



QPASTT

**INAMA NGIRAKAMARO
ZO GUKIRA
IHAHAMUKA**

Kirundi | Ikirundi

Urupapuro rw'inyigisho 1: Kwimuka no gutangura ubuzima bushasha mu kindi gihugu

Kumenyera ubuzima mu muryango mushasha bishobora gufata igihe

Gushika muri Australiya bishobora gutuma umuntu agira inyiyumvo zitandukanye. Mu ntango, ushobora kwumva umwizero, umutekano canke umunezero. Ariko inyuma y'igihe, ushobora kwumva watakaye, urengewe canke unaniwe. Kwiga ururimi rushasha, gutahura umuco mushasha no gukoresha uburyo bushasha bwo kubaho birashobora gutangaza umuntu. Birashobora kuruhisha cane kuko uba uriko uriga ibintu vyinshi icarimwe. Ushobora kwumva utamerewe neza kubera ko vyose biba bitandukanye cane n'ivyo wari uzi.

Ushobora kandi kugira agahinda ko gusiga ivyo wari uzi n'abantu bose wari umenyereye. Ubutunzi bwawe bushobora kuba bwarahindutse cane, ugashobora no kwiyumvira ko woba waremeye kugenda abandi basigaye, bikagutera kwiyaagiriza. Ushobora guhora uhangayikishijwe n'umutekano w'abasigaye inyuma. Ushobora no kwumva udafise ubushobozi bwo gufasha igihe abo ukunda bari mu ngorane.

Bamwe basanga bigoye gufata ingingo no kwemera gufashwa, cane-cane iyo bari bamenyereye kwigira. Hari abumva ko bakwiye gukomera kandi ntibagaragaze inyiyumvo zabo. Nimba ufise ingorane zijanye na viza, ushobora kwumva udafise umutekano kubera ukutamenya ibizoba ku buzima bwawe.

“ Ufise amaganya menshi kuko utari mu gihugu cawe. Igihe twashika, vyose vyari bitandukanye cane.”

Bana, uwacitse kw'icumu nk'impunzi

“ Mu rugendo twaje tuzi gusa ko hari umugabane n'igihugu, kandi twari tuzi ko hazoba hatandukanye. Ariko dushitse hano, vyaradutangaje cane.”

Vasyl, uwacitse kw'icumu nk'impunzi

“ Nari hano ndi kumwe n'abana babiri, nkumva mfise agahinda kenshi kandi ndi jenyene. Iyo mbonye amakuru y'igihugu canje - murumuna wanjye aracariyo - numva mfise agahinda kenshi kandi nkumva nta muhira mfise.”

Caroleen, uwacitse kw'icumu nk'impuzi



Kumenyera umuco mushasha

Iyo abantu bashitse mu gihugu gishasha, baraca mu bihe bitandukanye vyo kumenyera:

Igihe co gushika:

Ikiringo ca mbere c'ivyizigiro n'umunezero. Vyose biba ari bishasha kandi abantu baba bizeye cane ubuzima bushasha.

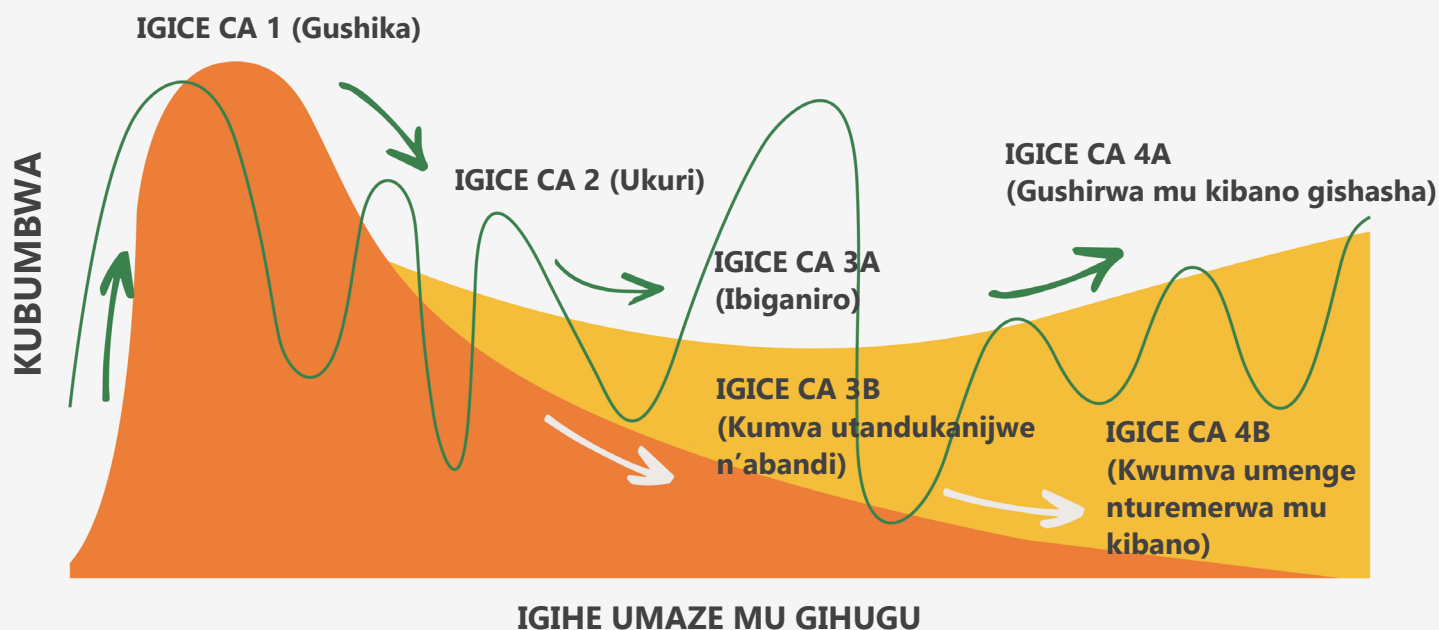
Igihe co guhangana n'ukuri:

Igihe co kumva ugukumbura, agahinda no kutaryohesha. Abantu bashobora kugira ishavu, kuzazanirwa, kwumva baremerewe canke bashavuye kubera itandukaniro ry'umuco ritangura kwigaragaza.

Igihe co kwinjira mu mucu mushasha:

Inzira yo gutangura kwinjira neza mu mucu mushasha. Abantu bashobora gutangura kwumva batuje, bafise ivyizigiro kandi bumva bamerewe nk'aho bari muhira.

IBICE VY'UKUMENYERA UBUZIMA BW'IMPUNZI



Vyahinduwe bivuye ku Kigo gikorera urwaruka rufise imico itandukanye, 2006

Iyi shusho irerekana ko haba ibihe vyiza na bibi mu rugendo rwo kumenyera. Irerekana kandi ko bamwe bashobora kuguma bagira ingorane no kwumva batari mu muryango nimba bataronse infashanyo.

Uburyo umuntu wese amenyeramwo buratandukanye. Abantu baragenda bava mu bihe bitandukanye ku muvuduko utandukanye bivanye n'ivyo bacyemwo. Si bose baca mu bihe vyose bimwe.

Ni ngirakamaro kumenya ko inyiyumvo zose n'ibihe vyo kumenyera ari ibisanzwe. Muri Australiya, nta kibzo bitera gusaba infashanyo ukeneye. Uko igihe kigenda, hamwe n'ukwunganirwa n'abakunzi, imiryango n'amaserivisi, kuroranirwa birashoboka.

"Igihe mvuga ku bihe vy'ihahamuka nacyemwo kera, biramfasha cane."

Umukiriya wa QPASTT mu bijanye n'ukugirwa inama

Kugira uganire na QPASTT canke umenye vyinshi ku bikorwa vyayo, urashobora guhamagara 07 3391 6677 canke ukaja kuri qpastt.org.au.

QPASTT ni Porogaramu ya Queensland ifasha abarokotse itotezwa n'ihahamuka. Ni ishirahamwe ry'ikibano ritanga ubufasha butandukanye, bworoherejwe kandi bwubaha imico itandukanye ku bantu batotejwe canke bahuye n'ihahamuka rifitanye isano n'uguhunga. QPASTT ifise ibiro bitandukanye mu ntara ya Queensland.

Urupapuro rw'inyigisho 2: Ihahamuka ni iki?

Ihahamuka ni ijambo rikoreshwa mu gusigura ibihe canke ivyabaye biteye ubwoba bukomeye, bishobora kubangamira ubuzima bw'umuntu no gutuma atabasha gukora canke kwitwara nk'uko bisanzwe. Ibihe vy'ihahamuka bishobora guhindura uko dusigura isi n'ukuntu twiyumva dufise umutekano muri yo.

Ijambo "ihahamuka" rikubiyemwo ivyabaye bisanzwe biboneka mu buzima bw'impunzi, harimwo:

Guhura canke kubona ibikorwa vy'ubugizi bwa nabi bukabije n'ubugome

Guhura n'intambara no kutumvikana

Ubusambanyi
bw'agahoto

Gutandukanywa n'umuryango n'ikibano

Guhunga canke guhunga ukiza
amagara mu buryo buteye ubwoba



Guterwa ubwoba
bwo kugirwa nabi

Gusenye kw'ibibanza vy'umuco vy'agaciro kanini



Guhagarikwa canke gukandamizwa no
guhonyanga agateka ka zina muntu

Ibihe birebire vy'ukutamenya ibizoba
n'ukutagira umutekano

Ubukene bukabije n'ukubura ivyo umuntu akeneye nk'ubuvuzi n'inyigisho



SIKANA KUGIRA
UBONE
videwo/ifoto
y'umujanama
asigura
ihahamuka.



Ihahamuka rishobora kandi kuvuga ibindi bintu biteye ubwoba abantu benshi bashobora kuba baracyemwo, harimwo ibiza vy'ivyaduka, umuriro, amasanganya y'imiduga n'ugukomereka bikomeye.

Ivyo bintu bishobora gutera ibikomere tubona inyuma ku mubiri, ariko kandi bishobora gutera ibikomere bitaboneka imbere mu mutima canke mu bwenge, kandi na vyo nyene bikenera kwitabwaho no gukira.

Ihahamuka rigira ico rikoze kuri bande?

Ibihe vy'ihahamuka bishobora kugira ico bikoze ku muntu uwo ari we wese, ata kuraba igitsina, imyaka, ubutunzi, akazi canke amashuri, canke aho yavukiye (Australiya canke aho yavuye nk'umwimukira canke impunzi.

Hafi abantu bose bahuye n'ihahamuka baragirwako ingaruka mu buryo bumwe canke ubundi. Abantu akenshi bavuga ko bumva batari mu mutekano kandi bakagira inyiyumvo zikomeye nk'ubwoba, agahinda, ishavu, isoni n'icaha

mu mutima. Bamwe bashobora no kumva ata nyiyumvo bafise (nk'aho batagifise inyiyumvo na nkeya). Hari abantu bashobora guhisha canke kwirengagiza imibabaro yabo kugira babonakane nk'abakomeye

Ingaruka z'ivyo bintu zishobora kuboneka haciye igihe gito canke imyaka myinshi, zikagira ico zikoze ku magara, kubaho neza, imiryango, imigenderanire n'ikibanou.

Gutahura ivyo wacyemwo vy'ihahamuka

Ni vyiza kwibuka ko:

- 🕒 Inyifato ziterwa n'ibintu biteye ihahamuka ari inyifato zisanzwe z'umuntu ku bwoba n'umwitwarariko ukabije.
- 🕒 Ihahamuka rishobora kudufata mu bihe bitandukanye no mu buryo butandukanye.
- 🕒 Gukira ihahamuka mu gihe umuntu ariko aramenyera igihugu gishasha biragorana. Ivyo wacyemwo muri Australia bishobora kandi kugira ico bikoze ku gukira kwawe. Kumenya no kuronka ibikorwa bifasha hakiri kare bishobora kugira uruhara rwiza mu rugendo rwawe rwo kumenyera ubuzima bushasha no gukira.
- 🕒 Kubera igihe n'ugufashwa, abantu benshi barakira kandi bagasubira kuronka umutekano, icizere n'insiguro y'ubuzima bwabo. Kubaho neza muri Australia birashoboka.

“

Uguhanura nkiri kumwe n'umuhinga vyaramfashije gutahura no kuvuga ivyo nacyemwo nkiri impunzi mu buryo ntigeze niyumvira ko bushoboka. Rwari urugendo rugoye, ariko vyari bikenewe ko ndabikora. Umujanama wanjye yaramfashije cane.” Umukiriya wa QPASTT

QPASTT ifasha gute mu gukira ihahamuka?

QPASTT itanga ubufasha bw'ubuntu kandi bw'ibanga ku bantu bafise ingorane zijanye n'ivyo bacyemwo vy'ihahamuka rijanye no kuba impunzi canke guhonyangikwa agateka.

QPASTT ifise ibikorwa na porogarama zitandukanye zigenewe abantu bakuze, imiryango, abana, urwaruka n'abanyagihugu.

Abantu barashobora guhamagara QPASTT kugira baronke impanuro ku bijanye no kuronka ibikorwa vyayo, canke bakarungika ubusabe biciye ku rubuga rwa internet rwa qpastt.org.au.

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Urupapuro rw'amakuru rwa 3: Ingaruka z'ihahamuka ku bantu bakuze

Inyifato isanzwe y'umubiri w'umuntu kw'ihahamuka

Iyo habaye ikintu giteye akaga cane, imibiri n'ubwenge bwacu bikora vyibanda mu kudukingira. Muri ico gihe, ni ibisanzwe kandi bifasha ko imibiri n'ubwenge bwacu bishira inguvu n'ivyiyumviro vyose ku kugerageza kudukingira. Umubiri witegura mu buryo bwawo bwo guhangana n'akaga (kurwana), guhunga akaga (guhunga), canke kwikinga mu guhagarara nk'utakibasha gukora (kudadarara). Ivyo vyitwa inyifato yo **kurwana/guhunga/kudadarara**.

