



PRESS RELEASE

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PNG youth speak out about mental health on International Youth Day

Young people around Papua New Guinea will mark International Youth Day on Tuesday August 12 by talking about mental health.

As part of the Clean Generation Campaign students will perform 'clean acts' over the next 14 days, finishing on Repentance Day on August 26.

They will commit to making healthier choices in their lives by observing values such as patience, self-control and humility each day.

The theme of this year's International Youth Day is "Youth and Mental Health", addressing the fact that 20% of the world's young people experience a mental health condition.

Executive Director of The Voice Inc. Serena Sumanop said young people in PNG are growing up surrounded by negative influences that can impact their mental health.

"Alcohol and drug abuse, violence, hopelessness and idleness all have a damaging effect on a young person's state of mind," Sumanop said.

"Those who struggle with mental health issues are often discriminated against, which can discourage them from seeking help, for fear of being negatively labelled.

"The Clean Generation Campaign endeavours to overcome this stigma by encouraging young people to speak out about their struggles".

During a weekly radio show Clean Generation participants share how they continue to pursue their goals despite the odds set up against them.

Young people around the country are also performing 'clean acts' - doing small deeds to help other people in need.

"40% of people in PNG are under the age of 15. This generation will take our country into the future," Sumanop said.

"The future of Papua New Guinea is bright if this generation has the strength to seek positive and healthier choices for a better and more productive life."

Later this month the Campaign, now in its third year, will culminate in 'The Stand' concerts featuring American inspirational singer Beckah Shae. It also involves a magazine, Clean Generators Training and a social media campaign.

In 2013 over five hundred young people signed up to the Clean Generation Campaign.

The Clean Generation radio show can be heard on FM100 every Saturday from 11am to 12pm.

For more information on how to register for the Campaign, contact 7203 2055, info@thevoicepng.org or like the Clean Generation Campaign Facebook page.

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