

TEENERGIZER!

UNION OF ADOLESCENTS AND YOUTH TEENERGIZER
ANNUAL REPORT 2023



TEENERGIZER!

"A full-scale war started by Russia has been going on in Ukraine for two years now. Throughout this time, all Ukrainians have felt its serious impact. We have experienced significant losses, shed many tears, faced a great deal of uncertainty, and received little support and understanding. Adolescents and young people are the most vulnerable, enduring unimaginable hardships during their formative years and often going through these experiences in isolation.

In 2023, Teenergizer sought to change this situation. Not only did we continue our work, but we also provided a record number of psychological counseling sessions to adolescents and young people – more than 29,000. We've expanded our team of volunteer peer counselors to more than 300 and launched nighttime counseling. We see that more and more adolescents and young people are seeking help, and this is one of our greatest achievements.

The year was undoubtedly difficult, yet simultaneously remarkable. We received an incredible amount of kind words, unlike any we've heard before.

"I feel better because I was able to speak out," "You helped me a lot," "Thank you for listening." These are invaluable words we hear from young people every day. In 2023, we exerted our utmost effort to help as many adolescents and young people as possible, and we have no intention of stopping!"

**YANA PANFILOVA,
HEAD OF THE BOARD OF TEENERGIZER**



ADVOCACY AND PUBLIC ACTIVITIES

2023 was a year of challenges for the Teenergizer team. We were scattered around the world due to Russia's full-scale invasion of Ukraine, but we stayed together and found opportunities to gather both online and offline in Ukraine, continuing to assist teenagers and young people, especially those who were in Ukraine during the difficult times of war.

We have collected the highlights of this year

YANA PANFILOVA SPOKE AT THE AIDS UPDATE 2023 PRESS CONFERENCE



"Now in Ukraine, 21% more new HIV cases are diagnosed than last year, because when people are under rocket fire or forced to defend their country, access to condoms and pre-exposure prophylaxis is not a priority. People living with HIV in occupied Donetsk are now forced to obtain a Russian passport in exchange for access to HIV treatment. My response to these human rights and health violations is that the international system is powerless to demand justice."

On July 13, 2023, Teenergizer leader Yana Panfilova spoke at a roundtable discussion in Geneva as part of the AIDS Update 2023 press conference and called on the world to pay attention to the real and urgent problems faced by HIV-positive adolescents and young people in Ukraine, especially after the full-scale invasion.

TEENERGIZER AT THE UKRAINIAN YOUTH FORUM "RECOVERY IN UNITY!"



Teenergizer is always happy to participate in events that relate to and support adolescents and young people!

Members of our team joined the Ukrainian Youth Forum and discussed the importance of promoting mental health, at both regional and national levels.

The forum was also attended by President of Ukraine Volodymyr Zelenskyy and Prime Minister of Ukraine Denys Shmyhal. At the Forum, Teenergizer was a member of the working group of NGOs that developed a proposal for the President of Ukraine to support the EU's Ukraine Facility programme and include a clause supporting the activities of adolescents and young people.

TWO TEENERGIZER REPRESENTATIVES JOINED THE UNICEF UKRAINE YOUTH COUNCIL

In the summer of 2023, two Teenergizer representatives, Oleksandra and Yelyzaveta, became members of the Youth Council of the United Nations Population Fund UNICEF Ukraine.



This event is significant for us as we engage in discussions on important focal points regarding the psychological well-being of adolescents and young people in Ukraine. We work on addressing the main challenges of mental health in Ukraine today and explore ways to involve adolescents and young people in volunteering and activism.

TEENERGIZER BECAME ONE OF THE PARTICIPANTS OF THE THIRD FIRST LADIES AND GENTLEMEN SUMMIT IN KYIV



On September 6, Teenergizer became one of the participants of the Third First Ladies and Gentlemen Summit in Kyiv, initiated by the First Lady of Ukraine Olena Zelenska. During the Summit, Hollywood actor Richard Gere supported Teenergizer in his speech:

"...My brother is working with a group in Ukraine that is doing amazing work. It's called Teenergizer. It's a Ukrainian non-governmental organization that helps young people protect their health and realize their human rights.

Currently, their activities are focused on providing psychosocial support to Ukrainian teenagers affected by this terrible invasion and occupation. The organization employs more than 200 qualified psychologists who provide assistance to youth and children of all ages..."

