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JESS FRENCH

PROTECT THE PLANET

How to be kind to our
world and change the future



Illustrated by
ALEESHA NANDHRA



Humans are remarkable. They have used their brilliant brains to achieve lots of fantastic things. But humans can also be destructive. Sometimes they forget that the planet is filled with lots of other amazing plants and animals, and they treat it in a way that is not very kind.

Luckily, humans also have the power to reverse some of the bad things they have done. It is not too late to heal the Earth and make it a wonderful place to live for people, plants, and animals.

**You may only be small,
but you are an incredible
human too. That means
that YOU have the power
to protect the planet, and
I'm here to show you how.**

I hope this book will plant seeds of ideas, which you can cultivate and develop into a plan of action for saving the Earth. I believe in you and I know that, together, we can make a difference.

Thank you, Earth warriors, and good luck!

Jess

An illustration of a person in silhouette, wearing a hard hat and shouting into a large red megaphone. The background is a warm orange gradient. At the bottom, there are silhouettes of a crowd with one person's hand raised. Two speech bubbles are present: a large white one in the center and a smaller white one at the bottom left.

our problem, our responsibility

Lots of the problems faced by the planet are created by humans. But humans also have the power to fix them.

Teamwork makes the dream work

Things are easier to achieve when lots of people work towards the same goal.

Join an eco club, attend a march, or connect with young people across the world. It's incredible what we can achieve when we all work together.

We have the power

It can be hard to believe that the individual decisions that we make in our day-to-day lives can make a difference to the planet, but they can. If enough people make choices that are positive for people and the planet, then big changes will follow.



**We have
the power.
We are the
solution.**

**What's your
superpower?**

You might be an amazing artist or a brilliant writer, an incredible musician or a super sportsperson.

Whatever your skills are, use them to make a difference. Draw a picture, write a piece of music, write a blog, or organise a charity sports match.

Make your action personal to you.

Kindness is key

By acting in a way that is kind to plants, animals, the environment, and other people, we have the power to save our planet.

**our planet,
our future**

We need a healthy planet so that we can live healthy lives. When we work to protect our planet, we protect our futures too.

A perfect system

The Earth controls temperature, soil, oceans, and gases to provide ideal conditions for all living things. Every animal and plant has a role to play in this system. When everything goes to plan, it runs perfectly.

Terrific trees

Trees take in harmful carbon dioxide and produce oxygen. They also hold soil in place and provide homes for many plants and animals.

Recycling resources

Bacteria and fungi are decomposers. They break down dead animals and plants, whose nutrients can then be used again to create new life.





Protective ozone

A blanket of gases many miles above Earth, called the ozone layer, stops dangerous rays from the Sun reaching the Earth. This protects all living things from harm.

Good for our health

When the natural system is working well, spending time in it can be really good for our physical and mental wellbeing.



Amazing atmosphere

Gases in the air, called atmosphere, allow the right amounts of heat to enter and leave Earth. If we put too much carbon dioxide into the atmosphere, the Earth will become too hot and lead to what is known as climate change.



Animal breathers

Animals breathe in oxygen and release carbon dioxide.



Incredible oceans

Tiny plants in the ocean take in carbon dioxide and give out oxygen. The ocean itself absorbs heat and spreads it around the planet.

The human problem

Our planet provides us with everything we need to **survive**, but we don't always treat it with kindness. Human actions are disrupting the Earth's perfect system and threatening life here. Here are some of the things we do that are harmful:

Damaging the ozone

Gases created by humans have damaged the ozone layer, meaning it can't protect us from the Sun as well.

Building concrete jungles

We lay concrete over green spaces so humans can live, work, and play there. Our towns and cities are built on areas that were once covered in plants and trees.

Only a small number of animals can survive in human cities.



Deforestation

We cut down trees to use their wood. We also clear areas of forest to make space for homes, roads, and mines. When wood is burned, the carbon it contains is released into the atmosphere.



Unkindness to others

We don't always treat other people with kindness, either. Sometimes they are treated badly because of the way they look, their gender, or the colour of their skin.

Burning fossil fuels

Fossil fuels such as gas, oil, and coal release energy when we burn them, which we use for electricity and transport. But burning them creates harmful carbon dioxide.



Disconnecting from nature

We are less connected to the natural world than we have ever been before. Many people go days or weeks without spending time in nature. It is hard to care about something if you don't know anything about it.

Producing waste

A lot of the waste we produce cannot be broken down by natural processes. Instead we collect it in huge piles of rubbish.



Polluting the ocean

Too much of the waste created by humans ends up in the ocean, where it can harm wildlife.



Sustainability

We often act as if the world's resources will never run out. We take and take, without giving the planet a chance to catch up. This way of acting is unsustainable, which means that it cannot carry on for a long time because eventually there will be no resources left.

Long-term living

It is possible to live in a way that uses up less resources. Living sustainably means living in a way that could carry on for a very long time, without causing any more damage to the planet.



Indigenous lifestyles

Indigenous people often live in ways that are much more sustainable than the lifestyles other people are used to. They often have a strong connection to their environment and understand that they must treat it with kindness so that it will continue to provide for their children and grandchildren.

What can you do?

Consider the impact of every decision you make. Before buying something new, think about where it came from, how it was made and transported, and what will happen when you are finished with it. And ask whether you need to buy it at all! Often, living more simply is the best way to live a sustainable life.

Choose sustainable
energy

This includes energy generated
by wind, the Sun, and the sea.

Choose sustainable
travel

Cycling, walking, and taking public
transport when you can will help
reduce your carbon footprint.

Use **water** sustainably

For example, turn off the water
while you're brushing your
teeth and take shorter showers.

Choose sustainable
food

Eating less meat and
more fruit and vegetables
is better for the planet, and
for your health, too!

The actions you take every day have



To save the
planet, we need
to educate
ourselves.

important consequences for the planet.

The issues facing our planet are complex

Learn more about them by reading books, researching online, and watching documentaries. Experts and scientists have dedicated their lives to researching these issues. They can provide facts and figures to help you make your decisions.

Listen to different opinions

There are many ways of thinking about each problem. It is important to listen to lots of different opinions, even if you disagree.



Talk to the people affected

The people who are directly affected by an issue are the experts on how it impacts their lives and emotions - talk to them. They might tell you something you hadn't thought about before.

Be open-minded

This can help you to see the world in a more balanced way. Be prepared to change your mind, because your original way of thinking might not have been based on all of the facts.







JESS FRENCH

PROTECT THE PLANET

Our planet is precious, and it's up to us to take care of it. You may feel small, but your small actions can make a big difference.



This book will teach you that by acting with kindness towards other people, plants, animals, and yourself, **YOU** can help to protect the planet.



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