{Manage My Teen’s Behaviour}

| {Lesson: Keeping it Positive} | | |
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| Script | On Slide Text | Animation Notes |
| 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  BE POSITIVE |  |
| 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! | BE POSITIVE  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your teen.  Do you have time to do this today? | Keeping it Positive  HOME ACTIVITY  Give specific, realistic, and positive instructions to your teen |  |

| {Lesson: Creating Family Rules} | | |
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| Script | On Slide Text | Animation Notes |
| 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:  Be a Team  [pause]  Keep it Real  [pause]  Be Consistent  [Pause]  Praise Often  Ready to learn more? Let’s dive in. | Creating Family Rules  BE A TEAM  KEEP IT REAL  BE CONSISTENT  PRAISE OFTEN |  |
| [1] First, Be a Team.  Involve your teen when creating family rules. This will make it more likely that your teen will follow them. Make one rule at a time. Discuss the reasons for the rule and listen to their views.  [2] Next, Keep it Real.  Make the rules realistic for what your teen can do. Be clear and specific so they understand what you want them to do. Make sure the rule is fair. Remember to explain the reason for the rule.  [3] Step 3 is to be consistent. Once you set a rule together, stick to it! If you always expect your teen to follow a rule, they will be more likely to follow it. If the rule is something that also involves you, then it is important that you stick to it too.  [4] Finally, Praise Often. Praise your teen for setting family rules with you. And just like when they follow an instruction or behave well, praise them whenever they follow the rule! | BE A TEAM  Create rules together  KEEP IT REAL  Keep your rules realistic, clear, and specific  BE CONSISTENT  Make sure you and your teen follow the rules consistently  PRAISE OFTEN  Praise your teen whenever you notice they are following the rule. |  |
| Remember:[pause]  Be a team, [pause] Keep it real, [pause] Be Consistent, [pause] and Praise your teen for following the rules.  Your home activity is to try to create at least one family rule with your teen. Can you do it today? | Creating Family Rules  BE A TEAM  KEEP IT REAL  BE CONSISTENT  PRAISE OFTEN  HOME ACTIVITY: Create at least one family rule with your teen. |  |

| {Lesson: Teaching my Teen Consequences} | | |
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| Script | On Slide Text | Animation Notes |
| 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:  Be Calm  Be Fair  Be Consistent  Be Positive  Let’s learn more about these steps. | Teaching my Teen Consequences  BE CALM  BE FAIR  BE CONSISTENT  BE POSITIVE |  |
| The first step is Be Calm. The most important thing you can remember is to be calm when giving your teen consequences. 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.”  This step is easiest if you have agreed on the consequences in advance. When you set household rules or routines, be sure to discuss the consequences for not following them.  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! | BE CALM  Shouting will only make it worse  BE FAIR  Be reasonable and give your teen the chance to obey  BE CONSISTENT  Give the consequence every time a rule is not followed  BE POSITIVE  Praise the behaviour you want to see more of |  |
| Remember, to teach your teen consequences:  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.  Can you do it today? | Teaching my Teen Consequences  BE CALM  BE FAIR  BE CONSISTENT  BE POSITIVE  HOME ACTIVITY:  Write a list of fair consequences. |  |

| {Lesson: Solving Problems with My Teen} | | |
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| Script | On Slide Text | Animation Notes |
| 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  FAHAMU  TAFUTA UTATUZI  JARIBU  JARIBU |  |
| Step 1 is Know It. Put the problem into words. 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. | FAHAMU  Put the problem into words. |  |
| Step 2 is to Solve It. Think of all the possible solutions to your teen’s problem with them. Imagine together what their results will be. What could you or your teen do differently in this situation in the future? | TAFUTA UTATUZI  Think of the possible solutions to your problem, and their outcome. |  |
| Step 3 is to Try It. Choose 1 solution and try it out the next time you or your teen are in a similar situation. | JARIBU  Choose 1 solution to try next time. |  |
| Step 4 is to Test It. When you or your teen has the chance again, and has tried the solution out, ask whether it worked. If it did, that’s great! If not, talk with your teen again to find a new solution. | JARIBU  “Did it work?” |  |
| Remember, to solve problems with your teen:  [1] Know the problem by putting it into words.  [2] With your teen, come up with ways to solve the problem.  [3] Choose 1 solution and commit to trying it next time.  [4] Test the solution. Did it work?  Try to find solutions together. Listen to your teen, accept how they see and feel things, and thank them for trusting you.  Your home activity is to talk with your teen about the four steps to problem solving by reviewing this lesson together. Knowing how to solve problems is something they can use for the rest of their lives!  Can you do it today? | Solving Problems with My Teen  FAHAMU  TAFUTA UTATUZI  JARIBU  JARIBU  HOME ACTIVITY:  Talk with your teen about the four steps to problem solving. |  |

| {Lesson: Knowing Everyone’s Role} | | |
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| Script | On Slide Text | Animation Notes |
| 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,  [pause]  has the clothes they need,  [Pause]  stays safe from harm,  [Pause]  has opportunities to go to school,  [pause]  has medical attention when sick  [pause]  contributes to family needs, like doing chores,  [pause]  learns the traditions and values you wish them to have, such as honesty,  [pause]  has opportunities to express themselves equally for girls and boys,  [pause]  has opportunities to play,  [pause]  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:  [pause]  doing age-appropriate chores, like helping to prepare meals, making their beds, and sorting laundry,  [pause]  cooperating when their caregivers ask something of them,  [pause]  being respectful to others in the family,  [pause]  going to school and doing their homework,  [pause]  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.  Do you have time to do it today? | 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} | | |
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| Script | On Slide Text | Animation Notes |
| Hi! 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.  One way to keep your teen safe is to create a safety map with them. Together you can identify the safe and unsafe places in your community.  You can create a safety map in just three easy steps: Draw, Decide, and Discuss.  Let’s learn more together! | Being Safe in the Community  DRAW  DECIDE  DISCUSS |  |
| The first step is to draw.  Draw a map of your community that includes the main places you and your teen go. [1] This will include places like your house, school, streets, shops, and other places your teen visits. | DRAW | Begin with a blank sheet. Animate on [1] |
| The next step is to decide.  Talk about places on your map and decide whether they are safe or not. Listen to your teen: they might know more than you think they do about where it is safe or unsafe! When you have decided which are safe, circle those places. [1] Then, cross off any places that aren’t safe for teenagers. | DECIDE | Begin with previous sheet. Animate on [1] |
| The final step is to discuss. Sometimes, we find ourselves in trouble. Discuss where you and your teen can get support in a crisis. This may be home, school, a police station, or a clinic. [1] Mark these places clearly on your map. | DISCUSS | Begin with previous sheet. Animate on [1] |
| Remember, to create a community safety map:  [1] Draw a map of your community  [2] Decide with your teen the places that are safe and unsafe.  [3] Discuss where they can go for help, and mark those places on the map.  Your home activity is to create a community safety map with your teen. Do you have time to do it today? | Being Safe in the Community  DRAW  DECIDE  DISCUSS  HOME ACTIVITY: Create a community safety map with your teen |  |

