

**Youth Recommendations for the
Karnataka Youth Policy**
The Association for Youth Well-Being (YWB)

Report prepared by
Gauri Nimbalkar-Founder & Executive Director of YWB

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I. Introduction:

Young people, particularly school-going students, in Karnataka recognize the need to foster their well-being and development. They stand at the forefront of the fight against several challenges in today's world. Youth voices must be actively included and validated in advocacy and decision-making spaces with measures for leadership accountability and transparency.

Most often, we tend to find a disparity between the perspectives of youth and older generations. This generational divide leads to gaps in catering to youth's actual needs. Youth, in today's world, believe that any decision that is being made for their welfare must include youth as active participants in its processes.

Adolescents, in particular, have shown immense concern, commitment and consistency in advancing and uplifting the well-being of marginalised youth in Karnataka.

The following comprehensive and diverse recommendations are drafted by youth (particularly adolescents) as a reflection of what young people in Karnataka believe must be prioritised in the youth policy.

II. Key Recommendations:

- Establishment of a formal adolescent advisory body within the Government of Karnataka. The suggested framework would consist of a diverse representation of about 10 young people and adolescents (preferably aged between 15-19) who are experienced in advocacy and co-leading processes at various levels. This body should consist of an experienced mentor who is older than 19 years of age and understands the importance of young people's and adolescents' active engagement. The main role of the body will be to include the diverse perspectives of Karnataka's school-going and college-going students in various processes carried out by the Government of Karnataka.
- Establishment of an effective awareness programme within every government school run by the State Government. The programme should ideally meet a few times a month to discuss the World's/Nation's/State's current affairs in terms of Science & Development, discoveries, Important social issues such as gender equality and climate change, and life skills such as financial literacy. These sessions must be led by well-informed individuals, and be integrated into the education system, hence enabling underprivileged youth/students to become aware of the issues that we are facing at a global and national level.
- Host free mental health awareness sessions for parents, teachers and students at a community level, while making sure that these sessions are interactive and carried out by experts in small groups.

- Usage of youth-friendly language in public speeches and declarations. For youth to feel included, they must be able to understand the terms that are used in announcements or speeches given by leaders, and official circulars issued for the public to notice.
- Encouraging students to be engaged in activities that increase their involvement in their communities through volunteering and regular meet-ups of the youth (including adolescents) from a particular constituency.
- Organising consultations consisting of adolescents, young adults, academicians, members of the Government, and UN entities from all over the world to gain a better understanding of the steps that are being taken by some of the world's other progressive countries and entities to empower and support youth.
- Innovating intergenerational strategies to close the generational gap between youth and older adults who are most likely to be decision making leaders.
- Introducing a mandate to have at least one period/session of Physical Education & Sports at all schools to enhance the physical well-being of school-going students.
- Improve data collection to accurately analyse the limitations that are being faced concerning youth empowerment.
- Mobilising youth engagement through social media engagement.
- Ensuring transparency and accountability in terms of all processes concerning the execution of the youth policy.

III. Acknowledgement

We, youth are grateful to have our youth voices heard in the process. Thank you to all the young people who have been advocating for change. We look forward to our recommendations being implemented in the youth policy and across decision making bodies.