

RUNYANKOLE VERSION OF THE LONDON MEASURE OF UNPLANNED PREGNANCY TOOL

Buri kibuuze, hariho orukarara rw'ebigarukwamu. Ninkushaaba orindeho kandi ohurire ebigarukwamu byona reero orondemu ekihikire okurugirira ahari iwe reero ogambire nikiha. Ninkushaba kukubuuza ebibuze ebikukwatsireho hamwe n'okuwaahurire omubwire obuwaagiriiremu enda. Ninkusaaba ojjuke ahanda ey'ahaati nainga ei waaherurukire kutwara waaba noogarukamu ebibuze ebi. Buri kibuuze kyona kiine orukarara rw'ebigarukwamu. Ninkushaba orindeho kandi ohurire ebigarukwamu byona reero orondemu ekihikire okurugirira ahari iwe reeru ogambire nikiha.

Qn#	Kibuuze	Bigarukwamu
.Ekibuuzo eky'okubanza kiine ebigarukwamu biina. Kankushaabe orondemu ekihikire okurugirira ahari iwe reero ogambire nikiha. Ekibuuzo eki nikibuuzo ahakwerinda okutwara enda. Harimu kondomu, obujuma, ekikato, akahamukono, aku barikujwara omuro nyinenda, okushara enshekye omu bashaija, okusharisa omubakazi nainga omuringo goona ogwokwerinda kutwara enda.		
01	Omu kwezi okuhweire okunaat wariiremu enda....	Nkaba/tukaba tutarikwejunisa enkora z'okubariirira oruzaaro.....1 Nkaaba/tukaaba turikwejunisa enkora z'okubariirira oruzaaro konka butari buri murundi.....2 Nkaaba/tukaaba turikuzesa enkora y'okubariirira oruzaaro burijju, konka turikamanya ngu omuringo gukaremwa kukora (nka. okuchweka, okuruga omu mwanya, okurugamu, okushohora, obutakora n'ebindi) haakiri omurundi gumwe.....3 Nkaaba/tukaaba turikuzesa enkora y'okubariirira oruzaaro burijju.....4
Haati ninza kukubuuza ekibuuzo kandi hariho ebigarukwamu bishatu. Kankushabe orondemu ekigarukwamu kimwe ekihikire ku oraamare okigambire.		
02	Omukuba omuzaire, nimpurira ngu enda yangye ekabaho aha ...	omubwire buhikire.....1 Nikwe, konka obwire bukaaba butahiikire.....2 obwire butahikire.....3
Ebibuuzo bikye ebirikukurataaho nibibuuzo otakagiziire enda. Ekibuuzo eki nakyo kiine ebigarukwamu bishaatu. Kankushabe orondemu ekigarukwamu kimwe ekihikire koramare okigambire.		
03	Aho <u>ntakagizire</u> enda....	Nkaba ninyenda kugira enda.....1 Eki nabire ninyenda kikaguma nikhinduka.....2 Nkaba ntakimanyise kugiira enda...3
.Ekibuuzo ekirikukurataho kiine ebigarukwamu bishatu. Kankushaabe orondemu ekigarukwamu kimwe ekihikire ku oraamare okigambire.		
04	Aho <u>ntakagizire</u> enda....	Nkaba niinyenda kuzaara omwana....1 Nkaba nyine ebitekateko bijwangize aha kuzaara omwana.....2 Nkaaba ntarikwenda kugira omwana.....3

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Ekibuuzo ekirikukurataho, nitubuuza aha mukundwa waawe – naabasa kuba (oba yabiire ari) omwami waawe, omukundwa oworikutuura nawe, omushaija ou murikukundana, nainga omuntu ou orateereine nawe omurundi gumwe nainga ebiri. Hariho ebigarukamu bishatu ahabwekibuuzo ekirikukurataho. Haza teekateeka otakagiziire enda noobaasa kugiira ngu:																										
05	Ntakagiziire enda	Nyowe n’omukundwa wangye tukagaaniira ngu nitwenda ngire enda...1 Nyowe n’omukundwa wangye tukagaaniira okuzaara abaana hamwe, konka titurashaziremu ngu ngire enda ..2 Tituragaaniire aha kuzaara abaana hamwe.....3																								
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06	Otakatwire enda oine ekiwakoziire kyoona okuta aha mutindo narishi okurebera amagara gaawe kurungi ori kwetekatekyeraokutwara enda Okakikora orikwetekatekyera enda ei ohererukire kutwara	<table border="0"> <tr> <td>1. <i>Nkamira obujuma bw’eshagama</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>2. <i>Okubiika esente. ...</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>3. <i>Okurya ebyokurya ebirikugaruramu</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>4. <i>Okuza omwirwariro</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>5. <i>Okureka omurimo gw’okweguza</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>6. <i>Okureka nainga okukyendeeza aha maarwa agoorikunywa</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>7. <i>Okureka nainga okukyendeeza okukozesa ebitokooza bwonko</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> <tr> <td>8. <i>Okakora ekindi kyona? Kishoboore.....</i></td> <td>Yes ...1</td> <td>No...2</td> </tr> </table>	1. <i>Nkamira obujuma bw’eshagama</i>	Yes ...1	No...2	2. <i>Okubiika esente. ...</i>	Yes ...1	No...2	3. <i>Okurya ebyokurya ebirikugaruramu</i>	Yes ...1	No...2	4. <i>Okuza omwirwariro</i>	Yes ...1	No...2	5. <i>Okureka omurimo gw’okweguza</i>	Yes ...1	No...2	6. <i>Okureka nainga okukyendeeza aha maarwa agoorikunywa</i>	Yes ...1	No...2	7. <i>Okureka nainga okukyendeeza okukozesa ebitokooza bwonko</i>	Yes ...1	No...2	8. <i>Okakora ekindi kyona? Kishoboore.....</i>	Yes ...1	No...2
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