

WHAT CAN I DO

TO HELP PROTECT THE PLANET?

Taking action to improve our environment is crucial, especially as students, because our future depends on the health of our planet. Every small effort contributes to a larger movement that protects natural resources, wildlife, and human communities. Beyond the environmental impact, taking action also benefits our mental health and overall well-being. When we engage in meaningful environmental efforts, we develop a sense of purpose and empowerment, which can reduce anxiety about the future and promote a positive outlook. By taking action, we don't just help the planet—we also build a healthier, more motivated, and hopeful version of ourselves.



ON MY OWN

- **Reduce Energy Use.** Turn off lights, close doors, take shorter showers, wash clothes in cold water.
- **Recycle/Compost.** Sort recyclables, compost food scraps, and dispose of trash responsibly.
- **Plant Trees.** Trees remove greenhouse gases from the air. You can also grow your own fruits or vegetables.
- **Buy Less, Buy Local.** Buy fewer things, repair, or reuse items that are broken and go thrift shopping. Buy local and from environmentally-aware brands.
- **Drive Less.** Carpool, walk, bike, or use public transportation to reduce your individual pollution.
- **Reuse.** Use reusable containers, water bottles, and/or straws. Repair or reuse items that are broken and go thrift shopping.

ON SOCIAL MEDIA

- **Spread Awareness.** Share posts, graphics, and articles about environmental issues, climate change, and sustainability.
- **Endorse Sustainable Brands.** Highlight companies that focus on eco-friendly products and practices.
- **Join/Create Challenges.** Start social media challenges, like "No Plastic Week," "Plant a Tree," or "Meatless Mondays," and encourage friends to participate.
- **Advocate For Policy Changes.** Share petitions, encourage people to vote for eco-friendly policies, and contact lawmakers about environmental issues.
- **Highlight Local Events.** Promote local events where people can participate in clean-ups and advocacy efforts.

IN MY SCHOOL OR COMMUNITY

- **Join or Organize a Community Clean-Up.** Gather friends and neighbors, set a date, and provide supplies to make a visible impact together.
- **Green Club.** Start or join a club that focuses on working together to reduce your school's environmental impact. Organize a Climate awareness week or event.
- **Promote Sustainable Products.** Promote local and environmentally sustainable brands. Encourage others to utilize reusable items whenever possible.
- **Volunteer.** Find an environmental cause near you. Getting involved can help you gain skills, build community connections, and improve mental health.
- **Fundraise.** Support climate action by organizing or donating to a fundraiser, spreading the word, and inspiring others to contribute to a environmentally sustainable future!

IN MY STATE

- **Vote Or Support.** Vote on ballot measures and/or reach out to support candidates that share your values of climate crisis prevention.
- **Contact Your Representatives.** Call, write, or email your government reps to advocate for climate action.
- **Stay Informed.** Read, follow, and learn about local legislation and non-profits that are advocating for renewable energy, conservation, and sustainable practices.
- **Attend Events.** Attend town hall meetings or join advocacy groups.
- **Get Involved.** Join an action council, committee, or climate advocacy group.

