

1 NO POVERTY



HOW TO TAKE A STEP FOR NO POVERTY

1/ DONATE WHAT YOU DON'T USE



Give your used and unwanted items (clothes, books, furniture, etc.) a new home and put a smile on someone else's face.

2/ CONTACT A FOOD BANK



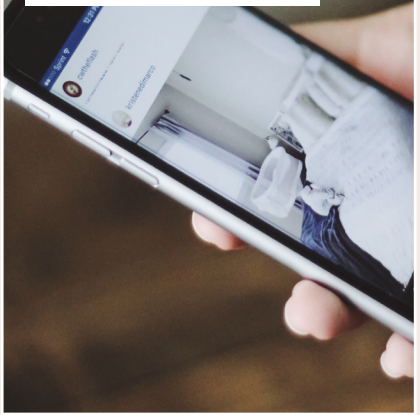
Now that you have enjoyed your party, treat others to a warm meal by contacting a food bank to collect leftover food to feed underprivileged families.

4/ CLEAN OUT YOUR PANTRY

Fill a box with non-perishable food items and donate it to a food bank.

3/ SOCIAL MEDIA FOR A GOOD CAUSE

Spread awareness by sharing any interesting and inspiring story that will motivate friends and family to take action.



لازم تفرق معنا

TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

#TAKEASTEP

#أنا_الفرق

5/ ORDERED EXTRA FOOD?



Pack your left-over or extra food orders in paper-based containers and give away to those in need.

7/ A SMALL GESTURE GOES A LONG WAY



If you encounter needy people on the streets, think of giving them water or food.

8/ TAKE THE INITIATIVE



Reach out to your friends, colleagues and neighbors to collect food and clothes for charity organizations to help those in need.

10/ SHARE THE KNOWLEDGE



Teach a skill or short course at any NGO Community Program (sewing, computer skills, building a resume, preparing for job interviews, etc.)

12/ MAKE A DIFFERENCE IN A CHILD'S LIFE



Sponsor a child at any organization so that he/she can have access to food, education and health.

6/ SPRING CLEANING ALL YEAR ROUND!

Clean out your closet and house of things you don't use anymore and donate them to charity and/ or give to the needy.



9/ GOT EXTRA TIME ON YOUR HANDS?



Volunteer at your nearest charity organization or homeless shelter.

11/ SHARING IS CARING



Share the joy of your birthday party, wedding or any other event by suggesting to your guests to donate money as a substitute for presents.

13/ SHOP RESPONSIBLY!



Buy your groceries from supermarkets that donate a portion of their benefits to charities.

14/ SUPPORT EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon

4 QUALITY EDUCATION



HOW TO TAKE A STEP FOR QUALITY EDUCATION

1/ EDUCATION MATTERS



Talk to your children about the importance of education and the power it has to change one's life.

2/ SOCIAL MEDIA FOR A GOOD CAUSE



Spread awareness about quality education by sharing relevant information.

3/ DONATE YOUR BOOKS

Donate your old school/college books to charity organizations associated with children's education and/or to public schools or a library near you.

4/ OFFER YOUR KNOWLEDGE

Volunteer your time and share your knowledge to tutor a child in need or join in an afternoon school teaching program.

لازم تفرق معنا
TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

#TAKEASTEP

#أنا_الفرق

5/ **ENGAGE & SUPPORT**



Actively interact with charities working to support education in vulnerable areas.

6/ **SPONSOR EDUCATION COSTS**



If you are financially blessed, sponsor a child's education costs and give them a better future.

7/ **BE A ROLE MODEL**



Mentor young people at your workplace when needed.

8/ **SHARE SUCCESS STORIES**



Share success and inspirational stories pertaining to the implementation and access to quality education for all.

9/ **WHEN IT'S GOOD TO WATCH TV**

Expose your children to educational films and TV shows at home whenever possible.



10/ **EDUCATION IS KEY**



Encourage everyone around you to value quality education and ensure the best for themselves and their children.

11/ **START A CONVERSATION**



Girls are sometimes pulled out of school early in order to get married. This can have a major impact on their ability to get an education. Discuss similar topics with your friends and try coming up with effective solutions.

12/ **SPREAD THE WORD**



Help vulnerable families get in touch with appropriate NGOs to get the support they need to educate their children.

13/ **SHARE THE KNOWLEDGE**



Teach a skill or short course at any NGO Community Program (sewing, computer skills, building a resume, preparing for job interviews, etc.) and help make a difference in your community.

