

# SUSTAINABLE FASHION



# LET'S DISCUSS!

**Can you define the term 'sustainable fashion'? Write your ideas and associations below.**

A collage of 18 fashion-related images arranged in two rows. The top row features the word 'STAY ABLE' in large, white, sans-serif capital letters. Each letter is filled with a different fashion-related image: 'S' shows a rack of beige coats; 'T' shows a hand holding a color swatch; 'A' shows hands measuring a pattern; 'Y' shows a woman in a yellow coat; 'S' shows a rack of clothes; 'T' shows a rack of clothes; 'A' shows a hand holding a measuring tape; 'B' shows hands working on a garment; 'L' shows a hand holding a piece of fabric; 'E' shows a rack of clothes. The bottom row features the word 'FASHION' in large, white, sans-serif capital letters. Each letter is filled with a different fashion-related image: 'F' shows a woman in a white top; 'A' shows a close-up of a garment; 'S' shows a rack of clothes; 'H' shows a hand holding a piece of fabric; 'I' shows a hand holding a piece of fabric; 'O' shows a woman in a beige coat; 'N' shows hands working on a garment. The images are arranged in a grid-like fashion, with the letters of the words 'STAY ABLE' and 'FASHION' serving as the primary focus.

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# SUSTAINABLE FASHION

## 1. Read the short text below and check if your associations were correct.

Sustainable fashion is a movement and process of creating clothing and accessories that focus on environmental and social responsibility. It aims to reduce the harmful impact of fashion on the planet and to promote fair treatment of workers in the industry.

Sustainable fashion is about making clothes in a way that's kinder to the Earth. This could mean using natural, organic materials that don't harm the soil, or recycling old fabrics into something new and exciting. It's also about fairness, ensuring that the people who make our clothes are paid well and work in safe conditions.

But sustainable fashion isn't just for designers and big brands—it's something we can all be part of. By choosing to buy fewer, better-quality items, shopping second-hand, or even learning to repair our clothes, we can each play a role in this important movement.

## 2. Discuss the questions after reading.

1. What are some practical steps you think you could take to support sustainable fashion in your own life?
2. How do you think sustainable fashion can influence the future of the fashion industry, and what impact could it have on the environment?
3. Do you believe that sustainable fashion can become as popular as fast fashion? Why or why not?



# LET'S WATCH

**1. You're going to watch the video about a sustainable fashion designer meeting teenagers. Discuss the questions below in pairs and make notes. Then watch the video to check if your guesses were correct.**

1. What ideas do you think might be important when designing eco-friendly clothing?
2. Do you think the teens in the video will be interested in sustainable fashion?
3. Do you think the teens will be passionate about changing their fashion habits to be more eco-friendly?

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# LET'S WATCH

**2. Watch the video again and choose the correct answers.**

**1. What is the main focus of the sustainable fashion designer's work?**

- A. Recycling old clothes into new designs.
- B. Donating unwanted clothes to charity.
- C. Creating fashionable clothing from scratch.
- D. Selling vintage and pre-owned fashion items.

**2. Which of the following best describes the designer's view on "fast fashion"?**

- A. It is an innovative approach to fashion.
- B. It is an environmentally-friendly practice.
- C. It promotes overconsumption and waste.
- D. It allows for greater self-expression.

**3. How long has the designer been interested in sustainable fashion?**

- A. A few months.
- B. Around 2-3 years.
- C. Approximately 5 years.
- D. 6 or 7 years.



**4. What does the designer say she tries to achieve with her designs?**

- A. Represent her personal style and preferences.
- B. Follow the latest trends in the fashion industry.
- C. Showcase her cultural identity and community.
- D. Create unique and innovative clothing pieces.

**5. How does the designer react when the teens express interest in trying on the clothes?**

- A. Hesitant.
- B. Encouraging.
- C. Indifferent.
- D. Surprised.



# LET'S DISCUSS

Discuss the questions in pairs or mini-groups.

How do you think the teens views on fashion might change after meeting with a sustainable fashion designer?

