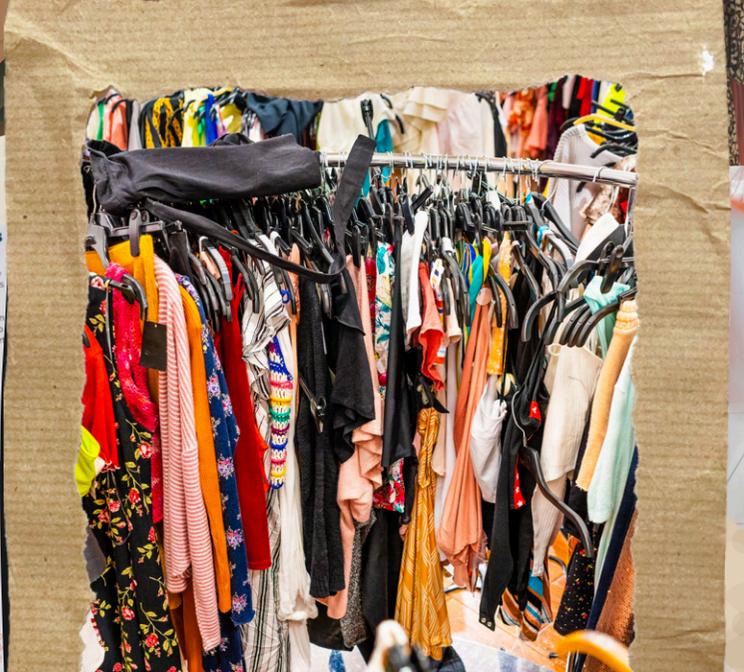




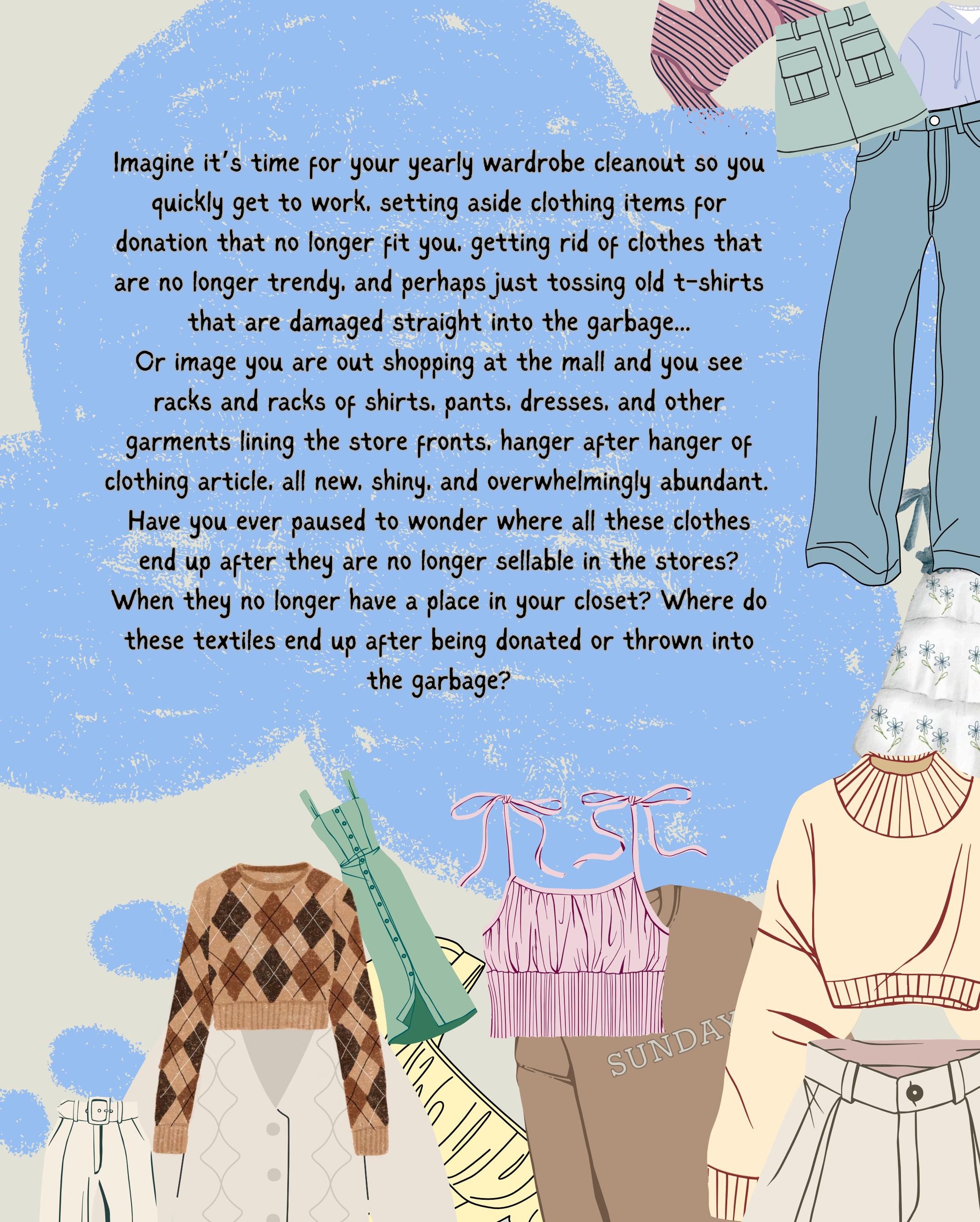
# Your Fashion FOOTPRINT

## A Girl Scout Patch Program



Imagine it's time for your yearly wardrobe cleanout so you quickly get to work, setting aside clothing items for donation that no longer fit you, getting rid of clothes that are no longer trendy, and perhaps just tossing old t-shirts that are damaged straight into the garbage...

Or image you are out shopping at the mall and you see racks and racks of shirts, pants, dresses, and other garments lining the store fronts, hanger after hanger of clothing article, all new, shiny, and overwhelmingly abundant. Have you ever paused to wonder where all these clothes end up after they are no longer sellable in the stores? When they no longer have a place in your closet? Where do these textiles end up after being donated or thrown into the garbage?



Whether we realize it or not, the seemingly harmless pieces of clothing that we throw out or even donate, end up in our landfills 66% of the time. Some decompose quickly but most take hundreds of years to fully breakdown, releasing millions of microplastics into our ecosystems in the process.

In fact, every second one garbage truck full of textiles enters the landfill or is incinerated.

Over the past ten years, the fashion industry has become the world's second topmost contributor to water and plastic waste and produces over

90 MILLION TONS OF TEXTILE POLLUTION EVERY YEAR.

This is mostly due to

**FAST FASHION,**

a process that produces cheap clothing products with synthetic fabrics, poisons our ecosystem, promotes dangerous working conditions and unjust pay for garment workers, and even threatens our own personal health. With fast-fashion taking such a prominent toll on our society, its time to dive in and learn more about the fashion industry, explore the effects of fabric on the environment, and learn the ways that we can reduce our own "fashion footprint."

