



Children's Rights in Ukraine



**Report on the rights of Ukrainian
children affected by the full-scale
invasion**



**QUEEN'S
UNIVERSITY
BELFAST**

**CENTRE FOR
CHILDREN'S
RIGHTS**



Terre des hommes
Допомога дітям.

Acknowledgements

This report is the result of a project that started in 2022. The research and the report were developed in collaboration with Expert Advisory Groups of children who provided substantive inputs to the research, including consultations on the survey and the final report.

We are very grateful to everyone who took part in this project. In particular, we would like to thank all of the staff at Terre des hommes in Ukraine and beyond, whose support was instrumental in this research.

We also want to thank the children and young people who acted as advisors to the research and the report. Their ideas helped make the research child-friendly and ensured children's voices were integrated throughout the process.

And, finally, we want to say thank you to all of the children who completed the survey, and shared their experiences about living through the conflict. Without their stories, this research would not have been possible.

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Introduction

The Centre for Children's Rights at Queen's University Belfast (QUB) Northern Ireland, UK worked with Terre des hommes (Tdh) in 2022 to develop a child's rights-based online survey for Ukrainian children affected by the war. We wanted to know how children's rights were affected during the war, and what children wanted to see adults do to help them.

Any crisis situation, including war, can have serious impacts on the rights children have under the United Nations Convention on the Rights of the Child ('UNCRC') (1989). War can impact children's rights to: feel safe, have enough food or water, get (a good) education, healthcare, a safe home, as well as to being given chances to share their views on what is happening to them.

The researchers worked with Ukrainian children and young people in both Ukraine, and other countries where children had moved to because of the war. They did this to make sure that the survey was designed in a way that children could understand, and included questions that were important to children and what was happening in their lives. By hearing directly from children, leaders and decision-makers can better understand what children really need and want. So, after the survey, the researchers worked with more children, who had stayed in Ukraine, to better understand what children had said in the survey, and to make sure that the recommendations were relevant to what children wanted to see change.

The survey was sent to children in March 2023, and 1395 children answered it. This included 761 girls, 577 boys, and 33 children who told us they were neither a boy or a girl.

This report shares what those children told us in the survey. It begins by explaining how we designed the research with children and young people. Then it shows what the research said. This is shown in two main sections: the first looks at how specific rights were affected - like children's health, and education. The second group looks at how specific groups of children experienced the conflict. At the end of the report, the researchers make some conclusions and recommendations for children who had been forced to move because of the war. There is also a section here which highlights suggestions and recommendations made by children who were still living in Ukraine.

How We Made a Child-Friendly Survey with Ukrainian Children

1

Adults wrote a draft survey

2

Children gave feedback on the draft survey

3

Adults changed the survey based on what children said

4

The survey was checked and translated into Ukrainian

5

The survey was launched online and sent to children

6

Adults read the what children said in the survey, and wrote up the findings in this report

7

The report was sent to children in Ukraine who wrote some recommendations for adults

The Centre for Children's Rights at Queen's University Belfast (QUB) worked with Terre des Hommes (Tdh) to create a survey to understand how the war in Ukraine is affecting children's rights. The survey was made with help from children and young people, and focused on their experiences and ideas.

The 4 steps to create the survey:

1. Create: Adults made a first draft of the survey.
2. Refine: Children gave feedback on what questions to ask.
3. Revise: We changed the survey based on children's ideas.
4. Review: The final survey was checked, approved, and translated into Ukrainian.

How we worked with children to design the survey:

- Consultation: We talked to 28 children (ages 8-17) who shared how the war affected them and what they thought should be in the survey.
- Advisory Groups: A group of 22 children (ages 11-18) reviewed the survey draft. They told us how to make the questions clearer and what changes were needed.
- Final Feedback: Children helped with the final version, choosing topics like health, education, and protection to focus on in recommendations.

Challenges:

- War disruptions like air raids and power outages made it harder to hold meetings.
- Translating between English and Ukrainian took extra time.
- Some children in Ukraine speak other languages, like Romani, which the survey did not cover.

Results:

The survey ran in March 2023 for four weeks. A total of 1,395 children answered, including those still in Ukraine and those living in other countries.

How children created recommendations:

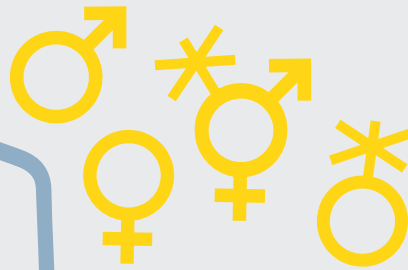
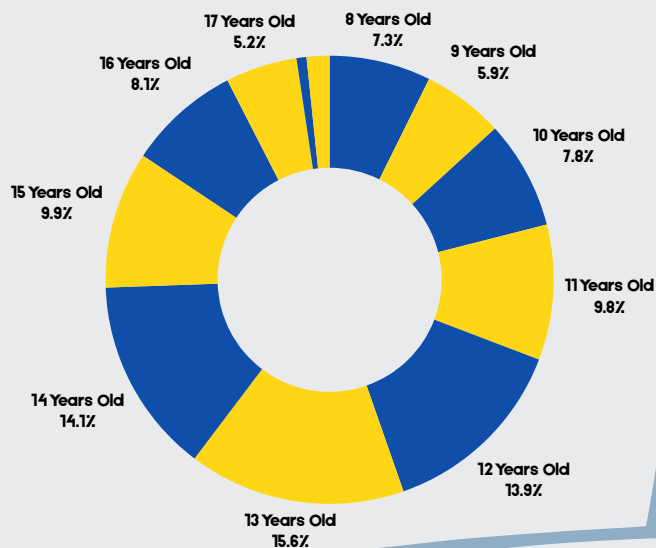
After the survey, 70 Ukrainian children (ages 15-18) helped create recommendations about their healthcare, play, education, standard of living and safety. Their ideas were included in this report to guide governments and organisations in supporting children during the war. We were not able to speak to children outside of Ukraine, so the recommendations for those children were written by the researchers.

Demographics

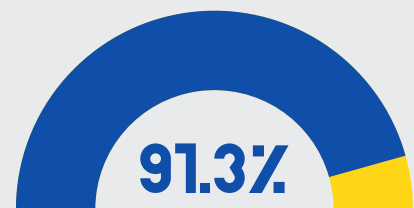
1,395

children responded to our survey

Of the children who responded, 21% were aged 8-10, 37.6% were aged 11-13 and 35.7% were aged 14-17. The most respondents were 13 years old.



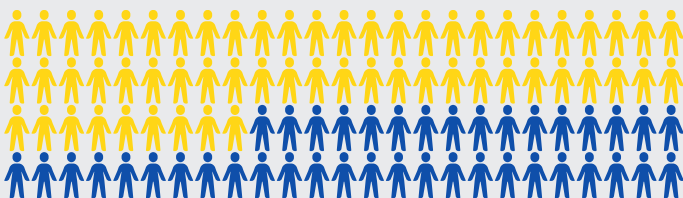
39.7% of the responding children identified as male, 52.3% identified as female, and 2.3% identified as neither male nor female.



speak Ukrainian

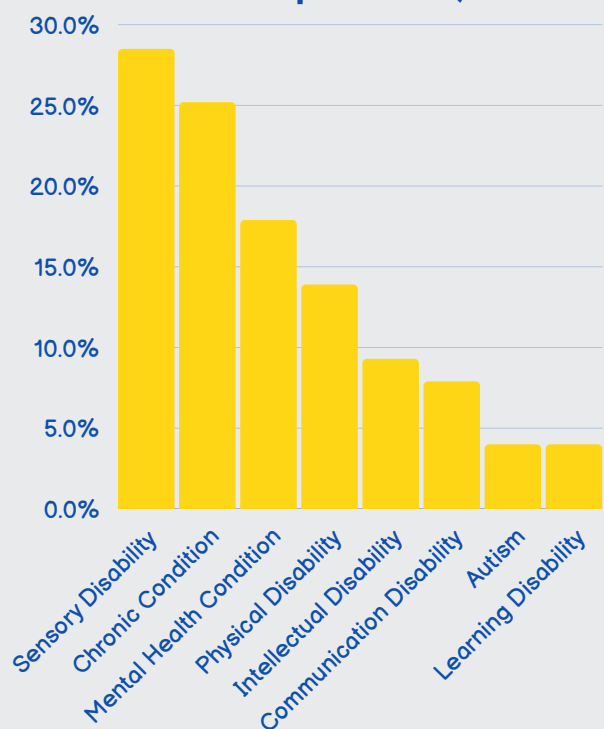
Children reported speaking more than 15 different languages. But the most common were Ukrainian (1328, 91.3%), Russian (528, 36.3%) and English (385, 26.5%)

Of the survey respondents, 855 children (58.8%) were not displaced because of the war.



For children who were displaced, 97.4% were internationally displaced. These children moved to over 21 different countries, with the most moving to Romania (57.9%) or Poland (14.5%). Although 14 children reported that they had moved more than once.

132 children identified as having a disability or long-term health condition (9.1% of all respondents).





Findings

The findings are organised as follows:

The first group of findings (pages 7-32) are about different areas of rights in the order of priority of the children and young people we consulted.

The second group of findings (pages 35-44) are about how the conflict has affected particular groups of children.



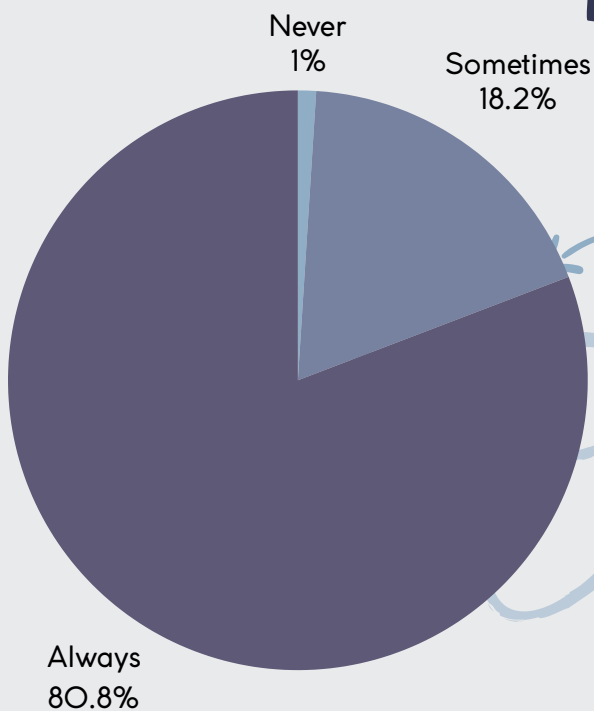
Physical & Mental Health



UNCRC ARTICLE 24.1

States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. States Parties shall strive to ensure that no child is deprived of his or her right of access to such health care services

How often do you have access to medical help?



