

# REPORT



12th MELAKA INTERNATIONAL YOUTH DIALOGUE

**“ HEALTH, IT’S MY RIGHT ! ”**

28TH JUNE TO 30TH JUNE, 2012

PUTERI RESORT  
MELAKA, MALAYSIA



SUPPORTED BY :



## REPORT ABSTRACT

This report details the presentations, discussions and conclusions held at the 12<sup>th</sup> Melaka International Youth Dialogue attended by selected stakeholders consisting of youth and youth leaders from the respective National Youth Councils, Youth Organizations, Ministries of Youth, Ministries of Health, Health related organizations, International Organizations and other institutions.

This report was compiled and published by the World Assembly of Youth.

## EXECUTIVE SUMMARY

This report summarizes discussions and recommendations from the 12<sup>th</sup> Melaka International Youth Dialogue held from 28<sup>th</sup> to 30<sup>th</sup> June 2012.

The dialogue was organized by the World Assembly of Youth (WAY) and supported by the Melaka State Government, the Ministry of Youth and Sports (Malaysia), and the Malaysia Youth Council. Among the youth and youth leader participants, in attendance were the Minister of Youth and Sports (Yemen), Hon. Mr. Moammar Mutahar Mohamed Al-Eryani; Ambassador of the Republic of Yemen to Malaysia, H.E Mr. Abdullah Mohamad Ali Al-Montaser; Ambassador of Vietnam to Malaysia, H.E Prof. Nguyen Hong Thao; Ambassador of Lao People's Democratic Republic (PDR) to Malaysia, H.E Mr. Khamphan Anlavan; as well as members of the WAY Bureau and Executive Committee.

WAY firmly believes that increasing youth connectivity and harnessing the potential of the right to health as key enablers to stimulate social and economic benefits for the millions of unconnected around the world. However, the public and private sectors must develop solid mutual understanding and operational partnerships, so that real benefits can be felt by both administrations and the citizens alike. The Melaka International Youth Dialogue is designed to provide an international platform for youth and youth leaders around the world, to increase collaboration between stakeholders and also to improve youth connectivity.

This report provides details of the presentations and discussions that took place at the dialogue in Melaka, Malaysia. These covered several crucial topics, including:

- Stakeholders Perspective Towards Youth Health
- Effects of Social Health on Young People
- The Challenges that Young People Face in this Era

## TABLE OF CONTENT

INTRODUCTION.....	4
OBJECTIVES.....	5
PRE-EVENT STRUCTURE.....	6
DIALOGUE PROGRAM.....	7
1. OPENING CEREMONY.....	8
2. PLENARY SESSIONS.....	10
A. SESSION I: STAKEHOLDERS PERSPECTIVE TOWARDS YOUTH HEALTH.....	10
B. SESSION II: EFFECTS OF SOCIAL HEALTH ON YOUNG PEOPLE.....	12
C. SESSION III: THE CHALLENGES THAT YOUNG PEOPLE FACE IN THIS ERA..I..	14
3. WORKSHOPS.....	16
4. DECLARATION.....	16
5. TOUR.....	16
6. CLOSING CEREMONY.....	17
DELEGATES .....	18
FINANCIAL REPORT.....	18
APPENDICES	
- DECLARATION	
- PICTURES	

## INTRODUCTION

The Melaka International Youth Dialogue (MIYD) is an annual programme of the World Assembly of Youth (WAY) which brings together young people and youth leaders from around the world to discuss relevant youth issues. Since 2001, the MIYD has convened on a wide range of tropical issues. The MIYD has witnessed an escalating number of youth participants over the years willing to participate in the decision making process. With the view of building a stronger partnership between the youth and the society, the MIYD produces a declaration which serves as a guideline for youth to address the selected issues.

By recognizing the human right to health and considering the carried out research, WAY made it an obligation that this year, the 12<sup>th</sup> MIYD would encompass health as an enduring concern faced by youth with the theme: **'Health, It's My Right!'** This theme had been recognized to fulfill the predominant opinions of young people hence an interactive discussion on this topic was of significance to form, educate, increase awareness and promote health amongst youth in the different levels of society that we represent.

The focal point of this year's dialogue shifted towards Health as a right for young people. Essentially for those youth residing in some parts of the world where suffering comes from poor health as a result of societal conditions, including such factors as customary attitudes and harmful traditional practices and in some cases, as a result of their own actions.

