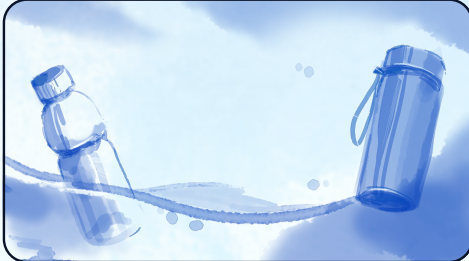


Be Part of the Solution

STEPS FOR OCEAN ACTION

The Ocean sustains us—now it's our turn to protect and restore it.
No matter where you are, your actions can **make a difference**.

REDUCE PLASTIC POLLUTION



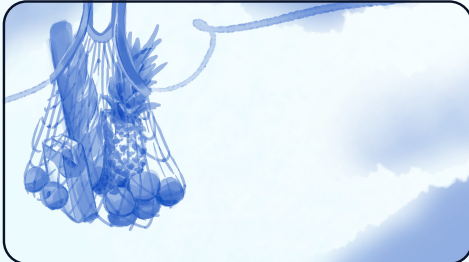
- ✓ Opt for reusable items over single-use plastics
- ✓ Learn proper recycling techniques in your region
- ✓ Participate in environmental cleanup activities
- ✓ Support businesses that use sustainable materials

IMPROVE YOUR CARBON FOOTPRINT



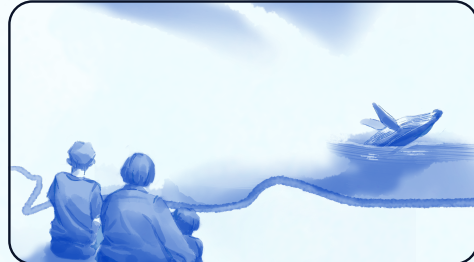
- ✓ Choose sustainable transportation when possible like walking, biking & public transit
- ✓ Conserve energy by using sustainable appliances, switching off devices when not in use & limiting use of AI
- ✓ Switch to or support renewable energy options like solar, wind & hydropower

PRACTICE MINDFUL CONSUMPTION



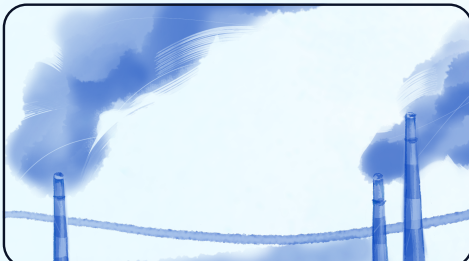
- ✓ Avoid products made from animals & marine life
- ✓ Eat a plant-based diet with minimal animal products
- ✓ Shop second-hand and/or swap items with family & friends
- ✓ Reuse or repair items you already have before simply buying something new

BUILD ANCESTRAL RELATIONSHIPS



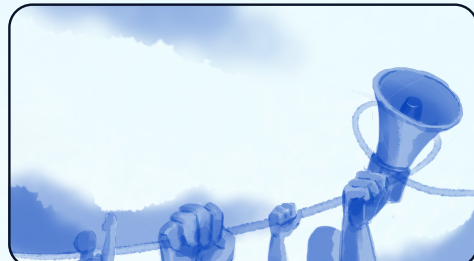
- ✓ Explore your family's connection to water through stories and traditions
- ✓ Support Indigenous Ocean protection and cultural practices
- ✓ Practice gratitude for the Ocean in daily life

PUSH FOR CORPORATE RESPONSIBILITY



- ✓ Hold companies accountable for sustainable practices
- ✓ Support ethical companies that commit to sustainable practices
- ✓ Participate in shareholder activism and only invest in companies that engage in sustainably-focused policies

ADVOCATE FOR OCEAN CONSERVATION



- ✓ Sign petitions & support campaigns for marine conservation
- ✓ Join climate protests & demand action for Ocean protection
- ✓ Elect policymakers who prioritize environmental conservation
- ✓ Donate, volunteer, or advocate for organizations & policies that protect marine life and habitats

Visit oceanic.global to learn more ways to take action

Credit & Contributions: Sounds of the Ocean, WHAIA, and Anetta Lemuel.