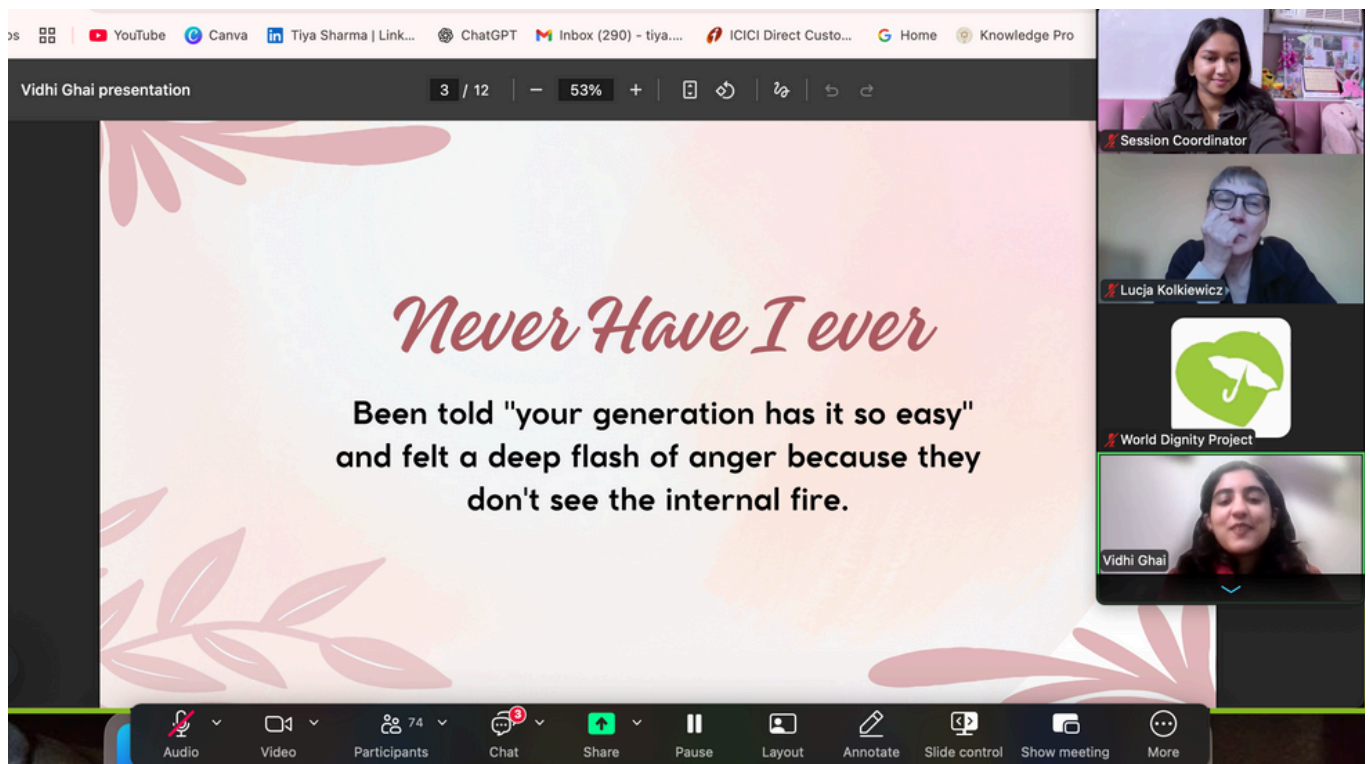




# GLOBAL WEBINAR ON YOUTH DIGNITY AND WELL-BEING

JANUARY 24, 2026

11:30-13:30 HRS GMT



[theworlddignityproject.org](https://theworlddignityproject.org)

# MESSAGE FROM THE PRESIDENT

~ Prof Gabriel Ivbijaro



The World Dignity Project hosted a 2-hour global webinar on youth dignity and mental health, featuring presentations and discussions related to youth dignity and well-being.

As the President of the World Dignity Project, I am delighted to share the report summarising the event and wish to thank the West African Social Psychiatry Association and Youth for Mental Health for their collaboration and support.

Participants from seventeen countries registered, including Nigeria, Bangladesh, Pakistan, Uganda, the United Kingdom, India, New Zealand, Kenya, the United Arab Emirates, the Philippines, South Africa, Malaysia, Malawi, Italy, Denmark, Argentina, and Japan.

