| Module: Take a Pause | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Uzizwa kanjani njengamanje?    Unayo imizuzwana ewu 30?    Ngaphambi kokuthi siqale kuloluhlelo lwe ParentText, ake sithathe ikhefu elisheshayo ndawonye. | Thatha ikhefu |  |
| Hlala phansi endaweni ozonethezeka kuyo bese uvala amehlo akho.  Phefumula ngokujulile.  [pause]  Yizwa umoya ungena, uphuma emzimbeni wakho.  Wufake;  [pause]  wukhiphe;  [pause]  Wufake;  [pause]  wukhiphe;  [pause]  Wufake;  wukhiphe;  [pause]  Qaphela ukuthi uzizwa kanjani emzimbeni ngenkathi uphefumula.  [pause]  Qaphela ukuthi uyizwa kephi ingcindezi emzimbeni wakho.  [pause]  Zama ukuyiphumuza leyo ndawo.  [pause]  Uma usukulungele ukuvula amehlo akho, ungawavula. |  | Circle, expanding and shrinking, over and over. |
| Manje awuqaphele ukuthi ngabe uzizwa ngokwehlukile nangalesasikhathi uqala ukwenza lomsebenzi wokuphumula.  [pause] |  |  |
| Zama ukuthatha ikhefu nanoma inini lapho uzizwa ucasukile, usindelwa, unengcindezi noma ukhathazekile.  Ukuphefumula kambalwa nje noma ukuthintana nomhlaba ngaphansi kwakho kungenza umehluko.  Futhi lelikhefu ungalithatha nomntwana wakho! | Awuzame nomntwana wakho. |  |

| Module: Spend 1-on-1 Time with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Nawa amacebo amathathu okwenza ukuchitha isikhathi esikhethekile nomtwana wakho kube yimpumelelo:  USUKU,  DLALA,  futhi HLALA | Chitha isikhathi esikhethekile nomntwana Wami   1. Usuku 2. Dlala 3. Hlezi |  |
| Icebo lokuqala, Usuku:  Zama ukuchithatha imizuzu emihlanu nangaphezulu nomntwana wakho nsuku Zonke! | USUKU  Imizuzu emihlanu nangaphezulu nsuku zonke! |  |
| Icebo lesibili ukuDLALA.  Vumela umntwana wakho akhethe enizokwenza.  Qala ngokucela emntwaneni wakho ukuchitha isikhathi naye. Mvumele akhethe enizokwenza noma enizoxoxa ngakho.  Kungaba munandi lokhu! | DLALA  Vumela umntwana wakho akhethe. |  |
| Icebo lethu lokugcina lithi Hlezi: Hlezi umnakile umntwana wakho.  Cisha i-TV futhi nibeke amafoni eceleni. Mbuke umntwana wakho. Nqekuzisa ikhanda noma uthi "Ngiyabona" ukutshengisa ukuthi umnakile ngempela. Gwema ukwehlulela futhi uma umntwana wakho evuleleka, kuphinde lokhu akushoyo. Lokhu kutshengisa ukuthi umlalele ngempela. | HLEZI  Hlezi umnakile umntwana wakho. |  |
| Khumbula: Usuku,  Dlala  nokuHlezi  kwesikhathi esikhethekile nomntwana wakho!  Umsebenzi wasekhaya kulelisonto ukuchitha isikhathi esikhethekile nsukuzonke nomntwana wakho.  Kuzokwenza umehluko omkhulu!  Unaso isikhathi namhlanje? | 1. Usuku 2. Dlala 3. Hlezi   Umsebenzi wasekhaya:  Noma imizuzu emihlanu yesikhathi esikhethekile nomntwana wakho nsukuzonke. | Animate words to text. |

| Module: Give Praise | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi kwi-Parenttext! Namuhlanje sifunda ngokuncoma abantwana bethu. Ungakukhuthaza ukuziphatha kahle nokwakha ubudlelwane obuhle ngokumncoma umnywana wakho ngalezizinyathelo ezintathu ezilula: KUBONE, KUSHO, KUPHINDE.  Masifunde kabanzi. | Ncoma   1. Kubone 2. Kusho 3. Kuphinde |  |
| [1] Inyathelo lokuqala kukusiBona:  Qaphela noma yini enhle noma ewusizo eyenziwa umntwanna wakho.  [2] Inyathelo lesibili ukukusho.  Mncomele lokho okuhle nokuwusizo akwenzayo.  Yiba nomdlandla - yiba qotho kulokho okushoyo!  Kuba ngathi akaboni makusaqala, kodwa kungekudala uzombona esiphinda lesosenzo esihle.  [3] Inyathelo lokugcina ukuPHINDA.  Nsukuzonke zama ukuthola into ongambongela yona.  Noma kungaba yinto encane.  Khumbula: Yibone, Yisho, Phinda  Ukubancomela ukuziphatha kahle abantwana bakho kungasiza ekutheni bayiphinde njalo lendlela enhle yokuziphatha. | SEE IT  Qaphela nanomayini ewusizo noma eyenziwa umntwana wakho bese uyamncoma.  KUSHO  Ncoma ngomdlandla!  KUPHINDE  Qaphela futhi uncome nsukuzonke ukuziphatha kahle! | Animate words to text. |
| Wenza kahle kakhulu, kufane uziqhenye ngalokho.  Umsebenzi wakho wasekhaya namuhlanje ukuncoma umntwana wakho. Ungakuzama namhlanje? | Umsebenzi wasekhaya:  Ncoma umntwana wakho. |  |

| Module: Talk About Feelings | | |
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| Script | On Slide Text | Animation Notes |
| Icebo lanamuhla limayela nokukhuluma ngemizwa nemizwakalelo. Nayi indlela esingasiza ngayo abantwana bethu ekutheni baqonde futhi bamelane nemizwelo yabo ngalezizinyathelo eziyisithupha: VULULUKA, YABELANA, FUNDA, KHULUMA, NAKEKELA. | Khuluma ngeMizwa   1. Vuleleka 2. Yabelana 3. Funda 4. Khuluma 5. Qaphela 6. Nakekela |  |
| Inyathelo lokuqala ukuVULELEKA. Vuleleka.  Umntwana wakho ikubheka kuwe ukwesekwa nokuqinisekiswa.  Lalela uma kukhona abafuna ukukuxoxa. Yamkela indlela abazizwa ngayo, ubaduduze futhi ubakhuthaze. | VULELEKA  Mlalele umntwana wakho eyabelana ngengxoxo, yamukela imizwa yakhe futhi umnduduzo. |  |
| Okulandelayo, Yabelana ngengxoxo.  Indlela esiziphatha ngayo phambi kwabantwana bethu inomthelela kakhulu ekuziphatheni kwabo.  Xoxa ngokuthi uzizwa kanjani.  Lokhu kuzosiza umntwana wakho ekutheni abone, aqonde futhi naye akwazi ukumelana nemizwa yakhe. | YABELANA  Beka isibonelo esihle nawe wabelane ngemizwa yakho. |  |
| Okwesithathu, Funda.  Funda ngemizwelo.  Imizwa ejwayelekile iwu 6: injabulo, ukudangala, ukunyanya, ukumangala nokwesaba.  Ngenkathi abantwana bekhula, bafunda ukuqonda eminye imizwelo eminingi efana ukujabula kakhulu, ukukhungatheka, ukuziqhenya, umzwangendwa, ukuthula, ukuzisola noma ukudideka. | FUNDA  Ukujabula  Ngidabukile  Ngithukuthele  Ukunyanya  Ukumangala  Ukusaba |  |
| Inyathelo lesine ukuKHULUMA  Abany'abantu bathola kunzima ukukhuluma ngemizwa kanye nemizwelo yabo kwodwa sonke sibanayo.  Uma ukhuluma ngemizwelo enzima, efana nokucasuka, ukuphoxeka noma ukukhungatheka, usiza umntwana wakho ekutheni afunde uyiveza ngendlela ephephile le mizwa. | KHULUMA  Khuluma ngemizwelo nomntwana wakho. |  |
| Inyathelo lesihlanu ukuQAPHELA. Qaphela imizwelo yakho usize nomntwana wakho ukuthi naye ayiqaphele.  Futhi ungamsiza umntwana wakho aqaphele ukuthi imizwelo emihle efana nenjabulo, isizotha nokujabula kakhulu ukuthi imenza azizwe kanjani. | QAPHELA  Qaphela imizwelo yakho neyomntwana wakho. |  |
| Inyathelo lokugcina ukuNAKEKELA. Mnakekele futhi umduduze umntwana wakho.  Ukwenza umntwana wakho azizwe amukelekile futhi ethandwa, ebenzisa umzimba kanye namazwi ukunisa ukumeseka.  Ukumgona, ukumamatheka noma ukumtshela ukuthi uyaqonda kungasho l'khulu.  Mkhumbuze umntwana wakho ukuthi ukhona futhi angakhuluma nawe njalo. | NAKEKELA  Yenza umntwana wakho azizwe amukelekile futhi ethandwa. |  |
| Khumbula, khuluma nomntwana wakho ngemizwa [1] ngokuvuleleka, [2] ngokukhuluma ngemizwa yakho, [3] ukufunda ngemizwelo, [4] Ukukhuluma nemizwa nomntwana wakho, [5] ukuqhaphela imizwelo yakho neyomntwana wakho [6] ukunakekela umntwana wakho ngothando nokumamukela.  Wenza kahle kakhulu!  Umsebenzi wakho wasekhaya ukukhuluma nomntwana wakho ngezinyathelo eziyithupha zokumelana, nokukhuluma ngemizwelo, VULELEKA, YABELANA, FUNDA, KHULUMA, QAPHELA, NAKEKELA.  Ukwazi lezizinyathelo kuzosiza ekunikezeni uMntwana Wakho isibindi sokwabelana ngemizwa yakhe! Ungakwenza lokhu namuhlanje? | Khuluma Ngemizwa   1. Vuleleka 2. Yabelana 3. Funda 4. Khuluma 5. Qaphela 6. Nakekela   Umsebenzi Wasekhaya: Khuluma nomntwana wakho ngaleziznyathelo eziyisithupha zokumelana nokukhuluma ngemizwelo. | Animate words to text |

| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Ukuba umzali kungaba yingcindezi, futhi iskhathi sokuthi uzinakekele nawe! | Zinakekele |  |
| [pause] Vala amehlo. [pause]  Hlala ngendlela ekulungele.  [pause] Phumuza umzimba wakho ulalele amagama ami.  [pause] Engqondweni iba nomfanekiso wakho nje ngenkomishi engenalutho. [pause] Uyazibona wena?  [pause] Inkomishi engenalutho ifana nomuntu okhathele, ongenamandla nocasukile.  [pause]Manje iba nomfanekiso wakhi uyinkomishi enamanzi.  [pause] Inkomishi egcwele amanzi ifana nomuntu osemandleni, onelisekile nozethembayo kulokho akwenzayo.    [pause] Ngandle kokuvula amehlo akho, cabanga ukuthi njemanje wena uyikuphi phakathi kwalokhu okuchaziwe?  Ingabe uyinkomishi egcwele noma engenalutho?  Noma mhlampe uphakathi nendawo?  [pause]  Kubalulekile ukuthi thina nje ngabanakekeli sibe nezindlela zokugcwalisa izinkomishi zethu.  [pause]  Ungawavula amehlo wakho. |  | Cup, slowly filling? |
| Nayi indlela elula yokugcina inkomishi yakho yamanzi igcwele nokuzinakekela. It is called Box Breathing. Asikwenze ndawonye lokhu. |  |  |
| To Box Breathe, EXHALE for four counts  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | KHIPHA UMPHEFUMULO | Numbers 1-4 |
| Now, HOLD your lungs empty for four counts  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | UBAMBE | Numbers 1-4 |
| DONSA UMPHEFUMULO ubale kane  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | NDONSA UMPHEFUMULO | Numbers 1-4 |
| Phefumula ugcwalise amaphaphu bese UYAWUBAMBA uphefumulo wakho ubale kane  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | UBAMBE | Numbers 1-4 |
| To box breath, EXHALE for four counts  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | KHIPHA UMPHEFUMULO | Numbers 1-4 |
| Now, HOLD your lungs empty for four counts  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | UBAMBE | Numbers 1-4 |
| PHEFUMULA kane  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | PHEFUMULA | Numbers 1-4 |
| Phefumula ugcwalise amaphaphu bese UYAWUBAMBA uphefumulo wakho ubale kane  [pause]  1  [pause]  2,  [pause]  3  [pause]  4 | BAMBA | Numbers 1-4 |
| Okokugcina, wukhiphe umphefumulo wakho. Usungabuyela ekuphefumuleni ngendlela ejwayelekile ke manje. [pause]      Umsebenzi wakho wasekhaya ukuzama lendlela esiyifundile yokuphefumula, wedwa. Ungakuzama manje? | Umsebenzi wasekhaya: Phefumula ngalendlela noma kanye ngosuku. |  |

| Module: Have Fun While Learning | | |
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| Script | On Slide Text | Animation Notes |
| Nawa amacebo amathathu okusiza ekutheni ukufunda nomntwana wakho kube yintokozo:  Yiba nokudlala  [pause]  Yiba phozithivu  [pause]  Yiba noBuciko | Yiba neNjabulo ngeNkathi uFunda   1. Yiba nokudlala 2. Yiba phozithivu 3. Yiba noBuciko |  |
| Okokuqala, Yiba Nokudlala.  Ukuba nokudlala ma ufunda kuthuthukisa impilo yomntwana wakho ngokomzimba nangokmqondo kanye nekhono lokufunda futhi bakhumbule amaphuzu abalulekile!  Ukusiza ekutheni ukufunda kube samdlalo ningadla imidlalo efundisayo bukhoma noma kwi-intanethi.  Uma ngabe unmtwana wakho uzizwa esindelwa umsebenzi wesikole ungamusiza ngokuthi niphumuze umqondo ngokuthatha i-pause.  [2] Icebo lesibili ukuba sethembeni.  Khumbula, bambalwa kakhulu abantwana abawuthandayo umsebenzi wesikole.  Ungakubona ukukhungateka kwakhe kodwa mkhumbuze isizathu sokubaluleka komsebenzi wesikole:  Kuqinisa lokho akufundile esikoleni futhi kumfundisa ukwazi ukuhlela isikhathi sakhe ngokuhlakanipha.  Mkhuthaze futhi uyincome imizamo yomntwana wakho.  [3]Okokugcina, iba nobuciko.  Vumela umntwana wakho abe nobuciko uma efunda.  Isibonelo, ukuze asizakale ekufundeni kwakhe mkhuthaze ukuthi asebenzise izithombe noma aphumele emnyango.  Uma ngabe umntwana wakho unomdlanda wesihloko esisha, mhlampe esinje ngezemvelo, mkhuthaze ukuthi ahlole kabanzi ukuze athole ulwazi olubanzi ngaso.  Help them meet with experts, access new books, or learn new topics online.  Set a good example:  Let your teen see you being creative or trying something new, even if you are not good at it yet. | BE PLAYFUL  Play educational games and help your teen take a pause.  BE POSITIVE  Praise your teen for their efforts!  BE CREATIVE  Explore new, interesting topics together! |  |
| Remember, to help your teen have fun while learning, you should play educational games together and encourage your teen to take a pause when they need it.  Spread positivity by praising your teen for their efforts in learning.  And allow creativity in learning by exploring new and interesting topics together.  Your home activity is to invite your teen to take a small break from homework and do something active for five minutes. You can dance, play football, do jumping jacks, or go for a jog. Breaking up their school work will help them remember information and the physical activity will keep them alert for studying. Do you have time to do it today? | Home Activity: Invite your teen to take a small break from homework and do something fun. |  |

