Read First: Notes for translation

* Only translate content appearing in the columns for **{Script}** and **{On Slide Text}.**
* **Do not** translate content in the **{Animation Notes}** column. Leave this column in English.
* **Do not translate Lesson headings**. Leave them in English. Please make sure the lesson headings remain in English next to “Lesson:”, as this helps the team tracking the video translation.
* Ensure names of tips are consistent across a module. For example, “Be Calm” should remain in the same form on every slide it appears in. It shouldn’t change to “Stay Calm” or “Being Calm” later on.
* Don’t include any slashes (/) or brackets where they weren’t present in the original script - make sure the script is final and matches the original stylistically.
* **Do not translate** numbers appearing in brackets, such as [1] or the word [pause].

# {Modules}

| {Keep Children Safe} | |
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| Today’s lesson is about keeping children safe.  Here are 3 tips on how to keep your children safe in an unsafe situation: | Keeping Children Safe |
| The first tip is to talk.  Talk to children about what is happening in a way that they can understand.  Talk to them about things that are not safe. | Talk |
| The second tip is to plan.  Identify a meeting point and make a plan in case you get separated.  Keep children with you or with someone you trust all the time.  Planning with children helps them feel safer too. | Plan |
| The third tip is to assure.  Assure your children that you will do everything to keep them safe.  Encourage them to share anything that worries them with you.  Be proud of your efforts and try to take care of yourself too. | Assure |

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| {Travel Safely} | |
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| Today’s lesson is about traveling safely.  Here are two things you can do to ensure that you and your children are as safe as possible when you are travelling in a crisis situation: | Travel Safely |
| The first tip is to move safely.  Travel with a group of people you know where possible.  If you need to show your passport or ID, try to keep it in your hands. | Move safely  Travel with a group  Keep your documents in hand if you need to show it |
| The second tip is to take care of yourself.  When it's hard, remember you're trying your best in a difficult situation.  Be sure to look after yourself too. | Sorg goed vir jouself  You are doing your best  Look after yourself |

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| {Protect From Traffickers} | |
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| Today’s lesson is about protecting your children from traffickers.  Here are five tips to help protect your children from traffickers: | Protect Your Children from Traffickers |
| The first tip is to teach your child what human trafficking is and who traffickers can be.  Traffickers are people who lie or pretend to be friendly to trick children into going with them or doing things they don’t want to do. | Teach your child  Traffickers trick children  Lie and pretend to be friendly  They get children to go with them or do things they don’t want to do |
| Traffickers can be anyone - men, women, couples, or even someone your child knows and trusts. | Traffickers can be anyone, even trusted people |
| They might offer gifts, make big promises, give lots of compliments or ask them to keep a secret to gain trust. | Traffickers gain trust by:  Offering gifts  Making big promises  Giving lots of compliments  Asking to keep a secret |
| The second tip is to trust themselves.  Teach your child to listen to their feelings. If something feels weird or scary, trust your gut - your feelings are probably right. | Trust themselves  Listen to their feelings  Trust your gut |
| The third tip is to get away safely.  Before leaving with anyone, even someone your child knows, tell your child to make sure they feel safe.  Tell your child to make sure someone else knows where they are. | Get away safely  Explain to only leave if you feel safe  Make sure someone else knows where they are |
| Teach them to not go anywhere with strangers even if they are nice to them.  If they feel unsafe, teach them to stay calm. Walk away if they can, go to a safe place with people around, and ask a trusted adult or authority (like a teacher, police officer, or security guard) for help. | Teach not to go anywhere with strangers  If unsafe, stay calm, walk away and get help |
| The fourth tip is to talk to a trusted adult.  Tell children to talk to a trusted adult if they feel confused or worried.  Let your child know they should tell you or another trusted adult if anyone, even someone they know:  gives them gifts  makes big promises, or  asks them to keep secrets that make them feel uneasy.  Remind them they can always talk to you, no matter what. | Talk to a trusted adult |
| The fifth tip is to teach yourself.  Learn how to spot signs that something might be wrong.  Watch for changes in your child’s behaviour or mood. | Teach yourself  Spot signs that something is wrong  Changes in mood or behaviour  Notice secretive  Check in and show you care |
| Also look out for if your child is:  Going to places that are unusual for them.  Getting gifts or money they can’t explain.  Hiding who they talk to or where they go.  Getting nervous, upset, or secretive when using a phone or going online.  These signs don’t always mean something is wrong but they are good reasons to check in with your children and show them you care. | Look out:   Going to places that are unusual for them  Getting gifts or money they can’t explain  Hiding who they talk to or where they go  Getting nervous, upset, or secretive when using a phone or going online |

