

TEEN OUTSIDE THE BOX



TEEN OUTSIDE THE BOX

All Rights Reserved.

No parts of this work may be reproduced or used by any form or by any means graphic, electronic or mechanical. This includes photocopying, recording, taping, web distribution or information storage retrieval systems without the written permission of the Foundation for Social Welfare Services, Malta.

This book has been created as an initiative by the Prevention Professionals within Aġenzija Sedqa as part of FSWS.

First published 2020, 2022

By

Government Printing Press
A29
Industrial Estate
Marsa, MRS 3000,
Malta.

Copyright© Foundation for Social Welfare Services.

ISBN: 978-9918-9539-1-2 (2nd ed.) (pbk.)

Sketched by Amy Taylor, Electronically designed by Claire Mangion Designs.

BEFORE WE START
Rate Yourself!

RATING SCALE
1-10

- 1. I believe in myself _____
- 2. I am proud of my accomplishments _____
- 3. I can handle criticism _____
- 4. I respect myself _____
- 5. I am confident about the way I look _____
- 6. I am worthy _____
- 7. I know my positive qualities _____
- 8. I focus on my successes and not my failures _____
- 9. I am just as valuable as others _____
- 10. I would rather be me than someone else _____

*How would you
rate your overall
self-esteem?*

SCORE BOARD

- 0 - 25 Reflect on yourself more positively!
- 26 - 50 Focus on boosting your self-esteem more!
- 51 - 75 Keep going! you are on the right track!
- 76 - 100 Love yourself! Keep spreading those positive vibes! 😊

*How you love
yourself is how
you teach others
to love you!*

CONTENTS

ABOUT US
pg. 4

TOPIC 1

DECISION MAKING
& COPING SKILLS
pg. 5

TOPIC 2
WISE USE OF
TECHNOLOGY
pg. 12

TOPIC 3
ADDICTIONS
pg. 21

LOOKING
FOR
HELP!
pg. 38

WHAT DOES AGENZİJA SEDQA DO?

Agenzija Sedqa aims to increase awareness of the harm caused by addictive behaviours and imparts skills in order to prevent or delay the development of such patterns. It also supports people who have developed an addiction and their significant others to modify their lifestyles so as to lead a healthier and more satisfying life.

WHAT IS TEEN OUTSIDE THE BOX?

The concept behind the name of the programme is that all youth should feel free to express themselves in a unique manner and that no one should change themselves to fit in to one particular box. The topics we are going to discuss in this programme will equip the youth with the skills and information to make choices according to who they truly are!

NOTES



DECISION MAKING *and* COPING SKILLS

Weekly Planner

MON	TUE	WED	THUR	FRI	SAT	SUN

WE MAKE DIFFERENT DECISIONS EVERY DAY!

SOME

EASY

SOME

DIFFICULT

IT'S OK

TO FEEL UNSURE OR CONFUSED, IT JUST SHOWS
YOU'RE THINKING ABOUT YOUR CHOICES!



STEP 1:

Identify the problem



STEP 2:

Create alternatives



ICED ICED BABY

STEP 3:

Evaluate alternatives



STEP 4:

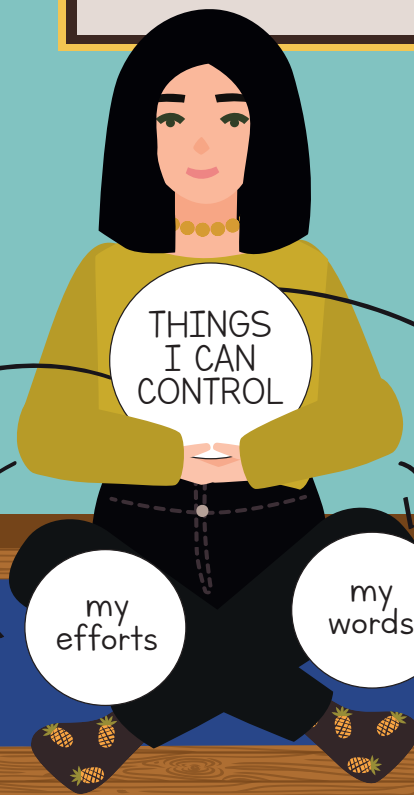
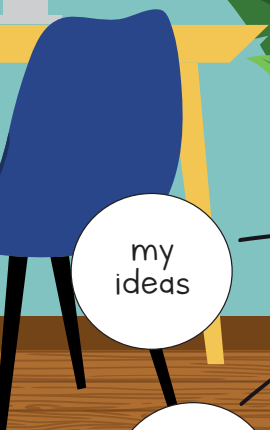
Decide on the best solution





