{Manage My Teen’s Behaviour}

| {Lesson: Keeping it Positive} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello again, it’s great to have you here on Crianza con Conciencia Positiva!   Today’s lesson is all about how to help your teen follow instructions.  Being more effective about how we give instructions can make things more peaceful and calm at home.    Here are three tips on how to help your teen follow instructions more often:  Be specific, [pause] be realistic, [pause], be Positive.  Let's learn more together. | Keeping it Positive  BE SPECIFIC  BE REALISTIC  BANI NEMBONO LOMUHLE |  |
| To start off, be specific.  Say the behaviour you want your teen to do. For example: “Please take your shoes off when you come inside, Rosa.”  Remember, use your teen's name to get their attention. Sit next to them and make eye contact. | BE SPECIFIC  ✅“Please take your shoes off when you come inside, Rosa” | Animate words to text. |
| Next, be realistic.  Make sure that the instruction is something that your teen can do. Give one instruction at a time. It can be difficult for your teen to remember many instructions! If possible, give a transition warning: “In 10 minutes, it will be time for dinner, and for you to clean the table.” | BE REALISTIC  ✅“In 10 minutes, it will be time for dinner, and for you to clean the table.” | ^ |
| Lastly, be positive.  Use positive words when giving instructions. For example, instead of saying “Don’t shout,” say “Talk in a quiet voice.” Give instructions in a firm voice and stay calm. Behave as if you expect your teen to do what you ask.  Remember to praise, praise,and praise! Make sure you praise your teen immediately when they follow your instructions.  Also, be kind to yourself if you forget sometimes. Learning how to give positive instructions is not easy, but it works! | BANI NEMBONO LOMUHLE  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your teen.  Unaso yini sikhatsi sekukwenta loku namuhla? | Keeping it Positive  HOME ACTIVITY  Give specific, realistic, and positive instructions to your teen |  |

| {Lesson: Creating Family Rules} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva!  This lesson is about creating family rules or guidelines with your teen. When you are making household rules with your teen, remember these four steps:  Sebentisana nalabanye  [Phumula]  Yenta Lokuliciniso  [phumula]  Ungagucuki kuloko lokushoko  [phumula]  Dvumisa njalo  Ready to learn more? Let’s dive in. | Creating Family Rules  Sebentisana nalabanye  YENTA LOKULICINISO  UMENJALO KULOWO MTSETFO  Mudvumise njalo |  |
| Kwekucala, Sebentisana nalabanye.  Sebentisana nemntfwana wakho nawakha imitsetfo yasekhaya. Loko kutawumenta kutsi ayilandzele lemitsetfo. Make one rule at a time. Cocisanani ngetizatfu letibangela kutsi nente lomtsetfo uyilalele nemibono yakhe.  Lokulandzelako, yenta tintfo ngendlela lefanele.  Yentani imitsetfo lakatawukhona kuyilandzela umntfwana wakho. Umtsetfo kufanele ucace kuze batokucondza loko lofuna kutsi bakwente. Yenta siciniseko kutsi lomtsetfo ulungile. Remember to explain the reason for the rule.  [3] Sinyatselo sesitsatfu kutsi umenjalo kulowo mtsetfo. Nangabe seniwubekile umtsetfo, kufanele niwulandzele! Nangabe uhlala umlindzele kutsi awulandzele umtsetfo lotsite umntfwana wakho, maningi kakhulu ematfuba ekutsi awulandzele lowo mtsetfo. If the rule is something that also involves you, then it is important that you stick to it too.  [4] Kwekugcina, dvumisa njalo njalo. Mbonge umntfwana wakho ngekuhlanganyela nawe nanakha imitsetfo yasekhaya. Njengoba ubadvumisa ngekutiphatsa kahle nekulandzela imilayeto, badvumise njalo nalapho bawulandzela lomtsetfo! | Sebentisana nalabanye  Yakhani imitsetfo kanye kanye nemntfwana wakho  YENTA LOKULICINISO  Keep your rules realistic, clear, and specific  UMENJALO KULOWO MTSETFO  Make sure you and your teen follow the rules consistently  Mudvumise njalo  Mudvumise njalo umntfwana wakho nawubona kutsi uyayilandzela lemitsetfo. |  |
| Khumbula: [Phumula]  Be a team, [pause] Keep it real, [pause] Be Consistent, [pause] and Praise your teen for following the rules.  Umsebenti wasekhaya kutsi netame kwenta lokungenani umtsetfo wemndeni ube munye. Ungakwenta yini loko namuhla? | Creating Family Rules  Sebentisana nalabanye  YENTA LOKULICINISO  UMENJALO KULOWO MTSETFO  Mudvumise njalo  HOME ACTIVITY: Create at least one family rule with your teen. |  |

| {Lesson: Teaching my Teen Consequences} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hi, you're back on Crianza con Conciencia Positiva, fantastic! This lesson helps with what to do when your teen has already done something unwanted or that we consider to be a mistake.  Teenagers are still learning who they are and how they want to be in the world. Consequences teach our teens that their actions affect themselves and others. It is important for our teens to learn as they get older. Giving clear consequences teaches teens more than hitting or shouting does.  Here are four simple steps for using consequences when your teen behaves badly:  Yehlisa umoya  Yenta lokulungile  Ungagucuki kuloko lokushoko  Bani nemibono lemihle  Asesifundze kabanti ngaletinyatselo. | Teaching my Teen Consequences  YEHLISA UMOYA  Yenta lokulungile  UMENJALO KULOWO MTSETFO  BANI NEMBONO LOMUHLE |  |
| The first step is Be Calm. Intfo lebaluleke kakhulu lokufanele uhlale uyikhumbula kutsi kufanele wehlise umoya nawutawumnika imiphumela umntfwana wakho umntfwana wakho. Shouting or hitting our teens only makes things worse. It also teaches them that it is okay to treat others like this when they are upset. If you are feeling upset, take some deep breaths, take a pause, or walk away if you need to. Then, respond in a calm, clear way.  The second step is to Be Fair.  When your teen misbehaves, give them the option to behave before giving a consequence. For example, you can say, “Either you do your homework now, or you cannot watch your favourite T.V. show tonight.”  Lesinyatselo lesi sibalula nangabe nicale ngekuvumelana ngemiphumela. Nangabe nibeka imitsetfo yasekhaya, yenta siciniseko kutsi niyakhulumisana ngemiphumela yekungayilandzeli.  Remember to always listen to your teen’s view and notice if your teen is experiencing a consequence of their action already. If so, you might not need to give them another consequence.  The third step is to be consistent.  It is important to follow through with consequences for the rules you have set every time they do not follow them. This helps your teen to know what to expect, and makes it more likely that they will follow the rule. Talk about the consequences for breaking household rules when you set them so that your teen knows them and sticks to them.  Finally, do not forget to be positive! Praise your teen for actions you want to see more of so that they know what they are doing right, too! See if you can avoid giving consequences at all, by redirecting them to something else before they behave badly. Consequences help our teens learn how their actions affect others - and to think before they act.  Using consequences can be hard at first, but will be easier with practice! | YEHLISA UMOYA  Shouting will only make it worse  Yenta lokulungile  Be reasonable and give your teen the chance to obey  UMENJALO KULOWO MTSETFO  Give the consequence every time a rule is not followed  BANI NEMIBONO LEMIHLE  Praise the behaviour you want to see more of |  |
| Khumbula, kumfundzisa ngemiphumela umntfwana wakho:  Be calm, [pause] be fair, [pause] be consistent, [pause] and be positive!  Your home activity is to write a list of fair consequences you can use. This will prepare you for the next time your teen behaves badly.  Ungakwenta yini loko namuhla? | Teaching my Teen Consequences  YEHLISA UMOYA  Yenta lokulungile  UMENJALO KULOWO MTSETFO  BANI NEMBONO LOMUHLE  HOME ACTIVITY:  Bhala luhla lwemiphumela lelungile. |  |

