

Menya wirinde!



Discussion Questions and Quizzes for IrindeBot Audio Dramas

English with Kinyarwanda translation

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Translations by Ancilla Nibigira.

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INTRODUCTION

This resource was developed for organisations who are supporting adolescent relationships and sexual and reproductive health and rights (SRHR) and intergenerational dialogue. The resources have been taken from IrindeBot, a chatbot for ASRHR that was piloted in Rwanda in 2020, in the hope that they will be a useful resource for those working with adolescents and parents/caregivers in Rwanda and the region.

This handbook includes **discussion questions** and **quizzes** to accompany the IrindeBot audio dramas. Both can be used to explore the three IrindeBot topics related to adolescent relationships and sexual and reproductive health and rights (SRHR):

1. "Let's Talk": Intergenerational dialogue
2. "My Body": Puberty and sexual health
3. "My Relationships": Sex, love and relationships

The material is geared towards children aged 12 and up, but the local context will determine its age appropriateness. In our experience, children are far more sexually active than adults expect, so it is likely better to err by including rather than excluding early adolescents.

The Discussion Questions include activities that can be done with a group of caregivers or adolescents. The discussion dialogue was developed to encourage chatbot users to think about the story they just heard on a mini audio drama. Our hope is that the content will give you ideas about the type of discussion you could have following each audio drama. Please improvise!

The Quizzes can be used to further explore the three topics. The first section includes general questions to assess what group members already know and the resources they have access to. Apart from the General Questions, the Quiz material follows the Discussion Questions in each thematic section. The Quiz content is organised according to the type of question (e.g. multiple choice, true/false, etc.). The correct answer is highlighted in yellow. Explanations are provided in red text.

These resources take a non-judgmental approach to knowledge sharing. The discussions and information presented aim to provide adolescents and caregivers with reliable information so that they can make more informed decisions. If facilitators use the resources to impose their own views, rather than allow participants to come to their own understandings, positive social change is less likely and harm is possible. We hope that you will trust this approach.

The audio dramas and scripts can be viewed or downloaded [here](#). Please note that all of the contact information and resources listed are for Rwanda. The resource is in English, but the audio dramas are in Kinyarwanda. The discussion questions, activities and quizzes have Kinyarwanda translations.

Please feel free to contact us if you have any questions or feedback! We'd love to know if this resource is useful.

1. GENERAL KNOWLEDGE QUESTIONS

“WHAT DO YOU KNOW?” / “WHAT DO YOU HAVE ACCESS TO?”





Multiple Choice Questions:

- Do you know what Sexual and Reproductive Health and Rights (SRHR) are?
Ese waba uzi Ubuzima n'uburenganzira bw'imyororokere icyo aricyo?







- Yes / Yego 👍
- No / Oya 👎
- Not sure / Simbizi neza

Questions about access to resources:

- Do you know where to get reliable information about...
Waba uzi ahantu hizewe wakura amakuru ku ubuzima bw'imyorokere...





	<p>Birth control? Kuringaniza urubyaro?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎 		<p>Family planning? Kuboneza urubyaro?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎
	<p>Menstruation? Kujya mu mihango?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎 		<p>Puberty? Ubugimbi n'ubwangavu?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎

- If needed, can you ACCESS... (Check all the resources you can access):
Ise iyo ushaka ibintu bikurikira ubasha KUBIGERAHO... Reba ibikoresho byose ushobora kubona:

- ☒ Condoms? / Udukingirizo? 
- ☒ Birth control? / Kuringaniza urubyaro? 
- ☒ SRHR services? / Serivisi z'Ubuzima bw'imyororokere?  
- ☒ Reliable SRHR advice? / Inama zizewe ku buzima bw'Imyorokere?  

Questions about access to information:

1. Now do you know where to get reliable information on...
Waba uzi ahantu hizewe wakura amakuru ku ubuzima bw'imyorokere?

	<p>Birth control? Kuringaniza urubyaro?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎 		<p>Family planning? Kuboneza urubyaro?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎
	<p>Menstruation? Kujya mu mihango?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎 		<p>Puberty? Ubugimbi n'ubwangavu?</p> <ul style="list-style-type: none"> • Yes / Yego 👍 • No / Oya 👎

2. INTERGENERATIONAL DIALOGUE: “LET’S TALK!” / “REKA TUGANIRE!”

The topic of these audio dramas is "Let's Talk". In each drama, parents and adolescents learn how to talk with each other about adolescent relationships and SRHR.

Insanganyamatsiko y'izi kinamico ni "Reka Tuganire!". Muri buri gakinamico ababyeyi barigiramo kuganira n'abana babo kubijyanye n'inshuti ndetse n'Ubuzima bw'imyororokere.

Target audience: Parents of adolescents or adolescents in East Africa. Discussion questions can be adapted to each audience.

Aims:

- Model positive parenting and open, respectful intergenerational relationships and dialogue.
- Model how parents and children can discuss relationships and sexual and reproductive health

2.1 DISCUSSION QUESTIONS AND ACTIVITIES

Episode 1: "Let's Talk!" / “Reka Tuganire!”



Topic: Positive Parenting

Description: Kayitesi chats with her husband, Karangwa, about how to communicate with their son, David, with care rather than anger.

Karangwa na Kayitesi bariga uburyo baganiriza umuhungu wabo Davidi n'inshuti ze mu buryo bwiza burimo kubahana.

Facilitator: Karangwa really seemed to get some new ideas about how to talk to David!

Biragaragara ko Karangwa yungutse ibitekerezo bishya kuburyo bwo kuganiriza David!

Question: Did you learn anything that will help you talk with your child (or parent) about SRHR or relationships?

Haba hari icyo wigiye hano cyagufasha ku buryo bwo kuganiriza umwana wawe ku bijyanye n'ubuzima bw'imyororokere ndetse n'Inshuti?

Question: What did you learn? *Niki wigiye?* [discussion]

Facilitator: That's great! *Ni Byiza!*

Question: If you are worried about a child's behaviour, what can you do to build open communication with them?

Niba uhangayikishijwe n'imyitwarire y'abana wawe, Niki wakora kugirango wubake uburyo bwo kuganira mwisanzuye?

[show hands or take suggestions... here are some possible answers]

- Yell at them / [Kubatonganya](#)
- Ask if you can share advice or information / [Kubabaza niba washobora kumugira inama cyangwa kumuha amakuru](#)
- Express concern / [Garagaza impugenge zawe](#)
- Order them to stop the behaviour / [Kubabwiriza guhagarika imyitwarire nkiyo](#)
- Ask questions and listen / [Kubabaza ibibazo no kubatega amatwi](#)
- Ignore them / [Birengagize](#)
- Express appreciation for something they are doing right / [Bashimire ibyo bakoze neza](#) 🍪

Facilitator: The best approach is to try to build a positive relationship



[Uburyo bwiza ni ukugerageza kubaka ubushuti bwiza hamwe n'abana bawe](#) 🍪

Facilitator: When children and parents are friends, children feel safe to ask for advice on their relationships and sexual and reproductive health and rights (SRHR)!

[Igihe abana n'ababyeyi bari inshuti, abana bumva bisanzuye kubagisha inama kubijyanye n'ubuzima bw'imyorokere!](#)

[Discuss together what this looks like in your culture/context]

Episode 2: Let's Talk! / “Reka Tuganire!”



Topic: Positive Parenting

Description: Cynthia talks with her mom, Kamariza, about being a teenager. They both realise they can speak openly with each other about ASRHR issues. [Kamariza n'umukobwa we barubaka ubushuti bwabo kugirango bazajye baganira ku ibibazo by'ubuzima bw'imyorokere bisanzuye.](#)

Facilitator: It's difficult for children to talk about SRHR with parents, but they need support and advice to protect themselves!

[Bikomerera urubiruko kuganira n'ababyeyi babo ku buzima bw'imyorokere , kandi mu byukuri bakeneye inama n'ubufasha bw'ababyeyi kugirango bashobore kwirinda!](#)

What topics do you think children need advice from parents on?

