



FRIEDA

AND
THE



SUSTAINABLE
DEVELOPMENT
GOALS

BY UNITED NATIONS INFORMATION CENTRE (UNIC) WINDHOEK



FRIEDA AND THE SUSTAINABLE DEVELOPMENT GOALS.

Frieda and the Sustainable Development Goals

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A NOTE TO OUR READERS

On 1 January 2016, 17 Sustainable Development Goals, also known as the SDGs, officially came into force. These goals are part of a plan of action that world leaders agreed will help make the world a better place by 2030.

The year 2030 may seem far away, but it takes a lot of work and commitment to achieve these issues – such as ending poverty, fighting inequalities, tackling climate change, protecting our ocean and animals, and ensuring that no one is left behind.

The Goals call for all countries to help protect our planet. This includes governments, businesses, civil society and young people like you! In this book you will learn more about what the Goals are and also find some tips on what you can do to make a difference in your life and in the lives of those around you! Making a difference starts with you!



In the land of the free is where Frieda stays.
Her country is extremely beautiful, in many
different ways.



Breathtaking landscapes, many animals and
valuable resources **GALORE;**

Plus kind people, fun music and no war.

****Galore means a lot of something****







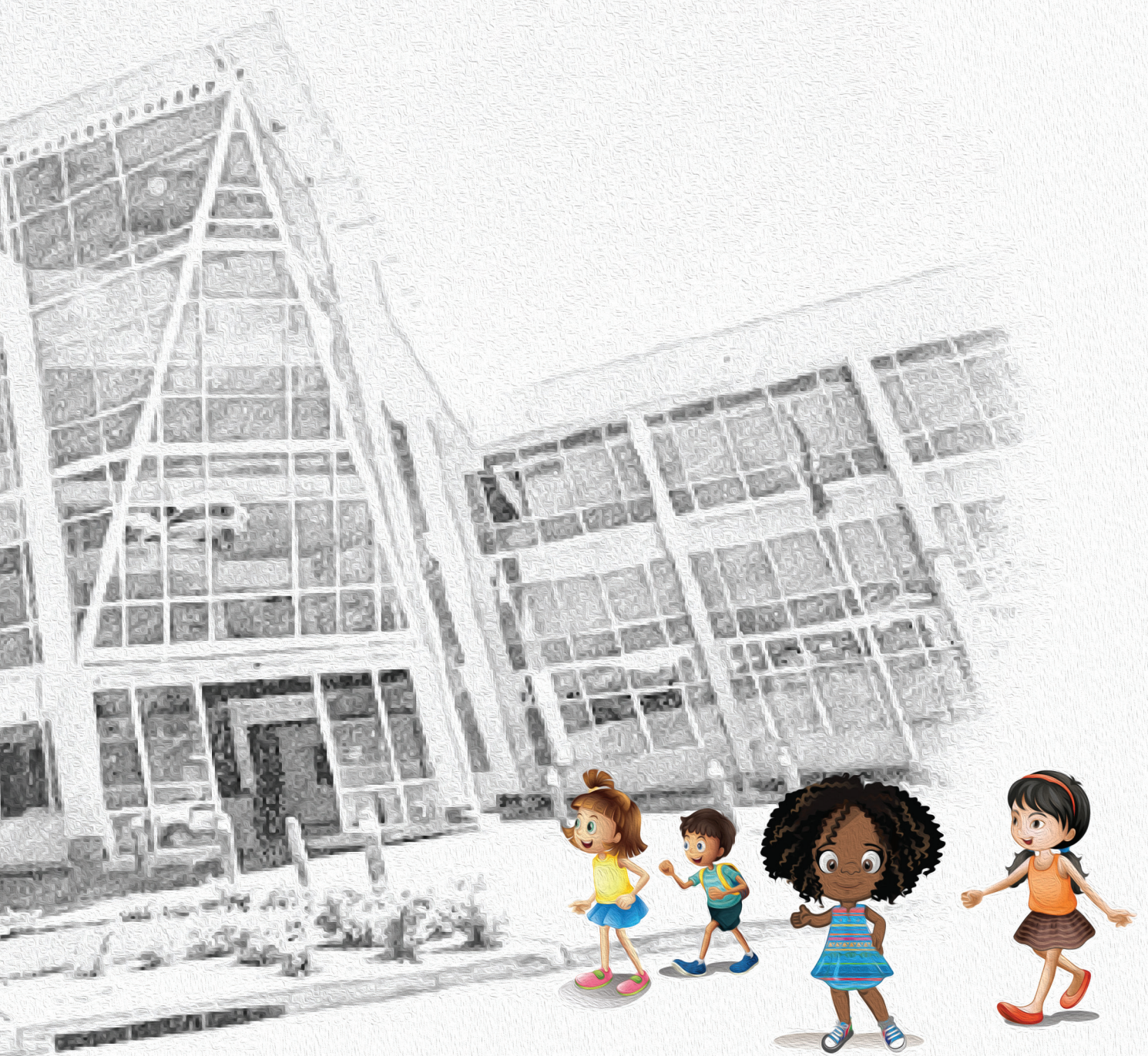
In school Frieda learns about the countries of the world. She learns about the United Nations, and how countries work together to create peace **TREATIES**. The UN works with the Government to make the world an even better place, for all people, no matter their gender, religion or race.