| {Lesson: Solving Problems with My Teen} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello again, it is good to see you on Crianza con Conciencia Positiva! This lesson is about learning how to solve problems with your teen.  When something happens, take a deep breath. Then, help your teen work on the problem with these 4 steps: KNOW IT, SOLVE IT, TRY IT, TEST IT.  Let’s learn more together! | Solving Problems with My Teen  KWATI  YICATULULE  SETAME  YIHLOLE |  |
| Sinyatselo sekucala kutsi Uyati. Yibeke ngemagama lenkinga. Describe the problem as if you are explaining it to a stranger. Then talk to your teen about what the problem is. Remember, your teen or you are not the problem. Focus on the situation. | KWATI  Yibeke ngemagama lenkinga. |  |
| Sinyatselo sesibili kutsi uyicatulule. Cabangani ngato tonkhe tisombululo letingabakhona mayelana netinkinga temntfwana wakho kanye kanye. Cabangani kanye kanye kutsi imiphumela yato ingaba njani. Yini leningayenta ngalokwehlukile kulesimo esikhatsini lesitako nemntfwana wakho? | YICATULULE  Cabanga ngetisombululo talenkinga kanye nemiphumela yato. |  |
| Sinyatselo sesitsatfu kutsi wetame. Choose 1 solution and try it out the next time you or your teen are in a similar situation. | SETAME  Khetsa sisombululo sibe sinye lotawusetama esikhatsini lesitako. |  |
| Sinyatselo sesine kutsi usihlole. When you or your teen has the chance again, and has tried the solution out, ask whether it worked. Nangabe sikusebentele, kuhle kakhulu loko! Nangabe asikakusebenteli, phindze ukhulume nemntfwana wakho kute nitfole lenye indlela yekusombulula lenkinga. | YIHLOLE  “Ngabe sinisebentele?” |  |
| Khumbula, kute ucatulule tinkinga nemntfwana wakho:  [1] Yati lenkinga ngekutsi uyibite ngemagama.  [2] Tfolani tindlela tekuyicatulula lenkinga kanye kanye nemntfwana wakho.  [3] Khetsani sisombululo sibe sinye futsi nitibophelele kutsi nitawusetama nangesikhatsi lesitako.  [4] Sihloleni lesisombululo. Ngabe sinisebentele?  Yetamani kutfola tisombululo kanye kanye. Lalela umntfwana wakho, wemukele indlela lakabona ngayo aphindze ative ngayo tintfo, bese uyambonga ngekutsi akwetsembe.  Your home activity is to talk with your teen about the four steps to problem solving by reviewing this lesson together. Kuba nelwati lwekucatulula tinkinga yinto lekangayisebentisa imphilo yakhe yonkhe!  Ungakwenta yini loko namuhla? | Solving Problems with My Teen  KWATI  YICATULULE  SETAME  YIHLOLE  HOME ACTIVITY:  Khulumisana nemntfwana wakho ngetinyatselo letine tekucatulula tinkinga. |  |

| {Lesson: Knowing Everyone’s Role} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Caregivers and teens all have a role to play in the household. Your teen's role is to learn from their caregivers what to do and what not to do. As a caregiver, your role is to care for your teen, keep them safe, and teach them how to behave in the world.  Let’s continue to learn more about the four tips to help you know what your role is as your teen's caregiver and to teach them their role, too. | Knowing Everyone’s Role |  |
| To kick things off, know your role  As a caregiver, your role is to make sure your teen has enough healthy food,  [Phumula]  has the clothes they need,  [phumula]  stays safe from harm,  [phumula]  has opportunities to go to school,  [phumula]  has medical attention when sick  [Phumula]  contributes to family needs, like doing chores,  [Phumula]  learns the traditions and values you wish them to have, such as honesty,  [Phumula]  has opportunities to express themselves equally for girls and boys,  [Phumula]  has opportunities to play,  [Phumula]  and feels loved and supported, no matter what. | KNOW YOUR ROLE  Make sure your teen:   has enough healthy food,  has the clothes they need,  stays safe from harm,  has opportunities to go to school,  has medical attention when sick  contributes to family needs, like doing chores,  learns the traditions and values you wish them to have, such as honesty,  has opportunities to express themselves,  has opportunities to play, and  feels loved and supported, no matter what. | Animate words to text. |
| Secondly, teach.  Tell Your teen what their role in the family is. This can include:  [phumula]  doing age-appropriate chores, like helping to prepare meals, making their beds, and sorting laundry,  [Phumula]  cooperating when their caregivers ask something of them,  [Phumula]  being respectful to others in the family,  [Phumula]  going to school and doing their homework,  [Phumula]  and being part of family decisions. | TEACH  Tell your teen what their role in the family is | Animate words to text. |
| Next, do as I do.  Your teen will learn from your actions much more than from the words you tell them. They notice more than you might think! Treat your teen and those around you in the way you would want them to act: with respect, kindness, patience, and love.  Shouting at or hitting your teen will only teach them to hit others when they are upset. Talk to them calmly and set a clear consequence so they learn to be calm with themselves and with others. If you are feeling intense emotions, like feeling upset or stressed, take a pause to care for yourself and then talk with your teen.  You have already completed the lesson on teaching your teen consequences but you can do it again at any time to remind yourself about how to use consequences. | DO AS I DO  Your teen will learn more from your actions than your words | Animate words to text. |
| Finally, notice.  Notice what your teen enjoys doing and help them do more of it. If they feel as if their needs and interests are respected, they are more likely to do their chores in the home willingly!  Notice and praise them when they do the tasks that are their responsibility so they learn what is expected of them. This way, they are more likely to do it again. | NOTICE  Notice what your teen enjoys, and praise them for doing their tasks | Animate words to text. |
| Your home activity is to talk to your teen about one of their interests or something they love doing and show them you love and support them for their passion. This shows them they are a valued member of your home.  Unaso yini sikhatsi sekukwenta loku namuhla? | Knowing Everyone’s Role  HOME ACTIVITY  Talk to your teen about one of their interests or something they love doing and show them you love and support them for their passion |  |