[Ese ni mu yihe nsanganyamatsiko utekerezako abana bakeneye inama z'ababyeyi babo?](#)

[Discussion]

If you want reliable information about sex, love and SRHR **online**, check out [Amaze](#) (English) or [Tantine](#) (Kinyarwanda).

[Niba ushaka amakuru yizewe ku bijyanye n'imibonano mpuzabitsina, urukundo n'ubuzima bw'imyorokere rebera ku rubuga Tantine.](#)

You can also find the Tantine App and audio, video content here:

- [Videos/Audios](#)
- [Tantine App](#)

Episode 3: Let's Talk! / “Reka Tuganire!”



Topic: Positive Parenting

Description: Cynthia's parents express concern about her choice of friends, listen and learn, and give her good advice on how to choose good friends.

[Kamariza na Murenzi baragira inama umukobwa wabo Cynthia uburyo yahitamo inshuti y'Umuhungu.](#)

Facilitator: What are some traits of a good friend?

[Nibihe bintu biranga inshuti nziza?](#)

[Discuss]

Facilitator: Cynthia's parents are worried that her boyfriend may not be a good influence. What are some traits of a "bad" friend?

[Ababyeyi ba Cynthia bafite impungenge k'umuhungu ukundana n'umukobwa wabo ushobora kuba adafite imico myiza. Ni ibihe bintu biranga inshuti mbi?](#)

[Get their suggestions and then have a show of hands for each one. Get them to explain their opinions and discuss]

Choices:

- They pressure you to do things / [Baguhatira gukora ibintu](#) [NO]
- They take care of you when you're sick / [Bakwitaho iyo urwaye](#)
- They give you things in exchange for a favour (bribery) / [Baguha ruswa y'ibintu](#) [NO]
- They always tell the truth / [Burigihe babwize ukuri](#)
- They say one thing, do another / [Iyo bavuze ikintu kimwe nawe kora ikindi](#) [NO]
- They don't listen / [Ntibumva](#) [NO]

2.2 QUIZZES

Multiple Choice Questions:

1. If you are worried about a child's behaviour, what can you do to build open communication with them? Choose all that apply:

Niba uhangayikishijwe n'imitwarire y'abana wawe, Niki wakora kugirango wubake uburyo bwo kuganira mwisanzuye? Uhitamo igikwiriye kandi cyaba cyiza:

- Yell at them / Kubatonganya
- Ask if you can share advice or information / Kubabaza niba washobora kumugira inama cyangwa kumuha amakuru
- Express concern / Garagaza impugenge zawe
- Order them to stop the behaviour / Kubabwiriza guhagarika imyitwarire nkiyo
- Ask questions and listen / Kubabaza ibibazo no kubatega amatwi
- Ignore them / Birengagize
- Express appreciation for something they are doing right / Bashimire ibyo bakoze neza 🍌

The best approach is to try to build a positive relationship 🤗 When children and parents are friends, children feel safe to ask for advice on their relationships and SRHR!

Uburyo bwiza ni ukugerageza kubaka ubushuti bwiza hamwe n'abana bawe 🤗 Igihe abana n'ababyeyi bari inshuti, abana bumva bisanzuye kubagisha inama kubijanyane n'ubuzima bw'imyorokere!

2. Cynthia's parents are worried that her boyfriend may not be a good influence. What are some traits of a "bad" friend? Choose all that apply.

Ababyeyi ba Cynthia bafite impugenge k'umuhungu ukundana n'umukobwa wabo ushobora kuba adafite imico myiza. Ni ibihe bintu biranga inshuti mbi? Hitamo igikwiriye.

- They pressure you to do things / Baguhatira gukora ibintu
- They take care of you when you're sick / Bakwitaho icyo urwaye
- They give you things in exchange for a favour (bribery) / Baguha ruswa y'ibintu
- They always tell the truth / Burigihe babwize ukuri
- They say one thing, do another / Iyo bavuze ikintu kimwe nawe kora ikindi
- They don't listen / Ntibumva

3. If you think your child is spending time with a friend who is a bad influence, what should you do? 🧠

Niba utekereza ko umwana wawe amarana umwanyana n'inshuti ye ifite imico mibi kandi byashobora kumushyira mukaga, wumva wakora iki? 🧠

- 🗣️ Yell at them and tell them to drop their friend

Kubatonganya no kubabwirira kureka inshuti zabp

→ If you do, they likely won't want to talk with you.

→ Niba ukora ibyo, birashoboka ko batazifuza kuvugana nawe.

- 👂 Have a respectful conversation to learn why they are spending time with that person

Gira ikiganiro cyiyubashye kugirango umenye impamvu bagendana n'umuntu nkuwo

→ Yes! Communicating respectfully is the best way to build a good relationship with your child so they will be open with you.

→ Yego! Kuganira mucyubahiro ni inzira nziza yo kubaka umubano mwiza n'umwana wawe kugirango bazajye bakwisanzuraho.

😞 Ignore the situation

Kwirengagiza uko ibintu bimeze

→ This isn't the best idea because they probably need your support/advice.

→ Iki ntabwo aricyo gitekerezo cyiza kuko birashoboka ko bakeneye ubundi bufasha cyangwa inama.

4. If you think your child is engaging in high-risk ⚡ behaviours, what should you do?

Niba utekereza ko umwana wawe yishora mu ngeso mbi zamuteza ibyago byinshi ⚡, wagombye gukora iki?

😡 Yell at them

Kubatonganya

→ If you yell at them, they may not want to talk with you.

→ Nubatonganya bashobora kudasubira kwifuza kuganira nawe.

😊 Have a respectful conversation to learn what they are up to

Gira ikiganiriro cyiyubashye kugirango umenye icyo barimo

→ Yes! This is the best way to build a good relationship so your child will be open with you. If they are not open, that's ok! Just make sure they know you care about them.

→ Yego! Ni uburyo bwiza bwo kubaka umubano mwiza kugirango umwana wawe azakwisanzureho. Niba batakwisanzuyeho, nta kibazo, icyangombwa nuko bumva ko! Icyangombwa nuko umenya neza ko bazi ko ubitayeho.

😞 Ignore the situation

Kwirengagiza uko ibintu bimeze

→ This isn't the best idea because they probably need your support/advice.

→ Iki ntabwo aricyo gitekerezo cyiza kuko birashoboka ko bakeneye ubundi bufasha cyangwa inama.

5. In the past, it was essential for girls to do *guca imyeyo* before marriage. Today, is it important to talk to daughters about *guca imyeyo*?

Kera, byari ibyingenzi ko abakobwa bakora *guca imyeyo* mbere y'ubukwe. Ese uyu muni, ni ngombwa kuganira n'abakobwa kubyerekeye *guca imyeyo*?

- Yes / Yego 👍
- No / Oya 👎
- I don't know / Simbizi

If yes, why do you think *guca imyeyo* is important?

Kuki utekereza ko *guca imyeyo* ari ngombwa?

- It's part of Rwanda's good culture 🇷🇼
- Ni kimwe mu ibigize umuco mwiza w'u Rwanda 🇷🇼

- Yes / Yego 👍

- No / Oya 👎
- It's important to 'cover' a girl's private parts 😬
Bifasha kwambika umwana w'umukobwa bigahisha ubwambure bwe 🤔
 - Yes / Yego 👍
 - No / Oya 👎
- It enhances a husband's pleasure during sex 😊
Byongera umunezero w'umugabo mugihe cy'imibonano mpuzabitsina 🤔
 - Yes / Yego 👍
 - No / Oya 👎
- It enhances a wife's pleasure during sex 🤔
Byongera umunezero w'umugore mugihe cy'imibonano mpuzabitsina 🤔
 - Yes / Yego 👍
 - No / Oya 👎
- Guca imyeyo gives girls pleasure together 🧑🧑
Guca imyeyo bitera abakobwa kwishima iyo bari hamwe 🧑🧑
 - Yes / Yego 👍
 - No / Oya 👎

3. PUBERTY AND SEXUAL HEALTH: “MY BODY” / “UMUBIRI WANJYE”

Welcome to "My Body"! In each drama, young people learn how to protect their sexual and reproductive health.

