

# Practical personal actions to deliver the SDGs

(The number of each action relates to the SDG which it helps deliver)

1. Donate what you don't use
2. Avoid throwing away food
3. Vaccinate your family to protect them and improve public health
4. Help children in your community to read
5. Call out sexist language and behaviour
6. Avoid wasting water
7. Use only energy efficient appliances and light bulbs
8. Buy from green companies that are equal opportunity employers
9. Think of innovative new ways to repurpose old material
10. Raise your voice against discrimination
11. Bike, walk or use public transport to keep our cities' air clean
12. Recycle paper, plastic, glass and aluminium
13. Educate young people on climate change to put them on a sustainable path early on
14. Avoid plastic bags to keep the oceans safe and clean
15. Plant a tree and help protect the environment
16. Use your right to elect the leaders in your country and local community
17. Get the SDGs in Action app to learn about the Goals and ways to help achieve them! [SDGs in action.com](https://sdgsinaction.com)

