{Course: Keep My Child Safe and Healthy}

| {Lesson: Teaching Safe Touch (Age 2-5/M & F)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo, ubuyile kwi-ParentText, kwakuhle!   Esi sifundo simalunga nokugcina umntwana wakho ekhuselekile kwaye esempilweni. Namhlanje, siza kuthetha malunga nokufundisa umntwana wakho ngendlela ekhuselekile kunye nengakhuselekanga yokubanjwa.   Nazi iingcebiso eziluncedo ezine ukukukhokela ekufundiseni umntwana wakho malunga nokubanjwa okukhuselekileyo nokungakhuselekanga kunye nokuba wenze ntoni ukuba uziva engakhululekanga xa kukho umntu ombambayo.  Masifunde ngakumbi kunye! | Fundisa Ukubamba Okukhuselekileyo |  |
| Okokuqala, funda ngamalungu angasese.  Fundisa umntwana wakho ukuba amalungu omzimba wakhe angena ngaphantsi kwempahla yakhe yangaphantsi okanye kwimpahla yokuqubha ngamalungu angasese. Akulunganga ukuba abanye abantu babambe okanye bajonge amalungu abo angasese  [pause]  Akulunganga nokuba umntu acele umntwana wakho ukuba abambe okanye ajonge amalungu angasese womnye umntu.  [pause]  Okwesibini, fundisa umntwana wakho ukuba kulungile ukuthi hayi.  Xelela umntwana wakho ukuba usoloko evumelekile ukuthi hayi emntwini ombambayo, nokuba lusapho okanye abahlobo. Oku kuyinyaniso, nakwizinto ezifana nokuwola! Oku kufundisa umntwana wakho ukuba usoloko elawula ukuba ngubani na amvumelayo ukuba ambambe ukuze akwazi ukwenza ukhetho olukhuselekileyo kubo bonke ubomi bakhe, kuyo nayiphi na imeko. Unokuziqhelanisa nokuthi "Hayi, nceda ungayenzi loo nto", "Hayi! Yeka!" kunye nomntwana wakho ukuze akwazi ukuzithethela xa kunesidingo xa kunesidingo.  Ingcebiso elandelayo kukubaleka.  Fundisa umntwana wakho ukuzikhupha kuyo nayiphi na imeko emenza azive engakhululekanga. Kwiimeko ezininzi, abenzi bobubi ayingobantu bangaziwayo ngumntwana. Kudla ngokubangabantu abaziwayo ngumntwana okanye abakhathaleli bomntwana. Badla ngokuqala ukudlala umdlalo wokujijisana okanye ukubamba-bamba. Oku kwenzelwa ukuba umntwana akhululeke ngokubanjwa. Xa udlala umdlalo ofana nokujijisana nomntwana wakho, ziqhelanise no "hayi" kwaye uhloniphe imida yakhe. Uba umntwana wakho uthi "hayi", yeka umdlalo ngoko nangoko.  [pause]  Oku kubaxhobisa ukuba bakwazi ukuthi “HAYI!” kwiimeko ezingakhuselekanga nangaphandle kwekhaya ngokunjalo.  Akuyi kuba lula ukuba umntwana wakho azikhuphe kwiimeko ezinjalo, kodwa ukumfundisa indlela yokushiya iimeko ezingathandekiyo okanye ezingakhuselekanga kuya kuba bubuchule obuxabisekileyo ebomini.  [pause]  Okokugqibela, fundisa umntwana wakho ukuxelela umntu omdala.  Xelela umntwana wakho ukuba xa kukho umntu omenza azive exhalabile, engakhululekanga, okanye engakhuselekanga omphathayo, kufuneka akuxelele okanye umntu omdala amthembileyo.  [pause]  Ukuba umntwana wakho ukuxelela ngento eyenzekileyo, mphulaphule kwaye umxelele ukuba wenze kakuhle akuxelele. Emva koko, thatha amanyathelo wokumkhusela. Mkholelwe rhoqo umntwana wakho, kwaye ungamshiyi yedwa nomntu aziva engakhuselekanga naye. | FUNDA MALUNGA NAMALUNGU ANGASESE  U"HAYI" UVUMELEKILE!  BALEKA   XELELA UMNTU OMDALA | Animate words to text |
| Khumbula, ukufundisa umntwana wakho malunga nokubanjwa okukhuselekileyo, landela iingcebiso ezine - funda ngamalungu angasese, ukuthi "hayi" kulungile, indlela yokubaleka, kwaye uxelele umntu omdala.  Umsebenzi wakho wasekhaya kukuba nencoko nomntwana wakho malunga nokubanjwa okukhuselekileyo nokungakhuselekanga. Mncede aziqhelanise nokuthi, “Hayi, sukuyenza loo nto!” okanye “Hayi! Yeka!" kwaye umkhumbuze ukuba axelele umntu omdala ukuba kuyenzeka.  Ungakwazi ukwenza oku kunye nomntwana wakho namhlanje? | Ukufundisa malunga nokubanjwa okukhuselekileyo  FUNDA MALUNGA NAMALUNGU ANGASESE  U"HAYI" UVUMELEKILE!  BALEKA   XELELA UMNTU OMDALA  UMSEBENZI WASEKHAYA  Yiba nencoko malunga nokubanjwa okukhuselekileyo nokungakhuselekanga. |  |

