

SPRINGBOARD TO EQUALITY PROJECT NEWSLETTER

APRIL – JUNE
2022

Springboard to Equality is a joint Swedish-Ukrainian project aimed at withdrawal from gender stereotypes in education, at work, at home and in community life and creating a supportive environment and growing public demand for advancing equal rights and opportunities for women and men in Ukraine. Find more about the [project](#).

SUPPORTING GENDER-BASED VIOLENCE SURVIVORS



IN ZAPORIZHZHIA AND POLTAVA, WOMEN AFFECTED BY WAR HOSTILITIES RECEIVED SANITARY KITS AND BASIC NECESSITIES FROM UNFPA

During **April-June 2022**, UNFPA delivered female essential packs and family supports packs to mothers and children that are currently undergoing treatment in the Department of Newborn Pathology and Premature Infants of the Zaporizhzhia Oblast Clinical Children's Hospital, and provided assistance to women that found refuge in a shelter and day center with crisis rooms for violence survivors in Poltava. A total of 1,350 women received humanitarian aid, including 150 in Poltava and 1,200 in Zaporizhzhia.

The delivery was carried out in partnership with the Charitable Foundation POSMISHKA UA, the Zaporizhzhia City Council within the framework of the TatoHub.Zaporizhzhia project and the Center of Modern Development and Innovation NGO within the framework of the TatoHub.Poltava project. [Read more](#)



MEN ENGAGEMENT INTO EQUAL DISTRIBUTION OF HOUSEWORK AND CHILDCARE DUTIES



TATOHUBS SUPPORT COMMUNITIES AND CREATE A SAFE FAMILY SPACE FOR THOSE AFFECTED BY WAR HOSTILITIES

Tatohub
Полтава

From **April to June**, TatoHub.Poltava together with the Poltava City Center of Social Services organized 186 psychological consultations, therapeutic sessions and other activities aimed at integrating the internally displaced persons and helping them adapt to living in another city or abroad. The psychologists of TatoHub.Poltava advised on how to cope with emotions, in particular, to overcome increased anxiety, depression, apathy, horror and anger, and also on how to behave in conflicts with close people arising from relocation, long-distance relationships, emotional breakdowns, etc.



Tatohub
Запоріжжя

From **April to June**, TatoHub.Zaporizhzhia held 34 events for more than 572 IDPs. TatoHub also organized leisure activities for families: dad quiz, team-building games for families, an excursion for IDPs, a photo session for dads on Father's Day.

At the municipal level, TatoHub.Zaporizhzhia established cooperation with the Office of Children's Services, the Center for Social Services, the Department of Sports, Family and Youth, the Department of Social Protection, the Department of Culture and Tourism, the Department of Education and Science.

At the regional level, cooperation with the Office of the Oblast State Administration, the Department of Health, the Department of Education and Science, the Department of Culture and Information Policy, the Department of Social Protection was expanded.

Since the start of war hostilities, TatoHub.Zaporizhzhia has been providing active humanitarian and psychological support to families that were forced to leave their homes in Mariupol, Donetsk and Zaporizhzhia Oblasts. As part of the crisis response, 22 group psychological consultations and 119 individual psychological consultations were provided, where psychologists advised on how to reduce anxiety, cope with losses, information overload, organize daily routine given the uncertainty and impossibility of long-term planning and adaptation to life in wartime.

TatoHub participants share their impressions:

Father, 32, 2 children: ***"There should be more such supportive meetings. [For us] it's an opportunity to get useful information, turn away from the war, reach calmness, work through our fears, and get support"***.

Mother, 30, 1 child: ***"Thank you very much for organizing and holding such a wonderful event that distracts from the bad, unites parents and brings positivity into our lives. We really liked it; we are looking forward to new meetings"***.

Psychologists of TatoHub.Zaporizhzhia also work with more traumatic experience:

“A grandfather, who is a caregiver for his grandson deprived of parental care, appealed for help complaining about the deterioration of the child’s emotional state, behavior, sleep disorder, and hysterical states during air alert. According to the results of examination, it was found that the unstable psycho-emotional state of the child, a high level of anxiety and fears result from a traumatic situation in the child’s life – military Russian aggression and a long stay (28 days) in hiding at a subway station in Kharkiv. The child’s anxiety level was corrected, the technique of reducing the auditory load during the air alert siren was introduced, the grandfather was given recommendations on techniques to help the child in a state of anxiety and fear”.



