International Adolescent Health Week 2020
Transforming Risk into Wellness
Holistic Well Being
Healthy and Safe Communities

Logo created by Walid Guenane
Nador El Jadid High School, Morocco
International Adolescent Health Week 15 – 21 March 2020

Holistic Well-Being – Healthy and Safe Communities

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.

Background:

There are many factors that contribute to the health of adolescents. Some factors are individual, others are inherited, and others such environment and socio-economic status in which youth live. The theme of holistic well-being highlights the importance healthy and safe communities as critical components of adolescent health.

30 years ago, the 190 member countries of the United Nation passed the Convention on the Rights of the Child (UNCRC), one of the most ratified human rights treaties of all time. Included in this treaty are protected rights of children and adolescents to “have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy. “

Only the United States has not ratified this framework for the protection of children’s’ rights. IAHW is an opportunity to demonstrate to young people how international protections like these can enhance their ability to advocate for themselves when it comes to health.

Individual behaviors and access to health care address only a fraction of the issues which affect adolescent health. After all, health is more than just the absence of illness; but rather it also is good physical and mental health that allows people to live fulfilling lives and to reach their full potential. There are numerous moral, social and economic arguments for societies to support the health of their communities long before an individual becomes ill. There is much data to prove that adverse health outcomes are more linked to where you live than your genetic makeup.

Reducing inequalities promotes physical and mental health as well as resilience in communities. Policies to address systemic racism or gender or sexual orientation-based discrimination are critical to promote healthy environments for all. Poverty, neglect, exposure to other adverse childhood experiences are risk factors for poor health in adolescence and later in adulthood. Youth incarceration, suspension from school, and truancy all reduce educational attainment and adversely affect youth in both the short term and in the long term.

Toolkit created by Real Talk with Dr. Offutt LLC, with contributions from members of the Society of Adolescent Medicine and the International Association of Adolescent Health
International Adolescent Health Week is a perfect opportunity for communities to address policy and legislation which can positively impact communities and the health of our youth. For instance, education, environmental safety (including clean air and water), access to health services, access to safe housing, access to healthy food, gender, sexual and ethnic discrimination all can be addressed at local, state and country levels, and have direct positive impacts on youth mental and physical health and holistic well-being.
### Activities and Resources

<table>
<thead>
<tr>
<th>Setting or Outlet</th>
<th>Suggested activities or ideas</th>
</tr>
</thead>
</table>
| **Medical Practice ideas** | • Submit letter to the editor to local press about importance of safe communities (pollution, clean water, gun violence, etc) for adolescents.  
• 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/](https://health.ucdavis.edu/what-you-can-do/)  
• 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/](https://www.umhs-adolescenthealth.org/improving-care/spark-trainings/download/)  
• 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](https://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/](https://www.who.int/violence_injury_prevention/violence/youth/youth_violence/en/) (information in 6 languages)  
• Give away lime green reusable water bottles to decrease plastic environmental waste and to promote healthy hydration. |
| **Advocacy ideas** | • 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.  
• Utilize these resources to advocate for local and regional policies to address social determinants of health.  
  o [https://www.who.int/social_determinants/action_sdh/en/](https://www.who.int/social_determinants/action_sdh/en/)  
### Holistic Well-Being – Healthy and Safe Communities

<table>
<thead>
<tr>
<th>Community Ideas</th>
<th>School-wide Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 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.</td>
<td>• 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. <a href="http://www.thelifeaftertrauma.org/">http://www.thelifeaftertrauma.org/</a></td>
</tr>
<tr>
<td>• 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.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• 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.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Encourage businesses with single bathrooms to switch specific gender signage to gender neutral signage.</td>
<td></td>
</tr>
</tbody>
</table>
### Holistic Well-Being – Healthy and Safe Communities

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| **Health Class activities / concepts** | **1.** 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.  
**2.** Ask Student Government to make a statement, facilitate a discussion between students and administrators, or host an event about how violence, water contamination, insufficient school nurses, or other community issues affect the student body.  
**3.** 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.  
**4.** 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)  
**5.** Give away reusable lime green water bottles to promote hydration without single use bottles.  

