



Two Key Points from Session 5: Building Climate Resilience

1 Why build climate resilience?

Climate resilience: the ability to **anticipate, prepare for, and bounce back from** the negative impacts of climate change

Mitigation: actions that **slow the rate** of climate change

Mitigation + Adaptation

Adaptation: actions that we take to **live better with** climate change

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|--|---|---|
|  Sustainable transportation  Clean energy  Energy efficiency |  Water conservation  Local food  Strong communities  Urban forests  Education |  Disaster management  Flood protection  Infrastructure upgrades |
|--|---|---|

Building resilience allows us to go from **surviving** to **thriving**

2 How can I build individual climate resilience?

The **US Climate Resilience Toolkit** contains lessons focused on increasing the resilience of your household: [toolkit.climate.gov](https://www.toolkit.climate.gov)



Tools include the **Individual Resiliency Plan Template**, which helps families identify hazards that can damage their assets and develop plans to protect these assets.

For example, **match potential hazards with exposed assets for you and your household:**

| My [asset] would suffer damage | From this [hazard] | Why? |
|--|--------------------------------------|-----------------------|
| Example: My health would suffer damage | From air pollution, due to high heat | Because I have asthma |
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