

Name _____

My Carbon Footprint

What is a carbon footprint? _____

What is your carbon footprint? _____ tons/kgs of carbon dioxide.

How does your carbon footprint compare with the United States average? (18 tons or 7,800kg) _____

How does your carbon footprint compare with the world average? (5 tons or 3,800 kg) _____

What kinds of things make your carbon footprint higher?

- _____
- _____
- _____

To get the carbon dioxide concentration back down to a safer level, we need to get each person's carbon footprint down to 3 tons.

What are 3 things you can do to lower your carbon footprint?

- _____
- _____
- _____

Name _____

What I Can Do, What We Can Do

There are many different ways that young people can help prevent climate change. You have already taken the first step by learning what climate change is. Use this guide to help you think about ways to work with others to increase your influence. Be a leader! Help your community fight climate change!

What I plan to do to fight climate change:

What we as a class plan to do to fight climate change:

Individual Action Ideas

Participate in a climate change rally	Go grocery shopping with your family and look for locally produced foods, especially fresh fruits and vegetables.	Teach a family member or friend about climate change and help them make a change to lower their carbon footprint
Ride your bike to school or to a friend's house instead of riding in a car.	Eat more plant-based foods and less meat and dairy products.	Create a transportation log that shows how many miles you ride in a car in a month. Pledge to reduce the number next month.

Group Action Ideas

Ask your school leaders to make a change that will reduce the school's carbon footprint. For example, serving more vegetarian food at lunch and turning off buses when they pick up and drop off students.	Run a pledge drive! Ask your friends, family members, neighbors and teachers to pledge to do one thing to reduce their carbon footprint. Keep track of how much CO ₂ is reduced by people's pledges.	Make a video to educate others about climate change, then share your video with the community.
Advocate for a bicycle rack at school, or a place to store bikes inside so more students can bike to school.	Organize a climate change rally or assembly for your school or community.	Start a club that meets to talk about climate change and work to reduce the school's carbon footprint. If your school is in Maryland, you can work to make your school a Green School.
Advocate to hold a farmers' market at the school once a week or once a month.	Hold a fundraiser to buy Kill A Watt electricity use monitors for the school, then use them to monitor and lower electricity use	Create signs around the school reminding teachers and students to shut off lights and electronics when they're not being used

Make a Pledge!

Action	Approximate Pounds of CO₂ saved
Take a day (or more!) off from eating meat and dairy products	8 pounds for every day off
Ride a bicycle or walk next time you need to go somewhere nearby instead of driving (or riding) in a car	1 pound for every mile you don't drive
Adjust your thermostat up by 2° in the summer and down by 2° in the winter	5 pounds for every day you use less energy for heating and cooling
Change one light bulb from an incandescent light to a compact fluorescent light	2 pounds for every week with the new bulb
Shorten your shower by 2 minutes	1 pound per shower you take
Recycle cans and bottles	1 pound for every pound of waste you recycle (instead of putting in the trash)
Recycle newspapers and magazines	3 pounds for every week you recycle
Air dry your laundry instead of using a dryer	3 pounds for every load of laundry
Wash your clothes in cold water instead of hot	1 pound for every load of laundry

Sources: <https://www.clackamas.us/sustainability/tips.html>, <https://www3.epa.gov/carbon-footprint-calculator/>