

Essay

Climate Change Punishes everyone but it punishes women harder.

Outline

1) Introduction.

Thesis statement

Climate change is planetary phenomenon that will impact all people, but its effects are being shaped by pervasive and it punishes women harder than men. However, its effects on women can be minimized by taking some adaptation and mitigation measures.

2) How Climate change punishes women harder than men?

- a) Due to displacement of women, they face more violence
- b) Women associated with agriculture face harsh weather
- c) Water scarcity emerges due to climate change which affects the life of women
- d) Women are more likely to miss classes or drop out of school.
- e) Climate disasters increase the risk of child marriages.
- f) Bad sanitation system affects the health of women
- g) Climate driven food insecurity makes women more susceptible to malnutrition and other diseases
- h) Due to climate change, pregnant women are at risk
- i) Women are vulnerable to water borne diseases.

3) Adaptation and mitigation measures to save women

from climate change

- a) Ensure women participation in decision making and climate change negotiation.
- b) Provision of special training programmes for women related to climate change.
- c) Role of international forums in the adaptation and mitigation measures.

4) Conclusion.

Climate change refers to long-term shifts in temperature and weather patterns. These shifts may be natural, such as through variation in the solar cycle. But since the 1800s, human activities have been the main driver of the climate change, primarily due to burning fossil fuels like coal, oil and gas. However, climate change is not just changing our weather; its consequences are a daily reality for millions of people around the world. But when intense rainfall more frequently causing floods, heatwaves, or spell of drought^{from} last several years, it's usually women and girls that struggle to survive and recover from the aftermath. These women face different issues due to climate change. These issues include displacement of women due to which they face more violence, face harsh weather in agricultural fields, and face water scarcity due to climate change, which affects their life. Moreover, women are more likely to miss classes or drop out of school, increase in the risk of child marriages and bad sanitation

system affects the health of women. In addition to that, climate driven food insecurity makes women more susceptible to malnutrition and other diseases. Also, pregnant women and their lives are at risk and women suffer from water borne diseases due to stagnant water near their residential areas. However, there are some adaptation and mitigation measures to protect women from the negative impacts of climate change. These adaptive and mitigation measures include the assurance of women participation in decision making and climate change negotiation. Also, the provision of special training programmes for women related to climate change and the role of international forums to protect women from the negative impacts of climate change are included. In short, climate change is a planetary phenomenon that will impact all people, but its effects are being shaped by pervasive and it punishes women harder than men. However, its effects on women can be minimized by taking some adaptation and mitigation measures.

Climate change punishes women harder than men in many ways. To begin with, climate change results in the displacement of women due to which they face more violence. As after displacement they start to live in camps, tents and shelters. So, when women sleep, wash, bath or dress up in the emergency shelters, tents or camps, the risk of the sexual violence is the tragic reality of their life. In Pakistan, the recent floods of 2022, due to extensive rainfall caused by climate change, result in the displacement of people including women. These women from different areas of Pakistan especially from Balochistan, Sindh and South Punjab are starting to live in camps to protect their life from floods. Many incidents have been reported in which females are sexually abused. A recent incident took place in Karachi Clifton area with a flood affected girl. She was abducted and gang raped. Such incidents happen due to lack of security in the camping areas. So, women are sexually abused and face more violence after displacement due to climate change.

In addition to that, women who are associated with agriculture face harsh weather due to climate change. Climate change triggers heat waves, drought and other drastic climate changes in temperature which affects the life of women as they work hard in the fields to obtain an income and to feed their families. In Rural areas, the major occupation of people is agriculture in which women

play their crucial role. According to save the children, women and girls make up more than 40 percent of the agricultural force and are responsible for 60-80 percent of food production. But due to climate hazards in the form of drought, heatwaves and floods, women are affected badly. Women suffer from psychological issues, stress, deficiency of water in their body and some other serious issues caused by heatwaves. Also, flood damages the agricultural land due to which women cannot feed their families and face food insecurity. So, women associated with agriculture cannot face harsh weather due to their biological makeup and ^{can be} affected more than men due to climate change.

