

Imiryango iremye

Strong families

Kirundi/Ikirundi

Imiryango ni ikintu ca mbere gikomeye mu buzima bw'abana. Kugumiza umuryango wawe uremye bishobora gufasha umwe wese kumenyera ubuzima busha bwo muri Australia.

Kugumiza imiryango iremye

Mu miryango iremye, abantu:

- > barafashanya kandi bagashigikirana
- > barakundana kandi barubahana
- > baravugana kandi bakumvirizana
- > baritwararika amagara yabo
- > baritanaho mu kugene biyumva
- > batorera hamwe umuti w'ingorane
- > bahimbariza hamwe ibihe vyiza
- > barafashanya iyo bibaye ngombwa.

Imiryango yinjira muri Australia ishobora kuba yaciye mu bihe bigoye canke intambara, canke yarabuze abantu canke ahantu ikunda. Iyo abo mu muryango bumva ko bari mu mutekano kandi baitaweho, birashobora kubafasha gukira.

Imiryangoiremeye iremerana mu budasa bwabo. Uwo ari we wese yi yiumva yuko akundwa kandi yubahwa.



Kunezerererwa
hamwe bikomeza
imigenderanire
y'umuryango.



Government of
South Australia

Gufasha abavyeyi kuba beza uko bashoboye

Abagore kenshi na kenshi baguma bitayeho abandi. Amagara yabo nayo nyene ni ngirakamaro.

Amagara y'umuryango

Kugira amagara meza ni ngirakamaro ku muntu uwo ari we wese mu muryango. Ibantu bimwe bifasha ni nk'ibi:

- > kurya ivyokurya bikwije ivya ngombwa
- > gukerebuka
- > gusinzira bihagije
- > kurinda urukoba izuba
- > kubona muganga iyo umuntu arwaye. Kubaza ivyerekeye uguuzumwa kw'abagore n'abagabo
- > gusuzumisha abana. Bamwe bafise ingorane z'amatwi bikagira ingaruka ku kwumva, ku kuvuga hamwe no ku kwiga kwabo
- > kubonana na muganga w'amenyo kenshi. Abana bensi barashobora kuvurwa amenyo yabo ku buntu
- > raba neza ko uwo ari we wese yakingiwe indwara, cane cane abana.

Ivyo kurya ntungamagara

Kurya ivyo kurya ntungamagara kurashobora gukinga indwara z'umutima, ukuyibuhu birenze urugero, indwara z'igisukari na kanseri zimwe zimwe. Izi ni ingorane zikomeye muri Australia.

Ni vyiza rero:

- > kurya ivyo kurya nk'imboga, inyama zitariko ibinure, ifi, umuceri, ibinyantete, ivyamwa, amagi, n'ibikomoka mu mata
- > kubandanya ufungura ivyokurya vyiza vyo mu muco wawe
- > kugabanya ivyo kurya birimwo ibinure vyinshi, umunyu canke isukari, nk'ibintu bitetswe mu mavuta canke bazoka mbere naho abana babishaka
- > kunywa amazi avomwe mw'ibombo
- > kwonsa abana nimba ubishobora.



Ukwibungengana amagara meza

Iyo wibungenze, ni vyiza ku mwana ari mu nda iyo:

- > ubonana na muganga canke umuforoma kenshi
- > utanywa ibiboreza canke itabi.

Iyo wavyaye umwana ukumva ntunezerewe canke ufise ubwoba, umuganga wawe canke umuforoma arashobora kugufasha.

Kunywera itabi iruhande y'abibungenze canke iruhande y'abana bato bironona amagara yabo. Abaganga barashobora kugufasha guhagarika kunywa itabi kandi bagatuma amagara yawe amerza.

Kugira ingoga ni ikintu ciza cane ku muryango wose. Genda gutembera, kinira mu kibara, kora ibantu unezerererwa.

Twovuga iki ku bijanye n'uko umuntu yiyumva?

