

# Imiyabaga muri Australia

## Teenagers in Australia

Kirundi/Ikirundi



**Imyaka y'ubuyabaga ishobora kuzana umunezero n'imbogamizi mu miryango yo mu mico yose no mu bibano vyose. Abahungu n'abakobwa barakura, bagahinduka kandi biga ubumenyi buzobafasha mu buzima bwabo bamaze gukura. Hashobora rero kubaho imbogamizi zinyongera ku miyabaga iri mu muco mushasha.**

### Imiyabaga mu muco mushasha

Imiyabaga iza muri Australia ihura n'impinduka nyinshi. Muri izo mpinduka harimwo:

- > kwiga ibijanye n'igihugu gisha n'umuco musha
- > kuvuga canke kwiga urundi ururimi
- > rimwe na rimwe gusobanurira imiryango yabo
- > kumenyera uko amashure mashasha atunganijwe
- > kugergeza kumenyera no kurondera abagenzi. Iyo ni ngirakamaro cane kuri bo.

Bamwe mu miyabaga bashobora kuguma bibuka ubuzima bugoye baciye mwo, intambara canke ukubura abantu n'ahantu bakunda. Vyongeye baba bariko baraca mw'ihindagurika rinini ku mubiri no ku mutima bishikira imiyabaga yose iri muri iyi myaka.

**Imiyabaga ishobora kwiyumva yuko ibayeho hagati y'imico ibiri kandi ikagira imbogamizi muri iyo mico yose. Abavyeyi barafise uruhara rukomeye mu kuyobora imiyabaga no kuyifasha kwiga kwifatira ingingo nyazo.**

**Inkuru nziza ni uko bensi mu miyabaga bamenyera ningoga, biga kandi bagakora neza muri Australia.**



**Abavyeyi n'ugwaruka bariko baramenyera ubuzima bwo muri Australia. Gukorera ibantu hamwe bishobora kubafasha kugumana hafi.**



Government of  
South Australia

Gufasha abavyeyi kuba beza uko bashoboye

## Ico abavyeyi bashobora gukora

Imiyabaga iriko igerageza kurondera ukuntu yoba muri bene igihugu gishasha. Abavyeyi bashobora gufasha muri ubu buryo:

- > kuvugana na bo kenshi no gutahura ingene ubuzima bumeze kuri bo muri Australia
- > kwumviriza ivyiyumviro vyabo n'ukugene biyumva
- > kubafasha kugira abagenzi. Nimba utanezerezwe n'ivyo bihitiyemwo, basigurire igituma
- > kubashigikira mu kwiga vyabo kw'ishuri
- > kugira amategeko yumvikana neza mu muryango
- > guha imiyabaga uruhara mu bikorwa mu muryango
- > kubafashakwiga gutorera umuti ingorane
- > kurondera imfashanyo kw'ishuri canke ibindi bigo iyo bikenewe.

**Kurondera abagenzi no kuba hafi  
y'umuryango n'umuco bifasha imiyabaga  
kuguma baremye.**

## Impore n'amagara meza

Abavyeyi barashobora gufasha imiyabaga kwiga:

- > gukoresha amabarabara n'imiduga rusangi neza ata mapanuka
- > ivyerekeye ingurukanabumenyi mu buryo bwiza
- > kwoga, no kuba maso ku nkengera z'ibiyaga, ku nzusi no ku ngomero
- > guteka, gusukura no kwiyitaho
- > kurya neza, gukerebuka, hamwe no gusinzira igihe gikwiye
- > ku bijanye n'ibiboreza, ibiyayura mutwe, imibonano mpuzabitsina ikingiye, ukwirinda ugusama imbanyi hamwe n'ibijanye n'imibonano mpuzabitsina. Nimba ivyo bigoye kuvugako, bafashe kurondera inkuru itomoye.

**Raba neza ko imiyabaga izi ingene boronka imfashanyo igihe boba bayikenye, kandi ko bafise abandi bantu bakuze boshobora kwizigira bakaganira na bo.**

Imiyabaga irakeneye abavyeyi ngo babafash kuguma bari impore. Ni VYIZA kuvuga 'Oya' igihe ari ngombwa.