Rimwe na rimwe, ni inyuma y'aho akaga gahereye niho ingaruka n'insiguro y'ihahamuka bitangura kwumvikana.

Hari abantu bashobora kuba barumvise bakomeye kandi biyemeje cane mu gihe c'ihahamuka, ariko inyuma y'igihe ingaruka zaryo zigatangura kwigaragaza. Abandi bantu bashobora kuba barumvise ingaruka z'ihahamuka ubwo nyene, mbere no mu gihe vyariko biraba. Abantu bashobora kubandanya bumva ko bagifise akaga kabugarije naho kaba karangiye. Bashobora kubandanya bumva gutyo mu misi, amezi canke mbere imyaka.

Ingaruka zibandanya z'ihahamuka rimwe na rimwe zitwa Indwara y'umwitwarariko ikurikira ihahamuka (PTSD).

Inyifato zisanzwe kw'ihahamuka n'ingendo:



Aha hepfo hari inyifato zimwezimwe zisanzwe abantu bakuze bavuga ko bagira inyuma y'ibintu biteye ihahamuka n'ibihe birebire vy'ukutamenya ibizoba n'ukutagira umutekano.

01 Kongera kwibuka ibintu biteye ubwoba vyabaye:

- Kwibuka ibintu vyahise bukwi na bukwi kandi bibabaza
- indoto mbi canke indoto zibabaza
- Kumva ubwoba bwinshi canke igihuhusi c'ubwoba bukabije
- Ubwoba bukomeye igihe cose uhuye n'ikintu kikwibutsa ivyabaye
- Ibimenyetso mu mubiri nk'umutima utera cane, iseseme, umunwa wumye, kuvuga bigoranye, kubira ivyuya, guhinda umushitsi, kwumva ushaka guhunga canke kudadarara, ivyiyumviro vyihuta cane

02 Gushaka kwirinda ibintu vyose vyibutsa akahise:

- Kwirinda kuvuga canke kwiyumvira ivyabaye kera
- Kwipfuza kwirinda abantu, ahantu canke ibikorwa vyose vyibutsa ivyabaye
- Kwibagira ibintu bimwebimwe vyabaye
- Kumva ata nyiyumvo ufise canke umeze nk'uwatari mu mubiri wawe
- Kwipfuza kuguma wenyene
- Kuguma ufise ivyo uko mu kwirinda kwiyumvira ivyabaye
- Kumva umwanya uriko uragenda bukebuke canke umeze nk'uri mu ndoto
- Gukora ibintu ariko ukibagira ko wabikoze

03 Kumva uriko urahangayika cane, utabasha kuruhuka kandi umeze nk'uwiteguriye ivyago igihe cose:

- Kugira ubwoba vyoroshe no kudatekana
- Kumva ugavye cane, umeze nk'uwiteguriye ivyago igihe cose
- Kugira ingorane zo gusinzira canke kuguma usinzirirye
- Gushangashirwa no gushavura cane
- Kudashobora kuruhuka canke kwicara utekaniwe
- Ikibazo co gushira ivyiyumviro ku kintu kimwe canke kwiga
- Kuzungurirwa, kubabara umutwe canke ububabare bw'umubiri butagira insiguro

04 Ivyo bihinduka mu buryo umuntu yiyumvira canke yiyumva ku bijanye na we ubwiwe, abandi n'isi imukikije:

- Kugira ivyiyumvo zikomeye nk'agahinda kenshi, kwiyumvira ko ata vyizigiro, kwigaya, ishavu canke isoni
- Kutagishaka ibintu wahora ukunda no kutabona umunezero mu vyo ukora
- Kugira ivyizigiro bike canke kumva ubuzima butagifise insiguro
- Kugira ingorane zo kwizera abandi no kwipfuza kwigira kure y'abandi
- Kutagishobora gukunda canke kwipfuza ubucuti bwimbitse
- Gutakaza icizigiro muri wewe ubwawe no kutamenya ico ushaka mu buzima
- Kugira ivyiyumviro vyo kwikomeretsa canke kugirira nabi abandi

Ni vyiza kwibuka ko:

- Izi nyifato ari inyishu zisanzwe ku bihe bigoye.
- Uko abantu bafatwa n'ihahamuka biratandukanye kuri umwe-umwe.
- Abana bashobora kugira ingorane zo gusigura imibabaro yabo mu majambo, bakabigaragaza biciye mu nyifato no mu marangamutima akomeye.
- Kubera igihe n'ugufashwa, abantu benshi basubira kuronka umutekano n'insiguro y'ubuzima bwabo

Gukura no gukomera inyuma y'ihahamuka

Abantu benshi barokotse ihahamuka bavuga ko hari ivyiza batari biteze bungutse naho baciye mu bintu bigoye.

Abantu benshi bavuga ko bumva bakomeye kandi bishoboje. Bavuga ko bafise imigenderanire yimbitse kuruta, ubwenge bwinshi n'ugukunda ubuzima kurushiriza. Bavuga kandi ko bashoboye kwihanganira umwitwarariko kuruta kandi ukwizera kwabo canke intumbero y'ubuzima bwabo vyarakomeye.

Naho baciye mu mibabaro, iza nyishu nziza zifasha benshi mu barokotse kwubaka ubuzima bwiza kandi bufise insiguro yimbitse muri Australia no gutanga intererano zikomeye mu mibano yabo.

"Ubu numva nshize amanga. Mu bwenge bwanje meze neza, sindi mu gahinda kenshi. Ndacafise ingorane zimwezimwe, ariko ndazitorera inyishu nziza kuruta."

Umukiriya wa QPASTT

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Urupapuro rw'amakuru rwa 4: Ingaruka z'ihahamuka ku bana n'urwaruka

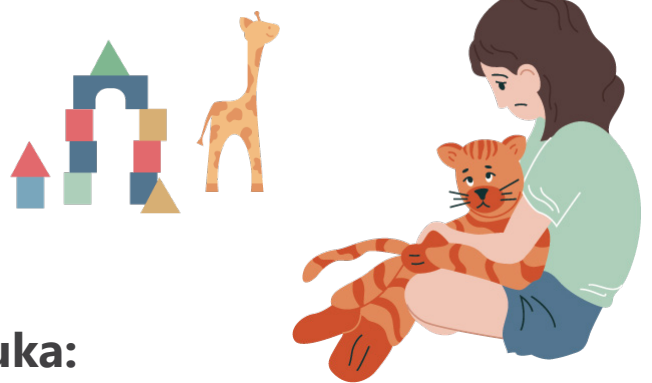
Abana n'urwaruka bashobora kugira ingaruka z'ibintu biteye akaga kandi biteye ubwoba, haba igihe babiciyemwo ubwabo canke igihe bumvise ayo makuru avuye ku bavyeyi babo canke abo bakunda.

Kubera bakiri bato, gutahura ivyo bintu no kuvuga ivyiyumviro n'amarangamutima yabo bishobora kubagora.

Inyifato z'abana n'urwaruka ku bintu biteye ubwoba zishobora kwibazwako nabi ko ari 'ukugabitanye' canke 'ingorane mu nyifato'. Birashobora kugora abavyeyi n'ababitaho gutahura iyo nyifato, cane-cane igihe na bo nyene bafise imibabaro yabo.

Inyifato zisanzwe kw'ihahamuka n'umwitwarariko ku bana n'urwaruka:

Nk'uko bigenda ku bantu bakuze, ingaruka z'ihahamuka ku bana n'urwaruka zishobora kuboneka ubwo nyene canke zigafata amezi canke imyaka kugira ziboneke. Uretse ingaruka z'ihahamuka, abana n'urwaruka bashobora kuba bariko bahangana n'ingorane nshasha muri Australia, nko kuronka abagenzi, kwiga ururimi rushasha no gutangura ishure rishasha. Bashobora kandi kuba bariko barahura n'ugutotezwa, ivangura canke guhorwa urukoba.



01 Kongera kwibuka ibintu biteye ubwoba vyabaye:

- Ibikwibutsa ivyago ku murango bizana ingaruka ku kwiga kwawe
- Indodo ziteye ubwoba canke ubwoba bwo kuryama, gushaka kuryama ku buriri bw'abavyeyi
- Ibibabazo vy'amarangamutima n'umubiri iyo habaye ivyokwibutswa ivyabaye (nko gusoba ku buriri, guhinda umushitsi, gukanyarara canke kugaragara nk'uwasamaye)
- Kuvuga ivyabaye ata marangamutima menshi
- Kwongera gukora ivyabaye mu mukino canke mu gushushanya

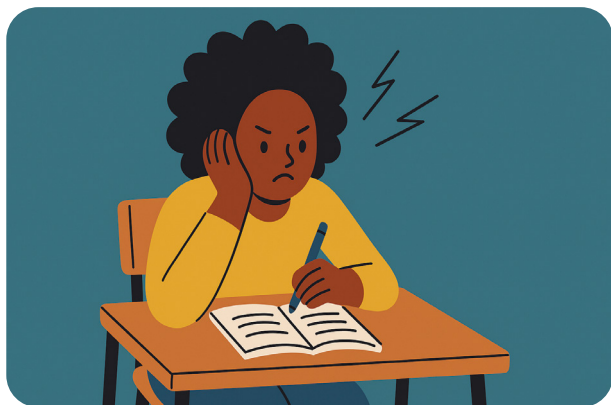


02 Gushaka kwirinda ibintu vyose vyibutsa akahise:

- Kwanka kwitabira ibikorwa vy'ishuri
- Kwibuka bigoranye amakuru ahambaye ajanye n'akahise
- Kwirinda kuvuga canke kuba hafi y'abantu canke ibihe bifitanye isano n'akahise
- Kwigunga no kudashaka gukina n'abandi bana

03 Kumva uriko urahangayika cane, utabasha kuruhuka kandi umeze nk'uwiteguriye ivyago igihe cose:

- uhora wiyumvira ko ikintu kibi gishobora gushikira umuryango canke abagenzi
- Kwizirika cane ku bavyeyi canke abarezi, canke kugira umubabaro igihe utandukanye na bo
- Kuronka ishavu n'ukudatekana kenshi, n'ukwihutira gushavura canke kugira ishavu rikabije
- Kugira ingorane zo gusamara kw'ishure no mu kwiga
- Kuba maso cane, udashobora gutekana canke kwicara utuje
- Kutangara vyoroshe igihe hadutse urwamo rukomeye
- Guhura n'ingorane zo gusinzira uri wenyene
- Kubabara umutwe canke umushishito kenshi, hamwe n'ihinduka mu kayabagu (kutagira inzara canke kugira inzara cane, kurya witoraguza)



04 Ivyo bihinduka mu buryo umuntu yiyumvira canke yiyumva ku bijanye na we ubwiwe, abandi n'isi imukikije:

- Kutagishaka canke kutagikunda ibintu yahora yishimira gukora
- Kutagaragaza cane inyiyumvo, canke kumera nk'utakibasha kugira ico yumva (ata bigumbagumba)
- Kugaragara afise agahinda kandi yiherereye, canke akunda kurira
- Kugabanuka kw'icizere mu vyo yishoboye gukora no kudakunda gusuzuma canke kugerageza ibintu bishasha, hamwe no kwizirika cane ku bandi
- Kutizera abandi, kwanka gufashwa canke kugerageza gukora vyose wenyene
- Kugaragaza inyifato y'ubushangashirwe kuri wenyene canke ku bandi (nko gukubita, kurya amenyo canke kwikomeretsa)
- Kwagiriza canke kwiyaagiriza ivyabaye canke ivyo yakoze canke atakoze



*Ni vyiza kumenya ko abana bashobora kugira ingaruka z'ivyo abavyeyi babo bacyemwo, naho batari bahari canke bavutse inyuma y'ivyo bintu. Ivyo vyitwa **ihahamuka riva ku runganwe rw'abavyeyi**. Umwitwarariko n'ihahamuka bishobora kugira ico bikoze ku buryo abavyeyi begereza abana babo, berekana amarangamutima, bihangana ivyiyumviro no kuvugana n'abana babo. Kwitwararika ku mibereho myiza y'abavyeyi n'abitaho abana ni ikintu gihambaye mu gufasha imibereho myiza y'abana.*

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Urupapuro rw'amakuru rwa 5: Uko wokwiyitaho no kwitaho ku bandi bafise ingaruka z'ihahamuka



Kwihanganira ingaruka z'ivyo wacyemwo mu gihe uriko uramenyera ubuzima bwo mu gihugu gishasha bishobora rimwe na rimwe kukurusha intege. Uburyo bworoshe bushobora kudufasha gusubira kwiyumva dufise ubushobozi bwo kugenzura ibintu no kugabanya umwitwarariko.

Ibikurikira ni urutonde rw'impanuro zatanze n'abandi barokotse bavuga ko vyabafashije kwihanganira umwitwarariko wo kumenyera ubuzima muri Australia no gukira ivyo bacyemwo.

Nimba uriko uranigana, kumbure hari ikintu kimwe gusa muri uru rutonde ushobora gukora muri ino ndwi kugira wifashe canke ufashe uwundi.



