



Connect All

Addressing all that can
be addressed in
existence for the most
safety and hopeful
possibilities.

Gwendolyn J Downing © 2021

Existence is what it is until we either find, create, or another answer becomes available. We have to understand the reality of our existence and do all we can for the most safety and hopeful possibilities. Current existence gives no option in how that works. We are interconnected, with the simultaneous conflicts. So we live interconnected.

Connect All Guide

September 26th, 2021

ETHICAL SELF-CARE version

An adaption from Module 1

Assembler and Initiator

Gwendolyn J Downing

Contact: GwendolynJDowning@gmail.com

Social Media:

Facebook group – Connect All

Twitter - @_hopefullyhope

Instagram – Name: Connect All; User name: gwendolynjdowning

LinkedIn – Gwendolyn Downing

This document is not a book nor a manual. It contains key points to get the information to others as quickly as possible, along with being able to be used for trainings or meetings.

This is a working draft document, because when there is a need, you assemble and share as you go.

Any references used are not endorsements of the source.

As recognized, information may be constantly evolving.

Dedication

For my one known attachment – I define attachment as, I am unconditionally committed to the other having the most safety and hopeful possibilities until no longer needed.

For any family that might exist – I'm looking for you.

For every child and innocent – I know.

For all the above – if only.

~LPV

CONNECT ALL

Introducing the Connect All initiative

Hi,

I'm Gwen, and while I don't know your name, *(your name)*, you matter.

Let me begin by asking you to take the best care of yourself that you can - that's an always statement. If you need support, I ask you to reach out. And if the support you need isn't available, I ask you continue to do the best you can to take care of yourself. *(Resource pg33-35.)*

Now a little about **Connect All**.

To give some background, I was and am looking for answers for myself, for someone I am attached to, and for every child and innocent. Connect All came out of that search.

As to what the initiative is about: It is to address all that can be addressed for the most safety and hopeful possibilities.

At present some suffering is unavoidable, but the current and possible cost of all we could address is beyond my ability to succinctly communicate, if at all. We live in an overall illogical-disconnected world. I know that reality on a personal level and recognize the differing degrees of it for all life. Connect All is about what we need to do as or/and for each of the 7.89+ billion (data Sept 7, 2021) individuals on earth and all of existence.

I am a realist. I understand the magnitude of what is needed, but also that it is necessary and doable. Connect All covers the foundation to the tough topics, in three modules:

Module 1: Foundation and First steps – The foundations for the approach, and where we start as an individual, and *(if applicable)* unit/family. Which is also the foundation and first steps in contributing to the necessary global change.

Module 2: Reality of Our Existence- Goes into vital elements of our existence we need to have a shared awareness of before we can move into frameworks.

Module 3: Now and Forward Frameworks, and Tough Topics - Gives realistic adjustable frameworks based on the data as we have it available and the functionality of the whole - and there is no perfect, so depending on the area we put in margins for the fact we can't be perfect, but still need boundaries to keep us within acceptable limits. Then with those frameworks, and the foundation from the other modules, we work through the tough topics the best we can.

It seems like a lot - as I said, necessary and doable.

Gwen

TABLE OF CONTENTS

Module 1: Foundation and First Steps.....4-33

Module 2: Reality of our existence.....

Module 3: Now and Forward Frameworks, and Tough Topics.....

Resources:

Numbers and resources.....33-35

ICE-advance directive-safety plan

References: 36-44

Glossary:.....

MODULE 1 Foundation and First Steps

Foundation and First steps

The foundation for the **Connect All** approach, and where we start as an individual, and (*if applicable*) unit/family. Which is also the foundation and first steps in contributing to the necessary global change

Objectives:

- Use base logic
- Understand logic-connection as a foundation
- Understand the connection of our existence
- Understand every moment matters
- Understand and be able to use **“Five through the Filter”** - An individual self-care framework, which contributes to as a community, creating the necessary global change.
- Have a foundation to start thinking about what’s next

Ethical Self-Care additions:

To optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or others.

- Define what does it mean to be ethical
- Cover an example of an ethical decision-making model
- Understand how with interconnection, working with others is part of self-care
- Understand how a personal application of **Five through the Filter** impacts your work, and then how a parallel work-specific application impacts your work.

Connect All

ONE GOAL

To address all that can be addressed in existence for the most safety and hopeful possibilities.

AUTHOR'S TWO MOTIVATIONS

1. I need the most safety and hopeful possibilities for myself, and for who I am attached to.
2. I both want to positively and don't want to negatively, tell the children and innocents of the world, "Here is what I was doing this moment when you needed me."

Ethical Self-Care addition:

Our goal in life and in our individual and fields of work is to have the most safety and hopeful possibilities. We personally want the most safety and best life possible. In our services, we want for everyone - ourselves, coworkers, and those we are working with - to have the most safety and best outcomes possible. And as part of that, to optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or others.

What does it mean to be ethical?

We have things that are moral – which we tend to think of as to the "good", things that are ethical according to a code, and what is legal. Now, those three might all align, or they might have conflicts. We are focusing on ethics – our standards that guide our practice. Keeping in mind, that ethical codes change, and our roles with that.

Ethical Standards

For this training, we are going to keep in mind two of the basic standards: Professionalism - what represents our professions the best, and competence. Which foundationally is: Are we doing the best we personally and as our field community, can?

CONNECT ALL

A few select ones (though there could be others)

National Victim Assistance Standards Consortium (NVASC) Standards for Victim Assistance Programs and Providers

ETHICAL STANDARD

1.3: The victim assistance provider maintains a high standard of professional conduct.

1.4: The victim assistance provider achieves and maintains a high level of professional competence.

2.3: The victim assistance provider serves the public interest by contributing to the improvement of systems that impact victims of crime.

3.2: The victim assistance provider recognizes the interests of the person served as a primary responsibility.

National Organization for Victim Assistance

CODE of PROFESSIONAL ETHICS for VICTIM ASSISTANCE PROVIDERS

I 1. Recognize the interests of the client and client empowerment as a primary responsibility.

II 7. Act to promote anti-racist, inclusive crime and violence prevention as a public service and an adjunct to victim assistance.

III 1. Maintain high personal and professional standards in the capacity of a service provider and advocate for clients.

III 2. Remain committed to their own professional education to ensure proficiency in services and adhere to best practices and evidence-based research.

Personal field standards to consider:

Base Logic

We begin with some base logic: Anything unanalyzed means we move forward without knowing what is known, not known, nor the possibilities. This means a higher risk of experiencing, creating, or/and allowing injury, and higher risk of not working towards what is hopefully possible as best we can.

So, for the most safety and hopeful possibilities, we need to analyze our entire existence, reanalyze as we learn more, and function from that reality.

