



Taking Action

Protecting our ocean and restoring it to full health is a big task. There is no “one-size-fits-all” solution, but there are many things that we can do — individually and collectively — to help our ocean.




Reduce your carbon footprint

Use less fossil fuel energy in daily life. Carpool, take the bus, or ride your bike to school.




Reduce the amount of waste you produce

Choose reusable items over disposable ones, such as a water bottle, and recycle when possible.



Watch what you flush

Avoid flushing harmful household cleaners, pesticides, and cat litter because these chemicals can seep into our ocean, rivers, and lakes.



Conserve water

Fresh water is a limited resource. Using less water leads to less runoff and wastewater dumped into the ocean.




Remember that our land and ocean are connected

Microplastics are a major problem in the ocean. Consider collecting litter next time you're on a hike or organize a beach clean-up!




Support sustainable fishing

Eat sustainable seafood. Look for labels that say “**eco-friendly,**” “**diver caught,**” or “**line caught.**”




Learn, then teach

When we understand how our ecosystems work, we can take steps to protect them. Learn as much as you can and raise awareness by sharing what you know with others.



Plant trees

Our trees and forests help reduce atmospheric carbon dioxide (a greenhouse gas that contributes to climate change), taking some of the pressure off of our ocean.



Speak up

Advocate for the changes you want to see in your community and in the world.

Resources

- Learn about citizen science by using [iNaturalist](#) or [Marine Debris Tracker](#).
- Read National Geographic's article about [Oceans](#) and the threats they face.
- Discover educational resources with [Canadian Geographic Education](#).
- [Pristine Seas](#) is National Geographic Society's flagship ocean conservation initiative, combining exploration, research, media, economics and policy — working with local communities, Indigenous Peoples and governments — to protect vital places in the ocean. Follow Enric Sala and other members on social media.