{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  CABANGA IZINTO EZAKHAYO |  |
| 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! | CABANGA IZINTO EZAKHAYO  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your teen.  Unaso isikhathi sokukwenza lokhu namhlanje? | 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:  Yibani yithimba  [pause]  Ingcineni kuyiyona  [pause]  Phokophelani  [Pause]  Ncoma njalo  Ready to learn more? Let’s dive in. | Creating Family Rules  BE A TEAM  YINGCINE IYIYONA  PHOKOPHELANI  NCOMA NJALO |  |
| [1] Okokuqala, yibani ithimba.  Bandakanya umntwana wakho uma kubekwa imithetho yomndeni. Lokhu kuzosiza ekutheni abe maningi amathuba okuthi ayilandele. Make one rule at a time. Xoxani mayelana nezizathu zalowomthetho futhi ulalele imibono yakhe.  [2] Okulandelayo, Yigcine kuYiyo.  Yenza imithetho enengqodo, elingene lokho umntwana wakho anamandla okuyilandela. Cacisa, futhi usho ngqo khona ezoqonda ukuthi ufuna enzeni. Qinisekisa ukuthi umthetho umlingene umntwana wakho. Remember to explain the reason for the rule.  [3] Isinyathelo 3 elokuphokophela. Uma seniwubekile umthetho, namathelani kuwona! Uma uhlezi ulindele ukuthi kube umntana wakho olandela, maningi abathuba okuthi bawulandele. If the rule is something that also involves you, then it is important that you stick to it too.  [4] Okokugcina, Ncoma Njalo. Mncome umntwana wakho ngokubeka imithetho yomndeni ngokubambisana nawe. Futhi mncome njalo lapho elandela umthetho njengoba wenza uma elandele umyalelo noma eziphathe kahle! | BE A TEAM  Bekani imithetho ndawonye  YINGCINE IYIYONA  Keep your rules realistic, clear, and specific  PHOKOPHELANI  Make sure you and your teen follow the rules consistently  NCOMA NJALO  Mncome umntwana wakho noma yinini lapho umbona elandela umthetho. |  |
| Khumbula:[pause]  Be a team, [pause] Keep it real, [pause] Be Consistent, [pause] and Praise your teen for following the rules.  Umsebenzi wakho wasekhaya ukuzama ukubeka noma umthetho owodwa womndeni nomntwana wakho. Ungakwazi kwenza namuhla? | Creating Family Rules  BE A TEAM  YINGCINE IYIYONA  PHOKOPHELANI  NCOMA NJALO  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:  Hlisa umoya  Yiba Nobulungisa  Phokophelani  Yiba nombono' muhle  Masifunde kabanzi ngalezizinyathelo. | Teaching my Teen Consequences  EHLISA UMOYA  YIBA NOBULUNGISWA  PHOKOPHELANI  CABANGA IZINTO EZAKHAYO |  |
| The first step is Be Calm. Into ebaluleke kakhulu ongayikhumbula ukuthi uhlise umoya lapho unikeza ingane yakho izijeziso. 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.”  Lelinyathelo lilula kakhulu uma nivumelene ngezijeziso kusenesikhathi. Lapho ubeka imithetho yasekhaya noma izenzo zenjwayelo, qinisekisa ukuthi niyabonisana nangezijeziso zokungayilandeli.  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! | EHLISA UMOYA  Shouting will only make it worse  YIBA NOBULUNGISWA  Be reasonable and give your teen the chance to obey  PHOKOPHELANI  Give the consequence every time a rule is not followed  CABANGA IZINTO EZAKHAYO  Praise the behaviour you want to see more of |  |
| Khumbula, ukufundisa ingane yakho ngezijeziso:  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.  Ungakwenza lokhu namuhla? | Teaching my Teen Consequences  EHLISA UMOYA  YIBA NOBULUNGISWA  PHOKOPHELANI  CABANGA IZINTO EZAKHAYO  HOME ACTIVITY:  Bhala uluhla lwezijeziso ezifanele. |  |

| {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  YAZI  IXAZULULE  KUZAME  SIHLOLE |  |
