

Kubungabunga abana mu mutekano

Keeping children safe

Kirundi/Ikirundi

**Abavyeyi bo mu mico yose n'ibibano vyose bashaka ko abana babo baba
mu mutekano kandi bakabakingira ivyobababaza n'ivyobagirira nabi.
Nubwo Australia ari ahantu h'umutekano n'amahoro, abana barashobora
kugirirwa nabi i muhira canke mu kibano.**

Gukinga impanuka z'abana

Abana bensi barababara cane mu mpanuka.
Ni zo ntango nyamukuru z'ugukomereka
n'impfu ku bana batarakwiza imyaka 15.

Impanuka nyinshi zirashobora kwirindwa.

Mu mpanuka harimwo:

- > kugongwa n'umuduga mu kayira kinjira
muhira canke uri mw'ibarabara
- > gusoma nturi ku kiyaga, aho bigira
koga canke mw'ikarayi
- > kugwa hasi aho barakina, i muhira canke
mu bindi bibanza
- > bagasha, kurya ibirimwo ishano, kunigwa
n'ikintu
- > inzoya zigapfira mu mpanuka zitewe
n'ugusinzira.

**Hariho ibintu vyinshi abavyeyi bashobora
gukora ngo bakinge impanuka kandi
barinde abana ugukomereka.**



Gumiza abana
bawe mu impore
mu kuguma hafi yabo
no kubamiza ko
ijisho.



Government of
South Australia

Gufasha abavyeyi kuba beza uko bashoboye



Abana benshi
baragongwa n'imiduga mu
tuyira twinjira mu ngo zabo.
Raba yuko abana batari mu
nzira imbere yuko unyonga
umuduga wawe.

Umutekano mw'ibarabara no mu modoka

> Itegeko rivuga yuko:

- umuntu wese agendesha umuduga ategerezwa kuba afise uruhusha rwo kugendesha umuduga
 - umwe wese ategerezwa kwifunga umukanda
 - abana bategerezwa gukoresha umusipi ubakwiye canke agatebe kajanye n'imyaka yabo n'ukugene bangana.
- > Ntimwigere musiga abana mu muduga bonyene na'ho koba ari akanya gato. Imiduga irashuha cane, kandi ningoga. Abana barashobora kurwara mbere bamwe baramaze gupfa.
- > Igihe cose ucungere abana iyo bari iruhande y'uruja n'uruza rw'imiduga. Bafate ukuboko igihe bajabuka amabarabara.



Umutekano mu mazi

Abana barashobora gusoma nturi vyoroshe, mbere no mu mazi makeya.

- > Ntimwigere musiga bana bonyene mw'ikarayi.
- > Guma hafi yabo kandi mubacungere ku musenyi iruhande y'ikiyaga, mu mariba boogeramwo, no ku nzusi.
- > Shiraho ibizibira abana kugira ngo ntibaje mu mazi, nk'ahari ibiziba canke aho bogera. Sesa amazi ari mu mw'ikarayi, mu ndobo no mu vyo bogeramwo.
- > Igisha abana kwoga.
- > Bigishe ingene boba impore bari ku kiyaga, ku nzusi n'aho bogera. Ayo mazi arashobora gutera akaga.

Kwiga
kwoga birashobora
kuba igikorwa kiryohera
ku muryango wose.
Ntihararengerana
kwiga.

Umutekano muhira

Impanuka nyinshi zibera munzu.

- > Shira ibintu bitera ingorane kure y'aho abana bashika - imbugita, amatabi, ibibiriti, inzoga ziborera, imiti.
- > Gumiza abana kure y'imiro n'ibishusha amazu.
- > Raba neza ko abana badashobora gushikira inkono zirimwo ivyokurya bishushe biri ku ziko. Hindukiriza hirya imikono y'amasafuriya.
- > Shira kure y'abana ibinyobwa bishushe.
- > Urabe neza ko intebé canke TV bidashobora kugwa ku bana.

Amiza akajisho ku bana ahari imbwa, ubuyabu canke ibindi bitungwa.

