



UBURENGANZIRA BWA MUNTU BW'ABANTU BABA LGBTIQ

Ibyo buri wese akwiye kumenya ku burenganzira, uburinganire, umutekano no kutavangura

SAFE FRIENDLY SOCIETY (SFS)

“Pride, Solidarity & Prosperity”

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1. Kuki kumenya uburenganzira bwa muntu ari ingenzi?



Uburenganzira ni ubwa buri wese
Kuba umuntu ari umuntu ni byo shingiro by'uburenganzira bwe.



Uburinganire
Nta muntu ukwiye kuvutswa uburenganzira kubera uwo ari we cyangwa uko yiyumva.



Umutekano n'icyubahiro
Buri wese afite uburenganzira bwo kubaho mu mutekano, yubashywe kandi adahohotewe.

Uburenganzira bwa muntu ni amahame n'uburenganzira buri muntu agira kubera gusa ko ari umuntu. Bureba abantu bose, hatitawe ku gitsina, inkomoko, idini, imiterere y'umubiri, imvugo, imiterere y'ubuzima, cyangwa imiterere y'imibanire n'urukundo.

Ku bantu LGBTIQ, izi nshingano z'uburenganzira bwa muntu ntizihinduka. Kuba umuntu ari lesbiyani, gay, bisexual, transgender, intersex cyangwa queer ntibimwambura uburenganzira bwe.

IKIBAZO CY'INGENZI

“Ese kuba hari uburenganzira mu mategeko bivuze ko nta vangura cyangwa ihohoterwa rishobora kubaho?”

Oya. Amategeko n'amahame ashobora gutanga uburenganzira, ariko abantu bashobora gukomeza kubwica cyangwa kubuza abandi kubugera ho. Ni yo mpamvu kumenya, kwandika no gutanga amakuru ku ihohoterwa ari ingenzi.

Iyi booklet igamije gutanga amakuru yoroshye, afatika kandi ashobora gufasha umuntu kumenya uburenganzira bwe no gufata ingamba z'umutekano igihe hari uburenganzira bwe bwahonyowe.

2. Uburenganzira bwa muntu ku rwego mpuzamahanga

Amasezerano n'amahame mpuzamahanga y'uburenganzira bwa muntu ashyira imbere ihame ry'uko abantu bose bagomba kubahwa kandi bakagirirwa uburinganire mu burenganzira.



Uburinganire no kutavangura
Abantu bose bafite uburenganzira bungana.



Ubuzima n'umutekano
Umuntu afite uburenganzira bwo kurindwa ihohoterwa n'ibikorwa byangiza umubiri cyangwa ubuzima.



Ubuzima bwite
Umuntu afite uburenganzira ku buzima bwe bwite no kurindwa kwivanga mu buzima bwe nta mpamvu yemewe.



Ubwisanzure bwo gutanga ibitekerezo
Umuntu afite uburenganzira bwo gutanga ibitekerezo no gushaka no gusangiza amakuru mu buryo bwubahiriza amategeko.

Urugero: Ingingo ya 1 y'Itangazo Mpuzamahanga ry'Uburenganzira bwa Muntu ivuga ko abantu bose bavuka bafite ubwisanzure kandi bangana mu cyubahiro no mu burenganzira. Ingingo ya 2 ishimangira ko uburenganzira bukoreshwa nta vangura.

Amasezerano mpuzamahanga nka ICCPR na ICESCR na yo ashyigikira uburenganzira ku buzima, umutekano, ubuzima bwite, uburezi, umurimo, ubuzima no kugira uruhare mu mibereho y'igihugu.

IBUKA

Uburenganzira bwa LGBTIQ si "uburenganzira bushya" cyangwa ubundi bwoko bw'uburenganzira. Ni uburenganzira bwa muntu busanzwe bugomba kubahirizwa kuri buri wese.

Aho twashingira:

- Universal Declaration of Human Rights (UDHR)
- International Covenant on Civil and Political Rights (ICCPR)
- International Covenant on Economic, Social and Cultural Rights (ICESCR)
- Yogyakarta Principles — amahame asobanura ikoresheye ry'amategeko mpuzamahanga ku cyerekezo cy'imibonano

3. LGBTIQ bisobanura iki?

Aya magambo afasha gusobanura abantu bafite imiterere itandukanye y'icyerekezo

y'imyororokere. Ntabwo asobanura imyitwarire imwe y'abantu bose.

