WEAR(E)ABLE
BEST DRESSED SUSTAINABLY

Erasmus+ project 2019-3-AT02-KA205-002603

OUTPUT 2
GUIDELINES FOR YOUTH WORKERS

Wear(e)able · LOGO! JUGENDMANAGEMENT · bit schulungscenter member of bit group · "Green Elephant" Foundation · active youth · JONATHAN COOPERATIVA SOCIALE

On the following pages you will find instructions on how youth workers can spread their knowledge on sustainable clothing and on how they can interest young people in the topic.

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VISION:

Raising young people's awareness of plastics in clothing throughout the entire product life cycle.

To develop alternatives for an environmentally conscious and yet affordable way of dealing with fashion.

To train peer guides and youth workers to achieve the widest possible dissemination of the project results beyond the duration of the project.

THE PROJECT

Wear(e)able not only offers awareness-raising and know-how for young people in the sustainable use of clothing, but also concentrates on concrete alternatives for action. Contents are conveyed digitally and analogously and the training of peer guides, youth workers and other multipliers is a focal point of the project.

The fashion industry is one of our most central parts of our daily life. Simultaneously there is almost no other industry which causes so much harm to humans and nature.

The youth of today shapes the future of tomorrow. At a time where environmental pollution is already having alarming effects, the education and commitment of young people are the capital of tomorrow and the guarantor of a future worth living in Europe.

Our goal is to strengthen young people in their ecological actions and thinking and to equip them with the right tools to contribute to this development and to use the planet's resources responsibly, to stop plastic pollution and to avoid fast fashion.

It is important to get young people excited about this cause to create change and movement. So that we can all look to a sustainable future and initiate change processes so that future generations can live in a more sustainable environment.

With this booklet we want to give you a guideline on how to motivate young people to act more sustainably as far as fashion is concerned.

The Annex in the back also provides a quiz, where the young people can check their gained knowledge.

DIDACTIC CONCEPT

With the didactic concept, youth workers are able to approach young people with a structured plan and guide them through some theoretical input in regard to the topic, which helps to motivate them.

Structure of the learning material

Wear(e)able provides a standardised non-academic knowledge base containing information the environmental impacts of the fashion industry, specifically regarding microplastic pollution.

The design of the learning materials aims at being as easy to learn as possible in self-study, awakening and maintaining the self-motivation of the learners. Learning should be fun and the process of dealing with the learning material should be associated with enrichment.

All learning units have specific learning objectives which are further broken down into easily consumable fine learning objectives to be achieved in course of learning. Furthermore, the units are very self-explanatory and accessible, written in a varied and gender-neutral language using pictures, videos and examples and thus directly approaching the reader.

The overall structure of each unit is the following:

Introduction – establishing a direct link to life and motivating the reader to continue reading as well as providing an overview of the unit.

Knowledge building phase – knowledge to be build up is divided into several phases and taught in simple language with many practical examples.

Apply knowledge phase – these phases are only part in online learning. Knowledge is repeated, applied and consolidated in course of different exercises.

Secure knowledge phase – a short and clear summary of the most important points to repeat, consolidate and reflect on the acquired knowledge.

- - - LEARNING UNITS - - -

UNIT 1. SUSTAINABLE FASHION

In this unit the consciousness about the own wardrobe is built and the teenagers can reflect upon their own behaviour.

The fashion industry is a huge growing industry marked by falling prices and a rise and faster delivery of garments. However, the industry is associated with multiple problems like labour exploitation, child labour, animal cruelty and severe environmental consequences.

The fashion industry has a major environmental impact being the second largest polluter worldwide. It is responsible for a considerable rise in CO2 emissions, air and water pollution, water scarcity, a significant increase in waste and substantial microplastic pollution. Every wash cycle releases microplastic particles that pollute our water, absorb other toxins, and return into our food chain.

The countermovement to fast fashion is slow fashion encouraging increasingly decelerated, sustainable and conscious production and consumption.

Sustainable fashion, though not clearly defined, is approaching more sustainable fashion taking environmental and socio-economic factors on the supplier side into account, diminishing negative impacts and promoting sustainable consumption patterns.

