

Social Inclusion of Young Women in Estonia



Based on

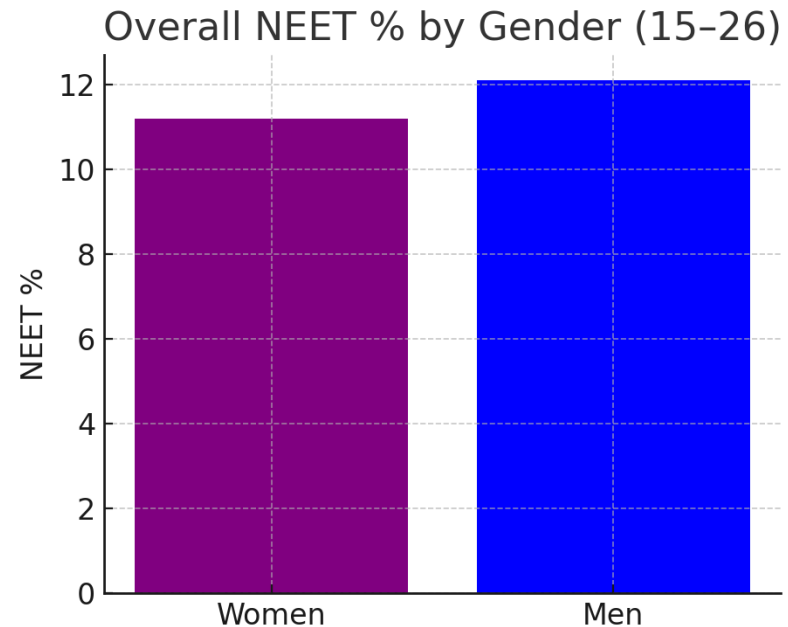
Karro-Selg, P. (2024). **NOORTE NAISTE SOTSIAALNE KAASATUS EESTIS.**

MTÜ Selts Raeküla

Focus

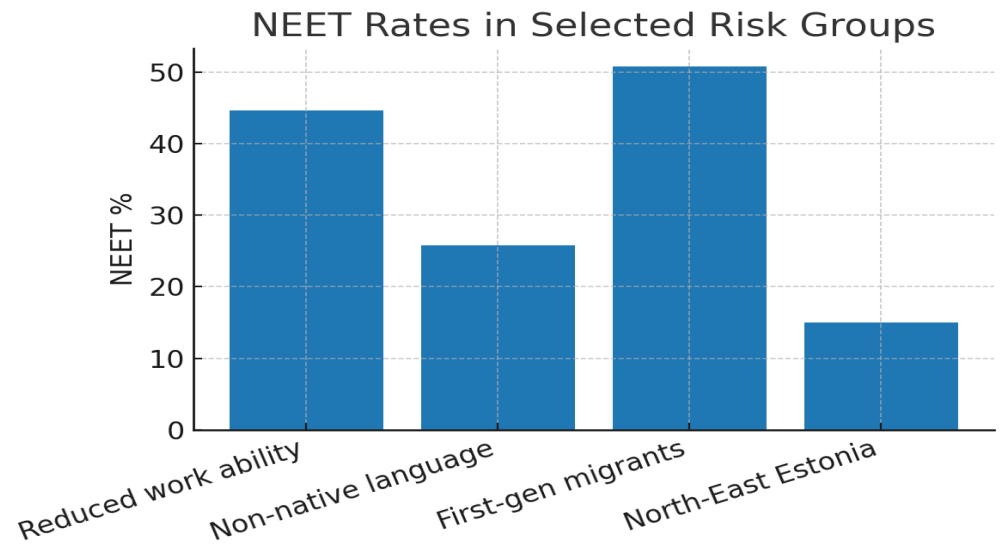
- Social inclusion of young women in Estonia, especially NEET youth

(NEET: *not in employment, education, or training*).