| {Lesson: Teaching Safe Touch (Age 6-9)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo, ubuyile kwi-ParentText, kwakuhle!   Esi sifundo simalunga nokugcina umntwana wakho ekhuselekile kwaye esempilweni. Namhlanje, siza kuthetha ngokufundisa ukubanjwa okukhuselekileyo.   Nazi iingcebiso ezintlanu ukukunceda ufundise umntwana wakho malunga nokubanjwa okukhuselekileyo kunye nento omawuyenze xa eziva engakhuselekanga xa kukho umntu omchukumisayo.  Ukulungele ukufunda ngakumbi? | Fundisa Ukubanjwa Okukhuselekileyo |  |
| Ingcebiso yokuqala, nyaniseka.  Thetha nomntwana wakho malunga nendlela yokubiza ilungu ngalinye lomzimba wakhe. Ukuba umntwana wakho uyayazi indlela umzimba wakhe osebenza ngayo kunye nalapho abantu befanelekile okanye bengafanelekanga ukuba bambambe khona, unokwenza ukhetho olukhuselekileyo kubo bonke ubomi bakhe.  Phendula nawuphi na umbuzo awubuzayo umntwana wakho ngokunyanisekileyo. Le mibuzo isenokuba ngalo naliphi na ilungu lomzimba waKHE okanye elesinye isini - nkqu namalungu angasese!  .  Ukufundisa umntwana wakho ngomzimba wakhe wonke, nokuba usemncinci, kuthetha ukuba uya kuyazi indlela yokuthetha xa kukho nantoni na eyenzekayo avakalelwa ukuba ayikhuselekanga. | NYANISEKA ngendlela yokubiza amalungu omzimba ngamagama kunye nendlela esebenza ngayo imizimba |  |
| Ingcebiso yesibini kukufundisa umntwana wakho ukuba kuvumelekile ukuthi hayi.  Xelela umntwana wakho ukuba usoloko evumelekile ukuba athi hayi kumntu ombambayo nokuba lusapho okanye abahlobo. Oku kuyinyaniso nakwizinto ezifana nokuwola!  Oku kufundisa umntwana wakho ukuba usoloko elawula ukuba ngubani na amvumelayo ukuba ambambe ukuze akwazi ukwenza ukhetho olukhuselekileyo kubo bonke ubomi bakhe, kuyo nayiphi na imeko.  Unokuziqhelanisa nokuthi "Hayi, nceda ungayenzi loo nto", "Hayi! Yeka!" kunye nomntwana wakho ukuze akwazi ukuzithethela xa kunesidingo. | U"HAYI" UVUMELEKILE!  ziqhelanise nokuthi "Hayi, nceda ungayenzi loo nto" kwaye "Hayi! Yeka!" |  |
| Ingcebiso yesithathu kukubaleka.  Fundisa umntwana wakho indlela yokuzikhupha kuyo nayiphi na imeko apho aziva engakhululekanga. Kwiimeko ezininzi, abenzi bobubi ayingobantu bangaziwayo ngumntwana. Kudla ngokubangabantu abaziwayo ngumntwana okanye abakhathaleli bomntwana. Badla ngokuqala ukudlala umdlalo wokujijisana okanye ukubamba-bamba. Oku kwenzelwa ukuba umntwana akhululeke ngokubanjwa. Xa udlala umdlalo ofana nokujijisana nomntwana wakho, ziqhelanise no "hayi" kwaye uhloniphe imida yakhe. Uba umntwana wakho uthi "hayi", yeka umdlalo ngoko nangoko.  [pause]  Oku kubaxhobisa ukuba bakwazi ukuthi "HAYI" kwiimeko ezingakhuselekanga nangaphandle kwekhaya ngokunjalo.  Akuyi kuba lula ukuba umntwana wakho azikhuphe kwiimeko ezinjalo, kodwa ukumfundisa indlela yokushiya iimeko ezingathandekiyo okanye ezingakhuselekanga kuya kuba bubuchule obuxabisekileyo ebomini. | HAMBELA KUDE kwiimeko ezenza umntwana wakho azive engakhululekanga |  |
| Okulandelayo, xelela umntu omdala.  Xelela umntwana wakho ukuba xa kukho umntu omenza azive exhalabile, engakhululekanga, okanye engakhuselekanga omphathayo, kufuneka akuxelele okanye umntu omdala amthembileyo.  [pause]  Ukuba umntwana wakho ukuxelela ngento eyenzekileyo, mphulaphule kwaye umxelele ukuba wenze kakuhle akuxelele. Emva koko, thatha amanyathelo wokumkhusela. | XELELA UMNTU OMDALA ngayo nangantoni na ekwenza uzive ungakhululekanga okanye ungakhuselekanga |  |
