

ADAPT'S

CLIMATE



TALK

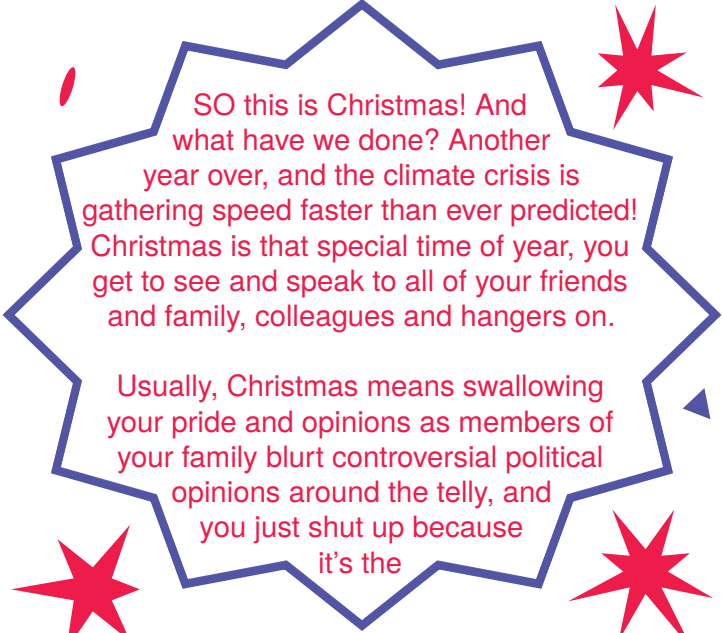


GUIDE



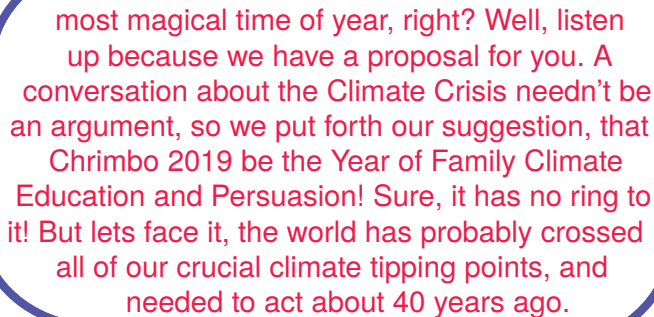
PARTY EDITION






SO this is Christmas! And what have we done? Another year over, and the climate crisis is gathering speed faster than ever predicted! Christmas is that special time of year, you get to see and speak to all of your friends and family, colleagues and hangers on.

Usually, Christmas means swallowing your pride and opinions as members of your family blurt controversial political opinions around the telly, and you just shut up because it's the



most magical time of year, right? Well, listen up because we have a proposal for you. A conversation about the Climate Crisis needn't be an argument, so we put forth our suggestion, that Chrimbo 2019 be the Year of Family Climate Education and Persuasion! Sure, it has no ring to it! But lets face it, the world has probably crossed all of our crucial climate tipping points, and needed to act about 40 years ago.



People uniting together to demand action from higher powers is entirely necessary and the most crucial thing we can all do to combat climate change. This includes your family, friends, colleagues and hangers on, and because we know how difficult and frustrating these convos can be, we've made this guide for you to take and use to help you through awkward christmas climate chat. There's even a glossary of terms at the end to make explaining things a bit easier.

You're so very welcome.

Good luck, Climate Crusaders. Don't forget to let us know how it goes, and whether you have any new climate recruits! @adapt_____ or team@adaptivecapacity.world

Adapt (AKA Josie and Richard)

CLIMATE ACTION RECIPE

- 1).** A fortnightly email to your MP about climate issues. Make sure you get the amount right - too many will have the opposite effect! Also remember to ask questions and be friendly and polite.
- 2).** Join as many climate strikes/protests as you can!
- 3).** Make sure you keep an eye out for climate campaigns and volunteer for them; they're everywhere if you look for them!
- 4).** Get a group together at work to reduce your company's emissions and make it more climate positive.
- 5).** Talk about the climate crisis as much as you can.
- 6).** Sponsor tree planting with mossy.earth and SUGI project.
- 7).** Top it all off by switching to clean energy at home!

