



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



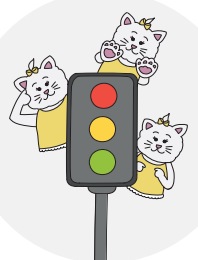
General Information

- Offered by Aġenzija Sedqa Prevention Team
- Life-skills Programme for all Year 3 students
- Consists of 6 lessons of 45-50 minutes each
- Uses 7 characters, narration, an activity book and songs related to the topics discussed



Lesson 1: Self-Image and Feelings

- Understanding that all feelings are important
- Expressing feelings positively
- Thoughts and feelings shape self-image
- Emphasising that everyone is unique and special



Lesson 2: Decision Making and Peer Pressure

- Making good decisions
- Learning about peer pressure
- Standing up for ourselves
- Understanding the consequences of peer pressure



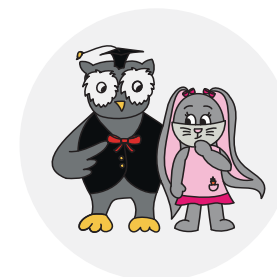
Lesson 3: Coping Skills

- Defining what coping means
- Learning why it is important to cope
- Exploring situations where we need to cope
- Exploring different coping skills



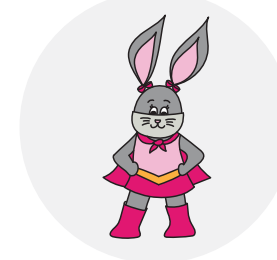
Lesson 4: Addictions

- Understanding addiction
- Consequences of addiction
- Balancing of screen time
- Highlighting that help is available if needed



Lesson 5: Asking for Help

- Understanding what private body parts are
- Understanding the difference between good and bad secrets
- Speaking to a trusted adult if someone makes us feel uncomfortable
- Asking for help is a courageous decision



Lesson 6: Wrapping Up

- Understanding what private body parts are
- Understanding the difference between good and bad secrets
- Speaking to a trusted adult if someone makes us feel uncomfortable
- Asking for help is a courageous decision



Other

- Highlighting the key takeaways from previous lessons
- Discussing different situations where we may need to ask for help
- Understanding that every might need help
- Awarding certificate to mark the completion of the programme