Digital Sobriety – 5 Tips to Reduce Your Ecological Footprint

Refuse

By refusing to use a digital product or service, you save the amount of energy and raw materials they would have consumed.

Ways to refuse:

- Keep your devices longer.
- Close any browser tabs you're not using.
- Turn off your devices instead of leaving them on standby.
- Etc.!

Reduce

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.

Ways to reduce:

- Lower your video quality. Watch in 1080p instead of 4K.
- Delete your unnecessary multimedia files from the cloud (duplicates, GIFs, blurry images, etc.).
- Use AI only when it's actually useful to you.
- Reduce your screen time.
- Etc.!

Reuse

By reusing your devices and files, you help reduce the impacts associated with manufacturing new equipment and transferring data over the Internet.

Ways to reuse:

- Donate or resell your device.
- Don't download the same document 10 times.
- Use your "Favourites" to save your favourite sites.
- Etc.!

Repair

Repairing broken items and updating obsolete operating systems extends their lifespan and limits the impacts associated with the manufacturing and usage stages.

Ways to repair:

- Before replacing your device, consider getting it repaired.
- Update your phone's operating system.
- Etc.!

Recycle

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 recycle:

- Drop off your old devices at recycling collection points.
- You can head over to your community **ecocentre**. Some local **libraries** also have drop-off bins for your old devices.
- Recycling your phone means new objects can be manufactured without digging new polluting mines.
- Etc.!

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