According to the Universal Declaration of Human Rights ...*"Every woman, man, youth and child has the human right to the highest attainable standard of physical and mental health, without discrimination of any kind. Enjoyment of the human right to health is vital to all aspects of a person's life and well-being, and is crucial to the realization of many other fundamental human rights and freedom"...*

The current generation has not known a world without epidemics and infections. Poor health is often caused by an unhealthy environment, lack of information and inadequate or inappropriate health services. Problems include the lack of safe and sanitary living environs, malnutrition and risk of infectious, parasitic and water-borne diseases, growing consumption of tobacco, alcohol and drugs, unwarranted risk taking and destructive activity, resulting in unintentional injuries.

The reproductive health needs of youth have been highly ignored and in many countries youth looked down upon as the cause of growing epidemics. Also, it has been noted that in many countries there is the need for information and services to assist youth understand and articulate their sexual and reproductive health rights and protect them from undesirable consequences.

According to the statistics provided by the World Health Organization (WHO) when addressing youth health, focal concern is on early pregnancy, HIV, malnutrition, mental health, harmful use of tobacco and alcohol, violence and injuries, which often threaten public health worldwide.

## OBJECTIVES

Throughout the dialogue all participants gathered to call for action based on the following objectives:

1. To raise an informative youth generation on the current situation of youth health with anticipated behavior adaptation and consequently admission to decision making amongst youth;
2. To foster youth action towards implementation of ideas brought forward by the young people for the benefit of their societies;
3. To catalyze the speed of transformed paradigm towards health issues;
4. To address the challenges and determinants of health faced by youth today;
5. To promote equality of opportunities and facilities between young men and women;
6. To formulate the psychological, social, and physical protective factors that are associated with better health;
7. To determine the obligations of society to respect, protect and fulfill the youth right to health;
8. To identify the role and the contribution of governments, national youth councils and other stakeholders towards improving and sustaining health as a right issue;
9. To create and Improve the national, regional and international policies governing youth health for the present and future;
10. To incorporate networking, collaboration and cooperation between governments, society and private sectors to address the issue of youth health;
11. To build and strengthen the social capacity to provide comprehensive care and a supportive environment for all youth in all regions.

## PRE-EVENT STRUCTURE

Mindful of the importance of ensuring an orderly transition towards the MIYD and the efficient operation of the Dialogue, the already established preparatory committee, comprising of various institutions, organizations and departments was chaired by the Hon. Datuk Wira Ir. Idris Haron, President of the World Assembly of Youth. The committee in their capacity met on two separate preparatory meetings to discuss the delegation of tasks and duties which led to requests on various aids thereby making all its decisions based on consensus. The Secretariat subsequently made follow ups before convening into the second and final meeting.

The WAY Secretariat, headed by the Secretary General, performed the following functions as was necessary to ensure the efficient preparation of the dialogue including the functions set out below:

*a) Administrative, budgetary and financial matters:*

- Preparation of proposals from the Secretariat on the relevant documentations for accommodation, equipment, transportation, protocol requirements, that was provided to all organizing committee, participants, volunteers and the Secretariat;
- Preparation of the estimated budget for the operation of the MIYD;
- Introduction and provision of rules, training, tasks and duties was given to the selected Youth Volunteers that joined the Organizing Committee;
- Steering the involvement and participation of partners towards the success of the event.

*b) Institutional, procedural and legal matters:*

- Assessment of proposals and approbation of the papers submitted by interested experts to be in accordance with the theme and satisfying "The Millennium Plan of Action(MPAC-3) 2010 to 2014";
- Preparation of recommendations to the Preparatory Committee concerning the appropriate arrangements with respect to relations with other organizations participating and/or organizing;
- Preparation and submission of a report on its activities to the institutions, organizations and government bodies involved in the MIYD;

*(c) Matters related to the activities of the MIYD within its scope and functions:*

- Convocation and preparation towards the implementation of a successful Dialogue;
- Initiation of the work programme arising from discussions at the WAY Executive Committee meetings and also undertaking the work resulting from decisions of the Preparatory Committee meetings;
- Discussions on the suggestions for the inclusion of additional items on the agenda of the MIYD's work programme; and
- Preparation of proposals concerning the composition of a Draft Declaration Committee in accordance with the criteria set out in the MIYD Documents and Agenda.

## **DIALOGUE PROGRAM**

The Dialogue agenda included plenary sessions, workshops and exhibitions, networking, working dinners, tourism and cultural visit.

Plenary sessions composed of introductory speeches and paper presentations from national, regional and international views of today, and also personal experience sharing from youth with relevance to the theme.

Workshops were brainstorming sessions and exhibitions for participants. In these sessions emphasis was made that there was no debate, no criticism, and no cross talk. Instead moderators called for suggestions and noted them, all of them, and later prioritized the list of suggestions to come up with a long term based declaration. The "brainstorm" was very structured and focused and the participants were asked to learn and practice the ground rules.

In these workshops were also exhibition platforms for organisations to gain recognition in their respective fields by providing them the chance to showcase their products and services.

