

A photograph of three teenagers sitting on a wooden deck. A girl in a purple hoodie is leaning her head on the shoulder of a boy in a light blue hoodie, who is leaning on the shoulder of a girl in a dark green hoodie. They are all smiling and looking towards the camera. The background is a blurred outdoor setting.

TEENERGIZER!

Union of Adolescents and Youth Teenergizer

ANNUAL REPORT 2019-2021

Teenergizer is a movement that has united teenagers from the region of Eastern Europe and Central Asia.

For our team, the last three years have been hardworking and challenging. Since the beginning of the pandemic, we have learned to live in the new world. We have learned to study and work in a completely new format. We have learned to adapt to any circumstances with lightning speed. We have learned to accept the fact that not everything in life happens the way we want.

Despite COVID-19, we believed that life should go on so we put a lot of effort into the work and development of Teenergizer. Yes, often the last three years have been difficult and unstable. But much more often we felt the warmth of teenagers and your support. We are grateful to everyone who stayed with us!

We have been working on creating and maintaining a world where every teenager can realize their limitless potential; a world free from discrimination in all areas, including HIV; a world in which the importance of mental health is on a par with physical health.

We also have big plans for the next three years, because we are brave and love to dream. We believe that in our vast world there is a place for any dream, even the most ambitious and incredible. All you need is just to make an effort!



YANA PANFILOVA
HEAD OF THE BOARD, TEENERGIZER

ADVOCACY AND PUBLIC ACTIVITY

Over the past three years, we have made big and small, but still important steps in advocacy. All this time, Yana Panfilova, the head of the board of Teenergizer, has been the voice of teenagers and young people that could be heard all over the world. Each of her speeches and public activities was aimed at ensuring that one day we wake up in a society in which there is no longer stigma and discrimination against HIV-positive people, and mental health issues are taken seriously.

We have collected some of Yana's brightest speeches.

YANA PANFILOVA OPENED THE UN GENERAL ASSEMBLY HIGH-LEVEL MEETING ON AIDS IN NEW YORK

“*I don't dream of waking up in a fantasy world free of stigma and discrimination. I am ready to work every day with all of you to bring these things to life.*”



On June 8, 2022, Yana Panfilova delivered a speech at the opening ceremony of the special session of the United Nations General Assembly on HIV and AIDS, which was held in New York. Yana spoke to the whole world on behalf of all HIV-positive people. Together with her, Charlize Theron and other activists addressed the world.

This is a very important event that takes place every five years. This is an event that in the long term can change the lives of many people and allows us to reach out to those who make decisions. And this is a very big achievement for Teenergizer!



FIRST LADIES AND GENTLEMEN SUMMIT

“ During the COVID-19 pandemic, school closures have been a challenge for many teens who stayed at home with their abusers, unable to get support from peers, teachers, and healthcare professionals. Therefore, we have created online consultations where every teenager will be heard and receive the necessary psychological support.

In the summer of 2021, a historic event took place - the summit of first ladies and gentlemen, organized by the first lady of Ukraine Olena Zelenska. Its goal was to use “soft power”. Yana Panfilova took an active part in the summit and raised the topic of the importance of mental health among teenagers and young people.

As a result of the summit, the first declaration was signed, which set out the main principles and goals of cooperation in order to create more opportunities for "soft power" around the world. Dialogue, support, experience exchange, and new interesting projects are values that are very close to the Teenergizer team!



PRIZE OF THE CABINET OF MINISTERS OF UKRAINE

“Mental health should be given attention at the same level as physical health. I am all for promoting a healthy lifestyle, especially among teenagers.

The award is given annually to 20 young people under the age of 35 for special achievements and implementation of various initiatives. In 2019, Yana received this award for disseminating information about healthy lifestyles, prevention, and public health!

Behind this award, there`s plenty of daily work, help, and support for adolescents, psychological counseling, training, and protection of the rights of young people and HIV. And, of course, there`s the endless desire to change our world for the better!

FORBES "30 UNDER 30" LIST

“Changing the world of teenagers is not easy. You need to constantly work. Work with laws that relate to the rights of adolescents, promote sex education in schools, and support HIV-positive children and young people who find themselves in difficult situations. Teenergizer is synonymous with “support” and we provide psychological help to anyone who needs it!

At the age of 23, Yana Panfilova entered the first official Ukrainian list of Forbes "30 under 30"! Young people under 30 from all over Ukraine got into the list of people who every day change our present. These are entrepreneurs and innovators, athletes, creatives, IT geniuses, and “change agents”. Yana became the representative of the last category!

Everything that Yana does every day, namely, she has been helping teenagers for many years, is not for the sake of ratings and lists. But Teenergizer is always very pleased that all our colossal work is noticed and noted. Thanks to the award, even more people will learn about our organization, which means that more teenagers will receive the necessary help and support.

