

# MOOC ENVIRONMENTAL IMPACTS OF DIGITAL TECHNOLOGIES

## 3.4.1 From eco-user to eco-designer of digital services

### Auteurs :

- Julie Delmas-Orgelet, DDemain / NegOctet
- Anna Cruaud

## Activity 08.1 : Are you an eco-responsible Internet user?

It's up to you now! Reducing the environmental impact of our digital uses is everyone's business, designers, developers and users. Questioning our uses, questioning them and adopting new practices is a necessity.

In this sequence, we are going to suggest some good practices to implement your personalised action plan: firstly as a user and secondly as a developer.

Capsule slide	Related text
<p><b>Are you an eco-responsible Internet user?</b></p> <p>Digital technology is a part of our daily lives. We use the Internet to search, learn, communicate but also for our leisure.</p> <p>Digital is a true link vector! But these uses are not that neutral!</p> <p>Even if sometimes disconnecting is desirable, it's not always possible. But we can introduce new practices to reduce our impact.</p> <p>And you, have you already put these good actions into practice?</p>	<p><b>Are you an eco-responsible Internet user?</b></p> <p>Digital technology is a part of our daily lives. We use the Internet to search, learn, communicate but also for our leisure.</p> <p>Digital is a true link vector! But these uses are not that neutral! Even if sometimes disconnecting is desirable, it's not always possible. But we can introduce new practices to reduce our impact.</p> <p>And you, have you already put these good actions into practice?</p> <p>For each practice below, answer "<b>I already do</b>" or "<b>I don't do it</b>" according to your usage.</p> <p>A "<b>Did you know?</b>" text is then displayed with details about the practice. In addition, if your answer was "<b>I don't do it</b>", you have to choose between: "<b>Here we go</b>" or "<b>Maybe later</b>".</p>

Capsule slide	Related text
<p>1 / 8 Navigation</p> <p><b>I limit the number of tabs opened in my browser.</b></p> <p>I thus reduce the consumption of the living memory and the energy consumption of my equipment.</p> <p>Did you know that..</p> <p>The Great Suspender extension (<a href="#">Chrome</a>) / New tab suspender (<a href="#">Firefox</a>) allows this action to be done automatically. The TabWrangler extension (<a href="#">Chrome</a> / <a href="#">Firefox</a>) allows you to suspend access to open pages without closing them.</p>	<p><b>1 / 8 Navigation</b></p> <p><b>I limit the number of tabs opened in my browser.</b></p> <p><i>I thus reduce the consumption of the living memory and the energy consumption of my equipment.</i></p> <p><b>Did you know that..</b></p> <p>The Great Suspender extension (<a href="#">Chrome</a>) / New tab suspender (<a href="#">Firefox</a>) allows this action to be done automatically. The TabWrangler extension (<a href="#">Chrome</a> / <a href="#">Firefox</a>) allows you to suspend access to open pages without closing them.</p>
<p>2 / 8 Navigation</p> <p><b>I use the search engine only if it's necessary.</b></p> <p>To reach my favorite pages, I use the address bar rather than looking for them in a search engine. I create favorites to make my life easier and</p> <p>Did you know that..</p> <p>One of the first most searched words in Google is... "google" while in Chrome you can directly type what you're looking for in the address bar.</p> <p>Source : <a href="#">Top Trending Google Searches 2021, Semrush Blog, 2021</a> [accessed on: 14/12/2021 ]</p>	<p><b>2 / 8 Navigation</b></p> <p><b>I use the search engine only if it's necessary.</b></p> <p><i>To reach my favorite pages, I use the address bar rather than looking for them in a search engine. I create favorites to make my life easier and avoid going through the search engine.</i></p> <p><b>Did you know that..</b></p> <p>One of the first most searched words in Google is... "google" while in Chrome you can directly type what you're looking for in the address bar.</p> <p>Source : <a href="#">Top Trending Google Searches 2021, Semrush Blog, 2021</a> [accessed on: 14/12/2021 ]</p>

