

# Positive Actions

Young Marine Champion Training Module



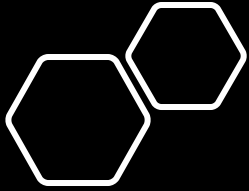
Find out about the small but positive actions we can take to support the health and well-being of our Solent and its marine life.



# You are a Marine Champion!

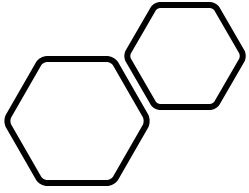
- **What is the definition of a champion?**
- **“A person who vigorously supports or defends a person or cause.”**





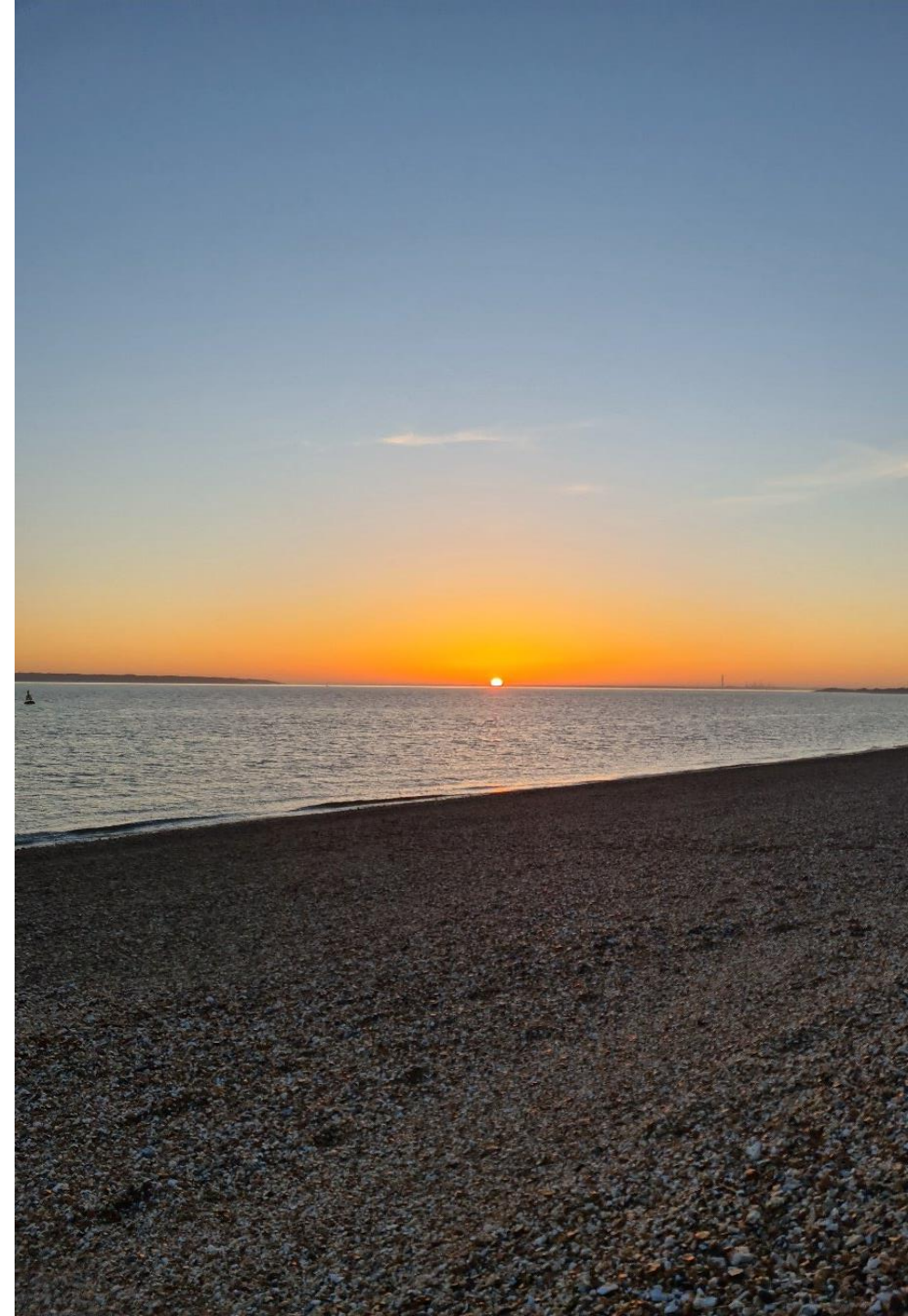
# How are you feeling?