## OUR PROGRAMME

The session was introduced by Dr Lucja Kolkiewicz, Vice President of the World Dignity Project, who emphasised the importance of dignity in psychiatric rehabilitation and set the tone for the session. Ground rules, including maintaining confidentiality, keeping cameras on, and respecting diverse perspectives, were agreed upon, and Tiya Sharma began the session with a word cloud to gauge participants' expectations, with "learning" emerging as a central theme.

What's the one word that comes to your mind when you of today's session?



Prof Gabriel Ivbijaro delivered the keynote address on global perspectives on dignity, followed by sessions on emotional regulation, intersectionality, and ethical conversations about youth suffering. Panellists shared personal experiences and insights on navigating mental health challenges while maintaining dignity. Topics included the impact of societal pressures, the importance of respecting women's dignity, and the risks of over-pathologising mental health issues on social media. The event concluded with a discussion on rehumanizing youth mental health and the challenges faced by high-functioning individuals with mental health concerns.

# KEY MESSAGES

## PROF GABRIEL IVBIJARO

PRESIDENT - WORLD DIGNITY PROJECT

**Topic: 'Global perspectives: What is dignity and why does dignity matter for youth mental health'**



### Dignity in Mental Health Care

Professor Gabriel Ivbijaro MBE, President World Dignity Project

- Every encounter is a dignity encounter - an opportunity to uphold dignity
- Mental health stigma contributes to the lack of access to mental health services globally
- Mental health was not included in the original 1978 WHO Alma-Ata Declaration which set out the seven primary care principles
- The World Dignity Project aims to promote dignity in health care through principles, including treating people as individuals and fostering hope, and invites young people to join the movement as advocates for dignity in mental health.
- The video played described how dignity feels from the point of view of mental health service users who shared their personal experiences of living with mental illness, the challenges faced due to stigma and discrimination and the importance of understanding and respecting others' feelings, highlighting how dignity in mental health involves recognising individuals' autonomy in their care and treatment.

# KEY MESSAGES

## MS VIDHI GHAI

**Topic: 'Being Young in a World on Fire'**

**Academic Anxiety, Emotional Instability, Societal Pressure, and Future Fatigue in the life of students**



Being Young in a World on Fire

Ms Vidhi Ghai, Counselling Psychologist

- Discussed emotional instability among young adults and introduced strategies to cope with anxiety and sadness.
- Used the "Never Have I Ever" game to foster a sense of universality among participants and encourage open discussions about mental health challenges faced in day today life
- Introduced an emotional wheel to identify and label feelings and suggested practices such as body scanning and rating emotions to better understand and regulate them
- She also explored societal pressures and encouraged participants to align their actions with personal values rather than societal expectations.

# KEY MESSAGES

PROF LUCJA KOLKIEWICZ  
DR STEVE MAINGOT

**Topic: 'Intersectionality & Youth Dignity'**

**(How caste, gender, disability, sexuality,  
& socioeconomic status shape well-  
being globally)**



Intersectionality and Youth Dignity

Assistant Professor Lucja Kolkiewicz Vice-President The World  
Dignity Project

Dr (hc) Steve Maingot Volunteer World Dignity Project

- The dignity of women and girls can be promoted through equality of access to education, healthcare and employment for women and contributes to child health outcomes and societal well-being
- Multiple identities impact equitable access to areas like education, safety, and opportunities with direct effects on youth well-being and dignity.

# KEY MESSAGES

## MR UTKARSH TULSHYAN

**Topic: 'Trauma Is Not a Trend: Ethical Conversations Around Youth Suffering'**

**Over-pathologising, labelling, generalising & Instagram psychology culture**



Trauma is Not a Trend: Ethical Conversations Around Youth Suffering  
Mr Utkarsh Tulyshyan, PhD Scholar

- Social media has an effect on mental health awareness
- Fact-checking and verification are important
- Developing a "mental health mode" on social media platforms to provide accurate information and support for users to avoid over-pathologising everyday struggle,s and could also ensure that people are signposted to the help they need
- Social media increasesthe visibility of mental health conditions and can be used for psychoeducation to correct misconceptions
- Engagement in ethical mental health conversations is important, and the development of tools to facilitate responsible sharing and understanding of mental health concepts in social media is also important.

