

QUESTIONS to discuss

FirstNews • Issue 820 • 4 – 10 March 2022



RUSSIA has invaded Ukraine and started a war. Why did they do that and what's going on?

First News and **SkyKids FYI** will help you to:

- Find the facts
- Understand the history
- Think things through
- Address worries
- Ask questions
- Help out – take part in the *First News* Ukraine Schools Appeal in partnership with the Disasters Emergency Committee (DEC)



FINDING THE FACTS

1. What has happened?

- Who is Vladimir Putin?
- When did Vladimir Putin instruct the Russian army to invade Ukraine?
- When did the lead-up to the war begin?
- What did Putin instruct the Russian army to do at this stage?
- In what other country did the Russian army position soldiers?

2. Where is Ukraine?

- Whereabouts in Europe is Ukraine?
- Find the map and find all the countries that are on its borders.
- How far away is Ukraine from where you live? (You might need to do some research on Google Maps to work this out!)
- Do you have any connections with people who live in Ukraine, or any of the countries that border Ukraine?

GLOSSARY

Western leaders — Primarily the leaders of America, the UK and the countries of the European Union

UNDERSTANDING THE HISTORY

1. What was the Soviet Union?

- What was it also known as?
- When did it exist?
- How many states made up this huge country? Can you name any?
- Which was the biggest power inside the Soviet Union?
- What happened to each of the states after the Soviet Union collapsed?

2. What is NATO?

How has it changed since it was first formed?

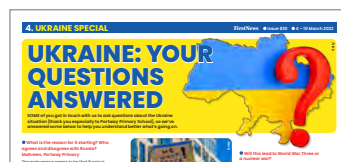
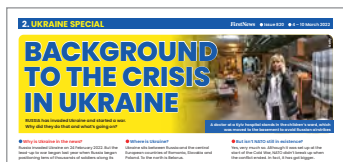
3. What was the Cold War?

4. What happened to Ukraine after the Cold War?

Why was 2014 a significant year for the country?

GLOSSARY

Russian Revolution — This took place in 1917 when the peasants and working-class people of Russia protested about their harsh living conditions and rose up against the government of Tsar Nicholas II. They were led by Vladimir Lenin and a group of revolutionaries called the Bolsheviks. The new communist government created the country of the Soviet Union



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THE SITUATION IN UKRAINE IS CHANGING RAPIDLY, BUT YOU CAN KEEP TRACK OF EVENTS WITH *FIRST NEWS*' DAILY UPDATE AT [FIRSTNEWS.CO.UK/UKRAINE](https://www.firstnews.co.uk/ukraine)

INFORMATION FOR TEACHERS

FirstNews ● Issue 820 ● 4 – 10 March 2022

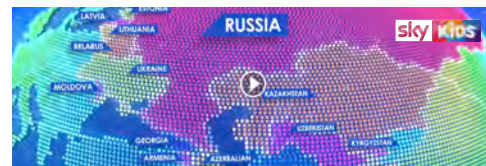
These questions are designed for **teacher-led discussion sessions** to help young people understand what is happening and ensure they have the facts, not misinformation. Read the special reports in **First News** and watch **SkyKids FYI: For Your Info** episode 161.

The information provided here supports teachers with the facts needed for each area of discussion.



These questions will guide your students through the news and support them to:

- Find the facts
- Understand the history
- Think things through
- Address worries
- Ask questions
- Help out – take part in the First News Ukraine Schools Appeal in partnership with the Disasters Emergency Committee (DEC)



FINDING THE FACTS

1. What has happened?

● Who is Vladimir Putin?

Russia's president. He's been leading the country – as either prime minister or president – since 1999. During this time, he has put many of his political opponents in jail.

● When did Vladimir Putin instruct the Russian army to invade Ukraine?

24 February 2022

● When did the lead-up to the war begin?

Last year, 2021

● What did Putin instruct the Russian army to do at this stage?

To position tens of thousands of soldiers along its border with Ukraine

● In what other country did the Russian army position soldiers?

Belarus

2. Where is Ukraine?

● Whereabouts in Europe is Ukraine?

Ukraine is in eastern Europe. It sits between Russia and the central European countries of Romania, Slovakia and Poland. To the north is Belarus.

● Look at the map and find all the countries that are on its borders.

Russia, Romania, Moldova, Hungary, Slovakia, Poland, Belarus

● How far away is Ukraine from where you live?

(You might need to do some research on Google Maps to work this out!)

Discuss your circumstances

● Do you have any connections with people who live in Ukraine, or any of the countries that border Ukraine?

Discuss the responses students want to share or connections that you have.

Sensitivity is important, even if you are unaware of any specific personal circumstances. No pupil should feel under pressure to discuss their own circumstances. Referring to the invasion as Putin's war will support Russian families in the UK.



UNDERSTANDING THE HISTORY

1. What was the Soviet Union?

● What was it also known as?

Union of Soviet Socialist Republics – USSR

● When did it exist?

From 1917 to 1991

● How many states made up this huge country? Can you name any?

Former Soviet states include Russia, Ukraine, Lithuania, Latvia, Estonia and Kazakhstan. (These are mentioned in the First News article.)

The 15 states were:

- Russia, Belarus, Ukraine, Moldova
- Baltic republics: Estonia, Latvia and Lithuania
- Caucasus: Armenia, Azerbaijan, Georgia and Turkmenistan
- Central Asia: Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan



● Which was the biggest power inside the Soviet Union?

Russia

● What happened to each of the states after the Soviet Union collapsed?

They became independent countries. They all have different links and ties with Russia. For example, in Belarus, President Alexander Lukashenko has ruled the country since 1994 and maintains close links with Russia. Estonia, Latvia and Lithuania made links with western countries and joined NATO and the EU in 2004.

2. What is NATO? How has it changed since it was first formed?

NATO (the North Atlantic Treaty Organization) is an international military alliance that guarantees the freedom of its member countries.

It was formed by the USA, Canada and western European nations (such as the UK, France and Norway) on 4 April 1949, a few years after the end of the Second World War. Other countries have joined over the decades.

Original NATO countries: Belgium, Canada, Denmark, France, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, the UK and the USA.

