



# Truth, Trash, and Transformation

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The value of Honesty linked to Plastic Free July

[Plastic Free July – Be Part of the Plastic Pollution Solution](#)



# Introduction

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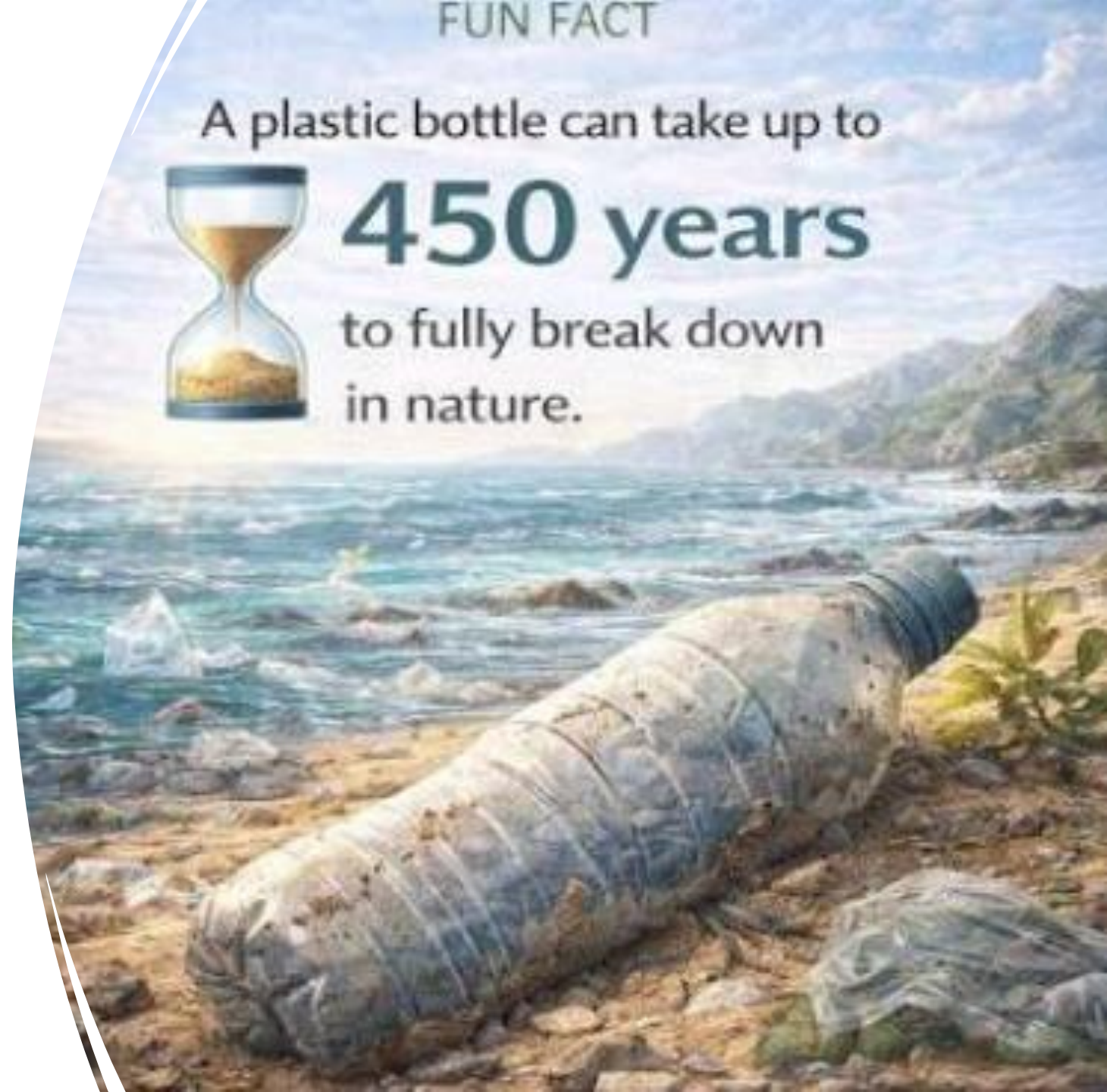
- Value of the Week:  
Honesty
- Global Campaign:  
Plastic Free July
- The Challenge:  
Facing the truth  
about our habits



# The Uncomfortable Truth

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- 400 million tonnes of plastic are produced globally every year.
- 50% of all plastic is single-use (used once, then thrown away).
- Plastic never truly disappears; it just breaks into harmful microplastics



# Join millions of people reducing their plastic waste.

- Plastic Free July™ is a shared global movement that helps millions of people reduce plastic waste through simple, everyday choices and be part of the solution to plastic pollution.
- That way, we can enjoy cleaner streets, oceans, and beautiful communities.
- Will you join Plastic Free July™ by choosing to refuse single-use plastics?
- Play video
- [Plastic Free July - Take the Challenge](#)



# Holding Up the Mirror

- Personal Accountability: Blaming big corporations is easy; changing our own habits is hard.
- The School Day Audit: Think about your meal deals, plastic bottles, and snack wrappers.
- Integrity: Doing the right thing for the environment, even when no one is watching.



