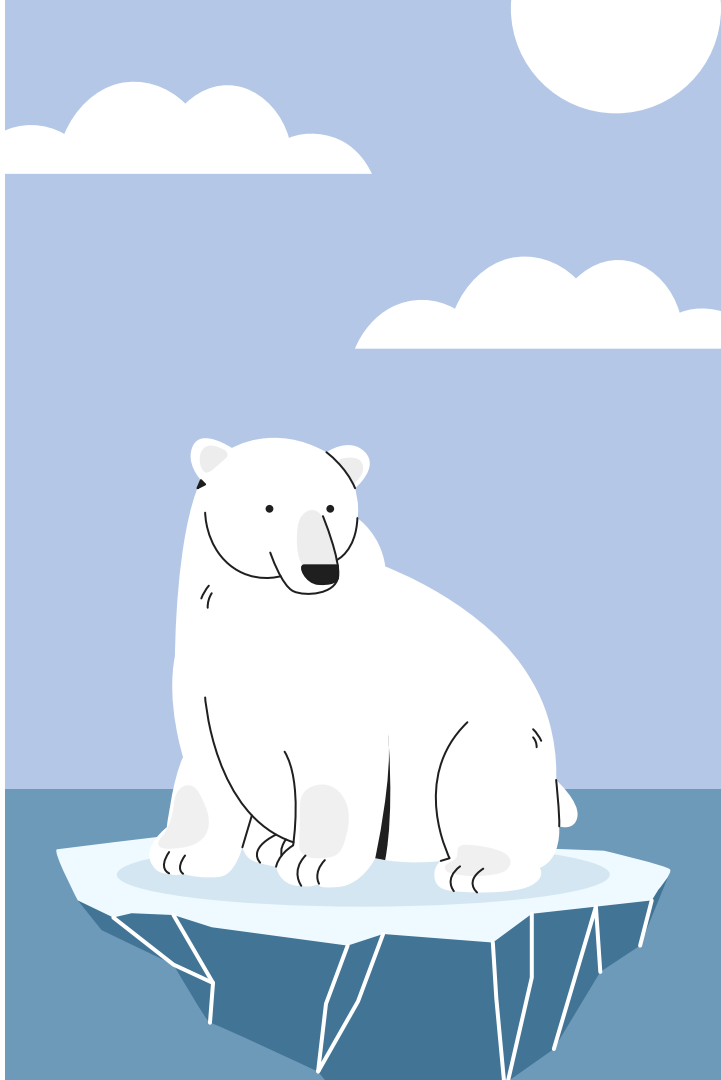


# Using Doom as Fuel for the Future

Tips for talking with youth  
experiencing Climate Anxiety

Rachel Ratliff

*Inland Seas Education Association  
Northern Michigan Environmental Action Council*



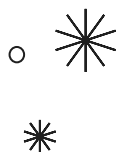


# Inland Seas

EDUCATION ASSOCIATION



Rachel Ratliff

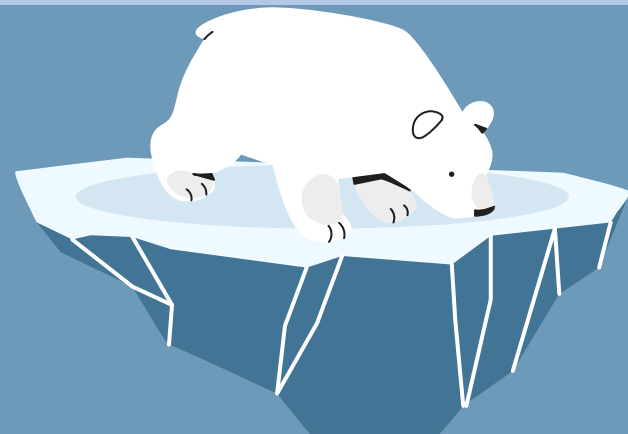




# Who are you?

## With a neighbor:

- ❄ Name
- ❄ When/where do you speak with young people about human impact/climate change?

