

make yourself HEARD!

ACTIVITY GUIDE ONE



Disney's Friends for Change is all about helping kids everywhere take action to help the environment. It means getting together with your friends, your family and your community and showing the world how we can all make a difference by learning how to improve, preserve and protect the planet!

This Activity Guide—**Make Yourself Heard**—helps you recognize things in your community, your city and the environment that are important to you and how to speak up for them. Here you can learn how to stand up for what you believe in and show that you care by spreading the word and Making Yourself Heard!

Every action starts a chain reaction.



Where Do You Start?

Before you go out and Make Yourself Heard, you have to decide what to speak up for. What's important to you and why? Answering the following questions will help you decide.

1 Is there a special place that means a lot to you and your community?



Examples to get you thinking:

PROTECT YOUR PLACE

If you live near the ocean, a river, or a lake, maybe you love that waterway because it's a fun place to swim, hang with friends, and check out fish and wildlife. Do think it's important that your beach is clean? Do you wish that your wetland wildlife habitat was protected?

IMPROVE THE SPACE

Maybe you wish a favorite park was more safe and clean? Do you want to install lights so you can use your park at night? Maybe you think it's important to build a "scoop it" bag station for dogs owners to encourage cleaning up after their pets? Would you like to see more recycle bins or perhaps even compost bins in your city to reduce waste?

CREATE A PLACE

If you don't have lots of green space, maybe you want to create some to make your community more livable? Think your town would dig the addition of a dog park—a safe place for you and your four legs to exercise in the fresh air and appreciate nature? Or, maybe you wish your community had a new space to play soccer, do yoga and witness local wildlife instead of developing it or turning it into a parking lot? Do you think it's important to create a bird sanctuary? Get creative and create a place!

2 Once you've picked your perfect place or determined the need for a new one, list three reasons why you care about it:

- 1)
- 2)
- 3)



3 Now that you've zeroed in on your place of choice, what can you do to improve, support or protect it? Get permission from a parent or adult group leader and partner with them to become the voice of this special place and **MAKE YOURSELF HEARD!** Suggest an appropriate action for your place (this is what you want to see happen by Making Yourself Heard.)

Links We Like

Make a Difference with Conservation International:

http://www.conservation.org/act/Pages/make_difference.aspx

Take Action with Defenders of Wildlife:

http://www.defenders.org/take_action/index.php

Learn What You Can Do with Environmental Defense Fund:

<http://www.edf.org/page.cfm?tagID=820>

Preserve and Protect our Environment with Keep America Beautiful:

<http://www.kab.org/site/PageServer?pagename=whatwedo>

Protect Wildlife with the National Audubon Society:

http://www.audubonaction.org/site/PageServer?pagename=aa_homepage

Join Leo DiCaprio to Make Your Voice Heard with the Natural Resources Defense Council:

<http://www.nrdcactionfund.org/thisisourmoment/>

Make Yourself Heard in 7 Simple Steps!

Besides screaming at the top of your lungs from the mountaintops, how **DO** you go about Making Yourself Heard? Try these 7 action steps:

- 1** So you've picked your place—get behind it 100%!
- 2** Then, figure out who's responsible for that place—who owns and takes care of it? (Go to your city or state website to find out).
- 3** Next, research these people or organizations to find out how to contact them.
- 4** Once you have contacts in hand, come up with the most creative and impactful way to connect with them and **MAKE YOURSELF HEARD!** Here are some ideas:
 - Get in Touch—Write a letter, get your friends to write letters.
 - Write to them and get friends and family to write too!
 - Get on TV—Send local news stations an exciting press release they can't pass up.
 - Get in Print—Contact the local paper to suggest your story idea (press releases or letters with detailed info work here too).
 - HINT: it never hurts to enclose photos or special cards, artwork and posters that show the recipient how truly special this place is to you!
- 5** Now, just do it—Make Yourself Heard! Whatever method you choose to get the word out, do it in full force, don't hold back. The louder the better. Let's hear it!
- 6** Finally, once you've Made Yourself Heard (nice job!), it's super important to follow up. You have to keep your momentum going. Follow up is the next step that shows the world you weren't just Making Yourself Heard to get attention, or doing it as a dare, but rather that you really care and you won't give up until you make your goal!
- 7** **And last but not least, let Friends for Change know what you're up to and how people outside your community can help you Make Yourself Heard. Post your activity on our website at: www.disney.go.com/projectgreen**

There's power in numbers, starting with ONE.