| Module: Take a Pause | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! U tiva njani nyalo?    Unayo yini imizizi lengu-30?    Ngaphambi kwekucala luhlelo lweParentText, asime kancane. | Phumula |  |
| Hlala nobe ngukuphi lapho ukhululekile khona futsi uvale emehlo akho.  Dvonsa umoya.  [Phumula]  Uwuve umoya ungena, uphindze uphuma, emtimbeni wakho.  Ngena;  [Phumula]  wukhiphe;  "[Phumula]"  Wudvonse;  [Phumula]  wukhiphe;  [Phumula]  Wudvonse; [phumula]  wukhiphe;  [Phumula]  Usaphefumula, naka indlela umtimba wakho lotiva ngayo.  [Phumula]  Naka lapho utiva ucindzetekile noma kubuhlungu.  [Phumula]  yetama kuyekela kuphole.  [Phumula]  Nangabe sewukulekile, vula emehlo akho futsi. |  | Circle, expanding and shrinking, over and over. |
| Nyalo, naka kutsi utiva ngendlela leyehlukile yini kulena lebewituva ngayo nawusandza kucala lemsebenti.  [Phumula] |  |  |
| Yetama kutibamba nangabe utiva utfukutsele, ucindzetelekile, ukhatsatekile nobe ukhatsatekile.  Ngisho nekuphefumula kancane ngalokujilile nobe kuhlangana nemhlaba longephansi kwakho kungenta umehluko.  Ungaphindze uphumule nemntfwana wakho. | Yetama nalomntfwana wakho lesominyakeni yekutfomba. |  |

| Module: Spend 1-on-1 Time with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Nati tintfo letintsatfu letingakusita kutsi usebentise kahle sikhatsi losicitsa nemntfwanakho:  LILANGA,   DLALA,  HLALA | Citsa sikhatsi lesanele nemntfwana wakho   1. Lusuku 2. Dlala 3. Hlala |  |
| Seluleko sekucala, Lusuku:  Yetama kucitsa imizuzu lesihlanu noma ngetulu nemtfwanakho onkhe malanga! | Lusuku  Imizuzu lesihlanu noma ngetulu onkhe malanga! |  |
| Seluleko sesibili sitsi Dlala.  Vumela umntfwana wakho kutsi akhetse loko lafuna kukwenta.  Cala ngekumcela kutsi acitse sikhatsi nabo. Bayekele bakhetse kutsi yini labatawukwenta nobe labatawukhuluma ngayo.  Loku kutawuba mnandzi! | Dlala  Vumela umntfwana wakho kutsi akhetse. |  |
| Seluleko sekugcina ku; Hlala: Hlala njalo umnakile umntfwana wakho.  Cisha mabonakudze uphindze ubeke eceleni bomakhalekhikhini. Buka umntfwana wakho. Niketa inhloko nobe utsi "Ngiyabona" kute ukhombise kutsi unakile. Balekela kumehlulela futsi nawukhuluma naye, phindza usho loko lakushoko. Loko kukhombisa kutsi uyamlalela. | Hlala  Hlala unake umntfwana wakho loseminyakeni yekutfomba. |  |
| Khumbula: Lusuku,  Dlala  futsi hlala  kucitsa sikhatsi kanye kanye nemntfwana wakho!  Umsebenti wakho wakuleliviki kutsi uchithe sikhatsi lesingaba ngemaminitsi lasihlanu nemntfwana wakho onkhe malanga.  Loko kutawenta umehluko lomkhulu!  Unaso yini sikhatsi sekukwenta loku namuhla? | 1. Lusuku 2. Dlala 3. Hlala   Umsebenti wasekhaya:  Cishe sikhatsi lesingaba ngemaminitsi lasihlanu malanga onkhe nemtfwana wakho. | Animate words to text. |

| Module: Give Praise | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText! Namuhla sitawufundza indlela yekudvumisa bantfwana betfu labaseminyakeni yekutfomba. Ungasita umntfwana wakho kutsi atiphatse kahle futsi abe nebuhlobo lobuhle nalabanya ngekutsi umncome ngetinyatselo letintsatfu letilula: KUBONE, UKUSHO, KUPHINDZISE.  Ase sifundze kabanti. | Dvumisa   1. Kubuka 2. Kusho 3. Phindza |  |
| [1] Sinyatselo sekucala kutsi ukubone:  Naka nobe yini umntfwanakho layenta lelusito nobe lenhle.  [2] Sinyatselo sesibili kutsi ukusho.  Bancome ngetintfo letinhle labatentako.  Bani nenshisekelo - ukhulume ngekuciniseka!  Kungenteka bangakuboni loku ekucaleni, kodwa ngekushesha batawuchubeka bakwente loko lokuhle.  [3] Sinyatselo sekugcina kuphindze.  Yetama kutfola intfo longababonga ngayo onkhe malanga.  Ngisho nome ngabe kuncane kakhulu.  Khumbula: Kubone, kusho, futhi kuphindze  Kuncoma bantfwana betfu labaseminyakeni yekutfomba ngekutiphatsa kahle kungabasita kutsi baphindze bente lokufanako. | KUBONE   Naka nobe yini umntfwana wakho layentako lelusito noma lenhle futsi umncome.  KUSHO  Dvumisa ngenshisekelo!  PHINDZA  Naka futsi udvumise kutiphatsa kahle onkhe malanga! | Animate words to text. |
| Wenta kahle kakhulu, kufanele utigcabhe.  Umsebenti wasekhaya lamuhla kuncoma umntfwanawakho. Ungetama yini namuhla? | Umsebenti wasekhaya:  Dvumisa umntfwana wakho loseminyakeni yekutfomba. |  |

| Module: Talk About Feelings | | |
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| Script | On Slide Text | Animation Notes |
| Seluleko sanamuhla kukhuluma ngemiva yakho. Singabasita bantfwana betfu kutsi bacondze futsi balawule imiva yabo ngaletinyatselo letilula letisitfupha: VULEKA, BHOBOKA, FUNDZA, KHULUMA, NAKA, KUNAKEKELA. | Khuluma Ngemiva Yakho   1. Vuleka 2. Bhoboka 3. Fundza 4. Khuluma 5. Naka 6. Nakekela |  |
| Sinyatselo sekucala VULA. Vuleka.  Umntfwanakho ufuna lusito kanye nekuciniseka kuwe.  Mlalele nakukhona lafuna kucoca ngako. Yemukele indlela lativa ngayo futsi bese uyamdvudvuta uphindze umkhutsate. | VULEKA  Mlalele umntfwana wakho nakakhuluma, wemukele imiva yakhe futsi umdvudvute. |  |
| Lokulandzelako, Coca/bhoboka.  Indlela lesitiphatsa ngayo embikwe bantfwana betfu inemtselela lomkhulu endleleni labatiphatsa ngayo.  Khuluma ngendlela lotiva ngayo.  Loku kutawusita umtfwana wakho kutsi abone, acondze aphindze akhone naye kulawula imiva yakhe. | COCA/BHOBOKA  Bani siboniso lesihle futsi ucoce nalabanye ngendlela lotiva ngayo. |  |
| Kwesitsatfu, fundza.  Fundza ngemiva.  Kunemiva lesisekelo lesitfupha: kujabula, kuba nelusizi, kukwata, kutfukutsela, kwenyanya, kumangala kanye nekwesaba.  Njengobe bantfwana bakhula, bafundza kubona letinye tifiso, njengekutsakasa, kukhungatseka, kutigcabha, kuba nesitunge, kuthula, kutisola kanye nekudideka. | FUNDZA  Kujabula  Kuba nelusizi  Kwetfukutsela  Kwenyanyiseka  Kumangala  Kwesaba |  |
| Sinyatselo sesine KUKHULUMA  Labanye batfu bakutfola kumatima kukhuluma ngendlela labativa ngayo kanye nekuveta indlela labativa ngayo, kodwa sonkhe siyakutfola.  Nawucoca ngemiva yakho lematima lefaka ekhatsi kutfukutsela, kujabha noma kudvumateka, usuke umsita kutsi akwati kuyiveta ngendlela lephephile. | KHULUMA  Khuluma nemntfwanakho ngemiva yakho. |  |
| Sinyatselo sesihlanu. Naka indlela lotiva ngayo futsi usite umntfwana wakho kutsi naye akubone loko.  Ungaphindze umsite umntfwana wakho abone kutsi imiva lemihle lefaka ekhatsi injabulo, kuthula kanye nekujabula imenta ative njani. | NAKA  Nakani indlela lenitiva ngayo nikanye mntfwanakho. |  |
| Sinyatselo sekugcina KUNAKEKELA. Mnakekele uphindze umdvudvute umntfwana wakho.  Sebentisa umtimba (tandla, kuvuma ngenhloko, nalokunye) kanye nemagama kute umntfwana wakho ativele emukelekile futsi atsandvwa.  Kumanga, kumamatseka nobe kubatjela kutsi uyacondza kungasho lokunyeti.  Mkhumbute umntfwana wakho kutsi ukhona nakakudzinga nekutsi ukulungele kucocisana naye. | NAKEKELA  Yenta umntfwana wakho ativele emukelekile futsi atsandvwa. |  |
| Khumbula, Coca nemntfwanakho ngemiva yakho ngekutsi [1] umvulele sifuba, [2] umcocele ngendlela lotiva ngayo, [3] ube nelwati ngemiva [4] ukhulume nemntfwanakho ngemiva, [5] unake indlela lenitiva ngayo nemntfwanakho, uphindze [6] umnakekele ngelutsandvo nangekumemukela.  Wenta kahle kakhulu!  Umsebenti wasekhaya kukhuluma nemntfwana wakho ngetinyatselo letisitfupha tekubhekana kanyi nekukhulum ngemiva, VULEKA, BHOBOKA, FUNDZA, KHULUMA, NAKA, NAKEKELA.  Kwati letinyatselo kutamsita umntfwana wakho kutsi abe nesibindzi sekukhuluma ngendlela lativa ngayo! Ungakwenta yini loko namuhla? | Khuluma Ngemiva Yakho   1. Vuleka 2. Kuyebelana 3. Fundza 4. Khuluma 5. Naka 6. Kunakekela   Umsebenti wasekhaya: Khuluma nemntfwana wakho ngetinyatselo letitfupha tekubhekana nemiva yakhe. | Animate words to text |

| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kuba ngumtali kungaba matima, kungako kufanele utinakekele! | Tinakekele |  |
| [phumula] Vala emehlo. [Phumula]  Hlala ngendlela lekulungele.  [phumula] Phumuta umtimba wakho bese ulalela lamagama lengitawakhuluma.  "[phumula]" Ticabange uyinkomishi lengenalutfo. "[phumula]" Uyatibona yini?  [phumula] Inkomishi lenganawo emanti iyafana nemuntfu lokhatsele, lodziniwe, aphindze atfukutsele.  [Phumula] Nyalo ticabange uyinkomishi legcwele emanti.  "[phumula]" Inkomishi legcwele emanti iyafana nemutfu lonemndlandla, lowenetisekile futsi lonesiciniseko ngaloko lakwentako.    "[phumula]" Ungakawavuli emehlo, cabanga kutsi unguyiphi inkomishi wena emkhatsini waleti?  Uyinkomishi legcwele noma lengenalutfo?  Nobe kungenteka kutsi usemkhatsini?  [phumula]  Kubalulekile kutsi tsine njengebanakekeli sibe netindlela tekugcwalisa tinkomishi tetfu.  [phumula]  Sewungawavula emehlo. |  | Cup, slowly filling? |
| Nayi intfo lelula longayenta kute inkomishi yakho yemanti ihlale igcwele futsi utinakekele. Kubitwa ngekutsi kuphefumula Ngelibhokisi. Asikwenteni kanye kanye. |  |  |
| Kuphefumulela ebhokisini, khipha umoya kube ngemahlandla lamane  [Phumula]  1  "[Phumula]"  2,  [Phumula]  3  "[phumula]"  4 | Khipha umoya | Numbers 1-4 |
| Manje, bala emahlandla abe mane ngaphambi kwekudvonsa umoya  [Phumula]  1  [Phumula]  2,  [Phumula]  3  [Phumula]  4 | BAMBA | Numbers 1-4 |
| Dvonsa umoya kute kube ngemahlandla lamane  [Phumula]  1  [Phumula]  2,  "[phumula]"  3  [phumula]  4 | Dvonsa umoya | Numbers 1-4 |
| Bamba umoya kute kube ngemahlandla lamane  [Phumula]  1  [Phumula]  2,  [Phumula]  3  [Phumula]  4 | BAMBA | Numbers 1-4 |
| Kute uphefumule kahle, phefumula uphume kuze kube ngu-4  [Phumula]  1  [Phumula]  2,  [Phumula]  3  [Phumula]  4 | Kuphefumula uphume | Numbers 1-4 |
| Manje, bala emahlandla abe mane ngaphambi kwekudvonsa umoya  [Phumula]  1  [Phumula]  2,  [Phumula]  3  [Phumula]  4 | BAMBA | Numbers 1-4 |
| Futfuta nekuphefumula kute kube tikhatsi letine  [Phumula]  1  [phumula]  2,  [Phumula]  3  [Phumula]  4 | KUHOGELA | Numbers 1-4 |
| Bamba umoya kute kube ngemahlandla lamane  [Phumula]  1  [Phumula]  2,  [Phumula]  3  [Phumula]  4 | BAMBA | Numbers 1-4 |
| Kwekigcina, Phefumulela ngaphandle. Ungaphindze uphefumule ngendlela levamile nyalo. [Phumula]      Umsebenti wasekhaya kutsi wetame kuphefumula ngalendlela yekuphefumulela ebhokisini. Ungayetama nyalo? | Umsebenti wasekhaya: Yenta shengatsi uphefumulela ebhokisini lokungenani, kanye ngelilanga. |  |

