

YOUTH AGENTS OF CHANGE

Task Performance in Euthenics 2

Prepared by:

Barrameda, Jaypee

Ostonal, Ian Gabriel

Rabacal, Nathaniel

Samiano, Froleen

1. PEER PRESSURE

MISSION: To empower youth to make their own decisions and build the strength to resist peer pressure by providing resources, education, and support to help them make healthy, informed choices.

VISION: We envision a world where youth are empowered to make decisions for themselves and are supported to resist peer pressure, creating a safe and positive environment for their growth and development.

GOALS:

1. Promote an open dialogue between parents and their children about peer pressure. Encourage youth to openly communicate their feelings about peer pressure and any negative experiences they may have had.
2. Educate youth to recognize unhealthy peer pressure, and how to build and maintain healthy relationships with peers.
3. Encourage the youth to participate in activities that they enjoy and feel passionate about, so they do not feel the need to conform to outside pressures
4. Encourage the youth and young professionals to create their own identity and not rely on the opinions of others to determine their worth
5. Provide a safe environment to talk about their feelings and struggles with peer pressure.
6. Promote healthy ways to cope with stress and anxiety, such as exercise, journaling, and meditation.

2. MENTAL HEALTH

MISSION: Our mission is to ensure that all youth have access to mental health services and resources to promote healthy development and well-being. We strive to provide evidence-based prevention, assessment, intervention, and support services for youth with mental health needs. We recognize that mental health is a critical part of overall health and must be addressed through a comprehensive, community-based approach that is culturally informed and trauma-informed. Our ultimate goal is to reduce the stigma surrounding mental health, promote healing, and build resilience in our youth.

VISION: Our vision is to create an inclusive world where youth with mental health challenges are empowered to reach their full potential, free from stigma and discrimination. Together, we can build a future where all youth are able to access the tools and resources they need to thrive and free from mental health issues and concerns.

GOALS:

1. Create mental health support systems for youth in order to provide a safe space for them to share their experiences and receive support.
2. Enhance the quality of mental health care provided to youth through improved training and resources for mental health professionals
3. Reduce the stigma surrounding mental health and encourage open dialogue on mental health and its prevention.

3. ALCOHOL AND CIGARETTE ADDICTION

MISSION: Our mission is to reduce and prevent the misuse and abuse of alcohol and cigarettes among youth by providing education, and support to help individuals and families take action in their own lives and communities. We strive to create a healthier and safer environment for youth by raising awareness about the risks and consequences of alcohol and cigarette addiction.

VISION: Our vision is to create a world where young people are empowered to make decisions about their own health and well-being, free from the risks of alcohol and cigarette addiction. We are committed to providing support for young people who are struggling with addiction, and to advocating for policies that reduce youth access to alcohol and cigarettes.

GOALS:

1. Educate young people on the health and social risks associated with alcohol and cigarette addiction.
2. Increase awareness of the prevalence and consequences of alcohol and cigarette addiction among youth.
3. Support youth in developing healthier coping strategies to manage stress without turning to substance use.
4. Increase access to evidence-based prevention and treatment services for youth with alcohol and cigarette addictions.