

# Albijanye n'ubutinyanka

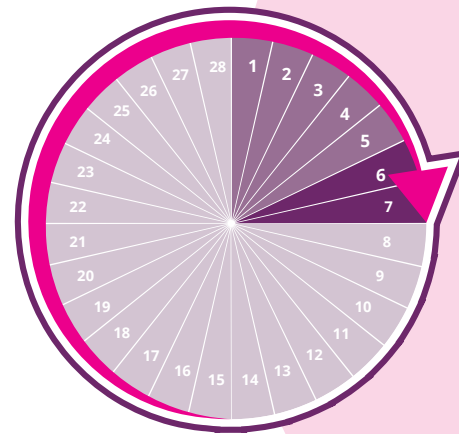
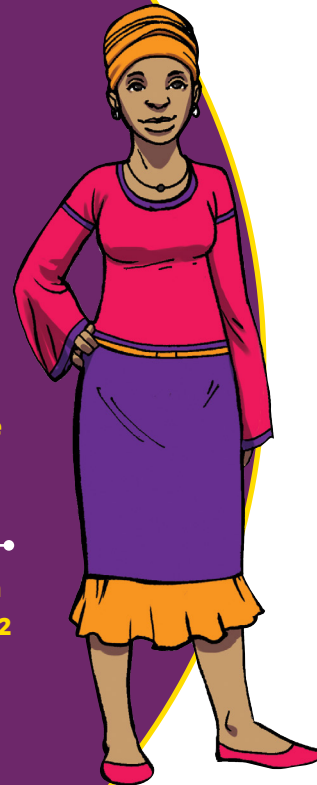


**Kuja mu butinyanka n'ibintu bisanzwe** kandi umukobwa canke umugore wese ategerezwa kubicamwo.

**Ubutinyanka n'amaraso aboneka uko ukwezi guheze, ava mu gihimba c'irondoka c'umukobwa canke umugore** igihe ageze mubigero vyo gusama (kubo bishoboka kuronka abana).

**Mubisanzwe, abakobwa batangura kuja mu butinyanka igihe begereje imyaka 12** (nico bita ubutinyanka bwa mbere).

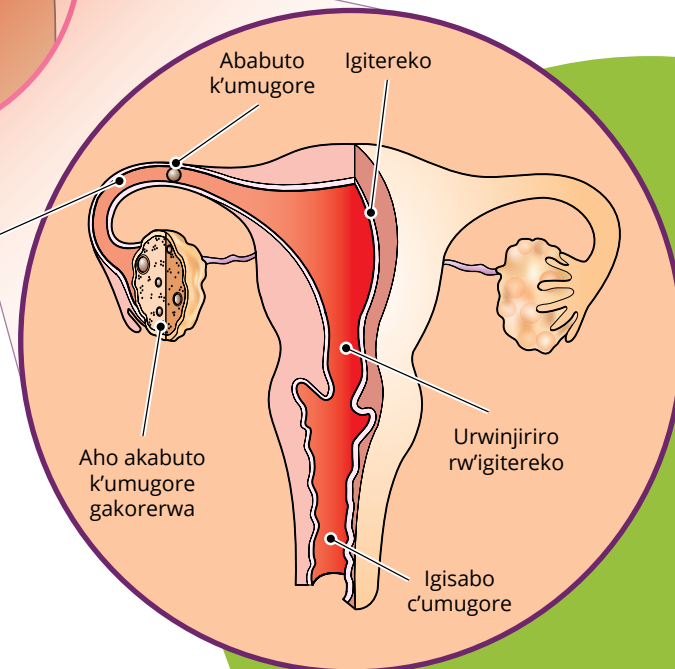
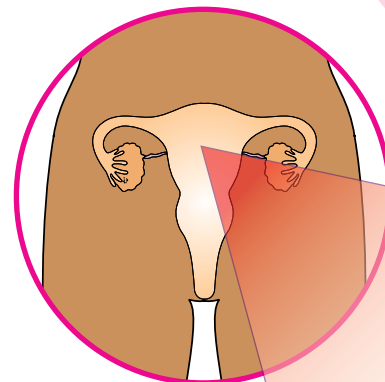
**Abakenyezi bakuze ntibasubira kubona ubutinyanka igihe begereje imyaka 50** (bavyita guca imvyaro).



**Ubutinyanka bwama buboneka** mu minsi 28 (mu kwezi).

**Mubisanzwe, ubutinyanka bumara ikiringo c'iminsi iri hagati 5 gushika 7,** ariko irashobora kuba minsi y'iyi canke ikarenga.

**Muri ico gihe c'ubutinyanka, amaraso ariko araza ategerezwa kuronka ico ashikiramwo (ikiyatega) hama agatabwa** ahabigenewe. Uburyo bumwe bwo kubikora, n'ukwambara agatambara aguma ashikiramwo gafatwa n'agahuzu ko munsu.



**Bshitse ntuje mu butinyanka ukwezi kwose, bishobora gusigura ko wasanye imbanyi.**

Gendera ibitaro bijejwe amagara y'abantu bibegereye, canke witure umukozi ajejwe amagara y'abantu mu mibano.

