



Foundation for Social Welfare Services  
Here for you

Together with the T.F.A.L. 3 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. 5 - Sedqa Prevention Programme

## Session Overview

### General Information



- Offered by Sedqa Agency
- Incorporates 5 lessons
- 45 – 50 mins each lesson
- Follow up of the T.F.A.L.3 Programme which was held in Yr.3
- Use of Workbook, Powerpoint Presentations, & Interactive Games



### Lesson 4: Drugs & the Wise Use of Medicine

- What drugs are
- How to take medicine safely
- Different types of drugs (legal & illegal)
- Drugs classification
- Reasons why people take drugs
- Consequences

### Lesson 1: Self-Love & Coping Skills



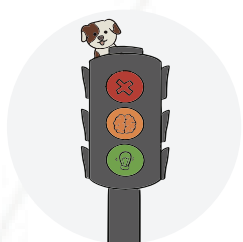
- How to respect ourselves
- Accepting our differences
- All feelings are important
- What coping skills are
- How to use different coping strategies



### Lesson 5: Wise Use of Technology & Gambling

- Positive aspects of technology
- How to stay safe online
- What should you do if you feel unsafe online
- Balance between life and technology
- Consequences of excessive use of technology
- What is gambling
- Gambling addiction

### Lesson 2: Peer Pressure & Decision Making



- Definition of peer pressure
- Explore different consequences
- Discriminate between good and bad peer pressure
- Acquire the necessary skills for good decision making



### Other

- Online session for parents/legal guardians and/or educators.  
English: <https://www.youtube.com/watch?v=l8kWJofuLhY&t=156s>  
Maltese: <https://www.youtube.com/watch?v=oUAGYr8Vcdc&t=30s>
- Booklet  
<https://fsws.gov.mt/wp-content/uploads/2025/09/T5-Booklet-for-2025.pdf>
- Distribution of freebies.
- Give information on support services available.

### Lesson 3: An Introduction to Addictions



- Definition of addiction
- Different types of addictions
- The definition of legal and illegal
- Consequences of an addiction
- Focus on alcohol addiction