



# Rising Temperatures: A Growing Global Challenge

## The Planet Is Literally Cooking and It's Kinda Our Fault

Okay, real talk: every summer now feels like the hottest one ever, and it's not just us being dramatic. 2023 and 2024 were the hottest years on record (NASA and NOAA both say so), and 2025 is trying to beat them. This isn't normal.

**Why is it so hot??** We keep pumping carbon dioxide (CO<sub>2</sub>) and other greenhouse gases into the air. Cars, planes, power plants, cutting down trees... all of that. These gases act like a blanket that traps heat. A little blanket = good (we'd freeze without it). Too much blanket = we're sweating 24/7.

## What's actually happening because of this?

Heatwaves that make you scared to go outside (and old people + little kids can literally end up in the hospital).

Hurricanes and rainstorms on steroids (look at Hurricane Helene or Milton this year).

Wildfires everywhere (California, Greece, Australia... pick a continent).

Ice in Greenland and Antarctica melting crazy fast → sea levels going up → places like Miami and Bangladesh are stressed.

Coral reefs dying (Great Barrier Reef lost like half its coral since the 90s because the ocean's too warm).

Farmers losing crops → food gets more expensive (remember the avocado prices last year? yeah).

## Are we screwed or can we still fix it?

Not 100% screwed yet. Scientists say if we cut emissions hard and fast we can keep it under 1.5–2°C warmer (which is still bad but survivable). Stuff normal teens can actually do:

Stop leaving chargers plugged in and lights on when you leave your room (my mom yells about this anyway).

Take the bus, skateboard, or carpool instead of getting a ride every single time.

Eat less beef (cows burp a TON of methane, which is worse than CO<sub>2</sub>).

Thrift clothes instead of fast fashion (making new clothes creates mad pollution).

Annoy your parents into getting solar panels or at least switching to the clean-energy option on the electric bill.

Vote when you're 18 (or bug everyone who can vote right now).

**Bottom line** We didn't start the fire (okay, our parents and grandparents kinda did), but we're the ones who have to deal with it. The good news? Gen Z is already the loudest generation pushing for change. If we all do even small stuff and keep yelling about the big stuff, we can still have a planet that doesn't feel like an oven.

So yeah... turn off the AC when you leave the room, maybe don't door-dash every day, and let's not let the world end before we graduate college, cool?

