

# 10 reasons to join the no2plastic School Challenge

A student-led movement to reduce single-use plastics, one student, once school at a time

1. **Save animals!** - At least 1 million animals die every year due to plastic, the less we use, the less plastic end up in our oceans and rivers.
2. **Save your health!** - Studies show that almost every person has microplastics in their feces and blood stream. Chances are, pregnant women are passing microplastics directly to their fetuses. The less plastic we use, the less we will ingest.
3. **Save money!** - By investing in reusable items, you will ultimately use less, and spend less. Choose reusable over single-use items.
4. **40% of plastic is only used once** - Given the small percentage of plastics that are recycled, it is best to choose alternatives. This will reduce the amount of waste going to our landfills and landscapes!
5. **Choosing alternatives** to plastic has the potential to reduce the amount of plastic that is manufactured in the first place!
6. **Reducing your use** of Single-use plastic minimizes the amount of waste exported to third-world countries!
7. **Less exposure** to plastic reduces the likelihood of cancer by decreasing exposure to the carcinogens found in plastic!
8. **You will feel better!** - thinking consciously about the consumer decisions you are making in your life will positively impact the environment around you!
9. **It is fun!** - Help your school stay competitive in the leaderboards, and win a special prize if your school wins!

**#n2pSchoolChallenge**

Researched by student ambassador Kira Gilbert