# KEY MESSAGES

## MS TIYA SHARMA

YOUTH COORDINATOR, GLOBAL WEBINAR

**Topic: 'From Disrespect to Dehumanization: Understanding Dignity Violations'**



### Dignity Violations in Daily Life

Ms Tiya Sharma Youth, Co-ordinator & Event Organiser

- Dignity violations include:
  - Being unheard
  - Being labelled
  - Being spoken over
- Dignity is hard to define but immediately recognizable when violated
- Recognise and avoid dignity violations by:
  - Using respectful language
  - Replacing control with collaboration
- Treating patients with dignity in clinical settings, as treatment without dignity becomes meaningless even if clinically correct

# KEY MESSAGES



**Ms Zainab  
Shaikh**



**Mr Hitesh  
Sanwal**



**Ms Kunwar  
Inayat**

## Youth Mental Health: Challenges and Hope

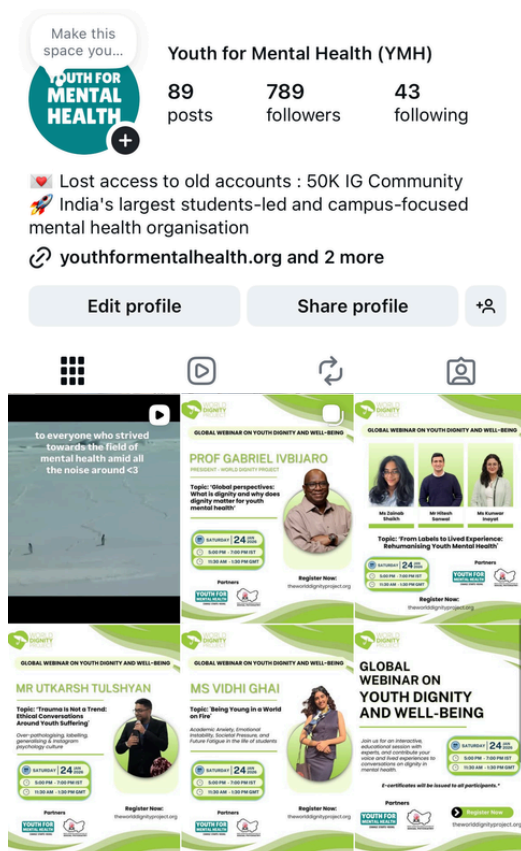
Mr Hitesh Sanwal, World Dignity Project, Youth Section Co-ordinator

Kunwar Inayat and Zainab Sheikh, Youth for Mental Health

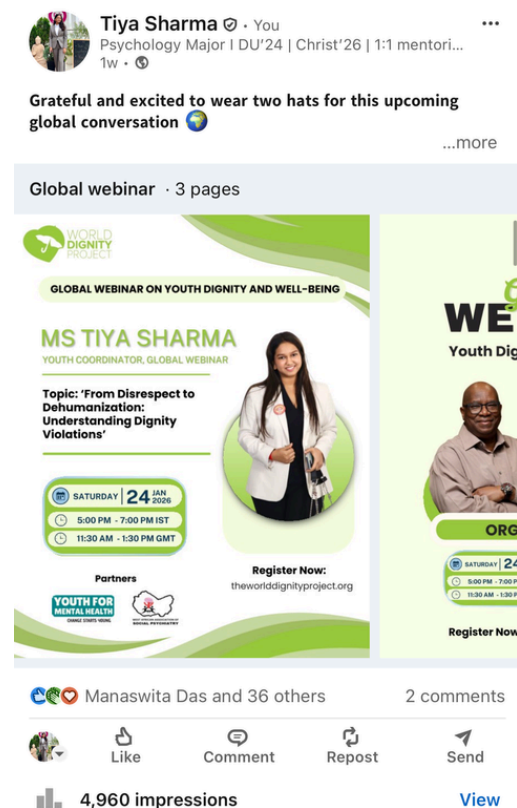
- The session, facilitated by Hitesh, Inayat, and Zainab from the Youth for Mental Health team, focused on the lived experiences of young people with mental health challenges.
- Hitesh shared his personal journey with anxiety disorder and emphasised the importance of rehumanizing youth mental health by acknowledging the dignity of those experiencing such challenges.
- Inayat highlighted the concept of "high functioning" depression, discussing how young people often hide their struggles due to societal expectations and fear of being labelled as weak.
- Zainab added that in the Indian context, young people face immense pressure, leading to emotional distress that is often minimised or normalised.
- Both Inayat and Zainab discussed barriers to accessing mental health support, including lack of awareness, cost, cultural stigma, and fear of confidentiality breaches.

