Ebintu 15 ebyonoonye abaana bul

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ABAYIZI bawummudde, bagenda kumala wiiki nnya nga bali waka. Wabula abazadde bangi emitima gibali ku mutwe olw'enneeyisa y'abaana ensangi zino.

Wiiki ewedde, emikutu gya 'Social media' gyabuutikiddwa abawala abato abali wakati w'emyaka 13 – 15, abaabadde basimbye olunyiriri, nga buli omu ayogera muganzi we (Boyfriend) kye yali amugambye. Abawala babiri baamazeeko abantu ebyewungula, omu bwe yagambye nti muganzi we yamugamba teyeerabira okumira akaweke akaziyiza olubuto! Omulala n'agamba nti muganzi we yamugamba engeri gy'amuwa ku ssente naye kye kiseera amusasule nga beegadanga!

Bino byatyemudde emitima gy'abazadde naddala mu biseera bino ng'abaana bawummudde, nga buli omu gw'asanga gw'anenya. Abamu baanenyezza amasomero, abalala ne banenya abazadde, ate abalala ne banenya bombi.

Ng'oggyeeko obuseegu obususse mu baana, waliwo emize emirala egisuza abazadde nga bakukunadde, omuli okukozesa ebiragalalagala, ettamiiro, obubbi, okuwemula, n'amayisa amalala amavundu mangi.

Emize gino abakugu mu nkuza y'abaana balabula nti ssinga abazadde tebaafunvubire kugirwanyisa, be bagenda okukaaba aga jjulujjulu olw'ebivaamu ebitali birungi eri bo bennyini, n'eggwanga lyonna okutwaliza awamu.

Ebimu ku bazadde bye balina okwerinda okulabako ssinga tebatereeza baana baabwe, z'embuto ze bateetegekedde, ebizibu ebiva mu buseegu ng'obulwadde bw'ekikaba omuli ne siriimu, okukakibwa omukwano, okwenyigira mu bumenyi bw'amateeka ne babattirayo oba ne basibibwa mu makomera, n'ebizibu ebirala ntoko.

Okusinziira ku kitongole ky'amakomera, omwaka 2025 we gwaggweerako, amakomera ga Uganda gaalimu abavubuka ebitundu 58 ku 100. Ekizibu kino abakugu bakiteeka ku nkuza embi, etuusa abavubuka okubakwatira mu mize egimenya amateeka.

EBYONGEDDE OKWONOONA ABAANA

Okunoonyereza *Bukedde* kwe yakoze, yazudde ebyonoona abaana mu mulembe guno, abazadde bye balina okusalira amagezi nga bukyali.

1 Essimu; Essimu kifuuse kizibu mu baana, olw'emikutu egy'obuseegu egiyitiriddeko. Emikutu emigattabantu nga Tiktok, Facebook n'emirala, gisembezza abantu abaseegu kumpi n'abaana, kubanga basiiba okwo nga batambuza enjiri yaabwe awatali abakuba ku mukono. Era kuno kubeerako n'ababayingiza mu guluupu embi ez'obuseegu, n'ebikolwa ebirala ebikyamu.

2 Obubagabaga; Waliwo obubaga obutegekebwa mu mayumba (House Parties), nga businga kubeerako baana naddala abali mu siniya. Obubaga buno abaana bamanyi n'okusulayo, kye bayita 'Sleep Over' era abazadde abatafaayo nnyo, abaana babamatiza nti bagenze kusulako mu mikwano gyabwe, nga kungulu kiringa ekya bulijjo, kumbe emabega waakyo kizibu kya maanyi ddala.

Ku bubaga buno, abaana babanywesa emyenge egitabuddwaamu ebiragalalagala ne bavaako, olwo abasajja ababeerayo ne balyoka beekola ekigenyi. Abaana bangi abavuddeyo okuwa obujulizi nti baafunira ebizibu eby'amaanyi mu bubaga buno, naddala embuto ze batayinza kumanya bannannyini baazo, n'endwadde.

