

The image features a decorative border of various green leaves and branches, including fern-like fronds and broad, pointed leaves, framing the central text. The background is a light, textured green.

What can young people do to be more Eco- Friendly?

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Kick plastic to the curb!



Plastic is like that bad ex—it's clingy, harmful, and sticks around for centuries. Ditch single-use plastics like straws, bags, and bottles; they're the fast-food wrappers of the environment, piling up where they shouldn't. Switch to reusable alternatives, like stainless steel straws, stylish tote bags, or a water bottle that doubles as your hydration buddy. Bonus points: you'll save money in the long run and look like you've got your eco-life together.



H2-Whoa Save the water!



Saving water doesn't mean turning into a desert dweller—it's about being smart. Challenge yourself to a "3-minute shower day" and see how fast you can scrub up! Don't let the water run while brushing your teeth—it's just standing there doing nothing anyway. Fixing leaks might be an adult job, but pointing them out to someone who can fix them earns you serious eco-points.



Lights Out, Savings Up



You don't need to be the one paying the electricity bills to care about saving energy.

Make it a habit to turn off lights, fans, or game

consoles when you're done using them. Use a desk lamp for homework instead of lighting up the whole room—it's like having your own cozy spotlight. And if you have control over what's in your room, ask for LED bulbs—they last longer and use way less energy.

This way you're parents won't get angry

♥ Eat like you love the Earth

You don't need to cook meals to make an impact on the food you eat. Suggest trying Meatless Mondays or plant-based meals with your family— it's an easy way to reduce the environmental cost of food. When snacking, pick local fruits or snacks with minimal packaging instead of imported goodies wrapped in layers of plastic. Bonus: local produce is fresher and tastes amazing.



SHOP smart, SHOP savvy

When you shop, think of it like a mission to reduce waste. Check out thrift stores or borrow clothes from siblings or friends instead of buying new. If you're into trendy stuff, try swapping clothes with friends— it's a fun way to refresh your wardrobe and keep things out of landfills. If you need something new, look for items made with eco-friendly materials or brands that care about sustainability.

A watercolor illustration of a tree with a brown trunk and green foliage. A single yellow fruit hangs from a branch. A small orange butterfly is flying nearby. The background is white with faint green leaf patterns.

Ride the green wave

Your bike, skateboard, or even your feet are secret eco-weapons! Use them to get to school, the park, or a friend's house instead of asking for a ride. Got a longer trip? Suggest carpooling with friends—it's more fun and uses less fuel. Plus, every time you skip a car ride, you're saving on emissions. Who knew walking or biking could be a climate change superpower?

Green your space



You don't need a big backyard to get your hands dirty! Start small with a window box or a couple of potted plants. Herbs like basil or mint are easy to grow and smell amazing. Join a local tree-planting event, or help take care of the plants in your school or neighborhood. Greenery isn't just pretty—it's a lifesaver for the planet and the creatures we share it with.



Be an Eco-Influencer

Got a phone and a few followers? Perfect! Post pictures of your eco-friendly efforts, like a reusable lunchbox, a plant you're growing, or a cleanup you helped with. Use fun hashtags like #SaveThePlanet or #EcoYouth to show others that small actions make a difference. Your posts could inspire someone else to ditch plastic or ride their bike more—it's like a ripple effect for good vibes.



Rebel with a green cause

You're never too young to stand up for the planet. Join an eco-club at school or help start one if there isn't one already. Participate in clean-up drives or other local events focused on the environment. Even spreading awareness through posters, speeches, or social media can make a huge difference. When young people unite for the planet, adults start paying attention!



Learn and tech




Being curious is a superpower. Read about the environment, watch eco-documentaries, or even take part in free online courses about climate change. Then, share what you've learned with friends, family, or your school.

Start with fun facts like how much water a single leaky faucet wastes, and you'll be the go-to eco-expert in no time. It's all about planting seeds of knowledge that can grow

Say no to littering!

Littering may seem harmless, but it adds up fast—over 8 million tons of plastic end up in the ocean every year.

In fact, 1 in 5 people admit to littering regularly. As young people, you can make a big difference by setting a positive example. Litter harms wildlife, pollutes water, and takes forever to break down. So, next time you see trash, pick it up or recycle it—help keep your world clean! 

over 8 million!



Thank you
for listening



♥ Help save the planet ♥