Let's pause on that point. We recognize our global efforts towards analyzing our existence, isn't being done in some areas, and in the areas where analysis is being conducted, the efforts are not coordinated, synthesized, nor shared as we need them to be. Recognizing that, we logically analyze why they aren't, and that answer is a point of understanding why we aren't addressing all within our ability in the best way possible - which leads us to the next point. Noting first, that we will come back to how we address this need, as part of addressing all within our ability.

Ethics:

How does the big picture tie to ethics in our fields?

On a smaller scale, how does that principle apply in our fields?

e.g. competence – from having the information, to being able to access the information.

Theme - what we can do as an individual, what is needed as community.

Logic and Connection are the Foundation

Understanding Logic and Connection and the application of them, is the foundation of addressing all that can be addressed. To explain their foundational importance, let us begin with definitions.

Logic - Objectively thinking things completely through, considering all possibilities.

Then there are two areas of connection, *internal* and *external*:

- 1 *Internal Connection* - we value ourselves, understand how we function, and stay self-aware.
- 2 *External Connection* - we know *why* and *how* to connect to others and all that is.

Neither internal nor external connection require emotion, but it is important to incorporate the emotional when applicable.

Note – these are always within the individual's functionality.

The **GLOBAL** Overall Lack of Logic and Connection

As to their foundational importance, if we analyze all that we can address for the most safety and hopeful possibilities: Child abuse, violence, poverty, racism, disparities, *all the ways people de-individualize others*; cruelty to animals, the environment, other areas that impact our own personal-universal survival; hopeful possibilities; everything that is within our ability to address - the lack of logic-connection is either the cause of or/and the reason it's not being addressed as it could be (This point will become even clearer when we get to the section on *Our Known Connection*). And beyond regret, most of us (within functionality) haven't been appropriately taught, if taught at all, the why and how for logic and connection. Then, the very fact that we haven't taught this as it has needed to be and needs to be, again shows the lack of logic-connection.

Analogy – We have a body (world) with multiple issues and injuries – child abuse, environmental, all the things we are trying to treat, and while what we are doing might be working to some degree, we haven't addressed that the body isn't getting sleep and basic nutrition, and haven't analyzed the body as a whole and how the approaches are connected. So, what we are doing that might be working, could also be wasting time, resources, and life- that if we understood the body as a whole and made sure its foundational needs were met, we would be much more effective.

CONNECT ALL

Note: With my second motivation for children and innocents, there is the need to highlight a point. While there is child abuse as we have defined it – when we talk about issues such as racism, poverty, disparities, and so on, while they apply across a spectrum, they are forms of child and innocent maltreatment.

Basic Impact When We Lack Logic and Connection

If as individuals (*within functionality*), we don't know how to connect to ourselves, how to think logically, and why and how to connect to others, we have increased risk of:

- Being unintentionally dangerous to ourselves or/and others
- Not being able to do our best for ourselves, and as part of that, contribute our best to our global community.

Understanding the why and how of logic-connection is foundational, for the most safety and hopeful possibilities – as individuals and a global whole. Which gives us this foundational component that for the most safety and hopeful possibilities: that within functionality, we each need to be fully given all that is available for us to be as logical and connective as possible – and anything lacking to do that, we are working to find – and then we fill in for each other as needed.

Ethics:

How is this part of ethics? e.g. Professionalism, Prevention, System change

Our Known Connection and *Every Moment Matters*

Interconnection: For many, they may need to start with understanding interdependence, which is vitally important. However, there are ways we are interconnected and not interdependent - where there is still some impact that isn't dependence - so our focus is on interconnection as the larger principle.

As part of interconnection, we need to understand one key fact of how our world operates: Whether of our true free will or not, what we and others are doing or not doing every moment affects our and other life's safety and possibilities.

Taking that fact through the goal:

- For the most safety and hopeful possibilities for myself and (*if applicable*) who I am attached to:
 - Every moment matters for me to be doing the best thing possible (We will go through how we can try our best to decide that in *Five through the Filter*).
 - Because what we are each doing or not doing impacts each other, I need others to:
 - Whatever extent possible have what they need. And as applicable, within functionality – that is for them be able to contribute their best to our world, and decrease the risk of them being unintentionally dangerous. This would include them understanding interconnection and how every moment matters.

And for those who might not have the conscious capacity or functionality to care, or are at a place of currently not caring about other life, in part or all: As an individual I can be ambivalent about to actively dislike everything in existence, and to personally have the most safety and hopeful possibilities, the same things will be required of me, as someone who has the capacity or/and currently does.

Ethics:

With interconnection, working with others is part of self-care.

Interconnection helps us with advocacy work - in the need for prevention, and in changing systems.

CONNECT ALL

Logic-Connection + Every Moment Matters

Before we continue, let us combine what we have covered so far.

For all individuals (*as applicable, within functionality*), to decrease the risk of being unintentionally dangerous and able to contribute our best to our global community for the most safety and hopeful possibilities, we need to be doing all we can to ensure that:

- We each know why and how to connect to ourselves,
- We each know why and how to connect to others,
- We each know why and how to think logically,
- We each know that every moment matters
- We each have to whatever extent possible what we need (regardless of functionality).

And as community, we create the balance.

Now, before we get to the Five through the Filter framework, we have one more component.

Three Areas that Need to Be Addressed

The world has so many issues that are within our ability and that we must address. We know that for the most safety and hopeful possibilities, we must address all of them, and do so with logic-connection. But how can we do that as individuals, (*if applicable*) unit/family, and as a global whole? Let's start by breaking them down into three primary categories, with three considerations for each:

Considerations: To whatever our degrees (*it applies to me 0-100%*), and whether of our true free will or not (*there are things we "choose" to do, because our world leaves us with no other option*), we are experiencing, allowing, or/and creating:

1

Injury (*child abuse, violence, poverty, racism, disparities, all the way we de-individualize, animal cruelty, unexplained, and so on*),

2

Environment and climate injuries - our bodies and world.

3

Not prepared for possibilities, including possibly imminent worse.

The first two could go together but are purposefully kept separated. Let us go through each of them a bit more. Remember for each individual it is: *to whatever our degrees (0-100); whether or not of our true free will; experiencing, allowing, or/and creating.*

Note: 1 and 2 are purposefully separate, though they could go together.

Let's expand on each, then reflect on how they can be intersected.

CONNECT ALL

Injury

child abuse, violence, poverty, racism, disparities, all the way we de-individualize, animal cruelty, unexplained, and so on

Experiencing: What we ourselves might be experiencing.

Allowing: What we are allowing, if we could be doing something about it.

Creating: We might be unknowingly contributing to it, e.g., through purchases (*e.g. child labor, testing*), because we are not educated - through our own words and behaviors, or because we aren't aware of the discrimination in our systems.

*Which there is the question on why we might be allowing or/and creating which takes us back to the need for the logic-connection foundation.