| Inyathelo 1 ukuZazi. Chaza inkinga ngamagama. 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. | YAZI  Chaza inkinga ngamagama. |  |
| Inyathelo 2 ukuyiXazulula. Ninengane yakho cabangani ngazo zonke izisombuluko ezingaba khona zokuxazululeni inkingeni yengane yakho. Ibani nomfanekiso ngqondweni ukuthi imiphumela ingaba yini. Yini ongayenza noma ingane engayenza ngokwehlukile ngalesisimo esikhathini esizayo? | IXAZULULE  Cabanga ngezisombululo zenkinga yakho ezingenzeka, kanye nemiphumela yazo. |  |
| Inyathelo 3 Ukuyizama. Choose 1 solution and try it out the next time you or your teen are in a similar situation. | KUZAME  Khethani isisombululo esyi 1 nisizame ngokulandelayo. |  |
| Inyathelo lesi 4 Yihlole. When you or your teen has the chance again, and has tried the solution out, ask whether it worked. Uma sisebenzile, kuhle lokho! Uma ingasebenzanga, phinda ukhulume nengane yakho nithole esinye isisombululo. | SIHLOLE  ''Isebenzile?'' |  |
| Khumbula, ukuxazulula izinkinga nengane yakho:  [1] Yazi inkinga ngokuyichaza ngamagama.  [2] Ninengane yakho, tholani izindlela zokuxazulula inkinga.  [3] Khetha isixazululo esiyi 1 bese uyazibophezela ekusizameni ngokuzayo.  [4] Hlola isixazululo. Ingabe sisebenzile?  Zamani ukuthola isixazululo ndawonye. Lalela ingane yakho, yamukela indlela ebona nezizwa ngayo, futhi uyibonge ngokukwethemba.  Your home activity is to talk with your teen about the four steps to problem solving by reviewing this lesson together. Ukwazi ukuxazulula izinkinga kuyinto angayisebenzisa impilo yakhe yonke!  Ungakwenza lokhu namuhla? | Solving Problems with My Teen  YAZI  IXAZULULE  KUZAME  SIHLOLE  HOME ACTIVITY:  Khuluma nengane yakho ngalezizinyathelo ezine zokuxazulula izinkinga. |  |

| {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.  Ingabe naso isikhathi sokukwenza 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} | | |
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| Script | On Slide Text | Animation Notes |
| 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.  Indlela eyodwa ongangcina ngayo ingane yakho iphephile ukudweba imephu yokuphepha kanye nayo. Ndawonye ningabonisana ngezindawo eziphephile nezingaphephile emphakathini wenu.  Ningayidweba imephu yokuphepha ngelezizinyathelo ezintathu ezilula: Dweba, Thathani isinqumo, futhi Nixoxe.  Let’s learn more together! | Being Safe in the Community  DWEBA  THATHANI ISINQUMO  XOXISANANI |  |
| The first step is to draw.  Dwebani imephu yomphakathi wenu ehlanganisa izindawo enijwayele ukuya kuzo nengane yakho. [1] Lokhu kuzohlanganisa nezindawo ezinje ngendlu yakho, isikole, imigwaqo, izitolo, nezinye izindawo ingane yakho ezivakashelayo. | DWEBA | Begin with a blank sheet. Animate on [1] |
| The next step is to decide.  Khulumani ngezindawo ezikwimephu yenu bese ninquma ukuthi ziphephile noma cha. Listen to your teen: they might know more than you think they do about where it is safe or unsafe! Uma senisithathile isinqumo ngezindawo eziphephile, fakani indingilizi kulezozindawo. [1] Bese nidweba uphawu lwesiphambano ezindaweni ezingaphephile ezinganeni. | THATHANI ISINQUMO | Begin with previous sheet. Animate on [1] |
| The final step is to discuss. Ngezinye izikhathi, sizithola sisenkingeni. Xoxisanani ngokuthi wena kanye nengane ningakuthola kuphi ukwesekwa esimweni senhlekele. Lokhu kungaba yikhaya, isiteshi samaphoyisa, noma umtholampilo. [1] Zimakeni ngokucacile lezizindawo emephini yenu. | XOXISANANI | Begin with previous sheet. Animate on [1] |