Tuguhaye ikaze ku Nsanganyamatsiko "Umubiri wanjye". Muri buri kinamico, urubwiruko rwiga kurinda ubuzima bwarwo mpuzabitsina n' imyororokere.

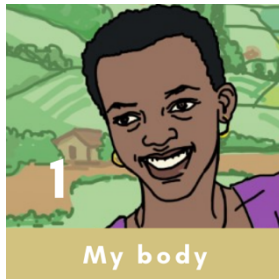
Target audience: Adolescents in Rwanda/East Africa. Discussion questions can be adapted to each audience.

Aims:

- Equip young people to prevent sexual and gender-based violence (SGBV)
- Understand puberty better
- Young people learn how to protect their sexual and reproductive health.

3.1 DISCUSSION QUESTIONS AND ACTIVITIES

Episode 1: "My Body" / “Umubiri Wanjye”



Topic: Sexual harassment

Description: Keza realises that her classmate, Ganza, is just interested in touching her up, so she communicates her boundaries.

Ni iki Keza agomba gukora mu gihe Ganza agerageje kumukorakora?

Facilitator: Wow! Keza really told Ganza off!

Keza yumvishije Ganza kabisa!

Question: Who is more 'modern' now? (Keza or Ganza?)

None ubwo ninde Musirimu?

Facilitator: But don't forget! Sexual harassment and violence happens to boys and men too 😞.

Ariko rero ntwibagirwe! Abagabo n'abahungu nabo bahura n' Ihohoterwa rishingiye ku gitsina.

We all have "private parts" 🖐️ [Ask them what parts of their body are 'private']

These include our breasts, mouths 🗨️, and genital area. No one should touch them without your invitation!

Twese buri muntu agira imyanya y'ibanga urugero Amabere, umunwa ndetse n'imyanya ndangagitsina ku bw'ibyo nta muntu wemerewe kuyikorakora utabimwemereye!

If someone tries to touch you and you don't want them to, what can you say? [Get their suggestions]

Facilitator: You can say: "Stop!" 🛑 "Don't touch me!" 🚫, "I'm not into this", or "Maybe later". You can also try to move away or leave.

Niba umuntu ageregeje kugukorakora ku myanya yawe y'ibanga utabishaka ugomba kumubwira ngo "Ndabyanze ntukoreho" ugomba kumubwira ko utabishaka cyangwa se ukamuhunga!

Facilitator: What else could you do? Ni iki kindi wakora? [open responses]

Facilitator: If they ignore you and continue, it's not your fault! Tell someone you trust and ask for support. Niba ashaka kukomeza kugukorakora yanze kukumva ntabwo ari amakosa yawe, bibwire undi muntu wizeye usabe ubufasha.

Question: Do you have a safe person you can go to? [See if anyone is willing to share who their safe person is]

Instruction on sexual and gender-based violence (SGBV):

Facilitator: Preventing GBV begins with you! 🧑 You have the RIGHT to be respected and the RESPONSIBILITY to respect others.

Kwirinda ihohoterwa rishingiye ku gitsina bitangirana nawe! (emojis). Ufite UBURENGANZIRA bwo guhabwa icyubahiro ndetse n'INSHINGANO zo kubaha abandi.

If you are being harmed, you need to create a "safety plan" 🛡️. Think about:

Niba uri gukorerwa ihohoterwa, ukeneye gushyiraho "gahunda yo kwirinda". Tekereza:

- WHERE and WHEN you are being harmed / AHANTU ndetse n'IGIHE wakorewe ihohoterwa
- WHO can support you / UMUNTU waguha ubufasha
- HOW to set boundaries / UBURYO washyiraho imipaka
- HOW to get help / UBURYO wabona ubufasha

If you are pressuring someone, you are misusing your power! You need to change - use your power 💪 to respect others!

Niba uri gushyira agahato kuri mugenzi wawe, uri gukoresha ububasha bwawe nabi! Ukeneye guhindukakoresha ububasha bwawe mu kubahisha abandi!

Activity:

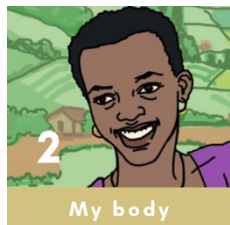
Give them time to make their safety plan. Take time to debrief and answer questions and problem solve as a group.

Facilitator: If you need to make a GBV complaint, here are some resources:
(for Rwanda only; adapt for your location):

- [GBV online complaint](#)
- Hotlines: 3512 or 5798

Ushobora no guhamagara kuri 3512 (Polisi) na 3029 (Isange/Polisi) ku byerekeranye n'ihohoterwa rishingiye ku gitsina.

Episode 2: "My Body" / "Umubiri Wanjye"



Topic: Puberty | Help! My body is changing!

Description: Keza is overwhelmed by her body changes. Her friend, Cynthia, explains its normal and helps her to have self-love.

Mumfashe! Umubiri wanjye uri guhindagurika!

Facilitator: When puberty starts, our bodies really change! It can feel super awkward, but it's NORMAL. Iyo tugeze mu gihe cy'ubugimbi imibiri yacu irahinduka cyane! Ushobora kumva bidasanzwe ukikanga, ariko ubundi NI IBISANZWE.

Also, our feelings can go up and down like crazy...! 😞😞😞 It's good to talk to someone older about all this.

Nanone ibyiyumviro byacu bishobora guhindagurika ku buryo budasanzwe. icyo gihe ni byiza kubiganiriza umuntu mukuru.

Question: Who can you go to for information or advice? [Discuss]

Ese icyo gihe ninde wasanga ngo agufashe, akugire inama?

Facilitator: You can also get reliable information from a Health Centre or by contacting:

Ushobora gushaka amakuru ku kigo nderabuzima kikwegereye cyangwa se ugahamagara:

✓ Kasha: 9111

✓ HDI: 33530

✓ Babyl (contraceptives, pregnancy tests, health advice only)/ Kwipimisha inda, Uburyo bwo kwirinda inda, nizindi nama: 811

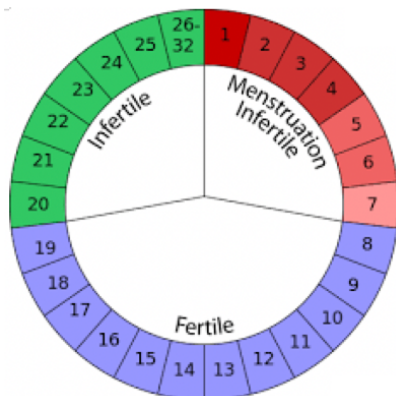
Question: If someone was harassing you, who would you ask for help? [Discuss]

Niba umuntu agerajeje kuguhohotera ni hehe washakira ubufasha?

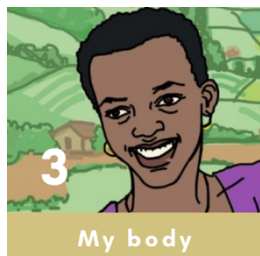
We all need advice and support from someone we trust! 💖

Twese dukenera inama n'ubufasha bivuye ku umuntu twizeye 💖

Visual resource: Menstrual Cycle



Episode 3: "My Body" / "Umubiri Wanjye"



Topic: Pregnancy prevention and responsibility

Description: Ganza finds out his girlfriend is pregnant and plans to ditch her. His friend, Cynthia, tells him he needs to own his responsibilities and prevent future pregnancies.

Ni iki wakorera umukobwa w'inshuti yawe aramutse atwite mutabiteganyaga?

Facilitator: Cynthia is right! Bijoux needs Ganza to be a friend - not throw her under the bus!!
Cynthia afite ukuri! Bijoux icyo akeneye ni uko Ganza amuba hafi atari kumutererana mu bihe bibi!

[Optional, pose the next statement as a question]

In Rwanda, being a "man" means taking responsibility for your actions and caring for others. 🙏
Mu Rwanda ikigaragaza ko umuntu ari "Umugabo" ni uko aba yubahiriza inshingano ze mubyo akora kandi akita no kubandi! 🙏

Activity:

Facilitator: What are some things Ganza and Bijoux could have done to avoid getting pregnant?
Mbese ni iki Bijoux na Ganza bagombye kuba barakoze mbere ngo birinde gutwita inda itateganijwe?