**Ibihimba vy'irondoka vy'umugore**

# Kuba umukenyezi

Impanuro zo mu gihe c'ubutinyanka

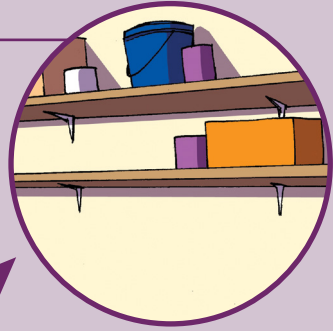


# Ikoresha n'itabwa

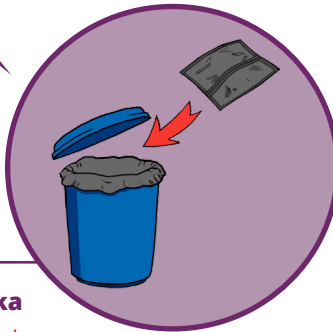
ry'udutambara dukoresha rimwe gusa

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**Shingura ako gatambara ahantu humutse, ahantu atawundi ahashika, kagumeho gushika aho uzogakoreshereza.**

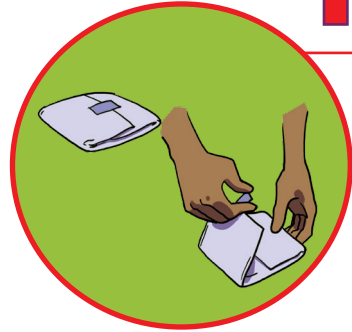


**7 Genda ubise mu kinogo basanzwe batamwo imicafu.**

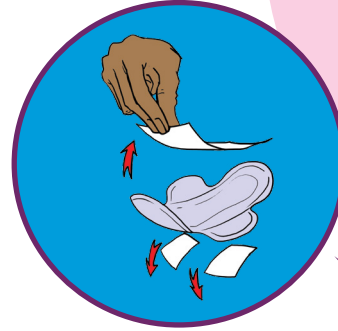


**6 Fata ako gasaho ka plastique ugate aho bata imicafu canke mu ndobo.**

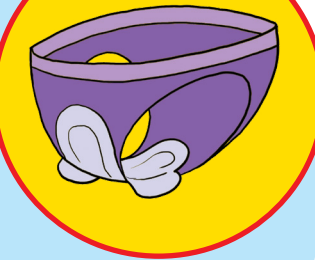
**1** Zingurura ako gatambara.



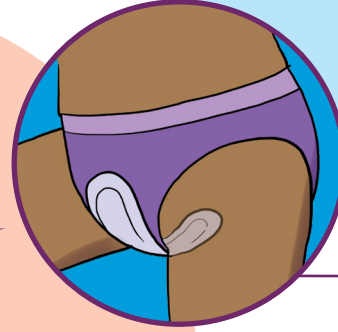
**2** Kurako igikaratasi kiri ku mpande hamwe n'inyuma yako gatambara.



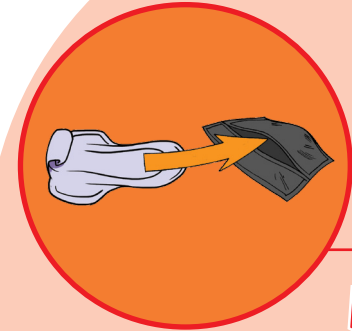
**3** Shira ako gatambara mu gahuzu ko muni uruhande rufata ruraba hasi.



**4** Zingira utwo ufata ku gahuzu ko muni. Aho hari uburembo hatuma agatambara kaguma hamwe. Hageze aho gakoresha. Guma usuzuma kugira urabe ko agatambara katageze guhindurwa.



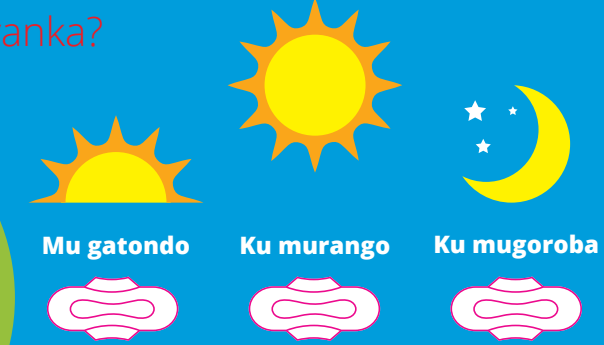
**5** Shira agatambara wakoresheje mu gasaho ka plastique kabigenewe.



# Wogumana gute isuku

mu gihe uri mu butinyanka?

**Koresha imisi yose agatambara gasukuye kandi ugume uguhindura. Mu gihe ukoresheje agatambara gacafuye canke ukagakoresha umwanya muremure mutagahindura, bishobora gutuma wandura indwara canke ukaguma wiyagaza ku gihimba c'irondoka.**



**Karaba neza igihe cose uhejeje guhindura k'agatambara kugira ngo urwanye imigera ishobora kukwandukiza izindi ndwara.**



**Tegekanya guhindura ka gatambara wambarira ku gahuzu ko muni haciye amasaha ane canke munani, bivanye n'ingene amaraso yawe aza ari make canke menshi.**

**Gumana isuku mu gihe cose uri mu butinyanka mu kuguma wiyozza n'amazi meza hamwe n'isabuni.**

**Kuribwa munda imbere canke uri mu butinyanka ni ibisanzwe. Kugira ugabanye ubwo bubabare, kora imyimenyerezo, wigorore canke ushire mu kiyunguyungu igitambara wacishije mu mazi ashushye.**

**Ntimugire ubwoba canke isoni mu kubibwira abandi bagore canke abakobwa mwumva mwoshobora kubiyaga (mama wawe, nyogosenge canke nyokwanyu, uwo mu muvukana, abakenyezi bakuze musanzwe mubana canke uwucungera ishule).**