# FAST FASHION

## Statistics



*80% of apparel is made by young women between the ages of 18 and 24*



*Fast fashion companies generate more pollution than international aviation and shipping combined*



*80 billion new pieces of clothing are consumed every year, 400% more than the consumption 20 years ago*



*Less than 1% of textiles are actually recycled to make new clothes*



*Making a new pair of jeans releases the same carbon emissions as driving a car 58 miles*



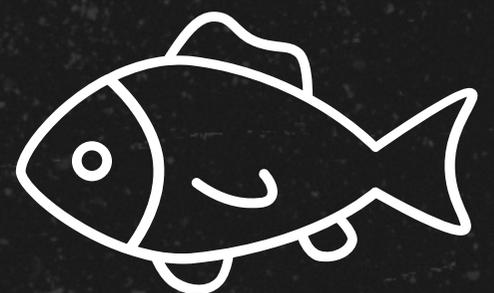
*93% of brands surveyed are not paying garment workers a living wage*



*59% of all sustainability claims made by fashion brands are misleading or inaccurate*



*Some dyes found in clothing cause skin allergies and dermatitis*



*35% of microplastics found in the ocean come from synthetic fabrics used to make clothing*

# Activity Checklist



## Required Activities:

- Fast-fashion Documentary and Discussion
- Calculate Fashion Footprint
- Fashion Goal Setting

## Choose Two More Activities to Complete:

- Clothing Swap Party
- Thrifting Trip
- Character Wardrobe
- T-Shirt Tote Bags
- Repair Workshop
- Create Impact Posters





# Activity One

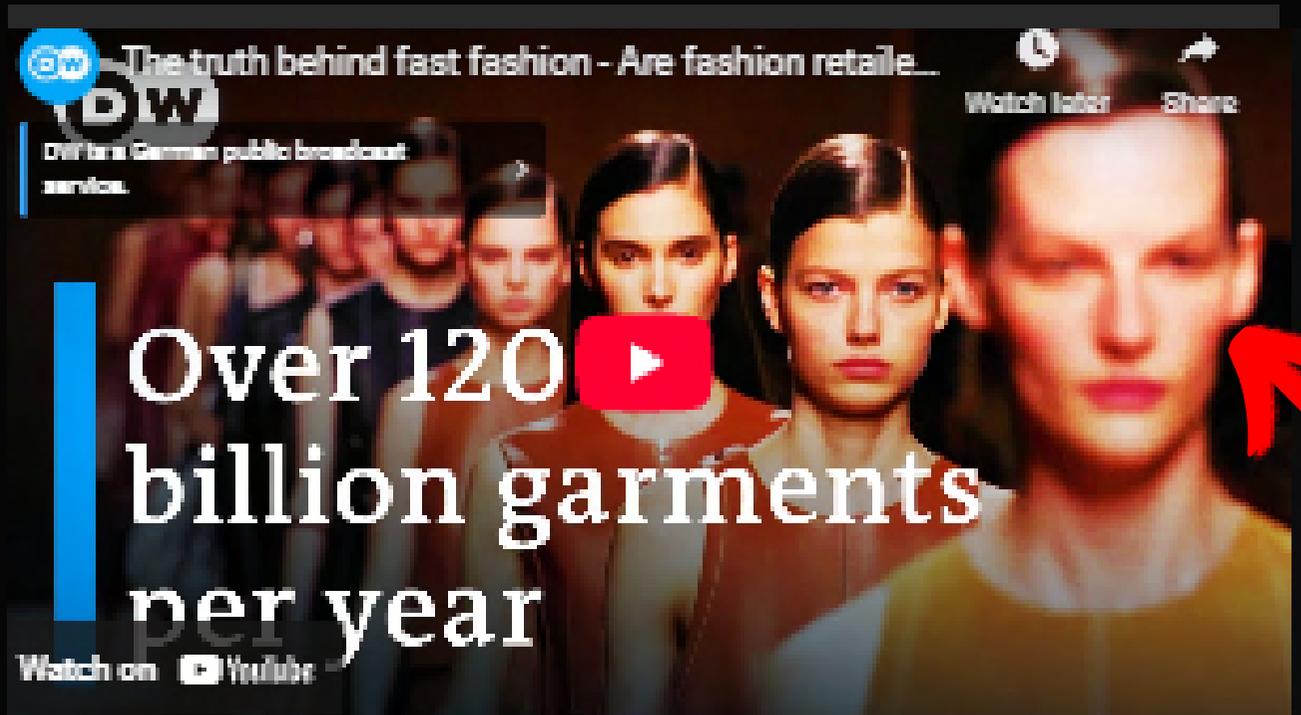
*\*Required\**

## Documentary Option #1:



Most informative and eye-opening documentary! This is the most recommended documentary to learn about fast fashion, however it should be noted that it is rated PG-13 because of a factory collapse and one instance of swearing that happens.

## Documentary Option #2:



If viewer is uncomfortable with the topics discussed above, Documentary Option #2 is also very informative!

# Discussion Questions

1. What was the most shocking thing you learned about the consequences of fast-fashion?
2. Previous to watching this documentary were you aware of the cost of our fashion and consumption habits? What is something new you learned that you did not know before?
3. What did you learn about the role that we as consumers have in this fast fashion cycle?
4. Whose responsibility do you think it is to start fixing the problems within the fashion industry?
5. Did this documentary make you rethink your shopping habits?



