U Report by UNICEF

U-Report Poll: Climate / Eco-anxiety

RESULTS

2026
November

About the U-Report poll



The Philippines is one of the most climate-vulnerable countries in the world, and this crisis is witnessed, felt, and lived by children and youth in the country, often bearing disproportionate educational, social, and psychological consequences. Despite growing global attention to climate anxiety, there is little baseline data on how children and youth in the Philippines specifically experience or understand this phenomenon.

UNICEF Philippines' Advocacy & Communications (A&C) Section and Climate, Environment, and Resilience (CER) Section jointly facilitated a focus group discussion (FGD) on Climate Anxiety with youth in the Philippines, which surfaced first-hand accounts of how climate anxiety manifests in daily life, how it affects mental health and academic performance, how youth cope, and what they believe research and policy should prioritize. One of the key insights from the participants was an explicit call for polls and broader data-gathering effort to capture how climate anxiety varies across the Philippines' diverse regions and communities.

The U-Report poll on climate anxiety aimed to:

- Get an initial pulse on how children and youth feel about climate anxiety across diverse regions and contexts in the Philippines
- Complement findings from the FGD, identify patterns, and generate insights that can feed into and help shape wider, more rigorous UNICEF-led research on climate anxiety among children and youth in the Philippines.
- Surface youth sentiments to complement and inform UNICEF Philippines' climate and health programming

About U-Report

U-Report is a digital community, powered by UNICEF, for young people, by young people, where they can raise their voices and share opinions on topics that matter to them. It empowers youth to find out about issues that affect them and take action.

U-Report started in 2011 and has evolved into an international movement for positive social change with over 37 million U-Reporters to date. U-Report Philippines was launched in 2019 and is currently being used as a polling platform to ensure that voices of children and youth in the Philippines are heard.



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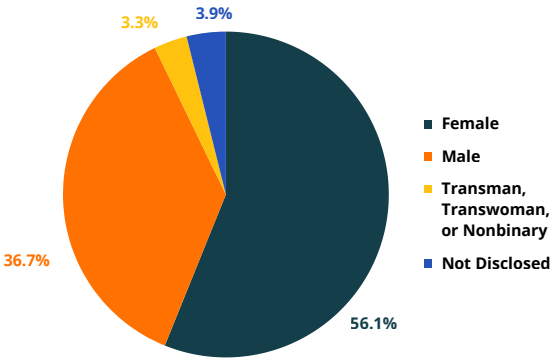
About the respondents

The poll was responded by **524** people between 13 and 30 years old living in the Philippines.

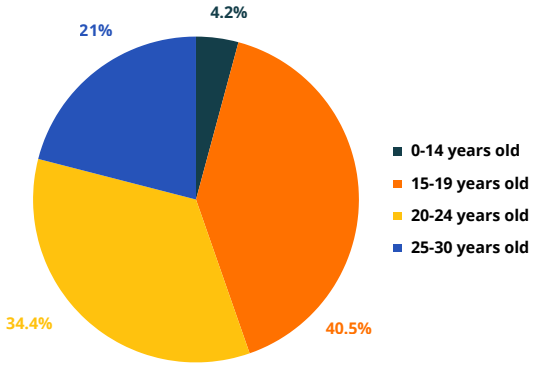
Table 1: Gender and Age Distribution of Respondents

	Female	Male	Transman, Transwoman, or Nonbinary	Not Disclosed	TOTAL
0-14 years old	17	0	5	0	**22**
15-19 years old	126	71	6	9	**212**
20-24 years old	103	62	10	5	**180**
25-30 years old	52	51	4	3	**110**
TOTAL	**298**	**189**	**17**	**20**	**524**

Graph 1: Gender Distribution of Respondents



Graph 2: Age Distribution of Respondents



Among the respondents, **56.1%** identified as **female**, while **36.7%** identified as **male**. Additionally, **3.3%** identified as **transman, transwoman, or nonbinary**, and **3.9% chose not to disclose** their gender identity.

The largest proportion of respondents belonged to the **15-19 age group (40.5%)**, followed by those aged **20-24 (34.4%)** and **25-30 (21%)**. Meanwhile, **4.2%** of respondents were in the **13-14** age group, as the poll was limited to individuals aged 13 and above.