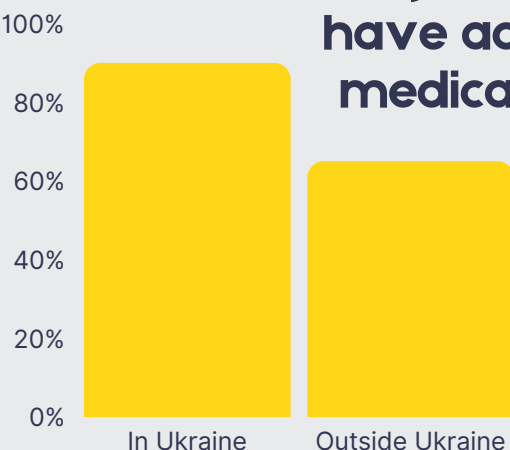
Access to Medical Help & Medicine

Overall, in terms of medical help and supply of medicine, eight in ten children and young people said they always can get medical help when they need it, whilst 18% said they could get this sometimes. Only 1% said they could never access medical help. Responses to the question about access to medication were very similar; 78% said they always had access, 20% sometimes and only 2% said they never had access to their medication when they needed it.

Again, the main difference was between those children who had to move from their homes because of the war and those who did not. Whilst 90% of children who did not move reported that they always had access to medical help if needed, only 65% of children who had moved answered this way. This was similar with regard to access to medication, where 73% of those who had not moved, but only just over half (53%) of those who had to move, always had access to their medication.

Girls were slightly more likely than boys to say that they can get access to medical help and medication when they need it. Those aged 8-10 years were less likely than their older counterparts to say that they can always get access to medical help and medication if they need it.

Do you always have access to medical help?



Menstrual Products

Access to period products was high, with 91% of those using period products saying they always had access when they needed any. Access to contraceptive products was lower; still three quarters (75%) of respondents who needed these said they always had access. Here, the survey found a clear gender gap, as only 61% of boys, but 84% of girls said they always had access to contraceptives.



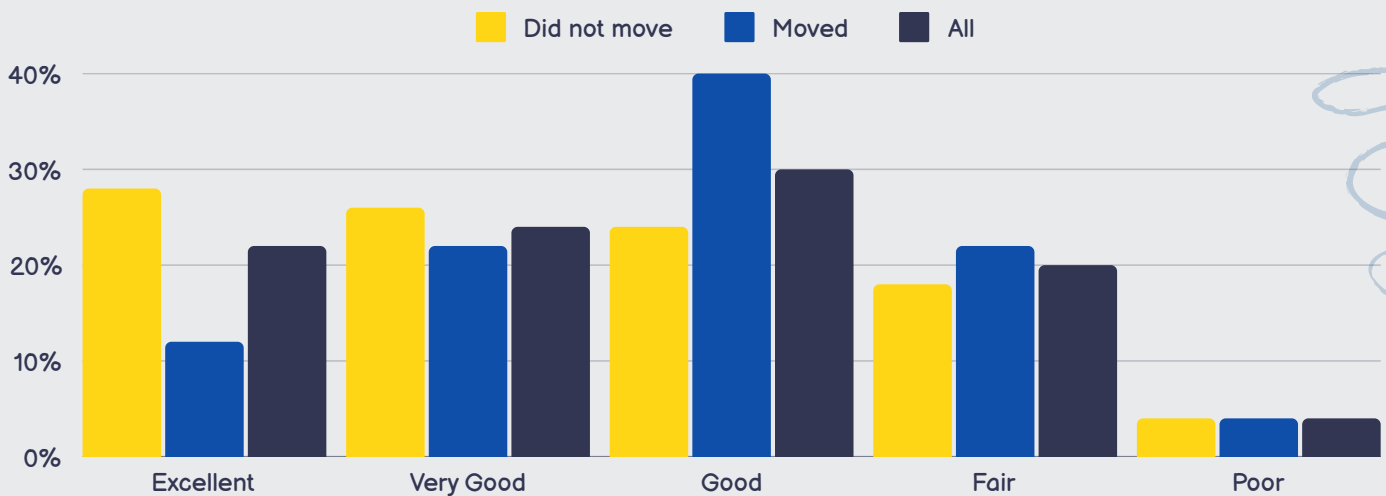
Mental Health

About three quarters of all respondents (76%) thought their mental health was excellent, very good or good. However, those who had to move because of the war were much less likely to say that their mental health was excellent and much more likely to say it was just 'fair', as the figure shows.

Boys (18%) were much less likely than girls (27%) to say that their mental health was fair or poor. Over three quarters (78%) of children and young people also stated that they have always had access to an adult to talk to if they needed support. Only five percent of respondents said they never have access to an adult to talk to. 62% of children and young people said they always had access to friends to talk to, and a further 31% said they sometimes had access to friends.



How would you describe your mental health and wellbeing?



Girls (75%) were less likely than boys (83%) to say that they always had access to an adult they could talk to if they needed support. On the other hand, girls were more likely than boys to say they always had access to friends to talk to (65% and 57% respectively). In terms of age differences, younger children were much more likely to say they always had access to an adult to talk to whereas older children were much more likely to say they always had access to friends to talk to.

The main difference found however in terms of access to support for mental health issues was between those who had to move because of the war and those who could stay in their homes. Whilst access to adults for support was the same, only 48% of those who had to move from their homes said they had access to their friends for support compared to 70% of those who did not have to move.





Leisure, Play & Culture

UNCRC ARTICLE 31

States Parties recognize the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts.

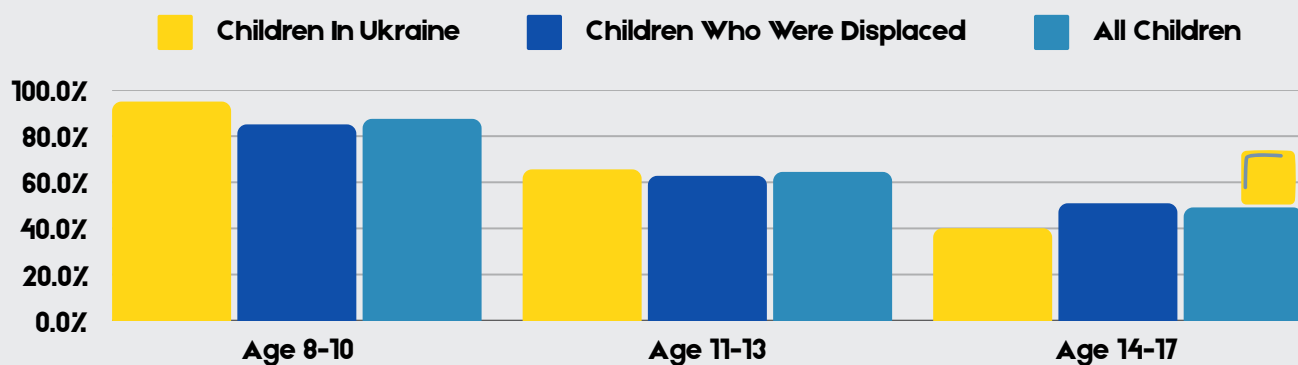
Right to Play

Most children agreed or strongly agreed that they could still spend free time how they like (82.5%) and get physical exercise (84.6%) since the war began and many children identified their friends and sports as a positive feature in their lives. However, children who had moved, irrespective of age and gender were more likely to report challenges in the enjoyment of their right to play.

Toys

79.2% of children said that they had toys that they liked to play with. This was similar for boys and girls. However, more than twice as many 14-17 year olds (27.1%) disagreed or strongly disagreed that they had toys they liked to play with compared to those aged 8-10 (11.1%), rising to 30.6% for those who had moved. Across all age groups, 23.4% of children who had to move also disagreed that they had toys they liked to play with.

I have toys that I like to play with... (Agree or Strongly Agree)



Free time

Fewer children reported that they were able to spend time outside (80.3%) than were able to play online (93.1%). 17.5% disagreed that they could spend free time as they liked but this increased to 27.7% for children aged 8-10. Moreover, 42.8% of children aged 8-10 who had moved did not agree that they got enough physical exercise.



Friendship

The war has had a significant impact for many children on both their existing friendships and their ability to make new friends.

Only 72.2% of children said that they got to talk to their friends as much as they'd like since the war began, with boys (67.6%) slightly less likely to agree. The biggest impact came, not surprisingly on those who had moved with almost half (49.1%) disagreeing or strongly disagreeing.

There was also a notable difference for children aged 8-10 with 44.9% disagreeing and 6.1% strongly disagreeing that they get to talk to their friends as much as they'd like, a finding that may be connected to their access to mobile phones and social media messaging. This increased to 61.9% for those children who had moved.

"I miss home, because of the war I do not have the opportunity to go to school, play with friends, live a quiet life and see my relatives who stayed at home"
Boy, Age 14, Romania

28.7% disagreed or strongly disagreed that they had been able to make new friends. This was similar across age, with boys more likely to disagree or strongly disagree (32.9%) than girls (24.7%). Those who had moved were less likely to agree that they had made new friends (66.9%) than those who had not moved (75.4%). 42.3% of children aged 14-17 who had moved disagreed that they had been able to make new friends.

"...before the war I had everything in order, many relatives, family meetings, and now I feel some kind of emptiness, because everyone is in different places, friends are also far away and it strains me..."

Girl, Age 13, Unknown Location, IDP Community

"No friends, no one to communicate with, only online."