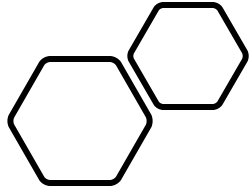
- **Eco-anxiety is the most frequently used term in literature and research to describe heightened emotional, mental or physical reactions in response to dangerous changes in the climate system. The term climate change anxiety is often used too. <https://www.climatepsychologyalliance.org/>**
- **It's important not to lose hope. It is easy to feel overwhelmed these days in the face of the challenges our nature and home faces. Eco-anxiety is becoming more common in young people.**
- **Together we can make all the difference! But how? How do we tackle eco-anxiety and the challenges our world faces?**



**“The best chance of increasing optimism and hope in the eco-anxious young and old is to ensure they have access to the best and most reliable information on climate mitigation and adaptation ... Especially important is information on how they could connect more strongly with nature, contribute to greener choices at an individual level, and join forces with like-minded communities and groups.”**

**(British Medical Journal, Mala Rao and Richard Powell)**

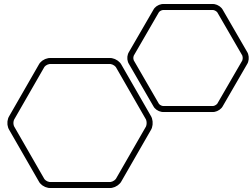




# ACTIVITY: It's all about attitude!

- Which of these attitudes are likely to help create a positive impact?
- (Tip - you can pick more than one!)





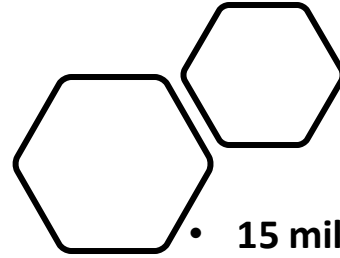
# ACTIVITY: It's all about attitude!

- Hopefully, you chose B and D!
- We need to stay positive and work together if we're going to make a real difference to the Solent. We can do it!



# Tackling plastic problems with simple solutions

Research shows that plastic pollution and the climate crisis exacerbate each other

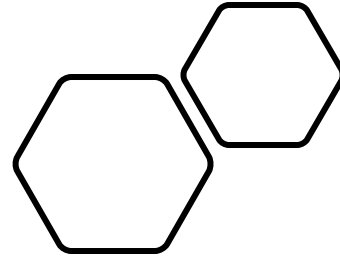


## What is the on-going problem?

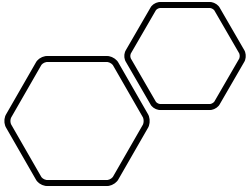
- 15 million tons of plastic pollution enter our marine environments each year. It doesn't degrade, only breaks down into smaller pieces, which causes further issues.
- A recent study by ZSL (Zoological Society London) and Bangor University revealed fundamental links between the global climate crisis and plastic pollution, including extreme weather worsening the distribution of microplastics into pristine and remote areas.
- Plastic contributes to global greenhouse gases (GHGs) throughout its life cycle, from production through to disposal.
- Extreme weather events associated with climate change will disperse and worsen plastic pollution.
- Marine species and ecosystems are particularly vulnerable to both.
- The biggest shift will be moving away from wasteful single-use plastic and from a linear to a circular economy that reduces the demand for damaging fossil fuels.



**Simple steps  
we can take as  
individuals in 5  
areas of our life**



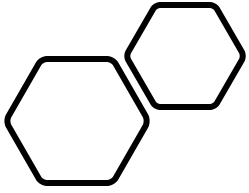
**One of the best ways to care for our marine environment is to take action in our daily lives. Our choices on land have an enormous impact on the sea, so even small changes can make a real difference if we all work together.**



# Toiletries

- Choose a bamboo toothbrush
- Use bar soap instead of bottled
- Avoid plastic shower puffs
- Ditch disposable razors: traditional safety razors are a much more sustainable option
- Choose biodegradable facewipes or switch to a reusable alternative. Use non-disposable sanitary products and nappies

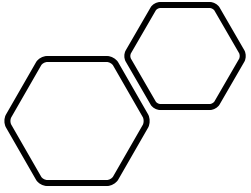




# Out and about

- When out in nature, leave nothing behind and always take your rubbish home with you
- Avoid single-use plastic bottles and cups by carrying your own refillable alternatives
- Say no to plastic straws and cutlery
- Carry reusable bags for shopping
- Vehicle tyres shed microplastics which get washed from roads into our waterways. When possible, walk, cycle or use public transport instead of using a car

