TEEN OUTSIDE THE BOX 1

YEAR 8 MIDDLE/SECONDARY PREVENTION PROGRAMME

Programm ta' Prevenzjoni fit-tmien sena sekondarja



Name & Surname: _____

TEEN OUTSIDE THE BOX 1

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Designed by Amy Borg Taylor.

MOOD TRACKER

Tracker tal-Burdata

	Session 1 *Sessjoni 1*	Session 2 *Sessjoni 2*	Session 3 *Sessjoni 3*	Session 4 *Sessjoni 4*
Energy Level *Livell ta' enerġija* 1 2 3 4 5				
Mood *Burdata* 				

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WHO ARE WE?

Aġenzija 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 you to express yourself freely and not feel pressured to fit into a single mould. It covers life skill topics that help you make informed choices based on your true selves.

Min aħna?

Aġenzija 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 jinkoraġġixxi liż-żgħażagħ 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 deċiżjonijiet infurmati bbażati fuq min huma tassew.



TOPIC 1

SELF-ESTEEM AND COPING SKILLS

Suġġett 1
L-Istima Personali u Ħiliet biex Tkampa

WHAT IS SELF-ESTEEM?

X'inhi l-istima personali?

Self-esteem is how you think, feel and value 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 l-mod kif taħseb, tħoss u tivvaluta lilek innifsek. Huma ħsibijiet f'moħħok li jgħidulek jekk intix tajjeb biżżejjed, intelliġenti biżżejjed jew b'saħħtek biżżejjed.

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 timmaniġġja l-isfidi aħjar*

LOW SELF-ESTEEM

Stima personali baxxa

- Thinking you're not good enough
- Always putting yourself down
- Being afraid of a new challenge
- Letting others treat you badly

- *Taħseb li m'intix tajjeb biżżejjed*
- *Dejjem tbaxxi lilek innifsek*
- *Tibża' minn sfida ġdida*
- *Tħalli lil ħaddieħor jittrattak ħażin*

Self-esteem can change overtime and can be improved. If you often experience low self-esteem talk to someone you trust so that they can help you!

L-istima personali tista' tinbidel maż-żmien u tista' tiġi għall-aħjar. Jekk tesperjenza stima baxxa tiegħek innifsek ta' spiss, kellem lil xi ħadd li tafda ħalli jkunu jistgħu jgħinuk!

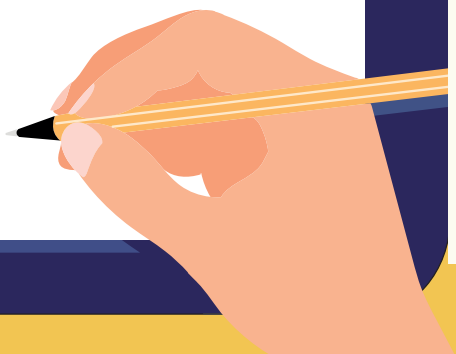
RATE YOURSELF

Aġħti rata lilek innifsek

Rate each statement on a scale of 1 to 10
Aġħti punteġġ lil kull stqarrija fuq skala minn 1 sa 10

1. I believe in myself ____
   Nemmen fija nnifsi
2. I am proud of my accomplishments ____
   Kburi bil-kisbiet tiegħi
3. I can handle criticism ____
   Niflaħ għall-kritika
4. I treat myself with respect ____
   Nittratta lili nnifsi b'rispett
5. I am confident about the way I look ____
   Kunfidenti fid-dehra tiegħi
6. I know I deserve respect ____
   Naf li ħaqqni rispett
7. I recognise my strengths ____
   Nagħraf il-kapaċitajiet tiegħi
8. I am just as valuable as others ____
   Jien prezzjuż/a daqs ħaddieħor

Total =
Total _____
80



SCOREBOARD

Punteġġi

0 - 20 Consider reflecting on the areas where you scored low
Ikkunsidra li tirrifletti fuq l-aspetti fejn ktibt numru baxx.

21 - 40 You're developing confidence but there is room for growth!
Qed tibni l-kunfidenza, iżda hemm lok fejn titjieb!

41 - 60 You have a healthy level of self-esteem with room to strengthen it further
Għandek livell tajjeb ta' stima tiegħek innifsek, b'possibbiltà li ssaħħaħha aktar.

61 - 80 Continue practising positive self-talk and self-care
Kompli pprattika d-diskors pożittiv dwarek innifsek u ibqa' ħu ħsieb tiegħek innifsek.



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

- I am not good enough → I'm still learning and improving.
- 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* → *Għadni qed nitgħallem u ntejjeb lili nnifsi.*
- *Qatt ma nagħmel xejn sew* →
- *Jien falliment* →
- *Żgur jaħsbu li jien stupidu/a* →
- *Kollox tort tiegħi* →

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.

Ħiliet biex tkampa huma tekniki li tista' tuża biex ittaffi sitwazzjonijiet stressanti, tbiddel il-burdata tiegħek, jew biex tiffoka fuq kif tista' ssolvi l-problemi.

People use different coping skills when facing challenges. Some are positive, while others are negative. Write some examples below.

In-nies jużaw strateġiji differenti biex ilaħħqu mal-isfidi. Xi wħud huma pożittivi, filwaqt li oħrajn huma negattivi. Ikteb xi eżempji hawn taħt.