Activity

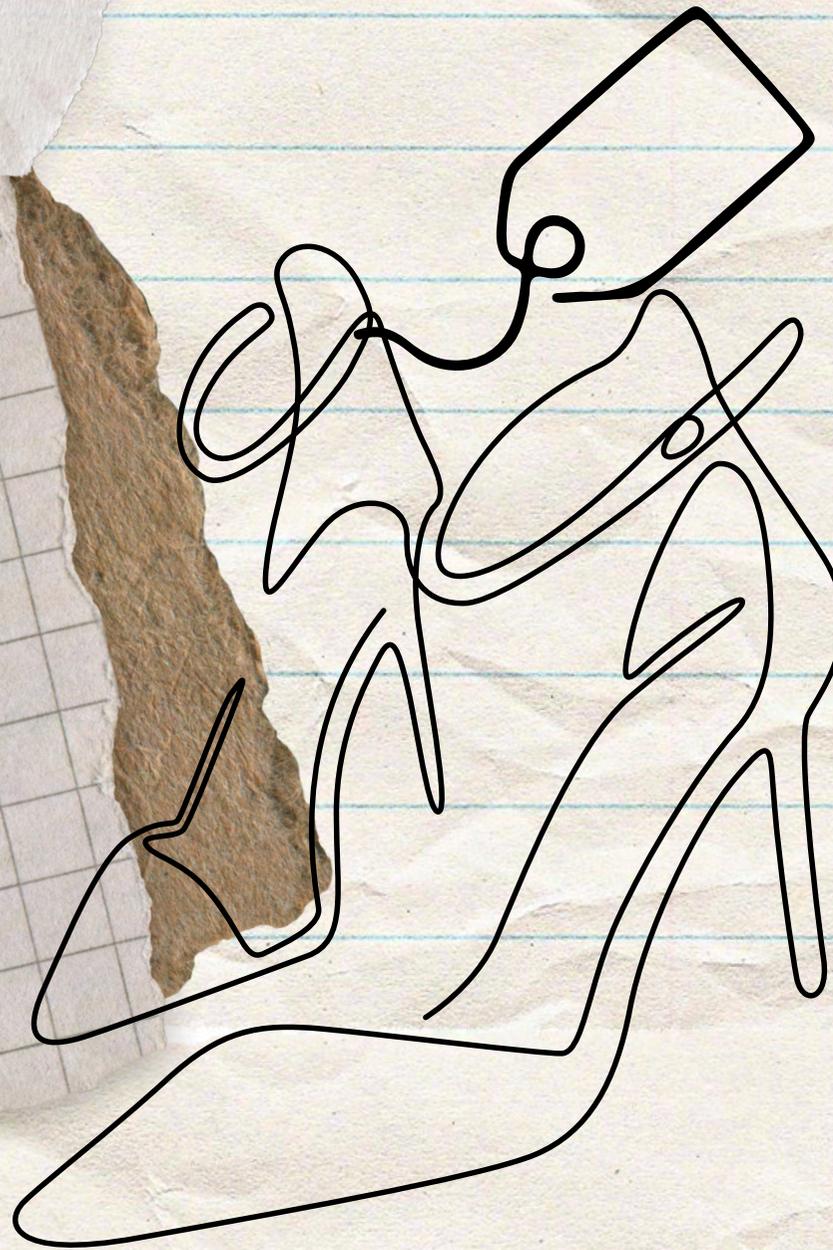
Two

*\*Required\**

# CALCULATE YOUR FASHION FOOTPRINT



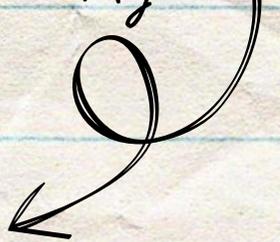
One of the most important things to consider when learning about fast fashion is that every person--in some way or another--contributes to the environmental state of the planet and therefore has their own "fashion footprint." Depending on our living and shopping habits we all contribute differently to global warming and the demand at which clothing is being produced and consumed.



Learning about our own contribution to the fast-fashion crisis is necessary in helping us to understand what steps can be made in our own personal lives in order to build a cleaner future for the rest of our global community.

Use the link below to determine what your "fashion-footprint" is and use your score to reflect on what you could do differently in the future.

[Link to Calculator](#)





# Reflection Questions

1. What was surprising or unsurprising about your score and why?
2. Where do you usually buy your clothes and how do you think this contributes to your footprint?
3. How many clothing items do you think you really need versus how many you own?
4. Have you ever thought about what happens to your clothes when you throw them away or donate them?
5. What influences your shopping habits?  
Trends, prices, etc.

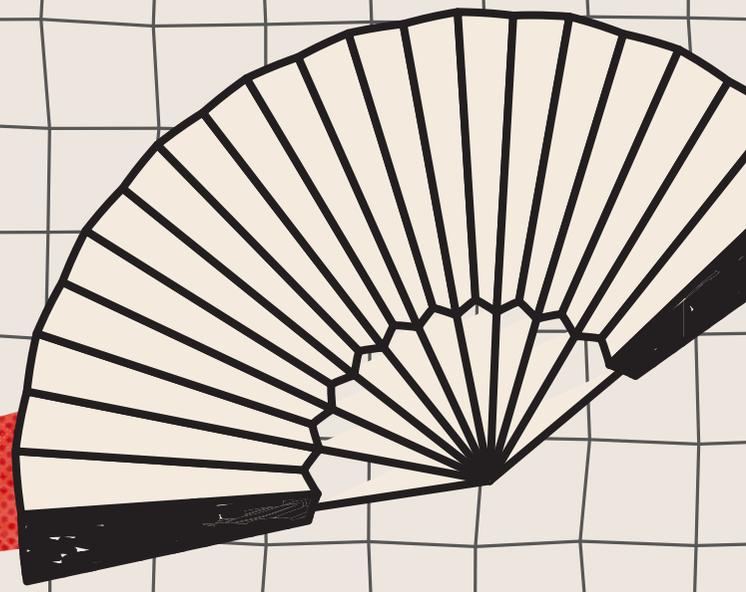
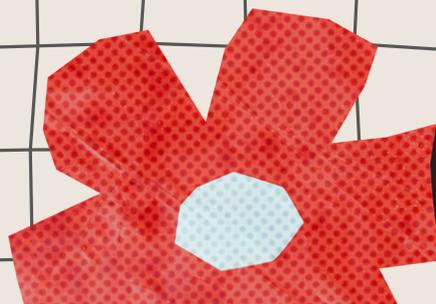


# Activity Three

*\*Required\**



# FASHION GOALSETTING



# Purpose of Goalsetting

Setting personal goals in our own lives in order to foster a fashion-forward mindset is necessary in order to work towards a better future. We can all take a step back and ask ourselves: "What can I do to make my clothing choices more sustainable and thoughtful?"



For this activity think about three goals that you can set in order to shop and pick clothing with a more sustainable mindset. It does not have to be anything drastic, in fact small steps are great! Will you consider asking yourself "can I see myself wearing this more than once?" before buying something? Will you make it a goal for yourself to learn how to repair or upcycle more clothing? Will you consider shopping second-hand more often? Washing your clothes in cold water? Any goal that supports sustainability is completely valid. Make this goal sheet your own and consider what steps you will take to fulfill your goals!





Activity

four



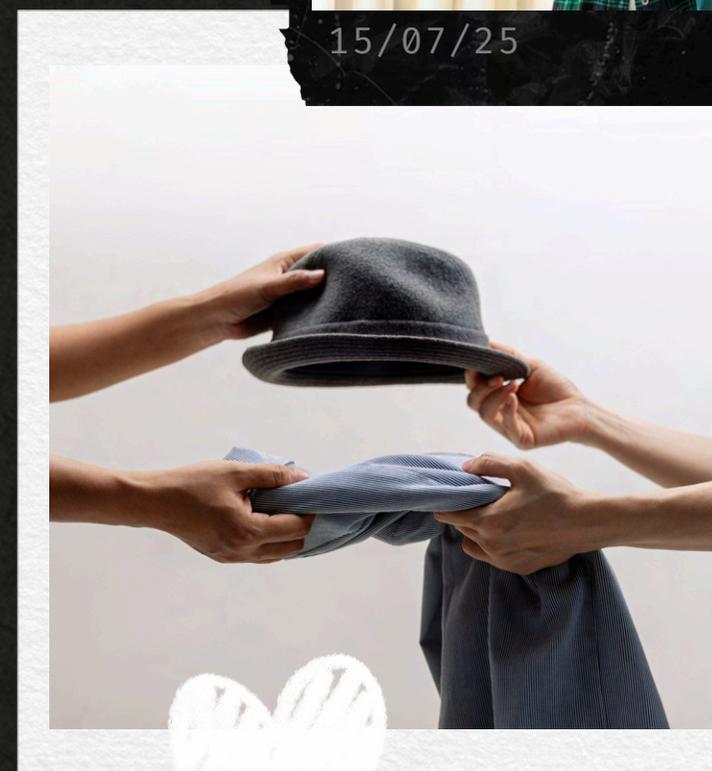
Clothing  
Swap Party!