L	Lesbian / Lesbiyeni Umugore ukunda cyangwa akururwa n'abandi bagore mu buryo bw'urukundo cyangwa bw'imibonano mpuzabitsina.
G	Gay / Gay Umuntu ukunda cyangwa akururwa n'uwo bahuje igitsina; ijambo rikoreshwa cyane ku bagabo ariko rishobora gukoreshwa mu buryo bwagutse.
B	Bisexual / Bisexual Umuntu ushobora gukururwa n'abantu b'ibitsina bitandukanye.
T	Transgender / Trans
I	Intersex / Intersex Umuntu uvuka afite imiterere y'imyororokere cyangwa ibiranga igitsina bitajyanye neza n'ibisanzwe bifatwa nk'umugabo cyangwa umugore.
Q	Queer / Queer Ijambo bamwe bakoresha mu gusobanura imiterere yabo itajyanye n'ibyiciro bisanzwe by'icyerekezo cy'urukundo cyangwa uburinganire.

ICYITONDERWA

Kugira icyerekezo runaka cy'urukundo cyangwa irangamimerere rya gender si kimwe no gukora icyaha. Nanone, kuba umuntu akoresha rimwe muri aya magambo ntibivuze ko abantu bose bahuje iri jambo bafite ubuzima cyangwa imyumvire imwe.

4. Uburenganzira n'amategeko mu Rwanda

Itegeko Nshinga rya Repubulika y'u Rwanda ryo mu 2023 ririmo ingingo z'ingenzi zerekeye uburenganzira bwa muntu. Urugero: Ingingo ya 15 ivuga ku kureshya imbere y'amategeko, Ingingo ya 16 ku kurindwa ivangura, Ingingo ya 20 ku burenganzira ku burezi, Ingingo ya 21 ku burenganzira ku buzima bwiza, Ingingo ya 23 ku buzima bwite, n'Ingingo ya 24 ku bwisanzure n'umutekano bya muntu.

Rwanda kandi ntihana nk'icyaha ubwumvikane bw'abantu bakuru bahuje igitsina mu mibonano mpuzabitsina. Icyakora, amategeko arimo icyaha cyo gukora ibiterasoni mu ruhame (Ingingo ya 143 y'Itegeko rigena ibyaha n'ibihano muri rusange), kandi imikoreshereze y'amategeko ajyanye n'"imyitwarire idahwitse" cyangwa "ibiterasoni mu ruhame" ishobora kugira ingaruka ku bantu

n'akato.

IBYO IBI BISOBANURA

Kuba imibonano mpuzabitsina y'abantu bakuru bahuje igitsina itari icyaha mu Rwanda ntibisobanura ko buri kibazo cy'ivangura cyangwa ihohoterwa kibona igisubizo mu buryo bworoshye. Umuntu ashobora guhura n'akato, ihohoterwa, gutotezwa, kwamburwa amahirwe cyangwa gufatwa nabi n'abantu cyangwa inzego.

Mu bijyanye n'umurimo, itegeko ry'umurimo mu Rwanda ribuza ivangura mu kazi kandi riteganya ihame ry'uburinganire n'ubuvunyi ku bakozi. Icyakora, ntitugomba gufata aya mategeko nk'aho ari igisubizo cy'ibibazo byose LGBTIQ bahura na byo.

agomba kumenya?



Kutavangurwa

Ntabwo umuntu akwiye kwamburwa uburenganzira kubera uwo ari we cyangwa uko yiyumva.



Kurindwa ihohoterwa

Ihohoterwa rishingiye ku cyerekezo cy'urukundo cyangwa uburinganire rigomba gufatwa nk'ikibazo gikomeye.



Ubuzima bwite

Amakuru y'umuntu ku buzima bwe bwite, umuryango n'imibanire ye akwiye kurindwa.



Kuvuga no gushaka ubufasha

Umuntu ashobora gushaka amakuru, ubufasha n'inama, mu gihe abikora mu buryo butabangamira uburenganzira bw'abandi.

Izi ni ingero z'uburenganzira. Uburenganzira nyabwo bushobora kugira imipaka iteganywa n'amategeko mu bihe bimwe, ariko imipaka igomba kuba ishingiyeye ku mategeko kandi igashyirwa mu bikorwa mu buryo bubahiriza uburenganzira bwa muntu.

