

INTERNATIONAL YOUTH DAY

**TOOLKIT
2024**



INTERNATIONAL FEDERATION
FOR SPINA BIFIDA
AND HYDROCEPHALUS

Happy

INTERNATIONAL

Youth

DAY



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**DO YOU WANT TO COMMEMORATE INTERNATIONAL YOUTH DAY, BUT ARE UNSURE HOW?
THEN TAKE A READ THROUGH **IF INTERNATIONAL YOUTH DAY TOOLKIT****

INTERNATIONAL YOUTH DAY

On 12th of August, the world celebrates the International Youth Day. This day, designated by the United Nations, is a day of awareness and its goal is to bring attention to a specific set of cultural and legal issues that affect young people. The first International Youth Day was celebrated on August 12, 2000 and since then young people can express themselves and be heard from the World on this special day. This is an opportunity for young people to draw attention to youth issues around the world and is taken seriously by the IF international Youth Group SBH who want to address several issues related to the current situation! And this year our theme is **NEXT ➡**

INTERNATIONAL YOUTH DAY THEME

**#YouthSBH and
MENTALHEALTH**



Independent living is the rights of persons with disabilities, which was set out in Article 19 of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). For this, mental health is especially important for youth as they are facing transition from adolescence to adulthood.

This year 2024, The IF International Youth Group SBH would like to take this opportunity to raise awareness about the importance of several mental health related topics, including the role of friendships, sports and exercises, body confidence and self-esteem, and physical health.

How the IF International Youth Group will celebrate this day?

The IF International Youth Group SBH will either share a story concerning topics of the mental health regarding experience living with SBH and/or record a video telling what mental health means to them, their current situation, their thoughts, their issues and lessons learned with independent living.

By doing this, the IF International Youth Group hopes to raise the awareness of not only youth but everyone with SBH about mental health.

“ An accessible world and inclusive society with all rights to study, work, and make decisions can change our lives to feel freedom.



Kateryna Shcherbyna

“ It's okay to not be okay



Mirela Bukovac

“ Feelings of severe despondency, anxiety, and panic attacks are not symptoms of weakness they are symptoms of trying to remain strong for far too long



Malik Armughan Ali

JOIN US

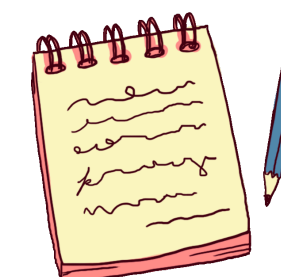
Please share with us what independent living means to you and share your story of independent living! We want to listen to your voice!!!

STEP 1

Record a video max. 3min



or **Write a story** (including a picture if wanted): max. 300 words limit



or **Take a picture and write** to express your thoughts about independent living (Download the frame [here](#))

STEP 2

Send your materials (video, posts, pictures) to **youth@ifglobal.org** before the 9th of August 2024



JOIN US

#YouthSBHandMentalHealth

STORY OF MY LIFE



REBECCA AUSTIN, AUSTRALIA

It also really sucks when medications don't seem to help a lot; when it doesn't make a big difference, take the hurt away or make things seem easy enough to get through each day. Treatment-resistant depression sucks so much - it feels like it swallows all my energy, leaves me sleeping so much and still feeling tired, stressed about so much of the stuff, alone and hopeless.

I have trialled a lot of different treatments without much success. I do keep trying and some may seem or be unconventional or unusual, but it is a battle that I am still fighting and I have to try what I can to get any bit of relief.

Anyway, my point of my sharing this is to spread awareness and inform people. Things are not always as it seems. And we are always learning, so medical treatments are changing with new research - keeping an open mind whilst trialling things has been important and helpful to me.

I'm grateful to the people who have been supportive during this long and painful time xx



#YouthSBHandMentalHealth

Malik Armughan Ali
Pakistan



“We got an illness that affects your heart, your leg, or your brain. That skill is a sickness affecting the body and there should be no difference. Feelings of severe despondency anxiety and panic attacks are not symptoms of weakness they are symptoms of trying to remain strong for far too long.”

#IFInternationalYouthDay
#YouthSBH
#YouthSBHandMentalHealth



#YouthSBHandMentalHealth

Kateryna Shcherbyna,
Chair IF International
Youth Group SBH,
Ukraine



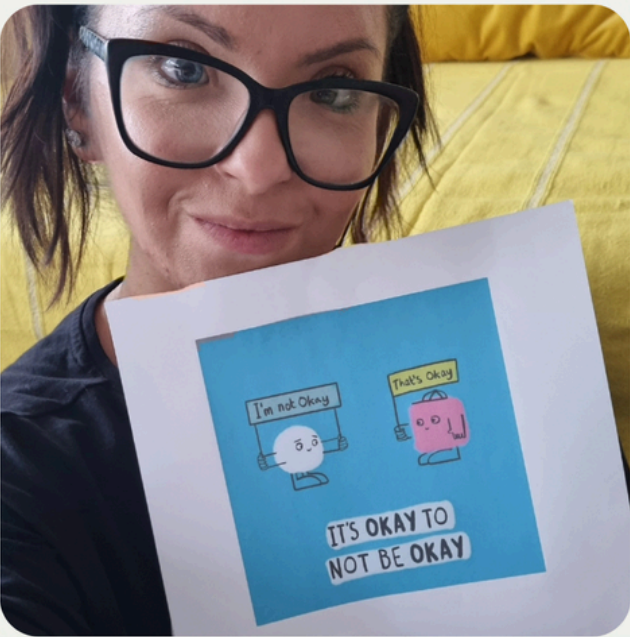
“I have spina bifida and have lived independently since the beginning of student years. In my country, I am faced with challenges that have everyone, but having a disability makes it more difficult. I believe that an accessible world and inclusive society with all rights to study, work, and make decisions can change our lives to feel freedom.”

