

Isem/Name: _____

T.F.A.L. 5



Tfal Favur Ambjent Liberu

Ktejjeb għall-Istudenti fl-Iskejjel Primarji tal-Flames Sena
Workbook for the Year 5 Primary School Students

Programm ta` Prevenzjoni
Prevention Programme

Together with the
T.F.A.L. 3 Programme,
this programme is
accredited at **MQF Level**
from the **Malta**
Qualifications Framework
and requires a total
attendance of 80%

T.F.A.L. 5

Tfal Favur Ambjent Liberu

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Dan il-programm huwa liċenzjat mill-SCSA taħt l-Att dwar l-Awtorità tal-Istandards tal-Kura Soċjali.

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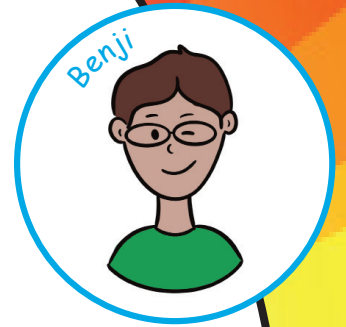
Merħba għall-programm T.F.A.L. 5!

Dawn huma l-karattri li se jkunu magħna matul dawn il-ħames lezzjonijiet li għandna flimkien.

Għandna lil Benji u l-kelb tiegħu Bużu, Ann, Jake u Lucy.

Ninkuraġġuk tuża dan il-ktieb b'mod tajjeb u taqsam dak kollu li se titgħallem ma' dawk li tafda, sabiex ikomplu jgħinuk fit-tagħlim.

Ejja nibdew dan il-vjaġġ u nisperaw li tiegħu gost!



Welcome to the T.F.A.L. 5 programme!

These are the characters who are going to join us throughout these five lessons.

We have Benji and his dog Bużu, Ann, Jake, and Lucy.

We encourage you to make good use of this workbook and to share what you are going to learn with the people you trust and those close to you, in order to support your learning.

Let us embark on this journey together and we hope you enjoy it!



L-emozzjonijiet kollha huma importanti
All feelings are important

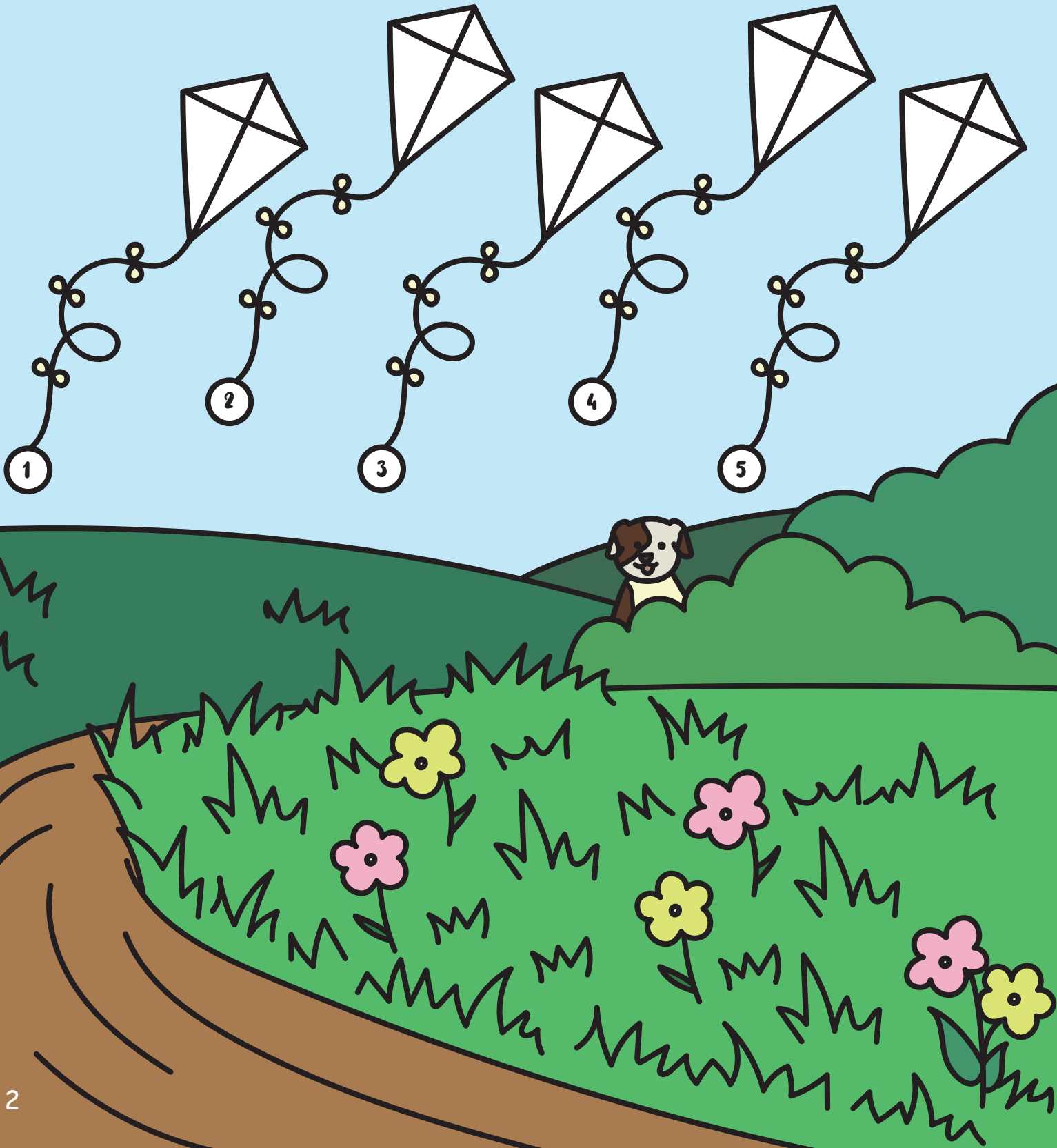
Pingi t-tajra skont il-kulur tal-emozzjoni li qed t'hoos
Colour in the kite with the colour of your feeling

● Kuntent/a
Happy

● Imdejjaq/Imdejqa
Sad

● Irrabjat/a
Angry

● Imbeżża'/Imbeżżgħa
Scared



1

Lezzjoni / Lesson

Inħobb Lili Nnifsi u Modi Differenti kif Inkampa
Self-Love and Coping Skills



Għandi dejjem napprezza l-valuri tiegħi u nirrispetta lili nnifsi.
I should always value and respect myself.



Hemm affarijiet li jogħgbuni, u oħrajn li le,
hemm ħiliet li għandi u xi wħud li għadni le.
Imma dawn il-partijiet kollha jagħmluni jien.
Għalhekk speċjali - jien kif jien.

*I like some things and some I don't,
I'm good at some and some I'm not.
But all these parts belong to me,
They make me special - this is me.*

Meta tħossok li mintix tajjed/ tajba biżżejjed, iħprova ftakar fl-affarijiet li inti tajjed/ tajba fihom u ibqa' emmen fik innifsek.

When you feel like you're not good enough, it's important to remember all the things you're good at and keep believing in yourself.



Int kapulavur, int uniku/a u prezzjuż/a!
You are a masterpiece, you are unique and precious!

Kif Inkampaw

Coping Skills

Tiehu hsieb l-emozzjonijiet tieghek f'sitwazzjonijiet differenti.
Taking care of your emotions in different situations.

Jigi żmien fil-ħajja fejn ħa tgħaddi minn mumentu diffiċli u tesperjenza emozzjonijiet differenti.

There might be a time in your life where you go through a difficult moments and experience different emotions.

