| 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. 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 | | |
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| 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 umgani angafunda naye ngeviki elizayo. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi wase khaya  Siza umntwana wakho athole umngani azofunda naye. |  |

| Module: Create Routines with My Teen | | |
| --- | --- | --- |
| 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 | Ngakha 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.  Yibandakanya 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] Inyathelo 3 elokuphokophela. Uma seniwubekile umthetho, mnamathelani 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-intanethi 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-intanethi, 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 Intanethi   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-intanethi. Namhlanje, umsebenzi wakho wasekhaya owokubuza umntwana wakho, "yini oyenzayo ukuze uhlale uphephile kwi-intanethi?"  Ungathol'ukuthi usevele uyayicabanga indaba yokuphepha kwi-intanethi. Mncome umntwana wakho nganoma yimiphi imizamo ayenzayo.  Ungakhuluma noMntwana Wakho namhlanje? | Umsebenzi wase khaya  Mbuze umntwana wakho: Yini oyenzayo ukuze uhlale uphephile kwi-intanethi? |  |

| Module: Building Habits and Trust Online | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Sawubona futhi! Ukugcina umntwana wakho ephephile kwi-intanethi 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-intanethi, nawa amacebo amane ekumele uwagcine engqondweni. Ngaphambilini, sixoxe ngamacebo okuFUNDA nokuVIKELA.  Namhlanje sizoxoxa ngamacebo oKWAKHA IMIKHUBA noKWAKHA UKWETHEMBANA.  Masiqale. | Ngigcine uMntwana Wami eVikelekile kwi-Intanethi   1. Funda 2. Vikela 3. Yakha Imikhuba 4. Yakha ukweThembana |  |
| Okokuqala, ekhaya yakha imikhuba ekhuthaza ukuphepha kwi-intanethi kanye nobudlelwane obuhle ne-intanethi.  [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-intanethi 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-internethi 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-intanethi:  [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 neziFuno |  |
| 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 izifuno/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 neZIFUNO 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 ngeZIFUNO/Okufunayo neZIDINGO ezifuna imali. Unaso isikhathi sokukwenza namhlanje? | Hlelani izidingo nezifuno/enikufunayo. |  |

| Module: Talking about Monthly Expenses | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Kuleliphuzu sizofunda ngezinyathelo zokwenza isabelomali somndeni nabantwana bethu. Namhlanje sifunda ngenyathelo lesibili: [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 | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwi-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 futhi. 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 | | |
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| 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. Ukufunda ukwazi ukunakekela ukucindezeleka kubalulekile empilweni nase mqondweni wakho, kuzokusiza ukwazi kwakha ubundlelwano buhle nengane yakho.  Nazi zinyathelo ezi 3 ongasebenzisa ukukwazi ukubhekana nokucindezelek:  Zindla  [Thula kancane]  Hlonza  [Thula kancane]  Nokwenza ngendlela fanayo njalo. | Ukubhekana nokucindezeleka kwami   1. Zindla 2. Hlonza 3. Isimiso |  |
