| {Lesson: Boosting Your Teen’s Confidence - self\_esteem\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Sawubona futsi! It is great to see you back on Crianza con Conciencia Positiva!  In today’s lesson, you will learn how you and your teen can feel good about yourselves and think positively about yourselves. Learning to feel good about oneself is part of growing up and can be challenging for teens and even adults!  Here are four tips on how to help your teen think positively about themselves:  accept your teen, what would a friend say, be a model, and tip the balance.  Ready to learn more together? Let’s get started! | Boosting Your Teen’s Confidence  ACCEPT YOUR TEEN WHAT WOULD A FRIEND SAY?  BE A MODEL  TIP THE BALANCE | Animate words to text |
| Our first tip is to accept your teen. Notice when they are sharing a negative thought about themselves.  Accept your teen for who they are, including their strengths and weaknesses. Focus on what they do well instead of always focusing on what you want them to change.  Remind your teen that everyone makes mistakes. As a caregiver, admit your mistakes when you are wrong. This shows your teen that they can also accept their mistakes.  Remember those times when you were a teenager? Think about how you felt and what you went through. It can help you understand your teen better. | ACCEPT YOUR TEEN  Notice negative thoughts  Accept your teen for who they are  Focus on what they do well  Everyone makes mistakes | Animate words to text |
| Second, you can ask what a friend would say about the negative thought your teen is having about themselves. Ask your teen what makes them feel that way and connect with them about what might be making them feel this way.  Help your teen change the unkind thought into a kind one by asking them to imagine what a supportive friend would say to them in this situation. You could say “What would they say to encourage you?”  For example, if you said, “I am not good enough”, your supportive friend would say, “Tell me more about why you’re feeling that way. I think you’re doing your best, and that is enough.”  How we talk to ourselves changes how we feel about ourselves. This is true for your teen too! | WHAT WOULD A FRIEND SAY?  Ask what makes your teen feel this way?  Change unkind thoughts by imagining what a supportive friend would say  How we talk to ourselves changes how we feel about ourselves | Animate words to text |
| Our third tip is to be a model. How you talk about yourself can teach your teen how to talk about themselves. Remember, your teen is always learning from you!  Show your teen that it is okay to make mistakes and be imperfect in your life.  Practise changing the unkind thought about yourself to a kind thought. You can also imagine what a supportive friend might say to you.  When you face difficulty, say kind things to yourself in front of your teen. | BE A MODEL  Your teen is always learning from you!  Show it is ok to make mistakes and be imperfect  Practice changing unkind thoughts to kind thoughts  Say kind things to yourself in front of your teen. | Animate words to text |
| The final tip is to tip the balance. your teen’s thoughts are like a scale, with pleasant thoughts about themself on one side and unpleasant thoughts about themself on the other side.   Thinking unpleasant thoughts about oneself at times is normal as teens grow up.  If your teen says something unkind or insulting about themselves, ask them what is making them feel that way. Encourage them to think about what a supportive friend might say to them in that situation.  By accepting your teen, asking questions to understand their perspective, offering support, and being a model, you are helping your teen’s balance tip on the side of pleasant thoughts and feelings. | TIP THE BALANCE  Thoughts are like a scale: pleasant ones on one side and unpleasant ones on the other  If your teen says something unkind about themselves, ask them what is making them feel that way  Encourage them to think about what a supportive friend would say  By accepting your teen, understanding their perspective, offering support and being a model you are helping tip your teen’s balance to pleasant thought and feelings | Animate words to text  Add self\_esteem\_balance image |
| Remember these four tips to booste your teen’s confidence: accept your teen, ask “what would a friend say?”, be a model, and tip the balance.  Your home activity is to learn with your teen how to think positively about yourselves together.  Try this the next time your teen is expressing a negative thought or feeling about themselves:  Ask your teen what is making them feel that way and connect with that feeling.  Let your teen know you’re there for them  Ask them questions to understand their experience  Help them change that thought into a more supportive one by asking them, “What would a friend say?”  Praise your teen for communicating with you and working together on overcoming negative thoughts or feelings.  Can you try this next time? | Boosting Your Teen’s Confidence  ACCEPT YOUR TEEN WHAT WOULD A FRIEND SAY?  BE A MODEL  TIP THE BALANCE  HOME ACTIVITY: | Animate words to text |

