

Raising Climate Warriors: Cultivating Eco-Conscious Families & Communities

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Acknowledgement of **Country**

The University of Queensland (UQ) acknowledges the Traditional Owners and their custodianship of the lands on which we meet.

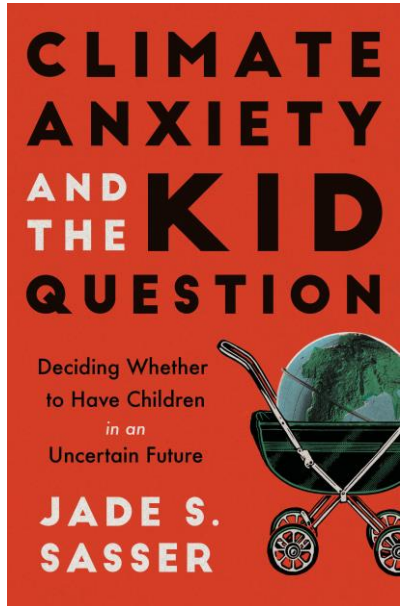
We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.



SUSTAINABLE DEVELOPMENT GOALS





Why children are crippled by climate anxiety and how to help

Tipping young people to critical thinking skills to empower them as decision makers. by Anna Steehan

The term "carbon footprint" is familiar. As a measure of the environmental impact of the amount of resources consumed and greenhouse gases produced, the concept is used by many to assess how "sustainable" they are. "I eat a vegetarian diet, I shop private jet, carbon footprint is the go-to standard on the planet. I don't know if that's the term in a long way from the into the actions of the oil company (BP) popularised the term in a 2005 scene for a surge in rising climate and individuals are to stop its impacts. CLIMATE ANXIETY is BP's campaign, come a th problem.

conferences, she was a member of Plan International's Youth Advisory Panel, where she supported young campaigners worldwide in making change happen in the sphere of children's rights and equality for girls. Carter-Stritch is also making waves at a local level, running the clothing swap hub Change Clothes Crumlin alongside its founder Mary Fleming. Carter-Stritch acknowledges the privilege she had in attending the climate conferences, yet on both occasions she experienced feelings of immense pressure and diverse interests at play during these crucial gatherings. "Between governments, corporations and civil society, there are different groups of people there, and it was great to get exposure to the complex negotiation processes, but it did feel like the world was ending a little bit," she says. "Both times I came back from Cop, I just felt so sad."

For Carter-Stritch, there's much more at stake than just environmental issues. She speaks of the interconnected social and economic concerns that also fill her with a sense of unease. "Even though it's barely spoken about, there are correlations between rising prices and the fact that we're having harvest issues, for example. You can't decouple the cost of living crisis from the climate crisis," she says. And that gives me anxiety because I wonder, when is this going to stop? Is this just going to continue for the rest of my life?" Caitlin Faye Maniti, a fellow climate

Michelle Cowley Cunningham, a research psychologist at Dublin City University, who recently published a paper on climate anxiety and children's rights, alongside Dr Elaine Rogers from the University of Limerick and Dr Alexis Carey from Jigsaw, the National Centre for Youth Mental Health. Cowley-Cunningham highlights that while teenagers and young people in the global north may worry about their future, their concerns often

home, where weather changes are far more extreme, and I think that broadens my perspective."

THE PSYCHOLOGICAL POINT OF VIEW

"Climate anxiety is a very real thing, and psychologists are finally giving it the attention it deserves," Cowley-Cunningham explains. "Someone with anxiety has thoughts like 'Am I good enough to be a parent?'"

children are equipped with the critical thinking skills to tackle climate challenges," she says. The second recommendation centres on promoting consumer empowerment to enable children to make environmentally friendly choices. "Children can be the major purchasing persuaders in the household," she continues. "Empowering them to make informed consumer choices could help them feel more confident by the climate crisis."

we try to focus on how we're going to be part of the solution legislatively, showing them how they can advocate for change locally, regionally, or internationally

how they can best behave" is "that we try to focus on encouraging them to be part of the solution legislatively, showing them how they can advocate for change locally or internationally."

