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HOME

Who do you live with?
How is your relationship with your family?
Who can you talk with about difficulties?

“Home relationships between adolescents and their parents are always very complex. It is important to both establish certain boundaries, and grant to the adolescent sufficient liberty in order to promote the proper development of his or her independence. Guidance and boundaries are important as they provide a connection in which the young person will trust the parent/caregiver. Youths need to be treated (no matter what country it is) with a respect which allows them to grow independently but securely into adulthood.”

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EDUCATION

Can you be what you want to be?
How can education ensure your future?
What is your dream education system?

EVERYONE has the right to
EDUCATION.

Education means not only
knowledge transfer but also
teaching students to be **CRITICAL**
and question everything.

Learning conditions have to be
appropriate:

- **INDIVIDUAL** approach
- Small classes
- Good teachers

Involve young people in education
as well

- **PEER EDUCATION**
- Let us take part!



EATING

What do you like to eat?
How healthy would you say you eat?
What do you think about your body image?

“To make accessing food less of a financial burden and a less political debate. Make eating healthy foods more popular within the culture.

Promote the benefits of healthy eating from an early stage.

Education is also a factor, without the knowledge of how to cook a nutritional meal; the person may be more inclined to just buy ready - made food.

There is a large market for fast food because people are increasingly thinking I haven't got enough time to eat therefore I need something quick to eat.

Suggestions included, putting prices up for unhealthy foods, putting taxes on certain foods, provide more advertisement for healthy foods and less advertisement for fast food or junk food. “

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ACTIVITIES

What do you do for fun?
Relationships with peers?
How do you manage your time?

“Giving young people the opportunity and time to take part in activities in their own time is important. To take part in activities that they enjoy and are not made to do by education or work is also a part of creating the identity.

Games, TV and electronic devices slowly began to over-take exercise. It is now a part of health promotion to promote exercise and to take part in sport where you can meet other people as well as being a part of a healthy life style.”

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DRUGS

Why do people use drugs?
What are the effects of the drugs?
What is addiction and how is it treated?

- Drugs and alcohol affect all adolescents' lives, whether they chose to use them or not.
- The negative effects of drugs can impact every aspect of a young person's life.
- Make the knowledge of all drugs available to youth, both the risks and rewards.
- Don't judge a young person's past decisions to use drugs. Instead, try to understand the reasons behind these choices.

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SEXUALITY

What is love?
What about identity?
Which advice would you give to others?

“Young people should have the opportunity to explore and develop their own sexuality, without facing social repercussions. Young people should also have the right to be informed of the correct facts about sexual health. Young people should have the choice to consent to sexual activity and not to be forced or harmed in any way through sexual activities. Health professionals, parents and peers should be educating young people in the joys and pleasure of sexual activities and not just about the possible complications. There will always be different opinions on sexual health in different cultures - however sexual health education should be encouraged to be delivered to all young people. Provide workshops where young people can come and ask about what is myth or fact.”



SAFETY

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What makes you feel safe?
When are you at risk?
What do you fear?

“Education is a key point about general health and well being. There should be encouragement to all members of society to make all information and guidance available from anyone you feel comfortable talking to, including peers, health care providers and parents. In addition, risks should not be seen as purely negative, but in context of being able to make the right assessment of which situations are safe or not, they must also be perceived as having the capacity to deliver positive outcomes.”

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SUICIDE

When is your mental health at risk?
Where do you find strength?
How do you ask for help?

“You have to treat young people who have physical conditions, hand in hand with their mind as well as their body. To recognize that self inflicting abuse can be just as damaging as abuse which comes from another person. As a society, not just as medical professionals; we need to tear down the harsh stigma of wanting to express our inner thoughts and feelings; without receiving labels such as ‘crazy’ or ‘mental’.

Raising awareness about what happens and that it isn’t unusual.

Change how approachable seeing a psychologist or psychiatrist is, to make this the social ‘norm’. To promote that confidentiality is **ALWAYS** available, so you can reveal your inner thoughts without your friends and family knowing.”

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