Welcome and Introduction

@YouthLeadGlobal
#YouthLeadGlobal
#YLWebinar

Maria Brindlmayer

YouthLead Coordinator

Nilima Raut

Project Manager;
Knowledge
Management &
Communications;
Atlas Corps Fellow
(Nepal)

Abolaji Omitogun

Knowledge
Management &
Commications

Atlas Corps Fellow
(Nigeria)

Ikena Anyadike

Knowledge
Management &
Commications

Atlas Corps Fellow
(Nigeria)

YouthPower Learning
Advancing solutions to improve young lives

- **YouthPower Learning** advances solutions through integrated research and development programs to improve the capacity of youth-led and youth-serving institutions.

- *By engaging youth, their families, communities, and governments in innovative programs, we build young people's skills, assets, and competencies; foster healthy relationships; strengthen the enabling environment; and transform systems.*

What is Positive Youth Development (PYD)?

PYD programs recognize youth's inherent rights and result in youth who have **assets**, the ability to leverage those assets (**agency**), and the ability to **contribute** to positive change for themselves and their communities, surrounded by an **enabling environment** that supports them

http://www.youthpower.org/positive-youth-development

YOUTHLEAD Vision

YouthLead:
The global hub for young changemakers to maximize their impact through networking, mentoring, and accessing information.

YouthLead Ambassadors selected
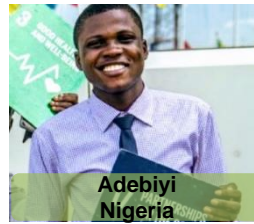

Alejandra
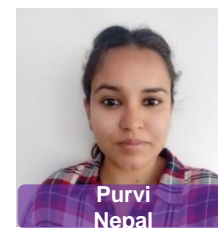Guatemala

Joseph
Bangladesh
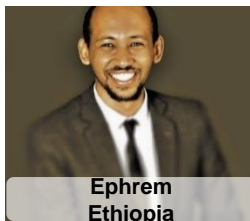

Shakira
South Africa

Adebiyi
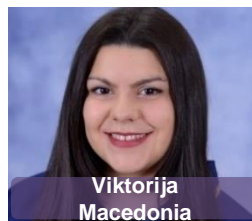Nigeria

Deepank
India

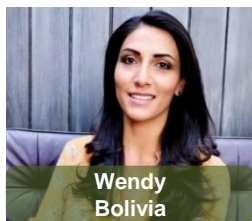Jupille
Haiti

Purvi
Nepal

Ephrem
Ethiopia

Viktorija
Macedonia

Wendy
Bolivia

Israel
Chad
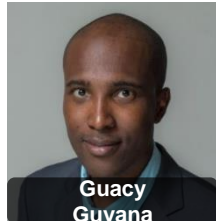
Guacy
Guyana

Rahama
Mali

Natalia
Peru

Danilsa
Dominican Republic
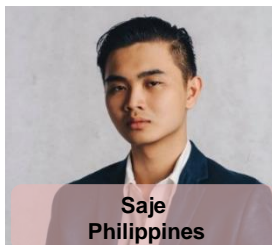
Saje
Philippines

Abdulwahab
Yemen
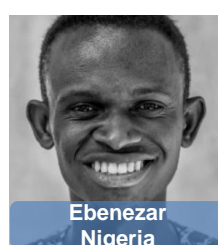
Ebenezar
Nigeria

Aung
Myanmar
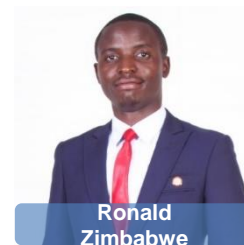
Ronald
Zimbabwe

Ilyas
Pakistan

2019 YouthLead Activities

- Selection of YouthLead Ambassadors

- Campaigns
  - Photo contest (ongoing)
  - Video contest (forthcoming - to be confirmed)

- Webinar series and topical campaigns
  - Led by Ambassadors
  - Led by Sponsors, connected with campaigns

2019 Girl Up Leadership Summit

Jul 15 2019

From July 15-17, 2019 more than 400 passionate youth advocates from around the world will gather...

AFRICA YOUTH AND TALENT SUMMIT 2019, LAGOS-NIGERIA

Jul 20 2019

AFRICA YOUTH AND TALENT SUMMIT 2019 Africa Youth and Talent Summit heads into its 3rd year after a...

Location:
Lagos, Nigeria

TEDSummit 2019: A community beyond borders

Jul 21 2019

TED is a global community of people interested in how ideas can improve the world. Every few years...

