



Foundation for Social Welfare Services  
Here for you

Together with the T.F.A.L. 5 Programme, this programme is accredited at MQF Level 2 from the Malta Qualifications Framework and requires a total attendance of 80%

# T.F.A.L. 3 - Sedqa Prevention Programme

## Session Overview

### General Information



- Offered by Aġenzija Sedqa Prevention Team
- Originally known as B.A.B.E.S. Programme (Beginning Awareness Basic Education Studies)
- Life-skills Programme for all Year 3 students
- 6 lessons of 45-50 minutes each
- Use of 7 characters, narration, activity book and songs related to the topics discussed

### Lesson 4: Addictions



- Exploring the different types of addictions
- Explaining what addictions can do to the mind and body
- Clarifying that people who have an addiction are not bad people but they need to seek for guidance and support
- Helping children understand what is beneficial and harmful for their body and mind so as to help them learn make good decisions in the future

### Lesson 1: Self-Image and Feelings



- All feelings are important
- It is very important that we always let our feelings out in a positive manner
- What we think about ourselves is very important and crucial
- Everyone is different yet everyone is special

### Lesson 5: Asking for help



- Explaining when it is fine and when it is not that someone sees or touches our private body
- Highlighting that one should always speak out if one feels uncomfortable in the presence of something or someone
- Mentioning different situations where one may need to ask for help
- Emphasizing that everyone may need help at one point in their life
- Asking for help is a wise and courageous decision

### Lesson 2: Decision Making and Peer Pressure



- Learning to say 'NO' when we feel that someone close to us in age is forcing us to do something
- Exploring the consequences of giving in to peer pressure
- Emphasizing the importance of taking the right steps towards making a good decision

### Lesson 6: Wrapping Up



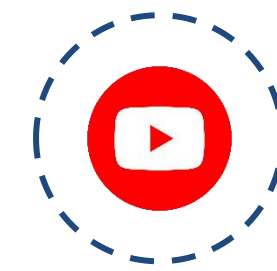
- Revising all the topics done in previous lessons
- Giving a certificate to all the students as a closure of the programme
- Emphasis is placed on asking for help when needed and the Supportline 179 is shared

### Lesson 3: Coping Skills



- Coping: Exploring situations when we need to cope
- Defining what coping means
- Exploring different coping skills

### For more information visit the Youtube page 'Sedqa Malta'



- In Maltese: <https://www.youtube.com/watch?v=dOaoNlggUWg>
  - In English: <https://www.youtube.com/watch?v=nHkTSIbe5KO>
- Workbook used during these sessions:  
<https://fsws.gov.mt/en/sedqa/Documents/PreventionProgrammes/TFAL%203/T3%20Book%20Full%20for%20Website.pdf>