

# WHAT DO YOU STAND FOR?

part of **GreenGate Methodological Toolkit<sub>2</sub>**

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# What Do You Stand For?

## INTRO

How often do you really think about your own habits when it comes to makeup, skincare, or medicine? In this activity, we're putting your daily choices to the test - literally!

You'll hear a series of statements like "I always check the ingredients in my cosmetics" or "I take medicine without reading the instructions"- and then you'll move to the YES or NO corner based on your own experience. No right or wrong answers, just a chance to reflect, compare, and maybe even rethink some habits!

**Aim:** Think critically about topics, discuss and justify your opinion.

**Time:** 20 minutes

**Place:** Indoors or outdoors

**Tools:**

- statements (appendix)
- paper saying YES
- paper saying NO
- several cosmetic products
- school tablets with GreenScan app

## CORE

Spread the papers with the YES and NO signs in the space so that there is more space between them. Have participants start by standing between them.

One by one, read the statements to them. After each statement, the participants line up behind the paper that expresses their opinion.

When participants made their decision, you have two options:

1. invite a few participants from each side to share their reasoning.
2. when opinions split the group in half, make them into two teams. One team defends the YES side, the other defends the NO side. You can be the judge who listens and decides which team had the stronger arguments.

*This activity is good for drawing participants into the topic of the negative effects of cosmetics. It can serve as a starting point and can be followed by other activities from this guide.*



## CORE

Introduce participants to the GreenScan app, which identifies harmful ingredients in cosmetics, and the Green-Gate platform, which offers engaging articles and DIY videos on creating homemade beauty products: <https://green-gate.eu/>. Test the app with tablets and example products.



### Appendix Statements

(According to time limitations, you can choose a few of these or add your own.)

#### Age 13-14

- I make/have made my own skin-care products.
- I try to buy products without plastic packaging.
- I tried/use solid shampoos or deodorants.
- I want to buy cosmetic products that were promoted to me through social media.
- I have many cosmetic products at home that I don't even use.
- I check the ingredients in the products I am using.

#### Age 15-26

- When I buy a beauty or skin-care product I check the ingredients.
- When I go outside and it is sunny, I put on sunscreen.
- I buy cosmetics with eco/bio certification.
- I make/have made my own skin-care products.
- I try to buy products without plastic packaging.
- I tried/use solid shampoos or deodorants.
- I have an application that assesses ingredients.
- The deciding factor for cosmetics is the price.
- I often buy cosmetic products that were promoted to me through social media.
- I have many cosmetic products at home that I don't even use.
- Pain-killer medication is my no.1 remedy.
- I take vitamin supplements almost daily.
- I have strategies to relieve a headache without taking medication.
- When I take an over-the-counter medication, I check the instructions of usage and the side-effects.