

The ultimate  
**GUIDE**  
to becoming  
the best version of  
**YOURSELF**









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**“What you do makes a difference,  
and you have to decide what kind of  
difference you want to make”**

**- Jane Goodall**



## HI! I'M RACHEL.

**So, you decided to open this booklet.** You know, opening a book doesn't go without risks. This may change how you look at the world, who you decide to be, and what you decide to do. Is this really a guide to becoming yourself? Yes, if we consider that becoming yourself is never finished. The best way to be yourself is to engage with the world and be curious, listen to others and seek feedback. Because the world needs you. It needs your ideas, your projects and your creativity.

**At the Airbus Foundation, we are also doing our best to play a part through our actions supporting youth development, humanitarian aid and the environment.**

**This booklet is a starting point:** for each of the ten themes, you will find a presentation and a few hands-on activities to put things into practice. You may choose to read each chapter in order or to pick and choose chapters out of order, depending on what you're interested in. You may read and do everything at once, or come back to the booklet every few weeks, every few months, whenever it's convenient for you. You may use it when you're alone or with your friends. You may use it to discuss with a parent, a teacher, or a mentor. After all, it's your booklet, so you choose how you use it.

But I do encourage you to try the activities for real. It's one thing to only read about something and another, very different experience, to actually **DO** something. By doing an activity, you will turn it into a personal experience. And this experience may change you, or help you understand better who you are.

When I was 14 years old, people often said I was shy because I didn't talk so much and was more of a listener. I always felt like this was a weakness, and I was afraid it would be a problem all my life.

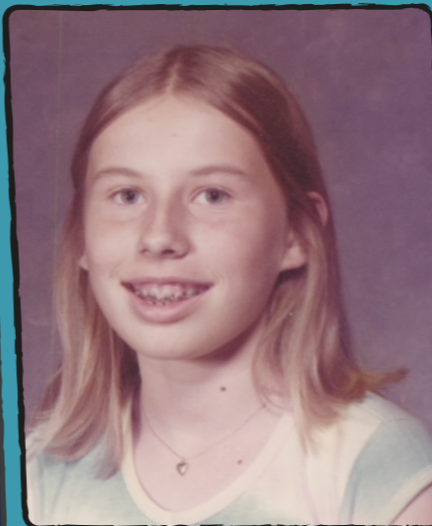
Today, I know that I'm an introvert, which is knowledge that has helped me become myself more authentically in both my personal and professional life.

### **I wish I had understood that earlier:**

I would have felt like I had a special power... I also wish I had had this booklet in my hands then, to learn more about how self-care, empathy and curiosity can make me a better human. To enjoy collaboration, investigation, or imagining my future life. To be aware of my own biases and to become more internet savvy (but the internet didn't even exist when I was 14!), or to find tools that would have helped me express myself – in my introverted way – and change the world. These are all ideas you will be able to experiment with through reading this booklet.

**- Rachel Schroeder -**

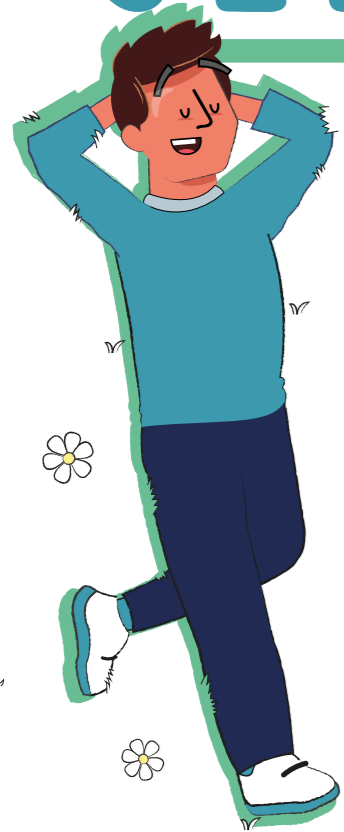
**Look, this is me when  
I was 14 years old.**



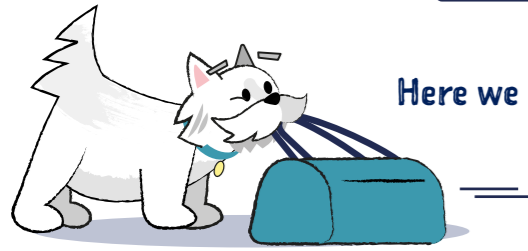
**RACHEL SCHROEDER**  
MANAGING DIRECTOR, AIRBUS FOUNDATION

**Now get ready, take a deep breath, and enjoy the ride!**

CHAPTER 1:  
**SELF CARE**



# SELF CARE



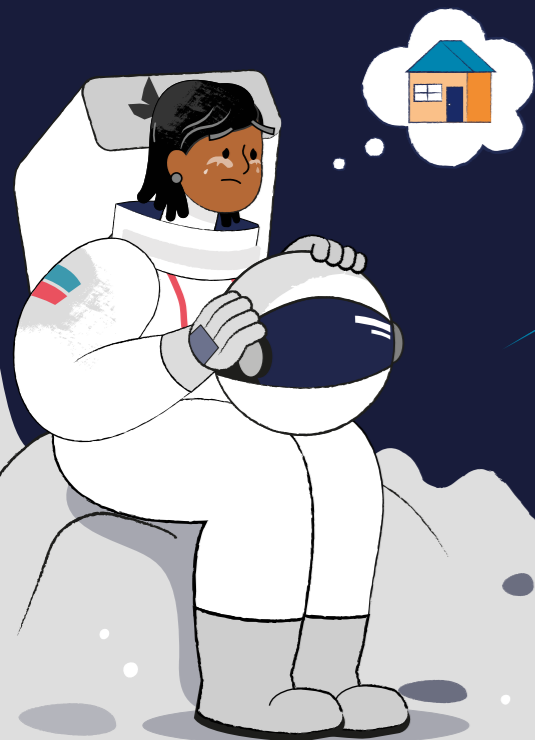
Here we are, ready to start our journey.  
Pack your suitcase.



At some points in this booklet, and at some points in your life, you might get stuck. You will need time to recharge, to feel good, to rebuild confidence in yourself. In other words, you will need to practice self-care.

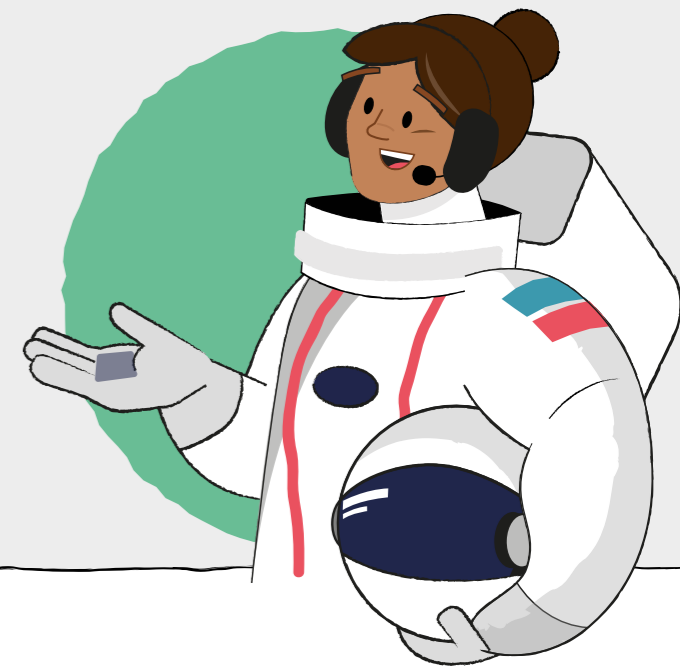
## How do you take care of yourself when you're stuck?

Let's look at an extreme scenario: you are travelling far, far away... So far in fact that you have left the Earth – and now you're stuck in space. Right, that's called being an astronaut. Let's give it a try.



YOU ARE SO DISTANT FROM EVERYTHING AND EVERYONE YOU KNOW, YOU ABSOLUTELY NEED SOMETHING TO HELP YOU FEEL GOOD, TO CHASE SORROW AWAY AND TO REMIND YOU OF WHO YOU ARE. WHAT WOULD YOU NEED THEN? HMM, THAT'S A DIFFICULT ONE. HOW DO ASTRONAUTS DO IT? WHAT ARE THEIR SECRETS, WHAT DO THEY BRING IN THEIR SUITCASE TO TAKE CARE OF THEMSELVES?

Listening to astronauts, we find out that to beat boredom, they often talk about celebration, of spending time together over food, as a way of making their time in space more exciting. You need frequent moments to celebrate - or at least to recharge - by granting yourself special time to make you feel good: some people like to have a great discussion with a friend, others like to listen to music alone, to share a great movie with their siblings, or to party and dance... It's up to you, so long as it's fun (and doesn't hurt anyone).



## Astronauts also stress that we are here for the long haul.

So pace yourself, and most of all ensure you have good nights of sleep. (Have you noticed how everything can suddenly feel incredibly difficult when you're tired?) Enjoy nature, take some time out.

Make sure you are moving or exercising every day, whether it is a simple walk around your home or an intense and sweaty workout. Keep a diary. Take time to connect with others... look for whatever it is that works for you.



In the three following activities, we suggest that you build your own tools, so that you'll know what to do when you're feeling stuck. Enjoy making the tools and enjoy using them whenever you need them on your journey.





ACTIVITY

1



# SELF CARE LIST

ASTRONAUTS MENTION THEY SUSTAIN THEIR MOTIVATION BY SPENDING TIME ENJOYING THEIR FAVOURITE HOBBIES. WHAT DO YOU DO WHEN YOU WANT TO TAKE CARE OF YOURSELF? BELOW YOU WILL FIND A LIST OF POSSIBLE ACTIVITIES. CIRCLE THE ACTIVITIES THAT MAKE YOU FEEL BETTER, AND ADD THE MISSING ONES THAT YOU USE TO TAKE CARE OF YOURSELF.

LISTEN TO MUSIC	SING YOUR FAVOURITE SONGS	PLAY AN INSTRUMENT
GO ON A HIKE	DANCE TO YOUR FAVOURITE MUSIC	PLAY A SPORT
.....	RUN FOR A LONG DISTANCE	.....
GO CYCLING	COOK OR BAKE SOMETHING	DO MARTIAL ARTS
DAYDREAM	WATCH A MOVIE	PLAY A VIDEO GAME
WRITE A STORY	.....	READ A BOOK
SPEND TIME IN NATURE	ENJOY GARDENING	PLAY A BOARD GAME
ENJOY YOUR MEMORIES, REMEMBERING EVENTS AND PEOPLE	.....	.....
.....	WRITE IN A PERSONAL JOURNAL	TINKER
CLEAN THE ROOM		

WHILE READING THIS BOOKLET OR DOING THE ACTIVITIES, WHENEVER YOU NEED TO RECHARGE YOURSELF, TAKE A MOMENT TO DO ONE ACTIVITY (OR SEVERAL ONES!) FROM YOUR SELF-CARE LIST. YES, YOU CAN DO IT RIGHT NOW!

ACTIVITY

2

# SELF CARE SOUNDS

BEFORE ASTRONAUTS EMBARK ON THEIR MISSION, MANY GO TO THEIR FAVOURITE PLACES AND RECORD SOUNDS TO TAKE WITH THEM INTO SPACE. SOUNDS OF THE SEA, THE FOREST OR SIMPLY THE RAIN. DISTANT CONVERSATIONS COMING OUT OF THEIR FAVOURITE BAR, THE VOICE OF A PARENT, THE BABBLING OF THEIR CHILD. IF YOU HAD TO LEAVE FOR A YEAR-LONG SPACE MISSION, WHICH SOUNDS WOULD YOU WANT TO TAKE WITH YOU? LET'S GO AND RECORD THEM. ANY RECORDING DEVICE IS FINE. OR USE YOUR BRAIN INSTEAD, BY LISTENING ACTIVELY TO THE SOUNDS SO YOU WILL BE ABLE TO REMEMBER THEM. KEEP THESE SOUNDS WITH YOU FOR THE NEXT FEW WEEKS AND BEYOND. WHENEVER YOU FEEL LIKE AN ASTRONAUT CUT FROM THE SPACESHIP, LISTEN TO YOUR SOUNDS, AND YOU'LL REMEMBER WHICH PLANET YOU COME FROM.



SOUND 1:

SOUND 2:

SOUND 3:

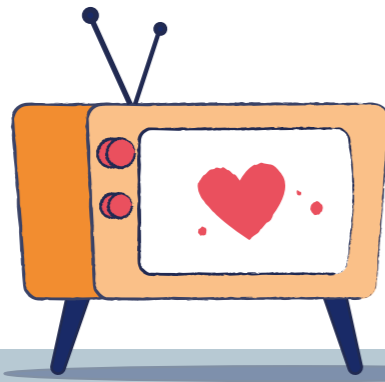
SOUND 4:

SOUND 5:

SOUND 6:

What did **you** record?





# SELF CARE JOURNAL

SPACE SCIENTISTS HAVE BEEN STUDYING THE EFFECT OF ISOLATION FOR DECADES. THEY FOUND THAT WRITING A JOURNAL CAN BE INCREDIBLY HELPFUL. WELL, IF IT WORKS FOR ASTRONAUTS, IT SHOULD WORK FOR YOU AS WELL!

USE A NOTEBOOK OR A COMPUTER, AND DECIDE THAT FROM TODAY ON, YOU WILL SPEND FIVE MINUTES WRITING EVERY SINGLE DAY. DECIDE NOW WHEN YOU WILL DO IT: EVERY MORNING AFTER WAKING UP? RIGHT AFTER SCHOOL? OR IN THE EVENING, JUST BEFORE GOING TO SLEEP? THE CHOICE IS YOURS, BUT ENSURE THAT YOU WRITE FIVE MINUTES A DAY. IF YOU'RE UNSURE WHAT TO WRITE, THE QUESTIONS BELOW MIGHT HELP:



## EMOTIONS

What did you feel today?  
What were your hopes,  
your fears, your joys,  
your sorrows?



## QUESTIONS

What have you been curious about? What questions did you ask yourself? What has surprised you? Did something new spark your interest?

