

March 23, 2023

The past few weeks have provided plenty of reasons to feel increasingly anxious about our kids' futures.

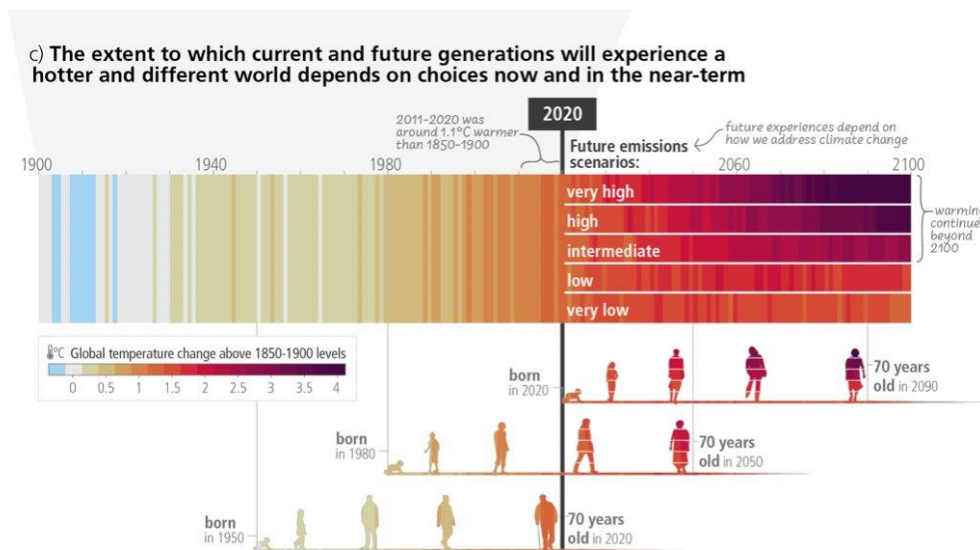
And they've also highlighted tangible opportunities to step up, collectively, to show next generations that we hear them and we're ready to take action. More on this below!

What are young people telling us?

In Lakehead University's recent [study of Canadian youth](#), nearly 80 percent of 16- to 26-year-olds surveyed said that climate change affects their overall mental health, and 40 per cent said it takes a daily toll on their well-being.

The study showed that for many young people, what is most difficult is the feeling that no one is talking about climate change or taking meaningful action to address it: 64 per cent of youth surveyed do not think that the Canadian government is doing enough to avoid climate catastrophe.

At McMaster University, [students launched a hunger strike](#) because administration is not addressing their call to reverse its decision to install new gas generators.



Then, there's the IPCC's [sixth assessment report](#), released earlier this week, which highlighted the rapidly-closing window for reducing emissions while providing a stark picture of how a lack of action will impact those born today.

For parents and those who care about younger generations (shouldn't that be all of us?) these are clear messages that we need to show our kids we're taking bold action to turn things around.

Not sure where to start?

We've included just a few ideas below - find one that resonates with you, and remember to share what you're doing so others will be inspired to take action too. Individual actions are great, and they become more powerful when they're multiplied.

Push for Better Banking

Increasingly, we're aware that banks are financing the climate crisis, and that we can change that by normalizing the conversation about how banks are investing our money.



- Check out our [better banking campaign](#) for ideas
- Find an action near you on April 1 to support Leadnow's [Fossil Fools day of action](#) calling out RBC's support for ongoing violation of Indigenous Rights in the name of safeguarding the bank's investments in fossil fuel projects.
- Learn more at upcoming webinars:
 - **March 30** - [Sustainable Investing 101 with Tim Nash - register here](#)
 - **April 20** - [Fossil Finance 101, How regulating banks can help us cut emissions, with Julie Segal - register here](#)

Reach out to gabrielle@forourkids.ca if you have questions, ideas, or want to be involved.

Start at School

If you have kids at school, that's a great place to connect with other parents and show kids we're listening. Start by asking a few questions: does your school or school district have a climate action

plan? Is climate change part of the curriculum? Are there student-led or teacher-led projects you can support?

We're working on a map of school-based actions across the country and would love to include yours!

Reach out to ruth@forourkids.ca with your ideas.

Use your Voice

Can you set aside a little time each week to share your thoughts with decision-makers and elected representatives?

- Here's an online action to tweet your support for the [2% For Our Future](#) campaign - it sets out how a fair, competitive and safe future can be funded through investing 2% of Canada's GDP over the next five years.
 - Have a young adult at home? Ask them what they think about the [Youth Climate Corps](#) campaign, a project to connect young people with clean energy jobs and support community climate resilience - then help them share their thoughts with your MP.
 - Support the call for MPs to collaborate on passing [Bill C-226, the Bill to End Environmental Racism](#), led by our friends at CAPE (Canadian Association of Physicians for the Environment). We know that environmental racism leads to disproportionate exposure of Black, Indigenous and other racialized communities to pollution and other environmental hazards and this act is an important way to address that injustice.
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The news can be heavy, but being part of a caring community of action can help.

If there's a [For Our Kids team near you](#), reach out to connect or take part in a local event. And remember you can always reach the FOK national support team: Gabrielle, Lella, Lorna, Natalie, Rebecca & Ruth at hello@forourkids.ca

We welcome your comments on our [feedback form](#)

Thanks for taking action for your kids.

For Our Kids parents and teams are grateful to live, work, meet, and act in communities built on the territories of First Nations, Métis and Inuit peoples across Turtle Island. We recognize the ongoing harm and injustices of colonization and we commit to working toward safe, inclusive, just, equitable and healthy communities for all.

You can [read more here](#) about our ongoing learning and commitment to justice, equity, diversity and inclusion.