# {Onboarding}

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| {Lesson: Onboarding for Young Children} | |
| ¡Bienvenido a Crianza con ConCiencia+!  Crianza con ConCiencia+ es un servicio de chatbot creado para ayudarte en la crianza de tus niños y niñas. Ha sido desarrollado por el Instituto Nacional de Psiquiatría, el Sistema Nacional para el Desarrollo Integral de la Familia, Bienstar, Parenting for Lifelong Health y la Universidad de Oxford. Además, ha sido probado en todo el mundo. ¡Este programa funciona!  Estar aquí demuestra lo mucho que te importa apoyar y darle lo mejor a tu niño o niña. ¡Felicidades!  Recuerda: lo que tú haces con tu niña o niño es lo que hará la diferencia. Crianza con ConCiencia+ te dará tips y habilidades que te ayudarán en tu relación con tu niño o niña. ¡Poner en práctica estos tips dependerá de ti!  Soy [Nombre], tu guía. Aunque parezca un ser humano, en realidad soy un robot que está aquí para ayudarte a aprender. | ¡Bienvenido a Crianza con ConCiencia+! |
| Hoy te voy a explicar cómo usar Crianza con ConCiencia+. Juntos revisaremos:   * Cómo obtener tu Certificado de Crianza Positiva y desbloquear funciones nuevas * Cómo monitorear tu progreso * Cómo obtener ayuda con este curso * Cómo navegar por el MENÚ * Obtener apoyo para superar desafíos comunes de la crianza, * Recursos a tu disposición en caso de emergencia o crisis, y * Encontrar actividades para hacer con tu niño o niña | * Obtén tu Certificado * Sigue tu progreso * Supera los desafíos de la crianza * Navega por el MENÚ * Obtén ayuda * Encuentra actividades para hacer con tu niño o niña |
| En primer lugar, cómo puedes completar el curso y obtener tu Crianza con ConCiencia+certificado.  Este programa contiene 5 lecciones y presenta una lección nueva por día. En solo 15 minutos o menos al día puedes mejorar tu relación con tu niño o niña.  Una vez que hayas completado las cinco lecciones, obtendrás tu Crianza con ConCiencia+ certificado. | Obtén tu Crianza con ConCiencia+ Certificado  Mejorar la relación con mi niño o niña  Pasar tiempo Uno a Uno con mi niño o niña  Reconocer y halagar  Crear una rutina para el tiempo Uno a Uno   Identificar las emociones y sentimientos durante el tiempo Uno a Uno  Mantener la calma cuando estamos estresados |
| A medida que avances en la lección del día, recibirás actualizaciones sobre tu progreso que se verán así: .  Estas palomitas te indican en qué parte de la lección del día te encuentras.  Si quieres ver tu progreso general, solo tienes que escribir "Menú" para acceder al Menú Principal después de completar la lección.   Elige "Revisar y seguir mi progreso" y, a continuación, da clic en "Seguir mi progreso".  Si quieres regresar a una lección que ya has completado, selecciona "Repetir lección completada." Después, escoge la lección que quieras repasar. | MENÚ  "¿Qué te gustaría hacer?"   Revisar y seguir mi progreso   Seguir mi progreso  Repetir lecciones completadas  Obtener ayuda adicional con mi curso |
| Criar a un niño o niña no siempre es fácil. Aunque parezca que las dificultades que experimentas solo te pasan a ti, son más comunes de lo que crees.  A medida que avances en este programa, te iré preguntando cómo van las cosas con tu niño o niña. Si no van bien, podría ofrecerte apoyo.  Siempre que me compartas tus retos o dificultades, te ofreceré soluciones prácticas para ayudarte a tener éxito.  Sin embargo, no tienes que esperar a que yo te ofrezca apoyo. Puedes entrar a la sección de ayuda para la solución de problemas a través del Menú Principal en cualquier momento.   Ve al Menú principal, da clic en "Revisar y seguir mi progreso" y, a continuación, selecciona "Obtener ayuda adicional con mi curso" | ^  **Resuelve** desafíos de crianza comunes que se presentan con tu niña o niño |
| El menú también contiene otras funciones que te pueden ayudar.  Además de seguir tu progreso, también puedes:   * Cambiar la configuración de tu perfil. * Invitar a un amigo a inscribirse en Crianza con ConCiencia+ * Conseguir ayuda en caso de emergencia * y volver a ver este vídeo sobre Crianza con Conciencia+ * Revisar esta guía de introducción para aprender a navegar por Crianza con ConCiencia+. | Menú   * Revisar y seguir mi progreso * Cambiar mi configuración * Invita a un amigo a inscribirse en Crianza con Conciencia+ * Consigue ayuda en caso de emergencia * Ve un vídeo sobre Crianza con Conciencia+ |
| Veamos "Cambiar la configuración de mi perfil".   By choosing “change your profile settings”, you can change your language, how you receive Crianza con Conciencia+ messages, gender, relationship status, child’s date of birth, child’s nickname, and child’s gender. | ¿Qué te gustaría cambiar?   1. Tu idioma  2. Tu configuración multimedia  3. Tu género  4. Tu estado civil  5. La fecha de nacimiento de tu niño o niña  6. El apodo de tu niño o niña  7. El género de tu niño o niña |