| {Lesson: Teaching Self Defence (F)} | | |
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| Script | On Slide Text | Animation Notes |
| 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. We can USE OUR VOICE and USE OUR BODIES to protect ourselves.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Pale tunapohisi hatupo salama, tunaruhusiwa kufanya chochote kuondokana na hali.   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…   * ‘No!’ * "Jamani nisaidieni" * “I will call the police if you touch me again” * "Do not touch my bum”   Or they might try something else…   * "Nitafanya chochote unachotaka, tafadhali usinidhuru." * “No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE!” * “I can see that you are angry. Let’s sit together and talk about it.” * "Nitakupa simu yangu ikiwa utaniruhusu niende."   Consider, what would you do? There’s no wrong answer. | USE YOUR VOICE   * No! * Someone help me! * I will call the police if you touch me again * Do not touch my bum * I will do anything you want, just please don’t hurt me. * No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE! * I can see that you are angry. Let’s sit together and talk about it. * I will give you my phone if you let me go. |  |
| Our second tip is that you can also use your body. Kama sauti ikashindwa kuzuia hali, tunaweza kutumia miili yetu kujikinga. You should know your attacker’s targets and do what you can to hurt them: Scratch, Pull, Punch, Kick, or Twist your attacker. | USE YOUR BODY Use your body to defend yourself.   * Scratch * Pull * Punch * Kick * Twist | Use this image:  self\_defence\_moves\_f |
| There are four primary targets to know:  [1] The eyes  [2] Throat  [3] Groin  [4] and knees |  | 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)  Attack any of the targets to hurt your opponent and get away. |  | 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 |
| Your home activity is to share this information with your teen so they are ready to defend themselves. You can do it and Crianza con Conciencia Positiva can help. Type “SAFE” to repeat this lesson with your teen. Can you do it today? | Teaching Self Defence  Home Activity:  Type “SAFE” and repeat this lesson with your teen |  |

| {Lesson: Teaching Self Defence (M)} | | |
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| Script | On Slide Text | Animation Notes |
| 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. We can USE OUR VOICE and USE OUR BODIES to protect ourselves.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Pale tunapohisi hatupo salama, tunaruhusiwa kufanya chochote kuondokana na hali.   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…   * ‘No!’ * "Jamani nisaidieni" * “I will call the police if you touch me again” * "Do not touch my bum”   Or they might try something else…   * "Nitafanya chochote unachotaka, tafadhali usinidhuru." * “No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE!” * “I can see that you are angry. Let’s sit together and talk about it.” * "Nitakupa simu yangu ikiwa utaniruhusu niende."   Consider, what would you do? There’s no wrong answer. | USE YOUR VOICE   * No! * Someone help me! * I will call the police if you touch me again * Do not touch my bum * I will do anything you want, just please don’t hurt me. * No lift for me, thanks. Last time I got a lift I threw up EVERYWHERE! * I can see that you are angry. Let’s sit together and talk about it. * I will give you my phone if you let me go. |  |
| Our second tip is that you can also use your body. Kama sauti ikashindwa kuzuia hali, tunaweza kutumia miili yetu kujikinga. You should know your attacker’s targets and do what you can to hurt them: Scratch, Pull, Punch, Kick, or Twist your attacker. | USE YOUR BODY Use your body to defend yourself.   * Scratch * Pull * Punch * Kick * Twist | Use this image:  self\_defence\_moves\_m |
| There are four primary targets to know:  [1] The eyes  [2] Throat  [3] Groin  [4] and knees |  | 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)  Attack any of the targets to hurt your opponent and get away. |  | 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 |
| Your home activity is to share this information with your teen so they are ready to defend themselves. You can do it and Crianza con Conciencia Positiva can help. Type “SAFE” to repeat this lesson with your teen. Can you do it today? | Teaching Self Defence  Home Activity:  Type “SAFE” and repeat this lesson with your teen |  |

