| 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, asiphumule kancane ndzawonye. | Phumula |  |
| Hlala nobe ngukuphi lapho ukhululekile khona futsi uvale emehlo akho.  Dvonsa umoya.  [Phumula]  Uwuve umoya ungena, uphindze uphuma, emtimbeni wakho.  Wudvonse;  [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 kukuyekela kutsi kuphumule.  [Phumula]  Nangabe sewukulekile, vula emehlo akho futsi. |  | Circle, expanding and shrinking, over and over. |
| Naka kutsi ukhona yini umehluko lowuvako nyalo kunangalesikhatsi ucala kudvonsa uphindze ukhiphe umphefumulo.  [Phumula] |  |  |
| Yetama kudvonsa uphindze ukhiphe umphefumulo njalo nawutiva utfukutsele, ucindzetelekile, ukhatsatekile noma 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 ku Dlala.  Vumela umntfwana wakho kutsi akhetse loko lafuna kukwenta.  Cala ngekumcela kutsi acitse sikhatsi nawe. Myekele akhetse kutsi yini lakafuna kukwenta noma lakatawukhuluma ngako.  Loku kufanele kuba mnandzi! | Dlala  Vumela umntfwana wakho kutsi akhetse. |  |
| Seluleko sekugcina ku; Hlala: Hlala njalo umnakile umntfwana wakho.  Cisha mabonakudze uphindze ubeke eceleni bomakhalekhikhini. Mbuke umntfwana wakho. Vuma ngenhloko noma utsi "Ngiyabona" kukhombisa kutsi umnakile. 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 ucitse 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. Ungamsita umntfwana wakho kutsi atiphatse kahle futsi abe nebuhlobo lobuhle nalabanye ngekutsi umncome ngetinyatselo letintsatfu letilula: KUBONE, UKUSHO, UKUPHINDZE.  Ase sifundze kabanti. | Dvumisa   1. Kubuka 2. Kusho 3. Kuphindze |  |
| [1] Sinyatselo sekucala kutsi ukubone:  Naka nobe yini umntfwanakho layenta lelusito nobe lenhle.  [2] Sinyatselo sesibili kutsi ukusho.  Mncome ngetintfo letinhle latentako.  Bani nenshisekelo - ukhulume ngekuciniseka!  Kungenteka bangakuboni loku ekucaleni, kodwa ngekushesha batawuchubeka bakwente loko lokuhle.  [3] Sinyatselo sekugcina - KUPHUNDZE.  Yetama kutfola intfo longababongela yona onkhe malanga.  Ngisho nome ngabe kuncane kakhulu.  Khumbula: Kubone, kusho, futsi ukuphindze  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!  KUPHINDZE  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. |  |

| 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 bantfu 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  Kutfukutsela  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 ngoba kuyafana nekutsi uphefumulela kulo. 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 |
| Dvonsa umoya kute kube ngemahlandla lamane  [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 |
| Kwekugcina, khipha umoya. 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, bani nebuciko.  Vumela umntfwana wakho kutsi asebentise buciko nakafundza.  Sibonelo, khutsata umntfwana wakho kutsi asebentise imifanekiso, njengetitfombe noma aphumele ngaphandle kuze asitakale ekufundzeni kwakhe.  Nangabe umntfwana wakho anesifiso sekufundza ngesihloko lesisha, njengetifundvo tekuphila, mkhutsate kutsi afune futsi atfole lwati lolunyenti ngaso.  Msite kutsi ahlangane nebantfu labanelwati kuleso sihloko, atfole tincwadzi letinsha noma afundze 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 loku namuhla? | 1. Beka 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.  KWESEKELEKA  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  Yakhani inchubo yenu kanye kanye. |  |
| 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 kuloko lokushoko 4. Dvumisa njalo |  |
| Kwekucala, Sebentisana nalabanye.  Sebentisana nemntfwana wakho nawakha imitsetfo yasekhaya. Loko kutawumenta kutsi ayilandzele lemitsetfo. Cocisanani ngetizatfu letibangela kutsi nente lomtsetfo uyilalele nemibono yakhe.  Lokulandzelako, yenta tintfo ngendlela lefanele.  Yentani imitsetfo lakatawukhona kuyilandzela umntfwana wakho. Kumelula kwakha umtsetfo ube munye ngesikhatsi sinye. Umtsetfo kufanele ucace kuze batokucondza loko lofuna kutsi bakwente. Yenta siciniseko kutsi lomtsetfo ulungile.  [3] Sinyatselo sesitsatfu kutsi umenjalo kulowo mtsetfo. Nangabe seniwubekile umtsetfo, kufanele niwulandzele! Nangabe ulindzele kutsi umntfwana wakho alandzele umtsetfo lotsite, maningi kakhulu ematfuba ekutsi awulandzele lowo mtsetfo. Nangabe lomtsetfo uyakufaka nawe, njengekutsi nidle kanye kanje ningumndeni kanye ngeliviki, kubalulekile kutsi nawe uwugcine.  [4] Kwekugcina, dvumisa njalo njalo. Mbonge umntfwana wakho ngekuhlanganyela nawe nakhe imitsetfo yasekhaya. Njengoba ubadvumisa ngekutiphatsa kahle nekulandzela imilayeto, badvumise njalo nalapho bawulandzela lomtsetfo! | BANI LICEMBU  Yakhani imitsetfo kanye kanye nemntfwana wakho  YENTA LOKULICINISO  Yenta imitsetfo lecacile.  UMENJALO KULOWO MTSETFO  Yenta siciniseko kutsi niyayilandzela njalo leyomitsetfo.  Mudvumise njalo  Mudvumise njalo umntfwana wakho nawubona kutsi uyayilandzela lemitsetfo. |  |
| Khumbula: [Phumula]  [1] Sebentisanani nakhe lemitsetfo kanye kanye.  [2] Yentani lemitsetfo icace futsi ibe mifisha.  [3] Sebentisa lemitsetfo ngasonke sikhatsi.  [4] Mudvumise njalo umntfwana wakho. Mudvumise ngekutsi ukusitile nakha umtsetfo kanye kanye futsi umdvumise nakawulandzela.  Umsebenti wasekhaya kutsi netame kwenta lokungenani umtsetfo wemndeni ube munye. Ungakwenta yini loko namuhla? | 1. Sebentisana nalabanye 2. Yenta Lokuliciniso 3. Ungagucuki kuloko lokushoko 4. Dvumisa Ngalokuvamile   Umsebenti wasekhaya: kutsi wetame kwenta lokungenani munye umtsetfo wemndeni nemntfwanakho loseminyakeni yekutfomba. |  |