| Si quieres invitar a un amigo o familiar a inscribirse a Crianza con Conciencia+, ve al MENÚ, y elige "Invita a un amigo a inscribirse a Crianza con Conciencia+ "  Una vez seleccionado, recibirás un enlace que podrás compartir por SMS o WhatsApp con tus amigos y familiares para invitarles a unirse. | Menú   * Revisar y seguir mi progreso * Cambiar mi configuración * **Invita a un amigo a inscribirse a** Crianza con Conciencia+ * Obtén ayuda en caso de emergencia * Ve un vídeo sobre Crianza con Conciencia+ |
| Si necesitas información sobre recursos en tu comunidad que tengan que ver con violencia familiar, violencia sexual, salud mental u otras emergencias, puedes enviar la palabra AYUDA en cualquier momento para obtener los datos de contacto de personas que pueden ayudarte.  También puedes ir a Menú y seleccionar "Obtén ayuda en caso de emergencia"  Tu información está segura aquí: No se compartirá nada sin tu permiso y no se venderá con fines de lucro. Los mensajes que envías están encriptados y resguardados en un servidor seguro. Pero recuerda que cualquier persona con acceso a tu teléfono desbloqueado puede ver tus mensajes. Por lo tanto, si envías información sensible y esto te preocupa, asegúrate de borrar los mensajes directamente desde tu teléfono. | AYUDA |
| En Crianza con Conciencia+, también puedes encontrar nuevas actividades para hacer con tu niña o niño al mandar la palabra REPRODUCIR en Crianza con Conciencia+.  Podrás hacer estas actividades como parte de tu día a día, en tu casa y con objetos cotidianos.   Puedes elegir el tipo de actividad que quieres hacer con tu niña o niño   Dinámica - para divertirse con energía Tranquila - para relajarse juntos  Rápida - para cuando tienes poco tiempo Grupal - para actividades de grupo en familia o con amigos | JUGAR  Dinámica  Tranquila  Rápida  Grupal |
| ¡Muchas gracias por escuchar! Puedes ver este vídeo en cualquier momento a través del Menú Principal.  Manda la palabra Menú y elige "Ver vídeo sobre Crianza con Conciencia+"  ¡Esperamos que disfrutes de tu viaje Crianza con ConCiencia+ y que lo aproveches al máximo! | Bienvenido a Crianza con ConCiencia+ |

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| {Lesson:Onboarding for Teens} | |
| ¡Bienvenido a Crianza con ConCiencia+!  Crianza con ConCiencia+ es un servicio de chatbot creado para ayudarte en la crianza de tus adolescentes. Ha sido desarrollado por el Instituto Nacional de Psiquiatría, el Sistema Nacional para el Desarrollo Integral de la Familia, Bienstar, Parenting for Lifelong Health y la Universidad de Oxford. Además, ha sido probado en todo el mundo. ¡Este programa funciona!  Estar aquí demuestra lo mucho que te importa apoyar y darle lo mejor a tu adolescente. ¡Felicidades!  Recuerda: lo que tú haces con tu adolescente es lo que hará la diferencia. Crianza con ConCiencia+ te dará tips y habilidades que te ayudarán en tu relación con tu adolescente. ¡Poner en práctica estos tips dependerá de ti!  Soy [Nombre], tu guía. Aunque parezca un ser humano, en realidad soy un robot que está aquí para ayudarte a aprender. | ¡Bienvenido a Crianza con ConCiencia+! |
| Hoy voy a explicar cómo usar Crianza con ConCiencia+. Juntos revisaremos:   * Cómo obtener tu Certificado de Crianza Positiva y desbloquear funciones nuevas * Cómo monitorear tu progreso * Cómo obtener ayuda con este curso * Cómo navegar por el MENÚ * Obtener apoyo para superar desafíos comunes de la crianza, * Recursos a tu disposición en caso de emergencia o crisis, y * Encontrar actividades para hacer con tu adolescente. | * Obtén tu Certificado * Sigue tu progreso * Supera los desafíos de la crianza * Navega por el MENÚ * Obtén ayuda * Encuentra actividades para hacer con tu adolescente. |
| First, How to complete the course and earn your Crianza con ConCiencia+certificate.  This programme contains 5 lessons, with a new lesson delivered each day. En solo 15 minutos o menos al día puedes mejorar tu relación con tu adolescente.  Una vez que hayas completado las cinco lecciones, obtendrás tu Crianza con ConCiencia+ certificado. | Obtén tu Certificado Crianza con ConCiencia+  Mejorar la relación con mi adolescente  Pasar tiempo Uno a Uno con mi adolescente  Reconocer y halagar  Crear una rutina para el tiempo Uno a Uno   Identificar las emociones y sentimientos durante el tiempo Uno a Uno  Mantener la calma cuando estamos estresados |
| A medida que avances en la lección del día, recibirás actualizaciones sobre tu progreso que se verán así: .  Estas palomitas te indican en qué parte de la lección del día te encuentras.  Si quieres ver tu progreso general, solo tienes que escribir "Menú" para acceder al Menú Principal después de completar la lección.   Elige "Revisar y seguir mi progreso" y, a continuación, da clic en "Seguir mi progreso".  Si quieres regresar a una lección que ya has completado, selecciona "Repetir lección completada." Después, escoge la lección que quieras repasar. | MENÚ  "¿Qué te gustaría hacer?"   Revisar y seguir mi progreso   Seguir mi progreso  Repetir lecciones completadas  Obtener ayuda adicional con mi curso |