Subsequent countries joining: Greece and Turkey (1952), Germany (1955), Spain (1982), Czech Republic, Hungary and Poland (1999), Bulgaria, Estonia, Latvia, Lithuania, Romania, Slovakia and Slovenia (2004), Albania and Croatia (2009), Montenegro (2017), North Macedonia (2020).

NATO's Article 5 states that "The Parties agree that an armed attack against one or more of them in Europe or North America shall be considered an attack on them all".

3. What was the Cold War?

The Cold War was another global conflict that began after the Second World War. It saw the Soviet Union and many eastern European countries like Poland and Hungary pitted against NATO, which included the USA, Canada, UK and other western European countries, like France and West Germany.

This wasn't a normal war because the main countries didn't fight each other. However, there was always tension because both sides feared the other would try to invade them or, worse, launch a nuclear weapon against them.

4. What happened to Ukraine after the Cold War? Why was 2014 a significant year for the country?

- Some Ukrainians wanted to be closer to the European Union and to join NATO.
- There are many Russian speakers in eastern Ukraine who prefer to be close to Russia, not the West.
- An uprising in early 2014 forced the pro-Russian president of Ukraine to quit.
- Putin sent in Russian soldiers to take control of Crimea.
- Crimea remains under Russian control today.
- Russia sent its troops to support pro-Russian rebel fighters in their war against Ukrainian government forces in the eastern part of Ukraine.
- This conflict, which began in 2014, is ongoing.

THINKING THINGS THROUGH

1. Why was Russia unhappy when former Soviet states started joining NATO?

● In 2004, former Soviet states Estonia, Latvia and Lithuania joined NATO. Russia was not happy because it meant that an organisation it thought of as an enemy now had troops on its western border. Russia was also upset because back in 1990 and 1991, at the end of the Cold War, many Western leaders had told the Russians they would not look to grow NATO eastward. The decision to allow former Soviet states to join NATO was deemed to contradict this assurance.

2. What are world leaders doing to try to resolve the current conflict between Russia and Ukraine?

● There have been talks between Russia and Ukraine to try to stop the conflict. The UK, EU, USA and other countries are also bringing in sanctions to penalise Russia for waging war on Ukraine. These sanctions are in the form of economic restrictions to make it difficult for Russian companies and banks to carry out their normal business. The sanctions make Russia's money, the rouble, worth less and this puts pressure on Russia's economy.

● Furthermore, European Union leaders have agreed to send millions of pounds-worth of weapons and other aid to Ukraine. This is the first time the EU has ever done this.

3. Why is the supply of fossil fuels an issue for world leaders?

● The supply of fossil fuels is an issue for world leaders because many countries (including the UK) rely on Russia for lots of their oil and gas supplies. This means that millions of pounds are still being sent to Russia in exchange for fossil fuels. This makes the economic restrictions less effective because money is still going into the country and could be spent on Russia's military.

4. How are people in Russia being affected by the war?

● It has been reported that Russian citizens are already feeling the effects of sanctions, with prices rising in shops and some things being harder to find. It has also been reported that the European part of Russia's biggest bank, Sberbank, is in trouble because so many people decided to take their money out.

5. The government in Russia runs much of the media (newspapers, TV, radio and websites). How does this influence what people living in Russia think about what is happening in Ukraine at the moment?

● This influences what people living in Russia think about what is happening in Ukraine at the moment because the Russian government will want to present its actions in a favourable light. This means that media reports are likely to be very biased so it is difficult to get reliable news in Russia. However, even this hasn't stopped many people in Russia from protesting against the war. Protests have taken place in more than 50 Russian cities and towns, with police arresting hundreds of protesters.

6. How have people around the world been supporting the Ukrainian people?

● People have been marching and demonstrating against the war. Look at the photo of people in Madrid, Spain, on page 6.

● Iconic buildings have been lit up in the colour of the Ukrainian flag. Look at the photo of the Sydney Opera House, Australia, and Empire State Building, USA, on page 6.

● Humanitarian aid is being put in place. Look at the photo of the essential donations being collected in Poland on page 6. Charities are starting campaigns to raise money for aid programmes.

7. Can we – young people in the UK – help the Ukrainian people? What ideas do we have?

● Listen to everyone's thoughts and suggestions. Pick up on worries (see next section)

● Join in the First News Ukraine Schools Appeal in partnership with the **Disasters Emergency Committee's Ukraine Humanitarian Appeal**. Take part in our blue and yellow DAY FOR UKRAINE on Wed 16 March to raise money and write messages to Ukrainian children. Find out more at [first.news/Ukraine](https://www.first.news/Ukraine)

ADDRESSING WORRIES ABOUT WAR

1. When faced with worrying news, such as the news about the conflict in Ukraine, why is it important to double check the information about what's happening?

● It is important to double check the information about what's happening with sites you can trust because major news events can be sensationalised and sometimes the information being shared might be misleading or inaccurate. By checking the facts, you can manage your reaction to the news because you can ensure that you are not worrying about something that isn't true.

2. Why is it important to share your worries and concerns with a trusted adult?

● It is a good idea to share your worries and concerns with a trusted adult because it enables you to ask questions. Understanding what is going on and being able to discuss your feelings can help you to process everything and cope better.

● Alternatively, you can share your feelings safely and anonymously on the Childline message boards, or speak to a counsellor on 0800 1111 or [childline.org.uk](https://www.childline.org.uk).

3. If you are feeling really worried, how might doing something positive help?

● If you are feeling really worried then doing something positive can help because it takes the focus away from your negative feelings. Even something simple like supporting a friend who's upset, or sharing something positive online can help you to feel more in control and more optimistic.

4. Dr Anna Colton says that giving anxiety attention is "like watering a plant". What do you think she means by this, and what should you do instead if you feel anxious because of world events?

● Watering a plant makes it grow, so this means that giving anxiety attention makes it grow and everything seems worse. Therefore, it is not a good idea to be constantly checking the news and receiving notifications and news alerts. Instead, you should take a break from the news or videos so that you don't feel overwhelmed. You could distract yourself by talking to friends and family, playing games or engaging in a hobby.

UKRAINE: YOUR QUESTIONS ANSWERED

Please send students' questions (with their first name only) to *First News*.

