

CHOOSE TO CHANGE

What changes could you make to reduce the impact you are having on the environment?



1. REDUCE YOUR CARBON FOOTPRINT

- ✓ Reduce the amount of electricity and water you use at home, and think about how your family sets your thermostat at home; each degree you turn it up in summer and down in winter can save you 10% in energy.
 - ✓ Reduce, reuse, recycle.
 - ✓ Eat fresh, local, organic, seasonal produce where you can.
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2. GREEN UP YOUR LIFESTYLE AS A FAMILY

- ✓ Walk, cycle or use public transport.
 - ✓ Install insulation, draft-excluders and double glazing in your house.
 - ✓ Buy energy-efficient appliances and light bulbs.
 - ✓ Switch to greener energy sources where possible; look for electricity and gas suppliers who use renewable sources.
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3. TAKE POSITIVE ACTION

- ✓ Plant a tree in your school, garden or local community.
- ✓ Grow your own fruit and vegetables at school or at home.
- ✓ Buy recycled, FSC or Fair Trade products wherever possible.



4. GO BEYOND YOUR OWN CARBON FOOTPRINT

- ✓ Talk to your friends and family about climate change and share your concerns.
- ✓ Raise the issue with your local MP/elected representative and ask them to take action against climate change.
- ✓ Consider a career that would help you contribute positively to climate action.
- ✓ Take part in **Earth Hour** to help raise awareness of climate change
<http://earthhour.wwf.org.uk/>