Imiryango iremye iritwararika uko umuntu yiymva. Imiryango iza muri Australia ishobora kwumva:

- > inezerewe kandi yishimiye ubuzima bushasha
- > iruhutse kubera iri mu mutekano
- > ifitiyei mpungenge abo yasize inyuma
- > yiymvamwo kahise, mbere n'igihe baba bari ahantu hatekanye.

Abavyeyi

Rimwe na rimwe amabanga mu muryango arashobora guhinduka kandi ivyo bishobora gutera umwitwarariko.

- > Abagore mu ngo n'abana bashobora kwiyumva mw'irungu, bashavuye canke barambiwe, cane cane iyo bafise imfashanyo nto kuva ku bandi.
- > Abagabo bashobora kuzazanirwa canke bagashavura igihe batagira akazi. Bashobora kwiyumva yuko batakaje uruhara rwabo nk'abarondezi canke abakuru b'umumuryango cane cane iyo abagore mu rugo ari bo baronka amahera menshi.
- > Abagabo bamwe nibo baca bagira uruhara runini mu kurera kandi ivyo bishobora gutwara igihe kirekire kubimenyera.
- > Abavyeyi benshi ntibagifise wa muryango wagutse wahora ubafasha kera bagaca biyumva ko ari bonyene.

Iyo hari umuntu mu muryango asa n'uwijiriwe, afise ubwoba canke arakaye, baza yuko ari amahoro.



Abana

Abana barashobora kwumva yuko barengewe kandi bafise umubabaro. Bashobora kwerekana uko biyumva babicishije mu kugene bigenza.

Abana barashobora:

- > kwihorera, bakagira ubwoba, bagashavura canke bakarwana cane
- > gusoba mu gitanda, bakumva yuko barwaye, bakagira ingorane z'ukudatora itiro canke kutarya.

Iyo bimenyetso vy'umwitwarariko ni ibisanzwe kandi vyerekana ko abana bakeneye imfashanyo kuva ku bakuze. Nimba ufise impungenge ku mwana wawe, vugana n'umuganga, ishuri yiga ko canke irindi shirahamwe.

Bisaba inkomezi kurengera ubuzima bugoye, intambara, uguhohoterwa canke kubura abakunzi. Nimba hari uwiyumva mwo ubwoba, umubabaro canke irungu, hariho amashirahamwe ashobora gufasha.

Intambara mu muryango

Intambara mu muryango ni ingorane mu bibano vyose no mu mico kama yose. Ntivyigera vyemerwa. Bigirira nabi abantu bose bo mu muryango.

Uguhohotera bishobora kuba:

- > ivyo ku mubiri, nko gukubita, gusunagura, kurya ibinuma, gukwega umushatsi
- > ku mutima, nko gutetereza, kubeshera umuntu
- > gutera ubwoba, nk'akarorero ko bazosubizwa i wabo, ko bashobora gutakaza abana babo, ku vyerekerye n'inkwano canke ayandi madeni
- > kugumana ivyangombwa vyabo canke izindi nkaratasi ngirakamaro
- > kutemerera umuntu kubona umuryango canke abagenzi
- > kutubaha umco kama w'umuntu canke idini ryiwe
- > gucungera amahera, canke ikoreshwa ry'ibituma badasama imbanyi
- > gutuma umuntu akora ibijanye n'imibonano mpuzabitsina atipfuza gukora.

Agahohotero gashobora gukoreshwa n'abagabo, abagore, imiyabaga canke abantu bo mu muryango wagutse.

Gukoreaha igikenye n'ingimba mu miryango kenshi na kenshi bigirirwa abagore n'abana.

Intambara mu muryango ituma abakuze bibagora kwitwararika abana.

Ingene intambara igira ingaruka mbi ku bana

Umwitwarariko uterwa n'intambara mu muryango urababaza abana mbere n'aho batoba babibonye canke ngo bavyumve.

- > Birafise ingaruka ku kugene ubwonko bwabo bukora - ntibashobora gukura canke ngo bige.
- > Bashobora kugira ubwoba kandi bakumva ko bari bonyene.
- > Igihe bari kw'ishuri, barashobora kugira ubwoba bw'ibiriko biraba i muhira.
- > Birashobora no kugira ingaruka ku bana bari mu nda.

