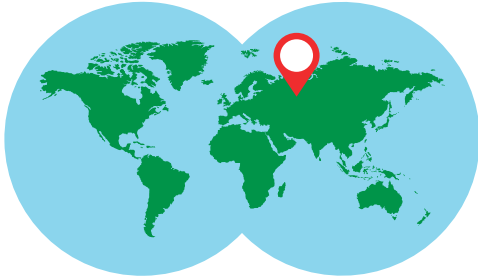


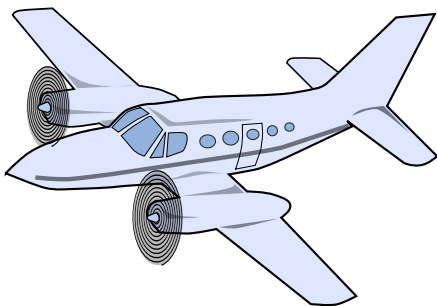
# Understanding the War with Russia and Ukraine



**Russia and Ukraine are the two biggest countries in Europe. They are located next to each other.**



**The leaders of Ukraine and Russia have not always gotten along, and there has been some conflict between the two countries since 2014.**

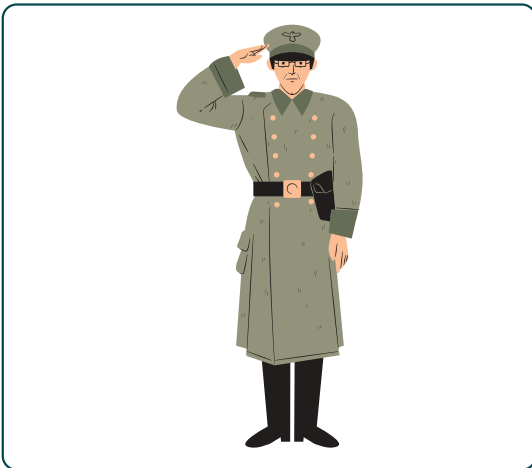


**In February 2022, Russia sent its military in planes and tanks to attack big cities in Ukraine. Russia invaded Ukraine without any warning.**

# Understanding the War with Russia and Ukraine



Russia's bombs blew up buildings, airports, and roads, making Ukraine a very dangerous place for people to live.



The Ukrainian army and volunteer citizens are fighting against the Russian military to protect the country and its people.



Millions of people have left their homes and are fleeing to nearby countries to be safe, have access to food, water, and places to live. The people who leave their home country are now called refugees.

# Understanding the War with Russia and Ukraine



Many of the refugees are women and children who can no longer live safely in their homes in Ukraine. They also cannot attend school, or play with their friends.



The world wants to help the people of Ukraine, and the refugees, be safe. They want the Russian military to stop its attack.

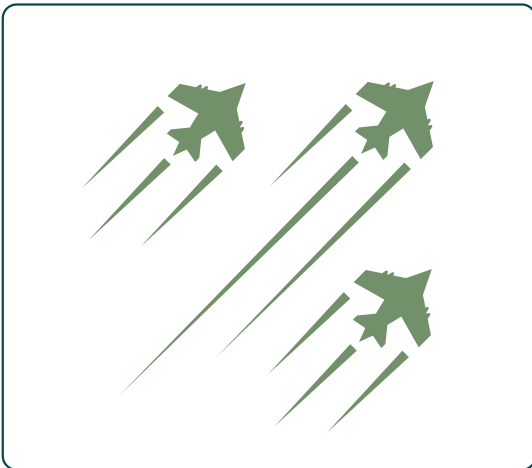


This fighting has turned into a war between Russia and Ukraine.

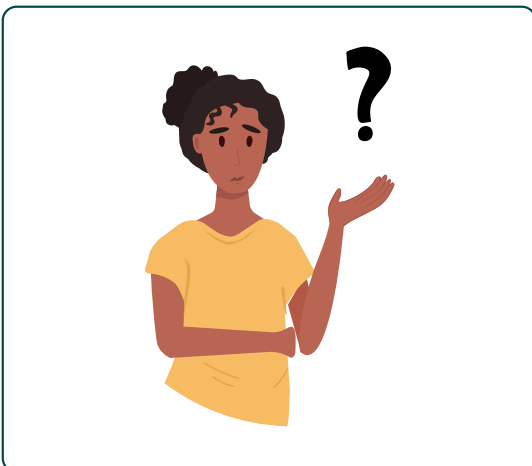
# Understanding the War with Russia and Ukraine



Many people get injured or die in wars. Some of these people are part of the military, others are civilians. It is very sad, and scary.



Ukraine is asking other countries to help send military planes, weapons, and supplies to help them protect their country and people.



The war is continuing and no one is certain how long it may continue or how things may end. This uncertainty is difficult for many people all around the world.

# Understanding the War with Russia and Ukraine



Hearing about the war might make me feel sad, angry, scared, or confused. It is okay to feel any or all of these emotions. Talking to a parent, friend, or someone I trust might make me feel better.



If I have questions or don't understand, it is good to ask someone I trust for help.



For additional information, resources and support, please contact our National Helpline at 800-3-AUTISM or [info@autism-society.org](mailto:info@autism-society.org).