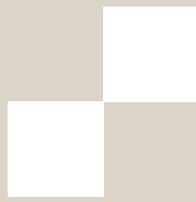
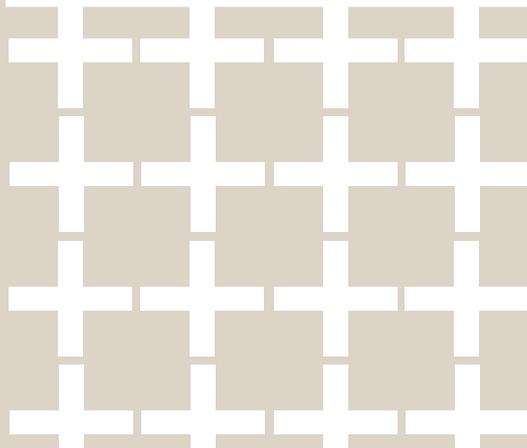
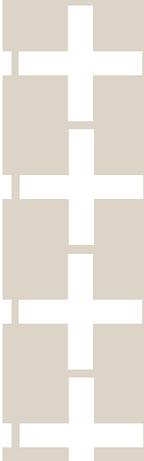
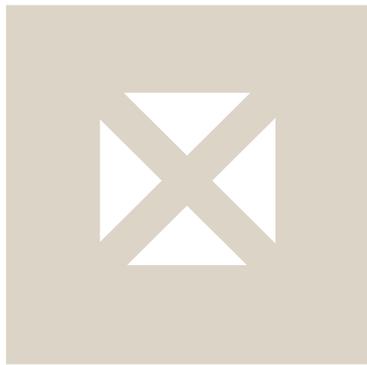


Topic3

Ways to reduce Ocean
Plastic Pollution

Education Programme



Ways to reduce Ocean Plastic Pollution



As we learned in Topic 2, ocean plastic pollution is upsetting our planet's natural balance and affecting the health of everyone on the planet.

We all have an important part to play in reducing our use of plastic. Everything we do as individuals can help to make a difference.

In this topic you will discover things you can do to help solve this problem. So, what's your plan? Are you in?

**You can also
learn about our
connection with the
ocean in Topic 2.**

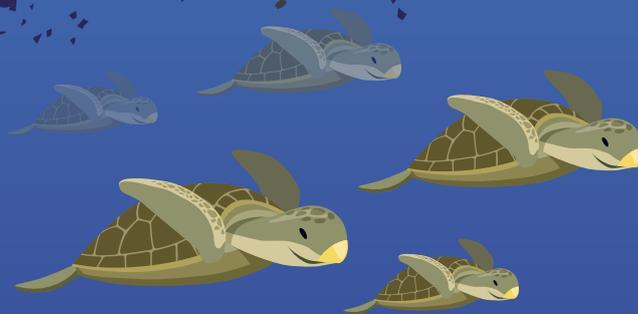
There are more microplastic particles in the ocean than there are

stars in our galaxy



More than
50%
of sea turtles

are estimated to have ingested plastic or other forms of marine debris



The average American uses 167 disposable water bottles a year, but only
recycles 1 in 4



2017

2027

The amount of plastic waste in the ocean could
rise by a factor of 10
within the next decade

Plastic is not so fantastic



Over 200 times more plastic is being made now than in the 1950s. We have to do something about the amount of plastic that we use, the types of plastic we use and what we do with that plastic after it's been used.

The Age of Plastics



We have had...

The Stone Age



The Iron Age



and now...

The Age of Plastics!

We must consider the environment and our ocean when we use plastic. Do we really need to use plastic? And how will we dispose of the plastic when we are finished with it?

It's everyone's problem!



Grey seal lying on beach trapped in fisherman's net. Photo: Shutterstock



Ocean Plastic Pollution is everyone's problem, not just people who like to eat seafood or use the beach. It's up to all of us to be part of the solution.

It's you, it's me, it's all of us



Dee Caffari. Photo: Ainhoa Sanchez/Volvo Ocean Race

“

We talk about the oceans and plastic pollution as if it's someone else's problem but it's not. It's you, it's me, it's all of us.

No matter what job we do, where we live, or who we are”.

Dee Caffari, skipper of Turn the Tide on Plastic in the Volvo Ocean Race

”

Together, we can turn the tide on plastic pollution. Imagine if you and all the other students from around the world who are reading this booklet change one plastic habit, for example by not using plastic bottles and bags. This action will be very good for our ocean and planet!



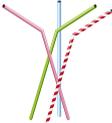
How can we stop plastic pollution?



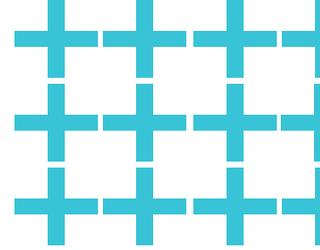
It's useful to know our own individual plastic footprint (that is how much plastic you use). Once we know this we can start to understand how much plastic we use and make choices that will help the planet.

**Think about a regular week...
How much plastic do you use?
Plastic bags, plastic cups, plastic plates,
sweet wrappers, food wraps, drink
bottles... All of these contribute to your
plastic footprint.**

Can you think of anything else you can use instead of plastic to help turn the tide on plastic pollution?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
						
						

See Topic 3 worksheet 1.1 to help calculate your plastic footprint.



The R's rule

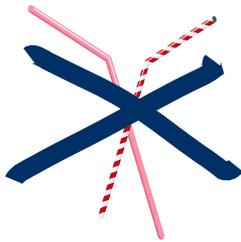


Here are some tips that will help you to reduce the consumption of plastic. These are known as the R's.



