



Environmentalism 101

Environmentalism: what's it all about?

Environmentalism is an integration of the ideology and philosophy of protecting the health of the environment and the social movement resulting from it.

It hints towards issues such as:

- Conservation
- Preservation
- Ecosystem restoration
- General improvement of the natural environment

Sound familiar to you?

Figure out here what you can do to help!

Before we get started, follow the next 5 steps to find what area is most tailored to you.



Educate Yourself

Get yourself acquainted with how the Earth works and how human activities are affecting it. To make sense out of the multitude of environmental issues and the science behind it, read magazines, books and articles, watch documentaries, and browse websites relating to nature.



Choose Your Cause

Discover what you are passionate about and do some research! There are a variety of environmental issues that will pique your interest.

The easiest way to narrow down your cause is to start from the top. Water? Land? Resources? Energy? Animals? Waste management?



Discover Your Talents

Take measure of your talents. Are you an extrovert and like to communicate verbally with people? Are you introverted and more inclined towards writing than to speaking? Do you like to communicate and spread your thoughts in words through correspondences? Are you someone who likes being out in nature?

Your unique talents can contribute to bringing attention to, and raising funds for, environmental efforts. Find out what you are best at!

**STEP 4.****Get Connected**

Get in touch with other like-minded people or experts in the field. Getting connected with people, especially experts on the environment, is an important step on the way to becoming an environmentalist. Conduct searches on the web for people and organizations who share your thoughts and concerns.

**STEP 5.****Get Started**

Join organizations, groups, websites and social media channels that promote your cause – or create your own. Learn from the experts and help make a bigger impact by joining forces with other people, groups and nonprofits who share your passion for environmentalism.

Next up, here are some general comments which place you in the right environmental footsteps... We'll also highlight some examples of how you can be an environmentalist at TAF.

**POINT 1.****Get Out There****1.1 Explore**

Visit places like wildlife sanctuaries, nature preserves, and parks. Support their efforts. Volunteer. Enjoy the natural beauty of these places, observe animals and their behavior, and encourage others to do the same. Communicate to people in your social circles why these protected places are important.

1.2 Clean Up

Pick up litter wherever you go and whenever you can. Litter not only dirties roads, parks and public spaces, it also pollutes the environment. It harms wildlife that comes into contact with it. You can pick up litter on your own in your spare time, or join or organize groups to clean up large areas.

Collect Litter And Garbage Near Beaches

A large percentage of the plastic garbage polluting the oceans begins as litter on a beach. Enjoy your day at the beach without engaging in activities that will destroy our oceans. Properly dispose of your trash, pick up litter that other people carelessly left behind, and participate in beach clean-up initiatives.

1.3 Plant Trees

The more trees you plant the more you help the environment. Trees absorb harmful CO₂, prevent their emission and alleviate global warming. They provide food and shelter for wild animals. Plant trees on your property, and help plant trees in your community.



Things To Get Started With

2.1 Give Power To Your Vote

Sound ocean policy depends on the election of proper public officials. Do your homework and decide wisely before casting your vote. Don't forfeit your right to vote; on the contrary, remain politically active even after Election Day. Contact your representative and voice your questions and concerns. Be active.

2.2 Go Native

Grow native plants in your backyard. Invasive species wreak havoc on ecosystems. Native plants are better adapted to the area where you live and need minimum caring. They are less vulnerable to pests and will benefit birds, insects and other wildlife endemic to your locality.

2.3 Go Green

Reduce, Reuse, Recycle, Rethink. Reduce the amount of materials you use, which reduces the amount of waste you create. Reuse materials when possible. Recycle whenever possible. Rethink the materials you use and those you throw away. By thinking about what we're using and how to reduce the waste we produce, we can help create a cleaner, healthier environment.

Buy Products That Are Ocean-Friendly

Don't use products that have been made using unsustainable methods that harm the oceans. Such products include cosmetics that contain shark-derived squalene, or jewelry made with sea-life parts such as corals or sea-turtle shells. These products are destructive and eliminate whole ecosystems.

