

Jeff's Favorite Climate Change Resources



Books:

Saving Us: A Climate Scientists Case for Hope & Healing in a Divided World

Katharine Hayhoe

The Thinking Person's Guide to Climate Change

Bob Henson

The New Climate War

Professor Michael Mann

Drawdown

Paul Hawken

Earth: The Operator's Manual

Richard Alley

Climate of Hope: How Cities, Businesses and Citizens Can Save the Planet

Michael Bloomberg and Carl Pope

Hot, Flat and Crowded

Thomas Friedman

Faith Related Information/Action Resources

Global Catholic Climate Movement

<https://catholicclimatemovement.global/>

What You Can Do As A Catholic/Catholic Climate Covenant

<http://catholicclimatemovement.global/act/>

Laudato Si Action Platform

<https://laudatosiactionplatform.org>

Interfaith Power and Light

<https://www.interfaithpowerandlight.org>

General Information sources:

<https://www.climate.gov>

<https://climate.nasa.gov>

<http://www.climatecentral.org>

<https://environment.uw.edu>

<http://wwwen.ipe.org.cn/index.html> (environmental rankings of suppliers in China)

<https://www.snopes.com> (fact checking)

Charities/Action Groups

Audubon

www.Audubon.org

Conservation International

www.conservation.org

Catholic Climate Covenant

www.catholicclimatecovenant.org

Global Catholic Climate Movement

catholicclimatemovement.global

Defenders of Wildlife

www.defenders.org

Earthjustice

www.earthjustice.org

Intercommunity Peace and Justice Center

<https://www.ipjc.org>

Natural Resources Defense Council

www.nrdc.org

National Wildlife Federation

www.nwf.org

Nature Conservancy

www.nature.org

Northwest Center for Responsible Investment

<https://www.ipjc.org/nwcri>

Carbon Offset Certification & Sources

Verra

verra.org

Gold Standard

goldstandard.org

American Carbon Registry

americancarbonregistry

Climate Action Reserve

climateactionreserve.org

Constructive Approaches to Climate Anxiety in Children and in Ourselves



"Back in 2007, it was the mouse in the room; then, it became the elephant in the room. By 2016, those concerns and fears began to flood over,"

Professor Wendy Petersen-Boring, Willamette University/Portland

"Instead of focusing on the fear, you should instead focus on what you want to do.

If you get closer and closer to a solution, you can feel more pride and there is hope."

Professor Janet Swim, Penn State University

When should you talk to children about climate change?

- Do they bring up the topic?
- When you bring it up, do they change the subject?
- A neutral way is to ask what they've heard...and what they think?

What should you say or do?

Pre-school children

- Go on outdoor outings that connect them to their world, see it's beauty-parks, zoos, aquariums.
- Have them pick a favorite animal-one they can help care for or help others to care for.
- Patiently listen to them-help them put their feelings in words.
- Give them a positive sense of what you want for them and what you're doing.
- Share ways to calm down-focusing on breathing, tensing/releasing muscles.
- Invite them to help-using less fuel, eating less meat, walking, composting, avoiding plastic.

Good resources: 'The Magic School Bus and the Climate Challenge' by Joanna Cole, or 'The Lorax', by Dr Seuss.

Primary school children

- Respond to their questions with simple, one or two-sentence answers.
- Accept their feelings-"I hear what you're feeling-what do you think we could/should do?"
- Patiently listen to them-help them put their feelings in words.
- If they want to know more, work together to find answers.
- Explain how you're working with other adults to help solve the problem.
- Demonstrate actions you're taking or will take-set an example.
- Share stories about people who have had an impact
- Discuss possible actions-for them and for you...action minimizes fear/anxiety.
- Share ways to calm down-focusing on breathing, tensing/releasing muscles.
- Go on outdoor outings that connect them to their world, see its beauty-parks, zoos, aquariums.

Good resource: 'Down to Earth Guide to Global Warming' by Laurie David

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Junior High and High School Students

- Ask them what they know or have heard, what worries them. Listen carefully!
- Research the problem together, look for solutions that are being used.
- Point out other major problems that have been solved by people working together- the Ozone 'hole', polluted water or air, health problems.
- Explore steps they can take-conservation, recycling, advocacy
- Share stories about people who have had an impact
- Encourage them to spend times outdoors-'offline' in natural settings
- Share ways to calm down-focusing on breathing, tensing/releasing muscles.
- Have a conversation about consumerism and materialism

Good Resources - "It's Getting Hot in Here" by Bridget Heos, 'Eyes Wide Open' by Paul Fleischman

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References/Resources:

American Psychological Association-[Mental Health and our Changing Climate](#)

www.apa.org/news/press/releases/2017/03/mental-health-climate.pdf

American Meteorological Society www.ametsoc.org/ams/index.cfm/education-careers/education-program/k-12-teachers/

Catholic Climate Covenant www.catholicclimatecovenant.org

Climate Central www.climatecentral.org

George Mason University *Climate Communications*

Global Catholic Climate Movement catholicclimatemovement.global

<http://www.creationjustice.org/blog/52-ways-to-care-for-creation>

NASA <https://earthobservatory.nasa.gov/blogs/earthmatters>

National Oceanic and Atmospheric Administration www.climate.gov

Yale Climate Connections www.yaleclimateconnections.org

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