

Teen Outside the Box

Programme Overview

General Information

- Offered by Sedqa Agency
- Incorporates 3 lessons
- 45 – 50 mins each lesson
- Follow up of the Prevention Programmes held at Primary level
- Use of Workbook, Powerpoint Presentations and Interactive Games



Session 2: Wise Use of Technology

- Positive aspects of technology
- Online/offline balance
- Exploring what online deception is and the different forms it can take.
- Using technology in a SMART way
- How to stay safe online



Session 1: Decision Making & Coping Skills

- Acquiring the necessary skills for good decision making
- Exploring challenging situations and their consequences
- Distinguishing between healthy and unhealthy coping skills
- Using of healthy coping skills in our daily life



Session 3: Addictions

- Definition of addiction
- Distinguishing between substance addiction and activity addiction
- Classifying different types of drugs
- Consequences of addiction
- Services available

