















Russia's Invasion of Ukraine: 14 Things We Can Do

1		Care	Encourage yourself and others to care about the situation in Ukraine. What's happening may seem far away but people are being brutalized, injured and killed. They deserve our concern.
2		Accept	Accept your feelings of anger, sadness, frustration and outrage <ul style="list-style-type: none"> ▪ these reactions to this war are healthy and show you're human ▪ use these emotions to drive your efforts to make a difference
3		Study	Study about this terrible tragedy and keep up to date on events <ul style="list-style-type: none"> ▪ read newspapers, watch TV reports and do online research ▪ learn about Ukraine, Russia, Vladimir Putin, his brutal invasion
4		Watch	Watch videos uploaded to Youtube and elsewhere to see: <ul style="list-style-type: none"> ▪ the cruelty of Russia's attacks & suffering of people in Ukraine ▪ global protests, solidarity messages and calls for peace
5		Donate	Donate money to the international organizations and NGOs that are working to stop the war, to support people in Ukraine and to provide humanitarian, medical and refugee aid to the victims.
6		Support	Find ways to support, comfort and assist Ukrainian students, visitors and residents living in your country, city or community.
7		Show	Show your solidarity with the people of Ukraine in a visual way: <ul style="list-style-type: none"> ▪ decorate your clothes, bag, bicycle or car with the Ukrainian flag ▪ put up Ukrainian flags in your classroom, school or office
8		Share	Share your anger, feelings, ideas and suggestions with your family, friends, classmates, school, community and the media.
9		Join	Join anti-war demonstrators around the world by taking part in – or organizing - a local peace protest against Russia's invasion
10		Invite	Invite a guest speaker (a Ukrainian student, an expert on Ukraine) to give a talk to your class, school, group or community
11		Speak out	Express your feelings about Putin's brutal war on Ukraine by: <ul style="list-style-type: none"> ▪ speaking out in public, writing letters, giving presentations ▪ writing articles, making posters, using social media
12		Reach out	Reach out to Russian students, colleagues and dissidents, acknowledge their shock, shame & confusion, offer support, keep the focus on Putin and work to prevent demonization of "all Russians"
13		Plan	Plan an event for your school or community to raise awareness, teach about the situation in Ukraine and raise money to help.
14		Think	Think about other ways that you, your family, friends, school and colleagues can work to stop Russia's attacks and help Ukraine.

Thanks for any actions you can take to stop this war and support people in Ukraine!

Take Action on Ukraine: Websites That Can Help You Get Started

22 Meaningful Ways You Can Help Ukraine

(Global Citizen NGO 2/25)

www.globalcitizen.org/en/content/ways-to-help-ukraine-conflict/

Check the link above for details on action:

DONATE MONEY to NGOs:

- People in Need
- Ukrainian Red Cross
- International Medical Corps
- CARE International
- Nova Ukraine
- UNICEF
- UNHCR
- Save the Children
- UN World Food Program
- Mercy Corps
- Medical Teams International

TAKE ACTION:

- Join a Peace Protest
- Join *Global Citizen's* Campaign

STAY INFORMED:

- Kiev Independent
- New Voice of Ukraine
- Ukraine World
- Kyiv Post
- CNN Reporter Dale Dan
- Kyiv Correspondent Olga Tokariuk
- Follow Tweet Updates by Global Leaders: Volodymyr Zelensky & Dmytro Kuleba Joe Biden & Antony Blinken Antonio Guterres & Ursula von der Leyen
- Learn more about the background:
 - read the Kyiv Post article "10 Popular Misconceptions about Ukraine"
 - watch the Netflix documentary "Winter on Fire: Ukraine's Fight for Freedom"
 - listen to a podcast on "How Russia uses disinformation as an instrument of war"

How to Talk to Your Children about Russia Invading Ukraine and What You Can Do To Help

(Parents.com 2/25)

https://www.parents.com/news/what-to-know-about-russia-invading-ukraine-and-how-to-help-families-torn-apart-by-war/?utm_source=pocket-newtab

- (1) **Donate:**
- UNICEF
 - Doctors w/o Borders
 - Save the Children
 - Voices of Children
 - Nova Ukraine
 - Outright International
 - Hromada & Anhelyk
 - Int'l Red Cross
- (2) **Support Journalism:**
- Ukraine World
 - Kyiv Independent
- (3) **Protest:** Stand up for peace at a protest

How to Help the People of Ukraine:

5 Places to Donate (Women's Health 2/25)

www.womenshealthmag.com/life/a39210809/how-to-help-ukraine/

This Women's Health magazine article provides details on five organizations that are working to address the crisis in Ukraine:

Medical Supply Charities:

- Revived Soldiers Ukraine
- Razom for Ukraine
- United Help Ukraine
- Sunflowers of Peace

Support of Children in War-torn Areas:

- Voices of Children

Here's What You Can Do To Help People in Ukraine

(TIME Magazine 2/25)

<https://time.com/6151353/how-to-help-ukraine-people/>

This link profiles NGOs we can support that are recommended by TIME magazine.

Aid Groups Working in Ukraine:

- UNICEF
- UNHCR
- ICRC Red Cross
- Doctors without Borders
- Nova Ukraine
- International Rescue Committee (IRC)

Recommended Charities:

- Voices of Children
- Vostok SOS
- Voices of Children
- Nova Ukraine
- Malteser Internat'l
- Sunflower of Peace
- United Help Ukraine

Japanese Website: "Ideas for Good" Actions That People in Japan Can Take

「ウクライナの危機を前に、いまわたしたちができること」

<https://ideasforgood.jp/2022/02/28/ways-to-help-ukraine-conflict/>

- 1 適切な情報を入手する
 - 2 背景を知る
 - 3 寄付をする
 - 4 署名をする
 - 5 SNS やデモ参加などで意思表示をする
 - 6 自分や目の前にいる人を大事にする
- + 人企業に出来る事・海外企業の動き