



# CALLING *the* WHALES

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# WHAT CAN WE DO TO HELP OUR OCEANS?

**DID YOU KNOW?** Whales and dolphins play an important role in the health of our oceans, so protecting them can also help other species and even whole ecosystems. There is even evidence that whales capture carbon from our atmosphere, helping to regulate our climate! [WWFWHALES.ORG](http://WWFWHALES.ORG)

- **TAKE PART IN A BEACH CLEAN-UP.** The level of pollution in our oceans means that litter is washed up daily on our shores. If you're lucky enough to live near the sea, or are visiting on holiday, why not find out if there are any **local clean-ups** that you can get involved in?
- **TAKE ONLY PHOTOS.** If you're exploring your local beach and come across marine animals, watch from a distance and **don't remove them from the water**. Remember to **watch where you step, too** – our coasts are covered with mussels, barnacles and other tiny marine life.
- **USE LESS PLASTIC.** Plastics can take up to **1,000 years** to decompose and often become ocean debris, killing our sea life. Using a **reusable bag, water bottle and lunch box** is a great way to reduce your everyday waste. And if you're helping with the weekly food shop, why not try to find some **loose fruit and vegetables**, instead of ones in plastic packaging?
- **REMEMBER TO RECYCLE.** Always check if the packaging from your food, drinks and other items can be put in a **recycling bin**. If you can't see one at the time, you can always bring items **back with you** to dispose of at home.
- **RESEARCH YOUR CARBON FOOTPRINT.** You don't have to live near the ocean to help protect it! Global warming is damaging our oceans and contributing to the extinction of numerous species. Help to reduce your impact by **walking or cycling, taking the stairs** instead of a lift, and **turning off lights and electrical devices** when you aren't using them at home.
- **TURN OFF YOUR TAPS!** Did you know the average UK family is estimated to use **more than 500 litres of water** per day? Help by turning off the tap while you're **brushing your teeth**, or swapping a bath for a **short shower**. Reducing our use of fresh water helps to protect our marine ecosystems, too. [WATER.ORG.UK](http://WATER.ORG.UK)
- **LEARN MORE ABOUT OUR NATURAL WORLD.** Websites like **National Geographic Kids** and **BBC Bitesize** offer lots of information about our natural ecosystems and how we can protect them. You could find out how to support charities like **WDC (Whale and Dolphin Conservation)**, or get involved in initiatives like **Authors4Oceans** and **World Oceans Day!**