

SOCIAL SUSTAINABILITY:

1. **Find a job for yourself or help another person to find a job.** Duh? Yes, but do it. Being employed means you participate in the society and can provide in basic needs. Not all jobs are sustainable yet, but that's a different kind of a challenge. If you don't need to work and can focus on self-development that fits you more: volunteer!
 2. **Involve your parents in your education.** **Research** shows that if your parents/ caretakers are involved with your school activities there is a better chance you will finish school successfully. Want to know more? Read [this](#) .
 3. **Volunteer.** If you don't need a job, then make sure you do something productive like volunteering. Volunteering is a social and professional activity. You can build skills and learn a lot from volunteering. You can also put it on your CV. It really helps.
 4. **Practice gender equality.** For example, think of how someone of the opposite sex could be doing your line of work.
 5. **Be healthy. Move, practice sports, do fitness,** get out of the house, eat healthy foods.
 6. **Sports:** do groceries by bike, take the stairs, do sports weekly with a buddy, use public transport (which means more walking and more biking, etc.). Make sure you move at least five times a week for half an hour. Move intensively!
 7. **Civil participation:** Find people that you can work together with on things you find important. It can be anything from: keeping a neighbourhood garden to starting an energy cooperation and keeping your neighbourhood clean. You can join a political party, or a good cause, you can volunteer for an organization you find important. You can think of ways to support the local economy. You can start a band and promote local themes. There's a thousand things you can do!
 8. **Safety:** increase safety in your area. Make sure your house is safe against burglars, especially during holidays. Start a neighbourhood app. Increase good relationships with neighbours and other people from your area.
- **More ideas to consider?** Go [here](#) and have a look. If you scroll down you can find more sources. Need even more? No problem. Find more ideas by just talking to each other, reading newspapers, magazines, vlogs, blogs, twitter accounts, Instagram, movies, music, books! Share your ideas with the rest of your class.