HEALTHY COPING SKILLS

Ħiliet tajbin biex tkampa

1. Exercising
2. _____
3. _____
4. _____
5. _____

UNHEALTHY COPING SKILLS

Ħiliet ħżiena biex tkampa

1. Substance use
2. _____
3. _____
4. _____
5. _____

MIGHT FEEL GOOD NOW BUT HURTS LATER

Jaf tħossok tajjeb fil-mument
imma jagħmillek il-ħsara aktar tard

AT FIRST
Għall-bidu



Might feel good and helps you escape from problems
Jaf tħossok tajjeb u jgħinek taħrab mill-problemi

ex: engaging in substance use to fit in
eż: tieħu sustanzi biex tkun parti mil-grupp





LATER
Wara







What starts as a choice can become a problem
Dak li jibda bħala għażla jista' jsir problema

ex: getting addicted
eż: issir dipendenti







The coping skills you choose can have a lasting impact on your life. Choose wisely!
Il-ħiliet li tagħżel biex tkampa jista' jkollhom impatt fuq ħajtek. Agħżel bilgħaqal!

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

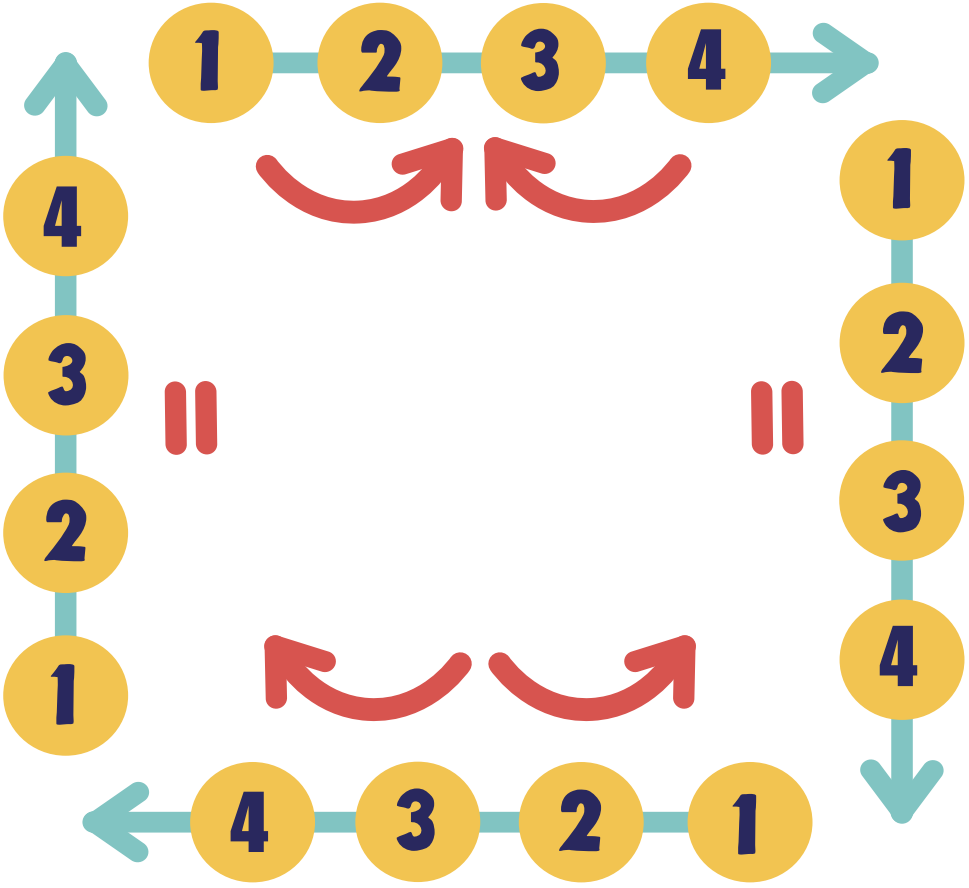
What Makes Me Happy
X'jagħmilni ferħan/a

GO THE EXTRA MILE

Agħmel l-almu tiegħek

Practice Box Breathing! Take a moment to slow your breating. Box breathing can help you feel calmer, more focused, and in control.

Ipprattika t-teknika tan-nifs "Box Breathing"! *Ħu mument biex tnaqqas ir-ritmu tan-nifs tiegħek. Din it-teknika tista' tgħinek tħossok aktar kalm, aktar iffukat u aktar fil-kontroll.*



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

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



TOPIC 1

SELF-ESTEEM AND COPING SKILLS

Suġġett 1

L-Istima Personali u Ħiliet biex Tkampa

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 tieħu 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-ġurnata 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

