



# Working Together with Girls and Queer Teens

## Annual report 2025

child-friendly and teen-friendly report

Prepared By  
Change Armenia Team

Date  
February 2026



# A note to readers

We wanted this report to be easy to read and welcoming. That's why it is written in a child-friendly and teen-friendly way, with simple words and clear explanations, so that young people and the adults who care for them can understand our work and feel included.

If anything in this report feels confusing, or if there are words or ideas that are hard to understand, please don't hesitate to contact us.

We'll be happy to explain and talk with you.

## How to contact us?

You can find us on social media:



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Call or text via messengers:



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Write an e-mail:



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# Why We Did This?

In 2025, we worked with girl and queer teenagers to create safe and friendly spaces where they could meet, talk, play, and share their experiences. We wanted these meetings to be places where everyone could feel respected, listened to, and supported.

**Being a teenager is not always easy.** Many teens feel alone, confused, or under pressure. Some are worried about school, family, friendships, their bodies, or their future. Some feel different or excluded. Our meetings were made so that teens could talk about these things, learn new things, and support each other.

**Each meeting was led by a social worker and a psychologist.**

**Every meeting had 2 parts: one part for learning and talking, and one part for play, art, or movement.**

# What We Did in 2025?

In 2025, we held **9 meetings** with teenagers in **Yerevan and 3 regions of Armenia**.

- **6 meetings** were about **sports, games, and outdoor activities**
- **3 meetings** were about **art and creative activities**

**In total, 94 teenagers took part in these meetings.**

We played games, made art, talked in circles, and shared stories.

We learned about feelings, friendships, boundaries, and how to ask for help.

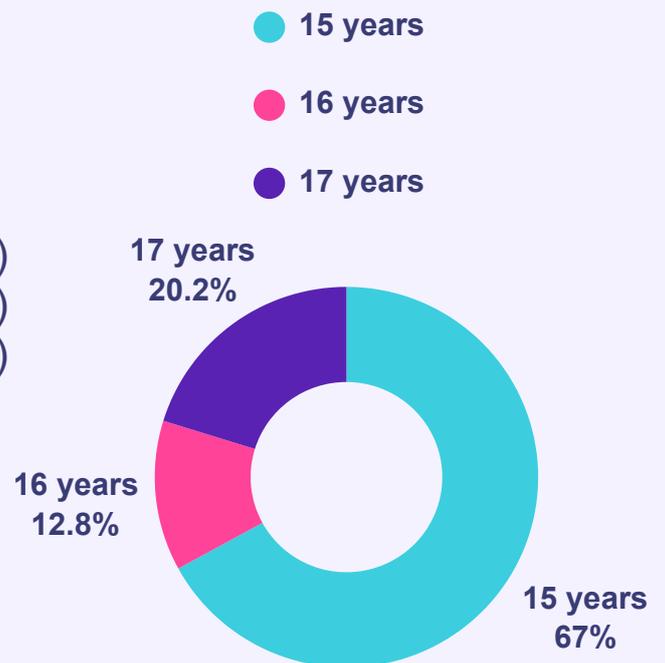
Most of all, we tried to make these meetings kind, fun, and safe.



# Who Joined the Meetings

All the teens who came were between 15 and 17 years old.

- 63 teens were 15 years old (about 67%)
- 12 teens were 16 years old (about 13%)
- 19 teens were 17 years old (about 20%)



Some teens shared more about who they are:

**30%** 28 teens said they are queer (about 30%)

**33%** 31 teens said they are part of the lesbian or bisexual community (about 33%)

Some teens also shared that:

**4%** 4 teens have a disability (about 4%)

**38%** 36 teens said they have mental health difficulties (about 38%)

These numbers remind us that many teens carry heavy feelings and challenges.



# What Teens Talked About

During the meetings, teens talked about many important things. Some shared worries about:

**HURTING THEMSELVES**

**BEING SCARED OF ADDICTIONS**

**BEING HURT BY OTHERS**

**BEING BULLIED AT SCHOOL**



These were not easy topics, but the meetings gave teens a chance to speak honestly and to know that they were not alone. Many teens said it helped to hear that others felt similar things.

## How We Helped After the Meetings

Some teens needed more support after the meetings. After talking with teens and, when needed, with their caregivers:

**6 teens started getting psychological support**

**1 teen was helped to go to a psychiatrist**

**17 teens were connected to other organizations that could help them**





# Why This Work Is Important

These meetings showed us how important it is to have **safe places for teenagers**. When teens can talk, play, create, and learn together, they feel less alone. They can understand themselves better and learn how to ask for help.

For girl and queer teens, who often face more pressure or unfair treatment, these spaces can make a big difference. We believe every teen deserves to grow up feeling **safe, respected, and supported**.

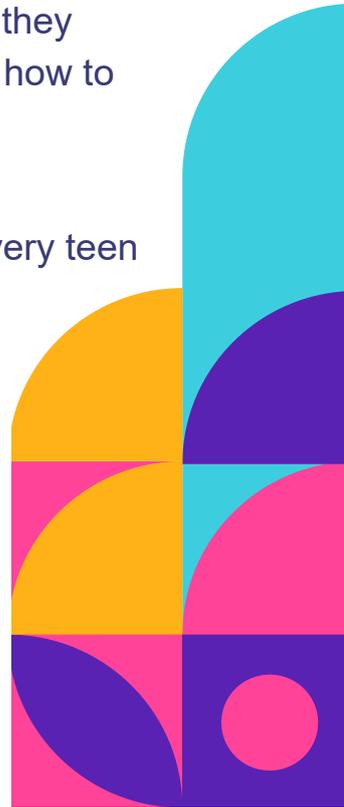
## Keeping Everyone Safe

**We take care of everyone's privacy and safety.**

**We do not share names or personal details.**

**The information in this report is shared only as numbers, not as stories that can identify someone.**

**All meetings and follow-up support were based on choice, respect, and care. Our goal is always to help, never to harm.**





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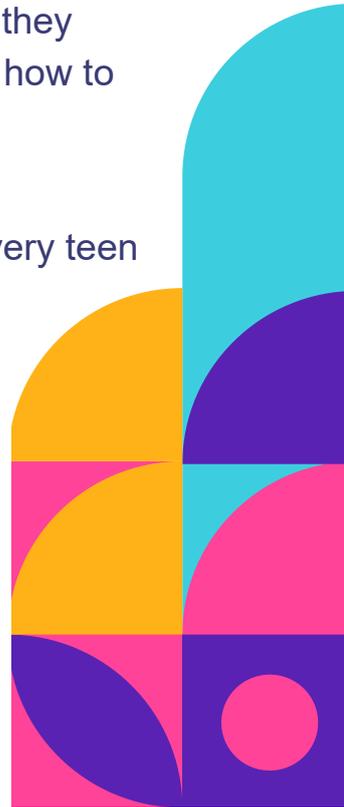
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## Change Social-Healthcare NGO

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