Environment and climate injuries - our bodies and world.

I compiled the list below before the IPCC (International Panel on Climate Change) report came out in August and other information that continues to be shared.

It is also important to note that lawsuits are being filed, and won, by young people on violation of rights.

Keep the consideration for how are we: experiencing, allowing, or/and creating:

- The possible impact on people assigned male at birth (AMAB), reproductive issues in sexes and within the sex spectrum, and so on.
- How places that aren't contributing to the issue are now being affected by those who are, e.g., it travels to other places by water and air, places shipping trash.
- People being impacted in utero to dying from pollution.
- Weather and Natural Disasters
- Forced migration due to climate change
- By 2070 1/3 of people might be in unlivable heat
- We are in our 6th extinction for the first time due to people
- We are using more resources than the earth has ("estimated" day for 2021 was July 29th)
- All the environmental warnings.

Not Prepared for Possibilities, Including Possibly Imminent Worse

There is the basics of individuals to systems not prepared for the possible array of an accident, weather, emergency, pandemic, to incident. We don't live prepared from basics, to violence, to nuclear, to solar flares, to asteroids, to possible other-being invasions, and so on. *And possible worse, could happen in the next moment.*

CONNECT ALL

Again, on the global view, outside of wanting to do our best by others, we understand how everyone not having what they need to be as mentally and physically prepared as possible, makes us vulnerable from any type of event, from an accident to an incident.

And even if it wasn't anything "out of the ordinary" every time we aren't prepared, we know there is the possible waste of resources we already need, to situations where violence increases (child abuse, domestic violence, sexual violence, crime, and so on), and the cost to the individuals and the world.

How might those three impact each other?



CONNECT ALL

Ethics:

There is the question on why we might be allowing or/and creating which takes us back to the need for the logic-connection foundation.

And there is the question for individuals and fields: “How can we work with others, if we are allowing, and also in any preventable way contributing to their injuries?”

Logic – Connection + Every Moment Matters

I know every moment -

- the cost of all that we should be addressing,
- what all could possibly happen that we aren't prepared for,
- how our lives are connected,
- how what I'm doing or not doing impacts,
- could be my last

So, I don't want to do “something”, I want to be doing the best thing possible.

And as a whole, we need to be trying to make sure (*as applicable, within functionality*) -

- We each know why and how to be connected to ourselves,
- We each know why and how to connect with others,
- We each know why and how to think logically,
- We each know that every moment matters
- We each have to whatever extent possible what we need

And as community, we create the balance.

How We Address All That Can Be Addressed - Foundation

Five through the Filter

A way to remember the process is in the name for it “Five through the Filter”. ***An individual self-care framework, which contributes to as community realizing our global need.***

First an overview, then we will examine each component one by one, then go through how it works as a whole.

An important note before we begin:

- Individually
 - With practice, doing what we need to gets easier.
 - For our goal, we do the best we can on our own.
- So much gets much easier as more individuals are connected and doing it!

Ethics: I can do the best I can on my own. Having an organization/system/field that is, makes it so much easier.

Five through the Filter



CONNECT ALL

My Filter:



Going back to “How do we decide what is the best thing to do every moment?”, we need a way to do that, and that is what our filter is for, it’s what we process our decisions through. We may not be perfect, but it helps us try to do the best we can.

To the best of my situational ability, my daily five is filtered through:

- I live with the most logic-connection I can.
- Goal- The most safety and hopeful possibilities.
- Every Moment Matters - Knowing the cost and possibilities to life (ours and other).

My Daily Five:



- Take care of myself, and *(if applicable)* those I’m responsible for.
- Take care of my environment.
- Do something to be prepared.
- Be informed and understand more.
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach.

Going through components



My Filter:

I Live with the Most Logic-Connection I Can.

Logic-connection: I need be as connected to myself as possible, so I am aware of how I am doing to make decisions. And then, I need to know if I am being a logical as I can (which would include external connection skills).

A few quick examples: I may be doing well, and just take myself through a logic checklist to make sure I’m thinking a situation through as logically as I can. Or, I might be really sick, exhausted, in a very stressful situation beyond my functionality to center – so, I might call someone and say, “Can you help me think this through?”

Let us begin with a quick review of the definitions:

Logic - Objectively thinking things completely through, considering all possibilities.

Internal Connection - We value ourselves, understand how we function, and stay self-aware.

External Connection - We know why and how to connect to others and all there is.

CONNECT ALL

Depending on our situations, we may be in different places of the process to learn, develop, or/and apply. And for many of us, healing is part of the process, and we need additional support or/and resources. For both of those points, it would not be practical to try and incorporate all the information we globally have available in this guide. And the hope is as you go through this and after - you will either be linked with, have access to, or we would eventually get the entirety of what you need for logic-connection to you, as we do this together. So, for now, we will just do a rudimentary overview or/and review of the basics, to be on the same page, and understand the process for our filter, that will be outlined at the end of this section. We are going to start with connection, then cover logic, then put the two even more together to have that process for using them.

Connecting Us

What does it take to be internally connected and self aware? As with everything, we start with logic, analyzing and understanding ourselves and how we function, within the limits of what knowledge we currently have. And as we work to understand ourselves, we consider:

- What do we know?
- What do we not know?
- What is possible?

Keeping In Mind

- What we don't know is more than we do. - *e.g., it was just in 2020 they discovered a new organ in the body. There is no definitive understanding of how our minds/consciousness/?? functions. And so on.*
- What we do know might change. - *Whether due to an actual change, or what we "knew" was wrong as new information is realized.*
- There may be individual differences. - *We are all individuals and might have different ways in which we are conformed or/and function. Sometimes there are just anomalies.*
- Our own journey (*with compassion*).

Let Us Start

From fertilization, there is "nature" and "environment". And that continues throughout life, with the additional variable of "our actions". Whether our actions are of our true free will has some depends. What is vital, is we are aware of everything that makes us us, and act out of a place of understanding.

So, as I can, to the best I can:

- I know how my thoughts, feelings, behaviors, and physiology are connected.
- As needed, I address possible impairments to self-awareness and logical processing.

CONNECT ALL

Examples:

- Challenges in my ability to attune to my inner processes and experiences (*e.g. sinus infection, migraine, medication reaction, stressful situation, my individual function*).
- Not studying and understanding where my thoughts and feelings come from (*Even when we know how- we might have only done so in certain areas, not continued to, have new information and need to go back*).
- Not seeking feedback, when accessible (*And when assessable, we still must determine its value*).
- I stay aware of how I am doing physically, feeling emotionally, and where I am mentally.
- I use my personal skills to center and have my plan to stay centered or re-center as needed (Center = able to function-focus to the degree I need to and can. *We aren't always in a "positive" space, but (within our limits) we can stay centered as can be*).