Oħloq alternattivi

ICED

STEP 3

It-tielet pass

EVALUATE ALTERNATIVES

Evalwa l-alternattivi

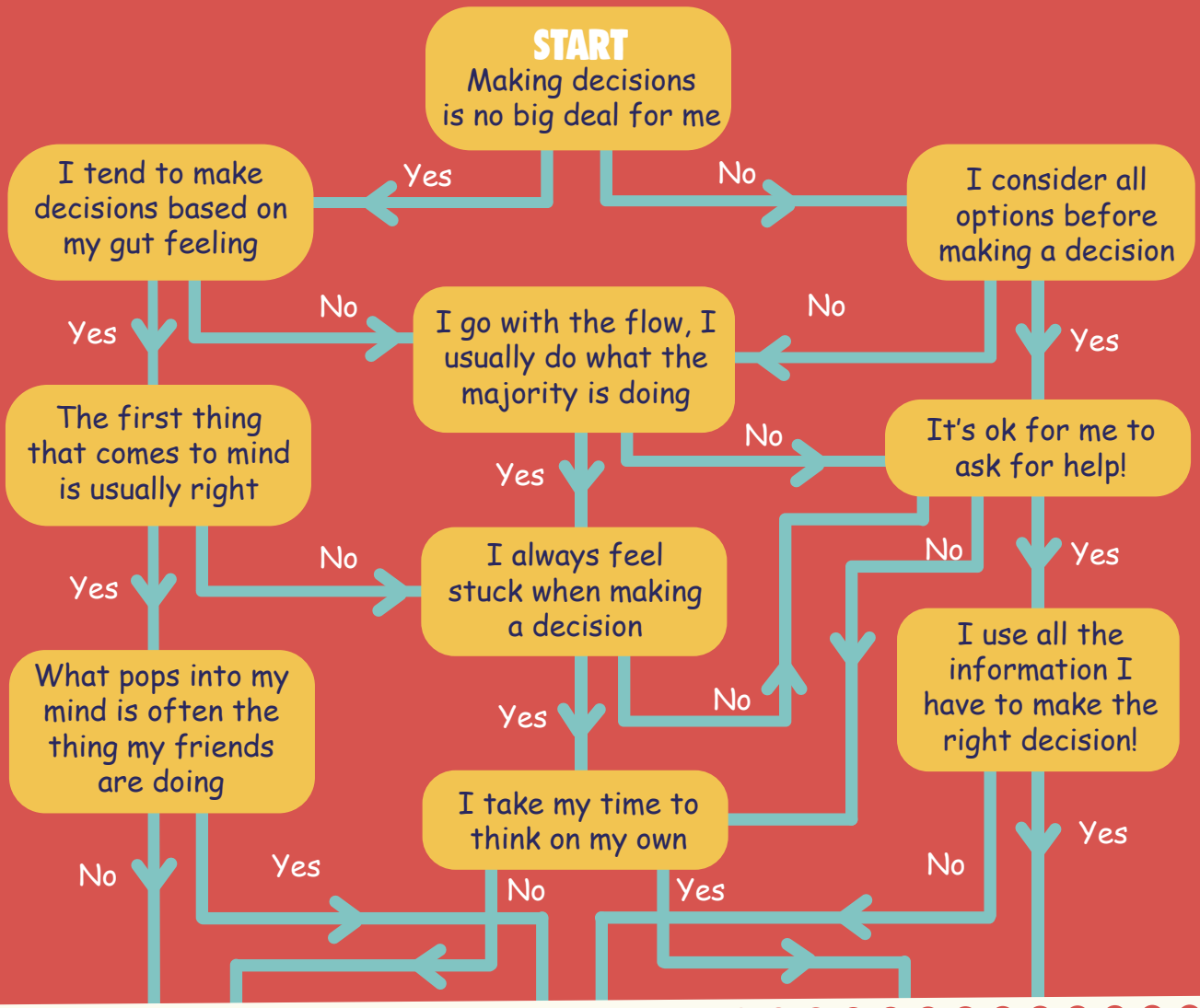
STEP 4

Ir-raba' pass

DECIDE ON THE BEST SOLUTION

Iddeċiedi skont l-aħjar soluzzjoni

WHAT TYPE OF DECISION MAKER ARE YOU?

