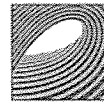




rise above plastics



Surfrider
Foundation

The Rise Above Plastics Pledge

Did you know that an estimated 100 million tons of plastic debris have accumulated in two areas of the Pacific Ocean that together are larger than the continental United States? (These areas are aptly called the Eastern and Western Garbage Patches.) There is so much plastic, that it outnumbers the zooplankton six to one. Plastic, like diamonds, are forever.

It doesn't biodegrade and no naturally occurring organisms can break it down. Plastic photo-degrades, which means that sunlight breaks it down into smaller and smaller pieces. Those small pieces drift in the ocean and are mistaken for food by fish and birds.

Seabirds are often found dead with innards full of plastic. Sea turtles mistake plastic bags for food and are often found dead with their intestines clogged by plastic bags. Sadly, 1 million seabirds and 100,000 marine mammals die each year due to ingestion of or entanglement in plastics.

The scope of the problem is astounding, but the Surfrider Foundation is working, through our **Rise Above Plastics Campaign**, to discourage the use of single-use plastics and encourage everyone to reduce, reuse and recycle. We're asking you to make a pledge to Rise Above Plastics.

I pledge to rise above plastics and reduce the amount of plastic waste I generate on a daily basis by doing one or more of the following:

- Stop using single use plastic grocery bags and use reusable bags instead
- Use refillable bottles instead of buying single-use plastic water bottles
- Buy products with the least amount of packaging
- Recycle any and all plastics that I use
- Pick up at least one piece of trash or litter off the ground each day

Signature

If you think that your pledge won't make much of a difference, think again. For each reusable bag you use, another **400** plastic bags will be kept from being used. Every reusable water bottle will keep another **167** plastic bottles from entering the environment.

VERSION 1



SURFRIDER FOUNDATION & ALGALITA MARINE RESEARCH FOUNDATION



www.surfrider.org RISE ABOVE PLASTICS www.algalita.org

Links and articles about plastics as related to the oceans, the animals, our bodies, recycling and 'bio-plastics' can be found at www.seaofconsequences.blogspot.com and www.riseaboveplastics.blogspot.com

FACTS

- There is at least 6 times more plastic than plankton in the Northwest Pacific Gyre. This area where all of our trash accumulates is now twice the size of Texas.
- Each year an estimated 1 million seabirds and 100,000 marine mammals die as a result of eating or being strangled by plastic and other marine debris.
- The U.S. goes through 100 billion plastic shopping bags annually, requiring an estimated 12 million barrels of oil- a wasteful, reckless use of petroleum.
- Americans consume 45 million water bottles per day, when most of the time tap water can safely quench our thirst. Only 10% of those water bottles get recycled.
- More and more data are showing clear links between many of the chemicals in plastics (such as Bisphenol A and phthalates like DEHP) and growing health problems associated with the endocrine & reproductive systems, e.g. diabetes, breast cancer.

IN SUM

Since plastics do not biodegrade, but only break into smaller pieces and are being ingested at an alarming rate by marine animals, they are wreaking havoc on our oceans and marine life, which we depend on for our existence. Because it is crucial to turn these facts around, we are asking for your help in our efforts.

BECOME PART OF THE SOLUTION: It's soooooo easy...

1. Bring your own mug to the café, your own tote-bag to the store, your own to-go container to the restaurant. **It's the best way to go- BYO!**
2. Ask restaurant wait staff & managers to not use Styrofoam for to-go containers.
3. Think globally, act individually- adopt a ¼ block -pick up plastic garbage near yr home.
4. Come to our beach cleanups! Or, have your own every time you walk on the beach. Think ONE LESS PIECE .
4. Support the polystyrene foam (Styrofoam) bans coming to yr city council in 2008.
5. Request a vivid slide show on marine debris for your classroom or community group. The photos tell the story. For info please contact Ximena Waissbluth - xw@surfrider.org
6. Become a Surfrider member and help support ocean health . Find out about local Surfrider activities at www.surfrider.org/monterey..