14/ **SUPPORT EACH OTHER!**

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon

5 GENDER EQUALITY



HOW TO TAKE A STEP FOR GENDER EQUALITY

1/ SPEAK OUT!



Raise your voice against any type of gender-based violence (GBV) in your direct surrounding; report harassments that occur on the streets or in the workplace.

2/ CREATE A BLOG



Are you an avid writer? Start a blog where people can share gender equality success stories and other experiences on gender inequality.

3/ SHARE, DON'T JUST LIKE

If you come across a motivating social media post on women's and girls' rights, share it, start a debate and exchange opinions.



4/ CALL "1745"

Take immediate action if you witness domestic violence by calling the Internal Security Forces.



لازم تفرق معنا
TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

5/ GENDER EQUALITY TRAINING

If you are a teacher, make gender equality part of your training and education. Adolescents should be encouraged to choose their career based on what they love doing regardless of their gender.



6/ CHALLENGE TRADITIONAL STEREOTYPES



Encourage kids to play with whatever they want, and promote gender-neutral games/toys.

7/ BOYS AND MEN SPEAK UP!



As a woman, ask men and boys you are close with to support you in taking a step to stop gender inequality. As a man, ask women and girls you are close with how you can support in taking a step to stop gender inequality.

8/ PRACTICE EQUAL DECISION MAKING



Set a good example for your kids by practicing equal decision-making at home.

9/ REPORT GENDER VIOLENCE



Don't just be a witness. Call an NGO specialized in women issues and report any form of gender-based abuse or exploitation.

10/ DONATE TO DESIGNATED NGOS



Donate to NGOs that empower women and help them offer assistance and guidance to those who need it.

11/ GET IN TOUCH WITH THE MEDIA



When you spot a negative portrayal of women as inferior, less intelligent and incompetent compared to their male counterparts, report it to the relevant media outlets (Advertising and PR agencies, movie production houses, etc.)

12/ VOICE YOUR SUPPORT



Share your support for gender equality in pay and in rights on social media.

13/ SHARE THE CHORES



Share the workload at home; dad can do the cooking while mom does the cleaning. And vice versa.

14/ SUPPORT EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon

7 AFFORDABLE AND CLEAN ENERGY



HOW TO TAKE A STEP FOR AFFORDABLE AND CLEAN ENERGY

1/ REDUCE. REUSE. RECYCLE.



2/ TURN OFF THE LIGHTS



Always turn off the lights when not in use whether at home or in the workplace.

3/ SAVE ELECTRICITY



Save electricity by plugging your appliances into a power strip and turning them off when not in use. This can help cut your electric bill in half.

4/ USE ENERGY-EFFICIENT LIGHTBULBS

Use energy-efficient light bulbs and set your household appliances on low-energy settings.



لازم تفرق معنا

TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

5/ CARPET YOUR HOME



Save more energy and money by filling your house with rugs and carpets in winter to keep your house warm.

7/ PUT A LID ON IT



Cover pans and pots with a lid while cooking to expedite the process and reduce the amount of energy required up to 75%.

9/ ADJUST YOUR THERMOSTAT



Keep your thermostat set at energy-saving temperatures for extended periods (lower in winter, higher in summer) or turn it off completely when not in use.

11/ GO FOR FULL LOAD



When you wash your clothes in a washing machine, make sure the load is full.

12/ FILL THE KETTLE ONLY WITH THE AMOUNT OF WATER NEEDED



6/ USE RECHARGEABLE BATTERIES



Ditch the single-use batteries and use rechargeable ones whenever possible to save on energy and reduce waste.

8/ SEEK ADVICE AND GUIDANCE ON ENERGY EFFICIENCY IN YOUR HOME



10/ TEAM UP WITH THE SUN!

If possible, install solar panels in your house and replace old appliances with energy-efficient models.

13/ ORGANIZE A "NO WASTE DAY" AT WORK!



14/ SUPPORT EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON

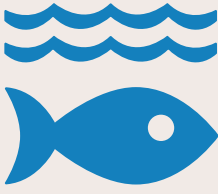


SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon

14 LIFE BELOW WATER



HOW TO TAKE A STEP FOR LIFE BELOW WATER

1/ RIDE WITH OTHERS



Take public transport often or carpool with your co-workers to reduce carbon footprint and save money on fuel and parking.

2/ SOCIAL MEDIA FOR A GOOD CAUSE



Create awareness on environmental issues, highlighting marine and coastal areas in Lebanon, by sharing relevant information on social media.