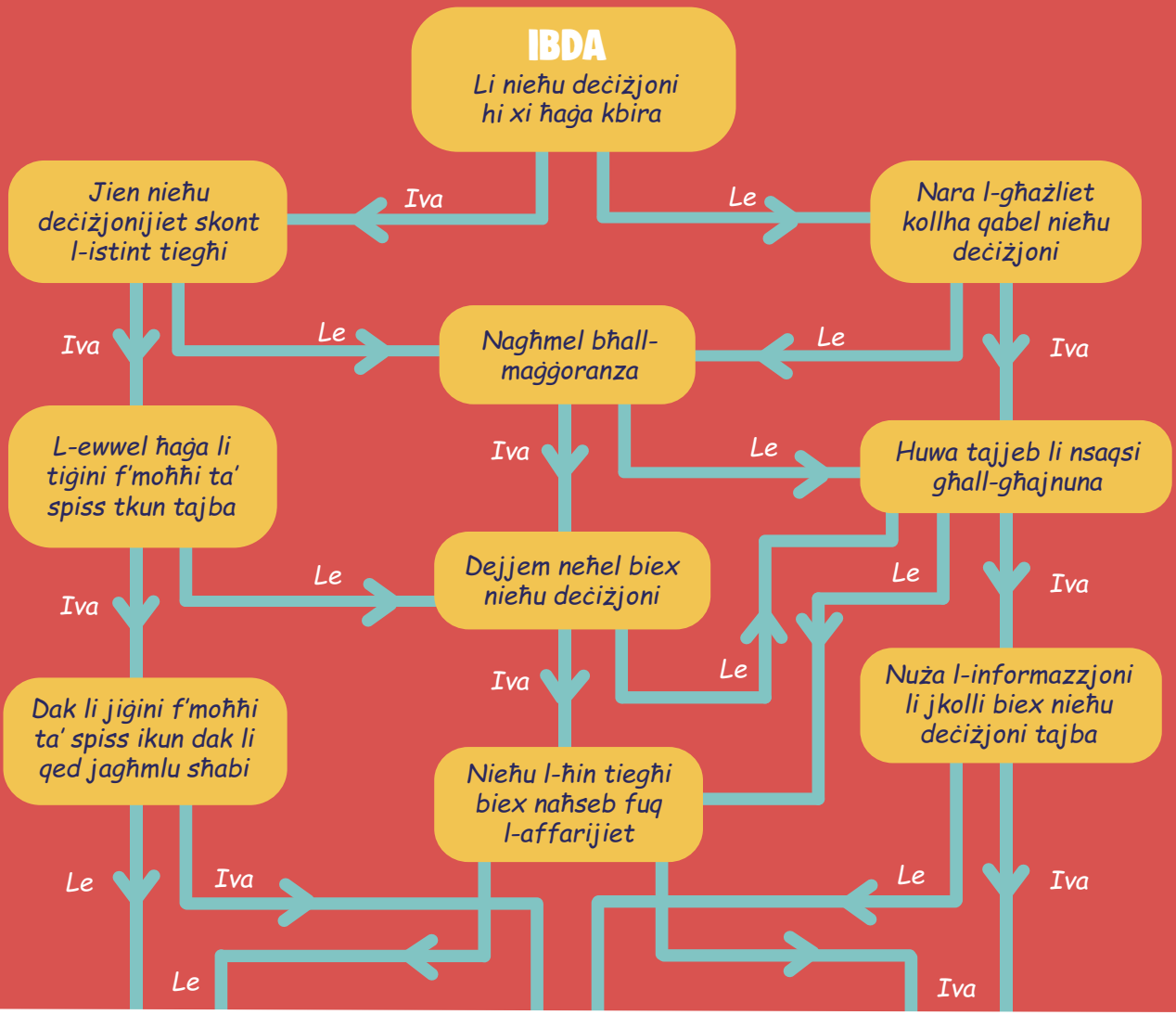


You tend to be **IMPULSIVE**

You tend to be **PASSIVE**

You tend to be **REFLECTIVE**

KIF TIEĦU DEĊIŻJONIJIET?



Għandek tendenza li tkun
IMPULSIV/A

Għandek tendenza li tkun
PASSIV/A

Għandek tendenza li tkun
RIFLETTIV/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!

Tħobb 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 tispiċċa 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!

Tħobb 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!

WHAT IS PEER PRESSURE?

Xi tfisser il-pressjoni mill-ħbieb?

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

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

POSITIVE PEER PRESSURE

Pressjoni pożittiva 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

- Your friends pressure you to lie to your parents.
- Your friends dare you to vape

- *Il-ħbieb tiegħek jagħmlulek pressjoni biex tigdeb lill-ġenituri.*
- *Il-ħbieb tiegħek jisfidawk biex tuża l-vape.*



REFUSAL STRATEGIES

Strateġiji 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.

Strateġiji ta' kif tista' tirrifjuta huma ħiliet li l-individwi jużaw biex jgħidu "le" b'kunfidenza għal xi ħaġa li ma jridux jagħmlu, speċjalment meta jesperjenzaw 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

Issuġġerixxi attività alternattiva jew biddel il-konverżazzjoni.

REMOVE

Walk away or leave the situation.

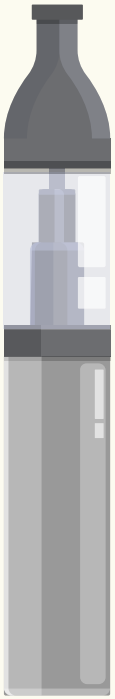
Itlaq

Itlaq 'il bogħod jew ħalli s-sitwazzjoni.

It's just a vape!
Huwa biss vape!

Come on,
just try it!

Ejja,
ippruvah!



It will help
you to relax!

Dan se
jgħinek
tirrilassa!

Everyone uses it!
Kulħadd jużah!

How would you reply? *Kif twieġeb għal dan?*

GO THE EXTRA MILE

Agħmel l-almu tiegħek

Spot the 10 differences in the images below

Sib l-10 differenzi bejn l-istampi t'hawn taħt!



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

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



TOPIC 3

RESILIENCE

Suġġett 3
Reżiljenza

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.



RESILIENCY CHECKLIST

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

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:

Għandek ħafna 'Nixtieq nagħmilha'? Tinkwieta xejn! Ir-reżiljenza tista' titgħallimha. Jekk m'għandekx issa, xorta tista' titgħallimha!

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*	**Creativity** *Kreattività*
Openness *Iżżomm moħħ miftuħ*	**Loyalty** *Lealtà*	**Honesty** *Onestà*
Ambition *Ambizzjoni*	**Empathy** *Empatija*	**Happiness** *Kuntentizza*
Patience *Paċenzja*	**Forgiveness** *Maħfra*	**Humour** *Umoriżmu*
Kindness *Tkun qalbek tajba*	**Adaptability** *Adattabilità*	**Responsibility** *Responsabbiltà*
Self-Respect *Rispett lejk innifsek*	**Generosity** *Ġenerożità*	**Self-Awareness** *Għarfien*

Mention situations where it's important to use your values and be resilient.