Iyo habayeho intambara bwira abana bamenye ko atari ikosa ryabo. Rondera imfashanyo iy'ari yo yose bakeneye.

Nta kibanza intambara ifise mu muryango uremye.
Binyuranije n'amategeko yo muri Australia.





Kuguma mu mutekano

Ni ngirakamaro kuri wewe n'abana bawe kugira integuro y'ukugene mwoguma mu mutekano.

- > Tegura neza imbere y'igihe aho woja igihe habaye umutekano muke.
- > Igisha abana ingene bashobora kurondera abantu bazobafasha.
- > Bigishe ingene bashobora kwakura inyamiramabi kuri 000 igihe habaye ingorane n'akaga.

Kubera iki bishobora kugorana kuvaho

Birashobora kugorana guhunga intambara mu muryango. Abantu benshi batinya:

- > lyindi ntambara kuri bo ubwabo, ku bana babo no ku bo basize inyuma
- > kubura abana babo
- > gutabwa ko umwikomo no kwinubwa n'ikibano cabo
- > kudashobora kwemererwa kuguma muri Australia.

Bashobora:

- > kutagira ahandi hantu na hamwe boja, canke kutagira umuntu n'umwe yobafasha
- > gutinya kuja kubibarira abajejwe gufasha mu bihe nk'ivyo, canke kutabamenya, cane cane igihe Ikingereza atari rwo rurimi rwabo rwa kavukire.

Birashobora kugufasha kumenya ko utari wenyene. Urashobora kuvugana n'abagenzi wizigye canke umuryango canke ukarondera amashirahamwe akora ivyo. Ni vyiza kubikora ibintu bitarayangara.

Nimba ukoresha igikenye, hariho amashirahamwe ashobora kugufasha kwiga inzira nziza. Intambara ntiyigera iba inyishu.

Kurondera abofasha

Amashirahamwe ari ho kugira ngo agufashe.

- > Umuganaga wawe, ishuri canke amashirahamwe aboneka ku mpera y'aga gatabo ni ahantu heza ho gutangurira.
- > Vyinshi biboneka kubuntu.
- > Ntibirinda kuraba ubwoko bwa visa ufise.
- > Ushobora gufashwa naho woba ukiba i muhira canke waravuye mu rugo.
- > Ni VYIZA kuvuga 'Oya' ku basiguzi utiyumvamwo. Urashobora gusaba uwugusigurira hakoreshejwe terefone.

Nimba uhagaritswe umutima na visa yawe, ni vyiza cane ko worondera imfashanyo mu vy'amategeko. Raba imfashanyo y'amategeko ya gusa ku mpera z'aka gatabo.

Hamagara inyamiramabi kuri 000 iyo hari ingorane yihutirwa. Nimba ukeneye uwugusobanurira mu rundi rurimi, guma uvuga izina ry'ururimi rwawe, nk'akarorero 'Ikirundi, Ikirundi, Ikirundi'.

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

Amagara n'ukumererwa neza

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 gustabu umubonano wo kugenderwa i muhira inyuma yamasaha y'akazi
<https://homedoctor.com.au>

Kids Helpline

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

Lifeline

13 11 14 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu
yumva yuko ababaye, ahagaritse umutima, canke yibaza ko ashobora kwigirira nabi
www.lifeline.org.au

Ishirahamwe ryitaho amagara y'impuzi (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'impuzi zishitse vuba hamwe n'abarondera ubuhungiro

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 umubonano. Inzoza n'abana batarakwiza
imyaka itanu bavugwa ku bantu. Abaforoma barashobora gufasha mu vy'amagara
y'abana, ugufungura, uguzinzia 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 bantu 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 zo mu
gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
Ugushigikira imigenderenire mu miryang, abana n'imiyabaga, gukina akamar,
intambara, umugra 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 wo wese yashikiye, yakozweko n'iyabayeye nk'intambara, ugukorresha
igikenye, kubura abo yakunda imbere yuko baza muri Australia www.sttars.org.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
Bifasha iyo habaye intambara, guhabwa indaro yihutirwa hamwe n'ukurungikwa
ahandi <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 bantu ku bagore b'abimukira n'abana bari mu
miryang irinmw 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

