**DIGITAL DETOX – Unclutter your junk to help the planet**

Emails

If every person deleted just 10 spam emails, we could save 172,500 gigabytes of storage space - that's the same as the storage in about 3000 phones! What can you do?

* Unsubscribe from news and mailing lists that are no longer relevant to you and are kept up-to-date
* Check your spam folder and delete emails!

**You can make a change today!**

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Smart phone camera roll

Extra photos saved on the cloud and in your cameral roll waste digital storage space! What can you do?

* Delete duplicate photos and unwanted ones
* Spend a little more time lining up your shots!
* Regularly review your cloud and camera roll images

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Video Streaming

Did you know that one hour of streaming produces about 55 grams of CO2 equivalent? That's the same amount as charging seven smartphones! What can you do?

* Reduce your music and video streaming and stream on smaller devices when you can
* Stream over wi-fi rather than mobile networks wherever possible
* Enjoy your favourite shows with others!

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The Cloud

Did you know that the Cloud now has a greater carbon footprint than the airline industry? A single data centre can consume the equivalent electricity of 50,000 homes. What can you do?

* Delete duplicate and unwanted files
* Check whether the file needs to be stored on the cloud and simply on your device or a hard disk
* Review cloud files regularly

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Buying new devices

Thinking of purchasing a new device? The average mobile creates 55 kilograms of carbon emissions in manufacture, equal to 26 weeks of laundry. What can you do?

* Get your devices repaired
* Check out refurbished options! They are kinder to the planet and your wallet
* Donate or recycle your current device
* If purchasing a new or refurbished device, take steps to protect it and help it last longer

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