| Okokuqala cabangisisa.  Thola peni nepheshana bese thatha umzuzu ucabangisise ukuthi uzizwa ucindazeleke kangakanani. Bhala phansi uqale ku 0 kuya 100 ukuthi zizwa unokucindezeleka okungakanani.    Cabangisisa ukuthi umzimba wakho uzizwa unokucindezeleka okungakanani? Uke uzizwe unengcindezi, uzizwe uphelelwe amandla, unenkinga yokulala noma kunzima ukugxilisa ingqondo, ukhungathekile. Ibhale phansi yonke lemizwa.  Ukwazi umzimba wakho ukuthi bhekana kanjani nokucindezeleka, kungakusiza ukwazi ukubhekana nakho. | ZINDLA  Bhala phansi ukuthi ucindezeleke kangakanani 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 yindaba uzizwa ucindazelekile kungakusiza ukwazi ukubhekana naleyo ngcindezi uphinde ufunde ukumelana nayo.  Okulandelayo, bhala phansi uhla lwezinto ezikujabulisayo. Lezi zinto zizoba indlela yokuzi nakekela. Kunezi ndlela ezahlukene zokuzinakekela, ezifana nokuhamba, ukuthandaza, ukuphuza itiye nabangani, noma ukusebenza engandini. | KHOMBA  Izinto empilweni ezikubangela ukucindezeleka kanye nezinto zenzayo ezikulethela injabulo. |  |
| Isinyathelo sokungcina indlela yokwena okufanayo njalo.  Ungakwehlisa kanjani ukucindezeleka emihleni yonke yakho?  [thula kancane]  Zingaki zinto zenzayo ukuzinakekela ezinga ngena ezinhlelweni zakho zansuku zonke?  Zama wenze iskhathi noma sento yodwa yokuzinakekela ngosuku. | ISIMISO  Lungisa indlela wenza ngayo izinto ukwehlisa ukucindezeleka bese uzijwayeza ukuzinakekela. |  |
| Khumbula ukunakekela ukucindezeleka kwakho:  [1] Zindla ngendlela ozizwa ngayo.  [2] bheka izinto ezikubangela ukuthi ucindezeleke, nalezo ezikwenza uzizwe ujabule.  [3] Lungisa indlela yokwehlisa ukucindezeleka bese unyusa izikhathi zokujabula.  Into ozofike uyenze ekhaya, bhala phansi uhlu lwezinto ongazenzela zona ezikulethela injabulo. Kungaba izinto ezilula njengoku hambahamba noma ukukhuluma nomngani.  Ungakwenza lokhu namhlanje? | 1. Zindla 2. Khomba 3. Isimiso   Umsebenzi wasekhaya: Bhala uluhlu lwezinto ezikulethela injabulo. |  |

| Module: Manage Teen Misbehaviour | | |
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| Script | On Slide Text | Animation Notes |
| Kulenhloso, sifunda ngokukwazi mayelana nokuziphatha ngwengane yakho siphinde sifunde nokumela nokungakwazi ukuziphatha. Lendlela ingokwazi ukuthi ungamelana kanjan ngokungaziphathi kahle kwengane yakho ngokuthi uyikhombise indlela elungile angaziphatha ngayo. Uma ucabanga ukuthi ingane yakho ngeke iziphathe kahle, ungakwazi ukukuvimban ngokuthi ubakhombise indlela elungile.  Nazi zinyathelo 4 ukuqondisa ukuziphatha kwengane yakho:  Ehlisa moya, usheshe, kucace bese kuba kuhle.    Asifunde kabanzi ngalezi nyathelo. | Bhekana nokungazi phathi kahle kwengane   1. Ehlisa moya 2. Shesha 3. Cacisa 4. Kube kuhle |  |
