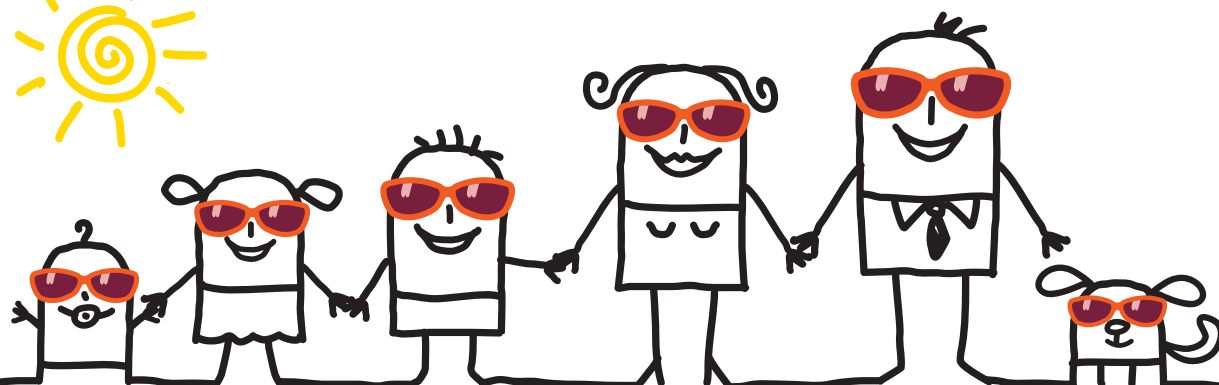


# LEADING THE WAY ON CLIMATE CHANGE



# CLIMATE CHANGE - A CHANGE FOR US ALL



Climate change is no longer just a theory for the scientists and specialists, it's a reality for us all. It might seem like Britain's summers have been a bit wet and miserable recently, but worldwide, the last 12 years have included 11 of the hottest years on record.

Climate change is happening right here, right now and we all have a part to play to reduce its effects. That's why we've put together this pack, to try and help the Scout and Girlguiding movements lead the way.

Over the next few pages we'll explain some of the facts and figures behind climate change, then at the back you'll find worksheets for all ages full of fun, practical activities for you to use at your meetings. The worksheets identify which programme areas and badges/awards they support (see key on inside back cover), making it even easier for you to get involved.

## GREENHOUSE EARTH

### So just what is climate change and what is causing it?

For millions of years, the earth sensibly locked away its carbon, in the form of coal and oil, to keep the environment balanced. Then people came along. Thinking we were clever, we dug up these carbon stores and burnt them as fuel, releasing the carbon dioxide (CO<sub>2</sub>) back into the atmosphere.

In Britain, every one of us produces around 2 tonnes of CO<sub>2</sub> each year, which is what scientists believe is causing climate change.

That's because CO<sub>2</sub> works like the glass in a greenhouse, allowing the sun's rays through, but blocking the escape of the heat that they generate. This is called the Greenhouse Effect - great for tomatoes but not so good for people or the planet.



# SHRINKING ICE, RISING SEAS

The effects of climate change are already being felt around the world, by everyone from people to polar bears.

Arctic summer ice is shrinking every year, leaving the polar bears less and less room, and soon they may have no summer ice left to live on. All that melt-water that is flooding into our oceans could soon be flooding into your front room as sea levels rise.

It's the same worldwide. Climate change could potentially leave millions homeless as their villages become too dry or too wet, and hundreds of species, from polar bears to pandas could become extinct.

