

At school

8 ways to change the world

The world is not doing very well. Everybody knows it, everybody talks about it. But what can we do in order to change that? We have to start somehow. And we have already started with these 8 ways to change the world. You may believe that. Together we can change our school, our street, our town, our country. I can, you can, we can change the world.

And what are the 8 ways to change the world?

In 2000, the United Nations (UN) analyzed the biggest world problems and established 8 Millennium Development Goals. These goals, if reached by all countries, will certainly improve everybody's life quality.

In this publication, there are some tips on how to put these 8 ways to change the world into practice. What about working in groups or in a volunteer project? Before starting, please answer the following questions and roll up your sleeves:

- ❖ What are the problems you want to solve?
- ❖ Who are your partners going to be?
- ❖ Who is going to benefit from it?
- ❖ How can you solve the problem?
- ❖ Where and when are the actions going to take place?



Eradicate extreme poverty and hunger

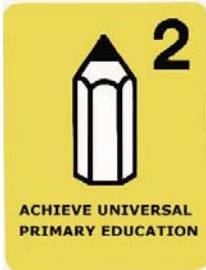
Right now, millions of people are starving not only in Brazil, but also all over. Starvation is a consequence of poverty and also its source. To stop this vicious cycle, it is essential to make everyone work. This is the only way to ensure people's right to life: live with no hunger.

Do you know that there is food enough in Brazil to feed the whole population (around 190 million people)? Despite this, 29% of the population in our country are under poverty line and show food deficiency.

You can help in many creative ways:

- ❖ To create and distribute fliers on how to eat proper food;
- ❖ To search for partnerships which may help to improve school lunch;
- ❖ To organize a gathering of mothers (or women responsible for serving the school lunch to children) in order to teach them how to make good use of food, avoiding waste;
- ❖ To make a citizenship notice board in your school. Research job offers, services (health, documents, scholarships, social welfare, etc.) and courses of professional qualification and income generation and make them public.

Target for 2015: To reduce the number of people living on less than a dollar a day and those who suffer from hunger by half.



Achieve universal primary education

There is no controversy here: everyone has the right to good education. However, this is not what happens, since lots of people do not finish primary education.

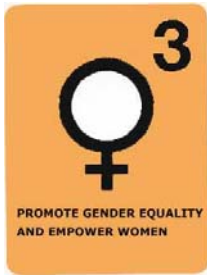
When it comes to illiteracy, Brazil has the 7th position in the world, among them, 18 millions have never attended school.

And how can we help?

- ❖ To create a volunteer group that can teach different subjects. Each group chooses its favourite subject-matter, the one they believe they can teach properly. Talk to teachers and be a volunteer yourself. Teachers will certainly know who needs help;
- ❖ Identify the students who are often absent and encourage them to go back to school;
- ❖ Create and keep a very joyful and welcoming library that shows reading can be pleasant;
- ❖ Make a survey of how many illiterates there are in your community and motivate them to learn how to read and write;
- ❖ Organize recreational and sports activities which are also educational. Discipline, respect and cooperation can be strengthened in those moments.

As many as 113 million children do not attend school, but the target is within reach.

Target for 2015: Ensure that all boys and girls finish primary school.



Promote gender equality and empower women

The world history shows us men and women have not had the same rights and obligations for a long time. In some countries, it still happens. In others, women achieved rights which were denied before.

In Brazil, women earn up to 40% less than men to work in the same positions.

It looks difficult, but some actions can help:

- ❖ To visit your municipal council, interview the council women, and be informed about their suggestions to help women in your town;
- ❖ To make public that there are Women Welfare Centers in bigger cities, where they can denounce harassment and also have physical and psychological help;
- ❖ To identify and promote new job opportunities for women;
- ❖ To stimulate actions which could encourage women to search for income generation alternatives.

Targets for 2005 and 2015: Eliminate gender disparities in primary and secondary education preferably by 2005, and at all levels by 2015.



Reduce child mortality



Improve maternal health

In our country, many children die before they complete their first year of life. The reasons are countless, such as malnutrition and lack of prenatal support. A solution is to improve maternal health, which helps to reduce infant mortality.

In Brazil, out of 1.000 children who are born, 28 die before they are 1 year old. And out of 1.000 mothers, more than 2 die in childbirth.

