



## Health & Wellbeing Workshop

Period: 2025-2026

### What do we need?

**JWOC aims to raise \$1,000 per year to conduct 5 health and wellbeing workshops to promote the mental and physical health of young people in Cambodia. At least 25 high school, post-high school, and university students participate in each workshop, which costs \$200. To help us give young people the information, resources, and self-assurance they need to live healthier, more resilient lives, we welcome donations of any size.**

### What's the problem?

High school, post-high school, and university students in Cambodia face increasing physical and mental health



challenges, particularly in rural areas. Many young people have little to no exposure to basic health information when they start college, such as self-care, emotional control, reproductive health, and hygiene. These subjects are rarely given priority in the high school curriculum, and students are frequently left to manage their well-being on their own while balancing financial stress and academic demands at university.

As a result, youth are increasingly vulnerable to issues such as anxiety, depression, poor nutrition, and preventable illnesses. These health gaps not only affect their academic performance but also impact their long-term resilience and ability to contribute productively to their families and communities. Furthermore, cultural stigma around mental health and a lack of safe, supportive environments mean that many students suffer in silence without access to the help they need.

Without intervention, these challenges compound over time, limiting students' potential and deepening inequality among those from underserved backgrounds. A comprehensive, youth-centered approach to health education is urgently needed to ensure these students can thrive in school, work, and life.

### What do we do?

Through interactive, developmentally appropriate Youth Health & Well-Being workshops, JWOC equips students with critical knowledge in topics like self-care, mental health awareness, nutrition, hygiene, reproductive health, and emotional resilience. Every session blends professional mentoring, peer education, and candid discussion to provide a secure, encouraging environment for young people to discuss delicate subjects, pose inquiries, and form enduring routines.

These workshops are essential to our all-encompassing approach to youth development because they guarantee that students are not only intellectually ready but also emotionally and physically resilient enough to handle life's obstacles.