



# Strategy 2024-2025

**Teenergizer** – movement that has united teenagers from the region of Eastern Europe and Central Asia. Together, we create a world in which every teenager can realize their potential. A world free from discrimination in all its forms, including LGBTQ+ and living with HIV. A world in which the rights of all adolescents and young people, especially girls, do not need to be protected because they are fully respected.

**The uniqueness** of **Teenergizer** is that teen projects are designed and implemented by the teenagers themselves. After all, we, like no one else, know what we need!

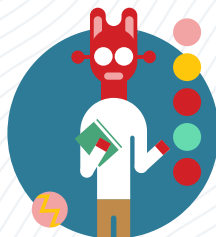
## OUR GOAL by 2025

Teenergizer team in 5 EECA countries helps young people realize their potential without leaving anyone behind: supports mental, sexual and reproductive health and inclusiveness of teenagers and young people, builds tolerant attitudes towards teenagers and young people living with HIV, LGBTQ+, and also creates conditions for adolescent voices to influence decision-making in areas that affect them.

## Directions of work to achieve the goal



Development of a youth movement in 5 EECA countries: comfortable, safe, interesting and inclusive for teenagers and young people



Improving the mental health of adolescents and young people, especially girls, in EECA countries through training and online counseling of **Teenergizer** : from teenagers to teenagers



Representation of the voice of teenagers and young people, especially girls, in the processes of policy formation of cities, countries and the EECA region

**TEENERGIZER!**



01

## Development of a youth movement in 5 EECA countries: comfortable, safe, interesting and inclusive for teenagers and young people

**Goal:** By 2025, **Teenergizer** model is operating and expanding no less than in 6 cities, 5 EECA countries, mobilizing at least **2,500** teenagers and young people in Teenergizer team and reaching at least **6,000,000** teenagers through online communication campaigns.

### Activities within the direction:



Continue and expand the implementation of **Teenergizer** Model aimed at mobilizing teenagers and young people, including adaptation to the principle of “leaving no one behind”



Expand access to services and information on personal development, CSE, LGBTQ+, inclusiveness and other issues relevant to teenagers and young people



To reach young people and teenagers with information about personal development, CSE, LGBTQ+ and other relevant topics with the help of online and offline activities conducted by teenagers from **Teenergizer** team



To expand and strengthen presence of **Teenergizer** in the online space through the development of social networks, cooperation with opinion leaders, bloggers and famous people and ensuring the availability of informational materials

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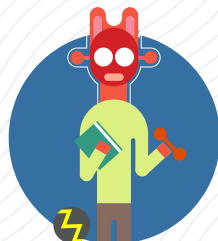
## Improving the mental health of adolescents and young people, especially girls, in EECA countries through training and online counseling of Teenergizer: from teenagers to teenagers

**Goal:** By 2025, at least **5,000** teenagers and young people will be able to receive timely and quality peer-to-peer support at the Teenergizer.org online platform every month, and at least **4,300** teenagers and young people will be trained in mental health support.

### Activities within the direction:



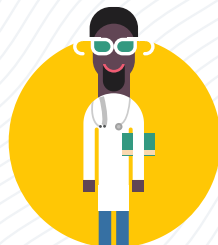
Develop **Teenergizer** online counseling: teenagers for teenagers - educate peer counselors, adjust a counseling system, conduct a quality assessment, expand the partner network to redirect requests that require specialized assistance



Provide continuous professional development for peer counselors, including ensuring inclusiveness and support for LGBTQ+, with a particular focus on crisis counseling in response to the full-scale war in Ukraine



Implement an information campaign to promote **Teenergizer** online counseling on a peer-to-peer basis among the target audience: advertising, promotion, involvement of opinion leaders, bloggers and famous people



Train teenagers and young people on the importance of maintaining mental health

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03

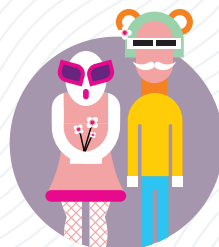
## Representation of the voice of teenagers and young people, especially girls, in the processes of policy formation of cities, countries and the EECA region

**Goal:** By 2025, **Teenergizer** movement influences decision-making that affects teenagers and young people through active participation in committees and working groups that shape local, national, regional and international policies on education, mental health and CSE.

### Activities within the direction:



Strengthen the potential of the leaders of **Teenergizer** movement within the framework of training events and exchange of experience between teams from different countries



Provide professional development of leaders within **Teenergizer** team



Support and facilitate involvement of **Teenergizer** team leaders in committees and working groups shaping local, national, regional and international education, mental health and CSE policy



Respond to challenges in connection with the changing socio-political course in the EECA countries and contribute to overcoming legislative barriers to access to CSE for teenagers and young people

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