| Khumbula, ukufundisa umntwana wakho malunga nokubanjwa okukhuselekileyo, landela iingcebiso ezintlanu - nyaniseka, ukuthi "hayi" kuvumelekile, indlela yokubaleka, xelela umntu omdala, kwaye ufumane uncedo.  Umsebenzi wakho wasekhaya kukuba nencoko nomntwana wakho malunga nokubanjwa okukhuselekileyo nokungakhuselekanga. Mncede aziqhelanise nokuthi, “Hayi, sukuyenza loo nto!” kwaye umkhumbuze ukuba axelele umntu omdala ukuba kuyenzeka.  Ungakwazi ukwenza oku nomntwana wakho namhlanje? | Fundisa ukubanjwa okukhuselekileyo  NYANISEKA  U"HAYI" UVUMELEKILE!  BALEKA  XELELA UMNTU OMDALA  PHENDULA  UMSEBENZI WASEKHAYA  Yiba nencoko malunga nokubanjwa okukhuselekileyo nokungakhuselekanga. |  |

| {Lesson: Community Safety (2-4)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo, kwakuhle ukukubona kwakhona kwi-ParentText!  Esi sifundo simalunga nokufunda indlela yokugcina umntwana wakho ekhuselekile kwindawo ohlala kuyo.  Into onokuyenza ukuze ugcine umntwana wakho ekhuselekile kukuthetha naye malunga neendawo ezikhuselekileyo anokuya kuzo nezingakhuselekanga, uze umfundise indlela yokulumka xa edibana nabantu angabaziyo.  Nanga amanyathelo amane anokukunceda kule ncoko:  Zoba  [pause]  thetha,  [pause]  xoxa,  [pause] kwaye uziqhelanise.  Masifunde ngakumbi kunye! | Ukhuseleko lwasekuhlaleni  ZOBA  THETHA  XOXA  ziqhelanise |  |
| Inyathelo lokuqala KUKUZOBA.  Zoba imephu yendawo ohlala kuyo, kunye nomntwana wakho. Bandakanya zonke iindawo eziphambili kwindawo ohlala kuyo kwimephu, njengendlu yakho, izitalato ezikwingingqi yakho, ikhritshi, kunye nezinye iindawo wena nomntwana wakho eninokuthi niye kuzo. [1]  Zoba kwaye umbonise imifanekiso yabantu obathembileyo umntwana wakho anokuya kubo xa eziva engakhuselekanga. Isenokuba nguwe neqabane lakho, amanye amalungu osapho, okanye abafundisi-ntsapho bakhe. | ZOBA | Qala ngephepha elingenambhalo. Animate on [1] |
| Inyathelo elilandelayo KUKUTHETHA.  Thetha ngeendawo ezikhuselekileyo nezingakhuselekanga kwimephu yakho. Umzekelo, xelela umntwana wakho ukuba isitalato asiyondawo ekhuselekileyo, nokuba into yokudlala okanye ibhola ilapho.  [1] YENZA ISANGQA kwiindawo ezikhuselekileyo ebantwaneni. WULA naziphi na iindawo ezingakhuselekanga kumntwana wakho. Umzekelo, iivenkile, iirenki, okanye izakhiwo ezingaqhelekanga okanye ezingahlali bantu. | THETHA | Qala ngephepha elidlulileyo. Animate on [1] |
| Inyathelo lesithathu KUKUXOXA. Xoxela umntwana wakho ukuba kutheni kubalulekile UKUHLALA enomntu omdala xa ephuma phandle. Qinisekisa ukuba umntwana wakho uyazi ukuba kulungile ukuhamba okanye ukubalekela ngaphakathi endlini xa umntu angamaziyo ezama ukuthetha naye okanye emcela ukuba aye ndaweni ithile. Xoxa nomntwana wakho ngeendawo ezikhuselekileyo anokuthi abalekele kuzo ukuba umntu ongamaziyo uyeza kuye - njengekhaya lakho, okanye ikhaya lommelwane.  [1] Phawula ezi ndawo ngokucacileyo kwimephu yakho. | XOXA | Qala kwiphepha elidlulileyo. Animate on [1] |
| Inyathelo lokugqibela kukuziqhelanisa, ukuziqhelanisa, ukuziqhelanisa!  Linganisa wenze imizekelo apho kufika umntu angamaziyo, usebenzise izinto zokudlala okanye oonopopi. Buza umntwana wakho ukuba yintoni umsebenzi wento yokudlala. abantwana bakufumanisa kungothusi kakhulu xa bezenzisa ngathi omnye umntu usengozini.  Khumbula ukumncoma umntwana wakho xa ekhetha impendulo echanekileyo, njengokubaleka, ukukhwaza ecela uncedo, okanye ukufumana umntu omdala amthembileyo. | ziqhelanise  Dlala umdlalo usebenzisa izinto zokudlala okanye oonopopi  Khumbula ukuncoma |  |