## ICE SHEET FORECAST FOR 2020

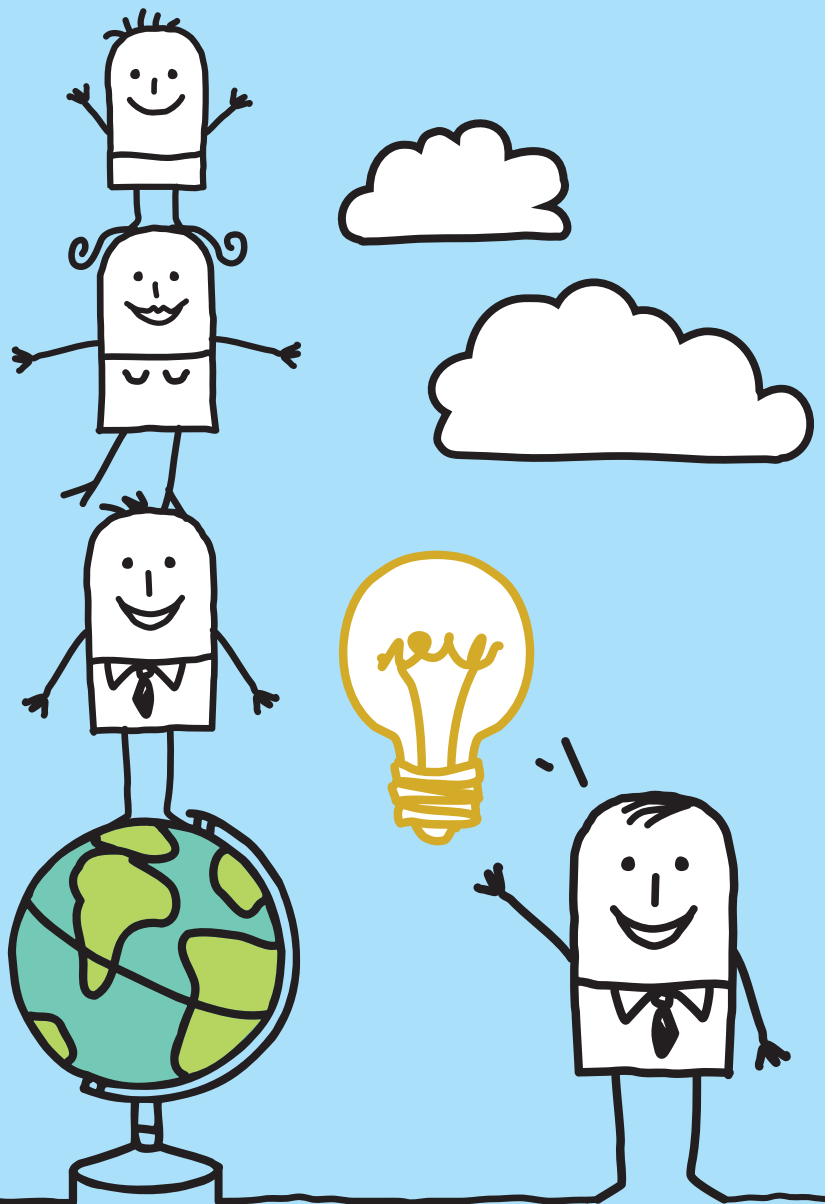


## WE NEED TO ACT NOW

Climate change affects everyone, and we all have a part to play. It's easy to say that you are just one small person in a small country, but if we all did that, nothing would ever be achieved!

It's easy to blame heavy industry for damaging the planet, but in fact 40% of all CO<sub>2</sub> is produced by individuals driving, heating and lighting our homes. This means that lots of small individual actions can make a big change.

We all need to make whatever changes we can to reduce our impact on the environment - simple things like walking rather than travelling by car, turning off lights and TVs when they're not in use and reducing and recycling our waste.

