| Module: Take a Pause | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Uzizwa kanjani njengamanje?    Unayo imizuzwana ewu 30?    Ngaphambi kokuthi uqale 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! Namhlanje sifunda ngokuncoma abantwana bethu. Ungakukhuthaza ukuziphatha kahle nokwakha ubudlelwane obuhle ngokumncoma umntwana wakho ngalezizinyathelo ezintathu ezilula: KUBONE, KUSHO, KUPHINDE.  Masifunde kabanzi. | Ncoma   1. Kubone 2. Kusho 3. Kuphinde |  |
| [1] Isinyathelo sokuqala ukukuBona:  Qaphela noma yini enhle noma ewusizo eyenziwa umntwanna wakho.  [2] Isinyathelo sesibili ukukusho.  Mncomele lokho okuhle nokuwusizo akwenzayo.  Yiba nomdlandla - yiba qotho kulokho okushoyo!  Kuba ngathi akaboni makusaqala, kodwa kungekudala uzombona esiphinda lesosenzo esihle.  [3] Isinyathelo sokugcina 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 noma imizwelo. 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 |  |
| Isinyathelo sokuqala ukuVULELEKA. Vuleleka.  Umntwana wakho ukubheka 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.  Kune mizwa 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 |  |
| Isinyathelo sesine ukuKHULUMA  Abanye abantu bakuthola kunzima ukukhuluma ngemizwa kanye nokuveza indlela bazizwa ngayo kodwa sonke siyadlula kuyona.  Uma ukhuluma ngemizwelo enzima, efana nokucasuka, ukuphoxeka noma ukukhungatheka, usiza umntwana wakho ekutheni afunde ukuyiveza ngendlela ephephile le mizwa. | KHULUMA  Khuluma ngemizwelo nomntwana wakho. |  |
| Isinyathelo sesihlanu ukuQAPHELA. Qaphela imizwelo yakho usize nomntwana wakho ukuthi naye ayiqaphele.  Futhi ungamsiza umntwana wakho aqaphele ukuthi imizwelo emihle efana nenjabulo, isizotha nokujabula kakhulu' kuthi imenza azizwe kanjani. | QAPHELA  Qaphela imizwelo yakho neyomntwana wakho. |  |
| Isinyathelo sokugcina ukuNAKEKELA. Mnakekele futhi umduduze umntwana wakho.  Ukwenza umntwana wakho azizwe amukelekile futhi ethandwa, ebenzisa umzimba kanye namazwi ukunisa ukumeseka.  Ukumanga, ukumamatheka noma ukumtshela ukuthi uyaqonda kungasho lukhulu.  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, KWABELANA, 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 nombono' muhle 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 ningadlala imidlalo efundisayo bukhoma noma kwi-ithanethi.  Uma ngabe unmtwana wakho uzizwa esindelwa umsebenzi wesikole ungamusiza ngokuthi niphumuze umqondo ngokuthatha i-pause.  [2] Icebo lesibili ukuba nombono' muhle.  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.  Msize ekutheni ahlangane nochwepheshe, athole izincwadi ezintsha, noma afunde izihloko ezintsha kwi-ithanethi.  Iba isibonelo esihle:  Akakubone uba nobuciko noma uzama into umntwana wakho, noma ungakayenzi kahle. | IBA NOKUDLALA  Dlalani imidlalo efundisayo futhi usize umntwana wakho ekutheni akhokhe umoya.  CABANGA IZINTO EZAKHAYO  Ncoma imizamo yomntwana wakho!  IBA NOBUCIKO  Hlolani ngokubambisana izihloko ezintsha ezijabulisayo! |  |
| Khumbula, ukusiza umntwana wakho ukuthi ajabule ngenkathi efunda, kumele nidlale imidlalo efundisayo ndawonye futh umkhuthaze ukuth akhokhe umoya uma kunesingo.  Sabalalisa imicabango emihle ngokuncoma imizamo yomntwana wakho ekufundeni.  Bese uvumela ubuciko ngokuhlola izihloko ezintsha futhi ezinikeza umdlandla ndawonye.  Umsebenzi wakho wasekhaya ukumema umntwana wakho ukuthi athathe ikhefu elifishane emsebenzini wesikole enze okuthile imizuzu emihlanu okuzonyakazisa umzimba. Ningadansa, nidlale ibhola lezinyawo, nigxuma-gxume, noma niyogijima kancane. Ukuthatha ikhefu emsebenzini wesikole kuzomsiza akhumbule lokho akufundile nokkunyakazisa umzimba kuzomngcina ekuqwashele ukufunda. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi wakho wasekhaya ukumema umntwana wakho ukuthi athathe ikhefu elifishane emsebenzini wesikole nenze okujabulisayo. |  |

| Module: Help Your Teen Learn | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwi-ParentText! Nawa amacebo awu 3 abalulekile okusiza umntwana wakho ekutheni afunde:  Beka izinhloso  [pause]  Buza imibuzo  [pause]  Bese uyaHlanganisa | Siza uMntwana Wakho ukuthi Afunde   1. Beka izinhloso 2. Buza imibuzo 3. Hlanganisa |  |
| [1] Okokuqala, BEKA IZINHLOSO.  Khuluma nomntwana wakho uthole ukuthi yiziphi izinhloso zakhe. Yini afisa ukuyifeza kulonyaka? Mhlampe ufuna ukujoyina i-club, ukwakha abangani abasha, noma athole amamakhi amahle esikoleni. Msize ekutheni enze izinhloso zakhe zicace futhi zikaleke. Lezizinhloso kumele kube yilokho abangakwazi ukukufeza ngesikhathi esithile.  Msize aqonde ukuthi imfundo nokufeza izinhloso zakhe kuhlangana kanjani.  Lokhu kuyamkhuthaza ukuthi afunde.  [2]Okulandelayo, BUZA IMIBUZO.  Mkhuthaze umntwana wakho ukuthi abuze imibuzo, nawe futhi umbuze imibuzo! Ungakhathazeki uma ungazazi izimpendulo zemibuzo ayibuzayo. Zamani ukuthola izimpendulo ndawonye ngokubheka kwi-intanethi, noma ukubuza ompetha basemphakathini. Ukufuna ukwazi izinto kuzosiza ekukhuliseni inqondo yomntwana wakho!  [3]Okokugcina, HLANGANISA  Mcele umntwana wakho ukuthi ahlanganise ulwazi olusha nezinto asezazi, njengenye yezinto anomdlandla wazo noma isihloko esithile asithole esikoleni. Lokhu kukhulisa futhi kuthuthukise ukucabanga okujulile nokuqonda imibono ehlukene. | BEKA IZINHLOSO  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 ezogxila 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 | | |
| --- | --- | --- |
| 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 ekutheni ukhule futhi uthuthuke.  Umsebenzi Wakho waseKhaya 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. Ncoma Imizamo 3. Vumela Amaphuta Enzeke 4. Yabelana   Umsebenzi Wasekhaya:  Xoxela umntwana wakho ngesikhathi owenza iphutha nokuthi esiphi isifundo owasifunda kulo. |  |

| Module: Learning How to Work with Other People | | |
| --- | --- | --- |
|  |  |  |
| Sikwamukele futhi kwiParentText. Ungamsiza umntwana wakho ukuthi afunde ukusebenzisana nabanye abantu ngokumkhuthaza ukuthi azibandakanye ekusebenzeni neqembu.  Masifunde kabanzi ndawonye. | Ukufunda ukuSebenzisana nabanye Abantu  Zibandakanye nabantu  Sebenzisana nabantu |  |
| Okokuqala, Zibandakanye nabantu. Mvumele umntwana wakho ayofunda nabangani ngendlela ephephile. Lababangani ungababiza ngokuthi ama-'study buddies'  Futhi ungamsiza umntwana wakho ekutheni asebenzisane nabanye ngokumkhuthaza ukuthi abalalele futhi ahloniphe imibono yabo. | Zibandakanye nabantu  Vumela ama-study buddies.  Zijwayeze ukusebenzisana nabanye  Ngokubahlonipha abanye. |  |
| Umsebenzi wakho wasekhaya namhlanje owokuxoxisa nomntwana wakho nibheke umngani angafunda naye ngeviki elizayo. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi wase khaya  Siza umntwana wakho athole umngani azofunda naye. |  |

| Module: Create Routines with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulelikhono sizofunda ukuthi zakhiwa kanjani izinqubo zenjwayelo nomntwana wakho.  Kusukela emsebenzini wesikole ukuya kowasekhaya, ukwakha inqubo yansukuzonke nomtwana wakho kungasiza azizwe ephephile futh ekhuselekile. Nazi izinto ezintathu okumele uzikhumbule uma wenza inqubo yenjwayelo:  Ibani iThimba  [pause]  Phokophela  [pause]  Ncoma | Yakha izinqubo mgomo nomntwana wami   1. Ibani yithimba 2. Phokophela 3. Ncoma |  |
| Okokuqala, yibani ithimba.  [pause]  Khuluma nomntwana wakho mayelana nokuthi ufuna lubukeke kanjani uhlelo lwakhe lwezinqubo mgomo zosuku neviki.  Maningi amathuba okuthi umntwana wakho azilandele izinqubo mgoma uma esizile ukuzibeka. | IBANI YITHIMBA  Sebenzisanani ekubekeni inqubo mgomo noma uhlelo lwenu. |  |
| Okulandelayo, Phokophelani  [pause]  Uma senilwenzile uhlelo losuku, qinisekisa ukuthi umntwana wakho uyazilandela izinqubo mgomo nsukuzonke.  Lokhu kusiza ekutheni umntwana wakho azizwe ephephile futhi evikelekile.  Ukuzizwa evikelekile kuchaza ukuthi umntwana wakho unendawo yokukhula nokuthuthuka.  Nazi ezinye ingcebiso zenqubo mgomo ungazibeka nomntwana wakho:  Isikhathi sokulala  Umsebenzi wesikole  Imisebenzi yasendlini  Isikhathi sokudla  Isikhathi sokudlala/sokukhululeka  Yisikhathi seTV/semishini yokudlala  Isikhathi sokuxoxa indaba  Ukuchitha isikhathi nabangani nanje ngomndeni | PHOKOPHELANI  Izinqubo mgomo zisiza abantwana bethu bazizwe bephephile. |  |
| Okougcina, Ncoma.  [pause]  Mbonge umntwana wakho ngokubeka inqubo mgomo yosuku kanye nawe bese uyamncoma uma eyilandela! | NCOMA  Mncome uma ezilandela izinqubo mgomo zakhe zosuku! |  |
| Khumbula ukubeka inqubo mgomo nomntwana wakho:  [pause]  [1] Ibani ithimba futhi nisebenzizsane ekwakheni inqubo mgomo noma uhlelo losuku.  [2] Siza umntwana wakho ekutheni aphokophele ngenqubo mgomo yansukuzonke.  [3] Okougcina, Ncoma. Mncome umntwana wakho ngokuzibekela inqubo mgomo yakhe nawe futhi nalapho ubona ephokophela nokuyilandela.  Umsebenzi wakho wasekhaya owokuxoxisana nomntwana wakho mayelana nezinqubo mgomo zansukuzonke. Usukulungele? | 1. Ibani yithimba 2. Phokophelani 3. Ncoma   Umsebenzi Wasekhaya:  Xoxisana ngezinqumo mgomo zansukuzonke nomntwana wakho. |  |

