

**IKIGANIRO NYAKUBAHWA MADAMU JEANNETTE KAGAME  
YAGEJEJE KU BANYAMURYANGO BA UNITY CLUB  
INTWARARUMURI N'ABAGORE BAGIZE INTEKO  
MU MWIHERERO WA GATATU WA UNITY CLUB  
INTWARARUMURI**

**Inteko Ishingamategeko, Ku wa 9 Ugushyingo 2018**

- ❖ Mwongeye kwirirwa? Nterwa ishema no kuba nyoboye umuryango utagira uko usa wa Unity Club. Bikaba akarusho iyo tuvuga ko ari umuryango waduhuje nyumo y'ibihe bibi twari tuvuyemo.
- ❖ Ibi mvuga, byanashimangiwe kandi n'imihigo twahize mu gitondo na Komite nshyashya, nyuma y'imyaka 20 irenga uyu muryango wacu ubayeho. Si ngombwa ko mbabwira iyo mihigo ndahamya ko nkurikije ishyaka nabonanye abanyamuryango nta shiti ibikorwa bizivugira.
- ❖ Ngarutse rero kubyo moderator yari amaze kuvuga nagira ngo mushimire ariko sinzi niba ari we ubibona ku giti cye ariko niba hari abandi mubisangiye nagira ngo mbashimire mwese kuri urwo rugero rwiza mumbonamo.
- ❖ Mpora nifuzako uwo mwera ubaturukamo- kuko sijye jyenye- wakwira hose no mu bo tubyara, tubana nabo n'abo tuyobora.

- ❖ Twagize umugisha wo kumva vuba rugikubita ko dukeneye kuramira igihugu cyacu duhereye ku miryango yacu. Bituma dusubira ku isoko, kureba uko twasana imiryango yacu.
  
- ❖ Twishyize hamwe dushakisha uko twafasha umuryango, tubitangira tuzi ko ari urugendo rutazoroha ariko dukurikije ubushakashatsi bukorwa biratanga icyizere cy'umuryango n'u Rwanda twifuza.
  
- ❖ Ibi kandi bishimangirwa n'ubushakashatsi butandukanye. Kuko nimureba za Societe zose zikomeye iyo haje icyo mu Kinyarwanda bita "**umurengwe**" uwo ari wowe haba habayeho gutakaza indangagaciro bigatuma ugera aho twageze.
  
- ❖ Nta rindi banga rero usibye kwibuka ko ubuzima, inshingano ari urugendo. ntawe ukwiye kwibeshya ko ari mwiza (perfect) kuko bitagufasha guhora wivugurura. Experience y'umuntu muri uru rugendo, iterwa n'ibyiciro cyangwa ibihe), inshingano z'urugo zigezememo, urugero abana bagezemo.
  
- ❖ Experience y'umuntu ku giti cye rero ntabwo yafasha abantu bose kimwe muri rusange.

- ❖ Niyo mpamvu nifuje kubasangiza inyandiko yanditwe n'umuntu witwa Dr. Gary Olivier. Inyandiko yise “**Keys to Building Strong Families**”. Ngenekereje mu Kinyarwanda nakwita “Urufunguzo rw'ingenzi rwo kubaka umuryango mwiza kandi urambye.

### **Key #1: The Power of Modeling – Imbaraga zo gutanga icyerekezo**

Umwanditsi arakomeza akabisobanura neza abigarura ku muryango n'uko turera abana bacu aricyo kiganiro cy'uyu muni.

- Key #1 says that, “What your kids see you do as they grow up is what you'll likely see them do when they've grown up.”
- Ibyo abana bacu babyiruka babona dukora, ni nabyo bashobora gukora iyo bamaze gukura.

### **Hari n'imigani imwe yo mu Kinyarwanda ibivuga neza:**

- Uwiba ahetse aba abwiriza uwo mu mugongo
- Umwambali w'umwana agenda nka se
- Hari n'umuririmbyi wagize ati “ Isuku igira isoko, mwese musa n'iwanyu”

***The second Key #2: Giving the Gift of Time- Nta mpano nziza iruta guha umuntu igihe. Abana bacu, imiryango yacu ifite agaciro, tugomba kuyishyira muri gahunda zacu***

Key #2 says: “Healthy parents don’t find time, they make time.