| Ukuthetha ngeemeko ezingakhuselekanga nomntwana wakho kunokwenza uzive ungakhululekanga, kodwa kubalulekile. Xa abantwana besazi ukuba benze ntoni kwimeko eyingozi, bakhuseleke ngakumbi.  Umsebenzi wakho wasekhaya kukuba nencoko nomntwana wakho malunga nokuba zeziphi iindawo ezikhuselekileyo okanye ezingakhuselekanga ebantwaneni kwindawo ohlala kuyo. Ingaba unalo ixesha lokuyenza namhalanje? | Ukhuseleko Loluntu  UMSEBENZI WASEKHAYA  Thetha nomntwana wakho malunga neendawo ezikhuselekileyo nezingakhuselekanga kwindawo ohlala kuyo |  |

| {Lesson: Community Safety (5-9)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo! Esi sifundo simalunga nokugcina umntwana wakho ekhuselekile kwaye namhlanje sifunda ngokhuseleko loluntu.  Into onokuyenza ukuze ugcine umntwana wakho ekhuselekile kukuthetha naye malunga nokuba zeziphi iindawo ezikhuselekileyo anokuya kuzo nezingekhuselekanga, uze umfundise indlela yokulumka xa edibana nabantu angabaziyo.  Nanga amanyathelo amane onokukunceda kule ncoko:  Zoba  [pause]  thetha,  [pause]  xoxa,  [pause] kwaye ziqhelanise.  Masifunde ngakumbi kunye! | Ukhuseleko Loluntu  ZOBA  THETHA  XOXA  ziqhelanise |  |
| Inyathelo lokuqala KUKUZOBA.  Zoba imephu yendawo ohlala kuyo, kunye nomntwana wakho. Bandakanya zonke iindawo eziphambili kwindawo ohlala kuyo kwimephu, njengendlu yakho, izitalato ezikwingingqi yakho, ikhritshi, kunye nezinye iindawo wena nomntwana wakho eninokuthi niye kuzo. [1]  Zoba kwaye umbonise imifanekiso yabantu obathembileyo umntwana wakho anokuya kubo xa eziva engakhuselekanga. Isenokuba nguwe neqabane lakho, amanye amalungu osapho, okanye abafundisi-ntsapho bakhe. | ZOBA | Qala ngephepha elingenanto. Animate on [1] |
| Inyathelo elilandelayo KUKUTHETHA.  Thetha ngeendawo ezikwimephu yakho kwaye uthathe isigqibo sokuba zikhuselekile na okanye hayi.  Qinisekisa ukuba uyamphulaphula umntwana wakho. Kubalulekile ukuqonda ukuba kutheni becinga ukuba indawo ikhuselekile okanye ayikhuselekanga.  [1] YENZA ISANGQA kwiindawo ezikhuselekileyo ebantwaneni. WULA naziphi na iindawo ezingakhuselekanga kumntwana wakho. Umzekelo, iindawo ezisakhiwayo, iindawo zokupaka iimoto, okanye izakhiwo ezingaqhelekanga. | THETHA | Qala kwiphepha elidlulileyo. Animate on [1] |
| Inyathelo lesithathu KUKUXOXA.  Ngamanye amaxesha, sinokuzifumana sisengxakini. Qinisekisa ukuba umntwana wakho uyazi ukuba kulungile ukuhamba okanye ukubalekela ngaphakathi endlini xa umntu angamaziyo ezama ukuthetha naye okanye emcela ukuba aye ndaweni ithile. Xoxani ngokuba wena nomntwana wakho ninokuyifumana phi inkxaso ngomhla ka xakeka. Ezi ndawo zinokubandakanya ikhaya, isikolo, ikliniki okanye iziko olithembileyo.  [1] Phawula ezi ndawo ngokucacileyo kwimephu yakho. | XOXA | Qala kwiphepha elidlulileyo. Animate on [1] |
| Okokugqibela, ziqhelanise! ziqhelanise! ziqhelanise!  Linganisa iimeko apho umntu ongamaziyo esiza esebenzisa izinto zokudlala okanye oonopopi. Buza umntwana wakho ukuba yintoni umsebenzi wento yokudlala. abantwana bakufumanisa kungothusi kakhulu xa bezenzisa ngathi omnye umntu usengozini. Khumbula ukumncoma umntwana wakho xa ekhetha impendulo echanekileyo, njengokubaleka, ukukhwaza ecela uncedo, okanye ukufumana umntu omdala amthembileyo. | ziqhelanise  Dlala umdlalo usebenzisa izinto zokudlala okanye oonopopi  Khumbula ukuncoma |  |
| Ukuthetha ngeemeko ezingakhuselekanga nomntwana wakho kunokwenza uzive ungakhululekanga, kodwa kubalulekile. Xa abantwana besazi ukuba benze ntoni kwimeko eyingozi, bakhuseleke ngakumbi.  Umsebenzi wakho wasekhaya kukuba nencoko nomntwana wakho malunga nokuba zeziphi iindawo ezikhuselekileyo okanye ezingakhuselekanga ebantwaneni kwindawo ohlala kuyo. Nika umntwana wakho ithuba lokuba abelane ngeengcinga zakhe naye. Bangacinga indawo ayikhuselekanga ube wena ucinga ukuba ikhuselekile. Bavumele bacacise izizathu zabo. Ingaba unalo ixesha lokuyenza namhalanje? | Ukukhuseleka Ekuhlaleni  UMSEBENZI WASEKHAYA  Iba nengxoxo nomntwana wakho ngokukhuseleka nokungakhuseleki ekuhlaleni |  |

