

# Assembly – Notes for Teachers

## Notes for teachers:

This assembly can be used with a single class or a larger group, as an introduction to Freedom to breathe. There is a lesson which follows the assembly and builds on the students' learning. The Freedom to breathe teaching resources have been developed by educational professionals and will achieve three key learning outcomes.

## Students will:

1. Understand the state of air quality in their city, and how it compares to other cities.
2. Understand the health impacts of air quality on their physical health, mental health and their ability to learn.
3. Understand how they can claim their right to clean air by understanding what the UN Convention on the Rights of the Child is. It is focused on their rights to the best possible health, clean water and a clean environment (article 24), but does not include the explicit 'right to clean air.'

**Curriculum links:** Lesson plans linking to various subjects, have been developed for Classes 5-6 and 7-8

**Freedom to breathe** aims to gather the support of 20,000 children from four target cities (starting with Beijing, Delhi, London, Los Angeles) - in support of a call to the UN to acknowledge Children's Right to Clean Air. Students will have the opportunity to join a virtual event in November to hear the response from the UN.



Freedom to breathe

What are the  
things we  
need to live a  
**happy and  
healthy** life?

PAUSE POINT

**Food**

**Clean  
Water**

**Sleep**

**What are the  
things we  
need to live  
a happy and  
healthy life?**

**Warmth**

**Shelter**

**Fun!**

**Exercise**

**PAUSE POINT**

 **Freedom to breathe**

# How about clean air?

**What do you  
know about  
air pollution?**

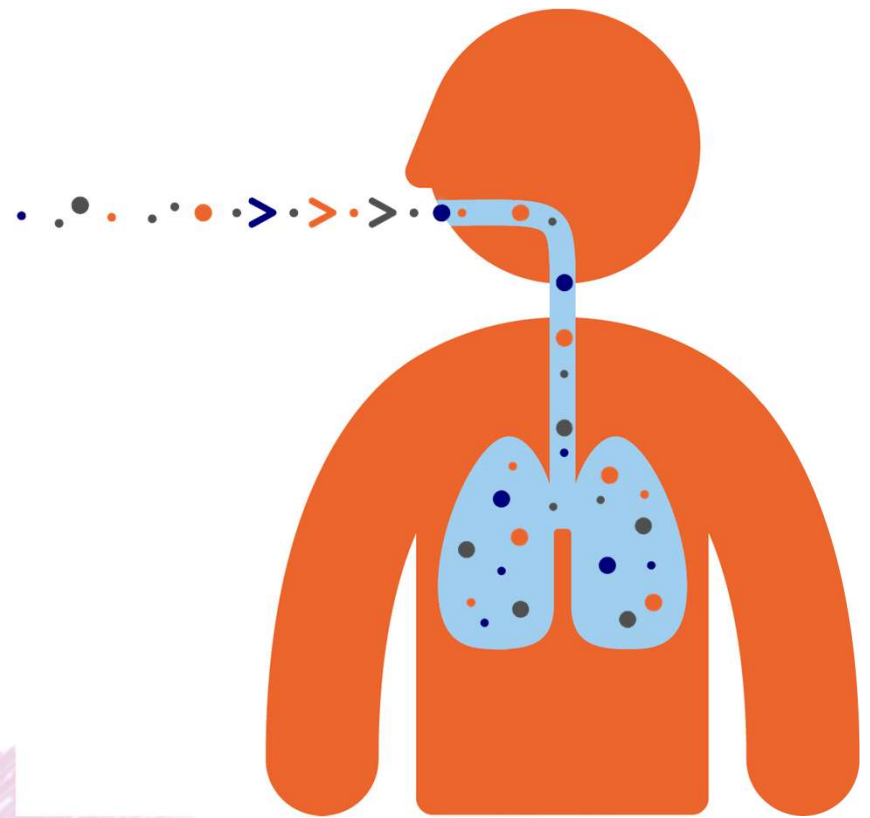


**PAUSE POINT**

Air pollution is in the air that we breathe in.

The particles and gases enter our bodies and can damage our health and physical and mental development.

Air pollution can be indoors and outdoors.





Any amount of air pollution can be damaging to our health and physical and mental development, but the more that you are exposed to, the bigger the risk and the larger the impact it can have.



# Can you guess where air pollution comes from?

Try to finish the sentences:

- **Indoor** air pollution is caused by things like....
- **Outdoor** air pollution is caused by things like....

PAUSE POINT

# Indoor air pollution is caused by...

Cooking - gases and particles are released when food is cooked.



Chemicals in cleaning products, craft materials, or personal care products (eg body sprays) that are released into the air. These harmful gases are called volatile organic compounds (VOC)



Release of smoke from things that are burnt in the home e.g. cigarettes and incense sticks.



Dust, mould and bacteria.



# Outdoor air pollution is caused by ...

**Vehicles** such as cars, vans, trains, ships, planes release nitrogen dioxide & carbon monoxide & particulate matter into the air.



**Factories** and **power plants** that generate energy/electricity by burning fossil fuels, release harmful gases and particulate matter.



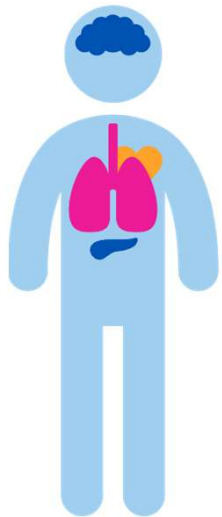
**Agricultural practices** like stubble burning emits fine particulate matter (PM2.5). Fertilisers & pesticides (chemicals) can cause pollution.



