

A path to a healthier planet for today's youth and generations to come

Listen to youth's unique experiences of climate anxiety

Create spaces where youth can share their feelings about the climate crisis



We heard from youth that they are feeling:

- Fear, anger, grief, powerlessness, hopelessness
- Dismissed by adults, feeling alone
- Sense of unjust burden and responsibility
- Frustration that not more is being done

Connect with youth to cultivate healing and resilience

Integrate relationship-centered practices into education, organizing and wellness activities

- Intergenerational climate conversations
- Community storytelling and arts
- Connection with nature and the Land
- Celebration of cultural identity for youth of color



Act with youth — for youth, the planet and future generations

Foster youth-adult partnerships in climate spaces

- Climate change planning and policymaking
- Co-designing climate change school curriculum
- Climate justice organizing
- Community disaster planning, response, and recovery



For more information, see [OHA's Youth Mental Health and Climate Change report](#).