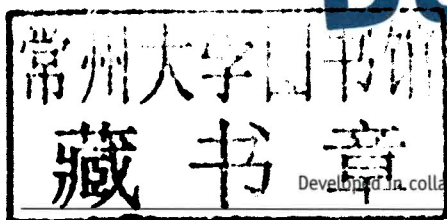




The **Ocean** Challenge Badge



The Ocean Challenge Badge



Developed in collaboration with



Convention on
Biological Diversity



PML

Plymouth Marine
Laboratory



United Nations
Educational, Scientific and
Cultural Organization

Intergovernmental
Oceanographic
Commission



The World Association of Girl Guides and Girl Scouts (WAGGGS) and the World Organization of the Scout Movement (WOSM) endorse this educational badge framework for use by Guides and Scouts around the world, adapting it as necessary to their local needs and requirements.

This booklet is intended as a guide for teachers and youth leaders. These individuals are responsible for the development of programmes and activities which are suitable for their group and should provide the required supervision to ensure all participants are safe and sound.

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WELCOME

“The ocean covers **70 percent** of the Earth's surface, and is essential for life on our planet – even for those of us who live nowhere near the sea!

It provides us all with food and other materials that we need, regulates our climate and provides half of the oxygen we breathe. The ocean also offers us various means of transport and opportunities for recreation. People have long thought that the ocean was so wide and bountiful that it would go on supplying our needs forever, but this is not the case: human activities are causing significant damage to life in the ocean. People are often unaware of the problems created by this heavy reliance, as few of us have the opportunity to look beneath the surface of the sea and see the damage that our actions have caused.

This is where the Ocean Challenge Badge comes in: let it take you on a journey to discover the ocean! It is packed with activities to help you learn about how the ocean works, the creatures that live in it, and just how important it is in our everyday lives. You will also discover how YOU can play a role in protecting our ocean for future generations. We hope you will be inspired to take the challenge and celebrate our ocean.

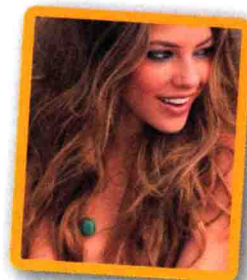
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Anggun



Carl Lewis



Debi Nova



Fanny Lu



Lea Salonga



Nadeah



Noa (Achinoam Nini)



Percance



Valentina Vezzali

BE SAFE AND SOUND!

DEAR LEADER OR TEACHER,

The challenge badges are designed to support you in undertaking educational activities. However, as you will be implementing these activities in different contexts and environments, it is up to you to ensure that the activities you choose are appropriate and safe.

Being by, on or in the sea can be a fantastic and exciting experience for your group, but you do need to be vigilant.

The **Marine Life Information Network** for Britain and Ireland has put together a seashore code containing advice on how to look after yourself and to protect the animals and plants that live on the shore (www.marlin.ac.uk/pdf/seashorecode.pdf). It says:

- * Before you go, tell someone where you are going, when you will be back and make sure you know what the weather and tides will be like. If you can, take a mobile phone.
- * Walk carefully over rocks, they may be slippery or unstable. Cliffs should also be avoided as they may be unstable.
- * Do not take living plants or animals home with you. If you do take shells home, make sure they are empty.
- * Take your litter home, it can be dangerous to people and wildlife and can ruin the scenery you are there to enjoy.
- * Report anything unusual that you find, but do not touch anything unless you are sure it is safe.
- * Treat all living things with respect and replace any stone or seaweed exactly where you found it.
- * Wash your hands before you eat and when you get home!



The sea can be an unpredictable place and it is up to you to make sure you have enough adult support to keep participants safe. You also need to make sure that you don't hurt the marine environment. Remember: "take only pictures and leave only footprints". Please consider the general precautions in the boxes below and carefully evaluate which other safety issues need to be taken into consideration before undertaking any activity.

A few additional tips should also help to keep you safe:

- * Avoid muddy shores as you can easily get stuck in the mud.
- * Watch out for waves, especially near rocks, as they can be bigger and more powerful than you think.
- * If there are any warning signs on the beach or coast (such as beach closed or no swimming), make sure you follow the advice.
- * If you want to swim, don't go into the water unsupervised and, if possible, only swim at beaches where there is a lifeguard on patrol. Make sure you know where other people in your group are.
- * Don't swim immediately after a meal.
- * Don't swim near pipes, outflows, rocks, breakwaters and piers and don't use them to jump off.
- * If you get into trouble in the water, don't panic; raise one arm up and float until help arrives. If you find you are in a rip current or undertow, float with it; don't try to swim against it.
- * Only use a snorkel if you are a good swimmer and the water is calm.
- * Take a first aid kit with you, just in case.
- * In some activities, you have the option of uploading pictures or videos to the internet on Web sites such as YouTube. Always make sure that everyone in the pictures or video, and/or their parents, have given their permission before you post anything online.

THE

CHALLENGE BADGE SERIES

Developed in collaboration with United Nations agencies, civil society and other organizations, the United Nations challenge badges are intended to raise awareness, educate and motivate young people to change their behaviour and be active agents of change in their local communities. The challenge badge series can be used by teachers in school classes, youth leaders and especially Guide or Scout groups.

