

How committed am I to my environment?

We invite you to make a short assessment of your environmental behavior. A few moments' reflection will surely serve you well for the future. Then invite your colleagues—both teachers and students—to do so as well. You will most certainly discover that, although everyone wishes for a promising and happy future, few of us are doing anything to ensure it. Perhaps even small efforts, such as the creation of this manual, will help us adopt new attitudes and rethink how we teach, learn, and transform the world.

In table 1, write an X under the option that best describes your current practices. Do the exercise just for your own sake, and answer with total honesty. Score your answers as follows: An X in the first column (never or nothing) earns no points. For every X in the second column (sometimes or half the time), give yourself 2 points. For every X in the third column (always or a lot), give yourself 4 points. The maximum possible score is 112.

Between 0 and 28. Carefully review those areas you have paid little attention to. Haste often prevents us from looking at the impact of our actions on the environment. We are confident that the recommendations provided in this kit will help strengthen your ability to improve the environment.

Between 29 and 56. You are on the right track; pay more attention to your weaknesses. The planet needs you. Look for information and shift into a higher gear so that you soon become a promoter of environmentalism.

Between 57 and 85. You are on the right track toward learning and becoming a committed, environmentally respectful person. Get informed and pay more attention to areas where you need to reinforce your commitment to the environment.

Between 86 and 112. You have great potential to lead initiatives for making your school an environmentally friendly space. Use your commitment to the environment as an engine that drives your school community into a better future. Congratulations!

Beware! You need to pay attention to your _____

- Subtotal 1: consumption
- Subtotal 2: transportation
- Subtotal 3: way of caring for energy
- Subtotal 4: way of caring for water
- Subtotal 5: waste management
- Subtotal 6: approach to nature
- Subtotal 7: school's vulnerability

Table 1. How environmentally friendly is my life?

Question	Levels		
	Never	Sometimes or half the time	Always or a lot
On the consumption of goods			
I choose the products I use depending on which cause the least possible damage to the environment. (For example, are they produced with pesticides? Do they involve the reuse of other materials in their manufacturing process?)			
I repair worn-out or defective goods instead of buying new ones.			
I use rechargeable batteries.			
I avoid replacing appliances or goods I am using when a new model is available.			
Subtotal 1			
On mobility			
I use public transportation when I need to travel considerable distances.			
I walk or ride a bike when I need to travel short distances.			
I share a car with people traveling to the same destination.			
I take care of my vehicle so as to optimize emissions.			
Subtotal 2			
On energy			
I use energy-saving lamps or bulbs.			
I turn lights off when not in use.			
I disconnect appliances when they are off, or I use a multipurpose power switch to turn them off when not in use.			
I clean bulbs and lamps to make sure they provide optimum lighting.			
Subtotal 3			
On water			
I take a maximum of five minutes to shower.			
The plants in my garden are from the region where I live, so they need little water.			

Table 1. How environmentally friendly is my life?, continued

I turn off running water while I wash my hands or brush my teeth.			
I have water-saving systems installed in my faucets and toilet.			
Subtotal 4			
On waste management			
I separate waste into at least two categories.			
I reuse disposable containers as much as possible.			
I prepare compost with my organic waste.			
I recycle or drop off inorganic waste for recycling.			
Subtotal 5			
On contact with nature			
I visit natural areas close to my town.			
I adopt street animals instead of buying animals.			
I try to obtain the natural products I consume (wood, land, plants, animals) from agricultural production/breeding sites or sustainably managed sites.			
I consume organic products (that is, those produced without agrochemicals).			
Subtotal 6			
On the vulnerability of your school			
I participate in or promote the inclusion of healthy foods in the cafeteria of my school, considering the nutritional needs of students.			
I design or promote health or environmental care campaigns in my school community.			
I prepare my school community to address environmental risks (floods, drought, heat waves, mudslides, earthquakes).			
I participate in public health campaigns to prevent epidemics generated by vectors and mosquitoes (malaria, dengue fever).			
Subtotal 7			
TOTAL			
Maximum value of each column	0	56	112