We've put together our recipe for the ultimate beginner climate activist!



SHE SAYS:

"It's nice that you're so concerned but we've just all got to be a bit more hopeful about the situation! I'm sure the government are doing all they can!"

DON'T SAY:

Ah, yes, Linda, I forgot about HOPE! Silly me, always forgetting to hope! I forgot that HOPE ALONE fought the Nazis and ended WWII. I forgot that HOPE started closing the hole in the O-Zone layer. I forgot that HoPeS aNd PrAyErS ended the headache you wouldn't stop going on about last week, NOT IBUPROFEN.

DO SAY:

Hope is great, when there is reason to hope, but the British government have given us no reason to hope about the climate for the last 10 years. We have even been seriously told off by the UN for refusing to act on the vital legal agreements we've made to cut our carbon emissions. Out of 25 promises we've made to the rest of the world in our Paris agreement, we have kept just one. We all need to act!

YOUR BOSS



TOP ACTION TIP! Write to your MP every fortnight with a different climate topic you'd like them to address. Look for their voting record and be ready to challenge them on it. We often write pre-written emails on specific topics to make this easier! Follow us to find them – @adapt_____

YOUR ACCOUNTANT



HE SAYS:

"Fighting the climate crisis is expensive and there is simply no way to afford it. Better stick to good old coal and wait it all out!"

DON'T SAY:

OH YES Peter, It's great to know that you think money is more important than life! I forgot you were a robotised super droid that didn't need water or a liveable home! After all, when you're rich, you don't need oxygen! Nah, you don't need food either. You'll be fine!

DO SAY:

We didn't have the money to fight WWII but we found it somehow, and we survived. The level of transformation required to fight climate change is similar to that of World War II. But what's worse than WWII is that if we don't fight climate change from all angles, we won't just end up 'speaking German', we'll end up extinct. It just won't look as immediate or threatening as war from where we're standing today, but it is already taking hold around the world, and will accelerate at an alarming rate in the very near future. We are almost at a point where we have no further control, so now is the time to transform our society to work better for the environment and the economy. The Green New Deal proposes a 10 year transformation model that will stabilise and strengthen the economy whilst serving working people and the environment. I'd love to hear your thoughts on it if you have time!

HE SAYS:

"Don't worry little sonny Jim, I was worried about climate change too when I was your age, but then I realised that they kept saying it was coming in the future, and it never did! We'll be alright!"

DON'T SAY:

That's just the way time works, Einstein!
IT'S HERE NOW! NOW IS THE FUTURE YOU WERE WAITING FOR!
And because your generation largely sat back and waited for someone else to deal with it, we're suddenly coping with an emergency, instead of a warning, like you had.

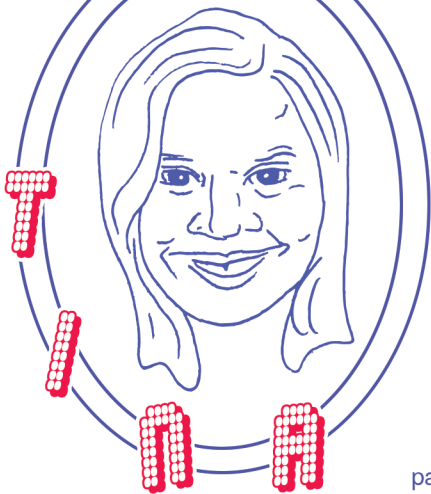
DO SAY:

Climate change is here, and to stay. We have crossed the point at which we can ever return to the way our planet was before industrial times. What we are doing now is firefighting, and trying to achieve the best possible situation for everybody. Global warming will only get worse, even with the largest international effort, because nothing was done for such a long time.

TOP CONVO TIP! Stay calm and remember you don't have to know everything about climate change to have a constructive conversation with someone. You can talk about how the climate emergency makes you feel, and ask lots of questions to the other person to make them feel heard.



YOUR AUNTY



SHE SAYS:

"If we are going to die anyway then why not just enjoy the time we have left...?"

Prosecco anyone?
WHAT am I LIKE!"

DON'T SAY:

OH OK THEN, Tina.

Nothing was worth it.

