Our oceans are dying each and every day but we can make a positive change to help this terrible situation. Did you know that 12 million tonnes of plastic is dumped into the ocean each year? That's the same weight as 8 million African elephants!

Not only does this disgraceful behaviour mean that our oceans are rising and threatening our coastlines but each and every piece of plastic is harmful to animals that use the seas.

Animals in our oceans see plastic as food, mistaking it for other fish or marine life. However, once a sea creature eats a piece of plastic the toxic chemicals start to kill the fish. Less fish in our ocean would mean less fish for humans to eat - which is a vital part of our diet!

Additionally, species like dolphins and whales (who need to come to the surface for air) cannot do this because of the floating layer of plastic which is like a ceiling on the ocean where our creatures cannot escape from.

What has happened in our oceans did not occur 100 years ago, in fact, it didn't even occur 50 years ago. It has been in the last 20 years that humans have started to pollute and damage our oceans but there is still hope.

You can make a change a home (no matter how small) which can make a huge difference to how our marine creatures live. It's simple! All you need to do is place your plastics in a recycling bin at home and not in a regular bin bag. By doing this, you are making sure that plastic can be used again for other products and it doesn't sit for hundreds of years on our ocean harming the creatures around it.

Did you know it takes 1000 years for plastics to completely decompose? It takes a regular plastic bag 20 years to completely break down and decompose. Just imagine, 20 years in the ocean where it will be harming animals.

You can make this change, you can make a difference. Recycle now and help change the world, one day at a time.