| Khumbula, ukudweba imephu yokuphepha emphakathini:  [1] Dwebani imephu yompakathi wenu  [2] Ninengane yakho thathani isinqumo ngezindawo eziphephile nezingaphephile.  [3] Xoxisanani ukuthi ingaya kuphi ukuyothola usizo, bese niyazimaka lezozindawo kwimephu.  Your home activity is to create a community safety map with your teen. Ingabe naso isikhathi sokukwenza namuhla? | Being Safe in the Community  DWEBA  THATHANI ISINQUMO  XOXISANANI  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. Singasebenzisa IZWI LETHU futhi SISEBENZISE IMIZIMBA YETHU ukuzivikela.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Lapho sizizwa singaphephile, sivunyelwe ukwenza noma yini ukuze sisuke kuleyo ndawo.   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!’ * “Ngisizeni!” * “Ngizobiza amaphoyisa uma uke wangithinta futhi” * "Musa ukuthinta izinqa zami"   Or they might try something else…   * "Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi." * "Angiyifuni i-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO!" * "Niyabona ukuthi uthukuthele. Asihlale phansi sikhulume ngayo." * "Ngizokunika ifoni yami uma ungidedela."   Cabanga, yini obungayenza wena? Ayikho impendulo engalungile. | SEBENZISA IZWI LAKHO   * Cha! * Ngicela ningisize! * Ngizobiza amaphoyisa uma uke waphinda wangithinta * Musa ukuthinta izinqa zami * Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi. * Angiwufuni u-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO! * Ngiyabona ukuthi uthukuthele. Asihlale phansi ndawonye bese sikhuluma ngayo. * Ngizokunika ifoni yami uma ungidedela. |  |
| Our second tip is that you can also use your body. Lapho amazwi ethu engavimbi isimo, singasebenzisa imizimba yethu ukuzivikela. Kumele wazi iziqondiso zomhlaseli wakho futhi okwenza ukuzilimaza. Kwebha, Donsa, Faka isibhakela, Khahlela noma uMsonte umhlaseli wakho. | SENENZISA UMZIMBA WAKHO  Sebenzisa umzimba wakho ukuzivikela.   * Klwebha * Donsa * Faka isibhakela * Khahlela * Sonta | Use this image:  self\_defence\_moves\_f |
| Kunezindawo ezine ezisemqoka okufanele uzazi [1] Amehlo  [2] Umphimbo  [3] Ngakwisitho sangasese  [4] Namadolo |  | 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 iyiphi yalezizndawo ukuze umlimaze umhlaseli wakho bese uyabaleka. |  | 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 |
| Umsebenzi wakho wasekhaya ukwabelana nalolulwazi nengane yakho ukuze ilungele ukuzivikela ngokwayo. You can do it and Crianza con Conciencia Positiva can help. Bhala "PHEPHA" ukuphinda lesi sifundo nengane yakho. Ungakwazi kwenza namuhla? | Teaching Self Defence  Umsebenzi wase khaya:  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. Singasebenzisa IZWI LETHU futhi SISEBENZISE IMIZIMBA YETHU ukuzivikela.  Let's continue to learn more. | Teaching Self Defence  USE OUR VOICE  USE OUR BODIES |  |
| Lapho sizizwa singaphephile, sivunyelwe ukwenza noma yini ukuze sisuke kuleyo ndawo.   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!’ * “Ngisizeni!” * “Ngizobiza amaphoyisa uma uke wangithinta futhi” * "Musa ukuthinta izinqa zami"   Or they might try something else…   * "Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi." * "Angiyifuni i-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO!" * "Niyabona ukuthi uthukuthele. Asihlale phansi sikhulume ngayo." * "Ngizokunika ifoni yami uma ungidedela."   Cabanga, yini obungayenza wena? Ayikho impendulo engalungile. | SEBENZISA IZWI LAKHO   * Cha! * Ngicela ningisize! * Ngizobiza amaphoyisa uma uke waphinda wangithinta * Musa ukuthinta izinqa zami * Ngizokwenza noma yini oyifunayo, ngicela ungangilimazi. * Angiwufuni u-lift mina, ngiyabonga. Ngingcina ukuthola u-lift ngaphalaza YONKE INDAWO! * Ngiyabona ukuthi uthukuthele. Asihlale phansi ndawonye bese sikhuluma ngayo. * Ngizokunika ifoni yami uma ungidedela. |  |
