



Youth Ambassador Program

Session 10: Ensure Environmental Sustainability (part 2)

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Inspirational Quotes for the Month:



*Pollution is nothing but the resources we are not harvesting.
We allow them to disperse because we've been ignorant of their value.*

~Buckminster Fuller

*"Each of us makes his own weather, determines the color of the skies in the emotional universe
which he inhabits.*

~Bishop Fulton J. Sheenev

*"The eagle looked down on the river below
and wrapped his wings around him and fell like a stone the big salmon fought but the talons held
true
And he shuddered as his world turned silver to blue"*

~ Steve Earle

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Session Ten Overview (Purpose, Payoff, and Process)



Purpose: Session ten gives us an overview of the second set of SDGs that relate to Environmental Sustainability: (Goals 13, 14, & 15) regarding **climate change, sustainable development in the oceans and forests.**

We will focus on the future (solution) aspect of these goals. We will also become attuned to the road back from the special world to the ordinary world. We will learn a powerful leadership tool called “The Peace Method”.

Payoff: The payoff is that we are becoming more visionary as it relates to the solutions of environmental issues. We are becoming more confident as we learn to turn pain into peace for ourselves, our groups and the people with whom we serve in our projects. We are becoming inspired by the heroes who are making a difference toward creating environmental sustainability.

Process: This session will cover the following:

- Introduction
 - The Youth Ambassador of the month, and primary teammates
 - Inspirational quotes
- Feature SDGs related to Environmental Sustainability
- Inquiry into SDG 13, 14, and 15
 - Future (Solution)
- Explanation and discussion of Hero’s Journey Stage 10: The Road Back
- Sharing leadership modality: The Peace Method
- Action Plan/Homework
- Resources

SDG (13, 14 & 15) Targets:

- **Goal 13. Take urgent action to combat climate change and its impacts.**
- **Goal 14. Conserve and sustainably use the oceans, seas and marine resources for sustainable development.**
- **Goal 15. Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.**

Goal 13. Take urgent action to combat climate change and its impacts.



13.1 Strengthen resilience and adaptive capacity to climate related hazards and natural disasters in all countries.

13.2 Integrate climate change measures into national policies, strategies, and planning.

13.3 Improve education, awareness raising and human and institutional capacity on climate change mitigation, adaptation, impact reduction, and early warning.

13.a Implement the commitment undertaken by developed country parties to the UNFCCC to a goal of mobilizing jointly USD100 billion annually by 2020 from all sources to address the needs of

developing countries in the context of meaningful mitigation actions and transparency on implementation and fully operationalize the Green Climate Fund through its capitalization as soon as possible.

13.b Promote mechanisms for raising capacities for effective climate change related planning and management, in LDCs, including focusing on women, youth, local and marginalized communities.

SDG 14. Conserve and sustainably use the oceans, seas and marine resources for sustainable development.



14.1 By 2025, prevent and significantly reduce marine pollution of all kinds, particularly from land-based activities, including marine debris and nutrient pollution.

14.2 By 2020, sustainably manage and protect marine and coastal ecosystems to avoid significant adverse impacts, including by strengthening their resilience and take action for their restoration, to achieve healthy and productive oceans.

14.3 Minimize and address the impacts of ocean acidification, including through enhanced scientific cooperation at all levels.

14.4 By 2020, effectively regulate harvesting, and end overfishing, illegal, unreported and unregulated (IUU) fishing and destructive fishing practices and implement science- based management plans, to restore fish stocks in the shortest time feasible at least to levels that can produce maximum sustainable yield as determined by their biological characteristics.

14.5 By 2020, conserve at least 10 per cent of coastal and marine areas, consistent with national and international law and based on best available scientific information.

14.6 By 2020, prohibit certain forms of fisheries subsidies which contribute to overcapacity and overfishing, and eliminate subsidies that contribute to IUU fishing, and refrain from introducing new such subsidies, recognizing that appropriate and effective special and differential treatment for developing and least developed countries should be an integral part of the WTO fisheries subsidies negotiation.

14.7 By 2030 increase the economic benefits to SIDS and LDCs from the sustainable use of marine resources, including through sustainable management of fisheries, aquaculture and tourism.

