

Isem/Name: _____

T.F.A.L. 5



Tfal Favur Ambjent Liberu

Ktejjeb għall-Istudenti fl-Iskejjel Primarji tal-Fames Sena
Workbook for the 5th Grade Primary School Students

Programm ta` Prevenzjoni
Prevention Programme

T.F.A.L. 5

Tfal Favur Ambjent Liberu

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Merħba għall-programm T.F.A.L. 5!

Dawn huma l-karattri li se jkunu magħna matul dawn il-ħames lezzjonijiet li għandna flimkien.

Għandna lil Benji u l-kelb tiegħu Bużu, Ann, Jake u Lucy.

Ninkuraġġuk tuża dan il-ktieb b'mod tajjeb u taqşam dak kollu li se titgħallem ma' dawk li tafda, sabiex ikomplu jgħinuk fit-tagħlim.

Ejja nibdew din il-ġrajja u nisperaw li tiegħu gost!



Welcome to the T.F.A.L. 5 programme!

These are the characters who are going to join us throughout these five lessons.

We have Benji and his dog Bużu, Ann, Jake, and Lucy.

We encourage you to make good use of this workbook and to share what you are going to learn with the people you trust and those close to you, in order to support your learning.

Let us embark on this journey together and we hope you enjoy it as we go along!



1

Lezzjoni / Lesson

Inħobb Lili Nnifsi u Modi Differenti kif Inkampa
Self-Love and Coping Skills



Għandi dejjem napprezza l-valuri tiegħi u nirrispetta lili nnifsi.
I should always value and respect myself.



L-affarijiet li jogħġbuni u dawk li jdejquni,
l-abbiltajiet u d-dgħufijiet tiegħi jagħmluni dak li jien, għalhekk
jiena speċjali.

*My likes and dislikes, strengths and weaknesses
make me who I am, that is why I am special.*

Jista' jkun hemm xi drabi f'hajtek fejn thossok hazin dwarek innifsek, imma prova ffoka fuq l-abbiltajiet tiegħek.

At times life can make you feel like you are not good enough, but you must focus on your strengths.



Int kapulavur, int uniku/a u prezzjuż/a!
You are a masterpiece, you are unique and precious!

Kif Inkampaw

Coping Skills

Jigi żmien fil-ħajja fejn ħa tgħaddi minn mumentu diffiċli u għalhekk għandek titgħallem tkampa.

There might be a time in your life where you go through a difficult time and that is why you need to learn how to cope.

Ma ġara xejn jekk tħossok:
It is ok to feel:



Forsi ma tiħux gost li tħossok hekk imma tista' dejjem tipprova tħossok aħjar billi titgħallem tkampa.

*Everybody feels this way sometimes.
You might not like it but you can always try
to feel better by learning to cope.*

Inkampaw mal-Emozzjonijiet

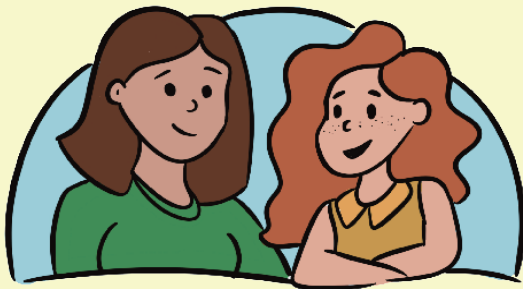
Coping with Emotions

Dawn huma modi differenti ta' kif tista' tkampa:

These are some ways you can cope:

1. Hu nifsijiet fil-fond biex tikkontrolla l-emozzjonijiet tiegħek.

Take deep breaths to manage your emotions.



2. Tkellem ma' xi ħadd li tafda.

Talk to people you trust.

3. Meta ma tkunx tista' ssib il-kliem, esprimi l-emozzjonijiet billi tipprattika l-passatempji u t-talenti tiegħek.

When you can't find the words, express your feelings by practicing your hobbies and talents.

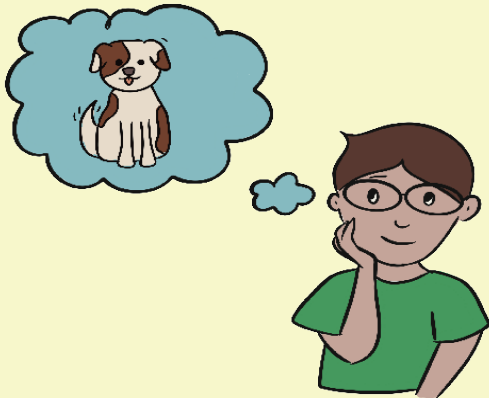


4. Ipprattika l-yoga,
il-meditazzjoni jew aġmel
eżerċizzju fiżiku.

*Practice yoga, meditation or
physical exercise.*



5. Hu banju sħun.
Take a warm bath.



6. Aħseb f'dak li
jagħmlek ferħan/a.
*Think about what makes
you happy.*

7. Aċċetta l-affarijiet li ma
tistax tibdel u biddel dak li tista'.
*Accept the things you cannot
change and change the things
you can.*



Mhux kull persuna tkampa bl-istess mod.
L-importanti hu li ssib metodi effettivi li huma tajbin għalik.
*It is not important that you cope like everyone else. All that
matters is that you find effective coping methods that work
for you.*

Immarka b'✓ l-affarijiet li inti tajjeb/tajba fihom:
 Mark with a ✓ the things that you are good at:

- | | | | |
|---|---|--|---|
| <input type="radio"/> għawm swimming | <input type="radio"/> eżerċizzju exercise | <input type="radio"/> futbol football | <input type="radio"/> żfin dance |
| <input type="radio"/> qalbi tajba being kind | <input type="radio"/> ħabib/a tajba being a friend | <input type="radio"/> naqsam ma` ħaddieħor sharing | <input type="radio"/> kraft crafts |
| <input type="radio"/> karat karate | <input type="radio"/> inkun paċenzjuż/a being patient | <input type="radio"/> ġinnastika gymnastics | <input type="radio"/> ngħin lill- ohrajn helping others |
| <input type="radio"/> horse riding | <input type="radio"/> volleyball | <input type="radio"/> basketball | <input type="radio"/> drama |

Ohrajn:
 Others: _____

Aghmel ċirku mal-attivitajiet li jgħinuk tikkontrolla
 l-emozzjonijiet tiegħek f'sitwazzjonijiet diffiċli:
 Circle the activities that can help you control your emotions
 in difficult situations:





Unscramble the 7 coping skill words:

1. rdae a okob: _____
2. rcsxeeie: _____
3. latk ot a iredfn: _____
4. keat eped rbtheas: _____
5. eus oyur ltaetn: _____
6. islent ot uiscm: _____
7. akte a mwar hbat: _____

