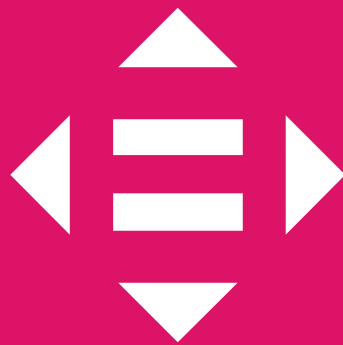




# SDG HANDBOOK

## 10 REDUCED INEQUALITIES



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# SDG 10: REDUCED INEQUALITIES

## OVERVIEW

Sustainable Development Goal 10, a vital component of the United Nations' 2030 Agenda for Sustainable Development, is dedicated to reducing inequalities within and among countries. Adopted in 2015, this goal underscores the significance of addressing disparities in income, education, healthcare, social status, and access to resources. Inequality is recognized as a multifaceted challenge that hampers social progress, economic development, and overall well-being.

SDG 10 seeks to create a world where equity and inclusion are at the core of societal structures. It emphasizes the need to empower marginalized communities, bridge the divide between different segments of society, and ensure that no one is left behind. By tackling inequality, we not only promote justice and fairness but also foster social cohesion and sustainable development.

In our forthcoming handbook, "Sustainability Begins at Home: Teaching Our Children SDG 10 Through Small Actions," we will explore how we can introduce children to the concept of inequality and inspire them to take meaningful steps towards a more just and equitable world. By equipping young minds with the knowledge and empathy to address disparities, we empower them to become catalysts for positive change.

In the following chapters, we will delve into practical strategies, educational resources, and hands-on activities that parents, educators, and caregivers can use to educate children about inequality and its far-reaching consequences. Together, we will embark on a journey to instill the values of empathy, fairness, and inclusivity in the next generation, encouraging them to make small yet impactful contributions to the pursuit of SDG 10.

Remember, sustainability begins at home, and it starts with teaching our children the importance of reducing inequalities and creating a more equitable world for all.

**Remember, sustainability truly begins at home!**

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# UNDERSTANDING THE CONCEPT OF POVERTY:

So let's start by first understanding what poverty is.

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*Reduce inequality, the core objective of Sustainable Development Goal 10 (SDG 10), is about making the world a fairer place for everyone. It means taking steps to bridge the gaps that exist between people, so that no one is left behind.*

”

SDG 10 can manifest in various forms, including:

**1.1 Equal Opportunities:** Reducing inequality means ensuring that everyone, regardless of their background or circumstances, has an equal chance to succeed in life. It's about creating a level playing field where your destiny is not determined by factors like where you were born or the color of your skin.

**1.2 Fair Distribution:** Reducing inequality involves making sure that these benefits are distributed more evenly, so that a few don't have too much while many have too little.

**1.3 Leaving No One Behind:** SDG 10 emphasizes the idea of leaving no one behind. This means that as we progress and improve the well-being of some, we must also ensure that the most vulnerable and marginalized groups are not forgotten or left to struggle.



## NOW LET'S INCREASE OUR UNDERSTANDING OF SOME KEY DIMENSIONS OF SDG 10:

**1.1 Economic Poverty:** Lack of income and resources necessary to meet basic needs and improve one's standard of living.

**1.2 Education Poverty:** Limited access to quality education, which hampers personal development and economic opportunities

**1.3 Health Poverty:** Inadequate access to healthcare services, resulting in poor physical and mental health outcomes.

**1.4 Social Poverty:** Marginalization, discrimination, and limited social connections that restrict opportunities for social participation and inclusion.

**1.5 Environmental Poverty:** Living in degraded environments with limited access to clean water, sanitation facilities, and sustainable natural resources.

## WHAT IS THE RELEVANCE OF SDG 1 IN ERADICATING POVERTY, AND WHY ARE WE EVEN DISCUSSING IT?

SDG 1, "No Poverty," plays a crucial role in the global effort to eliminate poverty in all its forms and dimensions. It recognizes that poverty is not only a social and economic issue but also a fundamental human rights concern.

Here's how:

**Human Rights and Dignity:** Poverty is a violation of human rights and undermines the inherent dignity of individuals. SDG 1 aims to ensure that everyone has access to basic needs, opportunities, and a life free from poverty, promoting social justice and equality

**Socioeconomic Development:** Poverty hampers socioeconomic development by limiting access to education, healthcare, and economic opportunities. SDG 1 addresses the root causes of poverty, creating a foundation for inclusive and sustainable development.

