The Can You Hear Us? campaign focuses on amplifying the climate efforts of young people across the country and building intergenerational conversations and working relationships surrounding climate justice. We believe that there are so many small ways to make big changes. This guide will help provide you with action items that can be practiced to become better climate activists in your homes, at your job, and in your everyday practices.

If you have any comments, concerns, or material that you would like to include in the Action Guide, please feel free to connect with us!

Contact us at hello@canyouhear.us.org
Intergenerational conversations are an important aspect of both understanding climate change and helping inform others about how their practices may affect our planet. They allow the sharing of ideas and information across groups with differing generational perspectives, educational backgrounds, and personal experiences. And as youth-led climate movements are rising, they stand on the shoulders of many generations who have led the way.
WHY They Matter:

- Younger generations have a powerful voice in demanding justice but may need help with the monetary, legislative and institutional power to elicit change in systems that have existed for many years. Therefore, conversations with older generations can inform the success of youth-driven climate movements on a local and global level.

- Alternatively, older generations may often feel comfortable in their ways, thus resistant to large systemic change. It’s crucial for younger generations within the family setting to encourage their parents and grandparents to act in greater urgency on climate issues that will evidently affect themselves and future generations.

- Younger generations have a track-record of having high moral ground on a wide-array of social-justice issues, so many feel there’s a responsibility to remind others of the intersectional aspect of climate change and how it disproportionately affects communities.

- Older generations tend to have more experience in understanding and managing complex institutional systems. Young people need their guidance and leadership to inform their movements on how to most effectively enact positive social change.

- Older generations run the large news outlets and determine widespread media coverage, of which the young require to amplify their movements or causes. In contrast, the younger generations have found ways to create movements via other media platforms like social media, which could be a valuable tool for adults to utilize in their own organizing efforts.

- Intergenerational conversations elicit cross cultural and cross educational solidarity, and therefore strengthen communities.
TIPS for Having Them:

▶ Know everything there is to know on your topic: Many people are going to automatically assume that you as a young person don’t know what you are talking about—which means you have to become an expert. Be overprepared (Jamie Margolin, *Youth to Power*). At the same time, acknowledge when you have more to understand and make that a collaborative learning experience.

▶ Defy stereotypes and expectations of your immaturity and irresponsibility: People may expect you to be impatient, immature, reckless and rude. Be the most patient, mature and polite person in the room. (Jamie Margolin, *Youth to Power*)

▶ Address the elephant in the room: If someone is really testing your limits or being overtly rude or dismissive of you as a young person, don’t be afraid to bring it up. Say, ‘If I were twenty years older and asking the same question, would you talk to me in the same way you’re talking now?’ The adult might get defensive, but just keep holding them accountable for their behavior and pointing out the truth. Speak your truth to power! Always, always, always. (Jamie Margolin, *Youth to Power*)

▶ Provide your audience with an emotional or personal connection to the issues of climate action and climate justice. Explain why you’re passionate—others should understand how and why this crisis affects you, your community, and future generations.

▶ Be patient and be respectful. You don’t want your passion to be mistaken for misdirected anger or misunderstanding. Not everyone may share the same perspective of you, but that could in part be because they were raised in a different setting or time, or have a different educational or cultural background. You want to inspire others to get behind you!

KNOW what you’re up against:

▶ Patronizing & invalidation
▶ Lack of trust in your ability
▶ Systemic silencing of your voice
▶ Lack of funding & resources
Young people can change the world:

“Throughout history and today, many social movements have been led and mobilized by young people. They’ve continued to lead the way in social change, and we see this demonstrated by groups who have brought upon the highest voter turnout in the 2020 election, or by the students of Stoneman Douglas who turned a tragedy into a national demand for change.”

(“Remember these faces, Remember Us”)

Young people encompass a wide range of skills.

Whether it’s multi-tasking, being outspoken for your cause, or knowing how to throw together a PSA, young people have an unstoppable perspective of what they can do and know how to apply their skills to accomplish their goals. In advocating for a cause, they’re further developing these skills, which will allow them to be great leaders and civically active adults.

Young people are collaborative.

Youth organizers are supportive of each others’ needs and recognize where others’ can help with their efforts. They utilize superpowers to their advantage, choosing to step up where they see fit and collaborating with others when they lack knowledge or expertise.
In the words of activist Jamie Margolin, Power Youth Activists hold...

**Fresh energy and perspectives:**
“Youth bring new ideas to the table, as well as a fresh energy and drive that many of our elders have lost. No one knows better than we do what it is like to grow up in the current time.”

**Expertise on the issues that personally affect us:**
“Many adults in power do not comprehend or even hear much about important film issues from young people’s perspectives. They do not feel climate change like we do; they don't feel student loans or an economy that makes it increasingly difficult for us to find good-paying jobs like we do. When we speak about what we are going through, that rings true to people, and it looks bad for someone in power to discredit their lived experiences of a young person.”

“Beyond knowing what power you do and don't have as a young person in this world, it is also important to know what you will be up to no matter what. Keep in mind that the more marginalized identities you carry, the more you will be up against. Know how the world perceives you (whether their perception is true or not) so you can best arm yourself to overcome their preconceived notions.”