| Module: Set Family Rules | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona!  Ikhono lokuba uMzali lanamuhla limayelana nokuthi singayibeka kanjani imithetho yomndeni nabantwana bethu. Uma ubeka imithetho yekhaya nomntwana wakho, khumbula lezizinyathelo ezine:  Ibani yithimba  [pause]  Ingcine kuyiyona  [pause]  Phokophelani  [Pause]  Ncoma njalo | Beka Imithetho yoMndeni   1. Ibani yithimba 2. Ingcineni kuyiyona 3. Phokophelani 4. Ncoma njalo |  |
| [1] Okokuqala, yibani ithimba.  Bandakanya umntwana wakho uma kubekwa imithetho yomndeni. Lokhu kuzosiza ekutheni abe maningi amathuba okuthi ayilandele. Xoxani mayelana nezizathu zalowomthetho futhi ulalele imibono yakhe.  [2] Okulandelayo, Yigcine kuYiyo.  Yenza imithetho enengqodo, elingene lokho umntwana wakho anamandla okuyilandela. Umthetho owodwa ngesikhathi ikhona okulula. Cacisa, futhi usho ngqo khona ezoqonda ukuthi ufuna enzeni. Qinisekisa ukuthi umthetho umlingene umntwana wakho.  [3] Isinyathelo 3 elokuphokophela. Uma seniwubekile umthetho, namathelani kuwona! Uma uhlezi ulindele ukuthi kube umntana wakho olandela, maningi abathuba okuthi bawulandele. Uma umthetho kuyinto ekubandakanyayo, nje ngokudla ndawonye kanye ngesonto nje ngomndeni, kubalulekile ukuthi nawe uwulandele.  [4] Okokugcina, Ncoma Njalo. Mncome umntwana wakho ngokubeka imithetho yomndeni ngokubambisana nawe. Futhi mncome njalo lapho elandela umthetho njengoba wenza uma elandele umyalelo noma eziphathe kahle! | BE A TEAM  Bekani imithetho ndawonye  YINGCINE IYIYONA  Gcina imithetho yenu inomqondo, icacile futhi esho ngqo lokho okudingayo.  PHOKOPHELANI  Qinisekisa ukuthi wena nomntwana wakho niyilandela njalo imithetho.  NCOMA NJALO  Mncome umntwana wakho noma yinini lapho umbona elandela umthetho. |  |
| Khumbula:[pause]  [1] Yibani ithimba nibeke imithetho ndowonye.  [2] Gcina imithetho enomqondo futhi emifishane.  [3] Yilandele njalo imithetho.  [4] Mncome njalo umntwana wakho. Mncomele ukuthi ukusizile ngokubeka umthetho nama ewulandela.  Umsebenzi wakho wasekhaya ukuzama ukubeka noma umthetho owodwa womndeni nomntwana wakho. Ungakwenza lokhu namhlanje? | 1. Yibani yithimba 2. Ingcineni kuyiyona 3. Phokophelani 4. Ncoma njalo   Umsebenzi wasekhaya: Beka noma umthetho owodwa womndeni nomntwana wakho. |  |

| Module: Know Online Safety Basics | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona! Ukugcina umntwana wakho ephephile kwi-ithanethi nokwakha imikhuba ephephile zokuyisebenzisa kungakwenza uzizwe ukhungathekile ngezinye izikhathi, kodwa ukuphepha kwi-intanethi yinyathelo elibalulekile ekusizeni umntwana wakho ekutheni abe yingxenye yomhlaba we dijithali.  Uma kuza ekuphepheni kwi-inthanethi, nawa amacebo amane ekumele uwagcine engqondweni:  FUNDA  KHUSELA  YAKHA IMIKHUBA  no KWAKHA UKWETHEMBANA.  [1] Namhlanje sizophinde sibheke amacebo [pause] SIFUNDE [pause] nokuKHUSELA.  Isifundo esilandelayo sizokhuluma [pause] NGOKWAKHA IMIKHUBA [pause] noKWAKHA UKWETHEMBANA.  Masiqale. | Zazi Izisekelo Zokuphepha kwi Inthanethi   1. Funda 2. Khusela 3. Yakha Imikhuba 4. Yakha ukweThembana | [1] circle draws around learn and protect |
| Okokuqala, funda ngobungozi bokuba kwi intanethi.  [pause] Okuqukethwe,[pause] Xhumana,[pause] nokuZiphatha  [1] Okokuqala, okuqukethwe. Umntwana wakho angahlangana nezinto ezonobungozi kwi intanethi, izinto ezifana nodlame, ukuzondwa kwamesimame, izithombe engcolile zobulili nocansi, ulwazi olungalungile, noma ukuzonda abantu bakwamanye amazwe.  [2] Okulandelayo, xhumana. Umntwana wakho angathintwa abantu angabazi noma abadala abazenza ngathi bayintsha bese bemcela izithombe zocansi noma bamcele ukuthi ahlangane nabo.  [3] Okokugcina, ukuziphatha. Abantwana bangaziphatha ngezindlela ezihlukumeza abanye kwi intanethi, noba bon'uqobo abe yisisulu salenhlobo yokuziphatha.  Ngezinyeizikhathi kuphelelisa ngamandla ugcina abantwana bethu kuzo zonke lezizingozi. Ngenhlanhla, ziningi izindlela ongabakhusela ngazo. | FUNDA   1. Okuqukethwe 2. Xhumana 3. Ukuziphatha |  |
| Ziningi izindlela zokwenza i-intanethi ibe yindawo ephiphile emntwaneni wakho.  [1] Khuluma nomntwana wakho: yimaphi ama-apps nama-webhusayithi aphephile nangaphephile? Ngobani?  [2] Msize umntwana wakho enze ama-passwords aqininile ukuzovikela amadivayisi wakhe. | KHUSELA   1. Khuluma nomntwana wakho 2. Yenza ama-password aqinile |  |
| Kwiseshini elandelayo sizoqhubeka nokufunda ngokuphepha kwi-inthanethi. Namhlanje, umsebenzi wakho wasekhaya owokubuza umntwana wakho, "yini oyenzayo ukuze uhlale uphephile kwi-inthanethi?"  Ungathol'ukuthi usevele uyayicabanga indaba yokuphepha kwi-inthanethi. Mncome umntwana wakho nganoma yimiphi imizamo ayenzayo.  Ungakhuluma noMntwana Wakho namhlanje? | Umsebenzi wasekhaya  Mbuze umntwana wakho: Yini oyenzayo ukuze uhlale uphephile kwi-inthanethi? |  |

| Module: Building Habits and Trust Online | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona futhi! Ukugcina umntwana wakho ephephile kwi-inthanethi nokwakha imikhuba ephephile zokuyisebenzisa kungakwenza uzizwe ukhungathekile ngezinye izikhathi, kodwa ukuphepha kwi-inthanethi isinyathelo esibalulekile ekusizeni umntwana wakho ekutheni abe yingxenye yomhlaba we dijithali.  Uma kuza ekuphepheni kwi-inthanethi, nawa amacebo amane ekumele uwagcine engqondweni. Ngaphambilini, sixoxe ngamacebo okuFUNDA nokuVIKELA.  Namhlanje sizoxoxa ngamacebo oKWAKHA IMIKHUBA noKWAKHA UKWETHEMBANA.  Masiqale. | Ngigcine uMntwana Wami eVikelekile kwi-Inthanethi   1. Funda 2. Vikela 3. Yakha Imikhuba 4. Yakha ukweThembana |  |
| Okokuqala, ekhaya yakha imikhuba ekhuthaza ukuphepha kwi-intanethi kanye nobudlelwane obuhle ne-inthanethi.  [pause] Hlela izikhathi zokungayisebenzisi ifoni emzini whakho, noma lapho umuntu esesembhedeni.  [pause] Vumela umntwana wakho axoxe nabantu abaziyo kuphela. [pause] Angaze anikele ngemininingwane yakhe siqu ezindlini zokuxhumana noma nabantu angabazi.  [pause] Ngaphambi kokugcwalisa amafomu afuna imininingwane yomuntu, bheka ukuthi ikheli le-web liqala ngo http://. Amawebhusayithi aqala ngo http:// kungenzeka angavikeleki.  [pause] Siza umntwana wakho enze ama-password amakhawunti wakhe.  Ama-passwords alingile ilawa  [pause] amade  [pause] angabandakanyi imininingwane yomuntu ecacaile, nje ngegama lakho noma usuku lokuzalwa,  [pause] futhi afake izinhlamvu ezinkulu nezincane, izinombolo kanye nezimpawu. | YAKHA IMIKHUBA  Beka izikhathi lapho ifoni ingazusetshenziswa ekhaya lakho  Bheka amakheli e web  http:// https://  Yenza ama-password aqinile:  -Amade  -Ungayisebenzisi imininingwane yakho siqu  -SEBENZISA izinhlamvu ezinkulu nezincane, izinombolo, kanye nezimpawu. | Animate password details to explain better. |
| Okokugcina, YAKHANI UKWETHEMBANA nomntwana wakho.  [1]  Ngokubambisana bhekani amawebhusayithi, izinkundla zokuxhuma, imidlalo kanye nama-apps awasebenzisayo.  [2]  Buza imibuzo - lokhu kuyakusiza ekutheni wazi kangcono ngezinto eziheha umntwana wakho!  [3]  Uma uhlangabezana nento ekwenza ukhathazeke, khuluma naye.  [4]  Mtshele umtwana wakho ukuthi kumele atshele umuntu omdala ngokushesha uma ezizwa enokwesaba, engaphephile noma kukhona okumcasulile kwi-inthanethi futhi acele usizo ngokuthi ayibike.  Kanje ngoba wenza ukugcina umntwana wakho ephephile ezweni langempela, kufanele uqinisekise ukuthi uphephile nasezweni ledijithali. Ngokulandela lezizinyathelo ungamuvikela futhi uqinisekise ukuthi isikhathi sakhe kwi-inthanethi sivikelekile khona bezoqhubeka bayisebenzisele ukufunda. Muhle umsebenzi owenzayo! | KWAKHA UKWETHEMBANA   1. Ndawonye nomntwana wakho bhekani amawebhusayithi, izinkundla zokuxhumana, imidlalo kanye nama-apps awasebenzisayo 2. Buza imibuzo 3. Khulumani ngezinto ezikhathazayo. 4. Mtshele umntwana wakho ukuthi atshele umuntu omdala uma ezizwa esaba noma engaphephile. |  |
| Nakhu ongakwenza nomntwana wakho namhlanje ukuqaleni ukuqinisekisa ukuthi uhlala evikelekile kwi-inthanethi:  [1]  Okukuqala, bhalani phansi noma nidwebe ama-apps awasebenzisayo umtwana wakho  [2]  Okulandelayo, yicome ingane yakho ngokusebenzisa kahle lamawebusayithi!  [3]  Bese nikhuluma ngamawebhusayithi noma ama-apps angaphephile. Xoxisanani ngokuthi kungani kungenzeka ukuthi angaphephi.  [4]  Okokugcina, xoxisanani ngokuthi umtwana wakho nabangani bakhe bangayisebenzisa kanjani i-intanethi ngendlela ephephile.  Ingabe wena nomntwana wakho nigawenza lomsebenzi namhlanje? | Umsebenzi Wasekhaya:  [1] Okukuqala, bhalani phansi noma nidwebe ama-apps awasebenzisayo umtwana wakho  [2] Okulandelayo, yicome ingane yakho ngokusebenzisa kahle lamawebusayithi!  [3] Bese nikhuluma ngamawebhusayithi noma ama-apps angaphephile. Ngobani?  [4] Xoxisanani ngokuthi umtwana wakho nabangani bakhe bangayisebenzisa kanjani i-intanethi ngendlela ephephile. | Illustrate as needed |

