AYHP

Adolescent & Youth Health Policy

2016 - 2020
Adolescent Youth Health Policy

Introduction

Over the last 20 years the public health service in South Africa has changed for the better. This has been done by making sure that there has been more health services, and that the health resources that are available have been shared equally.

The Department of Health is taking a hands-on approach to prevent young people from being affected by health problems in the first place. However, there is still some room for improving the adolescent health programme.

What this policy does is give the Department of Health, along with its partners, the chance to change how we promote health for young South Africans, and make sure that young South Africans stay healthy.

It is vital that schools, health centres, the community and individual people work together in order to ensure:

_A Long and Healthy Life for All South Africans_

Scientists and researchers have improved the way that we study the health of young people in South Africa which has meant that we understand more of the issues that affect youth and adolescents, and because of this, have been able to provide better healthcare. But there are still many challenges that we have to face. There are still high levels of:

- Drug problems
- Pregnant women not getting the help they need
- People becoming infected by HIV
- Sexually transmitted Infections
- Accidental pregnancies
- Reduce poverty
- Overcome stigma.
- End violence
- Challenge gender inequality

There are many things that affect the health of a young person. If things like HIV and TB, which claim the lives of so many South Africans, are going to be dealt with effectively, we also need to:

There will be unity across a range of departments within the South African government to ensure that young people live longer and live stronger.
How AYP was made

To make the Adolescent & Youth Health Policy, researchers and scientists looked at 3 different sources of information. Young people were central in this process.

1. Adolescents and youth, their caregivers, healthcare workers and social service providers as well as ‘experts’ and health managers gave their opinion about how to make health services better.

2. Researchers and scientists examined previous evidence gathered about what has worked best to deal with health issues that affect young people. This is to make sure that the policy uses the best science.

3. Young people were asked what they thought the main objectives of this policy should be.

Figure 1: A teen advisor fills out a ‘clinic report card’ at the Teen Advisory Group, marking the provision of health services in the local clinic with ‘smiley face’ or a ‘thumbs down’.

Figure 2: ‘Dream Clinic’. Notable features – an ambulance and a mobile clinic, a wheelchair room, a water tank, a comfortable waiting room and DTSV.

Figures 3 and 4: A cabinet of youth health advisors (2014). Here, the appointed minister consults her cabinet on their experiences of health services. [Faces blurred to protect participant confidentiality.]
**AYHP Objectives**

The Adolescents and Youth Health Policy aims to promote the health and wellbeing of young people, aged 10-24 years. The AYHP identifies 6 main objectives.

1. **Promote the mental health and wellbeing of adolescents and youth in schools, families and communities.**

2. **Reduce substance abuse and violence**

3. **Provide comprehensive, integrated sexual and reproductive health services**

4. **Test and treat for HIV/AIDS and TB and keep people within the health system**

5. **Support nutrition and healthier diet**

6. **Strengthen health systems to respond to the needs of adolescents and youth**
Want more?

There is so much more information at the tip of your fingers. Why not check out South Africa’s very own mobile friendly sight that is full of information relevant to young people’s health?

Shebeen Anthem

1. All the teachers and the parents
   Want to ask you if you care it’s
   Just a little bit condescending
   When your awareness needs defending

2. We are young but that doesn’t mean
   That we do know
   And it’s our life our body our soul
   So it’s time to take control

3. No disrespect but we hear this a lot miss
   Don’t they know that we’ve got this
   We are the youth and we run Mzansi
   Pansi apathy Pansi
   It seems like a dream but we woke to discover that
   We had role in health governance
   We are the youth and you best believe it
   Viva YHP Viva

4. You’ve heard it all before and it gets boring
   But that doesn’t mean you can ignore things
   The teachers and parents want you to stay alive
   So be patient when they try
   To reach you with gimmicks
   Preach to you with lyrics

5. It’s awkward when they get into specifics
   Trying to teach you about sex before you learn how
   Don’t they know that there’s google now
   And on there there’s an incredible wealth
   Of information about genital health
   You see thing that they don’t understand about the youth is
   Because you are young doesn’t mean you are stupid
   So next time they ask you if you care about health
   Say I’m drafting the policy myself

6. No disrespect but we hear this a lot miss
   Don’t they know that we’ve got this
   We are the youth and we run Mzansi
   Pansi apathy Pansi
   It seems like a dream but we woke to discover that
   We had role in health governance
   We are the youth and you best believe it