Prevent Child Abuse Indiana
A Division of The Villages
A Chartered State Chapter of Prevent Child Abuse America

INDIANA
Kids First CARE
PREVENTING CHILD ABUSE

# NI NDE WITA KU MWANA WAWE?

## WARI UZI KO?

Igihe usigiye umwana wawe umufasha cyangwa umurera, wibwira ko bamwitaho nk'uko wabikora—ariko si ko biba bimeze buri gihe. Abantu benshi bashobora kugufasha kurera, harimo n'abafite ibibazo byo mu mutwe, abakoresha ibiyobabwenge, abafite ibibazo by'uburakari, cyangwa abahuye n'ihohoterwa rikorerwa mu ngo, bikaba byakongera ibyango by'ihohoterwa no kutitabwaho. Abarera abana bashobora kuba nta bunararibonye bafite cyangwa bafite ibitekerezo bidashoboka ku bana. Ni ingenzi cyane kubabwira neza ibyo ubitezeho kugira ngo uharanire umutekano w'umwana, kuko bisaba akantu gato ko kutabasha kwigenzura kugira ngo uteze umwana muto ikibazo gikomeye.

**Ushobora gukora ikosa ryateza urupfu. Mara akanya ureba uko umufasha wawe cyangwa urera umwana ameranye n'umwana wawe mbere y'uko ubasigana bonyine. Reba uko bashykirana. Kora ku buryo wowe n'umwana wawe muba mwumva mutekanye kandi ko mushyikirana mu buryo buboneye.**

## ESE UMUFASHA WAWE CYANGWA URERA UMWANA

- Yiyumvisha ko umwana wawe yakora ibintu bidahuye n'imyaka ye?
- Agira uburakari bwinshi iyo umwana atamwumviye cyangwa adakoze ibyo yamubwiye?
- Agaragaza uburakari no kutihangana iyo umwana arira cyangwa yivumbuye?
- Yita umwana wawe amazina mabi cyangwa akabwira umwana wawe ibintu bibi?
- Yumva binejeje gukanga umwana wawe?
- Ababaza umwana wawe?
- Anywera ibisindisha bikabije cyagwa akoresha ibiyobyabwenge iruhande rw'umwana wawe?

***Niba wasubije "Yego" no kuri kimwe muri ibi bibazo, umwana wawe yugarijwe n'ibyago. Kora ikintu kiboneye – itondere guhitamo uwo wemerera kwita ku mwana wawe.***

*Igice cy'aya makuru cyakuwe mu Miryango ifite ubuzima buzira umuze muri Florida.*

## NI IKI URERA UMWANA AGOMBA KUMENYA

### Kumenya uko yitwara mu gihe umwana arize

- Icyatuma umwana wawe ashobora guceceka kurusha ibindi. Ereka umufasha wawe cyangwa urera umwana uko bahoza umwana wawe mbere y'uko ugenda.
- Gushyira umwana wawe ahantu hatekanye maze yihutire kuguhamagara niba umwana wawe atarekeye aho kurira.
- Icyo umwana wawe akunda gukora n'ibikinisho akunda gukinisha. Ereka umufasha wawe cyangwa urera umwana uko wowe n'umwana wawe mukunda gukinana.

### Gusinzira mu buryo butekanye

- Umwana agomba kuryama wenyine buri gihe kandi ntiyigere na rimwe ararana n'umuntu mukuru cyangwa undi mwana.
- Umwana wawe agomba kuryama agaramye buri gihe mu gatanda ke kandi ntazigere aryamishwa mu ntebe cyangwa ikindi kintu cyorohereye.

### Ibyahi/Isuku

- Uko wafasha umwana gukoresha ubwiherero cyangwa wambika ibyahi umwana wawe. Mwereke ko nta kibazo kuba umwana yakora impanuka.
- Ugomba kuba ufite imyenda n'ibyahi bisukuye.

### Kurya

- Ingano y'ibyo umwana wawe asanzwe arya kandi ko nta kibazo mu gihe umwana wawe abiriye byose.
- Kunyanyagiza ibyokurya nta kibazo biteye!