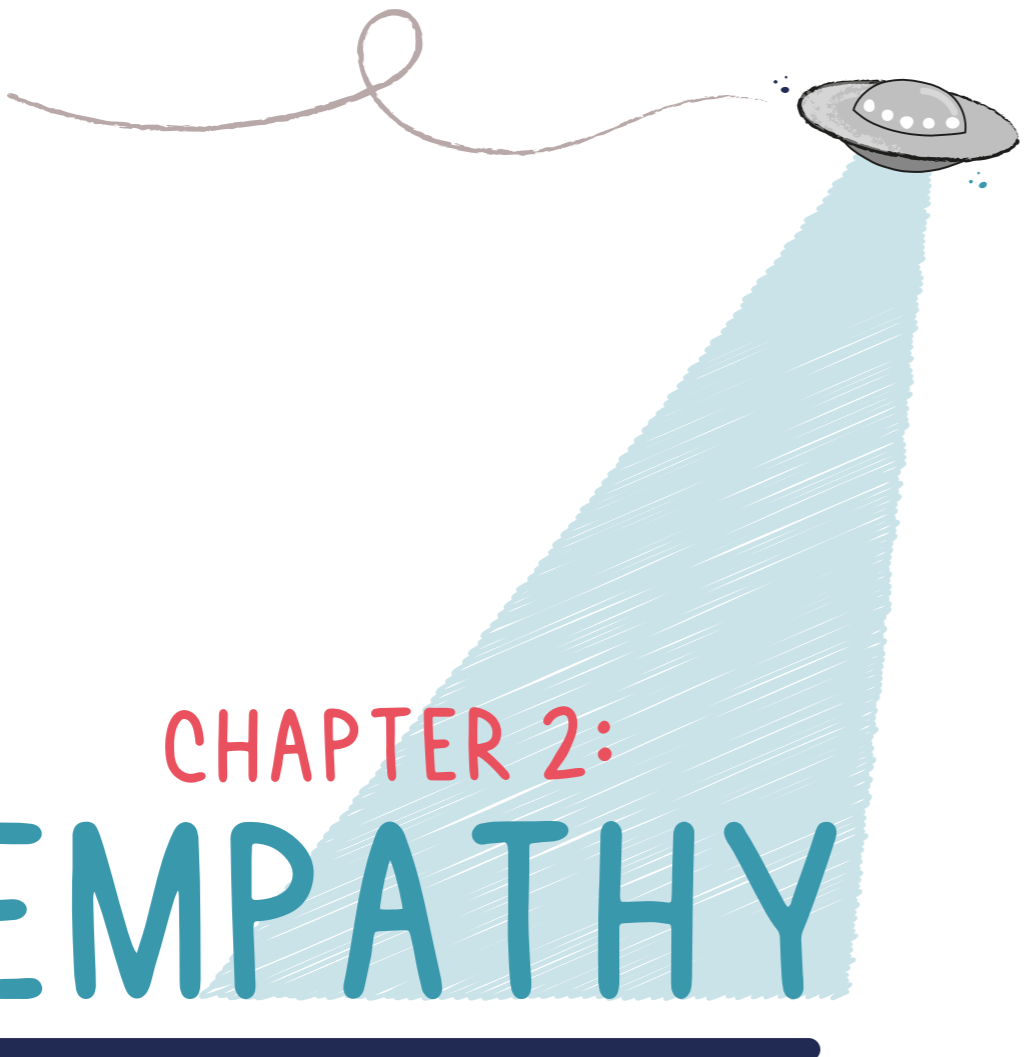
## EVENTS

What happened? What did you achieve, and what did you fail at? Which events did you feel were important during the day?



It will take some time to build the habit and the skill. Don't judge your own writing: no one will care if it's good or bad, the journal is for your eyes only. If you ever feel lost, you may also read the pages you have written on previous days to reconnect with who you are and with what you feel. Be faithful to your journal, and you can be sure the journal will be faithful to you.

Extra resources: There are plenty of self-care resources online: you can explore the great advice and videos from [Kids HelpLine](#) in Australia.



CHAPTER 2:  
**EMPATHY**







# EMPATHY



In the previous chapter we talked about what astronauts bring with them when they leave Earth. But another question would be:

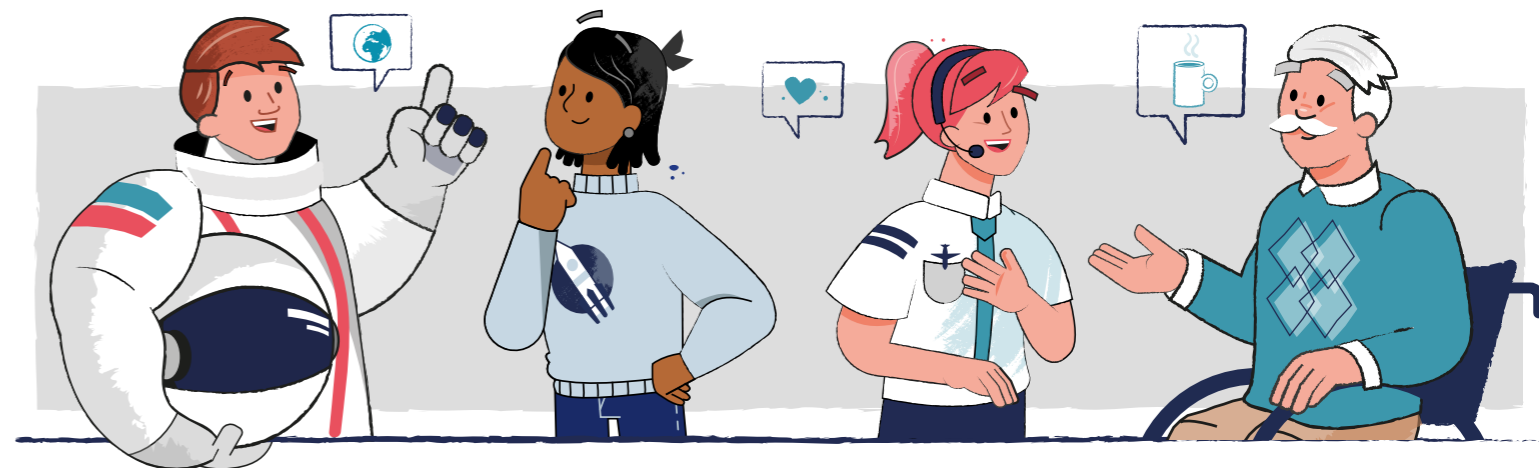
"WHAT WOULD THEY BRING BACK FROM SPACE WHEN THEY COME HOME?"



Well, astronauts are unanimous about this: they would bring back the view of the Earth from outer space. Seeing our planet from space seems to be one of the most transformative experiences ever: we call it the Overview effect. Our tiny, fragile ball of life, alone in the void, suddenly seems the most important thing to protect. And when they see it, the astronauts suddenly feel an overwhelming sense of empathy, of community with all other humans. Empathy?

...  
Wait, what does that even mean?

YOU MIGHT HAVE NOTICED IT ALREADY. WHEN A FRIEND IS OVER-EXCITED AND JOYFUL, YOU PROBABLY FEEL EXCITED AND JOYFUL TOO, EVEN BEFORE YOU FULLY UNDERSTAND WHAT'S GOING ON. WE HAVE THIS WONDERFUL CAPACITY TO UNDERSTAND AND EVEN FEEL WHAT OTHERS ARE FEELING. WE CAN BRIEFLY PLACE OURSELVES IN SOMEONE ELSE'S SHOES AND SHARE THEIR EMOTIONS. THIS CAPACITY IS CALLED EMPATHY, AND IT IS SUPER HELPFUL TO BUILD MEANINGFUL CONNECTIONS WITH OTHERS, TO UNDERSTAND THE COMPLEXITY OF THE WORLD AND TO CREATE TRUE FRIENDSHIPS.



Of course, critical thinking and making judgements are equally important skills. However, in this chapter we will leave these skills to one side: we will do our best to listen, accept and understand other people's feelings.

AND YES, THAT MEANS ACCEPTING THAT SOMETIMES PEOPLE HAVING NEGATIVE FEELINGS ABOUT US.

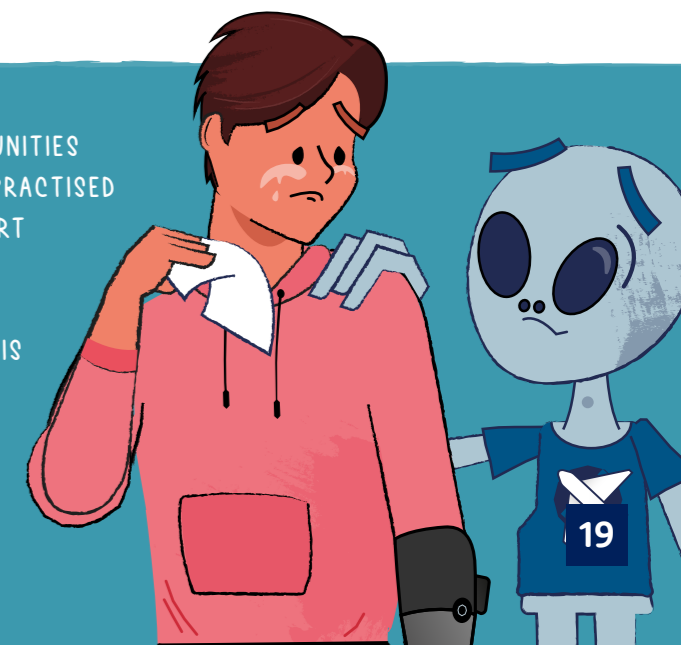
This is uneasy and uncomfortable, but guess what? Negative feelings are part of relationships too. And if your friends feel able to tell you when they are disappointed in or angry with you, it will help to strengthen your friendships.

**Empathy can be used with anyone**, with a sibling, a parent, even a teacher. With someone from another city, or from another country. With someone who's had a history very different from your own. With someone who has values and beliefs that are the opposite of yours. To be empathetic does not mean you agree with them. It does mean you're doing your best to understand them. And you will see the world in a new light: not just from your point of view, but also from a completely different perspective.

Life is more enjoyable with multiple perspectives, isn't it?

DURING THE FOLLOWING ACTIVITIES, YOU'LL HAVE OPPORTUNITIES TO PRACTICE ACTIVE LISTENING AND EMPATHY. IF WE ALL PRACTISED THOSE SKILLS, MAYBE WE WOULD UNDERSTAND AND SUPPORT EACH OTHER A BIT MORE. MAYBE SOME OF THE CONFLICTS AROUND US WOULD DISAPPEAR. MAYBE WE WOULD BE ABLE TO FEEL LIKE ALL HUMANS ARE FELLOW PASSENGERS ON THIS COMMON VESSEL CALLED EARTH... OR MAYBE NOT, MAYBE IT'S ALL JUST AN UNREALISTIC UTOPIA?

WELL, LET'S TRY AND FIND OUT, SHALL WE?







# ACTIVE LISTENING

HOW GOOD ARE YOU AT LISTENING? I MEAN REALLY LISTENING, NOT PRETENDING TO LISTEN, NOT THINKING ABOUT SOMEONE ELSE, SEARCHING FOR SOMETHING CLEVER TO SAY OR PATIENTLY WAITING FOR THE CONVERSATION TO END. DO YOU UNDERSTAND NOT ONLY WHAT ANOTHER PERSON IS TELLING YOU, BUT ALSO THE DETAILS WHICH ARE SUGGESTED, AND EVEN THE EMOTIONS THE OTHER PERSON FEELS?



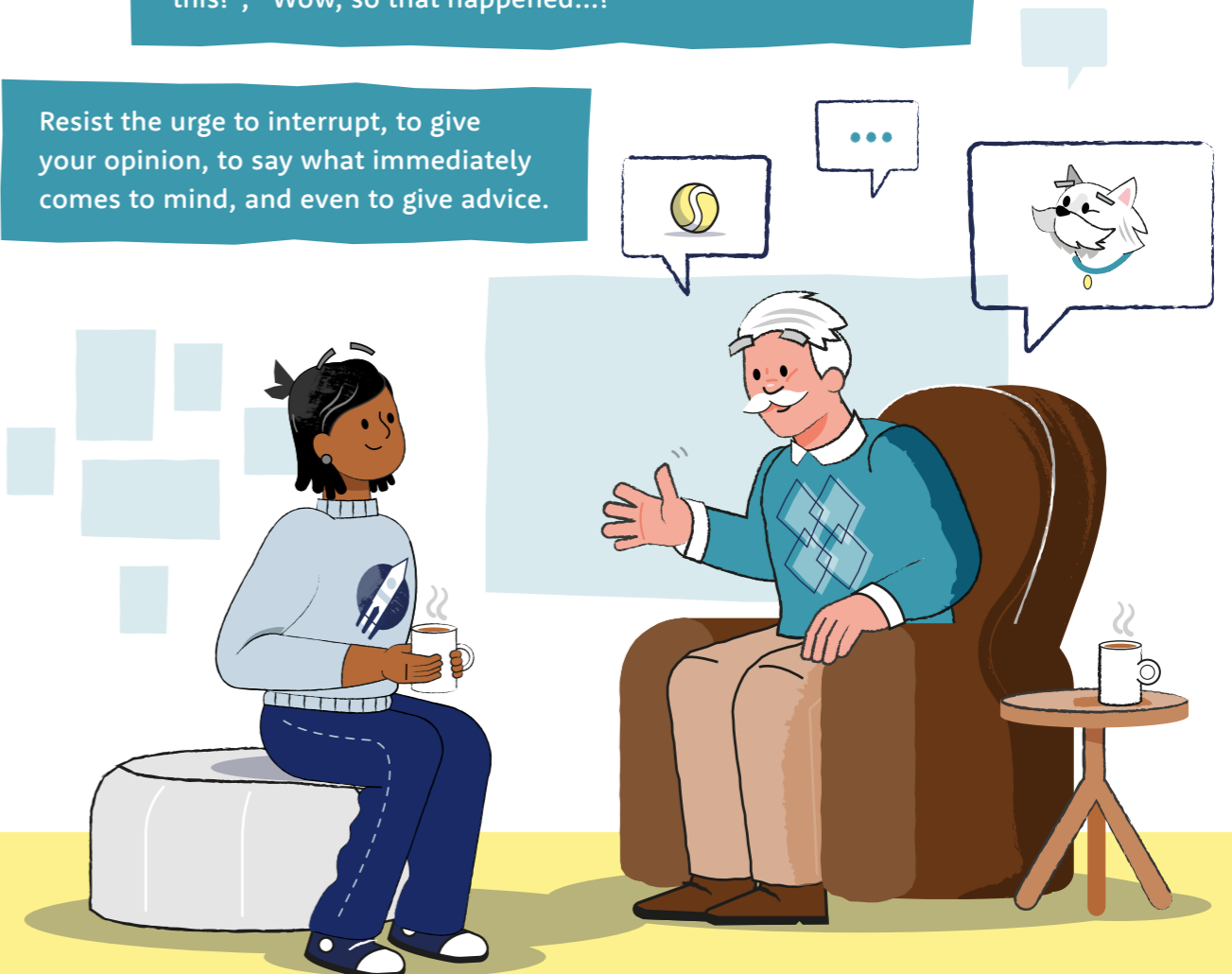
Listen to someone today. Go to a parent, sibling or friend, and kindly ask: "How are you feeling?", or "How was your day?". As soon as the conversation starts, listen as actively as you can:

Focus on the other person: what are they telling you? What emotions do they feel? Give them time to speak, breathe, to wander. Don't be afraid of silence.

Show the other person that you are sharing their emotions: "You seem really angry about that", "You're sad about this...", "this is wonderful, you must be so proud!", "and how do you feel about it?"

To support the other person in speaking, you may use gentle, encouraging questions, like "Really?", "OK, so she told you this?", "Wow, so that happened...?"

Resist the urge to interrupt, to give your opinion, to say what immediately comes to mind, and even to give advice.



