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**GUIDE TO BEING
A GLOBAL CITIZEN:
HELPING
UKRAINE**





You may have heard talk or seen news coverage about the war in Ukraine. While war is big and scary, there are ways that kids can spread hope and give support to people who need help. This article focuses on what it means to be a global citizen and how you and your family can be a part of making the world a better, more peaceful place.

BACKGROUND



Ukraine is in Eastern Europe and is a country with 43 million people. Ukraine shares its eastern border with Russia, which has 144 million people. In February 2022, Russian military forces invaded Ukraine.

Russia's president is Vladimir Putin. He wants Ukraine to fall under his government, but Ukraine wants to remain a free country. Ukraine's president, Volodymyr Zelensky, is calling for peace and asking other world leaders to help. Many countries, including the United States, are

supporting Ukraine by stopping trade with Russia. This kind of action is called a sanction. People in many countries, including Russia, are protesting the war and using their voices to support Ukraine.

More than 2 million people have fled Ukraine to find safety in other countries. People who are forced to leave their homes because of war or violence are called refugees. Like Ukrainian refugees, people from countries including Syria, Venezuela, Afghanistan, and South Sudan have also been forced to leave their homes to find safety because of danger within their own countries. For refugees, every day is hard because their future is uncertain. It is up to others to help them feel safe, supported, and respected.

Learning about the wider world, and thinking about other people's experiences, is an important part of being a global citizen.



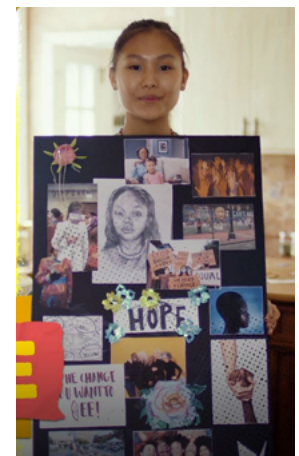
TAKE ACTION

There are many simple but meaningful actions you can take to be a global citizen. You can spread hope and make a difference, even from your own home, by following these steps:

1. **Learn about the world.** Explore reliable news sources to stay informed and knowledgeable about what is happening across the world. **Nickelodeon's Nick News** is a great place to start. Find [episodes](#) about current events made just for kids. As a family, you can also check out [this article](#) from *Time for Kids* to learn more about what is happening in Ukraine.
2. **Practice empathy.** Understand how others feel and what they are going through by reading and listening to stories that are different from your own. Start with books that share refugees' stories. Ask your local librarian for recommendations, or check out this [book list](#).

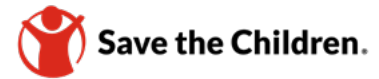


3. **Show solidarity with others.** Express support for Ukrainian families by making a sign, flag, or poster to put in your window. Use your creativity and be sure to include positive messages and symbols of love, acceptance, and hope.
4. **Build a brighter future.** Can you imagine a future where every kid feels safe and loved? [Listen](#) to one girl's dream to lift up others and help them grow. Share your hopes for a brighter future by creating a [vision board](#). When kids talk about their vision of the future it inspires others (even adults!) to make the world more equitable, fair, and kind. Invite family and friends to share their vision, too. Having a vision board is also a great way to remind yourself of good things when times are difficult.



5. **Find out about organizations that are helping.** Speak with your family about helping organizations that are taking care of refugees from Ukraine and other countries. Check out these organizations providing housing, food, and other services for refugee families. Ask your parents if there are ways your family can consider supporting these organizations.

Save the Children is helping deliver essential humanitarian aid and provide children and families at risk in Ukraine and bordering countries with immediate aid, such as food, water, hygiene kits, psychosocial support and cash assistance.



World Central Kitchen works to provide meals on the frontlines of humanitarian, climate and community crises. They are working in Ukraine and in other countries to feed thousands of refugee families daily.



Closer to home, there are many ways you and your family can help including volunteering your time, making a donation of food, clothing, other needed items, or money, or participating in a drive to collect these items for families in need.

FOR PARENTS, TEACHERS, AND CARING ADULTS

Talking about war and worldwide concerns can be difficult, even for adults. When preparing to talk about the events in Ukraine with your kids, there are some great resources to help you frame the discussion to maximize opportunities to learn, while at the same time ensuring kids feel heard, safe, and empowered.

Start by asking your children what they do know, if they want to talk about it more, if they have any questions, and how they are feeling. – Carol Sutton Lewis, Ground Control Parenting

Here is a list of resources with more tips to help guide the conversation.

[How to Talk to Your Child About the War in Ukraine](#) – American Academy of Pediatrics

[Talking to Kids About the War in Ukraine](#) – American Psychological Association

[How to Talk to Kids About Violence, Crime, and War](#) – Common Sense Media

[How to Talk with Your Kids About Ukraine](#) – Ground Control Parenting

[What to Say to Kids When News is Scary](#) – National Public Radio

WANT TO LEARN MORE? NICK IS HERE TO HELP.

NickHelps.com

for kids of all ages

NickParents.com

for parents and caregivers

NickCommunity.com

for youth organizations and educators

SPECIAL THANKS

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