| [1] Okokuqala, ehlisa moya. Zama ukuthula kancane noma uphefumule kabalwa ngaphambi kokuqondisa ingane yakho. Khuluma ngezwi eliphansi.  [2] Shesha. Zama ukuqondisa ingane yakho ngaphambi kokungazi phathi kahle noma kungaze kudlulele. Kulula kakhulu ngaleyo ndlela!  [3] Cacisa. Kuno kuthi ubatshele bayeke lento abayenzayo, kuncono ubatshele lento funa ukuthi bayenze. Nasi sibonelo, uma ingane yakho ibanga umsindo, kunokuthi uthi "ungabangi umsindo" kuncono uthi "ngicela ukhulumele phansi"  [4] Cabanga Izinto Ezakhayo. Ncoma ingane yakho uma iziphathe kahle. | EHLISA MOYA  Thula kancane bese ukhuluma ngezwi eliphansi.  SHESHA  Baqondisi ngaphambi kokuthi bangazi phathi kahle noma kuze kudlulele.  CACISA  Tshela ingane yakho udingani ukuthi yenzeni.  CABANGA IZINTO EZAKHAYO  Ncoma ingane yakho uma yenze lento buyicele ukuthi yenze. |  |
| Ukuqondisa ingane yakho ngendlela enhle yokuziphatha lokhu kungasiza ekugwemeni ingxabano bese ingcina ingane yakho ekunakekelweni okuhle. Ungakwazi ukukwenza!  Khumbula, ukwazi ukuphatha ukungaziphathi kahle kwengane yakho, kumele iqondiswe kabusha. Ukuqondisa kabusha, kumele:  [1] Thula kancane bese wehlise umoya uma uxhumana nabo.  [2] Thula uphinde ubaqondi masinyane uma usubona ukungaziphathi kahle.  [3] Cacisa futhi utshele ingane yakho ukuthi ufuna yenzeni, kunalokhu ofuna bayeke uthi bakwenze, futhi  [4] Cabanga okuhle futhi ungcome ingane yakho uma benze ngaledlela ocele ngayo.  Umsebenzi wakho wasekhaya ukubaziza ngalezigaba ezine kanye nelinye ilunga lomndeni. wakho. Ukwabelana lamakhono kungaba into enkulu elungile kuwo wonke umuntu.  Ningabelana ngale seluleko namhlanje? | 1. Hlisa umoya 2. Thula 3. Cacisa 4. Kube kuhle   Umsebenzi wakho wasekhaya ukubaziza ngalezigaba ezine kanye nelinye ilunga lomndeni. wakho. |  |

| Module: Solve Problems with My Teen | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulenhloso, sifunda ngokukwazi mayelana nokuziphatha ngwengane yakho siphinde sifunde nokumela nokungakwazi ukuziphatha. Uma kukhona okubi okwenzekayo, siye siphatheke kabi sisole izingane zethu. Kodwa abakudinga ngempela umuntu ongabasiza ukubhekana nezinkinga zabo.  Okokuqala, Thatha isikhashana! Qaphela intukuthelo kanye nocindezelelo. Phefumula ngaphambi kokuphendula. Phendula ngendlela epholile.  Nazi izigaba ezine eziyisisekelo ongasiza ngazo ingane ukuze ifunde ukuxazulula izinkinga; ZAZI, XAZULULA, IZAME, IHLOLE | Xazulula izinkinga nengane yakho esikhulile   1. Zazi 2. Zixazulule 3. Zizame 4. Zihlole |  |
| Isinyathelo sokuqala ukuzazi. Bona inkinga ngokukhuluma nengane yakho mayelana nalokhu okuyinkinga. Beka inkinga ngamagama. | YAZI  Beka inkinga ngamagama. |  |
| Isinyathelo 2 ukuyilungisa. Cbanga ngazo zonke izisombuluko ezingaba khona enkingeni yengane yakho ngazo. Cabangani ndawonye ukuthi imiphumela ingaba njani. Yini ongayenza noma ingane engayenza ehlukile ngalesisimo esikhathini esizayo? | IXAZULULE  Cabanga ngesisombululo esihle enkingeni onayo, kanye nemiphumela yazo. |  |
| Isinyathelo 3 Ukuyizama. Khetha isisombululo 1 uphinde usizame futhi ngokulandelayo esimeni esifana nalesi. | KUZAME  Khetha isisombululo1 usizame ngokulandelayo. |  |
| Isinyathelo 4 Ihlole. Uma unethuba futhi, uphinde uzame isisombululo, uzibuze ukuthi ngabe sibenzile yini. Uma kwenzekile, kuhle lokho! Makungenzekanga, khuluma nengane yakho futhi nithole isisombululo esinye. | SIHLOLE  ''Isebenzile?'' |  |
