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Babyeyi/Barezi:

Ishuri ryacu riri gufata igice cyo muri 2023 maine mubufatanye kubushakashatsi bw’ubuzima ku rubyiruko. Ubu bushakashatsi buterwa n’ikigo cyo muri Maine gishinzwe ubuzima na serivisi z’abaturage n’ikigo cyo muri Maine gishinzwe Uburezi. Ubu bushakashatsi buzabaza imyitwarire kubuzima bwo **<<INSERT GRADE(S) OF PARTICIPATING STUDENTS**>> urwego rw’abanyeshuri.Ubu bushakashatsi buzabaza ibijyanye n’imirire, imirimo igaragara, ubusembwa, itabi, ibisindisha ndetse n’ibindi biyobyabwenge. Ku banyeshuri n’imikorere yabo 7-12, ubushakashatsi buzabaza kumyitwarire y’imibonano mpuzabitsina ishobora gutera gusama n’indwara zanduzwa: agahinda gakabije, kwiyahura ndetse n’urusimbi.

Abanyeshuri bazasabwa kuzuza iby’ubu bushakashatsi buzamara iminota 45 kugira ngo bwuzure.

Kugira igikorwa kuri ubu bushakashatsi bizatera cyangwa ntibitere ikibazo na kimwe ku mwana wawe. Ikibazo gikomeye kubanyeshuri bamwe na bamwebashobora kubona ibibazo bimwe na bmwe bisa nk’ibibakoraho byihariye. Ubushakashatsi bwateguwe mu kurinda byihariye ubuzima bwite bwa buri mwana. Abanyeshuri ntabwo bazashyira amazina yabo kuri ubu bushakashatsi. Kandi, nta munyeshuri uzagaragazwa mu mazina y’ibizava mu bushakashatsi. Kubw’ubushakashatsi, kugira ngo abanyeshuri bakore neza, ni ingenzi cyane ko abanyeshuri bose, hatitawe kukuba bari mu bibazo byimyitwarire kubuzima, bahawe amahirwe yo gutanga umusanzu mubushakashatsi ariko ubushakashatsi ni ubushake Nta gikorwa kizafatwa kijyanye n’ishuri, wowe cyangwa umwana wawe niba umwana wawe atari mubushakashatsi. Abanyeshuri bashobora gusimbuka ikibazo batifuza gusubiza. Byongeye, abanyeshu bashobora guhagarika ibyo barigukora ku bushakashatsi ku ngingo iyo ariyo yose nta gihano. Niba wifuza kubona ubwoko bw’ibibazo by’uby’ubushakashatsi, ibikubiyemo ibibazo biboneka [www.maine.gov/miyhs/2023-survey-information](http://www.maine.gov/miyhs/2023-survey-information).

Yamuneka soma urundi ruhande rw’iyi fishi ku bindi bifatika by’ubu bushakashatsi. Uzuza igika gikurikira kandi ukigarure ku ishuri mu byumweru 2 **gusa niba utabikora**ko umunyeshuri wawe agira uruhare muri ubu bushakashatsi. Niba ufite ibibazo birenzeho kuri ubu bushakashatsi, mwalimu w’umunyeshuri wawe cyangwa umuyobozintagisubizo babona ahubwo hamagara: [miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)

Nyamuneka uzuza iki gice cy’ifishi niba gusa udashaka ko umwana wawe agira uruhare muri ubu bushakashatsi.

Izina ry’umunyeshuri: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Icyiciro: : \_\_\_\_\_\_\_\_

Nasomye ino fishi maze mbona iby’ubu bushakashatsi.

OYA, umwana wanjye **ntafite** uruhare muri ubu bushakashatsi.

