Republic of the Philippines
Department of Education

20 NOV 2020

DepEd MEMORANDUM
No. 075 s. 2020

COMMEMORATION OF THE GLOBAL WARMING AND CLIMATE CHANGE CONSCIOUSNESS WEEK ON NOVEMBER 17-25 2020 AND THE NATIONAL DAY FOR YOUTH IN CLIMATE ACTION AND THE ASEAN YOUTH IN CLIMATE ACTION AND DISASTER RESILIENCE DAY ON NOVEMBER 25, 2020

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
School Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to Presidential Proclamation Nos. 1667, s. 2008; and 1160, s. 2015, the Department of Education (DepEd) reaffirms its commitment to strengthening climate education and action through its participation in the relevant activities in **Commemoration of the Global Warming and Climate Change Consciousness Week from November 17 to 25, 2020, the National Day for Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience Day on November 25, 2020**.

2. In this connection, all public and private elementary and secondary schools, including schools district offices, schools division offices (SDOs) and regional offices (ROs) are invited to initiate activities in observance of the preceding events. Activities that allow physical distancing are encouraged.

3. Learners and personnel are encouraged to participate in the online learning sessions of the **Fourth National Climate Change Conference** (NCCC), with the theme, *Alpas: Channeling Youth Eco-anxiety to Climate Action*, **from November 19 to 25, 2020**.

4. The Fourth NCCC hopes to elevate the discussion of the impacts of climate change on mental health, and the actions that everyone can do to make meaningful change. The Conference will provide a platform for learners to voice out their demands for climate action and to feature their proactive responses to the changing climate.

5. The Conference aims to

a. strengthen awareness of eco-anxiety and its effects to young people;
b. increase participation of learners and DepEd personnel in addressing climate change concerns in their immediate communities;
c. discuss the link between climate change and mental health;
d. uncover different techniques and strategies to process eco-anxiety into meaningful and transformative actions;
e. provide a platform for showcasing innovations on climate change adaptation and mitigation; and
f. facilitate discourse and collaboration among learners, industries, social entrepreneurs, academe, civil society, and other stakeholders.

DepEd Complex, Meralco Avenue, Pasig City 1600 8633-7208/8633-7228/8632-1361 8636-4876/8637-6209 www.deped.gov.ph

6. The National Youth Commission is encouraging the adoption of the on-line campaign toolkit and the use of hashtag #MyClimateActions for the observance of the National Day for Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience on November 25, 2020. Enclosed is the toolkit, which can also be downloaded at http://bit.ly/MyClimateActions.

7. Learners and personnel may continue using the hashtag #DepEdClimateAction for monitoring of activities.

8. The following documents are enclosed for the information and guidance of those who will participate in the Fourth NCCC:

Enclosure No. 1	–	Office of Undersecretary for Administration Memorandum 1154
Enclosure No. 2	–	Fourth National Climate Change Conference Schedule of Activities
Enclosure No. 3	–	Fourth National Climate Change Conference Concept Note
Enclosure No. 4	–	National Day for Youth in Climate Action Toolkit
Enclosure No. 5	–	ASEAN Youth in Climate Action and Disaster Resilience Toolkit

9. Participants from public schools, SDOs, ROs, and the Central Office shall attend the conference on official business.

10. There will be no registration fee. The activities will be streamed live at the DepEd Philippines Facebook Page at https://www.facebook.com/DepartmentOfEducation.PH.

11. For more information, please contact the **Disaster Risk Reduction and Management Service**, 2nd Floor, Mabini Building, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City, through email address at drrmo+nccc@deped.gov.ph or at telefax number (02) 8637-4933.

12. Immediate dissemination of this Memorandum is desired.

LEONOR MAGTOLIS BRIONES
Secretary

Encls.:
As stated

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DEPED-OSEC-437534

Reference: N o n e

To be indicated in the Perpetual Index
under the following subjects:

CELEBRATIONS AND FESTIVALS
CONFERENCE
LEARNERS
SCHOOLS

JDMC/SMMA/APA/MPC, DM Global Warming and Climate Change Consciousness Week
0270 – November 11, 2020

(Enclosure No. 1 to DepEd Memorandum No. 075, 2020)

OUAD00-1120-0154
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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

OUA MEMO 00-1120-0154
MEMORANDUM
11 November 2020

For: **Bureau and Service Directors**
Regional Directors and BARMM Education Minister
Schools Division Superintendents
School Heads
All Others Concerned

Subject: **INVITATION TO PARTICIPATE IN THE 4th NATIONAL CLIMATE CHANGE CONFERENCE AND NATIONAL DAY OF YOUTH FOR CLIMATE ACTION**

In celebration of the Global Warming and Climate Change Consciousness Week on 17-25 November and the National Day of Youth for Climate Action on 25 November, the Department of Education (DepEd) through the Disaster Risk Reduction and Management Service (DRRMS) with the support of the Information and Communications Technology Service (ICTS), Public Affairs Service (PAS), and the Bureau of Learner Support Services Youth Formation Division (BLSS-YFD) will hold the **4th National Climate Change Conference (NCCC)** on **17-25 November 2020** through a series of online learning sessions with the theme ***"Alpas: Channeling youth eco-anxiety to climate action"***.

