



The Ocean Starts At Your Front Door



What's Your Favorite Thing In Nature

- Every living creature and being is affected by every action we take.

Q. How
Much of The
Earth Is
Covered By
Ocean?





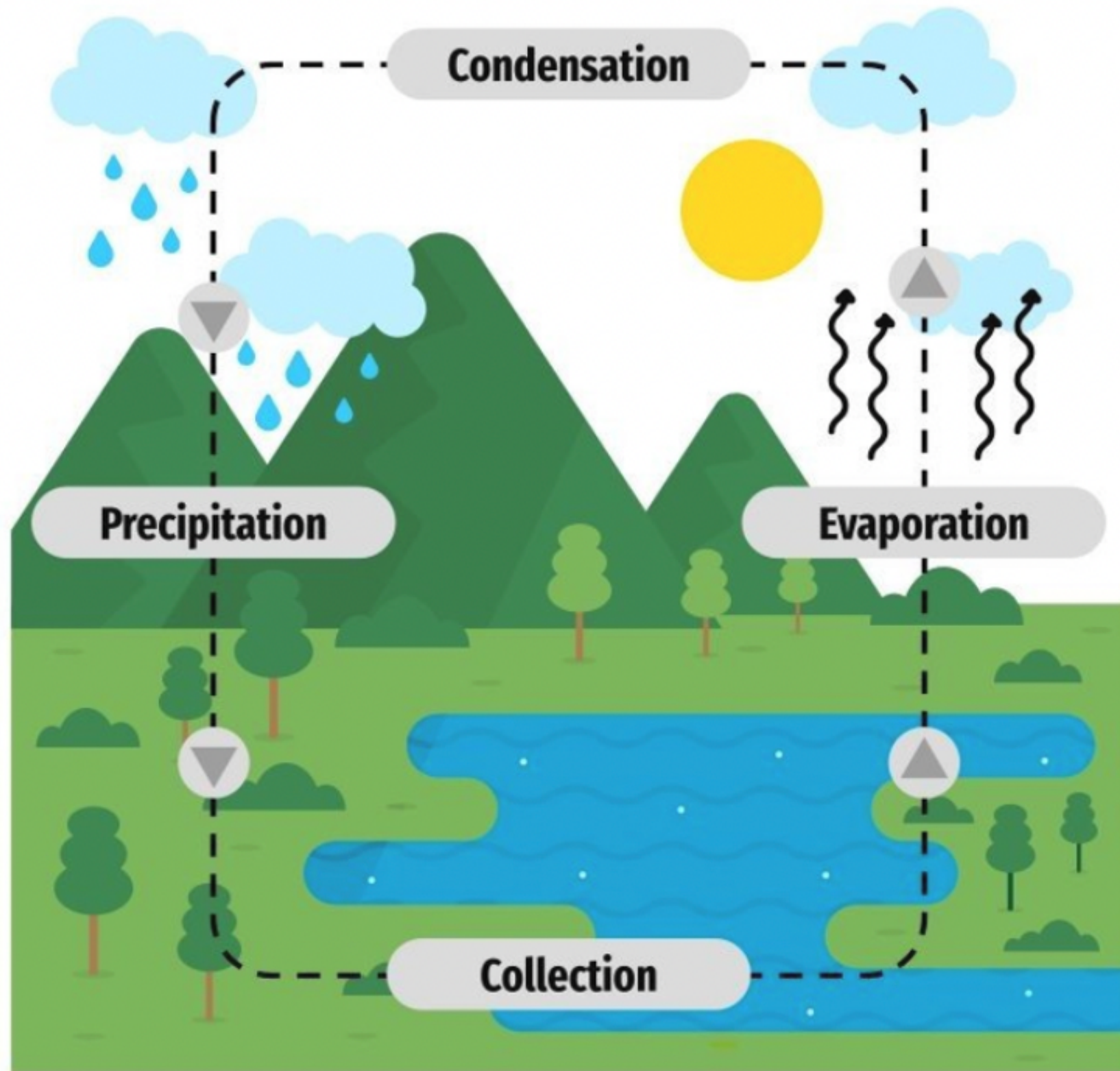
Q. How much of our oxygen do we get from the ocean?

