



# Adolescent Health and Development Webinar Series

"A deeper look into the key health challenges in the region"

Adolescents as a group of individuals are often overlooked in health related discussions, despite the need to tackle the health challenges they face during a crucial period of transition from childhood to adulthood. The various aspects of their health and well-being (psychological, social, developmental and sexual) are impacted by a myriad of factors such as technology, poverty and, most recently, the COVID-19 pandemic.

With a view to discussing these important issues and exploring some of the different aspects they impinge on, **the SingHealth Duke-NUS Global Health Institute (SDGHI) and United Nations Population Fund (UNFPA) Lao PDR** collaborated to organise a 4-part webinar series. The 4 webinars highlighted the key challenges and approaches in adolescent health and well-being in the region by: **1) looking at the impact of COVID-19 on adolescents, 2) understanding the implications of the rapidly evolving digital environment on their health, 3) examining the key approaches to sexual and reproductive health, 4) looking at poverty as an underlying determinant that increases the vulnerability and health risks of this demographic.** It brought together speakers working in different areas of adolescent health and development from various countries in the region and provided a holistic picture of how the different aspects explored intersect and influence the overall health and well-being of adolescents.

## Webinar 1: The impact of COVID-19 on adolescents



**Mariam A. Khan**

Country Representative, UNFPA, Lao PDR



**Dr Sitthiroth Rasphone**, Director General

Center for Development Policy Research,  
Ministry of Planning and Investment, Lao PDR



**Jayamalar Samuel**

UNFPA Assistant, Representative, Malaysia



**Amina Mahmood** (Moderator)

Deputy Director, SDGHI, Singapore

SDGHI and UNFPA Lao PDR hosted the first webinar in the series on 14 July 2021. This webinar provided an overview of the impact of COVID-19 on adolescents' health and development. It highlighted specific aspects of the impact of COVID-19 and **ongoing responses in Lao PDR and Malaysia**. The panelists also emphasized the need for further inclusive and comprehensive, medium to long term response measures for mitigating the impact of COVID-19 on adolescents.

To watch the complete recording of the webinar on Youtube, please click the links below to access it:

SDGHI Youtube Channel:  
<https://bit.ly/38VPsvW>



UNFPA Laos Youtube Channel:  
<https://bit.ly/3tHK1u9>



## Webinar 2: Adolescents in the digital environment (Technology and Teenagers)



**Dr Daniel Fung**

CEO & Child and adolescent psychiatrist  
Institute of Mental Health, Singapore



**Tej Ram Jat**

Programme Specialist Adolescent Sexual  
and Reproductive Health, UNFPA, Lao PDR



**Ketsana Siphonaphat**

Deputy Head, Academic Affairs Section, Lao  
German Technical College, Department of TVET  
Ministry of Education and Sports, Lao PDR



**Ticiana Garcia-Tapia**

Youth & Adolescent Development Specialist  
and Gender Focal Point, UNICEF Indonesia



**Dr Courtney Davis** (Moderator)

Co-Lead Education and Training Core, SDGHI  
& Staff Physician, Adolescent Medicine Service  
KK Women's and Children's Hospital, Singapore

SDGHI and UNFPA Lao PDR hosted the second webinar in the series on 21 July 2021 with adolescent health experts from Singapore, Lao PDR and Indonesia who shared their insights on youth as digital natives. This webinar addressed the **risks and benefits of the digital environment on adolescents** by looking at its i) impact – on mental and physical health, ii) implementation – how digital tools are integrated for adolescent health service delivery and iii) intersection – with online education and the consequences of the sudden shift to e-learning amidst the COVID-19 pandemic.

To watch the complete recording of the webinar on YouTube, please click the links below to access it:

SDGHI Youtube Channel:  
<https://bit.ly/2VvpU5v>



UNFPA Laos Youtube Channel:  
<https://bit.ly/3E5cQoL>



## Webinar 3: Adolescent sexual and reproductive health (ASRH) in South East Asia (SEA)



**Ms Sivananthi Thanethiran**

Executive Director, Asian-Pacific Resource &  
Research Centre for Women (ARROW), Malaysia



**Dr Sommana Rattana**

Deputy Director, Department of Healthcare and  
Rehabilitation, Ministry of Health, Lao PDR



**Siriphone Sally Sakulku**

Sexual and Reproductive Health Programme  
Coordinator, UNFPA, Lao PDR



**Ni Luh Eka Purni Astiti**

Youth Country Coordinator of Get Up Speak Out  
(GUSO) Programme, Indonesia



**Mariam A. Khan** (Moderator)

Country Representative, UNFPA, Lao PDR

SDGHI and UNFPA Lao PDR hosted the third webinar in the series on 28 July 2021 with three experienced panellists in the area of adolescent and reproductive health from Malaysia, Lao PDR and Indonesia. The webinar explored key issues surrounding ASRH in the region, **the importance of youth involvement** in ASRH programmes and the various strategies adopted to advance ASRH education at the national and local levels.

To watch the complete recording of the webinar on Youtube, please click the links below to access it:

SDGHI Youtube Channel:  
<https://bit.ly/3E4oMHZ>



UNFPA Laos Youtube Channel:  
<https://bit.ly/3jv9GCs>



## Webinar 4: The impact of poverty and extreme events on adolescent health: trafficking, conflicts and violence



**Marie Nodzenski**

PhD candidate, London School of Hygiene and Tropical  
Medicine, United Kingdom



**Kane Hay Tha**

Disability and Social Inclusion Project Officer Humanity  
& Inclusion, Thailand



**Soudalak Phounsavanh**

Deputy Director General of the Protection and Counselling  
Centre for Women and Children, Lao Women's Union, Lao PDR



**Tej Ram Jat** (Moderator)

Programme Specialist Adolescent Sexual and  
Reproductive Health, UNFPA, Lao PDR

SDGHI and UNFPA Lao PDR hosted the fourth and last webinar in the series on 4 August 2021. This webinar addressed the health impact of poverty, extreme events, trafficking, conflicts and violence against girls in South-East Asia. Three speakers in this webinar presented the key strategies being adopted in the region and recommended investing more in promoting decent employment and strengthening education, health and protection services for **breaking the cycle of poverty, victimization and improving health outcomes**.

To watch the complete recording of the webinar on Youtube, please click the links below to access it:

SDGHI Youtube Channel:  
<https://bit.ly/3hksDGx>



UNFPA Laos Youtube Channel:  
<https://bit.ly/3jYPJEv>



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