



# Four ways to spread the #PlasticPromise:



## Share examples of another Planet Protector making their #PlasticPromise

Search **#PlasticPromise** on social media to find others who have made their promises online. Choose one that inspires you and share on social media or present it to a group and have them make their promises too.



## Make your own post telling the world about your #PlasticPromise

Share your promise on your social media channels. You could show images or footage of you carrying out your promise. Then tag two people who you want to make their promises too.



## Spread the word about plastic pollution

Make your message engaging to different audiences - write a poem, paint a picture, compose a song or tell a story! Use whatever you create to engage the people in your life to make their **#PlasticPromise**. Share your creation on social media.



## Nominate another youth group to make their promises

Create a video of your unit making their **#PlasticPromise**. Share it on your unit's social media channel (if your unit has one). Challenge another youth group or club you know outside of guiding to do the same.



Share this link to inspire more promises:  
[plasticpromises.co.uk](https://plasticpromises.co.uk)

**FUTURE  
GIRL**



WE DISCOVER, WE GROW  
**Girlguiding**