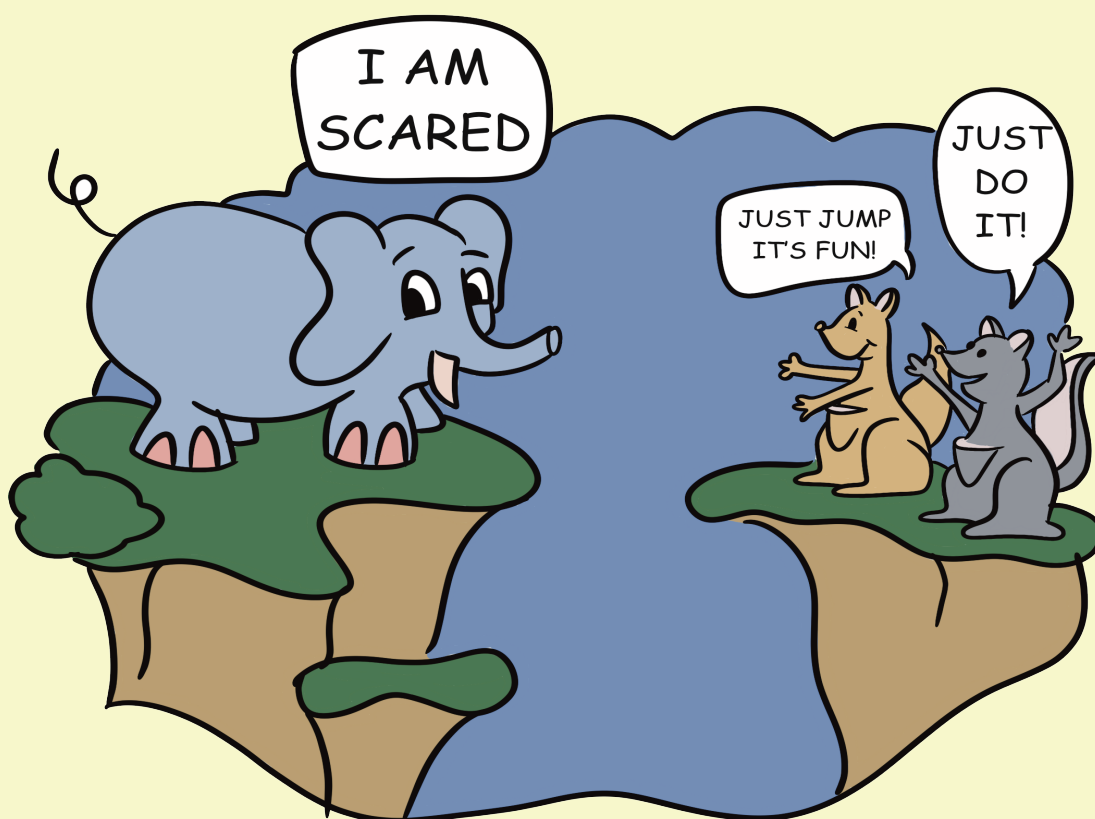
Irranga l-ittri sabiex tgħaqquad kliem fuq ħiliet biex tkampa:

1. arqa tkbei _____
2. aghlem eržečzziju _____
3. tmlelke a'm ħibab _____
4. uħ nfisiejit lif-donf _____
5. žau t-telaint tgħekie _____
6. msia l-makžui _____
7. uħ bnaju snuħ _____

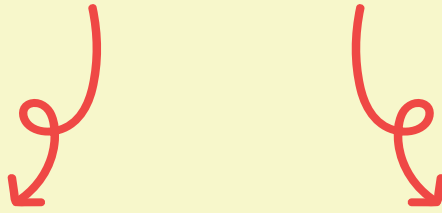
2

Lezzjoni / Lesson

Il-Pressjoni minn Nies Tampari u
kif Nieħu Deċiżjonijiet Tajbin
Peer Pressure and Decision Making



Peer Pressure



Xi ħadd tamparek
*Someone close to
your age*

Meta tħossok sfurzat/a li
tagħmel xi ħaġa tajba jew ħażina
*When you feel forced to do
something good or bad*



Id-differenza bejn pressjoni tajba jew ħażina mill-ħbieb:
The difference between good and bad peer pressure:

Meta ta' tamparek jisfurzawk biex...
When peers force you to...



- *tistinka*
- *tiekol tajjeb*
- *taqsam ma' ħaddieħor*
- *tkun qalbek tajba*
- *tkun onest*

TAJBA

GOOD

- *work hard*
- *eat healthy*
- *share*
- *be kind towards others*
- *be honest*



- *tisraq*
- *tigġieled*
- *tagħmel bullying fuq ħaddieħor*
- *ma tmurx skola*
- *tieħu sustanzi perikolużi*

HAŻINA

BAD

- *steal*
- *fight*
- *bully others*
- *skip school*
- *take harmful substances*



Mhux faċli tgħid
LE meta tiġi
sfurzat/a mill-ħbieb.

*It is not easy
to say **NO** when you
are being pressured
by your friends.*

Tibża' li ma tibqax
tintgħogob jew jagħżlu li
ma jridux ikunu iżjed
ħbieb tiegħek.

*You might be scared that
they will not like you or
want to be your
friend anymore.*



Ftakar! Inti kapaċi tegħleb il-perssjoni ħażina mill-ħbieb.

Prova dawn is-suggerimenti sabiex tkun sod u tagħzel deċiżjonijiet li huma tajbin għalik:

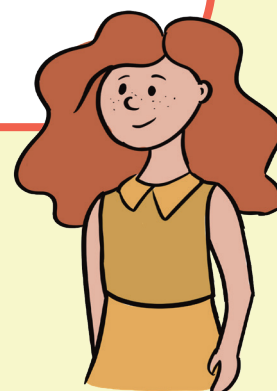
Remember! You are capable of standing up against bad peer pressure.

Try these tips to stay strong and choose decisions that are good for you:



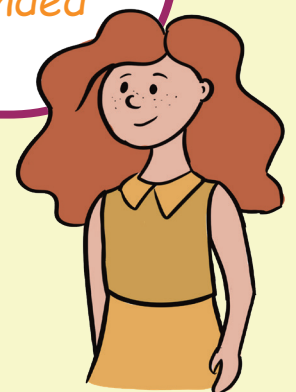
Qabbel is-sitwazzjoni mal-konsegwenza:

| | | |
|---|---|--|
| 1 | Shabek iriduk tisraq mill-portmoni t'ommok | Twegġa' |
| 2 | Ħabib tiegħek jinkuraġġik tistudja | Ikollok problemi mal-pulizija |
| 3 | Shabek igieġħluk taqbeż mill-għoli | Turi t-talenti tiegħek |
| 4 | Shabek jisfurzawk tisraq minn supermarket | Se tmur tajjeb fl-assessments |
| 5 | Shabek qed jaqbd u ma' tifel ġdid u jriduk tagħmel bħalhom | Tagħmel ħsara fil-pulmun u tista' tiżviluppa vizzju |
| 6 | Shabek jinkuraġġuk biex tkanta fil-kunċert tal-iskola għax jafu kemm taf tkanta | Tiddiżappunta lill-familja u titlef il-fiduċja tagħhom |
| 7 | Ħabib tiegħek igieġħlek tpejjep sigarett | Tigi sospiż/a mill-iskola |