#IFInternationalYouthDay
#YouthSBH
#YouthSBHandMentalHealth
#YouthSBHVoice



#YouthSBHandMentalHealth

Mirela Bukovac,
Croatia



It's okay
not to be okay

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IF SBH INTERNATIONAL FEDERATION
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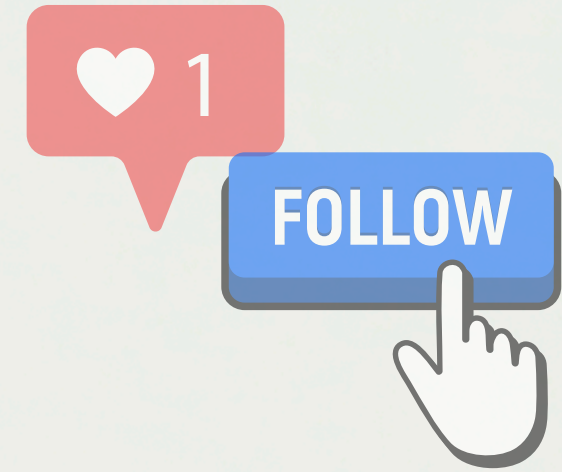
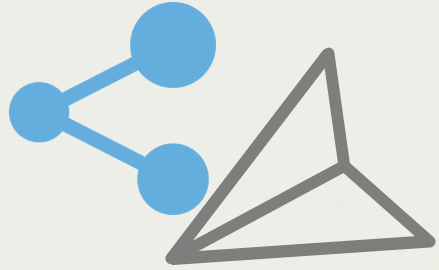


MATERIALS YOU CAN DOWNLOAD AND SHARE ON YOUR SOCIAL MEDIA

You can also join the action by using IF's material and share them on your social media!!

- Download the International Youth Day Poster [here](#)
- Download the International Youth Day Banner [here](#)
- Download the International Youth Day Save the Date [here](#)
- Download the International Youth Day Frame Challenge [here](#)
- Download the International Youth Day Media Poster 1 [here](#)
- Download the International Youth Day Media Poster 2 [here](#)
- Download the International Youth Day Media Poster 3 [here](#)

Tag @IFSBH, Share & Follow



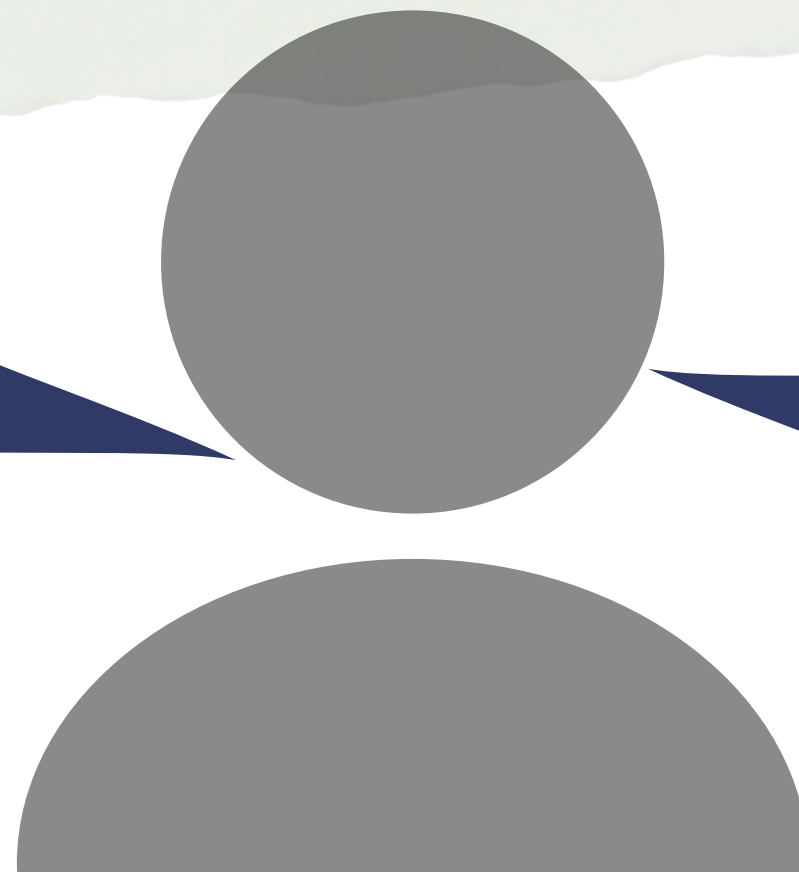
Share and use the hashtags:

#IFInternationalYouthDay

#YouthSBH

#YouthSBHandMentalHealth

#YouthSBHVoice



And Follow @IFSBH



THANK YOU FOR YOUR PARTICIPATION IF INTERNATIONAL YOUTH GROUP SBH

For further information please contact IF at:

✉ info@ifglobal.org

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