

Abana muri Australia

Children in Australia

Kirundi/Ikirundi

Abana binjira muri Australia bafise ibantu vyinshi bishasha bakwiye kumenyera - ahantu ho kuba, ishuri, ururimi, imico hamwe n'abantu bashasha. Abavyeyi barashobora gufasha abana kumenyera ihinduka maze bakabona kumenyerara ubuzima bushasha.

Ico abavyeyi bashobora gukora

Abavyeyi bafise uruhara runini mu kuyobora no mu gushigikira abana babo. Bashobora kubafasha muri ibi bikurikira:

- > kwumva yuko bakundwa kandi bari mu mutekano
- > kubafasha kuja kw'ishuri, kwiga no kurondera abagenzi
- > kwubura ibanza bishasha n'ibikorwa banezerererwa gukora
- > kugira uruhara mu kibano
- > kuvuga ku bibatera ubwoba canke ingorane
- > kuronka imfashanyo iyo bayikeneye.

Abana bamwe baciye mu buzima bugoye cane canke intambara, canke barabuze abantu n'ibanza bakunda. Barasobora kugira intuntu nk'uko bigenda no ku bakuze, mbere n'ubwo batoshobora kubikubarira.

Inkuru nziza ni uko abana b'imyaka yose kenshi na kenshi, baramenyera bakiga kandi bagakora neza muri Australia.



**Kwumva yuko
bakunzwe kandi bari mu
mutekano bifasha abana
kumenyera ubuzima
bushasha barimwo.**



Government of
South Australia

Gufasha abavyeyi kuba beza uko bashoboye

Kwumva umutekano

Igihe abana biyumvise ko bari mu mutekano biraborohera kumenyera ihinduka.

Ibintu bimwe bimwe bishobora kubafasha ni nk'ibi:

- > kugumiza ubuzima bw'abana mu mutozo uko ushabora kwose
- > kubandanya ibintu bazi kandi banezerererwa, nk'ivyokurya, imigani, indirimbo
- > kugira akamenyero ka misi yose nk'ukurira ku masaha amwe, kuryamira ku masaha amwe
- > kuguma bavugana n'incuti zabo ziri hakurya y'amazi, igihe cose ubishoboye
- > gutembera mu ikibano urimwo uri kumwe n'abana bawe kugira ngo na bo bakimenye
- > kurinda abana bato kugira ngo ntibamenye vyinshi ku bijanye n'ingorane z'abakuze.

Kurondera
abagenzi no kugira
uruhara mu kibano
birashobora gufasha abana
kwumva yuko bemewe
kandi ko begukira ico
kibano.

Kuja kw'ishuri

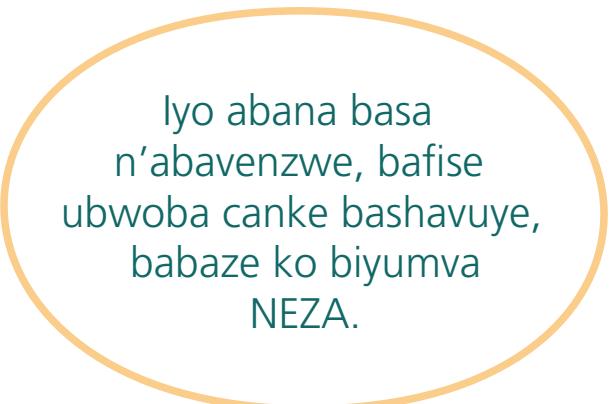
Kuja kw'ishuri ni igice gikuru kigize ukumenyera ubuzima bwo muri Australia.

Abana barashobora:

- > kuja mu mirwi y'inkino, aho abana barererwa hamwe n'amashuri yo kwimenyereza kuva bakiri bato
- > kwiga Ikingereza
- > gutangura canke ukubandanya amashuri yabo
- > kurondera abagenzi
- > kugira uruhara mu bijanye no kunonora imitsi, canke ibindi bikorwa banezerererwa nk'indirimbo, utugenegene, gutamba.
- Bashobora gushaka kwifatanya n'umurwi kanaka
- > kuronka imfashanyo nimba bagendana ubumuga canke bafise izindi ngorane.

**Amashuri ni ibibanza ciza abavyeyi
bahuriramwo n'iyindi miryang
bagahanahana iviyumviro. Abavyeyi
barahawewe ikaze kuvugana n'abigisha, n'aho
ata ngorane zoba ziraho.**





Iyo abana basa
n'abavenzwe, bafise
ubwoba canke bashavuye,
babaze ko biyumva
NEZA.

Ingorane z'uko umuntu y'iyumva

Iyo abana bashavuye canke 'bigenza nabi'
gerageza kumenya ikibituma.

Ushobora:

- > kubatega ugutwi wihanganye
- > kubereka yuko ubatahura mu vy'ukuri
- > gufasha abana kuvuga amazina ukugene
biyumva - mbega barababaye, bafise ubwoba,
barashavuye?
- > kubaza abana icobafasha. Iki cubaka
ukwiyemera hamwe n'ubumenyi bwabo
- > kuronka imfashanyo bakeneye.

