

Mandate of Youth Committee 4
“Health and Social Affairs”

as adopted by the YRN
on 22 May 2009 in Krzyzowa, Dolnoslaskie region (PL)

In addition to the values defended by its founding organisation, the Assembly of European Regions, (see 3. d of the Youth Regional Network's Strategic Programme) the Youth Committee for Health and Social Affairs stands for the ability to listen to each other, tolerance, respect, and the courage of young people to speak up and defend their ideas.

During its working session, the Youth Committee for Health and Social Affairs determined the following key areas of activity and agreed upon the following priorities:

- **Building a Youth-friendly European Health System**
 - Finding solutions to Demographic Change and promote intergenerational solidarity
 - Strengthen interregional cooperation in organ donation and in fighting organ traffic
- **Healthy Lifestyles and Addictive Behaviours**
 - Inform young people and their families on addictive behaviours (drugs, alcohol, tobacco, addiction to computer and IT applications)
 - Inform young people about good food, eating disorders and the necessity to do sport
 - prevent mental health disorders such as depression, loneliness, crime in the families, and promote the importance of families and friends' networks for the well-being of young people
- **Equal Opportunities and Equal rights**
 - promote equity between men and women
 - promote tolerance for all sexual preferences
 - promote respect for the rights of ethnic minorities and migrants
 - promote the rights of people with physical disabilities and mental deficiencies

To achieve these goals, the YC4 decided to undertake the following concrete actions:

- Bringing in the youth perspective in the existing AER networks and their meetings, through creative means such as theatre plays, fairy tales or moderation of debates
 - in the AER Observatory on Equal Opportunities
 - in the AER Working Group on People with Disabilities
 - During the upcoming AER Seminar on Innovation for Demographic Change (5-6 October, Noord-Brabant-NL)
- To communicate about healthy lifestyles and the importance of sport in the daily life of young people, YC4 proposes the following idea: riding the distance from Croatia to Brussels by bike! An AER bike would thus leave Croatia with a young cyclist on the

saddle, soon replaced by another young person... this chain would show the attachment of young people to sport and enable AER's YRN to catch the media attention and spread its messages.

- Launching campaigns and create films targeted at young people and project them in schools and youth assemblies. These campaigns should denunciate all kinds of addictions and be based on real cases, with people witnessing their experience and talking about the solutions they found to get out of their addictions.
- Address parents and raise the awareness of the importance of communication within the families
- Introduce sexual education in schools, by distributing condoms and explanatory leaflets.
- Participation in external conferences: a representative of the YC4 will attend the High level Conference on the Health of young people organized by the European Commission and the European Youth Forum on 9-10 July and represent the YRN there.

Election of the Head of YC4: Olov Oskarsson was elected Head of the YC4 by consensus. Daniela Koller will supplement him in his task.