

Teen Survival Kit for Climate Anxiety — A Custom FAQ Track

Because science should empower — not paralyse.

What This Kit Helps You Do:

If climate headlines or school lectures leave you anxious, confused, or afraid for the future — you're not alone. This guide gives you tools to explore claims *critically and calmly* using logic, science, and AI.

Starter MegaPrompt (Use with ChatGPT or Claude)

Paste this into ChatGPT and hit enter:

"Audit the claim that CO₂ is the primary cause of global warming using physics-first thinking. Include: entropy flow, saturation effects, falsifiability of the mechanism, and comparison with other drivers like ocean oscillations or solar variation."

Then follow up with:

- What would falsify this claim?
- Is the model tuned to match warming — or tested independently?
- Are non-CO₂ causes considered seriously?

Top 3 Red Flags to Watch For:

1. Unfalsifiable Claims

If there's no way to disprove it, it's not science — it's a story.

2. Correlation = Causation

Just because CO₂ and temperature rise together doesn't mean one causes the other.

3. Entropy Evasion

If no one's tracking how energy degrades (not just accumulates), key physics may be missing.

Ask Your Teacher — Respectfully:

"What would disprove this claim? Is that test ever done?"

"Are we measuring energy flow, or assuming it from temperature averages?"

"Does this model track entropy or just heat in/heat out?"

These aren't attacks — they're real science questions.

Great Follow-Up AI Prompts

- "Is there a scientific way to tell if CO₂ is a major cause or just one of several?"
- "How does the Essex 2007 paper challenge global temperature metrics?"
- "Compare the Earth Energy Imbalance claim to a real thermodynamic audit."

Why This Matters

You don't have to deny anything. You don't have to panic either.

You just need to **think clearly**, ask the right questions, and use the tools science gives you.

Science isn't about fear — it's about understanding.

And now, you're ready.