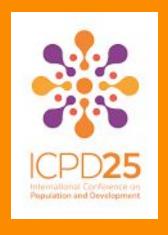
# NAIROBI SUMMIT ON ICPD 25 YOUTH PREP WEBINAR NO. 2

NAVIGATING INTERNATIONAL CONFERENCES AS A YOUTH

## ADVOCATE

#### **Presenters:**

- Irem Tumer, UNFPA
- Joanna Shepherd, Plan International
- Bekky Ashmore, Plan International UK



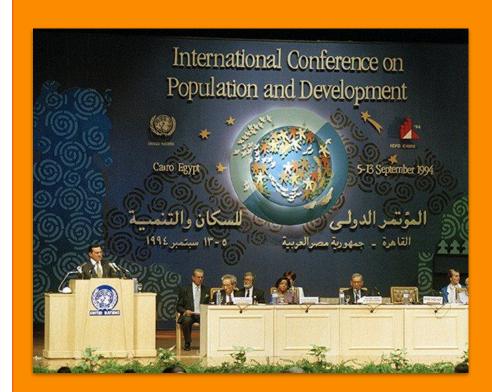
"YOUNG PEOPLE FRONT AND CENTER"

ICPD 25 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?

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.** <a href="https://www.nairobisummiticpd.org">https://www.nairobisummiticpd.org</a>



## 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:

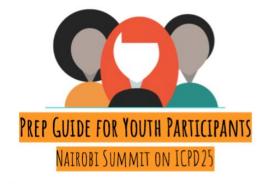
- Plenary sessions
- Signature sessions
- Open dialogue series
- Concurrent sessions

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!)
  - o information on connecting to other youth participants





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ABOUT V

PROGRAMME V

LATEST V

ATTENDING THE SUMMIT 🗸

COMMITMENTS V



Filter by date

Tue, 12 November

Wed, 13 November

Thu, 14 November

arch for events here

By Event Theme By Event Type

NEWS

Browse the programme or plan yourse







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**NEWS** 

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.



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.

## 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

## 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

## 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

## 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!

## 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!

## 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



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

## WHAT DOES THE SUMMIT LOOK LIKE?

#### **Courtyard sessions**

Plenary								
Member States and other Stakeholder commitment statements	Signature	Signature	Community Dialogue	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?

## 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?