WHEN YOU'VE DONE THIS A COUPLE OF TIMES, YOU MAY TAKE IT TO THE NEXT LEVEL! CAN YOU DO THIS ACTIVITY WITH SOMEONE WHO HAS DIFFERENT OPINIONS THAN YOU? WITH SOMEONE WHO IS ANGRY AT YOU? WITH SOMEONE YOU'RE ANGRY WITH? AND IF YOU FAIL FROM TIME TO TIME — INTERRUPTING, BEING JUDGEMENTAL OR NOT LISTENING ANYMORE, IT'S OK. THE FACT THAT YOU TRIED IT, MEANS YOU ARE PROGRESSING. AS SAMUEL BECKETT WROTE: "NO MATTER. TRY AGAIN. FAIL AGAIN. FAIL BETTER".

# WHAT IF THAT HAD BEEN ME?

THINK ABOUT THE LAST TIME SOMEONE SHARED AN EMOTION WITH YOU (EXCITEMENT, JOY, ANGER, LONELINESS...). ASK YOURSELF: "WHAT IF THAT HAD BEEN ME? HOW WOULD I FEEL?" AND MOST IMPORTANTLY, "WHAT WOULD HELP ME IN THIS SITUATION? WHAT WOULD I NEED FROM MY FRIENDS? WHAT WOULD BE REALLY SUPPORTIVE?"



HOW DO I FEEL ABOUT THIS?

Loneliness **JOY**  
**EXCITEMENT** ANGER

OTHER: \_\_\_\_\_

\_\_\_\_\_



HOW WOULD I FEEL?

\_\_\_\_\_

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WHAT IF THAT HAD BEEN ME?

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WHAT WOULD BE SUPPORTIVE?

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## Story:

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WRITE THE ANSWERS IN YOUR DIARY. IT IS PROBABLE THAT WHAT WOULD HAVE HELPED YOU IS VERY, VERY DIFFERENT FROM THE REACTION YOU ACTUALLY HAD. IT'S OK: ONCE AGAIN, THE MOST DIFFICULT PART IS TO REALISE THIS, AND TAKE IT INTO ACCOUNT FOR NEXT TIME.

ACTIVITY

3



# FICTIONAL CHARACTER

NOW, LET'S TRY TO HAVE EMPATHY FOR SOMEONE VERY DIFFERENT FROM YOU.

CHOOSE A FICTIONAL CHARACTER FROM A NOVEL, A MOVIE OR A SERIES. BUT DON'T CHOOSE THE HERO, DON'T CHOOSE SOMEONE YOU EASILY IDENTIFY WITH: TAKE A CHARACTER THAT SEEMS FAR AWAY FROM YOU. IT CAN BE A SECONDARY CHARACTER, OR EVEN THE VILLAIN, SOMEONE YOU DON'T REALLY LIKE, SOMEONE YOU DISAGREE WITH.

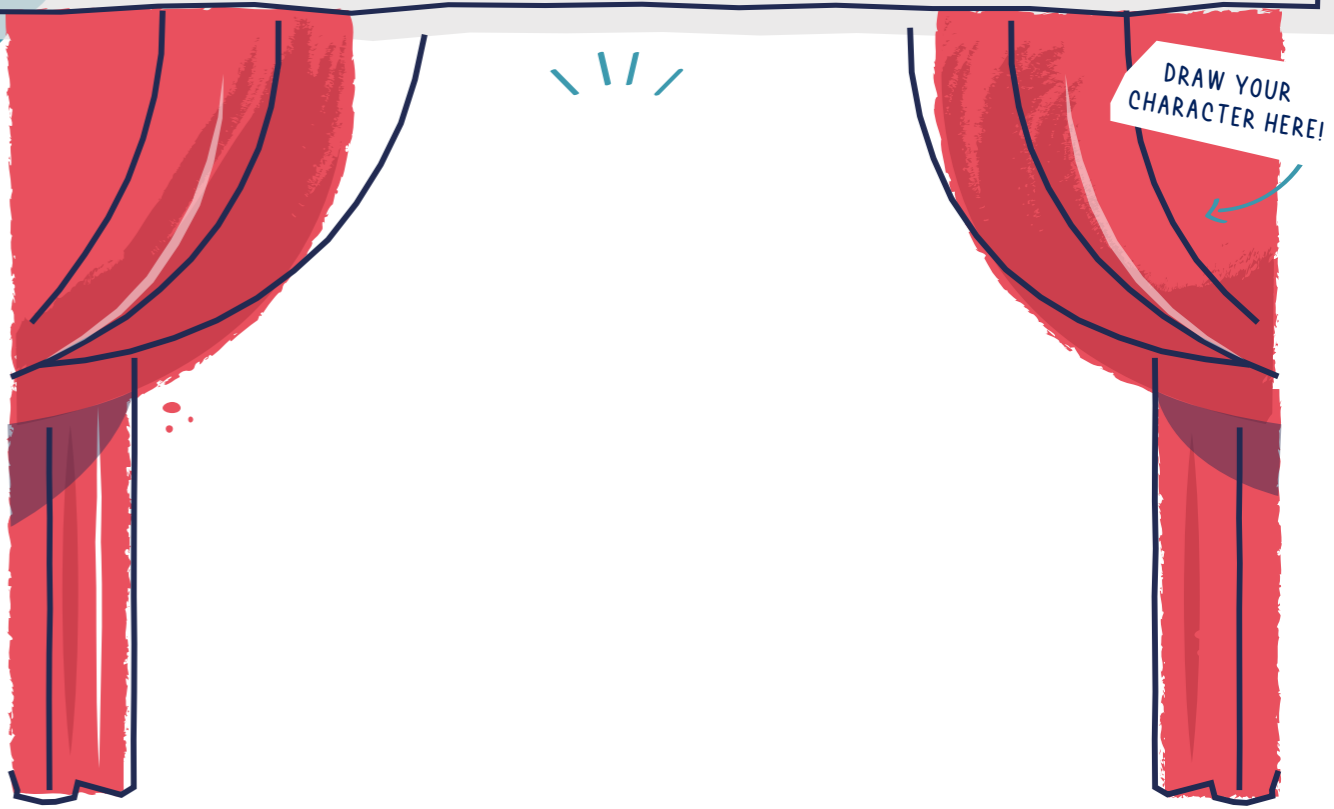
NOW, IMAGINE AND WRITE IN YOUR DIARY: WHAT IS THAT CHARACTER FEELING AND THINKING? HOW DOES THE CHARACTER PERCEIVE THE SITUATION? WHAT IS THE CHARACTER EXPERIENCING? WHAT WOULD THE NOVEL, MOVIE OR SERIES BECOME IF IT WAS MADE FROM THAT CHARACTER'S POINT OF VIEW?

CHARACTER:

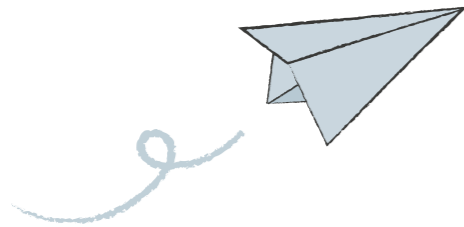
WHAT IS THE CHARACTER FEELING?

WHAT IS THE CHARACTER EXPERIENCING?

HOW WOULD THE NEW NOVEL, MOVIE OR SERIES BE CALLED?



# CHAPTER 3: COLLABORATION





# COLLABORATION

Some people call this a soft skill, but if we're being honest, it's a hard one: collaboration.

Are you able to collaborate with others, work together, achieve something where everyone plays a part? It can be about organising a party, building a den, planning a trip, about coding a new computer program or composing a new pop song. It's an ambitious goal that requires several people - each one performing different tasks - to reach it.

Being able to collaborate with others, making sure everyone is working towards the same goal and ensuring disagreements are solved in a timely way, is a serious challenge.

You need to be able to listen to others and understand them! (Oh! Wouldn't that mean empathy and active listening could be helpful? I guess so! If you don't know what these two ideas are, have a glance at chapter 2...).

Imagine you'd like to build a plane.  
Oh, even better,

**a supersonic plane...**

...A plane that goes faster than the speed of sound (which is 300 metres per second!!!). Imagine you'd like it to be big enough to transport, say, 100 passengers. You would need a lot of different people and skills. Designing the shape of the plane, developing the jet engines, building everything, assembling, testing...

To build the airplane and make it successfully fly in 1969, the workers had to be much more than just great engineers and fantastic experts. **They had to collaborate with strangers, find ways to understand each other and ensure that everyone was going in the same direction.**

That is exactly what happened in the 1960s, when France and the United Kingdom decided to build a Concorde together. This amazing plane was the first one of its kind: a supersonic airliner! Not only did the building of this plane mobilise a huge variety of skills: **it was a collaboration between two countries, with different languages, different cultures and different companies.**

During the following activities, you'll have the opportunity to experience collaboration with others. As with all activities in this booklet, the aim is not to "succeed" in them, but to experience and reflect: what did it make you feel? What was nice? What was uncomfortable, and why? In which areas do you think you could improve? Take the time to write about it in your diary.

**"Collaboration is about teamwork, so a LOT depends on the team."**

YOU MIGHT ALREADY HAVE EXPERIENCED THAT COLLABORATING WITH A VERY GOOD FRIEND OR SOMEONE ELSE CLOSE TO YOU, CAN BE QUITE EASY. WHEN THERE IS ALREADY A PROXIMITY, A COMMON LANGUAGE, SIMILAR IDEAS AND SHARED INTEREST, IT'S NOT FRIGHTENING AT ALL TO COLLABORATE. EVEN THOUGH YOU MIGHT ENCOUNTER SERIOUS DISAGREEMENTS AND EVEN CONFLICTS, A STRONG FRIENDSHIP OFTEN HELPS TO SOLVE ISSUES AND MOVE ON.

NOW, WHAT HAPPENS IF YOU NEED TO COLLABORATE WITH SOMEONE WHO IS NOT A FRIEND? LIKE SOMEONE OF A VERY DIFFERENT AGE, WITH DIFFERENT VIEWS OF THE WORLD, DIFFERENT HABITS, DIFFERENT KNOWLEDGE AND DIFFERENT EXPERIENCES...



# ACTIVITIES

For the next activities, gather a few people: friends, family members, anyone who wants to play with you. You can play with just one friend, but try also with more people and people you don't know so well.

It gets trickier and funnier when more people join in!



## A TOWER OF SHADOWS AND SHOES

IF IT'S A SUNNY DAY, GO OUTSIDE WITH YOUR FAMILY OR FRIENDS AND OBSERVE YOUR SHADOWS. NOW, CAN THE WHOLE GROUP MAKE ONE UNIQUE SHADOW? YOU DID IT? GOOD.



When you make a giant shadow or an immense shoe tower, don't forget to take a picture!

### Let's go for a challenge:

**What is the longest shadow you can make together?** Try and experiment with everyone's ideas... And if it's a rainy day, move inside and take off your shoes. Now, try building one tower together, using only your shoes! How tall can you make it?

**Once again; discuss, experiment, collaborate!**



## WALK AND... STOP!

FOR THE WALKING GAME, YOU CAN USE A ROOM OR AN OUTSIDE SPACE, LIKE A PARK. EVERYONE MAY WALK IN DIFFERENT DIRECTIONS, AT A DIFFERENT PACE. **THE GOAL IS TO STOP WALKING EXACTLY AT THE SAME TIME.** IT MAY BE TEMPTING TO SAY "STOP!" OR TO CLAP YOUR HANDS TO ENSURE EVERYONE STOPS, AND YOU MAY INDEED TRY THIS TO START WITH.



However, the activity becomes interesting when you are not allowed to speak or to signal to the others that they should stop. **Then, the group can only succeed if everyone pays a huge amount of attention to the others, and tries to "feel" when everyone stops.** It will likely take you several attempts and a great deal of concentration before you make it!

# COLLECTIVE STORY TELLING

CAN YOU AND YOUR FRIENDS OR FAMILY TELL A STORY TOGETHER? TRY ELABORATING ON A SIMPLE STORY: WHO ARE THE MAIN CHARACTERS? WHAT IS THE MAIN ISSUE? WHAT IS GOING TO HAPPEN TO THE CHARACTERS?



The challenge in that activity is that you all have to contribute to the story, and most of all that you cannot say "no" to anyone else's suggestions. **If someone has an idea that's stupid in your opinion, you cannot refuse it!** You have to find a way to incorporate it in your story, to build on it so that it does not ruin everything...

QUICKLY KILLING YOUR CHARACTERS IS **NOT AN OPTION!**



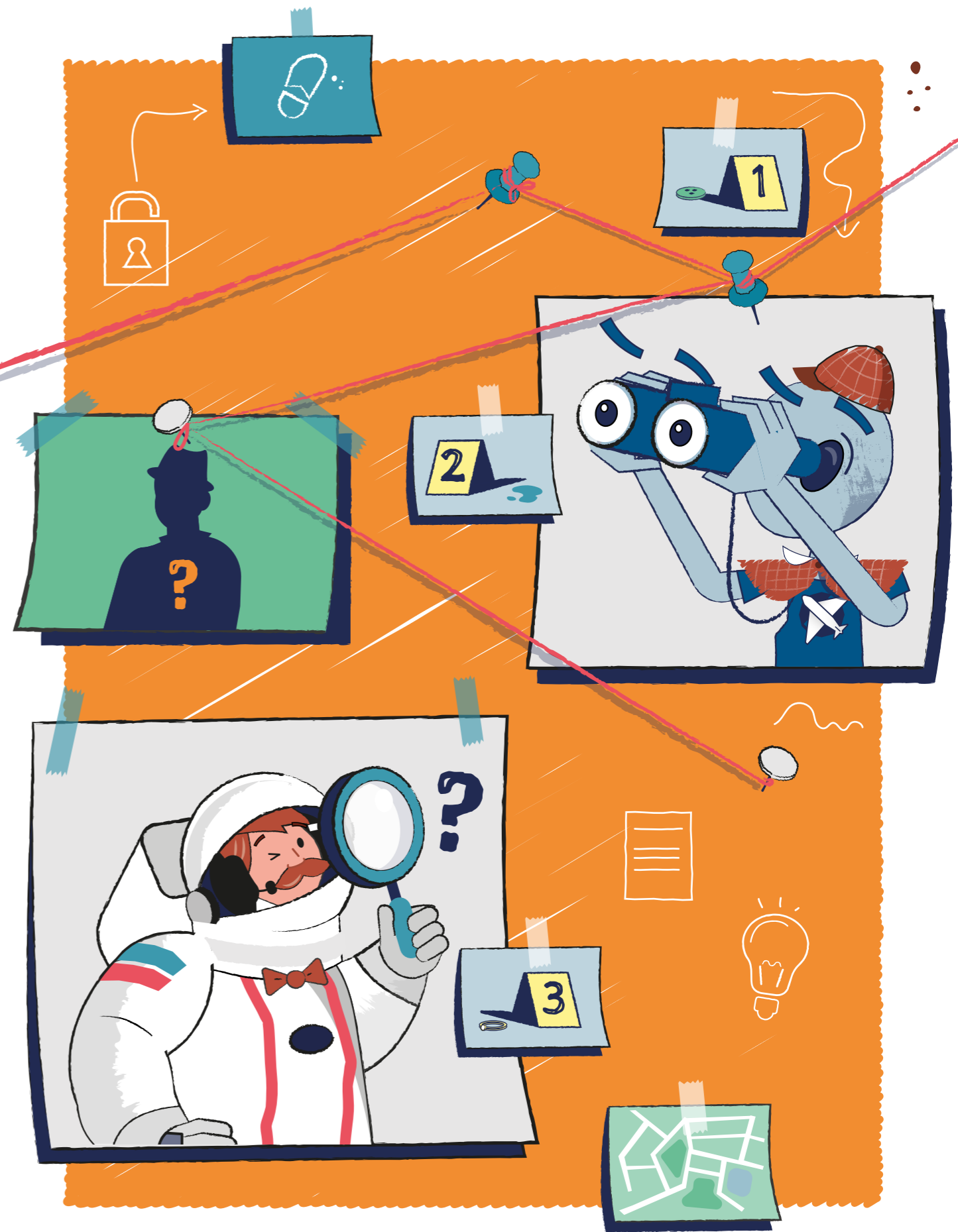
However, everyone must try to make the story as good as possible!

