# **TO REDUCE INEQUALITIES**





# INTRODUCTION

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The richest 10% have up to 40% of global income whereas the poorest 10% earn only between 2-7%. Women spend three times as many hours in unpaid domestic and care work as men. Current estimates indicate 690 million people are hungry and around 1.6 billion children and youth are out of school.

The United Nations 10<sup>th</sup> Sustainable Development Goal is to reduce inequalities, within and among countries. Inequality within and among countries is a continuous cause for concern. The COVID-19 Pandemic further exacerbated existing inequalities, hitting the poorest and most vulnerable communities the hardest. It has highlighted the grave reality of economic inequalities and the fragile safety nets that leave vulnerable communities to bear the brunt of the crisis. Simultaneously, economic, social, and political inequalities have intensified the impacts of the pandemic. Taking actions to pursue inclusive, equitable, and sustainable growth is, therefore, essential to ensure a balance among the economic, social, and environmental dimensions of sustainable development and to ensure that the SDGs are met.

This booklet is part of the '170 Series' launched by the Perception Change Project of the UN. It gives you 10 suggestions for each of the 17 SDGs. There are several practical actions you can take individually such as donating your old clothes, consuming fair-trade products, participating and influencing more collective actions such as striving towards zero food waste, campaigning for equal pay for men and women and urging your governments to take more eco-friendly stances to save our planet.

Now, more than ever, reducing inequalities is of utmost importance. While solutions rest with regional and national policymakers, collective and individual actions at the international level play a crucial role in reducing inequalities.

## **BEFORE YOU** Start, KEEP IN MIND THAT...

The human activity of production and consumption is extremely intertwined and has complex value chains - this is why we stress the word "sustainable" in the sense that the actions you take should possibly contribute to alleviate a problem at its roots and not just getting rid of "symptoms".

■ We all live in different surroundings, climates, social and economic spheres and landscapes, health conditions and carry different responsibilities. So not all ideas may be applicable to every single person.

■ The ideas in this booklet are basic - adapt the ideas to your personal environment, such that they make sense being put into practice where you are.

■ In general, it's about aspiring the balance. It would be wrong to say that the whole world population must reduce its consumption, as a significant part of the world's population has hardly any access to basic living requirements. Still, try to keep in mind that it is generally about asking yourself if you need something and if yes, how much you need it, or if there would be a more environmentally friendly alternative to it.

■ While greatly inspired by the UN's 17 Sustainable Development Goals, some of the ideas provided may seem to go beyond this scope. Sometimes, the ideas complement the SDGs well, and sometimes certain ideas align with more than one goal. This further portrays the intersectionality of inequalities, and how there are endless opportunities to reduce them, if we all work together.

## GOAL 1 No poverty



#### ACTIONS 1 TO 10 TO REDUCE INEQUALITIES

- **ACTION** To help those in need, donate clothes and materials to local or international charities.
- ACTION Explore social assistance schemes in your town hall to inform people around you who need them.
- ACTION 3 Support and promote online crowdfunding campaigns for vulnerable individuals, local associations, or shelters in your community.
- ACTION Volunteer in homeless shelters and soup kitchens.
- ACTION Support and donate to poor5 communities and collect money to aid the underprivileged.



action 6	Share with someone a new skill that can also help to make money.
action <b>7</b>	Set up or participate in second-hand markets.
ACTION <b>8</b>	Turn to intergenerational flat-sharing, a solidarity-based and low-cost alternative.
ACTION 9	Familiarize yourself with the NGOs working towards the eradication of poverty and donate to them, if you can.
action 10	Adopt good budgeting practices and share them with others to teach people how to be financially responsible.

