Foundation for Social Welfare Services
Here for you

Together with theT.O.T.B. 2 Programme, this programme is accredited at **MQF Level 3** from the **Malta Qualifications Framework** and requires a total attendance of 80%

TEEN OUTSIDE THE BOX 1

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 1: Self-esteem & Coping skills

- Understanding self-esteem and recognising its impact on thoughts, feelings and behaviour.
- Building positive self-talk and challenging negative thinking patterns.
- Identifying healthy and unhealthy coping skills for managing stress and emotions.
- Developing practical strategies to support emotional wellbeing and resilience.



Session 2: Peer pressure & Decision making

- Learning a step-by-step approach to making informed decisions.
- Recognising different decision-making styles and their outcomes.
- Understanding positive and negative peer pressure.
- Practising refusal skills to resist pressure and make healthy choices.



Session 3: Resilience

- Exploring resilience and its role in overcoming challenges.
- Strengthening positive thinking, problem-solving and perseverance.
- Identifying personal values and positive role models that support resilience.
- Understanding how resilience helps prevent harmful behaviours, including addictions.



Session 4: Wrapping up

- Reviewing the key life skills covered throughout the programme.
- Reinforcing healthy choices and protective factors against addiction.
- Encouraging reflection, discussion and clarification of any remaining questions.
- Celebrating learning and preparing to apply these skills in everyday life.



Other

- Online video for parents/legal guardians and/or educators.
- Distribution of freebies.
- Give information on support services available.