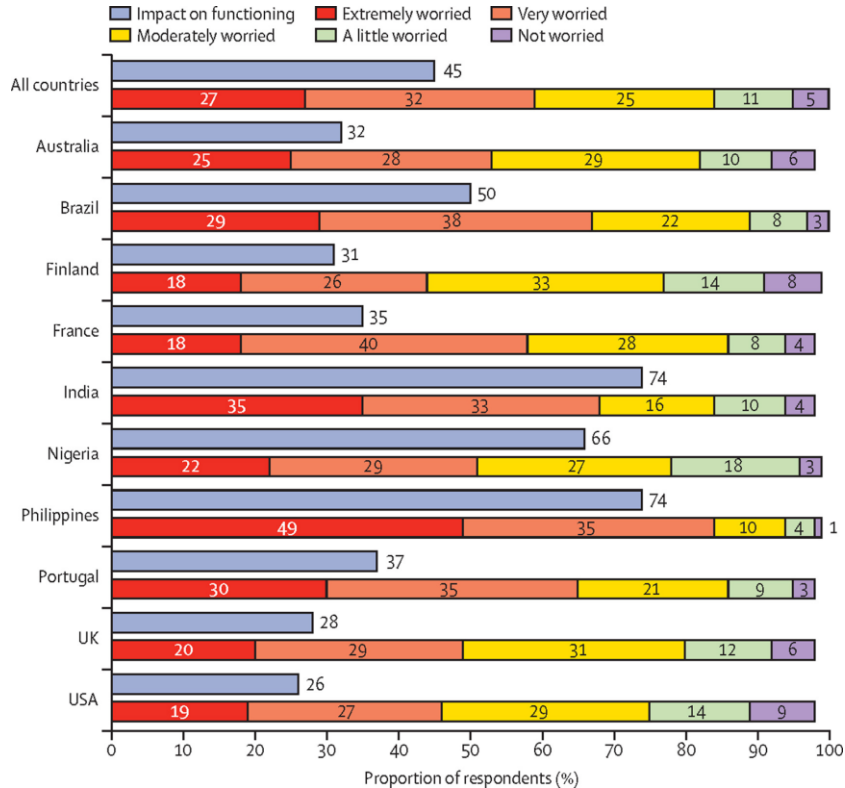


# What are we doing today?

- ❄️ Doom as a Renewable Resource
- ❄️ Climate Emotions as a Spectrum
- ❄️ Finding our Doom Communities
- ❄️ Conversational Tips
- ❄️ Let's burn that fuel! Finding actions that are meant just for you.