What challenges do you think young people face when trying to adopt sustainable fashion and how might they overcome these challenges?

Do you think the designer's approach to using upcycled materials is a practical solution for mainstream fashion?

How do you think sustainable fashion can be made more appealing to people who usually buy fast fashion?

If you were to design your own sustainable fashion item, what materials or ideas would you use, and why?



# REAL OR FAKE

*Optional activity*

?

*Read the statement about sustainable fashion and decide if it's real or fake. Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

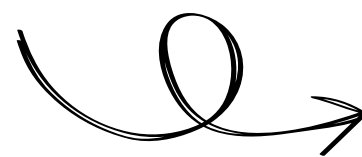
?

The fashion industry produces more carbon each year than all international flights and shipping combined.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

The fashion industry produces more carbon each year than all international flights and shipping combined.

*The fashion industry is responsible for a significant amount of carbon emissions, surpassing both international flights and maritime shipping.*

Real

Fake



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

*The greenhouse effect is when gases in the Earth's atmosphere trap heat from the sun, making the planet warmer.*

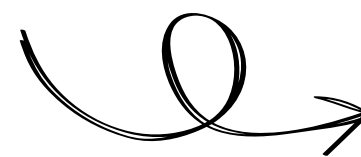
?

Fast fashion companies are responsible for more greenhouse gas emissions\* than all of Europe's cars combined.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

Fast fashion companies are responsible for more greenhouse gas emissions\* than all of Europe's cars combined.

*While fast fashion contributes significantly to greenhouse gas emissions, it does not yet exceed the emissions from all of Europe's cars combined.*

Real

Fake

*The greenhouse effect is when gases in the Earth's atmosphere trap heat from the sun, making the planet warmer.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

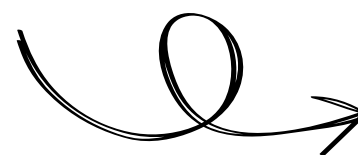
?

Over 60% of clothing produced ends up in landfills within one year of being made.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

Over 60% of clothing produced ends up in landfills within one year of being made.

*A large majority of clothing, particularly from fast fashion brands, is thrown away quickly, often within a year of purchase.*

Real

Fake



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

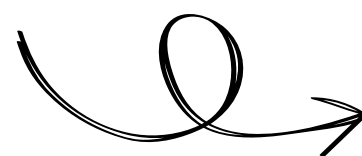
?

Only 1% of clothing materials are recycled into new garments,  
with the rest ending up in landfills.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for  
each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

Only 1% of clothing materials are recycled into new garments,  
with the rest ending up in landfills.

*A very small percentage of clothing is currently recycled into  
new garments, with most ending up as waste.*

Real

Fake



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

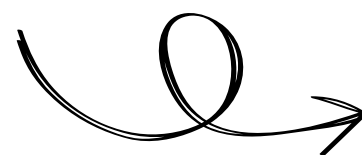
?

Fast fashion brands produce up to 52 micro-seasons a year, meaning new collections are introduced almost every week.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

Fast fashion brands produce up to 52 micro-seasons a year, meaning new collections are introduced almost every week.

*Fast fashion is known for its rapid production cycles, often introducing new collections weekly to keep up with ever-changing trends.*

Real

Fake



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

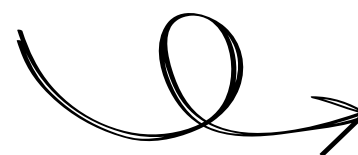
?

Sustainable fashion brands have achieved a zero-waste production process, with no materials going to landfill.

Real

Fake

*Check to see if you were right on the next slide. Earn a point for each statement you guess correctly.*



# REAL OR FAKE

Read the statements below and decide if it's real or fake.

?

Sustainable fashion brands have achieved a zero-waste production process, with no materials going to landfill.

