The 2014 NCD Child Conference Needs YOUR Help!

At NCD Child, we make sure governments and leaders around the world think about children and young people when they make decisions about health. NCDs affect the lives of kids and young people all over the world, they are not just a problem for adults.

Help us send a strong message to the world's leaders by sharing YOUR story through a video message or photo blog.

NCD Child focuses on NCDs (Non-Communicable Diseases). NCDs are health conditions that you cannot catch from someone else – instead they develop over time and can be life-long. The causes of NCDs are not always known – sometimes NCDs develop because of known behavioural and environmental risk factors and can be prevented if action is taken early in life. Sometimes you can be born with an NCD and there was no way to prevent it! Examples of NCDs include Diabetes, Cancer, Asthma and Heart Disease.

Create a Video Message:

- Share what YOU want to say to your government, world leaders and the United Nations?
- You can talk about one of our suggested topics, or make one for yourself. It can be either a concern you have or a solution you want to suggest. Please feel free to be as creative as you can with your video.
- What do you think can be done to improve your health?
- How can we work together to make sure young people all over the world grow up healthy and free from NCDs?
- If you have an NCD, how are you living with it? What do you want to tell people about it?
- What do you think needs to be done to help children and young people who are living with NCDs live a healthy life?
- How do you think governments can help protect young people from known NCD risk factors (such as tobacco, alcohol, unhealthy eating and physical inactivity)?
- Tell us your "Facts For Life" – what do you think other young people should know about living healthy lives.
- Remember to introduce yourself and tell us where you live.
- The best length for videos is from 30 seconds to two minutes.

Your video message or photo blog will be shared online and shown to world leaders at the second NCD Child International Conference, 20–21 March 2014 in Port-of-Spain, Trinidad and Tobago

Create Your 'A Day in My Life' Photo Blog:

- A photo blog is a great way to share your story with young people like you all around the world. *A Day In My Life* means you take photos of one day in your life – at home, at school, at work, resting, playing, dreaming... You can show yourself, your friends, your community, family, home, pets, school or anything else you want to share.
- A good photo blog needs six to 20 photos, along with a few sentences that you want to share about your life, or your day.

Please make sure that anyone who is in your photos understands and agrees that these may be shown at the NCD Child conference and used online

Share your video or photos by email youthvoices@ncdchild.org or upload to your favourite platform and send us a link.

www.ncdchild.org