## 1. OPENING CEREMONY:

The following Press Release was sent out to commemorate the official Opening Ceremony and other activities that took place on that day.

Melaka, 28<sup>th</sup> June 2012 – THE Opening ceremony of the 12<sup>th</sup> Melaka International Youth Dialogue was held today at Puteri Resort with an encouraging presence of Hon. Datuk Gan Tian Loo, State Minister of Youth, Sports, and Education who officiated this awesome event under the theme "*Health, It's My Right!*" Also in attendance was Hon. Datuk Wira Ir. Idris Haron, President of the World Assembly of Youth, Hon. Mr. Moamar Al-Eryani, Minister of Youth and Sports, Republic of Yemen, His Excellency Mr. Abdulla Mohammed Ali Al-Montser, Ambassador of the Republic of Yemen, and His Excellency Mr. Khamphan ANLAVAN, Ambassador of the Lao People Democratic Republic. The ceremony was also honoured to have the presence of WAY Vice Presidents and Executive Members.

In her speech, the Secretary General of World Assembly of Youth, Ms. Ediola Pashollari, introduced the theme of the MIYD taking the participants and delegates throughout the journey of the dialogue. She welcomed the participants both to the dialogue and the land of Malaysia and thanked all the youth organizations, government bodies, donors, speakers, delegates and dignitaries for having took their time to make themselves available for the event. The President of WAY, Hon. Datuk Wira Ir. Idris Haron confirmed the implementation of youth actions towards impacting the world by bringing reformation to policies in existence through Youth Organizations and National Youth Councils. He reaffirmed the youth of WAY's Millennium Plan of Actions towards achieving the Millennium Development Goals by tapping on the potency of youth, governments and private sectors. He continued to encourage the youth to collectively work together, respecting other's rights when bringing out ideas that will reform health care systems.

State Minister of Youth, Sports, and Education, Malaysia in an effort to bring awareness on health concerns, brought the youth to the realization of the pressure of an increasing population, lack of education, disability, and poverty have on youth health. He also noted the youth's responsibilities towards ensuring sustainable health while shunning risky behaviors such as violence and drug abuse that jeopardize acceptable health. The Minister went on to encourage the youth to be able to stand for their rights while accepting responsibilities, getting themselves involved in community based programs and events to both educate and be trained in substantial health practices. He concluded by encouraging WAY, youth organizations, governments and private sectors to play their roles in providing the youth with resources, facilities and necessary equipment to improve their health.

The opening ceremony was then concluded auspiciously with the presentations of tokens of appreciation to the guest of honor and dignitaries present and took photos with representatives from different countries. The day was continued with three plenary sessions where government representative bodies, academicians, youth organizations, NGOs and private sectors that joined forces to equip and empower the youth on healthy living in different perspectives.

On bringing the day to a conclusion, the participants and delegates were taken on a tour to Planetarium Melaka, a relaxed and interactive yet educative tour. The Melaka Historical City Council and the Melaka Mayor later hosted the dinner with cultural performances to entertain the guests.

-END-

## 2. PLENARY SESSIONS:

### A. SESSION I: STAKEHOLDERS PERSPECTIVE TOWARDS YOUTH HEALTH

Speaker Topic: **“Health, Self-Reliance and Consciousness”**



By **Dr. Marco Roncarati**, UN-ESCAP

Dr. Marco in his presentation focused on what health is: Physical, mental emotional spiritual dimensions need to be considered, as do individual and collective ones; this stretches to ecological or environmental issues.

He recommended that young people need to look after their health to live productive and rewarding lives, as well as be able to contribute to society and be effective leaders.

‘A key is knowledge of what constitutes healthy behavior, but also having the life skills and will power to do what is known to be right. It is not easy when peers are pushing us. Drugs, sex, bravado; the power of temptation and the will to be accepted may be strong, but health may be compromised. So we need to lead ourselves out of trouble. ‘

He concluded by saying that health is a right, but resources are too scarce for everyone to be able to be demanding (and getting) all sorts of health care services.

Speaker Topic: **“Preventive Education to Mainstream Youth Organizations”**



By **Mr. Vimalan A/L Muthupandian**, Ministry of Youth and Sports in Malaysia

In his many years serving as civil servant, the ever jovial Mr. Vimalan provided the Ministry’s perspective of health and also the many ways the Malaysian Government is working towards an informative youth through the many established youth organizations.

He went on to say that as a young person, one wants to have fun, experiment, be accepted, at the same time not want to wear on self out. There are many health practices to keep one balanced. The decision is for the youth themselves to choose which path to follow.