Niba ukeka ko uburenganzira bwawe bwahonyowe, ntibisaba ko wowe ubwawe ubanza kumenya ingingo y'itegeko ryarenzwe. icy'ingenzi ni ukwandika neza ibyabaye no gushaka ubufasha bwizewe.

6. Ivangura n'ihohoterwa bishobora kugaragara bite?

Ivangura cyangwa ihohoterwa bishobora kuba mu buryo bugaragara cyangwa mu buryo bwihishe. Urugero rushobora kuba:

- gutukwa, gutotezwa, guterwa ubwoba cyangwa gukorerwa ihohoterwa rishingiye ku kuba umuntu ari LGBTIQ;
- kwamburwa akazi, serivisi cyangwa amahirwe kubera imiterere y'umuntu;
- gushyira ahagaragara amakuru y'umuntu ku buzima bwe bwite atabihereye uburenganzira;
- gufatwa cyangwa gufungirwa mu buryo budakurikije amategeko;
- gukangishwa cyangwa guhatirwa guhisha umwirondoro w'umuntu kubera ubwoba bw'ihohoterwa;
- gukorerwa ihohoterwa ryo kuri internet, gusakaza amafoto cyangwa ubutumwa bw'ibanga, cyangwa gutotezwa ku mbuga nkoranyambaga.

NIBA BIKUBAYEHO

Ntabwo ari ngombwa ko ubimenyesha abantu bose. Banza urebe umutekano wawe. Hitamo umuntu cyangwa umuryango wizeye, bika ibimenyetso mu buryo butekanye, hanyuma ushake ubufasha bukwiye.

SFS ikora ubushakashatsi no gukusanya amakuru ku mibereho n'ibibazo by'abantu, kugira ngo amakuru yizewe afashe mu buvugizi no mu gushaka ibisubizo. SFS kandi ifite uburyo bwo kwakira amakuru ku ihohoterwa n'ibindi bibazo by'uburenganzira.

7. Uko wandika no kubika amakuru y'ihohoterwa mu mutekano

Niba ari umutekano kuri wowe, andika ibintu bikurikira vuba bishoboka nyuma y'ibyabaye:



Igihe n'aho byabereye

Andika itariki, isaha n'ahantu. Niba ahantu hashobora kukugaragaza, bika ayo makuru ahantu hizewe.



Ababigizemo uruhare

Andika amazina cyangwa ibisobanuro by'abantu cyangwa inzego zabigizemo uruhare, niba ubizi.



Ibyabaye

Andika amagambo yakoreshejwe n'ibikorwa byabaye uko ubishoboye, utongeramo ibyo utizeye.



Ibimenyetso

Bika ubutumwa, amafoto, amajwi, screenshots cyangwa inyandiko—ariko ntukishyire mu kaga ngo ubibone.

UMUTEKANO URAJE MBERE

Ntukajye guhangana n'uwaguhutaje kugira ngo ubone ibimenyetso. Ntugasangize amakuru y'ibanga abantu utizeye. Niba telefoni yawe ishobora kugenzurwa n'undi muntu, tekereza ku mutekano wa konti, passwords, notifications na files mbere yo kubika cyangwa kohereza amakuru.

Iyo ushaka gutanga amakuru, ushobora guhitamo gukoresha amazina yawe cyangwa kubaza mbere uko ibanga ry'amakuru yawe rizabungwabungwa. Niba hari ibyihutirwa bishobora gushyira ubuzima mu kaga, shaka ubufasha bwihutirwa bukwiye aho uri.

8. MENYEKANISHA IHOHOTERWA

Uburyo bwo gutanga amakuru

Hari ihohoterwa cyangwa ikindi kibazo cy'uburenganzira wahuye na cyo? Ushobora gukoresha urubuga rwa SFS rwo kwakira amakuru.

[MENYEKANISHA IHOHOTERWA](#)

Ushobora gukoresha iyi QR code cyangwa ugakanda ku murongo uri munsu.

[MENYEKANISHA IHOHOTERWA](#)



Mbere yo gutanga amakuru, tekereza ku mutekano wawe no ku makuru ushaka gusangiza. SFS ishobora gukoresha amakuru yakiriwe mu gukurikirana ibibazo, gukora ubushakashatsi no guteza imbere ubuvugizi; bityo ni byiza gusoma amabwiriza ari ku ifishi mbere yo kohereza amakuru.

