



# Changing the Narrative: Exploring Pathways to Hope and Taking Action to + Combat Climate Change

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# Project Overview

## The “why” of my project:

- Climate change is affecting our lives everyday
- A lack of information on what individuals can do to combat climate change creates a sense of helplessness.
- I want commit to educating others on climate change and what they can do to take action.
- I also want to teach people importance of hope for combating climate change.
- “The strains on human emotions are far greater than ever before” (Kelsey, 2020, p. 5).
  - I found that 70% of the students I reached have experienced stress or anxiety in the past because of climate change

## The “what” of my project:

### Goals of this project:

Create a more hopeful narrative for the future

Inspire students to take action against climate change.

Inspire teachers to implement a more hopeful narrative into their lesson plans.



# Project Mobilization

## The “who” of my project:

- A Biology 11 class consisting of 20 students ages 16-17.

## The “where” of my project:

- Lillooet Secondary School in Lillooet, BC

## The “when” of my project:

- March 18, 2022.

## How will I measure my success?

- I will give students a survey to complete after my presentation

## The “how” of my project:

### I will achieve my goals by using a presentation to:

1. Educate students on what hope is.
2. Educate students on the importance of hope for combating climate change.
3. Provide students with different ways to combat climate change.
4. Share different organizations that spread a more hopeful narrative (so that students can find inspiration in other peoples' successes).

# Project Outcomes

## Was my project successful?

- Yes, even though I only reached 10 students instead of 20 like originally planned.
- After completing my presentation, the students completed a survey and I found that:
  - 90% of students enjoyed learning about hope
  - 70% of students had more hope for the future after watching my presentation
  - 100% of students enjoyed learning different ways to combat climate change
  - 70% of students are more likely to try to combat climate change after watching my presentation

## How will I continue achieving the goals of my project moving forward?

- I am becoming an educator so:
  - I will continue to educate others on climate change and what they can do to act.
  - I will continue to teach people importance of hope for combating climate change.
- “In education, when we’re able to nurture hope...we see significant improvements in children’s well-being, academic achievement, college-going rates, et cetera” (Hellman, 2021, p. 3)

# References

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Elin Kelsey. *Hope Matters: Why Changing the Way We Think Is Critical to Solving the Environmental Crisis*. Greystone Books, 2020. EBSCOhost, search-ebscohost-com.ezproxy.tru.ca/login.aspx?direct=true&db=nlebk&AN=2579597&site=eds-live&scope=site. Accessed 1 April 2022.

Government of Canada. “Canada’s actions to reduce emissions.” <https://www.canada.ca/en/services/environment/weather/climatechange/climate-plan/reduce-emissions.html>. Accessed 1 April 2022.

Hellman, Chan. “Hope Rising: Nurturing and Restoring Hope Following Trauma and Adversity.” Activating Hope Summit, Sounds True, 2021.

United Nations. “Act Now.” <https://www.un.org/actnow>. Accessed 1 April 2022.

- Regeneration
- United Nations ActNow Campaign
- Aworld App
- Lillooet Regional Invasive Species Society
- Lillooet Naturalist Society
- Blueland
- David Suzuki Foundation
- 4Ocean
- Coral Restoration Foundation
- Net Zero Co.

Organizations inspiring  
climate action and a  
hopeful narrative: