

# INTERNATIONAL YOUTH DAY

**TOOLKIT  
2023**



Happy

**INTERNATIONAL**

Youth

**DAY**



**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

**#YouthSBHand  
INDEPENDENTLIVING**



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). Independent living is especially important for youth as they are facing transition from adolescence to adulthood.

This year 2023, The IF International Youth Group SBH would like to take this opportunity to raise awareness about independent living and its impacts on people's health.

# How the IF International Youth Group will celebrate this day?

The IF International Youth Group SBH will either share a story of their independent living and/or record a video telling what independent living 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 independent living.

“ Living independently can be more challenging if you have spina bifida or hydrocephalus, but it is something worth striving for in my experience. ”



Marcus Ward

“ I realise not everywhere is as lucky as Australia in the system of living and support, but I'm sure there are ways we can all increase our independence, if we just look for it together. Make sure you get the support you need! That's still living independently ”



Rebecca Austin

“ At age of 17 I did my driving licence so since that I drive I would say every day [...] I am able to take care of the household, cook, wash dishes, wash clothes and I also study at university. It is not easy but I can do it. ”



Patrícia Albertová

# JOIN US

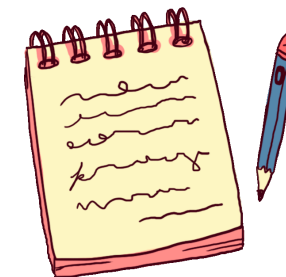
Please share with us what independent living means to you and share your story of independent living! We want to listen to your voice!!!

## STEP 1

Record a video max. 3min



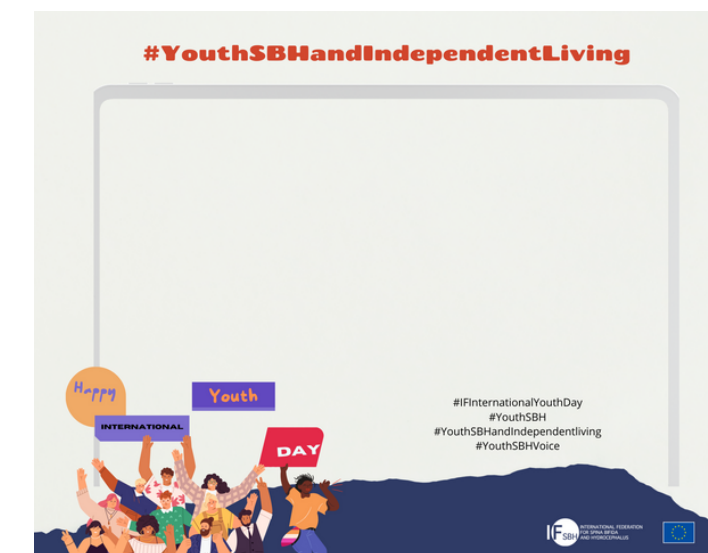
or **Write a story** (including a picture if wanted): max. 300 words limit



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 **info@ifglobal.org** before the 9th of August 2023



# JOIN US

## #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.

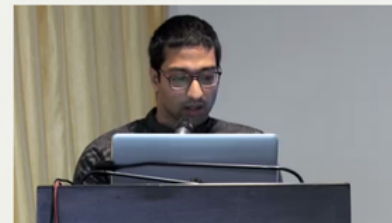
From august I live at the other able to take care of the house also study at university.

It is not easy but I can do it.



