| {Lesson: Community Safety video title: community\_safety\_teen} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| [>>1]Molo! Kwakuhle ukukubona kwakhona! Esi sifundo simalunga nokugcina umntwana wakho ofikisayo ekhuselekile kwaye esempilweni kwaye namhlanje sifunda ngokhuseleko ekuhlaleni.  Enye indlela yokugcina umntwana wakho ofikisayo ekhuselekile kukwenza imephu yokhuseleko kunye naye. Nikunye ningachonga iindawo ezikhuselekileyo nezingakhuselekanga kwindawo ohlala kuyo.  Nanga amanyathelo amathathu okukunceda wenze imephu yakho nomntwana wakho ofikisayo:  [>>2]Zoba[pause],[>>3] Gqiba[pause], kwaye  [>>4]Xoxa.  Masifunde ngakumbi kunye!  [<<all] | [1]Ukhuseleko Ekuhlaleni  [2]ZOBA  [3]GQIBA  [4]XOXA | {cues for on-screen text animation: >> means enter Left to right << means exit right to left. Please time with speech as indicated.} |
| [>>1]Inyathelo lokuqala kukuZOBA.  Kunye nomntwana wakho ofikisayo, zoba imephu yendawo enihlala kuyo. Bandakanya zonke iindawo eziphambili wena kunye nomntwana wakho ofikisayo eniya kuzo [2]indlu yakho, isikolo, izitrato, iivenkile, kunye nezinye iindawo ezityelelwa ngumntwana wakho ofikisayo. [<<all] | [1]ZOBA  [1] | {Begin with blank sheet (add white overlay over the drawing to show blank sheet of paper). At [2] the white shape fades out and reveals the drawing in the *community\_safety\_draw*. See reference video for example. } |
| [>>1]Inyathelo elilandelayo kukuGQIBA.  Thetha nomntwana wakho ofikisayo malunga neendawo ezikwimephu yakho kwaye wenze isigqibo sokuba zikhuselekile okanye hayi. Khumbula ukuvumela umntwana wakho ofikisayo ukuba abelane ngeengcinga zakhe kwaye umamele. Basenokwazi ngaphezu kokuba ucinga malunga nendawo ekhuselekileyo okanye engakhuselekanga! Xa ugqibile ukuba zeziphi iindawo ezikhuselekileyo kumntwana wakho ofikisayo,[>>2] zoba isangqa esingqonge ezondawo. Emva koko, nqumla naziphi na iindawo ezingakhuselekanga kubantwana abafikisayo. | [1]GQIBA | {Begin with *community\_safety\_draw* on screen. Overlay *community\_safety\_decide* on [2]} |
| [>>1]Inyathelo lokugqibela kukuXOXA.  Ngamanye amaxesha, sizifumana sisengxakini. Xoxa apho wena kunye nomntwana wakho ofikisayo ninokufumana inkxaso kwingxaki. Oku kunokuba likhaya, isikolo, isikhululo samapolisa okanye ikliniki. [>>2] Phawula ezi ndawo ngokucacileyo ngenkwenkwezi kwimephu yakho. [<<all] | [1]XOXA | {Begin with *community\_safety\_decide*. Overlay *community\_safety\_discuss* on [2]} |
| [>>1]Khumbula, iingcebiso ezintathu zokwenza imephu yokhuseleko ekuhlaleni zezi  [>>2]zoba, [pause][>>3] gqiba[pause] [>>4] kwaye xoxa.  Ukuthetha ngokhuseleko kunye nomntwana wakho ofikisayo yindlela encinci yokwenza umehluko omkhulu. Bakhumbuze ukuba banokukuxelela ngayo nantoni na engakhuselekanga eyenzekayo ngaphandle kokuba ube nomsindo. Oku kuya kukunceda ukuba wakhe ukuthembana nomntwana wakho ofikisayo.  [<<1-4, >>5]  Umsebenzi wakho wasekhaya kukwenza imephu yokhuseleko ekuhlaleni kunye nomntwana wakho ofikisayo. Ingaba unalo ixesha lokuyenza namhlanje? | [1]Ukhuseleko Ekuhlaleni  [2]ZOBA  [3]GQIBA  [4]XOXA  [5]Umsebenzi Wasekhaya:  [5]Yenza imephu yokhuseleko lwasekuhlaleni kunye nomntwana wakho ofikisayo |  |

