



save our seas
FOUNDATION

Simple ways to save the planet

and how

you can help



Rethink the future!

Pollution. Drought. Floods. Hurricanes.
Global warming.

Every thing we do affects our planet and
the environment: where we go, what we eat,
what we wear, even just sitting browsing
the internet or watching TV. By rethinking,
re-using and recycling, you can make sure that
today's resources are still yours tomorrow.



It's not hard – even small changes will help
to make a difference. Try some of these simple
tips: you'll be amazed how easy it is!
Get your friends and family involved.
The more people that change, the
bigger the difference.





Switch it off!

Using electricity has a huge impact on the planet: every time you switch on a light or surf the internet, you create pollution.

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- ✓ Don't leave lights on all over the house.
 - ✓ Don't leave your PC, stereo or TV in your room on standby.
 - ✓ Put on a sweatshirt instead of turning up the heating – if you close the curtains you'll keep out the cold.
 - ✓ Use a fan instead of air conditioning to stay cool – if you close the curtains during the day your room stays cooler.
 - ✓ When boiling a kettle only boil as much water as you need at the time.

Turn it off!



Clean water is essential to life but over a billion people in the world don't have it. Another billion people rely on the sea but pollution is killing off their food. Don't take water for granted.



- ✓ Drink tap water instead of bottled water (if you know it's safe)
- ✓ Refill that bottle for water on the go.
- ✓ Take a shower instead of a bath.
- ✓ Turn the tap off while you're brushing your teeth.
- ✓ Volunteer to wash-up: dishwashers are very extravagant with water.
- ✓ A full load in the washing machine is more efficient – don't use it to wash just one special shirt or jeans.



- ✓ Don't dump your rubbish on the streets, in the countryside or beaches.
- ✓ Bin your rubbish or take it home – that goes for plastic bottles and bags, sweet wrappers and take-away cartons.

- ✓ Don't throw your chewing gum: bin it or take it home.

Take it home!

Three times as much rubbish is dumped in the world's oceans as the weight of fish caught each year. Plastic items and cigarette butts top the list of rubbish cleaned from beaches.





Be greener!

Use your purchasing power to make a difference. You can help influence manufacturers and retailers.

✓ Don't buy things that come with loads of unnecessary packaging.

- ✓ Buy recycled products – everything from paper to car tyres and plastic cups can be turned into something useful.
- ✓ Buy second hand from your local charity shop and you'll be helping others too.





- ✓ Buy organic, it's the best way to stop polluting our countryside and water courses.
- ✓ Buy as many goods as you can from local producers (it will not only help to save on transport miles but will help your local economy).
- ✓ Avoid buying dry clean only clothes: dry cleaning chemicals are harmful to the environment.
- ✓ Take your own bags to the super market.



Recycle it!

All over the world, tonnes of rubbish goes to land fills or for incineration each year creating enormous pollution problems. By recycling and re-using, you can very quickly help to reduce this.

- ✓ Help sort out and recycle glass, plastic, metals, paper, card and compost waste at home – organise recycling at your school or college.
- ✓ Share magazines and books with your friends and family.
- ✓ Donate unwanted magazines, newspapers and books to a local hospital, clinic waiting rooms or retirement homes or give them to schools for art projects.





- ✓ Swap clothes with your friends or donate unwanted clothes to a charity shop or community
- ✓ Organise a yard sale.
- ✓ Upgrading your computer or mobile phone? Donate your old ones to charity.



Get going!

If there were fewer cars on the road, there would be less pollution. How often do you get a lift into town instead of catching the bus? Next time, think first!

- ✓ Walk or cycle whenever you can – it's healthy and fun too!
- ✓ Use public transport – take the bus, tram or the train if it's not too far.
- ✓ Car share – get one parent to take you and your friends into town.





Start today!

Now you know how simple it is to reduce your own impact on the planet. Taking responsibility for the future needn't be a chore. Make sure you tell all your friends and family too.

Just remember, everything we do that pollutes the land will eventually pollute the sea and vice versa. By starting today, you can make a difference tomorrow.

ENCOURAGING AWARENESS, PROTECTION, PRESERVATION AND
CONSERVATION OF THE GLOBAL MARINE ENVIRONMENT THROUGH
RESEARCH AND EDUCATION.

The Save our Seas Foundation is a non-profit organization with headquarters in Geneva, Switzerland. The Foundation's mission is to highlight the problems facing the marine environment and the need to protect and save the amazing creatures that live our oceans. It does this both by funding research into marine environmental and conservation issues and by raising awareness about pollution and over fishing of our seas through a number of innovative and educational initiatives.

For more information about the Save Our Seas Foundation and on ways you can help, please visit our websites –
www.saveourseas.com
www.sosforteens.com or
www.sosforkids.com
– which cover all age groups.

As long as there are people
who care and take action
we can and we will make
a difference.



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