



ADRA



# Alpha Mongols

NextGen **CELEBRATIONS!** Mongolia

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### Empowering Mongolia's Youth

The NextGen CELEBRATIONS! Mongolia NCD Project is a visionary endeavor aiming to empower adolescents aged 12 to 15. Our goal is to inspire them to actively contribute to the prevention of Non-Communicable Diseases (NCDs) in Mongolia. This empowerment journey involves equipping these young minds with essential information, knowledge, and opportunities for behavior change. We will achieve this through the guidance of influencers and experts.

These adolescents are actively involved in designing culturally and age-appropriate strategies to address critical gaps in areas like diet, exercise, and lifestyle choices. These empowered adolescents aren't just passive recipients; they are active contributors. Engaged in the design of initiatives, they play a pivotal role in crafting solutions tailored to their needs and aspirations. This collaborative approach fosters a sense of ownership, ensuring the sustainability and effectiveness of our endeavors.

### Our Beneficiary Partners

In the heart of our mission are the vibrant individuals who form the backbone of our initiative. With unwavering dedication, we are proud to announce our primary beneficiaries:

- 2,000 Adolescents: A dynamic group of young minds aged 12 to 15.
- 2,000 Parents/Caretakers: The crucial pillars of support.
- 40 School Staff: The educators and mentors.

Together, this diverse community of 4,040 individuals forms the cornerstone of our efforts, amplifying the impact of the Mongolia NCD Project. We look forward to witnessing the positive transformations that will unfold within these interconnected circles, fostering a healthier and more resilient Mongolia.





## Feedback and Complaints Mechanism Established

**1. Submitting Your Feedback**  
Share your feedback, comments, and complaints via email, letter, or phone call. Rest assured, all information you provide will be handled with the utmost confidentiality.

**2. Acknowledging & Assessing**  
You should expect a response of acknowledgment within 24 hours of the incident. Following this, your submission will be reviewed for subsequent steps to be taken.

**3. Addressing Concerns**  
Following a thorough examination of your complaint/feedback, we will reach out to you within 7-14 days with possible resolutions.

**4. Seeking a Solution**  
We will work together to resolve the problem. All matters will be confidential. Transparency, respect, and safety are guaranteed; and survivor centered approaches are set-up.

**5. Closing Out**  
Once the issue is resolved, you will receive a comprehensive report regarding the matter.

**Contact Information**  
Email: [feedback@adra.org.mn](mailto:feedback@adra.org.mn) Phone: 11-450738  
Mon - Thurs: 8:30-5:30 & Fri: 8:30-1:00 Website: [www.adra.org.mn](http://www.adra.org.mn)

ADRA is a child-safe organization.

**1. Sexual Harassment**  
Any unwelcome actions or comments of a sexual nature that make someone feel uncomfortable, unsafe, or disrespected.

**2. Sexual Exploitation**  
Sexual exploitation involves using someone for personal gain or pleasure, without their consent.

**3. Victimization**  
Being a victim means feeling powerless and hurt due to someone else's cruel or unjust actions.

**4. Abuse**  
Abuse is when someone uses their power to hurt or control another person, whether emotionally, physically, or mentally.

**5. Bullying**  
Bullying is repeated hurtful behavior, intentionally directed at someone. It can happen in person or online.

**CONTACT US:**  
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By the end of October, the NCD Team, in collaboration with the Admin team, created and implemented a robust Feedback and Complaints mechanism. This mechanism serves as a vital platform for receiving constructive feedback, addressing complaints, and capturing valuable comments. By establishing this open channel, we aim to enhance the overall effectiveness of our initiatives and ensure that the concerns and suggestions of all stakeholders are acknowledged and acted upon promptly. Our commitment to transparent communication and continuous improvement remains unwavering as we strive to foster a culture of openness and responsiveness within our organization.

## Expert Meeting on NCD Project Handbook for Adolescents

On November 10th, an expert meeting for the NCD project, focused on preventing non-communicable diseases among adolescents, took place at the ADRA Mongolia country office. Attendees included representatives from the National Mental Health Center, Y-PEER Mongolia, 84th School, Tusgal School, and others. The objective of the meeting was to consolidate diverse topics into Life Skills modules, seeking input from experts to contribute to the development of a comprehensive handbook.

