



Youth Ambassador Program

Session 4: Ensure Environmental Sustainability (part 1)

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Inspirational Quotes for the Month:

“Earth provides enough to satisfy every man's needs, but not every man's greed.”

~ Mahatma Gandhi

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.”

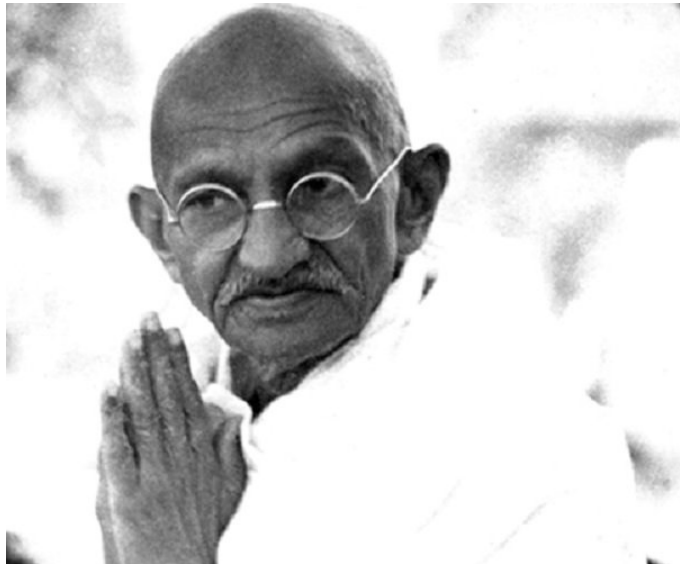
Mahatma Gandhi

“As a chef, I could not wash my hands nor clean pots, pans, utensils, meats or produce, nor make soups and sauces - if I did not have clean water. Were this to happen, of course, these would be the least of my concerns. Because water is the linchpin of survival: without it, not much else matters.”

~Marcus Samuelsson

“A long habit of not thinking a thing wrong, gives it a superficial appearance of being right, and raises at first a formidable outcry in defense of custom. But the tumult soon subsides. Time makes more converts than reason.”

~Thomas Paine, Common Sense



Session Four Overview (Purpose, Payoff, and Process)



Purpose: Our fourth session is to gain an overview of SDGs that relate to Environmental Sustainability, with regards to the past (problem) and the present (progress). We will learn how to access the mentor within. We will also become attuned to the value of having a higher guide or mentor with us along the Hero's Journey.

Payoff: The payoff is that we are becoming more knowledgeable about issues that threaten the environment, more confident as we identify our inner guidance and make progress with our projects.

Process: This session will cover the following:

- Introductions
 - The Youth Ambassador of the month, and primary teammates
 - Read inspirational quotes
- Featured SDG that relates to Environmental Sustainability
- Inquiry into SDGs 6, 7, 9, & 12
 - Past (Problem)
 - Present (Progress)
- Explanation and discussion of Hero's Journey Stage 4: Meet Your Mentor
- Sharing Leadership Modality: Inner Mentor
- Action Plan/Homework
- Resources

SDG Overview: Ensure Environmental Sustainability



Statistics that relate to Ensure Environmental Sustainability

According to National Wildlife Federation

- The current extinction rate indicates that about 27,000 species a year are being lost.
- Every day an estimated 100 plant and animal species are lost to deforestation.
- Every year 13 million hectares of tropical forest - an area the size of Illinois - disappear in smoke and as lumber. Thousands of species disappear forever.
- 35% of all freshwater species are gone.
- 50% of all wetlands are lost.
- Africa has the highest deforestation rate in the world, and has lost 13 million acres (5.3m hectares) of forest each year since the 1990s.
- Extinction rates are rising by a factor of up to 1,000 above natural rates. Every hour, three species disappear. Every day, up to 150 species are lost. Every year, between 18,000 and 55,000 species become extinct. The cause: human activities.
- Since 1950, fishing catches have increased fivefold, from 18 to 100 million metric tons a year. Thousands of factory ships are emptying the oceans. Three-quarters of fishing grounds are exhausted, depleted or in danger of being so. Most large fish have been fished out of existence.

- Caribbean coral reefs are already 80 percent destroyed.
- Scientists estimate that each year around one million sea birds and 100,000 sea mammals get entangled in plastic garbage or get intoxicated with it.
- Annually, 300,000 whales and dolphins die in fishing nets; annually, 100 million sharks die each year as bycatch; annually, 250,000 sea turtles perish as bycatch.
- At least 12 million wild animals are poached in Brazil each year.
- Americans already consume vastly more paper than any other country - about three times more per person than the average European, and 100 times more than the average person in China.
- In the US alone 6.8 billion metric tons of plastic are produced each year, but only about 450,000 tons are being recycled.
- Each year the United States consumes 30 billion plastic and 10 billion paper grocery bags, according to the Natural Resources Defense Council. That translates to about 14 million trees and 12 million barrels of oil.
- Americans discard 4 million tons of office paper every year - enough to build a 12-foot high wall of paper from New York to California.
- Our global footprint now exceeds the world's capacity to regenerate by about 30 per cent.
- If our demands on the planet continue at the same rate, by the mid-2030s we will need the equivalent of two planets to maintain our lifestyles.
- Shrimp aquaculture is responsible for 38% of total mangrove loss and shrimp culture is, by a considerable margin, the greatest single cause of mangrove loss.
- 1/4 of Earth's species will be headed for extinction by 2050 if the warming trend continues at its current rate. Right now, 10 percent of all known plant species are under threat of extinction.
- As man blows more and more CO₂ into the atmosphere, the oceans will soon be significantly more acidic. In 90 years the acid concentration will have doubled.
- In 1960 three-quarters of Guatemala was covered by forest. By 1990, about a quarter of the country was forested, and perhaps 2 percent of the original frontier forest survived.
- The Jordan has been a river up to 65 meters wide, until man's intervention in the 1930s. Today in some spots it merely reaches up to one's ankles and it is difficult to see water at all. Biodiversity has been cut in half.
- Argentina has lost nearly 70 percent of its forests in a century. Today the main reason for this is the continuing production of genetically modified soya; with Argentina being the number one soy exporter.
- The World Wildlife Fund estimates that 3,200 tigers remain in the wild - compared to 5,000 that exist in captivity in the U.S. alone.
- 35 percent of all mangroves have been destroyed within the last 20 years.
- 82 million metric tons of fish and seafood had been taken out of the oceans. That's four times as much as 50 years ago.

SDG (6, 7, 9 & 12) Targets:

Goals that relate to Environmental Sustainability:

- **Goal 6. Ensure availability and sustainable management of water and sanitation for all.**
- **Goal 7. Ensure access to affordable, reliable, sustainable, and modern energy for all.**
- **Goal 9. Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.**
- **Goal 12. Ensure sustainable consumption and production patterns.**



SDG 6. Ensure availability and sustainable management of water and sanitation for all.

6.1 By 2030, achieve universal and equitable access to safe and affordable drinking water for all.

6.2 By 2030, achieve access to adequate and equitable sanitation and hygiene for all, and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations.

6.3 By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials,

halving the proportion of untreated wastewater, and increasing recycling and safe reuse by x% globally.

6.4 By 2030 substantially increase water-use efficiency across all sectors and ensure sustainable withdrawals and supply of freshwater to address water scarcity, and substantially reduce the number of people suffering from water scarcity.

6.5 By 2030 implement integrated water resources management at all levels, including through transboundary cooperation as appropriate.

6.6 By 2020 protect and restore water-related ecosystems, including mountains, forests, wetlands, rivers, aquifers and lakes.

6.a By 2030, expand international cooperation and capacity-building support to developing countries in water and sanitation related activities and programs, including water harvesting, desalination, water efficiency, wastewater treatment, recycling and reuse technologies.

6.b Support and strengthen the participation of local communities for improving water and sanitation management.



SDG 7. Ensure access to affordable, reliable, sustainable, and modern energy for all.

7.1 By 2030 ensure universal access to affordable, reliable, and modern energy services.

7.2 Increase substantially the share of renewable energy in the global energy mix by 2030.

7.3 Double the global rate of improvement in energy efficiency by 2030.

7.a By 2030 enhance international cooperation to facilitate access to clean energy research and

technologies, including renewable energy, energy efficiency, and advanced and cleaner fossil fuel technologies, and promote investment in energy infrastructure and clean energy technologies.

