

The Sustainable Development Goals: How You Too Can Change the World

The Sustainable Development Goals (SDGs) are a collection of 17 global goals adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity by 2030.



Frieda Makes A Difference: The Sustainable Development Goals and How You Too Can Change the World by United Nations

★★★★☆ 4.6 out of 5

Language : English

File size : 53914 KB

Print length: 52 pages



The SDGs are the result of a long and extensive consultation process involving governments, businesses, civil society organizations, and other stakeholders around the world. They are based on the recognition that ending poverty and protecting the planet are two sides of the same coin, and that we cannot achieve one without the other.

The SDGs are ambitious, but they are also achievable. They provide a roadmap for a better future for all, and they offer a unique opportunity for us to make a real difference in the world.

The 17 Sustainable Development Goals

1. **No Poverty:** End poverty in all its forms everywhere.
2. **Zero Hunger:** End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.
3. **Good Health and Well-being:** Ensure healthy lives and promote well-being for all at all ages.
4. **Quality Education:** Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.
5. **Gender Equality:** Achieve gender equality and empower all women and girls.
6. **Clean Water and Sanitation:** Ensure availability and sustainable management of water and sanitation for all.
7. **Affordable and Clean Energy:** Ensure access to affordable, reliable, sustainable, and modern energy for all.
8. **Decent Work and Economic Growth:** Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all.
9. **Industry, Innovation, and Infrastructure:** Build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation.
10. **Reduced Inequality:** Reduce inequality within and among countries.
11. **Sustainable Cities and Communities:** Make cities and human settlements inclusive, safe, resilient, and sustainable.
12. **Responsible Consumption and Production:** Ensure sustainable consumption and production patterns.

13. **Climate Action:** Take urgent action to combat climate change and its impacts.
14. **Life Below Water:** Conserve and sustainably use the oceans, seas, and marine resources for sustainable development.
15. **Life on Land:** Protect, restore, and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and biodiversity loss.
16. **Peace, Justice, and Strong Institutions:** Promote peaceful and inclusive societies for sustainable development, provide access to justice for all, and build effective, accountable, and inclusive institutions at all levels.
17. **Partnerships for the Goals:** Strengthen the means of implementation and revitalize the global partnership for sustainable development.

How You Too Can Change the World

The SDGs are a global agenda, but they can only be achieved if everyone plays their part. There are many ways that you can contribute to the SDGs, both big and small.

Here are a few ideas:

- **Educate yourself about the SDGs.** The more you know about the SDGs, the better equipped you will be to make a difference.
- **Choose sustainable products and services.** When you buy products and services, choose those that are made in a sustainable way and that have a low environmental impact.

- **Reduce your carbon footprint.** There are many things you can do to reduce your carbon footprint, such as driving less, eating less meat, and using renewable energy sources.
- **Get involved in your community.** There are many ways to get involved in your community, such as volunteering for a local organization or starting a community garden.
- **Support the SDGs.** You can support the SDGs by donating to organizations that are working to achieve them, or by speaking out about the importance of the SDGs at your workplace or in your community.

The SDGs are a blueprint for a better future for all. They are ambitious, but they are also achievable. By working together, we can create a world that is free from poverty, hunger, and disease; a world where everyone has access to quality education and health care; a world where everyone lives in peace and prosperity.

The future of our planet depends on the choices we make today. Let us all work together to achieve the SDGs and create a better future for all.



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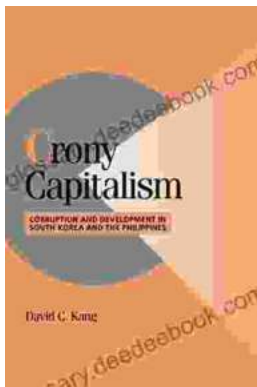
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