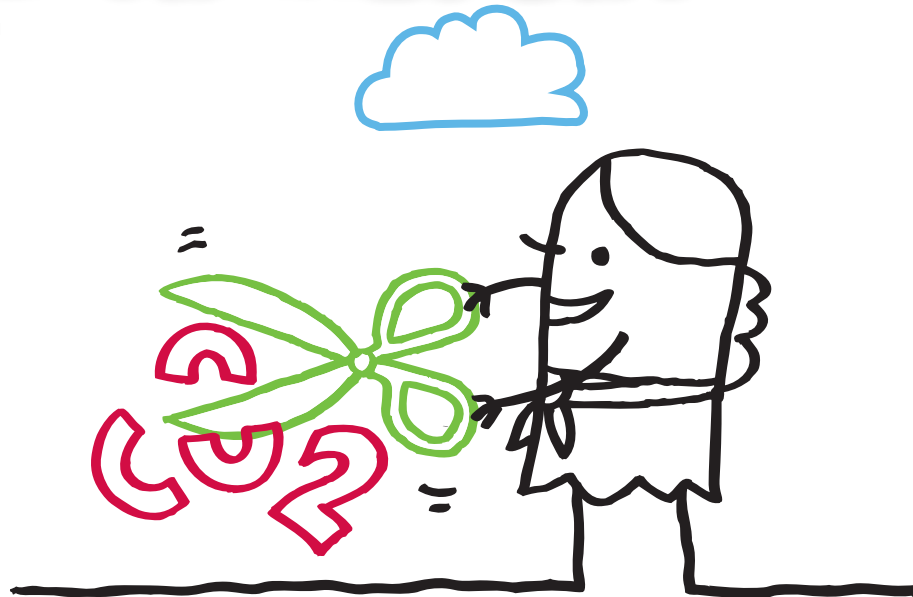


# CUTTING THE CARBON OF TRAVEL AND TRANSPORT

Whether we're walking, cycling, driving or flying - we all need to get around. So does the food we eat, the clothes we wear and everything else we buy. Transport in the UK results in 122 million tonnes of CO<sub>2</sub> each year - that's the equivalent of 300,000 fully laden jumbo jets. Road transport alone is responsible for 22% of the UK's CO<sub>2</sub> and air travel contributes a further 6%.

But what can we do to reduce these emissions? We still need to get around, we still want to go on holiday and we still need to shop.

The answer is to try and do all these things a little smarter, choosing low carbon alternatives where we can and making sure we get the maximum use out of our cars when we do have to use them. Here are a few suggestions...



## TAKING THE CAR OUT OF YOUR CARBON FOOTPRINT

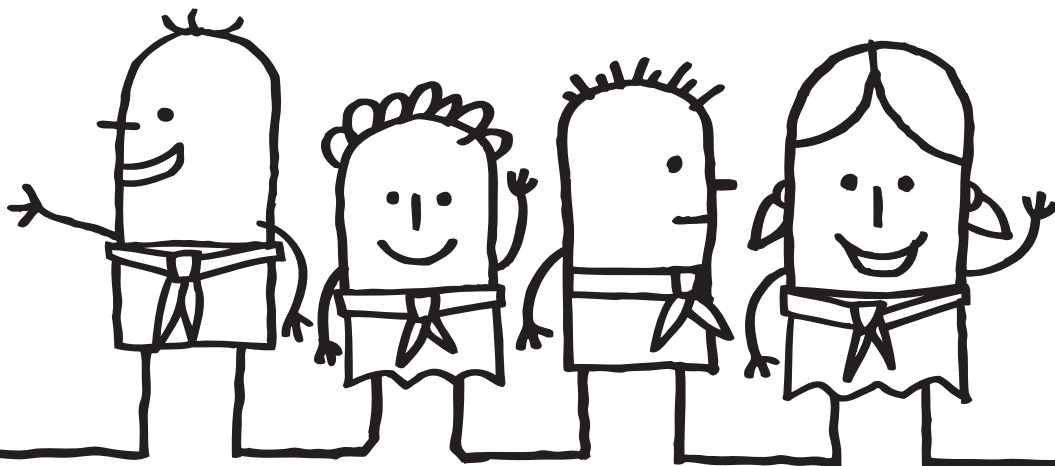
Most of us can't imagine life without a car. It's just too convenient, and if we're honest, we're just too lazy. But buses and trains offer an easy, low carbon alternative to driving, moving lots of people at once.

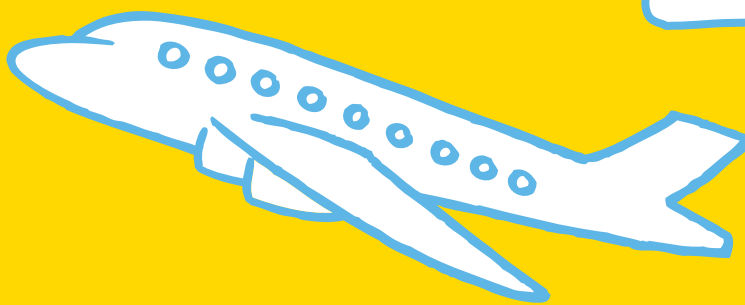


If you must travel by car, it makes sense to share the trip, and the carbon footprint, with as many people as possible. It's loads of fun and saves loads of CO<sub>2</sub> and money too.