Organizing a clothing swap party with your troop or a few friends is a fun and easy way to take action against fast fashion. Through clothing swaps, new life is given to old clothes as they gain new owners and everyone has a chance to add something new to their wardrobe without buying an outfit from the store!

To organize a clothing swap party, set up a hangout with some friends and invite them to dive deep into their closets and bring along any clothing items that they are “over” - shoes, shirts, jeans, dresses, skirts, etc. Anything that is deemed fit for a second life is fair game! Then, let the swapping fun begin! You can set up stations by clothing item-- for example, a station on the coffee table for dresses or a station on the couch for jeans. Or, everyone can lay out the clothes they brought in front of them and have fun dramatically announcing the clothing items that they have. Or, if you prefer a little chaos, everyone can dump their clothes together and have fun sorting and swapping through the pile. Whatever works for you! For extra fun, turn a movie on in the background, play some music, or prepare a few snacks! You can even create a fun invitation using the template below (or make your design) or plan a day later in the future where everyone wears the outfits they gained from the clothing swap to truly show the impact of the event.



join us for a



clothing swap party!

On .....

At .....

Bring clothes to trade and snacks to share! From shoes to skirts to t-shirts, anything that you no longer want or need and can be used again is fair game!

RSVP To:



Activity  
five

# TRIP TRIP TRIP





# WHAT IS THRIFTING?

-----

Thriftling is defined as the practice of purchasing **gently used** or **second hand items** from sources like thrift stores, flea markets, or even online platforms.

# WHERE CAN I GO THRIFTING?

-----

You can go thrifting at any store or website that sells second hand clothing items. There are plenty of locally owned thrift shops that often have cute items or bigger-brand second hand stores where you can score vintage and fashionable pieces of clothing. Thrifting is a great substitute instead of buying brand new clothing right off the bat and greatly helps to slow the demand for synthetic clothing pieces to be produced.



# THE BENEFITS OF THRIFTING...

## ...FOR THE ENVIORNMENT

### *Fewer Resources Wasted:*

The production of new clothing items requires the use of countless gallons of water, electricity, and many raw materials. By thrifting clothing instead of buying brand new, you are not directly contributing to the demand for new things to be made from non-renewable resources. Instead, you are giving new life to clothing pieces and lessening the demand for more resources to be wasted in the fashion production process.

### *Lessening Landfill Load:*

When you thrift, you save items that would otherwise end up in landfills. With many clothing items being produced from synthetic materials that take hundreds of years to decompose, thrifting helps to extend the life of clothes and save these fabrics from overflowing in our landfills.

### *Reduction of Chemical Pollution:*

At the start of the clothing production process, many pesticides are used to produce the material for the fabric. Beyond that, many greenhouse gases and toxins are released into the environment when producing synthetic fibers that poison our oceans, soil, and even have the potential to have negative effects on our health. When we buy second hand, our contribution to clothing chemical pollution is greatly diminished and we avoid supporting this process.



## ...FOR CONSUMERS

### *Save Money:*

Buying clothing second-hand at thrift stores is often cheaper than purchasing items brand new. Thrifting saves consumers plenty of money while still allowing the opportunity to add new pieces to their wardrobe and lessen their carbon footprint.

### *Opportunity to support local businesses:*

There are plenty of thrift stores that are locally owned and thrive off of consumer interest. Thrifitng often helps to support these local businesses and enhance your very own community!

### *Lower-cost Luxery:*

Thrift stores often house items that shoppers can buy for a fraction of the original cost making them a great spot to score some expensive pieces of clothing for cheaper prices.