Semmi sitwazzjonijiet fejn huwa importanti li tuża l-valuri tiegħek u tkun reżiljenti.

RESILIENT ROLE MODELS

Persuni Reżiljenti li Jispirawni

These people inspire others by showing strength and determination during difficult times. They teach us that challenges can be overcome through perseverance, positive thinking, and healthy coping skills.

Dawn in-nies jispiraw lill-oħrajn billi juru saħħa u determinazzjoni fi żminijiet diffiċli.
Huma jgħallmuna li l-isfidi jistgħu jingħelbu permezz tal-perseveranza, ħsibijiet pożittivi, u ħiliet tajbin biex niffaċċjaw id-diffikultajiet.

Do you know anyone who overcame something hard?

Taf lil xi ħadd li għeleb xi ħaġa diffiċli?

What did they do that showed resilience?

X'għamlu biex urew reżiljenza?

What can I learn from them?

X'nista' nitgħallem minnhom?

This helps us stay on the right path in life and avoid harmful behaviours, such as addictions.

Dan jgħinna nibqgħu fit-triq it-tajba fil-ħajja u nevitaw imġibiet ta' ħsara, bħall-vizzji.

WHAT IS AN ADDICTION?

X'inhu vizzju?

Addiction refers to when someone continuously engages in a substance or activity despite the potential harm it causes. A strong sign of addiction is when a person finds it difficult to function normally in everyday life without that substance or activity.

Vizzju jirreferi għal meta persuna tibqa' tuża sustanza jew tagħmel attività minkejja l-ħsara li tista' tikkawża. Sinjal qawwi ta' vizzju huwa meta persuna ssibha diffiċli biex taħdem jew tgħix b'mod normali fil-ħajja ta' kuljum mingħajr dik is-sustanza jew attività.



WHY DO PEOPLE ENGAGE IN THIS BEHAVIOUR?

Għaliex in-nies jieħdu sehem f'din l-imġieba?

Wanting to escape from problems
Biex jaħarbu mill-problemi

Stress and anxiety
Stress u ansjetà

Curiosity
Kurżita'

Sadness
Dwejjaq

Social media influence
Influenza mill-midja soċjali

Low self-esteem
Self-esteem baxx

Peer pressure
Pressjoni minn nies tamparna

Feeling lonely
Jħossuhom weħedhom

Unhealthy coping skills
Metodi ħziena kif tkampa

Wanting to fit in
Xewqa li jħossuhom parti mill-grupp

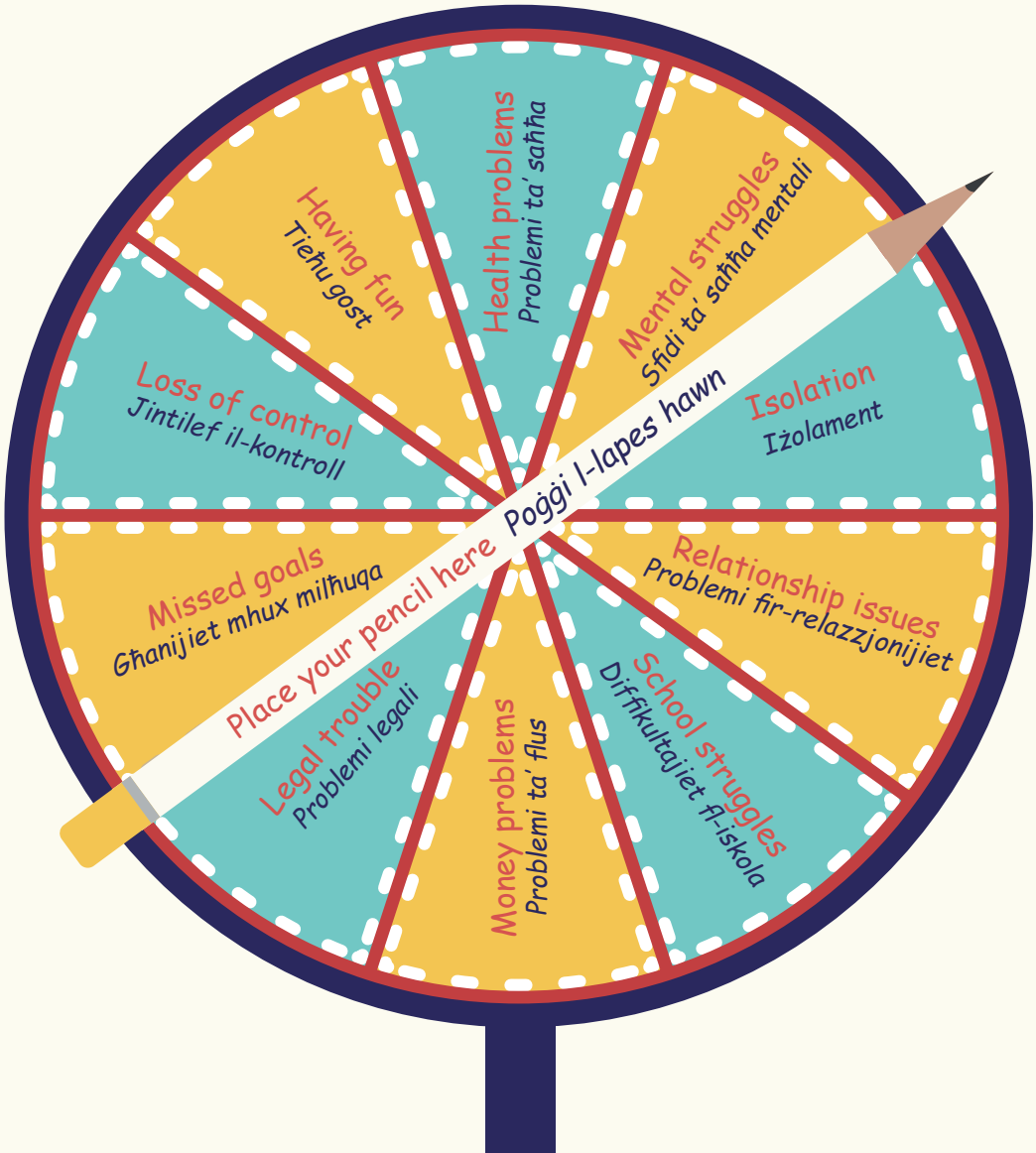
Trying to look "cool"
Biex jidhru "cool"

