

HEATWAVES & HEALTH

A co-design workshop with R.D.P.S
Green Team & Enliven Victoria



HELLO

Hi! We're Enliven
Victoria.

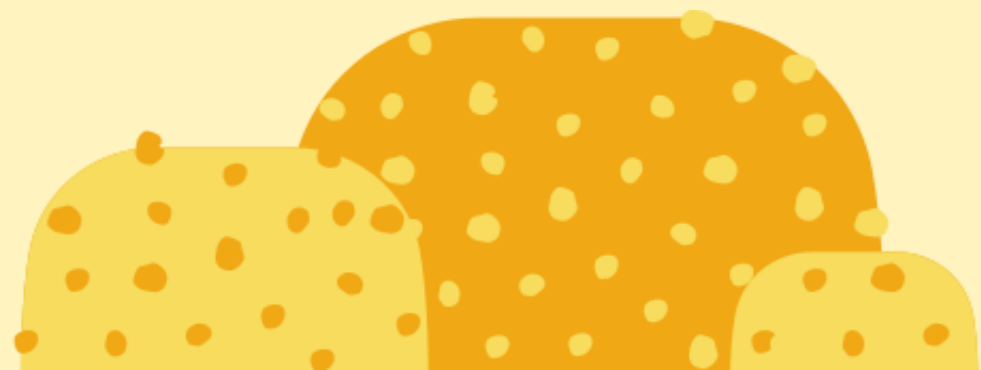
- We are a not-for-profit organisation based in Dandenong.
- We work on creating healthy, happy and sustainable communities!



**Are you excited for a fun
workshop about climate change?**

Make sure you have the following before we start:

- Blank piece of paper
- Coloured pens or pencils
- Thinking brain is turned on!
How does heat affect you?



What's the aim of today?

We are creating a children's resource about impacts that heatwaves have on our health.

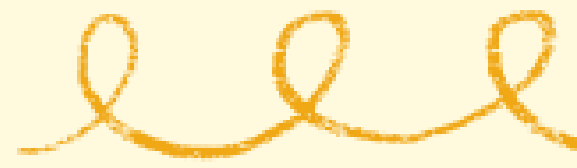
This will be a storybook or a poster.

We want you to help us design it!

- How do heatwaves impact our health?
- What are some strategies we can use at home or at school to help us to adapt to heatwaves?

We want you to learn from you!





Part 1

What is climate change?



Climate change describes the changes in the Earth's climate.

Climate is the TYPICAL or AVERAGE temperature of a particular location. (This is different to weather).

Earth's climate is rapidly changing, causing more extreme weather events.

<https://climatekids.nasa.gov/time-machine/>

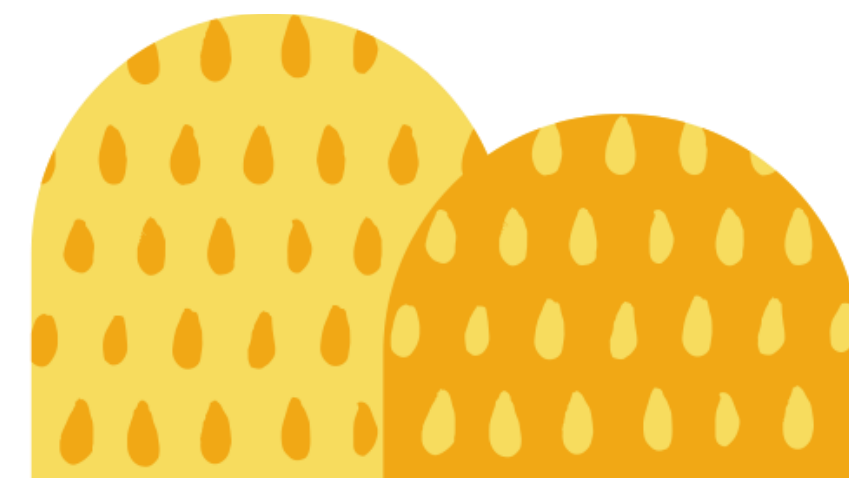


What is a heatwave?

Three or more days in a row when both daytime and night-time temperatures are unusually high.



Heatwaves are different to many other disasters (such as bushfires or floods) as they can affect large areas over a very long period of time.



Why are heatwaves dangerous?



As temperatures rise, people, animals and plants can experience what is called heat stress.