COPING WITH CLIMATE ANXIETY

Thinking about the first and for many young people, positive is an uphill battle. "There can be a lot of the youth, and as it is, it's the adults who have to make it and optimistic media out the negatives, which highlight, by on the positive we've made sustainable. Hope Carter-Chang "I'm not sure if it's the best" "It's not a problem."

The couples rethinking kids because of climate change

Want to fight climate change? Have fewer children

Vol. 42 No. 5 · 5 March 2020

To Breed or Not to Breed?

Is it OK to have a child?

Meehan Crist

In a world of pandemic chaos, political strife and climate catastrophe, some would-be parents see the future as too dark to procreate.

Climate change is making people think twice about having children

Fears of climate change 'apocalypse' are stopping young people having children and 60 percent say they are worried their kids could ADD to the crisis, new study claims

Ocasio-Cortez: Is it okay to have children?

Should We Be Having Kids In The Age Of Climate Change?

Having kids is terrible for the environment, so I'm not having any

The population explosion and climate change are linked. I want to do my part.

How Climate Anxiety Is Shaping Family Planning

BirthStrike: The people refusing to have kids, because of 'the ecological crisis'

The ethics of having children during a climate emergency

Would you give up having children to save the planet? Meet the couples who have

Climate fears give the young second thoughts about having children

Want to help combat climate change? Have one less child, study says

Thursday, 20 January 2022

Eco-anxiety: Fear of climate change stopping young people having children

What is thriving?

- set of positive “vital signs” in adolescence (e.g., academic success, caring for others and their communities, the affirmation of cultural and ethnic diversity, commitment to healthy lifestyles (Benson & Scales, 2009)
- dynamic and bi-relational
- stability and balance toward a goal
- current stage and future orientation
- growth trajectory
- culturally specific

- Critical thinking and decision making
- Planning and problem solving
- Taking care of your mental health
- Being flexible and adaptive to change
- Having a positive outlook
- Communication well with others
- Being caring
- Being confident in your personal capacity
- Speaking up and sharing ideas
- Contribute to the well-being of community



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REVIEW ARTICLE



WILEY

Connecting families, schools, and communities: A systems-contextual approach to sustainable futures for children

April Hoang  | Matthew R. Sanders | Karen M. T. Turner | Alina Morawska |
Vanessa Cobham | Carys Chainey | Erik Simmons