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## GOAL 2 ZERO HUNGER



#### ACTIONS 11 TO 20 TO REDUCE INEQUALITIES

- ACTION | If you can, provide non-perishable food 11 to shelters, schools, or associations in need.
- **ACTION 12** To help those lacking food, fill collective fridges if there are any in your town, or start your own!
- ACTION 13 To avoid hunger, support local food banks that distribute food to those who have difficulty purchasing enough.
- ACTION
   'Share your meals' with children in
   need through apps such as World Food
   Programme ShareTheMeal.
- ACTION Launch a 'free lunch' program to support rural areas, especially for leftbehind children and elders.



action 16	Strive towards zero food waste. Every day, about 25,000 people die of hunger.
action 17	Start a Community Garden and distribute your surplus.
action <b>18</b>	As a food business, sell imperfect products at a discounted price.
action 19	Consider composting to reduce the harmful effects of food waste, which often impact lower-income communities the most.
ACTION <b>20</b>	Open a weekly food bank in your neighbourhood with your friends.

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## GOAL 3 GOOD HEALTH AND WELL BEING



#### ACTIONS 21 TO 30 TO REDUCE INEQUALITIES

ACTION **26** 

- ACTION | Become aware of existing inequalities21 | generated by health conditions.
- **ACTION** Increase awareness of healthy nutrition in school cafeterias.
- **ACTION** Give support to grassroot initiatives that help the work of medics and hospitals.
- **ACTION** | Stand up for fairer conditions and payments for nursing staff.
- **25** Volunteer in elderly homes and think about interactive games, books, or talks you can have with the residents.
  - Promote and participate in urban sports training sessions, free and accessible to everyone.



## ACTION **27**

Share your experiences of good health habits to inspire others who may not have access or knowledge of such best practices.



Poor mental health is a cause and consequence of poverty, and is often stigmatized. Support associations and infrastructures that raise awareness on mental health and learn about your mental health and how to help others that might struggle.



Donate feminine hygiene products to developing countries, local and international associations. Many girls miss school during their periods due to the lack of access to hygiene products. Also, think about homeless women who may not have access.



Unhealthy foods, due to their lower prices, tend to be prominent amongst disadvantaged communities. Spread the word about a more equitable access to a healthy diet worldwide.

## GOAL 4 QUALITY EDUCATION



#### ACTIONS 31 TO 40 TO REDUCE INEQUALITIES

- ACTION To bridge the education gap, promote access to education for young girls and women.
- **ACTION 32** To combat educational inequalities, ensure that children have access to a good education and school materials, such as pens and books.
- ACTION **33**
- Support charities that are working in developing countries. Education is key to enhancing one's skills and ability to make one's own decisions.
- ACTION **34**
- Students with learning difficulties are too often left behind. Involve them in study group sessions and be sure to mobilize collective learning environments.



action   35	Donate your old school books and devices, such as computers, so that others can benefit from them.
ACTION   36	Stand up against bullying in your learning environment.
action	Volunteer to be a teaching assistant in communities that lack educational resources.
ACTION   38	Encourage incorporating sustainability, which is key to combating inequalities, as a core discipline in schools and pioneer activities to raise awareness amongst the youth.
ACTION   <b>39</b>	Initiate a mentorship program to inspire the youth on future career aspirations.
ACTION 40	Opt for holistic understandings, international considerations, and unbiased information sharing within schools.

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## GOAL 5 Gender Equality



#### ACTIONS 41 TO 50 TO REDUCE INEQUALITIES

- ACTION41Speak up when you witness your acquaintances discriminate and /or harass people on the basis of gender.
- ACTION | Sign up for training on gender equality42 | in the workplace.
- **ACTION 43** Increase equal gender representation in all areas of your life, from class delegates in schools, to senior positions at the workplace.
- ACTION 44 Be open to using gender-neutral language, such as gender-neutral pronouns or job-titles.
- ACTION **45**
- Initiate mentoring projects for underrepresented people, especially girls and women.



#### Think about actions and projects ACTION 46 you could launch in the context of International Women's Day on the 8th of March, to raise awareness of gender inequalities. Campaign for equal pay between men ACTION **Δ7** and women Highlight prominent people that ACTION 48 have surpassed 'glass ceilings' in the workplace. Divide the household tasks equally ACTION **49** between all household members ACTION Read books to children that dismantle 50 gender stereotypes in order to educate them about existing gender inequalities and how to tackle them



## GOAL 6 CLEAN WATER AND SANITATION



#### ACTIONS 51 TO 60 TO REDUCE INEQUALITIES

ACTION 51

Goal 6 is one of the most interconnected goals: improving access to water sanitation and hygiene helps economic development, poverty reduction, health, and more. Support associations involved in improving access to clean water and sanitation facilities.



