

THE ENVIRONMENT NEEDS
YOU TO TAKE ACTION ON
SINGLE-USE PLASTIC

STARTING
RIGHT
NOW

AS AN INDIVIDUAL.

Why plastic?

Single-use plastic like bottles, straws and carrier bags are used for minutes but last a lifetime, with devastating impact. Parts of the ocean now hold more plastic than plankton – a species vital to the health of marine environments and the survival of life on Earth.

What can we do?

We need to put an end to plastic pollution so we can protect the ocean and all it makes possible. Which starts here. With your individual action plan. Tick off each action and boycott single-use plastic. Making simple changes to your daily routine makes a real difference.

#PLASTICFREESCHOOLS
#POWERTOTHEPUPILS
#OCEANACTIVISTS

OVER
150



PLASTIC
BOTTLES
CAN BE
FOUND
ON EVERY
MILE OF UK
BEACHES.

£0.001



AVERAGE
COST OF
A LITRE OF
TAP WATER.
500 TIMES
LESS THAN
BOTTLED
WATER.

INDIVIDUAL ACTION PLAN:



- ☐ **Remember** your refillable water bottle
- ☐ **Take** a reusable coffee cup and refuse single-use take away cups
- ☐ **Refuse** single-use packaging
- ☐ **Resist** a straw; straws suck
- ☐ **Refuse** a single-use plastic bag and take your own
- ☐ **Take** your own cutlery or use sustainable alternatives
- ☐ **Avoid** single-use plastic in the bathroom
- ☐ **Refuse** single-use condiment sachets
- ☐ **Do** your own mini Beach Clean
- ☐ **Help fund our work**

Why not set up a fundraising event at your school?
Every penny raised helps us protect the ocean and all it makes possible, tackling plastic pollution, water quality, ocean recovery and the climate crisis.

INDIVIDUAL ACTIONS CREATE A
GROUNDWELL OF CHANGE.
TOGETHER WE CAN KICK OUR
ADDICTION TO SINGLE-USE PLASTIC.