Beethoven wrote his 5th symphony for nothing.

Tolstoy wrote War and

Peace for nothing! Isaac

Newton discovered gravity for nothing. Beyoncé wrote

Lemonade for NOTHING!

Apes went through a painstaking process of survival, so they could evolve into us

JUST so that we could receive our amazingly advanced brains and use them

to destroy the world and make ourselves go extinct in

a matter of years. BRILLIANT, THIS IS HILARIOUS NEWS, LIFE IS MEANINGLESS! PLEASE DO CARRY ON TINA, AND YES I WILL BE HAVING PROSECCO BUT I WILL ALSO BE THINKING WHAT A STUPID IDIOT YOU ARE WITH EVERY SIP.

DO SAY:

It's really difficult to imagine your own species going extinct, but unfortunately, at the rate we are causing the climate to change, this is our near future. It feels easier to relax and enjoy ourselves now, but when reality soon hits us all, we're all going to wish we could have done more. We will have to tell our youngest relatives and children that we let this all happen, and we won't be able to do anything to help them. So act now; it's not hard, and you can bring the prosecco too if you really want.

HE SAYS:

“Climate Change must wait, BREXIT MEANS BREXIT AND THAT MEANS BREXIT! ABSOLUTELY NO TALKING ABOUT ANYTHING ELSE UNTIL BREXIT GETS ‘DONE’”

DON'T SAY:

“OK BOOMER, time to focus on your own selfish opinions and ignore the bigger picture, because YEP, you know it's your generation's fault, but you'll try and palm it off onto someone else.

Time to blame it on the Europeans again whilst you just put your feet up and wait for retirement, and hope the worst doesn't hit before you die, because HEY, you've worked so hard all your life destroying the world for your offspring, and NOW *you* have a chance to relax, it's THEIR job to unfuck the planet. MERRY CHRISTMAS.”

DO SAY:

Ignoring Climate change and hoping for the best won't help anyone. Brexit won't be relevant or remembered, when, in a couple of years we realise we're too late to ensure we're able to live on the only planet we have. Your generation will experience it, but ours will be destroyed by it if we don't act now.

YOUR UNCLE



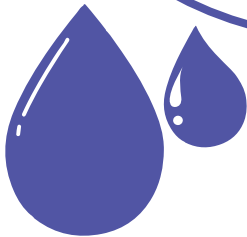
WOULD YOU like to have an anonymous rant about your climate anxieties, get it all off your chest and help with research?
Call our hotline for free on this number!

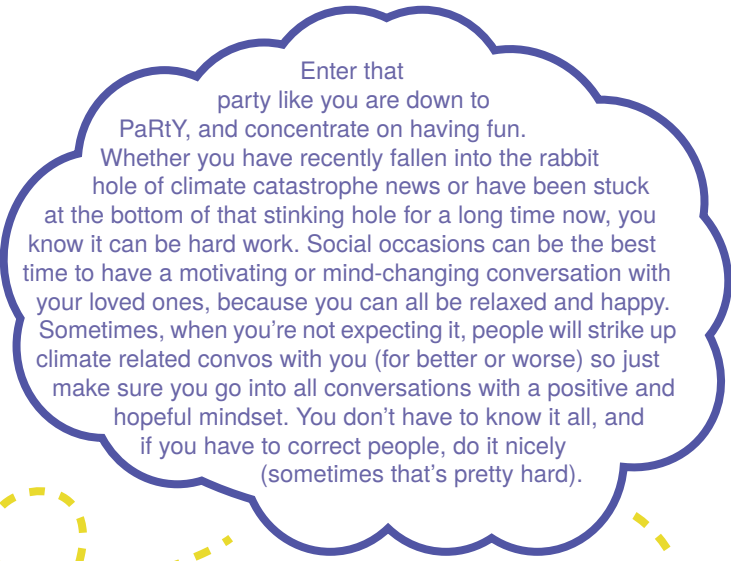
02031304018

Avoiding Climate melt down

Social engagements can be incredibly crippling when dealing with the impending doom of the climate crisis. The festive period is the WORST for dodging well-meaning colleagues' and friends' opinions on political issues without throttling them (HEY Brexit Julie from I.T.). On top of that, how are we supposed to RSVP to Carlos' plans for a Cannes Christmas Carousal without screaming "It's not business as fucking usual Carlos!" But stay calm, it's not old Carl's fault and we need to know when and where to drop the mic and make a scene.

