



Empowering Ukrainian Teenagers in the UK with "**A New Level: Me**" Interactive Workbook

Introduction

In the face of war and displacement, Ukrainian teenagers have faced unique challenges adapting to life in new countries. Caught between two cultures, navigating identity questions, and processing trauma while managing typical adolescent pressures, these young people need targeted support.

To address this critical need, OPORA created "A New Level: Me" — a bilingual interactive workbook specifically designed for Ukrainian teenagers aged 13-18. This project, generously funded by The Story of Christmas, provides a safe space for self-exploration, emotional processing, and building resilience during one of life's most challenging transitions.



About the workbook

Designed for teenagers aged 13-18, "A New Level: Me" takes a modern, engaging approach through comic-style storytelling and relatable scenarios. It includes:

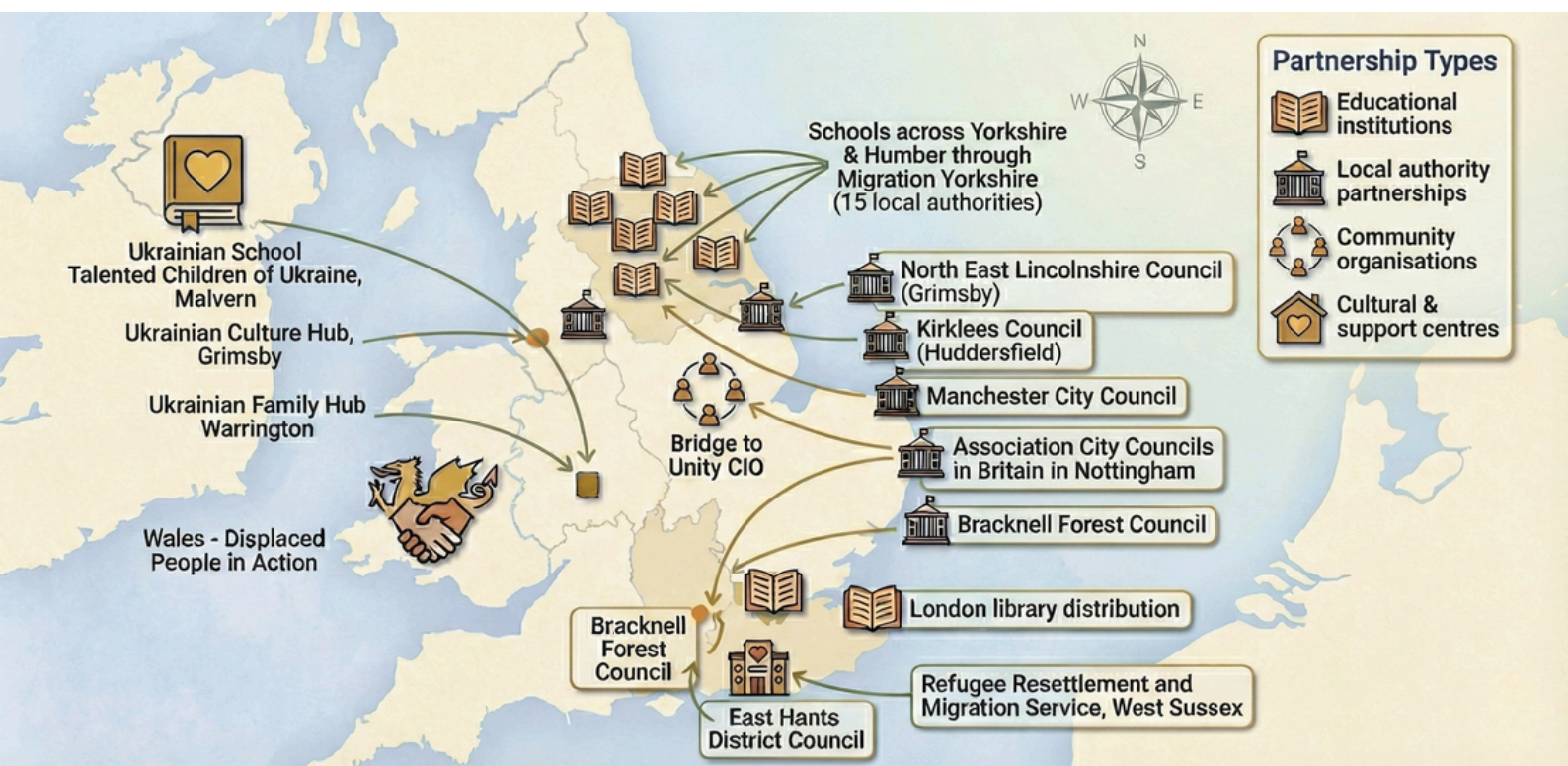
- **Identity exploration:** Activities helping teenagers navigate questions of belonging, dual cultural identity, and self-discovery between two worlds.
- **Emotional processing:** Evidence-based exercises to work through feelings of loss, anger, uncertainty, and hope in healthy ways.
- **Practical coping strategies:** Tools for managing stress, anxiety, social pressure, and the unique challenges of being a teenage refugee.
- **Peer connection:** Scenarios reflecting real experiences of Ukrainian teenagers in the UK, helping young people feel seen and less alone.
- **Future building:** Exercises for setting goals, envisioning possibilities, and maintaining hope despite uncertainty.
- **Comic format:** Modern visual storytelling that resonates with teenage audiences, making difficult topics accessible and engaging.

The workbook is a companion for teenagers to navigate complex emotions, build resilience, and create their own path forward while honouring both their Ukrainian roots and UK present.