Emera kandi ugire umutima mwiza:

- Tahura ko kumenyera ubuzima bwo muri Australia bifata igihe
- Igirire neza wewe ubwawe n'abandi. Shira umutima ku ntambwe ntoa nziza umaze gutera
- Emera amarangamutima yawe kandi wiyibutse ko ari ibisanzwe rimwe na rimwe kwumva ibintu bikurengeye



Wiyibutse ko ufise umutekano:

- Wiyemeze kandi wibutse abandi ko ubu mufise umutekano
- Nimba utari ahantu hatekanye, gerageza kwegera QPASTT canke ikindi kigo wizigira



Fungura imfungurwa zitunganye:

- Fungura imfungurwa zitunganye gatatu ku munsu, harimwo ivyamwa n'imboga, ifi, ivy'intete biribwa, ibiharage n'ibindi biterwa, amavuta ya olive, ikivuguto hamwe n'inyama zitagira ibinure vyinshi canke ibindi bifise proteyine n'ibiva mu mata
- Irinde isukari nyinshi n'imfungurwa zacye mu nganda cane (nk'amachips, ibisuguti n'imfungurwa zikaranze)



Genzura igihe umara ukurikirana amakuru n'imbuga hwaniro

- Ni ibisanzwe gushaka gukurikirana amakuru n'imbuga hwaniro, ariko bishobora gutera ivyiyumviro n'amarangamutima ababaza no guhungabanya itiro. Gerageza kuraba no gusoma amakuru hakiri kare ku murango kandi utegekanye uburyo bwo kwituzza no kwisubiza mu buryo igihe ubonye ikintu kibabaza. (Raba *Urupapuro rwa 8: Gutahura no kwihanganira ubwoba, uguhagarika umutima, kwama ugavye cane n'ubwoba bukabije* kugira ubone uburyo bwo kwisubiza mu buryo no kwitekanya)



Nywa amazi menshi kandi ugabanye ibinyobwa birimwo caffeine:

- Nywa amazi menshi ahagije (n'imiburiburi ibikombe 6–8 ku munsu)
- Gerageza kugabanya ibinyobwa birimwo caffeine (nk'icola, ikawa n'ibinyobwa bitanga inguvu)



Shiraho gahunda yamaho yo gusinzira:

- Kurikiza gahunda yamaho yo gusinzira mu kuryama no kuvyuka ku masaha yayandi nyene buri munsu
- Mbere yo kuryama, fata akanya ko kuba kure ya telefone, televiziyo n'ibindi bikoresho



Niwifatanye n'umuryango wawe mu bikorwa bibanzereza:

- Niwifatanye n'umuryango wawe mu bikorwa bibanzereza nk'ugutembera, gusohoka hamwe canke guteka muri hamwe



Gumana gahunda yamaho mu buzima bwa minsi yose:

- Gerageza kugumana gahunda yamaho kuri wewe n'umuryango wawe kugira ubuzima bumere nk'ubutekanye kandi bushobora gutegurwa. Niwitabire ishure, akazi canke ibikorwa vyawe vy'ukwiga. Fungura imfungurwa zo mu gitondo n'izo ku mugoroba. Gerageza kuryama ku masaha yayandi nyene buri joro



Mara akanya hanze kandi ukore ibikorwa bituma umubiri wawe ugenda:

- Gerageza kumara n'imiburiburi iminota 10 hanze buri munsu
- Kora imyimenyerezo igorora umubiri ukunda nko kugenda n'amaguru, gutamba canke kwoga



Komeza imigenderanire n'umuco wawe hamwe n'abagize ikibano cawe:

- Komeza kuguma wegereye umuco wawe mu kwitabira ibikorwa vy'umuco. Ivyo bishobora gukorwa mu guteka imfungurwa nk'umugenzo wawe ziguhumuriza, gusoma ibitabu no kwumva umuziki wo mu rurimi rwawe, hamwe no kugirana imigenderanire n'abantu bo mu kibano cawe



Komeza ukwemera kwawe hamwe/canke ivyo wemera mu vy'impwemu:

- Niwifatanye n'abasangiye ukwizera kwawe hamwe n'ivyo wemera mu vy'impwemu mu buryo bukuzanira amahoro n'ugukira



Saba gufashwa:

- Gusaba no kwemera gufashwa hakiri kare birafise akamaro kanini mu gukura. Muri Australiya, urashobora gusaba imfashanyo ukeneye utekanye. Muri Australiya hari ibikorwa na serivisi nyinshi nka QPASTT zigenewe kugufasha guhangana n'ingorane no kumenyera ubuzima bushasha

“Nacye mu ntambara zibiri kandi ivyo bintu biza mu bwenge bwanje igihe cose. Ndabirota. Sinshobora kubigenzura. Biramfasha iyo mbivuze nkabikura mu bwenge bwanje.”

Umukiriya wa QPASTT

Kuvugana na QPASTT canke kumenya vyinshi ku bikorwa vyayo, hamagara 07 3391 6677 canke ugendere urubuga rwa qpastt.org.au.

QPASTT ni Porogaramu ya Queensland ifasha abarokotse itotezwa n'ihahamuka. Ni ishirahamwe ry'ikibano ritanga ubufasha butandukanye, bworohereye kandi bwubaha imico itandukanye ku bantu batotejwe canke bahuye n'ihahamuka rifitanye isano n'uguhunga. QPASTT ifise ibiro bitandukanye mu ntara ya Queensland.

Urupapuro rw'amakuru rwa 6: Uko wafasha abana n'urwaruka bafise ingaruka z'ihahamuka

Ni ibisanzwe ko abana n'urwaruka bagira amarangamutima akomeye kandi bakagaragaza inyifato igoye inyuma yo guhura canke kumva ivyabaye biteye ubwoba. Akenshi, izo nyifato zisigura nabi ko umwana canke urwaruka ari "uwugora" canke "agabitanya," bigatuma abavyeyi canke ababitaho bagira ishavu canke umwitwarariko.

Ni vyiza kwibuka ko abana n'urwaruka basanzwe barondera umutekano mu bantu bakuze n'abo babakikuje. Uko twitaba abana n'urwaruka bari mu mibabaro mu buryo butuje kandi bwitondewe birashobora kugira ingaruka zikomeye ku kwiyumva batekanye no gukira kwabo.

Impano zifasha abavyeyi n'abitaho abana n'urwaruka

- Tahura ko inyifato y'umwana canke urwaruka ishobora kuba ikimenyetso c'ubwoba n'ingaruka z'ihahamuka
- Emera amarangamutima y'umwana/urwaruka. Mwerekere ko utahura ko ivyo yiyumva ari ibisanzwe hisunzwe ivyo yacyemwo
- Umviriza ivyiyumviro, impungenge n'ubwoba vy'umwana canke urwaruka kandi ubashishikarize kuvuga ivyo biyumvira
- Muhumurize umwana canke urwaruka ko afise umutekano n'ukwitabwaho
- Gabanya ukuntu umwana canke urwaruka akurikirana amakuru canke imbuga hwaniro
- Mukore ibikorwa biryoshe hamwe nk'umuryango (nko kujana gusohokera ahantu, kuramukanya ahandi hantu hashasha, guteka hamwe)
- Mwifatanye mu bikorwa bifasha umwana canke urwaruka kuguma afatanye n'umuco wanyu
- Mumugumbire n'uguhumurizwa ku mubiri igihe abikeneye
- Mumuhe akaryo ko kwigaragaza biciye mu tugenegene, umukino canke ingendo z'umubiri





Ibuka:

Uko umeze nk'umuvyeyi bifise uruhara runini mu gufasha umwana canke urwaruka gukira ivyo bacyemwo bigoye. Kwiyitaho ni intango ihambaye yo gufasha gukira kwabo.

Nimba inyifato z'umwana canke urwaruka ziteye akaga, zibandanya canke ziri kwongerekana kandi ukabona bigoye kwihanganira, gerageza kurondera ubundi bufasha. Urashobora kuvugana n'abakozi b'inzobere mu gufasha abana n'urwaruka kuri QPASTT canke ukavugana n'umuganga wawe (GP).

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QPASTT ni Porogaramu ya Queensland ifasha abarokotse itotezwa n'ihahamuka. Ni ishira hamwe ry'ikibano ritanga ubufasha butandukanye, bworoherejwe kandi bwubaha imico itandukanye ku bantu batotejwe canke bahuye n'ihahamuka rifitanye isano n'uguhunga. QPASTT ifise ibiro bitandukanye mu ntara ya Queensland.

Urupapuro rw'amakuru rwa 7: Gutahura no kwihanganira ivyibutso biteye ubwoba (ukwibuka ibintu bitunguranye)

Inyuma y'ibintu biteye ihahamuka, abantu bakunda kugira ivyibutso ubwo nyene bitangajekandi biteye ubwoba vy'ivyabaye, vyitwa ukwibuka ibintu bitunguranye. Ivyo vyibutso bibabaza akenshi biherekejwe n'amarangamutima akomeye y'ubwoba bwinshi, ubwoba canke isoni.

Ukwibuka ibintu bitangaje gushobora gutuma wumva nk'aho ihahamuka ririko riraba kandi. Akenshi bikangurwa n'ikintu kiriho ubu kigufasha kwibuka ivyabaye kahise.

Mu gihe ufise ukwibuka ibintu bingaje ushobora kugira:



Ivyibutso biboneka mu maso canke mu bwenge:

Ushobora kubona mu bwenge bwawe ishusho itomoye canke idatomoye y'ikintu giteye ubwoba.



Inyiyumviro yo mu mubiri:

Mu mubiri wawe ushobora kwiyumva nk'aho ikintu giteye ubwoba co muri kahise kiriko kiraba kandi ubu nyene.



Ivyibutso bica mu nyiyumvo ku mubiri:

Ushobora gupfa kwumva akamuto, uburyohe canke ijwi ry'ikintu kimenyerewe co muri kahise kandi mu vy'ukuri kitariho ubu.



Indoto mbi:

Ushobora kurota ibintu bijanye n'ihahamuka canke ibindi bigutera amarangamutima nk'ayo ababaza.



bwoba bwinshi cane:

Ushobora kwumva ubwoba bwinshi cane canke umwitwarariko ukabije, hamwe n'ibimenyetso vy'umubiri nk'umutima utera cane, umubiri ukanye canke kwumva umeze nk'uwadadaraye.

Gutahura ukwibuka ibintu ubwo nyene

Mu gihe c'ihahamuka, umubiri n'ubwenge bwacu vyibanda ku kurokoka, bigatuma gutahura neza ivyabaye bidaca bishoboka ubwo nyene.

Ukwibuka ibintu ubwo nyene gushobora kuza ubwo nyene inyuma y'ivyabaye canke imyaka myinshi iheze.

Ukwibuka ibintu ubwo nyene bitangajegushobora kuba uburyo umubiri ukoresha mu kugarura ivyibutso mu bwenge kugira dutahure ivyabaye no gukira. Naho bibabaza cane, ukwibuka ibintu ubwo nyene bitangaje gushobora kuba ikimenyetso c'uko ubwenge n'umubiri vyiteguriye gutangura gukira.

Ni ibisanzwe kugerageza kwirinda ivyibutso bibabaza n'ibintu bikangura ubwoba. Abantu benshi bavuga ko baguma hagati yo kwibuka ivyabaye no kugerageza kuvyirinda hamwe n'amarangamutima yavyo. Abantu bashobora kwama bafise amakenga kandi baguma barondera ahoshobora kuba hari akaga. Bashobora kwirinda ivyibutso, abantu, ahantu n'ibihe bikangura ayo marangamutima ababaza. Naho ivyo vyumvikana, kuguma wirinda ivyo bintu bishobora kwongera imibabaro uko igihe kigenda kandi bikagabanya uburyohe bw'ubuzima.

Kuvuga birafasha

Ku bantu benshi, ukwibuka ibintu ubwo nyene bitangaje n'ivyibutso biteye ubwoba bigenda bigabanuka buhorobuhoro uko igihe kigenda. Ku bandi na bo, bishobora kwiyumva nk'aho bitazokwigera bivaho. Naho gutinya kuvuga ivyibutso vy'ihahamuka bitahurika, gusangiza ivyo wacyemwo umuntu wizigira bishobora gufasha gukira.

QPASTT itanga ubufasha bw'ubuntu kandi bw'ibanga kugira igufashe kugenzura no gutsinda ingaruka z'ivyo vyibutso bibabaza.

“Uguhanurwa n'umuhinga biragufasha kwigaragaza mu mwidegemvyo ahantu hatekanye utumva ko uri umwikunzi.”

Umukiriya wa QPASTT



Kwihanganira ukwibuka ibintu ubwo nyene bitangaje n'ivyibutso biteye ubwoba

Imyimenyerezo ikurikira ishobora kugufasha kugenzura ukwibuka ibintu ubwo nyene bitangaje n'ivyibutso biteye ubwoba. Iyo ikozwe kenshi, ishobora gufasha kugabanya imibabaro ijanye n'ivyo vyibutso no gusubiza buhoro-buhoro ukwiyumva ufise umutekano. Rimwe na rimwe, ukwibuka ibintu ubwo nyene bitangaje gushobora kuba kubabaza cane canke kuza kenshi, ugasanga bigoye gukora iyi myimenyerezo uri wenyene. Umukozi wa QPASTT arashobora kugufasha gukoresha ubu buryo mu buryo bugutegekaniriza umutekano.

IMYIMENYEREZO: Guma wandika ibikangura ivyibutso

Kwama wandika abantu, ahantu n'ibintu bikangura ivyibutso vy'ihahamuka bishobora kugufasha kwitegurira ivyo bihe muri kazoza. Iyo tumenye ibidukangura, turushiriza kwiyumva dushoboye kugenzura uko twifata kugira ntibitubabaze cane.

Mu ntango, ukwibuka ibintu ubwo nyene bitangaje gushobora kwiyumva nk'aho kuvuye ahatamenyekana. Ariko rero, ukwibuka ibintu ubwo nyene bitangaje gukangurwa n'ikintu kiriho ubu kigufasha kwibuka ivyabaye kahise mu buryo ubu canke buriya.

Ibintu bishobora gukangura ivyibutso vy'ihahamuka birimwo:

- Amajwi – kwumva amajwi amwamwe akwibutsa kahise
- Abantu – kuba hafi y'abantu bafitaniye isano canke basa n'abo mu kahise
- Ivyiyumviro – ivyibutso canke ivyiyumviro bimwebimwe bishobora kugarura ibindi vyibutso vya kera
- Ibihe – kuba mu gihe gituma wumva ata mutekano ufise
- Amarangamutima – kugira amarangamutima ababaza naho atoba afitaniye isano na kahise
- Akamoto – utumoto tumwe tumwe dushobora kukwibutsa ibintu vya kahise
- Ahantu – ahantu hasa n'aho ibintu vya kahise vyabereye
- Amakuru n'imbuga nkoranyambaga – kubona ikintu ku makuru canke ku mbuga nkoranyambaga gisa n'ivyabaye kahise



IMYIMENYEREZO: Kwitwararika ibintu bibiri icarimwe

Kwimenyereza kwitwararika ibintu bibiri canke birenga icarimwe bisigura ko twitwararika ibiriko birabera muri twebwewe (umubiri n'ubwenge bwacu) hamwe n'ibiriko birabera ahadukikije. Birashobora kugufasha kuguma uri mu gihe turimwo no kugenzura amarangamutima yawe.