Heat stress - plants

- Lose moisture and die
- As plants dry up and die, this can increase likelihood of bushfires



Heat stress - animals

- Change in behaviour
- Start panting and drooling
- Reduced appetite
- Lethargy



Heat stress - people

- Increased breathing and heart rate
- Sweating
- Dehydration
- Heatstroke



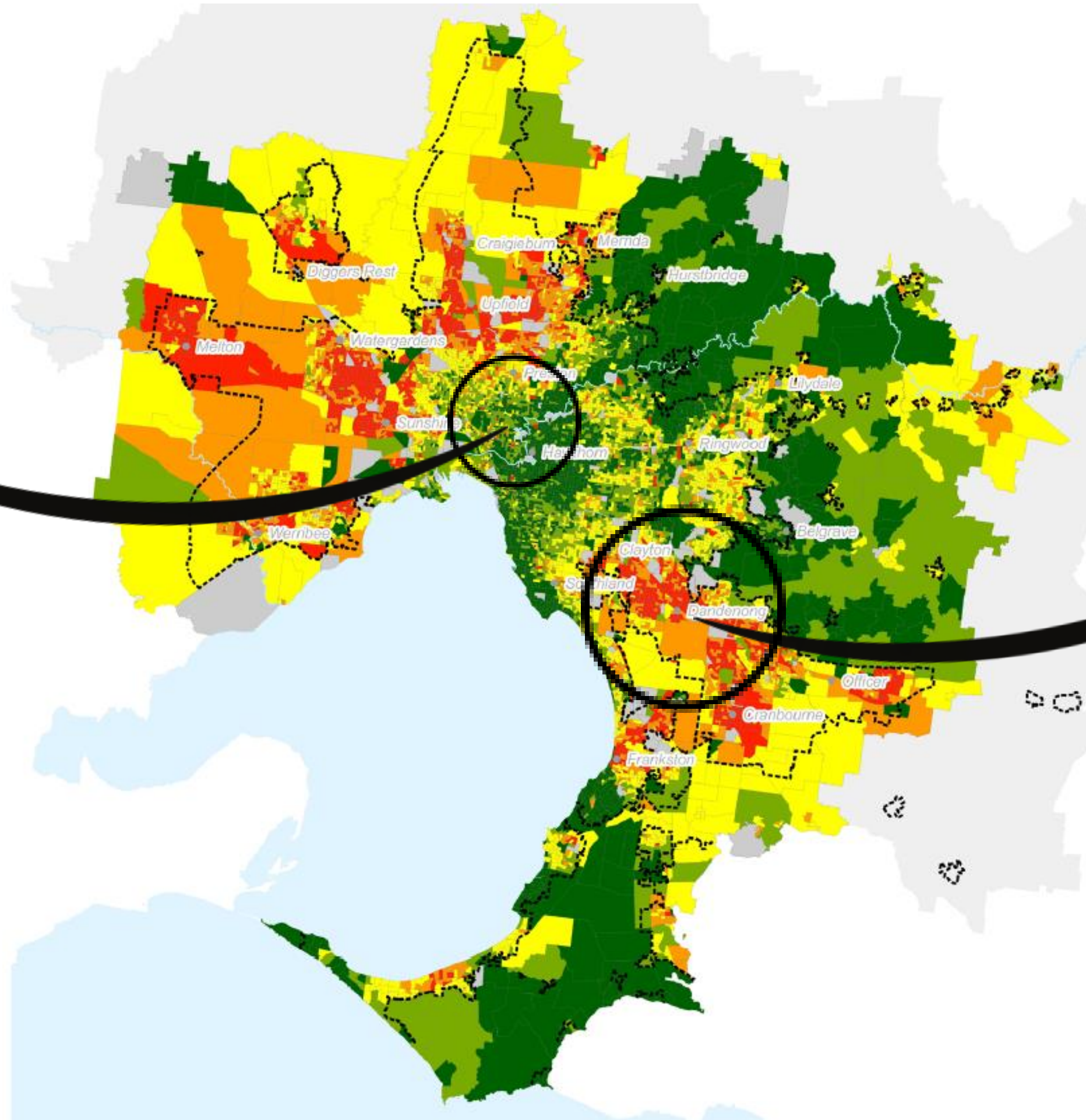
Who is the most vulnerable to heatwaves?



