

# State of Disruption

## Environmental Activism: Climate

### DIO

In the video, climate justice activist Nyombi Morris says that change begins with you and with the things you do in your community. Part of this is making people aware of the dangers of climate change, but he also spoke about the need to take practical steps, such as planting trees.

Many young activists are taking matters into their own hands by altering their lifestyle in small but important ways. DIO – Do It Ourselves – is about taking personal responsibility and doing your bit to help. If enough of us do it, the results will be remarkable!

Look at the following harmful behaviours and activities. Write down alternative actions that you personally can take in your daily life to help save the environment. The first example has been done for you as a guide.

Harmful behaviours/activities	Environmentally friendly alternatives
Buying products from companies that endanger wildlife	Buying products from companies who are socially and environmentally responsible
Buying products that come from far away and have to be transported long distances	
Buying items that use a lot of plastic packaging	
Buying new items that you don't really need	
Buying single-use items (e.g. bottled water, plastic straws)	
Throwing away items you don't need anymore	
Using water thoughtlessly (e.g. taking overly long showers)	
Using electricity thoughtlessly (e.g. overuse of air conditioning)	
Relying on private transport (e.g. the family car)	
Eating a diet that is very high in meat and other animal products	
Throwing away leftovers and/or uneaten food	