

HOW DO CHILDREN IN LITHUANIA FEEL?

In June 2025, *Save the Children Lithuania* and the *Office of the Ombudsperson for Children's Rights of the Republic of Lithuania*, ran a survey called “My World of Feelings” to find out how kids in Lithuania are feeling and what they expect from adults. A total of 1,165 children and teens aged 10–18 shared their thoughts and feelings with us.

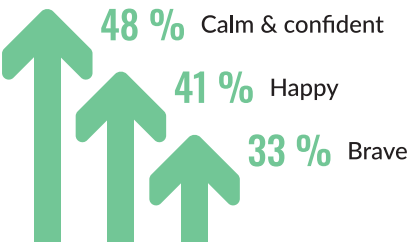
CHILDREN'S WELL-BEING

On average, kids gave their well-being a score of **6.8 out of 10.**

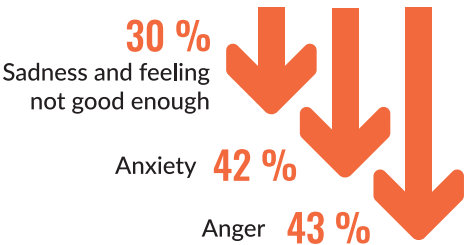
But kids from vulnerable groups — like those living in poverty, refugees, or LGBTQ youth — feel even worse.

On average, they rate their well-being only **5.5 out of 10.**

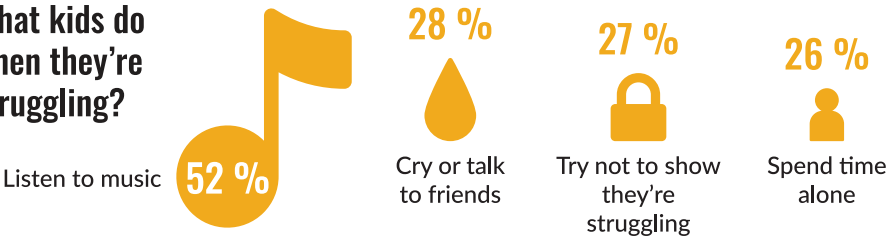
The feelings kids want to feel more often:



The feelings kids struggle with:

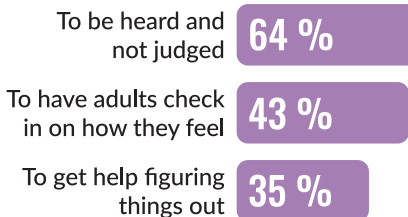


What kids do when they're struggling?



CHILDREN'S HOPES AND EXPECTATIONS

What kids hope for from adults:

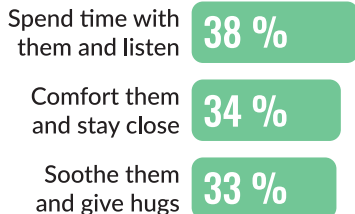


What kids don't want from adults:



WHAT CAN WE BE PROUD OF

When kids are struggling, adults most often:



When I'm feeling down, I talk to my mom.

When my dog passed away, my parents were there for me.

I was spending a lot of time in my room, and my parents didn't pay much attention, but my grandma was there for me.

HOW WE SUPPORT CHILDREN'S EMOTIONAL WELL-BEING

Through our programs, "HEART" and "TeamUp", we help kids understand their feelings, build resilience, and learn how to cope with tough times — so they feel stronger and more confident when challenges come their way.

Save the Children Lithuania has a zero-tolerance policy for any intentional or unintentional harm or risk to children receiving support. If you have any concerns about a child's safety or the behavior of our staff, report it immediately by email on saugus.vaikas@savethechildren.org or by phone on +370 609 23776.



Gelbėkit vaikus