| {Lesson: Feeling Hopeful about the Future - hope\_future\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Welcome back! Today’s lesson is about being hopeful when thinking about the future. When your teen learns how to deal with challenges better, they can also feel more hopeful about achieving their goals.your teen’s brain is like a muscle. Just as lifting weights makes muscles stronger, navigating challenges strengthens the brain.  When your teen believes they can improve, they are more likely to keep trying, bounce back from setbacks, and work hard to achieve their goals.   Here are four tips to learn how to help your teen deal with challenges so they can feel hopeful about their future: embrace challenges, learn from mistakes, practise, practise, practise, and stay supportive.  Asesifundze kabanti kanye kanye. | Feeling Hopeful about the Future  EMBRACE CHALLENGES  LEARN FROM MISTAKES  PRACTISE, PRACTISE, PRACTISE  STAY SUPPORTIVE |  |
| Firt, embrace challenges! Encourage your teen to try new things, even if they seem hard. Let your teen know it’s okay to face challenges and that you’re proud of them for trying new experiences.  Second, learn from mistakes. Help your teen see mistakes as chances to learn and grow. Instead of thinking about failure, you can ask your teen what they have learnt from the experience.  This will help your teen focus on improving! | EMBRACE CHALLENGES  Encourage your teen to try new things  LEARN FROM MISTAKES  Help your teen see mistakes as chances to learn |  |
| Our third tip is to practise, practise practise! Every time your teen faces a challenge, it's like exercise for your teen’s brain, helping them grow! It is just like how practising can make you get better at playing an instrument or a new sport.  Encourage your teen to face new challenges and remember to support them along the way. You can practise a growth mindset in your daily life too, and become stronger! | PRACTISE, PRACTISE, PRACTISE  Every time your teen faces a challenge, it’s like exercise for their brain  Practise makes you get better at it  Encourage your teen to face new challenges  You can practise a growth mindset too! |  |
| Finally, it is important for you to stay supportive. As a caregiver, be a source of kindness and understanding for your teen, especially when they are struggling.  Remember, be mindful of your teen’s limits when facing a challenge. A gentle push is okay, but it is important to check if your teen is feeling motivated.  When your teen feels comfortable sharing their victories and struggles with you, they will be more comfortable creating bigger goals and more persistent at accomplishing them! Show your teen that you are there to support them and believe that they can overcome their challenges.  There may be challenges in your or your teen’s life that may be out of your control.  When your teen learns to face challenges and knows that they can ask you for support, they can feel more hopeful about dealing with challenges that are in their control. | STAY SUPPORTIVE  Be a source of kindness and understanding  Be mindful of your teen’s limits  Show your teen you are there to support them |  |
| Our four tips for helping your teen deal with challenges so they can feel hopeful about their future are: embrace challenges, learn from mistakes, practise, practise, practise, and stay supportive.  Your home activity is to talk to your teen about a goal they are excited about. It could be going to college, learning a new skill, or pursuing a career.  Work with your teen to come up with three small steps they can take to start moving towards their goal.   Encourage them to share their thoughts and ideas, and be supportive as they figure out their plan.   Use the tips you learnt today to handle any challenges that your teen may face.   Unaso yini sikhatsi sekukwenta loku namuhla? | Feeling Hopeful about the Future  EMBRACE CHALLENGES  LEARN FROM MISTAKES  PRACTISE, PRACTISE, PRACTISE  STAY SUPPORTIVE  HOME ACTIVITY:  Talk to your teen about a goal they are excited about  Come up with three small steps to start moving towards their goal and support them as they work out their plan |  |
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| {Lesson:Understanding Anxiety - anxiety\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Welcome back to Crianza con Conciencia Positiva! In today’s lesson, we will discuss how to spot when anxiety is starting to get in the way of day to day life.  Here are five tips on how to manage anxiety: know the signs  connect to your senses  explore your thoughts  problem solve  And ask for help.  Let’s get started! | Understanding Anxiety  KNOW THE SIGNS  CONNECT TO YOUR SENSES  EXPLORE YOUR THOUGHTS  PROBLEM SOLVE  ASK FOR HELP |  |
