



Lines open Mon - Fri 10am - 6pm

**0808 801 0338**

Free to call from all landlines and mobiles

## Going 'Green'

Living a 'green' lifestyle is all about thinking about how our behaviour impacts on the planet. If we understand what causes the planet's environmental problems, we can change our behaviour to reduce these problems. By consuming cautiously, saving energy and cutting down our waste, we will produce less carbon dioxide, and reduce our environmental impact on the earth.

This factsheet will give you the information to make sure you can start making a difference today.

### The planet's problems

**Climate Change** – The earth is warming up and if it continues to do so there will be serious environmental impacts.

Droughts, flooding, severe weather and destruction of natural habitats for starters.

**Pollution** – The chemicals and gasses we produce in manufacturing, farming and our daily lives all act as pollutants if they get into water supplies or the soil. The amount of rubbish that we humans create also is a big pollution concern.

**Using up of natural resources** – We are using up the world's resources too quickly and there is a danger that they could run out. Rising petrol prices, shortage of fish stocks, droughts, and deforestation are all examples of this.

### The solutions

To stop climate change we need to go on a carbon diet. By consuming less energy in all areas, we produce less carbon dioxide, and slow down climate change.

We must be aware of what creates pollution and dispose of our waste properly. We should aim to use less and recycle more, which will reduce the amount of waste sent to landfill.

Reduce, Reuse, Recycle. We need to think before we consume. Are the things we use in danger of running out? Could we buy different things instead? Could we reuse, or fix up our old things before we get new ones?

### Did you know?

- The poor who have contributed the least to climate change are often most affected by it.
- The average Scot uses more resources than they should, and if everyone on the earth consumed the same way we would need three whole planets to sustain us.

### Check your Carbon Footprint

Find out how your lifestyle impacts on the planet by logging on to Act on CO2 [actonco2.direct.gov.uk](http://actonco2.direct.gov.uk) and calculating your carbon footprint. It will show you in which areas you produce the most carbon and also give you tips to help you cut down.



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## Ten Green Tips

- **Save your electricity** – Turn your electricals off; don't leave them on stand-by. Turn lights off when you're not in the room, cover your pans when cooking and only boil as much water as you need in the kettle. Invest in some energy saving light bulbs. You will reduce your carbon footprint and find you also save loads of money.
- **Push public transport** – On short journeys walk or cycle instead of using the car. Think about car sharing and using public transport for long distance travel. Cut down on flying – it's the least environmentally friendly way to travel.
- **Recycle more** – If you are already recycling your cans and bottles, think about what else you could recycle. Mobile phones, clothes and furniture can all be found a good home. Sell your unwanted things to make you money, instead of throwing them in the bin.
- **Watch what you wash away** – If you pour oil or chemicals down the sink can act as pollutants when they get into water or onto land. Try and use eco friendly washing liquid and detergent where possible.
- **Count your food miles** – Try to buy local and seasonal food. It doesn't have to be shipped half way around the world, which saves carbon. Also think about buying organic food which means that the animals and environment are treated fairly and fair-trade products, which makes sure producers in other countries get a fair wage.
- **See what you can reuse** - Take a reusable bag shopping. Invest in good quality products which will last so you don't have to keep throwing them away. Try reusable batteries; they are better for the planet and will save you a fortune.
- **Volunteer to help the environment** – Get involved in a volunteering project that helps the planet. There are loads of different things you can do: planting trees, protecting wildlife, litter picking in your local area or recycling at a festival. Look for a volunteer opportunity on [www.youngscotwow.org](http://www.youngscotwow.org).

## More more information

WWF Scotland - <http://scotland.wwf.org.uk>

Friends of the Earth Scotland - <http://www.foe-scotland.org.uk/>

Sort it – [www.sort-it.org.uk](http://www.sort-it.org.uk)

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