Email newsdesk@firstnews.co.uk

Or submit individual questions at first.news/ukrainequestions



DAY FOR UKRAINE – WED 16 MARCH 2022

1. WEAR **YELLOW** AND **BLUE** to school on our special **DAY FOR UKRAINE** next **Wednesday 16 March** to raise money for the **First News Ukraine Schools Appeal**.

We suggest pupils donate £1 if they can. If you can't do it that day, arrange it for another day soon. Other activities could be organised, such as a sponsored **WALK FOR UKRAINE**. And, children can fundraise at home as well.

Donate to our DEC Just Giving page at first.news/ukraineappeal

2. Write a message to Ukraine

As well as taking part in our blue and yellow **DAY FOR UKRAINE** to raise money, children's support in words and pictures will also mean so much.

On that day, we'd love you to draw a picture or write a message to a Ukrainian child in the heart in the middle of the Ukraine flag, and we will publish them on the *First News* website for everyone to see.

Download the flags from first.news/ukraineflag. Send your completed flags to First News via first.news/Ukraine

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1. UKRAINE SPECIAL

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First News

NEWS
KIDS CAN
TRUST

Issue 820 4 – 10 March 2022

2.6M
READERS*

SPECIAL
EDITION

PAGES 2, 3, 4, 5 & 6
YOUR QUESTIONS ANSWERED



ALL EYES ON UKRAINE

Getty

2. UKRAINE SPECIAL

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BACKGROUND TO THE CRISIS IN UKRAINE

RUSSIA has invaded Ukraine and started a war. Why did they do that and what's going on?

A doctor at a Kyiv hospital stands in the children's ward, which was moved to the basement to avoid Russian airstrikes

● Why is Ukraine in the news?

Russia invaded Ukraine on 24 February 2022. But the lead-up to war began last year when Russia began positioning tens of thousands of soldiers along its border with Ukraine – then more inside the country of Belarus, a Russian ally (supporter). Western leaders were worried the Russians were preparing to invade Ukraine. Now that has happened. But why?

● Why did Russia invade?

Russia says it wants to know that Ukraine won't join NATO (the North Atlantic Treaty Organisation). NATO is an international organisation that guarantees the freedom of its member countries. Russian president Vladimir Putin thinks that, if Ukraine joins, it will give the USA and its allies too much power right next to the Russian border. Russia has also demanded NATO removes all troops from Bulgaria and Romania.

NATO members and other countries are against the invasion of Ukraine. They argue that Ukraine should be free to do what it wants and Russia shouldn't interfere. Western leaders say if Ukraine wants to join NATO, it should be free to do so.

Also, thousands of Russian people who don't agree with President Putin's decision to go to war have been protesting in cities across the country.

● Are world leaders trying to resolve the crisis?

Yes. There have been talks between Russia and

Ukraine to try to stop the conflict. The UK, EU, USA and other countries are making it tough for Putin by bringing in sanctions – penalties given to a country that is behaving badly. Sanctions make it difficult for a country to make money, so it can't carry on as normal. NATO has said it won't get involved directly with fighting.

● Where is Ukraine?

Ukraine sits between Russia and the central European countries of Romania, Slovakia and Poland. To the north is Belarus.



From 1919 until 1991, Ukraine was part of the Soviet Union (also known as the Union of Soviet Socialist Republics – USSR). This was a giant country formed after the Russian Revolution began in 1917. In total, it was made up of 15 states. All of them became independent when the Soviet Union collapsed in 1991. These former Soviet states include Lithuania, Latvia, Estonia and Kazakhstan.

Russia was the biggest power inside the Soviet Union. Many Russians lived and worked in other Soviet countries. There are still large Russian communities in many of these countries, including Ukraine.

● What was the Cold War?

The Soviet Union was very powerful. After the Second World War, another global conflict began, known as the Cold War. But this wasn't a normal war. The main countries involved didn't fight each other, but there was always tension because both sides feared the other would try to invade them or, worse, launch a nuclear war and wipe them out.

The Cold War saw the Soviet Union and many eastern European countries, like Poland and Hungary, pitted against NATO, which included the USA, Canada, UK and other western European countries, like France and West Germany.

The Cold War ended in 1991, when the Soviet Union collapsed.

● But isn't NATO still in existence?

Yes, very much so. Although it was set up at the start of the Cold War, NATO didn't break up when the conflict ended. In fact, it has got bigger.

In 2004, former Soviet states Estonia, Latvia and Lithuania joined NATO. Russia was not happy about this. It meant that an organisation it thought of as an enemy now had troops on its western border.

The decision to allow former Soviet states to join NATO also upset Russia because, back in 1990 and 1991, many Western leaders told the Russians they would not look to grow NATO eastward.



● What happened to Ukraine after the Cold War?

Since it became its own country after the collapse of the Soviet Union, Ukraine has mostly been quite friendly towards Russia. But some Ukrainians want to be closer to the European Union and to join NATO.

When an uprising in early 2014 forced the pro-Russian president of Ukraine to quit, it seemed the country might change direction and become very pro-Western. Putin acted fast and sent in Russian soldiers to take control of Crimea. This region of southern Ukraine used to be part of Russia. It remains under Russian control today.

Russia also sent its troops to support pro-Russian rebel fighters in their war against Ukrainian government forces in the eastern part of Ukraine. This conflict, which began in 2014, is ongoing.

There are many Russian speakers in eastern Ukraine who prefer to be close to Russia, not the West. But Western leaders say that is no excuse for Russia to wage in and support a war.

Every week, First News will help you to make sense about what is going on in Ukraine. You can also watch FYI, the Sky Kids children's news show, at first.news/educationTV to find out more.

If you are worried, speak to an adult you trust or contact Childline on 0800 11 11.



Sanctions on Russia are making its money, which, worth less, rouble puts pressure on Russia's economy

3. UKRAINE SPECIAL

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WHAT'S THE LATEST?

RUSSIA has attacked Ukraine, and hundreds of thousands of people have left their homes to escape the fighting.

We look at what's happening inside Ukraine, the effect it is having around the world, and what other countries are doing to try to stop the war and help Ukraine and its people.

A civilian block of flats in Kyiv that was damaged by a Russian rocket

Russia invades

Russian troops have attacked Ukraine from the north, east and south, including several attempts to enter Ukraine's capital, Kyiv.