In his encouraging words he requested the young people should step up and own up to responsibility. Governments will always be there to advice and create or update policies whenever relevant but it is the young people who need to take more practical initiative, a step further, and educate themselves and their peers towards a healthy lifestyle.

Speaker Topic: ***“Youth and HIV-AIDS: A Right Based Approach”***



By **Mr. Raj K Mishra**, Commonwealth Youth Programme

Mr. Raj, as the Regional Director of the Commonwealth Youth Programme (CYP) Asia Centres main focus is in HIV-AIDS. In his presentation he mentioned various statistics on youth health and recommended the following that needs to be done to achieve health right based approach:

- The 2001 Declaration of Commitment on HIV/AIDS by the UN General Assembly underscored the importance of working with young people in reversing the spread of HIV/AIDS.
- The MDG No.6 urges the global community to halt and begin to reverse by 2015 the spread of HIV/AIDS.
- Young people being at “the centre of the epidemic”, ought to be at the forefront in the fight against HIV/AIDS.
- Their participation in planning, implementation, monitoring and evaluation of all interventions directed towards them and the community in general is an absolute imperative.
- The following rights based and inclusive strategy is recommended.

Speaker Topic: ***“Ministry of Health’s Initiatives in Promoting Health of Adolescents and Youth”***



By **Dr. Nik Rubiah bt Nik Abdul Rashid**, Ministry of Health in Malaysia

Dr Rubiah is the Public Health Physician and is currently attached to the Family Health Development Division, Ministry of Health Malaysia. With her 25 years of working experience at various hospitals, health offices and clinics at the district, national and international level, she provided consultation in the areas related to children, adolescent and school health.

Therefore as an extended professional, she presented on behalf of the Ministry of Health, Malaysia. She went on to provide statistics, then explained the National Adolescent Health Policy and its Plan of Action.

She mentioned the Policy Statement that: *“Encourage and ensure the development of adolescents in realizing their responsibilities for health and empower them with appropriate knowledge and assertive skills to enable them to practice healthy behaviors through active participation”*

She recommended that service provision must be further strengthened, innovative, creative, target adolescents in the different settings, address their real needs through active adolescent participation & involvement.

## B. SESSION II: EFFECTS OF SOCIAL HEALTH ON YOUNG PEOPLE

Speaker Topic: *"Feed Your Brain: The Importance of a Strong and Healthy Mind"*



By **Dr Christopher Hill**, University of Nottingham

Education and health are intricately linked; awareness and understanding are vital but so is ensuring an active mind and balanced outlook. Dr. Chris' presentation focused on the necessity and importance of challenging one's brain to think critically, to develop new ideas and to see the world from multiple perspectives.

He shared his belief with the participants that true change comes from knowledge and the health and wellbeing of our young people is a crucial issue that must be developed and supported. There are growing concerns over lack of information or understanding of critical issues such as disease and prevention and this must be addressed. Education and its ability to challenge, motivate, enlighten and support will forever be a partner in our battle to raise standards of health provision and awareness globally.

In his presentation he also discussed the drive for more education, as it relates specifically to health awareness, and outlined the direction young people should take in this regard.

Speaker Topic: *"Sexual and Reproductive Health and Rights"*



By **Ms. Mehalah Lingam**, *Reproductive Health Association*

As the State Manager of The Federation of Family Planning Associations, Malaysia (FFPAM), Ms. Mehalah gave an extensive presentation of her experience of the implementing agency where Melaka State FPA is the executing project location.

She described the various model projects that have been implemented in two project sites, a high school and work place (Free Trade Zone), following the three major strategies: advocacy, BCC/IEC and training, and clinical and sexual health services.

She shared with the participants more about the Youth Clubs and how they have been established both at the school and factory. In school, the beneficiaries are adolescents who belong to a school aged 15-17. In the factory, the beneficiaries are workers of an electric appliances factory aged 18-24 (both men and women, both married and unmarried).

Speaker Topic: “ ***Addressing Comprehensive Sexuality Education and Youth Friendly services in Asia-Pacific***”



By **Mr. Rinaldi Ridwan**, International Planned Parental Federation (IPPF)

In his presentation, Mr. Rinaldi stated that health is not only a biological or physical issue; rather it's a matter of basic human right. Asia and the Pacific region face multi-layered challenges that are deeply impacted by cultural and traditional norms; which further comprises young people's health and well-being. A lot of problems in relation to young people's health, particularly sexual and reproductive health still remain as a challenge in the region.

He went on saying that young people's health has been neglected for too long now. Unintended pregnancy, high HIV prevalence rate, gender-based violence, female genital mutilation and unsafe abortion is often perceived as a morality issue rather than a public health issue, which closely relates to young people's sexual and reproductive rights.