VOLUNTARILY RUINING THE STORY IS **NOT AN OPTION!**





CHAPTER 4:  
INVESTIGATIONS





# INVESTIGATIONS

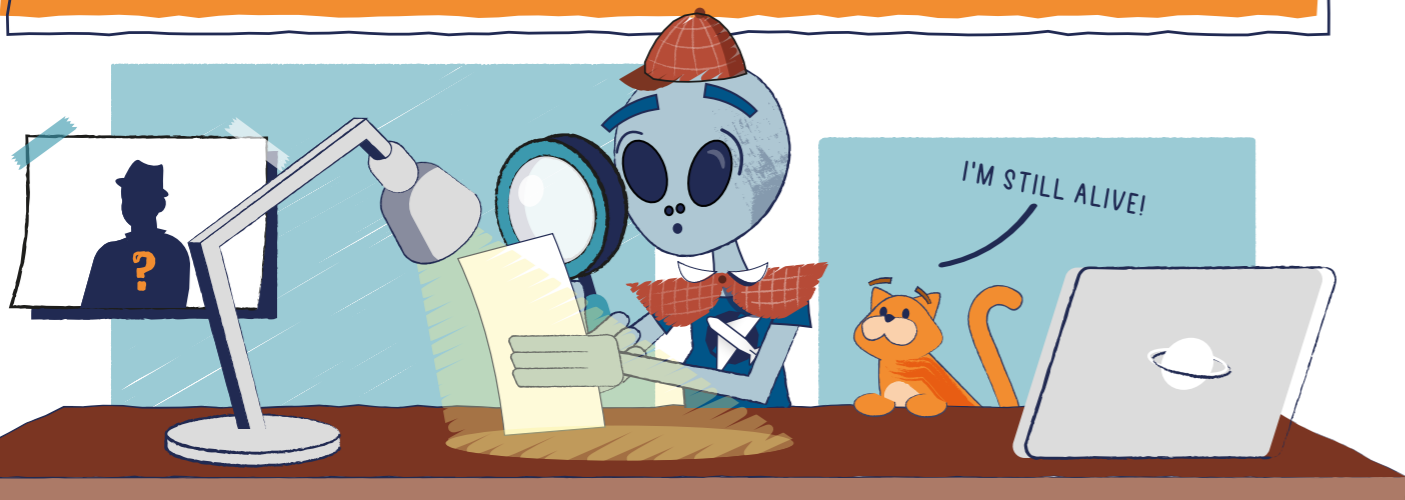
THERE'S AN OLD SAYING IN ENGLISH:  
"CURIOSITY KILLED THE CAT".

Honestly, it's not the best saying... We don't know the whole story. At first glance it seems like a sad, sad story, especially for the cat. Most importantly, the meaning of the saying is that curiosity can be dangerous. Well, it is tempting to say that today the opposite is true: the real danger is to lack curiosity! Being curious may be one of the most important skills to develop.



With TV, internet, newspapers and social media, we now have a huge amount of information to browse and satisfy our curiosity for literally ANY topic. However... being curious is only the beginning.

We need to go a tiny bit further. We need not only look for pieces of information, but also to compare them, analyse them, and draw our own conclusions.



In a word: we need to be able to **investigate**.

This is of course the basis of any good detective work (including Sherlock Holmes'), but it's the principle of scientific work as well.

We try to find clues... The clues lead us to an idea, a possibility, a hypothesis... We look for elements that support this idea...

If the idea seems well supported, then what do we do? Well, as strange as it may seem, we look for elements that prove our idea wrong! Exactly! We actively try to disprove our own theory! And only if we fail to disprove it, we may consider that our theory looks right.

THE SECRET OF GOOD SCIENCE IS NOT TO PROVE AN IDEA RIGHT ONCE AND FOR ALL - AS ALL THEORIES MAY BE DISPROVED ONE DAY...



The secret is to try your best to prove the idea wrong, and to fail.



Oh, and to make sure you really fail, you are going to involve your friends too:

You are going to ask a whole bunch of people (let's call them the scientific community) to look at your idea, to criticise it and prove in which ways it is wrong. Let's call this a peer-review process.

You will probably have to change your idea a few times to respond to critiques...

..And after lots of work from lots of people, if the theory cannot be disproved, and if all your friends finally accept it, we'll say that it's valid.

Which means it's the best we have so far, so we'll consider that true... until someone comes up with an even better theory.



IN THE FOLLOWING ACTIVITIES, WE'LL DEVELOP SOME INVESTIGATION TOOLS REGARDING SATELLITE IMAGES. YOU WILL CAREFULLY ANALYSE PICTURES FROM SATELLITE IMAGERY AND CONDUCT A THOROUGH INVESTIGATION WITH THEM!





# IMAGE ANALYSIS



BELOW ARE THREE PICTURES FROM SATELLITE IMAGERY. THEY SHOW THREE LOCATIONS, PHOTOGRAPHED FROM HIGH ABOVE, BY A SATELLITE CALLED PLEIADES. FIRST, LET'S DO A GENERAL ANALYSIS OF EACH OF THEM:



Pléiades Satellite Image © CNES 2021, Distribution Airbus DS



Pléiades Satellite Image © CNES 2019, Distribution Airbus DS



Pléiades Satellite Image © CNES 2017, Distribution Airbus DS

A

Do you see any natural landmarks, any striking natural element (mountain, coast, river..)?

B

Do you see any sign of human activity (buildings, infrastructures, houses, roads..)? What do you think they are used for?

C

What do you think the climate is like in each place? Hot or cold, dry or humid? What kind of vegetation or environment can you spot?



## SPOTTING THE LOCATION

LET'S USE THE THREE IMAGES ON THE LEFT PAGE AGAIN. AFTER THE ANALYSIS YOU HAVE DONE IN ACTIVITY ONE, WE NEED TO LOCATE THEIR EXACT PLACE... BELOW IS A LIST OF LOCATIONS: CAN YOU FIND WHICH ONES ARE THE LOCATIONS OF THE THREE PICTURES?

1. Victoria Falls, on the border between Zambia and Zimbabwe
2. The Panama Canal
3. The urban area of Manhattan, in New York, U.S.A
4. The city of Paris, France
5. The Kawah Volcano, in Indonesia
6. The Al Qudra lake, in Dubai, in the United Arab Emirates

If you wish to explore further, you can use Google Earth on a computer and try to find the exact location corresponding to each image!



# MONITORING NATURAL DISASTERS

Satellites are sometimes used to monitor natural disasters and understand their consequences. Below is an image from the Greek island of Euboea (A), which suffered from forest fires in 2021. Can you spot where the active, smoking fires are? And are you able to identify which parts of the forest are already burned down?

ACTIVITY

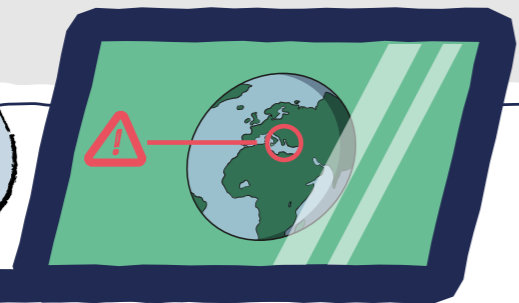
3



SPOT 6-7 Satellite Image - Island of Euboea, Greece © Airbus DS 2021



A



© CNES 2013 - Distribution Astrium Services / Spot Image

Let's now move to the city of Tacloban (B), in the Philippines. In 2013, the city was hit by a typhoon called Haiyan, which caused massive destruction. The picture above shows the city before and after the typhoon: can you spot the differences? What seems to be damaged, burned or destroyed? Be as precise as possible.

B

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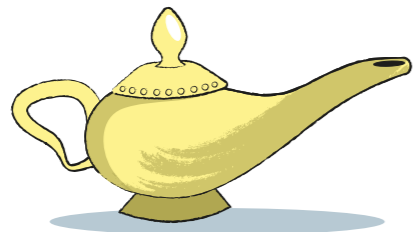
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CHAPTER 5:  
**DREAMING  
YOUR LIFE**



# DREAMING YOUR LIFE

WHAT WILL YOUR LIFE LOOK LIKE? IN THE FUTURE, WHAT WILL YOU THINK, DO, EXPERIENCE? WHAT KIND OF PERSON WILL YOU BE — OR RATHER: WHAT KINDS OF PERSONS WILL YOU BE? YOU CAN LIVE A THOUSAND LIVES IN ONE LIFE, SO DON'T WORRY IF YOU HAVE TOO MANY DREAMS!

IT'S ALL ABOUT DARING TO DREAM — AND TO DREAM BIG. YOU ARE WORTH IT. WHENEVER YOU DISCOVER A PERSON, A JOB OR A LIFE THAT STRIKES YOU, RIGHT WHEN YOU THINK "WOOW!", DON'T LET ANY VOICE TELL YOU THAT THIS WOULD BE IMPOSSIBLE FOR YOU.

Dare to say: **"That is what I want!"**

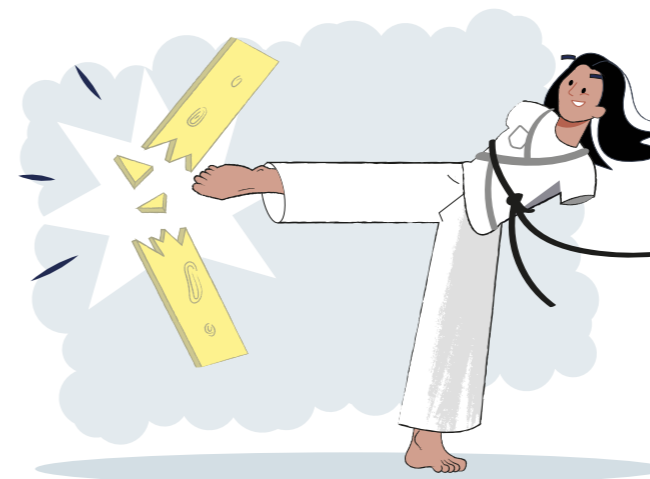
## Michael Mwangi

Michael Mwangi was a child living and sleeping in the streets of Nairobi, in Kenya. Life was tough and he and his friends often struggled with addictions. **However, he dared to dream that one day he would become a pilot.** Thanks to hard work and some support around him, he managed to start school. At first he got terrible grades. But after a lot of hard work and not giving up on his dream, he ended up at the top of his class. Years later, he finally became a pilot, against all odds.



## Jessica Cox

Jessica Cox wanted to become a pilot too. She had a supportive family, as well as a safe and comfortable environment in the USA. However, she was born without arms. **Well, Jessica dared to dream.** Through years of effort, she learned to fly a plane with her feet, and in 2008 she became the first licensed armless pilot.



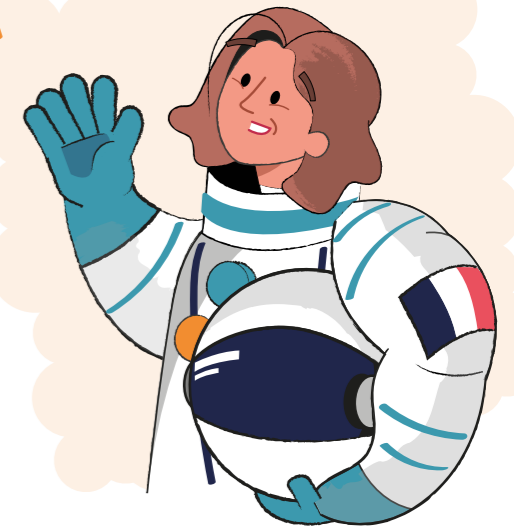
Oh, and Jessica also has a black belt in Taekwondo, and is a licensed scuba diver.

**Pretty impressive!**

## Claudie Haigneré

Initially, Claudie Haigneré was a doctor. But when the French space centre (CNES) started to recruit, she applied, and was among the few candidates to be selected. **In 1996, she made her first flight in the Mir space station - and became an astronaut! She also flew onboard the ISS (International Space Station) in 2001.**

Claudie even got involved in French Politics as a Minister Delegate for Research and New Technologies and later, Minister Delegate for European Affairs!



Wherever you are in your life right now, there is space to dream as big as you want. If your dream is huge, it just means you'll have to work hard to achieve it... Just like Michael, Jessica or Claudie, you can reach that incredible goal with persistence and passion. And what if you don't reach your exact goal? Don't worry, the journey will be worth it, and you may end up in a great, unexpected place.

As is often said:

**"Aim for the moon. Even if you miss, you'll land among the stars."**

**So don't wait and dare to dream now!**





# I WISH I WOULD...

WHAT WOULD YOU LIKE TO EXPERIENCE DURING YOUR LIFETIME? WOULD YOU LIKE TO LEARN TO PLAY MUSIC, TO SAIL A BOAT, TO DESIGN A PLANE? WOULD YOU LIKE TO GO AND SEE SOME BEAUTIFUL NATURAL PLACES, OR TO DISCOVER SOME BUSY AND EXCITING CITIES? WOULD YOU LIKE TO SHARE A PASSION WITH SOMEONE, OR WITH A TEAM? TAKE A MOMENT TO DREAM OF ALL THE THINGS THAT ARE POSSIBLE IN A LIFE, AND WRITE THE ONES YOU WOULD ENJOY - EVEN IF YOU THINK THEY'RE UNREALISTIC!

1 DURING MY LIFETIME, I WISH I WOULD LEARN...  
\_\_\_\_\_  
\_\_\_\_\_

2 DURING MY LIFETIME, I WISH I WOULD GO TO...  
\_\_\_\_\_  
\_\_\_\_\_

3 DURING MY LIFETIME, I WISH I WOULD SHARE...  
\_\_\_\_\_  
\_\_\_\_\_



# ROLE MODELS

If you could be anyone, who would you like to be? Try to think of someone who would have a life that would suit you. Is it someone who is passionate? Who has a great skill? Someone who is successful? Changes the world?

Take the time to search, to find someone who is really inspirational: you may ask people around you, search in books or on the internet. And when you have found a person who can be an inspiration, a role model, ask yourself: what do I need to do to have this kind of life? What would the first step be?