To see existing badges go to www.yunga-un.org. To receive updates on new releases and other YUNGA news, register for the free YUNGA newsletter by emailing yunga@fao.org.



YUNGA has or is currently developing badges on the following topics:

AGRICULTURE: How can we grow food in a sustainable way?

BIODIVERSITY: Let's make sure no more of the world's glorious animals and plants disappear!

CLIMATE CHANGE: Join the fight against climate change and for a food secure future!

ENERGY: The world needs a healthy environment as well as electricity – how can we have both?

FORESTS: Forests provide homes for millions of plant and animal species, help regulate the atmosphere and provide us with essential resources. How can we ensure they have a sustainable future?

GOVERNANCE: Discover how decision-making can affect your rights and equality between people around the world.

HUNGER: Having enough to eat is a basic human right. What can we do to help the 1 billion people who still go hungry every day?

NUTRITION: What is a healthy diet and how can we make food choices which are environmentally friendly?

OCEAN: The ocean is mesmerizing and amazing. It helps regulate temperatures on Earth, provides us with resources and much, much more.

SOILS: Without good soil, nothing grows. How can we take care of the ground under our feet?

WATER: Water is life. What can we do to safeguard this precious resource?



CREATING BEHAVIOUR CHANGE

We work with young people because we want to support them in leading fulfilling lives, help them prepare for their futures, and for them to believe that they can make a difference in the world. The best way to make this difference is by encouraging young people to embrace long-term behaviour change. Many current social and environmental problems are caused by unhealthy or unsustainable human behaviour. Most people need to adapt their behaviour, and not just for the duration of a project such as working on this badge, but for life. Young people know more about these issues than ever before, but still behave in detrimental ways. It is clear that simply raising awareness is not enough to change behaviour.

So what can you do?

There are some proven ways of promoting behaviour change, so to increase the long-term impact of this challenge badge, try to do the following:



FOCUS ON SPECIFIC, ACHIEVABLE BEHAVIOURAL CHANGE Prioritize activities which target very clear and specific behaviour change (e.g. 'buy and eat ecolabelled fish' rather than 'help protect fish stocks').



ENCOURAGE ACTION PLANNING AND EMPOWERMENT Put young people in charge: let them choose their own activities and plan how to carry them out.



CHALLENGE CURRENT BEHAVIOUR AND TACKLE BARRIERS TO ACTION Encourage participants to scrutinize their current behaviour and think about how it could be changed. Everyone has excuses for why they don't behave in a particular way; lack of time, lack of money, not knowing what to do... the list goes on. Encourage young people to voice these excuses and then find ways around them.



PRACTISE ACTION SKILLS You'd like to take public transport more often? Collect and practise reading timetables, plot out routes on a map, take a walk to the bus stop, find out what the fare is, do a trial journey. You'd like to eat more healthily? Try lots of healthy foods to see which you like, experiment with recipes, learn how to read food labels, create meal planners, visit the shops or local markets to find healthy food choices. Keep practising until it becomes a habit.



SPEND TIME OUTDOORS No one is going to look after something they don't care about. Time spent in natural environments – whether that is the local park or a pristine wilderness – encourages an emotional connection with the natural world which is proven to lead to more pro-environmental behaviour.



GET FAMILIES AND COMMUNITIES INVOLVED Why change the behaviour of just one young person when you could change the behaviour of their entire family, or even the whole community? Spread your message more widely, encourage young people to pester their family or friends to join in and showcase what you have been doing for the local community. For an even bigger impact, get political and lobby your local or national government.



MAKE A PUBLIC COMMITMENT People are far more likely to do something if they agree to do it in front of witnesses or in a written statement – why not take advantage of this?



MONITOR CHANGE AND CELEBRATE SUCCESS Behaviour change is hard work! Revisit tasks regularly to monitor achievement and reward continued success in an appropriate way.



LEAD BY EXAMPLE The young people you work with look up to you. They respect you, care about what you think and want to make you proud. If you want them to embrace the behaviour you are advocating, then you must lead by example and make those changes yourself.

TIPS ON UNDERTAKING THE BADGE WITH YOUR GROUP



In addition to the suggestions above encouraging behavioural change, the following ideas are intended to help you develop a programme to undertake the challenge badge with your group.

STEP 1 INVESTIGATE

Before and while carrying out the activities included in this booklet, encourage your group/class to learn about the ocean and the life that it contains, how humans use the ocean and how human activities are changing it. You could start by finding out when your group's members last visited the coast, what they did there and what they liked and disliked about the experience. Get them thinking about other people they saw by the sea and how they were using it – did they see anyone fishing? Were there boats or ships on the horizon? What else was going on? Explain how some of these activities can influence the quality of the marine environment and the organisms that live there. Also talk about how what we do on land influences what goes on in the ocean. Finally, discuss with the group how our individual choices and actions may affect the ocean, and what we can do to help make a positive difference.

STEP 2 SELECT

Apart from the compulsory activities, which ensure that participants understand basic concepts and issues related to the ocean, participants are encouraged to select the activities that best match their needs, interests and culture. As far as possible, let the participants choose which activities they want to do. Some activities can be done individually, others in small groups. If you have another activity that is relevant or particularly appropriate to your area, you may also include it as an additional option.