| {Lesson: Preventing Sexual Violence} | | |
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| Script | On Slide Text | Animation Notes |
| 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.  In a dangerous situation, we may not know what to do and freeze or respond in an angry way – this is normal. 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.  Let’s learn more together. | Preventing Sexual Violence  FAHAMU  ONA  SEMA  IFANYE |  |
| [1] First, know it. Know the difference between healthy and unhealthy relationships. If you are attacked, know that it is never your fault. You are allowed to say and do what is needed to stay safe and get away – do not worry about what others may think. You are worth being defended. You are strong and powerful.  [2] Next, see it. When someone makes you (or someone else) feel uncomfortable with what they say or do, that is never okay! We all have the right to feel safe, especially at home. Follow your intuition. When you feel attacked with words or actions, your goal is to get away.  [3] Third, say it. Your voice can stop many attacks. Yell ‘No!’, call for help, warn of consequences, name the behaviour, act crazy, pretend to go along to buy time, use humour, calm them down, or negotiate. 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] Finally, do it. When our voice is not changing the situation, we can use our bodies. Know the ‘weapons’ on your body and know the ‘targets’ on your attacker’s body. Use what is free on your body that you can fight with and what is open on the attacker’s body to hit.  If you do get hurt by someone, remember it is never your fault. Ask someone you trust for help, and make sure your teen knows they can tell you anything so you can find a solution together. | Tips for you and your teen:  FAHAMU  Know that it is not your fault.  ONA  Recognize when you are unsafe.  SEMA  Use your voice to get away.  IFANYE  If your voice doesn’t work, use your body to get away.  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. | HELP | Animate Phone with HELP on the Screen |
| Your home activity is to help your teen be prepared by repeating this lesson together. To repeat this lesson type “PREVENT.” Can you do it today? | Preventing Sexual Violence  HOME ACTIVITY:  Type “PREVENT” and repeat this lesson with your teen |  |