| Module: Understand Needs & Wants | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu sizofunda ngezinyathelo zokwenza isabelomali somndeni nabantwana bethu. Lokhu kuzonisiza nomntwana wakho ekutheni niqonde kangcono ukuthi imali isetshenziswa iphinde yongiwe kanjani emndenini. Namhlanje sizofunda ngenyathelo lokuqala: [pause] ukuqonda izidingo nezifuno. | Ukuqonda Izidingo neziMfuno |  |
| Ninomntwana wakho, yenzani uhla lwezinto enicabanga ukuthi ngeke nikwazi ukuphila ngaphandle kwazo. Lezi izinto ezibalulekile emndenini ukuze niphile. Kungabandakanya izinto ezifana [pause] nokudla, [pause] insipho, [pause] imithi, [pause] imali yesikole kanye nemali yerenti. | Bheka izidingo | Time entry of want list animated. Localize currency |
| Okulandelayo, bhenkani izifuno/lokhu enikufunayo.  Yenzani uhla lwalokho okufunwa nguwe noma umntwana wakho. Lezi izinto ekubamnandi ukubanazo kodwa ezingabalulekile.  [pause]  Isibonelo, i-data, [pause]ifoni entsha, [pause]imali yokugibela uma kuvakashelwa umngani, [pause] noma okumnandi. | Bhekani izimfuno/lokho enikufunayo | Time entry of need list animated. Localize currency |
| Okokugcina, khulumani.[pause]   Kuyinjwayelo ukuthi abantu babone izinto ngezindlela ezingefani. Khuluma nomntwana wakho mayelana neZIDINGO kanye neZIMFUNO zenu ezahlukile. Lokhu kuzosiza ekutheni niqondane. Ngokuqondana, ungambandakanya ekuthatheni izinqumo ndawonye zokuthi niyisebenzisa kuphi imali. Ukubandakanya umntwana wakho kusiza ekumfundiseni indlela yokuphatha imali futhi kuzoqinisa ubudlelwane benu. | Khuluma |  |
| Umsebenzi Wakho Wasekhaya ukuzama ukuxoxa nomntwana wakho ngeZIMFUNO/Okufunayo neZIDINGO ezifuna imali. Unaso isikhathi sokukwenza namhlanje? | Hlelani izidingo nezimfuno/enikufunayo. |  |

| Module: Talking about Monthly Expenses | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu sizofunda ngezinyathelo zokwenza isabelomali somndeni nabantwana bethu. Namhlanje sifunda ngesi nyathelo sesibili: [pause] Ukukhuluma ngezindleko zenyanga.  Nayi indlela elula futhi emunandi yokwenza lokhu nomntwana wakho. | Ukukhuluma ngeziNdleko Zenyanga |  |
| Thola ipheshana nanomayini eningabhala kuyo nepeni. Okulandelayo, dwebani izithombe zakho konke enichitha kuko imali ngenyanga nenyanga.  [pause]  Bese nibhala eceleni kwesithombe ngasinye ukuthi into ngayinye ibiza malini. Okokugcina, balani ukuthi nisebenzisa malini ngenyanga. | 1. Qokelelani enizokusebenzisa 2. Dwebani izithombe 3. Bhalani amaxabiso 4. Hlanganisani amaxabiso | Begin with blank page  add items to blank piece of paper  add prices on to this piece of paper |
| Thwebula isithombe sezindleko zakho zenyanga. Nizoyidinga lemininingwane esifundweni esilandelayo!  Leli inyathelo lokuqala elikhulu kwisabelo mali somndeni! |  | See if there’s a way to show a camera flash? |
| Umsebenzi wakho wasekhaya ukuthola isikhathi sokwenza lomsebenzi nomntwana wakho. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi waseKhaya owokwenza uhla lwenyanga nenyanga nomntwana wakho. |  |

| Module: Making a Monthly Budget | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu sifunda ngezinyathelo ezine zokwenza isabelomali somndeni nabantwana bethu. Namhlanje, sibheka inyathelo lesithathu: [pause] ukakha isabelomali senyanga | Ukwenza Isabelomali seNyanga |  |
| Okokuqala, thatha iphepha kuloyamsebenzi wezindleko zenyana elibonisa zonke izintoochitha imali kuzo ngenyanga. |  | Show end of prev. Module pic |
| Okwesibili, hlanganisani imali onayo umndeni ngenyanga. Kungaba imali yeholo emsebenzini, eye-granti noma imali evela ezihlotsheni. |  | Show scribbles adding up |
| Manje ke, ninomntwana wakho thathani isinqumo sokuthi iziphi izindleko zezinto eniziDINGAYO kanye nalezo eniziFUNAYO. Dwebani inkanyezi eduze kwakho konke enikuDINGAYO. Hlanganisani zonke izinto ezinenkanyezi eduze kwazo. |  | Return to prev. Module pic and insert hand drawn stars |
| Ngabe lemali ingaphezulu noma ngaphansi kwesabelomali senyanga? Uma ingaphansi, seningongeza izinto eniziFUNAYO. Uma ingaphezulu, mhlampe ungafuna ukubonisana nomntwana wakho ukuthi iziphi izinto eziyisiDINGO ngempela. Kungase kudingeke ukuthi nithathe izinqumo ezinzima phakathi kwezinto ezehlukene. |  | Show bottom of both pages (Star total and income total) with total sums circled |
| Umsebenzi wakho wasekhaya ukusebenzisana nomntwana wakho ekwenze isabelomali somndeni ndawonye. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi Wasekhaya: Sebenzisana noMntwana Wakho ekwenzeni Isabelomali seNyanga |  |

| Module: Make a Saving Plan | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu sifunda ngezinyathelo ezine zokwenza isabelomali somndeni nabantwana bethu. Namhlanje sibheka inyathelo lokugcina:[pause] Yakha uhlelo lokonga. | Yakha Uhlelo loKonga |  |
| Okokuqala, khulumani nomntwana wakho ngezizathu ezahlukene ezingaholela ekutheni nifune ukonga imali. Lezizinto zingabandakanya: [pause]  Ukulungiselela izimo eziphuthumayo, [pause]  Ukuthengela umntwana wakho into enhle noma emnandi, [pause]  Ukwenza into ejabulisayo niwumndeni, noma [pause]  Ukuhlelela izindleko ezinkulu zesikhathi esizayo, ezifana nokulungisa ikhaya noma imfundo yomntwana wakho. | Thatha isinqumo: Yini oyongelayo? | Images timed to show reasons for saving |
| Okwesibili, beka umgomo wemali ohlose ukuyonga. [pause]  Bheka isabelomali senyanga kulomsebenzi owenze ngaphambilini.  [pause]  Bonisanani nomntwana wakho ukuthi ningonga malini ngeviki nangenyanga. | Thathani isinqumo: Ningayongela malini ngeviki noma ngenyanga lento eniyihlosile? | Illustrate how small amounts saved over time, create a large sum |
| Okwesithathu, khuluma nomntwana wakho mayelana nezindlela ezehlukile zokugcina imali iphephile ukuze isetshenziswe esikhathini esizayo. [pause]  Lezizinto zingabandakanya: [pause]  Ukonga ebhange, [pause]  Ukugcina imali iphephile ekhaya, [pause]  Ukungcina imali estokfeleni noma kwithimba elibolekisa ngemali, noma [pause]  Ukuthenga imfuyo efana nezimbuzi noma izinkomo. [pause]  Thathani isinqumo sokuthi iyiphi indlela yokonga imali engawusebenzela ngcono umndeni. | Thathani isinqumo: Indlela engcono yokugcina imali eniyongile iphephile.   1. Ebhange 2. Ekhaya 3. Eqenjini lokonga noma lokubolekisa 4. Ukuthenga imfuyo, njengezimbuzi noma izinkomo |  |
| Inyathelo lokugcina ukuthola izindlela zokuthola ukwesekwa. Kungenze ukuthi uhulumeni noma amaqembu asemphakathini anikela ngemali, ama-vawutsha, noma amaphasela okudla. Cabanga ukuthi ingabe zikhona yini izindawo ezinekaza usizo emphakathini wakho. | Thola ukweSekwa |  |
| Uma ungazama ukongela ikusasa noma isimo esiphuthumayo noma yimadlana nje ngenyanga. Lokhu kungenza omkhulu umehluko ekuhambeni kwesikhathi.  Umsebenzi wakho wasekhaya ukwenza uhlelo lokonga nomntwana wakho. Unaso isikhathi sokukwenza namhlanje?  Khumbula ukuzincoma, uncome nomtwana wakho ngokuthatha isikhathi sokwenza uhlelo lokonga ndawonye. Halala! | Umsebenzi Wasekhaya: Ukwenza uhlelo lokonga nomntwana wakho. |  |

