

LIVING IN THE UNITED STATES

LIFE SKILLS FOR BURUNDIAN REFUGEES

VOLUME 3



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
SUPPORTING THE SUCCESSFUL INTEGRATION OF BURUNDIAN REFUGEES

INTRODUCTION

The U.S. Committee for Refugees and Immigrants (USCRI) provides support and resources to Burundian refugees, service providers, and resettlement communities through its Supporting the Successful Integration of Burundian Refugees program. The program assists refugees and their communities in overcoming barriers to integration and self-sufficiency, and is funded by the U.S. Department of Health and Human Services' Office of Refugee Resettlement.

Through this program, USCRI works with Burundians in the United States and their service providers to produce useful orientation materials that support the adjustment and integration of Burundian refugees to their new homes and communities. USCRI released the first volume, *Living in the United States: Life Skills for Burundian Refugees, Volume 1* in 2008. The first publication addresses the following eight initial resettlement topics: the role of the resettlement agency, personal care, nutrition, health, adjusting to a new home, safety and emergencies, housing, and employment. The second edition, *Living in the United States: Life Skills for Burundian Refugees, Volume 2*, released in 2009, provides helpful information about issues the Burundian community faces after the initial resettlement period, when individuals have become independent of the resettlement agencies that work with them upon arrival. The topics include laws and rights, managing money, using a bank, education for children and adults, parenting in the United States, family communication skills, domestic violence, and the use and abuse of alcohol. This is the third and final volume of the series and contains information on becoming a U.S. citizen, buying and owning a car, bullying and discrimination, prenatal and maternal health care, and mental health issues.

These materials are available for download in print format in both English and Kirundi on USCRI's website at www.refugees.org. They are also available in Kirundi in flash video format online. USCRI recommends that service providers using these resources also download a copy of *A Guide for Facilitators, Volume 3* to help facilitate discussions and workshops.

Funded by the United States Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement

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Special thanks to the Burundian communities of Fredericksburg, VA; Dallas and Ft. Worth, TX; and Burlington, VT for their contributions to this work. Also, thanks to Jean Manirakiza, Aline Niyonzima, Paul Niyungeko, and the United Burundian American Community Association for their support of the program. Thank you to the volunteers and staff of the College of Southern Idaho Refugee Center in Twin Falls for providing information for the chapter on prenatal and maternal health care. In addition, the production managers are grateful to the USCRI Refugee Resettlement and Employment division, USCRI support staff, and all of the Burundian refugees and service providers who contributed to the development of these materials.

Visit www.refugees.org for additional information on Burundian refugees and resources. Please contact USCRI with questions and comments info@uscrdc.org.

MAKING A DIFFERENCE IN THE LIVES OF REFUGEES AND IMMIGRANTS

For almost a century, the U.S. Committee for Refugees and Immigrants (USCRI) has helped immigrants and refugees build better lives in the U.S. and around the world. USCRI works through four field offices and a network of 27 community-based partner agencies to resettle refugees and help immigrants in the U.S. access basic housing and orientation services. Each year approximately 5,000 to 10,000 refugees are resettled, and almost a million immigrants are assisted through the USCRI network. USCRI, headquartered in Washington, D.C., is a non-profit, charitable organization with 501(c) (3) status.

USCRI also works to mobilize an effective response to refugee situations from the international community. USCRI makes refugee needs known to world governments, U.S. policy makers, humanitarian organizations, and the general public. USCRI holds public briefings, updates government officials, and testifies before the U.S. Congress. To mobilize the public, USCRI ensures that refugees are in the news through staff appearances on television and radio, as well as in newspapers and magazines and on the Internet. We speak directly to the American public in schools, places of worship, and community meetings. We distribute our analysis through USCRI publications such as the World Refugee Survey, Refugee Reports, Refugee Voices™, topic-specific issue papers, email updates, and our website, www.refugees.org.

Since 2004, USCRI has led a growing coalition of hundreds of nongovernmental organizations in the campaign to end refugee “warehousing”—a practice that deprives millions of refugees worldwide of the rights to work, to practice professions, to run businesses, to own property, to move about freely, to choose their place of residence, and to receive relief on par with nationals.



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

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*Living in the United States:
Life Skills for Burundian Refugees
Volume 3*

A Guide for Facilitators

U.S. Committee for Refugees and Immigrants
Supporting the Successful Integration of Burundian Refugees
2231 Crystal Drive, Suite 350
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Introduction

Welcome to *Living in the United States: Life Skills for Burundian Refugees, Volume 3, A Guide for Facilitators*. The U.S. Committee for Refugees and Immigrants (USCRI) created the life skills materials for Burundian refugees to use as they adjust to their resettlement communities in the United States. USCRI designed these materials for individual or group use with or without a facilitator. Using the materials in groups with a facilitator, however, enhances the learning experience for participants and encourages further discussion, questions, and participatory activities. The purpose of *A Guide for Facilitators* is to assist you, the facilitator, to use the life skills materials as effectively as possible whether you are a refugee resettlement agency employee, another service provider, or a volunteer. Thank you for taking the time to use the life skills materials and helping Burundian refugees in their adjustment to living in the United States.

How to Use this Guide

This guide will assist you in explaining and expanding upon the five life skills topics in Volume 3. The materials are flexible and we encourage you to modify the lesson plans, as well as add your own questions and activities, to fit the needs of the participants. In this guide, each topic has a set of objectives, discussion questions, suggestions for further review, and evaluation questions. These are further explained below.

Objectives are listed at the beginning of each chapter outlining ideas participants should be familiar with after completing the topic. To best achieve these objectives, we suggest using the *Life Skills* video, in combination with the corresponding print materials, group discussion, and other activities.

Further Review helps to explain issues in the life skills topics in greater detail and/or cover areas that were not addressed. Facilitators may want to cover these points after watching the video.

Discussion Questions are suggested for each topic to encourage critical thinking and problem-solving, and to help clients relate and apply the topic to their personal lives. Some questions are more useful to ask before watching the video, while some are better suited for discussions during or after the video.

Activities encourage participants to apply or further explore the topic. Many activities bring lessons into practice through role-play, site visits, or guest speakers. Furthermore, they help participants practice skills that are important to living in the United States. Activities will be most effective when carried out after watching the *Life Skills* video. This is your chance to be creative!

Evaluation Questions check participants' understanding of the topic, as well as serve as a checklist for facilitators to rate the effectiveness of the lesson plan. After facilitating some or all of the topics, please fill out the Life Skills evaluation form included on the following page to help USCRI evaluate the materials' effectiveness and improve on future resources.

Life Skills for Burundian Refugees, Volume 3 Evaluation

Questionnaire for Facilitators

Please answer the following questions after facilitating Life Skills workshops. Your responses will assist us in developing future Life Skills topics to support the successful integration of Burundian refugees. The completed questionnaire can be emailed to info@uscrdc.org, or mailed to USCRI, 2231 Crystal Drive, Suite 350, Arlington, VA 22202-3711.

1. Overall, how effective do you find the Life Skills materials?

Not at all

Somewhat

Very

Comments: _____

2. Did you find the facilitator’s guide useful? Why or why not?

3. How would you improve these materials?

4. Additional comments or suggestions for future programs/materials:

TOPIC 1 – BECOMING A U.S. CITIZEN

Objectives

- Understand the basics about the naturalization process.
- Learn the requirements of applying for citizenship.
- Identify key rights and responsibilities of living in the United States.
- Know what to expect during the citizenship test.

Further Review

- Visit the U.S. Citizenship and Immigration Services (USCIS) website and review how to apply for permanent residency and citizenship.
- Explain where and how to find any relevant forms refugees may need when applying for permanent residency or citizenship (for example, the I-693 Report of Medical Examination and Vaccination Record form or the I-602 Application By Refugee For Waiver of Grounds of Excludability form).
- Review the specific details of what should be submitted with the N-400 form and what constitutes acceptable passport-style photo.
- Review the Bill of Rights and key points of the Constitution.
- Find the nearest USCIS testing and interview locations on a map.
- Explain the responsibilities of being a U.S. citizen in greater detail, such as jury duty and income tax, and why they are important.
- Describe the rights U.S. citizens in greater detail, such as voting or holding a U.S. passport, and why they are important.
- Review available study materials for the English and civics tests that are part of the naturalization process.
- Review what physical or developmental disabilities might exempt someone from the English test.



Discussion Topics

- What concerns do you have about the naturalization process?
- Why does citizenship come with both rights and responsibilities?
- Which of these rights and responsibilities are most important to you and why?
- How can you best prepare for the tests and interview in the naturalization process?
- What should you do if your application is denied or your case is continued?

Activities

- Fill out a sample I-485 Application to Register Permanent Residence or Adjust Status Form.
- Review study materials and administer practice English and Civics tests.
- Mock interview: Set up chairs and a desk and have a list of sample questions available that do not divulge sensitive personal information. Have one participant act as the interviewer and others act as the interviewees.
- Give varied scenarios which require different forms to be submitted to USCIS. Have participants say which form is needed and where they can find it.

Evaluation Questions

- What are two examples of rights and two examples of responsibilities you have while living in the United States?
- What are the requirements to become a U.S. citizen?
- What steps should people take to prepare for the tests and interview?
- Which crimes would prevent someone from becoming a U.S. citizen?
- How can someone exhibit the good moral character required to become a U.S. citizen?
- What form should people fill out to notify USCIS that they have moved?

TOPIC 2 – BUYING AND OWNING A CAR

Objectives

- Recognize the difference between leasing and buying a car.
- Understand the different types of insurance and be able to select the most appropriate policy.
- Understand the financial commitment of buying a car
- Be aware of the financial ramifications of choosing cars with certain characteristics (new vs. used, type of fuel, etc).
- Recognize the importance of understanding the final agreement/legal documents with the dealer, and the advantage of bringing someone who reads/writes/speaks English fluently.
- Understand the responsibilities of maintaining a safe vehicle and cooperating with police.

Further Review

- Share local non-emergency numbers for the police and medical transportation, and explain when to use these and when to use 911.
- Review a lease contract in more detail.
- Read/watch the section on loans in *Living in the United States: Life Skills for Burundian Refugees, Volume 2, Topic 3: Banking*.
- Explain what credit is and how someone can achieve “good credit” .
- Review each of the six types of car insurance, and verify which type a driver is required to have in your state.
- Read/watch the section on driving laws and the police in *Living in the United States: Life Skills for Burundian Refugees, Volume 2, Topic 1: Laws and Rights*.
- Explain how to request an interpreter when dealing with the police, and how to appeal a police officer’s decision.

Discussion Topics

- How will you adjust your budget to afford leasing or buying a car?
- What will happen if you are unable to afford lease or car loan payments?
- Why is it important to have car insurance?
- What are the pros and cons of buying a used car? A new car?
- Why is it important to understand the papers you sign when leasing or buying a car? What should you do if you can’t read, write, understand, or speak English fluently?
- What concerns do you have about maintaining a car or finding a mechanic?
- In what driving situations should you call the non-emergency phone number instead of 911?



Activities

- Make a monthly budget including lease/car loan payments, insurance, gas, registration, parking, and maintenance fees.
- Review an authentic lease contract, ensuring complete comprehension of each detail. Do the same with a contract for buying a car.
- Have a participant role play as a car salesperson. He or she should attempt to make the refugees overpay, rush through the contract, and add hidden fees. After the role play, explain how to deal with a stereotypically pushy salesperson.
- Watch a video of how to pump gas, specifically noting the difference between how to pay with cash or credit card, and what type of gas to buy. Stress the safety aspects (no smoking, turn engine off, etc).
- Mock pull-over: Set up chairs like seats in a car. Have participants simulate being pulled over by a police officer and demonstrate the proper steps to take, including how to request an interpreter, if needed.
- Imaginary accident: Have two sets of people pretend they've gotten into a minor accident. Have them demonstrate how to notify the police, what information to exchange, etc.

Evaluation Questions

- What is the difference between leasing and buying a car?
- What type of insurance will you need when leasing or buying a car?
- What features about a car should you consider when you are deciding which is the right car for you, your family, and your budget?
- Why is it important to understand all the papers you sign?
- Why should you maintain a safe vehicle?
- What are some things you should do if you are pulled over the police that show that you are being cooperative?

TOPIC 3 – BULLYING AND DISCRIMINATION

Objectives

- Define and identify what actions qualify as bullying and discrimination.
- Understand the concept of cyber bullying.
- Learn what to do if you witness or are the victim of bullying or discrimination.
- Be aware of how sharing information on the internet can make you vulnerable to online predators and cyber bullies.
- Recognize the difference between discrimination and harassment.

Further Review

- Visit the Stop Bullying Now! website at <http://www.stopbullyingnow.hrsa.gov/kids/>.
- Have a school guidance counselor or child behavioral psychologist speak to the group about what constitutes bullying and cyber bullying, and what to do if you are a perpetrator, witness, or victim of bullying or cyber bullying.
- Learn how to identify signs that your child is a bully or is being bullied.
- Outline relevant concerns with popular online social networking sites and how to protect your children from cyber bullying and online predators.
- Detail ways in which people can protect themselves, their personal information, and their reputations online.
- Review federal laws against discrimination.
- Review, in depth, all actions that may constitute harassment or discrimination in the workplace and review federal, state, and local laws against them.



Discussion Topics

- What steps should a child take if he or she is being bullied at school or online?
- Who should a child speak with if he or she has witnessed or been a victim of bullying?
- Why do you think bullying and discrimination occur?
- Why is it important to protect your personal information, especially on the internet?
- What might happen if you post controversial information or photographs online? How could this affect how other perceive you, your ability to get a job, etc.?
- Can anyone describe a scenario in which someone experiences workplace discrimination?
- What are the consequences for people who discriminate against or harass others in the workplace?
- What should you do if you feel you are the victim of harassment or discrimination?

Activities

- Mock bullying session: Have participants role-play. Roles can include bullies, victims, and bystanders. Have them act out a scene in which the bullies pick on the victims. Stop and ask each person to name actions each character should take (for example, the bully should realize the consequences of his or her actions, the witness should report it to an adult, etc.).

- Online safety practice: Go online as a group to show what sort of information websites may ask for, and what information is appropriate and safe to share online.
- Addressing harassment and discrimination: Hand out note cards with hypothetical incidences of harassment or discrimination. Each participant will read the hypothetical situation aloud and make recommendations about what actions a person in that situation should take.

Evaluation Questions

- What is bullying?
- What is cyber bullying?
- What are steps that someone should take if they witness or are a victim of bullying?
- What are some of the dangers people face on the internet?
- What precautions can you take to protect yourself, your children, and your personal information while you are online?
- What are some examples of discrimination? Harassment? How are they different?
- What are steps someone should take if they feel they are being harassed or discriminated against?

TOPIC 4 – PRENATAL AND MATERNAL HEALTH

Objectives

- Understand what preconception and prenatal care consist of and why they are important.
- Understand the different medical staff and facility options for pregnancy/delivery.
- Know what medical services are covered by insurance, and what other benefits expectant/new mothers and their children are eligible for.
- Know how to prepare a safe home and car for a new baby.
- Be informed about maternity/paternity leave options for both parents, and be comfortable speaking to a supervisor about scheduling time off.
- Understand what a birth plan consists of, and the importance of writing it in advance.
- Understand what circumcision is and that parents have the right to decide if they want to circumcise their son or not.
- Be able to identify signs of trouble, labor contractions, and when to call the doctor.
- Know in advance what a labor and delivery room will look like, and be familiar with the labor and delivery process.
- Be familiar with pain management options.
- Understand when a doctor might suggest a vaginal birth or a cesarean section, and the difference between the two.
- Understand the advantages of breastfeeding, 'dos' and 'don'ts' while breastfeeding, and how long a baby should be breastfed. Be familiar with a breastfeeding pump.
- Know that post-partum depression (PPD) is a serious medical condition, and how to get help if experiencing symptoms of PPD.



Further Review

- Explain how drinking alcohol, smoking, or using drugs during pregnancy can adversely affect prenatal development or lead to a miscarriage.
- Discuss the difference between an OB/GYN, midwife, doula, or other medical staff involved in prenatal care and labor and delivery.
- Review your state's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program eligibility guidelines, and how to apply for the program.
- Review the maternity/paternity leave policies of local refugee employers.

Discussion Topics

- What should you do *before* getting pregnant?
- Why is prenatal care so important? What should you do during pregnancy to make sure your baby will be healthy?
- How do you learn what services are covered by your medical insurance?
- What questions do you have about circumcision?
- What are some signs of trouble during pregnancy, and when should you call your doctor?

- What does it mean when women say “my water broke”?
- What confuses or scares you about your pain management options?
- Do you plan to breastfeed or use a breastfeeding pump?

Activities

- Have a nurse, doctor, or other OB/GYN medical staff member speak to the group and answer any questions they may have.
- Visit a local [child safety seat inspection station](#), where certified technicians will inspect child safety seats and show parents how to correctly install and use them.
- Invite a guest speaker from the police or fire department to speak about baby-proofing a home.
- Make a draft birth plan when both partners are present.
- Role-play all the steps from when a woman begins labor through delivery. Try different scenarios – what to do if you are alone, what to do if you are out of town, what to do if you or your partner don’t speak English, etc.
- Visit a hospital to meet staff and tour a labor and delivery room, an operating room, and the Neonatal Intensive-Care Unit (NICU).
- Visit a birthing center to meet staff and tour the facilities.

Evaluation Questions

- What is the difference between preconception and prenatal care?
- What are some of the options when choosing a facility at which to receive prenatal care and give birth?
- Name three foods/drinks to avoid during pregnancy.
- What will a doctor do during a prenatal visit?
- What are some examples of things you should do to make your home and car safe for your baby?
- What is circumcision?
- How can you tell the difference between Braxton-Hicks contractions and true contractions that occur before labor?
- Name some of the machines or equipment that will be in the labor/delivery room. What are their purposes?
- What are two pain management options during labor?
- When might a doctor need to perform a cesarean section instead of delivering your baby through vaginal birth?
- What should you *not* do while breastfeeding? Can you still get pregnant while breastfeeding?
- What should you do if you feel depressed after having your baby

TOPIC 5 – MENTAL HEALTH ISSUES

Objectives

- Recognize signs and symptoms of mental illness.
- Understand the different types of mental illnesses.
- Become comfortable talking about mental health issues.
- Know how to get help with mental health issues.
- Learn what to do when someone is contemplating suicide.
- Identify risky behaviors associated with mental illness.



Further Review

- Identify and locate mental health services and resources in the community for people with mental health issues.
- Review the differences between psychologists, psychiatrists, counselors, social workers, etc., and explain what each specializes in.
- Explain your state’s policies on what types of mental health services Medicaid will cover.
- Examine how to approach friends or family members who may have a mental illness or who may be contemplating suicide.
- Review local, state, and national suicide prevention hotlines.
- Discuss possible treatments for mental illnesses.
- Talk about the correlation of the traumatic events with mental illness.
- Review ways to get help.

Discussion Topics

- What are some ways that people can maintain good mental health?
- How do people view mental illness in your culture?
- What are some examples of symptoms of mental illness?
- Why is it important to seek help for mental illnesses?
- How do you think a refugee’s experiences impact their chances of developing a mental illness?
- What are some warning signs that someone is thinking about suicide?
- Why do you think people contemplate suicide? What are some ways you can help a person who has expressed that they may want to commit suicide?
- What is the difference between sadness and depression?
- If someone is depressed, what are some examples of people they could speak with to get help?
- What is the difference between drinking and abusing alcohol?
- What effect do drugs and alcohol have on the human body?
- What can you do if you know someone is abusing drugs or alcohol?

Activities

- Have a psychologist, psychiatrist, or counselor speak to the group and answer any questions they may have about mental health.
- Watch a video about mental health issues and how to find help.
- Role-play: Give out scenarios in which one person overhears a friend talking about wanting to commit suicide, one person has a family member who exhibits signs of PTSD, etc, and have participants outline steps they could take to help resolve the situations.
- Invite a local expert on drug and alcohol abuse to address the group.

Evaluation Questions

- What are signs that someone has good mental health?
- What are signs or symptoms that may mean someone has a mental illness?
- What are some different types of mental illness and what characterizes each of them?
- Where can you go or who can you approach to get help for yourself or someone else with a mental illness?
- What should you do if you or someone you know is contemplating suicide?
- What are some of the consequences of drug and alcohol abuse?
- How can you get help for someone who is abusing drugs or alcohol?

TOPIC 1 — BECOMING A U.S. CITIZEN

Kuronka Ubwenegihugu Muri Leta Zunze Ubumwe Z’Amerika

Abantu bimukira muri Leta Zunze Ubumwe z’Amerika bavuye mu bindi bihugu, hakaba harimwo impunzi, ntibaca baronka buno nyene ubwenegihugu bwa Leta Zunze Ubumwe z’Amerika. Kugira ngo uronke ubwenegihugu, ushobora gusaba kuronka urupapuro rwemeza ko usanzwe uba mu gihugu, ukabisaba umaze umwaka uba muri Leta Zunze Ubumwe z’Amerika. Ushikanye imyaka itanu kuva ushitse, ushobora kwemererwa gusaba ubwenegihugu. Amabwirizwa n’inzira bicamwo bishobora gutandukana bivuye ku bantu n’abandi. Usanzwe wubatse ukaba usangiye urugo n’uwufise ubwenegihugu bwa Leta Zunze Ubumwe z’Amerika canke ukaba ufise imyaka y’amavuko iri muni ya 18, bashobora kugusaba ibindi bintu.

Iki gisata kizoguha urutonde rw’ibikenewe n’inzira wocamwo. Niwaba ushaka gutohoza gusumba, genda kuri site www.cliniclegal.org/resources/citizenship-us-handbook ca Catholic Legal Immigration Network, Inc. (CLINIC). Ushatse amakuru arushirije genda kuri site www.uscis.gov y’Ibiro Bijewe Ubwenegihugu n’Abinjira mu gihugu (Citizenship and Immigration Services), hamagara inomero 1-800-870-3676, canke saba impanuro ibiro bijewe ivyerekeye amategeko (USCIS).

