

Let's Talk Climate



We need to talk about climate change. It's not easy though and we are here to help.

We are seeing the impacts of climate change regularly, at home here in Aotearoa and around the world. Increased flooding, droughts, wildfires, food shortages, land loss and more. This is causing rapidly rising anxiety. Most of us are worried about climate change but don't know what to do, how it will affect us, and don't know how/when to get involved in our community. We are often confused with a lack of plain language, accessible and clear information.

The good news is you are not alone and together we can do something about it. Learning to talk about these difficult and overwhelming subjects helps, both our own mental health and enabling change in our communities.

Parents for Climate Aotearoa believes in the power of community-led solutions for local climate change impacts.

We want to see all children thrive in communities with generations working together to build strong relationships and shared understanding.

Let's Talk Climate Workshops

We are developing a series of workshops for parents and whānau to learn about how to effectively talk about climate change with their tamariki at home, with their neighbours, co-workers, whānau, local communities and beyond. Talking about climate change is one of the most impactful things we can do, not only to alleviate growing climate anxiety, but also to create local led solutions that work for everyone through meaningful conversations and community building.

In winter & spring 2023 we will run a series of workshops in person and online for all Pōneke Wellington City wards.



More information: www.parentsforclimatenz.org

Sign up to our newsletter to receive more information about the workshops

Or email Alicia: hello@parentsforclimatenz.org

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A quick guide on talking climate change

REAL TALK PRINCIPLES

How to navigate climate conversations around the family table, around the water cooler at work, on the bus, Saturday sports and more...

Respect your conversational partner & find common ground

Find out what you have in common with the person you are talking to and show them that you respect their concerns, priorities and values. Many people feel blamed and judged when they talk about climate change which is likely to make them defensive or withdraw from the conversation.

Enjoy the conversation

If you enjoy yourself, you are far more likely to be authentically engaged with and connected to the person you are talking with - and they are more likely to feel positive about the conversation too.

Ask questions

Rather than lecturing your conversational partner about your views, ask what climate change means to them. Give them space to reflect their own experiences and views on the issue.

Learn from the conversation

See the experience as a way to learn about how others think about climate change, about the topic itself - and how to have a good conversation. Every climate exchange is a small experiment.



Tell your story

You don't need to know everything about climate science to talk about climate change. Your climate change story - how you became engaged in the issue and why it concerns you - is the most powerful communication tools available to you.

Action makes it easier (but it doesn't fix it)

Taking some kind of action on climate change can make conversations easier to start and make it feel less overwhelming. People make decisions about their behaviour partly based on what others they respect and trust are doing, so your actions may influence others. You may still struggle with the size of the problem and it can help acknowledge that in your conversation.

Listen & show you have heard

Stop Talking! Concentrate on genuinely listening to what the other person is really trying to say - and take the initiative to check you have understood them correctly.

Keep going & keep connected

Every climate change conversation you have is valuable. Keep having them, and find opportunities to connect with the many other like minded people around the world who are also now talking about, and taking action on, climate change.

Key Takeaways

-  This is a deeply emotional topic so **be kind, empathetic, curious and generous**. Remember there is no logic to emotion.
-  **Asking permission at any time** during a conversation builds trust. If possible, ask permission. Once started ask for permission to continue.
-  **Seek first to understand.** Be curious, ask questions, like: What do you think? How do you think that happens? Listen to the answers. Feeling heard is powerful.
-  **Connect on common ground and values.** If people believe they can do something. They can make a difference. They will be more likely to act. Be inspiring and encourage others on their own path.