7.b By 2030 expand infrastructure and upgrade technology for supplying modern and sustainable energy services for all in developing countries, particularly LDCs and SIDS.



SDG 9. Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

9.1 Develop quality, reliable, sustainable and resilient infrastructure, including regional and trans-border infrastructure, to support economic development and human well-being, with a focus on affordable and equitable access for all.

9.2 Promote inclusive and sustainable industrialization, and by 2030 raise significantly industry's share of employment and GDP in line with national circumstances, and double its share in LDCs.

9.3 Increase the access of small-scale industrial and other enterprises, particularly in developing countries, to financial services including affordable credit and their integration into value chains and markets.

9.4 By 2030 upgrade infrastructure and retrofit industries to make them sustainable, with increased resource use efficiency and greater adoption of clean and environmentally sound technologies and industrial processes, all countries taking action in accordance with their respective capabilities.

9.5 Enhance scientific research, upgrade the technological capabilities of industrial sectors in all countries, particularly developing countries, including by 2030 encouraging innovation and increasing the number of R&D workers per one million people by x% and public and private R&D spending.

9.a Facilitate sustainable and resilient infrastructure development in developing countries through enhanced financial, technological and technical support to African countries, LDCs, LLDCs and SIDS.

9.b Support domestic technology development, research and innovation in developing countries including by ensuring a conducive policy environment for inter alia industrial diversification and value addition to commodities.

9.c Significantly increase access to ICT and strive to provide universal and affordable access to Internet in LDCs by 2020.



SDG 12. Ensure sustainable consumption and production patterns.

12.1 Implement the 10-Year Framework of Programs on sustainable consumption and production (10YFP), all countries taking action, with developed countries taking the lead, taking into account the development and capabilities of developing countries.

12.2 By 2030 achieve sustainable management and efficient use of natural resources.

12.3 By 2030 halve per capita global food waste at the retail and consumer level, and reduce food losses along production and supply chains including post-harvest losses.

12.4 By 2020 achieve environmentally sound management of chemicals and all wastes throughout their life cycle in accordance with agreed international frameworks and significantly reduce their release to air, water and soil to minimize their adverse impacts on human health and the environment.

12.5 By 2030, substantially reduce waste generation through prevention, reduction, recycling, and reuse.

12.6 Encourage companies, especially large and trans-national companies, to adopt sustainable practices and to integrate sustainability information into their reporting cycle.

12.7 Promote public procurement practices that are sustainable in accordance with national policies and priorities.

12.8 By 2030 ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature.

12.a Support developing countries to strengthen their scientific and technological capacities to move towards more sustainable patterns of consumption and production.

12.b Develop and implement tools to monitor sustainable development impacts for sustainable tourism, which creates jobs, promotes local culture and products.

12.c Rationalize inefficient fossil fuel subsidies that encourage wasteful consumption by removing market distortions, in accordance with national circumstances, including by restructuring taxation and phasing out those harmful subsidies, where they exist, to reflect their environmental impacts, taking fully into account the specific needs and conditions of developing countries and minimizing the possible adverse impacts on their development in a manner that protects the poor and the affected communities.

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 students to answer for their written and oral reports:

Part 1: The Past (aka the Problem)

Describe the history of environmental degradation in the developing world.

Report about the background of environmental degradation that includes:

- What is the **history** (background)?
- What are the **factors** that contribute to this issue?
- What are the **geographic region(s)** most affected?
- What are your **personal thoughts**, feelings, and/or experiences with this issue?



Part 2: The Present (aka the Progress)

Describe what is currently being done to ensure environmental sustainability.

Report about who is making the greatest strides toward ensuring environmental sustainability that include:

- Who are the **individuals or organizations** contributing the most to this goal?
- What **work** are they doing that has made the biggest impact?
- What **geographic region(s)** are the most affected by their philanthropy, innovation, or support?
- What are some of the **statistics** that show the difference they are making?
- What about their work **inspires** you?

What do YOU think it would take to resolve this issue?

