

# 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.



*"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:



## 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

- 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