He concluded by emphasizing that comprehensive sexuality education and youth friendly services are not widely available to young people, especially those who are unmarried. In some countries the cost to access SRH services is expensive which further restricts access for young people.

Speaker Topic: “ ***A Vision of Renewal Health, It's my Right***”



By **Ms. Oninasavady Vitandham**, Progressive United Action Association

Ms. Oni mentioned in her presentation that our youths are the future of every nation, and without proper nutrition, without clean water, without proper medical care, supplies, and equipment, they will not be able to grow up healthy.

We need to give the Youth the right start in life through health education, and health care. Investing in these preventive measures will save billions of dollars in managing diseases that could have been avoided, or having to support unemployed adults.

She went on to advice the youth in attendance to know their rights, act responsibly, and encouraged them to take care of their physical fitness by being active in physical and mental exercises.

She concluded by saying that physical and mental exercises will help youth to build strong immune systems that will keep them living a healthy livelihood.

### C. SESSION III: THE CHALLENGES THAT YOUNG PEOPLE FACE IN THIS ERA

Speaker Topic: *“Physical Activity and Youth: A Perspective on Gender”*



By **Mr. Andre Müller**, University of Suwon, South Korea and **Dr. Selina Khoo**, University of Malaya, Malaysia



In their presentation, Mr. Andre and Dr. Selina presented about the period between adolescence and early adulthood, as a transition phase, due to various life changes like marriage, parenthood or new employment status, that people in this age group are also increasingly physically inactive.

They went to mention that physical activity offers a variety of physiological, psychological and social health benefits especially for young people in highly demanding circumstances.

Due to social pressures in most societies, young women are restricted in their physical activity participation. What may appear as gender inequality, an external factor, is in fact, not inequality, but a social construct, an internal factor, of expected role behavior for females that has evolved to ensure the community's stability.

Both of them, stressed on the need for physical activity for young women that will help ensure community stability. This is thus not a matter of choice as much as it is simply not a decision ever considered because it is outside of expected behaviors.

Speaker Topic: *“Lose to Win Initiative”*



By **Datuk Hasnah Salam**, Yayasan Angin Ahmar

Datuk Hasnah presented on the initiatives that her organization, Yayasan Angin Ahmar Melaka (YAAM) carries out in relation to patients suffering from stroke and went on to further mention its role to create awareness among the community with regards to stroke, providing counseling sessions to the patients and the caretakers of the patients as well as providing basic medical check-ups for the patients.

They have successfully continuous held seminars and various activities in Melaka where they have obtained encouraging feedback leading to the setting up of a clinic for continuous basic check-ups for the patients.

The Lose to Win Initiative equips individuals to lose weight in a healthy way and sustain it over a long term. This 8-week programme combines physical activity, nutrition and, mental wellbeing talks aiming to inspire and motivate people to make healthy lifestyle changes.

Speaker Topic: " *Living Positively with HIV is my Right*"



By **Mr. Venancious Rukero**, the Venancius Rukero AIDS Orphans and Vulnerable Children Foundation

Mr. Venancious chose to present this motivational speech with the purpose of inspiring other young people, to not only take responsibility for their health, but also to find purpose and passion in living.

He believes that living with HIV, has taught him to treasure health and life every day. He shared his experience and recommended the following key messages being the 3 Rs; Respect for self; Respect others; and Responsibility for own-choices; in order to understand the AIDS jargon.

He shared his personal life story and his challenges living with the HIV virus. Among them was the message of hope, where he called it 'My bitter/sweet life with HIV' and how with this he managed to go on to make a difference in many communities and encouraging young people to get tested and more informative to the treatment options available.

### 3. WORKSHOPS:

Based on the introductory perspective and case studies from the invited speakers who led structured discussions of the relevant issues pertaining to the theme, the practicality of involving the youth in decision making process was born in the workshops which were considered interactive and brainstorming sessions.

In the workshops the participants were divided into groups and asked to discuss on the challenges and roles played by the public and private sectors as well as the Non-governmental organizations in developing youth health. This later led into the creation of the Draft Declaration which was later presented to the participants for its adoption. *Refer to Pictures in the Appendix*

### 4. DECLARATION:

The declaration is a document bearing recommendations agreed by the participants that they feel ought to be implemented by the public and private sectors as well as NGOs. The participants through their thorough discussions, debates, thoughts, and experiences during the plenary sessions, and workshops and guided by the dialogue objectives agree to the final draft declaration in unity as they were brought together for the dialogue.