We have once again seen how Ukraine is supported in the world! This is very inspiring and helps us move forward, no matter what!

YANA PANFILOVA PARTICIPATED IN THE MEETING OF THE GLOBAL HIV PREVENTION COALITION IN WASHINGTON, DC, USA



In early October, Teenergizer leader Yana Panfilova became the only representative from Ukraine and the entire region of Eastern Europe and Central Asia. During the meeting, she addressed the challenges faced by HIV-positive adolescents and young people today and emphasized the importance of continuing to support social programs:

"Many young people do not know about human rights. How can they protect what they don't know?"

It has refocused HIV prevention on priority populations and high-impact interventions.

Introduced a system for evaluating the effectiveness of prevention programs

It has refocused HIV prevention on priority populations and high-impact interventions

Returned HIV prevention to the global HIV agenda

TEENERGIZER ACTIVISTS AND VOLUNTEERS PARTICIPATED IN THE SPECIAL EVENT "HOW ARE YOU? STORIES OF RESILIENCE" DEDICATED TO WORLD MENTAL HEALTH DAY

On October 10, 2023, in Kyiv, our activists Lyubov, Valeria, and Danil shared their feelings, answered the question "How are you?" and talked about the problems that teenagers and young people in Ukraine are facing now. These include fear for their relatives, depression, suicidal thoughts, toxic relationships, and many other experiences:



"If adolescents and young people cannot count on being accepted by health professionals and treated without discrimination, regardless of age or how we define our gender and orientation, they will not seek support from them."

**VALERIA, 20 YEARS OLD,
TEENERGIZER ACTIVIST**

"I want to talk about self-love, about healthy relationships without the risk of HIV infection, about the warning signs of unhealthy relationships, about relationships with oneself and about self-love. I also want to emphasize that it is not a shame to seek help from specialists."

**LIUBOV, 19 YEARS OLD,
TEENERGIZER ACTIVIST,**

Teenergizer activists' public attention to psychological problems also serves as an important example of the fact that everyone goes through difficult experiences and there is no shame in sharing them!

YANA PANFILOVA SPOKE AT THE GLOBAL FORUM FOR ADOLESCENTS IN GENEVA AT THE WORLD HEALTH ORGANIZATION (WHO)

"If young people cannot count on mental health professionals to accept us and treat us without discrimination, we will not seek mental health help!"

Yana Panfilova



On October 11, 2023, Yana spoke at the world's largest alliance for women's, children's and adolescents' health to draw attention to the needs and priorities of adolescents and young people in Ukraine.

The Forum concluded with the presentation of the Adolescent Agenda, which is based on the views of 1.2 million adolescents and young people aged 16-24 collected in more than 80 countries.

TEENERGIZER PARTICIPATED IN THE FIRST MENTAL HEALTH FORUM ORGANIZED BY THE WORLD HEALTH ORGANIZATION UKRAINE AND THE CMU COORDINATION CENTER / MENTAL HEALTH UA AS PART OF THE ALL-UKRAINIAN MENTAL HEALTH PROGRAM INITIATED BY OLENA ZELENSKA

On October 19 and 20, the Teenergizer team discussed our activities and the primary mental health challenges faced by adolescents and young people in Ukraine today at this platform for the exchange of views and experiences.



Following a survey conducted by U-report in collaboration with Teenergizer on how Ukrainian youth are feeling now, it was found that out of more than 3000 respondents, 62% have faced psychological pressure and emotional depression in recent weeks, and 55% have never sought psychological help before.

This statistic serves as a signal that we need to keep our focus on the field of psychological assistance for adolescents and young people!

TEENERGIZER ACTIVISTS JOINED AN OPEN DIALOGUE ON THE STRATEGY OF REFORMING SEXUALITY EDUCATION IN UKRAINE



On October 25, an event supported by the Olena Pinchuk Foundation, online education studio EdEra, and NGO Masha Foundation took place in Kyiv. The event invited Minister of Education and Science of Ukraine Oksen Lisovyi and other civil society representatives working in the field of sexuality education to discuss the strategy for reforming sexuality education in Ukraine.

We at Teenergizer are well aware of the urgency of reforming sexuality education in Ukraine, and we are actively contributing to advancing this reform.

