



**TEENERGIZER!**

UNION OF ADOLESCENTS AND YOUTH **TEENERGIZER**

# **ANNUAL REPORT 2025**

# TEENERGIZER!

Our 2025 was a year of challenges and triumphs, of inspiring events and everyday tasks, of incredible encounters and bittersweet farewells, of turbulent news and calm, steady steps. Despite living through war, we continued to listen and to help. Day after day, we chose to be there for one another, even when surrounded by the chaos of uncertainty. Because the strength of our community lies exactly in acceptance and support!

**In ten years,** Teenergizer has become a "point of invincibility" for the mental health of adolescents and young people, a safe space where understanding, warmth, and a helping hand are always available here and now. It is a place where one doesn't have to be "strong" or "perfect." Here, you can simply be yourself.

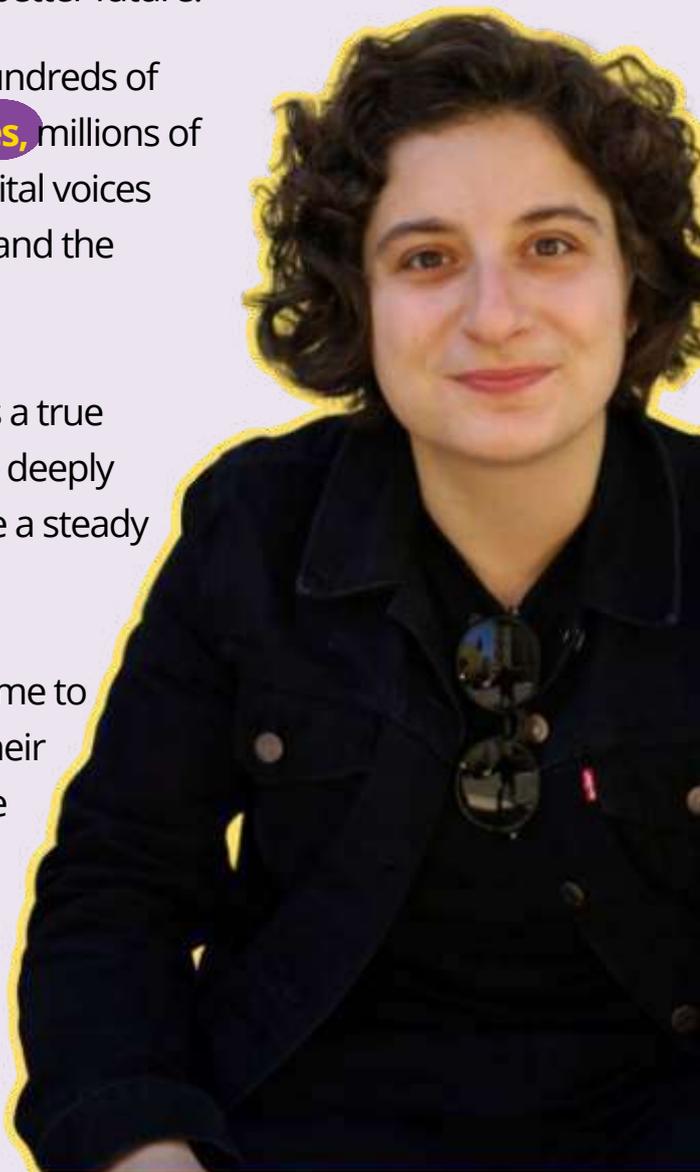
We know for certain that this is not temporary for us. Building this community is our conscious choice and our contribution to a stable, better future.

In 2025, we continued to grow: we are joined by hundreds of peer consultants, **thousands of support dialogues,** millions of teens reached by our awareness campaigns, and vital voices speaking at the highest levels to protect the youth and the values we so firmly defend.

Today, the entire Teenergizer movement stands as a true example of sustainable volunteering, which we are deeply proud of. All our work and assistance have become a steady foundation rather than a one-time impulse.

**Hundreds of teenagers** trust us every day and come to us for support, and like a good friend, we stay by their side. It is this trust and the synergy of young people that lights our path, no matter what happens. And we move forward with confidence!

