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

| Module: Mental Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText.  Nati tintfo lokudzingeka utati mayelana nekutfutfuka kwengcondvo yemntfwana wakho loseminyakeni yekutfomba nekutsi ungamsekela njani njengobe asakhula kutsi abe muntfu lomdzala.  Ingcondvo lekhulako  Ukuba umuntfu lokhona kutimela  Kusekela umntfwana wakho | Kushintja Kwengcondvo Eminyakeni Yekutfomba   1. Ingcondvo lekhulako 2. Ukuba umuntfu lokhona kutimela 3. Indlela yekweseka umntfwana wakho loseminyakeni yekutfomba |  |
| [1] First, it’s important to understand how your teen’s brain is changing. Your teen’s brain hasn’t changed this fast since they were a baby. It is normal for teens to behave in risky ways as they push the limits of what is possible and allowed, especially if it is pleasurable or fun. This is normal behaviour.   Khumbula: Bantfwana labaseminyakeni yekutfomba abakwati kucabanga kusenesikhatsi kutsi tento tabo tingabatsintsa njani bona nobe labanye bantfu.  [2] Bantfwana labaseminyakeni yekutfomba basendleleni leya ekubeni bantfu labadzala futsi batiphatsele bona. Bacala kukwati kucoca nalabanye ngemibono yabo futsi bacabanga kakhulu ngemigomo yabo yesikhatsi lesitako kanye nelikusasa labo.  [3] To support your teen through these changes, you can guide their choices by balancing rules and limits with independence. Try giving them more freedom to make their own choices when they show they can be responsible and take responsibility for their actions. Most importantly: be supportive, loving, and positive with your teen. This helps them feel safe and secure around you, and they're more likely to come to you for help or advice when they need it.  Kudlala nawufundza kutawuphindze kutfutfukise imphilo yemntfwana wakho kanye nengcondvo FUTSI nekukwati kwakhe kufundza nekukhumbula tintfo letibalulekile! | Ingcondvo lekhulako  Ukuba umuntfu lokhona kutimela  Indlela yekweseka umntfwana wakho loseminyakeni yekutfomba |  |
| Umsebenti wakho wasekhaya kutsi usebentise sikhatsi sekuba nemtfwanakho kute umvumele akhetse nobe ngabe yini lafuna kukhuluma ngayo. Lalela lokuhlangenwe nako kwabo futsi ugweme kwehlulela. Naka indlela lotiva ngayo futsi unake nendlela nabo labativa ngayo. Mbonge umntfwana wakho ngekutsi akucocele ngako. Ungakwenta yini loko lamuhla. Ungakwenta yini loko namuhla? | Umsebenti Wasekhaya: Khuluma nemntfwanakho ngesihloko lasikhetsile. |  |

| Module: Social Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText! Naku lokufanele ukwati ngekucoca ngemphilo yemntfwana wakho loseminyakeni yekutfomba:  KUVISISA  [phumula]  YEMUKELA  [phumula]  Futsi KUKHULUMA NGETINTFO LETICINISO  Asicale. | Kushintja Kwetenhlalo Eminyakeni Yekutfomba  1. KUVISISA  2. YEMUKELA  3. KUKHULUMA NGETINTFO LETICINISO |  |
| [1] Kwekucala, kufanele ucondze indlela bantfu labaseminyakeni yekutfomba labaphila ngayo.  Kubalulekile kutsi umntfwana wakho loseminyakeni yekutfomba abe nebangani. Loku kuyabasita kutsi babe bangani labakahle futsi bacondze indlela labanye labativa ngayo. Kuphindze kube yincenye lebalulekile yekukhula nekuba ngumuntfu lomdzala. Umntfwana wakho angase afune kutiva anesitfunti sebangani bakhe futsi ente tintfo labanye labatsi timnandzi. Bangase bakhulume nobe bagcoke njengalabanye ngesikhatsi batfola kutsi babobani. Ngaletinye tikhatsi, nangabe bantfwana labaseminyakeni yekutfomba bakutfola kumatima kwakha bangani, labanye bantfwana bangabacindzetela nobe ubahlukubete.  [2] Ungasita umntfwana wakho loseminyakeni yekutfomba ngekutsi umvumele etame tintfo letinsha ngendlela lephephile, njengekugcoka tintfo letihlukile Kanye tinwele letihlukile nobe kucitsa sikhatsi nebantfu labehlukene. Khombisa kutsi uyabemukela njengobe banjalo. Tjela umntfwana wakho kutsi yini loyilindzele kuye ekhaya, kodvwa mnike litfuba lekwenta tincumo letihlakaniphile, njengendlela yekucitsa sikhatsi sabo sekuphumula.  [3] Kwekugcina, ungamsita umntfwanakho kutsi abone umehluko emkhatsini wetintfo letinhle naletibi.  Bangani labakahle bayakunakekela, bakukhatsalele, bakumeme kutsi uhlanganyele nabo emsebentini labakwentako futsi bakuphatse ngenhlonipho.  Umhlukubeti ngumuntfu lohlala etama kulimata labanye, kungaba ngekutsi abente bative bangakafaneli nobe asebentise emandla abo kutsi akuhlukumete. Kodvwa nangabe umuntfu akwenta kanye nje kuphela, akusiko kucindzetela.  Kumisa kuhlukunyetwa esikolweni. kubalulekile kuba nemusa futsi uhloniphe labanye. Loku kwenta kutsi bonkhe bantfu esikolweni bative bajabulile futsi bavikelekile. | CONDZISA   kuphila kwebantfu labaseminyakeni yekutfomba.  YEMUKELA  njengobe banjalo.  KHULUMA NGETINTFO LETICINISO  ngebungani nemtfwanakho. |  |
| Umsebenti wakho ekhaya kutsi usebentise sikhatsi loba naso nemntfwakho kukhuluma ngebangani bakhe. Bangafisa kucitsa sikhatsi lesinyenti nabobani? Ngubani losibonelo lesihle Eklasini? Lalela umntfwanakho futsi wemukele loko lakushoko.  Unaso yini sikhatsi sekukwenta lamuhla? | Umsebenti Wasekhaya: Khuluma nemntfwanakho ngebangani bakhe. |  |

