



TEAMUP

Save the Children

TEAMUP INTERNATIONAL

More than 80 million people worldwide are displaced by armed conflict - half of whom are children. These children are directly exposed to the effects of violence, separation, and fear - effects that exert a significant and negative impact on their development and psychosocial wellbeing. Refugee children are exposed to traumatic events and experience significant stress during their journeys to safety. They are frequently on the move, forced to live far from home and their friends and families.

To support these children socially and emotionally with sports and play activities, WarChild, UNICEF Netherlands and Save the Children have bundled their experience and expertise to develop TeamUp.

We can roll out TeamUp on its own, or implement it in your existing Child Protection and Education programs, such as in Child Friendly Spaces or Accelerated Learning Classes



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THE TEAMUP METHODOLOGY

TeamUp provides children aged from 6 to 18 with a suite of structured sports, play and movement activities provided by trained facilitators. During the regular TeamUp sessions, children become aware of how their body works as well as how to engage with and trust in others. TeamUp communicates through play and movement, rather than verbal cues, so that all children can participate even if they don't share a common language. Each activity has a specific goal related to themes such as dealing with anger or stress and interacting with peers.

The sessions are implemented according to a set of fixed principles: 'same place, same face, same time' and take place at least once a week. The number of children in a session ranges from 5-50 and they can join at any time and step out where needed. This structure allows children to not only release energy but let go of tensions and worries in a safe space. In this way, TeamUp offers a much-needed sense of stability and connection in a storm of uncertainty.

THE ACTIVITIES

- Contribute to increased sense of social and emotional stability for children with a refugee background;
- Reduce the likelihood that children will develop mental health problems later in life;
- Ensure that children who need more specialized psychosocial support are identified and referred to the right agency;
- Ensure that children practice self-regulation, learn how to recognize and manage emotions and develop healthy coping mechanisms. This strengthens their resilience and enables them to cope better with stress factors such as bullying, anger and fear;
- Allow children to develop a positive view of themselves and the world around them. They have fun and gain self-esteem and confidence; necessary personal assets to build a future and integrate in new societies.

WHO'S IT FOR?

For children and teenagers, aged 6-17 years.

WHERE WE WORK

Save the Children is currently implementing TeamUp in Colombia, Ethiopia, Mozambique, The Netherlands, Poland, Romania, South Sudan, Sweden, Uganda, and Ukraine. Upcoming country is Kenya.

OUR PARTNERS

WarChild

is committed to children in war zones in the field of psychosocial support, education, and protection.

UNICEF

is the United Nations children's rights organization.

We are joining forces with more and more organizations, such as SOS Children's Villages, to be able to implement TeamUp in even more countries.

JOIN THE TEAMUP MOVEMENT

When you decide to implement TeamUp in your country, selected staff will be trained by our certified TeamUp trainers, following the TeamUp learning pathways. The trainers will also receive mentoring support from the TeamUp Global Team to ensure quality implementation of the TeamUp intervention.

CONTACT

If you want more information about TeamUp to see if it would be a suitable intervention in your programming, please contact the Save the Children Netherlands TeamUp International Focal Point, Anne Janssen at Anne.Janssen@savethechildren.nl

MORE INFORMATION

For more information, please visit our website: [SavetheChildren-TeamUp-International](https://www.savethechildren.nl/teamup-international)

or check out our [TeamUp playbook: TeamUp: Support for Refugee Children Worldwide](#)

Peter Kelei, Child Protection and Child Governance Coordinator at Save the Children:

“Our TeamUp-facilitators plan all sessions based on the needs of the children, according to the context their life.”

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