Itiro rihire ku nzoya

Inzoya zimwe zipfira mw'itiro igihe zapfutswe mu maso ntizishobore guhema. Ni bato cane ku buryo badashobora kwikura mu kaga. Bamwe bapfa kubera impfu z'abanaa ziza giturumbuka.

- > Imisi yose muryamike abana bagaramye, ntibubike inda canke ngo bataryamiye urubavu.
- > Ntimubapfuke mu mutwe no mu maso.
- > Ntimusogote itabi muri iruhande y'abana canke abagore bibungenze.
- > Ryamika abana mu dutanda twabo tubakingira, ntubaryamike ku bintu vyoroshe nk'imido.
- > Ntushire ikintu na kimwe coroshe mu gitanda c'abana nk'imisego, ibikinisho n'ibirengeti vyoroshe.
- > Ryamika abana mu cumba c'abavyeyi, mu dutanda twabo, mu mezi ya mbere atandatu gushika kw'icumi n'abiri.
- > Onsa abana igihe cose ubishoboye.

**Abana
bakeneye ibibanza
vyabo baryamamwo kugira
ngo ntibatugutirwe canke ngo
baryamweko. Ntivyizerwa
ko abana kuryamana
n'abavyeyi.**

Gukingira kunigwa

Abana bakiri bato barashobora kunigwa n'ibantu bitagoranye.

- > Ntimuhe abana ivyo kurya badashobora guhekenya nk'amapome, imbuto, amapi, isosiso ziriko igishishwa.
- > Ntimubahe amabazoka.
- > Guma iruhande y'abana igihe bariko baraya.
- > Suzuma ko ibikinisho vy'abana bidafise uduce duto duto canke amabeteri yiburungushuye abana boshobora kumira.

Kwikingira Izuba

Australia ni co gihugu gifise kanseri z'urukoba nyinshi kurusha ibindi bihugu vyose. Izuba riturira musi y'iminuta 15 n'aho hoba ku musi w'ibicu. bicus. Raba neza umuntu wese:

- > yambaye inkofero kandi ko yambaye impuzu zitamufata, zidashuha
- > akoresha amavuta akingira izuba (30+ SPF)
- > ari mu gatutu, cane cane hagati ya y'isaha zine n'isaha icenda.

Nubwo kwikingira izuba ari ngirakamaro, twese turakeneye akazuba ku mibiri yacu umusi ku musi kugira ngo turonke Vitaminini D ikwiye kugira ngo amagufa abone gukomera. Birashobora kugorana ku bantu bafise urukoba rwirabura canke ku bantu bapfuka urukoba rwabo kugira ngo bashobore kuronka izuba rihagije. Baza muganga wawe ku bijanye na Vitaminini D.



This image has been provided courtesy of Kidsafe SA.

Abana basohoka ari bonyene

Iyo abana basohokanye n'umuntu akuze bakwiye kumenya ingene:

- > baba impore kw'ibarabara canke igihe bariko baranyonga ikinga
- > bakoresha ibisi, tramu, itereni canke taxi. Raba neza ko bafise amahera ahagije
- > bashobora kukuronka canke uwundi muntuakuze w'umwizigirwa canke bagahamagara abajejwe gutabara kuri 000.

Ni ngirakamaro kumenya iyo abana baroye, ingene bashikayo hamwe n'abo bagiye kubonana nabo. Babaze integuro bafise kugira ngo bikingire, cane cane imiyabaga.

Gusiga abana ari bonyene i muhira

Itegeko rivuga yuko abavyeyi ari bo begwa n'umutekano w'abana kandi ko badashobora kubasiga mu kiringo kidatekanye. Abana igihe cose bategerezwa kwama bacunzwe n'umuntu:

- > muzi kandi mwizigiye
- > akuze kandi atanjanjwa
- > azi ico ashobora gukora igihe ibintu bimeze nabi.

Abana igihe cose
bakeneye umuntu
agumana na bo
akabashinga ijisho.



