



Discussion Guide: The Human Element

Stand Up For Clean Air's Healthy Air Activist Toolkit

Sample discussion questions following the screening. Customize based on your audience.

1. How have you personally felt the impacts of climate change or poor air quality?
2. People suffering from poor air quality are often told to “move” as a solution rather than addressing the root of the problem. What are some of the reasons this method of thinking is so problematic?
3. Tackling climate change and cleaning up air pollution are huge issues that require sweeping changes and leadership from all levels of government and private industry. It will also take societal education, cultural change, and pressure from the people on the government and industry to demand the changes needed. Sometimes the problems at hand can be overwhelming and seem daunting. What are some of the ways that you help cope with feelings of fear and hopelessness, and stay motivated and positive about being part of the climate movement?
4. What one thing will you do this week to make a positive impact on our climate and on air? What is a long-term goal do you feel you can personally achieve in the next 6 – 12 months?
5. What are some things that your community is doing to help protect the climate and air quality? What are things you think they should do? How can you help initiate a change within your community?

Note for the discussion organizer/moderator: Depending on the audience, consider ending the discussion by sharing one or some of these action opportunities.

Raise your voice to protect health from air pollution and climate change with the American Lung Association. Ways you can make a difference today:

- Sign up to Stand Up for Clean Air at Lung.org/air and we'll send you tips on how you can make a difference on healthy air and climate change.
- Sign this [petition](#) calling for stronger limits on ozone and particle pollution.
- [Tell Congress: Commit to keeping the Clean Air Act in place.](#)
- [Share your story](#) about how air pollution affects you.

If you are a health or medical professional interested in safeguarding healthy air for your patients, check out the American Lung Association's [Health Professionals for Clean Air and Climate Action website](#) to learn more about resources and opportunities specifically for health professionals looking to get involved!

Learn more about how air pollution and climate change affect health.

- [Check out our 10 Tips to Protect Yourself from Unhealthy Air.](#)
- Get more information about [outdoor air pollution](#).
- Get more information about [climate change & air pollution](#).
- [Get more information about communities and groups at a higher risk from the health impacts of air pollution.](#)

Find out about the quality of the air in your own community with the American Lung Association's [2020 “State of the Air” report](#).

To access tips and resources for hosting a healthy air film screening through the Healthy Air Activist Toolkit, visit Lung.org/activist-toolkit.