# EVALUATION

## Social Media Traction



Instagram



Linkedin

A global certification opportunity ahead! 🌟  
I am grateful to be mentored and guided by two ...more



Linkedin



Whatsapp Community

# EVALUATION

## Participant feedback summary

### (Qualitative insights)

*“The speaker session about women's dignity and the session regarding social media were extremely insightful and helped me reflect”*

*“I found it interesting to learn that dignity violations can happen in small, everyday situations, especially in academic, social, or online spaces, and that we often don't notice them even though they affect mental health”*

*“I really loved the emotional regulation technique shared by Vidhi! I think it was easy to apply and helpful”*

*“Empathising dignity leads mental health well being among youth.”*

*“I think the part ‘symptoms are not a barrier to recover but attitude is’ from the presentation stood out to me the most. I strongly agree with that statement and it gave me a whole new overview to tackle a situation”*

*“Definitely shifted the way I view dignity and youth mental health. Dignity is rarely spoken about as a part of our ethics. Non maleficence and beneficence are a part of the learnings that we have as therapists but I noticed that dignity is often missing. I got to realise the importance of dignity and how just assuming that it's present, without questioning the systems we're a part of would be a great disservice. I learnt that it's something we need to actively include in our practices as humans.”*

# EVALUATION

## Participant feedback summary

### (Quantitative insights)

100% of participants said that their understanding of dignity and why it matters has increased after this session.

100% of participants said that they were now able to identify what constitutes a dignity violation in everyday academic, social, or digital spaces.

98% of participants said that the session helped them clearly understand the difference between normal stress and deeper issues like academic anxiety, emotional instability, and future fatigue.

98% of participants said that their understanding of how societal pressure contributes to youth mental health challenges has improved.

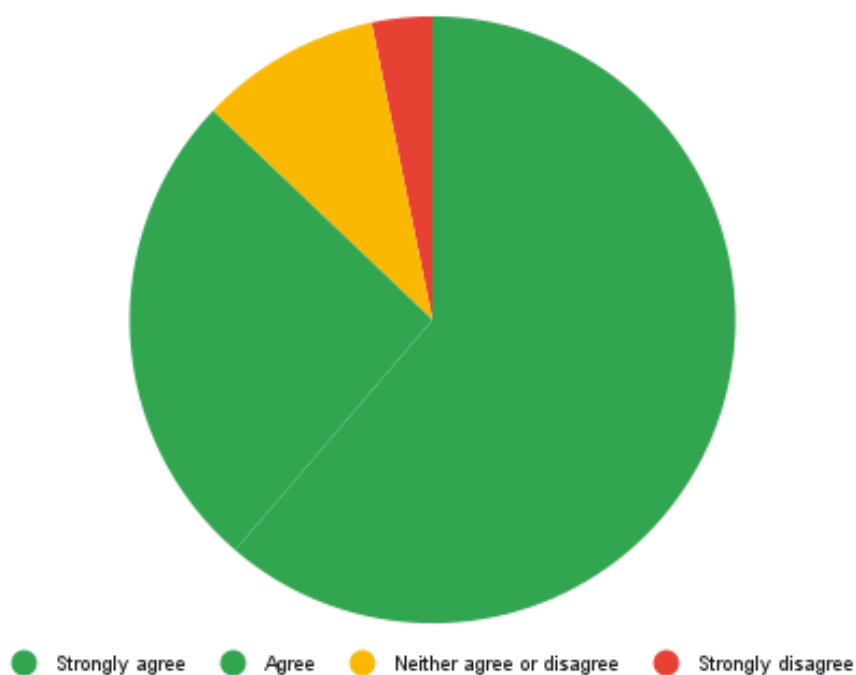
97% of participants said that they had a clearer understanding of intersectionality and how factors like caste, gender, disability, sexuality, and socioeconomic status impact youth dignity and well-being.

97% of participants said that they were more aware of how dignity violations can look different across cultures and social identities.

