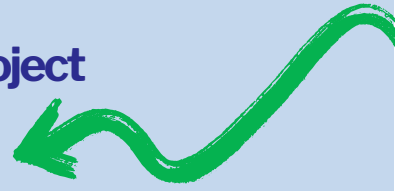




Take Action with the ClimateMusic Project

# Guide for Youth



You may know a little or a lot about climate change. You may have experienced a range of emotions about what it means for the future. Whatever the case, we want to share some ideas for how you can make positive change happen. Remember that small changes add up, especially when you do so with others.

## Make Small Changes at Home

The easiest place to try something new is at home where your voice is trusted. But living with a family or roommates might mean you need to make decisions together. So it is always a good idea to share your intentions before getting started. Let them know why this cause is important to you, and ask them to support (and hopefully join) you!

Consider the habits you can change: Can you go by bus or bike? Eat more vegetarian meals? Reduce the use of heating or air conditioning? Hang your clothes to dry? Start a compost pile? Also, take notice of how much you're buying and and wasting (food, fast fashion and plastic items), then reduce wherever you can.

## Amplify Your Voice

Join a local youth climate action organization and work on actions alongside others who share a similar vision. Choose a group that appeals to your passion and make sure they prioritize climate justice. Different groups might organize school strikes, phone banks, letter writing, mutual aid, petitions, marches and rallies, deep canvassing and more.

If you're not up for joining a group right now, you can do a lot on your own! Connect with government officials, agencies, energy providers, banks, big corporations and even your favorite brands. Share your vision for a sustainable future and tell them how you will hold them accountable. Start small by posting on social media or writing an email and build your confidence to meet in person.

The ClimateMusic Project connects people to climate science and action through the emotional power of music. We create music to inspire you and share resources like this Take Action Kit so you can shape our collective future. Learn more and listen to our music at [www.climatemusic.org](http://www.climatemusic.org).

## What is climate justice?

What is climate justice? Climate justice means recognizing and addressing the fact that climate change has bigger impacts on marginalized communities and makes existing inequalities worse.

# Gather Your Group

Think of the different activities that fill your week: school, sports, music, faith, academic activities or art. Propose an idea to one of your groups to act on climate. Gather a group of classmates. How this looks is up to you! But here are some ideas to discuss:



**Use your collective voice to support a bigger cause**--from conservation to animal rights, pollution, waste, or local and organic food. Think about the unique contribution your group can make to spread a positive message or fundraise.



**Volunteer in your community together**, and ideally not just one time but regularly. You could organize a clean up or planting day, or even host a clothing swap. Ask a local environmental organization how to pitch in.



**Make changes to become more sustainable** by taking a look at what your group does. Can you carpool or use alternative transportation? Are your uniforms made ethically and with low-impact fabric? Can you switch to school lunches or snacks that are organic, local or use less packaging?

All of these actions are important, but let's face it: climate anxiety is real, especially among youth. Remember that there are climate-aware therapists and group climate cafes, probably in your town. If not, search for some virtual options.

For more information on this topic:

[Climate Conversations: Connecting with Young People](#), Talk Climate

[What is Climate Justice?](#) Yale Climate Connections