



One Planet Challenge



**Be wise, shop wise,
eat wise, live wise and
help save the planet**

Introduction

Q: What do polar bears, orangutans and sea turtles have in common?

A: Their survival is threatened by the things we buy, use and throw away every day.

Our beautiful planet provides us with everything we need - the water we drink, the food we eat, the clothes we wear and much more. But in many developed countries we take natural resources for granted. In fact, if everyone in the world lived as we do in the UK, we would need three planets to support us. That's how many planets would be needed to supply all the goods and services we consume, and get rid of the wastes we produce as a result. The consequences for our planet's wildlife are devastating: we need to reduce our impact and live within the limits of our one precious planet now!

But being 'green' is often seen as giving things up and being worse off. But it can be about doing things better or doing things differently. Some changes will be easy, others more difficult. Some changes just require us to make the decision and have a go ourselves. Others will need more effort, and may involve us adding our voices together to lobby governments and businesses, or working with others to improve the places where we live.

What is One Planet Challenge all about?

WWF's *One Planet Challenge* is part of *Changing the World*, a Girlguiding UK initiative which involves 18 partner organisations, each offering Girlguiding UK members the chance to come together to do small things to change the world. *Changing the World* is part of Girlguiding UK's Centenary Celebrations and is about creating a lasting legacy for the future.

One Planet Challenge is an exciting collection of activities designed to help you and your unit make the links between the choices you make every day - particularly connected to shopping - and their impact on the natural world.

Here are some links we bet you didn't know:

- Palm oil is used in one in ten supermarket products, but palm oil plantations are destroying the forest home of the orangutan.



One Planet Challenge cont.



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What is One Planet Challenge all about?

- Cod with chips is a UK favourite, but global fishing fleets harvest two and a half times more catch than the oceans can sustain.
- The energy used to make and transport cheap fashion items from far away countries is contributing to climate change, and threatening the polar bear with extinction within 100 years.
- The average plastic shopping bag is used for about 18 minutes, but can take between 400-1,000 years to break down. This plastic waste accounts for 80% of all marine litter, causing the deaths of at least one million seabirds and about 100,000 seals, sea lions, whales, dolphins and sea turtles every year.

Specifically, the ideas offered through this project will help you and your unit to:

- make your own 'connection' with the natural world, which is so vital to our physical, spiritual and emotional well-being
- learn more about 'sustainability', particularly in relation to why our shopping choices matter and why we need to buy less and 'buy better'
- explore the special and positive contribution that girls and women can make to the sustainability agenda
- raise awareness of what we can all do to achieve a more sustainable lifestyle - practical action for individuals, families and community groups
- put the green into girl power by taking action for a more sustainable future, particularly in relation to food and shopping
- recognise and celebrate what you've all achieved

The mission of WWF is to build a future in which people live in harmony with nature. By taking part in WWF's *One Planet Challenge* project, you and your unit will build your understanding of how the choices we all make everyday affect the health of our world. It will encourage girls to make better shopping choices, and - through combined action - make a world of difference to the people and wildlife with whom we share our one precious planet.

Make the link; make the change!



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How to take part in the One Planet Challenge

There are plenty of ways to get involved with the WWF *One Planet Challenge* - from games, investigations, discussions and songs to campaigns and personal challenges. To get started, you must tell Girlguiding UK that you are taking part. Contact them at www.girlguiding.org.uk/Changingtheworld/tellus

You can also share your stories and successes through our *One Planet Challenge* website: see the *Celebrating* section below.

One Planet Challenge is presented through five sessions:



Wildlife and the energy we use - making the link between the energy we use, climate change and polar bears.



Wildlife and the food we eat - exploring how our food choices can affect rainforest habitats and species such as the orangutan.



Wildlife and what we throw away - looking at the devastating effect that plastic waste has on marine wildlife.

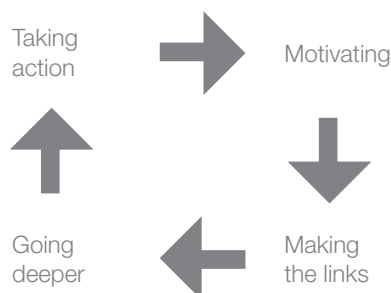


One Planet Local - caring about UK biodiversity (variety of life) and making local to global links.



One Planet Future - a chance to celebrate what you've achieved with your friends, family and the wider community.

For each session there are key facts, activity outlines, photocopiable resource sheets, briefing or fact sheets, and a series of individual or unit 'challenges' to choose from. We have planned the activities to follow a learning cycle. However, you and your unit members may prefer to choose one part of the cycle, or make your own selection of activities.