YANA PANFILOVA SPOKE AT A UNAIDS MEETING WITH COMMUNITIES DEDICATED TO WORLD AIDS DAY

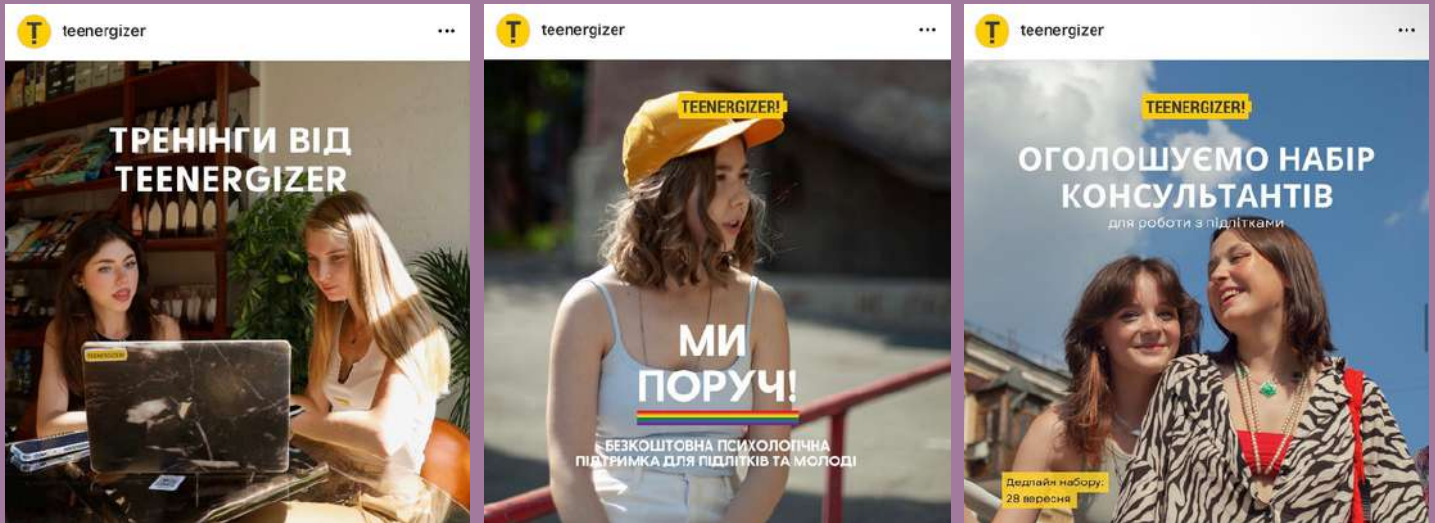


On November 30, 2023, in Berlin, Germany, Teenergizer leader Yana Panfilova spoke at a meeting with communities providing HIV-related services in Germany and Ukraine.

The event provided an opportunity to hear from representatives of civil society organizations supported by the German Government's Emergency Fund for Ukraine and focused on dialogue with community leaders from Ukraine and Germany. In addition, a new UNAIDS report on World AIDS Day entitled "Leadership to Communities" was presented at the meeting.

KEY DATA AND KEY RESULTS OF THE YEAR

The #ShareWeCare Teenergizer online campaign, which reached **4,614,050 adolescents** and young people in the EECA region, was a response to the request of adolescents and young people for help during the terrible full-scale war in Ukraine.



MENTAL HEALTH ONLINE COUNSELING

29,594 adolescents and young people received peer-to-peer psychological counseling

Free, confidential, peer-to-peer counseling is how we help adolescents and young people cope with challenges and life situations through online counseling.

Each adolescent and young person is given the opportunity to contact an anonymous counselor and receive a response within an hour.

320 peer counselors have been trained and receive ongoing supervisory support to help improve the quality of counseling.

180 peer counselors improved their skills on the topic of "Crisis counseling during military operations".

