

Women ~~severely~~ endure the hardest consequences of climate change

1. Introduction :

Thesis Statement :

such a length is confusing
In the era where climate change
very confusing

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

- Minimum women representation in climate governance to highlight their issues
- Negligible ratio of female members in climate rescue teams
- 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 crisis
- c. Economic support for climate vulnerable women for their assistance

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

5 Conclusion

ESSAY

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

Marriages are often celebrated with merriment but this one told a sorrow tale. Sajeela, ^{only fourteen,} was told 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 ~~marital~~ 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 exclusion 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 crises 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. manifold.

All these consequences can be reversed by

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

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.

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. As 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 17% of women

makes up the part of climate governance.

This indicates the ~~is~~ climate exclusive

governance of women which adds to

grave consequences.

Along with minimum participation,

women ratio in climate crisis rescue

teams is negligible. Negligible rescue

members mean lack of comfortability of women in climate crises. Many women often rejects 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 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 aises. This implies that climate change has posed grave consequences on women by containing employment opportunities.

Besides financial constraint, women are often sidelined in climate change consequences due to patriarchal social norms. In a patriarchal society, women's 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 case 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 crises, 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 acts upon

it. They often miss out the earliest yet the most important steps in climate crises prevention. According to

Mobile Gender Gap Index 2025, 53 percent of women have access to mobile phones compared to 86 percent women. 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 preparedness to deal has increased

the consequences many fold manifolds.

Rainfalls, floods, heatwaves, wildfires and
many other climate change scenarios require

people to act promptly to prevent
maximum destruction. Whereas women are

often kept away from this preparedness
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 be more

change have grave consequences on assertive please

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 scenario. 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. Meager 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 hardest consequences on women in climate crisis.

avoid writing in double passive please

(~~women can be prevented from the hardest consequences when they are included in climate governance.~~) with population almost equal to men, women should atleast 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.

~~On 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 broad winner. On such time ~~if~~ climate change takes away the little economic stability that the 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 hardest consequences of climate change.

Last but not the least, women should be included in rescue and rehabilitation team during climate crisis. This will ensure ~~that~~ 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 hardest consequences if they have women rescue teams and rehabilitation.

In a nutshell, women indeed are subject to endure the hardest 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 practical challenges. 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 services. 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 receive 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.