| {Lesson: Responding to Crises} | | |
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| Script | On Slide Text | Animation Notes |
| 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.  Let’s learn more about these steps together. | Responding to Crises  VUTA PUMZI  SIKILIZA  RESPOND  COMFORT |  |
| The first step is to breathe. 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. | VUTA PUMZI  Remain calm  SIKILIZA  Listen to your teen and notice what they are feeling  RESPOND  What can help your teen right now?  [1] HELP  COMFORT  Give your teen comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| Follow these steps whenever your teen shares something difficult. Supporting your teen through a crisis will also teach them how to support others in difficult times.  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.  Do you have time to do this today? | Responding To Crises  VUTA PUMZI  SIKILIZA  RESPOND  COMFORT  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} | | |
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| Script | On Slide Text | Animation Notes |
| 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.  When it comes to online safety, there are four tips to keep in mind:  LEARN,  [pause]  PROTECT  [pause]  BUILD HABITS,  [pause]  and BUILD TRUST.  There is so much to share. We will cover online safety over two lessons.  [1] Today, we are reviewing the tips [pause] LEARN [pause] and PROTECT.  The next lesson will cover [pause] BUILD HABITS [pause] and BUILD TRUST.  Let’s begin. | Knowing Basics of Online Safety  LEARN  PROTECT  BUILD HABITS  BUILD TRUST | 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! | PROTECT  ✅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. You may find that they are already thinking about online safety.  Praise your teen for any efforts they make. 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} | | |
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| Script | On Slide Text | Animation Notes |
| 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  LEARN  PROTECT  BUILD HABITS  BUILD TRUST | 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. They should never share personal information in a chat room or with strangers.  Before completing forms that ask for personal information, check that the web address begins with https://. Websites that begin with http:// may not be secure.  [1]Help your teen create strong passwords for their accounts. Good passwords are:  [pause] long  [pause] do not include obvious personal information like your name or birthday;  [pause] and include upper and lower case letters, numbers and symbols.  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 * Check web addresses   https://  http://   * Set Strong Passwords:   + 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  Together, look at the websites, social media, games, and apps they use.  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. | BUILD TRUST   * Look at websites, social media, games and apps that your teen uses, together * Ask questions * 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. |
| Just as you keep your teen safe in the real world, you also need to make sure they are safe in the digital world. By following these steps you can protect them and make sure that their online time is secure so they can keep using it to learn. You’re doing a great job!  Here’s something you can do with your teen today to start making sure they stay safe online:  [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!  Can you and your teen complete this task today? | 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} | | |
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| Script | On Slide Text | Animation Notes |
| 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:  Cheza  [pause]  Be Positive  [pause]  And allow creativity.  Ready to learn more? | Having Fun While Learning  CHEZA  BE POSITIVE  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.  If your teen is interested in a new topic, like biology, encourage them to explore and find out more about it.  Help them meet with experts, access new books, or learn new topics online.  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. | CHEZA  Play educational games and help your teen take a pause  BE POSITIVE  Praise your teen for their efforts!  ALLOW CREATIVITY  Explore new, interesting topics together! |  |
| Helping your teen to have fun while learning is an important role. You are doing a great job!  Your home activity is to invite your teen to take a small break from homework and do something active for five minutes. You can dance, play football, do jumping jacks, or go for a jog. Breaking up their school work will help them remember information and the physical activity will keep them alert for studying. Do you have time to do it today? | 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} | | |
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| Script | On Slide Text | Animation Notes |
| Hi! 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:  Set Goals  [pause]  Ask Questions  [pause]  Make Connections,  [pause]  And Praise! | Kumsaidia Kijana Wako Kujifunza  SET GOALS  ASK QUESTIONS  MAKE CONNECTIONS  PRAISE, PRAISE, PRAISE! |  |
| [1] First, set goals.  Support your teen by helping them to set goals for something they want to do.  Help them make their goals specific and measurable. 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. This builds their motivation to learn. | SET GOALS  Help your teen understand the connection between learning and achieving their goals |  |
| [2]The next step is to ask questions.  Encourage your teen to ask questions, and ask your teen questions too! Don’t worry if you do not know the answers to their questions. Try finding the answer together by looking online, or asking teachers in your teens school. Curiosity will help your teen's brain grow! | ASK QUESTIONS  Encourage your teen to ask questions, and find answers together! |  |
| [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. This develops and promotes deeper thinking and understanding of concepts. | MAKE CONNECTIONS  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 |  |
| Remember, to help your teen learn:  Help them identify their goals and understand that learning will help them achieve their goals. 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. Do you have time to do it today? | Kumsaidia Kijana Wako Kujifunza  SET GOALS  ASK QUESTIONS  MAKE CONNECTIONS  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} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva! Let’s learn how to create a positive learning space for your teen.  A great learning space requires these things:  Quiet  [pause]  Routine  [pause]  And Support.  Let’s explore these together. | Create a Positive Learning Space for Your Teen  QUITE  ROUTINE  MSAADA |  |
| [1] First let's talk about what it means for a space to be quiet.  [pause]  Effective learning requires focus. [pause] Find a space for your teen to learn without distractions. 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.  [pause]  Help make learning an important part of your teen's daily routine.  If possible, encourage your teen to complete school work before beginning their chores. This shows your teen that their education is important to you.  [3]Finally, SUPPORT your teen in their studies.  [pause]  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. | QUIET  Help your teen focus with a quiet space  ROUTINE  School work comes before chores  MSAADA  Ask them what they need to accomplish and praise them when they achieve their goal | Cross out phone and music |
| Remember, to create a positive learning environment for your teen, help your teen focus with a quiet space, Set a daily routine for learning, before household chores, and support your teen in their studies by letting them know you are there to help if needed, and then leaving them to study undisturbed.  Your home activity today is to talk with your teen to find the right study spot in your home. Do you have time to do it today? | Create a Positive Learning Space for Your teen  HOME ACTIVITY:  Work with your teen to find a study spot in your home. |  |

