

You Can



# Reaching out

Healthy societies rest on a concern for other people, and the future depends on our ability to work together as empowered global citizens and agents of change.

- \* Today, do something to **help a friend**
- \* **Listen to someone** who is discriminated against
- \* Find out what issues someone **younger than you** is concerned about
- \* Help resolve conflict and **heal a rift** in your family or workplace
- \* Register to vote and **participate** in local discussions about environmental and social problems
- \* Explore ways of using the **Earth Charter** in your community or workplace

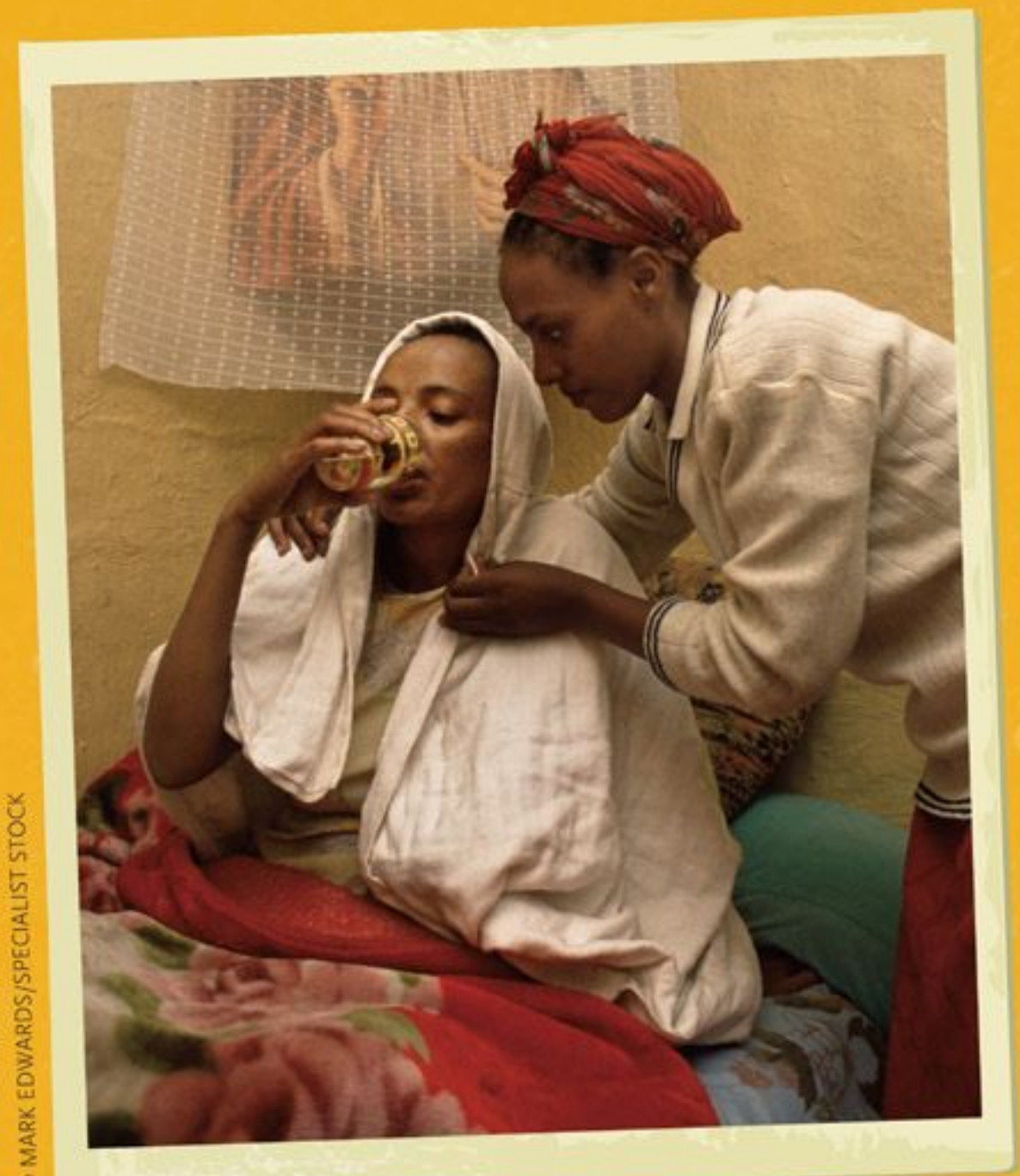
“You **must do** the thing you think you cannot do.”

Eleanor Roosevelt

“Live simply...  
Meditate...  
Consume less...  
Think more...”

**Get to know your neighbors.**”

*TIME* magazine, 51st in a list of 51 things we can do to save the environment



A carer comforts a patient with AIDS, Addis Ababa, Ethiopia

ENDANGERED ANIMALS  
**MOUNTAIN APOLLO BUTTERFLY**

Also known as the “great eye.” Found in the mountains of Europe above 1,000m. Endangered due to overcollecting and loss of habitat. Its caterpillar eats plants which only grow on rocky outcrops close to meadows.



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EMPOWER