More than 2 billion people, mostly in developing countries, do not have access to improved sanitation facilities. Be aware that in several countries, a major contribution to water contamination is open defecation resulting from a lacking sanitation infrastructure. Search for initiatives and organisations to support sustainable sanitation practices, such as recycling human waste into soil.







Wash your hands frequently to mitigate the spread of diseases, infections, and illness, which often impact the poorest populations more gravely.



More than 200 million people worldwide are expected to be internally displaced by 2050 due to water scarcity and water conflicts. Get familiar with hydrodiplomacy issues and raise awareness among your community on the social implications of water scarcity.



Fund safe sanitation infrastructures, tools and projects such as off-grid and solar powered toilets also in developing countries.

## GOAL 6 CLEAN WATER AND SANITATION



ACTION
Be aware of water scarcity and therefore try to save water in your daily life. For example, collect water used to wash food to water plants.

- Fund organizations that are providing water pumps and water dispensaries to developing countries.
- **ACTION 58** Educate children about water waste to ensure water-conserving habits from a young age.
- ACTION59If you can afford it, consider acquiring a tap aerator, or flow regulator, to reduce your water consumption.

## ACTION **60**

ACTION 57

Get informed and learn how to build innovative and water-saving hand washing tools such as tippy taps.



## GOAL 7 Affordable and Clean Energy



#### ACTIONS 61 TO 70 TO REDUCE INEQUALITIES

- Donate to projects advancing renewables in developing countries, such as solar-powered schools and households.
- ACTION 62

**ACTION** 

- Advocate for gender inclusion in the energy industry, currently one of the least gender inclusive industries in the world whereby only 32% of workers are female.
- ACTION
   Support the research & development
   of renewable energy industries and products. These new industries can help tackle existing global inequalities.
- ACTION 64
- Fund, especially in developing countries, the Small and Medium Enterprises (SMEs) in the fields of green innovation.



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1.2 billion people live without electricity and nearly 40% of the world's population do not have access to cooking fuels.
Advocate for more policy discussions around "energy poverty" to reduce the global disparity in energy consumption and support NGOs striving to reduce this number.
Find out about possible government aid

action 66	Find out about possible government aid to improve the energy consumption of your home at a lower cost.
ACTION 67	Adopt more responsible energy consumption practices as resources are rarely accessible and unevenly distributed.
ACTION 68	Prioritize sustainable electricity suppliers worldwide.
action <b>69</b>	Resort to, if you can, non-CO2 emitting ways of transportation. Walk or bike to work!
action 70	If you can, consider incorporating solar panels into your living situations.

## GOAL 8 DECENT WORK AND ECONOMIC GROWTH



#### ACTIONS 71 TO 80 TO REDUCE INEQUALITIES

- ACTION 71
   Consume fair-trade products, which ensure more ethical and equal standards of production and distribution and help developing countries.
- ACTION As an employer, ensure that all workers enjoy decent working conditions.
- ACTION Learn about initiatives that promote inclusive economic growth.
- **ACTION 74** Discourage the requirement of indicating name, origin and picture in professional work applications to ensure recruitment is unbiased and exclusively based on qualities.



Promote multicultural dialogue in your workspace.



action <b>76</b>	Tackle pay inequalities by advocating for equal salaries for equal work.
action 77	Encourage more entry-level job opportunities for the youth.
action <b>78</b>	Organize team meetings and activities to foster inclusiveness and more common solutions in the workplace.
ACTION <b>79</b>	Provide opportunities for people to retrain professionally when their previous job becomes obsolete. Technological innovation leaves a significant number of people behind.
ACTION <b>80</b>	Respect and advocate for fair maternity and paternity leave conditions.

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## GOAL 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



#### ACTIONS 81 TO 90 TO REDUCE INEQUALITIES

**ACTION** 

As the COVID-19 pandemic morphed the way in which we work, communicate, go to school and shop – across the world – it has never been more essential to support universal digital access and cooperation for the 3.6 billion people who remain off-line.



