

Want to make a change? 12 Actions to Consider.

Youth Leaders for Health

The Beat Continues



1 Pick a cause

There are numerous causes out there that require the youth to participate and push for action. Be it health, education or the environment – pick the cause you feel most strongly about and make a plan on how to push for action for the rest of the year. (Tip: Initiatives like the Sustainable Development Goals and Agenda 2063 for Africa are great places to start)

Learn about various youth movements in Africa, your country and community

2

The Youth Leaders for Health team is extremely passionate about promoting youth action in Africa. As the continent with the greatest anticipated demographic dividend it is very important for young people to take leadership and participate in the change within the continent. There are various youth movements and groups that can support you. Learn about them and see how you can be involved (Tip: Check out the African Union Youth Program & activities of the Youth Envoy)

3 Seek a mentor who can guide in promoting action

Mentors are extremely important for young people embarking on leadership journeys. The mentors provide the necessary support, guidance, contacts and resources and share their experiences allowing learning to take place. Mentorship is a growing concept and it is unbelievably valuable to find a mentor with experience in the cause that you are passionate about. Use this day to reach out to a mentor for guidance.

Join a volunteering initiative related to your cause

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Even if you can't organize your own activity, there are usually many volunteering initiatives within our various communities and countries. Join one of those initiatives on this day (whether online or physical – depending on availability, preference and safety measures) and participate in their activities.

5 Participate in online discussions

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Organize and participate in online discussions with your friends, colleague, peers

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Can't find an online discussion related to what you are passionate about? No problem! Why don't you start one of your own? Platforms such as Zoom, Google Meet are mostly free (to a certain limit) and can allow young people to have great platforms to hold discussions. Why not organize such a session for your friends, colleagues and peers and talk about how you all can make a difference within your own communities.

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7**Create content about your cause**

The virtual space is growing as a tool for the young people to give their thoughts a voice and for long term engagement related to the different causes they are passionate about. These channels also give an opportunity for young people to use their various talents to promote action. Use this day to start a blog/podcast or YouTube Channel to voice your opinions and advocate for action at all levels. Writing is still one of the best ways of pushing for action and influencing change. Unfortunately, many young people do not write as much anymore (due to many factors). Why not use the opportunity of this International Youth Day to start writing again? Write an article on the cause you feel passionate about or on topics such as “The Africa We Want” and find means to publish that content and share your voice.

Share information and call to action about your cause**8**

The COVID19 pandemic also has given a boost to “virtual advocacy” and this is a great opportunity to learn more about using the different virtual and social media platforms and creating your own footprint and identity on those platforms. You can easily learn how to use these different platforms and start engaging. Share information and put out your calls to action and engage others as well.

9**Conduct an activity to inspire youth within your community (please maintain COVID-19 safety procedures)**

The online space isn't for everyone. Some youth prefer being out there and physically doing things. Why not organize some kind of physical activity in relation to your cause (however please do remember to maintain all COVID-19 safety procedures)? If you cannot bring people out in groups then push for action within manageable environments such as your home. A great example of this is clean-up activities that have impact on multiple issues facing us such as health and environmental degradation

Start/join a project that would promote action on different levels**1**

While you can do a one off activity or join another initiative and participate on this International Youth Day please also think about creating a long-term project to promote action at different levels – community, national and global related to the cause you support. This is a great opportunity to bring together other youth and find relevant teams for such projects.

0**1****Engage decision makers within your communities**

In order to advocate for action within your community/region/country or even at a global level it is extremely important for you to engage with the right decision makers related to the cause you are passionate about. Do you know who the right decision makers are? Do you know how to contact them (either physically or virtually)? Use this day to learn more about the decision makers and develop strategies for engaging with him.

1**Amplify others**

You can do this by participating in their activities and supporting their causes both online and offline

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