- Young children
- Elderly
- People with disabilities
- Pregnant women
- Homeless or low income
- Those that spend majority of time outdoors (e.g. outdoor workers, athletes)
- Depending on where you live, you may experience higher than average temperatures...



Melbourn

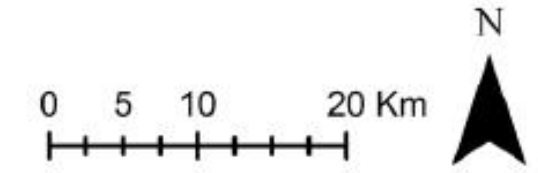


Legend

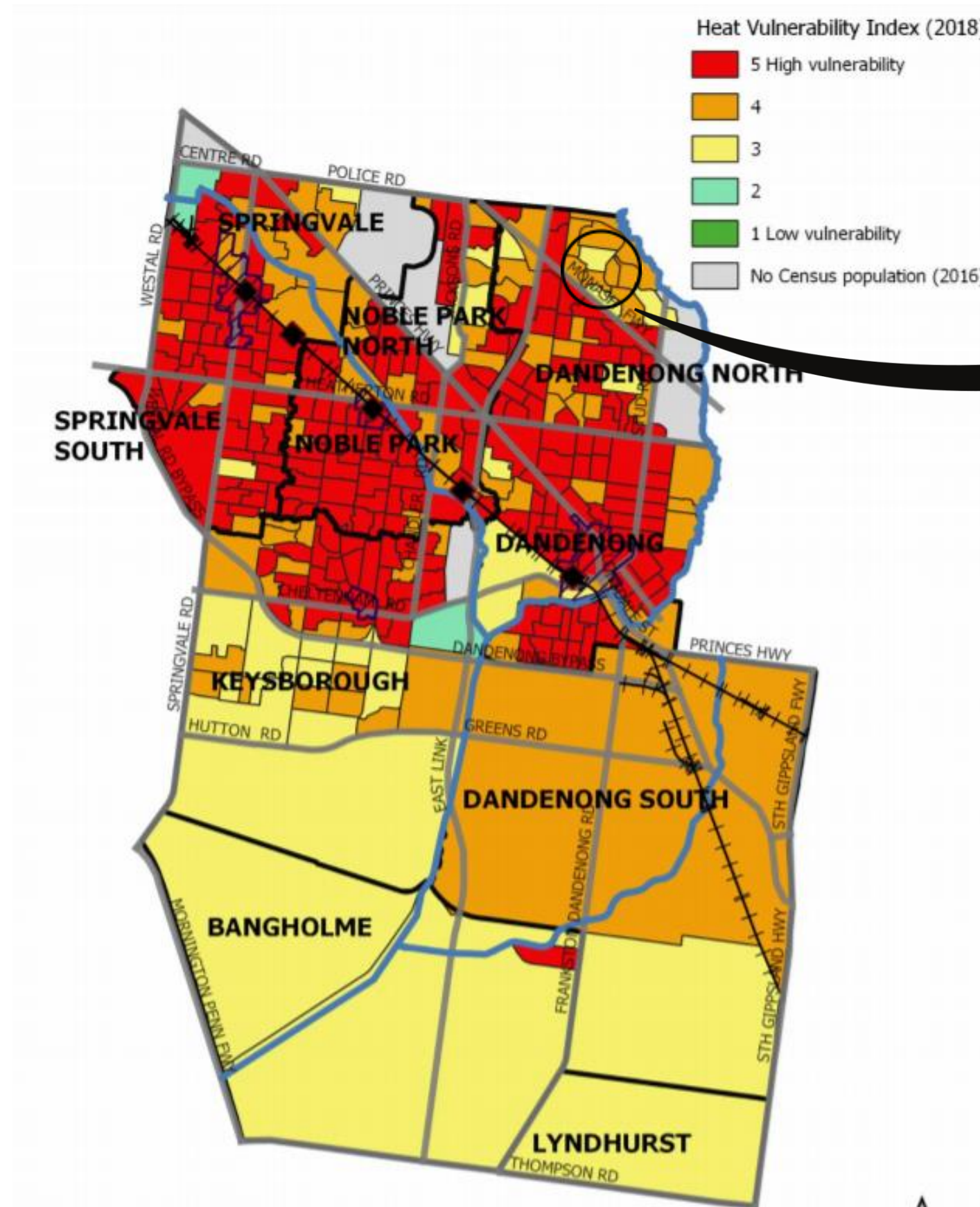
Heat Vulnerability Index

- HVI 5
- HVI 4
- HVI 3
- HVI 2
- HVI 1
- No census population
- Greater Melbourne
- Urban Growth Boundary

