

IMPROVE THE YOUTH PROJECT.

Agnieszka Michalska, Anna Dzielska & Dorota Kleszczewska

The Institute of Mother and Child Foundation

Abstract:

In a contemporary approach, mental health is treated as a positive category correlated with the good quality of life, harmonious development and a feeling of happiness. According to the recent HBSC research, the indications regarding youth's mental health become worse alongside with age. Youth's assessment of its own health is becoming increasingly worse. Young people are less satisfied with their lives. Improve the youth project, realised by the Foundation of the Institute of Mother and Child and Aventura Social – Associação, results from the need to support the youth in one of the most critical spheres of life connected with health and well-being. The project involves a comparative analysis of the results regarding mental health in the examined group of students from Polish and Portuguese schools. The realisation of the project involves the engagement of medical environment, schools and the youth itself. Its active participation is expected at each stage of the project in accordance with a worldwide trend realised in the strategies of the EU. The project will be summarised by issuing a research report, materials for teachers and publications for the youth which will be prepared in close cooperation with teenagers. The aim of the research is appoint the factors constituting the category of mental well-being with regard to people at the age of 13-19. In cooperation with experts, the youth will prepare the scripts of workshops on the basis of which the youth ambassadors in both countries will provide classes on shaping of personal and social abilities.

Keywords:

Youth; Mental health; Well-being; Youth engagement.