ACTION 83 If you buy a new mobile phone or computer, donate your old devices and check if you can donate them abroad to provide others with the opportunity to browse the web and educate themselves!





action <b>84</b>	Reducing Inequalities is easier when increasing green industries. Advocate for the development of green industries and green infrastructure everywhere, as there is no planet B.
ACTION <b>85</b>	Be informed about sustainable finance and try adopting it into your daily life.
ACTION <b>86</b>	Buy local to support economic development in your community.
action <b>87</b>	Support local start-ups and initiatives led by minority groups in your community.
ACTION 88	Not all products are ethically produced and may feed into growing global inequalities. Inform yourself about the origin of the products you buy.

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## GOAL 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



**ACTION 89** Share your knowledge on the use of the internet or other digital tools to promote access to new technologies.

**ACTION 90** Participate in crowdsource funding initiatives that support industry, innovation and infrastructure in developing countries.



## GOAL 10 Reduced inequalities



#### ACTIONS 91 TO 100 TO REDUCE INEQUALITIES

- ACTION | Take an interest in cultures different 91 from yours, there is so much to learn and share!
- **ACTION** Be cautious of your daily language to avoid unconscious discrimination of people.

## **ACTION** Get involved in associations whose priority is reducing inequalities.

**ACTION 94** Publicly denounce and report any discriminatory act, such as bullying, racial persecution, gender-based or sexual harassment, that you witness at school, work, or within your group of friends and family.



Speak up!



ACTION 96	Remind yourself that in order to reduce inequalities between countries, you need to reduce it within your country!
ACTION <b>97</b>	Respect and embrace differences, regardless of race, ethnicity, gender and social status.
ACTION 98	Put yourself in someone else's shoes and be kind to others!
ACTION 99	Provide opportunities for people of different ethnicities to raise awareness about tolerance.
action <b>100</b>	Include people from marginalized and vulnerable groups when discussing issues that concern the community.

## GOAL 11 SUSTAINABLE CITIES AND COMMUNITIES



#### ACTIONS 101 TO 110 TO REDUCE INEQUALITIES

- ACTION 101 Engage in social work to assist marginalized communities in times of hardship and spread the word to others.
- ACTION | Campaign for costs of public102 | transportation to be reduced and for public transport to expand to rural areas.
- ACTION Encourage underrepresented people to participate in municipal citizen participation schemes.
- ACTION104Organize municipal sports meetingsopen to all young people and based on mixed teams.
- ACTION **105**
- Finance the set-up of social housing projects, which will greatly improve the quality of life of those in need.





#### ACTION 106 Develop inclusive participatory platforms, from physical meetings to virtual groups on social media, ensuring equal representation of all members in your community.

ACTION Advocate for more barrier-free public buildings in your city.

## **ACTION** Participate in social and environmental justice workshops and conferences.

**ACTION** Engage in local politics and advocate for equality in your city council.

#### ACTION 110 Walk more, drive less: promote inclusive and carbon neutral mobility practices such as car-sharing and bike-sharing.



## GOAL 12 Responsible consumption And production



#### ACTIONS 111 TO 120 TO REDUCE INEQUALITIES

- ACTION
- Try to buy local as it is healthier for the environment and better for local producers who often compete with large, multinational companies.



Every year, around one third of all food produced – equivalent to 1.3 billion tonnes – ends up rotting and/or in the trash due to poor transportation and harvesting practices. Reduce this reality by consciously buying and consuming your food.



Promote nature-based, sustainable products that you are proud of.



Consider purchasing clothing from brands that engage in responsible modes of production and support "slow fashion".



Consume less! Sustainable consumption and production is about doing more and better with less. Overconsumption causes resources to be unsustainably extracted, mainly affecting vulnerable communities.

- ACTION | If safe, drink tap water and use reusable bottles.
- ACTION 117 ACTION

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- Use cloth bags in the markets.
- Give day-to-day tools a technological upgrade. Scientific and technological capacity is fundamental to move towards more sustainable patterns of consumption and production.
- ACTION 119 Encourage children to adopt recycling gestures from a young age (at school, at home, during outdoors activities, etc.).



