

NEXT STEPS GUIDE

by Plastic Oceans Canada



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For A Better Planet. For A Better You.



HELLO STUDENTS!

After learning more about the problem of plastic pollution, you must be excited to find new ways to **TAKE ACTION** to protect our oceans and waterways. Our Next Steps will help guide your journey.

When plastic was first invented, no one knew it could cause all the damage and mess that we see today.

The good news? There are many solutions and alternatives.

Plastic Oceans Foundation Canada aims to educate future generations about plastic, and support individuals who take action and get involved to stop plastics from polluting our planet. Take the first step and keep going...

This guide offers inspiration to change in three areas:

1. On my own & at home
2. At school
3. In my community & with government





RETHINK SINGLE USE PLASTICS

Create a WAVE OF CHANGE! Protect your planet, your oceans and what you love by RETHINKING plastic. What is plastic made out of? Oil. Why are reduction and collection strategies so important? Plastic is a valuable resource that cannot be wasted.

The ZERO WASTE movement follows the principles of a CIRCULAR ECONOMY: refuse to create waste and chose to save valuable resources.

Become PLASTIC NEUTRAL by getting involved in beach/community cleanups, other volunteering and plastic reduction and collection strategies.

Every person who refuses single use plastics will see a reduction in:



700



720



1025



730

PER YEAR!



Plastic Oceans volunteers in Mexico found numerous plastic lids and old, washed up plastic toys.

Ocean currents know no borders. Oceans are part of our global community. We all have to do our part.

MAKE A PERSONAL PLEDGE

CHANGE YOUR MIND!

You made the decision to use single use plastics before.
Now make the decision to refuse single use plastics.
Already started the switch? Keep it up!
Continue to refuse single use.

List 3 SUP (single use plastics) to cut out of your life.

I _____

choose to refuse the following:

1. _____
2. _____
3. _____

Signed _____ Date _____

Let us know you care! Sign this certificate.
Post your pledge on social media and tag
[@plasticoceanscanada](https://www.instagram.com/plasticoceanscanada)



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ON MY OWN & AT HOME

THINK REUSABLE such as a reusable water bottle, straw, tea and coffee cup. Have a reusable cutlery set in your bag to use at school and favourite place to snack.

***tip: contact us for partner suppliers to eliminate plastics in your daily lives**

TALK TO PARENTS look for plastic alternatives. Metal, glass, wood, bamboo, cotton, linen. Find drop off locations for pens and markers, batteries and lightbulbs, small appliances, paint cans, headphones, other tech based items and more. Look for collection sites and resources in your province (RecycleBC.ca) and across Canada (Call2Recycle.ca) as well as retailers like Staples, London Drugs and Home Depot. Get to know the TerraCycle.com website too, Terracycle is helping to rethink “garbage” in countries around the globe.

SOCIAL MEDIA use social media to keep this conversation alive and to reach more people.

REUSE, REFUSE, REPAIR, RECYCLE do you need that new item (clothes, device, toy, accessory)? If you already have one, do you really need another? If broken or old, can it be repaired or upcycled?

DURABILITY when you buy something new, buy long lasting items instead of things with a short life cycle.

FASHION is how we express ourselves. Find clothes made from natural, biodegradable fibers, and refuse polyester and other synthetic plastic materials. Plastic particles breakup when washed and leach into our water systems.

Refuse single use plastic cutlery, chose an alternative, and you won't contribute to the 40 billion produced per year.







AT SCHOOL

RECYCLING increase recycling options at your school. Include batteries, pens, markers, flexible packaging and more.

***tip: flexible packaging includes single use wrappers, ziplock bags, saran wrap and other soft plastic 'flexible' packaging**

HOT LUNCHES can your hot lunch provider take steps to practice plastic free packaging, compostable cutlery? Can you “opt out of plastic cutlery” in the order menu? Parents have the option.

