Climate Anxiety: -A Youth Perspective

SAVE EARTH





Introduction

- 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?

- charity with national reach
- projects in 2022

Student led climate education

Launched the Climate Action Plans

 Mitigates climate anxiety through action based youth empowerment

A look into the literature

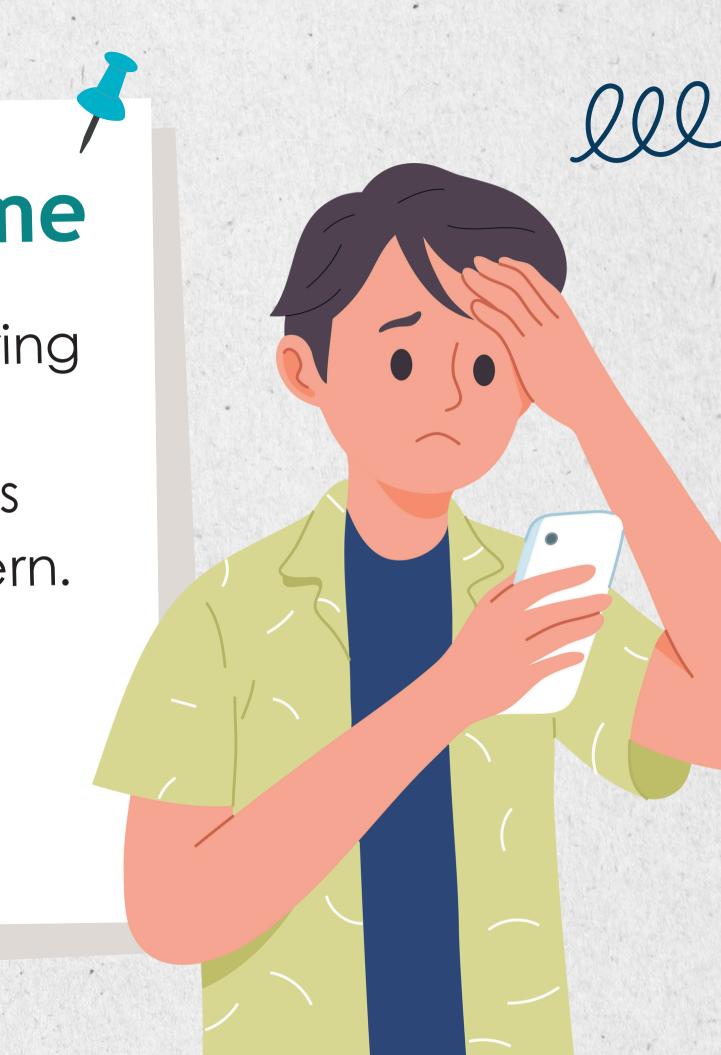
- 60% of young people said they felt very worried or extremely worried.
- More than 45% of those questioned said feelings about the climate affected their daily lives.
- Three-quarters of them said they thought the future was frightening.