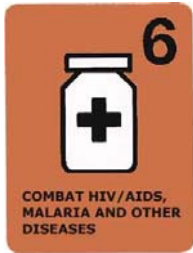
It is essential to inform the population with flyers, lectures, visits inside school and in the neighborhood about themes that can make all the difference to mothers and babies.

Some topics that could be chosen:

- ❖ Family planning;
- ❖ Prevention of breast and uterus colon cancer;
- ❖ Risky pregnancy;
- ❖ The importance of prenatal exams and of baby's vaccines;
- ❖ The importance of hygiene to prevent diseases;
- ❖ Mother and baby nutrition;
- ❖ Breastfeeding;
- ❖ Domestic accidents.

Target for 2015: Reduce by two thirds the mortality rate among children under five

Target for 2015: Reduce by three-quarters the ratio of women dying in childbirth.



Combat HIV/AIDS, malaria and other diseases

One of the bigger world problems is the fact that diseases can reach a huge number of people, but we know it is possible to prevent them.

Brazil has the higher number of malaria cases in the Americas, and ranks third in the world in the incidence of this disease.

AIDS cases, though, have decreased in almost all groups. The only group on the increase was the cohort of women aged 13 - 19.

There is a lot we can do to prevent diseases:

- ❖ *To take care of our hygiene, and to encourage and inform others to do the same;*
- ❖ *In the summer, which is the dengue epidemic period, make domicile visits in order to show what kinds of spots can incubate the eggs;*
- ❖ *To create and distribute fliers and posters on how to prevent some diseases;*
- ❖ *Stimulate the population to take part in the vaccines campaign;*
- ❖ *To do campaigns in order to inform, mobilize and prevent AIDS and other epidemic diseases;*
- ❖ *To do a research about health services available such as medicine, first aid station, care centers, etc.*

Target for 2015: *Halt and begin to reverse the spread of HIV/AIDS epidemic and the incidence of malaria and other major diseases.*



Ensure environmental sustainability

Deforestation, waste of water and excessive production of garbage are some of the most serious problems faced by humankind. For this reason, taking care of the environment must be part of our routine.

Brazil has about 12% of all the fresh-water in the planet, nevertheless, 22 million of people don't have direct access to freshwater.

We are all responsible for the environment. Nature will appreciate our contribution:

- ❖ To campaign for the rational use of water and energy;
- ❖ To plant trees at school is a great way to take care of nature. Planting trees in streets is also important; however, permission is required from city hall and residents;
- ❖ To start a garbage selective collection at school and in the community and to advocate for the advantages of biodegradable products;
- ❖ To organize a teamwork cleanup of squares, rivers and lakes near the school.

Targets for 2015:

- *Integrate the principles of sustainable development into country policies and programmes and reverse the loss of environmental resources.*
- *By 2015, reduce the proportion of people without access to safe drinking water by half.*
- *By 2020, to achieve significant improvement in the lives of at least 100 million slum dwellers.*



Develop a global partnership for development

Many times the solution to one problem can be the answer to another, mainly when people, schools, governments, civil society, enterprises and social organizations work together.

Create a group with your friends, mates and neighbors. Get together and find out what each one likes and wants to do. Find out each one's talent and have everyone take part. But, remember: everybody has to be involved; everybody is responsible for the success of the project.

The volunteer group can:

- ❖ Create a theater group with educational plays and make lectures in schools, nursery schools, home for the elderly, hospitals, etc;
- ❖ Produce the school newspaper and announce what is already being done by volunteers - there is nothing better than sharing experiences;
- ❖ Organize the school community, which can develop activities such as digital inclusion and other courses of income generation;
- ❖ Choose common interest themes and promote community gatherings - it is essential to always keep learning new things.

Targets for 2015:

- *Further develop an open trading and financial system that includes a commitment to good governance, development and poverty reduction - nationally and internationally*
- *Address the developing countries' special needs, and the special needs of landlocked and small island developing states*
- *Deal comprehensively with developing countries' debt problems*
- *Develop decent and productive work to the young*
- *In cooperation with pharmaceutical companies, provide access to affordable essential drugs in developing countries*
- *In cooperation with the private sector, make available the benefits of new technologies - especially information and communications technologies*



While your group takes action, many others will also be doing their part. The sum of small actions can make a huge difference and change the world.

For further information, please go to:

www.objetivosdomilenio.org.br (in Portuguese)

www.undp.org

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