Bifise inguvu nyinshi iyo bivuzwe n'ijwi rirenga. Ushobora gukenera gusubiramwo iyi myimenyerezo incuro nyinshi gushika imibabaro yawe igabanutse.

Gerageza kwitwararika uko uhema no kugabanya canke wiyoroshe mu guhema n'umubiri. Ushobora kandi kubifatanya n'Uburyo bwo Guhema Utekanye buri mu *Rupapuro rw'amakuru rwa 8: Gutahura ubwoba, uguhagarika umutima, ubwoba bukabije no kwama ugavye cane.*

Niwimenyereze imyimenyerezo ikurikira igihe ufise ivyibutso bibabaza kugira wibutse ubwonko n'umubiri wawe ko ubu ufise umutekano.

UBU NDIKO NDIYUMVA... (shiramwo izina ry'amarangamutima)

KANDI NDIKO NDUMVA MU MUBIRI WANJE...

(sigura n'imiburubiri ibintu bitatu wumva mu mubiri wawe, nk'ibitugu bigumye, umutima utera cane)

KUBERA KO NDIKO NIBUKA... (vuga ivyabaye biteye ihahamuka – ariko ntuvuge ido n'ido ry'ivyabaye)

MURI ICO GIHE NYENE, NDIKO NDITEGEREZA AHO NDI UBU MU MWAKA WA... (vuga umwaka, akaroreo. 2025)

AHA NDI... (vuga aho uri, nk'aho ndyamira)

KANDI NDASHOBORA KUBONA... (sigura nibura ibintu bitatu ubona ubu, aho uri)

NI CO GITUMA NZI KO IVYO BITARIKO BIRABA UBU CANKE BITAKIBA.

IMYIMENYEREZO: Gusangiza inkuru yawe

Hari uburyo bwinshi ushobora guhitamwo bwo gusangiza inkuru yawe. Ushobora guhitamwo kwandika ivyiyumviro n'amarangamutima yawe mu gitabu candikwamwo. Ushobora kwandika inkuru, indirimbo, icese canke kubwira umuntu wizigira.

Ushobora kandi kwiyumvira kuvugana n'umuhanuzi, cane cane nimba gusangiza inkuru yawe bikubabaza cane.

Umujanamama ni umuntu ushobora kubwira mw'ibanga uko wiyumva n'ivyo uriko uracamwo. Arashobora kugufasha gusangiza inkuru yawe mu buryo bugutegekaniriza umutekano kandi ku rugero wiyumvamwo neza.

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Urupapuro rw'amakuru rwa 8: Gutahura no kwihanganira ubwoba, uguhagarika umutima, kwama ugavye cane n'ubwoba bukabije

Kimwe mu vyiyumviro bikunze kubaho inyuma y'ihahamuka ni ukwama wumva ubwoba, uguhagarika umutima no kwama ugavye cane ku kaga. Ivyo vyiyumviro bishobora kumara igihe kirekire inyuma y'aho ihahamuka rirangirye.

Mu gihe c'ikintu gishobora guhungabanya ubuzima, imibiri yacu yitegurira akaga ubwayo, igasohora imisemburo itegura umubiri kurwanya akaga, guhunga canke gukanyarara. Iyi nyifato yikora itegura umubiri kudukungira ibibi kandi ntiba iri mu bushobozi bwacu bwo kuyigenzura ubwo nyene.

Uko umubiri wacu witaba akaga (Kurwana/Guhunga/Gukanyarara)

Umubiri witegura mu buryo bwawo bwo guhangana n'akaga (kurwana), guhunga akaga (guhunga), canke kwikinga mu guhagarara nk'utakibasha gukora (kudadarara). Ivyo vyitwa inyishu y'umubiri yo Kurwana/Guhunga/Gukanyarara.

N'inyuma y'uko akaga ka mbere karangiye, ubwenge n'umubiri vyacu bishobora kuguma biri maso cane kugira bidukingire no kuturinda kwegera akaga.

Iyo umuntu yacyemwo ihahamuka ryamaze igihe kirekire canke igihe kinini co kwiyumva ata mutekano afise, umubiri uguma witeguriye akaga kandi ushobora no gutakaza ubushobozi bwo kumenya umutekano. Izo nyifato zishobora kubandanya n'inyuma y'uko akaga karangiye.

Gutahura ubwoba bukabije

Ubwoba bukabije ni ijambo rikoreshwa kuvuga ukwiyongera gutunguranye kw'ubwoba bwinshi cane, buza ata nteguza. Birashobora gutuma wumva ibintu bikurengeye, ugaca wumva ushaka guhunga canke ugatinya ko wotakaza ubushobozi bwo kugenzura ivyo ukora. Ubwoba bukabije bukangurwa n'ivyibutsa ivyabaye biteye ihahamuka.

Kugwana (guhanga)



Umubiri witegurira ibikorwa vy'umubiri biciye mu:

- Umutima utera vuba cane
- Guhema cane kandi vyihuta
- Amaboko, amaboko yo hejuru n'urwasaya gukomera
- Amaraso make aja mu nzira y'igogorwa ry'ibifungurwa, bigatera kubabara mu nda, kugira iseseme no kwumva ushaka kuja mu bwiherero
- Kwibanda cane ku kaga no ku buryo bwo kugatsinda

Guhunga (kwiruka)



Umubiri witegurira ibikorwa vy'umubiri biciye mu:

- Umutima utera vuba cane
- Guhema cane kandi vyihuta
- Imitsi yo mu maguru gukomera
- Amaraso make aja mu nzira y'igogorwa ry'ibifungurwa, bigatera kubabara mu nda, kugira iseseme no kwumva ushaka kuja mu bwiherero
- Kwiyumvira vyihuta, ubwenge bwibanze ku guhunga

Guhinda umushitsi (Kudadarara)



Umubiri witegura guhagarara gukora biciye mu:

- Gucika nk'uwudakora canke gukanyarara
- Kwiyumvira vyihuta canke kubura ico wiyumvira
- Kugabanuka kw'ivyiyumviro vy'umubiri
- Amarangamutima adakomeye
- Kubura ubushobozi bwo kwinyigiza
- Kwumva ugiye kugwa canke kuzungurirwa



Ibimenyetso vy'ubwoba, uguhagarika umutima, ubwoba bukabije no kwama ugavye cane wewe n'umuryango wawe mushobora kubona

- Kwama ugavye ku kaga
- Kubura amahoro no guhagarika umutima, kugorwa no kwitekanya canke kwicara hamwe
- Guterwa ubwoba n'urusaku rutunguranye bitagoranye
- Kugorwa no gusinzira canke kwama uvyuka mw'ijoro
- Kwama ushavura no kuraka kubera ibintu bitobito, no gutongana n'abo ukunda
- Kwama ufise amakenga n'ubwoba, no kugorwa no kwitekanya
- Ivyiyumviro vyihuta
- Gushavura, gucika intege canke kuraka bitagoranye
- Kugorwa no kwizera abandi no gutinya abantu
- Gutinya kuba wenyene
- Kugorwa no kwibanda ku kintu canke kwiga ibintu bishasha, harimwo ururimi rushasha
- Kwama ubabara umutwe, umubiri n'ibindi bibabaza
- Umutima utera cane, kwumva urwaye, umunwa wuma, kubura appetit, kugorwa no kuvuga, kubira icuya, amaboko canke amaguru agahinda umushitsi

Kwihanganira ubwoba, kwama ugavye cane n'ubwoba bukabije

Iyo bikorwa kenshi, imyimenyerezo iri mu *Rupapuro rw'amakuru rwa 8B: Imyimenyerezo yo kwihanganira ubwoba, kwama ugavye cane n'ubwoba bukabije* ishobora gufasha kugabanya ubwoba no gusubiza buhorobuhoro ukwiyumva ufise umutekano.

Rimwe na rimwe ubwoba bwacu bushobora kuba bwinshi cane, ugasanga bigoye gukora ubu buryo uri wenyene. Kuvugana n'umukozi wa QPASTT bishobora kugufasha kwiga ubu buryo buhorobuhoro no kugushigikira mu kubukoresha mu buryo bwagutekaniriza.

Ugukomera n'ukworoha kw'imitsi

Gukomeza imitsi mu mubiri ni inyishu isanzwe y'ubwoba itegura umubiri kurwana canke guhunga.

Iyo abantu bamaze igihe kirekire mu bwoba canke mu mwiheburo, uko gukomera kw'imitsi gushobora gutera umutwe n'ibindi bibabaza mu mubiri. Uku gukomera kw'imitsi gushobora kandi gutuma abantu bashavura, bagira amakenga menshi kandi bakumva ibintu cane ku buryo bitabira ibintu bitobito nk'aho biteye akaga. Abantu benshi bashobora no kutamenya ko bafise imitsi ikomeye.

Mu kwiga kurekura umubiri wawe, ushobora gutangura kugabanya ubwoba n'amakenga. Ibintu bituma umuntu yumva atekaniwe biratandukanye kuri umwe umwe.

Igituma bihambaye ni uko uhitamwo igikorwa gifasha umubiri n'ubwenge bwawe kwitekanya kandi ukagikora kenshi.

Ni ibihe bikorwa uzi bifasha umubiri wawe kwitekanya?

Ingero zimwezimwe z'ibikorwa bifasha kwitekanya ni:



Kuzirikana



Isengesho



**Kuryohererwa
n'imfungurwa
ukunda cane**



Kuririmba



**Gukina canke
kwumviriza umuziki**



**Kuba mu
bidukikije
vya kamere**



Kugenda n'amaguru



Gukina n'abana



**Kumarana umwanya
n'incuti hamwe
n'umuryango**



**Gukina inkino
canke gukora
imyimenyerezo
ngororamubiri**



Gusoma



**Kuraba filime iteye
akamwemwe**

Uburyo bwo kurekura imitsi buhorobuhoro bugusaba kubanza gukomeza hanyuma ukarekura imitsi itandukanye yo mu mubiri wawe.

Iyo bikorwa kenshi, bishobora kugabanya ububabare, gufasha gusinzira neza no gutuma umuntu yumva atekanye cane.

Umuhanama wawe azashobora kukuyobora muri uwo mwimenyerezo wo kurekura imitsi ushobora kwimenyereza muhira, canke ugakoresha amabwirizwa yoroshe ari aha hepfo. Ushobora kubifata amajwi kuri telefone yawe hanyuma ukavyumviriza kugira wimenyereze uwo mwimenyerezo. Niwafata ayo majwi, urabe ko ushiramwo umwanya hagati y'itegeko rimwe n'irindi kugira umubiri n'ubwenge vyawe bibone umwanya wo gukurikira neza igihe uzoba uriko urakora uwo mwimenyerezo.



Fata akanya wicare canke uryame mu buryo wumva utuje. Ugara amaso yawe nimba wumva utuje.

1

Hema rimwe ukwega impwemu cane



Hema winjiza impwemu mu mazuru yawe. Uzigumye akanya gato. Ubu rero sohore impwemu buke-buke ziciye mu kanwa kawo. Niwiyoroshe mu mubiri wawe.

2

Cane-cane ibiganza vyawe



Bipfunge nk'igipfundi. Guma upfunze n'inguvu mu kanya gato... hanyuma ubirekure. Niwiyumve ko inguvu zigenda ziva mu biganza vyawe.

3

Ubu imukira ku maboko yawe



Fatanya amaboko yawe cane mu gupfunya inkokora maze ushiremwo inguvu zose. Guma upfunze... hama urekure. Uriko urumva ingene yiyoroheje kandi aremera.

4

Hindura uje ku bitugu vyawe



Biduze gushika ku matwi yawe. Guma ubidugije... hama birekure. Iyumve uko ibitugu vyawe vyiyoroheje.

5

Shimikira ubu naho kw'isura yawe



pfunga isura yawe, komeza imisaya, amaso n'uruhanga. Guma upfunze akanya gato... hanyuma ubirekure. Irumva uko mw'isura yawe hatuje kandi horoshe.

6

Ubu imukira ku nda yawe



Pfunga n'inguvu mu nda yawe uyikomeze nk'aho umukondo uwukwegera indani. Guma upfunze... hama urekure. Rekura mu nda hawe hiyoroshe.

7

Ubu imukira ku maguru yawe



Shira amano yawe hasi hanyuma ukomeze imitsi y'amatako yawe. Guma upfunze... hama urekure. Niwumve uko amaguru yawe aremera.

8

Dusozerere ku birenge vyawe.



Pfunga amano yawe uyakomeze. Guma upfunze akanya gato... hama urekure. Urumva uko kwiroherwa gushika hose mu birenge vyawe.

Subira uhumeke cane rimwe kandi... hanyuma usohore umwuka buhoro buhoro. Igihe wumva witeguriye, nugurure amaso yawe buhorobuhoro.

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Urupapuro rw'amakuru rwa 8B: Imyimenyerezo yo kwihanganira ubwoba, kwama ugavye cane n'ubwoba bukabije

IMYIMENYEREZO: Uburyo bwo GuhemaUtekanye

Akenshi iyo abantu batewe ubwoba canke bababaye, batangura guhemavyihuta. Iyi ni inyishu isanzwe yo kwikiza itegura umubiri kurwana canke guhunga.

Rimwe na rimwe umubiri wacu ushobora kuguma ugavye cane, maze uguhemavyihuta kukabandanya igihe kirekire bigatera ivyiyumviro bitameze neza mu mubiri. Uguhema utekanye ni uburyo bworoshe bufasha kugabanya inyishu y'umubiri yo kurokoka kandi bugafasha kugabanya ubwoba n'ugudatekanirwa.