| Module: Be Kind to Myself | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwi-ParentText. Zintathu izinyathelo zokukusiza ukuthi uziphathe ngomusa. EzinsukWini ezimbalwa sizofunda ukusebenzisa izinyathelo ezifanayo nabantwana bethu, kodwa okwamanje masiphrakthize ngathi: QAPHELA, YITHI KULUNGILE futhi IBA NOMUSA.  Masiqale. | Mangibe noMusa Kimi |  |
| Okokuqala, QAPHELA.  Kwezinye izikhathi, kubukeka kulula ukuziba imizwa emibi ngoba sicabangaukthi izonyamalala. Kodwa ukuyiziba kuchaza ukuthi izophinde iqhamuke futhi - noma ibe ngaphezulu kunakuqala! Uma uzizwa kabi emoyeni, qaphela ukuthi uyayizwa leyomizwa. Kungasiza ikuziqambela igama lalomuzwa. Ungaqaphela ukuthi uzizwa unamahloni, uphoxekile, unomona noma ucasukile.  Okulandelayo, YITHI KULUNGILE.  Yithi khumu noma uphemule kabanzi amahlandlo ambalwa. Manje zitshele ukuthi "Kulungile" ngoba kulungile vele ukuba nemizwa emibi - wonke umuntu ubanayo ngezinye izikhathi! Imvamisa, kuzeke kunesizathu esiqotho ukuthi lemizwa ivele futhi kungasichazela okuthile. Ngempela kuLUNGILE!  Okokugcina, YIBA NOMUSA  Uma uyiqaphela lemizwa, kubalulekile ukuthi ube nomusa futhi uzibekezelele. Cabanga ukuthi izeluleko ezinjani ongazinikezwa umngani noma ilunga lomndeni njengamanje. | **Notice** imizwa yakho, noma imibi.  **Yithi “Kulungile,”** ngoba kuyikho!  **Ziphathe** ngoMusa. |  |
| Ngaphambi kokuthi siqede, masiphreakthize ukuzinakekela.  Hlala phansi  [3 sec pause]  vala amehlo  [2 sec pause]  lalela umphefumulo wakho njengoba ungena uphuma.  [3 sec pause]  Qaphela indlela ozizwa ngayo.  [3 sec pause]  Ungawavula amehlo akho uma usukulungele.  [3 sec pause]  Ngabe kwesinye isikhathi uye uzwe sengathi imizwa yakho miningi kakhulu?  Khuluma nomunye umuntu.  Khuluma nomuntu omethembayo. Khuluma nomngani. Khuluma nomndeni.  Khipha lokho okokukhathazayo emoyeni, ukudlulise. Noma okwesikhashana nje.  [pause]  Uzizwa kanjani manje?  Ukujabulisana nabanye kuyayongeza injabulo kanjalo nenkiga oyixoxayo incipha isisindo sayo.  Njengabantwana, nabazali bayaludinga usizonokwesekwa! | Thatha ikhefu | Box Breathing GIF |
| Umsebenzi wakho wasekhaya namuhla ukuthatha umzuzwana uzame futhi ukuthatha ikhefu, uphefumule. Uma uzama njalo ukuzinakekela nokuthatha ikhefu lokuphefumula kuzongcina sekulula! Ungakwenza lokhu? | Umsebenzi wase khaya  Thatha isikhashana uphefumule |  |

| Module: Help my Teen with Stress | | |
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| Script | On Slide Text | Animation Notes |
| Kuleliphuzu, sifunda mayelana ngokunakekela inhlakahle yezingane zethu. Enye yezindlela zokunakekela inhlakahle yengane yakho ukuyasiza ekutheni imelane nengcindezi.  Nanka macebo awu 3 okuthi ngayixhasa kanjani ingane yakho uma inengcindezi.  Qaphela  [Pause]  Khuluma  [Pause]  Yiba lapho  Masifunde kabanzi ndawonye. | Ngisize ingane yami ekumelaneni nengcindezi   1. Qaphela 2. Khuluma 3. Yibakhona |  |
| [1]  Okokuqala, qaphela uma ingane yakho izizwa inengcindezi. Indlela eziphatha ngayo izohlazi ikhombisa uma inegcindezi. Angazithola ediniwe kakhulu, efuna kuba ngayedwana ngaso sonke isikhathi, kubenzima ukugxila entweni ethize, azizwe ekhathele, noma engana gqozu lokusebenza.  Bheka lezizimpawu khona uzokwazi ukukhuluma ngengcindezi ngendlela eqondile.  [2] Okulandelayo, khuluma. Buza ingane yakho ngezinto ezenza ibe nengcindezi.  Zama ukwamukela noma kuphi bakushoyo. Ungathola ukuthi uzizwa ecindezelekile kakhulu ngezinto thina esizibona ngathi zincane. Kodwa kubona, kungazwakala ngathi kukhulu!  Bayeke bakutshele ngezinto ezibalethela ingcindezi ngaphandle kokubahlulela.  [3] Okokungcina, iba seduze kwakhe.  Lalela bakushoyo, noma ungeke wenze lutho ngakho, uphinde ubakhumbuze ukuthi kulungile ukuzizwa unengcindezi.  Basize bakwazi ukukhetha izinto ezibalulekile abangazikhathaza ngazo, kanye nalezo ezingabalulekile. Ungaphinde umsize ekutheni athathe izinyathelo zokushitsha lezozinto ezimlethela ingcindezi uma enakho, noma azilungiselele ukuthi angamelana kanjani nalokho ukumlethela ingcindezi. Lokhu kungasiza kakhulu ekutheni azizwe exhasiwe futhi ephephile. | QAPHELA  Bheka izimpawu zengcindezi emntwaneni wakho.  KHULUMA  Funda ngezinto ezanza ingane yakho izizwe inengcindezi, ngaphandle kokwahlulela.  YIBA KHONA  Ibaseduze kwengane yakho uphinde uyisize ifunde ukuthi ingamelana kanjani nalesosimo. |  |
| Khumbula, ukusiza ingane yakho ngokucindezeleka:  [1] Qaphela izimpawu zokucindezeleka enganeni yakho  [pause]  [2]Khuluma naye mayelana nezinto ezimenza azizwe enengcindezi.  [pause]  [3] Uphinde ubekhona uma ezizwa enengcindezi.  [pause]  Umsebenzi wakho wasekhaya ukukhuluma nengane yakho ngezinto eyibangela ingcindezi. Yenza naye uhla lwezinto ezimlethela ingcindezi, niphinde nibheke ukuthi yini angayenza ukuze ayibalekele uma ikhona indlela noma angamelana kanjani nengcindezi uma yenzeka.  Futhi buza ingane yakho ukuthi ungayisiza kanjani uma inengcindezi. Ungaphinde ubuyele kuloluhla ngesinye isikhathi uma ubona ukuthi ingane yakho izizwa inengcindezi.  Ungakwazi ukukwenza lokhu nengane yakho namuhla? | 1. Qaphela 2. Khuluma 3. Yibakhona   Umsebenzi wasekhaya: Yenza uhla nengane yakho olumayelana nezinto eziyifakela ingcindezi bese nikhuluma ngengakwenza ukubhekana nayo. |  |

| Module: Show my Teen Kindness | | |
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| Script | On Slide Text | Animation Notes |
| Kuleliphuzu, sifunda mayelana ngokunakekela inhlakahle yezingane zethu. Enye yezindlela zokunakekela inhlalakahle yezingane zethu ukubakhombisa uzwelo nokubaxhasa, ikakhulukazi uma bebhekene nezikhathi ezinzima. Nazi izinyathelo ezine ezilula ekumele uzikhumbule:  Qaphela [Pause]  Lalela [Pause]  Ithi kulungile [Pause]  Bese uyaduduza | Ngikhombise ingane yami uzwelo   1. Qaphela 2. Lalela 3. Ithi kulungile 4. Duduza |  |
| [1] Inyathelo lokuqala ukuQaphela. Kubalulekile ukuthi uqaphele uma ingane yakho ikhungathekile futhi iphatheke kabi. Bheka ukuziphatha okujwayelekile, okunjengo kudinwa, ulaka, ukuthetha noma ukuthanda ukuchitha isikhathi yedwa.  [2] Inyathelo sesibili ukulalela. Nikeza ingane yakho ithuba lokuxoxa ngezinto edlula kuzona. Zama ukwamukela okushiwo ingane yakho. Yenze ingane yakho yazi ukuthi uyilalele ngokuthi uphinde lokhu ekushilo.  [3] Okulandelayo, yazisa ingane yakho ukuthi lemizwa eyizwayo ijwayelekile futhi wonke muntu uyayizwa ngezinye izikhathi. Yitshele ukuthi kulungile ukuzizwa ngalendlela.  [4] Okokungcina, duduza ingane yakho, uphinde uyikhumbuze ukuthi ibe nozwelo kuyona qobo. Iba nesineke uphinde uyinike isikhathi sokubhekana nemizwa yayo. Uma ucabanga ukuthi kungasiza, khuluma nayo ngengakwenza ngendlela ehlukile ngokuzayo. | QAPHELA  Bheka izimpawu noma ukuziphatha okungakhombisa ukuthi ingane yakho icasukile.  LALELA  Vumela ingane yakho ixoxe ngemizwa yayo.  ITHI KULUNGILE  Lemizwa ijwayelekile.  DUDUZA  Khumbuza ingane yakho ukuthi ibe nozwelo kuyona siqu. |  |
| Ngempela, akusiyo yonke imizwa noma izimo esibhekana nazo ezibazinhle. Khumbula, uma udinga usizo ezimeni eziphuthumayo, ungabhala USIZO kwi-ParentsText khona uzothola uhla lwezindawo emphakathini ungathola kuzona usizo. | USIZO | Phone typing |
| Khumbula, ukuba nomusa enganeni yakho  Bheka izimpawu noma ukuziphatha okungakhombisa ukuthi ngane yakho icasukile.  Yilalele uma ikuxoxela ngezimo ebhekane nazo.  Ithi kulungile futhi umkhumbuze ukuthi lokhu akuzwayo kujwayelekile.  Okokungcina, yiduduze. Yikhumbuze ukuthi ibe nozwelo kuyona qobo.  Thatha isikhathi ubheke lamacebo futhi, khona kuzobalula ukuthi uphinde uwasebenzise uma usuwadinga. Ukuwahlola, ungaphinde ubukele levidiyo.  Ungawabheka namhlanje? | 1. Qaphela 2. Lalela 3. Ithi kulungile 4. Duduza   Umsebenzi wasekhaya:  Hlola lamacebo futhi. |  |