| Module: Know Online Safety Basics | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona! Kuvikela umntfwana wakho nekumakhisa imikhuba lemihle nakasebentisa i-internet kungevakala kumatima ngalesinye sikhatsi, kepha kusinyatselo lesibalulekile kute abe yincenye yebantfu labasebentisa i-internet.  Nati tintfo letine lekufanele utikhumbule mayelana nekuphepha ku-Internet:  FUNDZA,  VIKELA  YAKHA IMIKHUBA LEMIHLE,  nekwakha kwetsembana.  [1] Namuhla, sitawubuketa leteluleko letilandzelako [phumula] KUFUNDZA [phumula] nekuVIKELA.  Sifundvo lesilandzelako sikhuluma [phumula] ngekwakha imikhuba lemihle [phumula] kanye nekwakha kwetsembana.  Asicaleni. | Bani Nelwati ngeTimiso Letisisekelo Sekuphepha 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 kungenteka ahlangane netintfo letiyingoti asasebentisa i-Internet, letifaka ekhatsi budlova, kutondvwa kwalabasikati, titfombe letikhombisa bantfu labangcunu, tindzaba letingemanga noma kutondvwa kwebantfu labavela kulamanye emave.  [2] Lokulandzelako, Kuchumana. Kungenteka umntfwana wakho atsintfwe bantfu lakangabati noma bantfu labadzala batente shengatsi babantfwana, bamcele kutsi abatfumelele titfombe takhe nakangcunu noma bafune kuhlangana naye.  [3] Kwekugcina, indlela yekutiphatsa. Bantfwana bangenta tintfo letingabavisa buhlungu labanye bantfu ku-Internet, noma bahlukumeteke nabo.  Ngaletinye tikhatsi kuba matima kuvikela bantfwana betfu labaseminyakeni yekutfomba kuto tonkhe letingoti. Ngenhlanhla ke, tinyenti tindlela longamvikela ngato. | FUNDZA   1. Lokucuketfwe 2. Kuchumana 3. Indlela yekutiphatsa |  |
| Tinyenti tindlela tekwenta i-Internet ibe yindzawo lephephile kumntfwana wakho.  [1] Cocisana nemntfwana wakho: Ngumaphi ema-app kanye nema-khasi (websites) laphephile nalawo langakaphephi? Kumcoka leni kutsi nicoce ngaloko?  [2] Sita umntfwana wakho kutsi afundze kubhala ema-phasiwedi lekulukhuni kutsi lomunye ayati kute avikele tintfo takhe tebuchwephesha. | VIKELA   1. Cocani nemntfwana wakho 2. Sebentisa ema-phasiwedi lalukhuni |  |
| Emhlanganweni lolandzelako, sitawuchubeka nekufundza ngekuphepha ku-inthanethi. Namuhla, umsebenti wasekhaya kubuta umntfwana wakho kutsi, "Utiphephisa kanjani nakasebentisa i-internet?"  Ungatfola kutsi sewuvele uyacabanga ngetekuphepha nakasebentisa i-Internet. Mbonge ngemetamo layentako.  Ungakhona yini kukhuluma nemntfwana wakho namuhla? | Umsebenti wasekhaya  Mbute 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 nekumakhisa imikhuba lemihle nakasebentisa i-internet kungevakala kumatima ngalesinye sikhatsi, kepha kusinyatselo lesibalulekile lesingamsita kute abe yincenye yebantfu labasebentisa i-internet.  Kunetintfo letine lekufanele utikhumbule mayelana nekuphepha ku-Internet. Ngaphambilini, sifundze ngeteluleko tekUFUNDZA nekuVIKELA.  Lamuhla sitawucoca ngetindlela tekwakha imikhuba lemihle kanye nekwakha kwetsembana.  Asicaleni. | Gcina umntfwana wami loseminyakeni yekutfomba aphephile ku-Internet   1. Fundza 2. Vikela 3. Yakha imikhuba lemihle 4. Yakha kwetsembana |  |
| Kwekucala, yakha imikhuba lemihle ekhaya lakho lekhutsata kuphepha kanye nebuhlobo lobuhle nakasebentisa i-internet.  [phumula] Hlela tikhatsi lapho ningeke nilusebentise khona lucingo ekhaya lakho, njengesikhatsi sekudla, nakwentiwa umsebenti wasekhaya noma nilele.  [Phumula] Vumela umntfwana wakho kutsi akhulume nebantfu lakabatiko kuphela nakasebentisa i-internet. Angacali atfumele imilayeto noma acocele bantfu langabati ngetindzaba takhe letiyimfihlo.  [phumula]Ngaphambi kwekugcwalisa emafomu lacela imininingwane yakho, hlola kutsi likheli le-web licala nga https://. Ema-webhusayithi lacala nga-http:// kungenteka kutsi akakaphephi.  [Phumula] Msite umntfwana wakho kutsi akhe emaphasiwedi lalukhuni kusentjetiswa ngulomunye umuntfu.  Emaphasiwedi lamahle  [Phumula] lelidze  [phumula] angafaki imininingwane lemcoka lefaka ekhatsi ligama lakho nobe lusuku lwakho lwekutalwa  [phumula] abhalwe ngetinhlavu letinkhulu naletincane, tinombolo kanye netimphawu. | Yakha imikhuba lemihle  Bekani sikhatsi lapho lungeke lusebentjetiswe khona lucingo ekhaya  Hlola emakheli e-web  http:// https://  Beka emaphasiwedi lacinile:  lelidze  Ungafaki imininingwane yakho  -Ufake tinhlavu letinkhulu naletincane, tinombolo kanye netimphawu. | Animate password details to explain better. |
| Kwekugcina, yenta kutsi umntfwana wakho akutsembe.  [1]  Hlolani kanye kanye ema-website, tinhlelo tekuchumana, imidlalo kanye netinhlelo tekusebenta latisebentisako.  [2]  Mbute imibuto - loku kuyakusita kutsi ufundze lokunyenti ngetintfo letitsandvwa ngumntfwana wakho!  [3]  Nangabe kukhona lokubonako lokukukhatsatako, khulumisana naye ngako.  [4]  Tjela umntfwana wakho kutsi nangabe ativa esaba, angakaphephi noma kukhona lokumkhatsatako asasebentisa i-internet, akabikele umuntfu lomdzala ngekushesha futsi acele lusito lwekukubika.  Njengobe nje ugcina umntfwana wakho loseminyakeni yekutfomba aphephile emhlabeni mbamba, nawe kufanele wente siciniseko sekutsi aphephile nasemhlabeni webuchwephesha. Ngekulandzela letinyatselo leti, ungamvikela futsi wente siciniseko kutsi kusebentisa kwakhe i-internet kuphephile kute achubeke ngekuyisebentisa nakafundza. Wenta kahle kakhulu! | Kwakha kwetsembana   1. Hlolani kanye kanye ema-website, tinhlelo tekuchumana, imidlalo kanye netinhlelo tekusebenta latisebentisako umntfwana wakho 2. Buta Imibuto 3. Khulumani ngetintfo letinikhatsatako kanye kanye. 4. Tjela umntfwana wakho loseminyakeni yekutfomba kutsi nangabe atfukile nobe ativa angakaphephile, kufanele atjele umuntfu lomdzala. |  |
| Naku leningakwenta namuhla nemntfwana wakho kute ube nesiciniseko kutsi uphephile nakasebentisa i-Internet:  [1]  Kwekucala, bhalani phansi nobe nidvwebe letinhlelo tekusebenta (apps) kanye nema-website lakawasebentisako umntfwana wakho  [2]  Lokulandzelako, mbonge ngekuyisebentisa kahle i-Internet!  [3]  Bese, nikhuluma ngema-webhusayithi noma tinhlelo tekusebenta (apps) letingakaphephi. Cocani ngetizatfu letingenta kutsi kungaphephi.  [4]  Kwekugcina, khulumani ngendlela lephephile umntfwana wakho kanye nebangani bakhe labangasebentisa ngayo i-Internet.  Ningakhona yini kuwucedza lomsebenti namuhla wena nemntfwanakho? | Umsebenti wasekhaya:  Bhalani phansi nobe nidvwebe letinhlelo tekusebenta (apps) kanye nema-website lakawasebentisako umntfwana wakho  [2] Dvumisa umntfwana wakho ngekusebentisa kahle i-Internet!  [3] Khulumani ngema-webhusayithi noma tinhlelo tekusebenta (apps) lokungenteka kutsi atikaphephi. Kumcoka leni kutsi nicoce ngaloko?  Kwekugcina, khulumani ngendlela lephephile umntfwana wakho kanye nebangani bakhe labangasebentisa ngayo i-Internet. | Illustrate as needed |

| Module: Understand Needs & Wants | | |
| --- | --- | --- |
| 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 Nalokufunako |  |
| Bhala luhla lwetintfo wena nobe umntfwana wakho leningeke nikhone kuphila ngaphandle kwato. Letintfo tibalulekile kute umndeni wakho uphile. Loku kungafaka ekhatsi [phumula]kudla, [phumula]insipho, [phumula]imitsi, [phumula]imali yesikolwa kanye nemali yekubhadalela indlu. | Tfola Tidzingo | Time entry of want list animated. Localize currency |
| Lokulandzelako, tfola lokufunako.    Yenta luhla lwetintfo lotifunako wena noma umntfwana wakho. Leti tintfo lokumnandzi kuba nato kepha atidzingeki.  [phumula]  Sibonelo, i-datha, [phumula]lucingo lolusha, [phumula]imali yekugibela nawuvakashela umngani, [phumula] noma wente lokutsite lokutakuchaza. | Tfola lokufunako | Time entry of need list animated. Localize currency |
| Ekugcineni, khuluma. [phumula]    Bantfu bavame kutibona ngetindlela letehlukene tintfo. Khulumisana nemntfwana wakho ngetidzingo tenu kanye naloko lenikufunako. Loku kutanisita kutsi natane kahle. Nangabe ubacondza, ungababandakanya ekutsatseni tincumo ngekusebentisa imali. Kufaka umntfwana wakho loseminyakeni yekutfomba kuloluhlelo kutawumfundzisa indlela yekusebentisa kahle imali futsi kutawucinisa buhlobo benu. | Khuluma |  |
| Umsebenti wasekhaya kutsi wetame kucoca ngetidzingo kanye nalenikufunako nemntfwana wakho. Unaso yini sikhatsi sekukwenta loku namuhla? | Yentani luhla lwetidzingo kanye netintfo lenitifunako, KANYE KANYE. |  |

