

Tick all that apply for each category.

### 1. Food

- I plan meals and write shopping lists
- I reuse leftovers
- I cook in bulk and freeze
- I compost food scraps
- I grow my own fruit, vegetables or herbs

### 2. Plastic

- I carry a re-usable waterbottle
- I buy at farmers markets
- I use loose-leaf tea
- I refuse plastic bags
- I buy mostly loose produce - not packaged

### 3. Fashion

- I buy second hand clothes where possible
- I invest in better quality items that last longer
- I support fashion brands that are ethical
- I repurpose old clothes as rags and dusters
- I know how to repair damaged clothes

### 4. Transport

- I take the stairs rather than the elevator
- I use public transport when I can
- I carpool where possible
- I ride a bike wherever I can or walk
- I have an energy efficient vehicle

### 5. Education

- I support organisations working to educate girls in developing countries
- I know my ecological footprint
- I support environmental education
- I connect with the natural environment often
- I encourage others to spend time in nature

### 6. Energy

- I turn off electrical devices when not in use
- I dry my clothes outside
- I use energy efficient appliances and lighting
- I use fans over air-conditioning
- I have installed solar power

### 7. Water

- I have installed a water-saving showerhead
- I time my showers to reduce water
- I hand wash clothes if I have a small load
- I grow mainly native plants
- I have installed rain water tanks

### 8. Coral reefs

- I do not stand on or touch coral
- I use reefsafe sunscreen
- I collect rubbish when I see it
- I participate in reef citizen science
- I educate others about the reef

### 9. Going the extra step . . .

- If I fly, I offset my carbon emissions
- I reduced the amount of meat I consume
- I participate in climate marches
- I talk to others about sustainable lifestyles
- In government elections, I vote for the power of sustainable future.

**How sustainable is my current lifestyle?  
Count total amount of ticked boxes.**

**My score . . .**

If your quiz score is between 25-30 you are making good choices to help our environment but there is always more you can do. Turn over the page to learn more about sustainability.

To save reefs for the future we all need to adapt our lifestyle. Have a think about the actions you can take in your daily life and make a pledge for change. These actions will also save you money in short and long term and save the one planet we have.

### 1. Food

In Australia, 35% of the average household bin is food waste. Food waste sent to landfill produces methane, a greenhouse gas that is 28 times more potent than carbon dioxide. [www.ozharvest.org/what-we-do/environment-facts/](http://www.ozharvest.org/what-we-do/environment-facts/)

### 2. Plastic

We are producing over 300 million tons of plastic every year, 50% of which is for single-use purposes – utilized for just a few moments, but on the planet for several hundred years. More than 8 million tons of plastic is dumped into our oceans every year. Over 80% of all seabirds contain plastic. [www.plasticoceans.org/the-facts/](http://www.plasticoceans.org/the-facts/)

### 3. Fashion

Australians are currently disposing of a staggering 6000kg of fashion and textile waste every 10 minutes (500,000 tonnes each year). Annually, the average Australian buys 27kg of textiles, and then discards 23kg into landfill; two-thirds of discards are manmade synthetic/plastic fibres derived from petroleum that may never breakdown. [www.textilebeat.com/slow-clothing/](http://www.textilebeat.com/slow-clothing/)

### 4. Transport

In Australia, after coal fired power stations, the second largest source of carbon pollution is the transport sector. Carbon Dioxide emissions come primarily from burning fossil fuels (petroleum based gasoline and diesel) for our cars, trucks, ships, trains and planes. In Queensland total transport emissions have doubled since 1990 (11.186 million tonnes/year) to 2016 (22.514 million tonnes/year). [www.stateoftheenvironment.des.qld.gov.au/pollution/greenhouse-gas-emissions/transport-sector-greenhouse-gas-emissions](http://www.stateoftheenvironment.des.qld.gov.au/pollution/greenhouse-gas-emissions/transport-sector-greenhouse-gas-emissions)

### 5. Education

Educated women are able to seek out alternative opportunities in life. Education provides women a voice in family decisions, increases labour market opportunities, and creates an environment whereby reduced fertility rates are possible. <https://malala.org/girls-education>

Every one of us has an ecological footprint. The ecological calculator measures how fast we consume resources and generate waste. Knowing your individual footprint helps you understand your impact on the planet and whether sustainable given the earth's finite resources. [www.footprintcalculator.org/](http://www.footprintcalculator.org/)  
Humans have an innate desire to connect with the great outdoors, and not only do we want to be in nature it is good for us, and good for our children's developmental growth. [www.richardlouw.com/books/last-child/](http://www.richardlouw.com/books/last-child/)

### 6. Energy

Australia's electricity sector is the nation's single largest source of greenhouse gas pollution and accounts for one third of greenhouse gas emissions. Improving your energy efficiently at home is important. [www.energyfactsaustralia.org.au/key-issues/blue-energy-and-climate-change/](http://www.energyfactsaustralia.org.au/key-issues/blue-energy-and-climate-change/)

### 7. Water

Saving water is another way to fight climate change. Water requires a lot of energy to extract, convey, treat, distribute and clean up. Reducing the amount of water, reduces the amount of treatment chemicals and energy used to pump water for delivery and end of life disposal as wastewater. [www.cooldavis.org/2014/02/11/why-conserving-water-also-helps-tackle-climate-change/](http://www.cooldavis.org/2014/02/11/why-conserving-water-also-helps-tackle-climate-change/)

### 8. Coral reefs

In last 30 years, 50% of the world's coral reefs have been lost. The Great Barrier Reef (GBR) has 400 species of hard coral. The main threats to the GBR are coral bleaching, crown of thorns starfish outbreaks and more frequent, severe and intense storms due to climate change. In 2017, the central section of the GBR lost 19% of reefs due to coral bleaching. [www.coralwatch.org/index.php/outreach/facts/](http://www.coralwatch.org/index.php/outreach/facts/)  
Learn more about reefs and help collect data, get involved in citizen science [www.coralwatch.org](http://www.coralwatch.org)

### 9. Going the extra step

Global emissions are linked to human consumption behaviour. As humans drive global warming, the solution becomes everyone's business and adapting sustainable behaviours is key to solving the climate change challenge. 'Making the case for behavioral solutions to reduce global warming': [www.rare.org/wp-content/uploads/2019/02/2018-CCNBC-Report.pdf](http://www.rare.org/wp-content/uploads/2019/02/2018-CCNBC-Report.pdf)