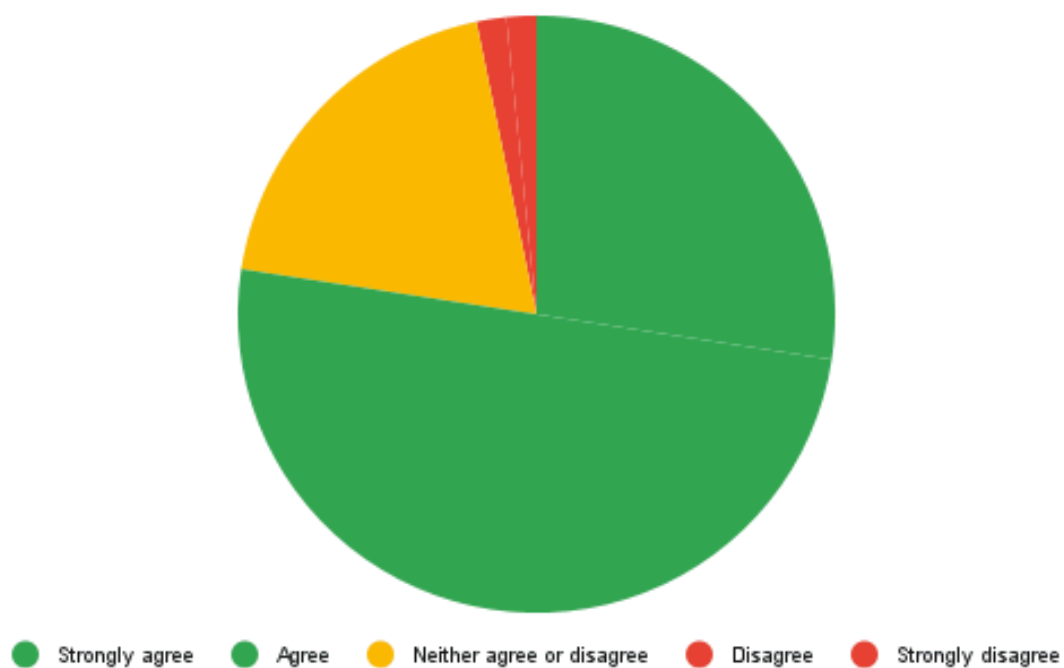
# EVALUATION

## Participant feedback summary (Quantitative insights)

The session content was relevant to current youth mental health challenges



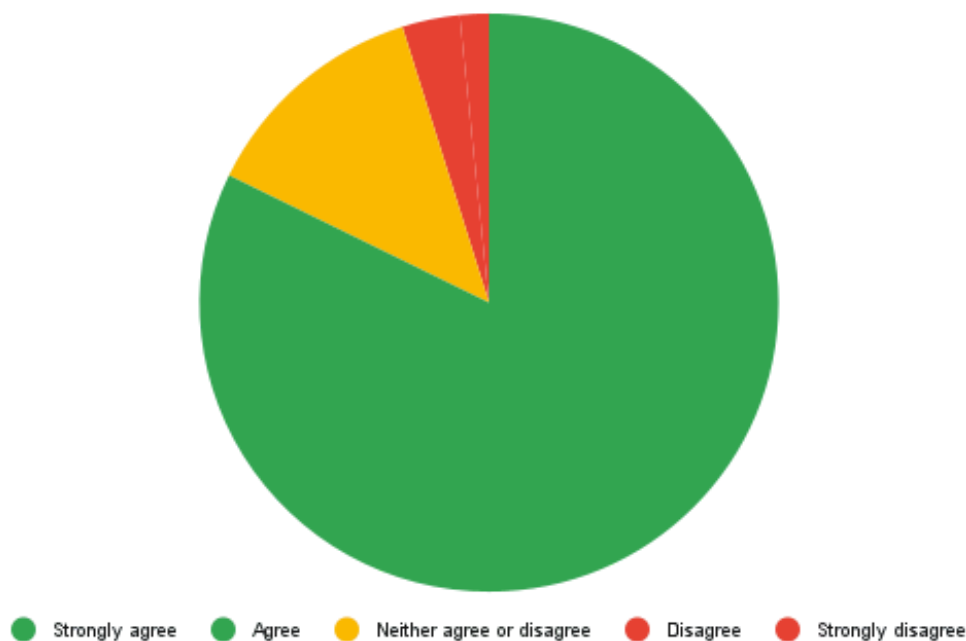
I feel more confident in responding to dignity violations, whether experienced by myself or others