Imdejjaq/Imdejqa
Sad



Kulħadd iħossu hekk xi kultant.
Forsi ma tiħux gost li tħossok hekk imma tista' dejjem
tipprova tħossok aħjar billi titgħallem kif tkampa.

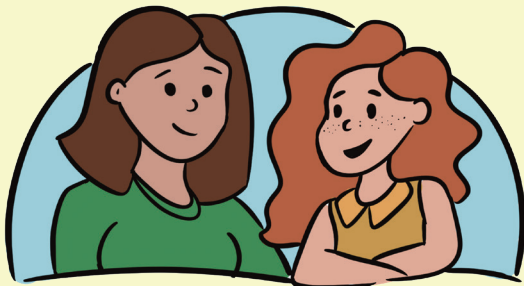
*Everybody feels this way sometimes.
You might not like it but you can always try
to feel better by learning how to cope.*

Inkampaw mal-Emozzjonijiet

Coping with Emotions

Dawn huma modi differenti ta' kif tista' tkampa:
These are some ways you can cope:

1. Hu nifsijiet fil-fond
biex tikkontrolla
l-emozzjonijiet tiegħek.
*Take deep breaths to
manage your emotions.*



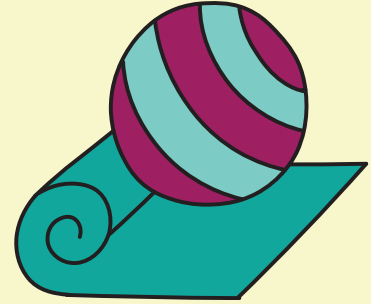
2. Tkellem ma' adult
li tafda.
Talk to an adult you trust.

3. Esprimi l-emozzjonijiet
billi tipprattika l-passatempji u
t-talenti tiegħek.
*Express your feelings by
practicing your hobbies
and talents.*



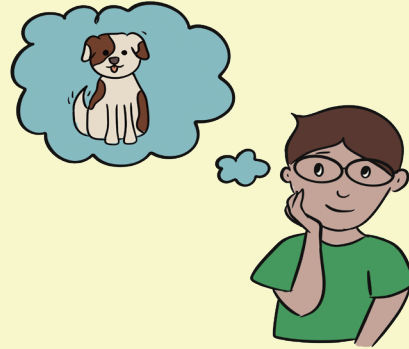
4. Ipprattika l-yoga, il-meditazzjoni jew aghmel eżercizzju fiziku.

Practice yoga, meditation or physical exercise.



5. Hu banju sħun.
Take a warm bath.

6. Aħseb f'dak li jagħmlek ferħan/a.
Think about what makes you happy.



7. Aċċetta l-affarijiet li ma tistax tibdel u biddel dak li tista'.
Accept the things you cannot change and change the things you can.

Mhux kull persuna tkampa bl-istess mod.
L-importanti li ssib ħiliet tajbin li jaħdmu għalik.
Not everyone copes in the same way. The important thing is that you find healthy coping skills that work for you.

Immarka b'✓ l-affarijiet li inti tajjeb/tajba fihom:
 Mark with a ✓ the things that you are good at:

- | | | | |
|---|---|--|---|
| <input type="radio"/> għawm swimming | <input type="radio"/> eżercizzju exercise | <input type="radio"/> futbol football | <input type="radio"/> żfin dance |
| <input type="radio"/> qalbi tajba being kind | <input type="radio"/> ħabib/a tajba a good friend | <input type="radio"/> naqsam ma` ħaddieħor sharing | <input type="radio"/> kraft crafts |
| <input type="radio"/> karat karate | <input type="radio"/> inkun paċenzjuż/a being patient | <input type="radio"/> ġinnastika gymnastics | <input type="radio"/> ngħin lill- oħrajn helping others |
| <input type="radio"/> horse riding | <input type="radio"/> volleyball | <input type="radio"/> basketball | <input type="radio"/> drama |

Oħrajn:
 Others: _____

Aghmel ċirku mal-attivitaġiet li jgħinuk tikkontrolla
 l-emozzjonijiet tiegħek f'sitwazzjonijiet diffiċli:
 Circle the activities that can help you control your emotions
 in difficult situations:





Irranga l-ittri sabiex tgħaqqad kliem fuq ħiliet biex tkampa:

1. arqa tkbei: _____
2. aghlem erzeċziju: _____
3. tmlelke a'm ħibab: _____
4. uħ nfiġiejit lif-donf: _____
5. żau t-telaint tgħekie: _____
6. msia l-makżui: _____
7. uħ bnaju snuħ: _____

Unscramble the 7 coping skill words:

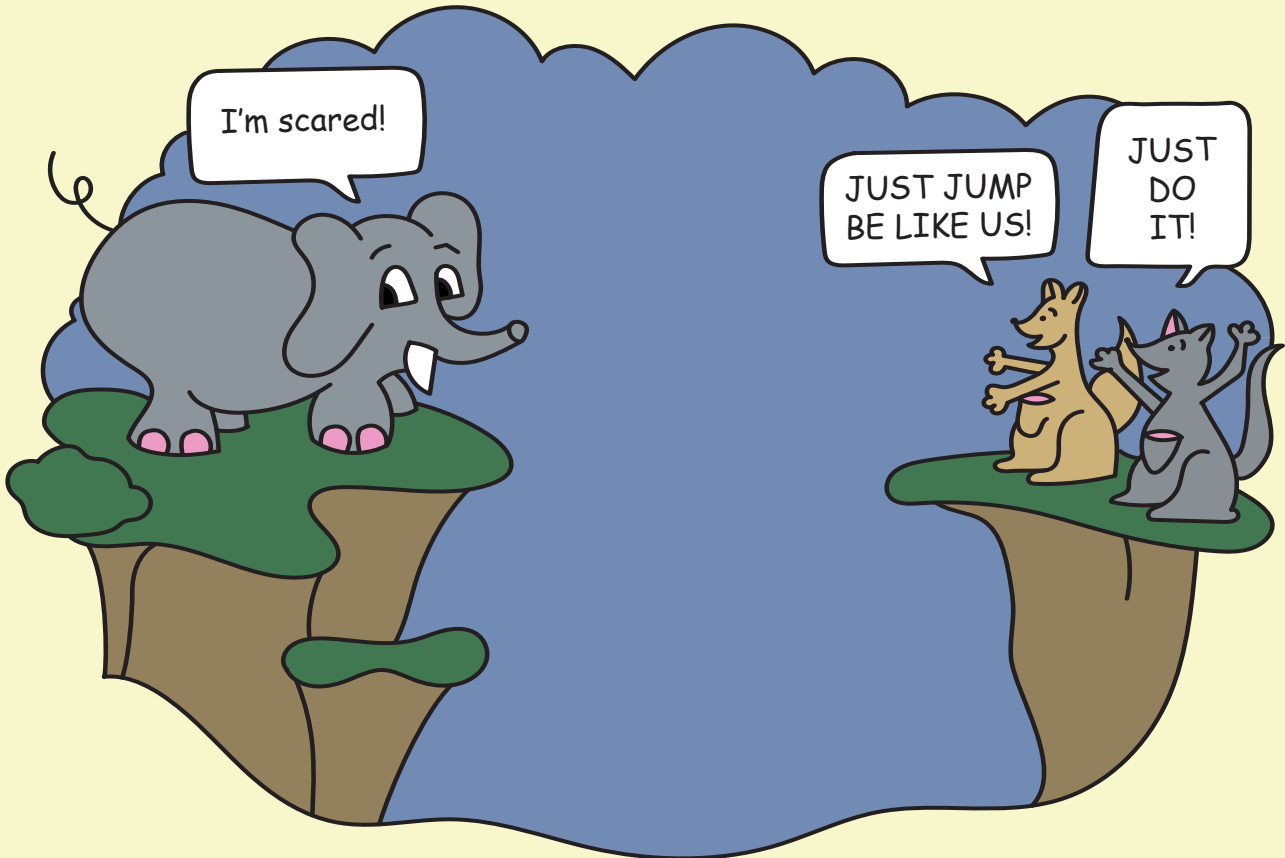
1. rdae a okob: _____
2. rcsxeeie: _____
3. latk ot a iredfn: _____
4. keat eped rbtheas: _____
5. eus oyur ltaetn: _____
6. islent ot uiscm: _____
7. akte a mwar hbat: _____

