**What Motivated You to Serve as a Youth Ambassador for IAHW 2022?**

Being a YA means having a way to make my voice heard in various parts of the world. Signing up for IAHW as an ambassador inspired me to help others and share the message of why adolescent health is so important. Maria Nadal, 17, from the Dominican Republic.

…because I want more people, from different spaces, to recognize the potential of the adolescent population and the importance of their empowerment to build sustainable communities in the present and in the future. Likewise, I wish to make a call to action and build alliances with various actors in my country. Ruby Diaz Arotoma, 22, Peru

I remember the day I got a forwarded message from my teacher about IAHW. I imagined how cool it would be to be involved in this celebration. So I am glad I joined it. I have been working with adolescents for a long time, but doing it knowing that you are part of a big international team is inspiring. Aigel Mincheva, 21, Russian Federation

…To give a guide to young people with topics and reliable information on mental health, dating violence, domestic violence, drugs, nutrition, sexual and reproductive health, etc. To let them know that they are not alone and that they can receive the support they need in any situation. Jocelyn Lopez, 21, Mexico

…to advocate for the sexual reproductive health rights of young people including persons with disabilities and provide correct information for them to be able to make informed decisions about themselves. Felicity Nneoma Ike, 22, Nigeria

…because I believe that teenagers need to understand what is happening from new perspectives, from their own generations and their own language. Noemi Evelyn Fernandez, 22, Chile

…Because I want to ~~have a huge relation with~~ [work with young] people from various countries and to participate in making changes about adolescent health habits…I want to be a change maker and build inclusive health for adolescents. Zalfa Azhr Maziyah, 18, Indonesia

I wanted to make sure the youth in my country are aware of [IAHW] and would like to help educate my peers and inspire them to change the world and how the society view us. Fatin Nabila Abdullah, 16, Malaysia

I am a youth ambassador because I am proud to represent IAHW in my country and to be able to develop, promote and share the information and tools that IAHW provides me. Victoria Mayo, 17, Argentina

…to represent my country's situation relevant to adolescence and to minimize their problems. Jedni Joty, 22, Bangladesh

Being a YA for me is an opportunity to help my community working to solve some issues related to adolescent health. Cauê Carvalho, 17, Brazil

I've always wanted to be part of something that makes an impact in the lives of young people and being YA for IAHW2022 gives me the opportunity to take an idea and make it a reality. Felicia Annan Mills, 22, Ghana

…because health is so very import in today’s society and especially in younger members of a community, whether that be mental, emotional, physical and or spiritual. I believe that the youth of the world should have access to services that would help them improve their health and I want to help that service be provided and spread. Harry Willsmer, 16, Australia

…for the purpose of educating myself and others my age about specific issues affecting teenagers such as navigating boundaries, dealing with the "adult" world, and novel mental health issues. I wanted to make a difference in my local community especially since I noticed that mental health issues were given minimal attention. Ada Selcuk, 16, Canada

I believe that young people should have the right to make informed and educated choices for their health, along with the tools and support to become lifelong advocates for their wellbeing…. I want to help connect my peer group to the information and resources they need to become informed, confident decision-makers regarding their own wellbeing. Georgia Bott, 16, Switzerland

The Youths are the leaders of tomorrow, the pioneers of a new dawn. I'm a YA to make sure that we have the right environment for the growing youth group, discover potentials that will impact the world, to set an example of positive and responsible teen behavior including abstaining from alcohol and the use of drugs. Samuel Inyang, 22, Ukraine

…Because I want individuals/teens to be comfortable and knowledgeable about the changes in their body during the transition from childhood to adulthood. Anecho Jeremy Stewart, 22, Uganda

… To provide a platform where adolescents smoothly transition and bridge the gap between phases from adolescence to adulthood, from being insecure to being secure, from feeling alienated to being in a reciprocal relationship with their true self and primary caregivers is what I aim to achieve in the long run through this platform. Tanishqa Sanjay, 21, India

