

What could help us to overcome your fears?

What can other people do for us?



Fear of war

We as pupils and citizens should

- get involved in politics so extreme political parties won't be strong!
- inform ourselves to stay realistic!
- be better informed about things that we have to deal with in general in order not to be fearful!
- surround ourselves with positive news and positive people. Focus on something positive!
- talk with my friends or my family about my feelings. Other people could help me by listen to me and try to comfort me!

Politicians/Teachers/Parents should

- try to end international conflicts!
- avoid wars!
- talk to me about war so I can assess the situation better!
- be remembered that they must save peace. They must make sure we will not be attacked as well!
- secure economic stability so that people feel secure!

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Pressure in school

We as pupils and citizens should

- be there for our friends and offer our support: listen to their problems, help to find professional support)!
- balance the pressure at school by doing a hobby!
- study with others and/or friends!
- reassure our friends that grades don't define your worth!
- be active in school and study seriously!
- structure our day and set ourselves daily goals to avoid unnecessary stress!

Politicians/Teachers/Parent should

- make the final exams more flexible so we can take exams in the topics that interest us most.
- reduce the number of subjects!
- stop putting pressure on me and accept there are more important things in life than school!
- give us more space and let us figure out things ourselves!
- not judge by their personal opinions!
- make sure artificial intelligence will not take over and keep us from learning something ourselves!
- let school start one hour later so we can get more sleep!
- make sure school is a place of joy and not of fear!
- be attentive to students with problems!

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Politics

We as pupils and citizens should

- demonstrate for our aims!
- join an organisation that shares your opinions and values!
- talk to other a lot to find solutions to problems!
- go and vote!
- realistically see that there is not only negative news!
- talk with our parents or teachers about political issues!

Politicians/Teachers/Parent should

- be more open-minded and try to understand us young people!
- protect human rights at all costs!
- inform us thoroughly about all parties and their values in order to reduce the number of citizens voting for extreme parties without violating the freedom of speech!
- improve the political systems!

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Mental Health

We as pupils and citizens should

- talk with others about our fears!
- talk to people we trust!
- get support from family and friends and talk about our fears with them!
- search for the reasons why something scares me that much and fight against it!
- try to face issues step by step!
- get professional help if necessary!
- establish routines that are good for us!
- find good friends you can always rely on!
- think less, be more active!
- write down my thoughts!
- try not to compare myself to people on social media where people seem so perfect!
- do exposure therapy!

Politicians/Teachers/Parent should

- offer help but also accept if I need more time than they thought or even reject them!
- pay attention to us if we don't feel well!
- listen to others carefully!
- be patient and supportive!

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The future of the world - Climate change

We as pupils and citizens should

- ask questions to be informed!
- reduce our meat consumption!
- take better care of our world!
- live ecologically (recycle, ways of mobility, food, agriculture, avoid plastic, buy local goods, cycle, repair things, consume less)!
- become active in organizations that fight climate change!
- inform ourselves and others about the problem!
- submit their ideas about the problem to the students' council!
- talk about it with teachers they trust!

Politicians/Teachers/Parent should

- support us in becoming active!
- support the use of cleaner energy!
- promote electric cars. Reduce tariffs for Chinese electric cars!
- offer nature workshops and/or clubs!