

Teaspoons of Change - Global Citizen Booklet

This booklet is designed to help you:

- Share global perspectives,
- Give context and inspire action, and
- Not only identify as, but BE, an active & effective global citizen

So what is a global citizen...?

If you're not sure what the words 'global citizen' mean to you (most of us don't) then this booklet is for you. It is primarily intended for schools, teachers and students, but can be used by anyone who wants to know more about being a global citizen.

This booklet will engage you with the Global Goals and being an active and effective global citizen! It complements Teaspoons of Change presentations or can be used on its own.

I hope you enjoy and strengthen your knowledge, skills and experiences to be a more active and effective global citizen!



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Many thanks, d'Arcy.

THE GLOBAL GOALS For Sustainable Development





Introduction to the Global Goals

- The UN's Millennium Development Goals (MDGs) took us from the year 2000 to 2015 to work towards ending extreme poverty
- The successor of the MDGs are: **The Global Goals for Sustainable Development**, also known as the **Global Goals** or the **Sustainable Development Goals (SDGs)**
- They are our new global framework until 2030 to work together to end poverty, reduce inequality and protect the planet
- Learn more at <http://globalgoals.org/> and specifically for schools, teachers and students see the **World's Largest Lesson**: <http://www.globalgoals.org/worldslargestlesson>

What do you think is a Global Citizen?

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What do the Global Goals mean to you, your family, your community, your country?

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Remember: we are all global citizens and everyone has their own understanding, meaning and actions as a global citizen!

One defn. is: **knowing we are **connected** to people & the planet.*

How to be an Active and Effective Global Citizen

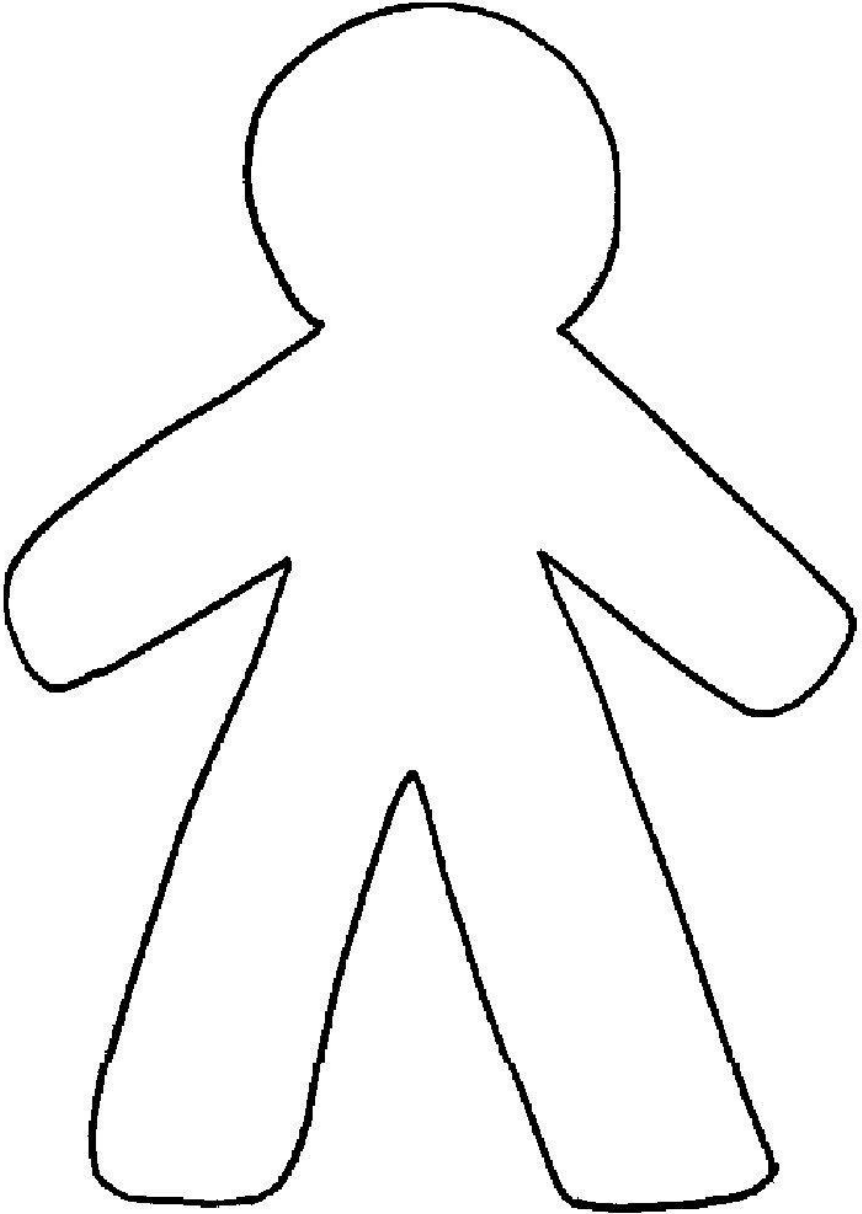
2 Tips to be an active and effective global citizen:

- **Know** good people, with good ideas, doing good things!
- **Be a bridge** linking people who want to do good things with those who are already doing good things

Create your own list of good people doing good things!