| Khumbula, ukulungisa inkinga kanye nengane yakho:  [1] Yazi inkinga ukwazi nokukhuluma ngayo.  [2] Nengane yakho, vezani izindlela zokuxazulula inkinga.  [3] Khetha isixazululo esingu-1 futhi uzibophezele ekusizameni ngokuzayo.  [4] Hlola isixazululo. Ingabe isebenzile?  Zama ukuthola isixazululo ndawonye. Lalela ingane yakho, yamukela indlela ebona noma ezizwa ngayo, futhi uyibonge ngokuyethemba.  Khumbula, ukusiza ingane yakho ukuthi ifunde ukuxazulula izinkinga kuyoba into ezoyisebenzisa impilo yayo yonke.  Umsebenzi wakho wasekhaya ukukhuluma nengane yakho mayelana nezinyathelo ezine zokuxazulula izinkinga ngokubuyekeza le mojula ndawonye. Ukwazi ukuxazulula izinkinga kuyinto abangayisebenzisa impilo yabo yonke!  Ungakwenza lokhu namuhla? | 1. Zazi 2. Zixazulule 3. Zizame 4. Zihlole   Umsebenzi Wasekhaya:  Khuluma nengane yakho mayelana nezinyathelo ezine zokuxazulula izinkingz. |  |

| Module: Teach my Teen Consequences | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Kulo mgomo, sifunda ngokuziphatha lwengane yakho yakhofuthi sifundisa indlela yokufundisa ingane zethu imiphumela.  Zonke izingane iziphatha kabi ngezinye izikhathi. Kuyinto evamile ukuthi ngenkathi bethola bangobani nokuthi bangena kajani emhlabeni. Leli khono lokukhulisa izingane limayelana nokuphendula lapho izingane zethuziziphatha kabi ukuze ifunde ukuthi yini okufanele iyenze esikhundleni salokho.  Nazi izinyatheloezi-3 ezilula:  Hlisa umoya  Yiba Nobulungisa  Kube kuhle  Asifunde kabanzi ngalezi nyathelo. | Ngifundise ingane yami ngokumelene Nemiphumela   1. Hlisa umoya 2. Yiba Nobulungisa 3. Kube kuhle |  |
| Isinyathelo sokuqala ukuzola. Into ebaluleke kakhulu ongayikhumbula ukuthi uzole lapho unikeza ingane yakho imiphumela. Uma uqala ukumemeza, kuzokwenza izinto zibe zimbi kakhulu. Thatha umoya kancane futhi, noma uhambe uma ukudinga. Phendula ngendlela epholile necacile.  [2] Isinyathelo sesibili ukuba nobulungiswa.  Qinisekisa ukuthi imiphumela iba nengqondo futhi ungalandela. Isibonelo, susa imihlalo yabo ihora elilodwa, kunesonto.  Uma ingane yakho iziphatha kabi, inikeze ithuba lokulandela imiyalelo yakho ngaphambi kokunikeza umphumela. Isibonelo, ungathi, "kuphakathi kokuthi wenza umsebenzi wakho wesikole manje, noma awkwazi ukuthi ubuke uhlelo lwakho lwamabona kude oluthandayo namhlanje kusihlwa  Lesi sinyathelo silula kakhulu uma nivumelene ngemiphumela kusenesikhathi. Lapho ubeka imithetho yasekhaya noma izinqumo, qiniseka ukuthi uxoxa ngemiphumela yokungakwazi ukuyilandela.  [3] Isinyathelo sesi thathu ukuba sethembeni. Khumbuza ingane yakho ukuthi*okwenzayo*okulindele kuyo, futhi uyincome njalo uma ubona ukuziphatha ofuna ukuzibona. Enye indlela okwagwema ngayo ukunikeza imiphumela kwasekuqaleni iwukuqondisa kabusha ingane kwezinye izinto, njengokuthi: "Ushaywa umoya ngokushesha?"  Uma ubanikeza umphumela, babandakaye emsebenzini omuhle kamuva.  Ukusebenzisa imiphumela kufundisaingane ukuba yenze yazi ukuthi ingabantinta kanjani yona noma abanye. Kuyabasiza ukuthi benze izinqumo ezingcono ukuthi bathatha umthwalo wemfanelo owengeziwe, okuiyizifundo ezibalulekile okufanele bazifunde njengoba bekhula. | EHLISA MOYA  Ukumemeza kuzokwenza kube kubi kakhulu.  YIBA NOBULUNGISWA  Ngokufanele futhi nika ingane yakho ithuba lokulalela.  CABANGA IZINTO EZAKHAYO  Isho baziphathe kanjan. |  |
