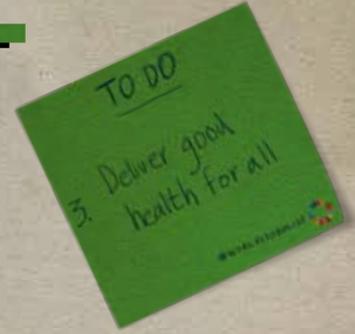


YOUTH TOPIA YOUNITE

TO DO LIST

SDG 3



This to-do list for SDG 3: Good Health & Well-Being was created by youth from around the world in consultation with YOUTHTOPIA's Circle of Youth members throughout multiple meetings, research sessions and debates. This is a call to action from young people on the frontlines to government, corporates and individuals like you!

Government:

- 1)** Regulate corporations to follow strict guidelines to protect their employers' physical and mental health.
- 2)** Restrict alcohol and tobacco marketing, distribution and use.
- 3)** Incorporate health education (i.e. reproductive health and WASH) in the educational curriculum.
- 4)** Provide accessible, universal, and affordable quality health care and insurance.
- 5)** Invest in medical facilities to improve accessibility.

Corporations:

- 1)** Leverage corporate resources to support health care delivery by public and international organisations.
- 2)** Implement wellness programs and spaces within the workplace.
- 3)** Partner with organisations to raise awareness and increase access to targeted health services for employees and their families.

Example: MedIK Indonesia, an organisation founded by Circle of Youth member I Wayan Darsana to spread information about health practices for Indonesians.

- 4)** Align human resource policies with principles of human rights.
- 5)** Facilitate and invest in insurance for employees in nations that lack free and universal health care access.

Individuals:

- 1)** Vaccinate yourself and your kids.
- 2)** Be mindful of your diet and exercise regularly.
- 3)** Share information about the intersectionality between health and other matters.

Example: Population MIC, a platform run by Circle of Youth member Sara Mora to spread awareness about immigration and well-being.

- 4)** Spark conversations about mental health.

Example: MindMatters, a podcast directed by Circle of Youth member Sneha Suresh where people from around the world share their experiences with mental health.

Example: Force of Nature, an organisation founded by Circle of Youth member Clover Hogan that empowers youth to turn eco-anxiety into agency.