{Course: Keep my Teen Safe and Healthy}

| {Lesson: Being Safe in the Community} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva! This course is all about keeping your teen safe and healthy. In this lesson we are learning how to keep your teens safe in your community.  You are not alone! Mothers, fathers and caregivers all over the world say they worry about keeping their children safe.  Lenye indlela longavikela ngayo umntfwana wakho kutsi nakhe umdvwebo lokhomba tindzawo letiphephile kanye kanye. Ningakhona kubona tindzawo letiphephile naletingakaphephi emmangweni wakini.  Ningawakha umbalave wekuvikeleka ngetinyatselo letintsatfu letilula: Dvweba, Tsatsa sincumo, futsi ucoce.  Let’s learn more together! | Being Safe in the Community  Dweba  Yenta sincumo  COCA |  |
| The first step is to draw.  Dvweba libalave lendzawo yakini lelifaka ekhatsi tindzawo lenivame kuya kuto nemntfwana wakho. [1] Loku kufaka ekhatsi tindzawo letifana nelikhaya lakho, sikolwa, imigwaco, timakethe kanye naletinye tindzawo letivakashelwa ngumntfwana wakho. | Dweba | Begin with a blank sheet. Animate on [1] |
| The next step is to decide.  Khulumani ngetindzawo letikumephu yenu bese niyabona kutsi tiphephile yini. Listen to your teen: they might know more than you think they do about where it is safe or unsafe! Nangabe senisitsetse sincumo ngetindzawo letiphephile, dvweba indingilizi kuleto tindzawo. [1] Bese, ubhala siphambano kuto tonkhe letindzawo letingakaphephi kubantfwana. | Yenta sincumo | Begin with previous sheet. Animate on [1] |
| The final step is to discuss. Ngaletinye tikhatsi, sititfola sesisenkingeni. Cocani ngekutsi wena nemntfwana wakho ningalutfola kuphi lusito ngesikhatsi lesimatima. Loku kungaba-sekhaya, esikolweni, esiteshini semaphoyisa noma emtfolampilo. [1] Beka luphawu ngalokucacile kulemephu. | COCA | Begin with previous sheet. Animate on [1] |
| Khumbula, kwakha libalave lekuvikeleka emmangweni:  [1] Dvweba libalave lemmango wakini  [2] Tsatsa sincumo nemtfwana wakho nge tindzawo letiphephile naletingakaphephi.  [3] Cocani ngetindzawo lakangatfola khona lusito umntfwana wakho, bese niyatikhombisa kulemephu.  Your home activity is to create a community safety map with your teen. Unaso yini sikhatsi sekukwenta loku namuhla? | Being Safe in the Community  Dweba  Yenta sincumo  COCA  HOME ACTIVITY: Create a community safety map with your teen |  |

| {Lesson: Teaching Self Defence (F)} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva! It can be hard to think about Your Teen in dangerous situations.  To keep our teens safe, we need to understand their reality and the potential risky situations they can find themselves in.  We can help our teens know how to use their thoughts, voices, AND bodies in dangerous situations. It makes a big difference!  When we do not feel safe, regardless of our sex, gender or age, we are allowed to do anything to get away. Singasebentisa LIVI LETFU kanye NEMITIMBA yetfu kute sitivikele.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Nasitiva singakaphephi, sivumelekile kwenta noma ngabe yini kutsi sibaleke.   Remember the last scenario, where the man tried to force the teen into his car? How could the teen use their voice to get away? They might shout…   * "Cha!' * "Ngisiteni bo!" * "Ngitoshayela emaphoyisa nawuphindza ungitsintsa" * "Ungangitsintsi sibunu sami”   Or they might try something else…   * "Ngitokwenta noma ngabe yini loyifunako, Ngicela nje ungangilimati." * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!" * "Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako" * "Ngitakunika lucingo lwami nawungiyekela."   Asewucabange kutsi wena bewungenta njani? Kute imphendvulo lengasiyo. | Sebentisa Livi Lakho   * Cha! * "Ngicela ningisite!"! * "Ngitawubita emaphoyisa nawuphindze ungitsintsa" * Ungangitsintsi sibunu sami * Ngitakwenta nobe yini loyifunako, kodvwa ngicela ungangilimazi. * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!"! * Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako. * Ngitakunika lucingo lwami nawungangivumela ngihambe. |  |
| Our second tip is that you can also use your body. Nangabe livi letfu lingasivimbi simo, singasebentisa imitimba yetfu kute sitivikele. Kufanele utati tintfo letihloswe ngumuntfu nakakuhlasela futsi wente tonkhe taba kute umlimate: Muhhwebhe, Mudvonse, Mushaye, Mukhahlele noma Umshwile loyo lokuhlaselako. | SEBENTISA UMTIMBA WAKHO  Sebentisa umtimba wakho kute utivikele.   * Muhhwebhe * Mudvonse * Mushaye ngesibhakela * Khahlela * Mushwile | Use this image:  self\_defence\_moves\_f |
| Kunetindzawo letine letimcoka lekufanele utati nawuhlasela:  [1] ngemehlo  [2] Umphimbo  [3] Tindzawo tangansense  [4] nemadvolo |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text.  self\_defence\_zone\_1\_f |
| There are also seven secondary targets:  [1] Temple  [2] Ears  [3] Nose  [4] Solar Plexus (the space between the ribs)  [5] Fingers  [6] Shin  [7] Instep (top of the feet)  Hlasela noma ngabe nguyiphi yaletindzawo kute ulimate lesitsa sakho futsi ukhone kubaleka. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text.  self\_defence\_zone\_2\_f |
| Umsebenti wasekhaya kutsi ucocele umntfwana wakho ngalendzaba kute akulungele kutivikela. You can do it and Crianza con Conciencia Positiva can help. Bhala ligama lelitsi "PHEPHA" kute uphindze ufundze lesifundvo nemntfwana wakho. Ungakwenta yini loko namuhla? | Teaching Self Defence  Umsebenti wasekhaya:  Type “SAFE” and repeat this lesson with your teen |  |

