

# Ababanyi, Abagenzi n'Imiryango

**Ingene  
Mushobora  
Kwigisha  
Abagabo  
bahahaza abo  
bubakanye**

*Mwoba muzi umugabo atatira umukenyezi wiwe ariko mutazi ico mwokora? (Hari umuntu muzi ababaza umugore wiwe, kandi mutazi ico mwogira) Uru rwandiko rurerekana ibimenyetso vy'imhuri kandi rugasigura ingene wovugisha umugabo w'intati kuvyerekeye inzongeso ziwe mbi.*

*Ababanyi, Abagenzi n'Imiryango niisekeza ryo kwigisha ibimenyetso vyerekana umugore ahahazwa kugira ngo abantu bari hafi y'umugore acinyizwa canke umugabo w'intati bashobore kumufasha.*

*Umuntu wese ahaba afise uruhara rwo gukingira umugore ngo ntacinyizwe. Mushobora gushikira amashirahamwe yo mukibano canyu afasha abakenyezi bacinyizwa canke ayafasha abagabo b'intati.*

*Iri Sekeza ni igikorwa c'isangihagati ya leta ya Ontario, ubuyobozi bukuru bw'imibereho y'abakenyezi n'umugwi w'abahinga wa Voisin-es, ami-es et familles baciye muri Centre for Research and Education on Violence Against Women and Children.*

## Ibimenyetso vy'imhuri

Mushobora kwikeka ko hariho amatati akorerwa ku mubanyi, k'umugenzi canke ku ncuti, ariko ntimumenye ico mwokora canke uko mwobigenza. Mushoboye gutahura ibimenyetso vy'imhuri n, ibituma hashobora kuba agahahazo ku bakenyezi, murashobora gufasha.

**Mubonye ibimenyetso vy'imhuri bikurikira, haba hageze kuvyiyamiriza:**

**Umugabo** aramucinyiza  
**Umugabo** yihariza ijambo niwe avuga gusa kandi avuga cane  
**Umugabo** amwamiza kw'ijisho umwanya wose, no kukazi  
**Umugabo** agerageza kuvuga ko ariwe yababaye kandi ameze nk'uwurwaye akabonge  
**Umugabo** agerageza kumushira kure yanyu  
**Umugabo** amufata nk, uko yoba ari igikoresho ciwe  
**Umugabo** arabesha kugirango yiyerekane ko ari intungane  
**Umugabo** yifata nkurengeye abandi bose mu rugo

**Umugore** asaba imbabazi canke agasigura inyifato yiwe canke naho agatata akongera agashavura  
**Umugore** asa n'uwutinya guserura icyumviro ciwe imbere y'umugabo  
**Umugore** asa n'uwurwaragurika agasiba n'akazi  
**Umugore** agerageza guhisha ibikomere  
**Umugore** arondera ivyitwazo vyo kutitaba umubonano ku munota wanyuma canke ngo ahure n'abandi canke akabirengagiza bahuye mw'ibarabara  
**Umugore** asa nk'uwubabaye, yishwe n'irungu n'intuntu canke afise ubwoba  
**Umugore** anywa ibiyayuramutwe canke inzoga kugira yiyibagize amagorwa yiwe

## Ibimenyetso vy'imhuri bihanitse

**Ingorane yoba ihambaye kurusha mu bihe bikurikira:**

**Umugabo** afise uburyo bumworohera gushikira umugore wiwe n'abana  
**Umugabo** ashobora kuronka ibigwanisho bimworoheye  
**Umugabo** afise kahise k'ubutasi ku mugore ndetse no ku bandi  
**Umugabo** yarakoresheje itera bwoba yo kubabaza umugore ndetse no kumwica mu gihe amuhevye. Akavuga ati "Nimba utari uwanje, nta n'umwe azo kwemera".  
**Umugabo** akoresha itera bwoba kugira ngo agirire nabi abana, ibitungwa vyawe ndetse n'amatungo y'umugore  
**Umugabo** akoresha itera bwoba ryo kwiyica  
**Umugabo** yarakubise umugore, yarashatse kumuniga  
**Umugabo** ari mubihe bigoye vy'ubuzima (akarorero: akazi, gutandukana, agahinda)  
**Umugabo** yicura umugore ko arenga ibigo

