

Speaking 4 the Planet 2018

Student & Teacher Support Booklet

BEAT PLASTIC POLLUTION

In Wingecarribee Shire

If you can't reuse it, refuse it



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Speaking 4 the Planet

A one page summary

Here's quick summary of the event.

1. The event is being held at Bowral High School on Friday 25 May.
2. Schools are invited to bring one student for each of the speaking categories – prepared and impromptu. Schools can bring one drama team of up to 6 students. Two students from each school can submit artworks.
3. All speeches, drama and art are to be based on the UN's World Environment Day theme. This year, it's about plastic.
4. On the day, the impromptu topic will be provided. It will be about the WED theme, plastics pollution. Students will have about 45mins to prepare something. Teachers are not a part of that preparation process. ☺
5. Let your imagination run free! Speeches, drama and art are meant to be quirky, original, divergent in their thinking/presentation, and researched. Yes, even the students doing the impromptu speeches and drama can do some research before the event. Come to the event with information and ideas.
6. Students in the drama team need to wear black clothing during their performance. **PLEASE NOTE:** socks or bare feet are only allowed on the Performing Arts Space floor.
7. All drama teams are invited to bring 2 props. These will be pooled and all teams can draw from the pool. (Be sure to take them home with you!)
8. Speeches and drama will be timed. See below for the timing for specific events.
9. Judging criteria are provided in this package.
10. To those doing the speeches...please avoid reading. If you use palm cards, use them as reminders – don't have the full speech written on them.
11. A copy of the prepared speeches will be placed on the Speaking 4 the Planet website.
12. Students bring their own morning tea, drinks and snacks. Lunch is provided.
13. Morning tea and lunch are provided for teachers.
14. At the end of the day, all winners are invited to stay behind and re-do their performance. These will be videoed.
15. If students cannot be photographed or videoed, teachers need to let the organisers know on the day, and help ensure this doesn't happen. (Thanks.)

16. Winners will be invited to speak at the 2018 Youth Eco Summit in Sydney in September.

Before you go any further, watch this!

Sustainability is all about relationship! In a sustainable world, people have healthy relationships with each other, with nature, with stuff, with the past and present and future, with ideas and with change. Watch this UN video on our relationship with PLASTIC!

<https://www.youtube.com/watch?v=-DEc16dEMns&feature=youtu.be>

Join the CleanSeas Movement
#CleanSeas Break-Up PSA: "It's not me, it's you."



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Developed in conjunction with



1. PUPRPOSE OF THIS BOOKLET

The Speaking 4 the Planet public speaking, drama and Visual Arts competitions create opportunities for students to express their ideas for a better world. With the UN's World Environment Day theme as the starting point, students prepare and deliver punchy, quirky, creative and pointed speeches, dramatic performances or artworks designed to influence the thoughts, emotions and actions of the audience.

This package is for students as well as teachers. It provides:

- information on the Speaking 4 the Planet competitions
- background information on the 2018 World Environment Day theme
- links to relevant websites
- suggestions for teaching/learning activities.

The appendices include:

- the criteria that will be used to judge the speakers and performers in the competition
- advice on public speaking
- an article relevant for all students about the speaking habits that can undermine power
- an essay about the role of art in bringing about a better world
- the winning speech from the Speaking 4 the Planet event which was held at Kirrawee High School in June 2017.

2. SPEAKING 4 THE PLANET

Speaking 4 the Planet (S4P) is a public speaking, drama and art competition for high school students. S4P supports World Environment Day (5 June) and uses the UN's World Environment Day theme as the focal point for speeches and performances.

There are 4 parts to this competition, with prizes for each.

Prepared speech One student from each school will deliver a 5 minute speech on a topic linked to the WED theme. This should be based on an **original, innovative and quirky** idea to address the issues facing our planet and linked to the theme.

Speakers will need to state clearly what the problem or issue being addressed. They will also need to make real (and fun) links between problems and solutions. Students are encouraged to use techniques of persuasion that can shift the way the audience thinks and feels about the issues. It's important that the students keep their talks within the time limit.

Students can begin their preparation now! Their talks are to be about some aspect of the theme - Plastics. Remember: original, well-researched, innovative, quirky!

Impromptu speech One student from each participating school will deliver a 3-5 minute impromptu talk on a topic provided on the day. The specific topic will be related to the WED theme and students will have approximately 45mins to prepare their talks. This will give them time to prepare a persuasive and quirky talk on problems and solutions. They will be able to confer with their school colleagues during this time. This should help them generate ideas and practice where necessary. Students can, of course, do research before the event and come with ideas.

Impromptu Eco-drama A handful of students from each school will perform a short piece (3 – 5 mins) that expresses a point of view on the UN's theme. Students will be given a question or issue related to the WED theme, and they will have at least 45mins to prepare a pointed, influential and quirky drama piece that shifts the audience in some way. They might like to do some research before coming to the event.

For the drama, students are required to wear black. Each school is to bring two props that will go into a pool of props. Others will be provided on the day. Each eco-drama team may choose to use one or more of these.