- Jamie Margolin *(Youth to Power)*
We acknowledge that as climate issues have evolved and developed, not everyone is well-versed in the language used to discuss climate change and related topics. Please click on the buttons below to read the definitions of terms you may not be familiar with; they are organized alphabetically. Understanding these key terms will help you understand the issue of climate change more thoroughly.
» **Anthropogenic**: An Environmental change caused or influenced by humans directly or indirectly. Examples include deforestation and biodiversity loss. ([USGS](https://www.usgs.gov))

» **Backyard burning**: An illegal method of getting rid of household waste, possibly in an attempt to save on bin charges, that releases levels of pollutants into the air, so harming air quality and risking the health of those burning the waste and of their neighbours. ([EPA](https://www.epa.gov))

» **Biodegradable waste**: Organic waste, typically coming from plant or animal sources (for example food scraps and paper), which other living organisms can break down. ([EPA](https://www.epa.gov))

» **Biodiversity**: A short form of the phrase ‘biological diversity’, which means the variety of life on this planet and how it interacts within habitats and ecosystems. Biodiversity covers all plants, animals and micro-organisms on land and in water. See also ecosystem, habitat and organism. ([EPA](https://www.epa.gov))

» **Carbon Footprint**: A **carbon footprint** is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service. Individual carbon footprint usually derives from transportation, food and housing. *Why is it important?* Because it includes many gases - methane, nitrous oxide, fluorinated, and carbon dioxide, which is most commonly produced by humans - that trap heat in the atmosphere and cause global warming.

You can use **Carbon Footprint Calculators** to determine your emissions how you can lower your footprint:

- [The Nature Conservancy’s Calculator](https://www.nature.org)
- [United States Environmental Protection Agency’s Calculator](https://www.epa.gov)
- [United Nations Carbon Offset Platform’s Calculator](https://www.uncf.org)

» **Clean Air Act (CAA)**: Federal law designed to control air pollution on a national level. It requires the EPA to develop and enforce regulations to protect the public from airborne contaminants known to be hazardous to human health. ([ADEQ](https://www.adep.state.in.us))

» **Clean Water Act (CWA)**: Primary federal law governing water pollution. Its objective is to restore and maintain the chemical, physical, and biological integrity of the nation’s waters by preventing point and nonpoint pollution sources, providing assistance to publicly owned treatment works for the improvement of wastewater treatment, and maintaining the integrity of wetlands. ([ADEQ](https://www.adep.state.in.us))

» **Climate vs. Weather**: Weather refers to factors like temperature, wind, and humidity in the short term. Climate refers to the weather patterns that occur over a long period of time, typically at least 30 years. ([NOAA](https://www.noaa.gov))

» **Compostable Materials**: Food scraps, yard waste, and dirty paper products that can be composted to become soil. ([CAS](https://www.cas.org))

**Continued On Next Page!**
Coral bleaching: Coral bleaching happens when corals lose their vibrant colors and turn white, and the leading cause of coral bleaching is climate change. A warming planet means a warming ocean, and a change in water temperature can cause coral to drive out algae. Coral reefs matter because thousands of marine animals depend on coral reefs for survival, their deterioration impacts peoples’ livelihoods, food security, and safety, and they’re natural barriers that absorb the force of waves and storm surges, keeping coastal communities safe. (WWF)

Deforestation: Deforestation is the permanent removal of trees to make room for something besides forest. This can include clearing the land for agriculture or grazing, or using the timber for fuel, construction or manufacturing. Deforestation destroys trees that help mitigate greenhouse gas emissions produced by human activity by absorbing carbon dioxide. (Live Science)

Environmental Justice: Environmental justice is the intersection between both social justice and environmentalism, where the inequality of who is being impacted is also considered. (Green Dreamer)

Examples to understand Environmental Justice:

- Vulnerable communities pay the highest price for environmental damage caused by polluters. Many communities don’t have the luxury of a physical barrier between them and environmental hazards. Unfortunately, low-income and communities of color are already disproportionately impacted by the impacts of climate change and this will only continue without political action and protection.
- A 2010 study found that people of color in the U.S. were exposed to 37% more nitrogen dioxide (a transportation-related pollutant) than white Americans. This exposure has real consequences with children of color reporting higher rates of asthma.
- Communities where oil and gas extraction take place, waterways and soil are being polluted with toxic fracking fluid that can negatively impact the environment and human health.
- Some neighborhoods across the country don’t have access to fresh produce and healthy foods—a problem known as food deserts.
**Fossil Fuels:** Fossil fuels, including coal, oil and natural gas, are currently the world’s primary energy source. Formed from organic material over the course of millions of years, fossil fuels have fueled U.S. and global economic development over the past century. Yet fossil fuels are finite resources and they can also irreparably harm the environment. According to the U.S. Energy Information Administration, the burning of fossil fuels was responsible for [76 percent of U.S. greenhouse gas emissions](https://www.eia.gov/tools/faqs/faq.php?id=427&title=1) in 2016. These gases contribute to the [greenhouse effect](https://www.epa.gov/energy/greenhouse-gases) and could lead to potentially catastrophic changes in the Earth’s climate. (ESSI)