The session, lasting three hours, involved 12 participants and five project staff members. By December 18th, a 28-page manual had been successfully developed. This comprehensive manual comprises four chapters covering 32 topics, aiming to provide youth with knowledge grounded in life skills for the prevention of non-communicable diseases.

The next step involves implementing these topics using a participatory approach, aligning with the methodological recommendations for implementing the basic education curriculum as outlined by the Ministry of Education and Science.



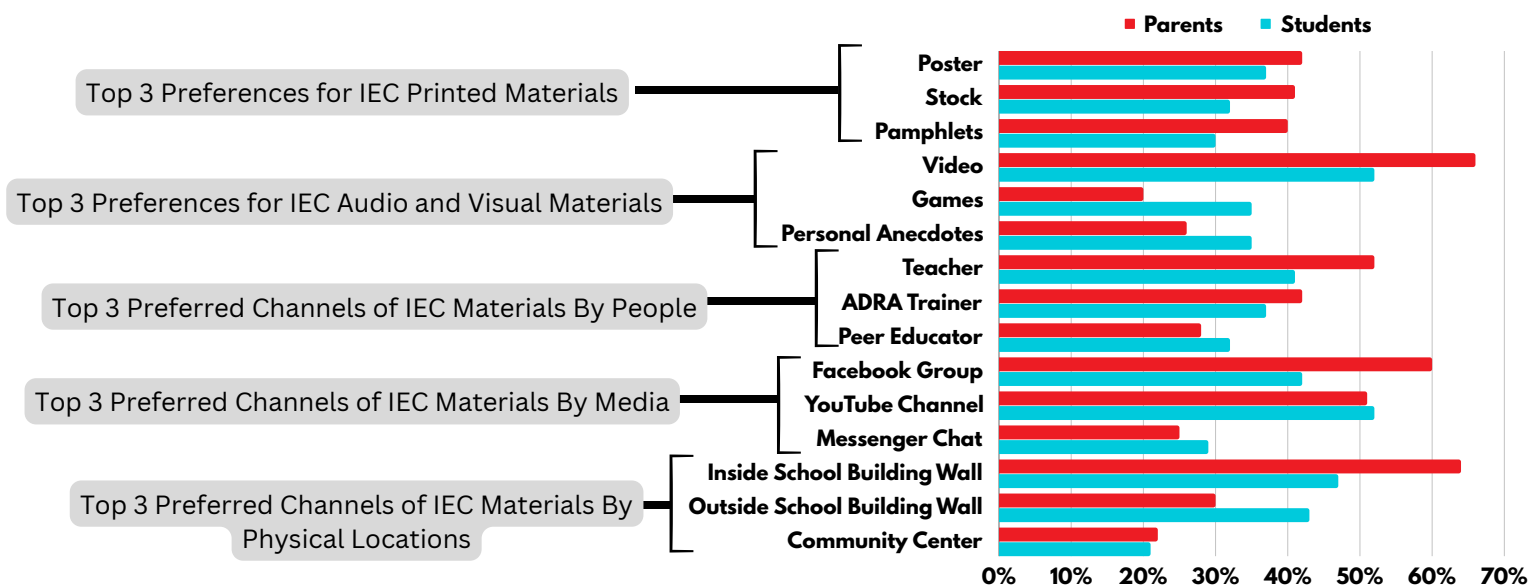
## Procurement and Renovation of NCD Health Rooms

This quarter, the NCD Project team began the procurement and renovation of NCD health rooms at Tusgal Secondary School and Erdmiin Orgil Public School. The adolescents took part in the design process, sharing their thoughts on both the content and the look of the rooms. You can catch a glimpse of their preferred poster style right here! This collaborative approach ensures that these spaces not only meet practical needs but also align with the preferences of the youth we're here to serve.

## IEC Needs Assessment and Focus Group Discussions

In November, the NextGen CELEBRATIONS! Mongolia – NCD Project reached a pivotal phase through a thorough needs assessment and insightful focus group discussions. A total of 174 students and 122 parents from two selected schools actively participated, sharing valuable perspectives on their preferences for types and channels of receiving Information, Education, and Communication (IEC) materials related to health and well-being.