ACTIVITY  
3

LET'S TAKE A BLANK SHEET OF PAPER. DRAW ONE SINGLE LINE, AS SIMPLE OR AS COMPLICATED AS YOU WISH, AND LET'S IMAGINE THIS LINE IS YOUR WHOLE LIFE, FROM BEGINNING TO END. THE STARTING POINT OF THE LINE IS YOUR BIRTH AND THE END OF THE LINE IS YOUR DEATH. DRAW A BIG DOT SOMEWHERE ON THE LINE, REPRESENTING NOW, AND WRITE YOUR CURRENT AGE. YOU MAY NOW ADD ON THE LINE THE IMPORTANT EVENTS THAT HAPPENED TO YOU IN THE PAST, AND THE AGE YOU WERE. **NOW, LET'S GO INTO THE FUTURE: LET'S DREAM OF A GREAT LIFE THAT WOULD ALSO BE YOUR LIFE.** ADD ON THE LINE ALL THE IMPORTANT EVENTS OF THIS LIFE, BOTH PERSONAL AND PROFESSIONAL EVENTS.

FOR EACH EVENT, ADD THE AGE YOU WILL BE. IT MAY LOOK LIKE THIS:

START

**0** I was born in: 20..

**14** I made a new friend ...

**18** I will meet ...

**23** I will learn ...

**25** I will visit...

**32** I will start working as...

**Now**

LIFE LINES

FINISH

**42** I will move to...

**55** I will do this crazy thing ...

**65** I will try and fail to... (But it will be OK!)

**72** I will decide to ...

**86** I will join...

Try to be as precise as possible: add a lot of events, a lot of things, to have a full and exciting life! Have fun with your future life: you can even do this activity several times, and use it to understand what you actually want to achieve!

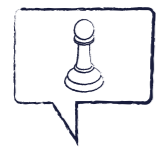
CHAPTER 6:

ARE WE ALL  
BIASED?

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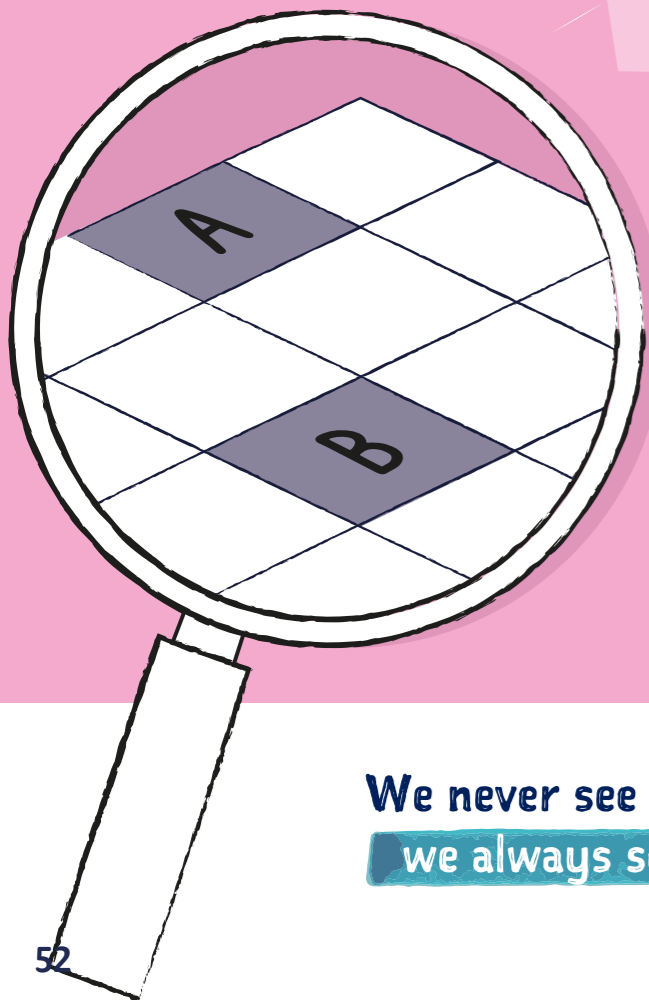
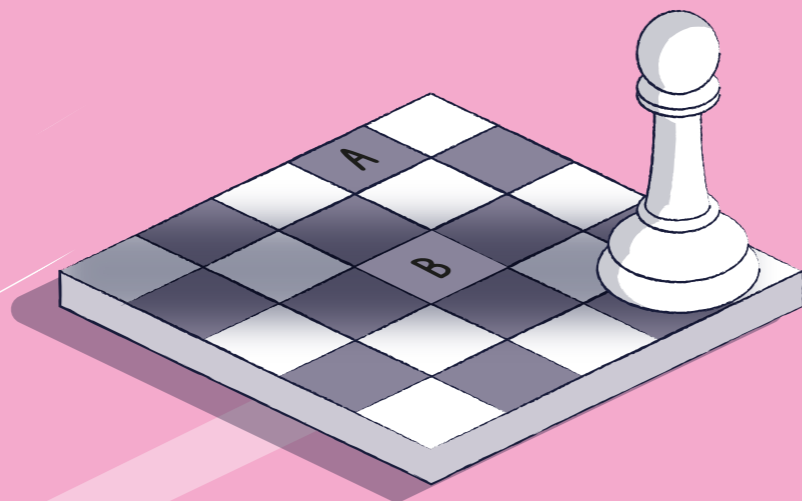
# ARE WE ALL BIASED?



Do you see things clearly?  
Do you see them for what they are, or are you being fooled?

Well, let's look at the checkerboard on the right. What is the colour of square A? Black, obviously, or more precisely very dark grey. What is the colour of square B? White, obviously, or more precisely very light grey. This is not the colour that they are, it's the colour that you perceive.

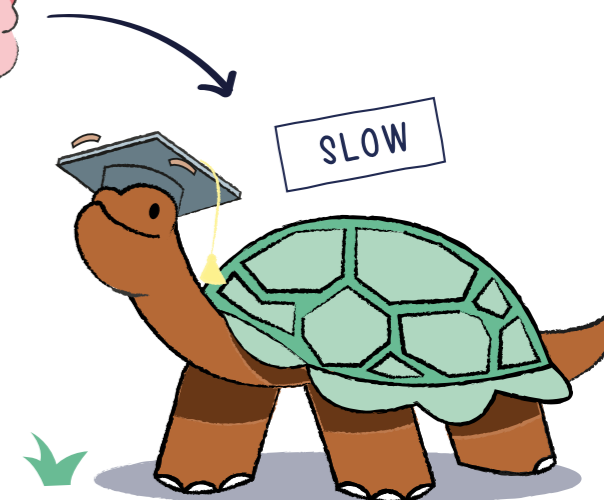
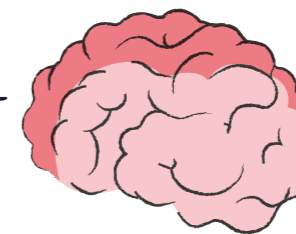
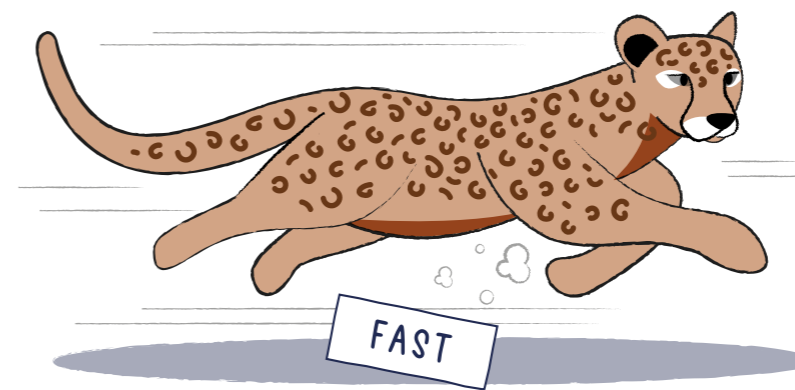
The truth is that both of those squares are grey – the exact same grey...



Look, this is A and this B. Looks exactly the same, right? But on the chessboard, why does B look so much lighter?

Because you have been tricked by your own brain. **We never see things "as they are", we always see them in context.** Here, the context is a checkerboard, alternating dark and light squares. This context tells us that A has to be dark, and B has to be light. Your brain will make them look very different, so you can understand what's in the image very quickly: you immediately see a checkerboard.

**We never see things "as they are", we always see them in context.**



Our minds have two ways of thinking: a fast way and a slow way. The fast one is very convenient: it makes sense quickly, without much effort. It's useful most of the time – usually you want to know that an object is a checkerboard, not what is the exact colour of the squares. However, this way of thinking is easily tricked by the context, by previous experiences, by stereotypes or common representations. This kind of "trick" is called a bias.

The other way of thinking is, well... slow. Slow, and tiring. Just look at how much time and effort is needed just to check that A and B are actually the same colour. Trying to analyse things rationally, to check the details, to verify that what you perceive as "obvious" is actually true, is exhausting. But in some situations, it's crucial!

## Let's look at a common bias: the confirmation bias.

If you are a pilot and you really want to fly home, you will be tempted to overlook the reasons to stay on the ground ("Hmm, there is a huge storm coming...") and focus on the reasons to leave ("oh well, the storms here never last too long, so maybe I'll be able to avoid them"). You will be tempted to pay most attention to what you would like to hear... and this confirmation bias may lead to very big mistakes.

We cannot eliminate biases, but we can become aware of them. And we can stop and ask ourselves, "Is that a situation where I might be biased? Then maybe I should pause, think slowly, and not let the bias trick me...".





# THE ACCIDENT

A FATHER AND SON ARE IN A CAR. THEY HAVE A TERRIBLE CAR CRASH, AND THE DAD DIES INSTANTLY. THE SON IS BROUGHT TO THE HOSPITAL. THE SURGEON COMES TO THE EMERGENCY ROOM, THEN LOOKS AT THE BOY, SUDDENLY STOPS AND SAYS:

“I can’t operate - that boy is my son!”.



IS THERE SOMETHING STRANGE IN THIS STORY? WELL, IF THE STORY SEEMS IMPOSSIBLE, IT MAY BE BECAUSE YOUR BIASES TRICKED YOU... THE SITUATION DESCRIBED IS RATHER DRAMATIC, SO PROBABLY THE EMOTION MADE YOU THINK IN A FAST WAY, BUT TAKE YOUR TIME, READ AGAIN...

It’s all simple and clear! No?  
You will find a solution at the end of the chapter,  
if needed.



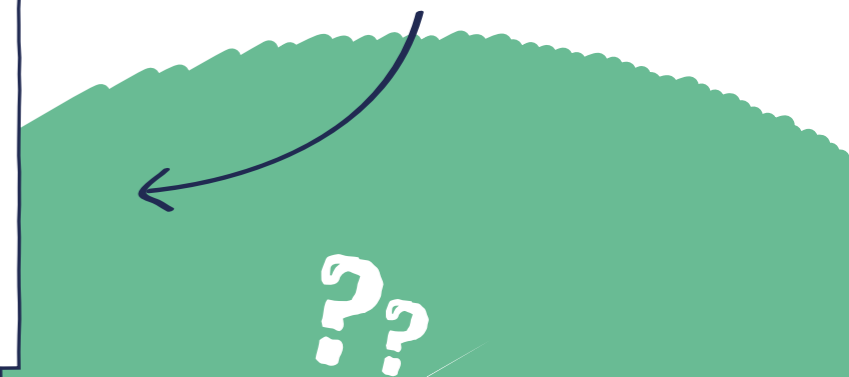
# MICHAEL

READ THE STORY ABOUT MICHAEL BELOW. IS IT MORE PROBABLE THAT MICHAEL IS A LIBRARIAN OR A FARMER?



THE FARMER

Michael is a reserved person and an introvert, always ready to help others, but with little interest in the world. He likes order, tidying things up, and he has great attention to detail.



THE LIBRARIAN

Michael is a reserved person and an introvert, always ready to help others, but with little interest in the world. He likes order, tidying things up, and he has great attention to detail.



By the way, how biased are these visualisations of Michael’s profession?

# CONFIRMATION BIAS

LET'S DIVE A BIT FURTHER INTO THE CONFIRMATION BIAS. WE USUALLY TEND TO REMARK AND REMEMBER THE INFORMATION THAT CONFIRMS OUR OPINIONS, AND TO QUESTION, DISCARD OR FORGET THE INFORMATION THAT GOES AGAINST WHAT WE THINK. **IN OTHER WORDS, WE TEND TO FOCUS ON THE INFORMATION THAT CONFIRMS WHAT WE ALREADY BELIEVE.**

TRY TO THINK ABOUT HOW YOU REACTED WHEN SHARING NEWS, DISCUSSING WITH YOUR FAMILY OR ARGUING WITH YOUR FRIENDS: COULD YOU SPOT THIS CONFIRMATION BIAS IN OTHERS? OR MORE DIFFICULT: COULD YOU SPOT THIS CONFIRMATION BIAS IN YOUR OWN THINKING?



In the next few weeks, try to pay attention to your own reactions, and become aware of this confirmation bias. Remember, we cannot make it disappear, **but we can become aware of it!**

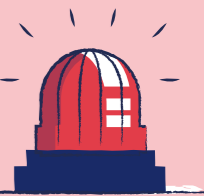
# SOLUTIONS

Don't read before you try out the activities!

## SOLUTION OF ACTIVITY 1:



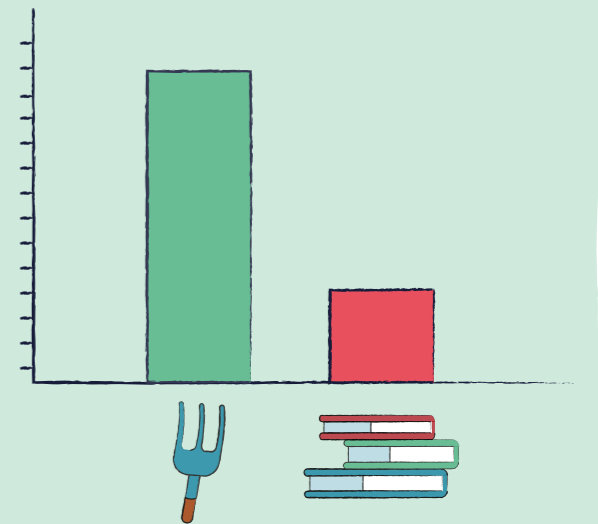
Very often readers think the surgeon is the father, and it may appear impossible as the father has been killed in the car crash. Well... Common stereotypes have us imagine the surgeon as a man, but many surgeons are women! So the surgeon may simply be the mother of the child. Also, families with two fathers exist everywhere, and in some countries marriage between two men is legal.



## SOLUTION OF ACTIVITY 2:

There are two ways to solve this question. If you think fast, the context will influence you. The description of Michael's character probably made you think he was a librarian... But if we try to think slowly, with less bias... Which job is most probable?

Well, in your country, are there more farmers or more librarians? Probably a lot more farmers! So, whatever Michael's personality is, it is much more probable that he is a farmer!



**Extra resources:** If you wish to learn more and even face your own biases, have a look at [Project Implicit](#), and try doing one of their Implicit Association Tests online. You can also read the wonderful book [Thinking, Fast and Slow](#) from the psychologist Daniel Kahneman.





