| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futsi! Kuba ngumtali kungaba matima, kungako kufanele utinakekele!    Nayi indlela lemelula yekwelula nekuvocavoca umtimba lengakusita kwehlisa kucindzeteleka. | Tinakekele |  |
| Sukuma welule imikhono yakho netandla kube shangatsi ufuna kutsintsa sibhakabhaka.  ...  Yenta shangatsi ukhweshisa emafu uvulela umsebe welilanga kutsi ukukhanyise.  ...  Yelula umtimba ubhekise kuto totimbili tinhlangotsi, ngesekuncele nangesekudla.  ...  Yelula ubhekise ngaphambili nangemuva. |  |  |
| Yekela tandla tilengele emaceleni.  ...  Cindzetela emahlombe akho kakhulu uwaphakamise ate afike etindlebeni ube udvonsa umoya, uswace, uchubeke nekubamba umoya ungawukhiphi.  ...  Yehlisa emahlombe uphumute umtimba wakho bese ukhipha umoya.  …  Jikitisa emahlombe akho uwayise embili nangemuva. Dvonsa umoya uphindze uwukhiphe kute kube mahlandla lamane uselula emahlombe. Loku kuyakusita kwelula lukhalo.  ...  Yehlisa emahlombe bese uyawajikitisa uwabhekise emaceleni ngasemhlubulweni nasetulu. Imikhono yakho kufanele iwutsintse kancane nje umhlane ngesikhatsi uyijikitisela emaceleni.  …  Beka lunyawo lunye phambi kwalolunye, unyatsele ngetintwane uphakamise sitsendze, uhambise lunyawo wente indingilizi lencane. Khumbula kushintja lunyawo. Yenta lendingilizi kute kube kane ubhekise ngesekudla bese ubhekisa ngesekuncele.  …  Nyalo shukumisa umtimba wakho wonkhe usheshise kakhulu. Wushukumise uye etulu! Wushukumise ushone phansi kakhulu! Wushukumise ubheke yonkhe indzawo!  …  Phakamisa imikhono kancane kancane ibe ngetulu kwenhloko ube udvonsa umoya. Yehlisa imikhono kancane kancane ube ukhiphe umoya.  ...  Phakamisa uphindze wehlise imikhono, udvonse uphindze ukhiphe umoya, kute kube katsatfu.  —  Tsatsa sikhashana ucabanga ngaloku locedza kukwenta.  ...  Khumbula kutsi ungakwenta loku noma ngabe ngunini nawutiva kutsi udzinga kwehlisa kucindzeteleka phindze uphaphamise umtimba kanye nengcondvo. |  |  |
| Umsebenti wasekhaya kutsi wetame kuvocavoca umtimba lokungenani kanye ngelilanga. Ungayetama nyalo? | Umsebenti Wasekhaya: Telule uphindze utivocavoce njalo ngelilanga. |  |

| Module: Kushintja Kwengcondvo Eminyakeni Yekutfomba | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText.  Nati tintfo lokudzingeka utati mayelana nekutfutfuka kwengcondvo yemntfwana wakho nekutsi ungamrsekela kanjani njengobe akhula aba mgumuntfu lomdzala.  Kukhula kwengcondvo  Kukhona kutimela  Nekumesekela umntfwana wakho | Kushintja Kwengcondvo Eminyakeni Yekutfomba   1. Kukhula kwengcondvo 2. Kukhona kutimela 3. Indlela yekumesekela umntfwana wakho |  |