Becoming a U.S. Citizen

People who move to the United States from other countries, including refugees, are not automatically U.S. citizens. To become a citizen, you must apply to become a lawful permanent resident (LPR) after one year of living in the United States. Five years from your arrival date, you are eligible to apply for citizenship. Rules and processes can be different for different people. If you are married to and living with a U.S. citizen or are under 18 years old, you may have different requirements.



This section will provide an overview of these requirements and processes. For more details, visit the Catholic Legal Immigration Network, Inc. (CLINIC) at www.cliniclegal.org/resources/citizenship-us-handbook. For further information, visit U.S. Citizenship and Immigration Services (USCIS) at www.uscis.gov, call 1-800-870-3676, or seek professional legal immigration counsel.

TOPIC 1 — BECOMING A U.S. CITIZEN

Kuronka Ubwenegihugu Muri Leta Zunze Ubumwe Z’Amerika

Kuronka uruhusha rwo kuronka ubwenegihugu muri Leta Zunze Ubumwe z’Amerika kandi bizanana n’ububasha, iteka, hamwe n’amabanga. Bisaba kwubahiriza no gukunda Leta Zunze Ubumwe z’Amerika kandi, mu bisanzwe, guheba ubwenegihugu bw’ikindi gihugu. Imbere yo kubisaba, abantu bategerezwa:

- Kuba warabaye mu ntara igengwa na USCIS aho ushaka guyonkera ubwenegihugu azezi atari munsu y’atatu imbere yuko ubisaba
- Ukaba wimutse, saba yuko bimura ibikarata vyerekeye kubisaba wongere umenyeshye USCIS aho wimukiye mu kwuzura igikarata AR-11
- Kuba ushobora kuvuga icongereza gisanzwe ca munsu yose (ariko hariho abashobora kubirekurirwa)
- Kumenya ibiranga igihugu bisanzwe vyerekeye kahise na leta muri Leta Zunze Ubumwe z’Amerika
- Kumenya ukongera ukemera ibigenga ibwirizwa Shingiro
- Kuba utari mu nzira yo kwirukanwa canke kuba utimirije gufatirwa ingingo yo kwirukanwa mu gihugu

Becoming a U.S. Citizen

Naturalization is the process of becoming a U.S. citizen and comes with rights, privileges, and responsibilities. It requires loyalty to the United States and, usually, giving up citizenship to other countries.

Before applying, individuals must:

- Have been in the United States for at least 30 months of the last five years
- Have lived in the USCIS district where you plan to file for citizenship for at least three months before filing (If you move, request to transfer your application and notify USCIS of the new address by filing form AR-11)
- Be able to communicate in basic English (there are exceptions)
- Know basic information about U.S. history and government
- Know and accept the principles of the Constitution
- Have no outstanding deportation or removal orders pending



TOPIC 1 — BECOMING A U.S. CITIZEN

Kwitegurira Gutangura Kubisaba

Imbere yo kubisaba, itegure mu:

- Kwiga icongereza
- Kwiga kahise n'inyigisho zerekeye gukunda igihugu c'amavuko
- Kwiga ivyo umunyagihugu afitiye ububasha bwo kugirirwa hamwe n'ivy'ategerezwa gukorera igihugu
- Kwuzuzwa ukarungika urukaratasi N-400 rwo gusaba kuronka ubwenegihugu usanga kuri www.uscis.gov hamwe n'ibikaratasi vyose vyo kwuzuzwa bijana. Hamagara umurongo wa telefoni 1-800-375-5283 ubaze aho dosiye yawe igeze canke kugira ngo ubwire USCIS aho usigaye ubarizwa.



Preparing for the Application Process

Before applying, prepare by:

- Studying English
- Learning about U.S. history and civics
- Learning about the rights and responsibilities of citizenship
- Submit the N-400 Application for Naturalization, found at www.uscis.gov, with all related forms. Call 1-800-375-5283 to ask about your application or update your address with USCIS.

TOPIC 1 — BECOMING A U.S. CITIZEN

Kwitegurira Gutangura Kubisaba

Rungika ikopi y'ikarata I-551 (Uruhusha rwo Kuba mu Gihugu) hamwe n'urupapuro rwa banki rw'amahera utegerezwa kuriha canke utegeke ibanki yawe kuyarungika, ubirungikane hamwe n'urupapuro N-400. Nturungike amahera abona. Baza ibiro vyo kumenyeshya amakuru vya USCIS kuyerekeye amahera utegerezwa kuriha, canke yuko ushobora kugirirwa imbabazi yo kutayatanga, canke yuko hari ibindi bikaratasi utegerezwa gushikiriza.

Tanga amafoto ndangamuntu agereraniye ubitangane na N-400. Ayo mafoto ategerezwa kuba atarenza iminsi 30 afashwe uravye umunsi usabiyeko, ategerezwa kwera inyuma y'isanamu yawe, agategerezwa kwerekana neza mu maso kuva ku ruhanga rwawe. Kirazira kuba wifutse mu mutwe kiretse ni waba ubitegekwa n'idini. Andika izina ryawe hamwe n'inomero usabirako ukoresheje ikaramu ry'igiti, uvyandike inyuma yayo mafoto yawe.

Preparing for the Application Process

Send a photocopy of your Form I-551 (Permanent Resident Card) and a check or money order for the fee amount with the N-400. Do not send cash. Contact USCIS for information about the fee, if you can be excused from paying the fee, or if you must submit extra forms.

Submit two standard passport-style photographs with the N-400. Photographs should be taken within 30 days of submission, have a white background, and a full view of the face from the front. Your head should not be covered unless otherwise required by religious beliefs. Write your name and application number lightly in pencil on the back of the pictures.



TOPIC 1 — BECOMING A U.S. CITIZEN

Mu Vyo Wotegerezwa Kwama Wirinda

Kugira uronke ubwenehugu bwa Leta Zunze Ubumwe z’Amerika, utegerezwa gusonera no kugamburukira amategeko, ukongera ukerekana yuko ufise umutima mwiza wo gukora ivyiza. Mu vyo wotegerezwa kwama wirinda harimwo:

- Kwama uborewe
- Gushurashura
- Kuba uharitse
- Kwigenza nabi ukarenga amategeko
- Kubesha kugira ngo uronke ubwenehugu canke uronke inyungu yo kwinjira mu gihugu
- Kwica canke gusinzikariza abandi ubuzima
- Kuja mu bikorwa vy’iterabwoba bihungabanya umutekano



Mu makosa abuzabantu kuronka ubwenehugu, hari:

- Kwica
- Gukorera umuntu ivyamfura mbi
- Gushurashura abana
- Gutera umuntu ukoresheje inguvu
- Gucuruza ibiyayura umutwe, ibirwanisho bicira umuliro, canke kugurisha abantu
- Guhemukira igihugu bimwe bikomeye

Vuga amakosa yose wakoze mu kurenga amategeko, naho yoba ari amakosa adahambaye. Ni wabesha kuvyerekeye gukora amakosa, bazokwima ubwenehugu.



Activities to Avoid

To become a U.S. citizen, you must respect and obey the law, and exhibit good moral character.

Activities to avoid include:

Habitual drunkenness, Engaging in prostitution, Practicing polygamy, Illegal gambling, Lying to get naturalization or immigration benefits, Committing crimes, Terrorist acts.

Crimes that prevent people from becoming citizens include:

Murder, Rape, Sexual abuse of a child, Violent assault, Trafficking of drugs, firearms, or people, Aggravated felonies.

Report all crimes, even if they are minor. If you lie about committing crimes, you will be denied citizenship.

TOPIC 1 — BECOMING A U.S. CITIZEN

Ivyo Ufitiye Uburenganzira Bwo Kugirirwa, Ivyo Urekuriwe, Hamwe N'Ivyo Ujejwe

Abenegihugu barafise ivyo bafitiye ububasha n'ivyo barekuriwe gukorerwa:

- Uruhusha rwihutirwa mu gusaba kwinjiza umuryango kuba muri Leta Zunze Ubumwe z'Amerika
- Gushobora gutorwa mu baronka imfashanyo canke agasaho ko kwiga
- Gushobora gutorwa mu kazi karekuriwe abenegihugu gusa
- Gushobora kuja mu murwi w'abaronka imfashanyo y'ubumuga (muri za leta aho babanza gusaba kuba ufise ubwenegihugu)
- Ububasha bwo gutora mu matora yose
- Ububasha bwo kuronka urukaratasi rw'ingenzi rwa Leta Zunze Ubumwe z'Amerika

Abenegihugu barafise ivyo baterezwa kurangura harimwo:

- Kuja gusasa mu nama rubamba
 - Izo nama rubamba zigizwe n'abenegihugu basabwe kwumviriza no gufasha guca imanza zo muri sentare.
- Utegerezwa kuriha ikori kuvyo utunze

Rights, Privileges, and Responsibilities

Citizens have rights and privileges that include:

- Priority when applying to bring family members to live in the United States
- Eligibility for certain grants and scholarships
- Eligibility for jobs open only to citizens
- Eligibility for disability benefits (in states where citizenship is required)
- Ability to vote in all elections
- Eligibility for a U.S. passport

Citizens also have responsibilities that include:

- May be required to serve on a jury
 - Juries are groups of citizens who are asked to hear and help decide a court case.
- Must pay income taxes



TOPIC 1 — BECOMING A U.S. CITIZEN

Ikibazo N'Umubonano Vyo Gusaba Ubwenegihugu

Uzoronka umubonano wo kuvugishwa no gukora ikibazo umaze kwuzura urupapuro N-400, wongere utere igikumu ku biro bikwegereye vya USCIS. Udashoboye kugenda kuri uwo mubonano, gerageza uvugane n'ibiro vya USCIS mu maguru masha. Mu gusubira kuronka uwo mubonano bishobora gufata amezi menshi, gerageza lero kuja kur'uwo mubonano wongere ushikye kare igihe wamaze gucemerwa. Igihe bariko barakubaza, umukozi wa USCIS azokubaza iyerekeye ugusaba ubwenegihugu bwawe hamwe n'ico wamaze mu buzima bwawe. Vugisha ukuri ntubeshe. Umaze kuva muri uyo mubonano, hazoca hakurikira ikibazo c'ururimi rw'icongereza hamwe n'iyerekeye ugukunda igihugu.



The Naturalization Test and Interview

You will get an appointment to interview and take the naturalization test after submitting Form N-400 and having your fingerprints taken at a local USCIS facility. If you cannot go to the appointment, contact the USCIS facility as soon as possible. Rescheduling may take several months, so try to go to the appointment and arrive early in case of delays. During the interview, a USCIS officer will ask about your application and background. Be honest. Once the interview is complete the English and civics tests will follow.

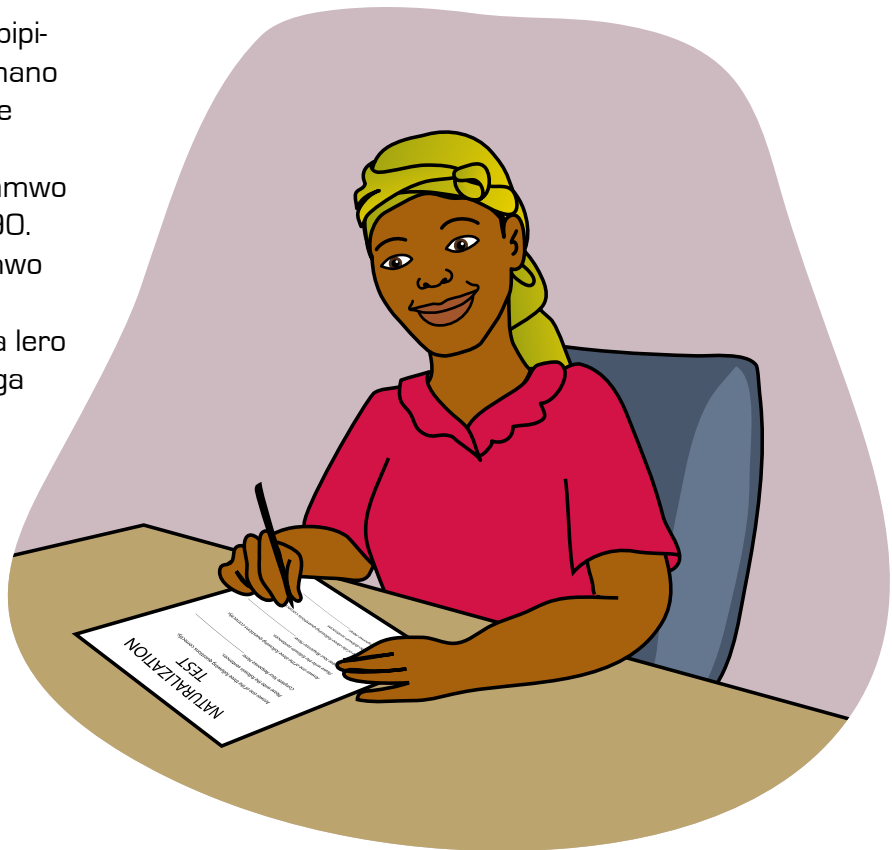
TOPIC 1 — BECOMING A U.S. CITIZEN

Ikibazo N'Umubonano Vyo Gusaba Ubwenegihugu

Kugira ngo ukore ico kibazo ukimenye:

- Soma ata makosa iryungane rimwe uhisemwo muri atatu mu congereza
- Andika neza mu congereza iryungane rimwe uhisemwo muri atatu
- Ishura ata makosa ibibazo bitandatu kw'icumi vyerekeye ubuzima bw'igihugu

Kuvuga icongereza babipimira kenshi mu mubonano baguha. Uyobewe igice na kimwe c'ico kibazo, urashobora kugisubiramwo hagati y'iminsi 60 na 90. Ushobora kubisubiramwo kenshi uko ubikenewe gushika uzomenye. Iga lero ibivyerekeye, uzobisanga kuri www.uscis.gov.



The Naturalization Test and Interview

To pass the tests:

- Read one of three sentences correctly in English
- Write one of three sentences correctly in English
- Answer six of ten civics questions correctly

Spoken English is usually tested during the interview. If you fail any part of the tests, you can take them again between 60 and 90 days. You can retake them as many times as you need, until you pass. Study materials are on www.uscis.gov.

TOPIC 1 — BECOMING A U.S. CITIZEN

Ibihe Bidasanzwe, Uburaro, Hamwe N'Ibirekuriwe

Ni waba udategerezwa canke urekuriwe kutabazwa ikibazo c'icongereza, uteger- ezwa kubazwa ivyerekeye gukunda igihugu. Ico kibazo ushobora kukibazwa mu rurimi rw'amavuko yawe ni waba udashobora kugikora mu congereza. Vugana na USCIS hakiri kare ivyerekeye ibi.

Ushobora kurekurirwa gukora ivyo bibazo uko ari bibiri kubera ubumuga bwo ku mubiri canke mu mutwe. Uzuza igipapuro N-648 (cujujwe n'umuganga canke uwuraba ivyo mu mutwe), ivyo ubigire imbere y'italiki yo gukorerako ikibazo. Ni waba ufise ubumuga bwo ku mubiri canke mu mutwe bituma udashobora gukurikirana inzira yo gusaba ubwenegihugu, USCIS izohindura aho wokorera ivyo bibazo.

Special Circumstances, Accommodations, and Exceptions

If you are exempt from, or allowed not to take, the English test, you must take the civics test. You may take it in your native language if unable to in English. Speak to USCIS about this as early as possible.

You may be exempted from both tests because of a physical or developmental disability. Submit Form N-648 (completed by a doctor or psychologist) to USCIS before your test date. USCIS will change the testing environment if you have physical or mental impairments that make it difficult to complete the naturalization process.



TOPIC 1 — BECOMING A U.S. CITIZEN

Gushikirizwa Ingingo Zafashwe

Ugiye mu mubonano ukongera ukamenya ibibazo uko ari bibiri (canke ukaba urekuriwe kutabikora), uzotumirwa Kurahira ko Uzokwama Ushigikira Igihugu wuzuze urupapuro N-445 rugutumira mu Birori vyo Kurahira Indahiro yo Kuronka Ubwenegihugu. Iyo bishobora kubera umunsi umwe n’uwo kuronka umubonano no gukora ikibazo. Muri icyo gihe, utegerezwa gusubiza ikarata yaguhaye uruhusha rwo kuba mu gihugu udahengeshanya. USCIS ishobora kukubaza ibibazo biri inyuma y’urupapuro N-445 ku vyerekeye icyo wakoze kuva umunsi w’umubonano.

Uzoronka uruhusha ruguha ubwenegihugu arico cerekana ko uri umunyamerika. Genda kubiro vyerekeye ivy’imibano (Social Security Administration) kugira ngo utange ibikwerekeye canke bige ivyerekeye kuguha imfashanyo n’akazi. Ibiro vya hafi cane vya SSA ushobora kubitora uravye kuri www.socialsecurity.gov canke uhamagaye inomero 1-800-772-1213. Ni waba udashobora kuja mur’ivyo birori, subiza urupapuro N-445 uhireko ikete risigura igituma, bazoheza baguhe iyindi taliki y’umubonano.

Receiving a Decision

If you pass the interview and both tests (or are exempted), you will be invited to take the Oath of Allegiance through Form N-445 Notice of Naturalization Oath Ceremony. This may take place the same day as the interview and tests. You must return your Permanent Resident Card at this time. USCIS may also ask questions found on the back of Form N-445 about what you have done since your interview.

You will receive a Certificate of Naturalization as proof of U.S. citizenship. Go to the nearest Social Security Administration (SSA) office to update your information and establish eligibility for certain benefits and employment. The nearest SSA office can be located at www.socialsecurity.gov or by calling 1-800-772-1213. If you cannot attend the ceremony, return Form N-445 with a letter explaining why, and you will be rescheduled. Arrive early to check in.



TOPIC 1 — BECOMING A U.S. CITIZEN

Guhagarika No Guhakanirwa

Ibikwerekeye bishobora guhagarikwa kwigwa igihe uyobewe ibibazo canke igihe USCIS itaronse ibikaratasi bikwerekeye. Bashobora kugusaba gukora ibi bikurikira:

- Gusubira kuja mu mubonano wa kabiri canke gukora ibibazo
- Gutanga ibindi bikaratasi bikwerekeye

Ni waba wibaza ko USCIS yibeshe, saba uwundi mubonano hamwe n'umwe mu bajejwe uruza n'uruja rw'abantu mu gihugu. Wotegerezwa kuronka inkuru y'ingene wobikora mw'ikete rikumenyeshya ko wahakaniwe. Uzuzura urupapuro rubijewe wongere urungike amahera ajana na vyo mu minsi 30 kuva uronse iryo kete. Igihe wibaza ko ukwunguruzura urubanza kwawe kwahakanywe bidaciye mu buryo, uzuzura urupapuro rwo gusaba kwungururiza muri Sentare y'Intara ya Leta Zunse Ubumwe z'Amerika.

Mu bisanzwe, urashobora gusubira gusaba ubwenegihugu inyuma y'italiki yanditse mw'ikete waronse. Subira wuzuze impapuro zose zikenewe wongere utange amahera ategetswe, wongere ufatwe ukundi gushya igikumuna hamwe n'amafoto. Ni waba wahakaniwe kuko wayobewe ikibazo, ushobora gusubira gusaba bunu nyene, ariko vyiza wotenyenya gushika aho wiyumvamwo ko woshobora kumenya ico kibazo.

Continuations and Denials

Your case may be continued if you failed tests or USCIS did not receive your documents. You may be asked to:

- Return for a second interview or retests
- Provide additional documents

If you feel that USCIS was wrong, request a hearing with an immigration officer. You should receive information on how to do this with your denial letter. File the form and send the fee within 30 days of receiving the letter. If you feel your appeal is wrongly denied, file a request for review in U.S. District Court.

Usually, you may reapply for citizenship after the date indicated on your letter. Re-submit all forms and fees, and have your fingerprints and photographs taken again. If denied because you failed a test, you may reapply immediately, but it is better to wait until you feel you can pass.



TOPIC 1 — BECOMING A U.S. CITIZEN

Gukezwa

Gukezwa mu gihe co kuronka ubwene gihugu bwa Leta Zunze Ubumwe z’Amerika. Ku vyerekeye kumenya ingene woronka igitabo c’ingenzi ca Leta Zunze Ubumwe z’Amerika, kwiandikisha gutora, canke kuronkera ubwene gihugu umuryango wawe, raba:

www.cliniclegal.org/resources/citizenship-us-handbook.

Congratulations

Congratulations on becoming a U.S. citizen. For information on obtaining a U.S. passport, registering to vote, or gaining citizenship for your family, visit: www.cliniclegal.org/resources/citizenship-us-handbook.



TOPIC 2 — BUYING AND OWNING A CAR

Kugura No Gutunga Imodokari

Kugura no gutunga imodokari ni integanyo ikomeye cane. Imbere yo kwiyezeza iyo nshingano ikomeye y'amafaranga, banza umenye ibishoboka n'ivyangombwa vyo kumenya, harimwo kumenya itandukanirizo hagati yo gukotesha, kugura imodokari nshasha canke yamaze gukora. Menya amabwirizwa utegerezwa gukurikiza iyo utunze imodoka, harimwo no kuba ufise "asiranse" no gutwara imodokari neza.

Buying and Owning a Car

Buying and owning a car is a major investment. Before making this financial commitment, learn about the options and factors to consider including the difference between leasing and buying a car, and new and used vehicles. Know your responsibilities as a car owner, including being an insured and safe driver.



TOPIC 2 — BUYING AND OWNING A CAR

Ukwo Gufata Imodokari Ikakwandikwako

Ukwo gufata imodokari ikakwandikwako ni nko gukotesha imodokari imyaka ibiri canke ine, mugabo imodoka ntiyigere iba rwawe. Urariha amafaranga makeyi imbere, hanyuma uka-bandanya uriha ayandi make make ku kwezi gushika aho amasezerano ya leasing azohera ugasabwa gusubiza iyo modokari. Uranasabwa kutarenza urugero rwa mailo ugenzwe ku mwaka (mile 12.000 – 15.000), mugabo urashobora kuza urakotesha imodokari nshasha uko nshasha zisohoka.