| Module: Help Your Teen Learn | | |
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| Script | On Slide Text | Animation Notes |
| Welcome to ParentText! Here are 3 important tips to help your teen learn:  Set Goals  [pause]  Ask Questions  [pause]  And Make Connections | Help Your Teen Learn   1. Set Goals 2. Ask Questions 3. Make Connections |  |
| [1] First, SET GOALS.  Talk to your teen and find out what their goals are. What would they like to accomplish this year? Perhaps they want to join a club, make new friends, or earn high marks at school. Help them make their goals specific and measurable. The goals should be something that they can complete within a specific amount of time.  Help them understand the connection between a specific learning activity and achieving their goals.  This builds their motivation to learn.  [2]Next, ASK QUESTIONS.  Encourage your teen to ask questions, and ask your teen questions too! Don’t worry if you do not know the answers to their questions. Try finding the answer together by looking online, or asking experts in your community. Curiosity will help your teen’s brain grow!  [3]Finally, MAKE CONNECTIONS  Ask your teen to connect new information to things they already know, such as one of their interests or a topic from school. This develops and promotes deeper thinking and understanding of concepts. | SET GOALS  Msize umtwana wakho aqonde ukuthi imfundo nokufeza izinhloso zakhe kuhlangana kanjani.  BUZA IMIBUZO  Mkhuthaze umtwana wakho ukuthi abuze imibuzo bese nithola izimpendulo ndawonye!  HLANGANISA  Hlanganisa imfundo yomntwana wakho nezinto azithakaselelayo. |  |
| Khumbula ukusiza umtwana wakho afunde:  Msize umntwana wakho abheke izinhloso zakhe aqonde futhi ukuthi imfundo izomsiza akufeze lokho akufisayo. Mkhuthaze umntwana wakho ukuthi abuze imibuzo bese nithola izimpendulo nobabili, nihlanganise ngokunomnqondo phakathi kwalokho akufundayo nalokho akufisayo.  Umsebenzi wakho wasekhaya namhlanje ukuchitha imizuzu ewu 5 usiza umntwana wakho ukuthi abeke inhloso yokufunda noma yokuqedela umsebenzi wakhe wesikole kulelisonto. Unaso isikhathi sokukwenza namhlanje? | 1. Beka izinhloso 2. Buza imibuzo 3. Hlanganisa   Umsebenzi Wasekhaya:  Chitha imizuzu ewu 5 ukuthola izinhloso zomntwana wakho. |  |

| Module: Create a Positive Learning Space for Your Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwiParentText! Masenzele umntwana wakho indawo elungile yokufundela kuyo.  Indawo elungile youkufunda idinga lezizinto:  Ukuthula  [pause]  Isimiso  [pause]  Bese Uyeseka  Masifunde kabanzi ndawonye. | Yenzela umntwana wakho Indawo Yokufundela Elungile   1. Ukuthula 2. Isimiso 3. Ukweseka |  |
| [1] Okokuqala, Ukuthula.  [pause]  Ukufunda okuyimpumelelo kudinga ukuzimisela. [pause] Tholela umntwana wakho indawo yokufundel engazuba naziphazamiso.  Mcele umntwana wakho ukhuthi abeke ifoni kude nalapho ezofundela khona, acishe umculo futhi unciphise eminye imisindo khona umntwana azogxila ngokomqondo.  [2]Okulandelayo, Isimiso  [pause]  Siza ekwenzeni ukufunda kube yingxenye ebalulekile kwisimiso sansukuzonke empilweni yomntwana wakho.  Uma kungenzeka, khuthaza umntwana wakho aqede umsebenzi wesikole ngaphambi kokuqala imisenzi yasekhaya. Lokhu kutshengisa umntwana wakho ukhuthi imfundo yakhe ibalulekile kuwe.  [3]Okokugcina, MESEKE umntwana wakho ezifundweni zakhe.  [pause]  Zama ukuvumela umntwana wakho ukuthi agxile ngenkathi esebenza. Mazise ukuthi ukhona ukuzomsiza uma edinga ukwesekwa.  Futhi ungasiza nangokubuza ukuthi udinga ukufeza ni namhlanje, futhi umncome uma eyifezile inhloso yakhe. | UKUTHULA  Siza umntwana wakho agxile, ngokuthatha i-pause esheshayo.  ISIMISO  Umsebenzi wesikole ubaluleke ngaphezu kwemisebenzi yasekhaya.  UKWESEKA  Mbuze ukuthi yini adinga ukuyifeza futhi umncome uma eyifeza inhloso yakhe. | Cross out phone and music |
| Khumbula, ukwenzela umntwana wakho indawo enokuthula elungile yokufundndela kusiza ekutheni agxile ngokomqondao. Beka isimiselo sokufunda sansukuzonke ngaphambi kokwenza imisebenzi yasekhaya futhi umeseke umntwana wakho ezifundweni zakhe ngokumtshela ukuthi ukhona uma edinga usizo, bese uyamshiya aqhubeke nokufunda engaphazanyiswa lutho.  Umsebenzi wakho wasekhaya namhlanje owokuthi uxoxisane nomntwana wakho ngokuthola indawo ekhaya ekulungele ukufunda. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi Wasekhaya:  Sebenzisana nomtwana wakho ekutholeni indawo yokufundela ekhaya. |  |

| Module: Learning from Mistakes | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Nje ngomzali, ungamsiza umntwana wakho azi ukuthi angafunda kanjani emaphutheni akhe. Nanga amasu amane okuthi ongakwenza kanjani lokhu:  Khuluma  [pause]  Ncoma Imizamo  [pause]  Vumela Amaphuta Enzeke  [pause]  Futhi Wabelane  Masifunde kabanzi ndawonye. | Ekufndeni emaphutheni   1. Khuluma 2. Ncoma Imizamo 3. Vumela Amaphuta Enzeke 4. Yabelana |  |
| [1] Okokuqala, Khuluma. Thola indawo nesikhathi lapho umntwana wakho ezoxoxa ngempilo yakhe.  Zama ukumbuza umntwana wakho ukuthi luhambe kanjani usuku lwakhe esikoleni. Uma usuku lwakhe beluyinselelo, mnikeze ithuba lokukuxoxela futhi mlalele. Meseke futhi ubonise ukuthi umkhathalele. Mtshele, "kuzwakala kunzima lokho."  [2] Okulandelayo, Ncoma Imizamo yakhe.  Mncome umntwana wakho ngemizamo yakhe ekufundeni noma engaphumelelanga. Wujabuleleni ndawonye lomzamo! Ukuzama kubaluleke ukudlula ukuba nguchwepheshe wokuthile.  [3] Okwesithathu, vumela amaphutha enzeke.  Mvumele umntwana wakho awenze amaphutha. Mvumele azifundele emaphutheni akhe ukuze akhule. Kuyaheha ukufuna ukuxazululela umntwana wakho zonke izinkinga zakhe, ikakhulukazi uma wazi kangcono, kodwa lokhu akuzumfundisa ukuthi uzixazululela njani izinkinga zakhe. Khuluma nomtwana wakho mayelana namaphutha akhe bese umnika ithuba lokuzitholela izindlela zokuzixazululela izinkinga zakhe bese enza kangcono esikhathini esizayo.  [4] Okokugcina, YABELANA  Zama ukuxoxela umntwana wakho ngokwakho ukwehluleka futhi uchaze ukuthi kwakusiza kanjani ekuthni ukhule futhi uthuthuke.  Lokhu kusiza umntwana wakho afunde ukuthi akudingeki ukuhlazi uqhakaza njalo. | XOXA  Xoxa ngosuku lomntwana wakho esikoleni.  NCOMA IMIZAMO  Ukuzama kubaluleke ukudlula ukuba nguchwepheshe kokuthile.  VUMELA AMAPHUTHA ENZEKE Kufanele abantwana bazifundele emaphutheni abo.  YABELANA  ngokwakho ukwehluleka |  |
| Khumbula, ukusiza abantwana bethu ukuthi bafunde emaphutheni:  [pause]  [1] Thola indawo nesikhathi lapho umntwana wakho ezoxoxa ngempilo yakhe.  [2] Mncome umntwana wakho ngemizamo yakhe ekufundeni noma engaphumelelanga.  [3] Mvumele umntwana azenzele awakhe amaphutha. Mvumele azifundele emaphutheni akhe ukuze akhule.  [4] Bese uzama ukuxoxela umntwana wakho ngokwakho ukwehluleka futhi uchaze ukuthi kwakusiza kanjani ekuthni ukhule futhi uthuthuke.  Umsebenzi Wakho aseKhaya ukuthi uxoxele umntwana wakho indaba mayelana nesikhathi lapho wafunda ephutheni owawulenzile. Kungaba yindaba yasesikoleni, noma esinye isifundo empilweni. [pause] Unaso isikhathi sokukwenza namhlanje? | 1. Khuluma 2. Praise Effort 3. Allow Mistakes to Happen 4. Share   Home Activity:  Share a story with your teen about a time you made a mistake and what you learned from it. |  |