| {Lesson: Teaching Self Defence (M)} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva! It can be hard to think about Your Teen in dangerous situations.  To keep our teens safe, we need to understand their reality and the potential risky situations they can find themselves in.  We can help our teens know how to use their thoughts, voices, AND bodies in dangerous situations. It makes a big difference!  When we do not feel safe, regardless of our sex, gender or age, we are allowed to do anything to get away. Singasebentisa LIVI LETFU kanye NEMITIMBA yetfu kute sitivikele.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Nasitiva singakaphephi, sivumelekile kwenta noma ngabe yini kutsi sibaleke.   Remember the last scenario, where the man tried to force the teen into his car? How could the teen use their voice to get away? They might shout…   * "Cha!' * "Ngisiteni bo!" * "Ngitoshayela emaphoyisa nawuphindza ungitsintsa" * "Ungangitsintsi sibunu sami”   Or they might try something else…   * "Ngitokwenta noma ngabe yini loyifunako, Ngicela nje ungangilimati." * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!" * "Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako" * "Ngitakunika lucingo lwami nawungiyekela."   Asewucabange kutsi wena bewungenta njani? Kute imphendvulo lengasiyo. | Sebentisa Livi Lakho   * Cha! * "Ngicela ningisite!"! * "Ngitawubita emaphoyisa nawuphindze ungitsintsa" * Ungangitsintsi sibunu sami * Ngitakwenta nobe yini loyifunako, kodvwa ngicela ungangilimazi. * "Angiyifuni i-lift, ngiyabonga. Ngesikhatsi ngigcina kugibela i-lift ngahlantela YONKHE LENDZAWO!"! * Ngiyabona kutsi utfukutsele. Asihlale kanye kanye sikhulume ngako. * Ngitakunika lucingo lwami nawungangivumela ngihambe. |  |
| Our second tip is that you can also use your body. Nangabe livi letfu lingasivimbi simo, singasebentisa imitimba yetfu kute sitivikele. Kufanele utati tintfo letihloswe ngumuntfu nakakuhlasela futsi wente tonkhe taba kute umlimate: Muhhwebhe, Mudvonse, Mushaye, Mukhahlele noma Umshwile loyo lokuhlaselako. | SEBENTISA UMTIMBA WAKHO  Sebentisa umtimba wakho kute utivikele.   * Muhhwebhe * Mudvonse * Mushaye ngesibhakela * Khahlela * Mushwile | Use this image:  self\_defence\_moves\_m |
| Kunetindzawo letine letimcoka lekufanele utati nawuhlasela:  [1] ngemehlo  [2] Umphimbo  [3] Tindzawo tangansense  [4] nemadvolo |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text.  self\_defence\_zone\_1\_m |
| There are also seven secondary targets:  [1] Temple  [2] Ears  [3] Nose  [4] Solar Plexus (the space between the ribs)  [5] Fingers  [6] Shin  [7] Instep (top of the feet)  Hlasela noma ngabe nguyiphi yaletindzawo kute ulimate lesitsa sakho futsi ukhone kubaleka. |  | Use illustration of body parts, add circle or dot or star to appear over each primary target animated with text.  self\_defence\_zone\_2\_m |
| Umsebenti wasekhaya kutsi ucocele umntfwana wakho ngalendzaba kute akulungele kutivikela. You can do it and Crianza con Conciencia Positiva can help. Bhala ligama lelitsi "PHEPHA" kute uphindze ufundze lesifundvo nemntfwana wakho. Ungakwenta yini loko namuhla? | Teaching Self Defence  Umsebenti wasekhaya:  Type “SAFE” and repeat this lesson with your teen |  |

| {Lesson: Preventing Sexual Violence} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva!  This lesson is about keeping our teens safe from sexual violence. It's okay to feel worried about your teen experiencing sexual violence. If it makes you upset or uncomfortable, take a deep breath or talk to someone you trust before continuing.  Esimeni lesiyingoti, kungenteka singati kutsi kufanele sentenjani bese siyatfukutsela - kujwayelekile loko. We have four tools that can help keep you and your teen safe. They are:[pause]  know it,  [pause] see it,  [pause] say it,  [pause] and do it.  Asesifundze kabanti kanye kanye. | Preventing Sexual Violence  KWATI  KUBONE  KUSHO  KWENTE |  |
| [1] Kwekucala, kwati. Yati umehluko emkhatsini webudlelwane lobuhle nalobungakalungi. Nangabe uhlaselwa, kufanele wati kutsi akusilo liphutsa lakho. Uvumelekile kutsi usho futsi wente loko lokudzingekako kute uhlale uphephile futsi ubaleke - ungakhatsateki ngekutsi labanye batawutsini. Ufanele kuvikelwa. Uqinile futsi unemandla.  [2] Lokulandzelako, Kubone. Nangabe umuntfu akwenta (noma akwenta kulomunye) utive ungakakhululeki ngaloko lakushoko nobe lakwentako, loko akusiyo intfo lekahle! Sonkhe sinalo lilungelo lekutiva siphephile, ikakhulukati ekhaya. Landzela imiva yakho. Nangabe utiva uhlaselwa ngemavi noma ngetento, umgomo wakho kubaleka.  [3] Kwesitsatfu, Kusho. Livi lakho lingavimbela kuhlaselwa lokunyenti. Memete utsi "Cha!", cela lusito, cwayisa ngemiphumela, kubite ngeligama lokutiphatsa, tiphatse njengemutfu lohlanyako, yenta shengatsi uyabavisisa kute utfole sikhatsi, sebentise emahlaya, mudvudvute noma umcocise. It is important to be clear, confident, and direct. Speak using your voice, body language, and maintain eye contact while speaking to the person. Remind your teen that they should always tell an adult they trust what happened so they can get support.  [4] Kwekugcina, Kwente. Nangabe livi letfu lingasishintji simo, singasebentisa imitimba yetfu. Bani nelwati nge 'tikhali' letisemtimbeni wakho futsi ube nelwati ngaleto 'lotihlosile' emtimbeni waloyo lokuhlaselako. Sebentisa loko lokukhululekile emtimbeni wakho longalwa ngako naloko lokuvulekile emtimbeni waloyo lokuhlaselako kute umshaye.  Nangabe kukhona umuntfu lokuvisa buhlungu, khumbula kutsi akusilo liphutsa lakho lelo. Cela lusito kumuntfu lometsembako, futsi wente siciniseko kutsi umntfwana wakho uyati kutsi angakutjela noma ngabe yini kute nikhone kutfola sisombululo kanye kanye. | Tips for you and your teen:  KWATI  Kufanele wati kutsi akusilo liphutsa lakho.  KUBONE  Caphela uma usengotini.  KUSHO  Sebentisa livi lakho kute ubaleke.  KWENTE  Nangabe livi lakho lingasebenti, sebentisa umtimba wakho kute ubaleke.  If you do get hurt it is NEVER your fault. | Animate words to text. At [4] show this image: self\_defence\_moves\_m |
| Remember that you can write "HELP" to receive resources that can accompany you and support you in to support yourself or your teen after an attack. | LUSITO | Animate Phone with HELP on the Screen |
| Umsebenti wasekhaya kumsita umntfwana wakho kutsi atilungiselele ngekutsi niphindze lesifundvo kanye kanye. Kute uphindze usebentise lesifundvo, bhala "VIMBELA." Ungakwenta yini loko namuhla? | Preventing Sexual Violence  HOME ACTIVITY:  Type “PREVENT” and repeat this lesson with your teen |  |