Match the situation with the consequence:

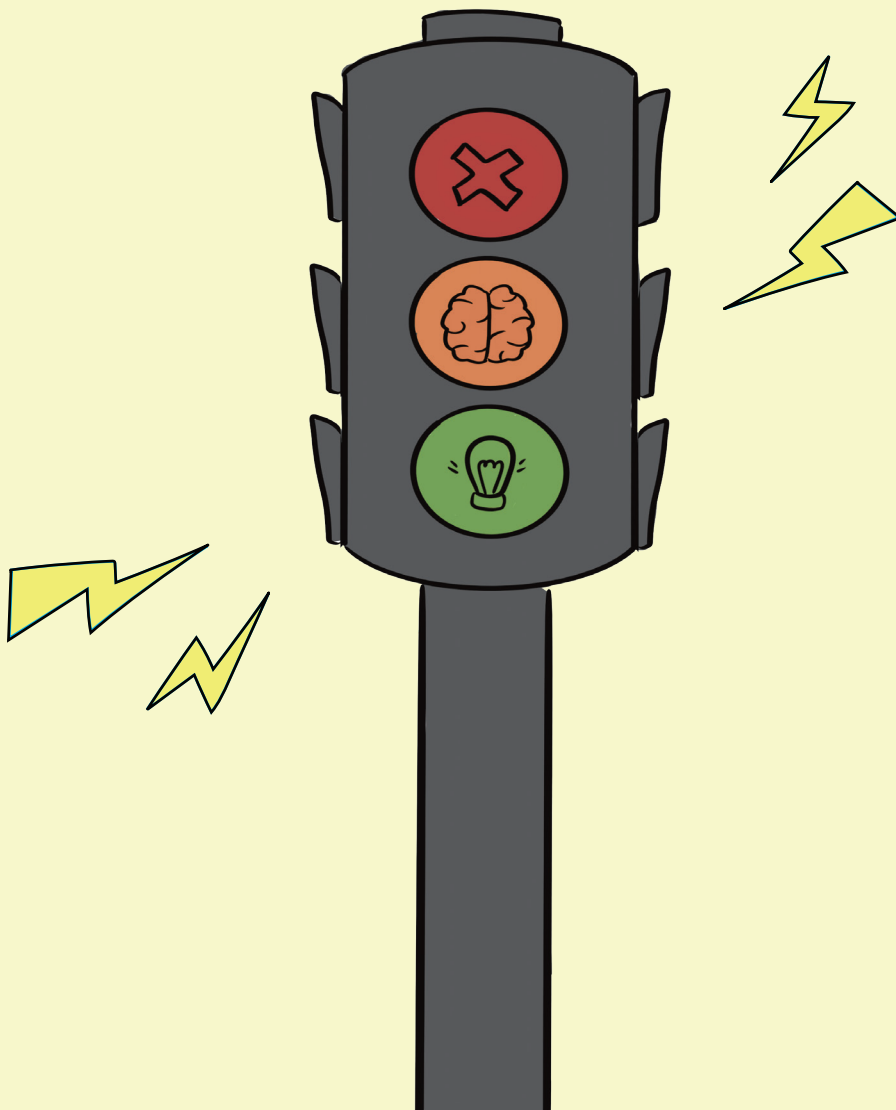
| | | |
|---|---|---|
| 1 | <i>Your friends want you to steal from your mum's purse</i> | <i>You get injured</i> |
| 2 | <i>Your friend encourages you to continue studying</i> | <i>You get in trouble with the police</i> |
| 3 | <i>Your friends force you to jump off a high place</i> | <i>You show your talents</i> |
| 4 | <i>Your friends force you to steal from a supermarket</i> | <i>You will do well in your assessments</i> |
| 5 | <i>Your friends force you to bully the new kid at school</i> | <i>You damage your lungs and can develop an addiction</i> |
| 6 | <i>Your friends encourage you to sing during the school talent show</i> | <i>You disappoint your family and lose their trust</i> |
| 7 | <i>Your friend forces you to smoke a cigarette</i> | <i>You get suspended from school</i> |



Deċiżjonijiet

Decisions

Mhux dejjem faċli biex tagħżel x'inhu l-aħjar. Meta ma tkunx ċert/a liema hi l-ħaġa tajba li għandek tagħmel; **ieqaf**, **aħseb** imbagħad **iddeċiedi** x'inhu l-aħjar għalik.



*It is not always easy to know what is best. Whenever you are not sure; **stop, think** and only then **decide** what is best for you.*



Jekk int qed issibha diffiċli biex tiegħu deċiżjoni, tkellem ma' adult li tafda u tirrispetta bħal pereżempju n-nies li jieħdu kura għalik, għallieqa, guidance teachers jew ikkuntattja s-supportline 179.

If you still cannot decide, talk it over with an adult you trust and respect like for example the people who take care of you, teachers, guidance teachers or contact the supportline 179.

Fil-ħajja jkollna nagħmlu kważi għażliet. Kull deċiżjoni li nagħmel f'ħajti se taffettwa l-preżent u l-futur tiegħi.

Life presents many choices, the decisions I take determine my present and future.

3

Lezzjoni / Lesson

Introduzzjoni għal Vizzji
An Introduction to Addictions

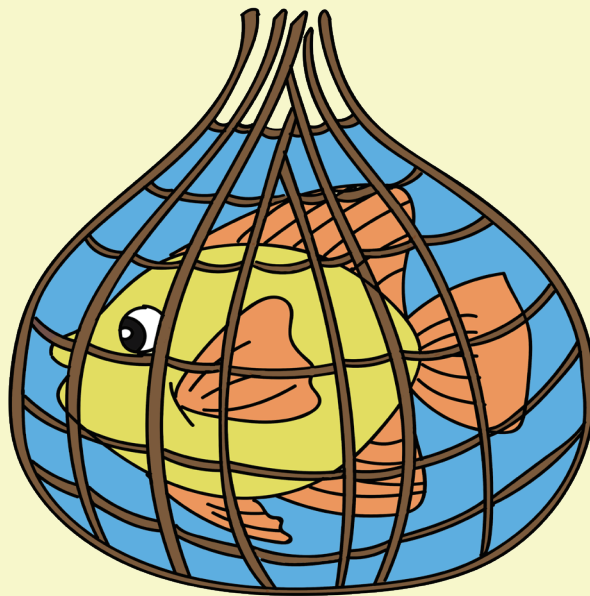


Vizzju huwa meta persuna ma tkunx tista' tieqaf tagħmel xi ħaġa anke jekk din tkun qed tikkawża l-ħsara.

Addiction is when a person cannot stop doing something even when it is causing them harm.

Vizzju huwa bħal xibka li jinqabad il-ħut fiha. Il-ħut jidħol go xibka mingħajr ma jinduna u jsibha diffiċli ħafna biex joħroġ.

An addiction is very similar to a fish net. Fish can easily enter the net but then find it difficult to come out of it.