3/ DITCH THAT PLASTIC BAG!

Pass on the plastic bags by carrying your own reusable bags or cardboard boxes on your shopping trips.



4/ AVOID PLASTIC!

Use refillable water bottles and coffee cups, as well as porcelain and metal eating utensils. When ordering food, request for no plastic.



لازم تفرق معنا
TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

5/
RESPECT
OVERFISHING
LAWS



6/
DON'T BUY JEWELRY
MADE FROM MARINE LIFE



Don't buy jewelry and/or other items made from coral, tortoise shells or other marine life.

7/
GO FOR
FULL LOAD



Use the dishwasher and laundry machine only when they are full.

8/
BE MINDFUL OF WHAT
YOU THROW AWAY!



Monitor how much waste you produce as it may end up in the sea. On average, a person generates 1.2 kg of waste per day! How much waste do you generate?

9/
GLASS
VS PLASTIC



Buy glass instead of plastic. Throw your organic waste in your garden or start a compost pile rather than adding it to your garbage.

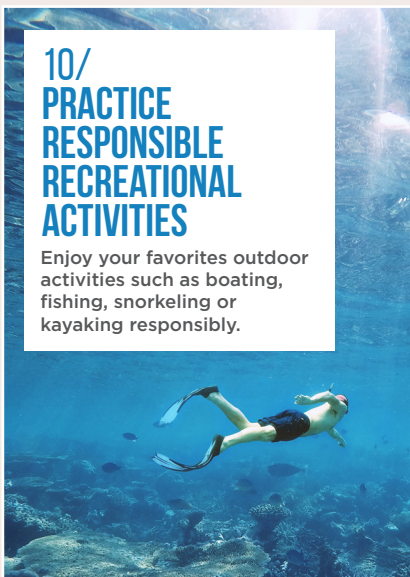
11/
BECOME
FAMILIAR WITH
RECYCLING



Get in touch with NGOs that recycle plastic and other materials to familiarize yourself with the process and start recycling at home. Encourage your neighbors to start recycling as well.

10/
PRACTICE
RESPONSIBLE
RECREATIONAL
ACTIVITIES

Enjoy your favorites outdoor activities such as boating, fishing, snorkeling or kayaking responsibly.



13/
EAT LOCAL
SUSTAINABLE
FOOD



12/
VOLUNTEER TO PROTECT
MARINE ENVIRONMENTS



Got some extra time on your hands? Volunteer at NGOs and specific organizations that work on protecting and conserving marine and coastal areas in Lebanon.

14/
SUPPORT
EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



HOW TO TAKE A STEP FOR PEACE, JUSTICE AND STRONG INSTITUTIONS

1/ RESPECT THE LAW



Be a law-abiding citizen and set a good example even if others around you are not.

2/ KNOW YOUR RIGHTS



All citizens are equal before the law.

3/ YOUR VOICE COUNTS: VOTE IN ELECTIONS

I Voted

4/ DO NOT JUDGE!

Don't judge or discriminate others based on race, gender, ethnicity, religion or other differences. We are all human!

لازم تفرق معنا
TAKE A STEP

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

#TAKEASTEP

#أنا_الفرق

5/ DO NOT BRIBE PUBLIC OFFICIALS



6/ SPEAK UP!



Write to your parliamentarian if you have ideas/solutions to improve your community and your country.

7/ STAND IN LINE



Queuing makes procedures in public institutions run faster and smoother.

8/ STAND UP AGAINST VIOLENCE!



Say no to any form of violence whether at home or at work, in schools or on the streets.

9/ SUPPORT WOMEN



Help and encourage women to reach decision-making positions.

10/ NO VIOLENCE AGAINST WOMEN



Stop and report any form of violence you witness against a woman.

11/ STOP GRIEF OR CELEBRATORY GUNFIRE



Stop grief and celebratory gunfire which can lead to tragic consequences.

12/ STAND UP AGAINST BULLYING

Stop all forms of violence and bullying against children.



13/ VOLUNTEER AT NGOS



Volunteer at local anti-violence organizations and outreach programs and help make a difference in your community.

14/ RESPECT DOMESTIC WORKERS

Respect domestic workers and treat them with kindness. Ensure that their basic human rights are not violated.



UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

FOR MORE INFORMATION, VISIT WWW.UN.ORG.LB

UNLebanon unitednationslebanon UN_Lebanon