| {Lesson: Responding to Crises} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello again, it is good to see you on Crianza con Conciencia Positiva! This lesson is about learning how to respond to crises when they happen.  This lesson talks about sexual abuse. It is normal to feel uncomfortable or upset when talking about sexual abuse. Remember to take a deep breath. If you need, you can also talk to someone you trust for support.  There are some things you can do to support your teen when they share any instance of sexual abuse. These tips could also be helpful when your teen shares other instances of crisis, like being bullied or being robbed, with you. The four tips are: [pause] breathe, [pause] listen, [pause] respond, [pause] and comfort.  Asesifundze kabanti ngaletinyatselo kanye kanye. | Responding to Crises  PHEFUMULA  LALELA  Phendvula  Indvudvuto |  |
| Sinyatselo sekucala kuphefumula. You might want to take a pause so you are calm before you ask yourself, “What does my teen need right now?”  Next, listen. Ask your teen what is going on. Let your teen share with you what they need and make sure to avoid criticising them. Notice what they are feeling and tell them what you notice so they feel heard. Tell your teen that you are there for them and love them.  The third step is to respond. What might help what is going on? You might need to help your teen talk about their feelings or redirect their focus.You might need to talk about the actions that you or your teen could take to help with what has happened. Right now, your teen needs you to be there for them with love. Remind them that it is not their fault what other people did to them.  Remember, you can always [1] type HELP in Crianza con Conciencia Positiva and get information about resources in your community where you can receive help.  [2]  Finally, comfort your teen by being there for them. It can be hard to see your teen feeling upset or confused, but there is a lot you can do to support them.They need you to accept them and comfort them when difficult things are going on. Remind your teen again that you love them, and thank them for sharing with you. | PHEFUMULA  Remain calm  LALELA  Listen to your teen and notice what they are feeling  Phendvula  Yini lengamusita umntfwana wakho nyalo?  [1] HELP  Indvudvuto  Give your teen comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| Landzela letinyatselo ngaso sonkhe sikhatsi nangabe umntfwana wakho akhuluma nawe ngetintfo letimatima. Kumesekela umntfwana wakho ngesikhatsi akulesimo lesimatima kutawuphindze kumfundzise indlela yekwesekela labanye ngetikhatsi letimatima.  For your home activity, [1]Find a calm time to talk with Your Teen about possible crises that may happen.  [2]Discuss possible actions that you can take with Your Teen if they happen. Tell them that you will always be there to help them be safe.  [3]Revisit the Mapping Activity to identify other sources of support in the community.  [4]Thank Your Teen for taking the time to chat about this.  Unaso yini sikhatsi sekukwenta loku namuhla? | Responding To Crises  PHEFUMULA  LALELA  Phendvula  Indvudvuto  HOME ACTIVITY: [1] Talk about possible crisis situations  [2] Discuss possible actions. [3] Identify sources of support on your community map  [4] Thank your teen for this time to chat | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| {Lesson:Knowing Basics of Online Safety} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hi, you're back on Crianza con Conciencia Positiva! fantastic! Today’s lesson is about how to keep your teen safe online.  Teens are spending a lot of time online. Being connected helps them stay connected with others, feel like they belong, and get support when needed but there are also some risks and dangers. Keeping your teen safe online is an important step to help them be part of the digital world.  Nati tintfo letine lekufanele utikhumbule mayelana nekuphepha ku-Internet:  FUNDZA,  [phumula]  PROTECT  [phumula]  BUILD HABITS,  [Phumula]  wAKHE NEKWETSEMBANA.  There is so much to share. We will cover online safety over two lessons.  [1] Namuhla, sitawubuketa leteluleko letilandzelako [phumula] KUFUNDZA [phumula] nekuVIKELA.  Sifundvo lesilandzelako sikhuluma [phumula] ngekwakha imikhuba lemihle [phumula] kanye nekwakha kwetsembana.  Asesicale. | Knowing Basics of Online Safety  FUNDZA  VIKELA  Yakha imikhuba lemihle  Kwakha kwetsembana | Circle around 1 and 2 |
| First, learn the dangers of being online:  CONTENT: your teen might come across harmful content, such as violence, hateful speech, pornography, or wrong information. This could also include content hating women, people with disabilities, or people following harmful beliefs or agendas that oppose what you want to teach your teens.  CONTACT: Adults might pretend to be teens and ask for sexual pictures or to meet with your teen through an online platform.  CONDUCT: Sometimes, teens or strangers can say or do hurtful things online. | LEARN:  ✅Content  ✅Contact  ✅Conduct | Animate words to text |
| Next, protect: keep your teen safe online.  Talk to your teen about which apps and websites are safe and which are not. Discuss why!  Help your teen learn how to make strong passwords to protect their devices.  Tell your teen that they should keep personal information private, including photos or videos of themselves. What goes online stays online! | VIKELA  ✅Talk to your teen about safe apps  ✅Help your teen learn about strong passwords  ✅Tell your teen what should be kept private | Animate words to text |
| In the next lesson, we’ll continue learning about online safety. Today, your home activity is to ask your teen what they do to stay safe online. Ungatfola kutsi sewuvele uyacabanga ngetekuphepha nakasebentisa i-Internet.  Mbonge ngemetamo layentako. Can you talk with your teen today? | Know Basics of Online Safety  LEARN ✅  PROTECT ✅  BUILD HABITS  BUILD TRUST  HOME ACTIVITY  Ask your teen what they do to stay safe online |  |