Activity  
**Six**



Sustainable brands



Biodegradable fibers



BUILD A CHARACTER

# Wardrobe

vintage suit top

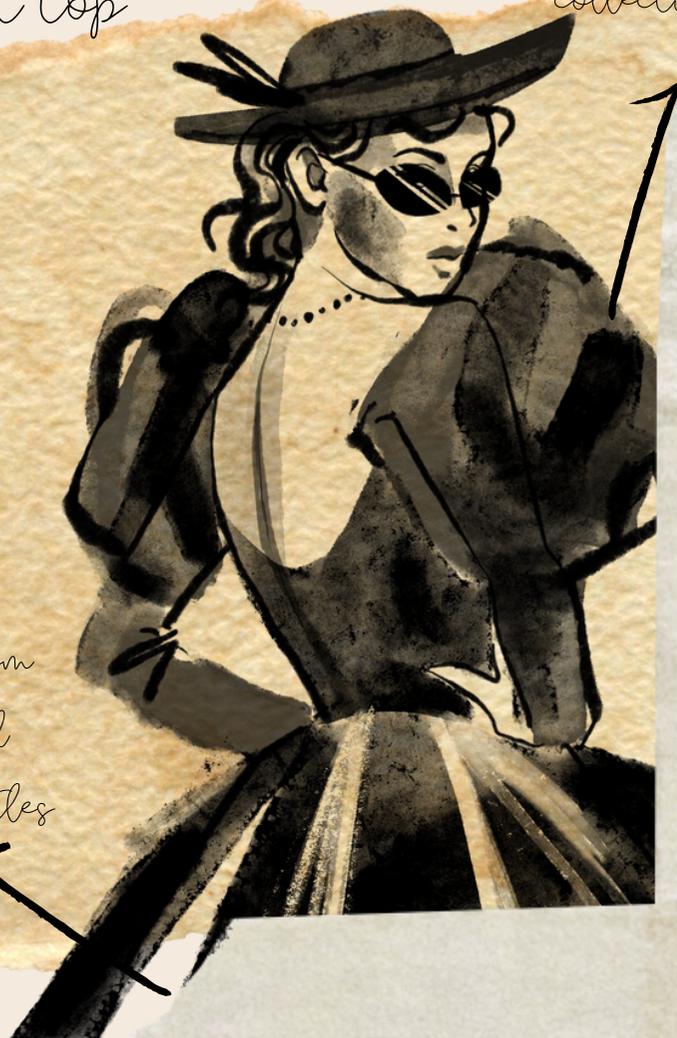
Recycled collection



sustainably sourced  
turtleneck

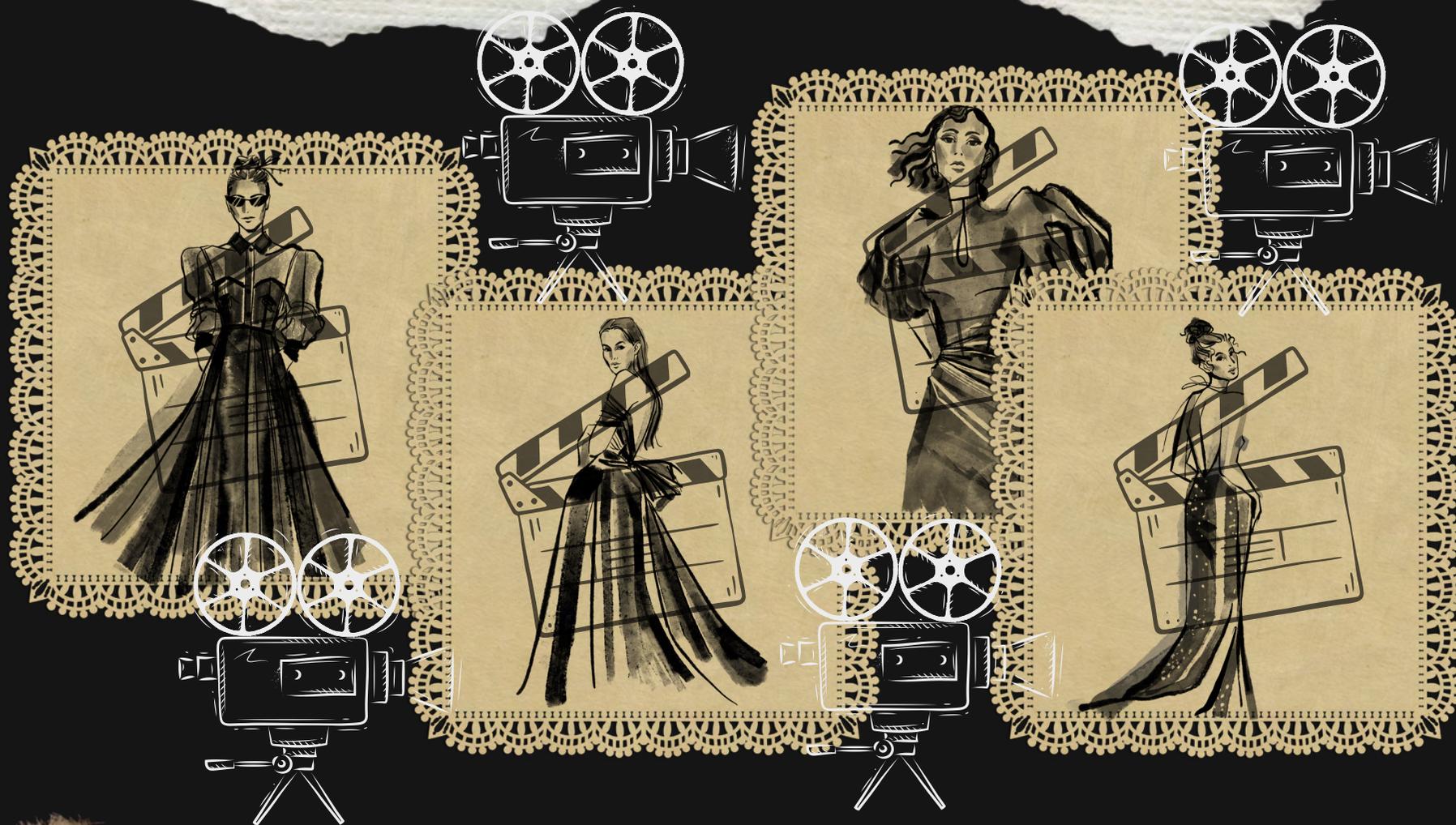


Made from  
recycled  
water bottles



As we know, fashion is a very prominent aspect of society, shaping culture, trends, history, and providing means for self expression. Beyond that, fashion is an extremely important aspect of our entertainment industry, helping to create movies and storylines that are appealing to a large audience and remain culturally and historically accurate.

However, how does sustainability translate to hollywood fashion on film sets?



While it may seem like the characters in our movies only have a few outfits that they easily change in and out of, the reality is not so simple. On any given film project

**costume designers often buy or make more clothes than the average person will own in a lifetime...**

While there are many sustainable practices put in place, such as costume warehouses where clothes can be rented and returned to be used on various projects, completely disregarding the need for sustainable fashion practices on film sets can create tremendous amounts of waste.

In this activity you are going to pretend that you are a costume designer on the set of a film. Pick a character from your favorite movie and design a wardrobe for them that is sustainable--whether that be in terms of second-hand items or sustainably sourced fabrics. You can hand draw, design, and give a backstory to these clothing pieces yourself or you can find pictures of clothing pieces online from thrift store websites or eco-friendly brand websites and write about what makes these clothes sustainable. You can use the fabric guide below to build an understanding of a few sustainable and unsustainable fabrics. Additionally, you can create a character clothing profile using the template below or by designing your own portfolio.

# A Guide to Clothing Fabrics

## Sustainable

### Fabrics



#### Organic/Recycled Cotton

Organic cotton is grown without the use of pesticides or the presence of other harmful toxins that are present in normal cotton products. Recycled cotton also uses far less water and energy than conventional cotton.



#### Organic Hemp Fabric

The hemp plant requires very little water to grow and returns nearly 70% of nutrients to the soil that it thrives in. When hemp is spun into fabric, the process requires no chemicals and the fabric also biodegrades much easier than other cloth materials.



#### Organic Linen Fabric

Similar to the hemp plant, the flax plant—which is used to make linen—requires little water and little-to-no pesticides. The process to create the fabric itself also requires little water.



#### Recycled Polyester Fabric

This fabric is produced from plastic water bottles that would have gone to the landfill. Using this fabric requires less dependence on raw materials and helps to repurpose a plastic item that does not biodegrade so easily.



#### Econyl Fabric

This fabric is produced from waste materials such as industrial plastic and even fishing nets. It gives life to old materials in the form of clothing and prevents more garbage from entering the landfills.

## Unsustainable

### Fabrics



#### Polyester

Polyester is one of the most widely used clothing materials and is also non-biodegradable, taking anywhere from 20 to 200 years to fully break down. Producing polyester is also a very water and energy intensive process. Beyond that, each washing cycle with polyester releases over 700,000 microplastics into the environment.



#### Acrylic

Known for its ability to provide warmth, Acrylic fibers are most commonly used to produce sweaters, hats, and gloves. However, producing this material involves highly toxic chemicals that are dangerous to factory workers. Beyond that, acrylic does not easily biodegrade and can lay in landfills for nearly 200 years.



#### Conventional Cotton

Producing enough cotton for a t-shirt and pair of jeans takes 1,931 liters of irrigation water and 6,003 liters of rainwater. Additionally, producing cotton also requires many harmful and toxic pesticides.



#### Rayon

Rayon is made by dissolving cellulose into a type of chemical solution and then spinning it into thread. While Rayon may seem "eco-friendly," using this material promotes deforestation and uses high energy, lots of water, and a chemically intensive processes.



