



SSIO ENVIRONMENTAL SUSTAINABILITY GUIDELINES FOR YOUTH - PERSONAL PRACTICE

These guidelines should be adjusted to take account of local cultural, financial and technical differences

Reconnect

- Reconnect with Nature; walk amongst trees and near rivers and lakes; be aware of the inter-dependence and inter-connectedness of everything in the universe.
- Let God's love within you extend out to all, including all of Nature.
- Clean the atmosphere at home, at school and in your community with good thoughts, prayers, devotional singing, chanting, meditation or silent sitting. Peace and happiness are within you, not outside you.
- Seek happiness that does not come from having money, lots of comforts or consuming too much.
- Create inner peace and outer cleanliness by practising the five universal Human Values. Be a beacon of light to the world.
- Live a simple, eco-friendly life as an example to the world.
- Think about the environmental impact of your actions and wants. Work out your carbon footprint. Go to <https://www.carbonfootprint.com/calculator.aspx>
- Avoid animal products that involve killing or inhumane treatment. Any cruelty will boomerang back.
- God is in everything, so practice compassion towards all things and all beings.

Reduce

- Everything you require is a gift from God; consume carefully and moderately.
- Protect natural resources -- place a Ceiling on Desires and be happy.
- Refuse with a smile when offered choices that are not environmentally friendly -- learn to lead, not follow!
- Do not waste energy. To reduce your carbon footprint –
 - a. switch off lights and electronic devices when not in use;
 - b. have shorter hot showers and baths;
 - c. plant trees where you live;
 - d. eat vegetarian, locally grown, organic food or grow your own;
 - e. walk or cycle to school or catch public transport;
 - f. reduce play activities that use electricity; talk face to face.
- Do not waste food. Reduce how much you eat; share with others; and avoid take away and junk food.
- Do not waste money. Buy things you 'need' and not things you 'want'; care for the things you have so they last longer; don't clutter up your life
- Do not waste time. Join in tree planting, clean-ups and other things that help the environment; act and have fun.
- Do not waste water. Use the minimum amount of water every time and reuse water where possible.
- Ask your family members, school and class mates to join with you in the actions above. Shine your light on everyone!

Reuse & Recycle

- Accept recycled items and buy second hand items. Your things do not define who you are!
- Donate your used quality clothes and toys to charity or opportunity shops or give them to friends. You can make a difference!
- Sort and reuse or recycle things you no longer use.
- Recycle useful items such as your mobile phones, reading glasses and printer cartridges. It all helps!
- Use recyclable items and eliminate your use of plastic. Keep plastic waste from entering rivers and oceans by not littering and picking up any litter.
- Recycle cans, glass bottles, plastic containers, paper, batteries and other things that can be recycled.
- Repair items you use instead of replacing them with new items.
- Build a compost bin at home and at school for scrap fruit and vegetables and use the compost on the garden.
- Learn from Nature where nothing is wasted!

Refer to SSIO –

<http://www.sathyasai.org/ya/serve-the-planet>

Environmental Sustainability – Practical Tips for Daily Use:

<http://sathyasai.org/environmental-sustainability>