

EL DIA INTERNACIONAL DE LA JUVENTUD

**KIT DE
CONTENIDOS
2023**



INTERNATIONAL FEDERATION
FOR SPINA BIFIDA
AND HYDROCEPHALUS

Happy

INTERNATIONAL

Youth

DAY



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QUIERES CONMEMORAR EL DÍA INTERNACIONAL PERO NO SABES COMO?

ENTONCES SIGUE LEYENDO ESTE **KIT DE CONTENIDOS DEL DIA INTERNACIONAL DE LA JUVENTUD**

DIA INTERNACIONAL DE LA JUVENTUD

El día 12 de agosto, el mundo celebra el día internacional de la Juventud. Este día fue designado por las Naciones Unidas para concienciar y su objetivo es llamar la atención sobre un conjunto de cuestiones culturales y legales que afectan a los jóvenes. La primera vez que se celebró el día internacional de la Juventud fue el 12 de agosto del 2000 y desde entonces los jóvenes pueden expresarse y ser escuchados en todo el mundo en este día especial. Esta es una oportunidad para que los jóvenes llamen la atención sobre los problemas de la juventud en todo el mundo y el Grupo de Jóvenes Internacional de IF se lo toma muy en serio y quiere abordar varios problemas relacionados con la situación actual. Y este año nuestro tema es... [NEXT ➔](#)

TEMA DEL DÍA INTERNACIONAL DE LA JUVENTUD

**#YouthSBHand
INDEPENDENTLIVING**



El derecho de las personas con discapacidad a la vida independiente se establece en el artículo 19 de la Convención de las Naciones Unidas sobre los Derechos de las Personas con Discapacidad (UNCRPD). La vida independiente es especialmente importante para los jóvenes que se enfrentan a la transición de la adolescencia a la edad adulta.

Este año 2023, el Grupo internacional de Jóvenes de IF quisiera aprovechar esta oportunidad para crear conciencia sobre la vida independiente y sus impactos en la salud de las personas.

¿Cómo celebrará este día el Grupo Internacional de Jóvenes de IF?

El Grupo Internacional de Jóvenes de IF compartirá una historia de su vida independiente y/o grabará un video que cuente lo que significa para ellos la vida independiente, su situación actual, sus pensamientos, sus problemas y las lecciones aprendidas con la vida independiente. Al hacer esto, el Grupo Internacional de Jóvenes de IF espera aumentar la conciencia no solo de los jóvenes sino de todos con EBH sobre la vida independiente.

“ Vivir de forma independiente puede ser más difícil si tienes espina bífida o hidrocefalia, pero en mi experiencia es algo por lo que vale la pena esforzarse. ”



Marcus Ward

“ Me doy cuenta de que en mucho lugares no tienen tanta suerte como en Australia en el sistema de apoyo vida, pero estoy seguro de que hay formas en que todos podemos mejorar nuestra independencia, si lo buscamos juntos. ¡Asegúrate de tener el apoyo que necesitas! Eso sigue siendo vivir de forma independiente. ”



Rebeca Austin

“ A los 17 años saqué el carnet de conducir, así que desde que manejo diría todos los días [...] puedo hacer el hogar, cocinar, lavar los platos, lavar la ropa y también estudio en la universidad. No es fácil, pero puedo hacerlo. ”



Patrícia Albertová

ÚNETE A NOSOTRXS

¡Comparte con nosotrxs lo que significa para ti la vida independiente y comparte tu historia de vida independiente! Queremos escuchar tu voz!!!

PASO 1

Grabar un video máx. 3 minutos



o **Escribir una historia** (incluida una imagen si se desea): máx. límite de 300 palabras



o **Tómate una foto y escribe** lo que significa para ti la vida independiente (Descarga el marco [aquí](#))

PASO 2

Envía tus materiales (video, publicaciones, fotos) a info@ifglobal.org **antes del 9 de agosto del 2023**



ÚNETE A NOSOTROS

#YouthSBHandIndependentLiving

STORY OF MY LIFE

PATRÍCIA ALBERTOVÁ, SLOVAKIA

My journey of independence began when I was 6 years old.