| First, know the signs. Anxiety looks different for different teens. Look out for warning signs of when you or your Teen might require support in managing anxiety like strong, lasting worry that makes it hard to do daily things or acting restless, tired, upset, or avoiding school or work. They may also no longer enjoy things they used to, get angry easily, or have trouble focusing. | KNOW THE SIGNS  Strong, lasting worry that makes it hard to do daily things  Acting restless, tired or upset  Avoiding school or work  Not Enjoying the things they used to  Getting angry easily  Having trouble focusing |  |
| Our second tip is to connect to your senses. If you or your teen is feeling overwhelmed, try the 5-4-3-2-1 exercise we learned in the comic:  Look around and name 5 things you see. Notice 4 things you can touch.  Listen for 3 sounds.  Smell 2 scents.  Taste 1 flavour in your mouth.  Connecting with your senses can help you stay calm when you feel overwhelmed. | CONNECT TO YOUR SENSES  Try the 5-4-3-2-1 exercise:  Name five things you can see  Notice four things you can touch  Listen for three sounds  Smell two scents  Taste one flavour |  |
| Thirdly, Take a moment to think about your thoughts. Here are some questions to ask:  Could this worry come true?  Can I do something to prepare?  Is thinking about this helpful?  Am I trying to solve a problem?  Are my thoughts helping or hindering me?  Answering these questions can help you or your teen manage anxiety and identify any problem that might be causing it. | EXPLORE YOUR THOUGHTS  Could this worry come true?  Can I do something to prepare?  Is thinking about this helpful?  Am I trying to solve a problem?  Are my thoughts helping or hindering me? |  |
| The fourth tip is to problem solve. Think of as many ideas as possible to solve the problem that is making you feel anxious. Remember, no idea is too big or small!  Pick one idea that you think is the best fit for the problem.   Try out your chosen idea and see how it goes. Did it help you feel better? Did you find anything difficult?  If it didn't work, that's okay. You can try another idea, or give your solution a little more time.  Remember, problem-solving is a skill you can learn more about in the "Manage My Teen’s Behaviour" course. | PROBLEM SOLVE  Think of as many ideas as possible  Pick one that you think is the best fit  Try your chosen idea - did it help?  If it didn’t work, that’s ok! Try another idea or give the solution more time |  |
| Finally, you can always ask for help. If you or your teen are experiencing some or many of these things, a professional may be able to support them.  A professional diagnosis is required to determine if your teen is experiencing anxiety.  Remember, you can type HELP at the end of the lesson to access resources for support. | ASK FOR HELP |  |
| Remember the five tips for managing anxiety are: know the signs  connect to your senses  explore your thoughts  problem solve  And ask for help.  Your home activity is to try the 5-4-3-2-1 activity whenever you are feeling stressed this week. Teach it to your teen, too!  You can also do it with your teen. Unaso yini sikhatsi sekukwenta loku namuhla? | Understanding Anxiety  KNOW THE SIGNS  CONNECT TO YOUR SENSES  EXPLORE YOUR THOUGHTS  PROBLEM SOLVE  ASK FOR HELP  Umsebenti wasekhaya  Try the 5-4-3-2-1 activity and teach it to your teen |  |

| {Lesson:Understanding Sadness and Depression - sadness\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva. In today’s lesson, we will talk about how to tell the difference between sadness and depression.  Everyone feels sad in their life when we are unhappy or dissatisfied with ourselves or our surroundings.  Along with sadness, we may also feel like we have lost something, hopeless, and feel disappointed.  Depression goes beyond sadness. It lasts longer, often for days or weeks, and brings feelings of guilt or low self-esteem.  Learning how to manage sadness and spotting signs of depression can help you and your teen to stay in control and prevent more serious problems.  Here are three tips to help you and your teen manage sadness and spot warning signs of depression:  talk and listen  do things you enjoy  and seek support.  Let’s explore these together. | Understanding Sadness and Depression  TALK AND LISTEN  DO THINGS YOU ENJOY  SEEK SUPPORT |  |
| The first tip is Talk and Listen. Many people, especially teens, find it hard to talk about unpleasant feelings like sadness. Ignoring these feelings can make it harder.   Ask your teen how they are feeling during one-on-one time. You can say, “I notice you seem a little down, do you want to talk about it?” or “Can you tell me more about what you’re feeling? “  When your teen shares their feelings, show them that you care by repeating what they said in your own words and asking questions. | TALK AND LISTEN  Many people find it hard to talk about unpleasant feelings but ignoring them can make it harder  Ask your teen how they are feeling during one-on-one time  Show you care by repeating what your teen has said in your own words and asking questions |  |