| Criar a un adolescente no siempre es fácil. Aunque parezca que las dificultades que experimentas solo te pasan a ti, son más comunes de lo que crees.  A medida que avances en este programa, te iré preguntando cómo van las cosas con tu adolescente. Si no van bien, podría ofrecerte apoyo.  Siempre que me compartas tus retos o dificultades, te ofreceré soluciones prácticas para ayudarte a tener éxito.  Sin embargo, no tienes que esperar a que yo te ofrezca apoyo. Puedes entrar a la sección de ayuda para la solución de problemas a través del Menú Principal en cualquier momento.   Ve al Menú principal, da clic en "Revisar y seguir mi progreso" y, a continuación, selecciona "Obtener ayuda adicional con mi curso" | ^  **Resuelve** desafíos de crianza comunes que se presentan con tu adolescente |
| El menú también contiene otras funciones que te pueden ayudar.  Además de seguir tu progreso, también puedes:   * Cambia la configuración de tu perfil. * Invite a friend to enroll in Crianza con ConCiencia+ * Get help with an emergency * and rewatch this video on Crianza con Conciencia+ * Revisar esta guía de introducción para aprender a navegar por Crianza con ConCiencia+. | Menú   * Revisar y seguir mi progreso * Change my settings * Invite a friend to enroll in Crianza con Conciencia+ * Get help with an emergency * Watch a video about Crianza con Conciencia+ |
| Veamos "Cambiar la configuración de tu perfil".   Al elegir "cambiar la configuración de mi perfil", puedes cambiar el idioma, la forma en que recibes los mensajes de Crianza con Conciencia+, tu género, tu estado civil, la fecha de nacimiento de tu adolescente, su apodo y su género. | What would you like to change?   1. Your Language  2. Your Media Settings  3. Your Gender  4. Your Relationship Status  5. Your Child’s Date of Birth  6. Your Child’s Nickname  7. Your Child’s Gender |
| Si quieres invitar a un amigo o familiar a inscribirse a Crianza con Conciencia+, ve al MENÚ, y elige "Invitar a un amigo a inscribirse a Crianza con Conciencia+ "  Una vez seleccionado, recibirás un enlace que podrás compartir por SMS o WhatsApp con tus amigos y familiares para invitarles a unirse. | Menú   * Revisar y seguir mi progreso * Change my settings * **Invite a friend to enroll in** Crianza con Conciencia+ * Get help with an emergency * Watch a video about Crianza con Conciencia+ |
| If you need information about resources in your community to address family violence, sexual violence, mental health, or other emergencies, you can message HELP at any time for contact details for people who may be able to help.  También puedes ir a Menú y seleccionar "Obtén ayuda en caso de emergencia"  Your information here is safe: Nothing will be shared without your permission and will not be sold for profit. The messages you send are encrypted and locked in a secure server. But remember, anyone with access to your unlocked phone can view your messages. So,if you send sensitive information, and you are worried, be sure to delete the messages from your phone. | HELP |
| On Crianza con Conciencia+, you can also find new activities to do with your teen by typing PLAY in Crianza con Conciencia+.  You can do these activities at home in your everyday life with everyday objects.   Puedes elegir el tipo de actividad que quieres hacer con tu adolescente  Dinámica - para divertirse con energía Tranquila - para relajarse juntos  Quick - for when you are short on time Group - for family-friendly group activities | PLAY  Active  Calm  Quick  Group |
| Thank you so much for listening! Puedes ver este vídeo en cualquier momento a través del Menú Principal.  Manda la palabra Menú y elige "Ver vídeo sobre Crianza con Conciencia+"  ¡Esperamos que disfrutes de tu viaje a Crianza con ConCiencia+ y que lo aproveches al máximo! | Bienvenido a Crianza con ConCiencia+ |

# {Core Course (Young Children)}

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| {Lesson: Spend One-on-one Time with My Girl or Boy} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Bienvenido a Crianza con ConCiencia+  Spending special time with your girl or boy will make them feel valued and loved.   It will also build trust and respect, and support boys and girls in learning new things. ✨  Here are three tips to make the most of spending One-on-One time with your girl or boy:  DAY,  PLAY,  and STAY  Let’s get started! | Spend One-on-One time with my girl or boy  DAY  PLAY  STAY |  |
| El primer tip es Frecuentar:  ¡Intenta pasar 5 minutos o más con tu niño o niña TODOS los días! | DAY  5 minutes or more every day! |  |
| The second tip is Play.  Ask your girl or boy if they want to spend one-on-one time with you. Deja que escojan qué hacer o de qué hablar. Explore different activities together. This should be fun! | PLAY  Deja que tu niña o niño escoja la actividad |  |
| Our final tip is Stay. Stay focused on your boy or girl.  Switch off the TV, put aside phones and remove distractions.   Look at your girl or boy. Nod or say “I see” to show you are really paying attention.   Accept your boy or girl and avoid judgement.  Respond to your girl or boy when they communicate with you. Your boy or girl may use gestures, full sentences, movements, and sounds to communicate with you. It shows you are really paying attention to them. | STAY  Focus on your boy or girl |  |
| Remember, for one-on-one time with boys and girls:  Day,  Play,  and Stay  Your Home Activity this week is to try spending at least 5 minutes of one-on-one time with your girl or boy every day.  It will make such a difference!  Do you have time to do it today? | Spend One-on-One time with my boy or girl   1. DAY 2. PLAY 3. STAY   HOME ACTIVITY:  Spend at least 5 minutes of one-on-one time with your girl or boy every day. | {Animate words to text.} |

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| {Lesson: Give Praise} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, it is great to see you again on Crianza con ConCiencia+.  Today we are learning about giving our boys and girls praise.  Cuando reconocemos a nuestras niñas y niños por portarse de manera adecuada, eso hace que quieran portarse así más seguido. It also creates a positive and loving relationship between you and your boy or girl.  Begin by praising them during one-on-one time  By following these four simple tips: SEE IT, SAY IT, REPEAT IT, KEEP IT POSITIVE. | Give praise  SEE IT  SAY IT  REPEAT IT  KEEP IT POSITIVE |  |
| The first step is to see it:  Look out for anything your boy or girl does that is helpful or good.   Pause and really notice when they are doing something positive.  Next, say it.  Praise them when you see them do something you like. Tell them specifically what they have done well.  Be enthusiastic and really mean it! This means they are more likely to do it again.  The third step is to repeat it.  Try to find something every day to praise your boy or girl. Even if it is something really small, keep doing it.  Finally, keep it positive. Asegúrate de que cuando reconoces a tu niña o niño, te enfocas en algo que ha hecho bien.  You can show your praise with a big smile and words. You can also clap, hug, or tickle your boy or girl to show you appreciate them.  Keeping it positive reminds them that you notice them and care.  Remember: See it, Say it, Repeat it, and Keep it positive.  Reconocer y halagar a nuestros niños y niñas por su buen comportamiento puede ayudar a que lo repitan más seguido. | SEE IT  Notice anything your boy or girl does that is helpful or good  SAY IT  Give enthusiastic praise!  REPEAT IT  Praise good behaviour every day  KEEP IT POSITIVE  Enfócate en lo que tu niña o niño ha hecho bien. | {Animate words to text.} |
| You are doing great, you should be very proud of yourself.  Your Home Activity today is to try to praise your boy or girl during one-on-one time. Can you try it today? | Give praise  HOME ACTIVITY    Praise your boy or girl. |  |

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| {Lesson: Create a Routine for one-on-one Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi again! In this lesson, we will learn how to create routines for one-on-one time.  To continue building a positive relationship with your girl or boy, let’s make one-on-one time a part of the routine. You can use the tips for one-on-one routines to create other daily routines with your boy or girl. Creating daily routines with your girl or boy will also help them feel more secure, safe and cooperative.  Help them plan time for resting, meals, chores, school, and sleep, using these three tips for creating a routine for one-on-one time :  Be a Team  Be Consistent  and Give Praise  Let’s begin. | Create Routine for One-on-One Time  Be a Team  Be Consistent  Give Praise |  |
| First, Be a Team.  Talk to your girl or boy about what they want their routines to look like. Did you know that your boy or girl is more likely to follow routines when they help to set them? Try it out! | BE A TEAM and work together with your girl or boy to set the routine |  |
| Next, Be Consistent  Una vez establecida la rutina, asegúrate de que tu niño o niña la siga a diario.  Activities become easier to manage when girls and boys learn and get used to a routine.  Consistent routines help your boy or girl learn how to do daily activities by themselves and how to manage their time. | BE CONSISTENT to make sure your boy or girl follows their routines |  |
| Finally, Give Praise.  Thank your girl or boy for creating a routine with you and praise them when they follow the routine! | GIVE PRAISE for setting and following the routine. |  |
| Here are some other routines you could talk about with your boy or girl:  Bedtime  Schoolwork  Chores  Mealtime  Free time  TV or gadget time | Here are some other routines you could talk about with your boy or girl:  ✅ Bedtime  ✅ Schoolwork  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or gadget time |  |
| Your home activity is to try to create a routine around spending 5 minutes of one-on-one time with your girl or boy every day. 📝 Can you do it today? | Home Activity:  Create a routine around spending 5 minutes of one-on-one time. |  |

