

# MARINE CONSERVATION SOCIETY

## Example 3-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!

Week	Activity	Example evidence
1	<p><b>How litter reaches the sea</b></p> <p>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.</p> <p>You can use the <a href="#">Your school and the ocean worksheet</a> to help you.</p>	<p>Activity log Diary Research notes Your link to the ocean</p>
2	<p><b>Choose your area for litter picking</b></p> <p>Walk around your local area and record the litter you see. Choose where you would like to carry out your weekly litter pick.</p> <p>On a map, draw the location or route of your litter pick.</p> <p>Use our <a href="#">safety advice</a>, <a href="#">risk assessment</a> and the help of your assessor to write a risk checklist so you stay safe when you're out.</p>	<p>Checklist Activity log Diary Map of target area Photos Risk checklist</p>

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### 3 to 9 **Litter pick and log findings**

Use the [recording sheet](#) to log what you collect and take lots of photos as evidence of what you find.

Activity log  
Diary  
Recording sheet  
Photos

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### 10 to 12 **Campaign for change**

Create a campaign about the litter problem.

Look at your recording sheets and identify the most-common litter item. What could you do to reduce the amount of this item in the environment?

- Could you write to the company that makes the item asking them to change their packaging?
- Could you petition your local council for more bins and street cleaning?
- Could you do a presentation in your school about the problem in your area?

We have some material online that might be useful, including:

- [Facts and stats](#)
  - [What we do](#)
  - [Videos from our YouTube channel.](#)
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Activity log  
Diary  
Campaign materials  
Photos

### 13 **Evaluation**

Reflect 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.

Take a moment to celebrate your achievement. Remember that every item of litter you collected has been prevented from reaching the sea.

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Evaluation notes  
Diary  
Activity log  
Dos and don'ts

## 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).