



# To worry or to not worry

Evaluation of OCE's lesson plan for 9-10-years-old students on emotions related to climate change

# Aims of the intervention

1

Reducing eco-anxiety level

2

Decreasing de-emphasizing coping strategies

3

Increasing meaning-focused strategies



United Nations  
Educational, Scientific and  
Cultural Organization

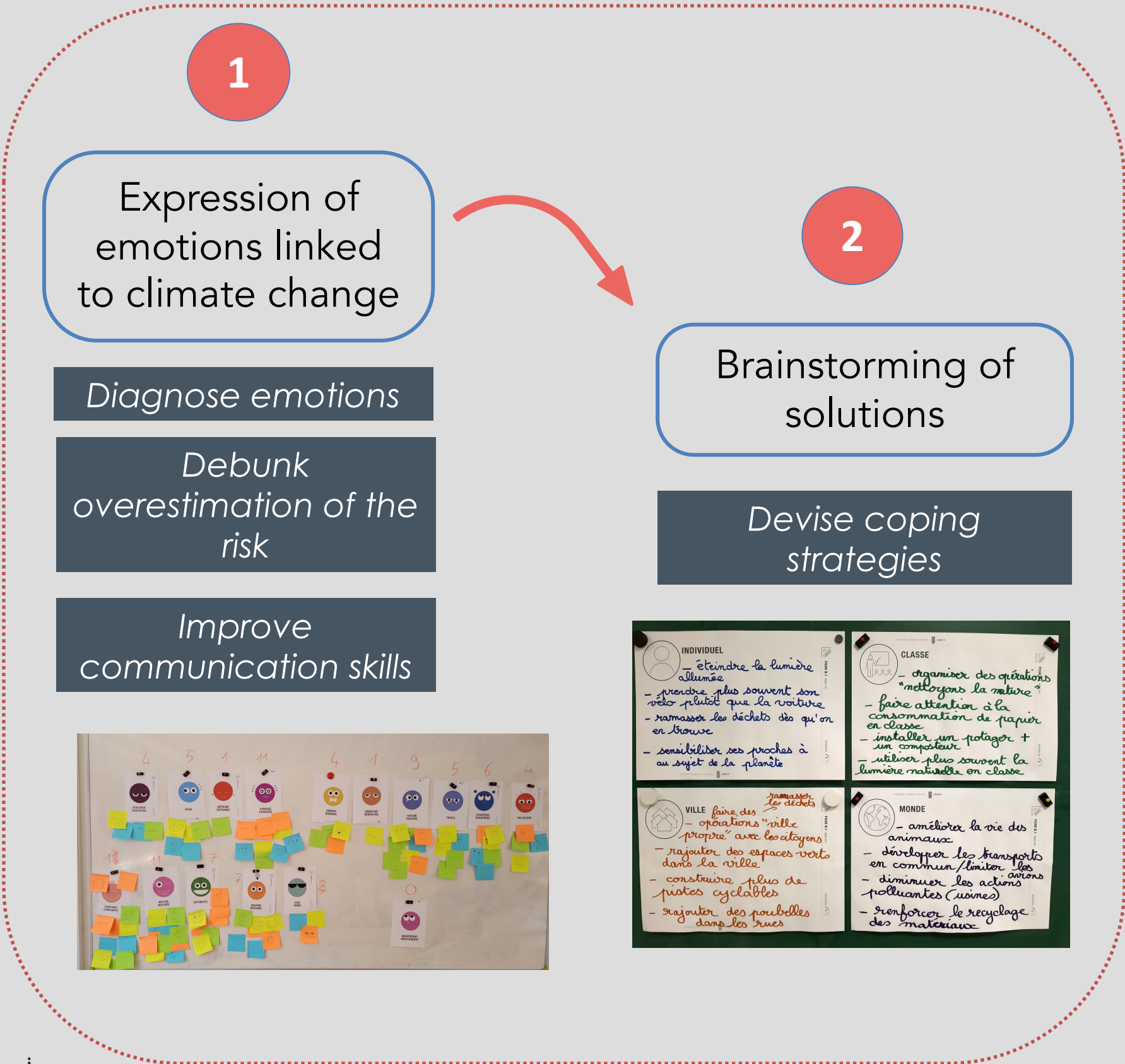


Office for  
Climate  
Education

UNDER THE AUSPICES OF UNESCO  
AND THE FOUNDATION LA MAIN À LA PÂTE

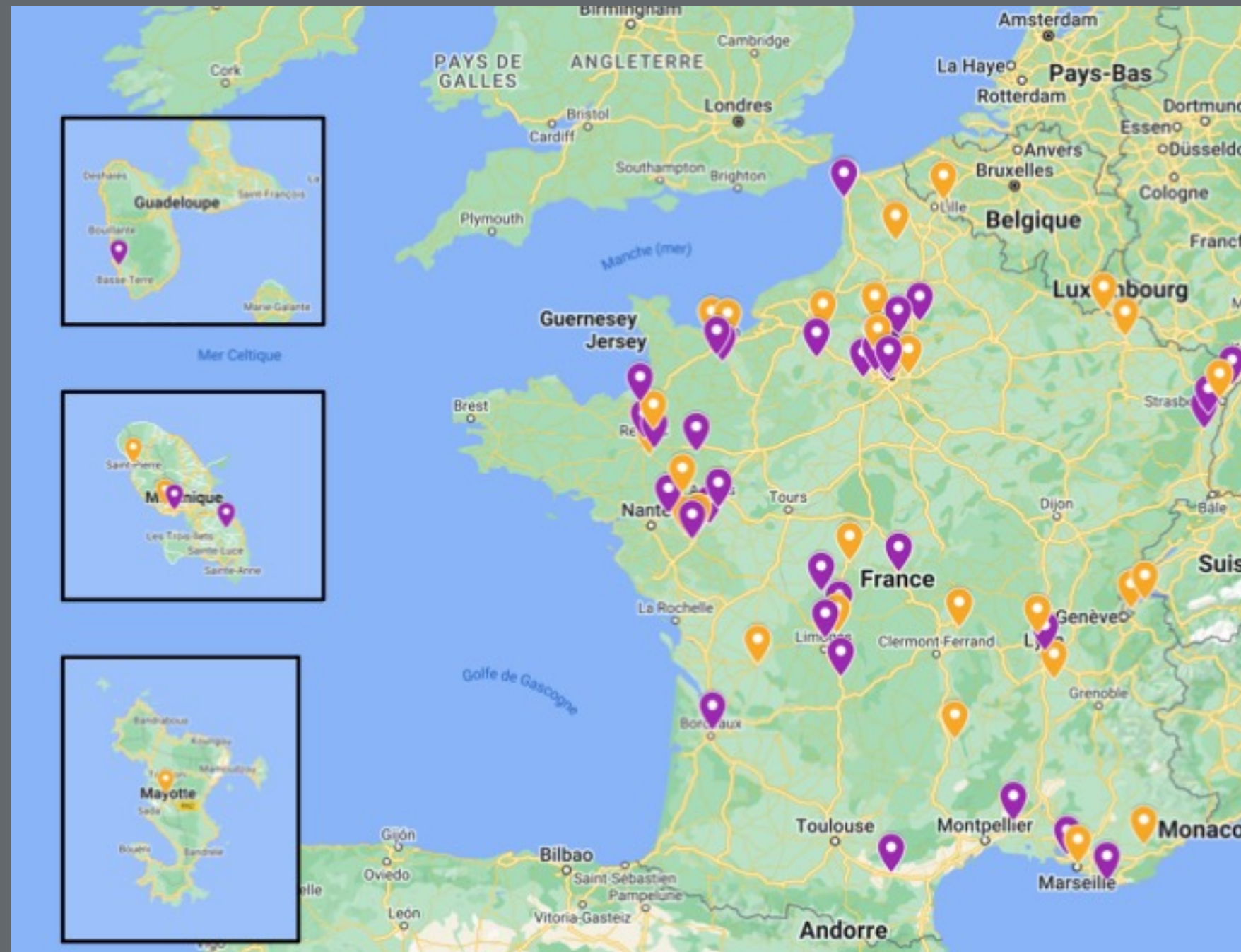


# An intervention that draws from the Cognitive and Behavioural Therapy for Anxiety





# Methods – A randomized control trial in French schools



## Test group

39 teachers  
864 students

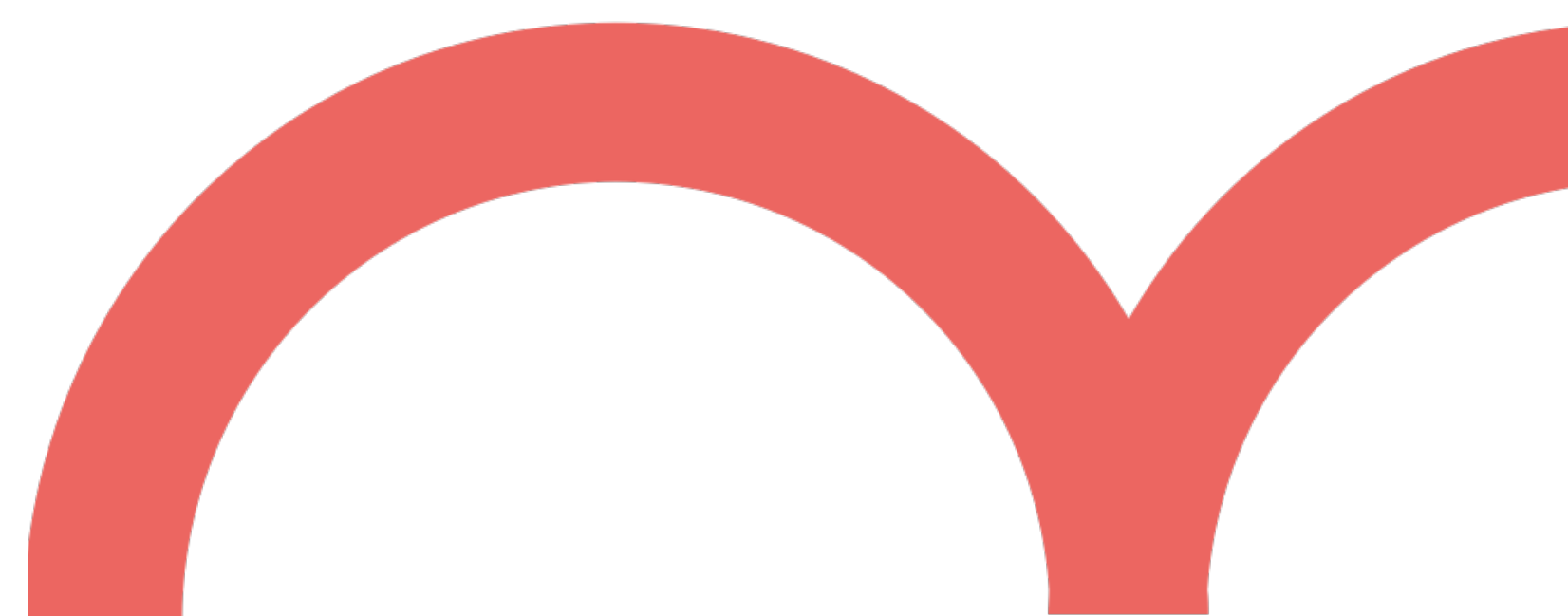
## Control group

39 teachers  
968 students

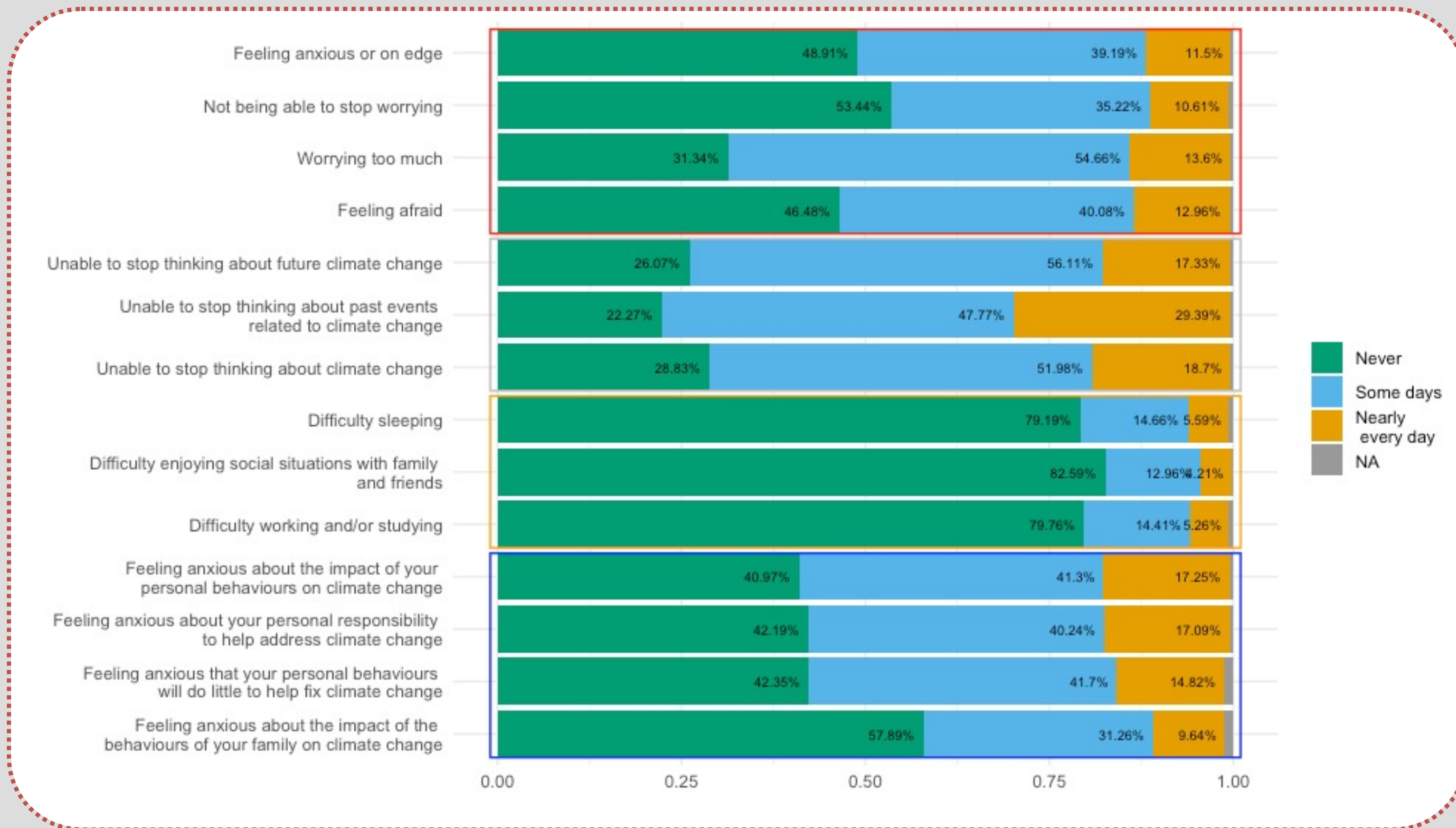


# Methods – Experimental groups

Test	Control
Training of teachers and in-class implementation of:	Training of teachers and in-class implementation of:
<ul style="list-style-type: none"><li>• An activity about the proofs of climate change</li><li>• <b>An activity about emotions of climate change</b></li></ul>	<ul style="list-style-type: none"><li>• An activity about the proofs of climate change</li></ul>