| Our second tip is that you can also use your body. Lapho amazwi ethu engavimbi isimo, singasebenzisa imizimba yethu ukuzivikela. Kumele wazi iziqondiso zomhlaseli wakho futhi okwenza ukuzilimaza. Kwebha, Donsa, Faka isibhakela, Khahlela noma uMsonte umhlaseli wakho. | SENENZISA UMZIMBA WAKHO  Sebenzisa umzimba wakho ukuzivikela.   * Klwebha * Donsa * Faka isibhakela * Khahlela * Sonta | Use this image:  self\_defence\_moves\_m |
| Kunezindawo ezine ezisemqoka okufanele uzazi [1] Amehlo  [2] Umphimbo  [3] Ngakwisitho sangasese  [4] Namadolo |  | 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 iyiphi yalezizndawo ukuze umlimaze umhlaseli wakho bese uyabaleka. |  | 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 |
| Umsebenzi wakho wasekhaya ukwabelana nalolulwazi nengane yakho ukuze ilungele ukuzivikela ngokwayo. You can do it and Crianza con Conciencia Positiva can help. Bhala "PHEPHA" ukuphinda lesi sifundo nengane yakho. Ungakwazi kwenza namuhla? | Teaching Self Defence  Umsebenzi wase khaya:  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.  Ezimeni ezibucayi, singazithola singazi ukuthi senzenjani bese sikhungatheka noma siphendule ngokudinwa - kujwayelekile lokhu. 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.  Masifunde kabanzi ndawonye. | Preventing Sexual Violence  YAZI  KUBONE  KUSHO  KWENZE LOKHU |  |
| [1] Okokuqala, kwazi. Yazi mehluko phakathi kobudlelwano obuhle noma ubudlelwano obubi. Uma uhlaselwa, yazi ukuthi akulona iphutha lakho. Uvumelekile ukusho noma wenze okumele ukwenze ukuze uphephe futhi ubaleke- ungakhathazeki ukuthi abanye bantu bazocabangani. Ufanelwe ukuvikelwa. Unamandla.  [2] Okulandelayo, kubone. Uma kukhona muntu okwenza (noma omunye umuntu) uzizwe ungaphathekile kahle ngento ayishoyo noma ayenzayo, lokho akusiyo into enhle nhlobo! Sonke sinalo ilungelo lokuzizwa siphephile, ikakhulukazi emakhaya. Landela umcabango wakho wokuqala. Uma uzizwa uhlaselwa ngamazwi noma ngezenzo, inhloso yakho akube ukusuka lapho.  [3] Okwesithathu, kusho. Izwi lakho lingaku vimba ukuhlaselwa okuningi. Memeza 'Cha' cela usizo, xwayisa ngemiphumela, chaza ukuziphatha, enza ngathi uyahlanya, zenzise ngathi uyavumelana; lokhu ukuthenga isikhathi, sebenzisa amahlaya, yehlisa umoya, noma xoxisa naye. 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] Okokungcina, kwenze. Uma amazwi ethu engashintshi isimo, singasebenzisa imizimba yethu. Yazi "zikhali" emzimbeni wakho kanye nezindawo ezisemqoka emzimbeni womhlaseli wakho. Sebenzisa okungabambekile emzimbeni wakho ongalwa ngakho kanye nalokho okuvelile emzimbeni iwomhlaseli ongakushaya.  Uma ulinyazwa othile, khumbula akulona neze iphutha lakho. Cela usizo emntwini othile omethembayo, futhi uqinisekise ukuthi ungane yakho yazi ukuthi ingakutshela noma yini ukuze nithole isisombululo ndawonye. | Tips for you and your teen:  YAZI  Yazi ukuthi akulona iphutha lakho.  KUBONE  Bona uma ungaphephile.  KUSHO  Sebenzisa izwi lakho ukuze ubaleke.  KWENZE LOKHU  Uma izwi lakho lingasebenzi, sebenzisa umzimba wakho ukuphunyuka.  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. | USIZO | Animate Phone with HELP on the Screen |
