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### *The True Cost*

*What did you take away from this film? Can you sum up your reaction in three words?*

Shocked, angry, and inspired, that's how I felt after watching *The True Cost*. Fast fashion is affiliated with countless social rights issues and is dependent upon cheap labor. The system supports GMO, pesticide laden crops which cause significant health issues to workers in the farms. I felt lost as I listened to the tragic stories of the Bangladesh workers who died as a neglected building collapsed on them. Corporations view these people as expendable but we allow it to happen because the areas they enter are desperate for jobs. Fast fashion creates loss after loss for nature; it is the number two polluter of water and emits ten percent of global carbon emissions. The system definitely needs to change. We need to slow fashion down and focus on making the clothes we buy count.

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

I will continue to buy only clothes that I need. Furthermore, I will make an effort to purchase from companies dedicated to sustainability and fair working conditions like Patagonia. I know it's hard to convince people to make better choices when it's inconvenient but I plan on sharing what I have learned with my friends and family.

*What will you do to spread the message about the impacts of fast fashion to friends and family?*

Tonight I watched the documentary with my family who came down to visit me this weekend. I will also recommend it to friends and teachers. Today I posted about fast fashion on Instagram and in the future I will promote sustainable brands on my platform.

Watching the documentary with my family was a very humbling experience. It was a good reminder of how privileged we are to live in the US. Many are not so lucky and are forced to work in dangerous sweatshops to scrape a living. My little sister was very disturbed by some scenes in the documentary and I was also very disheartened at times. My parents were appalled at the wastefulness of American consumerism and were engaged throughout. My mom had done some research on Monsanto prior to watching this and recognized some of the speakers calling out GMO seeds and Round Up Ready crops. I think the next time we go shopping we will all be more aware and will hopefully seek alternative brands or thrifted products. Before today I knew very little about the dark side of the fashion industry, but the PGC challenge has inspired me to take this issue seriously.



My family came down for a visit today and we watched "*The True Cost*" in the hotel.