



Video [https://www.youtube.com/watch?v=J\\_iDcKDAwbA](https://www.youtube.com/watch?v=J_iDcKDAwbA)

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1. What are the 4 actions that impact most highly?
  - a) Eat a plant-based diet
  - b) Avoid air travel
  - c) Live car free
  - d) Have smaller families
2. What is the title of this video by Planet Justice?
  - How to Reduce Your Carbon Footprint
3. How does it define a carbon footprint?
  - A carbon footprint is the total amount of greenhouse gases including carbon dioxide that are emitted into the atmosphere as a result of our activities.
  - These emissions contribute to climate change by trapping heat in the Earth's atmosphere leading to rising temperatures and other problems
4. What are the 5 simple tips? what does it say about each one? how much will each one reduce GHGs? And are there any other benefits?
  - 1) Use reusable plastic bags:
    - millions end up in landfill or in the oceans. We can significantly reduce the amount of plastic waste
    - it's a form of recycling, and that has a moderate impact of 0.2125 tonnes per person per year. So worth doing but not high impact
    - does have another benefit: less pollution of land and sea
  - 2) Reduce meat consumption
    - We should reduce meat consumption because livestock is a major contributor to GHGs
    - Doesn't say how much it will reduce emissions. Plant-based diet is 0.8, but that includes no dairy
    - No other benefits mentioned
  - 3) Use energy efficient appliances
    - We should upgrade our appliances to be more efficient. Note it says upgrade them to energy STAR certified – a cert for energy efficiency
    - Doesn't say how much it will reduce emissions.
    - This has both positive and negative benefits – it uses less energy, but only good if appliances are upgraded. If they are replaced, can cause pollution, and would need recycling.
  - 4) Trees
    - Trees absorb CO<sub>2</sub> so planting trees and supporting reforestation is a great way to help
    - Won't save it but will reduce GHGs. No statistics on how much.
    - Other benefits - ecological – animal; life, plant life, etc.
  - 5) Public transportation or carpooling
    - Use public transportation or carpool when possible. Transport is a major contributor to global warming so opting for public transport will help reduce your footprint
    - No stats on what it saves. It will save on GHG emissions but not as much as car free
5. What is Planet Justice? Ask Google
 

No information available. Planet Justice is a popular name
6. What's your view? What do you think is its motivation for publishing this video?
  - Don't know
7. Why do you think it doesn't focus on high impact actions?
  - Uninformed? Underinformed?

## summary and opinions (in note form)

- ✚ Video called How to Reduce Your Carbon Footprint produced by Planet Justice
- ✚ Couldn't find any info about Planet Justice – maybe it's too small?
- ✚ It defines A carbon footprint as the total amount of greenhouse gases including carbon dioxide that are emitted into the atmosphere as a result of our activities.
- ✚ These emissions contribute to climate change by trapping heat in the Earth's atmosphere leading to rising temperatures and other problems
- ✚ And It gives 5 simple tips for reducing our carbon footprint: use reusable plastic bags, reduce meat consumption, use energy efficient appliances, planting trees and supporting reforestation, and use public transportation or carpool when possible.
- ✚ On re-using plastic bags it says millions end up in landfill or in the oceans. We can significantly reduce the amount of plastic waste
  - it's a form of recycling, and that has a moderate impact of 0.2125 tonnes per person per year. So worth doing but not high impact
  - another benefit: less pollution of land and sea
- ✚ On reduce meat consumption, it says we should reduce meat consumption because livestock is a major contributor to GHGs. It doesn't say how much it will reduce emissions. Plan-based diet is 0.8, but that includes no dairy. No other benefits mentioned
- ✚ on using energy efficient appliances, it says we should upgrade our appliances to be more efficient. Note it says upgrade them to energy STAR certified – a cert for energy efficiency. It doesn't say how much it will reduce emissions. using energy efficient appliances, has both positive and negative benefits – it uses less energy, but only good if appliances are upgraded. If they are replaced, can cause pollution, and would need recycling.
- ✚ On planting tree and supporting reforestation t says Trees absorb CO<sub>2</sub> so planting trees and supporting reforestation is a great way to help. It Won't save GHGs but will reduce them. No statistics on how much. Other benefits - ecological – animal; life, plant life, etc.
- ✚ On using public transportation or carpooling it says use it when possible. Transport is a major contributor to global warming so opting for public transport will help reduce your footprint. No stats on what it saves. It will save on GHG emissions but not as much as car free



Not sure what Planet Justice's motivation for publishing this video, nor why it doesn't focus on high impact actions. Maybe its uninformed or misinformed? But whichever it's not good because these 5 simple tips distract from the big issue. They hide the more important high impact actions