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| {Lesson: Noticing Feelings During One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi there!  Hoy descubriremos cómo identificar tus sentimientos y los de tu niño o niña durante el tiempo Uno a Uno.  Noticing and talking about feelings with your girl or boy will help them learn how to express and regulate themselves. They will learn that all feelings are okay - even the unpleasant ones.  You can help by listening to them, thinking about how it must feel for them, and accepting their emotions. This will help them recognise other people’s feelings, too.  Here are 6 tips for how you can help your girl or boy learn how to cope with their emotions: LEARN, NOTICE, OPEN, TALK, SHARE and CARE  Let’s learn more about these together. | Notice Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE |  |
| The first step is to Learn.  Learn about different emotions. There are 6 basic emotions, all of which provide us with a very specific message:  Happy tells us to keep doing things that make you feel good.  If you're feeling sad, it's an indicator that something important in your life needs attention.  When anger arises, it's a signal to stand up for ourselves, and set limits.   The feeling of disgust tells us to move away from what we don’t like.   When you feel surprised, it's a signal to stop and pay attention for a moment, as something unexpected or important might be happening.  Feeling afraid signals us to run away from immediate danger, ensuring our safety and well-being.  As girls and boys get older, they learn to identify lots of other emotions, like feeling excited, frustrated, proud, lonely, peaceful, guilty, or confused | LEARN about different emotions.  Happy  Sad  Angry  Disgusted  Surprised  Afraid |  |
| Next, is to NOTICE.   Begin observing these 6 emotions in yourself and in your girl or boy. Notice how each emotion feels in your body. You can also notice pleasant emotions such as a sense of peace, happiness, or calmness.Noticing can also allow girls and boys to appreciate a beautiful moment or feeling of love! | NOTICE these 6 emotions in yourself and your girl or boy |  |
| Third, is to be Open.  Be open, notice, and listen to your boy or girl when they share how they are feeling. Accept how you and your girl or boy feels.  Remember your and their bodies are sending messages about what you both are feeling. Recognize that feelings are important for both. | Be OPEN, notice, and listen to your boy or girl |  |
| The fourth step is to TALK  It is normal to have difficulty talking about and expressing emotions and feelings. Remember, it is also normal to experience feelings in different ways.  When your girl or boy is feeling an emotion, describe what you are observing in a calm way. For example, you might say  “I notice you’re stomping your feet, talking loudly, and your face looks a bit upset. Are you feeling angry because you didn’t get to play outside?”  You can also help your boy or girl learn different emotions by using facial expressions and physical movements. You can also make it into a game! | TALK about your emotions and feelings |  |
| Step five is to share.  Share your own feelings with your girl or boy.  For example, you might say, “I would feel the same way if I couldn’t go out when I wanted to.”  This sets a good example and shows your boy or girl that it's okay to share their own feelings. | SHARE your own feelings with your girl or boy |  |
| The final step is to CARE.  Use physical and verbal support to make your boy or girl feel accepted and loved.  Jump with your boy or girl a little bit to shake out anger or take some deep breaths to calm down. These are some of the ways to deal with your emotions.  Remind your girl or boy that you are there for them and that they can always talk to you. | CARE for your boy or girl |  |
| Remember, talk about feelings with your boy or girl by [1] learning about different emotions, [2] noticing these six emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your child care with love and acceptance.  You’re doing great!  Your home activity is to notice your girl or boy’s feelings during one-on-one time today. Talk to your boy or girl by describing your own feelings and their feelings.  Can you do it today? | Notice feelings during one-on-one time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  HOME ACTIVITY:  Talk to your boy or girl by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

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| {Lesson: Keeping Calm When We Are Stressed} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| ¡Bienvenido de nuevo a Crianza con ConCiencia+!  Al prestar atención a tus sentimientos, habrás notado sentimientos de enojo, frustración o tristeza.  We love our girls and boys, but stress from caregiving and other events can make us feel angry. This is a normal part of life!  It is important for us to try to stay calm in order to help manage our anger so we do not hurt others.  There are four steps to keeping calm in stressful situations: BE CALM, QUICK, CLEAR, and POSITIVE.  Let’s begin! | Keeping Calm When We Are Stressed   BE CALM  BE QUICK  BE CLEAR  BE POSITIVE |  |