#### Synthetic Fabric:

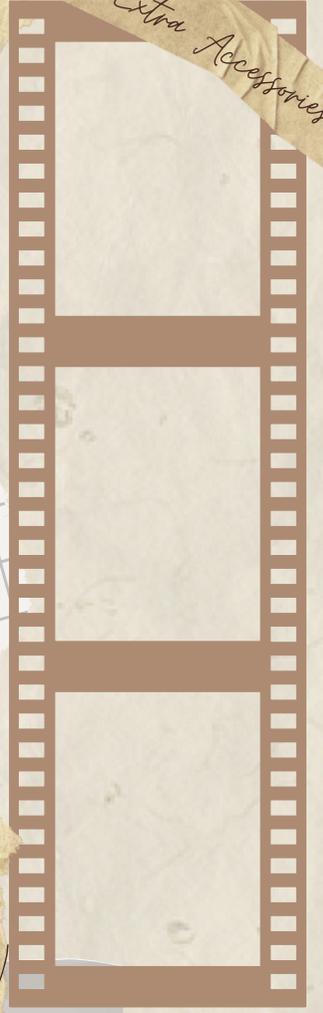
#### Nylon

Nylon is a material made from a crude oil and no form of it is biodegradable. This leads to a release of chemicals in landfills for nearly 200 years. The production of nylon creates greenhouse gases and requires large amounts of energy and water.

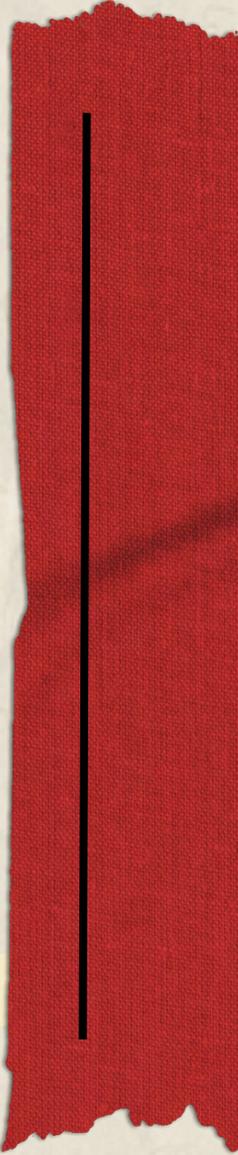
# CHARACTER NAME:

Extra Accessories

Description of Wardrobe style

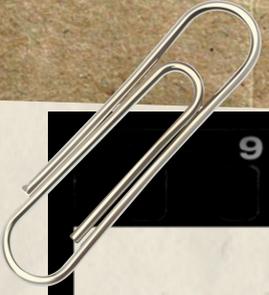


What makes this item sustainable?  
(Fabric, thrifted, good company etc.)



Picture of character

Three Wardrobe Items



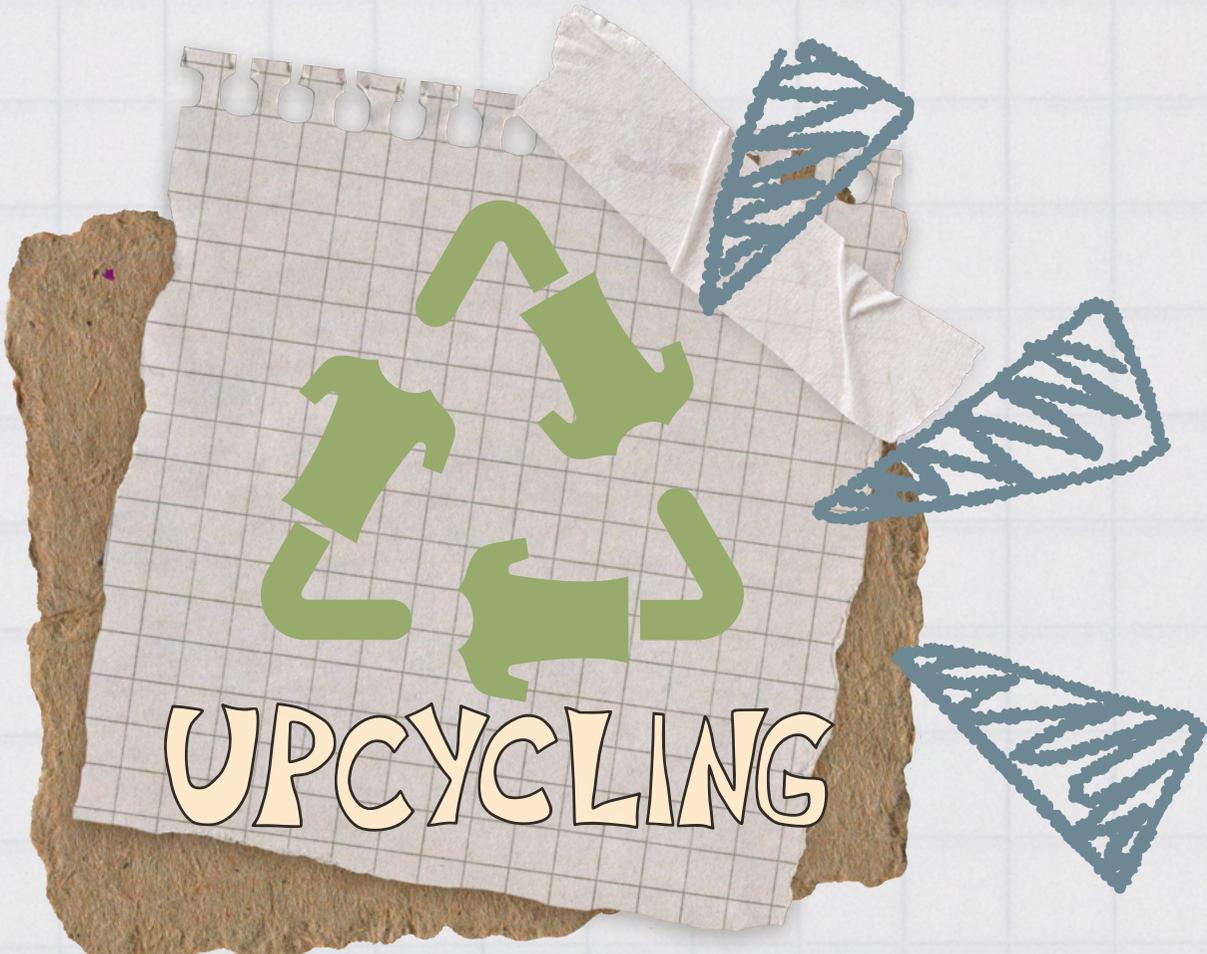


Activity  
Seven



*T-shirt tote bag*

# UPCYCLE T-SHIRTS INTO TOTE BAGS



# Upcycling

Upcycling is the process of taking pre-existing garments and materials and transforming them into a new product. Upcycling is an extremely effective tactic to fight fast fashion and use the resources we already have

## The life cycle of a t-shirt

Watch the video below to build context as to the amount of energy that goes into creating a t-shirt and why it is important to upcycle them.