Prepared artworks Each school can submit up to three entries in the art category. Have a read of the article in the appendices about how art can change the world. Artworks need to be related to the WED theme, plastics. Artworks can be paintings or drawings. Paint, charcoal, ink, graphite, pen, etc. may be used. The artworks must be done on framed canvas. The maximum size is 20" x 20" (approx. 50cm x 50cm). Students may choose to do smaller artworks.

It would be appreciated if schools can bring easels to make the display of the artworks a bit easier. They will be displayed in the library for judging. The student who wins the Visual Arts section will be invited to give a short overview about the artwork: intentions, inspiration and materials/technique employed to create it.

3. YOUTH ECO SUMMIT

Winners: Note to all

Students who win in the various sections of this competition may be invited to speak or perform at other local events. For example, local council meetings, community events, and Toastmasters meetings. The winning students will also be invited to participate in the 2018 Youth Eco Summit which will be held in early September the Showground Amphitheatre at Sydney Olympic Park.

4. BACKGROUND TO WORLD ENVIRONMENT DAY

World Environment Day (WED) is celebrated every year on 5 June to raise global awareness about the importance of taking positive environmental action to protect nature, our planet and all the species on it. WED is run by the United Nations Environment Program. WED was established in Stockholm in 1972 on the day that the United Nations Conference on the Human Environment began. The first World Environment Day was celebrated in 1973. Since then, it is hosted every year by a different city with a different theme. The first theme was Only One Planet.

"Stockholm was without a doubt the landmark event in the growth of international environmentalism", writes John McCormick in the book Reclaiming Paradise. "It was the first occasion on which the political, social and economic problems of the global environment were discussed at an intergovernmental forum with a view to actually taking corrective action."

5. WORLD ENVIRONMENT DAY AND SPEAKING 4 THE PLANET 2018

India is the global host of 2018 World Environment Day which will take place on June 5, 2018. With "Beat Plastic Pollution" as the theme for this year's edition, the world is

coming together to combat single-use plastic pollution. In the time it takes Hardik Pandya to bowl an over in a cricket match, four garbage trucks worth of plastic get dumped into the ocean.

In New Delhi on 19 February 2018, Dr. Harsh Vardhan, Minister of Environment, Forest and Climate Change, and Erik Solheim, United Nations Under-Secretary-General and Head of UN Environment, jointly announced that India would be hosting the global World Environment Day celebrations on 5 June 2018. Here's the announcement.

“Beat Plastic Pollution”, the theme for World Environment 2018, urges governments, industry, communities, and individuals to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic polluting our oceans, damaging marine life and threatening human health.

“India is excited to host the World Environment Day this year on June 5. Indian philosophy and lifestyle has long been rooted in the concept of co-existence with nature. We are committed to making Planet Earth a cleaner and greener place”, said Dr. Harsh Vardhan. He added: “If each and every one of us does at least one green good deed daily towards our Green Social Responsibility, there will be billions of green good deeds daily on the planet.”

The Government of India has committed to organizing and promoting the World Environment Day celebrations through a series of engaging activities and events generating strong public interest and participation. From pan-Indian plastic clean-up drives in public areas, national reserves and forests to simultaneous beach clean-up activities – India will lead the initiative by setting an example.

“India will be a great global host of 2018’s World Environment Day celebrations,” said Erik Solheim at the announcement on Monday. He added: “The country has demonstrated tremendous global leadership on climate change and the need to shift to a low carbon economy, and India will now help galvanize greater action on plastics pollution. It’s a global emergency affecting every aspect of our lives. It’s in the water we drink and the food we eat. It’s destroying our beaches and oceans. India will now be leading the push to save our oceans and planet.”

India is emerging as a leader, given it has one of the highest recycling rates in the world. It can be instrumental in combating plastic pollution. By hosting World Environment Day 2018, the Indian government is accelerating its leadership on an issue of tremendous magnitude.

World Environment Day is a UN Environment-led global event, the single largest celebration of our environment each year, which takes place on June 5 and is celebrated by thousands of communities worldwide. Since it began in 1972, it has grown to become a global platform for public outreach that is widely celebrated across the globe. Most of all, World Environment Day is a day of everyone around the world to take ownership of their environment and to actively engage in the protection of our earth.

<https://www.unenvironment.org/news-and-stories/press-release/india-host-world-environment-day-2018>

The UN’s website for World Environment Day: <http://www.worldenvironmentday.global/about/what-world-environment-day>

6. RESOURCES

There's a plethora of resources to help in preparation for the Speaking 4 the Planet event. Videos, reports, maps, articles, cartoons....the internet is full of information about the impacts of plastic pollution and ideas for living without plastic. Here are a few.