Location:
Edinburgh, United Kingdom

Sponsors

Sponsors are promoting YouthLead, contributing content and are leading webinars for the mini-campaigns.
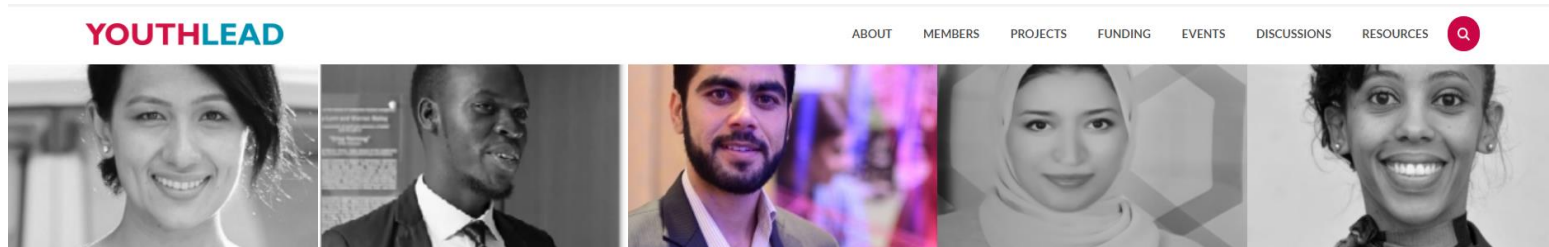
The Time is Now:
Applying a mental health lens to youth-focused programming

Chisina Kapungu & Marie-Louise Ocran

July 31st, 2019

Speakers

Chisina Kapungu
Senior Gender &
Youth Specialist
ICRW

Marie-Louise Ocran
Founder,
More to Life International

POOR MENTAL HEALTH

▸ Sadness and tiredness
▸ Hopelessness and helplessness
▸ Fear about the future
▸ Social withdrawal and interpersonal problems
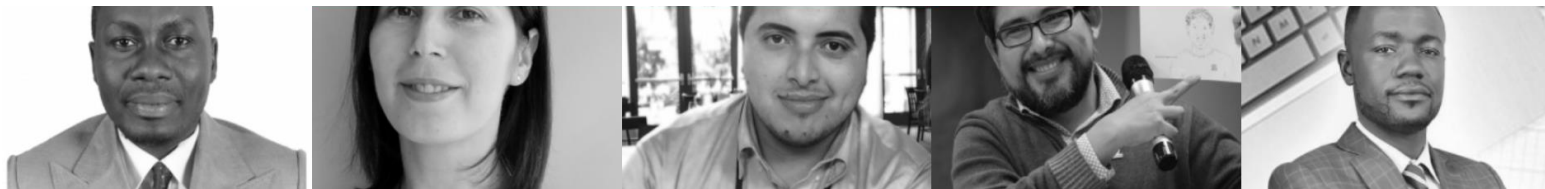▸ Sleep and eating problems
▸ Difficulty concentrating and solving problems
▸ Alcohol and substance abuse
▸ Suicidal thoughts

INCREASED VULNERABILITY

▸ Stigma and Discrimination
▸ Restrictions in exercising civil and political rights
▸ Exclusion from participating in civil society
▸ Reduced access to health and social services
▸ Lack of educational opportunities
▸ Exclusion from income generation and employment opportunities
▸ Increased disability and premature death

INTERNATIONAL DEVELOPMENT OUTCOMES

▸ Poverty reduction
▸ Inequality and marginalization
▸ Reduced social capital
▸ Reduced economic development
▸ Diminished educational opportunities
▸ Decreased high-risk sexual behaviors

Deaths in 15-19 year olds

(1990, 2005, 2013)

Male

Road injuries 17·5% (16·1–19·5)	Road injuries 19·6% (18·0–21·4)	Road injuries 18·7% (16·8–20·8)
Self-harm 7·3% (6·0–8·6)	Self-harm 7·9% (6·0–9·4)	Interpersonal violence 7·8% (5·3–9·3)
Drowning 7·2% (5·7–8·7)	Interpersonal violence 7·6% (5·3–9·3)	Self-harm 7·4% (5·7–9·4)
Interpersonal violence 6·8% (4·9–8·6)	Drowning 6·3% (5·2–7·9)	Drowning 5·9% (4·7–7·9)
Tuberculosis 4·6% (3·8–5·4)	Intestinal infectious diseases 3·2% (1·6–5·6)	HIV/AIDS 5·4% (4·6–6·2)