| Module: Talking about Monthly Expenses | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngetinyatselo letine tekusebentisa imali emndenini nemntfwana wakho. Namuhla, sitawufundza ngesinyatselo sesibili: [phumula] kukhuluma ngetindleko tenyanga.  Nayi indlela lemelula futsi lejabulisako leningakwenta ngayo nemntfwana wakho. | Kukhulumani ngetindleko tenyanga |  |
| Tsatsa incenye yeliphepha nobe lokunye longabhala khona, kanye nepeni. Lokulandzelako, dwebani titfombe tato tonkhe tintfo lenititsenga njalo ngenyanga ningumndeni.  "[phumula]"  Ngemuva kwaloko, bhala eceleni kwesitfombe ngasinye kutsi sitsenge malini. Kwekugcina, hlanganisani yonkhe imali leniyisebentisako njalo ngenyanga. | 1. Hlanganisa 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 |
| Tsatsa sitfombe setindleko tenu tenyanga. Utaludzinga lolwati esifundvweni lesilandzelako!  Lesi sinyatselo sekucala lesikahle sekuhlela kahle imali yemndeni! |  | See if there’s a way to show a camera flash? |
| Umsebenti wasekhaya kutfola sikhatsi sekwenta lomsebenti nemntfwana wakho. Unaso yini sikhatsi sekukwenta lamuhla? | Uimisebenti wasekhaya: Bhalani luhla lwetindleko tenu tenyanga 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. Namuhla, sitawubuketa sinyatselo sesitsatfu: [phumula] kwenta luhlelo lwemali lwenyanga | Kwenta Luhlelo Lwekusebentisa Imali Njalo Ngenyanga |  |
| Kwekucala, tsatsani leliphepha lenibhale kulo tonkhe letintfo lenititsenga njalo ngenyanga. |  | Show end of prev. Module pic |
| Kwesibili, hlanganisani yonkhe imali lenibanayo njalo ngenyanga. Loku kungenteka kutsi kuvela emsebentini, tinzuzo letitfolwa ngulabanye bantfu, nobe imali letsetfwe nguletinye tihlobo. |  | Show scribbles adding up |
| Nyalo, tatsani sincumo nemntfwana wakho kutsi ngutiphi tintfo lenitiDZINGAKO naleto lenitiFUNAKO. Dvwebani inkhanyeti eceleni kwato tonkhe TIDZINGO. Hlanganisani tonkhe letintfo letinetinkhanyeti eceleni kwato. |  | Return to prev. Module pic and insert hand drawn stars |
| Ngabe lemali ingetulu noma ingephansi kwemali leniyisebentisa njalo ngenyanga? Nangabe ingephansi, ningengeta letinye tintfo lotifunako. Nangabe ingetulu, cocisana nemntfwana wakho kutsi ngutiphi tintfo letiSIDZINGO mbamba. Kungenteka nidzinge kutsatsa tincumo letimatima emkhatsini wetintfo letahlukene. |  | Show bottom of both pages (Star total and income total) with total sums circled |
| Umsebenti wasekhaya kusebentisana nemntfwana wakho nente luhlelo lwekusetjentiswa kwemali emndenini. Unaso yini sikhatsi sekukwenta loku namuhla? | Uimisebenti wasekhaya: Sebentisana nemntfwana wakho kute nakhe luhlelo lwekusebentisa imali njalo ngenyanga |  |

| Module: Make a Saving Plan | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngetinyatselo letine tekusebentisa imali singumndeni nebantfwana betfu. Namuhla, sitawubuketa sinyatselo sekugcina: [phumula] Yenta luhlelo lwekonga. | Yenta luhlelo lwekonga |  |
| Kwekucala, khulumisana nemntfwana wakho ngetizatfu letehlukahlukene letingakwenta ufune konga imali. Loku kungafaka ekhatsi: [phumula]  Kulungiselela timo letiphutfumako, [phumula]  Kutisengela intfo lenhle noma utsengele umntfwana wakho, [phumula]  Kwenta lokutsite lokunijabulisako kanye kanye ningumndeni, noma [phumula]  Kuhlela tindleko letinkhulu letitawenteka esikhatsini lesitako, njengekulungisa likhaya lakho nobe kutfutfukisa imfundvo yebantfwana bakho. | Yenta sincumo: Yini lolofuna kuyongelai? | Images timed to show reasons for saving |
| Kwesibili, tibekele sincumo ngelinani lemali lowufuna kuyonga. [phumula]  Buka luhlelo lwakho lwekusebentisa imali kulomsebenti lesigcine ngawo.  [phumula]  Khulumisana nemntfwana wakho kutsi ningagcina malini ngeliviki nangenyanga. | Yenta sincumo: Ningakhona konga malini ngeliviki noma ngenyanga kute nifinyelele kulomgomo wenu? | Illustrate how small amounts saved over time, create a large sum |
| Kwesitsatfu, khulumisana nemntfwanakho ngetindlela letehlukene leningagcina ngato imali yenu iphephile kute kufike sikhatsi lapho senidzinga kuyisebentisa. [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 njenge timbuti noma tinkhomo. [phumula]  Tsatsani sincumo mayelama nendlela yekonga letanisebentela ningumndeni. | Tsatsani sincumo: Indlela lephephile yekugcina imali leniyongile ivikelekile.   1. Ebhange 2. Ekhaya 3. Enhlanganweni yekonga nekubolekisa 4. Kutsenga imfuyo, njenget imbuti noma tinkhomo |  |
| Sinyatselo sekugcina kutfola tindlela tekwesekeleka. Kungenteka kutsi hulumende noma tinhlangano tasemakhaya tiniketa imali, ema-vawusha noma kudla emindenini leyeswele. Cabangani ngetindzawo letiniketa lusiti emphakatsini wangakini. | Tfola kwesekela |  |
| Nangabe ungakhona, yetama konga imali njalo ngenyanga noma ngabe yincane kangakanani kuze uyisebentise esikhatsini lesitako noma nawuvelelwe sehlakalo. Loku kungenta umehluko lomkhulu ngekuhamba kwesikhatsi.  Umsebenti wasekhaya kwenta luhlelo lwekonga imali nemntfwana wakho. Unaso yini sikhatsi sekukwenta lamuhla?  Khumbula kutibonga wena nemntfwana wakho ngekutsi nitinike sikhatsi sekwenta luhlelo lwekonga. Ngiyanihalalisela! | Umsebenti wasekhaya: Yentani luhlelo lwekonga imali nemntfwana wakho. |  |

| Module: Be Kind to Myself | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText. Kunetinyatselo letintsatfu letingakusita kutsi ube nemusa kuwe. 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 - noma ibe kabi kakhulu! Nangabe utiva ukabi emoyeni, naka lokutsi uyakuva loko. Kungakusita kuwunika ligama leyo miva. Naka kutsi utiva uhlazekile, unemahloni, unemona noma utfukutsele.  Lokulandzelako, tsani Kulungile.  Phumula kancane noma udvonse uphindze uwukhulule umoya emahlandla lambalwa. Nyalo titjele kutsi, ʹKulungile, ʹ ngobe kulungile kuba nemiva lekabi - wonkhe muntfu kuyenteka ativele akabi ngaletinye tikhatsi! Imvamisa, lemiva iyaye ivele nakunesizatfu lesivakalako futsi kungabakhona lokukubikela kona. Vele 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 | | |
| --- | --- | --- |
| 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. Kungenteka bahlale batfukutsele, bafune kuhlala bodvwa ngaso sonkhe sikhatsi, bakutfole kumatima kunaka tintfo, bahlale badziniwe noma babebete nje umndlandla wekwenta imisebenti.  Tinake letimphawu kuze utokhona kumnika lusito lolucondzene nalokucindzeteleka.  [2] Lokulandzelako, khuluma. Buta umntfwana wakho kutsi yini lementa ativele acindzetelekile.  Yetama kwemukela konkhe lakakushoko. Ungatfola kutsi utiva ucindzeteleke kakhulu ngentfo wena longayibona kutsi yincane. Kepha kuye, ivakale iyinkhulu kakhulu!  Mvumele akucocele ngaloko lokumenta ative acindzetelekile ngaphandle kwekumehlulela.  [3]Kwekugcina, Bani khona kubo.  Lalela loko lakakushoko, noma ngabe kute longakwenta ngako, uphindzei ukhumbute kutsi kulungile kutiva ucindzetelekile.  Msite atsatse sincumo ngetintfo letibalulekile langakhatseteka ngato naleto lekufanele angatikhatsati ngato. Ungamsita kutsi atsatse tinyatselo tekugucula loko lokumkhatsatako nangabe angakhona noma atilungiselele kumelana noma ngabe yini lokumenta ative akhatsatekile. Loku kutawumenta ativele asekelekile futsi avikelekile. | NAKA  Naka timphawu tekucindzeteleka kumntfwana wakho.  KHULUMA  Fundza kutsi yini leyenta umntfwana wakho akhatsateke, ngaphandle kwekumehlulela.  BANi KHONA  Bani khona emphilweni yemntfwana wakho futsi umsite kutsi akhone kubhekana nalenkinga. |  |
| Khumbula, kumsita umntfwana wakho lotivela acindzetelekile:  [1]Naka timphawu letikhomba kutsi umntfwana wakho ucindzetelekile  [phumula]  [2]Khulumisana naye ngaloko lokumenta ative acindzetelekile.  [phumula]  [3]Bese uba khona kumesekela nangabe ativa acindzetelekile.  [phumula]  Umsebenti wasekhaya kukhuluma nemntfwana wakho ngaloko lokumenta ative acindzetelekile. Bhala luhla lwetintfo letimucindzetelako kanye naloko lakangakwenta kute akugweme noma akhone kubhekana nako.  Mbute umntfwana wakho kutsi ungamsita kanjani nangabe naye acindzetelekile. Ungaphindze ulusebentise loluhla nangabe ubona kutsi umntfwana wakho ucindzetelekile.  Ningakhona yini kukwenta loku nemntfwana wakho namuhla? | 1. Naka 2. Khuluma 3. Bani Khona   Umisebenti wasekhaya: Bhala luhla lwetintfo letibangela kutsi umntfwana wakho acindzeteleke futsi nicoce ngekutsi yini langayenta kute abhekane nato. |  |

