

# FEELING WORRIED ABOUT OUR PLANET?

Here are some things that might help

We often see, hear and read about things that are affecting our planet and the environment. Some of this news may make you feel positive or hopeful. Other news might bring up feelings of confusion, anger, grief or anxiety.

It's natural to feel worried about big issues like climate change. If you do you're not alone – many people feel this way too. But there are things that can help. Read on to find out about a few ideas.

## Talk to an adult

It can help to talk to an adult you trust about your feelings. Sharing your feelings means you don't have to cope with them alone, and you might be able to think of ways to help you feel better together.

### Who should I talk to?

Choose an adult you feel safe and comfortable with. It might be someone at home, at school or a family member.

### How should I begin?

It can be hard to know where to start when you're talking about a difficult feeling. These questions might help:

- \* How are you feeling?
- \* When do you feel this way?
- \* Why do you think you are feeling this way?



## Focus on one problem

Some problems like climate change can feel so big it's difficult to know where to start or see how they will be solved. Make it feel more manageable by focusing on one issue you care about and identifying steps you can take to help.

For example, the issue you focus on could be the plastic in our oceans. Your first step might be to replace your plastic water bottle with a refillable one. Next, you could carry out a plastic investigation to identify how much plastic your family could cut out each week.



## Focus on the solutions

Globally, many groups are working together for a greener, healthier and more peaceful planet. Greenpeace is one of them. We believe if we work together we'll create the future we want to see. So we talk a lot about the solutions.

Knowing the solutions may help you feel more hopeful. Check out our 'Protect our oceans', 'Protect our forests', 'Climate emergency' and 'The plastic problem' sheets to find out about some of the solutions.

## Share your knowledge

Talk to your friends and family. Tell them why we should look after our planet and what they can do to help. Seeing the ways you influence others could help you feel more optimistic about making a difference. Some powerful ways to influence others are:

- \* Conversations
- \* Sharing on social media
- \* Writing a green zine

Check out our action sheets [Let's talk about it](#), [Let's tweet about it](#) and [Let's write about it](#) for ideas. Find them here: [www.act.gp/youth-action-sheets](http://www.act.gp/youth-action-sheets)

## Take personal action

We can all play our part in creating a happier and healthier planet. Every change can make a difference! Here are some ideas of actions you can take:

- \* Have at least one meat-free day a week
- \* Write to your local supermarket asking them to use less plastic
- \* Walk, cycle or use public transport more
- \* Carry a refillable water bottle to help reduce plastic use
- \* Plant trees



To take action, I will...

.....

.....

.....



# Take action together

Joining with others who feel the same way can help you feel less alone and more empowered. If we work together we can create real change!

You could join a school eco-team or set one up with friends. Together you can take action in your school or local community.

Once you've got your team, decide what you want to change and plan how you'll make it happen. You can use the 'Make Change Happen Action Plan' at the back of this pack to help you. Here are some ideas of actions you could take:

- \* Write a letter or article for the local press or your school newspaper about the benefits of sustainable transport.
- \* Design an advertising campaign encouraging people to eat less meat and more plant-based foods. You could plan a school assembly or make posters.
- \* Make changes at your school to make it more environmentally friendly. You could identify ways to reduce plastic or energy use.

You could join a national environmental group for young people just like you. They influence the government and businesses to make changes to policies and the way they work. Two options are:

- \* Teach the Future who are leading a campaign asking for education to be repurposed around the climate crisis. Find out more here: [www.teachthefuture.uk](http://www.teachthefuture.uk)
- \* UK Student Climate Network who are demanding the government to take action on the climate crisis. Find out more here: [www.ukscn.org](http://www.ukscn.org)

Joining with others can be helpful to our wellbeing and the planet.



**What will you do to feel more hopeful about the future of our planet? Write your thoughts here.**

.....

.....

.....

.....

.....



## Still feeling worried?

If your worries are stopping you from being able to live your life or do things you enjoy then it's important to speak to someone. Talking to an adult you trust, like a family member or a teacher, is a great place to start. There's also Childline, a free helpline for children and young people. You can talk to them, online or on the phone, about any worries at all, no matter how big or small. Visit [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111.



# MAKE CHANGE HAPPEN ACTION PLAN

## What do we want to achieve?

Say what you aim to do.

.....

.....

.....

.....

.....

.....

.....

## What do we need?

Say what equipment and resources you will need.

.....

.....

.....

.....

.....

.....

.....

## What will we do to make it happen?

Say how you will achieve your aim. Think about timings, tasks and who will be responsible.

.....

.....

.....

.....

.....

.....

.....

## Who will help us?

Say who will help make your project a success, like teachers, local businesses, friends or family.

.....

.....

.....

.....

.....

.....

.....

