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KEEP BEACHES & WATERWAYS CLEAN

Marine debris usually originates on land. Even if you live far from the coast, your litter ends up in the sea.

NO MORE MICROBEADS

Avoid products with microbeads – polyethylene particles widely used in toothpaste and exfoliating products.

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REDUCE USE OF PLASTICS

Bring and use your own reusable food and drink containers. Bring cloth grocery bags when shopping.

4

MAKE BETTER TRANSPORTATION CHOICES

Identify opportunities to ditch your car and walk, bike, or take public transportation.

5

REDUCE HOUSEHOLD ENERGY USE

Unplug items not in use, identify and resolve energy inefficiencies in your home.

6

EAT SUSTAINABLE SEAFOOD

Use a seafood guide to make better decisions. Consider seafood sustainability when choosing a diet for your pet.



7

USE FEWER GARDEN CHEMICALS

Pesticides and fertilizers seep into water sources and eventually into the sea.

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USE NON-TOXIC CLEANING PRODUCTS

Simple, non-toxic ingredients like vinegar, baking soda, or lemon juice are effective household cleaners.





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GET INVOLVED

Participate in beach cleanups, sign petitions, and vote to support legislators and laws that protect the ocean.

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ENJOY THE OCEAN

Increase your connection to the sea by surfing, diving, beachcombing, sailing, paddle boarding, kayaking, or anything that brings you joy!

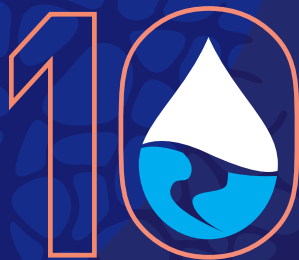
THE OCEAN PROVIDES IMPORTANT BENEFITS TO EVERYONE ON EARTH, BUT IT'S A SYSTEM UNDER STRESS.

Overfishing, climate change, agricultural runoff, oil exploration and other factors threaten ocean ecosystems. But there's hope, and it starts with you!

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ways you can
help protect the
world's ocean