Leasing

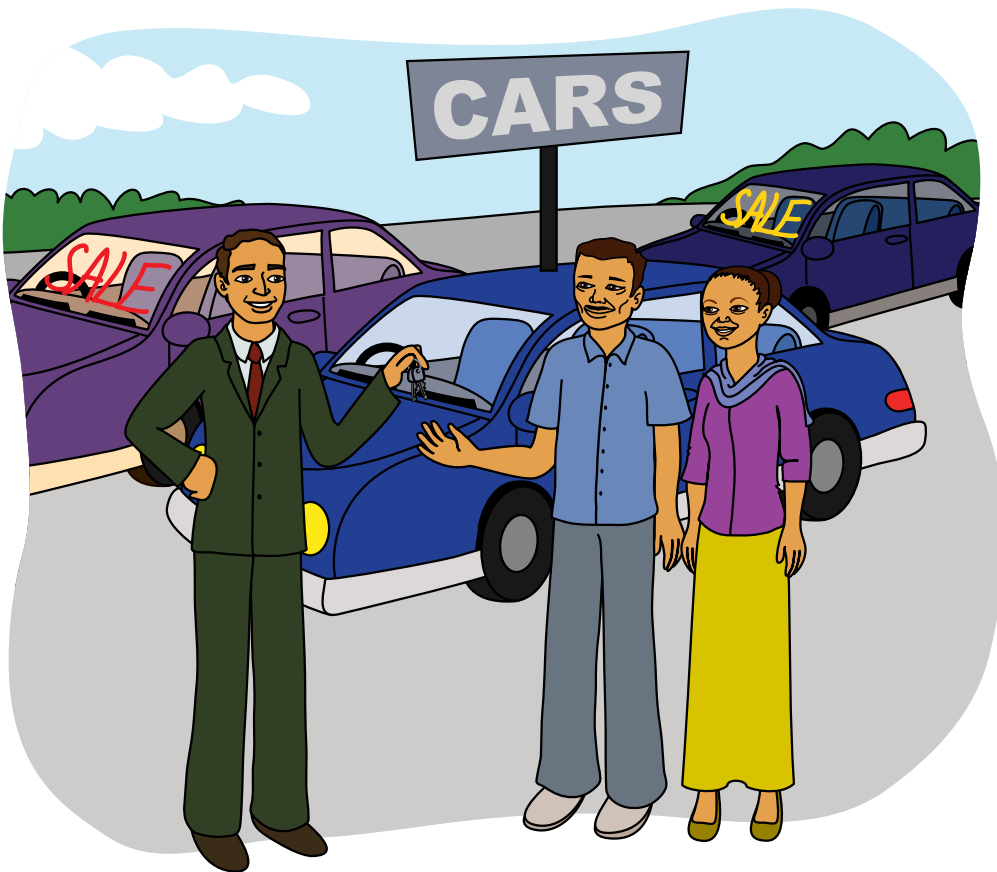
Leasing is like renting a car for two to four years, but never owning the car. You put a down payment on the car, and pay smaller amounts each month until the lease runs out, when you have to give the car back to the leasing company. You are also limited to how many miles you can drive per year (around 12,000-15,000), but can lease a new car every few years.



TOPIC 2 — BUYING AND OWNING A CAR

Ukwo Gufata Imodokari Ikakwandikwako

Ukwo Gufata Imodokari Ikakwandikwako irazimye cane iyo urenze amasezerano ayigenga. Nkiyo uhagaritse ayo masezerano hataragera, urariha igihani c'amahera Atari make. Utegerezwa no kwongerako amahera iyo urenze vya bipimo vy'urugendo uhabwa ku mwaka, canke iyo imodoka yononekaye birenze. Mugabo, gukotesha ni vyiza iyo udashobora kuriha amahera imbere canke ayo basaba ku kwezi mugihe uguze imodokari, n'iyu ukeneye ku-genda ingendo ngufi ngufi cane. Mugabo iyo ukotesheje imodokari urakeneye naho nyene kuyirihira asiranse.



Leasing

Leasing can be very expensive if you break any of the rules of your contract. If you break your lease before it is over, you will pay a very expensive fine. You must also pay extra if you go over the limit of miles per year, or if the car is damaged beyond normal wear and tear. However, leasing can be a good option for someone who cannot afford the down payment or monthly payments that come with buying a car, and only travels short distances. If you lease a car, you still need insurance.

TOPIC 2 — BUYING AND OWNING A CAR

Kwishura Imodokari

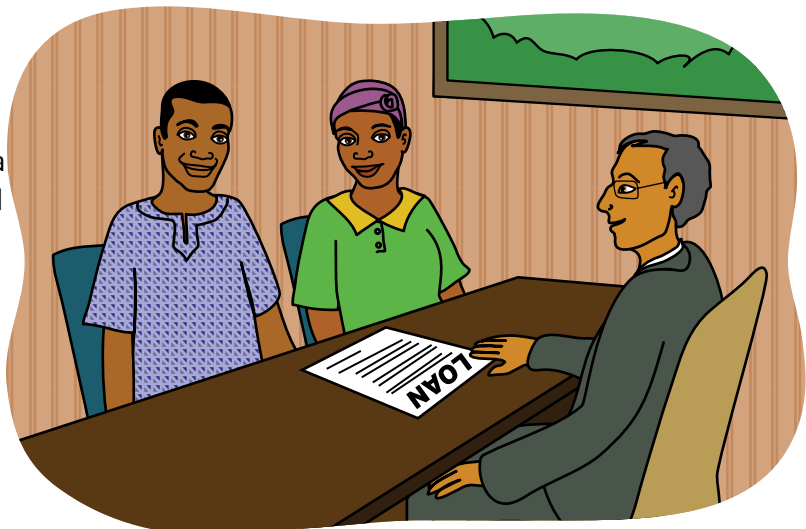
Imodokari zirazimvye bigatuma abantu benshi basaba ideni ama banki kugira bashobore kuzishura. Ibanki iraguha amahera, hanyuma ukazokwishura buhoro buhoro urugero rw'amahera ku kwezi gushika uheze kwishura iryo deni. Ivyerekeye amadeni twarabivuze muri *Living in the United States: Life Skills for Burundian Refugees, Volume 2 Topic 3: Banking*.

Ushaka kugura imodokari, genda muri banki kugira bakubwire ko uvyemerewe canke utavyemerewe. Kugira wemererwe, ukeneye kuba uzwi neza muvyerekeye amadeni, canke uri kumwe n'umuntu avyemerewe kandi ashobora gushira igikumu kuri ayo masezerano akayemeza. Uyo muntu aba yiyemeje ko azoriha iyo modokari niyakunanira wewe. Ibanki rero iraha ikiyemeza kuguha iryo deni canke ntiyiguhe, canke ikakubwira urugero rw'amahera iguhaye.

Paying for a Car

Cars are expensive and most people get a loan from a bank to pay for them. The bank lends them a large amount of money, then they pay a certain amount of money to the bank each month to pay off the entire loan over a few years, like an IOM travel loan. Loans were covered in *Living in the United States: Life Skills for Burundian Refugees, Volume 2 Topic 3: Banking*.

If you want to buy a car, go to the bank to learn if you prequalify, or are eligible, for a car loan. To prequalify for a loan, you need to have a good credit history or have someone with you who has good credit and is willing to be your cosigner. A cosigner is someone who is responsible for paying the car loan if you do not pay it back. The bank decides whether to give you a loan, and how much to give you.



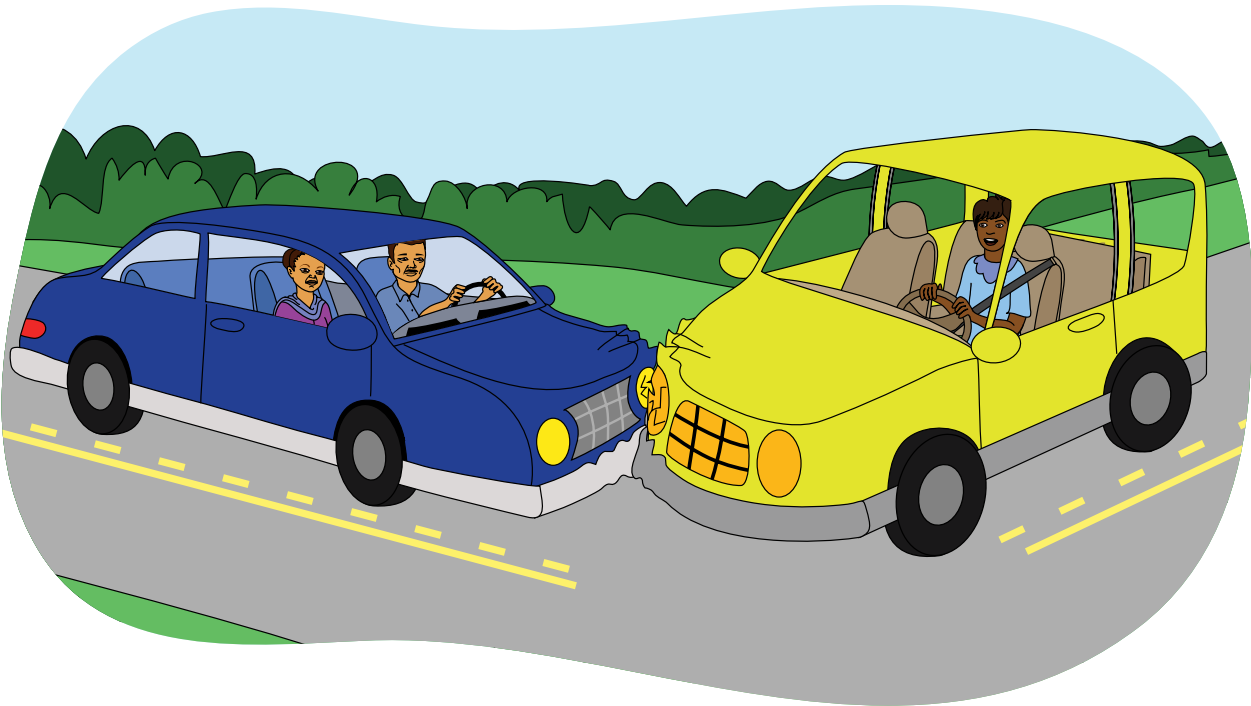
TOPIC 2 — BUYING AND OWNING A CAR

Asiranse

Asiranse y'imodokari ituma udatakaza amahera yawe waguze imodokari iyo imodokari igize impanuka canke wagonganye n'uwundi muntu. Abatwara imiduga barariha urugero rw'amahera ku mashirahamwe ya asiranse kugira ngo asiranse ibakingire, hanyuma iyo bagize isanganya ry'imodokari asiranse igashobora kwishura bimwe mu vyononekaye birekuriwe. Hari ubwoko butandatu butandukanye bwa asiranse y'imodokari (impanuka wateye, impanuka yatewe n'uwundi, umuriro canke isegenya ry'amazi n'izindi...) kandi leta iyariyo yose ifise ubwoko bw'asiranse isaba ko abatwara imodokari boba bafise.

Insurance

Car insurance offers financial protection if a car is damaged or someone is hurt in an accident you were involved in. Drivers pay a certain amount of money periodically towards their insurance policies, and if they are in an accident, insurance covers some of the related costs. There are six different types of car insurance which cover different circumstances (an accident you caused, an accident someone else called, fire or flood, theft, etc.), and each state requires that drivers have certain types.



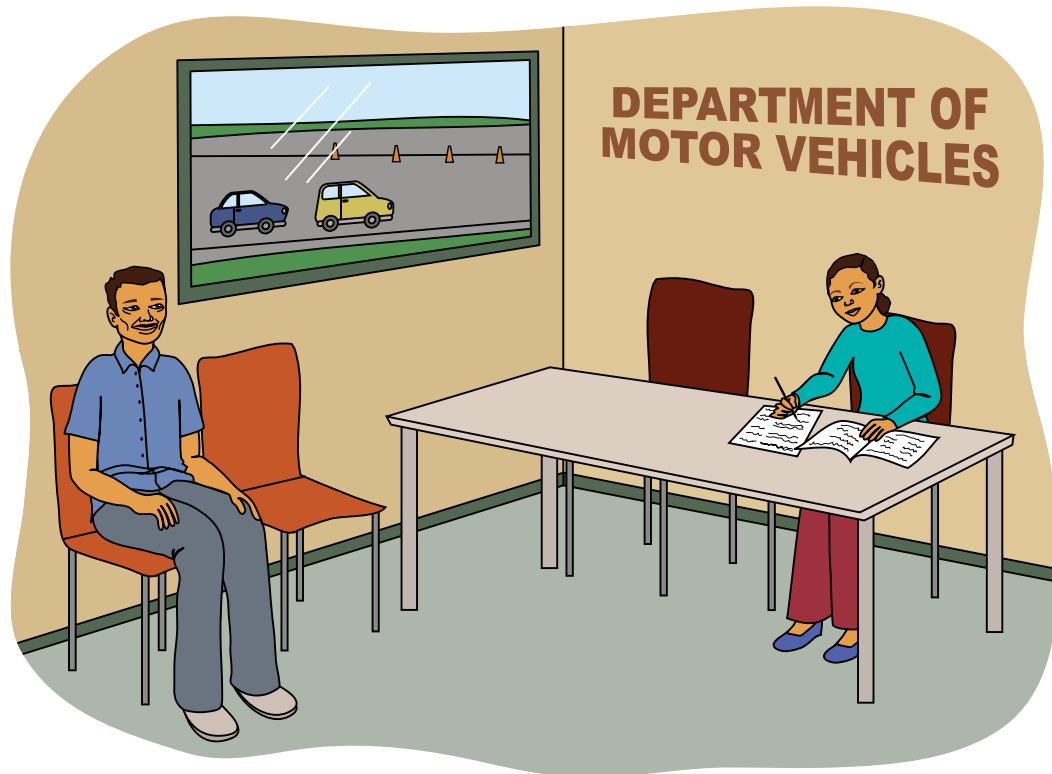
TOPIC 2 — BUYING AND OWNING A CAR

Asiranse

Genda ubaze kuri ibiro bijejwe ivy’modokari (Department of Motor Vehicles) kugira umenye ubwoko bwa asiranse ukeneye. Udafise asiranse, utegerezwa kuriha amahera yose avuye ku ngaruka z’impanuka, bigatuma ushobora gusanga wagiye mu madeni akurengeye. Raba ibiciro vy’ama asiranse, amahera uzoriha ku biringo mwumvikanye, hamwe n’urugero rw’amahera utegerezwa kwishura imbere ko asiranse iriha ibisigaye. Asiranse ishobora kudakingira abandi bantu batwaye imodokari yawe canke wewe nyene igihe utwaye imodokari y’uwundi muntu.

Insurance

Check with your Department of Motor Vehicles (DMV) to see which types of insurance you need. Without insurance, you have to pay all of the costs on your own, which could put you into debt. Consider the price of insurance premiums, which are the amount of money you must pay the insurance company periodically, as well as the deductible, which is the amount of money you must pay before the insurance will cover the remaining costs. Insurance may not cover other people who drive your car or you when you drive someone else’s car.



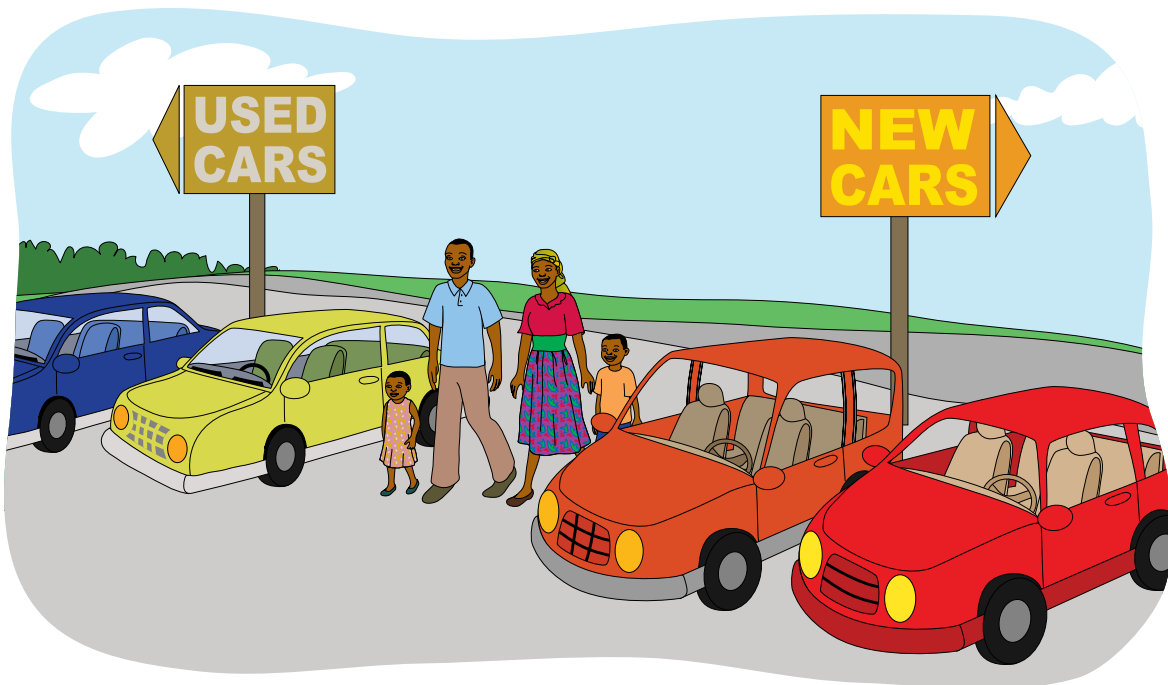
TOPIC 2 — BUYING AND OWNING A CAR

Imodokari Nshasha Canke Yakoze

Imodokari itarigera itwarwa n'umunsi n'umwe yitwa ko ari nshasha. Imodokari nshasha muri Amerika zigurwa urugero rw'amahera ashika ku madolari \$28.000. Izo modokari nshasha zigurishwa n'abacuruzi babigenewe, bafise ico twokwita amaduka y'imodokari. Imodokari zakoze n'imodokari iba yaritunzwe n'uwundi muntu hanyuma akaba ashaka kuyigurisha. Imodokari imaze gukora ishobora kugurwa icakabiri c'igicro c'imodokari nshasha y'ubwo bwoko nyene. Imodokari zakoze zigurishwa n'ayo maduka yabigenewe zishobora kuba zifise icemezo c'ubufundi yuko zigikomeye. Ushobora kugura imodokari zakoze muri ayo maduka yabigenewe canke, uciye k'ubantu bashira amatangazo mu binyamakuru canke kuri internet.

New or Used

Cars that have never been used before are called new cars. The average price of a new car sold in the United States is around \$28,000. New cars are sold at dealerships, which are like car stores. Used cars are vehicles that someone has owned before, and wants to sell. Used cars often cost about half of what a similar new car costs. Used cars from dealerships might come from a Certified Used Car program, which means that a service technician decided the car is in good condition. Used cars are sold at dealerships or through people who advertise on the internet or in newspapers.



TOPIC 2 — BUYING AND OWNING A CAR

Ivyo Kumenya

Iyumvire ivyiza na bibi vyo kugura imodokari nshasha canke ishaje. Woba ukeneye imodokari ntoyi, nini, imodokari yo gutwara abantu benshi, canke iyo gutwara imizigo? Imodokari zikoreshwa na vitesi y'amaboko canke iyo bita otomatike. Izo za otomatike nizo ari nyinshi, zihindura vitesi zonyene, zikaba zoroshe gutwara mugabo zikanwa igitoro cinshi kurusha izindi. Izifise vitesi zikoreshwa n'amaboko ziragoye kwiga gutwara, hanyuma zigasaba ko ari wewe uagenda uhindura vitesi mugabo zigakoresha igitoro gike.



Features

Think about the positives and negatives of getting a new or used car. Do you need a small car, a large car, a van, or a truck? Cars have either an automatic or manual transmission. An automatic is more common, will change gears automatically, and is easier to drive but uses more fuel. A manual is more difficult to learn how to drive, and you will have to change the gears, but uses less fuel.

TOPIC 2 — BUYING AND OWNING A CAR

Ingene Imodokari Inwa Igitoro N'ubwoko Bw'igitoro

Hari urugero rw'urugendo imodokari ishobora kugenda bivuye ku rugero rw'igitoro kirimo. Imodokari zinwa neza zikoresha igitoro gike kandi ntizikenere kuja kwongereza igitoro kenshi. Imodokari nkizo zishobora kugenda mile 20-25 kuri galoni imwe y'igitoro mu gihe utwara imodokari mu mu gisagara, zikagira mile 30-40 mugihe uri kw'ibarabara rikuru uagenda wihuta. Ushobora gukoresha amahera menshi mu kugura imodokari inywa neza mugabo ukaziganya menshi mu gihe kirekire mukutagura igitoro umwanya wose.

Hari ubwoko butatu bw'ibitoro: regular/unleaded, regular plus/unleaded plus na premium. Gura ubwoko imodokari yawe ikeneye gusa. Regular/unleaded irazimbutse, nico gituma worondera imodokari ikeneye ubwo bwoko kugira ushobore kuziganya amahera.

Gas Mileage and Fuel Types

Gas mileage is the number of miles a car will travel based on the amount of gasoline it uses. Fuel-efficient cars use less fuel than the average car, and need to be refilled with gas less often. A car with good gas mileage gets around 20-25 miles per gallon (MPG) of gas when driving in the city, and 30-40 MPG when driving on the highway. You may spend more money to buy a fuel-efficient car now, but save money over time by not purchasing gas as often.

There are three types of fuel: regular/unleaded, regular plus/unleaded plus, and premium. Only purchase the type of gas that your car requires. Regular/unleaded fuel is cheapest, so look for cars that require regular/unleaded fuel to save money.