# CHAPTER 7:

**BREAKING NEWS**

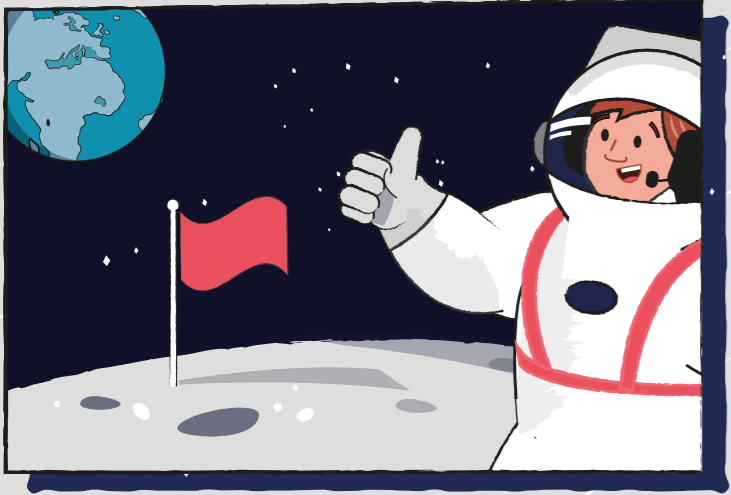


**DO NOT TRUST  
THIS CHAPTER!**



# BREAKING NEWS

## Would you believe it if you read something absurd in this booklet?



And would you immediately tell your friends? Or would you think it's a lie?

Let's take an example. You may be aware that Neil Armstrong was the first human who walked on the moon, in 1969. **What if you read here that no human ever went to the moon, that the videos of the astronauts on the moon were actually staged and shot in a movie studio in Hollywood?** Would you believe it?

Well... it could depend on a lot of things.

If you take your time to think slowly (remember chapter 6!), you may find that it's very surprising that journalists and trusted media did not speak about the fact that the moon landing was staged.

You may become curious, start to investigate (remember chapter 4!) and discover that astronauts actually brought back more than 300kg of moon rock through six missions to the moon. That other countries such as Russia, Japan and China confirmed the landings, that images from the NASA Lunar Reconnaissance Orbiter even show us the tracks left by the astronauts! You will also discover that in 1969, we had the technology to send humans to the moon and back (albeit in a rather risky way), but we did NOT have the special effects technology to fake a moon landing as if in a movie (Yes, this is surprising, but please do investigate to check if it is true).



## So why do some people still believe that the moon mission was fake, or similar hard-to-believe stories?

Those stories are often very strong and they generate intense emotions in us. So we tend to react to them quickly instead of taking the time to think and investigate. If the story fits with the way we see the world, with our beliefs and values, we may be biased and accept it more easily (remember the confirmation bias in chapter 6). If a story mixes some elements

that are true with some things that are not, we may be convinced by the true parts and thus believe also the false parts. And if we learned the story from a trusted friend, we will also tend to trust the story... and we may even make the mistake of sharing it, and spreading the false story around.

### There is a name for false information that is spread to trick, manipulate or just confuse us: **disinformation.**

#### TIPS

### So, whenever you find a piece of news that is emotionally strong, before you share it, DO:



TAKE YOUR TIME, CAREFULLY ANALYSE IT, DON'T LET EMOTIONS DRIVE YOU TOO QUICKLY.



BE CURIOUS AND INVESTIGATE: WHAT INFORMATION CAN YOU FIND ABOUT THE SUBJECT?



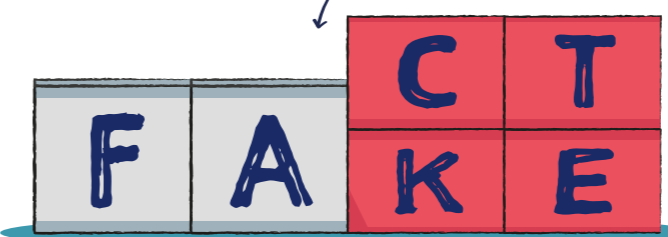
QUESTION THE SOURCE: WHERE DOES THE STORY COME FROM? IS IT A SERIOUS AND CREDIBLE SOURCE?



CHECK OTHER SOURCES: ARE TRUSTED MEDIA MENTIONING THE SAME THING? IF NOT, IT DOES NOT MEAN THE STORY IS A LIE, BUT IT MEANS IT SHOULD BE CAREFULLY INVESTIGATED.



SOME WEBSITES SPECIALISE IN DEBUNKING AND FACT-CHECKING NEWS: SEE IF THEY MENTION SOMETHING ABOUT THE STORY...



IN THE FOLLOWING ACTIVITIES, YOU WILL PLAY WITH DISINFORMATION. LEARN HOW IT IS MADE AND HOW TO SPOT IT. ENJOY!

ACTIVITY

1

# WRITE YOUR OWN DISINFORMATION!

IN THESE ACTIVITIES, WE WILL BUILD A PIECE OF NEWS THAT IS FAKE, WRONG AND FALSE. WHY? NOT BECAUSE IT'S GREAT TO LIE, BUT BECAUSE UNDERSTANDING HOW DISINFORMATION WORKS WILL HELP YOU SPOT IT WHEN YOU SEE IT! FIRST OF ALL, WRITE A STATEMENT THAT IS FALSE, CRAZY, IMPOSSIBLE. FOR EXAMPLE:

THE PLANET JUPITER IS MADE OF CANDY.

APPLE JUICE CAN CURE ALL THE DISEASES OF THE WORLD.

CATS FULLY CONTROL ALL HUMAN MINDS.

\_\_\_\_\_

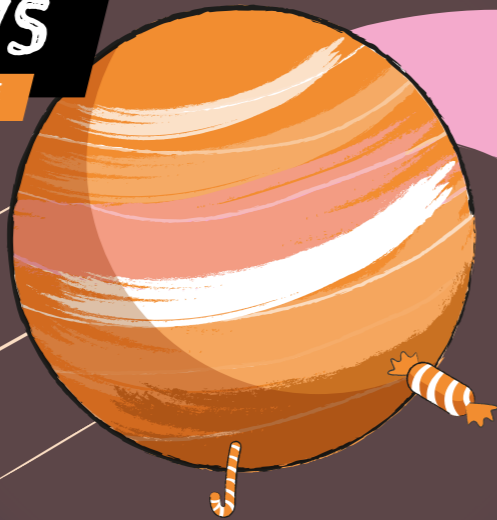
Now, you will try to write an article about that awfully wrong idea. First of all, write just a few lines, for example:

EXCLUSIVE

## BREAKING NEWS

24 NEWS LIVE

# JUPITER IS MADE OF CANDY!



“

Scientists have discovered that the planet Jupiter is actually made of candy. The white colour is sugar, and the brownish colour is caramel. The planet is very sticky, but many astronauts wish to go there to try its wonderful taste.



Well, that's not credible yet... Let's go to activities 2 and 3. To make your article "work", we need two more ingredients.

ACTIVITY

2

# ADD SOME REALNESS!

IF WE WANT PEOPLE TO BELIEVE THAT THE INFORMATION IS TRUE, WE SHOULD ADD SOME TRUE ELEMENTS TO OUR ARTICLE. DO A BIT OF RESEARCH, FOR EXAMPLE ON THE INTERNET, TO FIND SOME FACTS OR RELATED, TRUE NEWS. YOU MAY EVEN SPOT SOME SCIENTIFIC ARTICLES! ADD REFERENCE TO THOSE FACTS AND ARTICLES IN YOUR TEXT. IT MAY BECOME SOMETHING LIKE:

E=MC

EXCLUSIVE

## BREAKING NEWS

24 NEWS LIVE

# JUPITER IS MADE OF CANDY!



“

Jupiter is the fifth planet from the Sun, and is made of hydrogen and helium. However, scientists have discovered that a part of it is made of sugar dust and bits of caramel, which would mean the planet is a kind of gigantic piece of candy. The planet is probably sticky, but no astronaut has yet been able to go there.



ACTIVITY  
3

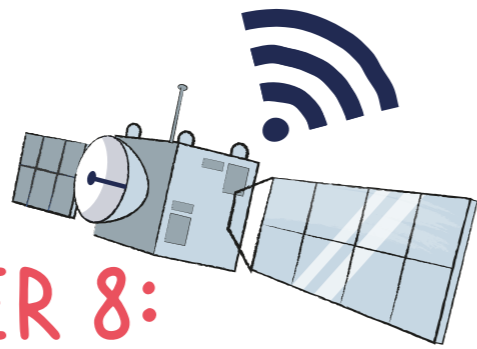
# ADD SOME DRAMA

IF WE WANT READERS TO THINK TOO QUICKLY AND BE TRICKED BY YOUR ARTICLE, WE NEED THEM TO BE EMOTIONAL. CAN YOU ADD SOME DRAMA, SOME EMOTIONAL LANGUAGE? SOMETHING STRIKING, THAT WILL BRING A STRONG EMOTION, MAYBE SOME FEAR OR PANIC?

FOR EXAMPLE:



**Extra resources:** To discover how to spot disinformation, you can check various activities from the BBC, such as [videos](#) or the [iReporter-game](#). You may also enjoy the game [Bad News](#), which shows you how disinformation is created.



## CHAPTER 8:

# STAY SAFE ONLINE





# STAY SAFE ONLINE

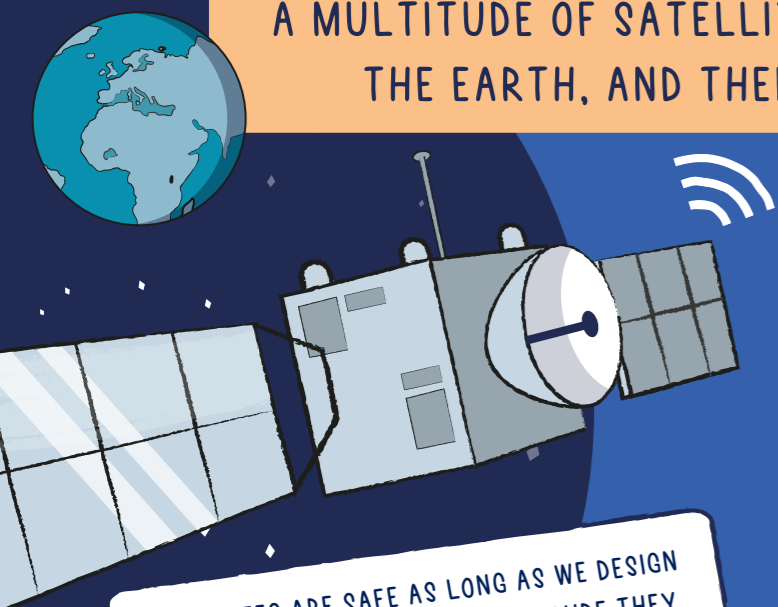


But online behaviour is not only about staying safe: it is also about your **personal responsibility.**



WHENEVER YOU SHARE A PIECE OF NEWS, YOU SPREAD IT: ARE YOU SURE IT IS TRUSTWORTHY INFORMATION FROM A SERIOUS SOURCE? WHENEVER YOU SHARE A PICTURE OF YOU, IT WILL BE PUBLICLY ACCESSIBLE: IS IT OK IF PEOPLE, INCLUDING YOUR FUTURE EMPLOYER AND YOUR FUTURE COLLEAGUES, SEE IT?

## A MULTITUDE OF SATELLITES ARE NOW TURNING AROUND THE EARTH, AND THEIR NUMBERS ARE GROWING.



They help to improve the weather forecast, broadcast TV, link phone calls in remote locations, help to spread internet, embark scientific experiments and so much more, such as the monitoring of climate change.

**But satellites are obviously at risk:** not only a risk of malfunction because of the harsh environment in which they operate or collision in space, but also of being hacked by someone who may access the satellite systems to steal their data or provoke a problem.

SATELLITES ARE SAFE AS LONG AS WE DESIGN THEM TO PREVENT THE ISSUES. ENSURE THEY ARE CORRECTLY USED AND THAT WE HAVE THE TOOLS (SUCH AS PASSWORDS) AND HABITS TO PROTECT THEM.

The same is true for you!

Would you dare say what you wrote if you were talking to a person in front of you? Whenever you click on a link, a server somewhere records that one more click has been performed... and it usually gives more visibility - thus more influence or money - to whoever is behind that link. Which websites and groups do you wish to support?

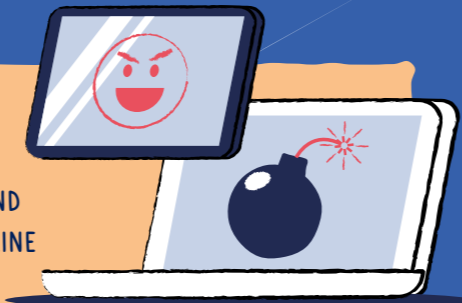
In other words, you should consider the online world as a real world, where each action has an impact on others and where you have a responsibility. It is a world where well-chosen actions can help others, and where ill-chosen actions can harm people.

## Whenever you write a comment, it will be read by real people with real feelings.

Last, be aware that bullying and harassment are important problems online. If you feel hurt by the behaviour of others, immediately tell someone you trust like a parent, a teacher or a friend. Don't keep the problem to yourself. Look for support. You are not the one to blame for the bullying, so there is nothing to be ashamed of. You can keep the messages and screenshots for evidence, but do not try to respond or retaliate. It's better to disengage, and even block the messages from the people who hurt you. Many countries have a hotline for cyberbullying. Look for a hotline in your country and call it for advice.



IF YOU GO ONLINE, THERE ARE A FEW TOOLS AND HABITS TO FOLLOW TO STAY SAFE. FIRST OF ALL, PASSWORDS: THEY ARE THE KEY TO YOUR DIGITAL LIFE. YOUR PASSWORDS PREVENT PEOPLE FROM SEEING EVERYTHING YOU'VE DONE AND THEY KEEP OTHER PEOPLE FROM PRETENDING THEY ARE YOU ONLINE. YOUR ONLINE ACCOUNTS, AND YOUR SMARTPHONE IF YOU HAVE ONE, SHOULD ALWAYS BE PROTECTED BY GOOD PASSWORDS.