Kull tip ta' vizzju hu perikoluż għax jaffettwa l-moħħ u l-ġisem. Jista' jikkawża wkoll problemi serji fil-familji, f'relazzjonijiet, fl-iskejjel u anke fuq il-postijiet tax-xogħol.

Any type of addiction is harmful as it affects the brain and the body. It also causes serious damage to families, relationships, schools and workplaces.

Dawk li għandhom vizzju mhumiex nies ħżiena, huma nies li ħadu deċiżjoni żbaljata.

Those who have an addiction are not bad people, they are people who took a wrong decision.

Dawn huma xi sustanzi u attivitajiet li jistgħu jwasslu għall-problemi fil-ħajja tal-persuna:

These substances and activities can lead to problems in a person's life:

1 Is-sigaretti
Cigarettes



2 L-Alkoħol
Alcohol



3

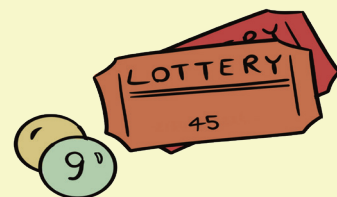
Drogi oħra
Other Drugs



4 It-Teknoloġija
Technology



5 Il-Logħob tal-Azzard
Gambling



Legali:

Affarijiet li tista' tagħmel; mhux kontra l-ligi.

Legal:

Things you are allowed to do; not against the law.



Illegali:

Affarijiet li ma tistax tagħmel; kontra l-ligi.

Illegal:

Things you are not allowed to do; against the law.

It- Tipjip *Tobacco Smoking*



In-nikotina hija waħda mis-sustanzi fis-sigaretti li ġgiegħel lil dak li jkun ikompli jpejjep.

Nicotine is the addictive substance in tobacco smoke that causes smokers to continue smoking.



It-tipjip passiv huwa meta tkun viċin ta' persuna li qed tpejjep, tkun qed tibra' d-duġħan li jagħmel ħsara fil-pulmun u jikkawża problemi fin-nifs.

Passive smoking is breathing second-hand tobacco smoke that damages your lungs and increases the risk for breathing problems.

Qabel in-numru mad-deskrizzjoni t-tajba:

Match the number according to the correct description:

| | | |
|---|---|---|
| 1 | Vizzju <i>Addiction</i> | Età legali biex tixtri jew tpejjep is-sigaretti <i>Legal age to buy or smoke cigarettes</i> |
| 2 | 18-il sena <i>18 years</i> | Xi ħaġa li mhix kontra l-ligi <i>Something which is not against the law</i> |
| 3 | Tipjip Passiv <i>Passive Smoking</i> | Xi ħaġa li hi kontra l-ligi <i>Something which is against the law</i> |
| 4 | Legali <i>Legal</i> | Tibla' duġġan ta' sigarett li persuna tkun qed tpejjep <i>Breathing second hand smoke</i> |
| 5 | Illegali <i>Illegal</i> | Meta persuna ssibha diffiċli biex tieqaf tagħmel/ tieġu xi ħaġa <i>When someone finds it difficult to stop doing/ taking something</i> |

L-Alkoħol *Alcohol*



L-alkoħol huwa droga legali f'Malta.

Alcohol is a legal drug in Malta.

L-alkoħol jista' jintuża mill-adulti b'mod responsabbli. Huwa illegali li tfal taħt is-sbatax-il sena (-17) jixorbu l-alkoħol.

Alcohol may be used by adults in cases where it is consumed responsibly. It is illegal for children under the age of seventeen (-17) to drink alcohol.



Ix-xorb taħt l-età jista' jikkawża bidliet fl-iżvilupp tal-moħħ u l-ġisem.

Underage drinking can cause changes in the development of the brain and body.

L-alkoħol jista' jkollu effetti immedjati fuq il-ġisem bħal ugigh ta' ras u wgigh fl-istonku. L-abbuż tal-alkoħol fuq medda ta' żmien jista' jagħmel ħsara fuq organi importanti bħal:

Alcohol can have short-term effects on the body, such as a stomach-ache and a head-ache. Long-term abuse can damage very important organs such as:

- Il-moħħ / The brain
- Il-fwied / The liver
- L-istonku / The stomach
- Il-pulmun / The lungs
- Il-qalb / The heart
- Il-kliewi / The kidneys

Immarka b' ✓ jekk it-twegiba hija Veru:

Mark ✓ if the answer is True:

Immarka b' X jekk it-twegiba hija Falz:

Mark X if the answer is False:

1. Nisa tqal jistgħu jixorbu l-alkoħol.
Pregnant women can drink alcohol. 
2. Jekk għandek inqas minn sbatax-il sena (-17) inti tista' tixrob sa tazza nbid.
If you are under the age of seventeen (-17) you are allowed to drink one glass of wine. 
3. Nies taħt is-sbatax-il sena (-17) jistgħu jieklu l-ikel imsajjar bl-alkoħol.
Persons under the age of seventeen (-17) are allowed to eat food cooked with alcohol. 
4. L-alkoħol jista' jibdel il-mod kif persuna titkellem, timxi u tieħu deċiżjonijiet.
Alcohol may change the way a person walks, talks and takes decisions. 
5. Adult m'għandu qatt jixrob l-alkoħol u jsuq.
An adult should never drink alcohol and drive. 
6. Persuni li għandhom il-vizzju tal-alkoħol huma nies ħżiena.
People who have an alcohol addiction are bad people. 

Aghmel linja taht it-twegiba t-tajba:

Underline the correct answer:

1. Jekk xi hadd mill-familjari joffrilek ftit alkoħol waqt xi festin (għandek/ m'għandekx) tixorbu.
If a family member offers you alcohol during a party you (should/ should not) drink it.
2. Jekk persuna tixrob ħafna alkoħol (tista'/ ma tistax) tagħmel ħsara fil-qalb, fil-moħħ, fil-fwied u fil-kliewi.
If someone drinks a lot of alcohol it (can/ cannot) damage their heart, brain, liver and kidneys.
3. Il-luminati (huma/ mhumiex) tip ta' alkoħol.
Softdrinks (are/ are not) a type of alcohol.

X'inhì r-raguni tar-riklamar tal-alkoħol f'din l-istampa?
What is the reason behind this picture advertising alcohol?



4

Lezzjoni / Lesson

Id-Droga u Kif Nieħu l-Medicina b'Mod Tajjeb

Drugs and Wise Use of Medicine

Droga hija kull tip ta' sustanza li tikkawża bidla fil-gisem u l-moħħ tal-persuna.

A drug is any substance that causes a change in a person's body and brain.



Il-medicina hi droga legali li tigi preskritta minn tabib u tinbiegħ minn spizeriji biss. *Medicine is a legal drug that is prescribed by a doctor and can only be bought from a pharmacy.*



Qatt m'għandek tiegħu mediċini mingħajr il-gwida ta' min jiegħu ħsiebek.

L-iskop huwa li l-mediċina tittiehed kif support u skont l-ordni tat-tabib.

