
NAIROBI SUMMIT ON ICPD25


YOUTH PREP WEBINAR NO.2

NAVIGATING INTERNATIONAL CONFERENCES AS A YOUTH
ADVOCATE



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“YOUNG PEOPLE
FRONT AND
CENTER”

ICPD25 WILL FACILITATE A MEANINGFUL
INTERGENERATIONAL DIALOGUE - TO SPARK
COLLABORATION, MOBILIZE STAKEHOLDERS AND
PARTNERSHIPS AND TO ARTICULATE THE RELEVANCE OF
THE ICPD AGENDA ACROSS GENERATIONS-25 YEARS
AFTER IT WAS AGREED UPON.

WHAT IS THE ICPD?

ICPD stands for the **International Conference on Population and Development**; a 1994 meeting in Cairo where 179 governments adopted a revolutionary Programme of Action and called for women's reproductive health and rights to take centre stage in national and global development efforts.

To learn more about the key issues of the ICPD Programme of Action and how they relate to you, take a look at the ICPD Prep Guide.



THE NAIROBI SUMMIT ON ICPD25: ACCELERATING THE PROMISE

2019 marks the 25th anniversary of the ICPD. This year, the governments of Kenya and Denmark and UNFPA are co-convening the Nairobi Summit on ICPD25; a conference to mobilize the political will and financial commitments we urgently need to finally implement the ICPD Programme of Action.



For more information and updates on the Nairobi Summit, follow the official **Summit website** and sign up for the **newsletter**. <https://www.nairobisummiticpd.org>

WHAT DOES THE SUMMIT LOOK LIKE?

You can find the interactive Summit programme on the Summit website. You will see that there are mainly four types of sessions:

- **Plenary sessions**
- **Signature sessions**
- **Open dialogue series**
- **Concurrent sessions**

There will also be a **Community Zone**.

We encourage you to take a close look at the programme and make a list of sessions you would like to participate in, based on your personal interests and advocacy goals.

YOUTH AT THE NAIROBI SUMMIT

- In Nairobi, there will be hundreds of young people from all regions of the world, with different backgrounds and affiliations.
- Regardless of what your role is, it is very important to be prepared.
- Take a look at the **Youth Prep Guide** for:
 - information on the Summit and Summit programme
 - tips and materials for getting prepared
 - information on how to engage in the lead-up **(commitments!)**
 - information on connecting to other youth participants



PREP GUIDE FOR YOUTH PARTICIPANTS

NAIROBI SUMMIT ON ICPD25

[ABOUT](#) ▾[PROGRAMME](#) ▾[LATEST](#) ▾[ATTENDING THE SUMMIT](#) ▾[COMMITMENTS](#) ▾**Filter by date**[All](#)[Tue, 12 November](#)[Wed, 13 November](#)[Thu, 14 November](#)[By Event Theme](#) [By Event Type](#)[NEWS](#)

Browse the programme or plan your session



**This year marks the
25th Anniversary of the**

[NEWS](#)

**Already registered?
Make your
commitment**

[NEWS](#)

HOW CAN YOU BE IN TOUCH?

- Check the official website regularly.
- Be in touch with a UNFPA office near you and/or the partners that are supporting your engagement.
- Participate in the upcoming webinars.

24 OCTOBER 9 AM EST

NAVIGATING INTERNATIONAL CONFERENCES AS A YOUTH
ADVOCATE - [HTTPS://UNFPA.ZOOM.US/J/555892346](https://unfpa.zoom.us/j/555892346)

31 OCTOBER 9 AM EST

COMMUNICATING EFFECTIVELY FOR YOUR
ADVOCACY - [HTTPS://UNFPA.ZOOM.US/J/269200276](https://unfpa.zoom.us/j/269200276)

5 NOVEMBER 9 AM EST

LAST MINUTE PREPARATIONS AND WHAT TO
EXPECT - [HTTPS://UNFPA.ZOOM.US/J/15791770](https://unfpa.zoom.us/j/15791770)

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NAVIGATING
INTERNATIONAL
CONFERENCES AS
A YOUTH
ADVOCATE



WHO WILL BE AT THE SUMMIT?

