

How's your environmental awareness?

- 1 I try to be aware of the effects of my actions on the environment and try to minimize them
 a) yes
 b) no
- 2 When I stop my car, I turn off the motor
 a) right away
 b) not at all
 c) if I have to wait more than 5 mins.
- 3 When I have an errand to do that's less than a kilometre in distance I travel
 a) on foot or by bicycle
 b) in my car
- 4 I travel to work or school
 a) on foot or by bicycle
 b) alone in my car
 c) on public transit
 d) with others in a car (theirs or mine)
- 5 For recreation I
 a) do not use skidoos, trail bikes, or motorboats
 b) do use these items
- 6 I forget leftover food in my refrigerator
 a) never
 b) often
 c) rarely
- 7 I take my own coffee mug to work instead of using disposable cups each day
 a) yes
 b) no
- 8 I use electric toothbrushes, can openers, and knives
 a) never
 b) often
 c) occasionally
- 9 I return beverage cans and bottles to recycling depots
 a) always
 b) never
 c) from time to time
- 10 I am careful to turn taps off and ensure that taps don't drip and toilet tanks don't leak
 a) yes
 b) no
- 11 During winter I set my thermostat
 a) less than 19°C during the day and lower at night
 b) high all the time
 c) high during the day, a little lower at night
- 12 I save newspapers and glass bottles and take them to a recycling depot
 a) both newspapers and glass
 b) neither
 c) one or the other
- 13 I use the blank sides of printed sheets as scratch pads
 a) yes
 b) no
- 14 I reuse paper bags and plastic containers
 a) yes
 b) no
- 15 I take my own bags to the grocery store to carry home my groceries
 a) yes
 b) no
- 16 I grow at least some of the fresh vegetables I serve
 a) yes
 b) no
- 17 I have written a letter to a minister, MP, MLA, or city politician about an environmental problem
 a) yes
 b) no
- 18 I have written a letter to a newspaper supporting public transit, parks, or environmental protection
 a) yes
 b) no
- 19 I have taken part in a demonstration in the interest of safeguarding the global or local environment
 a) yes
 b) no
- 20 I am a member of one or more public interest environmental groups
 a) yes
 b) no

Your score:

Score yourself this way: every a = 3 points; b = 0 points; c = 2 points; d = 1 point.

0-24 There are lots of things you can start doing. You should learn more about environmental problems or else **You won't...make a difference.**

25-45 You've taken the important first steps. Expand your conservation activities and **You might...make a difference.**

over 45 Keep up the valiant effort: Be a living example that **You can...make a difference.**

Taken from *Save It!* a publication of Environment Canada.



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