The 4th NCCC aims to elevate the discussion of the impacts of climate change on mental health and the actions that we can do to make meaningful change. The Conference will provide a platform for learners to voice out their demands for climate action and feature their proactive response to the changing climate. The Conference will be **streamed live** through the **DepEd Philippines Facebook Page**, making it accessible to learners, DepEd personnel, and the public all over the country.

With this, we are **inviting DepEd learners and personnel** to **participate** in the 4th NCCC by tuning in to the **DepEd Philippines Facebook Page**. Filipino Sign Language interpretation will be provided. We **enjoin all DepEd offices to share the attached poster and information** through their social media pages, newsletters, or available channels to increase participation among learners, personnel, and the general public.

Office of the Undersecretary for Administration (OUA)
[Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]
Department of Education, Central Office, Meralco Avenue, Pasig City
Rm 519, Mabini Bldg, Agoncillo St. +639260320762; Tel: (+632) 86337203, (+632) 86376207
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtayo

Scan this QR Code to view Videos and Magazines of Major Programs

In addition, all public and private elementary and secondary schools, including schools district offices, schools division offices (SDOs) and regional offices (ROs) are enjoined **to initiate activities in observance of the National Day for Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience**. Online activities are encouraged. For face-to-face activities, it shall enforce physical distancing and adhere to the DepEd Required Health Standards and local health standards and protocols. The National Youth Commission (NYC) is encouraging the adoption of the online campaign toolkit and the use of hashtag #MyClimateActions for the observance of the National Day for Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience. Learners and personnel may continue using the hashtag #DepEdClimateAction for monitoring of activities.

We believe that these activities are significant in advancing our Department's core value of *"Makakalikasan"* as we discuss the significance of youth eco-anxiety and process it to meaningful climate action.

Attached are the activities hosted by the Department that will be streamed at the Facebook page of DepEd Philippines and #MyClimateActions Toolkit from the National Youth Commission.

For future correspondence and queries on the above subject, kindly contact Ms. Justine Beatrice C. Apolinario of the DRRMS via email justine.apolinario@deped.gov.ph or drrmo@deped.gov.ph.

For immediate and appropriate action.

ALAIN DEL B. PASCUA
Undersecretary

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REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
DISASTER RISK REDUCTION AND MANAGEMENT SERVICE
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4th National Climate Change Conference

in celebration of 2020 National Climate Change Consciousness Week

Streamed Live at the DepEd Philippines Facebook Page
With Filipino Sign Language Interpretation by KZ Miroy and Aimee Adiwang

INDICATIVE PROGRAM

19 November 2020, Thursday – Opening Ceremony

The opening ceremony will feature a keynote address from Ms. Anouchka Grose, a British-Australian psychoanalyst and author of *A Guide to Eco-Anxiety: How to Protect the Planet and Your Mental Health*. It will be followed by presentations from four learners on their inspiring and proactive climate action stories.

Answer the completion and evaluation form to get a Certificate of Participation.* The link to the completion and evaluation form will be announced during the event itself.

Time	Activity
4:00 – 4:05 p.m.	Housekeeping
4:05 – 4:15 p.m.	Philippine National Anthem Mindfulness Exercise
4:15 – 4:30 p.m.	Opening Remarks **Secretary Leonor Magtolis Briones represented by Assistant Secretary Alma Ruby C. Torio** Assistant Secretary for Curriculum and Instruction DepEd
4:30 – 4:40 p.m.	Overview of the 4th National Climate Change Conference **Ronilda R. Co** Director IV DepEd DRRMS
4:40 – 4:45 p.m.	Introduction of the Speaker
4:45 – 5:15 p.m.	Keynote Address *Alpas: Channeling youth eco-anxiety to climate action* **Anouchka Grose** British-Australian psychoanalyst and writer Author, *A Guide to Eco-Anxiety: How to Protect the Planet and Your Mental Health*
5:15 – 5:30 p.m.	Question and Answer
5:30 – 6:30 p.m.	Children and Youth Address *My Climate Action Story* **Jiereyco Basilio** Grade 12, Kaunlaran High School, Division of Navotas City **Divine Grlcz C. Dugan** Grade 12, Sinalhan Integrated High School, Division of Sta. Rosa City

Time	Activity
	Chatten Bion Abrera Grade 9, Passi National High School, Division of Iloilo City **Ckyr M. Leonardo** Grade 10, Valencia National High School, Division of Valencia City
6:30 – 7:00 p.m.	Question and Answer
7:00 – 7:05 p.m.	Words of Gratitude
7:05 – 7:15 p.m.	Reminders
Host	**Val Amiel Vestil** Executive Director Association of Young Environmental Journalists

20 November 2020, Friday – Streaming of 2019 Climate Action Advocacy Show

Last year, 72 learners from the division of Malabon City, Navotas City, and Pasig City co-created and performed the Climate Action Advocacy Show with the theme *A Future Threatened by Climate Change: Voices and Visions of the Youth*, at the Cultural Center of the Philippines (CCP) in Pasay City. For this year's Climate Change Consciousness Week, the recording of their live performance will be streamed, followed by a talkback with selected learners and the directors.