| Module: Show my Teen Kindness | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekunakekela inhlalakahle yemntfwana wetfu. Lenye indlela yekunakekela inhlalakahle yemntfwana wakho kuba nemusa nekumesekela, ikakhulu nangabe abhekene netimo letimatima. Nati tinyatselo letine lokufanele utikhumbule:  Naka  [phumula]  Lalela [phumula]  Shano utsi Kulungile [phumula]  Nendvudvuto | Ngikhombise umusa kumntfwana wami   1. Naka 2. Lalela 3. Shano kutsi Kulungule 4. Indvudvuto |  |
| [1] Sinyatselo sekucala kuNaka. Kubalulekile kutsi ube nelwati futsi ubone nangabe umntfwana wakho aphatseke kabi noma akhatsatekile. Naka indlela lakatiphatsa ngayo, njengekutfukutsela nje ningakagadzi, kutsetsa noma kucitsa sikhatsi lesinyenti ayedvwa.  [2] Sinyatselo sesibili kulalela. Mnikete litfuba umntfwana wakho kutsi akucocele ngaloko lokwentekako emphilweni yakhe. Yetama kukwemukela loko lokushoko umntfwana wakho. Mkhombise kutsi umlalele umntfwana wakho ngekuphindza loko lakutjela kona noma ukubeke ngalenye indlela.  [3] Kwesibili, tjela umntfwana wakho loseminyakeni yekutfomba kutsi indlela lativa ngayo ingakavami nekutsi wonkhe umuntfu utiva ngalendlela ngaletinye tikhatsi. Mtjele kutsi kulungile kutive ngalendlela.  [4]Kwekugcina, mdvudvute umntfwana wakho futsi umkhumbute kutsi kufanele abe nemusa kuye. Bani nesineke futsi umnike sikhatsi sekuyicatulula indlela lakativa ngayo. Nangabe ucabanga kutsi kungasita, mkhulumise ngaloko langakwenta ngendlela leyehlukile esikhatsini lesitako. | NAKA  Naka timphawu noma indlela yekutiphatsa lekhombisa kutsi umntfwana wakho ukhatsatekile.  LALELA  Mvumele umntfwana wakho kutsi akucocele ngendlela lativa ngayo.  SHANO KUTSI KULUNGILE  Kuyintfo Levamile Kutiva Ngalendlela.  Indvudvuto  Mkhumbute umntfwana wakho kutsi kufanele abe nemusa kuye. |  |
| Kuliciniso kutsi leminye imiva noma timo atisito letikahle. Khumbula, nangabe udzinga lusito etimeni letimatima, ungabhala utsi LUSITO ku-ParentText kute utfole luhla lwetinsita letikhona emphakatsini wangakini. | LUSITO | Phone typing |
| Khumbula kutsi umphatse ngemusa umntfwana wakho,  Naka timphawu noma indlela yekutiphatsa lekhombisa kutsi umntfwana wakho ukhatsatekile.  Mulalele nakacoca ngetintfo lakatatiko.  Mtjele kutsi kulungile futsi umkhumbute kutsi indlela lakativa ngayo yejwayelekile.  Kwekugcina, Mudvudvute. Mukhumbute kutsi atiphatse ngemusa.  Tinike sikhatsi uwabukete lamacebo kute ukhone kuwasebentisa njalo nawuwadzinga. Kuwabuketa, ungaphindze ubuke nayi-ivideo.  Ungakhona yini kuwabuketa namuhla? | 1. Naka 2. Lalela 3. Tsani kulungule 4. Indvudvuto   Umsebenti wasekhaya:  Phindza ubuke lamacebo. |  |

| Module: Know the Warning Signs | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekunakekela inhlalakahle yemntfwana wakho. Indlela lebalulekile yekunakekela inhlalakahle yemntfwana wakho, kuba nelwati ngetimphawu letisicwayisako. Timphawu letisecwayisa kutsi umntfwana wakho udzinga lusito.  Nati tinyatselo letintsatfu letitakusita kutsi ube nelwati ngaletimphawu letisecwayiso:  [phumula] Naka  [phumula] Tsatsa sinyatselo Ngekushesha  Utfole neLUSITO | Bani Nelwati Ngetimphawu Letikucwayisako   1. Naka 2. Tsatsa sinyatselo ngekushesha 3. Tfola lusito |  |
| Kwekucala, naka timphawu letisicwayisako netento letingakhombisa kutsi umntfwana wakho unenkinga engcondvweni. Letimphawu tifaka ekhatsi:  Kulala kakhulu nobe kungalali  Kuphelelwa lutsandvo lekwenta tintfo latitsandzako  Kuphelelwa ngumndlandla ngesikolwa esikolweni nekwehla kwemamaki esikolweni  Kugucuka kwesimo semuntfu ngekushesha, njengekutfukutsela kakhulu  Kutiva udzabukile, ungenalutfo nobe ungakabaluleki  Kukhatsateka kakhulu  Kucansuka noma kungahlaliseki  Kungafuni kuba nebantfu nobe kutihlanganisa nabo  Kwetfuka kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengemabala lakhomba kutisika  Noma kuveta imicabango yekutibulala | NAKA  Kulala kakhulu nobe kungalali  Kuphelelwa lutsandvo lekwenta tintfo latitsandzako  Kuphelelwa ngumndlandla ngesikolwa nekwehla kwemamaki esikolweni  Kugucuka kwesimo sebuntfu ngekushesha, njengekutfukutsela kakhulu  Kutiva udzabukile, ungenalutfo nobe ungakabaluleki  Kukhatsateka kakhulu  Kucansuka noma kungahlaliseki  Kungafuni kuba nebantfu nobe kutihlanganisa nabo  Kwesaba kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengemabala lakhomba kutisika  Noma kuveta imicabango yekutibulala | Time text to spoken words |
| Lokulandzelako, kubalulekile kutsi usheshe utsatse sinyatselo nangabe ubona letinye taletimphawu.  Kungenteka letimphawu tigcine setibanga tinkinga letinkhulu. Kumniketa lusito kusenesikhatsi kungaba nemphumela lomuhle emphilweni yakhe. | Tsatsa sinyatselo ngekushesha  ngaphambi kwekutsi tintfo tibe timbi kakhulu. |  |
| Sinyatselo sesitsatfu sitsi tfola Lusito.  Kutfola lusito kubalulekile, kodvwa ciniseka kutsi uyayihlonipha imfihlo yemntfwan wakho. Khulumisana nemntfwanakho mayelana nelusito lekungenteka aludzinge.  Kwesekeleka kwakho nako kubaluleke kakhulu. Cela lusito nangabe uludzinga. Kuba nemuntfu longakusita kungenta umehluko lomkhulu. | Tfola Lusito  Tfola lusito lwakho nemntfwana wakho. |  |
| Khumbula, kute ukhone kunakekela umntfwana wakho:  [1] Naka timpawulo letecwayisako  [2] Tsatsa sinyatselo ngekushesha ngaphambi kwekutsi simo sibe sibi.  [3] utfole nelusito  Umsebenti wasekhaya kucoca nemntfwana wakho ngemitfombo leyehlukene yekwesekelela lekhona emmangweni wangakini. Khulumani kutsi lemitfombo inganisita kanjani. Ningawafaka nalamanye emalunga emndeni kuletinkhulumo.  Ningakhona yini kwenta loluhla lolu nemntfwana wakho namuhla? | 1. Naka 2. Tsatsa sinyatselo ngekushesha 3. Tfola lusito   Umsebenti wasekhaya: Khuluma nemntfwana wakho ngetindzawo tekwesekeleka letisemphakatsini wangakini. |  |