Respondents came from 18 regions across the Philippines, with the highest representation from the **National Capital Region (37.79%)**, followed by **Region IV-A, CALABARZON (16.22%)**, and **Region III, Central Luzon (10.11%)**.

See Annex A for the full regional distribution of respondents.

Disclaimer: The ages indicated in the results are based on the year of birth that U-Reporters provided in the poll. Since this data is self-reported, it cannot be independently verified. However, it still provides valuable insights into the perspectives of young people.

About the data

U-Report is a platform that aims to engage young people with UNICEF. The polls run on U-Report do not provide results that are statistically significant, but rather a general sentiment from what children and youth in the Philippines think, feel, and experience.

Respondents are given the option to skip questions or discontinue participation at any point in the survey. Therefore, not all respondents answered every question, which accounts for the variability in the total number of respondents per question.

What young people said about the effects of climate change on their mental health

Question 1

Have you ever felt worried, stressed, or concerned because of the climate crisis? (e.g. stronger and more unpredictable typhoons, hotter weather, etc.)

Responses: 524

Graph 3: Frequency of climate-related worry

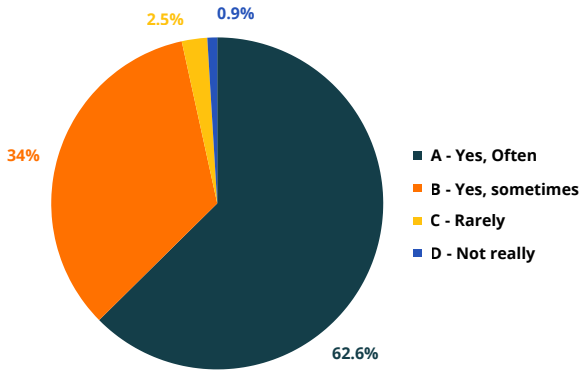


Table 2: Frequency of climate-related worry

Options	No. of Respondents	Percentage
A - Yes	328	62.6%
B - Yes, Sometimes	178	34%
C - Rarely	13	2.5%
D - No, not really	5	0.9%
TOTAL	**524**	**100.00%**

When asked whether they had ever felt worried, stressed, or concerned because of the climate crisis, **62.6%** of respondents said they often experienced these feelings, while **34%** said they experienced them sometimes. Combined, **almost 97%** of respondents reported feeling **worried, stressed, or concerned about the climate crisis either often or sometimes**, highlighting how widely these concerns are felt among the young people who participated in the poll. Meanwhile, **2.5%** said they rarely experienced these feelings, while only **0.9%** reported that they were generally not worried about the climate crisis.

Question 2

Which of the following worries you most about the climate crisis?

Responses: 517

Graph 4: Main worry about the climate crisis

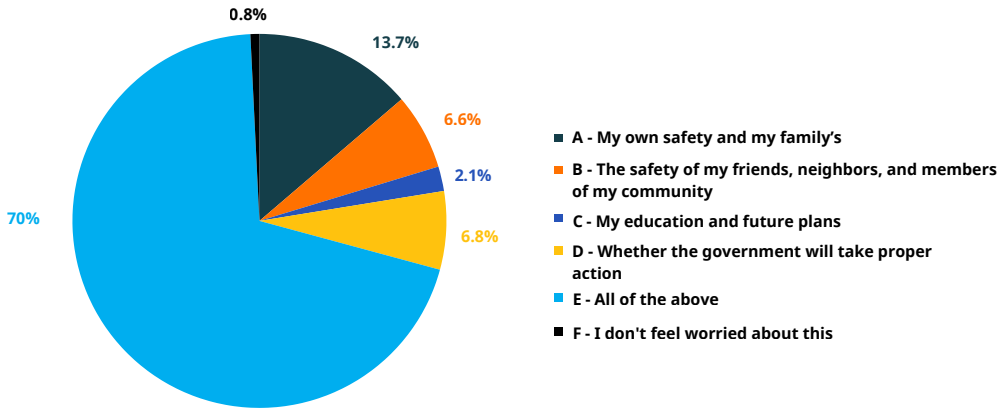


Table 3: Main worry about the climate crisis

Options	No. of Respondents	Percentage
A - My own safety and my family's	71	13.7%
B - The safety of my friends, neighbors, and members of my community	34	6.6%
C - My education and future plans	11	2.1%
D - Whether the government will take proper action	35	6.8%
E - All of the above	362	70%
F - I don't feel worried about this	4	0.8%
TOTAL	**517**	**100%**

When asked which aspect of the climate crisis worries them most, **7 in 10** of respondents selected **all of the listed concerns**, including their own **safety and that of their families, the safety of their communities, their education and future plans, and government action.**

Among those who identified a specific concern, **13.7%** said they were most worried about their own safety and that of their families, while **6.8%** identified their primary concern as whether the government would take proper action. Meanwhile, **6.6%** were most concerned about the safety of their friends, neighbors, and communities, and **2.1%** identified their education and future plans as their main worry. **Less than 1%** reported not feeling worried about the climate crisis.