**Umugore** niho acahukana canke afise intego yo kuvana n'umugabo  
**Umugore** afise ubwoba bw'umutekano wiwe n'abana biwe canke ntashobora kubona ingorane zimugeramiye canke ntashobora kubona ibimugeramiye  
**Umugore** agwanira kugumana n'abana canke afise abana b'abazanano  
**Umugore** akundana n'uwundi mugabo

**Umugabo** yagiriza umugore ko yamwononeye ubuzima  
**Umugabo** ntivyitayeho kurondera abomufasha  
**Umugabo** arihweza inyifato z'umugore, arumviriza ibiganiro kw'itelefone, agasoma inyandiko ziwe ndetse akanamukurikirana aho aja hose  
**Umugabo** afise ingorane zo kuguma mu kazi  
**Umugabo** anywa ibiyayura umutwe canke aborerwa imisi yose  
**Umugabo** ntivyubaha amategeko

**Umugore** afise ibikomere bidafise insiguro  
**Umugore** ntavugazirira afise kw'itelefone  
**Umugore** afise izindi ingorane (akarorero: ntavugazirira, ntararonka uburengazira araronka bwo kuba muri Canada, akaba mu gahinga ka nyaga na nde)  
**Umugore** nta bagenzi canke umuryango afise

*Ibiharuro vyerekana ko abakenyezi badashikana imyaka 25, abakenyezi bamugaye, abakenyezi b'imvukira n'abakenyezi babana bidaciye mu mategeko nibo babangamiwe ku rusha. (Statistique Canada: La violence familiale au Canada: un profil statistique, 2005).*

*(N'aho agahahazo gakunda gushika mu mibano y'abadahuje ibitsina, karashobora no gushika mu mibano y'abasangiye ibitsina. Ivyiyumviro biri muri uru rwandiko vyerekeye bose) n'umugore k'umugore. se.)*



## Ingene wovugisha umugabo w'intati

Rimwe na rimwe abantu bazi neza umugabo w'intati barirengagiza inyifato yiwe ariko bakitaho gusa umugore yahahajwe. Mu bindi bihe bimwe bimwe, abantu bashobora kugirira impuhwe umugabo w'intati, maze ivyo bigatuma vyunyura amatati y'umugabo. Kuvugisha umugabo w'intati n'igisata kinini co gukingira umugore ahahajwe, ariko bikwiye gukoreka mu buryo bwitonze. Inyifato z'agahahazo ntizijana ubwazo. Hariho amashirahamwe atanga uburyo bwo gufasha umugabo mu kibano ciwe.

### Ng'ibi ivyo mwoshobora gukora mu gihe mubonye ibimenyetso vy'imburi z'agahahazo:

- Tora igihe ciza hamwe n'ikibanza gikwiye co kuganira bikwiriye.
- Mwegere mu gihe yatekereje.
- Tomora neza kandi usigure neza ivyo wabonye.
- Mubwire ko ajejwe kugenzura inyifato ziwe. Wirinde kumucira urubanza kubimwerekeye. Ntukemeze ko yogerageza gucira imanza abandi ku vyerekeye ingeso ziwe.
- Mumenyeshe ko inyifato ziwe zikwiye guhagarara.
- Ntukoreshe igikenye ngo ahinduke canke arondere imfashanyo.

- Mubwire ko umutekano w'umufasha wiwe hamwe n'abana bikuraje ishingira.
- Ntimuze muje mu mpari nawe kuvyerekeye inyifato yiwe y,agahahazo. Mumenye ko inzira zo kwishurana nawe mu kumwumvisha amakosa yiwe zishobora kwunyura imibereho no gukwegera uwo mukenyezi akamererwa nabi kurusha.
- Muhamagare abajejwe umutekano mu gihe umutekano w'umukenyezi woba ugeramiwe.

### Mu gihe ahakana ko adahahaza uwo bubakanye:

- Abagabo bahahaza abo bubakanye kenshi ntibemera kwagira icaha c'ibikorwa vyabo bigayitse, barahakana ko atakibi bakoze, ko bo n'abo bubakanye ibintu bitameze nabi canke bagata amakosa k'u wahahajwe. Iyo nyifato ituma bikurako icaha. C'ivyo bakoze.
- Mubandanye ikiganiro canyu gishingiye ku buryo umutekano n'ineza y'umuryango wiwe bibaraje ishingira Mumwibutse ko guhahaza uwo bubakanye bitigera na rimwe biba inyishu y'ingorane afise.
- Mugumye inzira zibahuza kuganira zuguruyea kandi murondere uko mwomufasha.

