



2025

Center of Transformation (CoT)

“Climate Change & Food”

Facilitator Handbook –

Week 2 Session

February 3, 2025

Developed By

Christie Murray, PhD

Director of Center of Transformation
Boys & Girls Clubs of Greater Washington
cmurray@bgcgw.org

Week 2: Climate Change and Food

Welcome back! We are now in Week 2 of the 2025 CoT Program! We hope you enjoyed Week 1 as you learned more about the CoT program, climate change, and how climate change affects us all.

Please use this handbook to help you facilitate your weekly session. This week's session will focus on exploring how food affects climate change.

Teen Members are strongly encouraged to pay close attention to the CoT Intro and Learning Videos.

Session Duration: 60 minutes (1 hour) one day per week

Objectives: The objectives of this session are to:

- Discuss how food contributes to climate change.
- Introduce ways we can all commit and take action to make food choices that are climate friendly.
- Focus on engaging younger generations and communities on the climate change to accelerate youth-centered and actions.

Facilitator Time Commitment: 3 hours maximum

- Weekly Check-in Meetings (Mondays at 1:00 pm EST): 1 hour per week (or less)
 - Please ensure that at least one person from your organization joins us each week so that we can share important CoT updates, answer questions, and ensure program alignment.
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/89252599378?pwd=Mkg0Um5QL2QzUzBLYUxkUzZSY2lTUT09>
 - Meeting ID: 892 5259 9378
 - Passcode: 727575
- Session Preparation: 30 minutes per week (or less)
- Facilitated Session: 1 hour
- Reporting and Feedback: 30 minutes per week

Facilitator Set Up Instructions:

- Curriculum & Videos: The weekly session content and videos can be found at: <https://www.clubhouseatyourhouse.com/cot>. Scroll down to the “Weekly CoT Session” section of the web page and click on a specific week.
- Virtual Session Facilitation:

- The Zoom room will open 15 minutes before the start of the session.
- CoT Virtual Session Zoom Link (for Tuesdays at 5:30 pm EST):
<https://us02web.zoom.us/j/86240200821?pwd=bdzAhVMKunhfdNgD5aEktKOGq7UvoK.1>

Meeting ID: 862 4020 0821

Passcode: 951492

- ***Teens should join the Zoom from individual devices and prepare to engage and keep their cameras on.***
 - Club/Organization facilitators should also join the virtual session and participate and help facilitate the discussion with teens.
 - Take pictures and video clips of your group and email them to:
cot@bgcgw.org.
 - Note: Clubhouse @ Your House will run a separate session on Thursdays.
- In-person facilitation:
 - Arrive at least 15-30 minutes before the start of the session to set-up and prepare.
 - Teens should have access to electronic devices and the Internet for weekly activities.
 - The weekly session curriculum content and facilitation instructions can be found on the CoT website at
<https://www.clubhouseatyourhouse.com/2025week2>.
 - Take pictures and video clips of your group and email them to:
cot@bgcgw.org.

Week 1 Intro (Video):

- Begin the weekly session by playing the weekly BCGGW CoT Intro video.
- The video will welcome teen members to the program, provide a brief overview of the CoT Program, share key dates, specify who is eligible to participate in CoT (and the CoT Summit), introduce featured activities, and explain how the weekly sessions are designed.
- The intro video can be accessed at:
<https://www.clubhouseatyourhouse.com/2025week2>.

Week 2 Learning Moment (Video):

- The learning video will align with the topic of the week. After the Intro video, the facilitator should play the weekly learning moment video for teens. This video will provide teens with valuable climate change information needed to be successful for that week.

- Learning Moment Video: Food Systems at the Heart of Climate Action: (2:03) <https://youtu.be/sD6c4RpvbPk?si=3KtC9wh5QOGTkd4W>.

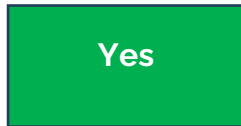
Activities:

- Activity #1: Climate Change & Food Commitment Pledge Competition:
Encourage children to pledge their commitment to take positive climate change and food actions. Help them brainstorm and articulate specific, achievable goals such as reducing meat consumption, recycling, or advocating for environmental causes.
- Take the Pledge: CoT Facilitators and teens should take the online Climate Change & Food Commitment Pledge online at: <https://forms.gle/FxmUjq2UkX5G7A2W6>
- Community Pledge Competition: Over the next week, Project Teams must share information on climate change and get others in the community to take the climate action pledge online for their club. The Project Team that gets the most commitment pledges will win a team prize. The goal is to get a total of 1,000 commitment pledges by the end of the campaign (Friday, February 14th).
 - The deadline to get pledge commitments will be **Friday, February 14, 2025.**
 - Use the link: <https://forms.gle/FxmUjq2UkX5G7A2W6>
 - Print and cut the Pledge QR Code Worksheet and share it with the teens at https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf

Commitment Pledge Form



- Teams can check the total pledges at: <https://www.clubhouseatyourhouse.com/climatecommitment>.
- Activity #2: Climate Change and Food Video
 - Each Project Team will record a brief 60-90 sec video.
 - Record a video that focuses on the following content:
 - Project Team Name
 - Explain how food contributes to climate change from your team's perspective.
 - Discuss why this issue matters to your team.
 - Share one action your project team will take to make climate-friendly food choices to protect the planet.
 - ** A top video of the week will be selected based on quality editing the content shared.**
 - Video Recording Guidance:
 - If using phone or tablet, rotate device to record in *landscape* mode (horizontal), not *portrait* (vertical). This is much better for viewing.