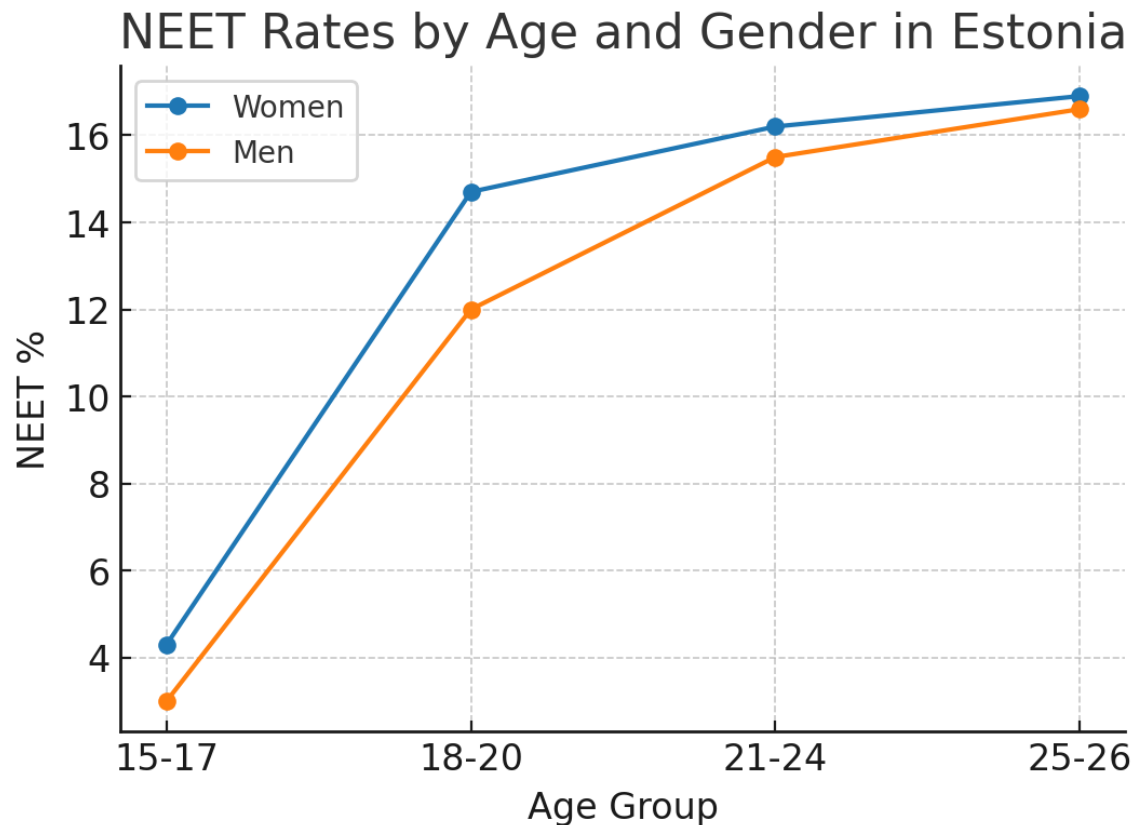
Key Risks

- Low education level & limited work experience
- Motherhood & caregiving responsibilities
 - Lack of childcare & support networks
- Regional challenges (esp. North-East Estonia)