2.4 Go Organic

Consuming organic food and using organic gardening methods contributes towards a safer, healthier environment. The use of fertilizers in agriculture and gardening usually results in excess material reaching the ocean. This can cause "dead zones", which are areas depleted of oxygen in the water. Because all aquatic life depends on oxygen to live, fish and shrimp included, they can only abandon the area to survive. So, minimizing the use of pesticides and fertilizers stimulates beneficial soil organisms and results in less polluted waste-water flowing out of your garden. Moreover, it creates a much healthier environment for wildlife, your children and your companion animals.

2.5 Go Local

Learning about environmental issues in your own locality, and taking a part in solving them, is a good way to get involved.



Things To Let Go Of & Change

3.1 Cut Back On Your Consumption

Water, food and air are consumed to support life. But we also consume much more than essentials, and far more than we should. There seems to be no end to the list of items and services we can't live without. We must rethink what consumption is, and do our best to reduce it. The planet is being destroyed by the way societies function right now. It's not just about recycling anymore; it's about how to stop feeding the cycle altogether.

Use public transportation, ride a bicycle, or even walk. Purchase home appliances that are highly efficient. Turn off devices that you aren't using. Adjust your home temperature a bit higher during summertime, and a bit lower in wintertime. Opt for eco-friendly light bulbs in your home.

Consume Less Energy

Carbon dioxide emitted from fossil fuel burning contributes to the acidification of our oceans. A grave danger from this phenomenon is the demise of coral reefs worldwide because the water's lower pH dissolves their calcium framework. There are several easy ways in which you can decrease your energy consumption.

3.2 Change Your Diet

Animal agriculture emits more greenhouse gases than aircrafts, automobiles and trains combined. Forests are being cleared at alarming rates to feed grains to livestock that could feed the entire human race. Less trees means less impediments to CO2 being released into the air and thus more pollution. Animal waste is producing massive amounts of toxic levels of methane and ammonia, which leads to climate change as well as acid rain. Animal agriculture is also destroying our waterways and using up our valuable water supplies. Hormones, antibiotics, pesticides, fertilizers and other chemicals run off into rivers, lakes, streams and our drinkable water. These practices cause dead zones in the oceans, rivers and lakes. Animal farming is the leading cause of the catastrophic reduction of critical wildlife habitat, and the problem is escalating at a disturbing pace. Meat production is slated to double in another four decades. Remove or reduce meat, dairy and eggs from your diet.

The single most effective way of helping the oceans is to adopt a vegan diet. Animal farming is the number one cause of water consumption and pollution. It has a higher greenhouse effect on the atmosphere than fossil fuel consumption. The farming industry is the principle cause of dead zones in the oceans. Overexploitation of fisheries leads to the extinction of entire species. Unsustainable fishing methods destroy marine habitats and ecosystems. By opting to consume exclusively plant-based food, you aid in the rescue of our oceans, while easing animal suffering at the same time.

Avoid Seafood

Global fisheries are very close to the point of collapse. According to FAO, the U.N. Food and Agriculture Organization, 75 percent of fisheries worldwide are now fully or over-exploited, or severely depleted. Animals are on the edge of extinction due to corporate greed and over-consumption. Don't participate in their destruction.

3.3 Excel In Waste Management

Many harmful and toxic materials, such as motor oil, end up in aquatic ecosystems because people don't follow sound disposal practices. The result is water pollution and further degradation of oceanic health. It is important to follow environmentally friendly practices when disposing of hazardous materials.

Use Reusable Plastic Products

Marine habitats are compromised by the presence of plastic remnants in the ocean, which are also to blame for the direct deaths of many marine creatures. Various creatures of the sea such as sea turtles, birds, and marine mammals mistakenly take floating plastic objects for food, leading to their death due to choking or starvation from blocked digestive systems. You can help cut down that unnecessary loss of life by using reusable water bottles and grocery bags made from cloth.

Before we let you go...

INFORM OTHERS

Inform people of the situation of the world and the need for action. Share the message and actively participate in conversation. Share what you learn with family, friends, coworkers and associates. Use social media to spread the word on environmental issues.

THANK YOU!

