

TEEN OUTSIDE THE BOX

YEAR 8 MIDDLE/SECONDARY PREVENTION PROGRAMME

Programm ta' Prevenzjoni fit-tmien sena sekondarja



Name & Surname: _____

TEEN OUTSIDE THE BOX

YEAR 8 MIDDLE/SECONDARY PREVENTION PROGRAMME

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Designed by Amy Borg Taylor.

MOOD TRACKER

Tracker tal-Burdata

	Session 1 <i>Sessjoni 1</i>	Session 2 <i>Sessjoni 2</i>	Session 3 <i>Sessjoni 3</i>	Session 4 <i>Sessjoni 4</i>
Sleep (hours) <i>Irqad (sigħat)</i> 				
Energy Level <i>Livell ta' energija</i> 				
Mood <i>Burdata</i> 				

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WHO ARE WE?

Agenzija Sedqa raises awareness about the harms of addiction and teaches life skills to prevent or delay such behaviours. It also supports individuals with addiction and their loved ones to make healthier lifestyle changes.

WHAT IS TEEN OUTSIDE THE BOX?

This programme encourages youth to express themselves freely and not feel pressured to fit into a single mould. It covers life skill topics that help them make informed choices based on their true selves.

Dwarna!

Agenzija Sedqa tqajjem kuxjenza dwar il-ħsara li tikkawża d-dipendenza u tgħallem ħiliet biex jiġu evitati jew miżmuma dawn l-imġibiet. Toffri wkoll sapport lil persuni li għandhom problemi ta' dipendenza u lil dawk qrib tagħhom biex jagħmlu bidliet lejn stil ta' ħajja aktar b'saħħtu.

X'inhu Teen Outside the Box?

Dan il-programm jinkoraggixxi liż-żgħażaġħ jesprimu lilhom infushom b'mod ħieles u ma jħossuhomx imġiegħla jaqgħu f'mudell wieħed biss. Ikopri temi relatati ma' ħiliet għall-ħajja li jgħinuhom jieħdu deciżjonijiet infurmati bbażati fuq min huma tassew.



TOPIC 1
SELF-ESTEEM AND COPING SKILLS

Suggett 1
L-istima personali u ħiliet biex tkampa



RATE YOURSELF

Agħti rata lilek innifsek

- | | (1-10) |
|---|--------|
| 1. I believe in myself
<i>Nemmen fija nnifsi</i> | _____ |
| 2. I am proud of my accomplishments
<i>Kburi bil-kisbiet tiegħi</i> | _____ |
| 3. I can handle criticism
<i>Niflaħ għall-kritika</i> | _____ |
| 4. I respect myself
<i>Nirrispetta lili nnifsi</i> | _____ |
| 5. I am confident about the way I look
<i>Kunfidenti fid-dehra tiegħi</i> | _____ |
| 6. I am worthy
<i>Jien denju/a</i> | _____ |
| 7. I know my positive qualities
<i>Naf il-kwalitajiet pożittivi tiegħi</i> | _____ |
| 8. I am just as valuable as others
<i>Jien prezzjuż/a daqs ħaddieħor</i> | _____ |

Total = _____

Total
80

SCOREBOARD

Punteggi

- 0 - 20 Reflect on yourself more positively!
Aħseb fuqek innifsek b'mod aktar pożittiv!
- 21 - 40 Focus on boosting your self-esteem more!
Iffoka biex ittejjeb iktar l-istima tiegħek innifsek!
- 41 - 60 Keep going! You are on the right track!
Kompli għaddej/a! fit-triq it-tajba!
- 61 - 80 Love yourself! Keep spreading those positive vibes!
Ħobb lilek innifsek! Ibqa' xerred l-attitudni pożittiva!

WHAT IS SELF-ESTEEM?

X'inhi l-istima personali?

Self-esteem is how you feel about yourself. It is the voice inside your head that tells you whether you're good enough, smart enough or strong enough.

L-istima personali hija kif tħossok dwarek innifsek. Huma ħsibijiet f'moħħok li jgħidulek jekk intix tajjeb bizżejjed, intelligenti bizżejjed jew b'saħħtek bizżejjed.

GOOD SELF-ESTEEM

Stima personali tajba

- Respecting yourself
- Believing you can succeed
- Speaking up for yourself
- Handling challenges better

- *Li tirrispetta lilek innifsek*
- *Li temmen li tista' tirnexxi*
- *Li titkellem għalik innifsek*
- *Li timmanigġja l-isfidi aħjar*

LOW SELF-ESTEEM

Stima personali baxxa

- Thinking you're not good enough
- Always putting yourself down
- Being afraid to try new things
- Letting others treat you badly

- *Taħseb li m'intix tajjeb bizżejjed*
- *Dejjem tbaxxi lilek innifsek*
- *Tibża' tipprova affarijiet godda*
- *Tħalli lil ħaddieħor jittrattak ħażin*

If you often feel this way, talk to someone you trust! This can be a parent, a family member, a guidance teacher or a counsellor.

Jekk tħossok hekk ta' spiss, kellem lil xi ħadd li tafda! Dan jista' jkun ġenitur, membru tal-familja, għalliem/a tal-guidance jew counsellor.



Turn down the volume of your inner critic and tap into better helpful thoughts.

- I am not good enough
- I never get it right
- I am a failure
- They must think I am stupid
- It's all my fault

→ _____

→ _____

→ _____

→ _____

→ _____

Naqqas il-volum tal-vuċi kritika interna tiegħek u ffoka fuq ħsibijiet aktar utli u pożittivi.

- M'iniex tajjeb/tajba biżżejjed
- Qatt ma nagħmel xejn sew
- Jien falliment
- Żgur jaħsbu li jien stupidu/a
- Kollox tort tiegħi

→ _____

→ _____

→ _____

→ _____

→ _____

REACHING MY GOALS!

Nilhaq l-għanijiet tiegħi!

Good self-esteem leads to good self-efficacy.
Stima personali tajba twassal għal self-efficacy aħjar.

MY TOP 3 GOALS:

It-3 għanijiet ewlenin tiegħi:

1. _____
2. _____
3. _____

ACCEPT THE THINGS YOU CANNOT CHANGE & CHANGE THE THINGS YOU CAN

Aċċetta l-affarijiet li ma tistax tbiddel u biddel l-affarijiet li tista'

*Write the things you cannot control on the outside of the circle.
Ikteb l-affarijiet li ma tistax tikkontrolla fuq barra taċ-ċirku.*

*List the things you can control on the inside of the circle.
Niżzeġ l-affarijiet li tista' tikkontrolla fuq gemma taċ-ċirku.*

WHAT ARE COPING SKILLS?

X'inhuma l-ħiliet biex tkampa?

Coping skills are techniques you can use to deal with stressful situations, change your mood or focus on problem solving.

Fiha biex tkampa hija teknika li tista' tuza biex ittaffi sitwazzjonijiet stressanti, tbiddel il-burdata tiegħek, jew biex tiffoka fuq kif tista' ssolvi l-problemi.

