

# THE FOUR ELEMENTS OF ENVIRONMENTAL JUSTICE

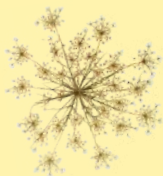


BY THE YOUNG ENVIRONMENTAL  
JUSTICE ADVOCATES ACADEMY



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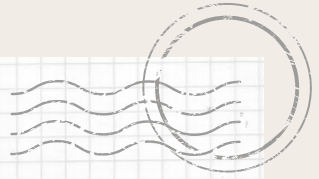
**Special thanks to The California  
Endowment for their support in  
The Young Environmental Justice  
Advocates Academy, a program of the  
Global Action Research Center**





infinite seascape, the village seemed compact and claustrophobic, its houses crowded close together in the one small corner of the Great Basket that faced the mainland and offered shelter. The islanders were pragmatic people. In the years after the evacuation they returned in *naamhiga* to strip their former homes of doors, roof beams and slates, and anything else that might be useful in their new lives.

At the top of the village, way above, was the two-storey house where Peig Sayers had lived. It had been modern and strong in 1910, but the winds had punctured the slate roof and blown out the windows. In the seventies it was bought by a rich and eccentric pilot from Alabama called Taylor Collings, who visited the Great Basket on holiday and fell in love with it. Seized with an ambition to rebuild the village as a holiday ranch, he called on exiled islanders and bought their plots, very cheaply. After all, who could expect big money for a derelict house on an inaccessible island? One man sold for a book of beads, or so the rumour went. Collings was larger



Youth Environmental Justice  
Advocates  
Line Creators of Spring 2023



- Emiliano Vega Lopez
- Alepa Cuadra
- Shalom Tekeste
- Joel Lopez
- Natalia Aguirre
- Valeria Magdalena
- Frida Mosquera
- Adriana Ho
- Aragon Paradiso-Francis
- Kami Paradiso Francis
- Sebastian Cuadros
- Piztalick Palomares
- Rafael Lopez
- Halima Hassan
- Vicente Gonzalez
- Arely Valdez
- Dahlia Ortiz
- Song-yeon Kang
- Belinda Bustos
- Khanh Linh Tran
- Quyen Mai
- Gisselle Rangel
- Luciana Hernandez
- Flora Rangel
- Afua Jackson
- Sofia Sanchez
- Valeria Rochin





# Fight Against Climate Doomism

## What is climate doomism?

A view that humanity has lost a battle against climate change. Results in feelings of **helplessness** and **anxiety**.

## Dangerous Climate Doomism Thoughts

- "Nothing will change in my lifetime so why does it matter?"
- "There's nothing we can do to change anything."
- "Whether I do my own part or not, nothing is going to change."

Well these beliefs are the opposite of the truth.

Everything we do **matters**.  
It's a cycle that effects everyone and everything





**Eco-Nihilism:** View that nothing can be done to avoid environmental disaster

Climate Doomism poses a danger to ones mental health, causing a sense of **dread** and **hopelessness**.

All feelings of the situation are perfectly valid

- BUT -

it is important to try to avoid these negative thoughts by attempting to be more **optimistic** about our efforts and what the future has in store for humanity.





# Ways To Fights Against Climate Doomism

## 1. Read/ Watch some good news about our climate and environment (or any good news)

- An example or action is following social media influencers like, Tik Tok account, @jacobsimonsays who likes to share "good stories for a breath of fresh air" , this includes good news like the toy company Lego replacing conventional materials to more sustainable materials and practices, reducing carbon emissions by 95% 4/28. He posts daily positive news :)



## 2. Look for reasons to be hopeful about climate change

- Say daily affirmations like...
  - "I thoughtfully engage with my natural surroundings and leave things as nature intended."
  - "The smallest of actions I take can contribute to the well-being of our natural environment."



## 3. Reconnect with nature by spending time outdoors

- Go take a walk
- Have a fun beach or park day
- Visit your local garden... start a garden!
- Start a Garden
- Learn more about your environment



## 4. Practice mindfulness

- Consume only what you need
- Take public transportation or walk whenever possible



## 5. Take small individual actions to help the environment!

\*\*Practicing these steps can help promote hope and power within ourselves in order to help save our environment!



---

It is important to remember pessimistic thoughts and not taking actions to help defeat the actions we are taking against the climate crisis. It can actually set humanity and the environment for failure.

**Doing something is better than doing nothing!  
Everything will be fine if we keep trying! :)**

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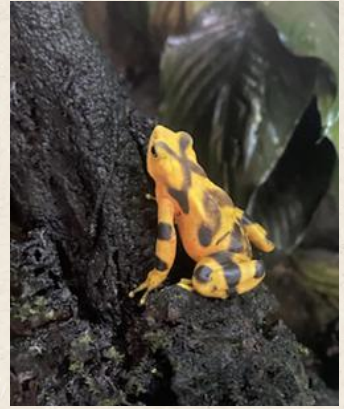




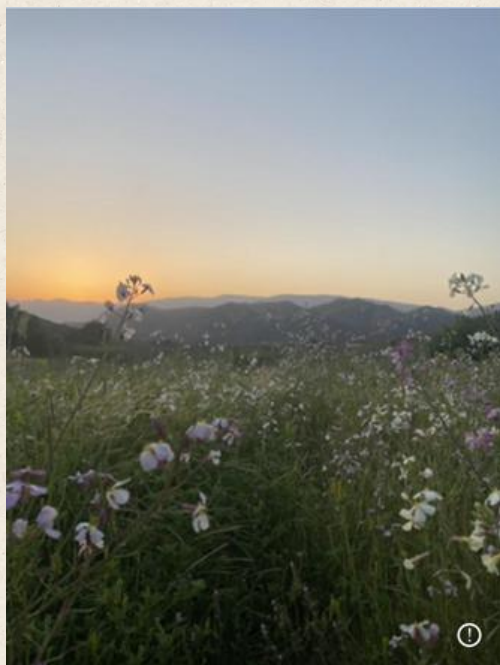
We don't have to travel to foreign places to experience what nature has to offer us.

