

# Climate Advocacy - What can you do?



## Action Plan

- **Vote & Advocate:** Engage with community organizations in the fight against climate change.
- **Reduce, reuse, recycle (in that order!)**
  - Avoid single-use products and consider donating products that you have outgrown or no longer use
  - Turn off appliances and lights when not in use
  - Reduce food waste and limit meat consumption by incorporating more plant-based foods in your diet and composting food scraps
- **Be mindful of your transportation:** Walking and biking reduce your carbon footprint and are good for your health, win-win! Use public transportation when you can
  - Decrease your personal energy use and consider using renewable energy sources to power your home/vehicles if possible

## Did you know?

Climate change can be overwhelming, but you can be part of the solution. We can adapt, prepare, and make progress in limiting the effects of climate change through our individual actions and community engagement.

## Community Resources



Explore the [Climate Ready Map](#) to see how climate change impacts your neighborhood

Start a climate group using the [Toolkit for Youth Leaders](#) to encourage climate action

Plan your trip with [public transport](#)

Connect with [climate creators](#) on social media platforms

Register to vote <https://www.usa.gov/register-to-vote>



**Boston Children's Hospital**  
Pediatric Environmental Health

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Region 1: New England

**PEHSU**  
Pediatric Environmental Health  
Specialty Unit