

Title of Sustainable Development Goal:
10 - Reduce inequality within and among countries.
Reduced Inequality

Short Description of SDG:
This SDG aims to reduce the disparity in income and opportunities between and within countries, reducing poverty in the most disadvantaged areas, promoting the social, economic and political inclusion of all, promoting policies at the international level to improve regulation and control of markets and financial institutions.

Action Area 1
Assertive communication

Question 1 (Action Area 1)	
How do you behave when a person expresses an opinion different from yours?	
1	I get nervous and attack their ideas
2	I'm not interested in someone who has different opinions
3	I listen to them but it is difficult for me to change my opinion
4	I try to understand their reasons and I reflect on it
Question Feedback:	
Seeking dialogue is fundamental because through the comparison of different opinions we can reach a result that benefits everyone	

Question 2 (Action Area 1)	
What do you do when you happen to make a mistake and you realise it?	
1	I don't make mistakes
2	I ignore it
3	I apologise for the mistake and try to fix it
4	I apologise and try to fix it. I remember the mistake so I won't repeat it in the future
Question Feedback:	

Learn by making errors and observing the errors of others. This stimulates the brain mechanisms of automatic error correction, contributing to learning. This was revealed by a study conducted of the University of Milan-Bicocca.

Question 3 (Action Area 1)

A friend of yours decides to trust you and tells you about their problems. What do you do?

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|---|--|
| 1 | I tell them I don't care, I have enough of my own problems |
| 2 | I pretend to listen to them to make them happy |
| 3 | I listen to them and give them some advice |
| 4 | I actively listen and try to help them |

Question Feedback:

Listening and comparing ourselves to others allows us to put the perception we have of the world into the right perspective.

Action Area 2

Conscious consumption

Question 1 (Action Area 2)

How often do you change your mobile phone?

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|---|---|
| 1 | Everytime a new, more powerful model comes out |
| 2 | When a model that I really like comes out |
| 3 | I change it when the old one stops working |
| 4 | I only change it when the old one doesn't work anymore and it cannot be repaired. |

Question Feedback:

Mobile cellular phone and laptop batteries use Coltan, a material that reduces energy consumption. To extract this material, for at least 14 hours a day, every day, hundreds of child slaves are forced to work in the mines of the Democratic Republic of Congo.

Question 2 (Action Area 2)

During recess you discover you have a dessert you don't like, what do you do?

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|---|-----------------------------------|
| 1 | I throw it away |
| 2 | I eat some but then throw it away |

3	I take it home
4	I try to exchange it or give it to a classmate
Question Feedback:	
Food waste is the issue of the loss of good food. It is estimated that one third of all food produced for human consumption is wasted every year.	

Question 3 (Action Area 2)	
You learn that the company that produces your favourite drink is responsible for the pollution and exploitation of workers, what do you decide to do?	
1	Nothing, I keep drinking it because I like it
2	I buy it less often
3	I don't buy it anymore
4	I do not buy it anymore and I share what I have learned also with my friends to boycott it
Question Feedback:	
A recent study by Break Free From Plastic, confirms one of the world's best-known beverage brands is the largest plastic polluter in the world for the second consecutive year.	

Action Area 3
<i>Solidarity action</i>

Question 1 (Action Area 3)	
A friend of yours is having difficulty presenting an important work, what do you do?	
1	I ignore it
2	I give them a quick suggestion and go away
3	I explain exactly what they should do
4	I sit with them and help them finish the job
Question Feedback:	
Working on hobbies, making new friends, spending time in nature and learning new things makes people happy. Happy people work better and have a lot more energy to face difficulties.	

Question 2 (Action Area 3)	
Have you ever donated your personal things (clothes, objects, blood, medicines, etc.) to help others?	

1	No, I've never thought about it
2	No, but I may do it in the future
3	Yes, I did it a few times
4	Yes, I do it whenever I can
Question Feedback:	
A recent study, taking Italy as an example, reveals that blood donations on average save the life of one person per minute, a total of about 630,000 people per year.	

Question 3 (Action Area 3)	
Do you participate in some activities that help disadvantaged people?	
1	No, I'm not interested
2	No, but I'd like to
3	Yes, I did on a few occasions
4	Yes, I do it regularly through volunteering
Question Feedback:	
The promotion of volunteering in society serves to spread awareness of commitment as a social value among citizens, encouraging the construction of a more supportive society, both in terms of human relationships and civic life	

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