



### Carbon Footprint

Everybody has one but what is a carbon footprint?

It's your own personal measure of how much carbon dioxide you create and how much you contribute to climate change. Carbon dioxide is a colourless, odourless, nonpoisonous gas found in the air in small amounts.

### How can I cut down on the carbon dioxide I make?

1



Drink tap water instead of bottled water. Most containers used for bottled water are plastic and use lots of petroleum to produce them and to ship them around and to recycle them afterwards.

2



Walk or cycle to school - if you live near enough to your school start walking or cycling there. If not, you could use public transport or ask your parents to car share with nearby families. Some schools operate a walking bus, find out if yours does.

3



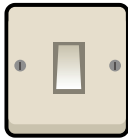
Turn down the thermostat - tell your parents to turn your thermostat down. By turning it down by one degree you could reduce carbon emissions and cut your fuel bills down by 10 percent.



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4



Turn it off - it makes no sense to leave appliances on if you're not using them. It's wasting energy, losing money and contributing to climate change. Turn that TV off when you're not watching it and don't leave things on standby.

5



Take a shower, so much quicker than a bath and uses much less water and power.

6



Use energy efficient light bulbs, they last longer and will cut your electricity bills.

7



Batteries - use rechargeable batteries rather than disposable ones.

8



Clothes - take your unwanted clothes, shoes and bags that you've outgrown to a charity shop.

9



Recycle - whenever possible, don't forget old mobile phones and glasses that could improve the quality of life of someone in a 3rd world country.