You should never take medicine without the supervision of a parent, legal guardian or a trusted adult.

The purpose of this is to help make sure that the medicine is taken correctly and according to the doctor's prescription.



Legali: Li persuna tixtri l-mediċina preskritta mit-tabib

Legal: When a person buys prescribed medicine

Illegali: Li persuna tixtri jew tbigħ id-droga illegali

Illegal: When a person buys or sells illegal drugs

Insibu diversi drogi li jaffettwaw il-moħħ u l-gisem.

Uħud minn dawn huma legali u oħrajn illegali.

There are different types of drugs that affect the way our body and brain works. Some of these drugs are legal while others are illegal.

Immarka (✓) jekk dawn is-sustanzi t'hawn taħt huma legali:

Mark (✓) if the substances below are legal:

Immarka (X) jekk dawn is-sustanzi t'hawn taħt huma illegali:

Mark (X) if the substances below are illegal:

Sigaretti
Cigarettes



Xorb Enerġetiku
Energy Drinks



Kannabis
Cannabis



Kokaina
Cocaine



Alkoħol
Alcohol



Ecstasy
Ecstasy



Eroina
Heroin



Medicina
Medicine



Dan ma jfissirx li drogi legali ma jagħmlux ħsara.
Dejjem għandek toqgħod attent/a x'deċiżjonijiet tieħu
biex tagħmel dak li hu tajjeb għalik.

Legal drugs are still as dangerous as illegal drugs.

It is always important to take decisions that are good for you.

Raġunijiet għaliex persuni jabbużaw mid-droga:
Reasons why people abuse from drugs:

Biex jintgħogbu
ma' xi ħbieb.

*To fit in
with friends.*

Jaħsbu li qed
jidhru cool.

*They think it makes
them look
cool.*

Jaħsbu li se
jinsew xi problemi
li jsibu fil-ħajja.

*They think they are
going to forget the
difficult problems
in their life.*

Id-drogi ma jsolvux il-problemi
u ma jagħmlux l-affarijiet aħjar.
Anzi dawn jagħmlulek ħajtek aghar!

*Drugs do not solve problems or
make things better.*

They make your life worse!



Dawn huma xi wħud mill-konsegwenzi:
Here are some consequences:

1 Problemi fiżiċi u mentali.
Physical and Mental health problems.

2 Taffettwa r-relazzjonijiet mal-familja u l-ħbieb.
Effects relationships with family and friends.

3 Problemi tal-flus.
Money Problems.

4 Ma tmurx tajjeb fl-iskola/fix-xogħol.
Low School/Work Performance.

5 Inkwiet mal-pulizija.
Trouble with the police.

Piġi u iktib l-isem ta' żewġ adulti li tafda u taħseb li jistgħu jgħinuk f'mument diffiċli.
Name and draw pictures of two adults you trust who can help you with any difficult situations.

Agħmel is-sinjal (✓) ħdejn it-twegiba t-tajba.
Tick (✓) sign next to the right answer.

1. X'għandek tagħmel jekk issib xi pilloli xi mkien?
You find pills on the counter. What should you do?
 - Tibla' l-pilloli. / *Take the pills.*
 - Taħbi l-pilloli. / *Hide the pills.*
 - Tgħid lill-ġenituri jew lil min qed jieħu ħsiebek. / *Tell your parent or guardian.*
2. Tkun għand xi ħbieb u jaqbdek ugiġh ta' ras. Sħabek joffrulek xi mediċini. X'inhu l-aħjar li tagħmel?
You get a headache at your friend's house. Your friend offers to give you medicine. What should you do?
 - Tikkonsulta mal-ġenituri tiegħek jew xi adult li tafda. / *Get your parent's or guardian's permission first.*
 - Tieħu l-mediċina mingħajr ma tistaqsi. / *Take the medicine.*
3. Meta tinnota li qed jaqbdek ħafna ngħas wara li tieħu xi mediċini li tak it-tabib, x'tagħmel?
You take some new medicine your doctor gave you. Then you get sleepy. What should you do?
 - Titkellem mal-ġenituri jew min qed jieħu ħsiebek dwar dawk l-effetti. / *Tell your parent or guardian about the side effects.*
 - Mur orqod. / *Lie down and go to sleep.*



Aghmel linja taht il-kelma t-tajba:
Draw a line under the correct word:

1. Kull sustanza li tikkawza bidla fil-mod ta` kif jaħdem il-moħħ u l-gisem: (ilma, vizzju, droga).
Any substance that causes a change in the way your body and mind work: (water, addiction, drug).
2. Il-vizzji jikkawżaw diversi (logħob, konsegwenzi, benefiċċji).
Addictions cause different (games, consequences, benefits).
3. Meta persuna ma tkunx tista' tgħix mingħajr droga, din ikollha: (passatemp, vizzju, kuntentizza).
A person who cannot live without drugs, has a: (hobby, an addiction, happiness).



Tisliba

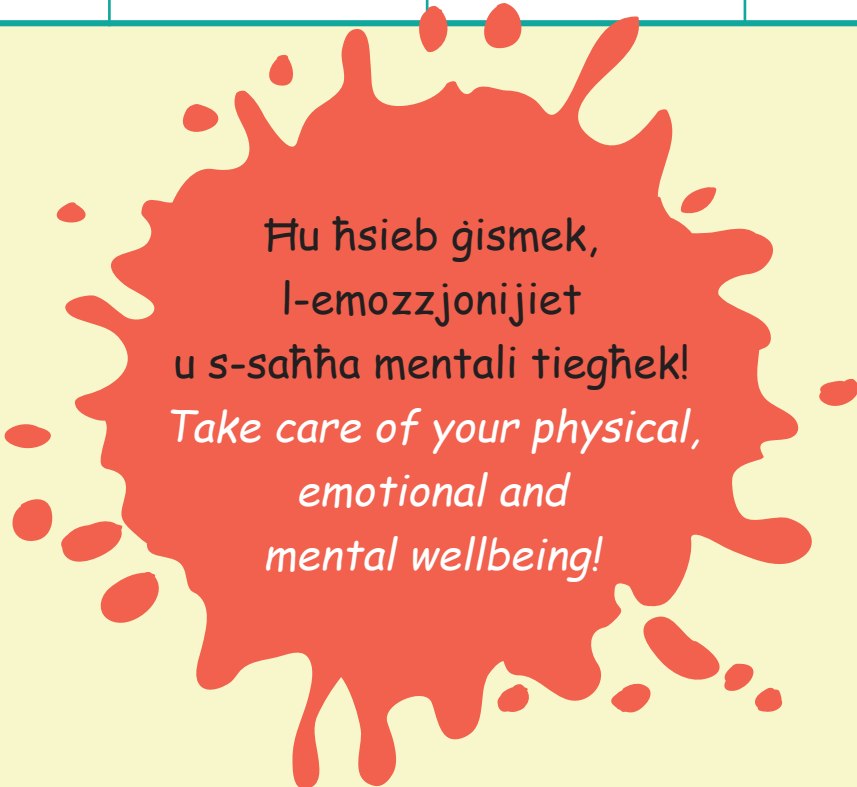
Sib il-kliem li hemm fil-kaxxa

Word Search

Find the words in the box

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| g | s | s | a | f | e | t | y | m | n | o | p | t |
| u | t | t | m | i | c | h | o | i | c | e | m | h |
| h | h | o | g | j | t | m | h | k | d | c | t | i |
| x | h | p | p | r | e | v | e | n | t | i | o | n |
| k | w | j | p | h | a | r | m | f | u | l | s | k |
| i | d | a | n | g | e | r | o | u | s | f | x | i |

| | | | |
|-------------------|------------------|----------------|--------------|
| <i>choice</i> | <i>dangerous</i> | <i>harmful</i> | <i>no</i> |
| <i>prevention</i> | <i>safety</i> | <i>stop</i> | <i>think</i> |