**Fracking:** Fracking is the process of drilling down into the earth before a high-pressure water mixture is directed at the rock to release the gas inside. Fracking allows drilling firms to access difficult-to-reach resources of oil and gas. However, it uses huge amounts of water, which must be transported to the site at significant environmental cost. As well as earth tremor concerns, environmentalists say potentially carcinogenic chemicals may escape during drilling and contaminate groundwater around the fracking site. (BBC)

**Gray Water:** Wastewater generated from kitchen sinks, washing machines, wash-hand basins, showers and baths, which can be recycled for landscape irrigation and constructed wetlands. (ADEQ)

**Greenhouse Gases:** Gases that trap heat in the atmosphere, including carbon dioxide, methane, nitrous oxide, fluorinated gases. (EPA)

**Greenwashing:** A form of corporate misrepresentation where a company will present a green public image and publicize green initiatives that are false or misleading.

**Indigenous Sovereignty:** Recognizing Indigenous nations in the exercise of sovereignty to prevent further erosion of tribal and Indigenous sovereignty and recognition of off-reservation treaty reserved hunting, fishing, gathering, and ceremonial rights—including Indigenous measures to protect and preserve Indigenous language, culture, spiritual practice, sacred sites, and traditional relationships with Mother Earth. (CJA)

**Intersectional Environmentalism:** This is an inclusive version of environmentalism that advocates for both the protection of people and the planet. It identifies the ways in which injustices happening to marginalized communities and the earth are interconnected. It brings injustices done to the most vulnerable communities, and the earth, to the forefront and does not minimize or silence social inequality. Intersectional environmentalism advocates for justice for people + the planet. (Leah Thomas)
- **Landfill:** A location on land where wastes are placed for permanent disposal. *(ADEQ)*

- **Regenerative Agriculture:** Farming and grazing practices that, among other benefits, reverse climate change by rebuilding soil organic matter and restoring degraded soil biodiversity – resulting in both carbon drawdown and improving the water cycle. *(RI)*

- **Renewable Energy:** An energy source that comes from natural sources or processes that are replenished regularly such as solar, wind, and geothermal energy. While renewable energy is often thought of as a new technology, harnessing nature's power has long been used for heating, transportation, lighting, and more. *(NRDC)*
Watershed: A land area that channels rainfall and snow-melt to creeks, streams, and rivers, and eventually to outflow points such as reservoirs, bays, and the ocean (NOAA). Watersheds are teeming with wildlife, plants, and outdoor human activities such as kayaking and fishing. Storm drains (which are not sewer drains), lead many materials into watersheds, so we must limit the trash and toxic materials that end up in those drains, in order to limit our negative impact on ecosystems and protest the quality of water itself. (ACUA)
Click a category to explore some of the many ways you can TAKE ACTION based on your differing situations and interests.
HOURS AVAILABLE

How many hours can you dedicate to climate action?

- Up to 1 hr
- Up to 3 hrs
- Up to 8 hrs
- Continuous Action
Up to 1 Hour

▷ Join/attend your neighborhood council to see what climate initiatives currently exist and how you can incorporate more ideas around regenerative thinking and climate justice.

▷ Clean or replace HVAC filters every three months. A dirty filter on your air conditioner or heater will make the system work harder and waste energy. (Curbed)

▷ Participate in a Climate Justice Accountability Program on behalf of your business or organization.

▷ Defend our national monuments: Deliver this petition from Earthjustice to the Department of Interior and the Department of Commerce.

▷ Defend the Arctic Refuge from Reckless Oil Drilling & Exploration by delivering this public message to U.S. Congress. (EarthJustice)

▷ Install a shower head that uses less water.

▷ Look for sustainable alternatives for your everyday essentials. Check out Package Free’s shop for ideas!
Up to 3 Hours

▷ **Organize a clean up in your community!** Invite friends & find a local park or beach. *(National CleanUp Day)*

▷ Run a business or organization? **Host a Workshop & Strategy Session** with Movement Generation to learn how to engage staff and members as they integrate an ecological lens into their work.

▷ **Start a community garden in your area!** Grow fresh produce for all to enjoy by following the *Climate Victory Garden* tips for a sustainable and healthy garden.

▷ **Host a clothing exchange or upcycling party.** Gather friends and get creative! Take any clothes you were thinking of tossing and re-envision them to make something new to wear. Whatever isn't upcycled can be exchanged amongst friends.

▷ **Dive deeper into climate topics.** Pick three episodes from *the Green Dreamer* podcast to learn more about these important issues.
Up to 8 Hours

▷ Join one of Movement Generation's Justice & Ecology Retreats to explore the depths and connections of the current ecological, economic, and social crises.

▷ Organize an Earth Skills seasonal training program, designed to gain practical skills that help communities weather the impacts of the ecological crises, lighten our collective footprint on the planet, and practice managing our resources without government or corporate oversight so that we can ensure equity.

▷ Sign up for a farmer training program and learn more about regenerative agriculture. You can do this in urban areas as well! Start with Rodale Institute's programs and Farmer Rishi's gardening groups.