Moreover, the issue of water scarcity emerges due to climate change which affects the life of women. Due to climate change rainfall pattern changes and less rainfall results in droughts. Also availability of fresh drinking water becomes low. The scarcity in drinking water has forced women and girls to search for water in the rivers or deep in jungles which increases the risk of sexual violence in illegal logging areas, women and girls are the main target of the criminal groups and many women and girls have gone missing. Many incidents have been reported in the developing countries especially African continent, Pakistan, Bangladesh and India, which are more

vulnerable to climate change. So, climate change becomes a threat for women as they face water scarcity and become the victims of criminals.

Furthermore, women are more likely to miss classes or drop out of school due to climate disasters. Girls face more challenges than boys when it comes to how climate change impacts their education. As due to disasters, workload for women increases because they are responsible to take care of their families, or to help with other domestic chores such as cooking, cleaning or finding water and school is considered a lower priority in times of need. Some girls stop going to school because the parents prefer to support their boy children's education when income is tight. And when families have to move after a climate episode, parents are skeptical of sending their girl children really far distance for schooling. In 2021, climate related events prevented at least four million girls in low and lower-middle income countries from completing their education. Drought, floods, increased exposure to zoonotic diseases and air pollution are exacerbating the inequalities girls face, further limiting their ability to learn. So, women education has been compromised in developing countries after any climatic disaster.

In addition to that, the climate crisis is putting millions of girls around the world

at increased risk of child marriages. Many areas with the highest rates of child marriages are those facing the greatest effects of climate change and related environmental crisis. The practice tends to be common among those with the lowest access to resources and lower income, particularly in rural areas where people depend on the local environment for their livelihoods. Natural disasters and unsustainable practices have led to a loss of resources. For some families affected by this, child marriages are a way to reduce pressure on limited resources, or even earn income or resources through social practices such as bride price 'paid to girls' families and 'dowry' paid to boys. Bangladesh has the highest prevalence of child marriages in South Asia and ranks among 10 countries in the world with the highest levels, a report by Unicef. So, climate change related disasters increase the risk of child marriages especially in the developing countries.

Moreover, extreme weather events link to climate change affects the sanitation system due to which women face health issues and violence. It can damage toilets, water supplies waste systems, and treatment facilities, especially in developing countries and marginalised groups identified as more vulnerable to climate change impacts. Women and girls are especially affected by inadequate sanitation system conditions due to psychological biological factors. It includes issues around

menstruation and reproductive health of women and girls which require a certain sanitation system. Unhygienic (public) toilets and latrines threaten the health of women and girls who are prone to reproductive tract infections caused by poor sanitation. Also, when women and girls use public or open sanitation facilities, they are extremely vulnerable to violence, including rape, especially if they have to use those facilities at night. In addition to that women who are pregnant commonly have greater urgency of urination and need high standard sanitation facilities to meet their needs. So, women are more affected due to poor sanitation system than man.

Another impact of climate change on women is that the climate driven food insecurity makes women more susceptible to malnutrition and other diseases. Climate change puts at risk the food supplies of people in developing and developed nations alike. Floods, drought, more intense hurricanes, heatwaves and wildfires can driven down crops yields, destroy livestock, and interfere with the transport of food. It results in the food insecurity and women are particularly vulnerable to coping with hunger in ways that are risky to their health. Women and adolescent girls are at greater risk of malnutrition due to increase nutritional needs associated with menstruation, pregnancy, and lactation. This is reflected in high rates of anemia which affects

33 percent of women of reproductive age globally (about 613 million women), UNSCN.

So, women are at a greater risk of malnutrition and other diseases due to food insecurity caused by climate change.

Furthermore, the climate crisis is putting millions of pregnant women's life in danger.