| Module: Know the Warning Signs | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu, sifunda mayelana ngokunakekela inhlakahle yengane yethu. Indlela ebalulekile onganakekela ngayo inhlalakahle yengane yakho ukwazi ukubona izimpawu ezexwayisayo. Izexwayiso zisitshela ukuthi izingane zethu zidinga usizo.  Nazi izinyathelo ezintathu ezingakusiza ukwazi ukubona izexwayiso:  [pause] Qaphela  [pause] Thatha isinqumo kusenesikhathi  [pause] bese uthola Usizo | Yazi ezexwayiso   1. Qaphela 2. Nyakaza kusenesikhathi 3. Thola usizo |  |
| Okokuqala, qaphela izexwayiso nokuziphataha okungakhombisa ukuthi kukhona ukuphazamiseka ngokomqondo enganeni yakho. Lezimpawu zibandakanya:  Ukulala kakhulu noma kungalali nhlobo  Ukungabi namdandla wokwenza izinto ebechitha ngazo isizungu  Ukulahlekelwa uthando lweskole kanye nokwehla kwamazinga okuphasa eskolweni  Ukushitsha ubuyena; isibonelo: intukuthelo eningi  Ukuzizwa ephatheke kabi, ukuzizwa engenalutho, noma engento yalutho  Ukukhathazeka kakhulu  Ukucasuka noma ukungahlaliseki  Ukungafuni ukuba phakathi kwabantu nona ukuzibandakanya ezintweni ezenziwayo  Uvalo olwedlulele  Ukusebenzisa zidakamizwa kanye notshwala  Izimpawu zokuzilimaza, ezifana nokuzisika  Noma ukukhuluma ngamacebo okuzibulala | Qaphela  Ukulala kakhulu noma ukungalali  Ukungabi nomdlandla wokwenza izinto ezichithisa isizungu  Ukulahlekelwa uthando lweskole kanye nokwehla kwamazinga okuphasa eskolweni  Ukushitsha ubuyena; isibonelo: intukuthelo eningi  Ukuzizwa ephatheke kabi, ukuzizwa engenalutho, noma engento yalutho  Ukukhathazeka kakhulu  Ukucasuka noma ukungahlaliseki  Ukungafuni ukuba phambi kwabantu nona ukuzibandakanya nomsebenzi  Uvalo olwedlulele  Ukusebenzisa zidakamizwa kanye notshwala  Izimpawu zokuzilimaza, ezifana nokuzisika  Noma ukukhuluma ngamacebo okuzibulala | Time text to spoken words |
| Okulandelayo, kubalulekile ukunyakaza mathupha uma ubona ezinye zalezimpawu.  Kungenzeka lezi zenxwayiso zande zibe yinkinga enkulu. Ukungenelela ngokushesha kunganomthelela omuhle ezimpilweni zazo. | NYAKAZA MATHUPHA  ngaphambi kokuthi izinto zonakale kakhulu. |  |
| Inyathelo lesithathu, Ukuthola Usizo.  Kubalulekile Ukuthola usizo, kodwa kufanele uyihloniphe imfihlo yengane yakho. Khuluma nengane yakho uzwe ukuthi ingadinga ukwesekwa kanjani.  Nakuwe ukwesekwa kubaluleke kakhulu. Cela usizo uma uludinga. Ukuba nabantu abakwesekayo kungenza umehluko omkhulu. | THOLA USIZO  Tholela wena nengane yakho ukwesekwa. |  |
| Khumbula, ukusiza unakekele ingane yakho:  [1] Qaphela izimpawu ezixwayisayo  [2] Nyakaza mathupha kungaze konakale kakhulu.  [3] bese uthola usizo  Umsebenzi wakho wasekhaya ukuba nengxoxo nengane mayelana nezinto ezahlukahlukene eziwusizo ezitholakala emphakathini. Bonisanani ukuthi lezinsiza zingaba usizo kanjani. Ungabandakanya namanye amalunga omndeni, futhi.  Ungakwazi kwenza uhla nengane yakho namuhla? | 1. Qaphela 2. Nyakaza kusenesikhathi 3. Thola usizo   Umsebenzi wasekhaya: Khuluma nengane yakho mayelana nezindawo ekutholakala kuzo usizo emphakathini. |  |

| Module: Manage My Stress | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu, sifunda ngokumelana nokuziphatha kwengane yakho. Ukuze sikwazi ukukhathelela izingane zethu, kumele sizikhathelele thina kuqala. Ukufunda ukwazi ukumelana nengcindezi kubaluleke kakhulu empilweni nangokomqondo, futhi kuzokusiza ukwazi ukwakha ubundlelwano obuhle nengane yakho.  Nazi izinyathelo ezi 3 ongazisebenzisa khona uzokwazi ukubhekana nokucindezeleka:  Zindla  [pause]  Thola  [pause]  Nesimiso/isenzo senjwayelo. | Ukumelana nengcindezi yami   1. Zindla 2. Thola 3. Isimiso |  |
| Okokuqala hlaziya.  Thola ipeni nepheshana bese thatha umzuzwana ucabangisise ukuthi uzizwa unengcindezi engakanani. Bhala phansi ukusuka ku 0 kuya 100 ukuthi zizwa unengcindezi engakanani.    Hlaziya ukuthi umzimba wakho uzizwa unengcindezi engakanani? Uke uzizwe unengcindezi, uzizwe uphelelwe amandla, unenkinga yokulala noma kunzima ukugxilisa ingqondo, ukhungathekile. Ibhale phansi yonke lemizwa.  Ukwazi umzimba wakho ukuthi umelana kanjani negcindezi, kungakusiza ukwazi ukubhekana nayo. | HLAZIYA  Bhala phansi ukuthi unengcindezi engakanani kusukela 0 kuya 100.  Bhala phansi imizwa yakho. | Show chart, 0 to 100 and a pin-point. |
| Manje, bhala phansi' zinto ezikulethela ukucindezeleka empilweni yakho. Ukwazi ukuthi kungani uba nengcindezi kungakusiza ekubhekaneni nasekufundeni ukumelana nayo.  Okulandelayo, bhala phansi uhla lwezinto ezikujabulisayo. Lezi zinto zizoba indlela yokuzinakekela. Kunezindlela ezahlukene zokuzinakekela, ezifana nokuhamba, ukuthandaza, ukuphuza itiye nabangani, noma ukusebenza engandini. | KHOMBA  Izinto ezikubangela ingcindezi empilweni kanye nezinto ozenzayo ezikulethela injabulo. |  |
| Inyathelo lokungcina, isenzo senjwayelo.  Ungayehlisa kanjani ingcindezi empilweni yakho yansukuzonke?  [pause]  Zingaki izinto ozenzayo zokuzinakekela ezingangena ezinhlelweni zakho zansukuzonke?  Zama wenze isikhathi sento yodwa nje yokuzinakekela ngosuku. | ISIMISO/ISENZO SENJWAYELO  Lungisa indlela owenza ngayo izinto zenjwayelo khona kuzokwehlisa ingcindezi bese uzijwayeza ukuzinakekela. |  |
| Khumbula ukumelana nengcindezi yakho:  [1] Hlaziya indlela ozizwa ngayo.  [2] Bheka izinto ezikubangela ingcindezi, nalezo ezikwenza uzizwe ujabule.  [3] Lungisa indlela owenza ngayo izenzo zenjwayelo ukuze wehlise ingcindezi bese unyusa izikhathi zenjabulo.  Into ozofike uyenze ekhaya, bhala phansi uhla lwezinto ongazenzela zona ezikulethela injabulo. Kungaba izinto ezilula njengoku hambahamba noma ukukhuluma nomngani.  Ungakwenza lokhu namhlanje? | 1. Zindla 2. Thola 3. Isimiso/Isenzo senjwayelo   Umsebenzi wasekhaya: Bhala uluhla lwezinto ezikulethela injabulo. |  |

| Module: Manage Teen Misbehaviour | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu, sifunda mayelana nokuziphatha kwengane yakho siphinde sifunde nokumelana nokungaziphathi kahle. Lelikhono limayela nokwazi ukuthi ungamelana kanjani ngokungaziphathi kahle kwengane yakho ngokuthi uyikhombise indlela elungile angaziphatha ngayo. Uma ucabanga ukuthi ingane izoganga, ungakwazi ukukuvimba ngokuthi uyikhombise indlela elungile.  Nazi izinyathelo ezi 4 ukuqondisa ukuziphatha kwengane yakho:  Ehlisa moya, usheshe, kucace bese kuba kuhle.    Asifunde kabanzi ngalezi zinyathelo. | Melana nokungaziphathi kahle kwengane   1. Ehlisa moya 2. Shesha 3. Cacisa 4. Yiba nemicabango eyakhayo |  |
| [1] Okokuqala, ehlisa moya. Zama ukuthula kancane noma uphefumule kabalwa ngaphambi kokuqondisa ingane yakho. Khuluma ngezwi eliphansi.  [2] Shesha. Zama ukuqondisa ingane yakho ngaphambi kokuthi igange noma kuze kudlulele ukuganga. Kulula kakhulu ngaleyo ndlela!  [3] Cacisa. Kunokuthi uyitshele ukuthi ayiyeke lento eyenzayo, kungcono uyitshele lento ofuna ukuthi iyenze. Nasi sibonelo, uma ingane yakho ibanga umsindo, kunokuthi uthi "musa ukumemeza" kungcono uthi "ngicela ukhulumele phansi"  [4] Cabanga Izinto Ezakhayo. Ncoma ingane yakho uma iziphathe kahle. | EHLISA MOYA  Thula kancane bese ukhuluma ngezwi eliphansi.  SHESHA  Yiqondisi ngaphambi kokuthi igange noma kungaze kudlulele ukuganga.  CACISA  Tshela ingane yakho udinga ukuthi yenzeni.  CABANGA IZINTO EZAKHAYO  Ncoma ingane yakho uma yenze lento buyicele ukuthi iyenze. |  |
| Ukuqondisa ingane yakho ngendlela enhle yokuziphatha kungasiza ekugwemeni ingxabano bese ingcina ingane yakho inakekelwe kahle. Ungakwenza!  Khumbula, ukumelana nokungaziphathi kahle kwengane, kumele iqondiswe kabusha. Ukuqondisa kabusha, kumele:  [1] Phefumula bese wehlisa umoya uma ukhuluma nayo.  [2] Phuthuma umqondise masinyane uma ubona ukungaziphathi kahle.  [3] cacisa bese uyitshele ingane yakho ukuthi ufuna yenzeni, kunokuthi uyitshele lokho ofuna ikuyeke, futhi  [4] Cabanga okuhle futhi uyincome ingane yakho uma yenze ngaledlela oyicelile.  Umsebenzi wakho wasekhaya ukwabelana ngalezizinyathelo ezine nelinye ilunga lomndeni wakho. Ukwabelana ngalamakhono kungaba nomthelela omuhle kwinhlalonhle yawo wonke umuntu.  Ungabelana ngalamacebo namhlanje? | 1. Hlisa umoya 2. Shesha 3. Cacisa 4. Yiba nemicabango eyakhayo   Umsebenzi wakho wasekhaya ukwabelana ngalamacebo amane nelunga lomndeni. |  |

