

# DIA INTERNACIONAL DA JUVENTUDE



Happy

INTERNATIONAL

Youth

DAY



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**QUERES COMEMORAR O DIA INTERNACIONAL DA JUVENTUDE, MAS NÃO TENS A CERTEZA COMO?  
ENTÃO DÁ UMA LEITURA NO KIT PARA O **DIA INTERNACIONAL DA JUVENTUDE****

## **DIA INTERNACIONAL DA JUVENTUDE**

No dia 12 de agosto, celebra-se o dia Internacional da Juventude. Este dia, designado pelas Nações Unidas, é um dia de conhecimento e o seu objetivo é chamar a atenção para um conjunto específico de assuntos culturais e legais que afetam os jovens. O primeiro dia Internacional da Juventude foi celebrado a 12 de agosto de 2000 e desde então os jovens podem expressar-se e ser ouvidos pelo Mundo neste dia especial. Esta é uma oportunidade para os jovens chamarem a atenção para os seus assuntos, por todo o mundo e é levado muito a sério pelo Grupo de Jovens Internacional da IF, que visam chamar a atenção para vários assuntos relacionados com a situação atual! E este ano o nosso tema é **NEXT** ➔

## TEMA DO DIA INTERNACIONAL DA JUVENTUDE

**#YouthSBHand  
INDEPENDENTLIVING**



Vida Independente é o direito de pessoas com deficiência, que foi estipulado pelo artigo 19 da Convenção Internacional dos Direitos da Pessoa com Deficiência (CINDPD). Vida independente é especialmente importante para a juventude pois estão a atravessar a transição da adolescência para a vida adulta. Em 2023, o Grupo de Jovens da Federação Internacional gostaria de ter a oportunidade de chamar a atenção para a Vida Independente e os seus impactos na saúde das pessoas

# Como é que o Grupo de Jovens da Federação Internacional irá celebrar este dia?

O Grupo de Jovens da Federação Internacional partilhará uma história da uma Vida Independente e/ou gravará um vídeo a explicar o que a vida independente significa para eles, a sua situação atual, o que pensam, os seus problemas e lições aprendidas com a Vida Independente. Ao fazer isto, o Grupo de Jovens da IF espera chamar a atenção sobre Vida Independente não apenas aos jovens, mas a todos aqueles com SBH

“ Viver de forma independente pode ser mais desafiador se tiver Spina Bífida ou Hidrocefalia, mas, na minha opinião, é algo pelo qual vale a pena lutar. ”



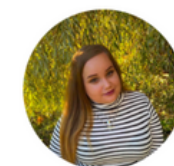
Marcus Ward

“ Percebo que nem toda a gente é tão privilegiada quanto os que pode ter o sistema de suporte à vida como na Austrália, mas tenho a certeza que há formas para que todos possamos aumentar a nossa independência, se a procurarmos juntos. Certifica-te que consegues todo o apoio que precisas! Isso ainda é viver de forma independente. ”



Rebeca Austin

“ Aos 17 anos tirei a minha carta de condução, por isso, desde que conduzo, digo todos os dias [...] sou capaz de cuidar da casa, cozinhar, lavar a louça, lavar a roupa, e também estudo na universidade. Não é fácil mas eu consigo fazê-lo. ”



Patrícia Albertová

# JUNTA-TE A NÓS

Por favor, partilha connosco o que Vida Independente Significa para ti e partilha a tua história de vida independente! Queremos ouvir a tua voz!!

## 1º Passo

Grava um video de no máximo 3 minutos



ou **escreve uma história** (incluindo uma fotografia se desejares):  
limite máximo: 300 palavras



ou **tira uma fotografia e escreve** para expressares os teus pensamentos sobre vida independente (descarrega a estrutura **aqui**)

## 2º Passo

Envia os materiais (videos, posts, fotografias) para  
**info@ifglobal.org antes de 9 de agosto de 2023**



# JUNTA-TE A NÓS

**#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.



**#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**

**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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#YouthSBHVoice



