



**GENERATING
MOMENTUM
FOR OUR WORLD**



FAST FASHION AND THE SDGs

STUDENT WORKBOOK 2025


NAME:


SCHOOL:


DATE:


FASHION FOR THOUGHT


Get to know your tablemates! Ask these questions or come up with new ones about fashion, clothing or anything else.


 Have you heard of the **Sustainable Development Goals**?
If yes, which one are you most passionate about?

 Where do you like to shop for clothes?

 How do you choose what to wear each day?

 Are you interested in fashion and what is trendy?


 Do you follow any influencers on TikTok or Instagram?


 Have you ever:


Given away clothing you have outgrown or no longer like?

Received clothing from someone else? (older siblings, neighbours, family or friends)

How did it make you feel?

 Have you heard the term “**fast fashion**”?
What does it mean to you?

 Do you do your own laundry?

 Do you know how to sew? If yes, how did you learn?

If no, are you interested in learning? Do you think it would be a helpful skill?



FAVOURITE FASHION

Think of a favourite item of clothing you own. Describe or draw it below. Write at least two things you can do to take care of it so it lasts as long as possible.



**“THE MOST SUSTAINABLE
CLOTHES ARE THE ONES
YOU ALREADY OWN.”**

- ORSOLA DE CASTRO

THE SUSTAINABLE DEVELOPMENT GOALS

The Sustainable Development Goals (SDGs), also known as the Global Goals, are a shared plan to address the world's biggest issues, like ending poverty, ensuring all children receive a good education, reducing inequalities and protecting our planet.

The 17 SDGs are all connected. This means that you can't work on one without impacting and affecting others.



- SDG1** No Poverty
- SDG2** Zero Hunger
- SDG3** Good Health and Well-being
- SDG4** Quality Education
- SDG5** Gender Equality
- SDG6** Clean Water and Sanitation
- SDG7** Affordable and Clean Energy
- SDG8** Decent Work and Economic Growth
- SDG9** Industry, Innovation and Infrastructure

- SDG10** Reduced Inequalities
- SDG11** Sustainable Cities and Communities
- SDG12** Responsible Consumption and Production
- SDG13** Climate Action
- SDG14** Life Below Water
- SDG15** Life On Land
- SDG16** Peace, Justice and Strong Institutions
- SDG17** Partnerships for the Goals



Circle the SDG tiles that you are most interested in!

FASHION AND THE SDGs

Fashion is a huge industry that everyone must participate in as we all wear clothes! Fashion also impacts all 17 goals so it's an important industry when we're thinking about sustainability.

How does fashion impact the SDGs? Here are just a few examples!



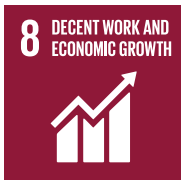
SDG1 NO POVERTY

The farmers and garment workers who make our clothes are often paid unfairly and don't earn enough to be able to care for themselves and their families. It is important that everyone gets paid fairly for their work so we can eliminate poverty.



SDG5 GENDER EQUALITY

You may be surprised to learn that most garment workers are women! In the fashion industry, women workers are often underpaid and work in dangerous conditions. Women and girls represent half the world's population and gender equality is a human right.



SDG8 DECENT WORK AND ECONOMIC GROWTH

Do you or will you one day have a part time job? Would you take a job that was not safe? That did not pay you fairly or not at all? We all deserve safe and fair jobs but many people in the world, particularly those working in the fashion industry, this is not the case.



SDG12 RESPONSIBLE CONSUMPTION & PRODUCTION

We live on a planet of limited resources, while the needs of our growing population are increasing. In the fashion industry, we must change how we make our clothes, how much we buy and what we do with our clothes when we no longer want them as we work towards these sustainability goals.



SDG13 CLIMATE ACTION

Climate change is caused by human activities and threatens our planet. The fashion industry negatively impacts the water, the land, the animals and us! It is important that we clean up the fashion industry to help restore our planet.

THE T-SHIRT BOARD GAME

Are you ready to play? Collect as many Wear Tokens as you can with the least number of T-shirts ending up in The Dump.

Here's how to play:

- Each player chooses a T-shirt colour (10 pieces) and places one T-shirt on "START!".
- To decide who goes first, check your shirt tag! Whoever has a country named on their tag starts. If more than one person has a country named, the person with the country closest to Canada will start.
- To begin, move forward one space to the first yellow "Roll" spot. Roll the die and follow the directions on the space. When you pick a "Made card", read it out loud. Keep this card.
- At the start of every turn, you will move forward one space (unless otherwise noted) to the closest yellow "Roll" space. Roll the die and follow the directions on the space. One roll per turn.
- In "The Wear Cycle", you will stay until you roll a 5 or 6 (the two exit paths). Otherwise, you will continue to be "worn" and collect WEAR TOKENS. One roll per turn.
- If you get sent to "The Dump", you must leave your T-shirt there. Return your "Made card" to the bottom of the pile and place your next T-shirt on "START!". Wait until your next turn to begin.
- We will let you know when the game ends but if you run out of T-shirts, you're out! Watch and cheer on your friends until time is up.



