





BREAK THE DIVIDE



# Climate Emotions Program

## February - May 2024


### What is the Climate Emotions Program?

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1. A 7-session **free and virtual program** that connects high school students across Canada (e.g., Saskatoon with Halifax, Iqaluit with Toronto, Montreal with Tsawwassen First Nation) in a discussion of climate change, mental health, and community action.
  2. Includes **educational resources** covering different climate-related themes (e.g., environmental identity, climate emotions) lasting **45-60 minutes each**.
  3. Provides students with access to resources and sessions by a certified **mental health professional** to support the education and healing process.
  4. Requires low commitment from the school staff as each session is guided and facilitated by a **Break The Divide team member**.

### Program Timeline

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- **Connection (Prep Stage):** Pair participating schools with each other. Have introductory meetings to introduce the program, materials, and facilitators.
  - **Session 1 - 2 (Environmental Identity):** Students will learn about their personal and communal environmental identities, as well as how they intersect. During Session 2, students will have their first connection with the partner school.
  - **Session 3 - 5 (Climate Emotions):** Students will be introduced to the topic of climate emotions and climate mental health. Connections continue.
  - **Session 6 - 7 (Reflection):** Students will have their final connection with their partner school and talk about their progress in navigating climate emotions and learning about climate change.

### Program Benefits

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- Builds **knowledge, empathy, and action** on climate change and mental health by providing resources to build emotional resilience.
  - Provides **program completion certificates** from Break The Divide at the end of the program.
  - Fosters **meaningful connections** between students from across Canada and teaches them about diverse perspectives.

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