- **Mu Kinyarwanda natwe tukavuga “Gushaka ari ugushobora”** – Umubyeyi mwiza ntaburira umwanya umwana we ahubwo arawushaka.
- Umwanya w’abana bacu nawo uri mu nshingano zacu. Uwabishaka yabishobora.
- Iyo uhaye umwanya umuntu uba umuhaye agaciro. Hari icyatubuza guha agaciro abana bacu?

### **Key #3: Power of Nourishing Love**

- Kwiga kuvuga urukundo ufitiye umuntu
- Hari n’umuhanga wigeze kuvuga ngo “ ***Kunda maze ukore icyo ushaka***”

### **Key #4: Cultivating an Encouraging Environment**

Key #4 says: A healthy home cultivates an encouraging environment

- ❖ Guhera ku byubaka umuntu, ugakurikizaho ibitagenda, mugafatana umwanzuro wo guhinduka kandi ukamuherekeza mu rugendo rw’impinduka.
- ❖ Nta muntu ubaho utagira icyiza na kimwe nta n’udakosa.

## **Key #5: The Gift of Healthy Anger**

1. Anger Is A Fact Of Life:
2. Anger Is A Frequently Experienced Emotion: Baravuga ngo
3. Anger Is One Of The Most Powerful Emotions:
4. Unhealthy Anger Has Tremendous Potential For Harm:

- ❖ Abantu benshi babona uburakari nk'ikintu kibi nyamara ni imwe mu marangamutima ashobora kubaho. Ariko mu muryango wubatse neza abantu baba bafitanye icyizere, bityo bakaba bafata ugize umujinya cyangwa akababaro kumufasha kuwuvamo neza.
- ❖ Murabizi ko mu Kinyarwanda tuvuga ngo “Agahinda ntikica kagira mubi”. Iyo umuntu adahawe umwanya wo kugaragaza agahinda cyangwa akababaro afite bituma utabasha kumufasha guhinduka akaba yaba mubi.
- ❖ Ubukana bw'uburakari bwiza butuma ubasha no guhindura byinshi. Iyo ibintu ntacyo bigutwara mu buzima ntacyo uhindura

## **Key #6: Nurturing Quality Communication**

- ❖ Ijambo ryiza ni murumuna w'Imana.
- ❖ Dukwiye kwiga kugira communication nziza yumvikana
- ❖ Dr. Albert Mehrabian spent years studying the components of communication. He found that often the actual words we say only account for 7% of how someone interprets our message. Our tone of voice accounts for 38% and other non-

verbal such as body posture, gestures, eye contact and facial expressions account for 55%.

- ❖ Most people focus on the 7% and often ignore the other 93%. When one of these components contradicts the other a mixed-message is sent. Confusion and frustration replaces clear communication.
- ❖ ***On ne voit bien qu'avec le coeur, l'essentiel est invisible pour les yeux*** Antoine de St. Exupery

**Key #7: The value of healthy conflict resolution:** Conflict is a necessary and potentially valuable part of the growth process. -  
Kumenya gucyemura amakimbirane no kwakira ko abantu batandukanye

- Kubaka birambye bisaba kwirinda umujinya w'umuranduranzuzi
- Ababiri barusha ijana rirasana

### **Key #7a: Conflict: Pathway to Intimacy (Part 1)**

- Marriages and families are NOT destroyed by differences. They are destroyed by the immature, irresponsible and unhealthy ways we choose to respond to those differences
- Ntazibana zidakomanya amahembe! Bibaho nta gikuba kiba cyacitse, korosa ibitagenda ntibituma abantu bakura. Ariko nagira ngo ayo mahembe ajye aba gusa ay'inika zikamira abana, umuryango zigakamira n'igihugu.
- When we experience conflict we are faced with an important decision: How will we choose to interpret conflict. We can choose to interpret it positively or negatively. Our choice will to

a great degree determine whether our love relationships will deepen and grow or whether we will stay stuck and stagnate.

**Key #7b: Conflict: Pathway to Intimacy (Part 2)**

- ❖ Constructive conflict involves a commitment to serve, encourage and be vulnerable to one another.
- ❖ Constructive conflict involves a commitment to stop, look and listen, then, maybe, speak.