

## Safeguarding Kids Together (SKT) Fact sheet for parents and carers

# Twese hamwe dukingire abana

## Ivyo tubwira abavyeyi n'abarezi

### Ivyerekeranye no gukingira twese abana (SKT)

Amashuri arafise ibintu bitari bike vyo gufasha umwana uwo ari we wese kugira ngo ashike ku kintu kinini mu buzima bwiwe. SKT, irahari kuri bose NSW ku mashuri ya Reta, iratanga impanuro za karuhariwe ku bari ku rubuga, irashigikira kandi igatanga intonde na gahunda zo gufasha amashuri kugira ngo atorere umuti abanyeshuri bisuka mu nyifato ishobora kubakwegera akaga: SKT ishobora kugufasha:

- ubaka amashuri ashobora guhangana n'ibibazo vy'amashuri n'ibigukikije.
- Raba abanyeshuri bashobora kuba bafise ingorane kandi ubashigikire mu buryo bwiza bugaragara.
- Raba ingene utorerwa umuti n'ingene ivyo bibazo vyihutirwa vyotorerwa umuti.

### Gukorera hamwe kugira ngo dushigikire abakiri bato

Hari ibintu vyinshi bishobora gutuma umunyeshuri agira ingorane mu kwishira mu nyifato imutera akaga, nko kunyuzura, harimwo no kunyuzurira ku murongo ngurukanabumenyi, umuryano canke iterabwoba ry'ugukoresha igikenye, kwigirira nabi, kwikomeretsa, gukoresha ibiyayura mutwe, hamwe n'ukwifatanya n'inkozi z'ibibi canke n'ayandi mashirahamwe akora ububisha.

- Hamwe n'amashuri, uba uri ahantu hadasanzwe kugira ngo ubone ibintu vyahindutse bidasanzwe mu ngeso n'ingendo vy'umwana wawe, kandi ukabafasha kugira ngo barondere ibibashigikira. Nimba warabonye ivyahindutse mu nyifato n'ingeso z'umwana wawe, canke umwana wawe akakubarira inkuru zotuma uhagarika umutima ku bijanye n'umwana wawe, ibi vyiyumviro bikurikira birashobora kugufasha.



Umviriza bukebuke udashavuye, maze uronke inkuru ikwiye y'imvaho. Himiriza umwana wawe, umutere intege, avuge ikimubakiye ku mutima, kandi umubarire ko gusaba imfashanyo n'ugushigikirwa mu bimubakiye, hamwe no gusaba impanuro ari ikintu ciza.



Baza ibibazo kugira ngo uronke ido n'ido n'umuco nimba ubikeneye: ivyo bibazo ni nk'ibi: nde, habaye iki, vyabereye hehe, vyabaye ryari. Baza umwana wawe ico agomba gukora.- n'ivyo agomba ko ukora. Umwana wawe ashobora kwanka no kutemera ko uvugana n'abakozi canke abarimu bo kw'ishuri.



Vugana na we ku kibazo n'ivyiyumviro afise kugira ngo umwemeze ko kurondera imfashanyo n'impanuro bivuye kw'ishuri ari ikintu ciza gishobora gufasha.



Hanahana n'ishuri inkuru zikwiriye. Saba umubonano kugira ngo uhure n'umwigisha w'umwana wawe kandi nimba ubikeneye, usabe kuvugana n'umuyobozi w'ishuri.



Guma wandika ivyavuzwe mu nama y'ishuri n'uburyo ushobora gukorana n'ishuri kugira ngo utorerwa umuti ico kibazo.



Gukorera hamwe no gukorana n'ishuri ni yo nzira ya mbere irashe nziza yo gufasha gutorerwa umuti ivyo bibazo. Nimba ufise amakenga ku mutekano w'umwana wawe, usabwe kwitura inyamiramabi.



## Igisata c'indero n'ubumenyi NSW

Bimwe mu bintu bikomeye bishobora gukingira abakiri bato ni ukugumana imigenderanire hamwe no kuba mu muryango, mu bangana barukiye rimwe, hamwe n'ishuri.