2

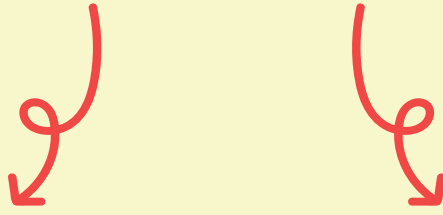
Lezzjoni / Lesson

Il-Pressjoni minn Nies Tampari u
kif Nieħu Deċiżjonijiet Tajbin

Peer Pressure and Decision Making



Peer Pressure



Xi ħadd tamplek
*Someone close to
your age*

Meta tħossok sfurzta/a biex
tagħmel xi ħaġa tajba jew ħażina
*When you feel forced to do
something good or bad*



Id-differenza bejn pressjoni tajba jew ħażina mill-ħbieb:
The difference between good and bad peer pressure:

Meta ta' tamparek jisfuzzawk biex...
When peers force you to...



- *tistinka*
- *tiekol tajjeb*
- *taqsam ma' ħaddieħor*
- *tkun qalbek tajba*
- *tkun onest*

TAJBA

GOOD

- *work hard*
- *eat healthy*
- *share*
- *be kind towards others*
- *be honest*



- *tisraq*
- *tigġieled*
- *tagħmel bullying fuq ħaddieħor*
- *ma tmurx skola*
- *tieħu sustanzi perikolużi*

HAŻINA

BAD

- *steal*
- *fight*
- *bully others*
- *skip school*
- *take harmful substances*



Mhux faċli tgħid
LE meta tiġi
sfurzat/a mill-ħbieb.

*It is not easy
to say **NO** when you
are being pressured
by your friends.*

Tibża' li ma tibqax
tintgħogob jew jagħżlu li
ma jridux ikunu iżjed
ħbieb tiegħek.

*You might be scared that
they will not like you or
want to be your
friend anymore.*



Ftakar! Inti kapaci tegħleb il-pressure mill-ħbieb.
Prova dawn is-suggerimenti sabiex tkun sod/a u
tagħzel deċiżjonijiet li huma tajbin għalik:

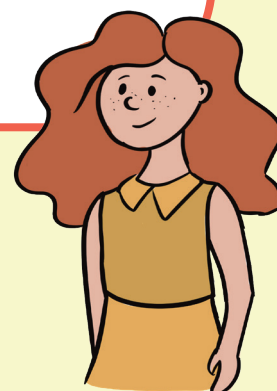
*Remember! You are capable of standing
up against peer pressure.*

*Try these tips to stay strong and choose
decisions that are good for you:*



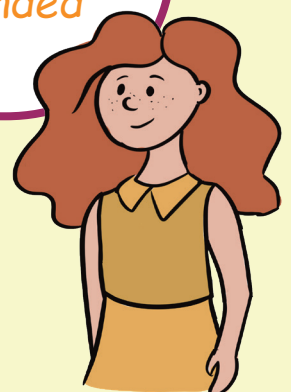
Qabbel is-sitwazzjoni mal-konsegwenza:

| | | |
|---|--|--|
| 1 | Sħabek iriduk tisraq mill-portmoni t'ommok | Twegġa' |
| 2 | Ħabib tiegħek jinkuraggjik tistudja | Ikollok problemi mal-pulizija |
| 3 | Sħabek iġegħluk taqbeż mill-għoli | Turi t-talenti tiegħek |
| 4 | Sħabek jisfurzawk tisraq minn supermarket | Se tmur tajjeb fl-assessments |
| 5 | Sħabek qed jaqbdum ma' tifel ġdid u jriduk tagħmel bħalhom | Tagħmel ħsara fil-pulmun u tista' tiżviluppa vizzju |
| 6 | Sħabek jinkuraggjik biex tkanta fil-kunċert tal-iskola għax jafu kemm taf tkanta | Tiddizappunta lill-familja u titlef il-fiduċja tagħhom |
| 7 | Ħabib tiegħek iġegħlek tpejjep sigarett | Tigi sospiż/a mill-iskola |



Match the situation with the consequence:

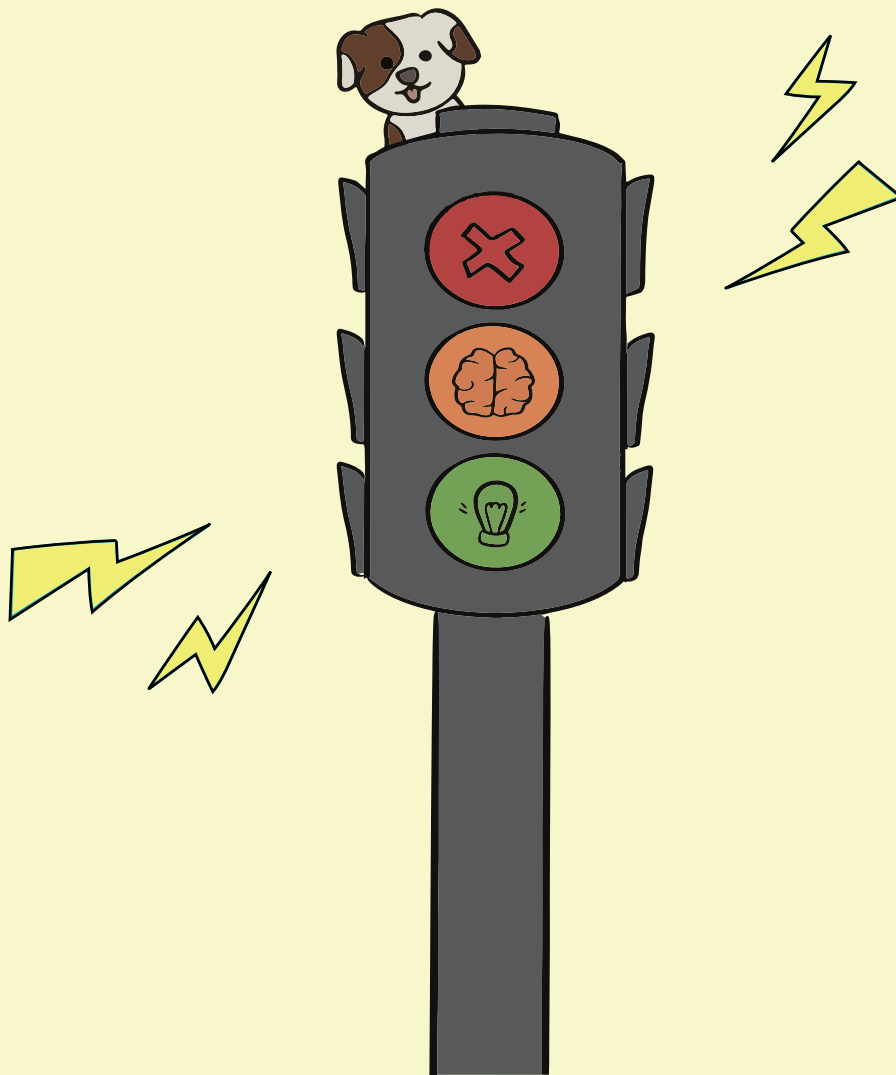
| | | | |
|---|---|--|---|
| 1 | <i>Your friends want you to steal from your mum's purse</i> | | <i>You get injured</i> |
| 2 | <i>Your friend encourages you to continue studying</i> | | <i>You get in trouble with the police</i> |
| 3 | <i>Your friends force you to jump off a high place</i> | | <i>You show your talents</i> |
| 4 | <i>Your friends force you to steal from a supermarket</i> | | <i>You will do well in your assessments</i> |
| 5 | <i>Your friends force you to bully the new kid at school</i> | | <i>You damage your lungs and can develop an addiction</i> |
| 6 | <i>Your friends encourage you to sing during the school talent show</i> | | <i>You disappoint your family and lose their trust</i> |
| 7 | <i>Your friend forces you to smoke a cigarette</i> | | <i>You get suspended from school</i> |



Deċiżjonijiet

Decisions

Mhux dejjem faċli biex tagħżel x'inhu l-aħjar. Meta ma tkunx ċert/a liema hi l-aħjar deċiżjoni li għandek tiegħu; **ieqaf**, **aħseb** imbagħad **iddeċiedi** x'inhu l-aħjar għalik.