The adopted declaration was then distributed to all participants present and later on published and forwarded to all WAY members and other related institutions. *Refer to the Appendix*

### 5. TOUR:

The tour was organized in to an informative visit based on the theme for the Dialogue in which the visit was scheduled on the afternoon of the 30<sup>th</sup> June, 2012. For this tour four Hospitals (Private and Public) and two Medical Schools within Melaka were chosen for this purpose. Based on the time and distance factors, participants were randomly divided into three groups and taken to the respective locations within Melaka that are well known for the health facilities and/or working with young people. *Refer to Pictures in the Appendix*

## 6. CLOSING CEREMONY:

The following Press Release was sent out to commemorate the official Closing Ceremony and other activities that took place on that day.

Melaka, 30 June 2012 - THE closing ceremony of the 12<sup>th</sup> Melaka International Youth Dialogue was occasioned with many interesting events. The day was kick started with the reading of the draft declaration which was later adopted for implementation. All youth present were energetic and participatory, proving that they indeed heeded to the advices and feedbacks given by various speakers for the past two day.

Participants were later taken to educational field trips to medical schools and hospitals to experience practical medical environments to enhance the already acquired knowledge on health. During the closing ceremony dinner which was officiated by the World Assembly of Youth (WAY) President Hon. Datuk Wira Ir. Idris Haron, participants representatives were asked to recite the declaration. Ms. Ediola Pashollari, Secretary General of WAY continued to express her gratitude for the endurance, and spirit of all the participants of the 12<sup>th</sup> MIYD and praised them for their synergy to have formulated a powerful declaration that is going to help shape our healthcare systems. She also acknowledged the input of all dignitaries, and organizers and she hoped for a continuous link between the youth, WAY, National Youth Councils, Youth Organizations and Government Youth Representative Bodies.

In his speech, the president of WAY encouraged everyone present to take upon the burden of responsibility towards reforming health systems, revamping education systems through the inclusion of sexual reproduction into the curriculums, volunteering to improve health facilities for the undeveloped states, developing infrastructures and offering resources and training especially to the marginalized and rural based youth who lack access to information. He also hoped that the participants will implement the declaration in their localities through youth councils.

The closing ceremony was concluded with a dinner and celebrations by the dignitaries, participants, organizers and volunteers together from around the globe.

-END-

## **DELEGATES:**

This year's MIYD 'Health, it's My Right!' was graced by more than 200 youth and youth leaders from every region as expected by the organizers. The participants were able to tap into the invaluable insights of the forerunners in the health field and those champions elucidating on recent developments and challenges while exploring better health opportunities in the world.

The participants recognized the Dialogue as a potential driver for development growth and indulged in efforts to exploit the benefits that could be reaped from others present.

This intensified the atmosphere of self-motivation, and great networking groups formed as was the initial intention of the Melaka International Youth Dialogue to bring together young people and youth leaders to discuss this imminent issue and also formulate a guideline that encompasses the suggestions brought forward during the workshop sessions.

With the outcome document, the declaration, WAY Secretariat trusts that the delegates will play their role in disseminating the gained information to all their relevant institutions in their respective countries; form partnership with all relevant stakeholders; and also reach to the grass root levels and the community as a whole, with the aim to promote health and the youth's right to health.

## **FINANCIAL REPORT:**

A complete financial report is available upon request from the secretariat

**APPENDICES:**



## 12<sup>TH</sup> MELAKA INTERNATIONAL YOUTH DIALOGUE

“HEALTH, IT’S MY RIGHT!”

28-30 JUNE 2012

PUTERI RESORT, MELAKA, MALAYSIA

### DECLARATION

#### **1 PREAMBLE**

- 1.1 We, the participants of the 12<sup>th</sup> Melaka International Youth Dialogue (MIYD) convened in Melaka from 28-30 June 2012 for an annual program organized by the World Assembly of Youth which brings together young people and youth leaders from around the world to discuss pertinent and topical youth issues.
- 1.2 By recognizing the human right to health and considering the statistics and research done, WAY has made it an obligation this year that the 12<sup>th</sup> MIYD will encompass health as an enduring concern faced by the youth with the theme: Health It’s My Right. This theme has been recognized to fulfill the predominant opinions of young people hence an interactive discussion on this topic will be of significance to form, educate, increase awareness and promote youth health in the different levels of society that we represent.
- 1.3 Therefore, with the above mentioned theme, all young people, youth leaders, government and organization officers gathered to call for action in areas such as assessing the problem; tackling the challenges; forming partnerships; focusing on the needs; structuring experience; and conveying the right message in order to ensure health as a fundamental right for the youth.

1.4 After thorough deliberations through paper presentations, plenary sessions, workshops and field trips, we the participants have put together this document with the following recommendations that we strongly feel ought to be implemented by all the stakeholders to ensure that the youth have the right to health.

