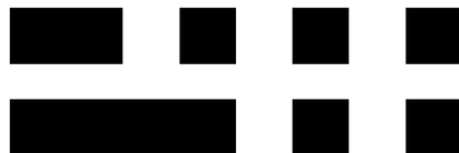


**BTD**  
**CLIMATE**  
**EMOTIONS**



**CAMPAIGN**  
**OVERVIEW**



**BREAK THE DIVIDE**

# Break The Divide

Break The Divide Foundation is a non-profit organization that breaks down racial, social, and geographic divisions in society through conversation. We focus on creating change through the power of personal connection. We connect youth from different walks of life with one another to foster dialogue and discussion to create local, community-specific change. Through Break The Divide, youth are given the opportunity to be leaders in their community and share their unique experiences.



## Program Introduction

In recent years, there has been a growing awareness of the effects of the climate crisis on mental health and wellbeing. This awareness has come with the desire to better understand, work with and communicate about climate mental health and the emotions we are feeling.

BTD Climate Emotions aims to contribute to the growing awareness of climate mental health and to support youth in understanding and working with their climate emotions. Through the Climate Emotions program, our focus is to create a safe space where youth can share their emotions, learn about the intersections of climate and mental health, and connect with other communities.

Lastly, we want to encourage youth to create action-driven projects that will help students work with their emotions to combat the climate crisis.

# Climate Mental Health

According to a recent study (Hickman et. al., 2021), 59% of youth surveyed were very or extremely worried and 84% were at least moderately worried about climate change with over 50% feeling sad, anxious, angry, powerless, helpless, and guilty. Furthermore, 54% of respondents said their feelings about climate change negatively affected their daily life and functioning (Hickman et. al., 2021). This groundbreaking study is the largest ever study on climate anxiety in youth, and lays bare the reality of our current situation.

With these facts, we ask: **Why is it so hard to talk about climate emotions?** Through BTDC Climate Emotions, we aim to break down the stereotypes around climate mental health in the communities of youth as we create much-needed spaces of dialogue for them to share their stories.

# BTD Climate Emotions: Timeline

Break The Divide seeks to bring youth from **apathy** to **empathy** to **action** through the Climate Emotions programme.

## Connection

Prep  
Stage

Connect with teachers and volunteers. Have introductory meetings to introduce the programme and materials.

## Environmental Identity

Session  
1-2

Students will learn about their personal and communal environmental identities, as well as how they intersect. Session 2 will be the first connection with the partner school.

## Climate Emotions

Session  
3-5

Students will be introduced to the topic of climate emotions and climate mental health. They will connect with their partner school and learn ways to understand and work with their emotions while taking climate action.

## Reflection

Session  
6-7

The final sessions of the program involve reflection on all that has been shared and learned. Students will have their final connection with their partner school.

**Connect,  
Communicate,  
Create Change**

