

# One Planet

**Our Future: Consume with Care**

**Information and Support Package**



# Speaking 4 the Planet

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## Our Future: Consume with Care

*A competition for young people in Burwood, City of Canada Bay  
and Strathfield Local Government Areas.*



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# Speaking 4 the Planet 2023

## Competition Summary

1. **Climate Action Burwood Canada Bay** is taking the lead in bringing this 2023 S4P competition to the schools and students of **Burwood, Canada Bay** and **Strathfield** local government areas. The Information and Support Package below contains information about the competition categories and the judging criteria; it also provides some links to articles relevant to the theme.
2. The topic for the competition is **One Planet. Our Future: Consume with Care**. All entries and performances must be based on this topic.
3. The competition will be held on Monday 5 June, 2023 from 9.30-2.30 at Homebush Boys High School, Bridge Rd Homebush 2140.
4. This competition is for high schools in the three LGAs: Burwood, Canada Bay, Strathfield.
5. There are four competition categories:
  - **Speaking** – prepared speeches; maximum one student per school
  - **Writing** – prepared – 30 words; maximum two entries per school
  - **Visual Arts** – prepared; maximum two entries per school
  - **Drama** – prepared; maximum one group per school; up to 5 students in the group.
6. Schools are required to register. Given the number of schools across the three LGAs, only three schools from each LGA can enter for the speaking and drama categories. All schools can enter the art and writing categories. Note: Schools are not required to register in all 4 categories. Schools will need to register by Thursday 30 March by contacting Phil Smith at [phil@speaking4theplanet.org.au](mailto:phil@speaking4theplanet.org.au). Please note that participation is free.
7. Research is vital. This package contains links to useful articles and programs and talks. All participants are encouraged to do their own research.
8. Participants are to produce or present items that are original. They are also invited to make their work quirky.
9. Participants give permission for images and/video of their entries (including performances) to be placed on the Speaking 4 the Planet website and/or used on the Speaking 4 the Planet YouTube channel. Note that the partners in this S4P competition – Climate Action Burwood Canada Bay and the three councils – may also use the materials on their websites.

# An enduring message

The Earth home: message of a 90-year-old steering assistant for spaceship Earth, William Shatner – Captain Kirk in the tv series, Star Trek.

*“Last year, I had a life-changing experience at 90 years old. I went to space, after decades of playing an iconic science-fiction character who was exploring the universe. I thought I would experience a deep connection with the immensity around us, a deep call for endless exploration.*

*I was absolutely wrong. The strongest feeling, that dominated everything else by far, was the deepest grief that I had ever experienced.*

*...the deepest grief that I had ever experienced.*

*I understood, in the clearest possible way, that we were living on a tiny oasis of life, surrounded by an immensity of death. I didn't see infinite possibilities of worlds to explore, of adventures to have, or living creatures to connect with. I saw the deepest darkness I could have ever imagined, contrasting so starkly with the welcoming warmth of our nurturing home planet.*

*This was an immensely powerful awakening for me. It filled me with sadness. I realized that we had spent decades, if not centuries, being obsessed with looking away, with looking outside. I did my share in popularizing the idea that space was the final frontier. But I had to get to space to understand that Earth is and will stay our only home.*

*And that we have been ravaging it, relentlessly, making it uninhabitable.”*



William Shatner, 2022

William Shatner played the iconic role of Captain James T. Kirk in the science fiction television series Star Trek (1966–69) and in several Star Trek films.

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<https://www.ssec.org.au>



<https://www.paddypallin.com.au>



<https://climateactionbcb.org>

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<https://weecnetwork.org>

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# 1. Purpose of this package

Speaking 4 the Planet competitions create opportunities for participants to express their ideas for a better world. Participants are invited to prepare and deliver punchy, quirky, creative, and pointed submissions. They should seek to influence the thoughts, emotions, and actions of the audience.

This information package is designed to help participants prepare quality entries for the competition. It provides:

- Information on Speaking 4 the Planet and the competition categories
- Links to relevant websites
- Useful articles
- Judging criteria.