| Module: Have Fun While Learning | | |
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| Script | On Slide Text | Animation Notes |
| Nati tintfo letintsatfu letingakusita kutsi kufundza kumjabulise futsi kumchaze umtfwana wakho:  Dlala  [Phumula]  Bani nembono lokahle  [Phumula]  Uphindze ube nebuciko | Tichaze nawufundza   1. Dlala 2. Bani nembono lomuhle 3. Bani nebuciko |  |
| Kwekucala, dlala.  Kudlala ngesikhatsi afundza kuyayikhulisa imphilo yemntfwana wakho emtimbeni nasengcondvweni kuphindze kukhulise nelikhono lakhe lekufundza kanye nekukhumbula tintfo letibalulekile!  Kute ukhone kwenta kufundza kube mnandzi, ningadlala imidlalo lefundzisako nobe nidlale ku-Internet.  Nangabe umntfwana wakho ativa acindzetelekile ngemsebenti wesikolwa, ungamsita kutsi anciphise kucindzeteleka ngekutsi aphumule, advonse aphindze akhiphe umoya.  [2] Seluleko sesibili kutsi ube nembono lomuhle.  Khumbula kutsi bambalwa kakhulu bantfwana labawujabulelako umsebenti wesikolwa.  Ungambona kutsi ukhatsatekile, kodvwa mkhumbute ngekubaluleka kwemsebenti wesikolwa:  Kucinisa loko labakufundzile esikolweni kuphindze kubafundzise indlela yekusebentisa sikhatsi sabo ngekuhlakanipha.  Mkhutsate uphindze umdvumise umntfwana wakho ngemetamo yakhe yekufundza.  [3]Kwekugcina, yiba nebuciko.  Vumela umntfwana wakho kutsi asebentise buciko nakafundza.  Nasi sibonelo: Khutsata umntfwana wakho loseminyakeni yekutfomba kutsi asebentise titfombe nobe atsatse titfombe nobe aphume aye ngaphandle kusita ekufundzeni kwabo.  Nangabe umntfwana wakho anesifiso sekufundza ngesihloko lesisha, njengetifundvo tekuphila, mkhutsate kutsi afune futsi atfole lwati lolunyenti ngaso.  Basite bahlangane netati, batfole tincwadzi letinsha nobe bafundze ngetihloko letinsha ku-Internet.  Bani sibonelo lesihle:  Umntfwanakho akakubone usebentisa buciko noma likhono lakho, noma wetama kwenta lokutsite lokusha, ngisho noma usengakakwati kukwenta kahle. | DLALA  Dlalani imidlalo lenetifundvo futsi usite umntfwana wakho kutsi akhone kuphumula ngekudvonsa aphindze akhiphe umoya.  BANI NEMBONO LOMUHLE  Mdvumise umntfwana wakho ngemetamo layentako!  BANI NEBUCIKO  Funani tihloko letinsha naletijabulisako kanye kanye! |  |
| Khumbula kutsi kute umsite umntfwanakho atijabulise nakafundza, kufanele nidlale ndzawonye imidlalo lenesifundvo futsi umkhutsate kutsi aphumule nakudzingeka.  Yandzisa sento lesihle ngekumncoma umntfwana wakho ngemetamo layentako yekufundza.  Umvumele kutsi abe nebuciko ekufundzeni ngekufuna tihloko letinsha naletitsakasisako kanye kanye.  Umsebenti wasekhaya kutsi ucele umntfwana wakho kutsi aphumule kancane emsebentini wakhe wasekhaya atsatse imizuzu lesihlanu nente intfo letawushukumisa umtimba. Ungadansa, udlale i-dhola, kugxuma-gxuma nobe ugijime. Kutsatsa likhefu emsebentini wesikolwa kutawumsita kutsi akhumbule loko lakwatiko bese lokushukumisa umtimba kutawenta ingcondvo iphaphame ilungele ku-dadisha. Unaso yini sikhatsi sekukwenta loku namuhla? | Umsebenti wasekhaya: Cela umntfwana wakho kutsi aphumule kancane emsebentini wakhe wasekhaya ente lokutsite lokutamchaza. |  |

| Module: Help Your Teen Learn | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText! Nati tindlela letintsatfu letibalulekile tekusita umntfwana wakho kutsi afundze:  Beka Imigomo  [Phumula]  Buta Imibuto  "[phumula]"  Chumana | Msite Umntfwana Wakho kutsi Afundze   1. Beka Imigomo 2. Buta Imibuto 3. Chumana |  |
| [1] Kwekucala, beka imigomo.  Khuluma nemntfwana wakho loseminyakeni yekutfomba futsi utfole kutsi iyini imigomo yakhe. Yini lakafuna kuyifeza kulomnyaka? Mhlawumbe ufuna kujoyina licembu, akhe bangani labasha noma atfole emamaki lamahle esikolweni. Basite batibekele imigomo lecondzile. Lemigomo kufanele ibe nguleyo langakhona kuyicedza ngesikhatsi lesibekiwe.  Msite kutsi acondze budlelwane lobukhona emkhatsini wemsebenti lotsite wekufundza nekufinyelela emigomeni yakhe.  Loku kumnika umndlandla kutsi afundze.  [2] Lokulandzelako, BUTA IMIBUTO.  Mkhutsate umntfwana wakho kutsi abute imibuto, nawe umbute! Ungakhatsateki nangabe ungatati timphendvulo temibuto yakhe. Yetamani kutfola imphendvulo kanye kanye ngekutsi nibuke ku-Internet, noma nibute bantfu labanelwati endzaweni yakini. Kufuna kwati kutawusita ingcondvo yemntfwana wakho loseminyakeni yekutfomba ikhule!  [3]Kwekugcina, YENTA KUCHUMANA  Tjela umntfwana wakho ahlanganise lwati lwakhe lolusha naloko bekavele akwati, njengentfo layitsandzako nobe sihloko lasifundze esikolweni. Loko kutawumenta kutsi acabange futsi acondze kabanti imicondvo lehlukene. | Tibekele Imigomo  Msite umntfwana wakho kutsi budlelwane lobukhona emkhatsinin wekufundza nekufinyelela kulemigomo yakhe.  Buta Imibuto  Khutsata umntfwana wakho kutsi abute imibuto, niphindze nitfole timphendvulo kanye kanye!  Yakha Kuchumana  Hlanganisa kufundza kanye netintfo latitsandzako umntfwana wakho. |  |
| Khumbula, kumsita umntfwana wakho kutsi afundze:  Msite kutsi ayati imigomo yakhe futsi acondze kutsi kufundza kutamsita kutsi ayifeze. Mkhutsate umntfwana wakho kutsi abute imibuto futsi nitfole timphendvulo kanye kanye nekutsi akhone kuhlanganisa loko lakufundzako naloko lakutsandzako.  Umsebenti wakho wekusebentela ekhaya lamuhla kutsi uchitse imizuzu lesihlanu usita umntfwana wakho loseminyakeni yekutfomba kutsi atibekele umgomo wekufundza, nobe acedzele umsebenti wesikolwa kuleliviki. Unaso yini sikhatsi sekukwenta lamuhla? | 1. Tibekele Imigomo 2. Buta Imibuto 3. Yanta Budlelwane   Umsebenti wasekhaya:  Sebentisa imizuzu lesihlanu kute utfole imigomo yemntfwana wakho loseminyakeni yekutfomba. |  |

| Module: Create a Positive Learning Space for Your Teen | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText! Asakhe indzawo lekahle yekufundza kumntfwana wakho loseminyakeni yekutfomba.  Indzawo yekufundza lekahle idzinga loku lokulandzelako:  Kuthula  [phumula]  Umkhuba  [phumula]  Nakwesekela  Asesifundze kabanti ndzawonye. | Yanta indzawo lekahle yekufundza lapho umntfwana wakho angafundza khona   1. Kuthula 2. Umkhuba 3. Kwesekeleka |  |
| [1] Kwekucala, kuthula.  [Phumula]  Kufundza lokunemphumelelo kudzinga kutsi utinake tintfo. [phumula] Tfola indzawo lapho umntfwana wakho angafundza khona ngaphandle kwekuphatamiseka.  Tjela umntfwana wakho loseminyakeni yekutfomba kutsi agcine lucingo lwakhe lungekho lapho afundzela khona, acime umculo futsi anciphise umsindvo kute akhone kunaka tintfo.  [2]Lokulandzelako, Umkhuba  [phumula]  Msite umntfwana wakho ngekwenta imfundvo ibe yincenye lebalulekile emisebentini yakhe yelilanga.  Nakungenteka, khutsata umntfwana wakho loseminyakeni yekutfomba kutsi acedzele umsebenti wesikolwa ngaphambi kwekutsi acale umsebenti wasekolwa. Loko kukhombisa kutsi imfundvo yabo ibalulekile kuwe.  [3]Kwekugcina, YISEKELE umntfwana wakho loseminyakeni yekutfomba etifundvweni tabo.  [phumula]  Yetama kuvumela umntfwana wakho loseminyakeni yekutfomba kutsi anake kakhulu ngesikhatsi asebenta. Batjele kutsi utabasita nangabe badzinga lusito.  Ungamesekela nangekutsi umbute ngaloko lokufanele akwente namuhla, bese uyamncoma nangabe akucedzile. | KUTHULA  Tfola indzawo lekhululekile lapho umntfwana wakho loseminyakeni yekutfomba angakwati khona kunaka tintfo.  UMKHUBA  Umsebenti wesikolwa ubaluleke kwendlula imisebenti yasekhaya.  KWESEKELA  Babute kutsi yini labafuna kuyifeza futsi ubancome nabayifinyelela. | Cross out phone and music |
| Khumbula, kute wente indzawo yekufundza ibekahle kumntfwana wakho, msite kutsi akhone kunaka tintfo ngekumnika indzawo lethulile. Yenta inchubo yekutsi afundze onkhe malanga, ngaphambi kwekwenta imisebenti yasekhaya, umelekelele etifundvweni takhe ngekumtjela kutsi ungamsita nakadzinga lusito, bese uyamyekela a-dadishe ngaphandle kwekuphatamiseka.  Umsebenti wasekhaya lamuhla, kucoca nemntfwana wakho kutsi atfole indzawo lekahle yekufundza ekhaya. Unaso yini sikhatsi sekukwenta lamuhla? | Umsebenti wasekhaya:  Sebentisana nemntfwanakho kute nitfole indzawo yekufundza ekhaya. |  |