| {Lesson: Building Habits and Trust Online} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva! This lesson continues our learning about keeping our teens safe online.  Keeping your teen safe online is an important step to help them be part of the digital world.  You already learned ways to protect your teen online with LEARN and PROTECT in the previous lesson.  Today, we are learning how to BUILD HABITS [pause] and BUILD TRUST.  Let’s get started! | Building Habits and Trust Online  FUNDZA  VIKELA  Yakha imikhuba lemihle  Kwakha kwetsembana | Circle number 3 and 4 |
| First we look at how to BUILD HABITS. Set up safe online habits at home.  Plan phone-free times in your house, like during meals, homework, or in bed.  Set limits on the amount of time your teen spends online.  Only let your teen chat online with people they already know. Angacali atfumele imilayeto noma acocele bantfu langabati ngetindzaba takhe letiyimfihlo.  Before completing forms that ask for personal information, check that the web address begins with https://. Ema-webhusayithi lacala nga-http:// kungenteka kutsi akakaphephi.  [1]Help your teen create strong passwords for their accounts. Good passwords are:  [Phumula] lendze  [pause] do not include obvious personal information like your name or birthday;  [phumula] abhalwe ngetinhlavu letinkhulu naletincane, tinombolo kanye netimphawu.  Tell your teen not to click on pop-ups that ask them to download or pay for anything. | BUILD HABITS   * Set phone-free times in your house * Hlola emakheli e-web   https://  http://   * Sebentisa ema-phasiwedi lalukhuni:   + Long   + Don’t include personal information   + DO include upper and lowercase letters, numbers, and symbols * Do not click on pop-ups asking to download or pay for something | Animate to text  [1]Animate password details to explain better. |
| Finally, BUILD TRUST with your teen  Hlolani kanye kanye ema-website, tinhlelo tekuchumana, imidlalo kanye netinhlelo tekusebenta latisebentisako.  Ask questions to help you learn more about your teen's interests!  If you come across anything worrying together, talk about it with your teen.  [2]If you need support, type HELP after you complete today’s lesson.  Tell your teen that they should tell an adult if they feel scared, unsafe or upset about something online.  Teach your teen that if a stranger offers gifts, like virtual coins, in exchange for photos and personal information, and tells them to keep it a secret, they should tell you. | Kwakha kwetsembana   * Hlolani kanye kanye ema-website, tinhlelo tekuchumana, imidlalo kanye netinhlelo tekusebenta latisebentisako umntfwana wakho * Buta Imibuto * Talk about worrying things together * Tell your teen if they feel scared or unsafe, they should tell an adult   HELP | Animate to text[2]Then, animate a phone with HELP on the screen with text. |
| Njengobe nje ugcina umntfwana wakho loseminyakeni yekutfomba aphephile emhlabeni mbamba, nawe kufanele wente siciniseko sekutsi aphephile nasemhlabeni webuchwephesha. Ngekulandzela letinyatselo leti, ungamvikela futsi wente siciniseko kutsi kusebentisa kwakhe i-internet kuphephile kute achubeke ngekuyisebentisa nakafundza. Wenta kahle kakhulu!  Naku leningakwenta namuhla nemntfwana wakho kute ube nesiciniseko kutsi uphephile nakasebentisa i-Internet:  [1]  First, have a conversation with your teen about how they can use the internet and devices in a safe way.  [2]  Next, talk about which sites or apps might be unsafe. Discuss why.  [3]  Finally, praise your teen for how good they are at using the web!  Ningakhona yini kuwucedza lomsebenti namuhla wena nemntfwanakho? | Building Habits and Trust Online  HOME ACTIVITY   * [1]Have a conversation with your teen about how they can use the internet and devices in a safe way. * [2]Talk about which sites or apps might be unsafe and why? * [3]Praise your teen for how good they are at using the web safely! | Aminate words to text |

{Course: Support My Teen’s Education}

| {Lesson: Having Fun While Learning} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva!  This lesson is about supporting your teen to find joy and have fun while learning.  Here are three tips to help you facilitate joyful and fun learning with your teen:  Dlala  [phumula]  Bani nemibono lemihle  [phumula]  And allow creativity.  Ready to learn more? | Having Fun While Learning  Dlala  BANI NEMBONO LOMUHLE  ALLOW CREATIVITY |  |
| First, let's discuss play.  Giving your teen time to have fun and be joyful improves your teen's physical and mental health AND their ability to learn and remember important facts!  To help make learning playful, you can play educational games in person or online.  If your teen starts to feel overwhelmed with school work, you can help them reduce their stress by taking a pause or having fun together.  Including your teen’s interests in their learning will help to spark their curiosity.  [2]The second tip is to be positive.  Remember, few teens actually enjoy homework. You can empathise with their frustration but remind them why homework matters: it strengthens what they have learned at school and teaches them how to manage their time wisely.    Encourage and praise your teen's effort when they are learning.  [3]The final tip is to be creative.  Allow your teen to be creative when learning. For example, encourage your teen to use images, like pictures or photos, or go outside to help their learning.  Nangabe umntfwana wakho anesifiso sekufundza ngesihloko lesisha, njengetifundvo tekuphila, mkhutsate kutsi afune futsi atfole lwati lolunyenti ngaso.  Msite kutsi ahlangane nebantfu labanelwati kuleso sihloko, atfole tincwadzi letinsha noma afundze ngetihloko letinsha ku-Internet.  Remember to set a good example. Let your teen see you being creative or trying something new, even if you are not good at it yet. | Dlala  Play educational games and help your teen take a pause  BANI NEMBONO LOMUHLE  Mdvumise umntfwana wakho ngemetamo layentako!  ALLOW CREATIVITY  Funani tihloko letinsha naletijabulisako kanye kanye! |  |
| Helping your teen to have fun while learning is an important role. You are doing a great job!  Umsebenti wasekhaya kutsi ucele umntfwana wakho kutsi aphumule kancane emsebentini wakhe wasekhaya atsatse imizuzu lesihlanu nente intfo letawushukumisa umtimba. Ninga-dansa, nidlale ibhola, nigcuma-gcume noma nigijime. Kutsatsa likhefu emsebentini wesikolwa kutawumsita kutsi akhumbule loko lakwatiko bese lokushukumisa umtimba kutawenta ingcondvo iphaphame ilungele ku-dadisha. Unaso yini sikhatsi sekukwenta loku namuhla? | Having Fun While Learning  HOME ACTIVITY: Invite your teen to take a small break from homework and do something fun |  |