Umutekano ku ngurukanabumenyi

Abavyeyi barashobora gufasha abana kwiga ingene baba impore mu gihe bakoresha ingurukanabumenyi mu:

- > kuvugana na bo ku bijanye n'ivyo bariko barakora
- > kuyikoresha wewe ubwawe kugira ngo umenye ingene ikora
- > kubarira abana kukubwira canke bakabarira uwundi muntuakuze w'umwizigirwa iyo hari ikintu kibateye ubwoba
- > kurondera inkuru zobafasha kuri www.esafety.gov.au.

Iyo abana bahohotewe urashobora kuvugana n'ishuri canke ukabarega ukoreshjeje mwene ubuhinga ngurukanabumenyi canke inyamiramabi.

Urabe neza ko abana bazi ivyo kutabonana n'uwwari we wese bahuriye ku murongo honyene.



Intambara mu muryango

Intambara mu muryango ni ingorane mu kibano no mu muco uw'ari wo wose. Nti vyigera vyemerwa. Biteye kubiri n'itegeko muri Australia.

Intambara ishobora kuba:

- > ku mubiri, nk'ugukubita, gusunagura, kurya ibinuma, gukwega umushatsi
- > ku mutima, nko gukankamira, gutuma abantu biyumva nabi, no gutera ubwoba
- > kugenzura ivyo abantu bariko barakora.

Intambara mu rugo irababaza abana. Naho batobona canke ngo bumve intambara, umwitwarariko kurahindura ingene ubwonko bwabo bukora kandi ntibashobora gukura canke ngo bige neza. Ivyo birashobora kugira ingaruka ku bana bakiri mu nda. Intambara mu muryango irashobora gutuma abakuze badashobora kwitwararika abana.

**Iyo habayeho intambara murashobora
gufashwa n'ishirahamwe. Akura
inyamiramabi kuri 000 iyo hari akaga
kihutirwa.**

Ihohoterwa rifatiye ku gitsina

Ihohoterwa rifatiye ku gitsina bishobora gushika mu muco uw'ari wo wose canke mu kibano ic' ari co cose. Abavyeyi barashobora gufasha abana kuguma mu mutekano mu kubigisha:

- > ko imibiri yabo yose ari iyabo gusa
- > kukubarira canke kubarira uwundi muntu akuze bizeye nimba hari umuntu abatera ubwoba canke atuma bumva ko badatekanye, mbere naho yoba ari umuntu wo mu muryango canke umugenzi
- > ko uzobizera no kubakingira
- > ko ibi bintu utbigira ibanga
- > kutagendana n'umuntu n'umwe batazi.

**Ugukubakurwa kw'abana kenshi na
kenshi kugirwa n'abantu abo bana bazi
kandi bizigiye.**

Umutekano
w'abana uba
ubangamiwe, iyo abagize
umuryango bakoresha
ibiboreza canke
ibiyayuramutwe.

Nimba
wumva wavenzwe
canke ushavuye, wibuke
kudacuranguza uruyoya.
Bishobora gutuma ubwonko
bwiwe bwononekara kandi
mbere abana bamwe
bakanapfa.

Gutabara vyihutirwa

- > Igihe ubonye ko hari umwana yakubakuwe ushobora kumujana ku bitaro harya bakirira indembe.
- > Nimba wibaza ko umwana yamize ikintu kimugirira nabi, hamagara ikigo kijejwe ivyerekeye n'ishano kuri izi numero 13 11 26 canke uhamagare rusehabaniha kuri izi numero 000.
- > Nimba hari umuntu arwaye cane, yakomeretse canke afise ingorane z'uguhemba, ihute guhamagara rusehabaniha ako kanya nyene kuri 000.

Nimba
wibaza yuko umwana
ahakwa gukubitwa,
guhohoterwa canke ko
atitaweho, urashobora gufasha
mu guhamagara ku murongo
wo gutabariza abana kuri
13 14 78.