*It is not always easy to know what is best.
Whenever you are not sure what decision you should take;
stop, think and only then decide what is best for you.*



Jekk int qed issibha diffiċli biex tiegħu deċiżjoni, tkellem ma' adult li tafda u tirrispetta bħal pereżempju n-nies li jiegħdu ħsiebek, għalliema, guidance teachers jew ikkuntattja s-supportline 179.

If you still cannot decide, talk it over with an adult you trust and respect such as the people who take care of you, teachers, guidance teachers or contact the supportline 179.

Fil-ħajja jkollok tagħmel ħafna għażliet. Kull deċiżjoni li tagħmel f'ħajtek se taffettwa l-preżent u l-futur tiegħek.

Life presents many choices, the decisions you take will impact your present and future.

3

Lezzjoni / Lesson

Introduzzjoni għal Vizzji
An Introduction to Addictions

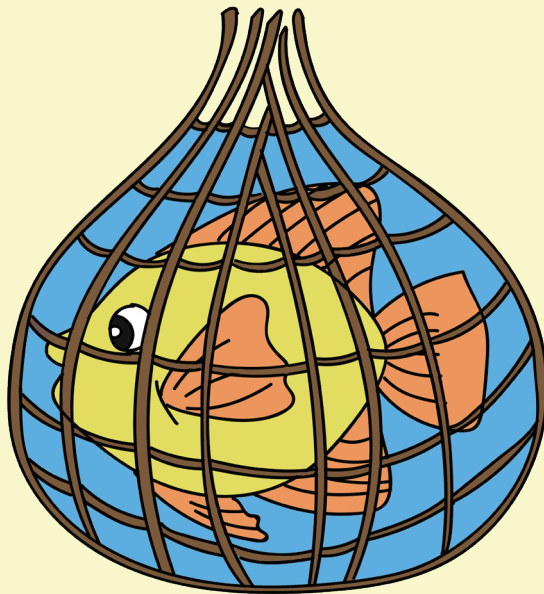


Vizzju huwa meta persuna ma tkunx tista' tieqaf tagħmel xi ħaġa anke jekk din tkun qed tikkawża l-ħsara.

Addiction is when a person cannot stop doing something even when it is causing them harm.

Vizzju huwa bħal xibka li jinqabad il-ħut fiha. Il-ħut jidhol go xibka mingħajr ma jinduna u jsibha diffiċli ħafna biex joħroġ.

An addiction is very similar to a fish net. Fish can easily enter the net but then find it difficult to come out of it.



Kull tip ta' vizzju hu perikoluż għax jaffettwa l-moħħ u l-ġisem. Jista' jikkawża wkoll problemi serji fil-familji, f'relazzjonijiet, fl-iskejjel u anke fuq il-postijiet tax-xogħol.

Any type of addiction is harmful as it affects the brain and the body. It also causes serious problems within families, relationships, schools and workplaces.

Dawk li għandhom vizzju mhumiex nies ħżiena, huma nies li ħadu deċiżjoni żbaljata.

Those who have an addiction are not bad people, they are people who took a wrong decision.

Dawn huma xi sustanzi u attivitajiet li jistgħu jwasslu għall-problemi fil-ħajja tal-persuna:

These substances and activities can lead to problems in a person's life:

1 It-*Tipjip*
Smoking



2 L-*Alkoħol*
Alcohol



3

Drogi *Ohra*
Other Drugs

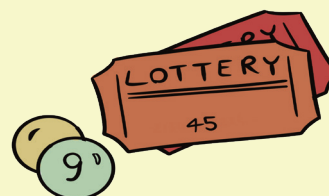


4



5

Il-*Logħob* tal-*Azzard*
Gambling



Legali:

Affarijiet li tista' tagħmel; mhux kontra l-ligi.

Legal:

Things you are allowed to do; not against the law.



Illegali:

Affarijiet li ma tistax tagħmel; kontra l-ligi.

Illegal:

Things you are not allowed to do; against the law.

It- Tipjip *Smoking*



In-nikotina hija waħda mis-sustanzi li ġgiegħel lil dak li jkun ikompli jpejjep.

Nicotine is one of the addictive substances that causes smokers to continue smoking.



It-tipjip passiv huwa meta tkun viċin ta' persuna li qed tpejjep, u tkun qed tibra' d-duħħan li jagħmel ħsara fil-pulmun u jikkawża problemi fin-nifs.

Passive smoking is breathing second-hand smoke that damages your lungs and increases the risk for breathing problems.

Qabbel in-numru mad-deskrizzjoni t-tajba:

Match the number according to the correct description:

| | | |
|---|---|---|
| 1 | Vizzju <i>Addiction</i> | Età legali biex tixtri jew tpejjep is-sigaretti <i>Legal age to buy or smoke cigarettes</i> |
| 2 | 18-il sena <i>18 years</i> | Xi ħaġa li mhix kontra l-ligi <i>Something which is not against the law</i> |
| 3 | Tipjip Passiv <i>Passive Smoking</i> | Xi ħaġa li hi kontra l-ligi <i>Something which is against the law</i> |
| 4 | Legali <i>Legal</i> | Tibla' duħħan ta' sigarett li persuna tkun qed tpejjep <i>Breathing second-hand smoke</i> |
| 5 | Illegali <i>Illegal</i> | Meta persuna ssibha diffiċli biex tieqaf tagħmel/ tieġu xi ħaġa <i>When someone finds it difficult to stop doing/ taking something</i> |

