

Key Vocabulary Overview	
light pollution	the illumination of the environment that can be disruptive to humans and wildlife
glare	bright light that causes visual discomfort
light trespass	light pollution that occurs when light spreads into areas where it is unwanted
vvvvvvv	the brightening of the sky at night, particularly in built-up areas
migration	the movement of animals from one area to another
circadian rhythm	a physical, mental or behavioural change in animals that follows a 24-hour cycle and is mostly affected by changes in light
urban	a term that describes something relating to a town or city
rural	a term that describes something relating to the countryside
light emission	the light released by an object
appliance	a device that performs a specific function

Light Pollution

Light pollution is when artificial lights are used in a way that disrupts humans and wildlife. The three main types are:



light trespass

glare

sky glow

Sky Glow

Sky glow happens when artificial light reflects off clouds, dust and water in the air. This creates an orange glow that can:

- make it harder to see stars at night;
- confuse animals, causing some to become lost;
- cause animals to perform certain activities at the wrong time.

Disclaimer: While every care has been taken to ensure that there are no significant emotional triggers regarding eco-anxiety for learners, any feelings that arise should be embraced and discussed non-judgementally.

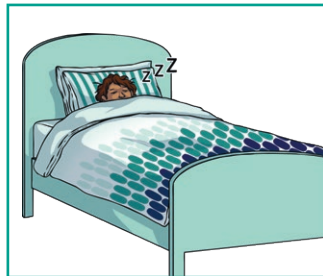
Glare

Glare is excessively bright light that causes visual discomfort, leading to tiredness, confusion, eye strain, soreness and temporarily blurred vision.

Glare often disorients animals such as deer, causing them to stumble into roads.

Circadian Rhythms

Most animals, including humans, follow **circadian rhythms** controlled by the brain's biological clock. Disruptions in regular light and dark cycles can confuse these rhythms and have significant consequences.



Causes

Some examples of how humans cause **light pollution** are:



street lamps

vehicle headlights



workplaces being lit up through the night

exterior lighting on buildings



advertising boards