

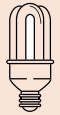
TAKING CLIMATE ACTION

“REDUCE, REUSE, RECYCLE”

- Industrial and household activities produce a lot of greenhouse gasses.
- Landfills release large amounts of methane, contributing to climate change. Here's how YOU can be part of the solution!



REDUCE

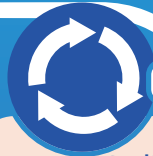


- Reduce your energy use by using energy-saving light bulbs and energy-efficient white goods.



- Get a compost bin and worm farm for food scraps to divert them from landfills.

- Make the move to clean energy (Clean-energy), like solar.



REUSE



- Don't throw plastics and metal away, upcycle it! Over 90% of plastics and metals in mobile phones and batteries can be reused in new products.



- Opt for environmentally friendly and ethically made products.

- Refill your own drink bottle to reduce single-use plastic waste.



RECYCLE



-- Always recycle paper and cardboard to reduce waste to landfill and save trees.

- Avoid non-recyclables like styrofoam. Plastic packaging marked code 1, 2, or 3 can usually be recycled.



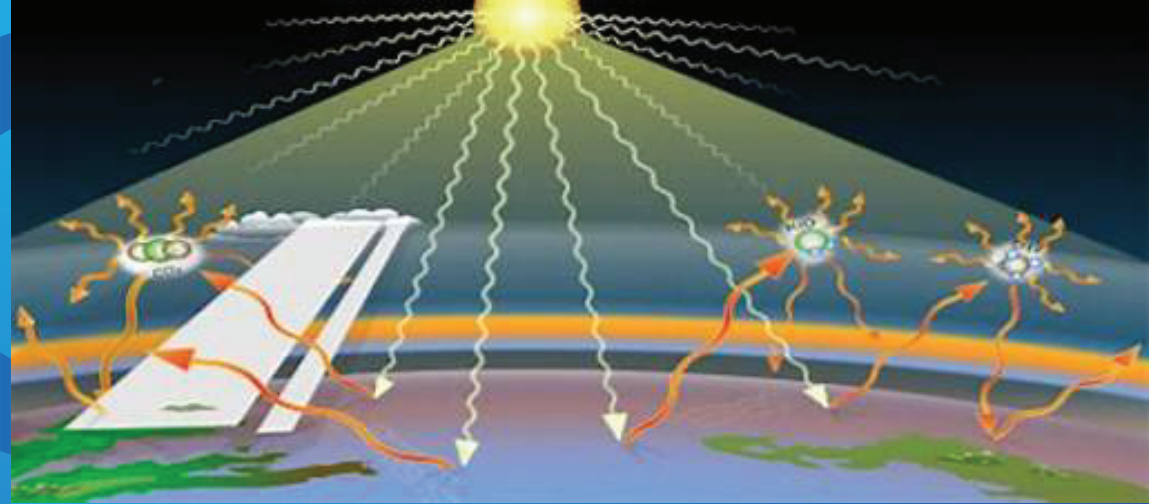
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CLIMATE CHANGE AND SEXUAL REPRODUCTIVE HEALTH AND RIGHTS

What is Climate change?

Climate change refers to long-term shifts in temperatures and weather patterns. Human activities have been the main driver of climate change, primarily due to the burning of fossil fuels like coal, oil and gas. Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.



Our Planet's Health Matters: Climate change is not just an environmental issue—it also has profound impacts on our sexual and reproductive health and Rights. We need control over our bodies to control and adjust to climate change crisis.

WHAT ARE THE EFFECTS OF CLIMATE CHANGE TO SRHR

For example, extreme weather events can disrupt access to healthcare services and increase the spread of diseases, hunger, poverty, global food and water shortage, and extreme weather conditions that interfere with access to SRHR.

- Climate crisis affects everyone but women, girl and children are more vulnerable to effects of Climate change.
- Extreme heat and air pollution eventually affect maternal and child health outcomes
- Climate change exacerbates increases in gender-based violence during times of stress and scarcity
- Climate change raises the risks of teenage pregnancy and child marriage
- Causes instability of health systems that offer SRHR services and information
- Climate change amplifies the existing vulnerabilities among the vulnerable groups in our society.

Protecting Our Future: Taking action to address climate change is essential for protecting our sexual and reproductive health rights. Healthy environments provide the foundation for healthy lives, enabling individuals to make informed choices about their bodies and futures. By prioritizing environmental sustainability, we can create a world where everyone has the opportunity to lead a fulfilling and healthy life.

Taking Action: We all have a role to play in combating climate change and promoting SRHR. This can involve advocating for policies that protect the environment, adopting sustainable lifestyle practices, and supporting initiatives that promote access to sexual and reproductive health services. By working together, we can create positive change and build a more sustainable and equitable future for all.

By addressing climate change, we can safeguard our health and well-being, ensuring that future generations have access to the resources they need to thrive.



“Human activities such as burning fossil fuels (for industrialization, transportation, and energy production), deforestation, agricultural practices, and certain industrial processes release greenhouse gases that have caused global warming”



1. Use less Energy: Use less electricity by turning off lights and unplugging electronics when not in use. Walk, bike, or use public transport instead of cars to help keep the air clean.

2. Reduce, Reuse and Recycle: Use reusable water bottles and bags to reduce waste. Recycle paper, plastic, and glass to help protect the environment.

3. Plant Trees: Trees are like nature's superheroes! They clean the air, provide shade, and give homes to animals. Planting trees helps fight climate change and keeps our planet healthy.

4. Save Water: Be a water hero! Take shorter showers, fix leaks, and don't waste water. Every drop counts!

5. Support Local Farmers: Buy food from local farmers who grow their crops without hurting the environment. Eating healthy helps our planet and supports farmers in our community.



6. Share What You Know: Talk to your friends and family about climate change. Share what you learn on social media and help spread the word about how we can protect our planet.

7. Learn New Skills: Learn how to stay safe during emergencies like storms or floods. Knowing what to do can help keep you and your family safe.

8. Listen to Others: Indigenous people have been taking care of the Earth for generations. Listen to their stories and learn from their wisdom about how to live in harmony with nature.

CALL FOR ACTION



Stand Up: It's time to stand up for what we believe in and take action to create positive change. Whether it's advocating for our sexual and reproductive health rights, speaking out against gender inequality, or fighting against climate change, our voices matter. By standing together, we can make our voices heard and drive meaningful progress.

Speak Out: Don't be afraid to speak out about issues that matter to you. Whether it's sharing your own experiences, raising awareness about important issues, or advocating for policy change, your voice has the power to inspire others and drive change.

Get Involved: There are many ways to get involved and make a difference. Whether it's volunteering with organizations that support sexual and reproductive health, participating in community events, or engaging in advocacy efforts, every action counts. By getting involved, we can contribute to positive change and create a brighter future for ourselves and future generations.