

Women severely endure the hardest consequences of climate change

1. Introduction :

This statement :

In the era where climate change is at its peak, women — as first-hand receivers — are subject to the hardest consequences of it. Lack of training, financial constraints, limited technological access, patriarchal social norms and their exclusion from climate governance has further increased the pressure of climate change on women.

2. Relationship of climate change and women

3. How women endure the hardest consequences of climate change

- a. Minimum women representation in climate governance to highlight their issues
- b. Negligible ratio of female members in climate rescue rescue teams
- c. Already scarce economic employment opportunities

taken away by climate change

d. Patriarchal social norms sidelining women safety in climate change consequences

e. surge in gender based crimes in climate frustrated families.

f. limited access to technology deprives women of climate warnings.

g. Lack of training for women to adapt to climate change

h. Greater health risks due to minimum health care facilities for women.

4. How can women be prevented from the grave consequences of climate change

a. Maximize women participation in climate governance

b. Train women as the first hand receivers of climate risks

c. Economic support for climate vulnerable women for their assistance

- d Inclusion of women in rescue and rehabilitation team to better facilitate affected women.

5 Conclusion

ESSAY

Sajeela from Jhar Parkar was married to Allah Baksh in June 2025.

Marriages are often celebrated with merriment but this one told a ~~warren~~ sorrow tale. Sajeela, ^{only fourteen,} was sold off

for a meagre amount to Allah Baksh who would use her as his "water

wife" to fetch water from far-flung areas as his 60 years old first

wife was unable to do so. This concept

of water wives is surging in the rural parts of South Asia after the consequences of climate change has peaked recently. Underaged nuptials that are

a crime are the fate of many

young girls, dragging them to eternal physical and mental stress. Women today endure the hardest consequences of climate change because of their exclusivity from climate governance. There are limited females in climate crisis teams which adds to the headache of women. Apart from this, there are climate change takes away the limited employment opportunities from women. This is further aggravated by the patriarchal social norms and the surge in gender based crimes in climate affected frustrated families. Women are also excluded from early warning systems in climate crisis due to their limited access to technology. Other than that, women are ill-trained to adapt to climate change and their limited health care facilities increase women hardships in climate change many folds. manifolds. All these consequences can be reversed by

climate governance inclusive to women,
training of women to adapt to climate
change, financial assistance and inclusion
of women in rescue and rehab teams.

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Pakistan is ranked the 1st climate
vulnerable ~~index~~ country in 2025 by
World Climate Risk index. Whereas it
is ranked the last - 148th - out of
148 countries in global gender gap
index 2025. This stark contrast in
statistics shows how vulnerable and
affected women are and can be
from climate related crises.

Women endure the maximum consequences of climate change because of their minimum participation in climate governance. The climate governance which formulates and implements climate policies lack women representation. When women are kept out of policy formulation and implementation, their concerns won't be heard. Men can very little advocate for issues women face due to climate change. According to a report on climate resilience and adaptation by Greenwich Institute on climate crisis only 1.7% of women makes up the part of climate governance. This indicates the ~~the~~ climate exclusive governance of women which adds to grave consequences.

Along with minimum participation, women ratio in climate crises rescue teams is negligible. Negligible rescue

members mean lack of comfortability of women in climate crises. Many women often reject help that is offered by male rescue members posing serious life threatening consequences. According to Economy survey of Pakistan 2025, only 2 percent women form the total in Law Enforcement Agencies in Pakistan, which quite often works as rescue teams. This shows that women participation in rescue teams is negligible in climate change events.

Other than minimum participation in rescue, women also face economic constraints coming from climate crises that takes away employment opportunities. Many of the rural women participate in agriculture as workforce. When climate crisis is like floods take away the agricultural land, they affect the women most as women are limited

just to fields. According to Economic Survey of Pakistan 2025, women workforce only makes up 20 percent of the total which is severely affected by climate induced crises. This implies that climate change has posed grave consequences on women by constraining employment opportunities.

Besides financial constraint, women are often sidelined in climate change consequences due to patriarchal social norms. In a patriarchal society, women's ~~the~~ safety is risked at the hands of family norms and cultural subjugation. Women are supposed to cover up in rural areas in scorching heat to maintain their family conditions. Woman A from Parachinar suffered from severe heat stroke because she was forced to wear shuttlecock abaya.

on the way to her grandparents house.

This shows that patriarchal social norms and cultural obligations expose women to grave climate change consequences.