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



# ADVOCACY AND PUBLIC ENGAGEMENT

*2025 became a year of resilience and development for the Teenergizer team. Despite all the challenges, we remained by each other's side and, steadfastly, by the side of adolescents and youth in Ukraine and across the Eastern Europe and Central Asia (EECA) region. This year, we served as their voice on numerous Ukrainian and International platforms, continuing to build a community where all teenagers feel free and accepted.*

*Thanks to the sustained support of our esteemed donors and partners in 2025, we worked hard, evolved, advocated, and helped, moving one step closer to our goal: a world free from discrimination, where the rights of all adolescents and youth are fully upheld.*

## TEENERGIZER RECEIVED THE HIGHEST RATING IN THE DUE DILIGENCE REVIEW ON THE "PHILANTHROPY IN UKRAINE" PLATFORM

Our team is proud of this outstanding result, as we collectively put in significant effort to achieve the maximum **score of 4 points**. This in-depth organizational assessment, conducted according to international standards, confirms our efficiency and reliability as partners. From now on, Teenergizer can be found in the catalog of Ukrainian NGOs via this [link](#).

Furthermore, following the successful review, we signed a joint memorandum of cooperation with the NGO "Philanthropy in Ukraine," which will further strengthen our collective advocacy capabilities.



# TEENERGIZER AT THE 75TH SESSION OF THE WHO REGIONAL COMMITTEE FOR EUROPE

Our Deputy Director, Yevheniia Usychenko, served as a youth delegate within the **UNFPA Eastern Europe & Central Asia** delegation. She delivered a powerful call for immediate action to protect and support the well-being of young people. Alongside the delegation, Teenergizer welcomed the launch of the Strategy on the Health and Well-being of Children and Adolescents and called on member states to:

- Fund peer-to-peer youth programs for psychological and psychosocial support as an integral part of national systems;
- Guarantee confidential access for youth to mental, sexual, and reproductive health services;
- Integrate comprehensive, human rights-based, and evidence-based sexuality education into all schools at the national level;
- Invest directly in youth organizations and ensure their participation in governance processes.

**"HEAR OUR EXPERIENCE. INVEST IN OUR SOLUTIONS. LET US MOVE FORWARD NOT JUST FOR YOUTH, BUT TOGETHER WITH YOUTH,"**  
**YEVHENIIA USYCHENKO ADDRESSED GOVERNMENT OFFICIALS AND LEGISLATORS.**



# YANA PANFILOVA AT THE PANEL DISCUSSION: "WHAT'S NEXT? SUPPORTING LGBTQI+ CHILDREN AND THEIR FAMILIES IN CHILD PROTECTION IN EMERGENCIES"

In her speech, our leader spoke on behalf of thousands of teenagers who fight every day for the right to be themselves and the right to live in safety. Yana emphasized that youth themselves have become a true driver of change:

"WE DO NOT NEED PEOPLE TO SPEAK FOR US. WE NEED PEOPLE TO SPEAK WITH US. TO WORK WITH US. AND, MOST IMPORTANTLY, TO TRUST US." WE ARE SINCERELY GRATEFUL FOR THE OPPORTUNITY FOR OPEN DIALOGUE ABOUT THE CHALLENGES AND STRENGTH OF YOUTH TO THE ALLIANCE FOR CHILD PROTECTION IN HUMANITARIAN ACTION AND UC BERKELEY SCHOOL OF LAW.

## TEENERGIZER AT THE CSW69/BEIJING+30 ADOLESCENT GIRL LEADERSHIP TOWN HALL

Our activist, Polina Redko, not only participated in the online meeting organized by UN Women but also **served as a moderator for a part of the program** where participants identified key problems faced by girls and shaped priorities for improving their lives.

More than 80 girls under the age of 19 joined the meeting, and the jointly developed ideas were included in the final document of CSW69 and became part of the advocacy for girls' rights at the global level.



YANA PANFILOVA AT THE PANEL DISCUSSION: "WHAT'S NEXT? SUPPORTING LGBTQI+ CHILDREN AND THEIR FAMILIES IN CHILD PROTECTION IN EMERGENCIES"



POLINA REDKO AT THE CSW69/BEIJING 30 ADOLESCENT GIRL LEADERSHIP TOWN HALL

# TEENERGIZER AT THE 78TH WORLD HEALTH ASSEMBLY IN GENEVA, SWITZERLAND

As part of **#WHA78**, Teenergizer Deputy Director Yevheniia Usychenko took part in two important events: the panel discussion "Accelerating Action and Investing in Youth Mental Health" and a separate event dedicated to the mental health of children and youth in the digital age. We were especially pleased to join both events as members of the **Global Mental Health Action Network**, a community that unites organizations from all over the world to promote mental health as a priority at the global level.