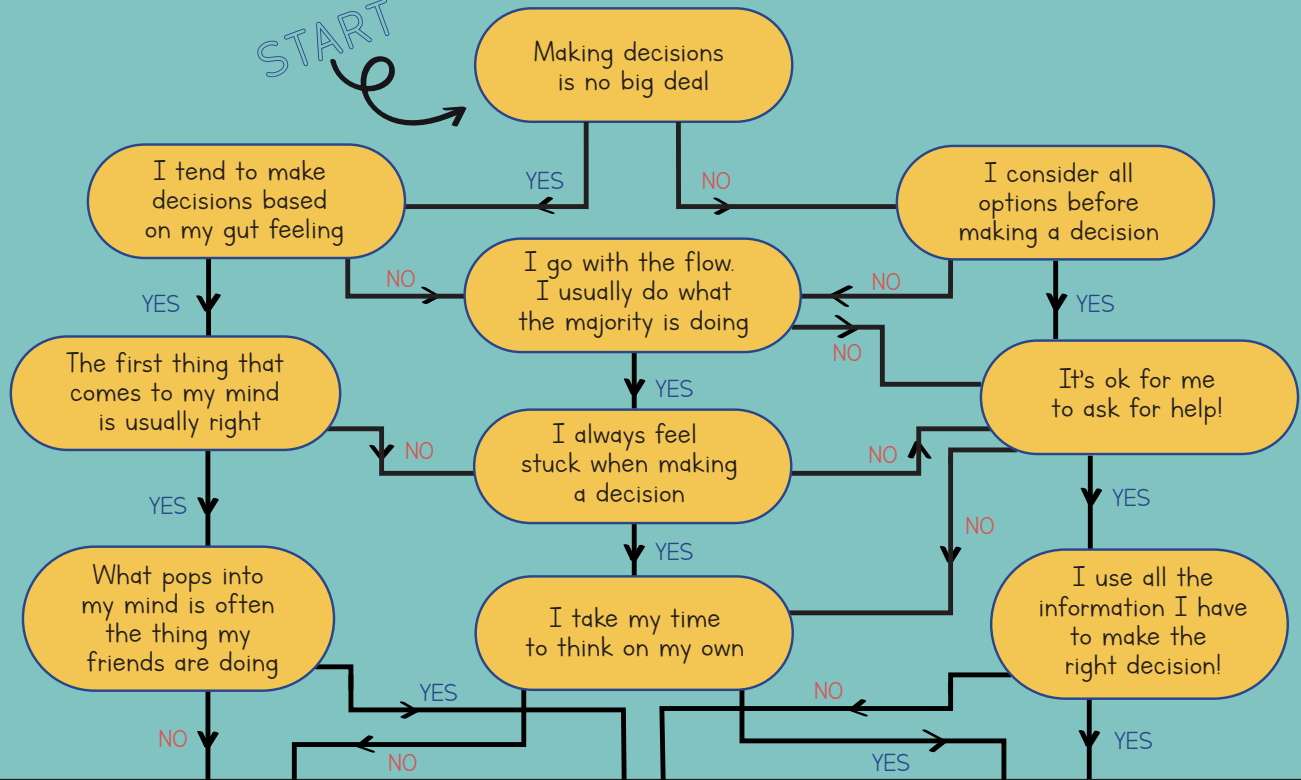
Learn to let things you cannot control go!

Focus on what you can control!



HOW DO YOU MAKE A BIG DECISION?

START



YOU TEND TO BE...

IMPULSIVE

You usually decide without thinking too much. You are driven by instinct and gut feelings. This can be good in some situations but be careful! Being impulsive increases your chances of making a mistake



YOU TEND TO BE...

PASSIVE

You either like to rely on others' choices or prefer not to take any decisions at all. When this happens you are letting go of your control in the situation. You might get stuck with a consequence you didn't want!




YOU TEND TO BE...

REFLECTIVE

You like thinking about all the different possibilities. You like to be informed as much as possible so that you always choose what's best for you. Keep it up!



Note: Sometimes everyone can make decisions in all three ways! 9



Why don't you
try practising a
coping skill?

What's a coping skill?

A coping skill is
a technique you
can use to deal with
stressful situations,
change your mood
or focus on
problem solving!

Wow.
Thanks!
I will try one
for sure!

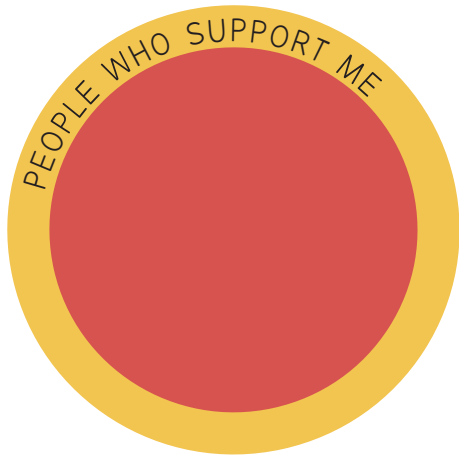
LIST OF COPING SKILLS

tick your pick!

1. Practising sports
2. Reading
3. Watching movies/
series
4. Journaling
5. Cooking
6. Hiking
7. Playing a game
8. Cuddle with pet
9. -----
10. -----



MY COPING KIT



BEST WAY
TO CALM DOWN

MY TOP 3
COPING
SKILLS

1.

2.

3.

