



People and Planet



# How to Help Save the World!

A Family Guide



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Discover the problems facing our planet – and learn about how you and your family can help...



# 1

Solar, wind and tidal energy are all examples of pollution-free power.



# 2

Rainforests around the world are destroyed to make way for farming crops and livestock.

## Climate change

### What's the problem?

Our world is getting warmer. When we burn fossil fuels such as coal, oil, or gas to power our homes, factories, and transportation, greenhouse gases are released, which trap too much heat in Earth's atmosphere. Rising temperatures lead to melting glaciers, increased wildfires and more extreme weather. This also affects animals' habitats and populations.

### What can my family do?

- Save energy by switching off lights and appliances when you're not using them.
- Walk, cycle, or take public transportation instead of the car.
- Switch to a green energy supplier – one of the most impactful changes you can make!

## Habitat destruction

### What's the problem?

Our world isn't as wild as we'd like to think. Ancient forests and other animal habitats have been cleared away to make way for human homes, roads, factories, and mines. But the biggest cause of habitat loss is farming, with a third of all land on Earth used for cattle grazing and growing crops.

### What can my family do?

- Eat a little less meat and dairy. Can you go meat-free some days?
- Buy local produce – support your local farmers.
- Encourage insects – leave a patch of lawn unmown or plant wild flowers in a window box.
- Avoid products that contain palm oil.

Stick me on your refrigerator or family noticeboard!

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**3** Pangolins – the most trafficked animal in the world – are killed for their scales which are used in traditional Asian medicine.

### Illegal wildlife trade

#### What's the problem?

Every year, millions of animals from thousands of rare species are snatched from the wild to be sold in the illegal wildlife trade. This multi-billion-dollar industry is driving species to extinction. Elephant ivory, tiger bone, bear bile, rhino horn, and other body parts are sold as 'medicine', despite having no medicinal value at all.



**4** Just 13% of the ocean is considered to be 'wilderness' that's not directly affected by human activity.

### Overfishing

#### What's the problem?

We are taking too many fish from the oceans, so fish populations don't have time to recover. Massive factory ships with nets bigger than houses catch huge numbers of fish at once – but removing too many adult fish leaves fewer eggs and juveniles. We're also taking food away from marine predators, upsetting the natural balance of our ocean.

#### What can my family do?

- Avoid buying products or food made of wild animals.
- Support charities that are working to end the illegal wildlife trade.

#### What can my family do?

- Only buy fish that has been sustainably caught – check the label!
- Eat a little less fish each week. Can you go fish-free some days?

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**5** The average U.S. household contains a mammoth 300,000 products!

## Overconsumption

### What's the problem?

Earth's population is growing. Scientists expect there to be 10 billion people on the planet by 2050, and all those people will need homes to live in and food to eat. It might surprise you, but the world's wealthiest countries have the most harmful impact on the planet because they consume and produce more.

### What can my family do?

- Simply buy less new stuff! We don't need as much as we have, so think before you buy.
- Donate unwanted goods to charity rather than binning them.



**6** Plastic packaging ends up on beaches and in the ocean where it harms wildlife.

## Plastic pollution

### What's the problem?

Single-use plastics cause a lot of damage to the environment, both in the way they're made (which uses fossil fuels) and in the waste they create, which takes hundreds of years to break down.

### What can my family do?

- Write to your local grocery store asking them to reduce single-use plastic.
- Cut down on single-use plastic at home – opt for alternatives and reusables instead.
- Buy long-lasting products designed to be enjoyed over and over!