Taken together, the findings suggest that **climate-related concerns extend across multiple aspects of young people's lives**, encompassing personal and community safety, future opportunities, and confidence in government action.

Question 3

Q3: When you feel anxious about the climate crisis, what effect does it usually have on you?

Responses: 513

Graph 5: Effects of climate anxiety

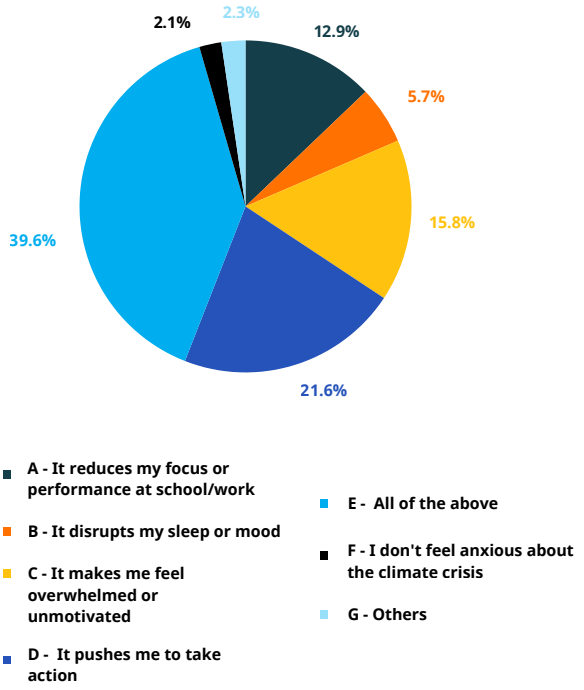


Table 4: Effects of climate anxiety

Options	No. of Respondents	Percentage
A - It reduces my focus or performance at school/work	66	12.9%
B - It disrupts my sleep or mood	29	5.7%
C - It makes me feel overwhelmed or unmotivated	81	15.8%
D - It pushes me to take action	111	21.6%
E - All of the above	203	39.6%
F - I don't feel anxious about the climate crisis	11	2.1%
G - Others	12	2.3%
TOTAL	**513**	**100.00%**

U-Reporters were asked about how climate anxiety affects their daily lives. **39.6%** of respondents said it **affects them in all the ways listed**, including their **focus or performance at school or work, sleep and mood, motivation, and willingness to take action.** Meanwhile, **21.6%** said their concerns about the climate crisis push them to take action, while **15.8%** reported feeling overwhelmed or unmotivated. Another **12.9%** said climate anxiety affects their focus or performance at school or work, and 5.7% reported disruptions to their sleep or mood. A small proportion **(2.1%)** said they do not feel anxious about the climate crisis, while **2.3%** cited other effects.

Responses under “others” highlighted feelings of fear, panic, anger, disappointment, and uncertainty about the future. Others shared that their concerns prompt them to reflect on the causes and consequences of the climate crisis, while some turn to prayer for comfort and guidance.

The results illustrate that **climate anxiety is not experienced in isolation**, and **can affect young people in different and sometimes overlapping ways**, influencing their emotional well-being, everyday functioning, and motivation to take action.

Question 4

When experiencing climate anxiety, do you feel supported by the people around you?