TOPIC 2 — BUYING AND OWNING A CAR

Kugura Imodokari

Gereranya ibiciro vy'imodokari ku maduka canke mu matangazo atandukanye. Ushaka imodokari nshasha, raba ubwoko bw'ivyo bishinze gukoresha bo nyene kuri iyo modokari igihe hari ikimeze nabi wongere ubaze ko igihe c'uko kwishinga bashobora kucongerezaba bakagiha umwanya muremure. Urwo rwemezo baguha n'icemezo canditse cemeza ivyo uwakoze iyo modoka azokora canke azoguha mu kiringo mwumvikanye. Iminsi yose urabanza upime gutwara iyo modokari kugira ngo wumve ko ikora neza. Rondera umufundi akurabira agasuzuma iyo modokari, cane cane iyo ugura imodoka yakoze. Baza abagenzi canke abo mubana umufundi mwiza bokurangira. Ahantu henshi usanga hari ama garage akora imodokari. Uyo mufundi azokubwira ko imodoka ikomeye canke idakomeye. Iyo uguze imodokari n'umuntu, genda uyandikishe kw'izina ryawe mu biro bijejwe imodokari.

Buying a Car

Compare prices of cars that you like at different dealerships or in advertisements. For new cars, read about the different types of warranties with each car, and ask if there are extended warranties offered.

A warranty is a written promise that the car maker will provide certain services or products for your car for a limited amount of time. Always test drive cars to make sure they work well. Have a mechanic inspect the car, especially if you are buying a used car. Ask friends or community members for a good mechanic in your neighborhood. In many communities, people have evaluated places that fix cars. The mechanic will tell you if the car is in good condition or not. If you buy a car privately from an individual, register it with the DMV.



TOPIC 2 — BUYING AND OWNING A CAR

Kugura Imodokari

Kugura no kugurisha imodokari muri Amerika biratandukanye n'ubundi bucuruza bwinshi. Urashobora gusaba uwuzigurisha kukugabaniriza igiciro. **FATA UMWANYA.** Abagurisha imodokari bazogerageza kenshi kukwihutisha kugira ngo ntubone ingorane z'izo modokari canke iutange amahera y'umurengerera. Baza ibibazo vyose ukeneye, kandi ubikore mu mwanya wifuzza. Mu gihe ubonye ko mwumvikanye n'uyo mucuruza, **SOMA NEZA IMPAPURO USHIRAKO IGIKUMU. UMAZE GUSHIRA IGIKUMU KURI IZO MPAPURO NTUZOBANA UGISHOBORA GUHINDURA AYO MASEZERANO.** Kubera kugura imodoka bishobora kugorana canke bikagutesha umutwe, jana n'umuntu avuga, yumva kandi asoma neza icongereza, akongera akaba yarigeze kugura imodokari muri Leta Zunze Ubumwe z'Amerika.

Buying a Car

Buying and selling cars in the United States is different than most other businesses. You can often bargain with sellers to pay less money than they ask for. **TAKE YOUR TIME.** Car salesmen will often try to rush you so that you don't notice any problems with the car or extra costs. Ask lots of questions, and go at the pace you feel comfortable. Once you have reached a deal with the seller, **READ THE PAPERS YOU SIGN VERY CAREFULLY. ONCE YOU SIGN THESE PAPERS, YOU CANNOT CHANGE YOUR CONTRACT.** Because buying a car can be stressful and confusing, take someone with you who speaks, understands, and reads English fluently and has purchased a car in the United States.



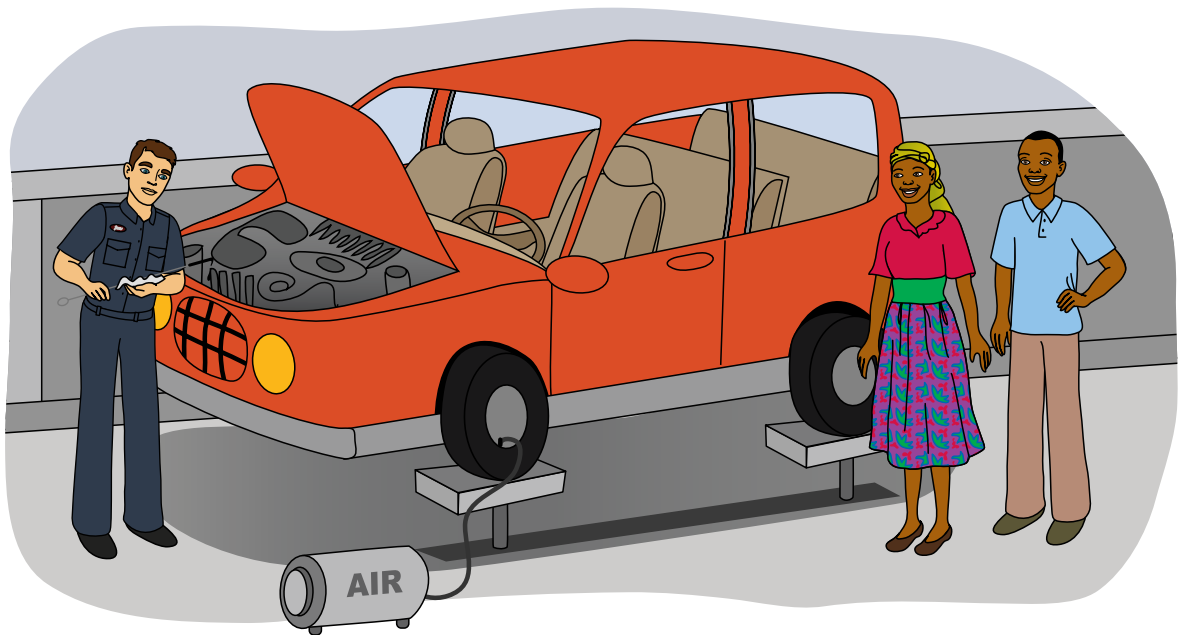
TOPIC 2 — BUYING AND OWNING A CAR

Menya Amabwirizwa Utegerezwa Gukurikiza

Gusuzumisha imodokari yawe kenshi, nko guhindura amavuta, kuraba impemu mu mapine, bizotuma imodokari yawe iramba imyaka myinshi. Soma igitabo ca nyene imodokari kugira umenye ingene woyibungabunga n'ibihe bibereye. Jana imodokari yawe ku mufundi ayirabe ko ikwije ivyo leta isaba.

Responsibilities

Regular maintenance, such as changing the oil and checking tire air pressure, will keep your car working for many years. Read the owner's manual to learn about your car's maintenance needs and schedule. Take your car to a good mechanic to have them perform state required inspections and maintenance.



TOPIC 2 — BUYING AND OWNING A CAR

Amategeko Yo Gutwara Imodokari

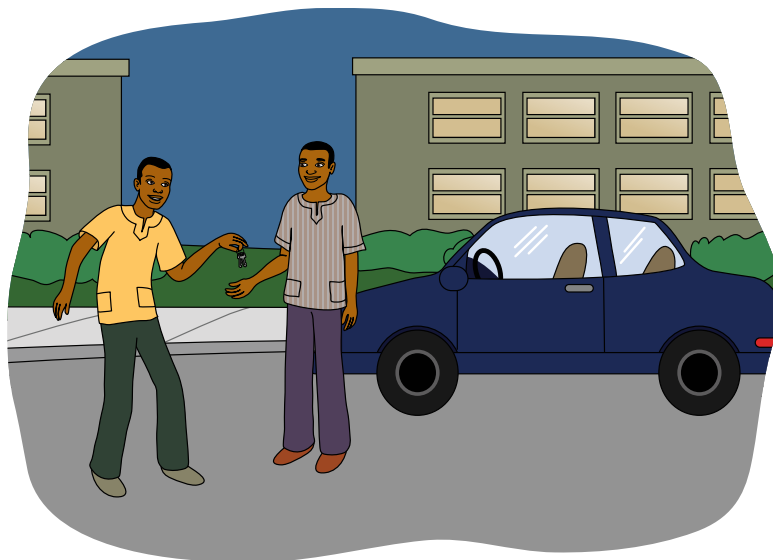
Amategeko yo gutwara imodokari twayasiguye muri *Living in the United States: Life Skills for Burundian Refugees, Volume 2 Topic 1: Laws and Rights*. Amategeko makuru makuru wokwama wibuka ni:

- Utegerezwa kuba ufise uburenganzira bwo gutwara imodokari.
- Muri leta nyinshi zo muri Amerika, usabwa kuba wambaye umukanda mugihe uriko uratwara canke utwawe mu modokari.
- Kenshi, abana bafise imyaka canke ibiro biri musu yibitegekanijwe n'amategeko baterezwa gutwarwa mu ntebe yabigenewe.
- Muri leta nyinshi, nturakuriwe gutwara uriko urakoresha mu kwandika canke guhamagara kuri telephone.
- **KIRAZIRA GUTWARA WANYOYE INZOGA CANKE IBIYAYURA UMUTWE.**

Driving Laws

Driving laws were covered in *Living in the United States: Life Skills for Burundian Refugees, Volume 2 Topic 1: Laws and Rights*. Some important laws to remember are:

- You must have a valid driver's license to drive a car.
- In most states, you must wear a seat belt while driving or riding in a car.
- Generally, children under a certain age or weight must ride in a car seat.
- In many states, you may not drive while texting or talking on the phone.
- **NEVER DRIVE WHILE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS.**



TOPIC 2 — BUYING AND OWNING A CAR

Abajejwe Umutekano N'impanuka Z'ibarabara

Uramutse ugize impanuka, birabujijwe guhunga impanuka wateye; ushobora gufungwa canke bakakwaka uruhusha rwo kuba impunzi. Hari uwakomeretse canke yababaye, hamagara 911 kugira bazane imodokari itwara abagwayi. Hana asiranse zanyu n'ibindi vyose kugira ngo mushobora gutorana n'uwo mwagonganye. Ugonze imodokari ihagaza, siga agapapuro wandisteko aho uwutwara iyo modokari yindi ashobora kugutora. Hamagara asiranse yawe vuba na vuba kugira ngo ubabwire ivyabaye.

Police and Accidents

If you are in an accident, it is illegal to leave an accident that you caused; you could go to jail and possibly lose your refugee status. If someone is hurt, call 911 for an ambulance. Call the police to have an officer come document the accident. Exchange insurance and contact information with the other driver. If you hit a parked car, leave a note with your contact information so the other driver can contact you. Call your insurance company as soon as possible to let them know what happened.



TOPIC 2 — BUYING AND OWNING A CAR

Abajewe Umutekano N'impanuka Z'Ibarabara

Ubone imodokari y'abashinzwe umutekano igenda irarasa amatara canke ikagenda iratera akamo igihe uriko uratwara, umupolisi ashobora kuba ariko aragusaba guhagarara. Shira imodoka yawe ku ruhande rw'iburyo rw'ibarabara, ugume hamwe hanyuma ukore ivyo uyo mupolisi agusaba. Utumvikanye n'uwo mukuru mu gipolisi, ushobora kwunguruza imbere ugahakana ingingo yiwe.

Urashora gusoma ibirengeye ibi ku vyerekeye gutwara imodokari n'abapolisi muri : *Life Skills for Burundian Refugees, Volume 2 Topic 1: Laws and Rights.*

Police and Accidents

If you see flashing lights or hear sirens when you're driving, a police officer may be pulling you over. Steer your car to the right side of the road, be calm, and do what the police officer asks. If you disagree with the officer, you can appeal the decision later.

Learn more detailed information about driving and the police in *Living in the United States: Life Skills for Burundian Refugees, Volume 2 Topic 1: Laws and Rights.*



TOPIC 3—BULLYING AND DISCRIMINATION

Ni Iki Iterabwoba, Gukumira No Gukubagura ?

Iterabwoba n'igihe umuntu aguma ahahaza umuntu mutoyi kuri we. Iterabwoka ryo ku mubiri ririmwo guhenagura no gusunika umuntu ku nguvu. Iterabwoba ryo ku munwa harimwo kubwira umuntu nabi no kumutuka, gukwiza urukurukuru. Iterabwoba mu miba-no harimwo kuja hamwe kugira mugire iterabwoba k'umuntu canke mukumire umuntu canke umurwi w'abantu canke imirimo yabo. Iterabwoba kuri internet iba igihe abantu bakoresheje ubuhinga mukurungika ubutumwa butyoza, canke amasanamu, amakuru yerekeye abantu mu majambo. Iyo abantu bakuze bagira iterabwoba bavyita gukumira canke gukubagura.

What Are Bullying, Discrimination, and Harassment?

Bullying is when someone is constantly mean to a young person. Physical bullying includes pushing and shoving. Verbal bullying includes saying cruel or embarrassing things, or spreading rumors. Social bullying includes getting others to “gang up on” (join together to bully) someone, or excluding people from groups or activities. Cyber bullying occurs when people use technology to send mean or embarrassing messages, or post unkind photographs or personal information in texts, on web pages, or on blogs. When adults bully others it is called discrimination or harassment.



TOPIC 3—BULLYING AND DISCRIMINATION

Kubera Iki Abantu Bagira Iterabwoba ?

Abantu bagira iterabwoba kubera:

- Bibaza ko ingene umuntu asa, ubwoko bwiwe, idini, igitsina ciwe canke imigenzo yiwe itameze nk'iyabandi bigatuma babakumira
- Bashaka kukurikira abandi bariko bagira iryo terabwoba
- Bituma bibaza ko bari hejuru y'abandi
- Biba za ko iyo bagize iterabwoba, bishobora gutuma nabo nyene badakurikirwa

Abandi benshi barashobora kwiyumanganya amajambo mabi, mugabo iterabwoba iyo ribaye ryinshi ritera ubwoba umwanya wose uyo bariko bararigirira. Abantu benshi bahahamutse kubera iterabwoba baragira ingorane z'amagara canke zo kwiyumvira neza. Bamwe barihebura, bakanwa inzoga canke ibiyayura umutwe, canke bakiyumvira kwiya-hura.

Why Do People Bully?

People bully because:

- They think someone's appearance, race, religion, sexuality, or behavior makes them different and subject to exclusion
- They want to fit in with others who are also bullying
- It makes them feel superior to others
- They think if they bully, they can avoid becoming a target

Most people can handle a rude remark, but bullying is often repeated, causing constant fear for the victim. Some people who are bullied develop health or concentration problems. Some get depressed, abuse drugs or alcohol, or think about suicide.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

Hagati ya 15-25% y'urwaruka muri Amerika bavuga ko bagirirwa kenshi iterabwoba, hanyuma abashika 20% baremeza kuba baragiriye iterabwoba abandi.

Nimba ugirirwa iterabwoba :

- Si wewe wenyene, urwaruka ruragirirwa iterabwoba iminsi yose.
- Bwira umuntu akuze wizeye iyashitse, uwakugiriye iterabwoba, aho vyabereye n'umwanya vyafashe hamwe ningene wiyumva. Batabifashe nkama, bwira uwundi muntu.
- Izere, ntushavure. Abagizi ba nabi bashaka abantu bashobora kubabara canke gutukwa bitabagoye. Uri umuntu mwiza, ico umuntu wese yovuga ntigituma uhinduka.
- Guma hamwe n'abandi. Abo bagizi ba nabi barondera abantu bari bonyene kuko ariho biborohera kubafata nabi. Genda mu bandi aho bahurikiye kugira ugira abagenzi bashasha.
- Iyo bagutyoje kuri internet, ntiwishure, hagarika uyo muntu ariko arakurondera, hanyuma ubivugane n'umuntu akuze.

What You Can Do

Between 15-25% of U.S. youth report being frequently bullied, and around 20% admit to bullying others.

If you are being bullied:

- You are not alone, young people are bullied every day.
- Tell an adult you trust (like a parent, teacher, or coach) what happened, who bullied you, where and when it happened, how long it has been happening, and how you feel. If they don't take it seriously, tell another adult.
- Be confident, not angry. Bullies target people who they think can easily be hurt or insulted. You are a good person and nothing the bully says or does changes that.
- Stay with others. Bullies choose people who are alone because it is easier to mistreat them. Join clubs or teams to meet new friends.
- If you are cyber bullied, do not respond, block the bully from contacting you, and share the information with an adult.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

Iyo ugiriwe iterabwoba, ntiwigere :

- Wishira mu makosa. Nta iterabwoba rifise imvo iyisigura.
- Itekerereze. Iterabwoba ntirijana ryonyene n'ubwoba. Bibwira umuntu akuze wizigiye.
- Rwanya iterabwoba. Gukoresha inguvu ntaco bimaze kandi ushobora kugira impa-nuka n'ingorane.
- Kwinyegeza. Ntusibe kw'ishure, ku kazi canke mu yindi mirimo yawe kubera ubwoba.

What You Can Do

If you are being bullied, do NOT:

- Blame yourself. No bullying is justified.
- Keep quiet. Bullying rarely goes away by itself. Tell an adult you trust.
- Fight a bully. Violence will not help the situation and you could get hurt or end up in trouble.
- Hide. You should not have to miss your classes, work, or other activities because you are afraid.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

Ubonye umuntu bariko baragirira iterabwoba :

- Ntubihore, bwira umuntu akuze.
- Akira abantu bose ubafashe kuja hamwe. Abantu bari bonyene nibo kenshi bagirirwa iterabwoba, fungura hamwe nabo, baherekeze bavuye kw'ishure canke mu modokari ibavana kw'ishure, hanyuma bashire mu bikorwa bindi murangura canke ibiganiro. Urashobora kuronka a bagenzi bashasha, gufasha uwundi muntu kwiyumva neza ukaba uriko urarwanya iterabwoba.
- Bwira uyo agira iterabwoba ahagarike niwaba wibaza ko ata ngaruka mbi ivamwo. Niyaba ari umuntu akora ikibi, niwihorere ntumwiteko. Bwira umuntu akuza.

What You Can Do

If you see someone being bullied:

- Don't ignore it, report it to an adult.
- Make people feel included. People who are alone are often bullied, so eat lunch with them, walk them home from school, sit by them in class or on the bus, and include them in activities and discussions. You can make new friends, help build someone's confidence, and prevent bullying at the same time.
- Tell the bully to stop if you think it is safe to do so. If a bully is violent or very cruel, do not confront them. Report them to an adult.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

Niyaba ari wewe ugira iterabwoba:

- Hagarika wiyumvire ivyo ukora n'ingene abandi babifata.
- Vugana n'umuntu akuze niwaba ukeneye uwugufasha nk'umwarimu canke umuhanuzi.
- Menya ingaruka zivyo ukora. Abagira iterabwoba basiba kw'ishure, barahagarika amashure, bafise abagenzi badafadika, ugasanga bagaharurwa mu bantu barenga amategeko.

What You Can Do

If you are a bully:

- Stop and think about how your actions make others feel.
- Talk to an adult if you need help stopping, like a teacher or school counselor.
- Realize the consequences. Bullies are more likely to skip class, drop out of school, have unstable friendships, and develop a criminal record.



TOPIC 3—BULLYING AND DISCRIMINATION

Imirwi

Imirwi igizwe n'abantu batoranye bakajya hamwe. Kuja mu mirwi n'ibintu bisanzwe kandi ntabwo birimwo, mugabo akarwi karakumira abandi, kakabuza abakagize kugira abandi bagenzi, gusa canke kwigenza ukuntu. Ntiwemere ko uturwi tukugira umuntu wo hanze. Rondera abagenzi bashobora kukwakira. Ubonye abagenzi bawe bagira baje mu turwi, babwire icyo uvyiyumvirako hanyuma ubahanure kwiyugurura ku bandi.



Cliques

Cliques are selective and exclusive groups of people. Forming of groups of friends is normal and healthy, but a clique excludes others, and may put pressure on members to restrict their friendships, or to look or behave a certain way. Don't let cliques make you feel like an outsider. Look for friends who are as welcoming as you. If you feel your group of friends is becoming a clique, tell them how you feel and encourage them to be open to others.

TOPIC 3—BULLYING AND DISCRIMINATION

Gukingira Akazina Kawe N'Iteka Ryawe Kuri Internet

Kurikiza ibi bikurikira kugira wikingire kuri internet :

- Ntushire ahabona ibikwerekeye. Ntutange amazina yawe, inomero ya social security, inomero z'ibanga, ibikwerekeye canke ivyerekeye imitungo yawe kuri internet.
- Raba neza imbere yo gushira amasanamu, ama video canke amajambo kuri internet. Vyashobora kukunanira kubikuramwo bigatuma abo muri kumwe, abarimu, canke abakoresha ushobora kuronka baguma babibona umwanya muremure.
- Ntutange amakuru yerekeye umuryango canke abagenzi bawe.

Protecting Your Identity and Reputation Online

Follow these steps to protect yourself online:

- Keep your personal information private. Do not share your full name, social security number, passwords, financial or other personal information on the internet.
- Think carefully about pictures, videos, or statements you put online. They may be difficult or impossible to remove completely, so peers, teachers, university admissions, and future employers may see them for a long time.
- Do not give out personal information, or information about your family or friends.



TOPIC 3—BULLYING AND DISCRIMINATION

Gukingira Akazina Kawe N’Iteka Ryawe Kuri Internet

- Umuntu mumenyanye kuri internet ashobora gushaka kukurengera, gutangura ubugenzi budakwiriye canke kukugirira nabi. Menya ingene utora akazina ko kuri email canke akazina ukoresha uri ku mashinie. Gukoresha indome n’ibiharuro birashobora gufasha kwirinda abantu kumenya ko uri umugabo canke umugore.
- Nimba ufise imyaka iri muni ya 18 hanyuma umuntu akagutuma wumva umeze nabi canke ukumva ko ata mutekano ufise, bwira umuntu akuze hanyuma ubishikirize kuri National Center for Missing and Exploited Children’s CyberTipline at www.missingkids.com. Abakuzze n’abana barashobora kwugara konti zabo za email bagatangura izindi, canke bakirinda ama site amwe amwe, canke bakabaza abajejwe kubashikiriza internet. Hari umuntu ababangamiye, hamagara abajejwe umutekano.