BEST LISTENER OR
HUG GIVER

WHAT
MAKES
ME

SMILE



WHAT I CAN MAKE,
CREATE, PLAY OR BUILD



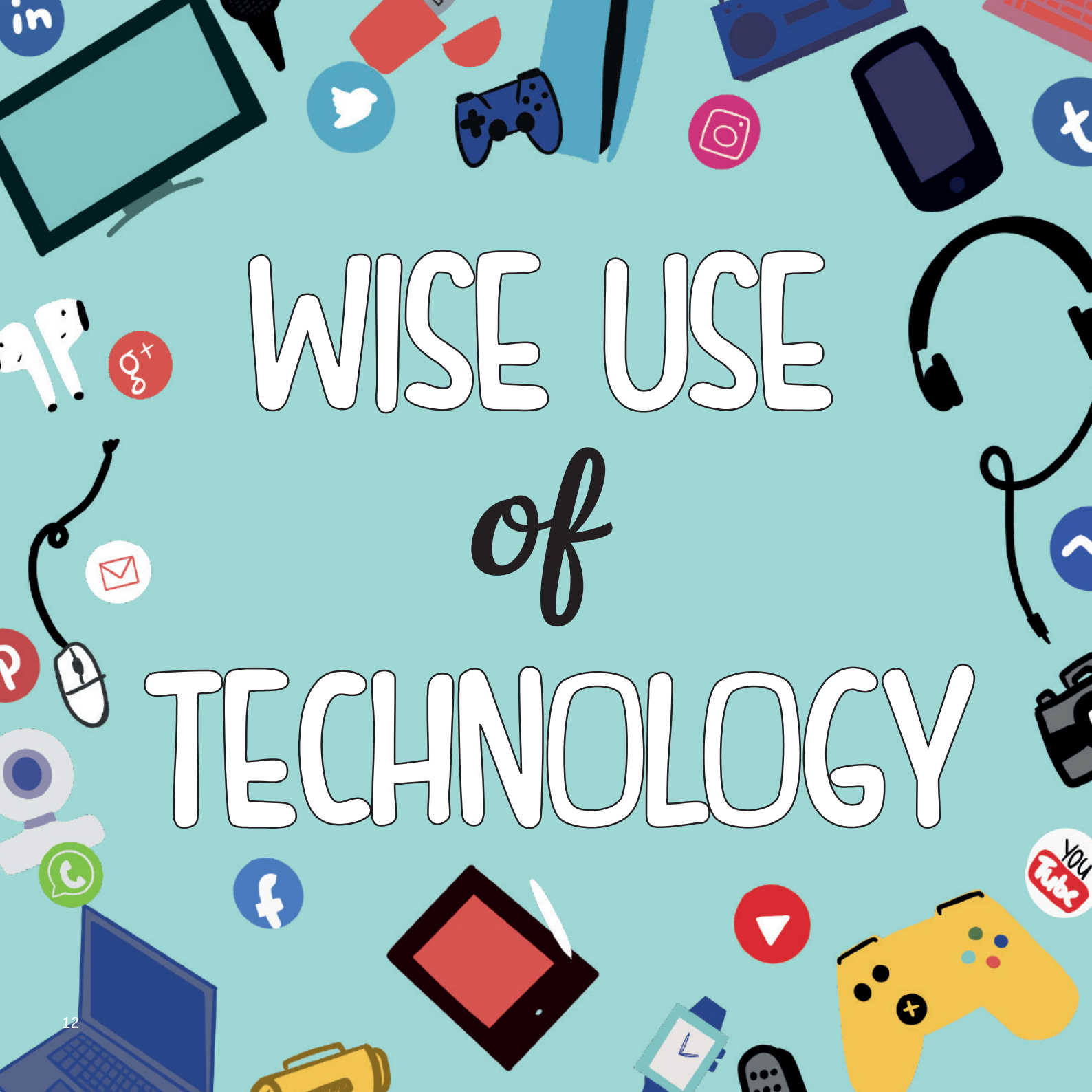
BEST WAY TO
GET MOVING



SOMETHING
KIND
I CAN SAY TO
MYSELF...



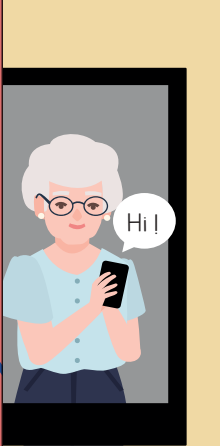





...WHEN LIFE GETS TOUGH



WISE USE *of* TECHNOLOGY

Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 			<p>YouTube</p> <p>Free time!</p> <p>Playstation</p> <p>Meet friends</p>
Exercise day!	Research & homework	Video call with grandma	Music relax time!	Search for online recipes & make them	SUNDAY
					<p>Prep for school</p> <p>Free time!</p> <p>Rest</p> <p>Visit cousins</p> <p>Hobbies</p>



Are you
paying attention
to what I
am saying ???!!



Hey!
Why aren't you
joining us again?
You're always
on your phone! @

STAY CONNECTED

to others
NOT JUST
the
WI-FI



Strike a balance in your life



EXCESSIVE use of **TECHNOLOGY**

When one cannot function normally without using technology, this may lead to:

PHYSICAL problems

eyestrain
backpain

PSYCHOLOGICAL problems

sleep difficulties
unhealthy eating patterns

MENTAL problems

anxiety
depression

ONLINE D

Anytime an individual tries to

SCAM

It refers to internet fraud. It is a deceptive scheme or trick used to cheat someone out of something especially money.

FALSE ADVERTISING

It is the use of false, misleading or unproven information to advertise products to consumers.

PHISHING

It refers to the attempt of obtaining sensitive information such as: usernames, passwords or credit card information by disguising themselves as trustworthy entities.



ECEPTION

trick you in an online manner



CATFISHING

It happens when an individual creates a fake profile on a social media site to talk to others online with a manipulative psychological intent.

ONLINE GROOMING

It is when someone uses the internet to trick, force or pressure a minor into sexual activities.

SEXTORTION

It is a form of blackmail where someone threatens to share intimate images of you online, unless you give in to their demands which is usually money.

CYBERBULLYING

A form of bullying through electronic means
It can take different forms including:

- Hurtful/ abusive text messages, emails, videos or images
- Using technology to spread rumours or gossip
- Imitating others online
- Excluding others



TROLLING

The act of leaving an insulting message or comment on the internet in order to provoke an emotional response

Remember!

ALWAYS USE TECHNOLOGY IN A

SMART

way!

SAFE

Never give out personal information to people you do not trust online.

MEETING

Meeting up with someone you have only been in touch with online can be dangerous.

ACCEPTING

Accepting emails and messages from people you do not know can be dangerous.

RELIABLE

People online can lie about who they are and information found online may not always be true.

TELL

Tell someone you trust like a parent/teacher or a significant other if anything or anyone ever makes you feel upset or uncomfortable online.



WORDSEARCH!