| {Lesson: Responding to Crises (2-6)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo! Kwesi sigaba besifunda ngokugcina umntwana wakho ekhuselekile. Kwesi sifundo sifunda ngokuba uphendula kanjani xana umntwana wakho esengxakini.  Kubalulekile ukuxhasa umntwana wakho xana edibana nemeko enzima. Xana unceda umntwana wakho kwingxaki, khumbula ezizinto zine: [pause] phefumla, [pause] mamela, [pause] phendula, [pause] kwaye thuthuzela.  Masifundeni banzi ngala manyathelo sonke. | Ukusabela kwii Ngxaki  PHEFUMLA  PHULAPHULA  PHENDULA  UKUTHUTHUZELA |  |
| Kuqala, phefumla. Yehlisa umoya. Zibuze, ''Yintoni edingwa ngumntwana wakho?''  Okulandelayo, mamela. Buza umntwana wakho kwenzeka ntoni. Vumela umntwana wakho akuchazele akudingayo. Ngamanye amaxesha, umntwana wakho angaziva ekhululekile ngokukubonisa imizobo okanye esebenzisa iithoyi kwakunye nonodoli ekuxelela ukuba yintoni emkhathazileyo. Qaphela baziva kanjani kwaye mxelele uqwalasela ntoni ukuze azive emameleka. Xelela umntwana wakho ukuba ukhona kunye naye kwaye uyamthanda. Khumbula, bobabini abantwana bangajongana namaxesha anzima kwakunye neengxaki ezinzima. Bakhangele bobabini.  Inyathelo lesithathu kukuphendula. Yintoni enokunceda oku kwenzekayo? Unganokumnceda umntwana wakho ukuba athethe ngendlela aziva ngayo. Khumbula, umntwana wakho ukufuna ubekhona ngakuye nothando kunye nokwamkela indlela aziva ngayo. Kungafuneka uthethe ngamanyathelo eninokuthi niwathathe wena nomntwana wakho anokunceda kwinto eyenzekileyo. Khumbula, ungasoloko ubhala [1]UNCEDO kwi ParentText kwaye ufumane ulwazi ngezixhobo apho ungafumana uncedo oludingayo kwindawo ohlala kuyo.  [2]  Ekugqibeleni, nika umntwana wakho intuthuzelo. Yiba khona kumntwana wakho. Kunganzima ukubona umntwana wakho eziva ekhathazekile okanye ebhidekile, kodwa kuninzi ongakwenza ukumxhasa. Uyakudinga ukuba umamkele kwaye umxhase xa izinto ezinzima sisenzeka. Kwezi meko, ukugcina indlela yokwenza izinto njenge siqhelo kungaluncedo ngakumbi. Iindlela eziqhelekileyo zinganika ukhuseleko kunye nesiqhelo, zincede umntwana wakho azive ekhuselekile kwakhona. Khumbuza umntwana wakho kwakhona ukuba uyamthanda, kwaye umbulele ngokuba ekwazile ukukuxelela. | PHEFUMLA  Hlala uzolile  PHULAPHULA  Mamela umntwana wakho kwaye uqaphele ukuba uziva kanjani  PHENDULA  Yintoni enokunceda umntwana wakho ngoku?  [1] NCEDA  THUTHUZELA  Nika umntwana wakho intuthuzelo | Animate words to text  [1] Faka kwiskrini sefoni u NCEDO. Sisuse ngocofa u [2] |
| Kunganzima ukubona umntwana wakho ekhathazekile okanye ebhidekile, kodwa khumbula kuninzi ongakwenza ukumxhasa kwixesha elinzima akulo. Uyiphethe lento, ungumzali omhle kakhulu!  Landela lamanyathelo nanini na umntwana wakho ekuxelela into enzima. Ukuxhasa umntwana wakho kwingxaki enzima izakubafundisa nabo ukuba bangabaxhasa njani abanye kwamaxesha anzima.  Umsebenzi wakho wasekhaya, [1] fumana ixesha elizolileyo lokujonga imephu yokuhlala obuyenze nomntwana wakho ngexesha ubucetyisiwe ngaphambili. [2] Thetha ngemingcipheko kwakunye nezinto abangazenza ukuziphepha. [3] Xoxa ngezenzo ezinokwenzeka eninokuzithatha nomntwana wakho ukuba ziyenzeka.  Unalo ixesha lokuyenza lento namhlanje? | Ukuphendula Kwii Ngxaki  PHEFUMLA  PHULAPHULA  PHENDULA  THUTHUZELA  UMSEBENZI WASEKHAYA: [1] Jonga kwi mephu yokhuseleko yokuhlala  [2] Thetha nomntwana wakho ngemingcipheko enokwenzeka. [3] Xoxa ngeninokwenza ukuba kwenzekile. | Animate sentences to script either as bullets or in paragraph form. Bonisa imephu yomsebenzi odlulileyo. |

| {Lesson: Respond to Crises (7-9)} | | |
