



# YOUTH RESOLUTION

**IFNGO YOUTH HEALTHY LIFESTYLE WORKSHOP**

**15<sup>TH</sup> - 18<sup>TH</sup> NOVEMBER 2015**

**PLKN JAYA GEMILANG CAMP, A' FAMOSA RESORT, MELAKA, MALAYSIA**

We, the participants of ***IFNGO Youth Healthy Lifestyle Workshop***, organised by the Malaysian National Association Against Drug Abuse (PEMADAM) in collaboration with the Malay and Islamic World Secretariat (DMDI) and the World Assembly of Youth (WAY), assembled from 15<sup>th</sup> to 18<sup>th</sup> November 2015 in the PLKN Gemilang Jaya Camp, A'Famosa, Melaka, Malaysia.

We acknowledge that increase in violence behaviour, dropping out of schools, unhealthy life style and destruction of families, are some of the side effects and causes of drug abuse. Therefore, we realise that time has come for young people to take action, as they are prominent role players and productive contributors towards a healthy environment and sustainable society.

After participating in plenary sessions, group discussions, workshops and field trips, we, the participants, of IFNGO Youth Healthy Lifestyle Workshop, call upon young people and all stakeholders to consider the following:

## PUBLIC SECTOR

- To encourage every individual, inclusive of public sector, private sector, NGOs, media and family to conduct training, workshops and programmes for awareness on drugs abuse;
- To coordinate an exclusive control over the manufactures, sales and availability of legal intoxicants including tobacco and alcohol;
- To enforce the laws or implement policies that forbid smoking in public areas;
- To conduct annual or semi-annual mandatory urine tests for students and employers in order to identify individuals that use drugs;
- To establish fundraising programmes in order to conduct research on drugs abuse prevention and treatment;
- To enforce strict punishment for drug dealers and suppliers;

## PRIVATE SECTOR

- To increase the percentage of Corporate Social Responsibility (CSR) in order to support activities against drugs abuse;
- To establish, partake and strengthen the partnership amongst other stakeholders in the fight against drugs abuse;
- To minimise harmful and addictive substances in the manufacturing of cigarettes;

## NGOs

- To establish organisations in the educational institutions that shall empower youth in battling against drug abuse;
- To intensify civic education on the consequences and disadvantages caused by drugs abuse;
- To partner with other stakeholders in providing treatment, rehabilitation and support to former drugs abusers;
- To design and implement more awareness programmes and activities on drugs related matters, by the youth, for the youth;
- To utilise all forms of media in order to bring awareness on drugs abuse in the society;

## SOCIETY

- To establish a community-based organisation that aims to fight against drugs abuse;
- To set up neighbourhood watch that patrols their respective community for drugs dealers and users;
- To organise activities and campaigns in order to promote drugs abuse-free lifestyle at all levels of society;
- To nurture healthy lifestyle by being responsibly attentive towards the effects, dangers and disadvantages of abusing drugs or toxic substances;

## MEDIA

- To increase the standard of film filtering in minimizing the show of drugs abuse in the movies;
- To have artistic advertising campaign in order to encourage healthy lifestyle among all;
- To use popular celebrity (icon) in order to promote healthy lifestyle;
- To conduct and broadcast sessions with former drug abusers, in order for them to share their journey and advise youth accordingly;

## FAMILY

- To encourage parents to educate their children on the dangers and effects of drugs abuse;
- To encourage parents to be a great role model in practicing healthy lifestyle in their daily life;
- To motivate family members in providing support and encouragement to members that are drug addict, as they undergo rehabilitation;
- To encourage each family member to always be aware of other members' activities in order to protect each other from wrongdoing;



We conclude, in order for the above recommendations to be met by young people and all stakeholders, that the active involvement and partnership of all stakeholders is pivotal. We further invite a continued commitment of young people and all stakeholders in the fight against drugs abuse.

**TOGETHER, WE CAN AND WILL ACHIEVE HEALTHY LIFESTYLE  
FOR ALL!**

**-END-**

Melaka, Malaysia on 17<sup>th</sup> November 2015