- Wide range of delegates including young people, decision makers, CSOs, and private actors.
 - The **background, age, and experience** of delegates will vary - be aware of the different perspectives that people will bring to the Summit.
 - **Be aware of different cultural norms and sensitivities.**
 - Think about your own **power and privilege** within groups. This might be because of your gender, language, education, race/ethnicity, sexual orientation, or something else.
 - There will be a large **youth presence** at the Summit - make sure to connect with your peers and support them where possible.
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HOW TO PREPARE

- Make sure you have your **phone or laptop** if necessary, and a **plug adapter and power bank**
 - Have **business cards** prepared
 - **Bring snacks!**
 - Have **layers** with you in case you get cold
 - Connect to the **WiFi** on arrival
 - Think in advance about **exiting conversations which make you feel uncomfortable** - have a few prepared lines
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HOW CAN YOU PARTICIPATE AS A YOUTH DELEGATE?

There are many opportunities to undertake **effective influencing** as a youth delegate in an international conference

- If you are speaking on a session, reflect on the commitments you want to see made and how you can advocate for these
 - If someone you know is speaking on a session, show your support!
 - If you know there's someone you want to meet - get in touch beforehand to arrange a time
 - Think about **asking questions** or **making interventions** during sessions
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HOW CAN YOU PARTICIPATE AS A YOUTH DELEGATE?

- If you have been involved in local ICPD+25 consultations, think about how you can **highlight the outcomes** of these
 - Find out who will be attending the Summit - **who will be there representing your government?** Are other young people and youth-led organisations from your country attending? Could you organise a **dialogue**?
 - You might be approached for potential **media opportunities**
 - Join in the discussion with those in the room and online **#ICPD25**
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PREPARING FOR YOUR ADVOCACY

- What do you want to achieve at the Summit? Set yourself targets.
 - For example - I want to approach one Minister from my country with my one-minute pitch
 - Think before you tell anyone's story - including your family's and your own
 - **Prepare** and **research** in advance. Write things down if you need to!
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LOOKING AFTER YOURSELF

- **Self care** is an essential aspect of youth activism!
 - **Check in with yourself** regularly throughout the Summit
 - **Identify** your needs and communicate them to those who can support you.
 - Similarly, **be aware** of the needs of others.
 - It's okay to say no! If you are feeling overwhelmed
 - **HAVE FUN!**
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LOOKING AFTER YOURSELF - CHART ON STEPS TO TAKE TO AVOID BURN OUT




Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

Check out getselfhelp.co.uk or moodgym.com.au for free resources on spotting and challenging unhelpful thoughts




My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: mhfaengland.org/mhfa-centre/campaigns/mhaw2018



MHFA England

There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org

WHAT DOES THE SUMMIT LOOK LIKE?

Plenary			Community Dialogue	Courtyard sessions				
Member States and other Stakeholder commitment statements	Signature	Signature		1	2	3	4	5
	Signature	Signature		1	2	3	4	5
	Signature	Signature		1	2	3	4	5

PRACTICAL TIPS FOR THE SUMMIT

- Become familiar with the **Summit programme**
 - Think through a **schedule** - what sessions do you want to attend? What do you want to get out of them?
 - Read up on the other spaces that are available during the Summit - including the **Pamoja zone**.
 - Make sure to become familiar with the venue - where are the sessions you want to attend?
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The One-Minute Message

- 1 Statement +
- 1 Evidence +
- 1 Example +
- 1 Action desired

= 1 minute message



YOUR EXPERIENCES
WE WANT TO HEAR FROM YOU!



THANK YOU FOR PARTICIPATING!
QUESTIONS? DISCUSSION?