Kuronka imfashanyo ku bijanye n'ishavu canke intambara

Umurongo wo kwitabaza hari intambara mu nzu (Domestic Violence Crisis Line)
1800 800 098 igihe ico ari co cose haba ku murango canke mw'ijoro kugira urangirwe
aho woronka infashanyo

Relationships Australia

1300 364 277 canke 1800 182 325 (abahamagara bari kure y'igisagara) isaha 3 zo mu
gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
Vugana n'umuntu ku bijanye no kwubaka umuryango uremye www.rasa.org.au

Ibijanye n'amategeko

Umurwi ufasha mu vy'amategeko SA (Legal Services Commission of SA)

Ronderera impanuro kuri 1300 366 424, isaha 3 zo mu gitondo gushika isaha 10.30
ku muhingamo, kuva kuwambere gushika kuwa gatanu
Impanuro zihuta kandi ku bantu mu bijanye n'amategeko www.lsc.sa.gov.au

Northern Community Legal Service

8281 6911 canke 1300 558 555 (abahamagara bari kure y'igisagara) isaha 3 zo mu
gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
26 John Street, Salisbury
Amakuru ajajnye n'amategeko ku bantu. Ahandi ushobora kuronderera inomero za
terefone z'ibindi bibanza ni kuri <http://northerncommunitylegalservice.weebly.com>

Women's Legal Service SA

8221 5553 canke 1800 816 349 (abahamagara bari kure y'igisagara) isaha 4 zo mu
gitondo gushika isaha 10 ku muhingamo, kuva kuwambere gushika kuwa gatanu
Ukugirwa inama ku bantu ku bijanye n'amategeko ku bagore www.wlsa.org.au

Amashirahamwe mpuzamico

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

8161 3331 canke 8354 2951, isaha 3 zo mu gitondo gushika isaha 11 zo ku
mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
Integuro n'ibikorwa ku bagore b'Abanyafrika www.awfosa.com

AMES Australia

7224 8550, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva
kuwambere gushika kuwa gatanu

Aho ushikira, 212 Pirie Street, Adelaide

7224 8500, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva
kuwambere gushika kuwa gatanu

2/59 Commercial Road, Salisbury

Ibikorwa vyo guha uburaro impunzi n'abimukira baheruka 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 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva
kuwambere gushika kuwa gatanu
23 Coglin Street, Adelaide

Ibikorwa vyo gutanga uburaro imigenderenire, mu miryang n'ibikorwa birwanywa
intambara mu miryang ku bimukira, impunzi n'abarondera ubuhungiro
Raba kuri www.amrc.org.au ku bantana vyo mu gisagara n'inyuma y'igisagara

Ishirahamwe rijeje impunzi muri Australia (Australian Refugee Association)

8354 2951, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva
kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale

8281 2052, isaha 3.30 zo mu gitondo gushika isaha 10.30 zo ku muhingamo, kuva
kuwambere gushika kuwa gatanu
1 Brown Terrace, Salisbury

Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

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

8212 0800, isaha 3.30 zo mu gitondo gushika isaha 9 zo ku mutaga, kuva kuwambere
gushika kuwa gatanu
Igorafa ya 4, 182 Victoria Square, Adelaide

Integuro 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 n'ukurera

Islamicare – Parenting Helpline

1800 960 009, imisi ndwi mw'iyingga

Imfashanyo mw'ibanga ku bavyeyi b'abana b'imiabaga <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
ruteonde rw'ibigabane vyinshi, hari mwo 'Imiryango ikora neza', 'Intambara mu
muryango' www.parenting.sa.gov.au

Aka gatabo koroshe kayobora abavyeyi ni kamwe mw' 9 twateguwe na Parenting SA ku miryang 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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