

Youth AID Clubs are voluntary community student support clubs bringing together students united by a common interest of promoting adolescent reproductive health and human rights.

Main aim of the club is to improve and maintain the reproductive health of students by bringing about behavioural change towards healthy sexual life through peer learning groups and supplementary programs.



### MISSION

To highlight the role of students in promoting healthy lifestyles to youth and fellow students in a fun, interactive and informative manner. Youth AID Club is founded on the belief that students are in best position to effectively influence the health knowledge and behaviours of their peers.

Youth AID Club volunteers are committed to the well being of all students and are interested in various health issues including HIV/AIDS, nutrition, mental health, sexual and reproductive health (SRH), Drug/Alcohol Abuse prevention and, promotion of human rights.



### VISION:

To have Youths' lifestyles characterized by healthy and productive habits, choices and making good health a life-long priority.



### THE TARGETS:

The targets of Youth AID Club are students and adolescents both male and female aged 13 to 24 years within the walking distance of the school campus.

### STATUS:

Youth AID Clubs are voluntary and autonomous associations of young men and women led by our own rules and regulations, and elected leadership.



### AIMS:

- To help students increase their knowledge and awareness of their sexual development, increase their confidence and skills to reduce risky behaviours and attitudes leading to unwanted pregnancy, abortion, Sexually Transmitted Diseases (STDs) including HIV/AIDS,





- To organize students in peer learning groups and carry out a range of activities to reach behavioral and attitudinal changes towards healthy sexual life.



### SPECIFIC OBJECTIVES:

- To provide current, reliable information that will help students to make healthy choices,
- To present healthy habits and strategies that fit the student lifestyle,

- To motivate and encourage youth and fellow students to make overall wellness a lifelong priority and,
- To serve as peer role models for healthy behaviours.

### ACTIVITIES:

Youth AID Clubs act as avenues for behaviour change for young people in schools through the following activities;



- Peer to peer education
- Peer to peer counseling
- Music, Dance and Drama
- Trainings
- Production and distribution of Information, education and Communication (IEC) materials.
- Video shows and inter-school sports competitions
- Anti HIV/AIDS club formation in schools
- Advocating for youth friendly services.

**For more information on Youth AID Clubs, Please Contact Barbara or Doreen on email(s): [NBarbara@youthaiduganda.org](mailto:NBarbara@youthaiduganda.org) or [NDorine@youthaiduganda.org](mailto:NDorine@youthaiduganda.org)**



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