| First, be calm.  Be aware of your own feelings.Take care of your emotions.  Remember your goal is to make your girl or boy feel loved and secure.  Act effectively: Take a pause or a few breaths before asking your boy or girl to do something else.  Después, habla con tu niña o niño usando una voz calmada. | BE CALM  Be aware  Remember your goal  Act effectively  Speak calmly |  |
| Second, be quick.  There are other things you can do to help manage unwanted behavior before it becomes stressful.  Praise something positive that your boy or girl did today.  Understand their feelings. For example, it may feel boring to pick up toys after having fun or ending a big task.  Ask your girl or boy to do something else, and distract them before the unwanted behaviour begins or gets worse.  Invite your boy or girl in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  This is much easier than using consequences after they do something! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to a chore |  |
| Third, be clear.   En lugar de decir lo que NO quieres, dile a tu niño o niña lo que SÍ quieres que haga.  For example, say:  “Please speak more softly”, or  “Remember to walk inside the house.”  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Praise your girl or boy when they behave well!  Redirecting your boy or girl to a positive behaviour will help you manage the situation.  It will also help them know what you expect from them! | BE POSITIVE   Praise  Redirect |  |
| Your Home Activity this week is to remember to use these four steps if you start feeling stressed or angry during one-on-one time with your girl or boy. You can also share them with another member of your family. Sharing these tips will be great for everyone’s well-being.  Can you share these tips today? | HOME ACTIVITY   Share the four steps of keeping calm with another family member |  |

# {Core Course (Teens)}

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| {Lesson: Spend One-on-one Time with My Teen} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Bienvenido a Crianza con ConCiencia+  Spending one-on-one time with your teen will help you build trust, respect, and a positive relationship between you and your teen.  Here are three tips to make the most of spending one-on-one time with your teen:  DAY,  PLAY,  and STAY  Let’s get started! | Spend One-on-One Time with my Teen  DAY  PLAY  STAY |  |
| El primer tip es Frecuentar:  ¡Intenta pasar 5 minutos o más con tu adolescente TODOS los días! | DAY  5 minutes or more every day! |  |
| The second tip is Play.  Ask your teen if they want to spend one-on-one time with you. Deja que escojan qué hacer o de qué hablar. Explore different activities together. This should be fun! | PLAY  Deja que tu adolescente escoja la actividad |  |
| Our final tip is Stay. Stay focused on your teen.  Switch off the TV, put aside phones and remove distractions. Look at your teen. Nod or say “I see” to show you are really paying attention.  Accept your teen and avoid judgement. Respond to your teen when they communicate with you. Your teen may use gestures, full sentences, movements, and sounds to communicate with you. It shows you are really paying attention to them. | STAY  Focus on your teen |  |
| Remember, for one-on-one time with your teen:  Day,  Play,  and Stay  Your Home Activity this week is to try spending at least 5 minutes of one-on-one time with your teen every day.  It will make such a difference!  Do you have time to do it today? | Spend One-on-One time with my teen   1. DAY 2. PLAY 3. STAY   HOME ACTIVITY:  Spend at least 5 minutes of one-on-one time with your teen every day. | {Animate words to text.} |

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| {Lesson: Give Praise} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, it is great to see you again on Crianza con ConCiencia+.  Today we are learning about giving our teens praise.  Cuando reconocemos a nuestro adolescente por portarse de manera adecuada, eso hace que quieran portarse así más seguido. It also creates a positive and loving relationship between you and your teen.  Begin by praising them during one-on-one time  Here are four simple tips for praising your teen: SEE IT, SAY IT, REPEAT IT, and KEEP IT POSITIVE. | Give praise  SEE IT  SAY IT  REPEAT IT  KEEP IT POSITIVE |  |