All participants are encouraged to research widely and build evidence-based, powerful, personal, and global messages.

## 2. Speaking 4 the planet: Changing the world, one presentation at a time

Speaking 4 the Planet (S4P) is an arts-based approach to sustainability education. It is a competition for secondary school students that invites students to express their views on matters related to the planet and the future – their future. S4P creates space and opportunities for young people to intertwine humanities and sciences, to philosophise about human actions, and to imagine a better world while standing deep in the science of the world they live in. Youth marches and student strikes are the very public faces of (climate change) protest. Speaking 4 the Planet is an equally powerful opportunity for students to speak up and advocate for a healthy future.

S4P events inspire young people to think creatively, independently, and courageously; they create space for students to ask challenging questions; and they provide opportunities for critical thinking – applause and jeers – about decisions made at various levels of government and companies. S4P creates opportunities for youth voice not silence. The sustainability changes that the world needs won't occur by following existing dogma and practices. New thinking is required. Youthful thinking is required. The arts invite influential ways of communicating through school curriculum areas typically omitted from sustainability education. Speaking 4 the Planet is founded on the belief that science provides the information we need to achieve sustainability, and the arts deliver the vehicles for transformation. Science provides the data; the arts change the world.

Here's a video prepared to support the nomination of S4P for an international Earth Prize. It tells you more about the initiative and demonstrates some of the skills of the students. Check it out: [Here](#)

### 3. Competition categories and criteria

There are 4 categories in this competition.


 **Speech** – Participants prepare and deliver a 3minute speech on the competition topic.

Speakers will need to state clearly the problem or issue being addressed. They will also need to make links between problems and solutions and use techniques of persuasion that can shift the way the audience thinks and feels about the issues. The time limit is important. Please avoid reading your speech.


Here are some [public speaking tips](#).

Here's an article with good advice on [public speaking Communication habits](#) that can undermine women's power.

Judging criteria: please [check here](#).


 **Writing** – This category requires you to write only 30 words on the topic of the competition. The writing must be prose, not poetry. Submissions that exceed 30 words will not be considered.

Judging criteria: please [check here](#).

 **Visual Art** – Artworks need to be related to the competition topic. Artworks can be paintings or drawings. Paint, charcoal, ink, graphite, pen, etc. may be used.

You may like to read this article about [how art can change the world](#).

Judging criteria: please [check here](#).

 **Drama** – A team of up to 5 students can perform a short piece that expresses a point of view about the topic. Maximum time is 4minutes. Students are required to wear black, and they must keep within the time limit. Each drama team can bring one prop. All props will be pooled. Drama teams can use any of the props in that pool.

Judging criteria: please [check here](#).

# 4. Event details

**Date:** Monday 5 June 2023  
**Time:** 9.30am - 2.30pm  
**Venue:** Homebush Boys High School, Bridge Rd Homebush 2140  
**Catering:** Arrival tea/coffee/juice & morning tea provided, BYO lunch

# 5. Topic 2023: One Planet, Our Future: Consume with Care

We cannot live without consuming. No species can. We need food and water, space, and clean air. All species consume these, use these, need these for survival.

What we are learning, and – indeed – what our planet is telling us is that we humans (over 8 billion of us!) must consume wisely and consume with the future in mind. We must consume with care.

Your submissions must demonstrate some careful thinking about this notion of ‘consuming with care’. The Sustainable Development Goals (SDG) remind us about all the areas in which we need to be cautious and creative if we are to achieve a sustainable world.

Achieving the SDGs requires the partnership of governments, private sector, civil society and citizens alike to make sure we leave a better planet for future generations. Find the SDGs [here](#).

What are your thoughts on our planet, our future, what and how we consume? How will you represent your views, concerns, hopes and dreams through art or speaking or writing or drama?



The 17 Sustainable Development Goals (SDGs)



## 6. Resources

All participants are urged to research the topic. This section contains numerous links to articles and websites that will help in the preparation of submissions. Participants are encouraged to do their own research as well.

