Terez Lord,
CARICOM Youth Ambassador, Trinidad and Tobago
Keynote Address at Caribbean Congress on Adolescent on Youth Health- Opening Ceremony
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It is indeed a distinct honour to stand before you as CARICOM Youth Ambassador of Trinidad and Tobago on this incredible occasion. 

I deliver these words—out of my mouth but pouring out of the hearts of young people- youths and adolescents of the entire region.

Today we witness and we contribute towards history. History is more than the path left by the past. It influences the present and it can shape the future.

Today history is being made as we inaugurate the First ever Caribbean Congress on Adolescent and Youth Health!

This congress is a safe space, rich in dialogue, where international partners and practitioners can highlight and address issues/challenges circumventing good health and wellbeing of a major subset of the population- and a critical human resource: the youth and adolescents! Not forgetting adolescents and youths with disabilities.

It is a catalyst for policy makes to discuss how to improve as well as how to sustain investment in our health in a manner that is deliberate, impactful, measurable and sustainable.
#Agenda2030!

This Congress, the first of its kind is for youth, by youth, with youth and supported by the youth at heart- the ‘youngish.’ It is bolstered by momentum. It is action- oriented and should have decisive follow up.

This is not a talk-shop.

We must set the basis for no less.

Health and well-being is far and wide and must be met with ambitious, future-oriented, systemic regional responses.

It makes meaningful. It makes manifest, the dream, ideology, or as my sister would say- the epiphany that birthed CARICOM when it was established in 1973.

Today, this audacious, integrative move is so that future generations would have benefitted from what we as young leaders would have advocated for and what we have agitated for.

The young people are here in this room. They are present and ready. They are ignited by passion and purpose. We are ready to contribute to the conversations that impact us- which we have been excluded, ostracized and marginalized- or on a good day- tokenized.

I say let’s do this together: inter-state, inter-organizational and inter-generational.

May God Bless you and May God Bless your nations.