INTERNATIONAL YOUTH DAY TOOLKIT 2023
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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
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
**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

PATTY ALBERTOVIČI, SLOVAKIA
My journey of independence began when I was 16 years old. I had moved away from my parents and lived on my own for the first time. I was nervous and unsure about how to manage my life on my own. I had to learn how to cook, clean, and manage my finances. It was intimidating at first, but I was determined to succeed. I knew that independence was important for my future. Over time, I grew more confident and began to enjoy the freedom and independence that came with living on my own.

JOHN HENDRICKSON, USA
Independence is a journey that requires courage, determination, and resilience. It was not an easy road for me, but I am grateful for the challenges that I faced. They taught me valuable lessons about myself and helped me grow into the person I am today. I encourage others to embrace their independence and to never be afraid to take risks and pursue their dreams.

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 new confidence levels to go through in life.

#YouthSBHandIndependentLiving

STORY OF MY LIFE

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

STORY OF MY LIFE

MARCUS HARD, IRELAND
Independence is a very broad term and it means something different to everyone. For everyone, the same level of autonomy or independence, but I don't believe that means anyone isn't living independently.

Whether you have a disability or not, we all have to be fighting for ourselves in this day and age. The term 'independence' makes me believe that everyone has equal opportunities and that everyone can be independent if they want. Whether you are living independently or not, I think it's important to be fighting for your independence.

Aisha, India
My journey towards gaining independence has been a very gradual one. My first step was doing things for myself. As a child, I used to help my parents with household chores and cooking. As I grew older, I started to take on more responsibilities in the kitchen and began to take care of my own needs.

Happy Youth Day

#InternationalYouthDay

#YouthSBH

#YouthSBHandIndependentLiving

#YouthSBHvoice
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:

✉️ info@ifglobal.org
📞 +32 (0) 471 84 41 54