

BUILDING THE RESILIENCE OF YOUNG PEOPLE AFFECTED BY CLIMATE CHANGE

TOPICS FOR GROUP SESSIONS FOR YOUNG PEOPLE ON THE CLIMATE CRISIS

The themes listed below developed for discussion groups of young people who are climate-concerned or may be anxious about the climate changes.

The suggested order builds on first defining the feelings that the climate crisis evokes, and then looks at the different feelings that young people often experience when worrying about the changing climate.

Next, they focus on those most affected by the changes to move on to hopeful themes. Finally, the themes look at ways to enter a dialogue with those responsible for not having done enough at an earlier stage, and how to talk to them, ending with sharing ideas on how to take action.

In theme 9 it is recommended to invite representatives from the local action groups who have successfully campaigned for improved environmental changes. Examples that come to mind from all over the world range from groups succeeding in getting limits to waste from production facilities, ensuring safe drinking water, promoting responsible production of goods, cleaning the oceans from plastic waste.

Bear in mind that themes and topics can be combined or ordered differently; they can be mixed and matched according to the needs, the group, and the available time.

FEELINGS AND THE CLIMATE CRISIS

1

Describe your feelings as precise as possible when hearing/reading/studying about climate crisis?

In which way do these feelings impact your daily life?

What would you like to see happening in society for you to be more hopeful?

Could your feelings about the climate crisis and the changes you'd like to see make you be active in creating actions that make you and others more hopeful?

If not, how could you make this happen?

2

Do you sometimes think we cannot avoid the big climate disaster?

How does that make you feel? (Next topics explore sadness and anger in more depth, and can be combined with this topic.)

In what ways do these feelings impact your life?

Are there climate changes that you have to come to terms with as they are permanent?

What has inspired you to take action in the past?

How does it make you want to act to mitigate this dooming climate disaster?

When do you want to act and in which ways?

3

What makes you sad about climate change?
What makes you sad about how the world is dealing with climate change?
How do you deal with your sad feelings?
Is there a communal space or club you can join to become involved and active?
Can you do anything to change the sad feelings to be more action oriented?

4

What are you angry about when it comes to climate change?
What makes you angry about how the world is dealing with climate change?
How do you deal with your angry feelings?
Is there a communal space or club you can join to become involved and active?
Can you do anything to change them to be more action oriented?

WHO IS MOST AFFECTED BY THE CLIMATE CRISIS AND HOW TO SUPPORT

5

How are genders, classes, people with mental health conditions, disabilities, of different cultures and ethnicities impacted differently by the climate crisis?
Is this adequately addressed by local and national authorities, or National Societies?
What can you do to advocate for more equal distribution of the current burden of climate changes?
How can those who are most negatively impacted by the crisis be supported?

WHO IS NOT DOING ENOUGH, HOW TO ADVOCATE AND ENTER INTO DIALOGUE

6

In your opinion, who is responsible for letting your and future generations down climate-wise?
How does this make you feel and react?
Do you feel there are ways to enter a future-oriented dialogue with those responsible to take the needed action?
What actions can young people take part in locally and globally in this regard?

7

How do you feel about others who do not react responsibly during the climate crisis?
What could be the reasons for how they think, act, and react differently than you to the climate crisis?
How do you react towards others that you meet that do not act responsibly during the crisis?
What can you do to enter a fruitful dialogue with those who do not act responsibly in your view?

HOPE IN THE FACE OF THE CLIMATE CRISIS**8**

In this theme, bring in a representative from a local group who has been successful in creating environmental changes if possible. Ask them to present their work, methods, and the outcome of their actions. They can give examples of other groups and the effect their work has had on the environment and climate. Some of the below questions can guide the discussion.

If it isn't possible to bring in a representative, gather examples of changes that has taken place for the better in your area and use the below questions to guide the discussions.

In communities all over the world, activists and groups have been active in changing unethical behaviours towards the environment.

When looking around you, what brings hope and inspiration when it comes to overcoming the climate crisis?

What hopeful actions are you witnessing, seeing, hearing about, or noticing? Please name local, regional, national, or global examples.

Where do you see hopeful actions?

What can you do to inspire hopeful actions in others?

9

Write a letter to a future child/grandchild describing your thoughts and feelings about the future of the planet and their future. Include any hopeful thoughts and feelings you may harbour at the end of the letter. Read the letter to the group and discuss your reactions to hearing the letters read aloud.

TIME TO ACT!**10**

What can you do differently to live more responsibly climate-wise?

Have you changed daily habits to live more eco-responsibly?

Share ideas for more eco-responsible ways of living in the group.

11

Make a drawing of an attractive eco-responsible scene from a future you would like to see come true. How does this scene differ from a similar scene of today?

Are there any good ideas for a more eco-responsible future that you and others can implement?

12

Discuss ideas for creating a climate friendly event or for any other type of collective action to promote awareness of prevention of the climate disaster.

Let your imagination take over and think about arranging a climate friendly dinner, an event, a SoMe message as a Tik Tok video, a meeting with or letter to a politician, a banner, tweet, or plan a happening, a march or any other manifestation.