Russian forces control some sections inside Ukraine's borders, but Ukrainian troops have put up a tough fight and stopped Russia's first attempts to take over Kyiv. However, lines of Russian tanks several miles long have been seen headed towards Kyiv.

Russian missiles have hit lots of civilian areas in Kyiv and other cities, including Kharkiv, the second-largest city. On Sunday, human rights organisation Amnesty International said that Russian weapons had hit at least four schools, killing several people and a child. The head of Amnesty, Agnès Callamard, said it was "stomach turning" and "should be investigated as a war crime". Many civilians have been hiding in subway stations and bomb shelters to avoid Russian airstrikes.



People taking shelter in a Kyiv subway station

Russian President Vladimir Putin's actions. Getting reliable news is limited in Russia, as the government runs much of the media and has closed down many independent news organisations. But even this hasn't stopped many people in Russia from protesting against the war. Protests have taken place in more than 50 Russian cities and towns, with police arresting hundreds of protesters.



Kyiv is 1,500 miles (2,414km) from London, about the same distance from the UK to the south of Spain, so it's really far away

The world unites against Russia

On Sunday, European Union (EU) leaders agreed to send millions of pounds' worth of weapons and other aid to Ukraine – the first time the EU has ever done this. Many countries around the world have also put financial restrictions called sanctions in place. This means that Russian companies and banks will struggle to carry out their normal business.

On Monday, it was reported that the European part of Russia's biggest bank, Sberbank, was in big trouble after so many people decided to take their money out. It was also reported that Russian citizens are already feeling the effects of sanctions, with prices rising in shops and some things being harder to find. Even though the Russian government controls a lot of the media, it can't stop people noticing empty shelves and higher prices.

A fuss over fossil fuel

The big problem with the sanctions is that many countries (including the UK) rely on Russia for lots of their oil and gas supplies. So, even while Western countries are protesting against Russia's actions and trying to restrict the country's economy, they are sending millions of pounds to Russia in exchange for fossil fuels. Many have

said that this is yet another reason why moving to greener sources of energy that we control ourselves is a wise move, as it would limit how much money Russia could spend on its military.

Bear vs bear

Russia as a country has often been nicknamed the 'Russian bear', but Ukraine also has a bear on its side – Paddington! Ukraine's president, Volodymyr Zelensky, used to be an actor and comedian – and provided the voice for Paddington in the Ukrainian versions of the two hit movies.



An illustration of the 'Russian bear'

Ukraine fights back

Although Russia's military is much bigger and has better equipment, Ukrainian troops are fiercely defending their country. They are also being helped by many civilians who have bought weapons and taken shooting lessons in recent months. Some Ukrainian businesses have even stopped producing goods so that they can make weapons instead.



A man is led away by police officers in Moscow, Russia, for protesting against the war

Anti-war protests – even in Russia

Ukrainians and their many supporters have been protesting in cities all around the world, with many people criticising



Children's charity UNICEF says Paddington's kindness makes him a perfect champion for them

Mr Zelensky became famous for starring in a TV show called *Servant of the People*, where he played a teacher who became president after ranting about the state of politics. He also competed in the Ukrainian version of *Strictly* back in 2006!

Hugh Bonneville (on the right of Paddington in the picture above), who starred in the two Paddington films, tweeted about Mr Zelensky's role as the marmalade-loving bear. He also posted a link to the website of children's charity UNICEF, which has Paddington as a children's champion. You can find out more about how UNICEF is helping the children in Ukraine or donate money by visiting www.unicef.org.uk.

The situation in Ukraine is changing rapidly, but you can keep track of events with our daily update at live.firstnews.co.uk.

4. UKRAINE SPECIAL

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UKRAINE: YOUR QUESTIONS ANSWERED

SOME of you got in touch with us to ask questions about the Ukraine situation (thank you especially to Portway Primary School), so we've answered some below to help you understand better what's going on.



● What is the reason for it starting? Who agrees and disagrees with Russia?

Mahreen, Portway Primary

The main reason seems to be that Russia is worried about losing its influence over the countries that surround it, which will mean that Russia has less of a say in world affairs. Russia is basically on its own with this attack, although Belarus is allowing Russian troops based there to launch attacks on Ukraine. Even its big supporter, China, is trying to stay out of it, and has said that both sides should stop the fighting.



Vladimir Putin

● What does Russia want from Ukraine? **Simona, Portway Primary**

Ukraine has a very long border with Russia, so Russian President Vladimir Putin seems uncomfortable

with the idea of Ukraine being more friendly with Western countries such as the UK and US. Although Russia fought on the same side as the UK and US in World War Two, since then they haven't really been on friendly terms. So, possibly, Putin is worried that countries he sees as opponents may, in future, have troops based over the border in Ukraine.

● How long is it going to continue?

Joy, Portway Primary

It's impossible to say. Russia has been funding small rebellions in eastern parts of Ukraine for years, but a full-scale assault is another matter. The attacks are seriously harming Russia's global reputation, and the world's countries



Cars queue as people try to cross the border into Poland

are increasing the pressure on Russia's economy, so Russian citizens and businesses are unlikely to support the war or want it to continue for long.

● What's being done to stop Russia?

Stopping the war is the main thing on



A girl calls for peace at an anti-war protest in Amsterdam, Netherlands

many people's minds right now. World leaders are being joined by business leaders to make it harder for Russia to make money (see p3). Sport is also helping to increase the pressure on Russia from all angles. Russian athletes are being banned from many international events, including the Champions League and the qualifiers for this year's men's football World Cup, which is the most-watched sporting event in the world. Sport, especially football, is big business and has huge influence around the world, so it all helps to pile pressure on Russia.

● Why aren't other countries like the UK sending troops to help Ukraine?

Russia has one of the most powerful armies in the world, so starting a war against it would be a bad idea. That's why world leaders are trying to talk to Russia, so that things can be worked out in discussions rather than on the battlefield. Russia also knows that Ukraine isn't yet part of NATO (see p2). Countries who are in NATO will join a war if another member is attacked, but Ukraine doesn't have that protection.

● Could Russia invade the UK?

