


How to Talk to Your Kids About **Climate Change**

Tip 1:

For parents and caregivers of kids experiencing climate related anxiety, access additional resources on how to help others cope

- The Climate Psychology Alliance offers a multitude of resources including a **climate Psychology Handbook** that can help you better understand the source of today's climate anxiety.
- There are specific **resources for youth**.
- If you are a mental health practitioner or researcher, there's a specific list of **clinical guides**  here.

Tip 2

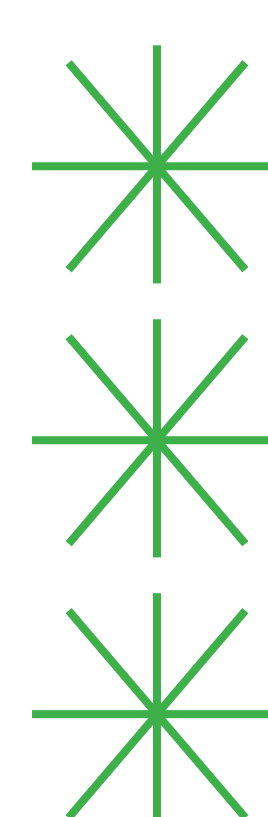
Don't get defensive, own it.

- There are few people, products, or behaviors that genuinely do not leave a mark on our environment in the form of incremental carbon emissions
- But you alone did not create this crisis, and you alone cannot make it go away

Tip 3:

Talking to kids about climate

- Focus on what you can control. Many people find it empowering to create changes in diet or product purchasing decisions.
- Focus on what you can do. Different from control, what you can do focuses on actions you can take. Can you go out into nature and appreciate its beauty, even in a changing climate?
- Focus on your strengths, interests. What you can do and what you can control are only as important as what you're good at and what you are passionate about. Art, music, sports. Most interests offer some kind of outlet to take positive action on the climate crisis, in a way that's right for you.



Tip 4:

Avoid falling into the “**save the earth**” trap; instead become a change agent at work

- Collective action, not individual action is required to address the climate crisis
- If you are motivated to get out there and do something, you can find step-by-step resources to help become a climate change agent at work:

The Exponential Roadmap explains how to take the first organized steps at a **decarbonization plan for your business PDF Download**

Developed for companies and organizations of all sizes that want to align with the 1.5°C ambition through concrete action. It contains solid guidelines for setting climate targets, strategies, transition plans, taking action and disclosing results.