| The first step is to see it.  Look out for anything your teen does that is helpful or good.   Pause and really notice when they are doing something positive.  Next, say it.  Praise them when you see them do something you like. Tell them specifically what they have done well.  Be enthusiastic and really mean it! This means they are more likely to do it again.  The third step is to repeat it,  Try to find something every day to praise your teen. Even if it is something really small, keep doing it.  Finally, keep it positive. Asegúrate de que cuando reconoces a tu adolescente, te enfocas en algo que ha hecho bien.  You can show your praise with a big smile and words. You can also raise your thumb, hug, or wink an eye at your teen to show you appreciate them.  Keeping it positive reminds them that you notice them and care.  Remember: See it, Say it, Repeat it, and Keep it positive.  Reconocer y halagar a nuestros adolescentes por su buen comportamiento puede ayudar a que lo repitan más seguido. | SEE IT  Notice anything your teen does that is helpful or good  SAY IT  Give enthusiastic praise!  REPEAT IT  Praise good behaviour every day  KEEP IT POSITIVE  Enfócate en lo que tu adolescente ha hecho bien. | {Animate words to text.} |
| You are doing great, you should be very proud of yourself.  Your Home Activity today is to try to praise your teen during one-on-one time.  Can you try it today? | Give praise  HOME ACTIVITY    Praise your teen |  |

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| {Lesson: Create a Routine for One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi again! In this lesson, we will learn about how to create routines for one-on-one time.  To continue building a positive relationship with your teen, let’s make one-on-one time a part of the routine.  You can use the tips for one-on-one routines to create other daily routines with your teen.  Creating daily routines with your teen will also help them feel more secure, safe and cooperative.  Help them plan time for resting, meals, chores, school, and sleep, using the three tips on how to create routines with your teen:  Be a Team  Be Consistent  and Give Praise  Let’s begin. | Create Routine for One-on-One Time  Be a Team  Be Consistent  Give Praise |  |
| First, Be a Team.  Talk to your teen about what they want their routines to look like. Did you know that your teen is more likely to follow routines when they help to set them? Try it out! | BE A TEAM and work together with your teen to set the routine |  |
| Next, Be Consistent  Una vez establecida la rutina, asegúrate de que tu adolescente la siga a diario.  This helps your teen feel safe and secure, because they know what to expect.Feeling secure means your teen has space to grow, develop and gain independence. | BE CONSISTENT to make sure your teen follows their routines |  |
| Finally, Give Praise.  Thank your teen for creating a routine with you and praise them when they follow the routine! | GIVE PRAISE for setting and following the routine. |  |
| Here are some other routines you could talk about with your teen:  Bedtime  Schoolwork  Chores  Mealtime  Free time  TV or gadget time | Here are some other routines you could talk about with your teen:  ✅ Bedtime  ✅ Schoolwork  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or gadget time |  |
| Your home activity is to try to create a routine around spending 15 minutes of one-on-one time with your teen every day. 📝 Can you do it today? | Home Activity:  Create a routine around spending 15 minutes of one-on-one time. |  |

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| {Lesson: Noticing Feelings During One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi there!  Hoy descubriremos cómo identificar tus sentimientos y los de tu adolescente durante el tiempo Uno a Uno.  Noticing and talking about feelings with your teen will help them learn how to express and regulate themselves. They will learn that all feelings are okay - even the unpleasant ones.  You can help by listening to them, thinking about how it must feel for them, and accepting their emotions. This will help them recognise other people’s feelings, too.  Here are 6 tips for how you can help your teen learn how to cope with their emotions: LEARN, NOTICE, OPEN, TALK, SHARE and CARE  Let’s learn more about these together. | Notice Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE |  |
| The first step is to Learn.  Learn about different emotions. There are 6 basic emotions, all of which provide us with a very specific message:  Happy tells us to keep doing things that make you feel good.  If you're feeling sad, it's an indicator that something important in your life needs attention.  When anger arises, it's a signal to stand up for ourselves, and set limits.   The feeling of disgust tells us to move away from what we don’t like.   When you feel surprised, it's a signal to stop and pay attention for a moment, as something unexpected or important might be happening.  Feeling afraid signals us to run away from immediate danger, ensuring our safety and well-being.  As teens, they learn to identify lots of other emotions, like feeling excited, frustrated, proud, lonely, peaceful, guilty, or confused | LEARN about different emotions.  Happy  Sad  Angry  Disgusted  Surprised  Afraid |  |