No. Russia has no reason to invade the UK. Even if it did, it is a very long way away from the UK, with lots of countries and sea in between. It is much easier for Russia to invade Ukraine, as it can send tanks and troops the short distance by land and air. Also, the UK is a part of NATO, so could call on the help of other NATO countries such as the US, France and Germany. It might be hard to judge what Vladimir Putin is thinking, but he isn't stupid.

● Will this lead to World War Three or a nuclear war?

The world has come a long way since World War Two, and all countries realise that the risks of a world war are too great. After WW2, organisations such as the United Nations and NATO were set up to avoid the threat of future world wars. Only two nuclear weapons have ever been used in war, and both were in 1945 against Japan. People were horrified at the devastation caused by those two bombs, and huge efforts have gone into making sure that it never happens again. Putin knows that a nuclear war would only lead to the destruction of Russia, so he has nothing at all to gain from starting one.

● Will my parents have to fight?

No. A lot of people have asked this, maybe because Ukraine has barred men aged 18-60 from leaving the country, in case they are needed to fight. But there isn't even the slightest possibility of such a thing happening here. So, your parents aren't being anywhere. You'll still get your dinner every night and you'll still have to tidy your room!

● What's happening to the families who are leaving Ukraine to escape the fighting?

By Monday, more than half a million people had already fled Ukraine. Most have crossed into Poland, Hungary, Romania and Moldova. Organisations like UNICEF and the Red Cross have set up camps where people can shelter, warm up and get food. Countries around the world are taking Ukrainian people in, and many people who aren't from Ukraine, such as students who are studying there, are being helped to get back to their own countries.



Refugees being fed after leaving Ukraine and making it safely to Slovakia

We know many of you have questions about what's happening in Ukraine, so send us your questions at first.news.ukrainequestions and we'll answer more in an upcoming issue.

5. UKRAINE SPECIAL

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WORRYING ABOUT WAR?

THE news from Ukraine is unsettling for everyone. We hope the information in *First News* this week has helped you understand everything a bit better. When you just hear a worrying headline, or scary words are thrown about, it can be upsetting. It's the "fear of the unknown". Knowing more about what's going on hopefully has helped you not to feel worried. But, if you are still feeling anxious, here is some advice from Childline, who have been talking to children who are worried about events in Ukraine.



by Childline

There's been a lot of news about Russia invading Ukraine, and how other countries might respond. Some things that happen in the world can make us scared, confused, and unsafe, or like we don't have any control. These are all totally normal and expected reactions.

Here are some things you can do to help when you're worried or upset about things in the news.

Talk to someone you trust

Share how you're feeling with an adult you trust and ask questions about what's happening.

Get the facts

You might hear people talking about what might happen next in Ukraine or the rest of the world. But some of that isn't based on fact. Double check the information on what's happening with sites you can trust to manage your reaction to the news. (*First News* and *FYI* at first.news/educationTV can help).

Want to talk about the news or what's happening? You can share your feelings safely and anonymously on the Childline message boards, or can speak to a counsellor on 0800 1111 or childline.org.uk. They are available 24/7.

Take a break

When the news is talking a lot about what's happening, it can be hard to get away from it.

Take media breaks, including from social media, and limit discussions, such as having discussion/media-free mealtimes.

Try doing something that relaxes you for a while, or turning off notifications so you're not getting lots of breaking news alerts and reminders.

Do something positive

There are some basic things we can all do. Ask an adult what you can do to help other people, support a friend who's upset or share something positive online. Doing things to help other people can help you to cope and feel more in control.

We may know people from Ukraine who are worried about loved ones. Check in on them. Let them know you are here to listen or talk if they need. Is there anything you can do for them?

ITV *This Morning's* clinical psychologist Dr Anna Colton has more advice for *First News* readers

Remember that while war is scary and the news makes it very real, you are safe. The UK is a long, long way from Ukraine and it is safe here.

If you are feeling worried or upset speak to your mum, dad, family or teachers. They will reassure you and talk things through with you.

It's natural and normal to worry, especially when there are big world events like the invasion of Ukraine happening. Know that you are not alone in feeling worried, and there's nothing wrong with you for feeling worried.

Although it might feel hard, try to find things to do to distract yourself from the news. When we focus our mind on something worrying or upsetting it gets stuck there. So, when we focus on something different that we enjoy, our mind gets filled with that and our anxiety reduces.

Stop the scroll. Bad news draws us in and we keep wanting to find out what's happening. But this doesn't

help us at all... we can't change the situation, so constantly watching the news or videos just makes us feel worse.

Look only once or twice a day, if that, and certainly no more.

Anxiety loves attention. So the more attention you give it – by thinking about whatever's worrying you – the bigger it grows. It's like watering a plant. To stop growing your anxiety, take away the attention. Talk to friends, engage in a hobby, be with family, play games.

Feelings blow in and then they blow out, so know that your worries won't stay forever.

Make sure you notice the times the worry isn't there as well as when it is.



FYI: UKRAINE VIDEO EXPLAINER



OUR partner weekly news show, *Sky Kids' FYI*, has made a short film that explains what is going on in Ukraine. You can watch it right now at first.news/educationTV, or by scanning this QR code.

In the film, presenter Braydon explains the background to the war and why it hasn't just come out of the blue, but has a long history.



6. NEWS IN PICS: UKRAINE SPECIAL

FirstNews ● Issue 820 ● 4 – 10 March 2022

WASHINGTON, DC, USA



FLOWERS, including sunflowers, the national flower of Ukraine, surround candles on the steps of the Ukrainian Embassy.

NEW YORK, USA



SYDNEY, AUSTRALIA



IN a sign of solidarity, famous landmarks around the world, including the Empire State Building (top) and Sydney Opera House, are lit up in the colours of the Ukrainian national flag.

LIVERPOOL, UK



EVERTON and Manchester City players pay respect to Ukraine ahead of their game. Both clubs have a Ukrainian player, with both teams wearing the Ukraine colours of yellow and blue as support for the country and for their team-mates.

MADRID, SPAIN



TENS of thousands of adults and children demonstrate against the war in Ukraine.

KROŚCIENKO, POLAND



POLISH citizens put together individual packages from aid donations near the border crossing point from Ukraine. Clothing, food, and essential items have been donated in huge quantities from all over the country.