**Q. Does The Ocean
Help Regulate The
Climate?**

Yes or No



The Water Cycle



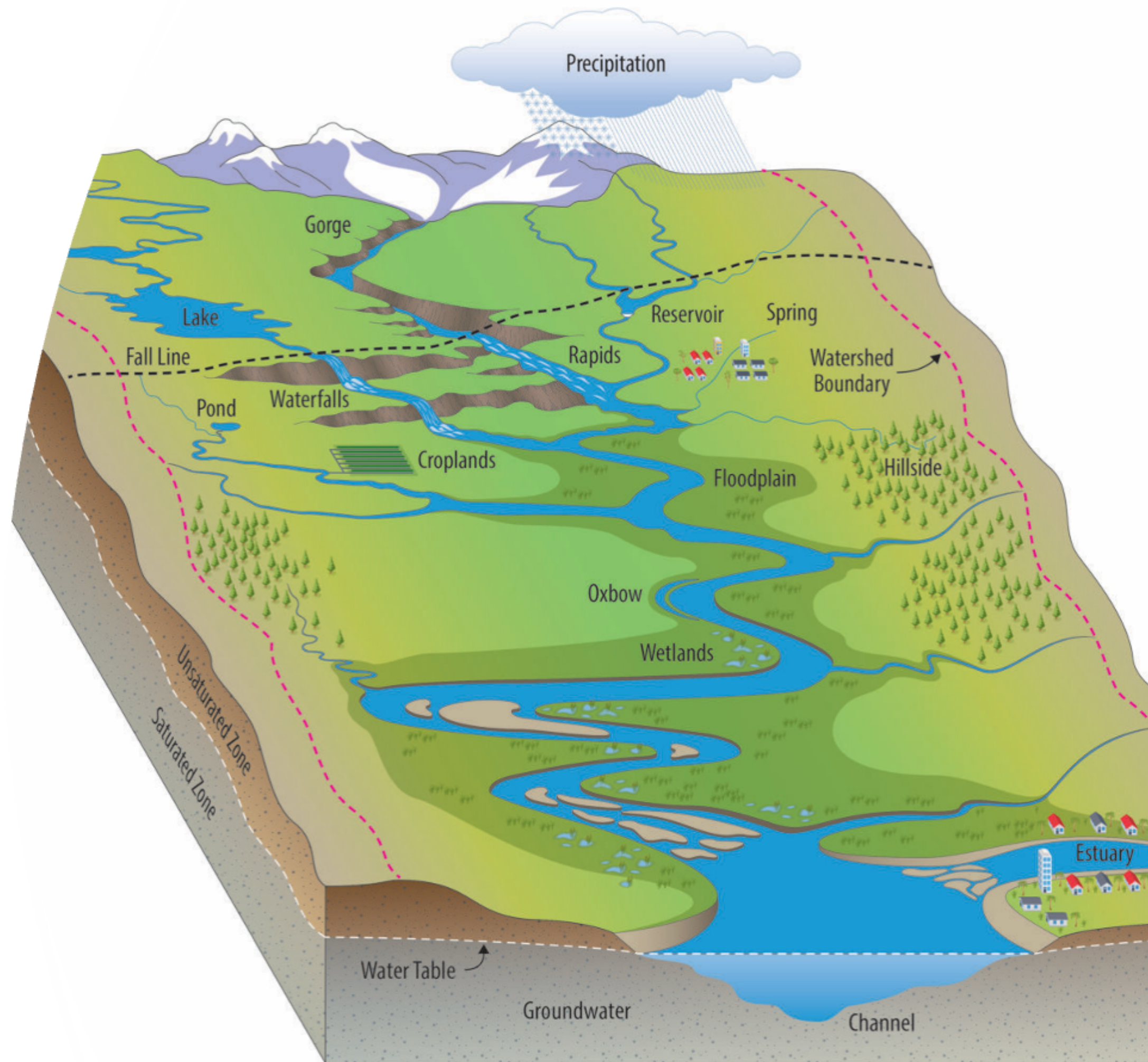
Water is essential to all life on Earth.

In its three phases (solid, liquid, and gas), water ties together the major parts of the Earth's climate system.

Air, clouds, the ocean, lakes, vegetation, snowpack and glaciers.

What Is A Watershed?

A watershed is the land area that channels rainfall to creeks, streams, rivers, and eventually to reservoirs, bays, and the ocean. In other words, all of the land in Orange County drains to at least one body of water; so no matter where you stand, you are in a watershed! All drainage ultimately leads to the ocean by traveling through the watershed.



80% Of The Garbage That Ends Up In Waterways Comes From Land

Garbage can easily become aquatic trash if it is not properly disposed of or securely contained. When garbage is littered on the ground rather than placed in a recycle, compost, or trash bin, rain and wind often carries it into storm drains, streams, canals, and rivers, then eventually ends up in the ocean.