RISE ABOVE PLASTICS

SOURCES AND RESOURCES

www.surfrider.org	Oceans, waves & beaches
www.algalita.org	Pacific gyre, 6:1= plastics:plankton
www.earthresource.org	CAPP, research clearinghouse
www.healthebay.org	Public policy, legislation
www.ourstolenfuture.org ...	Endocrine disruptors, chemicals
riseaboveplastics.blogspot.com ..	Surfrider's marine debris blog

ARTICLES

- 1) Excellent 5 part "Altered Oceans" Series in text, pictures, video:
<http://www.latimes.com/news/local/oceans/la-oceans-series,0,7842752.special>
- 2) <http://www.mindfully.org/Plastic/Ocean/Sea-Plastic-LN-PG5oct05.htm>
- 3) http://www.bestlifeonline.com/cms/publish/travel-leisure/Our_oceans_are_turning_into_plastic_are_we.shtml
- 4) <http://www.environmentcalifornia.org/reports/environmental-health/environmental-health-reports/toxic-babybottles>

FACTS

- There is currently 6 times more plastic than plankton in the Northwest Pacific Gyre.
- Each year an estimated 1 million seabirds and 100,000 marine mammals die as a result of eating or being strangled by plastic and other marine debris.
- The U.S. goes through 100 billion plastic shopping bags annually, requiring an estimated 12 million barrels of oil- a wasteful, reckless use of petroleum.
- More and more data are showing links between many plastics and health problems, eg. diabetes, endocrine & reproductive problems, cancer and premature births.

IN SUM:

Since plastics do not biodegrade, but only break into smaller pieces and are being ingested at an alarming rate by marine animals, they are wreaking havoc on our oceans and marine life, which we depend on for our existence. Because it is crucial to turn these facts around, we are asking for your help in our efforts.

BECOME PART OF THE SOLUTION: It's soooooo easy...

1.
 - * Bring your own mug to the café... BYO!
 - * Bring your own tote bag to the grocery store... BYO!
 - * Bring your own to-go container to the restaurant... BYO!
2.
 - * Long walk on the beach? Bring a bag and help clean it up, think of it as our collective human garbage. BYO H2O!
3.
 - * Please, share this with a friend. Get involved. Become a member. Read about us. Make it your way of giving back to the oceans and beaches.
4.
 - * **Request a vivid slideshow on marine debris for your classroom or community group. The photos tell the story. For info please contact Ximena Waissbluth at xw@surfrider.org**

QUIZ

Name _____

February 14, 2008 ♥



SURFRIDER FOUNDATION & ALGALITA MARINE RESEARCH FOUNDATION



SEA OF CONSEQUENCES

1. What is the lifespan of plastic? (How long does it last?) _____
2. What % of plastic is recycled? _____
3. Which of these are NOT made of plastic:
fingernail polish, Styrofoam cup, car dashboard, vinyl couch, drinking straw
4. What is plastic made out of? _____
5. In the U.S. how many water bottles do we consume per day? _____
6. How is an ocean gyre formed? _____ & _____
7. There is now _____ times more plastic than plankton in the North Pacific Gyre.
8. A healthy albatross lives about _____ years and has a _____ foot wingspan.
9. Albatross normally eat plankton and shrimp. What are they mistaking for shrimp?

10. Leatherback turtles can weigh up to _____ pounds.
11. What do sea turtles normally eat? _____ But what kind of
garbage are they accidentally eating nowadays? _____

Name at least three simple things you can do to reduce the effects of plastic pollution.

12. _____
13. _____
14. _____

15. If you don't help clean the beaches, you might feel like a
_____ in the morning!

★ PLASTICS REDUCTION PLEDGE ★

In order to help heal the ocean and the marine animals, I,

_____, pledge to/not to _____

(signature here)