TICK OR LIST YOUR COPING SKILL

1. Practice sports
2. Reading
3. Watching a movie/series
4. Journaling
5. Cooking
6. _____
7. _____
8. _____
9. _____
10. _____

AGHŻEL JEW IKTEB IL-HILJET BIEX TKAMPA TIEGHEK

1. Tipprattika sport
2. Taqra
3. Tara xi film/serje
4. Tikteb fid-djarju
5. Issajjar
6. _____
7. _____
8. _____
9. _____
10. _____

MY COPING KIT

L-għodda tiegħi biex inkampa

My Safe Place

Il-post li nħossni sigur/a fih

My Safe Person

*Il-persuna li nħossni sigur/a
magħha*

Best Way to Calm Down

L-aħjar mod biex nikkalma

What Makes Me Happy

X'jagħmilni ferħan/a

MINDFULNESS DRAWING

Tpingija ta' mistrieħ

Instead of seeing your thoughts as facts carved in stone, treat them like clouds.
They can **shift**, **soften** and **pass**.

*Minflok tara l-ħsibijiet tiegħek bħala fatti mnaqqxa fil-ġebel, ittrattahom bħal sħab.
Jistgħu jinbidlu, jittaffew u jgħaddu.*



Any questions for the Wrapping Up session? List them here.

Ġhandek xi mistoqsijiet għas-sessjoni Wrapping Up? Nizzilhom hawn.



TOPIC 2

DECISION MAKING & PEER PRESSURE

Suggett 2

Kif nieħdu deċiżjonijiet u l-pressjoni minn nies tamparna



WHAT IS DECISION MAKING?

Xi tfisser li nieħdu deċiżjonijiet?

The ability to identify and evaluate options, consider possible consequences, and make the responsible choices that align with one's own values, goals and well-being.

L-abbiltà li tagħraf u tevalwa l-għażliet, tikkunsidra l-konsegwenzi possibbli, u tiegħu deċiżjonijiet responsabbli li jaqblu mal-valuri, l-għanijiet u l-benesseri tiegħek.

WE MAKE DECISIONS EVERYDAY



EACH CHOICE SHAPES OUR DAY

Aħna nagħmlu deċiżjonijiet kuljum bħal x'se nieklu, x'se nilbsu, u ma' min nitkellmu. Kull għażla taffettwa l-gurnata tagħna.

Use this process to help you make the right decision!

Uża dan il-proċess biex jgħinek tagħmel l-għażla t-tajba!

STEP 1

L-ewwel pass

IDENTIFY THE PROBLEM

Identifika l-problema

STEP 2

It-tieni pass

CREATE ALTERNATIVES

Oñloq alternattivi

The logo consists of the letters 'I', 'C', 'E', and 'D' in a bold, sans-serif font. Each letter is a different color: 'I' is dark blue, 'C' is yellow, 'E' is teal, and 'D' is red. The logo is centered within a white circle that overlaps the four quadrants of the page.

STEP 3

It-tielet pass

EVALUATE ALTERNATIVES

Evalwa l-alternattivi

STEP 4

Ir-raba' pass

DECIDE ON THE BEST SOLUTION

Iddeċiedi skont l-añjar soluzzjoni

WHAT IS PEER PRESSURE?

Xi tfisser il-pressjoni mill-ħbieb?

The influence that people your own age (peers) have on your thoughts, feelings and behaviour, which can be both positive and negative.

L-influwenza li nies tal-età tiegħek (sħabek) għandhom fuq il-ħsibijiet, l-emozzjonijiet u l-imbiba tiegħek. Din l-influwenza tista' tkun kemm pozittiva, kif ukoll negattiva.

POSITIVE PEER PRESSURE

Pressjoni pozittiva minn nies tamparek

- Your group agrees to removing phones during lunch.
- Your friend encourages you to join a school club.
- *Il-grupp tagħkom jaqbel li tneħħu l-mobiles waqt il-ħin tal-ikel.*
- *Ħabib/a tiegħek jinkoraġġik biex tissieħeb fi klabb tal-iskola.*



NEGATIVE PEER PRESSURE

Pressjoni negattiva minn nies tamparek

- Everyone's doing it, don't be weird.
- We'll get in trouble if you don't do it. It's no big deal..you won't get caught.
- *Kulħadd qed jagħmilha, tkunx stramb/a.*
- *Se nispiċċaw ħażin jekk ma tagħmilhiex. Mhijiex xi ħaġa kbira, m'intix se tinqabad.*



PEER PRESSURE DECISION MAKING PLAN

Pjan dwar kif nieħdu deċiżjonijiet relatati mal-pressjoni minn nies tamparna

What is the problem
and how do I feel?

*X'inhi l-problema u kif
qed inħossni?*

What are some
choices I can make?

*X'inhuma l-għażliet li
nista' nagħmel?*

Positive things
that can happen

*Affarijiet pożittivi li
jistgħu jigrú*

Negative things
that can happen

*Affarijiet negattivi li
jistgħu jigrú*

I would...

Kieku jien...

--

REFUSAL STRATEGIES

Strategiji ta' kif tista' tirrifjuta

Refusal strategies are techniques or skills that individuals use to confidently say "no" to something they do not want to do, especially when facing pressure from others.

Strategiji ta' kif tista' tirrifjuta huma ħiliet li l-individwi jużaw biex jgħidu "le" b'kunfidenza għal xi ħaġa li ma jridux jaqgħmlu, speċjalment meta jaffaċċjaw pressjoni minn ħaddieħor.

4 R'S

REFUSE

Say no firmly and confidently.



*Irrifjuta
Għid le b'mod sod u
kunfidenti.*

REASON

Give a reason or excuse to back up your "no."



*Agħti raġuni
Agħti raġuni jew skuża
biex issostni l-"le" tiegħek*

REPLACE

Suggest an alternative activity or shift the conversation.