Responses: 509

Graph 6: Experiences of support when facing climate anxiety

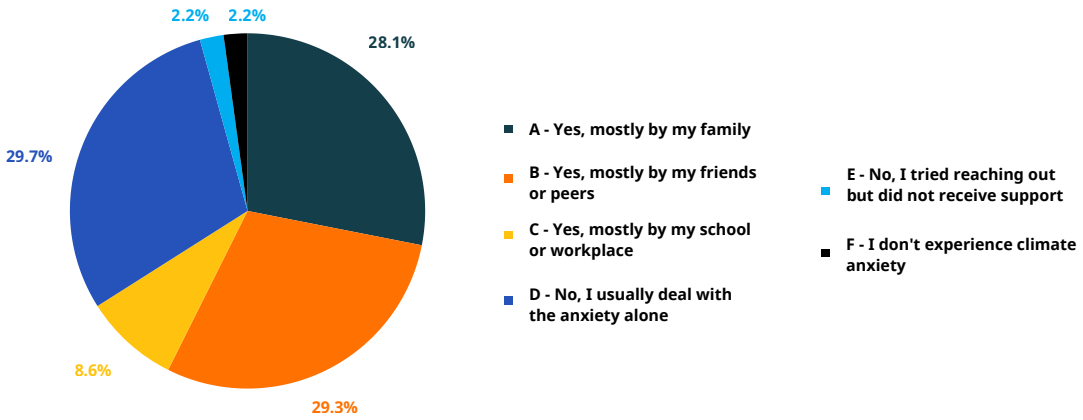


Table 5: Experiences of support when facing climate anxiety

Options	No. of Respondents	Percentage
A - Yes, mostly by my family	143	28.1%
B - Yes, mostly by my friends or peers	149	29.3%
C - Yes, mostly by my school or workplace	44	8.6%
D - No, I usually deal with the anxiety alone	151	29.7%
E - No, I tried reaching out but did not receive support	11	2.2%
F - I don't experience climate anxiety	11	2.2%
TOTAL	**509**	**100.00%**

In terms of support when experiencing climate anxiety, **29.3%** of U-Reporters identified their friends or peers as their main source of support, closely followed by **28.1%** who primarily turn to their families. Meanwhile, **8.6%** said they receive support mainly from their school or workplace.

However, **29.7%** reported that they usually **deal with climate anxiety on their own**, while **2.2%** said they had tried reaching out but did not receive support. Another **2.2%** said they do not experience climate anxiety.

Notably, **nearly one in three respondents navigate climate anxiety without support from others.** This points to the need for more supportive spaces where young people can openly express their concerns and feel heard.

Question 5

How do you feel about the government's efforts to address the effects of the climate crisis on you and your community?

Responses: 506

Graph 7: Perceptions of government action on the climate crisis

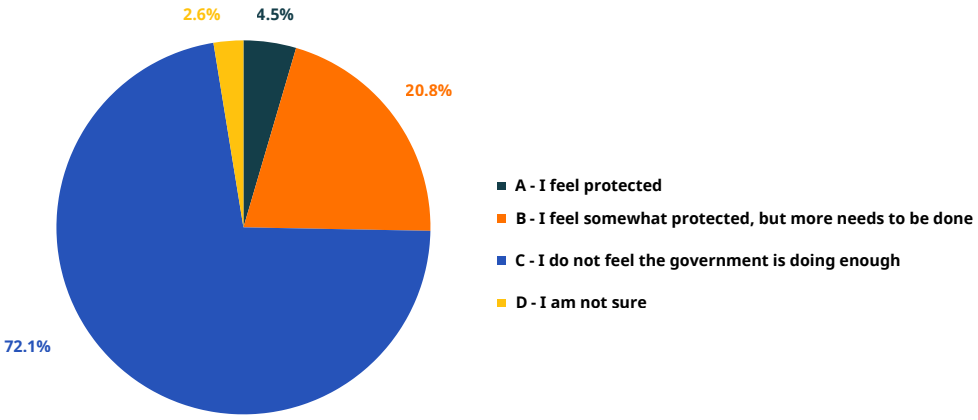


Table 6: Perceptions of government action on the climate crisis

Options	No. of Respondents	Percentage
A - I feel protected	23	4.5%
B - I feel somewhat protected, but more needs to be done	105	20.8%
C - I do not feel the government is doing enough	365	72.1%
D - I am not sure	13	2.6%
TOTAL	**506**	**100.00%**

Most respondents (72.1%) said they **do not feel the government is doing enough to address the effects of the climate crisis** on them and their communities. Another **20.8%** felt somewhat protected but believed that more needs to be done, while only **4.5%** said they feel protected by current government efforts. The remaining **2.6%** were unsure.

