



Whale of a Time[®]
Creative & educational for young & old
www.whaleofatime.org



10 Things you can do for our oceans

1. Mind Your Carbon Footprint and Reduce Energy Consumption

Reduce the effects of climate change on the ocean by leaving the car at home when you can and being conscious of your energy use at home and work. A few things you can do to get started today: Cycle to work, recycle and reuse to save resources and energy, take the stairs, turn the light off when not needed. Buy bio-degradable cleaning products and don't add extra toxins to the oceans! Use soda crystals for your clothes etc. it's the most environmentally-friendly product and does not add enzymes and pollute the oceans.

2. Make Safe, Sustainable Seafood Choices

Buy only MSC Marine Stewardship Council certified fish. Global fish populations are rapidly being depleted due to demand, loss of habitat, and unsustainable fishing practices. When shopping or dining out, help reduce the demand for overexploited species by choosing seafood that is both healthful and sustainable. Study the Sustainable Seafood Guide at www.whaleofatime.org/whalestudy.php

3. Use Fewer Plastic Products

Plastics that end up as ocean debris contribute to habitat destruction and entangle and kill tens of thousands of marine animals each year. To limit your impact, carry a reusable water bottle, use re-usable food containers, bring our own reusable bag when shopping, and recycle whenever possible. Learn about the "Great Pacific Garbage Patch" at http://en.wikipedia.org/wiki/Great_Pacific_Garbage_Patch and watch Garbage Island at <http://youtu.be/z7rNYzSH-BA> and The Majestic Plastic Bag - A Mockumentary <http://youtu.be/GLgh9h2ePYw>

4. Help Take Care of the Beach

Whether you enjoy diving, surfing, or relaxing on the beach, always clean up after yourself. Explore and appreciate the ocean by observation and without interfering with wildlife or removing rocks and coral. Go even further by encouraging others to respect the marine environment or by participating in local beach cleanups. Organise a beach clean-up and promote your project at Whale of a Time (www.whaleofatime.org/community.php).

5. Don't Purchase Items That Exploit Marine Life

Certain products contribute to the harming of fragile coral reefs and marine populations. Avoid purchasing items such as coral jewelry, tortoiseshell hair accessories (made from hawksbill turtles), and shark products. Sign petitions for the protection of the oceans and Cetaceans Rights and get involved with Whale of a Time at www.whaleofatime.org/getinvolved.php

6. Be an Ocean-Friendly Pet Owner

Read pet food labels and consider seafood sustainability when choosing a diet for your pet. Never flush cat litter, which can contain pathogens harmful to marine life. Avoid stocking your aquarium with wild-caught saltwater fish, and never release any aquarium fish into the ocean or other bodies of water, a practice that can introduce non-native species harmful to the existing ecosystem. Buy organic food - it's better for health, animal well fare and our environment.

7. Support Organisations Working to Protect the Ocean

Join Whale of a Time at www.whaleofatime.org/whalemail.php

Many institutes and organisations are working to protect ocean habitats and marine wildlife. Find a national organisation and consider volunteering for hands-on work or advocacy or financial support. If you live near the coast, join up with a local branch or group and get involved in projects close to home.

8. Influence Change in Your Community

Join Whale of a Time Community at www.whaleofatime.org/community.php and become a Whale of a Time Artist sharing your inspirations and passion with the world! Research the ocean policies of public officials before you vote or contact your local representatives / MPs to let them know you support marine conservation projects. Consider educating restaurant owners and grocery store owners that offer only non-sustainable seafood, and speak up about your concerns if you spot a threatened species on offer.

9. Travel the Ocean Responsibly

Support Whale Watching Eco-Tourism! Practice responsible boating, kayaking, and other recreational activities on the water. Never throw anything overboard, and be aware of marine life in the waters around you. If you're set on taking a cruise for your next vacation, do some research to find the most eco-friendly option. Never pay to watch whales and dolphins in captivity! Sign this petition to stop dolphin captivity forever at <http://www.thepetitionsite.com/5/stop-dolphin-captivity>, watch The Cove at <http://topdocumentaryfilms.com/cove> and learn about the campaign to set whales and dolphins free by Whale of a Time Artist Ric O'Barry at www.whaleofatime.org/richardobarry.php

10. Educate Yourself About Oceans and Marine Life

The Whale of a Time website has everything you need to know about endangered species. Learn more at www.whaleofatime.org/whalestudy.php or get involved at www.whaleofatime.org/getinvolved.php All life on Earth is connected to the ocean and its inhabitants. The more you learn about the issues facing this vital system, the more you'll want to help ensure its health – share that knowledge to educate and inspire others by joining the Whale of a Time Community (www.whaleofatime.org/community.php) and Get Involved with Whale of a Time and Sign petitions at www.whaleofatime.org/getinvolved.php