1. Beat Plastic Pollution. If you can't reuse it, refuse it.

<http://stg.worldenvironmentday.global/en/about/beat-plastic-pollution>
<http://worldenvironmentday.global/>

2. Plastic Pollution Facts

- Every year the world uses 500 billion plastic bags
- Each year, at least 8 million tonnes of plastic end up in the oceans, the equivalent of a full garbage truck every minute.
- In the last decade, we produced more plastic than in the whole last century
- 50 percent of the plastic we use is single-use or disposable
- We buy 1 million plastic bottles every minute
- Plastic makes up 10% of all of the waste we generate

<https://www.unenvironment.org/news-and-stories/press-release/india-host-world-environment-day-2018>

3. Recycled Island

Recycled island is a proposal to recycle plastic litter in the North Pacific Gyre to a new floating habitat. A prototype can be built from coastal pollution. The video gives a brief introduction on the plastic pollution worldwide and the design concept of recycling.

www.recycledisland.com
<https://www.youtube.com/watch?v=bz7kezgY9bl>

4. Australian Marine Debris Initiative

The Tangaroa Blue Education Kit creates awareness about marine environmental and conservation issues through exploration of: 'What is marine debris?', 'Why is marine debris a problem?' and 'What can we do about it?'. Concepts of consumption, pollution and resolution are investigated with students developing an understanding that there is an interrelationship between the Earth's environment and human activities.

Easy to use for educators it is aligned with Australia's National Curriculum: Science and cross-curricular priorities of Aboriginal and Torres Strait Islander histories and culture, Asia and Australia's engagement with Asia, and sustainability. An inquiry-orientated teaching and learning model gives students opportunities to represent and re-represent their developing understanding, while hands-on experiences provide links to the real world beyond the classroom with real data and analysis becoming part of the Australian Marine Debris

Initiative. Students develop stewardship and ultimately become part of the solution for marine debris.

<http://www.tangaroablue.org/resources/education-kit.html>

5. Poster

9 TIPS FOR LIVING WITH LESS PLASTIC



1

Bring your own shopping bag



2

Carry a reusable water bottle



3

Bring your own cup



4

Pack your lunch in reusable containers



5

Say no to disposable straws & cutlery



6

Skip the plastic produce bags



7

Slow down and dine in



8

Store leftovers in glass jars



9

Share these tips with your friends

LESS PLASTIC.

WWW.LESSPLASTIC.CO.UK

6. Humans Have Created Enough Plastic To Cover The Eight Largest Country In The World

A video about the extent of plastic pollution.

<https://www.facebook.com/georgetakeipresents/videos/177779079503892/>

7. People are teaming up to fix stuff rather than throwing it away

What could you do? Your school? Your community of friends?

<https://www.facebook.com/ATTNVideo/videos/1626807070957581/>

8. Two hundred people cleaned a beach for 8 straight days and this is what they found.

<https://www.facebook.com/storyofstuff/videos/10156960690190884/>

9. This website contains resources, news items, opportunities for action, videos.

It can't really be avoided any longer. Single-use plastics are a human addiction that we must face head on. Plastic pollution is not only impacting our waters and marine life, but also the human food chain and our overall health.

<https://www.plasticoceans.org/>

10. Plastic waste in the ocean is a global problem; some eight million metric tonnes of plastic ends up in the ocean every year.

One possible solution – paying a small amount for returned drink containers – has been consistently opposed by the beverage industry for many years. But for the first time our research, published in Marine Policy, has found that container deposits reduce the amount of beverage containers on the coasts of both the United States and Australia by 40%.

<https://theconversation.com/deposit-schemes-reduce-drink-containers-in-the-ocean-by-40-91897>

11. 8 Million Tonnes

You might have heard the oceans are full of plastic, but how full exactly? Around 8 million metric tonnes go into the oceans each year, according to the first rigorous global estimate published in Science today.

That's equivalent to 16 shopping bags full of plastic for every metre of coastline (excluding Antarctica). By 2025 we will be putting enough plastic in the ocean (on our most conservative estimates) to cover 5% of the earth's entire surface in cling film each year.

<https://theconversation.com/eight-million-tonnes-of-plastic-are-going-into-the-ocean-each-year-37521>

12. War on Waste

A couple of items on the successful War on Waste program.

<https://thenewdaily.com.au/entertainment/tv/2017/11/29/war-on-waste-craig-reucassel/>

<https://www.smh.com.au/entertainment/tv-and-radio/abcs-war-on-waste-craig-reucassel-succeeds-where-others-fail-20170519-gw8sbm.html>

13. Henderson Island – approximately 38 million pieces of rubbish

The plastic plague has struck another isolated Pacific island, frustrating locals and highlighting the scale of the issue created by non-biodegradable plastics.

Complaints from Adamstown, the capital of the Pitcairn Islands, follow news in May that neighbouring Henderson Island had approximately 38 million pieces of trash washed up on its shores, despite being uninhabited and isolated in the middle of the Pacific Ocean.
<https://www.stuff.co.nz/world/south-pacific/93501874/remote-pacific-island-residents-fed-up-with-plastic-trash-washing-up-on-their-beaches>



14. Quit disposable plastics!

Every bit of plastic that has ever been made still exists on the planet. Once it exists it will never fully biodegrade, only break down into smaller and smaller pieces.

The [Plastic Pollution Coalition](#) says our consumption of disposable plastic has spiralled out of control and they may have a point.

We have free, plentiful and easy access to many single-use plastic items such as shopping bags, bottles, takeaway food containers, cling film, coffee cups, tooth brushes, cutlery, straws and more. Many of these items are used for just minutes before being thrown in the rubbish.