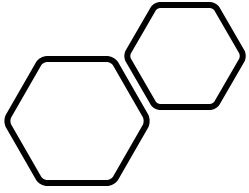




# Clothing

- Avoid fast fashion – synthetic fabrics shed plastic microfibres when washed
- Repair damaged clothes rather than replacing them
- Use a microfibre collection ball or bag in your washing machine
- Try to buy items made from natural or recycled materials
- Pass on unwanted clothing to friends, relatives or charity shops

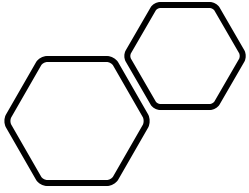




# Food and drink

- Store leftovers using beeswax wraps or glass containers instead of Clingfilm
- Request plastic bag-free food deliveries
- Buy loose fruit and veg or use cloth bags
- Opt for items in glass or paper packaging instead of plastic
- Purchase food in bulk and use refillable containers
- Recycle single-serving coffee pods or pick reusable ones
- When buying seafood, choose a locally-caught, seasonal and sustainable option





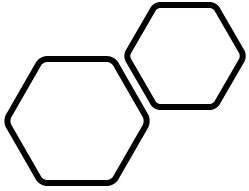
# Household

- Use, rinse and recycle plastic waste
- Compost to avoid using more bin bags
- Avoid cleaning products with microbeads (some are not covered by the new ban)
- Use refillable washing up liquid brands
- Use biodegradable kitchen sponges or pick a long-lasting brush instead
- Choose wooden toys instead of plastic
- Only replace electrical products if absolutely necessary



**What other  
positive solutions  
can we think of?**





# Tackling Pollution!

## Think

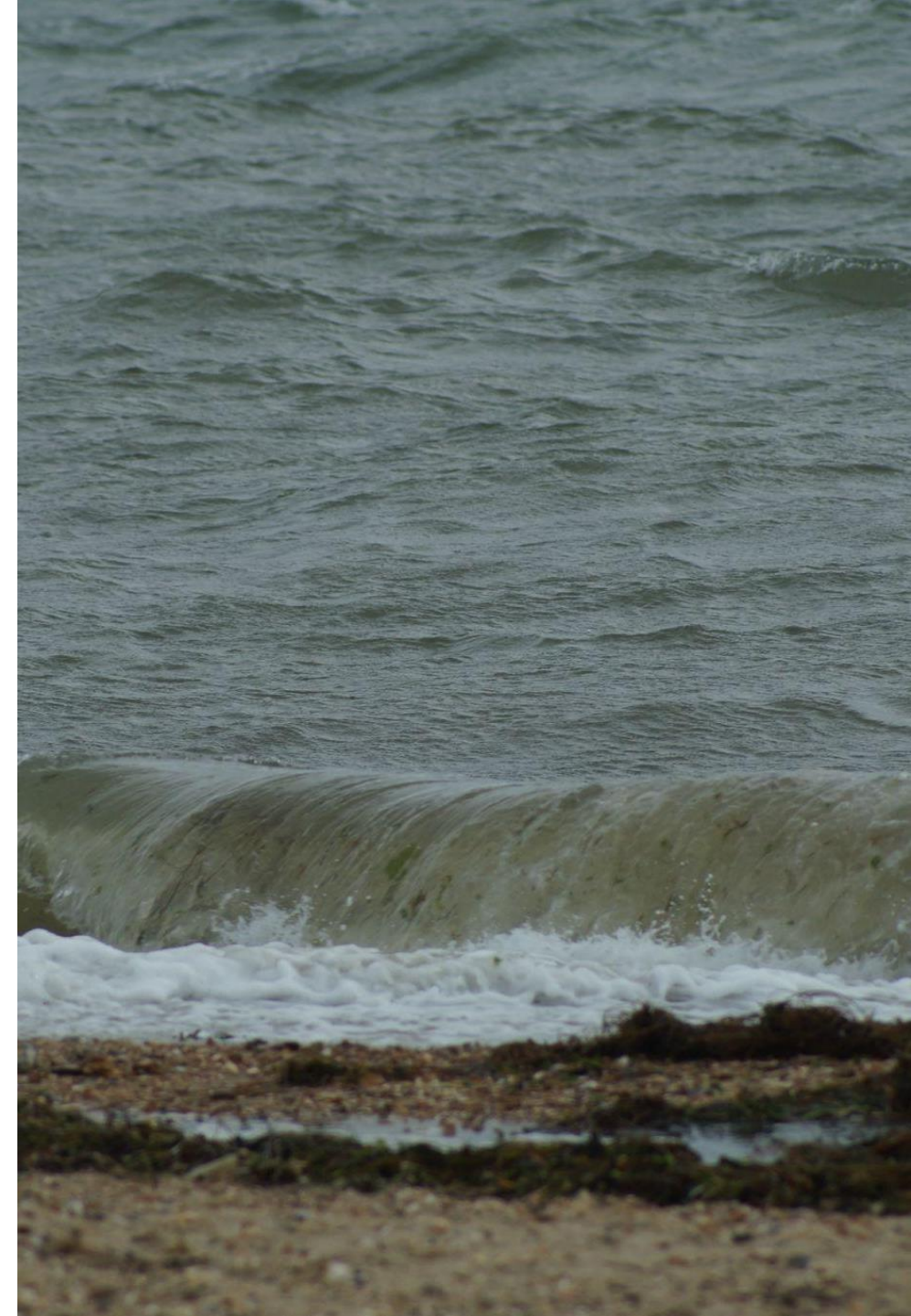
Think carefully about what you put down the drain as this could end up in the ocean. Avoid fat and oil down the drain.