# Step-by-Step Guide to creating t-shirt tote bags





Start by grabbing the supplies you will need: an old t-shirt, a pair of scissors, and two binder clips.



First, fold your t-shirt in half and make sure that all parts of the fabric are lined up.



After folding your t-shirt in half, cut the sleeves off making sure that the top and bottom are aligned with each other. If your scissors are not strong enough to cut through both sleeves at the same time, cut off the sleeves one at a time and then trim later to make sure the sleeves are cut off evenly.



Next, place your binder clips about two inches away from the space where the sleeves used to be on the t-shirt. We will use the clips to guide our cutting in the next step.



Use your scissors to cut along the innermost edge of the binder-clip and cut five inches down the length of the t-shirt.



Next, fold in the edges of the fabric (which will turn into the straps of your tote bag) and cut off the middle section of the t-shirt.



Next, cut fringes along the entire bottom of the t-shirt, making them as evenly deep and spaced as possible.



FOR THE NEXT STEP IF YOU WANT YOUR T-SHIRT DESIGN SHOWING, FLIP THE T-SHIRT INSIDE OUT AND THEN BEGIN TYING FRINGES. IF YOU DO NOT WANT THE T-SHIRT DESIGN SHOWING LEAVE THE SHIRT AS IS AND BEGIN TYING. (THIS EXAMPLE IS CREATING A BAG THAT DOES NOT SHOW THE T-SHIRT DESIGN)



Once you are done cutting, tie the top and bottom fringes together making sure to double knot them as you go along. Once you are done tying, go through and tie any spaces together making sure there are no holes in the bottom of the bag.



Finally, flip your t-shirt so that the fringes are on the inside of the bag and you have your final product! Enjoy your upcycled t-shirt tote-bag!



Activity  
*Fight*

Clothing



Repair Workshop

Learning how to mend and fix clothes is an extremely effective way to reduce our fashion footprint and conserve the resources that we already have. Often, when a piece of clothing breaks or rips we are tempted to deem it unusable and we are quick to discard it. We are tempted to do the same thing with stained clothing. However, with a few quick stitches or innovative ideas our ripped or stained clothes can easily become wearable again.



To complete this activity, pick a piece of ripped, torn, or stained clothing that you own and use the video tutorials below to fix it! The goal of this activity is to try making your "broken" clothes wearable again through a simple repair workshop.

# REPAIRING HOLES IN CLOTHING



# VIDEO TUTORIALS FOR MENDING AND FIXING CLOTHING

## REPAIRING PANTS



## COVERING STAINS WITH FLOWER PRESSING



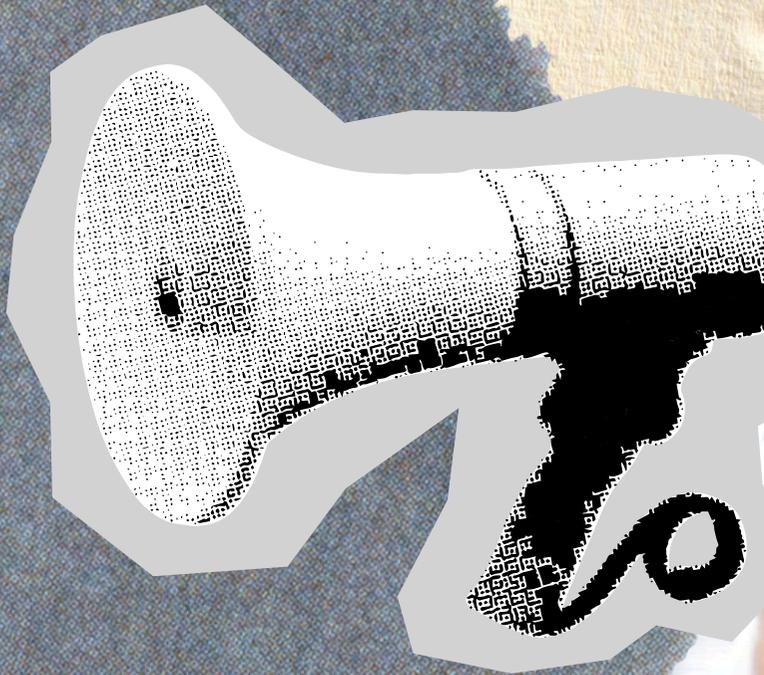
REPAIR JEANS



Activity  
*nine*



# Impact posters



**One of the best ways to start building a greener fashion future is through**

**education.**

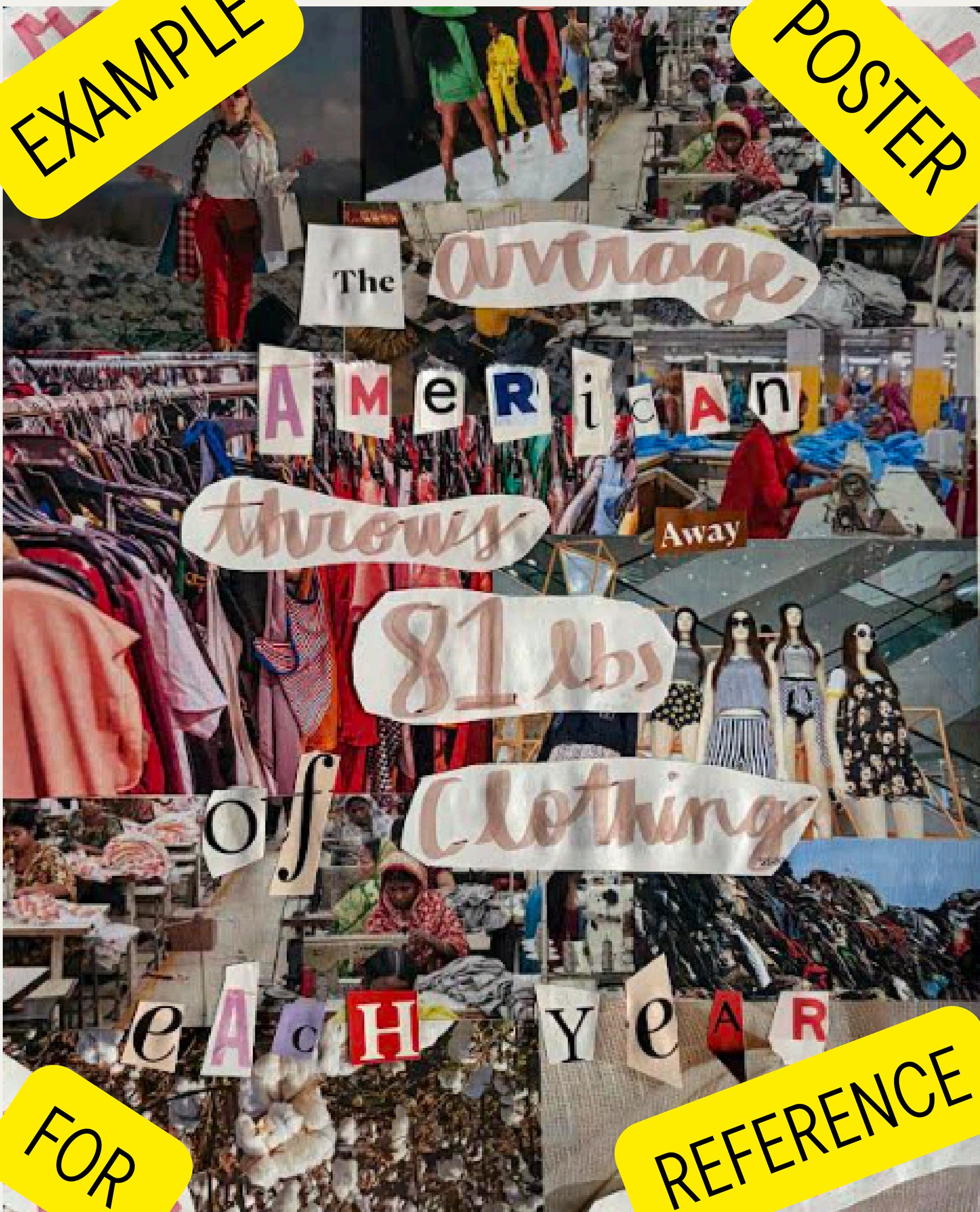
**Educating our peers about the reality of fast fashion and its impact on our environment and society is just as important as taking small steps in our own life to lessen our own carbon footprints. The more people that know about fast fashion, the easier it becomes to take action and make a significant impact.**