Nature presents its beauty and importance everywhere in all types of magnificent forms!

We would be nothing without it!!











“Unless someone like you **cares**  
a whole awful lot, nothing is  
going to get better. It’s not.”  
– The Lorax





### WHAT IS CITY HEIGHTS?

On the east region of San Diego resides a community called City Heights. This community is, by far, the most diverse with its vast array of different cultures. However, most families here are low-income and unfortunately, don't have access to healthy food options. In turn, this means that small businesses are overshadowed by big corporations. Furthermore, the easy access to fast food chains are detrimental to our nutritional needs and can add up in cost.

### WHAT IS A FOOD SWAMP/DESSERT?

Food Dessert: "an urban area in which it is difficult to buy affordable or good-quality fresh food." - Google

Food Swamp: " An urban area where there is a lack of healthy food options but many places that are non-nutritious such as corner stores or fast food restaurants that are a threat to the public's health."



### HOW CITY HEIGHTS BECAME SO DIVERSE?

In the late 1970's to 1980's many refugees after the Vietnam War for safety and opportunity's in the US. It wasn't until 2013 when it became Little Saigon Cultural and Commercial District. Acknowledging years living in an area making it known to Vet immigrants and a place for children.

Similar to the Vietnamese community Hispanics/Latinos, African Americans, and other Ethnicity/Races moved to City Heights and created ethnic communities that they built for their safety in this new country





## DIFFERENCE IN NEIGHBORHOODS



City Heights, characterized by its low income demographics, limited success to healthy food options, and presence of gangs, stands in stark contrast to North Park, Kensington and Adams which are neighborhoods that are just one street away. In North Park, Kensington and Adams there is higher income residents that enjoy an abundance of healthier food options while the neighborhood exudes a cleaner and safer atmosphere, creating a more inviting and desirable community

### MC-DONALD'S AND STARBUCKS

4 blocks away from Hoover High School there is a plaza that includes El Super, Jamba Juice, Starbucks, Support Denny's, Wing Stop, Mc Donald's and many more food options. Starbucks makes about \$22-\$22.39 billion annually, they make about \$63.3 million each day.

Mc Donalds Big Mac has about 1010 mg of sodium which is close to the recommended daily sodium intake. With other meals that are consumed throughout the day you may be eating past the recommended sodium intake limit.



### GENTRIFICATION

Gentrification is a rising issue in City Heights. As City Heights has built many new apartment complexes it makes non-people of color with higher incomes move in. Gentrification can cause an increase of racism and discrimination. Along with increasing prices of housing and other living essential bills. It can cause many families to struggle with their bills and even have to leave their home because they no longer could afford living here in City Heights, leaving the ethnic community they built and are apart of.

### SUPPORT SMALL BUSINESSES

According to an economic tracker from Harvard and Brown University, San Diego has witnessed a significant decline in its small business population, which dropped by nearly 37% between January 2020 and April 2023 due to the enduring impacts of the COVID-19 pandemic. This statistic highlights the immense challenges that local and small business face in order to keep their doors open. By supporting small business you open the door for more healthy food options, their will be a rise of community engagement and revive the small business population of San Diego.

# RED LINING

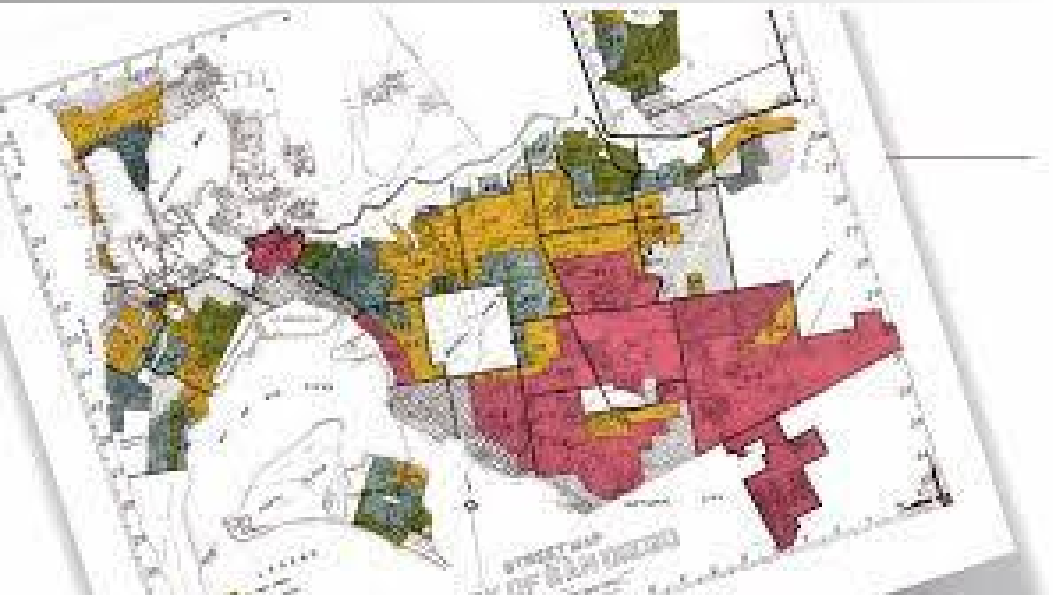
A concept that has forever shaped low-income and minority communities forever.