Then, **external connection** is also sometimes a process, and there are so many skills to learn and apply. While we might not want to, have functional challenges, and so on, it is necessary to learn and apply what we can for interaction with all life.

Practicing Logic

- Objectively think through everything. This process doesn't stop at what is found, but all that is possible.
 - Question everything, even what we think we know to be fact. How do I know this? What's the evidence? Could there be other explanations? Has new information come out?
 - Search for all facts and list out all possibilities. Here is what I know, here is what I don't know, here is everything that might be possible.
 - While this is implied in considering all that is possible, to be clear, we must be open and looking for what we don't have a working knowledge of. We make the best lists we can knowing there might be a possibility we don't have enough knowledge to think of - which is also listed as a possibility. All possibilities.
- Depending on what is being analyzed, we might:
 - Analyze for all possible sources, commonalities, differences, gaps, variables, anomalies, patterns, in and across time, the why, or/and so on.
 - Break the issue down for costs, risks, benefits. Again, listing what is known, what is not known, and all possibilities.
- We accept and hold all possibilities. For example: Our existence might be from pure evolution, creation, simulation, other possibilities, a mix. We might be part of a multi-verse. There might be multiple dimensions. And so on. We don't know. So, while we continue to analyze what we can, we accept and hold all the possibilities.

CONNECT ALL

Basic Logic Process:

- Analyze everything - this is ongoing, and we adjust based on the data and functionality of the whole.
- Make decisions based on logic-connection and our goal for how to:
 - Do what is addressable
 - Work with what currently isn't
 - Work for what is hopefully possible
 - Prepare for possibilities
- Take action (including doing nothing).

Logic-Connection

So, putting them together, here is a possible framework for the filter:

- Be and stay centered as you can be,
- Analyze everything for every possibility.
- Constantly check any bias
- Accept and hold all possibilities, then choose our functioning construct with the most logic-connection for ourselves and others. Then, if new data becomes available, re-analyze our construct and if needed adjust.
 - Example: Current construct is that all people are people, and I respond to each person as a person. While accepting and holding the possibility that within the discussion of other possible life, possibilities include there are other beings that look like people or choose to look like people that are here. Currently there is no evidence I know of for that, but it is a possibility. So I have my functioning construct, while holding that possibility. If such evidence did become available, I would redo my construct to fit the new information, and hold any other possibilities.
- Do the process for: What is addressable - Work with what currently isn't - Work for what is hopefully possible - Prepare for possibilities
- Take action

For whatever part(s) needed, as situationally needed and available, reach out to others .

Again, this does get easier as we have community. For example, we do need to analyze everything for every possibility. And while there are the everyday that we can and should do individually : "It says orange juice. So, I'm going with it is orange juice, even though someone could have filled it with something else or put something in it, or/and so on, and I'm prepared for that if it is true." (*I use that example, while recognizing the issues with purchasing*) or "I just hadn't thought this through before." (e.g., all the possible reasons for a person's behavior, all the possibilities of existence). There are the things outside of that, that the more we are connected to others to work through together, and the more we change as a world so that the information we need is analyzed and shared as we need it, the easier it becomes.

CONNECT ALL

And before we move on, one other note on Logic -Connection. Once we are as internally connected as we can be, then logic is easier to practice, if sometimes hard to cope with. When we are logical, the awareness that can come with logically thinking through, accepting, and holding all possibilities, might affect us in ways that make it hard to function, unless we have the logic-connection foundation for our construct.

So, while having logic-connection is foundational for us to be our best us and achieve the most safety and hopeful possibilities, it is work and there are challenges with it.

My Goal- The most safety and hopeful possibilities.

Every decision we make is connected to our goal – “What leads to the most safety and hopeful possibilities?”

Every Moment Matters - Knowing the cost and possibilities to life (ours and other) in time.

I know that every moment of my life I must be aware of the value of that moment – the every moment cost and possibilities to life (ours and others).

I know every moment:

- Could be my last and I need to have done all I can. e.g. heart attack, act of violence, an accident
- The cost of all that we should be addressing e.g. all the avoidable child abuse and suffering
- What all could possibly happen that we aren't prepared for e.g. from the seemingly mundane accident that costs us the person who had the answer, and we could have saved if we were prepared, to global violence
- How our lives are connected. What we and others are doing or not doing right now affects our and other life's safety and possibilities. So, I need to make sure to whatever extent possible, others have what they need.
- How what I'm doing or not doing impacts

So, I don't want to do “something”, I want to be doing the best thing possible.

Personal plan:

What areas of internal connection, external connection, and logic, do I need to work on?

How do I plan to work on them (e.g. resources, support, steps)?

CONNECT ALL

Ethical Decision-Making Model

1. Identify the problem and gather the facts.
2. Identify the ethical standards and any other considerations that are in conflict.
3. Determine the nature and dimensions of the dilemma.
 - Examine implications for foundational principles
 - Consult the literature
 - Consult with peers or/and supervisor
 - Consult with any state, national, or professional organizations
4. Generate potential courses of action.
5. Consider the potential consequences of all options and determine a course of action.
6. Evaluate the selected course of action.
7. Implement the course of action.
8. After implementation, assess how did the course of action work. Also, consider how could the situation be possibly prevented in the future.

Adapted from: Forester-Miller, H., & Davis, T. E. (2016). Practitioner's guide to ethical decision making (Rev. ed.). Retrieved from <http://www.counseling.org/docs/default-source/ethics/practioner's-guide-toethical-decision-making.pdf>

Personal Plan:

My Daily Five –



- Take care of myself, and (*if applicable*) those I'm responsible for.
- Take care of my environment.
- Do something to be prepared.
- Be informed and understand more.
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach.

NOTE: Everything is always to the best we can based on our situation. Then, as mentioned previously, ***this gets easier as all who can do what they can.*** And with that, for individuals based on more serious situations, there would be differences in the ability to do the five, and where we would need to be community for them to be able to do all five.

CONNECT ALL

Take care of myself, and (if applicable) those I'm responsible for, the best I can.

- All that keeps me healthy and connected as possible is foundational - sleep, nutrition, hygiene, exercise, mental health practices, if applicable medicine or/and health care, relational needs.
- Making sure I have income or/and resources to meet my needs.
- Basic chores and maintenance.

NOTE – while every part of *Five through the Filter* is about taking care of ourselves, this one can be more simply remembered as “Take care of myself”.

Parallel work level example: Basic self-care and secondary traumatic stress skills.

Take care of my environment.

Possibilities include refuse, reduce, reuse, recycle, repair, repurpose, upcycle, and rot (compost). Think sustainably.

Parallel work level example: What can I do to make this as healthy as possible? Thinking through the elements.

Do something to be prepared.