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| {Care for your Children in a Shelter} | |
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| Today’s lesson is caring for your children in a shelter.  Here are three tips that will help you to support your children if you ever find yourself in a shelter: | Care for Your Children in a Shelter |
| The first tip is to make it familiar.  If possible,take a comfort item from home with them to a shelter  Decorate the shelter together, with notes or pictures for the walls if you can. | Make it familiar |
| The second tip is to find the positive.  Find something to smile about together.  Share one good thing that happened at the end of each day with your child - no matter how small. | Find the positive |
| The third tip is to reassure.  Try to reassure your children as often as you can.  For younger children, you may want to give them a hug or hold them when they are feeling scared.  For older children, let them know that you are here for them and give them the space to talk to you. | Reassure |

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| {Keeping my child safe from bullying} | |
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| Today’s lesson is about keeping your child safe from bullying.  Here are five things you can do to help your child stay safe from harm: | Keeping Your Child Safe From Bullying |
| The first tip is to spend one-on-one time.  The more time you spend together, the easier it is for your child to speak up.  Ask how their day was.  Ask how they’re feeling.  Make one-on-one time a habit.  Listen without rushing.  Remind them they can always come to you. | Spend one-on-one time |
| The second tip is to explain bullying.  Children can speak up when they understand bullying.  Teach them it means hurting someone on purpose. | Explain bullying  Helps children speak up  Bullying means hurting someone on purpose |
| Talk about words, actions, and online harm.  Say it can happen to anyone. | Talk about words, actions and online harm  Can happen to anyone |
| Encourage them to speak up.  Let them know you’re there. | Encourage to speak up  Let them know you’re there |
| The third tip is to notice physical changes.  Children might not talk about bullying, but their body can show signs. Keep an eye out for:  Unexplained bruises or cuts.  Damaged clothes or school supplies  Complaining of headaches or stomach aches  Trouble sleeping  Eating much more or much less than usual | Notice physical changes |
| The fourth tip is to notice emotional changes.  Bullying can affect how your child feels on the inside. Watch for changes in mood or behavior like:  Sudden sadness, anger, or mood swings. | Notice emotional changes  Watch for changes in mood or behaviour:   Sudden sadness, anger or mood swings |
| Acting nervous, scared, or worried a lot.  Saying things like “It’s my fault” or “I’m not good enough”. | Nervous, scared or worried  Saying “It’s my fault” or “I’m not good enough” |
| Wanting to be alone more than usual.  Quietness or not wanting to talk.  Avoiding school or social activities they used to enjoy. | Wanting to be alone  Being quiet or not wanting to talk  Avoiding things they used to enjoy |
| The fifth tip is to respond with care.  If your child shares something that worries you, how you respond matters.  Take a pause and stay calm, even if you feel upset  Listen without interrupting or blaming  Believe what your child tells you  Say things like “Thank you for telling me” or “You did the right thing”  Write down what happened or take screenshots if it happened online  Report to the school or youth worker to get support | Respond with care |

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| {Cyberbullying} | |
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| Today’s lesson is about keeping your child safe from online bullying.  Here are six things you can do to help your child stay safe from online harm: | Keeping Your Child Safe From Online Bullying |
| The first tip is to be involved early.  Spend time online with your child, especially when they’re young.  Ask what they like to do and who they talk to.  Show them they can always come to you.. | Be involved early  Spend time online with your child  Ask what they like online  Show they can come to you |
| The second tip is to make rules together.  Talk about how long they can use the phone and which apps are okay.  Tell them not to share their name, school, or photos with strangers. | Make rules together  Talk about how long they can use the phone  Explain not share their personal information |
| The third tip is to use privacy settings.  Help them:  Make their profile private.  Block or report mean people. | Use privacy settings  Make profile private  Block or report mean people |
| Hide or delete posts.  Choose who can send messages or see their posts  Taking control helps your child feel safer and more confident online. | Explain how to hide or delete posts  Choose who can send messages or see posts |