| [1] Kwekucala, kubalulekile kucondza kutsi ingcondvo yemntfwana wakho ikhula kanjani. Bucopho bemntfwana wakho buyacala kushintja ngalendlela leshesha kangaka kusukela aluswane. Kuvamile kutsi bantfwana batiphatse ngendlela lengaba nebungoti njengobe bafuna kubona tintfo labangakhona kutenta kanye naleto labavumelekile kutsi batente, kakhulu nangabe tiyamujabulisa. Loku kutiphatsa lokuvamile.   Khumbula: Bantfwana abakwati kucabanga kutsi indlela labatiphatsa ngayo ingaba nemtselela muni etimphilweni tabo kanye nakulabanye bantfu.  [2] Bantfwana basesigabeni seekuba bantfu labadzala futsi batiphatse. Bacala kucoca kancono ngemibono yabo baphindze bacabange kakhulu ngemigomo yabo yesikhatsi lesitako kanye nelikusasa labo.  [3] Kute ukhone kumsita umntfwana wakho asabhekene naletingucuko, ungamcondzisa endleleni lokufanele akhetse ngayo ngekutsi ubeke imitsetfo nemincele asafundza kutiphatsa. Yetama kumunika inkhululeko yekutitsatsela tincumo nangabe akhombisa kutsi angakhona kutiphatsa futsi akhone nekutimela tento takhe. Lokubaluleke kakhulu kutsi umesekele, umutsandze futsi ube nemibono lemihle ngemntfwana wakho. Loku kuyamusita kutsi ative aphephile ngesikhatsi anawe, futsi kukhulisa ematfuba ekutsi acele lusito noma seluleko kuwe nakunesidzingo.  Kudlala nawufundza kutawuphindze kutfutfukise imphilo yemntfwana wakho emtimbeni kanye nengcondvo FUTSI kumente akwati kufundza nekukhumbula tintfo letibalulekile! | Kukhula kwengcondvo  Kukhona kutimela  Indlela yekwesekela umntfwana wakho |  |
| Umsebenti wasekhaya citsa sikhatsi kanye nemtfwana wakho umvumele akhetse noma ngabe yini lafuna kukhuluma ngayo. Mulalele akucocele ngetimo lekendlule kuto ngaphandle kwekumehlulela. Naka indlela lotiva ngayo futsi umunake naye kutsi utiva kanjani. Mubonge umntfwana wakho ngekutsi akucocele ngako. Ungakwenta yini loko namuhla? | Umsebenti Wasekhaya: Cocisana nemntfwana wakho ngesihloko lesikhetfwe nguye. |  |

| Kushintja Kwemphilo Eminyakeni Yekutfomba | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText! Naku lokufanele ukwati ngekucoca ngemphilo yemntfwana wakho:  CONDZA  [phumula]  WEMUKELE  [phumula]  Bese NICOCA LOKULICINISO  Asicale. | Kushintja Kwemphilo Eminyakeni Yekutfomba  1. KUCONDZA  2. KWEMUKELA  3. KUKHULUMA NGETINTFO LETICINISO |  |
| [1] Kwekucala, condza indlela bantfwana labaphila ngayo.  Kumcoka kumntfwana wakho kuba nebangani. Loku kuyamusita kutsi abe ngumngani lokahle futsi acondze indlela labanye bantfu labativa ngayo. Kuphindze kube yincenye lenkhulu yekukhula nekuba ngumuntfu lomdzala. Umntfwana wakho angase afune kutiva ayincenye yabontsanga yakhe futsi afune kwenta tintfo labanye labacabanga kutsi tikahle. Kungenteka alingise labanye bantfu ngendlela lakhuluma ngayo noma yekugcoka ngesikhatsi asetama kutati kutsi ungubani. Ngalesinye sikhatsi, nangabe bantfwana bane bumatima ngekwakha bangani, labanye bantfwana bangabacindzetela noma babahlukubete.  [2] Ungamusita umntfwana wakho ngekutsi umvumele etame kwenta tintfo letinsha ngendlela lephephile, njengekugcoka timphahla letehlukile kanye nekwenta tinwele ngendlela leyehlukile noma acitse sikhatsi nebantfu labehlukene. Mukhombise kutsi umemukela njengobe anjalo. Mutjele umntfwana wakho loko kulindzele kuye ekhaya, kodvwa umnike litfuba lekwenta tincumo letiphephile, njengendlela yekucitsa sikhatsi sakhe lapho angenti lutfo.  [3] Kwekugcina, ungamsita umntfwana wakho kutsi abone umehluko emkhatsini wetintfo letinhle naletimbi.  