

YOU Can Make a Difference...



Rachel and Goliath...

When she was twelve years old, Rachel Parent did a school project on genetically modified foods. It changed her life.

Two years later, Parent was the founder of *Kids Right to Know*, an organization that promotes labeling food to reflect its content. She speaks at events like the recent global “March on Monsanto” in Toronto, ON and has done a TED Talk. She’s making a difference.



Things you Can Do ... as a school, class, and individual...

- **Boycott bottled water** and help establish water filling stations in your school
- **Adopt a park and waterbody** near your school or home and take care of it
- **Start a tree-planting** program on the school and bordering properties and get the community involved
- **Plant a garden** in the school for bees and butterflies
- **Create a rain garden**
- **Organize presentations** to educate the community



“Some waterbody, somewhere, is part of who you are.”

The Watermark Project collects and archives true stories about ways people interact with water. These stories help protect the waters we love by showing they matter. You can make a difference.

<https://www.watermarkproject.ca/submit>

Register your Watermark, protect your waterbody

A Watermark is a true story about you and a body of water. Your Watermark describes a memory of a time spent near water or the way water has shaped your life. Every Watermark has 4 things: 1) a person; 2) a waterbody; a specific time/date; and 4) a story of how it affected you in that moment.

Watermarks are a powerful tool that will help protect waterbodies in the future. Here's how:

- When you contribute a story to the archive, you *register the waterbody* in a national database of important waters.
- You *document* the value of that waterbody to you and your community.
- You *help researchers* identify waters where people swim, drink, or fish, so that those uses can be protected in the future.
- You provide *evidence* that ensures environmental laws can be used to safeguard your waters.

WatermarkProject.ca