*Ibdel
Issuggerixxi attività
alternattiva jew biddel
il-konverżazzjoni.*

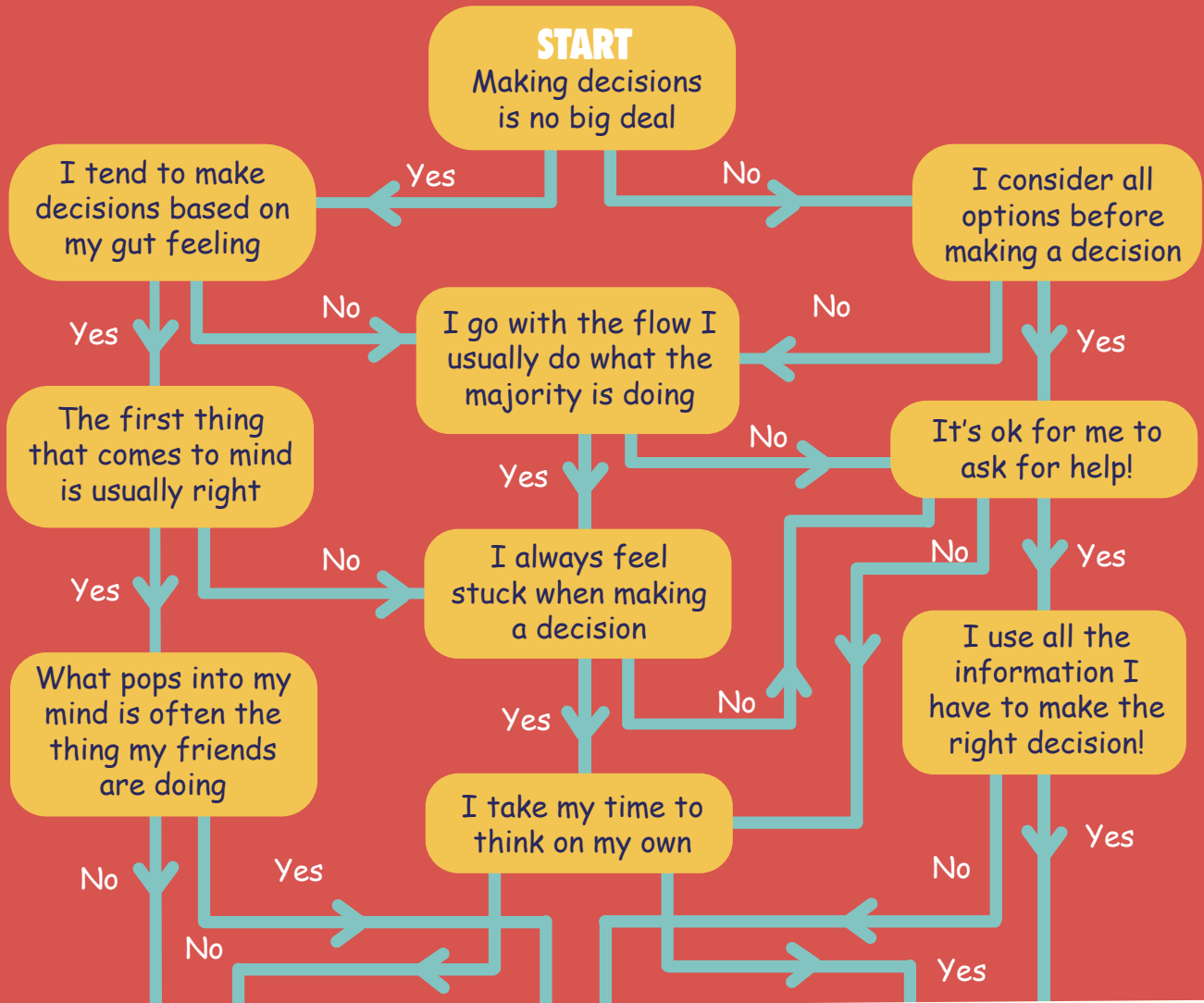
REMOVE

Walk away or leave the situation.

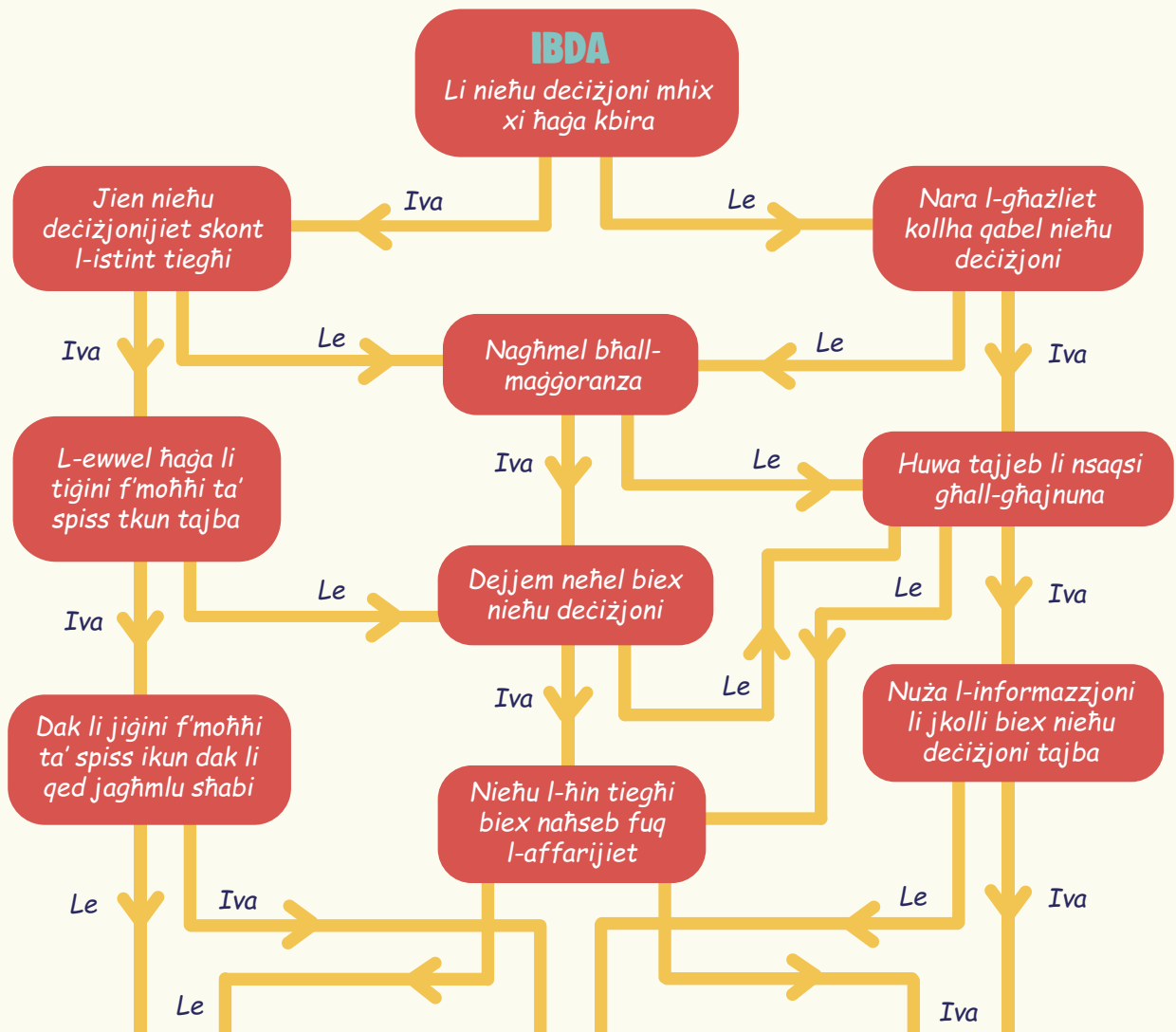


*Itlaq
Itlaq 'il bogħod jew ħalli
s-sitwazzjoni.*

WHAT TYPE OF DECISION MAKER ARE YOU?



KIF TIENHU DEĊIŻJONIJIET?



Għandek tendenza li tkun
IMPULSIVA/A

Għandek tendenza li tkun
PASSIVA/A

Għandek tendenza li tkun
RIFLETTIVA/A

Being **IMPULSIVE** means
Li tkun impulsiv/a tfisser



You usually decide without thinking too much. You are driven by instinct and gut feelings. This can be good in some situations but be careful, being impulsive increases your chances of making a mistake!

Ħafna drabi tiddeċiedi mingħajr ma tieħu l-ħin biex taħseb. Timxi ħafna skont l-istint tiegħek. Din tista' taħdem tajjeb f'ċerti sitwazzjonijiet imma oqgħod attent/a! Li tkun impulsiv/a jista' jżid il-probabbiltà li tiżbalja.

Being **PASSIVE** means
Li tkun passiv/a tfisser



You either like to rely on others' choices or prefer not to take any decisions at all. When this happens, you are letting go of your control in the situation and you might get stuck with a consequence you didn't want!