For each sentence below, give me a 👍 for the right answer, and 🙏 for the wrong one!
Kuri buri nteruro ikurikira, hitamo 👍 cyangwa 🙏 niba igisubizo atari cyo!

- **Use contraception / Gukoresha uburyo bwo kwirinda kubyara**
 - Yes 👍 Nibyo rwose!
 - No 🙏 Actually, if you don't want to get pregnant, you need to use contraception / Mubyukuri, niba utifuza gutwita, ugomba gukoresha uburyo bwo kuboneza urubyaro
- **Have sex standing up / Ukora imibonano mpuzabitsina uhagaze**
 - Yes 👍 No, that doesn't prevent pregnancy / Oya gukora imibonano mpuzabitsina uhagaze ntibyakurinda gutwita
 - No 🙏 Right! That doesn't work / Ibyo sibyo namba ntibyakunda!
- **They could have stopped short of intercourse / Bagombaga guhagarika igikorwa cy'imibonano byihuse!**
 - Yes 👍 Yes, that works! / Nibyo icyo gihe byagenda neza!
 - No 🙏 Yea, that can be hard but it's effective! / Yego, nibyiza cyane ariko nabyo bikunze kugorana ababigeraho si benshi ariko rwose bigira umumaro!
- **Use a condom / Gukoresha agakingirizo**
 - Yes 👍 Yes, condoms prevent pregnancy! / Yego agakingirizo gafasha mu kwirinda gutwita!
 - No 🙏 It can be difficult to access condoms, but they prevent pregnancy! / Bishobora kugorana kubona agakingirizo, ariko rwose karafasha mu kurinda gutwita!
- **They could abstain from sex / Bashoboraga kwifata ntibakore imibonano mpuzabitsina**
 - Yes 👍 Yes, abstinence prevents pregnancy! / Nibyo cyane, kwifata birinda gutwita!

- No 🙅 Yea, that can be hard, but it's effective! / Yego, nibyiza cyane ariko nabyo bikunze kugorana ababigeraho si benshi ariko rwose bigira umumaro!

Facilitator: Remember Every Rwandan has the right to buy contraceptive products at a Health Centre using MUSA. You can also call Kasha (9111) to arrange delivery of contraceptives and other emergency products.

Buri munyarwanda wese afite uburenganzira bwo kugura uburyo bwose yashaka bwo kuboneza urubyaro ku kigo nderabuzima kandi. akoresheje Ubwisungane mu kwivuzza ⚖️ Ushobora nanone guhamagara kuri Kasha 9111 bakakugezaho mu buryo bwihuse uburyo bwose waba wifuza gukoresha mu kuboneza urubyaro.

Question: If Bijoux doesn't have anyone to support her 😞 and she decides to have an illegal abortion (because she can't get a medical certificate), what are the risks?

Bijoux aramutse adafite umuntu numwe wo kumufasha agahitamo kvanamo inda bidakurikije amategeko kuko adashobora kubona icyemezo cya muganga ese nibihe byago ashobora guhura nabyo? Hitamo igisubizo nyacyo.

[Ask for their opinions and then get them to vote for the following options:]

- No risks 👍 Nta ngaruka
- Getting arrested and charged 🚔 Gukurikiranwa mu nkiko no guhamwa n'icyaha
- Mild to serious health problems 🏥 Ibibazo by'uburwayi
- She might die 💀 Agomba gupfa
- Family might send her away 😞 Umuryango ugomba kumwohereza

It is risky for Bijoux to have an illegal abortion! 🚫 Girls who are pregnant really need their family and friends to support them! 💖

Bijoux ashobora kugira ibyago byinshi aramutse avanyemo inda mu buryo butemewe n'amategeko. 🚫 Abakobwa batwite inda zidateganijwe bakenera kwitabwaho by'umwihariko n'abo mu muryango wabo ndetse n'inshuti zabo 💖

If you are pregnant and need to talk to someone, you can call or SMS HDI: 3530

Uramutse utwite ukaba ukeneye uwo waganiriza wundi atari uwo mu muryango wahamagara RWN kuri 3435 cyangwa HDI 3530

3.2 QUIZZES

True or False?

1. True or False: Boys are fertile before they have their first wet dream 💦😴.
Nibyo cyangwa Sibyo: Abahungu bashobora gutera inda mbere yo gutangira kwiwoteraho 💦😴.

True / Nibyo 👍

→ Yes! Boys are fertile when they first begin puberty. That's when their bodies begin to produce sperm.

→ Yego! Nibyo abahungu bashobora gutera inda igihe batangiye ubugimbi kuko niho imibiri yabo iba itangiye gukora intanga-ngabo.

False / Sibyo 🙅

→ In fact it's true, boys are fertile when they first begin puberty. That's when their bodies begin to produce sperm.

→ Mu bisanzwe nibyo, abahungu binjira mu gihe cy'uburumbuke mu gihe batangiye kuba ingimbi. Aha ni igihe imibiri yabo yatangiye gukora intangangabo.

2. It is legal for someone under age 18 to have an abortion.

Biremewe mu mategeko ko umuntu utarageza ku myaka 18 yavanamo inda ku ubushake.

True / Nibyo 👍

→ Yes, it is legal if you have a medical certificate from a doctor. The child's wishes prevail over the parents' (Article 126, Rwanda 2018 Penal Code). An abortion is legal with a doctor's certificate when:

- ✓ The girl is under age 18.
- ✓ The pregnancy is a result of rape, incest or forced marriage.
- ✓ The pregnancy puts the mother's life at risk.

→ Yego! Nibyo, byemewe n'amategeko ariko iyo ufite icyemezo cya muganga kibikwemerera. Byemewe n'amategeko gukuramo inda ku ubushake iyo ufite icyemezo cya muganga iyo:

- ✓ Umwana atarageza ku myaka 18.
- ✓ Iyo iyo Inda yaturutse kugufatwa ku ngufu, hagati y'abantu bafitanye isano ya hafi, cyangwa ihohotera.
- ✓ Iyo bigaragara ko iyo nda ishobora guhitana ubuzima bw'umubyeyi uyitwite.

False / Sibyo 🙅

→ In fact, it is true. But the request for an abortion must be made to a medical doctor and they must give you a medical certificate. The child's wishes prevail over the parents' (Article 126, Rwanda 2018 Penal Code). An abortion is legal with a doctor's certificate when:

- ✓ The girl is under age 18.
- ✓ The pregnancy is a result of rape, incest or forced marriage.
- ✓ The pregnancy puts the mother's life at risk.

→ Mu by'ukuri ibyo nibyo ariko kivanamo inda ku ubushake bisabwa muganga mukuru kuko nibo baguha icyemezo cyo kuba wavanamo inda. Byemewe n'amategeko gukuramo inda ku ubushake iyo ufite icyemezo cya muganga iyo:

- ✓ Umwana atarageza ku myaka 18.
- ✓ Iyo iyo Inda yaturutse kugufatwa ku ngufu, hagati y'abantu bafitanye isano ya hafi, cyangwa ihohotera.
- ✓ Iyo bigaragara ko iyo nda ishobora guhitana ubuzima bw'umubyeyi uyitwite.

3. After menstruation begins, it is difficult to know when a girl is or isn't fertile 📅.
- Nyuma y'uko utangiye kubona imihango, biraruhije kumenya igihe umukobwa ashobora gutwitiraho n'igihe atatwita 📅

True / Nibyo 👍

- True! It is hard to know for sure. Girls are fertile for up to 6 days during their menstrual cycle, but many factors influence when this occurs.
- Nibyo biraruhije kubimenya neza! Abakobwa bashobora gutwita kugeza ku umunsi wa 6 w'ukwezi kwabo kw'imihango ariko hari ibintu byinshi bibitera.

False / Sibyo 👎

- Actually, it is difficult to know for sure! Girls are fertile for up to 6 days during their menstrual cycle, but many factors influence when this occurs.
- Nibyo biraruhije kubimenya neza! Abakobwa bashobora gutwita kugeza kumunsi wa 6 w'ukwezi kwabo kw'imihango ariko hari ibintu byinshi bibitera.