| Second, do things you enjoy! When you or your teen are sad, ask, “If you weren’t feeling sad, what are two things you usually enjoy doing?” It could be spending time with loved ones, playing a game, or listening to music.  It’s okay if your teen picks an activity you don’t enjoy. Letting your teen choose shows them that you support them in feeling better.  Remember from your chat session that our thoughts, feelings, and actions are all connected. Trying a favourite activity can help improve your mood.  Try to set aside time for you and your teen to do activities you usually enjoy regularly. | DO THINGS YOU ENJOY  Ask “If you weren’t feeling sad, what are two things you usually enjoy doing?”  Let your teen choose an activity - this shows them you support them in feeling better  Trying a favourite activity can improve your mood  Set aside time for you and your teen to do activities you usually enjoy regularly |  |
| Finally, seek support. Encouraging your teen to seek support from you or other trusted loved ones can help keep unpleasant feelings from becoming overwhelming.  Notice if you or your teen feel Sad or down more often than usual, Like it is difficult to focus on things, Like you don’t want to be around other people, or That you don’t enjoy things you like.   Type HELP at the end of this lesson if you or your teen are feeling this way to get support. Without help, depression can become severe and even lead to even worse problems. | SEEK SUPPORT  Encouraging your teen to seek support can keep unpleasant feelings from becoming overwhelming  You can get support if you or your teen feel:  Sad or down more often than usual  Like it is difficult to focus on things  Like you don’t want to be around other people  That you don’t enjoy things you like  Without help, depression can become severe and lead to worse problems  LUSITO |  |
| Remember, like waves in the sea, emotions can rise and fall, sometimes overwhelming, but eventually, you or your teen will feel in control again.  Be patient and kind with yourself and your teen as you manage difficult emotions. | Emotions will rise and fall but eventually you or your teen will feel in control again  Be patient and kind with yourself and your teen |  |
| To manage sadness and spot warning signs of depression remember the three tips:  talk and listen  do things you enjoy  and seek support.  Your home activity is to try spending some extra one-on-one with your teen this week doing something you would like to do together. You can use this as an opportunity to check-in with how your teen is doing.  Unaso yini sikhatsi sekukwenta loku namuhla? | Understanding Sadness and Depression  TALK AND LISTEN  DO THINGS YOU ENJOY  SEEK SUPPORT  Umsebenti wasekhaya  Spend some extra one-on-one time with your teen doing something you would like to do together |  |
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| {Lesson:Managing Stress - manage\_stress\_yc Change girl, boy or teen on last slide.} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Hello again, it’s great to have you here on Crianza con Conciencia Positiva! Today, we will learn how to manage stress. Because this is such an important life skill, we will continue it tomorrow, too.  Stress is when you feel worried or tense because things might be difficult.  Here are four tips you can use to manage stress: notice [pause], be kind[pause], healthy habits [pause], and recharge.  Let’s learn more together! | Managing Stress  NAKA  BE KIND  HEALTHY HABITS  RECHARGE | Animate words to text |
| Our first tip is notice. Ask yourself “ What am I feeling in my body?” and notice what you are feeling and where. When you are stressed most of the time, you can experience headaches, tiredness, or difficulty sleeping.   Next check in on your emotions. Stress can make you feel irritable, snap at loved ones, or want to be alone.  Then, take a moment to notice your thoughts. Stress can fill your head with racing, worrying, and negative thoughts. | NAKA  Your Body  Your Emotions  Your Thoughts | Animate words to text |
| Our second tip is to be kind to yourself. When you begin feeling stressed, pause or take a few breaths.  Say to yourself, “It’s OK,” because it is OK to feel stressed - everyone does sometimes!  Think about what a loving friend or family member would say to you. | BE KIND to yourself!  It’s OK to feel stressed!  What would a loving friend or family member say to you? | Animate words to text |
| Our third tip is to build healthy habits. Taking care of your physical health will help you manage stress better. Do your best to get enough sleep every night - at least 7 or 8 hours if possible. Eat healthy foods as much as possible and maintain a balanced diet. Find ways to move your body and get exercise every day. Even 10 minutes can make a big difference to how stressed you feel. | HEALTHY HABITS Take care of physical health  Get enough sleep  Eat healthy foods  Move your body every day - even 10 minutes can make a difference! | Animate words to text |