| Module: Learning How to Work with Other People | | |
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| Welcome to ParentText. You can help your teen learn how to work with other people by encouraging them to be social and to engage in team work.  Let’s learn more together. | Learning How to Work with Other People  Be Social  Team Work |  |
| First, Be Social. Allow your teen to go and study with friends in a safe way. You can call these friends, ‘study buddies.’  You can also help your teen engage in team work by encouraging them to listen to others and respect their ideas. | Be Social  Allow study buddies.  Practice Team Work  By respecting others. |  |
| Your Home Activity today is to chat with your teen and identify a possible study buddy for the next week. Do you have time to do it today? | Home Activity  Help your teen identify a study buddy. |  |

| Module: Create Routines with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Hello! In this skill, we will learn about how to create routines with your teen.  From schoolwork to household tasks, making daily routines with your teen can help them feel safe and secure. Here are three things to remember when creating a routine:  Be a Team  [pause]  Be Consistent  [pause]  Give Praise | Create Routines with My Teen   1. Be a Team 2. Be Consistent 3. Give Praise |  |
| First, Be a Team.  [pause]  Talk to your teen about what they want their daily and weekly routines to look like.  Your teen is more likely to follow routines when they help to set them. | BE A TEAM  Work together to set your routine or schedule. |  |
| Next, Be Consistent  [pause]  Once you set the daily plan, make sure your teen follows their routines daily.  This helps your teen feel safe and secure.  Feeling secure means your teen has space to grow and develop.  Here are some suggestions for routines that you could establish with your teen:  Isikhathi sokulala  Schoolwork  Imisebenzi yasendlini  Isikhathi sokudla  Isikhathi sokudlala/sokukhululeka  Yisikhathi seTV/semishini yokudlala  Isikhathi sokuxoxa indaba  Spending time with friends and as a family | BE CONSISTENT  Daily routines help our teens feel safe. |  |
| Finally, Give Praise.  [pause]  Thank your teen for creating a daily routine with you and praise them when they keep to it! | GIVE PRAISE  Praise them when they keep to their daily routines! |  |
| Remember, to create a routine with your teen:  [pause]  [1] Be a team and work together to set up the routine or daily plan.  [2] Help your teen be consistent with their daily routine.  [3] Finally, give praise. Praise your teen for setting up their routine with you and again when you notice they are keeping to their routine.  Your home activity is to have a conversation with your teen about daily routines. Are you ready? | 1. Be a Team 2. Be Consistent 3. Give Praise   Home Activity:  Have a conversation about daily routines with your teen. |  |

| Module: Set Family Rules | | |
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| Script | On Slide Text | Animation Notes |
| Hello!  Today’s Parenting Skill is about how we can create family rules with our teens. When you are making household rules with your teenager, remember these four steps:  Be a Team  [pause]  Keep it Real  [pause]  Be Consistent  [Pause]  Praise Often | Set Family Rules   1. Be a Team 2. Keep it Real 3. Be Consistent 4. Praise Often |  |
| [1] First, Be a Team.  Involve your teen when creating family rules. This will make it more likely that your teen will follow them. Discuss the reasons for the rule and listen to their views.  [2] Next, Keep it Real.  Make the rules realistic for what your teen can do. One rule at a time is easiest. Be clear and specific so they understand what you want them to do. Make sure the rule is fair.  [3] Step 3 is to be consistent. Once you set a rule together, stick to it! If you always expect your teen to follow a rule, they will be more likely to follow it. If the rule is something that also involves you, like having a meal together as a family once a week, then it is important that you stick to it too.  [4] Finally, Praise Often. Praise your teen for setting family rules with you. And just like when they follow an instruction or behave well, praise them whenever they follow the rule! | BE A TEAM  Create rules together  KEEP IT REAL  Keep your rules realistic, clear, and specific.  BE CONSISTENT  Make sure you and your teen follow the rules consistently.  PRAISE OFTEN  Praise your teen whenever you notice they are following the rule. |  |
| Remember:[pause]  [1] Be a team and create the rules together.  [2] Keep the rules reasonable and concise.  [3] Apply the rules consistently.  [4] Praise your teen often. Give them praise for helping you make the rule and when they follow it.  Your home activity is to try to create at least one family rule with your teen. Can you do it today? | 1. Be a Team 2. Keep it Real 3. Be Consistent 4. Praise Often   Home Activity: Create at least one family rule with your teen. |  |

| Module: Know Online Safety Basics | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi there! Keeping your teen safe online and creating healthy online habits might feel overwhelming at times, but online safety is an important step to help your teen be part of the digital world.  When it comes to online safety, there are four tips to keep in mind:  LEARN,  PROTECT,  BUILD HABITS,  and BUILD TRUST.  [1] Today, we are reviewing the tips [pause] LEARN [pause] and PROTECT.  The next lesson will cover [pause] BUILD HABITS [pause] and BUILD TRUST.  Let’s begin. | Know Online Safety Basics   1. Funda 2. Protect 3. Build Habits 4. Build Trust | [1] circle draws around learn and protect |
| First, learn the dangers of being online.  [pause] Content,[pause] Contact,[pause] and Conduct  [1] First, content. Your teen might come across harmful content online, like violence, hating women, pornography, wrong information, or hating people from other countries.  [2] Next, contact. Your teen could be contacted online by strangers or adults pretending to be teens, asking for sexual pictures or even to meet up.  [3] Finally, conduct, or behaviour. Teens can act in ways that hurt others online, or be the victim of this behaviour.  It sometimes feels overwhelming to keep our teens safe from all of these dangers. Luckily, there are lots of ways you can protect them. | LEARN   1. Okuqukethwe 2. Contact 3. Conduct |  |
| There are many ways to make the internet a safer place for your teen.  [1] Talk to your teen: which apps and websites are safe and which are not? Why?  [2] Help your teen learn how to make strong passwords to protect their devices. | PROTECT   1. Talk with your teen 2. Set strong passwords |  |
| In the next session, we’ll continue learning about online safety. Today, your home activity is to ask your teen, “what do you do to stay safe online?”  You may find that they are already thinking about online safety. Praise your teen for any efforts they make.  Can you talk with Your Teen today? | Home Activity  Ask your teen: What do you do to stay safe online? |  |