Reaching teenagers across the UK

Since launch, **1,500 copies** of "A New Level: Me" have been distributed to Ukrainian teenagers across the United Kingdom through strategic partnerships ensuring the workbook reaches those who need it most.

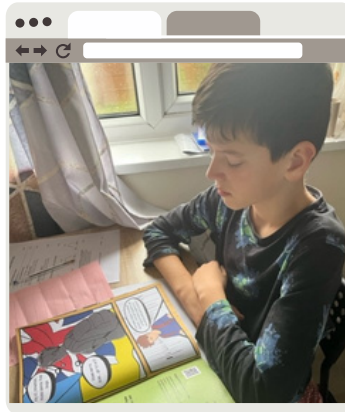
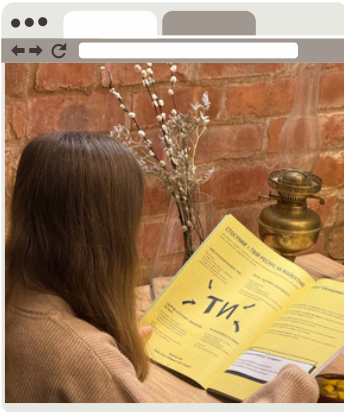
Partnership distribution map:



Individual family distribution:

Beyond organisational partnerships, hundreds of copies were sent directly to individual Ukrainian families across the UK who requested the resource through OPORA's networks, reaching teenagers in isolated rural areas and those without access to Ukrainian community organisations.



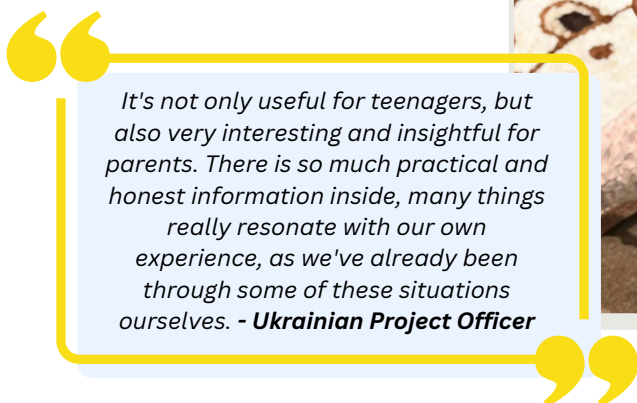
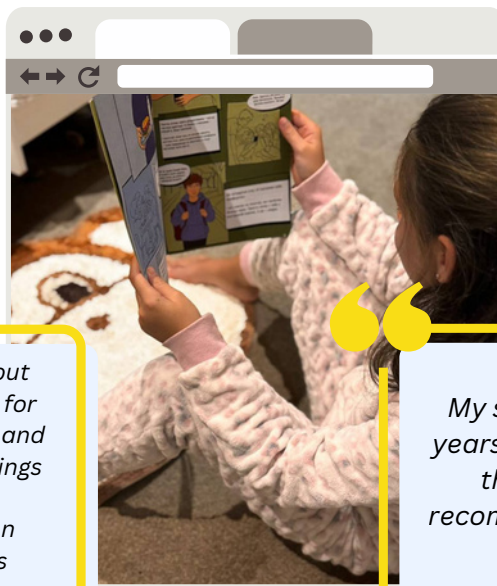


Feedback highlights

The success of the workbook is best told through heartfelt feedback from teenagers, parents, and educators who have used it. Photographs sent by families show teenagers actively engaging with the workbook – writing, reflecting, completing creative activities, and working through challenging emotions.

Across all testimonials, several themes emerged:

- **Identity and belonging:** Teenagers appreciated seeing their experiences reflected and validated, helping them feel less alone in navigating dual identity.
- **Emotional outlet:** Many found the workbook provided a safe, structured way to process feelings they struggled to articulate.
- **Parent-teen connection:** Parents noted the workbook opened conversations about difficult topics they hadn't known how to approach.
- **Practical tools:** Teenagers valued concrete coping strategies they could use immediately for stress, anxiety, and social challenges.
- **Cultural pride:** Young people enjoyed activities connecting them to Ukrainian heritage while adapting to UK life.



Measured impact

1,500 copies distributed across UK

20+ organisational partnerships established

Hundreds of individual families reached directly

Teenagers from Scottish Highlands to London accessing culturally-appropriate mental health support

Beyond numbers:


- Teenagers reporting feeling "less alone" and "understood"
- Parents gaining tools to support their children's mental health
- Schools and community organisations equipped with culturally-appropriate resources
- Ukrainian teenagers building resilience and hope during profound uncertainty

Conclusion

"A New Level: Me" demonstrates the power of targeted, culturally-appropriate resources in supporting displaced teenagers through one of life's most challenging periods. By combining modern format, evidence-based content, and deep understanding of Ukrainian teenagers' unique experiences, the workbook has become a trusted companion for young people navigating trauma, identity questions, and adaptation.

This project showcases OPORTA's commitment to meeting community needs with professional quality resources. As one teenager beautifully expressed:

"This workbook made me feel like someone actually gets what I'm going through. It didn't fix everything, but it helped me believe things can get better."



OPORA remains committed to providing resources that empower Ukrainian young people during challenging times. With the success of this initiative and our children's workbook "Mr. Corgi's Big Move," we continue developing materials that inspire connection, resilience, and hope across all age groups.

The next generation of Ukrainians in the UK deserves support that meets them where they are — and resources like "A New Level: Me" ensure they have tools to not just survive displacement, but to build meaningful lives filled with possibility.



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