There are websites with checklists to help get started on what every individual, (*if applicable*) unit/family, should have and know. For the daily five we want to do **one** of these:

- **An item:** Find or buy one item I need, e.g., I might find free items in local groups, on Facebook marketplace curb alerts, and so on. It might be something I have or find and repurpose. I might trade items with someone.
- **An action:** e.g. complete my ICE (In Case of Emergency) and print it off to have with me.
- **A skill:** e.g., while eating I watch a 3–5-minute video on a skill like first aid, how to put out a fire, what to do in different emergency situations, or so on.

Parallel work level example: The Oklahoma Crisis Line Handbook has sections on preparedness e.g. being prepared if the internet goes down, to an event.

CONNECT ALL

Be informed and understand more.

For the most safety and hopeful possibilities, we need to be informed and understand our world the best we can. Learning and understanding takes time. And while we are working to get information analyzed, researched, synthesized, and shared in a way that is more efficient for all of us, we have to do extra work in the meantime. So just like the being prepared, we do a little each day.

Examples:

- I take time to scroll the news instead of watching it - so I have a base awareness, and can read if something seems important.
- My google feed is a scroll of emerging science from diverse fields - where I have some awareness and can read if something seems important
- I check certain social media for certain info
- I try to think through all possibilities.
- As applicable– I also include my own research efforts here.

Parallel work level example: Learn one new thing for competence each day. e.g. taking 10 minutes to read - new research, through a manual, and so on.

Ask or/and help others on some level to become aware and involved to the need for a logic-connection global approach.

Every day we ask or/and help others on some level to become aware and involved to the need for a logic-connection global approach. Until we have that, we can't live our own lives with the most safety and hopeful possibilities - and the current and possible cost is beyond my succinct communication, if at all. ***We stay aware that this one is core and urgent.***

There are two approaches that are “and” and not “or”:

- Getting to lots of people.
- Networking with those who have influence or/and resources.

We think through –

- Who can I reach out to immediately to share with? Individual, group - as needed, prioritizing.
- What other ways can you ask or/and help others?

Parallel work level example: Tying how logic-connection, including understanding interconnection applies in our fields. How those impact our ability to be as ethical as possible.

CONNECT ALL

Using the Filter and Daily Five together

So now that we have our Filter and Daily Five, how do we make those decisions? A few guides and points before we go through some examples.



- It is always to “The best of my situational ability.”
- We analyze everything we do: Should I be doing this or not?
- We analyze how we do things: What is the cost in time? What is the cost in resources? Is there a way to do it better?
- We think through how the five might intersect, and if they conflict how to prioritize.
- We cope with the reality that because our world is the way it is right now, there are things we can’t do the best we can.
- It gets easier with practice. And the more everyone does their part, the easier all of it will be.



CONNECT ALL

Some examples:

- **Washing our hands** - We know we want to do this efficiently, since we know the cost to lives in time (*every moment matters*), and it helps conserve water (*taking care of my environment*) and saves money that can help with *taking care of myself, doing something to be prepared, or asking/helping get others involved*. **Noting there might be Covid type considerations.
- **How we prepare our food** - We think through things like “Should I heat this?” “Add spice?” for the time taken (*every moment matters*), and the energy and resources used (*taking care of my environment+ money for other areas*). Then we also consider how that impacts our self-care (*taking care of myself*). So, while a routine is to not heat or use spices as much as possible, sometimes it needs heated more and certain spices are used to help our body.
- **Repurposing** - When we consider items we can repurpose (*taking care of my environment and taking care of myself with resources*), that can also help us with our finding one item (*doing something to be prepared*), e.g., empty cans can be used for candle holders. However, somedays with time available and all the other priorities in the Daily Five, you might not take time to wash something to recycle or repurpose and just throw it away, because you also must do what else is needed, e.g. “I am experiencing avoidable injury, I am contributing injury to myself and other environmentally, there are children and innocents who need me now, something worse might be about to happen, I have got to reach out to _____” (*ask/help others become aware and involved*).
- **While we want to be an educated consumer on:** What is this doing to my body? The world? Is this from wrong testing? Is this from any type of labor that shouldn't be? And then if so, what happens if I stop, do they have to do something worse? There can be the reality of both our finances/resources and for sure what is the best use of our time. If we can know, or absolutely need to know (e.g., allergies), “great!”, but the better use of our time is focusing on getting the system changed, so those are not even things we have to investigate and might not be able to make any better decisions about based on our situation (*LC + Goal+ Every Moment Matters + ask/help others become aware and involved*).
- **Everything matters.** For example, having a long email address. There is the cost to life and possibilities from the time to type, more resources used during that, and then more storage which also has an impact. It might not be best to change that now, but what are other small areas like that I can change.

CONNECT ALL

- **Ethics:** The 5 is my daily goal, but today at work there was a crisis. I did the best I could to *take care of myself* given the situation, and made sure I got in my *ask/help others*, knowing its priority. *Taking care of my world* was the best I could based on the situation and I don't have to think those choices through at this point, because they are second-nature now. The other two things on my 5 had to get bumped – I didn't do anything to be prepared and I didn't take 10 minutes to be informed/understand. ~ But if I have community, my friend/coworker had an extra prep they are bringing me tomorrow. And then the day after I can spend 20 work minutes reading/watching what I'm learning.

Personal plan:

How do I plan to practice *Five through the Filter* (e.g. resources, support, steps)?

Considering:

- Parts of the filter I need to work on
- Taking care of myself
- Taking care of my world
- Being prepared
- Being informed and understanding more
- Asking/helping others become aware and involved
- Analyzing everything I do: Should I be doing this or not?
- Analyzing how I do things: What is the cost in time? What is the cost in resources? Is there a way to do it better?

CONNECT ALL

Ethics plan:

How do I plan to practice this in overlap and parallel, for my work (e.g. resources, support, steps)?

Considering:

- What parts of what I'm doing on my personal practice overlap with my work practice? Knowing that might change on a daily basis.
Examples:
 - My learning a new skill today for *Do something to be prepared* counted for both.
 - My asking/helping others become aware and involved counted for both.
- Parts of the filter I need to work on
- Taking care of myself
- Taking care of my world
- Being prepared
- Being informed and understanding more
- Asking/helping others become aware and involved
- Analyzing everything I do: Should I be doing this or not?
- Analyzing how I do things: What is the cost in time? What is the cost in resources? Is there a way to do it better?

CONNECT ALL

Future Five through the Filter + Ethics

Now, remember how we said that this gets easier, both as we practice, and the more others are doing it? There is that level of change, but let's think about a future where we are no longer advocating for a Logic-Connection world but living in one and look at how Five through the Filter will both stay the same and change.