Treaties are agreements.



One day, Frieda and her class visited the United Nations House in Windhoek, Namibia. The smart children answered tough questions posed to them very quick.





Hearing more about the UN **MOTIVATES** Frieda to grow up and change the world. However, she thinks that right now she can't because she is only a little girl.

****Motivates means to be given a reason to do something****

The UN representative tells her,
“You can bring about change! There’s a lot
of things you can do, a very wide range!”



“The United Nations is working to achieve the Sustainable Development Goals. Everyone can help to achieve the SDGs; young or old; no matter their roles.”



“Starting off with achieving no poverty, we must work to meet our basic need.



Everyone deserves a safe home;
this is something we need, **INDEED!**"

Indeed means 'in fact' or 'in truth'



“Next, we want zero hunger and for all people to have access to food.



NUTRITIOUS meals help you to perform well and put you in a good mood."

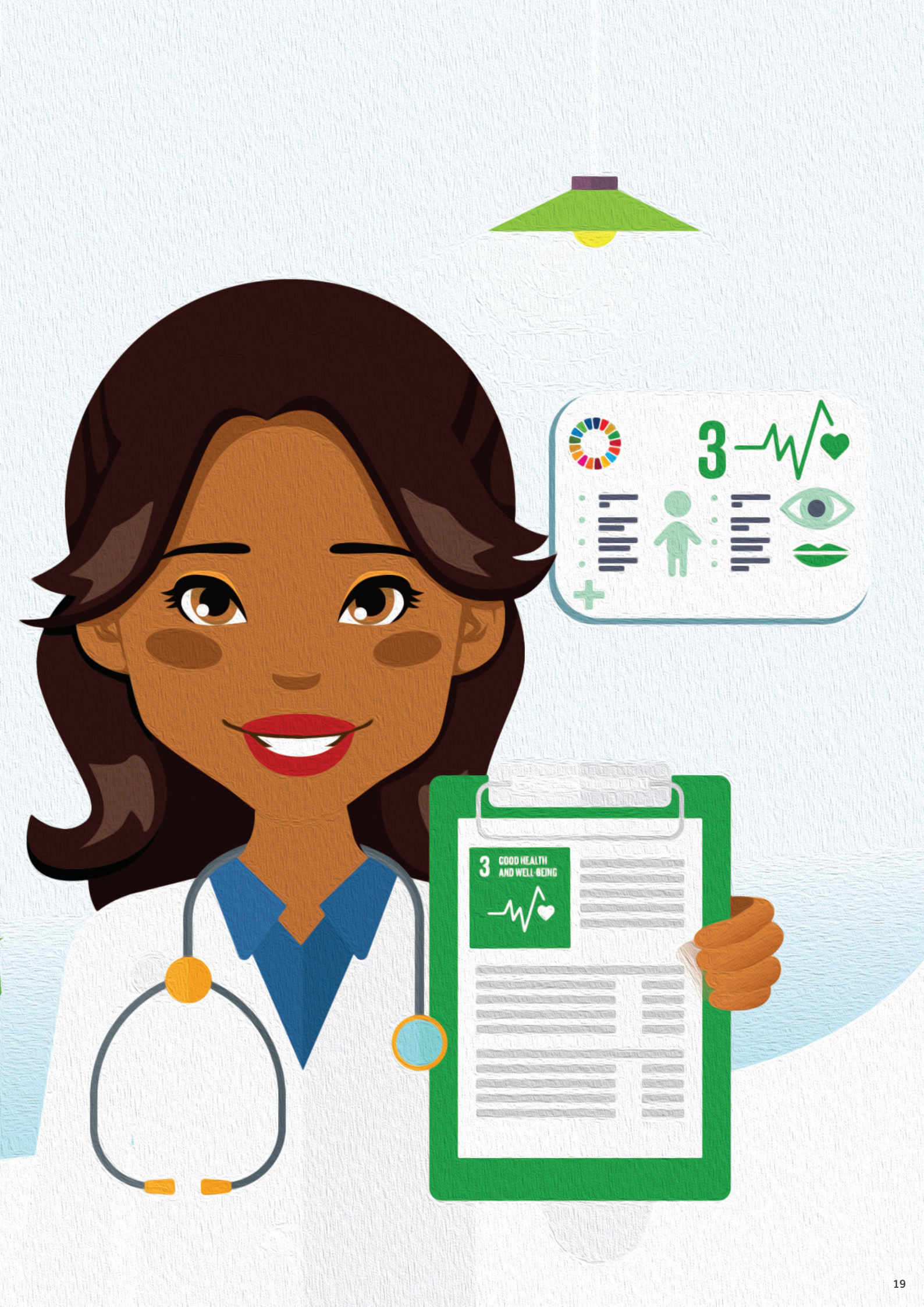
****Nutritious means healthy and well-balanced.****