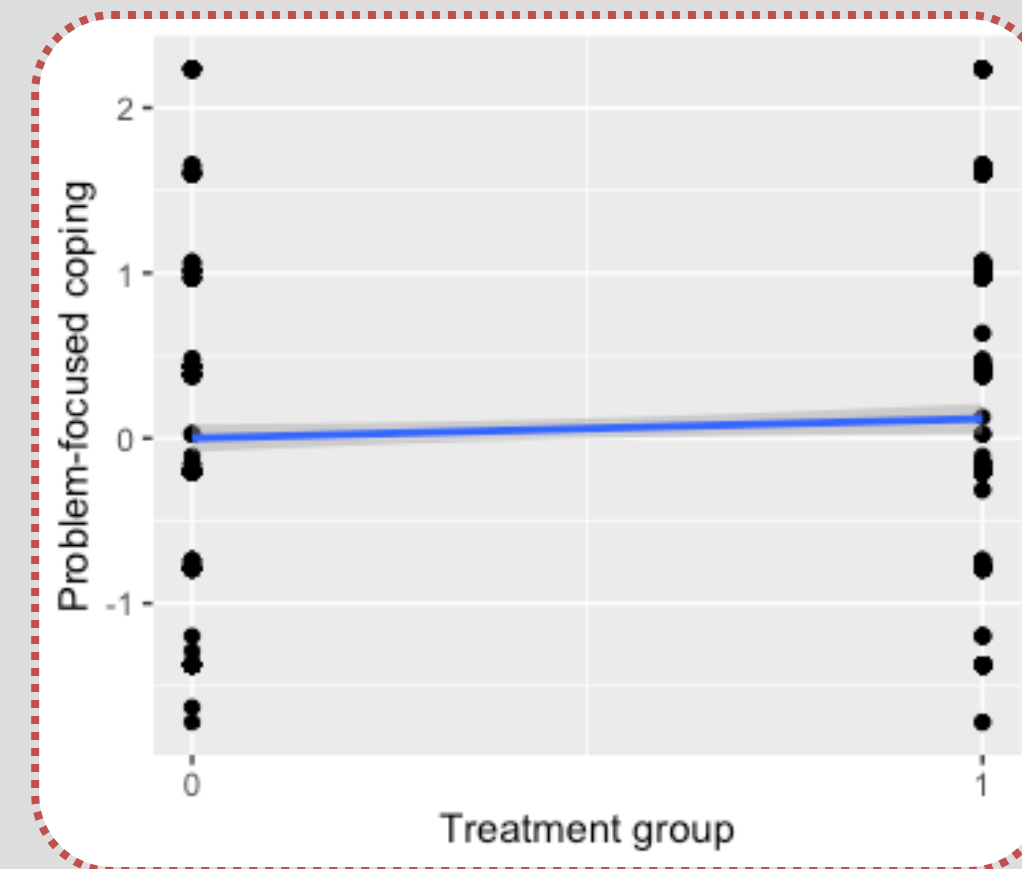