More information about the 2019 Climate Action Advocacy Show can be found here.

Answer the completion and evaluation form to get a Certificate of Participation.* The link to the completion and evaluation form will be announced during the event itself.

Time	Activity
3:30 – 3:35 p.m.	Housekeeping
3:35 – 3:45 p.m.	Mindfulness Exercise
3:45 – 3:50 p.m.	Overview of the Session and Introduction of Panelists
3:50 – 5:30 p.m.	Streaming of 2019 Climate Action Advocacy Show
5:30 – 5:45 p.m.	Reactors **Ynarenza Pauline M. Bulatao** Grade 12, Angeles City Science High School, Division of Angeles City **Lalaine Mary Grace A. Conejos** Grade 12, Samar National School, Division of Samar **May May B. Gallangi** Grade 10, Balligui High School, Division of Quirino
5:45 – 6:15 p.m.	Talkback with Selected Learners and Directors **Faith Emerald P. Alvaro** Grade 11, Malabon National High School, Division of Malabon City **John Danniel Gulgencio** Grade 11, Malabon National High School, Division of Malabon City **Danielle Padilla**** College Student, Navotas Polytechnic College **Cheska Zulueta** Grade 11, Rizal High School, Division of Pasig City **Erwin N. Malabag**

	Grade 11, Malabon National High School, Division of Malabon City **Joseph Keith Anicoche** Director Future Living Museum **Abner Delina Jr.** Director, Climate Changers **Karl Alexis C. Jingco** Director, Dear Philippines
6:15 – 6:25 p.m.	Orientation on the Creative Sourcebook
6:25 – 6:30 p.m.	Words of Gratitude & Reminders
Host	**Laralyn Batica**** Grade 11, San Jose Academy, Division of Navotas City

***Students of Kaunlaran High School, Division of Navotas City at the time of the performance*

21 November 2020, Saturday – The Green Beat Initiative Virtual Completion Ceremony with the Association of Young Environmental Journalists (AYEJ)

For 6 weeks, a total of 100 campus journalists and school publication advisers participated in the *Green Beat Initiative: An Online Environmental Journalism Training* where young writers and their advisers were equipped with the necessary skills, knowledge, and expertise in writing and reporting stories on climate change and environmental issues.

There will be no Certificate of Participation, but all are encouraged to watch for more information about environmental journalism.

Without FSL interpretation

Title	Activity
1:00 – 1:10 p.m.	Preliminaries
1:10 – 1:20 p.m.	Welcoming Remarks **Ronilda R. Co** Director, DepEd-DRRMS
1:20 – 1:25 p.m.	The TGBI Throwback (AVP Presentation)
1:25 – 1:28 p.m.	Introduction of Keynote Speaker
1:28 – 1:40 p.m.	Keynote Speech Making my Mark as a Young Environmental Journalist **Keith Anthony Fabro** Environmental Journalist
1:40 – 1:45 p.m.	Intermission
1:45 – 1:48 p.m.	Presentation of the Candidates for Completion
1:48 – 1:50 p.m.	Conferring of Completers
1:50 – 2:00 p.m.	Virtual March: Awarding of Certificates of Completion
2:00 – 2:05 p.m.	Awarding of Special Distinction
2:05 – 2:15 p.m.	Valedictory Address
2:15 – 2:25 p.m.	Icebreaker and Intermission Number
2:25 – 2:30 p.m.	School Publication Adviser's Message of Commitment
2:30 – 2:35 p.m.	TGBI Alumni Pledge
2:35 – 2:45 p.m.	Video Greetings from Mentors and Speakers
2:45 – 2:55 p.m.	Parting Wisdom **Ryan Louie Madrid** President, AYEJ Inc.

2:55 – 3:00 p.m.	Closing Remarks and Ways Forward **Ronilda R. Co** Director, DepEd-DRRMS
3:00 – 3:10 p.m.	Closing

21 November 2020, Saturday – Battle of the Brain Corals with Save Philippine Seas (SPS) and Philippine Reef & Rainforest Conservation Foundation, Inc. (PRRCFI)

Battle of the Brain Corals – Climate Change Edition is an online quiz show on climate change that will be participated by selected high school learners. They will answer questions on the Earth's subsystems, climate science, climate change mitigation and adaptation, and interconnectedness of climate change and wildlife.

There will be no Certificate of Participation, but all are encouraged to watch for more information about environmental journalism.

Title	Activity
5:30 – 5:35 p.m.	Housekeeping
5:35 – 5:55 p.m.	Overview of the Battle of the Brain Corals Introduction of Learners Introduction of Judges
5:55 – 6:30 p.m.	Battle of the Brain Corals
6:30 – 6:40 p.m.	Awarding of the Winners
6:40 – 6:45 p.m.	Words of Gratitude
6:45 – 7:00 p.m.	Reminders
Host	**Anna Oposa** Executive Director Save Philippine Seas **Dave Albao** Executive Director Philippine Reef & Rainforest Conservation Foundation, Inc.

