

TEENERGIZER!

UNION OF ADOLESCENTS AND YOUTH
TEENERGIZER

ANNUAL REPORT 2024



TEENERGIZER!



Ten years ago, we started with an idea: to be there for teenagers during the most difficult moments of their lives. And with each passing year, that idea grows stronger. We change, we grow, we learn and, together with our teenagers, we go through absolutely everything.

For the third year now, we have been by their side — exactly where and when support is needed most. And in 2024, we did not just carry on; we grew, became stronger, braver and even more dedicated to our mission. The fact that teenagers and young people continue to choose us is not just about trust. It is a sign that we are on the right path.

In 2024, we provided **63 282 consultations**, bringing the total to over **115 000**. These are not just numbers — they represent thousands of stories, moments of trust and the feeling that we are truly needed. And we are incredibly proud to be there.

We continued to work 24/7 because we know how important it is to have someone close during difficult moments, especially at night when anxious thoughts hit the hardest.

This year proved that we are capable of more than we ever imagined. We are not stopping. We keep growing, searching for new solutions, bringing ideas to life, and supporting those who need it most. We are ready for the year ahead, with all its challenges, opportunities, and hopes. Because together, we can absolutely do even more.

YANA PANFILOVA,
HEAD OF THE BOARD OF
TEENERGIZER





ADVOCACY AND PUBLIC ACTIVITIES



2024 was a year of resilience for the Teenergizer team. Despite all the challenges brought by the war, we remained united and strong. We supported one another and found opportunities to meet both online and offline, in Ukraine and beyond.

We continued to support teenagers and young people across the Eastern Europe and Central Asia region, especially those who remained in Ukraine during these difficult times.

WE HAVE GATHERED THE MOST MEMORABLE HIGHLIGHTS OF THE YEAR

YANA PANFILOVA SPOKE AT THE SDG 17 ROUNDTABLE, "PARTNERSHIPS FOR THE GOALS," AT THE UNITED NATIONS HEADQUARTERS

"Our Ukrainian Teenergizer works around the clock to support young people facing numerous challenges."



On March 14, 2024, Teenergizer leader Yana Panfilova spoke at the Palais des Nations in Geneva during a roundtable dedicated to the **United Nations SDG 17**, "Partnerships for the Goals." She called on the international community to unite efforts in addressing the dangers of the digital environment and protecting young people in times of war.

TEENERGIZER, TOGETHER WITH AIESEC UKRAINE, HELD LIVE SESSIONS FOR TEENAGERS AND YOUNG PEOPLE ON MENTAL AND SEXUAL HEALTH

Throughout March 2024, Teenergizer, in collaboration with AIESEC Ukraine, organized a series of in-person lessons on mental and sexual health in Ukrainian schools, reaching more than **1 800 students**.

Adolescence is a time of major changes and challenges. That's why it's so important to learn more about yourself, develop self-awareness, and know how to support yourself.



TEENERGIZER AT THE INTERNATIONAL CONFERENCE ON POPULATION AND DEVELOPMENT ICPD30

Teenergizer representative Yevheniia Usychenko participated in the International Conference on Population and Development ICPD30 in Cotonou, Benin, which took place from April 4 to 5, 2024.

We engaged in discussions and exchanged experiences with peers from various countries across all continents. **Over 600** young participants contributed to building a strong youth movement to support the implementation of the ICPD30 Programme of Action.



YANA PANFILOVA PARTICIPATED IN THE GLOBAL DIALOGUE AT ICPD30 IN NEW YORK, USA

Teenergizer Leader Yana Panfilova participated in the global dialogue at ICPD30 held in New York!



The main focus of the discussions was on technology, its role, and inequality in access to it. We are working toward ensuring that everyone has the necessary access to the internet and beneficial online services, such as Teenergizer's online consultations.

Additionally, we are committed to ensuring that every teenager and young person feels safe online.

YANA PANFILOVA AND TEENERGIZER PARTICIPATED IN THE GLOBAL AIDS2024 CONFERENCE IN MUNICH, GERMANY

Teenergizer hosted its own panel discussion at the AIDS2024 International AIDS Conference in Munich, Germany!

Together with experts, we discussed the topic, "From Classroom Desks to Global Youth Initiatives and Actions in Comprehensive Sexual Education".

Key takeaways:

- ★ Inclusive sexual education reduces discrimination of LGBTQI+ students.
- ★ The importance of teacher training for the effective implementation of sexual education.
- ★ Adapting sexual education programs to cultural norms to overcome resistance.



TEENERGIZER PARTICIPATED IN THE FESTIVAL "HERE WE LIVE SUMMER: A SPACE TO DISCOVER OURSELVES AND OTHERS" IN KYIV, UKRAINE



Teenergizer joined the festival "**Here We Live Summer: A Space to Discover Ourselves and Others,**" organized by the National Mental Health Program "How Are You?" under the initiative of Ukraine's First Lady Olena Zelenska, with the support of UNICEF Ukraine and the JuniorS project by Oleksandr Pedan to promote sports among schoolchildren.