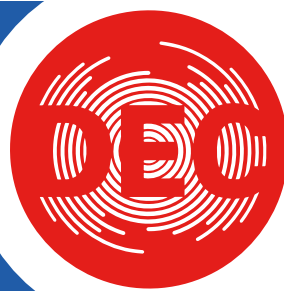
First News

Issue 821 £2.35 11 – 17 March 2022

2.6M
READERS*

UKRAINE
SPECIAL

PAGES 2, 3, 4, 5 & 6
YOUR QUESTIONS ANSWERED



JOIN OUR
FirstNews
UKRAINE
**SCHOOLS
APPEAL** p6

WAVING GOODBYE TO UKRAINE

ONE DAY THEY WERE AT SCHOOL. NOW THEY DON'T KNOW WHERE THEY ARE



500,000 CHILDREN (AND COUNTING) FLEE UKRAINE

EDUCATION
SECRETARY
BACKS OUR
APPEAL



Nadhim Zahawi, Secretary of State for Education, is supporting our appeal:

"Russia's invasion of Ukraine is deeply distressing and heartbreaking. I know that seeing this illegal and immoral attack on such a beautiful country can be confusing and upsetting for children and I'm pleased to see the work that *First News* is doing to help navigate this difficult issue.

"I fully support *First News*' campaign launched in partnership with the Disasters Emergency Committee, which will help raise vital funds for the people impacted by the invasion, while at the same time showing our support for the incredible people of Ukraine."

UKRAINE LATEST

AS Russia's president, Vladimir Putin, continues to order attacks on Ukraine, the United Nations (UN) says the fighting has caused the "fastest growing refugee crisis since World War Two". More than 2m people have now fled Ukraine.

Igor Majayev stands among the ruins of his house. It's thought that a Russian airstrike was responsible. Some of Igor's family members died in the blast

Bombing continues

Lots of towns and cities in Ukraine have been targeted by Putin. Kherson, a port in the south, was the first city to fall under Russian control. Controlling ports and other routes will allow Russia to cut off Ukraine's supplies, and supply Russian troops instead.

Some cities in Ukraine haven't had water or power for days, so many are surviving in below-zero temperatures with no heating or hot water. Food is running out too, and there have been reports of some people in Mariupol having to eat snow.

Putin has also been criticised for not allowing civilians to leave, and some have been killed by Russian bombs while trying to flee.



Irpin residents escape the fighting by crossing a destroyed bridge

protests again at the weekend. More than 4,300 were arrested during protests in 44 cities around Russia. Punishments can be harsh in Russia, but a lot of people obviously feel strongly enough about the war to risk being put in jail.

War against reality

Putin is so determined to control what Russian people know about the war that he has brought in new laws that mean someone could go to jail for spreading "fake news". The BBC and other news organisations have halted their services for now inside Russia, to avoid any of their journalists being sent to jail.

Russia's schoolchildren are also being given a false idea of what's happening, thanks to a document sent to schools by Russia's Education Ministry. Campaign group Human Rights Watch revealed that the two-page document is meant to be read out in class, and it says that Russia is carrying out a "special peacekeeping operation" and has "done everything possible to resolve the situation by peaceful, political means".

Sporting ban

Athletes from Russia and Belarus have been banned from competing at the Paralympics, in the

latest example of sport trying to put pressure on Putin and his ally, the country of Belarus. However, many people don't agree that banning athletes is fair, as they've spent four years preparing for the event and may not even support the war anyway.

A kind welcome

Although a lot of the news about the war is upsetting, there were lovely scenes in Berlin, Germany, when trainloads of Ukrainian refugees arrived by train. Lots of locals turned up with signs saying that they had a spare room available for refugees.



Berlin locals queue up to offer rooms to Ukrainian refugees

For a quick daily update on the Ukraine situation, see [live.firstnews.co.uk](https://www.firstnews.co.uk). If you're worried about this or anything else in the news, talk to an adult you trust or call Childline on 0800 11 11.

Protests continue too

It's not clear exactly how much support Putin has in his own country, but there were more anti-war

UKRAINE Q&A



YOU'VE been sending in more of your great questions via our website ([first.news/ukrainequestions](https://www.firstnews.ukrainequestions)), so we've answered a few more below.

● How can we help, apart from donating supplies and money? Is there anything we could do to welcome refugee children?

The Government has a page of advice at tinyurl.com/ukrainegovhelp about donating, which is also where it will publish details of a



Volunteers in Edinburgh help to load a van with donations for Ukraine

sponsor scheme to match refugees to people, charities and businesses in the UK. The Refugee Council also has lots of ways that you can help at www.refugeecouncil.org.uk. And see p6!

● Are any other countries helping Ukraine physically fight Russia?

No, but the EU, UK, US and more are sending lots of weapons. Anti-tank and anti-aircraft missiles are helping Ukraine to defend itself against Russia's bigger and more advanced military.

● Do the Russian soldiers want to be there or is Putin forcing them?

Soldiers don't get a say in which wars they fight, so the decision is Putin's alone. However, there have been reports of Russian soldiers not being told the truth about the war and deciding to abandon their vehicles and equipment. Some Russian prisoners said they thought they were helping to "free" Ukraine and would even get a warm welcome.



Russian prisoners talking to Ukrainian journalists

● Why can't we just kill Putin?

Ukraine could try to, although he's very well defended in Moscow, miles away from Ukraine's border. But if another country, such as the UK or US, tried to kill Putin, that would be illegal and seen as declaring war on Russia.

● If Putin dies or loses power, will someone just as bad take his place?

We can't know, but many experts agree that Putin has made a big mistake by getting Russia bogged down in this war. Combined with the huge effects that sanctions (restrictions) are having on the Russian economy, Putin's replacement would likely have to be more careful.

THE WORLD HELPS

Population of Ukraine is 41.4 million, including 7.5 million children.

THE conflict in Ukraine has forced more than two million people to abandon their homes and escape to the safety of neighbouring countries – in less than two weeks. The Disasters Emergency Committee's (DEC) Ukraine Humanitarian Appeal was launched on Thursday 3 March and has already raised well over £100 million.

The refugees

Women and children have fled with little more than a suitcase, leaving behind their schools, friends and fathers – with men aged between 18 and 60 years of age ordered to stay behind in Ukraine to defend the country.