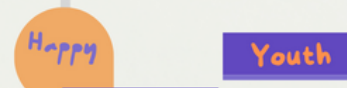
## #YouthSBHandIndependentLiving

#### 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  
#YouthSRH



## #YouthSBHandIndependentLiving

#### 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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#YouthSBH  
#YouthSBHandIndependentLiving  
#YouthSBHVoice



## #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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## #YouthSBHandIndependentLiving

### 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 baff 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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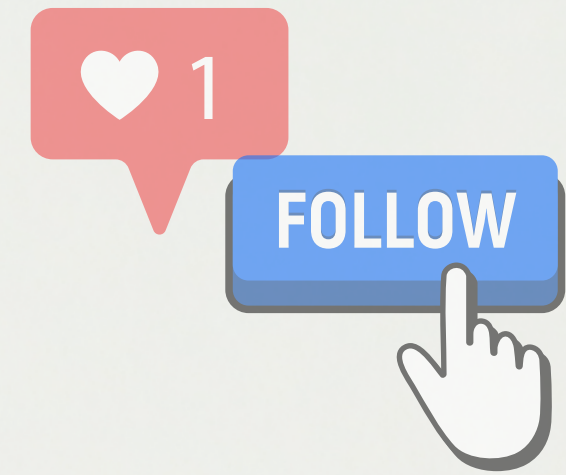
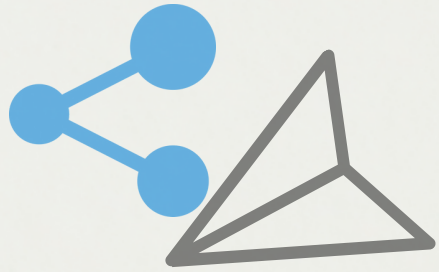
## MATERIALS YOU CAN DOWNLOAD AND SHARE ON YOUR SOCIAL MEDIA

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



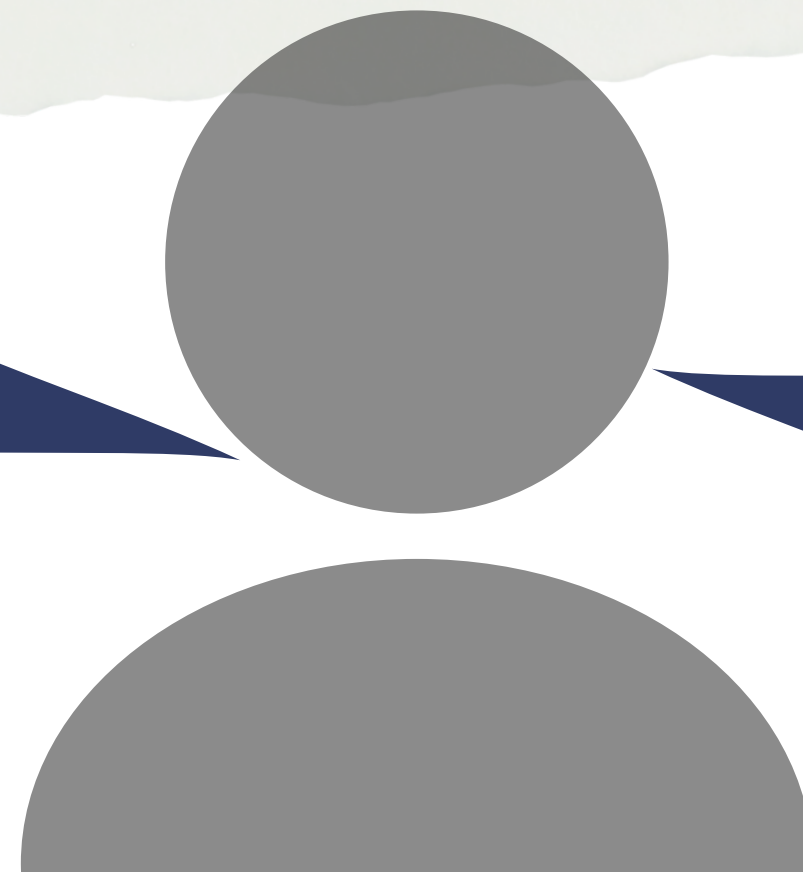
Share and use the hashtags:

#IFInternationalYouthDay

#YouthSBH

#YouthSBHandIndependentLiving

#YouthSBHVoice



And Follow @IFSBH



# THANK YOU FOR YOUR PARTICIPATION IF INTERNATIONAL YOUTH GROUP SBH

For further information please contact IF at:

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Co-funded by  
the European Union