| Module: Building Habits and Trust Online | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi again! Keeping your teen safe online and creating healthy online habits might feel overwhelming at times, but online safety is an important step to help your teen be part of the digital world.  When it comes to online safety, there are four tips to keep in mind. Previously, we reviewed the tips to LEARN and PROTECT.  Today we are reviewing the tips to BUILD HABITS and BUILD TRUST.  Let’s begin. | Keep My Teen Safe Online   1. Funda 2. Protect 3. Build Habits 4. Build Trust |  |
| First, build habits in your home that promote online safety and a positive relationship with the internet.  [pause] Plan no-phone times in your house, like during meals, homework, or in bed.  [pause] Only let your teen chat online with people they already know. They should never share personal information in a chat room or with strangers.  [pause]Before completing forms that ask for personal information, check that the web address begins with https://. Websites that begin with http:// may not be secure.  [pause] Help your teen create strong passwords for their accounts.  Good passwords are  [pause] long  [pause] do not include obvious personal information like your name or birthday,  [pause] and include upper and lower case letters, numbers and symbols. | BUILD HABITS  Set no-phone times in your home  Check web addresses  http:// https://  Set Strong Passwords:  -Long  -Don’t include personal information  -DO include upper and lowercase letters, numbers, and symbols. | Animate password details to explain better. |
| Finally, BUILD TRUST with your teen.  [1]  Together, look at the websites, social media, games, and apps they use.  [2]  Ask questions - this helps you learn more about your teen’s interests!  [3]  If you come across anything worrying together, talk about it with them.  [4]  Tell your teen that if they feel scared, unsafe or upset about something online, they should tell an adult as soon as possible and ask for help reporting it.  Just as you keep your teen safe in the real world, you also need to make sure they are safe in the digital world. By following these steps you can protect them and make sure that their online time is secure so they can keep using it to learn. You’re doing a great job! | BUILD TRUST   1. Look at websites, social media, games and apps that your teen uses, together 2. Ask questions 3. Talk about worrying things together. 4. Tell your teen if they feel scared or unsafe, they should tell an adult. |  |
| Here’s something you can do with your teen today to start making sure they stay safe online:  [1]  First, write down or draw the apps and websites your teen uses  [2]  Next, praise your teen for how good they are at using the web!  [3]  Then, talk about which sites or apps might be unsafe. Discuss why they might be unsafe.  [4]  Finally, talk together about how your teen and their friends can use the internet more safely.  Can you and your teen complete this task today? | Home Activity:  [1] Write down or draw the apps and websites your teen uses  [2] Praise your teen for how good they are at using the web!  [3] Talk about which sites or apps might be unsafe. Why?  [4] Together, talk about how your teen and their friends can use the internet more safely. | Illustrate as needed |

| Module: Understand Needs & Wants | | |
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| Script | On Slide Text | Animation Notes |
| In this goal, we are learning about four steps to building a family budget with our teens. This will help you and your teen understand more about how money is saved and spent in the family.Today we will learn about step one: [pause] understanding needs and wants. | Understanding Needs and Wants |  |
| Make a list of things that you or your teen think you cannot live without. These are things that are important for your family to survive. This might include things like [pause]food, [pause]soap, [pause]medicine, [pause]school fees, and rent. | Identify Needs | Time entry of want list animated. Localize currency |
| Next, identify wants.  Make a list of things that you or your teen want. These are things that are nice to have but not essential.  [pause]  For example a data bundle, [pause]new phone, [pause]transport money to visit a friend, [pause] or a special treat. | Identify Wants | Time entry of need list animated. Localize currency |
| Finally, talk.[pause]  People often see things in different ways. Talk with your teen about what the different NEEDS and WANTS you each have. This will help you understand each other. With understanding, you can involve them in making decisions together about what to spend money on. Involving your teen helps teach them about managing money, and it will strengthen your relationship. | Talk |  |
| Your Home Activity is to try to discuss your financial wants and needs with your teen. Do you have time to do it today? | List your needs and wants, TOGETHER. |  |

| Module: Talking about Monthly Expenses | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| In this goal, we are learning about the four steps to building a family budget with our teens. Today, we are learning about step two: [pause] talking about monthly expenses.  Here is an easy and fun way to do this with your teen. | Talking about Monthly Expenses |  |
| Get a piece of paper or anything else you can write on, and a pen. Next, draw pictures of all the things you and your family members spend money on each month.  [pause]  Then, write next to each picture how much each thing costs. Lastly, add up how much you spend monthly. | 1. Gather supplies 2. Draw pictures 3. Write in costs 4. Add up the costs | Begin with blank page  add items to blank piece of paper  add prices on to this piece of paper |
| Take a picture of your monthly expenses. You’ll need this information for the next lesson!  This is a great first step to family budgeting! |  | See if there’s a way to show a camera flash? |
| Your Home Activity is to find time to do this activity with your teen. Do you have time to do it today? | Home Activity: Make a list of monthly expenses with your teen. |  |

| Module: Making a Monthly Budget | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| In this goal, we are learning about the four steps to building a family budget with our teens. Today, we are reviewing step three: [pause] making a monthly budget | Making a Monthly Budget |  |
| First, take the piece of paper from the monthly expenses activity that shows all the things you spend money on during a month. |  | Show end of prev. Module pic |
| Second, add up the money your family has available each month. This can be from a job, welfare grants, or even money sent to the family by other relatives. |  | Show scribbles adding up |
| Now, decide with your teen which of the expenses are things that you NEED and which are things that you WANT. Draw a star next to everything that you NEED. Add up all the things that have a star next to it. |  | Return to prev. Module pic and insert hand drawn stars |
| Is the amount more or less than your monthly budget? If it is less, you can add some things that you WANT. If it is more, then you may want to discuss with your teen which things are really NEEDS. You may need to make difficult choices between different things. |  | Show bottom of both pages (Star total and income total) with total sums circled |
| Your home activity is to work with your teen to create your family budget together. Do you have time to do it today? | Home Activity: Work with Your Teen to Set a Monthly Budget |  |

| Module: Make a Saving Plan | | |
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| Script | On Slide Text | Animation Notes |
| In this goal, we are learning about the four steps to building a family budget with our teens. Today, we are reviewing the final step: [pause] make a saving plan. | Make a Saving Plan |  |
| First, discuss with your teen different reasons that you might want to save money. These could include: [pause]  Preparing for emergencies, [pause]  Buying something nice for you or your teen, [pause]  Doing something fun together as a family, or [pause]  Planning for future big expenses like improvements on your home or for your teen’s education. | Decide: What are you saving for? | Images timed to show reasons for saving |
| Second, set a target amount that you want to save. [pause]  Look at your monthly budget from the last activity.  [pause]  Discuss with your teen how much you can save each week and each month. | Decide: How much can you save each week or month towards your goal? | Illustrate how small amounts saved over time, create a large sum |
| Third, talk with your teen about different ways to keep money safe for future use. [pause]  These could include: [pause]  Saving at a bank, [pause]  Keeping money safe at home, [pause]  Keeping money in a savings and loan group, or [pause]  Buying livestock like goats or cattle. [pause]  Decide which way of saving money would work best for the family. | Decide: The best way to keep saved money safe.   1. Ebhange 2. Ekhaya 3. In a savings and loan group 4. Buying livestock, like goats or cattle |  |
| The final step is identifying ways to get support. Your government or community groups may be giving money, vouchers, or food parcels to families in need. Think about whether there are places in your community that provide support. | Find Support |  |
| If you can try and save even a tiny amount each month for the future or for an emergency. This can make a big difference over time.  Your home activity is to create a saving plan with your teen. Do you have time to do it today?  Remember to praise yourself and your teen for taking the time to make a savings plan together. Congratulations! | Home Activity: Create a saving plan with your teen. |  |