14.a Increase scientific knowledge, develop research capacities and transfer marine technology taking into account the Intergovernmental Oceanographic Commission Criteria and Guidelines on the Transfer of Marine Technology, in order to improve ocean health and to enhance the contribution of marine biodiversity to the development of developing countries, in particular SIDS and LDCs.

14.b Provide access of small-scale artisanal fishers to marine resources and markets

14.c Ensure the full implementation of international law, as reflected in UNCLOS for states parties to it, including, where applicable, existing regional and international regimes for the

conservation and sustainable use of oceans and their resources by their parties under international agreements.

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SDG 15. Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.



15.1 By 2020 ensure conservation, restoration and sustainable use of terrestrial and inland freshwater ecosystems and their services, in particular forests, wetlands, mountains and drylands, in line with obligations

15.2 By 2020, promote the implementation of sustainable management of all types of forests, halt deforestation; restore degraded forests and increase afforestation and reforestation by x% globally.

15.3 By 2020, combat desertification, and restore degraded land and soil, including land affected by desertification, drought and floods, and strive to achieve a land-degradation neutral world.

15.4 By 2030 ensure the conservation of mountain ecosystems, including their biodiversity, to enhance their capacity to provide benefits, which are essential for sustainable development.

15.5 Take urgent and significant action to reduce degradation of natural habitat, halt the loss of biodiversity, and by 2020 protect and prevent the extinction of threatened species.

15.6 Ensure fair and equitable sharing of the benefits arising from the utilization of genetic resources, and promote appropriate access to genetic resources.

15.7 Take urgent action to end poaching and trafficking of protected species of flora and fauna, and address both demand and supply of illegal wildlife products.

15.8 By 2020 introduce measures to prevent the introduction and significantly reduce the impact of invasive alien species on land and water ecosystems, and control or eradicate the priority species.

15.9 By 2020, integrate ecosystems and biodiversity values into national and local planning, development processes and poverty reduction strategies, and accounts.

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15.a Mobilize and significantly increase from all sources financial resources to conserve and sustainably use biodiversity and ecosystems.

15.b Mobilize significantly resources from all sources and at all levels to finance sustainable forest management, and provide adequate incentives to developing countries to advance sustainable forest management, including for conservation and reforestation.

15.c Enhance global support to efforts to combat poaching and trafficking of protected species, including by increasing the capacity of local communities to pursue sustainable livelihood opportunities.

Inquiry into This Month's SDG: Ensure Environmental Sustainability



The following are questions to research and present during our live session. For those following along, these are the questions for the students to answer for their written and oral reports:

Part #3: The Future

(aka the Solution)

Describe a future where the environment (earth, air, water, solar) is honored:

Standing in the future, report on what you imagine took place to achieve environmental sustainability:

- What **happened**?
- What was the **tipping point**?
- Where in the world did this solution make the **most significant** impact?
- What **role did you play** in this happening?
- Who was most **positively impacted** by this change?
- What are your **personal feelings/thoughts** about being a part of this change?

SDG Hero: Rachel Botsman

Collaborative Consumption



Rachel Botsman is a global thought leader on the power of collaboration and sharing through digital technologies to transform the way we live, work and consume. She has inspired a new consumer economy with her influential book *What's Mine is Yours: How Collaborative Consumption Is Changing The Way We Live*.

TIME Magazine recently called Collaborative Consumption one of the “10 Ideas That Will Change the World”.

Rachel is the founder of Collaborative, the leading source of expertise for businesses and governments that want to embrace the collaborative economy to revolutionize business and society.

Rachel was recently named a 2013 Young Global Leader by the World Economic Forum, which recognizes individuals for their commitment to improving the state of the world. In 2014, she was named by Fast Company as one of the ‘Most Creative People in Business,’ Rachel has presented at high profile events including The Clinton Global Initiative.

Collaborative Consumption: 3 Systems



Rachel has also presented her ideas at TED, HP, Google, and No.10 Downing Street and was named by Monocle as one of the top 20 speakers in the world to have at your conference.

Her thought leadership and writings on the intersection of technology and human behavior have appeared in Harvard Business Review, The Economist, CNN, New York Times, The Guardian, Fast Company and other publications. Rachel has a monthly Future Tech Trends column in the Australian Financial Review and is a contributing editor to WIRED UK.