Dandenong



Date: 16/10/2019

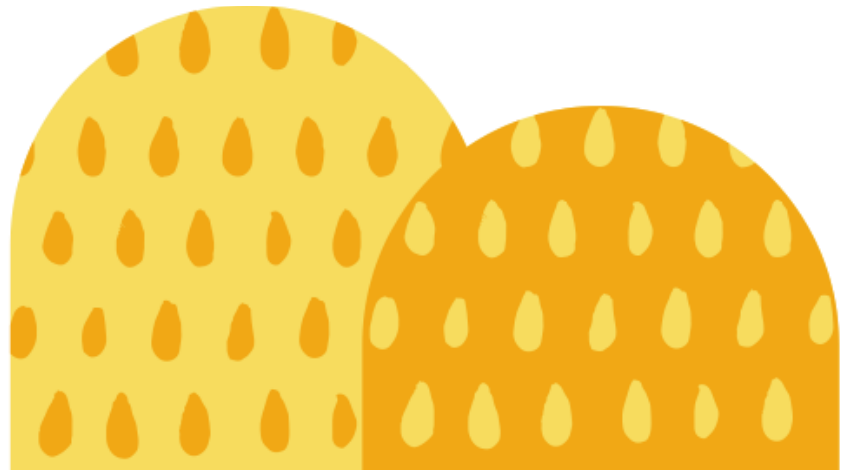


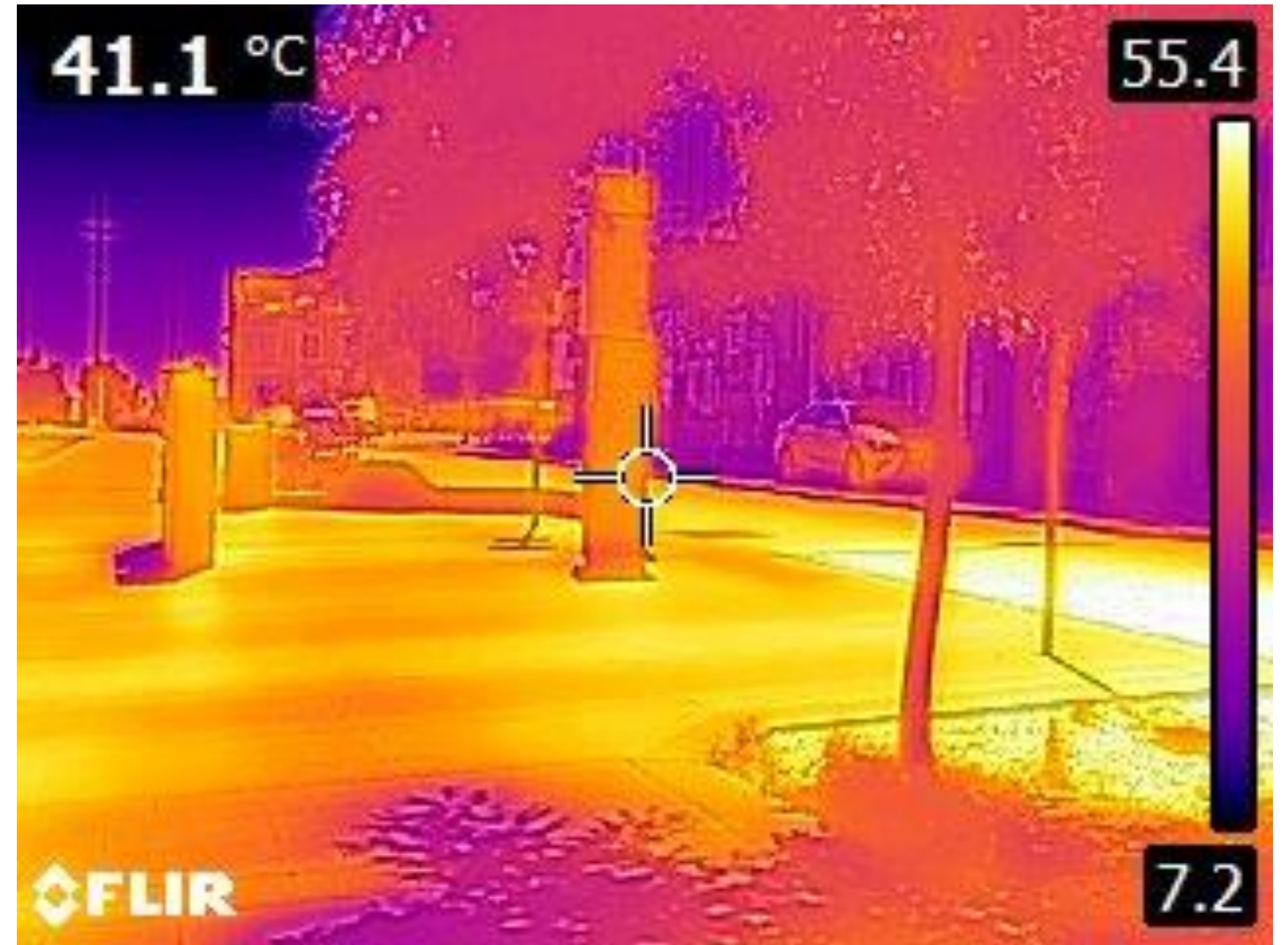
We are here!