MDG/SDG Hero: Erica Fernandez



Youth Hero-The Tool of Protest

Erica emigrated with her family to the farming community of Oxnard from Mexico when she was 12 years old. She soon developed a strong bond with the community based on common experiences and relationships with groups and individuals in Oxnard. After learning that the wealthiest mining corporation in the world planned to develop an LNG pipeline from 13 miles offshore to the mainland, she became concerned. When Erica learned that the company's plan—based on the politics of wealthier surrounding communities—involved the construction of a major pipeline through Oxnard, she knew she had to act.

http://www.myhero.ws/hero.asp?hero=erica_fernandez_2012

MDG/SDG Hero: Alec Loorz

Founder, Kids vs Global Warming



Alec Loorz has spent his entire teenaged life as a climate change activist, teaching his peers about the natural imbalances caused by burning of fossil fuels, and calling for a youth movement to call out and solve these problems.

He feels scared about the thought of growing up in a world where hurricanes as big as Katrina are normal; floods, droughts, and wildfires ravage homes and communities; ice melt is causing the sea level to rise

and displace millions of people, and species I've come to know are going extinct.

“My generation is dealing with the disastrous consequences of fossil fuel use. I know this personally. I grew up in a smoggy area of Los Angeles and because of that I now have very bad asthma, like many of my peers.”

He filed a lawsuit against the United States of America, for allowing money to be more powerful than the survival of his generation, and for making decisions that threaten our right to a safe and healthy planet.

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

Must See Videos



- **Erica Fernandez: The Tool of Protest**
- <http://myhero.com/films/view.asp?film=fernandez>
- **Alec Loorz** TEDxYouth@SanDiego - <http://tinyurl.com/okwx7of>

In 1776, Thomas Paine, in a 48-page pamphlet titled *Common Sense*, challenged the way people thought about the world. 17-year old climate change activist Alec Loorz emphasizes that this is just the kind of shift in thinking that is required

today. Alec's impassioned talk implores his audience to question, "The Way Things Are" and build a mass movement of youth, standing up to change the status quo and transition to a sustainable and just society.

➤ **Ryan's Well Movie Trailer**

https://www.youtube.com/watch?v=fWk2_LZ1zFM Ryan's Well (2003, Trailer): This is the inspirational tale of a small boy's mission to help those less fortunate than himself

➤ **Extreme Realities**

<https://www.youtube.com/watch?v=45sFcnd0pvU-t=242>

This film (trailer) that looks at extreme weather, climate change and the lack of response to it from the U.S. It's narrated by Matt Damon and features appearances by Lester Brown, Phil Radford and more.

➤ **An Inconvenient Truth** <http://www.takepart.com/an-inconvenient-truth/film>

An Inconvenient Truth is a 2006 Academy Award winning documentary film directed by Guggenheim about former United States Vice President Al Gore's campaign to educate citizens about global warming via a comprehensive slide show that, by his own estimate made in the film, he has given more than a thousand times.

Hero's Journey Stage 4: Meet the Mentor & How it relates to the Youth Ambassador Program:



Why is it necessary to have a mentor to support you through your hero's journey?

What kind of mentor/guide/coach would be sufficient for this task?

Once you identify your mentor, how will you work with them?

Working with a powerful mentor can make or break the hero's journey...especially when times get tough, rough, or even confusing (which they inevitably do). A great mentor does the miraculous job of connecting their mentee with the mentee's internal wisdom, guidance, confidence, and power.

There are a variety of guides and/or mentors you can choose from to support you on your noble quest.

Some people choose a physical human guide; some choose a non-physical saint, sage, or departed loved one; some choose a power animal; and some choose all of the above. *What will you choose?*

Contemplate the following questions:

1. Who do you admire, look up to and aspire to be like? Why?
2. Who do you admire that you can call upon or look to for guidance?
3. How do you (or will you) connect with your mentor?

Leadership Modality: *Inner Mentor*



“Leadership can be thought of as a capacity to define oneself to others in a way that clarifies and expands a vision of the future.”

~Edwin H. Friedman

This exercise is designed to assist you in discovering the mentor within...by first looking outside yourself...but eventually looking within. This creates a sense of confidence, trust of your own instincts, and access to your higher wisdom.