| Module: Physical Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText! Nati tintfo lokudzingeka utati ngemtimba wemntfwana wakho loseminyakeni yekutfomba kanye nendlela yekukhuluma naye ngawo:  Khuluma   [phumula]  Fundza  [phumula]  Nekwesekeleka  Asesifundze kabanti kanye kanye. | Tingucuko Temtimba Eminyakeni Yekutfomba   1. Khuluma 2. Fundza 3. Kwesekeleka |  |
| [1] Kwekucala, Khuluma.  Sita umntfwana wakho loseminyakeni yekutfomba acondze kutsi kuyintfo levamile kuba netingucuko emtimbeni ngesikhatsi sekutfomba.  Tjela umntfwana wakho kutsi tonkhe tingucuko letenteka ekuphileni kwanobe ngubani futsi akusiye yedvwa lohlangabetana nato.  [2] lolandzelako, fundza. Mtjele liciniso ngeminyaka yekutfomba netingucuko letenteka kuye. Mkhutsate kutsi abute imibuto futsi afune lusito nangabe aludzinga.  [3] Kwekugcina, msekele umntfwana wakho. Khutsata umntfwana wakho loseminyakeni yekutfomba kutsi abe nemikhuba lemihle lefaka ekhatsi kudla kudla lokunemphilo, kulala sikhatsi lesenele nekutivocavoca njalo. Msite atfole imisebenti layitsandzako kute ative atetsemba futsi acinile. | KHULUMA  Khumbuta umntfwana wakho kutsi Leti tingucuko tivamile.  FUNDZA  Emaciniso lamayelana nekutfomba.  KWESEKELEKA  Hlelani tintfo letinsha letijabulisako leningatenta ndzawonye! |  |
| Khumbula kutsi kute usite umntfwana wakho loseminyakeni yekutfomba kutsi akhone kubhekana netingucuko letenteka emtimbeni wakhe, ungakhuluma naye, umfundzise futsi umsekele.  Umsebenti wakho wasekhaya kutsi usebentise sikhatsi sekuba nemntfwana ucitsa sikhatsi naye kute ukhombise kutsi unendzaba nekuphila kwakhe. Kutsi uyamtsandza. Yentani lokutsite ndzawonye, njengekuhamba, kupheka nobe kudlala umdlalo. Sebentisani leso sikhatsi kute nikhulume ngekukhululeka ngetingucuko letenteka kumntfwana wakho futsi niphendvule nobe ngumiphi imibuto langayibuta. Msite futsi umkhutsate. Loku kungasita ekuciniseni buhlobo benu futsi kumente ative akhululekile futsi atetsemba.  Ungakwenta yini loko namuhla? | Khuluma  Fundza  Kwesekeleka  Umsebenti Wasekhaya: Sebentisa sikhatsi sakho nemtfwanakho kute ukhulume naye ngetingucuko lahlangabetana nato. |  |