



Twebwe igihe twari mw' ishamba twarafata abakenyezi n'abigeme ku nguvu.

1



Jewe nanje nama niteguye kuko nakoresha agakingirizo igihe cose.

Natwe igihe twari dukingiyeye amakambi y'impunzi, twari dufise abigeme n'abakenyezi, duhendesha amahera n'inzoga kugira ngo tubashurashuze. Mutazi abana twahavyariye!

2



Iyo migenzo yanyu iragayitse, kandi ishobora kuba yarabakweguye akarambaraye!

Turiko turagomborana naho, twasiga tweretse abadusubiriye inkumi n'abagore batagorana.

3



Mbega Kige, wewe warakoresha agakingirizo?

Reka sha gufuyina, kava hehe ko uzi iyo nari ndi? Umuhungu wese twahura sinamugora, mbe hari n'umwanya wo kukarondera?

4



Jewe nashimye kwigumya ngo nze ndindire uwo tuzokwubakana.

Ntababesha ivyo vy'agakingirizo ntavyo niger a nyumvira. Napfa kubona umugore canke umukobwa nk'urya ngaca nsimbirako.

5



Jewe nari maze imyaka itatu ntagenda i muhira, nari naraturagaye, kandi mafuu n'indege irasha. Ubundi ho hari imyaka ijana nzomara?

6



Njanye nawe, ntawununuza imbombo iri mu kamwanya, kandi nsinshaka kuba umunyezamu w'isi. Hagupfa wipfuzza wopfa wivuzza. CASSOM izomvuzza.

7



Rabe hano mwese, jewe nama niteguye. Abagifyina n'ubuzima ntibambaze. Umusirikare nyakuri yama yiteguye.

8



Eh! naje ndaguye ndagarutse, ibintu vyo kwigenza nk'isuguru yo mu ci ngiye kubivamwo nkoreshe agakingirizo.

Erega NZITONDA ntarira busema. Aha nshobora kuba naranduye umugera wa SIDA!

9



Twari dukwiye kwitura ikigo Akabanga tukisuzumisha umugera wa SIDA.

Iyo mpanuro ni yo, dukwiye kwipimisha kugira ngo bidufashe gutegura kazoza.

10



Ni wewe hamwe n'uko mushaka kugira imibonano mpuzabitsina mwokwumvikana gukoresha agakingirizo



Ugurura witonze agapaki karimwo agakingirizo. wirinde kukuguruzanya amenyi canke inzara kugira ngo ntigatabuke



Raba ingene kazinze kugira ngo ntukambare gahinduriye. Gafate ku mutwe uce ukazingururira ku gitsinagabo gishutswe kugeza kw'imerero



Murashobora rero kugira imibonano mpuzabitsina



Niwaheza ufatire agakingirizo kw'imerero ry'igitsina, uvane na mugenzawe uheze umanure agakingirizo witonze uce ugapfundika



Niwaheza kugapfundika ca ugata mu musarani

Mbega wewe woba uri mu bo umugera wa SIDA ugeramiye?

Urabimenya mu kwishura ibi bibazo

-Woba ugira imibonano mpuzabitsina n'abantu barenze umwe? Ego Oya

-Umugenzi wawe yoba agira imibonano mpuzabitsina n'abandi bantu? Ego Oya

-Woba ugira imibonano mpuzabitsina ata gakingirizo? Ego Oya

-woba umaze kwandura ingwara zifatira mu bihimba vy'irondoka? Ego Oya

Ni waba hari aho wishuye "ego" uri mubo umugera wa SIDA ugeramiye.

ZIRIKANA KO:

- Inguvu zawe ari ngombwa mu gukorera igihugu n'umuryango wawe; lkingire.
- Utazi umunsi, igihe, hehe n'uburyo wogwa mu mutego. Utegerezwa kwama witeguye.
- Agakingirizo ari uwundi muheto.
- Inyigisho waronse zigufasha guhindura inyifato. Igihe ntikirarenga ngo utangure ubuzima bushasha. Kwipimisha umugera wa SIDA bigufasha muri iyo migambi.



Umusirikare nyakuri yama yiteguye