

Ubudlelwane Obunempilo Kwi-Inthanethi

Ababambiqhaza bazohlola izibalo ezithuthukisa impilo nohlobo lobudlelwane, kanye nokuthi ukuziphatha komuntu kwi-inthanethi kudlala yiphi indima kokubili ebudlelwaneni obunempilo nobungenampilo. Ababambiqhaza bazophinde bahlole amathuba nezinselele eziphakathi kokuxhumana kwabantu emithonjeni yezokuxhumana kanye nasebudlelwaneni bezintanga zabo baphinde bafunde nokuthuthukisa ukuzimelela kontanga yabo.

Ubudlelwane Bokumenyezelwa Kolimi

Ingxenye Yokuqala

Ukukhuluma Kwelimi

Hlanganisa ababambiqhaza ukuba benze indingiliza.

Tshela Abafundi Bakho

Namuhla, ngifuna ukukhuluma ngokuthi lokho esikwenzayo kwi-inthanethi kunomthelela ongakanani empilweni yobuhlobo bethu. Siphinde sikhulume nangalokho esingakwenza ukuze sibe “abazimele” kwabanye, futhi sibone nalapho abangane bethu bedinga khona usizo ngezinye zezinkinga zabo ebudlelwaneni.

Buza Abafundi Bakho

Ubani ozwe igama elithi “isibukeli” noma “ukuzimela”? Asho ukuthini la magama kuwe?

Ukukhuluma Kwelimi

Lalela izimpendulo ezingu-2-3.

Tshela Abafundi Bakho

Njengoba uye wasikisela, isibukeli singothile obheke isenzakalo lapho senzeka. Ngokwesivivinyo sanamuhla, sikhuluma ngezendo ezihlobene nobuhlobo obungenampilo/obungenasimilo. Ozimele ungumuntu owenza okuthile okwakhayo -- mhlawumbe njengokusekela isisulu, ukusiza ekuvimbeni isenzo, noma ngezinye izindlela, kuye ngesimo.

Ingxenye Yesibili

Tshela Abafundi Bakho

Manje ake sikhulume ngobuhlobo: okokuqala, kumelwe sibone ukuthi “ubudlelwane” buyigama elinabe kakhulu. Ngokwezinjongo zethu, sizochaza “ubudlelwane” ngokuthi ukuzwana kontanga. Ngokwesibonelo, ungaxhumana nontanga yakho njengabangane, ofunda nabo, noma njengamalungu oqede nawo isikole ngasikhathi sinye (isib., iklabhu yamabhayisikobho). Noma nini lapho sikhuluma ngobuhlobo obunempilo, kuhlala kuphakama umbuzo onzima: “Buyini ngempela ubudlelwane obunempilo?” Bonke abantu banamasu ahluahlukene ngale ndaba, futhi kuba nanezimpendulo eziningi ezinhle.

Ukuze siqiniseke ukuba sonke sisahambisana, ake sicabangisise ngamezwi

angachaza ubudlelwane obunempilo -- ubungane, ofunda nabo, nezinhlobonhlobo zobuhlobo! Siyazi ukuthi ngezinye izikhathi izinto zingangahambi kahle kuzo zonke izinhlobo zobudlelwane, ngakho ake sikhulume ngemikhuba enempilo ehluke kunezinhllobo ezahlukene.

Ake sidlale umdlalo omncane. Njengoba sijikeleza kwindingiliza, ngamunye makasho igama elilodwa elichaza ubudlelwane obunempilo. Ngizoqala. Ngicabanga ukuthi ubudlelwane bungaba _____ (usekelo, ukunakekela, umusa, njll.).

Ukufikeleka Kwekilasi

Bhala lokho okushiwo ababambiqhaza eshadini.

Tshela Abafundi Bakho

Kwakhle! Siyabonga ngokunikela kwakho! Ake sibheke la mazwi.

Buza Abafundi Bakho

Siyavumelana nawo yini?

Kukhona yini okunye ongathanda ukukwengeza?

Ngokusekelwe kula mazwi, ukhona yini othile ongeza nomusho ochaza ubudlelwane obunempilo?

Qondisa iqembu ekwakheni incazelo eyabiwe yobudlelwane obuhle.

Uhambo Lwegalari

Ingxenye Yokuqala

Ukuhileleka Kwekilasi

Hlukanisa ababambiqhaza ngababili.