<https://www.stuff.co.nz/life-style/well-good/teach-me/89628740/Quit-these-disposable-plastic-items-today>



15. Plastic and cigarette butts make up most of debris in waterways

Cigarette butts and single-use plastics remain the biggest polluters in our waterways, with up to 1000 pieces of debris occupying each kilometre of Australian coastline, according to statistics from the Australian Marine Debris Initiative Database.

The first of its kind in Australia, the database has recorded information about more than 10 million pieces of debris collected from national waterways over eight years, with more than 100,000 contributing volunteers.

<https://www.smh.com.au/environment/conservation/plastic-and-cigarette-butts-make-up-most-of-debris-in-waterways-20180303-p4z2od.html>

16. \$180bn investment in plastic factories feeds global packaging binge

Colossal funding in manufacturing plants by fossil fuel companies will increase plastic production by 40%, risking permanent pollution of the earth. The global plastic binge which is already causing widespread damage to oceans, habitats and food chains, is set to increase dramatically over the next 10 years after multibillion dollar investments in a new generation of plastics plants in the US.

https://www.theguardian.com/environment/2017/dec/26/180bn-investment-in-plastic-factories-feeds-global-packaging-binge?CMP=share_btn_fb

17. Waste doesn't go "away"

Our waste doesn't go "away". An incredible amount of plastic waste ends up in the ocean. This short video provides disturbing images of the scale of the problem in our seas.

<https://www.facebook.com/bbc/videos/10156144632886108/>

18. Plastic Free Boy

An 11 year old boy makes it his mission to save the kids' future by promoting solutions to the global plastic pollution problem. He connects with children to showcase their solutions, talking to scientists, organisations and the media.



<http://www.abc.net.au/news/2018-03-02/plastic-free-boy-takes-on-plastic-pollution/9493710>

[PLASTIC FREE BOY - School Film](#)

<http://plasticfreeboy.com/>

7. TEACHING IDEAS

A few teaching ideas

- Have a brainstorm wall for how to minimise use of plastics.
- Take an imaginary trip to Plastic Island and tell/paint the story. Henderson Island has been referred to as Plastic Island.

https://www.youtube.com/watch?v=jlGJg_-ZlxA

<https://www.youtube.com/watch?v=1bil679ZEns>

- Imagine being trapped in the great garbage patch... https://en.wikipedia.org/wiki/Great_Pacific_garbage_patch
- Set up a debate for and against plastic bags.

<https://theconversation.com/in-banning-plastic-bags-we-need-to-make-sure-were-not-creating-new-problems-81253>

Appendix A

Judging Criteria for S4P

Judging Criteria Prepared Speech

Please add comments in the spaces provided.

Within time allocated (5 mins) - Yes/No

Name			Good		Excellent
School	1	2	3	4	5
Originality of Idea How the idea is developed Encourages audience to think or act.					
Content: clear communication of problem and solution that the idea is trying to address					
Choice of style, persuasive techniques and body language appropriate to the speech					

Judging Criteria Impromptu Speech

Please add comments in the spaces provided.

Within time allocated (3 mins) - Yes/No

Name			Good		Excellent
School	1	2	3	4	5
Originality of Idea How the idea is developed Encourages audience to think or act.					
Content: clear communication of problem and solution that the idea is trying to address					
Choice of style, persuasive techniques and body language appropriate to the speech					

Judging Criteria Eco-Drama

Please add comments in the spaces provided.

Within time allocated (3 – 5 mins) - Yes/No

Name			Good		Excellent
School	1	2	3	4	5
Performance Skills <ul style="list-style-type: none"> Ability to use voice, movement, timing and use of space effectively (as appropriate to the style of the piece). Ability to realise and sustain role or character as appropriate to piece 					
Message and meaning <ul style="list-style-type: none"> Clear intention and dramatic meaning Sophistication of the message and meaning 					
Group Equity and Time limit <ul style="list-style-type: none"> Each performer equally contributing to performance Ability of performers to work collaboratively Length of piece within specified time limit 					
Innovation and Flair <ul style="list-style-type: none"> Originality of the piece, characters, situations and ideas 					
Audience Engagement <ul style="list-style-type: none"> The extent to which the audience was entertained by, or made to think about, the issue presented Appropriateness of the performance for the audience (choice of style and dramatic conventions) 					

Judging Criteria Visual Arts

Please add comments in the spaces provided.

Name			Good		Excellent
School	1	2	3	4	5
Concept <ul style="list-style-type: none"> • Visually engaging • Imaginative qualities evident • Theme confidently investigated. 					
Material Practice <ul style="list-style-type: none"> • Technically accomplished • Skillful interpretation via selected medium. 					
Resolution <ul style="list-style-type: none"> • Successfully resolved • Clear communication of ideas • Creativity evident in finished artwork. 					

Appendix B

PUBLIC SPEAKING TIPS

De Bono, one of the world's most renowned critical and creative thinkers, says, 'There's the car, and there's how you drive it.' For the Speaking 4 the Planet competition, we can say, 'There's the speech and there's how you deliver it.'

Content and delivery matter. Evidence and expression matter. Argument and performance matter. Good public speakers are convincing with the power of their material and the manner in which they present it.

This competition encourages you to research your material thoroughly. If you have good ideas relevant to the topic, research them – see what you can find. High quality content matters. And when you have put the words together, practice them. Ask others to listen to you. Get feedback on the written and spoken words. Refine what you say and how you say it.

