| 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.  ...  Iba nesthomb'emqodweni lapho ududula wonke amafu uvulele ilanga ukuthi likukhanyisele.  ...  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. Kuphinde kube ingxenye yokukhula.Ingane yakho ingase ifune ukuzizwasengathi ihlangene nontanga yayo, futhi yenze nezinto abanye abacabanga ukuthi zinhle. Bangakhuluma noma baqgoke njenga banye ngesikhsthi besa zama ukuzithola ukuthi bangobani. Ngezinye izikhathi lapho abantwana besokola ukwenza abangani, kungenzeka ukuthi bayachukuluzwa noma baxhashazwa abanye abantwana.  [2] Ungameseka umntwana wakho ngomvumela ukuthi azame izinto ezintsha ngendlela ephephile, okufana nezimphahla zokugqoka ezehlukile kanye nezitayela zeynwele, noma ukuchitha isikhathi nabantu abehlukile. Mtshengise ukuthi uyamamukela ngobunjalo bakhe. Tshela umtwana wakho ukuthi ulindeleni kuye ekhaya, kodwa umnikeze ithuba lokwenza izinqumo eziphephile, okufana nokuchitha isikhathi sakhe ngendlela ephephile.  [3]Okokugcina, ungamsiza umntwana wakho ekutheni awazi umehluko phakathi kwemthelela emihle nemibi empilweni yakhe.  Abangani abalungilele bayakubhekelela, bakukhathalele, bayakubandakanya ezintweni abazenzayo futhi bayakuhlonipha.  Isiqhwaga umuntu ohlezi ezama ukulimaza abanye, ngokubenza baphatheke kabi noma ukusebenzisa amandla abo ngenkohlakalo. Kodwa uma umuntu ekwenza kanye nje kuphela, akukona ukuxhaphaza.  Ukuqeda ukuxhashazwa esikoleni, kubalulekile ukuba nomusa nokubahlonipha abanye. Lokhu kwenza wonke umuntu azizwe ejabule futhi ephephile esikoleni. | QONDA impilo emphilwa umtwana wakho emphakathini.  MAMUKELE  ngobunjalo bakhe.  YABELANA NGAMAQINISO  ngobungani nomntwana wakho |  |
| Umsebenzi wakho wasekhaya uku sebenzisa isikhathi esikhethekile ukukhuluma nomntwana wakho mayelana nabangani babo. Ufisa ukuchitha isikhathi esithe xaxa nabani? Ubani oyisibonelo esihle eklasini? Mlalele umntwana wakho futhi ukwamukele akushoyo.  Unaso isikhathi sokukwenza lokhu namuhla? | Umsebenzi wasekhaya: Khuluma nomntwana wakho mayelana nabangani bakhe. |  |

| Isifundo: Izinguquko zomzimba Eminyakeni Yobusha | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwiParentText! Nakhu okumele ukwazi ngezinguquko zokukhula komzimba womtwana wakho nokuthi ukhuluma kanjani naye mayelana nalezizinguquko:  Khuluma [pause]  Funda  [pause]  Bese Uyeseka  Masifunde kabanzi ndawonye. | Izinguquko zoMzimba eMinyakeni Yobusha   1. Khuluma 2. Funda 3. Ukweseka |  |
| [1] Okokuqala, Khuluma.  Siza umntwana wakho ekutheni aqonde ukuthi kuyinjwayelo ukudlula kwizinguquko zomzimba ngesikhathi sokuthomba.  Mtshele umntwana wakho ukuthi lezizinguquko zenzeka kuwo wonke umuntu nanokuthi akayedwa.  [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. |  |