3 Abeng'anda abakyamu; Ensi gy'ekomye okwonooneka, tokyayinza kumanya bang'anda zo biki bye bayitamu eyo gye babeera. Abazadde bangi bali mu bulumi olw'engeri abeng'anda zaabwe gye baayonoona abaana baabwe. Abaana abamu baba baayiga okukozesa ebiragalalagala, abamu nga baseegu, naye ng'omuzadde tokimanyi, ne babiyigiriza n'omwana wo, ng'omusindise okuwummula, oba ng'obaleese ewuwo okuwummula.

4 Ennyambala eyeesittaza; Abaana naddala abawala, ennyambala yaabwe ekoze kinene okuboonoona. Buli bwe bambala obugoye obuggyayo emibiri gyabwe, bangi bafaananira ddala abakazi abakulu, ekitengula abasajja abateekomako ne batandika okubatawaanya, gye biggweera, ng'omwana wo akwonooneseeko.

5 Mu musomo ogwategekeddwa disitulikiti y'e Wakiso n'ekitongole kya Mildmay e Kasenge ku Lwokubiri lwa wiiki eno, nga babangula abayizi abali mu siniya ku nneeyisa, abayizi baabuulidde abakungu nti okwambala obupati mu lulimi lwabwe baakikazaako *"New Curriculum"* era buli lwe bagamba nti tugenda mu *"New Curriculum"*, baba babagulizaako bannaabwe nti twambale obupati tugende tusikirize abalenzi!

6 Ttivvi; Emikuti gya ttivvi egimu gyafuuse ekizibu wadde nga kubeerako n'ebiyigiriza bingi. Amikutu egimu, okuwemula mwe bayita okufuna abagoberezi, ate okusingira ddala baagala bavubuka. Ennyimba ze bakuba ze z'abayimbi abamanyiddwa nti baseegu, ne Pulogulaamu nnyingi ezibeerako zibeera zitendeka bya kikulu, naddala ffirimu z'omukwano n'obuzannyo.

7 Emikwano egy'obulabe; Emikwano gy'abaana bo weetaaga okugyetegereza, kubanga gye gisinga okuyitamu empisa envundu. Oyinza okuba ggwe ofaayo eri enkuza ennungi ey'abaana, kyokka nga mukwano gw'abaana bo ye ewaabwe tebabifaako, n'alyoka atendeka owuwo buli mpisa mbi.

8 Enneeyisa y'abazadde; Bannassaayansi bagamba nti omwana ayigira nnyo ku bikolwa bya bazadde be. Abazadde bangi batamiivu, abalala bawemuzi, abamu bakozesa ebiragalalagala, byonna ng'omwana abiraba era ng'alowooza nti bye bituufu ebirina okukolebwa, olwo naye n'abikoppa.

9 Obugayaavu bw'abazadde; Abazadde abamu eby'okulung'amya abaana baabivaako, babawa buwi mmere nga balinga abakuza ensolo nti bw'eneegejja bagenda kugitunda! Emize abaana baabwe gye bakola, ne bwe babaloopera tebafaayo kubakangavvula. Okugeza, waliwo omuzadde mu zzooni ya Ssendawula, e Lungujja mu munisipaali y'e Lubaga, eyatulaze muliraanwa we gwe yatwalira ensonga, ng'asanze abaana be bali mu kwetendeka bya kwegadanga, kyokka ekyamumala enviiri ku mutwe, ye muzadde okumuddamu nti "Okaalaamuse nnyo naawe olimba abo baana bato tebalina kya maanyi kye basobola kukola mu by'okwegatta!"

10 Emizigo; Buli muntu Katonda yandimusaasidde n'amuwonya omuzigo, olw'obuzibu bwe gulina mu nkuza y'abaana.

Abazadde abalina abaana abakuzeemu, bagenda okutandika ekigwo ky'abakulu ng'abaana bateze amatu! Ate emizigo egimu, tegyatuuka, ng'ebiba bigenda mu maaso ewa muliraanwa obeera obiwulira bulungi. Muliraanwa wo naye bw'atandika ekigwo ky'abakulu teyeekomako, n'alyoka akwonoonera abaana n'akamala.