Many older people who are unable to travel have had little option but to remain in their homes in what has become a conflict zone. People have been injured and lives have been lost. Homes have been destroyed or are unsafe to live in, and essential services – such as schools and hospitals – have been hit.

The conflict in numbers

The United Nations Refugee Agency, UNHCR, says two million people have fled Ukraine since 24 February, with millions more expected. More than 1.2m have crossed into Poland alone.

The United Nations (UN) estimates that four million people could flee the country due to the conflict.



Ukrainian families and children crossing the border into Romania to escape conflict

The UN's children's charity UNICEF has said that more than 500,000 children have already fled.

The UN's Ukraine Flash Appeal says that up to 6.7 million more people could be displaced from their homes within the country.

What will happen next?

Millions more Ukrainians are expected to leave their homes over the coming days, weeks and months. The UNHCR says there are fears this could become the biggest refugee crisis this century.

Where have people been going?

People have mainly been fleeing to countries bordering Ukraine to the west, such as Poland, Romania, Slovakia, Hungary and Moldova.

In many places there are long waits to cross borders, and few facilities are waiting for them on the other side, with temperatures dropping below freezing overnight.

Some have friends or family in these countries, but many do not and are staying in reception centres, or with families who have kindly invited refugees to stay with them.

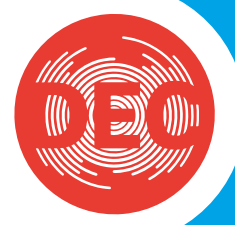
Celebrity and royal support

The DEC appeal has been supported by leading

JOIN THE

FirstNews

schools



APPEAL FOR UKRAINE

Turn to p6 to find out more

actors, celebrities and the royal family. Actors Adrian Lester, Kit Harington and David Tennant have filmed or recorded TV and radio appeals, and a social media film has been made by Hugh Bonneville.

Who is helping?

At times of very great need, the Disasters Emergency Committee brings together the UK's leading aid charities to raise funds and quickly deliver effective emergency relief. Thirteen of the DEC's member charities are responding to this crisis, including Save the Children, CARE International, Plan International and World Vision.

DEC member charities are working fast to provide the support and protection that people need, including clean water, emergency shelter, food, health assistance, sanitation and hygiene, and trauma counselling.



All children are given toys as they cross the border



Children take part in art therapy at one of the safe places set up by CAFOD partner Caritas Ukraine in Boryslav

WORRIED ABOUT THE NEWS?

Want to talk about the news or what's happening? You can share your feelings safely and anonymously on the Childline message boards, or you can speak to a counsellor on 0800 11 11 or at [childline.org.uk](https://www.childline.org.uk). They are available 24/7.

STAYING IN UKRAINE

OUR partner children's news show, *FYI*, has been filming with Myroslava, a teenager from the city of Khmelnytskyi (Khemel-nit-ski) in the west of Ukraine. She has stayed behind to help provide food and aid to refugees, and to support the soldiers who are fighting for their country. We found out more about her life right now.

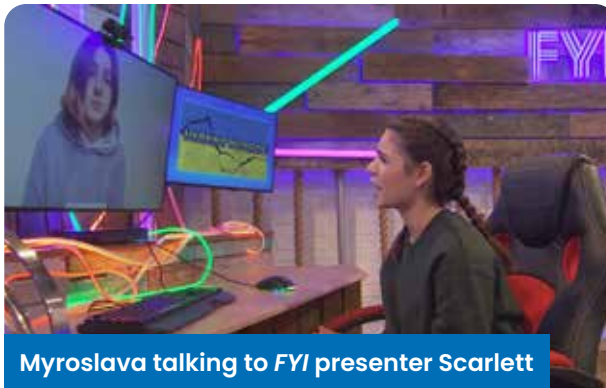
What is it like in Khmelnytskyi?

Air sirens are going off all the time that warn people of possible missile strikes. Myroslava says that a separate siren in her building was put in because the local one wasn't working properly – and "every minute is valuable".

Whenever a siren goes off, everyone has to run to the bomb shelter, which is at a local school, one of many buildings that have been transformed.

Her local cinema has become the headquarters of the volunteer support effort, and sandbags have been placed around the walls to support the structure, and to protect it from damage that might be caused by incoming missile strikes.

She says that, in comparison to the capital city Kyiv, it's still relatively safe in Khmelnytskyi, but she finds it difficult to sleep at night.



Myroslava talking to FYI presenter Scarlett

In episode 161 of *FYI* (QR code on this page), Myroslava says that "it's horrible to see mothers with their toddlers and just one bag and documents, and no access to warm clothes."

"We are providing them with food. We're hosting them in our home, schools, cinemas and churches. Other volunteers are weaving camouflage nets that can hide Ukrainian military equipment from Russian forces."

Myroslava says she's never seen so many volunteers working together.

"Everyone understands that we need to work together during these tough times."



Right here people are making nets

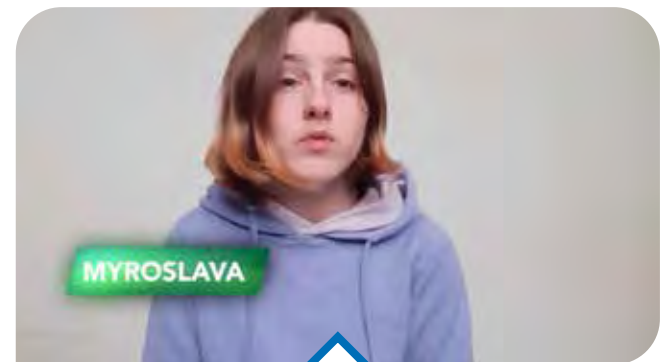
Myroslava's video diary showing how the Ukrainian people are pulling together

Why is Myroslava staying?

Myroslava told us that she's staying in Ukraine because she and her family belong there.

"It's my culture, it's our home – it's got the garden that we planted!"

THE question for many Ukrainians caught up in the war is whether to stay in Ukraine, or whether to flee to a safer country, leaving behind their homes, possessions and, possibly, other family members and friends.



"It's our home – it's got the garden that we planted!"