**Niwimenyereze
imyimenyerezo ikurikira
n'imiburiburi iminota
5-10 buri munsu.**

Mu ntango bishobora kugorana, ariko uko uzoguma uvyimenyereza ni ko bazorushiriza kworoha. Kwimenyereza mu bihe wiyumva utekanye bizofasha umubiri wawe kwibuka bitagoranye uko umutekano umeze. Ivyo bishobora gufasha kugabanya ubwoba igihe buje kandi bikagufasha gukira ningoga igihe wagize ubwoba bukabije.

Intambwe ya 1



Garama canke wicare neza, ibirenge vyompi biri hasi.

Intambwe ya 2



Shira ikiganza kimwe ku nda, ikindi ku gikiriza.

Intambwe ya 3



- Hema mu gihe c'amasegonda 4
- Rindira mu kiringo c'amasogonda 4

Intambwe ya 4



Vuga ijambo 'tuza' (canke irindi jambo rihumuriza) igihe cose ushora umwuka gushika ku masogonda 6.

Intambwe ya 5



Bandanya guhema gutya gushika ibimenyetso vyose vy'ubwoba, uguhagarika umutima no kudegemwa birangiye.



Rimwe na rimwe ibimenyetso bishobora kugaruka inyuma y'akanya gatoyi — ivyo ni ibisanzwe. Bandanya gusa ukoresha Uburyo bwo Guhema Utekanye igihe cose bikenewe.

IMYIMENYEREZO: Raba ibintu bitanu



Niwimenyereze ubu buryo umunsi wose, cane cane igihe cose usanze wafashwe n'ivyiyumviro n'amarangamutima bigoye.

Iyo twumva dufise uguhagarika umutima n'ubwoba, dukunze gufatwa n'ivyiyumviro bigoye, ibitwibutsa, amarangamutima n'ivyiyumviro vy'umubiri bijanye na kahise canke ubwoba bwo muri kazoza.

Kwibanda ku vyo tubona, twumva, dukorako, twimotereza canke twumvirako uburyohe bishobora kuba uburyo bwihuta kandi bukomeye bwo gusubiza ubwenge bwacu muri aka kanya turimwo aho dufise umutekano.

Hagarara gatoya. Menya kandi uvuge ico uriko uracamwo (akarorero: "Ndiko nibuka ibihe vyari bigoye," "Ndumva igikiriza canje gifise uburemere.") Hanyuma urabe hirya no hino maze uvuge n'ijwi riranga ibi bikurikira:



5

Ibintu ushobora kubona



4

Ibintu ushobora kwumva



3

Ibintu ushobora gukorako

(canke ivyo ushobora kwumva ku ruhu rwawe)



2

Ibintu ushobora kwimotereza



1

Ibintu ushobora kumva uburyohe bwavyo

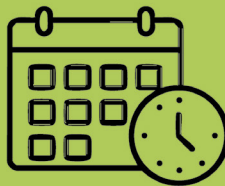
IMYIMENYEREZO: Iyibutse ko ufise umutekano

Ivyabaye ntashaka vya kahise n'amaganya ya kazoza bishobora gutuma wumva ata mutekano ufise. Uburyo bworoshe ushobora kwimenyereza buri muni ni ukwiyibutsa ko ubu ufise umutekano.

Kubifatanya n'Uburyo bwo GuhemaUtekanye bishobora gufasha cane iyo vyimenyerejwe kenshi.



Iyibutse aho uri ubu (akarorero. Ndi mu cumba canje, mu nzu yanje, i Brisbane).



Iyibutse igihe turimwo ubu (nk'ubu ni isaha cumi n'imwe z'umugoroba ku wa Mungu. Ni itariki/ukwezi/umwaka).



Iyibutse ingene aho uri ubu hatandukanye n'ahahise. Vuga ido n'ido ry'ibintu.



Nimba utari ahantu hatekanye, gerageza kurondera ubufasha kuri QPASTT canke ku rindi shirahamwe wizigira.

Urupapuro rw'amakuru rwa 9: Gutahura ukwirinda

Kurokoka ihahamuka bishobora gutuma ubwenge n'umubiri vyacu vyama biri magabo, bigatuma twipfuza kwirinda ibintu bishobora kuba biteye akaga. Biramenyerewe ko amarangamutima yacu aca asa n'ayafunze (kutumva canke kutagira ico wumva) nk'uburyo bwo kwikingira. Birashobora kandi kuba ibisanzwe kugira ibice vy'ivyibutso bitibukwa kugira ubwonko bwikingire imibabaro irengeje urugero.

Ivyo vyose ni uburyo umubiri n'ubwenge vyacu bikoresha mu kudukingira, kandi birafasha cane mu gihe gito canke igihe tukiri mu kibanza kidekanye. Ariko uko igihe kigenda kandi akaga kakaba katakiriho, izo nyangaruka zishobora gutuma bigora kwiyumva utekanye mu buzima busanzwe bwa misi yose. Ivyo bishobora gutuma bigora kwibanda ku gukira.

Ku bantu benshi, ugukenere kwirinda ibintu bibutsa ihahamuka canke ibintu biteye ubwoba bigenda bigabanuka uko imibabaro ijanye n'ukwibuka ibintu ubwo nyene bitangaje n'ivyibutso vyinjira mu bwenge itangura kugabanuka. Ariko ku bantu bamwebamwe, imibabaro y'ivyo vyibutso ituma ukwirindagusa gusa kugaragara nk'uburyo bwonyene bwo kwihanganira ivyo barimwo.

Ibimenyetso vy'ukwiyirinda

- Kwirinda kuvuga canke kwiyumvira ivyabaye kera
- Kwipfuza kwirinda abantu, ahantu canke ibikorwa bigutera ivyibutso bigoye
- Kwirinda amakuru canke amakuru ajanye n'igihugu cawe
- Kwibagira ibintu canke kugira ibice vy'ivyibutso bitibukwa, nk'ibihe kanaka canke ido n'ido ry'ibintu
- Kutagira ico wumva mu marangamutima (kwumva usa n'uwapfuye amarangamutima)
- Kwipfuza kuba wenyene
- Kwama uhuze canke kurondera ibikurangaza kugira wirinde ivyibutso
- Kwumva umwanya ugenda buhorobuhoro canke ukumva umeze nk'uri mu ndoto canke nk'utari mu mubiri wawe
- Gukoresha inzoga, ibiyayuramutwe canke urusimbi kugira wibagize ivyibutso

Ukwirindasi ngombwa ko kuba ingingo wafashe ubizi.

Ukwirindagushobora kubamwo kwama wirundanzira ibikorwa kugira nturonke umwanya wo kwiyumvira ivyo wacyemwo muri kahise. Canke ushobora kwisanga udashobora kugira ico ukora canke ukabona bigoye kuva mu buriri no gutangura umunsi. Ushobora kurondera ibintu bikurangaza nko kwama kuri telefone canke kuraba televiziyo igihe kirekire. Abantu bamwe bamwe bitabaza inzoga, ibiyayuramutwe canke urusimbi kugira birinde ivyibutso bibabaza. Ivyo bishobora gutera izindi ngorane nk'ugutongana n'umuryango, gutakaza amahera canke guhura n'igipolisi.

Naho izo nyishu zitahurika, kuguma wirinda ibintu bishobora kwongera imibabaro uko igihe kigenda, bikatubuza gukora ivyo dushaka kandi bikagabanya uburyohe bw'ubuzima bwacu.





Hari icizere

Iyo uri ahantu hatekanye, imibabaro ijana n'ivyibutso bigoye iragenda igabanuka uko igihe kigenda, bigatuma ugukenere kwirinda ivyibutso kahise kugabanuka. Biciye ku gushigikirwa n'abo ukunda, umuryango hamwe n'ibikorwa vy'ubufasha nka QPASTT, abarokotse ihahamuka bashobora gusubirana ukwiyumva batekanye kandi bumva bari mu kibano muri Australia.

Uburyo bwo gusubirana ubuzima bwawe utagisubiye kwirinda cane



- Iyibutse ko ari ibisanzwe kandi vyumvikana kwipfuzza kwirinda ivyibutso bibabaza
- Menya ko ukwirindakumwe na kumwe gufise akamaro kandi kabereye, ariko witwararike aho ukwirindagushobora kwonona imigenderanire yawe canke uburyohe bw'ubuzima bwawe
- Niwimenyereze uburyo bwavuzwe muri *Impanuro Ngirakamaro zo Gukira Ihahamuka* kugira ushobore kwihanganira ivyibutso biteye ubwoba canke amakenga
- Nimba ubu ufise umutekano, niwame uvyibutse kenshi. Nimba utari ahantu hatekanye, gerageza kwegera QPASTT canke ikindi kigo wizigira
- Buhoro buhoro kandi mu buryo bw'itonde, gerageza gukora ikintu gishasha canke kigutera gusohoka mu vyo umaze kumenyerana. Ni vy'ingenzi ko ari wewe wihitiramwo ico gikorwa, igihe uzogikorera n'aho uzogikorera, kandi ukamenya nimba witeguye. Ushobora kugikora ufashe n'umujanja (counsellor) kugira agufashe kugikora mu buryo butekanye kandi buguhumuriza.
- Nimba unywe inzoga, ukoreshe ibiyayuramutwe canke urusimbi — vugana na muganga wawe (GP), incuti wizigira canke QPASTT. Hari ubufasha buhari, kandi GP yawe na QPASTT bashobora kugufasha kukwereka aho waburuka
- Sangira inkuru yawe. Iyo bishobora kuba kwandika mu gatabu kawe k'ivyiyumviro canke kuvugana n'incuti wizigira canke umujanja (counsellor)

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Urupapuro rw'amakuru rwa 10: Gutahura impinduka mu buryo utekereza n'uko wiyumva kuri wewe, abandi n'isi

Nyuma yo guhura n'ibintu biteye ubwoba canke ihahamuka, abantu akenshi basanga imyemerere yabo kuri bo, ku bandi no ku isi ihinduka. Nk'akarorero, bashobora kubona isi nk'aho iteje akaga kurusha, ko abantu badakwiye kwizigirwa, canke ko ibabaye ibataye burundu. Hari n'igihe imyemerere y'ivy'idini canke iy'ivy'umutima (spiritualité) ishobora guhinduka inyuma y'ihahamuka.

Iyi myemerere mishasha ishobora gutuma umuntu yumva amarangamutima akomeye nk'ubwoba, isoni, umubabaro mwinshi n'ishavu. Irashobora kandi gutuma umubiri uguma ugavye cane, witeguye igihe cose ko ikibi gishobora kuba. Biramenyerewe ko abantu biyongera abandi kubera isoni, urujijo canke kutamenya ico bakora, bikongera umubabaro n'ukwiheba.



Ushobora kubona muri wewe canke mu bandi ibi bikurikira:

- Ivyiyumviro vy'ukwiheba, kwumva ata co ushoboye, umubabaro, ishavu, isoni canke kwumva utanezerewe
- Kutagira inyota yo gukora ibintu wakunda, no kugorwa no kwumva umunezero canke akanyamuneza
- Kugira ivyizigiro bike canke kumva ubuzima butagifise insiguro
- Kutizigira abandi, kwibaza imigambi y'abantu, no kwumva isi atari ahantu hatekanye
- Kwishinja amakosa, kwumva isoni canke ikimwaro gikomeye ku bintu utagenzura
- Kwiyumvira icaha kubera ko warokotse canke wasize ababo n'umuryango inyuma
- Kwiyumva nk'uwononekaye canke "watakaye" kubera ivyo wacyemwo
- Kwumva utakimenya uwo uri we canke ico ushaka mu buzima
- Kwiyumva utandukanye n'abandi no kugorwa no kwinjira mu bandi
- Ishavu rikomeye no kwipfuzwa kwihora ku babonwa nk'abateye ivyago canke ku mashirahamwe n'abantu batemera ivyiyumviro bimwe
- Umubabaro mwinshi n'akababaro ku vyo vyose vyatakaye

Naho bishobora gutera ubwoba, kwitondera ayo marangamutima ni intambwe ikomeye yo gutahura ico asigura, uko wasobanuye ivyashitse, n'ico uha agaciro cane mu buzima bwawe.

Ihahamuka rirashobora kandi guhindura imyemerere yacu mu buryo bwiza

Abantu benshi barokotse bavuga ko baronse imyemerere myiza, bakabona isi nk'ahantu h'icizere canke amahirwe, canke bakiyumva bahiriwe canke bafise amahoro. Ivyo bishobora gutuma habaho inyungu nziza nk'imbaraga z'umuntu ku giti ciwe, ukwiyizigira, imigenderanire myiza, ubwenge, ugushima ubuzima, ukwihangana no kurushaho kugira ukwizera canke intumbero y'ubuzima.

Izindi mpinduka nziza zituma abarokotse benshi bubaka ubuzima bufise insiguro n'agaciro muri Australia.

Ibuka:

- Baramenyereye ko ivyiyumviro, amarangamutima n'imyemerere yacu kuri twe ubwacu, abandi n'isi bihinduka inyuma yo guhura n'ihahamuka
- Birumvikana kandi ni ibisanzwe kwipfuzwa kwirinda kwiyumvira ku bintu bibabaza cane
- Ivyiyumviro n'amarangamutima yacu ni vy'ingenzi. Birashobora kudufasha gutahura ivyo twacyemwo
- Kuvugana ivyo wacyemwo n'umuntu wizigira bishobora kugufasha gutahura ivyiyumviro, amarangamutima n'ivyabaye mu buzima bwawe
- Ihahamuka rishobora kandi guhindura imyemerere yacu mu buryo bwiza

Imyemerere yacu ku ihahamuka igira ico ikoze ku buzima bwacu bwo mu mutima no ku buzima muri rusangi

Imyemerere dufise ku vyatumye ihahamuka riba n'ingene twavuyakiriye igira ico ikoze gikomeye ku buzima bwacu bwo mu mutima. Birumvikana ko umuntu yipfuzwa gutahura ico yacyemwo, ariko amarangamutima akomeye kandi ababaza ajanye n'ivyibutso vy'ihahamuka ashobora gutuma bigora kwiyumvira canke kuvuga ivyo bintu. Ivyo bishobora gutuma haba ivyiyumviro bidafasha canke bitari vyo ku bijanye n'ingene n'impamvu ibintu vyabaye, n'ico bisigura kuri wewe, ku bandi no ku isi. Ivyiyumviro bidafasha bitera umubabaro mwinshi kandi bigatuma gukira bigorana.