**Peace and Stability:** Poverty often leads to social unrest, conflicts, and instability. By addressing poverty, SDG 1 contributes to creating peaceful and stable societies, as individuals have opportunities for growth and are less prone to desperation and violence.

## HERE ARE SOME SALIENT FEATURES OF SDG 1 IN ADDRESSING POVERTY:

**Holistic Approach:** SDG 1 takes a holistic approach to poverty eradication by addressing its multidimensional aspects. It emphasizes the importance of tackling the root causes of poverty and promoting sustainable development in all sectors.

**Inclusive Development:** SDG 1 aims to ensure that no one is left behind. It focuses on reaching the most vulnerable and marginalized populations, including women, children, persons with disabilities, and indigenous communities.

**Global Partnership:** SDG 1 encourages international cooperation and partnerships among governments, civil society organizations, businesses, and individuals to mobilize resources, share knowledge, and work collectively towards poverty eradication.

**Empowerment and Social Protection:** SDG 1 promotes social protection systems, access to essential services, and empowerment of individuals and communities to break the cycle of poverty and create sustainable livelihoods.

**Monitoring and Accountability:** SDG 1 calls for monitoring progress, collecting reliable data, and holding governments accountable for their commitments to poverty eradication. This ensures transparency and facilitates evidence-based policy-making.

By understanding the concept of poverty, exploring its multi-dimensional aspects, and recognizing the relevance of SDG 1, we can lay a solid foundation for teaching our children about the importance of addressing poverty and inspire them to take action. Let's empower them to be agents of change in creating a more equitable and sustainable world.



# GOAL 1 FACTS AND FIGURES

50%

Half of all people living in poverty are under 18

1 in 10

One Person in every 10 person is extremely poor

80%

80% of people living on less than \$1.90

736 M

736 Million people still live in extreme poverty

10%

10% of the world population lives in extreme poverty

1.3 B

Some 1.3 billion people live in multidimensional poverty



# DISCUSSING THE INTERCONNECTIONS BETWEEN POVERTY AND OTHER SDGS:

Poverty is interconnected with various other Sustainable Development Goals (SDGs), and progress in SDG 1 has a ripple effect on achieving other goals. Let's explore some of these interconnections:

**2** ZERO HUNGER



## SDG 2: Zero Hunger:

Poverty and hunger are closely linked. SDG 1's poverty eradication efforts contribute to eliminating hunger by ensuring access to nutritious food and sustainable agricultural practices.

**3** GOOD HEALTH AND WELL-BEING



## SDG 3: Good Health and Well-being

Poverty limits access to healthcare services and contributes to poor health outcomes. SDG 1's focus on poverty reduction helps improve overall health and well-being.

**4** QUALITY EDUCATION



## SDG 4: Quality Education:

Poverty often obstructs access to quality education. SDG 1's efforts to alleviate poverty create an enabling environment for inclusive and equitable education opportunities, ensuring no one is left behind.

**5** GENDER EQUALITY



## SDG 5: Gender Equality:

Poverty disproportionately affects women and girls. SDG 1's focus on poverty reduction empowers women and promotes gender equality, enabling them to participate fully in social and economic life.



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## COMPONENT 2: INSPIRATION

### INSPIRING STORIES OF INDIVIDUALS AND COMMUNITIES COMBATING POVERTY IN INDIA:



#### STORY 1

##### ARUNACHALAM MURUGANANTHAM- THE MENSTRUAL MAN

In rural India, access to affordable menstrual hygiene products was a significant challenge, leading to unhygienic practices and social stigmas. Arunachalam Muruganantham, a social entrepreneur from Coimbatore, Tamil Nadu, decided to address this issue. Despite facing criticism and ridicule, he invented a low-cost machine to produce sanitary pads, making them accessible to women in remote areas. His initiative not only improved menstrual health but also provided employment opportunities for women who started manufacturing and selling the pads. Arunachalam's determination and innovation have positively impacted millions of women, promoting gender equality and breaking taboos surrounding menstruation.

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## STORY 2

### Ela Bhatt - The SEWA Movement



**Ela Bhatt**, a social worker and activist, founded the Self-Employed Women's Association (SEWA) in 1972 to uplift informal women workers. SEWA has been instrumental in organizing and empowering women in various trades, such as agriculture, craft, and domestic work. Through collective efforts, SEWA members have access to social security, healthcare, and financial services. The movement has been successful in improving the economic and social status of women, enabling them to break free from the cycle of poverty and create better opportunities for future generations.

