| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futhi! Ukuba umzali kungaba yingcindezi, futhi iskhathi sokuthi uzinakekele nawe!    Nansi ndlela yokuzilula nokunyakaza engakusiza ngengcindezi onayo. | Zinakekele |  |
| Sukuma ulule zandla zakho ziyephezulu.  ...  Push away any clouds and let the sun shine down on you.  ...  Zilule nhlangothi zombili.  ...  Zilulele ngaphimbili nange muva. |  |  |
| Lengisa zandla zakho emaceleni.  ...  Nyusa mahlombe akho afike zindlebeni uqhubeka udonsa umoya, hlikihla amehlo akho, bese ubambe umoya.  ...  Dedela mahlombe akho ukhulule umzimba bese ukhipha moya.  …  Dedela izingalo zakho futhi uzivumele zijike ziye ngaphambili nangemuva. Phefumula 4 ngesikhathi senza lokhu. Lokhu kuwulungele mhlane wakho ngezansi.  ...  Dedela izingalo zakho futhi uvumele izingalo zakho zijike' maceleni, bese uphendula umzimba wakho wangasenhla. Izingalo zakho kumele zikushaye kancane emhlane njengoba uzisonta ngapha nangapha.  …  Beka unyawo olulodwa phambi kolunye futhi wenze indingiliza ukusuka emaqakaleni, khumbula ukuphendukela ezinhlangothini zombili. Yenza iziyingi ezine ngonyawo ngalunye nhlangothini zonke.  …  Manje nyakazizsa wonke umzimba wakho ngoku shesha. Unyakaza uye phezulu! Unyakaza shone phansi! Nyakazise nxazonke!  …  Phakamisa izingalo zakho kancane ngaphuzu kwekhanda lakho ube undonsa umoya. Yehlisa izingalo zakho kancane uzibeke eceleni ube ukhipha umoya.  ...  Phakamisa phinde wehlise izingalo zakho, undonse umoya uphinde ukhiphe, ukuphinde ka 3.  —  Zinike isikhathi sokucabanga ngokwenzeke kuwe.  ...  Khumbula ungakwenza nanga noma isiphi isikhathi uma uzizwa sengathi udinga ukukhipha ingcindezi futhi unikeze amandla ingqondo nomzimba wakho. |  |  |
| Umsebenzi wakho wasekhaya ukuzama ukwenza lomsebenzi okungenani kanye ngosuku. Ungakuzama manje? | Umsebenzi wasekhaya: Yelula futhi unyakaze nsuku zonke. |  |

| Imojula: Izinguqundo Zengqondo Eminyakeni Yeshumi | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi ku- Parent Text.  Nakhu okudingeka ukwazi mayelana nengqondo ekhulayo yengane yakho nokuthi ungayeseka kanjani ingane yakho njengoba zikhula ziba abantu abadala.  Umqondo okhulayo  Ukuzimela ngokwengeziwe  Nokusekela ingane yakho | Izinguquko zengqondo eminyakeni yengane   1. Umqondo okhulayo 2. Ukuzimela ngokwengeziwe 3. Indlela yokweseka ingane yakho |  |
| [1] Okokuqala, kubalulekile ukuqonda ingqondo yengane yakho ukuthi ishintsha kanjani. Ingqondo yengane yakho ayikashintshi kangako kusukela iseyingane. Kuvamile ukuthi intsha iziphathe ngendlela eziyingozi njengoba icindezela imingcele yalokho okungenzeka futhi kuvunyelwe, ikakhulu uma kujabulisa noma kumnandi. Lokhu ukuziphatha okuvamile.   Khumbula izingane azinalo ikhono loku cabanga kuqala ukuthi ukuzi phatha kwabo kungaba nomthelele kwabanye abantu nakubona uqobo.  [2] Inganesezizoba abantu abadala futhi bazimele. Baba ngcono ekwabelaleni ngemibono yabo futhi bacabanga kakhulu ngekusasa labo.  [3] Ukusekela ingane yakho kulezizinguquko, ungakwazi ukuqondisa ukukhetha kwabo ngokulinganisa imithethonemikhawulo nokuzimela. Zama ukububanikeza inkululeko-yokuzenzela izinqumo lapho bebonisa ukuthi bangakwazi ukuziphendulela futhi bazibophezele ngezenzo zabo. Okubaluleke kakhulu: baseke, ubathande, futhi ubenombono omuhle ngengane yakho. Lokhu kubasiza bazizwe bephephile futhi bevikelekile eduze kwakho, futhi maningi amathuba okuthi beze kuwe uma bedinga usizo noma izeluleko uma bezidinga.  Ukudlala ngenkathi ufunda kungathuthukisa impilo yengane yakho ngokomzimba nengqondoKANYE kanye nekhono lokufunda nokukhumbula amaqiniso abalulekile! | Umqondo okhulayo  Ukuzimela ngokwengeziwe  Indlela yokusekela ingane yakho |  |
| Umsebenzi wakho wasekhaya ukuthiusebenzise isikhathi esingu-1 ukuze uvumele ingane yakho ikhethe noma yini engathanda ukukhuluma ngayo. Lalela okuhlangenwe nakho kwabo futhi ugweme ukwehlulela. Qaphela indlela ozizwa ngayo futhi uqaphele nemizwa yabo. Bonga ingane yakho ngokukhuluma nawe. Ungakwazi kwenza namuhla? | Umsebenzi wasekhaya: Khuluma nengane yakho ngesihloko ezikhethele sona. |  |