- Ensure that the camera lens(es) are clean and clear.
 - Make sure you have good lighting and quality sounds.
 - Videos must be uploaded on the website (at the bottom) at: <https://www.clubhouseatyourhouse.com/2025week2>. If there are technical difficulties uploading the video on the website. Please email the video or a link to the video to: cot@bgcgw.org.

Wrap Up:

- Debrief Questions:
 - What was one thing you learned about how food affects climate change?
 - Which pledged action are you most likely to implement?

- (Facilitators):
 - Take the Climate Change & Food Commitment Pledge at:
https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf
 - Remind teens to complete the **Teen Registration Form online** (if not completed already) **before February 7, 2025**, at:
<https://bit.ly/2025cotteenregistration>.
 - Ensure each Project Team submits its completed Week 2 Climate Change & Food video at:
<https://www.clubhouseatyourhouse.com/2025week2>.
 - Submit weekly attendance at:
 - BCGCW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - External Organizations:
<https://bit.ly/2025CoTOrgWeeklyAttendance>
 - Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.

- (Teens):
 - Complete the **Teen Registration Form online** (if not completed already) by February 7th: <https://bit.ly/2025cotteenregistration>.
 - Take the Climate Change & Food Commitment Pledge and get others to take the pledge by February 14, 2025, at:
https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf
 - Complete and submit the Climate Change & Food Video at:
<https://www.clubhouseatyourhouse.com/2025week2>.

Week 2 Session:

Duration	Activities	Facilitator	Resource(s)/ Material(s)
5 min	Intro Video	BGCGW/CoT Staff	Video Link: https://www.clubhouseatyourhouse.com/2025week2 .
5 min	Learning Moment Video: “Food Systems at the Heart of Climate Action”	CoT Facilitator	Video Link: (2:03) https://youtu.be/sD6c4RpvbPk?si=3KtC9wh5QOGTkd4W .
15 min	Activity #1: Choose a Project Team Name <ul style="list-style-type: none"> ○ Take the Pledge: CoT Facilitators and teens should take the online Climate Change & Food Commitment Pledge online at: https://forms.gle/FxmUjq2UkX5G7A2W6 ○ <u>Community Pledge Competition:</u> Project Teams should share information on climate change and get others in the community to take the climate action pledge online for their club. The Project Team that gets the most commitment pledges will win a team prize. 	CoT Facilitator	<ul style="list-style-type: none"> ○ Climate Change & Food Commitment Pledge online at: https://forms.gle/FxmUjq2UkX5G7A2W6 ○ Print and cut the Pledge QR Code Worksheet and share it with the teens at https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf

	<ul style="list-style-type: none"> ○ The deadline to get pledge commitments will be Friday, February 14, 2025. ○ Use the link: https://forms.gle/FxmUjq2UkX5G7A2W6 		
25 min	<p>Activity #2:</p> <ul style="list-style-type: none"> ○ Each Project Team will record a brief 60-90 sec video. ○ Record a video that focuses on the following content: ○ Project Team Name ○ Explain how food contributes to climate change from your team's perspective. ○ Discuss why this issue matters to your team. ○ Share one action your project team will take to make climate-friendly food choices to protect the planet. 	CoT Facilitator	<p>Videos must be uploaded on the website (at the bottom) at: https://www.clubhous eatyourhouse.com/2025week2. If there are technical difficulties uploading the video on the website. Please email the video or a link to the video to: cot@bgcgw.org.</p>
5 min	<p>Wrap-up</p> <ul style="list-style-type: none"> ● Ask Debrief Questions ● Take the Climate Change & Food Commitment Pledge at: 	CoT Facilitator	<ul style="list-style-type: none"> ▪ Submit Kahoot! Winners at: https://forms.office.com/r/PCna8RjjVu. ▪ Project Team Worksheet: https://forms.office.

	<p>https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf</p> <ul style="list-style-type: none"> • Remind teens to complete the Teen Registration Form online (if not completed already) before February 7, 2025, at: https://bit.ly/2025cotteenregistration • Ensure each project Team submits its completed Week 2 Climate Change & Food video at: https://www.clubhouseatyourhouse.com/2025week2 • Submit weekly attendance at: <ul style="list-style-type: none"> ○ BGCGW Clubs: https://bit.ly/2025CoTbgcgwWeeklyattendance ○ External Organizations: https://bit.ly/2025CoTorgWeeklyAttendance 		<p>com/r/hTPRBuWuy6.</p>
--	---	--	--

Debrief Questions

- What was one thing you learned about how food affects climate change?
- Which pledged action are you most likely to implement?

Outcomes and Actions:

- Increased teen awareness of how food affects climate change.
- Pledging to take actions that contribute to making food choices that are climate friendly.
- Take the Climate Change & Food Commitment Pledge at: https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf
- Remind teens to complete the **Teen Registration Form online** (if not completed already) **before February 7, 2025**, at: <https://bit.ly/2025cotteenregistration>.
- Ensure each project Team submits its completed Week 2 Climate Change & Food video at: <https://www.clubhouseatyourhouse.com/2025week2>.
- Submit weekly attendance at:
 - BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.

**Climate Change & Food Commitment Pledge
QR Code Worksheet**

