

Activity Toolkit



Logo created by Matt Lee

International Adolescent Health Week

21-27 March 2021

Adolescent Resilience in the Face of a Pandemic

Activity Toolkit for Medical, Educational and Community Settings

How to use this toolkit:

This toolkit has been created to make it easy for a variety of organizations interested in adolescent health to participate in International Adolescent Health Week (IAHW) an annual, international week of dynamic participatory events to inspire adolescents and their communities to advocate for a successful transition into adulthood. You are free to use and adapt any of the materials herein for your International Adolescent Health Week activities; however, use of these materials is not required in order to promote adolescent health during International Adolescent Health Week. Participating organizations are at liberty to celebrate International Adolescent Health Week in any manner they wish, and are encouraged to be creative in adapting these ideas to meet the needs of the adolescents you wish to reach. Approval for activities or educational materials is not required.

Covid-19 has created new adolescent health concerns, yet all of the old ones remain and must not be forgotten. For this reason, the ideas suggested in these toolkits address a wide variety of adolescent health topics including substance use and abuse, nutrition, physical fitness, mental health and well-being, healthy communities, sexual and reproductive health, and preventive medicine.

This toolkit has been organized into sections specific to different types of individuals and organizations:

- Medical Practice or a Health Care Settings (page 4)
- Students, Schools and Universities (page 6)
- Health Educators (page 8)
- Community Organizations (page 11)
- Those Interested in Advocacy (page 13)
- In addition, if you are looking specifically for virtual activities and ideas, we have a section full of great ideas suggested by our Youth Ambassadors and other young people all over the world (page 14).

Are you an individual who wants to take part? There are many ideas in each section that are perfect for individuals as well as for larger groups. Take a look for inspiration!

How to get official IAHW logos:

Logos are available in a variety of file types, in color and in greyscale on the Resources page on our website at: <https://internationaladolescenthealthweek.org/resources.html> > We encourage you to use these logos on promotional material, prizes and social media posts.

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Additional Resources:

At the end of this toolkit, we have prize ideas suggested by International Adolescents (page 18) and links to useful international websites (page 16)

Also our Resources page at: <https://internationaladolescenthealthweek.org/resources.html> has an Early Planning toolkit and a Social Media Toolkit.

Activity Toolkit for Medical, Educational and Community Settings

Are you a Medical Practice or a Health Care Setting?

Here are suggested activities or ideas specifically for you:

- Wear lime green to celebrate the week.
- Plan a local event – a community yoga class, a healthy food fair, etc. Promote your event (and your practice / expertise) with local newspapers, television and radio media. If you can be interviewed by local media / morning news use the opportunity to share information about how communities can support adolescents in making healthy diet and exercise choices.
- Submit a letter to the editor to local press about the importance of physical education, recess or access to nutrition and fitness opportunities for adolescents.
- Partner with a local school to share educational materials about healthy diet and exercise. A good starting point is reaching out to gym and health teachers.
- Promote a mental health event or how your practice addresses the needs of adolescents with mental health issues with local newspapers, television and radio media. If you can be interviewed by local media / morning news use the opportunity to share information about adolescent mental health and what you are doing to improve it in your community.
- Devote some time to making sure your practice is a safe and inclusive practice and welcoming to youth, with gender neutral bathrooms, and with culturally sensitive resources. Quick practical office trainings to assist you are available here, thanks to the AHI: <https://www.umhs-adolescenthealth.org/improving-care/spark-trainings/download/>
- Recommend patients download a phone time tracker so that they can see if they are spending time how they want on their phones, and to learn how much time they are spending sitting rather than moving while on their phones.
- Use IAHW to facilitate transition from pediatric into adolescent or adult care settings, These are useful tools for medical practices to assist with this process: <https://www.gotttransition.org/six-core-elements/transitioning-youth-to-adult/>
- Partner with a local celebrity who is outspoken about mental health issues to host a webinar or to create a video which can be played on your practice website or in your waiting room.
- Hang posters which encouraging youth to think about how they are working towards their own goals.
- Prominently share information about some of your favorite mindfulness apps with patients.