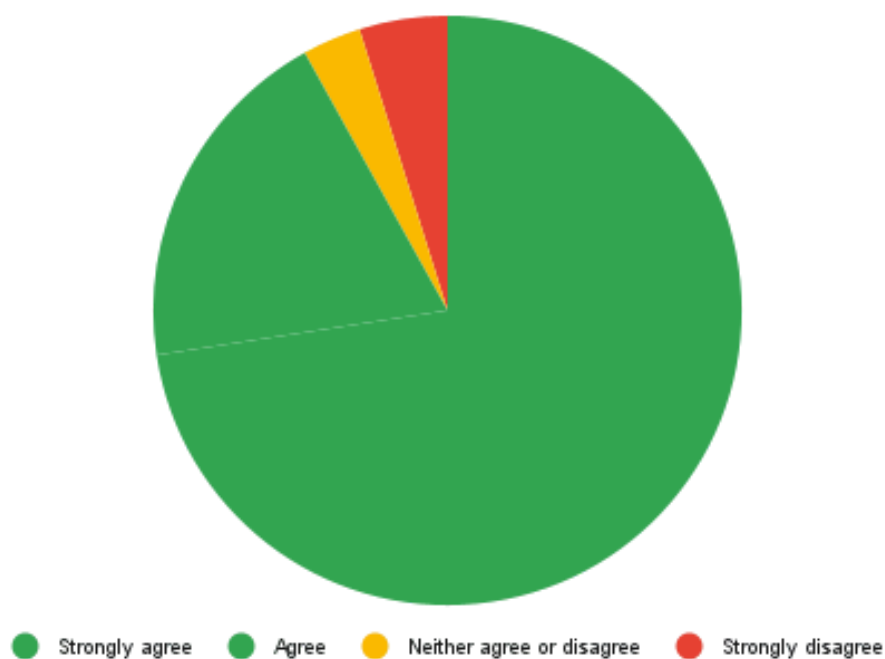
# EVALUATION

## Participant feedback summary (Quantitative insights)

The session gave me tools or perspectives I can realistically apply in my life



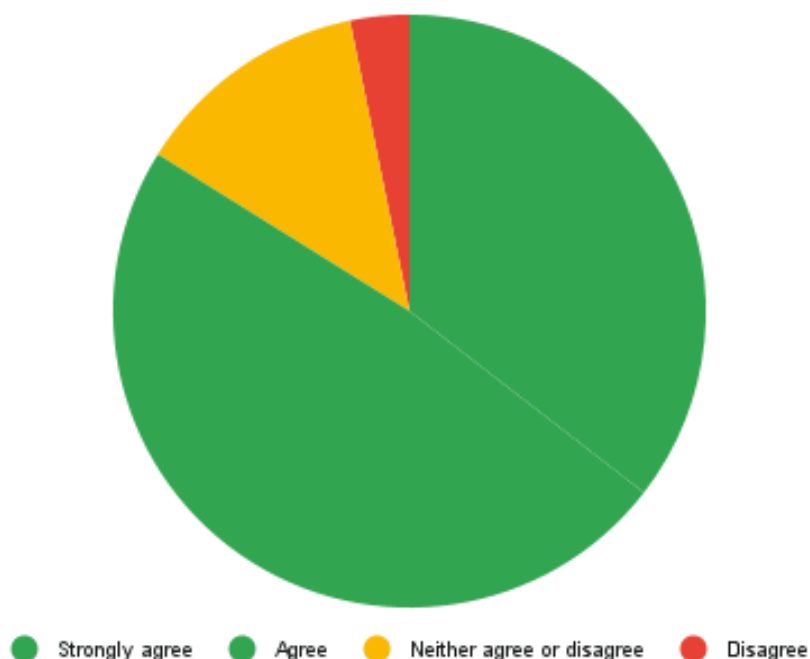
After this session, I am more likely to approach mental health conversations with empathy rather than assumptions