▷ Organize a local meeting to discuss climate action. Use 350.org's training resources to help you get started!

▷ Read more about Indigenous stewardship and wisdom to guide your own practice. Check out Braiding Sweetgrass and then listen to this podcast.

▷ Learn about food infrastructure and modern day oil and gas extraction in the United States. These are interconnected! Food and shale production map here.
Continuous Action

- **Start a composting bin**, even in your fridge! This helps reduce methane emissions, and instead creates nutrient-rich soil. Use this [Composting Guide](#) from Trash Is For Tossers.

- **Wash your clothes in cold water** instead of warm/hot water. Reduce your carbon footprint by decreasing your energy consumption when doing laundry. You’ll also save money on your water bill. ([Eartheasy](#))

- **Invest in zero waste supplies** to cut down on your daily trash intake. Check out Trash Is For Tossers’ [Zero Waste Alternatives: Ultimate List](#) for suggestions on where to begin.

- **Shop secondhand!** Refrain from investing into fast fashion, which is one of the leading contributors to the climate crisis. Instead, visit your local thrift store or shop on sites like Poshmark and ThredUp for clothing needs. Learn more about how to balance sustainability and fashion with [this article](#).

- **Find a community of people to carpool with!** Reduce your carbon footprint by decreasing the emissions that get released into the air.

- **Educate yourself** by watching documentaries focused on specific climate change and environmental issues. Start with *An Inconvenient Truth*, *Before the Flood*, *Kiss the Ground* & *Eating Animals*.

- **Reduce your junk mail!** Opt in to paperless billing with your banks, health care providers, and insurance companies. It helps save paper & lowers the emissions for your mail carrier!
WHERE YOU LIVE

Which best describes the area in which you live?

- Suburbs
- City
- Rural
Suburbs

▷ **Join your neighborhood council** to see what climate initiatives currently exist and how you can incorporate more ideas around regenerative thinking and climate justice.

▷ **Improve air quality testing systems in your community!** Follow [this step-by-step guide](#). Ideal for small city budgets!

▷ **Join a community garden!** Bring in your neighbors as well. [Here](#) are some tips and tricks if you’re looking to start one.

▷ **Take public transportation.** Download transportation planning apps like Citymapper and Transit who not only offer detailed trip-planning services and real-time arrival information, but also help local transit agencies improve service. To create more efficient routes, give your city the data it needs.

▷ **Promote suburban agriculture!** You can follow [these ten steps](#) and create your own farm.

▷ **Wash your clothes in cold water:** Next time you do laundry, instead of washing your clothing in warm or hot water, *[wash them on cold]*. By doing so you reduce the energy you use and decrease your carbon footprint. (Earth Institute / Columbia University)
City

- **Ride a Citi Bike or electric scooters** around the city. It may even prove to be faster!
- **Take public transportation.** Download transportation planning apps like Citymapper and Transit who not only offer detailed trip-planning services and real-time arrival information, but also help local transit agencies improve service. To create more efficient routes, give your city the data it needs.
- **Get houseplants to help purify the air** & bring life to your home! Support urban farms, local nurseries, and small independents to supply your home.
- **Elect local representatives** who speak to climate concerns and using renewable energies.
- Need a weekend away from the city? **Visit National Parks!** This helps provide funding to protect these beautiful spots in nature. It’s also an educational way to learn about the environment.
- **Join a community garden!** Bring in your neighbors as well. Here are some tips and tricks if you’re looking to start one.
- **Wash your clothes in cold water:** Next time you do laundry, instead of washing your clothing in warm or hot water, wash them on cold. By doing so you reduce the energy you use and decrease your carbon footprint. (Earth Institute / Columbia University)
Rural

- **Reduce your junk mail!** Opt in to paperless billing with your banks, health care providers, and insurance companies. It helps save paper & lowers the emissions for your mail carrier!

- **Ditch your thermostat** & embrace the outdoor breeze during the warmer months!

- **Find a community of people to carpool with!** Reduce your carbon footprint by decreasing the emissions that get released into the air.

- **Improve air quality testing systems in your community!** Follow this step-by-step guide. Ideal for small city budgets!

- **Elect local representatives** who speak to climate concerns and using renewable energies.

- **Reduce water waste!** Saving water reduces carbon pollution as it takes a lot of energy to pump, heat, and treat your water. So take shorter showers, turn off the tap while brushing your teeth, and switch to WaterSense-labeled fixtures and appliances. (NRDC)
What best describes the type of home you live in?

- Apartment
- House
- Farm
- Shared
- Other
Apartment

▷ **Change your incandescent light bulbs into LED.** LED lights are up to 80% more efficient than fluorescent or incandescent lights. In comparison to your standard light bulb, 95% of an LED's energy is converted into light while only 5% is wasted as heat. The less amount of energy you demand from power plants decreases the greenhouse gas emissions making for a happier planet! *(Earth Institute)*

▷ **Upcycle your furniture.** Find pieces at thrift stores or Craigslist, Nextdoor & other online platforms!