She was a founding partner in the Collaborative Fund, an early stage investor in disruptive ventures, and a former director at President Clinton's Foundation. She received her BFA (Honors) from the University of Oxford, and undertook her postgraduate studies at Harvard University. Her work has taken her to every continent, except Antarctica.

SDG Hero: Captain Paul Watson

**Founder of Sea Shepherd Conservation Society Co-Founding
Director Greenpeace Foundation**



"I have been honored to serve the whales, dolphins, seals - and all the other creatures on this Earth. Their beauty, intelligence, strength, and spirit have inspired me. These beings have spoken to me, touched me, and I have been rewarded by friendship with many members of different species. If the whales survive and flourish, if the seals continue to live and give birth, and if I can contribute to ensuring their future prosperity, I will be forever happy."

Paul Watson <http://www.seashepherd.org>

Must See Video Related to Environmental Sustainability



➤ Home

Yann Arthus-Bertrand

<http://www.homethemovie.org/>

We are living in exceptional times. Scientists tell us that we have 10 years to change the way we live, avert the depletion of natural resources and the catastrophic evolution of the Earth's climate.

The stakes are high for us and our children. Everyone should take part in the effort, and HOME has been conceived to take a message of mobilization out to every human being.

For this purpose, HOME needs to be free. A patron, the PPR Group, made this possible. Europa Corp, the distributor, also pledged not to make any profit because HOME is a non-profit film. HOME has been made for you: share it! And act for the planet.

HOME official website: <http://www.homethemovie.org/>

➤ **The Story of Stuff:** <https://www.youtube.com/watch?v=cpkRvc-sOKk - t=167>

➤ **The Case for Collaborative Consumption**

http://www.ted.com/talks/rachel_botsman_the_case_for_collaborative_consumption?language=en - t-1449

Hero's Journey Stage 10: The Road Back & How it relates to the Youth Ambassador Program:



Just as in session 3 you explored refusal of the call, in this stage you get to deal with the refusal of the *return*. Many heroes stop (or pause for an indefinite amount of time) at this stage because they figure they've been through enough—and they've already received the “reward”.

However, the hero's journey isn't over once you've received your own personal reward. Your hero's journey isn't complete until you've sufficiently made your way back to the ordinary world with the elixir (more about that in session 12).

You are at a choice point...do you stay or do you go? Will you share what you've learned (or who you've become) with the folks back home? Or will you stay in the special world.

This stage is about summoning the courage to share the brilliance of your journey and carry it back with you to the ordinary world.

Here's what Joseph Campbell had to say about this stage:

“The returning hero, to complete his adventure, must survive the impact of the world. Many failures attest to the difficulties of this life-affirmative threshold. The first problem of the returning hero is to accept as real, after an experience of the soul-satisfying vision of fulfillment, the passing joys and sorrows, banalities and noisy obscenities of life. Why re-enter such a world? Why attempt to make plausible, or even interesting, to men and women consumed with passion, the experience of transcendental bliss? As dreams that were momentous by night may seem simply silly in the light of day, so the poet and the prophet can discover themselves playing the idiot before a jury of sober eyes. The easy thing is to commit the whole community to the devil and retire again into the heavenly rock dwelling, close the door, and make it fast.”

~Joseph Campbell

Contemplate the following questions:

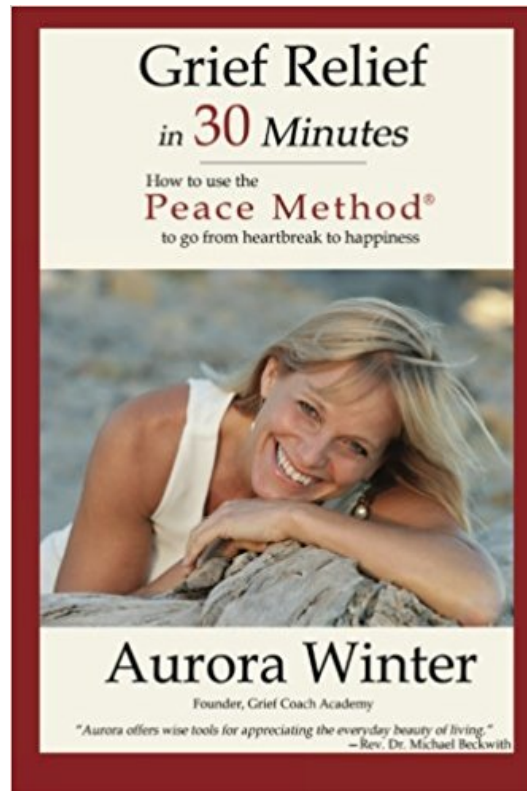
- What is your biggest challenge to sharing the wisdom you’ve earned and learned with the ordinary folks back home?