| {Lesson: Helping Your Teen Learn} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Sawubona! It's great to see you again on Crianza con Conciencia Positiva!  You play an important role in how your teen learns and creates meaning in life.This lesson is about helping your teen learn by setting goals.  Here are four important tips to help your teen learn:  Beka Imigomo  [Phumula]  Buta Imibuto  [phumula]  Make Connections,  [phumula]  And Praise! | Helping Your Teen Learn  Tibekele Imigomo  Buta Imibuto  Yakha Kuchumana  PRAISE, PRAISE, PRAISE! |  |
| [1] First, set goals.  Support your teen by helping them to set goals for something they want to do.  Basite batibekele imigomo lecondzile. Remember, the goals should be something that they can complete within a specific amount of time.  Help them understand the connection between learning and achieving their goals. Loku kumnika umndlandla kutsi afundze. | Tibekele Imigomo  Help your teen understand the connection between learning and achieving their goals |  |
| [2]The next step is to ask questions.  Mkhutsate umntfwana wakho kutsi abute imibuto, nawe umbute! Ungakhatsateki nangabe ungatati timphendvulo temibuto yakhe. Try finding the answer together by looking online, or asking teachers in your teens school. Curiosity will help your teen's brain grow! | Buta Imibuto  Khutsata umntfwana wakho kutsi abute imibuto, niphindze nitfole timphendvulo kanye kanye! |  |
| [3]The third tip is to 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. Loko kutawumenta kutsi acabange futsi acondze kabanti imicondvo lehlukene. | Yakha Kuchumana  Connect learning to your teen's interests |  |
| Finally, praise!  Praise your teen for all their efforts, no matter how small. Focus on the things they are doing well rather than always correcting them for their mistakes. | PRAISE, PRAISE, PRAISE!  Praise your teen for all their efforts, no matter how small |  |
| Khumbula, kumsita umntfwana wakho kutsi afundze:  Msite kutsi ayati imigomo yakhe futsi acondze kutsi kufundza kutamsita kutsi ayifeze. Encourage your teen to ask questions and find answers together and to make meaningful connections between what they are learning and what they are interested in. Finally, give them lots of praise for their efforts.  Your home activity is to spend 5 minutes and help your teen set a goal to study, or complete their school work this week. Unaso yini sikhatsi sekukwenta loku namuhla? | Helping Your Teen Learn  Tibekele Imigomo  Buta Imibuto  Yakha Kuchumana  PRAISE, PRAISE, PRAISE!  HOME ACTIVITY:  Spend 5 minutes to find out your teen's school goals |  |

| {Lesson: Create a Positive Learning Space for Your teen} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva! Let’s learn how to create a positive learning space for your teen.  Indzawo lekahle yekufundza idzinga loku lokulandzelako:  Kuthula  [Phumula]  Inchubo  [phumula]  And Support.  Let’s explore these together. | Yanta indzawo yemntfwana wakho losatfombile yekufundza ibekahle  QUITE  INCHUBO  KWESEKELEKA |  |
| [1] First let's talk about what it means for a space to be quiet.  [phumula]  Kufundza lokunemphumelelo kudzinga kutsi utinake tintfo. [phumula] Tfola indzawo lapho umntfwana wakho angafundza khona ngaphandle kwekuphatamiseka. Ask your teen to keep their phone away from the study space. Make sure to turn off music and reduce other noise so your teen can concentrate.  [2]Next, routine.  [phumula]  Help make learning an important part of your teen's daily routine.  Nakungenteka, khutsata umntfwana wakho loseminyakeni yekutfomba kutsi acedzele umsebenti wesikolwa ngaphambi kwekutsi acale umsebenti wasekolwa. Loko kukhombisa kutsi imfundvo yakhe ibalulekile kuwe.  [3]Kwekugcina, YISEKELE umntfwana wakho loseminyakeni yekutfomba etifundvweni tabo.  [phumula]  Let them know you are here to help if they need support but try not to disturb your teen while they are studying.  You can also ask what they need to accomplish today, and praise them if they achieve their goal. | THULA  Help your teen focus with a quiet space  INCHUBO  School work comes before chores  KWESEKELEKA  Ask them what they need to accomplish and praise them when they achieve their goal | Cross out phone and music |
| Khumbula, kute wente indzawo yekufundza ibekahle kumntfwana wakho, msite kutsi akhone kunaka tintfo ngekumnika indzawo lethulile. Yenta inchubo yekutsi afundze onkhe malanga, ngaphambi kwekwenta imisebenti yasekhaya, umelekelele etifundvweni takhe ngekumtjela kutsi ungamsita nakadzinga lusito, bese uyamyekela a-dadishe ngaphandle kwekuphatamiseka.  Umsebenti wasekhaya lamuhla, kucoca nemntfwana wakho kutsi atfole indzawo lekahle yekufundza ekhaya. Unaso yini sikhatsi sekukwenta loku namuhla? | Create a Positive Learning Space for Your teen  HOME ACTIVITY:  Sebentisana nemntfwanakho kute nitfole indzawo yekufundza ekhaya. |  |

| {Lesson: Learning from Mistakes} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva!  Today’s parenting lesson is about helping your teen know how to learn from their mistakes. Learning from our mistakes can help us avoid them in the future. It can also help us be more supportive of ourselves and less harsh when things do not go well.  Nankha emasu lamane longawasebentisa kusita umntfwana wakho kutsi afundze ngetiphosiso takhe:  Khuluma  [Phumula]  Dvumisa Imetamo  [phumula]  Mvumele Ente Emaphutsa  [phumula]  Nicocisane  Asesifundze kabanti kanye kanye. | Kufundza Emaphutseni Lowentile  KHULUMA  KUDVUMISA UMTAMO  ALLOW MISTAKES TO HAPPEN  COCA |  |
| [1] First, talk.  Yakha sikhatsi kuze umntfwana wakho akhone kucoca nawe ngemphilo yakhe.  Try asking your teen how their day went at school. Nangabe lilanga lakhe belimatima, mlalele futsi umnike litfuba lekutsi akucocele ngalo. Mesekele futsi umkhombise kutsi uyamkhatsalela. Tell them, "that sounds difficult”.  [2] Next, Praise their effort.  Mdvumise ngemetamo layentako yekufundza, ngisho noma angakenti kahle. Jabulelani lometamo kanye kanye! Kwetama kubaluleke kakhulu kwendlula kufundza likhono lelitsite.  [3] Third, allow for mistakes to happen.  Mvumele umntfwana wakho kutsi awente emaphutsa. Myekele afundze ngemaphutsa akhe kute akhule. Kungenteke ulingeke ufune kucatulula tonkhe tinkinga temntfwana wakho, ikakhulu nawati kancono, kodvwa loko kutawumenta angafundzi kuticatululela tinkinga takhe.  Talk to your teen about their mistakes and encourage them to figure out a way to solve their problems and do better next time.  [4] Ekugcineni, KWABELANA  Yetama kumcocela umntfwana wakho ngemaphutsa lowawenta nekutsi akukhulise kanjani.  This helps your teen learn that you do not have to be perfect all the time.They'll also know they can talk to you if something goes wrong. | KHULUMA  Talk about your teen's day at school.  KUDVUMISA UMTAMO  Kwetama kubaluleke kakhulu kwendlula kufundza likhono.  ALLOW MISTAKES TO HAPPEN Teens must learn from their own mistakes.  Khuluma  ngemaphutsa akho |  |
| Khumbula, kute usite bantfwana bakho kutsi bafundze emaphutseni abo:  [phumula]  Yakha sikhatsi kuze umntfwana wakho akhone kucoca nawe ngemphilo yakhe.  [2] Mdvumise umntfwana wakho ngemetamo layentako yekufundza, ngisho noma angakenti kahle.  [3] Allow your teen to make mistakes. Myekele afundze ngemaphutsa akhe kute akhule.  [4] Mcocele umntfwana wakho ngemaphutsa akho lowake wawenta nekutsi akukhulise kanjani.  Umsebenti wasekhaya kutsi ucocele umntfwana wakho indzaba ngesifundvo lowasitfola ngekwenta liphutsa. Kungaba ngulokwenteka esikolweni noma kulesinye sifundvo sekuphila. [phumula] Unaso yini sikhatsi sekukwenta lamuhla? | Kufundza Emaphutseni Lowentile  KHULUMA  KUDVUMISA UMTAMO  ALLOW MISTAKES TO HAPPEN  COCA  HOME ACTIVITY:  Cocela umntfwana wakho indzaba ngesifundvo lowasitfola ngekwenta emaphutsa. |  |