These interactions went beyond surface discussions, exploring into their preferences, concerns, and aspirations about health. The inputs collected are invaluable, offering clear guidance for our approach in utilizing existing IEC materials and shaping the development of new ones. The collaboration between adolescents, parents, and our project team ensures that our initiatives are tailored to meet the unique needs and preferences of the community we serve.



## IRB Approval for Project Implementation Study

We're thrilled to share a significant milestone. The NCD Project team has officially secured approval from the Medical Ethics Review Committee of the Ministry of Health for its Institutional Review Board (IRB). This endorsement underscores our unwavering dedication to maintaining ethical standards in both research and project implementation, marking a crucial step forward in our journey.

The study, titled "Strengthening an Adolescents-Friendly School Environment to Promote Healthy Behaviors Among 12-15-Year-Olds in Ulaanbaatar, Mongolia," is a collaborative initiative between ADRA Mongolia, the National Center for Mental Health, and Loma Linda University School of Public Health. We extend our best wishes to the dedicated research team. The baseline survey is scheduled for early 2024, with the evaluation planned for the spring of 2026.

## NCD Notebook

We're thrilled to share that the NCD team has put together a special notebook for our beneficiaries, inspired by the awesome themes suggested by the adolescents. To add an extra touch of excitement, the notebook cover features the fantastic design from our notebook cover competition winner from our 2 selected schools!

What's inside, you ask? Well, it's a treasure trove of goodness! From details about the CELEBRATIONS principles to health tips for each of our 6 letters, a 3-year calendar, a health tracker, lyrics to the Alpha Generation song, and more – we've packed it all in. These notebooks will be in the hands of our adolescents and parents when the activities kick off in 2024. Get ready for some exciting times ahead! 🌟





## Health and Wellness Tips

As we prepare for our project's activities, we encourage you and your family to start building a foundation for a healthier life. Here are some health tips on nutrition, exercise, and mental well-being, aligned with CELEBRATIONS principles.

### Nutrition

1. **Choose Colorful Foods:** Incorporate a variety of colorful fruits and vegetables into your diet. These vibrant foods are rich in vitamins, minerals, and antioxidants that promote overall health.
2. **Balanced Meals:** Strive for balanced meals that include lean proteins, whole grains, and healthy fats. This combination provides sustained energy and supports growth and development.
3. **Hydration is Key:** Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal teas, or infused water with fresh fruits and herbs.
4. **Mindful Eating:** Practice mindful eating by savoring each bite and paying attention to your body's hunger and fullness cues. Avoid distractions while eating to enjoy your food fully.



### Exercise



1. **Move Regularly:** Incorporate regular physical activity into your daily routine. Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or dancing.
2. **Strength Training:** Include strength training exercises to build muscle and increase metabolism. These activities can be as simple as bodyweight exercises or using resistance bands.
3. **Find Activities You Enjoy:** Choose physical activities that you genuinely enjoy. Whether it's hiking, cycling, or playing a sport, having fun will keep you motivated.
4. **Stay Active Throughout the Day:** Break up long periods of sitting with short, active breaks. Take a walk, stretch, or do quick exercises to keep your body moving.

### Mental Well-Being

1. **Practice Mindfulness:** Incorporate mindfulness techniques, such as meditation or deep breathing exercises, into your daily routine to reduce stress and improve mental clarity.
2. **Positive Self-Talk:** Cultivate a positive inner dialogue. Challenge negative thoughts and replace them with affirmations that boost your self-esteem.
3. **Connect Socially:** Nurture your social connections with friends and family. Spending time with loved ones provides emotional support and reduces feelings of loneliness.
4. **Set Realistic Goals:** Set achievable goals for yourself, both short-term and long-term. Celebrate your successes, no matter how small, to boost your self-confidence.



Follow us on social media to stay connected: Facebook Page **ADRA Mongolia** and Facebook Group - **NextGen CELEBRATIONS! Mongolia - "Альфа үеийнхэн"** for regular updates on our progress.

You can also check our website [www.adra.org.mn](http://www.adra.org.mn). We extend our heartfelt thanks to our early supporters, donors, and partners who are making this project possible. If you have any questions about our project, please contact us!





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