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Nice to see you, all the participants here. Before preparing my presentation, I had some questions and I'd like to read my answers to the questions.

First of all, I was asked about the actual situation in Russia, how people in general see the war in the government's propaganda using the media to convince people that it is a "special military operation" to defend Russia from Ukraine's neo-Nazi force.

There are different trends, some of them say most people in Russia support the special military operation, but according to closed polls, at least a third of Russians are in favor of an immediate end of the special operation.

The main groups of opponents of the special operation are young people and women. There is also an interdependence between the sources of information consumption and the attitude to the special operation. That is, the more people watch TV, the more they support the war, and those who receive information from the Internet, they protest against it.

Also, several large, enduring anti-war movements have emerged, including women's and youth anti-war movements, that continue to gather information, agitate against the war, support activists, and provide new ideas for resistance. The participants in these movements are partly in Russia risking their freedom and part of them are outside of Russia.

Also, along with the intensification of protest moods, punishments also increase and laws are tightened, according to which people face large sentences for expressing an anti-war position. There are laws on fakes, on discrediting the army, on high treason, which can include any assistance to the Ukrainian side, including volunteer, financial support, or some other support.

The question about how women react to the situation: Is there any space that women, including mothers of soldiers, can speak out? I know that last year the Committee of Mothers of Soldiers had some trouble with the security agencies and these days I can hardly find any information about their activities, but it doesn't mean that they don't do anything. One of the largest antiwar movements in Russia is founded by women, feminists of Russia. Feminist Antiwar Resistance has more than 30,000 followers and dozens of cells around the world in different cities and countries. FAR activities are gradually expanding and becoming more diverse. So, among their activities are:

- Antifund (<https://t.me/strikefund>) – a fund for free legal support for people who suffer at their workplaces because of their anti-war position. As the FAR says they were approached “by employees of various fields and enterprises, bring many of them together with journalists, achieve publicity and bring some cases to court”;
- Psychological support center with 45 specialists for anti-war activists and Ukrainian people insulted by the war;
- There are International FAR departments in 30 countries;
- Assistance to Ukrainian refugees, deportees and migrants. The FAR volunteers outside Russia participate in volunteer organizations like “Help to leave”, “Friends of Mariupol”, etc. Those of them who are in the Russian Federation travel with humanitarian aid to temporary accommodation, help people with information, with leaving the country and support humanitarian financial raising (<https://radial-caboc-40e.notion.site/a4d5d112aaec46b7b7f1281107db5a9b>);
- Providing campaigns - mailings, postcards, stickers, leaflets, graffiti, banners, promotions. FAR participants produce all these in huge quantities and place it in urban spaces. Their anti-war postcards are gaining a total of millions of views;
- Anti-War Media. They publish new women’s newspaper “Women’s Truth”, which performs the news function of conveying information to those who do not use the Internet. The newspaper is distributed secretly by volunteers in 23 Russian cities (<https://t.me/femagainstwar/4069>);
- Helping to political prisoners and fined activists. One of the FAR activists founded a project “Black February” which is devoted to political prisoners (https://t.me/black_feb). In some cases FAR helps some people collect money for paying fines for their anti-war activities and financial assistance for their leaving the country;
- Decolonial direction, which is very important in the context of current politics in Russia. In these activities, activists from the different Russian ethnicities collect evidence about cases of Nazism and nationalism in the Russian Federation, talk about discrimination based on national identity, support national anti-war organizations.

At this time, there is no opportunity to openly express one's opinion, as people are being held accountable not only for actions, but even for hinting at any anti-war activity. For example, if a person dressed in blue and yellow clothes, for “like” in the internet, even for some words. There are cases when people were fined for even words, even points, “no war” for five points. For any signs which can be considered as protest against the war, people might be fined. We have cases of all these examples.

My views on how the war should end, and how people in other countries can help it: Unfortunately, I am not qualified enough to speak about the supposed scenario for the end of the war. However, like all people of the world, I wish it to stop as soon as possible, and not just stop, but serve as a lesson and a kind of guide for all of us on how to build our societies, our institutions and what to focus on so that our countries can live in peace and harmony with themselves and with other countries.

One of such factors determining the level of peacefulness is the level of gender equality and fairness, and gender justice. Studies show that there is a direct relationship between the level of peacefulness of the state in relation to other countries and the level of gender equality and justice in the country. Therefore, the answer for me is obvious - invest in equity, justice, protection of vulnerable groups, so that our societies are strong, resilient and able to withstand internal and external tyranny. Because, as the rule of organizational psychology says, the strength of a group is determined by the strength of its weakest member.

In the context of what is happening and how countries can help, this is primarily by strengthening and building up international communication and contacts. Because war is what destroys not just cities and economies, war is what kills people's trust in each other, relationships, cultural exchange.

I believe that now it is very important to maintain an international dialogue, to look for opportunities for cooperation and strengthening peacekeeping initiatives and activism.

I'm against the cancel culture, because this is used as forceful...I'm against using as a forceful method this cancel culture, because the culture of cancellation makes unconscious people even more hostile, and they start to believe like that they are surrounded by enemies. This culture deprives conscious people of opportunities for dialogue, interaction and search for solutions.

There was also a question of my message to the Japanese activists who've been calling for Russia's immediate stop of military actions and withdrawal, and for urgent relief measures to assist Ukraine people both inside and outside the country and for a diplomatic resolution of the crisis.

First of all, I want to thank the Japanese activists for their courage, honesty, and perseverance. Activists do not always achieve their goals, but they always change the world for the better, step by step. No effort is in vain, in my opinion, no work of peace and love is superfluous. Therefore, I would like to express my admiration to my Japanese colleagues and friends and wish all of us success in achieving our goals.

In the context of what is happening, it seems to me very important to provide maximum support to refugees, create conditions for their comfortable living, and hold group therapeutic meetings to provide psychological assistance. Because I think now it is important to do everything so that the

war does not go beyond its borders, so that it does not infect our hearts, our relationship with each other.

And I would like to end my speech with a poem by a Japanese feminist poet Yosano Akiko (1878-1942). She was a Japanese poet, educator, and anti-war and social critic.

O My Brother, You Must Not Die

O my young brother, I cry for you
Don't you understand you must not die!
You who were born the last of all
Command a special store of parents' love
Would parents place a blade in children's hands
Teaching them to murder other men
Teaching them to kill and then to die?
Have you so learned and grown to twenty-four?
O my brother, you must not die!
Could it be the Emperor His Grace
Exposeth not to jeopardy of war
But urgeth men to spilling human blood
And dying in the way of wild beasts,
Calling such death the path to glory?
If His Grace possesseth noble heart
What must be the thoughts that linger there?

Thank you.