Umwitwarariko n'uguhababuka

Abana b'ibigero vyose barashobora kugira ingaruka
y'ivyabaye vyatumye batiyumva mu mutekano,
vyabateye ubwoba, impungenge, ishavu canke
kubura gifasha. Bishobora kuba ari ingwano,
ingimba, ubuzima bugoye, kubura ababo canke
guca mu mpinduka nini nyinsh mu buzima bwabo.
Ibimenyetso vyerekana umwitwarariko mu bana ni
nk'ibi:

- > gusoba mu gitanda
- > akensi kwumva ishavu, ubwoba canke kurwara,
kumeneka umutwe canke kuribwa mu nda
- > kudakoma akatsi - kudashaka kubona
umuryango canke abagenzi
- > gushavura no kurwana cane
- > gucisha aho bishaka. Abana bakuze bashobora
gukoresha ibiboreza canke ibiyayura mutwe.

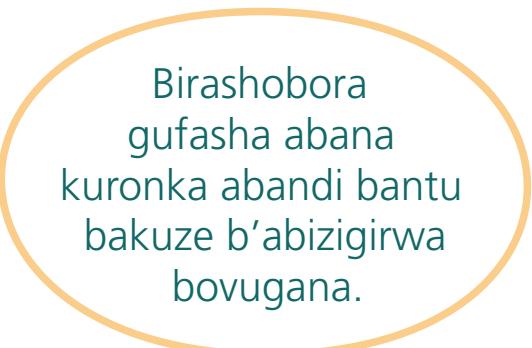
Hashobora kuba hariho izindi mpamvu zibitera,
ubwo rero gerageza kurondera igituma ivyo biriko
biraba.

Abana bakeneye ko ibintu vyisubiramwo incuro nyinshi:

- > **kwumva ko bakundwa kandi ko bari mu
mutekano**
- > **kuguhwa neza no guhozwa**
- > **kumenya yuko abandi batahura ingene
biyumva.**

Kuronka imfashanyo

Iyo ufise impungenge ku mwana wawe, ushobora
kuvugana n'abaganga, n'abigisha canke ayandi
mashirahamwe. Ibigo mpuzamico akensi
birashobora kugufasha kuronka ico ukeneye.



Birashobora
gufasha abana
kuronka abandi bantu
bakuze b'abizigirwa
bovugana.

Amashirahamwe

Ugutabara

000 Inyamiramabi, Umuriro, Rusehabaniha (Police, Fire, Ambulance)
13 14 44 guhamagara inyamiramabi iyo hari ingorane ariko atari akaga kihutirwa

Abasobanuzi

Ikigo gisobanura indimi (Interpreting and Translating Centre)
1800 280 203, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Gusobanura kuri terefone canke amaso mu yandi www.translate.sa.gov.au

Ibikorwa vyo gusobanura indimi (Translating and Interpreting Service (TIS National))
13 14 50 umwanya uwo ari wo wose haba ku murango canke mw'ijoro ku basobanuzi bo kuri terefone www.tisnational.gov.au

Amashirahamwe mpuzamico

AMES Australia
7224 8550, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Aho ushikira, 212 Pirie Street, Adelaide
7224 8500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
2/59 Commercial Road, Salisbury
Ibikorwa vyo guha uburaro impunzi n'abimukira bahanuka gushika mu gihugu www.ames.net.au/locations/find-sites

Ikigo ca Australia kijejwe ivyankenerwa vy'abimukira (Australian Migrant Resource Centre)
8217 9500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
23 Coglin Street, Adelaide
Ibikorwa vyo gutanga uburaro imigenderanire, mu miryango n'ibikorwa birwanya intambara mu miryango ku bimukira, impunzi n'abarondera ubuhungiro
Raba kuri www.amrc.org.au ku bibanza vyo mu gisagara n'inyuma y'igisagara

Ishirahamwe rijejwe impunzi muri Australia (Australian Refugee Association)
8354 2951, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
8281 2052, isaha 3:30 mu gitondo gushika isaha 10:30 ku mu gmuhingamo, kuva kuwambere gushika kuwa gatanu
1 Brown Terrace, Salisbury
Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

Amagara n'ukumererwa neza

Kids Helpline
1800 551 800 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Imfashanyo yo kw'iterefone hamwe no ku ngurukanabumenyi kubafise imyaka 5-25 www.kidhelpline.com.au

Ishirahamwe ryitaho amagara y'impuンzi (Refugee Health Service)
8237 3900 canke 1800 635 566 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
21 Market Street, Adelaide
Ibikorwa bijanye n'amagara y'impuンzi zishitse vuba hamwe n'abarondera ubuhungiro

Healthdirect
1800 022 222 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu arwaye canke yakomeretse www.healthdirect.gov.au

