

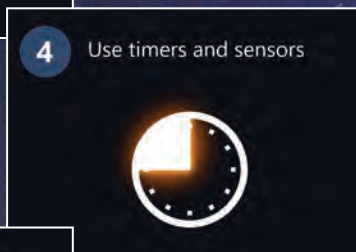
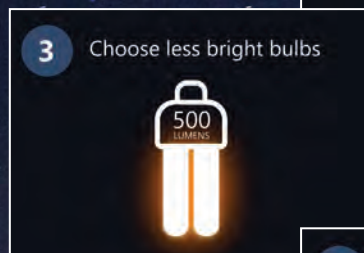
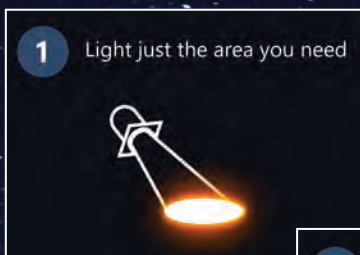
What can I do about LIGHT POLLUTION?

You can make a difference PROTECTING THE NIGHT SKY STARTS WITH YOU

Get
**WILD ABOUT
DARK SKIES**

Talk to friends and family about:
TAKING ACTION
on
LIGHT POLLUTION

www.highweald.org
for more information on Dark Skies
across the AONB



Did you know

The stars have helped humans to

NAVIGATE THE EARTH

The High Weald has some of the **darkest skies** in South East England but they are under threat by **increasing light pollution**

DISCOVER THE STARS



Light pollution ...

IMPACTS ON CLIMATE CHANGE

Light pollution contributes to **climate change** by adding excess heat into the air.



THREATENS WILDLIFE



– Impacts on **birds migrating**



– Impacts on animals and insects' **ability to rest and hunt**

DAMAGES OUR HEALTH

An increased amount of light at night **lowers melatonin** and results in **health problems**.

BRIGHTER DOES NOT MEAN SAFER

Glare from bright, unshielded lights **decreases safety** because it **shines into our eyes**.

This makes it more difficult for our eyes to adjust to low-light conditions.

It also helps criminals hide in the shadows.