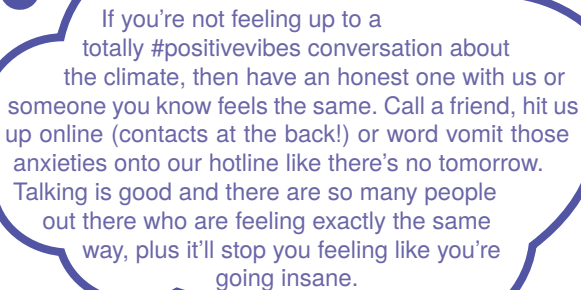
Most importantly, you've gotta give yourself some self-love (no not that kind) and look after yourself. You're one of the few who gets it and is motivated to act, so you have to keep yourself healthy and positive, because if you don't, who will be left to fight for climate justice
AreWeRiite?



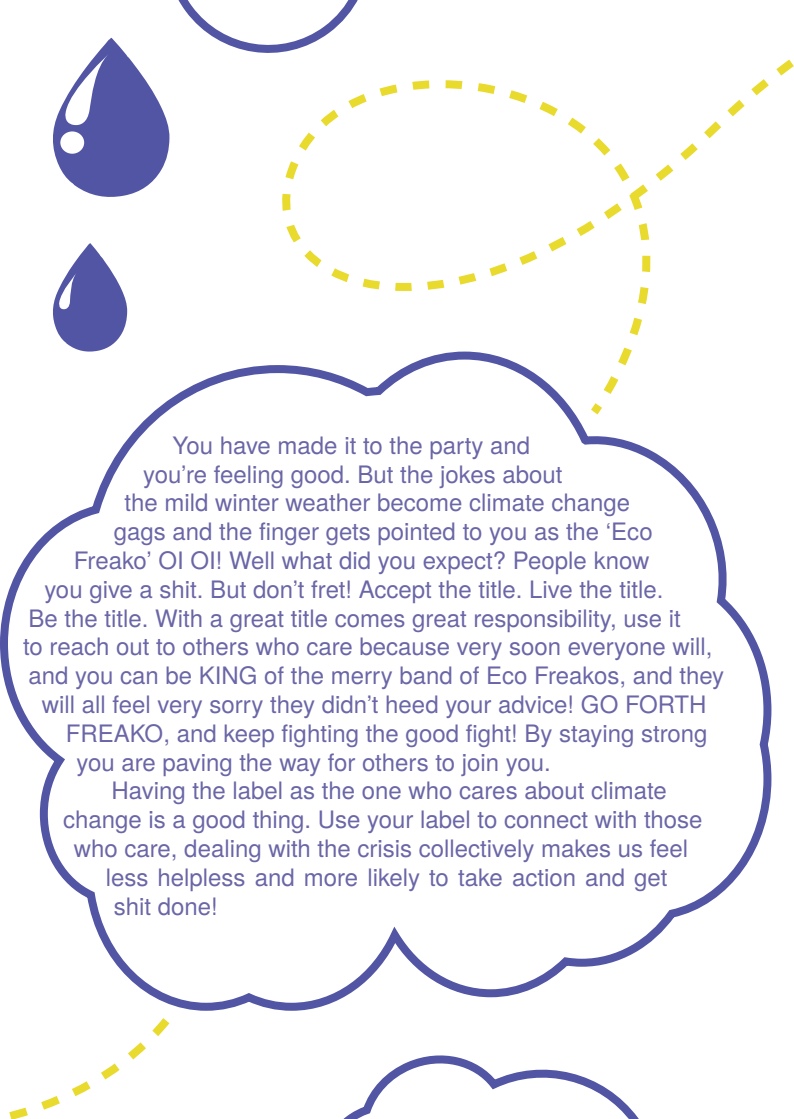


Enter that party like you are down to PaRtY, and concentrate on having fun.