## Amatati hagati y'abavyei n'imiyabaga

Mu bituma vyama bitera amatati harimwo:

- > abavyeyi bibaza ko imiyabaga iriko ija kubiri n'ububasha bwabo canke ko bariko barata imico yabo
- > imiyabaga ibona yuko abagenzi babo bafise umwidegemvyo mwinshi kurusha na bo bagaca bawushaka.

Bamwe mu miyabaga bavuga ikingereza neza kurusha abavyeyi babo bashobora kuvytwaza bakavyungukira mwo nko mu gukoresha nabi amahera y'umuryango.

Iyo hari amatati, vyoshobora gufasha iyo:

- > ugumije umutima hamwe - ukumviriza ingene umuhungu canke umukobwa wawe yiyumva
- > umviriza ivyiyumviro vyabo naho woba utemeranya na bo
- > torera umuti w'ingorane hamwe.

Ni ivy'akamaro kugira imipaka igumiza imiyabaga mu mutekano. Raba neza yuko iyo mipaka yumvikana kandi usigure igituma iri ngirakamaro kuri wewe.

Nimba imiyabaga idakoze uko vyari vyitezwe, umviriza impamvu batanga kandi mwumvikane ku bizogenda neza hanyuma. Ibi birashobora kugora ariko wihangane. Guhana ugwaruka bishobora gusigura ko bumbashe ariko ntibaronke akaryo ko kwimenyereza gutorera umuti ibibazo. Ibihano vyo ku mubiri binyuranje n'amategeko.

**Iyo wumva ushavuye, kora ibintu bigufasha guturura. Mushobora kwumvikana kuzovugana hanyuma igihe uwo ari we wese azoba yatururuye.**

**Iyo imiyabaga  
ivuga ku bijanye n'  
'uburenganzira' bwabo muri  
Australia, ushabora kurondera  
ukuri uhamagaye abazi amategeko  
canke ukabibaza irindi  
shirahamwe. Urashobora  
gusaba umusiguzi.**



**Abavyeyi  
n'imiyabaga barahawe  
ikaze kuvugana n'abigisha.  
Barashobora kugufasha  
mu ngorane nyinshi.**

## Iyo habaye intambara

Uwo ari we wese arafise uburenganzira bwo kuba mu mutekano no kwubahwa, harimwo n'abavyeyi. Bamwe mu miyabaga bakoresha gikenye ku bagize umuryango, cane cane ku bagore. Ibi si VYZA na gato mu kibano canke umuco uw'ari wo wose. Iyo binyuranje n'amategeko yo muri Australia. Ugukoresha ingimba bishobora kuba:

- > ku mubiri, nko gukubita, gusunagura
- > mu ku mutima, nko gutera ubwoba, guteterezwa
- > gushinga ijisho ivyo abantu bakora, abo babona, canke ingene baronka amahera.

Iyo ivyo bibaye:

- > hariho amashirahamwe ashobora gufasha abavyeyi kandi agafasha imiyabaga kwiga inzira nziza. Akura inyamiramabi kuri 000 iyo hari igikeneye gutabarwa vyihutirwa
- > ntukigere ukoresha ingimba wewe nyene.

## Kuronka imfashanyo

Nimba akakubakiye ku mwana wawe w'umuyabaga ushabora kuronka imfashanyo ivuye ku baganga, amashuri canke ayandi mashirahamwe.

**Nimba umwana wawe aciyumvamwo ubwoba  
bw'ivyabaye muri kahise nk'intambara,  
uguuhohoterwa canke ubuzima bugoye, hariho  
amashirahamwe ashobora gufasha.**

# Amashirahamwe

## Ugutabara

000 Inyamirambi, Umuriro, Rusehabaniha (Police, Fire, Ambulance)  
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](http://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](http://www.tisnational.gov.au)

## 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.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Headspace

Amakuru y'ingene uganira amaso mu yandi, kuri terefone canke ku buhinga  
ngurukanabumenyi. Gufasha no gushigikira abakiri bato bari hagati y'imyaka 12-25  
Rondera ikigo hagufi y'aho uba <https://headspace.org.au>

### Beyond Blue

1300 224 636 umwanya uwo ari wo wose haba ku murango canke mw'ijoro  
canke uvugane n'umuntu ku buhinga ngurukanabumenyi  
Amakuru n'ugushigikira iyo umuntu yuvma ababaye canke afise umutima uhagaze  
Amakuru ari mu ndimi zitandukanya [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Ishirahamwe ryitaho 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 zishitse vuba hamwe n'abarondra ubuhungiro