23 November 2020, Monday – Handa Isip, Handa Bukas Press Briefing (Tentative)

The Department reaffirms its commitment on climate change education and action through the inclusion of the said topic in the regular press briefing of the Secretary. Learn more about the initiatives and plans of the Department by watching the press briefing.

Program TBD

24 November 2020, Tuesday – Climate Science Master Class for Secondary School Teachers with the Climate Change Commission (CCC)

The Climate Science Master Class for Secondary School Teachers will feature lectures and discussion by the National Panel of Technical Experts. Attendees will also be oriented on the knowledge materials that DepEd DRRMS and its partners are developing to help teachers effectively unpack learning competencies on climate change and promote climate action. The Master Class will be live-streamed however only those in the meeting room will be given a certificate. Please register at https://bit.ly/ClimateScienceMasterClass on or before 24 November 2020.

Title	Activity
8:30 - 8:35 a.m.	Housekeeping
8:35 - 8:45 a.m.	Mindfulness Exercise
8:45 - 9:00 a.m.	Opening Remarks **Carlos Dominguez III** Secretary Department of Finance **Leonor Magtolis Briones** Secretary Department of Education
9:00 - 9:15 a.m.	Overview of the Climate Science Master Class for Secondary School Teachers **Jerome E. Ilagan** Chief, Policy Research and Development Division, Climate Change Commission
9:15 - 9:30 a.m.	Entry Points of Climate Change Education in Junior and Senior High School **Jocelyn D.R. Andaya** Director IV DepEd Bureau of Curriculum Development
9:30 - 10:00 a.m.	Lecture 1: Climate System and its Changes **Dr. Leoncio Amadore** Member, National Panel of Technical Experts
10:00 - 10:30 a.m.	Lecture 2: Impacts of Climate Change in the Philippines **Dr. Laura David** Member, National Panel of Technical Experts
10:30 – 10:45 a.m.	Lecture 3: Climate Change Mitigation **Mr. Leandro Buendia** Member, National Panel of Technical Experts
10:45 – 11:00 a.m.	Lecture 4: Climate Change Adaptation and Health Nexus **Dr. Glen Paraso (TBC)** Member, National Panel of Technical Experts
11:00 – 11:30 a.m.	Question and Answer
11:30 - 11:45 a.m.	Reminders
11:45 a.m. - 1:00 p.m.	Break
1:00 - 1:10 p.m.	Mindfulness Exercise
1:10 - 1:40 p.m.	Lecture 5: Climate Change Education (Applying Intergenerational Responsibility Doctrine) **Fr. Jose Ramon Villarin** Member, National Panel of Technical Experts

Title	Activity
1:40 - 1:55 p.m.	Orientation on References Being Developed by DepEd DRRMS in partnership with CCC **Ronilda R. Co** Director IV DepEd DRRMS
1:55 - 2:10 p.m.	Orientation on the Teaching Climate Change Handbook **Rodne Galicha** Executive Director Climate Action for Sustainability Initiative (KASALI)
2:10 - 2:25 p.m.	Orientation on the Biodiversity Toolkit **Cynthia Layusa** President Biodiversity Conservation Society of the Philippines (BCSP)
2:25 - 2:55 p.m.	Question and Answer
2:55 - 3:10 p.m.	Words of Gratitude **Emanuel M. De Guzman** Vice Chairperson and Executive Director Climate Change Commission
3:10 - 3:30 p.m.	Reminders

25 November 2020, Wednesday – Closing Ceremony

The closing ceremony shall feature key DepEd projects on climate change adaptation and mitigation such as the School Waste Management, *Gulayan sa Paaralan*, Tree-Caring and Growing in the New Normal. It will also feature the experience of learners as they study in a sustainable and eco-friendly school and lead climate action initiatives. Lastly, an overview of accomplishments and plans for climate change education and action will be given.

Answer the completion and evaluation form to get a Certificate of Participation.* The link to the completion and evaluation form will be announced during the event itself.

Title	Activity
8:00 – 8:05 a.m.	Housekeeping
8:05 – 8:15 a.m.	Grounding Exercise
8:15 – 8:25 a.m.	Overview of the Session
8:25 – 8:40 a.m.	Session 1: SWM, GPP, Tree-Caring and Growing in the New Normal **Adolf A. Aguilar** Chief Bureau of Learner Support Services Youth Formation Division (BLSS – YFD)
8:10 – 9:00 a.m.	Session 2: Student Panel **Rendell Aaron T. Lateo** Grade 12, Malabon National High School, Division of Malabon City **Emerry Faith Q. Bonagua** Grade 12, Santiago City National High School, Division of Santiago City

Title	Activity
9:00 – 9:15 a.m.	Session 3: Climate Change Education: Where We've Been and Where We're Going **Ronilda R. Co** Director IV DepEd DRRMS
9:15 – 9:25 a.m.	Question and Answer
9:25 – 9:30 a.m.	Closing Remarks **Alain del B. Pascua** Undersecretary for Administration DepEd
9:30 – 9:35 a.m.	Word of Thanks and Reminders
Host	**Vergel Manalo** Grade 11, Rizal High School, Division of Pasig City

**The Certificate of Participation will be released through the registered e-mail address on or before the third week of December.*

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
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4th National Climate Change Conference

in celebration of 2020 National Climate Change Consciousness Week

I. Rationale

"COVID-19 is a once-in-a-century health crisis. But it also gives us a once-in-a-century opportunity to shape the world our children will inherit – the word we want," said Dr Tedros Adhanom Ghebreyesus, Director General of the World Health Organization.