“Everyone has the right to medicine,
being able to exercise and good health;

Regardless of where you live,
your age or your wealth.”





“It is important to learn how to read and write and how to do math.

All people deserve quality education so that they can succeed on their life path.”





“All boys and girls should be treated **EQUALLY** and given the same opportunities.

****Equally means in the same way****



We must promote equality and stop
GENDER-BASED VIOLENCE in all communities."

****Gender-based violence means to be physically cruel to someone just because they are a boy or a girl****



“Everyone has the right to clean
water and **SANITATION**;



In the North, South, East and West, all people of the nation."

****Sanitation means living in a clean and healthy way. It also means the right way of getting rid of waste.****



“Instead of using petrol and other resources that can be **DEPLETED**.”



Sunlight can power things, and its use can be repeated and repeated."

****Depleted means to be used up****



“All people should have positive
and safe **EMPLOYMENT**,

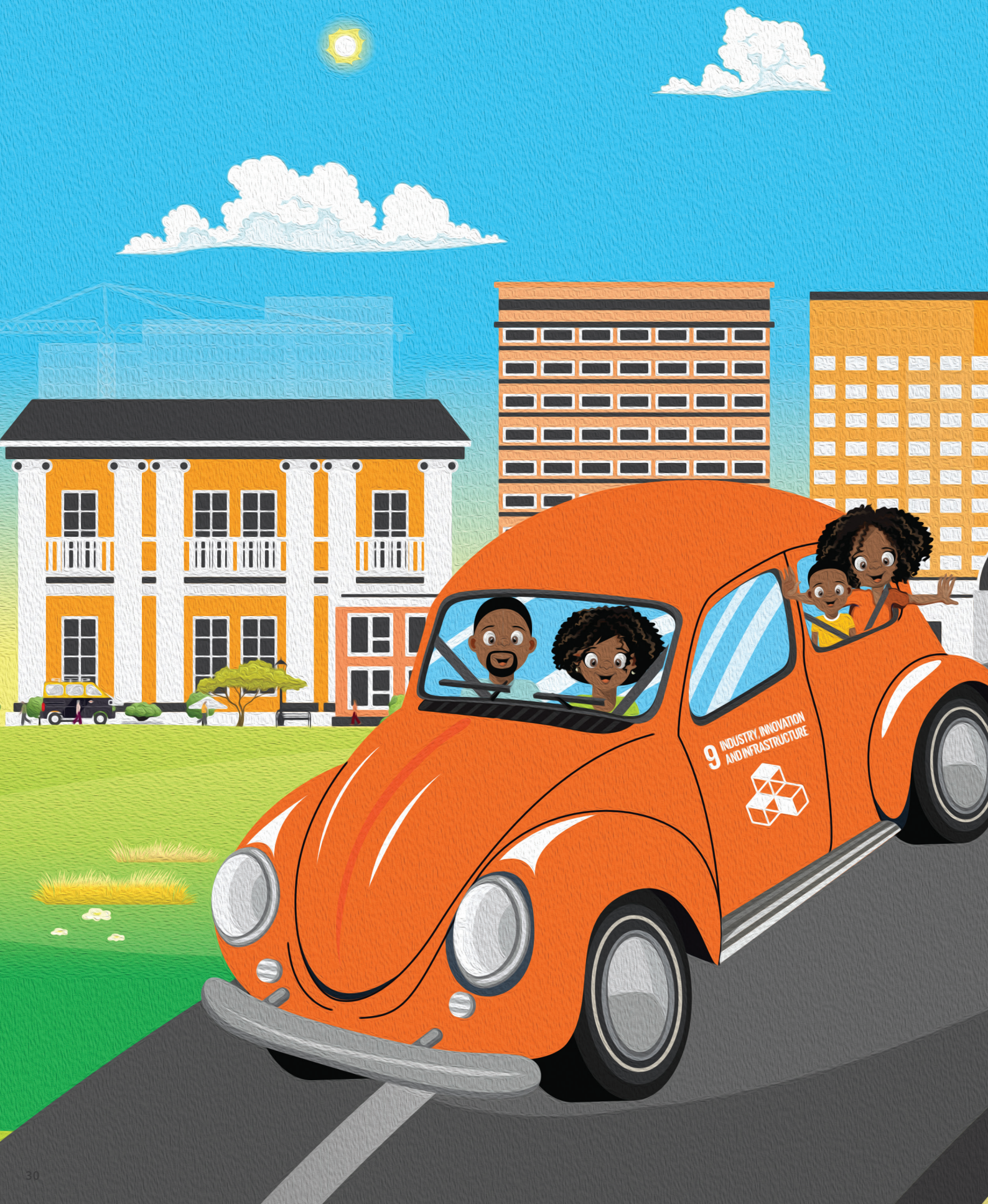




And the economy should be able to grow positively in the present."

Employment is someone's work and how they make money to support his or her family

“Our roads and bridges should be built to last and be strong.”



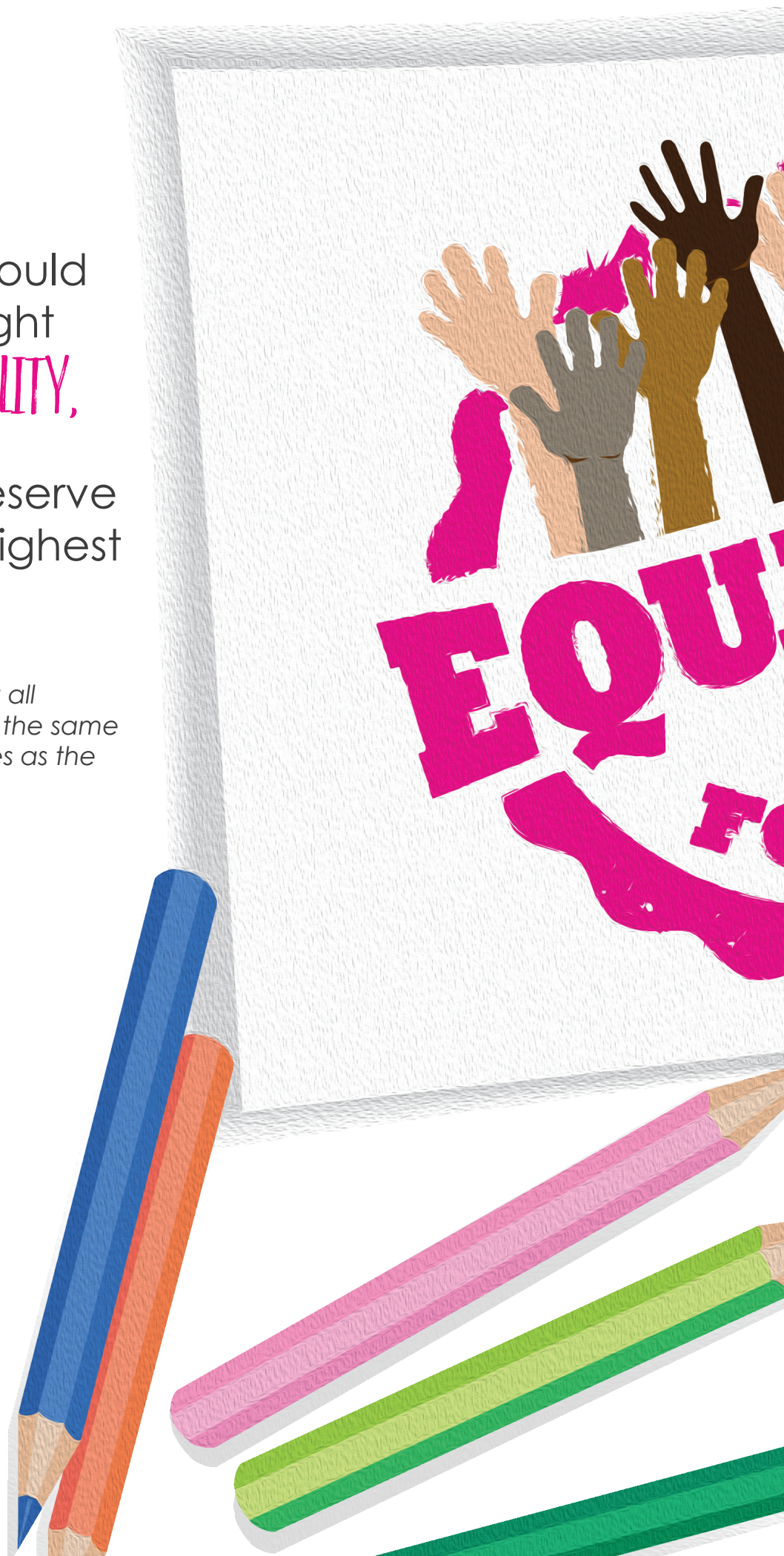
So that when traveling, all people can be safe and nothing will go wrong."