Protecting Your Identity and Reputation Online

- A person you meet on the internet may want to take advantage of you, begin an inappropriate relationship, or harm you. Be smart when choosing an email address or screen name. Using a mix of letters and numbers can prevent people from identifying you as male or female.
- If you are under 18 years old and anyone ever makes you feel unsafe or uncomfortable, tell an adult and report it to the National Center for Missing and Exploited Children’s CyberTipline at www.missingkids.com. Adults and children can close old email accounts that are subject to abuse and start new ones, avoid certain chat rooms or sites, or contact the local internet service provider. If someone threatens you, contact the police.

TOPIC 3—BULLYING AND DISCRIMINATION

Gukumira No Gukubagura N'iki ?

Gukumira no gukubagura n'uburyo bubiri bw'iterabwoba buba mu bantu bakuze.

Gukubagura biraba ku mubiri canke mu majambo agirirwa umuntu, nko mu ntumbero yo gutera ubwoba, kubangamira, gutyozza . Harimwo no kubwira amajambo canke kugira imigenzo mibi mu vyerekeye igitsina, canke gutwenga imyaka y'umuntu, ubwoko, idini canke ubumuga. Birashobora no kutagaragara cane, nko guha umuntu udushimwe adashaka, kuguha ikintu bazi ko utagishaka, canke kukuraba cane canke kugukurikira kenshi [bavyita gukurikirana].

What Are Harassment and Discrimination?

Harassment and discrimination are types of bullying that occur among adults.

Harassment is physical or verbal hostility toward someone, such as behavior that intimidates, threatens, discomforts, or frightens. It includes inappropriate sexual remarks or behavior, or jokes related to age, race, nationality, ethnicity, religion, gender, sexual orientation, or disability. It can also be less obvious, such as when someone continually gives you unwanted gifts, shows you something they know will make you uncomfortable, or regularly watches or follows you (this is called stalking).



TOPIC 3—BULLYING AND DISCRIMINATION

Gukumira No Gukubagura N'iki ?

Gukumira n'igihe umuntu afata uwundi nabi amuhora kimwe mu vyo twavuze, nk'igihe umuntu bamwimye akazi, kumwaka canke ivyo akwiriye canke agenewe bamuhora imyaka canke ubwoko. Hari ubwoko bubiri bw'ikumirwa:

- Gukumira bigaragar : Ufatwa mu ntumbero itandukanye n'uwundi muntu uwariwe wese afise ubumenyi canke ameze nkawe muri vyose. Akarorero, ugiye gusaba akazi bakakubwira ko katanzwe hanyuma hagenda uwundi muntu bakamubwira ko ico kibanza kikiriho.
- Gukumira bitagarara: Imirwi imwe imwe y'abantu ntibafatwa uko bikwiye. Akarorero, umukoresha ateguye inama umwanya uhuriranye n'umunsi mukuru w'imana hanyuma agaca yirukana canke agahana abataje muri iyo nama.

What Are Harassment and Discrimination?

Discrimination is when someone is mistreated because of one or more of the characteristics mentioned above, such as when someone is denied service, employment, or benefits or privileges because of their age or race. There are two main types of discrimination:

- Direct discrimination: You are treated differently than someone else with the same qualifications or situation. For example, if you go to a job interview and are told the job is filled, but when a candidate of a different race or gender goes to the interview, they are told that the position is available.
- Indirect discrimination: Particular groups of people are unfairly treated. For example, an employer schedules a meeting at a time that coincides with a religious holiday and fires or penalizes those who do not attend.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

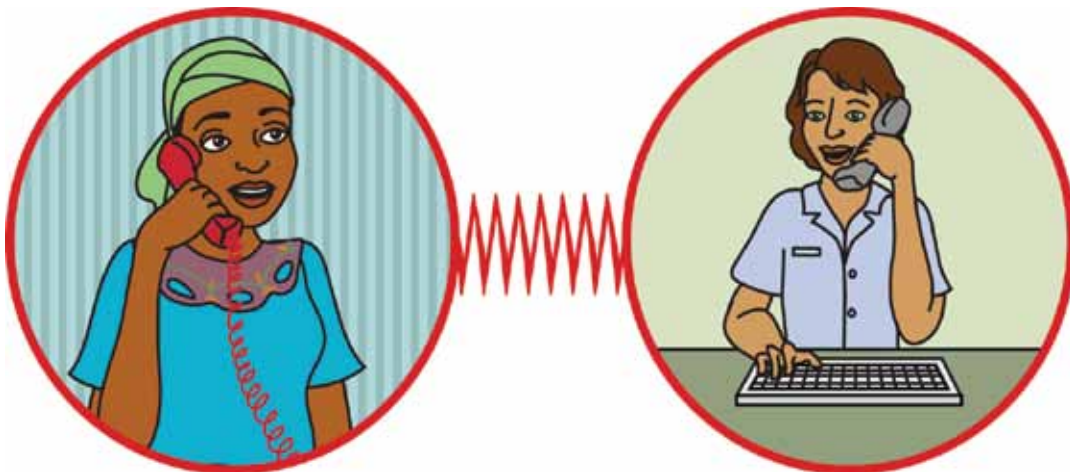
Ubona ko umuntu ashobora kubangamira ubuzima bwawe, hamagara abajejwe umutekano. Muri Amerika kirazira ko abajejwe umutekano bakumira canke bakubagura abandi nico gituma bazoca bagufasha. Batabikoze, barege ku babakurira. Uburen-ganzira bwo gufatwa uko bikenewe utakumirwa ubuhabwa n'amategeko.

Wumva ataco ushobora kuba, mugabo hakaba hari umuntu ariko aragukubakuba canke kugukumira, mubwire udahisha ico wiyumvira amaso mu yandi canke umwan-dikire ikete (ugumane kopi yaryo). Bidahinduye na kimwe canke wiyumva nabi imbere y'uwo muntu, bwira uwundi muntu, bishoboka umuntu akuze afise ubushobozi ushobora kwizigira.

What You Can Do

If someone ever threatens to hurt you or if you feel in danger, call the police. It is against the law for police in the United States to discriminate or harass people, and they will help you. If they do not, report it to their superiors. Your right to fair and equal treatment is protected by law.

If you do not feel your safety is threatened but someone is harassing or discriminating you, you can tell the person clearly and directly how you feel, either in-person or in a letter (keep a copy of the letter). If the situation doesn't change or you aren't comfortable approaching the person, tell someone else, preferably another adult in a position of authority who you trust.



TOPIC 3—BULLYING AND DISCRIMINATION

Ico Mwoshobora Gukora Iki

Aho ukora canke kw'ishure bashobora kuba bafise urutonde rw'ingene ushobora gushing urubanza. Rondera urwo rutonde hanyuma urukurikize. Mugihe cose wumva ukumiriwe canke ukubaguye, andika iyabaye, umunsi, isaha, aho vyabereye, n'ibindi vyose vyerekeye ingene vyagenze. Gumana ama emails, ubutumwa bwo muri telephone canke amabaruwa ashobora kwerekana yuko ivyo witwarira arivyo. Niwaba wabigiriwe hanze y'akazi canke ishure, hamagara iture abashinzwe umutekano.

Iyo witwarira ubwo bukozi bw'ikibi, kenshi urashobora kuronka itegeko rikurinda, rizobuza uyo muntu kukwegera canke kukurondera. Bigaragaye ko uyo muntu yagukubaguye canke yagukumiriye, arashobora gufungwa canke kuriha ihadabu.

What You Can Do

Your workplace or school probably has guidelines for how to file a complaint. Find out what these are and follow them. Every time you feel harassed or discriminated against, write down all the facts, such as the day, time, place, and details about the event. Keep copies of harassing emails, phone messages, or letters to help prove that your complaint is valid. If you are harassed outside of the workplace, school, or other establishment, call the police.

When you report these crimes, it is often possible to get a restraining order, which will prevent the person from coming near you or contacting you. If it is proven that the person has harassed you or discriminated against you, they could go to jail or have to pay a fine.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Amagara Ya Bibungenze Ni Ya Bavyeyi

Kwibungenga n'igihe gikomeye mu buzima bw'umukenyenzi. Igihe wibungenze, genda kwa muganga akurikirane ivyerekeye amagara yawe n'amagara y'ikibondo utwaye, wongere witegurire kwibaruka uherekejwe n'uwo mwubakanye kandi ufashijwe na muganga. Saba umuryango, abagenzi, abakozi bo kwa muganga babinonosoye bagufate mu mugongo mur'ico gihe.

Prenatal and Maternal Health

Pregnancy is a special time in a woman's life. While pregnant, get regular prenatal care and prepare for labor and delivery with your partner and doctor. Ask for help from family, friends, and health care professionals during this time.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Amagara Y'umukenyezi Imbere Yuko Asama

Amagara y'umukenyezi, ibifungurwa, imyifato n'imiti ifise ingaruka k'ubuzima bw'umukenyezi imbere yo gusama, vyose vyerekeye amagara y'umukenyezi imbere yuko asama. Kugira ngo wungure uteze imbere amagara yawe imbere yo gutwara inda:

- Fata microgrammes 400 (mcg) vy'amavitamine bita folic acid iminsi yose mu gihe c'amezi atatu kugira ngo wikingire kuvyara umwana adakomeye akivuka.
- Hagarika kunywa itabi n'inzoga.
- Itwararike indwara woba ufise nk'indwara y'igisukari, y'umurindi w'amaraso, canke kwamana umutima uhagaze.
- Kurikirana neza ivyerekeye kwicandagisha wame uzi ko wabigirishije ku gihe gitegekanijwe.
- Irinde ibintu birimwo ubumara bwonona amagara nk'irangi ryo gusiga, hamwe n'imiti bakoresha mu kugira isuku.



Preconception Health

The health conditions, foods, habits, and medicines that impact a woman's life before pregnancy are referred to as preconception health. To improve preconception health: Take 400 micrograms (mcg) of folic acid everyday for at least three months to lower risks of birth defects.

- Stop smoking and drinking alcohol.
- Manage medical conditions like diabetes, high blood pressure, or depression.
- Ensure vaccinations are up to date.
- Avoid toxic substances like paint and certain cleaning supplies.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Genda Kwa Muganga Akurikirane Ivyerekeye Amagara Yawe N'amagara Y'ikibondo Utwaye

Ni waba wibaza ko woba wibungenze, ushobora kwipimira muhira kugira ngo umenye ko wasamye ukoresheje igipimo kivyerekana. Ushobora kugura ivyo bikoresho mu magazini igurirwamwo ibintu n'ibindi canke mu magazini icuruza imiti. Usanze warasamye, gerageza kubonana na muganga mu maguru masha kugira ngo atangure gukurikirana imbanyi yawe, akuvure igihe cose ucibungenze. Gukurikiranwa n'umuganga igihe wibungenze birahambaye cane naho woba wari waramaze gutwara inda imbere yaho. Abaganga bashobora gusuzuma bakavura hakiri kare utunenge batoye ku magara yawe igihe mubonana kenshi.

Prenatal Care

If you think you are pregnant, take an at-home pregnancy test. You can buy these at the grocery store or pharmacy. If the result is positive, schedule a doctor's appointment to begin prenatal care, medical care during pregnancy, as soon as possible. Prenatal care is very important, even if you have been pregnant before. Doctors can find and treat health problems early when they see you regularly.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gukurikirana Umukenyezi Yibungenze N’uburyo Bwo Kwibaruka

Muri Leta Zunze Ubumwe z’AAmerika, abakenyezi benshi barivuzza igihe bibugenze ku muganga ajejwe kuvura abakenyezi (obstetrician/gynecologist or OB/GYN), bakongera bakibarukira mu bitalo. Ibimenyeshwa muri iki kiganiro vyerekeye cane cane ubwo buhinga. Ariko, urashobora gukoresha ubundi buryo mu kwivuzza igihe wibugenze no mu kwibaruka, hakaba harimwo gufashwa nuwo bita doula canke uwakira abavyeyi, canke ukibarukira i muhira canke mu gisata c’ubuvuzi bakiriramwo abavyeyi.

Ni wame usuzuma yuko assurance ufise izogufasha kuriha kwa muganga igihe wibugenze canke kwibarukira hanze ya OB/GYN canke ibitalo. Ni waba warigeze ugira ingorane wibugenze, canke wicura ibibazo vy’ubwoko bwinshi canke ukaba urwaye indwara idakira, bashobora kukubuza gukoresha uburyo ubu n’ubundi mu kwibaruka kugira ngo ukingire ubuzima bwawe.



Prenatal Care and Birthing Options

In the United States, most women get prenatal care through a doctor known as an obstetrician/gynecologist (or OB/GYN), and give birth at a hospital. The information in this topic is most relevant to those methods. However, there are alternatives for prenatal care and delivery, including using a doula or midwife, and delivering at home or a birthing center.

Check to see if your health insurance will cover prenatal care or delivery outside of an OB/GYN or hospital. If you have had past complicated pregnancies, are expecting multiples, or have chronic health problems, you may be turned down from alternative birthing options for safety reasons.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kuraba Abaganga Witegurira Kwibaruka

Mu gihe uja kuraba abaganga witegurira kwibaruka, muganga:

- Azokubaza ivyerekeye ubuzima bwawe hamwe na kahise kerekeye amagara mu muryango.
- Azosuzuma ibihimba vy'umubiri vyinshi, harimwo gusuzuma ingene amagufa akikije igitereko ameze (pelvis) n'urwinjirero rw'igitereko c'umukenyenzi.
- Azogufata amaraso hamwe n'amasobwe.
- Azopima umurindi w'amaraso, uburebure, n'ibiro ufise.
- Azoharura umunsi uzokwibarukirako, italiki yegereje igihe umwana azotegerezwa kuba yavukiyeko.
- Azopima ingene umutima w'umwana wibugenze utera.

Prenatal Visits

During prenatal visits, the doctor will:

- Ask for personal and family health history.
- Do a complete physical exam, including a pelvic exam and pap smear.
- Take blood and urine.
- Check blood pressure, height, and weight.
- Calculate the due date, a date near which the baby will be born.
- Check the baby's heart rate.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ivyo Urekuriwe Gukora No Kudakora – Kubungabunga Amagara Yawe

Mu gihe wibungenze:

- Fata ikinini ca multivitamine ku munsu ku munsu canke vitamine B9 ifasha abari mu kwibaruka (400 mcg ya folic acid).
- Hanuza muganga imbere yo guhagarika kunywa canke gutangura kunywa imiti iyariyo yose.
- Irinde guca mw'iradiyo.
- Icandagishe indwara y'akamangu niwaba witeze kwibaruka hagati ya Ntwarante na Mukakaro.

Dos and Don'ts – Health Care

During pregnancy:

- Take a daily multivitamin or prenatal vitamin with 400 mcg of folic acid.
- Ask the doctor before stopping or starting any medicines.
- Avoid x-rays.
- Get a flu shot if the baby is due between March and July.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ivyo Urekuriwe Gukora No Kudakora – Mu Bifungurwa

- Fungura indya zikwiye, harimwo iron/fer bifasha umwana wawe kuronka impemu zikwiye (oxygen).
- Fungura ivyokurya ngirakamaro ku mubiri, harimwo ivyamwa, imboga, intete n'ivyokurya birimwo calcium kandi zitarimwo ibinure bibi.
- Irinde kunywa ibinyobwa vyinshi birimwo caffeine nk'ikawa, icayi ,n'inzoga zisosa.
- Ntufungure ifi zirimwo mercure nyinshi nka swordfish, king mackerel, shark, na tilefish.

Dos and Don'ts – Food

- Get enough nutrients, including iron which helps your baby get oxygen.
- Eat a balanced diet including fruits, vegetables, whole grains, and foods high in calcium and low in saturated fat.
- Avoid large amounts of caffeinated beverages such as coffee, tea, and soft drinks.
- Don't eat fish with lots of mercury such as swordfish, king mackerel, shark, and tilefish.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ivyo Urekuriwe Gukora No Kudakora – Mu Vyerekeye Imibere Y’ubuzima

- NTUNWE ITABI, INZOGA ZIKAZE, CANKE NGO UFATE IBIYAYURA UMUTWE IGIHE WIBUGENZE.
- Ntiwiyoge amazi ashushe cane.
- Sinzira neza wongere wirinde ivyotuma usimba umutima (stress) ukamana umutima uhagaze.
- Gira imyimenyerezo yo kunonora imitsi ibereye 30 iminota mirongo itatu, ubigire gatanu mu ndwi.
- Irinde ibikoresho birimwo ubumara nk’umuti wo kwica imibu, ibikoresho vyo kwoza canke guhanagura imicapfu, lead, mercury n’irangi ryo gusiga.

Dos and Don’ts - Lifestyle

- DO NOT SMOKE, DRINK ALCOHOL, OR USE DRUGS DURING PREGNANCY.
- Don’t take very hot baths.
- Sleep well and avoid stress.
- Exercise moderately for 30 minutes five days a week.
- Avoid chemicals like insecticides, cleaning supplies, lead, mercury, and paint.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Imfashanyo Y'Amahera Hamwe Na Assurance Yo Kwivuza

Mu ntara nyinshi, ishirahamwe Medicaid rirariha bimwe canke vyose mu vyerekeye kuvura umukenyezi yibungenze, mu kwibaruka, canke ibikenewe mu gukurikirana amagara y'umuvyeyi aheruka kwibaruka. Umugambi werekeye Abagore, Utuyoya, n'Abana (WIC) n'umugambi ufasha mu bifungurwa ugatanga udupapuro (itike) dufasha abavyeyi bibungenze, abaheruka kwibaruka, n'abonsa kuronka ivyokurya bimwe bimwe bikenewe, ukongera ugafasha abana batarashikana imyaka itanu y'amavuko mu kubaha ibifungurwa hamwe n'imfashanyo y'amahera boba bakeneye. Uwo mugambi uratandukanye mu ntara iyariyo yose, nico gituma wokwitura ibiro bijejwe imibano canke gucumbikira abantu kugira ngo uronke inkuru y'imvaho ku vyerekeye kwemererwa muri icyo mirwi canke ingene umuntu abisaba.

Financial Assistance and Medical Insurance

In most states, Medicaid pays for some or all of prenatal care, delivery services, and post-partum care. The Women, Infants, and Children (WIC) program is a nutrition program that offers coupons for specific foods to pregnant, post-partum, and breastfeeding women; and children under five with nutritional and financial need. States' programs differ, so contact your social services office or resettlement agency for information on eligibility and the application process.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Umutekano W'inzoya

Igihe wibungenze, gendura urabe ko aho uba hari umutekano ukwiye ku ruyoya rwawe:

- Gerageza ukore ukushoboye kugira ngo uruyoya ruronke ikibanza gitekanye rworyamamwo, nk'igitanda co kuryamikamwo abana b'inzoya. Ntureke uruyoya ngo ruryame rwonyene ku buriri busanzwe; umwana atemvye bishobora kugira ingaruka mbi agakomereka canke agafa. Kura imisego, uburengeti n'ibikinisho kugira ngo murinde umwana kubura impemu igihe aryamye.
- Rondera intebe y'umwana canke intebe yo kwicarikamwo umwana mu modokari. Wongere wige ingene bikoreshwa. Intara zose zitegeka ko abana badashikana uburebure, ibiro canke imyaka bitegetswe kuba bicaye mu modokari irimwo intebe zo gukingira umwana. Gutwara umwana mu modokari udafise intebe itegetswe uba urenze amategeko naho woba utamujana kure.

Safety for Babies

While pregnant, make your home safe for your baby:

- Ensure the baby has a safe place to sleep, like a crib. Do not let the baby sleep alone on a normal bed; falling off could lead to injury or death. Remove pillows, blankets, and toys to prevent suffocation while sleeping.
- Get a child safety seat or car seat and learn how to install it. All states require that children under a certain height, weight, and/or age ride in an appropriate safety seat. Taking a child in the car without the proper seat is illegal, even for short rides.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ikiruhuko C’umukenyezi Yitegurira Canke Yibarutse Canke Ikiruhuko C’umugabo Yibarutse

Menya uwuzosigarana n’umwana I muhira. Igihe abavyeyi bose bakora, barashobora kuja inama y’ingene bakoresha umwanya wabo canke bakarondera uwoza gusanga umwana igihe bari ku kazi. Abakoresha bamwe bamwe baratanga akaruhuko inyuma yuko uruyoya rwavutse, ako karuhuko bakita ikonji y’ubuyeyi. Ibibanza bimwe bimwe aho abantu bakorera biremera gusubiza umukozi mu kazi igihe arangije ako karuhuko k’ubuyeyi. Umukoresha wese afise amategeko yihariye, baza lero uwurongoye aho mukorera amabwiriza bakurikiza.

Maternity and Paternity Leave

Decide who will stay home with the baby. If both parents work, they can adjust their schedules accordingly or find someone who can stay with the baby while they work. Some employers offer parents time off work after a baby is born, called maternity or paternity leave. Some workplaces guarantee positions after maternity or paternity leave. Each employer has different rules, so ask your boss about their policies.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kwitegurira Kwibaruka

Gira urutonde rw'urukurikirane rw'iminsi yo kwibaruka ubifatanije n'uwu mwubakanye; urwo rutonde ruzobafasha mu kumenyesha ingingo mwafashe ku vyerekeye gutera ibise no kwibaruka. Shiramwo ivyerekeye abantu mushakako babafasha ivy'indimi, urutonde rw'abantu barekuriwe kwinjira mu cumba co kwibarukiramwo, n'ingene mwovurwa ububabare. Ni waba ufise amategeko y'idini utegerezwa kwubahiriza mu gihe co kwibaruka, canke ni haba hari imfungurwa utarya, bishire mur'urwo rwandiko. Ni waba ufise abandi bana, fata imigambi umenye uwuzobaraba igihe uzoba utanguye gutera ibise wegereje kwibaruka. Ereka muganga wawe urwo rutonde rwo kwibaruka mu mubonyano w'imbere yo kuyara. Gufata ingingo yerekeye kazoza bizotuma mutagira umutima uhagaze mu kwitegurira kuyara no mu kwibaruka.