Girl, Age 11, Ukraine, IDP Community



Education

Strongly Disagree

3.6%

Disagree
20%

Strongly Agree
28.4%

"since the current war in Ukraine began... I am getting a good education"

Agree
47.9%

UNCRC ARTICLE 28

States Parties recognize the right of the child to education, and with a view to achieving this right progressively and on the basis of equal opportunity

Education

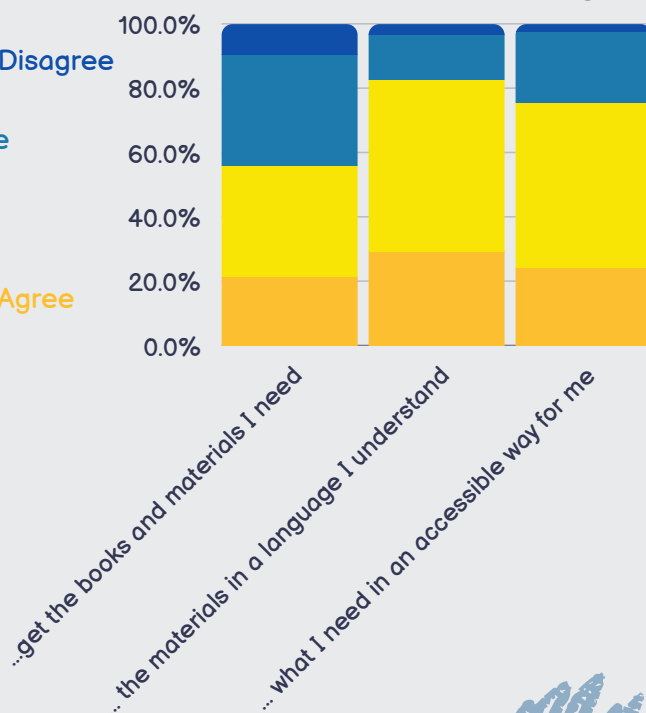
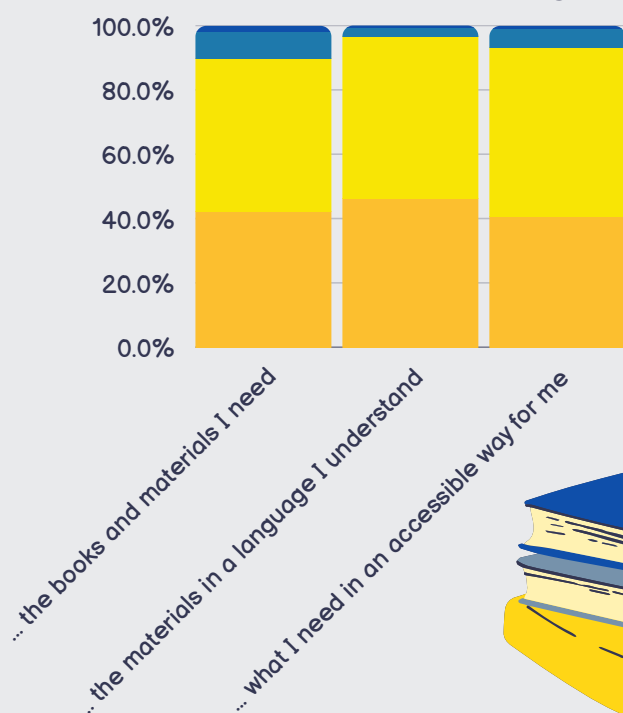
The majority of children (76.4%) reported that they were getting a good education. This varied little across gender and age.

However, children who had been displaced as a result of the war were more likely to report a more negative education experience. Particularly when reporting access to materials they needed for their education. For example, where 42.1% children who remained in Ukraine strongly agreed that they could get the books and materials they needed, only 21.5% of the children who had moved strongly agreed.

Children in Ukraine can get...

Children who moved can get...

Key



UNCRC ARTICLE 29

States Parties agree that the education of the child shall be directed to:

- (a) The development of the child's personality, talents and mental and physical abilities to their fullest potential;
- (b) The development of respect for human rights and fundamental freedoms, and for the principles enshrined in the Charter of the United Nations;
- (c) The development of respect for the child's parents, his or her own cultural identity, language and values, for the national values of the country in which the child is living, the country from which he or she may originate, and for civilizations different from his or her own;
- (d) The preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin;
- (e) The development of respect for the natural environment.

Expectations & Academic Pressure

Children expressed concerns over the amount of work required from them

“...there are many homework assignments in each subject, each teacher considers his subject the most important. And it turns out that I spend more time on my core subjects (English and German) than on non-basic subjects. Training from 8:30 to 15:00. And then you come home and start studying further, at least another 4 hours...”

Boy, Age 15, Ukraine

“...They need too much from us. A very large amount of dz [homework] and material, we barely have time for everything... We do not have enough time, given the current situation in the country, to study so much. It is especially difficult now for those who are in grades 10-11, because they have little time...”

Girl, Age 15, Ukraine

Studying Online

Both children in Ukraine and those that moved raised issues with online learning

“The school in which I studied, a shell flew, now I study online, but it is not always possible because I study from the phone and there is not always the Internet”

Girl, Age 13, Ukraine, IDP Community

“Teaching online, I don't like such a school”

Boy, Age 9, Ukraine

“...Now there is a war and many offline classes and online classes are lost due to air raid alarms. Because of this, you need to learn everything yourself...”

Boy, Age 15, Ukraine



Children Who Moved

Children who had been forced to move because of the war had many issues with their current education. The children who responded were particularly concerned about language at school:

“I go to a Romanian school, and it's very difficult, I don't know the language, there are no Ukrainian classes here. It is very difficult for me, and teachers do not care about me, they do not pay attention to me. And how should I learn this language if teachers don't help me”

Boy, Age 10, Romania

They were also worried about the future, particularly about what opportunities they might have after the war:

“I want to know what opportunities exist to continue my education if the war in Ukraine continues next school year. I am finishing the 9th grade of a Ukrainian school. I would like to continue my studies in the host country (Romania). I do not know where to turn with a solution to this issue. Do I need funds for further education”

Girl, Age 14, Romania



Adequate Standard of Living

UNCRC ARTICLE 27.1

States Parties recognize the right of every child to a standard of living adequate for the child's physical, mental, spiritual, moral and social development.

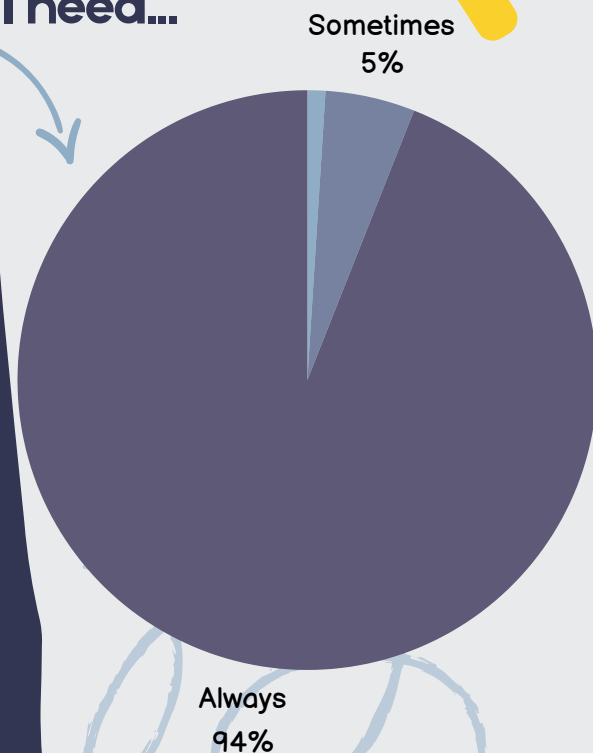
Food

According to our survey, 94% of children who lived in Ukraine 'always' had enough food to eat. This compares to 85% of children who had to leave Ukraine due to the war.

84% of children with disabilities said they always had enough food to eat compared to 91% of children without disabilities.

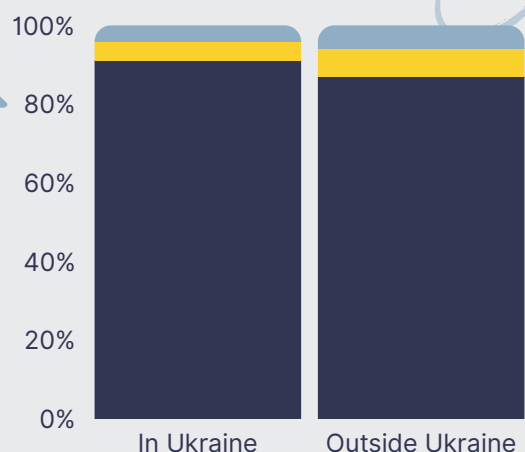
Overall, 72% of respondents said they can get food to suit their dietary needs irrespective of whether they live in or outside Ukraine. When taking account of where they now live, this changes to 63% of children who had to leave Ukraine because of the war compared to 77% of children who still lived in Ukraine at the time of survey completion.

I can get as much food as I need...



Electricity

91% of children who moved outside of Ukraine due to the war said they had enough electricity where they lived to meet their needs. This compares to 87% of respondents who lived in Ukraine.



The impact of the war on children's standard of living was a strong theme across the qualitative findings. Children highlighted the severe pressures their families were living under, particularly financially:

"It is difficult, there is not enough money for living"
Girl, Age 12, Romania

Rebuilding

Some children shared the impact of the war on where they lived and the challenges faced in rebuilding:

"My family is very upset because our house was destroyed and we will not be able to cope with its restoration ourselves. Mom often cries, dad can not find a job where you can earn money. My grandparents have a small pension, although my grandfather had his own business before the war, and now the business is under occupation"

Boy, Age 13, Ukraine, IDP Community

"We are very poor. We do not have money to move to another country and buy a house there. And living in a camp is worse than in Ukraine. I want to work as soon as possible to receive and save money for my own home. I want my mother to be healthy again, so that we get money for doctors and medicines. I want to live in a country where people are friendly to each other"

Boy, Age 16, Ukraine

Access to Resources

It was clear that some children were experiencing a multitude of issues including problems accessing water:

"In the city where I live, there is no water due to broken water supply. Few friends. You can't walk wherever you want, because there are a lot of mines"

Boy, Age 12, Ukraine

For other children, including those who had to move outside Ukraine, worries extended to whether they and their families would have sufficient food, access to technology, housing and the impact of these on either their own mental health or that of their parents:

"I need a computer because my laptop is already breaking down, not enough food, communication with friends, parents, psychological support."