### Relationships Australia (Multicultural Services)

1300 364 277 canke 1800 182 325 (abahamagara bari kure y'igisagara) isaha 3 zo mu  
gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu  
Ugushigikira imigenderenare mu miryango, abana n'imiyabaga, gukina akamaru,  
intambara, umugera wa SIDA, indwara y'igitigu [www.rasa.org.au](http://www.rasa.org.au)

### 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 bantu ku bantu ku bana bakivuka gushika ku myaka 15  
[www.wch.sa.gov.au/camhs](http://www.wch.sa.gov.au/camhs)

## Ibijanye n'amategeko

**Umurwi ufasha mu vy'amategeko SA (Legal Services Commission of SA)**  
Rondera 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](http://www.lsc.sa.gov.au)

## Umutekano

**Umurongo uhamagarako utabariza umwana (Child Abuse Report Line)**  
13 14 78 umwanya uwo ari wo wose haba ku murango canke mw'ijoro  
Iyo umwanya ari mu kaga k'intambara gukubakurwa canke kutitabwaho canke  
guhatirwa kwubaka urwive hamwe n'ugenyewra  
[www.childprotection.sa.gov.au/reporting-child-abuse](http://www.childprotection.sa.gov.au/reporting-child-abuse)

### Ibilo nya komiseri ajejwe umutekano wo ku buhinga ngurukanabumenyi (Office of the eSafety Commissioner)

1800 880 176  
Amakuru y'umutekano ku buhinga ngurukanabumenyi ku bavyeyi no ku bana  
[www.esafety.gov.au](http://www.esafety.gov.au)

### SHINE SA Sexual Healthline

1300 883 793 canke 1800 188 171 (abahamagara bari kure y'igisagara) isaha 3 zo mu  
gitondo gushika isaha 6.30 ku mutaga, kuva kuwambere gushika kuwa gatanu  
Vugana n'umuntu ku bijanye n'imbonano mpuzabitsina ikingonye ukwirinda gusama  
inda, imbonano mpuzabitsina hamwe n'ibindi bijanye n'ivyo  
Inku mu ndimi zitari nke [www.shinea.org.au](http://www.shinea.org.au)

### Ishirahamwe rifasha mu bijanye n'izoga ziboreza n'ibiyayuramutwe (Alcohol and Drug Foundation)

1300 858 584, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva  
kuwambere gushika kuwa gatanu  
Amakuru ajanye n'ibiboreza n'ibiyayura mutwe [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

Imiyabaga irashobora  
kugeramirwa no kwubaka  
hataragera canke ku nguvu canke  
abakobwa kugenyerwa. Iyo bibabaza  
amagara n'imibereho myiza kandi biteye  
kubiri n'itegeko ryo muri Australia.  
Gerageza kurondera imfashanyo  
iyo hari umuntu abangamiwe  
n'ivyo.

## 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 ajanye no kurera kamwe n'amareresi mu ndimi nyinshi  
<http://raisingchildren.net.au>

### Parenting SA

Utundi dutabu tw'abavyezi tworoshe n'utundi rusangi two mu mico myinshi ku  
rutorde rw'ibigabane wyinshi, hari mwo 'Kubana n'urwaruka', 'Urwaruka, uko  
wyimwya n'ukwihiebara', 'Inzoga n'ibiboreza', 'Kuvugana n'urwaruka iyerekeye  
imibonano mpuzabitsina' [www.parenting.sa.gov.au](http://www.parenting.sa.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  
Bifasha iyo habaye intambara, guhabwa indaro yihutirwa 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 bantu 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://www.1800respect.org.au)

## Amashirahamwe mpuzamico

### Ikigo ca Australia kijejwe 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 ubararo imigenderenare, mu miryango n'ibikorwa birwanya  
intambara mu miryango ku bimukira, impunzi n'abarondra ubuhungiro  
Raba kuri [www.amrc.org.au](http://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

Integuro ku rwaruka n'imiryango [www.australianrefugee.org](http://www.australianrefugee.org)

### 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

Integuro ku bakiri bato n'imiryango [www.mysa.com.au](http://www.mysa.com.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 dutabu, 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](http://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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