## Try

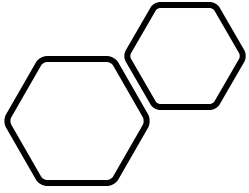
Switch to eco-friendly brands of soaps, shampoos and washing liquids as these contain less of the chemicals that can harm sea creatures.

## Reduce

Buying organic can reduce the amount of chemicals like fertilizer and pesticides that end up running off into rivers and the sea

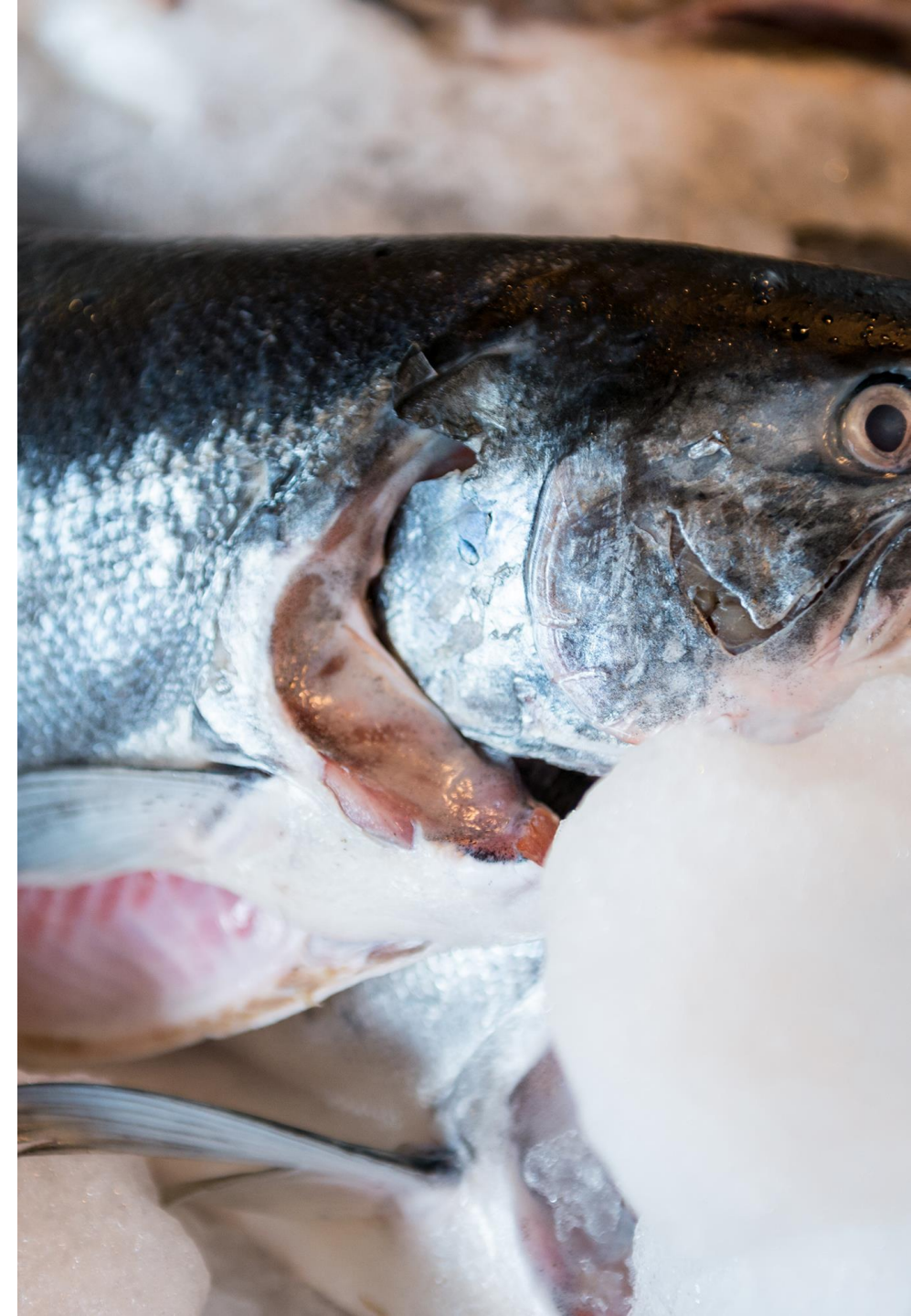


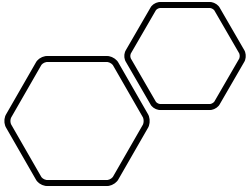




# Tackling overfishing and intensive farming!

- When eating seafood try to buy more sustainable options such as locally sourced, MSC or ASC accredited or certified Organic.
- Look at the [MCS Good Fish Guide](#) for help choosing.
- Try to go for local, sustainable, seasonal seafood. Seafood that has been caught via low impact fishing methods e.g., line caught or potted.
- Choose local organic, seasonal vegetables and meat – they have a lower carbon footprint and organic farming helps keep the quality of soil productive without the need for pesticides.
- Grow your own food at home! Nothing tastes better than home grown. Permaculture is a sustainable and economic way of growing food in smaller places. Learn about permaculture [here](#).

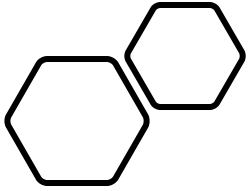




# Tackling Water Use!

- **Use less water by doing things such as having a shower instead of a bath or water your garden with rainwater collected in a water butt instead of using mains water through a hose or sprinkler.**

