

Sustainability

Time Requirement: 90 minutes

Number of Instructors: 1 or more, consistent with ratio in the Minimum Criteria

Materials

- Sustainability PowerPoint
- Participant Handout
- Technology – computer, projector, screen, cables, internet
- Devices for participants to access the internet
- Whiteboard or equivalent; markers

Objectives

When completed, participants will be better able to:

- Describe basic facts about climate change
- Describe the health effects of climate change
- Determine your carbon footprint
- Develop a plan to become more sustainable

Teaching Methods

- Discussion/Presentation
- Activity – individual or small group

Suggested Instructor Preparation

- Review PowerPoint content including activities.
- There are several slides which are designed to be customized to your area. These are marked in red. You will want to update these slides prior to leading the course.
- Test web links prior to the session and if any are inoperative please notify your Program Director.
- Ensure you can play the videos contained in the PowerPoint.
- Update the Participant Handout with any local resources you want to highlight. Print and make copies of the Participant Handout.

Minimum Content Requirements

- Learn about climate change, greenhouse gasses, carbon footprint
- Identify ways to become more sustainable

Questions You May Be Asked

1. Can one family really make a difference? Yes! All the small changes add up! And your lifestyle can influence others to change as well.
2. Will we have to make huge changes in our lifestyle? No. Just making some small changes in your shopping and use of electricity and gas can make a big difference.

Presentation of the Session

Use the PowerPoint and notes below to inform participants about climate change and sustainability.

The PowerPoint includes links to 3 short videos.

Participants can use the Participant Handout to complete the activities.

Activity 1 – Find Your Carbon Footprint. Divide participants up into small groups. Direct participants to use one of the two websites listed to find their own family's current carbon footprint. They may need to make some "best guesses" on questions about monthly expenditures on heating etc. Encourage them to carefully review any potential action steps suggested.

Activity 2 and Worksheet – Choose Priorities. Still in small groups, participants should choose a couple of areas to improve. The Choose Priorities Worksheet on their handout can be used for this activity. Potential areas for changes are found on the Worksheet and additional ideas can come from Activity 1.

Activity 3 and Worksheet – Action Steps. Still in small groups, participants should now complete the Action Steps Worksheet on their handout. This will help them come up with a plan for making their identified changes.

Facilitate report back and discussion.

Summary

Review the learning objectives

Answer any remaining questions

Facilitator Follow up

Make this program better:

Forward suggestions to your Program Director

Are there other 'Questions you may be asked' that should be included?