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| Script | On Slide Text | Animation Notes |
| Molo! Kwesi sifundo besifunda ngokugcina umntwana wakho ekhuselekile. Kwesi sifundo sifunda ngokuba siphendula kanjani xana umntwana wakho esengxakini.  Kubalulekile ukuxhasa umntwana wakho xa eziva ekwimeko enzima. Xana unceda umntwana wakho kwingxaki, khumbula ezizinto zine: [pause] phefumla, [pause] mamela, [pause] phendula, [pause] kwaye thuthuzela.  Masifundeni banzi ngala manyathelo sonke. | Ukuphendula kwii Ngxaki  PHEFUMLA  PHULAPHULA  PHENDULA  THUTHUZELA |  |
| Inqanaba lokuqala kuku phefumla. Ungafuna ukuma kancinci ukuze uzole ngaphambi kokuzibuza, ''Yintoni edingwa ngumntwana wakho ngoku?''  Okulandelayo, mamela. Buza umntwana wakho kwenzeka ntoni. Vumela umntwana wakho akuchazele akudingayo. Ngamanye amaxesha, umntwana wakho angaziva ekhululekile ngokukubonisa imizobo okanye esebenzisa iithoyi kwakunye nonodoli ekuxelela ukuba yintoni emkhathazileyo.  Qaphela baziva kanjani kwaye mxelele uqwalasela ntoni ukuze azive emameleka. Qinisekisa ukuba uyakuphepha ukumgxeka. Xelela umntwana wakho ukuba ukhona kunye naye kwaye uyamthanda. Khumbula, bobabini abantwana bangajongana namaxesha anzima kwakunye neengxaki ezinzima. Bakhangele bobabini.  Inyathelo lesithathu kukuphendula. Yintoni enokunceda oku kwenzekayo? Unganokumnceda umntwana wakho ukuba athethe ngendlela aziva ngayo. Khumbula, umntwana wakho ukufuna ubekhona ngakuye ngothando kunye nokwamkela indlela aziva ngayo. Kungafuneka uthethe ngamanyathelo eninokuthi niwathathe wena nomntwana wakho ukunceda kwinto eyenzekileyo. Khumbula, ungasoloko ubhala [1]UNCEDO kwi ParentText kwaye ufumane ulwazi ngezixhobo apho ungafumana uncedo oludingayo kwindawo ohlala kuyo.  [2]  Ekugqibeleni, nika umntwana wakho intuthuzelo. Yiba khona kumntwana wakho. Kunganzima ukubona umntwana wakho eziva ekhathazekile okanye ebhidekile, kodwa kuninzi ongakwenza ukumxhasa. Uyakudinga ukuba umamkele kwaye umxhase xa izinto ezinzima sisenzeka. Kwezi meko, ukugcina indlela yokwenza izinto njenge siqhelo kungaluncedo ngakumbi. Iindlela eziqhelekileyo zinganika ukhuseleko kunye nesiqhelo, zincede umntwana wakho azive ekhuselekile kwakhona. Khumbuza umntwana wakho kwakhona ukuba uyamthanda, kwaye umbulele ngokuba ekwazile ukukuxelela. | PHEFUMLA  Hlala uzolile  PHULAPHULA  Mamela umntwana wakho kwaye uqaphele ukuba uziva kanjani  PHENDULA  Yintoni enokunceda umntwana wakho ngoku?  [1] NCEDA  THUTHUZELA  Nika umntwana wakho intuthuzelo | Animate words to text  [1] Faka kwiskrini sefoni u NCEDO. Sisuse ngocofa u [2] |
| Kunganzima ukubona umntwana wakho ekhathazekile okanye ebhidekile, kodwa khumbula kuninzi ongakwenza ukumxhasa kwixesha elinzima akulo. Uyiphethe lento, ungumzali omkhulu!  Landela lamanyathelo nanini na umntwana wakho ekuxelela into enzima. Ukuxhasa umntwana wakho kwingxaki enzima izakubafundisa nabo ukuba bangabaxhasa njani abanye kwamaxesha anzima.  Umsebenzi wakho wasekhaya, [1] fumana ixesha elizolileyo lokujonga imephu yokuhlala obuyenze nomntwana wakho ngexesha ubucetyisiwe ngaphambili. [2] Thetha ngemingcipheko kwakunye nezinto abangazenza ukuyiphepha. [3] Xoxa ngezenzo ezinokwenzeka eninokuzithatha nomntwana wakho ukuba ziyenzeka.  Ingaba unalo ixesha lokuyenza lento namhlanje? | Ukuphendula Kwii Ngxaki  PHEFUMLA  PHULAPHULA  PHENDULA  THUTHUZELA  UMSEBENZI WASEKHAYA: [1] Jonga kwi mephu yokhuseleko yokuhlala  [2] Thetha nomntwana wakho ngemingcipheko enokwenzeka. [3] Xoxa ngenizakwenza ukuba kwenzekile. | Animate sentences to script either as bullets or in paragraph form. Bonisa imephu yomsebenzi odlulileyo. |

| {Lesson:Knowing Basics of Online Safety} | | |