The guiding principles for this declaration were based on the following objectives:

- To raise an informative youth generation on the current situation of youth health with anticipated behavior adaptation and consequently admission to decision making amongst youth;
- To foster youth action towards implementation of ideas brought forward by the young people for the benefit of their societies;
- To catalyze the speed of transformed paradigm towards health issues;
- To address the challenges and determinants of health faced by youth today;
- To promote equality of opportunities and facilities between young men and women;
- To formulate the psychological, social, and physical protective factors that are associated with better health;
- To determine the obligations of society to respect, protect and fulfill the youth right to health;
- To identify the role and the contribution of governments, national youth councils and other stakeholders towards improving and sustaining health as a right issue;
- To create and Improve the national, regional and international policies governing youth health for the present and future;
- To incorporate networking, collaboration and cooperation between governments, society and private sectors to address the issue of youth health;
- To build and strengthen the social capacity to provide comprehensive care and a supportive environment for all youth in all regions.

## **2 RECOMMENDATIONS**

### **2.1 Public Sector**

- 2.1.1 To establish non-discriminatory policies which emphasize the right to health for youth.
- 2.1.2 To ensure the implementation of international policies and guidelines with regards to youth health and rights.
- 2.1.3 To involve youth in the decision making processes and implementation with regards to health policies and programs.
- 2.1.4 To integrate and continuously revise health curriculums throughout the education system, in partnership with relevant stakeholders.
- 2.1.5 To create legislative frameworks to set health standards for products which affect the health of youth.
- 2.1.6 To allocate resources for the necessary means to support the relevant stakeholders that address issues regarding youth health.
- 2.1.7 To establish accessible health and research centers that should provide complimentary and confidential services for all youth.
- 2.1.8 To create an enabling environment for NGOs to carry out their services for the benefit of youth through instituting helplines and hotspots.
- 2.1.9 To refine health care services and facilities and motivate health care personnel to operate in a youth friendly way where needed.
- 2.1.10 To educate and train youth on health information and services available to them.
- 2.1.11 To promote transparency and accountability of the healthcare systems, personnel, and practices.
- 2.1.12 To provide vaccinations and monitor the coverage of immunization among the youth.
- 2.1.13 To establish agencies that monitor the quality and content of medicinal and food products.
- 2.1.14 To acknowledge that both paternity and maternity leave are equal in rights for both parents.

## **2.2 International, Regional and National NGOs**

- 2.2.1 To establish peer-to-peer and participatory learning systems aimed at meeting health needs of the youth.
- 2.2.2 To diversify the projects and carry out continuous events that will help spread awareness and address the need for youth to be involved in health issues.
- 2.2.3 To involve more youth and youth organizations in community service and volunteering through projects related to healthcare.
- 2.2.4 To encourage youth organizations to collaborate in order to improve their respective capacities.
- 2.2.5 To foster collaboration and strengthen the efforts of both the public and private sectors for improving youth health.
- 2.2.6 To provide and share resources with relevant organizations that integrate health programs in their agenda for the benefit of youth.
- 2.2.7 To utilize capacity building in order to fight stigma and discriminatory practices among the youth, for the youth.
- 2.2.8 To recognize and communicate success stories in order to impress upon the youth the consequences and challenges of living unhealthily.
- 2.2.9 To directly involve the media in programs related to health issues in order to instantly communicate the relevant information.

## **2.3 Media**

- 2.3.1 To establish social network platforms where the youth can find information and effectively communicate ideas on health challenges and rights.
- 2.3.2 To publish reliable and up-to-date information on health issues and services related to the needs of the youth.
- 2.3.3 To flood all avenues of media with positive messages which promote general well-being of the youth.
- 2.3.4 To encourage investigative and critical journalism that addresses the factors and issues which directly and indirectly affect youth health.
- 2.3.5 To assist in marketing healthy products according to the international standards, through free advertising, articles, business columns and air time.

- 2.3.6 To be more creative in grabbing the attention of the youth in order to be engaged in health issues.
- 2.3.7 To involve youth and youth organizations in talk, roundtable, drama and music shows related to youth health issues

## **2.4 Private sector**

- 2.4.1 To provide facilities and services to employees within company premises and encourage a healthy and balanced work-life.
- 2.4.2 To offer health insurance to the employees and their families.
- 2.4.3 To discourage practices of discrimination on the basis of health status and promote a working environment that supports equality.
- 2.4.4 To be supportive of NGOs targeting health programs for the youth and assist in implementing the outcomes.
- 2.4.5 To promote social capitalism by establishing access to healthcare services for the youth in need.
- 2.4.6 To integrate telecommuting into the working environment so the youth can work at their convenience.
- 2.4.7 To encourage companies to provide programs for youth health as part of their corporate social responsibility (CSR) strategies.

