

Research on the path of youth environmental protection education

Liang Maoqi

Guangdong University of Foreign Studies, Guangzhou, Guangdong, China

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Abstract: At present, due to the worsening ecology and survival environment, China's teenagers' physical health condition and the establishment of environmental protection consciousness gradually have urgency. The decline in environmental quality not only threatens the healthy growth of young people, but also poses a serious challenge to the future and sustainable development of the country. In order to change this situation, we must deeply realize the importance of environmental protection and actively create an atmosphere of environmental protection in the whole society. In particular, it is necessary to strengthen the cultivation and education of environmental protection awareness among young people, so that they can become an important force in promoting environmental improvement. The purpose of this paper is to discuss the current situation of ecological environmental protection of Chinese teenagers, and emphasize the urgency and necessity of cultivating their environmental protection awareness, in order to contribute to the healthy growth of Chinese teenagers and the cause of environmental protection.

1. Introduction

With the increasingly severe global environmental problems, environmental protection has become the focus of common concern of all mankind. In this context, as the main force of the future society, young people's participation and contribution to the construction of ecological civilization cannot be ignored. They are not only a new force in China's ecological civilization construction, but also practitioners and promoters of a beautiful homeland for all mankind, and shoulder the heavy responsibility of building a sustainable future. Therefore, it is particularly important to deepen the ecological civilization education for young people. Through systematic education and guidance, they can deeply understand the importance of environmental protection, as well as their responsibilities and missions in it.

2. The importance of ecological environment for young people's life and learning

In the discussion of the multiple dimensions of adolescent growth, the importance of ecological environment is particularly prominent, which is not only the cornerstone of the healthy and robust growth of adolescents, but also an important driving force for their overall development. In the journey of building a beautiful China, the participation and inheritance of young people is crucial, as they carry the baton of the concept of ecological civilization and are expected to pass it on from

generation to generation. Under the background of ecological civilization construction in the new era, it has been given an important historical mission to cultivate the ecological civilization literacy of young people. In view of the fact that young people are the future and hope of the country, we must, through education and guidance, let them firmly establish the concept of ecological civilization, develop green, low-carbon, frugal and healthy living habits and behaviors, and then become active disseminators and firm practitioners of the concept of ecological civilization. Only in this way can young people's actions add a stronger green background to the construction of a beautiful China[1].

2.1 Promote the physical and mental development of adolescents

High-quality ecological environment has a significant positive impact on the healthy growth of adolescents, which provides an important guarantee for adolescents to avoid the risk of diseases caused by environmental pollution. First of all, in a good ecological environment, teenagers can breathe fresh air and drink clean water, which greatly reduces the incidence of health problems such as respiratory diseases and skin diseases. Secondly, healthy ecosystems provide adolescents with rich and diverse food resources, which not only meet the nutrients they need for normal development, but also further promote their growth.

In addition, parks, forests, lakes and other natural environments provide broad activity space for teenagers and become an ideal place for them to do physical exercise. These outdoor activities can not only enhance the physical fitness of teenagers, improve their physical immunity, but also subtly promote their mental health, can bring them pleasure and relaxation, effectively relieve learning pressure, so that they can face learning and life with a more positive and relaxed attitude, so as to improve learning efficiency.

2.2 Establish responsibility awareness and improve social skills

Adolescence is a critical period in the shaping of cognitive and social skills, and the ecological environment plays a pivotal role in it. The ecological environment provides a unique place for young people to learn and practice. Through personal contact and observation of the natural environment, they can learn a wealth of knowledge and skills that are difficult to cover in books, thus greatly broadening their horizons and increasing their knowledge reserves, while establishing a sense of responsibility and improving social skills. In the interaction with the ecological environment, teenagers can deeply understand the importance of environmental protection, so as to cultivate a strong sense of environmental protection and responsibility. This sense of responsibility and purpose will stay with them throughout their lives and inspire them to contribute to the protection of the environment and the realization of sustainable development. In the ecological environment, young people can participate in various outdoor activities and social practices, such as afforestation and environmental protection publicity. These activities not only help cultivate their teamwork spirit and leadership skills, but also improve their communication skills and problem-solving skills. Ecological environment is of irreplaceable importance to the growth of young people, so we should make full use of this precious resource to provide strong support for the all-round development of young people[2].

