

# FAMILY FOOTPRINTS PR3 – FAMILY LEARNING TOOLKIT

Interactive Magazine: My carbon footprint – focusing on consumerism, social media use and its environmental cost  
– Introductory Level





## Level:

Introductory Level

## Age Group:

13 to 17 years

## Topic:

My carbon footprint – focusing on consumerism, social media use and its environmental cost

## WELCOME

Hello, and welcome to this online magazine. In this magazine, our aim is to introduce you to the topic of your carbon footprint. Specifically, we will look at how your actions as a consumer and on social media can impact your carbon footprint, and we will help you to estimate the environmental cost of your consumer behaviour. To get you started on learning more about these topics, we have prepared this short video – thanks for watching!

## CHECK-IN QUIZ:

Thank you for watching this short video! Can you spare 2 minutes to reflect and answer some questions about the video? Thank you!

1. Did you find that short video interesting?

Yes  
No  
I don't know

2. Did you learn something new from the video?

Yes  
No

a. If yes, what did you learn?

<Insert open text box answer>

3. Have you ever considered your carbon footprint before?

Yes  
No  
I don't know

4. Do you ever measure your carbon footprint?

Yes  
No  
I don't know

5. Are there steps you can take to manage your carbon footprint?

Yes  
No  
I don't know

a. Take 2 minutes to write down why you think that. Explain your answer here:

<Insert open text box answer>



## EXPECTED LEARNING OUTCOMES

### Knowledge

Knowledge of the impact of consumerism on the environment.

### Skills

- Outline the environmental impact of electronic production and waste, and fast-fashion.

### Attitudes

Willing to reduce consumerism and waste.



**ARTICLE: FASHION  
FORWARD:  
SUPPORTING  
SUSTAINABLE  
FASHION FOR A  
BETTER FUTURE**



# ARTICLE: FASHION FORWARD: SUPPORTING SUSTAINABLE FASHION FOR A BETTER FUTURE

## FASHION FORWARD: SUPPORTING SUSTAINABLE FASHION FOR A BETTER FUTURE

Consumerism, fast fashion, electronic waste, and storing social media data have significant impacts on the environment. These issues are causing harm to the planet, and as young people, it's important to understand the impact that our actions and choices have on the environment.

- Consumerism: The constant desire to acquire more and more goods has led to an increase in production and waste. This has put a strain on the planet's resources and contributes to air and water pollution, deforestation, and the loss of biodiversity.
- Fast Fashion: The fast fashion industry produces a large amount of clothing that is quickly worn and then discarded. This has led to an increase in textile waste and pollution. Additionally, the production of fast fashion often takes place in countries with weaker environmental regulations, causing harm to local communities and the environment.

- Electronic Waste: Our reliance on technology has resulted in an increase in electronic waste. Electronic devices contain toxic materials that can harm the environment if not disposed of properly. In addition, the production of new devices contributes to greenhouse gas emissions, air and water pollution, and the use of finite resources like minerals and metals.
- Storing Social Media Data: Social media companies store vast amounts of data on servers that require a significant amount of energy to operate. This results in a high level of greenhouse gas emissions and contributes to climate change.

To reduce the impact of these issues, there are steps that teenagers can take:

- 1.Reduce consumption: Try to reduce the amount of goods you buy and use and make a conscious effort to buy products that are environmentally friendly.
- 2.Support sustainable fashion: Choose to buy clothing from companies that use environmentally friendly materials and production methods.





3. Properly dispose of electronics: Ensure that your old electronics are disposed of properly, either by recycling or donating them to organizations that can reuse them.
4. Be mindful of social media use: Reduce your time on social media and be mindful of the amount of data you share online.

In addition to individual actions, it's important for governments and businesses to take responsibility for reducing the impact of consumerism, fast fashion, electronic waste, and storing social media data. This includes implementing policies that promote sustainability, reduce waste, and support environmentally friendly practices.

In conclusion, consumerism, fast fashion, electronic waste, and storing social media data are having a significant impact on the environment. By understanding the impact of our actions and choices, and taking steps to reduce it, we can help to protect the planet and ensure a sustainable future for all. So, it's important for teenagers to take an active role in reducing their impact on the environment and promoting sustainability.

# **SELF-HELP ACTIVITY 1 – MY SUSTAINABLE FASHION WARDROBE**





# SELF-HELP ACTIVITY 1 – MY SUSTAINABLE FASHION WARDROBE

Our wardrobes play a big role in our daily lives, but the clothing industry is one of the most polluting industries in the world. By taking some time to sort through our wardrobes, we can make more sustainable choices and reduce our environmental impact. This activity will guide you through the process of cleaning out your wardrobe and making it more sustainable.

Learning how to be sustainably fashionable can seem really difficult, but it can be achieved simply by making sure that you are making conscious decisions about the clothing and accessories that you keep in your wardrobe! Check out the video by Vice to understand the basics about sustainable fashion:

<https://www.youtube.com/watch?v=kaqv9YwbQek>.

Take out all the clothes from your wardrobe and lay them out on a flat surface such as a bed or table. This will help you see all your clothes at once and make it easier to sort through them.

Go through each item of clothing and sort them into three piles:

- **Keep:** Clothes that you wear regularly, that fit you well and are in good condition.
- **Donate:** Clothes that you no longer wear but are still in good condition. Consider donating them to a local charity or thrift store.
- **Discard:** Clothes that are worn out, stained, or torn beyond repair. These can be discarded in an environmentally responsible way, such as through textile recycling programs.

Once you have sorted through all your clothes, take a closer look at the clothes in your “keep” pile. Ask yourself these questions:

- Do I need all these clothes?
- Can I mix and match them with other items in my wardrobe?
- Do I have any duplicates or similar items that I can donate?

Consider ways to make your wardrobe more sustainable. Here are a few ideas:

- **Shop second-hand:** Consider





shopping at thrift stores, consignment shops or online marketplaces for second-hand clothes.

- Invest in quality items: Buy fewer but higher quality clothes that will last longer and reduce the need for frequent replacements.
- Choose sustainable materials: Look for clothes made from organic cotton, linen, hemp, or recycled materials.
- Buy locally: Support local designers or brands that use sustainable and ethical practices.

Finally, organise your wardrobe in a way that works for you. This could mean arranging your clothes by colour, category, or season. Having an organised wardrobe will make it easier to see what you have and reduce the temptation to buy new clothes unnecessarily.

Congratulations! You have successfully decluttered and organised your wardrobe while also making sustainable choices to reduce your fashion impact on the environment. By donating clothes that are still in good condition, recycling unusable items, and considering more sustainable options for future purchases, you are making a positive impact on the planet.

Remember, you don't need a closet full of clothes to look great. By choosing quality over quantity and making use of what you already have, you can create a stylish and sustainable wardrobe that you can feel good about.

Keep up the good work!

### **Link to Video:**

A Beginner's Guide to Sustainable Fashion (VICE Asia):

<https://www.youtube.com/watch?v=kaqv9YwbQek>





## VIDEO LIBRARY

[VIDEO] Fast Fashion Explained In Under 5 Minutes – Kristen Leo

<https://youtu.be/fR7bXsoNwwE>

[VIDEO] - The hidden pollution of the internet – France 24 (English)

[https://youtu.be/GX8sOrz\\_-Fg](https://youtu.be/GX8sOrz_-Fg)

[VIDEO] The carbon footprint of consumption | Diana Ivanova | TEDxTrondheim

<https://youtu.be/jXCZ9MFBBp4>

