

أَنَا رَحُّ بَلِّشْ



ANTI-LITTERING TEACHING GUIDE



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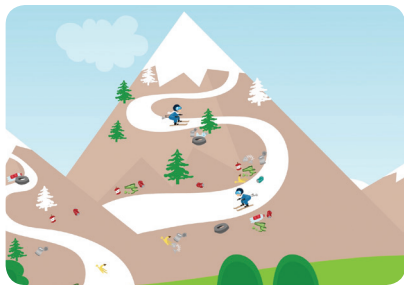
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● **What did you see at the beginning of this animation?**

■ **What didn't you like? Why?**

● Our mountains and nature; snow and winter sports (skiing, etc.) in the mountains.

■ Garbage is everywhere.

It's an eyesore and destroys the natural beauty of our mountains (visual pollution).

Besides air pollution, this also causes water pollution as the garbage will eventually disintegrate and seep down into the underground aquifers. From there, it makes its way into our rivers & streams and sea, as well as our village springs & fountains which we use for fresh water and often drink from.



● **Did you notice what the sea turtle was eating? Why is the turtle eating it?**

■ **What will happen to the sea turtle?**

▲ **There is another problem. What is it?**

● The sea turtle was eating a plastic bag. Sea turtles usually eat jellyfish, and because of its shape and color, the turtle thinks that the plastic bag is a jellyfish!

■ Afterwards the plastic bag will fill its stomach and the turtle won't feel hungry anymore and won't be able to eat, so it will slowly die from starvation.

▲ This leads to a change and imbalance in our ecosystem: as more sea turtles die like this there will be more jellyfish. Jellyfish are known to sting people who are swimming, so it's not good to have too many of them either!



● **Did you notice what the fish caught by the fisherman has swallowed?**

■ **What will happen to the fish? And to the other sea animals?**

▲ **What are the problems with this?**

● The fish swallowed a plastic bottle.

Fish eat the garbage in the sea. Depending on what the fish eat, some die, others are eaten by human beings or by other larger fish. Litter kills and injures animals. Many small sea animals crawl into bottles or jars and get stuck and slowly starve to death. They also get caught in plastic bags and other litter that is thrown away.

■ Big fish will eat smaller ones, and human beings will eat the fish. We might get sick right away or slowly accumulate bad toxins in our body...

▲ That's how the whole ecosystem can become contaminated. In the end, everything we throw comes back to us, either in the food we eat or the water we drink.



● **When we go camping or spend time in nature, what should we do with the garbage we produce? Why?**

■ **Why is a cigarette dangerous for nature?**

● We should take it back with us and dispose of it properly; it should not be left behind. Trash harms plants and degrades our natural areas. In time, it will break down into micro pieces full of chemicals and seep into the soil, contaminating the underground water aquifers. As you know, these flow into springs and rivers.

The only exception is food leftovers (such as fruits and vegetable peels) which can be left to compost. However they need to be hidden under or between rocks to avoid ugly sights, odors and insects.

■ Cigarettes are the same as any other type of pollution (they contain more than 4000 chemicals)! If left lit by mistake, they can lead to wild fires.



- **How are cars affecting our environment and our health?**
- **What can we do to reduce car usage?**

- Cars generate a lot of air pollution through their exhaust fumes. Air pollution can cause respiratory problems such as asthma, and other health diseases. It affects animals and plants too.
- We should use other means of transportation whenever it is practical (walking, cycling, and public transport such as buses). We can also car pool, meaning that we use a car with other people (such as other family members and friends) to avoid having one car per person on the streets.



- **What dangers are caused by an accumulation of garbage?**
- **What is plastic made from?**

- Garbage causes diseases and can lead to a proliferation of rats and insects (rats are carriers of many types of disease that make people ill, sometimes very seriously).
- Non-biodegradable garbage (such as plastic, nylon, tires, etc.) produces toxic matter when decomposing. This can lead to both air and water pollution and cause respiratory and other health diseases.
- Plastic bags & objects are usually synthetic, most commonly derived from petrochemicals (i.e. petrol or fossil fuel) and are toxic when disposed of. This is why it is much better to recycle them!



● **What is the difference between private property and public property?**

■ **Did you notice any contradiction in this sequence?**

- Private property is a plot of land or a house/apartment owned by a person or a group for their own exclusive use. Public property is owned by the government for the use of the general public such as parks, streets, public playgrounds, beaches, etc.

- Lebanese typically are hygienic and have good cleaning habits but often they only adopt them privately. They keep their houses very clean but our streets are often littered with garbage. Their cars are clean inside but many drivers throw garbage from their windows. Here, a well-dressed lady throws her cigarette outside as if it is not littering.

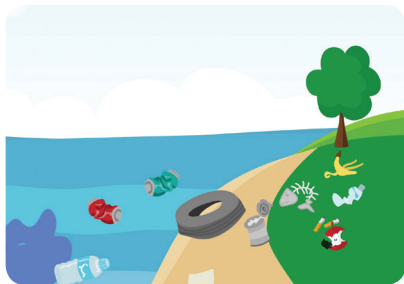


● **What have you noticed all over this animation?**

■ **Why was Rabih completely covered with garbage and dirt?**

- Garbage is everywhere! In all public spaces: in the mountains, in our sea, in the rivers, lying around on the streets...