I started doing personal hygiene myself. I helped my mum with my younger brother and I studied myself because when I started primary school my brother was born so my mum did not have enough time. Also I helped with house work such as washing the dishes, peeling vegetables or tidying my room.

Then when I was around 14 I started to cook easy meals for myself. At that time I was completely able to be at home alone I just needed help with shower because our bathroom

At age of 17 I did my driving day. I am not yet able to get in car, so I need help with that.

From august I live at the other side of the city I am able to take care of the house and also study at university.

It is not easy but I can do it.



#YouthSBHandIndependentLiving

Parth Hendre, India



It is extremely important for individuals with SBH to focus on how to make themselves capable of living as independently as possible. It also helps to instill a sense of pride and dignity and develops one's confidence levels to go through in life.

#IFInternationalYouthDay
#YouthSBH

#YouthSBHandIndependentLiving

STORY OF MY LIFE

MARCUS WARD, IRELAND

Independence is a very broad term and it means something different to everyone. Not everyone has the same level of autonomy or independence, but I don't believe that that means one person isn't living independently.

Whether you have a disability or not, we all strive to do things for ourselves. This can cause challenges if you have a condition such as spina bifida or hydrocephalus, primarily down to the fact that our world is not designed to give us the independence we need and deserve.

My journey towards gaining independence has been a very gradual one. My first step in doing things for myself as an adult was to carry out tasks around my parents' home, such as washing the dishes or tidying my room. This was an important part of showing to myself, and to others, that I could live independently. I felt safe in the knowledge that I had my parents there to support me when I was learning and still trying to figure everything out.

I was 26 when I first moved out of my family home and into my own apartment. This was an incredibly exciting time for me but one not without its challenges. I had no idea how to run a household or do most of the banal things an adult needs to do. However, I was able to manage. I made mistakes and it took time but I eventually learned how to get by on a daily basis. I also had the help of five PA hours a week, which was invaluable in helping me with housework and other daily tasks. I cannot do certain tasks such as changing my bedsheets, but because I have a PA to do that for me it means that I can live in my apartment with the support I need.

My second time to move came just 3 months ago. I recently moved to Dublin, a four hours drive from my parents. I don't have the backup of my parents when I'm stuck. I have my PA hours, however, and these are as useful to me as ever. Again, I am managing. There have been times where I've been overwhelmed by my decision to move so far from home but it has worked out for the best. It is taking time to adjust to my new life here but that's ok. And if you never manage to move out of your parents' home, that's ok too.

Don't put too much pressure on yourself to become as independent as an able-bodied person. If you need the support of your parents, or a PA, you should still be very proud of yourself for trying your best and doing what you can. I've never believed that I'm not living independently simply because I have a PA. Living independently can be more challenging if you have spina bifida or hydrocephalus, but it is something worth striving for in my experience.

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REBECCA AUSTIN, AUSTRALIA



I am still really struggling from a mental health point, but I know that living by myself gives me the most comfort and freedom to do whatever I need to do to get through each day, without having to worry what other people are thinking of me.

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STORY OF MY LIFE

RERELOLUWA ADEOLU, NIGERIA

My journey of independence started when I was a kid (I can't remember the age actually).

I remember when I was a kid I was so disorganised that the next day for school I would be looking for my shoes, bag and socks.

So on one beautiful Saturday morning, my mum asked me to go and bring my school uniform and socks. She knew fully well that I wouldn't be able to find those things. She told me that if she finishes her laundry before I bring my uniform and socks that I would be the one to do my laundry and I went in search of them and couldn't find them at first but after searching for a long time, I finally found them.

By then, she had done her laundry so she handed over a small green bag for me to wash my clothes.

When I was in my last year of secondary school, I failed my mock exam so out of annoyance she made me wheel myself to school but it was for a short while.