▷ **Build a downspout planter box.** If you live in an apartment building, you can still capture your rainwater to save water and cool streets. Some cities may even offer free training for homeowners on stormwater management, so research if your city does something similar! *(Curbed)*

▷ **Hack your thermostat.** Simply adjust your thermostat to run 2 degrees cooler in the winter and 2 degrees warmer in the summer. You likely won't notice much of a difference in your house, but the energy savings can be dramatic.

▷ **Hang-dry your clothes** instead of using the dryer. Use a **drying rack** or a clothesline!

▷ **Get houseplants to help purify the air** & bring life to your home. Support urban farms, local nurseries, and small independents to supply your home.

▷ **Start a composting bin,** even in your fridge!

▷ **Install a shower head** that uses less water.

▷ **Find an apartment** that's in close proximity to public transportation or places you will visit often, like the grocery store. Check out **Walk Score.**

▷ **Talk with your landlord** about how renewable energy can save them money in the long run and improve the property.
House (college campus, senior living, etc.)

▷ **Change your incandescent light bulbs into LED.** LED lights are up to 80% more efficient than fluorescent or incandescent lights. In comparison to your standard light bulb, 95% of an LED’s energy is converted into light while only 5% is wasted as heat. The less amount of energy you demand from power plants decreases the greenhouse gas emissions making for a happier planet! *(Earth Institute)*

▷ **Add solar panels to your house.** The Energy Department has a [good resource guide](#) for homeowners, while Google’s [Project Sunroof](#) helps calculate the potential benefits of home installation.

▷ **Ask your utility company about buying clean electricity.** Contact your utility company, find out the sources of the electricity they supply, and see if you can opt in for “green pricing” in order to pay slightly more in exchange for clean, renewable power. *(Curbed)*

▷ **Get a home energy audit.** A simple [home energy audit](#) can show how much energy your home consumes and give you [tips on changes](#) that can make things more efficient. Most assessments help homeowners save between 5 to 30 percent on their energy bills, and audits can significantly reduce a home’s carbon footprint.

▷ **Clean or replace HVAC filters** every three months. A dirty filter on your air conditioner or heater will make the system [work harder and waste energy.](#) *(Curbed)*

▷ **Use a programmable thermostat.** Instead of keeping your house a constant 70 degrees, invest in an automatic thermostat, which can cost [as little as $25.](#) Higher-end smart thermostats can customize your temperatures so you’re not blasting the air conditioning when no one is home. *(Curbed)*

▷ **Don’t buy a new home; renovate an old one.**

▷ **Hang-dry your clothes** instead of using the dryer. Use [a drying rack](#) or a clothesline!

▷ **Upcycle your furniture.** Find pieces at thrift stores or Craigslist, Nextdoor & other online platforms!

▷ **Carpool with family members when you’re going out!** Avoid driving cars to the same location if you can.
A Farm

- **Learn about regenerative agriculture** and why it's the next big thing. [Listen](#) to Mari Stuart, founder of [Project Grounded](#) for the lowdown.
- **Strengthen protections for farmworker** children by [sending an email](#) to your congressman showing your support for the CARE Act (Children's Act for Responsible Employment).
- **Ditch your thermostat** & embrace the outdoor breeze during the warmer months!
- **Listen to episode #275 and #276** of the Green Dreamer podcast to learn more about decentralizing power in agriculture and regenerative agriculture legislation ([Find more episodes here](#)).
- **Optimize energy efficiency** through solar panels, wind turbines, renewable energy-based transportation, and non-petroleum-based fertilizers is important to maximize your climate footprint.
- **Help reduce food waste** while also feeding those in need by working with organizations like [The FarmLink Project](#) who connect farmers with food banks. Transportation costs are covered in order to deliver fresh food to communities in need.
- **Read about “Five Indigenous Farming Practices Enhancing Food Security”** and connect with organizations mentioned in the piece. Follow the guidance of BIPOC farmer/gardeners [here](#), too.
Shared Living Facility

▷ **Start a student climate organization** at your school or university!

▷ **Take a course** on environmental science or environmental policy. There are many courses that also overlap with topics in the humanities, such as environmental racism or development.

▷ **Make carpooling your go-to transportation method.** Whether you're venturing off-campus or doing activities outside of your care facility, ask someone to scoop you up on the way!

▷ **Start a compost bin** at your senior living facility (or in your dorm room)!

▷ **Utilize the school shuttles** to get around to avoid bringing your car to campus

▷ **Advocate for water bottle refill stations!** Put that free reusable water bottle to work & meet with school officials to encourage installing refill stations. There are even [grants](#) for this.

▷ **Use living facility activities to your advantage.** Organize a movie night with films that touch on the environment or [make crafts out of recycled materials](#).

▷ **Demand Recycling Stations** in **[your school, place of work](#)** or religious organization. You can apply for [recycling grants](#) to help fund your initiative at school!

▷ **Turn off the lights** & unplug your devices when you're not in your dorm room.