As part of the festival, Teenergizer conducted 10 live training sessions on mental health for 300 teenagers and young people.

Alongside us at the festival, our friends from the public organization La Strada-Ukraine also participated.

YANA PANFILOVA MET WITH THE U.S. AMBASSADOR TO UKRAINE, BRIDGET BRINK



The founder and leader of Teenergizer, Yana Panfilova, met with the U.S. Ambassador to Ukraine, **Bridget Brink.**

We are always very happy to meet those who stand by our side and we are grateful to the United States for its unwavering support of young Ukrainians facing mental health challenges, living with HIV, and affected by the war.

YANA PANFILOVA SPOKE AT A SPECIAL EVENT AT THE FUTURE SUMMIT AND THE YOUTH POWER SUMMIT CONFERENCE IN NEW YORK, USA

Yana attended the event, initiated by the global platform of the Summit of First Ladies and Gentlemen.

Ukraine's First Lady Olena Zelenska presented an expert document —

a guide for the international community to effectively protect children in times of war.



Serhii Kyslytsia, Ukraine's Permanent Representative to the UN, moderated the event. Speakers included representatives from Ukraine, Estonia, Belize, Lithuania, Suriname, Finland, Malawi, Guatemala, the United Kingdom, Canada, and UNICEF. The wife of the President of the European Council and international representatives from both governmental and non-governmental organizations also participated. The First Lady of the United States delivered a special speech.



At the Youth Power Summit, which also took place in New York around the same time, Yana held a session titled "The Role of Youth in Humanitarian Response" for the youth and participants.

Yana emphasized that mental health issues are the biggest challenge among teenagers and young people in times of war and other humanitarian crises.

TEENERGIZER PARTICIPATED IN THE CONFERENCE "CURRENT ISSUES IN SEXUAL AND REPRODUCTIVE HEALTH IN THE CONTEXT OF DEMOGRAPHIC CRISIS," BY INVITATION OF THE UNFPA IN KYIV, UKRAINE



On October 7, Teenergizer representative Yevheniia Usychenko participated in the conference "Current Issues in Sexual and Reproductive Health in the Context of Demographic Crisis," by invitation of the United Nations Population Fund (UNFPA) in Ukraine.

Yevheniia took part in the panel discussion "Sexual and Reproductive Health in Ukraine: The Current State," where she discussed the main barriers faced by teenagers and young people in the field of sexual and reproductive health (SRH), including:

- ✧ Insufficient awareness
- ✧ Social and cultural issues (stigma)
- ✧ Limited access to services, especially in rural areas
- ✧ Economic, legal and administrative barriers

TEENERGIZER PARTICIPATED IN A MEETING WITH THE WHO ON THE QUALITY OF MENTAL HEALTH CARE FOR CHILDREN AND ADOLESCENTS DURING THE THIRD MENTAL HEALTH WEEK!

Teenergizer representative Yevheniya Usichenko attended a **WHO** meeting on the quality of mental health care for children and adolescents during the Third Mental Health Week!

This event took place in Thessaloniki, Greece, and was made possible by an invitation from the Pan-European Mental Health Coalition of WHO, of which Teenergizer is a member.



TEENERGIZER PARTICIPATED IN THE TEENS TALKUU EVENT, SPECIAL EDITION "ALL EQUAL/DIFFERENT," IN BISHKEK, KYRGYZSTAN



On December 8, in Bishkek, Kyrgyzstan, our local Teenergizer team participated in the TEENS Talkuu event, Special Edition "All Equal/Different."

The goal of the event was to raise awareness among the youth audience about the issues of stigma and discrimination faced by people living with HIV, as well as other social groups that encounter biased attitudes.

As part of TEENS Talkuu, experts and activists discussed the origins of stigmatization, how social stereotypes are formed and reinforced, and what steps can help change the perception of "the other."

In addition to educational discussions and games, the event featured a mental health session, where a psychologist shared strategies for **cop**ing with feelings of alienation, finding inner resources, and resisting external pressure.



KEY DATA AND KEY RESULTS OF THE YEAR

The #ShareWeCare Teenergizer online campaign, which reached **4 689 048 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

63 282

adolescents and young people from Eastern Europe and Central Asia region and also Ukrainians, who fled all around the world 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.



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



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

“WE ARE THE ONES WHO EDUCATE YOUTH AND SPEAK THE SAME LANGUAGE WITH TEENAGERS FROM ALL OVER THE EECA REGION”

Teenergizer teams' activities reached **14 929 teenagers and young people** in **4 EECA countries** (Ukraine, Kazakhstan, Tajikistan, Kyrgyzstan) across 5 cities (Kyiv and Kyiv region, Almaty, Osh, Dushanbe, Kulyab).