| Module: Solve Problems with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kuleliphuzu, sifunda ngokumelana nokuziphatha kwengane yakho siphinde sifunde ngokuxazulula izinknga nezingane zethu. Uma kukhona okubi okwenzekayo, siye sicasuke bese sisola izingane zethu. Kodwa abakudinga ngempela umuntu ongabasiza ekuxazululeni izinkinga zabo.  Okokuqala, Thatha ikhefu lokuphefumula! Qaphela intukuthelo kanye nengcindezi. Phefumula nzulu amahlandlo ambalwa ngaphambi kokuphendula. Phendula ngomoya ophansi.  Nazi izinyathelo ezi 4 eziyisisekelo zokuthi ungayisiza kanjani ingane ukuze ifunde ukuxazulula izinkinga; ZAZI, XAZULULA, IZAME, IHLOLE | Xazulula izinkinga neNgane Yami   1. Yazi 2. Yixazulule 3. Yizame 4. Yihlole |  |
| Inyathelo 1 ukuZazi. Thola ukuthi yini inkinga ngokukhuluma nengane yakho. Chaza inkinga ngamagama. | YAZI  Chaza inkinga ngamagama. |  |
| Inyathelo 2 ukuyiXazulula. Ninengane yakho cabangani ngazo zonke izisombuluko ezingaba khona zokuxazululeni inkingeni yengane yakho. Ibani nomfanekiso ngqondweni ukuthi imiphumela ingaba yini. Yini ongayenza noma ingane engayenza ngokwehlukile ngalesisimo esikhathini esizayo? | IXAZULULE  Cabanga ngezisombululo zenkinga yakho ezingenzeka, kanye nemiphumela yazo. |  |
| Inyathelo 3 Ukuyizama. Khethani isisombululo esiyi 1 bese niyasizama ngokulandelayo esimeni esifana nalesi. | KUZAME  Khethani isisombululo esyi 1 nisizame ngokulandelayo. |  |
| Inyathelo lesi 4 Yihlole. Uma niphinda niba nethuba, phidani nizame isisombululo, nizibuze ukuthi ngabe sibenzile yini. Uma sisebenzile, kuhle lokho! Uma ingasebenzanga, phinda ukhulume nengane yakho nithole esinye isisombululo. | SIHLOLE  ''Isebenzile?'' |  |
| Khumbula, ukuxazulula izinkinga nengane yakho:  [1] Yazi inkinga ngokuyichaza ngamagama.  [2] Ninengane yakho, tholani izindlela zokuxazulula inkinga.  [3] Khetha isixazululo esiyi 1 bese uyazibophezela ekusizameni ngokuzayo.  [4] Hlola isixazululo. Ingabe sisebenzile?  Zamani ukuthola isixazululo ndawonye. Lalela ingane yakho, yamukela indlela ebona nezizwa ngayo, futhi uyibonge ngokukwethemba.  Khumbula, ukusiza ingane yakho ukuthi ifunde ukuxazulula izinkinga kuyoba into ezoyisebenzisa impilo yayo yonke.  Umsebenzi wakho wasekhaya ukukhuluma nengane yakho ngalezizinyathelo ezine zokuxazulula izinkinga ngokubuyekeza le mojula ndawonye. Ukwazi ukuxazulula izinkinga kuyinto angayisebenzisa impilo yakhe yonke!  Ungakwenza lokhu namuhla? | 1. Yazi 2. Yixazulule 3. Yizame 4. Yihlole   Umsebenzi Wasekhaya:  Khuluma nengane yakho ngalezizinyathelo ezine zokuxazulula izinkinga. |  |

| Module: Teach my Teen Consequences | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kuleliphuzu, sifunda ngokumelana nokuziphatha kwengane yakho bese sifunda indlela yokufundisa izingane zethu izijeziso.  Zonke izingane esezikhulile ziziphatha kabi ngezinye izikhathi. Kuyinto evamile ukuthi ngenkathi bezithola bangobani nokuthi bangena kajani ezweni. Lelikhono lokukhulisa izingane limayelana nokukhuluma lapho izingane zethu ziziphatha kabi ukuze zifunde ukuthi yini okufanele ziyenze.  Nazi izinyathelo eziwu 3 ezilula:  Hlisa umoya  Yiba Nobulungisa  Iba nemicabango emihle  Masifunde kabanzi ngalezizinyathelo. | Ngifundise ingane yami ngezijeziso   1. Hlisa umoya 2. Yiba Nobulungisa 3. Iba nemicabango emihle |  |
| Inyathelo lokuqala ukweHlisa Umoya. Into ebaluleke kakhulu ongayikhumbula ukuthi uhlise umoya lapho unikeza ingane yakho izijeziso. Uma uqala umemeza, kuzokwenza izinto zibe zimbi kakhulu. Phefumula amahlando ambalwa, noma uhambe ushaywe umoya uma ukudinga. Khuluma ngendlela epholile necacile.  [2] Inyathelo lesibili Ukuba Nobulungiswa.  Qinisekisa ukuthi izijeziso ziba nomqondo futhi ungazilandela. Isibonelo, thatha umdlalo wayo ihora elilodwa, kunokuthi kube yisonto.  Uma ingane yakho iziphatha kabi, inikeze ithuba lokulandela imiyalelo yakho ngaphambi kokuyijezisa. Isibonelo, ungathi, "kuphakathi kokuthi wenze umsebenzi wakho wesikole manje, noma awuzul'buka uhlelo lwakho oluthandayo ku-Tv namhlanje kusihlwa."  Lelinyathelo lilula kakhulu uma nivumelene ngezijeziso kusenesikhathi. Lapho ubeka imithetho yasekhaya noma izenzo zenjwayelo, qinisekisa ukuthi niyabonisana nangezijeziso zokungayilandeli.  [3] Inyathelo lesithathu ukuba sethembeni. Khumbuza ingane yakho ukuthi*okwenzayo*okulindeleke kuyo, futhi uyincome njalo uma ubona ukuziphatha ofuna ukukubona. Enye indlela ongagwema ngayo ukunikeza izijeziso kwasekuqaleni, ukuqondisa kabusha ingane uyenze inake enye into, njengokuthi: "Kunganjani uma ungathatha uhambo olusheshayo ushaywe umoya?"  Uma kwenzeka uyijezisa, ibandakanye emsebenzini omuhle emuva kwalokho.  Ukusebenzisa izijeziso kufundisa izingane ukuthi zithi zikwenza lokho zibe zazi ukuthi ingabathikameza kanjani abanye noma zona uqobo. Kuyabasiza ukuthi bathathe izinqumo ezingcono nokuthi bathathe umthwalo wemfanelo owengeziwe, nokuyizifundo ezibalulekile okumele bazifunde njengoba bekhula. | EHLISA UMOYA  Ukumemeza kuzokwenza kube kubi kakhulu.  YIBA NOBULUNGISWA  Iba nomqondo ovulelekile futhi nika ingane yakho ithuba lokulandela lokho oyiyalela khona.  CABANGA IZINTO EZAKHAYO  Isho indlela yokuziphatha ofuna ukuyibona. |  |
| Khumbula, ukufundisa ingane yakho ngezijeziso:  [1] Khuluma nayo ngomoya ophansi.  [2] Yiba nobulungiswa kwizijeziso ozinikezayo kodwa qale uyinike ithuba lokulandela umyalelo, futhi  [3] Cabanga Izinto Ezakhayo. Khumbula ukutshela ingane yakho ukuthi yini ofuna ukuyibona iyenza, zama ukuqondisa ukuziphatha kwayo, uphinde ulandelise zonke izijeziso ngomsebenzi omuhle ojabulisayo.  Umsebenzi wakho wasekhaya bhala uluhla lwezijeziso ongazisebenzisa ezinobulungisa. Uhla akumele lube lude. Cabanga izindlela ezinomqondo ongazisebenzisa ukumelana nokungaziphathi kahle. Lokhu kungakulungiselela eikhathini esizayo uma ingane yakho iziphatha kabi.  Ungakwenza lokhu namhlanje? | 1. Hlisa umoya 2. Yiba Nobulungisa 3. Yiba nemicabango emihle   Umsebenzi Wasekhaya:  Bhala uluhla lwezijeziso ezifanele. |  |

| Module: Community Safety | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Leliphuzu limayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda nangokuphepha emphakathini.  Indlela eyodwa ongangcina ngayo ingane yakho iphephile ukudweba imephu yokuphepha kanye nayo. Ndawonye ningabonisana ngezindawo eziphephile nezingaphephile emphakathini wenu.  Ningayidweba imephu yokuphepha ngelezizinyathelo ezintathu ezilula: Dweba, Thathani isinqumo, futhi Nixoxe. | Ukuphepha Emphakathi   1. Dweba 2. Thatha isinqumo 3. Xoxani |  |
| Inyathelo sokuqala UKUDWEBA. Dwebani imephu yomphakathi wenu ehlanganisa izindawo enijwayele ukuya kuzo nengane yakho. [1] Lokhu kuzohlanganisa nezindawo ezinje ngendlu yakho, isikole, imigwaqo, izitolo, nezinye izindawo ingane yakho ezivakashelayo. | DWEBA | Begin with blank page. Animate on [1] |
| Inyathelo elilandelayo THATHA ISINQUMO. Khulumani ngezindawo ezikwimephu yenu bese ninquma ukuthi ziphephile noma cha. Lalela ingane yakho: ingaba nolwazi ngezinto eziphephile nayo! Uma senisithathile isinqumo ngezindawo eziphephile, fakani indingilizi kulezozindawo. [1] Bese nidweba uphawu lwesiphambano ezindaweni ezingaphephile ezinganeni. | THATHANI ISINQUMO | Begin with previous sheet. Animate on [1] |
| Inyathelo lokugcina ukuXOXISANA. Ngezinye izikhathi, sizithola sisenkingeni. Xoxisanani ngokuthi wena kanye nengane ningakuthola kuphi ukwesekwa esimweni senhlekele. Lokhu kungaba yikhaya, isiteshi samaphoyisa, noma umtholampilo. [1] Zimakeni ngokucacile lezizindawo emephini yenu. | XOXISANANI | Begin with previous sheet. Animate on [1] |
| Khumbula, ukudweba imephu yokuphepha emphakathini:  [1] Dwebani imephu yompakathi wenu  [2] Ninengane yakho thathani isinqumo ngezindawo eziphephile nezingaphephile.  [3] Xoxisanani ukuthi ingaya kuphi ukuyothola usizo, bese niyazimaka lezozindawo kwimephu.  Ukukhuluma ngokuphepha nengane yakho yindlela encane yokwenza umehluko omkhulu. Yikhumbuze ukuthi ingakutshela nanoma yini engaphephile eyenzekayo ngaphandle kokuthi uthukuthele. Lokhu kuzokusiza ukwakheni ukwethembana nengane yakho.  Umsebenzi wakho wasekhaya ukwakha imephu yokuphepha emphakathini. Unaso isikhathi ezinsukwini ezimbalwa ezizayo sokwena imephu yokuphepha emphakathini nengane yakho? | 1. Dweba 2. Thatha isinqumo 3. Xoxani   Umsebenzi wasekhaya: Yenzani imephu yokuphepha emphakathini nengane yakho. |  |

