



**INTERNATIONAL  
ADOLESCENT  
HEALTH WEEK**

**What:** An annual, international week of dynamic participatory events to inspire adolescents and their communities to advocate for a successful transition into adulthood.

**When:** 7th October -13th October 2024

**Theme:** Thriving not just surviving; Building adolescents' resilience.

**Goals:**

- **Recognition:** Increase awareness of the unique health issues facing adolescents worldwide by both adults and adolescents.
- **Engagement:** Promote the involvement of adolescents in their own health decisions.
- **Awareness:** Stimulate global events that highlight issues faced by adolescents and ways to address them during International Adolescent Health Week.

**Official Color:**

- **Lime Green** (representing health, happiness, and the high energy and passion of adolescents)

**Get Involved:**

**Plan, participate, and promote** activities during IAHW to support adolescents in their transition into healthy, inclusive, and productive adults.

**Resources:**

- **Website:** [International Adolescent Health Week](#)
- **Toolkits:** Available on the website, including:
  - Timeline planning
  - Sample social media posts
  - Ideas for digital and in-person events and activities
- **Logos:** Files available in color and greyscale for free download and use in IAHW materials. <https://iaah.org/resources-2/>

**Social Media**

#IAHW2024 #buildingresilience #fromsurvivingtothriving

- TikTok: @iahwiaah
- X @IAHW\_IAAH
- Instagram @adolescent\_health\_week
- Facebook @internationaladolescenthealthweek