CAFETERIA Ask cafeteria staff if they can use metal cutlery, if not, request compostable (not biodegradable) as an alternative.

***tip: compostable options are greener than biodegradable options**

WATER FOUNTAINS ask for more water refill stations instead of vending machines. Encourage students to bring reusable water bottles.

GREEN EXCURSIONS plan local field trips to recycling centers or visit other local innovators. Contact us for opportunities in your area.

Go on a green excursion to your local recycle depot. Learn about your options. Items like spray paint cans and small electronics don't have to end up in landfill.



ENVIRONMENT CLUB join or create an eco-club for powerful change. Be your schools 'green consultant'. Find alternatives so your school can refuse single use plastic at all events ex. carnivals, sports days, dances, workshops etc.

ART organize a school art project using old plastic collected in school or at home. Totem poles or 3D murals show how much plastic we use and discard.



Canadian artist, Peter Clarkson's Mural 'Eye of the Oystercatcher' is made from ocean plastics. www.peteclarkson.com/gallery





IN MY COMMUNITY & WITH GOVERNMENT

Canadian governments are already tuning into the zero waste movement with Canada's proposed nationwide ban on some single use plastics by 2021. Programs like CleanBC are working to make municipal recycling systems more effective. The momentum is growing. Join the movement!

WRITE TO YOUR MP send letters, not emails. MP's are legally obligated to file them. Start a petition for MP's to reduce plastic use in your area. Politicians respond to documented public support. Learn more about climate justice at TeachClimateJustice.ca



WRITE TO YOUR DENTIST and request no more plastic goody bags! Ask your dentist to refuse single use plastics, and promote alternatives like bamboo toothbrushes.

WRITE TO LOCAL RESTAURANTS and cafes ask your favourite restaurant to use less plastic, especially styrofoam (polystyrene) take out containers. Source compostable containers, straws and cutlery options to initiate change.

***tip: Write your own letter or go to PlasticOceans.ca to find pre-drafted letters.**

VOLUNTEER join or start a beach/community cleanup. Go to ShorelineCleanup.ca





SUCCESS STORIES - INSPIRATION

IDEAX SUMMIT WINNERS: EDIBLE SPOONS

Have your cake, and eat your spoon too! BC, Langley School District students competed at the 2019 IdeaX Summit. The challenge: find new ways to help eliminate single use plastic. Matthew Kim, Richelle Ng and Annie Kang won the competition with their innovative and fun idea to turn single use items into edible ones. Solutions come in all shapes and sizes. Remember to have fun and see where your journey takes you!



Plastic Oceans Executive Director, Adrian Midwood, presents the winning prize of \$20,000 (raised by Langley school district) to IdeaX Summit winners, Matthew Kim, Richelle Ng and Annie Kang.



The Edible Spoon innovators share their story with local media.



Yum, spoons for snacks!



Calling all students we want to see your successes too! What are you doing to help eliminate plastic? Share your stories on social media, and tag us @plasticoceans.ca

KIDS FOR A PLASTIC FREE CANADA

Kids for a Plastic Free Canada was founded by two Vancouver Island students. Their mission: help students take action to stop single use plastics in Canada. Their goal: make legislative changes and regulate single-use plastic in Canada. Thank you Charlotte and Anastasia for caring enough to ACT and for sharing your successes!

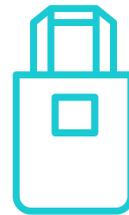
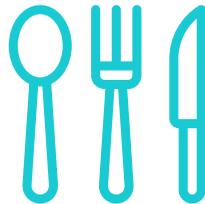
Find them on facebook and get involved facebook.com/plasticfreekids/



Youth organisation founder, Anastasia, meets with BC Minister of Education, Rob Fleming, to discuss her ideas for a province-wide education and action campaign to reduce single-use plastic.



Kids for a Plastic Free Canada, Charlotte and Anastasia, meet MLA Sheila Malcolmson to discuss single-use plastic reduction strategies in BC.



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