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| Script | On Slide Text | Animation Notes |
| Molo kwakhona! Isifundo sanamhlanje singokuba uhlala umkhusela kanjani umntwana wakho kwi-intanethi.  Abantwana bachitha ixesha elide kwi intanethi. Ukuqhagamshelana kubanceda bahlale bekhuthazekile kwaye bafunda lukhulu, kodwa ikhona nayo imingcipheko kunye nee ngozi. Ukugcina umntwana wakho ekhuselekile kwi intanethi linyathelo elibalulekileyo ukubanceda babeyinxalenye kwi dijithali yehlabathi.  Xa kufikwa kukhuseleko lwe intanethi, kukho ingcebiso ezine ekufuneka uzigcine engqondweni:  FUNDA,  KHUSELA,  YAKHA IMIKHWA,  kwaye YAKHA ITHEMBA.  Kuninzi okunokwabelwana ngako. Sizakuqulatha ukhuseleko lwe intanethi kwizifundo ezibini.  [1] Namhlanje siza kuphonononga iingcebiso [pause] FUNDA [pause] kwaye KHUSELA.  Isifundo esilandelayo sizakuqulatha [pause] YAKHA IMIKHWA [pause] kwaye YAKHA ITHEMBA.  Masiqaliseni. | Ukwazi Iziseko zo Khuseleko lwe Intanethi  FUNDA  KHUSELA  YAKHA IMIKHWA  YAKHA ITHEMBA | Circle around 1 and 2 |
| Kuqala, funda iingozi zokuba kwi Intanethi:  UMXHOLO: Your Child angadibana nemixholo enobungozi okanye imixholo engamlungelanga yena, efana nobundlobongela, ulwimi olunobundlongondlongo okanye imifanekiso engamanyala.  QHAGAMSHELANA: Abadala bangazenza ngokungathi ngabantwana kwaye bacele imifanekiso yesondo okanye badibane nomntwana wakho ngokusebenzisa iqonga le intanethi.  UKUZIPHATHA: Ngamanye amaxesha, abantwana okanye abantu abangaziwayo bayakutsho okanye bakwenze okwenzakalisayo kwabanye kwi intanethi. | FUNDA:  Umxholo  Uqhagamshelwano  Ukuziphatha | Animate words to text |
| Okulandelayo, khusela. Gcina umntwana wakho ekhuselekile kwi intanethi.  Thetha nomntwana wakho malunga nokuba zeziphi ii apps kunye nee webhusayithi ezikhuselekileyo nezingakhuselekanga. Xoxani ukuba kutheni!  Nceda umntwana wakho afunde ukuba uyiqinisa kanjani inombolo yokuvula ukukhusela isixhobo sakhe.  Xelela umntwana wakho ukuba bahlale begcina iinkcukacha zabo zikhuselekile, kuquka imifanekiso okanye nevidiyo zabo. Into engena kwi intanethi iyahlala kwi intanethi! | KHUSELA  Thetha nomntwana wakho ngee apps ezikhuselekileyo  Nceda umntwana wakho afunde ngenombolo yokuvula eqinileyo  Xelela umntwana wakho yintoni ekufaneleke igcinwe bucala | Animate words to text |
| Kwiseshoni elandelayo, sizakuqhubeka ngokufunda ngokhuseleko kwi intanethi. Namhlanje, umsebenzi wakho wasekhaya kukubuza umntwana wakho ukuba benzani ukuhlala bekhuselekile kwi intanethi. Ungafumanisa ukuba bahlale becinga ngokhuseleko kwi intanethi.  Mncome umntwana wakho nageziphi iinzame azenzayo. Ungakwazi ukuthetha nomntwana wakho namhlanje? | Ukwazi Iziseko zo Khuseleko lwe Intanethi  Funda ✅  Khusela  Yakha Imikhwa  Yakha Ithemba  UMSEBENZI WASEKHAYA  Buza umntwana wakho ukuba wenzani ukuhlala ekhuselekile kwi intanethi |  |

| {Lesson: Build Habits and Trust Online} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamkela kwi ParentText ! Esi sifundo siqhubeka nokufundisa malunga nokugcina abantwana bethu bekhuselekile kwi intanethi.  Ukugcina umntwana wakho ekhuselekile kwi intanethi linyathelo elibalulekileyo ukubanceda babeyinxalenye kwi dijithali yehlabathi.  Ubusele ufundile ngeendlela zokukhusela umntwana wakho kwi intanethi ngoku FUNDA kunye noku KHUSELA kwisifundo esigqithileyo.  Namhlanje, sifunda indlea yoKWAKHA IMIKHWA kunye noKWAKHA ITHEMBA.  Ingaba ukulungele ukuqalisa? | Yakha Imikhwa kunye ne Themba kwi Intanethi  FUNDA  KHUSELA  YAKHA IMIKHWA  YAKHA ITHEMBA | Circle number 3 and 4 |