# SPEAK UP! AGAINST BULLYING



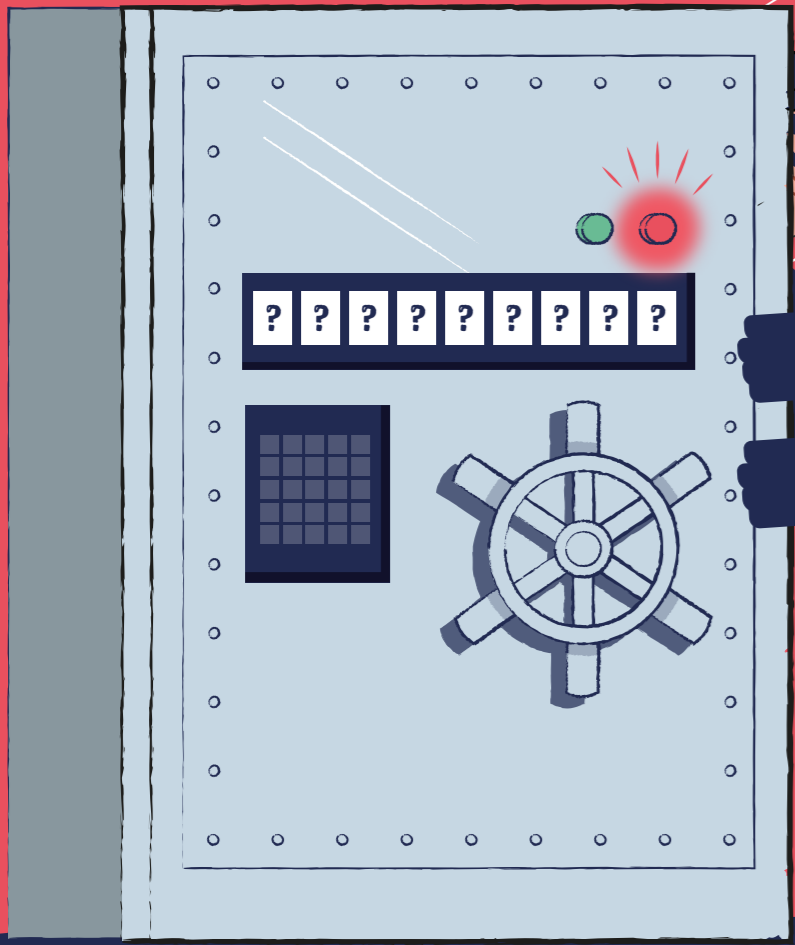
IF YOU WITNESS BULLYING, DO NOT IGNORE IT. **TAKE A STAND AND SUPPORT THE PERSON WHO IS TARGETED.** SIMPLY RECEIVING A KIND MESSAGE CAN BE A HUGE HELP TO SOMEONE WHO FEELS ATTACKED AND ALONE.



ACTIVITY 1



# YOUR PASSWORD: MAKE IT LOOOOONG



Simple words are easy to crack, so we will need to build a password that is long and looks like nonsense to anyone but you. There are several ways to create a password. Here is one: **take a sentence you remember and write just the first two letters of each word.** Make sure that there are some capital letters in your sentence, so that your password mixes lowercase and uppercase.

For example: "I am reading an Airbus Foundation booklet!" will become the password: lamreanAiFobo. Nice!

**PRO TIP**

JUST MAKE SURE YOU NEVER WRITE YOUR PASSWORD ANYWHERE: IT SHOULD ONLY STAY IN YOUR HEAD... OR IN YOUR PASSWORD MANAGER SOFTWARE.

ACTIVITY 2

# AND MAKE IT STRONG!

So you can replace some words by numbers that sound alike. In the previous example, you can replace "an" by 1, making it a strong password: lamre1AiFobo. And as the original sentence was finished by an exclamation mark, let's add it at the end:

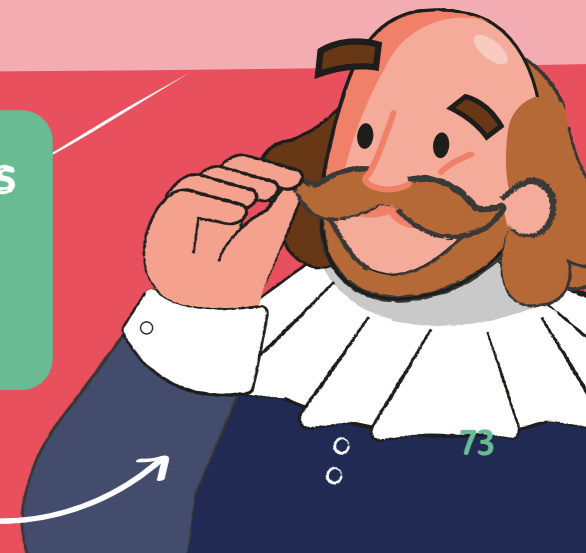
**lamre1AiFobo!**

That password will be difficult to break! It's easy for you to remember, but impossible for others to guess.



Can you guess which sentence was behind the password **2beorno2be,thisthequ?**

IT IS THE MOST FAMOUS QUOTE BY SHAKESPEARE!





# INVESTIGATE YOURSELF

What can we find about **you** online?

Imagine that the director of a fantastic company wants to offer the best job ever to... you.

But before offering it, the director wishes to check who you are, so she searches the internet for all the information, pictures, videos, comments, etc. she can find about you. What will she find?



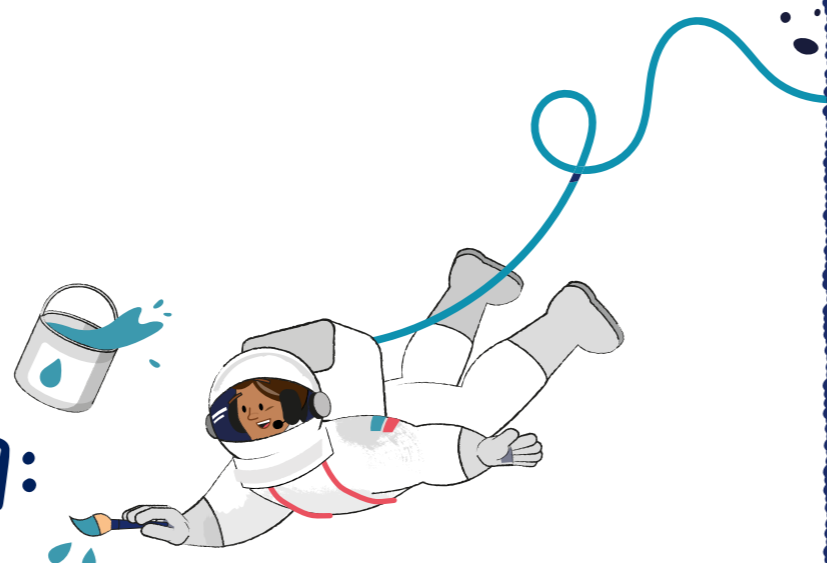
Well, you can check it out: do a bit of searching about yourself on the internet. Is there anything you wouldn't want the director to read? Anything that may surprise her, and prevent her from giving you your dream job? If the answer is yes, it's time to delete those pictures, videos and comments as soon as possible. Also remember you may change your privacy settings on social networks, to restrict who can see your posts.

**And of course, the best is to avoid posting any potentially embarrassing things about yourself!**



**Extra resources:** For more advice to stay safe online, check the articles, videos, and other resources from [Childline](#), [Childnet](#) and [InternetMatters!](#)

CHAPTER 9:  
LET'S CHANGE  
THE WORLD!





# LET'S CHANGE THE WORLD!



YOU MAY HAVE SPOTTED SOMETHING THAT NEEDS TO BE FIXED AROUND YOU: MAYBE SOME PEOPLE NEED HELP AND THEY AREN'T GETTING IT, MAYBE SOME THINGS ARE UNFAIR, MAYBE SOME DAMAGE IS DONE TO THE ENVIRONMENT.

If you research the topic, you'll see that this is often a problem not only in the place where you live, but in many places in the world. Now is a good time to make things better in both your community and the world. Become a global citizen.

## If you could change the world in just one way, what would you change?

Would you end extreme poverty and hunger? Would you fight for justice and equality? Would you transform the way we live to tackle climate change? You can start now, and you can start small, because... you are not alone in this!



In 2015, world leaders decided to respond to great challenges. They identified 17 goals to achieve by 2030 which we call the Sustainable Development Goals, or SDGs.



These goals are a call to action to end poverty, protect the planet, and ensure future peace and prosperity. They are linked: **reducing poverty will reduce hunger, and having clean water will give us better health.** However, they also allow us to spot the major issues we have to solve at a global level. This means we can only succeed if all countries, communities, corporations and individuals unite their efforts.

## What is your role in this?

Well, although these challenges are global, we need efforts from everyone at local level to help achieve them. So first of all, have a look at these challenges and identify which ones matter to you most, which ones you would like to get involved with. You will start by doing small, easy actions. Then, you may engage with your friends and family.

You may speak with them, encourage them to do simple actions as well... and bit by bit, if everyone takes a small step, it becomes a big step. Finally, you can start discussing with organisations, like an NGO, your school or a university, or even your city council, to build larger scale actions that will impact a lot of people.

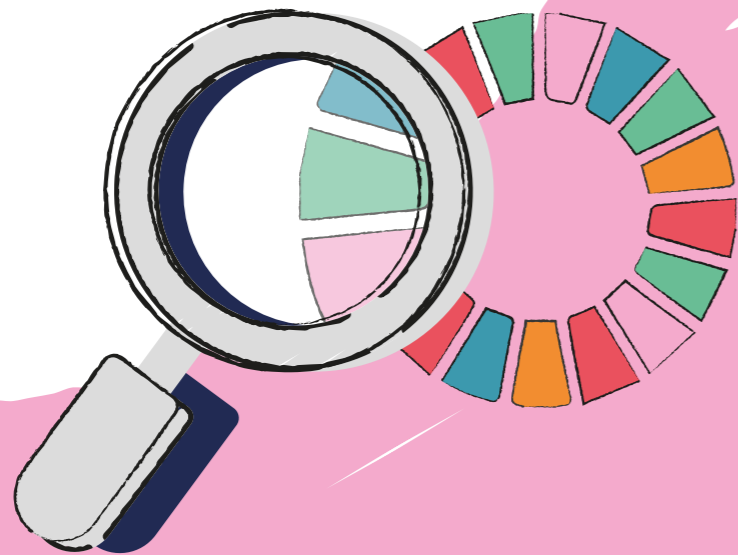
## Let's start changing the world, one step at a time!



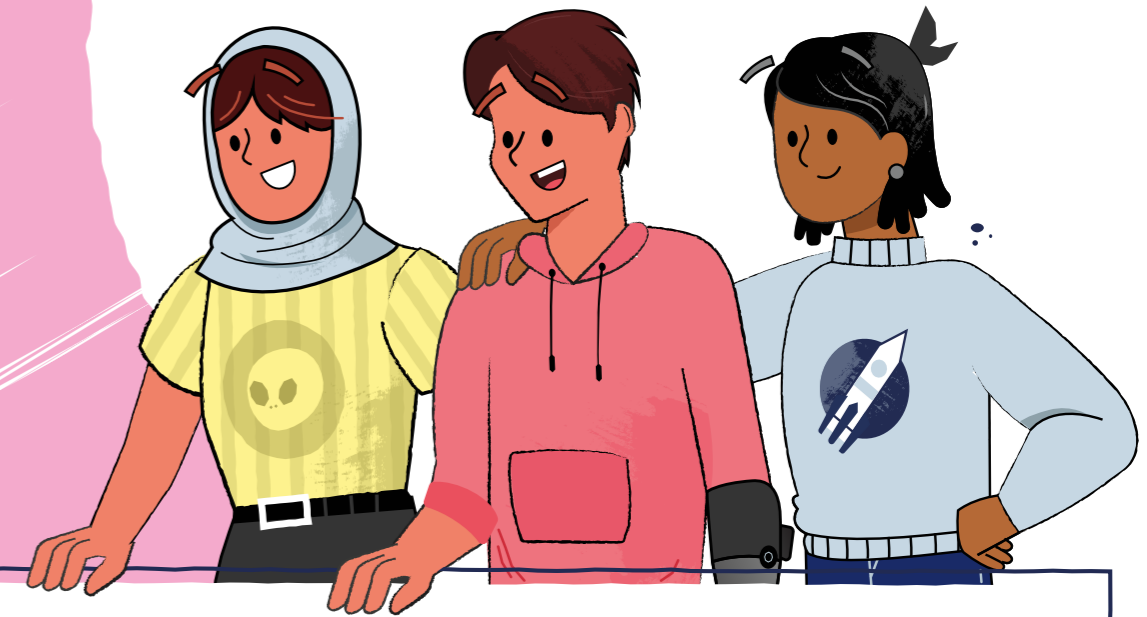


# RESEARCHING SDGs

LOOK AT THE 17 SUSTAINABLE DEVELOPMENT GOALS (SDGs). WHICH ONE DO YOU FEEL MOST COMPELLED BY? IF YOU COULD GET INVOLVED IN ONE OF THEM, WHICH ONE WOULD IT BE?



Now that you have chosen one SDG, let's investigate: what are the main issues?



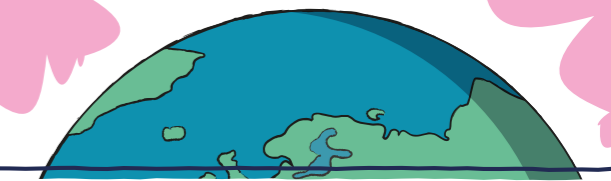
What are the related problems **in your area?**  
Speak with your friends, family, teachers. Are there issues in your community? What are they?



What are the related problems in other parts of **your country?**  
In other countries?

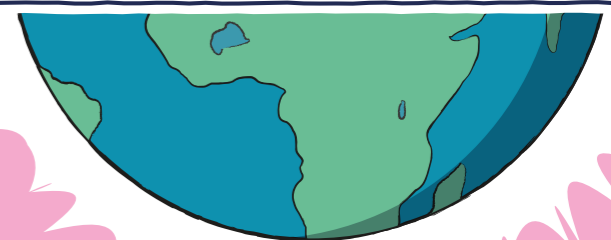


What is the issue on **a global level?**



**PRO  
TIP**

KEEP NOTES, AND YOU CAN EVEN BUILD A FILE DOCUMENTING THE ISSUE, WITH PICTURES, NOTES AND ARTICLES!



# ENGAGEMENT

When you have chosen an SDG, let's think: what small and simple steps can you take?

ARE THERE SOME EASY WAYS TO WORK TOWARDS THAT GOAL IN YOUR LOCAL AREA, WITH YOUR FRIENDS, YOUR FAMILY, YOUR COMMUNITY?

ARE THERE OTHER PEOPLE, GROUPS OR ORGANISATIONS THAT ARE ALREADY ENGAGED IN THAT DIRECTION? COULD YOU MEET THEM,

AND TALK ABOUT WHAT TO DO TOGETHER? YOU CAN ALSO DO A BIT OF RESEARCH TO FIND SIMPLE STEPS TOWARDS THAT GOAL.

THE EXTRA RESOURCES WILL GIVE YOU A FEW SIMPLE IDEAS.

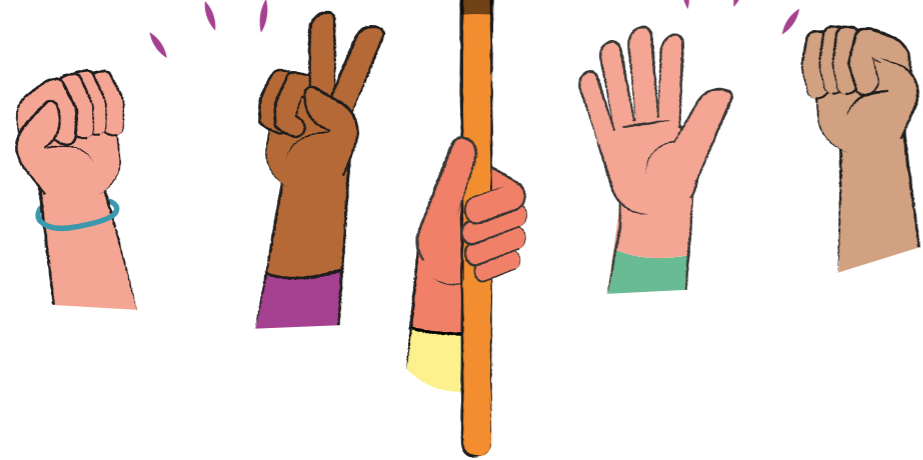


**Extra resources:** For simple actions to support the Sustainable Development Goals, you can check the [Young Person's Guide to Changing the World](#), edited by [Youth4GlobalGoals](#), or the [SDGs PlayBook](#), edited by the Nigerian Youth SDGs Network.



