Nyirakamana mu mibanire ye n’umugabo we?
* Nizihe ngaruka z’igihe kirekire kuri Nyirakamana?
* Ese uburyo afatwamo, bushobora gutuma yiyumva ameze gute?
* Ese bishobora gutuma atekereza iki ku mugabo we ndetse no ku mibanire ye n’umugabo we?
* Byagira izihe ngaruka ku mibanire ye n’abandi bantu bo mu gace aherereyemo? (urugero: abaturanyi n’inshuti ?)
* Ni ayahe moko ane yihohoterwa rishingiye ku gitsina agaragarazwa muri iyi nkuru?

Umukoro muto wo mu matsinda (iminota 10)

Gabanya itsinda mo kabiri

* Saba itsinda rimwe kugaragaraza ingaruka z’ihohoterwa rishingiye ku gitsina ku bana bo muri uyu muryango?
* Irindi tsinda rigaragaze ingaruka~~o~~ ihohoterwa rishingiye ku gitsina rigira kuri Rutabikangwa

Ha buri itsinda ibibazo kuri Rutabikangwa irindi ~~ubahe~~ urihe ibibazo ku bana

Umukoro w’itsinda ryose (20 minutes)

* Saba buri tsinda kubwira abandi ibyo baganiriyeho.
* Soza ikiganiromuganira kuri ibi bibazo nk’istinda ryose:

Iyi yari inkuru mpimbano, ariko se:

* Hari ihohoterwa rikorerwamu ngo riba aho dutuye?
* Uribona mu baturanyi bawe?
* Ese ni ukubera iki bicecekwa?

**3. Isomo nyamukuru**:

Ihohoterwa rishingiye ku gitsina akenshi rikorerwa mu miryango. Abenshi mu barikorerwa bagira ipfunywe ryo kubibwira abandi, inshuti n’abaturanyi nabo ntibabimenye cyangwa nabo bakumva ko bidakwiye kugira icyo babibazaho. Uyu mwitozo ushingiye ku nkuru mpimbano ifasha abahugurwa kumenya ingaruka z’ihohoterwa rishingiye ku gitsina ku barikorerwa, abana n’abarikora.

**4. Amabwiriza agenewe umufashamyumvire:**

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| Abahugurwa bose bagomba kumva inkuru. Ni byiza kuyisoma inshuro ibyeri. Ushobora no kubaha aho yanditse bakisomera.  Hari ~~e~~ amoko ane y’ihohoterwa ~~ryo~~  rikorerwamu ngo ari muri iyi nkuru:  **Ihohoterwa ribabaza umubiri**: Rutabikangwa akubita Nyirakamana akanamuraza hanze.  **Ihohoterwa ribabaza umutima**: Rutabikangwa akangisha Nyirakamana ko yamukoye akabikoresha agirango amukoresha ibyo ashaka.  **Ihohoterwa rishingiye ku gitsina**: Rutabikangwa ahatira Nyirakamana gukora imibonano mpuzabitsina iyo atabishaka.  **Ihohoterwa rishingiye ku mutungo**: Rutabikangwa afata amafaranga Nyirakamana yakoreye akajya kuyirira.  Ingaruka z’ihohoterwa rishingiye ku gitsina ni nyinshi. Abahugurwa bashobora kuvuga izi zikurikira, Kwiheba bikabije, kwiyahura, gufugwa, etc. bashobora no kutavuga ingaruka nyazo neza mu buryo bw~~i~~umvakana. Mu gusoza ikiganiro, gerageza uko ushoboye werekeze ikiganiro aho batuye. |