### 1. Consumerism

#### 1.1. Human's impacts on this planet

- An animation about consumerism, ["Man" by Steve Cutts](#), gives you a brief view on every kinds of the humankind's impacts on the nature.
- [One million plants, animals and insects are on the brink of extinction, threatening economies and livelihoods](#). A landmark UN biodiversity report details that an unprecedented 1 million plants, insects, and animal species are currently at risk of extinction. Many species will disappear within decades, a decline that could threaten economies and livelihoods across the world, according to the report released on May 6, 2019. The most exhaustive look yet at the decline in biodiversity and the first inter-governmental global assessment – says people are to blame.
- [COP15 ends with landmark biodiversity agreement](#): The United Nations Biodiversity Conference (COP15) ended in Montreal, Canada, on 19 December 2022 with a landmark agreement to guide global action on nature through to 2030. Representatives from 188 governments have been gathered in Montreal for the past two weeks for the important summit. This [2 mins summary](#) of COP15 result - the adoption of the Kunming-Montreal Global Biodiversity Framework.
- All activities of human changed the behavior of animals and are fundamentally forcing animals to move further to survive across 6 continents, [study finds](#).
- Humans impact the physical environment in many ways: overpopulation, pollution, burning fossil fuels, and deforestation. Changes like these have triggered climate change, soil erosion, poor air quality, and undrinkable water. These negative impacts can affect human behaviour and can prompt mass migrations or battles over clean water. Check this [resource](#).
- Take a look at [11 ways humans have left a footprint](#) that has forever changed the environment and the planet.

#### 1.2. Consumerism: definition, origin, pros and cons

"Consumerism is an economic theory that consumer spending is the key to individual well-being and the most important factor driving a country's economic growth. Consumerist societies measure their economic success through their gross domestic product (GDP), and consumer spending effectively increases that number. Capitalist economies depend on the consumption of goods and encourage their populations to purchase beyond their basic needs to keep the economy thriving".

In addition, this is an animation about [consumerism since the 1950s](#).

### 1.3. Why do we buy so much stuff?

In this article [“Why do we buy what we buy?”](#), Vox gives us some reasons which explain why we buy more stuff than we need. The **“Competitive consumption”** concept gives us another view of reason people buy things, often more than they need:

“The key impetus for contemporary consumer society has been the growth of inequality, the existence of unequal social structures, and the role that consumption came to play in establishing people’s position in that unequal hierarchy. For many people, it’s about consuming to their social position, and trying to keep up with their social position.”

“Has the conversation around consumerism and the environment picked up? Should we be talking about consumerism more in the context of saving the planet?”

“I think we should, and there are two parts to it. One is consuming differently, and the other is not consuming as much. So, volume and composition. To meet climate targets, we need to do both.”

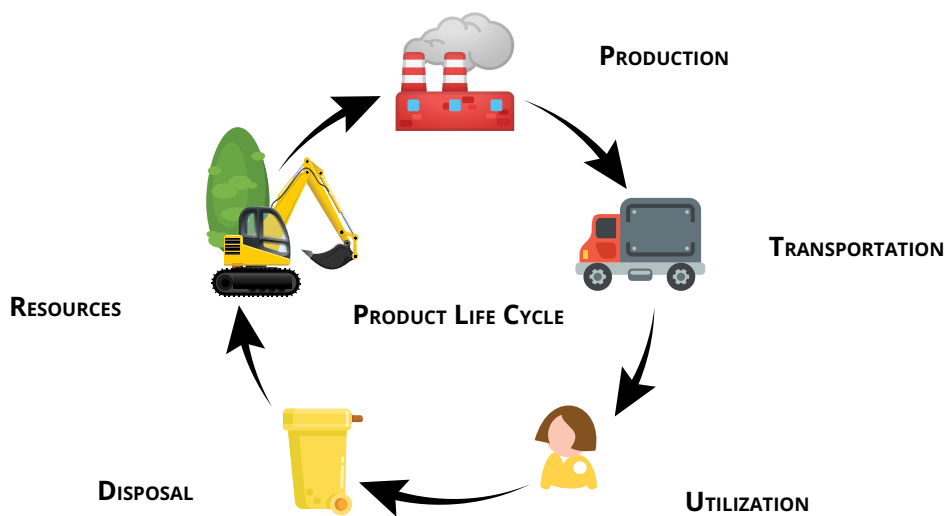


## 2. Production, consumption and our responsibilities for nature

### 2.1. Let's start this section by taking a look at the history of plastic and the Product Life Cycle concept.

See how our culture became so plastic and how plastic has changed our world by watching ["A brief history of how plastic has changed our world"](#), by National Geographic. Then, you just started to have the very first thoughts about the product life cycle concept.

