

Youth Engagement in HBSC, Thursday 21st of June 10.30-12.30

“We know stuff that you don’t and you know stuff that we don’t. We just need to work together. “

This could be considered as the main message to be taken from this session. Youths from different countries presented their work, their opinions and tackled several important topics related to the physical and mental health of adolescents.

But first of all, Tam Baille, Scottish commissioner for Children and Young people, had an introductory talk about importance of youth engagement and importance of youth’s perspective on their life and health, their needs presenting **7 golden rules for participation: 1. Understand my rights. 2. A chance to be involved, 3. Remember – it’s my choice, 4. Value me, 5. Support me, 6. Work together, 7. Keep in touch.**

Next parts of this session were presented and chaired by youths themselves. They start with little icebreakers reminding us what it felt like to be a teenager and also let us think about youth engagement and what it means. Video about Scottish youth engagement team and their activities was presented.

In the rest of the session three important topics were discussed with an inspiring communication between youths and audience. First of all mental health and well-being was explored.

Takeaway thoughts – use the perspective of youths when handling with topic of mental health and wellbeing and transforming it into your research.

Ease of communication with parents followed as the next topic – discussion about the problem related to the communication with parents. Youths asked our opinions.

Takeaway thoughts - “Home is important. It provides security and makes me feel safe. “

Finally, Body image, weight and self-perceived health were another topic presented.

Takeaway thoughts – “Friends don’t accept girls when they are overweight and guys aren’t interested in them. Both hurt.” “Guys see each other as being muscular when they’re overweight, while girls see each other as being big when they’re overweight.”

Overall, the main impressions that resonates still after several hours later is how **creative, inspiring, amazing and brilliant those kids are and to learn that they want to be heard and respected!**