Yevheniia's speech during the panel discussion was the voice of a young person with experience in providing psycho-emotional support, who was once a peer consultant at Teenergizer and today represents the organization on international platforms and develops new projects to help adolescents and youth in the Eastern Europe and Central Asia region.

**Teenergizer, together with the meeting participants, called on governments to:**

- ✦ Integrate mental health into educational systems;
- ✦ Develop separate policies and budgets for children and youth;
- ✦ Involve youth in the creation and implementation of services that concern their lives.



"THERE IS NO SUCH CONCEPT AS A 'SMALL PERSON.' EVERY ADOLESCENT AND YOUNG PERSON IS CAPABLE OF BEING A LEADER, CHANGING SYSTEMS, AND MAKING REAL CHANGES IF THEY ARE TRUSTED WITH SPACE, RESOURCES, AND THE RIGHT TO BE HEARD," — YEVHENIIA USYCHENKO.

# TEENERGIZER ACTIVIST AT THE HEALTHRIGHT INTERNATIONAL ROUND TABLE



Our activist, Liza Shevchenko, took part in the round table "Ways to Overcome HIV: Modern Approaches and Activities to Support HIV-positive People" in Kyiv.

Liza, who has been living with HIV since birth, spoke about Teenergizer's work and the importance of supporting HIV-positive youth:

"WE CALL ON UKRAINIAN SOCIETY TO UNITE TO PREVENT THE SPREAD OF THE HIV EPIDEMIC, PROTECT THE RIGHTS OF ADOLESCENTS, AND ENSURE SAFE SPACES. THIS IS NOT JUST A HEALTH ISSUE. IT IS A QUESTION OF OUR FUTURE."

## TEENERGIZER ON THE "GLOBAL PUBLIC HEALTH REVOLUTION: BEYOND 2025" PODCAST

Teenergizer activist Viktoriia took part in a podcast from our partners, AHF. In the episode "Youth Voices and Global Health. Part 1: From Ukraine to the Philippines," she shared her experience in **promoting mental, sexual, and reproductive health among adolescents and youth in Ukraine** together with Teenergizer. Viktoriia spoke about how the war affects the psychological state of youth, what challenges adolescents face today, and what needs to be done so that young people have the opportunity to live a healthy, full, and happy life.



LIZA SHEVCHENKO AT THE HEALTHRIGHT INTERNATIONAL ROUND TABLE



TEENERGIZER ACTIVIST VIKTORIIA TOOK PART IN THE "GLOBAL PUBLIC HEALTH REVOLUTION: BEYOND 2025" PODCAST

# TEENERGIZER BECAME A PARTNER OF THE GLOBAL TEACHER PRIZE UKRAINE CEREMONY

This is an annual national prize for teachers who are agents of change.

The award is designed to recognize a teacher's achievements not only regarding their students but also regarding society, and to emphasize the importance of educators in Ukraine. The fact that we became an information partner of **Global Teacher Prize Ukraine** is a significant achievement for us and a deserved recognition of our credibility and influence.

This says a lot about the trust we have gained and the relevance of our voice. At the event, Teenergizer was represented by activists Liubov and Iryna. The girls shared their impressions:

"THE EVENT WAS VERY COOL, EXTREMELY INTENSE, AND HONEST! LIUBOV EVEN FELT INSPIRED AGAIN TO APPLY FOR A PEDAGOGICAL DEGREE; THE EVENT WAS SO INSPIRING! THERE ARE SO MANY TALENTED TEACHERS, SO WE ARE GLAD TO SEE THAT UKRAINIAN YOUTH ARE IN RELIABLE HANDS!"