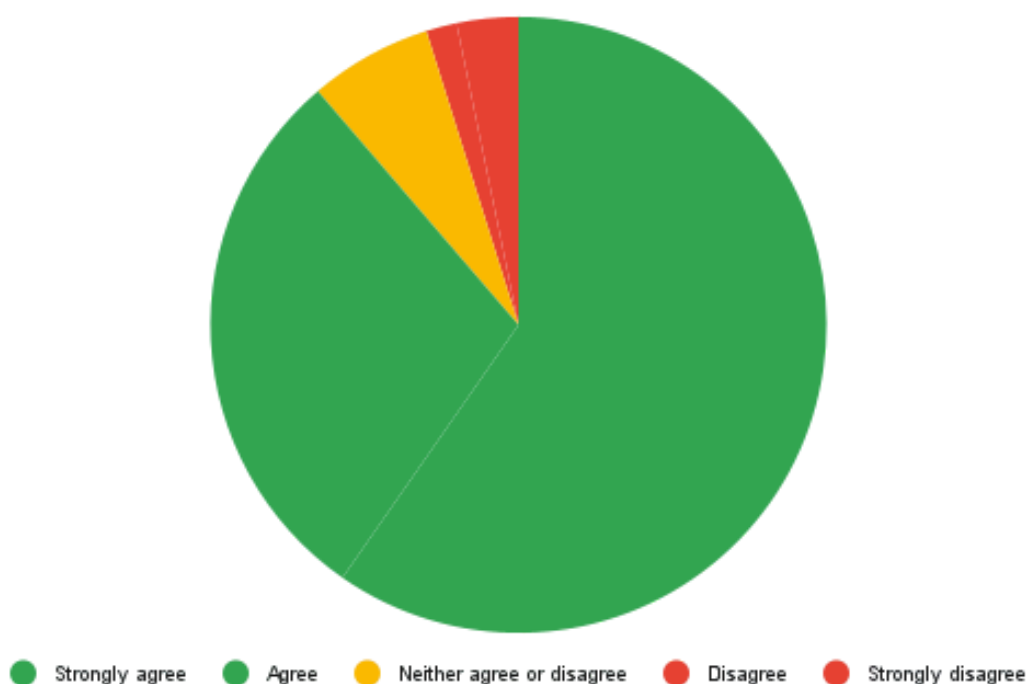
# EVALUATION

## Participant feedback summary (Quantitative insights)

I feel more confident in responding to dignity violations, whether experienced by myself or others



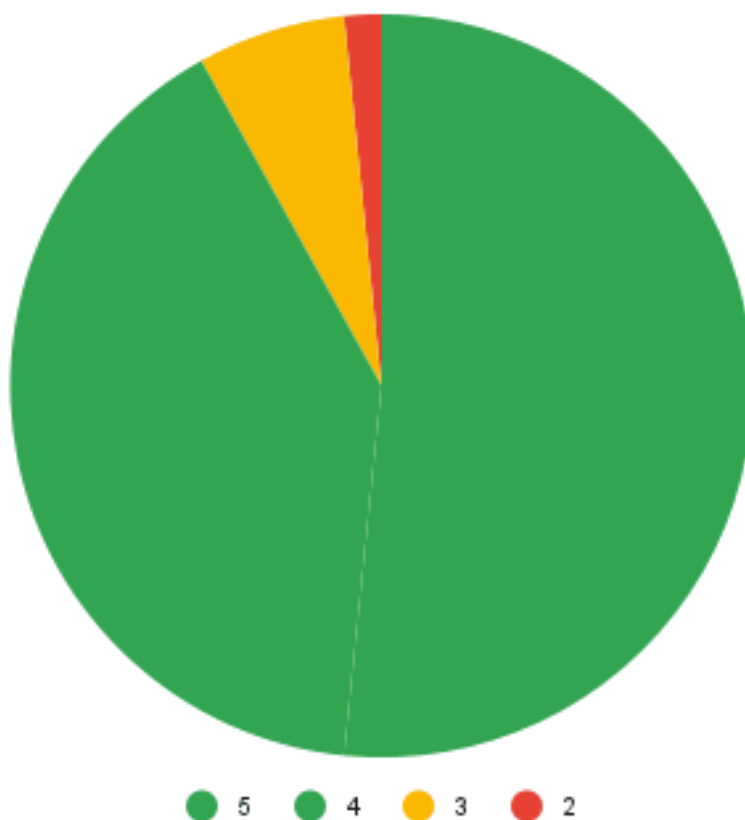
The speakers communicated their ideas in a clear and relatable manner



# EVALUATION

## Participant feedback summary (Quantitative insights)

Overall, how would you rate this session on a scale of 1 to 5?



# GLOBAL WEBINAR ORGANISING TEAM

## *Global* **WEBINAR** Youth Dignity and Well-being



**ORGANISING TEAM**

**PROF GABRIEL IVBIJARO**  
**PROF LUCJA KOLKIEWICZ**  
**MS TIYA SHARMA**

# NEXT STEPS

This webinar provided us with new insights into youth engagement with the dignity agenda. Many suggestions for future activities have been made including Psychological First Aid Training and impact of social media and AI on youth dignity and well-being.