RISKY SPIN

Rota ta' Riskji

Risk factors are things that can increase the chance of experiencing problems or making unhealthy choices.

Il-fatturi ta' riskju huma affarijiet li jistgħu jżidu ċ-ċans li wieħed jaffaċċja problemi jew jagħmel għażliet ħżiena.



GO THE EXTRA MILE

Agħmel l-almu tiegħek

Inspiration is all around us. Draw someone who inspires you and describe how they encourage you to become the best version of yourself.

L-ispirazzjoni tinsab madwarna.

Pinġi lil xi ħadd li jispirak u iddeskrivi kif jinkoraġġik biex issir l-aħjar verżjoni tiegħek innifsek.

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

Għandek xi mistoqsijiet għas-sessjoni "Niġbru Kollox Flimkien?" Niżżilhom hawn.



TOPIC 4
WRAPPING UP

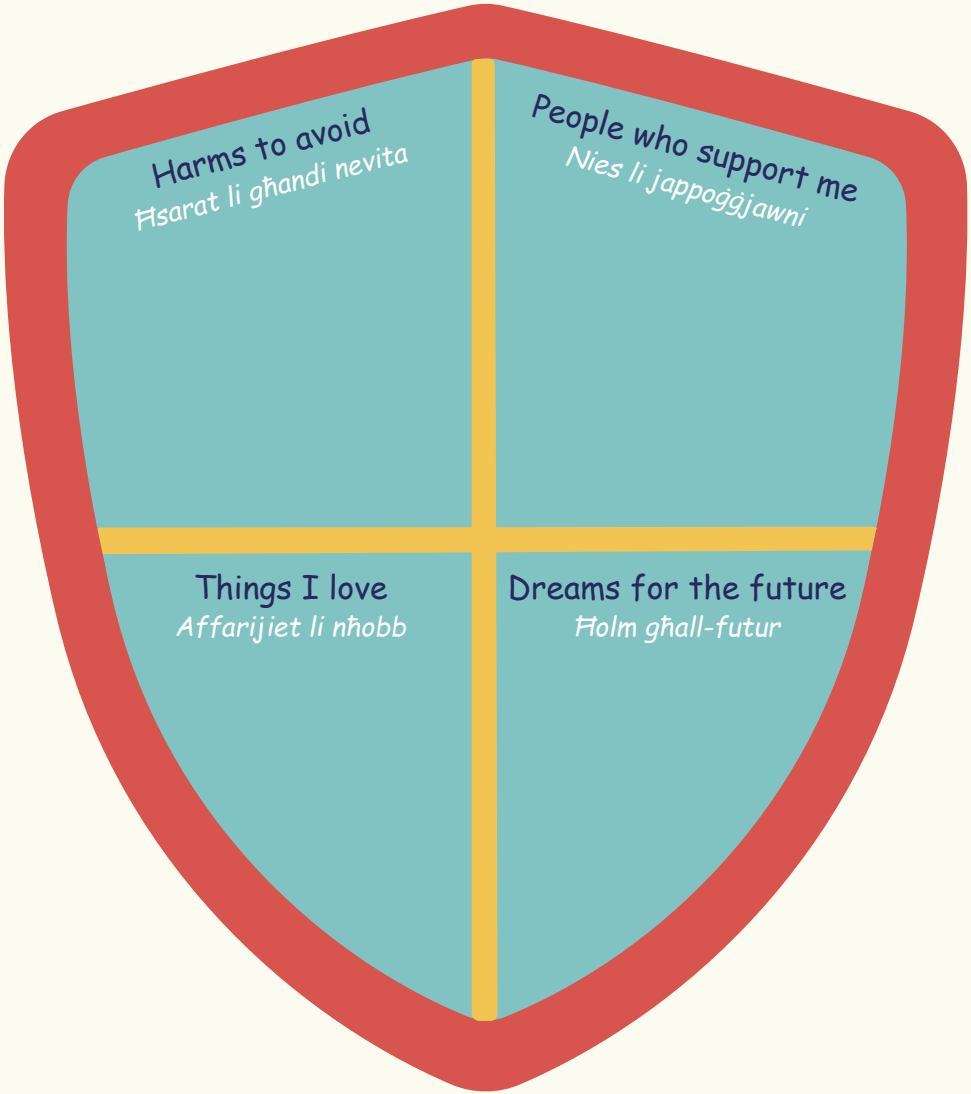
Suġġett 4
Niġbru Kollox Flimkien

SHIELD OF SUPPORT

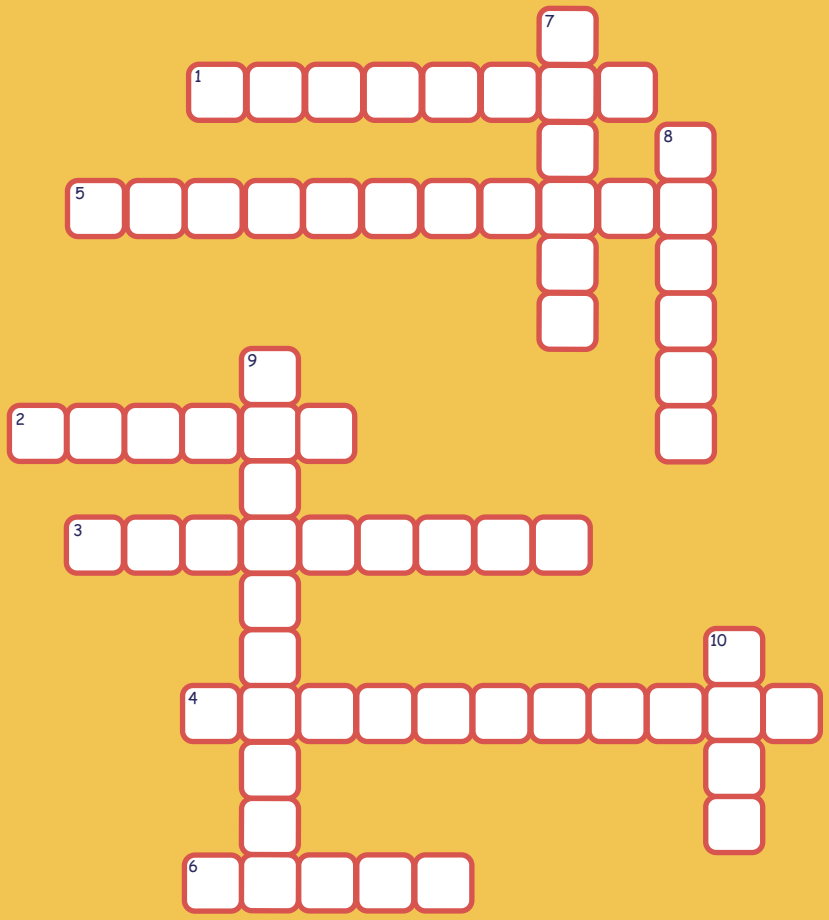
Tarka t'appoġġ

Fill in all four boxes to build your shield of support