4. An abortion is **LEGAL** with a doctor's certificate when:
Kuvanamo inda ku ubushake biremewe iyo ufite icyemezo cya muganga iyo:

- The girl is under age 18
Iyo umukobwa ataruzuzwa imyaka 18 Y'amavuko

True / Nibyo 👍

- Correct!
- Nibyo!

False / Sibyo 👎

- No, it is legal if the girl is under age 18.
- Oya, biba byemewe gusa iyo umukobwa afite munsi y'imyaka 18.

- The pregnancy is a result of rape
Gutwita bituruka ku ugufatwa ku ngufu

True / Nibyo 👍

- Correct! Girls who were raped are eligible for a legal abortion.
- Nibyo rwose! Abakobwa bafashwe kungufu bemerewe kuvanamo inda ku bushake.

False / Sibyo 👎

- No, it is legal if the pregnancy is a result of rape.
- Oya, byemewe n'amategeko iyo inda yaturutse ku gusambanywa ku ngufu.

- The man who got her pregnant wants her to have an abortion
Umugabo wamuteye inda yifuzako ko ayivanamo

True / Nibyo 👍

- No, that is not a legal reason for an abortion.

→ Oya iyo ntabwo ari impamvu yemewe n'amategeko yo kvanamo inda ku ubushake.

False / Sibyo 🙅

→ Correct!

→ Nibyo!

- The pregnancy is a result of incest
Iyo watewe inda n'umuntu mufitanye isano y'amaraso ya hafi

True / Nibyo 👍

→ Correct! Incest is valid criterion for a legal abortion.

→ Nibyo! Guturwa inda n'umuntu mufitanye isano y'amaraso ya hafi ni impamvu yemewe mu mategeko yo kuba wavanamo inda ku ubushake.

False / Sibyo 🙅

→ No, it is legal if the pregnancy is a result of incest.

→ Oya, byemewe n'amategeko iyo inda wayitewe n'umuntu mufitanye isano ya hafi.

- The pregnancy puts the mother's life at risk
Gutwita bishyira ubuzima bw'mubyeyi mu kaga

True / Nibyo 👍

→ Correct!

→ Nibyo rwose!

False / Sibyo 🙅

→ No, it is legal if the pregnancy puts the mother's life at risk.

→ Oya, igihe umubyeyi afite ibyago byo guhitanywa n'iyi nda biremewe kuyivanamo.

- The pregnancy increases poverty/economic risk
Gutwita byongera ubukene/ihungabana ry'ubukungu

True / Nibyo 👍

→ No, that is not a legal reason for an abortion.

→ Oya, iyo ntabwo ari impamvu yemewe n'amategeko yakwemerwa yo kvanamo inda kubushake.

False / Sibyo 🙅

→ Correct!

→ Nibyo rwose!

5. A girl can get pregnant the very first time she has sex.
Umukobwa ashobora gusama aribwo bwambere akoze imibonano mpuzabitsina.

True / Nibyo 👍

→ Yes! It's true. She can get pregnant if she's having sex without birth control.

→ Yego! Nibyo. Ashobora gusama niba akora imibonano mpuzabitsina idakingiye.

False / Sibyo 🙅

→ In fact, it's true. A girl can get pregnant the first time she has sex.

→ Mubyukuri, ni ukuri. Umukobwa ashobora gusama aribwo bwa mbere akoze imibonano mpuzabitsina.

6. You can cure acne by having sex.

Gukora imibonano mpuzabitsina bikiza ibishishi/ibiheri.

True / Nibyo 👍

→ No, this is FALSE - you can't cure acne by having sex. When you're a teenager, acne is usually caused by body changes.

When you have acne...

- ✓ Don't put oil on or near skin with acne
- ✓ Treat acne early
- ✓ Put citrus juice on pimples
- ✓ Consult your doctor for serious cases

→ Oya, ibi NIBINYOMA - ntushobora gukira ibishishi/ibiheri kuberako wakoze imibonano mpuzabitsina. Iyo uri ingimbi, ubusanzwe kugira ibishishi biterwa no guhindagurika k'umubiri n'imisemburo.

Iyo ufite ibishishi...

- ✓ Ntukisige amavuta kuruhu mugihe ubirwaye
- ✓ Uzabyivuze hakiri kare
- ✓ Isige umutobe w'indimu aho ubirwaye
- ✓ Baza muganga wawe kubibazo bikomeye

False / Sibyo 🙅

→ Right! You can't cure acne by having sex. When you're a teenager, acne is usually caused by body changes.

When you have acne...

- ✓ Don't put oil on or near skin with acne
- ✓ Treat acne early
- ✓ Put citrus juice on pimples
- ✓ Consult your doctor for serious cases

→ Nibyo! Ntushobora gukiza acne ukora imibonano mpuzabitsina. Iyo uri ingimbi, ubusanzwe acne iterwa no guhindura umubiri.

Iyo ufite ibishishi...

- ✓ Ntukisige amavuta kuruhu mugihe ubirwaye
- ✓ Uzabyivuze hakiri kare
- ✓ Isige umutobe w'indimu aho ubirwaye
- ✓ Baza muganga wawe kubibazo bikomeye

7. A girl can get pregnant if she has sex during her period.

Umukobwa ashobora gusama mu gihe ahoze imibonano mpuzabitsina ari mu mihango.

True / Nibyo 👍

→ Yes, a girl can get pregnant if she has sex during her period - especially if she has a short cycle.

→ Nibyo, umukobwa ashobora gusama mu gihe ahoze imibonano mpuzabitsina ari mu mihango - cyane cyane iyo afite ukwezi kugufi.

False / Sibyo 👎

→ Actually, it's TRUE. A girl can get pregnant if she has sex during her period - especially if she has a short cycle.

→ Mubyukuri, NIBYO. Umukobwa arashobora gusama iyo akora imibonano mpuzabitsina mugihe cyane - cyane cyane iyo afite ukwezi kugufi.

8. Girls usually get their period by age 13.

Ubusanzwe abakobwa babona imihango yabo kumyaka 13.

True / Nibyo 👍

→ Yes, it's true, but they can get it as early as age 8 and as late as age 16.

→ Nibyo, nukuri, ariko bashobora kuyibona bakiri ku myaka 8 kandi bitarenze imyaka 16.

False / Sibyo 👎

→ Actually, that's TRUE, but they can get it as early as age 8 and as late as age 16.

→ Mubyukuri, Nibyo, ariko bashobora kuyibona bakiri ku myaka 8 kandi bitarenze imyaka 16.

9. Boys who are circumcised can get a sexually transmitted disease or infection.

Abahungu basiramuye bashobora kwandura indwara zandurira mu mibonano mpuzabitsina.

True / Nibyo 👍

→ Yes, it's true, but the risk is slightly reduced if they are circumcised.

→ Nibyo ariko ibyago byo kwandura biragabanuka ugereranije n'abandi badasiramuye.

False / Sibyo 👎

→ Actually, that's TRUE, but the risk is slightly reduced if they are circumcised.

→ Mu byukuri uko NUKURI ariko ibyago byo kwandura biragabanuka ugereranije n'abandi badasiramuye.

HIV/AIDS True/False Questions

10. The HIV virus spreads through sexual fluids, breastmilk, and blood, but not sweat. 💧

Virusi itera sida yandura binyuze mu mibonano mpuzabitsina, amashereka n'amaraso, ariko ntinyura mu cyuya. 💧

True / Nibyo 👍

→ True! There is no HIV in sweat. You can't get HIV through touching or hugging (skin contact).

→ Nibyo! Nta virusi itera SIDA iba mu cyuya. Ntushobora kwandura virusi itera sida aruko bagukozeho cyangwa baguhobereye (guhuza uruhu).

False / Sibyo 🙅

→ Actually, that's correct. There is no HIV in sweat. You can't get HIV through touching or hugging (skin contact).

→ Mubyukuri, nibyo. Nta virusi itera SIDA iba mu cyuya. Ntushobora kwandura virusi itera sida aruko bagukozeho cyangwa baguhobereye (guhuza uruhu).