# Video – The Reality of Our Waste

- [How to solve the world's plastic problem | BBC Ideas](#)
- Watch this video by BBC Ideas and The Open University to see the honest truth about where our plastic goes, how it sneaks into our food systems, and how we can transition to a zero-waste circular model:



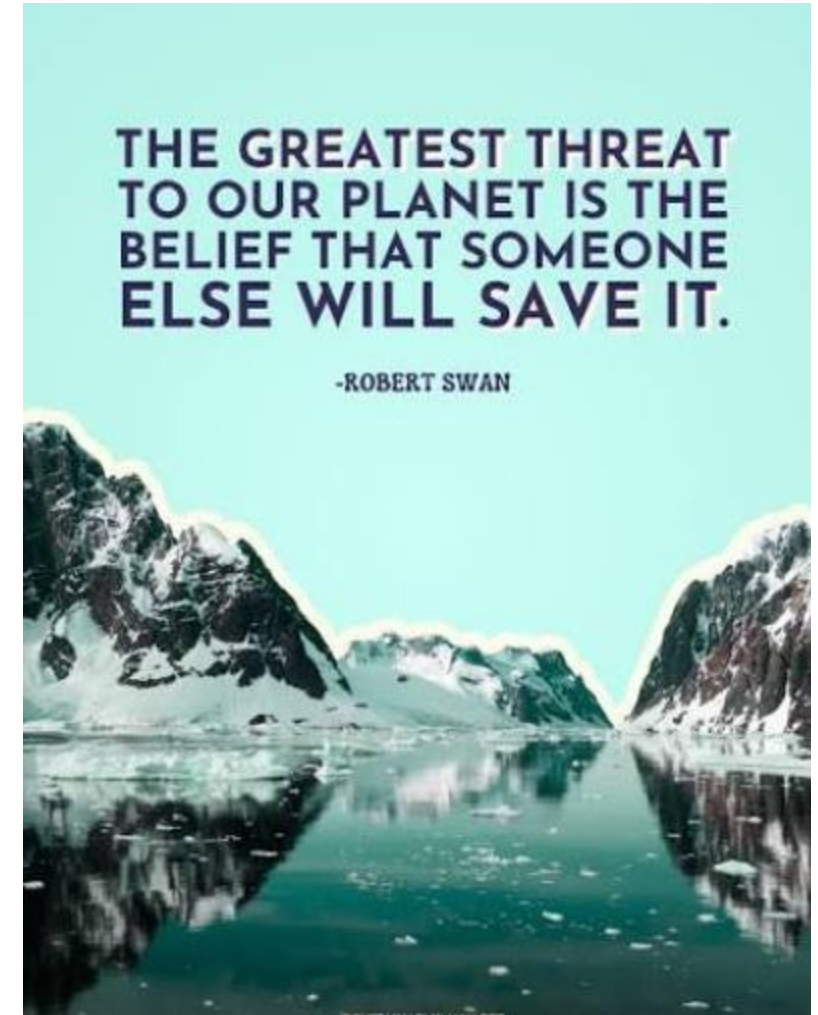
# Spotting "Greenwashing"

- Greenwashing: When brands use clever marketing to look eco-friendly without changing.
- Personal Greenwashing: Recycling one item to feel good, while buying five more single-use plastics.
- The Fix: Rejecting lazy convenience and choosing genuine integrity



# Thought for the Week & Action

- Your Challenge This Week:
- Refuse: Say no to single-use plastic bags and packaging.
- Remember: Bring a refillable bottle to school every single day.
- Thought for the Week: "Honesty is not just about the words we speak; it is about living a life that aligns with the truth. Our planet cannot digest our plastic habits"



# Form Discussion

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- Let's Talk: What is one single-use plastic item you use regularly that would be the hardest for you to give up?
- Brainstorm: What is a more honest, sustainable alternative you could swap it for this week

