

## NGOMBA GUKORA IKI NIBA HARI IHOHOTERWA MU RUGO?

Niba mu rugo rwawe umuntu akugiriye nabi cyangwa akagirira nabi abana bawe, ni ngombwa gusaba ubufasha:

1. Bibwire umuntu wizeye: incuti, umuturanyi, umwe mu bagize umuryango wawe cyangwa umukozi ushinzwe kwita ku kibazo cyawe.
2. Hamagara 911 niba uri mu kaga gakomeye. Polisi izaza iwawe ikurinde hamwe n'abana bawe.
3. Niba utavuga icyongereza, hamagara umurungo w'ubufasha wa gahunda y'igihugu ishinzwe kurwanya ihohoterwa ryo mu ngo: -799-800-17233. Guhamagara ni ubuntu. Bwira ushinzwe kwakira abahamagara ururimi uvuga. Umusemuzi azakubwira icyo wakora, n'aho wabona ubufasha mu mujyi uherereyemo.

*Abahamagara ku murungo w'ubufasha wa gahunda y'igihugu ishinzwe kurwanya ihohoterwa ryo mu ngo bose BABIKIRWA IBANGA. Ntugomba kuvuga izina ryawe. Ushinzwe kwakira abahamagara ntazabwira umuntu uwo ari we wese ibyo wamubwiye.*

**Ku bindi bisobanuro kuri interineti ku byerekeye ihohoterwa mu ngo z'impunzi, jya ku rubuga:**

[www.endabuse.org](http://www.endabuse.org)

[www.atask.org](http://www.atask.org)

[www.apiahf.org/apidvinstitute](http://www.apiahf.org/apidvinstitute)

[www.tapestri.org](http://www.tapestri.org)

[www.mosaicservices.org](http://www.mosaicservices.org)

[www.hotpeachpages.net](http://www.hotpeachpages.net)

...

*Izi mbuga za interineti zagaragajwe hejuru zikubiyemo andi makuru mu ndimi nyinshi zivugwa n'impunzi.*

*Aka gatabo katagurwe ku nkunga y'Iburo Bishinzwe Gutuzza Impunzi, Ishami Rishinzwe Ubuzima na Serivisi z'Abantu.*

### ADERESI YACU:

[riht@uscridc.org](mailto:riht@uscridc.org)

Leta Zunze Ubumwe z'Amerika Komite

Ishinzwe Impunzi n'Abimukira

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Telephone: 3507 • 347 • 202

Fagisi: 7177 • 347 • 202

[www.refugees.org](http://www.refugees.org)



**Ihohoterwa rikorerwa  
mu ngo**



[www.refugees.org](http://www.refugees.org)

*Kurinda Impunzi, Gufasha Abimukira,  
Kwimakaza Ubwisanzure kuva mu w' 1911*

## **IHOHOTERWA RIKORERWA MU NGO NI IKI?**

Ihohoterwa rikorerwa mu ngo akenshi ryitwa itoteza. Itoteza ribaho iyo umuntu akoze ikintu agamije gukomeretsa cyangwa gutera ubwoba undi muntu, kandi agahora agisubiramo. Itoteza rikubiyemo gukomeretsa umuntu ku mubiri, mu marangamutima cyangwa kumukoresha ibintu bituma amererwa nabi cyangwa ibyo adashaka gukora. Itoteza kandi ni ukugerageza kumvisha umuntu ko nta bwenge cyangwa imbaraga afite, cyangwa ko adashobora kwifatira ibyemezo mu buzima bwe.

## **NI NDE USHOBORA GUTOTEZWA?**

Umuntu wese ashobora gutotezwa: abakuze, abana bato n'abakuru. Mu miryango ibamo itotezwa, abagore, abana bato n'abakuru ni bo bakomeretswa kenshi.

## **ABANA**

Abana babona ihohoterwa mu ngo zabo bagira ubwoba kandi bakababara. Akenshi bibwira ko imyitwarire yabo ari yo ibatera guhohoterwa. Si byiza ko abana baba mu rugo rurimo ihohoterwa. Abana babona ihohoterwa mu ngo zabo akenshi bahura n'ibibazo ku ishuri, bagatangira kunywa ibiyobyabwenge n'ibisindishakandi bakaba na bo ubwabo bashobora guhohotera abandi.

## **WABA UHOHOTERWA?**

Uratotezwa niba mu rugo rwawe hari umuntu:

- Ugusunika, ugukubita urushyi cyangwa ibipfunsi,
- Ugukangisha kukwica cyangwa kukugirira nabi,
- Ugukangisha kugutwara abana,
- Ukunegura akanagutesha agaciro igihe cyose,
- Utakureka ngo ujye gusura umuryango wawe n'incuti zwe,
- Ugukoresha imibonano mpuzabitsina ku ngufu igihe utabishaka,
- Utakureka ngo ukore kandi ugire amafaranga yawe wigengaho,
- Utakwemerera kwiga icyongereza cyangwa ngo wige gutwara imodoka,
- Ugukangisha kugusubiza mu gihugu cyawe
- Akanakwambura impapuro zawe z'ubusuhuke.

## **NI ICYAHA GIHANWA N'AMATEGEKO**

Ihohoterwa rikorerwa mu ngo ntirigomba kugirwa ibanga. Ihohoterwa ku mubiri cyangwa rishingiye ku gitsina rikorewe umwe mu bagize umuryango rihanwa n'amategeko ya Leta Zunze Ubumwe z'Amerika. Polisi n'inkiko birinda abakorera ihohoterwa mu ngo. Uburinzi bwihariye buhabwa abana, abagore, n'abageze mu zabukuru. Umuntu uhohotera abandi mu rungo ashobora gutabwa muri yombi.

## **SI IKOSA RYawe**

Niba uhohotewe, ntibivuze ko utari umugore mwiza cyangwa umubyeyi mwiza. Umuntu uguhohotera aba ashaka kugenzura ubuzima bwawe.

## **NTURI WENYINE**

Niba umuntu wo mu muryango wawe aguhohotera, wagombye kumenya ko utari wenyine. Abagore barenga miliyoni ebyiri bahohoterwa n'abagabo babo n'incuti zabo z'igitsina gabo muri Leta Zunze Ubumwe z'Amerika buri mwaka.

Niba uzi umuntu uhohoterwa, mumenyeshe ko hari ubufasha:

- Hamagara 911 igihe ukeneye ubufasha bwihutirwa: polisi n'imbugururira.
- Ishami rishinzwe kurwanya ihohoterwa rikorerwa mu ngo: Ubuturo butekanye kandi bw'ubuntu ku bagore n'abana babo.
- Itegeko riteganyanya uburinzi bw'agateganyo: Umucamanza ushinzwe imanza z'imiryango ashobora gutegeka ko umuntu uhamwa n'ihohotera agomba kuva mu rugo akaba kure y'umugore n'abana.
- Ubufasha mu by'amategeko: abahohotewe bafite ubushobozi buke bashobora guhabwa umwunganizi mu by'amategeko w'ubuntu, akabafasha mu by'amategeko nk'itegeko rihesha umuntu kurindwa, gufungwa, ubufasha bw'abana cyangwa gutandukana kw'abashakanye.