

# **We have the power to protect polar bears.**

**And the best way to protect polar bears is to save their sea ice home!**

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Polar bears live in the Arctic, where they hunt seals on the sea ice. But climate change is melting the polar bear's sea ice home.

To save sea ice, we must move away from burning fossil fuels like oil, coal, and gas. Why? Because these fuels produce gases that act like a blanket around the earth, heating up our planet and causing the sea ice to melt.

The good news is that we have the power to change this! We can switch to renewable energy sources like solar, water, and wind. This will save polar bears and create a better world for all of us.

**Here's how you can help your community get involved ▼**



# YOU can help save our sea ice!



**Talk about it.** TALK about climate change and climate solutions with your families, teachers, and other adults. By showing you care, you can inspire grownups to get involved. And even though you're too young to vote, you can talk to the adults in your life about why it's important to vote with the climate in mind.



**Two up, two down for polar bears.** Find out what type of energy is used to heat and cool your school and home. If it is based on fossil fuels, take our [Thermostat Challenge](#). Suggest a friendly challenge with another house or school to see who can save the most energy.



**Make your community idle-free.** Remind your parents and other adults not to leave the engine running when waiting in a pick-up line or drive-thru. See our [No Idle Toolkit](#) to make this a community challenge!



**Bike for polar bears.** You can help reduce carbon emissions from vehicles by riding your bike and encouraging your community to become bike friendly. Check out our [Pedal for Polar Bears Toolkit](#) to learn how.



**Share Flat Nanuk.** Print out our [Flat Nanuk](#) polar bear and add a message to his sign. Write "Save Polar Bears" or "Ride Your Bike!" or whatever you want. Then get creative with sharing: tape him to a window, post a photo on social media, or take him to a march.



**Become a teacher.** Do your parents know where the energy in your home or school comes from? Does it come from polar-bear friendly sources like solar, wind, or water? If not, can they switch? Give them some homework to find out. Then visit the [Education Center](#) of our website with them to learn more about polar bears and the sea ice they depend on.