Boy, Age 9, Romania

"So that we can continue to live here while there is a war in Ukraine. Because now in Romania we do not know if we will be helped with housing and food"

Girl, 12, Romania

"Why do I have no light Why do I have no water Why do I not have gas"

Boy, Age 10, Ukraine



Gratitude

For other children there was a sense of gratitude that their family was managing...

"Mom loves me. And I love my mom. But it's hard for us. Mom can not find a job, but she tries very hard . Food is still with us"

Boy, Age 11, Romania

"I have water, food, and light. I am always warm and have good people nearby"

Girl, Age 17, Ukraine

"We moved to another country until the war ended. I really really want to go home. We have a home where to live, water, food, light, warmth, clothes and everything you need for life. We value life and enjoy every moment. we are very grateful to God and the Armed Forces of Ukraine for the fact that everything is fine with us and we can go to the store, buy food and whatever you want. We live on and do everything to win."

Girl, Age 12, Romania



Protection from Abuse & Violence

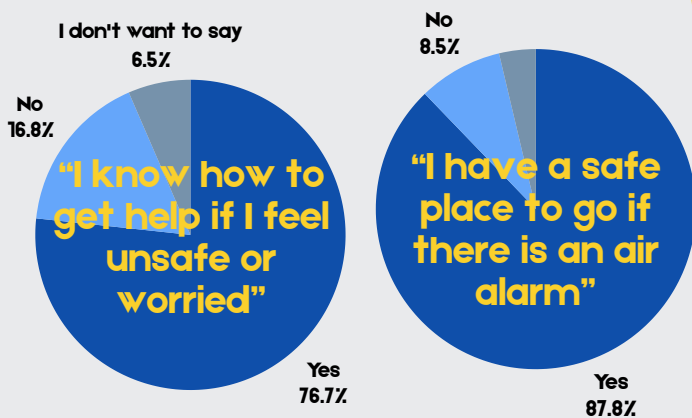
UNCRC ARTICLE 19

States Parties shall take all appropriate legislative, administrative, social and educational measures to protect the child from all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse, while in the care of parent(s), legal guardian(s) or any other person who has the care of the child.

87%

"I feel safe in the place where I live"

A small proportion (3%) of children said they had been injured as result of the war in Ukraine, whilst nine percent stated that members of their family had been injured because of the war. Again, 14-17 year olds were more likely than those aged 11-13 years to say that a family member had been injured. Eighty-eight percent of respondents said that they had a safe place to go to if there was an air alarm. Over three quarters of children (77%) also said that they knew how to get help if they did not feel safe or worried.




The data indicates that despite the war in Ukraine, the vast majority of children were kept safe and felt safe. This was equally true for children who had to move because of the war and those who had stayed. Older children not only had a higher level of awareness of war-related injuries, but they were also more likely to be affected themselves.

Feeling Safe From Violence

Our survey showed that 87% (n=919) of children felt safe in the place where they lived. Eight percent said that they did not feel safe, whilst five percent responded that they did not want to say if they felt safe or not. Boys were slightly more likely to say that they felt safe. Younger children (11-13 year olds) were also slightly more likely than those aged 14-17 years to say that they felt safe where they lived, but none of these differences were statistically significant. There was no difference in reported feelings of safety between those children who did not have to move because of the war and those who did.

When asked if they had experienced any type of violence, 89% (n=932) responded that they had not; five percent said 'yes', whilst six percent said that they did not want to answer this question. Girls were more likely than boys to have experienced some form of violence, and 14-17 year old respondents were more likely to say that they had experienced violence compared to those aged 11-13 years.

Children were also asked if they had witnessed family members experiencing some type of violence. Again, a very large proportion of children (86%) said that they had not witnessed this; seven percent answered 'yes', whilst the same proportion (7%) did not want to say if they had witnessed this. Respondents aged 14-17 year old were twice as likely as those aged 11-13 years to say that they had witnessed family members experiencing violence.



These quotes expressing that they and their families were in safe places were clearly in the majority in the survey. At the same time, the responses of other children also show the permanent risk that the ongoing war represents for their families, in particular their fathers and older male brother(s) and relatives who were conscripted to the Ukrainian army, as the following examples show:

"Worry about my father's life, whether I will have a house and food tomorrow, whether I will have to move to another city tomorrow"

Boy, Age 9, Romania

"I want my father and brother to return alive from the war. Then everything will be fine in our family, as before."

Girl, Age 10, Ukraine

"I live among my dearest people. But unfortunately, because of this war, my dad is not at home. He defends our state at the forefront"

Boy, Age 12, Ukraine, IDP Community

"I am worried about my godfather, who lives in the Luhansk region under occupation"

Boy, Age 9, Ukraine

Comments, like the following ones, represent the level of safety experienced, and they show that many children feel they have not been affected by the war, as the statistics show.

"Since the beginning of the war, almost nothing has changed."

Girl, Age 14, Ukraine

"I'm doing well and my family is doing well too."

Boy, Age 13, Ukraine

Whilst most children reported being safe, there was often a level of uncertainty about the future and how their basic needs would be met, for example when their homes were destroyed, as the following example shows:

"My house in Ukraine is in a very bad condition, there are no windows in my room, they are boarded up, everything is bombed. Where will we live now?"

Girl, Age 10, Romania





Family Life

Family Together

Children frequently mentioned how important it was that their family was together as a positive aspect of their lives or conversely how challenging it was to be separated from family.

“At the moment, the situation is good. We are finally together as a family”

Girl, Age 8, Ukraine

“I have everything good in my family, everyone is alive and with me :)”

Boy, Age 9, Hungary

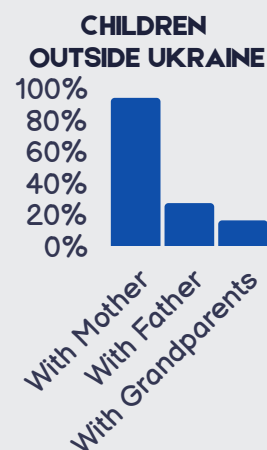
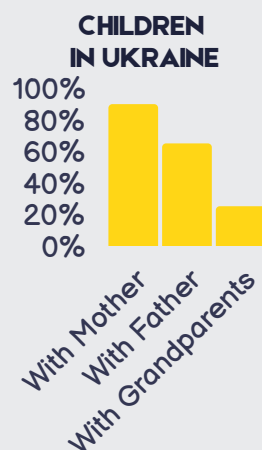
“Everything is fine, but I want to go home, so that the whole family and friends gather. All are scattered around the country or abroad.”

Boy, Age 13, Ukraine, IDP Community

“I want our family to be together, I want to return to my Odessa 😞”

Boy, Age 9, Romania

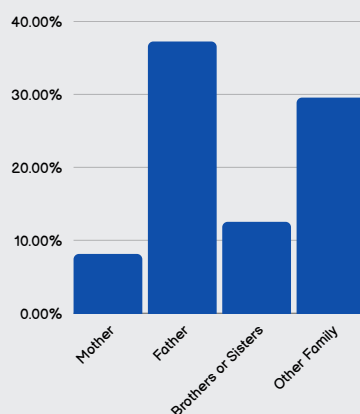
Among those that had to move outside Ukraine 94% (n=476) of children reported living with their mother, while only 27% (n=136) reported living with their father, and 16% (n=82) lived with grandparents. Whereas among children remaining in Ukraine, 90% (n=759) lived with their mother and 65% (n=553) with their father, 25% (n=212) with grandparents.



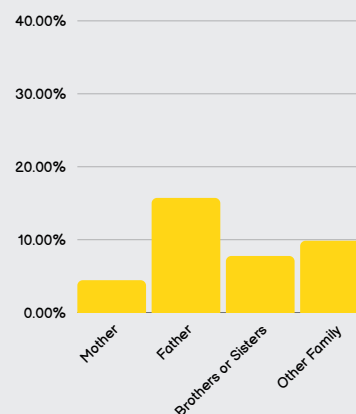
Contact

Children reported not having enough contact with members of family more frequently if they had left the Ukraine. For example, 37.25% of children who left Ukraine reported that they did not have enough contact with their father compared to only 15.73% of children in Ukraine.

CHILDREN OUTSIDE UKRAINE



CHILDREN IN UKRAINE



Mothers

Many children both in and outside of Ukraine referred to turning to family for support, and particularly having their mother nearby as one of the best things in their life now:

"My family is my happiness, my protection, my fortress. This is the most precious thing in my life."

Boy, Age 16, Ukraine, IDP Community

"The best part is that I'm with my mom in our house right now and we're doing well"

Boy, Age 12, Ukraine

"That I have a mom and she is with me"

Boy, Age 8, Moldova



Fathers

Children in and outside of Ukraine identified missing and fearing for the safety of their father when discussing their family situation or what was most difficult about their lives now:

"My family is good. I love all my family very much. Now I miss my dad very much because he went to defend Ukraine. I want me to return home as soon as possible, so that my family will be together again."

Boy, Age 8, Ukraine

"It's hard for me to live without my dad"

Boy, Age 10, Romania

"I, mom, sister and grandmother are safe now. And daddy is shelled every day. And we are all very worried"

Boy, Age 11, Romania



Pets

Children also brought up pets when discussing their family situation with having pets as one of the best thing in their lives:

"I have the best family and I love her. And I also have a lop-eared cat, she is my favourite kitty"

Girl, Age 10, Ukraine

"My mom who loves me and my dog I play with."

Boy, Age 11, Romania

Notably among children who left Ukraine, 46% left a pet whereas this was 14% for those that stayed in Ukraine. Many children reported separation from pets when describing their family situation and also identifying pet separation as one of the most difficult things in their lives now:

"The move was the hardest moment of my life. Although I was being prepared to leave. It was difficult to leave loved ones and a pet."

Girl, Age 13, USA

"I miss my cat and dog"

Boy, Age 9, Romania





Family & Wellbeing

Children also reported on family wellbeing (or harm) and how it affected them.

