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Nshuti Mubyeyi/Murezi:

Ishuri riri kwitabira Ubushakashatsi bwimbitse bwa 2025 bwerekeye ubuzima bw'urubyiruko rwo muri Maine. Ubu bushakashatsi buterwa inkunga n'Ikigo gishinzwe kurwanya ibyorezo muri Maine n'Urwego rushinzwe uburezi muri Maine. Ubushakashatsi buzabaza ku bijyanye n'imyitwarire ishingiye ku buzima bw'abanyeshuri bo mu cyiciro cya **<<INSERT GRADE(S) OF PARTICIPATING STUDENTS**>>. Ubushakashatsi buzabaza ku bijyanye n'imirire, imyitozo ngororamubiri, ibikomere, kunywa itabi, kunywa inzoga, n'irindi koreshwa ry'ibiyobyabwenge. Ku banyeshuri bo mu byiciro bya 7-12,n ubushakashatsi buzabaza kandi ku myitwarire ishingiye ku mibonano mpuzabitsina ishobora gutera gusama n'indwara zandurira mu mibonano mpuzabitsina; agahinda gakabije no kwiyahura; no ku mikino y'amahirwe.

Abanyeshuri bazasabwa kuzuza ubushakashatsi bumara iminota iri hagati ya 30-45 kugira ngo busozwe.

Kwitabira ubu bushakashatsi bizagira ingaruka nke ku mwana wawe cyangwa zekubbaho. Ingaruka yonyine ishoboka n'uko abanyeshuri bamwe bashobora gusanga ibibazo bimwe ari ibanga. Ubushakashatsi bwateguwe mu buryo burinda ubuzima bwite bw'umwana wawe. Abanyeshuri ntibazashyira amazina yabo ku bushakashatsi cyangwa nomero iranga (ID) umunyeshuri. Ndetse, nta munyeshuri uzavugwa izina muri raporo y'ibizabuvamo. Kugira ngo ibizava mu bushakashatsi bibe byizewe, ni ingenzi ko abanyeshuri bose, hatitawe ku kuba baba baragize ibibazo by'ubuzima bishingiye ku myitwarire, bahabwa amahirwe yo kwitabira ubushakashatsi, ariko kwitabira ubushakashatsi ni ubushake. Nta bihano bizafatirwa ishuri, wowe, cyangwa umwana wawe mu gihe umwana wawe yaba atitabiriye ubushakashatsi. Abanyeshuri bashobora gusimbuka ibibazo byose batifuza gusubiza. Ikindi, abanyeshuri bashobora guhagarika kwitabira ubushakashatsi igihe cyose nta nkurikizi. Niba wifuza kubona ubwoko bw'ibibazo bikubiye mu bushakashatsi, ububiko bw'ibibazo buboneka kuri [www.maine.gov/miyhs/2025-survey-information](http://www.maine.gov/miyhs/2025-survey-information).

Turagusaba gusoma urundi ruhande rw'iyi fishi kugira ngo umenye andi makuru yerekeye ubushakashatsi. Uzuza igice gikurikira maze ukigarure ku ishuri bitarenze ibyumweru 2 **mu gihe** **gusa utifuza ko** umwana wawe yitabira ubu bushakashatsi.

Niba hari ibindi wibaza ku bushakashatsi ariko umwarimu cyangwa umuyobozi w'ishuri b'umwana wawe badashobora gusubiza, turagusaba kwandikira imeri: [miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov).

Turagusaba kuvugana n'ishuri CYANGWA kuzuza iki gice cy'ifishi igihe gusa **utifuza** ko umwana wawe yitabira ubushakashatsi.

Izina ry'umunyeshuri: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Icyiciro: \_\_\_\_\_\_\_\_\_

Nasomye iyi fishi ndetse nsobanukiwe icyo ubushakashatsi bugamije.

OYA, umwana wanjye ashobora **kutitabira** ubu bushakashatsi.