Thobb toqgħod fuq dak li jgħid u jagħmel ħaddieħor jew tippreferi li ma tagħmel l-ebda tip ta' deċiżjoni. Meta tagħmel hekk tkun qed titlef il-kontroll tas-sitwazzjoni. Hemm probabbiltà li tispicċa b'xi konsegwenza li ma tridx!

Being **REFLECTIVE** means
Li tkun riflessiv/a tfisser



You like thinking about all the different possibilities. You like to be informed as much as possible so that you always choose what's best for you. Keep it up!

Thobb taħseb fuq għażliet differenti qabel tieħu deċiżjoni. Tieħu gost taqra u żżomm lilek innifsek aġġornat/a kemm jista' jkun, għalhekk hemm iżjed ċans li tagħmel l-aħjar għażla għalik. Kompli saħħaħ din il-ħila!

MINDFULNESS DRAWING

Tpingija ta' mistrieħ

Every decision you make is a step, make sure it leads where you **truly** want to go.

*Kull deċiżjoni li tieħu hija pass, kun ċert/a li twasslek fejn **verament** trid tasal.*



Any questions for the Wrapping Up session? List them here.

Għandek xi mistoqsijiet għas-sessjoni Wrapping Up? Nizzilhom hawn.



TOPIC 3 RESILIENCE

*Suggett 3
Reziljenza*

WHAT IS RESILIENCE?

Xi tfisser reżiljenza?

Resilience is your ability to bounce back from challenges. It's like your brain's superpower to keep going and to learn from stress instead of getting stuck.

Ir-reżiljenza hija l-abbiltà tiegħek biex tirkupra minn sfidi. Hija ħila b'saħħitha li tgħinek tkompli timxi 'l quddiem u titgħallem mill-istress minflok tibqa' mwaħħal/mwaħħla fih.



L-istaguni jinbidlu, imma l-għeruq sodi jibqgħu.

RESILIENCY CHECKLIST

Iċċekkja r-Reziljenza Tiegħek

Read the statements and tick which column aligns with you the most.

Aqra l-istqarrijiet u mmarka l-kolonna li l-aktar taqbel miegħek.

	I can do it <i>Nista' nagħmilha</i>	I'd like to do it <i>Nixtieq nagħmilha</i>
1. I can change negative thoughts into better helpful thoughts. <i>Nista' nbiddel f'ħsbijiet negattivi f'ħsbijiet aħjar u utli.</i>	<input type="radio"/>	<input type="radio"/>
2. I can learn from my mistakes instead of giving up. <i>Nista' nitgħallem mill-iżbalji tiegħi minflok naqta' qalbi.</i>	<input type="radio"/>	<input type="radio"/>
3. I can keep going even when things get tough. <i>Nista' nibqa' nimxi 'l quddiem anke meta l-affarijiet isiru diffiċli.</i>	<input type="radio"/>	<input type="radio"/>
4. I can be strong and say no to harmful behaviour. <i>Nista' nkun b'saħħti u ngħid le għal imgiba li tagħmilli l-ħsara.</i>	<input type="radio"/>	<input type="radio"/>
5. I can try different ways to solve a problem <i>Nista' nipprova modi differenti biex insolvi problema.</i>	<input type="radio"/>	<input type="radio"/>

NOTE:

Got a lot of 'I'd like to do it'? No worries! Resilience can be learned. So if you don't have it now, you can still learn it!

Nota:

ROOTED IN RESILIENCE THE POWER OF VALUES

L-għeruq tar-reżiljenza: Is-saħħa tal-valuri

Values are important in resilience because they provide direction, purpose, and motivation during challenging times.

Il-valuri huma importanti għar-reżiljenza għax jipprovdu direzzjoni, skop, u motivazzjoni waqt żminijiet ta' sfida.

Acceptance

L-abbiltà li taċċetta

Confidence

Kunfidenza

Healthy Relationships

Relazzjonijiet b'saħħithom

Openness

Iżzomm moħħ miftuħ

Loyalty

Lealtà

Equality

Ugwaljanza

Ambition

Ambizzjoni

Empathy

Empatija

Happiness

Kuntentizza

Patience

Paċenzja

Forgiveness

Maħfra

Humour

Umoriżmu

Kindness

Tkun qalbek tajba

Adaptability

Adattabilità

Responsibility

Responsabbiltà

Self-Respect

Rispett lejek innifsek

Generosity

Ġenerożità

Safety

Sigurtà

Honesty

Onestà

Flexibility

Flessibilità

Peace

Paċi

Creativity

Kreattività

Awareness

Għarfien

Diversity

Diversità

BOX BREATHING TECHNIQUE

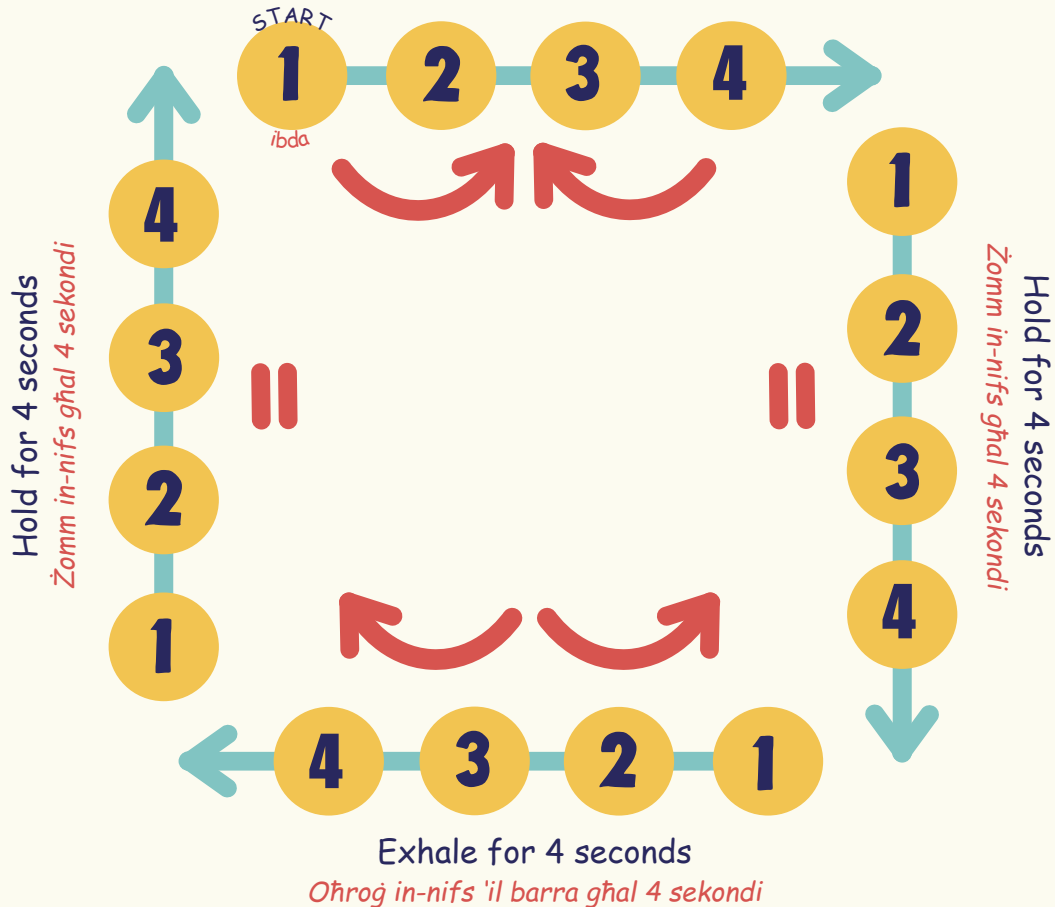
Teknika tan-Nifs

Box-breathing builds resilience by keeping you calm inside.