Female

Self-harm 8·8% (7·5–10·1)	Self-harm 9·9% (7·5–12·9)	Self-harm 9·8% (7·1–12·9)
Tuberculosis 6·8% (5·7–8·2)	Road injuries 8·0% (6·8–9·0)	Road injuries 7·6% (6·3–8·8)
Road injuries 6·6% (5·9–7·8)	Tuberculosis 5·6% (4·2–6·7)	HIV/AIDS 7·5% (6·4–8·7)
Fire, heat, and hot substances 5·6% (4·1–7·6)	Diarrhoeal diseases 4·2% (3·3–5·4)	Tuberculosis 4·4% (3·3–5·6)
Diarrhoeal diseases 5·2% (4·3–6·3)	Fire, heat, and hot substances 4·0% (2·7–6·1)	Fire, heat, and hot substances 3·9% (2·5–6·1)

Global School-based Student Health

- In Iraq, Ghana and El Salvador:
  - **Girls were between two and six times more likely than boys ever to make a suicide plan**

- In El Salvador, Iraq, the Maldives and Swaziland:
  - **Girls were at least three times more likely to feel lonely if they were bullied based on their appearance**

- In five of the six countries:
  - **Girls experienced greater loneliness as a result of bullying due to sexual jokes, gestures and comments**

- In El Salvador, Iraq and Swaziland:
  - **For boys, bullying about appearance increased their likelihood of losing sleep**

ICRW
INTERNATIONAL CENTER
FOR RESEARCH ON WOMEN

More to Life International

Free Your Mind

MISSION

Creating avenues for the positive mental health development of boys &girls .

VISION

Seeking to eradicate the stigma on mental health.

1 out of 5

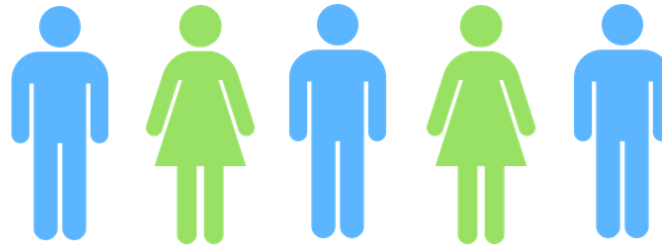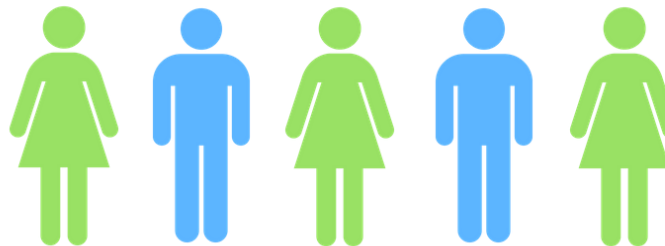More to Life International
Free Your Mind

youth aged 13–18 experiences a severe mental disorder at some point during their life.

adults experience mental illness in a given year.

Source: National Alliance On Mental Illness

FOCUS

- MENTAL HEALTH EDUCATION
- SUICIDE PREVENTION
- ANTI BULLYING
- THERAPY PROMOTION
- SELF ESTEEM BOOSTING

OPERATIONS

- WORKSHOPS
- SOCIAL MEDIA
  ADVOCACY

@MORETOLIFEINTL

"I have never been remotely ashamed of having been depressed. Never. What's there to be ashamed of? I went through a really tough time and I am quite proud that I got out of that."

J.K. ROWLING

@MORETOLIFEINTL

BULLYING AFFECTS

MENTAL HEALTH

W.MORETOLIFEORG.COM

@MORETOLIFEINTL

MORE THAN 90% OF CHILDREN WHO DIE BY SUICIDE HAVE A MENTAL HEALTH CONDITION.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

@MORETOLIFEINTL

"I found that, with depression, one of the most important things you could realize is that you are not alone."

@MORETOLIFEINTL

MENTAL HEALTH EDUCATION WILL HELP STUDENTS TO THRIVE.

1 IN 5

WHEN WE FAIL TO EDUCATE YOUNG WOMEN ABOUT MENTAL HEALTH

WE FAIL AN ENTIRE GENERATION.

#DAYOFTHEGIRL

300

and counting..

- AGES 12-22YRS

WORKSHOPS

- ACCRA, GHANA
- BUFFALO, NY
- ALBANY, NY
- BRONX, NY

UPCOMING PROJECT

LIFE
CENTERS

Creating a safe environment for boys & girls to develop a healthier emotional and psychological lifestyle.