| Umsebenzi wase khaya ukusiza ingane yakho izilungiselele ngokuphinda phinda lesi sifundo ndawonye. Ukuphinda lesi sifundo bhala "VIMBELA" Ungakwazi kwenza namuhla? | Preventing Sexual Violence  HOME ACTIVITY:  Type “PREVENT” and repeat this lesson with your teen |  |

| {Lesson: Responding to Crises} | | |
| --- | --- | --- |
| 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.  Masifunde kabanzi ngalezizinyathelo ndawonye. | Responding to Crises  PHEFUMULA  LALELA  PHENDULA  DUDUZA |  |
| Inyathelo lokuqala ukuphefumula. 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  PHENDULA  Yini engasiza ingane yakho manje?  [1] HELP  DUDUZA  Give your teen comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| Landela lezizinyathelo nanini lapho ingane yakho yabelana ngokuthile okunzima. Ukuseka ingane yakho ebunzimeni kuzophinde kuyifundise indlela yokusekela abanye ezikhathini ezinzima.  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 isikhathi sokukwenza lokhu namhlanje? | Responding To Crises  PHEFUMULA  LALELA  PHENDULA  DUDUZA  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} | | |
| --- | --- | --- |
| 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.  Uma kuza ekuphepheni kwi-inthanethi, nawa amacebo amane ekumele uwagcine engqondweni:  FUNDA  [pause]  PROTECT  [pause]  BUILD HABITS,  [pause]  no KWAKHA UKWETHEMBANA.  There is so much to share. We will cover online safety over two lessons.  [1] Namhlanje sizophinde sibheke amacebo [pause] SIFUNDE [pause] nokuKHUSELA.  Isifundo esilandelayo sizokhuluma [pause] NGOKWAKHA IMIKHUBA [pause] noKWAKHA UKWETHEMBANA.  Masiqale. | Knowing Basics of Online Safety  FUNDA  KHUSELA  YAKHA IMIKHUBA  KWAKHA UKWETHEMBANA | 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! | KHUSELA  ✅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. Ungathol'ukuthi usevele uyayicabanga indaba yokuphepha kwi-inthanethi.  Mncome umntwana wakho nganoma yimiphi imizamo ayenzayo. 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} | | |
| --- | --- | --- |
| 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  FUNDA  KHUSELA  YAKHA IMIKHUBA  KWAKHA UKWETHEMBANA | 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. [pause] Angaze anikele ngemininingwane yakhe siqu ezindlini zokuxhumana noma nabantu angabazi.  Before completing forms that ask for personal information, check that the web address begins with https://. Amawebhusayithi aqala ngo http:// kungenzeka angavikeleki.  [1]Help your teen create strong passwords for their accounts. Good passwords are:  [pause] amade  [pause] do not include obvious personal information like your name or birthday;  [pause] futhi afake izinhlamvu ezinkulu nezincane, izinombolo kanye nezimpawu.  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 * Bheka amakheli e web   https://  http://   * Yenza ama-password aqinile:   + 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  Ngokubambisana bhekani amawebhusayithi, izinkundla zokuxhuma, imidlalo kanye nama-apps awasebenzisayo.  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 UKWETHEMBANA   * Ndawonye nomntwana wakho bhekani amawebhusayithi, izinkundla zokuxhumana, imidlalo kanye nama-apps awasebenzisayo * Buza imibuzo * 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. |
