



12 EASY WAYS FOR TEENS TO GO GREEN:



- 1. When You're Done Surfing and IMing, Turn Your Computer Off.** If you must leave your computer on, tell it to go into "sleep" or "hibernate" mode, which saves power. Save even more juice by unplugging your computer (or flip the switch on a surge protector) to stop the "phantom load" problem.
- 2. Re-Route your Commute.** Walking or biking is ideal to get to your friend's house, run errands, or go to school. Not only is this healthy for the environment, but for YOU too. If you have to drive, then try to get a group of friends together to cut down on everyone driving separately. Traveling in a group is WAY more fun, and you can cut down on the cost of gas if everyone chips in.
- 3. Get Involved!** Join the Environmental Club at school! It's a great way to meet people, and you can learn so much from your peers.
- 4. Turn Off the Lights Behind You.** Remember that riddle about the tree falling in the forest when no one is around? Well, why leave a light on when no one is around? It's just plain waste. Also, replace old bulbs with longer-lasting, low-energy compact fluorescent bulbs--CFLs last up to 10 times longer than traditional ones.
- 5. Help Lose the Litter.** Litter chokes our wildlife, destroys our landscapes, and releases toxic chemicals when it breaks down. Plus, it's just plain ugly! Many neighborhoods hold regular cleanups, so volunteer!
- 6. Instead of Buying Bottled Water, Use a Refillable Container.** Ever see an empty water bottle tossed by the side of the road? Less than 20% of those single-use containers make it to the recycling bin. They also waste fuel for shipping — water is heavy! Use a reusable bottle instead, and cut down on the expense and waste.
- 7. Use your Local Amenities.** Borrowing from libraries, instead of buying personal books and movies, saves money and printing resources.
- 8. Download (Legally!) the Latest Album from an Eco-friendly Star.** John Mayer. KT Tunstall. Dave Matthews Band. Kanye West. A number of today's hottest musicians are also going green in big ways, by running tour buses on clean-burning biodiesel and recycling all their show waste. Do your part by buying music online, which cuts out waste from shipping and all those CDs and cases.
- 9. Ask Potential Colleges About Their Eco-Practices and/or Check Out a "Green Collar Career."** College can be the best time of your life, but you don't want to be dragged down by a school that doesn't get your green values. Fortunately, many colleges are leading the way with exciting recycling programs and even eco-friendly dorms!
- 10. Stop Wasting Water.** When you brush your teeth, only use water to rinse. Don't let it run while you are brushing. Also, encourage your parents to buy water-efficient showerheads. With low-flow models, a family of four can cut water usage by as much as 280 gallons a month — and yet not feel much difference in water pressure.
- 11. Earn Great Grades (Mother Nature Needs Smart People to Help Protect Her).** Sure, you've heard it a million times before: it pays to stay in school. Here's one more reason: human population and consumption rates continue to swell, while habitat for wildlife shrinks. Global warming, ozone damage and acid rain are scary stuff. Humankind can right a lot of our wrongs and invent new technology to live lighter on the Earth, but it will take a lot of smarts!
- 12. Recycle Smart.** From electronics to clothing, one person's trash is another person's treasure. Everything can be recycled and should be.

Sources: <http://www.thedailygreen.com/going-green/6334>; <http://teens.aol.com/originals/red-cares/earth-day-tips>