| Module: Learning from Mistakes | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Njengemtali, ungamsita umntfwana wakho kutsi afundze emaphutseni akhe. Nati tindlela letine longatenta:  Khuluma  [phumula]  Dvumisa Imitamo  [phumula]  Mvumele Ente Emaphutsa  [phumula]  Nicocisane  Asesifundze kabanti ndzawonye. | Kufundza ngekwenta Emaphutsa   1. Khuluma 2. Dvumisa Imetamo 3. Mvumele Ente Emaphutsa 4. Bhoboka |  |
| [1] Kwekucala, Khuluma. Yakha sikhatsi kuze umntfwana wakho akhone kucoca nawe ngemphilo yakhe.  Yetama kumbuta kutsi luhambe njani lusuku lwakhe esikolweni. . Nangabe lilanga lakhe belimatima, mlalele futsi umnike litfuba lekutsi akucocele ngalo. Mesekele futsi umkhombise kutsi uyamkhatsalela. Batjele kutsi, "Kuvakala kumatima loko"  [2] lokulandzelako, mncome ngemetamo yakhe.  Mdvumise ngemetamo layentako yekufundza, ngisho noma angakenti kahle. Jabulelani lometamo kanye kanye! Kwetama kubaluleke kakhulu kwendlula kufundza likhono lelitsite.  [3] Kwesitsatfu, mvumele ente emaphutsa.  Mvumele umntfwana wakho kutsi awente emaphutsa. Myekele afundze ngemaphutsa akhe kute akhule. Kungenteke ulingeke ufune kucatulula tonkhe tinkinga temntfwana wakho, ikakhulu nawati kancono, kodvwa loko kutawumenta angafundzi kuticatululela tinkinga takhe. Khuluma nemntfwana wakho ngemaphutsa akhe futsi umvumele kutsi atfole tindlela tekucatulula tinkinga takhe kute ente ncono esikhatsini lesitako.  [4] Ekugcineni, KWABELANA  Yetama kumcocela umntfwana wakho ngemaphutsa lowawenta nekutsi akukhulise kanjani.  Loku kutawumsita umntfwana wakho kutsi abone kutsi kuyenteka ngalesinye sikhatsi ungakhoni kutenta kahle tintfo. | KHULUMA  Khuluma nemntfwana wakho ngelilanga lakhe esikolweni.  KUDVUMISA UMTAMO  Kwetama kubaluleke kakhulu kwendlula kufundza likhono.  VUMELA EMAPHUTSA KUTSI ENTEKE.   Bantfwana labaseminyakeni yekutfomba kufanele bafundze emaphutseni abo.  Khuluma  ngemaphutsa akho |  |
| Khumbula, kute usite bantfwana bakho kutsi bafundze emaphutseni abo:  [phumula]  Yakha sikhatsi kuze umntfwana wakho akhone kucoca nawe ngemphilo yakhe.  Mdvumise umntfwana wakho ngemetamo layentako yekufundza, ngisho noma angakenti kahle.  [3] Mvumele umntfwana wakho kutsi ente emaphutsa. Bayekele bafundze emaphutseni abo kute bakhule.  Mcocele umntfwana wakho ngemaphutsa akho lowake wawenta nekutsi akukhulise kanjani.  Umsebenti wasekhaya kutsi ucocele umntfwana wakho indzaba ngesifundvo lowasitfola ngekwenta liphutsa. Kungaba kusikolwa, nobe kulesinye sifundvo sekuphila. [phumula] Unaso yini sikhatsi sekukwenta lamuhla? | 1. Khuluma 2. Kudvumisa Umtamo 3. Vumela Emaphutsa kutsi enteke 4. Coca   Umsebenti wasekhaya:  Cocela umntfwana wakho indzaba ngesifundvo lowasitfola ngekwenta emaphutsa. |  |

| Module: Learning How to Work with Other People | | |
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| Siyakwemukela ku-ParentText. Ungamsita umntfwana wakho kutsi afundze kusebenta nalabanye bantfu ngekutsi umkhutsate kutsi abe nebuhlobo lobuhle nalabanye futsi abe yincenye yelicembu.  Asesifundze kabanti kanye kanye. | Kufundza Kusebentisana Nalabanye Bantfu  Bani Nebangani  Kusebentisana nalabanye bantfu |  |
| Kwekucala, hlanganyela nebantfu. Mvumele umntfwana wakho kutsi a-dadishe nebangani bakhe ngendlela lephephile. Ungababita ngekutsi ''bangani beku-dadisha.''  Ungaphindze umsite umntfwana wakho kutsi asebentisane nalabanye bantfwana ngekumkhutsata kutsi abalalele futsi ayihloniphe imibono yabo. | Hlanganyela nalabanye bantfu  Mvumele abe nebangani laka-dadisha nabo.  Yetama kusebentisana nalabanye bantfu  Ngekuhlonipha labanye. |  |
| Umsebenti wakho wekusebenta ekhaya lamuhla kucoca nemntfwana wakho loseminyakeni yekutfomba futsi ukhetse umuntfu longafundza naye liviki lelitako. Unaso yini sikhatsi sekukwenta loku namuhla? | Umsebenti wasekhaya  Msite umntfwana wakho atfole umuntfu langa-dadisha naye. |  |

| Module: Create Routines with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulelikhono, sitawufundza indlela yekwakha inchubo nemntfwana wakho.  Kusukela emsebentini wesikolwa kuya emisebentini yasekhaya, kwakha kanye kanye inchubo yawo onkhe emalanga kutamsita kutsi tivele aphephile futsi avikelekile umntfwana wakho. Nati tintfo letintsatfu lokufanele nitikhumbule nanakha inchubo:  Bani Licembu  [phumula]  Ungagucuki kuloko lokushoko  [phumula]  Dvumisa | Kwakha Inchubo yekwenta tintfo Nemntfwana Wami   1. Sebentisana nalabanye 2. Ungagucuki kuloko lokushoko 3. Dvumisa |  |
| Kwekucala, Bani Licembu.  [phumula]  Khulumisana nemntfwana wakho kutsi ufuna inchubo yakhe yelilanga neyeliviki ibenjani.  Manengi ematfuba ekutsi umntfwana wakho ayilandzele inchubo yekwenta imisebenti nangabe ahlanganyele ekwakhiweni kwayo. | Sebentisana nalabanye  Sebentisanani kute nente luhlelo lwenu. |  |
| Lokulandzelako, Bani Ngalokungagucuki  [phumula]  Nasewente luhlelo lwemalanga onkhe, ciniseka kutsi umntfwana wakho uyalulandzela.  Loku kwenta umntfwana wakho ative avikelekile.  Kutiva uvikelekile kusho kutsi umntfwana wakho loseminyakeni yekutfomba utawuba nendzawo yekukhula.  Nayi leminye imibono mayelana netinchubo temisebenti leningatenta nemntfwana wakho:  Sikhatsi sekulala  Imisebenti Yesikolwa  Imisebenti yasekhaya  Sikhatsi sekudla  Sikhatsi sekudlala/sekwenta noma yini  Sikhatsi sekubukela i-Tv nobe sekusebentisa tintfo tebuchwephesha  Sikhatsi sekucoca tinganekwane  Kucitsa sikhatsi nebangani kanye nemndeni | UNGAGUCUKI KULOKO LOKUSHOKO  Inchubo yemisebenti yelilanga isita bantfwana betfu kutsi bativele baphephile. |  |
| Kwekugcina, dvumisani.  [phumula]  Mbonge umntfwana wakho ngekuhlanganyela nawe nente inchubo yemisebenti yakhe yelilanga futsi umncome nangabe ayilandzela! | DVUMISA  Bancome nabatigcina emalungiselelo abo emalanga onkhe! |  |
| Khumbula, kwakha inchubo yekwenta imisebenti kanye nemntfwana wakho:  [phumula]  [1] Sebentisanani kute nakhe inchubo yekwenta imisebenti yawo onkhe emalanga.  [2] Sita umntfwana wakho kutsi ayilandzele lenchubo yemisebenti yawo onkhe emalanga.  [3] Kwekugcina, mdvumise. Mdvumise umntfwana wakho ngekwenta inchubo yemisebenti kanye nawe uphindze umdvumise nawubona kutsi uyayilandzela lenchubo yakhe.  Umsebenti wasekhaya kucocisana nemntfwana wakho ngenchubo yawo onkhe emalanga. Ukulungele yini? | 1. Sebentisana nalabanye 2. Ungagucuki kuloko lokushoko 3. Dvumisa   Umsebenti wasekhaya:  Cocisana nemntfwana wakho ngenchubo yawo onkhe emalanga. |  |

| Module: Set Family Rules | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona!  Namuhla, likhono lekuba ngumtali likhuluma ngekusebentisana nebantfwana betfu sakhe imitsetfo yemndeni. Uma nakha imitsetfo yasekhaya nemntfwana wakho, khumbulani nati tinyatselo letine:  Sebentisana nalabanye  [phumula]  Yenta Lokuliciniso  [phumula]  Ungagucuki kuloko lokushoko  [phumula]  Dvumisa Ngalokuvamile | Beka Imitsetfo Yemndeni   1. Bani Licembu 2. Yenta Lokuliciniso 3. Ungagucuki 4. Dvumisa njalo |  |
| Kwekucala, Bani Licembu.  Tjela umntfwana wakho loseminyakeni yekutfomba kutsi abambe lichaza nawubeka imitsetfo yasekhaya. Loko kutawenta kutsi umntfwana wakho ayilandzele lemitsetfo. Cocani ngetizatfu talomtsetfo futsi nilalele imibono yabo.  Ngemuva kwaloko, yenta tintfo ngendlela lefanele.  Yenta imitsetfo yakho ivumelane naloko umntfwana wakho langakhona kukwenta. Umtsetfo munye ngasikhatsi ulula. Bani nesiciniseko kutsi bayakucondza loko lofuna bakwente. Yenta siciniseko kutsi lomtsetfo ulungile.  [3] Sinyatselo sesitsatfu kutsi ungagucuki. Nangabe seniwubekile umtsetfo, kufanele niwulandzele! Nangabe ngaso sonkhe sikhatsi ulindzele kutsi umntfwana wakho loseminyakeni yekutfomba alalele umtsetfo lotsite, kutawuba melula ngaye kutsi awulalele. Nangabe lomtsetfo uyakufaka nawe, njengekutsi nidle kanye kanje ningumndeni kanye ngeliviki, kubalulekile kutsi nawe uwugcine.  [4] Kwekugcina, dvumisa njalo. Mbonge umntfwana wakho ngekuhlanganyela nawe nakhe imitsetfo yasekhaya. Njengoba ubadvumisa ngekutiphatsa kahle nekulandzela umlayeto, badvumisenalapho bawulandzela lomtsetfo! | BANI LICEMBU  Yakhani lemitsetfo kanye kanye nemntfwana wakho  BANI NELICINISO  Gcina imitsetfo yakho icacile.  UNGAGUCUKI  Ciniseka kutsi wena nemntfwana wakho niyayilandzela lemitsetfo.  Mudvumise njalo  Mudvumise njalo umntfwana wakho nawubona kutsi uyayilandzela lemitsetfo. |  |
| Khumbula: [Phumula]  [1] Bani licembu futsi wente imitsetfo ndzawonye.  [2] Gcina imitsetfo yakho icacile futsi imifisha.  [3] Sebentisa lemitsetfo ngaso sonke sikhatsi.  [4] Mudvumise njalo umntfwana wakho. Mudvumise ngekukusita kutsi nakhe umtsetfo futsi umdvumise nakawulandzela.  Umsebenti wasekhaya kutsi wetame kwenta lokungenani umtsetfo wemndeni ube munye kanye kanye nemntfwanakho. Ungakwenta yini loko namuhla? | 1. Bani Licembu 2. Yenta Lokuliciniso 3. Ungagucuki 4. Dvumisa Ngalokuvamile   Umsebenti wasekhaya: kutsi wetame kwenta lokungenani munye umtsetfo wemndeni nemntfwanakho loseminyakeni yekutfomba. |  |