▷ **Start a campaign** to eliminate the use of single use plastics on campus.
Other

- **Hang-dry your clothes** instead of using the dryer. Use [a drying rack](#) or a clothesline!
- **Utilize public buses and shuttles** to get around your local area.
- **Help reduce food waste** while also feeding those in need by working with organizations like The FarmLink Project who connect farmers with food banks. Donate any extra to community distribution centers and food banks!
- **Turn off the lights** & unplug your devices when you're not home.
- **Install a shower head** that uses less water.
- **Clean or replace HVAC filters** every three months. A dirty filter on your air conditioner or heater will make the system work harder and waste energy. ([Curbed](#))
CHANNELING YOUR SKILLSET

Which best describes your skill set/superpower?

- Administrative & Organizing
- Educational
- Advocacy & Leadership
- Handy & Resourceful
- Creative & Art
- Scientific & Research
Administrative & Organizing

▷ Organize friends to attend a climate action strike → Locate them here!
▷ Send emails to your senators to demand climate action.
▷ Start an Earth Guardian Crew and lead youth toward a fight for climate justice!
▷ Tell Wall Street and Congress: Put People Before Polluters. Demand that banks, asset managers and companies stop funding, insuring and investing in climate destruction.
▷ Work to stop government subsidies for the beef industry. The US government alone spends $38 billion each year to subsidize the meat and dairy industries, but only 0.04 percent of that ($17 million) each year to subsidize fruits and vegetables. Needless to say, when the price of something is lower, people tend to buy more of it. (Rainforest Alliance)
▷ Join your local Sunrise Movement chapter to work with other like-minded individuals fighting to demand climate action, end the corruptive influence of fossil fuel executives on our politics, and elect leaders who stand up for the health and wellbeing of all people.
▷ Start a student climate organization at your school or university!
▷ Organize local screenings for your community with films that speak to climate issues (even if it’s Moana)!
▷ Participate in a lobby day (such as Climate Generation’s annual Youth Lobby Day), or schedule a meeting with your representative on your own.
Advocacy & Leadership

▷ **Be a climate voter** – vote for candidates who accept the science of climate change and are committed to addressing it.

▷ **Demand Recycling Stations** in your school, place of work or religious organization. You can apply for recycling grants to help fund your initiative at school!

▷ **Start a Zero Hour Sister Chapter.** If you don't have a climate justice group in your area, become the leader of one. Apply to create a chapter [here](#).

▷ **Back a scientist running for office.** Few members of Congress identify as scientists, which many science-minded advocates say is part of the problem when it comes to climate legislation. ([Curbed](#))

▷ **Lead a school climate strike** with [Fridays for Future](#).
Creative & Art

▷ Are you responsible for a creative institution? Do you work in the entertainment industry? Join the Creatives Industries Pact for Sustainable Action!

▷ Sign up to be an Artist for the Earth, a global network campaign that connects and engages the public in climate movement using art.

▷ Interested in incorporating climate storytelling in your work? Check out the Climate Story Lab Toolbox from Exposure Labs and Doc Society.

▷ Collaborate with Working Films! If you are someone whose passion projects revolve around social justice, expand your knowledge with the opportunities Working Films offers here.

▷ If you're a visual artist, try broadening your style by only using recycled material or trash that would have ended up in a landfill. Check out Washed Ashore: Art To Save The Sea Exhibit as inspiration!

▷ Create a climate story with your students, church friends, or other community members to share personal stories of climate change and help others understand how it is relevant to their lives. A climate story is a personal account of climate change from your experience and observations, ranging from despair to hope, from loss to resolve. It is descriptive and makes an emotional connection to climate change.

▷ Become a Climate Stories Ambassador.

▷ Join Creators for Justice and support climate-justice groups that need pro-bono creative assistance.

▷ Do you enjoy working with film? Use Doc Society’s Impact Field Guide & Toolkit as a source on how to make an even bigger impact as a film creator.
Educational

▷ Incorporate curriculum/discussion guides in the classroom that bring in topics related to climate change and our relationship with the planet.

▷ Inform co-workers and company employees on how they can be more sustainable at their work. Whether it's recycling in the office, avoiding single use plastics, or sharing materials digitally rather than printing them - you can present these ideas during your lunch hour!

▷ Put books about climate change in your nearest little free library. Start exploring a list of kid books in our Educators Toolkit.

▷ Avoid printing materials when possible - utilize digital learning and resources!

▷ Organize local screenings for your community with films that speak to climate issues (we recommend I am Greta, Before The Flood, Kiss The Ground, and Gather!).

▷ Encourage Climate Literacy in your classroom. Utilize our Educators Toolkit to help educate your students on climate change and how they can make a difference.

▷ Empower your school to speak up for climate action! Use these free materials from Schools for Climate Action to pass a powerful, non-partisan climate resolution in your school district.
 Handy & Resourceful

▷ **Make your own non-toxic cleaner!** Follow this recipe from Trash is for Tossers that has only three ingredients and allows you to continuously reduce waste and keep the air you breathe clean.

▷ **Install a shower head** that uses less water.

▷ **Create a natural deodorant** that smells good, is good for the planet, and works!

▷ **Download the app Buycott**, which reads the UPC barcode on a product, and suggests whether a consumer should buy or avoid that product based on how well it aligns with the consumer’s values and principles.

▷ **Create your own DIY beauty products**, cleaning solutions, and clothes!

▷ **Considering a new home?** Try renovating an old one.

