

# Participatory activity with teachers for the creation of a Vademecum.

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Research shows the need to teach children sustainable habits from a young age so they can become citizens that are conscious about planet health and responsible as adults (*The Lancet*, 2020).

A [study published in March 2020 by the OECD](#), found that: «*The cognitive and social-emotional skills that children develop in early years have long-lasting impacts on their later outcomes throughout schooling and adulthood.*»

*Another important argument for climate education at a young age is evidence that children can successfully nudge their parents' behaviour as well (The Lancet, 2020).*

For this reason, during our **piloting phase**, we are going to implement a series of activities addressing parents. One of the activities will be the calculation of the families' **Carbon Footprint** which will be preliminary to the creation of a **Vademecum for parents on Sustainable Behavior to reduce CO2 emissions**.

**5 Vademecum** for parents on Sustainable Behavior to reduce CO2 emissions will be created in **all school partners' languages** and will be distributed to the families with the aim of **limit their carbon footprint**.

The Vademecum will **contains practical tips and recommendations on how to reduce CO2 emissions**. Small changes in everyday life can make a big difference in the long run, for example when it comes to transportation, food, clothing, waste, etc.

If children see genuine concern of their role models (teachers and parents) about sustainable habits such as cutting food waste, reusing bags, bottles and cups, and taking energy-efficient transport, they're likely to do the same.

Also, if a child learns from their teacher about the damaging effects of CO<sub>2</sub> emissions, they may ask their families to reduce car use or take eco-friendly holidays in local spots rather than overseas. And putting recycling bins in schools may encourage kids to ask parents whether they can introduce them at home.

# Instructions to create a Vademecum

- Define the aim / objectives you want to reach
- Define the categories/topics to focus on
- Use an engaging communication for the chosen target (both for those who carry out the work and for readers)
- Division into work groups (the activity can also be carried out individually or as a class group)
- Create a time planning
- Distribute the vademecum

Now, it's your turn!!!



## Aim

Provide practical tips and recommendations for parents on how to behave sustainably in order to reduce CO2 emissions.



## 4 categories

### Transportation

- Try the train for your next holiday

### Food

- Limit meat consumption, especially beef

### Clothing

- Avoid fast fashion

### Energy and waste

- Take short showers

## Communication type

- We have chosen to use **meme** as they are a language closer to young people and it is important to try to understand the world of our students as well.



We are gonna  
have the  
final assessment  
on Saturday !



Let's have  
a field trip  
everyday and skip  
the classes :)

## Team division

**1° team:** Vyron, Giuseppina, Iwona, Karolina

**2° team:** Ioana, Evi, Sevcan, Emanuele

**3° team:** Isabela, Gregory, Dilek, Paulina

**4° team:** Silvia, Nella, Evangelia, Mirela

## Timing

- 45' working groups
- 5' presentation of the work
- 10' wrap-up and suggestions for the replication with students

## FOOD



i'm VEGETARIAN  
i ONLY EAT ROBENTS

- Carefully plan your meals
- Make a list before shopping
- Bring your ~~own~~ bag, no more plastic bags
- Buy local ingredients
- Eat season fruit and vegetables



THATS MY OPINION!!

I won't use  
any meat masks  
any more!  
Only vegetarian  
masks!



CLIMB UP  
AND STEAL  
FRUIT!!!

i only  
chase local  
cats



HAVE LUNCH  
WITH ME!

Please, bring  
food!



- Reduce meat consumption and use plant-based alternatives
- Don't choose intensive breeding
- Avoid air-freighted produce
- Choose chicken, pork and fish instead of beef
- Balance your diet!

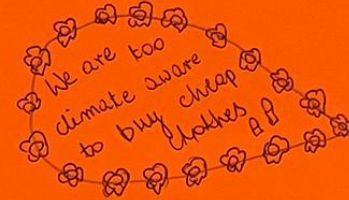
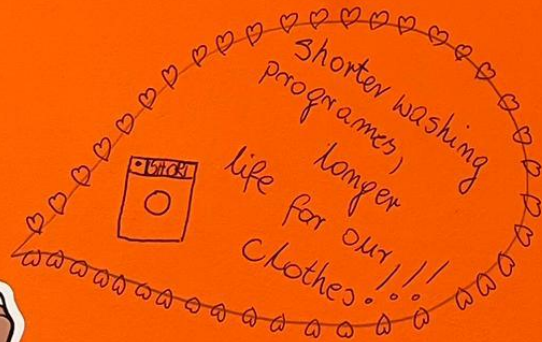
## Food

- Consume local and seasonal products (forget strawberries in winter)
- Limit meat consumption, especially beef
- Select fish from sustainable fishing
- Bring reusable shopping bags and avoid products with excessive plastic packaging
- Make sure to buy only what you need, to avoid waste
- Stop buying your water in plastic. Get a reusable water bottle and keep it filled and with you at all times. You'll save money and the environment!