| Module: Manage My Stress | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulomgomo, sifundza ngekulawula indlela yekutiphatsa kwentfwana wakho. Kute sinakekele bantfwana betfu, kufanele sicale ngekutinakekela tsine. Kufundza indlela yekubhekana nekucindzeteleka kubaluleke kakhulu emphilweni yakho nasepmphilweni yengcondvo yakho, futsi kutakusita kutsi ube nebuhlobo lobuhle nemntfwana wakho.  Nati tinyatselo letintsatfu longatisebentisa kute ukhone kubhekana nekucindzeteleka:  Cabangisisa  [phumula]  Tfola  [phumula]  Kanye nenchubo. | Kumelana neKukhatsateka   1. Cabangisisa 2. Tfola 3. Inchubo |  |
| Kwekucala, cabangisisa.  Tsatsa ipeni neliphepha, bese ucabanga ngekutsi utiva ucindzetelekile kangakanani. Kusukela ku-0 kuya ku-100 bhala kutsi ucindzeteleke kangakanani.    Cabangisisa lendlela lokuva ngayo lokucindzeteleka emtimbeni wakho? Ngabe utiva ngatsi emahlombe ayesindza, uphelelwa ngumndlandla, awukhoni kulala kahle nekunaka tintfo noma ukhungatsekile. Bhala phansi indlela lotiva ngayo.  Kwati indlela umtimba wakho lowenta ngayo nawucindzetelekile kungakusita kutsi ukhone kukulawula 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 emphilweni. Kuba nelwati ngetintfo letikucindzetelako kungakusita kutsi ukhone kubhekana nato.  Lokulandzelako, bhala luhla lwetintfo letikujabulisako. Leti tintfo letitakusita kutsi utinakekele. Kunetinhlobo letehlukene temisebenti yekutinakekela, lefaka ekhatsi kuhamba ngetinyawo, kuthandaza, kunatsa litiya nebangani noma kusebenta engadzeni. | TFOLA  Tintfo letibangela kucindzeteleka kanye netintfo lotentako letikwenta ujabule. |  |
| Sinyatselo sekugcina yinchubo.  Ungakunciphisa kanjani kucindzeteleka emphilweni yakho onkhe emalanga?  [phumula]  Mingakhi imisebenti yekutinakekela longakhona kuyenta ibe yinchubo yakho?  Yetama kutinika sikhatsi sekwenta munye umsebenti wekutinakekela lokungenani kanye ngelilanga. | INCHUBO  Yenta inchubo yakho ngendlela letawunciphisa kucindzeteleka bese utiphatsa kahle. |  |
| Khumbula kulawula kukhatsateka kwakho:  [1] Cabanga ngendlela lotiva ngayo.  [2] Tfola tintfo letikubangela kucindzeteleka kanye naleto letikwenta ujabule.  [3] Lungisa ichubo lowenta ngayo tintfo kute unciphise kucindzeteleka bese ukhulisa ematfuba enjabulo.  Umsebenti wasekhaya, bhala luhla lwetintfo longatenta letikujabulisako. Kungase kube yintfo lemelula njengekuhamba nome kucoca nemngani wakho.  Ungakwenta yini loko lamuhla? | 1. Cabangisisa 2. Tfola 3. Inchubo   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 indlela umntfwana wakho latiphatsa ngayo nekulawula kutiphatsa kabi kwakhe. Lelisu lisisita kutsi sinciphise kutiphatsa lokubi ngekutsi sifundzise bantfwana betfu kutsi batiphatse kahle. Nangabe ucabanga kutsi umntfwana wakho sewufuna kutiphatsa kabi, ungasheshe umuvimbe ngekumunika umsebenti lotsite.  Nati tinyatselo letine tekucondzisa indlela bantfu labaseminyakeni yekutfomba labenta ngayo tintfo:  Yehlisa umoya, sheshisa, cacisa futsi ube nembono lokahle.    Asesifundze kabanti ngaletinyatselo. | Lawula indlela latiphatsa ngayo umntfwana wakho   1. Yehlisa umoya 2. Sheshisa 3. Cacisa 4. Bani nembono Lomuhle |  |
| [1] Kwekucala, yehlisa umoya. Yetama kutibamba noma udvonse uphindze ukhulule umoya ngaphambi kwekutsi umcondzise umntfwana wakho. Khuluma ngelivi leliphansi.  [2]Sheshisa. Yetama kumcondzisa umntfwana wakho ngaphambi kwekutsi atiphatse kabi noma kube matima kakhulu. Kulula kakhulu ngaleyo ndlela!  [3]Cacisa. Kunekutsi umtjele kutsi ayekele kwenta lokutsite, mtjele loko lofuna akwente. Nasi sibonelo, nangabe umntfwana wakho amemeta, kunekutsi utsi "Ungamemeti", ungasho kutsi "Ngicela ukhulumele phansi"  [4]Bani nembono Lomuhle. Mdvumise umntfwana wakho nangabe atiphatsa kahle. | YEHLISA UMOYA  Thula kancane bese ukhuluma ngelivi leliphansi.  SHESHISA  Bacondzise ngaphambi kwekutsi bacale kutiphatsa kabi noma kube kubi kakhulu.  CACISA  Tjela umntfwana wakho kutsi yini lofuna ayente.  BANI NEMBONO LOMUHLE  Ncoma umntfwana wakho nakenta loko lokucela kutsi akwente. |  |
| Kucondzisa umntfwana wakho kutsi atiphatse ngendlela lekahle kutanisita kutsi nigweme tincabano futsi kutawenta ukhone kumnakekela kahle. Ungakhona kukwenta loku!  Khumbula kutsi kute ulawule kutiphatsa kabi kwemntfwana wakho, kufanele umcondzise. Kute umcondzise, kufanele:  [1] phumula kancane futsi wehlise umoya nawukhuluma naye.  [2] Mucondzise ngekushesha nawumubona atiphatsa kabi.  [3] mtjele ngalokucacile loko lofuna akwente kunekutsi umtjele loko lofuna ayekele kukwenta, futsi  [4] Bani nembono lemihle futsi umncome nakenta loko lokucelako.  Umsebenti wasekhaya kutsi nicocisane nalelinye lilunga lemndeni wakho ngaletinyatselo letine. Kucocisana ngalamakhono kutawuba lusito lolukhulu emphilweni yenu nonkhe.  Ungakhona yini kucocela labanye ngalamacebo namuhla? | 1. Yehlisa umoya 2. Sheshisa 3. Cacisa 4. Bani nemibono Lemihle   Umsebenti wasekhaya: Cocisana nalelinye lilunga lemndeni wakho ngaletinyatselo. |  |

| Module: Solve Problems with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulomgomo, sitawufundza ngendlela yekulawula kutiphatsa kwemntfwana wakho kanye nekusombulula tinkinga kanye kanye. Nangabe kwenteka intfo lembi, sivame kutfukutsela futsi sisole bantfwana betfu. Kodvwa labakudzingako kutsi kube khona lotabasita kutsi balungise tinkinga tabo.  Kwekucala, phumula! Caphela kutfukutsela nekucindzeteleka. Phefumula kancane ngaphambi kwekutsi uphendvule. Bese uphendvula ngemoya lophansi.  Nati tinyatselo letine letisisekelo longatisebentisa kute umsite umntfwana wakho afundze kucatulula tinkinga: YATI, YICATULULE, YETAME, YIHLOLE | Kucatulula Tinkinga Nemntfwana Wami   1. Yati 2. Yicatulule 3. Yetame 4. Yihlole |  |
| Sinyatselo sekucala kutsi Uyati. Tfola lenkinga ngekukhulumisana nemntfwana wakho. Yibeke ngemagama lenkinga. | YATI  Yibeke ngemagama lenkinga. |  |
| Sinyatselo sesibili kutsi uyicatulule. Cabangani ngato tonkhe tisombululo letingabakhona mayelana netinkinga temntfwana wakho kanye kanye. Cabangani kanye kanye kutsi imiphumela yato ingaba njani. Yini leningayenta ngalokwehlukile kulesimo esikhatsini lesitako nemntfwana wakho? | YICATULULE  Cabanga ngetisombululo talenkinga kanye nemiphumela yato. |  |
| Sinyatselo sesitsatfu kutsi wetame. Khetsa sisombululo sinye bese uyasisebentisa esikhatsini lesitako nawusesimeni lesifanako. | SETAME  Khetsa sisombululo sibe sinye lotawusetama esikhatsini lesitako. |  |
| Sinyatselo sesine kutsi usihlole. Nawuphindze utfola litfuba lekwetama lesisombululo, tibute kutsi engabe sikusebentele yini. Nangabe sikusebentele, kuhle kakhulu loko! Nangabe asikakusebenteli, phindze ukhulume nemntfwana wakho kute nitfole lenye indlela yekusombulula lenkinga. | YIHLOLE  “Ngabe sinisebentele?” |  |
| Khumbula, kute ucatulule tinkinga nemntfwana wakho:  [1] Yati lenkinga ngekutsi uyibite ngemagama.  [2] Tfolani tindlela tekuyicatulula lenkinga kanye kanye nemntfwana wakho.  [3] Khetsani sisombululo sibe sinye futsi nitibophelele kutsi nitawusetama nangesikhatsi lesitako.  [4] Sihloleni lesisombululo. Ngabe sinisebentele?  Yetamani kutfola tisombululo kanye kanye. Lalela umntfwana wakho, wemukele indlela lakabona ngayo aphindze ative ngayo tintfo, bese uyambonga ngekutsi akwetsembe.  Khumbula kutsi kusita umntfwana wakho loseminyakeni yekutfomba kutsi afundze kucatulula tinkinga kutawuba yintfo latawuhlala nayo kuphila kwakhe konkhe.  Umsebenti wasekhaya kucocisana nemntfwana wakho ngetinyatselo letine tekucatulula tinkinga ngekutsi nibukete lesigaba lesi kanye kanye. Kuba nelwati lwekucatulula tinkinga yinto lekangayisebentisa imphilo yakhe yonkhe!  Ungakwenta yini loko namuhla? | 1. Yati 2. Yicatulule 3. Yetame 4. Yihlole   Umsebenti wasekhaya:  Khulumisana 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 indlela yekutiphatsa kwemntfwana wakho bese namuhla sitawufundza kutsi singabafundzisa kanjani bantfwana betfu ngemiphumela.  Bonkhe bantfwana bayatiphatsa kabi ngalesinye sikhatsi. Loko kuvamile kwenteka nakasetama kuticondza kutsi yena ungubani nekwetama kucondza indzawo yakhe emhlabeni. Lelikhono leli likhuluma ngendlela longaphendvula ngayo ngesikhatsi umntfwana wakho atiphatsa kabi kute afundze loko lokufanele akwente.  Nati tinyatselo letintsatfu letilula:  Yehlisa umoya  Yenta lokulungile  Bani nemibono Lemihle  Asesifundze kabanti ngaletinyatselo. | Kufundzisa Umntfwana Wami Ngemiphumela   1. Yehlisa umoya 2. Yiba nobulungiswa 3. Bani nemibono Lemihle |  |
| Sinyatselo sekucala kutsi wehlise umoya. Intfo lebaluleke kakhulu lokufanele uhlale uyikhumbula kutsi kufanele wehlise umoya nawutawumnika imiphumela umntfwana wakho umntfwana wakho. Nawumtsetsisa, utawukwenta lesimo sibe ngulesibi kakhulu. Phefumula kancane noma ukhweshe kulesimo nangabe kunesidzingo. Bese uphendvula ngemoya lophansi nangendlela lecacile.  [2] Sinyatselo sesibili kutsi wente lokulungile.  Bani nesiciniseko kutsi imiphumela ngulefanele lesento futsi ibe nguleyo lotawukhona kuyigcina. Siboneloi, memuke umdlalo wakhe sikhatsi lesingaba li-awa, kunekutsi umemuke liviki lonkhe.  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"  Lesinyatselo lesi sibalula nangabe nicale ngekuvumelana ngemiphumela. Nangabe nibeka imitsetfo yasekhaya, yenta siciniseko kutsi niyakhulumisana ngemiphumela yekungayilandzeli.  [3] Sinyatselo sesitsatfu kutsi ube nemibono lemihle. Khumbuta umntfwana wakho *ngaloko*lokulindzele kuye, futsi umbonge njalo nawubona atiphatsea ngalendlela loyifunako. Lenye indlela longagwema ngayo kumnika imiphumela kutsi umcondzise ngekwenta intfo letsite njengekutsi "Ungatsandza yini kuhamba kancane?"  Nangabe bewumnike imiphumela, mumbandzakanye kutsi ente intfo lenhle ngemuva kwaloko.  Kusebentisa imiphumela kuyabafundzisa bantfwana kutsi bente tintfo banelwati kutsi tingabatsintsa kanjani bona nalabanye bantfu. Kuyabasita kutsi batsatse tincumo letincono futsi bente loko lokufanele, lokutifundvo letimcoka njengoba bakhula. | YEHLISA UMOYA  Kutsetsa kutawenta simo sibe sibi kakhulu.  Yenta lokulungile  Bani nengcondvo futsi umnike litfuba lekuwulandzela.  BANI NEMIBONO LEMIHLE  Shano lendlela lofuna atiphatse ngayo. |  |
| Khumbula kutsi kute ufundzise umntfwana wakho imiphumela:  [1] khulumisana naye ngemoya lophansi.  [2] yenta lokulungile nawubeka imiphumela, futsi ucale ngekumnika litfuba lekuwulandzela lowomtsetfo, bese  [3] Bani nemibono lemihle. Khumbula kutjela umntfwana wakho kutsi yini lofuna ayente, wetame kumcondzisa endleleni latiphatsa ngayo, futsi ulandzele yonkhe imiphumela ngekwenta lokutsite lokuhle.  Umsebenti wasekhaya bhala luhla lwemiphumela longayisebentisa lelungile. Lungabi ludze loluhla. Cabanga timphendvulo letikahle nangabe atiphatsa kabi. Loku kutawukwenta ulungele sikhatsi nakaphindza atiphatsa ngendlela lekabi umntfwana wakho.  Ungakwenta yini loko namuhla? | 1. Yehlisa umoya 2. Yenta lokulungile 3. Bani nemibono Lemihle   Umsebenti wasekhaya:  Bhala luhla lwemiphumela lelungile. |  |