- Take care of myself. *We have more hopeful possibilities for how to do this. Easier to take care of ourselves, more support around STS.*
- Take care of my environment. *We have more hopeful possibilities for how to do this. Less of an environmental impact, which means less of an impact on us and others.*
- Do something to be prepared. *Same action, different ways, and more focus on skills and lifestyle. More prepared - so less adverse outcomes when possible.*
- Be informed and understand more. *We have more hopeful possibilities for how we do this, and information is assembled and shared as we need it. Being informed and competence is easier.*
- Ask/help others on some level to become aware and involved to the need for a logic-connection global approach. *Transitioning, learning, and doing what is needed for a logical-connected world in a systemic way. Fields change, e.g. support for, focus, need for.*

Ethics Application:

Professionalism - what represents our professions the best, and competence.

Are we doing the best we personally and as our field community, can?

To optimize ethical practice, it is important to enhance awareness of and minimize ways in which we may be inadvertently contributing harm to ourselves or others.

Other standards

Closing LC Experience for Module 1

Use your skills to CENTER

Picture all of existence.

In the all, focus in on yourself. If the world isn't what it can be, you will never have the most safety and hopeful possibilities.

Now focus out and connect to the suffering of all life.

Now pull in a bit and focus on every child and innocent who needs us now.

Every last one.

Everywhere.

In real time our realities are connected.

Whatever they are 'living' through or as they might be dying, we can't close our eyes, cover our ears, turn away, or disconnect in any way.

And they know we are here.

With that connection, we think

What would we be doing this very moment?

Would anything stop us?

What would we say to them about the decisions we are making?.

Hold that connection, and now, look into the future.

Connect to every child and innocent that is going to be where those children and innocents are, or maybe more or worse, in the next few days, weeks, and months if we don't do something.

We are capable of making the choices and doing what is necessary to reach each of them it is not too late for. Yet we live disconnected from desperation and pain that should be our own. While they wonder where we are, don't know they should wonder, have stopped wondering, or no longer can here. If it was your or my child we wouldn't rest, and being connected as we are, every child and innocent is ours to care for that way. And then there are our own needs.

Whatever our reasons, even the most innocent ones, we have all been part of what could have and must be addressed. So, we must cope with that and do what we must do now. We process - as every moment matters. (Process, support, resources, whatever is needed)

CONNECT ALL

One Goal

To address all that can be addressed in existence for the most safety and hopeful possibilities.

That might sound hard, but it is necessary and doable, on an individual level and as a global community.

Let's begin.

Transition time to Module 2

In the meantime, as you start to think through everything, things might get rough. But we are all connected, so connect as you need to. If you need connection reach out, and if someone needs connection reach out. (*Resources pages 33-35.*)

*When you're hurting, when you're being forced to hurt yourself and others, when who you are attached to has both different and the same needs, when the children and innocents of existence need you now, and you're aware it could get worse imminently, you get and stay focused. That's logical-connective, and where hopefully hope exists.
Take care of yourself the best you can, Gwen*

CONNECT ALL

Appendix

Resource List

(current as of March 3, 2021)

In an emergency call 911

National Suicide Prevention Lifeline: 1-800-273-8255 <https://suicidepreventionlifeline.org/>
(chat feature; en Español enlace; deaf and hard of hearing link)

National Child Abuse Hotline: 1-800-422-4453. <http://www.childhelp.org/childhelp-hotline/>
(multiple languages, text, and chat features)

National Sexual Assault Hotline: 1-800-656-4673. <https://www.rainn.org/> (chat feature; en Español enlace)

National Domestic Violence Hotline: 1-800-799-7233, 1-800-787-3224 (TTY) or text LOVEIS to 22522. <https://www.thehotline.org/> (chat feature; en Español enlace)

National Human Trafficking Hotline: 1-888-373-7888 (TTY: 711) | Text 233733
<https://humantraffickinghotline.org/> (chat feature; en Español enlace)

National Runaway and Homeless Youth Hotline: 1-800-RUNAWAY 1-800-786-2929 or Text: 66008 <https://www.1800runaway.org/>

Gang Involvement: If you are in of need support, or trying to leave, we haven't been able to find a USA national hotline. But often local/regional areas have programs you can reach out to. And while not specific to gangs, there is the Crisis Text Line, and as needed any of the others on or/and indicated by this list.

National Mental Health and Substance Abuse Hotline: 1-800-662-HELP (4357)
Or TTY 1-800-487-4889 (support available in English and en Español)
<https://www.samhsa.gov/find-help/national-helpline>

Crisis Text Line: Text HOME to 741741 <https://www.crisistextline.org/>

There is no way to include all national/regional/local hotlines/weblinks. But for yourself or/and others, if needed and as you safely can, reach out to these or/and other crisis, information, or any other resources available in your area. Medical care, food, shelter, utilities, legal help, resources, advocacy, and so on, are often available. If help is not available in your area, if/as you safely can, reach out to someone. Also, the websites/numbers, and usually others like them, are resources if you are worried about or need information on how to help someone else.

CONNECT ALL

Local/Regional Crisis or/and Resource Numbers:

Local: _____ Phone number: _____

Contact: _____ Website: _____

Local: _____ Phone number: _____

Contact: _____ Website: _____

Local: _____ Phone number: _____

Contact: _____ Website: _____

Local: _____ Phone number: _____

Contact: _____ Website: _____

Local: _____ Phone number: _____

Contact: _____ Website: _____

Some possibly helpful apps:

PTSD Coach app: <https://www.mobile.va.gov/app/ptsd-coach>

While developed by the VA this app is for anyone experiencing Post Traumatic Stress, or wanting to know more to help someone they care about.

WYSA stress app: Depression & anxiety therapy chatbot app (you can pick the free option)

Moving forward app: <https://www.veterantraining.va.gov/movingforward/>

While developed by the VA this app is for anyone coping with stressful problems.

Woebot Your Self Care Expert app: <https://woebothealth.com/> helps with multiple everyday stresses and challenges, including symptoms of depression and addiction.

Mindfulness apps such as: Headspace, Insight Timer, Mindfulness Coach, 10% Happier

Other apps: Provider Resilience, ACT coach, Virtual Hope Box, Well Body Coach, CALMapp

Helpful apps: _____

CONNECT ALL

SBNRR Mindfulness Practice – this can be modified to your needs and time available:

Stop – Stop what you are doing, take the pause, give yourself space. Use verbal or internal mental cues if you need to.

Breathe – Everyone is different, for some paying attention to your breath and taking a moment to breathe is helpful, for others you might need a different or combined approach, including skipping and going to Notice. For anyone, you might find you need to try different approaches at different times.

Notice – Notice what is going on in your body, thoughts, emotions. You are not judging yourself, just noticing what is going on.

Reflect – Where is this coming from? Why am I feeling this way? Any other curious questions that help clarify the source.

Respond – What is the kindest most compassionate way to cope with this and move forward? Again, using whatever questions might help you.

