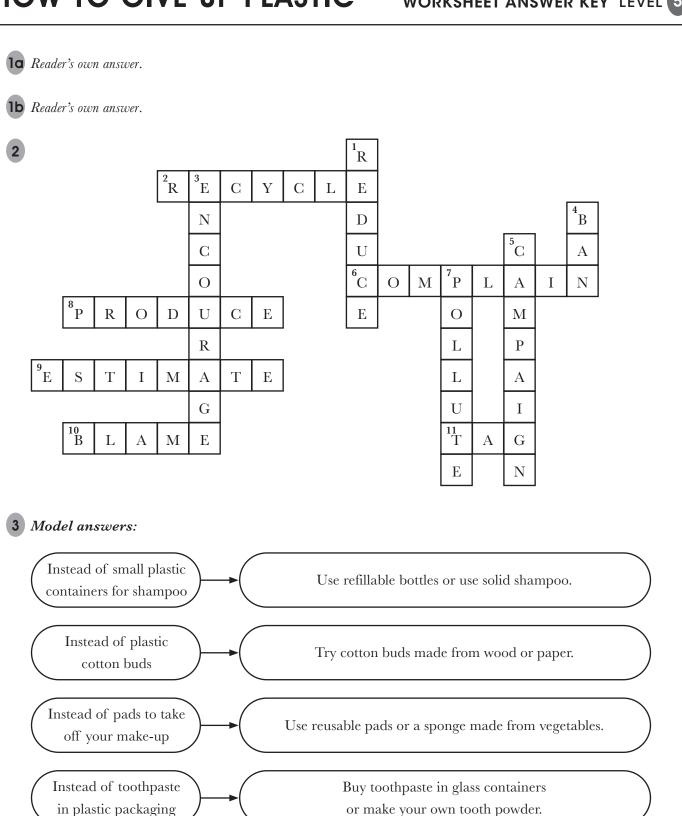
HOW TO GIVE UP PLASTIC



Carry your own cutlery with you.

Choose reusable cloth nappies.

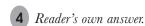
Instead of

plastic cutlery

Instead of

plastic nappies







A PROTEST

PETITION

MEDIA

MEETING

LETTER

START HERE



		Advice
	How to write a letter	• Be clear and keep it short.
		• Be personal so that your reader will be more interested.
		Correct your grammar and spelling.
ţ		• Reader's own answer.
	How to have a meeting	• If you are nervous, practise a few times first.
		• Ask a friend to take notes.
		• Ask the person what they think of your idea and if they have any questions.
		• Reader's own answer.
	How to use the media	• Write a press release with an exciting title.
		• Contact journalists on Twitter.
		• Reader's own answer.
	How to start a petition	• Use a website like Change.org, Avaaz or 38 Degrees.
		• Ask everyone to share your link with their friends.
		• Reader's own answer.
	How to start a protest	• Take photos and share them on social media.
		• Tag companies in social media posts and ask them why they are not doing anything.
		• If you are too shy to leave packaging in a shop, post it back to the company
		that made it.
		• Reader's own answer.