Din it-teknika tan-nifs tibni r-reżiljenza billi żżommok kalm/a.

Place your finger on the number 1 and inhale for 4 seconds.

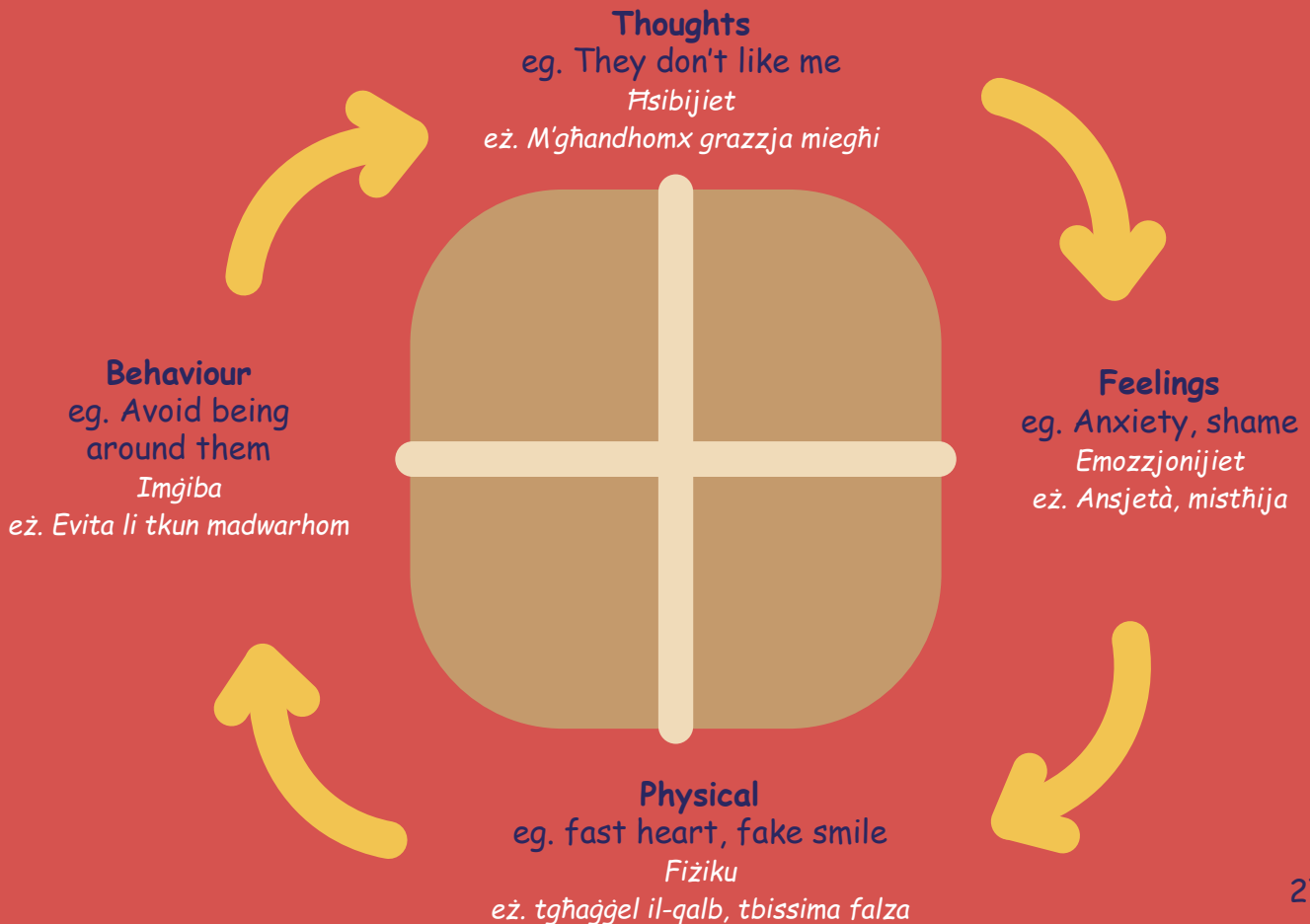
Poġġi subgħajk fuq in-numru 1 u tū n-nifs 'il ġewwa għal erba' sekondi.



CBT HOT CROSS BUN

Our thoughts, emotions, and body sensations all shape how we behave. Understanding and managing them helps us respond with resilience instead of reacting in harmful ways.

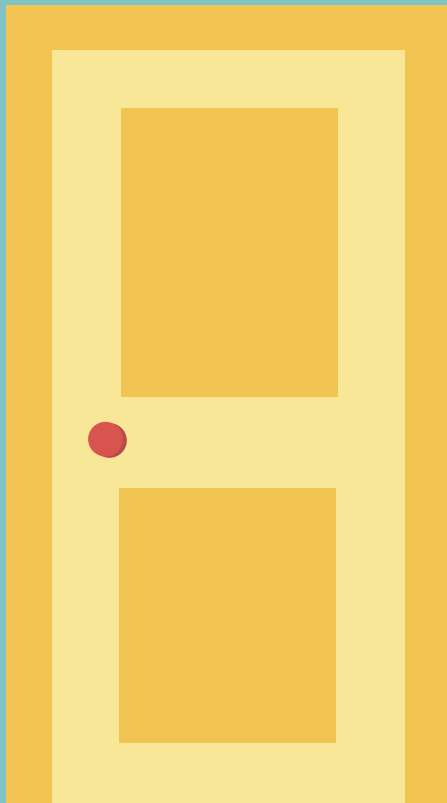
Il-ħsibijiet, l-emozzjonijiet, u s-sensazzjonijiet tal-gisem tagħna kollha jinfluenzaw kif ingibu ruħna. Li nifhmu u nimmaniġġjawhom jgħinna nirrispondu b'reżiljenza minflok nirreagixxu b'mod li jagħmlilna l-ħsara.