| Module: Know Online Safety Basics | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kuvikela umntfwana wakho kutsi angangeni engotini futsi abe nemikhuba lemihle yekusebentisa i-Internet kungase kubonakale kumatima ngaletinye tikhatsi.  Nati tintfo letine lokufanele utikhumbule mayelana nekuphepha ku-Internet:  FUNDZA,  VIKELA  Yakha imikhuba lemihle  nekwakha kwetsembana.  [1] Lamuhla, sitawucoca ngeteluleko [phumula] KUFUNDZA [phumula] kanye nekuVIKELA.  Esifundvweni lesilandzelako sitawucoca [phumula] ngekwakha imikhuba lemihle [phumula] kanye nekwakha kwetsemba.  Asesicale. | Tati Timiso Letisisekelo Tekuphepha Ku-Internet   1. Fundza 2. Vikela 3. Yakha imikhuba lemihle 4. Nekwakha kwetsembana | [1] circle draws around learn and protect |
| Kwekucala, fundza ngetingoti tekusebentisa i-Internet.  [phumula] Lokucuketfwe [phumula] Kuchumana, [phumula] kanye nekutiphatsa  [1] Kwekucala, lokucuketfwe. Umntfwana wakho loseminyakeni yekutfomba angahlangana netintfo letingaba yingoti ku-Internet, letifaka ekhatsi budlova, kutondvwa kwalabasikati, titfombe letikhombisa kungcola, kwatiswa lokungemanga nobe kutondvwa kwebantfu labavela kulamanye emave.  [2] Ngemuva kwaloko, Kuchumana. Umntfwana wakho loseminyakeni yekutfomba angatsintfwa nga bantfu labangamati nobe bantfu labadzala labatenta bantfu labaseminyakeni yekutfomba, bacele titfombe letikhombisa kungcola nobe baze bamcele kutsi bahlangane.  [3] Kwekugcina, kutiphatsa. Bantfwana labaseminyakeni yekutfomba bangenta tintfo letingabavisa buhlungu labanye bantfu ku-Internet, nobe babe bahlukunyetwa baloku.  Ngaletinye tikhatsi kuba matima kuvikela bantfwana betfu labaseminyakeni yekutfomba kuto tonkhe letingoti. Ngenhlanhla, kunetindlela letinyenti longativikela ngato. | FUNDZA   1. Lokucuketfwe 2. Kuchumana 3. Kutiphatsa |  |
| Tinyenti tindlela longenta ngato i-Internet ibe yindzawo lephephile kumntfwana wakho loseminyakeni yekutfomba.  [1] Khuluma nemntfwana wakho loseminyakeni yekutfomba: Ngumaphi ema-app kanye nema-website laphephile futsi ngawaphi langaphephile? Yini leyabangela loko?  [2] Sita umntfwana wakho kutsi afundze kubhala emaphasiwedi lacinile kute avikele tintfo takhe. | VIKELA   1. Khuluma nemntfwana wakho 2. Beka emaphasiwedi lacinile |  |
| Emhlanganweni lolandzelako, sitawuchubeka nekufundza ngekuphepha ku-inthanethi. Lamuhla, umsebenti wakho ekhaya kutsi ubute umntfwana wakho loseminyakeni yekutfomba kutsi, "Wentani kute uhlale uphephile ku-Internet?"  Ungase utfole kutsi sebavele bacabanga ngekuphepha ku-Internet. Mbonge ngemetamo layentako.  Ungakhuluma yini nemntfwana wakho loseminyakeni yekutfomba lamuhla? | Umsebenti wasekhaya  Imisebenti yasekhaya Buta umntfwana wakho: Yini loyentako kute uhlale uphephile ku-Internet? |  |

| Module: Building Habits and Trust Online | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona futsi! Kuvikela umntfwana wakho kutsi angangeni engotini futsi abe nemikhuba lemihle yekusebentisa i-Internet kungase kubonakale kumatima ngaletinye tikhatsi.  Mayelana nekuphepha ku-Internet, kunetintfo letine lokufanele utikhumbule. Ngaphambilini, sifundze ngeteluleko tekUFUNDZA nekuVIKELA.  Lamuhla sitawucoca ngetindlela tekwakha imikhuba lemihle kanye nekwakha kwetsembana.  Asesicale. | Gcina umntfwana wami loseminyakeni yekutfomba aphephile ku-Internet   1. Fundza 2. Vikela 3. Yakha imikhuba lemihle 4. Nekwakha kwetsembana |  |
| Kwekucala, kwakha imikhuba ekhaya lakho leyenta kube nekuphepha ku-Internet kanye nebuhlobo lobuhle nayo.  [phumula] Hlela tikhatsi lapho ungeke usebentise khona lucingo ekhaya lakho, njengasikhatsi sekudla, umsebenti wasekhaya nobe usembhedeni.  [Phumula] Vumela umntfwana wakho loseminyakeni yekutfomba kutsi akhulume nebantfu labati kahle ku-internet. Akukafaneli batjele labanye imininingwane yabo etindzaweni tekuchumana nobe kubantfu labangabati.  [phumula]Ngaphambi kwekugcwalisa emafomu lacela imininingwane yakho, hlola kutsi likheli le-web licala nga https://. Emawebhusayithi lacala nga-http:// angase angabi nesiciniseko.  [Phumula] Sita umntfwana wakho loseminyakeni yekutfomba kutsi akhe emaphasiwedi lacinile.  Emaphasiwedi lamahle  [Phumula] lelidze  [phumula] angafaki imininingwane lemcoka lefaka ekhatsi ligama lakho nobe lusuku lwakho lwekutalwa  [phumula] futsi kufake ekhatsi tinhlavu letinkhulu naletincane, tinombolo netimphawu. | Yakha imikhuba lemihle  Beka sikhatsi lapho ungeke ukhone kusebentisa lucingo khona ekhaya  Hlola emakheli e-web  http:// https://  Beka emaphasiwedi lacinile:  lelidze  Ungafaki imininingwane yakho  -Faka ekhatsi tinhlavu letinkhulu naletincane, tinombolo netimphawu. | Animate password details to explain better. |
| Kwekugcina, yenta kutsi umntfwana wakho akutsembe.  [1]  Hlola ndzawonye ema-website abo, tinhlelo tekuchumana, imidlalo kanye netinhlelo tekuchumana labatisebentisako.  [2]  Buta imibuto - loku kutakusita kutsi ufundze lokunyenti ngetintfo letitsandvwa ngumntfwana wakho loseminyakeni yekutfomba!  [3]  Nangabe kukhona lokukhatsatako, khuluma nabo ngako.  [4]  Tjela umntfwana wakho loseminyakeni yekutfomba kutsi nangabe ativa esaba, angakaphephile nobe akhatsatekile ngenca yalokutsite lakwentako ku-Internet, kufanele akutjele umuntfu lomdzala ngekushesha futsi acele lusito kute akubikele ngako.  Njengobe nje ugcina umntfwana wakho loseminyakeni yekutfomba aphephile emhlabeni mbamba, nawe kufanele wente siciniseko sekutsi aphephile nasemhlabeni webuchwephesha. Ngekulandzela letinyatselo, ungabavikela futsi uciniseke kutsi sikhatsi labasicitsa ku-Internet sivikelekile kute bachubeke bafundza. Uwenta kahle kakhulu umsebenti wakho! | Kwakha kwetsembana   1. Hlolani ndzawonye ema-website, tinhlelo tekuchumana, imidlalo netinhlelo letisetjentiswa ngumntfwana wakho 2. Buta Imibuto 3. Khulumani ngekukhatsateka ngetintfo ndzawonye. 4. Tjela umntfwana wakho loseminyakeni yekutfomba kutsi nangabe atfukile nobe ativa angakaphephile, kufanele atjele umuntfu lomdzala. |  |
| Naku longakwenta lamuhla kute uciniseke kutsi bantfwana bakho labaseminyakeni yekutfomba baphephile ku-Internet:  [1]  Kwekucala, bhala phansi nobe udvwebe ema-app kanye nema-website latfolakala kubantfwana bakho  [2]  Lolandzelako, mbonge ngekusebentisa kwakhe kahle i-Internet!  [3]  Ngemuva kwaloko, khulumani nge mawebhusayithi nobe ema-app letingaba yingoti. Bacoce ngekutsi yini lengabenta bangavikeleki.  [4]  Kwekugcina, khulumani ngendlela umntfwana wakho kanye nebangani bakhe labangasebentisa ngayo i-Internet ngekuphepha.  Wena nemntfwanakho ningakhona yini kuwucedza lomsebenti lamuhla? | Umsebenti wasekhaya:  [1] Bhala phansi nobe udvwebe tinhlelo tekuchumana kanye nema-website lasetjentiswa ngumntfwana wakho  [2] Dvumisa umntfwana wakho loseminyakeni yekutfomba ngekusebentisa kahle i-Internet!  [3] Khuluma ngekutsi ngumaphi emasayithi nobe ema-app lokungenteka kunga phephanga. Yini leyabangela loko?  [4] Khulumani ngendlela umntfwana wakho kanye nebangani bakhe labangasebentisa ngayo i-Internet ngekuphepha. | Illustrate as needed |

| Module: Understand Needs & Wants | | |
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| Script | On Slide Text | Animation Notes |
| Lomgomo, sitawufundza ngetinyatselo letine tekwakha umnotfo wemndeni. Loku kutakusita wena nemntfwanakho loseminyakeni yekutfomba kutsi nicondze kancono kutsi imali igcinwa njani futsi isetjentiswa njani emndenini. Lamuhla sitawufundza ngesinyatselo sekucala: [yekuphumula] kucondza tidzingo takho kanye naloko lokufunako. | Kucondza Tidzingo Nelukufunako |  |
| Bhala luhla lwetintfo wena nobe umntfwana wakho leningeke nikhone kuphila ngaphandle kwato. Letintfo tibalulekile kute umndeni wakho usindze. Loku kungafaka ekhatsi [phumula]kudla, [phumula]insipho, [phumula]imitsi, [phumula]imali yesikolwa kanye nemali yendlu. | Tfola Tidzingo | Time entry of want list animated. Localize currency |
| Ngemuva kwaloko, tfola lokofunako.    Bhala luhla lwetintfo wena nobe umntfwana wakho lomusha lenitifunako. Letintfo tihle kodvwa atidzingeki.  [phumula]  Nasi sibonelo, idathat, [phumula]lucingo lolusha, [phumula]imali yetekutfutsa kute uvakashele umngani, [phumula]nobe sipho lesikhetsekile. | Tfola lokofunako | Time entry of need list animated. Localize currency |
| Ekugcineni, khuluma. [phumula]    Bantfu bavame kubona tintfo ngetindlela letehlukene. Khuluma nemntfwana wakho loseminyakeni yekutfomba ngetidzingo takhe kanye netintfo latifunako. Loku kutakusita kutsi nicondzane. Nangabe ubacondza, ungababandakanya ekutsatseni tincumo ngekusebentisa imali. Kufaka umntfwana wakho loseminyakeni yekutfomba kuloluhlelo kutawumfundzisa indlela yekusebentisa kahle imali futsi kutawucinisa buhlobo benu. | Khuluma |  |
| Umsebenti wakho wekusebenta ekhaya kutsi wetame kucoca ngetidzingo takho temali nemntfwanakho. Unaso yini sikhatsi sekukwenta lamuhla? | Bhalani tintfo lenitidzingako kanye netintfo lenitifunako, ndzawonye. |  |

| Module: Talking about Monthly Expenses | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sitawufundza ngetinyatselo letine tekwakha umnotfo wemndeni nemntfwanakho. Lamuhla, sitawufundza ngesinyatselo sesibili: [phumula] kukhuluma ngetindleko tetinyanga.  Nayi indlela lemelula futsi lejabulisako yekwenta loku nemntfwana wakho loseminyakeni yekutfomba. | Kukhuluma ngetindleko tetinyanga |  |
| Tsatsa incenye yeliphepha nobe lokunye longabhala khona, kanye nepeni. Ngemuva kwaloko, dweba titfombe tato tonkhe tintfo wena nemndeni wakho lenitisebentisela imali inyanga ngayinye.  "[phumula]"  Ngemuva kwaloko, bhala eceleni kwesitfombe ngasinye kutsi sitsenge malini. Kwekugcina, hlanganisa kutsi usebentisa malini ngenyanga. | 1. Butsa tintfo tekusebenta 2. Dvweba titfombe 3. Bhala tindleko 4. Hlanganisa tindleko | Begin with blank page  add items to blank piece of paper  add prices on to this piece of paper |
| Titsatsele sitfombe setindleko takho tetinyanga tonkhe. Utawudzinga lolwati esifundvweni lesilandzelako!  Lesi sinyatselo sekucala lesikahle sekuhlela kahle imali yemndeni! |  | See if there’s a way to show a camera flash? |
| Umsebenti wakho wasekhaya kutfola sikhatsi sekwenta lomsebenti nemntfwana wakho loseminyakeni yekutfomba. Unaso yini sikhatsi sekukwenta lamuhla? | Imisebenti yasekhaya: Bhala luhlu lwetindleko takho tetinyanga nemtfwanakho. |  |