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- Devote time this week to explore these resources to quickly, effectively, and non-judgmentally address gun safety with your patients and their families:
<https://health.ucdavis.edu/what-you-can-do/>
- Review this clinical decision aid to help physicians adopt a social determinants of health approach in everyday practice: The CLEAR toolkit: helping health workers address the social causes of poor health (www.mcgill.ca/clear/download) – available in 16 languages
- Learn how medical professionals can address youth violence, at the patient level and at the community level:
https://www.who.int/violence_injury_prevention/violence/youth/youth_violence/en/ (information in 6 languages)
- Give away lime green reusable water bottles to increase the visibility of adolescent health, to decrease plastic environmental waste and to promote healthy hydration.

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Are you a Student, a School or a University?

Here are suggested activities or ideas specifically for you:

- Completion of education is a major contributor to lifelong health. This week, address school absenteeism, truancy, suspension to identify ways to support student attendance and graduation. For instance, consider if behaviors that results in suspensions could be better addressed with referral to trauma informed therapy. <http://www.thelifeaftertrauma.org/>
- Have a dance-a-thon.
- Have a free-throw contest.
- Create lime green postcards with an inspirational or positive message to be slipped into lockers or desks around the school for students to find. Include a motivational quote on one side and the information for an online mental health resource, such as NAMI's service www.ok2talk.org in the US on the reverse.
- Post nutritional information in the cafeteria along with food selections.
- Institute an anonymous Care and Concern box where students can anonymously identify students about whom they are worried. Forward names to a counselor or nurse.
- Encourage students to take a fruit or vegetable with their lunch.
- Set up a drop box where students can send an anonymous message to the counselor to receive advice on domestic violence, school violence, and potentially abusive relationships. Post answers to anonymous questions in a blog on the school website or elsewhere, where students can seek information in a confidential manner. Advertise the drop box (digital or physical) around school (on the walls, in the bathrooms, etc.), to encourage students to reach out for help.
- Publish a student-written article in the school newspaper or blog about nutrition and fitness, mental health issues, or other adolescent health topics and how it affects your school's students.
- Student Government can make a statement, facilitate a discussion between students and administrators, or host an event about issues important to students in the school community, such as improving the diet and activity levels of their peers (through extending recess, having physical activity options or clubs separate from athletic teams), or about how school culture can affect mental health (about heavy school workloads, or the need for more sleep, or bullying and exclusion), or about how violence, water contamination, insufficient school nurses, or other community issues affect the student body.

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- Test your health knowledge with these online quizzes in French - maybe offer prizes for highest scores! <https://www.filsantejeunes.com/quiz>
- Take time this week to address teen pregnancy, which increases risk of lifelong poverty directly and indirectly by reducing graduation rates. Make sure school health departments can provide contraception, have a session on delaying pregnancy and positive effects for both adolescent males and females.
- Hang posters of inspirational messages translated into languages represented at your school – to reach more adolescents, but also to spread a message of inclusion and welcome.
- Offer granny smith apples (lime green!) as a healthy snack giveaway.
- Create an obstacle course competition or an exercise-based scavenger hunt and have grades or classes compete against each other in teams.
- Widely distribute information about the your country's Suicide Prevention Hotline. For example in the US, the National Suicide Prevention Lifeline is 1-800-273-TALK. A list of International Suicide Prevention Hotlines can be found here: <http://www.suicide.org/international-suicide-hotlines.html> Post on school website and on posters in school halls and bathrooms.
- Print and hang posters to encourage young people who need help for mental conditions to seek it. <https://youngminds.org.uk/resources/getting-help-posters/>
- Make School-wide public service announcements about the warning signs of suicide.
- Remind students about where they can go to get help for themselves or for a friend. This can be done with posters hanging around the school or in bathroom stalls, etc.
- Host a Poetry Slam with topics focused on mental health – either after school or in English Classes.
- Create a visual campaign to show student support for one another, for example, lime green ribbon pins or bracelets to signify awareness and support of their peers and their peers' health.
- Publish a student-written article in the school newspaper or blog about how violence, water contamination, insufficient school nurses, or other community issues affect the student body.
- Have a presentation on cyberbullying with speakers (victims, friends or parents of the bullied) to share personal experiences, and with experts who can give tips on how to deal with bullies, and to educate youth on identifying bullying behavior.
- Post or have students create posters to share how behaviors that are good for the earth are good for health (such as walking or biking instead of driving where possible, eating more plant-based foods and less packaged and processed foods, etc)
- Give away reusable lime green water bottles to promote hydration without single use bottles.