| Kanje ngoba wenza ukugcina umntwana wakho ephephile ezweni langempela, kufanele uqinisekise ukuthi uphephile nasezweni ledijithali. Ngokulandela lezizinyathelo ungamuvikela futhi uqinisekise ukuthi isikhathi sakhe kwi-inthanethi sivikelekile khona bezoqhubeka bayisebenzisele ukufunda. Muhle umsebenzi owenzayo!  Nakhu ongakwenza nomntwana wakho namhlanje ukuqaleni ukuqinisekisa ukuthi uhlala evikelekile kwi-inthanethi:  [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!  Ingabe wena nomntwana wakho nigawenza lomsebenzi namhlanje? | 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} | | |
| --- | --- | --- |
| 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:  Dlala  [pause]  Yiba nombono' muhle  [pause]  And allow creativity.  Ready to learn more? | Having Fun While Learning  DLALA  CABANGA IZINTO EZAKHAYO  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.  Uma ngabe umntwana wakho unomdlanda wesihloko esisha, mhlampe esinje ngezemvelo, mkhuthaze ukuthi ahlole kabanzi ukuze athole ulwazi olubanzi ngaso.  Msize ekutheni ahlangane nochwepheshe, athole izincwadi ezintsha, noma afunde izihloko ezintsha kwi-ithanethi.  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  CABANGA IZINTO EZAKHAYO  Ncoma imizamo yomntwana wakho!  ALLOW CREATIVITY  Hlolani ngokubambisana izihloko ezintsha ezijabulisayo! |  |
| Helping your teen to have fun while learning is an important role. You are doing a great job!  Umsebenzi wakho wasekhaya ukumema umntwana wakho ukuthi athathe ikhefu elifishane emsebenzini wesikole enze okuthile imizuzu emihlanu okuzonyakazisa umzimba. Ningadansa, nidlale ibhola lezinyawo, nigxuma-gxume, noma niyogijima kancane. Ukuthatha ikhefu emsebenzini wesikole kuzomsiza akhumbule lokho akufundile nokkunyakazisa umzimba kuzomngcina ekuqwashele ukufunda. Ingabe naso isikhathi sokukwenza 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} | | |
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| Script | On Slide Text | Animation Notes |
| 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 izinhloso  [pause]  Buza imibuzo  [pause]  Make Connections,  [pause]  And Praise! | Helping Your Teen Learn  BEKA IZINHLOSO  BUZA IMIBUZO  HLANGANISA  PRAISE, PRAISE, PRAISE! |  |
| [1] First, set goals.  Support your teen by helping them to set goals for something they want to do.  Msize ekutheni enze izinhloso zakhe zicace futhi zikaleke. 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. Lokhu kuyamkhuthaza ukuthi afunde. | BEKA IZINHLOSO  Help your teen understand the connection between learning and achieving their goals |  |
| [2]The next step is to ask questions.  Mkhuthaze umntwana wakho ukuthi abuze imibuzo, nawe futhi umbuze imibuzo! Ungakhathazeki uma ungazazi izimpendulo zemibuzo ayibuzayo. Try finding the answer together by looking online, or asking teachers in your teens school. Curiosity will help your teen's brain grow! | BUZA IMIBUZO  Mkhuthaze umtwana wakho ukuthi abuze imibuzo bese nithola izimpendulo ndawonye! |  |
| [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. Lokhu kukhulisa futhi kuthuthukise ukucabanga okujulile nokuqonda imibono ehlukene. | HLANGANISA  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 ukusiza umtwana wakho afunde:  Msize umntwana wakho abheke izinhloso zakhe aqonde futhi ukuthi imfundo izomsiza akufeze lokho akufisayo. 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 isikhathi sokukwenza namhlanje? | Helping Your Teen Learn  BEKA IZINHLOSO  BUZA IMIBUZO  HLANGANISA  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} | | |