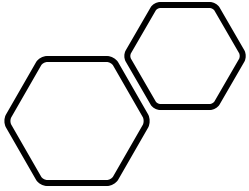




# Tackling Energy Use!

- Turn the light off when you leave a room
- Turn off applications at the plug
- Turn down the heating a little and snuggle under a blanket
- Try to encourage people to purchase energy efficient appliances and lightbulbs

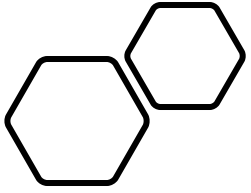




# Contact your local MP

- You are a future voter. Your voice matters! Let your MP know what actions they should be taking to tackle environmental issues.
- Click [here](#) to find out who your local MP is and how to contact them.

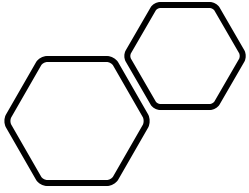




# Ideas are dangerous – let yours spread like wild-fire!

- **Conversations are a powerful tool for positive change. They help spread ideas and educate others. That's why it's important to get your facts right and use information from reliable sources. Spreading misinformation can be unhelpful to the cause.**
- **As you start making these positive changes in your daily life be sure to share your experiences – good or bad – with your family and friends. Was it hard to stop using straws? How long did you shower last for? How did it make you feel?**
- **Be careful not to judge others and hold space for their ideas or views. This is how we learn from each other.**
- **Be proud of every small achievement and every challenge you tackle. Remember you are a champion!**