Please remember that reading a speech aloud is not giving a speech. You may want to use cue cards. If you do, treat them only as prompts – don't have the whole speech written on them!

In opening the Armidale Speaking 4 the Planet event in 2016, Dr Ian Tiley, the Administrator of the newly amalgamated councils, said, 'Good speeches are succinct and original, and they contain viewpoints substantiated with evidence.' He also observed that good speakers are prepared even though they might be nervous. It's good to be nervous because nerves can keep you focused.

Here are some hints on improving public speaking. Students entering the Prepared and Impromptu Speech sections of the competition will benefit from reading these carefully.

10 Tips for Improving Public Speaking

1. Nervousness Is Normal. Practice and Prepare!

All people feel some physiological reactions like pounding hearts and trembling hands. Do not associate these feelings with the sense that you will perform poorly or make a fool of yourself. Some nerves are good. The adrenaline rush that makes you sweat also makes you more alert and ready to give your best performance.

The best way to overcome anxiety is to prepare, prepare, and prepare some more. Take the time to go over your notes several times. Once you have become comfortable with the material, practice—a lot. Videotape yourself, or get a friend to critique your performance.

2. Know Your Audience. Your Speech Is About Them, Not You.

Before you begin to craft your message, consider who the message is intended for. Learn as much about your listeners as you can. This will help you determine your choice of words, level of information, organization pattern, and motivational statement.

3. Organize Your Material in the Most Effective Manner to Attain Your Purpose.

Create the framework for your speech. Write down the topic, general purpose, specific purpose, central idea, and main points. Make sure to grab the audience's attention in the first 30 seconds.

4. Watch for Feedback and Adapt to It.

Keep the focus on the audience. Gauge their reactions, adjust your message, and stay flexible. Delivering a canned speech will guarantee that you lose the attention of or confuse even the most devoted listeners.

5. Let Your Personality Come Through.

Be yourself, don't become a talking head—in any type of communication. You will establish better credibility if your personality shines through, and your audience will trust what you have to say if they can see you as a real person.

6. Use Humour, Tell Stories, and Use Effective Language.

Inject a funny anecdote in your presentation, and you will certainly grab your audience's attention. Audiences generally like a personal touch in a speech. A story can provide that.

7. Don't Read Unless You Have to. Work from an Outline.

Reading from a script or slide fractures the interpersonal connection. By maintaining eye contact with the audience, you keep the focus on yourself and your message. A brief outline can serve to jog your memory and keep you on task.

8. Use Your Voice and Hands Effectively. Omit Nervous Gestures.

Nonverbal communication carries most of the message. Good delivery does not call attention to itself, but instead conveys the speaker's ideas clearly and without distraction.

9. Grab Attention at the Beginning, and Close with a Dynamic End.

Do you enjoy hearing a speech start with "Today I'm going to talk to you about X"? Most people don't. Instead, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.

10. Use Audio-visual Aids Wisely.

Too many can break the direct connection to the audience, so use them sparingly. They should enhance or clarify your content, or capture and maintain your audience's attention.

Practice Does Not Make Perfect

Good communication is never perfect, and nobody expects you to be perfect. However, putting in the requisite time to prepare will help you deliver a better speech. You may not be able to shake your nerves entirely, but you can learn to minimize them.

<http://www.extension.harvard.edu/professional-development/blog/10-tips-improving-your-public-speaking-skills>

And here are some more links to great ideas and advice on public speaking.

Direct Speech

<http://directspeech.com.au/Tips/>

Youth Central

<http://www.youthcentral.vic.gov.au/government-info-assistance/do-it-yourself-democracy/telling-the-story/speak-in-public>

Toastmasters

<https://www.toastmasters.org/Resources/Public-Speaking-Tips>

Appendix C

The communication habits that can undermine women's power

I spent years working on my confidence, and knew the ins and outs of assertive communication. I was all about girl power. Apologise for taking up space? Not this lady.

But then I read Tara Mohr's book *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create and Lead*. Mohr argues that women constantly diminish their power with speech habits that make us appear apologetic, surprised or even uncertain about what we're saying. This means our ideas and opinions are unappreciated and not valued.

Studying Mohr's list of culprits, I realised I was guilty of letting more than one of them slip into my words. It was a humbling and disconcerting discovery. If Mohr was right, I'd been seriously undermining myself with the language I used. This did not gel with the confident, educated feminist image I thought I had cultivated. Yet it seems that a lot of women are walking around feeling powerful on the inside but presenting an entirely different picture to the outside world with how we communicate. So if you're like me, and in need of some speech-tweaking, here are some habits to ditch.

Just

My emails open with "I'm just checking in", which Mohr says is a no-no: "'Just' shrinks your power." I always thought it was a polite way to start an electronic conversation, but apparently this, and lines such as "I just wanted to add" and "I just think", aren't helping. "It's time to say goodbye to the 'justs'," she says.

Actually

Using the word "actually" to announce you have a question or want to add to a discussion suggests this is a surprise both to you and anyone about to hear it. "I actually have something to add" or "I actually have a question" haven't been doing us any favours when it comes to being heard. "Drop the 'actually'," says Mohr. "Of course you want to add something. Of course you have questions. There's nothing surprising about it."