SEWA, has achieved something that no company, conglomerate, or perhaps even government has achieved in India — the creation of a truly effective employment support programme for women who are among the country's poorest and most marginalised. Over 50 years, SEWA has built more than four dozen institutions for the poor and by the poor, and to empower poor women workers — all founded on the principle that “the poor do not need charity, they need an enabling mechanism to strive and come out of the vicious circle of poverty and vulnerability”.

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## KEY TAKEAWAYS FROM THESE INSPIRATIONAL STORIES:

- 1. Determination and Innovation:** Both Arunachalam Muruganantham and Ela Bhatt showcased unwavering determination and innovative thinking in tackling poverty-related challenges. Their willingness to take risks and think outside the box led to impactful solutions.
- 2. Grassroots Empowerment:** These stories demonstrate the power of grassroots initiatives that directly engage with communities. Empowering individuals at the local level fosters a sense of ownership and agency in poverty reduction efforts.
- 3. Gender Equality:** Gender equality is an essential aspect of poverty alleviation. When women are empowered, they can break the cycle of poverty not only for themselves but for their families and communities as well.
- 4. Collaborative Efforts:** Both stories highlight the significance of collaboration and partnerships. Combating poverty requires the involvement of various stakeholders, including governments, NGOs, local communities, and individuals.
- 5. Addressing Social Stigmas:** Breaking social stigmas and taboos is crucial in tackling poverty-related issues. These stories show how challenging traditional norms can lead to transformative change.

# KEY TAKEAWAYS FROM THESE INSPIRATIONAL STORIES:

## Determination and Innovation

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These stories demonstrate the power of grassroots initiatives that directly engage with communities. Empowering individuals at the local level fosters a sense of ownership and agency in poverty reduction efforts.

## Gender Equality

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## Collaborative Efforts

Both stories highlight the significance of collaboration and partnerships. Combating poverty requires the involvement of various stakeholders, including governments, NGOs, local communities, and individuals.

## Addressing Social Stigmas

Breaking social stigmas and taboos is crucial in tackling poverty-related issues. These stories show how challenging traditional norms can lead to transformative change.

## Take Action

Remember, every action, no matter how small, contributes to the collective effort to end poverty and creating a more equitable world. Be inspired, take action, and make a lasting impact on the lives of others.



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# SUCCESSFUL INITIATIVES WORKING TOWARDS POVERTY REDUCTION IN INDIA:

## 1. MAHATMA GANDHI NATIONAL RURAL EMPLOYMENT GUARANTEE ACT (MGNREGA):

One of India's most significant anti-poverty initiatives, MGNREGA, was introduced in 2005. It guarantees 100 days of wage employment per year to rural households, providing a safety net during times of economic distress. The program aims to create durable assets while addressing poverty by engaging rural households in various development projects. By building roads, water conservation structures, and rural infrastructure, MGNREGA not only improves livelihoods but also enhances agricultural productivity and promotes sustainable development. The impact has been profound, with millions of households benefiting from increased income and reduced vulnerability to poverty. Moreover, the program has strengthened social inclusion by providing equal opportunities to men and women, thereby empowering women and marginalized communities.

## 2. PRADHAN MANTRI JAN DHAN YOJANA (PMJDY):

Launched in 2014, PMJDY is a financial inclusion program aimed at providing universal access to banking services for all citizens. Under this scheme, every household is encouraged to open a bank account with minimal documentation. PMJDY promotes access to formal banking channels, insurance, and pension schemes, especially for the economically vulnerable sections of society. By promoting financial literacy and inclusion, the initiative has helped reduce poverty by providing access to credit, insurance, and government welfare benefits directly to beneficiaries. Additionally, it has curbed leakages in subsidies and facilitated digital payments, promoting transparency and efficiency in financial transactions.



### 3) DEENDAYAL ANTYODAYA YOJANA (DAY-NRLM):

Launched in 2011, DAY-NRLM is a comprehensive poverty alleviation program that focuses on promoting rural livelihoods and empowering women through self-help groups (SHGs). The initiative provides financial support, capacity-building, and market linkages to SHGs, enabling them to start income-generating activities. By fostering women's entrepreneurship, DAY-NRLM has led to increased income, improved access to credit, and greater decision-making power for women. The program has successfully lifted millions of rural households out of poverty by creating sustainable livelihood options and enhancing community resilience.