Whether you have recently fallen into the rabbit hole of climate catastrophe news or have been stuck at the bottom of that stinking hole for a long time now, you know it can be hard work. Social occasions can be the best time to have a motivating or mind-changing conversation with your loved ones, because you can all be relaxed and happy. Sometimes, when you're not expecting it, people will strike up climate related convos with you (for better or worse) so just make sure you go into all conversations with a positive and hopeful mindset. You don't have to know it all, and if you have to correct people, do it nicely (sometimes that's pretty hard).

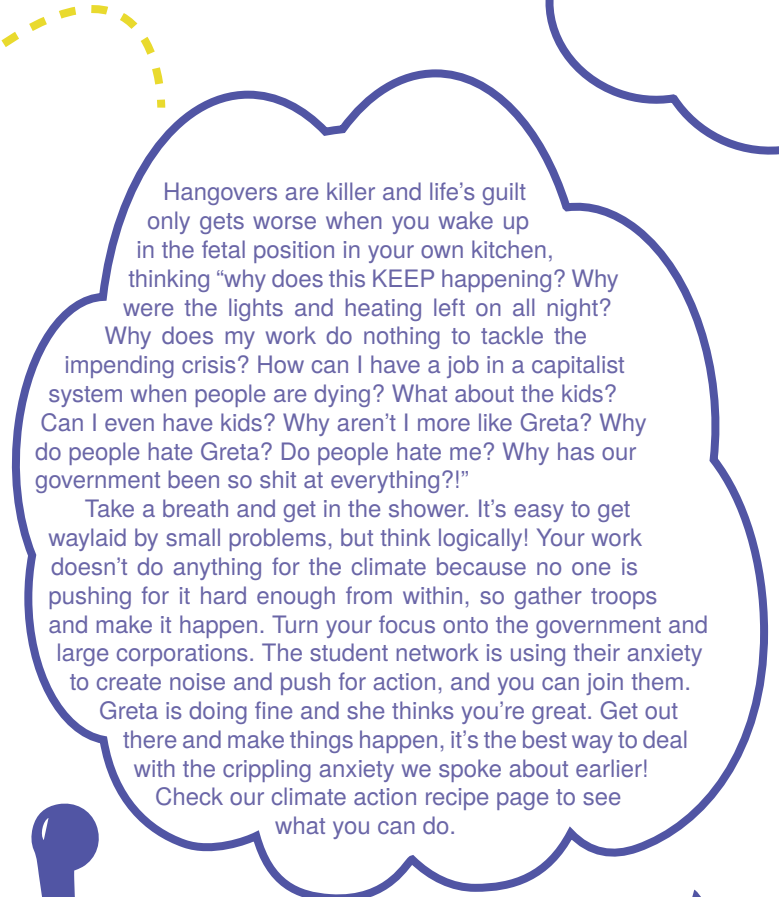


If you're not feeling up to a totally #positivevibes conversation about the climate, then have an honest one with us or someone you know feels the same. Call a friend, hit us up online (contacts at the back!) or word vomit those anxieties onto our hotline like there's no tomorrow. Talking is good and there are so many people out there who are feeling exactly the same way, plus it'll stop you feeling like you're going insane.



You have made it to the party and you're feeling good. But the jokes about the mild winter weather become climate change gags and the finger gets pointed to you as the 'Eco Freako' OI OI! Well what did you expect? People know you give a shit. But don't fret! Accept the title. Live the title. Be the title. With a great title comes great responsibility, use it to reach out to others who care because very soon everyone will, and you can be KING of the merry band of Eco Freakos, and they will all feel very sorry they didn't heed your advice! GO FORTH FREAKO, and keep fighting the good fight! By staying strong you are paving the way for others to join you.

Having the label as the one who cares about climate change is a good thing. Use your label to connect with those who care, dealing with the crisis collectively makes us feel less helpless and more likely to take action and get shit done!



Hangovers are killer and life's guilt only gets worse when you wake up in the fetal position in your own kitchen, thinking "why does this KEEP happening? Why were the lights and heating left on all night? Why does my work do nothing to tackle the impending crisis? How can I have a job in a capitalist system when people are dying? What about the kids? Can I even have kids? Why aren't I more like Greta? Why do people hate Greta? Do people hate me? Why has our government been so shit at everything?!"