- The garbage we throw away accumulates very quickly especially when garbage is not cleared up; litter invites more litter. Once litter has accumulated along a road or in a community, people are more likely to keep littering. Also, garbage takes so much time to disintegrate; some objects take hundreds of years and pollute all along the way!



● **What will happen if we continue throwing all our garbage away in nature?**

■ **Also, what does it mean for our villages, towns, and country to have garbage and litter strewn everywhere?**

- We won't have anymore green mountains nor will we have clear blue seas and oceans. They will soon all be covered with garbage. Worse still, litter is not only a visible problem! It also causes water, soil, and food pollution, leading to human diseases and, in extreme cases, the extinction of some animal and plant species.

- It means that we will have increasing health problems in our country, and Lebanon may lose its beauty, something which we are very proud of! Furthermore, tourists may not want to come visit our country anymore if it is covered in litter.



Why do people litter?

Unfortunately, many people are lazy. If there is no garbage or recycling container nearby, they just throw their garbage anywhere they please. Some can't be bothered to cross the street or walk a few feet to find a garbage bin. And others still don't want to make the effort of taking their garbage back with them or keeping a bag for the garbage in their car.

Some people say they don't care. In their minds, they think "someone else will pick it up for me." Other people litter because they don't believe that one person can make a difference.

Some say "*Chou, wo2fit 3aleyye? It won't make a difference! There's already litter everywhere.*"



Other reasons why people litter?

People are not educated or aware enough about waste issues, and they don't realize the consequences of their actions.

People don't have a sense of pride in their collective ownership of public spaces, as this is not instilled in the Lebanese culture.

Some think it's all right to litter if no one can see them do it (but it's not!).

Some believe that there are much worse problems in the world (such as war, poverty), so they think littering is only a minor issue and not worth worrying about.



● Why don't people think about taking care of public spaces?

■ Why is it important to do so?

- Many people remain unaware that, even if their houses and offices are clean, they will be directly affected by the dirt and pollution outside, not to mention the diseases! So they tend to neglect or disregard cleanliness outside their homes.
- We need to think of the outdoors, nature, and public spaces as our second homes. We should care for them the same way we care for our homes -for our own sake. And let's not forget our country too!



What did you learn from the kids in the animation?

We do not want to live in a dirty country; it is our country and belongs to everyone.

We should not throw anything into the sea or the rivers, out of our car windows, in the mountains, in parks or any other public space.

We should clean the trash around us, especially in nature and the sea and rivers.

All recyclable trash should go in recycling bins if they are available. Otherwise, it should be disposed of in garbage bins.



What else did you learn from the kids in the animation?

We should tell people to stop throwing garbage where they shouldn't and explain why.

We should inform people around us about the 3R rule:

Reduce, Reuse, and Recycle.

Lead by example! Sometimes we think that older people know more than us but in reality they have so much to learn from us. Kids can be examples to other kids as well as adults. And don't be afraid to talk about environmental behaviour with anybody as long as you are polite and correct in what you are saying!



How do we tell people to stop throwing garbage and polluting?

We can't convince people by shouting at them or by being rude, therefore the best example is to show or explain to them what is right and what is wrong in a polite and respectful way. It will be much more effective in convincing them.



What is the most important message you have learnt from the kids at the end of the animation?

ANA RA7 BALESH – and YES wo2fit 3aleyye!... Don't wait for others or the government. Act even if nobody else acts! If every person says it's not worth making the effort, thinking that no one else will either, there will never be a change. Having a positive attitude and behavior is contagious and can lead to change!

Each one of us can do something and together we can do so many things. Involve your family, your friends, your school, your community!

Be creative! Start new trends, activities and events to raise everyone's awareness about littering and waste in a fun way.



Why is it important to ACT now?

We don't want to live in a dirty country anymore.

We want to live a healthy life and we don't want to be made sick by pollution.

We have to keep public spaces clean, as well as the sea, mountains, rivers and the rest of our environment since it is our second home!

Litter is not just one person's problem; it's everyone's. However, it's a problem that can be solved if we all decide to be involved.

People *can* make a difference.
Litter *can* be conquered.

I'm starting now, will you follow me?



We can organize and undertake many activities to reduce waste and raise people's awareness about the importance of not littering!

In class, at school, in our village, in our city, in our community, and at home...

With our friends and our family !

Ana Ra7 Balesh, Ra7 Tel7a2oune?
I am starting now, will you follow me?

So what is next now?

What are some activities we can undertake with the students?

Once activities happen, talk about them at school!



Using social media, take pictures & videos and spread them to motivate the kids and others!

- ▶ Create a song about littering and promote the **AnaRahBalesh** attitude.
- ▶ Prepare colourful creative boards at school showing the purpose of **AnaRahBalesh**, then display them at school and within the community.
- ▶ Create a theatre play to explain the problems caused by litter and how to reduce, reuse and recycle (and up-cycle/transforming waste into other objects).
- ▶ Launch a competition among the students to raise awareness or solve a problem related to waste and littering.
- ▶ Put in place an up-cycling activity (example: transforming old T-shirts into reusable bags).

- ▶ Other games that promote positive environmental behaviour:

Run around the playground and pick up as much garbage as possible in the quickest way & then sort it out for recycling.

Go to a beach or a public space in the village and clean it up with all the students to raise awareness.

Run a competition for the class to see who can throw away the least garbage or recycle the most correctly.

Allocate 10 minutes per day to participate in an environmental awareness activity: bring old toys and swap them with friends; recycle old phones/electronics; exchange books, etc.

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