Bangani labakahle bayakunakekela, bakukhatsalele, bakumeme kutsi uhlanganyele nabo kuloko labakwentako futsi bakuphatse ngenhlonipho.  Umhlukubeti ngumuntfu lohlala etama kulimata labanye, kungaba ngekutsi abente bative bangakafaneli nobe asebentise emandla akhe kukuhlukumeta. Kodvwa nangabe umuntfu akwenta kanye nje kuphela, akusiko kucindzetela.  Kucedza kuhlukunyetwa esikolweni, kubalulekile kuba nemusa futsi uhloniphe labanye. Loku kwenta kutsi wonkhe umuntfu ative ajabulile futsi avikelekile. | CONDZA   kuphila kwebantfwana.  MEMUKELE  njengobe anjalo.  COCANI NGETINTFO LETICINISO  ngebungani nemtfwana wakho |  |
| Umsebenti wasekhaya kutsi ucitse sikhatsi nemntfwana wakho nikhuluma ngebangani bakhe. Ngubani langafisa kucitsa sikhatsi lesinyenti naye? Ngubani losibonelo lesihle e-klasini? Mulalele umntfwana wakho futsi ukwemukele loko lakushoko.  Unaso yini sikhatsi sekukwenta loku namuhla? | Umsebenti Wasekhaya: Khuluma nemntfwana wakho 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 ngekukhula kwemtimba wemntfwana wakho kanye nendlela yekumkhulumisa ngako:  Khuluma   [phumula]  Fundza  [phumula]  Nekwesekeleka  Asesifundze kabanti kanye kanye. | Tingucuko Temtimba Eminyakeni Yekutfomba   1. Khuluma 2. Fundza 3. Kwesekeleka |  |
| [1] Kwekucala, Khuluma.  Musite umntfwana wakho acondze kutsi kuyintfo levamile kuba netingucuko emtimbeni ngesikhatsi sekutfomba.  Mutjele umntfwana wakho kutsi tonkhe letingucuko tiyenteka kubo bonkhe bantfu nekutsi akusiye yena kuphela lohlangabetana nato.  [2] Lokulandzelako, fundza. Mutjele liciniso mayelana netintfo letenteka kumuntfu nakatfomba kanye nangetingucuko letenteka kuye. Mkhutsate kutsi abute imibuto futsi afune lusito nangabe aludzinga.  [3] Kwekugcina, mesekele umntfwana wakho. Khutsata umntfwana wakho loseminyakeni yekutfomba kutsi abe nemikhuba lemihle lefaka ekhatsi kudla kudla lokunemphilo, kulala sikhatsi lesenele nekutivocavoca njalo. Musite atfole imisebenti layitsandzako kute abe nekutetsemba futsi acinile emtimbeni. | KHULUMA  Khumbuta umntfwana wakho kutsi letingucuko tivamile.  FUNDZA  Emaciniso mayelana nekutfomba.  KWESEKELEKA  Tfolanii tintfo letinsha letijabulisako leningatenta kanye kanye! |  |
| Khumbula, kute umusite umntfwana wakho akhone kubhekana netingucuko letenteka emtimbeni wakhe, ungakhuluma naye, umfundzise futsi umesekele.  Umsebenti wasekhaya kutsi ucitse sikhatsi kanye nemntfwana wakho umkhombise kutsi unendzaba nekuphila kwakhe. Yentani lokutsite kanye kanye, njengekuhamba, kupheka noma kudlala umdlalo. Sebentisani leso sikhatsi kute nikhulume ngekukhululeka ngetingucuko letenteka kumntfwana wakho futsi uphendvule yonkhe imibuto lakangaba nayo. Munike lusito ngekumesekela nekumkhutsata. Loku kungasita ekuciniseni buhlobo benu futsi kumente ative akhululekile futsi atetsemba.  Ungakwenta yini loko namuhla? | Khuluma  Fundza  Kwesekeleka  Umsebenti Wasekhaya: Sebentisa sikhatsi sakho nemtfwana wakho kute ukhulume naye ngetingucuko letenteka kuye. |  |