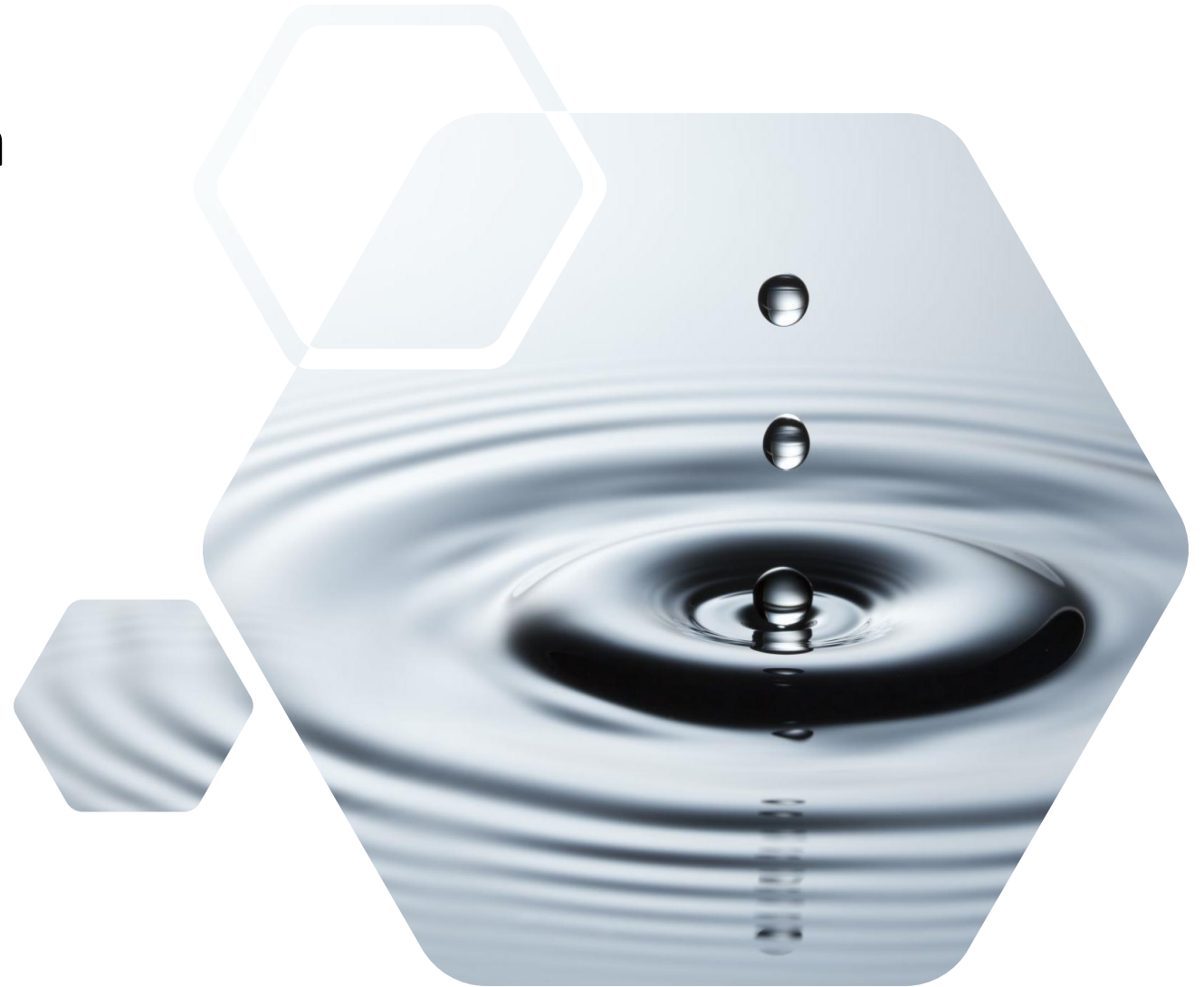
## SOME WAYS TO SPARK CHANGE ON AN EVEN LARGER SCALE

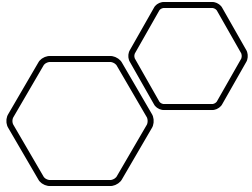
- **Joining or starting a community group.**
- **Find out about local and global meetings and see if you or an adult on your behalf can contribute.**
- **Join or start a campaign e.g., on social media.**
- **Sign or start a petition.**
- **Encourage the government to change the laws to give better protection to nature by contacting your local council or your MP.**
- **Talk to your friends, family, school or clubs about positive changes.**



Even if you only do one of these things – it still makes a difference!

- Remember choose one or two changes to start. If you take on too much, you might get disheartened when you are unable to achieve it. Manage your goals and start slow then build up.
- If we all do small steps everyday, together the impact and positive changes become huge and noticeable!
- Life is about creating ripples. A single water droplet causes a small ripple. This ripple grows bigger and bigger the further it goes.





**You are not alone in this  
challenge; we are with  
you...  
We are in this together!**

