

SUSTAINABLE THINKING

your everyday guide to sustainable development and how you can be more kind to the environment

What is sustainability?

Experts describe it as "meeting the needs of the present without compromising the ability of future generations to meet their own needs." This means using the Earth's resources carefully to make sure there is plenty to share with everybody.

The Sustainable Development Goals are a list of targets for all of humanity to work towards, helping us make the planet a better place for all life on it. These include making sure there is enough food and water, improving access to good education, building safe communities, and protecting the natural environment.



Why is it important?

Every person should be able to have a healthy and happy life, with access to good education, to have a safe place to live, be free from harm, and have opportunities to thrive. Right now, the planet is struggling to provide enough resources to allow us all to do this.

The environment is a huge part of our world, and we must get better at looking after it. Lots of carbon emissions is bad for the atmosphere and means the world is getting warmer.

Changes are needed, and everybody can help. There are lots of ways you can make a difference!



What can I do?

at home

- unplug appliances
- air dry clothes and hair
- eat less meat and dairy
- avoid baths and take short showers
- compost food waste
- switch off lights
- reduce waste
- recycle properly
- put a jumper on instead of the heating



out & about

- shop locally
- walk, cycle or use public transport
- use a refillable water bottle
- bring your own shopping bag
- buy secondhand clothes
- donate unused items
- talk about climate change



at school

- talk about climate change with teachers
- ask your school to make better choices
- recycle
- walk, cycle or use public transport
- protect green spaces
- start a sustainability club and run events
- turn off computers and lights when not in use

