**ICS3U1 – Unit 1 – Environmental Stewardship**

**PART 1: Negative Effects - Complete the summary sheet as you visit the different learning centres. Not all**

**of the activities provide you with possible solutions: in those cases, research and/or brainstorm solutions.**

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| **Topic** | **Description of the Problem** | **Possible Solutions** |
| E-waste  (1st 5 minutes of the E-waste video) | * **Hundreds of containers of E-waste (electronics that are obsolete/out of date) are being sent to Africa (Ghana) in order to be burned** * **E-waste poisons everything around it, exp. hungry children who burn wires in an attempt to get at the valuable metal inside** * **Toxins from the smoke of the burning electronics are released into the air and food that is nearby** | * **Stricter laws and border custom checks to ensure E-waste is not sent to other third world countries** * **Creating greater consequences for those who are exporting E-waste to make them rethink their decisions** |
| Unsustainable office practices  (Paperless office article) | * **Canadian’s paper consumption has more than doubled between 1983 and 2003 = production and use of paper products is at an all-time high** * **On average, 7,800 pages are printed at work each year by Canadians and 39% of those papers end up in the trash** | * **Using technology and computers to reduce the amount of paper we waste** * **Forcing double sided printing (therefore less paper wasted for those who print on only 1 side)** * **Removing “physical paper” and displaying those on computer screens via emails and company websites as an alternative** * **Sending pay statement to employees electronically (ex. Nexonia, a Toronto company, has been doing this)** |
| Physical Health:  How computers cause physical ailments.  (Ergonomics Website) | * **RSI (Repetitive stress injuries) are injuries that occur when too much tension is placed on a certain part of body, causing muscle strain, tissue damage, inflammation. Exp. Common for those who spend lots of time using computer keyboards.** * **Becoming more and more prevalent in teens today due to the amount of time they sit at a computer to complete homework and surf social media** * **Teens are especially vulnerable to RSIs due to puberty and growth spurts that they undergo at that age. Results in extra tightness and tension in muscles and tendons** | * **Reducing the amount of time you and those around you spend at the computer** * **Maintaining proper posture when using a computer ex. Brief video of how to maintain proper posture** [**https://www.youtube.com/watch?v=PcsoeDpUSrs**](https://www.youtube.com/watch?v=PcsoeDpUSrs) * **Purchasing comfortable and ergonomic computer chair, mouse pad, mouse, etc.** * **Proper nutrition can reduce the effects of RSIs** * **Getting treatment and plenty of rest if you do have it. Can become more severe the longer it continues to effect the body** |
| Mental Health: How computer usage  affects the brain and lifestyle.  (Addiction video) | * **Internet addiction has become more and more of a problem in today’s modern society especially amongst the youth** * **People that have unhappy lives typically spend multiple hours online, blocking out their unfortunate reality and living a better life online** * **Applications directly resemble gambling and have the same intention = get you hooked** * **Many games and apps can involve money as well, with credit or debit cards** | * **Engaging with people more often and having more social interactions** * **Doing more extracurricular activities** * **Playing a sport(s)** * **Having hobbies that are similar to friends** * **Installing Cold Turkey (I personally use this all the time) a computer application that allows you to block out certain websites/apps for a certain period of time so that you may finish your task on the computer and get off when your done** |

**PART 2: Positive Effects - Complete the summary sheet as you visit the different learning centres.**

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| **Problem** | **Description of the Problem** | **Description of the Described Solutions** |
| Pests in Agriculture  destroy crops.  (article) |  |  |
| Air conditioning places strain on our energy resources.  (website) |  |  |
| People with Asperger’s have difficulty reading social cues.  (video) |  |  |

**PART 3: Journaling**

Which of the learning centres had the most impact on you? It could have surprised you, angered you, inspired you, or

amazing you. Write about that learning centre and its impact on you on Moodle.