| --- | --- | --- |
| 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.  Indawo elungile youkufunda idinga lezizinto:  Ukuthula  [pause]  Isimiso/Isenzo senjwayelo  [pause]  And Support.  Let’s explore these together. | Ukwenzela Ingane Yakho Indawo Yokufundela Elungile  QUITE  ISIMISO/ISENZO SENJWAYELO  UKWESEKA |  |
| [1] First let's talk about what it means for a space to be quiet.  [pause]  Ukufunda okuyimpumelelo kudinga ukuzimisela. [pause] Tholela umntwana wakho indawo yokufundel engazuba naziphazamiso. 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.  Uma kungenzeka, khuthaza umntwana wakho aqede umsebenzi wesikole ngaphambi kokuqala imisenzi yasekhaya. Lokhu kutshengisa umntwana wakho ukhuthi imfundo yakhe ibalulekile kuwe.  [3]Okokugcina, MESEKE umntwana wakho ezifundweni zakhe.  [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. | UKUTHULA  Help your teen focus with a quiet space  ISIMISO/ISENZO SENJWAYELO  School work comes before chores  UKWESEKA  Ask them what they need to accomplish and praise them when they achieve their goal | Cross out phone and music |
| Khumbula, ukwenzela umntwana wakho indawo enokuthula elungile yokufundndela kusiza ekutheni agxile ngokomqondao. Beka isimiselo sokufunda sansukuzonke ngaphambi kokwenza imisebenzi yasekhaya futhi umeseke umntwana wakho ezifundweni zakhe ngokumtshela ukuthi ukhona uma edinga usizo, bese uyamshiya aqhubeke nokufunda engaphazanyiswa lutho.  Umsebenzi wakho wasekhaya namhlanje owokuthi uxoxisane nomntwana wakho ngokuthola indawo ekhaya ekulungele ukufunda. Ingabe naso isikhathi sokukwenza namuhla? | Create a Positive Learning Space for Your teen  HOME ACTIVITY:  Sebenzisana nomtwana wakho ekutholeni indawo yokufundela ekhaya. |  |

| {Lesson: Learning from Mistakes} | | |
| --- | --- | --- |
| 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.  Nawa amasu amane ongawasebenzisa ukusiza ingane yakho ukuthi ifunde emaphutheni ayo:  Khuluma  [pause]  Ncoma Imizamo  [pause]  Vumela Amaphuta Enzeke  [pause]  Futhi Wabelane  Masifunde kabanzi ndawonye. | Ukufunda Emaphutheni  XOXA  NCOMA IMIZAMO  ALLOW MISTAKES TO HAPPEN  YABELANA |  |
| [1] First, talk.  Thola indawo nesikhathi lapho umntwana wakho ezoxoxa ngempilo yakhe.  Try asking your teen how their day went at school. Uma usuku lwakhe beluyinselelo, mnikeze ithuba lokukuxoxela futhi mlalele. Meseke futhi ubonise ukuthi umkhathalele. Tell them, "that sounds difficult”.  [2] Next, Praise their effort.  Mncome umntwana wakho ngemizamo yakhe ekufundeni noma engaphumelelanga. Wujabuleleni ndawonye lomzamo! Ukuzama kubaluleke ukudlula ukuba nguchwepheshe wokuthile.  [3] Third, allow for mistakes to happen.  Mvumele umntwana wakho awenze amaphutha. Mvumele azifundele emaphutheni akhe ukuze akhule. Kuyaheha ukufuna ukuxazululela umntwana wakho zonke izinkinga zakhe, ikakhulukazi uma wazi kangcono, kodwa lokhu akuzumfundisa ukuthi uzixazululela njani izinkinga zakhe.  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] Okokugcina, YABELANA  Zama ukuxoxela umntwana wakho ngokwakho ukwehluleka futhi uchaze ukuthi kwakusiza kanjani ekuthni ukhule futhi uthuthuke.  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. | XOXA  Talk about your teen's day at school.  NCOMA IMIZAMO  Ukuzama kubaluleke ukudlula ukuba nguchwepheshe kokuthile.  ALLOW MISTAKES TO HAPPEN Teens must learn from their own mistakes.  YABELANA  ngokwakho ukwehluleka |  |