“Everyone should
be treated right
and with **EQUALITY**,

All people deserve
a life of the highest
quality.”

****Equality means that all
people are entitled to the same
rights and opportunities as the
next person****





10 REDUCED
INEQUALITIES





“As the **POPULATION** grows, cities
also need to grow in the right way.

They need safe buildings and places
for everyone to stay.”

Population is the number of people in a certain place





“We must be responsible when we use things, to this we must commit! You can **RECYCLE**, reuse and reduce to achieve it!”



Recycle means the process of converting waste materials into reusable objects e.g. we can reuse plastic bags or make toilet paper out of used paper.



“Climate change is making
the world warmer and drier.





Let's reduce **POLLUTION** to prevent temperatures from getting higher."

****Pollution is harmful / poisonous substances that are released in the world, into the air, water, ocean etc.****





“The fish in the ocean need to be protected too.

Preventing overfishing is
what we can do."



“Lions, rhino, and elephants are some animals that live on land.





Let's work to stop **POACHING!**
We must take a stand."

****Poaching is the illegal hunting or stealing
of game or wild animals****



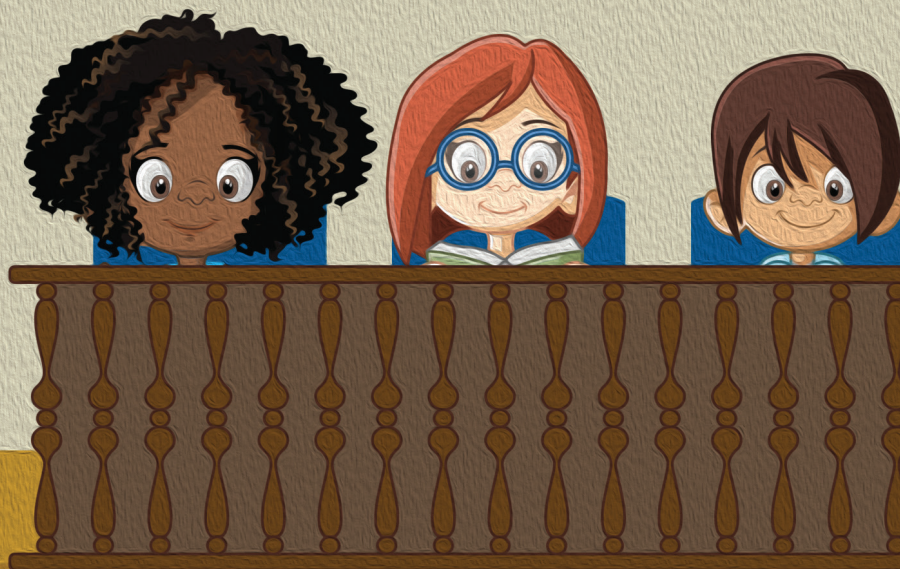
“We must strive for peace,
justice and strong **INSTITUTIONS.**”



COURT OF JUSTICE

To ensure that all people are protected and treated fairly, we must find solutions!”