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Are you a Health Educator?

Here are suggested activities or ideas specifically for you:

- Use the class time for yoga, dancing, or other physical activity.
- Create a Jeopardy style game using a free online resource such as www.jeopardylabs.com or use a premade game with nutrition and fitness facts.
- Cook or prepare a healthy snack to enjoy in the class.
- Create a Tasty-Style video featuring a healthy food recipe and post on social media <https://animoto.com/blog/video-ideas/tips-tasty-style-recipe-video>
- Have students bring in healthy recipes and put together a “cook-book” or a blog or share via social media. Include pictures!
- Create “advertisements” to “sell” healthy foods. Adolescents can use the tricks they see in all sorts of advertising. Ads can be images, announcements, skits, videos.
- Discuss sports nutrition – healthy ways to gain weight for certain sports, as well as caution when trying to “make weight” for others.
- Student can use pedometers (either their own, or download an app on their phones) and have a “most steps taken over the week” contest. Sample free apps for iPhone and Android: www.mypacer.com
- Discuss the importance of self-care and focusing on your own goals (being "selfish" about school, job training, learning new skills in order to have a successful future) and how to resist the pressure of being pulled down by struggling family members or feeling responsibility to save them to the detriment of their own future.
- Encourage students to download or activate a phone usage timer app to increase awareness of time spent sitting while on a phone to assess for themselves whether that time is spent on activities that make them happy or promote healthy behaviors or create stress, result in too much sitting and interfere with sleep.
- Help students increase skills for health self-advocacy and learning to manage their own medical care with these tools: <https://www.gottransition.org/youth-and-young-adults/hct-quiz.cfm>
- Create positive or inspirational posters to be hung around school.
- Talk about the relationship between sufficient sleep and mental health and moderate a discussion about how students can get sufficient sleep and how schools can contribute to better sleep (school start times, for example).
- Talk about strategies to improve mental well-being -- things you can do to recharge yourself mentally – exercise, eat right, get sleep, turn off social media for a while and take a break!

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- Review the warning signs of suicide. <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>
- Help students understand what to do if someone approaches them with a mental health crisis. <http://www.halfofus.com/help-a-friend/>
- Have students experiment in class with different mindfulness apps – students can try a few and vote for their favorites. Some free apps include:
 - <https://keltymentalhealth.ca/breathr>
 - <https://insighttimer.com>
 - <https://www.stopbreathethink.com/>
- Use class to start making a stress management plan with this resource: <https://parentandteen.com/teen-stress-management-plan/>
- Have students take this online quiz “Is my relationship healthy?” <http://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/> (there are other good quizzes on the same website, specifically for students).
- Take class time to “Report It” - If you’ve seen something on social media that made you upset or hurt you, you can report it. Here you can find different social media reporting pages: <https://www.unicef.org/online-safety/>
- Use class time to learn how to meditate or create a gratitude journal.
- Have students brainstorm to name all the places or people they can go to get help for themselves or others. Write them down and share them with others.
- Share the local Suicide Prevention Line information with students to help them know what to do if they know or interact with someone who seems suicidal: (in the US: <https://suicidepreventionlifeline.org/talk-to-someone-now/>) and share international online crisis resources (https://www.iasp.info/resources/Crisis_Centres/)
- Ask students to consider what the dreams are for themselves, and how they can invest more time and energy in their own goals.
- Define what healthy future means, and then list important behaviors or tasks needed to reach this future.
- Use these lesson plans to help students understand how to develop healthy relationships: <https://page.search-institute.org/reach-chapter>
- Use this video to initiate a conversation about consent: <https://youtu.be/fGoWLWS4-kU>
- Research common water contaminants or air quality in schools and asthma and discuss their negative effects on adolescent health (lead poisoning, asthma).
- Research and present data about the effects of systemic racism on health outcomes in youth.
- Watch this 6 minute video on cyberbullying and spend the remaining class time discussing reactions to it and identifying positive solutions in your school: <https://www.digizen.org/resources/cyberbullying/films/uk/lfit-film.aspx?video=s>

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- Use these free educational games about dating violence:
<https://jenniferann.org/tdv.htm#games>
- Many schools have lesson plans on bullying. This week can be a good opportunity to cover this topic. Ideas for lessons can be found at
<http://www.preynet.ca/resources/bullying-prevention-facts-and-tools-for-schools>
- Dating violence – Help classes understand what types of behavior constitute abuse in relationships. Many patterns are similar between bullying classmates and dating abuse.

