

MY ACTION LIST



- Save water:** Take shorter showers and don't let the tap run when brushing my teeth, doing dishes and preparing food.
- Break taboos:** Talk about the critical connection between toilets, water and menstruation.
- Make it equal:** Share water fetching between women and men, girls and boys.
- Flush safe:** Fix leaking water and waste pipes, empty full septic tanks and report dumping of sludge.
- Stop polluting:** Don't put food waste, oils, medicines and chemicals down my toilet or drains.
- Eat local:** Buy local, seasonal food and look for products made with less water.
- Be curious:** Find out where my water comes from and how it is shared, and visit a treatment plant to see how my waste is managed.
- Protect nature:** Plant a tree or create a raingarden – use natural solutions to reduce the risk of flooding and store water.
- Build pressure:** Write to my elected representatives about budgets for improving water at home and abroad.
- Clean up:** Take part in clean-ups of my local rivers, lakes, wetlands or beaches.