Tshela Abafundi Bakho

Manje njengoba sesinohlu oluhle lwezinto esicabanga ngazo lapho sikhuluma 'ngobuhlobo obunempilo,' yisikhathi sokushintsha kulokho esigxile kukho kancane bese sibheka okuhlangenwe nakho kwethu ngobuhlobo esinabo kwi-inthanethi.

Ukuhileleka Kwekilasi

Bhala umbuzo osohlwini olungezansi kwiphosta bese unameka lawo maphosta nxa zonke zegumbi.

Imibuzo Engaba Kwiphosta:

1. Obani ozihlanganisa nabo ngezobuchwepheshe?
2. Yimaphi amapulatifomu, amasevisi, noma izingosi ozisebenzisayo lapho uxhumana nabantu?
3. I-inthanethi nezobuchwepheshe zocingo (njengamathebulethi noma omakhalokhukhwini) zikunika kanjani amathuba okwenza noma okunakekela ubudlelwane obunempilo?
4. Ungahlala kanjani uxhumene nabantu ngaphandle komakhalokhukhwini namakhomphyutha?
5. Yiziphi izinselele ezibekwa ezobuchwepheshe ze-inthanethi nomakhalokhukhwini ekwenzeni/ekunakekeleni ubudlelwane obunempilo?
6. Hlobo luni lokuxabana nabangane olubonile noma oye wabhekana nalo ngenxa yezinto ebezixhonywe kwi-inthanethi?

Tshela Abafundi Bakho

Ngizonikeza umbhanqwana ngamunye amapheshana okubhala amanothi nepeni. Kumaphosta anxa zonke zegumbi kunemibuzo ehlukehukene. Lapho ngininikeza izinto, ningajikeleza kumaphosta. Bhalani izimpendulo zenu emapheshaneni engininike wona bese niwanameka kumaphosta. Uma unezimpendulo ezingaphezu

kweyodwa embuzweni, bhala impendulo ngayinye epheshaneni elihlukile bese wonke uwanameke kumaphosta. Nizonikwa imizuzu engu-8. Nikujabulele!

Ukühleleka Kwekilasi

Qoqa okuxhonyiwe ekugcineni komsebenzi bese uqoqela iqembu ndawonye futhi.

Buza Abafundi Bakho

Yiziphi izimpendulo ezifanayo embuzweni ngamunye kwebuziwe?

Ingabe kukhona yini ezinye izinto ocabanga ukuba uyaphuthelwa kuzo?

Zikhona yini ezisematheni oziphawulayo?

Ezobuchwepheshe zibushintshe kanjani ubudlelwane bakho nabangane bakho?

Ingabe ezobuchwepheshe zenze izinto zaba bulula noma zaba nzima nakakhulu?
Kungani?

Ingxoxo Ngesigcawu

Ingxoxo

Tshela Abafundi Bakho

Manje sesizoxoxa ngesigcawu esixhumene nezobuchwepheshe kanye nobudlelwane obubizwa ngokuthi “ukubhalelana okwedlulele.”

Ukhona yini owaziyo ukuthi kuyini “ukubhalelana okwedlulele”?

Ukuhileleka Kwekilasi

Lalela izimpendulo ezingu-2-3.

Tshela Abafundi Bakho

Ukubhalelana okwedlulele yilapho othile ethumela imilayezo eminingi kothile kuze kube yilapho lowo muntu ekhathala.

Buza Abafundi Bakho

Ukhona yini oke wahlangabezana nokubhalelana okwedlulele?

Uma ubungomunye walabo abathola leyo milayezo, ubungenzani? Kungani?

Uma othile wabangane bakho ebe ngeza kuwe athi ubhekene nalesi simo, yisiphi iseluleko obungamnika sona? Ubungathatha isinyathelo yini? Yiluphi uhlobo lwezinyathelo obungazithatha?

1. Landelela: Ukuthatha lezi zinyathelo ukuze usize umngane wakho kubizwa nangokuthi “ukumelela.”

Buza Abafundi Bakho

Yini engamisa othile ekubeni amelele umngane wakhe?

Ake senze kwangathi omunye wabangane bakho ucela umngane wakhe ukuba ayeke ukumbhalela kakhulu. Kwenzekani uma umngane wakhe eqala ukuza kubo ngaso sonke isikhathi, elokhu ecela ukumbona? Uma kubonakala kwangathi inkinga ilokhu iphikelele, kungabizwa ngokuthi “ukukhula.” Yisiphi iseluleko obungasinika umngane wakho uma le nkinga ikhula?