Naho bishobora kugora, kuvugana ivyiyumviro n'amarangamutima n'umujanja (counsellor) canke undi muntu w'inkunga bishobora kugufasha gutahura ivyo bintu mu buryo bufasha kurushaho.

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Urupapuro rw'amakuru rwa 11: Uko wakwihanganira amarangamutima akomeye — ishavu (anger)

Menya ibimenyetso vyawe biburira

Ishavu rikunze kwiyoungera buhoro buhoro mu mbaraga zaryo. Kumenya ibimenyetso umubiri wawe utanga igihe ishavu ritanguye kwiyoungera biragufasha kuguma wigenzura. Ibimenyetso bisanzwe biburira birimwo:



Kwumva isura yawe ishushye cane



Ijwi ridasanze/ rirenga



Gufata ibiganza bikomeye



Gufata urwasaya rukomeye



Kugira amatembabuzi



Kugira ivyuya



Guhindukira ukicecekerana, ukumva urakaye canke urakajwe n'ikintu



Gukoresha imvugo y'umubiri yerekana uburake

Iyo abantu bahuye n'urugomo canke ihahamuka, akenshi bashobora kugira ishavu rikomeye ritunguranye, uburake bwinshi canke kwipfuzwa kwihora. Abantu bashobora gutinya ayo marangamutima canke bakabona bigoye kuyaserura. Ishavu rishobora guterwa n'abantu, ahantu canke ibihe bibibutsa kahise, canke rimwe na rimwe rikaza ata nteguza.

Ishavu ni amarangamutima asanzwe abantu bose bagira rimwe na rimwe. Ariko abantu benshi babona ishavu, uburake n'urwanko nk'“ibibi” canke bakiyumvira ko bidakwiye kwiyumvirwa. Abandi bakibona ko ishavu ryoroshe kwerekana kurusha amarangamutima nk'agahinda canke umubabaro. Umuntu ashobora kwerekana ishavu kugira ahishe ayandi marangamutima ababaza nk'agahinda, isoni canke ubwoba.

Ishavu si kimwe n'urugomo canke ugutera abandi nabi. Ivyo ni uburyo butagira akamaro bwo kwerekana amarangamutima akomeye, bushobora gutuma habaho izindi ngorane n'umubabaro mwinshi kurushaho. Hari uburyo bwinshi bwo kwerekana ishavu butagirira nabi wewe canke abandi.

Kurondera uburyo butekanye bwo gusohora ishavu ryawe

Intambwe ya mbere mu guhangana n'amarangamutima akomeye ni kwiga uburyo bwo kuyaserura mu mutekano. Uburyo bukurikira bwafashije abarokotse guhangana n'ishavu ryabo.

Hindukira urabe urupapuro rukurikira.



IMYIMENYEREZO: **Guhindura intumbero y'ivyiyumviro**

nimba wumva ishavu rikomeye cane kandi bikakugora gutekereza canke gukemura ikibazo mu mutuzo, **gerageza kwerekeza ivyiyumviro vyawe ku vyo uriko uracamwo ubu, maze ukore igikorwa coroshe kandi kigutera umunezero nk'iminota 30 kugira uhe umubiri wawe umwanya wo gutekana.** Uzoba ufise amahirwe menshi yo gucunga ishavu mu buryo bwiza iyo umaze gutekana, hanyuma ukagaruka kwitaho ico kikurakaje nyuma.



Guhema cane incuro 10
(reba uburyo bwo guhema utekanye ku rupapuro rukurikira)



Kuvugana n'umuntu wizigira ukamenya ko agufasha gutuza



Kwiyuhagira amazi akanye canke gushira amazi akanye ku maso



Kuva aho uri



Kuraba filime



Gukina umukino



Kuvuza igicurarangisho canke kwumviriza umuziki



Gusenga canke gukora igikorwa kijanye n'ukwemera kwawe



Gukora imyimenyerezo y'umubiri nibura iminota 20
(gukina, kugenda vuba n'amaguru, gutera umupira)



Gukina n'igikoko utunze



Guteka canke gutegura ibifungurwa

IMYIMENYEREZO:

Uburyo bwo GuhemaUtekanye

Akenshi iyo abantu batewe ubwoba canke bababaye, batangura guhemavyihuta. Iyi ni inyishu isanzwe yo kwikiza itegura umubiri kurwana canke guhunga.

Rimwe na rimwe umubiri wacu ushobora kuguma ugavye cane, maze uguhemavyihuta kukabandanya igihe kirekire bigatera ivyiyumviro bitameze neza mu mubiri. Uguhema utekanye ni uburyo bworoshe bufasha kugabanya inyishu y'umubiri yo kurokoka kandi bugafasha kugabanya ubwoba n'ugudatekanirwa.



**Niwimenyereze
imyimenyerezo ikurikira
n'imiburiburi iminota
5-10 buri munsu.**

Mu ntango bishobora kugora, ariko uko uguma uvyimenyereza ni ko birushiriza kworoha. Kwimenyereza mu bihe wiyumva utekanye bizofasha umubiri wawe kwibuka bitagoranye uko umutekano umeze. Ivyo bishobora gufasha kugabanya ubwoba igihe buje kandi bikagufasha gukira ningoga igihe wagize ubwoba bukabije.

Intambwe ya 1



Garama canke wicare neza, ibirenge vyompi biri hasi.

Intambwe ya 2



Shira ikiganza kimwe ku nda, ikindi ku gikiriza.

Intambwe ya 3



- Hema mu gihe c'amasogonda 4
- Rindira mu kiringo c'amasogonda 4

Intambwe ya 4



Vuga ijambo 'tuza' (canke irindi jambo rihumuriza) igihe cose usohora umwuka gushika ku masogonda 6.

Intambwe ya 5



Bandanya guhema gutya gushika ibimenyetso vyose vy'ubwoba, uguhagarika umutima no kudegemwa birangiye.



Rimwe na rimwe ibimenyetso bishobora kugaruka inyuma y'akanya gatoyi — ivyo ni ibisanzwe. Bandanya gusa ukoresha Uburyo bwo Guhema Utekanye igihe cose bikenewe.

IMYIMENYEREZO:

Gira agatabu wandikamwo



Guma wandika ibihe wumva ishavu.

Ivyo bizogufasha kubona uburyo ishavu riza, ibimenyetso biburira n'ibiritera, kugira urushirize gutahura no gucunga ayo marangamutima igihe aje.



Hindukira urabe urupapuro rukurikira.

Impanuro zo gukoresha agatabu k'ivyanditswe (diary):

- Andika mu gatabu kawe igihe wumva ishavu canke inyuma gato yaho
- Sobanura ivyariko biraba imbere y'uko wumva ishavu.
- Sobanura ikibazo canke ibintu vyatumye ishavu riza. Guma ku kuri kw'ibyabaye. Sobanura gusa ivyabaye
- Sobanura ivyo wiyumvise mu mubiri wawe (akarorero: urwasaya rwanje rwari rwafashe cane, umutima uratera cane)
- Sobanura ivyiyumviro n'amarangamutima wagize igihe wari ufise ishavu. Ni ibihe vyiyumviro vyariko biraca mu mutwe wawe neza neza? Ni ibiki wariko wibwira?
- Subira wiyumvire kuri ico kibazo umaze gutekana. Ubu ubibona ukundi ugereranije n'ingene wavyumvise muri uwo mwanya?



Kwandika ivyiyumviro n'amarangamutima vyawe bishobora kugufasha gutekana kandi bikaguha amakuru y'akamaro yogufasha guhangana n'ayo marangamutima muri kazoza.



**Umurongo wa terefone nkenerwa
(amasaha 24 kuri 24):
13 11 14**

**Umurongo wa terefone gufasha abana
(amasaha 24 kuri 24):
1800 55 1800**

**Terefone ya Queensland
Mental Health:
1300 642 255**

Igihe ishavu ryumva rigoye gucunga

Nimba wumva ishavu ryawe rigoye kugenzura, canke ukumva udashoboye kwikingira neza canke ufise ubwoba bwo kugirira nabi uwundi muntu, ni vy'ingenzi cane kurondera ubufasha. Vugana n'umujanja (counsellor), incuti wizigira, umuntu wo mu muryango canke uwundi muntu aguha ubufasha.

Hasi hari inomero za telefone z'ibigo vyo muri Australia bikora amasaha 24 kuri 24, iminsi 7 ku ndwi, aho hari abantu bahuguwe gutahura ayo vyiyumviro no kugufasha muri ico gihe. Abasiguzi barahari nimba bikenewe — ubisabe gusa.



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hamagara 07 3391 6677 canke ugendere urubuga rwa qpastt.org.au.**

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Urupapuro rw'inyigisho rwa 12: Uko wokwifata igihe ufise inyiyumvo zikomeye – kubura icizere, insiguro n'intumbero y'ubuzima

Inyuma yo kubura canke guhura n'ihahamuka, abantu benshi bagira ugutakaza icizere, insiguro n'intumbero y'ubuzima bwabo, cane cane igihe imyizerere yabo ku vyiza n'ubutungane isambuwe. Abantu bamwe bavuga ko bumva isoni canke icaha ku vyo bakoze canke ivyo batakoze. Ayo marangamutima ashobora gutuma umuntu aguma yumva ababaye, ata munezero afise kandi akiyonkora incuti n'umuryango.

Kuvugana ku vyabaye hamwe n'ingene wabitahuye n'umuntu wizigira nk'umujana (counsellor) canke umuntu wo mu kibano bishobora gufasha cane gutsinda ayo marangamutima. Abantu benshi basubira kubona icizere n'umunezero mu buzima igihe baronse akaryo n'umutekano wo kuvuga inkuru yabo no gutahura ivyo bacyemwo hamwe n'umuntu abatega amatwi atabacira urubanza.

Uburyo bushobora gufasha igihe wumva watakaje icizere, insiguro n'intumbero y'ubuzima:

Kora imyimenyerezo y'umubiri ubudasiba:

Tegura ibikorwa vyawe:

“Umwaka uheze numvise ko muri Sudan hari intambara kandi umwana wanje yariyo, mama wanje, mwene wacu — bose bariyo. Numvise ata cizere mfise, nk'aho ndiko ndatakaza vyose. Ariko nararonse ibiganiro, hanyuma umukozi yamfasha arampamagara amaze kubibona kuri televiziyo, maze numva nti: 'wow, hari umuntu anshigikiye. Sindi jenyene.’” — Umukiriya wa QPASTT

Niwitandukanye umwanya wo kugenda iminota 30 canke gukora imyimenyerezo y'umubiri incuro 3-4 mu ndwi. Imyimenyerezo y'umubiri, cane cane iyo ikorewe mu bidukikije vyiza, irafasha gutuma umuntu yumva amerewe neza no kugabanya stress n'ubwoba.

Ivyo dukora bigira ico bikoze ku vyiyumviro n'amarangamutima yacu. Ntuwurindire kubanza kwumva umeze neza kugira ukore ibikorwa ukunda canke biguha insiguro. Mu gukora ivyo bikorwa naho woba utavyipfuzi cane, buhoro buhoro bishobora gutuma wumva umeze neza. Tegura ibikorwa bishimishije kandi bifise insiguro buri muni.

Gumana n'abandi bantu:



Wimenyereze gushima:



Wimenyereze kwemera uko wiyumva:



Raba Imyimenyerezo: Kwemera amarangamutima yawe ku rupapuro rukurikira.

Vugana na GP yawe:

Kumara umwanya n'abandi bantu bishobora kandi gufasha gutuma umuntu yumva amereye neza no kugabanya ukwiyumva uri wenyene. Gerageza gutegura igikorwa gifise insiguro kandi gishimishije hamwe n'incuti canke abantu bo mu kibano. Ushobora kwinjira mu mugwi canke club y'ibikorwa ukunda nk'inkino, guteka, kuririmba, kubyina canke ibijanye n'ubugeni. QPASTT ifise imigwi itandukanye yo gusabana, kandi irashobora no kugufasha kuronka uwundi mugwi canke ishirahamwe ritanga ibikorwa nk'ivyo mu kibano cawe.

Ubushakashatsi bwerekana ko gushima bifasha umuntu kugira amarangamutima meza, ubuzima bwiza n'imigenderanire myiza.

Uburyo bworoshe bwo kwimenyereza gushima ni kurangiza umunsi wiyumvira ibintu bitatu bito ushima. Tangurira ku bintu bito cane, nk'akanyamuneza ko kunywa ikawa nziza canke akamoto k'ishurwe.

Hanyuma wibaze ikindi kintu ushimira uwo munsi kiruta ubuto ico ca mbere.

Maze ubwa nyuma, wibaze akandi kanyamuneza gatoyi kurusha ako ka nyuma. Uku kwimenyereza ntikukuraho umubabaro wo mu buzima bwawe, ariko kugufasha kubona uturyo tw'umunezero naho twoba ari dutoyi.

Rimwe na rimwe ntibishoboka guhindura uko twiyumva canke ikibazo catuzaniye umubabaro. Akenshi ducira urubanza amarangamutima yacu tukavuga ko ari mabi canke ikibazo (nk'ukumva ufise icaha kubera utanezerewe), ivyo bikatuma turushiriza kubabara. Kwirinda amarangamutima yacu na vyo biratuma umubabaro uguma igihe kirekire.

Kwemera amarangamutima yacu ata kwicira urubanza, kwiyibutsa ko ayo amarangamutima ari ibisanzwe kandi azohere, no kwerekeza ivyiyumviro vyacu ku bidukikije birashobora gufasha guhangana n'umubabaro.