## **2.5 Society**

- 2.5.1 To change the negative mindset and provide necessary support to the youth with health-related issues.
- 2.5.2 To acknowledge the physical, mental, and social limitations on health in order to provide timely and effective services.
- 2.5.3 To recognize that youth have the right to make informed decisions regarding their health, lifestyle, and well-being.
- 2.5.4 To define and eradicate unhealthy practices within the communities irrespective of culture, norms and traditions.
- 2.5.5 To showcase and reward success stories to integrate behavioral change and build informed and empowered youth.

2.5.6 To provide first aid courses to all members of community and keep them up-to-date on the current health issues and protocols on epidemics.

## **2.6 Education**

2.6.1 To recognize the importance and need to equip youth with the right knowledge and skills to tackle health-related issues.

2.6.2 To engage the existing professionals working on youth health in iterative training.

2.6.3 To emphasize the importance of physical education for a better and healthy lifestyle of the youth.

2.6.4 To have competent and well-equipped health professionals that can address current health issues and manage crisis situations.

2.6.5 To empower out-of-school youth with the necessary training in order to build their capacities.

2.6.6 To promote alcohol, drug and tobacco free lifestyle.

2.6.7 To integrate comprehensive sexuality education to empower young people to make informed choices.

2.6.8 To establish curriculum of medical and health related educational institutions to give special concern to local and international youth health issues.

## **3 GENERAL COMMENTS**

3.1 To stimulate all stakeholders to strengthen their partnership for the enhancement of youth health services and rights.

3.2 To generate opportunities that would allow the youth to participate, create, develop and stand for rights to health.

3.3 To strengthen the social capacities between the private and public sector for the establishment of youth health rights in all regions.

3.4 To encourage collaboration among the stakeholders in order to provide easy access to quality health for youth.

#### **4 CONCLUSION**

We, the participants of the 12<sup>th</sup> MIYD, realize and recognize the importance of prioritizing the health of youth worldwide as a fundamental right. We seek to generate youth dialogues to advocate for legislations, policies and programs at all levels of society in order to ensure a positive and healthy lifestyle for youth globally.

## COUNTRIES REPRESENTED

Albania	Philippines
Azerbaijan	Sri Lanka
Bangladesh	Sudan
Botswana	Thailand
Brunei Darussalam	Trinidad and Tobago
China	Tunisia
Denmark	Uganda
Egypt	United Arab Emirates
Germany	United Kingdom
Ghana	United States of America
Hong Kong	Yemen
India	Vietnam
Indonesia	
Iran	
Italy	
Kenya	
Laos	
Libya	
Malaysia	
Maldives	
Namibia	
Nigeria	
Oman	
Pakistan	
Palestine	

## OPENING CEREMONY



*The arrival of the Guest of Honor, Hon. Datuk Gan Tian Loo, State Minister of Youth, Sports, and Education (Left) walking together with Hon. Mr. Moamar Al-Eryani, Minister of Youth and Sports, Republic of Yemen (Center Right) to the Session Plenary Hall. While, WAY Vice President Mr. Mohamed Alwane; Mr. Hussein Al Ahmed and Executive Committee Member, Mr. Fazlul Haque keep in step.*



*WAY President Hon. Datuk Wira Ir. Idris Haron (Left) and Hon. Datuk Gan Tian Loo, State Minister of Youth, Sports, and Education (Center) exchange contact details with Hon. Mr. Moamar Al-Eryani, Minister of Youth and Sports, Republic of Yemen (Right) at the Plenary Hall before the commencement of the Opening Ceremony.*



*On formally opening the 12<sup>th</sup> MIYD, the Guest of Honor, WAY Executive Committee Members, Secretary General and other distinguished guests posed in a group photo with the diverse participants*

## PLENARY SESSIONS



*A quick glimpse at the plenary sessions and the speakers while presenting their papers*

## WORKSHOPS



*The various brainstorming sessions that meant many minds at work during the second day of the Dialogue.*

## TOURS & CULTURAL PERFORMANCES



Tours that took place to the hospitals and medical schools. Also cultural performances presented by WAY volunteers and the participants themselves.

## NETWORKING SESSIONS



Delegates getting to know each other during free time between the sessions and acquainting with the different cultures they were exposed to

## CLOSING CEREMONY



Secretary General, Ms. Ediola Pashollari giving her appreciation remarks



A youth delegate presenting the adopted declaration



A memoir photo with the President, Vice Presidents, Executive Committee Members and Secretary General.



Hon. Datuk Wira Ir. Idris Haron, WAY President, giving his closing address which led to the distribution of appreciation tokens and certificates to the delegates.



As per the tradition, the MIYD closing ceremony is concluded with celebrations and entertainment



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