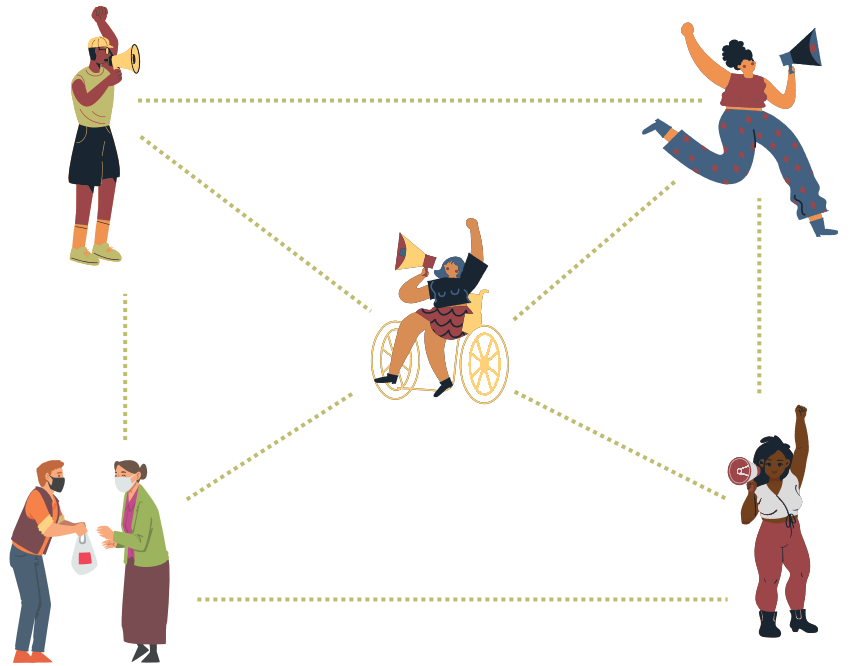


NOTHING ABOUT US WITHOUT US?

Why Young Folk Want To Be Involved

Many children feel hopeless about preventing catastrophic climate change and are disproportionately burdened by the impacts of climate change (Sanson et al., 2019). Encouraging and supporting young people's involvement in mitigation and adaptation climate action strategies is one way of building their self and collective resilience, efficacy and agency (Australian Psychological Association 2018). In WA, research with young people, parents, health and policy workers found that we need to know more about how to support the wellbeing of young people, particularly as they get involved in climate action (Godden et al., 2021).



What motivates you to get involved in climate justice?

"I'm involved in activism because it gives you a real sense of power, it feels like you are actually doing something that will help. It's so easy to feel powerless and overwhelmed by the many problems the world is facing and activism is a kind of a relief for that"

Participant response in CJU youth advocacy survey 2022

"Being involved in collective action can help channel our energy and rage and give us a shared sense of working together for a common goal."

At the same time, there is a risk of young climate activists experiencing burnout, Youth climate activist groups and networks can offer us a shared space to connect with like-minded peers and 'check-in' with each other.

It is also important for young people to talk (and rant) about our feelings and experiences with people who support us, like parents, family, friends, and mentors who understand the issues."

Emma Heyink, Eva Carot Collins, Bella Burgemeister and Mena Tabeshfa in Godden et al 2020



WHY INVOLVE US?

Why Young Folk Want To Be Involved

What are the barriers and opportunities for young change makers?

"I think that building like minded communities who are passionate about climate justice is a way to help me and my peers create change for climate justice as it gives me positive role models to look up to, and get advice from to create climate justice."

Participant response in CJU youth advocacy survey 2022

"When we learn about climate change in school, we are taught about what we can do at an individual level. This is disheartening because it teaches us that it is our responsibility to resolve climate change, putting more on our shoulders.

We also know this is not enough and it will not fix things. Schools do not teach us about different forms of climate action, such as collective action.

However, we also learn about climate change in activism spaces and on social media. These spaces put the focus and responsibility on governments and people in power.

This creates solidarity and community, and we learn that there are many different paths to act on climate change, such as legal routes, protests and lobbying."

Emma Heyink, Eva Carot Collins, Bella Burgemeister and Mena Tabeshfa in Godden et al 2020

What feelings come up for you when you think about these things?

"I'd say determination (cause surely there's something yet to do and change this), but disillusion (cause I can't really grasp what's occurring to the environment) as well as a bit of confusion and powerlessness."

Participant responses in CJU youth advocacy survey 2022



COLLABORATING WITH YOUNG PEOPLE REQUIRES COLLECTIVE CARE

"Generally the climate crisis is always at the back of my mind. When I go shopping and look around, when I'm at work and I'm forced to throw out food, when I'm crossing the road and I see the lines of cars piled up. I'm always a little angry that I will spend the rest of my years worrying about this, that I will never be able to have that carefree uni student experience, that I will graduate high school unsure of the stability of my environment. At one point I considered not going to university at all, instead dedicating my time after high school to the climate crisis. That thought makes me angry, that I had to consider missing out on a tertiary education for this."

Participant responses in CJU youth advocacy survey 2022



Participant responses in CJU youth advocacy survey 2022