## KEY TAKEAWAYS FROM THESE SUCCESSFUL INITIATIVES:

- 1. Targeting Vulnerable Populations:** Effective poverty reduction initiatives target the most vulnerable and marginalized populations, such as rural communities, women, and minorities, ensuring inclusive growth and development.
- 2. Holistic Approaches:** Combating poverty requires holistic approaches that address various dimensions of poverty, including income generation, financial inclusion, infrastructure development, and social empowerment.
- 3. Government-NGO Collaboration:** Successful initiatives often involve collaboration between the government, non-governmental organizations (NGOs), and community-based organizations. Such partnerships leverage diverse expertise and resources to maximize impact.
- 4. Participatory Development:** Involving local communities in the decision-making process and program implementation fosters a sense of ownership and ensures that interventions are tailored to the unique needs of the people they aim to serve.

# Activity: Poverty Simulation

## "WALK IN THEIR SHOES"

### OBJECTIVE

*The "Walk in Their Shoes" poverty simulation activity aims to help children experience simulated scenarios of limited resources, inequality, and challenges faced by individuals living in poverty. By participating in this fun and interactive game, children will develop empathy, critical thinking, and a deeper understanding of poverty-related issues.*



### MATERIALS REQUIRED:

1. Different colored wristbands or stickers to represent different economic groups (e.g., green for high-income, yellow for middle-income, red for low-income, and blue for extremely low-income).
2. Several stations set up around the activity area, each representing different aspects of life, such as food, education, healthcare, housing, and employment.
3. Props and signs to represent various resources and challenges (e.g., play money, empty plates, schoolbooks, medical kits, and cardboard boxes for shelter).



# Instructions

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1. Divide the children into different economic groups by giving them colored wristbands or stickers. Explain that each group will face different challenges based on their assigned economic status.

2. Set up the stations around the activity area, with each station representing a different aspect of life affected by poverty. For example:

a. Food Station: Provide limited food options and portion sizes to low-income groups, while high-income groups have access to a variety of nutritious meals.

b. Education Station: Low-income groups may have limited access to school supplies or face difficulties attending school, while high-income groups have all the necessary resources.

c. Healthcare Station: Low-income groups may have long waiting times or limited access to medical care, while high-income groups have prompt and comprehensive healthcare services.

d. Employment Station: Low-income groups may face limited job opportunities or lower-paying jobs, while high-income groups have more career options and higher salaries.

3. Instruct each group to rotate through the stations and experience the challenges and limitations faced by their assigned economic status. Encourage them to interact with the props and signs at each station to simulate real-life situations.

4. After the activity, gather all the children together for a group discussion.

Ask them questions such as:

Q: How did you feel during the simulation? What challenges did you face?

Q: Did you notice any inequalities or disparities between the economic groups?

Q: What difficulties do people living in poverty encounter in their daily lives?

Q: How can we, as individuals and a community, work together to address poverty-related issues and create a more equitable society?

# "WALK IN THEIR SHOES"



## Outcome:

*The "Walk in Their Shoes" poverty simulation activity will help children empathize with the difficulties faced by individuals living in poverty. It encourages critical thinking about poverty-related issues and promotes discussions on social justice, inequality, and the importance of supporting those in need. By experiencing these simulated scenarios, children will gain a deeper understanding of the impact of poverty and be inspired to take compassionate actions towards building a more inclusive and empathetic community*

## Conclusion:

Congratulations on completing the "Sustainability Begins at Home: Teaching Our Children SDG 1 through Small Actions" handbook! Throughout this guide, we have explored the significance of Sustainable Development Goal 1 (SDG 1) - No Poverty, and discovered ways to inspire our children to take action in addressing poverty. Let's recap the key takeaways from our journey:

**Understanding Poverty:** We delved into the multidimensional aspects of poverty, recognizing that it extends beyond income and encompasses education, health, social inclusion, and environmental factors. Poverty eradication is essential for promoting human rights, socio-economic development, peace, and stability.

**The Power of Small Actions:** We learned that even small actions can make a difference. By engaging in activities, promoting empathy and compassion, and supporting local initiatives, we can contribute to poverty reduction efforts.

**Interconnections with Other SDGs:** We explored the interconnections between SDG 1 and other Sustainable Development Goals. Poverty is intertwined with hunger, health, education, gender equality, and more. Progress in SDG 1 positively influences the achievement of other goals.