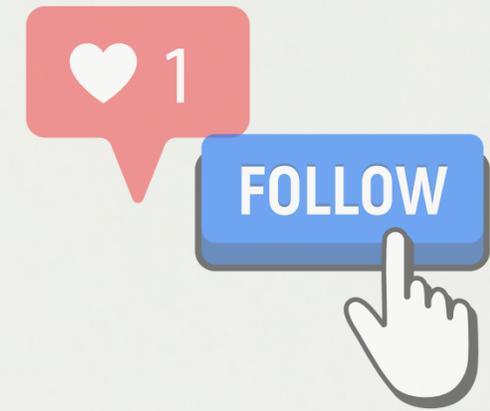
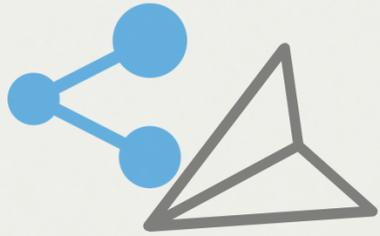
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MATERIALES QUE PUEDES DESCARGARTE Y COMPARTIR EN TUS REDES SOCIALES

También puedes usar el material de la IF y compartirlo en tus redes sociales

- Descarga el Poster del día internacional de la Juventud [aquí](#)
- Descarga el Banner del día internacional de la Juventud [aquí](#)
- Descarga el Reserva la fecha del día internacional de la Juventud [aquí](#)
 - Descarga el marco del día internacional de la Juventud [aquí](#)
- Descarga el cartel de poster del día internacional de la Juventud 1 [aquí](#)
- Descarga el cartel de poster del día internacional de la Juventud 2 [aquí](#)
- Descarga el cartel de poster del día internacional de la Juventud 3 [aquí](#)

Etiqueta @IFSBH, Comparte y Sigue



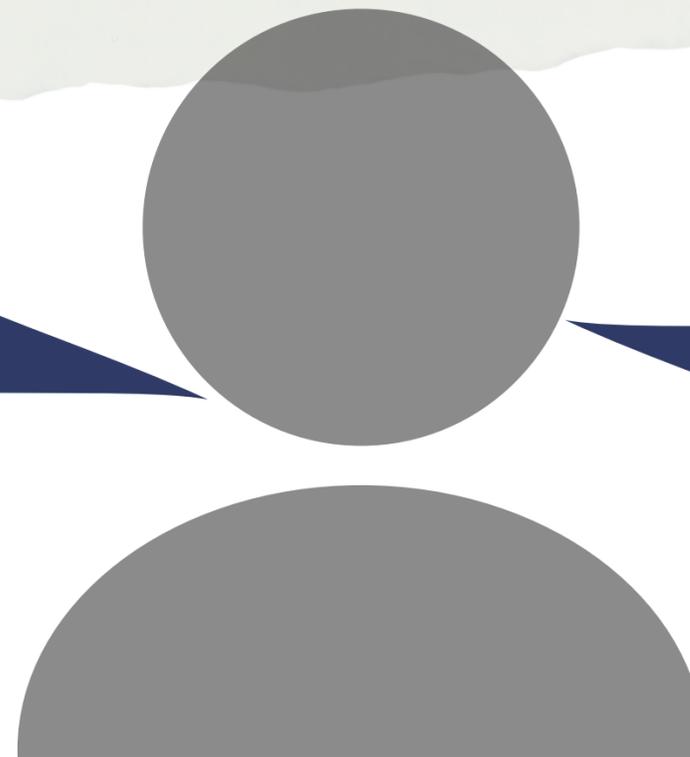
Comparte y usa el hashtags:

#IFInternationalYouthDay

#YouthSBH

#YouthSBHandIndependentLiving

#YouthSBHVoice



Y sigue @IFSBH



GRACIAS POR TU PARTICIPACIÓN

GRUPO INTERNACIONAL DE JÓVENES DE LA IF

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