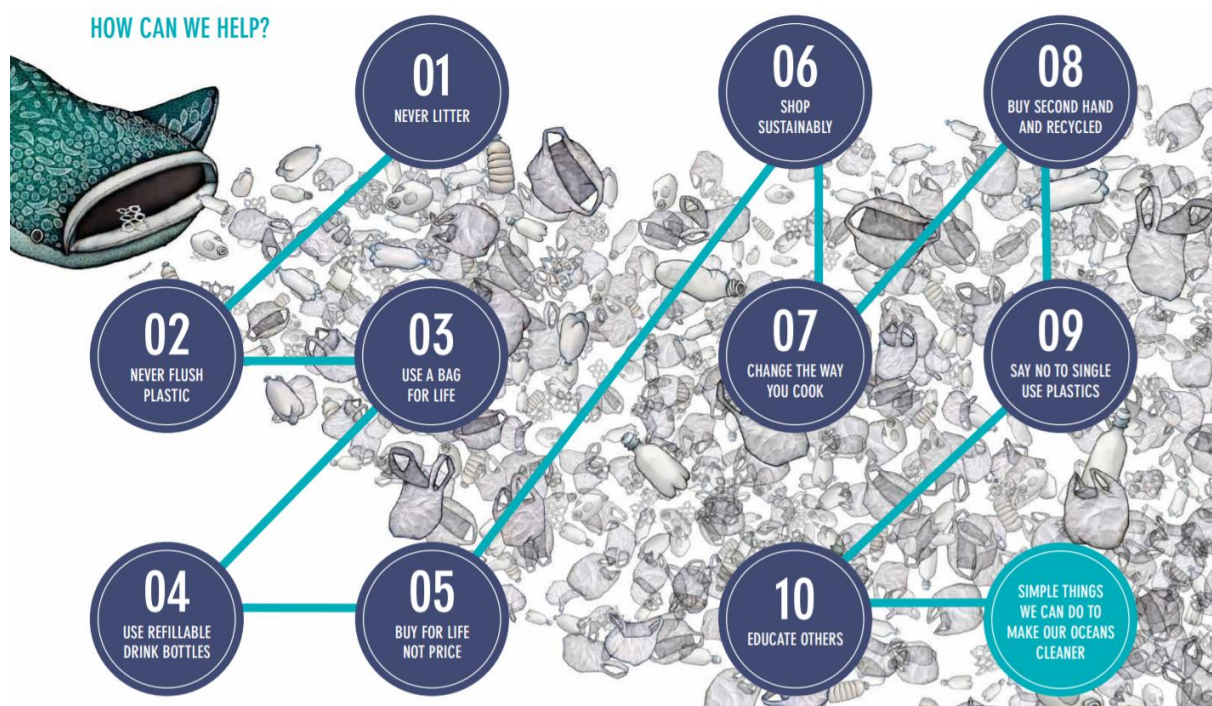


- 1 Avoid plastic where possible, for example buy cotton buds made with card instead of plastic.
- 2 Use a reusable bottle for your drinks.
- 3 Say no to plastic bags and drinking straws.
- 4 Invest in reusable containers and mugs.
- 5 Buy unpackaged food and grow your own.
- 6 Stop using wet wipes.
- 7 Don't buy balloons for parties, or release balloons into the sky – decorate with more natural materials instead!
- 8 Wear clothes made with natural fibres.
- 9 Try to avoid glitter, or only use eco-friendly glitter in school.
- 10 Talk to friends and family about how much plastic they use.
- 11 Don't use products with microbeads in them (common ingredients to look out for in the ingredients list are polyethylene and polypropylene).
- 12 Pick up litter.
- 13 Never flush plastics down the toilet.

Source: WWF



Source: [globalocean.org.uk](http://globalocean.org.uk)