

What can you do to combat climate change?

1. **Inform yourself** about climate change. Read the newspapers. Listen/watch mainstream media.
2. **Subscribe** to theenergymix.com, www.carbonbrief.org, climatefast.ca's newsletter.
3. **Watch these climate change videos** on Youtube:
 - a. Keira Knightley/Extinction Rebellion: search for 'keira knightley narration of climate change',
 - b. Climate Change 101 with Bill Nye: search for 'climate 101 bill nye', and
 - c. Greta Thunberg at the UN: search for 'greta thunberg cop24'.
4. **Reduce your carbon footprint** using www.footprintcalculator.org or app.projectneutral.org.
5. **Make a commitment by taking a pledge** with climatepledgecollective.org/pledge.
6. **Attend a film about climate change and invite your family and friends.** Climatefast.ca is running the Toronto Climate Film Festival (tcff.ca).
7. **Volunteer and join a local climate change organization.** In Toronto, you can join climatefast.ca, toronto350.org, www.facebook.com/XRToronto/, and others. For students, you can join www.facebook.com/fridaysforfutureto. **Or you can make a donation.**
8. **Sign petitions, join climate rallies and marches, attend town hall meetings** that are taking place in your area. **A global climate strike is planned for September 27th, 2019.**
9. **Lobby your municipal, provincial, and federal government representative** to introduce policies, legislation, and regulations that combat climate change. They are your representatives. They will act if you tell them what you want done. There is a spreadsheet of the Toronto councillors, MPP's and MP's, located at myclimatechange.home.blog/resources/.
10. **Contact the mainstream media** by writing letters to the editor, participating in phone-in radio shows, and emailing reporters of climate news.
11. **Vote in the upcoming federal election, taking place on October 21st, 2019.** We need to ensure that the political party with the best climate plan wins. Here is a list of what they should commit to about climate change: myclimatechangehome.files.wordpress.com/2019/07/vote-for-the-federal-candidate-and-party-that-commits-to.pdf. Question federal parties and their candidates with respect to these commitments. Attend or participate in candidate debates and town halls.
12. Most importantly, **talk to your family and friends about climate change.** It helps psychologically when concerns are shared, especially, because everyone is part of the solution. If you want to learn how to **carry out a Kitchen Table Climate Conversation**, we have workshops and a toolkit at climatefast.ca/kitchen-table-conversations.
13. If you are experiencing unusual stress from dealing with climate change: fear, anger, anxiety, and/or depression, please **practise self-care.** Seek professional help, if necessary.
14. **Remember that we are doing this for our children and our grandchildren, and for all future generations.**
15. You can find the above and more in the website, myclimatechange.home.blog.