11. Everyone has the right to be tested for HIV for free.

Umuntu wese afite uburenganzira bwo kwipimisha virusi itera sida ku buntu.

True / Nibyo 👍

→ True! Testing is free – cool hey? But people under age 18 need to go with a caregiver.

→ Nibyo! Kwipimisha ni ubuntu - Yoo nibyiza! Ariko abantu bari muni yimyaka 18 bakenera kujyana n'umubyeyi cyangwa undi wese umurera.

False / Sibyo 🙅

→ In fact, it's true. Testing is free – cool hey? But people under age 18 need to go with a caregiver.

→ Mu byukuri nibyo! Kwipimisha ni ubuntu - Yoo nibyiza! Ariko abantu bari muni yimyaka 18 bakenera kujyana n'umubyeyi cyangwa undi wese umurera.

12. HIV treatment helps people live well AND prevents HIV from spreading.

Kuvura virusi itera sida bifasha abantu bayirwaye kubaho neza kandi birinda gukwirakwiza virusi itera SIDA.

True / Nibyo 👍

→ True! HIV treatment helps people live a normal life. It can also decrease the virus in your body so that you cannot pass HIV on to someone else. Bonus! 🙌

→ Nibyo! Kuvura virusi itera sida bifasha abantu kubaho ubuzima busanzwe. Bishobora kandi kugabanya virusi mumubiri wawe kugirango utanduza undi muntu virusi itera sida!



False / Sibyo 🙅

→ Actually, it is TRUE. HIV treatment helps people live a normal life. It can also decrease the virus in your body so that you cannot pass HIV on to someone else. Bonus! 🙌

→ Mubyukuri, NUKURI. Kuvura virusi itera sida bifasha abantu kubaho ubuzima busanzwe. Bishobora kandi kugabanya virusi mumubiri wawe kugirango utanduza undi muntu virusi itera sida! 🙌

13. If I'm 18 or older, I can get tested for HIV without my parents' permission.

Niba mfite imyaka 18 cyangwa irenga nemerewe kuja kwipimisha agakoko gatera Sida ntirwese n'ababyeyi banjye.

True / Nibyo 👍

- That's right!
- Nibyo rwose!

False / Sibyo 👎

- Actually, you don't need to have your parent with you.
- Mubyukuri ntabwo ari ngombwa kujyana n'ababyeyi bawe.

14. You can't tell who has HIV by looking at them.

Ntushobora kumenya uwanduye virusi itera sida urebesheje ijisho.

True / Nibyo 👍

- True! People with HIV/AIDS don't look any different from you or me!
- Nibyo! Abantu bafite na virusi itera SIDA ntaho batandukaniye nawe cyangwa nanjye!

False / Sibyo 👎

- Nope, people with HIV/AIDS don't look any different from you or me!
- Oya, abantu bafite virusi itera SIDA ntaho batandukaniye nawe cyangwa nanjye!

Multiple Choice Questions:

1. What are some things Ganza and Bijoux could have done to avoid getting pregnant? For each sentence below, choose 👍 for the right answer, and 👎 for the wrong one!

Mbese ni iki Bijoux na Ganza bagombye kuba barakoze mbere ngo birinde gutwita inda itateganijwe? Kuri buri nteruro ikurikira kanda 👍 ku gisubizo ubona gikwiye cyangwa kanda 👎 niba igisubizo ataricyo!

- Use contraception
Gukoresha uburyo bwo kwirinda kubyara

Yes / Yego 👍

- That's right!
- Nibyo rwose!

No / Oya 👎

- Actually, if you don't want to get pregnant, you need to use contraception.
- Mubyukuri, niba utifuza gutwita, ugomba gukoresha uburyo bwo kuboneza urubyaro.

- Have sex standing up
Ukora imibonano mpuzabitsina uhagaze

Yes / Yego 👍

- No, that doesn't prevent pregnancy.
- Oya gukora imibonano mpuzabitsina uhagaze ntibyakurinda gutwita.

No / Oya 👎

- Right! That doesn't work.

→ Ibyo sibyo namba ntibyakunda!

- They could have stopped short of intercourse
Bagombaga guhagarika igikorwa cy'imibonano byihuse

Yes / Yego 👍

→ Yes, that works!

→ Nibyo icyo gihe byagenda neza!

No / Oya 🙅

→ Yea, that can be hard but it's effective!

→ Yego, nibyiza cyane ariko nabyo bikunze kugorana ababigeraho si benshi ariko rwose bigira umumaro!

- Use a condom
Gukoresha agakingirizo

Yes / Yego 👍

→ Yes, condoms prevent pregnancy!

→ Yego agakingirizo gafasha mu kwirinda gutwita!

No / Oya 🙅

→ It can be difficult to access condoms, but they prevent pregnancy!

→ Bishobora kugorana kubona agakingirizo, ariko rwose karafasha mu kurinda gutwita!

- They could abstain from sex
Bashoboraga kwifata ntibakore imibonano mpuzabitsina

Yes / Yego 👍

→ Yes, abstinence prevents pregnancy!

→ Nibyo cyane, kwifata birinda gutwita!

No / Oya 🙅

→ Yea, that can be hard, but it's effective!

→ Yego, nibyiza cyane ariko nabyo bikunze kugorana ababigeraho si benshi ariko rwose bigira umumaro!

2. If Bijoux doesn't have anyone to support her 😞 and she decides to have an illegal abortion (because she can't get a medical certificate), what are the risks? Choose all that apply!
Bijoux aramutse adafite umuntu numwe wo kumufasha agahitamo kvanamo inda bidakurikije amategeko kuko adashobora kubona icyemezo cya muganga ese nibihe byago ashobora guhura nabyo? Hitamo igisubizo nyacyo.

- No risks / Nta byago 👍
- Getting arrested and charged / Gukurikiranwa mu nkiko no guhamwa n'icyaha 🚔
- Mild to serious health problems / Ibibazo by'uburwayi 🏥
- She might die / Agomba gupfa 💀

- Family might send her away / Umuryango ugomba kumwohereza 😞

3. Please complete this sentence with one of the two options below: "Using a condom...". Make sure you read both and pick the MOST accurate one!

Uzuza iyi nteruro ukoreshe uburyo bumwe cyangwa bubiri muri ubu bukurikira: "Gukoresha agakingirizo..." Banza usome neza iburyo n'ibumoso ubone ubwo buryo bwombi bigufashe guhitamo igizubizo nyacyo.



DECREASES your chances of pregnancy, HIV and other diseases.

BIGABANYA AMAHIRWE yo gutwita, kwandura SIDA, n'indwara zo mu gitsina.

→ That's right!

→ Nibyo rwose!

GUARANTEES you will not get pregnant, or get HIV and other diseases ¹⁰⁰.

BIKWIZEZA ko utazatwita cyangwa ngo wandure SIDA n'izindi ndwara zo mu gitsina ¹⁰⁰.



→ No, using a condom does not guarantee you won't get pregnant or get HIV or another sexually transmitted infection or disease but it does increase your safety.

→ Oya, gukoresha agakingirizo ntibiguha icyizere cyo kuba utatwita cyangwa ngo wandure agakoko gatera SIDA cyangwa izindi ndwara zandurira mumibonano mpuzabitsina ariko nanone byongera umutekano.

4. LOVE AND RELATIONSHIPS: “MY RELATIONSHIPS” / “IMIBANIRE YANJYE”

The topic of this section is "My Relationships". In each drama, young people learn how to protect their sexual and reproductive health and relationships.

Insanganyamatsiko y'iki gice ni "Imibanire yanjye". Muri buri kinamico urubyuruko rwiga Ubuzima bw'imibonano mpuzabitsina, Imyorokere n'Imibanire yabo.

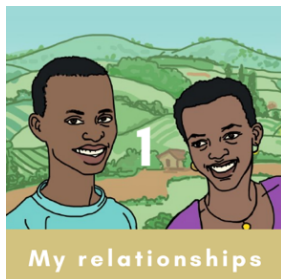
Target audience: Adolescents in Rwanda/East Africa. Discussion questions can be adapted to each audience.