| {Lesson: Learning from Mistakes} | | |
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| Script | On Slide Text | Animation Notes |
| 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.  Here are four tips that you can use to help your teen learn from their mistakes:  Ongea  [pause]  Praise Effort  [pause]  Allow Mistakes to Happen  [pause]  And Share  Let’s learn more together. | Learning from Mistakes  ONGEA  PRAISE EFFORT  ALLOW MISTAKES TO HAPPEN  KUSHIRIKISHANA |  |
| [1] First, talk.  Create space and time for your teen to talk with you about their life.  Try asking your teen how their day went at school. If their day was challenging, listen to them, and give space to let them share.Give them support and show you care. Tell them, "that sounds difficult”.  [2] Next, Praise their effort.  Praise your teen for the effort they put into their learning even if they did not succeed. Celebrate this effort together! Effort is more important than mastering a specific skill.  [3] Third, allow for mistakes to happen.  Allow your teen to make mistakes. Let them learn from their own mistakes so they can grow. It is tempting to want to solve every problem for your teen, especially when you know better, but this will not teach them how to solve their own problems.  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] Finally, SHARE  Try sharing your own failures with your teen and discuss how they helped you develop and grow.  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. | ONGEA  Talk about your teen's day at school.  PRAISE EFFORT  Effort is more important than mastering a skill.  ALLOW MISTAKES TO HAPPEN Teens must learn from their own mistakes.  SHARE  your own failures |  |
| Remember, to help our teens learn from mistakes:  [pause]  [1] Create space and time for your teen to talk with you about their life.  [2] Praise your teen for the effort they put into their learning even if they did not succeed.  [3] Allow your teen to make mistakes. Let them learn from their own mistakes so they can grow.  [4] And share your own failures with your teen and discuss how they helped you develop and grow.  Your Home Activity is to share a story with your teen about a time you learned from a mistake. It can be from school, or another life lesson. [pause] Do you have time to do it today? | Learning from Mistakes  ONGEA  PRAISE EFFORT  ALLOW MISTAKES TO HAPPEN  KUSHIRIKISHANA  HOME ACTIVITY:  Share a story with your teen about a time you made a mistake and what you learned from it. |  |

| {Lesson: Learning How to Work with Other People} | | |
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| Hi! 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.  In order to succeed at home, school, and work, your teen will need to know how to work with others.  You can help them build this skill with these tips: be social, and practice team work.  Let’s learn more together. | Learning How to Work with Other People  BE SOCIAL  TEAM WORK |  |
| First, Be Social. Allow your teen to go and study with friends in a safe way. You can call these friends, ‘study buddies.’  Second, you can help your teen engage in team work by encouraging them to listen to others and respect their ideas. | BE SOCIAL  Allow study buddies.  PRACTICE TEAM WORK  By respecting others. |  |
| Your Home Activity today is to chat with your teen and identify a possible study buddy for the next week. Do you have time to do it today? | Learning How to Work with Other People  HOME ACTIVITY:  Help your teen identify a study buddy. |  |

{Care for my Teen’s Wellbeing}

| {Lesson: Helping my Teen with Stress} | | |
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| Script | On Slide Text |  |
| 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:  Notice  [Pause]  Ongea  [Pause]  Be There  [pause]  Comfort.  Let’s learn more together. | Helping my Teen with Stress  NOTICE  ONGEA  BE THERE  COMFORT |  |
| [1]  Firstly, you need to notice. Look for signs that your teen is feeling stressed. Their behaviour will often show when they are stressed.  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.  Listen to what they say, even if you can’t do anything about it, and remind them it is okay to feel stressed.  Help them decide which things are more important to worry about, and which aren’t. 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.  If you think it could help, speak to them about what they could do differently next time. | NOTICE  Look for the signs of stress in your teen  ONGEA  Learn what makes your teen feel stressed, without judgement  BE THERE  Be available to your teen and help them learn how to manage it  COMFORT  Be kind, patient, and offer help where you can | Animate words to text |
| Remember, to help your teen with stress:  [1]Notice the signs of stress in your teen  [pause]  [2]Talk with them about what makes them feel stressed  [pause]  [3]be there for them when they are feeling stressed  [pause]  And comfort them when they are stressed.  Your home activity is to talk with your teen about what makes them stressed. 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.  Ask your teen how you can help them when they are stressed, too. You can come back to this list next time you notice your teen might feel stressed.  Can you do this with your teen today? | NOTICE  ONGEA  BE THERE  COMFORT  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. |  |