Take a breath and get in the shower. It's easy to get waylaid by small problems, but think logically! Your work doesn't do anything for the climate because no one is pushing for it hard enough from within, so gather troops and make it happen. Turn your focus onto the government and large corporations. The student network is using their anxiety to create noise and push for action, and you can join them.

Greta is doing fine and she thinks you're great. Get out there and make things happen, it's the best way to deal with the crippling anxiety we spoke about earlier!

Check our climate action recipe page to see what you can do.



Adapt's Anonymous HotHotHotline

020 3130 4018

CLIMATE INDEX



Adaptive Capacity: the capacity of systems, institutions, humans and other organisms to adjust to the climate crisis.

Afforestation: the process of planting trees, or sowing seeds, in a barren land devoid of any trees to create a forest.

Global Heating: an increase in the earth's atmospheric and oceanic temperatures.

Business as Usual: an ongoing and unchanging state of affairs despite the ongoing climate crisis

Cap and Trade: a emission trading scheme whereby businesses or countries can buy or sell allowances to emit greenhouse gases via an exchange.

Carbon Capture/Storage: the collection of atmospheric carbon from large sources. The gases are then kept deep in underground reservoirs.



Carbon Intensity: a unit of measure. The amount of carbon emitted by a country per unit of GDP.

Carbon Neutral: where there is no net release of CO₂ from a source.

Carbon Free: no carbon emissions are being produced from a source.

Carbon Offsetting: a process by which organisations and individuals 'balance' out their carbon footprints by funding emission reductions elsewhere.

Carbon Sink: any process, activity or mechanism that removes carbon from the atmosphere. The biggest carbon sinks are the world's oceans and forests.




Climate Change: a pattern of change affecting global or regional climate. This variation may be caused by both natural processes and human activity. Global heating is one aspect of climate change, which is caused by humans.




Deforestation: the permanent removal of standing forests that can lead to significant levels of carbon dioxide emissions.

Feedback Loop: in a feedback loop, rising temperatures on the Earth change the environment in ways that affect the rate of warming. Feedback loops can be additive (adding to the rate of warming), or negative (reducing it). The melting of Arctic ice provides an example of an additive feedback process.



Fossil Fuels: natural resources, such as coal, oil and natural gas, containing hydrocarbons. These fuels are formed in the Earth over millions of years and produce carbon dioxide when burnt.



Global Heating: the rise in global average temperature in recent decades, which experts state to be caused by man-made greenhouse gas emissions.


Greenhouse Gases: natural and industrial gases that trap heat from the Earth and warm the surface. The Kyoto Protocol restricts emissions of six greenhouse gases: natural (carbon dioxide, nitrous oxide, and methane) and industrial (perfluorocarbons, hydrofluorocarbons, and sulphur hexafluoride).

IPCC: the Intergovernmental Panel on Climate Change is a scientific body established by the United Nations Environment Programme and the World Meteorological Organization.



Mitigation: action that will reduce man-made climate change.

Ocean Acidification: the ocean absorbs approximately a quarter of man-made CO₂ from the atmosphere, which helps to reduce adverse climate change effects. However, when the CO₂ dissolves in seawater, carbonic acid is formed. Ocean acidification can decrease the ability of marine organisms to build their shells and skeletal structures and kill off coral reefs.



Renewable Energy: renewable energy is energy created from sources that can be replenished in a short period of time. Renewable energies: the movement of water, geothermal, wind, and solar.

Tipping Point: a tipping point is a threshold for change, which, when reached, results in a process that is difficult to reverse.



ADAPT



Don't throw this guide away, if you are finished with it, give it to someone else!

This very helpful booklet is brought to you by Adapt. If you find this, please let them know on instagram or twitter by tagging them [@adapt_____](#)! You can also use the hashtag [#ClimateConvos](#)

Adapt is run by co-founders Josie and Richard, two designers using art, design and writing to talk about climate change in a new way and encourage action whilst building a community of motivated activists. They operate on a volunteer basis.

You can find them on instagram + twitter [@adapt_____](#)
Their website is www.adaptivecapacity.world
And you can email them at team@adaptivecapacity.world

[@adapt_____](#)

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