

Digital Sobriety - 5 Tips to Reduce Your Ecological Footprint

 Refuse	 Reduce	 Reuse	 Repair	 Recycle
By refusing to use a digital product or service, you save the amount of energy and raw materials they would have consumed.	All content stored on the Internet—even if you're not currently viewing it—involves transferring data between servers. You can reduce this impact by rethinking your digital usage.	By reusing your devices and files, you help reduce the impacts associated with manufacturing new equipment and transferring data over the Internet.	Repairing broken items and updating obsolete operating systems extends their lifespan and limits the impacts associated with the manufacturing and usage stages.	The batteries and heavy metals from electronic devices that are thrown in the garbage end up polluting the environment. Recycling your devices helps limit that impact.
Ways to refuse:	Ways to reduce:	Ways to reuse:	Ways to repair:	Ways to recycle:
Keep your devices longer. 	Lower your video quality. Watch in 1080p instead of 4K. 	Donate or resell your device. 	Before replacing your device, consider getting it repaired. 	Drop off your old devices at recycling collection points. 
Close any browser tabs you're not using. 	Delete your unnecessary multimedia files from the cloud (duplicates, GIFs, blurry images, etc.). 	Don't download the same document 10 times. 	Update your phone's operating system. 	You can head over to your community ecocentre . Some local libraries also have drop-off bins for your old devices. 
Turn off your devices instead of leaving them on standby. 	Use AI only when it's actually useful to you. 	Use your "Favourites" to save your favourite sites. 	Etc.!	Recycling your phone means new objects can be manufactured without digging new polluting mines. 
Etc.!	Reduce your screen time. 	Etc.!		Etc.!
	Etc.!			