**Inspiring Examples:** We were inspired by stories of individuals and communities who have combated poverty and successful initiatives in poverty reduction. Their experiences demonstrate the power of resilience, innovation, and collective action.

# INSPIRATION FOR TAKING ACTION:

By applying the knowledge gained from this handbook, we can make a real difference in addressing poverty. Let us encourage our children to be empathetic, compassionate, and socially responsible individuals. Together, we can:

1. **Raise Awareness:** Educate yourself and others about poverty-related issues, both locally and globally. Raising awareness creates empathy and builds support for meaningful change.
2. **Volunteer and Support NGOs:** Contribute your time, skills, or resources to organizations working towards poverty alleviation. Many NGOs offer volunteering opportunities to make a direct impact.
3. **Mentorship and Skill Sharing:** Offer mentorship or skill-sharing sessions to empower others in developing their potential and accessing better opportunities.
4. **Sustainable Philanthropy:** Support initiatives that focus on sustainable development and long-term impact rather than quick fixes.
5. **Advocate for Policy Change:** Advocate for policies that promote social justice, inclusivity, and poverty eradication. Engage with local and national leaders to push for positive change.

Remember, every action, no matter how small, contributes to the collective effort to end poverty and creating a more equitable world. Be inspired, take action, and make a lasting impact on the lives of others.



# Additional Resources

## RECOMMENDED BOOKS, FILMS, AND WEBSITES FOR FURTHER EXPLORATION OF SDG 1:

### BOOKS

"The End of Poverty: Economic Possibilities for Our Time"  
by Jeffrey D. Sachs

"Poor Economics: A Radical Rethinking of the Way to Fight  
Global Poverty"  
by Abhijit V. Banerjee and Esther Duflo

"Out of Poverty: What Works When Traditional Approaches  
Fail"  
by Paul Polak

"The End of Poverty: Economic Possibilities for Our Time"  
by Jeffrey D. Sachs

"Half the Sky: Turning Oppression into Opportunity for  
Women Worldwide"  
by Nicholas D. Kristof and Sheryl WuDunn

### FILMS

"Poverty, Inc." (2014) - Explores the unintended  
consequences of traditional aid and offers alternative  
approaches to poverty alleviation.

"Living on One Dollar" (2013) - Follows the journey of four  
friends as they experience life on \$1 a day in rural  
Guatemala.

"The Price of Sugar" (2007) - Delves into the exploitative  
labor practices in the sugarcane industry in the Dominican  
Republic.

"Slumdog Millionaire" (Movie) - A compelling story of  
resilience and hope amid poverty and adversity in India.

"The Pursuit of Happiness" (Movie) - Based on a true story,  
this film depicts the struggles of a single father facing  
homelessness and poverty while pursuing a better life for  
his son.

## LEARN MORE HERE

**United Nations Sustainable Development Goals:** Visit the official SDG website to access reports, data, and resources related to SDG 1: No Poverty.

**World Bank - Poverty:** Explore the World Bank's resources and data on global poverty, policies, and initiatives.

**United Nations Sustainable Development Goals (SDGs):** Provides comprehensive information on SDG 1 and other global goals, along with progress reports and data.

**Oxfam International:** A global organization working to combat poverty and inequality through advocacy, campaigns, and humanitarian projects.

**Poverty and Inequality Research Lab:** A resource hub for academic research and studies on poverty-related issues and policy solutions.

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# Now, it is time for us to take action.

Remember, sustainability begins at home, and our actions, no matter how small, have the power to create lasting change.

As we conclude this handbook, we invite you to explore other Sustainable Development Goals and continue your journey towards sustainability. Each goal is interconnected and contributes to creating a better world for present and future generations.

Thank you for joining us on this inspiring journey of teaching our children about SDG 1. Let's continue our efforts to foster a sustainable Bhava (consciousness) and contribute towards building a world where no one lives in poverty.

**Take the knowledge gained here and make a difference.  
Sustainable Bhava starts with us!**

To learn more about sustainable living and other Sustainable Development Goals, visit [sustainablebhava.org](https://sustainablebhava.org) and continue your journey towards a more sustainable future. Let's create a world of equality, justice, and opportunity for all together



# About Us

To learn more about sustainable living and other Sustainable Development Goals, visit [sustainablebhava.org](https://sustainablebhava.org) and continue your journey towards a more sustainable future. Let's create a world of equality, justice, and opportunity for all together

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