HOW TO PREVENT CLIMATE CHANGE

The onset of climate change has come about following over 200 years’ worth of unchecked manmade activity that has had a negative impact on the world around us – from deforestation and the burning of fossil fuels to driving cars or **0) \_\_\_\_\_\_\_\_\_\_** away perfectly useable materials.

Now, we are beginning to feel the effects of climate change around the globe. Scientists estimate that **1) \_\_\_\_\_\_\_\_\_\_** the end of the 21st century, temperatures in the summer will have risen up to over 40 degrees Celsius in the UK.

While we cannot **2) \_\_\_\_\_\_\_\_\_\_** the damage caused to the environment, we can help decelerate the rate of change – and long-term, change the fate of the planet altogether. Half the problem for us **3) \_\_\_\_\_\_\_\_\_\_** individuals, however, is to know where to start.

To help you get to grips with climate change, we have identified several key areas we should all be addressing in our day **4) \_\_\_\_\_\_\_\_\_\_** day lives to help you get started. We hope you will find that becoming more environmentally friendly is not as difficult as you might think!

**Make Your Home More Energy Efficient**

Our homes contribute a large proportion of the UK’s overall carbon emissions – and it is down to individuals to make a change to reduce their property’s environmental impact. Here are a few quick tips to reduce your home’s CO2 emissions, as well as lowering your energy bills:

* Invest in double glazing in your home
* Turn off all appliances (from the **5) \_\_\_\_\_\_\_\_\_\_)** when not in use
* Replace domestic and electrical equipment with energy efficient recommended models
* Insulate your home: loft insulation, cavity wall insulation, and simple draught excluders

More recently, Home Information Packs have been introduced in England and Wales, and within them, an energy performance certificate which gives your home an energy rating between A to H. This should make energy efficiency a more important factor to take into **6) \_\_\_\_\_\_\_\_\_\_** when buying a home.

**Make Your Lifestyle Greener**

Everything we do in our daily lives emits CO2 into the atmosphere. That means that **7)\_\_\_\_\_\_\_\_\_\_** making small changes in what we do, or how we do it, can have a positive impact in preventing the onset of climate change. Collectively we can make a difference. Here are a few tips:

* Holidays: do not fly, take a train or alternative transport method
* Shopping: minimise the number of shopping trips you take by planning **8)\_\_\_\_\_\_\_\_\_\_** and writing a list
* Nightlife: walk to your local facilities rather than taking the car
* Sport: try cycling, walking or running to get from A to B

**Change Your Habits At Work**

Do not **9) \_\_\_\_\_\_\_\_\_\_** your good environmental habits at home – take them into the office too. Take public transport to work or walk rather than take your car, or share car journeys with colleagues. Turn off appliances, equipment and lights off when you have finished using them, and, importantly, shut down your computer rather than just logging off. And for the things you cannot change – speak to the person who can see if your employers have a green and environmental **10) \_\_\_\_\_\_\_\_\_\_** in place.

Adapted from: <http://www.preventclimatechange.co.uk/prevent-climate-change.html>

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