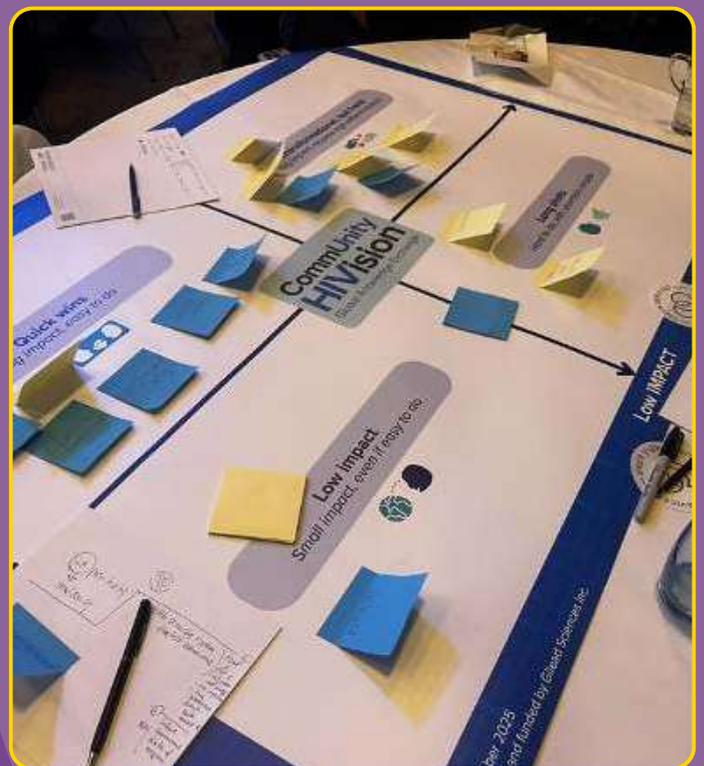


# TEENERGIZER AT THE GILEAD CONFERENCE IN AMSTERDAM, NETHERLANDS

Our activist Arseniy Kibets attended a conference for community representatives working to overcome HIV and oncology. At the event, he had the opportunity to meet partners, activists, and human rights defenders from different countries and work with them on new ideas and strategies that will help better support people living with HIV.

**THE CONFERENCE BECAME AN IMPORTANT PLATFORM FOR DISCUSSING COMMON CHALLENGES, THE CURRENT SITUATION WITH THE EPIDEMIC, AND WAYS TO OVERCOME IT.**

Such meetings inspire and remind us that the strength of a community is extraordinary if we work side by side for a world without stigma and discrimination.



# TEENERGIZER AT A PRESS BRIEFING DEDICATED TO THE DAY OF SOLIDARITY WITH HIV-POSITIVE PEOPLE AND WORLD AIDS DAY

The Teenergizer team was represented by our coordinator Liubov Kuzovkina. Activists, representatives of the UN, and the Public Health Center were present at the event — everyone who is ready to speak openly about the epidemic, which, unfortunately, does not pause during the war. This press briefing, organized by **AHF Ukraine**, became a space for honest dialogue and expert assessments of what the situation looks like now.



**Despite all efforts, Ukraine is still in second place in Eastern Europe in terms of the number of people living with HIV.** And without systemic solutions, the risk of growth in new cases in the coming years remains high.

We are proud to be among those who do not stop the fight even in the most difficult times and keep society's focus on a topic that concerns everyone.

# TEENERGIZER AT THE ICHG ANNUAL CONFERENCE 2025

Deputy Director Yevheniia Usychenko spoke at the conference. In her speech, she talked about Teenergizer's experience in the countries of Eastern Europe and Central Asia, and how our consultants continue to always be there for their peers. **Even during the full-scale war in Ukraine, our peer-to-peer model remains resilient, accessible, simple, and sometimes, the only safe pillar for youth.**

Because when young professionals are supported and trusted, solutions that truly resonate with peers are born. We are proud that Teenergizer's youth-led approach is recognized at national, regional, and global levels!



WE ARE PROUD THAT TEENERGIZER'S YOUTH-LED APPROACH IS RECOGNIZED AT NATIONAL, REGIONAL, AND GLOBAL LEVELS!

## A GLIMPSE BEHIND THE SCENES OF TEENERGIZER'S OFFLINE TRAINING MAGIC

### SEXUAL EDUCATION AND REPRODUCTIVE HEALTH TRAINING AT THE PERL MEETING IN KYIV, UKRAINE

Teenergizer coordinator Liubov Kuzovkina conducted a training where all participants spoke openly and sincerely on topics they are ashamed to bring up in schools.