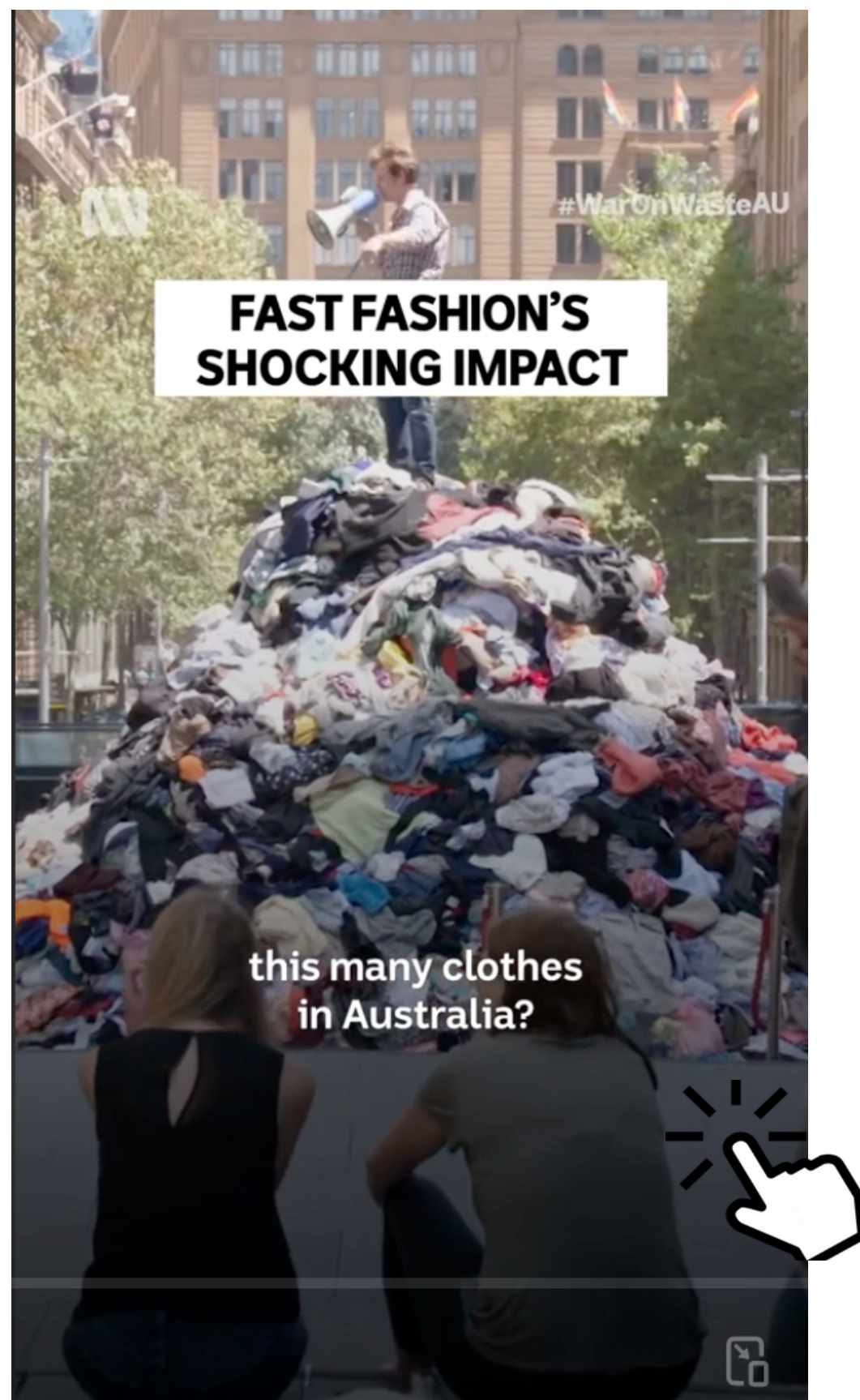
*Many sustainable brands try to make no waste, but it is still hard to do this in all parts of making clothes, and it's not fully done yet.*

Real

Fake



# FAST FASHION'S IMPACT



**1. You are going to watch a video about the impact of fast fashion. Discuss the questions before watching.**

- Why do you think the man is standing on a pile of clothes? What message is being conveyed about waste?
- How often do you buy new clothes? How do you decide when to throw clothes away?