| Module: Making a Monthly Budget | | |
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| Script | On Slide Text | Animation Notes |
| Kulomgomo, sitawufundza ngetinyatselo letine tekwakha umnotfo wemndeni nebantfwana betfu. Lamuhla, sitawucoca ngesinyatselo sesitsatfu: [phumula] kwenta luhlelo lwemali lwenyanga | Kwenta Luhlelo Lwekusebentisa Imali Yenyanga Yonkhe |  |
| Kwekucala, tsatsa incenye yeliphepha lelisetincwadzini letikhuluma ngetindleko tetinyanga letitsite letiveta tonkhe tintfo lotisebentisele tona ngenyanga. |  | Show end of prev. Module pic |
| Kwesibili, fundzani kutsi umndeni wenu unemali lengakanani lenyanga ngayinye. Loku kungenteka kutsi kuvela emsebentini, tinzuzo letitfolwa ngulabanye bantfu, nobe imali letsetfwe nguletinye tihlobo. |  | Show scribbles adding up |
| Sincume nemntfwanakho kutsi ngutiphi tindleko lotidzingako futsi nguyiphi loyifunako. Dvweba inkhanyeti eceleni kwako konkhe lokudzingako. Hlanganisa tonkhe tintfo letinetinkhanyeti eceleni kwato. |  | Return to prev. Module pic and insert hand drawn stars |
| Lemali ingetulu nobe iphansi kwemali loyisebentisa ngenyanga? Nangabe kuncane, ungengeta letinye tintfo lotitsandzako. Nangabe kunetidzingo letinyenti, ungase ufune kucoca nemntfwana wakho kutsi ngutiphi tintfo letidzingeka mbamba. Kungenteka kudzingeke wente tincumo letimatima emkhatsini wetintfo letehlukahlukene. |  | Show bottom of both pages (Star total and income total) with total sums circled |
| Umsebenti wakho ekhaya kusebenta nemntfwana wakho loseminyakeni yekutfomba kute nente ibhajethi yemndeni ndzawonye. Unaso yini sikhatsi sekukwenta lamuhla? | Imisebenti yasekhaya: Sebentisanani nemntfwana wakho loseminyakeni yekutfomba kute nibeke luhlelo lwekusebentisa imali lenyanga yonkhe |  |

| Module: Make a Saving Plan | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, Sifundza ngetinyatselo letine tekusebentisa imali emndenini nebantfwana betfu. Lamuhla, sitawubuyekeza sinyatselo sekugcina: [phumula] Yenta luhlelo lwekonga. | Yenta luhlelo lwekonga |  |
| Kwekucala, khuluma nemntfwana wakho ngetizatfu letehlukahlukene letingakusita wonge imali. Loku kungafaka ekhatsi: [phumula]  Kulungiselela timo letiphutfumako, [phumula]  Kutsenga intfo lenhle kuwe nobe kumntfwana wakho loseminyakeni yekutfomba, [phumula]  Kwenta lokutsite lokujabulisako ndzawonye njengemndeni, nobe [phumula]  Kuhlela tindleko letinkhulu letitawenteka esikhatsini lesitako, njengekulungisa likhaya lakho nobe kutfutfukisa imfundvo yebantfwana bakho. | Yenta sincumo: Utawubekelani imali? | Images timed to show reasons for saving |
| Kwesibili, cabanga ngemali lofuna kuyigcina. [phumula]  Buka luhlelo lwakho lwemali lwenyanga kusukela kulomsebenti wekugcina.  [phumula]  Khulumisana nemntfwanakho kutsi ungayigcina malini liviki ngalinye nenyanga ngayinye. | Yenta sincumo: Ungatibekela malini ngeliviki nobe ngenyanga kute ufinyelele umgomo wakho? | Illustrate how small amounts saved over time, create a large sum |
| Kwesitsatfu, khuluma nemntfwanakho ngetindlela letehlukene tekugcina imali kute uyisebentise esikhatsini lesitako. [phumula]  Loku kungafaka ekhatsi: [phumula]  Kugcina imali ebhange [phumula]  Kugcina imali yakho ivikelekile ekhaya, [phumula]  Kugcina imali ecenjini lekugcina imali nekuboleka imali, nobe [pause]  Kutsenga imfuyo njengetimbuti nobe tinkhomo. [phumula]  Tincumele kutsi nguyiphi indlela yekonga imali lengasita umndeni wakho. | Yenta sincumo: Indlela lephephile yekugcina imali yakho.   1. Ebhange 2. Ekhaya 3. Ecenjini lekugcina netimali 4. Kutsenga imfuyo, njengetimbuti nobe tinkhomo |  |
| Sinyatselo sekugcina kutfola tindlela tekutfola kwesekela. Hulumende nobe tinhlangano tasemakhaya tingase tinikete imali, emavawusha nobe kudla emindenini leswele. Cabanga ngekutsi tikhona yini tindzawo emphakatsini wakini letiniketa lusito. | Tfola kwesekela |  |
| Nangabe ungakhona, yetama kubekela eceleni ngisho nemali lencane inyanga ngayinye kute uyisebentise esikhatsini lesitako nobe nawufuna lusito. Loku kungenta umehluko lomkhulu ngekuhamba kwesikhatsi.  Umsebenti wakho wekusebenta ekhaya kwenta luhlelo lwekonga nemntfwana wakho loseminyakeni yekutfomba. Unaso yini sikhatsi sekukwenta lamuhla?  Khumbula kutibonga wena nemntfwanakho ngekutsi nitinike sikhatsi sekwenta luhlelo lwekonga. Ngiyanihalalisela! | Umsebenti wasekhaya: Yenta luhlelo lwekonga nemntfwana wakho. |  |

| Module: Be Kind to Myself | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText. Kunetinyatselo letintsatfu letingakusita kutsi utiphatse kahle. Emalangeni lambalwa, sitawufundza kusebentisa tinyatselo letifanako nebantfwana betfu, kidvwa sitawucala ngekutilolonga tsine ngekwetfu: NAKA, TSANI KULUNGILE, FUTSI UBE NEMUSA.  Asicale. | Ngibe Nemusa Kimi |  |
| Kwekucala, NAKA.  Ngalesinye sikhatsi, kuba melula kungayinaki imiva lekabi ngoba ucabanga kutsi itokwendlula. Kodvwa kungayinaki lemiva kusho kutsi itawuphindze ibuye ngemuva kwesikhatsi - nobe ibe kabi kakhulu! Nangabe utiva ukabi emoyeni, naka lokutsi uyakuva loko. Kungakusita kuwunika ligama lowo muzwa. Unganaka kutsi utiva uhlazekile, unemahloni, unemona noma utfukutsele.  Lokulandzelako, tsani Kulungile.  Phumula kancane nobe uphefumule kancane. Nyalo titjele kutsi, ʹKulungile, ʹ ngobe kulungile kuba nemiva lekabi - wonkhe muntfu uyaba nayo ngaletinye tikhatsi! Imvamisa, lemiva iyaye ivele nakunesizatfu lesivakalako futsi kungabakhona lesibikela kona. Kulungile!  Kwekugcina, bani nemusa  Nangabe utiva ngalendlela, kubalulekile kutsi ube nemusa kuwe futsi utibeketelele. Cabanga ngeseluleko langakunika sona umngani wakho noma lilunga lemndeni labakutsandzako nyalo. | **Naka** indlela lotiva ngayo, noma ngabe ikabi.  **Tsani "kulungile",** ngoba kunjalo!  **Bani nemusa** kuwe. |  |
| Singakacedzi, asesifundze kutinaka.  Hlala phansi  [phumula imizuzwana lemitsatfu]  vala emehlo  [phumula imizuzwanai lemibili]  lalela kuphuma nekungena kwemphefumula kwakho.  [phumula imizuzwana lemitsatfu]  Naka indlela lotiva ngayo.  [phumula imizuzwana lemitsatfu]  Nase ucedzile, vula emehlo.  [phumula imizuzu lemitsatfu]  Kuyenteka yini utive shengatsi imiva yakho iyakwengama?  Khuluma nalomunye umuntfu.  Khuluma nemuntfu lometsembako. Khuluma nemngani wakho. Khuluma nemndeni wakho.  Tikhulule kuloko lokukukhatsatako. Ngisho noma kungaba sikhashana nje.  [phumula]  Utiva njani nyalo?  Kujabula nalabanye bantfu kukwengetela injabulo kantsi nenkinga loyicocele lomunye umuntfu isuke seyicalile kusombululeka.  Njengebantfwana, batali nabo bahle baludzinga lusito nekwesekeleka! | Phumula | Box Breathing GIF |
| Umsebenti wakho wasekhaya namuhla kutsatsa sikhashana utiphumuta ngekudvonsa uphindze ukhulule umphefumulo. Nawetama njalo kutinakekela uphindze utiphumute ngekudvonsa ukhulule umphefumulo kutawugcina sekulula kukwenta! Ungakwenta yini loko? | Umsebenti wasekhaya  Phumula kancane |  |

| Module: Help my Teen with Stress | | |
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| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekunakekela inhlalakahle yebantfwana betfu. Lenye indlela yekumnakekela umntfwana wakho kumsita kutsi akhone kumelana nekucindzeteleka.  Nawa emasu lamatsatfu etintfo longatenta kusita umntfwana wakho nakakhatsatekile.  Naka  [phumula]  Khuluma  [phumula]  Bani Khona  Asesifundze kabanti ndzawonye. | Kusita Umntfwana Wami Loseminyakeni Yekutfomba Akhululeke Ekucindzetelekeni   1. Naka 2. Khuluma 3. Bani Khona |  |
| [1]  Kwekucala, naka kutsi umntfwana wakho utiva acindzetelekile. Indlela lakatiphatsa ngayo iyavama kukhombisa nakakhatsatekile. Bangase batfukutsele kakhulu, bafune kuba bodvwana ngaso sonkhe sikhatsi, bakutfole kumatima kunaka tintfo, badziniwe nobe bangakhoni kwenta umsebenti.  Buka letibonakaliso kute ukhone kubhekana nekucindzeteleka ngalokucondzile.  [2] Ngemuva kwaloko, khuluma. Buta umntfwana wakho kutsi yini lemcindzetelako.  Yetama kwemukela nobe ngabe yini labayishoko. Ungase utfole kutsi bativa bacindzeteleke kakhulu ngenca yalokutsite lokutsatfwa njengentfo lencane kitsi. Nobe kunjalo, kubo kungenteka kubonakale kukhulu kakhulu!  Vumela bantfwana bakho bakutjele kutsi yini lebangela kutsi bacindzeteleke ngaphandle kwekubati.  [3]Kwekugcina, Bani khona kubo.  Lalela loko labakushoko, ngisho nobe kute longakwenta, futsi ubakhumbute kutsi kulungile kutiva ucindzetelekile.  Basite bancume kutsi ngutiphi tintfo letibaluleke kakhulu lokufanele bakhatsateke ngato, futsi ngutiphi letingakabaluleki. Ungaphindze ubasite kutsi batsatse tinyatselo tekugucula loko lokubangela kukhatsateka lapho bakhona khona, nobe bakulungiselele loko lokubakhatsatako. Loku kutawubasita kutsi bative basekelwa futsi bavikelekile. | NAKA  Naka timphawu tekucindzeteleka kumntfwana wakho.  KHULUMA  Fundza kutsi yini leyenta umntfwana wakho akhatsateke, ngaphandle kwekumehlulela.  BANA KHONA  Kumntfwana wakho loseminyakeni yekutfomba futsi umsite kutsi akwati kubhekana nalenkinga. |  |
| Khumbula, kute usite umntfwana wakho loseminyakeni yekutfomba nekucindzeteleka:  [1]Naka timphawu tekucindzeteleka kumntfwana wakho loseminyakeni yekutfomba  [phumula]  [2]Khuluma nabo ngaloko lokubenta bative bacindzetelekile.  [phumula]  [3]Futsi ube khona nangabe bativa bacindzetelekile.  [phumula]  Umsebenti wakho ekhaya kukhuluma nemntfwana wakho loseminyakeni yekutfomba ngaloko lokumcindzetelako. Bhala luhla lwetintfo letibacindzetelako kanye naloko labangakwenta kute bakugweme nobe bakhone kubhekana nako.  Umntfwanakho kutsi ungamsita njani nangabe naye acindzetelekile. Ungaphindze ucabange ngaloluhlu nangabe ubona kutsi umntfwana wakho loseminyakeni yekutfomba ucindzetelekile.  Ungakwenta yini loku kumntfwana wakho loseminyakeni yekutfomba lamuhla? | 1. Naka 2. Khuluma 3. Bani Khona   Umisebenti wasekhaya: Bhala luhla lwetintfo letibangela kutsi umntfwana wakho acindzeteleke futsi nicoce ngekutsi yini longayenta kute ubhekane nato. |  |