Additionally, our partners **AHF Ukraine** provided free testing for HIV, syphilis, and hepatitis B and C, and distributed about **200 condoms** and demonstrated how to use them correctly. This was a wonderful opportunity for teenagers to learn how to take care of their health easily, without pressure or judgment.



# MENTAL HEALTH TRAINING WITH KABAN CENTER IN KYIV, UKRAINE

At the event, our coordinator Liubov Kuzovkina shared personal experience and simple but effective tips that help to stay in touch with oneself.

During the training, **48 teenagers** in a friendly circle had the opportunity to explore what mental well-being is, determine their level of emotional state, deal with the concept of stigmatization, and talk about self-esteem, habits, stress, ways of self-support, and why it is important.



keenergizer  

# "PERSONAL BOUNDARIES" TRAINING IN ALMATY, KAZAKHSTAN

Teenergizer activist Alina conducted a training on preserving and protecting personal boundaries for **adolescents aged 14-16**. The issues covered during the event turned out to be very relevant and truly resonated with all the participants:

- ✦ Why is it sometimes difficult to say "no," even if I don't want it?
- ✦ What to do if a loved one gets offended when I protect my boundaries?
- ✦ Can I have different boundaries for family, friends, and teachers?
- ✦ How to distinguish: am I protecting my boundaries or just pushing people away?

Correctly forming answers to these questions is extremely important for stable self-confidence, establishing one's own comfortable role in the family and society, and supporting the mental well-being of adolescents.



# "CONFIDENCE WITHOUT FEAR" TRAINING IN OSH, KYRGYZSTAN

Dior Muhammad, psychologist and Teenergizer youth coordinator in Kyrgyzstan, conducted a training on a quite complex yet extremely important topic. In conditions of a global political crisis, wars, and constant background instability, adolescents and youth often think about existential questions and related fears. During the training, young people had the opportunity to freely and sincerely discuss topics such as:

- Fear of losing loved ones;
- Fear of death;
- How to cope with fears;
- How to stop worrying excessively about others.

**At the training, youth were able to get answers to important personal questions, as well as find psycho-emotional release and support in a common circle.**



# KEY DATA AND RESULTS OF THE YEAR



The online campaign reached about **3,000,000 adolescents and young people** in the EECA region, becoming a response to the request from adolescents and youth for help during the times of the full-scale war in Ukraine and an unstable world.





# MENTAL HEALTH ONLINE COUNSELING

# 45 246

**peer-to-peer psychological consultations** were received by adolescents and young people from the Eastern Europe and Central Asia region, as well as Ukrainians scattered all over the world.

FREE, CONFIDENTIAL, AND PEER-TO-PEER — THIS IS EXACTLY HOW WE HELP ADOLESCENTS AND YOUNG PEOPLE COPE WITH CHALLENGES AND LIFE SITUATIONS DURING ONLINE CONSULTATIONS.

Every teenager is given the opportunity to contact an anonymous consultant and receive an answer within an hour. In total, **258 peer consultants** now cooperate with us on a volunteer basis, of whom:

- **168** completed professional training and received constant supervisory assistance, which helps to improve the quality of consultations;
- **136** improved their qualifications on the topic "Crisis counseling during military actions";
- **86** completed training on the topic "LGBTQIA+: tolerance in interaction";
- **81** completed training on the topic "First steps in blogging: how a future psychologist can create content and be noticed."



# “WE ARE THOSE WHO TEACH IN A YOUTH-FRIENDLY WAY AND SPEAK THE SAME LANGUAGE AS TEENAGERS FROM ALL OVER THE EECA REGION”

The activities of Teenergizer teams covered **7,228 adolescents and young people** in 4 EECA countries (Ukraine, Kazakhstan, Tajikistan, Kyrgyzstan) in 5 cities (Kyiv and Kyiv region, Almaty, Osh, Dushanbe, Kulyab).

## THE FOLLOWING WERE CONDUCTED:



**12 internships** for **371 interns**.

**112 support groups** for **199 HIV+ adolescents and young people**.

**45 regular activist meetings** for **130 teenagers**,

**225 trainings**, in which **5,704 adolescents and young people** improved their knowledge and gained useful experience.