| {Lesson: Respond to Crises video title: crises\_teen} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| [ >> 1]Wamkelekile kwakhona! Namhlanje sifunda ngendlela yokusabela kumntwana wakho ofikisayo kwingxaki.  Xa abantwana bethu abafikisayo besabelana ngento enzima kakhulu okanye ebacaphukisayo, kufuneka sikhumbule ukuhlala sizolile, simamele, kwaye sivuleleke ukuze bazive bexhaswa.  Nazi ezinye izinto onokuzenza ukuze uxhase umntwana wakho ofikisayo xa ebelana nawe ngento enzima:  [>>2]phefumla, [pause][>>3]mamela,[pause][>>4] phendula [pause][>>5] kwaye thuthuzela.  Masifunde ngakumbi ngala manyathelo kunye. [<<all] | [1]Phendula kwiiNgxaki  [2]PHEFUMLA  [3]MAMELA  [4]PHENDULA  [5]THUTHUZELA |  |
| [>>1] Inyathelo lokuqala kukuphefumla. [>>2]Hlala uzolile. Zibuze, "Yintoni edingwa ngumntwana wam ofikisayo ngoku?"  Ngelixa ekuqaleni sinokuziva sixhalabile, sinexhala okanye sinomsindo, kubalulekile ukuba uhlale uzolile kwaye ube khona kumntwana wakho kulomzuzu.  [<<1,2]  [>>3]] Okulandelayo, mamela. [>>4]Buza umntwana wakho ofikisayo ukuba kuqhubeka ntoni kwaye ubavumele babelane nawe ngezinto abazidingayo.. Qaphela indlela abaziva ngayo kwaye ubaxelele into oyiphawulayo ukuze bazive beviwe. Khumbula ukuxelela umntwana wakho ofikisayo ukuba ukho kwaye uyabathanda.  [<<3,4]  [>>5]Inyathelo lesithathu kukuphendula. [ >>6]Yintoni enokunceda le meko? Unokufuna ukunceda umntwana wakho ukuba athethe ngeemvakalelo zakhe okanye uqondise ingqwalasela yakhe. Okanye kusenokufuneka nixoxe ngezinto ezinokwenziwa ngokukhawuleza ukuze umcede. Unganika iziphumo kamva ukuba kuyimfuneko.  [<<5,6]  [>>7]Okokugqibela, mthuthuzele umntwana wakho ofikisayo.[>>8] Kunokuba nzima ukubona umntwana wakho ofikisayo ecaphuka okanye edidekile, kodwa kuninzi onokukwenza ukumxhasa. Bafuna ukuba ubamkele uze ubathuthuzele kwiimeko ezinzima.  [<<7,8] | [1]PHEFUMLA  [2]Hlala uzolile.  [3]MAMELA  [4]Buza umntwana wakho ofikisayo ukuba kuqhubeka ntoni.  [5]PHENDULA  [6]Yintoni enokunceda umntwana wakho ofikisayo ngoku?  [7]THUTHUZELA  [8]Thuthuzela umntwana wakho ofikisayo. |  |
| [>>1]Khumbula, ungasoloko ubhalela UNCEDO kwi-ParentText ukufumana uludwe lwabafowunelwa kwindawo ohlala kuyo ngenkxaso yonxunguphalo. Basenokukwazi ukunceda. [<<1] | UNCEDO | {[1]Overlay image help\_template} |
| [>>1]Kunokuba nzima ukubona umntwana wakho ofikisayo ekhathazekile okanye edidekile, kodwa khumbula ukuba kuninzi onokukwenza ukumxhasa ngexesha lobunzima. Uyiphethe lento, ungumzali omhle kakhulu!  [>>2-5]  Landela la manyathelo xa umntwana wakho ofikisayo esabelana ngento enzima. Ukuxhasa umntwana wakho ofikisayo kwingxaki kuya kubafundisa indlela yokuxhasa abanye ngamaxesha anzima.  [<<all] | [1]Phendula kwiiNgxaki  [2]PHEFUMLA  [3]MAMELA  [4]PHENDULA  [5]THUTHUZELA |  |