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



CROSSWORD



ACROSS

1. _____making is the ability to identify and evaluate options, and consider possible consequences.
2. _____ are important in resilience because they provide direction, purpose and motivation during challenging times.
3. _____ is when someone cannot stop doing something even though it is causing them harm.
4. _____ is how you feel about yourself.
5. 179 is the national _____.
6. Agenzija _____ raises awareness about the harms of addiction and teaches life skills to prevent/delay such behaviours.

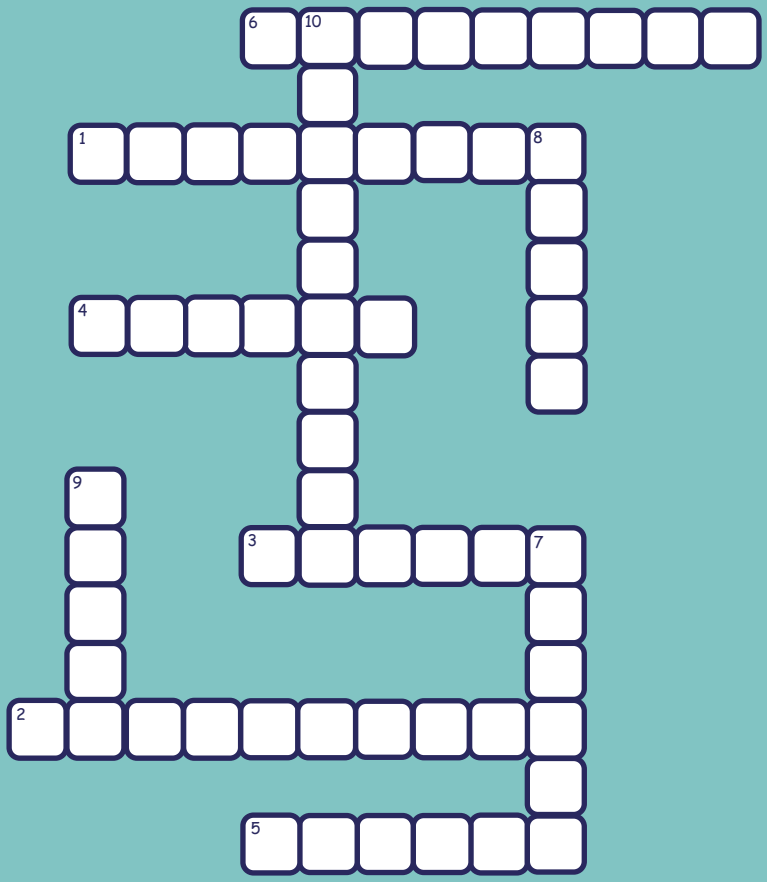
DOWN

7. _____skills are techniques you can use to deal with stressful situations, change your mood or focus on problem solving.
8. Refusal Strategies: Refuse, Reason, Replace and _____.
9. _____ is your ability to bounce back from challenges.
10. _____ pressure is the influence that people your own age have on your thoughts, feelings and behaviours.