When possible, consider purchasing organic food to support the agricultural transition to organic modes of production.

## GOAL 13 CLIMATE ACTION



#### ACTIONS 121 TO 130 TO REDUCE INEQUALITIES

- ACTION 121 Try being carbon neutral: it can improve public health, create jobs, benefit the climate, and costs less. It helps low-income households and poor communities, which are usually the most affected by climate change.
- **ACTION** Did you know that global emissions of CO2 have increased by almost 50% since 1990? Strive towards reducing your carbon footprint.
- ACTION **123**
- Raise awareness, through social media and other advocacy platforms, of the Environmental Burden of Disease (EBD) as well as other climate injustices affecting your community.



Participate in the World Cleanup Day and invite your friends and family!





Use renewable energies instead of coal and fossil fuels. Shift to lower-carbon fuels for heating and cooking. It cuts carbon emissions and improves air quality for everyone.

**ACTION** | Consume less meat and opt for more sustainable/eco-friendly foods!



- Promote action for climate resiliencethat helps communities to adapt in the face of climate change.
- ACTION | The climate crisis is exacerbatinginequalities. Join the discussion about climate justice.



Take the Ecological Footprint Test to understand your level of impact and raise personal awareness on climate issues.
# GOAL 13 CLIMATE ACTION





Inequalities have risen in parallel to the ongoing climate tragedies, disproportionately affecting minorities and indigenous groups and creating more climate refugees. Help these communities' voices be heard by sharing their stories on your social media platforms.



# GOAL 14 LIFE BELOW WATER



#### ACTIONS 131 TO 140 TO REDUCE INEQUALITIES

Over 3 billion people depend on marine and coastal biodiversity for their livelihood. Keep the marine environment clean.



ACTION 131

Make sure that the fish you purchase does not come from overfishing areas that exploit labour conditions and cause damage to the living environments of local communities.



When swimming, collect waste you find under the water to protect the environment and the surrounding communities.



Learn about marine ecosystems to raise personal awareness on the importance that oceans and organisms play in regulating the biosphere.





About 80% of all tourism takes place in coastal areas. The ocean-related tourism industry supports in some countries over a third of the labour force. Tourism can pose a major threat to the natural resources on which it depends, and to local culture and industry. Keep that in mind and act accordingly on your next journey!



Coral reefs support the livelihoods and food security of more than half a billion people worldwide, and are crucial assets for life above and below water. Protect them through small, concrete actions such as using biodegradable sunscreen.



Participate in beach and creek cleanups.

### GOAL 14 LIFE BELOW WATER



ACTIONDonate to organizations which use138sustainable fishing practices.

**ACTION** Urge companies to find alternatives to plastic to preserve oceans.

ACTION **140** 

More than 14 million tonnes of microplastic are at the bottom of the ocean. Inform yourself about microplastics when buying cosmetics.



# **GOAL 15** Ι IFF ΛΝ Ι ΔΝΠ



#### **ACTIONS 141 TO 150 TO REDUCE INEQUALITIES**

- Support wildlife conservancies to avoid ACTION human/wildlife conflicts and thus ensure safety of livestock.
- **ACTION** 142

141

Baise awareness of the fact that a rise in intense and unsustainable farming, increased use and exploitation of wildlife, and the climate crisis are all driving the increased emergence of zoonotic diseases – diseases transmitted from wildlife to people - like COVID-19. Every year, 2 million people, mostly from low- and middleincome countries, die from zoonotic diseases







Protect trees. They benefit all lives on earth and provide for the oxygen we breathe. They are also essential to some communities' environment as forests are home to three hundred million people, and 1.6 billion people depend on them for their livelihoods.



Avoid the use of technologies such as improved seeds, chemical fertilizers and pesticides degrading selfsustaining ecosystems as they affect many indigenous communities.



Support organizations that fight wildlife trafficking as this phenomenon is not only responsible for destroying ecosystems but also for the spread of infectious diseases that, in turn, unevenly affect people.