11 Obwannakyeyombekedde obususse; Abakazi abasinga abaalemwa obufumbo ne beeyombekera n'abaana baabwe, enkuza y'abaana oluusi ebakaluubirira. Kino kibaawo kubanga oluusi maama yeesanga akyazizza baganzi be mu nnyumba ate oluusi abasajja abakyala tebafaayo ku mwana abeera mu nnyumba, olwo ne banyumya emboozi z'abakulu ng'abaana bawulira.

12 Baliraanwa ab'empisa embi. Emiriraano nagyo gifuuse gya kwegendereza, olw'abantu abasenga ku mizigo ne bajja n'emize egyonoona abaana. Abaana bangi emize bagiggya ku baliraanwa ababakolako emikwano ne batandika okubayigiriza ebintu ebikyamu naddala eby'obukaba.

13 Okwegomba; Abaana ennaku zino basusse okwegomba ebintu eby'ebbeeyi okugeza amasimu ag'ebbeeyi, eby'okwambala, n'okubeera ne ssente. Olw'okuwankawanka okususse, bafundikira bayingidde emize emikyamu okugeza obubbi, okwetunda n'ebirala. A zadde *Bukedde* be yayogedde baategeezezza nti, abaana baab babeekanga bakutte amasimu nabo ge batasobola kugula, kyo nga tebasobola kunnyonnyola baagaggye.

14 Okutaayaaya n'obutal na byakukola. Abazadde bang bwe bagenda okukola abaana baleka waka, nga tewali mirimu babalekera kukola, ekivaamu k kuleereeta ku kyalo nga eyo gy basinziira ne bayiga emize emi amu, kubanga enjogera egamb

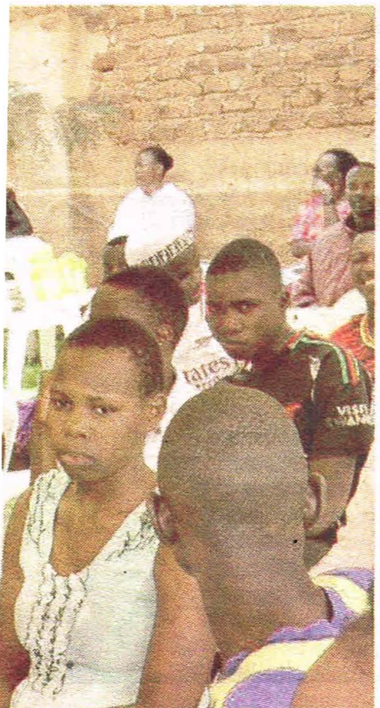
ERIA LUYIMBAZI

Abaana abaawummudde eggulo nga badda ewaabwe.

Brend omwan ekigam okusin okuva okumu

Irene Omu okoo sobi ky'ok omuk

muzadde by'alina okwegendereza



nkuuma ng'ayogerako eri
ubuka ku nsonga ezibatawaanya.

ntu kye bagamba

nwe: Okubuulirira anga buli lw'awulira o akikwata nnyo afuna amagezi tu abalala abayinza a ebitali bituufu.

ward semujju,Kasenge: Abadde bandituddeko n'abaana abwe kubanga abaana bangi beeyabiza bibaluma era abadde bayige n'okwawula isenge ebisulwamu.

kalu, Nakirama: ova okukola nga a ne bw'olaba enna gy'akoze mu kifo abula weekanga ate n'atafunamu.

arion Nassolo, Buddo: Olina kwogera n'omwana nga tokoza busungu kubanga kireeta omwana okutya okubaako 'akugamba. Abazadde tufuule aana mikwano gyaffe.

"Obwongo obutalina kye bukola, libeera kkakkalabizo lya sitaani".

15 Abaana okugwa mu mukwano ne bannaabwe; Abayizi ababaddde mu musomo e Kasenge, baagambye nti mu masomero gye basomera, bannaabwe abasinga balina abaagalwa baabwe era si kyangu kubavaako.

