

PLEDGES FOR THE PLANET

Family Action Plan for a Better Future



There are so many ways young people and their families can tackle climate change, contribute towards a healthier planet and be part of the momentum of change! This checklist will help you do that...

Done/ Doing	To action

As a young individual

Transport: Walk, cycle, or use the bus or train when possible instead of driving.

Use less energy: turn off your devices and chargers when you're finished with them, turn off lights in empty rooms.

Waste less: We can all try to buy less and waste less. **Food waste** plays a major role in climate change, which can be reduced by planning and buying only what we need. **Fast fashion** is a massive polluter – buy higher quality items, wear them for longer before replacing, wash with care, line dry clothes, buy from charity shops (no clothes miles). Take a **reusable** shopping bag, use a refillable water bottle, try and have a plastic free lunch box, never accept a plastic or paper straw when you go out they do not make your drink taste any better!

Reduce, reuse, repair: Clothing and electronics in good condition can be donated to charity, exchanged, sold or given away eg. www.freecycle.org. This reduces waste sent to methane-producing landfill, and benefits others. It also reduces the amount of energy used in manufacturing new items, recycling them and shipping using energy and contributing to climate change. Find your local Repair Café with volunteers who repair electrical items, clothes and more at www.repaircafe.org/en. Sussex Green Living founded the Horsham Repair Café in 2017, why not come and pay us a visit www.horshamrepaircafe.org.uk/.

Eat less meat and dairy: Animal agriculture has many negative environmental impacts including deforestation and methane which is the worst climate changing gas. Try tracking your meat intake for a week and explore ways to reduce it e.g. Meat-free Mondays, or veggie lunches. Vegan food is mainstream and delicious.

With your family

Calculate your carbon footprint: Use a carbon footprint calculator to work out where to tackle your impact best. eg. www.footprint.wwf.org.uk/

Clean, renewable energy: One of the single biggest actions you can make as a family is to switch to a renewable energy provider. It only takes a few minutes and could save you money. Tools are available to can help you review your bills and compare providers eg. www.bigcleanswitch.org/SussexGreen

Reduce your energy use: insulate your home, switch to LED light bulbs, switch off devices when not in use, hang laundry to dry, choose energy efficient models when replacing appliances, turn down your thermostat and wear warmer clothes instead. For more tips: www.energysavingtrust.org.uk

Recycle and compost: When items need to be disposed of, make sure you recycle as much as possible. Use local information to choose the right bin. A large amount of kitchen/food waste, as well as some paper and cardboard, can be composted, avoiding landfill and returning nutrients to the soil. www.getcomposting.com. Sussex Green Living offer a special single-use plastic recycling scheme more information here www.sussexgreenliving.co.uk/recycling-zone/single-use/

Gardening: Plant trees, care for your garden, grow your own fruit and vegetables, alol this will reduce your food miles.

Travel: Aim to fly less. If necessary, calculate your emissions and offset using a responsible, verified scheme. e.g. www.carbonfootprint.com
Consider the pleasures of train travel and the fun of travelling a little bit slower.

In your community

Share your knowledge: Talk to your friends, families and colleagues about climate change and the solutions.

Amplify your impact: Promote community schemes that address climate change and benefit everyone e.g. the Ashden LESS CO2 energy efficiency scheme saves money for schools and educates on sustainability. www.lessco2.org.uk/ and all the solutions Sussex Green Living and the Horsham Repair Café offer.

Use your voice

Contact your MP: Share your concerns over the urgent climate crisis with your MP and councillors. Ask them to raise ambition levels in policy, learn more here www.theclimatecoalition.org and here www.SouthEastClimateAlliance.co.uk. Remind them that you'll soon be old enough to vote or will be using your vote for the first time at the next election. Write to the Prime Minister, this is your country and your planet!

Share your concerns: Write to a newspaper or the BBC about the climate crisis, use social media to raise awareness and promote solutions.

Learn and join others: working alongside existing schemes and campaigns and joining with other interested groups can amplify your impact. A range of resources and organisations are listed below

<https://climatekids.nasa.gov/menu/energy/>
<https://www.climaterealityproject.org/blog/just-kids-what-climate-change-and-what-can-ido>
<https://350.org/>
<https://www.theclimatecoalition.org/>
<https://www.theccc.org.uk/>
<https://www.drawdown.org/>
<https://climateactiontracker.org/>

Young people can make a difference!

www.youtube.com/watch?v=VFkQSGyeCWg, a 15 year old Swedish girl who spoke to world leaders at the climate summit COP24 in 2018.
www.plant-for-the-planet.org/en/about-us/aims-and-vision this global project which a 9 year old boy set up.
<https://rebellion.earth/>
<https://www.newscientist.com/article/mg23931910-500-meet-the-climate-kids-suing-theus-government-over-global-warming/>
<https://www.theguardian.com/science/2018/sep/01/swedish-15-year-old-cutting-class-tofight-the-climate-crisis>

www.SussexGreenLiving.co.uk/ (SGL). The founder of SGL Carrie Cort is a Climate Reality Leader who offers Climate Reality talks and age appropriate climate awareness fun sessions for children's groups and schools. SGL contains lots of ideas, information and links to further reading about greener living. cort@sussexgreenliving.co.uk or call 07768 212833. Follow us, like us - www.facebook.com/pg/SussexGreenLiving Tweet us - @SussexGreen Instagram us - www.instagram.com/sussexgreenliving

www.HorshamRepairCafe.org.uk & www.SouthEastClimateAlliance.co.uk for more local solutions