L-Alkoħol *Alcohol*

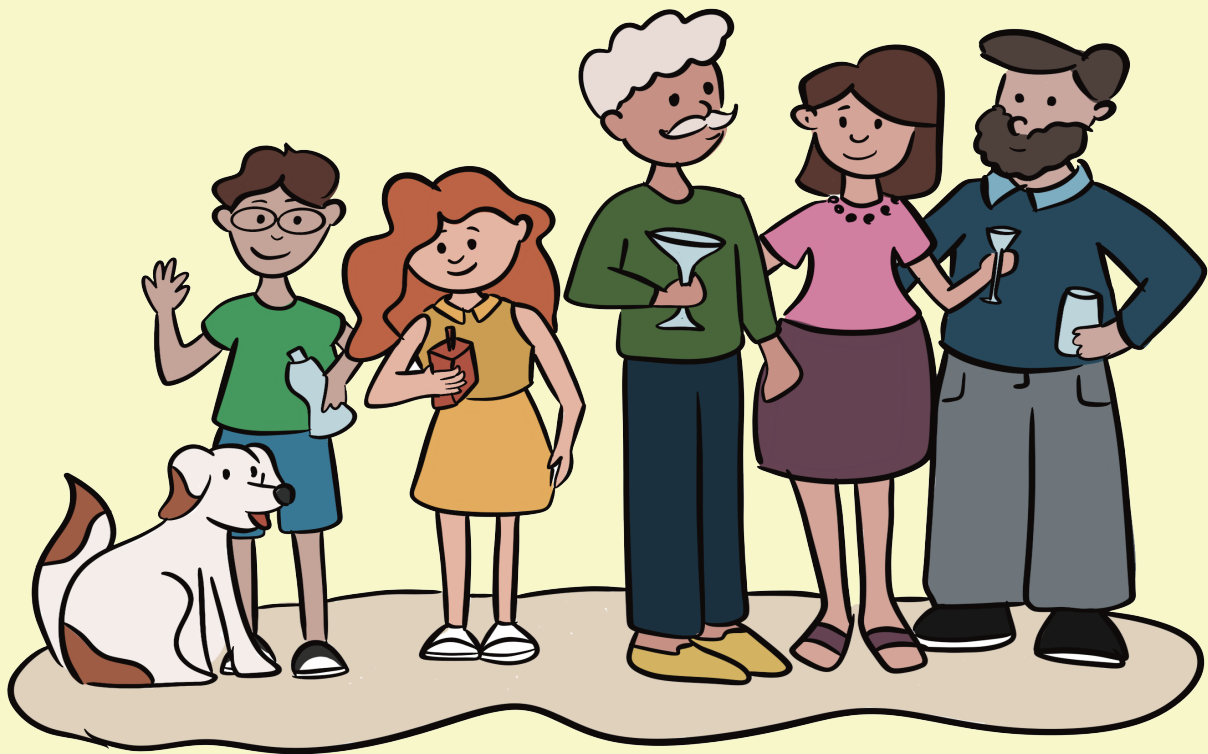


L-alkoħol huwa sustanza legali f'Malta.

Alcohol is a legal substance in Malta.

L-alkoħol jista' jintuza mill-adulti b'mod responsabbli. Huwa illegali li tfal taħt is-sbatax-il sena (17) jixorbu l-alkoħol.

Alcohol may be used by adults in a responsible way. It is illegal for children under the age of seventeen (17) to drink alcohol.



Ix-xorb taht l-età jista' jikkawża bidliet fl-iżvilupp tal-moħħ u l-gisem.

Underage drinking can cause changes in the development of the brain and body.

L-alkoħol jista' jkollu effetti immedjati fuq il-gisem bħal ugiġħ ta' ras u wgiġħ fl-istonku. L-abbuż tal-alkoħol fuq medda ta' żmien jista' jagħmel ħsara fuq organi importanti bħal:

Alcohol can have short-term effects on the body, such as a stomach-ache and a head-ache. Long-term abuse can damage very important organs such as:

- Il-moħħ / The brain
- Il-fwied / The liver
- L-istonku / The stomach
- Il-frixa / The pancreas
- Il-qalb / The heart

Immarka b' ✓ jekk it-twegiba hija Veru:

Mark ✓ if the answer is True:

Immarka b' X jekk it-twegiba hija Falz:

Mark X if the answer is False:

1. Il-luminati huma tip ta' alkoħol.
Softdrinks are a type of alcohol. 
2. Jekk xi ħadd mill-familjari joffrilek ftit alkoħol waqt xi festin m'għandekx tixorbu.
If a family member offers you alcohol during a party you should not drink it. 
3. Nies taħt is-sbatax-il sena (17) jistgħu jieklu l-ikel imsajjar bl-alkoħol.
Persons under the age of seventeen (17) are allowed to eat food cooked with alcohol. 
4. L-alkoħol jista' jibdel il-mod kif persuna titkellem, timxi u tieġu deċiżjonijiet.
Alcohol may change the way a person walks, talks and takes decisions. 
5. Adult m'għandu qatt jixrob l-alkoħol u jsuq.
An adult should never drink alcohol and drive. 
6. Persuni li għandhom il-vizzju tal-alkoħol huma nies ħżiena.
People who have an alcohol addiction are bad people. 

4

Lezzjoni / Lesson

Id-Droga u Kif Nieħu l-Medicina b'Mod Tajjeb

Drugs and Wise Use of Medicine

Droga hija kull tip ta' sustanza li tikkawża bidla fil-gisem u l-moħħ tal-persuna.

A drug is any substance that causes a change in a person's body and brain.



Il-medicina hi droga legali li tigi preskritta minn tabib u tinbiegħ minn spizeriji biss. *Medicine is a legal drug that is prescribed by a doctor and can only be bought from a pharmacy.*



Qatt m'għandek tiegħu mediċini mingħajr il-gwida ta' min jiegħu ħsiebek.

L-iskop huwa li l-mediċina tittiehed kif support u skont l-ordni tat-tabib.

You should never take medicine without the supervision of a parent, legal guardian or a trusted adult.

The purpose of this is to help make sure that the medicine is taken correctly and according to the doctor's prescription.



Legali: Li persuna tixtri l-mediċina preskritta mit-tabib

Legal: When a person buys prescribed medicine

Illegali: Li persuna tixtri jew tbigħ id-droga illegali

Illegal: When a person buys or sells illegal drugs

Hemm diversi sustanzi li jaffettwaw il-moħħ u l-gisem.
Uħud minn dawn huma legali u oħrajn illegali.

There are different types of substances that affect the way our body and brain works. Some of these substances are legal while others are illegal.

Imla ċ-ċirku b'kulur **orangjo** jekk is-sustanzi huma legali:
Colour the circle in orange if the substances are legal:

Imla ċ-ċirku b'kulur **blu** jekk is-sustanzi huma illegali:
Colour the circle in blue if the substances are illegal:

Sigaretti
Cigarettes



Xorb Enerġetiku
Energy Drinks



Kannabis
Cannabis



Kokaina
Cocaine



Alkoħol
Alcohol



Vape



Eroina
Heroin



Mediċina
Medicine



Dan ma jfissirx li s-sustanzi legali ma jagħmlux ħsara.
Dejjem għandek toqgħod attent/a x'deċiżjonijiet tieħu
biex tagħmel dak li hu tajjeb għalik.

*Legal substances are still as dangerous as illegal substances.
It is always important to take decisions that are good for you.*

Raġunijiet għaliex persuni jabbużaw mid-droga:
Reasons why people abuse from drugs:

Biex jintgħogbu
ma' xi ħbieb.

*To fit in
with friends.*

Ikampaw b'mod
ħażin.

*They cope in
a bad way.*

Ikunu
għaddejjin minn
żmien diffiċli.

*They would be
going through a
difficult time.*

Id-drogi ma jsolvux il-problemi
u ma jagħmlux l-affarijiet aħjar.
Anzi dawn jistgħu jikkawżawlek aktar problemi!

*Drugs do not solve problems or
make things better.*

They can create more problems!



Dawn huma xi wħud mill-konsegwenzi:
Here are some consequences:

1 Problemi fiżiċi u mentali.
Physical and mental health problems.

2 Taffettwa r-relazzjonijiet mal-familja u l-ħbieb.
Effects relationships with family and friends.

3 Problemi tal-flus.
Money problems.

4 Ma tmurx tajjeb fl-iskola/fix-xogħol.
Low school/work performance.

5 Inkwiet mal-pulizija.
Trouble with the police.

Piġi u iktib l-ismijiet ta' żewġ adulti li tafda u li jistgħu jgħinuk f'mumentu diffiċli.
Name and draw two adults you trust who can help you with any difficult situations.

Agħmel is-sinjal (✓) ħdejn it-twegiba t-tajba.
Tick (✓) sign next to the right answer.