Among children who moved outside Ukraine, 9% witnessed some type of family violence to family members and 11% had someone in their family injured because of the war. Among children who stayed in Ukraine 8% witnessed some type of family violence to family members and 8% had someone in their family injured because of the war.

Furthermore this often came as one of the best things if family was alive and safe or the worst thing if harm had come to the family as well as fears around harm coming to family.

"That there are no missile strikes in my place, that my family is all healthy"

Boy, Age 13, Ukraine

"The fact that my family is alive, healthy."

Girl, Age 16, Poland

Responses about the best thing in family life right now...

"The war did not affect my family and me"

Boy, Age 15, Ukraine

"...Every day, worry about your close relatives (grandmother, grandfather), because they are under occupation. Worry about your future. Look at upset parents."

Girl, Age 17, Ukraine

"I miss home, because of the war I do not have the opportunity to go to school, play with friends, live a quiet life and see my relatives who stayed at home. I haven't seen my uncle fighting in Ukraine for a year now, I'm very worried about his life"

Boy, Age 14, Romania, IDP Community

"I am worried about my relatives, my home, who are in Ukraine, so that they survive, and the house remains intact."

Boy, Age 8, Romania

Responses about the worst thing in family life right now...

"Feeling of danger and fear for the family"

Girl, Age 15, Ukraine



Employment & Work



Children who Work

UNCRC ARTICLE 32

States Parties recognize the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development.

6.3% of respondents said they currently had a job (n=67). This makes a very small sample size, so the results can only reflect on the conditions for those children.

Of the children who work only 17.2% (n=11) had a formal contract while 48.4% (n=31) said they did not have a formal contract. 17 children (26%) did not want to say.

49.3% (n=33) of those who said they currently had a job were boys while 49.2% (n=32) were girls.

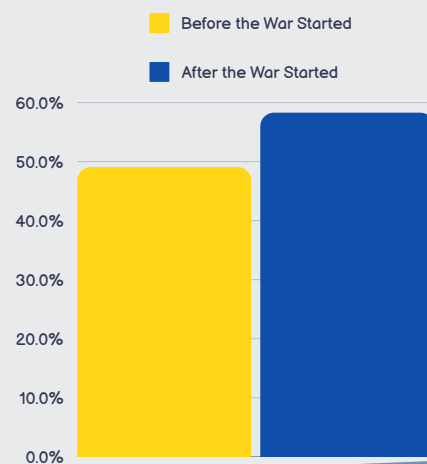
32.8% (22) of those who worked were in the 11-13 age range while the remainder, 67.2% (n=45) were in the 14-17 age range.



Starting Work

It is particularly interesting to note that the majority of children who worked actually started work during the current war (58.3%). This compares to 41.9% who started to work before the current war. 58.3% said they would still be working even if the war had not started.

The vast majority of children who worked said it was 'always' their choice as to whether or not they did so (70.8%). Three children said it was never their choice to work (4.6%).



Work Hours

56.3% of children who had a job worked up to 4 hours each day, while 21.9% worked 8 or more hours a day.



56.3% work up to 4 hours



21.9% work 8+ hours

Getting Paid

A majority of children (61.5%) said they were always paid for the work that they did. Nine children (13.8%) said they were never paid while the same number of children said they were paid 'sometimes'.

Those children who were paid were mostly able to decide what to spend their money on (69.2%). Eight children said they were only able to decide 'sometimes' while 3 children said they were never able to decide by themselves. 61.5% of children were able to use the money they earned to buy what they needed for themselves.

43.9% of children sometimes used the money to support their family. 28.8% children said they always used the money to support their family while 15.2% never did this.

20% of children stated they sometimes received payments in the form of goods and services compared to 6.2% (n=4) of children who always received payments in this way.



Safety at Work

When asked if they felt safe where they worked, a majority of children (67.6%) indicated that they did. 21.5% said they only felt safe 'sometimes'. Two children who responded to the survey said they never felt safe where they worked.

When asked if they were happy at work, 56.9% of children said 'always'. A small number of children (7.7%) said they were never happy at work however.

Talking About Work

A small number of children made some reference to work in the qualitative data. For example, one child who was currently working expressed concern about their mental state (Girl, 17, Romania) while another said that they found work the most difficult aspect of their life (Girl, 17, Hungary). Two children referred to the benefit of having money/a salary (Girl, 17, Hungary and Boy, 14, Romania).





Association & Assembly

UNCRC ARTICLE 15.1

States Parties recognize the rights of the child to freedom of association and to freedom of peaceful assembly.

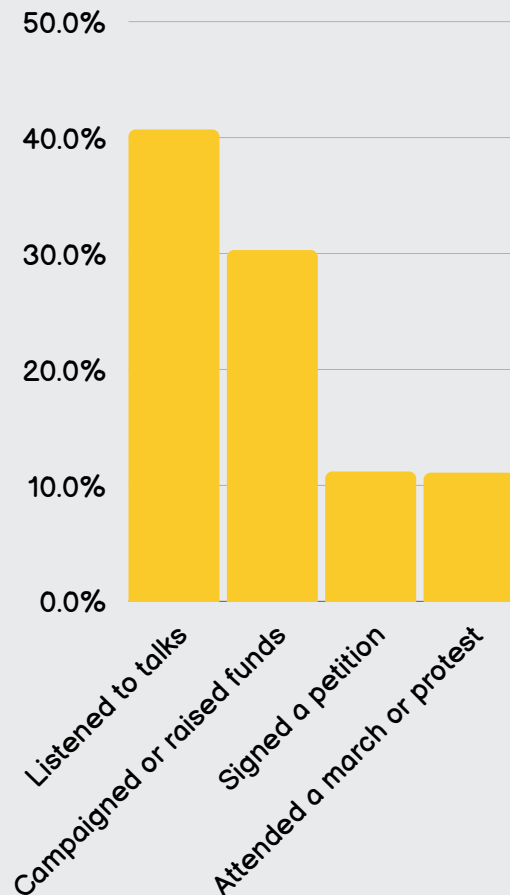
Campaigns and Activities

Respondents in the survey aged 11+ were asked about their engagement in campaigns and protests against the war, and other activities to support those affected by the war.

The most popular activity was listening to talks given by people from organisations relating to Ukraine, showing that over 40% of children were looking for information about the war.

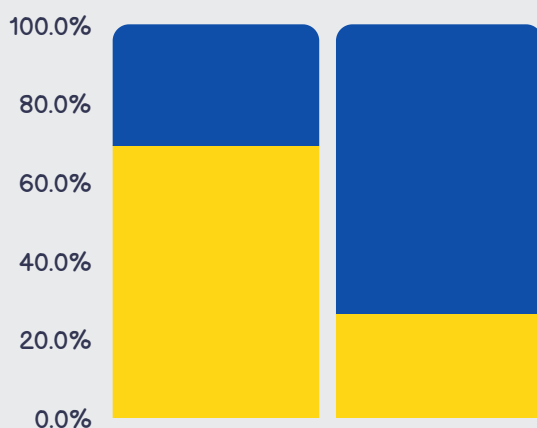
11.1% of the children told us that they had attended a large public march or demonstrations and 11.2% had signed petitions against the current war in Ukraine. Of those participating in campaigns, those displaced as a result of the war were found to be more likely to have attended marches (73.5%), whereas those remaining in Ukraine seemed to be more active in petitions (69.3%).

Have you participated in any of the following activities?



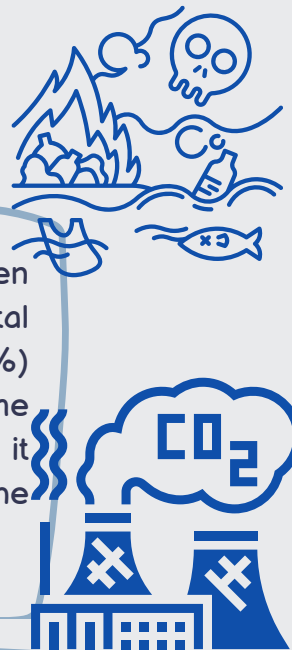
Children in Ukraine

Displaced Children



The Environment

In the survey, we also asked the children about their actions on environmental issues. 122 young people (12.6%) responded that they had taken some action to help the environment showing it remained a concern, but perhaps not the main priority for young people.



Across both the open and closed questions, children raised concerns about their families' finances and resources. Recognising the distress, 30% of children have been active in campaigning and raising funds for those affected by the war, and 21.4% have visited charity websites.

"I would like to help people in Ukraine. To help me do it"

Girl, Age 8, Poland



Advice for Governments

Children were asked, "if you could speak to the government where you live now, what would you say to them?" Some children wanted to express their concerns, to ask them questions about the war and supports available to them, and to convey their solidarity.

"I really want to say thank you to our President."

Boy, 13, Ukraine

Children were keen to ask their governments to support the struggle the country faces/to support the country to defend itself, but most asked for **peace**.

"When our fathers are returned home. When the war is over. We want victory and peace in Ukraine."

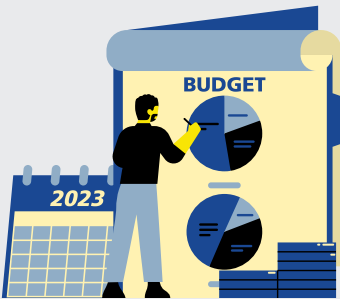
Girl, Age 9, Ukraine

"so that people do not die and peace comes in our state"

Girl, Age 15, Ukraine

"Peace for our land"

Boy, Age 9, USA



Distribution of Resources

Some children encouraged governments to provide more support to the military.

"What is the current situation with the supply of weapons to Ukraine? Are there any delays? If so, from which country?"

Girl, Age 15, Ukraine

However, some children in Ukraine were concerned about the governments' distribution of resources:

"Why do not pay attention to teenagers? Almost all help goes to children under 12 years old"

Girl, 14, Ukraine

"Why in the mission of Verzhnyodniprovsk children are unnecessary to local authorities. No help has been given to any children since the beginning of the war. Kindergartens have not been working for the second year, the school as well."

Girl, 13, Ukraine



Children Who Were Displaced

Children who had moved abroad often expressed gratitude to the States who had taken them in.