- List the five leaders you most admire. (i.e. Martin Luther King, Jr., Gandhi, Mother Teresa, Oprah Winfrey, your mother, father, teacher, etc.)

- _____
- _____
- _____
- _____
- _____

Write 3-5 adjectives that describe each leader (i.e. vision, responsibility, passion, purpose, compassion, inspirational, teamwork, etc.)

#1: _____

- _____
- _____
- _____
- _____
- _____

#2: _____

- _____
- _____
- _____
- _____
- _____

#3: _____

- _____
- _____
- _____
- _____
- _____

#4: _____

- _____
- _____
- _____
- _____
- _____

#5: _____

- _____
- _____
- _____
- _____
- _____

Now look at all the qualities you've listed above, and narrow your list of leadership qualities down to your top five. What are the five qualities that you think are the most important for a leader to embody?

- _____
- _____
- _____
- _____
- _____

These are the qualities of your own inner mentor.

- Narrow your list of five down to the ONE quality that most represents leadership to you.

The primary characteristic of my inner mentor is: _____.

This is important to me because: _____.



Action Plan/Homework:

➤ Contemplate the primary quality of your Inner Mentor for a few minutes each day throughout this month. **Share it with your group.**

➤ **Answer the following questions:**

- In what ways do you already embody this quality?
- What is an example of a time that you demonstrated this quality?
- How would your project be

enhanced if you amplified this quality?

- 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...

- Your leadership qualities
- Your challenges, ahas, breakdowns, breakthroughs with your project
- How you are inspired by Erica Fernandez & Alec Loorz
- SDGs that relate to Environmental Sustainability
- 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 other to get involved.*

- **Resource** section:
 - Watch the videos
 - Scan the websites

- Read the books

CHIME IN Youth Ambassador Program-Session 4-Created by Kelly Sullivan Walden

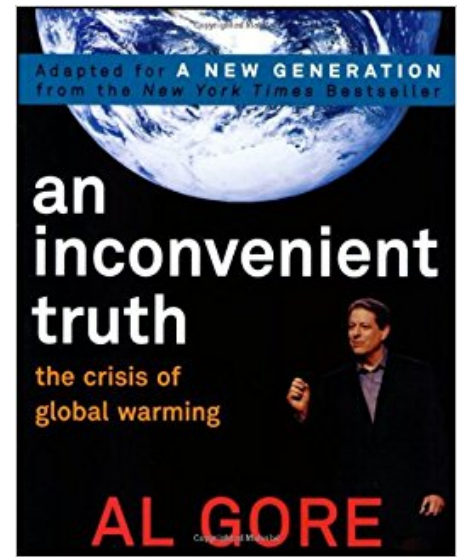
Resources:

Books:

- **An Inconvenient Truth** <http://tinyurl.com/ljprgvf>

Websites:

- **Ryan's Well** <http://www.ryanswell.ca/>
- **Green Peace** <http://www.greenpeace.org/>
- **Eco Watch: 5 Must-Sees**
Documentaries From the 2014 Environmental Film Festival <http://ecowatch.com/2014/03/19/must-see-trailers-environmental-film-festival/>
- **Sustainability by the Numbers: The Growing Reality of the Green Economy**, Steven Cohen Executive Director, Columbia University's Earth Institute:
http://www.huffingtonpost.com/steven-cohen/sustainability-by-the-num_b_2158104.html



Videos:

- **Ryan's Well Movie Trailer** https://www.youtube.com/watch?v=fWk2_LZ1zFM
- **Extreme Realities** <https://www.youtube.com/watch?v=45sFcnd0pvU-t=242>
- **An Inconvenient Truth** <http://www.takepart.com/an-inconvenient-truth/film>
- **Extinction in Progress** <https://www.youtube.com/watch?v=OChvJfMG9aI#t=43>
- **Erica Fernandez: The Tool of Protest**
<http://myhero.com/films/view.asp?film=fernandez>
- **Alec Looorz TEDxYouth@SanDiego** -<http://tinyurl.com/okwx7of>
- **The Story of Stuff** <http://tinyurl.com/okwx7of>
- **Cities on Edge Megacities BBC One Documentary**
http://www.youtube.com/watch?time_continue=1&v=uwCABmP3uQ4