| Khumbula, ukufundisa ingane yakho ngemiphumela:  [1] Khuluma nabo ngomoya ophansi.  [2] Yiba nobulungisa kwimiphumela obanika yona uphinde kuqala ubanike ithuba lokulalela, futhi  [3] Cabanga Izinto Ezakhayo. Khumbula ukutshella ingane yakho ukuthi yin ofuna ukuyibona beyenza, zama ukuqondisa ukuziphatha kwabo, uphinde ulandele yonke imiphumela yomsebenzi omuhle.  Umsebenzi wakho wasekhaya bhala uluhlu lwemiphumela ongayisebenzisa elungile. Uluhlu akumele lube lude. Cabanga izimpendulo ezinengqondo ngokungaziphathi kahle. Lokhu kungakulungiselela ngokulandelayouma ingane yakho iziphatha kabi.  Ungakwenza lokhu namhlanje? | 1. Hlisa umoya 2. Yiba Nobulungisa 3. Kube kuhle   Umsebenzi Wasekhaya:  Bhala uluhlu ngemiphumela efanele. |  |

| Module: Community Safety | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo umayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda na ngokuphepha komphakathi.  Indlela eyodwa ongangcina ngayo ingane yakho iphephile ukudala imephu ephephile kanye nabo. Ndawonye ningakhomba izindawo eziphephile nezangaphephile emphakathini wenu.  Ungakha imephu ephephile ngezinyathelo ezintathu nje ezilula: Dweba, Phetha, futhi Nixoxe. | Ukuphepha komphakathi   1. Dweba 2. Phetha 3. Xoxa |  |
| Isinyathelo sokuqala Ukudweba. Dweba imephu yomphakathi wenu ehlanganisa izindawo ezibalulekile wena nengane yakho. [1] lokhu kuzohlanganisa nezindawo njengendlu yakho, izikole, imigwaqo, izitolo, kanye nezinye izindawo ingane yakho ezivakashelayo. | Dweba | Begin with blank page. Animate on [1] |
| Isinyathelo esilandelayo isiNQUMO. Khulumani ngezindawo ezikwi mephu yenu bese nquma ukuthi ziphephile noma aziphephile. Lalela ingane yakho: bangaba nolwazi ngezinto eziphephile nabo! Uma senisithathile isinqumo ngezindawo eziphephile, fakani indingilizi kulezo ndawo. [1] Beseunqamula noma yiziphi izindawo ezingaphephile for izingane. | Phetha | Begin with previous sheet. Animate on [1] |
| Inyathelo lokugcina ukuXOXA. Ngezinye izikhathi, sizithola sisenkingeni. Xoxani ngokuthi wena kanye nengane ningakuthola kuphi ukwesekwa esimweniesibucayi. Lokhu kungaba yikhaya, isiteshi samaphoyisa, noma umtholampilo. [1] Maka lezi zindawo ngokucacile ku mephi yakho. | XOXISANA | Begin with previous sheet. Animate on [1] |
| Khumbula, ukwenza imephu ngoku phepha emphakathi:  [1] Dweba i mephu yompakathi wakho  [2] Khetha nengane yakho izindawo eziphephile nezingaphephile.  [3] Xoxisanani ukuthi bangaya kuphi ukuthola usizo, bese niyazi dwebela lezo ndawo kwimephu.  Ukukhuluma ngoku phepha nengane yakho kuyindlela encane yokwenza umehluko omkhulu. Bakhumbuze ukuthi bangakuitshela nannoma ingani engaphiphile okwenzeka ngaphandle kokuthukuthela. Lokhu kuzokusiza ukwakha ukwethembeka nengane yakho.  Umsebenzi wakhio wasekhaya ukwakha imephu yomphakathi. Unaso yin isikhathi ezinsukwini ezimbalwa ezizayo sokwena imephu yokuphepha yomphakathi kanye nengane yakho? | 1. Dweba 2. Phetha 3. Xoxa   Umsebenzi wasekhaya: Yenzani imephu yokuphepha komphakathi nengane yakho. |  |

| Module: Respond to Crises | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lomgomo umayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda nangokuzi vikela.  Kubalulekile ukweseka ingane yakho lapho behlangabezana nesimo esinzima. Lapho usiza ingane yakho enkingeni, khumbula: uphefumule, ulalele, uphendule, futhi ududuze.  Asifunde kabanzi ngalezi nyathelo ndawonye. | Ukubhekana nesimo esibucayi   1. Phefumula 2. Lalela 3. Phendula 4. Induduzo |  |