Time limits

"I wanted to add something quickly" is a line I used in my last team meeting, which would have disappointed Mohr. If you find yourself assuring people that you won't take up much of their time, with phrases such as "This won't take long" or "Can I talk to you for just a minute?", the inference is that you aren't worth the time for people to stop and listen to you.

Uptalking

According to Mohr, many women diminish their power by raising their pitch at the end of their sentences, with the result that a statement sounds like a question. It makes us sound like we're questioning our own ideas and we risk not being taken seriously. This verbal tic means many females don't present very convincingly in important workplace discussions and job interviews.

Amanda Blesing, a Melbourne expert on women's leadership, says these language choices aren't necessarily bad in social settings. Women like to feel connected to others, and using passive language can help us do this, as well as increase our chances of being liked.

"Everybody wants to be liked," Blesing says. "As women, we don't want to offend. We're brought up to be good and nice, and to not rock the boat."

But she recommends women undertake a verbal audit with professional situations. "We need to take ourselves seriously. Language and words are tools, and we can use them to our advantage. They can be powerful, or they can undermine us." Both Mohr and Blesing say awareness of speech habits is the first step in overhauling how we speak. Blesing recommends listening to a recording of your speech to discover what needs to change, while Mohr suggests working through one habit at a time, to avoid becoming overwhelmed.

Once I caught on to my excessive "justs" and uptalking, it was all I could do not to hear the bad habits, which made them easier to weed out. Do I sound more powerful? I'm waiting for my next team meeting to put the girl power in me to the test.

Breaking the habit

- Slow down and pause, conveying confidence and authority.
- Remove shrinkers like "just" and "actually" before sending emails to make your statements appear stronger.
- Use eye contact to show kindness, while keeping your power.

Karina Lane

November 2017

<http://www.smh.com.au/lifestyle/health-and-wellbeing/how-bad-speech-habits-are-diminishing-womens-power-20171110-gzip27.html>

Appendix D

Essay: Art can Change the World

Art does not stand apart from the society in which it is created. Art emerges directly from the time and culture, the priorities and expectations, the challenges and opportunities, and the changes and experiences of the surrounding society. It mirrors these things for that society – sometimes in supportive ways, sometimes in critical ways. Art invites – and occasionally forces – reflection about values, beauty, directions, lifestyles and achievements. Minds and hearts are touched by art. Change may follow as a result.

Art has the capacity to uplift and provoke. Art is an expression of passion. We live and breathe inside art, whether it's an item of clothing, a dance, the design of an old steam engine, or a well-composed photograph. Art is a frontier of free expression – about what's happening in our world and what needs to happen. Art crosses linguistic and cultural boundaries because it can speak to the soul and inspire change.

Artists question everything. They help us visit places unknown. Artists rather than politicians lead some of the most important discussions about the state of the world. As an example, cartoonists poke fun and simultaneously point in new directions. Artists challenge us to re-evaluate and reinterpret social, historical and political events. They invite us to reshape society.

Here's what a few artists have said about the role of art in society.

The artist records history for future generations, art reaches out & touches people around the world, it can lift people when they are down or create controversy, art is a very important part of society. Pearl Rogers, Australia

Artists see things in a totally different way; they challenge the boundaries of rules, society and imagination yet also keep us in touch with the past. Linda Hoey, UK

Art takes us out of ourselves. It allows us to address the big questions in life. It makes us think of ourselves and mortality. Alice Helwig, Canada

Art has always embodied the relationship between humans and the natural environment. Artists address concerns about the way we interact with nature. In the 21st century – as in other times – art can and must play a role in focusing humanity on social and environmental issues and on dealing with the sustainability problems of our time. It can and must encourage discussion about community concerns, how we relate with the planet and each other, and possible solutions to sustainability problems.

Art is a compulsory subject in Australian schools. It plays an important role in deepening students' engagement with learning. Through engaging in productive art lessons children develop high order skills of analysis, synthesis and evaluation as well as critical thinking, problem solving and decision making. Art also enhances literacy and numeracy skills in children. Art allows children to grasp and appreciate not only their culture but other cultures and traditions. It exposes children to different societies and beliefs. Children learn to respect and appreciate diversity and become more tolerant of different cultures, all through art.

Phil Smith

Further Reading

Check out these clips for more information on the role of art in society.

<https://www.youtube.com/watch?v=UPk56BR1Cmk> A TEDx talk by Katerina Gregos

https://www.youtube.com/watch?v=_ZS4FKbQUuw The Role of Art in Modern Society

Appendix E

Ban the Bag

2017 Sutherland Shire Speaking 4 the Planet Winning speech

by Mara Glowacki

“Would you like a bag?” Asked the cashier to the customer. “Yes” the gentleman replied without hesitation. Of course he would. How else would he transport the newly purchased two carrots to his kitchen? One bag to put the carrots in and one more bag to carry the bagged carrots! #Ban the Bag

Our hunter and gathering ancestors would be perplexed. Have our Neanderthal genetics run out? Back in the day when mankind was hungry he didn't bag the carcass of the beast, he didn't pick from the vine only to wrap and then unwrap. He gathered only what was required with his hands and ate accordingly. Eat fresh from the source and don't stop along the way to use approximately more than 10 million plastic bags daily.

