



CLIMATE IS HEALTH

# Climate Action Plan

#CLIMATEISHEALTH

This Toolkit is brought to you by:

GO BEYOND THE CLASSROOM  
**PUTNEY**  
PRE-COLLEGE



In collaboration with:



**HARVARD T.H. CHAN**  
SCHOOL OF PUBLIC HEALTH

**C-CHANGE**

CENTER FOR CLIMATE, HEALTH,  
AND THE GLOBAL ENVIRONMENT



## Why take climate action?

Climate change is rapidly impacting our planet and our health. Let's respond to this challenge by taking action and working together to create a healthier future. Many young people are already leading the climate movement with empathy, creativity, and passion. This Climate Action Plan is a roadmap using the Design for Change framework to help you join the climate movement and inspire others to create positive change.

## Want to learn more?

Putney Pre-College and Harvard C-CHANGE recently teamed up to provide educational resources exploring the connections between climate change, public health, and the COVID-19 pandemic. This series, ["Climate Is Health,"](#) includes short videos from leaders in the field of climate and public health along with resources such as articles on current events, discussion questions, writing prompts, and group activities.

## Design for Change

Design for Change USA activates young people to create social change, aligned to the UN Global Goals, using a simple 4-step process: Feel, Imagine, Do, Share.



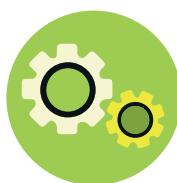
**FEEL**

Identify the need



**IMAGINE**

Get Creative



**DO**

Make a Difference



**SHARE**

Challenge Others



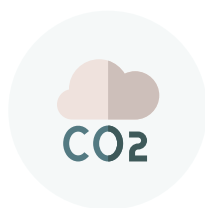
# REFLECT

*What questions do you have about climate change and what steps can you take to learn more?*

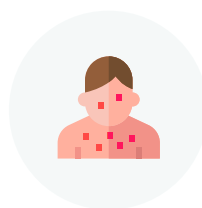


# LEARN

*How does climate change impact health?*



Air Pollution



Allergens



Disease Emergence



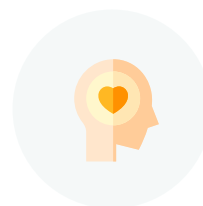
Food Security



Natural Disasters



Extreme Temperatures



Mental Health



Clean Water

# ACT

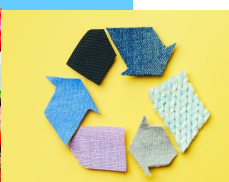
*What can you do to take climate action?*

## Change personal habits:

- › Walk, bike, or use public transit.
- › Buy less and reuse more.
- › Choose a plant-based diet.
- › Reduce food waste.
- › Shop locally.
- › Reduce energy use.
- › Use less water.
- › Eat local food.

## Engage with your community:

- Start climate conversations.
- Become politically active.
- Join youth-led movements.
- Advocate for climate curriculum at your school.
- Ask large corporations to take action.
- Encourage divestment from fossil fuels and investment in renewables.
- Plant trees and speak up to stop deforestation.



# I care about taking climate action because...

*This is your heart, your motivation, your passion. Refer to this often and remember to always center around why this is important for you.*



**FEEL**

- What concerns you about climate change?
- How is climate change impacting you and your health?
- How is climate change impacting your community?

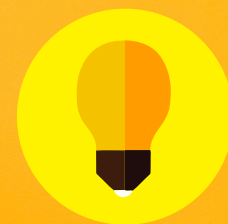




# My ideas for taking climate action are...

Brainstorm ideas of different ways that you or a team could take climate action. Allow your ideas to flow freely and add more often!

- What are your superpowers or strengths?
- What resources do you have access to?
- Who can you collaborate with?

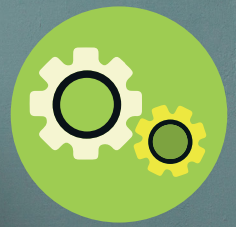


**IMAGINE**

Set a timer for 15 minutes and write as many ideas as you can.

# My action plan is...

List your SMART goals and steps to take action. Make these as specific as possible and give yourself a timeline to accomplish them.



**DO**

- What is your first step? Your second?
- What would success from this plan look like?
- How can this plan evolve over time?



**INITIAL  
GOAL**

Write the goal you have in mind.

**S  
SPECIFIC**

What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?

**M  
MEASURABLE**

How can you measure progress and know if you've successfully met your goal?

**A  
ACHIEVABLE**

Do you have the skills required to achieve the goal? If not, can you obtain them?

**R  
RELEVANT**

Why are you setting this goal now? Is it aligned with what you care about?

**T  
TIME-BOUND**

What's the deadline and is it realistic?

**NEW  
GOAL**

Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed.



# I will share my climate action ideas by...

Create a movement around your ideas. Educate, inspire, and connect with others around climate issues and invite them to join you!



**SHARE**

**#CLIMATEISHEALTH**



**1. Text, call, or message at least 10 people to start a conversation around climate change.**

**2. Create a photo or video about climate change and post it on social media.**



**3. Find at least 2 other people to team up with. Hold each other accountable and work together to take your first action step.**

# Now it's time to put your plan into action!



## CONNECT WITH US!

- ★ Share your stories online by tagging [#CLIMATEISHEALTH](#) and [@HarvardCCHANGE](#).
- ★ Learn more about climate and public health from our ["Climate Is Health"](#) series.
- ★ Send your questions or ideas to [harvardclimatesummit@goputney.com](mailto:harvardclimatesummit@goputney.com).
- ★ Subscribe to [The Climate Optimist](#) email newsletter from Harvard C-CHANGE.