1. X'għandek tagħmel jekk issib xi pilloli xi mkien?
What should you do if you find pills somewhere?
 - Tibla' l-pilloli. / *Take the pills.*
 - Taħbi l-pilloli. / *Hide the pills.*
 - Tgħid lill-ġenituri jew lil min qed jieħu ħsiebek. / *Tell your parent or guardian.*
2. Tkun għand xi ħbieb u jaqbdek ugiġh ta' ras. Sħabek joffrulek xi mediċini. X'inhu l-aħjar li tagħmel?
You get a headache at your friend's house. Your friend offers to give you medicine. What should you do?
 - Tikkonsulta mal-ġenituri tiegħek jew xi adult li tafda. / *Get your parent's or guardian's permission first.*
 - Tieħu l-mediċina mingħajr ma tistaqsi. / *Take the medicine without asking.*
3. Meta tinnota li qed jaqbdek ħafna ngħas wara li tieħu xi mediċini li tak it-tabib, x'tagħmel?
You take some new medicine your doctor gave you. Then you get sleepy. What should you do?
 - Titkellem mal-ġenituri jew min qed jieħu ħsiebek dwar dawk l-effetti. / *Tell your parent or guardian about the side effects.*
 - Mur orqod. / *Lie down and go to sleep.*



Aghmel linja taht il-kelma t-tajba:
Draw a line under the correct word:

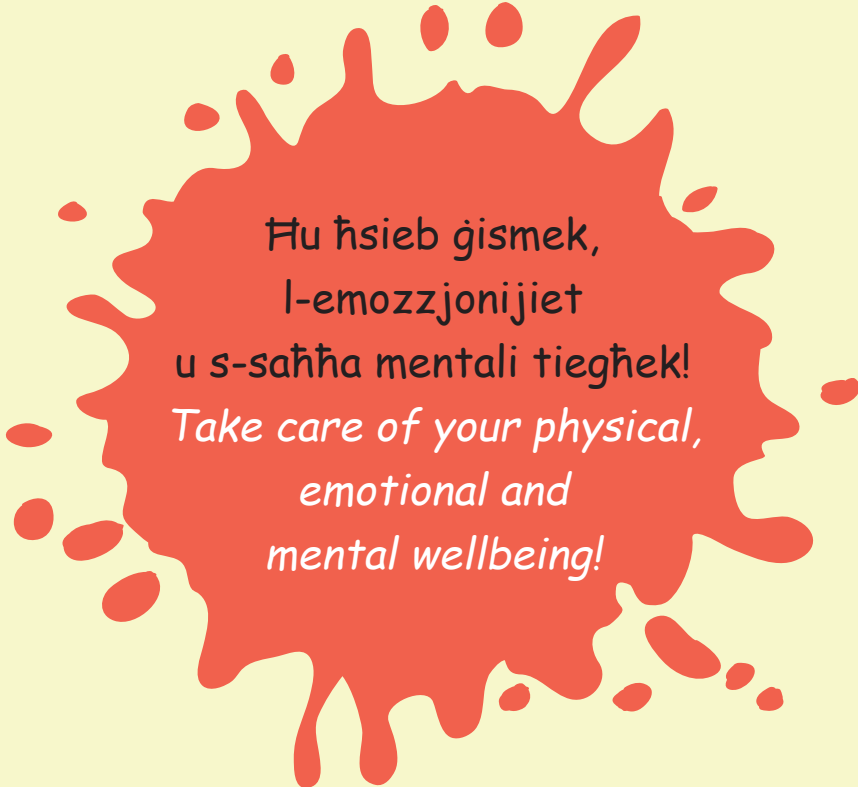
1. Kull sustanza li tikkawza bidla fil-mod ta` kif jaħdem il-moħħ u l-gisem: (ilma, vizzju, droga).
Any substance that causes a change in the way your body and mind work: (water, addiction, drug).
2. Il-vizzji jikkawżaw diversi (logħob, konsegwenzi, benefiċċji).
Addictions can cause different (games, consequences, benefits).
3. Meta persuna ma tkunx tista' tgħix mingħajr droga, ikollha: (passatemp, vizzju, kuntentizza).
A person who cannot live without drugs has a: (hobby, an addiction, happiness).



Sib il-kliem li hemm fil-kaxxa
Find the words in the box

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| g | s | s | a | f | e | t | y | m | n | o | p | t |
| u | t | t | m | i | c | h | o | i | c | e | m | h |
| h | h | o | g | j | t | m | h | k | d | c | t | i |
| x | h | p | p | r | e | v | e | n | t | i | o | n |
| k | w | j | p | h | a | r | m | f | u | l | s | k |
| i | d | a | n | g | e | r | o | u | s | f | x | i |

| | | | |
|-------------------|------------------|----------------|--------------|
| <i>choice</i> | <i>dangerous</i> | <i>harmful</i> | <i>no</i> |
| <i>prevention</i> | <i>safety</i> | <i>stop</i> | <i>think</i> |



5

Lezzjoni / Lesson

Kif Nuża t-Teknologija b'Mod Tajjeb
u l-Logħob tal-Azzard

Wise Use of Technology and Gambling



It-teknologija għandha diversi aspetti pożittivi bħal meta tikkomunika mal-ħbieb u l-familja, titgħallem affarijiet godda permezz tar-riċerka, tara videos u tilgħab xi logħba. Madankollu, importanti li toqgħod attent/a minn xi riskji li tista' tiltaqa' magħhom waqt li tkun online.

Technology has many positive aspects such as communicating with family and friends, learning new things through research, watching videos and playing games. However, it is important that you are aware of the risks you can run into while staying online.

Kun detective!

Be a detective!

Mhux dak kollu li tara online huwa veru!

Not everything that you see online is true!

AHSEB!

1. Hija scam jew aħbar falza?
2. Hija ċajta?
3. X'inhum l-iskop ta' dan?
Biex jinforma jew jidhaq b' xi hadd?
4. Huwa fatt jew opinjoni?



THINK!

1. Is it a scam or fake news?
2. Is it a joke?
3. What is the purpose of this?
Is it to inform or to make fun
of someone?
4. Is it a fact or an opinion?

Oqgħod attent/a għal dawn ir-riskji online:

Watch out for these online risks:



Taqsamx informazzjoni personali tiegħek.

Do not share your personal information.



Titkellimx ma' nies li ma tafx, mhux kulhadd huwa dak li taħseb minn wara l-iscreen.

Do not speak to people you do not know, people might not be who they seem from behind the screen.



Hawn min jagħmel cyberbullying biex iwegga' lil haddieħor. F'każ li dan jigri lilek, dejjem saqsi għall-għajjnuna.

Some people do cyberbullying to hurt others. If this happens to you always ask for help.



Dawn huma xi eżempji differenti ta' cyberbullying:
These are some different examples of cyberbullying:

Trolling
Meta bully jikteb
kummenti mhux
xierqa fuqek online.

Trolling
*When a bully posts
hurtful comments
about you online.*

Esklużjoni
Meta bully iħallik
barra minn grupp,
konverżazzjonijiet ma'
sħabek jew logħob online.

Exclusion
*When a bully leaves you
out of a group,
conversations with
friends or online games.*

Jekk hemm xi ħaġa online li qed iggiegħlek tħossok skomdu/a ftakar:
If something online makes you feel uncomfortable remember:

Żomm kollox bħala prova.
(Eżempju: messagġi,
kummenti, screenshots,
videos, ritratti, links)

*Keep everything as proof.
(Example: messages,
comments, screenshots,
videos, pictures, links)*

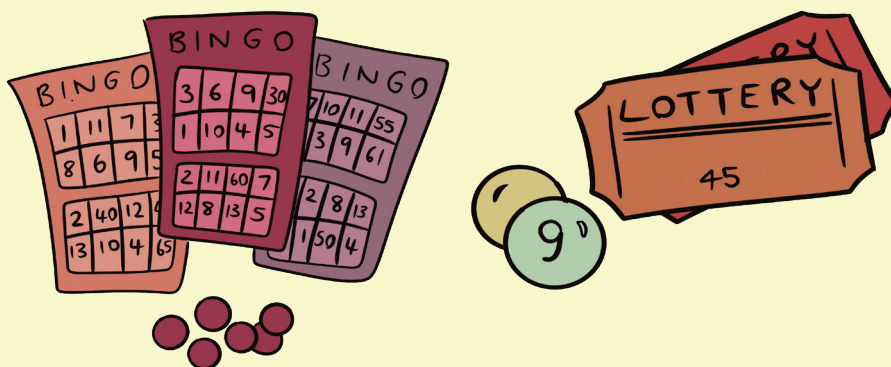
Uri dak li ssejvjajt
lil xi adult li tafda.

*Show what you have
saved to a trusted
adult.*

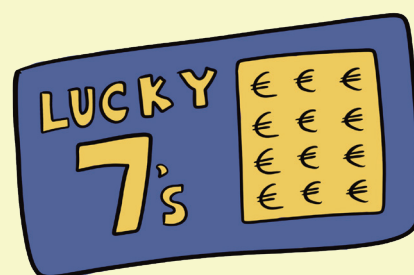
Il-Logħob tal-Azzard *Gambling*

Dan huwa meta persuna tirriskja flus jew xi ħaġa ta' valur fuq attività u tkun bir-riskju li titlef dak li lagħbet. Xi eżempji huma meta persuna tixtri biljett tal-lotterija, scratch cards jew tilgħab it-tombola.

Gambling is risking money or something of value on an activity with an uncertain outcome. Examples include when a person buys a lottery ticket, scratch cards or plays bingo.



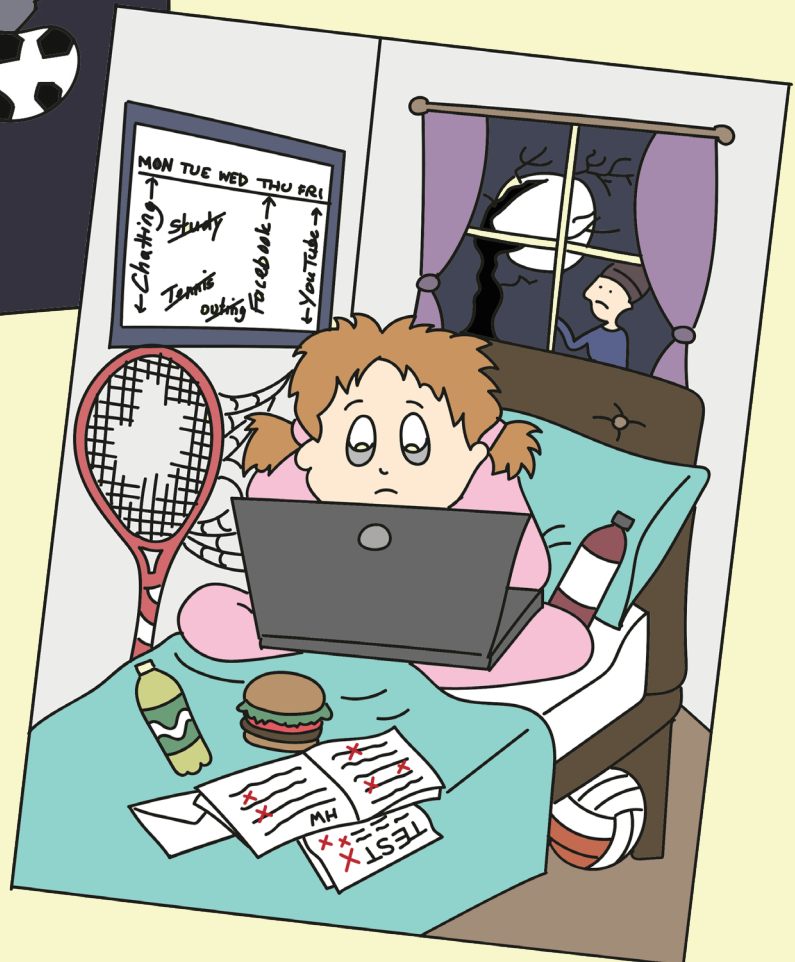
Ogħhod attent/a minn ċertu apps u siti online li huma maħluqin biex iħajruk tipparteċipa f'xi **logħob tal-azzard** billi tħallas il-flus għal-loot boxes u online sports betting.



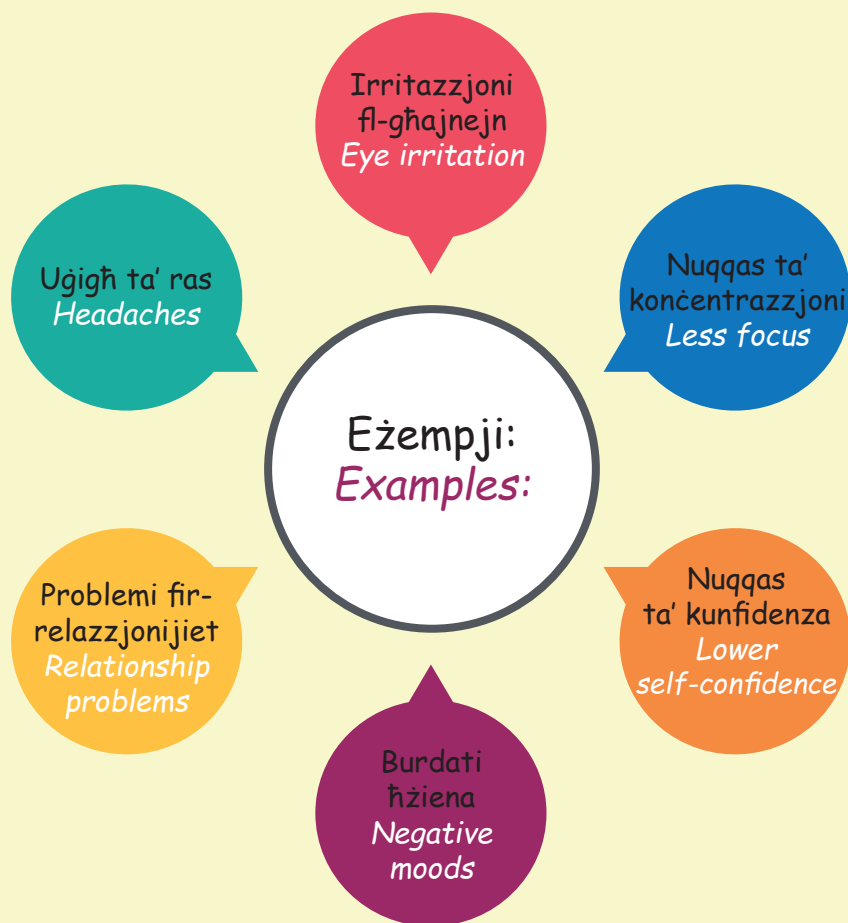
*Be careful of certain apps and online sites that are designed to tempt you in participating in **gambling activities** such as paying money for loot boxes and online sports betting.*

Agħmel ċirku madwar l-affarijiet li juru l-effetti tal-użu eċċessiv tat-teknoloġija:

Circle the things that show the effects of excessive use of technology:



L-użu eċċessiv tat-teknoloġija jista' jikkawża:
Excessive use of technology can cause:



Jista' jkun li ssibha diffiċli tikkontrolla kemm tqatta' ħin fuq it-teknoloġija. Għalhekk hawn xi suggerimenti li jistgħu jgħinuk;
You might find it hard to control how much time you spend using technology. These are some suggestions that can help you:

| | | |
|------------------------------------|---|---|
| Iċċaqilaq ftit <i>Be active</i> | Żomm kuntatt <i>Keep in contact</i> | Uża greyscale <i>Use a greyscale</i> |
| Uża timer <i>Use a timer</i> | Sib interessi oħra <i>Find other interests</i> | Agħmel pjan <i>Make a schedule</i> |

Il-bilanċ huwa kollox!
Balance is key!