ICYITONDERWA CY'IBANGA

Nta form cyangwa urubuga rushobora kwiseza umuntu umutekano wuzuye ku giti cyayo. Niba gutanga amakuru bishobora kugushyira mu kaga, banza ushake inama y'umuntu cyangwa umuryango wizeye.

Izina rigufi kuri portal: MENYEKANISHA IHOHOTERWA — rigufi, risobanutse kandi ryorohereza gutanga amakuru.

9. Imyumvire imwe n'ibisubizo

“LGBTIQ ni uburenganzira bwihariye.”

Oya. Uburenganzira bwo kutavangura, umutekano, ubuzima bwite, uburezi, ubuzima n'ubundi burenganzira bwa muntu ni ubwa buri wese.

“Niba kuba gay bitari icyaha, nta kibazo cy'uburenganzira gishobora kubaho.”

Oya. Kutagira icyaha runaka mu mategeko ntibikuraho ivangura, ihohoterwa, gutotezwa cyangwa gufatwa nabi bishobora kubaho mu buzima bwa buri muni.

“Gutangaza ikibazo ni byo bihita bikemura.”

Oya. Gutanga amakuru ni intambwe imwe. Bishobora gufasha mu nyandiko, ubuvugizi, gukurikirana ibibazo no gushaka ibisubizo, ariko buri kibazo gikeneye uburyo bukwiye bwo kugurikirana.

“Umuntu agomba kubanza kuvuga ko ari LGBTIQ kugira ngo ahabwe uburenganzira.”

Oya. Uburenganzira bwa muntu ntibusaba ko umuntu abanza gushyira ahagaragara ubuzima bwe bwite kugira ngo yubahirizwe.

10. Kumenya, kwandika, gusangiza no guhindura

Amakuru yizewe ni intwari y'ubuvugizi. Iyo abantu bazi uburenganzira bwabo, bashobora kumenya ikibazo, kukandika, gushaka ubufasha no kugira uruhare mu guhindura imyumvire n'imikorere ibabangamira.

INSHINGANO YA SFS

SFS ikorera guteza imbere uburenganzira, agaciro n'imibereho myiza ya buri muntu, binyuze mu bushakashatsi, ubuvugizi, uburezi no gushyigikira abaturage.



Ubushakashatsi
Gukusanya no gusesengura amakuru afasha kumva ibibazo n'impinduka.



Ubuugizi
Gukoresha ibimenyetso n'amakuru mu guteza imbere impinduka zubahiriza uburenganzira.



Gushyigikira abaturage
Guteza imbere ubumenyi, umutekano n'ubushobozi bwo kwihagararaho.

Urubuga: www.safefriendlysociety.org

Email: info@safefriendlysociety.org
Kigali, Rwanda

Iyi booklet ni iy'amakuru rusange. Ntabwo isimbura inama y'umwunganizi mu by'amategeko cyangwa izindi serivisi z'umwuga.

11. Aho amakuru y’ingenzi yavuye

Amategeko n’inyandiko zemewe

- Itegeko Nshinga rya Repubulika y’u Rwanda (2023), cyane cyane Ingingo 15–24. Minisiteri y’Ubutabera / Official Gazette.
- Itegeko N° 68/2018 rigena ibyaha n’ibihano muri rusange, ryahinduwe nyuma, harimo Ingingo ya 143 yerekeye gukora ibiterasoni mu ruhame.
- Itegeko N° 66/2018 rigenga umurimo mu Rwanda, n’ivugururwa ryaryo.

Amakuru ku burenganzira bwa LGBTIQ mu Rwanda

- Human Rights Watch, World Report 2026 — Rwanda, igice ku “Sexual Orientation and Gender Identity”.
- Safe Friendly Society (SFS) & International Human Rights Center, NGO Joint Parallel Report to the UN Human Rights Committee (2025).
- SFS, Understanding Our Experiences: report on the realities of LGBTQI people in Rwanda (2025).

Amategeko mpuzamahanga

- Universal Declaration of Human Rights (UDHR).
- International Covenant on Civil and Political Rights (ICCPR).
- International Covenant on Economic, Social and Cultural Rights (ICESCR).
- Yogyakarta Principles.

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Kumenya uburenganzira bwawe ni intambwe ya mbere. Kubwandika no kubusangiza abandi bishobora kuba intambwe ikurikira.

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