Specifically:

- **102 trainings** - Mental well-being;
- **93 trainings** - Sexual and reproductive health;
- **21 trainings** - HIV/AIDS prevention;
- **9 trainings** - Bullying, gender and equality, women's contribution to science, culture, and others.

**67 adolescents** and young people attended city youth festivals, marathons, forums, eco-actions, online discussion platforms, flash mobs, etc.

**18 “HIV parties”** for **717 adolescents and young people**.

At which:

- **201 teenagers** were tested with express HIV tests;
- **994 condoms** were distributed.

**1 summer camp Tau-Turan** for **40 HIV+ teenagers** in Kazakhstan.

The Teenergizer team in Ukraine is gradually restoring offline activities (participation in conferences, festivals, film festivals, conducting trainings, etc.) in a way that is safe for adolescents and youth.

# FEEDBACK ON OUR WORK

## Kateryna Lozovytka together with Teenergizer:

- For Valentine's Day, we talked about love for the most important person in everyone's life — oneself.
- A live broadcast with an influencer; we talked about what each of us feels while scrolling through social media feeds. Why do we compare ourselves to others? How to react to hate? And what to do to not lose yourself among "perfect" pictures?



## Kyiv Youth Center together with Teenergizer:

- For World Adolescent Mental Health Day, we reminded everyone: self-care is not a whim, but a necessity. If you feel stress, anxiety, or just tiredness — it's normal.



## VLADA K together with Teenergizer:

- For World Adolescent Mental Health Day, we talked about healthy relationships and friendship.



## Ukrainian Student League together with Teenergizer launched a series of stories — from students and for students. About what is actually happening inside:

- Anxieties that don't disappear after classes;
- Fear of the future;
- New cities where you feel like a stranger;
- Warm calls home that save you, and the strength you find when you already thought it was all over.



# FEEDBACK ON OUR WORK

**Global Teacher Prize** together with Teenergizer:

educational activism on social media.

Teenergizer is a movement of adolescents and youth in Eastern Europe and Central Asia that works, in particular, on topics of HIV, sexual and reproductive health, and the rights of adolescents" — **bigkyiv**



In the report on the state of mental health of young women in Ukraine (2025), data from the Teenergizer Mental Health and Support Access Survey was used, reflecting levels of stress, anxiety, and youth access to psychological support.

This emphasizes Teenergizer's role as a source of relevant data on youth mental health needs - **Virusoff.info**

"...Teenergizer employs qualified consultants — young people who have undergone special training to listen and support.

And you can ask for help for free and confidentially." — **TyKyiv**

Information campaign to combat bullying for Children's Day.

Teenergizer collaboration with bloggers and artists: **Vlada K x Egor Mua x Alyona Alyona x YakTak x Olya Shelby x Kalush x Oleg Shkarpeta x Nikita Kiselev.**



Transparent: how Teenergizer passed due diligence and continues to support youth: As part of the special project "Transparent" of the Philanthropy in Ukraine platform, the team talks about organizations that have passed due diligence. The heroes share their experience, challenges, and achievements.

This time — the story of the charitable organization Teenergizer, which supports adolescents and youth in Ukraine, Kazakhstan, Kyrgyzstan, and Tajikistan, with a special focus on vulnerable groups, including youth living with HIV. —

**Philanthropy in Ukraine / PhilinUA**

# ВІДГУКИ ПРО НАШУ РОБОТУ

**Oleksiy Surovtsev** told teenagers how to find themselves, overcome fear, and not lose confidence when everything around is changing.



**Artur Logai** told teenagers how to learn to say "no," distinguish between toxic and constructive criticism, accept loneliness, and not lose themselves in relationships.



The materials of the educational conference mention Teenergizer as an example of an organization that provides free psychological consultations based on the peer-to-peer principle, and also creates opportunities for internships and the involvement of youth in work in the field of mental health.