*Mukomeze umutekano wanyu umwanya wose. Ntimwite hagati y'abagwana. Muhamagare abajejwe umutekano mu gihe vyihuta.*

## Ingene mworengera amadidane mufise mu gufasha uwubikeneye

### Ng'ibi ivyiyumviro bimwe bimwe bituma mugira amadidane kumbure mu gufasha uwubikeneye:

| Ivyo batera amakenga                                   | Ivyo mutegerezwa gutorerara inyishu                                                  |
|--------------------------------------------------------|--------------------------------------------------------------------------------------|
| Mwibaza ko bitabaraba                                  | Gishobora kuba ikibazo c'agacamutwe. Agahahazo karaba uwo ari we wese                |
| Ntimuzi ico mwovuga                                    | Kumwumvisha ibibaraje ishingira n, amakenga mufise niyo ntango nziza                 |
| Haraho mwokunyura izo ngorane z, amatati               | Kutagira ico mukora, bishobora kwunyura amatati bafitaniye                           |
| Ntibimeze nabi ku buryo mwohamagara abajejwe umutekano | Abajejwe umutekano bafise ubumenyi n'ubuhinga bwo gutabara no gukoresha ubundi buryo |
| Mutinya ko yobagirira nabi mwe n, umuryango wanyu      | Mumuvugishe ari wenyene hanyuma mumenyeshe abajejwe umutekano iterabwoba abagirira   |

| Ivy obatera amakenga                                                                                         | Ivyo mutegerezwa gutorerara inyishu                                                 |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Mwibaza ko umugore adashaka kuvana n'umugabo kuko yama agenda agaruka                                        | Haraho Umugore yoba ataronse imfashanyo ikwiriye                                    |
| Mutinya ko umugabo yobashavurira                                                                             | Birashoboka, mugabo umugore azomenya ko ikibazo c'umutekano wiwe kibaraje ishingira |
| Mwibaza ko mutokwisuka mu byabo kuko bombi ari abagenzi banyu                                                | Umwe mu bagenzi bawe aratata, uwundi nawe atekewe n'ubwoba                          |
| Mwibaza ko iyo umugabo ashaka imfashanyo yari kuyisabira canke yoshaka guhindura inyifato yiwe, yobikoze uko | Haraho umugabo afise isoni nyinshi zo gusabai mfashanyo                             |
| Mwibaza ko ari ibanga ryabo ivyo bitabaraba                                                                  | Ntibikiri ibanga ryabo kuko umwe yamaze gukomereka                                  |

## Ukeneye insiguro

Femaide kuri **1-877-336-2433** ni inimeru ya telefone y'abavuga igifaransa mushobora guhamagara umwanya uwariwo wose ku buntu ku bakenyezi bahahajwe mu ntara ya Ontario. Ku bafise ingorane z'ukutumva neza, bashobora guhamagara kuri **1-866-860-7082**. Ivyo muvugira kuri izo nimeru biguma ari ibanga.

Abakorera kuri iyo nimeru barashobora gufasha umukenyezi yahahajwe canke umugabo yatase. Bazoganira namwe ibimenyetso vy'imburi z'agahahazo mwabonye, bongere babahe impanuro ku mfashanyo mushobora gutanga.

Kubifuza kuronka izindi nsiguro ku mfashanyo zitangwa na Femaide, muraraba kuri site: **www.briserlesilence.ca** Mu gihe vyihuta, murahamagara abajejwe umutekano babegereye.

*Abagabo n'abagore benshi baba mu ntara ya Ontario bumva ubwabo biberekeye kurwanya agahahazo kagirirwa abakenyezi. Intambwe ya mbere y'urwo rugamba, ni ukumenya ibimenyetso bigaragaza ako gahahazo. Mufate ibimenyetso vy'imburi nka nkama. Kubifuza izindi nsiguro muraraba kuri site: **www.voisinsamisettefamilles.on.ca***

Ukwezi Kwa Gatatu 2009

Biri kandi muzindi ndimi

Imfashanyo ya Guvernema ya Ontario