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How to take part in the One Planet Challenge

Most of the activities can be carried out during a meeting, although some could be developed over several meetings, and some may include outings. There is also a mixture of small group activities for Patrols or friendship groups, activities for the whole unit and 'taking it home' activities for members to carry out individually, with their families or in other settings.

Through these activities the project will offer members of Girlguiding UK opportunities to:

- take responsibility and show leadership
- build relationships and work together as a team
- value and celebrate diversity
- promote inclusion, equity and fairness
- learn by doing, building skills for life
- recognise the connection of all living things
- care for and respect self, others and the environment
- think and act as global citizens
- contribute to the well-being of their local area
- be part of something 'bigger'.

All the activities are presented in a common format including the time and resources needed, the target age range(s) as well as instructions for 'how to do' the activity. Most of the activities have been written with older Brownies, Guides and Senior Section members in mind but can be adapted for use with younger or older groups. Leaders will be best placed to do this, based on their knowledge of their unit's skills, abilities and interests.

There are also a number of overarching activities about shopping at the end of these guidance notes which you may choose to undertake as an introduction to the project - but it's up to you!



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Taking action

Challenges

Each session contains a 'Challenges' section containing activity suggestions. These encourage members to take action in a range of settings: individual; as a team with friends or their guiding unit; and with opportunities for leadership roles at home, school or in the wider community.

Units registering for the *One Planet Challenge* project should choose to do at least two sessions plus the *One Planet Future* session in order to qualify for the Girlguiding UK 'Changing the World' badge - see *How did it go?* below.

Downloadable certificates for each session are available from the *One Planet Challenge* website at www.wwf.org.uk/oneplanetchallenge so that members efforts can be acknowledged and celebrated along the way.

Pledges

Some of the suggested Challenges invite you to make a pledge to change something they currently do, for the benefit of our global environment. Pledges can be made at unit level (eg using Fair Trade products or recycled paper) or at an individual level (eg eating less processed food). There is a downloadable pledge sheet for individuals and units to use to plan and record the challenges they do. [Download pledge sheet here ►](#)

Competitions

Contained within two of the sessions are opportunities for girls to enter a UK wide competition. *Wildlife and what we throw away* invites you to design a bag for life: the competition will be judged with the help of the London School of Fashion. *One Planet Local* asks you to develop a seasonal recipe containing locally sourced foods: this competition will be judged with the help of Lotte Duncan, cookery expert and TV presenter.

Celebrating!

As well as taking practical action, girls are encouraged to design creative ways to inform and involve others, eg planning shows or presentations for other guiding groups, age groups, or parents; designing posters or leaflets.

You can also share your stories and successes: visit www.wwf.org.uk/oneplanetchallenge or www.changingtheworld.org.uk. Both sites will be updated throughout the year. It will be worth revisiting them and giving the website addresses to the girls so that they can get involved away from the unit.



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Taking action

How did it go?

When you have finished your project, please remember to fill in the online evaluation form at www.girlguiding.org.uk/changingtheworld/tellus. You can do this on behalf of a group or as an individual. Once you have completed your evaluation, you will be given a special order form which you can use to claim your 'Changing the World' badges.

Need some help?

Contact us direct if you have any questions or queries and we will do our best to help. Get in touch with:

Donna Neale, WWF-UK

Phone: 01483 412492 Email: oneplanetchallenge@wwf.org.uk

Girlguiding UK's information team will also be able to help you with general enquiries - email changingtheworld@girlguiding.org.uk or click on the 'Help' button on the Changing the World website, www.changingtheworld.org.uk

About WWF

We are living in a decisive period of human history. Our runaway demand for natural resources is threatening the environment on which we depend. In fact, if everyone in the world used up resources and produced waste at the rate we do in the UK, we would need three planets to support us. The opportunity to safeguard the future of both people and nature still lies in our hands. But only just.

WWF-UK, the UK arm of the world's leading independent environmental organisation, is at the heart of efforts to develop the solutions we need - striving to build a *One Planet Future* where people and nature thrive within their fair share of the planet's natural resources.

If you want to find out more about WWF-UK's work, visit www.wwf.org.uk or contact us at the address below:

WWF-UK Panda House, Weyside Park, Godalming, Surrey GU7 1XR
Tel: 01483 426444

The mission of WWF is to stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature by:

- conserving the world's biological diversity
- ensuring that the use of renewable natural resources is sustainable
- reducing pollution and wasteful consumption