5-4-3-2-1 mindfulness practice: In your mind, out loud, or written:

- 5 things I can see.
- 4 things I can touch.
- 3 things I can hear.
- 2 things I can smell.
- 1 thing I can taste.

Mental – Physical – Soothing Grounding - Healthline -

<https://www.healthline.com/health/grounding-techniques#bonus-tips>

A few examples:

Mental: list as many things in a category as you can; list categories by the alphabet; do math and number exercises; go through anchoring facts

Physical: Pick up or touch something; breathing exercise; physical activity; use your 5 senses.

Soothing: picture a face of voice that soothes you; talk yourself kindly through it; list positive things.

Things that work for me:

References for Module 1

- Atkinson, J. (2021, June 16). *Joint NASA, NOAA study finds earth's energy imbalance has doubled*. National Aeronautics and Space Administration. <https://www.nasa.gov/feature/langley/joint-nasa-noaa-study-finds-earths-energy-imbalance-has-doubled>
- Bellamy, D. (2020, August, 22). Humans have now consumed the earth's natural resources for the year. *euronews*. <https://www.euronews.com/2020/08/22/humans-have-now-consumed-the-earth-s-natural-resources-for-the-year>
- Beradelli, J., & Niemczyk, K. (2021, February 17). "We have to go": Climate change driving increased migration from Central America. *CBS News*. <https://www.cbsnews.com/news/climate-change-migration-central-america/>
- Bressan, D. (2020, June 14). Researchers argue that earth is in the midst of a modern, human-made, sixth extinction. *Forbes*. <https://www.forbes.com/sites/davidbressan/2020/06/14/researchers-argue-that-earth-is-in-the-midst-of-a-modern-man-made-sixth-extinction/?sh=1de467942f44>
- British Broadcasting Corporation. (2021, April 21). *Air pollution: Coroner calls for law change after Ella Adoo-Kissi-Debra's death*. <https://www.bbc.com/news/uk-england-london-56801794.amp>
- Carlisle, M. (2021, January 19). A federal court threw out a high profile climate lawsuit. Here's what it might mean for the future of climate litigation. *Time*. <https://time.com/5767438/climate-lawsuit-kids/>

CONNECT ALL

Cassella, C. (2021, April 27). Earth is using 173% of the world's total "biocapacity", scientists warn. *ScienceAlert*. <https://www.sciencealert.com/rising-human-consumption-is-causing-many-nations-to-fall-into-ecological-poverty>

Cassidy, A., McKenzie, D., & Formanek, I. (2021, June 23). Climate change has pushed a million people in Madagascar to the "edge of starvation," U.N. says. *CNN News*.
<https://www.cnn.com/2021/06/23/africa/madagascar-food-crisis-climate-change-famine-intl/index.html>

Clifford, C. (2021, May 14). What 2050 could look like if we don't do anything about climate change: Hot, a constant cough, regular mask-wearing. *CNBC*. <https://www.cnbc.com/2021/05/14/what-2050-could-look-like-if-we-dont-do-anything-about-climate-change.html>

de Ferrer, M. (2021, July 27). Environmental scientist warns that pollution is causing penises to shrink. *Euronews*. <https://www.euronews.com/green/amp/2021/07/27/penises-are-shrinking-because-of-pollution-warns-environmental-scientist>

Dictionary.com. (n.d.). *What's the difference between morals and ethics*. Retrieved September 24, 2021, from <https://www.dictionary.com/e/moral-vs-ethical/>

Dunhill, J. (2021, September 2). A "solar tsunami" could entirely wipe out the internet within a decade, suggests study. IFLScience, LabX Media Group.
<https://www.iflscience.com/space/a-solar-tsunami-could-entirely-wipe-out-the-internet-within-a-decade-suggests-study/amp.html>

CONNECT ALL

European Space Agency. (2021, May 1). Huge region of Europe destroyed by asteroid impact in planetary defense exercise. *SciTechDaily*. <https://scitechdaily.com/huge-region-of-europe-destroyed-by-asteroid-impact-in-planetary-defense-exercise/>

Fleming, S. (2020, May 13). *3 billion people could live in places as hot as the Sahara by 2070 unless we tackle climate change*. World Economic Forum. <https://www.weforum.org/agenda/2020/05/temperature-climate-change-greenhouse-gas-niche-emissions-hot/>

Freedman, A. (2021, June 26). Global warming makes extreme weather a regular event. *Axios*. <https://www.axios.com/earth-climate-warming-three-decades-23aafe31-7730-4915-b5b5-6e66801f5b1d.html>

Griffin, A. (2020, September 14). Amateur astronomer spots potentially dangerous asteroid just days before it flies past earth. *Independent*. <https://www.independent.co.uk/life-style/gadgets-and-tech/asteroid-earth-dangerous-amateur-nasa-b433960.html>

Handal, J., & O'Neill, I.J. (2021, April 29). *NASA to participate in tabletop exercise simulating asteroid impact*. National Aeronautics and Space Administration. <https://www.nasa.gov/feature/nasa-to-participate-in-tabletop-exercise-simulating-asteroid-impact>

Harvey, F. (2019, May 13). Mismanaged waste “kills up to a million people a year globally”. *The Guardian*. <https://amp.theguardian.com/environment/2019/may/14/mismanaged-waste-kills-up-to-a-million-people-a-year-globally>

Hayhoe, K. (n.d.). Who I am. <http://www.katharinehayhoe.com/>

CONNECT ALL

Hersher, R. (2021, May 26). Earth is barreling toward 1.5 degrees Celsius of warming, scientists say. *National Public Radio*. <https://www.npr.org/2021/05/26/1000465487/earth-is-barreling-toward-1-5-degrees-celsius-of-warming-scientists-warn>

Hu, C. (2021, March 16). A new UN report urges a radical shift in the way we think about nature. *CNN News*. <https://www.cnn.com/2021/02/18/americas/un-report-climate-making-peace-intl/index.html>

Hurt, A. (2020, December 3). Earth is on the cusp of the sixth mass extinction. Here's what paleontologists want you to know. *Discover Magazine*. <https://www.discovermagazine.com/planet-earth/earth-is-on-the-cusp-of-the-sixth-mass-extinction-heres-what-paleontologists>

Kelly, S.M. (2021, April 15). Google Earth's new timelapse feature shows chilling effect of climate change. *CNN News*. <https://www.cnn.com/2021/04/15/tech/google-earth-timelapse/index.html>

Kottasova, I. (2020, June 1). The sixth mass extinction is happening faster than expected. Scientists say it's our fault. *CNN News*. <https://www.cnn.com/2020/06/01/world/sixth-mass-extinction-accelerating-intl/index.html>

Kottasova, I. (2021, May 9). Kids are taking governments to court over climate. And they are starting to win. *CNN News*. <https://www.cnn.com/2021/05/09/europe/climate-lawsuits-governments-intl-cmd/index.html>