CHAPTER 10:

RAISE YOUR VOICE!





# RAISE YOUR VOICE!

So... you spotted something that's meaningful to you, something you want to change – in your local community or in the world as a whole.

Maybe it's about reducing injustice, or supporting people in need, or making life better for the community around you. But how could you change things? It may seem that the problem you wish to solve is huge, too big for you alone. If that's the case, the solution is simple: reach out to others. Together you can be more credible, more powerful. **The first thing to do is to investigate, and document yourself.** Make sure you have been curious about the

problem you wish to help solve, that you have understood what is at stake, and why it exists. Then you can reach out to others around you: speak to them, design a poster to raise awareness about the issue, and spread the word. You can write a letter to your school director, to your city council, to the leader of your country. Tell them about the issue, why it should be a priority, and ask them what they can do to tackle it. Use your voice, and call for support and for actions to be taken.



Obviously, you will need to be clear in expressing your ideas **to articulate them** in a way that is well-documented and convincing.



SPEAKING OR WRITING ABOUT SOMETHING THAT MATTERS TO YOU MAY BE HARD AT THE BEGINNING. IF YOU WORK ON IT, IT MAY BECOME YOUR MOST USEFUL SKILL. YOU MAY DISCOVER THAT COMMUNICATING IN A CLEAR AND COMPELLING WAY WILL GIVE YOU THE POWER TO TRIGGER INTEREST FROM OTHERS, TO GET SUPPORT FROM THEM, AND TO ACHIEVE THINGS THAT YOU WOULDN'T BE ABLE TO DO ALONE.

## CHANGE THE WORLD

IN THE FOLLOWING ACTIVITIES, YOU WILL BE PROMPTED TO BUILD TOOLS THAT WILL HELP YOU COMMUNICATE YOUR IDEAS, AND CONVINCE PEOPLE AROUND YOU. TRY THEM, AND SHARE WHAT YOU CREATE.

# DRAW A FLYER

LET'S DRAW A FLYER! WE WANT THE FLYER TO BE COMPELLING AND CLEAR, TO COMMUNICATE THE ISSUE YOU WANT TO CHANGE, AND TO ENGAGE PEOPLE, TO SOLVE IT TOGETHER. TAKE A MOMENT TO THINK AND DESIGN ALL THE ELEMENTS OF YOUR FLYER:



What would be the title, or the tagline, to catch people's attention?

HOW COULD YOU SUMMARISE THE ISSUE IN A COUPLE OF LINES, AS SIMPLY AS POSSIBLE?



What picture would be best to raise awareness about the issue you're passionate about? Something funny? Something dramatic? Something informative?

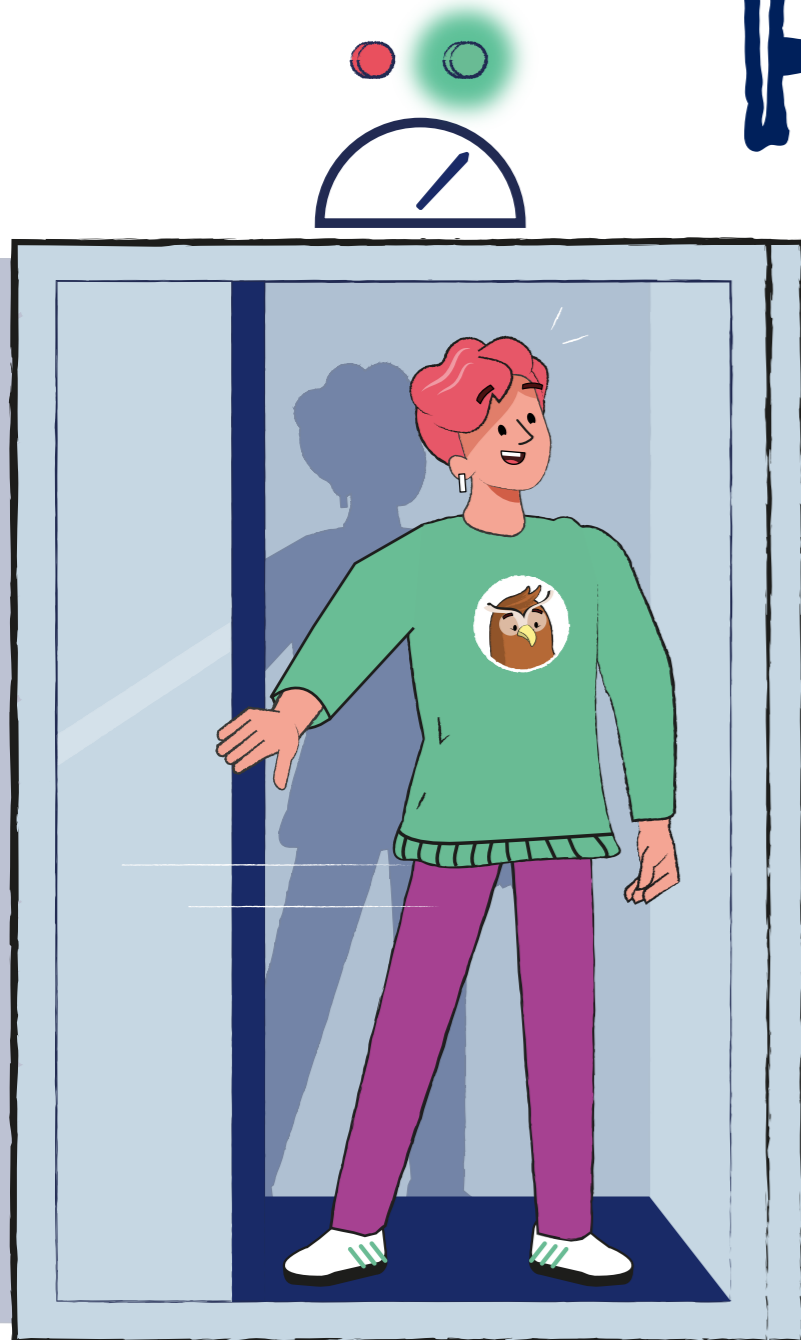
Last, do not forget to add a call to action. You may prompt the reader to change something in their daily actions, to come to a meeting, to read something on a website.

Now, take a piece of paper, a tablet or a computer. Start drawing and writing. Make the best flyer!

# ELEVATOR PITCH



THIS PERSON IS STUCK IN THE ELEVATOR WITH YOU FOR ONE MINUTE... THAT MEANS YOU HAVE ONE MINUTE - NO MORE, NO LESS - TO EXPOSE THE ISSUE, TO TELL THEM HOW IT MAY BE SOLVED, AND TO ASK FOR SUPPORT, IN THE MOST CONVINCING WAY EVER. WOW, THAT'S A CHALLENGE!



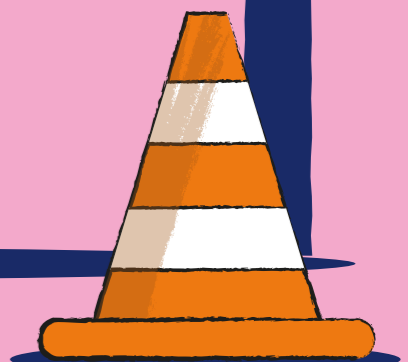
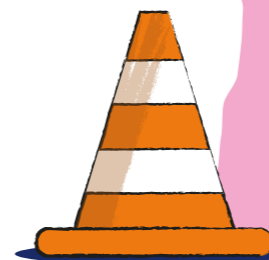
IMAGINE YOU ARE WALKING INTO A BUILDING, AND TAKE THE ELEVATOR...

ANOTHER PERSON COMES INTO THE ELEVATOR WITH YOU. YOU SUDDENLY REALISE THAT THIS PERSON IS FAMOUS, AND HAS TREMENDOUS POWER. THEY MAY BE AN IMPORTANT POLITICIAN, THE DIRECTOR OF A HUGE COMPANY, OR MAYBE SOMEONE WHO SPEAKS ON TV EVERY DAY. IN OTHER WORDS, THIS PERSON COULD DO A LOT TO HELP YOUR CAUSE... IF YOU CONVINCED THEM TO SUPPORT YOU!



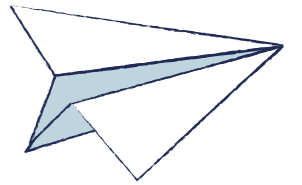
Let's build your elevator pitch: a one minute speech, that you could give to any person you meet, to communicate about your issue. You can start by following these guidelines:

- Start by stating what the issue is, locally or at a global level.
- Show that there is hope and that there are existing ways to tackle the issue.
- State what we should do to solve the issue, how anyone listening can help you.
- Most of all, show your passion and determination. If you are full of enthusiasm, your engagement will be contagious!



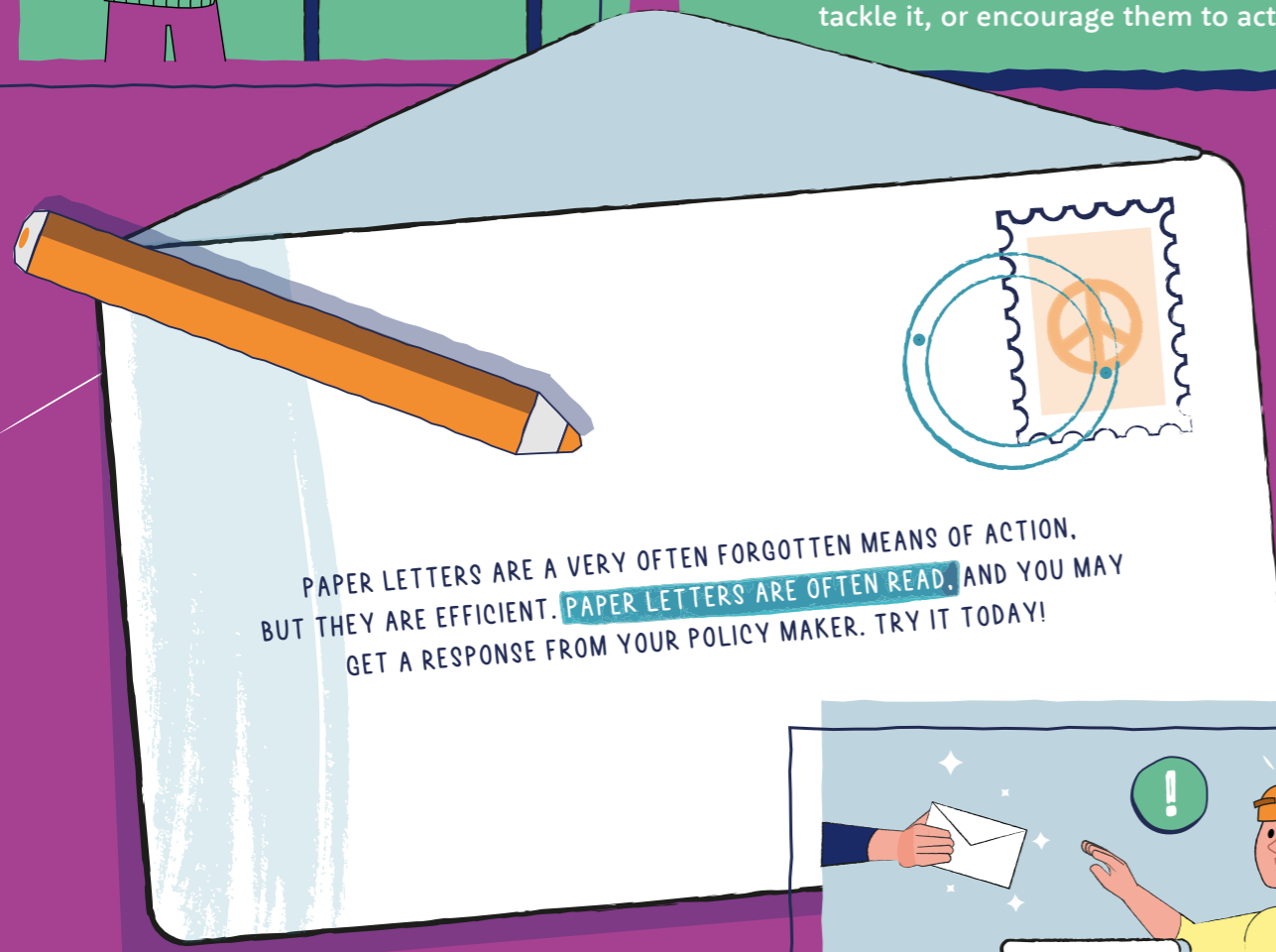


# A LETTER FOR A CHANGE



There is a simple step you can always take to get your voice out:

Write a letter to a local policy-maker. Whether that person is a mayor, a member of Parliament, or even the country leader, you can write to them and tell them what the issue is, ask them how they could tackle it, or encourage them to act.



## Structure your letter clearly:

1. DETAIL WHAT THE ISSUE IS AND WHY YOU ARE PASSIONATE ABOUT IT
2. ASK WHAT THE POLICY-MAKER WILL DO AT THEIR LEVEL
3. IF YOU'D LIKE, YOU CAN EVEN SUGGEST SOME POLICY ACTIONS



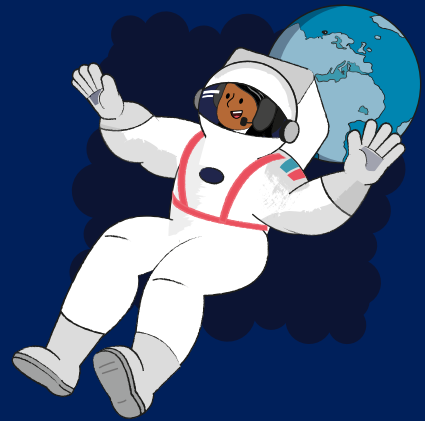
**Extra resources:** You wish to go further? Check out the [Youth Activist Toolkit](#) from [Advocates for Youth!](#)



# The Guide To Becoming Yourself

Don't you find that "being yourself" is much more challenging than it sounds?

While you try to understand who you are, you also learn to exist with other people's differences. Your consciousness awakens to the world around you, and your social media feed brings all sorts of feelings...



You will take your own journey reading the different chapters covering topics like empathy, self-care, spotting misinformation or changing the world. Each chapter comprises several activities to put the ideas into practice, alone or with friends and family. Expect some fun, questioning, investigations, games, and much more.

Whether you wish to build stronger relationships or to start a revolution, you will find some first tools here. It will simply help you bring out what you already have in you: the best of yourself.