### Umutekano w'amazi

Wite ku mwana wawe buri gihe ari muri benywari, muri pisine, mu kintu kirimo amazi cyangwa ikindi kintu kirimo amazi nk'umusarani.

### Ikinyabupfura

Ntuzigere ukubita umwana wawe, umukankamira, umutera ibintu cyangwa ngo umutsibure.

## NI IKI WAKORA?

### Mu gihe uvuye mu rugo

- Sigira urera umwana nomero yawe ya telefone ndetse n'izindi nomero z'ubutabazi.
- Bwira umufasha wawe cyangwa urera umwana ko nta kibazo kuguhamagara mu gihe akeneye ko hari icyo umufasha.
- Vugisha urera umwana mu gihe udahari.

### Mu gihe ugeze mu rugo

- Baza urera umwana icyo yakoze mu gihe utari uhari.
- Urera umwana namara kugenda, ubaze umwana niba yamukunze.
- Genzura imyitwarire y'umwana ukigaruka mu rugo, cyane cyane uruhinja n'inshuke. Umwana afite amahoro kandi arishimye?
- Niba hari ikintu ukeka kitagenze neza ku mwana cyangwa niba hari icyamubabaje, hita ushaka ubufasha bwihuse.

### Igisha umwana wawe

- Amazina y'umuturanyi wizeye yahamagara cyangwa yasanga mu gihe yumva yugarijwe n'ibyago.
- Uko yahamagara "911" mu gihe akeneye ubutabazi bwihutirwa.
- Ni byiza ko muganira ku bibazo cyangwa ingorane umwana yaba yagiranye n'umurera.

### Gushaka Irerero cyangwa Urera umwana

- Urera umwana wawe cyangwa Irerero ry'umwana wawe bifite uruhushya cyangwa bifite icyemezo byo gukora?
- Umuntu mukuru agenzura abana bangahe?
- Inyubako zabo zimeze gute ...hari ahantu hihishe, hari ibyobo birimo amazi?
- Itsa CYANE ku birebana n'umutekano w'ibijyanye no kuryama.
- Hamagara cyangwa uganeyo mu buryo butunguranye mu masaha yo ku manwa maze ubaze uti: "Aka kanya umwana wanjye ari hehe?"

## AMAKURU YAGUFASHA

- Ku zindi nama zo kurera n'amakuru y'aho wakura ubufasha hakwegereye wahamagara **1.800.CHILDREN** cyangwa"**211**".
- Nta kiguzi, wabona amakuru mu ibanga na serivisi zerekeranye n'ihohoterwa rikorerwa mu ngo uhamagaye Umurongo utishyuzwa wa serivisi z'igihugu zishinzwe ihohoterwa rikorerwa mu ngo **1.800.799.7233**
- Hamagara"**988**" niba ufite ibibazo birebana n'ubuzima bwo mu mutwe.
- Kugira ngo ugaragaze amakuru yerekeye ihohoterwa rikorerwa abana no kutabitaho, wahamagara **1.800.800.5556**

## ABO TURI BO

*Prevent Child Abuse Indiana yiyemeje gukumira ihohoterwa rikorerwa abana no kutabitaho. Mu kubikora, bituma tugira Indiana ahantu harushijeho gutekana, habereye abana bacu.*

### AMAKURU N'IMFASHANYIGISHO

ku bindi bisobanuro gukumira no kurera ndetse n'imfashanyigisho, sura urubuga rwacu cyangwa uhamagare **1.800.CHILDREN** (1.800.244.5373)

### KUGARAGAZA IHOHOTERWA RIKORERWA ABANA

Kugira ngo ugaragaze amakuru yerekeye ihohoterwa rikorerwa abana no kutabitaho, wahamagara**1.800.800.5556**

### SHYIGIKIRA IBIKORWA BYACU

Shyigikira ibikorwa byacu muri Leta yose kugira ngo hakumirwe ihohoterwa rikorerwa abana no kubitaho ugura Kids First License Plate. Sura BMV ikwegereye cyangwa www.in.gov/dcs/2456.htm ku bindi bisobanuro.