Abaganga bo ku rwego rw'iギhugu bafashiriza i muhira (National Home Doctor Service)
13 74 25 gusaba umbonano wo kugenderwa i muhira inyuma y'amasaha y'akazi <https://homedoctor.com.au>

Ibikorwa bijanye n'amagara y'umwana n'umuryango (Child and Family Health Service (CaFHS))
1300 733 606, isaha 3 mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu usabe umbonano. Inzoza n'abana batarakwiza imyaka itanu bavugwa ku bantu. Abaforama barashobora gufasha mu vy'amagara y'abana, ugufungura, ugusinzira n'ugukura
Raba aha www.cyh.com ku bijanye n'amagara y'abana hamwe n'amakuru ajanye n'ukurera

Ishirahamwe ryitaho amagara y'ubwenge bw'abana n'imiyabaga (Child and Adolescent Mental Health Service (CAMHS))

8161 7198 canke 1800 819 089 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Impanuro ku buntu ku bana bakivuka gushika ku myaka 15 www.wch.sa.gov.au/camhs

Relationships Australia (Multicultural Services)

1300 364 277 canke 1800 182 325 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva ku wa mbere gushika ku wa gatanu
Ugushigikira imigenderanire mu miryango, abana n'imiyabaga, gukina akamari, intambara, umugera wa SIDA, indwara y'igitigu www.rasa.org.au

Ishirahamwe rifasha abaciye mw'ihohoterwa n'abari mw'ihahamuka hamwe no kubasubiza mu buzima busanzwe (Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS))

8206 8900, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
81 Angas St, Adelaide; 11 Wehl Street, Mt Gambier
Ku wo ari we wese yashikiwe, yakozweko n'iyabayave nk'intambara, ugukoresha igikenye, kubura abo yakunda imbere yuko baza muri Australia www.sttars.org.au

Indero

Ubuyobozo bw'inderero (Department for Education)

Rondera aho uba irerero ry'abana rya reta, ikigo c'abana, ishuri ryo kwimenyerezza canke ishuri kuri www.education.sa.gov.au

Playgroup SA

Rondera aho gukinira mu mirwi micungararo urimwo www.playgroupsa.com.au

Reta ya Australia (Australian Government)

Amakuru ku bijanye n'aho barereru abana n'amashuri yo kwimenyererezamwo
Ronderera ku kigo kiri mu karere ubamwo www.mychild.gov.au

Intambara mu muryango

Umurongo wo kwitabaza iyo hari intambara mu nzu (Domestic Violence Crisis Line)

1800 800 098 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Imfashanyo iyo habaye intambara, guhabwa indaro yihuta hamwe n'ukurungikwa ahandi <http://womenssafetyservices.com.au>

Integuro yo gufasha abakenyezi b'abimukira (Migrant Women's Support Program)

8152 9260, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Imfashanyo yo mw'ibanga no ku buntu ku bagore b'abimukira n'abana bari mu miryango irimwo intambara <http://womenssafetyservices.com.au>

1800 RESPECT

1800 737 732 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Vugana n'umuntu kuri terefone canke ku rubuga ngurukanabumenyi ku bijanye n'intambara mu muryango canke ugufatwa ku nguvu [www.1800respect.org.au](http://1800respect.org.au)

Kurera

Umurongo wo gufasha abavyeyi (Parent Helpline)

1300 364 100 ku mpanuro zijanye n'amagara y'umwana hamwe no kurera

Islamicare – Parenting Helpline

1800 960 009, imisi ndwi mw'ijinga
Imfashanyo mw'ibanga ku bavyeyi b'abana b'imiyabaga <http://islamicare.org.au>

Urunani rwo kurera abana (Raising Children Network)

Amakuru yerekeye kurera hamwe n'amareresi mu ndimi nyinshi
<http://raisingchildren.net.au>

Parenting SA

Utundi dutaboo tw'abavyeyi tworoshe n'utundi rusangi two mu mico myinshi ku rutonde rw'ibigabane yinshi, hari mwo 'Amagara y'ubwenge bw'abana', 'Ubuhinga bwo kumenyera', 'Ukwyiemera' [www.parenting.sa.gov.au](http://parenting.sa.gov.au)

Aka gatabo koroshe kayobora abavyeyi ni kamwe mw' 9 twateguwe na Parenting SA ku miryango mishasha yo mu bibano bitandukanye icinjira muri Australia y'efyo. Twashaka gushimira amashirahamwe menshi n'imiryango yaterereye ubuhinga n'ubumenyi bwabo mu gutegura utu dutaboo, cane cane imiryango hamwe n'abakozi amafoto yabo aboneka muri two.

Parenting SA ifashanya n'Ubuyobozi bw'Indero hamwe n'urunani rwitaho amagara y'abakenyezi n'abana.

Iterefone (08) 8303 1660
www.parenting.sa.gov.au

Udutaboo tworoshe tuyobora abavyeyi tuboneka kuri gusa muri Australia yefyo

Icitonderwa: Inkuru zirimwo ntizitwara ikibanza c'impanuro woshobora kuronka kuva kubantu babinonosoye.

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