**What does the IAHW 2022 theme “Transitions” mean to you?**

We transition every second of the day be it chemical changes taking place in our body or the physical changes or emotional changes or social changes. At times it is very difficult to navigate through these changes without a safe and secure staff... Transitions can be fragile and volatile. However, the picture of a better health physically, socially, mentally and emotionally, the picture of a nurturing environment based on trust and support, the picture of a safe haven woven intricately with equality, respect and communication is what we need to collectively achieve. Tanishqa Sanjay

For adolescents, the Transition to adulthood refers to the shifting from a state where some takes care of you to being in charge of your life and that means figuring out which college to go to, what career to do, how to earn money etc. Anecho Jeremy Stewart

…that phase marked by new roles, responsibilities, away from the childhood system to a adolescents/ youthful age then adulthood. Samuel Inyang

…A passage, a time to evolve or progress, to successfully change. We are in multiple states of transition, at any given point in time. The transition from childhood to adulthood, known as adolescence, is an exciting time of awakenings and empowerment. But, it can also be a scary time because a successful transition to adulthood requires becoming self-reliant and responsible. Georgia Bott

The transition of adolescents into adulthood can be very confusing but also empowering if given enough support which I hope to promote with my involvement as a Youth Ambassador. Ada Selcuk.

… a word one might use to describe the way younger members of the world would be developing into adults. The transition between leaving school and becoming self-reliant and independent... I believe health plays a major role in this transition. Harry Willsmer

…Transitions perfectly captures the numerous developmental challenges adolescents face. This theme gives me enough space as a youth ambassador to consider my adolescent health interventions from a multi-faceted perspective. Felicia Annan Mills

…Definitely a word that defines adolescence…Because it is not only a phase linked to physical changes but also changes in the way of thinking and seeing the world. Cauê Carvalho

Transition means the upliftment from one stage to another stage of biological life cycle. And it carries both mental and physical changes. Jedni Joty

For me, life is like an endless improvised journey, in which the trains are the different stages of life that we go through and the train stations are the TRANSITIONS, they are places where we wait for the next train to board, the next stage to live, but not for that they are places where we remain immobile, on the contrary, they are places where we learn thousands of things and adapt physically and mentally for the next adventure. The transition stages are extremely important, I believe that they should not be taken as blank spaces, since they are also an important part of our growth as people and of our journey through life. Victoria Mayo

…shifting from something you're used to, to something out of the ordinary. For example, as adolescents we experience changes within ourselves as we grow and that is how I, myself relate to transition. Fatin Nabila Abdullah

I think "transition" can help me [with] difficulty managing time and maintaining health during this new normal. Zalfa Azhar Maziyah

For me, transition it means experiencing new challenges as a person, moving from one stage to another. Therefore, it is necessary that there is all the support of family members, professionals, among others. Which is necessary to transit from one stage to another in adolescence. Noemi Evelyn Fernandez

…a critical period of Adolescent life in which guidance and correct health information must be provided to them for a successful transitioning into adulthood. Felicity Nneoma Ike

… a process for life, in which we are assimilating both physical and mental changes, we are going to define our own criteria, we are going to "mature", many times we are going to make mistakes and we will want to improve that unique part of us as a person, hence the phrase "Transition is a lifelong process." Jocelyn Lopez

This year's theme is so versatile that it makes it possible to interact with adolescents on many issues because the whole life of adolescents is about a series of transitions. Aigel Minacheva

… a process of challenging change… related to the stage of adolescence because it implies a period of physical, social and emotional changes…It is especially challenging, not only because of the intrinsic changes of the adolescent, but also because we are in one of the most uncertain phases of history about the future: health crisis, climate crisis, social crisis (inequalities), triggers to quality and affordable education, among others. In the midst of chaos, the adolescent population needs certainty more than ever. To be sure that the difficult transition is worth it because there are people committed to their health in the present and in the future, which implies the protection of the environment, the development of fairer societies and economic guarantees. Ruby Diaz Arotoma

… the evolution from one stage to another. It can be said, for example, when we went from being children to being teenagers, or more adults. This brings with it many changes, not only physical, but mental and emotional. (Maria Nadal)

…. the period of the linkage between younghood and adult. Urwibutso Jean Paul, 21, Rwanda