Besides patriarchal social norms,

there is a surge in climate frustrated families being involved in gender based crimes. Climate change has hit economic wealth of families badly. They feel

frustrated and burdened ~~to~~ which leads to gender based crimes like early

childhood marriage of girls. This ease of the burden of climate affected families.

For example the rising concept of "climate brides" in parts of South Asia

shows that climate affected families wed off minor girls to reduce their burden.

This shows that climate frustrated families often commit gender based crimes.

Along with surging climate induced gender based crimes, limited access to technology deprives women of climate warnings. Governments usually issue warnings on mobile phones and televisions.

Women who do not have access to technology are often left out to receive warnings and act upon it. They often miss out the earliest yet the most important step in climate crisis prevention. According to Mobile Gender Gap Index 2025, 53 percent of women have access to mobile phones compared to 86 percent men. This statistic is enough to highlight how many women are excluded from climate warnings due to their deprivation from technology.

Other than technological deprivation, women are ill-trained to adapt to climate change consequences. They are

often aware of the consequences only once they are uncontrollable. This ill pretraining to deal has increased the consequences many ~~for~~ manifolds. Rainfalls, floods, heatwaves, wildfires and many other climate change scenarios require people to act promptly to ~~save~~ prevent maximum destruction. Whereas women are often kept away from this pretraining which poses grave consequences. During the flash flood in Texas 2025, 27 girls died in the camp because of lack of training to deal with climate situations. This creates room for the argument that climate change have grave consequences on women due to their lack of training.

One of the most serious issue is the minimum health care facilities for women that poses greater health risks. Women are made in the way that

they are affected greatly even in minor climate change scenarios. They are subject to monthly menstruation and they also experience pregnancy. This further adds delicacy to women's health. When women are exposed to climate crisis their mental and physical health are affected the most. Meagre facilities for physical health care and neglected mental health care leaves women to be exploited the most by consequences of climate change. In the August-September 2025 floods, 59 camps were set to provide relief to people across Punjab with none separate for females (PDMA Punjab). This shows that negligible health care facilities have led to harshest consequences on women in climate crises.

Women can be prevented from the hardest consequences when they are included in climate governance. With population almost equal to men, women should at least form 30% of the workforce of climate governance. When their issues due to climate change are streamlined, there will be ways paved to the solutions. They can put together suggestions which suits most women the best. This way climate crisis can be tackled with equality.

In Dubai flash floods 2024, there was no destruction and it was sorted out in 2-3 hours due to gender inclusive policies which synergised the entire tackling process. This shows that women can be prevented from hardest consequences of climate crisis when they are included in climate governance.

Another way to prevent women

is to provide them training as first hand receiver of climate change crisis. Women are the head of their household and children, when they are trained to act in crisis they will prevent worst consequences for themselves as well as for their children. Community based training sessions that ensures maximum participation should be encouraged on federal and provincial level to inculcate self help during the time of climate crisis. Only by training local women can the menace of climate change be prevented.

An important way to help women out of the endurance of hardest consequences of climate change is to provide them financial assistance. Women often play dual role if they are employed, that of housekeeper

and bread winner. On such time if climate change takes away the little economic stability that they gain through earning, they are devastated. Non governmental organization, governmental organization and public private partnerships should provide women the necessary assistance for ~~self~~ self sustainability.

Only through financial assistance can women be empowered to fight the harshest consequences of climate change.

Last but not the least, women should be included in rescue and rehabilitation teams during climate crisis. This will ensure ~~trust~~ trust and sympathy towards fellow women and it will maximize the rescue and rehabilitation process. Women as rescue teams will provide unburden better men rescue team too to carry out the process better.

Maximum recruitment should be done with specification of jurisdictions to carry out the rescue process efficiently. This shows that women can be saved from the harshest consequences if they have women rescue teams and rehabilitation.

In a nutshell, women indeed are a subject to endure the harshest consequences of climate change. They are made vulnerable by many factors which includes their lack of participation in climate governance and their minimum inclusion in climate rescue teams. They are hard hit economically by the climate change. Other than that their safety is sidelined by patriarchal social norms. The saddest consequence that women face due to climate change is their exposure to crimes. Their limited access to technology deprive them

of early warning systems. They are also ill-trained to adapt to climate consequences and face greater health challenges due to minimum health care facilities. But there is still a silver lining in this darkest cloud. Women can be empowered to deal climate change consequence like a knife in shining armour. They should be included in climate governance, trained to relieve climate crises as first receiver, their morale can be raised by financial assistance and their trust built by adding females to the rescue teams. With these strategies women can prove that like every war they have ever fought and won, they can also triumph in the battle against climate change.