OVERCOMING GENDER STEREOTYPES IN EDUCATION

THE PROFESSIONAL DEVELOPMENT PROGRAMME FOR FEMALE EDUCATORS ON THE IMPROVEMENT OF PSYCHOLOGICAL SELF-HELP SKILLS TOGETHER WITH THE SMART OSVITA NGO

During acute stress, EMDR (Eye Movement Desensitization and Reprocessing) is considered one of the most effective methods for preventing the accumulation of traumatic memories. Early intervention and processing of negative events using EMDR reduces the risk of developing PTSD, and also facilitates memory consolidation and processing of negative emotional experiences. From **May 23 to June 24**, 114 female educators, about half of whom are internally displaced persons, took part in psychological consultations aimed at working through the participants' personal war-related traumatic experience. During the sessions, the EMDR trainers taught the participants stress resistance techniques in the context of war hostilities on the territory of Ukraine and the reduction of manifestations of intrusions, hyperarousal and cognitive avoidance. The participants were informed about the consequences of traumatization and burnout of teachers, the symptoms of PTSD, they learned self-regulation techniques and ways to combine them with bilateral stimulation (BLS), worked through personal traumatic experiences using EMDR in groups.

As a result of this project, after training, the level of tension among all participants significantly decreased. The participants' desire to avoid memories of events, insomnia, difficulties with concentration significantly before the training, more than 22% of participants reported that in the past week they experienced bad mood, depression or hopelessness "almost every day". After training, their number decreased to 1%. The number of participants who in the past week "almost every day" or "more than half the time" were so restless that it was difficult to sit still in one place decreased from 31.7% to 7%.

On **May 14 and 17**, two webinars were held with a total coverage of over 3,000 teachers on: ["EMDR in working with psychotrauma and in everyday life, or what modern Ukrainian educators need to know"](#), and ["Maintaining and winning! Educators' resilience in the context of uncertainty and prolonged war"](#). The webinars were designed to inform the participants about EMDR and the effects of war hostilities on the human psyche, to describe PTSD as one of the consequences of war, to work through basic EMDR exercises, to understand why resilience is important for people during wars, as well as to master the basic "rules" of self-care during war hostilities.

[Read more](#)



#CVIDOMI: STEREOTYPE FREE CAREER CHOICESTOGETHER WITH LVIV OPEN LAB

In **June**, the first STEAM camp was held by the Lviv Open Lab and the UNFPA Ukraine for displaced girls and boys interested in science and technology. This project is designed to create conditions for choosing a career without stereotypes, to facilitate social integration of the local and displaced youth during education and joint leisure activities. During classes, the Lviv Open Lab introduced STEAM to young people and showed a variety of areas for choosing a career and professional development, in particular, programming, 3D modeling, chemistry, and biotechnology. Participants also talked about education, leadership and gender equality.

Different experiences brought the participants closer together. For example, Mykola Lekhnovsky, who conducted a lecture and master class on chemistry, noted that internally displaced schoolchildren willingly shared stories about the development of chemical industry and the work of chemical enterprises in the eastern regions of Ukraine, which sparked comprehensive interest in the discussion of the topic and contributed to the integration of participants.

It was also an interesting experience for participants to attend the lectures of Ilona Kenio, a schoolgirl, a graduate of the Lviv Regional Minor Academy of Sciences, and to discuss with her the issues of leadership and gender equality. It is noteworthy that at the end of the camp two participants set a goal of also trying themselves as lecturers or co-organizers of projects.

During the camp, the participants had the opportunity to take part in various classes and made conclusions on what career to choose, but also better realized what they definitely do not want to engage in. For example, one of the participants changed her mind about building a career in IT after successfully completing a practical task, realizing that she was more interested in communication and working with people; and another participant reported that she was interested in organizational work and establishing communication within the team.

As a result of the first camp, 62% of participants reported their desire to build a future career related to STEAM. [Read more](#)

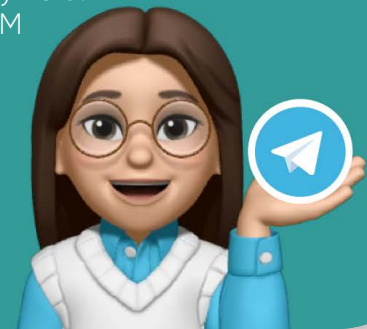
STEAM табір



LAUNCHING A CAREER GUIDANCE CHATBOT

According to the research of the CSR Center, girls aged 10–11 have difficulties in choosing their future career, in particular, they have fears about choosing STEM (science, technology, engineering and mathematics), non-realization and failure in one of these areas, sometimes misunderstanding the context and opportunities associated with STEM. They are also affected by stereotypes associated with “unfeminine” professions. To facilitate this task, UNFPA and the CSR Center designed an interactive career guidance test that will help girls determine their aptitude for STEM fields, namely, science, technology, engineering and mathematics. After passing the test, the chatbot offers the results by gradation – from the highest to the lowest. Thus, the test indicates aptitude for all fields, without limiting the choice, but also determines the priority field.