## CLOTHING



- You can use your old clothes to make bags, neckless, mat etc.
- You don't need to follow fast fashion, create your own style.
- Don't buy more clothes, your weight can be change.
- we should do shopping from second hand stores.
- Don't waste, repair your clothes.



- Don't waste, donate
- Swap your clothes.
- wear clothes that made of organic materials like cotton etc.
- To wear your clothes longer choose the short programmes to wash.
- You can change your knitted clothes by reknitting them into blankets, scarfs, gloves etc.



## Clothing

- Avoid fast fashion
- Take good care of your clothes
- Try swapping, borrowing, renting or buying second-hand
- Buy responsibly-made clothes, e.g. made from recycled material or with an eco-label



## ENERGY & WASTE



I AM NOT LAZY  
I AM ON ENERGY  
SAVING MOOD!!

- Always switch off the lights when you leave a room
- Use bicycles rather than cars when you go to school/work
- Switch off the devices when you don't use them
- Use energy from renewable sources, solar or wind power
- Buy devices that are high-energy efficient



When I was young  
I was scared of  
dark! Now I'm  
scared when I see  
my electricity bill!!  
SAVE ENERGY!!



DON'T WASTE  
MY TIME!

- When you go shopping do it using a list and after eating!
- Re-use/recycle your "old" clothes by giving them a second life; join buy and sell groups and organize swap parties.
- Compost your fruit and vegetable scraps and use them as a fertilizer
- Have your bills, receipts, magazines/books in digital form instead of paper
- Dispose of e-waste responsibly

DON'T WASTE  
YOUR ENERGY!  
DON'T WASTE YOUR  
FEELINGS!!



## Energy and waste

- Turn down the heating by 1°, it will already make a difference
- Take short showers
- Turn off the water while you brush your teeth or clean the dishes
- Unplug your electronic equipment and don't leave your phone on charge when the battery is already full
- Don't store unnecessary data in the cloud (learn more about your digital footprint!)
- Select energy efficient products with an "A" label (EU Energy Label)
- Limit and recycle your waste
- Turn off lights when you're not using them. Every little action adds up!
- Use the cold water cycle for washing your clothes. And do your laundry in FULL loads. This will decrease the amount of water and energy used, helping you save time and money. Bonus points for line-drying – it takes a lot of energy to power your dryer!

## TRANSPORTATION



Walk with your child to school. They are going to arrive awake.

- If you live close to someone who you work with and you both drive, why not team up and take turns driving each other?
- If you drive children to school, consider helping them to take the bus, catch the train or walk.
- If you use your car every day, at least drive smarter to lower gas consumption.
- Organise family bike rides.
- Use the train or the bus to discover new places.



Why pay for a sauna?  
- You could take a bus.



Do you like cars?  
Aaaa! That's highway to hell.

- Walk around the city instead of driving a car.
- For long distance trips consider alternative to flying, including buses, trains and carpooling.
- Try to plan your trips in advance to minimize the number of trips you need to make.
- Properly maintaining your vehicle can help improve its fuel efficiency and reduce its emissions.
- The best way to encourage your children to use sustainable transportation is to set an example yourself.

GREEN TRANSPORTATION!  
It is enough green!



## Transport

- Cycle or use public transport
- Be smart about when and how you drive
- Try the train for your next holiday
- Incorporate walking to some of your regular short-trip destinations. In most instances, you can walk a mile in less than 20 minutes. This is a great way to add exercise to your busy schedule.

# Transport

## TELL YOUR PARENTS!!!

- Keep the tires on your car properly inflated and get regular tune-ups. When your car's tires are low on pressure, it has to work harder to move from point A to point B, wasting gas and increasing emissions in the process.
- Drive efficiently. Use the accelerator lightly, coast to red lights, stay near the speed limit, and park and go inside instead of idling your engine in a drive-thru.

## Some additional ideas

- Have a checklist on what you already do and what you don't at home
- Change the categories as you wish
- Use your imagination to create more attractive graphic material (photos of children, meme, etc)
- You can create a single vademecum in class as we did in the simulation and create digital copies, or have each student do their own work.
- The vademecum can be done physical or digital
- Add a section dedicated exclusively to parents (TELL YOUR PARENTS!!!)
- The handbook can turn into a competition

# Q&A

**Thank you!**