A	F	M	J	K	G	O	R	G	R	O	X	C	T	B	H	C	H	I
S	C	A	N	X	Y	R	B	T	E	X	H	A	R	E	W	Y	L	O
B	A	L	A	N	C	E	O	Z	L	A	N	S	O	L	A	B	A	L
M	A	F	R	O	L	E	S	O	I	N	T	G	L	C	T	E	L	U
P	O	R	T	B	C	S	D	U	M	V	A	L	L	K	J	R	O	T
W	O	A	F	M	Z	M	C	Q	J	I	F	Y	I	W	X	B	Z	D
R	P	P	M	L	K	A	V	A	S	C	N	P	I	D	Y	U	R	U
T	J	E	U	G	I	R	F	O	M	J	C	G	N	X	D	L	Q	T
U	H	F	R	P	E	T	O	P	A	Y	O	J	G	B	Z	L	D	W
F	A	L	S	E	A	D	V	E	R	T	I	S	I	N	G	Y	R	O
Q	V	B	R	V	P	Q	F	C	S	E	X	T	O	R	T	I	O	N
D	C	A	S	N	C	A	S	V	I	D	E	Y	N	G	A	N	B	U
I	N	G	J	C	G	N	I	H	S	I	H	P	R	J	B	G	C	V
O	R	D	A	T	I	V	C	A	T	V	I	X	H	A	M	W	S	T
G	N	I	H	S	I	F	T	A	C	M	C	S	A	T	R	O	L	I

WORD LIST

- | | | | | | | | |
|---------------|--------------------------|------------------|--------------------------|----------------------|--------------------------|-------------|--------------------------|
| 1. Sextortion | <input type="checkbox"/> | 4. Trolling | <input type="checkbox"/> | 7. Catfishing | <input type="checkbox"/> | 10. Balance | <input type="checkbox"/> |
| 2. Phishing | <input type="checkbox"/> | 5. Cyberbullying | <input type="checkbox"/> | 8. False Advertising | <input type="checkbox"/> | 11. Frape | <input type="checkbox"/> |
| 3. Scam | <input type="checkbox"/> | 6. Grooming | <input type="checkbox"/> | 9. Popup | <input type="checkbox"/> | 12. Smart | <input type="checkbox"/> |

what is **ADDICTION?**

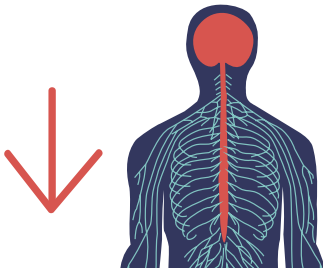
The term addiction refers to when someone continuously engages in a **SUBSTANCE** or an **ACTIVITY** despite the potential harms it causes since it provides a sense of instant pleasure for the user. A strong indication of addiction is that one finds it difficult to function normally in everyday life without the use of a particular substance and/ or activity.



DRUG CLASSIFICATION

DEPRESSANTS

reduce the function of the Central Nervous System

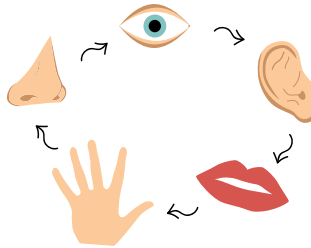


Examples

1. Alcohol
2. Heroin
3. Methadone

HALLUCINOGENS

are a diverse group of drugs that alter perception, thoughts and feelings

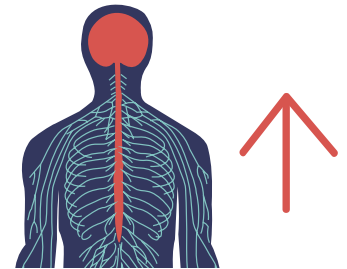


Examples

1. LSD
2. Magic Mushrooms
3. Ketamine (Horse Tranquilliser)

STIMULANTS

boost alertness and increase the function of the Central Nervous System



Examples

1. Nicotine
2. Caffeine
3. Cocaine

Some substances are classified in any of the 3 categories because they contain properties from each classification. Examples:

1. Prescribed medicine
2. Cannabis

CAUTION

Mixing alcohol and energy drinks can be dangerous because 2 opposing substances are being mixed in the body!!!

ENERGY DRINKS

are non-alcoholic drinks that have substances like

CAFFEINE,
SUGAR,
TAURINE &
GUARANA
in them!

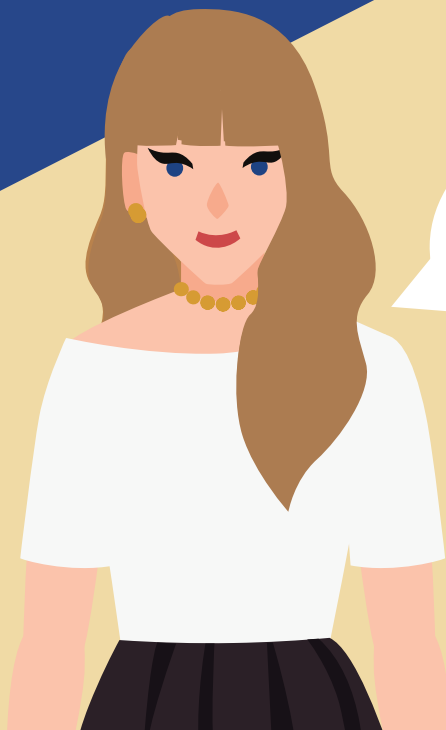


WHY DO PEOPLE TAKE DRUGS



"I suffered years of bullying. Talking to someone helped!"

BEN 15



"My friends were smoking cigarettes and I decided to do it too to fit in..."

eventually I learnt to say no."

MIA 18



"I was very shy and only felt confident when I took cocaine."

KATIA 25

"I used to get drunk during the weekend as a way to cope with my stress and problems.."

now I found healthier ways to cope."

JAKE 20




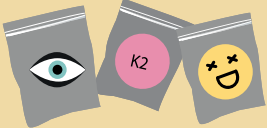



"I started smoking cannabis as I thought it wasn't a big deal! But now I realised I am smoking too often. I am finding help to stop."






