

Climate change is having a serious impact across the world. Responses to climate change fall into two categories, adaptation and mitigation.

Adaptation doesn't aim to reduce or stop climate change. Instead, it involves responding to climate change by limiting its negative effects. There are many different impacts of climate change, each of which require different adaptation approaches.

Changing and challenging weather conditions are disrupting farming across the world. So many farmers are trying to introduce different crops and growing techniques.

Housing in some parts of the world needs to be constructed differently to help people cope with the extremes of a changing climate.

Mitigation is when we try to find ways to reduce the causes of climate change.

Think about it like a bath.

Greenhouse gases are like the water filling up and currently they fill up the bath more quickly than we can drain it. So we must find ways to slow it down. Or turn off the tap.

Mitigation can be at a local level and we can all take action. For example, by reducing our energy use. At a national level, governments can take action like introducing cleaner ways to generate energy or setting laws to reduce greenhouse gas emissions. And at a global level, governments of nations across the world can work together to try to reduce the causes of climate change.

COP meetings are where governments across the world have met to take action on climate change. They've been key to setting international targets to reduce greenhouse gases and carbon emissions.

Whilst adaptation is important, long term the focus must be on mitigation. Trying to reduce what actually causes climate change in the first place so that the impacts become less severe.