| [>>1]Kumsebenzi wakho wasekhaya, [>>2] Fumana ixesha elizolileyo lokuthetha nomntwana wakho ofikisayo malunga neengxaki ezinokuthi zenzeke.[>>3] Xoxa ngento omawuyenze xa inokwenzeka.[>>4] Phinda undwendwele uMsebenzi weMephu ukuchonga eminye imithombo yenkxaso ekuhlaleni. [>>5] Kwaye mbulele umntwana wakho ofikisayo ngokuzinika ixesha lokuncokola ngale nto.  Ingaba unalo ixesha lokwenza oku namhlanje? | [1]Umsebenzi Wasekhaya:  [2] Thetha nomntwana wakho ofikisayo ngeengxaki ezinokubakho.  [3] Xoxa ngento omawuyenze xa isenzeka.  [4] Phinda ujonge imephu yokhuseleko ekuhlaleni kwaye uchonge eminye imithombo yenkxaso ekuhlaleni.  [5] Mbulele umntwana wakho ofikisayo. | {Animate sentences to script either as bullets or in paragraph form. Overlay *community\_safety\_discuss on [3]*  If there is not space to have [2]-[5] on screen together, bring in [2] and [3] as indicated, then exit before bringing in [4] and [5].} |

| {lesson: Prevent Sexual Violence video title:sex\_violence\_teen} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| [>>1] Wamkelekile kwakhona! Kwakuhle ukukubona kwakhona.  Kwisifundo sanamhlanje sifunda ngokuthintela ubundlobongela obuphathelele kwezesondo. Kunokuba nzima ukucinga ngomntwana wakho ofikisayo ukuba ukwimeko eyingozi kodwa ukuqonda ubunyani bakhe kunye neengozi ezinokuthi zimehlele kunokusinceda ukuba simgcine ekhuselekile.  Sinokunceda abantwana bethu abafikisayo bazi indlela yokusebenzisa iingcinga kunye namazwi abo kwiimeko ezinobungozi ukuze bahlale bekhuselekile. Kwenza umahluko omkhulu!  Kwimeko eyingozi, sinokungazi ukuba senze ntoni kwaye sikhenkceze okanye siphendule ngendlela enomsindo - oku kuqhelekileyo. Ezi zixhobo zinokukunceda ugcine wena nomntwana wakho ofikisayo nikhuselekile: [>>2]yazi,[>>3] yibone, [>>4] kwaye uyithethe.  Masizihlolisise ezi zinto kunye.[<<all] | [1]Thintela ubundlobongela obuphathelele kwezesondo  [2]YAZI  [3]YIBONE  [4]YITHETHE |  |
| [>>1] Okokuqala, yazi. Wazi umahluko phakathi kobudlelwane obunempilo nobungenampilo. [>>2}Khumbula, ukuba uyahlaselwa, ayilotyala lakho. Uvumelekile ukuba uthethe kwaye wenze oko kufunekayo ukuze uhlale ukhuselekile kwaye ubaleke - ungakhathazeki malunga nokuba abanye banokucinga ntoni. Unamandla kwaye ufanelwe ukukhuselwa.[<<1,2]  [>>3] Okulandelayo, yibone. [>>4}Xa umntu ekwenza (okanye omnye umntu) uzive ungakhululekanga ngento ayithethayo okanye ayenzayo, ayisoze ilunge loo nto! Sonke sinelungelo lokuziva sikhuselekile, ingakumbi ekhaya. Landela ithuku lakho. Xa uziva uhlaselwa ngamazwi okanye izenzo, injongo yakho kukubaleka.  [<<3,4]  [>>5] Okwesithathu, yithethe. Ilizwi lakho linokunqanda uhlaselo oluninzi. [>>6] Cacisa, uzithembe, kwaye ungqale. [>>7]Thetha usebenzisa ilizwi lakho, ulwimi lomzimba, kunye nokujongana kwamehlo. Ukuba awuziva ukhuselekile, ungenza nantoni na ukubaleka.  [<<6,7]  Ukusebenzisa ilizwi lakho kunokubonakala ngokwahlukileyo kwiimeko ezahlukeneyo. Ungakhwaza [>>8]"Hayi!", [>>9]]biza uncedo,[>>10] wenze ngendlela engaqhelekanga ukubhida umhlaseli,[>>11] okanye uthethathethwano.  [<<8-11]  [>>12]Nazi ezinye izinto onokuthi uzithethe okanye uzikhwaze ukunqanda imeko enzima:  "Ndiza kufowunela amapolisa ukuba unokundibamba kwakhona."  "Musa ukubamba iimpundu zam!"  "Andidingi kukhweliswa motweni, enkosi! Kwixa elidlulileyo ndiqatyeliswa emotweni, ndaphalaza!"  "Ndiza kukunika ifowuni yam ukuba uyandiyeka ndihambe."  [<<12]  [ >>13]Cinga ngento obuya kuyenza kwimizekelo ekwesi sifundo. Akukho mpendulo iphosakeleyo! | [1]YAZI  [2]Yazi ukuba ayilo tyala lakho.  [3]YIBONE  [4]Yazi xa ungakhuselekanga.  [5]YITHETHE  [6]Cacisa, uzithembe kwaye ungqale.  [7] Sebenzisa ilizwi lakho, ulwimi lomzimba kunye nokujongana kwamehlo.  [8] “HAYI!”  [9] Cela uncedo  [10]Yenza ngendlela engaqhelekanga  [11] Thethathethana  [13] Ubuya kwenza ntoni wena? | {[8] add a megaphone icon overlaid inline with the text ( after text) to emphasise shouting}  {[12] add emoji or simple line graphic icons/images to illustrate the sentence. Forexample, a blue police light or police car for sentence 1 which talks about the police} |
| [1]Ukuba wonzakaliswa ngomnye umntu, khumbula ukuba ayilotyala lakho. [2] Cela uncedo kumntu omthembileyo, kwaye uqinisekise ukuba umntwana wakho ofikisayo uyazi ukuba angakuxelela nantoni na ukuze nifumane isisombululo kunye. [<<all] | [1]Ayilo tyala lakho.  [2]Cela uncedo kumntu omdala omthembileyo | {keep [5] up} |
| [>>1]Khumbula, ungasoloko ubhala uncedo kwi-ParentText ukufumana uluhlu lwabafowunelwa kwindawo yakho yokuhlala ngenkxaso yonxunguphalo. Basenokukwazi ukunceda.[<<1] | UNCEDO | {[1]Overlay image help\_template} |
| [>>1,2]Umsebenzi wakho wasekhaya kukunceda umntwana wakho ofikisayo azilungiselele ngokuphinda esi sifundo kunye. Ukuphinda olu hlobo lwesifundo "THINTELA." Ungayenza namhlanje? | [1]Umsebenzi Wasekhaya: [2]Bhala "THINTELA" kwaye uphinda esi sifundo nomntwana wakho ofikisayo. |  |

| {Lesson:Knowing Basics of Online Safety video title: online\_safety\_teen} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Molo kwakhona! Isifundo sanamhlanje simalunga nendlela yokugcina umntwana wakho ekhuselekile kwi-intanethi.  Abantwana abafikisayo bachitha ixesha elininzi kwi-intanethi. Ukuqhagamshelana kubanceda bahlale bekhuthazekile kwaye bafunda lukhulu, kodwa ikhona nayo imingcipheko kunye neengozi. Ukugcina umntwana wakho ofikisayo ekhuselekile kwi-intanethi linyathelo elibalulekileyo lokubanceda babe yinxalenye yehlabathi ledijithali.  Xa kufikwa kukhuseleko lwe intanethi, kukho ingcebiso ezine ekufuneka uzigcine engqondweni:  [>>2]funda,  [>>3]khusela,  [>>4]yakha imikhwa,  [>>5]kwaye yakha ithemba.  Kuninzi esiya kwabelwana ngako kangangokuba siya kugubungela ukhuseleko lwe-intanethi kwizifundo ezibini.  [<<4,5]Namhlanje, siqwalasela iingcebiso [pause] ukufunde [pause] kwaye ukukhusela.  Kwisifundo esilandelayo siza kugubungela [pause] ukwakha imikhwa [pause] kunye nokwakha ithemba.  Masiqaliseni.  [<<all] | [1]Ukwazi iziseko zoKhuseleko kwi-Intanethi  [2]FUNDA  [3]KHUSELA  [4]UKWAKHA IMIKHWA  [5]UKWAKHA ITHEMBA | {Please refer to example video for additions of icons. } |