### Ni inzira izihe ushobora gufashamwo umwana wawe?



Gerageza gukorana n'umwana wawe kandi umuhe uturyo two kuvugana no gusangira nawe ibimubakiye, muvugane ibijanye n'ibikorwa vyawe vya misi yose, ivyo aba arimwo, abagenzi biwe n'abo barukanye, abo bagendana, hamwe n'ubuzima bwiwe kw'ishuri. Ibi bizogufasha kumenya aho umwana wawe aba ari, abo bari kumwe, n'ivyo baba bariko barakora.



Himiriza utere intege umwana wawe kugira ngo afatanye n'abandi mu bikorwa bituma yumva ko na we ari umuntu kandi afise abamukunda kandi ko afise aho ashobora kubona ivyomugirira akamaro. Nk'akarorero, imikino, kwinonora imitsi, gushushanya n'ukurushanywa, ibimunezereza, ivyo akunda gukora, hamwe no gutegura ibintu abantu bahuriramwo.



Menya ibikorwa ku mbuga ngurukanabumenyi, kandi utahure inyungu n'akaga umwana wawe ashobora kwinjiramo mu gukoresha ubuhinga bwa telephone bwa none nk'imashini nyabwoko, tablets na smart phones kandi ufashe umwana wawe akoreshe ubwo buhinga mu bwitonzi ntangere.

Ku zindi nkuru zirengereye izi zerekereye n'ugufasha umwana wawe kugira ngo abe mu mutekano, mu mahoro kandi anezereze n'ivyo asoma ku buhinga ngurukanabumenyi asabwe kuraba ku muhora eSafety kuri [esafety.gov.au/](https://www.esafety.gov.au/)



Ba icitegerereze mu gushiraho imigenderanire myiza no kwereka umwana wawe ingene ashobora kwiyumvira no gutora amahinyu inkuru yose aronse ntapfe kuyakira uko nyene.



Raba umenye uguhinduka mu ngeso kwabaye ku mwana wawe kandi umufashe kwiyumva ko ari mu mutekano kandi ko akwiye gusabikanya nawe ivyiyumviro vyawe n'ukugene yiyumva.



Himiriza uguhanahana ivyiyumviro vyugururitse n'umwana wawe kugira ngo bashobore kwiga ivyerekeranye n'ugutahura ibindi vyiyumviro vy'abandi bantu.

Umviriza ibiraje ishingira umwana wawe kandi ugerageze gutahura ivyiyumviro vyabo n'ingene babona ibintu. Naho woba utemezanije n'ivyo umwana wawe ariko aravuga, ni ngirakamaro ko ubamenyesha ko bemewe, bakundwa, kandi ko ubereyeho kubafasha.

### Ku zindi nkuru zirenze izi

Nimba ukeneye izindi nkuru zirenga izi tuguhaye, usabwe kurondera ishuri yawe iri mu micungararo ubamwo. Nimba ukeneye umusobanuzi wo kugufasha no kugusobanurira ku vyo wasavye, usabwe guhamagara kuri telephone y'umusobanuzi 131 450 kandi uce usaba umusobanuzi mu rurimi rwawe.

Bwira uwo ariko arakwishura kuri iyo telephone inomero za telephone ushaka guhamagara kandi uwo muntu ari kuri iyo telephone azoca akuronkera umusobanuzi agushire hamwe na we ku murongo kugira ngo agufashe muri ico kiganiro. Nta mahera uzorihishwa kuri iyo seruvisi.

### Raba imihora imwe imwe yofasha

- Beyond Blue iratanga inkuru n'ibishigikizo kugira ngo ifashe abantu bose bashike ku buzima bwiza bwo mu mutwe kuri uwu muhora [beyondblue.org.au](https://www.beyondblue.org.au)
- Hariho imihora ibuza kunyuzura NSW itanga inkuru ku bakozi, ku banyeshuri no ku bavyeyi kugira ngo babuze kandi bishure ibibazo ku banyeshuri banyuzurwa ku muhora witwa [antibullying.nsw.gov.au](https://www.antibullying.nsw.gov.au)
- Ibikoresho vyo gukingira abana vyo ku buhinga ngurukanabumenyi n'umuyobora ujanye n'ukugirira nabi abana ku buhinga ngurukanabumenyi birashobora kuboneka aha hakurikira eSafety Commissioner website kuri [esafety.gov.au](https://www.esafety.gov.au)

