



An effective and healthy lifestyle requires the balance of different aspects. This ranges from physical to mental wellbeing and the need for an emotional connection with other human beings. Together with well-educated and informed choices based on sexual relations, there should also be a multidisciplinary approach to sexual health. Since youths nowadays are sexually active at a younger age, the National Youth Council seeks to address the importance of sexual health on a day-to-day basis. These proposals are:

1. The revisiting and evaluation of the National Sexual Health Strategy published in 2011 by the Ministry of Health, Elderly and Community Care.
2. The discussion on the lifting of the lifetime ban on MSM blood donation (sexually active Gay men) through the rewording of blood donation questions, that seeks to learn if a person was at some point sexually active via anal sex. This is to be answered by everyone willing to donate blood.
3. Health mobile clinic touring around Malta giving contraceptives, pregnancy tests and administering urine and blood samples, specifically in places frequented by youth. Counselling to be available for those who may test positive to STIs.
4. Linking with the health mobile clinic, an easy access to condoms and other contraceptives to be made available by the state at locations frequented by youth.
5. The facilitation of self-administered kits for HIV (PEP & PrEP) to people at high risk of exposure to such viruses.
6. A health clinic in Gozo to address the needs of Gozitan youths and the public, which would bridge the good work done at the GU clinic in Malta with the one in Gozo.
7. Addressing the need for a **'go to friend'** *. These volunteers would seek to aid persons who are drunk to get safely home, recognizing the correlation between alcohol abuse and unplanned sexual activity. Also setting up an emergency contact number - to be used if there is immediate need for assistance (Similar to 112)
8. Increase sexual and reproductive knowledge within our educational institutes by linking mental, physical and emotional wellbeing.
9. Education on the different genders and sexualities to build mutual conversations between the diverse individual in the pursuit of increasing respect.
- 10.. The promotion and encouragement towards physical and mental wellbeing in the pursuit of a healthy and happy lifestyle

*The go to friend system is a network of individuals who are trained to detect signs of alcohol and sexual abuse. This is designed to be a supportive tool for those who seek help to get back home safely. The volunteers will work on a shift basis during peak hours and would be a link to an alcohol abuse campaign for the public to identify the **'go to friend'** in times of need. This is achieved by working closely with the police force and emergency services.