| Module: Show my Teen Kindness | | |
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| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekunakekela inhlalakahle yebantfwana betfu. Lenye indlela yekunakekela imphilo yemntfwana wakho loseminyakeni yekutfomba, kumkhombisa umusa nekumsekela, ikakhulukati nangabe abhekene netimo letimatima. Nati tinyatselo letine lokufanele utikhumbule:  Naka  [phumula]  Lalela [phumula]  I-sho kutsi kulungile [phumula]  Nendvudvuto | Khombisa Umusa Wami   1. Naka 2. Lalela 3. Kusho kulungule 4. Indvudvuto |  |
| [1] Sinyatselo sekucala Naka. Kubalulekile kutsi wati futsi uphawule nangabe umntfwanakho akhatsatekile. Naka kutiphatsa lokuvamile, njengekutfukutsela, kukhala nobe kucitsa sikhatsi lesinyenti wedvwa.  [2] Sinyatselo sesibili kulalela. Vumela umntfwana wakho loseminyakeni yekutfomba kutsi akucocele ngaloko lokwenteka kuye. Yetama kwemukela loko lokushiwo ngumntfwana wakho. Tjela umntfwana wakho loseminyakeni yekutfomba kutsi umlalele ngekuphindzaphindza loko lakutjele kona.  [3] Kwesibili, tjela umntfwana wakho loseminyakeni yekutfomba kutsi indlela lativa ngayo ingakavami nekutsi wonkhe umuntfu utiva ngalendlela ngaletinye tikhatsi. Batjele kutsi kulungile kutiva ngalendlela.  [4]Kwekugcina, dvudvuta umntfwana wakho loseminyakeni yekutfomba futsi umkhumbute kutsi kufanele abe nemusa kuye. Bani nesineke futsi ubanike sikhatsi sekuyicatulula indlela labativa ngayo. Nangabe ucabanga kutsi kungasita, khuluma nabo ngaloko labangakwenta ngalokwehlukile esikhatsini lesitako. | NAKA  Buka timphawu nobe tento letingakhombisa kutsi umntfwana wakho ukhatsatekile.  LALELA  Vumela umntfwana wakho loseminyakeni yekutfomba kutsi akucocele ngendlela lativa ngayo.  I-sho kutsi kulungule  Kulungile Loku kuyintfo levamile.  Indvudvuto  Khumbutani bantfwana benu kutsi kufanele babe nemusa kubo. |  |
| Kuliciniso kutsi akusiyo yonkhe imiva nobe timo letikahle. Khumbula, nangabe udzinga lusito etimeni letimatima, ungashayela i-HELP ku-ParentText kute utfole luhla lwetinsita temphakatsi longatfola kuto lusito. | LUSITO | Phone typing |
| Khumbula kutsi kute uphatse umntfwana wakho ngemusa,  Naka timphawu nobe kutiphatsa lokukhombisa kutsi umntfwana wakho ukhatsatekile.  Balalele nabacoca ngetintfo labatiko.  Mtjele kutsi kulungile futsi umkhumbute kutsi indlela lativa ngayo isebaleni.  Ekugcineni, Banike indvudvuto. Bakhumbute kutsi batiphatse kahle.  Tsatsa sikhatsi uphindze ufundze lamacebo kute ukhone kuwasebentisa kahle nawuwadzinga. Kute ubuyekeze, ungaphindze ubuke le-video.  Ungakwati yini kutihlola lamuhla? | 1. Naka 2. Lalela 3. Kusho kulungule 4. Indvudvuto   Umsebenti wasekhaya:  Phindza ubuke lamacebo. |  |

| Module: Know the Warning Signs | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekunakekela inhlalakahle yebantfwana betfu. Lenye indlela lebalulekile yekunakekela imphilo yemntfwana wakho loseminyakeni yekutfomba, kwati timphawu letisicwayisako. Timphawu letisicwayisa kutsi umntfwana wetfu loseminyakeni yekutfomba udzinga lusito.  Nati tinyatselo letintsatfu letitakusita ubone timphawu letisicwayisako:  [phumula] Naka  [phumula] Utsatse sinyatsolo ngekushehsa  kanye neTfola Lusito | Tati Timphawu Leticwayisako   1. Naka 2. Tsatsa sinyatsolo ngekushesha 3. Tfola lusito |  |
| Kwekucala, caphela timphawu letisicwayisako netento letingakhombisa kutsi umntfwana wakho unenkinga engcondvweni. Letimphawu tifaka ekhatsi:  Kulala kakhulu nobe kungalali  Kulahlekelwa yintsandvo yetintfo lotitsandzako  Kuphelelwa ngemandla esikolweni nekwehla kwemamaki esikolweni  Kugucuka kwesimo semuntfu ngekushesha, sibonelo, kuba netinkinga letinyenti tekutfukutsela  Kutiva udzabukile, ungenalutfo nobe ungakabaluleki  Ngikhatsateke kakhulu  Kutfukutsela nobe kungakhululeki  Kungafuni kuba nebantfu nobe kutihlanganisa nabo  Kwesaba kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengemabala  Nobe kuveta imicabango yekutibulala | NAKA  Kulala kakhulu nobe kungalali  Kulahlekelwa yintsandvo yetintfo lotitsandzako  Kuphelelwa ngemandla esikolweni nekwehla kwemamaki esikolweni  Kugucuka kwesimo semuntfu ngekushesha, sibonelo, kuba netinkinga letinyenti tekutfukutsela  Kutiva udzabukile, ungenalutfo nobe ungakabaluleki  Ngikhatsateke kakhulu  Kutfukutsela nobe kungakhululeki  Kungafuni kuba nebantfu nobe kutihlanganisa nabo  Kwesaba kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengemabala  Nobe kuveta imicabango yekutibulala | Time text to spoken words |
| Ngemuva kwaloko, kubalulekile kutsi utsatse sinyatselo ngekushesha nangabe ubona letinye taletimphawu.  Kungenteka kutsi letibonakaliso tingaba tinkinga letinkhulu. Kuncika kubo kusenesikhatsi kungaba nemiphumela lemihle. | Tsatsa sinyatsolo ngekushesha  ngaphambi kwekutsi tintfo tiba timbi kakhulu. |  |
| Sinyatselo sesitsatfu sitsi tfola Lusito.  Kutfola lusito kubalulekile, kodvwa ciniseka kutsi uyamhlonipha imfihlo yemntfwanakho. Khuluma nemntfwanakho loseminyakeni yekutfomba ngekutsi yini langayidzinga.  Kusekela kwakho nako kubaluleke kakhulu. Cela lusito nangabe uludzinga. Kuba nemuntfu longakusita kungenta umehluko lomkhulu. | Tfola Lusito  Tfola lusito kuwe nakumntfwana wakho. |  |
| Khumbula, kute usite ekunakekeleni umntfwana wakho loseminyakeni yekutfomba:  [1] Naka timpawulo letisicwayisako  [2] Tsatsa sinyatselo ngekushesha ngaphambi kwekutsi kube matima.  [3] futsi utfole lusito  Umsebenti Wakho Wasemakhaya kucoca nemntfwana wakho loseminyakeni yekutfomba ngemitfombo leyehlukene yekusekela emmangweni wakini. Share how these resources can be helpful. Ungaphindze uhlanganise nemalunga emndeni.  Ungakwati yini kwenta luhla lolunemntfwana wakho loseminyakeni yekutfomba lamuhla? | 1. Naka 2. Tsatsa sinyatsolo ngekushesha 3. Tfola lusito   Umsebenti wasekhaya: Khuluma nemntfwana wakho loseminyakeni yekutfomba ngetindzawo tekusekela emphakatsini wakubo. |  |

| Module: Manage My Stress | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekulawula kutiphatsa kwebantfwana bakho. Kute sinakekele bantfwana betfu, kufanele sicale sinakekele tsine. Kufundza indlela yekubukana nekucindzeteleka kubaluleke kakhulu emphilweni yakho nasengcondvweni, futsi kutakusita kutsi ube nebuhlobo lobuhle nemntfwanakho.  Nati tinyatselo letintsatfu longatisebentisa kute ukhone kubhekana nekucindzeteleka:  Cabangisisa  [phumula]  Tfola  [phumula]  And routine. | Kuncoba Kukhatsateka   1. Cabangisisa 2. Tfola 3. Routine |  |
| Kwekucala, cabangisisa.  Tsatsa ipeni neliphepha, bese ucabanga ngekutsi utiva ucindzetelekile kangakanani. Kusukela ku-0 kuya ku-100 bhala kutsi ucindzeteleke kangakanani.    Cabangisisa ngendlela lotiva ngayo ngekucindzeteleka emtimbeni wakho? Utiva ucindzetelekile yini, unemandla lamancane yini, unenkinga yekulala, kunaka tintfo nobe kucindzeteleka. Bhala phansi indlela lotiva ngayo.  Kwati indlela umtimba wakho lowenta ngayo nawucindzetelekile kungakusita kutsi ukhone kulawula loko. | Cabangisisa  Bhala kutsi ucindzetelekile kangakanani, kusukela ku-0 kuya ku-100.  Bhala indlela lotiva ngayo. | Show chart, 0 to 100 and a pin-point. |
| Bhala phansi tintfo letikukhatsatako ekuphileni kwakho. Kwati kutsi yini lekwenta ucindzeteleke kungakusita kutsi ukhone kubhekana nalendzaba futsi ufundze nendlela yekubhekana nayo.  Ngemuva kwaloko, bhala luhla lwetintfo letikwenta ujabule. Letintfo titakusita kutsi utinakekele. Kunetinhlobo letehlukene temisebenti yekutinakekela, lefaka ekhatsi kuhamba ngetinyawo, kuthantaza, kunatsa litiya nebangani nobe kusebenta engadzeni. | TFOLA  Tintfo letibangela kucindzeteleka kanye netintfo lotentako letikwenta ujabule. |  |
| The final step is routine.  Ungakunciphisa njani kucindzeteleka ekuphileni kwakho kwamalanga onkhe?  [phumula]  How many self-care activities can you fit in your routine?  Yetama kutinika sikhatsi lokungenani kanye ngelilanga sekutinakekela. | UMKHUBA  Yenta lushintjo endleleni lowenta ngayo kute unciphise kucindzeteleka futsi utiphatse kahle. |  |
| Khumbula kulawula kukhatsateka kwakho:  [1] Cabanga ngendlela lotiva ngayo.  [2] Tfola tintfo letikubangela kucindzeteleka kanye naleto letikwenta ujabule.  [3] Lungisa indlela lowenta ngayo tintfo kute unciphise kucindzeteleka futsi ube netikhatsi letinyenti tekujabula.  Emsebentini wakho wasekhaya, bhala luhla lwetintfo longatenta lotakujabulisa. Kungase kube yintfo lemelula njengekuhamba nome kucoca nemngani wakho.  Ungakwenta yini loko lamuhla? | 1. Cabangisisa 2. Identify 3. Routine   Umsebenti wasekhaya: Bhala luhla lwemisebenti lekwenta ujabule. |  |

| Module: Manage Teen Misbehaviour | | |
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| Script | On Slide Text | Animation Notes |
| Kulomgomo, sitawufundza ngendlela yekulawula kutiphatsa kwebantfwana bakho futsi lamuhla sifundza indlela yekulawula kutiphatsa kabi. Lelisu lisisita kutsi sinciphise kutiphatsa lokubi ngekutsi sifundzise bantfwana betfu kutsi batiphatse kahle. Nangabe ucabanga kutsi umntfwana wakho loseminyakeni yekutfomba utawucala kutiphatsa kabi, ungamvimbela kutsi angatiphatsi kahle asengakacali kufundziswa.  Nati tinyatselo letine tekucondzisa indlela bantfu labaseminyakeni yekutfomba labenta ngayo tintfo:  Yehlisa umoya, sheshe, cacisa futsi ube nembono lokahle.    Asesifundze kabanti ngaletinyatselo. | Lawula kutiphatsa kabi kwebantfwana labaseminyakeni yekutfomba   1. Yehlisa umoya 2. Shesha 3. Cacisa 4. Bani nembono Lomuhle |  |
| [1] Kwekucala, yehlisa umoya. Yetama kutibamba kancane noma uphefumule kancane ngaphambi kwekutsi ucondzise umntfwana wakho. Khuluma ngelivi leliphansi.  [2]Shesha. Yetama kumcondzisa kahle umntfwanakho ngaphambi kwekutsi atiphatse kabi nobe kube matima kakhulu. Kulula kakhulu ngaleyo ndlela!  [3]Cacisa. Kunekutsi ubatjele kutsi bayekele kwenta lokutsite, batjele kutsi yini lofuna bayente. Nasi sibonelo, nangabe umntfwana wakho loseminyakeni yekutfomba akhuluma kakhulu, kunekutsi utsi "Ungamemeteli", ungasho kutsi "Ngicela ukhulume phansi"  [4]Bani nembono Lomuhle. Mdvumise nangabe atiphatsa kahle. | YEHLISA UMOYA  Thula kancane bese ukhuluma ngelivi eliphansi.  SHESHA  Bacondzise ngaphambi kwekutsi bacale kutiphatsa kabi nobe kube kubi kakhulu.  CACISA  Tjela umntfwana wakho kutsi yini lofuna ayente.  BANI NOMBONO LOMUHLE  Ncoma umntfwana wakho loseminyakeni yekutfomba nakenta loko lokucela kutsi akwente. |  |
| Kucondzisa umntfwana wakho kutsi atiphatse ngendlela lekahle kutakusita ugweme kungevani futsi umnakekelwe kahle. Ungakhona kukwenta!  Khumbula kutsi kute kulawulwe kutiphatsa kabi kwebantfwana labaseminyakeni yekutfomba, kufanele bacondziswe. Kute ucondzise, kufanele:  [1] yima kancane futsi utive ukhululekile nawukhuluma nabo.  [2] phutfuma futsi ubacondzise ngekushesha uma ubona kutiphatsa kabi.  [3] khuluma ngalokucacile futsi umtjele kutsi yini lofuna ayente kunekutsi umtjele kutsi yini lofuna ayekele kuyenta, futsi  [4] Bani nembono lomuhle futsi umncome nakenta loko lokucelako.  Umsebenti wakho ekhaya kutsi ucoce nalamanye emalunga emndeni wakho ngaletinyatselo letine. Kwabelana lamakhono kutawuba lusito lolukhulu empilweni yabo bonkhe bantfu.  Ungakhona yini kutjela labanye ngalamacebo lamuhla? | 1. Yehlisa umoya 2. Shesha 3. Cacisa 4. Bani nembono Lomuhle   Umsebenti wasekhaya: Wabalane nebanye bamalunga emndeni wakho ngaletinyatselo. |  |