Opportunities for Action

- Create a nurturing and supportive environment through girls and boys clubs and "safe spaces"

- Use social media to increase education, promote discussion and reduce stigma on mental health
  - Develop a blog, video diary or write an article
  - Share resources and referrals of organizations that can help

- Integrate awareness-raising and educational campaigns within school-wide programming on mental health risks

- Implement peer to peer education on mental health

- Develop & implement gender-responsive mental health interventions

- Tailor adolescent programming for vulnerable populations

Opportunities for Action

- Integrate gender and mental health into school curriculums and existing youth-focused interventions

- Integrate evidence-based positive youth development and social emotional learning strategies to strengthen children's life skills and value

- Adapt materials and curricula to include gender and mental health. Document what works and what doesn't work well.

- Engage youth in in program design, implementation and evaluation

- Integrate youth experiences and their voice in interventions and trainings for healthcare workers, teachers, school counselors and other frontline professionals
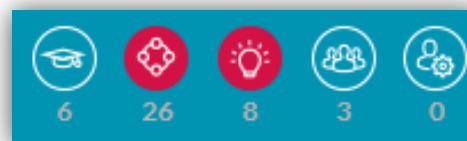
Q&A

How You Can Join and Contribute?

- Request to **join** at Youthlead.org

- Complete your **profile**

- Post **projects**

- Contribute to **discussions**

- Contribute and earn **badges** to increase visibility!

- Subscribe to monthly YouthLead **newsletter** for updates!

- Join and share on **social media**:
  Contribute to the Twitter stream
  and spread the message of #YouthLeadGlobal and #YLWebinar.
  Like and follow YouthLead on Facebook.

- Reach out to the speakers – and **continue the discussion** about this topic in the YouthLead discussion group. https://www.youthlead.org/discussions/webinar-social-entrepreneurship-submit-questions-you-want-our-youthlead-ambassadors-address

YL   www. YouthLead.org   @youthleadglobal   YouthLeadGlobal

Thank you!

Thank you for participating in this YouthLead webinar.

The recording of today's event will be shared with all registrants.

Please visit www.YouthLead.org for more information.

#YouthLeadGlobal
#YLWebinar

YouthLeadGlobal   @YouthLeadGlobal

ICRW RESOURCES

PUBLICATIONS

- *Understanding and Tackling Gendered Drivers of Poor Adolescent Mental Health -* https://www.icrw.org/publications/understanding-tackling-gendered-drivers-poor-adolescent-mental-health/

- *A Life Not Chosen: Early Marriage and Mental Health -* https://www.icrw.org/publications/a-life-not-chosen-early-marriage-and-mental-health/

- *Mental Health and Ending Female Genital Mutilation and Cutting: Recommendations for U.S. Foreign Policy and Programs -* https://www.icrw.org/publications/mental-health-ending-fgmc-recommendations/

BLOGS

- *Self-Harm: A Leading Cause of Death for Girls, and We Don't Know Why* via NewsDeeply - https://www.newsdeeply.com/womenandgirls/community/2017/10/04/self-harm-a-leading-cause-of-death-for-girls-and-we-dont-know-why

- *Bullying needs to be addressed at every level of our communities. Here's how.* via Devex - https://www.devex.com/news/opinion-bullying-needs-to-be-addressed-at-every-level-of-our-communities-here-s-how-93600

WEBINAR
- *Navigating the Intersection between Gender & Adolescent Mental Health -* https://youtu.be/gPu3VpLvyRg.

YOUTHPOWER LEARNING RESOURCES

PUBLICATIONS

- *Systematic Review of Positive Youth Development in Low- and Middle-Income Countries-* https://www.youthpower.org/systematic-review-pyd-lmics

- *A Conceptual Framework on the Gendered Drivers of Poor Mental Health-* *https://www.youthpower.org/resources/socio-ecological-approach-understanding-gendered-drivers-poor-adolescent-mental-health-low-and-middle-income-countries*

- *The Gendered Impacts of Bullying on Mental Health in Low-and Middle-Income Countries: Recommendations for Programs and Research-* *https://www.youthpower.org/resources/gendered-impacts-bullying-mental-health-among-adolescents-low-and-middle-income-countries-recommendations-programming-and-research*

- *Gender and Adolescent Mental Health: An Opportunity to Achieve Sustainable Development-* *https://www.youthpower.org/sites/default/files/YouthPower/files/resources/USAIDYouthPower_MentalHealth_v5_WebReady.pdf*