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 who want to address several issues related to the current situation! And this year our theme is...
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 2022, The IF International Youth Group 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?

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

The IF International Youth Group 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.
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 sinem.sari@ifglobal.org before the 9th of August 2022
JOIN US

#YouthSBHandIndependentLiving

STORY OF MY LIFE

PATRICIA ALBERTOVA, SLOVAKIA

My journey of independence began when I was a child. I helped my mum with my younger brother and I started helping myself when I started primary school. I was always very good at managing my time and my chores. I also helped with housework as washing the dishes, peeling vegetables or helping my mum.

Then when I was around 13 I started to cook easy meals for myself. At that time I was completely alone in my house because my mum was away because of her hospital treatment. I had to learn how to wash clothes and iron them. I was just learning how to be independent because I didn’t have any help.

At age 17 I first moved away from home and I had my own car. I was able to take care of the house and also study at the same time. It is not easy but I can do it.

#YouthSBHandIndependentLiving

PARTH HENDE, 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 instil a sense of pride and dignity and develop new confidence levels to go through life.

#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.

#YouthSBHandIndependentLiving

NIKLASIKA ANDU WEST

It's my journey of independence started when I was a kid, and I can't remember the first time, I was washing the dishes, ironing the clothes, and doing the laundry. I was just learning how to manage my time and my chores. I had to learn how to be independent because I didn’t have any help.

My first job was in a bakery where I learned how to bake and make bread. I also learned how to do customer service and how to deal with customers. I had to learn how to manage my time and my chores.

When I was out of a job, I was doing different tasks such as cleaning, cooking, and doing the laundry. I was just learning how to be independent because I didn’t have any help.

#YouthSBHandIndependentLiving

MARCUS HARD, IRELAND

Independence is a very broad term and it means something different to everyone. For some, it means living by yourself, or being able to do things for yourself. For others, it can mean being able to do things for themselves. This can cause challenges if you have a condition such as spina bifida or hydrocephalus, partly 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 was doing things for myself, such as cooking, shopping, and doing the laundry. I also learned how to be independent because I didn’t have any help.

I was 17 when I first stepped out of my family home and into my own apartment. This was an incredibly exciting time for me but I was not without its challenges. I had to learn how to cook and iron things that I didn’t need to do before. However, I had to manage my time and my chores. I also learned how to be independent because I didn’t have any help.

I had the help of the staff during my first week, which was very much in helping me learn how to do the laundry and how to manage my time and my chores. I also learned how to be independent because I didn’t have any help.

My personal goal is to move out of my current apartment and into a new one. I have found a place that is more suitable for me and my needs. I have been here for a while now and I have learned how to be independent because I didn’t have any help.

If you need more support on how to become independent or an article about independence, you can reach us at info@youthsbhandindependentliving.org. We are here to help you.
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](#)
Share and use the hashtags:

#IFInternationalYouthDay
#YouthSBH
#YouthSBHHandIndependentLiving
#YouthSBHVoice

And Follow @IFSBH
THANK YOU FOR YOUR PARTICIPATION
IF INTERNATIONAL YOUTH GROUP

For further information please contact IF at:
✉️ info@ifglobal.org
📞 +32 (0) 471 84 41 54