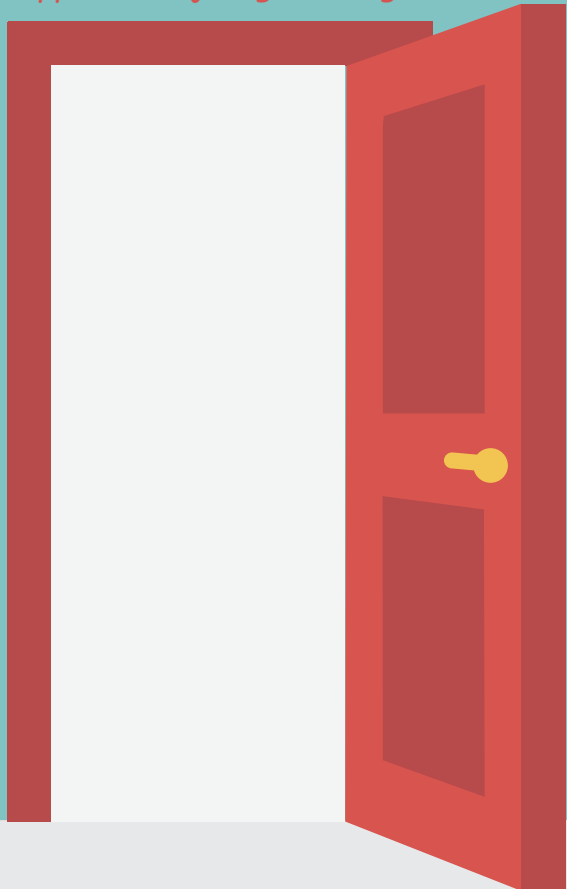
WHEN ONE DOOR CLOSES ANOTHER ONE OPENS

Meta jingħalaq bieb, jinfetaħ ieħor

Opportunities that you missed
Opportunitajiet li tlift



New opportunities that emerged
Opportunitajiet godda li gewk

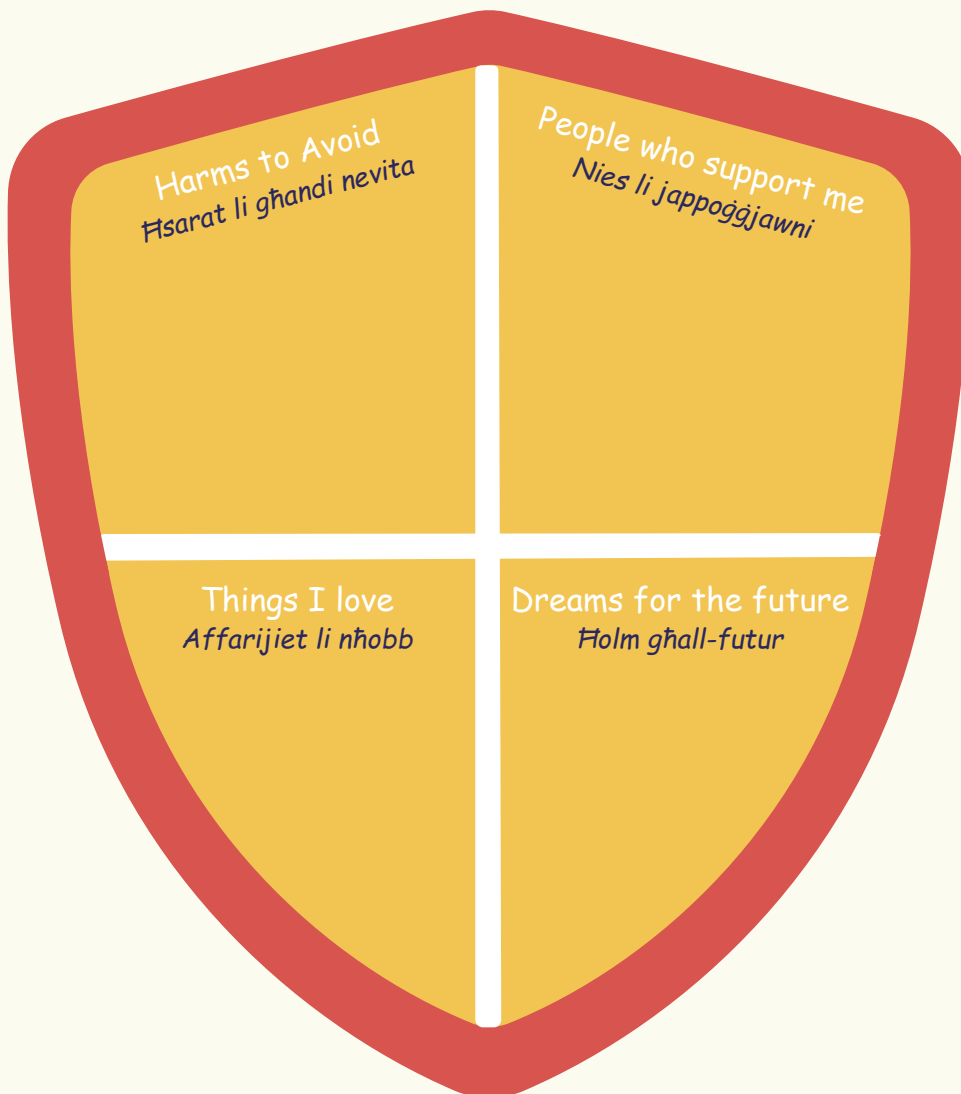


SHIELD OF SUPPORT

Tarka t'appogg

Fill in all four boxes to build your shield of support

Imla l-erba' kaxxi kollha biex tibni t-tarka ta' appogg tiegħek



MINDFULNESS DRAWING

Tpingija ta' mistrieħ

Grow through what you go through.

Ikber minn dak li tgħaddi minnu.



Any questions for the Wrapping Up session? List them here.

Għandek xi mistoqsijiet għas-sessjoni Wrapping Up? Nizzilhom hawn.



TOPIC 4 WRAPPING UP

*Suggett 4
Nigbru kollox flimkien*

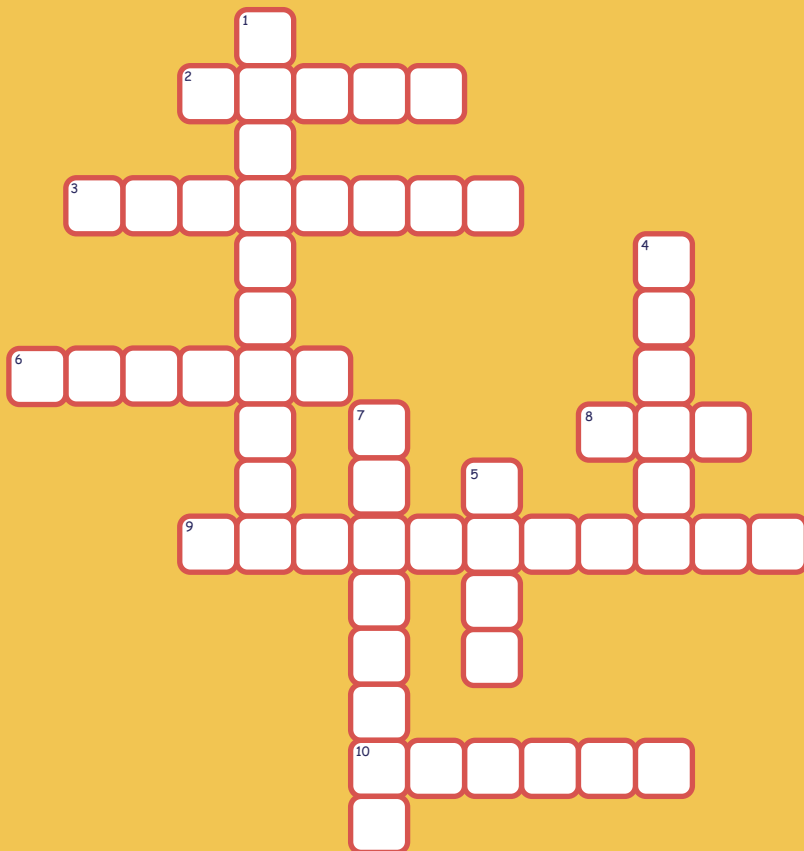
CROSSWORD

DOWN:

1. _____ is your ability to bounce back from challenges.
4. Refusal Strategies: Refuse, Reason, Replace and _____
5. _____ Pressure is the influence that people your own age have on your thoughts, feelings and behaviours.
7. Good self-esteem leads to good self-_____

ACROSS:

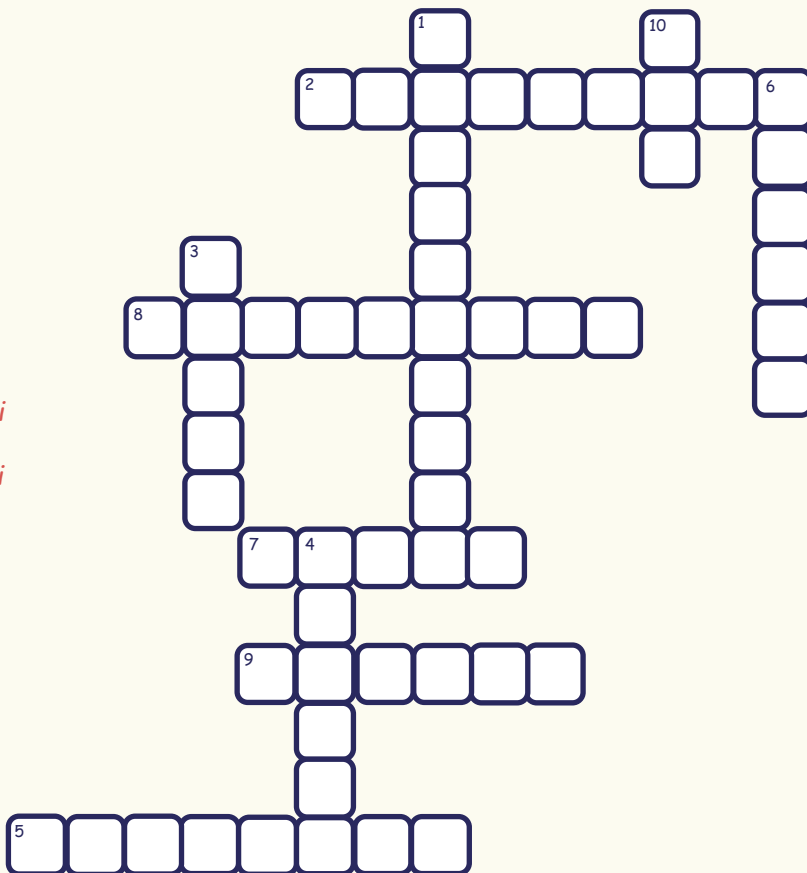
2. Agenzija _____ raises awareness about the harms of addiction and teaches skills to prevent/delay such behaviours.
3. _____ making is the ability to identify and evaluate options, consider possible consequences, and make the responsible choices that align with one's own values, goals and well-being.
6. _____ are important in resilience because they provide direction, purpose and motivation during challenging times.
8. _____ breathing builds resilience by keeping you calm inside.
9. _____ is how you feel about yourself.
10. _____ skills are techniques you can use to deal with stressful situations, change your mood or focus on problem solving.



TISLIBA

WEQFIN:

1. Ir-_____ hija l-abbiltà tiegħek biex tirkupra minn sfida.
3. L-Aġenzija _____ tqajjem kuxjenza dwar il-ħsara li tikkawża d-dipendenza u tgħallem ħiliet biex jiġu evitati jew tipprevjeni dawn l-imġibiet.
4. Ħiliet biex _____ huma modi li tista' tuża biex ittaffi sitwazzjonijiet stressanti, tbiddel il-burdata tiegħek, jew biex tiffoka fuq kif tista' ssolvi l-burdati.
6. L-_____ personali hija kif tħossok dwarek innifsek.
10. _____ breathing hija teknika tan-nifs li tibni reżiljenza billi żzommok kalm/a.

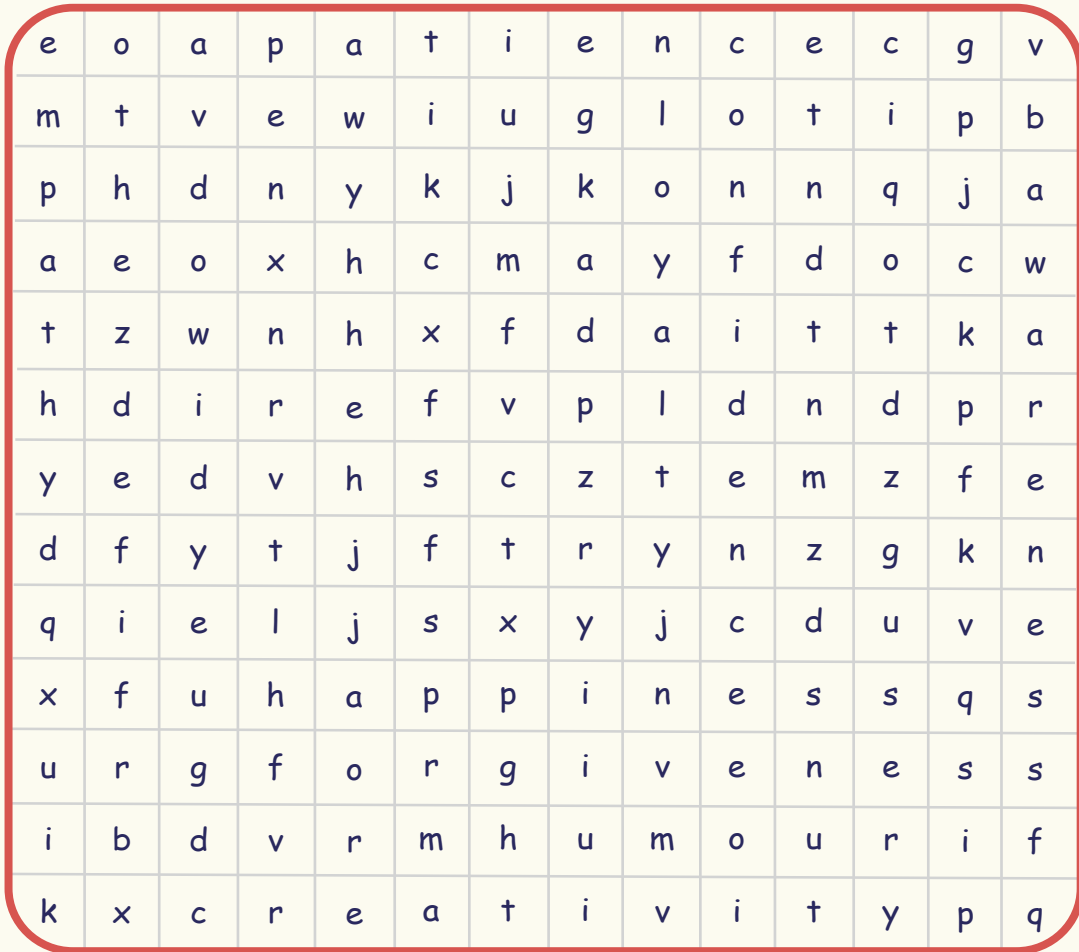


MIMDUDIN:

2. _____ mill-ħbieb hija influwenza li nies tal-età tiegħek għandhom fuq il-ħsibijiet, l-emozzjonijiet u l-imġiba tiegħek.
5. Stima personali tajba twassal għal self-_____ aħjar.
7. Strategiji ta' kif tista' tirrifjuta: Irrifjuta, Aġti Raguni, Ibdel u _____.
8. Li tiegħu _____ hija l-abbiltà li tagħraf u tevalwa l-għażliet, tikkunsidra l-konsegwenzi possibbli u tiegħu deċiżjonijiet responsabbli li jaqblu mal-valuri, l-għanijiet u l-benesseri tiegħek.
9. Il-_____ huma importanti għar-reżiljenza għax jipprovdu direzzjoni, skop u motivazzjoni waqt żminijiet ta' sfida.

