

Youth Impact

Making a difference...one youth at a time.



In January the theme of Youth Impact was Health, Nutrition and Personal Hygiene. Youth learned how to care for their teeth and general health. After class three girls told Olya that they had never been to a dentist and as a result have serious problems with their teeth. Olya took them to a dentist that visited America on a dental delegation and observed American dentistry. She provided her services for free.

During group time, youth learned how to treat minor injuries and what to do when faced with an emergency. They also learned the importance of good sleep and proper nutrition.

HIV/AIDS Seminar

Part of the Youth Impact program is to provide seminars for large groups of youth. Last month an HIV/AIDS seminar was presented at the Professional Technical School. Over 60 youth attended the seminar. Most youth think they know everything about HIV/AIDS and aren't interested but the active way in which the seminar was presented (mostly through games) caused them to want to participate. The youth had a chance to learn about STDs as well. At the end of the seminar youth were asked how they would avoid getting HIV. A majority of the group said they plan to wait until marriage to have sex and want to be faithful in marriage.



If you would like to find out more about Youth Impact, read past newsletters, help us purchase fruit for each child, or make a contribution to the Youth Impact program, please visit us at www.interlinkresources.org.

In January we taught youth about health and good nutrition. While discussing the food pyramid we found that most of the youth eat only one meal a day. They also do not get much variety in the kinds of food they eat.

When asked what kind of food they would choose if they had a choice almost everyone said fruit because they have fruit only on special occasions such as New Years. Fruit happens to be expensive here and when the kids have a \$20 stipend per month, nutritious food is often a low priority. Transportation and personal items are often given a higher priority.

Starting this month students participating in the Youth Impact program will receive a bag containing a couple pieces of fruit during each lesson.