Preparing for Delivery

Make a birth plan with your partner, which is a tool used to communicate decisions about labor and delivery. Include contact information of preferred interpreters, a list of people allowed in the delivery room, and pain management choices. If you have religious or cultural beliefs around birth or don't eat certain foods, include this in your birth plan. If you have other children, decide who will take care of them when you go into labor. Share your birth plan with your doctor at a prenatal appointment. Making decisions beforehand will lead to a less stressful labor and delivery process.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ugusiramura

Ugusiramura n'ugukata urukoba ruri ku magara y'umuhungu, urukoba ruri k'umutwe w'amagara y'umuhungu. Ni waba ufise uruyoya rw'umuhungu, bazokubaza ko ushaka ko asiramurwa. Ja inama y'ico mwifuza hamwe n'akamaro canke inkurikizi mbi ku magara hamwe na muganga wawe igihe ugiye kubonana nawe witegurira kwibaruka, wongere ushire ingingo wafashe mu migambi yo kuja kwibaruka. Suzuma ko assurance yawe yo kwa muganga iriha ivyerekeye gusiramura. Ni yaba itabiriha, uzotegerezwa kubiriha ku mufuko wawe.

Circumcision

Circumcision is the removal of the foreskin, a flap of skin that covers the top of the penis. If you have a baby boy, you will be asked if you want him to be circumcised. Discuss your preferences and the medical advantages and risks with your doctor at a prenatal visit, and include your decision as part of your birth plan. Check to see if your health insurance covers circumcisions. If not, you will have to pay with your own money.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Ibimenyetso Bishobora Kuba Bitara Ingorane

Mu gihe umukenyezi yibungenze ntiyotegerezwa kuja mu butamenwa, ariko ashobora gukorora amaraso makeyi. Ni waba waripimishije mu butamerwa mu biro vya muganga wawe ukaba wararanguye amabanga y'ababiranye mu masaha 24 aheruka, ushobora kuva uturaso. Ni waba uva amaraso atukura rwose canke amaraso akaba acafuzza ikaleso yawe, genda kwa muganga mu maguru masha.

Kuva ku ndwi ya 16 wibungenze, uruyoya rwawe rwotegerezwa kwihindukiza agashika 10 uko amasaha abiri aheze. Uruyoya rwawe ni rwaba rudakerebutse mu kwihindukiza, gerageza unywe amazi canke amazi y'ivamwa, wongere uryamire uruhande, ikiganza cawe ugishize ku nda, wumva ingene uruyoya rwawe rwihindukiza. Ni rwaba uruyoya rwawe n'ubu rudakakaza inyuma y'isaha imwe canke amasaha abiri, hamagara muganga.

Possible Signs of Trouble

During pregnancy a woman should not get her menstrual period, but may have spotting, which is a lighter amount of blood. If you had a vaginal exam at the doctor's office or had sex in the last 24 hours, you might have spotting. If you are bleeding bright red blood or blood is soaking through your underwear, go to the hospital immediately.

Starting around 16 weeks into your pregnancy, your baby should move at least 10 times within two hours every day. If your baby is not active, try drinking water or juice, and lying on your side with your hand over your abdomen, feeling for your baby. If your baby still isn't moving after one to two hours, call your doctor.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Nk'ibise

Mu mayinga yanyuma yo kwibungenga, ushobora kwumva ko imitsi yo kunda ikanakanwe, nico bita ububabare buteye nk'ibise bidashemeye. Hari ububabare buteye nk'ibise vy'uburyo bubiri. Ibise vya Braxton-Hicks bijana no "gukanakanwa mu nda" ariko ntubabare canke ngo wumve ko umerewe nabi, kandi ni z'ububabare buteye nk'ibise bwo kwimenyereza. Ubwo bubabare busa n'ibise buza imbere y'ibise bukajana no gukanakanwa, kumererwa nabi no kubabara. Kugira ngo umenye ubudasa, nuze urandika ibihe kuva ukironka ububabare bwa mbere gushika ku ntango y'ubwakabiri, uheze uharure igihe bimaze. Ni bwaba bukurikirana ku rugero bukongera bukababaza gusumba kandi kenshi na kenshi, n'ukuvuga ko atari ivyo bise vya Braxton-Hicks, ushobora kuba watanguye gutera ibise.

Contractions

In the last weeks of pregnancy, you may feel a tightening of abdominal muscles called contractions. There are two types of contractions. Braxton-Hicks contractions involve tightening, but no pain or discomfort, and are "practice" contractions. Contractions before labor involve tightening, discomfort, and pain. To tell the difference, keep track of the time from the start of your first contraction to the start of your second contraction, and measure the duration of your contractions. If they follow a regular pattern and become stronger and more frequent, they are not Braxton-Hicks contractions, and you could be going into labor.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Nk'ibise

Biragoye gutandukanya ubwoko bw'ibise. Ni waba utabizi neza kandi ukaba ufise inda y'indwi ziri muni ya 36, ukaba ufise ibise bine gushika kuri bitandatu kw'isaha, hamagara muganga. Ni waba inda yawe ifise indwi zirenga 36 hakaba hari iminuta itanu hagati y'igise n'ikindi, bikamara kuva k'umunuta umwe gushika kw'isaha, hamagara muganga canke wijane ku bitalo.

Contractions

It is difficult to tell the difference between contractions. If you are unsure or are less than 36 weeks into your pregnancy and having more than four to six contractions an hour, call your doctor. If you are past 36 weeks and your contractions have been five minutes apart, lasting about one minute for an hour, call your doctor or go to the hospital.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Urureduka N'uruziruzi

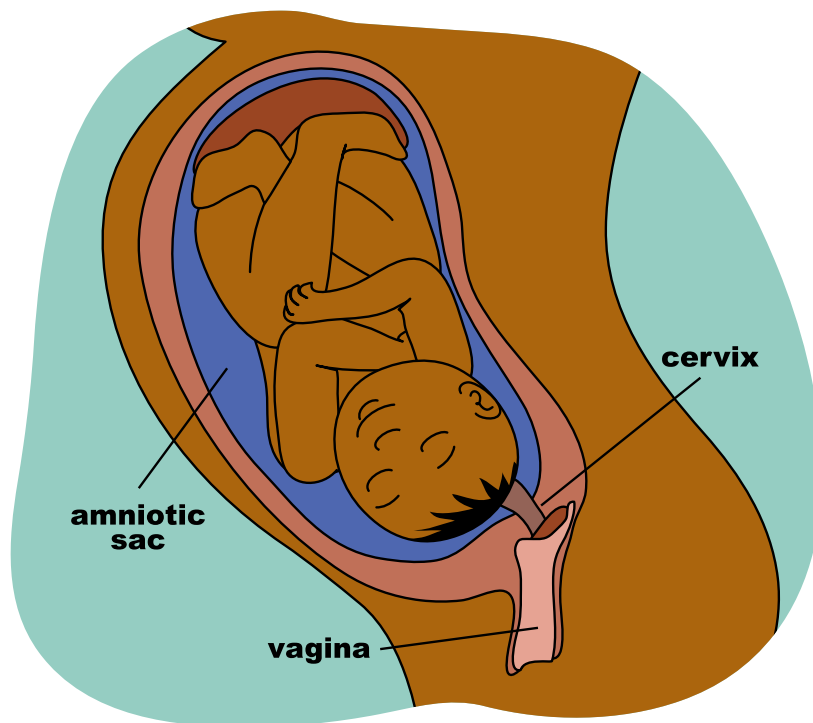
Igihe wibungenze, haraba uruziruzi mu gitereko. Uko igitereko cikanya canke kikirekura uriko uritegurira kwibaruka ikibondo, urwo rurenda ruraseseka rugakoroka. Hamagara muganga wawe ni wabona urureduka rw'umusarara, rw'ubururu, canke amaraso, kuko n'ikimenyetso ko ushobora kuba watanguye gutera igise.

Umupfuko w'amazi witwa uruziruzi ruba rukikije uruyoya rwawe igihe cose wibungenze, rukamugaburira ivyo akeneye vyose kugira ngo akure. Italiki y'ubugingo bwo kwibaruka, uwo mufuko urameneka, bavyita kumena agasaho k'amazi. Ashobora kuba amazi makeyi canke umurindi wayo. Kenshi, abakenyezi batangura gutera ibise igihe ako gasaho kamenetse, ca lero uhamagara muganga ivyo nivyagushikira, naho italiki yo kwibaruka itoba iri hafi canke ukaba utazi neza yuko agafuko kawe kamenetse.

Mucus Plug and Amniotic Sac

During pregnancy, a mucus plug forms in the cervix. As the cervix thins and stretches open, preparing for the baby to go through it, the mucus plug will pass. Call your doctor if you see clear, pink, brown, or slightly bloody discharge, as it is a sign that you may begin labor.

A sac of liquid called amniotic fluid surrounds your baby during pregnancy, providing the substances it needs to grow. Close to your due date, this sac will rupture, also known as your water breaking. This can be either a little bit of fluid or a big gush. Women often go into labor around the time their water breaks, so call your doctor when this happens, even if it's not close to your due date or if you are unsure if your water broke.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kuja Mu Bitalo

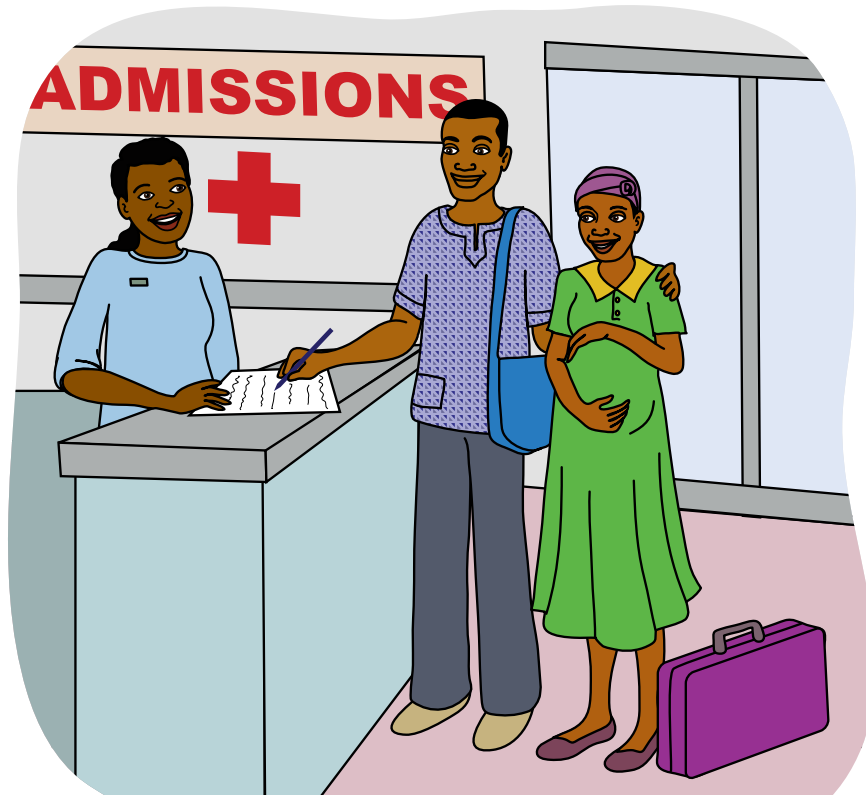
Ni waba utazi neza ko woba watanguye gutera ibise, hamagara muganga canke genda mu bitalo. Abakenyezi benshi barihenda bakagira ngo batanguye gutera ibise ariko kenshi bakaba bataragera. Ntibigutere ubwoba lero niwabona ivyo bigushikiye.

Iyo watanguye gutera ibise ukaja mu bitalo, utegerezwa guca aho abavyeyi bagiye kwibaruka binjirira. Ivyo bica bituma uharurwa mu barwayi b'ibitalo. Ico gihe, abakozi b'ibitalo bazosaba ngo ubahe urupapuro ruguha uburenganzira bwo kuvugwa [assurance maladie].

Going to the Hospital

If you are ever unsure of if you're going into labor, call your doctor or go to the hospital. Many women go into "false labor", believing they are in labor when they really aren't. Don't be embarrassed if this happens to you.

When you are in labor and go to the hospital, you need to go through admissions. This registers you as a patient in the hospital. Hospital staff will also collect your health insurance information at this time.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gutera Ibise, Icumba Bakiriramwo Abavyeyi, Kurwanya Ububabare

Umaze kwinjira ibitalo, ukaba ata ngorane ufise, bazoca bakujana mu cumba utereramwo ibise ukongera ukibarukiraũwo. Hazoba hari uburiri nĩntebe uwaguherekeje ngo agushigikire ashobora kwicarako, hashobora no kuba harimwo aho bogera umubiri wose hari amazi yo hejuru canke mu marube.

Muganga wawe azoza aragupima yongere apime umwana wawe kugira ngo amenye ingene uko muri babiri mukomereye ibise. Igipimo co gupima umwana ari mu nda, kizopima ingene umutima w'umwana utera hamwe n'ibise. Ibipimo bimwe biba biri hanze, ibindi navyo bakavyinjiza mu gitereko. Ico gipimo gishobora kwerekana ibipimo kw'isanamu ya computer ntoya, canke bikiyandika ku rukaratasi. Muganga azofata ibipimo vyerekana ubuzima bwawe, gupima ubushuhe, ingene umutima utera, umurindi w'amaraso, n'ingene impemu (oxygen) ufise zingana.

Labor, Delivery Room, and Pain Management

Once you are admitted to the hospital, if you have no complications, you will be taken to a labor and delivery room. There will be a bed and a chair where your support person can sit, and possibly a shower and bathroom.

Your doctor will monitor you and your baby to see how you are both tolerating labor. A fetal monitor measures the baby's heart rate and contractions. Some fetal monitors go on the outside of the mother's abdomen, and others go inside the uterus. The monitor may show results on a small computer screen, or print them out on paper. The doctor will also measure your vital signs, measuring your temperature, heart rate, blood pressure, and oxygen level.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gutera Ibise, Icumba Bakiriramwo Abavyeyi, Kurwanya Ububabare

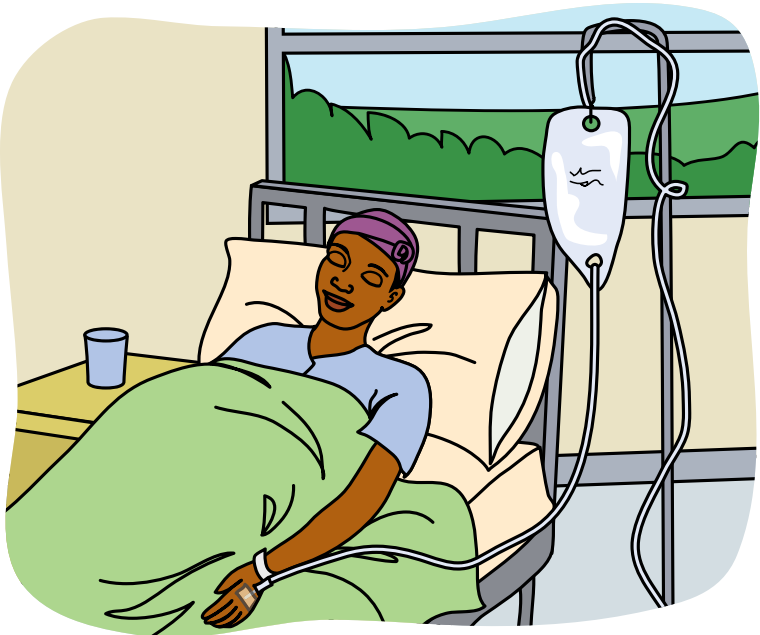
Ni waba bagushizemwo icuma congereza amaraso, umuforoma azoshira mu kuboko kwawe urushinge rufatanye n'umupira wizinga. Uwo mupira ufatanye n'agasaho k'amazi aheza akaza aratonyangira mu mitsi yawe akavangana n'amaraso. Abakozi bashobora kuguha ivyo kunywa, imiti irwanya indwara, n'iyivura ububabare bacishije mu mitsi, kandi birashoboka ko uzoguma ufise ivyo bikoresho. Ni waba udashaka ishingiro zo mu mitsi, vugana na muganga wawe muje inama k'ubundi buryo yokoresha kandi mubigire imbere yuko mutangura gutera ibise.

Gutera ibise bishobora kumara umwanya munini kandi bikabaza abakenyeyi bamwe bamwe, nico gituma bashobora guha umuvyeyi imiti yo kugabanya ububabare. Ashobora gukoresha uburyo bwo guhema canke kunonora imitsi, kwoga umubiri wose amazi ashushe, kugerageza gutora inyifato itaruhisha (guhagarara, kugendagenda, gusutama) canke kwumviriza umuzike.

Labor, Delivery Room, and Pain Management

If you are connected to an IV, a nurse will insert a needle connected to a flexible tube into your arm. That tube is connected to a bag of liquid that will slowly drip into your veins to mix with your blood. The staff can give you liquids, antibiotics, and pain medicines through this IV, and you will probably be connected during the entire process. If you do not want an IV, talk with your doctor about other options before you go into labor.

Labor can be very long and painful for some women, and medicines can help with the pain. Natural birth is when a woman gives birth with no pain medicine. She might use breathing and relaxation techniques, take a warm shower or bath, try to find a comfortable position while in labor (standing, walking, squatting), or listen to music.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gutera Ibise, Icumba Bakiriramwo Abavyeyi, Kurwanya Ububabare

Uburyo bukwiye henshi bwo kugabanya ububabare n'urushinge batera mu ruti rw'umugongo. Binjiza umuringoti mutoyi mu kiyunguyungu umuti ukaza urinjira uko bike-newe mu gihe cose ugitera ibise. Abakenyezi benshi baratora mitende inyuma y'iminuta 10-20, bakaguma bakanura badasinziye igihe bariko baratera ibise no kwibaruka. Ushobora kumeneka umutwe canke ukababara mu mugongo bitewe n'urwo rushing rwo mu ruti rw'umugongo, canke ntushobore gutambuka igihe ugitera ibise.

Kubera ko imiti imwe igabanya ububabare ishobora kubabaza agasaho amasobwe atororokaniramwo, ni waba urimwo urwo rushinge rwo mu ruti rw'umugongo canke ibindi bikoresho birwanya ububabare, abaganga bazogushiramwo umuringoti uciye mu nzira yo gusohoka ku mwanda mutoyi, uwo muringoti uzova ku gasaho amasobwe atororokaniramwo gushika asohoke hanze y'umubiri. Uwo muringoti woroshe ufatanye n'agafuko kazoshikiramwo amasobwe yawe, gutyo ntuzoheza ngo witose wiyonone mugihe utera ibise.

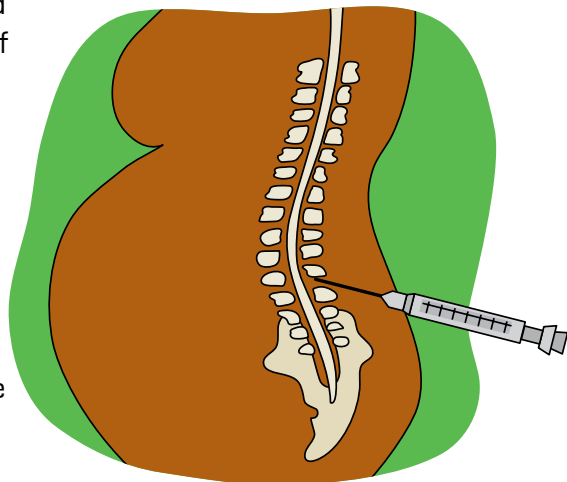
Hari ubundi buryo bwinshi bwo kurwanya ububabare. Baza muganga wawe ivyo yoguhanura kuvyerekeye ubwoko bw'uburyo bukubereye, wongere uce uvyandika mu ngingo utegura yerekeye imigambi yawe yo kwibaruka.

Labor, Delivery Room, and Pain Management

A popular method of pain management is an epidural. A small tube is inserted in your lower back and medicine is delivered as needed throughout labor. Most women feel some relief within 10-20 minutes, and can remain alert and awake during labor and delivery. You may have a headache or backache from the epidural, or not be able to walk during labor.

Because certain pain medicines affect bladder control, if you have an epidural or certain other types of pain management, the doctors will insert a catheter into your urethra, the tube where urine travels from your bladder to the outside of your body. The catheter, a flexible tube, is connected to a bag where your urine will collect, and you won't wet yourself during labor.

There are many other types of pain management. Talk with your doctor for recommendations on which types are right for you, and include your decision in your birth plan.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kwibaruka Biciye mu Bihimba vy'Irondoka

Umukenyenzi wese ntasa n'uwundi, ariko hari abo bishobora gufata amasaha ashika 19 kugira ngo amagufa (cervix) akikije igitereko yuguruke nka centimetero 10 aheraheze ikiringo ca mbere co gutera ibise. Inzira ija mu gitereko cawe ishobora kwuguruka igipande imbere yuko ushika kwa muganga, ariko ntaco bitwaye. Uzoheza ukurikiranwe hafi na hafi muri ico gihe, utere ibise, wongere uronke imiti ikenewe yo kurwanya ububabare.

Igihe amagupfa yugarije igitereko amaze kwuguruka rwose, uzoba winjiye mu kiringo ca kabiri c'ibise, uce utangura gusunika umwana uko ububabare buje. Ico gihe gishobora kumara kuva ku minuta 20 gushika ku masaha abiri. Rimwe na rimwe abaganga bashobora kwagura aho umwana aca, kugira ngo bagure urwinjiriro rw'igitereko, umwana wawe ashobore guvayo neza; baca bugara aho basatuye umaze kwibaruka. Mu migambi yawe yo kwibaruka, fata ingingo uvuge igihe bosatura canke batosatura ngo bagurire inzira umwana.

Vaginal Birth

Every woman is different, but it can take up to 19 hours for some women's cervix to open 10 centimeters and complete the first stage of labor. Your cervix may partially open before you get to the hospital, which is okay. You will be monitored throughout this stage, have contractions, and receive the desired pain management.