THE FOLLOWING ACTIVITIES WERE CONDUCTED:

10 internships for **275 interns**.

308 training sessions, during which **13 485 teenagers and young people** improved their knowledge and gained useful experience. Specifically:

- **125** training sessions on Mental Well-being;
- **83** training sessions on Sexual and Reproductive Health;
- **100** training sessions on HIV/AIDS prevention.

13 “HIV parties” for **431 teenagers and young people**, during which:

- **149 teenagers** were tested for HIV with rapid tests;
- **897 condoms** were distributed.

121 support groups for **267 HIV-positive teenagers and young people**.

341 teenagers and young people attended city youth festivals, marathons, forums, eco-actions, online discussion platforms and flash mobs.

1 summer camp for **56 HIV-positive teenagers** in Kazakhstan (Almaty region, Zhetysui region, Almaty, Ulitau region, Jambyl region).

51 meetings with **247 parents of HIV-positive teenagers** in Tajikistan on disclosing status.

42 regular activist meetings for **130 teenagers**.

Gradually, the Teenergizer team in Ukraine is resuming offline activities (participation in conferences, festivals, film festivals, training sessions, etc.), ensuring it is safe for teenagers and young people.

FEEDBACK ON OUR WORK



Richard Gere presented a documentary film about Ukrainian youth living with HIV. The film consists of stories from several young Ukrainians with HIV. They united in the Teenergizer project to use photographic art to share their diagnosis, overcome mental health issues, and combat stigma —
[UNN](#) | [DW](#) | [Znaj.UA](#)



Meetings with bloggers and influencers as part of the "Here We Live Summer" festival:
[Oleksandr Pedan](#) [Jimmy Vokha-Vokha](#) [Dasha Yevtukh](#) [Snizhana Lishchuk](#) [Hryhoriy Baklanov](#) [Iryna Khomenko](#) [Iryna Horova](#) [Vioriya](#)

The information campaign
DantesXTeenergizer [#Yourenotwrong](#)



FEEDBACK ON OUR WORK

A joint episode featuring a Teenergizer activist and the hosts of the podcast "Only for Women" facilitated an open discussion on the topic of first menstruation and related experiences, as well as traumatic encounters with gynecologists. This dialogue aims to raise awareness about the importance of support and understanding of women's health, as well as reduce the stigma surrounding these issues — [Only For Women](#)

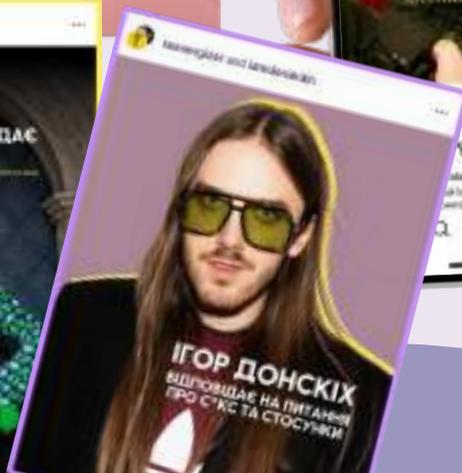


Українські підлітки можуть безплатно отримати психологічну допомогу вночі



"Teenergizer is a charity organization that provides online psychological consultations for Ukrainian teenagers and young people (ages 12 to 30) from 9:00 AM to 3:00 AM daily, with no days off." — [divoche.media](#)

Bloggers, singers, influencers respond to the burning questions of teenagers: [Ziferblat Nastya Zuhvala](#) [Tumazar](#) [Katya Blyostka](#) [Igor Donskikh](#) [Utrusakh](#) [Wom stories](#)



FEEDBACK ON OUR WORK



According to an investment study commissioned by UNICEF in Ukraine, every dollar invested in Teenergizer services will yield a fivefold return by 2030, highlighting the economic effectiveness and long-term benefits of Teenergizer's approach —
UNICEF

"...Teenergizer, a rapidly growing youth movement that supports young people in 4 countries of the WHO European Region. Teenergizer provides free, reliable information on mental, sexual, and reproductive health and is a member of the WHO/European Youth4Health Network and the Pan-European Coalition for Mental Health" —
Youth4Health, WHO/Europe



Teenergizer leader, Yana Panfilova, in her new column for Ukrainska Pravda. Life shared advice on supporting teenagers during the transition to higher education. She also provided recommendations on choosing a specialty and offered advice for teenagers who may feel unwell during this challenging period —
Ukrainska Pravda



FINANCE

Charitable organization "Union of Adolescents and Youth "Teenergizer":
291 355,79 USD

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



DONORS AND PARTNERS





2024