Through wind and rain, a plastic bag thrown away in Minnesota can make its way into streams, rivers and eventually the ocean and then the gyres.

Gyres



Who's
Heard of the
Great Pacific
Garbage
Patch?



What Is Plastic Made From?

Plastic Is Forever



Every single piece of plastic ever made still exists.

91% of plastic waste isn't recycled.

Every day around 8 million pieces of plastic makes their way into our oceans.

Up to 80% of marine debris is plastic and comes from runoff, creating a steady stream of plastic into the ocean.

In the marine environment, plastics do not biodegrade, they photo-degrade, breaking up from recognizable items of all sizes and shapes into tiny particulates.

The Numbers

Over 5 Trillion
Pieces of plastic in our oceans

100 Million
Marine animals die from plastic each year

500
Dead zones where no animals can survive

1
Earth for us to protect



31 Ways To Be An Ocean Steward



31 WAYS TO BE AN OCEAN STEWARD

1. ATTEND OUR BEACH CLEANUP
2. WALK / RIDE BIKE INSTEAD OF DRIVE
3. UNPLUG AND GO OUTSIDE!
4. USE ALTERNATIVES TO BALLOONS FOR CELEBRATION DECOR (LEAF CONFETTI, FLOWER PETALS, PAPER CHAINS, KITES, PINWHEELS, MAKE YOUR OWN GARLAND, POM POMS, STREAMERS, BUBBLES, PAPER FLOWERS, SPARKLERS)
5. USE REEF SAFE SUNSCREEN
6. WATCH SMOG OF THE SEA, A PLASTIC OCEAN, PLASTIC PARADISE, BAG IT, ADDICTED TO PLASTIC, OR OTHER FILM ABOUT PLASTIC WASTE
7. PICK UP TRASH ON YOUR WALK
8. USE THE MARINE DEBRIS TRACKER APP TO BE A CITIZEN SCIENTIST
9. RECYCLE PAPER, GLASS, ALUMINUM
10. USE REUSABLE BEVERAGE CONTAINERS
11. BRING REUSABLE BAGS TO THE STORE
12. BUY IN BULK
13. SKIP PRODUCE BAGS (OR USE REUSABLE ONES) AT THE GROCERY STORE
14. BUY NOTHING DAY!
15. SHOP SECONDHAND
16. SHOP FROM LOCAL BUSINESSES
17. GO MEATLESS MONDAYS
18. SHOP AT FARMER'S MARKETS
19. MAKE A HOME COOKED MEAL
20. USE CLOTH NAPKINS
21. PLANT AN HERB, VEGGIE, OR FRUIT
22. COMPOST FOOD SCRAPS AND YARD WASTE
23. USE REUSABLE SANDWICH BAGS
24. USE BEESWAX WRAPS INSTEAD OF PLASTIC WRAP
25. SKIP THE STRAW WITH TO-GO BEVERAGES
26. USE REUSABLE UTENSILS WHEN EATING OUT (KITS AVAILABLE ON OUR SITE!)
27. HOST A CLOTHING (OR ANYTHING!) SWAP WITH FRIENDS
28. WEAR NATURAL FIBER CLOTHING (COTTON, BAMBOO, SILK, ETC.)
29. BRING YOUR OWN TO-GO BOX WHEN EATING OUT
30. SWITCH TO SHAMPOO AND CONDITIONER BARS (AVAILABLE ON OUR WEBSITE!)
31. MAKE YOUR OWN PERSONAL PRODUCTS (CLEANING SOLUTIONS, LOTIONS, DEODORANT, TOOTHPASTE, ETC..)

For more tips and inspiration head to www.StandUpToTrash.com

The Stand Up To Trash Ocean Pledge

**Because I want to help the ocean and all the creatures that live in it and around its shores,
I pledge today to do these things and
Stand Up To Trash!**

Conserve water and other natural resources.

Refuse single-use plastic items.

Reduce waste and dispose of trash properly. (Compost, recycle, landfill)

**Reuse or repurpose products to extend their usable life.
(Take to thrift shop, goodwill, or offer to the 'Buy Nothing' community)**

Recycle disposable items and use products made of recycled materials.

Be considerate of ocean wildlife and seabirds.

Clean up the beach, park, or river and leave it better than I found it.

Devote time to the community to benefit and beautify the environment.

Increase my own awareness of the effects that I have on the ocean and our environment.

**Learn all I can about the environment, including special ocean areas like national marine
sanctuaries and marine protected areas.**

Promote ocean awareness and pass on my knowledge to friends and family.

Encourage my family and friends to join me in protecting the ocean and our environment.

Thank you!