- How will you share what you’re doing (i.e. website, call to action; an invitation for people to participate in your project)?

- Why is this stage of the hero’s journey important to the sustainability of your project?

Leadership Modality: *The Peace Method*

By Aurora Winter



The Peace Method TM is easy to learn, easy to remember, and easy to use. I created The Peace Method TM so that you would have a powerful, yet simple process to release stress and re-energize.

In just five steps, you can move from pain to peace. You can use it as a structure for keeping your journal, or steps to walk through when you are feeling stressed, angry, or upset.

The Peace Method TM stands for:

- P** = Present Moment
- E** = Express Feelings
- A** = Accept the Situation
- C** = Consider the Contrary
- E** = Enthusiasm

The Peace Method TM works best if you explore one upsetting thought at a time, and then work through all 5 steps.



P = Present Moment

The first step is to get centered in the present moment. Then breathe. Upset feelings are rooted in our thoughts about the past or the future. The present moment is the doorway to peace. When I lead retreats or coach clients, I like to begin with a centering meditation. I like this simple 4-breath meditation by Thich Nhat Hanh, author of *Peace Is Every Step*:

“Breathing in, I calm my body; breathing out, I smile. Dwelling in the present moment, I know this is a wonderful moment!”

Q: *Are you fully and joyfully present right here, right now?*

E = Express Feelings

It is very important to express what you are feeling — not what you “should” be feeling. Don’t be kind. Don’t be spiritual. Tell the truth — and release it. It is only your truth for that moment, anyway.

Unexpressed feelings are like food poisoning. If you stuff your feelings, you get to keep them. Imagine two people who go out for dinner and both get food poisoning. One of them throws up — and lives. The other “stuffs it” — and dies.

It is absolutely essential that you get whatever is bothering you out of your system. You can express your feelings in your diary. Or talk to a friend, therapist, teacher, parent, or coach.

Q: *Who (or what) is bothering you? How should the situation be different?*

A = Accept the Situation

Thoughts that you’ve been victimized repel happiness. When you truly, deeply accept the situation, and I mean **accept it as if you had chosen it**, you release all “victim” energy.



In my case, I was blessed with a dream on the second anniversary of my husband's death. In this dream, I met my husband at the airport and raged, *"How could you rip my heart out? How could you die beside me?"* I confronted him with his ultimate betrayal, *"How could you leave our son without his father?!"*

In this dream, my late husband asked me three questions, and these questions changed my life. The first question was, *"If you had it to do all over again, would you still marry me?"* I thought for just a moment, flooded with happy memories. I would take my time with him, though it be short. *"Yes."*

"If you had it to do all over again, would you still have our son?" This time the answer was quicker, surer. He is the light of my life, my joy, my blessing! *"Yes!"*

And then he asked the third and final question. And this question changed my life. *"Given that, would you want to know that I would die young?"* His question made me pause. I looked into my heart. After a very long moment, I realized the answer.

"No." I would not choose to taint our joy with dread.

This dream freed me from the idea that I was a victim. I did not choose my fate. And yet — had I been given a choice — I would have chosen it. You can free yourself, too, by answering the following questions:

Q: How could you accept this situation as if you had chosen it? What could there possibly be to appreciate about the way things are?

C = Consider the Contrary

For a long time I thought, “*My husband’s death is the worst thing that ever happened to me.*” That thought caused incredible pain and suffering. But was that crushing thought true? My late husband gave me three priceless gifts. The first was our son. The second was the experience of having my heart broken... and opened. It profoundly changed me in ways that I appreciate. It made me who I am today. The third gift was that his death sent my life in a direction I find deeply meaningful and fulfilling. I have dedicated my life to helping others go from heartbreak to happiness as quickly and easily as possible. On one level, my husband’s death was the worst thing that happened to me. But on another level, it could be received as a gift. Finding gifts — even in the most unlikely situations — evaporates negative feelings. What is left is gratitude.