| Module: Be Kind to Myself | | |
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| Script | On Slide Text | Animation Notes |
| Welcome to ParentText. There are three steps to help you be kind to yourself. In a few days, we will learn to use the same steps with our teens, but first, let’s practise with ourselves: NOTICE, SAY IT’S OKAY, and BE KIND.  Let’s get started. | Be Kind to Myself |  |
| First, NOTICE.  Sometimes, it seems easier to ignore negative feelings so they will go away. But ignoring them only means they will come up later - or get worse! When you feel any negative emotion, notice that you are feeling it. It can be helpful to name this feeling for yourself. You can notice that you are feeling shameful, embarrassed, jealous or angry.  Next, SAY IT’S OK.  Take a pause or a few deep breaths. Now, say to yourself, “It’s OK,” because it is OK to have negative feelings - everyone does sometimes! Often, these feelings come up for a good reason and can tell us something. It really is OK!  Finally, BE KIND  When you notice these feelings, it’s important to be kind and patient with yourself. Think about what kind of advice a loving friend or family member might give you now. | **Notice** your emotions, even if they are negative.  **Say “It’s OK,”** because it is!  **Be kind** to yourself. |  |
| Before we finish, let's practise self-care.  Sit down  [3 sec pause]  close your eyes  [2 sec pause]  listen to your breath as it goes in and out.  [3 sec pause]  Qaphela indlela ozizwa ngayo.  [3 sec pause]  When you are ready, open your eyes again.  [3 sec pause]  Ngabe kwesinye isikhathi uye uzwe sengathi imizwa yakho miningi kakhulu?  Talk to someone.  Talk to someone you trust. Talk to a friend. Talk to family.  Get your worries off your chest and then let them go. Even if it’s just for a moment.  [pause]  Uzizwa kanjani manje?  A joy shared is twice the joy and a problem shared is half the problem.  Parents sometimes need help and support just like teens do! | Take a Pause | Box Breathing GIF |
| Umsebenzi wakho wase khaya ukuthatha umzuzu uzame ukuphinda uphefumule namhlanje. Ukulokhu qhubeka zama ukuzi nakekela nokuphefumula kuzongcina sekulula! Ungakwenza yini lokhu? | Umsebenzi wase khaya  Thatha ikhefu |  |

| Module: Help my Teen with Stress | | |
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| Script | On Slide Text | Animation Notes |
| Ngalenhloso, sifunda mayelana ngokunakekela inhlakahle yezingane. Enye yezi ndlela zokunakekela inhlakahle yezingane ukubasiza babhekane nokucindazeleka.  Naka macebo ama 3 okuthi ngayi xhasa kanjani' ngane yakho uma kukhona okuyicidezelayo.  Qaphela  [Thula kancane]  Khuluma  [Thula kancane]  Yiba lapho  Asifunde okuningi ngoku bambisana. | Ngisize ingane yami ngokucindazeleka   1. Qaphela 2. Khuluma 3. Yiba lapho |  |
| [1]  Okokuqala qaphela uma ingane yakho izizwa ecindazelekile. Indlela baziphatha ngayo iyona ezohlala ikhombisa uma becindazelekile. Bangazi thola bediniwe kakhulu, befuna kuba ngabodwa ngaso sonke isikhathi, kube nzima ukugxila entweni ethize, bazizwe bekhathele, noma bengana gqozu lokusebenza.  Bheka lezi mpawu khona zokwazi ukukhuluma ngokucindezeleka ngendlela qondile.  [2] okulandelayo khuluma. Buza ingane yakho ngezinto ezimenza zizwe' cindazelekile.  Zama kwamukela noma kuphi bakushoyo. Ungathola ukuthi bazizwa becindazelekile kakhulu ngezinto thina esizi bona ngathi zincane. Kodwa kubona kuzwakala ngathi kukhulu!  Bayeke bakutshele ngezinto eziba lethela ukucindazeleka ngaphandle kokuba hlulela.  [3] Okokungcina, iba seduze kwabo.  Lalela bakushoyo, noma ungeke wenze lutho ngakho, uphinde bakhumbuze ukuthi kulungile ukuzizwa ucindazelekile.  Basize bakwazi ukukhetha izinto ezibalulekile abangazi khathaza ngazo, kanye nalezo ezingabalulekile. Ungaphinde basize bathathe amagxathu' kushitsha lezinto eziba lethela incindezi labenga kwazi khona, noma bazilungiselele ukuthi bangabhekana kanjani nayo. Lokhu kungasiza kakhulu kuthi bazizwe bexasiwe futhi bephephile. | QAPHELA  Bheka izimpawu zencindezi kumntwana wakho.  KHULUMA  Funda ngezinto ezanza mntwana wakho azizwe nencindezi, ngaphandle kokumhlulela.  YIBA KHONA  Ibakhona duze komntwana wakho uphinde umsize akwazi ukubhekana nesimo. |  |
| Khumbula, ukusiza umntwana wakho ngencindezi:  [1] Qaphela izimpawu zencindezi kumntwana wakho  [Thula kancane]  [2]Khuluma nomntwana wakho ngezinto ezimlethela incindize.  [Thula kancane]  [3] Uphinde bekhona uma bezizwa benencindezi.  [Thula kancane]  Umsebenzi wakho wasekhaya ukukhuluma nomntwana wakho ngezinto ezibanika incindezi. Yenza uhla nabo lwezinto eziba lethela incindezi, phinde nibheke ukuthi bangenza njani kuyibalekela uma khona indlela noma babhekana kanjani nayo.  Buza umntwana wakho ukuthi ngamusiza kanjani uma enencindezi. Ungaphinde ubuyele kuloluhlu ngesinye uma ubona ukthi ingane yakho izizwa inencindezi.  Ungakwazi kwenza lokhu nengane yakho namuhla? | 1. Qaphela 2. Khuluma 3. Yiba lapho   Umsebenzi wasekhaya: Yenza uluhlu kanye nengane yakho mayelana nezinto ezimufake ingcindezi bese nikhuluma ngeninga kwenza ukubhekana nayo. |  |

| Module: Show my Teen Kindness | | |
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| Script | On Slide Text | Animation Notes |
| Ngalenhloso, sifunda mayelana ngokunakekela inhlakahle yezingane. Enye yezi ndlela zokunakekela inhlalakahle yezi ngane zethu' kuba khombisa uzwelo nokuba xhasa, ikakhulukazi uma bebhekene nezi khathi ezinzima. Nazi' zinyathelo ezine' zilula ekumele uzikhumbule:  Qaphela [Thula kancane]  Lalela [Thula kancane]  Ithi kulungile [Thula kancane]  Uphinde ududuze | Ngikhombise ngane yami uzwelo   1. Qaphela 2. Lalela 3. Ithi kulungile 4. Ukududuza |  |
| [1] Isinyathelo sokuqala ukuqaphela. Kubalulekile ukuthi qaphele noma bone ingane yakho uma kukhona okuyiphethe kabi. Bheka ukuziphatha okunokuhlobana, okunjengo kudinwa uvukwe ulaka, ukuthetha noma ukuthanda ukuncitha isikhathi wedwa.  [2] Isinyathelo sesibili ukulalela. Nikeza ingane yakho ithuba lokuxoxa ngezinto abadlula kuzona. Zama ukwamukela okushiwo ingane yakho. Yenza ingane yakho ibone ukuthi uyilalele ngokuthi uyiphindele lokhu ekade ikusho kuwena.  [3] Okulandelayo, yazisa ingane yakho ukuthi lemizwa bayizwayo ijwayelekile futhi wonke muntu yayizwa ngezinye izikhathi. Batshele ukuthi kulungile ukuzizwa ngale ndlela.  [4] Okokungcina, ungayi duduza ingane yakho, uphinde ubakhumbuze ukuba nozwelo kubona qobo. Ibanesineke uphinde ubanike isikhathi sokubhekana nemizwa yabo. Uma ucabanga ukuthi kungasiza, khuluma nabo ngabanga kwenze ngendlela hlukile ngokulandelayo. | QAPHELA  Bheka izimpawu noma ukuziphatha okunga khombisa ukuthi ngane yakhe ikhathazekile.  LALELA  Vumela ingane yakho ixoxe ngemizwa yayo.  ITHI KULUNGILE  Lemizwa ijwayelekile.  DUDUZA  Khumbuza ingane yakho ukuthi' zikhathalele yona qobo. |  |
| Empele, yonke imimizwa noma izimo esibhekana nazo azizuba zinhle. Khumbula, uma udinga usizo ezimeni eziphuthumayo, ungaphala USIZO kwi Parents Text khona uzothola uhlu lwezindawo lapho ungathola khona usizo emphakathini. | USIZO | Phone typing |
| Khumbula, ukuba nozwelo enganeni yakho  Qaphela izimpawu noma ukuziphatha okukhombisa ukuthi' ngane yakho ikhathazekile.  Balalele uma bekuxoxela ngezimo ababhekene nazo.  Ithi kulungile futhi ubakhumbuze ukuthi lokhu abakuzwayo kujwayelekile.  Okokungcina, Baduduze. Bakkhumbuze ukuthi babe nozwelo kubona qobo.  Thatha isikhathi ubheke loluhlu futhi khona kuzobalula ukuthi uphinde ulusebenzise uma usuludinga. Ukuhlola, ungaphinde ubukele levidiyo.  Ungaphinde ukuhlole lokhu namhlanje? | 1. Qaphela 2. Lalela 3. Ithi kulungile 4. Duduza   Umsebenzi Wasekhaya:  Hlola amacebo futhi. |  |

