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These single-use plastics like straws have a super short lifespan and they are ubiquitous. They are used once (if) and then thrown away. Straws are particularly dangerous to our environment and marine life.

Millions of seabirds are killed from the effects of plastic pollution every year. One of the most common plastic items ingested by seabirds are plastic straws from juice boxes. The plastic reduces the storage volume of their stomachs, ultimately causing them to starve. It's estimated that 90 percent of all seabirds have eaten pieces of plastic. That number is predicted to increase to 99 percent by 2050.

Not only are these plastics barely used before being tossed, but they, like all plastics, never biodegrade and take hundreds of years to break down. It's these straws that are clogging up our oceans.

Here's your chance to say "no" to plastic straws.

- **Get Informed:** Watch Adrian Grenier's [Strawless Ocean Campaign](#) and learn about the [#StopSuckingCampaign](#) and why straws should be banned.
- See how straws can become a catalyst for change in an entire city - Seattle. [Seattle just recently banned the use of straws in all major venues.](#)
- **Take Action:** It's time to start noticing just how extensive the use of plastic straws is on your campus and around your town.
- **Start in the student center, dining hall, or nearby restaurant. Set a timer for 10 minutes and count the number of plastic straws you see people use (and eventually discarding).**

70 straws

- Take a photo or video to document your experience. Caption it with where you sat, how long you spent counting, and the number of straws you saw pass by. Share a statistic you learned about straws and their impact on our oceans and marine life. Tag us at @TurningGreenOrg and use #PGC2017 and #stopsucking.

I sat at the Starbucks Coffee shop in my Campus Library for 3 hrs, on average, every 10 mins 70 straws were used.



- **Get Active!** Now that you've seen how many straws are being used daily, it's time to start making an impact and [#stopsucking](#).
- Get at least 10 people or places to accept the challenge and [#stopsucking](#) with you. Just follow this [link](#) and create your own unique URL to pass along.

Your friends are a great place to start, but think bigger! Do you have a favorite restaurant that you can challenge to #stopsucking?

<https://stopsucking.strawlessocean.org/i/ta4xog9/m/qs3n2ys>

