

Ibimenyeshejwe abavyeyi n'abarezi

Kirundi

Ukubungabunga: Urutonde rw'Ivyigwa vyo Gukingira Umwana (KS:CPC mu mpfunyapfunyo y'Icongerezza) ni ivyigwa vyerekeye umutekano w'umwana n'imigenderanire irangwa n'ukwubahana bigenewe abana n'urwaruka rukiri ruto kuva ku bakivuka kugeza ku bamaze imyaka 12 (imyaka 17+). Vyigishwa mu mashure no mu bigo abana bamenyererezwamwo bigatangwa n'abigisha babironkeye inyigisho nkarishabwenge zisabwa.

Indinganizo KS:CPC yateguriwe muri Ostraliya y'Ubumanuko n'Igisata ca Ostraliya c'Indero kandi iremewe kuko ivyigwa bifise imero y'akanovera kadasanzwe, ukwigisha benshi n'ukuba ibijanye n'igihe tugezemwo.

Indinganizo y'Ivyigwa KS:CPC ifasha abana n'urwaruka rukiri ruto:

- gutahura ko bafise uburenganzira bwo gukingirwa kubwo umutekano wabo
- kumenya ihohoterwa n'ibikorwa vy'uguhoterwa ivyo ari vyo
- kwigenera no gushira mu ngiro ubuhinga bubafasha kwikingira kubwo umutekano wabo nyezina
- kurondera ubufasha n'ukwitabariza.

Ukwigishwa ni ntangere mw'ikingirwa ry'uburenganzira bw'abana bose n'urwaruka rukiri ruto kandi birabashoboza guharanira no kuvugira umutekano wabo n'umutekano w'abandi.

Abavyeyi n'abarezi baraterwa umwete wo kuvugana n'abayobozi b'amashure canke b'ibigo vy'ukwimenyererezamwo abana babo bigamwo ku vyerekeye ikoreshwa ry'iyi nteguro KS:CPC.

Ingingo nkuru zigize indinganizo KS:CPC zaratanzwe ku rubuga rukurikira.

Ukeneye ayandi makuru, ca kuri: www.kscpc.sa.edu.au/parent-carer-information.

Izindi mbuga zigenewe abavyeyi n'abarezi

- Ikigo ca Ostraliya co Kurwanya Ugukoresha Abana Ibikorwa Bibavuna: www.acce.gov.au
- Ikigo Child Helpline International (amashure ari hanze ya Ostraliya): www.childhelplineinternational.org
- Ukudateba kwiyemeza (Reta ya Ostraliya): www.consent.gov.au
- Urubuga rwitwa eSafety Commissioner – amakuru amenyeshwa abavyeyi: www.esafety.gov.au/parents
- Ikigo Kids Helpline – amakuru amenyeshwa abavyeyi: www.kidshelpline.com.au/parents
- Ikigo c'Igihugu kirwanya ugufatwa ku nguvu n'ukwumviriza abashikiwe n'ihohoterwa mu mazu no mu miryango: www.1800respect.org.au
- Ibimenyeshejwe Abavyeyi vyoroshe (Ikigo: Parenting SA): www.parenting.sa.gov.au/easy-guides
- Urunani rwo kurera abana: www.raisingchildren.net.au
- Amategeko ya Ostraliya Akingira Urwaruka: www.yla.org.au

Intumbero nkurunkuru ziri mu ndinganizo KS:CPC

Intumbero zibiri zishimikirwako zigize ibikurubikuru bikwiye gutahurwa muri urwo rutonde rw'ivyigwa ni ibi:

- Twese turafise uburenganzira bwo gukingirwa.
- Turashobora kwitabariza kubwó umutekano wacu biciye mu kuganiriza abantu twizigiye.

Incamake y'Integuro KS:CPC

Integuro KS: CPC yigisha ugukingirwa kw'umwana n'imigenderanire y'ukwubahana (no ku rubuga) mu buryo buhuye n'imyaka n'igikuriro vy'abana n'urwaruka ruto, bakivuka kugeza ku bamaze imyaka 12 (age 17+).

Ukubungabunga	<ul style="list-style-type: none"> • Gutahura ivyo bibiri: intumbere KS: na CPC. • Menya abizigirwa n'ibigo bifasha wokwitura ukitabariza.
Uburenganzira n'umwitwarariko	<ul style="list-style-type: none"> • Umwe wese arafise uburenganzira hamwe n'ivyo yitezweko. • Ibibujijwe, ikibanza c'umutekano n'uburimbi ntarengwa. • Uko ikumira ndoragitsina rihindura abantu n'ikibano.
Umutekano n'ukudatekanirwa	<ul style="list-style-type: none"> • Ibimenyetso bigabisha n'indanzi z'ukubangamirwa. • Ubuhinga bwo kurokoka mu bihe vy'umutekano muke. • Guhangana n'impanuka kubwó guhabuza umutekano.
Inaní zizigiwe	<ul style="list-style-type: none"> • Inyifato zibereye z'umuntu w'umwizigirwa. • Kuronka urunani rw'abizigirwa n'ibigo vy'ubutabazi. • Uko woronka abizigirwa n'ibigo vy'ubutabazi.
Imigenderanire yo kwubahana	<ul style="list-style-type: none"> • Indanzi z'imigenderanire myiza, mibi hamwe n'iyirimwo ihohoterwa. • Uburenganzira n'ibisabwa mu migenderanire. • Ukwiyemeza n'ugushira mu ngiro ubuhinga mu bihe bitandukanye.
Inguvu mu migenderanire	<ul style="list-style-type: none"> • Ikoreshwa ryiza ry'inkomezi n'ikoreshwa ribi ryazo. • Ingeso ziseserezanya mu migenderanire, haramwó n'ugukanga hamwe n'ihohoterwa ryo mu mazu no mumiryango. • Ubuhinga bwo guhangana n'inyifato z'agahotoro.
Ibice vy'umubiri n'ugukorwako	<ul style="list-style-type: none"> • Amazina nyakuri y'ibihimba vy'umubiri n'aho biherereye. • Umubiri wose w'umuntu ni intavogerwa. • Ikorwako risanzwe, irihungabanya, n'iridakenewe.
Ugutahura Ihohoterwa	<ul style="list-style-type: none"> • Ugusereza, ihohotera (umubiri, igitsina, ibishobisho) n'ukwirekera. • Ubuhinga bw'ugutabaza kubwó ihohoterwa n'umutekano muke. • Inyifato z'ukwikingira mu gihe uriko urashigikira abandi.
Ubuhinga	<ul style="list-style-type: none"> • Ikingirwa riramá, ryamahó hamwe n'ukwihagararako. • Ubuhinga bwo kwikingira kubwó umutekano wawe.
Kurondera ugushigikirwa	<ul style="list-style-type: none"> • Rondera inaní z'abizigirwa mu buryo bwamaho. • Kurondera gufashwa n'abantu bizewe n'ibigo bifasha, haramwó no mu gihe c'impanuka.