



Let's talk about it

Inspiring action through conversation

From celebrity comments to conversations with friends, people influence what you think, feel and do. So you can be a huge influence on the people in your life and for global environmental challenges, using your influence is vital if you want change to happen.

That's because talking about these challenges can be tough! Topics, like climate change, can make people feel overwhelmed, anxious and guilty. So they're more likely to avoid them. But these conversations help people to think, feel and act differently. We've got some top tips for how to turn an overwhelming conversation into an inspiring one. Try them out with family and friends – help make change happen.

Decide what you want to say

It's good to...

Share your story: Stories motivate people. Sharing your personal journey of how you came to care about an issue helps it feel relatable. Tell people about what actions you've taken too and emphasise they are doable.

Share simple information: Know your facts and have them ready to share. Keep your information clear and solutions-focused. [Our website](#) and [Unearthed](#) are a great place to start.

Decide what you want them to do

It's good to...

Suggest actions: Offering options – like changing eating habits – can help people feel empowered. Why not ask them to try an action with you!

Be positive: Environmental challenges need urgent action, but it's essential to balance urgency with optimism. Tell them about the bigger things that are happening and how they can find out more so they can feel inspired.

The conversational approach

It's good to...

Ask questions: Asking open questions gives people the space to reflect and feel heard.

Listen: Let people speak without interrupting and listen to what they say. This can be tricky, particularly if you disagree. But genuine listening gives people space to explore their own potentially complicated and negative thoughts.

Respect other viewpoints: Try not to blame or judge people. Instead, show you respect their concerns and ideas, and try to find common ground. Remember, be kind to yourself. Every conversation is worthwhile, even if it might not seem so initially.

What's next?

Spread your voice further: Check out 'Let's write about it' to turn conversations into print. Or be heard on social media by reading 'Let's tweet about it'.

Want to find out more about the environmental challenges we face and what you can do to help? Ask your group leader or teacher to invite a Greenpeace Speaker at www.act.gp/speakers.

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