This matters to each of us because we are all responsible for being part of the change.

Our actions today affect our children tomorrow and everyone deserves a fair and equal chance in life.



The Department of the Environment, Climate and Communications is responsible for the whole of Government approach to achieving the Sustainable Development Goals.

The National Implementation Plan 2022-2024 sets out the overarching national governance, coordination and monitoring framework for the SDGs.

This leaflet is for the private citizen and provides a short guide on individual action that can be taken to help progress the SDGs.



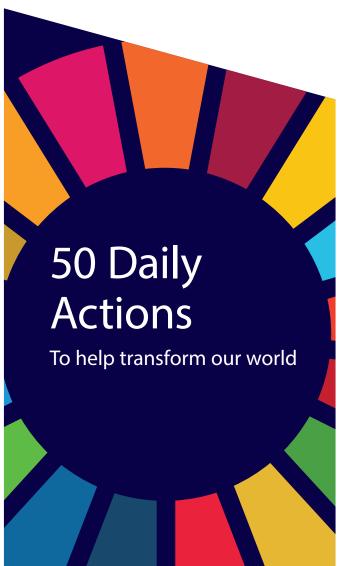
To learn more about the SDGs and Ireland's response and commitment to the UN, visit:

www.gov.ie/SDGs #SDGsIRL









These simple actions can help you stay on the road to a prosperous planet



- 1. If you can, buy fair-trade products and support sustainable trade
- 2. Try to buy clothes from shops that help charities
- 3. Consider donating food to a food bank



- 4. Educate yourself, understanding hunger can help us solve it
- 5. Support local farmers and buy your food at farmer's market
- 6. Help support companies providing food to developing countries



- 7. If you can, be more active and go for a walk or a cycle
- 8. Get a good night's sleep and eat healthy
- 9. Make time for yourself, your friends and your family



- 10. Support charities that are working in education in poorer parts of the world
- 11. Donate old books to your local library or school
- 12. Share your skills with someone who needs them



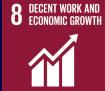
- 13. Practice and demonstrate to children equal decision making processes at home
- 14. Support equal gender representation in the workplace, including in leadership
- 15. Encourage gender equality at home and in our schools



- 16. Fix broken taps at home. Get a leak fixed quickly
- 17. Turn off the tap when brushing your teeth
- 18. Never flush toxic liquids down the drain, it can pollute our lakes and rivers



- 19. Cover the pan when cooking, it lowers the energy needed to boil water by 75%
- 20. Only fill the kettle with the amount of water you need
- 21. Turn off plug switches when going on holiday



- 22. Support businesses that promote decent employment and gender equality
- 23. Encourage more job opportunities for young people
- 24. Ensure safe working conditions and healthy work environments



- 25. Don't throw away. Give away! Pass on your working electronics or recycle them
- 26. Download an app on sustainability
- 27. Try to buy sustainable products



- 28. When you see discrimination in Society, speak up against it
- 29. Learn to respect all kinds of people who may do things differently to you
- 30. Talk to children about different cultures



- 31. Learn how to help make your village, town or city more green
- 32. Promote car-pooling in areas with limited public transport
- 33. Make use of your local recreational spaces



- 34. Donate or recycle any clothes you're not using
- 35. Eat and shop locally and support associations committed to fair trade
- 36. Do a cold wash, warm water uses more energy





- 37. Take re-usable bags to the shop and only buy what you need
- 38. Maintain your car, it will let out less toxic fumes
- 39. If possible think about making your home more energy efficient



- 40. Only use the dishwasher and washing machine when they are full
- 41. Respect laws relating to over fishing
- 42. Use fewer plastic products which often end up harming ocean life



- 43. Encourage wildlife by allowing sections of your garden to grow wild
- 44. Eat seasonal food, it's cheaper and environmentally friendly
- 45. Recycle used paper and go paperless where possible



- 46. Demonstrate a peaceful environment at home
- 47. Use your vote and participate in your countries decision making process
- 48. Be respectful and peaceful when standing up for what you believe in





- 49. Practise teamwork at home and share activities among family members
- 50. Together we can make the SDGs a reality