The average commuter travelling 12 miles a day produces 800kg of CO<sub>2</sub> in a year. If four people share a car instead of driving alone they will cut emissions by 2.4 tonnes a year.

Of course, you could just walk to school, to work or to your meeting place, cutting out the carbon altogether. You'll get to enjoy your local area and you could get yourself fit in the process. Using a car to travel a 5 minute round trip will create 1.5kg of CO<sub>2</sub> - that's enough to fill 150 party balloons.





## GIVE THE PLANET A BREAK WHEN YOU GO ON HOLIDAY

As we said, air travel counts for 6% of the total CO<sub>2</sub> emissions for the UK, and five out of six of those flights are for leisure. So if we were to all holiday at home, and enjoy all that the UK has to offer, we could cut our total CO<sub>2</sub> emissions by 5%.

You don't even have to stay in the UK to cut the carbon footprint of your holiday. With the Channel Tunnel, you can get to lots of places in Europe by train - rail journeys use just a third of the CO<sub>2</sub> of a short haul flight.

As scouts and guides, there's no need to tell you how much fun camping can be, so why not suggest it for your main family holiday too. It's as eco-friendly as a holiday can get and the only footprint you'll leave will be in the sand on the beach.

## CUT YOUR FOOD MILES

These days, the supermarkets stock a wide range of vegetables all year round, regardless of the season, as well as exotic fruits and cheap clothing from far away places.

We pick up apples from South Africa (5,600 miles), beans from Kenya (4,200 miles) and clothing made in China (5,000 miles) without a second thought about how far they have travelled or the CO<sub>2</sub> that journey has produced.

Shopping at farmers markets, local butchers and greengrocers is a great way of cutting the 'food miles' of your weekly shop. What's more, local fruit and veg in season will be fresher and tastier than imported produce and is often cheaper too.



# COMBATING CLIMATE CHANGE BEGINS AT HOME

Perhaps the easiest place to start fighting climate change is at home. Heating, cooking and electricity accounts for 26% of all UK CO<sub>2</sub> emissions. That's around 142 million tonnes of CO<sub>2</sub> every year.

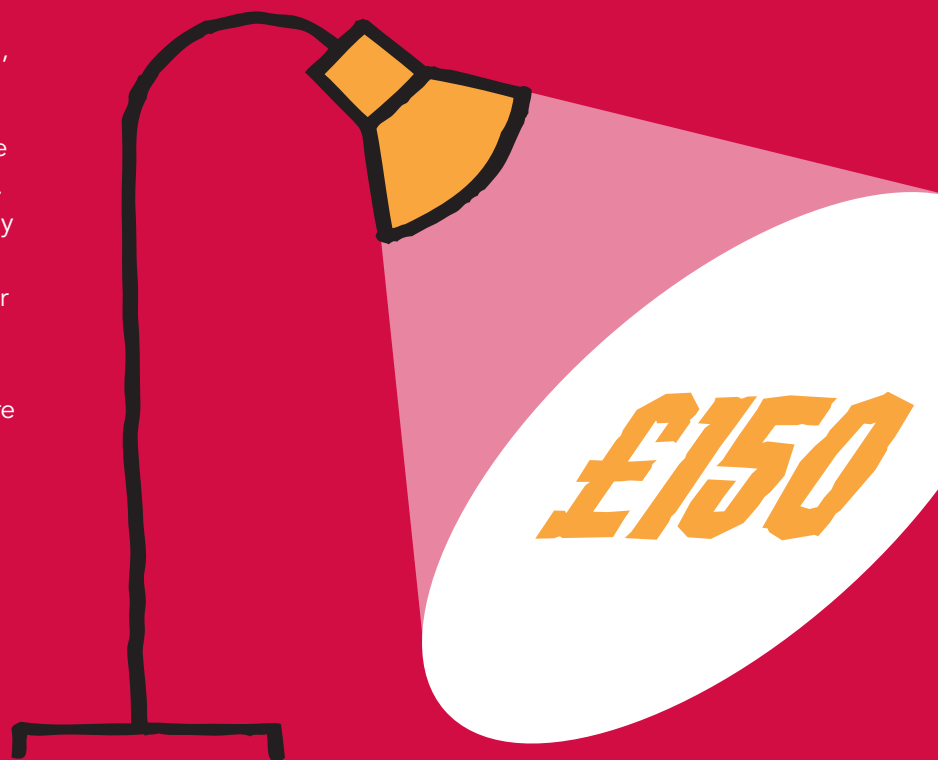
There are big things you can do to change your home, like insulating the loft and filling cavity walls. But even the little things can help too, like changing your habits and turning things off as you leave the room.