**2. Discuss the questions.**

1. What is "fast fashion," and how does it contribute to clothing waste? Can you suggest ways to reduce the impact?
2. What are some alternatives to throwing away clothes? How can we make our clothing choices more sustainable?
3. Do you think the issue of clothing waste is the same in your country as it is in Australia?





# AGREE OR DISAGREE

*Optional activity*

Read and discuss the statements about sustainable fashion. Choose a number from 1 to 5 to show the level of your agreement.



Recycling and upcycling old clothes is a better solution than buying new sustainable fashion items.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Second-hand shopping is the best way to be eco-friendly while still enjoying fashion.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Sustainable fashion is just a passing trend and won't have a long-term impact on the industry.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Buying fewer but higher quality clothes is better for the environment than constantly buying fast fashion.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Fast fashion is more accessible and therefore necessary for people on a budget.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Celebrities and influencers have a responsibility to promote sustainable fashion choices.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|



# 30-DAY SUSTAINABLE FASHION CHALLENGE

*A 30-day sustainable fashion challenge is a fantastic way to develop eco-friendly habits and a more mindful approach to clothing. Here are some activity ideas for each day of the challenge. Discuss with a partner which ones you would like to try.*



|                                                                                      |                                                                         |                                                                                                   |                                                                          |                                                                             |
|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Share one fact you've learnt about sustainable fashion with a friend.                | Choose an old item of clothing and wear it today.                       | Find out about a brand that makes eco-friendly clothes.                                           | Make a new outfit using only clothes you already have.                   | Watch a short documentary about the impact of fast fashion.                 |
| Go a day without buying anything new.                                                | Swap a piece of clothing with a friend or family member.                | Learn what "upcycling" means.                                                                     | Spend 10 minutes mending or fixing an old piece of clothing.             | Learn about the carbon footprint of a common clothing item, like a T-shirt. |
| Tidy your wardrobe and give away clothes you don't wear.                             | Share a tip about sustainable fashion with a friend.                    | Plan a no-shopping week where you focus on using what you already have.                           | Look up how clothes are made in factories.                               | Wear something you've had for over a year.                                  |
| Create a wishlist of sustainable fashion brands you'd like to support in the future. | Learn how to wash your clothes in an eco-friendly way.                  | Start an upcycling project.                                                                       | Watch a video or read an article about ethical fashion and its benefits. | Wear an outfit that includes at least one second-hand or upcycled item.     |
| Personalise an old piece of clothing.                                                | Take a photo of your most sustainable outfit and share it with friends. | Try washing your clothes with cold water to save energy.                                          | Try to go a whole day without using any plastic packaging from clothing. | Write about how your views on fashion have changed.                         |
| Organise a small clothing swap event with friends or family.                         | Explore the idea of a capsule wardrobe.                                 | Write a letter or email to a fashion brand you like, asking about their sustainability practices. | Choose one eco-friendly habit to keep doing after the challenge.         | Celebrate by sharing what you've learnt with someone.                       |

# EXTRA TASK

Complete the sentences with your own ideas.

1. I think sustainable fashion is important because ...
2. One way I could be more sustainable with my clothes is by ...
3. I believe fast fashion is harmful because ...
4. The best thing about sustainable fashion is ...
5. I would like to try sustainable fashion more often, but ...
6. If more people bought second-hand clothes, it would ...
7. In my opinion, the biggest challenge for sustainable fashion is ...
8. When I think about the environment, I feel that fashion should ...
9. I think brands should focus more on sustainability because ...
10. One change I would make to my shopping habits is ...
11. I think the future of fashion will change if more people ...
12. Buying fewer but better quality clothes could ...



# EXTRA TASK

Create a sentence about each picture.



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# EXTRA TASK

Imagine you are a fashion designer starting your own sustainable clothing line.  
Your task is to create a mini-presentation to showcase your ideas. Include the following information:

*Brand Name and Logo:*

*Clothing Line Concept:*

*Target Audience:*

*Sustainability Message:*



THANK  
YOU!