| Our final tip is remember to recharge! Take breaks during the day to recharge your energy. Even small breaks can help, bit by bit.  Do things that help you relax and feel good, like practising taking a pause, listening to music, or going for a walk outside.  Spend time with friends or family members who care about you. Talking to someone you trust can make you feel better and less stressed. | RECHARGE  Take breaks during the day  Do things to help you relax  Spend time with friends or family | Animate words to text |
| Remember the four tips to help you manage your stress: Notice, Be Kind, Healthy Habits and Recharge. Your home activity is to share these tips with your girl, boy or teen and have a conversation about how they can use them to help manage their stress too. Unaso yini sikhatsi sekukwenta loku namuhla? | Managing Stress  NAKA  BE KIND  HEALTHY HABITS  RECHARGE  HOME ACTIVITY:  Share these tips with your girl, boy or teen | Animate words to text |

| {Lesson:Managing Stress - manage\_stress\_teen same as child, Change girl, boy or teen on last slide. } | | |
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| {Lesson:Making a plan for when you feel stressed - make\_plan\_yc and teen, two videos just change teen or girl or boy on first, second last and last slide} | | |
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| Umbhalo | Embhalweni wesilayidi | Animation |
| Welcome back to Crianza con Conciencia Positiva! It’s common for parents to feel stressed or overwhelmed when you have so much to do every day.   In this lesson, you will continue learning ways to manage stress by making a plan in advance. Here are five tips to help you make a plan when you are feeling stressed because you have too many things to do: Write or draw, [pause], decide, [pause] rank [pause], break it down [pause] and one step at a time.  Ready to learn more? Let’s get going! | Making a Plan For When You Feel Stressed  WRITE OR DRAW  Yenta sincumo  RANK  BREAK IT DOWN  ONE STEP AT A TIME |  |
| First, start by writing or drawing. Grab a piece of paper, a notebook, or anything you can write on, and a pen.  Take a few minutes to write down or draw out all the things you need to do today or throughout this week.   Make sure to include everything that comes to mind, like grocery shopping, helping your girl, boy or teen with school work, or going to the doctor.  Next, Decide. Look at your list and ask yourself “which tasks are urgent or really important?” Put a star next to them to remind yourself that these are the things you should focus on first. This way, you won’t forget anything important. | WRITE OR DRAW a list of all the things you need to do  DECIDE what is urgent or really important |  |
| The third step is to rank your tasks. Look at all the tasks you put a start next to. Which task is the most important or needs to be done first? Give it a number one. Then, look at the other tasks on your list and decide which comes next. Give it a number 2. Keep going until you have given all the tasks with a star next to them a number. Now you know what order the tasks need to be done in. | RANK your important tasks  Give a number to each task starting with a one next to the task that is most important or needs to be done first |  |
| Another tip you can add is break it down. If your urgent or important task is still making you feel overwhelmed and stressed, it might be too big to do all at once.   That's okay! You can make it easier by breaking it into smaller steps.  For example, you may need to clean your house. That can seem like a lot to do! But if you break it down, like cleaning one room at a time, it's much easier.  By dividing the task into smaller parts, it's easier to work on and not as overwhelming. You can focus on each small step one at a time, which makes the whole task feel more doable.  Finally, remember one step at a time.  Begin with the number one task on your list.  After you complete it, move to the next one.  This helps you focus on the most important things first and ensures you don't forget anything. Every now and then, take a moment to look at your plan. Check if anything has changed or if new things have come up. | BREAK IT DOWN  Break big tasks into smaller steps to make them easier  ONE STEP AT A TIME  Start with task number one and complete it Then move on to the next task  Check if anything has changed |  |
| Now you know how to make a plan to manage stress! Remember the five tips: Write or draw, [pause], decide, [pause] rank [pause], break it down [pause] and one step at a time.  Your home activity is to use these tips to create a plan for all the things you need to do today or this week. Can you do this today? | Making a Plan For When You Feel Stressed  WRITE OR DRAW  Yenta sincumo  RANK  BREAK IT DOWN  ONE STEP AT A TIME  HOME ACTIVITY:  Create a plan for all the things you need to do today or this week |  |