Rethink

The way you use plastic.
Do you really need it?



Refuse

Single-use and disposable plastic wherever possible. For example you can say no to a straw when you go for a juice.



Reduce

If it will leave behind plastic waste, don't buy it!



Reuse

Items that last. Choose glass, paper or stainless steel over plastic.



Recycle

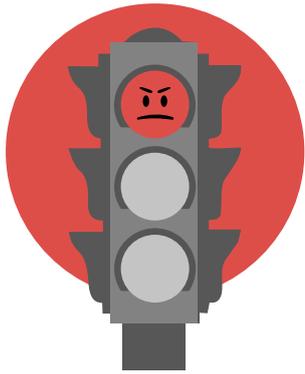
What plastic items you can't refuse, reduce or reuse.

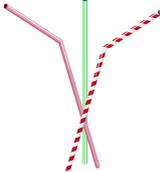




Rethink

When you are about to use a plastic item, stop! Think twice! Do I really need this plastic item? Especially if it's something that you are only going to use once: a single-use plastic. Always reflect and think if there is something else you can use that won't cause harm to the ocean.



JUST SAY NO THANKS!

Refuse

When offered single-use and disposable plastic just say 'No thanks'.



How to make your footprint smaller

Reduce



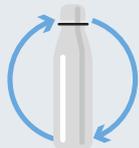
**Turtles can eat balloons if they end up in the ocean.
This makes them very sick or can kill them.**

Don't release balloons or sky lanterns. These are usually made of plastic and often end up in the ocean.

Don't use toothpaste or face and body scrubs with microbeads in them!

Be creative and reuse plastic

Reuse



Reuse



Reuse

If you already have plastic items at home there are lots of ways you can reuse them when you wash and clean them. You can use them to tidy up your room or make nice art!

Plastic juice cups or plastic yoghurt pots

Storage pots for small items like hair clips or pots for growing plants.



Plastic toys

Give them to the local second-hand store so more children can have fun with old toys that you have outgrown.

Discover more exciting ways of re-using plastic in Topic 4



Photo: Ian Roman/Volvo Ocean Race



Last but not least... ¡Recycle!



Recycle



As mentioned in Topic 2 recycling is a good idea but it is not the answer to all our ocean plastic pollution problems. This is because very little of the overall plastic produced globally is actually recycled.

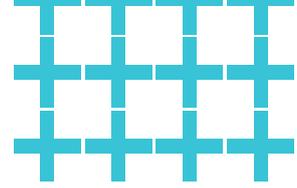
It's important to know the different types of plastic and which types can or cannot be recycled in your recycling bins.

Remember that the best solution is to avoid single-use plastic.

Recycled plastic can be made into something new, like new plastic bottles, carpets, fleece jackets, sleeping bags, skateboards and rucksacks!

Most of the rubbish that ends up in a household dustbin can be recycled! Instead it ends up in a landfill!^a





Reach for the skies and the oceans

Now you know about ways to reduce the plastic pollution in the ocean, starting today you can make a change. Taking action you can certainly help, whereas standing by doing nothing will contribute to ocean plastic pollution.

There are lots of great people, young and old, standing up for our ocean around the world, creating small and big changes for a cleaner ocean. Do you want to be one of them?



Melati & Isabel giving a TED talk on their project Bye Bye Plastic Bags Credit: www.byebyeplasticbags.org/#picvids.jpg

Two sisters Melati and Isabel, aged 10 and 12 years old, set up a group called Bye Bye Plastic bags in Bali, focused on banning plastic bag use in their country. Now these groups are starting up all around the world!

More amazing champion stories



As a young boy Afroz lived by the sea and loved to visit the beach. After studying in the city for some years, he came back home and saw his beach was covered in rubbish. He couldn't even see the sand! He and his 84-year-old neighbour set about cleaning the beach. Their work turned into the largest beach clean in the world and Afroz could see the sand again!

Jack and Alex, two teenage friends in America who love the ocean and snorkelling, found thousands of golf balls under water at one of their local beaches. The golf balls had come from a nearby golf course and were breaking down into micro-plastics in the ocean. Since their underwater discovery they have collected over 9,000 golf balls and have started the Plastic Pick Up organisation with their friends.



Jack & Alex sorting golfballs that they collected underwater.
Credit:theplasticpickup.org/gallery.jpg



Help Wisdom Turn The Tide on Plastic!

These people show us that we can make a big difference by taking small steps. Start today, follow the five R's, help keep the ocean clean and become a Volvo Ocean Race Champion for the Sea.

Wisdom and her friends will be very grateful if you stand up for their home. Now go to Wisdom's Worksheets, take the Champions Challenge and become Volvo Ocean Race Champions for the Sea!

Topic 4 has lots more information on amazing ways plastic is being reused so it doesn't end up in the ocean. Be sure to check it out and see if you can come up with any other great ideas!

Make a checklist of 2 things you are going to start doing today to help stop ocean plastic pollution. Share with your friends and family!

To find out lots more and follow the Volvo Ocean Race check out

www.volvoceanrace.com/education

Marine biologist and ocean advocate Lucy Hunt created this education programme.

Illustrations and design by wearesmall.es

Interesting words

Disposable: an object made to be thrown away after one or several uses

Landfill: an area where waste litter is buried under the ground

Recycle: to make something new from something that has already been used

United Nations: a global organisation that works with countries for a better world

References

^a <http://www.recycling-guide.org.uk/facts.html>