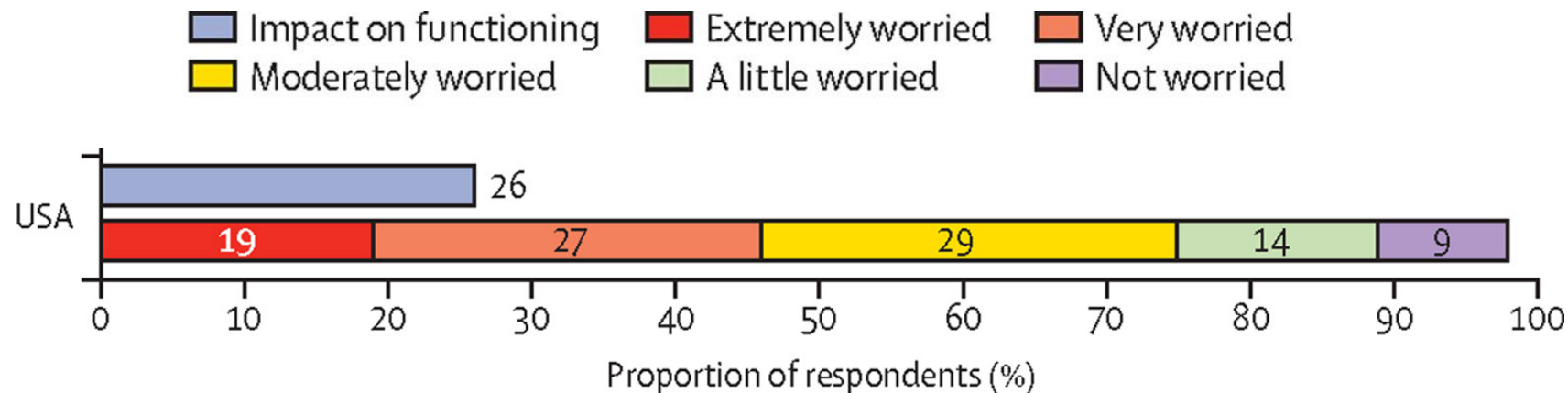


# Doom as a Renewable Resource



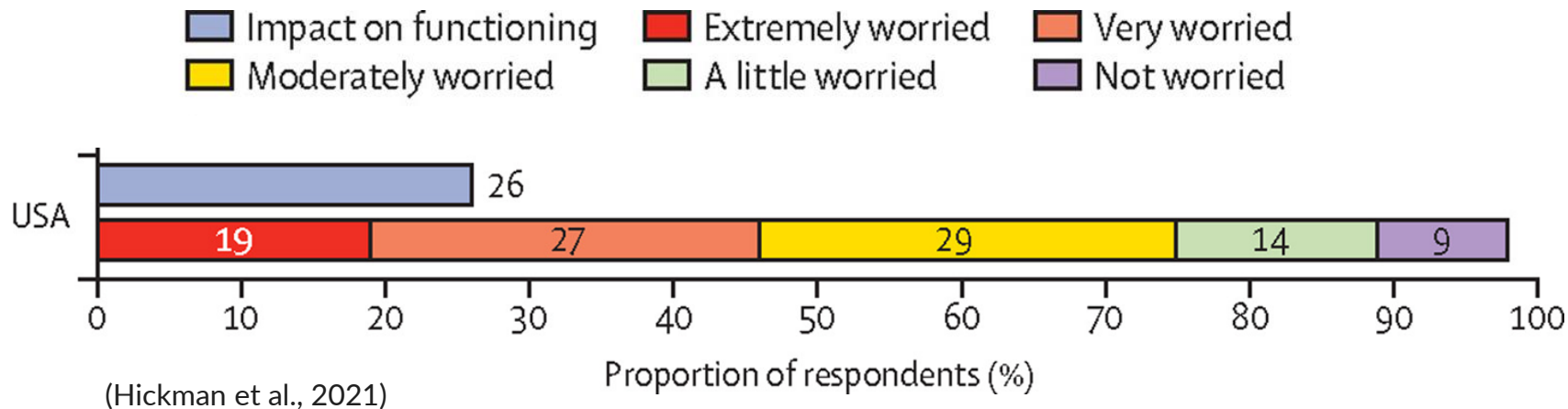
(Hickman et al., 2021)

# Doom as a Renewable Resource



(Hickman et al., 2021)

# Doom as a Renewable Resource



**“When I try to talk about climate change, other people have ignored or dismissed me.”**

**Yes: 30%**

**No: 39%**

**I don't talk about climate change with others: 30%**

# The Spectrum of Climate Emotion

## Climate Doom

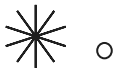
“It’s too late.  
Let me hoard my  
Stanley cups in  
peace.”

**Result:**  
**Inaction**

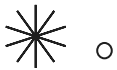
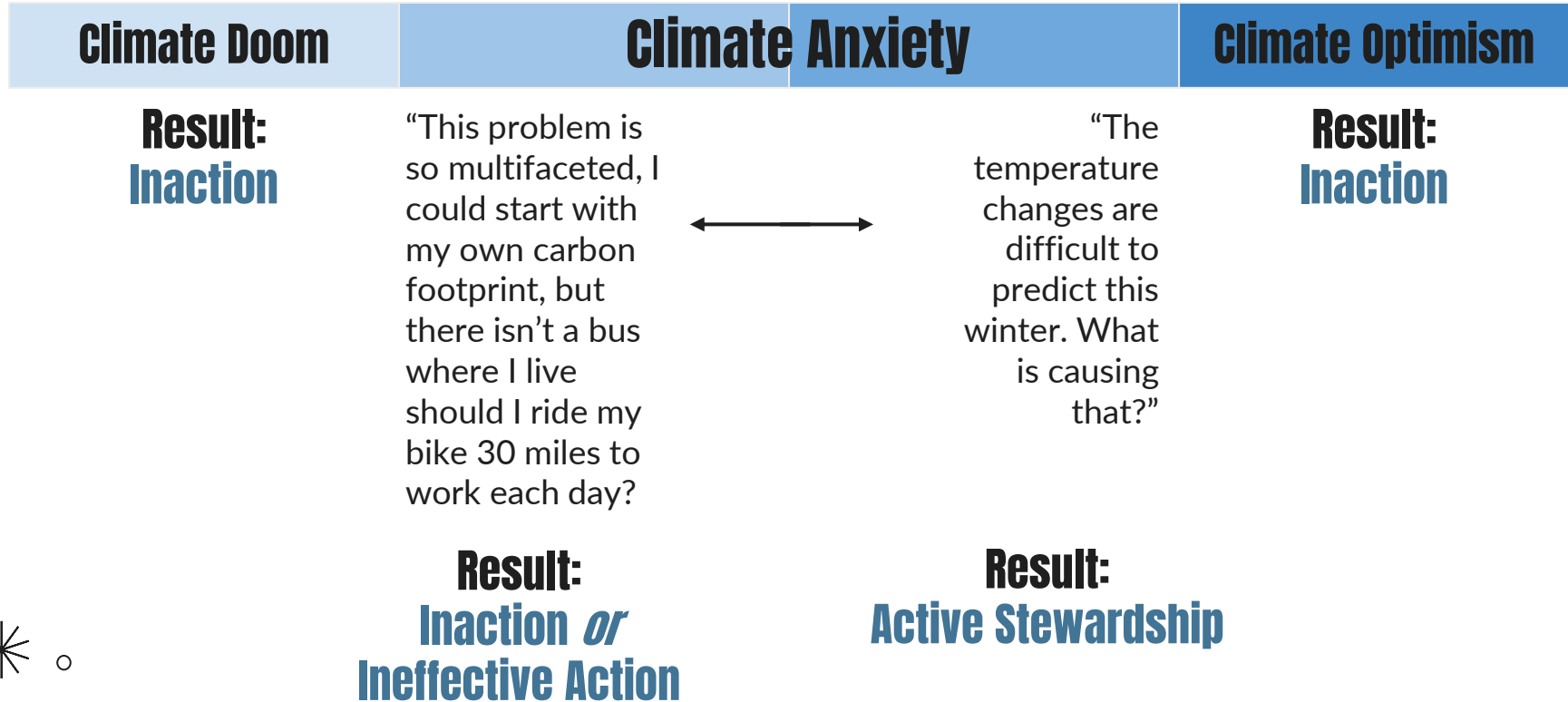
## Climate Optimism

