



Foundation for Social Welfare Services
Here for you

TEEN OUTSIDE THE BOX PROGRAMME

General Overview



General Information

- Offered by Aġenzija Sedqa.
- Incorporates 4 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: Peer pressure & Decision making

- Help students understand what peer pressure is and how it affects their choices.
- Explore the difference between positive and negative peer pressure.
- Practice strategies for making confident, independent decisions.
- Strengthen skills for resisting unhealthy pressure.



Session 4: Wrapping up

- Review key skills learned in previous sessions.
- Encourage students to reflect on personal growth and progress throughout the programme.
- Help students set realistic goals for applying these skills in everyday life.
- Foster a sense of confidence and empowerment to make healthy choices.



Session 1: Self-esteem & Coping skills

- Help students understand what self-esteem is and why it matters.
- Explore healthy vs. unhealthy coping strategies.
- Build awareness of how self-esteem influences choices (including around technology and substances).
- Practice simple coping techniques they can use in daily life.



Session 3: Resilience

- Help students understand what resilience is and why it matters in facing challenges.
- Explore strategies to bounce back from setbacks, stress, or difficult situations.
- Encourage positive thinking and problem-solving skills to overcome obstacles.
- Build confidence in handling peer pressure.



Other

- Online session for parents/legal guardians and/or educators.
- Booklet:
<https://fsws.gov.mt/wp-content/uploads/2025/09/TOTB-2025.pdf>
- Distribution of freebies.
- Give information on support services available.