



Climate Anxiety: A Youth Perspective



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

Introduction

lll

- University student studying Geography
- Work with SOS-UK as a Climate Action Plan Coordinator
- Deliver 'on the ground' climate education to young people across the country



What is SOS-UK?



- Student led climate education charity with national reach
- Launched the Climate Action Plans projects in 2022
- Mitigates climate anxiety through action based youth empowerment

A look into the literature

- 60% of young people said they felt very worried or extremely worried.
- More than 45% of those questioned said feelings about the climate affected their daily lives.
- Three-quarters of them said they thought the future was frightening.





Our work suggests the same

- Consistent expressions of anxiety during workshops
- Climate AnxieTree revealing students feelings of powerlessness and concern.
- Students learning about the climate through social media platforms





harmful hot
bad




Young people need to feel agency and experience action to manage climate anxiety




A question of hope...

climate
we
yes
can
together
overcome
hope
help
planet
think
sure
world
today
act
anything
saved
everyone
imagine
successful
yeah
will
do
cooperates
realise
need
stop
fix
difference
all
actions
just
important
feel
reduce
yes/no
solve
how
fixed
make
positive
environment
improve
people
work
want
50/50
change!
everything
control
cooperation



**How can we help
young people with
climate anxiety?**



Thank you everyone!