

Iyo ushikiwe n'ikimenyetso nakimwe mur'ivyo tudondaguye kandi kigasa nigikaze cane, utegerezwa kubibwira muganga.

NI RYARI WOKWIRUKIRA MUGANGA?

Utegerezwa kuja kuraba muganga iyo washikiwe n'ibi bikwirikira:

- Ihinduka ryagiturumbuka rishika mugihe uri mubutinyanka atagituma cumvikana -- nko kugira umwitwarariko urengeye, kugwara, gutakaza canke kwunguka ibiro.
- Kuva amaraso arengeje urugero kurenga imisi indwi
- Kuva amaraso hagati yikiranga misi co gusubira mubutinyanka
- Ububabare bwo munda burengeje urugero burenze iminsi ibiri
- Wiyumviriyeko woba wasamye
- Iyo mugitereko havamwo ibintu bisa n'umuhondo, icatsi kibisi, umunyota, vyera nk'amata canke birenduka, bimeze nk'ifuro, canke binuka nabi cane.

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Niwakenera ayandi makuru yerekeye amagara y'abakenyezi, koresha bwaburyo bwa ordinateri, urabe ahakurikira:

www.womenshealth.gov

www.4women.gov

www.omh.gov

www.girlshealth.gov

www.youngwomenshealth.org

www.girlhealth.org

CDC National STD Hotline

1-800-227-8922

24 hours a day, 7 days a week

CDC National AIDS Hotline

1-800-342-AIDS (1-800-342-2437)

24 hours a day, 7 days a week

National Women's Health Center

1-800-994-9662

The U.S. Department of Health and Human Services



Amakuru ari muri aka gatabo yandi akurikije amakuru yanditse na :

The American Academy of Pediatrics: Puberty Information for Boys and Girls

The U.S. Department of Health and Human Services Office of Women's Health

Advocates for Youth

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement



Photo credit: Rose McNulty

Ico umkentezi wese ategerezwa kumenya ku vyerekeye umbiri wiwe



www.refugees.org

Protecting Refugees, Serving Immigrants,
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UBUYABAGA

Ubuyabaga n'igihe umubiri uhinduka ukava mu mubwana ugahinduka uwabakuze. Mubisanzwe, ubuyabaga butangura kwibonekeza ku bakobwa no ku bahungu hagati y'imyaka icenda na cumi n'itatu.

Muri iyo myaka y'ubuyabaga, abakobwa batangura kumera amabere; bakaguka mu rukenyerero, bagatangura n'ukumera ubwoya ku gisabo (inzya), mu kwaha, hamwe no kumaguru. Muri ico gihe, abakobwa batangura kuja mubutinyanka (arivyo kandi bita kuja mu kwezi). Ivyo vyose bihinduka ku mwigeme birasanzwe kandi biratanga amagara meza bikongera bigafasha umwigeme kuja murugero rw'abagore.

IKIRANGAMISI CO GUSUBIRA M'UBUTINYANKA

Abakobwa benshi batangura kuja mubutinyanka hagati y'imyaka 9 na 16. Kuja mu butinyanka ntibisigura yuko uca uheba gukora imirimo isanzwe, nk'ukwoga muri pisine, kwiruka, gukora canke n'ibindi bikorwa bisaba inguvu. Kuguma ukora udukorwa birashobora gufasha kugabanya ubuyega buterwa n'ukuba uri m'ubutinyanka.

IKIRANGA MISI C'UBUTINYANKA KIVUGA IKI?

Iyo abakobwa batanguye ikiringo c'ukwezi co kuja mubutinyanka, udusaho tw'imbuto (amagi) z'umugore tuba hejuru y'igitereko turarekura irigi rimwe kira kwezi. Iyo imbuto z'umugabo zihuye n'iryo rigi bikanywangana, iryo rigi rica rikuramwo umwana. Buri kwezi umubiri w'umugore uritegurira kwakira irigi ryanywanganye n'imbuto z'umugabo mu gukora urubu rw'ikivangatare c'uduhimba tunzinya tw'umubiri tuvanze n'amaraso hagati mugitereko. Iyo rya rigi ribuze imbuto z'umugabo binywangatirana, igitereko gica gisohora cakivangatirane. N'ivyo baca bita kuja m'ubutinyanka.

UBUTINYANKA BUMARA IGIHE KINGANA GUTE?

Kenshi na kenshi ubutinyanka bumara hagati y'imisi 3 na 7. Mubisanzwe gusubira kuja mubutinyanka bimara ibiringo biri hagati y'indwi 3 na 5. Umukobwa amaze gushika mubuyabaga canke umukobwa akiri muto, arashobora gusimba ikiringo (ukwezi) co gusubira m'ubutinyanka, ariko haciye igihe umubiri urashobora kwihindura agaheza agakurikiza neza ibiringo vyogusubira m'ubutinyanka utasimba ukwezi na kumwe.

WOKWIFATA GUTE IYO URI MUBUTINYANKA?

Uzotegerezwa gukoresha imibindo mugihe uri m'ubutinyanka kugirango wirinde kwanduza amaraso impuzu wambaye. Abagore bamwe babindisha za cotex canke za tampax.

Urashobora gukoresha ivyo ushaka vyose mukubinda amaraso iyo uri mubutinyanka, ariko ivyo ukoresha vyose uririnda gukoresha ibikoresho bifise akamoto kubera bishobora kugutera indwara. Imibindo y'ubwoko bwa cotex bayambara hagati mw'ikareso. Cotex irafise akarongo k'uburembo kamata kw'ikaleso kugira cotex ntihave ikoroka. Cotex itegerezwa guhindurwa kenshi kugira ntihave yuzura ngo ivirirane, igutere ubuyega canke ngo inuke. Iyo hashushe birakenerwako uhindura cotex igihe cose uvuye gukoresha akazu kasugumwe. Ugize ivyo vyose, bizogufasha kumva umerewe neza kandi ugume wumutse.

Imibindo y'ubwoko bwa tampax nayo bayinjiza hagati mu gisabo. Cokimwe na cotex, tampax zitegerezwa guhindurwa kenshi, nimiburiburi uko amasaha 4 gushika kuri 6 aheze. Ibihimba vy'irondeka vy'abagore biremwe ukuntu vyiyozza ubwavyo vyonyene. Ninaco gituma udategerezwa gupompa ibintu

ivyarivyo vyose vyokwoza mugisabo (igihimba c'irondeka c'abagore) iyo uvuye mubutinyanka. Uburyo bwokoza mugisabo ukoresheje imiti bufise ingaruka mbi kubera bushobora kugutera indwara.

N'IBIKI BISHOBORA GUSHIKA MU GIHE URI MUBUTINYANKA?

Abapfasoni bamwe barava amaraso menshi kurusha abandi. Ivyo n'ibisanzwe. Umupfasoni wese ateye uko yishangije. Uri mubutinyanka ntuzova amaraso arenze urugero. Uzotakaza mililitiro z'amaraso ziri hagati ya mirongo itatu na mirongo icenda kira kwezi. Ayo maraso ntiyorenga nk'agacupa gatonya k'amavuta. Ariko niwava amaraso menshi cane, uzotegerezwa kubibwira muganga.

Abapfasoni bamwe bamwe baramererwa nabi imbere y'uko baja m'ubutinyanka, bari m'ubutinyanka canke bavuye m'ubutinyanka. Ingorane zibashikira ni nkizi:

- Kuribwa
- Kwuzura inda
- Kwumva uburuhe
- Kumeneka umutwe
- Kubabara mu mugongo
- Kurakara (gushavura)
- Kuvyimba amabere