| Module: Community Safety | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo ukhuluma ngekugcina umntfwana wakho aphephile futsi namuhla sifundza ngekuphepha emmangweni.  Lenye indlela longavikela ngayo umntfwana wakho kutsi nakhe umdvwebo lokhomba tindzawo letiphephile kanye kanye. Ningakhona kubona tindzawo letiphephile naletingakaphephi emmangweni wakini.  Ningawakha umbalave wekuvikeleka ngetinyatselo letintsatfu letilula: Dvweba, Tsatsa sincumo, futsi ucoce. | Kuphepha Emmangweni   1. Dweba 2. Yenta sincumo 3. Coca |  |
| Sinyatselo sekucala kudvweba. Dvweba libalave lendzawo yakini lelifaka ekhatsi tindzawo lenivame kuya kuto nemntfwana wakho. [1] Loku kufaka ekhatsi tindzawo letifana nelikhaya lakho, sikolwa, imigwaco, timakethe kanye naletinye tindzawo letivakashelwa ngumntfwana wakho. | Dweba | Begin with blank sheet. Animate on [1] |
| Sinyatselo lesilandzelako kutsatsa sincumo. Khulumani ngetindzawo letikumephu yenu bese niyabona kutsi tiphephile yini. Lalela umntfwana wakho: nabo bangaba nawo imibono yekutsi yini lokuphephile! Nangabe senisitsetse sincumo ngetindzawo letiphephile, dvweba indingilizi kuleto tindzawo. [1] Bese, ubhala siphambano kuto tonkhe letindzawo letingakaphephi kubantfwana. | Yenta sincumo | Begin with previous sheet. Animate on [1] |
| Sinyatselo sekugcina kutsi nicoce. Ngaletinye tikhatsi, sititfola sesisenkingeni. Cocani ngekutsi wena nemntfwana wakho ningalutfola kuphi lusito ngesikhatsi lesimatima. Loku kungaba-sekhaya, esikolweni, esiteshini semaphoyisa noma emtfolampilo. [1] Beka luphawu ngalokucacile kulemephu. | KUCOCA | Begin with previous sheet. Animate on [1] |
| Khumbula, kwakha libalave lekuvikeleka emmangweni:  [1] Dvweba libalave lemmango wakini  [2] Tsatsa sincumo nemtfwana wakho nge tindzawo letiphephile naletingakaphephi.  [3] Cocani ngetindzawo lakangatfola khona lusito umntfwana wakho, bese niyatikhombisa kulemephu.  Kukhuluma nemntfwana wakho ngekuphepha kuyindlela lencane yekwenta umehluko lomkhulu. Mkhumbute kutsi angakutjela nome ngabe yini leyentekako lengakaphephi ngaphandle kwekutsi utfukutsele. Loko kutakusita kutsi wakhe kwetsembana nemntfwana wakho.  Umsebenti wasekhaya kwakha libalave lekuvikeleka emmangweni. Unaso yini sikhatsi kulamalanga lambalwa letako sekwakha libalave lekuvikeleka emphakatsini wakho? | 1. Dweba 2. Yenta sincumo 3. Kucoca   Umsebenti wasekhaya: Sebentisanani nemntfwanenu kute nente libalave lekuvikeleka emphakatsini. |  |

