

TAKE ACTION: GIVE

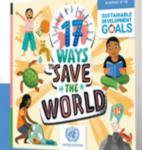
Suggest that friends or family donate to a charity that fights poverty instead of giving you a birthday gift



TAKE ACTION: PREPARE

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



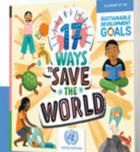


3 GOOD HEALTH AND WELL-BEING

TAKE ACTION: LIVE

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







TAKE ACTION: LEARN

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







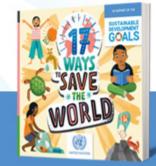
TAKE ACTION: EMPOWER

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



TAKE ACTION: CONSERVE

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

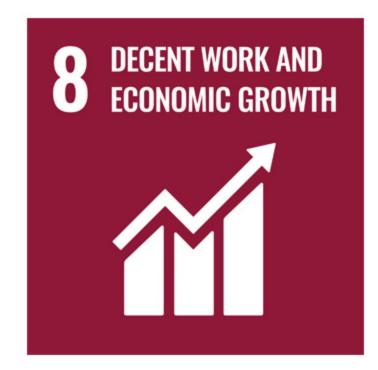




TAKE ACTION: SAVE

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





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



TAKE ACTION: CHOOSE

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



TAKE ACTION: OPPOSE

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





TAKE ACTION:



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



TAKE ACTION: REUSE

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





TAKE ACTION: CHANGE

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



TAKE ACTION: PREVENT

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



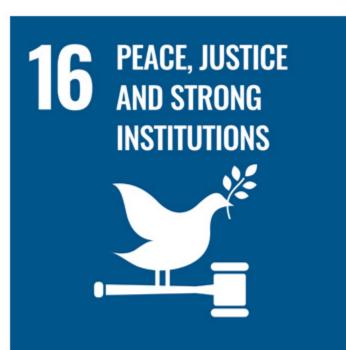


TAKE ACTION: PROTECT

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







TAKE ACTION:



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

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