



A CHILDREN'S GUIDE TO CLIMATE CHANGE IN GUINEA BISSAU



ACKNOWLEDGEMENTS

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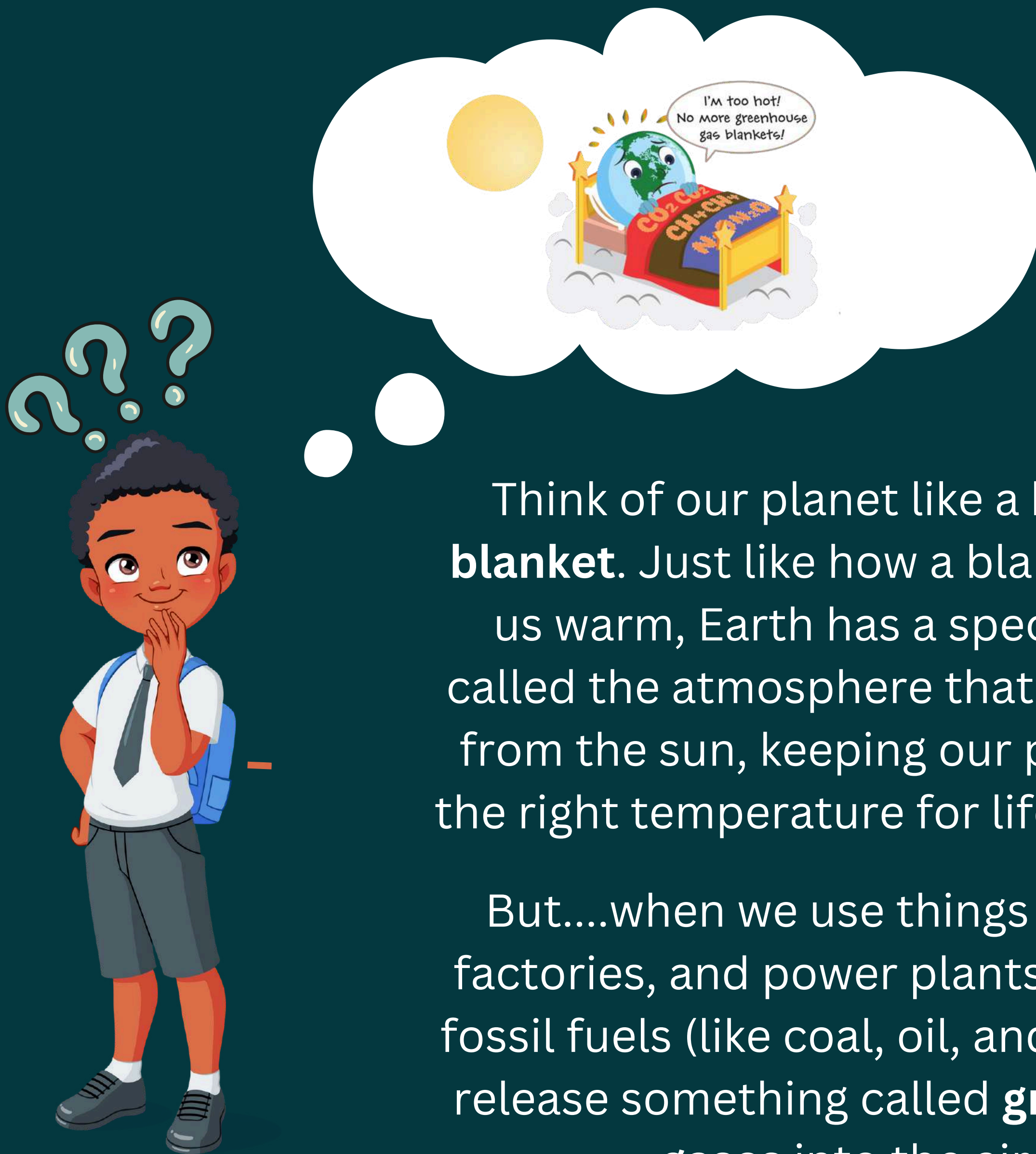


HEY CURIOUS MINDS!

Have you ever wondered why the weather sometimes acts a little strange? Maybe you have noticed that it's hotter than usual, or there are more storms than before? Well, let's dive into a fascinating topic called climate change and explore how it's shaking things up in Guinea-Bissau and around the world!



SO, WHAT IS CLIMATE CHANGE?



Think of our planet like a **big, cozy blanket**. Just like how a blanket keeps us warm, Earth has a special layer called the atmosphere that traps heat from the sun, keeping our planet just the right temperature for life to thrive.

But....when we use things like cars, factories, and power plants that burn fossil fuels (like coal, oil, and gas), they release something called **greenhouse gases** into the air.

These gases act like an extra thick blanket, trapping even more heat and making our planet too warm.