Imiti irashobora gufasha kugabanya ukwama wumva ubabaye. Imiti ntikuraho umubabaro wose, ariko ishobora kugabanya ubukomezi bw'ayo amarangamutima. GP yawe arashobora kugufasha kuronka imiti ibereye yogufasha kuvyifatamwo neza no kugabanya umubabaro.

IMYIMENYEREZO: Kwemera inyiyumvo zawe

Shaka ahantu hatuje kandi heza wicare canke uryame. Funga amaso yawe nimba ubishaka. Hema winjiza impwemu imbere... hanyuma uheze uzisohore buhoro.

1

Niwumve umubiri wawe



Suzuma uko umubiri wawe wiyumva. Woba wumva uhagaze, uremereye, canke utuje? Wubahirize gusa utagerageje guhindura ikintu na kimwe.

2

Shaka inyiyumvo yawe



Ibaze uti, "Ni iki ndiko ndumva ubu?" Vyashobora kuba agahinda, ishavu, amaganya, canke ikindi kintu. Ico ari co cose, ni vyiza.

3

Nuvuge uko wiyumva mw'izina



Vuga iyo nyiyumvo kuri wewe, nk' "Ndumva mfise agahinda," canke "Ndumva mfise amaganya." nimba utabizi neza, vuga gusa uti, "Ndumva hari ico numva."

4

Reka bibe uko biri



Wiyumvire ko iyo nyiyumvo yicaye iruhande yawe. Wibwire uti, "Ni vyiza uko niyumva. Sinkeneye kurwana na vyo."

5

Raba iyo nyiyumvo



Suzuma iyo nyiyumvo iri mu mubiri wawe. Woba wumva ari binini canke bito? Biguma uko iri canke birahinduka? Guma gusa ubisuzuma, nk' ukuraba igicu.

6

Ba umugwaneza ku ubwawe



Wivugire ikintu ciza kuri wewe, nka "Ni vyiza ko numva uko meze," canke "Ndihano ku bwanje."

7

Reka birengane



Iyumvire iyo nyiyumvo nk' umupfunda. Biraza hama bigaca bigenda. Wibwire uti, "Ibi bizerangira."

8

Garuka



Hema cane winjiza impemu indani... hanyuma uzisohore buhoro. Ugurura amaso yawe igihe witeguye.



Inyiyumvo zo kwiyahura canke zo kugirira nabi abandi

Ku bantu bamwe, ingaruka zikomeye kandi zibabaza z'ihahamuka zishobora kuba zitihanganirwa kandi zigatuma umuntu agira ivyiyumviro vyo kwiyahura canke kugirira nabi abandi.

Izo nyiyumvo si ikimenyetso c'uko ata cizere kikiriho n'aho vyashobora kwumva uko. Ahubwo, izo nyiyumvo zerekana ko umuntu yacitse intege kubera ububabare bwinshi adashobora kwikuramwo wenyene. Ibuka ko infashanyo ihari kandi ko izo nyiyumvo, naho zikomeye, zizorangira.

Shikira abandi wizeye nimba wisanze wiyumvira kwiyahura canke kugirira nabi uwundi muntu.

Vugana n'umujana, umuganga wawe canke incuti yizewe canke umunyamuryango w'ishirahamwe. Hariho uburyo bwinshi bwo kugufasha guhangana n'inyiyumvo zikomeye n'ivyiyumviro vyo kwiyahura canke kugirira nabi abandi.

Aho wogana infashanyo yihutirwa:

nimba ufise ivyiyumviro vyo kwiyahura canke kugirira nabi umuntu (canke uzi umuntu afise ivyo vyiyumviro), ndakwinginze hamagara izi serivisi kugira ubone infashanyo yihutirwa:

Umurongo wa terefone nkenerwa (amasaha 24): 13 11 14

**Umurongo wa terefone wo gufasha abana (amasaha 24):
1800 55 1800**

Terefone ya Queensland Mental Health: 1300 642 255

Serivisi z'ivyihutirwa: 000

Izi serivisi ziraboneka amasaha 24 ku musi, imisi 7 ku ndwi. Abasiguzi barahari nimba bikenewe. Urashobora kandi guhamagara Ubufasha bwo gusigura mu Nyandiko no mu Mvugo (TIS) kuri 131 450.

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Urupapuro rw'inyigisho rwa 13: Gusobanukirwa no gucunga itirobidahagije



Igihe co
IMYIMENYEREZO: kwiyumvira
amaganya



Niwisanga uriko uragira
amaganya ku mugoroba, hitamwo
akanya ko muri uwo mugoroba
uheze **wihe iminota 5–10 yo**
kwandika ibikuraje ishingira. Kurikiza neza
igihe washizeho kandi ntukirenge.

Muri ico gihe, andika ibintu bigutera amakenga canke
ibigutera agahinda canke ubwoba. Tandukanya ibintu
bigutera amakenga mu vyo ushobora kugenzura no
mu vyo udashobora kugenzura.

Kubura itirobihagije canke kubura itiro neza ni ikibazo
gisanzwe, cane cane ku bantu bahuye n'ihahamuka
n'ihangayikishijwe. Ivyibutso vy'ivyabaye mu gihe caheze
n'amaganya y'igihe kizaza bishobora kubangamira itiro,
bigatuma umuntu agira ingorane zo gusinzira, kubyuka
kenshi, n'ivyiyumviro bibangamira mu ndoto. Guteza imbere
ireme ry'itiro ni nkenerwa cane ku buzima bwiza bw'umubiri
n'inyiyumvo.

Ingaruka zo kubura itiro vyiza

Kubura itiro vyiza bishobora kugira ingaruka ku nyifato yacu,
ivyiyumviro vyacu n'ibikorwa vya misi yose. Ibihe bituje imbere
yo gusinzira bishobora gutuma wiyumvira ivyabaye mu gihe
caheze canke amaganya ufise ubu, bikagutera guhagarika
umutima no kubura ituze. indoto zibangamira, flashbacks,
canke kubura ituze bishobora guhungabanya itirovyawe,
bigatuma umunsi ukurikira wumva unaniwe kandi ushavuye.



Nimba igihe categekaniywe kirangiye, ca uhagarika
(n'iyi woba utaraheza). Shira kure impapuro zose
wanditseko, wemere ko uzokemura ikibazo mu
bushobozi bwawe mu gitondo. Menya kwemera
no kureka ibigutera kwiganyira birenze ubushobozi
bwawe.

Uburyo bwo guteza imbere itiro

1 Shiraho uburyo butuma uruhuka imbere yo kuryama:

Tegura ibikorwa bituma uruhuka imbere yo gusinzira kugira umubiri wawe umenye ko igihe co kuruhuka kigeze. Ivyo bishobora kuba nko gusoma, gusenga, guhema cane buhoro, canke kwiuhagira amazi y'akazuyazi.



2 Gabanya umunaniro wo ku murango:

Wimenyereze uburyo bwo kuruhuka, nko guhema neza kandi witonze, kurambura umubiri buhoro, gusenga, canke kugenda n'amaguru buri musi. ibi bikorwa birashobora kugufasha gucunga ihangayika ku murango, bikagabanya ingaruka zaryo ku bitotsi mw'ijoro.



3 Tegura ahantu heza ho kuryama:

Raba neza ko aho uyamira hateza imbere kuruhuka mu kuba hijimye, hatuje kandi hafise ubushuhe bwiza. Rondera imatela n'imisego vyiza kandi urabe neza ko amarido abuza umuco kwinjira.



4 Raba ingeso zitafasha:

Irinde gusinzira ku murango, gukoresha telefone igihe uri mu buriri canke kurabira televiziyo mu buriri. Gabanya inzoga, caffeine, n'imfungurwa ziremereye imbere yo kuryama—nta caffeine inyuma ya saa munani z'umutaga kandi ntuheze kurya amasaha 3 mbere yo kuryama.



5 Uzohore uryama kandi uvyuke igihe kimwe buri musi:

Uzohore uryama kandi uvyuke igihe kimwe buri musi. Ukudahindagurika bifasha gutunganya isaha y'umubiri wawe y'imbere.



6 Izindi ngeso:

- Va mu buriri nimba udashobora gusinzira. Kora ikintu kigutuzza gushika wumva usinziriye, hanyuma wongere ugerageze gusinzira
- Wihanganire ijoro ryo kubura itiro. Iyibutse ko ushobora gusubira kugerageza ejo
- Ntuhagarike umutima kubera kudasinzira. Rekura amaganya
- Irinde kuraba isaha kenshi. Shiraho isaha yo kugukangura nimba bikenewe kugira umutima wawe utuze
- Kora imyimenyerezo ngororamubiri buri musi. Gerageza iminota 30, ariko wirinde kubikora amasaha 3–4 imbere yo kuryama
- Kora ikintu gituzza. Gerageza imyimenyerezo yo guhema, kwiyumvira neza, gusenga, canke application y'inkuru zo gufasha gusinzira



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Urupapuro rw'inyigisho rwa 14: indoto zibabaza n'indoto mbi

Abantu bahuye n'ihahamuka bashobora kugira indoto zibabaza canke indoto mbi. Inyuma y'ihahamuka, ubwonko bugerageza gutahura ivyabaye. Ibi bishobora gutuma ivyibutso bikomeye canke inyiyumvo zikomeye vyigaragaza mu nzozi. indoto mbi ni uburyo ubwonko bukoresha mu gutunganya no guca mu bihe bigoye. Si ikosa ryawe kandi ntibivuga ko hari ikitagenda neza muri wewe.

Ihahamuka rigira ingaruka ku gice c'ubwonko gicunga ubwoba n'ivyibutso. Ibi bishobora gutuma indoto n'indoto mbi vyumva nk'ivy'ukuri cane, bikomeye kandi bigoye kwikuramwo.

indoto mbi zishobora kuba ugusubira kubaho ibice vy'ihahamuka, nk'ibyo wabonye, amajwi canke inyiyumvo zo muri ico gihe. Rimwe na rimwe, izo nzozi zishobora kuba zitandukanye ariko zigatera ubwoba. Nk'akarorero, ushobora kurota uri mu kaga canke wumva wafashwe. Ushobora kuvyuka wumva ufise ubwoba, ubabaye canke mbere wajahaye. Ushobora kuvyuka usanga uriko urabira canke ufise ingorane zo guhema.

Ni igiki gishobora gufasha?



Gutahura

Ibuka ko indoto mbi zisanzwe zibaho nyuma y'ihahamuka. Ni uburyo ubwonko bwawe bugerageza gutahura ivyabaye.



Uburyo bwo kwisubiza hasi

Nimba uvutse uvuye mu nzozi mbi, gerageza kwisubiza mu vy'ubu wibanda ku bikuzengurutse.

IMYIMENYEREZO: Raba ibintu bitanu



Niwimenyereze ubu buryo umunsi wose, cane cane igihe cose usanze wafashwe n'ivyiyumviro n'amarangamutima bigoye.



Iyo twumva dufise uguhagarika umutima n'ubwoba, dukunze gufatwa n'ivyiyumviro bigoye, ibitwibutsa, amarangamutima n'ivyiyumviro vy'umubiri bijanye na kahise canke ubwoba bwo muri kazoza.

Kwibanda ku vyo tubona, twumva, dukorako, twimotereza canke twumvirako uburyohe bishobora kuba uburyo bwihuta kandi bukomereye bwo gusubiza ubwenge bwacu muri aka kanya turimwo aho dufise umutekano.

Hagarara gatoya. Menya kandi uvuge ico uriko uracamwo (akarorero: "Ndiko nibuka ibihe vyari bigoye," "Ndumva igikiriza canje gifise uburemere.") Hanyuma urabe hirya no hino maze uvuge n'ijwi rirenga ibi bikurikira:



Hindukira urabe urupapuro rukurikira.

IMYIMENYEREZO:

Raba ibintu bitanu



5 ibintu ushobora kubona (nk'idirisha, umuryango, igisenge, ibiti, amaboko)



4 ibintu ushobora kwumva (akarorero. imvura igwa, inyoni ziririmba, urwamo rw'imiduga, guhema)



3 ibintu ushobora gukorako canke kwumva biri ku mubiri wawe (akarorero. ishuka)



2 ibintu ushobora kwimotereza (akarorero. parufe, shampoo)



1 Ibifungurwa ushobora kurya (akarorero. umukate wa tungurusumu wo mu ifunguro riheruka)

IMYIMENYEREZO:

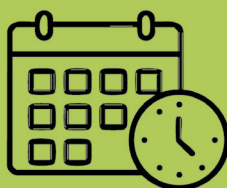
Iyibutse ko ufise umutekano

Ivyabaye ntashaka vya kahise n'amaganya ya kazoza bishobora gutuma wumva ata mutekano ufise. Uburyo bworoshe ushobora kwimenyereza buri muni ni ukwiyibutsa ko ubu ufise umutekano.

Kubifatanya n'Uburyo bwo GuhemaUtekanye bishobora gufasha cane iyo vyimenyerejwe kenshi.



Iyibutse aho uri ubu (akarorero. Ndi mu cumba canje, mu nzu yanje, i Brisbane).



Iyibutse igihe turimwo ubu (nk'ubu ni isaha cumi n'imwe z'umugoroba ku wa Mungu. Ni itariki/ukwezi/umwaka).



Iyibutse ingene aho uri ubu hatandukanye n'ahahise. Vuga ido n'ido ry'ibintu.



Nimba ubu utari ahantu hatekanye, gerageza kurondera infashanyo n'ubufasha kuri QPASTT canke ku kindi kigo wizigira. Urashobora kandi kugerageza imyimenyerezo ya Dual Awareness iri mu Rupapuro rw'inyigisho rwa 7: Gusobanukirwa no guhangana n'ivyibutso biteye ubwoba (flashbacks)

Akenshi iyo abantu batewe ubwoba canke bababaye, batangura guhemavyihuta. Iyi ni inyishu isanzwe yo kwikiza itegura umubiri kurwana canke guhunga.