This short animation gives you a whole view of the plastic's product life cycle and how we can apply it to work for both people and the planet - [The Story of Plastic](#), by The Story of Stuff Project.



### 2.2. Now, take a larger perspective on Industries and their impacts on our planet.

Some industries influence the environment a lot: fuel industry, transport, construction work, fashion, etc. Here is [the Top 7 most polluting industries in 2022 and how we can do to help](#)

The UN has a SDGs on production & consumption - [Goal 12: Ensure sustainable consumption and production](#). This site gives you information what is sustainable consumption and production, and why they matter.

More information on [sustainable consumption](#): definition, main features, examples and case studies.

However, the producers might do the "greenwashing" to consumers. [Here is the definition and how to avoid greenwashing](#), by the National Geographic.

"Green washing is a form of misinformation often used to entice an aspiring green consumer. Companies promising to be sustainable, biodegradable, or environmentally conscious sometimes fail to meet the promises they make to consumers". "It's basically just a form of lying".

"The most sustainable thing you can do as a consumer is wear the things you have more."

### 3. Solutions – let’s think about them

Ways to think for solutions: [The story of solutions](#) shows us how we can shift to a more sustainable economy.

[5 ways Australia can](#) lift its game at COP15, be a global nature leader.

[Humanity’s greatest ally against climate change is Earth itself.](#) Ecosystems can draw down carbon and buffer us from the worst effects of climate change — but only if we protect them.

[The idea of Planetary Health:](#) Planetary health is a solutions-oriented, transdisciplinary field and social movement focused on analyzing and addressing the impacts of human disruptions to Earth’s natural systems on human health and all life on Earth.

[Circular economy:](#) definition, the way it works, its importance, benefits, how to shift, barriers, and examples.

“Recycling alone does not save us”

[Sustainable Lifestyles,](#) defined by the UN, is “understanding how our lifestyle choices impact the world around us and finding ways for everyone to live better and lighter”. Check the site for more tools and resources.

What are some things that can help you consume with care?

Ecological footprint

Ecolabelling

Fair-trade

Local products

Organic

Reduce consumption & waste

The Eco Hub also explains why does [sustainable living matter and gives examples in your Home, Community and your Lifestyle.](#)



Some labels to help you find your way around.

Have you got any ideas yet?

- Some ideas on [Eco-friendly products & service and production](#).
- There are many eco-friendly products. It becomes a lifestyle, a trend. We should also consider that trend's reversed impacts, think about the full product life cycle. [The Story of Stuff Project](#) says:

"There are a lot of eco-friendly products flooding the market, and it can definitely be tempting to get something brand new! And it's 100% okay to get something new of course, but if you already have older version of that product- try using that product until you can't anymore. This way you're using the full product life, and not wasting it by tossing it out early just to get a newer version!"



[The Highest Impact Choices You Can Make for the Environment](#), by Relay Power.

Supporting clean power over fossil fuels is not only great for the planet, but also for your bottom line. Check out this graphic on the best actions you can take.

## 4. Other inspirations

### 4.1. Human impacts on the nature

- [Nature's Future, Our Future - The World Speaks](#), by IUCN.

The IUCN World Commission on Protected Areas has compiled the voices of a range of global organisations and world leaders on the importance of protecting and conserving nature amidst the challenges of the COVID-19 pandemic. As the result of a global pandemic, we are witnessing an unprecedented call to transform human society and economies and thus reset the relationship between people and nature. This compilation aims to capture a critical moment, as we work together to build the momentum for transformative action to address the major crises of our planet by maintaining nature and ecosystems.