---

| | **2.** Research common water contaminants or air quality in schools and asthma and discuss their negative effects on adolescent health (lead poisoning, asthma).  
**3.** Research and present data about the effects of systemic racism on health outcomes in youth.  
**4.** Watch this 6 minute video on cyberbullying and spend the remaining class time discussing reactions to it and identifying positive solutions in your school:  
**5.** Devote classes this week to sharing evidence based sexual health education. One online resource is from the American Sexual Health Association with specific resources directed at teens and young adults:  
**6.** Use these free educational games about dating violence:  
[https://jenniferann.org/tdv.htm#games](https://jenniferann.org/tdv.htm#games)  
**7.** 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  
# Holistic Well-Being – Healthy and Safe Communities

**International Adolescent Health Week 15 – 21 March 2020**

## Social Media ideas #IAHW2020
- Dating violence – Help classes understand what types of behavior constitute abuse in relationships. Many patterns are similar between bullying classmates and dating abuse.
- Have students take this online quiz “Is my relationship healthy?” [http://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/](http://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/) (there are other good quizzes on the same website, specifically for students).
- Use this video to initiate a conversation about consent: [https://youtu.be/fGoWLWS4-kU](https://youtu.be/fGoWLWS4-kU)
- 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/](https://www.unicef.org/online-safety/)

## Tweets
- Got a question about a relationship? Healthy or unhealthy? Go to loveisrespect.org or text "loveis" to 22522. #IAHW2020
- Love and friendship can come in many flavors, but abuse is not one of them. #IAHW2020
- DYK that 1/3 US adolescents is a victim of physical, sexual, emotional or verbal abuse from a partner? You are not alone. #IAHW2020
- One of the best ways to stop bullying is when teens stand up for teens that are bullied. Don’t just standby! #IAHW2020
- Did you know that the majority of kids injured or killed by a gun are hurt at home? Gun violence is an adolescent health issue. #IAHW2020
- How to help a friend? This game helps you learn how to help friends who are cyberbullied. [https://www.digizen.org/resources/digizen-game.aspx](https://www.digizen.org/resources/digizen-game.aspx) #learnbydoing #IAHW2020

**Toolkit created by Real Talk with Dr. Offutt LLC, with contributions from members of the Society of Adolescent Medicine and the International Association of Adolescent Health**

Page | 7
### Holistic Well-Being – Healthy and Safe Communities

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Facebook posts</strong></td>
<td><strong>The risk of dying by suicide is 4-10x higher in homes with guns. If you have a teen with depression, getting the gun out of your house helps keep them safe. #IAHW2020</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Are you a teacher in India looking for ways understand important adolescent health issues? These web-based educational modules can help: <a href="https://aha.iapindia.org/aha-module-for-teachers/">https://aha.iapindia.org/aha-module-for-teachers/</a></strong></td>
</tr>
<tr>
<td></td>
<td><strong>Getting bullied online? Try the STOP-BLOCK-TALK method: Stop communication right away; block the user; talk to a trusted adult. #IAHW2020</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Not sure how to help a friend who is being bullied? Don’t just stand by. Here are some tips: <a href="https://www.stopbullying.gov/respond/on-the-spot/index.html">https://www.stopbullying.gov/respond/on-the-spot/index.html</a> #IAHW2020</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Did you know that the majority of kids injured or killed by a gun are hurt at home? Gun violence is a adolescent health issue. Ways to promote gun safety: <a href="http://realtalkwithdroffutt.org/general-health/gun-violence-is-a-teen-health-issue">http://realtalkwithdroffutt.org/general-health/gun-violence-is-a-teen-health-issue</a> #IAHW2020</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Experience a day at school with “Joe” and make decisions about how to help him as he experiences cyberbullying. <a href="https://www.digizen.org/resources/digizen-game.aspx">https://www.digizen.org/resources/digizen-game.aspx</a> #learnbydoing #IAHW2020</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Did you know that 60% of firearm deaths are because of suicide? And that the risk of death by suicide is 4-10 times higher in a home with a gun? If you have a teen struggling with depression, getting the gun out of your home helps keep them safe. #IAHW2020</strong></td>
</tr>
</tbody>
</table>