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Are you a Community Organization?

Here are suggested activities or ideas specifically for you:

- Create a photo montage entitled “Resilience through Creativity”. Invite adolescents to capture in a photograph how the pandemic has affected them and their family. How have you figured out how to survive quarantine, or limited time with friends, or social distancing? What does resilience mean to you? How have you tapped into your creativity to survive and thrive during the pandemic? What has given you strength or purpose or the ability to start each day and enjoy it? Show us your part of the world and how the pandemic has affected it. Create a special webpage to display the submissions.
- Host an event to view and discuss this TED talk on mental health stigma and about mental health as a global concern:
https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health?utm_campaign=tedsread--b&utm_medium=referral&utm_source=tedcomshare
- Attend or host a Mental Health First Aid course. For example, in the US, classes can be found: <https://www.mentalhealthfirstaid.org/>
- Vocalize support for the importance of out-of-school activities, separate from education but including creative activities, music and sports and volunteering in promoting resilience in youth. This could mean attending a school board meeting or visiting with legislators, or coordinating a letter writing campaign to government officials to garner support for funding these activities.
- Host a debate on a virtual platform where students can put forward their ideas and thoughts on adolescent health issues. This can be similar to a Model United Nations where we have committees like HRC , WHO and UNDP that have agendas related to adolescent health issues. Have a Neighborhood / Community party to bring neighbors together to build community and relationships. Include a motivational speaker component that addresses violence that affects young people in their communities and schools.
- Local police and law enforcement can have a special event to give away free gun locks to community members. This can help address the issue that 1/3 US households with guns keep them unlocked, and that 60% of firearm deaths are from suicide.
- Host a discussion about how rights to have equal opportunities regardless of the gender benefits all genders, rather than transferring rights from one to another.
- Encourage businesses with single bathrooms to switch specific gender signage to gender neutral signage.

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- Host a session to educate parents and communities about the benefits of later school start times for youth.
- Local businesses can give away lime green reusable water bottles to highlight their support of adolescent health, to decrease plastic environmental waste and to promote healthy hydration.
- Organize a march or community call to action for elected officials and community leaders to call attention to an aspect of community need which affects adolescent health, such as gun violence, contaminated water, unemployment, poor educational resources. Wear lime green and carry lime green posters to highlight IAHW's attention to these issues.

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Are you interested in Advocacy?

Here are suggested activities or ideas specifically for you:

- Write a letter to a US newspaper or to Congressional legislators to advocate for the US to ratify the United Nations Rights of the Child.
- Organize a march or community call to action for elected officials and community leaders to call attention to an aspect of community need which affects adolescent health, such as gun violence, contaminated water, unemployment, poor educational resources. Wear lime green and carry lime green posters to highlight IAHW's attention to these issues.
- Utilize these resources to advocate for local and regional policies to address social determinants of health.
 - <https://www.aafp.org/patient-care/social-determinants-of-health/everyone-project/advocacy.html>
 - https://www.who.int/social_determinants/action_sdh/en/
 - <https://www.apha.org/policies-and-advocacy/public-health-policy-statements/policy-database/2015/01/28/14/58/support-for-social-determinants-of-behavioral-health>
 - <https://www.adolescenthealth.org/Advocacy/Position-Papers-Statements.aspx>

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Are you looking specifically for virtual activities??