The year 2020 brought the climate crisis into a different spotlight as the world responds to the Coronavirus Disease 2019 (COVID-19). Governments around the world took the bold decision to close down schools, offices, and non-essential commercial establishments and public places as the initial response to slow down the increasing number of cases and not overwhelm capacity of hospitals. It is an unprecedented measure that slowed down the global economy. The response of governments around the world only proves that when faced to choose between human life and the economy, human life trumps material wealth. Nonetheless, climate change threatens both human and economic security. Climate change is responsible for around 150,000 deaths globally each year because of how speeds up the spread of infectious diseases, exacerbating conditions which amplify malnutrition and hunger, and increasing the intensity and frequency of typhoons, floods, heatwaves, droughts, and other weather-related diseases.[1] Aside from human fatalities, a warmer planet could also mean a lower Gross Domestic Product (GDP) in the coming decades. As for the Philippines, it is projected to lose 0.2 percent of its GDP per year which adds up to a reduction of 3.8 percent by 2050.[2] The similarities of the danger brought by COVID-19 and climate crisis do not stop in the loss of human lives and material wealth.

Aside from the fatalities, the ability of individuals to adapt is hindered by the challenges brought to the mental well-being in the absence of the enabling environment to foster resilience. The COVID-19 pandemic has been triggering a feeling of fear, worry, and concern. Elevated stress and anxiety are being seen as quarantine continues, causing a disruption to people's usual activities, routines, and livelihoods. Lockdown or quarantine has been one of the most significant public health measures implemented as a response to the COVID-19 pandemic. During the first month of Enhanced Community Quarantine in the Philippines, a study showed that 28.8% of 1,879 respondents reported that they have experienced moderate-to-severe anxiety and 16.9% described that they have experienced moderate-to-severe depressive symptoms.[3] The results of the study are in line with the argument of how social isolation, job and financial losses,[4] unmet spiritual needs,[5] continue to put a strain on an individual's mental health. Similarly, the climate crisis amplifies anxiety brought by our knowledge of environmental

[1] The Impact of Global Warming on Human Fatality Rates. (2009, June 17). Retrieved October 30, 2020, from https://www.scientificamerican.com/article/global-warming-and-health/
[2] Rosegrant, M. W., Perez, N., Pradesha, A., & Thomas, T. S. (2015). *The Economywide Impacts of Climate Change on Philippine Agriculture* (pp. 1-8). Washington, DC: International Food Policy Research Institute.
[3] Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K. J., Reyes, P. W., Kuruchittham, V., & Ho, R. C. (2020). Psychological impact of COVID-19 pandemic in the Philippines. *Journal of Affective Disorders*, 277, 379-391. doi:10.1016/j.jad.2020.08.043
[4] Marshall, L., Bibby, J., & Abbs, I. (2020, June 18). Emerging evidence on COVID-19's impact on mental health and health inequalities. Retrieved October 30, 2020, from https://www.health.org.uk/news-and-comment/blogs/emerging-evidence-on-covid-19s-impact-on-mental-health-and-health
[5] Buenaventura, R. D., Ho, J. B., & Lapid, M. I. (2020). COVID-19 and mental health of older adults in the Philippines: A perspective from a developing country. *International Psychogeriatrics*, 1-5. doi:10.1017/s1041610220000757f

changes surrounding us.[6] Dubbed as eco-anxiety, eco-anxiety is the feeling of loss, helplessness, and frustration in the face of climate change. Eco-anxiety is intensified with the knowledge of the direct effects of climate change on one's immediate community. This knowledge, together with news stories of environmental changes around the world, puts a strain on our mental health. Changes in the fabrics of community because of altered environmental changes modifies the way we interact with our community, including and not limited to social interaction and our relation and connection with our natural world.[7]

Children are more vulnerable to eco-anxiety as their generation will bear the consequences of climate change, especially now that they feel that their respective governments are not being serious in answering the problems of a changing climate. UNICEF reported that "climate change exacerbates the many threats to children's wellbeing, survival and access to services in the Philippines, including education, water and sanitation, nutrition and health".[8] The age of social media has intensified this as they tend to get information faster and feel invested in it, making them feel worse about it.[9] Children are more prone to eco-anxiety especially if they have personally experienced a disaster. This is because they feel that they cannot control the situation[10] and long-lasting disruptions caused by a disaster can cause a great level of distress to them.[11]

Climate education is important in battling eco-anxiety as the feeling of powerlessness makes it worse. Learning about the solutions can make children feel more optimistic and motivated to ignite change. Different strikes, movements, and advocacies around the world are directed to climate action as our children are being awakened by the impacts of climate change. A 15-year old Greta Thunberg started the Fridays for Future where they demand urgent action from their governments. In the Philippines, four mobilizers started the Youth Strike 4 Climate Philippines to protest the climate crisis in the country.[12]

As the Department of Education (DepEd) through the Disaster Risk Reduction and Management Service (DRRMS) serves at the forefront of advocating and empowering learners and personnel's mental health amidst the pandemic, the DepEd DRRMS hopes to lead the conversation on youth eco-anxiety and how it can be transformed into powerful actions of adaptation and mitigation.