"Thank you for your help to Ukrainians"

Boy, Age 13, Ireland

"I live in Poland and I have no questions for them [the government], they helped us, like other countries, refugees and I have no claim and Ukraine take care of yourself"

Girl, Age 10, Poland

But some children who were internally displaced within Ukraine had concerns they wanted to raise with the Government:

"Why did everyone forget the children of IDPs who are now IDPs in the villages? There is no help, not even things have been given🥹🥹🥹"

Boy, Age 10, Ukraine





Information

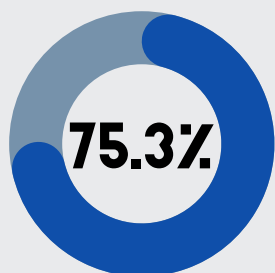
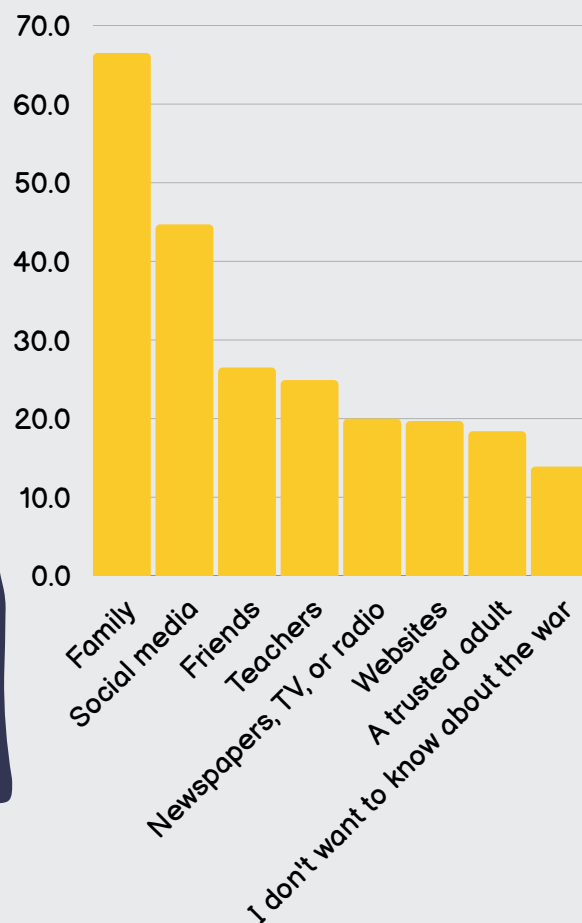
UNCRC ARTICLE 13.1

The child shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of the child's choice

Access to Seek, Receive and Impart Information

Our survey showed that the majority of children remain in contact with their family and friends. For example, 52% said that they are able to access the internet when they want or need to. When asked if they have an adult they can talk to (contact) if they need support since the war began, 76.2% of children said they always do, 16.8% said they sometimes do, and 5% said they never do. This data indicates that, despite the difficulties of access to technology, new language barriers, and family separation that the war has brought, the majority of children have access to family and friends that they can share information about their lives with, and receive information from about the others' lives in regards to the war.

If you wanted to find out more about the current war in Ukraine, where would you get information that is child-friendly and easy to understand?



said it was easy or very easy to communicate with the people in the community they live in now in terms of the language(s) they speak

"I don't have communication with friends, I miss my dad and home, I don't go to sections because it's expensive and I don't know the language either."
Boy, 10, Romania



While the above statistic shows that more than half of the children can easily communicate with those around them, communication was expressed as a core area of difficulty for children in their qualitative responses of "What do you find most difficult?" Therefore, while it is not the issue of the majority, lack of communication access is a *major* issue for those it impacts. Moreover, difficulty in speaking to those one is in community with, whether that difficulty stems from technology or language issues, directly prevents a child from exercising their right to seek, receive, or impart information.

Technology

Children in our survey expressed issues of consistent access to technology, particularly internet connectivity.

"...Even in war conditions it is very difficult to study, constant air alarms, blackouts, problems with the Internet and so on..."

Boy, 16, Ukraine, IDP Community

"I need a computer because my laptop is already breaking down, not enough food, communication with friends, parents, psychological support."

Girl, 10, Romania

"Accessing online learning, I have no phone or computer. We are a large family, dad of course works, but the salary is low...."

Girl, 9, Ukraine

Communication

Children also expressed difficulty with learning a new language and thus, communicating with their peers in and outside of school.

"I have few friends and no communication because I don't understand them."

Girl, 9, Romania

"Learning the language and finding it difficult to understand classmates in a Romanian school."

Girl, 10, Romania

"There is little communication, there is no opportunity to play sports and communicate with peers !!"

Boy, 14, Romania



Generational & Geographical Disconnect

Finally, children shared frustrations regarding a dual geographical and generational disconnect. Many of the children's family members struggle to communicate with them, due to a lack of technology access or/and because of a lack of understanding of how to use technology as a means for communication.

"After the war began, I do not talk to my relatives, first with my mother, sister and brother, father, grandmother and grandfather, they cannot use modern gadgets, and dad in Poland, at work, we appeared with him only once a month and then he talks with his mother 'more than with me.'"

Girl, Age 11, Ukraine

"There is a lack of communication with parents, because mom is constantly working, and there is not always a connection with relatives from Ukraine, because in Ukraine the lights are often turned off."

Girl, 12, Romania

Children's Diverse Experiences

Not all children felt the effects of the war equally. Some groups of children were particularly affected. Although the groups of children reporting particular identifiers are small, their experiences are equally valuable to consider. In this next section, we explore how children across different groups were impacted highlighting the need to consider the intersectionality of childhood with other identity categories.



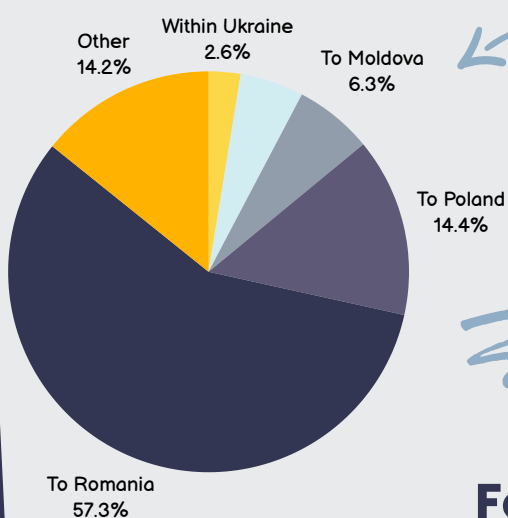
Children on the Move



UNCRC ARTICLE 22.1

States Parties shall take appropriate measures to ensure that a child who is seeking refugee status or who is considered a refugee in accordance with applicable international or domestic law and procedures shall, whether unaccompanied or accompanied by his or her parents or by any other person, receive appropriate protection and humanitarian assistance in the enjoyment of applicable rights set forth in the present Convention and in other international human rights or humanitarian instruments to which the said States are Parties

Where did you move?



Children Who Moved

Over a third of the children (36.5%) who responded to our survey reported having to move because of the current war in Ukraine. Of those, over half of them moved to Romania (57.3%). Many children said they had to move more than once too.

Family and Friends

Children on the move talked about the difficulties in being separated from loved ones and wanting to return home when asked about their family situation.

"I miss my parents and wait to return home when they stop shelling us with missiles and drones."

Girl, 10, Romania

"Very difficult, many relatives stayed at home"

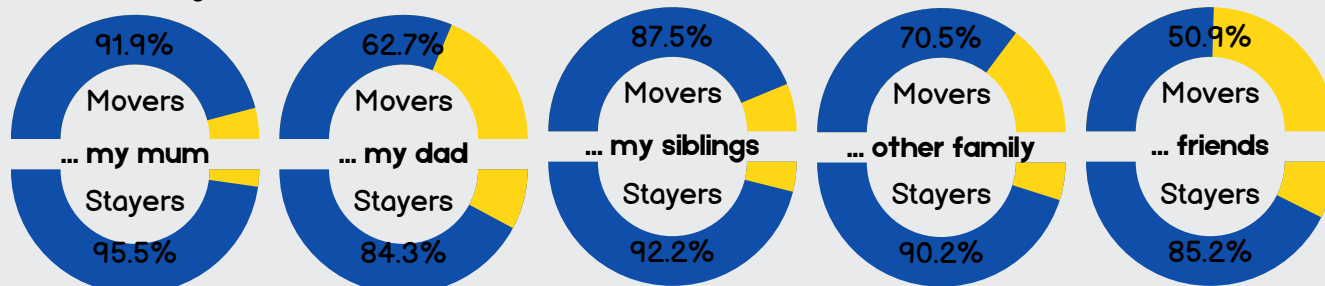
Girl, 16, Moldova

"Everything is fine, but I want to go home, so that the whole family and friends gather. All are scattered around the country or abroad"

Boy, 13, another city or town in Ukraine

'Movers' reported having less contact with family and friends compared to 'Stayers'. Almost half of movers reported not being able to talk to friends as much as they would like compared to 15% of children who did not move.

"I have enough contact with..."



Living Conditions

Children on the move also discussed concerns around finances, living conditions, and the future when discussing the most difficult thing in their life right now:

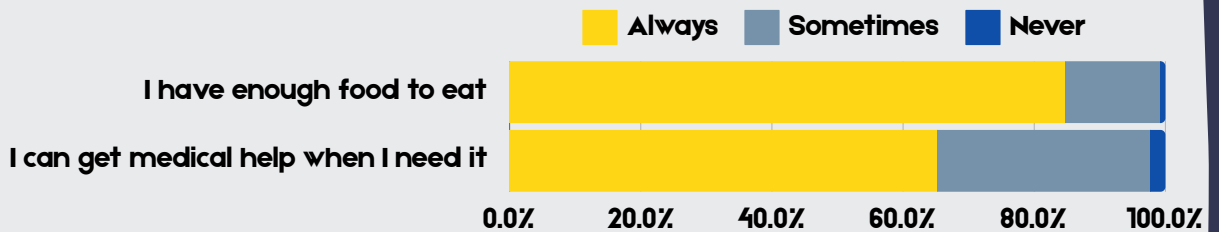
"Worry about my father's life, whether I will have a house and food tomorrow, whether I will have to move to another city tomorrow"

Boy, 9, Romania

"Live not at home, in your city, material security, access to normal education"

Boy, 13, Relocated to another city in Ukraine

Fifteen per cent of movers reported not always having access to food, and over a third (35.7%) reported not always having access to medical help.