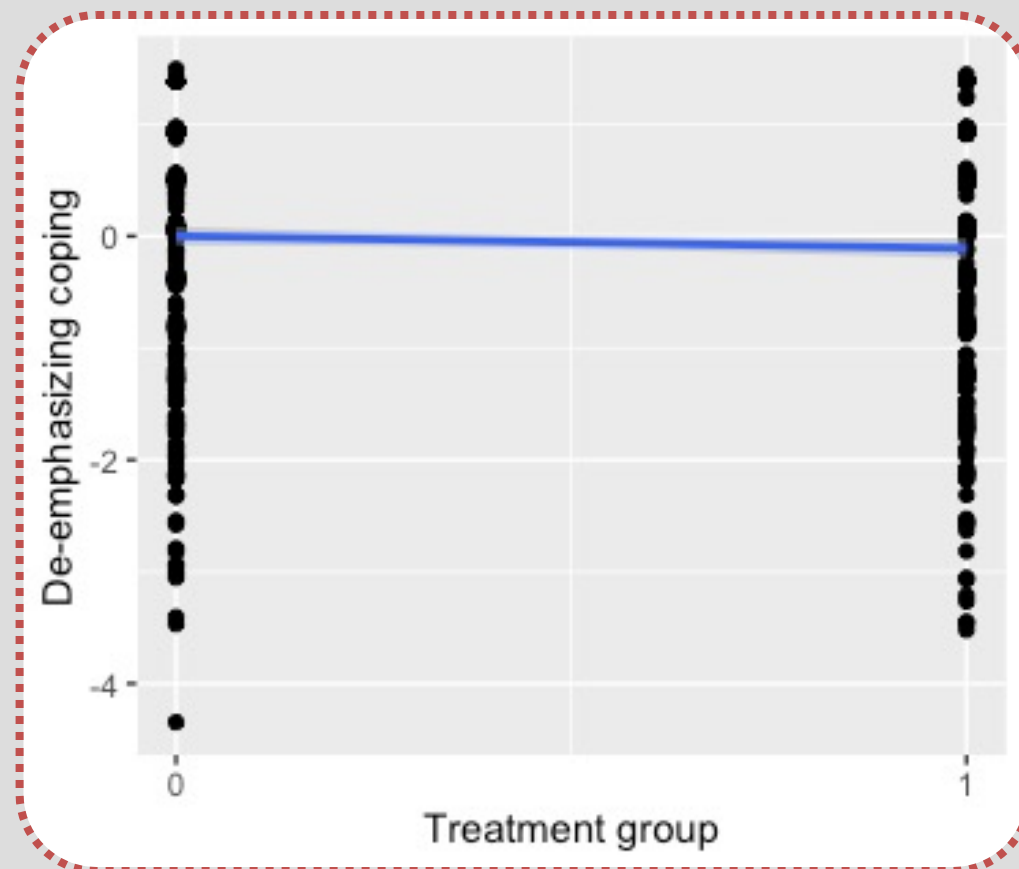
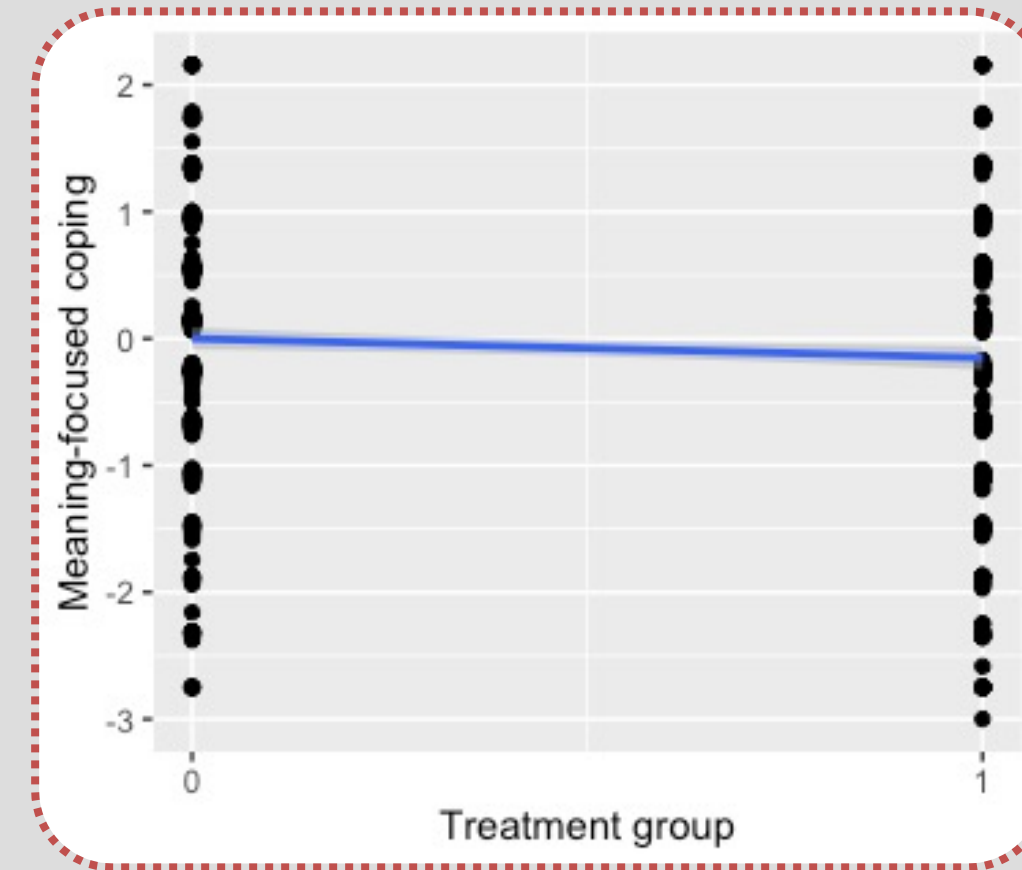