TISLIBA

MIMDUDIN:

1. Li tieħu _____ hija l-abbiltà li tagħraf u tevalwa l-għażliet u tikkunsidra l-konsegwenzi possibbli.
2. 179 hija s-supportline _____.
3. Il-_____ huma importanti għar-reżiljenza għax jipprovdu direzzjoni, skop u motivazzjoni waqt żminijiet ta' sfida.
4. _____ huwa meta xi ħadd ma jkunx jista' jieqaf jagħmel xi ħaġa anke jekk din tkun qed tikkawża l-ħsara.
5. 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. Il- _____ mill-ħbieb hija influwenza li nies tal-età tiegħek għandhom fuq il-ħsibijiet, l-emozzjonijiet u l-imġiba tiegħek.



WEQFIN:

7. L-_____ personali hija kif tħossok dwarek innifsek.
8. Strateġiji ta' kif tista' tirrifjuta: Irrifjuta, Agħti Raġuni, Ibdel u _____.
9. L-Aġenzija _____ tqajjem kuxjenza dwar il-ħsara li tikkawża d-dipendenza u tgħallem ħiliet biex jiġu evitati jew tipprevjeni dawn l-imġibiet.
10. Ir-_____ hija l-abbiltà tiegħek biex tirkupra minn sfida.

WORDSEARCH

Sib il-kliem

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

loyalty	patience	confidence	creativity	empathy
humour	forgiveness	awareness	happiness	honesty

If you are going through
a difficult time,

SEEK HELP!

Talk to someone you trust!
You are not alone.



KEEP GOING

One step at a time.



Things will get better!

Jekk għaddej/ja minn żmien diffiċli, fittex l-għajnuna. Kellem lil xi ħadd li tafda!
M'intix waħdek. Kompli għaddej/ja, pass pass. L-affarijiet imorru għall-aħjar!



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 tieħu 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'mumenti diffiċili. Ħadd m'għandu jġorr 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 ġġorr miegħek tul il-vjaġġ ta' ħajtek:

1. _____

2. _____

3. _____

REMEMBER THAT YOU CAN ALWAYS LOOK FOR HELP!

Ftakar li dejjem tista' tfittex l-għajnuna!

Aġenzija Sedqa,
3, Braille Street,
St. Venera
SVR 1690

Sedqa Malta

sedqa_malta

23885110

sedqa@gov.mt

National Students Wellbeing Services (Anti-Substance Abuse Service)

National Supportline

179

kellimni.com

Youth Services

BeSmartOnline

Child Web Alert

Cyber Crime Unit

This programme is licensed by the SCSA under the Social Care Standards Authority Act.
Dan il-programm huwa liċenzjat mill-SCSA taħt l-Att dwar l-Awtorità tal-Istandards tal-Kura Soċjali.

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 only be seen by the Prevention Professionals at Aġenzija Sedqa.

The Teen Outside the Box 2 Programme...	Yes	I don't know	No	Absent
1. made me aware of the importance of having good self-esteem.				
2. has provided me with sufficient knowledge about coping skills.				
3. has made me more aware on how to make a wiser decision.				
4. has helped me distinguish between positive and negative peer pressure.				
5. has made me more aware of the importance of being resilient and bouncing back.				
6. has taught me to avoid unhealthy behaviours such as addictions.				
7. has provided me with life skills that help me live a healthy life.				

10. Mark with a ✓ the things you liked and mark with an X the things you disliked

Workbook	
Interactive games	
Presentations	

Other things I liked

_____

Other things I disliked

_____

EVALWAZZJONI

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

Il-programm Teen Outside the Box...	*Iva*	*Ma nafx*	*Le*	*Assenti*
1. *għamilni konxju/a mill-importanza li jkolli stima tajba tiegħi nnifsi.*				
2. *tani biżżejjed għarfien dwar ħiliet biex inkampa.*				
3. *għamilni aktar konxju/a dwar kif nieħu deċiżjonijiet aktar għaqlin.*				
4. *għenni niddistingwi bejn pressjoni minn nies tampari pożittiva u negattiva.*				
5. *għamilni aktar konxju/a mill-importanza li nkun reżiljenti.*				
6. *għallimni nevita mġieba mhux tajba, bħall-vizzji.*				
7. *tani ħiliet għall-ħajja li jgħinuni ngħix ħajja sana.*				

10. *Immarka b'✓ l-affarijiet li għoġbuk jew b' X l-affarijiet li m'għoġbukx.*

Ktejjeb	
Il-logħob interattiv	
Presentazzjonijiet	

Affarijiet oħra li għoġbuni

_____

Affarijiet oħra li m'għoġbunix

_____



Foundation for Social Welfare Services

Here for you