

## What is a Carbon Footprint?

### Everybody has one but what is a carbon footprint?

It's your own personal measure of how much carbon dioxide you create and how much you contribute to climate change.

Carbon dioxide is colorless, odourless, nonpoisonous gas found in the air in small amounts.

### How can I cut down on the carbon dioxide I make?

**Bottled water** – try drinking tap water instead. Most containers used for bottled water are plastic and use lots of petrolium to produce them and to ship them around and to recycle them afterwards.

**Walk or cycle to school** – if you live near enough to your school start walking or cycling there.  
If not, use public transport or ask your parents to car share with nearby families.

**Turn down the thermostat** – tell your parents to turn your thermostat down. By turning it down by one degree you could reduce carbon emissions and cut your fuel bills down by 10 per cent.

**Turn it off** – it makes no sense to leave appliances on if you're not using them. It's wasting energy, losing money and contributing to climate change. Turn that TV off when you're not watching it and don't leave things on standby.

**Take a shower** – rather than a bath it uses much less water and power.

**Light bulbs** – ask your parents to buy energy efficient light bulbs they last longer and will cut your electricity bills.

**Batteries** – use rechargeable batteries rather than disposable ones.

**Clothes** – take your unwanted clothes and ones you've outgrown to a charity shop.

**Recycle** – whenever possible.

Humans exhale it, and trees and other plants absorb it and use it to make food. Cutting down trees or burning fossil fuels, such as oil and coal, increases carbon dioxide in the atmosphere. It is a greenhouse gas that contributes to global warming, which, in turn, affects human health. It also creates the bubbles that are found in fizzy drinks.