








# Coastal Steward Pledge for Classrooms and Youth Groups

To become Coastal Stewards, select two or more of the actions below and follow through on them. When you're ready to report back on your progress, send us a note (it can be just a couple of paragraphs or you can include more information if you like) describing your group and your Coastal Stewardship activities. (We may post your letter at [www.coastforyou.org](http://www.coastforyou.org)!) Thank you for taking action to protect our coast! And remember, just because you've completed your "to do" list doesn't mean you should stop taking action! Keep your promise to the coast by working to protect it EVERY DAY. For more information, visit [www.coastforyou.org](http://www.coastforyou.org).

## **To Do: (Take action on two or more items from the following list.)**

1. Learn about the problem of marine debris. Visit [www.coastal.ca.gov/publiced/marinedebris.html](http://www.coastal.ca.gov/publiced/marinedebris.html). Talk to classmates, friends, and family about marine debris and why it's a serious problem.
2. Take a field trip to a local beach, river, or creek and clean up any trash that you see. (Consider taking part in the Adopt-A-Beach Program or the annual Coastal Cleanup Day.) If you keep track of the trash that you collect using a data card, please send a copy of the information to the Coastal Commission. If you notice a particular problem at your site, like overflowing or inadequate trashcans, write a letter to the responsible agency (e.g. California State Parks, your city's Parks and Recreation or Public Works Department, etc.).
3. "Adopt" your schoolyard, local park, or the street in front of your school. Once a week, do a cleanup of your adopted site. Recycle or compost whatever you can and place the rest in the garbage. While cleaning up your site, explain to other students or interested passers-by why it's important to keep this trash out of the environment.
-  4. Start a "waste-free" lunch program at your school.
-  5. Challenge another class (or group within your class or youth group) to a no-trash lunch challenge. Set a date to create as little lunch trash as possible by bringing food in reusable containers and composting any food waste. The class or group that creates the least trash wins. Afterwards, try to continue your no-trash lunch efforts.
-  6. Use the backsides of paper for scratch paper, for printing drafts, and for anything that doesn't need to look "perfect." Keep a box of flat, ready to use scratch paper, where people can place their one-sided paper and grab a sheet to use.
-  7. Keep classroom recycling bins for paper (that can't be used as scratch paper) and for bottles and cans. Start a recycling program at your school. CalRecycle provides information on school recycling and other waste reduction strategies at [www.calrecycle.ca.gov/ReduceWaste/Schools](http://www.calrecycle.ca.gov/ReduceWaste/Schools). A Recycling Committee made up of students, teachers, and parents can help decide the best way to take the materials to the recycling center, or arrange for a waste hauler to pick up the recyclables.
-  8. Start a worm compost bin for your classroom. For information, download Cal Recycle's Worm Guide at [www.coastal.ca.gov/wormguide.pdf](http://www.coastal.ca.gov/wormguide.pdf).
9. Do a regular water use patrol of your school's bathrooms to check for leaky faucets and running toilets. Inform school authorities of any problems and follow up to see that they are fixed. If faucets are left running in the bathrooms, consider placing signs near the sinks reminding people to turn off faucets when they're not using them. Get permission from school administrators first.
10. If your school or group plans a celebration, discourage the organizers from releasing or decorating with balloons as part of the festivities. Balloons may become marine debris, endangering animals that may mistake them for food.
-  11. Drive less. Create a signup for carpool buddies and encourage walking and biking to school and/or group meetings. Safe Routes to School in Marin has tips at [saferoutestoschools.org](http://saferoutestoschools.org).
12. Write a letter (individually or as a group) to the editor of your local newspaper or to an elected official. Write about an important coastal issue and describe any actions you think should be taken.
13. Learn about overfishing and sustainable seafood and share your knowledge with others. Talk with friends, family, and restaurant or supermarket personnel about sustainable choices. Visit [www.seafoodwatch.org](http://www.seafoodwatch.org) for more information and to download the Seafood Watch Pocket Guide.
14. Encourage your family and friends to take the Coastal Stewardship Pledge at [www.coastforyou.org](http://www.coastforyou.org). There are many actions you can take outside of school to help protect our coast and ocean.

 = This action reduces greenhouse gas emissions, fighting global climate change!

## **Send your report to:**

Coastal Steward Youth, California Coastal Commission, 45 Fremont Street, Ste. 2000, San Francisco, CA 94105 or email it to [coast4u@coastal.ca.gov](mailto:coast4u@coastal.ca.gov). Include your **name** and **email**, the **name and address of your school or group**, the **number of participating students**, their **grade level**, and any other information you want us to know.