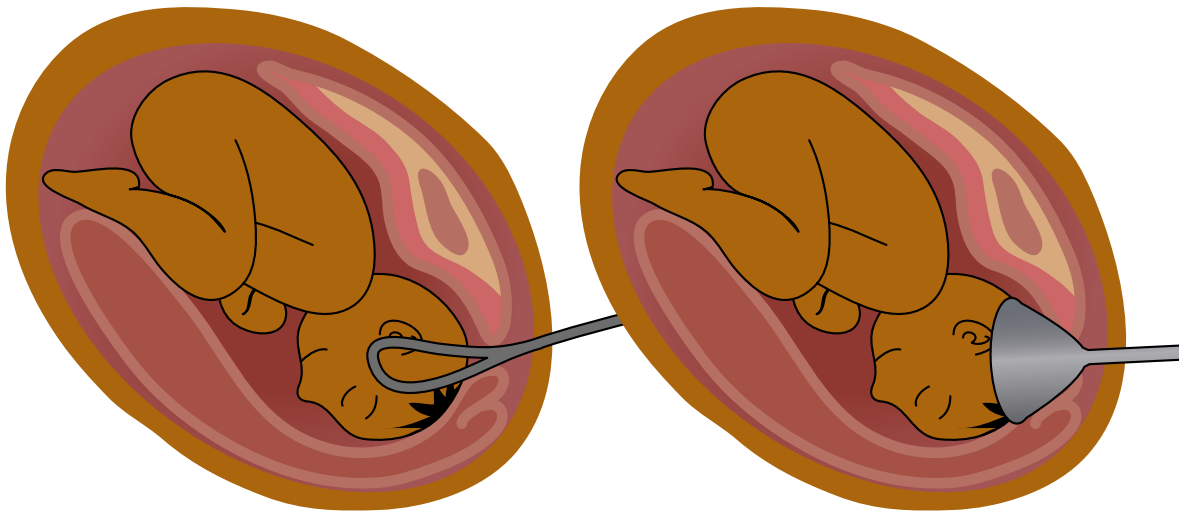


Once your cervix is fully opened, you enter into the second stage of labor, and will begin to push during contractions. This stage may last from 20 minutes to two hours. Sometimes doctors perform an episiotomy, making a small cut to widen the vaginal opening so your baby can pass through more easily, and close the cut after delivery. In your birth plan, decide under what conditions you will or won't have an episiotomy.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kwibaruka Biciye mu Bihimba vy'Irondoka

Igihe muganga abonye umutwe w'uruyoya rwawe, azoca akubwira gusuguma kugira ngo umwana avuke. Abaganga bashobora gukoresha ibikoresho vyo gukwega umwana ku nguvu canke ibindi vyuma vyofasha uruyoya kurengana inzira umwana acamwo mu kuvuka. Ibikoresho vyo gukwega ku nguvu bikoreshwa kugira ngo bafata uruyoya ku mpande zose z'umutwe igihe akiri mu nzira umwana acamwo mu kuvuka, baheze bakwege asohoke. Igikoresho co gukwega n'ivyuma vy'impemu biranunza kugira ngo uruyoya rushobore kurengana inzira umwana acamwo mu gusohoka avuka.



Vaginal Birth

When the doctor sees your baby's head, he or she will tell you to push to deliver the baby. Doctors may use forceps or vacuum extraction to help your baby out of the birth canal. Forceps are a tool used to grab both sides of the baby's head while its inside the birth canal and pull the baby out. With vacuum extraction, the doctor will use suction to get the baby's head out of the birth canal.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Kwibaruka Biciye mu Bihimba vy'Irondoka

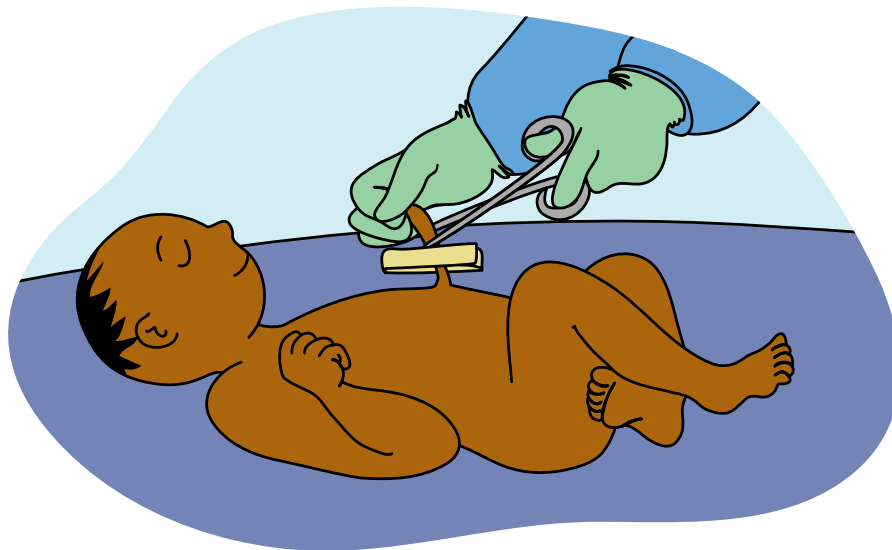
Umwana amaze kuvuka, umuntu azoca uruzogi arirwo rufatanya uruyoya n'ingoyi. Mu baguherekeza saba umuntu wo mu muryango guca uruzogi canke igihe udashaka ko muganga akoresha ivyuma vy'inguvu canke vy'impemu zikwega mu migambi yawe yo kwibaruka.

Ikiringo ca gatatu co gutera ibise, n'igihe ingoyi isohoka, ingoyi ikaba ari ikipande gifatanye uruyoya rwawe n'igitereko. Umaze kwibaruka uruyoya rwawe, uzogira uukanakanwa rubura igihe ingoyi igeze gusohoka. Ivyo bimaze guhera, uzoba urangije kwibaruka. Abakozi bashobora kugufyonda mu nda, kugira ngo bakuremwo rwose ururenduka n'amaraso bikiri mu gitereko, bongere barabe yuko vyifashe neza inyuma yo kwibaruka.

Vaginal Birth

After the baby is delivered, someone will cut the umbilical cord, which connects the baby to the placenta. Include if you would like a family member to cut the umbilical cord or do not want the doctor to use forceps or suction in your birth plan.

The third stage of labor is the delivery of the placenta, the organ that connects your baby to your uterus. After you deliver your baby, you will have contractions that signal it's time to deliver the placenta. Once this is over, you are done with delivery. Staff may push on your abdomen, trying to control fluid and bleeding in the uterus, and making sure it is functioning well after delivery.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gusatura Mu Nda Mu Kukuyaza

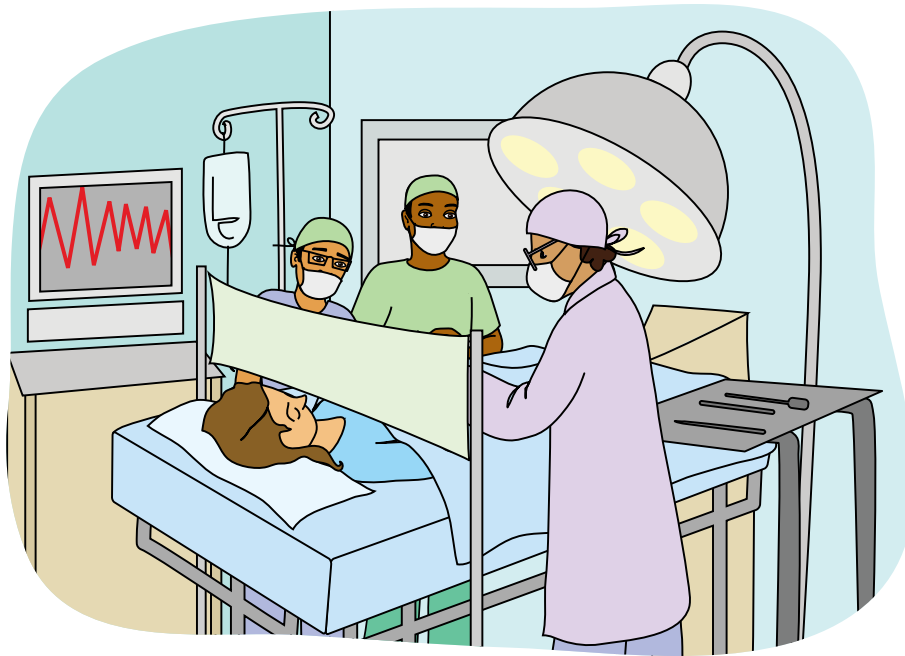
Muganga wawe ashobora gufata ingingo yo gusatura mu nda mu kukuyaza, aho kuvyara biciye mu bihimba vyirondoka. Rimwe na rimwe abaganga barasatura mu nda mu kuvyaza umuntu igihe yaramaze kubigirirwa, canke igihe imbanyu yawe ishobora kukubangamira rwose.

Gusatura mu nda mu kuvyaza umuvyeyi bigirirwa mu cumba babagiramwo, hatari mu cumba gisanzwe co kwibarukiramwo. Muganga azoguha imiti irwanya ububabare, rimwe na rimwe agutere urushinge rwo mu ruti rw’umugongo, yongere agushiremwo umuringoti ukwega amasobwe. Igihe ari ivyihutirwa, baraguha imiti yo kugusinziriza, ivyo bikaba bisigura ko woba usinziriye igihe bazosatura mu nda aho bacisha uruyoya mu kukuyaza.

Cesarean Section

Your doctor might decide to perform a cesarean section, or c-section, instead of having you deliver vaginally. Sometimes doctors will do a c-section if you’ve had one before, or if you have a high risk pregnancy.

C-sections are performed in operating rooms, not regular labor and delivery rooms. The doctor will give you pain medicine, sometimes an epidural, and insert a catheter for bladder control. In emergencies, general anesthesia is used, which means you will be asleep for the c-section.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gusatura Mu Nda Mu Kukuvyaza

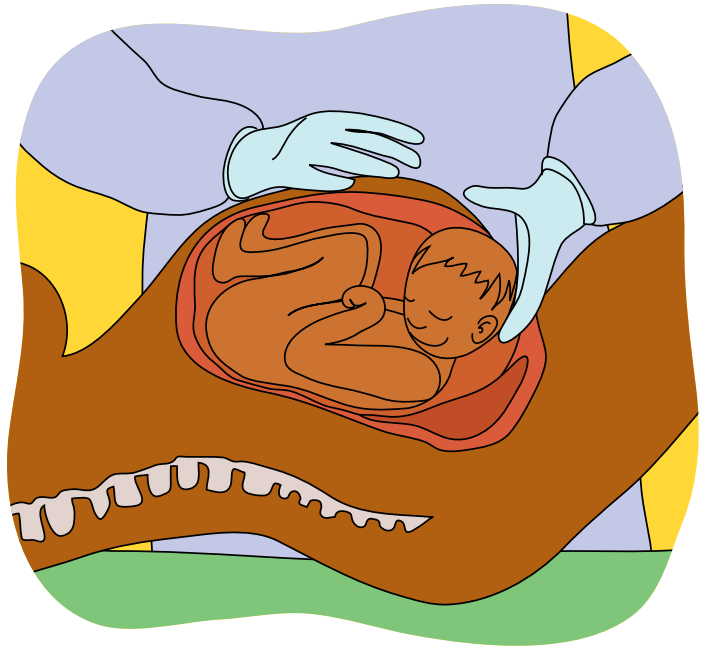
Muganga azokwoza ku nda, agushiremwo urushinge ruca mu mitsi, yongere apime ibipimo bisanzwe vy'ubuzima bw'umuntu. Muganga azosatura uruguma ku nda, musiy'umukondo, yongere asature mu gitereko, agire uruguma umwana ashobora gucamwo mu kuvuka. Muganga azoheza akureyo uruyoya, akate uruzogi yongere akuremwo ingoyi. Muganga azoheza yoze yongere ashone igitereko n'inda, hanyuma bazoheza bakujane mu cumba ushobora kuruhukiramwo amasaha makeyi. Umaze gukira urwo ruguma rwo mu nda, bazoca bakujana mu cumba c'ibitalo ushobore kumara igihe uri kumwe n'uruyoya rwawe.

Kuvyaza umuvyeyi bamusatuye mu nda n'ubuhinga bwo kubaga umuntu bukomeye, kandi ushobora kumara iminsi mikeya mu bitalo. Abakozi botegetezwa kuguha amategeko y'ingene wovura uruguma rwawe. Umaze kuva mu bitalo, ushobora kumara indwi zishika zitandatu imbere yuko ukira neza.

Cesarean Section

The doctor will clean your abdomen, connect you to an IV, and monitor your vital signs. The doctor will make a cut across your abdomen, underneath the bellybutton, then make a cut in your uterus, just big enough to get the baby out. The doctor will remove the baby, cut the umbilical cord and remove the placenta. The doctor will clean and repair the uterus and abdomen, then you will be moved to a recovery room for a few hours. Once you've recovered from your c-section, you will move to a hospital room and can spend time with your baby.

C-sections are major surgery, and you may stay in the hospital for a few days. The staff should give you instructions on how to care for your incision. After leaving the hospital, it can take up to six weeks to fully recover.



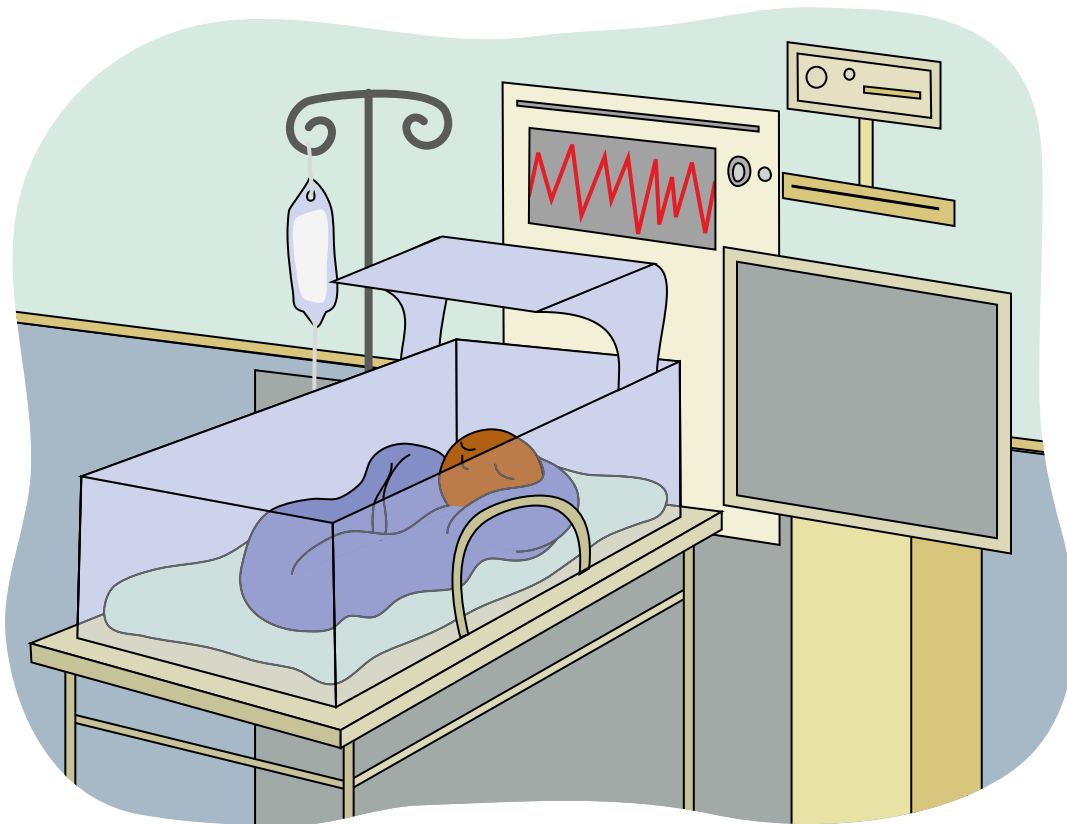
TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gutahana Uruyoya Muhira

Muganga azoguha uruhusha rwo kuva mu bitalo mwe n'uruyoya rwawe igihe kigeze. Ni waba atangorane wagize, ukaba wibarutse biciye mu bihimba vy'irondeka, bishobora kuba inyuma y'amasaha makeyi gusa. Ni waba wabazwe mu nda mu kwibaruka, hashobora guhera iminsi mikeyi. Ni waba wagize ingorane mu kwibaruka, wewe n'uruyoya rwawe mushobora gusanga mutegerezwa kumara igihe kirekire gusumba mu bitalo. Inzoya nshasha zikeneye gukurikiranwa gusumba n'abaganga baca bazijana mu gisata bitaho kuvura abana bakivuka (NICU).

Taking Your Baby Home

The doctor will discharge you and your baby from the hospital when the time is right. If there are no complications and you had a vaginal delivery, it may be within a few hours. If you had a c-section, it may be a few days. If there were complications during delivery, you and/or your baby may need to stay in the hospital longer. New babies who need extra medical attention are admitted to the neonatal intensive care unit (NICU).



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Gutahana Uruyoya Muhira

Ni wame witeguriye kuba ufise intebe yagenewe gutwara abana mu modokari uzoshi-ramwo umwana mu kumutahana. Marana umwanya n'uruyoya rwawe, ukurikize amategeko yose ya muganga yerekeye ingene wofata uyo mwana. Ni waba ufise ibibazo ubaza canke ukaba wicura ko hariho ibintu bitoba bigenda neza kuri wewe canke uruyoya rwawe, hamagara muganga wawe. Azokwifuzza gusubira kukubona mwe n'uruyoya rwawe mu giye kumuraba ngo abakurikirane. Tora muganga w'abana atangure gukurikirana amagara y'uruyoya rwawe.

Taking Your Baby Home

Make sure you have a properly installed car seat to bring your baby home in. Spend time with your baby, and follow any instructions the doctor gave you on how to take care of him or her. If you have any questions or suspect that something is not normal with you or your baby, call your doctor. He or she will also want to see you and your baby for a follow-up visit. Find a pediatrician (doctor for kids), and establish regular care for your baby.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Wonsa

Amaberebere ashobora gukingira inzoya imigera n'indwara kubera yuko atangaruka mbi ku magara y'abayeyi n'abana babo agira. Igihe wonsa, ntunywe itabi, inzoga z'ubumara, canke ibiyayura umutwe. Ushobora gusubira gusama igihe ukiriko uronsa. Gaburira uruyoya amaberebere gusa mu mezi atandatu ya mbere y'ubuzima, canke mu kiringo c'umwaka canke kirenga bishobotse. Umwana ntashobora kurya ivyokurya bikomeye imbere yuko akwiza amezi atandatu y'amavuko. Ni waba ufise ingorane zo kwonsa, vugana na muganga wawe.

Breastfeeding

Breast milk can protect infants from germs and illness, and is linked to lower risks of health problems for mothers and babies. While breastfeeding, avoid smoking, drinking alcohol, or using drugs. You can still get pregnant while breastfeeding. Give babies only breast milk for the first six months of life, or for one year or longer if possible. A baby cannot digest solid food until they are at least six months old. If you have problems breastfeeding, talk with your doctor.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Wonsa

Muri Leta Zunze Ubumwe z’Amerika, mu bisanzwe, abakenyezi ntibonkerezwa abana imbere y’abantu. Ukeneye kwonsa, rondera icumba co kwogeramwo canke aho kwihereera, canke wipfuke mwe n’uruyoya rwawe kugira ngo ntihagire umuntu ababona. Ipompo n’imashini ikwega amabarebere, ayo mabarebere agashobora kubikwa agashobora kugaburira umwana bakoresheje agacupa. Ivyo bigufasha kuja ku kazi ukongera ukagaburira uruyoya rwawe amabarebere. Vugana n’uwugukurikirana ivyerekeye gukoresha ipompo igihe usubiye ku kazi.

Breastfeeding

In the United States, women generally do not breastfeed in public. If you need to breastfeed, find a bathroom or private space, or cover yourself and the baby so no one can see. A pump is a machine that extracts breast milk from a woman, which can be stored and fed to the baby by bottle. This allows you to work and still feed your baby breast milk. Talk to your supervisor about using a pump when you return to work.



TOPIC 4—PRENATAL AND MATERNAL HEALTH

Indwara Yo Mu Mutwe Ikurikira Kwibaruka

Abakenyezi benshi barijirwa canke bakaremerwa, bikabagora gutora itiro, bagahindagura imico, canke bakarangwa n'ibindi bimenyetso vyo kurwara mu mutwe mu minsi ikurikira kwibaruka. Iryo bimenyetso nivyamara indwi zirenga zibiri, ushobora kuba urwaye indwara yo mu mutwe ikurikira kwibaruka (PPD). Ukwo kurwara gushobora kwaduka igihe cose mu mwaka ukurikira kwibaruka, kandi bivurirwa kwa muganga. Mu bimenyetso vy'indwara PPD harimwo ivyiyumviro vyo kugirira nabi uruyoya, icyumviro co kwikomereza ukababara, canke kutitaho na gatoyi uruyoya rwawe. **UMUVYEYI MU-SHASHA AKABA AFISE IVYIYUMVIRO VYO KWIKOMERETSA KUBABAZA UMWANA CANKE UWUNDI MUNTU HAMAGARA 911!**

Ntugire ubwoba, isoni canke ngo hagire ico wiyotsa igihe wumva utameze neza mu mutwe inyuma yo kwibaruka. S'ukuvuga ko uru umuvyeyi mubi. Ni waba ufise ibimenyetso vya PPD, hamagara muganga ashobore kugufasha.

Post-Partum Depression

Many women feel sad or overwhelmed, have trouble sleeping, have mood swings, or have other symptoms of depression in the days after giving birth. If these symptoms last for more than two weeks, you may have post-partum depression (PPD), or depression after childbirth. PPD can begin anytime within the first year after childbirth, and must be treated by a doctor. Symptoms of PPD include thoughts of hurting the baby, thoughts of hurting oneself, and not having any interest in the baby. **IF A NEW MOTHER IS HAVING THOUGHTS OF HURTING HERSELF, HER BABY, OR ANYONE ELSE, CALL 911!**



Don't be embarrassed, ashamed, or guilty about feeling depressed after childbirth. It does not mean you are a bad mother. If you have symptoms of depression or PPD, call your doctor to get help.