Where is your home located on this map?

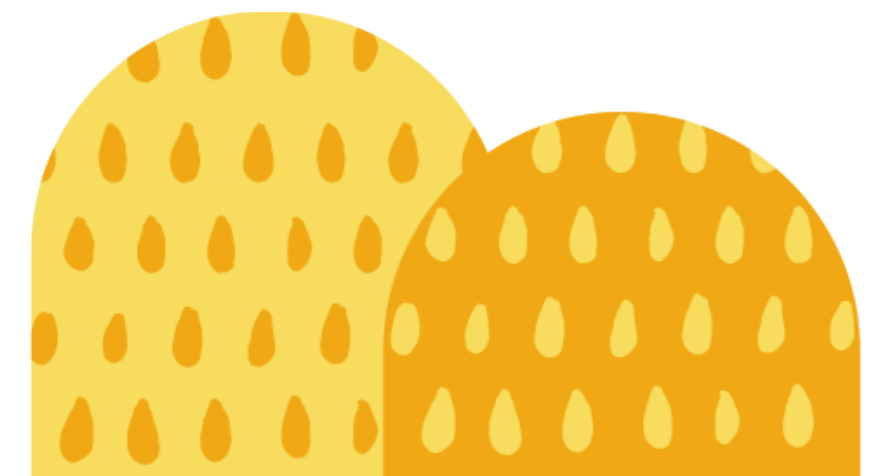


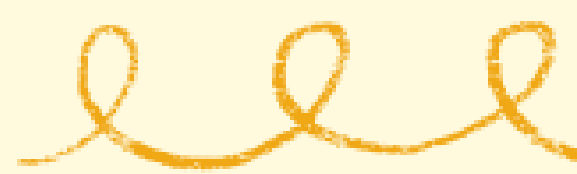
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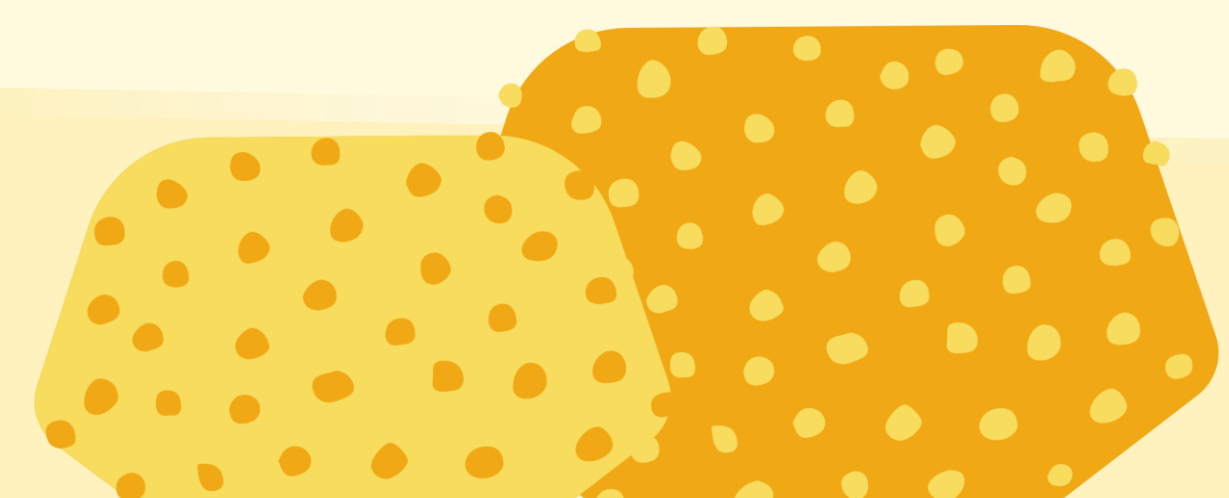
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Part 2