"WE ARE THE ONES WHO TEACH YOUTH AND SPEAK THE SAME LANGUAGE AS TEENAGERS FROM ALL OVER THE EECA REGION"

In 4 EECA countries (Ukraine, Kazakhstan, Tajikistan, Kyrgyzstan), 7386 adolescents and young people joined Teenergizer across 10 cities (Kyiv and Kyiv oblast, Almaty, Pavlodar, Shymkent, Karaganda, Ust-Kamenogorsk (SKO), Almaty oblast, Osh, Dushanbe, Kulyab). **The following activities were conducted:**

- **96** trainings on HIV/AIDS prevention and sexual health, where **2623** adolescents and young people improved their knowledge and gained useful experience
- **182** support groups for **282** HIV-positive adolescents and young people
- **4** "HIV parties" for **140** adolescents and young people
- **12** internships for **212** interns
- **54** trainings for **1137** adolescents and young people, **40** professionals, **144** parents on topics such as bullying, time management, emotional intelligence, burnout, disclosure of HIV status in children, burnout, etc.
- **63** trainings on mental health, where **1132** adolescents received basic knowledge
- **1860** adolescents and young people attended urban youth festivals, marathons, forums, eco-actions, online discussion platforms, and flash mobs



FEEDBACK ON OUR WORK

"This is evidenced by the results of a study conducted in September 2023 by the UNICEF U-Report survey project in collaboration with the Teenergizer organization, which assists young people in taking care of their health." — Ukrainska Pravda

"Teenergizer aims to empower young people living with HIV. It created a safe space for young women like her to connect, have fun, and share experiences without shame or stigma. The movement has reached many young people in the country, creating a ripple effect of reliable information and support." — UNAIDS

"We know how hard it can be to find the strength to move forward. We know how lonely and scary it can be. Get free and anonymous psychological help on the Teenergizer website." — Kalush, Alina Pash, KylymMen, Nezlamna Rusya, Vera Brezhneva, Monatik

"Teenergizer is a charitable organization that offers free and confidential psychological support for adolescents." — Svidomi



FEEDBACK ON OUR WORK

"Teenergizer unites teenagers from the Eastern Europe and Central Asia region with a shared goal of creating a world where every teenager can achieve their full potential. They recently played a pivotal role in the inaugural Mental Health Forum in Ukraine, where they had the opportunity to discuss their impactful work, shedding light on the mental health challenges faced by Ukrainian adolescents and young people", — [citiesRISE](#)

"The UNICEF U-Report survey project, in partnership with the Teenergizer organization, which supports young people in protecting their health and realizing their human rights, conducted a survey on the mental state and well-being of Ukrainian youth." — [Mind](#)

"Blogs about sexuality education for teenagers: Teenergizer", — [Tse nikhto ne bude dyvytysya](#)

"As reported by Ukrinform, a project on free psychological assistance for adolescents and young people in an online format has been launched in Ukraine with the support of UNICEF, which will be provided within the framework of a joint partnership project of the charitable organization Teenergizer and the NGO YouthUp." — [Ukrinform](#)

Emma Antonyuk, host of the show
[Tse nikhto ne bude dyvytysya](#)

FEEDBACK ON OUR WORK



Over the past ten years, Teenergizer has grown into a regional youth-led movement that unites young people in Ukraine, Kazakhstan, Kyrgyzstan, and Tajikistan.

In addition to mental health services and support groups, it provides comprehensive sex education and offers internship opportunities to teens", — [Global Fund for Children](#)

"During the year of the great war, we noticed how the needs of teenagers have changed, including more frequent panic attacks and suicidal moods. Some parents went to the front, some lost their jobs... To support as many of these people as possible, we have already provided more than 16 thousand psychological counseling sessions, and by the end of 2023 we want to increase their number to 50 thousand and more." — [ELLE Ukraine](#)

"I've never experienced anything like this. I was confronted with very strange theories, like, 'What if you cut yourself with a food package and blood comes out?' I tried to explain that I was 'safe,' but the next day I received a message saying they didn't want to see me there anymore," the activist from Teenergizer was quoted as saying. — [Syspilne Novyny](#)

Yana Panfilova in ELLE Ukraine

FINANCE

Charitable organization "Union
of Adolescents and Youth
"Teenergizer": 165 715,86 USD

NE(NC)LE "Eurasian Union of
Adolescents and Youth "Teenergizer":
187 782,31 USD



DONORS AND PARTNERS



OUTRIGHT
ACTION INTERNATIONAL

Human Rights for LGBTIQ People Everywhere.



YOUTH UP



MH4U





2023