

# MARINE CONSERVATION SOCIETY

## Example 12-month plan for litter picking

Removing litter from the environment, whether you're inland or near the sea, has a direct impact on the health of the ocean because 80% of marine litter comes from the land. Thank you for helping to fight the ocean emergency.

This plan is an example of how you could litter pick as part of your DofE award. Before starting, speak to your assessor about how you could adapt the plan to suit your circumstances.

**Please note we cannot act as Assessors for your award.** Please see the advice on choosing an Assessor on the DofE website.

Remember to stay safe while doing this activity and be careful when using the internet and social media.

Good luck!

Month	Activity	Example evidence
1	<p><b>Explore the problem of marine litter</b></p> <p><b>Research the marine litter problem</b> You can find lots of information on our website, including:</p> <ul style="list-style-type: none"> <li>• Facts and stats</li> <li>• What we do</li> <li>• Videos from our YouTube channel</li> </ul> <p><b>How does litter get to the sea?</b> Research the route litter takes to the ocean. Use Google Earth to find your school or home. If you're inland, from your school's location, locate the nearest river and follow it until it meets the sea. If you're near the coast, work backwards from the estuary until you find the source. You can use the <a href="#">Your school and the ocean</a> worksheet to help you.</p> <p><b>Write down your motivations</b> Why are you doing this? A year of litter picking is hard work. Write a summary of your reasons for litter picking that you can refer to when you need inspiration.</p>	<p>Activity log Diary Research notes</p> <p>Your link to the ocean</p> <p>Motivation statement</p>

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## 2 Choose your area

Walk around your local area and record the litter you see. Choose where you would like to carry out your weekly litter pick. On a map, draw the location or route of your litter pick.

Use our [safety advice](#) and the help of your assessor to write a risk checklist so you stay safe when you're out.

Activity log  
Diary  
Map of target area  
Risk checklist

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## 3 to 10 Litter pick and log findings

Each week, when you litter pick, log what you find on the recording sheet. Take lots of photos of what you find.

It's hard work to keep going out every week to clear litter. If you get discouraged, look back at your reasons for litter picking and remember that every item you collect is being prevented from reaching the sea.

Activity log  
Diary  
Litter recording sheets  
Photos

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## 11 and 12 Campaign about the litter problem

Look at your recording sheets and identify the most common item of litter. Create a campaign to reduce the amount of this item in the environment, for example:

- write to the company that makes the item asking them to change their packaging
- petition your council for bins and street cleaning
- make a presentation in your school about the problem in your area and solutions
- if the item comes from a particular location, write to the business explaining the problem being created
- write to your government representative asking for changes
- use your own or your friends' and families' social media accounts to show people the problem.

Finish by reflecting on what went well and what could be improved. You could create a list of dos and don'ts to be used by other DofE participants.

Remember to take a moment to celebrate your achievement – every item you collected has been prevented from reaching the sea and harming marine life.

Activity log  
Diary  
Campaign materials  
Photos  
Letters

Evaluation notes  
Dos and don'ts

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## Thank you!

Thank you for helping us to fight the ocean emergency. Find out about more ways you can work with us to save our seas at [mcsuk.org/what-you-can-do](https://mcsuk.org/what-you-can-do)