Ladies & gentleman we live in a throwaway society. We use more than 5 billion plastic bags per year in our great southern land. “Our home is girt by sea”, soon will be “our home is girt by plastic bags” and lots of them. Since 2002 when the first “Ban the Bag” campaign was introduced in Australia, 24 million people have used 86 billion plastic bags. To mark that 15 year milestone we could fill the MCG 7 times over.

Our land abounds in nature's gift of beauty rich and rare. Lovely thought, but I bet when Peter Dodds McCormick was penning the beautiful, proud lyrics of our anthem the mass landfill issues we have weren't around in 1878.

So fair's fair. Some of us are making more of an effort than others. South Australia, Tasmania, ACT and the Northern Territory have done the “right thing” by banning Plastic bags. Queensland will follow in July 2018 and only a couple of weeks ago, even Coles and Woolworths have indicated that they will stop supplying plastics bags. However, with no federal ban, and many states including WA, NSW and VIC yet to ban the bag, we are still a long way from a perfect solution. Time to move with the times, Gladys Berejiklian, Daniel Andrews & Mark McGowan. What on earth is holding you up?

My response to the whingers in life is “don't give me your problems, give me your solutions”, so attentive audience, in support of Coles and Woolworths, I'm proposing to “BRING THE BASKET BACK”. I couldn't locate a cane or woven basket for purpose of my point but I remembered one of the many baskets used in our household for a multitude of functions! Purchased at Aldi for \$4 approximately 4 years ago the reusable basket has replaced the plastic bags on hundreds of occasions. Yes it is plastic but it has a shelf life way beyond ours. I urge all of you to channel your inner Little Red Riding Hood and pick up a basket.

Okay so if you are not a basket kinda guy how about the original hessian bag. You are making a statement to your fellow shoppers that you have a moral compass, you care about the environment and when you see people glance your way they have the guilts about not doing the right thing. A single use plastic bag is used on average for 12 minutes and takes 1000 years' to break down. #Ban the Bag.

Okay, so we have to acknowledge the white & green biodegradable plastic bags. Research can confirm that these little tricksters are even worse for the planet than the plain old grey

supermarket bags, as these bags disintegrate into smaller pieces becoming microplastic causing marine plastic pollution. By 2050 we will have more plastic in our coastal waters than fish. Fish & chips, then fish with plastic & chips and then just plastic and chips. YUM! 80% of the plastic bags in our pristine looking harbour, waterways and coastal waters come from the land, on the streets one day and in the drink the next, however the remaining 20% is donated by our boat lovers. Bag up the rubbish and chuck it overboard, I guess it saves on housekeeping time when you hit the dock!

I'm sure that many of you could tell me that you return all your bags to the supermarket of origin. Well people don't be fooled, these recycling points situated within the stores are there merely to help with your guilt, deluding you that you are in some way doing the "right thing". The contents of these recycling bins end up in landfill, with only a small percentage going towards the manufacturing of recycled products such as furniture.

Globally, Australia is lagging behind. Even undeveloped countries such as Uganda, Botswana, Rwanda, Ethiopia & Kenya have bagged the idea that a ban needs to be enforced. France, Italy, the Netherlands, China & Taiwan have also taken the initiative. Since I've been speaking 7150 plastic bags have gone into landfill. We can and must make a change #BAN THE BAG!

Appendix F

In banning plastic bags we need to make sure we're not creating new problems

The recent decision by Australia's big two supermarkets to phase out free single-use plastic bags within a year is just the latest development in a debate that has been rumbling for decades.

State governments in Queensland and New South Wales have canvassed the idea, which has been implemented right across the retail sector in South Australia and the Australian Capital Territory.

So far, so good. But are there any downsides? Many of you, for instance, face the prospect of paying for bin liners for the first time ever. And while that might sound tongue-in-cheek, it shows the importance of considering the full life-cycle of the plastics we use.

Pros and cons

On a direct level, banning single-use plastic bags will avoid the resource use and negative environmental impacts associated with their manufacture. It will reduce or even eliminate a major contaminant of kerbside recycling. When the ACT banned these bags in 2011 there was a reported 36% decrease in the number of bags reaching landfill.

However, the ACT government also noted an increase in sales of plastic bags designed specifically for waste. These are typically similar in size to single-use shopping bags but heavier and therefore contain more plastic.

Ireland's tax on plastic shopping bags, implemented in 2002, also resulted in a significant increase in sales of heavier plastic waste bags. These bags are often dyed various colours, which represents another resource and potential environmental contaminant.

Keep Australia Beautiful, in its 2015-16 National Litter Index, reported a 6.2% reduction in the littering of plastic bags relative to the previous year, while also noting that these represent only 1% of litter.

Meanwhile, alternatives such as paper or canvas bags have environmental impacts of their own. According to a UK Environmental Agency report, a paper bag would need to be re-used at least four times, and cotton bags at least 173 times, to have a lower environmental impact than single-use plastic bags in terms of resource use, energy and greenhouse outcomes.

