



## How to...

# Show your support for peace

## Here's what you can do to let the world know you care.

If you're feeling worried about the war that began when Russian troops invaded Ukraine on February 24, you're not alone. People around the globe are calling for peace. They are helping those in need and taking action to end the conflict. Children can also make a difference. Talk to a parent or other adult about these four ideas.

### 1 SUPPORT A RELIEF ORGANIZATION

Many groups are working to help people affected by the conflict in Ukraine. Some are assisting those who are escaping violence, and others are providing aid to people who have stayed in Ukraine. Funds donated by supporters make it possible for these groups to continue helping those in need. Here are three nonprofit groups helping Ukrainian children and families.



#### Save the Children

Save the Children

This organization protects and supports children around the world. Established in 1919 in the UK, it has been working in Ukraine since 2014. Its new Ukraine Crisis Relief Fund will be used to provide food, water, money, mental health support, and other forms of aid to families that have had to leave their homes. Find out more at [savethechildren.org](http://savethechildren.org).



#### UNICEF

The United Nations Children's Fund (UNICEF) was created in 1946 to help children affected by World War Two.

Today it has programs for children worldwide. In response to the current conflict, UNICEF is bringing clean water, health and hygiene supplies, education materials, and mental health care to eastern Ukraine. Find out more at [unicef.org](http://unicef.org).



#### Voices for Children

This Ukrainian organization was founded in 2015 to support children in the eastern part of the country who have been affected by violence and conflict. Trained experts provide art therapy, video



storytelling, and other services to help children cope with trauma. Right now the organization is giving aid to families all over the country, including help in evacuating from areas of conflict. Find out more at [voices.org.ua/en](http://voices.org.ua/en).

### 2 WRITE TO AN ELECTED OFFICIAL

If you would like to express your thoughts to US leaders, you can write a letter to them and send it by email or through the postal service. To write to President Joe Biden at the White House, go to [whitehouse.gov/get-involved/write-or-call](http://whitehouse.gov/get-involved/write-or-call). To write to the US Senators or Representative who represent the state or community where you live, go to [congress.gov/members](http://congress.gov/members). You can explain how you're feeling about what's happening, tell them what you would like to see change in the future, or suggest steps they can take. Include your name and address in the letter, and add your age if you wish.

### 3 REACH OUT WITH KIND WORDS

You and your family or others in your community may be from Ukraine or Russia or may have ties to family and friends living

there. If so, reaching out to them with kind words can help. You could offer to talk with a classmate, or they may want to check in with you. Another idea is to write someone a note to express that you care and are thinking of them. If you'd like to do more, you could talk to a parent about offering to bring someone food or inviting them to share a meal. If you see a classmate being treated unkindly because of their heritage, speak up by telling an adult.

### 4 DISPLAY A POSTER FOR PEACE

Use the poster on the next page to express your support for Ukraine. You can fill in the heart however you wish, then cut it out and display it in a window or on your front door. Those who have been affected by the conflict or are concerned about it may feel reassured when they see it. If you would like to share your poster with us, ask an adult to take a photo of you holding it and email the photo to [hello@theweekjunior.com](mailto:hello@theweekjunior.com). Be sure to include your first name, age, state, and a few sentences about your poster. With an adult's permission, you can also share the poster on social media using #StandWithUkraine. Please tag us at [@theweekjuniorus](https://www.instagram.com/theweekjuniorus) so we can see it too.