“There is a  
billionaire  
working on the  
solution to this. ”

**Result:**  
**Inaction**



# The Spectrum of Climate Emotion



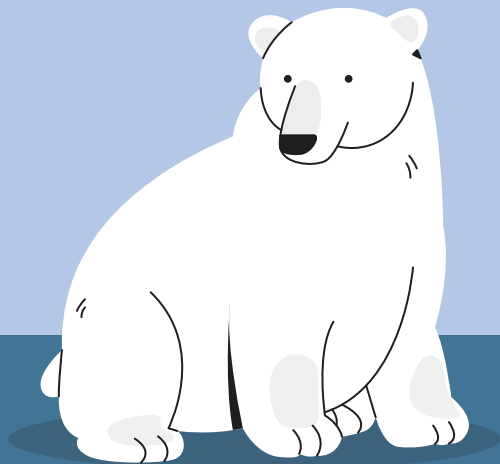
# Activity!

On your notecard write down at least two dooms.  
One that comes directly from your 11-year old self  
Another that might be more recent.

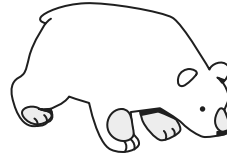
Use full sentences.

Examples:

- *I hate seeing litter everywhere.*
- *I am afraid of what happens when the ice caps are fully melted.*



# Guiding Youth & Young Adults



- ❄ Model confidence
- ❄ Narrate their world
- ❄ Allow distress
- ❄ Preview anxiety- provoking situations



**Harvard Health  
Publishing**  
HARVARD MEDICAL SCHOOL

# Common Pitfalls

Don't let your own  
anxieties get the best of  
you!



# Practice Makes Perfect

“No one changes the world alone, and no one doesn’t change it at all.”

– *Hank Green*



- ❄ There will be instances when you put your foot in your mouth or say the wrong thing.
- ❄ Not coming to a resolution at the time of conversation is not a failure!

# Assigning Morality to Weather & Climate

- ❄ Changing climate is not 'good' or 'bad.' It is different.
- ❄ 'Different' may have positive and/or negative implications.
- ❄ Morality begins with how we treat our neighbors
  - Local
  - State
  - National
  - International



# Don't try to “fix” feelings

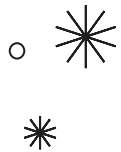
- ❄ People will change their minds when they ready.
- ❄ Name the feeling!
- ❄ Listen with empathy & curiosity.
- ❄ It is us against the problem, not each other.