This extra heat is what we call climate change. Extra heat can cause drought, flooding and storms. And all of these have an impact on children's lives in Guinea Bissau.

HOW IS AFFECTING CHILDREN?



EXTREME HEAT



IT MAKES US FEEL TOO HOT

When it's super hot outside, our bodies can get overheated, making us feel dizzy, tired, and even sick. This is called heatstroke - and it can be dangerous for kids.



IT MAKES US THIRSTY

Our bodies need water to stay healthy. When it's really hot, we feel thirsty because we're losing water through sweat. So, it's important to drink lots of water!



IT CAN MAKE US SICK

Bacteria and other germs love warm temperatures, if they get into our food and water, they can make us sick!



THERE ARE MORE MOSQUITOES!

Bugs like mosquitoes love hot weather. And when they bite us, they can give us diseases like malaria.



ITS HARDER TO FOCUS

When it's too hot, it can be really hard to concentrate and learn new things in school. We might feel sleepy or grumpy instead of paying attention in class.



IT MAKES IT HARDER TO PLAY OUTSIDE

When it's hot outside, it's harder to play. We get too hot, so spend less time outdoors with our friends.

HEAVY RAIN, STORMS AND SEA-LEVEL RISE



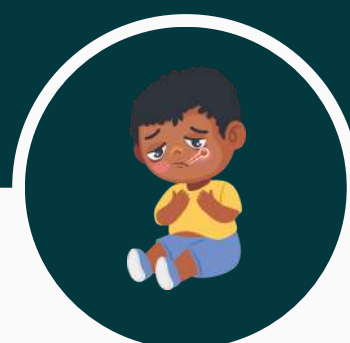
SCARY STORMS

Storms can bring heavy rain and strong winds that knock down trees, flood streets, and even make big waves in the ocean. It's like nature's way of saying, "Watch out, here I come!"



FLOODS WATERS ARE DANGEROUS

Heavy rains can cause flooding, which is really dangerous for kids. It is important to stay safe and listen to grown-ups when they say to stay inside during a storm.



IT CAN MAKE US SICK

When floodwaters mix with sewage and garbage, it can make the water dirty and full of germs - making us sick!



FAMILIES LOSE THEIR HOMES AND POSSESSIONS

Flooding, storms and sea-level rise can damage homes and destroy their possessions forcing them to leave their communities.



IT DESTROYS OUR FOOD

Flooding, storms and sea-level rise can damage our farmland and kill our animals - meaning there's less food for children and their families.

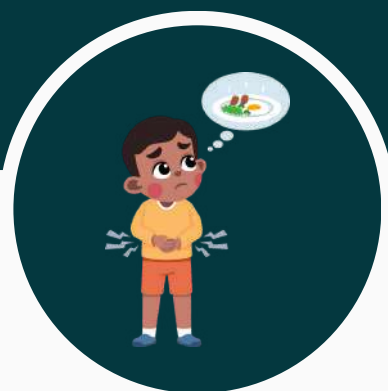


THERE ARE MORE MOSQUITOES!

Mosquitoes and other pests like to breed in pools of water. They carry diseases such as Malaria which can make children sick.



DROUGHT AND WATER SCARCITY



LESS FOOD CAN MAKE US HUNGRY

When there's not enough rain, crops like rice and cashew can't grow properly. This can make our tummies grumble and our bodies feel weak and tired.



LESS WATER CAN MAKE US SICK

When there's not enough water to go around, children might have to drink from dirty rivers or wells that are full of germs, or not wash their hands. This can make us sick.



WE MIGHT HAVE TO WALK FURTHER TO FIND WATER

When water is scarce, children might have to walk for miles to find clean water. This can be dangerous, and takes time away from school and play.



FAMILIES MIGHT HAVE TO LEAVE THEIR HOMES

When there's not enough water for drinking or farming, families might have to leave their homes. It can be really hard for kids to leave behind their friends and schools.

WHAT CAN WE DO TO HELP?



Climate change isn't something far away –it's happening right here in Guinea Bissau!

Unfortunately, in the coming years, its expected to only get worse.

But the good news is, there are things we can do to help! From using less energy to speaking up for our planet, every little action we take can make a big difference in protecting our home.

The following pages include some ideas on how you can help make a difference for your communities and help protect our planet.





EDUCATE YOURSELF!

The more we know about climate change, the better we can help protect our planet!

Let's read books, watch videos, and talk to others about what we've learned. We can even share our knowledge with our friends, family, and classmates to inspire them to take action too!





SPEAK UP!

Our voices are super powerful!

Let's tell grown-ups and our government that we care about the environment and want them to do more to protect it.

We can write letters, draw pictures, or even organize events to spread the word!s.

