



Allied Youth

Going Green

We have an impact on the planet each and every day! Every decision that we make will have some effect (positive or negative) on our environment. To preserve and protect our future and our communities, we need to adopt some little lifestyle changes to best reduce our footprint on this planet. Sometimes, going green is as simple as a few small adjustments to your everyday life, and sometimes it involves some big durastic changes! Take a second to think about everything you've done so far today. Have you used a lot of plastic, oil, wood, or other resource? Have you eaten food produced by someone else, or drinken water? By being aware of everything we do, we can begin to identify areas where we can improve upon our habits to reduce our environmental impact. Here are some tips to help:

- Try and reduce the amount of paper you use and print, and/or print with minimal ink
- Try and replace that plastic waterbottle with a resuable one that you can refill
- When packing a lunch, limit the amount of plastics and metals you use! Try beeswax sheets to replace plastic wrap, and/or pack food in resuable containers
- Please don't litter! Nobody wants to pick up your garbage 100 years from now when it's still there
- Unplug those extra electronics when you're not using them
- Bring reusable bags to the grocery store when you head out next time
- Decrease meat consumption! Sometimes swapping that meat (especially red meat) can reduce the carbon dioxide impact that livestock can have
- Try and reduce your water usage. A shorter shower can save a few litres of water, and give you more time to get other things done with your day
- Support better brands. Do your research on what your favorite brands do for the environment and where they source their materials

While it may seem like a lot, these tips can help us all become better citizens and can help us preserve the communities we love

Did you know?

¹The average temperature in Canada has increased nearly 2 degrees Celsius from 1948 to 2016, twice as fast as the rest of the world



“Sometimes going green is as simple as a few small adjustments”

How Does This Affect Our Post?

Have a meeting with your Post to discuss how you can all adopt more eco-friendly practices. Identify where your Post can do better! Think long and hard about all the impact that your Post may have on the environment.

Plan an education session about climate change around the world and in Canada. Make sure to focus on the fact that even though what's happening can be scary, we can make the changes needed.

Plan a community event to start a local garden, a recycling program, or anything to help make a difference in your community. Let's preserve the place that you call home!

Where Can We Learn More?

¹www.ec.gc.ca

www.climateatlas.ca

www.goodenergy.co.uk

ask the experts >>>

Q: *Someone told me that climate change isn't real, how do I respond to that?*

A: *According to modern science, indigenous leaders, and our government, climate change is VERY real*

Look at some of the resources in this document to learn more about climate change, then have a conversation with others about how real this issue is. Stick to the facts and read up on as many scientific reports as you can. Once we all understand the facts, we can start to make a difference and better protect the planet we live on