Global Citizen Draw

What does a global citizen think, feel, say and do?



Are you part of the pollution? Or are you part of the solution?

How does a Global Citizen Create BIG Change?

Teaspoons of Change

- Personal choices, decisions & actions that have a positive impact on people and the planet creating positive change
- To solve big problems it takes lots of small actions

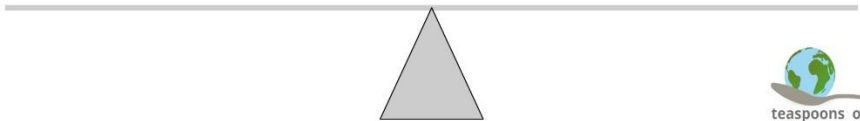
Help and Harm

Make a list of your personal helpful and harmful actions...

help

harm

- -
 -
 -
 -
- -
 -
 -
 -



Don't be upset by the harms, recognising them is important so you can aim to maximise your help, and minimise your harm...

What are your personal Teaspoons of Change?

-
-
-
-

Does any of this make a difference?

Write how your Teaspoons of Change impact on the Global Goals

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Influence - who influences you, and who do you influence?

Outside → In; and Inside → Out

.....

*Remember: what you think, feel, say and do as a young global citizen today is just as **important, meaningful & powerful!***

Q&A

What do you want to know to become an effective global citizen?
(ask others, research and find out answers to your own question)

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Action Journey & Call to Action

- We know what it takes to achieve the Global Goals
- We can (and need) to work together



Action Journey: list from first steps to Champion of Change!

First Steps / Actions	personal choices, decisions and actions
Shout!	share ideas and actions with others
Community Change-Maker	get involved in local advocacy and action
Champion for Change	create/join global campaigns and initiatives

Extension Activity: Plan Your Own Campaign

Step 1: Information & Inspiration - give facts and info but also share why you care so others can care too (connect heart & brain)

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Step 2: Message - create a strong and easy to understand message based on information and inspiration in Step 1

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Step 3: Method - How will you share your message with others? Think of ways to motivate and lead people towards action...

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*Gift + Passion = CHANGE
(do what you like doing + what you care about = change!)*

Change The World!

Write one sentence that summarises GLOBAL CITIZEN for you now:

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*Small Actions X Lots of People = BIG CHANGE
Let's see a poverty-free world for everyone, everywhere & forever!*

**Good luck in being an
ACTIVE AND EFFECTIVE GLOBAL CITIZEN!**



Resources / References / Links

Links to Teaspoons of Change presentations:

- Full presentation with videos (917MB): <https://goo.gl/FI94T7>
- Email version with links to videos (52MB): <https://goo.gl/xvGmCN>
- PDF version with notes (13MB): <https://goo.gl/LasDP8>

Essential links to be a great global citizen:

- **Teaspoons of Change:** <http://teaspoonsofchange.wordpress.com> and Facebook: www.facebook.com/teaspoonsofchange
- **Global Citizen:** www.globalcitizen.org
- **JUMP! Foundation:** www.jumpfoundation.org and their Power of Experience resources: <http://experience.jumpfoundation.org/>
- **The Global Goals (SDGs):** <http://globalgoals.org/>
- **World's Largest Lesson:** www.globalgoals.org/worldslargestlesson
- **Global Education and Leadership Foundation:** <http://tgelf.in/>
- **UNICEF:** UN agency working for children www.unicef.org
- **Happy, simply** sustainable living: <http://happysimply.wordpress.com>
- **Polio Points** local action global impact: <http://makingthepoint.org>
- **AVAAZ:** Global online petition and activism <http://www.avaaz.org>
- **350.Org:** environmental advocacy <http://350.org/>
- **Int. Young Professionals Foundation:** <http://www.iypf.org/>
- **Oaktree** youth advocacy & development: <http://theoaktree.org/>
- **The End of Polio** campaign: <http://www.theendofpolio.com>
- **Vivo** online awards platform: <https://www.vivoclass.com/>
- **RESULTS** political will to end poverty: <http://www.results.org/>
- **Gates Foundation:** <http://www.gatesfoundation.org/>
- **Fairtrade International:** <http://www.fairtrade.net/>



teaspoons of change

**GLOBAL
CITIZEN.**



THE GLOBAL GOALS
For Sustainable Development



**THE
WORLD'S
LARGEST
LESSON**



**THE END
OF POLIO**



**THE GLOBAL
EDUCATION & LEADERSHIP
FOUNDATION**

unicef 

JUMP! Foundation
Inspire • Empower • Engage



**BILL & MELINDA
GATES foundation**

VIVO class



AVAAZ.ORG
THE WORLD IN ACTION



350.org