Umukono w’ababyeyi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Itariki: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Ifishi y’ubushakashatsi bwa Maine ku bufatanye mu bushakashatsi ku buzima bw’urubyiruko.**

**Q. Kuki ubushakashatsi buri gukorwa?**

**A.** Ikigo cyo muri Maine gishinzwe Uburezi n’ikigo cyo muri Maine gishinzwe ubuzima na serivisi z’abaturage bizakoresha ibizava mu bushakashatsi bifashe gupima ijanisha ku rubyiruko mu bikorwa by’ubuzima ndetse n’ibibazo mu by’imyitwarire. Amakuru azakoreshwa mu kurema gahunda z’ishuri mu buzima kugira ngo bifashe kugabanya ibibazo by’imyitwarire ndetse no kongera imyitwarire y’ubuzima.

**Q. Ese ibibazo by’ingenzi byabajijwe?**

**A.** Yego. Gukoresha itabi, inzoga n’ibindi biyobyabwenge, ndetse n’iby;urumogi byafatwa nk’ingingo ishishikaje. Ibibazo byanditswe mu buryo butomoye ariko butekerejweho. Abanyeshuri bafite imitsindire ku rwego rwa 7-12 babajijwe kubijyanye n’agahinda gakabije, kwiyahura n’iby’imibonano mpuzabitsina byatera kwandura HIV n’izindi ndwara zandurira mu mibonano mpuzabitsina (STIs) ndetse n’inda zitateganyijwe. Imibonano mpuzabitsina ndetse no kwitera inshinge ni imyitwarire yongera ibyago byo kwandura agakoko ka HIV. Inzira yo kwiga rukumbi niba urubyiruko ruri mubyago byo kwandura HIV cyangwa STIs ni ukubaza iby’iyo myitwarire.

**Q. Ese amazina y’abanyeshuri yaba azakoreshwa cyangwa ngo ahuzwe n’ubushakashatsi?**

**A.** Oya. ubushakashatsi bukoze kuburyo burinda ubuzima bwite bw’umwana. Abanyeshuri ntabwo bashyira amazina cyangwa andi makuru (nka ID y’umunyeshuri) ku bushakashatsi.

**Q. Ese umunyeshuri yakora ubushakashatsi kenshi kugirango arebe uko imyitwarire ihindagurika?**

**A.** Oya, abanyeshuri bafata igice cy’umwaka, ntabwo babasha kubonwa kuko amazina yabo ataba ari mu bushakashatsi.

**Q. Ni gute umwana wanjye yatoranyirijwe kuba mu bushakashatsi?**

**A.** Ishuri ry’umwana wawe ryahishwemo kugira uruhare mubuhskashatsi, kandi ababyeshuri bose munzego zabo babazwa kugira uruhare.

**Q. Bifata igihe kingana gute kuzuza ubushakashatsi? Ese ubu bushakashatsi bwaba bufitemo uburyo bw’ibigaragara mu gupima?**

**A.** Igihe kimwe cy’ishuri kirakenerwa kuzuza ubu bushakashatsi. Ubushakashatsi ntabwo bufite uburyo bwo gupina bw’ibigaragara.

**Q. Ese nareba ibibazo umunyeshuri wanjye azabazwa?**

**A.** Yego, ushobora kureba ibibazo kuri [www.maine.gov/miyhs/2023-survey-information](http://www.maine.gov/miyhs/2023-survey-information).

**Q. Ese haba iki iyo umunyeshuri aretse ubushakashatsi?**

**A.** Umwalimu w’umwana wawe amuha ikindi gikorwa nsimbura, nk’umukoro wo murugo cyangwa gusoma, no gukora acecetse ari kuntebe mugihe abandi bari kuzuza iby’ubushakashatsi.

**Q. Ninde ufasha ubu bushakashatsi?**

**A.** Ubu bushakashatsi bufashwa n’imiryango myinshi muri maine bashishikajwe n’ubuzima ku rubyiruko. Ndetse bakanafashwa n’indi miryango ya leta. Abantu baturuka mu ntara 100 n’uturere tw’ubuzima ndetse n’ibigo by’uburezi, n’ibindi bigo bijyanye 19 bifasha gukuza ubu bushakashatsi.