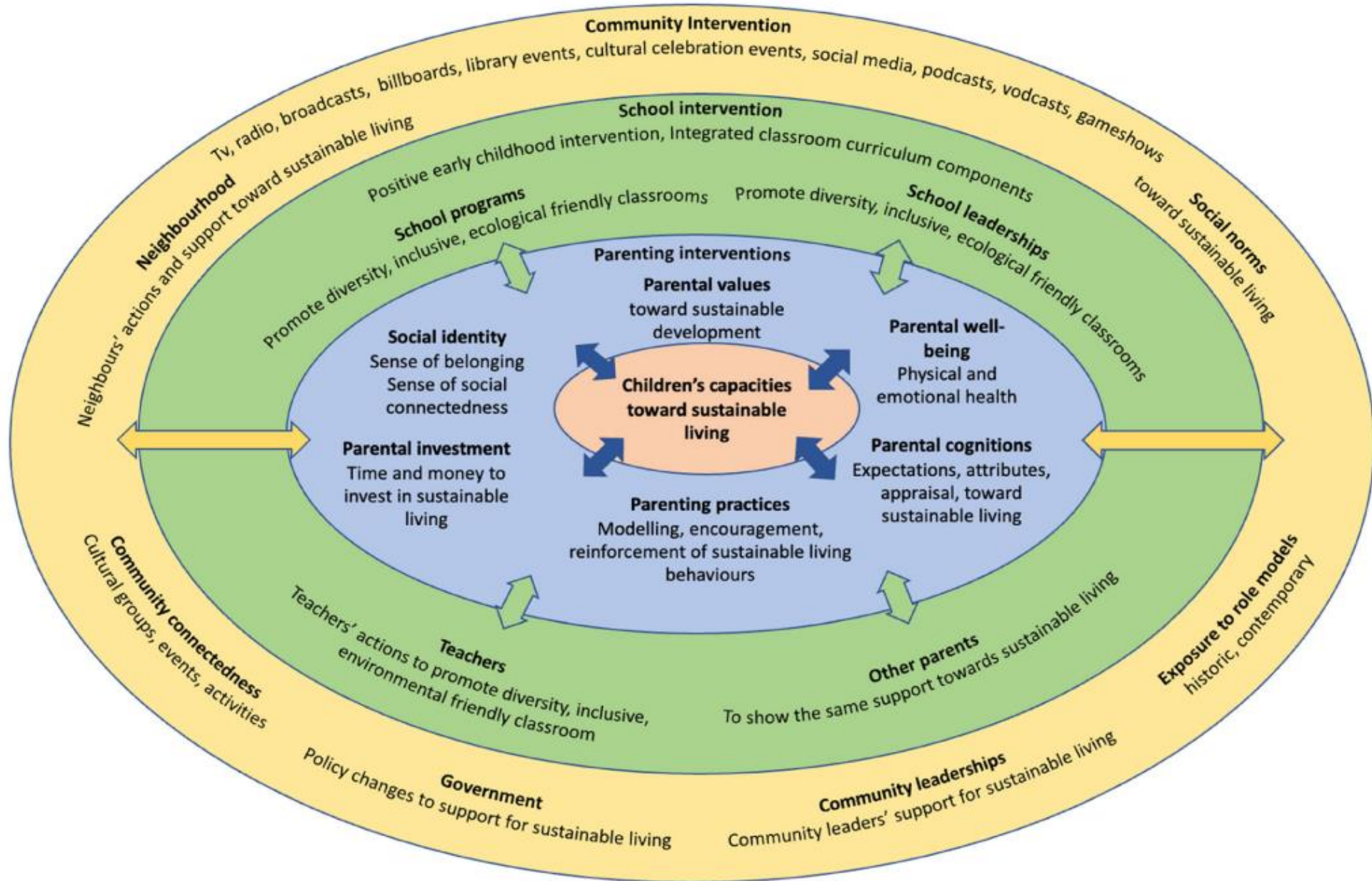


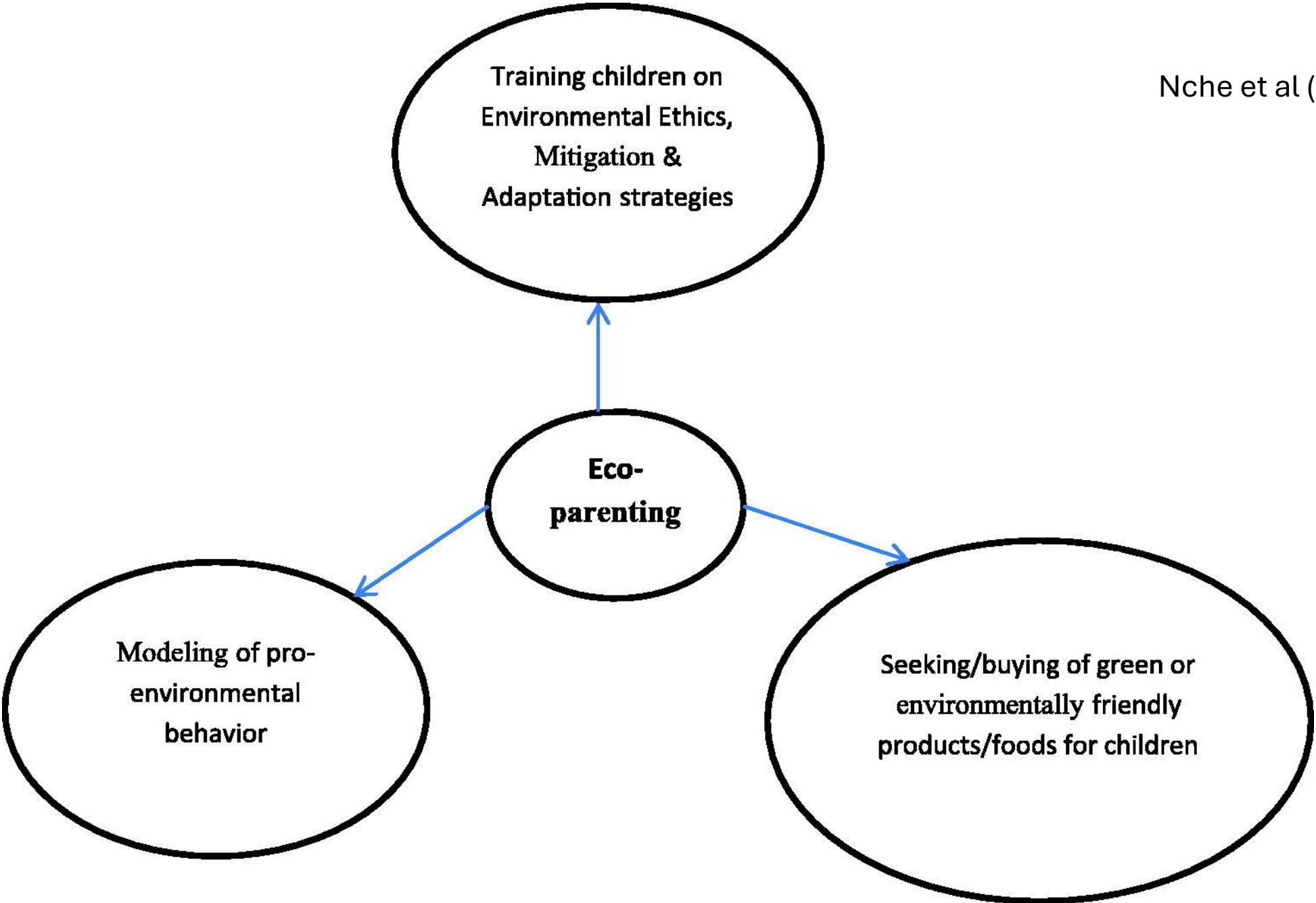
FIGURE 2 A collective model of joint efforts to promote children's capacities toward sustainable living.