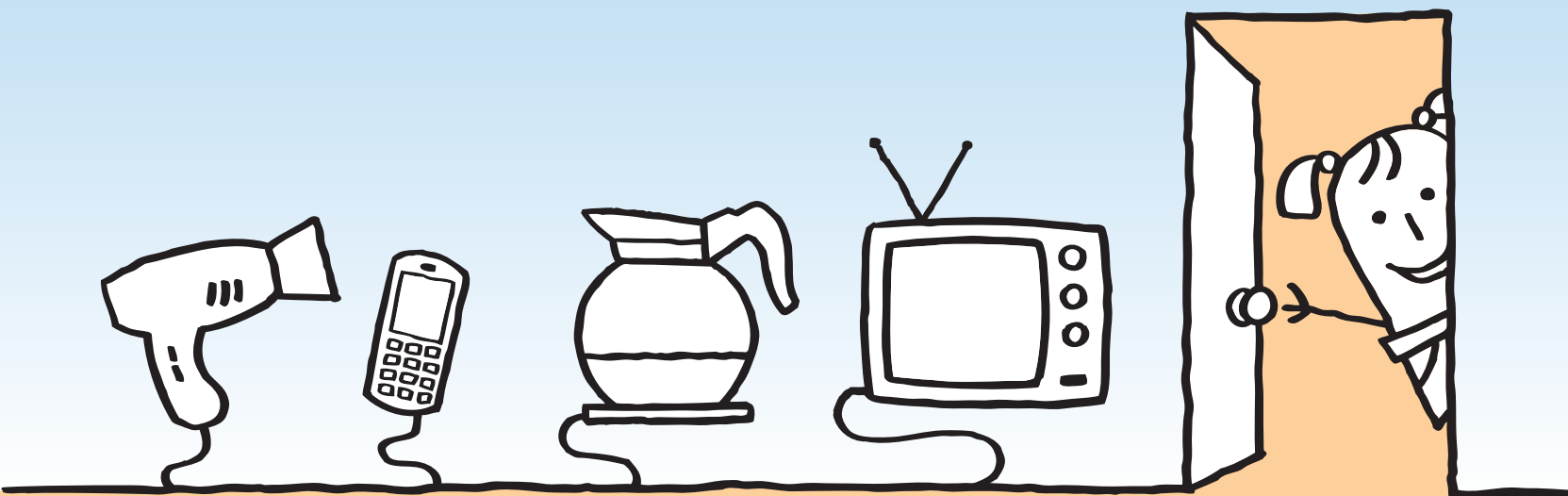
## CHANGING YOUR HOME

Proper insulation not only cuts down on emissions, but can also save up to £150 a year on heating bills, so it's worth investing in, or suggesting to whoever owns your house.

Another easy way to save energy is to replace ordinary light bulbs with energy saving bulbs. These only use around a quarter of the energy to produce the same light. Changing just three bulbs could save over 130kg of CO<sub>2</sub> per year, with each saving over £110 in energy costs over their lifetime. What's more, these bulbs last much longer and so save even more energy in manufacture, packaging, transport and shopping trips.







