



CHOOSE LIFE
Implementing a drug-(ab)use prevention program & shaping youth policies
with disadvantaged young people for psychosocial well-being promotion
101187341

Young Europe speaks up:

Choose-Life project launches Youth Vlogs series on substance abuse prevention and mental health

Over 30 young participants from 6 European countries share personal digital stories, sending a strong message of empowerment, solidarity, and active civic participation.

As part of the European Erasmus+ program "Choose-Life", the official release of the Youth Vlogs series has been announced. This digital storytelling initiative gives a platform to Youth-Choose Council (YCC) members and young participants across Europe to speak openly about mental health, addiction prevention, and the power of youth action.

Replacing traditional top-down communication, Choose-life positions young people as peer mentors and communicators. Through short, authentic videos, participants address four key themes:

1. **Personal growth & lessons learned:** Key moments, self-perception changes, and valuable takeaways from the project's activities.
2. **Core awareness messages:** Direct peer-to-peer advice on navigating pressure, mental health challenges, and avoiding addictions.
3. **Youth-Choose Council (YCC) experience:** The experience of collaborating with peers and advocating for youth policy reforms.
4. **Taking action:** Plans for applying project insights in daily life, schools, and local neighborhoods.

Key results & features:

- **24 youth vlogs:** Produced across 6 implementation countries (Greece, Portugal, Poland, Serbia, Italy, and Cyprus).
- **Active youth engagement:** Over 30 young people directly involved in creating and recording the content.



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- **Multilingual accessibility:** Videos feature subtitles in both English and local languages to ensure cross-border impact.
- **Public screenings:** In addition to online hosting, the vlogs will be publicly screened during the Final National Showcase events in each country.

The video collection is available on the official project platform: <https://www.chooselife-project.eu/resources/>

About the Choose-life project:

The Choose-Life project aims to prevent drug abuse and promote psychosocial well-being among vulnerable youth. It is coordinated by CESIE ETS (Italy) in partnership with KMOP (Greece), LIBERA (Italy), RIGHTCHALLENGE (Portugal), ZHP (Poland), CARDET (Cyprus), WEBIN (Serbia), and OTB (Belgium).

Contact & media enquiries:

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 - **Facebook:** <https://www.facebook.com/profile.php?id=61575764282542>
 - **Instagram:** https://www.instagram.com/choose.life_eu/



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