Q: How could the contrary be true? Where might there be a blessing in this challenging situation?

E = Enthusiasm

I like to think that, before I was born, God asked for a volunteer who would like to teach people how to go from heartbreak to happiness. I thought that sounded like an awesome life mission, and I enthusiastically volunteered. And then God asked for a volunteer who would teach me everything I needed to know to fulfill my mission. And my late husband willingly volunteered. (And then he negotiated a really awesome — though short — life.)

On January 17, 2005, Time Magazine reported Dr. Edward Diener’s extensive work on adaptation. He found that the loss of a spouse knocks people lastingly below their normal happiness level. It typically takes a widow 5–8 years to regain her previous sense of well-being. I am passionate about changing this statistic.

It takes people a very long time to heal because no one has taught them what to do. It is not their fault. My clients are going from heartbreak to happiness in months — not in years. I am enthusiastic about all the human happiness, fulfillment, productivity, creativity, and potential that is regained by giving people back years of their life.

Q: What are you enthusiastic about? What would you like to create?

In summary, The Peace Method TM helps you shift from pain to peace. Use these five steps to help yourself — and help others:

- 1) Present Moment
- 2) Express Feelings
- 3) Accept the Situation
- 4) Consider the Contrary
- 5) Express Enthusiasm.



Aurora Winter is founder of The Peace Method TM and From Heartbreak to Happiness TM. She is a coach, speaker, and author of: “From Heartbreak to Happiness: An Intimate Diary of Healing.”

Action Plan/Homework



➤ Contemplate a situation in your life that you've had difficulty finding peace with, and run it through the "Peace Method".

➤ Lead your team members through this exercise.

➤ **Vlog** (video blog) your experience with the program. Upload a minimum of one post per week to our [Facebook](https://www.facebook.com/Chime-In-The-Change-Is-Me-International-757333957689198/) group

(<https://www.facebook.com/Chime-In-The-Change-Is-Me-International-757333957689198/>)

- and our [YouTube](https://www.youtube.com/channel/UChCYgjseWkm9nzJ10DceYPw) channel
(<https://www.youtube.com/channel/UChCYgjseWkm9nzJ10DceYPw>)

In your vlog you might share...

- How you will use the "Peace Method"
- Your challenges, ahas, breakdowns, breakthroughs with your project
- How you are inspired by Captain Paul Watson and Rachel Botsman
- Someone inspiring from your group (and what they did)
- A noteworthy experience from the community you are serving

Alternative posts:

- Photos
- Blogs
- Relevant links
- Commenting on other Ambassador's posts

Remember, you are sharing your story with the world. Your engagement encourages others to get involved.

Resource section:

- Watch the videos
- Scan the websites
- Read the books

Resources:

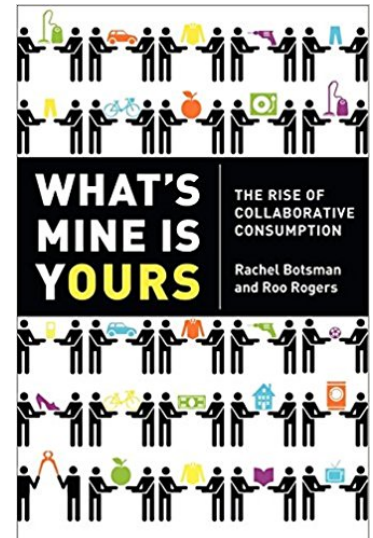
Books:

- **What's Mine is Yours**

By Rachel Botsman <http://tinyurl.com/whatsmineisyoursYAP>

- **Interview with a Pirate** By Captain Paul Watson

<http://tinyurl.com/seashephardYAP>



Websites:

- **Evergreen Cooperatives** <http://evergreencooperatives.com/>
- **The Story of Capannori (Italy) a Zero Waste Champion**
<http://www.zerowasteurope.eu/2013/09/the-story-of- capannori-a-zero-waste-champion/>
- **The Case for Collaborative Consumption**
- https://www.ted.com/talks/rachel_botsman_the_case_for_collaborative_consumption
- **Pachamama Alliance** <http://www.pachamama.org/>

Videos:

- **The Story of Stuff:** <https://www.youtube.com/watch?v=cpkRvc-sOKk - t=167>
- **Home** <http://www.homethemovie.org/>