

## Acting & Innovating for AY Health & Wellness

### Actions, Activities, & Innovations for AY Health

Families, communities, care providers, and AYs together create activities and innovations to support AY health, wellness, and development by supporting AY businesses and skills-based projects such as tailoring and small-scale agriculture.

*“Some of the youth are engaged in small projects like brick making where they earn and income and change their lives. We are trying to train youth to run other small projects like beekeeping; we teach them to make bee hives so that get busy during the holidays... but also earn an income. In this case they will not engage in bad behaviours like drug abuse” – Father*

#### These Changes:

##### Help AY earn income

*e.g. AY businesses & skill development*

##### Keep AY busy & out of trouble

*e.g. AY home projects, community sports and social activities*

##### Support balanced diets

*e.g., home gardening projects*

##### Support delivery of health programs & services

*e.g., adding health promotion to AY group activities*

##### Make changes for safety & equity between genders

*e.g., separating and labelling washrooms for girls and boys, providing menstrual products*



**Family/Parent Visits**  
Health Promotion Activities  
**AY Corner Construction**  
School Visits  
Menstrual Hygiene Kits  
Privacy Screens  
AY Health Groups  
VHT Home Visits  
AY Camps  
**1:1 Counselling**  
Restroom Construction  
Church Visits  
Sickbay Construction  
Special Care to HIV + AYs  
Special Care to Pregnant AYs  
**AY Clinic**  
Menstrual Pad Making