

## **Movie Screening:**

The True Cost wasn't available on Netflix, but I found this documentary on YouTube called "Fashion Factories Undercover: Real Stories" that focused on the effects of fast fashion on workers in Bangladesh.

Link: <https://www.youtube.com/watch?v=HHw4HEzzsyc>

My friends weren't able to meet up due to the upcoming psat, and the weekend was designated cram-study-time. However, after reading the information for today's challenge, as well as picking out powerful stats, I created a verbal presentation that I could present to them that would act as a fact-packed , condensed version of the film, as well as the environmental aspect of fast fashion.

I gave a presentation three times, to my three friends, Audrey, Jeslyn, and Grace!

## **What did you take away from this film/presentation?**

My friends were shocked with the information, as best summarized by Grace, who summed up her reaction in the three-worded phrase, "I am shocked". She went on to tell me that she was completely oblivious to what fast fashion was, and how detrimental it was to the environment, as well as to those who produce the clothing. Jeslyn and Audrey, who are in debate, had previously touched on the concept of fast fashion in their research for a case, but were still reminded of how harmful the cycle of fast fashion is.

After watching the film on YouTube, I was greatly saddened by the role I played in the fast fashion industry, as well as hyper-aware of my privilege and circumstances. There's other 16 year-olds, and even 13 year-old girls who toil in the clothing factories for 10+ hours a day in Bangladesh to support their families, while I'm lucky enough to attend school daily, and even purchase the goods they produce. The violent and targeting abuse all the workers face was horrific, and completely inhumane. If I were to sum up my reaction in three words, I would say "reform needed now".

## **What changes will you make when you go shopping in the future?**

I was pleasantly surprised with the proactiveness of my friend's responses. Again, I was fully able to realize how important a step education and awareness is in combating social injustices and environmental issues. A common theme in my friends' responses shared, was the notion of "purchase less" and "research the companies before you buy". They decided to limit their purchases so that they wouldn't buy more frequently and contribute to the waste produced by the fast fashion cycle, as well as encourage the unsustainable practices of businesses by constantly supporting them with their purchases. Audrey pitched the idea of hand-me-downs, and always donating clothes once you outgrow them, which is a small way to reduce the amount of clothing waste one produces. After learning about the practices of cotton cultivation, and the

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chemical pesticides involved as well as massive water usage, Grace proposed checking tags to see how much cotton is used, and made an ultimatum to herself : “If I’m debating on whether to buy it or not, I won’t buy it”, which I thought was a tip I would also implement and encourage in my own lifestyle. Personally, I will do research on brands to find alternatives that are sustainably-produced, as well as ethically-produced. Thrifting is a way to also obtain new pieces of clothing that were already used, which helps keep clothing out of waste piles. Then, I will pay careful attention to read the tags of clothes before purchasing, to check for suspicious details.

### **How will you spread the message?**

I will continue to spread the message about the impacts of fast fashion. I will create a slide-show presentation about what fast fashion is, and the impacts it has on people across the world, as well as the impacts it has on the environment and encourage my club members at an upcoming meeting to change their shopping habits for the betterment of the environment, and conditions of workers. I will also spread around the film title, and related film titles, as I’ve realized the power of film.