## What is "Red Lining"?

- Red Lining was a concept that if you lived in a certain area that was considered "**red**" you could **not** get any loans approved (Those red areas being **low-income** and **minorities**).

## How did it come to be?

- It came to be as a way to "eliminate" systematic racism of denying any **colored** person a loan. But, because the colored community was **concentrated** in certain areas already, it **did not change much**.



# How did it shape communities?

These communities have been often neglected by their local governments.



**Why?**



**Leading to**

Because these communities do not offer as much money as other rich areas

The underfunded and industrialization of low income communities



**Meaning?**

Everyone in those communities have exponentially fewer chances of succeeding in life and exponentially more chances of developing diseases

# Colonization & our Environment

- White neighborhoods in SD have the privilege of being surrounded by nature, while low-income neighborhoods comprised of people of color remain industrial lands exploited for profit, degrading resources and the health of all life.
- Environmental racism exists as an effect of colonization, white people taking what they felt they were entitled to led to a lack of affordable land, took away power and sovereignty of the people of the land, exploited and murdered Indigenous & Black communities for personal gain
- Race is not always part of the conversations around nature, but the white supremacist views we have toward the environment are a large part that should be considered - we must decolonize to solve the issues of climate change and live in harmony with our environment
- Mass media and white supremacist agendas being pushed throughout the country make people believe that the environment is not of importance to humans unless it's for aesthetics or unless it has use for us under capitalism



# Understand the Past



- The myth of the wilderness created by white colonizers, that nature is a separate entity that cannot be touched, disconnects humans from the earth that we inhabit and justifies the displacement of Native peoples
- The Native communities, the Kumeyaay, Ivilyuqaletem , Kuupangaxwichem and Payómkawichum fought against Spanish colonization in the areas between the US and Mexico, including SD
- These tribes were left with merely nothing, poor water access, infrastructure challenges, health disparities and unsafe living conditions
- Colonization disconnects people from their roots and allows native populations to be unaware of where they come from and accept colonization as a positive, religious mission that was meant to occur
- These populations were indoctrinated through forced assimilation and genocides, generational trauma is present in almost every family of color that was colonized





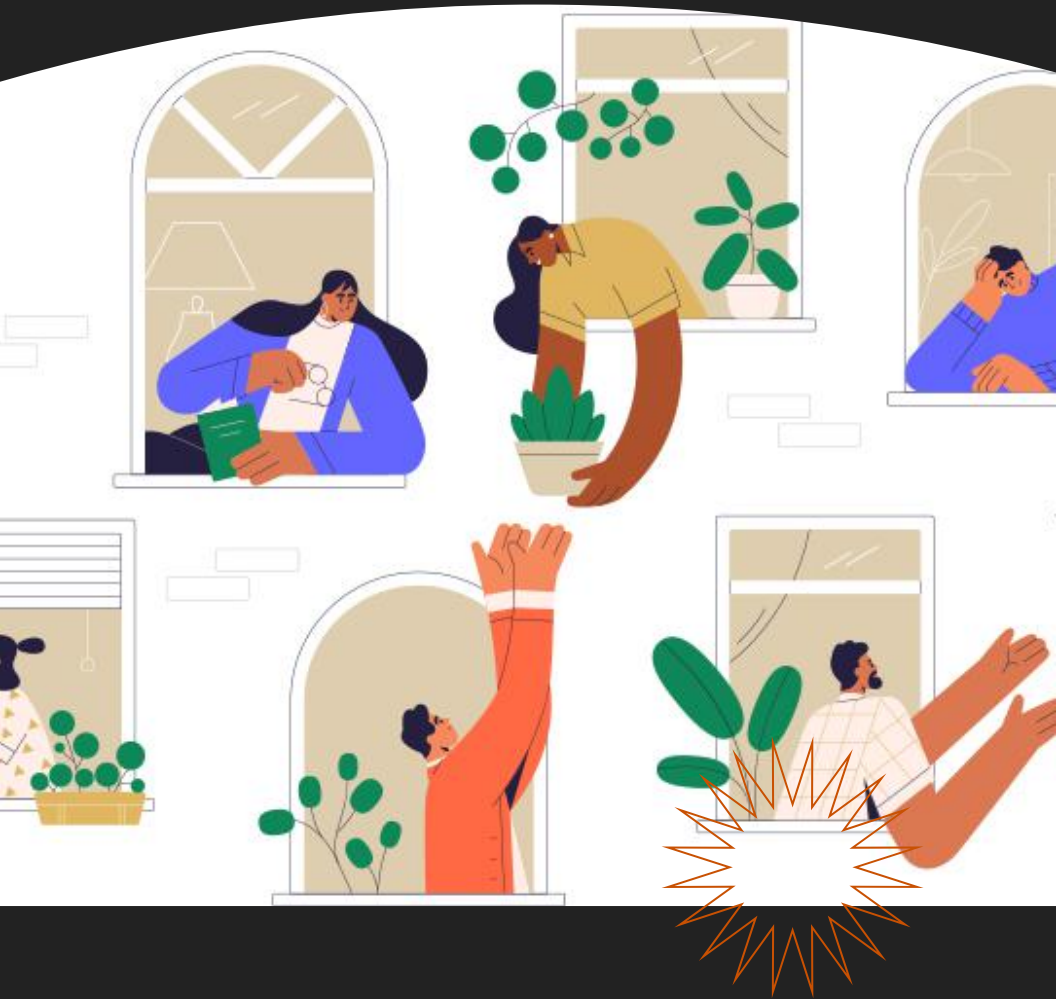
# What now?



