



Be an Environmental Change Agent!

- Supplies:**
- 4-H Environmental Change Agent Pledge
 - Environmental Justice 4-H teen video (optional)

Age or Grade: All ages

Time: 5 minutes



Background: There are many little things that we can do every day to help improve our environment. The earth is where we live, let's be kind to it! 4-Hers lead by example and when we choose to make good environmental choices daily, people will pay attention. You can be an environmental change agent!

Project Goal: The goal of this project is to pledge to do one task that is environmentally friendly. By doing your part, you can inspire others to do theirs as well!

- What to Do:**
1. If you are able to access the Environmental Justice 4-H Teen Video online, please watch it to get example of what 4-Hers in Virginia are doing to be environmentally friendly. If not, please see some examples from real teens below.
 - Planting a garden in the backyard
 - Using less products (reducing waste)
 - Driving less
 - Turning off water while brushing teeth or scrubbing hands
 - Picking up litter on afternoon walks
 - Turning off lights when not in a room
 - Unplugging chargers when not in use
 2. After you have some inspiration, think about what you can do personally to help the environment. What is something that you think would make a great difference?
 3. Once you have chosen what you can do to help the environment, pledge to do it using the form below! Hang your pledge up where you can see it, so you are reminded to do the task you have chosen.
 4. Share your efforts with others and encourage them to do the same. You can be an environmental change agent!

- Reflect:**
1. How did watching the video or reading the quotes that 4-H teens made make you feel?
 2. Did you feel inspired to do something great yourself?
 3. Are there things you are already doing that was good for the environment?





Virginia 4-H Civic Engagement @ Home Activity

Apply:

1. How is creating this pledge impacting your neighborhood?
2. If your entire community did the pledge, how would that create an impact in your community?
3. What if 4-H'ers from all over the state participated, what would that impact look like for the state?

Going Further:

To take it a step further, pledge to do more than one thing. You could also see how long you can keep up your pledge/remember to do it. For example, if you chose to pick up litter when you go outside, how many times can you remember to complete your pledge? Once? Twice? Ten times? Think about efforts you could make to get other involved. You could text/call your friends or even make a flyer to encourage others to make small choices too!

Notes for Parents or Helpers:

You could make a pledge as a family! Sit down and think about something that everyone could do as a family that would help the environment. Examples could be taking shorter showers or recycling more waste. Choose something that matches your family's goals and lifestyle!



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4-H Environmental Change Agent Pledge

I, _____ pledge to be a 4-H environmental
Name
change agent.

I will _____
What I will do to help the environment

I will also encourage my family and friends to do the same.



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