**For this activity, design a poster that you can share with the world. Include pictures, statistics, quotes from documentaries or slow fashion activists, and any eye-catching, creative aspects that can educate your peers about fast fashion from an environmental standpoint or ethical standpoint. Make it digitally or by hand and share it with your peers.**

EXAMPLE

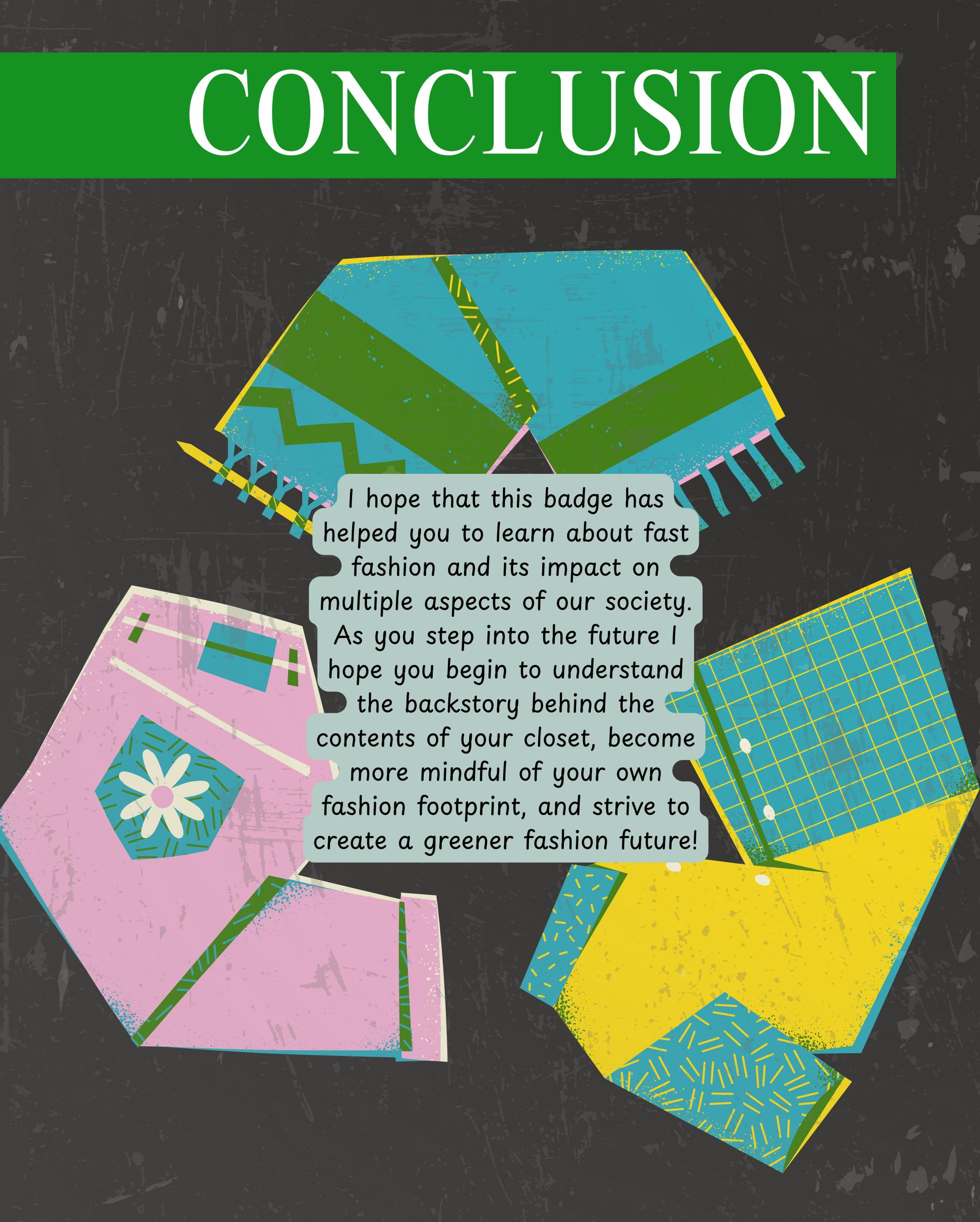
POSTER



FOR

REFERENCE

# CONCLUSION



I hope that this badge has helped you to learn about fast fashion and its impact on multiple aspects of our society. As you step into the future I hope you begin to understand the backstory behind the contents of your closet, become more mindful of your own fashion footprint, and strive to create a greener fashion future!

# Video Links

## 1. Documentary links

### a. Documentary Option #1

<https://www.youtube.com/watch?v=rwp0Bx0awoE>

### b. Documentary Option #2

i. <https://www.youtube.com/watch?v=23vUvQN-R1Y&t=4s>

## 2. Life of a T-Shirt Video

a. [https://www.youtube.com/watch?v=BiSYoeqb\\_VY](https://www.youtube.com/watch?v=BiSYoeqb_VY)

## 3. Repair Workshop Videos

### a. Repairing Holes in Clothing

i. <https://www.youtube.com/watch?v=FEOLwWmVJyE>

ii. <https://www.youtube.com/watch?v=IcF9CZpEtjw>

iii. <https://www.youtube.com/playlist?list=PLKUNqi9hzNjDY1ILCWLCOcCUf9uzyxKvB>

### b. Repairing Pants

i. <https://www.youtube.com/watch?v=hEkRnUjPXz0&t=3s>

ii. <https://www.youtube.com/watch?v=ZQtEOU2Ug24>

### c. Covering Stains With Flower Pressing

i. <https://www.youtube.com/watch?v=3RNlepVBujl>

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