Age Group Most at Risk

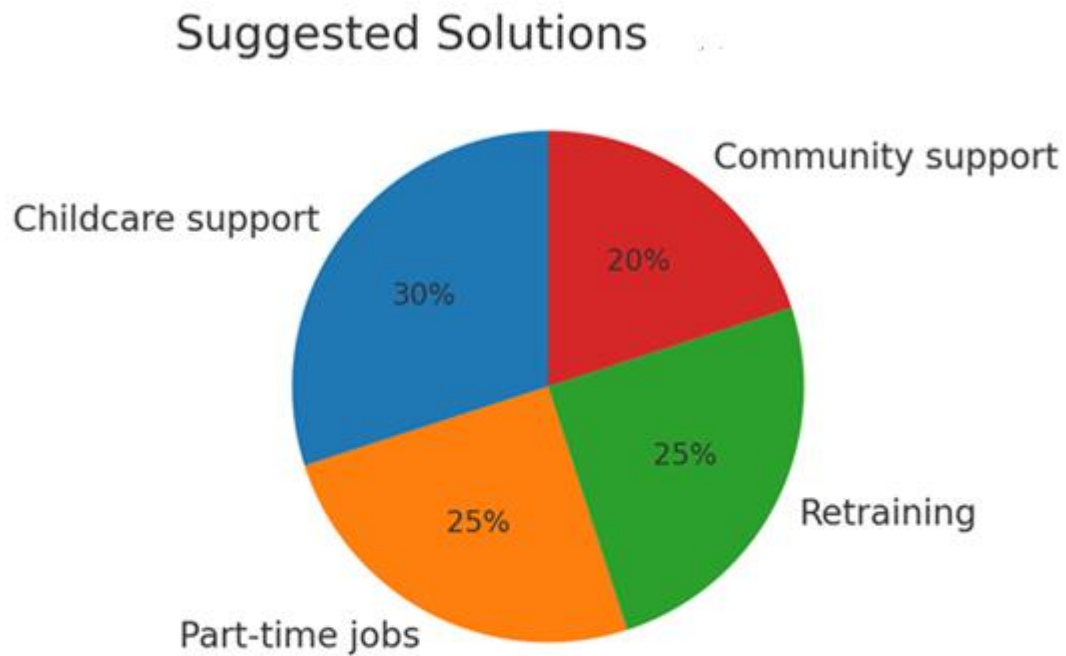
- Young women aged 18–26 years face the highest risk of NEET status.



Solutions Needed I

- Flexible, individualized support (childcare, part-time work, retraining)
- Employer involvement in offering flexible conditions
- Community-based services & youth participation in planning