Waliwo omuyizi omuwala eyawadde obujulizi, nti ye yatandika okwegatta n'abalenzi ng'ali mu P.4 nga kati ali mu siniya naye tasobola kubeererawo nga talina muntu gwe yeegatta naye!

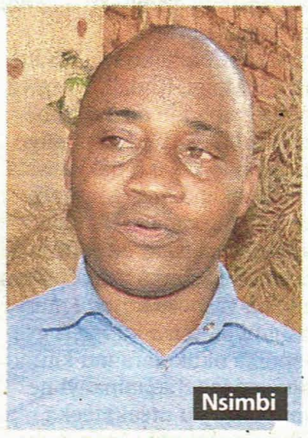
Abakugu bawadde abazadde amagezi

Muguluusi

Kizito

Katana

Bahati



Nsimbi

OMUWABUZI ku nsonga z'ebyekikugu mu kitongole ekirwanirira eddembe ly'abakyala n'abaana ekya Raising Voices, Hassan Muguluusi agamba: Mu mbeera ensi mw'etambulira, oyinza obutatangira baana bo kwetaba ku bubaga lubeerera, naye bwe baba babutegese, naawe omuzadde beera kitundu ku bwo era omanye na biki ebikolebwayo.

● Ekirala, kozesa tekinologiya aliwo olondoole abaana bye bakola ku ssimu, okukakasa oba agikozesa kusomerako oba alabirako byabuseegu.

● Olina okwegendereza emizannyo abaana gye bazannyira ku ssimu, egimu abaagiteekako baali bagendera kwonoona baana baffe n'okubaako emize gye babateekamu.

● Tukomye okutwala abaana mu beng'anda be tuteekakasa okuwummula.

● Omukugu mu nkuza y'abaana ng'akola n'ekitongole kya PEAS, Maureen Kizito agamba nti olw'embeera y'ensi ekyukakyuka, buli muzadde yandisigadde n'omwana we naddala mu luwummula n'amukuuma okusinga okumusindika awalala.

● Ekirala, londoola embeera z'abantu abakyala ewuwo kubanga abamu baba bakyamu.

● Ennyambala yaffe ng'abazadde nayo tugigenderere nga twewala okwambala ebiraga emibiri gyaffe. N'abaana tobambaza mu ngeri eyinza okwesittaza.

● Akulira abakyala mu kisomesa kya Uganda Martyrs e Kamwokya Goretti Katana agamba, abaana ababeera mu bifo eby'omugotteko balina okukuumibwa obutiribiri baleme kumala gatambula kuba eyo gye bayitira bayinza okuyigirayo emize.

● Akulira enteekateeka za Kizaalaggumba ku disitulikiti e Wakiso, Sarah Nakantu yalabudde abazadde nti balina okufaayo ennyo okulambika abaana baabwe, n'okubakuutira okuba abagumiikiriza baleme kuyaayaanira masanyu ga nsi.

● Ye Micheal Nsimbi omusomesa w'ebyobulamu ku disitulikiti e Wakiso yagambye nti, abazadde balina okukanula ennyo amaaso, kubanga abaana bwe baba bavubuka, babeera n'ebintu bye bayitamu bingi kyokka ne bazibuwalirwa okweyabiza bazadde baabwe. Omuzadde okusobola okumanya ebisoomooza omwana obigonjoole, weetaaga okumukolako omukwano, abeere ng'akweyabiza by'ayitamu, omulung'amye bulungi.

● Abayizi Nakantu yabakubirizza okubeera n'abantu ab'obuvunaanyizibwa mu ggwanga be beegomba, era nga balwana okubeera nga bo nga bakuze.

● Omuzadde naawe olina okubeera mu lugendo luno ng'omwana omujjukiza kiki ky'alina okukola ne by'alina okwewala, okusobola okufuuka omuntu gwe yeegomba. Awo ebimuggya ku mulamwa abeera alina obusobozi obubyegobako yekka.