The findings point to a **strong perception among young people that existing government efforts are insufficient** to address the impacts of the climate crisis, which may further contribute to climate anxiety by reinforcing feelings of uncertainty and vulnerability about their safety and future.

Question 6

Do you think the climate crisis and its effects on mental health are being discussed in educational systems (schools, universities, etc.)?

Responses: 504

Graph 8: Climate crisis and mental health discussions in educational settings

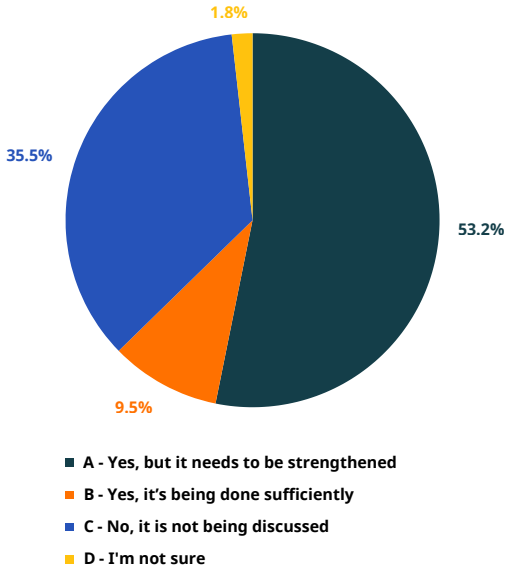


Table 7: Climate crisis and mental health discussions in educational settings

Options	No. of Respondents	Percentage
A - Yes, but it needs to be strengthened	268	53.2%
B - Yes, it's being done sufficiently	48	9.5%
C - No, it is not being discussed	179	35.5%
D - I'm not sure	9	1.8%
TOTAL	**504**	**100.00%**

When asked whether the climate **crisis and its effects on mental health** are being discussed in educational settings, **more than half of respondents (53.2%)** said these topics are **being discussed but need to be strengthened**. Another **35.5%** said they are not being discussed in schools or universities at all. Only **9.5%** felt that these discussions are already being addressed sufficiently, while **1.8%** were unsure.

The findings suggest that **climate crisis education and its links to mental health remain areas that need greater attention in educational settings**, with many young people recognizing the need for more meaningful and strengthened discussions on these issues.

Question 7

In your own words, what do you think is the most important thing that needs to change in your school, community, or government to help young people cope with climate anxiety?

Responses: 484

To better understand young people's views on addressing climate anxiety, respondents were asked an open-ended question about the most important change needed in their school, community, or government. Responses were reviewed and grouped into common themes through qualitative analysis. The themes presented below reflect the issues most frequently raised by U-Reporters and are illustrated with selected verbatim quotes.

Table 8: Young people's recommendations for addressing climate anxiety in schools, communities, and government

Theme	Percentage	Key Insight	Illustrative Quotes
Climate Education and Awareness	36%	Respondents most frequently called for stronger climate education, awareness campaigns, seminars, curriculum integration, and access to information about climate anxiety and climate change.	"Awareness because not everyone is familiar with climate anxiety. We may have experienced it or been experiencing it but we just don't know what it is called, its signs and how do we deal with it." "I think the most important change is to strengthen climate change education while also providing support for young people's mental health. Schools should not only teach the science behind climate change but also help students understand how to cope with the anxiety it can bring." "Schools should include discussions about climate change and climate anxiety in lessons, guidance programs, and student activities so that young people can better understand these issues."
Government Action and Accountability	34%	Many respondents emphasized the need for stronger government action, implementation of environmental policies, better governance, accountability, and visible climate action.	"Better government system. I don't think many of the government officials care enough about it." "Government across the world should lead the action to fix the climate change, by strengthening the enforcement of law, and for all people across the world to start the project, and protecting the environment, and also take action." "Assurances and actually taking action rather than being given false hope with empty words."
Youth Participation and Empowerment	25%	Young people want meaningful involvement in decision-making, climate initiatives, and community action, rather than being passive recipients of climate information.	"Government should create more spaces where youth can participate in real decision making, lead environmental initiatives, and see the actual impact of their ideas." "Treat young people as active partners in climate governance rather than simply recipients of climate campaigns." "Give young people a voice in decisions that affect their future."

Question 7

In your own words, what do you think is the most important thing that needs to change in your school, community, or government to help young people cope with climate anxiety?