2.3 Improve teenagers' cognitive level and ability to perceive beauty

The cognitive level and the ability to perceive beauty during adolescence are an important part of their overall development, and through close contact with the ecological environment, teenagers can go out of the classroom, personally feel the charm of nature, and explore the mystery of nature. In

the process of exploration, they can learn a variety of scientific knowledge in ecology, which will greatly enrich their knowledge system, broaden their horizons, and enhance their cognitive level. At the same time, being close to nature is also an important way to cultivate teenagers' aesthetic taste. In the embrace of nature, young people can enjoy the magnificence of mountains, the beauty of rivers, the brilliance of plants and the agility of animals. These beautiful scenery not only let them feel the beauty of nature, but also let them understand the harmonious coexistence of life and nature, so as to stimulate their love and pursuit of beauty. By interacting with nature, they learn to appreciate the beauty of nature and integrate this beauty into their lives to improve their quality of life. This perception of beauty is not limited to visual appreciation, but also a deep understanding and awe of life and nature. Therefore, ecological environment plays an irreplaceable role in improving teenagers' cognitive level and ability to perceive beauty.

3. The impact of ecological environment destruction on teenagers

3.1 Physical Impact

In the context of today's increasing ecological destruction, from a physiological health perspective, harmful substances in air pollution, such as particulate matter and organic pollutants, pose a direct threat to the respiratory system of young people. These pollutants can irritate the airways, causing symptoms such as coughing and wheezing, and long-term exposure can also increase the risk of respiratory diseases such as asthma, and may reduce lung function and trigger chronic inflammation of the airways. Also important is the contamination of water sources, which can carry disease-causing bacteria and viruses that can lead to waterborne diseases such as diarrhoea and infectious hepatitis among young people. Heavy metals and organic matter in water may also enter the body of teenagers through drinking water and the food chain, causing damage to their nervous system and intellectual development. Moreover, heavy metals and organic pollutants in soil pollution may not only lead to skin inflammation and allergic reactions, but also indirectly affect the dietary safety of young people through crops, etc. Long-term intake of food containing harmful chemicals will have long-term adverse effects on their health and development[3].

3.2 Learning and Cognitive impact

The impact of ecological destruction on adolescents is not only limited to physical health, but also its potential adverse effects on academic and cognitive aspects. With the intensification of environmental damage, the decline of air quality has become a common phenomenon. Harmful substances produced by environmental pollution, such as particulate matter and harmful gases, not only harm the respiratory system of teenagers, but also may penetrate into the human body, affect the normal function of brain neurons, and thus damage the memory and reasoning ability of teenagers. Long-term exposure to such an environment may inhibit the intellectual level of adolescents, which is not conducive to receiving education and learning new knowledge.

Secondly, environmental pollution may also cause emotional fluctuations and psychological pressure among teenagers. In polluted environments, people tend to be more anxious and upset, and this mentality is undoubtedly a huge obstacle for learning activities that require high concentration. When faced with such an environment, teenagers may become restless and restless, and it is difficult to calm down to accept new knowledge and understand complex things.

3.3 Social and mental health

The negative impact of ecological destruction on adolescents' social and mental health is an

increasingly prominent problem. The harsh environment caused by environmental damage makes teenagers face more pressure and challenges in their daily life. These pressures may come from physical discomfort and a decline in quality of life caused by environmental pollution, which increases the risk of psychological problems such as depression and anxiety. At the same time, they may also be worried about the future state of the environment, and this sense of uncertainty and helplessness will further exacerbate their psychological stress. Secondly, ecological destruction also has a significant negative impact on teenagers' social development. With limited outdoor practice, adolescents have difficulty communicating and interacting adequately with their peers, resulting in a lack of opportunities to learn the right social skills. These skills include communication, cooperation, conflict resolution, etc., which are the basis for successful interactions in society. However, due to activity restrictions caused by ecological damage, adolescents may not be able to learn and master these skills effectively, which will adversely affect their future social interactions[4].

4. The deficiency and current situation of ecological protection education for teenagers

The importance of ecological protection education for Chinese teenagers is self-evident, which relates to the sustainable development of the future society and the construction of ecological civilization. However, the current youth ecological protection education faces many challenges, it can be said that there is a long way to go.