Umukono w'umubyeyi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Itariki: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Urupapuro rw'amakuru ku bushakashatsi bwimbitse ku buzima bw'urubyiruko rwo muri Maine**

**Q. Kuki ubushakashatsi buri gukorwa?**

**A.** Ishami rishinzwe uburezi muri Maine n'Ikigo gishinzwe kurwanya ibyorezo muri Maine bazakoresha ibizava mu bushakashatsi mu gufasha kugera ijanisha ry'urubyiruko rufite imyitwarire myiza n'imibi. Amakuru azakoreshwa mu gushyiraho porogaramu z'ubuzima ku ishuri kugira ngo hagabanywe imyitwarire mibi ndetse hatezwe imbere imyitwarire myiza.

**Q. Haba habazwa ibibazo by'ibanga?**

**A.** Yego. Kunywa itabi, inzoga n'irindi koreshwa ryose ry'ibiyobyabwenge, no guoteza bishobora kubarwa nk'insanganyamatsiko z'ibanga. Ibibazo byandikwa mu buryo bwumvikana cyane ariko bubaza iby'ibanga. Abanyeshuri bo mu byiciro bya 7-12 na bo babazwa ku bijyanye n'agahinda gakabije, kwiyahura, n'imyitwarire ishingiye ku mibonano mpuzabitsina bishobora kuganisha ku bwandu bw'agakoko gatera SIDA (HIV ) n'izindi ndwara zandurira mu mibonano mpuzabitsina (STI) n'inda itateganyijwe. Imibonano mpuzabitsina no kwitera ibiyobyabwenge ni imyitwarire yongera ibyago byo kwandura HIV. Uburyo bwonyine bwo kumenya niba urubyiruko rufite ibyago byo kwandura HIV (SIDA) cyangwa izindi STI ni ukubaza ibibazo kuri iyi myitwarire.

**Q. Ese amazina y'umunyeshuri yaba azakoreshwa cyangwa azahuzwa n'ubushakashatsi?**

**A.** Oya. Ubushakashatsi bwateguwe mu buryo burinda ubuzima bwite bw'umwana wawe. Abanyeshuri ntibashyira amazina yabo cyangwa andi makuru abaranga (nka nomero iranga (ID) umunyeshuri) ku bushakashatsi.

**Q. Ese abanyeshuri baba bazitabira ubushakashatsi inshuro irenze imwe kugira ngo harebwe uko imyitwarire yabo ihinduka?**

**A.** Oya. Abanyeshuri bitabiriye umwaka umwe ntibashobora gukurikiranwa kuko amazina yabo atari ku bushakashatsi.

**Q. Ni gute umwana wanjye yatoranyirijwe kwitabiraubushakashatsi?**

**A.** Ishuri ry'umwana wawe ryatoranyirijwe kwitabira, maze abanyeshuri bose mu byiciro byose basabwa kwitabira.

**Q. Kuzuza ubushakashatsi bitwara igihe kingana iki? Ese ubushakashatsi bwaba busaba gukorerwa isuzuma ry'umubiri?**

**A.** Igihe cy'isomo rimwe ni cyo gikenewe mu kuzuza ubushakashatsi. Ubushakashatsi ntibubamo isuzuma cyangwa ikizami by'umubiri.

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

**A.** Yego, ushobora kubona ibyo bibazo kuri [www.maine.gov/miyhs/2025-survey-information](http://www.maine.gov/miyhs/2025-survey-information).

**Q. Bigenda bite igihe nkuye umwana wanjye mu bushakashatsi?**

**A.** Umwarimu w'umwana wawe amuha ibindi aba akora, nk'umukoro cyangwa ibyo gusoma, yaba akora atuje ari ku ntebe ye mu gihe abandi bigana bari gusoza ubushakashatsi.

**Q. Ni nde muterankunga w'ubu bushakashatsi?**

**A.** Ubu bushakashatsi buterwa inkunga n'ibigo byinshi muri Maine bihangayikishijwe n'ubuzima bw'urubyiruko. Buterwa inkunga kandi n'ibigo byinshi ku byo rwego rw'igihugu. Abantu bo mu bigo birenga 100 bishinzwe ubuzima n'uburezi bya leta n'utureren'ibigo bya leta 19 batanze umusanzu mu gutegura ubushakashatsi.