

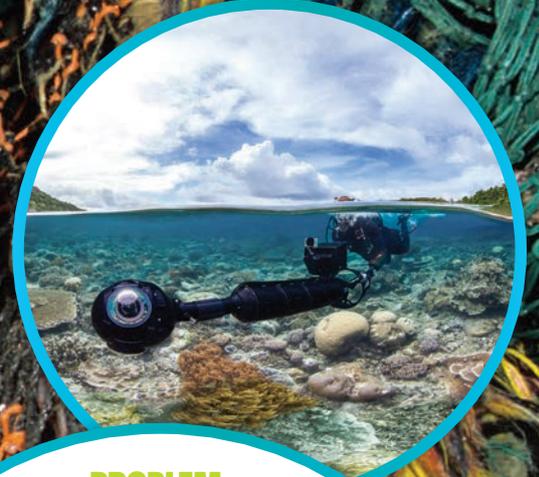
# WHAT ELSE CAN WE DO TO SAVE OUR SEAS?!

## PROBLEM: OVERFISHING

The Earth's oceans are so vast that people *used* to think that there was an **unlimited supply** of fish in them. Sadly, this is NOT the case, and billions of people around the world now eat seafood as an important part of their diet. Today, so many fish are being taken out of the ocean that fish populations aren't able to recover – and if we're not careful, species that were once plentiful will be in danger of becoming **extinct**.

### What YOU can do: LOOK AT THE LABELS!

If you eat fish, make sure your seafood has the blue **MSC label** (below) on it. Designed by the **Marine Stewardship Council**, the symbol means your fishy snack has been caught in a *sustainable* way, so that populations stay healthy for the future. Swim over to [goodfishguide.org](http://goodfishguide.org) to find out more about sustainable seafood!



## PROBLEM: CLIMATE CHANGE

Over the last 150 years, our planet has been heating up. Scientists believe the main cause of this **global warming** is the huge amount of fossil fuel (such as oil) that humans burn to make energy. The process releases gases into the Earth's atmosphere which trap the Sun's heat – and this is terrible news for some sealife! The rise in the **ocean temperature** is damaging much of our ocean's coral, through a process known as **coral bleaching**. Many cold-water sea species have become extinct in warmer areas, only surviving in shrinking areas of cool water.

### What YOU can do: USE LESS ENERGY!

There are *lots* of easy ways to reduce the energy you use. **Switch off** the lights and turn your gadgets off at the mains before leaving a room. **Wear jumpers** instead of turning up (or on!) the central heating. Are *all* your family's **car journeys** necessary? Why not try **walking or cycling** instead? A few small changes can make a **HUGE** difference. Yay!

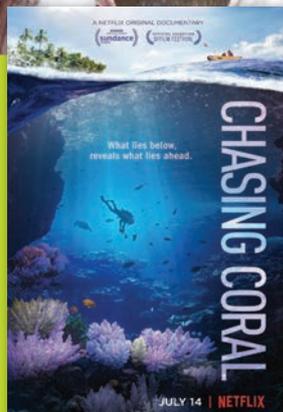
To learn more about climate change head over to [ngkids.co.uk](http://ngkids.co.uk)

## OCEAN ACTION!

To discover what else you can do to help and to make your pledge to protect our oceans, visit [seachangeproject.eu/takeaction](http://seachangeproject.eu/takeaction)

## Find out more!

Want to know all about the issues facing our oceans? Check out these two amazing documentaries...



### CHASING CORAL

Join a team of expert divers as they get to the bottom of how climate change is killing our coral, then discover what we can all do to help protect this incredible ecosystem. Available on Netflix from 14 July 2017



### A PLASTIC OCEAN

Find out how all the plastic we use and throw away is harming our ocean's magnificent marine life. Remember, we CAN make a difference! For more info and to watch the documentary, head to [plasticoceans.org](http://plasticoceans.org)