| {Lesson: Learning How to Work with Other People} | | |
| --- | --- | --- |
|  |  |  |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva! This lesson is about helping your teen learn how to work with others.  Kuze aphumelele ekhaya, esikolweni, nasemsebentini, umntfwana wakho utawudzinga kukwati kusebentisana nalabanye bantfu.  You can help them build this skill with these tips: be social, and practice team work.  Asesifundze kabanti kanye kanye. | Kufundza Kusebentisana Nalabanye Bantfu  BE SOCIAL  TEAM WORK |  |
| Kwekucala, hlanganyela nebantfu. Mvumele umntfwana wakho kutsi a-dadishe nebangani bakhe ngendlela lephephile. Ungababita ngekutsi ''bangani beku-dadisha.''  Second, you can help your teen engage in team work by encouraging them to listen to others and respect their ideas. | BE SOCIAL  Mvumele abe nebangani laka-dadisha nabo.  PRACTICE TEAM WORK  Ngekuhlonipha labanye. |  |
| Umsebenti wakho wekusebenta ekhaya lamuhla kucoca nemntfwana wakho loseminyakeni yekutfomba futsi ukhetse umuntfu longafundza naye liviki lelitako. Unaso yini sikhatsi sekukwenta loku namuhla? | Kufundza Kusebentisana Nalabanye Bantfu  HOME ACTIVITY:  Msite umntfwana wakho atfole umuntfu langa-dadisha naye. |  |

{Care for my Teen’s Wellbeing}

| {Lesson: Helping my Teen with Stress} | | |
| --- | --- | --- |
| Umbhalo | Embhalweni wesilayidi |  |
| Welcome back to Crianza con Conciencia Positiva! This skill is about helping our teens with stress.  We all get stressed sometimes and  many things can be stressful to your teen. These could be things like a break-up, stress in your home, being bullied, or exams. These are big life challenges for a teen. They may need extra support from you because teens’ brains are still growing so they don’t always have good skills for dealing with stress.  Here are some tips on how you can support your teen when they are feeling stressed:  Naka  [phumula]  Khuluma  [phumula]  Bani Khona  [phumula]  Comfort.  Asesifundze kabanti kanye kanye. | Helping my Teen with Stress  NAKA  KHULUMA  BANi KHONA  Indvudvuto |  |
| [1]  Firstly, you need to notice. Look for signs that your teen is feeling stressed. Indlela lakatiphatsa ngayo iyavama kukhombisa nakakhatsatekile.  They might get angry a lot, want to be alone all the time, be unable to focus, feel tired often, or not feel like doing any work.  [2] Next, talk with your teen.  Let your teen share about what makes them stressed and remember, it is important to try to accept what they say.  They might feel a lot of stress about something that feels small to us but to them, it might feel huge!  Let them tell you about what gives them stress without judging them. Sometimes, it is important to simply listen and comfort your teen, rather than solve all their problems.  [3]Thirdly, just be there for them.  Lalela loko lakakushoko, noma ngabe kute longakwenta ngako, uphindzei ukhumbute kutsi kulungile kutiva ucindzetelekile.  Msite atsatse sincumo ngetintfo letibalulekile langakhatseteka ngato naleto lekufanele angatikhatsati ngato. You could also help them take steps to change what is causing their stress where they can.  [4] Finally, remember to comfort your teen.  Be kind to them and remind them to be kind to themselves. Be patient and give your teen time to work through their emotions.  Nangabe ucabanga kutsi kungasita, mkhulumise ngaloko langakwenta ngendlela leyehlukile esikhatsini lesitako. | NAKA  Look for the signs of stress in your teen  KHULUMA  Learn what makes your teen feel stressed, without judgement  BANi KHONA  Be available to your teen and help them learn how to manage it  Indvudvuto  Be kind, patient, and offer help where you can | Animate words to text |
| Khumbula, kumsita umntfwana wakho lotivela acindzetelekile:  [1]Naka timphawu letikhomba kutsi umntfwana wakho ucindzetelekile  [phumula]  [2]Talk with them about what makes them feel stressed  [phumula]  [3]be there for them when they are feeling stressed  [phumula]  And comfort them when they are stressed.  Umsebenti wasekhaya kukhuluma nemntfwana wakho ngaloko lokumenta ative acindzetelekile. Make a list with them of some things that bring them stress, and what they could do to either avoid them if possible or cope with the stress when it happens.  Mbute umntfwana wakho kutsi ungamsita kanjani nangabe naye acindzetelekile. Ungaphindze ulusebentise loluhla nangabe ubona kutsi umntfwana wakho ucindzetelekile.  Ungakwenta yini loku kumntfwana wakho loseminyakeni yekutfomba lamuhla? | NAKA  KHULUMA  BANi KHONA  Indvudvuto  HOME ACTIVITY: Make a list with your teen about the things that give them stress and talk about what they could do to cope with them. |  |