Aims:

- Model how parents and children can have an open discussion about sexual and reproductive health
- Equip young people to prevent sexual and gender-based violence (SGBV)
- Young people learn how to protect their sexual and reproductive rights

4.1 DISCUSSION QUESTIONS AND ACTIVITIES

Episode 1: “My Relationships” / “Imibanire Yanjye”



Topic: Positive Parenting | Reliable SRHR advice

Description: Kayitesi (mum) talks with her daughter about Keza's questions. Mum promises to have frequent “talks” with Keza about ASRHR.

Keza amenyako ko ashobora kubona inama zizewe ku Buzima bw'imyorokere azihawe na mama we.

Facilitator: Before talking with her mum, Keza was getting SRHR information from the internet 📱 But it's hard to know what online information is reliable!

Mbere yo kuganira na mama we, Keza yavanaga amakuru y'Ubuzima mpuzabitsina n'Imyorokere kuri interineta 📱 Ariko nkuko bikunze kugaragara birakomeye kugirango ube wamenya niba ayo makuru yizewe.

Question: Where do you get information on love, sex and relationships?
Nihehe ukura amakuru ku buzima bw'imyorokere?

[open discussion, list on a flip chart]

Facilitator: I will give you reliable information about sex, love and SRHR!

Ngiye kuguha amakuru yizewe kubijyanye n'imibonano mpuzabitsina, Urukundo ndetse n'Ubuzima bw'imyorokere!

Do you have any questions?

We all need to talk with people we trust! As the proverb says, “The person who doesn’t have an aunty [to advise him or her] fights alone”.

Dukenera kandi kuganira n'abantu twizeye! Mu kinyarwanda baravuga ngo " Utagira nyirasenge arisenga" [wo kumugira inama].

Question: Who can you talk to about SRHR and relationships (in particular)?

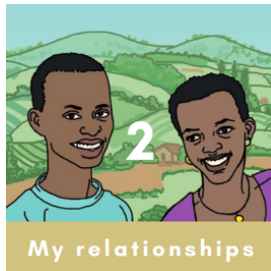
Ninde wumva waganiriza ku Buzima bwawe bw'imyorokere ndetse n'imibanire?

[Ask for responses and why they feel safe with that person]

Thanks for sharing! 🙏

Urakoze kudusangiza aya amakuru! 🙏

Episode 2: “My Relationships” / “Imibanire Yanjye”



Topic: Friendship | Risky behaviours

Description: David gives his friend Ganza the low-down on porn. He explains that porn is not 'real' life and shows him that what he's doing is wrong.

David aha inshuti ye Ganza inama nziza kubijyanye na filimi za Porunogara.

Question: Did you learn anything from David about the risks of porn?

Waba hari icyo wigiye ku nama za David kubijyanye n'Ingaruka zo kureba porunogara?

[open discussion, list on a flip chart]

Facilitator: Porn may look exciting, but it hurts a lot of people, including you! It's a video, not real life! 📺

Filimi za Poruno zigaragara nk'izishimisha ariko zangiza ubuzima bwa benshi ndetse nawe zitakuretse. Menyako ari filimi ntabwo ari ubuzima nyabwo!

[Ask them to think about the risks related to porn and suggest some]

Porn contributes to increases in

- sexual violence and abuse 🧑 Byongera ihohoterwa rishingiye kugitsina
- conflict ⚔️ amakimbirane mu miryango
- unplanned pregnancy 🤰 inda zidateganijwe
- disease 🤒 indwara
- gender inequality ⚖️ no gushimangira ubusumbane hagati y'ibitsina byombi

If you see porn that involves children, please report it to #116.

Aho uzabona abana bashowe mu kureba izo filimi za porunigarafi hita uhamagara ku 116 ubivuge.

Learn so that you can protect yourself!

Nibyiza kubimenya kugirango wirinde wowe ubwawe!

Episode 3: “My Relationships” / “Imibanire Yanjye”



Topic: Risky relationships

Description: Ritha talks with her younger friend, Cynthia, about the risks of having a sugar daddy.

Ritha aganiriza Cynthia ku ngaruka zo kugira Shuga Dadi.

Facilitator: Cynthia is in a tough spot! She wants to look sharp, but she can't afford to buy what she wants



Cynthia ari ahantu hakomeye! Arashaka gusa neza ariko nanone ntabashije kwigurira utuntu twiza akeneye



Activity:

Question: What are the risks Cynthia is taking?

Ese ni ibihe byago bishobora kugwirira Cynthia?

Get the groups ideas and then get them to give you a 👍 or 👎 on each option below:

- None, she'll be fine! 🌟 Nta kibazo araza kumera neza 🌟
- Forced into giving sexual favours 🍷 Guhatirwa gutanga ruswa y'igitsina 🍷
- Never happy with what she has 😞 Ntiyigera ashimishwa nibyo afite 😞
- Her boyfriend leaves her 🚶 Umuhungu w'inshuti ye yaramuretse
- None, she'll become developed! 🍷 Nta kibazo azatera imbere tu!
- Family and friends look down on her 👥 Inshuti n'abavandimwe bamusuzugura
- Getting pregnant and/or STI/STD 🍷 Gutwita no kwandura indwara zandurira mu mbibonano mpuzabitsina

Question: What advice would you give Cynthia?

Ni iyihe nama wagira Cynthia?

Question: Is Cynthia setting herself up for success in life?

Urabona imyitwarire ya Cynthia izamugeza ku iterambere mu buzima?

[take a vote and then ask the 'yes' group and 'no' group for their reasons]

- Yes 👍

- No 🙅

Activity:

Question: Some behaviours are high risk. What kind of actions are more likely to lead to unprotected or unwanted sex?

Hari imytwarire imwe nimwe yagushora mu bikorwa bibi. Ni ibihe bikorwa wakora byagushora mu gukora mibonano mpuzabitsina idakingiye cyangwa udashaka?

[use a flip chart and list all the participants' ideas]

Here are some behaviours that are more likely to lead to unprotected or unwanted sex...

Dore imytwarire imwe nimwe ishobora kuganisha ku mibonano mpuzabitsina idakingiye cyangwa itateganyijwe ...

[Have these listed on another flip chart sheet and uncover after they've given you their ideas]

- ✓ Peer pressure
- ✓ Drinking alcohol
- ✓ Coveting things you don't have (e.g. lotion, phone, clothes)
- ✓ Taking drugs
- ✓ Choosing friends who are a bad influence
- ✓ Walking alone in isolated places, especially after dark
- ✓ Unplanned sex

- ✓ Imibonano idateganyijwe
- ✓ Agakungu cyangwa ikigare cy'urungano
- ✓ Kunywa inzoga
- ✓ Kwifuza ibintu birenze ubushobozi ufite (Amavuta ahenze , imyenda myiza, telefoni)
- ✓ Kunywa ibiyobyabwenge
- ✓ Kugira inshuti zifite imico mibi
- ✓ Kugenda wenyine ahantu hateye ubwoba, bwije.

Irinde! Protect yourself!

Irinde wowe ubwawe!

4.2 QUIZZES

True or False?

1. It is illegal for someone age 18 or over to have sexual relations with a person under age 18. 🚫
Amategako ntiyemera ko umuntu ufite cyangwa ufite imyaka 18 no kurenza yakora imibonano mpuzabitsina n'umuntu utarakwiza imyaka 18. 🚫

True / Nibyo 👍

→ Yea, that's true! It is illegal for someone age 18 or over to have sexual relations with a person under age 18. And it is illegal for ANYONE to have sexual relations with a child under age 14. Sexual relations between children aged 14-17 is illegal, but if there is no evidence of coercion there is no penalty (Article 133, 2018 Rwanda Penal Code).

→ Yego nibyo rwose! Urugero ntibyamewe gukora imibonano mpuzabitsina n'umwana uri muni y'umyaka 14. Ariko imibonano mpuzabitsina ikozwe hagati y'abantu babiri umwe ufite 14 n'undi 17 nabyo ntibyamewe n'amategeko ariko iyo ari nta ikimenyetso kigaragaza ko habayemo agahato icyo gihe nta gihano (Ingingo y'133,2018 y'Igitabo cy'amategeko ahana y'u Rwanda).