2020 National Climate Change Conference
"Alpas: Channeling youth eco-anxiety to climate action"

For the past three years, the Department of Education has been hosting the National Climate Change Conference. Last year's NCCC provided a platform for discourse and collaboration among different stakeholders as various groups of learners presented their technological innovations, policy proposals, and advocacy campaigns on climate change adaptation and mitigation. The 3rd NCCC has been attended by 900 stakeholders from the learners, DepEd personnel, climate change specialists and activists, and personnel from National Government Agencies and Local Government Units.

The 2020 National Climate Change Conference will take a new form as the Department adapts to the "new normal" brought upon by the COVID-19 pandemic. The 4th NCCC will be conducted online

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[6] Usher, K., Durkin, J., & Bhullar, N. (2019). Eco-anxiety: How thinking about climate change-related environmental decline is affecting our mental health. *International Journal of Mental Health Nursing*, 28(6), 1233–1234. doi:10.1111/inm.12673

[7] Clayton, S., Manning, C. M., Krygsman, K., & Speiser, M. (2017). Mental Health and Our Changing Climate: Impacts, Implications, and Guidance. Washington, D.C.: American Psychological Association, and ecoAmerica.

[8] Ortega, J. and Klauth, C.(2017, July). Climate Landscape Analysis for Children in the Philippines. UNICEF Philippines.

[9] Madison, C. (2020, March 05). Growing up with eco-anxiety. Retrieved October 30, 2020, from https://www.voicesofyouth.org/blog/growing-eco-anxiety

[10] Children's Mental Health & Disasters. (2020, September 01). Retrieved October 30, 2020, from https://www.cdc.gov/childrenindisasters/features/disasters-mental-health.html

[11] ibid.

[12] Abad, M. (2019, September 28). 'Kapag may isa, maraming sumusunod': Leading a Philippine youth climate strike. Retrieved October 30, 2020, from https://r3.rappler.com/newsbreak/profiles/241268-philippine-youth-climate-strike-leaders

through a series of learning sessions during the Climate Change Consciousness Week. The goal is to elevate the discussion of the impacts of climate change on mental health and the actions that we can do make meaningful change. This will be emphasized by this year's theme for the 4th National Climate Change Conference, "Alpas: Channeling youth eco-anxiety to climate action".

The Conference will be streamed through the DepEd Philippines Facebook Page, making it accessible to learners, DepEd personnel, and the public all over the country. It will feature different climate change and mental health specialists and advocates as they discuss the relation between the two topics. Finally, the Conference will provide a platform for learners to voice out their demands for climate action and feature their proactive response to the changing climate.

Despite the uncertainty eco-anxiety brings, there are things that the youth can do in finding the balance between feeling anxiety and creating meaningful change towards climate action. Providing a platform to acknowledge and discuss eco-anxiety plays a crucial role in processing feelings of despair, anxiety, and loss.[13] The "new normal", or the post-pandemic life after COVID-19 can create the momentum for radical changes that the climate emergency warrants building on the decisive and urgent response to the global health crisis. A more sustainable and resilient world is needed to face future social, economic, and environmental challenges.

II. Objectives

General Objectives:

- Strengthen awareness of eco-anxiety and its effects to young people; and
- Increase participation of learners and DepEd personnel in addressing climate change concerns in their immediate communities.

Specific Objectives:

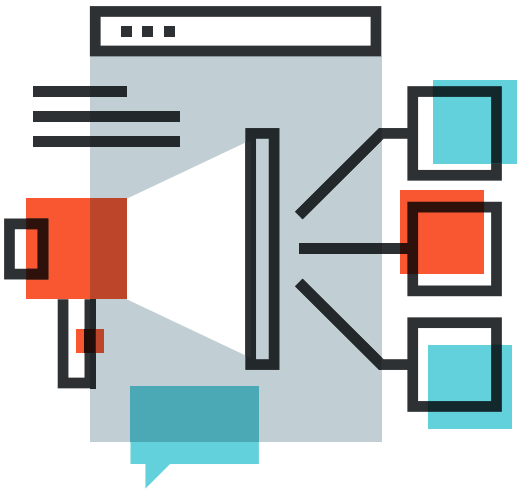
- Discuss the link between climate change and mental health;
- Uncover different techniques and strategies to process eco-anxiety into meaningful and transformative actions;
- Provide a platform for showcasing innovations on climate change adaptation and mitigation; and
- Facilitate discourse and collaboration among learners, industries, social entrepreneurs, academe, civil society, and other stakeholders

[13] How to cope with eco anxiety. (2020, January 28). Retrieved October 30, 2020, from https://friendsoftheearth.uk/climate-change/how-cope-eco-anxiety

NOVEMBER 25| 2020

TOOLKIT

National Day for Youth in Climate Action



HOW CAN WE CELEBRATE YOUTH IN CLIMATE ACTION?