Solutions needed II



Good Practices

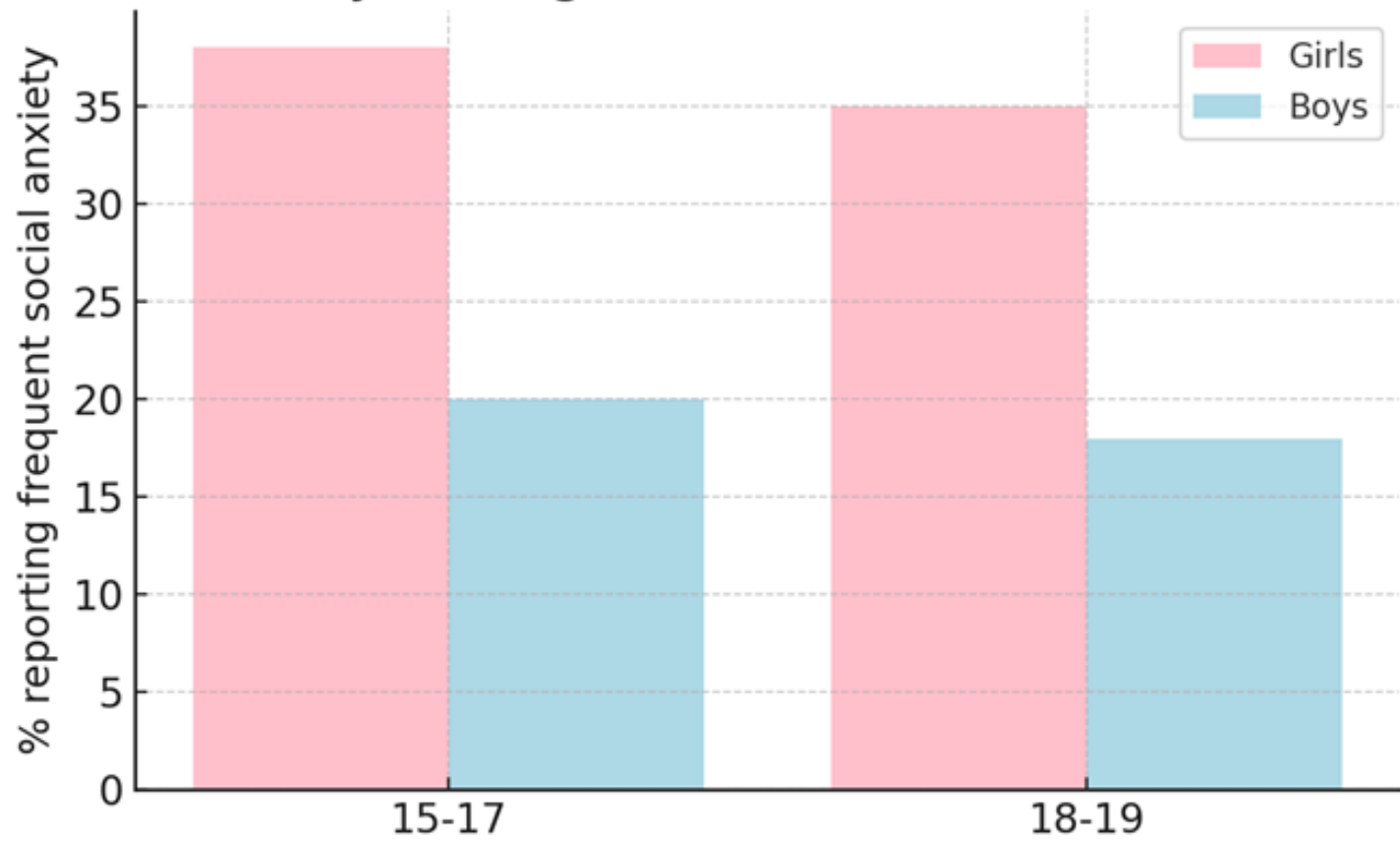
- Local initiatives, such as:
- Pärnu Social Centre
- Raeküla Oldschool Community Centre
- Supporting unemployed or school-leaving youth.

Conclusion

- Young women's inclusion depends on education, work, and family.
- Requires multi-level cooperation, tailored services, and ongoing monitoring.

Social Anxiety (2024)

Social Anxiety among 15+ Adolescents in Estonia (2024)



(Eesti laste vaimse tervise uuringu konsortsium. Eesti laste vaimse tervise uuring. Tartu, Tallinn: Tartu Ülikool, Tervise Arengu Instituut, Turuuuringute AS; 2024)

Social Anxiety among Girls (15+ years)

- Symptoms increase notably from age 15 onward
- About 35–40% of girls (15–17) report frequent social anxiety
- 41% of girls (15-17) report self harming
- Higher rates than boys of the same age
- Linked to lower school satisfaction, isolation, depressive symptoms, low self esteem
- Protective factors: peer support, safe school environment, mental health services

(Eesti laste vaimse tervise uuringu konsortsium. Eesti laste vaimse tervise uuring. Tartu, Tallinn: Tartu Ülikool, Tervise Arengu Instituut, Turuuuringute AS; 2024)

Paldies par uzmanību!
Tānan kuulamast!



“Tu esi mans dārgums” „Tu esi mana saulīte”

Sina oled kullatera!

Along the wing of the Milky Way,
Along the edge of Heaven's Sieve,
Let us go together, taking turns,
Towards the moon, towards the night!...

I walk in my mother's footsteps,
She in her mother's footsteps ...

We have power, we have might,
We have courage, we have strength!
We have grace, we have beauty!
Create and sing through all of life...

<https://jupiter.err.ee/1609766204/xxviii-laulupidu-iseoma-kaunid-hetked>

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