Hu ħsieb ġismek,
l-emozzjonijiet
u s-saħħa mentali tiegħek!
*Take care of your physical,
emotional and
mental wellbeing!*

5

Lezzjoni / Lesson

Kif Nuża t-Teknologija b'mod Tajjeb
u l-Logħob tal-Azzard
Wise Use of Technology and Gambling



It-teknologija għandha diversi aspetti pożittivi bħal meta tikkomunika mal-ħbieb u l-familja, titgħallem affarijiet godda permezz tar-riċerka, tara videos u tilgħab xi logħba. Madankollu, importanti li toqgħod attent/a minn xi riskji li tista' tiltaqa' magħhom waqt li tkun online.

Technology has many positive aspects such as communicating with family and friends, learning new things through research, watching videos and playing games. However, it is important that you are aware of the risks you can run into while staying online.

Dawn huma xi ftit suggerimenti dwar kif tibqa' sigur fuq l-internet:

Here are some tips on how to stay safe online:

1. Privatezza/ *Privacy*

Taqsamx informazzjoni personali tiegħek online.

Do not share your personal information online.



2. Nies qarrieqa/ *Deceitful people*

Titkellimx ma' nies li ma tafx; mhux kulhadd huwa dak li taħseb minn wara l-iscreen.

Do not speak to people you do not know, people might not be who they seem from behind the screen.

3. *Cyberbullying*

Xi nies jużaw it-teknologija biex iweggħu lil ħaddieħor. Dan jissejjaħ cyberbullying. F'każ li dan jigri lilek, dejjem saqsi għall-għajnuna.

Some people use technology to hurt others. This is called cyberbullying. If this happens to you always ask for help.

Dawn huma xi eżempji differenti ta' cyberbullying:
These are some different examples of cyberbullying:

Trolling

Meta bully jipprova jweggħak billi jkteb kummenti mhux xierqa online.

Trolling

When a bully tries to hurt you by posting mean comments online.

Hacking

Meta bully juża l-account tiegħek biex ipoġġi kontenut mhux xieraq b'ismek.

Hacking

When a bully uses your account to post inappropriate content with your name.

Esklużjoni

Meta bully jipprova jweggħak billi jħallik barra minn grupp, konversazzjonijiet li jinvolve lil sħabek, logħob online jew avvenimenti online.

Exclusion

When a bully tries to hurt you by leaving you out of a group, conversations that include your friends, online games or online events.

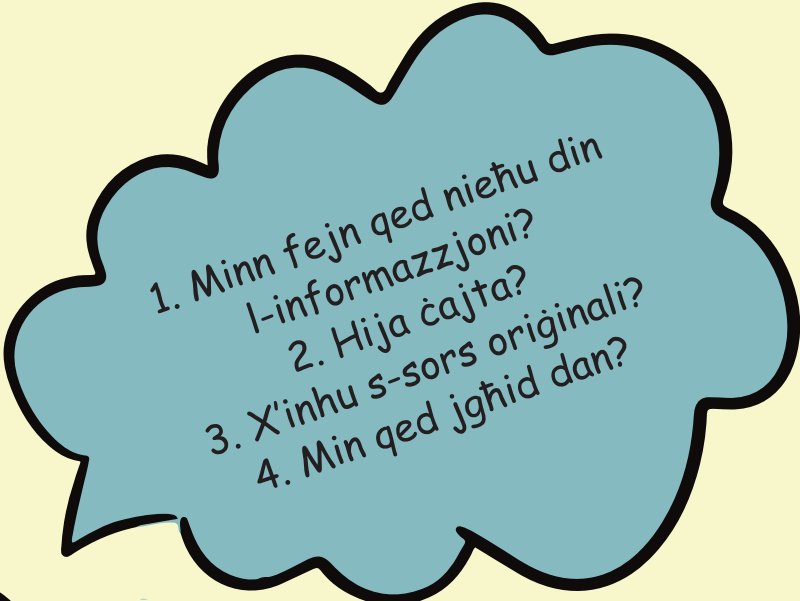


Kun detective!

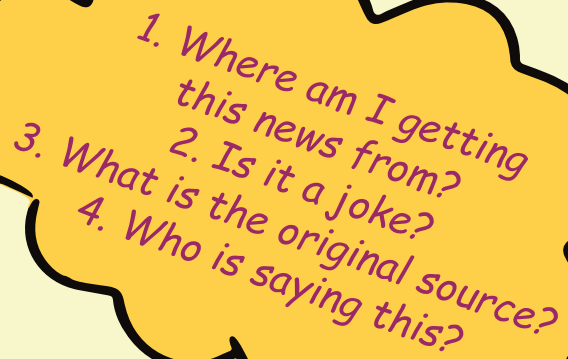
Be a detective!

Mhux dak kollu li tara online huwa veru, għalhekk għandek toqgħod attent/a mill-pop-ups u aħbarijiet foloz.

Not everything that you see online is true so look out for pop ups and fake news.

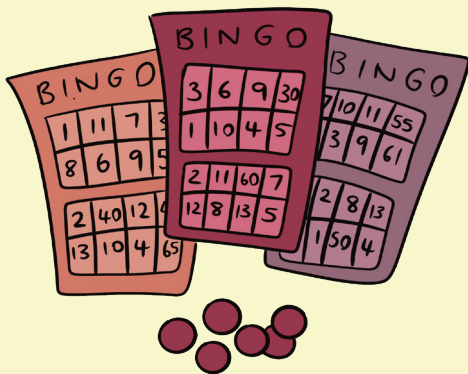
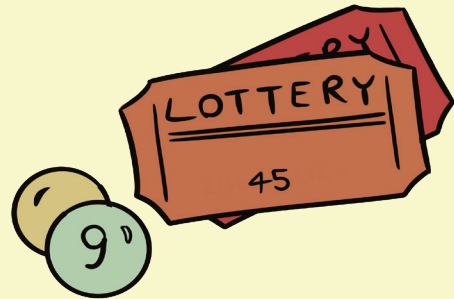
- 
1. Minn fejn qed nieħu din l-informazzjoni?
 2. Hija ċajta?
 3. X'inhu s-sors originali?
 4. Min qed jgħid dan?