This illustrates the importance of considering the full life cycle of shopping bags to arrive at an evidence-based decision rather than one based on emotion or incomplete data. I am not suggesting this is the case with plastic shopping bags; I'm just pointing out the value of proper analysis.

Simply banning a certain type of bag, while this may be a good idea in itself, could result in other knock-on impacts that are harder to manage. Replacing shopping bags with heavier,

more resource-intensive ones may solve some environmental impacts but exacerbate others.

Plastics, not plastic bags

In a [2016 discussion paper](#), Western Australia's Local Government Association suggested that the focus of action should be plastics in general, not just shopping bags.

As the Keep Australia Beautiful data show, plastic bags are just a small part of a much bigger problem. Many other plastic items are entering the litter stream too.

With this in mind, it pays to ask exactly why we are banning plastic shopping bags. Is it the litter issue, the potential impact on wildlife, the resource consumption, all of the above, or something else? Is it because they are plastic, because they are disposable, or because it saves supermarkets money?

The answers to these questions can guide the development of an effective strategy to reduce the environmental (and perhaps economic) burden of taking our shopping home. With that in place, we can then develop an education strategy to help shoppers adapt and make the scheme a success. But this costs money.

The triple bottom line

There should be plenty of money available. The Victorian state government's [Sustainability Fund](#), for instance, has A\$419 million to spend over the next five years on researching alternatives to shopping and household waste management. Developing a shopping bag strategy would consume only a small part of this and would be money well spent.

The concept of the "triple bottom line" – ensuring that decisions are based equally on environmental, social and economic considerations – needs to be applied to decisions about whether to ban single-use plastic bags, and what alternatives will result. The problem with simply announcing a ban is that this leaves it up to shoppers themselves to work out what to do to replace them.

Evidence-based policy is crucial. We first need to find out how many people already use re-usable bags, whether they always take them to the shops, and what items they put in them. Do people generally know how many times each type of bag should be re-used in order to be an environmentally better choice than the current plastic bags? What's the best material for re-usable bags, taking into account not only their environmental credentials but also their ability to get your shopping home without breaking?

When it comes to environmental impacts, it's important not to simply exchange one problem for another. If all we're doing is swapping between different types of plastic, it's hard to see how we're solving anything.

Trevor Thornton

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July 21, 2017

<https://theconversation.com/in-banning-plastic-bags-we-need-to-make-sure-were-not-creating-new-problems-81253>

Appendix G

Initiatives in Wingecarribee Shire

- [Council's Resource Recovery Centre](#)
 - The Reviva Centre sells all sorts of items that have been salvaged from the waste stream or discarded directly.
 - Community Recycling Centre – a drop-off centre for common 'household problem wastes' such as paints, oils and batteries, that can't be collected via council kerbside waste and recycling collection services. <https://youtu.be/URhNFbHTQ2g>
 - has an effective education program on recycling and locals can drop off all sorts of recycling for free, including clear, soft plastics (bubble wrap, clean cling wrap, clear plastic bags, etc).
 - Provides regular workshops on using leftover foods, worm farming, composting.

- [Plastic Free July](#) - Council will be supporting and promoting the event this year.

- Boomerang Bags (bags sewn by volunteers and distributed at markets and in stores, also used by local schools to send home book orders and clothing purchases. People sue the bags then bring them back for others to use)
<http://boomerangbags.org/community/southern-highlands/>

- Keep Cup / BYO mug "Responsible Cafes" movement. Cafes offering a discount on coffee when customers bring their own vessel.
<https://www.responsiblecafes.org/>

- WSC resource recovery centre has an effective education program on recycling and locals can drop off all sorts of recycling for free. They have also previously run courses on using leftover foods, worm farming, composting.
<http://www.wsc.nsw.gov.au/services/waste-recycling/resource-recovery-centre>

- Household Recycling bins are larger than rubbish bins.

- “Nude food” in some primary schools to encourage plastic free lunchboxes
- Stephanie Alexander Garden Project (Berrima PS and Exeter PS – not sure where else?) including having a school kitchen where children learn to cook the produce they grow.
- Bundanoon was Australia’s first “bottled water free town”.
<http://www.bundyontap.com.au/>
- New recycling/reimbursement scheme - <http://www.southernhighlandnews.com.au/story/5086566/where-to-get-your-10-cents-refund-on-cans-and-bottles-map/>
- Community gardens (especially Moss Vale) offer courses in gardening, making foods and worm farming/composting to locals. They also run the Grow Cook Eat festival each year at which people speak to the public about sustainable lifestyles.
- Bulk Source Foods in Bowral as well as Wildfoods offer customers the ability to bring their own containers to fill with dry goods, oil, honey, etc, helping reduce plastic packaging. They have also run talks from “The Rogue Ginger”, on reducing waste in your lifestyle.
- Council provides support for both CleanUp Australia Day and Household Chemical Cleanout.
- Council has installed a number of Gross Pollutant Traps to reduce the amount of plastic and other waste entering our waterways.
- WaterWatch program – Council undertakes regular water quality monitoring along Whites Creek in Moss Vale, Mittagong Creek in Bowral and Lake Alexandra in Mittagong.