| [1] Nokuba ekuqaleni singase sizizwe sikhathazekile, sikhathazekile noma suthukuthele, kubalulekile ukuthi sihlale sizolile singeneka futhi sikhululekile.  Isinyathelo sokuqala kuwukuphefumula. Hlala uzolile. Zibuze," yini edingwa ingane yami njengamanje?"  [2] Okulandelayo, lalela. Vumela ingane yakho ukuthi yabelane ngalokhookudingenga ikwenze. Phawula lokho abakuzwayo, njengokushaqeka noma intukuthelo, futhi ubatshele ukuthi uyayiqaphela imizwa yabo. Loku kusiza bazinzwe beqondwa. Batshele ukuba ukhonela bona futhi uyabathanda.  [3] Isinyathelo sesithathu ukuphendula. Yini engasiza lesimo? Ungase udinge ukusiza ingane yakho ukuthi ikhulume ngemizwa yayo noma uqondise kabusha ukugxila kwayo. Noma ungase uding ukuxoxa ngezinyathelo ezisheshayoukuze ubasise. Unganikeza imiphumela kamuva uma kudingeka.  [4] Ekungcineni duduza ingane yakho. Kungaba nzima ukubona ingane yakho uma iphatheke kabi noma ididekile, kodwa kuningi ongakwenza kukho basekelele. Badinga ukuba ubamukelefuthi ubaduduze laphomusezimweniezenzima. | PHEFUMULA  Hlala uzolile.  LALELA  Lalela ingane yakho futhi usho imizwa yayo.  PHENDULA  Yini engasuza ingane yakho manje?  DUDUZA  Nikeza ingane yakho induduza. |  |
| Khumbula ungakwazi njalo ukuthayipha okuthi USIZOkumbalo woMZALI ukuze uthole uhlu lokhunxumana nabo emphakathini wakho ukuze uthole ukwesekwa ngesikhathi senhlekelele. Bangase bakwazi ukusiza. | USIZO | Help Template |
| Kungaba nzima ukubona ukuthi ingane yakho iphatheke kabi noma ididekile, kodwa khubula ukuthi kunokuningi ongakwenza ukuze uyisekele phakathi nesikhathi esinzima. Unakho lokhu, uwumzali omkhulu!  Landela lezi zinyathelo noma nini lapho ingane yakho yabelana ngokuthile okunzima. Ukuseka inganeyakho ebunzimeni kuzophinde kuyifundise indlela yokusekela abanye ezikhathini ezinzima.  Ngomsebenzi wakho wasekhaya,[1] Thola isikhathi esizolile sokukhuluma nengane yakho mayelana nezinkinga ezingase zenzeke kimi. [2] Xoxani ngokumele kwenziwe uma kwenzeka. [4] Vakashelani kabusha usebenzi wemephu ukuze uhlonze eminye imithombo yokwesekwa emphakathini. [5] bese ubonga ingane yakho ngokuthatha isikhathi sayo ukukhuluma ngalokhu.  Unaso isikhathi sokukwenza namhlanje? | 1. Phefumula 2. Lalela 3. Phendula 4. Induduzo   Umsebenzi wasekhaya:[1] khuluma nengane yakho mayelana nezinkinga ezinhle. [2] xoxani ukuthi yin eningayenza uma zenzeka [3] V akashelani kabusha i mephu yokuphepha yomphakathi futhi uhlonze eminye imithombo yokweseka 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! Lomgomo umayelana nokungcina ingane yakho iphephile futhi namhlanje sifunda nangokuzi vikela.  Lapho sizwa singaphephile, sivumelekile ukwenza noma yini ukuze sibaleke. Singasebenzisa IZWI LETHU futhi SISEBENZISE IMIZIMBA YETHU ukuze sivikeleke. | Funda Ukuzivikela   1. Sebenzisa izwi lakho 2. Sebenzisa umzimba wakho |  |
