



PROJECT GREEN CHALLENGE

# DAY 23: FASHION

**GREENEST**

**THE PLANETEERS**

**SANDR**

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# THE TRUE COST

We decided to watch the incredible the documentary *The True Cost* (one of my favorite documentaries to date) with our friends Sophie and Andrew after school!

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## REACTIONS

Sophie: I never realized the amount of corruption in fashion.

My reaction in three words: Eye opening.  
Inhumane. Disappointed

Andrew: I am so horrified that I have been so complacent and unaware of the horrors of the fashion industry. As a consumer, I need to push the market toward transparent, organic, and fair trade clothing.

My reaction in three words: Let's stop this

# WHAT CHANGES WILL YOU MAKE WHEN YOU GO SHOPPING IN THE FUTURE?

Sophie: After watching this documentary it pains me to admit that I am a bit of a shopaholic and I never think twice about where the shirt I was buying came from. However, from now on, I am going to be sure to limit the number of clothes I buy and by being conscious of the decisions I make. I will avoid fast fashion clothing stores and maybe go shopping at thrift stores instead!

Andrew: Honestly, I never pay attention to where my clothes come from and how I get it. But that's now going to change. I plan to be much more cautious about what I buy. I will do my part as a consumer and research brands and stores to see how their goods are being created so I can stop acting so complacently. I have the power to make a difference.

# WHAT WILL YOU DO TO SPREAD THE MESSAGE

Sophie: Spreading the message *The True Cost* teaches us is so important because not many people are aware of this issue. I think we can spread knowledge by educating our friends and family, especially my friends really enjoy shopping. We should also teach people how to look for alternatives to the unsustainable clothing brands. I will use my voice to create a difference.

Andrew: I agree with Sophie. We can educate people can do more than just educating the people all around us. Hopefully, we can start by showing this documentary to more people and by organizing events in school to raise awareness! Maybe we can plan a day in school where we can have a screening.

# WHAT PART OF THE FILM IMPACTED YOU THE MOST?

Sophie: The entire film impacted me, but the part that really stood out was when we learned about the demand for cotton in India. The high demand of cotton as well as monopolies that drove up the price of it led to suicides of farmers to increase because they would not afford to pay for the high prices. To make matters worse, the pesticides used on the GM cotton caused environmental damage in India, can cause cancer and is even a cause for mental and physical disabilities about Indian people. This is such a scary thought because cotton is used in everything and as consumers, we create a demand for this, which perpetuates the problem. Change is needed and people need to be made aware of what is going on in the world.

Andrew: Along with what Sophie said, The Rana Plaza incident was definitely a part of the film that impacted me the most. In 2013, a building collapsed because of the greed selfishness of building owners who blatantly ignored warnings about cracks that were in the building. All they cared about was themselves. No thought was given to the people working there. Due to this, the building ended up crashing and killing 1,124 innocent lives of workers who were forced to work there. This should not have happened.

# SOPHIE AND ANDREW'S OVERALL TAKEAWAYS

Sophie: This documentary helped me reflect on one of the most basic aspects of my life; shopping The cheap shirts that we all buy from stores such as H and M have a detrimental impact on the workers who make them.

These workers are paid so little and can't even speak up because of fear! We need to put these people's lives over the cost of clothes. We need to stop supporting these "fast fashion stores".

Andrew: This documentary forced me to realize what I take for granted every day and see what I wouldn't before. It's important to remember that clothing is not disposable and there's no reason for that accept consumerism. We often see what's around us and our materialistic need drives us to consume and buy products without understanding the impact we are having. The fashion industry plays such a big role in the world's economy and we need to make sure that the role is a positive one. In the end, we need to put a stop to unfair wages and working conditions for workers around the world who create the clothes we wear.

# MY TAKEAWAY

My friends and I were so inspired and shocked by watching this film! Personally, I have already seen this documentary, but it never fails to open my eyes. I am forced to face the reality of this issue. Before, I never would have given a second thought as to where my clothes came from and who made it. Now, it's all I think about and I'm constantly trying to think of ways I can help. It baffles me how little people are informed about this topic. If it weren't for this documentary, I would still be complacent and a part of this problem. However, that will change because I pledge to raise awareness about this issue to those around me.