| {Lesson: Managing Anger - managing\_anger\_yc} | | |
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| Umbhalo | Embhalweni wesilayidi |  |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva.    When your girl or boy doesn’t meet your expectations or misbehaves, it’s normal to feel upset.  In this lesson, we will learn how to respond to our girl or boy when we feel angry.    Dealing with anger is not easy. Maybe no-one taught us how to manage our emotions and healthily express them.  Here are four tips you can use to manage your anger and communicate better with your girl or boy: notice, understand, manage, communicate    Let’s begin! | Managing Anger  NOTICE UNDERSTAND MANAGE COMMUNICATE | Animate words to text |
| First, notice!  How does anger feel in your mind and body?  When you are angry, you might feel like your heart is beating fast, you have racing thoughts in your head, your muscles are tense, or your face is feeling hot.   You may feel like shouting, saying mean things, punishing, hitting, or breaking things.  However, it is important to learn how to control your anger so that it does not result in someone getting hurt. | NOTICE how anger feels in your body  Control your anger so no-one gets hurt | ^^ |
| Next, understand.  Try to see what is making you angry. Take a pause or a few deep breaths, and ask yourself, “Why is this situation bothering me so much?”  If you think you can not control your anger and may hurt someone, STOP and walk away from the situation.   Allow yourself to calm down before responding.   Remember to be kind to yourself and remind yourself that you can handle your emotions and anger without hurting anyone else. | UNDERSTAND what is making you angry  Take A Pause or a few deep breaths  Ask “Why does this bother me so much?”  If you cannot control your anger, STOP and walk away to calm down  Bani nemusa kuwe | ^^ |
| Our third tip is to manage. If you need to manage your anger before you respond, you can always begin by taking a pause or a few deep breaths.   If you are feeling more angry, you can distract yourself from some other tasks till the feeling passes away. For example, watching a funny or comforting video.   If you are feeling very angry, doing something active helps you release your emotions. You can do some quick exercise, scream into a pillow in a private space, or talk to a loved one.   You may need to try the strategy more than once until you feel less angry. | MANAGE your anger before you respond by taking a pause or a few deep breaths  Distract yourself  Do something active to release emotions | ^^ |
| Our final tip is to communicate. Once you have calmed down, talk to your girl or boy about what happened.   Explain the situation calmly and respectfully.   Use the tips in this course to talk about household rules, and giving consequences. | COMMUNICATE Once you have calmed down, talk to your girl or boy about what happened  Talk about household rules and giving consequences | ^^ |
| When you feel angry when responding to your girl or boy remember: notice, understand, manage, and communicate.    Your home activity is to talk with your girl or boy about what you learned about anger during this session. Select one strategy that you can use when feeling anger. For example, you can practise listening to music while doing your afternoon routine. Can you do this today? | Managing Anger  HOME ACTIVITY  Talk with your girl or boy about what you learned and select one strategy to use when next you feel anger | ^^ |

| {Lesson: Managing Anger - managing\_anger\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi |  |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva.    When your teen doesn’t meet your expectations or misbehaves, it’s normal to feel upset.  In this lesson, we will learn how to respond to our n when we feel angry.    Dealing with anger is not easy. Maybe no-one taught us how to manage our emotions and healthily express them.  Here are four tips you can use to manage your anger and communicate better with your girl or boy: notice, understand, manage, communicate    Let’s begin! | Managing Anger  NOTICE UNDERSTAND MANAGE COMMUNICATE | Animate words to text |
| First, notice!  How does anger feel in your mind and body?  When you are angry, you might feel like your heart is beating fast, you have racing thoughts in your head, your muscles are tense, or your face is feeling hot.   You may feel like shouting, saying mean things, punishing, hitting, or breaking things.  However, it is important to learn how to control your anger so that it does not result in someone getting hurt. | NOTICE how anger feels in your body  Control your anger so no-one gets hurt | ^^ |