| [>>1]Okokuqala, funda ngeengozi zokuba kwi-intanethi:  [>>2]UMXHOLO: Umntwana wakho ofikisayo angadibana nesiqulatho esiyingozi okanye umxholo ocinga ukuba awumfanelanga, njengobundlobongela, ulwimi olurhabaxa, okanye uburheletya. [<<2]  [>>3]UQHAGAMSHELWANO: Abantu abadala basenokuzenza abafikisayo baze bacele imifanekiso yezesondo okanye badibane nomntwana wakho ofikisayo ngeqonga le-intanethi.[<<3]  [>>4] INDLELA YOKUZIPHATHA: Ngamanye amaxesha, abafikisayo okanye abantu abangabaziyo banokuthetha okanye benze izinto ezenzakalisayo kwi-intanethi.[<<4,5] | [1]UKUFUNDA:   * [2]Umxholo * [3]Uqhagamshelwano * [4]Indlela yokuziphatha |  |
| [>>1]Okulandelayo, khusela. Gcina umntwana wakho ofikisayo ekhuselekile kwi-intanethi.  [>>2]Thetha nomntwana wakho ofikisayo malunga nokuba zeziphi ii-apps kunye newebhusayithi ezikhuselekileyo nezingakhuselekanga. Qinisekisa ukuba nengxoxo malunga nokuba kutheni! [<<2]  [>>3]Nceda umntwana wakho ofikisayo afunde ukwenza amagama ayimfihlo aqinileyo ukukhusela izixhobo zakhe. [<<3]  [>>4]Fundisa umntwana wakho ofikisayo ukuba kufuneka agcine iinkcukacha zakhe ziyimfihlo, kuquka iifoto okanye iividiyo zakhe. Into engena kwi-intanethi ihlala ikwi-intanethi![<<1,4] | [1]KHUSELA   * [2]Thetha nomntwana wakho ofikisayo malunga nee-apps ezikhuselekileyo * [3]Nceda umntwana wakho ofikisayo afunde ngamagama ayimfihlo aqinileyo * [4] Xelela umntwana wakho ofikisayo ngento efanele igcinwe bucala |  |
| [1]Kwiseshoni elandelayo, siza kuqhubeka sifunda ngokhuseleko lwe-intanethi. Today, your[<<1>>2]home activity is to ask your teen what they do to stay safe online. Ungafumanisa ukuba bahlale becinga ngokhuseleko kwi intanethi. Praise your teen for any efforts they make. Can you talk with your teen today? | [1]Know Basics of Online Safety  Funda ✅  Khusela  Yakha Imikhwa  Yakha Ithemba  [2]Home Activity:  Ask your teen what they do to stay safe online |  |

| {Lesson: Build Habits and Trust Online video title: habits\_online\_teen} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| [>>1]Welcome back to ParentText ! This lesson continues our learning about keeping our teenren safe online.  Keeping your teen safe online is an important step to help them be part of the digital world.  [>>2,3,4,5]You already learned ways to protect your teen online with [<<2]learn and [<<3]protect in the previous lesson.  Today, we are learning how to build habits and build trust.  Are you ready to begin?[<<all] | [1]Build Habits and Trust Online  [2]LEARN  [3]PROTECT  [4]BUILD HABITS  [5]BUILD TRUST | {Please refer to example video for additions of icons. } |
