



Ibyo ushobora gukora mugihe wowe cyangwa se undi muntu waba uzi ahohotewe cyangwa atewe

- **Kora urutonde rw'ibyabaye.** Niba bishoboka ko ubikora mu buryo butabangamira umutekano wawe, ushobora gufata video cyangwa amajwi ndetse ukanafotora. Uko byagenda kose, byaba byiza wanditse ibyabaye, aho byabereye, n'igihe byabereye. Ni byiza ko ibi bikorwa mu gihe utaribagirwa ibyabaye.
- Ni ngombwa kugira **amazina y'abatangabuhamya abo aribo bose** ndetse ndetse n'amakuru yose ashobora gutuma bagerwaho
- **Menyeshya ibyabaye :** Ganira nibura n'umutu umwe cyangwa ikigo runaka wizeye, ku byabaye
- Niba uri mu **mashuri agengwa na leta**, uzuza impapuro zabugenewe zerekeye irenganwa. Reba gahunda zijyanjye n'uburenganzira bw'umwenegihugu ndetse na gahunda irenganwa kuri webusaiti y'akarere k'amashuri mato n'amashuri makuru wigaho. Kurikiza amabwiriza kugira ngo hemezwe niba ikirego cy'ihohoterwa cyawe cyuzuye kandi cyatangiye igihe.
- Ushobora kandi gutanga ikirego mugihe uri muri **gereza, mu gasho, cyangwa mu bitaro bigengwa na leta**. Saba abakozi amabwiriza agenga itangwa ry'ikirego kandi uyakurikize.
- Aho ukorera cyangwa cyangwa amashuri yigenga naho hashobora kuboneka gahunda zijyanye n'itangwa ry'ikirego
- Niba uhohotewe cyangwa utewe **n'uwo mubana cyangwa umwe mu bagize umuryango wawe**, ushobora guhamagara umurongo wa Idaho, ku bijyanye n'ihohoterwa ryo murugo ukurikira 1-800-669-3176 cyangwa se umurongo wa Idaho utanga ubufasha mu byamategeko ukurikira: 1-877-500-2980.
- **Ushaka gutanga ikirego cyerekeye akarengane** mu kigo cya Idaho gitanga ubufasha mu byamategeko, ACLU, jya ku rubuga rukurikira <https://www.acluidaho.org/en/resources/report-civil-liberties-violation>. Dukurikirana ibijyanye no kutubahiriza uburenganzira bw'umwenegihugu aho ariho hose muri leta ya Idaho. Rimwe na rimwe, dushobora gutanga ubufasha mu bijyanje no kukurangira ahandi hantu hashobora kuboneka ubwunganizi cyangwa se ubundi bufasha.