Green parenting Eco-parenting

Nche et al 2019

Shrum et al 2023





Parent
characteristics
& environmental
practices

Green parenting

Child
environmental
behaviour

Specific parenting practices & actions

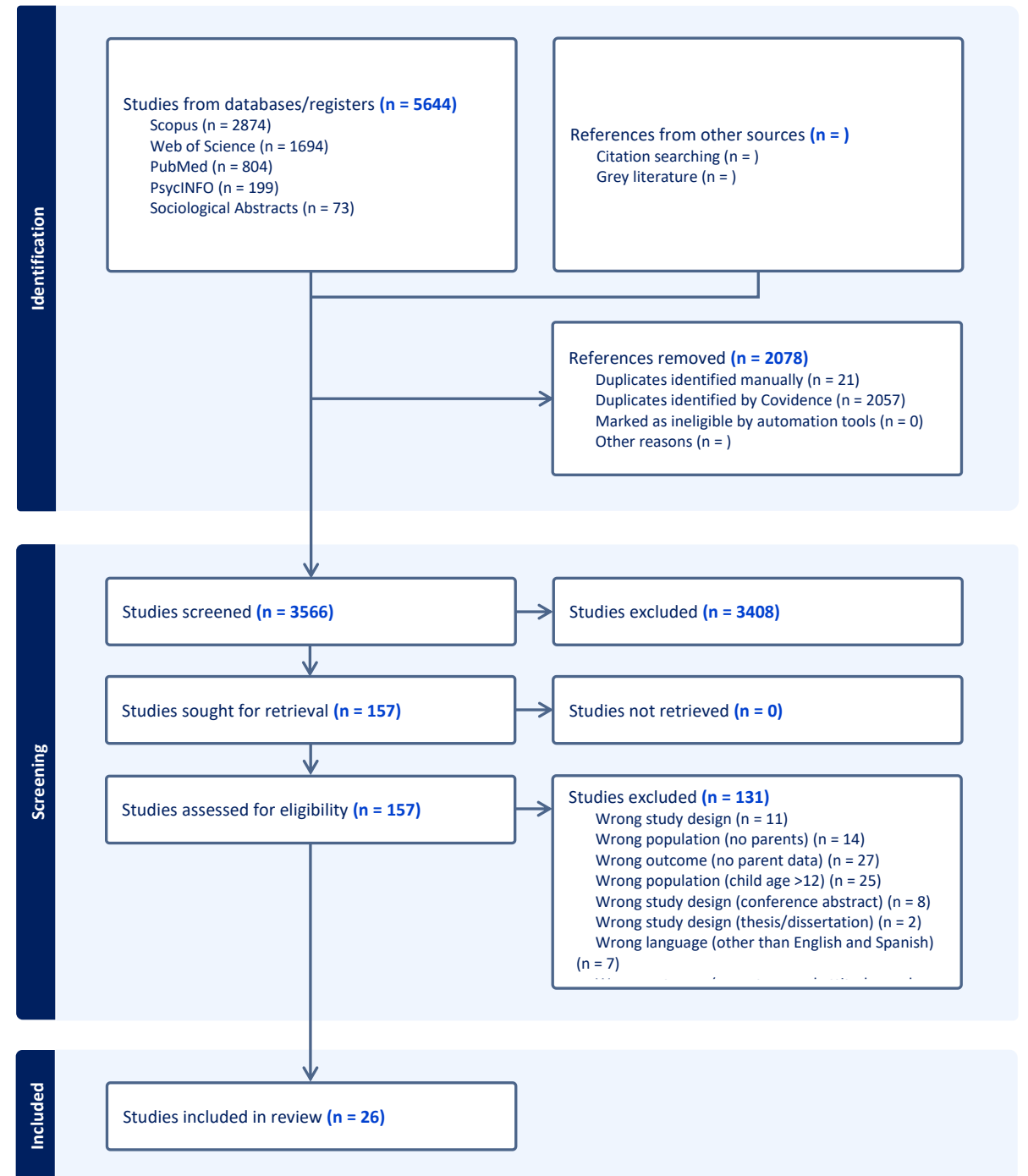
- Parental modelling
- Communication with children
 - Incidental teaching
 - Explicit instruction
- Encouragement/facilitation
- Exposure to nature
- Advocacy



**PARENTS FOR
CLIMATE**



A scoping review of green parenting: Parents as promoters of their children's pro-environmental attitudes and behaviours (Gonzalez, Morawska, Jeffries, 2024)



A landscape photograph showing a vast field of harvested corn stalks in the foreground, extending to a flat horizon. The sky is dark and dramatic, with a bright, glowing light source on the right side, creating a lens flare effect. The overall mood is somber and atmospheric, suggesting a storm or late evening.

Understanding parenting in times of climate change: A national survey on green parenting

(Gonzalez, Morawska, Jeffries, & Excell 2024)

Green Parenting Practices Scale

I use reusable containers for my child's childcare or school lunch.