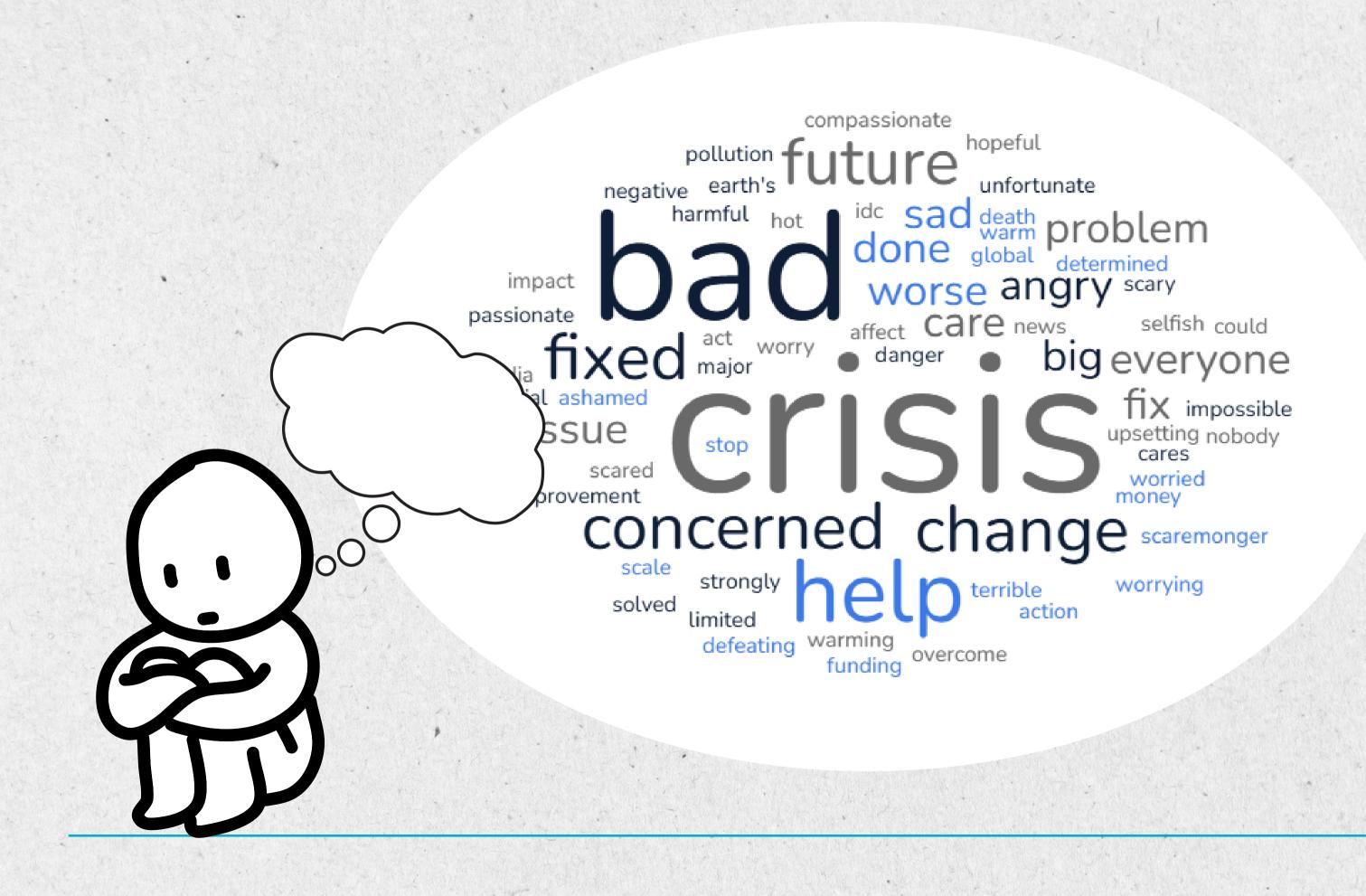




Our work suggests the same

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







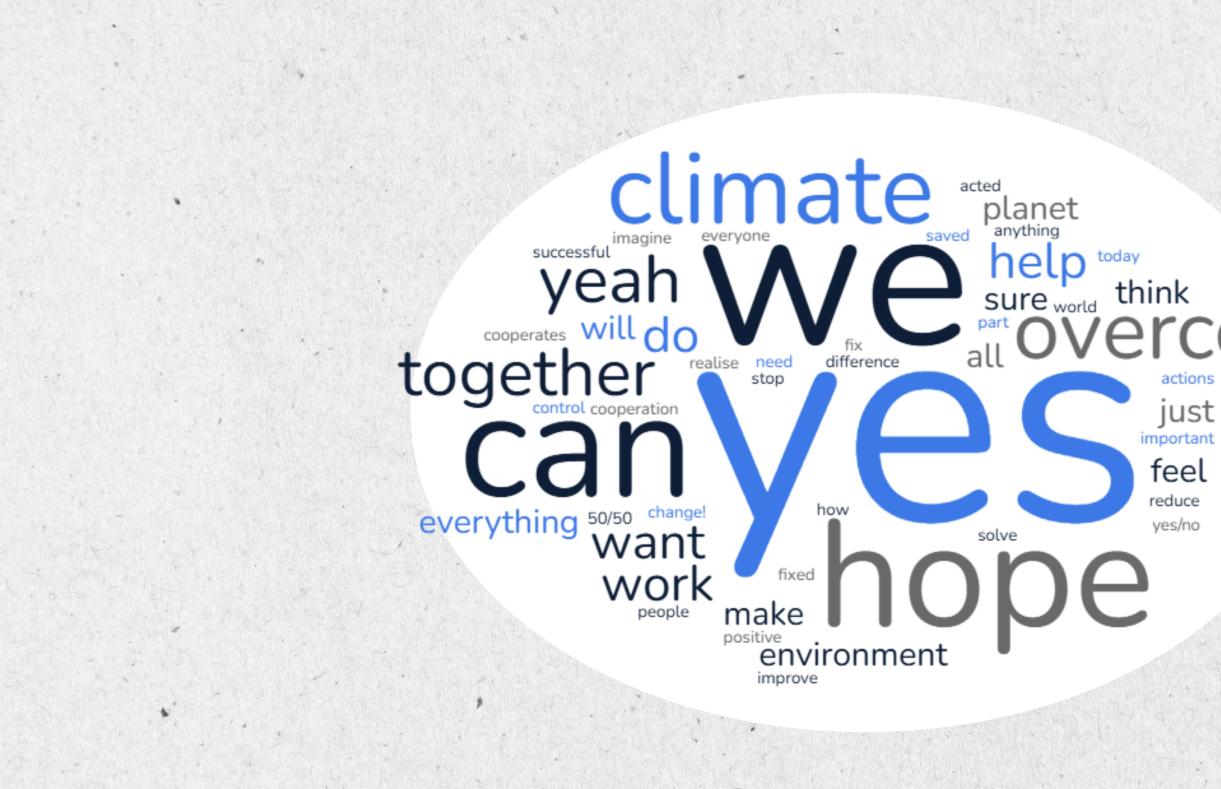
changed anxiousworlddestroy worried community honesty sustainability quick mind positiveangry rustrated helped thinkpossible confident hopeful stand stop sate could good work activities society friendly earnt besides impacts mad eallWan eco very unfair **__** sure beir workshop Deing work improve enough concerning schoo aware joke scary difference slowly journey time protect changeable inspired lesson action interactive people generation matter becoming



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



A question of hope...



come



How can we help young people with climate anxiety?



Thank you everyone.

Introduction Assembly - Climate Action Plans



STUDENTS ORGANISING FOR SUSTAINABILITY UNITED KINGDOM