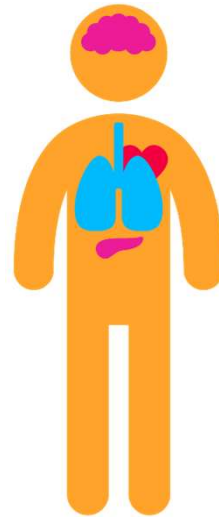
**Burning of waste, plastic, painted or treated wood** release toxic chemicals in the air



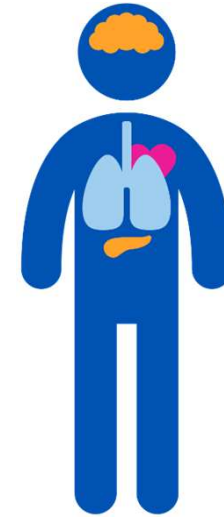
# How does air pollution affect us?



Air pollution can damage your **lungs** and impact your breathing.



Exposure to air pollution can affect your **brain** and therefore your ability to learn and your mental health.



Breathing in air pollution can impact your **heart** and cause future heart problems.

**PAUSE POINT**

# New Delhi

- Daily levels of toxic air in Delhi schools, which are often close to roads, are more than 10 times worse than acceptable standards.
- About half of the 4.4 million children who live in Delhi have serious lung damage.
- Recent lung tests conducted on 5,718 students in Delhi show that 43.5% suffer from “poor or restrictive lungs”.



**We can all help to make sure the air around us is cleaner.**

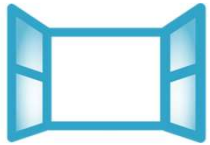
**What could you do?**

Hint: think about things you've done over the last week (e.g. at home/school, your journeys, your activities):

- Could you have done anything differently?
- Are you already doing something to help?

**PAUSE POINT**

## At home



- Keep your windows open to let the fresh air in – especially when cooking or cleaning



- Switch to environment friendly or low VOC generating household cleaning and personal care products



- Talk to friends and family to create awareness on how some of our actions (like burning things, smoking) can affect indoor air quality

## When travelling to places



- Walk, cycle, scoot or take public transport whenever you can instead of using your car



- Car pool with your friends



- Don't idle – ask your parents/adults to turn off their engines when the car isn't moving



**Everybody can play a part to make sure  
we have cleaner air!**

There's something else we can do too...

# What is a right?

Rights are important things which we **need** to live a happy and healthy life.

We talked about some of these earlier...

PAUSE POINT

**Clean  
Air**

**Food**

**Clean  
Water**

What are  
the things  
we need to  
live a happy  
and healthy  
life?

**Warmth**

**Shelter**

**Fun!**

**Sleep**

**Exercise**

**PAUSE POINT**

 **Freedom to breathe**

# Needs and wants

What is the difference?

Need:

Something we must have to live a happy and healthy life

Want:

Something we like but we don't need

# Need or want?

What is the difference?

Video games  
Clean water  
Netflix  
Chocolate  
Hospitals  
Education

Clean Air?

PAUSE POINT

A young girl with curly hair, wearing a striped shirt and blue shorts, is smiling and looking towards the camera. She is standing on a colorful playground surface with red, blue, and yellow sections. The background is slightly blurred, emphasizing the child.

The United  
Nations  
Convention on  
the  
Rights of the  
Child (UNCRC)

The UN says that children should have access to hospitals, clean water, healthy food, a good and clean environment and education.

But they do not clearly say that clean air is a right!

# Should Clean Air be a right?



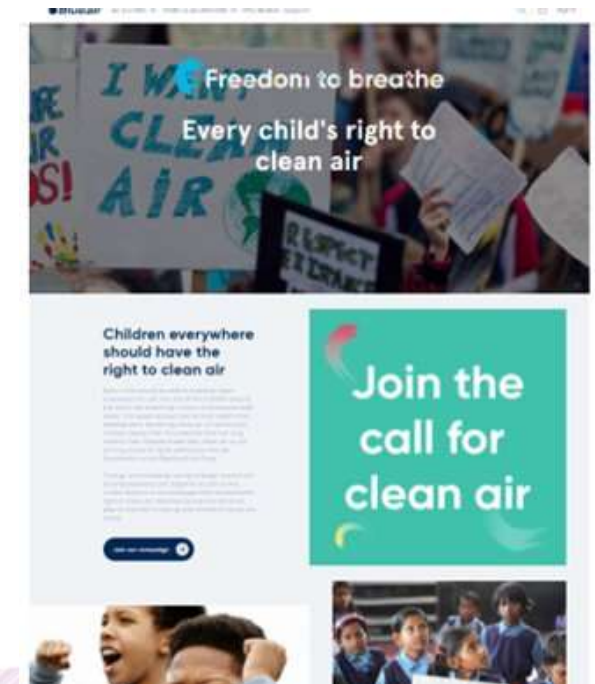
What can  
you do to  
make sure  
we have  
cleaner air?

What can  
we do to  
make sure  
we have  
cleaner air?

What can  
everybody  
do to make  
sure we have  
cleaner air?

# The UNCRC does not explicitly state Clean Air should be a right.

- Do you think it should?
- Raise your hand if you agree.
- Your voice will be shared along with other children from Delhi, London, Beijing and Los Angeles to tell right people know you think clean air should be a clear right.



Visit: [www.blueair.com/in/freedomtobreathe](http://www.blueair.com/in/freedomtobreathe)

Follow us on Twitter: @Join\_Ftb #Freedomtobreathe



# What happens next?

- 20,000 children calling for the Right to Clean Air all over the world – starting in Beijing, Delhi, London & Los Angeles!
- Event in November bringing together the children's voices to the UN.
- Your ideas are really important – express yourself creatively using any of the methods:
  - Stories, poems, letters, songs
  - Artwork
  - Videos or photography (of actions and places, not people)



Freedom to breathe