| Next, understand.  Try to see what is making you angry. Take a pause or a few deep breaths, and ask yourself, “Why is this situation bothering me so much?”  If you think you can not control your anger and may hurt someone, STOP and walk away from the situation.   Allow yourself to calm down before responding.   Remember to be kind to yourself and remind yourself that you can handle your emotions and anger without hurting anyone else. | UNDERSTAND what is making you angry  Take A Pause or a few deep breaths  Ask “Why does this bother me so much?”  If you cannot control your anger, STOP and walk away to calm down  Bani nemusa kuwe | ^^ |
| Our third tip is to manage. If you need to manage your anger before you respond, you can always begin by taking a pause or a few deep breaths.   If you are feeling more angry, you can distract yourself from some other tasks till the feeling passes away. For example, watching a funny or comforting video.   If you are feeling very angry, doing something active helps you release your emotions. You can do some quick exercise, scream into a pillow in a private space, or talk to a loved one.   You may need to try the strategy more than once until you feel less angry. | MANAGE your anger before you respond by taking a pause or a few deep breaths  Distract yourself  Do something active to release emotions | ^^ |
| Our final tip is to communicate. Once you have calmed down, talk to your teen about what happened.   Explain the situation calmly and respectfully.   Use the tips in this course to talk about household rules, and giving consequences. | COMMUNICATE Once you have calmed down, talk to your girl or boy about what happened  Talk about household rules and giving consequences | ^^ |
| When you feel angry when responding to your teen remember: notice, understand, manage, and communicate.    Your home activity is to talk with your teen about what you learned about anger during this session. Select one strategy that you can use when feeling anger. For example, you can practise listening to music while doing your afternoon routine. Can you do this today? | Managing Anger  HOME ACTIVITY  Talk with your teen about what you learned and select one strategy to use when next you feel anger | ^^ |

| {Lesson: Know the Warning Signs stress\_signs\_teen} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back! IThis lesson is about knowing the warning signs that show your teen may need mental health support.  Here are some tips to help you support your teen’s well-being when they are feeling stressed:  [phumula] Naka  [phumula] Tsatsa sinyatselo Ngekushesha  Utfole neLUSITO | Bani Nelwati Ngetimphawu Letikucwayisako  NAKA  Tsatsa sinyatselo ngekushesha  Tfola Lusito | Animate words to text |
| Kwekucala, naka timphawu letisicwayisako netento letingakhombisa kutsi umntfwana wakho unenkinga engcondvweni. Letimphawu tifaka ekhatsi:  Kulala kakhulu nobe kungalali  Kungasatsandzi tintfo lakatilibatisa ngato  Kunyamalala esikolweni nekwehla kwemiphumela esikolweni  Tingucuko ngekushesha tesimilo sakhe, njengekukwata kakhulu  Kutiva adzabukile, angenalutfo, noma angasilutfo  Kukhatsateka kakhulu engcondvweni  Kucansuka noma kungahlaliseki  Kungafuni kuba semkhatsini webantfu noma kuhlanganyela etintfweni  Kwetfuka kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengetibati tekutisika  Noma kuveta imicabango yekutibulala | NOTICE the warning signs  Kulala kakhulu noma kungalali  Kungasatsandzi tintfo lakatilibatisa ngato  Kunyamalala esikolweni nekwehla kwemiphumela esikolweni  Tingucuko ngekushesha tesimilo sakhe, njengekukwata kakhulu  Kutiva adzabukile, angenalutfo, noma angasilutfo  Kukhatsateka kakhulu engcondvweni  Kucansuka noma kungahlaliseki  Kungafuni kuba semkhatsini webantfu noma kuhlanganyela etintfweni  Kwetfuka kakhulu  Kusebentisa tidzakamiva netjwala  Timphawu tekutilimata, njengetibati tekutisika  Kuphumisela imicabango yekutibulala | Animate words to text |
| Lokulandzelako, kubalulekile kutsi usheshe utsatse sinyatselo nangabe ubona letinye taletimphawu.  It is possible that these warning signs could develop into serious problems. Kumniketa lusito kusenesikhatsi kungaba nemphumela lomuhle emphilweni yakhe. | ACT EARLY before things get worse | ^^ |
| Sinyatselo sesitsatfu sitsi tfola Lusito.  Kutfola lusito kubalulekile, kodvwa ciniseka kutsi uyayihlonipha imfihlo yemntfwan wakho. Khulumisana nemntfwanakho mayelana nelusito lekungenteka aludzinge.  Kwesekeleka kwakho nako kubaluleke kakhulu. Cela lusito nangabe uludzinga. Kuba nemuntfu longakusita kungenta umehluko lomkhulu. | Tfola Lusito  Find support for you and your teen | ^^ |
| Remember, to support your teen’s wellbeing when they are stressed:  [1] Naka timpawulo letecwayisako  [2] Tsatsa sinyatselo ngekushesha ngaphambi kwekutsi simo sibe sibi.  [3] utfole nelusito  Your Home Activity is to take some time to talk with your teen about different sources of support in your community. Khulumani kutsi lemitfombo inganisita kanjani. You can involve other family members, too.  Ningakhona yini kwenta loluhla lolu nemntfwana wakho namuhla? | Bani Nelwati Ngetimphawu Letikucwayisako  NAKA  Tsatsa sinyatselo ngekushesha  Tfola Lusito  HOME ACTIVITY: Talk with your teen about places of support in the community | ^^ |