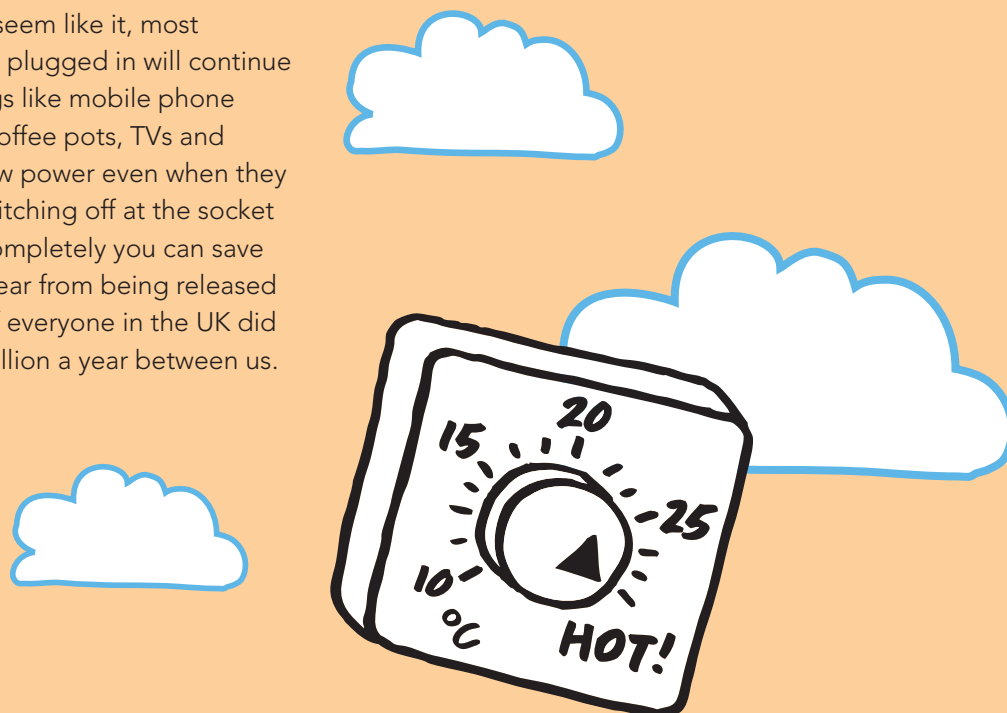
## CHANGING YOUR HABITS

If you think changing your home sounds easy, then changing your habits could be even easier. A shocking amount of energy is wasted, and CO<sub>2</sub> needlessly created, simply because we don't turn things off when we aren't using them.

We all waste energy without thinking, because we don't see the consequences straight away. But add up all those lights we leave on and doors we leave open and it makes a huge difference to the CO<sub>2</sub> we produce. So make it a habit to turn lights off when you leave the room and close the door to save wasting heat.

Although it might not seem like it, most appliances that are left plugged in will continue to use electricity. Things like mobile phone chargers, hair dryers, coffee pots, TVs and computers will still draw power even when they are switched off. By switching off at the socket or unplugging them completely you can save over 500 kg of CO<sub>2</sub> a year from being released into the atmosphere. If everyone in the UK did this, we'd save £800 million a year between us.

Better still, you could avoid wasting energy producing that heat in the first place. Next time you feel cold, try putting on a jumper instead of putting on the heating. Turning down your heating thermostat by just one degree can save up to 330kg CO<sub>2</sub> per year.



# GOING TO WASTE

Reducing, reusing and recycling our waste makes environmental sense on so many levels. Not only does it save the earth's precious resources, like the oils used in plastic bottles or the metal used in drink cans, but it also saves energy too.

The amount of waste we produce in the UK is truly staggering. We throw away 28 million tonnes of waste every year - that's the weight of 3,500,000 double decker buses, enough to stretch around the world one and a half times - and every week, we produce enough waste to fill Wembley Stadium!

Yet more than half of that can be recycled. Current UK recycling is estimated to save 18 million tonnes of CO<sub>2</sub> a year - **that's the equivalent of taking 5 million cars off the road.** Every tonne of paper that is recycled saves

17 trees. And the more trees we save, the more CO<sub>2</sub> they'll convert back into oxygen.

If we reduce and reuse too, we could cut that CO<sub>2</sub> figure even further.



