



12 August



INTERNATIONAL YOUTH DAY

On the 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.



IF International Youth Group will celebrate this day under the theme **#YouthSBHandMentalHealth**.

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.

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.

You are invited to take part in the
IF Challenge on International Youth Day!

More info at ifglobal.org