

# Sustainable Choices

## SDGs Covered:



## Experience

Undertake **one** activity related to **each** of the following:

### 1. Learn about what sustainability is

These activities will help you **understand** what sustainability is and be able to **identify** the different choices people have around sustainable practices.

- Visit a local recycling or waste management company to learn about their processes and what residents can do differently to better support sustainable practices.
- Learn about conscious consumerism and fast fashion. Understand what sustainable practices are in the fashion or production industry and who some sustainable suppliers are. Compare different items of clothing from different sources and decide whether they are made sustainably or not.
- Visit your local council or regional council and find out more about environmental practices in your community.

### 2. Understand what causes people to make different choices

These activities will help you **understand** what causes people to make different choices and **recognise** the considerations of these decisions.

- Find out where your food comes from. What is the carbon footprint of your meals for a week? How much of that becomes food waste?
- Survey 20 people from a range of ages/backgrounds about their sustainability habits (e.g. plastic vs reusable bags, takeaway cups vs. keep cups, recycling/composting, electric vehicle use, public transport, etc). Find out what has influenced them to make these choices, and identify any trends in the data (e.g. age, education, convenience, upbringing, social pressure). Share your findings.
- Find out who makes the decisions to do with your Scout meeting place, local campsite, Scout event, or school. Interview them regarding the choices they make that relate to sustainability (e.g. suppliers, equipment, waste management, recycling, water management, etc). Do they enable participants to make sustainable choices while at the location? What has influenced the decisions of the organisers? Do you understand them? Are the alternatives easy to implement? Why/why not? Share your findings.

### 3. Find out the impacts of our choices

These will help you **realise** the ways that certain choices impact the environment and **understand** how making more sustainable choices could make a difference.

- Complete an online calculator to find out your environmental impact, including ecological and carbon footprint. Do you demand more of Earth's natural resources than it can cope with? How many Earths would it take to sustain your lifestyle? Identify some actions you can start implementing to reduce your impact.
- Work out the environmental impact created from five of your favourite items of clothing, based on their material, brand, shop purchased from, and any other information you can find. What could you buy instead that would have a reduced environmental impact? Why? Share your findings.
- Get your Scout group, whānau, or class to collect a pile of all the single-use plastic you use in a week or month. See if you can reuse the plastic you have collected in some way that is useful. Look at how much plastic was used by a small number of people and multiply that by the population of your town/city. Draw a map showing where you think this plastic would have ended up otherwise, and share your findings. Encourage your group to think of alternatives to buying short-term items in plastic.

#### 4. Identify some sustainable choices you can make with your new knowledge

These activities will enable you to **identify** the different choices available to you and others and to **implement** more sustainable habits in your own life.

- Find out what waste in your home can be recycled or composted and the ways in which you can reduce, reuse, and recycle. Take an action to directly reduce your waste.
- Don't buy anything new for a whole month, and see how this impacts - or not - your lifestyle. Learn practical ways to manage without new things., For example: sharing things, making your own (e.g. soap), or asking for hand-me-downs from others. At the end of the month, look at the things you own and donate anything you no longer need.
- Find out about Plastic Free July and research examples of where most of our waste comes from. Attempt a whole month (doesn't have to be July) of going plastic free. See how many of these habits you can continue after the month is over.

### Act

- Set up a sustainable solution for waste (recycling, compost, water refilling, reducing plastic, suppliers etc) at the next major Scout event (e.g. National Cub Day, Jamboree, National School) to enable participants to make sustainable choices while attending.
- Find out who supplies your Scout equipment – tents, cookers, uniforms, badges – and whether the goods come from sustainable providers. Start a campaign or design a policy for all your suppliers (group, local, regional, or national) to meet certain sustainability criteria and work on getting it implemented.
- Put together a vegetarian recipe book and distribute it, to encourage people to eat more vegetarian meals (at least one per week).

