

ECO FAIR SPEECH

I know what you're thinking, here we go again, another member of Gen Z going on about the planet. Yes. I know. But imagine how tired we are. Hearing facts like: the climate crisis could become irreversible within the next ten years and, by 2050, it's likely that there will be more plastic than fish in our beautiful oceans, if we carry on the way we're going. It's scary living on a planet with a sell-by date so let's do something about it.

Think about the clothes you are wearing right now. Where did you buy them from? What are they made of? What is the impact of your outfit on the environment? 3/5 fast fashion items end up in landfill, causing massive problems for people living around these mass methane machines, as for our planet, methane gas is a key cause of global warming. In order to counteract our cultures' fast fashion addiction, make sustainable choices: buy clothing made of good quality materials and choose second hand over new; make the most of what you already have by repeating outfits, re-wearing items and mending your clothes when signs of age appear.

Almost all of us grow up eating meat, unaware of the impact on our environment. Having to keep all the animals we have bred for the meat industry causes a huge amount of strain, in fact, livestock is responsible for 15% of global greenhouse emissions and yet only 18% of total food calories consumed. It doesn't take much to pick a tasty salad for lunch instead of an animal filled sandwich. Maybe you can choose a day of the week to adopt a plant-based lifestyle? Or perhaps introduce a couple of meatless meals to your shopping list.

It is estimated that more than half of car journeys made in this country are under five miles, this figure is shorter still in cities. According to The Global Action Plan charity, double the amount of air pollution is emitted in the first five minutes of a journey, as the car warms up. This causes a big contribution to the UK's massive air pollution problem. So, my advice is: ditch the car, opt for an active option such as walking or cycling; car share with your colleagues, friends and family as much as possible and, when you next upgrade your car, perhaps explore an electric or hybrid model?

Although we cannot control industries pumping CO₂ into our atmosphere, we must remember that our money is like a vote, if you buy less single use plastic, there will be less demand and less will be made. Keep refusing items which we

know harm our environment and chose sustainable options. Millions of people making little everyday changes, will create one big change. Creating a stable future for generations ahead.