

# PLASTIC FREE JULY!

Make the pledge

About 2 million plastic bags are used every minute, half a billion plastic straws used every day and 500 billion plastic cups every year! A lot of these plastics are ending up in the ocean and threatening our marine life. These facts are shocking, but there is something we can do. Join in with Plastic Free July and give up single use plastics.



The Plastic Free Foundation begun in Western Australia in 2011, and since then, millions of participants have taken on the challenge to go plastic free, and not just for July, but making small choices that make a big difference.

## TRASH TALK – Test your knowledge with these True or False questions!

1. Every piece of plastic that has ever been made still exist today
2. Over the last 5 years, we have made more plastic than during the last century
3. 1 in 3 marine mammals are found entangled with marine debris
4. There is nothing we can do to make a difference

1. True 2. False (10 years) 3. True 4. FALSE! Pledge today!



Make the pledge & promise to use less plastic this July. Head to the [plasticfreejuly.org](http://plasticfreejuly.org) & sign up as a school!

## FACT

By 2050, Oceans are expected to contain more plastics than fish!

## FACT

Over 90% of all seabirds have plastic pieces in their stomachs



**SAY NO TO PLASTICS**



Do you love to visit the beach with your family & friends? There are lots of Rock pools to explore and new creatures to discover! But always remember, 'Leave nothing but your footprints' so make sure to take all your rubbish home with you!

## Want more information?

Plastic Free July

<https://www.plasticfreejuly.org/>

7 Steps to Sustainability

<https://www.sustainability.vic.gov.au/campaigns/plastic-free-july>

Geelong Sustainability Guide to Plastic Free Living

<http://www.geelongsustainability.org.au/wp-content/uploads/2018/08/GS-Plastic-Free-Living-Guide-July2018.pdf>

Following the steps from [www.plasticfreejuly.org](http://www.plasticfreejuly.org) & get your students involved. You may only be able to take a few small actions, but everything counts. For more amazing resources and school examples to get inspired, check out the official **Plastic Free July** website!

## Register

Signup and register your school or class at [www.plasticfreejuly.org/register](http://www.plasticfreejuly.org/register)

## Participate

- Use the Plastic Free July checklist to see what alternative choices you can make <https://www.plasticfreejuly.org/action-picker.html>
- Check your bins at school & at home. Is there anything you can reuse? recycle? refuse?
- Start *Waste-Free Wednesdays* when students try their best to pack lunch without any single use plastic
- When getting drinks, say not to plastic straws or carry your own reusable metal ones!
- Do a 5 minute whole school tidy up before the end of lunch bells goes
- Blow bubbles not balloons to ensure no plastic gets left in the ocean
- Start red-cycling your soft plastics as these are recyclable <https://www.redcycle.net.au>
- Start school a 'Plogging' club –jogging while picking up litter!

## Promote

- Share the Plastic Free July link on your school website so that all families can get involved
- Get the students to create posters that can be put up around the school not only to celebrate their schoolwork but remind the community to reduce plastic
- Each week, share one plastic saving tip in the newsletter that families can try

## Celebrate

- Celebrate your successes with your friends and family. Inspire them to 'Refuse Plastic' just as you have these
- Host a special assembly where families can share their stories & ideas
- Ask students in your grade to bring or share one change they have made for Plastic Free July and continue to do so, after July too!

**We would love to see and hear how you celebrate! Email photos or links to [education@melbourneaquarium.com.au](mailto:education@melbourneaquarium.com.au) or use #SealifeMelbEdu in your social media posts.**

# People's plastic problem

Check out these advertisements and discuss how and *if* they are effective in the message they are trying to spread. Create your own poster, promoting conservation of our oceans or reducing plastic use!



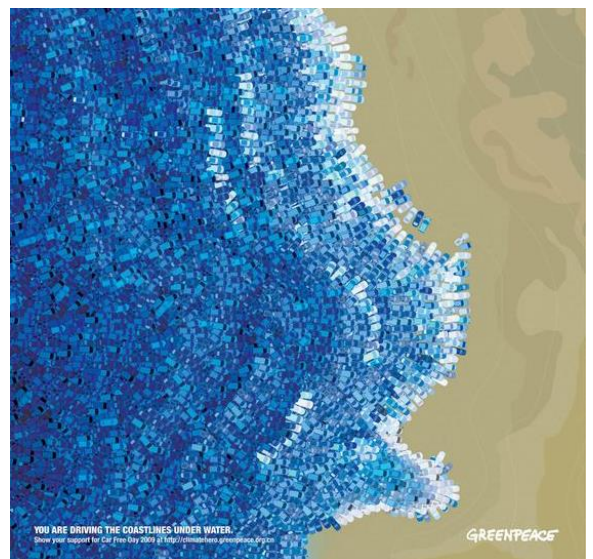
Artwork by Jorge Gamboa  
<https://kottke.org/18/05/plastic-iceberg>



<https://www.oceancare.org/de/>



World Turtle Day campaign  
<https://www.medasset.org>



<https://www.greenpeace.org.au>

# waste-free lunchbox!

Can you create a lunchbox full of tasty treats & without any plastic? Think of foods that don't need plastic wrappers and are healthy for your tummies. By packing waste-free lunch, you can save money, help the earth and eat healthier!



Make a pledge that you will bring a waste-free lunch at least once this week!

The form consists of three main sections: a large rectangular box at the top with a handle, and two smaller rectangular boxes below it. All boxes have rounded corners and are outlined in blue. The top box is intended for a drawing of a lunchbox, while the two bottom boxes are for additional notes or drawings.