- Understand that nature is everywhere not just the patches of earth that are green, all life is connected
- For Latinos of color which are in large amounts in SD, it's especially important to reconnect to these roots because many of our ancestors were forced to assimilate into industrial, harmful ways of life that disrespect the world we live on and disconnect us from our spiritual selves
- Many parts of our lives are encapsulated by how close we are to whiteness, we have to step out of these boxes and find what truly fulfills our soul
- Reconnecting to the roots that were here before colonization will ultimately harvest communities of love and mutual help, with the environment and each other

# Save the Earth through Acts of Love

Decolonization may not end all colonial structures as a whole, but it may harvest ways of life that encourage mutual help, community, and love all in the name of saving one another and the environment. Resist through any means you feel possible, even if it's just being your true self and living through love.



# Ecosystems vs Climate Change

By: Afua

Climate change refers to a everlasting change in temperature and weather patterns, mainly caused by human activities, such as burning fossil fuels, cutting down forest, and farming live stock. But how does this effect our world?

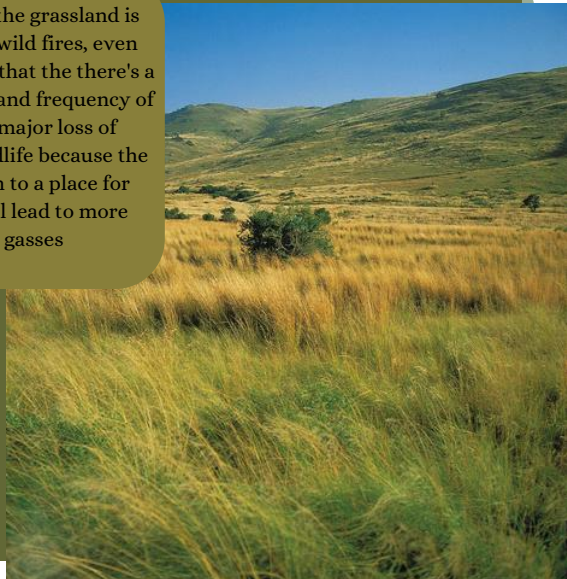
## Forest



due to climate change the increase of forest fires increases by 3% every year, which may not seem like a lot but on average there are 70,000 per year. It also causes animal habitat loss because the heat affects vegetation, food, water sources, and more. Though the forest has a way of adapting to these conditions, the use of silvicultural method to change stand structures and tree species composition

## Grassland

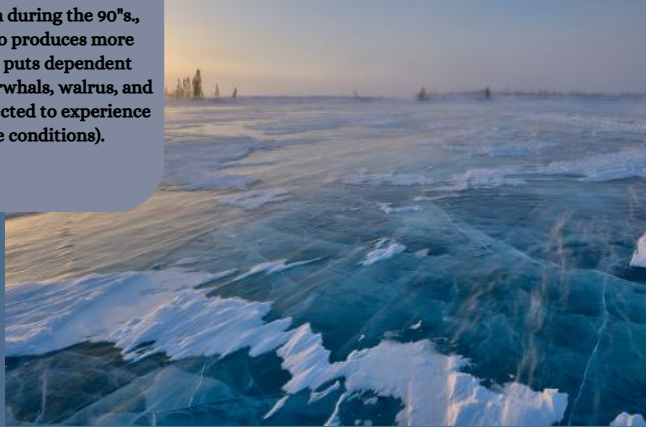
Just like the forest the grassland is also at high risk of wild fires, even more so considering that there's a increase of severity and frequency of drought. there is major loss of habitats for the wildlife because the land gets turned in to a place for farming which will lead to more greenhouse gasses





## Arctic tundra

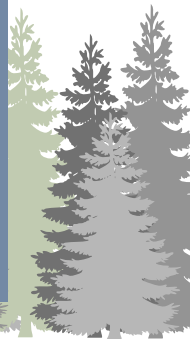
The rise in temperature makes the ice melt which has caused sea levels to increase 3.9mm a year compared to 2.5cm during the 90's., when the ice melts it also produces more methane. The lack of ice puts dependent animals at risk such as, narwhals, walrus, and polar bears (21,00 are expected to experience starvation do to these conditions).



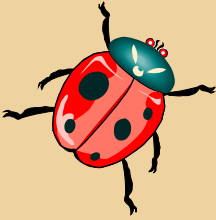
These ecosystems are actually similar, although one is really hot and the other is super cold, they both make the ability for habitation to be difficult, they are both arid and frigid meaning they barely get rain and are cold at night (the desert can fall to -3.9 Celsius which is around 25 degrees Fahrenheit).

## Desert

Desertification, where the desert expands due to an increase in temp and plant loss which can starve soil erosion is expected to increase even though it covers about a quarter of the earth. The rise of temperature also helps create more dust storms which can be pushed into new communities



# Identifying



## Ladybugs

### Scientific Name: Coccinellidae

- Ladybugs are extremely helpful to a garden, this is because they're capable of consuming up to 50 to 60 aphids per day. Aphids are pests that will eat plant tissues and transmit viruses to plants, so the less aphids the better
- One ladybug can eat up to 5,000 insects in its lifetime

## Honey Bees

### Scientific Name: Apis

- Bees are also extremely helpful to gardens and plants due to the pollination they provide
- Honey bees will pollinate \$15 billion worth of crops a year
- Even in urban areas, city parks, home gardens, planted medians, rooftop gardens, and even weedy patches are pollinator habitats



## Dragonflies

### Scientific Name: Anisoptera

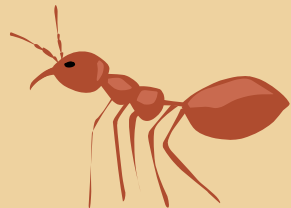
- Dragonflies are another great insect that keeps your garden healthy
- They are not harmful to humans or plants while eating harmful insects that might negatively affect a garden
- dragonflies can move and rotate each of their four wings independently