Integration

A number of children mentioned difficulties with integration in their new communities, particularly in terms of friends, schooling and struggling with new languages.

"Ignorance of the Hungarian language. The need to learn it is difficult for me... I want to go home"

Girl, 8, Hungary

"I have no friends in a new place"

Boy, 9, Moldova

When asked how easy or difficult it was to communicate with people in their community, 44.7% of movers expressed difficulties compared to only 3.2% of stayers.

However, some children identified that moving allowed them to make friends, access the internet and have stronger abilities to connect and communicate as some of the best things in their lives now.

"Many new friends, American school in Budapest (where Ukrainian children can study)"

Boy, 15, Hungary

"listen to music, go outside, chat with friends and chat on the phone with friends who are in Ukraine or in another city, walk with parents, talk on the phone with relatives"

Girl, 12, Romania



War

Many children on the move specifically talked about the war in Ukraine as the most difficult thing about their lives right now:

"The hardest thing is war! Unfortunately, the war puts a lot of pressure on my psychological state"

Girl, Age 14, Poland

However, when asked about what was best in their lives now, children who moved often mentioned feeling safe:

"That I live without war. I was frightened by anxiety"

Boy, 8, Romania



Children with Disabilities



UNCRC ARTICLE 23.1

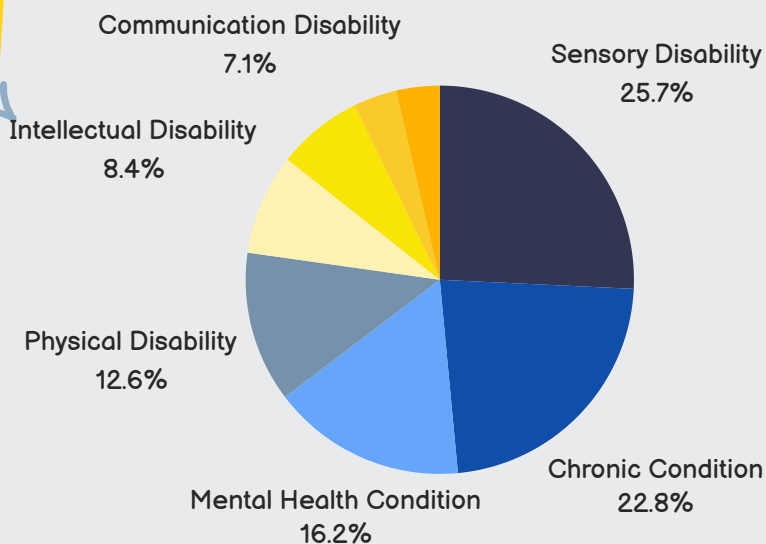
States Parties recognize that a mentally or physically disabled child should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate the child's active participation in the community.

Overview

Children with disabilities had broadly similar experiences of the conflict in Ukraine compared to children generally. This was especially evident in the qualitative data. The quantitative data however suggests they were disproportionately impacted across a number of areas. Due to the small sample size these findings should be read with caution.

9.8% (n=132) of respondents to the survey identified as having a disability across. A further 86 children said they did not know if they had a disability.

Of those children aged 11+ who identified as having a disability, 28.5% (n=38) said they had a sensory disability while 25.2% (n=33) said they had a chronic condition. 17.9% (n=24) said they had a mental health related disability while 13.9% (n= 18) indicated they had a physical disability. 9.3% (n=12) said they had an intellectual disability; 7.9% (n=10) a communication related disability. While 4% (n=5) said they had autism. The same number said they had a specific learning difficulty (4%). Some children had more than one condition).



Gender

10.6% of boys identified as having a disability while 10% of girls identified as having a disability.

43.2% of children with disabilities identified as boys while 56.8% identified as girls.

Where They Live

67.4% of children with disabilities (n=89) said they lived at home with their family compared to 79.3% of children without disabilities.

Children with disabilities appeared to be more likely to move because of the war. 47.7% of children with disabilities (n=63) said they had to move because of the war. This compares to 35.9% of children without disabilities

"I do not have the opportunity to return to Ukraine (I really want to do this), because it is decided by my parents, not me. Nutritional problems. Mental health problems."
Girl, Age 16, Ireland

Education

Children with disabilities were more likely to experience challenges in their education during the conflict. 39.5% of children with disabilities felt they were not getting a good education compared to 21.9% of children without disabilities. 65.6% of children with disabilities said they were able to access the books they needed compared to 78.7% of children without disabilities.

80.8% of children with disabilities were able to access materials in a language they understood compared to 92.8% of children without disabilities.

When asked if they were able to access information in an accessible way, 71.4% of children with disabilities agreed or strongly agreed compared to 88.6% of children without disabilities.

“Understand that my disability does not give me the opportunity to do something”

Boy, Age 15, Serbia

Contact With Family

Children with disabilities were more likely to say they did not have enough contact with their mother. 11.5% of children with disabilities said that they did not have enough contact with their mother compared to 5.1% of children without disabilities. The disparity was much more evident with respect to contact with fathers and siblings. 41.5% of children with disabilities said they did not have enough contact with their father compared to 22.1% of children without disabilities while 21.9% of children with disabilities said they did not have enough contact with siblings compared to 7.8% of children without disabilities.

“In general, everything is ok, but sometimes you just want to be alone”

Girl, Age 11, Ukraine

“I don't have the opportunity to see my family and friends”

Boy, Age 9, Romania



Involvement in Decisions

Children with disabilities were slightly less likely to agree that they were involved in decisions about where they lived. 70.9% of children with disabilities agreed or strongly agreed with this statement compared to 75.2% of children without disabilities. Children with disabilities were also less likely to say they had a space to be alone if they needed it (74.4%) compared to children without disabilities (84.3%).

“I am very glad that I have a full family and we are all together and at home, in principle, everything suits me, but I would like to have my own corner”

Girl, Age 11, Ukraine



Specialist Support & Access to Services

Children with disabilities appeared to be less likely to always be able to get medical help when they needed it (62.7%). This compared to 82.9% of children without disabilities. Moreover, 60% of children with disabilities said they were always able to get their usual medication compared to 80% of children without disabilities. 12.5% of children with disabilities said they were 'never' able to get their usual medication compared to 1.1% of children without disabilities.

Children With Disabilities
Children Without Disabilities

I can always get medical help when I need it

I can always get my usual medication

0.0% 20.0% 40.0% 60.0% 80.0% 100.0%

In the qualitative data some children with disabilities said that access to expensive or important medication was the most difficult aspect of their life at the moment.

"Free access to necessary medicines"

Boy, Age 13, Ukraine

"We live in a village. My best friend went abroad. We often go to doctors for health reasons, but it takes all the income of mom and grandparents"

Girl, Age 17, Ukraine

Access to specialist services was particularly challenging. For example, 44% of children with disabilities said they were always able to get help for mental health issues compared to 69% of children without disabilities. Similarly said they were 'always' able to access disability support services when they needed it, while 22% said they were 'never' able to access disability services.

Communication

30.5% of children with disabilities said they found it difficult or very difficult to communicate in the community they now lived in, in the language they speak, compared to 16.9% of children without disabilities.

"Learning the language and finding it difficult to understand classmates in a Romanian school."

Girl, Age 10, Romania





Children Living in Alternative Care

7 children in our survey told us that they were not living with any adult family members. There were four boys and two girls. Only one of the seven children responded that they had had to move internationally as a result of the conflict, but two children said they were part of the IDP community.

When asked where they lived, one child responded that they lived in a children's residential home, and two lived in a refugee centre/shelter for refugees. When asked who they lived with, two of the children told us they were living with host/foster families, and one told us that they lived with "nobody".

UNCRC ARTICLE 7.1

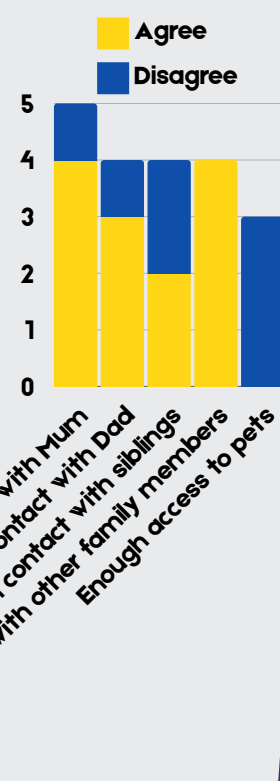
The child shall be registered immediately after birth and shall have the right from birth to a name, the right to acquire a nationality and as far as possible, the right to know and be cared for by his or her parents.

UNCRC ARTICLE 9.3

States Parties shall respect the right of the child who is separated from one or both parents to maintain personal relations and direct contact with both parents on a regular basis, except if it is contrary to the child's best interests.

UNCRC ARTICLE 9.1

States Parties shall ensure that a child shall not be separated from his or her parents against their will, except when competent authorities subject to judicial review determine, in accordance with applicable law and procedures, that such separation is necessary for the best interests of the child. Such determination may be necessary in a particular case such as one involving abuse or neglect of the child by the parents, or one where the parents are living separately and a decision must be made as to the child's place of residence.



Contact with Family

Almost half the children living away from home said they have as much contact as they wanted with at least one family member, but for some children, their situation meant that they did not have the contact they wanted with important people.

Of the children living in alternative care, four had as much contact as they wanted with their mum, but one wanted more contact. Three of the children had as much contact as they wanted with their dad, but one wanted more contact. Three children told us they have brothers or sisters, one of whom said they were living with their sibling now. Two had as much contact as they wanted with brothers or sisters, but two wanted more contact with siblings. All of the children who responded had as much contact as they wanted with other family members they cared about. Three children complained that they had no access to their pets.

Some said they use various social media platforms to keep in touch with family and friends. However, four said they could not always access the internet when they want or need to, and one child indicated that they have no way of keeping in touch with family and friends.