▷ **Start a community garden in your area!** Grow fresh produce for all to enjoy by following the Climate Victory Garden tips for a sustainable and healthy garden.

▷ **Start a composting bin**, even in your fridge!
Scientific & Research

▷ Use this remote sensing tool from The Environmental Defense Fund and Google to map local air pollution. Neighborhoods can use the data to reduce emissions and target communities most at risk for health issues.

▷ Dive into the Clean Power Plan and understand how states can meet their emissions reduction goals.

▷ Help reduce actions that diminish against the roles of independent scientists! Contact the Union of Concerned Scientists to protect scientists involved in environmental policy-making from political influence.

▷ Set science-based targets for reducing greenhouse emissions within your company or organization. 1,000+ other companies are taking action!

▷ Request help from a woman in STEMM through 500 Women Scientists: a resource for journalists, educators, policy makers, scientists, and anyone needing scientific expertise.

▷ Amplify polling on climate change, public policy and the energy transition! This supports research done by Climate Nexus in collaboration with the Yale Program on Climate Change Communication.
Which environmental cause are you most passionate about?

- Climate Justice & Intersectional Environmentalism
- Protection of Land & Other Natural Resources
- Finance & Investments
- Renewable Energies
- Food, Agriculture & Regeneration
- Technology & STEM
- Storytelling & Communications
Climate Justice & Intersectional Environmentalism

▷ **Educate yourself** on intersectional environmentalism and how climate justice is racial justice.

▷ **Recognize** that *indigenous sovereignty* is crucial for the environment movement. We must follow native leadership when crafting climate policies and approaches. Read *this caption* for accounts to follow online and watch *Gather* to learn more about food sovereignty.

▷ **Sign up to be an ambassador** with Zero Hour if you’d like to educate your community on the Green New Deal.

▷ **Participate** in a *Climate Justice Accountability Program* on behalf of your business or organization.

▷ **Support organizations** working on environmental justice. Find a few suggestions from Green Dreamer [*here*].

▷ **Listen to an episode** on creating community gardens in food deserts and read more about environmental justice.
Finances & Investments

▷ **Move your money away from fossil fuel funders** with the help of *Stop the Money Pipeline*. Choose a local bank or credit union; avoid big banks like Chase, Wells Fargo and Bank of America that fund the fossil fuel industry. Find a list of better banking options on their site.

▷ **Disinvest from carbon-heavy industries and investments** by using *this guide* from Intuit Turbo. Making sure your financial portfolio matches your beliefs is a sound investment in our collective future. Many mutual funds and retirement accounts offer clean energy and carbon-free options, and groups such as *Carbon Tracker* have helped demonstrate the risk of carbon-heavy investments in light of a worldwide shift toward cleaner energy.

▷ **Support the Adaptation Fund** which uses grants to finance localized projects and programmes that help vulnerable communities in developing countries adapt and build resilience to climate change.

▷ **Build public pressure to create “green” banks** and encourage banks to subsidize adaptation projects for sustainable housing development.
Food, Agriculture, & Regeneration

- Learn about Regenerative Organic Certified food, what it means & where you can buy ROC-certified products.

- Support farmer’s markets & local food. Use the USDA directory + Local Food Source map to locate local farmers markets. Did you know that food in the U.S. travels an average of 1,500 miles to get to your plate? All this shipping uses fossil fuels and other natural resources, and generates GHG emissions. (CUESA)

- Meal Prep for the week. In reducing food waste and preventing the habit of overbuying your groceries, get organized and plan out your recipes and food needs before you head to the market.

- Eat more plants. If you need extra incentive, check out this food footprint calculator, which shows you the climate footprint of everything from beer and beef to peas and pasta—all in terms even the most science-phobic can understand.

- Start a composting bin, even in your fridge!

- Listen to episode #275 and #276 of the Green Dreamer podcast to learn more about decentralizing power in agriculture and regenerative agriculture legislation (Find more episodes here).
Protection of Land & Other Natural Resources

▷ Use this remote sensing tool from The Environmental Defense Fund and Google to map local air pollution. Neighborhoods can use the data to reduce emissions and target communities most at risk for health issues.

▷ Recognize that America’s public lands play a vital role in protecting nature’s biodiversity, wildlife migration corridors, Indigenous culture, and slowing the impacts of a changing climate. The more land we conserve the more resilient they will be and the United States has committed to protect at least 30% of our public lands and waters by 2030. Explore America’s National Conservation Lands, and volunteer with a community group working to conserve these lands and more of them to help meet the 30% by 2030 goal.

▷ Sign petitions that protect indigenous lands in your area. (Here’s one to start!)

▷ Reduce water waste! Saving water reduces carbon pollution as it takes a lot of energy to pump, heat, and treat your water. So take shorter showers, turn off the tap while brushing your teeth, and switch to WaterSense-labeled fixtures and appliances. (NRDC)

▷ Use Native Land to learn about what land you are currently on and understand, “Decolonization is not a metaphor.” We must follow native leadership when crafting climate policies and approaches for Indigenous peoples are the original stewards of the land.