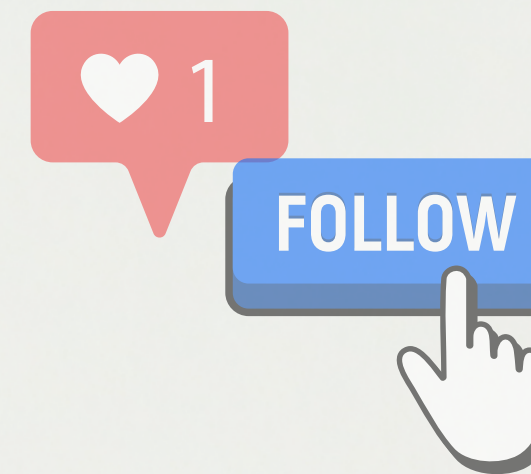
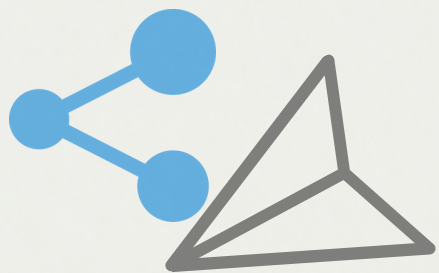
## MATERIAIS QUE PODES DESCARREGAR E PARTILHAR NAS TUAS REDES SOCIAIS

Podes também juntar-te à ação usando o material da IF e partilhando-o nas tuas redes sociais!!

- Descarrega o poster do Dia Internacional da Juventude [aqui](#)
- Descarrega o estandarte do Dia Internacional da Juventude [aqui](#)
- Descarrega o guarda o dia do Dia Internacional da Juventude [aqui](#)
- Descarrega o quadro desafio do Dia Internacional da Juventude [aqui](#)
- Descarrega o estandarte media do Dia Internacional da Juventude 1 [aqui](#)
- Descarrega o estandarte media do Dia Internacional da Juventude 2 [aqui](#)
- Descarrega o estandarte media do Dia Internacional da Juventude 3 [aqui](#)



# Tega @IFSBH, partilha e segue



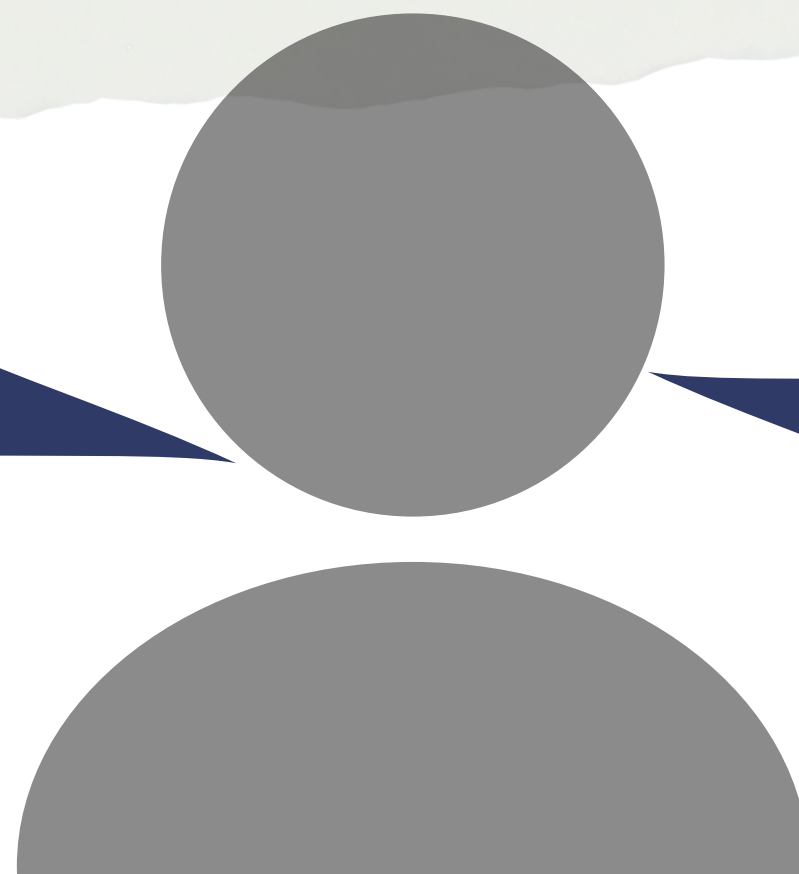
Partilha e usa os hastags:

#IFInternationalYouthDay

#YouthSBH

#YouthSBHandIndependentLiving

#YouthSBHVoice



E Segue @IFSBH



# OBRIGADO PELA TUA PARTICIPAÇÃO

## Grupo de Jovens da Federação Internacional

Para mais informações, contactar IF em:

✉ [info@ifglobal.org](mailto:info@ifglobal.org)

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