Capsule slide	Related text
<p data-bbox="184 142 388 170">3 / 8 Navigation</p> <p data-bbox="170 204 842 280"><b>I install a publicity and cookie blocker on my browser.</b></p> <p data-bbox="170 297 699 326">It limits the forwarded and collected data.</p> <hr/> <p data-bbox="184 412 415 440">Did you know that..</p> <p data-bbox="218 474 936 586">I can install ad blockers: uBlock Origin (<a href="#">Firefox</a> / <a href="#">Chrome</a> ) , <a href="#">Adguard Adblocker</a>, Poper blocker (<a href="#">Chrome</a> / <a href="#">Firefox</a>)</p> <p data-bbox="218 638 936 750">Cookies Managers: Adequa (<a href="#">Chrome</a> / <a href="#">Firefox</a>) Advanced browser settings allow cookies and data from third-party sites to be blocked.</p>	<p data-bbox="1098 126 1320 154"><b>3 / 8 Navigation</b></p> <p data-bbox="1098 188 1843 215"><b>I install a publicity and cookie blocker on my browser.</b></p> <p data-bbox="1098 228 1608 256"><i>It limits the forwarded and collected data.</i></p> <p data-bbox="1098 290 1365 318"><b>Did you know that..</b></p> <p data-bbox="1098 352 1934 418"><b>I can install ad blockers:</b> uBlock Origin (<a href="#">Firefox</a> / <a href="#">Chrome</a>), <a href="#">Adguard Adblocker</a>, Poper blocker (<a href="#">Chrome</a>/<a href="#">Firefox</a>)</p> <p data-bbox="1098 453 2007 548"><b>Cookies Managers:</b> Adequa (<a href="#">Chrome</a>/ <a href="#">Firefox</a>) Advanced browser settings allow cookies and data from third-party sites to be blocked.</p>
<p data-bbox="184 815 388 842">4 / 8 Leisure</p> <p data-bbox="170 876 869 953"><b>I listen to music on special applications without video streaming.</b></p> <p data-bbox="170 969 1050 1029">(Deezer, spotify,...). I don't use Youtube for music. And I download my favorite songs.</p> <hr/> <p data-bbox="184 1068 415 1096">Did you know that..</p> <p data-bbox="218 1130 909 1242">The spotify app has been classified as the least energy-intensive music streaming app by the greenspector barometer.</p> <p data-bbox="218 1284 735 1360"><b>Source :</b> <a href="#">Deezer vs Spotify, greenspector, 2019</a> [accessed on: 14/12/2021 ]</p>	<p data-bbox="1098 799 1276 826"><b>4 / 8 Leisure</b></p> <p data-bbox="1098 873 1934 901"><b>I listen to music on special applications without video streaming.</b></p> <p data-bbox="1098 914 1927 971"><i>(Deezer, spotify,...). I don't use Youtube for music. And I download my favorite songs.</i></p> <p data-bbox="1098 1011 1344 1039"><b>Did you know that..</b></p> <p data-bbox="1098 1079 1990 1146">The spotify app has been classified as the least energy-intensive music streaming app by the greenspector barometer.</p> <p data-bbox="1098 1179 1934 1206"><b>Source :</b> <a href="#">Deezer vs Spotify, greenspector, 2019</a> [accessed on: 14/12/2021 ]</p>

## Capsule slide

## Related text

5 / 8 Leisure

**I'm reducing my consumption of streaming and online video games.**

Did you know that..

« The growth in the number of users equipped with at least one connected terminal (mainly a smartphone, especially in developing countries), the increase in the ratio of the number of connected terminals per individual (from 2.1 in 2015 to 3.6 in 2023 on average worldwide), the increase in video traffic coupled with the growing share of HD and UHD quality images and the shift in usage towards on-demand consumption (streaming, VOD, cloud gaming), are all factors that are causing an explosion in traffic on the networks (more than 26% per year (Cisco, 2018a)) and in the data centres (+35% per year, (Cisco, 2018b))»

Source : [Impact environnemental du numérique : tendances à 5 ans et gouvernance de 5G, the Shift Project, Mars 2021](#) [ accessed on: 14/12/2021 ]

**5 / 8 Leisure**

**I'm reducing my consumption of streaming and online video games.**  
*I can give myself schedules of viewing, limiting myself to 1 film per week, downloading my films or borrowing them from a friend.*

**Did you know that..**

« The growth in the number of users equipped with at least one connected terminal (mainly a smartphone, especially in developing countries), the increase in the ratio of the number of connected terminals per individual (from 2.1 in 2015 to 3.6 in 2023 on average worldwide), the increase in video traffic coupled with the growing share of HD and UHD quality images and the shift in usage towards on-demand consumption (streaming, VOD, cloud gaming), are all factors that are causing an explosion in traffic on the networks (more than 26% per year (Cisco, 2018a)) and in the data centres (+35% per year, (Cisco, 2018b)) »

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6 / 8 Communication

**I reduce the size of my messages and the weight of the attached files.**

*I avoid images and videos and privilege the sending of links rather than sending attached files especially when sending multiple mails.*

Did you know that..

