

Student Leadership for Change: Module Descriptions & Action Packs



HEALTH MODULE

How can taking action to improve my personal health help create a healthier planet?

“Walk with love, honour, respect and compassion for all things in Creation, including yourself.”

~Aline LaFlamme, Metis Elder

Although modern medicine has significantly improved the treatment available for numerous diseases, many serious ailments, including cancer, diabetes, and obesity, are on the rise. Our society focusses on cures, but we need to understand and address the causes of a multitude of illnesses, such as toxins in the food we eat and the chemicals all around us.

When we're healthy, the planet is healthier. When we're feeling good we increase our productivity, happiness and self-actualization. Learning more allows us to make educated decisions for the health of our bodies and the planet.

HEALTH ACTION PACKS

1. Food Additives
2. Genetically Modified Organisms (GMOs)
3. Organics
4. Fresh & Local
5. The Story of Meat
6. Toxicants
7. Plastics
8. Active Transportation
9. Healthy Cities
10. Public Health

CONSCIOUS CONSUMPTION MODULE

How does a 'disposable' mentality affect global sustainability? Is 'more' better?

“An honourable man was rich in friends, acts of courage and generosity; not rich in possessions. In fact, accumulating too much when others had less, showed a flaw in the character of that person.”

~Aline LaFlamme, Metis Elder

To create a sustainable world, we must reimagine many of the harmful worldviews and systems at the foundation of our society. For example, we must challenge the culture of consumerism that tells us that more is better and that disposability is acceptable, because this culture is hurting workers and destroying ecosystems around the world. Buying more things does not bring us greater meaning and long-lasting happiness; by learning about the impact of our actions and reexamining our values, we can focus on what does.

CONSCIOUS CONSUMPTION ACTION PACKS

1. Precycling
2. Costly Trends
3. Disposables
4. Recycling
5. All Packaged Up
6. Into the River
7. Organic Waste
8. Acidic Oceans

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CONSERVATION MODULE

How can I value the Earth's limited natural resources in my everyday choices?

"Treat the earth well. We do not inherit it from our Ancestors. We borrow it from our children and grandchildren."

~Chief Seattle of the Suquamish Nation

Human activity has violently disrupted the natural functions of Earth, threatening the ability of the planet's ecosystems to sustain future generations. Our survival is dependent on respecting the interconnected web of life in which we exist. Through learning more and shifting our values, our society can choose to conserve the energy, clean water, forests and sea life that remains.

CONSERVATION ACTION PACKS

1. Paper Cuts
2. Bright Energy
3. Transportation
4. Being Chill & Heating Up
5. All that Glitters
6. Oil
7. Saving Water
8. Ocean Wise

CONNECTION MODULE

How does creating a meaningful connection with myself, others and my human and natural community contribute to having a sustainable life?

"Out of the (Indigenous) approach to life there came a great freedom- an intense and absorbing love for nature; a respect for life; an enriching faith in a Supreme Power: and the principles of truth, honesty, generosity, equity, and brotherhood as a guide to all our relationships."

~Luther Standing Bear, Lakota

Our fast-paced society means that we are often overwhelmed, stressed and distracted, unable to reflect on and take care of ourselves and those around us. Creating a just and sustainable world requires us to connect and re-connect with self, others and the natural world. We need to rethink the individualist worldview that people are not dependent on or responsible to any other people or organisms. We can increase our happiness and sense of belonging when we live in line with our values and deepen our relationships with people and nature.

CONNECTION ACTION PACKS

1. Living My Values
2. Me & You
3. Family Roots
4. Who's in my 'Hood?
5. Nature Nurture
6. The Big Picture

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JUSTICE MODULE

How can I stand for a socially just human presence on this planet?

“Our Lakota Elders tell us that the honour of one is the honour of all. Likewise, the hurt of one is the hurt of all. As long as one part of Creation is hurting, we are all hurting.”

~Aline LaFlamme, Metis Elder

Environmental destruction is a social justice issue. The impacts of overconsumption, industrial pollution, and global climate change especially hurt the most marginalized people in our communities and around the world. A socially just future requires each of us to learn about and change our society's oppressive worldviews, systems, and structures.

JUSTICE ACTION PACKS

1. Environmental Justice
2. Water Privatization
3. Animals & Us
4. Gender Equality
5. Local Economy
6. Poverty
7. Food Security
8. Nature's Rights
9. Count Me In
10. Climate Justice
11. Water Justice