| Lapho sizwa singaphephile, sivumelekile ukwenza noma yini ukuze sibaleke.   Khumbula isimo sokungcina, lapho indoda yazama ukuphoqa intombazane ukuba 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 futhi"   ;  Noma angazama okunye…   * "Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi." * "Angiyifuni i-lift kimi, ngiyabonga. Ngingcina ukuthola i-lift ngaphalaza YONKE INDAWO!" * "Niyabona ukuthi uthukuthele. Asihlale ndawonye bese sikhulume ngayo." * "Ngizokunika umakhalekhukhwini wami uma ungidedela."   Cabanga, yini obungayenza? Ayikho impendulo engalungile. | SEBENZISA IZWI LAKHO   * Cha! * Ngicela ningisize! * Ngizobiza amaphoyisa uma uke wangithinta futhi * Musa ukuthinta izinqa zami futhi * Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi. * Angiyifuni i-lift kimi, ngiyabonga. Ngingcina ukuthola i-lift ngaphalaza YONKE INDAWO! * Ngiyabona ukuthi uthukuthele. Asihlale ndawonye bese sikhulume ngayo. * Ngizokunika umakhalekhukhwini wami uma ungidedela. |  |
| Okulandelayo, sebenzisa umzimba wakho. Lapho izwi lethu lingavimbi isimo, singasebenzisa imizimba yethu ukuze sizivikele. Kumele wazi iziqondiso zomhlaseli wakho futhi okwenza ukubalimaza. Kwebha, Donsa, faka isibhakela, khahlela noma phequlula umhlaseli wakho. | SENENZISA UMZIMBA WAKHO  Sebenzisa umzimba wakho ukuzivikela.   * Kwebha * Donsa * Faka isibhakela * Khahlela * Phendula |  |
| Kunezinjongo ezine okubalulekile okufanele uzazi [1] Amehlo  [2] Umphimbo  [3] I-groin  [4] Namadolo |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Kukhona futhi okuqondiwe kwesibili okuyisikhombisa:  [1] Ithempeli  [2] Amadlebe  [3] Ikhala  [4] Solar Plexus (isikhala phakathi kwezimbambo)  [5] Iminwe  [6] Sisilevu  [7] Esinyathelweni (phezulu ezinyaweni)  Hlasela noma ikuphi okuhlosiwe ukuze ulimaze isitha sakho futhi ubaleke. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text. |
| Umsebenzi wakho wasekhaya ukwabelana nalolu lwazi nengane yakho ukuze ilungele ukuvikela ngokwabo. Ungakwazi ukwenza ne ParentText ingaku siza. Bhala "phepha" ukuphinda lesi sifundo nengane yakho. Ungakwazi ukukwenza namuhla? | Umsebenzi wase khaya:  Bhala "phepha" ukuphinda lesi sifundo nengane yakho. |  |

| Module: Prevent Sexual Violence | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona! Lenhloso imayelana nokungcina ingane yakho iphephile futhi namuhla sizo funda ngoku vikela ekuhlukumezekeni ngoko cansi.  Ezimeni ezibucayi, singazi thola singazi ukuthi senze njani noma sikhungathekile siphendule ngoku dinwa - lokhu kujwayelekile. Lama thuluzi angakusiza wena nengane yakho ukuningcina niphephile:  KWAZI KUBONE KUSHO KWENZE | Vikela ukuhlukumezeka ngoko cansi   1. Kwazi 2. Kubone 3. Kusho 4. Kwenze |  |
| [1] Okokuqala, kwazi. Yazi mehluko phakathi kobudlelwano obuhle noma ubudlelwano' bubi. Uma uhlaselwa, yazi ukuthi akulona iphutha lakho. 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. Sebenzisa okungabambekile emzimbeni wakho ongalwa ngakho kanye nalokhu okuvelile emzimben iwomhlaseli ukuze ushaye.  Uma ulinyazwa othile, khumbula akulona iphutha lakho. Cela usizo kothile omethembayo, futhi uqinisekise ukuthi unghane yakhoiyazi ukuthi ingakutshela noma yini ukuze nithole isisombululo ndawonye. | YAZI  Yaz ukuthi akulona iphutha lakho.  KUBONE  Bona uma ungaphephile.  KUSHO  Sebenzisa izwi lakho ukuze uphephe.  KWENZE LOKHU  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. Uma ukhohlwa, qhubeka uzame!  Ukucela umbono wabo kukhombisa ukuthi uyabakhathalela futhi ufuna babambe iqhaza.  [3] Khumbula, isikhathi siyawenza umehluko. Uma kunesinqumo okufanele usithathe, siveze engikhathilapho wena nophathina wakho ninghasebenzi, njengase kuseni noma kusihlwa.  [4] Okokungcina, ukuzijwayeza kwenza kuphelele. Kungathatha iskhathi ukujwayela ukwenzaizinqumo ngawonye. Zinike isikhathi futhi uqhubeke uzame! Khumbula ukuthi ngokuxhumana no phathina wakho, nobabili ekungcineni nizoqala ukuzizwa nikhululekile ukukhuluma nokwabelana nezinqumo. | 1. Yabelana nokwenza izinqumo 2. Yabelana ngokwenza izinqumo 3. Isikhathi senza umehluko 4. Ukuzijwayeza kwenza kuphelele |  |