Uma inkinga ikhula, usengakwazi yini ukusabela njengommeleli njengaphambilini? Yiziphi izinyathelo obusungazithatha manje njengommeleli?

Tshela Abafundi Bakho

“Ukubhalelana kakhulu” kumane kungesinye sezibonelo zesimo lapho ezobuchwepheshe zingaholela khona endleleni yobudlelwane obunempilo.

Buza Abafundi Bakho

Yiziphi ezinye izibonelo?

Yiziphi ezinye izisombululo zalezi zinkinga?

Kuze kube manje, ingxoxo yethu isitshela ini ngendima yezobuchwepheshe ebudlelwaneni?

Ukuhileleka Kwekilasi

Qondisa ingxoxo ephathelene nemiphumela emihle nemibi yezobuchwepheshe ebudlelwaneni onabo?

Umsebenzi Wobukele

Ingxenye Yokuqala

Tshela Abafundi Bakho

Ake sibheke ukuziphatha okuqondile ebudlelwaneni obunempilo nobungenampilo kanye nalapho kuwela khona kwababukele kokunempilo nokungenampilo.

Ngizonikeza ngamunye wenu ipheshana. Kulelo pheshana kunomsebenzi owenzeka ebudlelwaneni, “njengokubhalela umlingane wakho 24/7” noma “ukushintshisana ngamaphasiwedi emithombo yezokuxhumana.” Lapho sengikunike ipheshana, ngingathanda ukuba ume ngezinyawo bese uya phambili egunjini. Ngakolunye uhlangothi lwegumbi kube ubudlelwane obunempilo, bese ngakolunye uhlangothi ubudlelwano obungenampilo.

Lapho uma ngezinyawo, cabanga ngezinga isimo esinempilo noma esingenampilo ngayo, bese uma emugqeni. Ngokwesibonelo, uma ukholelwa ukuthi “ukubhalela umlingane wakho 24/7” kuphansi ngempilo “kunokuthanda nokwabelana ngakho konke abangane bakho abakwabayo,” siza umele eceleni lohlangothi olungaphephile.

Ukufundeka Kwakilasi

Izindaba zamakhadi asikiselwe:

1. Ukubhalela umlingane wakho 24/7
2. Ukushintshisana ngamaphasiwedi emithombo yezokuxhumana
3. Ukufunda imilayezo yabangane bakho ngaphandle kwemvume
4. Ukukhuluma nongabajwayele / abantu ongabazi kahle kwi-inthanethi
5. Ukuxhoma amaphuzu aqinile kokuxhonywe ngothile emthonjeni wezokuxhumana
6. Ukubhalalela othile omkhathalelayo ukuthi, “ulale kahle” noma “sawubona” (mhlawumbe nsuku zonke)
7. Ukukhuluma ngempikiswano obe nayo nomngane eningini kwipulatifomu yomthombo wezokuxhumana
8. Ukuthanda nokuphinde wabe konke okuxhonywa abangane
9. Ukuxhoma okuthile emthonjeni wezokuxhumana usebenzisa i-akhawunti

yabangane bakho (egameni labo)

10. Ukuthega abangane bakho ezithombeni zephathi

11. Ukusakaza inhlebo ngofunda nabo emthonjeni wezokuxhumana

Njengoba ababambiqhaza bezimela futhi bazihlele, babuze ukuthi kungani beme lapho bemi khona, futhi ukhuthaze ababambiqhaza ukuba bahambahambe uma kunesidingo.

Lapho ababambiqhaza sebezihlele ngokwababhekile, bacele banameke amapheshana abo ebondeni phambi kwegumbi bese bahlehlele emuva ukuze bakubone kahle konke okubhekiwe.

Ukufikelela Kwekilasi

Uma bekhetha ukwenza kanjalo, ababambiqhaza bangaphendula imibuzo emibili yokuqala ngengxoxo ngezansi, ngokumelene nebhalwe phansi epheshaneni bese bayinameka phambili egunjini.

Buza Abafundi Bakho

Ingabe kukhona okunye ukuziphatha okungenampilo ongacabanga ngakho?

Ingabe kukhona okunye ukuziphatha okunempilo ongacabanga ngakho?

Ingabe kunohlelo olulodwa yini olufanele lwalokho okubukwayo? Kungani / pho-ke, kungani? Ingabe niyavuma nonke?