Amashirahamwe

Ugutabara

000 Inyamirambi, Umuriro, Rusehabaniha (Police, Fire, Ambulance)
13 11 26 Ikigo kijewe iyerekeye ishano (Poisons Information Centre)
13 14 44 guhamagara inyamirambi 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

Umutekano w'abana

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'igihugu bafashiriza i muhira (National Home Doctor Service)

13 74 25 gusaba umubonano wo kugenderwa i muhira inyuma y'amasha y'akazi <https://homedoctor.com.au>

Kidsafe SA

8161 6318, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Amakuru ajanye n'ukugumiza inzoya n' abana mu mutekano, hari mwo n'iv'yintebe z'abana zizewe zo mu modoka zizewe www.kidsafesa.com.au

Red Cross Baby Seats

8443 9700, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Gutanga impanuro ku kugura, gukota no gushira mu modoka intebe z'abana zizewe www.redcross.org.au/baby-seats

SIDS and Kids SA

8332 1066, isaha 3 mu gitondo gushika isaha 10 ku muhingamo, kuva kuwambere gushika kuwa gatanu (mu bihe bikomeye baritaba umwanya wose amasha 24)
Amakuru ajanye n'uko abana basinzira mu mutekano hamwe n'ingene umuntu ashigirkira iyo yabuze www.sidssa.org

Umurongo uhamagarako utabariza umwana (Child Abuse Report Line)

13 14 78 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Iyo umwana ari mu kaga k'intambara guhohoterwa, canke kutitabwaho www.childprotection.sa.gov.au/reporting-child-abuse

Ibiro vya komiseri ajejwe umutekano wo ku buhinga ngurukanabumenyi (Office of the eSafety Commissioner)

1800 880 176
Amakuru mu ndimi zitari nke y'ingene utanga raporo y'umutekano
n'uguohoterwa biciye ku buhinga ngurukanabumenyi www.esafety.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
Gufasha iyo habaye intambara, guhabwa indaro yihutirwa hamwe n'ukurungikwa ahando <http://womenssafetyservices.com.au>

Indinganizo 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

Amashirahamwe mpuzamico

Ishirahamwe ry'abakenyezi b'Abanyaafrika SA (African Women's Federation of SA)

8161 3331 canke 8354 2951, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuwambere, kuwa gatatu no kuwa gatanu
304 Henley Beach Road, Underdale
Indinganizo n'ibikorwa ku bagore b'Abanyaafirika www.awfosa.com

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 bameruka gushika mu gihugu www.ames.net.au/locations/find-sites

Ikigo ca Australia kijewe ivyankenerwa vy'abimukira (Australian Migrant Resource Centre)

8217 9500, isaha 3 mu gitondo gushika isaha 11ku mugoroba, kuva kuwambere gushika kuwa gatanu
23 Coglin Street, Adelaide
Ibikorwa vyo gutanga uburaro imgenderanire, 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 muhingamo, kuva kuwambere gushika kuwa gatanu
1 Brown Terrace, Salisbury
Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

Ishirahamwe ry'taito amagara y'impunzi (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'impunzi zishitze vuba hamwe n'abarondera ubuhungiro

Multicultural Youth SA (MYSA)

8212 0085, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Shop 9 Miller's Arcade, 28 Hindley Street, Adelaide
Indinganizo ku bakiri bato n'imiryango www.mysa.com.au

Ishirahamwe ry'abakenyezi b'Abaislamu SA (Muslim Women's Association of SA)

8212 0800, isaha 3.30 mu gitondo gushika isaha 9 ku mutaga, kuva kuwambere gushika kuwa gatanu
Igorofa ya 4, 182 Victoria Square, Adelaide
Indinganizo n'ugushigikira abakenyezi b'Abaislamu n'imiryango yabo www.mwasa.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'iyingga
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 mpuzamico tw'abavyeyi tworoshe n'utundi rusangi ku rutonde rw'ibigabane yinshi, hari mwo 'Umutekano ku bana bato', 'Kuba i muhira wenyene', 'Gukingira abana bato ngo ntibafatwe ku nguvu', 'Umutekano ku buhinga ngurukanabumenyi' www.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

Udutabo 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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