| Module: Respond to Crises | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo ukhuluma ngekugcina umntfwana wakho aphephile, futsi namuhla sitawufundza kutsi ungamsita kanjani nase asakulesimo lesibucayi.  Kubalulekile kusekela umntfwana wakho nakasesimeni lesimatima. Nawu sita umntfwana wakho khumbula: phefumula, ulalele, Phendvula futsi umdvudvute.  Asesifundze kabanti ngaletinyatselo ndzawonye. | Indlela Yekubhekana Netinkinga   1. Phefumula 2. Lalela 3. Phendvula 4. Dvudvuta |  |
| [1] Nanobe ekucaleni singativa sikhatsatekile, nobe sesitfukutsele, kubalulekile kutsi sihlale siyehlise moya, singakhulumi kabi futsi sibeneliciniso.  Sinyatselo sekucala kuphefumula. Yehlisa umoya. Tibute kutsi, 'Yini umntfwana wami layidzingako nyalo?'  [2] Lokulandzelako, lalela. Vumela umntfwana wakho kutsi akucocele ngaloko lakudzingako. Naka indlela labativa ngayo, njengekwetfuka noma kutfukutsela, futsi ubatjele kutsi uyayibona indlela labativa ngayo. Loku kuyamusita kutsi ativele kutsi uyayicondza indlela lakativa ngayo. Tjela umntfwana wakho kutsi ukhona kute umsite futsi uyamtsandza.  [3]Sinyatselo sesitsatfu kuphendvula. Yini lengasita kule simo? Ungadzinga kusita umntfwana wakho kutsi akhulume ngendlela lativa ngayo noma umente anake tintfo letitsite. Noma kungenteka udzinge kucoca naye ngetinyatselo letiphutfumako letingamusita. Ungamunika imiphumela ngalesinye sikhati, nangabe kunesidzingo.  [4]Kwekugcina, mdvudvute umntfwana wakho. Kungaba matima kubona umntfwana wakho atfukutsele nobe adidekile, kodvwa kunalokunyenti longakwenta kute umsekele. Nangabe asesimeni lesimatima, udzinga kutsi umemukele futsi umudvudvute. | PHEFUMULA  Yehlisa umoya.  LALELA  Lalela umntfwana wakho futsi uchaze indlela lativa ngayo.  Phendvula  Yini lengamusita umntfwana wakho nyalo?  Indvudvuto  Mudvudvute umntfwana wakho. |  |
| Khumbula, ungabhala LUSITO ku-ParentText kute utfole luhla lwebantfu labaniketa lusito uma kenesimo lesimatima emphakatsini wangakini. Kungenteka bakhone kukusita. | LUSITO | Help Template |
| Kungaba matima kubona umntfwana wakho akhatsatekile nobe adidekile, kodvwa khumbula kutsi kunalokunyenti longakwenta kute umsekele ngesikhatsi lesimatima. Utawukwenta loko, ungumtali lokahle!  Landzela letinyatselo ngaso sonkhe sikhatsi nangabe umntfwana wakho akhuluma nawe ngetintfo letimatima. Kumesekela umntfwana wakho ngesikhatsi akulesimo lesimatima kutawuphindze kumfundzise indlela yekwesekela labanye ngetikhatsi letimatima.  Umsebenti wasekhaya, [1] Tfola sikhatsi lesinekuthula sekukhuluma nemntfwana wakho ngetinkinga letingahle tivele. [2] Cocani ngaloko leningakwenta nangabe kuvela tinkinga. [4] Hlola kabusha Umsebenti wekubhala libalave kute nibone leminye imitfombo yekwesekeleka emphakatsini. [5] Mbonge umtfwana wakho ngekutinika sikhatsi sekukhuluma ngalendzaba.  Unaso yini sikhatsi sekukwenta loku namuhla? | 1. Phefumula 2. Lalela 3. Phendvula 4. Indvudvuto   Umsebenti wasekhaya: [1] Khuluma nemntfwana wakho ngetinkinga langase abe nato. [2] Cocani kutsi yini lekumele yentiwe uma kwenteka [3] Hlola kabusha libalave lekuvikeleka emphakatsini bese ukhomba leminye imitfombo yekwesekeleka emphakatsini. [4] Mbonge umntfwana wakho. | 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 ukhuluma ngekugcina umntfwana wakho aphephile futsi namuhla sitawufundza ngekutivikela.  Nangabe sitiva singakaphephi, singenta noma yini kute sibaleke. Singasebentisa LIVI LETFU kanye NEMITIMBA yetfu kute sitivikele. | Fundzisa Kutivikela   1. Sebentisa livi letfu 2. Sebentisa imitimba yetfu |  |
| Nangabe sitiva singakaphephi, singenta noma yini kute sibaleke.   Uyasikhumbula lesikeshi sekugcina, lapho khona lendvodza yetama kuphocelela intfombatana kutsi ingene emotweni yayo? Beyingalisebentisa kanjani livi layo lentfombatana kute ibaleke? Kungenteka amemete…   * "Cha!" * "Ngicela ningisite!" * "Ngitawubita emaphoyisa nawuphindze ungitsintsa" * "Ungangitsintsi sibunu sami”   ;  Noma angetama lokunye…   * "Ngitakwenta noma yini loyifunako, kodvwa ngicela ungangilimati" * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!" * "Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako" * "Ngitakunika lucingo lwami nawungangivumela ngihambe"   Asewucabange kutsi wena bewungenta njani? Kute imphendvulo lengasiyo. | Sebentisa Livi Lakho   * Cha! * "Ngicela ningisite!"! * "Ngitawubita emaphoyisa nawuphindze ungitsintsa" * Ungangitsintsi sibunu sami * Ngitakwenta nobe yini loyifunako, kodvwa ngicela ungangilimazi. * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!"! * Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako. * Ngitakunika lucingo lwami nawungangivumela ngihambe. |  |
| Lokulandzelako, sebentisa umtimba wakho. Nangabe livi letfu lingasivimbi simo, singasebentisa imitimba yetfu kute sitivikele. Kufanele utati tintfo letihloswe ngumuntfu nakakuhlasela futsi wente tonkhe taba kute umlimate: Muhhwebhe, Mudvonse, Mushaye, Mukhahlele noma Umshwile loyo lokuhlaselako. | SEBENTISA UMTIMBA WAKHO  Sebentisa umtimba wakho kute utivikele.   * Hhwebha * Dvonsa * Mshaye * Khahlela * Shwila |  |
| Kunetindzawo letine letimcoka lekufanele utati nawuhlasela:  [1] ngemehlo  [2] Umphimbo  [3] I-groin  [4] nemadvolo |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Kukhona netindzawo letinye letisikhombisa:   [1] Simongo/Libunti  [2] Tindlebe  [3] Imphumulo  [4] Silembe (indzawo lesemkhatsini wetimbambo)  [5] iminwe  [6] Silevu  [7] Ngetulu kwetintwane  Hlasela noma ngabe nguyiphi yaletindzawo kute ulimate lesitsa sakho futsi ukhone kubaleka. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Umsebenti wasekhaya kutsi ucocele umntfwana wakho ngalendzaba kute akulungele kutivikela. Ungakwenta futsi i-ParentText ingakusita. Bhala ligama lelitsi "PHEPHA" kute uphindze ufundze lesifundvo nemntfwana wakho. Ungakwenta yini loko namuhla? | Umsebenti wasekhaya:  Bhala ligama lelitsi "PHEPHA" kute uphindze ufundze lesifundvo nemntfwana wakho. |  |

| Module: Prevent Sexual Violence | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo ngekugcina umntfwana wakho aphephile futsi namuhla sifundza ngekuvikela budlova ngekwelicasi.  Esimeni lesiyingoti, kungenteka singati kutsi kufanele sentenjani bese siyatfukutsela - kujwayelekile loko. Leti tintfo letingakusita wena nemntfwana wakho kutsi nihlale niphephile:  KWATI  KUBONE   KUSHO   KWENTE | Kuvimbela Budlova Betelicansi   1. Kwati 2. Kubone 3. Kusho 4. Kwente |  |
| [1] Kwekucala, kwati. Yati umehluko emkhatsini webudlelwane lobuhle nalobungakalungi. Nangabe uhlaselwa, kufanele wati kutsi akusilo liphutsa lakho. Uvumelekile kutsi usho futsi wente loko lokudzingekako kute uhlale uphephile futsi ubaleke - ungakhatsateki ngekutsi labanye batawutsini. Ufanele kuvikelwa. Uqinile futsi unemandla.  [2] Lokulandzelako, Kubone. Nangabe umuntfu akwenta (noma akwenta kulomunye) utive ungakakhululeki ngaloko lakushoko nobe lakwentako, loko akusiyo intfo lekahle! Sonkhe sinalo lilungelo lekutiva siphephile, ikakhulukati ekhaya. Landzela imiva yakho. Nangabe utiva uhlaselwa ngemavi noma ngetento, umgomo wakho kubaleka.  [3] Kwesitsatfu, Kusho. Livi lakho lingavimbela kuhlaselwa lokunyenti. Memete utsi "Cha!", cela lusito, cwayisa ngemiphumela, kubite ngeligama lokutiphatsa, tiphatse njengemutfu lohlanyako, yenta shengatsi uyabavisisa kute utfole sikhatsi, sebentise emahlaya, mudvudvute noma umcocise. Casisa, ube nesibindzi futsi ucondze. Khuluma usebentise livi lakho, umtimba wakho, futsi umbuke emehlweni.  [4] Kwekugcina, Kwente. Nangabe livi letfu lingasishintji simo, singasebentisa imitimba yetfu. Bani nelwati nge 'tikhali' letisemtimbeni wakho futsi ube nelwati ngaleto 'lotihlosile' emtimbeni waloyo lokuhlaselako. Sebentisa loko lokukhululekile emtimbeni wakho longalwa ngako naloko lokuvulekile emtimbeni waloyo lokuhlaselako kute umshaye.  Nangabe kukhona umuntfu lokuvisa buhlungu, khumbula kutsi akusilo liphutsa lakho lelo. Cela lusito kumuntfu lometsembako, futsi wente siciniseko kutsi umntfwana wakho uyati kutsi angakutjela noma ngabe yini kute nikhone kutfola sisombululo kanye kanye. | KWATI  Kufanele wati kutsi akusilo liphutsa lakho.  KUBONE  Caphela uma usengotini.  KUSHO  Sebentisa livi lakho kute ubaleke.  KWENTE  Nangabe livi lakho lingasebenti, sebentisa umtimba wakho kute ubaleke. |  |
| Khumbula, ungabhala ligama lelitsi LUSITO ku-ParentText kute utfole luhla lwebantfu labangakusita nangabe usesimeni lesimatima emphakatsini wakho. Bangahle bakhone kukusita. | LUSITO | Help Template |
| Umsebenti wasekhaya kumsita umntfwana wakho kutsi atilungiselele ngekutsi niphindze lesifundvo kanye kanye. Kute uphindze usebentise lesifundvo, bhala "VIMBELA." Ungakwenta yini loko namuhla? | Umsebenti wasekhaya: Bhala “VIMBELA” bese uphindza lesifundvo nemntfwana wakho. |  |

| Module: Treating each other as equals | | |
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| Script | On Slide Text | Animation Notes |
| Lomgomo ukhuluma ngekutsi sibe nebuhlobo lobuhle nebantfu lesitsandzana nabo. Namuhla, sifundza ngekuphatsana njengebalingani. Asesibuke tindlela letisihlanu longamphatsa ngato loyo lotsandzana naye njengemlingani wakho kute nicinise buhlobo benu. | Kuphatsana njengebalingani |  |
| [1] Kwekucala, yentani tincumo kanye kanye. Nawuphindze wenta sincumo, yetama kufuna umbono wemlingani wakho uve nemicabango yakhe.  [2] Faka umlingani wakho. Ngalesinye sikhatsi kungaba matima kukhumbula kutsi kufanele sihlanganyele nalabo lesitsandzana nabo nasitsatsa tincumo. Nangabe ukhohliwe, chubeka wetama!  Kubuta imibono yabo kukhombisa kutsi uyabakhatsalela futsi ufuna batihlanganise nawe.  [3] Khumbula kutsi sikhatsi lewukwenta ngaso singawenta umehluko. Nangabe kufanele wente sincumo, khuluma ngaso ngesikhatsi wena nemlingani wakho ningakabi matasatasa, njengasekuseni kakhulu noma kusihlwa.  [4] Kwekugcina, Kwentama njalo kwenta uphumelele. Kunganitsatsa sikhatsi kutsi netayele kwenta tincumo kanye kanye. Tinike sikhatsi futsi uchubeke wetame! Khumbula kutsi ngekukhulumisana nemlingani wakho, ngekuhamba kwesikhatsi nobabili nitawucala kutiva nikhululekile kukhuluma futsi nente tincumo ngekubambisana. | 1. Tsatsani tincumo kanye kanye 2. Faka umlingani wakho 3. Sikhatsi lesifanele singawenta umehluko 4. Kwentama njalo kwenta uphumelele |  |
| Umsebenti wasekhaya kutsi ubandzakanye umlingani wakho kulesincumo lotasitsatsa namuhla. Ungakwenta yini loko? | Umsebenti wasekhaya: Bandzakanyisa umlingani wakho nawutsatsa tincumo. |  |