| Inyathelo elilandelayo kuKWAKHA IMIKHWA. Ukumisela imikhwa yokhuseleko kwi intanethi ekhayeni.  Cwangcisa amaxesha okungasetyenziswa kwe fowuni kwikhaya lakho, njenga xana kutyiwa, ngexesha lomsebenzi wasekhaya wesikolo okanye ebhedini.  Misela imida yexesha umntana wakho alichitha kwi intanethi.  Vumela umntwana wakho ancokole kwi intanethi nabantu ahleli ebazi kuphela. Bangaze babelane ngenkcukatha zabo kwi gumbi lokuncokola labucala okanye nabantu abangaziwayo.  Ngaphambili kokuba ugcwalise ii foms ezibuza ngenkcukacha, jonga ukuba i webhusayithi iqala ngo https://. Iiwebhusayithi eziqala ngo https:// zingangabinako ukukhuseleka. | YAKHA IMIKHWA   * Cwangcisa amaxesha okungasetyenziswa kwe foni ekhayeni lakho * Jonga iidilesi ze webhusayithi   https://  http:// | Animate to text |
| Kubantwana abadala, ungabanceda bazenzele inombolo eqinileyo yokungena kwii akhawunti zabo. Inombolo eziqinileyo zi:  [pause] zinde  [pause] Azifaki inkcukacha ezazeka lula njenge gama okanye usuku lokuzalwa obvious personal information like your name or birthday;  [pause] kwaye uquke oonobumba abakhulu kunye nabancinci, iinombolo kunye nee simboli.  Xelela umntwana wakho angacofi kwii pop-ups ezibacela ba dawnilode okanye babhatale nantoni na. | YAKHA IMIKHWA  Seta inombulo yokuvula eqinileyo:  -Ibende  -Ungafaki iinkcukacha ngawe  -Faka oonobumba abakhulu kunye nabancinci, amanani, kunye nee simboli. | ^ Animate password details to explain better. |
| Ekugqibeleni, YAKHA ITHEMBA nomntwana wakho  [1]  Sisonke, jonga kwii webhusayithi, kwamakhasi onxibelelwano, kwimidlalo kunye nee app abazisebenzisayo.  [2]  Buza imibuzo - oku kukunceda ekubeni ufunde kabanzi ngee zinto ezenza umdla kumntwana wakho! | YAKHA ITHEMBA   * Jonga kwii webhusayithi, kumakhasi onxibelelwano, kwimidlalo kunye nee apps umntana wakho azisebenzisayo zizonke * Buza imibuzo | ^ |
| Ukuba udibana nantoni na ekuxhalabisayo kuko konke, thetha ngayo nomntwana wakho. [1]ukuba udinga inkxaso, bhala NCEDA emva kokuba ugqibe isifundo sanamhlanje.  Xelela umntwana wakho ukuba axelele umntu omdala ukuba uziva esoyika, engakhuselekanga okanye xa ecaphukile malunga nento ekwi intanethi.  Fundisa umntwana wakho ukuba umntu angamaziyo ompha izipho, njenge virtual coins, ngenjongo yokutshintshiselana ngemifanekiso kunye neenkcukacha zakhe kwaye emxelelwa ukuba ayigcine njengemfihlo; kufuneka akuchacezele.  Njengokuba ubagcina bekhuselekile abantwana bakho kwilizwe lokwenene, kufuneka uqinisekise bakhuselekile nakwi dijithali yehlabathi. Ngokulandela lamanyathelo ungabakhusela kwaye uqinisekise ukuba ixesha labo kwi intanethi likhuselekile ukwenzela baqhubeke nokuyisebenzisa ukuze bafunde. Wenza umsebenzi omhle kakhulu! | YAKHA ITHEMBA   * Thethani ngezinto ezinixhalabisayo kunye * Xelela umntwana wakho ukuba uziva esoyika okanye engakhuselekanga, makaxelele umntu omdala   NCEDA | ^  [1]Then, animate a phone with HELP on the screen with text. |
| Nantsi into ongayenza nomntwana wakho namhlanje ukuqalisa ukuqinisekisa ukuba uhlala ekhuselekile kwi intanethi:  [1]  Kuqala, iba nencoko nomntwana wakho malunga nendlela ayisebenzisa ngayo i intanethi kunye nesixhobo ngendlela ekhuselekileyo.  [2]  Okulandelayo, thetha malunga neziphi ii webhusayithi okanye ii apps ezinokungakhuseleki. Xoxani ukuba kutheni.  [3]  Ekugqibeleni, ncoma umntwana wakho ngendlela elungileyo ayisebenzisa ngayo iwebhu!  Ungakwazi wena nomntwana wakho ukuwugqiba namhlanje lomsebenzi? | Yakha Imikhwa kunye ne Themba kwi Intanethi  UMSEBENZI WASEKHAYA   * Yiba nencoko nomntwana wakho malunga nendlela ayisebenzisa ngayo i intanethi kunye nesixhobo ngendlela ekhuselekileyo. * Thethani malunga nento yokuba zeziphi ii websites okanye ii apps ezingakhuselekanga kwaye kutheni? * Mncome umntwana wakho ngendlela entle ayisebenzisa ngayo iwebhu ngokukhuselekileyo! |  |