| Next, is to NOTICE.   Begin observing these 6 emotions in yourself and in your teen. Notice how each emotion feels in your body. You can also notice pleasant emotions such as a sense of peace, happiness, or calmness. Noticing can also allow teens to appreciate a beautiful moment or feeling of love! | NOTICE these 6 emotions in yourself and your teen |  |
| Third, is to be Open.  Be open, notice, and listen to your teen when they share how they are feeling. Accept how you and your teen feels. Remember your and their bodies are sending messages about what you both are feeling. Recognize that feelings are important for both. | Be OPEN, notice, and listen to your teen |  |
| The fourth step is to TALK  It is normal to have difficulty talking about and expressing emotions and feelings. Remember, it is also normal to experience feelings in different ways.  When your teen is feeling an emotion, describe what you are observing in a calm way. For example,  “I notice you’re pacing around the house, talking loudly, and your face looks a bit upset. Are you feeling angry because you can’t go out at night?”  You can also help your teen learn different emotions by using facial expressions and physical movements. You can also make it into a game! | TALK about your emotions and feelings |  |
| Step five is to share.  Share your own feelings with your teen.  For example, I would feel the same way if I couldn’t go out when I wanted to.  This sets a good example and shows your teen that it's okay to share their own feelings. | SHARE your own feelings with your teen |  |
| The final step is to CARE.  Use physical and verbal support to make your teen feel accepted and loved.  Do some active exercise to shake out anger, give some space to each other or take some deep breaths to calm down. These are some of the ways to deal with your emotions.  Remind your teen that you are there for them and that they can always talk to you. | CARE for your teen |  |
| Remember, talk about feelings with your teen by [1] learning about different emotions, [2] noticing these six emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your child care with love and acceptance.  You’re doing great!  Your home activity is to notice your teen’s feelings during one-on-one time today. Talk to your teen by describing your own feelings and their feelings.  Can you do it today? | Notice feelings during one-on-one time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  HOME ACTIVITY:  Talk to your teen by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

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| {Lesson: Keeping Calm When We Are Stressed} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| ¡Bienvenido de nuevo a Crianza con ConCiencia+!  Al prestar atención a tus sentimientos, habrás notado sentimientos de enojo, frustración o tristeza.  We love our teens, but stress from caregiving and other events can make us feel angry. This is a normal part of life!  It is important for us to try to stay calm in order to help manage our anger so we do not hurt others.  There are four steps to keeping calm in stressful situations: BE CALM, QUICK, CLEAR, and POSITIVE.  Let’s begin! | Keeping Calm When We Are Stressed   BE CALM  BE QUICK  BE CLEAR  BE POSITIVE |  |
| First, be calm.  Be aware of your own feelings.Take care of your emotions.  Remember your goal is to make your teen feel loved and secure.  Act effectively. Take a pause or a few breaths before asking your teen to do something else.  Después, habla con tu adolescente usando una voz calmada. | BE CALM  Be aware  Remember your goal  Act effectively  Speak calmly |  |
| Second, be quick.  There are other things you can do to help manage unwanted behavior before it becomes stressful.  Praise something positive that your teen did today.  Understand their feelings. For example, it may feel boring to clean up after having fun or ending a big task.  Ask your teen to do something else, and distract them before the unwanted behaviour begins or gets worse.  Invite your teen in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  This is much easier than using consequences after they do something! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to a chore |  |
| Third, be clear.   En lugar de decir lo que NO quieres, dile a tu adolescente lo que SÍ quieres que haga.  For example, say:  “Please speak more softly”, or  “Remember to hang your jacket in your closet, please.”  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Praise your teen when they behave well!  Redirecting your teen to a positive behaviour will help you manage the situation.  It will also help them know what you expect from them! | BE POSITIVE   Praise  Redirect |  |
| Your Home Activity this week is to remember to use these four steps if you start feeling stressed or angry during one-on-one time with your teen. You can also share them with another member of your family. Sharing these tips will be great for everyone’s well-being.  Can you share these tips today? | HOME ACTIVITY   Share the four steps of keeping calm with another family member |  |