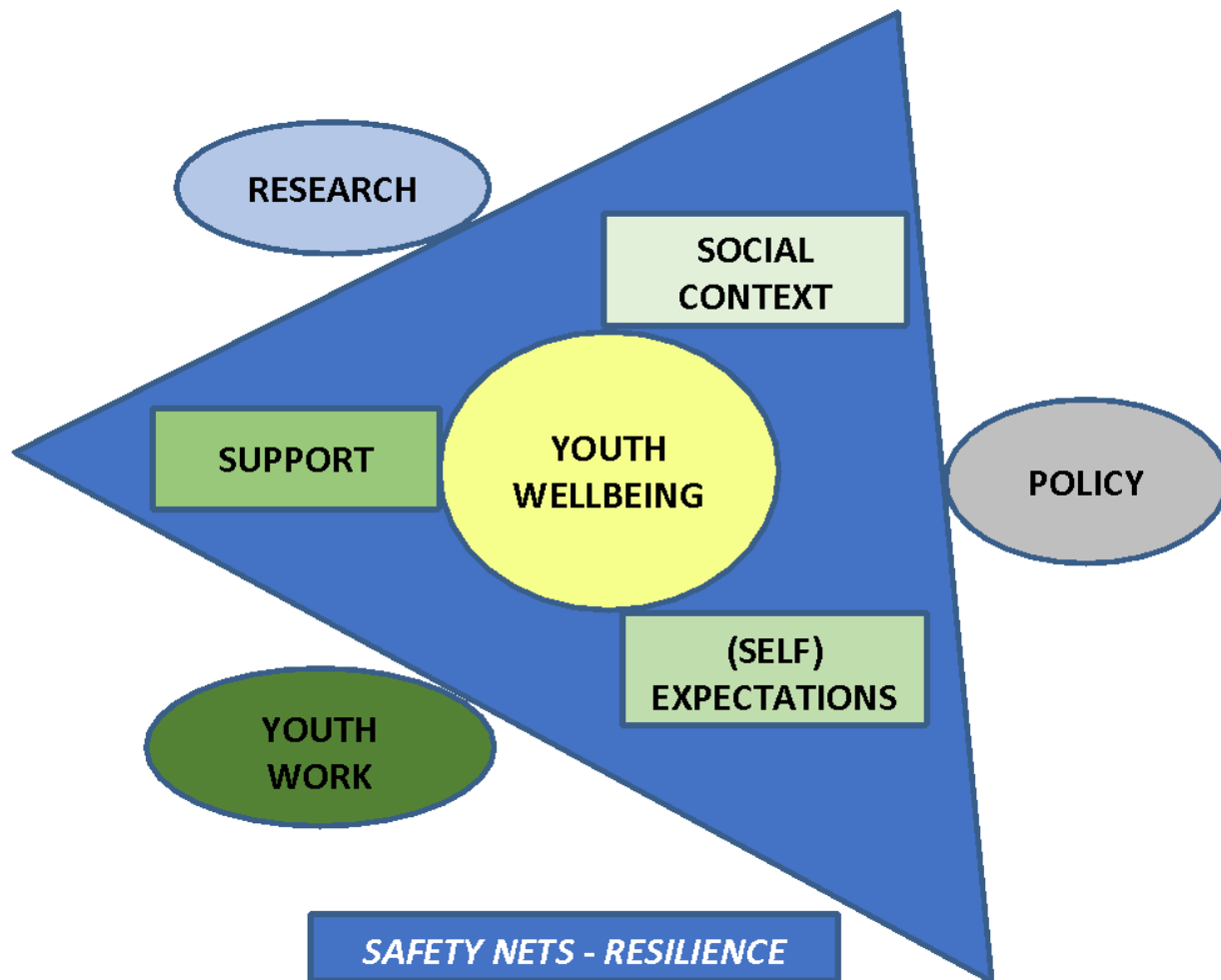




# YO-VID22

## *Policy recommendations in brief*

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## *Policy implications*

- ✓ The emphasis is on creating opportunities for meaningful support and social engagement.
- ✓ The recommendations target 12 groups relevant for youth wellbeing: 1) young people; 2) youth civil society organisations; 3) general public; 4) representatives of local and national government; 5) public institutions in general; 6) (mental) health providers; 7) educational institutions; 8) educators; 9) funding bodies; 10) international organisations; 11) journalists and 12) researchers.