| Module: Being a supportive partner and parent | | |
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| Script | On Slide Text | Animation Notes |
| Lomgomo ukhuluma ngekutsi sibe nebuhlobo lobuhle nebantfu lesitsandzana nabo. Namuhla, sifundza ngekuba ngumlingani lowesekelanako uphindze ube ngumtali.  Nati letinye tindlela letilula longatenta kute ube ngumlingani locinisekile nalosekelanako NEKUBA ngumtali. | Kuba ngumlingani losekelanako nemtali |  |
| [1] Kwekucala, khombisa kubonga  Khombisa umlingani wakho kutsi uyajabula nakacitsa sikhatsi nebantfwana bakho.  [2] Lokulandzelako, sebentani kanye kanye.  Nangabe unganaso siciniseko sekutsi ungasebenta njani nemlingani wakho, mbute! Nawumbuta, usuke ukhombisa kutsi uyamukhatsalela futsi uyafuna kuhlanganyela naye kuloko lokwentako!  [3] Sinyatselo sesitsatfu kutsi usite. Ngalesinye sikhatsi kungaba matima kukhumbula kubuta kutsi uyaludzina yini lusito umlingani wakho. Waze wacala kumbuta, utawubona kutsi ufuna kuba yincenye yakhe, bese uticelela yena kucala lusito lwakho.  [4] Kwekugcina, cela lusito. Kungaba matima kucela lusito. Ngalesinye sikhatsi silindzele kutsi batawumane bati nje balingani betfu kutsi sidzinga lusito lwabo ngisho noma singakabaceli. Waze wacala nje kumcela lusito, angahle akunike njalo lusito nasesikhatsini lesitako. Khumbula kumbonga umlingani wakho! | 1. Khombisa kubonga 2. Sebentisanani 3. Musiite 4. Cela lusito |  |
| Umsebenti wakho wasekhaya kutsi wetame kunakekela bantfwana bakho noma kwenta imisebenti yasendlini kanye kanye nemlingani wakho. Unaso yini sikhatsi sekukwenta loku namuhla? | Umsebenti wakho wasekhaya kutsi wetame kunakekela bantfwana bakho noma kwenta imisebenti yasendlini kanye kanye nemlingani wakho |  |

| Module: Share Family Responsibilities | | |
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| Script | On Slide Text | Animation Notes |
| Lomgomo ukhuluma ngekutsi ube nebuhlobo lobuhle nemlingani wakho. Namuhla, sifundza indlela yekuhlanganyela emisebentini lekubhekeke kutsi siyente singumndeni.  Kute uhlanganyele nemlingani wakho naye imitfwalo yemndeni, yetama nati tindlela letine: | Yebelani mitfwalo Yemndeni |  |
| [1] Kwekucala, tibekele luhlelo.  Kungenteka kube matima kukhumbula loku! Kungenteka kube matima kukhumbula loku! Ngalesinye sikhatsi kungaba lusito kuba neluhlelo lwekunakekela Umlingani wakho nobe umsebenti wasendlini.  Loku kuphindze kukuvumele kutsi ukhulume nemlingani wakho naye ngendlela yekwabelana ngemsebenti.  [2] Lokulandzelako, khuluma nemlingani wakho ngemsebenti lowentako  [2] Ngemuva kwaloko, khuluma nemlingani wakho ngemsebenti loniketwe wona Kukhuluma nemuntfu loshade naye ngendlela leningabelana ngayo imitfwalo yemndeni kunisita nivisisane kancono.  Kuphindze kukhombise kutsi uyakukhatsalela!  [3] Kwekugcina, khumbula kucela lusito  Kungaba matima kukhumbula kucela lusito.  Nangabe ukhohlwa kukubuta, yetama futsi ngalesinye sikhatsi.  Kucela lusito nekuhlanganyela imitfwalo yemndeni kuzuzisa wonkhe umndeni! | 1. Yakha luhlelo. 2. Khuluma ngemsebenti lowentiwako 3. Cela lusito |  |
| Umsebenti wakho wekusebenta ekhaya kuleliviki kutsi umeme umlingani wakho naye kutsi nicoce ngendlela leningabelana ngayo imitfwalo yemndeni ngekulingana ekhaya! Unaso yini sikhatsi sekukwenta lamuhla? | Umisebenti wasekhaya: Khuluma nemlingani wakho naye ngemitfwalo yemndeni |  |

| Module: Resolving Conflicts Peacefully | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Lomgomo wetfu kutsi sibe nebuhlobo lobuhle nebamlingani betfu. Lamuhla, sifundza kucatulula kungevani ngekuthula.  Nati letinye teluleko longatisebentisa kute ucatulule kungevani nemlingani wakho ngekuthula. | Kulungisa Kungevani nge ndlela ethulile |  |
| [1] Kwekucala, bala kute kube lishumi.  Ngalesinye sikhatsi kungaba matima kuhlala sinekuthula nangabe singavumelani nalabanye.  Yetama kucabanga ngetintfo longatenta letingasita, njengekuphefumula kancane noma kubala kute kube lishumi.  [2] Ngemuva kwaloko, Phumula kancane  Usakhumbula yini ngelilanga lekucala lalesifundvo, ufundza kuvala emehlo akho, uphefumule ngalokujulile, futsi ume kancane? Kumisa kancane ngaphambi kwekutsi siphendvule kungasisita kutsi sihlale sinekuthula futsi sikhone kuphendvula kahle ngemuva kwesikhatsi.  Nangabe utiva utfukutsele, yetama kuphumula kancane. Ungakhona kukwenta loku!  [3] Kwekugcina, hamba nangabe kudzingeka.  Ngaletinye tikhatsi labanye basiphatsa kabi nangabe singavumelani.  Etimeni letinjalo, ikakhulukati nangabe wesaba nobe utiva usongelwa, kungaba ncono kutsi uhambe sikhashana kute kube ngulapho bonkhe sebahlalisekile. | 1. Bala kute kube lishumi 2. Phumula kancane 3. Hamba nangabe kudzingekaHamba nangabe kudzingeka |  |
| Khumbula, nangabe udzinga lusito etimeni letimatima, bhala LUSITO ku-ParentText kute utfole luhla lwetinsita temphakatsi longatfola kuto lusito.  Umsebenti wasekhaya walomuhla kutsi ticeceshe kutinika sikhatsi ngaphambi kwekutsi uphendvule utiva ucindzetelekile. Unaso yini sikhatsi sunguticecesha kutsatsa kuphumu lalamuhla? | Bhala LUSITO nangabe udzinga lusito.  Umsebenti wasekhaya: Yenta siciniseko kutsi uyaphumula lamuhla |  |

| Module: Listening and Talking to Each Other | | |
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| Script | On Slide Text | Animation Notes |
| Lomgomo wetfu kutsi sibe nebuhlobo lobuhle nebalingani betfu. Lamuhla, sifundza kulalela nekukhuluma nebalingani betfu.  Nati letinye tindlela wena nemlingani wakho leningalalela futsi nikhulumisane ngayo ngendlela lesekelako nalenelutsandvo: | Kulalelisana Nekukhulumisana |  |
| [1] Kwekucala, tjela umlingani wakho indlela lotiva ngayo.  Kukhombisa indlela lesitiva ngayo nekukhuluma ngetinkinga lesibukene nato kukhombisa emandla futsi kungenta wonkhe umuntfu emndenini acine!  Ngekukhuluma nge imiva yenu, ningakhona kucondzana futsi nisekelane.  [2] Lokulandzelako, khetsa loko lotawukhuluma ngako.  Kukhombisa umlingani wakho tinkinga takho kumenta acondze indlela lotiva ngayo.  Khumbula kutsi nguwe lotikhetsela kutsi kungakanani loko utawucocela labanye.  [3] Kwesitsatfu, Bani nemusa kuwe.  Kucala intfo lensha kungaba matima. Tinike sikhatsi sekwetayele wena nalabanye.  [4] Kwekugcina, khetsa sikhatsi lokutfokotela ngaso.  Kulungile nangabe ungafuni ngaso sonkhe sikhatsi kuveta imiva yakho.  Ungakhetsa kukhuluma ngendlela lotiva ngayo esikhatsini lesitako nawutiva sewukhululekile. | 1. Tjela labanye indlela lotiva ngayo 2. Khetsa kutsi yini lotawabela 3. Bani nemusa kuwe 4. Khetsa sikhatsi lokutfokotela ngaso |  |
| Umsebenti losekhaya lamuhla kutsi wetame kubekela eceleni sikhatsi sekukhuluma nemlingani wakho ngemiva yakho nangetinkinga lohlangabetana nato. Unaso yini sikhatsi sekukwenta lamuhla? | Imisebenti yasekhaya: Khuluma nemlingani wakho ngendlela lotiva ngayo nangetinkinga lonato. |  |