| Module: Solve Problems with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulomgomo, sitawufundza ngendlela yekulawula kutiphatsa kwebantfwana benu labaseminyakeni yekutfomba futsi lamuhla sifundza indlela yekusombulula tinkinga nebantfwana betfu labaseminyakeni yekutfomba. Nangabe kwenteka intfo lembi, sivame kutfukutsela futsi sisole bantfwana betfu. Kodvwa loko labakudzingako kutsi kube khona lobasita kutsi balungise tinkinga tabo.  Kwekucala, Tsatsa kuphumula! Caphela intfukutselo nekucindzeteleka. Phefumula kancane ngaphambi kwekutsi uphendvule. Ngemuva kwaloko phendvula ngekuthula.  Nati tinyatselo letine letisisekelo longatisebentisa kute usite umntfwana wakho loseminyakeni yekutfomba kutsi afundze kucatulula tinkinga: YATI, YICATULULULE, YETAME, HLOLA | Kucatulula Tinkinga Nemntfwana Wami Loseminyakeni Yekutfomba   1. Yati 2. Yicatulule 3. Yetame 4. Yihlole |  |
| Sinyatselo sekucala kutsi wati. Tfola inkinga ngekukhuluma nalomntfwana wakho kutsi iyini. Beka lenkinga ngemavi. | YATI  Beka lenkinga ngemavi. |  |
| Sinyatselo sesibili kutsi ulicatulule. Cabanga ngato tonkhe tindlela longaticatulula ngato tinkinga temntfwana wakho. Cabangani ndzawonye kutsi imiphumela yayo ingaba yini. Yini wena nobe umntfwana wakho loseminyakeni yekutfomba leningayenta ngalokwehlukile kuleso simo esikhatsini lesitako? | YICATULULE  Cabanga ngetindlela longaticatulula ngato tinkinga takho kanye nemiphumela yato. |  |
| Sinyatselo sesitsatfu kutsi wetame. Khetsa sisombululo sinye bese uyasisebentisa esikhatsini lesitako nawusesimeni lesifanako. | YETAME  Khetsa sisombululo sinye kute wetame ngaso esikhatsini lesitako. |  |
| Sinyatselo sesine kutsi uyihlolisise. Angabe uphindze utfola litfuba lekuzama lolusito, tibute kutsi luphumelele yini. Nangabe kwenteka, kuhle kakhulu! Nangabe akunjalo, phindze ukhulume nemntfwanakho kute nitfole lenye indlela yekusombulula inkinga. | YIHLOLE  Kusebentile |  |
| Khumbula, kute ucatulule tinkinga nemntfwana wakho loseminyakeni yekutfomba:  [1] Tfola inkinga ngekutsi uyibeke ngemavi.  [2] Hlangana nemntfwana wakho loseminyakeni yekutfomba nicabange ngetindlela tekusombulula lenkinga.  [3] Khetsa sisombululo sinye futsi utibophe ekutseni utawetama ngaso esikhatsini lesitako.  [4] Hlola isisombululo. Kusebentile?  Yetamani kutfola tisombululo ndzawonye. Lalela umntfwana wakho loseminyakeni yekutfomba, wemukele umbono wakhe nendlela lativa ngayo, futsi umbonge ngekwetsemba kwakho.  Khumbula kutsi kusita umntfwana wakho loseminyakeni yekutfomba kutsi afundze kucatulula tinkinga kutawuba yintfo latawuhlala nayo kuphila kwakhe konkhe.  Umsebenti wakho wasekhaya kucoca nemntfwana wakho ngetinyatselo letine tekucatulula tinkinga ngekutsi nifundze modyuli ndzawonye. Kwati kucatulula tinkinga yito leyi bangayi sebentisa imphilo yabo yonkhe!  Ungakwenta yini loko lamuhla? | 1. Yati 2. Yicatulule 3. Yetame 4. Yihlole   Umsebenti wasekhaya:  Khuluma nemntfwana wakho ngetinyatselo letine tekucatulula tinkinga. |  |

| Module: Teach my Teen Consequences | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulomgomo, sifundza ngekulawula kutiphatsa kwebantfwana bakho futsi lamuhla sifundza kutsi singabafundzisa njani bantfwana betfu imiphumela.  Bonkhe bantfwana labaseminyakeni yekutfomba batiphatsa kabi ngaletinye tikhatsi. Kuvamile kutsi kube njalo nangabe betama kutfola kutsi babobani nekutsi bafaneleka njani emhlabeni. Likhono lekuba ngumtali lisho kuphendvula nangabe bantfwana betfu labaseminyakeni yekutfomba batiphatsa kabi kute bafundze kutsi kufanele benteni.  Nati tinyatselo letintsatfu letilula:  Yehlisa umoya  Yiba nobulungiswa  Bani nembono Lomuhle  Asesifundze kabanti ngaletinyatselo. | Fundzisa Umntfwana Wami Loseminyakeni Yekutfomba Ngemiphumela   1. Yehlisa umoya 2. Yiba nobulungiswa 3. Bani nembono Lomuhle |  |
| Sinyatselo sekucala kutsi uyehlisa moya. Intfo lebaluleke kakhulu longayikhumbula kutsi kufanele ube nemoya lophansi nawunika umntfwana wakho imiphumela. Nangabe ucala kumemeta, loko kutawenta simo sibe sibi kakhulu. Phefumula kancane noma uhambe nangabe udzinga. Ngemuva kwaloko, phendvula ngekuthula nangendlela lecacile.  [2] Sinyatselo sesibili kutsi ube nebulungiswa.  Ciniseka kutsi imiphumela yaloko lokwentako iyafaneleka futsi uyati kutsi ungakhona kuyigcina. Sibonelo saloko kutsi, tsatsa umdlalo wabo sikhatsi lesingaba li-awa, kunekutsi ubatsatse liviki.  Nangabe umntfwana wakho atiphatsa kabi, mnike litfuba lekutsi alandzele ticondziso takho ngaphambi kwekutsi umjezise. Nasi sibonelo: Ungatsi: "Nangabe ungawucedzi umsebenti wakho wesikolwa nyalo, angeke ukhone kubukela i-Tv yakho loyitsandzako lamuhla"  Loku kuba melula nangabe nivumelene ngemiphumela. Nangabe nibeka imitsetfo yasekhaya, cinisekani kutsi nicoca ngemiphumela yekungayilandzeli.  [3] Sinyatselo sesitsatfu kutsi ube nembono lomuhle. Khumbulani bantfwana benu kutsi yini lenilindzele kutsi *bayente*, futsi ubabonge ngaso sonkhe sikhatsi nawubabona batiphatsa ngendlela lofuna batiphatse ngayo. Lenye indlela longayibalekela ngayo kuba nemiphumela lemibi ngekucondzisa umntfwana wakho, njengekutsi: "Ungatsandza yini kuhamba kancane?"  Nangabe ubanika imiphumela, bente bente tintfo letinhle ngemuva kwaloko.  Kusebentisa imiphumela lebuhlungu kufundzisa bantfwana kutsi bente tintfo ngekwati kutsi tingatsintsa njani bona nalabanye. Kuyasisita kutsi sitsatse tincumo letihlakaniphile futsi sitsatse nemitfwalo leminyenti, lokuyintfo lebalulekile lokufanele siyifundze nasikhula. | YEHLISA UMOYA  Kumemeta kutawenta simo sibe sibi kakhulu.  Yiba nebulungiswa  Bani nengcondvo futsi umnike litfuba lekumlalela.  BANI NEMBONO LOMUHLE  Khuluma ngendlela lofuna batiphatse ngayo. |  |
| Khumbula kutsi kute ufundzise umntfwana wakho imiphumela:  [1] khuluma nabo ngekuthula.  [2] bani nebulungiswa ngule miphumela uba ninga yona, bese kwekucala sibaniketa litfuba lekutsi balalele, bese  [3] Bani nembono Lomuhle. Khumbula kutjela umntfwana wakho kutsi yini lofuna ayente, wetame kumcondzisa endleleni latiphatsa ngayo, futsi ulandzele yonkhe imiphumela ngekwenta lokutsite lokuhle.  Umsebenti wakho ekhaya kubhala luhla lwemiphumela longayisebentisa loku lungile. Luhla aludzingi kuba ludze. Cabanga ngetindlela letikahle longatiphendvula ngato nangabe atiphatsa kabi. Loku kutakusita kutsi ukulungele sikhatsi lesilandzelako lapho umntfwana wakho atawube atiphatsa kabi.  Ungakwenta yini loko lamuhla? | 1. Yehlisa umoya 2. Yiba nobulungiswa 3. Bani nembono Lomuhle   Umsebenti wasekhaya:  Bhala luhla lwemiphumela lelungele. |  |

| Module: Community Safety | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! This goal is all about keeping your teen safe and today we are learning about community safety.  One way to keep your teen safe is to create a safety map with them. Together you can identify the safe and unsafe places in your community.  You can create a safety map in just three easy steps: Draw, Decide, and Discuss. | Community Safety   1. Draw 2. Decide 3. Discuss |  |
| The first step is to DRAW. Draw a map of your community that includes the main places you and your teen go. [1] This will include places like your house, school, streets, shops, and other places your teen visits. | DRAW | Begin with blank sheet. Animate on [1] |
| The next step is to DECIDE. Talk about places on your map and decide whether they are safe or not. Listen to your teen: they might have ideas about what’s safe too! When you have decided which are safe, circle those places. [1] Then, cross off any places that aren’t safe for teenagers. | DECIDE | Begin with previous sheet. Animate on [1] |
| The final step is to DISCUSS. Sometimes, we find ourselves in trouble. Discuss where you and your teen can get support in a crisis. This may be home, school, a police station, or a clinic. [1] Mark these places clearly on your map. | DISCUSS | Begin with previous sheet. Animate on [1] |
| Remember, to create a community safety map:  [1] Draw a map of your community  [2] Decide with your teen the places that are safe and unsafe.  [3] Discuss where they can go for help, and mark those places on the map.  Talking about safety with your teen is a small way to make a big difference. Remind them that they can tell you about anything unsafe that happens without you getting angry. This will help you build trust with your teen.  Your home activity is to build a community safety map. Do you have time in the next few days to create a community safety map with your teen? | 1. Draw 2. Decide 3. Discuss   Home Activity: Create a community safety map with your teen. |  |

