| {Module: Onboarding for ParentText} | |
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| {Script} | {On Slide Text} |
| Welkom by ParentText!  ParentText is soos om 'n ondersteunende vriend langs jou te hê, wat jou lei deur die op- en afdraandes van jou kind se grootmaak.   Geskep deur 'n span kundiges van die Universiteit van Kaapstad, die Universiteit van Oxford, Fort Hare Universiteit, Clowns Without Borders Suid-Afrika, en Parenting for Lifelong Health, is ParentText wêreldwyd getoets om te verseker dat dit die beste hulp moontlik bied.   Ek is \_\_\_\_\_\_, jou gids. Al lyk ek dalk menslik, is ek 'n robot geskep deur Parenting for Lifelong Health en UNICEF om jou in jou ouerskapreis te ondersteun. | Welkom by ParentText! |
| Kom ons kyk hoe ParentText werk.   ParentText bied 5 daaglikse lesse aan om jou verhouding met jou kind of tiener te verbeter. Sodra jy al 5 daaglikse lesse voltooi, sal jy 'n positiewe ouerskapsertifikaat ontvang! | Improve My Relationship with My Child or Teen  Spending One-on-one Time with My Child or Teen   Giving Praise   Creating a Routine for One-on-one Time  Noticing Feelings During One-on-one Time   Keeping Calm When We Are Stressed |
| Nou, kom ons kyk hoe 'n les in ParentText lyk.  You'll receive a daily notification to remind you to complete your lesson. And if you miss it, it is also okay! You can always return to ParentText anytime to catch up on your lesson.  Each lesson is a mix of quizzes, comics, tips, and a fun activity to try at home with your child or family. | {Show screenshots of the quiz, tips, comics, and home activity} |
| If you are ever stuck or need help, type MENU or HELP at the end of your lessons to get more support. |  |
| When you type HELP anytime, you can get information about resources in your community to address family violence, sexual violence, mental health, or other emergencies.   Your information here is safe: Nothing will be shared without your permission and will not be sold for profit. The messages you send are encrypted and locked in a secure server.   Remember, anyone with access to your unlocked phone can view your messages. So, if you send sensitive information and are worried, delete the messages from your phone. | HELP |
| Being here shows how much you care about providing the best support for your child.   It is what you do with your child that will really make a difference.   ParentText will provide tips through lessons to help you with your relationship with your child. It is up to you to put these tips into practice!  Thank you so much for listening! You can access this video at any time via MENU. We hope you enjoy your ParentText journey and make the most out of it! | Welcome to ParentText |

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| {Take a Pause} | |
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| {Script} |  |
| Hallo! How are you feeling right now? Do you have 30 seconds?  Before you get started in the ParentText programme, let's take a quick pause together. | Take a Pause |
| Sit down somewhere comfortable and close your eyes.  Take a deeeeeeeep breath.  Feel the air moving in, and out, of your body.  In;  and out;  In;  and out;  In;  and out;  Notice how your body feels while you breathe.  Notice where you feel tension in your body.  Try to let it relax.  When you are ready, open your eyes again.  Now, notice if you are feeling any differently than  when you started this activity. |  |
| Try to Take a Pause whenever you feel angry, overwhelmed, stressed, or worried.  Even a few deep breaths, or connecting with the ground beneath you, can make a difference.  You can also Take a Pause with your child or teen! | Take a pause with your child or teen! |

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