## Ants

### Scientific Name: Formicidae

- Ants aerate soil when they dig tunnels which can carry water, oxygen, and nutrients to plant roots
- They can speed up decomposition of organic material, such as leaves and dead insects, which fertilizes plants
- The largest ant's nest ever found was over 3,700 miles wide



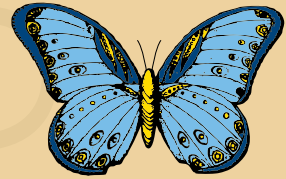
# Insects



## Butterflies

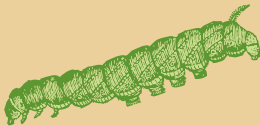
Scientific Name: Lepidoptera

- Butterflies are great for your garden!
- They are attracted to bright flowers and feed on nectar
- When they eat nectar, similar to bees, they will pollinate
- These bugs only live for a few weeks
- Butterflies use their feet to taste



## Caterpillars

Scientific Name: order Lepidoptera

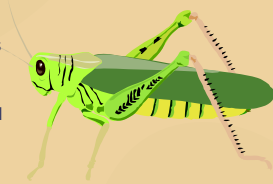


- Caterpillars eat a lot, in fact, they can be 100 times larger than when it's emerged from the egg!
- Caterpillars have six eyes - they are called ocelli or stemmata. ...
- They don't have lungs.
- A caterpillar's gut moves on its own.
- Caterpillars don't have teeth.

## Grasshoppers

Scientific Name: Caelifera

- Grasshoppers don't have ears on their heads - they have ears on their bellies!
- There are over 10,000 different species of grasshoppers.
- When picked up, grasshoppers spit a brown liquid to defend themselves.
- Grasshoppers make music by rubbing their legs with their wings!



## Snails

Scientific Name: Gastropoda



- Not an insect!
- Snails can be harmful to gardens
- Most slugs have no skeleton
- Some snails can continue sleeping for around three years
- There are 40,000+ types of snails and some can even live in water

# HOW TO COMPOST AT HOME!

HAVE YOU EVER TRIED TO COMPOST AT HOME? THIS IS YOUR TIME TO GATHER ALL MATERIALS AND MAKE YOUR OWN AT HOME. COMPOST IS BASED ON SPECIFIC WASTE MATERIALS THAT CAN DECOMPOSED EASILY SUCH AS DEAD LEAVES, BRANCHES AND TWIGS, SAWDUST OR WOOD CHIPS, FRUITS AND VEGETABLES SCRAPS, TEA OR COFFEE GROUNDS AND SO MANY OTHERS.

## 1. FIND A DRY PLACE / SHADY SPOT

YOU CAN USE A CLEAN ANY TYPE OF CONTAINER, AS LONGS IT CAN MAINTAIN THE COMPOST MOIST



## 2. ADD ALL YOUR WASTE MATERIALS





# 3. KEEP COMPOST MOIST

ADD WATER BUT NOT TOO MUCH WET



# 4. KEEP THINGS MOVING

MOVE AND MIX SO THAT AIR ENTERS AND HELPS MORE WITH THE COMPOST PROCESS



# 5. YOUR COMPOST IS READY!

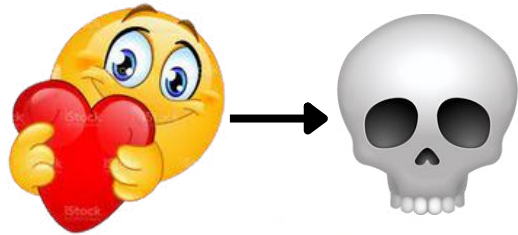
YOUR COMPOST IS READY WHEN THE MATERIALS ARE DARK AND THERE ARE NO REMNANTS OF FOOD OR WASTE. IT CAN BE USE AS SOIL FOR YOUR GARDEN OR ANYWHERE SOIL IT'S NEEDED.



# Health Disparities

## Fumes and why they're bad

Fume-emitting buildings like power plants worsen the effects on the environment and people with health problems like asthma and increase the chance of a stroke for those who are prone to it. Furthermore, these fumes can cause respiratory diseases in young children that could follow them for the rest of their lives: COPD, asthma, lung cancer, et cetera.



## Disproportionately spreads

These toxic fumes are dispositional spread through a city as areas with commercial and residential areas mixed together are often areas also including minority and economically poor groups. While pure residential areas without the amount of pollution are often housed by groups who are the majority and wealthy.



That connection has been supported by numerous big research. In the largest nationwide study of particle pollution-related mortality, 13.2 million Medicare participants with low socioeconomic status had a continuously higher risk of dying prematurely from fine particle pollution.

# Children and Air Pollution

Numerous studies have discovered a connection between air pollution and harm to unborn infants. The risk of preterm birth increased with increasing particle pollution levels, according to a significant study conducted in California. In a Boston research, pregnant women exposed to even modest levels of particle pollution had a greater risk of giving birth prematurely.



Along with children, Researchers found that people who grew up in more polluted locations face a greater chance of having impaired lung growth, which may never return to their full capacity. The case study of 1,759 children aged 10 to 18 from 1993 to 2001.

## Your Heart and Air Pollution

Some air pollutants, particularly particle pollution, can be risky for people who have diabetes or cardiovascular disease. Particle pollution in the air can cause life to be cut short by months or years. The risk of heart attacks and strokes can rise as a result of particle pollution, as can the requirement for medical care, hospital admission, and ER visits. Other pollutants like carbon monoxide and ozone also pose an increased risk to people with cardiovascular disease.





