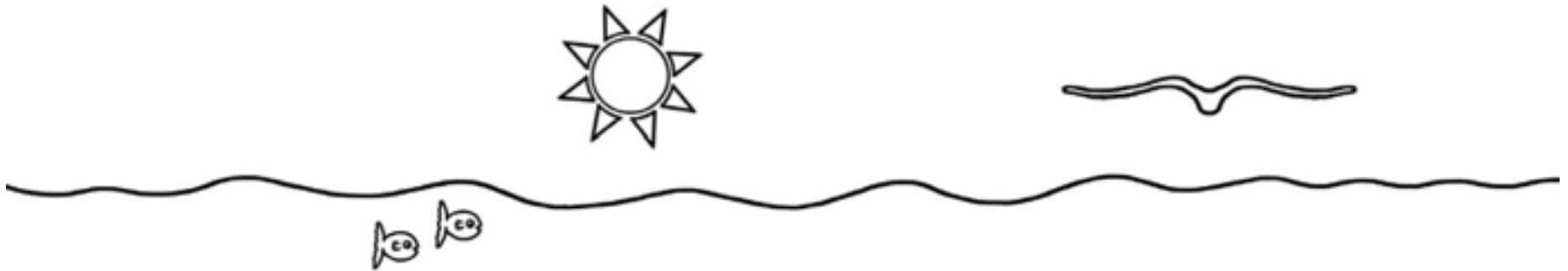


How can we help protect the ocean?



Be ocean conscious!

- Visit the beach, explore the ocean and discover all the amazing animals that depend on clean water and air to survive.
- Buy and eat only sustainable fish and sea food. Ask about it at restaurants.
- 'Reduce, reuse, recycle' to cut down on wasted plastic and garbage.
- Pick up litter (especially plastic bags)—beach trash can injure or kill marine animals.
- Purchase natural, organic & biodegradable products that don't harm the environment.
- Never pour oils or pollutants in storm drains.
- Cut carbon! Walk or ride a bike instead of using a car—it's good for both you and the ocean.

Get involved!

- Learn more about the ocean and its beautiful, interesting and vital inhabitants.
- Educate others—all humans rely on the ocean for survival!
- Be aware of changes in the community that could cause damage to the ocean and speak out.
- Write your senator and state representatives to encourage them to protect the ocean, even if you don't live near the coast.
- Visit: <http://www.theoceanproject.org/resources/conservation.php?category=For%20Kids> for great links for kids and teens.

Remember, we have always needed the ocean... now the ocean needs us!