4.1 Education content and depth need to be improved

At present, the content of juvenile ecological protection education mainly focuses on the indoctrination of basic knowledge and ideas, and the content coverage is narrow, lacking of systematic and comprehensive educational content. Many educational activities remain on the surface, without in-depth exploration of the root causes and solutions of ecological problems, resulting in young people's understanding of ecological protection remains on the surface, and it is difficult to form a profound environmental awareness. Ecological and environmental protection education needs teachers with high professional quality and innovative ability. However, at present, the quality of many teachers in environmental protection education is uneven, lack of systematic environmental protection knowledge and practical experience, and it is difficult to provide high-quality environmental protection education for students.

With the continuous change of ecological problems and the renewal of environmental protection concepts, the content of ecological environmental protection education needs to be constantly updated. However, at present, many schools and regions lag behind The Times in updating the content of environmental protection education, which can not meet the actual needs of students. At present, the educational methods of ecological environmental protection lack innovative means, and the traditional lecture-based teaching is still the mainstream. The traditional educational methods of ecological environmental protection are often too simple and boring, which is difficult to arouse students' interest and resonance. Lack of interaction and participation, it is difficult to stimulate young people's interest in learning and enthusiasm, and fail to make full use of modern scientific and technological means such as virtual reality to improve the educational effect[5].

4.2 Long-term and sustainable challenges

The ecological and environmental protection education of young people often presents the characteristics of fragmentation and scattered, lacking a complete and systematic education system. As a result, the environmental protection knowledge received by students in different stages of education lacks coherence, and it is difficult to form a profound environmental awareness and lasting environmental protection behavior. Long-term ecological and environmental protection

education needs continuous educational investment, including funds, teachers, teaching resources and so on. However, at present, many regions and schools in this area of investment is far from enough, resulting in environmental protection education is difficult to achieve long-term effective implementation. At the same time, the long-term educational process needs an effective evaluation mechanism to test the educational effect. However, the current assessment of ecological environmental protection education for teenagers is often lack of scientific and systematic, difficult to accurately reflect the educational results, and cannot provide strong support for education improvement.

With the continuous change of ecological problems and the renewal of environmental protection concepts, the content of ecological environmental protection education needs to be continuously updated. However, at present, many schools and regions lag behind The Times in updating the content of environmental protection education, which cannot meet the actual needs of students. Ecological protection education needs to keep pace with The Times, with the change of ecological issues and the renewal of environmental protection ideas, and constantly update the content and methods of education.

4.3 Incomplete coordination mechanism

Ecological civilization education is a comprehensive education involving multiple disciplines and pays more attention to the connotation of interdisciplinary integration education. However, in practical education, it is often carried by a single discipline and lacks cross-integration with other disciplines. This makes it difficult for students to form a comprehensive and systematic understanding of environmental protection education. At the same time, the uneven allocation of educational resources between urban and rural areas and between regions makes it difficult for teenagers in some underdeveloped areas to obtain high-quality ecological protection education.

Some families do not pay enough attention to the ecological protection education of young people, and lack of relevant family education and guidance, which makes it difficult for young people to form correct environmental protection concepts and behavior habits in the process of growth. In juvenile ecological protection education, family education and school education lack of coordination mechanism, lack of effective coordination and complementarity, thus affecting the overall effect of ecological education. And a large number of young people's environmental awareness is disconnected from action, although they attach importance to environmental issues, but lack of awareness and action to protect the environment from their own. China's youth ecological protection education is faced with many challenges and difficulties, and all aspects need to make joint efforts to achieve sustainable development and effective promotion of youth ecological protection education.

5. Countermeasures of ecological protection education for young people

Contemporary youth are the flowers of the motherland and the future of the nation. Today, they are the innocent victims of serious pollution and destruction of the ecological and living environment; tomorrow, they are the main force in building the motherland, protecting the ecological and living environment. Whether they have a healthy body, a high degree of ecological, survival and environmental protection literacy not only directly affects the survival and development of their generation, but also indirectly affects the survival and development of their next generation. Therefore, it is of great practical significance and far-reaching historical significance to train and educate their ecological and living environment protection consciousness.

5.1 Strengthen theoretical education

Ecological civilization education will be included in school curricula and teaching plans to

ensure that young people receive systematic ecological protection knowledge education from an early age. In this process, the role of family education cannot be ignored, should be closely coordinated with school education, parents actively guide children to form environmental habits in daily life. Ecological civilization education should run through the whole process of education, in which school education is the main position, and the role of teachers is particularly key. Therefore, educators themselves need to accept ecological civilization education first, in order to better shoulder the responsibility of guiding the healthy growth of students. At present, environmental problems are becoming more and more complex and extensive, so it is necessary to innovate in content and form to meet the requirements of high-quality development with ecological priority and green development. Therefore, multi-disciplines should participate in ecological civilization education, and integrate the concept of ecological civilization into various courses and textbooks through interdisciplinary integration, so as to build a more comprehensive and in-depth knowledge system of ecological civilization for students.