## AIR QUALITY IN SAN YSIDRO

The world's busiest border crossing is located right here in our very own backyard of San Ysidro. Unfortunately, for the community of San Ysidro this warrants exposure to air pollution from idling vehicles at the Ports of Entry. Excessive and frequent exposure to air pollutants can increase the risk of cancer, asthma, and other respiratory issues among nearby residents. In fact, San Ysidro is in the top 78% for asthma rates compared to the rest of California. Air pollutants are cause for both health concerns among residents and the depletion of the ozone layer.





## HOW WE CAN IMPROVE

We can improve air quality at the San Ysidro border by updating and improving air monitor systems. Air monitors allow us to track and measure the amount of air pollutants being produced so that we are able to maintain air quality. We can also work towards implementing the use of zero-emission vehicles along with maintaining preexisting gasoline vehicles to make sure the amount of pollution is minimized.



# Green Building



## What is green building?



An example of green building in Vietnam

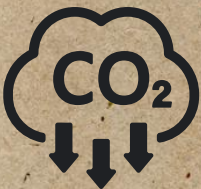
**Green Building**, also known as sustainable building, is the structure and application of processes that are environmentally responsible and resource-efficient throughout a building's life-cycle.

## What does this mean?



By implementing green building in cities, we could reduce the amount of greenhouse gases we emit, which not only benefits the environment, but also benefits us!

## Environmental & Societal Benefits



### Reduced carbon emissions:

- carbon emissions have been directly linked to health disparities
- slows the rate of rising temperatures, ocean acidification, etc.



### Reduced water waste:

- saves money & saves energy
- reducing the amount of water we use reduces the amount we take from water reserves
- reduces the amount of greenhouse gases we emit

### Reduced energy use:

- reduces reliance of fossil fuels;
- increased use of fossil fuels increases carbon levels which causes air pollution.





# Walkable Cities

What are walkable cities?

Walkable cities are one of the many design concepts of green building. Walkable cities are usually defined by their walk-ability score, which is emphasized in the construction of the city; cities are designed to maximize walking, minimize driving, as well as placing an importance on available public transportation. This is all, once again, an effort to reduce the amount of pollution emitted from dense cities.



What are some good examples of walkable cities?



Seattle, Washington



Boston, Massachusetts

# MEDITATION



## WHAT IS IT?

MEDITATION ISN'T ABOUT BECOMING A DIFFERENT PERSON, A NEW PERSON, OR EVEN A BETTER PERSON. IT'S ABOUT TRAINING IN AWARENESS AND GETTING A HEALTHY SENSE OF PERSPECTIVE. YOU'RE NOT TRYING TO TURN OFF YOUR THOUGHTS OR FEELINGS. YOU'RE LEARNING TO OBSERVE THEM WITHOUT JUDGMENT. AND EVENTUALLY, YOU MAY START TO BETTER UNDERSTAND THEM AS WELL.

## BENEFITS

- LESS ANXIETY
- FOSTERS COOPERATION
- IMPROVES COMMUNICATION
- MORE FEELINGS OF WELL-BEING
- LESS STRESS
- DEEPER RELAXATION

## HOW DO WE DO IT?

THERE IS NO RIGHT WAY TO MEDITATE. YOU DON'T NECESSARILY NEED TO HAVE A SET GOAL/OBJECTIVE FOR YOUR MEDITATION SESSION, EITHER! SIMPLY DEDICATE A COUPLE MINUTES EVERY DAY TO CALM YOUR MIND IN A SAFE AND QUIET SPACE, AND JUST LET GO. LET YOURSELF SINK INTO WHATEVER YOUR PRACTICE IS FOR THAT DAY, AND IF YOU DON'T HAVE ONE, MEDITATION CAN BE A BREAK FROM THE OUTSIDE WORLD!



# PLACES TO VISIT

**SOUTH BAY BOTANIC GARDEN**  
891 OTAY LAKES RD. CHULA  
VISTA, CA 91913



**JAPANESE FRIENDSHIP GARDEN**  
2215 PAN AMERICAN E RD. SAN  
DIEGO, CA 92101

**SEAPORT VILLAGE**  
849 W HARBOR DR. SAN  
DIEGO, CA 92101





# Water Quality

## Why is it important?

1. **Public Health:** Clean water is essential for human health. Poor water quality can lead to the spread of waterborne diseases, such as cholera, dysentery, and typhoid fever. Therefore, contaminants such as lead, arsenic, and other toxic substances can pose a serious health risk to those who consume them.
2. **Ecosystem Health:** Water quality is important for the health of aquatic ecosystems. Polluted water can harm aquatic plants and animals, leading to a decline in biodiversity. This can have a ripple effect throughout the entire ecosystem.
3. **Agriculture:** Agriculture depends on water for irrigation, and poor water quality can have a negative impact on crops. Contaminants such as pesticides, herbicides, and fertilizers can make their way into water sources and harm both plants and animals.

4. **Economy:** Many industries rely on clean water, including tourism, fisheries, and manufacturing. Poor water quality can harm these industries and lead to economic losses.

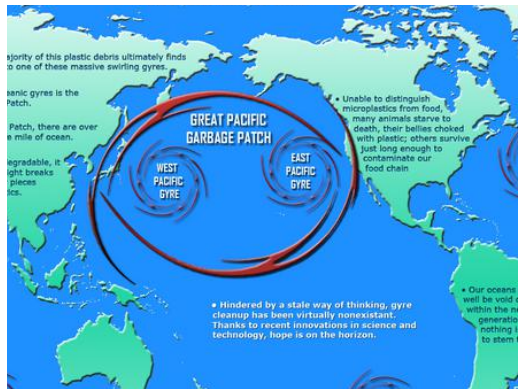
5. **Recreational Use:** Many people enjoy swimming, fishing, and boating in lakes and rivers. Poor water quality can make these activities unsafe or unpleasant.