I reduce the weight of attached files via tools like Smallpdf.

I use [wetransfer](#) or [swisstransfer](#) which allow to create a link to send with a time limit.

**6 / 8 Communication**

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<p data-bbox="184 142 428 175"><b>7 / 8 Communication</b></p> <p data-bbox="176 204 919 277"><b>I limit the sending the unnecessary/SMS/Whatsapp messages</b></p> <p data-bbox="176 290 1033 321">And I choose the recipients carefully. Is the "reply to all" function useful?</p> <p data-bbox="184 399 445 431"><b>Did you know that...</b></p> <p data-bbox="218 457 949 651">« The impact of sending an email depends on the weight of the attached documents, the storage time on a server as well as the number of recipients. Multiply by 10 the number of recipients of an email multiplies by 4 its impact. » And let's not forget the equipment operating times of the equipment!</p> <p data-bbox="218 656 806 719"><b>Source :</b> "<a href="#">La face cachée du numérique</a>", Ademe, 2019 [accessed on: 14/12/2021 ]</p>	<p data-bbox="1096 123 1390 155"><b>7 / 8 Communication</b></p> <p data-bbox="1096 188 1898 220"><b>I limit the sending the unnecessary/SMS/Whatsapp messages</b></p> <p data-bbox="1096 225 1974 256"><i>And I choose the recipients carefully. Is the "reply to all" function useful?</i></p> <p data-bbox="1096 285 1373 318"><b>Did you know that...</b></p> <p data-bbox="1096 350 1999 488">« The impact of sending an email depends on the weight of the attached documents, the storage time on a server as well as the number of recipients. Multiply by 10 the number of recipients of an email multiplies by 4 its impact. » And let's not forget the equipment operating times of the equipment!</p> <p data-bbox="1096 553 1197 578"><b>Source :</b></p> <p data-bbox="1096 610 1995 641"><a href="#">En route vers la sobriété numérique, ADEME, 09/2022</a> [ Consulté le 27/01/2023 ]</p>
<p data-bbox="184 786 428 818"><b>8 / 8 Communication</b></p> <p data-bbox="176 847 550 880"><b>I clean up in my mailboxes</b></p> <p data-bbox="176 935 1041 998">(mail, SMS, Whatsapp, Signal,...): I delete unnecessary messages, remove images and videos that I won't watch anymore or save them</p> <p data-bbox="184 1044 424 1076"><b>Did you know that..</b></p> <p data-bbox="218 1102 903 1166">The tool <a href="#">Cleanfox</a> allows automatic cleaning of mailboxes.</p> <p data-bbox="218 1198 903 1261">You can also delete emails by keywords, size... to gain efficiency.</p>	<p data-bbox="1096 773 1390 805"><b>8 / 8 Communication</b></p> <p data-bbox="1096 847 1432 880"><b>I clean up in my mailboxes</b></p> <p data-bbox="1096 885 1995 980"><i>(mail, SMS, Whatsapp, Signal,...): I delete unnecessary messages, remove images and videos that I won't watch anymore or save them elsewhere, unsubscribe the unnecessary newsletters.</i></p> <p data-bbox="1096 1023 1365 1055"><b>Did you know that..</b></p> <p data-bbox="1096 1097 1885 1161"><i>The tool <a href="#">Cleanfox</a> allows automatic cleaning of mailboxes. You can also delete emails by keywords, size... to gain efficiency.</i></p>

As you have seen, quite simple actions have an impact. So as internet users, let's act, reduce, think, refuse!  
We've generated a little memo for you!

(tick the relevant boxes)

	I do it already	Here we go!	Maybe later
Limit the number of tabs opened in my browser			
Use the search engine only if it's necessary			
Install a publicity and cookie blocker on my browser			
Listen to music without video			
Reduce my consumption of streaming			
Reduce the size of my messages			
Limit the sending the unnecessary messages			
Clean up in my mailboxes			

## Crédits :

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<p><b>Graphismes :</b></p> <ul style="list-style-type: none"><li>● Illustrations : Mikaël Cixous, 4 minutes 34</li><li>● Photographies of Guillaume Clémencin : Nicolas Ledu</li></ul>	
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