| [>>1]The next step is to build habits. Ukumisela imikhwa yokhuseleko kwi intanethi ekhayeni.  [>>2]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.  [3]Create rules with your teen about who they can chat with online. It is safest to only chat with people they already know. Bangaze babelane ngenkcukatha zabo kwi gumbi lokuncokola labucala okanye nabantu abangaziwayo.  [>>4]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.[<<4]  [>>5]For older teens, you can help them create strong passwords for their accounts. Inombolo eziqinileyo zi:  [pause][6] long  [pause] [7]do not include obvious personal information like your name or birthday;  [pause][8] and include upper and lower case letters, numbers and symbols.[<<5-8]  [>>9]Tell your teen not to click on pop-ups that ask them to download or pay for anything. | [1]BUILD HABITS  [2]Set phone-free times in your house  [3]Create rules for who to talk to online  [4]Check web addresses  https://  http://  [5]Set Strong Passwords:  [6]Long  [7]Don’t include personal information  [8]DO include upper and lowercase letters, numbers, and symbols  [9] Be careful of pop-ups | {Animate password details to explain better. See reference Video} |
| [>>1]Finally, BUILD TRUST with your teen  [>>2]Together, look at the websites, social media, games, and apps they use.  [>>3]Ask questions - this helps you learn more about your teen's interests!  [>>4]If you come across anything worrying together, talk about it with your teen. [>>5]If you need support, type HELP after you complete today’s lesson or any time you need extra support.  [>>6]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. | [>>1]BUILD TRUST  [2]Look at websites, social media, games and apps that your teen uses, together  [3]Ask questions  [4]Talk about worrying things together  [6]Tell your teen if they feel scared or unsafe, they should tell an adult | {[5]Overlay image help\_template} |
| [>>1]Just as you keep your teen safe in the real world, you also need to make sure they are safe in the digital world. Ngokulandela lamanyathelo ungabakhusela kwaye uqinisekise ukuba ixesha labo kwi intanethi likhuselekile ukwenzela baqhubeke nokuyisebenzisa ukuze bafunde. Wenza umsebenzi omhle kakhulu!  [<<1]  [>>2] Here’s something you can do with your teen today to start making sure they stay safe online:  [>>3]  First, have a conversation with your teen about how they can use the internet and devices in a safe way.  [>>4]  Okulandelayo, thetha malunga ngeziphi ii webhusayithi okanye ii apps ezinokungakhuseleki. Xoxani ukuba kutheni.  [>>5]  Finally, praise your teen for how good they are at using the web!  Can you and your teen complete this task today? | [1]Build Habits and Trust Online  [2]Home Activity  [3]Have a conversation with your teen about how they can use the internet and devices in a safe way.  [4]Talk about which sites or apps might be unsafe and why?  [5]Praise your teen for how good they are at using the web safely! |  |