| Module: Know the Warning Signs | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kulemigomo, sifunda ngoku ngokunakekela intsha nenhlakakahle yayo. Indlela ebalulekile onganakekela ngayo ingane kanye nenhlalakahle ukwazi ukubona izixwayiso. Izixwayiso zisitshela ukuthi izingane zethu zidinga usizo.  Nazi izinyathelo ezintathu ezingakusiza ukwazi izixwayo:  [thula kancane] Qaphela  [thula kancane] Thatha isinqumo kusenesikhathi  [Thula kancane] phinda uthole usizo | Yazi ezexwayiso   1. Qaphela 2. Yenza kusene sikhathi 3. Thola usizo |  |
| Okokuqala, qaphela izexwayiso nokuzi phataha okungakhombisa ukuthi kukhona ukuphazamiseka ngoko mqondo enganeni yakho. Lezimpawu zifaka:  Ukulala kakhulu noma kungalali nhobo  Ukungabi nantshisekelo ekwenzeni izinto ozithandayo  Ukulahlekelwa uthando lweskole kanye nokwehlwa komsebenzi eskolweni  Ukushitsha ubuwena, isibonelo intukuthelo eningi  Ukuzizwa uphatheke kabi, ukungabi nalutho, noma ungenamsebenzi walutho  Ukukhathazeka kakhulu  Ukucasuka noma ukungahlaliseki  Ukungafuni ukuba phambi kwabantu nona ukuzibandakanya nomsebenzi  Uvalo olwedlulele  Iziyobisi kanye nokusetshenziwa kotshwala  Izimpawu zokuzilimaza, ezifana nokuzisika  Noma ukuchaza izindlela mayelana nokuzibulala | Qaphela  Ukulala kakhulu noma ukungalali  Ukungabi nantshisekelo ekwenzeni izinto ozithandayo  Ukulahlekelwa uthando lweskole kanye nokwehlwa komsebenzi eskolweni  Ukushitsha ubuwena, isibonelo intukuthelo eningi  Ukuzizwa uphatheke kabi, ukungabi nalutho, noma ungenamsebenzi walutho  Ukukhathazeka kakhulu  Ukucasuka noma ukungahlaliseki  Ukungafuni ukuba phambi kwabantu nona ukuzibandakanya nomsebenzi  Uvalo olwedlulele  Iziyobisi kanye nokusetshenziwa kotshwala  Izimpawu zokuzilimaza, ezifana nokuzisika  Noma ukuchaza izindlela mayelana nokuzibulala | Time text to spoken words |
| Okulandelayo, kubalulekile ukwenza kusenesikhathi uma ubona ezinye zalezimpawu.  Kungaba ukuthi lezi zinxwayiso zande zize zibe inkinga enkulu. Ukusungulwa kwasekuqaleni kungaba nomthelela omuhle ezimpilweni zabo. | Yenza kusenesikhathi  phambi kokuba izinto zibe nzima. |  |
| Isingxathu sesithathu Ukuthola Usizo.  Ukuthola usizo kubalulekile, kodwa kufanele uhloniphe imfihlo yengane. Khuluma nengane yakho ukuthi ingadinga ukwesekwa okunjani.  Ukwesekwa nakuwe kubalulekile kakhulu. Cela usizo uma uludinga. Ukuba noxhaso kungenza umehluko omkhulu. | THOLA USIZO  Thola ukwesekwa wena kanye nengane yakho. |  |
| Khumbula, ukusiza ekunakekele ingane yakho:  [1] Qaphela izimpawu zesexwayiso  [2] yenza kusenesikhathi kungaze kube nzima.  [3] futhi thola usizo  Umsebenzi wakho wasekhayaukuba nengxoxo nengane mayelana nezinto ezitholakala emphakathini. Khulumani ukuthi lezinsiza zingabz usizo kanjani. Ungafaka namanye amalunga omndeni, futhi.  Ungalwenza uhlu namhlanje kanye nengane yakho? | 1. Qaphela 2. Yenza kusene sikhathi 3. Thola usizo   Umsebenzi wasekhaya: Khuluma nengane yakho mayelana nezindawo angathola khona usizo emphakathini. |  |

| Module: Manage My Stress | | |
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| Script | On Slide Text | Animation Notes |
| Ngale nhloso, sifunda mayelana nokuziphatha kwngane yakho. Ukuze sikwazi ukukhathelela izingane zethu, kumele sizikhathelele thina kuqala. Learning how to manage your stress is really important for your health and mental well-being, and it will help you develop positive relationships with your teen.  Here are 3 steps on how you can manage your stress:  Reflect  [pause]  Identify  [pause]  And routine. | Manage my Stress   1. Zindla 2. Identify 3. Routine |  |
| First, Reflect.  Grab a pen and piece of paper and take a moment to reflect on how much stress you are feeling. Write down from 0 to 100 how stressed you are.    Reflect on how you feel the stress in your body? Do you feel tense, do you have low energy, trouble sleeping and concentrating, overwhelmed. Write all these feelings down.  Knowing how your body responds to stress, can help you manage it. | REFLECT  Write down how stressed you are, from 0 to 100.  Write down your feelings. | Show chart, 0 to 100 and a pin-point. |
| Now, write down the main stressors in your life. Knowing why you feel stress can help you address the stressor and learn how to cope and manage it.  Next, write down a list of activities that make you happy. These will be your self-care activities. There are different types of self-care activities, such as walking, praying, having tea with friends, or gardening. | IDENTIFY  The things in life that cause you stress and the things you do that bring you happiness. |  |
| The final step is routine.  How can you reduce stress in your daily life?  [pause]  How many self-care activities can you fit in your routine?  Try and make time for at least one self-care activity a day. | ROUTINE  Adjust your routine to reduce your stress and practice self-care. |  |
| Remember to manage your stress:  [1] Reflect on how you are feeling.  [2] Identify the things that cause you stress, and those that help you feel joy.  [3] Adjust your routine to reduce stress and increase moments of happiness.  For your home activity, write down a list of activities that you can do for yourself that bring you joy. They can be something simple like going for a walk or chatting with a friend.  Can you do it today? | 1. Zindla 2. Identify 3. Routine   Home Activity: Write a list of activities that bring you joy. |  |

