

Uko woshigikira umwâna wawe igihe yashikiwe n'inyifato ndoragitsina ziteza ingorane kandi/ canke zibabaza

Inyifato ndoragitsina ziteza ingorane kandi/ canke zibabaza ni izihe? What are problematic and/or harmful sexualised behaviours (PHSB)?

Inyifato ndoragitsina ziteza ingorane kandi/canke zibabaza ni imvugo ikoreshwa mu kudondora inyifato ndoragitsina itandukanye n'ivyitezwe hisunzwe ibigero vy'umwana canke vy'umuyabaga hamwe n'ugukura kwiwe. Izo nyifato zikaba zobabaza uwo mwana nyene canke abandi. Wamenyeshejwe aya makurú kuko umwâna wawe yashikiwe canke yerekanye PHSB.

Ihanamakuru n'Ishure rirafasha gushigikira umwâna wawe

Ihanamakuru hagati y'abavyeyi n'abarezi b'abana hamwe n'ishure ni nkenerwa cane.

Iyumvire ugushigikirwa hamwe n'ugufashwa vyofasha mu gushigikira umwâna wawe n'umuryango. Korana n'abakozi b'ishure bagufashe gutunganya integuro ngo umwe wese atekane.

Ubufasha bw'Insobanuro ku Mvugirakure

Ukéneye uwugusobanurira ngo uvugane n'ishure ryawe hamagara kuri 131 450 usabe uwugusobanurira mu rurimi rwawe. Bwira umuhinga azokwitaba inomero z'ishure ugomba guhamagarako maze uwo muhinga azoca aguha umusóbânuzi ku murôngo ngo agufashe mu kiyago cawe. Ntuzirihishwa kubwó ukwo gufashwa.

Uko Ushobora kuba Wiyumva

Ibintu nk'ibi biratera uruhágarará. Nk'umuyeyi cank enk'umurezi, ushobora kwiyumvamwo ukubura ico ufata n'ico ureka kandi ukarengerwa uménye ko inyifato y'umwana wawe yadutsemwo ingorane canke yababaje abandi. Uriyumvamwo ugutsitazwa, umubabaro, ukutiyizigira, amaganya, n'ishavu. Ugutekana ni ngirakamaro uriko urashigikira umwâna wawe.

Umwana wawe ashobora guserura inyifato zitandukanye

- Bashobora kwiyumvamwo ukwiyanka, isóni, kubabara, kwiyagiriza / ishavú.
- Bashobora guhamuka canke ntagire ibigúmbagúmba na mba.
- Bashobora kwanka kwemera iyo nyifato.
- Bashobora kudatuhura ko inyifato yiwe yari iyitabereye canke yababaje abandi.
- Bashobora kwagiriza canke kuremeka ikibi ku bandi ku vyabaye.
- Bashobora kwemera ivyo yakoze agasaba gufashwa.

Integuro Zikomeye zo Gushigikirwa

Safe Wayz – Umugambi ushigikira abana b'imyaka y'amavuka iri muni ya cumi bashikiwe n'inyifato ndoragitsina ziteza ingorane canke zibabaza, hamwe n'imiryango yabo n'abarezi babo.

New Street Services – Umugambi utanga ubufashá mu buvúzi ku bana n'imiyabaga b'imyaka 10 gushika kuri 17 bashikiwe n'inyifato ndoragitsina zibabaza. New Street Services ukorana n'imiyabaga, ngo ibafashe gutuhura, kwemera, kwiyubara no guhagarika inyifato ndoragitsina zibabaza.

Iyo migambi yose iradondowe mu buryo buramvuye ku [Rubuga Ngurukanabumenyi rw'Amagará I NSW](#).

Ni gute woshigikira umwâna/ umuyabaga wawe



Ndi ngaha ku bwawe no kugufasha

- Remesha umwâna wawe ko uhari ngo umushigikire.
- Mureke avuge inkuru yiwe mu majambo yiwe no mu gihe ciwe ashatse.
- Tahura ibigûmbagûmba n'amakenga yiwe.
- Marana umwanya ukwiye n'umwana wanyu mu muryango mukora ivyiza.
- Mushigikire abandanye ibikorwa n'ibimenyerewe kuri we, nk'ishure hamwe n'ukunonora imitsi.
- umwâna wawe agêndana ubumuga, ashobora gukenera ukwitwararika, ukwihanganirwa n'ugushigikira ivyiyumviro vyabo.



Ngomba kugufasha kwumva ko ukingiwe

- Vugana n'umwana wawe ku vyerekeye iyo nyifato, utekanye, usobanure ko iyo nyifato itabereye kandi ko yohagarara.
- Tanga ivyemezo n'amakuru ku vyerekeye ihuzabitsina n'imigenderanire y'ubugenzi ibereye hisunzwe imyaka.
- Rondera amakurú ku vyerekeye icokorwa inyuma y'aho kugira ngo uvugane n'umwana wawe ugushigikirwa akeneye.



Nturi wenyene

- Korana n'ishure mukorane integuro zo gushigikira umwâna wawe.
- Ronderera ugushigikirwa no mu muryango hamwe no mu bagenzi.
- Rondera ugushigikirwa hamwe n'impanuro mu bahinga bashobora kugushigikira mu vyagushikiye bakanafasha kubona inzira ibereye ku neza y'umwana n'umuryango.



Na wewé ni uvyifatemwo neza

- Isuzume mu nyifato zawe n'ingene uriko urihanganira ivyabaye.
- Ifate neza, kugira ngo ushobore gufata neza umuryango.
- Kora ibintu binezereye kandi bishobora kugufasha kurengera uruhagarara.

Ubufasha rusangi bwo gushigira



Kids Helpline
1800 55 1800



1800RESPECT
1800 737 732



13YARN
13 92 76



Parent Line
1300 130 052



Lifeline
13 11 14



Q Life
1800 184 527

Igore Wiyubare mu gihe usoma ano makuru, kuko arimwo ibimenyeshwa wosanga biteye umubabaro, uguhungabana canke bigateza uruhagarará.

How to support your child when they have displayed problematic and/or harmful sexualised behaviour (PHSB)