Il-bilanċ huwa importanti f'dak kollu li tagħmel. Tajjeb li tqassam il-ħin tiegħek sew sabiex tgawdi l-affarijiet sbieħ kollha li għandek fil-ħajja. Kun b'saħħtek u ħu deċiżjonijiet li jgħinuk tghix ħajja sana.

Balance is important in everything that you do. The key is to plan your time wisely so that you can enjoy all the beautiful things in your life. Be strong and take decisions that will help you live a healthy lifestyle.



Kultant kulhadd ikollu b'zonn l-għajjnuna.
Li ssaqsi għall-għajjnuna turi kemm int b'saħħtek!
*Everyone needs help sometimes.
Asking for help is a strength and not a weakness!*

📞 23885110

📘 Sedqa Malta

✉️ sedqa@gov.mt

National Support School Services

Child Web Alert

179 Supportline

kellimni.com

Address/ *Indirizz*:
Aġenzija Sedqa,
3, Braille Street,
Santa Venera, SVR 1690

BeSmartOnline

Cyber Crime Unit

T.F.A.L. 5 - Evalwazzjoni

Għinna sabiex inkunu nistgħu nagħmlu dan il-programm aħjar billi timla din il-karta. Uża pinna u mmarka b'dan is-sinjal ✓ goċ-ċirku bl-għażla tiegħek. M'hemmx twegibiet tajbin jew ħziena. **Tiktibx ismek** fuq din il-karta. Din il-karta se jarawha biss il-Prevention Professionals li jaħdmu l-Aġenzija Sedqa.

- | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|
| 1. Il-programm T.F.A.L. 5 għenni nifhem li jien speċjali kif jien. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għall-1 lezzjoni |
| 2. Il-programm T.F.A.L. 5 għenni nikkontrolla l-emozzjonijiet tiegħi billi nuża l-ħiliet tiegħi biex inkampa. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għall-1 lezzjoni |
| 3. Il-programm T.F.A.L. 5 għenni nitgħallem dwar il-persjoni mill-ħbieb. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għat-2 lezzjoni |
| 4. Il-programm T.F.A.L. 5 għenni nitgħallem kif nieqaf, naħseb u niddeċiedi qabel nagħmel deċiżjoni. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għat-2 lezzjoni |
| 5. Il-programm T.F.A.L. 5 għenni nitgħallem x'inhu vizzju. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għat-3 lezzjoni |
| 6. Il-programm T.F.A.L. 5 għenni nitgħallem li l-alkoħol għandu jintuża b'mod responsabbli mill-adulti (17+). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għat-3 lezzjoni |
| 7. Il-programm T.F.A.L. 5 għenni nitgħallem fuq il-ħsara li s-sustanzi jikkawżaw lill-moħħ u lill-gisem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għar-4 lezzjoni |
| 8. Il-programm T.F.A.L. 5 għamilni iżjed konxju/a ta' kif għandi nżomm lili nnifsi sikur meta qed nuża l-internet. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għall-5 lezzjoni |
| 9. Fil-programm T.F.A.L. 5 tgħallimt informazzjoni għida li se tgħinni ngħix ħajja tajba. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| | Iva | Ma nafx | Le | | M'attendejtx għall-programm |

10. Immarka b' ✓ l-affarijiet li għogbuk, l-affarijiet li m'għogbukx u l-affarijiet li m'uzajttx mill-programm T.F.A.L. 5

| | Għogobni/ Għogbuni | M'għogobnix/ M'għogbunix | M'uzajttx/ M'uzajthomx |
|---|-----------------------|-----------------------------|---|
| Il-ktejjeb | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Il-logħob | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| L-istejjer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Il-presentations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hemm affarijiet oħra li għogbuk mill-programm T.F.A.L. 5? | | | Affarijiet oħra li m'għogbukx mill-programm T.F.A.L. 5? |

Grazzi ħafna tar-risposti tiegħek!

T.F.A.L. 5 - Evaluation

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

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|---------------------------------|
| 1. The T.F.A.L. 5 programme has helped me to understand that I am special just the way I am. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 1st lesson |
| 2. The T.F.A.L. 5 programme has helped me to manage my feelings by using my coping skills. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 1st lesson |
| 3. The T.F.A.L. 5 programme has helped me to learn about peer pressure. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 2nd lesson |
| 4. The T.F.A.L. 5 programme has helped me learn how to stop, think and decide before making a decision. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 2nd lesson |
| 5. The T.F.A.L. 5 programme has helped me to learn what addiction is. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 3rd lesson |
| 6. The T.F.A.L. 5 programme has helped me to learn that alcohol is to be used responsibly by adults (17+ years). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 3rd lesson |
| 7. The T.F.A.L. 5 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"/> |
| | Yes | I do not know | No | I did not attend the 4th lesson |
| 8. The T.F.A.L. 5 programme has made me more aware on how to keep myself safe while using the internet. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Yes | I do not know | No | I did not attend the 5th lesson |
| 9. Through the T.F.A.L. 5 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"/> |
| | Yes | I do not know | No | I did not attend the programme |

10. Mark with a ✓ the things you liked, the things you disliked and the things you did not use from the T.F.A.L. 5 programme

- | | I liked the | I disliked the | I did not use the |
|-------------------|-----------------------|-----------------------|-----------------------|
| Workbook | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interactive games | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Stories | <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.F.A.L. 5 programme?

Other things you disliked from the T.F.A.L. 5 programme?

Thank you for your feedback!

I made a Promise!

Wara li ħadit sehem fil-programm T.F.A.L. 5 tal-Agenzija Sedqa se nipprova nagħmel ħilti kollha
biex dak li tgħallimt inwettqu f'ħajti.

*After participating in Sedqa's T.F.A.L. 5 programme, I will do my best to practice what I have
learnt throughout my life.*

Jiena/ I

li nattendu l-iskola/ *who attends the school*

Firma tal-istudent/a
Students' signature

Data
Date



T.F.A.L. 5 Song

CHORUS

T. F. A. L. 5, Gimme 5 Gimme 5,
Ann, Benji, Jake, Lucy and Buzu,
Have things to teach you that will prove useful,
This is what we do during T.F.A.L. 5,
It will help us live a happy healthy life!

Hi, I'm Benji!
I will show you how to learn
And a coping skill you'll earn.
Football is my passion!
Maybe yours is fashion?

Hey! It's Ann,
Science is my thing,
Through good peer pressure
I was able to get
An award for my project
And that is a fact!

CHORUS

Hey! I'm Lucy,
I made a decision,
That took some precision.
It really made me think
To say no to that energy drink!

Hi, I'm Jake!
Together we shall learn
So that our decisions are firm.
Addictions can make your life grey
So..keep going the right way!

Woof woof!
There is something I want to say!
Remember, I am here to stay!
Look for help whenever you need,
And you will always succeed!

Addictions can come in different forms
Gambling and technology may also cause storms!
Up to you to find a balance
Which can lead you to your talents!

CHORUS

Proset!

Lestejt il-programm T.F.A.L. 5!

Well done!

You have completed the T.F.A.L. 5 programme!



Foundation for Social Welfare Services

Here for you

FONDAZZJONI GĦAL SERVIZZI TA` HARSJEN SOĊJALI

Servizzi ta` Prevenzjoni - Sedqa

3, Triq Braille, Santa Venera SVR 1690.

Tel: 23885110