- [A planet on the brink \(2019\)](#), by the United Nations:

Global temperatures are expected to rise over 3°C, resulting in mass extinctions and large parts of the planet becoming uninhabitable unless we take urgent #ClimateAction now to stop the climate emergency.

- ['Tip of the iceberg': is our destruction of nature responsible for COVID-19?](#), by The Guardian:

As habitat and biodiversity loss increase globally, the coronavirus outbreak may be just the beginning of mass pandemics.

- [A message of thanks to COVID-19:](#)

Thank you, coronavirus, for making us stop and think about the daily hustle-bustle that we were drowning in, and all the way that we are polluting the planet. The earth is in crisis and thanks to you for making us understand that it is the time we should stop, evaluate and work on ourselves within.

## 4.2. Plastic

- [Plastic planet: How tiny plastic particles are polluting our soil](#), by UNEP

The millions of tons of plastic swirling around the world's oceans have garnered a lot of media attention recently. But plastic pollution arguably poses a bigger threat to the plants and animals – including humans – who are based on land.

- Check out these photos of [Animals Navigating a World of Plastic](#). From crabs using wrappers as camouflage to hyenas sorting through mounds of trash, here's how wildlife cops with our plastic problem.
- [A photographer's work on marine plastic debris](#): Mandy Barker is an international award-winning photographer whose work involving marine plastic debris for more than 13 years, has received global recognition. Working with scientists she aims to raise awareness about plastic pollution in the world's oceans, highlighting the harmful affect on marine life, climate change and ultimately ourselves - leading the viewer to take action.

## 4.3. Fashion industry, the earth and our society

You can find information about each industry by looking at every aspects of it, its relations to our society, and to the Earth – our planet.

- An overview about Fashion industry: [Why fashion needs to be more sustainable](#), by Columbia Climate School.
- Impressive illustration for this industry's impacts: [The real environmental impact of the fashion industry](#), by Bloomberg.
- Animation of a T-shirt's product life cycle: [How your t-shirt can make a difference](#), by National Geographic.
- Fashion and greenwashing: [Fashion brands grapple with greenwashing: "It's not a human right to say something is sustainable"](#), by The Guardian. The fashion industry is responsible for between 2-8% of global greenhouse gas emissions and despite a recent rise in products being described as sustainable and pledges to curb emissions, according to the World Resources Institute the sector's environmental footprint is [expected to grow by 60% by 2030](#).
- [Fashion brand emissions are rising. Again](#), by Stand Earth: Fashion brands are still off track to meet the 1.5 degree emissions pathway, and most are still going in the wrong direction.

- Solutions:
  - [What is sustainable fashion?:](#) “Hate to break it to you, but there is no such thing as being 100% sustainable with fashion”. We should think more about what we buy: some ways to be more responsible consumer
  - [The myth of sustainable fashion,](#) by HBR: Few industries tout their sustainability credentials more forcefully than the fashion industry. But the sad truth is that despite high-profile attempts at innovation, it’s failed to reduce its planetary impact in the past 25 years. Most items are still produced using non-biodegradable petroleum-based synthetics and end up in a landfill. So what can be done?


#### 4.4. Food waste

- [How food waste is affecting our wildlife and ecosystems,](#) by Grundig Respect Food.

Landfills, garbage, environment. All words that come to mind with the issue of food wastage. Food wastage is a problem that affects everyone, and it’s not strictly a human problem either. Over 1.6 billion tonnes of food is thrown away every year, as well as dumped into our oceans. These are actions that are having severe consequences on wildlife and ecosystems worldwide.

- [The environmental impact of food waste,](#) by Move for Hunger.

The United Nations estimates that one in nine people in the world do not have access to sufficient food to lead a healthy life. More people are reported to die from hunger every day than AIDS, malaria and tuberculosis combined. But at the same time, nearly one-third of the food that is produced in the world is lost or wasted due to one reason or the other. Food wastage, which includes both food loss and food waste, is not only morally irresponsible, but also causes huge economical losses as well as severe damage to the world around us.



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