Responses: 484

Theme	Percentage	Key Insight	Illustrative Quotes
Environmental Action and Sustainability Measures	20%	Respondents highlighted tree planting, waste management, environmental protection, pollution reduction, and other practical environmental initiatives.	"Communities and government agencies should also invest in greener spaces, stronger climate policies" "By directly addressing the root cause in the first place. From what I've seen, there are very little efforts directed to nurture our nature." "Actions to prevent climate change or to make our environment more green."
Disaster Preparedness and Climate Resilience	14%	Many called for better flood control, infrastructure, disaster preparedness, early action, and stronger community resilience measures.	"Flood control, effective drainage system, disaster preparedness, pro-active rescue teams, and sustainable relief goods are immediately needed." "They need to be proactive in strengthening the initiatives for climate resilience." "Preparedness and better systems are important because climate impacts are already affecting our communities."
Mental Health Support	13%	Some respondents stressed the need for counseling, psychosocial support, safe spaces, and greater recognition of climate anxiety as a mental health concern.	“Free psychological consultation” “We need accessible mental health support.” "Providing mental health support, encouraging environmental activities, and showing young people that their efforts can make a difference could help reduce feelings of fear and helplessness."

**Percentages are indicative and may exceed 100% because individual responses could be coded under multiple themes.*

Learnings on Climate Anxiety as advocacy

The implementation of the U-Report climate anxiety poll involved **extensive preparation and a multi-channel engagement strategy** to encourage participation among children and young people. Efforts included reaching out to relevant institutions and youth-serving bodies, such as the **National Youth Commission (NYC)** and the **Council for the Welfare of Children (CWC)**, as well as close collaboration with the **Kabataang Resilient Network (KRN)** in promoting the poll on the ground and developing communication materials. **U-Report volunteers** across the country also took the initiative to promote the poll through self-organized activities and engagements in their respective schools and communities.

These efforts were complemented by amplification through **UNICEF Philippines and U-Report Philippines' digital channels**, **including paid promotion** to broaden the poll's reach. The campaign also incorporated content co-creation with young people, including materials in which youth volunteers explained climate anxiety in their own words to help make the topic more relatable and humanizing the experiences behind the issue.

Despite these combined efforts, the poll received **fewer responses than its initial target of at least 1,000**. This is worth noting given that several strategies that had successfully supported the reach of previous U-Report polls did not generate the same level of participation for this particular topic. While the findings do not establish a single reason for the lower response, one possible consideration is that **climate anxiety remains a relatively unfamiliar or less openly discussed concept among the general public**, particularly among young people who may experience climate-related worry without necessarily identifying it as climate anxiety.

Climate-related concerns may already be familiar to many, but the connection between these experiences and mental health is not necessarily as widely recognized or openly discussed. This suggests that **communicating climate anxiety requires more than introducing the term itself; it also means helping young people recognize, understand, and articulate how the climate crisis affects their emotional well-being and everyday lives.**

For UNICEF Philippines, this presents an opportunity to further integrate climate anxiety into ongoing climate advocacy, youth engagement, and mental health initiatives. The experience also reinforces the importance of involving young people in shaping these conversations to ensure that climate anxiety is communicated in ways that reflect their actual experiences rather than relying solely on technical or unfamiliar terminology.

END OF REPORT

Annex

Annex A

Table 9: Regional Distribution of Respondents

Region	Number of Respondents	Percentage
BARMM	22	4.20%
Cordillera Administrative Region (CAR)	11	2.10%
National Capital Region (NCR)	198	37.79%
Region I (Ilocos Region)	17	3.24%
Region II (Cagayan Valley)	7	1.34%
Region III (Central Luzon)	53	10.11%
Region IV-A (CALABARZON)	85	16.22%
Region IV-B (MIMAROPA)	6	1.15%
Region IX (Zamboanga Peninsula)	7	1.34%
Region V (Bicol Region)	14	2.67%
Region VI (Western Visayas)	23	4.39%
Region VII (Central Visayas)	15	2.86%
Region VIII (Eastern Visayas)	22	4.20%
Region X (Northern Mindanao)	11	2.10%
Region XI (Davao Region)	10	1.91%
Region XII (SOCCSKSARGEN)	13	2.48%
Region XIII (Caraga)	5	0.95%
Region XVIII (Negros Island Region)	5	0.95%
TOTAL	**524**	**100.00%**