- 
1. Where am I getting this news from?
 2. Is it a joke?
 3. What is the original source?
 4. Who is saying this?

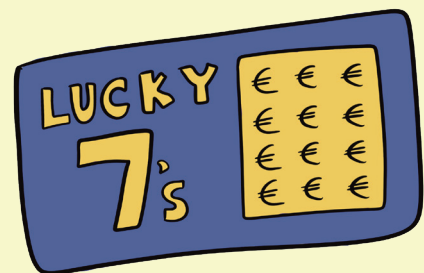
Il-Logħob tal-Azzard *Gambling*

Oqgħod attent/a minn ċertu apps u siti!
Dawn ikunu maħluqin apposta biex
iħajruk tiegħu sehem f'xi logħob tal-
azzard billi tħallas il-flus bħal loot
boxes u online sports betting.



Be careful of certain apps and online sites! These are created with the purpose to tempt you in participating in gambling activities by paying money like loot boxes and online sports betting.

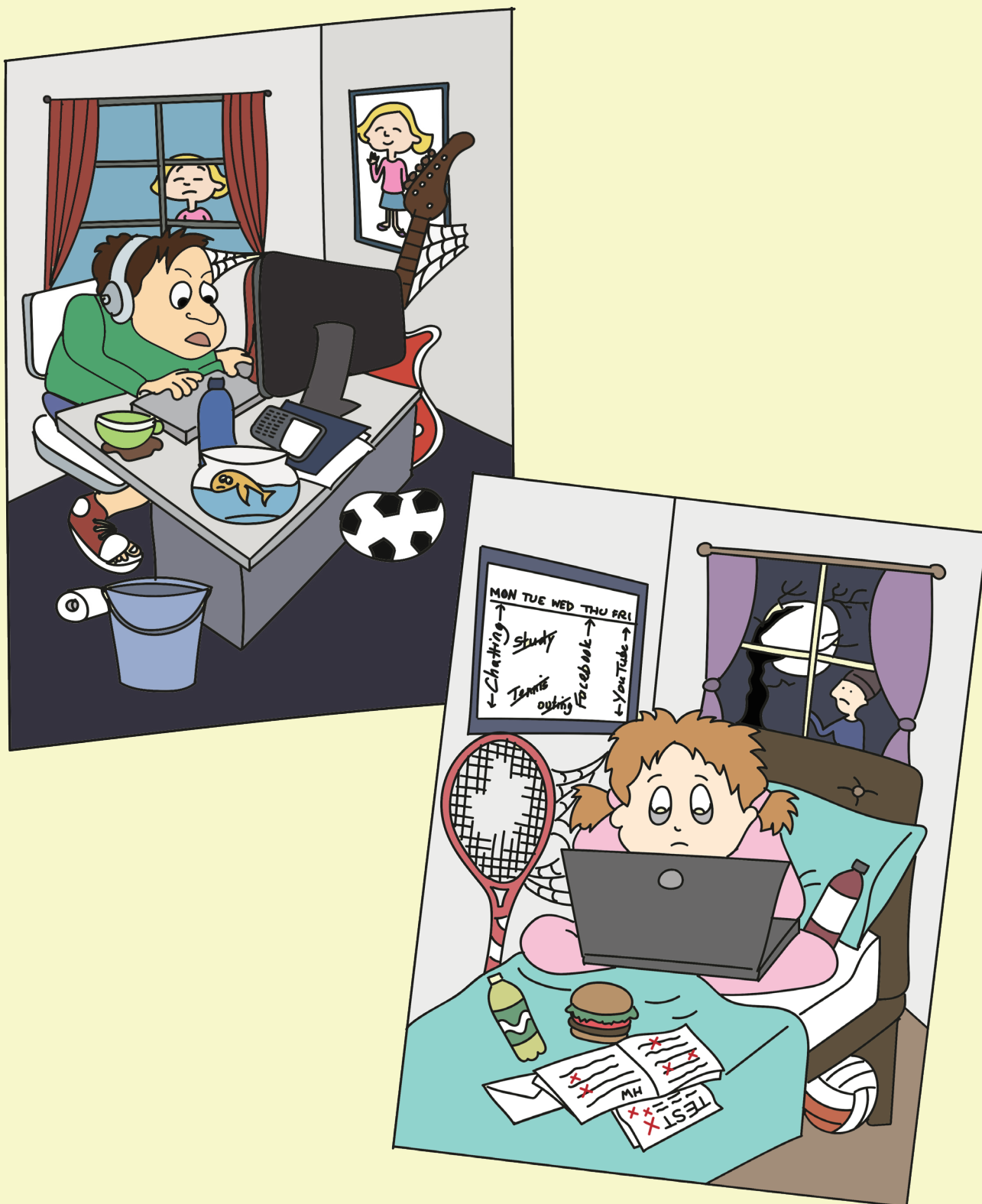
Il-logħob tal-azzard huwa meta persuna
tirriskja flus jew xi ħaġa ta' valur fuq
attivitajiet u tkun bir-riskju li titlef dak li
lagħbet. Xi eżempji oħra huma meta
persuna tixtri biljett tal-lotterija,
scratch cards jew tilgħab it-tombola.



Gambling is risking money or something of value on an activity with an uncertain outcome. Other examples include when a person buys a lottery ticket, scratch cards or plays bingo.

Agħmel ċirku madwar l-affarijiet li juru l-effetti tal-użu eċċessiv tat-teknoloġija:

Circle the things that show the effects of excessive use of technology:





Jista' jkun li ssibha diffiċli tikkontrolla kemm tqatta' hin fuq it-teknoloġija. Għalhekk hawn xi sugġerimenti li jistgħu jgħinuk;
You might find it hard to control how much time you spend using technology. These are some suggestions that can help you;

| | | |
|-----------------------------------|---|---|
| Iċċaqlaq ftit <i>Be active</i> | Żomm kuntatt <i>Connect with others</i> | Uża greyscale <i>Use a greyscale</i> |
| Uża timer <i>Use a timer</i> | Sib interessi oħra <i>Find other interests</i> | Agħmel pjan <i>Make a schedule</i> |

Il-bilanċ huwa kollox!
Balance is key!



Il-bilanċ huwa importanti f'dak kollu li tagħmel. Tajjeb li tqassam il-ħin tiegħek sew sabiex tgawdi l-affarijiet sbieħ kollha li għandek fil-ħajja. Kun b'saħħtek, hu deċiżjonijiet li jgħinuk tghix ħajja sana.

Balance is important in everything that you do. The key is to plan your time wisely so that you can enjoy all the beautiful things in your life. Be strong, take decisions that will help you live a healthy lifestyle.

Jekk hemm xi haġa online li qed iġġiegħlek tħossok skomdu/a ftakar:

If something online makes you feel uncomfortable remember:

Żomm kollox bħala prova.
(Eżempju: messagġi, kummenti, screenshots, videos, stampi, links)

*Keep everything as proof.
(Example: messages, comments, screenshots, videos, pictures, links)*

Uri dak li ssejvjajt lil xi adult li tafda.

