

Kurera muri COVID-19

Kurinda abana ku mbuga nkoranyambaga

Abana n'ingimbi ubu bari kumara umwanya munini ku mbuga nkoranyambaga. Kuguma gukurikirana bibafasha kugabanya ingaruka za COVID-19 kandi bibatera gukomeza ubuzima bwabo... ariko bifite ingaruka mbi n'ingorane.

ingaruka mbi z'imbuga nkoranyambaga



Ku imbuga nkoranyambaga haba hari abantu bakuze baba bagambiriye gushora abana mu mibonano mpuzabitsina binyuze mu kubandikira no mu mikino y'ubusambanyi, urwango, ivangura, bukangurira kwiyahura no kwigirira nabi, butanga amakuru atariye, n'ibindi bibi.



Ubutumwa bubi bwonona-ubutumwa burimo urugomo, amashusho y'ubusambanyi, urwango, ivangura, bukangurira kwiyahura no kwigirira nabi, butanga amakuru atariye, n'ibindi bibi.



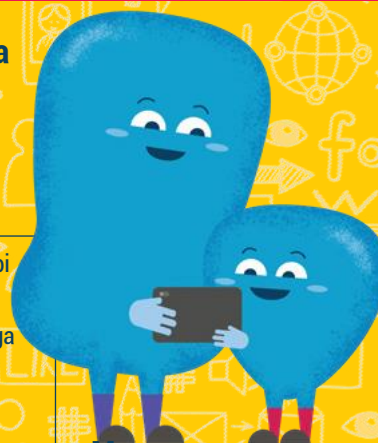
Ingimbi zisangiza abandi amakuru yabo bwite harimo amafoto y'imibonano mpuzabitsina na mashusho yabo bwite mabi.



Ubutumwa bwiterabwona n'iteshagaciro buvuye ku rungano n'abandi batazwi.

Ikoranabuhanga rya gufasha kurinda abana bawe ku imbuga nkoranyambaga

Gira umugenzo uhoraho wo gushyira ku mbuga nkoranyambaga uburyo bw'ubuziranenge kandi butekanye.



Marana umwanya n'abana bawe cyangwa ingimbi ku mbuga nkoranyambaga.

Rinda abana bawe mu kuganira nabo mu kuri

Shyiramo porogaramu ya **parental controls**

Fungura **SafeSearch** kuri browser yawe.

Shyiraho nyirantarengwa 'strict **privacy settings**' kuri za apulikasiyo (apps) n'imikino.

Hisha webcams igihe zitari gukoreshwa

Reka **abana cyangwa** ingimbi bagire uruhare mu gushyiraho no kumvikana kubirebana n'ikoranabuhanga no gukoresha ibikoresho byose birakoresha (telephone na mudasobwa).

Shyiraho igihe gukoresha ibikoresho by'ikoranabuhanga bitemewe (mu kurya, kuryama, gukina no mu gihe cyo kwiga)

Fasha abana bawe kwiga uburyo bwo kurinda amakuru yabo yibanga, cyane cyane ku bantu batariye abantu bamwe ntabwo aba ari abo bavuye ko baribwo.

Kwibutsa abana bawe ko ibigiyeye ku mbuga nkoranyambaga bigumaho (ubutumwa, amafoto n'amashusho)

Ubyitayeho genzura igihe abana baba bari kuri murandasi, aha harimo mudasobwa, telephone zigezweho, na tabuleti.

Murebere hamwe imbuga (websites), imbuga nkoranyamba, imikino, na apulikasiyo (apps).

Bwira abana bawe uko bagaragaza (report) ubutumwa budakwiye (reba hepfo)

Common Sense Media ifite inama nziza kuri za apps, imikino n'imyiraganduro ku bantu b'imyaka itandukanye.

Bwira abana bawe ko igihe cyose bahuye n'ikintu ku mbuga nkoranyambaga gituma bumva bahungabanye, batameze neza, cyangwa bafite ubwoba, ko bashobora ku kubwira kandi ko utazabarakirira cyangwa ngo ubahane.

Ba witeguye gutahura ibimenyetso byo kumunirwa. Tahura niba umwana wawe atangiye kwiheza, guhungabana, kwihisha no guhisha, cyangwa kurohorwa n'ibikorera ku mbuga nkoranyambaga.

Rema imigenderanire no kuganira mu kuri binyuze mu gushyigikira no gutera akanyabugabo abana bawe.

Menya ko buri mwana yihariye bityo ko ashobora gukoresha uburyo butandukanye mu kuganira cyangwa gutanga amakuru. Fata umwanya wo guhuza ubutumwa bwawe n'ibyo umwana akaneye. Urugero umwana ubana n'ubumuga, ashobora gukenera amakuru ari mu buryo bworoheje.

Sangiza uko wiyumva n'ibibazo ufite abo mu korana, inshuti n'umuryango / sakaza ijambo/ rinda abana ku mbuga nkoranyambaga.

Menyesha banyirimbaga nkoranyambaga ibyahungabanya abana ubonye:

Ibindi wa kwifashisha:

(Child helpline)
Umurongo wo gufasha abana

Umurongo witwa
INHOPE Hotlines

umurongo wa
IWF Portals

Agatabo ku mutekano

UNICEF

Izindi ndimi

(Evidence-base)



unicef
for every child

