

MAKING CHANGE TOGETHER

USING CLIMATE SCIENCE

- Read or learn from many sources
- Ask your teachers and family on the best source of information
- Remember climate models provide a scenario or possible future, not an accurate prediction
- Consider how your family can be healthier with forecast heat, rain or storm events into the future
- Everyone can do something, science just helps us understand how
- Consider looking at websites from the Australian and Victorian Government

AT HOME

- Start a garden or vegetable patch and grow your own food
- Turn off taps in between use to save water
- Have shorter, cooler showers
- Avoid buying food wrapped in plastic and purchase locally grown food
- How can you use less electricity? Set a fun family challenge!
- Walk to the shops or park rather than drive
- Plan your meals to reduce food waste
- Wash clothes in cold water

REDUCING CARBON EMISSIONS

- Turn lights off when leaving the room and replace globes with LEDs
- Choose low power options of heating and cooling
- Is your electricity from wind, solar or other renewable energy sources?
- Turn all your appliances to 'off' or unplug them when not in use
- Set thermostats between 24-26°C for cooling, 18-20°C for heating
- How much electricity is your school using? Can you set a fun challenge to lower use and emissions?
- Set your airconditioner or heater to recommended temperatures (check the instructions)
- Plan ahead on how you will stay cool or shelter
- Keep blinds closed and block of drafts to seal your home or room

DURING HEATWAVES AND WEATHER EVENTS

- Stay connected and listen to the radio - it's a great source of information!
- Know where to get free water in your town or school
- Pick cooler days and times for sport or family activities
- Visit a cool space like a garden or library
- Check on you friends, family and neighbours
- Set your airconditioner or heater to recommended temperatures (check the instructions)
- Plan ahead on how you will stay cool or shelter
- Keep blinds closed and block of drafts to seal your home or room

AT SCHOOL

- Does your school have water tanks for the garden?
- Start a worm farm or compost for organic food scraps
- Practice the four 'R's': Reduce, reuse, recycle and recover
- Turn off lights, computer monitors and fans when not in use
- Start a vegetable plot or communal garden
- Walk or ride to school, or car pool with other families

ADVOCATE

- Join the TAKE2 Pledge with your family and friends
- Join a community or school group to run projects with your friends
- Work with your teachers and class to run a project at your school or community
- Join a youth council within your town or suburb
- Find out how you can write stories and share your activities locally to inspire others
- Start conversations about climate change and work together
- Start a worm farm or compost for organic food scraps
- Practice the four 'R's': Reduce, reuse, recycle and recover
- Turn off lights, computer monitors and fans when not in use

ENVIRONMENT

- Plant trees as part of community events or organise your own
- Run a sustainable market day with friends
- Start a community garden or composting club
- Support swapping of clothes or excess food and vegetables
- Donate items to 'not for profit' stores

ADAPTATION
Addresses the **impacts of climate change** - more frequent heatwave events, intense downpours and harsher fire weather.

MITIGATION
Addresses the **causes of climate change** - reduces the accumulation of greenhouse gases in the atmosphere.