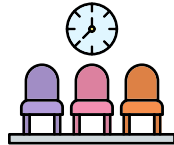


Do Feelings About Climate Change Have An Impact on Youth's Daily Lives?

Who was the study about?

- **393 youth (ages 16–24) from waiting rooms at four Foundry centres:**

Granville, North Shore, Prince George and Richmond



What was done?

Youth completed a survey as part of a larger Foundry study.

The broader study wasn't climate-specific, but the survey captured demographics, mental health measures and two questions about climate worry and its daily life impacts.



What was found?



Climate worry is common but not always harmful

- 40.9% of youth were very or extremely worried about climate change, but worry by itself wasn't a great predictor of mental health.

Daily life impacts are strong indicators of mental health concerns

- 28% of youth said their climate worry negatively affected their daily life, showing higher symptoms of depression and psychological distress.



Certain youth experience greater impacts than others

- Gender-diverse and older youth were more likely to report negative daily life impacts due to negative climate emotions.



What this means to youth and family:

These findings legitimize youth climate worry

- 1 Climate worry can often be brushed off, but these numbers show it's real and common, helping youth feel understood and taken seriously.

Daily life impacts are a sign support could help

- 2 When climate feelings affect sleep, focus, school, or relationships, it's a sign youth may benefit from support that specifically addresses climate worry.

Youth need responses that fit their experiences

- 3 Different youth are affected in different ways, and daily impacts remain unclear. Tailored, responsive support is needed to meet youth where they're at.

What we're still learning:

Youth and family still wonder: What does climate distress look like in daily life, and how can support be shaped to fit different youth experiences?



Source

Authors: Zachary Daly, Emily K. Jenkins, Sarah Adair, A. Fuchsia Howard and Skye Barbic
Title: Climate worry and daily life impacts among a sample of Canadian youth accessing integrated youth services
Journal and date: Journal of Climate Change and Health, April 2026

To learn more about Foundry research, visit foundrybc.ca/research



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Co-created with the Findings
for Foundry Committee, a group
of youth and family advisors.

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