Here are activities suggested by adolescents themselves:

- Host a virtual art exhibition party where students are given a broad topic such as “what inspires you” based upon which they will create a piece of art that answers that question and or represents their response. The submissions will be exhibited at a livestream party. In this livestream party or virtual call, play music that the students would enjoy. The party can include any adolescent who is interested. Ask for registered attendees to send in song suggestions or create a Spotify playlist so that they’re interested in the music that’s being played. The youth who create their artwork can choose if they’re comfortable to speak about their artwork and what the piece means to them. If they’re not comfortable speaking, we can have another person who’s running the party like an MC read it, but it's encouraged to read your own piece. To keep the other young people who aren’t interested in art engaged, have a raffle of some sort for party attendees. Art is a beautiful subjective way for adolescents to express creativity and emotions. Many teens struggle to speak and write about themselves and other topics, so allowing them to express themselves through artwork creates infinite possibilities for understanding. This can inspire others and spark a creative flame within people who might have never known they had a creative talent and to explore new outlets.
- Host an open-forum style questionnaire where young people could ask medical professionals health related questions. The anonymity of it being held over a virtual forum would provide youth with enough comfort to ask their actual questions. At one college, there is an event called 'Converse with a Nurse' where students can meet with the college health clinic's nurse and ask her health-related questions.
- Organize Big sister/ Big brother talks with small sessions with a certain number of adolescents and an adolescent mentor where they'd feel more comfortable and have an outlet to discuss and speak freely without fear of judgment
- Present a virtual board game or online quizzes using a website such as kahoot related to a health theme with riddles, challenges and / or key health information.
- Host an international meet up of adolescents to put together a toolkit that would help prepare them for the adult world. This might involve workshops focusing on good mental health behaviours, positive self-care, daring to dream and believe in yourself and recognising your gifts and talents.
- Have an Instagram live event, discussing and debating trending issues related to adolescent health.

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- Host a virtual open mic for young adolescents to share stories, poems, innovations. Define a theme or topic or some requirements linking to IAHW or to adolescent health.
- Host a live chat or web-conference with adolescent health experts or community leaders who are admired by young people.
- Encourage younger leaders from different parts of the world to share their success stories and enlighten the young minds
- Organize a virtual flash mob utilizing lime green props or clothes to call attention to International Adolescent Health Week. Stream it on Facebook Live or Instagram Live or record and share later.
- Create an interactive video about a typical problem adolescents face with suggestions to approach the problem.
- Host a screening of adolescent coming of age movies which can be watched together, with a moderator or guest speaker who will share similar issues they faced as adolescents and how they coped with the situations. End the event with an online survey for everyone to tell their story. These stories can be shared anonymously later.
- Host a social media competition with writing, art, photography about adolescent health topics.
- Collaborate with speakers to conduct virtual talks with adolescents such as gynecologists or urologists to discuss their sexual health concerns and psychologists/psychiatrists to discuss their psychological issues.
- Host a virtual scavenger hunt involving accurate resources from the internet. Everyone learns more about adolescent health in a fun, engaging setting, and the winners could win a prize!
- Invite adolescents from around the world and ask them questions about the health issues they have experienced. Parents and adults could attend to learn from the adolescents. This event can be live streamed and adolescents and adults can ask questions to be answered by medical professionals.
- Host an online event with local music groups to promote specific adolescent health or well-being topics through online concerts or talkshows.
- Host an online comic strip competition about adolescent health issues.
- Host an online activity where adolescents make things to cope with health issues, such as making lime green stress balls. Adolescents can register in advance to receive materials for the activity.
- Host a web-based activity about art and / or music therapy. Include Do-It-Yourself activities for stress management.

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Additional International Resources:

