**No Impact Man**

*How do our habits impact the environment?*

**Part I - Consumption**

1. What problems did Michelle and Colin think the TV caused for them?
2. Do you think the TV causes similar problems in your own life? Why or why not?
3. What role does advertising play in our society?
4. Do you think you could go a whole week without buying anything new? A whole year?
5. How do you feel about using secondhand items?

**Part II - Energy & Water**

1. How does electricity impact the planet?
2. Why couldn’t the Beavans find a renewable source of power that could meet 100% of their energy needs? What makes it especially hard for people in cities to live “no impact” when it comes to electricity?
3. What has to happen before power plants provide electricity to homes using renewable energy sources like solar and wind power?
4. Which do you think is better: bottled water or tap water? Why?
5. What were the Beavan’s concerns about the cleaning supplies they had at home?
6. How would using homemade cleaning supplies keep the waterways clean?
7. What did the Beavans do to conserve water?

**Part III - Transportation**

1. Is the most commonly used form of transportation also the one that is best for the environment? Why or why not?
2. Why do you think that people are willing to spend so much time and money working to pay for their cars?
3. What impact would using active transportation have on our health, wallets, quality of life, and the environment?
4. What barriers prevent more people – including students – from using active transportation, mass transit, or carpooling?

**Part IV Food**

1. In what ways could the Beavan’s choice to eat locally and seasonally help the environment, the local economy, and their health?
2. What other benefits did they experience?
3. What were the negative aspects of the experience?
4. What do you find the most appealing and/or unappealing about the idea of eating locally and seasonally?
5. Is shipping food long distances a necessity of modern life? Why or why not?
6. How can the Beavans have a greater variety of foods next winter and still keep their commitment to eating locally and seasonally?