

TAKE ACTION: GIVE

Suggest that friends or family donate to a charity that fights poverty instead of giving you a birthday gift

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2 ZERO
HUNGER



TAKE ACTION: PREPARE

**Avoid food waste by making soup
with leftovers or freezing them to
eat later**

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3 GOOD HEALTH AND WELL-BEING



TAKE ACTION: LIVE

**Choose water, avoid sugary drinks
and aim to eat five portions of
vegetables and fruits a day**

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4 QUALITY EDUCATION



TAKE ACTION: LEARN

**Spread learning: donate your
unwanted books and school supplies
to local libraries and charities**

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5 GENDER
EQUALITY



TAKE ACTION: EMPOWER

Talk about gender equality and how important it is and call out examples of when it does not happen at home, school, on the street and in the media

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6 CLEAN WATER AND SANITATION



TAKE ACTION: CONSERVE

**Turn off the tap while cleaning your
teeth and take shorter showers**

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7 AFFORDABLE AND CLEAN ENERGY



TAKE ACTION: SAVE

**Change to energy-efficient LED
bulbs in all household lights and lamps**

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8 DECENT WORK AND ECONOMIC GROWTH



TAKE ACTION: PROMOTE

**Buy products with the Fairtrade logo
showing they were made in decent
working conditions, by people who are
paid well and in
a sustainable way**

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9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



TAKE ACTION: CHOOSE

**If you need to shop online, choose
smaller online businesses that are
making an effort to
be more sustainable**

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TAKE ACTION: OPPOSE

If you notice harassment on an online message board or in a chat room, tell the administrator of that site

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TAKE ACTION:

GO

Go by bus, train or other public transport instead of by car when you can

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12 RESPONSIBLE CONSUMPTION AND PRODUCTION



TAKE ACTION: REUSE

Instead of buying new clothes,
mend, patch or dye old ones

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TAKE ACTION: CHANGE

**Stop appliances sucking up energy
when turned off by unplugging phone
and laptop chargers when not in use**

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TAKE ACTION: PREVENT

**Switch to reusable bottles and cups
rather than buying drinks in
disposable ones**

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TAKE ACTION: PROTECT

**Leave wild areas in your garden
or put up a bird box to help
local wildlife**

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16 PEACE, JUSTICE AND STRONG INSTITUTIONS



TAKE ACTION: DO

Stand up for what's right - if
you see something that is unfair,
speak up about it

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17 PARTNERSHIPS FOR THE GOALS



TAKE ACTION: UNITE

**Write letters to local community,
business and government leaders to
ask what they are doing
and how you can help**

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