RUTH 16



SUBSTANCES AND

SUBSTANCE TYPE	EFFECT	BEHAVIOUR
<p>1. Alcohol</p> 	<ul style="list-style-type: none"> - Loss of control and concentration - Vomiting and nausea - Blabbering and slurred speech - Affects the liver 	<ul style="list-style-type: none"> - Reduces inhibitions - Negatively affects decision making - Aggression - Irresponsible/ risky behaviour
<p>2. Cigarettes</p> 	<ul style="list-style-type: none"> - Strokes - Various cancers and lung disease - Heart disease - Diabetes 	<ul style="list-style-type: none"> - Increased anxiety and tension - Increased cravings and withdrawal symptoms - Weight gain and irritability may occur when a person tries to quit
<p>3. Cannabis</p> 	<ul style="list-style-type: none"> - Headaches and dry mouth/ eyes - Drowsiness and fatigue - Nausea and vomiting - Increased heart rate and appetite 	<ul style="list-style-type: none"> - Short-term memory loss - Lack of focus and motivation - Impaired judgement and coordination - Psychiatric difficulties
<p>4. Synthetic cannabinoids</p> 	<ul style="list-style-type: none"> - Rapid heart rate - Vomiting - Elevated mood and altered perception - Paranoia and hallucinations 	<ul style="list-style-type: none"> - Risk of psychosis/ psychotic episode - Extreme anxiety and violent behaviour - Suicidal thoughts - Increased chance of mood disorder
<p>5. Synthetic cathinones</p> 	<ul style="list-style-type: none"> - Increased heart rate and blood pressure - Dehydration - Chest pain and kidney failure - Breakdown of muscle tissue 	<ul style="list-style-type: none"> - Paranoia and hallucinations - Panic attacks - Delirium and violent behaviour - Increased friendliness

THEIR EFFECTS

SUBSTANCE TYPE	EFFECT	BEHAVIOUR
6. Ecstasy 	<ul style="list-style-type: none"> - Increased heart rate - Increased body temperature - Loss of appetite and control 	<ul style="list-style-type: none"> - Sense of euphoria and anxiety - Harmful overheating - False sense of confidence - Becoming confused or erratic
7. LSD 	<ul style="list-style-type: none"> - Causes hallucinations - Increased heart rate and body temperature - Colour perceptions are heightened - Nausea and vomiting 	<ul style="list-style-type: none"> - Odd behaviour and altered reality - Trips can be "bad trips" and can last for hours - Increased risk taking - Lack of focus and difficulty to concentrate
8. Steroids 	<ul style="list-style-type: none"> - Affects hormones and endocrine system - Can cause severe acne and skin problems - Affects the reproductive system - Stunted growth and height 	<ul style="list-style-type: none"> - Impaired judgement and delusions - Irritability and aggression - Increased stamina and alertness - Paranoia and jealousy
9. Cocaine/ Crack 	<ul style="list-style-type: none"> - Nasal infection (damage to septum) - Increased energy - Tooth decay - Insomnia 	<ul style="list-style-type: none"> - Talkativeness - Aggressiveness and euphoria - Irritability - False sense of confidence
10. Heroin 	<ul style="list-style-type: none"> - Higher risk of disease from needle use - Physical withdrawals - Loss of appetite - Lack of personal hygiene 	<ul style="list-style-type: none"> - Neglected social life - No physical coordination - Dangerous behaviour to sustain addiction - Relationship and family problems

DRUGS AND THE BODY



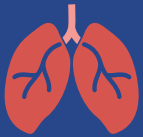
BRAIN

You can get dependent on substances and this can lead to serious damage to the brain.



HEART

Drugs can cause irregular heartbeats, heart attacks, blood clots and heart damage.



LUNGS

Smoking can damage your lungs. This can lead to breathing problems, lung infections and cancer.



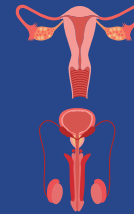
LIVER

Alcohol abuse can lead to liver disease such as, fatty liver, alcohol hepatitis, cirrhosis and liver cancer.



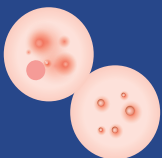
MOUTH

Taking drugs and smoking can rot your teeth. It can also cause gum disease, bad breath and affect the taste buds.



REPRODUCTIVE SYSTEM

Substance abuse can lead to risky sexual behaviour which can increase the risk of contracting a sexually transmitted infection, an increased risk of infertility, menstrual irregularity in females and erectile dysfunction in males.



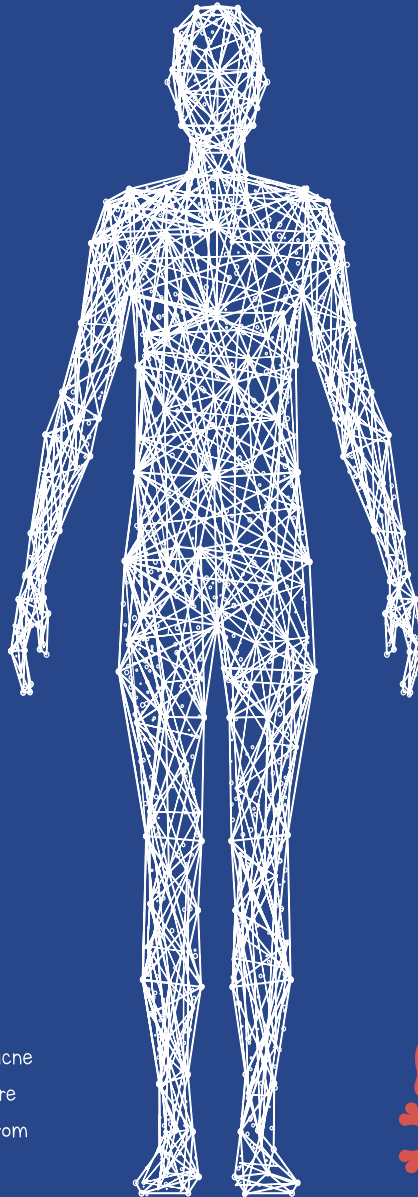
SKIN

Substance abuse can cause acne breakout, dull skin, premature aging, sores and infections from needle use.



