

IMPACT OF THE WAR ON YOUTH IN UKRAINE 2025

Nationwide representative study

LIFE EXPERIENCE

Percentage of youth who see their future as hopeful

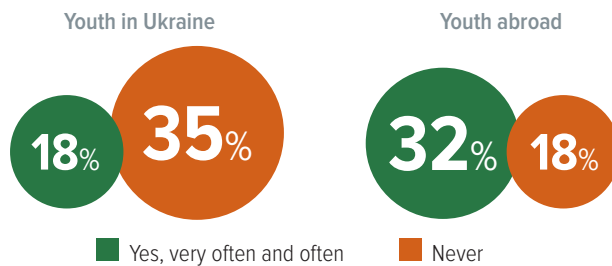


Three most common problems for youth in Ukraine



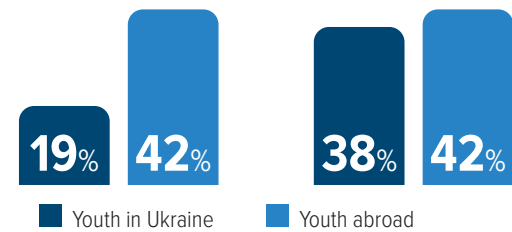
MENTAL HEALTH

Have you experienced excessive psychological anxiety or panic?



Need psychological help

Of those who need help, did they seek it

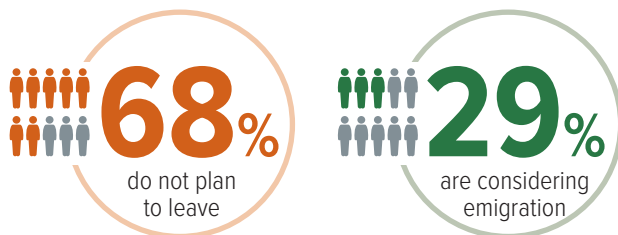


Most common reasons for not seeking help

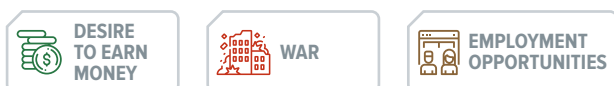
- Not knowing where to go (31% in Ukraine, 10% abroad)
- Lack of funds for consultations (29% in Ukraine, 38% abroad)
- Distrust in the effectiveness of consultations (21% in Ukraine, 10% abroad)

MIGRATION SENTIMENTS

Youth in Ukraine

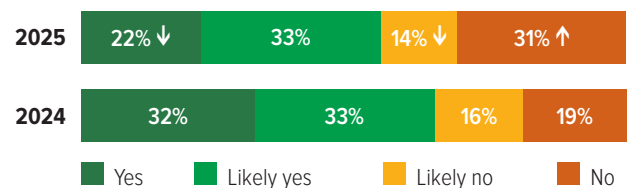


Main factors for emigration



Youth abroad

Do you plan to return to Ukraine?



Main factors for returning



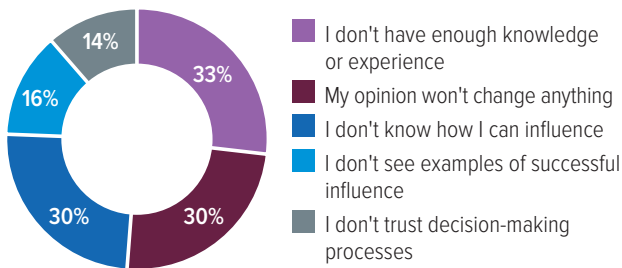
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VOLUNTEER ACTIVITY AND PARTICIPATION IN PUBLIC LIFE

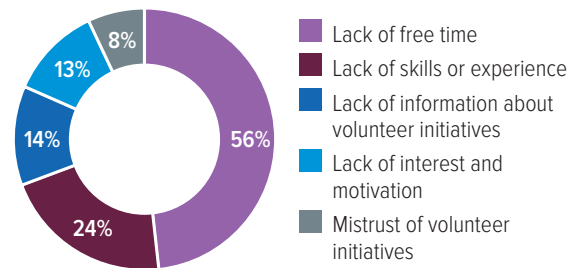
44% of youth in Ukraine feel they can influence changes in the community

Main barriers to participation*



53% of young people in Ukraine have volunteering experience

Barriers to joining volunteering*

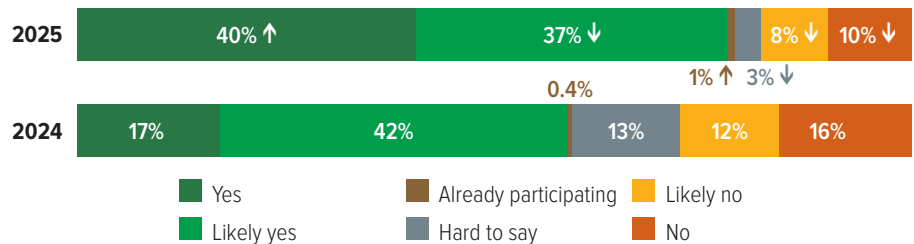


* It was possible to choose up to three options

ROLE OF YOUTH IN RECOVERY



Readiness to join recovery processes in the community



RESEARCH METHODOLOGY

2,050 young people (14-35 years old) living in Ukraine

10–21 September 2025

600 young Ukrainians living in the EU

11–17 September 2025

12 focus groups (including male and female veterans)

4–11 November 2025