Activity Time!



Activity 1: Let's brainstorm!

How do heatwaves affect you and your family?

- Can't play outside games at school
- Can't run around outside
- Sweat a lot
- Checking emergency services
- Smoke from bushfires

- Tired
- Thirsty
- Pour water on ourselves
- Can't touch metal things
- Dizzy
- Grumpy

- Sunburn
- Skin cancers
- Made it hard to walk to school-carrying school bag etc



Activity 2: Let's draw!

Draw a picture of you and/or your family adapting to a heatwave.

Where are you?

What are you doing?

What are you wearing?

How are you feeling?

When it's hot, what do you do to keep cool?



Activity 3: Let's Brainstorm!

What strategies can we use to reduce impacts of heatwaves?

At school

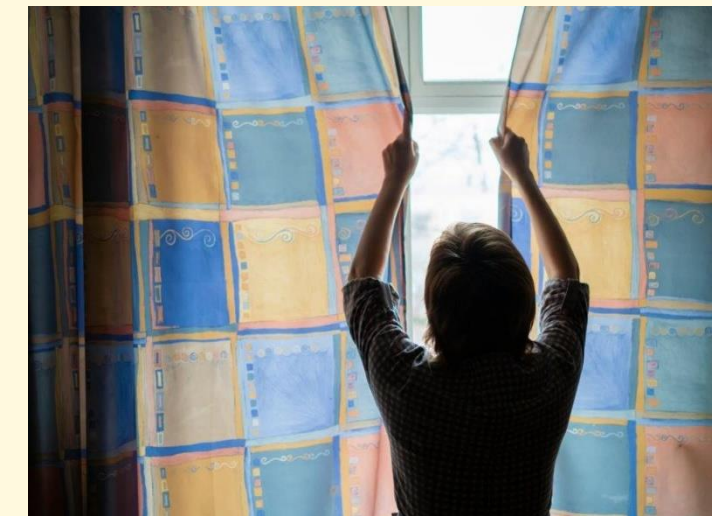
- Stay inside for lunchtime
- Ice poles
- Hats / Sunscreen
- Play under the trees in the shade
- Shade sails



What strategies can we use to reduce impacts of heatwaves?

At home

- Go to the beach
- Spend time in the pool
- Close curtains
- Find cool places in the home (under the bed)
- Put ice blocks out for our pets
- Cool showers
- Don't be very active
- Drink lots of water
- Eat ice from freezer
- Icecream
- Swimming
- Cancelled sports training
- Fans and air cons



Summary of workshop



Climate change is warming our planet to very high levels.

Heatwaves are becoming more frequent, impacting our health in many ways.

There are strategies we can use to reduce the impact of heatwaves.



So what happens now?

Send in your drawings to Ms Chan.

We will come back in a couple of months time as we would like your feedback on the draft of the storybook / poster.

You will also receive some free vegetable seeds as a thank you gift!



CLIMATE CHANGE HURTS HEALTH

HEALTH IMPACTS FROM HEATWAVES

DEHYDRATION

KIDNEY
DISEASES

MENTAL
HEALTH

RESPIRATORY
DISEASE

HEAT CRAMPS

HEAT STROKE

HOW TO PROTECT YOURSELF FROM HEATWAVES

KEEP YOUR
HOME COOL

STAY OUT OF
THE HEAT

STAY
HYDRATED

PROTECT YOURSELF
FROM THE SUN

How many planets do we need if everybody lived like you?

Ecological Footprint Calculator

- 1 Click on this link: <https://www.footprintcalculator.org/home/en>
- 2 Answer the questions with help from your parents
- 3 How many planets? Were you surprised?
- 4 Share with the Green Team and compare results!



Thank you for coming!