| Module: Respond to Crises | | |
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| Script | On Slide Text | Animation Notes |
| Hello! This goal is all about keeping your teen safe and today we are learning about how to respond to your teen in a crisis.  It is important to support your teen when they experience a difficult situation. When helping your teen in a crisis, remember: breathe, listen, respond and comfort.  Let’s learn more about these steps together. | Respond to Crises   1. Breathe 2. Listen 3. Respond 4. Comfort |  |
| [1] While at first we might feel concerned, anxious or even angry, it’s important to remain calm, approachable and open.  The first step is to breathe. Stay calm. Ask yourself, “What does my teen need right now?”  [2] Next, listen. Allow your teen to share what they need to. Notice what they are feeling, such as shock or anger, and tell them you notice their emotions. This helps them feel understood. Tell your teen you are there for them and love them.  [3]The third step is to respond. What might help the situation? You might need to help your teen talk about their feelings or redirect their focus. Or you might need to discuss immediate actions to help them. You can give consequences later if needed.  [4]Finally, comfort your teen. It can be hard to see your teen feeling upset or confused, but there is a lot you can do to support them. They need you to accept them and provide comfort when in difficult situations. | BREATHE  Remain calm.  LISTEN  Listen to your teen and name their emotions.  RESPOND  What can help your teen right now?  COMFORT  Give your teen comfort. |  |
| Remember, you can always type HELP to ParentText to receive a list of contacts in your community for crisis support. They may be able to help. | HELP | Help Template |
| It can be difficult to see your child feeling upset or confused, but remember that there’s plenty you can do to support them during a difficult time. You’ve got this, you’re such a great parent!  Follow these steps whenever your teen shares something difficult. Supporting your teen through a crisis will also teach them how to support others in difficult times.  For your home activity, [1] Find a calm time to talk with Your Teen about possible crises that may happen. [2] Discuss what to do if they happen. [4] Revisit the Mapping Activity to identify other sources of support in the community. [5] And thank your teen for taking the time to chat about this.  Do you have time to do this today? | 1. Breathe 2. Listen 3. Respond 4. Comfort   Home Activity: [1] Talk with your teen about possible crises. [2] Discuss what to do if they happen [3] Revisit the community safety map and identify other sources of support in the community. [4] Thank your teen. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| Module: Teach Self Defence | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo kugcina umntfwana wakho loseminyakeni yekutfomba aphephile futsi lamuhla sitawufundza ngekutivikela.  Nangabe sitiva singaphephile, singenta nobe yini kute sibaleke. Singasebentisa livi letfu nemitimba yetfu kute sitivikele. | Fundzisa Kutivikela   1. Sebentisa livi letfu 2. Sebentisa imitimba yetfu |  |
| Nangabe sitiva singaphephile, singenta nobe yini kute sibaleke.   Uyasikhumbula simo sekugcina, lapho khona lendvodza yetama kuphocelela intfombatana kutsi ingene emotweni yayo? Intfombatana beyingayisebentisa njani livi layo kute ibaleke? Kungenteka amemete…   * Cha * "Ngicela ningisite!" * Ngitawubita emaphoyisa uma uphindze ungitsintsa * "Do not touch my bum”   ;  Nobe angetama lokunye…   * "Ngitakwenta nobe yini loyifunako, kodvwa ngicela ungangilimazi" * Angifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina i-lift ngahlanta yonkhe indzawo * Ngiyabona kutsi utfukutsele. Asihlale ndzawonye sikhulume ngako * Ngitakunika lucingo lwami nawungangivumela ngihambe   Asewucabange kutsi wena bewungenta njani? Kute imphendvulo lengasiyo. | Sebentisa Livi Lakho   * Cha! * "Ngicela ningisite!"! * Ngitawubita emaphoyisa uma uphindze ungitsintsa * Do not touch my bum * Ngitakwenta nobe yini loyifunako, kodvwa ngicela ungangilimazi. * Angifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina i-lift ngahlanta yonkhe indzawo! * Ngiyabona kutsi utfukutsele. Asihlale ndzawonye sikhulume ngako. * Ngitakunika lucingo lwami nawungangivumela ngihambe. |  |
| Lolandzelako, sebentisa umtimba wakho. Nangabe livi letfu lingasivimbi simo, singasebentisa imitimba yetfu kute sitivikele. Kufanele utati tintfo letihloswe ngumhlaseli wakho futsi wente konkhe longakwenta kute umlimate: khweba, Umdvonse, Umshaye, Umkhahlele nobe Umgucule umhlaseli wakho. | Sebentisa Umtimba Wakho  Sebentisa umtimba wakho kute utivikele.   * Khweba * Dvonsa * Umshaye * Khahlela * Gucula |  |
| There are four primary targets to know:  [1] The eyes  [2] Throat  [3] Groin  [4] and knees |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| There are also seven secondary targets:  [1] Temple  [2] Ears  [3] Nose  [4] Solar Plexus (the space between the ribs)  [5] Fingers  [6] Shin  [7] In Step (top of the feet)  Attack any of the targets to hurt your opponent and get away. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Your home activity is to share this information with your teen so they are ready to defend themselves. You can do it and ParentText can help. Type “SAFE” to repeat this lesson with your teen. Can you do it today? | Home Activity:  Type “SAFE” and repeat this lesson with your teen. |  |

| Module: Prevent Sexual Violence | | |
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| Script | On Slide Text | Animation Notes |
| Hello! This goal is all about keeping your teen safe and today we are learning about preventing sexual violence.  In a dangerous situation, we may not know what to do and freeze or respond in an angry way – this is normal. These tools can help keep you and your teen safe:  KNOW IT SEE IT SAY IT DO IT | Prevent Sexual Violence   1. Know It 2. See It 3. Say It 4. Do It |  |
| [1] First, know it. Know the difference between healthy and unhealthy relationships. If you are attacked, know that it is never your fault. You are allowed to say and do what is needed to stay safe and get away – do not worry about what others may think. You are worth being defended. You are strong and powerful.  [2] Next, see it. When someone makes you (or someone else) feel uncomfortable with what they say or do, that is never okay! We all have the right to feel safe, especially at home. Follow your intuition. When you feel attacked with words or actions, your goal is to get away.  [3] Third, say it. Your voice can stop many attacks. Yell ‘No!’, call for help, warn of consequences, name the behaviour, act crazy, pretend to go along to buy time, use humour, calm them down, or negotiate. Be clear, confident, and direct. Speak using your voice, body language, and eye contact.  [4] Finally, do it. When our voice is not changing the situation, we can use our bodies. Know the ‘weapons’ on your body and know the ‘targets’ on your attacker’s body. Use what is free on your body that you can fight with and what is open on the attacker’s body to hit.  If you do get hurt by someone, remember it is never your fault. Ask someone you trust for help, and make sure your teen knows they can tell you anything so you can find a solution together. | KNOW IT  Know that it is not your fault.  SEE IT  Recognize when you are unsafe.  SAY IT  Use your voice to get away.  DO IT  If your voice doesn’t work, use your body to get away. |  |
| Remember, you can always type HELP to ParentText to receive a list of contacts in your community for crisis support. They may be able to help. | HELP | Help Template |
| Your home activity is to help your teen be prepared by repeating this lesson together. To repeat this lesson type “PREVENT.” Can you do it today? | Home Activity: Type “PREVENT” and repeat this lesson with your teen. |  |

| Module: Treating each other as equals | | |
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| Script | On Slide Text | Animation Notes |
| This goal is all about having a healthy relationship with our partners. Today, we are learning how to treat each other as equals. Let’s explore five ways to treat your partner as an equal and strengthen your relationship. | Treating each other as equals |  |
| [1] First, share decision making. The next time you are making a decision, try involving your partner and ask what they think.  [2] Involve your partner. It can sometimes be hard to remember to involve our partners in decision making. If you forget, keep trying!  Asking for their opinion shows that you care and want them to be involved.  [3] Remember, timing makes a difference. If you have a decision to make, bring it up during a time when you and your partner are not too busy, such as early in the morning or later in the evening.  [4] Finally, practice makes perfect. It can take time to get used to making decisions together. Give yourself time and keep trying! Remember that by communicating with your partner, you will both eventually start to feel more comfortable talking and sharing decisions. | 1. Share decision making 2. Involve your partner 3. Timing makes a difference 4. Practice makes perfect |  |
| Your home activity is to involve your partner in a decision you are making today. Can you do it? | Home Activity: Involve your partner in a decision. |  |

| Module: Being a supportive partner and parent | | |
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| Script | On Slide Text | Animation Notes |
| This goal is all about having a healthy relationship with our partners. Today, we are learning how to be a supportive partner and parent.  Here are some simple ways you can become a more confident and supportive partner AND parent. | Being a supportive partner and parent |  |
| [1] First, Show appreciation  Show your partner that you appreciate it when they spend quality time with your children.  [2] Next, work together.  If you are unsure how to work together with your partner, you should ask them! By asking, you show that you care and want to be involved!  [3] Step three is Lend a Hand. It can sometimes be difficult to remember to ask if your partner needs help. Once you start asking, they may realise you want to be more involved, and begin asking for your help on their own.  [4] Finally, ask for help. It can be hard to ask for help. Sometimes we expect our partners to know we need help even if we don’t ask them. Once you start asking, they will likely start offering to help more in the future. Remember to thank your partner! | 1. Show appreciation 2. Work together 3. Lend a Hand 4. Ask for help |  |
| Your home activity is to try doing childcare or housework together with your partner. Do you have time to do it today? | Home Activity: Try doing childcare or housework with your partner |  |

| Module: Share Family Responsibilities | | |
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| Script | On Slide Text | Animation Notes |
| This goal is all about having a healthy relationship with our partners. Today, we are learning how to share family responsibilities.  To share family responsibilities with your partner, try these four tips: | Share Family Responsibilities |  |
| [1] First, create a routine.  This can be hard to remember! Establishing a routine around caregiving or housework tasks can sometimes be helpful.  This also lets you talk to your partner about how to share the workload.  [2] Next, talk about the workload with your partner  Talking with your partner about how you can share family responsibilities helps both of you understand each other better.  It also shows that you care!  [3] Finally, remember to ask for help  It can be hard to remember to ask for help.  Be kind to yourself if you forget to ask and try again another time.  Asking for help and sharing family responsibilities benefits the whole family! | 1. Create a routine. 2. Talk about the workload 3. Ask for help |  |
| Your home activity this week is to invite your partner to discuss how you can share family responsibilities more evenly at home! Do you have time to do it today? | Home Activity: Discuss family responsibilities with your partner |  |

| Module: Resolving Conflicts Peacefully | | |
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| This goal is all about having a healthy relationship with our partners. Today, we are learning how to resolve conflicts peacefully.  Here are some tips you can try to resolve conflicts with your partner in a peaceful way. | Resolving Conflicts Peacefully |  |
| [1] First, Count to ten.  It can sometimes be really hard to stay calm when we’re having a disagreement with others.  Try to think of something that you can do that might help, like taking a couple deep breaths or counting to ten.  [2] Next, take a pause  Do you remember on the first day of this course, you learned how to close your eyes, breathe deep, and take a pause? Taking a pause before responding can help us stay calm and respond better a little later.  When you feel yourself getting angry, try taking a pause. You can do this!  [3] Finally, walk away if necessary.  Sometimes others respond to us negatively when we’re having a disagreement.  In these situations, especially if you feel fearful or threatened, it may be best to walk away for a bit until everyone has calmed down. | 1. Count to ten 2. Take a pause 3. Walk away if necessary |  |
| Remember, if you need help in a crisis, you can type HELP in ParentText to receive a list of community resources where you may find support.  Today’s home activity is to practise taking a pause before responding when you are feeling frustrated. Do you have time to practise taking a pause today? | Type HELP if you need assistance.  Home Activity: Take a pause today |  |

| Module: Listening and Talking to Each Other | | |
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| Script | On Slide Text | Animation Notes |
| This goal is all about having a healthy relationship with our partners. Today, we are learning how to listen and talk with our partners.  Here are some tips on how you and your partner can listen and talk with each other in a supportive and loving way: | Listening and Talking to Each Other |  |
| [1] First, share how you feel with your partner.  Sharing how we feel and talking about the difficulties we’re facing is a sign of strength and can make everyone in the family stronger!  By sharing emotions you can better understand and support each other.  [2] Next, choose what you share.  Sharing your challenges with your partner is about making them more aware of how you are feeling.  Remember, you decide how much you share, and you can always choose to share more at a later time.  [3] Third, be kind to yourself.  Starting something new can be difficult. Give yourself and others time to get used to it.  [4] Finally, choose a time when you feel comfortable.  It’s okay if you don't always want to share your emotions.  You can choose to share how you’re feeling at a later time once you feel calmer. | 1. Share how you feel 2. Choose what you share 3. Be kind to yourself 4. Choose a time when you feel comfortable |  |
| Today’s home activity is to try setting aside some time to talk to your partner about your feelings and any difficulties you’re facing. Do you have time to do it today? | Home Activity: Share your feelings and difficulties with your partner. |  |