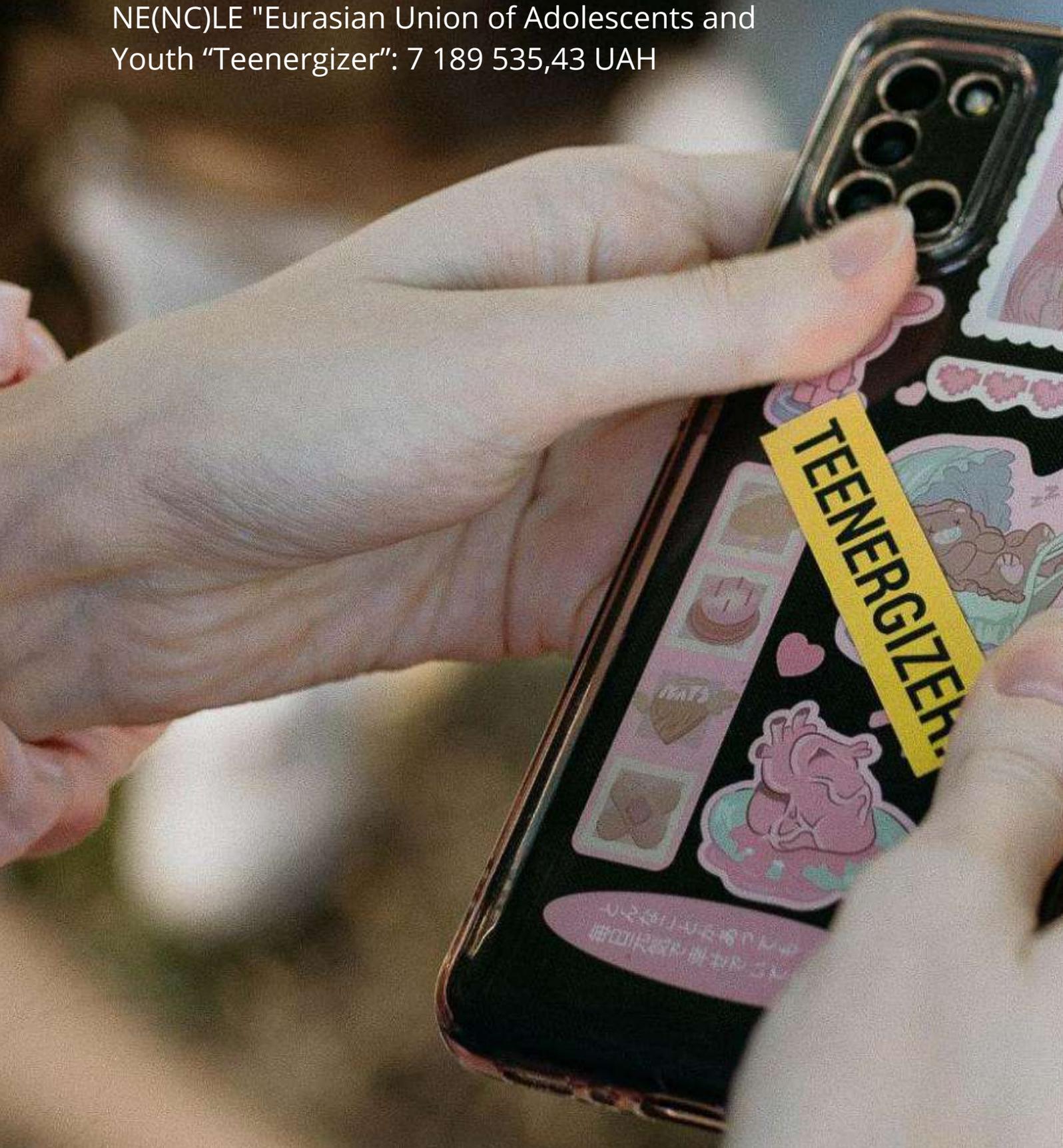
This approach is noted as an effective tool for supporting adolescents and youth — conference materials, **Dnipro National University/educational resources of the Ministry of Education and Science of Ukraine.**



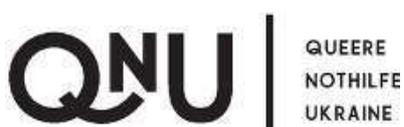
# FINANCE

Charitable organization "Union of Adolescents and Youth "Teenergizer": 10 470 691,74 UAH

NE(NC)LE "Eurasian Union of Adolescents and Youth "Teenergizer": 7 189 535,43 UAH



# DONORS AND PARTNERS





2025