A list of professions that are most relevant and in demand in STEM is offered in each field. The chatbot demonstrates that every girl can study STEM; provides information about the opportunities for development in STEM fields that may interest girls; helps the girls choose a future profession, motivating them to choose a STEM field; promotes awareness of the possibility of personal professional realization in STEM professions. [Read more](#)

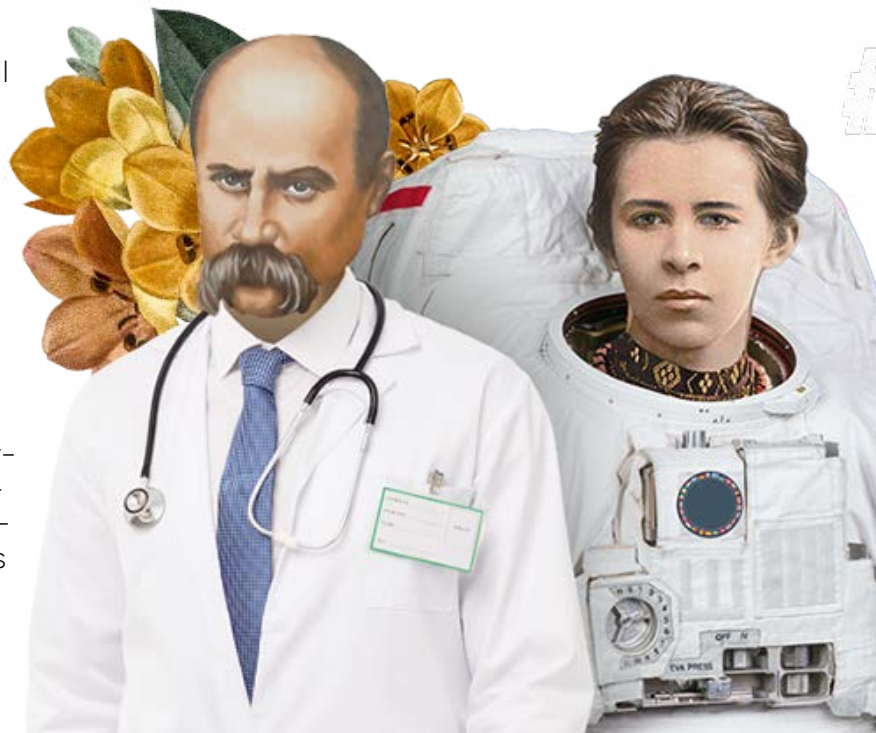


CHOOSING A CAREER WITHOUT STEREOTYPES TOGETHER WITH JUNIOR ACADEMY OF SCIENCES

In **June**, UNFPA and the Junior Academy of Sciences of Ukraine launched a [career guidance project, which became the “first swallow” of the national campaign on choosing a career without stereotypes #CVIDOMI](#). This project comprises a three-month course of lectures and training classes for teenagers aged 14–17, and is designed to help overcome difficulties in choosing a future profession. The project involves experts in various fields that share their incredible success stories and life hacks and tell how to fight stereotypes, as well as psychologists and mentors to support the participants.

During the project, psychologists and career counselors will conduct vocational testing and individual interpretation of the results for teenagers and help them learn how to best use their talents, realize their strengths and improve personal skills.

One of the components of the project – **#CVIDOMIнадихати** – involves motivational lectures by speakers, professionals from various fields. The second component – **#CVIDOMIпідтримати** – involves expert lectures by female psychologists on various topics: career guidance of a healthy person, or who to become in order to be happy; career guidance, or what we really choose when we talk about a career; what are the interests: what are they and why they are needed; self-presentation skills: how to make a portfolio, CV, undergo an interview and be oneself. The third component – **#CVIDOMIлюбирати** – involves closed motivational sessions with career counselors and psychologists for 100 participants.





**SPRINGBOARD
TO
EQUALITY**



Хайме Надаль
Представник UNFPA в Україні.
Привітає нас усіх зі стартом проєкту.



Маша Єфросініна
Почесна Амбасадорка UNFPA в Україні.
Поділіться своєю історією та посліпкуйтеся з тобою.



Іра Плешакова
Психологиня проєкту.
Проведе крутезну лекцію.



Тобіас Тибєрг
Посол Швеції в Україні.
Побажає вам успіхів та натхнення.



Оленка Северенчук
Модераторка події.
Розповість що й до чого в цьому проєкті.

A mentor and a psychologist work with each mini-group. The participants take career guidance tests, identify and improve their strengths, get to know their peers and spend time together at group training sessions.