CONNECT ALL

Kosttasova, I. (2021, May 27). It's getting more likely the world will reach a climate tipping point in the next five years. *CNN News*. <https://www.cnn.com/2021/05/27/world/climate-temperatures-increase-wmo-intl/index.html>

Kumar, J. (2021, March 22). *Pollution is shrinking human penises, warns scientist*. <https://www.vice.com/amp/en/article/g5b4bq/pollution-shrinking-human-penis-sperm-count-fertility>

Lombrana, L.M. (2021, May 17). Teenagers are winning climate fights one court case at a time. *Bloomberg*. <https://www.bloomberg.com/news/articles/2021-05-17/teenagers-are-winning-climate-fights-one-court-case-at-a-time>

Macbride, K. (2021, July 5). Will the next pandemic stem from antibiotic-resistant bacteria? *Inverse*. <https://www.inverse.com/mind-body/antibiotic-resistant-bacteria>

Miller, K. (2021, March 26). *Are penises really shrinking? Here's what the science says*. *Health*. <https://www.health.com/condition/infertility/penis-size-shrinking-pollution>

Mosher, D., & McFall-Johnsen, M. (2020, August 17). A car-size asteroid flew within 1,830 miles of earth over the weekend – the closest pass ever – and we didn't see it coming. *Insider*. <https://www.businessinsider.com/car-size-asteroid-2020qg-missed-earth-by-2000-miles-2020-8>

National Advocacy Credentialing Program. (2021, January). *Code of professional ethics for victim assistance providers*. National Organization for Victim Assistance (NOVA). <https://files.constantcontact.com/d9d5b324701/15e7ff1a-155b-4417-bec1-3fcf528b284d.pdf>

National Institute of Environmental Health Sciences. (n.d.). *Air pollution and your health*. <https://www.niehs.nih.gov/health/topics/agents/air-pollution/index.cfm>

CONNECT ALL

Nield, D. (2021, April 16). *Microplastics are now spiralling around the globe in the air we breathe*. Science Alert. [Microplastics Are Now Spiralling Around The Globe in The Air We Breathe \(sciencealert.com\)](https://www.sciencealert.com/microplastics-are-now-spiralling-around-the-globe-in-the-air-we-breathe)

Office for Victims of Crime (OVC). (2003). *Model standards for serving victims and survivors of crime*. U.S. Department of Justice. Updated 2010.
<https://ovc.ojp.gov/sites/g/files/xyckuh226/files/model-standards/6/pfv.html>

Office of the Director of National Intelligence. (2021, June 25). Preliminary assessment: Unidentified aerial phenomena. <https://www.dni.gov/index.php/newsroom/reports-publications/reports-publications-2021/item/2223-preliminary-assessment-unidentified-aerial-phenomena>

Pappas, S. (2020, October 20). Scientists discover new organ in the throat. Live Science, Future US Inc. <https://www.livescience.com/new-salivary-gland.html>

Patrascu, D. (2021, May 15). Asteroid hits Europe as NASA and others unable to stop it in impact game. *Autoevolution*. <https://www.autoevolution.com/news/asteroid-hits-europe-as-nasa-and-other-unable-to-stop-it-in-impact-game-161254.html>

Regan, H. (2020, October 13). UN warns that world risks becoming “uninhabitable hell” for millions unless leaders take climate action. *CNN News*. <https://www.cnn.com/2020/10/13/world/un-natural-disasters-climate-intl-hnk/index.html>

Rice, D. (2020, May 4). Unsuitable for “human life to flourish”: Up to 3B will live in extreme heat by 2070, study warns. *USA Today*. <https://www.usatoday.com/story/news/world/2020/05/04/world-heat-conditions-unlivable-global-warming-unabated/3063849001/>

CONNECT ALL

Scharping, N. (2021, June 18). Mystery cases: What happens when modern medicine lacks a

diagnosis or cure? *Discover Magazine*. <https://www.discovermagazine.com/health/mystery-cases-what-happens-when-modern-medicine-lacks-a-diagnosis-or-cure>

Stoinski, T. (2020, August 4). How the hard lesson of Covid could help gorillas. *CNN News*.

<https://www.cnn.com/2020/07/31/opinions/gorillas-conservation-covid-pandemic-stoinski/index.html>

Swan, S.H. (2021, March 16). *Reproductive problems in both men and women are rising at an*

alarming rate. *Scientific American*. <https://www.scientificamerican.com/article/reproductive-problems-in-both-men-and-women-are-rising-at-an-alarming-rate/>

Tabuchi, H., & Corkery, M. (2021, March 18). Countries tried to curb trade in plastic waste. The

U.S. is shipping more. *The New York Times*. <https://www.nytimes.com/2021/03/12/climate/plastics-waste-export-ban.html>

Tenvitalservices.org. (2020). Thrive!. <https://www.tenvitalservices.org/>

The United Nations. (n.d.). *The 17 goals*. <https://sdgs.un.org/goals>

United Nations. (n.d.). *Climate reports*. <https://www.un.org/en/climatechange/reports>

United Nations Office for the Coordination of Humanitarian Affairs (OCHA). (n.d.). World

Humanitarian Day. <https://www.worldhumanitarianday.org/>

United States Congress. (n.d.). Union calendar No. 83. 117th Congress 1st session. H.R. 4350

(Report No. 117-118). <https://www.congress.gov/117/bills/hr4350/BILLS-117hr4350rh.pdf>

CONNECT ALL

United States Environmental Protection Agency (EPA). (2021, September). Climate change and social vulnerability in the United States: A focus on six impacts.

https://www.epa.gov/system/files/documents/2021-09/climate-vulnerability_september-2021_508.pdf

Wallace-Wells, D. (2021, July 1). How to live in a climate “permanent emergency”. *New York Magazine*. <https://nymag.com/intelligencer/2021/07/how-to-live-in-a-climate-permanent-emergency.html>

Washington State University. (2021, April 10). *Connection found between household chemicals and gut microbiome*. <https://scitechdaily.com/connection-found-between-household-chemicals-and-gut-microbiome/>

Woodward, A. (2021, May 20). NASA has led 7 asteroid-impact simulations. Only once did experts figure out how to stop the space rock from hitting earth. *Business Insider*. <https://www.businessinsider.com/nasa-asteroid-impact-simulations-difficult-to-stop-2021-5>

Woodyatt, A., & Kottasova, I. (2021, January 13). Top scientists warn of “ghastly future” for planet as leaders underestimate ecological threats. *CNN News*. <https://www.cnn.com/2021/01/13/world/biodiversity-climate-intl-scli/index.html>

World Health Organization. (2021, June 15). *Soaring e-waste affects the health of millions of children, WHO warns*. <https://www.who.int/news/item/15-06-2021-soaring-e-waste-affects-the-health-of-millions-of-children-who-warns>