WORDSEARCH

Sib il-kliem



loyalty	patience	confidence	creativity	empathy
humour	forgiveness	awareness	happiness	honesty



Well done! We have arrived at the end of the Teen Outside the Box programme. You have learnt several life skills that will inspire you to make beneficial choices. This will help you continue growing on the right track.

Prosit! Wasalna fl-aħħar tal-programm Teen Outside the Box. Tgħallimt bosta ħiliet tal-ħajja li se jispirawk tieġu deċiżjonijiet tajbin. Dan se jgħinek tkompli tikber fit-triq it-tajba.

Remember that it is ok to make mistakes! The important thing is that we learn from our mistakes and reach out to adults we trust during difficult times. No one has to carry things alone!

Ftakar li hu normali li nagħmlu l-iżbalji! L-iktar ħaġa importanti hija li nitgħallmu mill-iżbalji tagħna u nitkellmu ma' adulti li nafdaw f'mumentu diffiċli. Fladd m'għandu jgorr kollox waħdu!

Below write three things that you have learnt throughout this programme and that you will carry with you during your life journey:

Hawn taħt ikteb tliet affarijiet li tgħallimt matul dan il-programm u li se żżomm miegħek tul il-vjaġġ ta' ħajtek:

1. _____
2. _____
3. _____

LEVEL UP! MY LIFE SKILLS PLEDGE

Il-Patt tiegħi għall-ħiliet tal-ħajja

I've successfully completed the Teen Outside the Box Programme. I've learned skills that help me grow, think for myself, and face life's challenges with strength.

Temmejt il-programm Teen Outside the Box b'suċċess. Tgħallimt ħiliet li għenuni nikber, naħseb għalija nnifsi u naffaċċja l-isfidi tal-ħajja b'saħħti.

Today, I will make this personal pledge:

- ✓ I will remind myself of my worth and treat myself with respect.
- ✓ I will use healthy coping skills when I feel stressed, angry or down.
- ✓ I will think before I act and make decisions that support my goals.
- ✓ I will not let peer pressure push me into things I don't believe in.
- ✓ I will keep bouncing back from challenges with resilience.

Illum, qed nagħmel dan il-patt personali:

- ✓ *Se nfakkar lili nnifsi fil-valur tiegħi u nittratta lili nnifsi bir-rispett.*
- ✓ *Se nuża ħiliet tajbin biex inkampa meta nħossni stressjat/a, irrabjat/a jew imdejjaq/a.*
- ✓ *Se naħseb qabel nagixxi u nieħu deċiżjonijiet li jappoġġjaw l-għanijiet tiegħi.*
- ✓ *Ma nħallix il-pressjoni minn nies tampari tisforzani nagħmel affarijiet li ma nemminx fihom.*
- ✓ *Se nibqa' nqum minn kull sfida b'aktar reżiljenza.*

I may not get it right every time and that's okay.
What matters is that I keep learning, growing, and
moving forward.

*Jista' jkun li mhux dejjem nagħmel kollox sew u dan huwa
normali.*

*L-iktar ħaġa importanti hi li nibqa' nitgħallem, nikber u
nimxi 'l quddiem.*

Signature:

Firma

Date:

Data



REMEMBER THAT YOU CAN ALWAYS LOOK FOR HELP!

Ftakar li dejjem tista' tfittex l-għajnun!



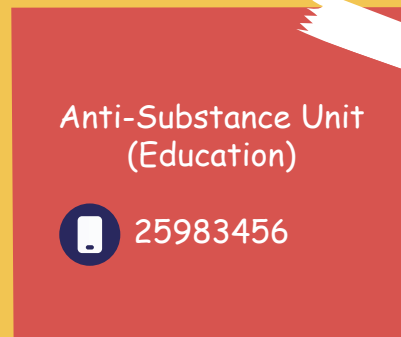
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 23885110

 sedqa@gov.mt



Anti-Substance Unit
(Education)

 25983456



National Supportline

 179

kellimni.com

Youth Services

BeSmartOnline

Child Web Alert

Cyber Crime Unit



Foundation for Social Welfare Services
1994-2019

EVALUATION SHEET

Help us make this programme better by filling in this sheet. Using a pen, mark with a ✓ the circle that best fits each statement. There is no right or wrong answer. You do not have to write your name on this sheet. The sheet will be seen only by the Prevention Professionals at Agenziya Sedqa.

- | | Agree | Neutral | Disagree | I did not attend |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. The T.O.T.B. programme has made me aware of the importance of having good self-esteem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. The T.O.T.B. programme has provided me with sufficient knowledge about coping skills. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. The T.O.T.B. programme has made me more aware on how to make a wiser decision. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. The T.O.T.B. programme has helped me distinguish between positive and negative peer pressure. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. The T.O.T.B. programme has made me more aware of the importance of being resilient and bouncing back. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. The T.O.T.B. programme has provided me with techniques that help build my resilience. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. The T.O.T.B. programme has provided me with life skills that help me live a healthy life. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

8. Mark with a ✓ the things you liked, disliked or didn't use during the T.O.T.B. programme:

- | | I liked the | I disliked the | I did not use the |
|-------------------|-----------------------|-----------------------|-----------------------|
| Booklet | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interactive games | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Presentations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other things you liked

Other things you disliked

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 ħżiena. Tiktibx ismek fuq din il-karta. Din il-karta se jarawha biss il-Prevention Professionals li jaħdmu l-Agenzija Sedqa.

	Naqbel	Newtrali	Ma naqbilx	M'attendejtx
1. Il-programm T.O.T.B. għamilni konxju/a mill-importanza li jkolli stima tajba tiegħi nnifsi.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Il-programm T.O.T.B. tani biżżejjed għarfien dwar ħiliet biex inkampa.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Il-programm T.O.T.B. għamilni aktar konxju/a dwar kif nieħu deċiżjonijiet aktar għaqlin.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Il-programm T.O.T.B. għenni niddistingwi bejn pressjoni minn nies tampari pożittiva u negattiva.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Il-programm T.O.T.B. għamilni aktar konxju/a mill-importanza li nkun reżiljenti.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Il-programm Teen Outside the Box tani tekniki li jgħinuni nibni r-reziljenza tiegħi.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Il-programm Teen Outside the Box tani ħiliet għall-ħajja li jgħinuni ngħix ħajja sana.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Immarka b'✓ l-affarijiet li għogbuk, li ma għogbukx jew li ma użajttx waqt il-programm T.O.T.B.				

	Għogobni/Għogbuni	M'għogobnix/M'għogbunix	M'użajtux/M'użajthomx
Il-ktejjeb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Il-logħob interattiv	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prezentazzjonijiet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affarijiet oħra li għogbuk			Affarijiet oħra li m'għogbukx



Foundation for Social Welfare Services

Here for you