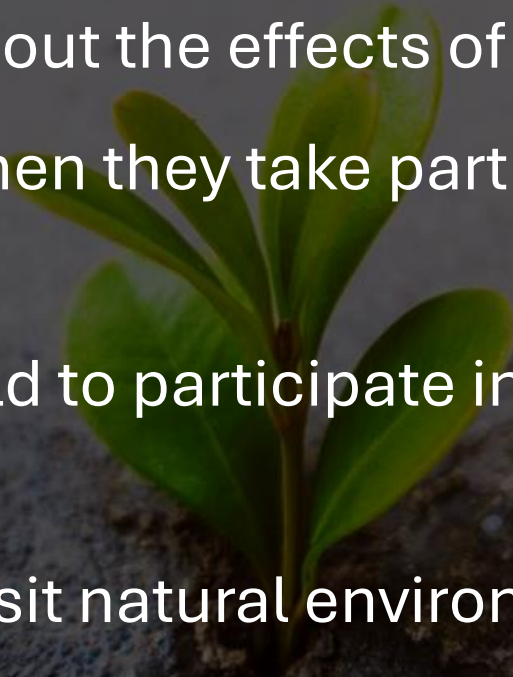
I talk to my child about the effects of climate change.

I praise my child when they take part in environmentally friendly practices at home.

I encourage my child to participate in clubs/activities that promote 'green' behaviour.

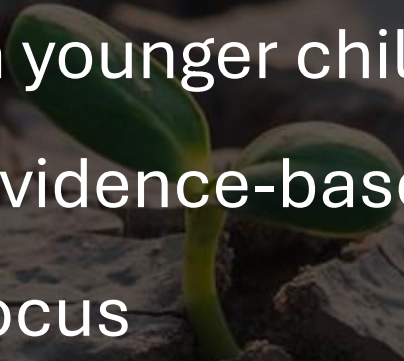
I take my child to visit natural environments such as parks or forests.

I teach my child what and how to recycle.

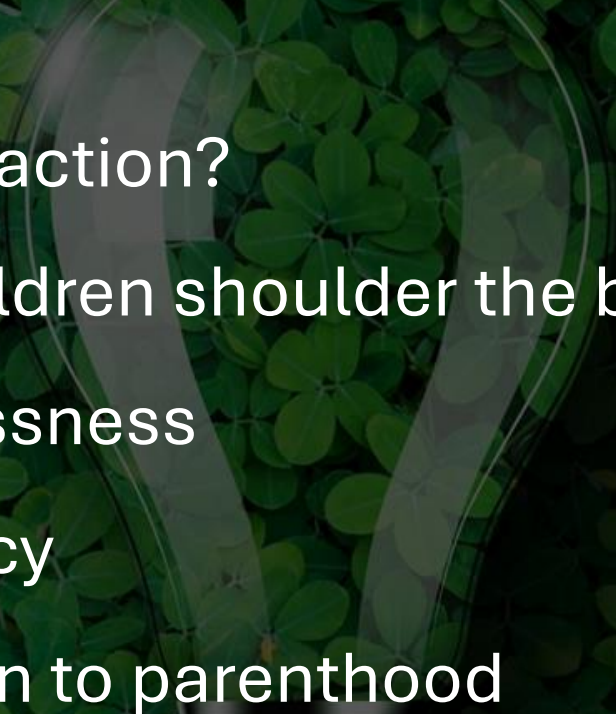


Research Gaps

- Clarity of definitions
- Lack of longitudinal studies
- Links between parenting and child outcomes
- Focus on younger children
- Lack of evidence-based parent support strategies
- WEIRD focus



Discussion

- Intervention targets?
 - Individual vs collective action?
 - Should parents and children shoulder the burden?
 - Shame, blame, hopelessness
 - Building personal agency
 - Leveraging the transition to parenthood
- 
- A glowing lightbulb is centered in the lower half of the image. The background is a dense, textured field of small, vibrant green leaves. The lightbulb is illuminated from within, casting a soft glow and creating a subtle lens flare effect. The overall aesthetic is clean and natural, suggesting themes of growth, ideas, and environmental awareness.

A black and white photograph showing several hands of different skin tones stacked together in a supportive gesture, with the palms facing upwards. The hands are arranged in a circular pattern, with some overlapping others. The background is dark, making the hands stand out. Overlaid on the image is the text "Thank you" and an email address.

Thank you

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