▷ Sign a geohazard petition from Citizens for a Healthy Community to protect all Coloradans from oil and gas spills.

▷ Learn more about Native-led movements for land protection (such as for Mauna Kea and the Dakota Access Pipeline) and support the organizations involved.

▷ Read up on the Endangered Species Act and search petitions to protect it!
Renewable Energies

▷ Read about the need for climate-focused agriculture policy and take action here!
▷ Voice your support for local clean energy projects in your community.
▷ Teach kids about renewable energy from a young age! You can even make solar-powered s’mores.
▷ Change your incandescent light bulbs into LED. LED lights are up to 80% more efficient than fluorescent or incandescent lights. In comparison to your standard light bulb, 95% of an LED’s energy is converted into light while only 5% is wasted as heat. The less amount of energy you demand from power plants decreases the greenhouse gas emissions making for a happier planet! (Earth Institute)
▷ Add solar panels to your house. The Energy Department has a good resource guide for homeowners, while Google’s Project Sunroof helps calculate the potential benefits of home installation.
▷ Use a programmable thermostat. Instead of keeping your house a constant 70 degrees, invest in an automatic thermostat, which can cost as little as $25. Higher-end smart thermostats can customize your temperatures so you’re not blasting the air conditioning when no one is home. (Curbed)
Storytelling & Communications

▷ **Download the Climate Story Lab Toolbox** to engage in climate communication strategies and climate storytelling.

▷ **Follow influencers** who care about the environment! We love [this curated list](#).

▷ **Join Creators for Justice** and support climate-justice groups that need pro-bono creative assistance.

▷ **Understand “why every city needs a climate storyteller”** and envision how your skills can be used to create media that incorporates climate storytelling.

▷ **Document** the physical and emotional effects of climate change over time. This can be used as an educational tool and could result as a photo series, multimedia project, or even a short film such as “Lowland Kids”.

▷ **Read and share personal climate stories** from Our Climate Voices to help raise awareness about how climate change is personally impacting communities.
Technology & STEM

▷ **Increase equity and access in STEM education**, especially for communities that are disproportionately affected by climate change. *Here's an example* of a STEM afterschool program.

▷ **For teachers**: *bring space, our universe, and our planet into your classroom.*

▷ **Learn more about IoT devices** and innovative initiatives to combat climate change (*Interact, IoT for all*).

▷ **Read this Vox article** to learn about the International Energy Agency’s technological innovations to achieve net-zero carbon emissions and recommendations for how to move forward.

▷ **Study the areas of STEM and technology** that speak most to your interests and experiences to better support research and development in those sectors.

▷ **Request help from a woman in STEMM** through *500 Women Scientists*: a resource for journalists, educators, policy makers, scientists, and anyone needing scientific expertise.
THANK YOU to the following organizations for their contributions to the Action Guide:

- 350.org
- 500 Women Scientists
- Action Network
- ACUA (Atlantic County Utilities Authority)
- ADEQ (Arizona Dept of Environmental Quality)
- Afterschool Alliance
- Agricultural Marketing Service
- American Community Garden Association
- BBC
- Because Water
- Bevi
- Build a Better Burb
- California Academy of Sciences
- Carbon Tracker Initiative

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Sources & Thank Yous

- Center for Urban Education about Sustainable Agriculture
- Citizens for a Healthy Community
- Clean Grid Alliance
- CleanRiver
- Climate Generation
- Climate Justice Alliance
- Climate Nexus
- Climate Stories Project
- Conservation Lands Foundation
- Creative Industries Pact
- Creators for Justice
- Curbed

- Doc Society
- Ducksters
- Earth Guardians
- Earth Day
- Eartheasy
- Earth Justice
- Eco-cycle
- Eco Watch
- EdSurge
- EESI (Environmental & Energy Study Institute)
- ENERGY STAR
- US Department of Energy
- Environmental Defense Fund

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SOURCES & THANK YOUS

- EPA (US Environmental Protection Agency)
- Farmer Rishi
- FeltMagnet
- For the Wild
- Fridays for Future
- Gizmodo
- Global Climate Strike
- Google Project Sunroof
- Green America
- Green Dreamer
- Green School Alliance
- Hotpads Blog
- Interact
- Intersectional Environmentalist
- Intuit Turbo
- IoT For All
- IvyWise
- Jamie Margolin, Youth to Power
- Kiss the Ground
- League of Conservation Voters
- Live Science
- Milkweed
- Movement Generation
- NASA Jet Propulsion Laboratory
- National CleanUp Day

Continued On Next Page!
Sources & Thank Yous

- National Park Service
- National Sustainable Agriculture Coalition
- Native Land
- Nicki & Karen
- NOAA (National Oceanic & Atmospheric Administration)
- NRDC
- One Green Planet
- Our Climate Voices
- Package Free Shop
- Project Grounded
- Rainforest Alliance
- Regeneration International

- Resilience
- Rodale Institute
- Schools for Climate Action
- Science Based Targets
- Scientific American
- Stop the Money Pipeline
- Sunrise Movement
- The Farmlink Project
- The Local Food Source
- The New York Times
- The Washington Post
- Trash is For Tossers
Join the movement! #CanYouHearUs