Rimwe na rimwe umubiri wacu ushobora kuguma ugavye cane, maze uguhemavyihuta kukabandanya igihe kirekire bigatera ivyiyumviro bitameze neza mu mubiri. Uguhema utekanye ni uburyo bworoshe bufasha kugabanya inyishu y'umubiri yo kurokoka kandi bugafasha kugabanya ubwoba n'ugudatekanirwa.



**Niwimenyereze
imyimenyerezo ikurikira
n'imiburiburi iminota
5-10 buri munsu.**

Mu ntango bishobora kugora, ariko uko uguma uvyimenyereza ni ko birushiriza kworoha. Kwimenyereza mu bihe wiyumva utekanye bizofasha umubiri wawe kwibuka bitagoranye uko umutekano umeze. Ivyo bishobora gufasha kugabanya ubwoba igihe buje kandi bikagufasha gukura ningoga igihe wagize ubwoba bukabije.

Intambwe ya 1



Garama canke wicare neza, ibirenge vyompi biri hasi.

Intambwe ya 2



Shira ikiganza kimwe ku nda, ikindi ku gikiriza.

Intambwe ya 3



- Hema mu gihe c'amasegonda 4
- Rindira mu kiringo c'amasogonda 4

Intambwe ya 4



Vuga ijambo 'tuza' (canke irindi jambo rihumuriza) igihe cose usohora umwuka gushika ku masogonda 6.

Intambwe ya 5



Bandanya guhema gutya gushika ibimenyetso vyose vy'ubwoba, uguhagarika umutima no kudegemwa birangiye.



Rimwe na rimwe ibimenyetso bishobora kugaruka inyuma y'akanya gatoyi — ivyo ni ibisanzwe. Bandanya gusa ukoresha Uburyo bwo Guhema Utekanye igihe cose bikenewe.



Urashobora kandi kugerageza Kwoyiroshe Mu Nyama Bibandanya iri mu *Rupapuro rw'inyigisho rwa 8: Gusobanukirwa no guhangana n'ubwoba, uguhagarika umutima, kudatuzza no kwama ugavye cane.*



IMYIMENYEREZO: Gutuza kandi inyuma y'indoto mbi

Iyi myimenyerezo igufasha kwemera ubwoba wumvise mu nzozi mbi canke mu ndoto zisanzwe no kwiyibutsa ko ivyabaye kera bitariko biraba ubu.

Andika canke uvuge uwo mwimenyerezo n'ijwi rirenga imbere yo kuryama no mu gihe uvyutse uvuye mu ndoto zibabaza:

UYU MUSI (CANKE KERA) NARATINYA CANE:

NI CO GITUMA NSHOBOA KURUTA INDOTO MBI MAZE NKAUVUKA NUMVA:

UMUTIMA WANJE USHOBOA GUTERA CANE, KANDI NSHOBOA KUZUGUMIRA CANKE KURIRA. NIMBA IVYO BISHITSE, NZOKWIBWIRA KO ARI KUBERA NDIKO NDIBUKA: (VUGA MURI MAKE)

HANYUMA NZOCA NATSA ITARA MAZE NDABE MU CUMBA CANJE MVUGE IBINTU MBONA MURI CO.

KANDI NZOKWIBWIRA KO NAROSE INDOTO MBI GUSA KANDI KO
BITARIKO BIRABA UBU.



Ushobora gusanga utegerezwa kubisubiramwo incuro nke kugira ushobore gusubira gusinzira.

Ibuka:

Kuronka itiro neza ni urugendo rugenda buke-buke. Kurondera ubufasha, cane cane ku muhanuzi w'inzobere mw'ihahamuka, bishobora gutanga uburyo bwihariye bwo gufasha no kugufasha guhangana n'ingorane mu buryo butekanye kandi bushigikiwe.

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QPASTT ni Porogaramu ya Queensland ifasha abarokotse itotezwa n'ihahamuka. Ni ishirahamwe ry'ikibano ritanga ubufasha butandukanye, bworoherejwe kandi bwubaha imico itandukanye ku bantu batotejwe canke bahuye n'ihahamuka rifitanye isano n'uguhunga. QPASTT ifise ibiro bitandukanye mu ntara ya Queensland.

Urupapuro rw'inyigisho rwa 15: Ubufasha bwo kuganira n'umujanama ni iki kandi bushobora gute kugufasha?

Ubufasha bwo kuganira n'umujanama ni ahantu hihariye kandi hatekanye aho ushobora gusangiza ibikugoye n'impungenge umuntu amenyereye kumva no kugufasha kubona inyishu. Umujanama wawe ashobora kandi kuguha n'ubufasha ku bibazo vy'ubuzima bwa buri muni no kugufasha gusobanukirwa uko ubuzima bwo muri Australiya bukora.

Ibiganiro bikorwa biguma ari ibanga hagati yawe n'umujanama gusa (hamwe n'umusobanuzi nimba bikenewe). Nta wundi muntu ubibwirwa udatanze uburenganzira bwawe (keretse gusa nimba hari ivyago ku buzima bwawe canke ubw'uwundi muntu).

Abajana ba QPASTT ni abantu bafise impuhwe n'ubugwaneza kandi bamenyerejwe vy'umwihariko gukorana n'abantu bahuye n'itotezwa n'ihungabana rifitanye isano n'uguhunga. Batahura neza uburyo ihungabana no kumenyera umuco mushasha bishobora kukuzanira ingaruka kandi bamenyerejwe kugufasha kwihanganira ibibazo no gutera imbere muri Australiya.





Ni gute kuganira n'umujanama bishobora kugufasha?

Kuganira n'umujanama bishobora kugufasha kongera kumva utekanye no kugarura icizere n'intego mu buzima bwawe.

Umuhanama ashobora gukorana nawe mu kurondera inyishu zishoboka ku bibazo vyawe canke uburyo bwo guhangana n'ibimenyetso bibabaza canke bidashimishije uriko uhura navyo. Kuganira n'umujanama bishobora kandi kugufasha kugaragaza amarangamutima akomeye mu buryo butekanye kandi burimo ubufasha kugira ngo bitakomeze kukugirako ingaruka.

Abajana ba QPASTT bashobora kandi kugufasha nimba hari inzitizi uhura na zo mu buzima bwawe muri Australia. Abajana ba QPASTT bashobora kuguhagararira kugira

ngo ubone ivyo ukeneye vy'ibanze no kuguha n'izindi serivisi z'ubufasha.

Turasobanukiwe ko gukora bisaba ubutwari n'igihe. Turashobora kugukomeza kugufasha igihe cose uzokenera muri uru rugendo rwo gukora.

Abantu benshi batekereza ko kuganira n'umujanama bifitanye isano no kurwara mu mutwe. Bamwe bashobora gutinya kurondera ubu bufasha kubera ko badashaka ko babafata muri ubwo buryo.

Ibimenyetso abarokotse ibihe bikomeye bagaragaza akenshi ni ingaruka zisanzwe ziva ku bintu biteye ubwoba bacyemwo.

Iyo abarokotse bafashijwe — binyuze mu kuganira n'umujanama — gusobanukirwa ibisubizo vyabo n'impamvu bibaho, bibahumura cane kumenya ko vyinshi muri izo ingaruka ari izisanzwe kandi atari ikimenyetso c'uburwayi bwo mu mutwe.

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Urupapuro rw'inyigisho rwa 16: Ubufasha bwo kuganira n'umujanama ku bana, urwaruka n'imiryango ni iki?

Abana benshi n'urwaruka bava mu miryango y'impunzi baba baragize ihungabana rivuye canke ridavuye ku gutotezwa no kubera intambara. Vyongeye, iyo abantu bataronse amahirwe yo gukira ihungabana, bashobora kuvyanduza ku runganwe rwo muri kazoza. Abana babo bashobora kugira ishangashirwa rikomeye, ingorane zo kwiyumvamwo abandi no kwiyumva batandukanye n'umuco wabo n'umuryango wabo.



Akazi ka QPASTT n'imiryango, abana n'urwaruka kibanda ku kwemeza ko ihungabana ritaba intambamyi yo gukura, kwiga no gutera imbere muri Australiya.



Ubufasha bwo kuganira n'umujanama ku bana n'urwaruka

QPASTT ifise abajanama badasanze bamenyerejwe gufasha abana n'urwaruka. Bakorana n'abavyeyi kugira ngo bafashe abana n'urwaruka gutahura ivyo bacyemwo no kumenyera ubuzima muri Australiya. QPASTT kandi itanga imigwi n'ibikorwa bitandukanye vy'abana n'urwaruka.

Abana akenshi basanga bigoye gukoresha amajambo mu kugaragaza ivyiyumviro n'inyiyumvo zabo, rero abajanama bakoresha uburyo butandukanye bwo kubafasha. Ibi birimwo ibijanye n'utugenegene, gukina, imikino n'imyimenyerezo y'umubiri kugira ngo bifashe abana atari gusa gutunganya ivyo bacyemwo bibabaje, ariko kandi no gufasha mu gukura kw'umubiri, inyiyumvo n'iy'ubushobozi bwo gutahura ibintu.

Gukina ni ururimi rw'umwana, kandi ibikinisho ni amajambo yiwe. Dufasha abana gukira mu buryo busanzwe kandi buboroheye. Ni co gituma ari ngombwa ko nabo binjizwa mu bikorwa vy'ubujana.

Abavyeyi boshobora gufasha mu buryo bukurikira:

- Gufasha umwana canke umwana akiri muto gushika kw'isanga ry'ubujana
- Guhura n'umujanama w'umwana/urwaruka kugira ngo mufatanye gutahura ibibera mu rugo
- Gukorana n'abajanama mu kurondera inyishu vyofasha umwana canke urwaruka

QPASTT iha agaciro ubwenge n'ubushishozi bw'abavyeyi, ni co gituma idakorana n'abana n'urwaruka bari musi y'imyaka 16 badahawe uruhusha n'abavyeyi.





Nta gihe ntarengwa gihari ku bujanama bwa QPASTT.

Abajanama bacu bashobora gukorana nawe n'umwana wawe canke urwaruka gushika igihe intego zose z'ubujanama zishitse.

Ivyokwitega igihe umwana wawe canke urwaruka asabwe kuja mu bujanama:

- Umukozi ushinze kwakira abantu azogutemberera kugira ngo atahure ivyo umuryango ukeneye kandi abahuza n'izindi serivisi zikenewe
- Umujanama ashobora kandi gutemberera umwana canke urwaruka kw'ishure no kuvugana n'abigisha kugira ngo atahure uko umwana yitwara mu kibanza c'ishure
- Izina ry'umwana canke urwaruka rishirwa ku rutonde rw'abarindiriye ubufasha bw'ubujanama
- Iyo umwana canke urwaruka amaze guhabwa umujanama, akenshi umujanama abanza guhura n'abavyeyi imbere yo guhura n'umwana, kugira ngo atahure neza uko yobafasha. Bashiraho intego z'ubujanama hamwe nawe kugira ngo bose bamenye ibiriko birakorera mu vyigwa vy'ubujanama
- Umujanama azohura n'umwana wawe canke urwaruka kenshi kugira ngo bakore hamwe mu gushika kuri izo ntego
- Umujanama azohura nawe kenshi kugira ngo akumenyeshe uko umwana wawe canke urwaruka agenda atera imbere mu bujanama, akubaze impinduka ubona mu rugo, kandi baganire ku ngamba zashobora gukoreshwa mu rugo kugira ngo mufashe wewe n'umwana wawe gushika ku ntego mwishiriyeho

Uko ihungabana rigira ingaruka ku miryango

Ingorane zo kuba mu gihugu gishasha hamwe n'ivyabaye vy'ihungabana bishobora kugira ingaruka ku magara yo mu mutwe no ku buzima bwiza y'abagize umuryango wose, ndetse n'urunganwe ruzokurikira.

Bimwe mu ngaruka z'ihungabana n'ihinduka ry'ubuzima ku miryango birashobora kuba birimwo:



- Gutahura imico n'inyifato itandukanye isabwa muri Australiya
- Ingaruka z'ihungabana ku bantu mu muryango – abavyeyi canke abarera, abana n'urwaruka (raba *Urupapuro rwa 3: Ingaruka z'ihungabana ku bantu bakuze na'Urupapuro rwa 4: Ingaruka z'ihungabana ku bana n'urwaruka*)
- Guhinduka kw'inshingano zo kurera mu muryango
- Ingorane mu kurera abana n'imiyabaga, cane-cane mu bihe vy'impinduka
- Uguhangayika mu mubano w'abavyeyi
- Kumva uri wenyene kandi watandukanye n'abandi, no kutamenya aho canke uko wosaba ubufasha

Ubufasha ku bavyeyi n'imiryango

Kurerera mu gihugu gishasha birashobora kugorana. Abavyeyi n'urwaruka bashobora kugira ikibazo mu gutahura imico n'inyifato zitandukanye bisabwa muri Australiya. Abana akenshi biga icongereza kandi bakamenya neza imikorere n'umuco wa Australiya vuba kurusha abavyeyi babo, ivyo bikaba bishobora gutuma haba amatati mu muryango. QPASTT ifise gahunda zidasanzwe zigenewe abavyeyi n'abarezi kugira ngo ibafashe kurengera izo ngorane mu buryo bwubahiriza umuco kandi bufasha imiryango gutera imbere.

Ukugira ikiganiro mu muryango

Muri QPASTT, abajana badasanzwe batowe gukorana n'imiryango bashobora gufasha imiryango:

- Gukomeza umubano mu muryango
- Guteza imbere ibiganiro no kumvikana hagati y'abagize umuryango

- Kuronka inyishu z'ingorane bahura nazo
- Gusuzuma ingorane zo kurera abana mu mico itandukanye
- Gutahura ingaruka z'ihungabana ku kubaho kw'umuryango

Ubufasha bwo mu muryango bushobora gukorwa n'umuntu umwe canke n'urukurikirane rutandukanye mu muryango. Bishobora gukorwa mu biro vyacu canke ahandi hantu habereye.

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