



# GOAL 14

Life Below Water

**Sample from 17 Ways to Save the World, available now!**



Oceans teem with life. Seahorses, starfish, sharks and other amazing creatures feed, swim and have their young in this beautiful blue world.





People depend on oceans, too. Tiny ocean plants release half of all the oxygen we need to breathe. Ocean waters soak up carbon dioxide from the air, helping to slow our planet's climate change. On top of all of this, billions of people rely on oceans for transport, food, jobs and for fun.

Oceans look after us, but we are not taking such good care of the oceans. We take too many fish out of the sea before they have had the chance to produce their young. This reduces fish numbers, so there are fewer for sea creatures – and us – to eat.

### One of the biggest threats to our oceans is plastic waste.

Sea turtles choke on plastic bags they mistake for jellyfish, seabirds feed their chicks with tiny plastic bits instead of food, old fishing nets strangle seals and other animals, and plastic waste damages coral reefs that shelter millions of animals.

### FACTS

-  One in two turtles have eaten plastic.
-  Nine out of ten seabirds have plastic blocking up their stomachs.
-  About 8 million tons of plastic – enough to cover every centimetre of coastline in the world – gets into the oceans each year.
-  By 2050, there could be more plastic in the oceans than fish.



## GOAL 14



## TAKE ACTION: PREVENT

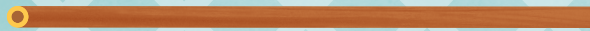
Half of all the plastic stuff we buy is only used once. When we throw it away, it can end up in the oceans. Wind blows plastic bags off landfill sites. Rain washes plastic litter off streets. People flush plastic waste down sewage systems; this plastic gets into drains that carry waste into rivers that flow into oceans.

You can help save the oceans by preventing plastic waste.

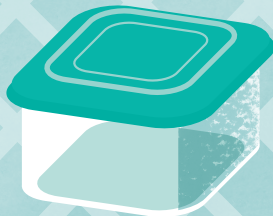
- ✗ Glitter is made from tiny bits of plastic. Add sparkle to your pictures using alternatives instead.



- ✗ Plastic straws suck. Sip your drink from a glass or use a reusable bamboo or steel straw instead.



- + Switch to reusable bottles and cups rather than buying drinks in disposable ones.



- + Store your packed lunch in reusable containers and waxed cloth instead of plastic bags and clingfilm.

- + Buy items that are not made of plastic or that are made from recycled plastic.



- + If you live near the coast, join a beach clean-up and help pick up seaside litter.