# “It’s too late!”

- ❄ For what?
- ❄ In regard to climate work, this is not a complete sentence.
- ❄ The same is true for, *“It’s not too late!”*





# The 5 E's of Environmental Action

**Empathy** Give students the space to talk and *listen* while they do.

**Excitement** Env. action is an activity that we look forward to.

**Education** Provide age-appropriate learning opportunities about human impact and collective action.

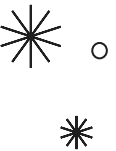
**Environmental Stewardship** Spend time outside together! We have to like it if we're going to protect it.

**Empowerment** Provide support for youth-driven projects.

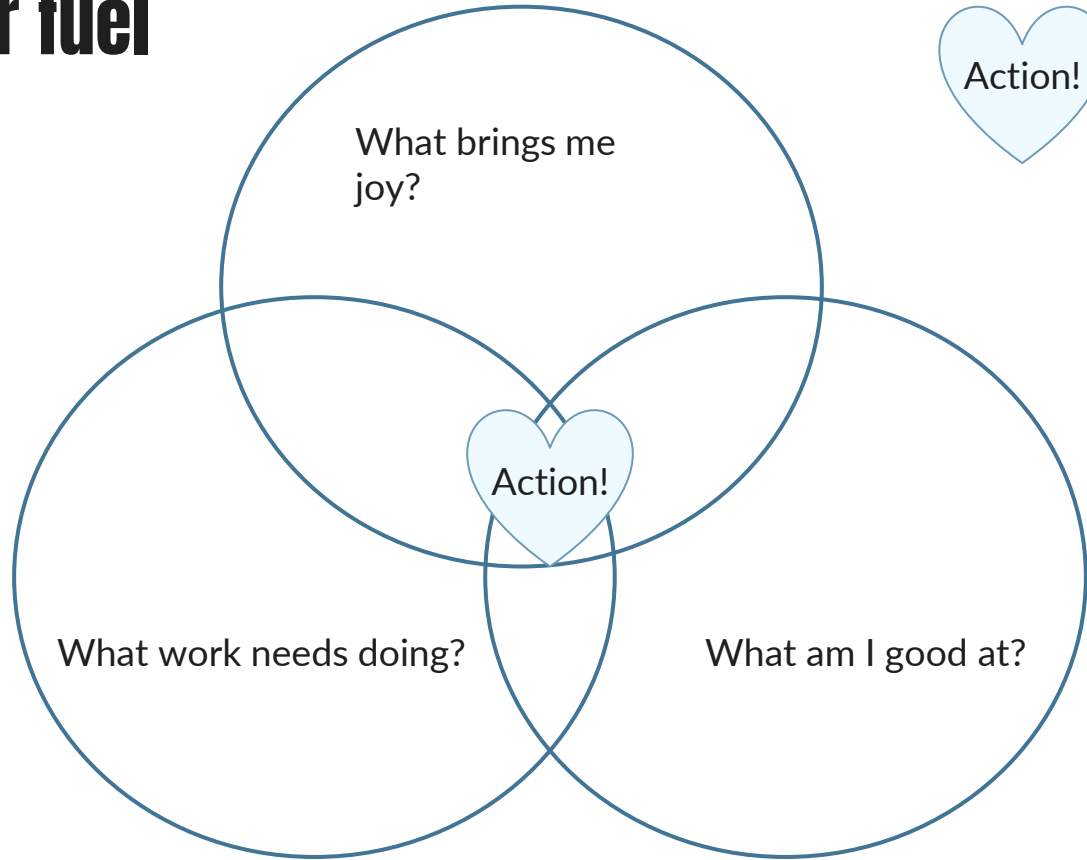


# Final Activity!

Let's find an activity that you are uniquely qualified for!



# Burning your fuel



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Dr. Ayana Elizabeth Johnson's  
Climate Venn Diagram

