Pollution is flooding into the ocean every day. Plastic and toxic waste are dangerous for marine wildlife.

We can all make a difference, with simple steps of Reducing, Reusing, Recycling, Repurposing, Rehoming and Recovering.

With over 12 million tonnes of trash entering the ocean each year we need to do more and come up with new solutions. Here are some activities you can do to help understand the issue and identify changes that can be made.

Chemicals in plastics

Plastics are made up of thousands of different types of chemicals. To understand the impact this has on the ocean, here are some activities you can do.

- 1. Identify plastics you see at home every day, from plastic wraps, food packaging, soft drink bottles to plastic bags.
- 2. Examine the plastic item to see if it has markings, like symbols, that identify the type of plastic it is or if it is recyclable.
- 3. Research where the plastic was created and what chemicals have been used. If you can't find information, try contacting the company that created the product and ask them for details.
- 4. Once you have identified some of the chemicals used in making the plastic, research what these are and how these may impact the ocean.
- 5. What are the consequences for marine wildlife, from phytoplankton to whales.
- 6. Identify what other products in your household have these chemicals in them.
- 7. Think about what you could use instead of these products to help reduce the amount of chemicals and the risk to the ocean.
- 8. Create a plan on how you can reduce the use of these in your household and share with friends and family. Be an advocate for change!

Advocating for change

You can help the ocean and marine wildlife by becoming an advocate for change, simply by creating your own awareness campaign:

- Select a type of pollution or chemical to focus on (oil, plastics, fishing gear, chemicals).
- Research the source, the issue, its effects and who suffer from the consequences.
- Select a call to action, your key message, why people should care and what they can do.
- ➤ Create your campaign think about how you will convey your message and who your audience will be. You can share messages with friends, on social media, write a news story and ask your local newspaper to consider publishing it. Create information sheets asking local stores or companies to make changes or create a petition to have the government make legislative changes.