UNCRC ARTICLE 20

1. A child temporarily or permanently deprived of his or her family environment, or in whose own best interests cannot be allowed to remain in that environment, shall be entitled to special protection and assistance provided by the State.
2. States Parties shall in accordance with their national laws ensure alternative care for such a child.
3. Such care could include, inter alia, foster placement, kafalah of Islamic law, adoption or if necessary placement in suitable institutions for the care of children. When considering solutions, due regard shall be paid to the desirability of continuity in a child's upbringing and to the child's ethnic, religious, cultural and linguistic background.

Risks to Children's Safety

A small number of children faced risks in the place they now lived. One of the children did not feel safe in the place they now live, and another child did not have a safe place to go if there was an air alarm. However, not all of the children felt at risk.

One of the children said:

"The best part is that where I live now they don't bomb"

Girl, Age 9, Ukraine



Risks to Children's Health and Home

Almost half (n=3) of the children living away from their family members described their mental health and well-being as poor.

Resources for children in alternative care also seem to be of concern. Two of the children told us that they never have enough food to eat or enough water to meet their needs, and two of the children responded that they are never able to keep warm.

Getting Support

While the risks to children's health and safety exist, one of the children told us that they did not know how to get help if they felt unsafe or worried. Two of the children said they never have an adult they can contact or talk to if they need support.

Most of the children (n=4) felt that they could communicate with the people in the community they now live in, but one child found this very difficult.

One of the children indicated that the hardest thing in their life now was to live away from their parents:

"The hardest thing is that I have to live away from my parents"

Girl, Age 9, Ukraine



Children from Minority Ethnic communities

80 children (7.7%) identified as being part of a minority ethnic community. Of these, 27 identified as boys and 45 identified as girls. 42 were aged 11-13 and 38 aged 14-17. Only 16.7% of minority ethnic children said they had to move because of the war, compared to 32.8% of all other children.

The experiences of children and young people from minority ethnic communities were broadly similar to those who were not. For example, 92.3% said they were able to get materials in a language they understood for their education compared to 93.5% of children from the majority ethnic community. Elsewhere, 40.8% from this group said they had a space to be alone if they needed it compared to 42.5% of children who did not identify as being part of a minority ethnic community.

Children from minority ethnic communities were more likely to say they were currently receiving their education in a formal education institution in Ukraine (74.4%) compared to children from the majority ethnic community (58.8%).

This group of children were slightly more likely to say they had a job (10.3%) compared to 6% of other children.

93.3% of children from minority ethnic communities said they were able to spend time outside every day on a regular basis compared to 77.9% of children not in this group.

85.3% said they were able to talk to friends as much as they liked compared to 75.8% of other children.

Children from minority ethnic groups emphasised the importance of family and friends as a form of support during the war – like other children. Pressures of study alongside the war and uncertainty about what would happen next were identified as the most difficult aspect of the lives. Some children also expressed concern about the impact of the war on their mental health.

When asked about the worst part about their lives during the current war, children from minority groups said:

"If only the war would end, the families would be together"

Boy, Age 11, Ukraine

"Experiencing constant deaths of people"

Boy, Age 14, Denmark

"That there is no grandparents, dogs nearby"

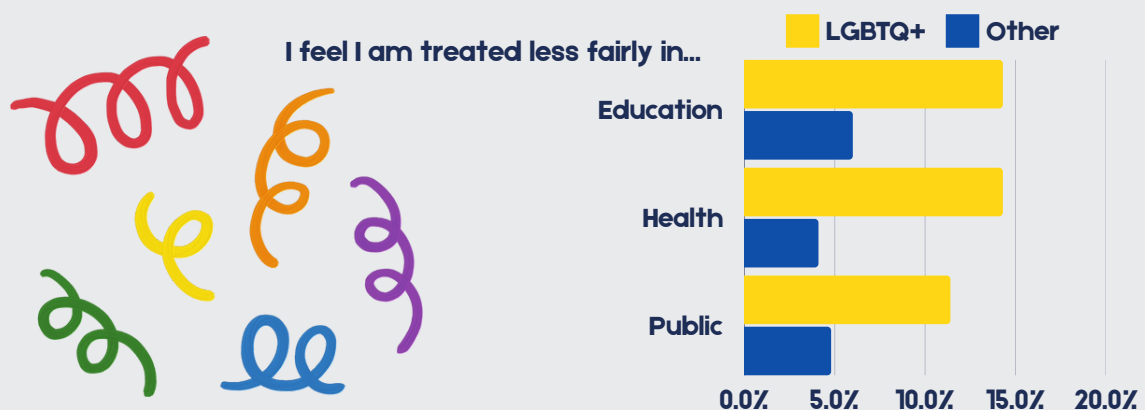
Boy, Age 13, Germany



LGBTQ+ Children

35 children (2.4%) identified as LGBTQ+. Of these, 24 identified as girls, seven as boys and two told us that they identified as neither a boy or a girl. 12 were aged 11-13 and 23 were aged 14-17. Only five of these children told us that they had had to move because of the current war, all of which moved abroad, however, four of the children also identified as part of the IDP community.

When asked how they felt they were treated, children in the LGBTQ+ community were more likely to feel that they were treated less fairly than children not affected by war. In education, 14.3% of LGBTQ+ children felt they were treated unfairly, compared to just 6.0% of other children; in healthcare, 14.3% of LGBTQ+ children felt they were treated unfairly compared to 4.1% of other children, and in public settings, 11.4% of LGBTQ+ children felt they were treated unfairly compared to only 4.8% of other children.



The safety of LGBTQ+ children who responded to the survey was significantly worse than that of other groups. Eight of the 35 children (22.9%) told us that they did not feel safe in the place they lived, compared to the all-children analysis which showed only 6.1% of children felt unsafe. Six of the children reported that they had experienced some sort of violence. Furthermore, of the four children who told us that they had felt pressured to have sex for money or goods, three of these had identified themselves as LGBTQ+.

Children who identified as LGBTQ+, also raised concerns with their mental health and wellbeing. Only 48.6% of LGBTQ+ children regarded their wellbeing as excellent, very good or good, compared to 75.2% of children not in this group. None of the LGBTQ+ children who told us they had to move referred to their wellbeing as 'excellent' or 'very good'. These children also raised concerns about getting the support they needed: 34.3% of LGBTQ+ children said they did not have an adult they could trust compared to only 5.1% of other children. Two of these children mentioned their parents as contributing to the worst thing about their lives:

"I think I want to live independently as soon as possible"
Boy, Age 17, Bulgaria, Refugee





Conclusions & Recommendations

Conclusions

This report shares what over 1000 children thought and felt about their rights during the war in Ukraine. It shows that children's lives were affected in many ways. Important rights, like the right to learn, play, and grow, have been made harder to enjoy during the war.

Not every child said their rights were being completely taken away. Many still said they were getting a good education, thanks to the hard work of adults helping them, even in tough conditions like blackouts, limited resources, and danger. But some groups of children have faced bigger problems:

- **Displaced Children:** Children and young people who had to leave their homes were more likely to be separated from family, struggled to find enough food, and miss out on playing or getting medical help. Children who have moved to other countries have struggled with language and communication in their new countries.
- **Children with Disabilities:** These children were more likely to move because of the war and had extra difficulties accessing education, healthcare, and the special services they need.

The report highlights how important it is to listen to children, especially during a crisis like war. Children's opinions about what they're going through matter, and they have the right to share their views and be taken seriously. This study shows that children want to talk about their experiences and share their ideas about what's happening to them.

There were some challenges with the survey. It was hard to reach all children during the war because of the dangers like gunfire, bombings, and power outages. The survey does not cover every child's experience, and it could not ask about some very sensitive topics, like children who have lost family members or been seriously hurt. Instead, it provides insight into what life has been like for children who were able to take part, both in Ukraine and abroad.



Recommendations For...

Children Who Left Ukraine

We were unable to consult children outside Ukraine about the findings in the report, so based on the findings here, we make the following recommendations for children who have been displaced in five areas:



Family Life: children who moved were less likely to be living with family and they expressed fear for the family they had been separated from. Where possible, reunification and communication between families should be better supported.



Physical Health: access to medical help and medication was worse for children who had moved. Services to support children's physical wellbeing should be made more available to these children.



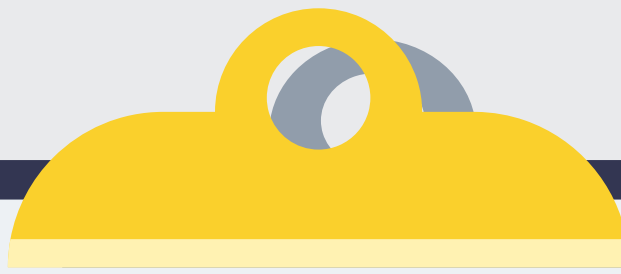
Mental Health: most of the children who moved reported good mental health, but these children were much less likely to report excellent mental health. These children also told us that they had less access to supportive adults, and this adults must ensure that children have people they can speak to.



Friends & Community: children who had moved abroad told us that they had frequent issues with language and culture that meant they made less new friends than those in Ukraine. Opportunities for children to come together should be a priority for adults, as well as creating better platforms for communication in new languages.



Education: language was also an issue in education for children that had moved. But these children also expressed concerns with the quality of online education and their employability. Online education should be informed by children, and be consistent to ensure that children are prepared for their futures.



Recommendations From...

Children Still Living in Ukraine

Children in Ukraine were asked to consult on the findings in the report, and to create recommendations based on those findings. The children we consulted focussed on five areas:



Mental health support: the children told us that they wanted better provisions for mental health in healthcare and education. For healthcare, children complained of long waiting times to access the support they needed.



To reduce study time: children told us that they were being asked to study for too long, and wanted to reduce the demands and pressures of education, particularly around exams.



Education and support for children experiencing physical abuse: the children we spoke to suggested that there was not enough education that helped children recognise potential abuse, and this meant that they were less able to claim their rights to protection



Opportunities to meet and play together: children said that there were not enough places or opportunities for them to come together and socialise. Children asked for clubs and facilities to be available and accessible for children and young people's use.



Resources: some of the children highlighted disparities in the resources they were able to access (e.g. electricity/wifi blackouts, water, gas) and wanted to be ensured that these would be consistently available to them



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