– Myroslava, a Ukrainian teenager staying behind

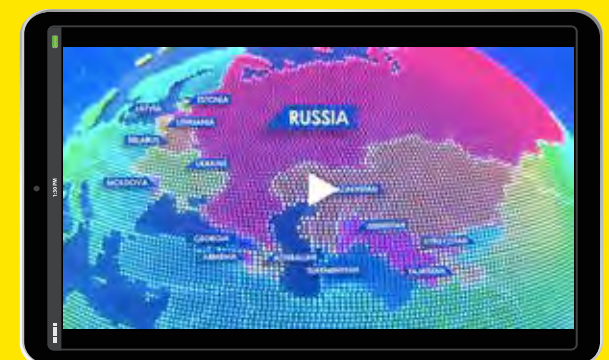


People who have stayed in Ukraine make camouflage nets in a church

What are people doing?

Volunteers are collecting food and medicine, and gathering it in one place so it can be boxed up and distributed to those who need it. This might mean providing meals to refugees who are trying to pass through the city and escape the war, or medicine that can be given to soldiers who are fighting.

Another explosion



FYI: UKRAINE EXPLAINED VIDEO

For the special *FYI* Ukraine episode that explains the background to the conflict and looks at what is happening now, go to first.news/educationTV and watch episode 161 of *FYI* or scan this QR code to go directly to it.



LEAVING FOR POLAND

THE war in Ukraine has forced more than two million people to flee the country looking for somewhere safe to live, with many more expected to follow. Most of them have been heading to Poland, one of Ukraine's neighbouring countries. Our partner Sky News weekly children's programme *FYI* has been to Poland to see how people from Ukraine are being helped.

Reporting from Poland

Just a few miles from the border between Ukraine and Poland, in the town of Przemyśl, there's an abandoned warehouse.

It used to be a Tesco superstore but, over the last week, it's become a reception centre for Ukrainian families fleeing the war.

Nearly all of the refugees are mums and their children because the Ukrainian government has asked men under 60 years old to stay behind to fight for the future of their country. They arrive in an endless stream of buses from the border, exhausted, traumatised and desperately worried about the people they've left behind.

Many of the Ukrainians have friends or family members in Poland where they can go and live. But not all of them. *FYI* met some families who had no idea where they would be staying. They were scared and worried about what would happen to them. Their lives had been ripped apart and all they had left was a small suitcase of clothes.



A Ukrainian mother reaches the Polish border with her three children

People rushing to help

But people from all over Europe have been rushing to help. Both inside and outside the old Tesco building there are tents offering warm food, medical supplies and mobile phone battery packs. Charities have been working around the clock to offer help, and some people have driven hundreds of miles across Europe to offer rooms for people who have nowhere to go.

We met one couple who had driven all the way from the Netherlands to offer their home to refugees. They felt they had to take action, having been so upset about the pictures of the war they'd seen on the television. They left with a 13-year-old boy and his mum, promising they would provide a safe and comfortable home for them for as long as it was needed.

The kindness of strangers

In the middle of misery and heartbreak, the kindness of strangers shone bright.

In one of Poland's biggest cities, Kraków, we met



A cold child at the 'Tesco' reception centre for refugees

a family who have also offered their home as a temporary shelter for Ukrainian people forced to flee the war. During the first week of the invasion, they took in two families, giving up their own bedrooms so their guests could sleep comfortably. They also found them a flat where they can live in safety while it's still too dangerous to return home to Ukraine.

Gabriele, who is 11, told us that her family felt that opening their hearts and their home to Ukrainian families was the least they could do to help. She said they thought it was their duty to look after refugees from Ukraine when they needed support the most.

Meanwhile, back at the old Tesco building, it's been very cold, with temperatures regularly falling below zero. We saw children wrapped in blankets, clasping their favourite teddy bear, while they waited for their mum to find somewhere new for them to live.

It was an upsetting scene, even for adults. And as we watched these innocent victims of the Russian invasion, another bus pulled into the Tesco car park.



Gabriele, left, and her sister, far right, with a Ukrainian family they took in to their home in Poland

sky kids

FYI
FOR YOUR INFO

Special *FYI* episode 162
from Poland at [first.news/
EducationTV](https://first.news/EducationTV)

Teachers/parents –
you can watch the
film alongside our
tie-in award-winning
educational resources



Join in the discussion and set up an
FYI News Club in your school! Ask your
teacher to go to first.news/FYInewsclub
to find out more about the *First News FYI*
News Clubs.



JOIN OUR *FirstNews* UKRAINE SCHOOLS APPEAL

in partnership with the Disasters
Emergency Committee's Ukraine
Humanitarian Appeal



So, what can you do to help
Ukraine? LOTS, ACTUALLY!

**WEAR YELLOW
AND BLUE** at school
on our special **DAY FOR
UKRAINE** next Wednesday 16
March – and donate £1 to our
appeal if you can.

If school can't do it that day, ask them to
arrange it for another day soon. Other activities
can be organised, such as a sponsored **WALK
FOR UKRAINE**. Bake sales always go down well,
too, and are yummy ways to raise money.
Don't forget you can fundraise at home as well.

£10 could provide essential hygiene supplies
for one person for one month

£20 could provide emergency food for one
person for one month

£50 could provide
blankets for ten
people – to keep refugees warm



Nadhim Zahawi, the UK Government's Education Secretary says:

"Russia's invasion of Ukraine is deeply distressing and heartbreaking. I know that seeing this illegal and immoral attack on such a beautiful country can be confusing and upsetting for children and I'm pleased to see the work that First News is doing to help navigate this difficult issue. I fully support First News' campaign, launched in partnership with the Disasters Emergency Committee, which will help raise vital funds for the people impacted by the invasion, while at the same time showing our support for the incredible people of Ukraine."

Donate to our DEC Just Giving page at first.news/ukraineappeal

Write a message to Ukraine

AS well as taking part in our blue and yellow DAY FOR UKRAINE,
your support in words and pictures will also mean so much.

On that day, we'd love you to draw a picture or write a message to a



Ukrainian child in the heart
in the middle of the Ukraine
flag, and we will publish them
on the First News website for
everyone to see.

Cut out this one carefully or
you can download as many
as you want from [first.news/
ukraineflag](https://first.news/ukraineflag).

Send your completed flags
to us via first.news/Ukraine.