| Umsebenzi wakho wasekhaya owokubangakanya umlingani wakho esinqumweni osenzayo namuhla. Ungakwenza yini lokhu? | Umsebenzi Wasekhaya: Faka umlingani wakho kwizinqumo. |  |

| Module: Being a supportive partner and parent | | |
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| Script | On Slide Text | Animation Notes |
| Lomngomo umayelana nokuba nobudlelwane obuhle nabalingani bethu. Nmuhla, sifunda ngokuthi ungaba kanjani osekelayo nomzali.  Nazi ezinye izindlela ezilula ongaba umlingani umlingani ozethembayo nosekelayo nabazali. | Ukuba uzakwethu omethembayo kanye nomzali |  |
| [1] Okukuqala, Bonisa ukwazisa  Bonisa umlingani wakho ukuthi uyakujabulela ukumubona echitha isikhathi esihle nezingane zakho.  [2] Okulandelayo, sebenzani ndawonye.  Uma ungenasiqinikeso ukuthi usebenzisana kanjani nomlingani wakhoi, kufanele ubabuze! Ngokubuza, ubonisa ukuthi uyakhathalela futhi ufuna ukuhlanganyela!  [3] Isinyathelo sesithathu ukulula isandla. Ngezinye izikhathi kungase kube nzima ukukhumbula ukubuza ukuthi uyaludinga yin usizo umlingani wakho. Uma usuqalile ukubuza, bangasa babone ukuthi ufuna ukuzibandakanya, futhi baqale bafune usizo lwakho bebodwa.  [4] Ekungcineni cela usizo. Kungabanzima ukucela usizo. Kwesinye isikhathi silindele ukuthi ozakwethu bazi ukuthi sidinga usizo noma singababuzi. Uma uqala ubuza, Bangaqale bafune ukukusiza okwengeziweesikhathini esizayo. Khumbula ukubonga umlingani wakho! | 1. Bonisa ukwazisa 2. Kwenzeni ndawonye 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 | | |
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| Script | On Slide Text | Animation Notes |
| Lomngomo umayelana nokuba nobudlelwane obuhle nabalingani bethu. Namhlanje, sizokwethula ukwabelana ngemithwalo yemfanelo yomundeni.  Ukuze ukwazi ukwabelana ngezibopho zomndeni nomlingani wakho, zama lawa amacebo amane: | Sizanani ngomsebenzi wasekhaya |  |
| [1] Okuqala, yenzani izimiso.  Lokhu kungabanzima ukukukhumbula! Ukusungula isimo sokunakekela noma imisebenzi yasendlini kungase kube usizo kwesinye isikhathi.  Lokhu futhi ukukuvumela ukuthi ukhulume nozakwenu mayelana nendlela yokwabelana ngomsebenzi.  [2] Okulandelayo, khulumani mayelana nomsebenzi onzima nomnakwenu  Khuluma naye! Ukukhuluma nophathina wakho mayelana nokuthi ningabambisana kanjani ekwenzeni imisebenzi yasekhaya kunisiza ukutheni niqondane kangcono.  Kubonisa nokuthi umkhathalele!  [3] Ekokungcina, khumbula ukucela usizo  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 | | |
| --- | --- | --- |
| 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 |  |
| Umsebenzi wanamuhla wasekhaya owokuzama ukubekela eceleni isikhathi sokukhuluma sesithandwa sakho ngemizwa yakho noma yibuphi ubunzima obheke nabo. Unaso isikhathi sokukwenza namhlanje? | Umsebenzi wasekhaya: yabelana ngemizwa yakho nobunzima nomlingani wakho. |  |