They have less access to clean water, medical facilities and also face problems due to poor transportation system. In Pakistan, recent floods damage the infrastructure and transportation system, due to which pregnant women face so many challenges. The accumulation of flood water on the roads result in the blockage of the roads due to which women cannot move towards cities hospitals for treatment and medication. Also insufficient medical staff in the camping areas put the life of pregnant women in danger. UNFPA, The United Nation Population Fund, estimated that almost 650,000 pregnant women in the flood affected areas of Pakistan required urgent maternal health services to ensure a safe pregnancy and child birth.

upto 73,000 were expected to give birth in September, 2022. After flooding, over 1000 health facilities and hospitals had been damaged. It was a UN report published in August, 2022. So, the unavailability of medical staff and medicines in the flood effected areas put the life of pregnant women in danger.

Last but not the least, women are more vulnerable to water borne diseases than men due to stagnant water near their residential areas. Climate change results in increase in atmospheric temperature due to which certain germs and bacteria produce in the stagnant water which result in water borne diseases. Also flood water that is accumulated near the residential areas are responsible for water borne diseases. These diseases include Dengue, Malaria, Typhoid fever, gastrointestinal complications and skin infections. Women and children mostly malnourished and in poor health in rural regions are particularly vulnerable. As tens of thousands of people suffer from infectious and water borne diseases in flood hit Pakistan, government data showed and UNICEF said, as the total death toll from the inundation surpassed 1,500 till September 14, 2022. So, the number of women who have been suffered from water borne diseases are more than men.

However, there are some adaptation and mitigation measures to protect women from the negative impacts of climate change. Firstly, women should be empowered so that they take part in decision making and climate change negotiation. Many women have strong body of tradition and environmental knowledge gleaned from years of helping

Their female relatives, collecting and managing resources, and raising their families. When they are in control of resources, women are more likely than men to use them for family health and economic stability. Research also shows that women may be more likely to change strategies in response to new information and to make decisions to minimize risk. All these qualities suggest that when women are empowered, they can be extremely effective agents of adaptation of climate change. The humanitarian organization CARE seeks to include and empower women in planning and implementing climate-change adaptation strategies. In Bangladesh, women farmers reported that their profitable chickens were drowning because of frequent floods. Collaborating with CARE, they came up with a solution - raise ducks instead and women involved in this project described their increased participation in household and community decision making. So, empowering women and achieving gender equality are important goals in themselves, but are also critical components of managing climate change and creating a sustainable future.

Secondly, certain training programmes for women must be initiated which teach them about proper sanitation, hygiene and also develop life saving skills in them.

Generally, women are not well aware of

The life saving techniques and they also do not have skills to protect their life from any climate related disaster such as floods. They do not know how to swim or climb trees and that's why they suffer more during natural disasters. Also women follow unhygienic practices during climate crisis because of lack of proper education and due to which they suffer from different diseases. A study was conducted in Bangladesh which showed that in any natural disaster, the death rate of women is 14 times more than men. This data help us in understanding that how much women are vulnerable to climate change related disasters. So, it's duty of the government to provide basic training programmes to women and teach them the climate change impacts and adaptation measures.

Lastly, International forums should play their crucial role in the adaptation and mitigation measures of climate change. These forum have the responsibility to call the leaders of developed nations who are responsible for climate change and force them to limit their carbon emissions. Also, forum like UN has responsibility to raise funds for the developing countries who are more vulnerable to climate change as they have less contribution in carbon emission. Moreover, UN has responsibility to provide basic human rights to women of the developing nations who lose their dignity during any climate disasters.

In a nutshell, climate change is planetary phenomenon that will impact all people, but its effects are being shaped by pervasive and it punishes women harder than men. However, its effects on women can be minimized by taking some adaptation and mitigation measures. Climate change affects women life in many ways. Women face violence, harsh weather, water scarcity and also miss or drop out of school due to climate change. In addition to that the risk of child marriages, bad sanitation system and climate driven food insecurity are also some threats. Furthermore, women are more vulnerable to water borne disease. However, different mitigation and adaptation measures can be taken at national and international level to protect women from the climate change related disasters.