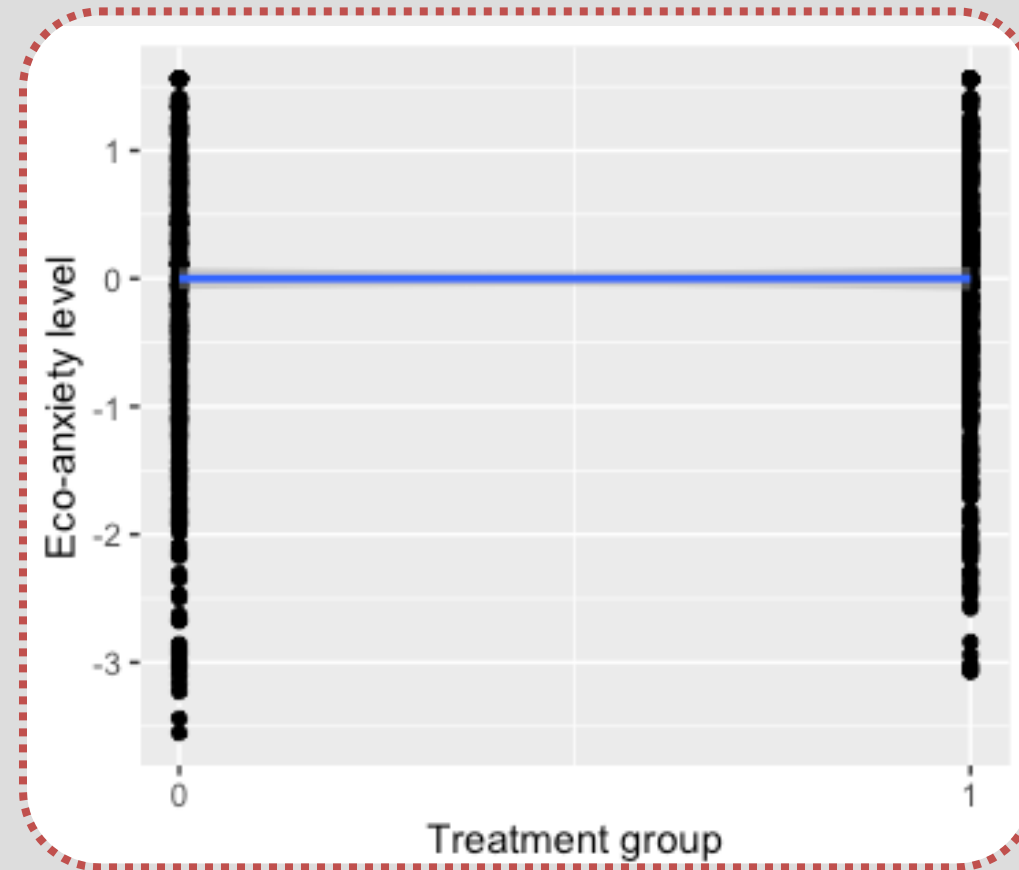