DEATH

Substances can increase the risk of damaging your organs which can lead to sudden death.



Half-pint standard
beer or cider 4%



1 UNIT



One shot of
standard spirit
40%

1 UNIT

1 UNIT OF ALCOHOL

It is the measure to quantify alcohol content in
an alcoholic beverage, that is 10ml or 8g of pure alcohol.

1 UNIT = 1 HOUR

for the body of an average adult to process.

Small glass
of standard
wine 12%



1.5 UNITS

Standard
alcopop 5.5%

1.5 UNITS



BE SAFE!

Who's taking
you home??

HEAVY EPISODIC DRINKING

It is when someone consumes five
or more units of alcohol
on one occasion.

MATCH THE UNITS

WITH THE ALCOHOL

1.5
units

3
units

2
units

9
units

1.5
units

1
unit



Small glass
of wine
(12% alcohol)



Pint beer
(4% alcohol)



1 glass of
measured spirit
(40% alcohol)



1 bottle
of wine
(12% alcohol)



Alcopop
(5.5% alcohol)



Cocktail
(3 shots of
different spirits)

Small glass of wine - 1.5 units
1 bottle of wine - 9 units
Cocktail - 3 units
1 glass of measured spirit - 1 unit
Alcopop - 1.5 units
Pint beer - 2 units

Answers:

Try to find non-alcoholic options



NEW YEAR SUNRISE

Ingredients:

- Orange juice
- Sugar-free lemonade
- Grenadine
- Orange slice to serve



SUMMER CUP MOCKTAIL

Ingredients:

- Slice of cucumber
- A sprig of mint
- Few frozen red berries
- 120ml sparkling lemonade



GAMBLING

It is when someone risks money or something of value on an event or activity with an uncertain outcome.

