| Module: Care for Myself | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello again! Parenting can be stressful, and it is time for you to take care of yourself!    Here is a simple stretching and movement activity that may help you with stress. | Take Care of Yourself |  |
| Stand up and stretch your arms up to the sky.  ...  Push away any clouds and let the sun shine down on you.  ...  Stretch to both sides.  ...  Stretch to the front and to the back. |  |  |
| Let your hands hang by your side.  ...  Squeeze your shoulders tightly up to your ears as you breathe in, scrunch your eyes, and hold your breath.  ...  Release your shoulders as you relax your body and breathe out.  …  Relax your arms and let them swing to the front and back. Take 4 deep breaths while you do this. This is good for your lower back.  ...  Relax your arms and let your arms swing sideways, and turn your upper body. Your arms should gently hit your back as you twist from side to side.  …  Place one foot in front of the other and make small circles from the ankles, remember to turn to both sides. Do each foot with four circles in each direction.  …  Now shake your whole body as fast as you can. Shake it up high! Shake it down low! Shake it all around!  …  Raise your arms slowly above your head as you breathe in. Lower your arms slowly to your side as you breathe out.  ...  Raise and lower your arms, breathing in and out, 3 more times.  —  Ambil masa sebentar untuk refleksi pengalaman anda.  ...  Remember that you can do this activity at any time whenever you feel like you need to release stress and energise your mind and body. |  |  |
| Your home activity is to try to try to do this activity at least once every day. Can you try it now? | Home Activity: Stretch and move every day. |  |

| Module: Mental Changes in the Teen Years | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to ParentText.  Here is what you need to know about your teen’s developing mind and how to support your teen as they are developing into adults.  The developing mind  Becoming more independent  And supporting your teen | Mental Changes in the Teen Years   1. The Developing Mind 2. Becoming more independent 3. How to support your teen |  |
| [1] First, it’s important to understand how your teen’s brain is changing. Your teen’s brain hasn’t changed this fast since they were a baby. It is normal for teens to behave in risky ways as they push the limits of what is possible and allowed, especially if it is pleasurable or fun. This is normal behaviour.   Remember: Teens don’t always have the ability to always think ahead about how their behaviours might impact themselves or other people.  [2] Teens are on their way to becoming adults and becoming more independent. They are becoming better at sharing their ideas and are thinking more about long term goals and their future.  [3] To support your teen through these changes, you can guide their choices by balancing rules and limits with independence. Try giving them more freedom to make their own choices when they show they can be responsible and take responsibility for their actions. Most importantly: be supportive, loving, and positive with your teen. This helps them feel safe and secure around you, and they're more likely to come to you for help or advice when they need it.  Being playful while learning will also improve your teen’s physical and mental health AND their ability to learn and remember important facts! | The developing mind  Becoming more independent  How to support your teen |  |
| Your home activity is to use 1-on-1 time to allow your teen to choose anything they would like to talk about. Listen to their experiences and avoid judgement. Notice how you feel and notice their feelings too. Thank your teen for sharing with you. Can you do it today? | Home Activity: Talk with your teen about a topic of their choice. |  |

| Module: Social Changes in the Teen Years | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to ParentText! Here's what you should know about discussing your teen’s social life:  UNDERSTAND  [pause]  ACCEPT  [pause]  And SHARE THE FACTS  Let’s get started. | Social Changes in the Teen Years  1. UNDERSTAND  2. ACCEPT  3. SHARE THE FACTS |  |
| [1] First, understand the social lives of teens.  It is important to your teen to have friends. This helps them learn how to be a good friend and understand other people's feelings. It is also a big part of growing up and becoming an adult. Your teen may want to feel like they belong with their peers, and do things that others think are cool. They might talk or dress like others while figuring out who they are. Sometimes, when teens have a hard time making friends, they might be picked on or bullied by other kids.  [2] You can support your teen by letting them try new things in a safe way, like different clothing and hairstyles, or spending time with different people. Show them you accept them just as they are. Tell your teen what you expect of them at home, but give them the chance to make safe choices, such as how to spend their free time.  [3]Finally, you can help your teen know the difference between good and bad influences in their lives.  Good friends look out for you, care about you, include you in activities, and treat you with respect.  A bully is someone who keeps trying to hurt others, either by making them feel bad or using their strength to be mean. But if someone only does it once, it's not bullying.  To stop bullying in school, it's important to be kind and respectful to others. This makes everyone feel happy and safe at school. | UNDERSTAND the social lives of teens.  ACCEPT  them as they are.  SHARE THE FACTS  about friendship with your teen |  |
| Your home activity is to use 1-on-1 time to talk to your teen about their friends. Who do they wish they spent more time with? Who sets a great example for the class? Listen to your teen and accept what they are saying.  Do you have time to do it today? | Home Activity: Talk to your teen about their friends. |  |

| Module: Physical Changes in the Teen Years | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to ParentText! Here is what you need to know about your teen’s developing body and how to talk with them about it:  Talk [pause]  Learn  [pause]  And Support  Let’s learn more together. | Physical Changes in the Teen Years   1. Talk 2. Learn 3. Support |  |
| [1] First, Talk.  Help your teen understand that it is normal to go through physical changes during puberty.  Tell your teen that these changes happen to everyone and that they are not alone.  [2] Next, Learn. Provide your teen with truthful information about puberty and the changes she is experiencing. Encourage her to ask questions and seek help if she needs it.  [3] Finally, support your teen. Encourage your teen to develop healthy habits like eating a balanced diet, getting enough sleep, and exercising regularly. Help her find activities she enjoys doing to feel confident and strong in her body. | TALK  Remind your teen that these changes are normal.  LEARN  The facts about puberty.  SUPPORT  Explore new, interesting activities together! |  |
| Remember, to help your teen manage the physical changes they are experiencing, you can talk, learn, and support.  Your home activity is to use one-on-one time to show your teen that you are interested in her life. Do something together like go for a walk, make food, or play a game. Use the time together to talk openly about the changes your teen is experiencing, and answer any questions she may have. Offer your support and encouragement. This can help strengthen your bond and make her feel more comfortable and confident.  Can you do it today? | Talk  Learn  Support  Home Activity: Use 1-on-1 time to talk with your teen about the changes they are experiencing. |  |