

Youth Health Programme

Taking our health seriously

“We cannot always build the future for our youth, but we can build our youth for the future.” ~

Franklin D. Roosevelt



This Ministry has established an evidence-based and comprehensive approach to youth health which includes quality sexual health education, information campaigns on health issues, and creating safe and supportive environments for youth to share their concerns and seek help in addressing challenges. There are hence three components to the programme:

- Life Skills Programme
- Sensitisation campaigns on key health issues
- Service d'Ecoute

Taking this approach improves protective factors and health outcomes for young people that can last a lifetime.

Programme Objectives:

- To equip young people to make healthy life choices.
- To create a strong peer information/education network which engages trained peer leaders in promoting a healthy lifestyle among youth.
- To provide a psychosocial support service to young people in need of help to face life challenges.
- To provide a safe, accessible and informed platform where young people can express their concerns and be listened to in a supportive manner.

The Life Skills programme is being run by the Ministry of Youth Empowerment, Sports and Recreation since 1994.

This programme seeks to equip young people with a set of interdependent and mutually reinforcing life skills, to enable them be proactive and resilient. It consists of ten Modules delivered by qualified Trainers over a period of ten to twelve weeks.

OBJECTIVE

Life skills are abilities that help us deal with the demands and challenges of everyday life, they enable us to feel better about ourselves and about others.



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| Module 1 | Identity- Who am I? <i>Knowing and liking myself</i> |
| Module 2 | Values <i>What is important to me and to others?</i> |
| Module 3 | Stereotypes and Gender Issues <i>Is my life already planned?</i> |
| Module 4 | Setting Great Goals <i>Setting Great Goals: How do I achieve my goals?</i> |
| Module 5 | Decision making <i>Decision Making: How do I deal with my options and take good decisions?</i> |
| Module 6 | Parenthood <i>Am I ready?</i> |
| Module 7 | Sexuality <i>How does it affect my responsibilities and relationships?</i> |
| Module 8 | Risks <i>How do I protect myself?</i> |
| Module 9 | Me and Others <i>How do I manage my health and my relationships?</i> |
| Module 10 | Communication <i>How can I express my feelings and emotions to others?</i> |

SENSITISATION CAMPAIGN

Focus on key Youth Health issues

OBJECTIVE

*One who has health has
hope, and one who has
hope has everything.*

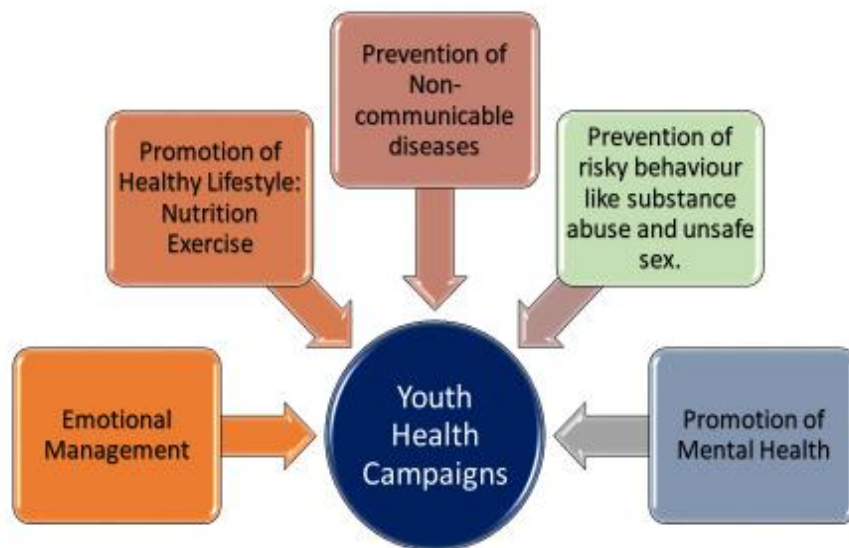
Arabian Proverb



Health information is a crucial first step to ensure that young people adopt healthy behaviors and attitudes.

Some young people lack access to the right information, and are overexposed with contrary media that subtly encourages them to take risks.

A series of health communications have been put in place with the help of trained Peer Leaders break through to youth using innovative campaigns that capitalize on using youth-friendly messages and media, Campaigns focus on the following:



Service d'Ecoute

We invite You to Talk, Be Heard and Own your Life

OBJECTIVE

If life becomes overwhelming, know that there is a safe space for you to come and talk about everything you're going through.



The Ministry will soon embark on the implementation of a Youth Counselling Service for young people, also known as the Service d'Ecoute Jeunes. Youth Officers teaming up with a pool of trained Peer Leaders who will be known as Youth Champions will provide psychosocial support to young people facing life challenges and in need of help.

We know that young people currently face a number of challenges, and are called upon to engage in life tasks as part of their growing up. During this journey through life in a highly dynamic and fast changing society, they often need guidance and support, and sometimes a listening ear to enable them to clear confusions, overcome stress and grief, move past conflict and violence and even heal themselves from anxiety and depression.

Or they may need skills to engage with an increasingly complex information web to retrieve the necessary knowledge to make crucial decisions for themselves and their close ones. It becomes imperative for them to have at their disposal, a **youth friendly, caring, informal yet professional, and confidential listening and support service**. The Ministry of Youth Empowerment, Sports and Recreation places the Service d'Ecoute at the core of its mandate. If

- ✔ *You are facing difficulties with some of your life challenges;*
- ✔ *You want to explore your true passion and put together the energy and courage to seek it;*
- ✔ *You want to strengthen your connection with others for healthy and meaningful relationships;*

We provide a confidential, non-judgmental and supportive space to help you through