AT THE END OF THE GAME

How many Wear Tokens did you collect? _____

How many total T-shirts are in The Dump? _____

Compare these numbers to other players and other groups!



Feel free to write any comments or reflections on your game experience here:

DID YOU KNOW...

These questions are just for fun! Try your best to answer them and see what you already know or what you learned after playing the T-Shirt board game.

Question 1: To tackle fast fashion, we need companies to change their practices and governments to introduce strong regulations. But we can also make some changes! Which of the following changes would help?

- A. Mend, repair and reuse our clothing
- B. Choose second-hand or thrift store over buying new
- C. Wear what we have instead of always looking for something new
- D. All of the above

Question 2: What percentage of clothing is recycled?

- A. Less than 1%
- B. 10%
- C. 33%
- D. 50%

Question 3: Which of the following clothing materials can release harmful microplastics (very small pieces of plastic) during washing?

- A. Cotton
- B. Wool
- C. Polyester
- D. None, clothes don't create microplastics

Question 4: True or false: Sustainable fashion is always expensive.

- A. True
- B. False

Find the answers on page 10!

**I'M GOING TO OPEN A CLOTHING MENDING
SHOP THAT FOCUSES ON FINISHING ALL
JOBS IN LESS THAN AN HOUR.
IT WILL BE CALLED, TAILOR SWIFT.**



PLANNING AND PROMOTION

MORNING CIRCUIT SESSION

What issue or problem with fast fashion are you hoping to take on?

Why is this issue important to you?

What SDG does this problem relate to? If you're not sure, ask!

BRAINSTORM!

What will your project, activity or event be? Describe it here!

Who will you invite to your activity or event?

Friends, classmates, teachers, family, neighbours and the community, other. Name them all here.

When and where might your idea take place? Don't forget to leave yourself time to plan and promote your event!

What skills, materials and tools will you need to realize your project?
Will you need to learn something new?

Do you need permission from anyone?

For example, if you want to host a fashion show in your school gym, who would you need to ask for permission?

How will people hear about your idea? (think about making posters, a social media campaign, school announcements, and more)

What else! Write or draw other ideas or plans below. Remember this is only a rough draft, focus on getting down all your ideas now and then you can fine-tune it later. There are no bad ideas :)



BE A GLOBAL CITIZEN!

WORD SEARCH



CAN YOU FIND THESE KEY WORDS?

They can be written forward or backwards and are hidden horizontal, vertical and diagonal!

- | | | | |
|-----------------|----------------|-------------|----------------|
| United Nations | Interconnected | Fairtrade | Teamwork |
| Sustainable | SDGs | Clothing | Global Citizen |
| Global Goals | Fast Fashion | Rana Plaza | Empowerment |
| Gender Equality | Thrift Store | Take Action | Planet |



What other important words did you learn today?



WHAT DO YOU CALL SOMEONE WHO IS GOOD AT MAKING DEMIN CLOTHING?

A jeansius



YOU GO IN THROUGH ONE HOLE, YOU COME OUT THROUGH THREE HOLES.
ONCE YOU'RE INSIDE YOU'RE READY TO GO OUTSIDE BUT ONCE YOU'RE OUTSIDE, YOU'RE STILL INSIDE!

WHAT IS IT?

A T-shirt



Many people feel sustainable fashion is not accessible to them because it costs too much - but there are ways to create a more sustainable wardrobe without spending a lot of money. This includes choosing second-hand, wearing what you already own, repairing and upcycling clothes, and giving any item of clothing you do buy as long a life as possible.

Q4.B False

Polyester is a synthetic material. Synthetic materials release tiny particles called microplastics when you wash them. Washing synthetic clothes is responsible for 35% of microplastics in our environment. These microplastics can pollute waterways and end up in our food when they get eaten by the animals we consume. It's okay if you own things made of synthetic materials but washing them less can help minimize their impact on the environment.

Q3.C Polyester

Less than 1% of clothing is recycled. The repurposing of textiles is often incorrectly called recycling. They are actually reused by being broken down and made into new products, such as insulation or stuffing materials.

Q2.A Less than 1%

The responsibility for changing the fast fashion industry lies with the people who sell us our clothes. It also lies with local and national governments, like the Government of Canada, who can introduce laws and tighter regulations to force those companies to change their practices. However, there are also positive steps we can make in our own lives to reduce the impact of our clothes on the planet. We hope you learned some of these practices today!

Q1.D All of the above

Quiz answers - see how many you got right!

