

LOOKING AFTER YOURSELF & THE PLANET



Learning how to reduce your waste can be tricky, especially if it is your first time trying it out!
Here are some tips from other young people on how to get started to reduce your waste.



Understanding all the ways you can reduce your waste might seem overwhelming at first. Take it one step at a time and try out new habits when you are ready to.

Remember that you are on your own journey to reduce your waste. Try not to compare what you are doing from others — everyone is different and that's okay!

If you find you've used a single used item, try to find a way to reuse or recycle it. Just trying to remember your reusables next time!



Changing your habits to reduce your waste takes time, so don't feel bad if you don't get it straight away. Just keep trying and eventually you'll get the hang of it!

Remember that even the small changes you make to reduce your waste will make a difference, so congratulate yourself on what you are doing for the planet!

Connect with friends, family or other young people face-to-face or online by sharing how you do low waste and talk about why you love it!



"Every little thing that you can do to reduce your waste makes a difference, and the power of young people doing it together can change the world!" — The Youth Educating about Waste team