**SAY NO TO
FOSSIL FUELS**

**PROTECT
OUR
PLANET**

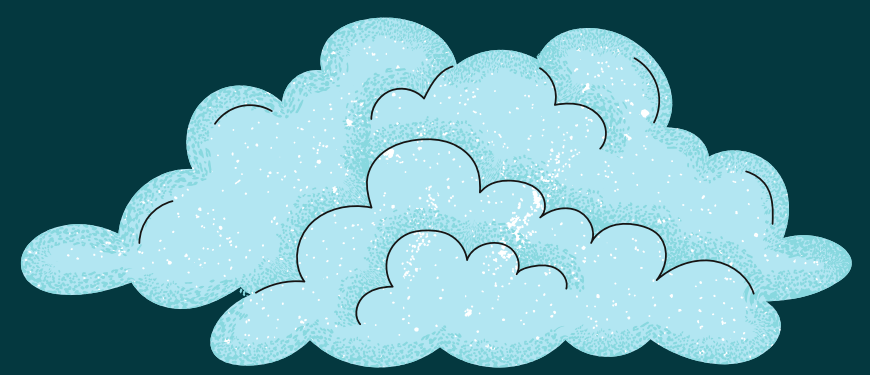
**SAVE
EARTH**

REDUCE, REUSE, RECYCLE!

Instead of throwing things away, let's find ways to reuse them or recycle them into something new!

We can also say no to single-use plastics like plastic bags and use reusable ones instead.

We can also compost fruits, vegetables and other biological waste, to help create new soil and help new plants and trees grow.



BE ENERGY SMART!



Turn off lights and electronics when you're not using them, and use energy-efficient light bulbs and appliances.

We can also walk or take the bus instead of riding in cars to save energy and reduce air pollution!

PROTECT OUR OCEANS!

The ocean surrounding Guinea Bissau is home to turtles, dolphins, and beautiful fish.

Let's keep our oceans clean by picking up litter at the beach and being kind to the animals we see.

We can also learn about marine life and support youth organisations that work to protect our oceans and the creatures that call them home.

By taking care of our oceans, we're helping to preserve life in Guinea Bissau for generations!





PLANT TREES AND MANGROVES!

Trees and mangroves are nature's superheroes—they clean the air we breathe, provide homes for animals, and protect our coasts from storms and erosion.

Let's join tree planting events in our community, participate in mangrove restoration projects, and even plant trees in our own backyard or schoolyard!



SAVE WATER!

Guinea Bissau's water is precious, so let's use it wisely!

Turn off the tap while brushing your teeth, take shorter showers, and ask your family and community to fix any water leaks you see.

We can also be mindful of the products we use and avoid pouring harmful chemicals into our rivers and oceans.

Let's join clean-up efforts in our communities to keep rivers, lakes, and oceans clean, and advocate for policies that protect our water sources from pollution.



EAT LOCAL, HEALTHY FOODS!

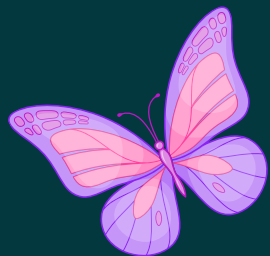
Guinea Bissau has the perfect and soil and climate to produce fresh food, without pesticides and fertilisers - which can harm our health and the environment.

Encouraging our families to make green choices like eating local and seasonal foods, like rice, cashew nuts, fruit and vegetables, instead of meat and processed foods from abroad, can help reduce greenhouse gases and protect our planet.





TOGETHER, WE CAN MAKE A DIFFERENCE!



There's so much we can do to help,
and every little action counts!



**Together, we can create a
brighter and greener future for
Guinea Bissau!**

On the next page is a Call to Action
written by Guinea Bissau's young
climate advocates on behalf of the
country's children and youth.



It calls for everyone, including the
Government, to do more to protect
the environment and tackle climate
change.





A CALL TO ACTION FROM GUINEA BISSAU'S CHILDREN AND YOUTH

We, the young people of Guinea-Bissau, are calling on our government, civil society, the private sector and international organisations to:

1. Ensure all children have access to safe water and toilets:

It is also important to protect our water systems from climate impacts such as storms and flooding. This will help prevent disease and the contamination of the environment.

2. Reduce waste and pollution:

We need more bins and recycling in Guinea Bissau! We need to stop burning and discarding waste in the street. Plastic bags should also be banned so they don't pollute our land and water, with fines for people who don't respect our environment!

3. Make environmental education more practical and fun!

We want to learn more about our environment and how to stop climate change. Going outside the classroom will help us to better understand and connect with nature. We also want to learn practical skills, such as renewable energy and conservation. Jobs must also be created, so we can put these new skills to work - and make difference.

4. Involve us in environmental decisions!

Children and young people should be involved in all national and international climate meetings to ensure that our voices are heard. We must also work with the Government to help design policies and programmes that will affect our futures.