5.2 Provide practical exercise

In the interaction between theory and practice, the ecological civilization quality of young people should be continuously improved. The key to deepening ecological civilization education is to guide students to interpret green concepts through personal experience and actions, so as to enhance their consciousness and responsibility to participate in the construction of ecological civilization. Encourage young people to start from small daily things and cultivate green, environmentally friendly and low-carbon living habits and consumption patterns. At the same time, we actively innovate off-campus social practice activities, create research brands and characteristic research routes with a variety of ecological themes, and allow students to participate in extracurricular ecological environmental protection practices, so as to more profoundly experience the achievements of ecological civilization construction and continuously improve the ecological civilization literacy of teenagers.

Ecological civilization education is not only limited to the classroom, it is a kind of life education and action training. Therefore, it is not only the duty of schools to carry out ecological civilization education throughout the whole process of educating people, but also the important responsibility of families and society. In addition, all sectors of society should also make use of their own educational resources to play a unique role in ecological civilization education and complement school education. Through continuous practice and experience, we will focus on cultivating students' spirit of integration of knowledge and action, and train students' action ability to participate in the construction of ecological civilization in the future.

5.3 Build ecological atmosphere

The construction of ecological civilization is a huge systematic project, but also a long-term strategic task, which requires the joint efforts of the whole society to create an environmentally friendly ecological atmosphere for young people. The Chinese civilization, which has been inherited for more than 5,000 years, has accumulated rich ecological wisdom, which is a treasure house of ideas for ecological civilization education. We try to integrate the excellent traditional Chinese culture into ecological education, and use the ecological wisdom of the Chinese civilization, such as the philosophical thoughts of "harmony between nature and man" and "Taoism and nature", to guide young people to understand the principle of harmonious coexistence between man and nature. The government should introduce relevant policies to support schools and communities in carrying out ecological civilization education and provide necessary resources and conditions. In addition, it is also necessary to cultivate young people's international perspective, so that they can understand global ecological and environmental issues, participate in international environmental protection activities, and jointly cope with global challenges such as climate change. At the same

time, it can set environmental protection examples, such as environmental protection volunteers, green entrepreneurs, etc., encourage young people to learn their environmental behavior and spirit, encourage young people to establish the concept of lifelong learning, constantly update environmental protection knowledge, and improve ecological civilization.

5.4 Proceed from reality

To deepen ecological civilization education, it is necessary to base on the cognitive rules and thinking characteristics of young people, and rely on the form that students are happy to see. Natural education can be carried out around the local natural resources of young people. Starting from the hometown scenery that young people have grown up and are familiar with, it can popularize the knowledge of ecological civilization to young people and constantly improve their awareness of ecological civilization. Since the 18th National Congress of the Communist Party of China, the construction of ecological civilization has undergone a historic, watershed and overall change from recognition to practice, which provides us with excellent teaching materials for ecological civilization education. We should make good use of the historic changes and achievements in China's ecological civilization construction, tell the majority of young people the wonderful stories of China's ecological civilization construction, guide students to have a deep understanding of "clear waters and green mountains are gold hills and silver mountains", and internalize the truth that protecting the ecological environment is protecting productive forces and improving the ecological environment is developing productive forces.

6. Conclusion

Currently, the construction of ecological civilization requires ecological civilization education, with a particular focus on young people as key targets for this educational effort. Young people play a crucial role in the process of ecological civilization construction, and their awareness and values regarding ecological civilization will directly impact its development. It is essential to enhance ecological civilization education among young people, helping them to develop a scientific understanding and perspective on ecological civilization, and nurturing the young talent necessary for realizing China's ecological civilization construction. Simultaneously, there is a need to promote green and low-carbon lifestyles throughout society and encourage the formation of a social trend where everyone cares about, supports, and participates in environmental protection. Therefore, significant emphasis should be placed on educational efforts in this area to continuously train more young individuals with an awareness of ecology along with a sense of responsibility towards taking action.

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