## *Young people*

- Your personal wellbeing is crucial for your prospects, and you should openly seek help and connect with people and organisations that can provide support.
- Advocate your needs by clearly expressing concerns to policymakers, pushing for better healthcare, career support, and long-term youth programmes, while gaining practical experience through peer collaboration, volunteering and work.
- Actively engage in civic life by seeking information on youth rights, participating in decision-making through councils and advocacy groups, and using digital platforms to influence policy and raise awareness about youth status and needs.

## Youth CSOs

- Enhance youth engagement by improving communication strategies, expanding outreach through workshops and forums, and forming partnerships with other youth organisations to share resources and best practices.
- Strengthen advocacy by developing targeted campaigns on key youth issues, securing long-term funding, evaluating impact effectively, and maintaining dialogue with policymakers to drive evidence-based change.

## *General public*

- ✓ Promote youth inclusion by raising public awareness of key issues like mental health, housing, and employment, supporting youth participation in local councils, and fostering intergenerational dialogue that values young voices.
- ✓ Challenge negative stereotypes by advocating for positive youth representation in media, encouraging open discussion on mental health, and integrating young people's perspectives into community and political decision-making.

## *Representatives of local and national government*

- Develop inclusive, transparent, and long-term youth strategies that address key areas like mental health, education, employment, housing, and social inclusion, with regular progress reviews and sustained funding to ensure policy continuity beyond political cycles.
- Promote meaningful youth participation by involving young people in all policy stages, ensuring diverse representation, simplifying access to resources, and fostering partnerships across sectors to build supportive environments and youth-friendly spaces.

## *Public institutions in general*

- ✓ Strengthen coordination in youth policy by fostering partnerships between youth organisations and government, ensuring young people are actively involved through advisory roles, consultations, and transparent processes.
- ✓ Improve support systems by integrating services like mental health support and career advice, creating accessible, youth-friendly spaces, and investing in research to inform evidence-based policymaking.



## *(Mental) health providers*

- ✓ Involve young people in co-creating preventive health programmes and deliver integrated physical and mental health services through partnerships with education and social care providers.
- ✓ Improve youth mental health support by offering anonymous, fast-track services and expanding access to counselling in schools and youth centres.

## *Educational institutions*

- ✓ Enhance education by embedding socioemotional learning and political literacy into the curriculum.
- ✓ Hire qualified psychological and pedagogical staff, and ensure all students have confidential and easy access to support services.
- ✓ Foster inclusive school environments by combating mental health stigma, supporting educator training for diverse needs, and promoting collaboration between schools and external multidisciplinary support services.

# *Educators*

- Create supportive school environments by fostering active, empathetic listening and ensuring young people feel safe, heard, and respected in daily interactions.
- Strengthen mental health support through clear safeguarding protocols and ongoing professional development in mental health literacy.

## *Funding bodies*

- ✓ Strengthen youth support by prioritising funding for projects that promote social inclusion, mental health, and wellbeing.
- ✓ Promote effective and inclusive funding by simplifying application processes, supporting grassroots initiatives and encouraging cross-sector collaboration.
- ✓ Invest in community spaces and long-term, accessible funding schemes for youth organisations.

## *International organisations*

- Empower young people by involving them in shaping international youth policies, ensuring inclusive opportunities for marginalised groups, and supporting youth-led initiatives with accessible funding and technical assistance.
- Strengthen youth engagement through international partnerships, data-driven policy development, and shared best practices in education, employment, and civic participation.

# *Journalists*

- Incorporate young people's voices and perspectives in reporting, quoting them directly.
- Focus on the young people's immediate environment, living conditions, and accessible local support resources.

# Researchers

- Conduct comprehensive and participatory research into the barriers young people face in areas such as health, employment, education, and political participation, prioritising underrepresented groups and involving young people directly in research design and analysis.
- Regularly assess and track the effectiveness of youth policies through longitudinal studies, collaborating with youth organisations and policymakers.
- Ensure findings are shared in accessible and youth-friendly formats to inform continuous policy improvement.