False / Sibyo 🙅

→ Actually, it's true. It is illegal for someone age 18 or over to have sexual relations with someone under age 18. And it is illegal for ANYONE to have sexual relations with a child under age 14. Sexual relations between children aged 14-17 is illegal, but if there is no evidence of coercion there is no penalty (Article 133, 2018 Rwanda Penal Code).

→ Mubyukuri nibyo, Amategeko ntiyemerako umuntu ufite imyaka 18 no kurenza akora imibonano mpuzabitsina n'umuntu utaruzuzwa imyaka 18. Urugero ntibyamewe gukora imibonano mpuzabitsina n'umwana uri muni y'umyaka 14. Ariko imibonano mpuzabitsina ikozwe hagati y'abantu babiri umwe ufite 14 n'undi 17 nabyo ntibyamewe n'amategeko ariko iyo ari nta ikimenyetso kigaragaza ko habayemo agahato icyo gihe nta gihano (Ingingo y'133,2018 y'Igitabo cy'amategeko ahana y'u Rwanda).

2. Boys prove they are "men" 🧔 by getting a girl pregnant. 🤰

Abahungu bagaragaza ko ari "abagabo" 🧔 mugutera inda umukobwa. 🤰

True / Nibyo 👍

→ No, getting a girl pregnant doesn't prove you're a "man".

→ Oya, gutera umukobwa inda ntabwo aribyo byerekana ko uri "umugabo".

False / Sibyo 🙅

→ You're right! Getting a girl pregnant doesn't prove you're a "man".

→ Uvuze ukuri! Gutera umukobwa inda ntabwo aribyo byerekana ko uri "umugabo".

Multiple Choice:

1. Cynthia is in a tough spot! She wants to look sharp, but she can't afford to buy what she wants

👠👗📱 What are the risks Cynthia is taking? Choose all that apply:

Cynthia ari ahantu hakomeye! Arashaka gusa neza ariko nanone ntabashije kwigurira utuntu twiza akeneye 👠👗📱 Ese ni ibihe byago bishobora kugwirira Cynthia? Hitamo ibyo wumva aribyo:

- None, she'll be fine! / Nta kibazo araza kumera neza 🌟
- Forced into giving sexual favours / Guhatirwa gutanga ruswa y'igitsina 🙋
- Never happy with what she has / Ntiyigera ashimishwa nibyo afite 😞
- Her boyfriend leaves her / Umuhungu w'inshuti ye yaramuretse 🚶
- None, she'll become developed! / Nta kibazo azatera imbere tu 📈
- Family and friends look down on her / Inshuti n'abavandimwe bamusuzugura 🙄👥

- Getting pregnant and/or STI/STD / Gutwita no kwandura indwara zandurira mu mbibonano mpuzabitsina 🧑

2. If someone does NOT want to have sexual relations, they look like (choose all that apply):
Umuntu udashaka gukora imibonano mpuzabitsina agaragazwa:

😬 → Right! / → Byiza!

😬 → This person might be saying yes to sex, but it's still important to ask / → Uwo muntu ashobora kuba yemeye gukora imibonano mpuzabitsina , ariko nanone ningombwa kubaza.

😬 → Right! / → Byiza!

😬 → Right! / → Byiza!

😬 → Right! / → Byiza!

😬 → Right! / → Byiza!

😬 → Right! / → Byiza!

3. Which of these behaviours are "high risk" ⚠️ for pregnancy or STI/STDs?

Ni iyihe muri icyo myitwarire yatera "ibyago byinshi" byo gutwita cyangwa kwandura indwara zandurira mu mibonano mpuzabitsina?

- Unplanned sex
Gukora imibonano mpuzabitsina idateganijwe

High risk / Ibyago byinshi 👍

→ Yes! Unplanned sex puts you at a high risk for pregnancy, disease and infection.

→ Yego! Imibonano mpuzabitsina idateganijwe igutera ibyago byinshi byo gutwita no kwandura indwara zandurira mu mibonano mpuzabitsina.

Not a risk/ Nta byago 🙅

→ Actually, unplanned sex is a high risk for pregnancy, disease and infection.

→ Mubyukuri, imibonano mpuzabitsina idateganijwe itera ibyago byinshi byo gutwita, no kwandura izindi indwara.

- Having more than one sexual partner
Gukora imibonano mpuzabitsina n'abantu barenze umwe

High risk / Ibyago byinshi 👍

→ Yes! Having more than one sexual partner puts you at a high risk for disease and infection.

→ Yego! Gukora imibonano mpuzabitsina n'abantu barenze umwe bigutera ibyago byinshi byo kuba wakwandura indwara zandurira mu mibonano mpuzabitsina.

Not a risk / Nta byago 🙅

→ Actually, having more than one sexual partner puts you at a high risk for disease and infection.

→ Mubyukuri, gukora imibonano n'abantu barenze umwe bikuzanira ibyago byinshi byo kwandura indwara zandurira mu mibonano mpuzabitsina.

- Having sex with your spouse 

Gukorana imibonano mpuzabitsina n'uwo mwashakanye 

High risk / Ibyago byinshi 

→ Actually, sex with your spouse is a lower risk but you still need to use protection.

→ Mu by'ukuri, gukorana imibonano mpuzabitsina nuwo mwashakanye bizana ibyago bike ariko nanone uba ukeneye kwirinda.


Low risk / Nta byago 

→ Right, sex with your spouse is a lower risk but you still need to use protection.

→ Nibyo, gukorana imibonano mpuzabitsina n'uwo mwashakanye bizana ibyago bike ariko nanone uba ukeneye kwirinda.

- Unprotected sex

Imibonano mpuzabitsina idakingiye

High risk / Ibyago byinshi 

→ Yes! Unprotected sex is a high risk and can lead to pregnancy, infections and disease.

→ Yego! Imibonano mpuzabitsina idakingiye itera ibyago byinshi byo gutwita no kwandura indwara zandurira mu mibonano mpuzabitsina.


Not a risk / Nta byago 

→ Actually, unprotected sex is a high risk and can lead to pregnancy, infections and disease.


→ Mu byukuri! Imibonano mpuzabitsina idakingiye itera ibyago byinshi byo gutwita no kwandura indwara zandurira mu mibonano mpuzabitsina.

- Having sex without birth control

Gukora imibonano mpuzabitsina utabanje kuboneza urubyaro


High risk / Ibyago byinshi 

→ Yes! Sex without birth control puts you at a high risk for pregnancy. 

Yego! Gukora Imibonano mpuzabitsina utabanje kuboneza urubyaro bigutera ibyago byinshi byo gutwita. 


Not a risk / Nta byago 

→ Actually, sex without birth control puts you at a high risk for pregnancy. 

Mubyukuri! Gukora Imibonano mpuzabitsina utabanje kuboneza urubyaro bigutera ibyago byinshi byo gutwita. 

- Having sex with a person you don't know well 

Gukorana imibonano mpuzabitsina n'umuntu utazi neza 

High risk / Ibyago byinshi 

→ Yes! Having sex with a person you don't know well is high risk and potentially dangerous. 

Yego! Gukorana imibonano mpuzabitsina n'umuntu utazi neza ni ibyago byinshi kandi bishobora no kugushyira mukaga. 🚫

Not a risk / Nta byago 🙅

→ Actually, having sex with a person you don't know well is high risk and potentially dangerous. 🚫

Mubyukuri! Gukorana imibonano mpuzabitsina n'umuntu utazi neza ni ibyago byinshi kandi bishobora no kugushyira mu kaga. 🚫

- Using a condom
Gukoresha agakingirizo

High risk / Ibyago byinshi 👍

→ Actually, using a condom lowers your risk of pregnancy, infection and disease.

Mubyukuri, gukoresha agakingirizo bigabanya ibyago byo gutwita no kwandura indwara zandurira mu mibonano mpuzabitsina.

Low risk / Nta byago 🙅

→ Yes! Using a condom lowers your risk of pregnancy, infection and disease.

Yego, gukoresha agakingirizo bigabanya ibyago byo gutwita no kwandura indwara zandurira mu mibonano mpuzabitsina.