Celebrating this year's National Day for Youth in Climate Action is as easy as counting 1 to 10; and what's the better way to count 1 to 10 than to #TakethePledge and make the Top 10 Youth-led Climate Actions yours and #MyClimateActions.

This November, to celebrate the National Day for Youth in Climate Action, we encourage Sangguniang Kabataan Federations/Councils, Katipunan ng Kabataan members, youth organizations, and individuals to #TakethePledge to adopt the unifying youth-led climate smart actions based on the Top 10 Youth-led Climate Actions crafted in 2018 by Filipino climate advocates.

This whole month of November, we encourage you to share your #MyClimateActions and #TakethePledge initiatives and let the voice and action of the young Filipinos pave the way toward resiliency.

TOP 10 YOUTH-LED CLIMATE ACTIONS

1. Grow a tree
2. Practice urban gardening
3. Utilize rainwater
4. Contribute and share eco-data
5. Leave no trace when traveling
6. Walk, bike, carpool
7. Consume responsibly
8. Promote renewable energy
9. Promote environmental and energy consciousness
10. Refuse single use plastic

HERE'S WHAT YOU CAN DO

For Sangguniang Kabataan Federations/Councils

Pass resolutions adopting the Top 10 Youth-led Climate Actions as a guide in social and behavioral change (don't forget to tag NYC). SKs can also encourage, through a resolution, the use of re-usable materials instead of single-use plastics during SK events.

SKs can also spread the #MyClimateActions and #TakethePledge, using their social media accounts, to support this year's observance of the National Day For Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience Day.

For Youth Organizations

Join meaningful celebrations online, help spread #MyClimateActions and #TakethePledge (to adopt the top 10 youth-led climate actions) to symbolize the collective resolve of young Filipinos in addressing climate change through social and behavioral change.

For individuals

Hop in (FB, Twitter, and IG) and join the #MyClimateActions and #TakethePledge. Pledge (as in promise) to adopt the top 10 youth-led climate actions as your commitment to our planet.

You can also join webinars organized by NYC/DENR-Greenducation, SKs, and youth organizations to celebrate National Day For Youth in Climate Action and the ASEAN Youth in Climate Action and Disaster Resilience Day.

Visit NYC's Facebook Page and other social media pages for more information and other queries.

SAMPLE SOCIAL MEDIA POSTS/CONTENT

For SK/organizations

#TakethePledge. SK Federation of Marikit passes resolution adopting the Top 10 Youth-led Climate Actions to celebrate the 2020 National Day for Youth in Climate Action. #MyClimateActions

We at Marikit Youth Organization #TakethePledge to practice urban gardening and utilize rainwater in our school. #MyClimateActions

SK Council members #TakethePledge to Promote environmental and energy consciousness among KK members of Marikit. #MyClimateActions

For individual/SK and Youth Organization Members

Walking, biking, and carpooling are #MyClimateActions! I #TakethePledge to live a lifestyle that is in harmony with the environment!

#TakethePledge to grow a tree and leave no trace when traveling. #MyClimateActions

Visit NYC's Facebook Page and other social media pages for more information and other queries.

Resources

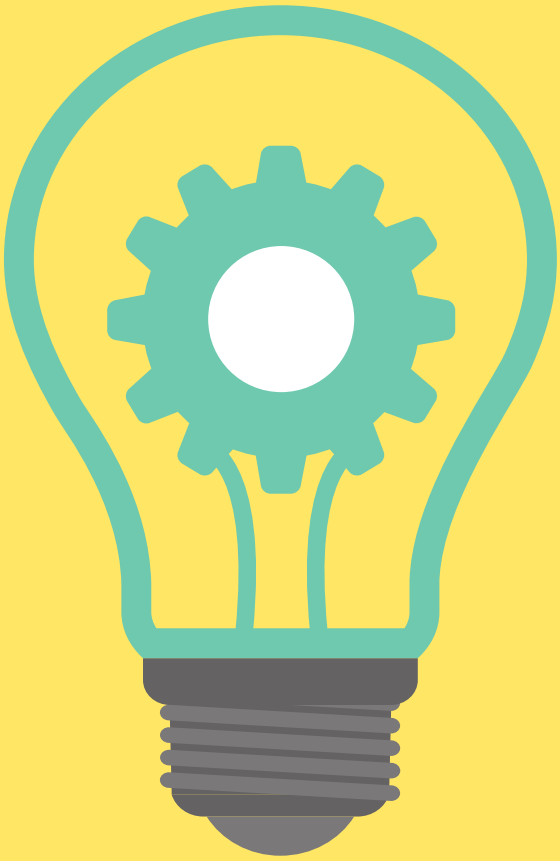
Download link- https://bit.ly/MyClimateActions

Content:

- Presidential Proclamation No. 1160
- ASEAN Declaration on the Adoption of the ASEAN Youth in Climate Action and Disaster Resilience Day
- ASEAN Socio-Cultural Community (ASCC) Blueprint 2025
- Facebook and Twitter Cover and Frame

AMPLIFY!