| Module: Respond to Crises | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Leliphuzu limayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda uthi sisabela kanjani enganeni esimweni esibucayi.  Kubalulekile ukweseka ingane yakho lapho ihlangabezana nesimo esinzima. Uma usiza ingane yakho esimweni esibucayi, khumbula: phefumula, lalela, uphendule, bese uyaduduza.  Masifunde kabanzi ngalezizinyathelo ndawonye. | Ukubhekana nesimo esibucayi   1. Phefumula 2. Lalela 3. Phendula 4. Duduza |  |
| [1] Njengoba ekuqaleni singase sizizwe sikhathazekile noma suthukuthele, kubalulekile ukuthi sihlale sizolile singeneka futhi sikhululekile.  Inyathelo lokuqala ukuphefumula. Hlala uzolile. Zibuze, "Yini edingwa ingane yami njengamanje?"  [2] Okulandelayo, lalela. Vumela ingane yakho ukuthi yabelane ngalokho edinga ukukusho. Qaphela lokho ekuzwayo, njengokwethuka noma intukuthelo, futhi uyitshele ukuthi uyayiqaphela imizwa yayo. Loku kuyisiza ekutheni izizwe iqondwa. Yitshele ingane yakho ukhona futhi uyayithanda.  [3] Inyathelo lesithathu ukuphendula. Yini engasiza kulesisimo? Ungase udinge ukusiza ingane yakho ukuthi ikhulume ngemizwa yayo noma uqondise kabusha ukugxila komqondo wayo. Noma ungase udinga ukubonisana ngezinyathelo ezisheshayo ukuze umsise. Unganikeza izijeziso kamuva uma kudingeka.  [4] Okokugcina duduza ingane yakho. Kungabanzima ukubona ingane yakho iphatheke kabi noma ididekile, kodwa kuningi ongakwenza ukuyeseka. Badinga ukuba ubamukele futhi ubaduduze lapho besezimeni ezinzima. | PHEFUMULA  Hlala uzolile.  LALELA  Lalela ingane yakho bese uyayichaza imizwa yayo.  PHENDULA  Yini engasiza ingane yakho manje?  DUDUZA  Nikeza ingane yakho induduzo. |  |
| Khumbula ungakwazi ukubhalela uParentText igama elithi USIZO ukuze uthole uhla lwezindwo ongaxhumana nazo emphakathini wakho ukuze uthole ukwesekwa ngesikhathi senhlekelele. Bangase bakwazi ukusiza. | USIZO | Help Template |
| Kungaba nzima ukubona ingane yakho iphatheke kabi noma ididekile, kodwa khubula ukuthi kuningi ongakwenza ekuyesekeni esikhathi esinzima. Uyibambe ngakho, ungumzali ovelele!  Landela lezizinyathelo nanini lapho ingane yakho yabelana ngokuthile okunzima. Ukuseka ingane yakho ebunzimeni kuzophinde kuyifundise indlela yokusekela abanye ezikhathini ezinzima.  Okomsebenzi wakho wasekhaya, [1] Thola isikhathi esizolile sokukhuluma nengane yakho mayelana nezinhlekele ezingase zenzeke. [2] Xoxani ngokumele kwenziwe uma kwenzeka. [4] Vakashelani kabusha usebenzi wemephu ukuze uhlonze eminye imithombo yokwesekwa emphakathini. [5] Bese uyayibonga ingane yakho ngokuthatha isikhathi sokuxoxa ngalokhu.  Unaso isikhathi sokukwenza lokhu namhlanje? | 1. Phefumula 2. Lalela 3. Phendula 4. Duduza   Umsebenzi wasekhaya: [1] khuluma nengane yakho mayelana nezinhlekele ezingase zenzeke. [2] Bonisanani ngokuthi yini eningayenza uma zenzeka [3] Vakashelani kabusha imephu yokuphepha emphakathini futhi nihlonze eminye imithombo yokwesekwa emphakathini. [4] Bonga ingane yakho. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| Module: Teach Self Defence | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Leliphuzu limayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda ngokuzivikela.  Lapho sizizwa singaphephile, sivumelekile ukwenza noma yini ukuze sibaleke. Singasebenzisa IZWI LETHU futhi SISEBENZISE IMIZIMBA YETHU ukuzivikela. | Funda Ukuzivikela   1. Sisebenzise amazwi ethu 2. Sisebenzise imizimba yethu |  |
| Lapho sizwa singaphephile, sivumelekile ukwenza noma yini ukuze sibaleke.   Khumbula isigameko sokungcina, lapho indoda yazama ukuphoqa intombazane ukuthi ingene emontweni yayo? Intombazane yayingalisebenzisa kanjani izwi layo ukuze ibaleke? Angase amemeze…   * 'Cha!' * "Ngicela ningisize!" * " Ngizobiza amaphoyisa uma uke wangithinta futhi" * "Musa ukuthinta izinqa zami"   ;  Noma angazama okunye…   * "Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi." * "Angiyifuni i-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO!" * "Niyabona ukuthi uthukuthele. Asihlale phansi sikhulume ngayo." * "Ngizokunika ifoni yami uma ungidedela."   Cabanga, yini obungayenza wena? Ayikho impendulo engalungile. | SEBENZISA IZWI LAKHO   * Cha! * Ngicela ningisize! * Ngizobiza amaphoyisa uma uke waphinda wangithinta * Musa ukuthinta izinqa zami * Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi. * Angiwufuni u-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO! * Ngiyabona ukuthi uthukuthele. Asihlale phansi ndawonye bese sikhuluma ngayo. * Ngizokunika ifoni yami uma ungidedela. |  |
| Okulandelayo, sebenzisa umzimba wakho. Lapho amazwi ethu engavimbi isimo, singasebenzisa imizimba yethu ukuzivikela. Kumele wazi iziqondiso zomhlaseli wakho futhi okwenza ukuzilimaza. Kwebha, Donsa, Faka isibhakela, Khahlela noma uMsonte umhlaseli wakho. | SENENZISA UMZIMBA WAKHO  Sebenzisa umzimba wakho ukuzivikela.   * Kwebha * Donsa * Faka isibhakela * Khahlela * Sonta |  |
| Kunezindawo ezine ezisemqoka okufanele uzazi [1] Amehlo  [2] Umphimbo  [3] Ngakwisitho sangasese  [4] Namadolo |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Zikhona nezinye izindawo eziyisikhombisa:  [1] Enhlafunweni  [2] Amadlebe  [3] Ikhala  [4] Solar Plexus (isikhala phakathi kwezimbambo)  [5] Iminwe  [6] Ithambo lomlenze l  [7] Esinyathelweni (phezu kwezinyawo)  Hlasela noma iyiphi yalezizndawo ukuze umlimaze umhlaseli wakho bese uyabaleka. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Umsebenzi wakho wasekhaya ukwabelana nalolulwazi nengane yakho ukuze ilungele ukuzivikela ngokwayo. Ungakwenza ne-ParentText ingakusiza. Bhala "PHEPHA" ukuphinda lesi sifundo nengane yakho. Ungakwazi ukukwenza namuhla? | Umsebenzi wase khaya:  Bhala "PHEPHA" ukuphinda lesisifundo nengane yakho. |  |

| Module: Prevent Sexual Violence | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Leliphuzu limayelana nokungcina ingane yakho iphephile futhi namuhla sizo funda ngokuvikela ukuhlukunyezwa ngokocansi.  Ezimeni ezibucayi, singazithola singazi ukuthi senzenjani bese sikhungatheka noma siphendule ngokudinwa - kujwayelekile lokhu. Lamathuluzi angasiza ukunigcina niphephile nengane yakho:  KWAZI KUBONE KUSHO KWENZE | Vikela ukuhlukumezeka ngokocansi   1. Kwazi 2. Kubone 3. Kusho 4. Kwenze |  |
| [1] Okokuqala, kwazi. Yazi mehluko phakathi kobudlelwano obuhle noma ubudlelwano obubi. Uma uhlaselwa, yazi ukuthi akulona iphutha lakho. Uvumelekile ukusho noma wenze okumele ukwenze ukuze uphephe futhi ubaleke- ungakhathazeki ukuthi abanye bantu bazocabangani. Ufanelwe ukuvikelwa. Unamandla.  [2] Okulandelayo, kubone. Uma kukhona muntu okwenza (noma omunye umuntu) uzizwe ungaphathekile kahle ngento ayishoyo noma ayenzayo, lokho akusiyo into enhle nhlobo! Sonke sinalo ilungelo lokuzizwa siphephile, ikakhulukazi emakhaya. Landela umcabango wakho wokuqala. Uma uzizwa uhlaselwa ngamazwi noma ngezenzo, inhloso yakho akube ukusuka lapho.  [3] Okwesithathu, kusho. Izwi lakho lingaku vimba ukuhlaselwa okuningi. Memeza 'Cha' cela usizo, xwayisa ngemiphumela, chaza ukuziphatha, enza ngathi uyahlanya, zenzise ngathi uyavumelana; lokhu ukuthenga isikhathi, sebenzisa amahlaya, yehlisa umoya, noma xoxisa naye. Cacisa, zethembe, futhi uqondise. Ukhuluma usebenzisa izwi lakho, ukhulume ngokomzimba nangamehlo.  [4] Okokungcina, kwenze. Uma amazwi ethu engashintshi isimo, singasebenzisa imizimba yethu. Yazi "zikhali" emzimbeni wakho kanye nezindawo ezisemqoka emzimbeni womhlaseli wakho. Sebenzisa okungabambekile emzimbeni wakho ongalwa ngakho kanye nalokho okuvelile emzimbeni iwomhlaseli ongakushaya.  Uma ulinyazwa othile, khumbula akulona neze iphutha lakho. Cela usizo emntwini othile omethembayo, futhi uqinisekise ukuthi ungane yakho yazi ukuthi ingakutshela noma yini ukuze nithole isisombululo ndawonye. | YAZI  Yazi ukuthi akulona iphutha lakho.  KUBONE  Bona uma ungaphephile.  KUSHO  Sebenzisa izwi lakho ukuze ubaleke.  KWENZE LOKHU  Uma izwi lakho lingasebenzi, sebenzisa umzimba wakho ukuphunyuka. |  |
| Khumbula, ungakwazi ukubhala "USIZO" ku-ParentText ukuthola uhla lwezindawo emphakathini wakho lapho ungathola khona ukuxhaswa ezimweni zenhlekele. Kungenzeka babe usizo. | USIZO | Help Template |
| Umsebenzi wase khaya ukusiza ingane yakho izilungiselele ngokuphinda phinda lesi sifundo ndawonye. Ukuphinda lesi sifundo bhala "VIMBELA" Ungakwazi ukukwenza namuhla? | Umsebenzi wase khaya: bhala "VIMBELA" bese uphinda lesi sifundo nengane yakho. |  |

| Module: Treating each other as equals | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Leliphuzu limayelana nokuba nobudlelwane obuhle nabalingani bethu. Namuhla, sizofunda ngokuthi singaphathana kanjani ngokulingana. Asihlole izindlela ezinhlanu zokuphatha umlingani wakho ngokulingana bese niqinisa ubudlelwane benu. | Ukuphathana ngokulingana |  |
| [1] Okokuqala, yabelanani ngokwenza izinqumo. Ngokulandelayo uma uthatha isinqumo, zama ukubandakanya umlingani wakho umbuze ukuthi yena ucabangani.  [2] Bandakanya umlingani wakho. Ngezinye izikhathi kungabanzima ukukhumbula ukubandakanya abalingani bethu ekuthatheni izinqumo. Uma ukhohlwa, qhubeka uzame!  Ukucela umbono wabo kukhombisa ukuthi uyabakhathalela futhi ufuna babambe iqhaza.  [3] Khumbula, isikhathi siyawenza umehluko. Uma kunesinqumo okufanele usithathe, siveze enginkathi lapho wena nophathina wakho ningekho matasa, njengase kuseni noma kusihlwa.  [4] Okokungcina, ukuzijwayeza kwenza kuphelele. Kungathatha isikhathi ukujwayela ukwenza izinqumo ndawonye. Zinike isikhathi futhi uqhubeke nokuzama! Khumbula ukuthi ngokuxoxisana no phathina wakho, ekungcineni nobabili nizoqala ukuzizwa nikhululekile ukukhuluma nokwabelana nezinqumo. | 1. Yabelanani ngokuthatha izinqumo 2. Umbandakanye uphathina wakho 3. Isikhathi senza umehluko 4. Ukuzijwayeza kwenza kuphelele |  |
| Umsebenzi wakho wasekhaya owokubangakanya umlingani wakho esinqumweni osenzayo namuhla. Ungakwenza lokhu? | Umsebenzi Wasekhaya: Bandakanya umlingani wakho kwisinqumo. |  |

| Module: Being a supportive partner and parent | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Leliphuzu limayelana nokuba nobudlelwane obuhle nabalingani bethu. Namuhla, sifunda ngokuthi ungenza kanjani ukuze ube umlingani nomzali osekelanayo.  Nazi ezinye izindlela ezilula ongaba umlingani nomzali ozethembayo nosekelayo. | Ukuba umlingani nomzali osekanayo |  |
| [1] Okukuqala, Bonisa ukwazisa  Bonisa umlingani wakho ukuthi uyakujabulela ukumbona echitha isikhathi esihle nezingane zenu.  [2] Okulandelayo, sebenzanisanani.  Uma ungenasiqinikeso ukuthi usebenzisana kanjani nomlingani wakho, kufanele umbuze! Ngokubuza, ubonisa ukuthi uyakhathalela futhi ufuna ukubandakanyeka!  [3] Inyathelo lesithathu ukulula isandla. Ngezinye izikhathi kungase kube nzima ukukhumbula ukubuza ukuthi uyaludinga yini usizo umlingani wakho. Uma usuqalile ukubuza, bangase babone ukuthi ufuna ukuzibandakanya, futhi baqale bazicelele usizo lwakho.  [4] Okokugcina, cela usizo. Kungabanzima ukucela usizo. Kwesinye isikhathi silindele ukuthi abalingani bethu bazi ukuthi sidinga usizo noma singaceli. Uma uqala ucela, cishe bazoqala ukukusiza ngokwengeziwe esikhathini esizayo. Khumbula ukubonga umlingani wakho! | 1. Bonisa ukumazisa 2. Sebenzisanani 3. Faka isandla 4. Cela usizo |  |
| Unsebenzi wakho wasekhaya owokuzama ukunakekela izinganme noma umsebenzi wasendlini ndawonye nomlingani wakho. Unaso isikhathi sokukwenza namhlanje? | Unsebenzi wakho wasekhaya: Owokuzama ukunakekela izingane noma umsebenzi wasendlini ndawonye nomlingani wakho |  |

| Module: Share Family Responsibilities | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Leliphuzu limayelana nokuba nobudlelwane obuhle nabalingani bethu. Namhlanje, sifunda ngothi singabelana kanjani ngemithwalo yemfanelo yomundeni.  Ukuze ukwazi ukwabelana ngezibopho zomndeni nomlingani wakho, zama lamacebo amane: | Yabelanani ngezibopho zomndeni |  |
| [1] Okuqala, yenzani izimiso (izenzo senjwayelo).  Lokhu kungabanzima ukukukhumbula! Ukusungula isimiso sokunakekela noma semisebenzi yasendlini kungase kube usizo kwesinye isikhathi.  Lokhu ukukuvumela futhi ukuthi ukhulume nomlingani wakho mayelana nendlela yokwabelana ngomsebenzi.  [2] Okulandelayo, khulumani mayelana nomsebenzi onzima nomlingani wakho  Ukukhuluma nomlingani wakho mayelana nokuthi ningabambisana kanjani ekwenzeni imisebenzi yasekhaya kunisiza ukutheni niqondane kangcono.  Futhi kubonisa ukuthi umkhathalele!  [3] Okokugcina, khumbula ukucela usizo  Kungabanzima ukukhumbula ukucela usizo.  Iba nozwelo kuwena uma ngabe ukhohliwe ukucela uphinde uzame ngokulandelayo.  Ukucela usizo noma ukwabelana ngemisebenzi yasekhaya kuhlomulisa umndeni wonke! | 1. Yenza isimiso. 2. Khuluma ngomthwalo womsebenzi 3. Cela usizo |  |
| Umsebenzi wakho wasekhaya kulelisonto ukumema umlingani wakho nizoxoxisana ngokwabelana ngemisebenzi yasekhaya ngokulinganayo! Ingabe naso isikhathi sokukwenza namuhla? | Umsebenzi wasekhaya: Xoxisanani ngemisebenzi yasekhaya nomlingani wakho |  |

| Module: Resolving Conflicts Peacefully | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Leliphuzu limayelana nokuba nobudlelwane obuhle nabalingani bethu. Namuhla, sifunda ngokuxazulula ingxabano ngokuthula.  Naka amacebo ongawazama ukusombulula ingxabano nomlingani wakho ngendlela enokuthula. | Ukusombulula Ingxabano Ngokuthula |  |
| [1] Okokuqala, bala ufike eshumini.  Kungaba nzima kwesinye isikhathi ukwehlisa umoya uma unokuphikisana nabanye.  Zama ukucabanga into ongayenza engakusiza, njengo kuphefumula kabalwa noma ubale ufike eshumini.  [2] Okulandelayo, thatha ikhefu lokuphefumula  Uyakhumbula ngosuku lokuqala lwalesisifundo, ufunde ukuvala amehlo, uphefumule ngokujulile, bese uthula kancane? Ukuthula kancane ngaphambi kokuphendula kungasisiza sizole bese siphendula kangcono ekuhambeni kwesikhathi.  Uma uzizwa ufikelwa ukudinwa, zama ukuthula kancane. Ungakwenza!  [3] Okokugcina, hamba uma kunesidingo.  Ngezinye izkhathi abanye abantu basiphendula kabi uma sinokuphikisana.  Kulezizimo, ikakhulukazi uma uzizwa unokwesaba noma uthukile, kungakusiza ukuthi usuke uhambe okwesikhashana kuze kube wonke muntu usehlise umoya. | 1. Bala ufike eshumini 2. Thatha ikhefu 3. Vele uhambe uma kunesi dingo |  |
| Khumbula, uma udinga usizo ezimeni zenhlekele, ungabhala USIZO kwi-ParentsText khona uzothola uhla lwezindawo emphakathini lapho ungathola khona ukuxhaswa.  Umsebenzi wasekhaya wanamuhla ukuzijwayeza ukuthula kancane ngaphambi kokuphendula uma uzizwa ukhungathekile. Unaso isikhathi sokuzijwayeza ukuthula kancane? | Bhala USIZO uma udinga ukusizakala.  Umsebenzi Wasekhaya: Namuhla thatha ikhefu lokuphefumula |  |

| Module: Listening and Talking to Each Other | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Leliphuzu limayelana nokuba nobudlelwane obuhle nabalingani bethu. Namuhla, sizo funda ngokulalela nangokukhuluma nabalingani bethu.  Nanka amacebo eningawasebenzisa nomlingani wakho ukuthi nikwazi ukulalelana nokukhuluma ngendlela enokwesekana nenothando: | Ukulalelana nokukhulumisana |  |
| [1] Okokuqala, tshela umlingani wakho indlela ozizwa ngayo.  Ukusho indlela esizizwa ngayo nokukhuluma ngobunzima esibhekene nakho kuwuphawu lokuqina futhi okungenza wonke muntu emndeni aqine kakhulu!  Ngokuxoxa ngemizwa yenu kungenza niqondane kangcono futhi nikwazi nokuxhasana.  [2] Okulandelayo, khetha into ongaxoxa ngayo.  Ukuxoxa ngezinselelo nomlingani wakho okokuthi azi indlela ozizwa ngayo.  Khumbula, uwena onqumayo ukuthi uxoxa okungakanani, futhi ungakwazi ukuphinda ukuxoxe ngokwngeziwe ngesinye isikhathi.  [3] Okwesithathu, iba nozwelo kuwe.  Ukuqala into etsha kungaba nzima. Zinikeze isikhathi kanye nabanye ukuze nijwayele.  [4] Okokungcina, khetha isikhathi lapho uzizwa uthokomele.  Kulungile uma ungahlezi unesifiso sokukhuluma ngemizwa yakho.  Ungakhetha ukuxoxa ngendlela ozizwa ngayo ngesinye isikhathi uma usuzizwa ukuthi umoya usuwehlile. | 1. Xoxa ngendlela ozizwa ngayo 2. Khetha ozokuxoxa 3. Ziphathe ngoMusa 4. Khetha isikhathi lapho uzizwa uthokomele |  |
| Umsebenzi wanamuhla ekhaya owokuzama ukubekela eceleni isikhathi sokukhuluma nomlingani wakho ngemizwa yakho noma yibuphi ubunzima obheke nabo. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi wasekhaya: yabelana ngemizwa yakho nobunzima nomlingani wakho. |  |