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**16 March 2011**

## **STUDENT BODIES PLEDGE THEIR COMMITMENT TOWARDS HEALTHY LIFESTYLE AT YOUTH HEALTH SYMPOSIUM**

More than 280 youths will gather at the annual youth health symposium on 19 March 2011 to discuss youth health issues and well-being. Co-organised by peer-led youth health advocacy group Youth Advolution for Health (YAH) and the Health Promotion Board (HPB), the symposium serves as a platform for youth to advocate and champion the culture of health among their peers.

2 Into its fourth year, the symposium's theme is "Step up!", and aims to harness and channel the collective energy of youth towards planning and implementing health-related programmes among their peers to better reach out to the youth.

### **Student Health Alliance with YAH**

3 For the first time, a Student Health Alliance will be fostered between YAH and student bodies such as the National University of Singapore Students' Union (NUSSU), ITE College East and Republic Polytechnic. The pledge between the student bodies and YAH aims to engage more youth in promoting health; develop a sustainable committee structure providing youth leadership and support as well as increase awareness of the YAH Grant through peer-led integrated health promotion programmes in the school environment.

4 The Student Health Alliance signifies a stronger commitment between YAH and the student bodies to collaborate and promote health issues such as mental wellness, physical activity, healthy eating, sexual health and staying smoke-free among their respective student populations. Republic Polytechnic (RP) is taking the lead by encouraging RP students to be trained as mental health ambassadors.

5 “The Alliance between the student bodies and YAH marks a milestone for YAH. This is a step forward in achieving our goal of every youth is a health advocate. We urge all youth to take charge of their own health and in turn, be a positive role-model to their peers,” says Ms Siti Nurhana Abdul Karim, YAH President 2010-2011.

### **Highlights of the Symposium**

6 The keynote address for the Symposium, “Positive Youth Engagement for Positive Living,” will be presented by Mr Glenn Lim, youth specialist consultant and CEO, Glenn Lim Consultancy, a public speaking and training firm. He will discuss the trends on how to engage youth positively and put their strengths to work.

7 Youth at the Symposium will also discuss key health issues pertinent to youths, such as internet dependency, smoking, relationships and binge drinking.

8 Symposium participants include students from secondary schools, junior colleges, centralised institutes, ITEs, polytechnics and universities, youth leaders and youth from youth organisations and voluntary welfare organisations, as well as those from the general public.

**PROGRAMME****Youth Speak: Step up!****Saturday, 19 March 2011****Singapore Management University, School of Accountancy****Ngee Ann Kongsi Auditorium**

<b>Time</b>	<b>Activity</b>	<b>Venue</b>
0915 – 0930	Arrival of media	Ngee Ann Kongsi Auditorium, Level 1
0930 – 1000	Opening performance Investiture of YAH Ambassadors Signing of Student Body Health Alliance with YAH Launch of Youth Speak Step Up!	Ngee Ann Kongsi Auditorium, Level 2
1000 – 1030	Carnival In Your Head (Skit)	
1030 – 1145	Keynote Address: Positive Youth Engagement for Positive Living by Mr Glenn Lim , Youth Specialist & CEO, Glenn Lim Consultancy Pte Ltd	
1200	End of Programme	