| Mojula: izinguquko zomphakathi eminyakeni yengane | | |
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| Script | On Slide Text | Animation Notes |
| SiyakwamukelaParentText! Nakhu okufanele ukwazi mayelana nokuxoxa ngempilo yomphakathi nengane yakho:  UKUQONDA  [pause]  UKWAMUKELA  [pause]  Futhi YABELANANI NGAMAQINISO  Asiqaleni. | Izinguquko Zomphakathi Eminyakeni Yezingane  1. UKUQONDA  2. UKWAMUKELA  3. YABELANANI NGAMAQINISO |  |
| [1] Okokuqala,Qonda izimpilo zomphakathi zengane.  Kubalulekile enganeni yakho ukuba nabangani. Lokhu kubasiza ekutheni babe abamngani abahle bakwazi nokuqonda imizwa yabanye abantu. It is also a big part of growing up and becoming an adult. Your teen may want to feel like they belong with their peers, and do things that others think are cool. They might talk or dress like others while figuring out who they are. Sometimes, when teens have a hard time making friends, they might be picked on or bullied by other kids.  [2] You can support your teen by letting them try new things in a safe way, like different clothing and hairstyles, or spending time with different people. Show them you accept them just as they are. Tell your teen what you expect of them at home, but give them the chance to make safe choices, such as how to spend their free time.  [3]Finally, you can help your teen know the difference between good and bad influences in their lives.  Good friends look out for you, care about you, include you in activities, and treat you with respect.  A bully is someone who keeps trying to hurt others, either by making them feel bad or using their strength to be mean. But if someone only does it once, it's not bullying.  To stop bullying in school, it's important to be kind and respectful to others. This makes everyone feel happy and safe at school. | UNDERSTAND the social lives of teens.  ACCEPT  them as they are.  SHARE THE FACTS  about friendship with your teen |  |
| Your home activity is to use 1-on-1 time to talk to your teen about their friends. Who do they wish they spent more time with? Who sets a great example for the class? Listen to your teen and accept what they are saying.  Do you have time to do it today? | Home Activity: Talk to your teen about their friends. |  |

| Module: Physical Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwiParentText! Here is what you need to know about your teen’s developing body and how to talk with them about it:  Talk [pause]  Funda  [pause]  Bese Uyeseka  Masifunde kabanzi ndawonye. | Physical Changes in the Teen Years   1. Khuluma 2. Funda 3. Ukweseka |  |
| [1] First, Talk.  Help your teen understand that it is normal to go through physical changes during puberty.  Tell your teen that these changes happen to everyone and that they are not alone.  [2] Next, Learn. Provide your teen with truthful information about puberty and the changes she is experiencing. Encourage her to ask questions and seek help if she needs it.  [3] Finally, support your teen. Encourage your teen to develop healthy habits like eating a balanced diet, getting enough sleep, and exercising regularly. Help her find activities she enjoys doing to feel confident and strong in her body. | XOXA  Remind your teen that these changes are normal.  FUNDA  The facts about puberty.  UKWESEKA  Explore new, interesting activities together! |  |
| Remember, to help your teen manage the physical changes they are experiencing, you can talk, learn, and support.  Your home activity is to use one-on-one time to show your teen that you are interested in her life. Do something together like go for a walk, make food, or play a game. Use the time together to talk openly about the changes your teen is experiencing, and answer any questions she may have. Offer your support and encouragement. This can help strengthen your bond and make her feel more comfortable and confident.  Ungakwenza lokhu namuhla? | Khuluma  Funda  Ukweseka  Home Activity: Use 1-on-1 time to talk with your teen about the changes they are experiencing. |  |