Buza Abafundi Bakho

Sibeka lokhu kuziphatha okuqondile kwesikubhekile kusukela kokunempilo nokungenampilo. Kodwa, kungenzeka yini ukuba kube nezimo lapho ukuziphatha okunempilo kuba okungenampilo? Noma ngenye indlela? Kungenzeka nini lokho?

Uma u-X ewukuziphatha okungenampilo [khetha ukuziphatha okuqondile okuhambisana nokwababambiqhaza ohlangothini 'okungenampilo' lokubukwayo], ungenze njani ukuba ukuxazulule?

Ungakhuluma kanjani nothile uma ubungazizwa kahle ngalokho obukwenza?

Isabelo

Ingxenye Yokuqala

Tshela Abafundi Bakho

Sikhulume okuningi ngezobuchwepheshe nezobudlelwane namuhla. Manje njengoba sesikucabangisisile, ungabelana kanjani nabanye ngalokho okufundile? Hlobo luni lwemisebenzi ongayenza ukukhuthaza ontanga yakho ukuba babe abazimele uma bebona noma yiluphi uhlobo lokuziphatha okungenampilo ebudlelwaneni?

Isabelo

Hlukanisa ababambiqhaza ngamaqembu angu-3 noma 4.

Tshela Abafundi Bakho

Sinokusikisela okukabili okwamanje, kodwa uma unesu elihlukile, qhubeka ulenze! Nizonikwa imizuzu engu-30:

1. Ukusikisela #1: Thuthukisa uhlaka lwesenzakalo esithile samalungu esikole sakho noma umphakathi okuzungezile ngendima yezobuchwepheshe ebudlelwaneni. Lesi senzakalo singaba yimibukiso eboniswayo/yezingxoxo, umkhankaso ofana nothi "Iviki Lokusakaza Uthando," noma ngisho umboniso! Nikeza izibonelo zendlela ongasebenzisa ngayo imithombo yezokuxhumana, njenge-Facebook noma i-Twitter, ukuze ukhangise ngesenzakalo. Khululeka ukwenza imibukiso ekhasini lakho (isib., imidwebo, amahlaya, njll.).
2. Ukusikisela #2: Klama indaba emayelana nobudlelwane (isib., ubudlelwane phakathi kwabantwana bomuntu, noma ubudlelwane phakathi kwabangane esikoleni) kanye nendlela engingathinteka ngayo emithonjeni yezokuxhumana. Ungalingisa umdlalo omfushane, wenze umbukwane (isib., umdwebo), noma ubhale indaba eyihaba ekhasini lezindaba le-Facebook noma lengxoxo ye-Twitter . . . ake sikiphe unyawo!

Ingxenye Yesibili

Isabelo

Emva kokuba imizuzu engu-30 isiphelile, cela amaqembu abelane ngalokho akwenzile futhi azibandakanye emibuzweni yengxoxo ngezansi.

Buza Abafundi Bakho

Iyiphi indaba okhuluma ngayo? Yikuphi ofuna abantu bakufunde ngesu lakho?

Lelisu lizobazuzisa kanjani ofunda nabo/umphakathi/abangane?

Obani okubhekiselwe kubo?

Ungalikhangisa kanjani isu lakho kulabo abakubhekile?

Ucabanga ukuthi abakubhekile bazosabela kanjani?

Ukucabanga Ngokuvala

Ukucabanga

Tshela Abafundi Bakho

Sethemba ukuba nonke nicabangisise kabanzi ngobudlelwane obunempilo, ikakhulukazi njengoba ezobuchwepheshe sezishintshe izinto kangaka. Besifuna nokuba nicabange ngezindlela zokukhuthaza abangane benu ukuba “bamele,” noma bazimelele njengalapho abanye bebona okuthile abangakhululekile ngakho noma okuthile okulimaza abanye.

Buza Abafundi Bakho

Yiziphi ezinye zezinto ozifundile?

Yimuphi umsebenzi obuyintandokazi kuwe? Kungani?

Yimuphi umsebenzi obungawuthandisizi kahle? Kungani?

Ungakuthatha kanjani okufundile noma osebenze ngakho ukuba ukusebenzise ekuphileni kwakho?

Ungakuchaza kanjani lokho okwenzile kubangane bakho?

Yikuphi ebekukusha noma kumangaza?

Ikhona yini imibuzo onayo ngobudlelwane obunempilo noma obungenampilo?