Show what you have saved to a trusted adult.

Kultant kulhadd ikollu bżonn l-għajjnuna.

Għajjnuna dejjem tista' ssib għalhekk tibżax tistaqsi!

Everyone needs help sometimes.

There is lots of help available, do not be scared to ask!

☎ 23885110

f Sedqa Malta

✉ sedqa@gov.mt

National Support School Services

Child Web Alert

179 Supportline

kellimni.com

Address/ *Indirizz:*
Aġenzija Sedqa,
3, Braille Street,
Santa Venera, SVR 1690

BeSmartOnline

Cyber Crime Unit

T.F.A.L. 5 - Evalwazzjoni

Għinna sabiex inkunu nistgħu nagħmlu dan il-programm aħjar billi timla din il-karta. Uża lapas u mmarka b'dan is-sinjal ✓ goċ-ċirku bl-għażla tiegħek. M'hemmx twegibiet tajbin jew ħziena. **Tiktibx ismek** fuq din il-karta. Din il-karta se jarawha biss il-Prevention Professionals li jaħdmu l-Aġenzija Sedqa.

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-------------------------------|
| 1. Il-programm T.F.A.L. 5 għenni nifhem li jien speċjali kif jien. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-1 lezzjoni |
| 2. Il-programm T.F.A.L. 5 għenni nikkontrolla l-emozzjonijiet tiegħi billi nuża l-ħiliet tiegħi biex inkampa. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-1 lezzjoni |
| 3. Il-programm T.F.A.L. 5 għenni nitgħallem dwar il-persjoni mill-ħbieb. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-2 lezzjoni |
| 4. Il-programm T.F.A.L. 5 għenni nitgħallem kif nieqaf, naħseb u niddeċiedi qabel nagħmel deċiżjoni. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-2 lezzjoni |
| 5. Il-programm T.F.A.L. 5 għenni nitgħallem x'inhu vizzju. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-3 lezzjoni |
| 6. Il-programm T.F.A.L. 5 għenni nitgħallem li l-alkoħol għandu jintuża b'mod responsabbli mill-adulti (17+). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għat-3 lezzjoni |
| 7. Il-programm T.F.A.L. 5 għenni nitgħallem fuq il-ħsara li s-sustanzi jikkawżaw lill-moħħ u 'l-gisem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għar-4 lezzjoni |
| 8. Il-programm T.F.A.L. 5 għamilni iżjed konxju/a ta' kif għandi nżomm lili nnifsi sikur meta qed nuża l-internet. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-5 lezzjoni |
| 9. Fil-programm T.F.A.L. 5 tgħallimt informazzjoni għida li se tgħinni ngħix ħajja tajba. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Iva | Ma nafx | Le | M'attendejtx għall-programm |

10. Immarka b' ✓ l-affarijiet li għogbuk, l-affarijiet li m'għogbukx u l-affarijiet li m'użajttx mill-programm T.F.A.L. 5

| | Għogobni/ Għogbuni | M'għogobnix/ M'għogbunix | M'użajttx/ M'użajthomx |
|---|-----------------------|-----------------------------|---|
| Il-ktejjeb | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Il-logħob | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| L-istejjer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Il-presentations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hemm affarijiet oħra li għogbuk mill-programm T.F.A.L. 5? | | | Affarijiet oħra li m'għogbukx mill-programm T.F.A.L. 5? |

Grazzi ħafna tar-risposti tiegħek!

T.F.A.L. 5 - Evaluation

Help us to make this programme better by filling in this sheet. Using a pencil, mark with a ✓ the circle that best fits each statement for you. There is no right or wrong answer. You should not write your name on this sheet. The sheet will be seen only by the Prevention Professionals at Agencija Sedqa.

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|---------------------------------|
| 1. The T.F.A.L. 5 programme has helped me to understand that I am special just the way I am. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 1st lesson |
| 2. The T.F.A.L. 5 programme has helped me to manage my feelings by using my coping skills. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 1st lesson |
| 3. The T.F.A.L. 5 programme has helped me to learn about peer pressure. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 2nd lesson |
| 4. The T.F.A.L. 5 programme has helped me learn how to stop, think and decide before making a decision. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 2nd lesson |
| 5. The T.F.A.L. 5 programme has helped me to learn what addiction is. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 3rd lesson |
| 6. The T.F.A.L. 5 programme has helped me to learn that alcohol is to be used responsibly by adults (17+ years). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 3rd lesson |
| 7. The T.F.A.L. 5 programme has helped me to learn about the harm that substances cause to the mind and the body. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 4th lesson |
| 8. The T.F.A.L. 5 programme has made me more aware on how to keep myself safe while using the internet. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 5th lesson |
| 9. Through the T.F.A.L. 5 programme I learned new skills that will help me live a healthy lifestyle. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the programme |

10. Mark with a ✓ the things you liked, the things you disliked and the things you did not use from the T.F.A.L. 5 programme

- | | I liked the | I disliked the | I did not use the |
|-------------------|-----------------------|-----------------------|-----------------------|
| Workbook | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interactive games | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Stories | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Presentations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other things you liked from the T.F.A.L. 5 programme?

Other things you disliked from the T.F.A.L. 5 programme?

Thank you for your feedback!

I made a Promise!

Wara li ħadt sehem fil-programm T.F.A.L. 5 tal-Agenzija Sedqa se nipprova naghmel ħilti kollha biex dak li tgħallimt inwettqu f'ħajti.

After participating in Sedqa's T.F.A.L. 5 programme, I will do my best to practice what I have learnt throughout my life.

Jiena/ I

li nattendi l-iskola/ who attends the school

Firma tal-istudent/a
Students' signature

Data
Date

Proset!

Lestejt il-programm T.F.A.L. 5!

Well done!

You have completed the T.F.A.L. 5 programme!



Foundation for Social Service
Here for you

Dan il-programm huwa liċenzjat mill-SCSA taħt l-Att dwar
l-Awtorita tal-Istandards tal-Kura Soċjali.

*This programme is licensed by the SCSA under the Social Care
Standards Authority Act.*



GOVERNMENT OF MALTA
MINISTRY FOR SOCIAL POLICY
AND CHILDREN'S RIGHTS



GOVERNMENT OF MALTA
PARLIAMENTARY SECRETARIAT
FOR REFORMS AND EQUALITY



Aħna hawn għalik!
We are here to support you!



Fondazzjoni għal Servizzi ta' Harsien Soċjali
Hawn għalik

FONDAZZJONI GĦAL SERVIZZI TA' HARSJEN SOĊJALI

Servizzi ta' Prevenzjoni - Sedqa

3, Triq Braille, Santa Venera SVR 1690.

Tel: 23885110



GVERN TA' MALTA
MINISTERU GĦALL-POLITIKA SOĊJALI
U D-DRITTIJET TAT-TFAL



GVERN TA' MALTA
SEGRETARJAT PARLAMENTARI
GĦAR-RIFORMI U L-UGWALJANZA