KEY RESULTS OF THREE YEARS

MWe at Teenergizer are always committed to getting as many people to learn about mental health as possible. We know that mental health and the problems associated with it are not fiction, not laziness, not a sign of weakness. It is not somewhere far away, but here and now. It is especially important to remember this during difficult times such as the COVID-19 pandemic.

For the past few years, the whole world has been wearing masks, staying at home for weeks, carrying sanitizers, and analyzing carefully any symptoms. Someone managed to quickly adapt to such conditions, but it was very difficult for someone. The situation around just could not but affect the mental state of adolescents. In addition, problems with parents, school, or friends also did not evaporate.

That is why we created the #ShareWeCare and #StaySafe campaigns, which became mental support for 10,5 mln teenagers and young people in the EECA region!

The #StaySafe campaign was aimed at maintaining mental and mental well-being reaching over **2,5 mln** teenagers and young adults. #ShareWeCare, which has reached almost **8 mln** people, is our reaction to the challenges during the COVID-19 outbreak to help teens feel safe. We created videos for social networks, conducted live broadcasts with stars, bloggers, and opinion leaders, and organized meetings and training.



You can see the results of both campaigns on our YouTube channel





MENTAL HEALTH ONLINE COUNSELING

12,000 teenagers received peer-r counseling

We know that support and acceptance can save lives. We have seen this from our own experience!

Our team provides free psychological peer counseling for teenagers and young people. All those who support youth are trained psychology students who themselves have only recently been teenagers and understand their problems. They are ready to listen, give advice, and support in difficult times. Teenagers can write about any of their problems. Whatever worries them - the first sex, bullying at school, problems with parents, or HIV status - we are always there for them!

Every teenager can contact a counselor and get an answer within an hour. We have trained more than 170 peer counselors, and constant supervision helps to improve the quality of counseling.

We cannot help the whole world. But our peer counselors can certainly bring hope to the world of a teenager who does not understand what to do when there are conflicts at home, problems at school, and life seems so frightening.

"WE ARE THE ONES WHO TEACH YOUTH, WHO SPEAK THE SAME LANGUAGE WITH TEENAGERS FROM THE ENTIRE EECA REGION"

747 adolescents received basic knowledge about mental health in **4** EECA countries and **5** cities.

All Teenergizer educational events are conducted by peer trainers. These are active teenagers who have received special training in mental health and sex education. And now they share this knowledge with other teens!

In 5 EECA countries in 11 cities:

- 11,300 adolescents and young adults attended 399 educational events on HIV/AIDS prevention and sexual health
- 650 interns have been involved in 41 internships
- 3,493 young people participated in 25 HIV-event (called Vecherinka), during which 753 young people for HIV were tested;
- 3479 HIV positive adolescents got support within 611 support groups




ETHICAL COMMITTEE APPROVAL OF TEENERGIZER ONLINE COUNSELING

We have received ethical approvals to conduct online counseling in Ukraine, Kazakhstan, and Kyrgyzstan, which confirms compliance with the requirements of health protection, including mental health.




FEEDBACK ON OUR WORK

"The #youareokay campaign is the result of a partnership between mental health specialists, UNICEF, and members of Teenergizer, a youth organization which provides peer-to-peer online consultations to teenagers and young people", — United Nations Children's Fund (UNICEF)


"Teenergizer, a movement that brings together teenagers from the region of Eastern Europe and Central Asia, has launched an online #StaySafe campaign aimed at teenagers and young people from EECA countries to help them feel strong and protected during the unstable times of the coronavirus pandemic", — Non-governmental humanitarian public health organisation, AFEW International

"Consultations are anonymous and free. They are available to teenagers from all over the country. There you can share what worries you and get support from psychologists", — Project "Нова українська школа" (НУШ)

"It is written on the website of the organization, that teenagers can get professional help from psychologists and peer counselors without judgment and unnecessary advice. "We help, but do not teach how to live" — Teenergizer assures", — Project "Освітній портал" OP.ua


"TEENERGIZER is an organization that unites HIV-positive youth and friends with HIV-negative status. The project includes a platform with online consultations, training on HIV and sexual health, support groups for HIV-positive teenagers, and parties ("Vicherinki") for young people for the participation of stars", — Magazine "Wonder Україна"

"Since its launch in 2019, Teenergizer has helped thousands of youngsters from Eastern Europe and Central Asia through online counseling sessions provided by volunteers. All of its consultations are free, thanks to support from the United Nations Children's Fund (UNICEF) and ING Bank", — United Nations Children's Fund (UNICEF)





FINANCE

Teenergizer Union of Adolescents
and Youth (Ukraine) —
288.340 USD

IBE "Eurasian Union of Adolescents
and Youth" Teenergizer (Georgia) —
552.054 USD



DONORS AND PARTNERS



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7 YEARS TEENERGIZER!

7 YEARS TEEN