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?

Hashobora kuba hari abantu badufasha kurera umwana wacu. Abo bamwitaho bashobora kugira ibyo bitega ku bana bitari ukuri cyangwa bakaba nta mahugurwa n'ubunararibonye bafite mu kurera abana. Ntiwumve ko abarera abana bazi ibyo witeze, ni inshingano zawe zo kubibabwira mu buryo buboneye.

NI IKI URERA UMWANA AGOMBA KUMENYA

Kumenya ibijyanye no kurira

- Ereka urera umwana uko aturisha umwana wawe.
- Shyira umwana ahantu hatekanye maze uhamagare mu gihe umwana atarekeye aho kurira.
- Muganire ibyo umwana akunda gukora n'ibikinisho akunda.

Gusinzira mu buryo butekanye

- Abana bagomba kuryama bonyine buri gihe kandi ntibigee na rimwe bararana n'umuntu mukuru cyangwa undi mwana.
- Abana bagomba guhora baryamye bagaramye mu gatanda kabo kandi ku byo kuryamaho, ibiringiti cyangwa imisego byorohereye.

Umutekano w'amazi

Ugomba guhora witaye ku mwana mu gihe ari muri benywari, pisine, ikintu kirimo amazi cyangwa ibindi bintu birimo amazi, harimo n'umusarani.

Ibyahi/Isuku

- Abana bakunda kugira impanuka zo kwiyanduza, ibyo ni ibisanzwe kandi ugomba kubyitega.
- Ugomba guhorana ibindi byahi n'imyenda isukuye kugira ngo umuhindurire mu gihe bibaye ngombwa.

Kurya

- Muganire uburyo bw'imirire, harimo n'ingano y'ibyo asanzwe arya.
- Kunyanyagiza ibyo kurya nta kibazo biteye kandi ugomba kubyitega. Kora ku buryo uhorana ibikoresho by'isuku.

Ikinyabupfura

- Ntuzigere ukubita umwana, umukankamira, umujugunyira ibintu cyangwa ngo umutsibure.
- Igisha abana imyitwarire yemewe.

NI IKI WAKORA?

Mu gihe uvuye mu rugo

- Sigira urera umwana nomero yawe ya telefone ndetse n'izindi nomero yakwifashisha mu gihe byihutirwa.
- Bwira urera umwana ko kuguhamagara nta kibazo mu gihe akeneye ko hari icyo umufasha. Vugisha abarera abana 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. Umwana afite amahoro kandi arishimye? Niba hari ikintu ukeka kitagenze neza cyangwa niba hari icyamubabaje, hita ushaka ubufasha bwihuse.

MENYA BYINSHI

Reba inyandiko yose usikannye aha hakurikira.

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.