Don't forget to share, tag, embed, or meme'fy your #MyClimateActions and #TakethePledge content. Tag your friends, family, colleagues, schoolmates, etc. Encourage them to share their #MyClimateActions and #TakethePledge. Tag NYC, too!



ASEAN YOUTH IN CLIMATE ACTION AND DISASTER RESILIENCE DAY 2020

TOOLKIT

FOR THE CELEBRATION OF THE ASEAN YOUTH IN CLIMATE ACTION ACTION AND DISASTER RESILIENCE DAY

In 2018 ASEAN Leaders adopted the declaration designating November 25 of each year as the ASEAN Youth in Climate Action and Disaster Resilience Day to celebrate the contribution of the ASEAN youth in climate action and disaster resilience.

This year, ASEAN celebrates the 3rd ASEAN Youth in Climate Action and Disaster Resilience Day on November 25 with a special tribute to the contribution of the ASEAN youth in climate action, resiliency, and in building back better – for an ASEAN where climate action and resilience are met with the same urgency as the pandemic.

NOVEMBER 25 IS THE ASEAN YOUTH IN CLIMATE ACTION AND DISASTER RESILIENCE DAY

More young people across ASEAN are leading the change towards a more sustainable future; the ASEAN youth's message of action has become the unifying voice for climate action and resilience.

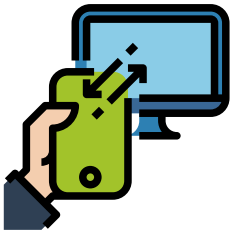
To celebrate the ASEAN youth's contribution to climate action and resilience, the ASEAN encourages young people to adopt these (or develop your own) climate actions toward resilience:

GROW A TREE

PRACTICE URBAN GARDENING

UTILIZE RAINWATER

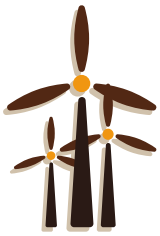
LEAVE NO TRACE WHEN TRAVELING



CONTRIBUTE SHARE ECO-DATA

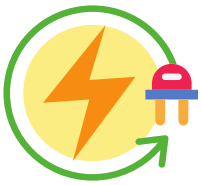
WALK, BIKE, CARPOOL

CONSUME RESPONSIBLY



PROMOTE RENEWABLE ENERGY

REFUSE SINGLE USE PLASTICS



PROMOTE ENVIRONMENTAL AND ENERGY CONSCIOUSNESS

#MYCLIMATEACTIONS

This whole month of November, share your #MyClimateAction and let the voice and action of the young people of ASEAN pave the way for a resilient and sustainable ASEAN.

Teaser Poster Text:

November 25 is the ASEAN Youth in Climate Action and Disaster Resilience Day

More young people across ASEAN are leading the change towards a more sustainable future; the ASEAN youth's message of action has become the unifying voice for climate action and resilience.

To celebrate the ASEAN youth's contribution to climate action and resilience, the ASEAN encourages young people to adopt these (or develop your own) climate actions toward resilience:

1. Grow a tree
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7. Consume responsibly
8. Promote renewable energy
9. Promote environmental and energy consciousness
10. Refuse single use plastic

This whole month of November, share your #MyClimateActions and let the voice and action of the young people of ASEAN pave the way for a resilient and sustainable ASEAN.

DIGITAL ASSETS

WHAT YOU CAN DO TO CELEBRATE ASEAN YOUTH IN CLIMATE ACTION AND DISASTER RESILIENCE DAY

BUILD YOUR CLIMATE ACTION - #MYCLIMATEACTIONS

It is important that our voices are heard amidst the noise and that youth in climate action and resilience continue to be at the forefront in the attainment of a sustainable ASEAN.

In building your climate action, use the #MyClimateActions and share on your social media accounts this November, to signify the ASEAN youth's unity towards a resilient and sustainable ASEAN.

MAKE AN IMPACT

Making an impact does not require a grand plan. Your individual contribution is part of the collective climate action that will pave the way for a resilient ASEAN. #MyClimateActions will ensure that ASEAN's future is sustainable through behavior change. So share away, let #MyClimateActions live long and prosper.

CONNECT WITH OTHER ASEAN YOUTH AND ORGANIZATIONS

Email, DM, SMS, or Post in a thread. Connect with more people and spread the word of the ASEAN youth in Climate Action and Disaster Resilience Day.

Encourage them to share on social media their #MyClimateActions. It is important that our voices for climate action continue to be heard.

PROMOTE

Share on social media platforms your #MyClimateActions and tag your friends, family, colleagues, schoolmates, etc. Encourage them to share their **#MyClimateActions** and unite with the rest of ASEAN in celebrating Youth in Climate Action and Disaster Resilience.

RESOURCES

- ASEAN Declaration on the Adoption of the ASEAN Youth in Climate Action and Disaster Resilience Day
- ASEAN Socio-Cultural Community (ASCC) Blueprint 2025
- Image Assets
- Facebook and Twitter Cover and Frame

Resources may be accessed through: https://bit.ly/MyClimateActions