Legal age
18yrs

Casinos
25yrs Maltese
18yrs Foreigners



Gambling in
betting shops
or casinos



Arcades

Slot machines
Fruit machines

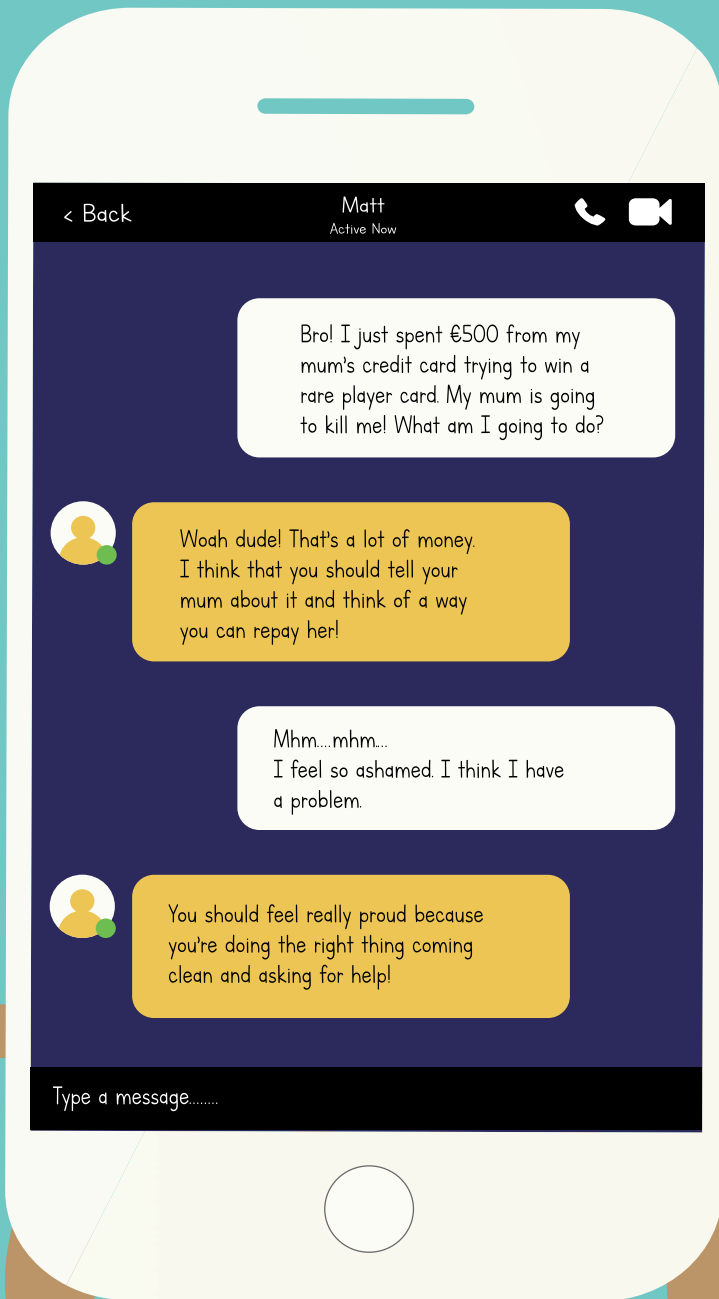


Lottery
Scratch cards
Sports betting



Skin betting
Raffles
Loot boxes





Find the right path to recovery

START



ARCADE
GAMES

SKIN
BETTING

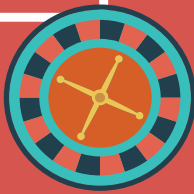
SLOT
MACHINES

SPORTS
BETTING

CASINO

ROULETTE

CARD
GAMES



GAMING

BINGO



LOOT
BOXES

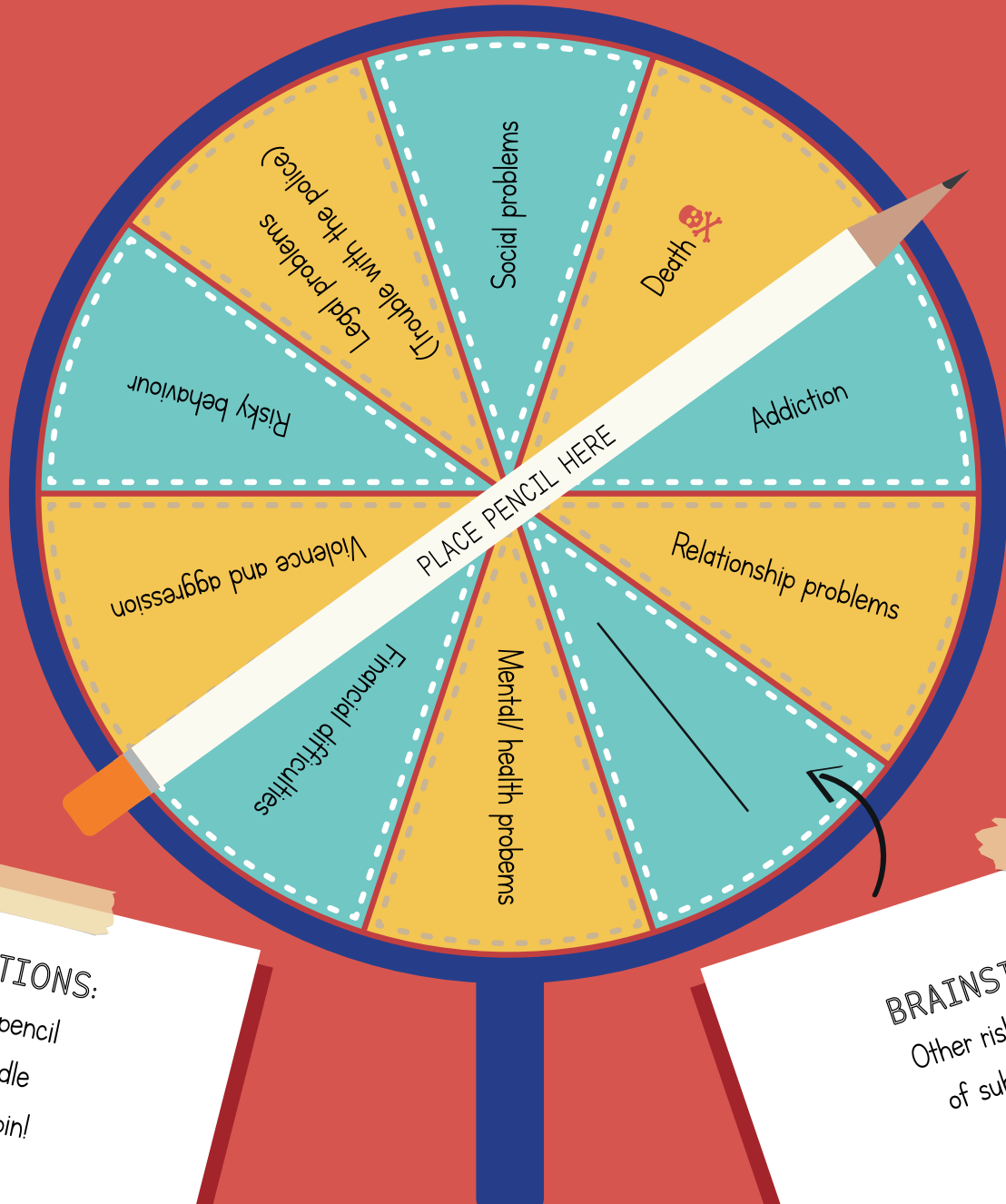
POKER



Recovery!



RISKY SPIN!



INSTRUCTIONS:

Place your pencil
in the middle
for a risky spin!

BRAINSTORM:
Other risk factors
of substances

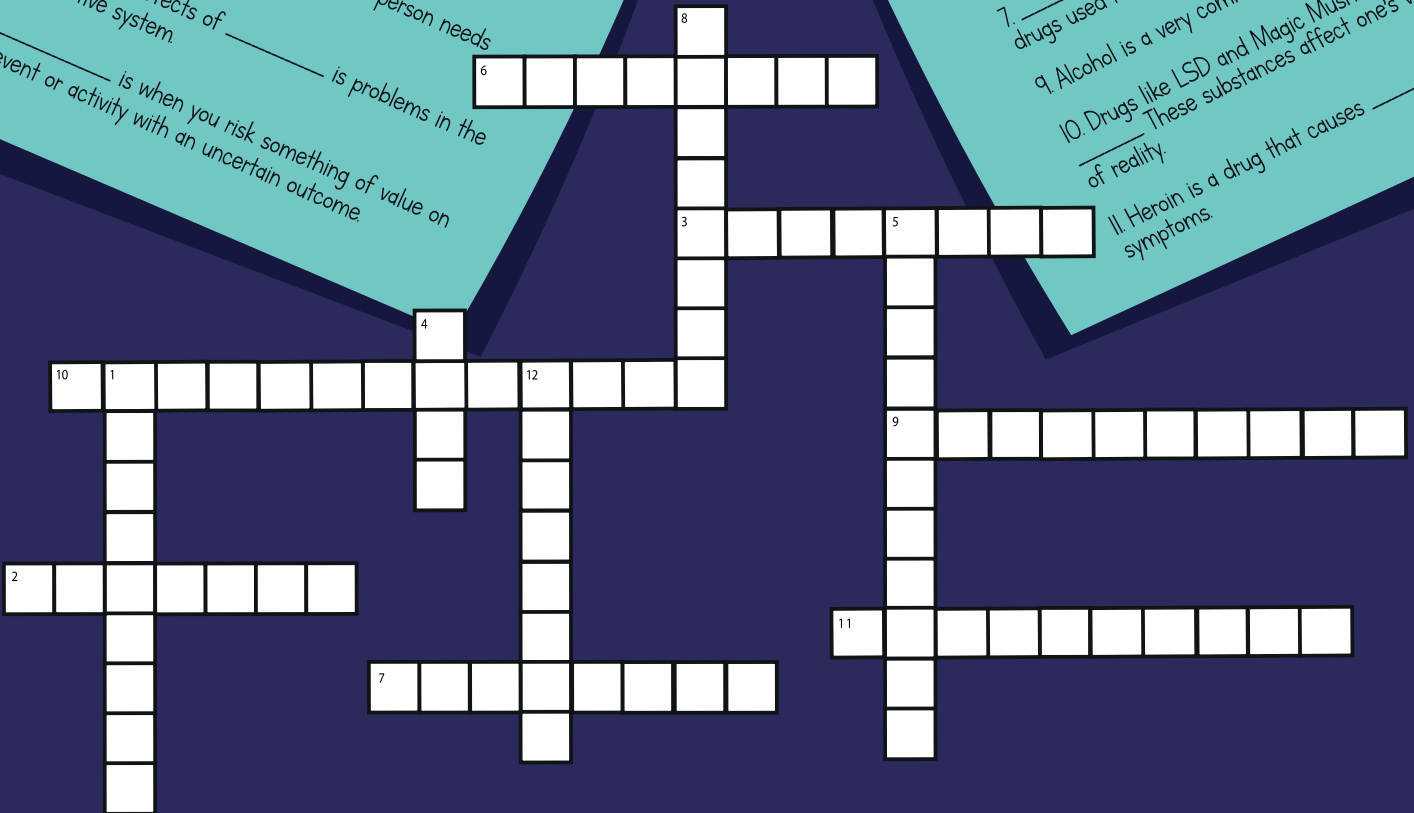
CROSSWORD

Vertical

1. _____ is when you cannot stop doing or taking something even though it is causing harm.
- 4 It takes the body one hour to process one _____ of alcohol.
- 5 Ecstasy causes _____ so the person needs to drink a lot of water.
- 8 One of the effects of _____ is problems in the reproductive system.
- 12 _____ is when you risk something of value on an event or activity with an uncertain outcome.

Horizontal

- 2 _____ is a very addictive stimulant.
- 3 _____ is when you have too many drugs than the body can handle.
- 6 _____ is the addictive component in cigarettes.
- 7 _____ is one of the most common drugs used recreationally.
- 9 Alcohol is a very common _____ of reality.
- 10 Drugs like LSD and Magic Mushrooms are _____ These substances affect one's views.
- 11 Heroin is a drug that causes _____ symptoms.



ANSWERS

1. Addiction
2. Cocaine
3. Overdose
4. Unit
5. Dehydration
6. Nicotine
7. Cannabis
8. Steroids
9. Depressant
10. Hallucinogens
11. Withdrawal
12. Gambling

&

FINALLY REMEMBER YOU CAN ALWAYS LOOK FOR HELP!



25983456

National School Support Services



23885110



SEDQA MALTA



sedqa@gov.mt



179
National
Supportline

kellimni.com

Child Web Alert

Address:

Agenzija Sedqa,
3, Braille Street,
Santa Venera,
SVR 1690.

Cyber Crime Unit

BeSmartOnline

Youth Services



Foundation for Social Welfare Services
fssd.org.mt

This programme is licensed by the SCSCA 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

*If you are going through a difficult time, seek help!
Remember things will get better.
Keep going and never look back!
Everything will fall into place.*



Teen Outside the Box - Evaluation Sheet

Help us to make this programme better by filling in this sheet. Using a pen, mark with a ✓ the one that best fits each statement. 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 Aгенzija Sedqa.

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|---|
| 1. The T.O.T.B programme has made me more aware on how to make wiser decisions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 1 st lesson |
| 2. The T.O.T.B programme has helped me to distinguish between healthy and unhealthy coping skills. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 1 st lesson |
| 3. The T.O.T.B programme has helped me to understand the importance of balancing time properly when using technology. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 2 nd lesson |
| 4. The T.O.T.B programme has made me more aware about how to keep myself safe while using the internet. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 2 nd lesson |
| 5. The T.O.T.B programme has helped me to distinguish between the different types of substances and their effects. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 3 rd lesson |
| 6. The T.O.T.B 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"/> |
| | Agree | Neutral | Disagree | I did not attend the 3 rd lesson |
| 7. The T.O.T.B programme has made me more aware about the risks of gambling. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Agree | Neutral | Disagree | I did not attend the 3 rd lesson |
| 8. Through the T.O.T.B 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"/> |
| | Agree | Neutral | Disagree | I did not attend the programme |

9. Mark with a ✓ the things you liked, the things you disliked and the things you did not use from the Teen Outside the Box programme.

	I liked the	I disliked the	I did not use the
Booklet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interactive games	<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.O.T.B programme?

Other things you disliked from the T.O.T.B programme?



WOOHOO !

You have now learnt all the necessary information to inspire you to make beneficial choices for yourself even if your peers might not agree with you.

Remember! You are always a
Teen Outside the Box!

Write all the different ways you have accepted yourself and grown after receiving this programme:

1. _____
2. _____
3. _____



Foundation for Social Welfare Services
Here for you



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



GOVERNMENT OF MALTA
PARLIAMENTARY SECRETARIAT
FOR REFORMS AND EQUALITY