| Khumbula, ukusiza abantwana bethu ukuthi bafunde emaphutheni:  [pause]  [1] Thola indawo nesikhathi lapho umntwana wakho ezoxoxa ngempilo yakhe.  [2] Mncome umntwana wakho ngemizamo yakhe ekufundeni noma engaphumelelanga.  [3] Allow your teen to make mistakes. Mvumele azifundele emaphutheni akhe ukuze akhule.  [4] Bese uzama ukuxoxela umntwana wakho ngokwakho ukwehluleka futhi uchaze ukuthi kwakusiza kanjani ekutheni ukhule futhi uthuthuke.  Umsebenzi Wakho waseKhaya ukuthi uxoxele umntwana wakho indaba mayelana nesikhathi lapho wafunda ephutheni owawulenzile. Kungaba yindaba yasesikoleni, noma esinye isifundo empilweni. [pause] Unaso isikhathi sokukwenza namhlanje? | Ukufunda Emaphutheni  XOXA  NCOMA IMIZAMO  ALLOW MISTAKES TO HAPPEN  YABELANA  HOME ACTIVITY:  Xoxela umntwana wakho ngesikhathi owenza iphutha nokuthi esiphi isifundo owasifunda kulo. |  |

| {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.  Ukuze ingane yakho iphumelele ekhaya, esikoleni, nasemsebenzini, kudingeka ukuthi ikwazi ukusebenzisana nabanye.  You can help them build this skill with these tips: be social, and practice team work.  Masifunde kabanzi ndawonye. | Ukufunda Ukusebenzisana Nabanye Abantu  BE SOCIAL  TEAM WORK |  |
| Okokuqala, Zibandakanye nabantu. Mvumele umntwana wakho ayofunda nabangani ngendlela ephephile. Lababangani ungababiza ngokuthi ama-'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  Vumela ama-study buddies.  PRACTICE TEAM WORK  Ngokubahlonipha abanye. |  |
| Umsebenzi wakho wasekhaya namhlanje owokuxoxisa nomntwana wakho nibheke umngani angafunda naye ngeviki elizayo. Ingabe naso isikhathi sokukwenza namuhla? | Ukufunda Ukusebenzisana Nabanye Abantu  HOME ACTIVITY:  Siza umntwana wakho athole umngani azofunda naye. |  |

{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:  Qaphela  [Pause]  Khuluma  [Pause]  Yiba lapho  [pause]  Comfort.  Masifunde kabanzi ndawonye. | Helping my Teen with Stress  Qaphela  XOXA  YIBA KHONA  DUDUZA |  |
| [1]  Firstly, you need to notice. Look for signs that your teen is feeling stressed. Indlela eziphatha ngayo izohlazi ikhombisa uma inegcindezi.  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 bakushoyo, noma ungeke wenze lutho ngakho, uphinde ubakhumbuze ukuthi kulungile ukuzizwa unengcindezi.  Basize bakwazi ukukhetha izinto ezibalulekile abangazikhathaza ngazo, kanye nalezo ezingabalulekile. 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.  Uma ucabanga ukuthi kungasiza, khuluma nayo ngengakwenza ngendlela ehlukile ngokuzayo. | Qaphela  Look for the signs of stress in your teen  XOXA  Learn what makes your teen feel stressed, without judgement  YIBA KHONA  Be available to your teen and help them learn how to manage it  DUDUZA  Be kind, patient, and offer help where you can | Animate words to text |
| Khumbula, ukusiza ingane yakho ngokucindezeleka:  [1] Qaphela izimpawu zokucindezeleka enganeni yakho  [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.  Umsebenzi wakho wasekhaya ukukhuluma nengane yakho ngezinto eyibangela ingcindezi. 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.  Futhi buza ingane yakho ukuthi ungayisiza kanjani uma inengcindezi. Ungaphinde ubuyele kuloluhla ngesinye isikhathi uma ubona ukuthi ingane yakho izizwa inengcindezi.  Ungakwazi kwenza lokhu nengane yakho namuhla? | Qaphela  XOXA  YIBA KHONA  DUDUZA  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. |  |