****Institutions are organizations, establishments, foundations, societies, etc****



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





“Finally, all countries, companies and people must work together to make the world much better for all its **INHABITANTS**”

****Inhabitants are people or animals that live in a certain place****

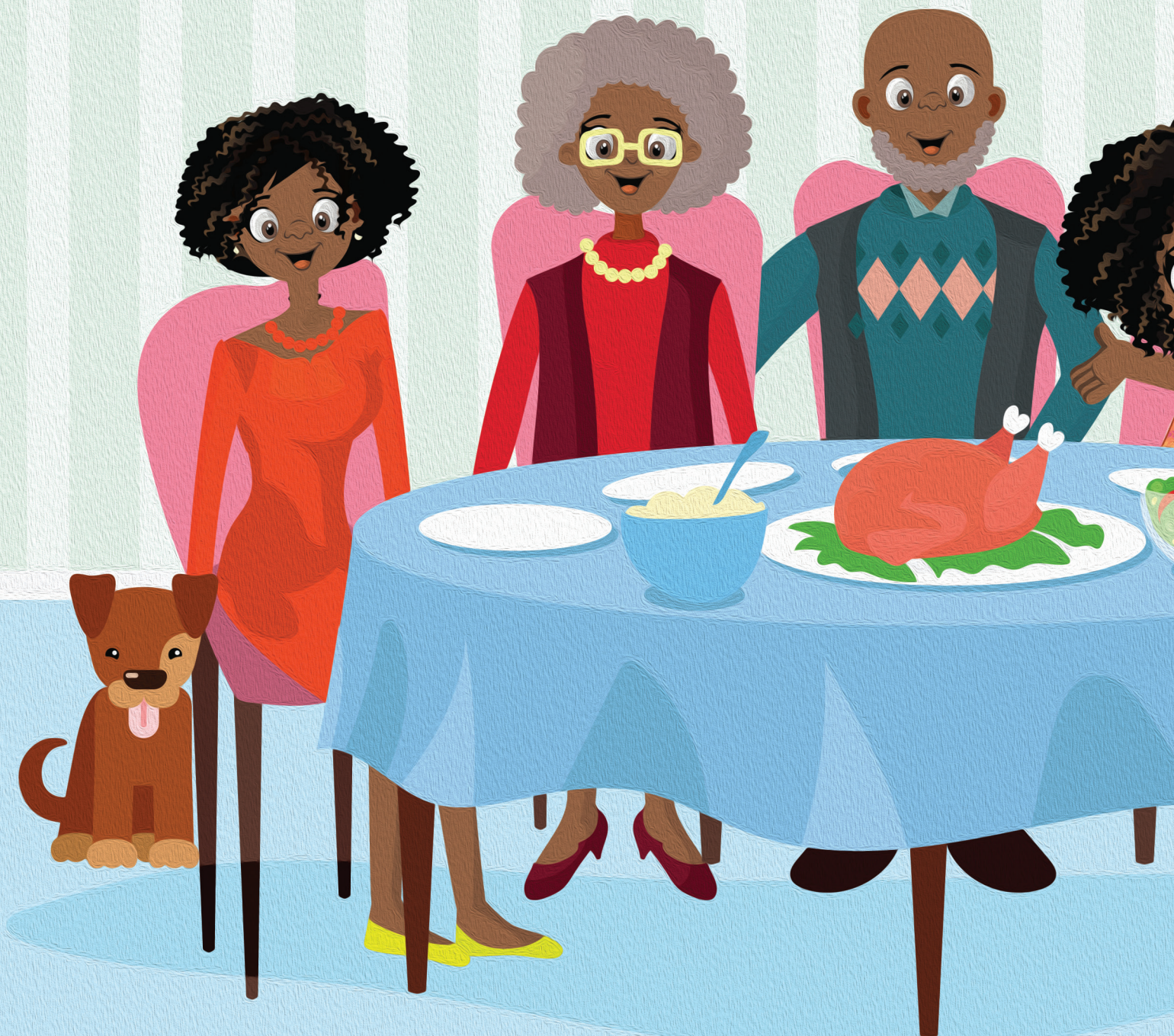


Frieda was so happy to learn that the SDGs are something she can take part in.

That night, Frieda hurried home to spend time with her family.

She told them about her visit to the United Nations very happily.

Frieda said, "Let's put our heads together! Everyone! You and me!"





"BECAUSE TOGETHER
WE CAN ACHIEVE
THE SDGs."





SUSTAINABLE DEVELOPMENT GOALS