As in the community of Tijuana-San Diego, more than 143 million gallons of raw sewage were discharged into the Tijuana River upstream in Tijuana between February 6 and February 23, inevitably making its way to the Pacific Ocean. The Tijuana River flows from Mexico into the United States, carrying untreated wastewater, trash, and sediment.



# Water Pollution

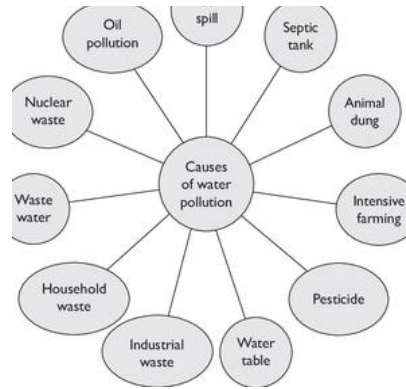
**The Great Pacific Garbage Patch** is the biggest patch of garbage in the Ocean that is twice the size of Texas and it is nine feet deep. All the plastic weight together is about 7 MILLION TONS.



*The Lake Karachay in Russia is treated so badly by people, that they use it as a dumping site. To the point it's very dangerous to even go near it. Being there for more than one hour could kill you.*







## Where did all this Pollution come from?

*There are two major causes of water pollution: plastic waste and oil. The plastic pollution is from trash that is thrown on the floors and finds its way into the ocean and stays there, because it takes a thousand years to dissolve. And oil pollution comes from factories through pipes, or oil spills from tanks.*

# The Tijuana River



# Environmental Crisis

For the past few decades, both sides of the California-Mexico border have been experiencing frequent problems regarding sewage pollution. Raw sewage has been spewing out from Tijuana's inadequate infrastructure, resulting in highly toxic waterways across the southern coastline of San Diego.

## How this impacts us and the environment:

Consequently, the raw sewage has fouled beach water quality from Rosarito, Mexico to Coronado, California. Waste and plastic pollution has infiltrated the Tijuana River Valley, making it nearly impossible for wildlife to survive. Disease-carrying mosquitos have found themselves at home in the contaminated waters. As for nearby residents, they face health risks from harmful pathogens found in the toxic water.





# Environmentally Toxic Self-Care Products & Alternatives

## Skin Care



Paula's Choice



Paula's Choice is a skin care brand that contains fragrance, sulfates, and parabens in their products. Additionally, their Extra Care Non-Greasy Sunscreen contains oxybenzone and octinoxate as active ingredients. But what's so bad about these ingredients?

All of the ingredients listed above harmful for the environment, more specifically the ocean and ocean life. Fragrance cause long-term damage to marine animals, sulfates have been proven to be toxic to aquatic organisms, parabens can kill coral reefs & lead to reproductive issues within animals, & oxybenzone/octinoxate play a significant role in the destruction of coral reefs & contribute to coral bleaching.

## What Can I Use as Alternatives..?



Glow Recipe

Aquaphor

Glow Recipe & Fenty Skin are great alternatives to skin care brands as they contain eco-friendly & ethically sourced ingredients!



Fenty Skin



Aquaphor is another great brand for those with sensitive skin. Does no harm to the environment and can be used as a lip balm in addition to a moisturizer!

# Body & Hair Care

Method is a personal care & soap care brand, but puts their focuses towards personal care, mainly body care. Their body wash contains fragrance & sulfates, which was proven to be detrimental to ocean life.



## Method

Pantene is an all hair brand that sells hair related products such as hair masks, oils, shampoos, conditioners, and much more.

Although Pantene can be aesthetically pleasing in terms of substance & packaging, they are not environmentally friendly as their products carry sulfates & fragrance in a majority of their products.



## Pantene

Bar soaps are very simple alternatives to toxic body care. Bar soaps can be used for both the body and the face! They're really such a gem as they are zero waste and have low carbon footprint since they aren't constantly being put into plastic containers.



## Irish Spring

Additionally, there are bar soap brands that might contain fragrance which is what you want to avoid not only for the sake of the environment, but for your health too. There is almost always fragrance free options when it comes to bar soap and even other products, so be on the look out for that!



## DOVE

**REMINDER:** To limit waste, use up all of the products you currently have, then buy new ones! And even then, you can find alternatives to these alternatives that also contain eco-friendly ingredients!



## Necessaire



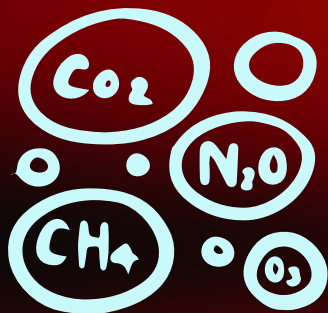
## Melanin Haircare

These hair care brands are great alternatives that hold no environmentally damaging ingredients!

**Find your product, then carefully read the back!**

# Global Warming

Global Warming - caused mainly by excessive emissions of greenhouse gasses- is trapping heat in our atmosphere, destroying ecosystems, endangering living organisms, and negatively affecting our planet beyond repair. Global warming is a reality unfolding before our eyes that must be confronted with a united front. We must all want to better our planet for our sake, our future generations, and our own beautiful Earth.



## Effects of Global Warming

- Oceanic acidity has increased by 30%, lowering the oceans pH from 8.2 to 8.1
- Changes in precipitation patterns as well as fatal flash floods
- Increases in heatwaves and their duration
- A rise in the amount of wildfires along with the level of their severity
- Disruptions in habitats and threats to biodiversity



Methane emissions, which are 80 times the warming power of carbon dioxide, are released into our atmosphere through the decay of organic waste as well as from livestock and other agricultural practices. For these reasons, composting and transitioning to a vegan diet are greatly encouraged. As for the increasingly high levels of CO2 emission, installing solar panels and energy efficient appliances in your home is a good way to take action into your own hands.