# Results – Responses to the eco-anxiety scale

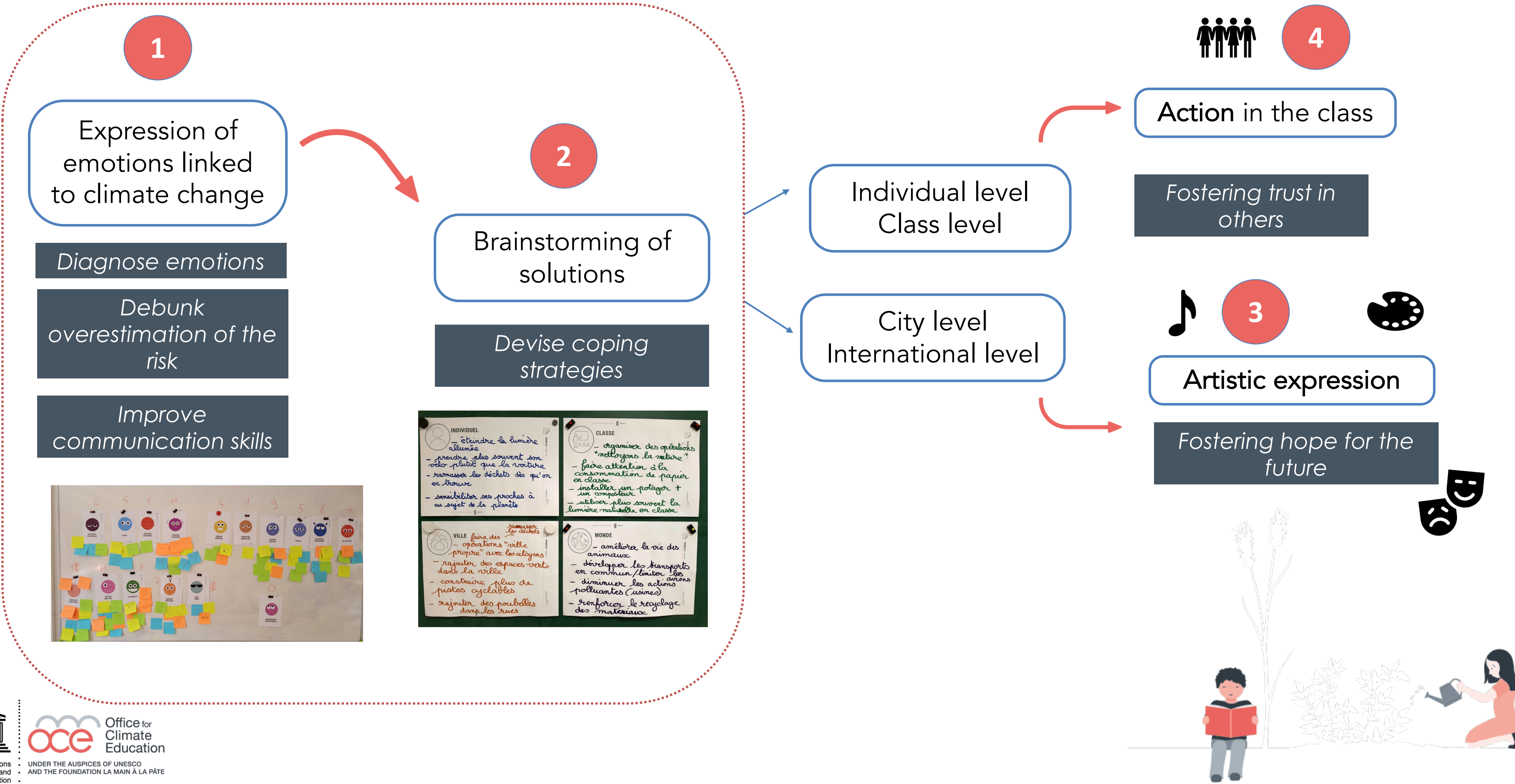




# Provisional results – Impact evaluation



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Thank you!