# GOAL 15 LIFE ON LAND



 ACTION 147
 Participate in clean-up activities organized by your community. Pick up waste on your own initiative, when possible.

 ACTION 148
 Most of the world's extreme poor live in rural areas and land degradation can deeply affect their capacity to generate income. Find out and spread the word about agroecology and sustainable land management practices.

ACTION 149 Be aware that many essential resources on land are disappearing, such as fresh water and sand. Promote a sustainable use of land resources as this will be crucial for next generations to live and prosper.





Only print what you really need: over-consumption of paper has a real impact on deforestation which damages wildlife and people's habitats.

#### GOAL 16 Peace, Justice and Institutions



#### ACTIONS 151 TO 160 TO REDUCE INEQUALITIES

- ACTION 151 Ensure equal representation of staff in global and local decision-making positions (e.g. country, education, gender, etc.).
- ACTION Vote! Vote! Vote! Make your voice heard.
- ACTION 153 Promote urban participatory budgeting strategies to involve all members of the community in public money allocation processes.
- ACTION
   Stand up and speak up against any form of discriminatory violence, whether physical, verbal, psychological or virtual.



Engage in cultural, social, and political activities of your local community.





Promote organisations and institutions that provide legal services to minorities and less-advantaged people. With a lacking access to justice, conflicts remain unsolved and people cannot obtain protection.

- ACTION **157**
- LGBTQ+ communities often battle with inequalities and discrimination. Work towards building a more inclusive world.



Promote equal opportunities for all! Remember that peace is not only the absence of physical violence but also the provision of equal opportunities to everyone.

#### GOAL 16 PEACE, JUSTICE AND INSTITUTIONS





Support social movements against discrimination and systemic racism by sharing posts on social media and initiating conversations.



Listen to people in order to understand them and accept the difference of opinion: peace starts with a small-scale process!



#### GOAL 17 Partnerships for The goals



#### ACTIONS 161 TO 170 TO REDUCE INEQUALITIES

Learn about the Sustainable
Development Goals and promote the
2030 Agenda amongst your friends,
family and social media accounts.



ACTION **161** 

If you have experience in sustainability,
 share your knowledge freely with others!



An estimated 2.5 trillion dollars is needed to deliver on the 2030 Agenda. Encourage public-private partnerships, which are fundamental to fill this gap and a new generation of investment, strategies and institutions.



Follow and if you can collaborate with influential people who are acting as role models to promote the SDGs in social media and other public spaces.





Encourage initiatives that foster development assistance and investment in least developed countries.





- ACTION Ask educational institutions to publicise the SDGs within their institutions by displaying posters or organizing events.
- **ACTION** Share knowledge on SDGs to employees in the workplace.
- ACTION Ask your local authorities to embrace the SDGs as the roadmap for a more sustainable world!
- ACTION **170**
- Nurture an open dialogue on the SDGs.
   Take these 170 Actions to reduce inequalities and think about other actions that could join this list!



#### ABOUT THE SUSTAINABLE DEVELOPMENT GOALS

Our planet is a beautiful place. We can easily forget how much it has to offer because we are constantly being reminded of the challenges we face daily, from inequalities to poverty to climate change. If nothing changes to stop, prevent or reverse these challenges, it will only get worse. That is why the United Nations exists.

Everything we stand for is to create a brighter future for every individual, where everyone can thrive and reach their potential. We want to preserve the good that exists in people, places and the planet and put an end to issues that take hope away from us. That is why world leaders came together in 2015 and mobilized the 2030 Agenda: a set of 17 goals for sustainable development.

This matters to each of us, because we are all responsible for being a part of the change. Our actions today affect our children tomorrow. Everyone deserves a fair and equal chance in life. Through the goals, we can reach far and wide because the goals are universal, they leave no one behind. It's also important to understand that these goals are interconnected. We cannot separate poverty from hunger, or education from women's empowerment and so on. If we can grasp that, we are closer to understanding the needs that must be met, and in turn we are closer to achieving the 17 goals. It's time to reduce inequalities across our societies to achieve a more just and peaceful world.



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# REDUCE INEQUALITIES Now