## REDUCE

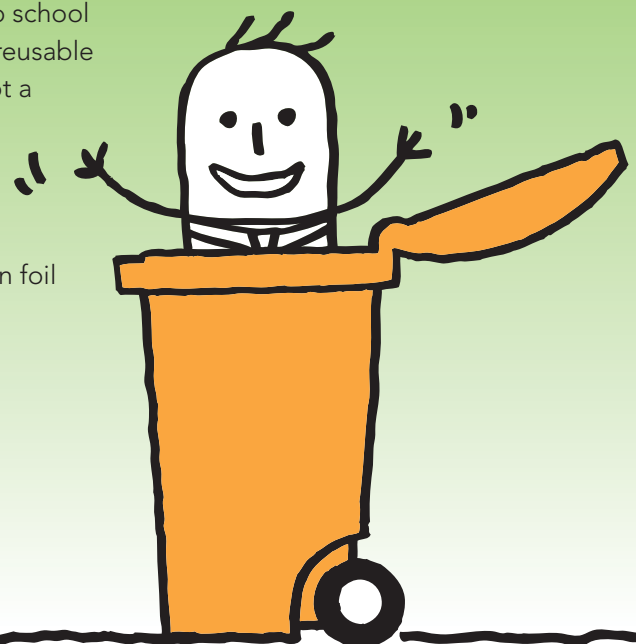
- avoiding the waste in the first place

The average person creates their own bodyweight in rubbish every 7 weeks.

Reducing simply means avoiding creating the waste in the first place. There are lots of ways you can do this on a day to day basis, for example:

- Register your home address with the Mailing Preference Service. This will stop you getting unwanted junk mail. You can do the same with the post office to avoid unaddressed mail.
- If no one in the family reads your local free-sheet, contact the paper and ask them to stop delivering it.
- Choose groceries with reduced packaging and don't use a plastic carrier bag unless you absolutely have to.

- Buy in bulk to minimise packaging and avoid individually wrapped items.
- Take lunch to school or work in a reusable container, not a disposable plastic bag and don't wrap your sandwiches in foil or film.





# REUSE

- new ways for old waste

The UK gets through 9.9 billion carrier bags every year, most of which end up in landfill.

Reusing means just that - using things again wherever you can. And if you can't use them again, try and find someone who can. Here's a few ways you can reuse things:

- Take your plastic carrier bags back to the supermarket to reuse next time. Most stores sell strong plastic or fabric bags that can be used again and again.
  - Don't just throw away clothes at the first signs of wear. Mend them with a needle and thread. Alternatively donate them to a charity shop where someone else can reuse them.
  - You can pass on almost anything through websites such as Freecycle or other local exchange networks and charity shops. That way instead of going to landfill, it will be reused by someone else.
- It's amazing what you can reuse when you put your mind to it. With a bit of creative thought, you'll not only help save the planet, but lots of money too.



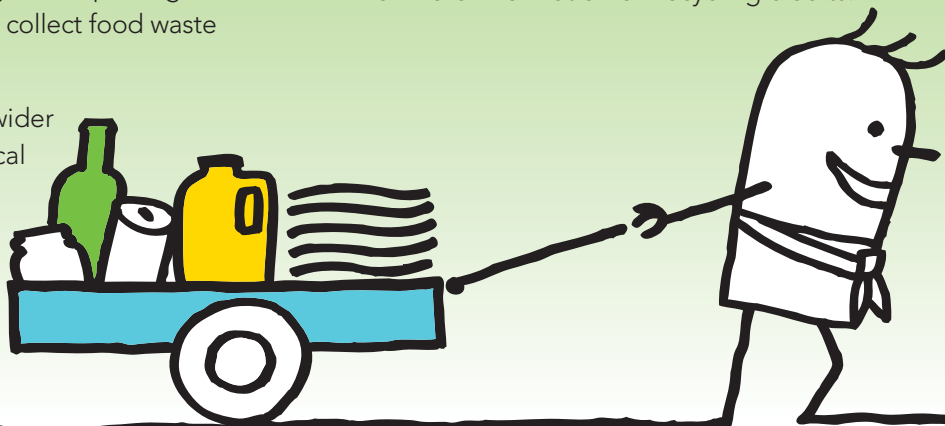
# RECYCLE

- reclaiming the raw materials

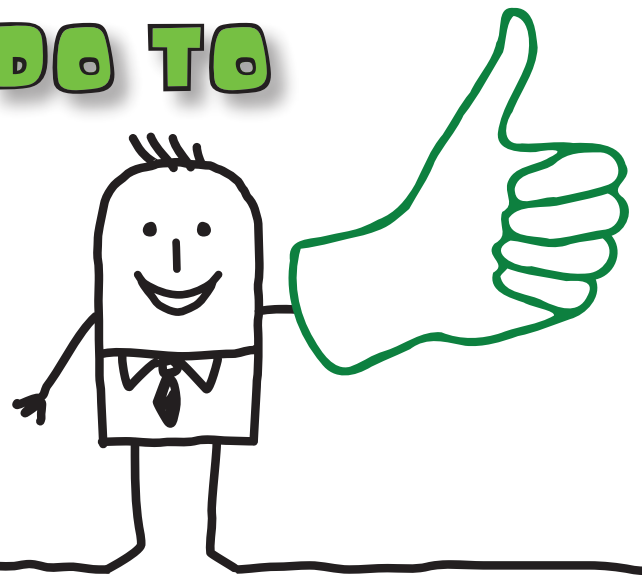
You can make 20 recycled cans with the energy it takes to make just one new one.