● Asha Bahati, nga musawo e Katale – Bukwenda, yawadde abazadde amagezi, okwewaza abaana okutaayaaya ku byalo, nga babalekera emirimu gy'okukola buli lunaku, bakule nga baabuvunaanyizibwa. Omwana eyeegomba ennyo ebirungi, Bahati agamba nti omuzadde alina okumuyigiriza okumatiranga n'ekitono ky'alina, era amulage nti ssinga agumiikiriza n'asoma, ebirungi biri mu maaso.

Poliisi ewadde abazadde amagezi ku kukuuma abaana mu luwummula

WIIKI eno abayizi b'amasomero abasinga bagimazeeko nga bawummula era nga bangi beesunga okudda eka okusinkana bazadde baabwe abeng'anda n'emikwano.

Ekitongole kya poliisi kiwadde abazadde n'abakulembeze ku mitendera egy'enjawulo amagezi ku ngeri y'okukuumamu abaana mu kiseera kino eky'oluwummula okulaba nga tebatuusibwako buzibu.

● Faayo okumanya enkolagana y'abeng'anda n'emikwano w'ekoma, emizannyo gye beetabamu n'ebifo gye bazannyira nga bali awaka. Kino kijja kukuyamba okumanya omwana wo wa w'ali ekiseera kyonna na bantu ki b'ali nabo.

● Abazadde basabiddwa okussa ekitiibwa mu birowoozo by'abaana baabwe n'okwegendereza abeng'anda abayinza okuyigiriza abaana emize emibi oluli n'okubakwata mu bifo eby'ensonyi.

● Omuzadde beera mwanjulukufu eri omwana era omulage obulabe obuli mu kwenyigira mu bikolwa eby'obukaba.

● Faayo ku bubonero obwoleka okutulugunyizibwa kw'abaana. Abazadde abamu balina omuze gw'obutafaayo ku kwekebejja baana baabwe okulaba oba batulugunyizibwa mu ngeri yonna. Jjukira nti abaana oluusi bwe baba batulugunyiziibbwa owoolugganda bayinza okusirika, noolwekyo kukakatako ng'omuzadde okukebera omwana wo okuzuula oba ng'alina akabonero konna akalaga okutulugunyizibwa.

Okunoonyereza kulaga nti abaana ebitundu 90 ku 100 bakakibwa omukwano abantu be batalinaako kakwate ate ebitundu 70 ku 100 ne bakakibwa abeng'anda zaabwe.

Poliisi eraga nti ng'oggyeeko abaana okutulugunyizibwa abantu abakulu, n'abaana abamu balina omuze gw'okutulugunya bannaabwe nga babakaka omukwano.

● Okulwanyisa omuze gw'okwesigaliza ebyama mu baana. Abaana abamu bayita mu kutulugunyizibwa wabula ne batayogera. Ggwe nga omuzadde olina okufuba okulaba nga omwana wo akweyabiza kimuyambe okukutegeeza bw'aba ng'alina okutulugunyizibwa kw'ayitamu.

● Okutangira abaana okumala gasisinkana abantu be batamanyi naddala abatali ba kikula kyabwe mu bifo ebitali bya lukale. Okwewala kino, abazadde bakubirizibwa okuteekawo ebintu ebikuuma abaana nga balina kye bakola, baleme kumala gataayaaya.

● Abazadde balina okuyiga okufuga ebirowoozo; Abazadde abamu bateeka amaanyi mangi mu bibasoomooza ne beerabira abaana baabwe.

Abamu bamala obudde bungi mu kunoonya ssente ne beerabira abaana ekibaviirako okuyiga emize emibi.

● Faayo okubuulira n'okwogerezeganya n'abaana era n'okuwuliziganya nabo nga baliko eng'endo ze bagenzeeko. Bw'oba otambudde nabo, fuba okulaba nga tobaleka mabega.

● Abazadde balina okuyiga okuteeseganya n'abaana ku nsonga ezisaanidde mu bukkakkamu awatali kubatiisa.

● Omwana ateekwa okumanya ennamba z'essimu zammwe mu mutwe nga bw'aba abeetaaga kimwangiyira okubafuna.

● Genderera abantu b'olekera okulabirira abaana bo kubanga waliwo ababawabya okukkakkana nga boonoonese.