- **In English:**
 - Half of Us aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help. Celebrity videos and youth stories are shared, as are links to resources and educational materials: <http://www.halfofus.com/>
 - The National Alliance on Mental Illness also has good resources to promote adolescent mental health and related support: <https://www.nami.org/Find-Support/Adolescents-Young-Adults>
 - The Buddy Project™ is a non-profit movement that aims to prevent suicide and self-harm by pairing people as buddies and raising awareness for mental health. <http://www.buddy-project.org/>
 - The YPHSIG App is an app from the Young People's Special Interest Group (YPHSIG) of the UK Royal College of Paediatrics and Child Health. Based on the original adolescent HEADSSS psychosocial assessment this app provides a guide to developmentally appropriate healthcare for young people and clinical resources for busy healthcare professionals. Included in these assessments are resilience factors. <https://app.appinstitute.com/theadsss>
- **In Turkish**, a resource for promoting resilience in young people with disabilities:
 - In Turkish: https://hsgm.saglik.gov.tr/depo/birimler/saglikli-beslenme-hareketli-hayat-db/Cocuk_ve_Ergen_Rehberi.pdf
 - Also In English: https://hsgm.saglik.gov.tr/depo/birimler/saglikli-beslenme-hareketli-hayat-db/Yayinlar/rehberler/Cocukluk_Cagi_Fiziksek_Aktifite_Rehberi_Basim_Son_Ingilizce_2.pdf
- **In French** for French speaking youth both within and outside of France:
 - Healthy food choices for adolescents: <https://www.mangerbouger.fr/Manger-mieux/Manger-mieux-a-tout-age/Adolescents>
 - Youth Information and Documentation Centre (useful information specific for adolescents about health and practical life, studies and jobs, sports and leisure, setting up projects: <https://www.cidj.com/>
 - A general health website for adolescents where anonymous questions are answered by health professionals: <https://www.filsantejeunes.com/>
 - A collection of many useful resources, including links, educational videos and other health information for young people: <http://www.portail-sante-jeunes.fr/>
 - Find adolescent focused care in France with this link: <https://www.cartosantejeunes.org/?CartoSante>

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- **In Indonesian**

- The official website of the Ministry of Health, with a wide variety of health information including efforts focused on adolescent health issues:
<https://www.kemkes.go.id/index.php>
- Perkumpulan Keluarga Berencana Indonesia (PKBI)/ The Indonesian Plan Parenthood Association (IPPA) are one of IPPF's member associations since 1967 and established on 23 December 1957. IPPA's vision is become the center of excellence by develops self-reliant programs and advocacy on sexual and reproductive health and rights and for adolescent too. IPPA's missions are to develop center information, to empower society and to advocate policy maker to ensure their support and commitment toward the fulfillment of sexual and reproductive health and right. And the issues faced by IPPA organization are Sexual Reproductive Health and Rights based on human right perspective and as well as providing reproductive health services and counseling for adolescents. <https://pkbi.or.id/>
- Ruang Empati - An online mental health assistance program to ensure people with mental health problems can access necessary help during the COVID-19 outbreak. This program was a joint effort from several medical and academic institutions in the West Java Province, including the West Java administrations' mental health prevention team, Melinda 2 Hospital, Bandung Institute of Technology (ITB) and Padjadjaran University: <https://ruangempati.com/>

- **In Arabic:** Arabic language resources on eating disorders from the Academy for Eating Disorders website:

- The 9 Truths of Eating Disorders, which is written for the lay public and is a very brief introduction to basic information about eating disorders and addresses some of the mistaken stereotypes:
https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Documents/9_Truths_Flyer_ARABIC_04_2019.pdf
- Medical Care Standards Guide, which is written for physicians (not family members) with basic medical information about caring for people with eating disorders:
https://higherlogicdownload.s3.amazonaws.com/AEDWEB/27a3b69a-8aae-45b2-a04c-2a078d02145d/UploadedImages/Learn/AED_Medical_Care_Guidelines_Arabic.pdf

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Prize ideas suggested by international adolescents:

- certificates for participating
- condoms
- menstrual cups, or other sanitary items
- a donated health or wellbeing treatments/ experiences i.e massages - from local service providers
- IAHW t-shirts
- IAHW stickers
- movie or event tickets
- ear buds
- admission tickets to local Museums
- resistance bands or inexpensive fitness equipment
- gift cards
- power bank phone charger
- opportunity to shadow a local health professional for a day
- introduction or lunch with local health professional or government official who supports adolescent health
- feature names and winning entries or contributions on organization website and social media
- journals
- mindfulness coloring books and pencils/pens
- stress balls / fidget spinners
- reusable water bottle / coffee cup
- face masks with IAHW logo

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Special Thanks to:

The Society for Adolescent Health and Medicine

The International Association of Adolescent Health

The 2021 International Adolescent Week Youth Ambassadors:

Aseel El-Jabali (Saudi Arabia)	Manuela Uribe Palacio (Costa Rica)
Avni Jain (India)	Maram Salem (Saudi Arabia)
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Matt Lee who donated time and talent by designing the new International Adolescent Health Week logos.