# Where to channel your doom?



**ISEA**



**NMEAC**



**FLOW**



**Local Lake Association**



**Earth Rangers**



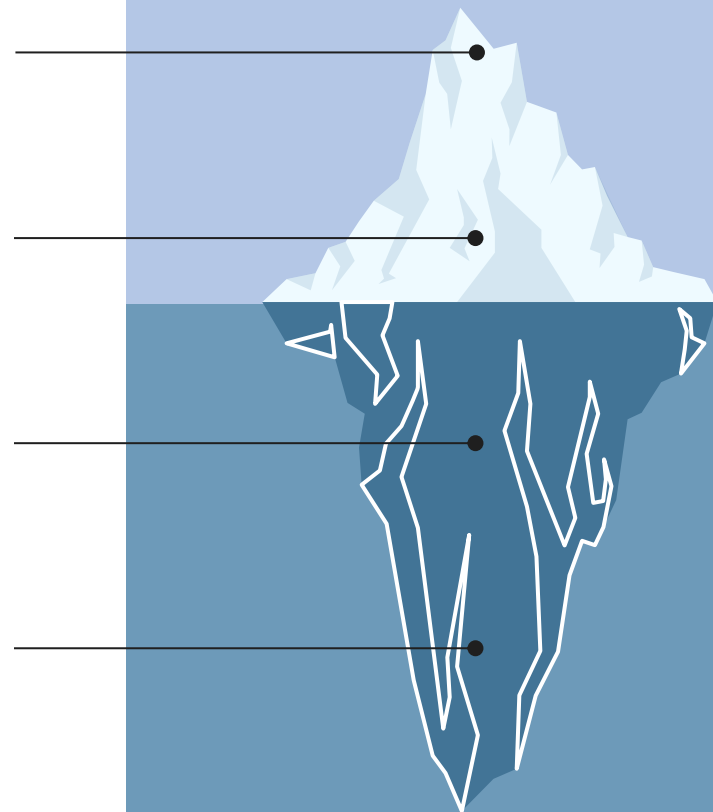
**So many more**



**GREENPEACE**

# Conclusions:

- 01** You are qualified to speak with youth because you were once a youth!
- 02** Feeling worry and anxiety are the result of paying attention.
- 03** These conversations get better with practice and patience.
- 04** There is work to be done that only you can do and communities who want to help you do it!



# Questions & Discussion

Rachel Ratliff

greatlakesrachel@gmail.com

**NMEAC Friendsgiving**

Friday, November 15, 6p - 9p

RSVP via email ^

**Upcoming ISEA Cafes**

Nov 12: Baggy Wrinkle Making

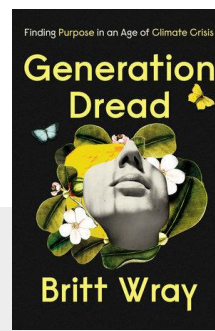
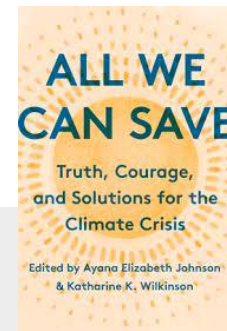
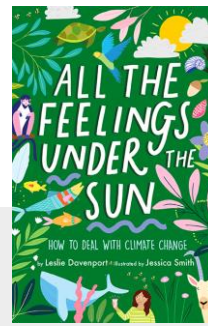
Dec 19: Adaptive Forestry

[schoolship.org/events](http://schoolship.org/events) for more info



**CREDITS:** This presentation template was created by [Slidesgo](#), and includes icons by [Flaticon](#), and infographics & images by [Freepik](#)

# Articles & Books for Reference:



## BOOKS

- ❄ All of the Feelings Under the Sun by *Leslie Davenport*
- ❄ All We Can Save Edited by *Ayana Elizabeth Johnson & Katherine Wilkinson*
- ❄ Generation Dread by *Britt Wray*

## ARTICLES

- ❄ Earth Rangers: [Anxious for Action: Channeling Children's Environmental Concerns into Action](https://earthrangers.com/public/content/wildwire/Anxious-for-Action-Channeling-Childrens-Environmental-Concerns-Into-Empowerment.pdf)
  - <https://earthrangers.com/public/content/wildwire/Anxious-for-Action-Channeling-Childrens-Environmental-Concerns-Into-Empowerment.pdf>
- ❄ Harvard Health: [Anxiety in Children:](https://www.health.harvard.edu/blog/anxiety-in-children-2018081414532)
  - <https://www.health.harvard.edu/blog/anxiety-in-children-2018081414532>
- ❄ Dr. Ayana Elizabeth Johnson: [Climate Venn Diagram:](https://www.ayanaelizabeth.com/climatevenn)
  - <https://www.ayanaelizabeth.com/climatevenn>
- ❄ Carbon Conversations Toronto: [Six Tips for Better Climate Conversations](https://www.carbonconversations.to.com/post/six-tips-for-better-climate-conversations)
  - <https://www.carbonconversations.to.com/post/six-tips-for-better-climate-conversations>