Masha Yefrosinina, Honorary Ambassador of UNFPA Ukraine, joined the opening of the project on **June 7**. She told of her guidelines in choosing a profession, the difficulties she encountered, and how she overcame them. [Read more](#)

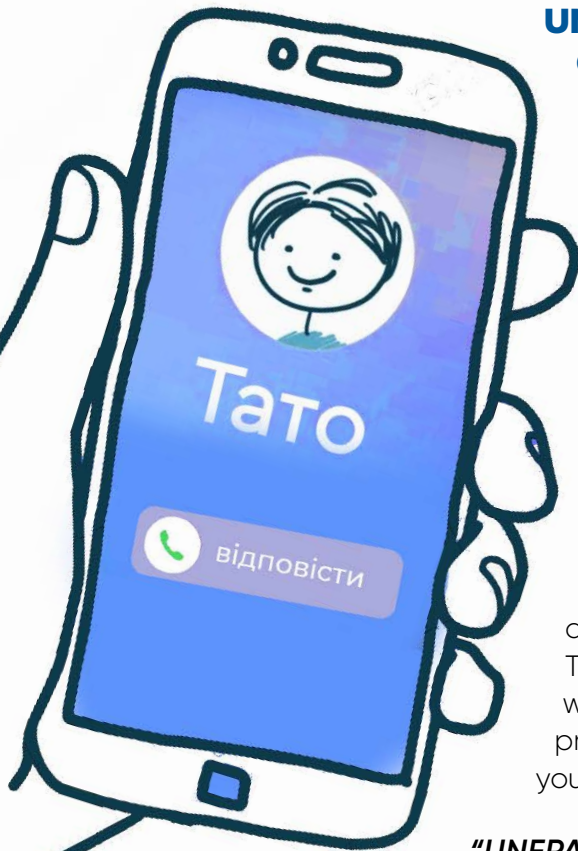
The communication campaign of the career guidance project #CVIDOMI has already reached more than **5,000,000 Ukrainian men and women**. The project involves lecturers that share their knowledge, experience, and life hacks in a wide variety of fields: creative industry, public activists, civil servants, educators, startup creators, film industry, atypical male occupations (manicurist, florist, primary school teacher), IT, writers, jewelers, representatives of the food industry, artists/designers and entrepreneurs.



UNFPA AND EDCAMP TRAIN EDUCATORS IN SOCIAL, EMOTIONAL LEARNING TECHNIQUES

On **June 10**, EdCamp and UNFPA launched the first training of trainers (ToT) in Social Emotional Learning. It is an innovative educational program for children and adolescents from preschool to high school age, developed by Emory University. [SEE Learning™](#) provides educators with tools they need to develop the emotional, social, and ethical intelligence of students and themselves. This programme provides educators with lesson plans for different levels of child development. It includes easy-to-implement lessons, the conceptual framework used to develop the programme, and resources for self-training and development. SEE Learning™ provides an opportunity for students to be ethically engaged in the global community, and for educators – the tools to support students' well-being through social, emotional, and ethical learning. Russia's war against Ukraine highlighted the importance of this programme – both children and educators need knowledge and skills that allow to understand own feelings and show empathy, to talk about emotions with themselves and with others, and provide practical tools for coping with stress, fear, panic. [More information about the project.](#)





UNFPA TOGETHER WITH ICTV CELEBRATED FATHER'S DAY WITH A CAMPAIGN CLOSE AT A DISTANCE

Father's Day is celebrated in Ukraine on the third Sunday of June. In 2022, Father's Day took on new forms and meanings – the war separated families and showed the importance of parental support at this time. For several years in a row, UNFPA and ICTV have together shaped the culture of this day – talking about the importance of fatherhood, explaining the roles of dads and highlighting the problems related to the inequality of participation in raising children. [ICTV and UNFPA prepared a video](#) with a reach of more than 11.34 million views, which shows the stories of "Ukrainian dads" – volunteers, bakers, doctors, soldiers, entrepreneurs, teachers and artists. Those who are now close to their children, and those who are far away. In their voices, the authors of the project talked about the available ways to say "I love you" to your child.

"UNFPA has been working with families in Ukraine for many years. We promote the ideas of healthy family relationships and responsible parenthood, where men and women are equally and proportionately involved in household chores and child care. Now, in wartime, UNFPA seeks to increase support for Ukrainian men and women. Through the network of tathubs, we are now working on the ground, at the community level, where changes are to take place, and our help is more relevant and necessary," comments Jaime Nadal, UNFPA Representative in Ukraine.

"The war changed our lives. It sharpened the understanding of good and evil, the power of love, partnership, devotion to values that distance us from the enemy. This is our campaign for Father's Day about, which we traditionally create with our partners from the United Nations Population Fund in Ukraine. It is about parental love that overcomes all circumstances and finds new forms to maintain contact with children even at a distance," says Oleksandr Bogutskyi, CEO of the Starlight Media.

As part of the campaign, UNFPA and ICTV shared parenting tips in today's wartime realities. How dads keep in touch with their children at a distance and what words of support to find for them in this difficult time – this was also discussed in the Father's Day video. More videos and useful tips are available on the page "Close at the distance".

[Read more](#)