| Module: Manage Teen Misbehaviour | | |
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| Script | On Slide Text | Animation Notes |
| In this goal, we’re learning about managing your teen’s behaviour and today we’re learning how to manage misbehaviour. This skill is all about how you can reduce negative behaviour by redirecting your teen to positive ones. When you think your teen is about to misbehave, you can stop their misbehaviour before it starts with redirection.  Here are 4 steps to redirect teen behaviour:  Be calm, quick, clear and positive.    Let’s learn more about these steps. | Manage Teen Misbehaviour   1. Be Calm 2. Be Quick 3. Be Clear 4. Be Positive |  |
| [1] First, be calm. Try to take a pause or a few breaths before redirecting your teen. Speak with a calm voice.  [2]Be quick. Try to redirect your teen before the bad behaviour begins or gets worse. It is much easier that way!  [3]Be clear. Rather than telling them to stop doing something, tell them what you want them to do. For example, if your teen is being too loud, rather than saying “don’t shout” you can say “please speak more quietly.”  [4]Be positive. Praise your teen when they behave well. | BE CALM  Take a pause then speak with a calm voice.  BE QUICK  Redirect them before the bad behaviour begins or gets worse.  BE CLEAR  Tell your teen what you want them to do.  BE POSITIVE  Praise your teen when they do what you ask. |  |
| Redirecting your teen to a positive behaviour will help you avoid conflicts and keep your teen under a Sunshine of Positive Attention. You can do it!  Remember, to manage teen misbehaviour, they should be redirected. To redirect, you should:  [1] take a pause and be calm when you communicate with them.  [2] be quick and redirect them immediately when you notice the behaviour.  [3] be clear and tell your teen what you want them to do, rather than what you want them to stop doing, and  [4] Be positive and praise your teen when they do as you ask.  Your home activity is to share these four steps with another member of your family. Sharing these skills will be great for everyone’s well being.  Can you share these tips today? | 1. Be Calm 2. Be Quick 3. Be Clear 4. Be Positive   Home Activity: Share these steps with another member of your family. |  |

| Module: Solve Problems with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Hello! In this goal, we’re learning about managing your teen’s behaviour and today we’re learning how to solve problems with our teens. When something bad happens, we often get upset and blame our teenagers. But what they really need is someone to help them work through their problems.  First, Take a Pause! Become aware of anger and stress. Take a few deep breaths before you react. Then respond in a calmer way.  Here are 4 basic steps on how you can help your teen learn how to solve problems: KNOW IT, SOLVE IT, TRY IT, TEST IT | Solve Problems with My Teen   1. Know it 2. Solve it 3. Try it 4. Test it |  |
| Step 1 is Know It. Identify the problem by talking with your teen about what the problem is. Put the problem into words. | YAZI  Put the problem into words. |  |
| Step 2 is to Solve It. Think of all the possible solutions to your teen’s problem with them. Imagine together what their results will be. What could you or your teen do differently in this situation in the future? | IXAZULULE  Think of the possible solutions to your problem, and their outcome. |  |
| Step 3 is to Try It. Choose 1 solution and try it out the next time your in a similar situation. | KUZAME  Choose 1 solution to try next time. |  |
| Step 4 is to Test It. When you have the chance again, and try the solution out, ask yourself whether it worked. If it did, that’s great! If not, talk with your teen again to find a new solution. | SIHLOLE  “Did it work?” |  |
| Remember, to solve problems with your teen:  [1] Know the problem by putting it into words.  [2] With your teen, come up with ways to solve the problem.  [3] Choose 1 solution and commit to trying it next time.  [4] Test the solution. Did it work?  Try to find solutions together. Listen to your teen, accept how they see and feel things, and thank them for trusting you.  Remember, helping your teen learn how to solve problems will be something they take with them for the rest of their lives.  Your home activity is to talk with your teen about the four steps to problem solving by reviewing this module together. Knowing how to solve problems is something they can use for the rest of their lives!  Can you do it today? | 1. Know it 2. Solve it 3. Try it 4. Test it   Home Activity:  Talk with your teen about the four steps to problem solving. |  |

| Module: Teach my Teen Consequences | | |
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| Script | On Slide Text | Animation Notes |
| Hello! In this goal, we’re learning about managing your teen’s behaviour and today we’re learning how to teach our teens consequences.  All teenagers misbehave sometimes. It is normal while they are figuring out who they are and how they fit in the world. This parenting skill is about responding when our teens misbehave so they can learn what they should do instead.  Here are 3 simple steps:  Be Calm  Be Fair  Be Positive  Let’s learn more about these steps. | Teach my Teen Consequences   1. Be Calm 2. Be Fair 3. Be Positive |  |
| The first step is to Be Calm. The most important thing you can remember is to be calm when giving your teen consequences. If you start shouting, it will just make things worse. Take a couple of deep breaths or, walk away if you need to. Then respond in a calm and clear way.  [2] The second step is to Be Fair.  Make sure the consequence is reasonable and one you can follow through on. For example, take away their game for one hour, rather than a week.  When your teen misbehaves, give them the chance to follow your instruction before giving a consequence. For example, you can say, “Either you do your schoolwork now, or you cannot watch your favourite T.V. show tonight.”  This step is easiest if you have agreed on the consequences in advance. When you set household rules or routines, be sure to discuss the consequences for not following them.  [3] The third step is to Be Positive. Remind your teen what you *do* expect of them, and praise them every time you see behaviour you want to see. Another way you can avoid giving consequences in the first place is by redirecting your teen to something else, like: "How about you go for a quick walk?"  If you do give them a consequence, involve them in a positive activity afterwards.  Using consequences teaches teenagers to act knowing how it might affect themselves or others. It helps them make better decisions and take more responsibility, which are important lessons to learn as they get older. | BE CALM  Shouting will only make it worse.  BE FAIR  Be reasonable and give your teen the chance to obey.  BE POSITIVE  Say the behaviour you want to see. |  |
| Remember, to teach your teen consequences:  [1] communicate with them calmly.  [2] be fair in the consequences you offer and first give them a chance to obey, and  [3] Be positive. Remember to tell your teen what you want to see them doing, try redirecting their behaviour, and follow every consequence with a positive activity.  Your home activity is to write a list of consequences you can use that are fair. The list doesn’t have to be long. Think of reasonable responses to misbehaviour. This will prepare you for next time your teen is behaving badly.  Can you do it today? | 1. Be Calm 2. Be Fair 3. Be Positive   Home Activity:  Write a list of fair consequences. |  |

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

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

| Module: Teach Self Defence | | |
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| Script | On Slide Text | Animation Notes |
| Hello! This goal is all about keeping your teen safe and today we are learning about self defence.  When we do not feel safe, we are allowed to do anything to get away. We can USE OUR VOICE and USE OUR BODIES to protect ourselves. | Teach Self Defence   1. Use our voice 2. Use our bodies |  |
| When we do not feel safe, we are allowed to do anything to get away.   Remember the last scenario, where the man tried to force the girl into his car? How could the girl use her voice to get away? She might shout…   * ‘No!’ * “Someone help me!” * “I will call the police if you touch me again” * "Do not touch my bum”   ;  Or she might try something else…   * “I will do anything you want, just please don’t hurt me.” * “No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE!” * “I can see that you are angry. Let’s sit together and talk about it.” * “I will give you my phone if you let me go.”   Consider, what would you do? There’s no wrong answer. | USE YOUR VOICE   * No! * Someone help me! * I will call the police if you touch me again * Do not touch my bum * I will do anything you want, just please don’t hurt me. * No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE! * I can see that you are angry. Let’s sit together and talk about it. * I will give you my phone if you let me go. |  |
| Next, use your body. When our voice does not stop the situation, we can use our bodies to defend ourselves. You should know your attacker’s targets and do what you can to hurt them: Scratch, Pull, Punch, Kick, or Twist your attacker. | USE YOUR BODY Use your body to defend yourself.   * Scratch * Pull * Punch * Kick * Twist |  |
| There are four primary targets to know:  [1] The eyes  [2] Throat  [3] Groin  [4] and knees |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| There are also seven secondary targets:  [1] Temple  [2] Ears  [3] Nose  [4] Solar Plexus (the space between the ribs)  [5] Fingers  [6] Shin  [7] In Step (top of the feet)  Attack any of the targets to hurt your opponent and get away. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Your home activity is to share this information with your teen so they are ready to defend themselves. You can do it and ParentText can help. Type “SAFE” to repeat this lesson with your teen. Can you do it today? | Home Activity:  Type “SAFE” and repeat this lesson with your teen. |  |

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

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

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

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

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

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