Recycling is a way of reclaiming the raw materials that things are made from, so that they can be used again, instead of using new resources every time. There are lots of ways to recycle;

- Make the most of your council recycling service. All Lancashire's councils collect cans, bottles, plastic, paper, textiles (except Ribbles Valley) and garden waste for recycling or composting. A number of councils also collect food waste for composting.
- You can recycle an even wider range of waste at your local Household Waste Recycling Centre.
- You can recycle at home by using a compost bin for kitchen and garden waste or making note pads out of waste paper.
- Collecting aluminium cans, textiles, plastics or waste paper for recycling could even help your pack raise funds. Look online at [www.lancashire.gov.uk](http://www.lancashire.gov.uk) or call 0845 0500 957 for more information on recycling credits.



# WHAT CAN YOU DO TO COMBAT CLIMATE CHANGE?



For many of us, the concept of climate change is just so huge, and the consequences so far reaching, that we feel powerless to do anything. Others think it is already too late. But it isn't and there are so many things that each and every one of us can do that will make a real difference.

We must act now to slow down our environmental impact and begin to reverse the damage. We all have a part to play, taking positive action, changing our day to day habits and spreading awareness of the importance of this issue. But if our generation does not do it, it may be too late for the next.

## POSITIVE ACTION FOR YOUR MEETING

In the folder opposite, you'll find a range of activities to help you and your friends to reduce your carbon footprint and help combat climate change. Each activity sheet includes:



The activities will also help towards gaining badges and awards such as Global Challenge and the PDQ Environment Challenge for Scouts and Environment and World Issues badge and Look Wider for Guides.

For more information about the science of climate change and how you can play your part and make a difference, look online at:

[www.carbontrust.co.uk](http://www.carbontrust.co.uk)

[www.direct.gov.uk/actonco2](http://www.direct.gov.uk/actonco2)

[www.bbc.co.uk/climate](http://www.bbc.co.uk/climate)

[www.defra.gov.uk/environment/climatechange](http://www.defra.gov.uk/environment/climatechange)

[www.lancashire.gov.uk/climatechange](http://www.lancashire.gov.uk/climatechange)

# KEY

Each activity sheet has a code at the top to identify which programme areas/zones and awards correspond to them. Use the key below to help identify these.

Programme Area/Zone	Code
Beliefs & Attitudes	<b>A</b>
Community	<b>B</b>
Community Service	<b>C</b>
Creative	<b>D</b>
Creative Expression	<b>E</b>
Discovery	<b>F</b>
Fit for Life	<b>G</b>
Global	<b>H</b>
Global Awareness	<b>I</b>
Healthy Lifestyles	<b>J</b>
Laugh	<b>K</b>
Learn	<b>L</b>
Look	<b>M</b>
Outdoor & Adventure	<b>N</b>
Physical Recreation	<b>O</b>
Skills	<b>P</b>
Skills & Relationships	<b>Q</b>
Values & Relationships	<b>R</b>
World	<b>S</b>
World Issues	<b>T</b>
You	<b>U</b>

Award/Badge	Code
Cooking Badge	<b>a</b>
Craft Badge	<b>b</b>
Creative Badge	<b>c</b>
Creative Challenge Award	<b>d</b>
Designer Badge	<b>e</b>
Environment Badge	<b>f</b>
Environment PDQ Activity List	<b>g</b>
Fitness Challenge	<b>h</b>
Global Challenge Award	<b>i</b>
Global Conservation Award	<b>j</b>
Look Wider Community Action	<b>k</b>
Look Wider Out of Doors	<b>l</b>
Look Wider Personal Values	<b>m</b>
Nights Away	<b>n</b>
Values PDQ Activity List	<b>o</b>
World Issues Badge	<b>p</b>





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