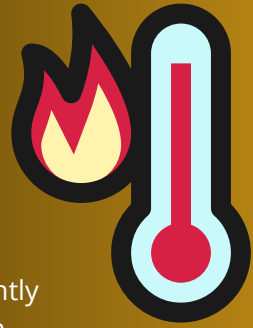


"We are in a race against time, because we are still using the Earth's atmosphere as an open sewer. "  
- Al Gore

## Simple Ways to Make a Difference

- Use a reusable items - stop buying water in plastic!
- Walk, ride a bike, or take public transportation
- Limit your levels of consumption and lean towards only buying from ethical businesses
- Incorporate one vegan meal to your diet a week
- Use the cold water cycle when washing your clothes
- Continuously educate yourself and others on the battle against climate change!

# Urban Heat



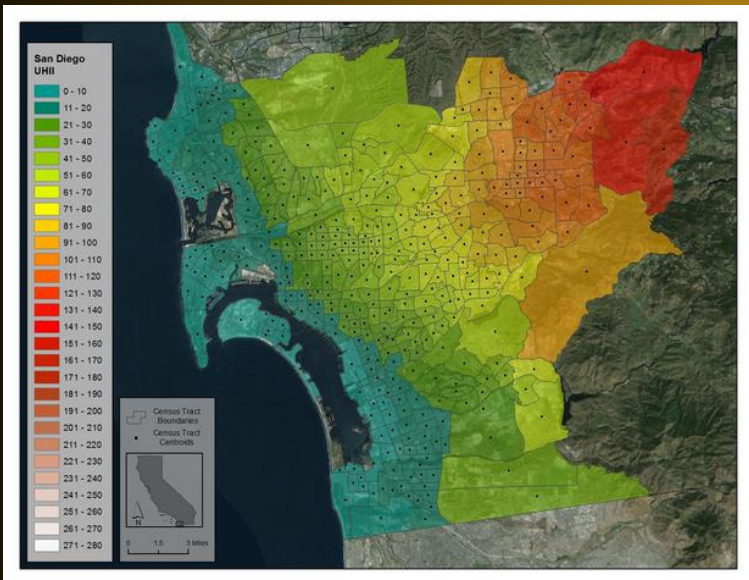
## WHAT IS IT?

An urban heat island is an urban area significantly warmer than the areas around it due to human activities

- Pavement
- Buildings
- Roads

Surfaces retain heat to ultimately heat up these areas

- Inhabitants of cities consume 75% of the world's energy resources, but they only make up 2% of the Earth's surface —the elements of pavement, concrete, and other structures with high heat capacity that become imbalanced with the amount of trees and green spaces



# Disparities in Plain Sight

## **UNDER THE HILL:**

### **San Ysidro, CA**

- Lack of grass and healthy trees
- Concrete and pavement trapping heat
- Trolley- causing pollution in low-income area
- Rocks radiate heat
- Trash- poor attention to streets



## **OVER THE HILL:**

### **Ocean View Hills, CA**

- Abundant greenery, grass, bushes, trees which help with pollution
- Clean sidewalks, safe walking conditions
- Less buildings and businesses that omit heat

# Effects of Urban Heat



- Extreme heat affects vulnerable populations first which is most often people of color because of their wealth disadvantages due to societal barriers
- People of color, immigrants and other marginalized groups that work are usually low income and forced to live in these areas that are urban heat islands, not offered safety, clean air and health because of cost
- Increases in energy use for cooling causes pollution which leads to heat-related illnesses and health conditions



# How to Combat the Injustice

**Advocating to promote green infrastructure, and replanting native plants where they should be throughout cities to improve the quality of all life – human and plant combined.**

**Become educated on city planning in your district and make sure justice is served to all communities.**

# TAKING CARE OF PETS

## DO NOT LEAVE YOUR PET IN A HOT VEHICLE

Even if you leave your pet alone in a car for a couple minutes, it can quickly reach over 100 degrees in your car. It doesn't matter whether you have the windows open or not, it could be very dangerous for your pet.

## LIMIT EXERCISE ON HOT DAYS

Pets who have white colored ears have a higher chance of getting skin cancer. Pets who have short noses may have difficulty breathing due to the heat and the exercise.





# PETS DURING THE HEAT

## IF YOU DO EXERCISE OUTSIDE, STAY IN THE GRASS

If it's 85 degrees outside, then that means that any concrete in that weather is 105 degrees, and that means that the asphalt is 110 degrees! This means your pet's feet could quickly burn, due to how sensitive the skin is.

## GIVE YOUR PET PLENTY OF FRESH, COOL WATER

Always keep a bowl of clean water for your pet. Add ice to the water if you can.

## GIVE YOUR PET A SHADED AREA TO REST IN

Your pets can overheat quickly, they need a spot to rest and relax, away from the hot sun. Dog houses typically don't work, as it actually can become even hotter within those houses.

# YOUR PETS AND HEAT

## DOG TIPS

- If your dog is outside, giving them an area of shallow water, like a child's paddling pool, will help them cool down.
- On extremely hot days, hose down your dog with some water! Gently hose down your dog's neck for maximum effectiveness.

## CAT TIPS

- Cats mostly sweat from their paws, which isn't that great in cooling off an animal.
- Let your cat sleep where they want to, (as this will most likely be a cool tile floor)
- Try to keep your cat inside from 10am- 2pm. This is when it's the hottest.



# SPECIFIC TIPS

## RABBIT TIPS

-Once the temperature is above 82°F, you may need to start monitoring your rabbit, as they are susceptible to heat stress.

-Be sure your rabbit's home is well ventilated and away from the sunlight.

-Never place a heat-stressed rabbit in cold or ice water. Place them in lukewarm water or wrap them in cool, wet towels