TOPIC 4—PRENATAL AND MATERNAL HEALTH

Mu Ncamake

Uko uzoba witeguriye kwose hamwe n’umucance wawe ivyerekeye kwibungenga no kwibaruka ikibondo gishasha, niko ico gikorwa kizobarwa neza. Ibuka kwama uja kwa muganga mu kwitegurira kwibaruka, igishwa umenye ivyerekeye gutera ibise n’uburyo bwo kwibaruka, wongere utegure umugambi utomoye wo kwibaruka ufatanije n’umucance wawe na muganga. Umuryango, abagenzi, n’abakozi bajejwe ivy’amagara y’abantu bariho kugira ngo bagufashe mur’iki gihe hahinduka vyinshi.

Summary

The more prepared you and your partner are for pregnancy and the birth of your new child, the better the experience will be. Remember to get regular prenatal care, learn about labor and delivery options, and make an informed birth plan with your partner and doctor. Family, friends, and health care professionals are there to help during this time of change.



TOPIC 5 — MENTAL HEALTH

Akomeye Mu Mutwe

Umuntu yitwa ko akomeye mu mutwe igihe ashobora gukora neza mu buzima bwa minsi yose, agakorana n'abandi, agafata ingingo, akagira ico aterera mu kibano, akamenya ingene yigenza mu bintu bigusagirije no mu bihe bigoye, akongera agashika kukuzezerwa bikwiye. Indwara zo mu mutwe n'indwara zihungabanya amagara y'umuntu mu mutwe. Umuntu umwe kuri bane muri Leta Zunze Ubumwe z'Amerika ararwara indwara yo mu mutwe ku mwaka, bikamusiga kenshi adashobora kurangura neza akazi ajejwe, mw'ishule canke mu migenderanire yiwe n'abandi.

Kuba ufise indwara yo mu mutwe s'ukuvuga ko usara. Ntugire isoni canke ngo ugire ico wiyagiriza niwaba urwaye indwara yo mu mutwe kandi ntute urubwa ku wundi muntu uwariwe wese yoba arwaye indwara yo mu mutwe. Abantu bashobora kuba bafise ibibazo vy'amagara mu kipande icarico cose c'umubiri. Indwara zo mu mutwe n'ibibazo vy'amagara vyerekeye ubwonko.

Mental Health

Someone has good mental health when he or she can function well in daily life, relate to other people, make decisions, contribute to the community, handle stress and difficult situations, and achieve some degree of happiness. Mental illnesses are real medical conditions that disrupt a person's mental health. One out of every four people in the United States experiences a mental illness each year, often leaving him or her unable to perform well at his or her job, in school, or in personal relationships.

Having a mental illness does not mean someone is crazy. Do not feel shame or guilt if you have a mental illness, and do not place shame or guilt on anyone who may have a mental illness. People can have medical problems with any part of the body. Mental illnesses are simply medical problems relating to the brain.



TOPIC 5 — MENTAL HEALTH

Impunzi No Akomeye Mu Mutwe

Impunzi zirakunda gufatwa n'indwara zo mu mutwe kubera ivyo zacyemwo mu buzima bihamura. Igihugu c'amavuko cabo kenshi kirakenye kandi nta mutekano ukiranga, bashobora kuba barahungabanirijwe ubuzima, barabuze canke barazimije ababo, canke bapfunzwe. Impunzi zihunga aho ziba, zigasiga inyuma ivyo zitunze, ababanyi n'ingene zari zibayeho. Urugendo rubahungisha mu kindi gihugu canke rubajana mw'ikambi ry'impunzi rushobora guhwana n'umutekano muke, hanyuma impunzi zishobora gusanga zifise umutekano muke iyo zishitse iyo zija. Kenshi ntibagira ikibafasha, bakihebura kubera ko ubuzima bwabo babuzeza abandi kugira ngo baronke imfungurwa, kandi uburyo bwo kwiga no gukora akazi ni buke cane. Impunzi zicumbikiwe mu gihugu gishasha, kure y'igihugu c'amavukiro, kenshi usanga bazi ibintu bike vyerekeye ururimi canke akaranga k'ico gihugu c'ubuhungiro. Kumenyera kuba mu kibanza n'ubuzima bushasha birashobora kubagora cane. Ivyo vyose bibahamurira mu buzima, bishobora gutuma impunzi zirwara indwara zo mu mutwe.

Refugees and Mental Health

Refugees are more likely to have mental health problems because of traumatic experiences in their lives. Their home countries are often poor and unstable, and they may experience physical assault, the death or disappearance of loved ones, or imprisonment. Refugees flee their homes, leaving behind their possessions, community, and way of life. The journey to another country or refugee camp can be dangerous, and refugees may experience more insecurity upon arrival. They often feel helpless and hopeless due to their dependence on others for food and limited educational and employment opportunities. Refugees who are resettled to a new, faraway country often know very little about its language or culture. Adjusting to a new place and way of life can be very difficult. These traumatic experiences make refugees more likely to suffer from mental illnesses.



TOPIC 5 — MENTAL HEALTH

Ubwoko Bwinshi Bw'indwara Zo Mu Mutwe

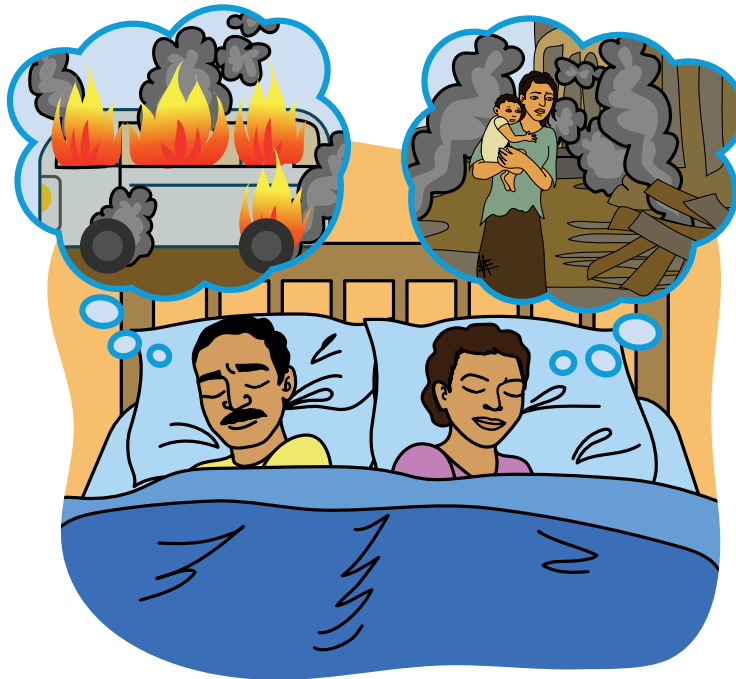
Hari ubwoko bwinshi bw'indwara zo mu mutwe, hakaba n'uburyo bwinshi bwo kuzivura. Kwihebura ukaguma wijiriwe niyo ndwara yo mu mutwe ikunda kuboneka. Izindi ni :

- Guhahamuka (PTSD). Iyo bishora gushika igihe umuntu yagize ubwoba cane canke yahwanye n'ingorane zimutera ubwoba cane, nko gukubitwa, guhwana n'isanganya ry'icaduka, guterwa n'abashimutsi, canke indwano za gisirikare. Abantu bahahamutse baguma bibuka ivyabaye, bakarara bararota ibiteye ubwoba, canke bigatuma bahwana n'ibisubira kubahamamuka. Bashobora kwadukana ishavu canke bakiyotsa rwose ibibi boba barakoze, ubwoba, n'ibindi. Ukwo guhahamuka (PTSD) kurashobora kubera intambanyi ubuzima bw'umuntu bwa minsi yose.

Types of Mental Illnesses

There are many types of mental illnesses, and many ways to treat them. Depression is one of the most common mental illnesses. Others include:

- Post-traumatic stress disorder (PTSD). PTSD can occur after intense trauma or extremely frightening events, such as physical assault, natural disasters, acts of terrorism, or military combat. People with PTSD usually have flashbacks, nightmares, or memories that cause them to experience the traumatic events again and again. They may also have outbursts of anger or intense feelings of guilt, anxiety, or fear. PTSD can greatly impair a person's ability to function in daily life.



TOPIC 5 — MENTAL HEALTH

Ubwoko Bwinshi Bw'indwara Zo Mu Mutwe

- Kwama wacitse ivutu. Ibitero bitavanako n'ivyo bimenyetso vyo kwama wacitse ivutu. Gucika ivutu bishika igihe umuntu afise umwitwaririko mwinshi w'ubwoba no kwamana umutima uhagaze. Kenshi bimara iminuta mikeyi, mugabo birashobora kumara igihe kiruta canke bikaza biraza bigenda.
- Kwamana ubwoba wicura abansi n'ibikugirira nabi. Iyo ndwara yo mu mutwe ibonekera mu guhindura ingene ubona canke wumva ibiriko biraba ukavyita ukutariko. Abantu bashobora kwumva amajwi abavugisha atayariho, bakicura ibibatara atabiriho, canke bakemeza ko ari abandi bantu. Iyo ndwara, schizophrenia, ishobora gutera kwama wicura abansi n'ibikugirira nabi, umuntu agahunga aho abandi bantu bari, agacika ikiyingiyingi, canke ntagire aharagama ngo atekereze akama ari mu ruhagarara.

Types of Mental Illnesses

- Panic disorder. Recurring panic attacks are the main symptom of a panic disorder. A panic attack occurs when someone experiences sudden and intense feelings of fear or anxiety without cause. It usually lasts a few minutes, but can be longer or repetitive.
- Schizophrenia. This mental illness is characterized by changes in the perception or expression of reality. People may hear voices, see hallucinations, or believe that they are someone else. Schizophrenia can cause paranoia, withdrawal, or extreme agitation.



TOPIC 5 — MENTAL HEALTH

Ubwoko Bwinshi Bw'indwara Zo Mu Mutwe

Ushobora kuba urwaye indwara yo mu mutwe irenga imwe mu gihe kimwe. Abantu barwaye gutagira aho baragama, nka PTSD, bamana ubwoba, bakongera kenshi bagasa n'abatari kumwe n'abandi. Ni waba wibaza ko wewe nyene canke umuntu woba uzi arwaye indwara yo mu mutwe, shikira abaganga bakuvure. Tangura ubivugane na muganga asanzwe akurikirana amagara yawe, sigura ibimenyetso vy'iyi ndwara, ashobora kuzoca akurungika mu baganga b'abahinga babivura. Ibiro bijejwe ivyer-ekeye ubuvuzi mu ntara iyariyo yose irafise Igisata Cerekeye Indwara zo mu Mutwe, ukaba ushobora kuhamenya uravye mu gitabu ca telefoni uheze ubashikire ubahanuze. Vugana n'abashinzwe Medicaid aho uri, umenye ivyo bashobora kukurihira n'ivyo badakora. Ushobora gusanga bizimye rwose kandi bitwara umwanya munini kuja mu bitalo aho bavurira abarwaye bakomerewe, ariko ni vyaba ari ivyihutirwa, wotegerezwa kujayo. Ni waba utemera ko arivyo, hamagara ibitalo ubabwire ibimenyetso vy'indwara yawe. Bashobora kugufasha kumenya yuko ari ivyihutirwa canke ivyo wokora kugira ngo ubikurikirane neza.

Types of Mental Illnesses

You can have more than one mental illness at a time. People who have anxiety disorders, such as PTSD and panic disorder, often have some form of depression too. If you believe you or someone you know may have a mental illness, seek medical assistance. Begin by speaking with your primary care physician, explain your symptoms, and he or she may recommend a psychologist, psychiatrist, counselor, or other medical professional. The health department of every state has a branch called the Mental Health Division, which you can find in the phonebook and contact for advice. Talk to your local Medicaid office or review your state's Medicaid policies to determine what coverage is available. It can be very expensive and time-consuming to go to the emergency room at a hospital, but if it is truly an emergency, you should go. If you are not sure, you can call the hospital and describe your symptoms to the staff. They can help you decide if it is an emergency situation and what the best next steps would be.



TOPIC 5 — MENTAL HEALTH

Ikiyingiyingi

Nta muntu atigera yumva ko yijiriwe mu buzima bwiwe, ariko kenshi n'ibintu biza bigahera. Ni kwaba uko kwijirwa kumaze indwi nyinshi kukongera kukagira ingaruka ku buzima bwa minsi yose, ushobora kuba urwaye ikiyingiyingi. Ibimenyetso biyerekana harimwo kwama wihebuye, ukamenga nta kiri mu bwenge, canke ukama ufise ubwoba; kwama urushe rwose; kutaryama neza canke kugira itiro ryinshi; kutagira akayabagu canke kurya nk'isiha. Gucika ikiyingiyindi bishobora gutuma umuntu arwara izindi ndwara nko kuribwa mu nda canke kumeneka umutwe.

Gucika ikiyingiyingi birashika kenshi muri Leta Zunze Ubumwe z'Amerika. Abakozi bo mu buvuzi baravura kandi bagakiza iyo ndwara babicishije mu kuvugana n'umurwayi, mu kumuha imiti, canke ivyo uko ari bibiri. Ni waba uzi umuntu arwaye gutyo, mwereke ko ubabaye umushigikire, mutege amatwi umwumvirize, wongere umuhanure kuvugana n'abakozi bo mu buvuzi.



Depression

Sadness is a feeling everyone experiences, but usually it passes. If the sadness lasts for several weeks and interferes with daily life, it may be depression. Common symptoms include persistent feelings of hopelessness, emptiness, or anxiety; constant exhaustion or fatigue; difficulty with or excessive sleeping; loss of interest in hobbies or activities; and loss of appetite or overeating. Depression may also cause physical health problems, like stomachaches or headaches.

Depression is very common in the United States. Medical professionals can treat and often cure it through talk therapy, medications, or both. If you know someone who is depressed, offer your concern and support, be willing to listen, and encourage the person to speak with a medical professional.

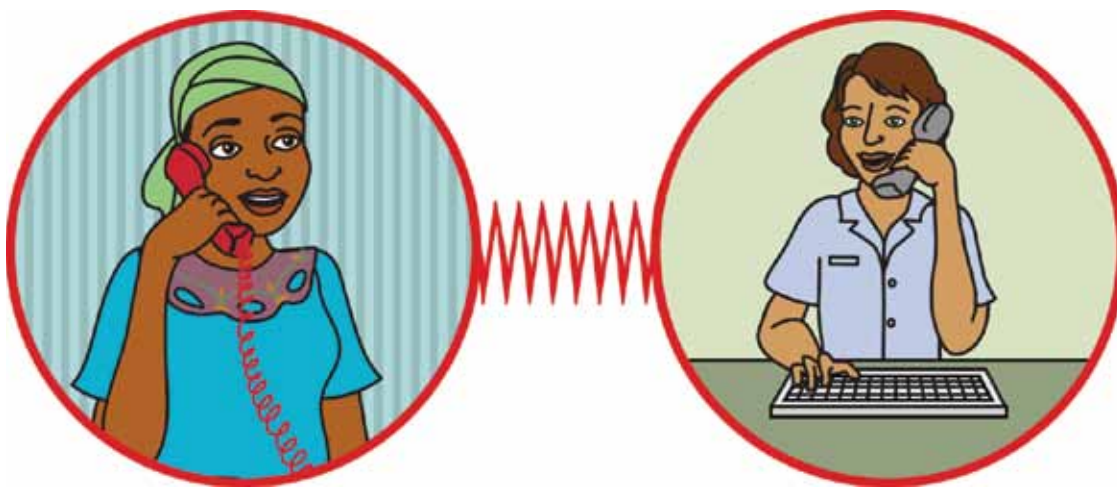
TOPIC 5 — MENTAL HEALTH

Kwiyahura

Iyo abantu bacitse ibiyingingi canke barwaye indwara zindi zo mu mutwe, bashobora kugerageza kwikomeretsa canke kwiyica. Bakeneye abavyigiyeye babakurikirana mu maguru masha. Ni waba uzi umuntu yoba yaragerageje kwikomeretsa, canke yoba yaragerageje kwiyahura canke yoba yaracishije mu kanwa ico cyumviro, hamagara telephone n° 1-800-273-8255 y'Abashinzwe Gukinga Kwiyahura mu Gihugu Cose (bashobora kuguha abasimura mu Kirundi canke mu Kiswahili) canke inomero 911. Birahambaye kubwira abahinga bajewe amagara y'abantu ingene ibintu vyifashe, naho uwo muntu yogusaba kutagira umuntu n'umwe ubibarira. Ni waba waragerageje kwikomeretsa canke ukaba ufise ivyiyumviro vyo kwiyahura, utegerezwa guhamagara telefoni ikora umwanya wose ku nomero 911.

Suicide

When people are very depressed or suffer other mental illnesses, they may try to hurt or kill themselves. They need immediate professional help. If you know someone who has tried to hurt himself or herself, or has attempted to commit suicide or talked about doing it, call the National Suicide Prevention Hotline at 1-800-273-8255 (they can connect you to Kirundi or Swahili interpreters) or call 911. It is important to tell a mental health professional about the situation, even if the person asks you not to tell anyone. If you have tried to hurt yourself or have thoughts of committing suicide, you should also call the hotline or 911.



TOPIC 5 — MENTAL HEALTH

Kwiyahura

Mu bimenyetso bibura ko umuntu ashaka kwiyahura hari :

- Kuvuga ibijana no kwihebura, urupfu canke kwiyahura.
- Kuvuga canke gukora nka kumwe boba bifuzza kuva kuri iyi si, akarolero kugaba ivyo utunze canke gusezera.
- Kwanka gukora ibikorwa bahora bakorana umutima mwiza.
- Guhunga kubonana n'umuryango canke abagenzi.
- Kumenyera imigenzo ituma usambura ubuzima nko kunywa kenshi ibiyayura umutwe canke inzoga z'ubumara.

Suicide

Some suicide warning signs include:

- Talking about general hopelessness, death, or suicide
- Talking or acting as though they plan on going away, for example giving away possessions or saying goodbyes
- Avoiding activities they used to enjoy
- Avoiding contact with family or friends
- Adopting more self-destructive behaviors, like frequent use of drugs or alcohol



TOPIC 5 — MENTAL HEALTH

Kwiyahura

Rimwe na rimwe abantu biyahura kubera ko babona womenga n'ubuhungiro bw'ingorana barimwo canke bw'ububabare, ishavu, ivyo biyotsa, kuba ruhebwa canke nyamwigendako. Abantu baraheza bakumva nk'abari mu munyororo canke barengewe n'ibintu iyo bibaza ko ibintu bitazofa bibaye vyiza gusumba canke ataco bashobora gukora kugira ngo bahindure ibintu n'ibindi. Ivyo birababangamira bikababuza kubona inyishu zibereye kandi zogira akamaro. Mu bwenge bwabo ntibifuza kupfa, ariko barondera aho bohungira. Abantu biyahura ntibabona ko bashobora guhindura ibibahanze canke ngo bamenye ingene bokwikura ivyiyumviro bibatuma bihebura.

Abahinga bavyigiye barashobora gufasha abantu kubona ko kuba ikiyingingi canke kurwara indwara zo mu mutwe, atari ibibahanze ubu, bituma biyumva, biyumvira canke bigenza uko bameze ubu.

Suicide

People sometimes commit suicide because they see it as an escape from a difficult situation or feelings of pain, grief, guilt, rejection, or loneliness. People feel trapped and overwhelmed when they believe things will never get better and they have no control over the situation. This can make it difficult for them to see healthy and positive solutions. They usually do not really want to die, but just to escape. Suicidal people do not realize they can change their situation or manage their negative feelings.

Professional care can help people see that the depression or other mental illness, not the actual situation, is influencing the way they are feeling, thinking, and behaving.



TOPIC 5 — MENTAL HEALTH

Ibiyayura Mutwe N'Akaborerwe

Inzoga hamwe n'ibiyayura umutwe bimwe bimwe biratuma umuntu yihebura, n'ukuvuga yuko bishobora gutuma umuntu yumva ko yijiriwe, agira ivyiyumviro bibi, canke acika ikiyinyingi. Rimwe na rimwe abantu bijiriwe canke bihebuye baca banywa inzoga zikaze kugira ngo bibagire ingorane bafise canke bagabanye ububabare, ariko ntibabone ko ivyo bituma bihebura gusumba canke indwara yabo yongerekana. Ni waba uzi umuntu anywa ibiyayura umutwe canke inzoga zikaze, ushobora gutabaza ku biro vy'umuganga, mu bitalo, mu bashinzwe gucumbikira abantu, amadini, mosque, mu ngoro z'imana, canke mucye ku Murwi Wiherereye Urwanya Inzoga Zikaze. Ntutinye gutabaza abagufasha.

Drug and Alcohol Abuse

Alcohol and some drugs are depressants, meaning they can make a person feel sad, negative, or depressed. Sometimes people who are sad or depressed use alcohol to forget about their problems or ease anxiety without realizing it may extend their depression or anxiety, or make it worse. If you or someone you know may be abusing drugs or alcohol, you can ask for help at a doctor's office, hospital, resettlement agency, church, mosque, temple, or through an Alcoholics Anonymous group. Do not be afraid to ask for help.



TOPIC 5 — MENTAL HEALTH

Mu Ncamake

Ibibazo vyerekeye indwara zo mu mutwe birakunda gushika kandi kenshi biravurwa. Nta numwe yotegerezwa kugira isoni ngo nuko arwaye indwara yo mu mutwe. Impunzi zahwanye n'amakuba menshi ashobora gutuma bacika ibiyingingi, canke barwara izindi ndwara zo mu mutwe. Niwaba wewe nyene canke uwundi muntu woba uzi murwaye indwara zo mu mutwe, canke mufata ibiyayura umutwe n'inzoga zikaze, canke mukaba mugona kwiyahura, tabaza abaganga mu maguru masha.

Summary

Mental health issues are very common and often treatable. No one should feel embarrassed because he or she has a mental illness. Refugees had many experiences that may lead to depression, PTSD, and other mental illnesses. If you or someone you know may have a mental illness, may be misusing drugs or alcohol, or may be thinking about committing suicide, seek medical help immediately.