Young people should take a few minutes to think about their wardrobe and ask themselves:

What do you wear in it and how often?

Are there any favourites and how many?

Are there any clothes you have never worn, if so how many?

How much money do you spend on clothes on average?

The week of „favourites"

Everyone presents his/her favourite outfit.

Research:

Where was it produced? – How much do garment workers earn in this country? – Where do you bought it? - How many kilometres did the garment have to travel before it was bought in the shop?

Selftest: How fair is your fashion

Take the self-test with the young people. on this website, the youth can check the brands they wear for their sustainability and fairness.

▶ bit.ly/fair-fashion-test

Check out the App Good on you

This app helps young people search for and discover ethical and sustainable brands and find out how their favourite brands compare.

▶ goodonyou.eco

UNIT 2. BASIC TEXTILE SCIENCE

With the knowledge of the fabrics of their clothes, young people grow awareness of the process of producing clothing.

The way of garments, from the raw material to the final clothes is a long one, starting with raw material. There is different material used in clothing, whereby three major fibre types are distinguished: natural fibres, synthetic fibres and fibre blends/mixed fibres.

Natural fibres are provided by nature and can be divided into plant-based and animal-based fibres. The most used natural fibres include cotton, linen, wool, down or silk.

Synthetic fibres are man-made and produced through chemical processes using non-renewable commodities. Although synthetic fibres are generally less desirable regarding environmental impacts, they are also associated with diverse advantages in regard to their features and profitability.

It can be concluded that 100% sustainable and environmental-friendly does not exist whether regarding the material nor regarding the final garment. There are various factors to be taken into consideration to declare clothes as sustainable, this includes not only the fibre or the final material but all stages along the lifecycle of clothes.

Moreover, greenwashing and untransparent production details and supply chains make sustainable fashion difficult to identify. Quality labels with ecological standards help to gain an overview and make a more sustainable decision, whereby it is important to rather rely on independent organisations. High standard quality labels provide a good orientation for your next shopping trip.

WHAT ARE OUR CLOTHES MADE OF?

The young people should form 3 groups. Each group is assigned to a materials category **>plant-based fibres< >animal-based fibres< >synthetic fibres<**. They have to research the following questions:

XX **How many subcategories are there per material.**

XX **What are the advantages and disadvantages of these materials.**

Afterwards, the results are presented and discussed in plenary.

Action Week "3 Days of cotton"

Everyone wears only natural fibres for **3 days**. Have a look in your wardrobe – how many natural fibres do you have?

For more detailed information on the life cycle of plastics and more videos, please visit this website:
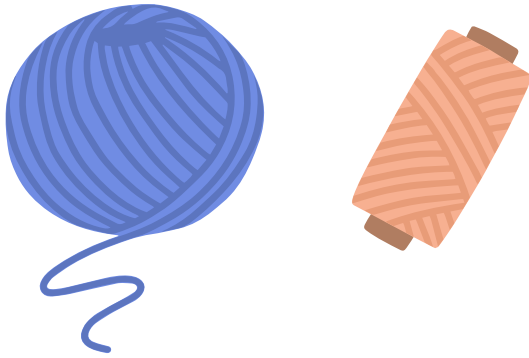
► storyofstuff.org/storyofplastic

Quality seals
In unit 2 you will find 12 quality seals, have the young people research each label and present them briefly in plenary at the end.

Fibre Quiz
In the appendix you will find the questions and answers for the quiz as well as a short explanation for each question.

UNIT 3. THE LIFECYCLE OF TEXTILES

When showing young people how long a product lasts and where it comes from, it is easier for them to develop an understanding of sustainability.

The garment lifecycle reflects the different stages in clothing from the production of the raw material to disposal. The lifecycle consists of following different stages: production of raw material, textile manufacturing and processing, trade, retail, usage and disposal.

To go through these different stages, your garments are on a long journey half around the world in a very short time. The consumer, as the most important stakeholder in the fashion industry, is the driving force for changes in the lifecycle.

Environmental impacts of the fashion industry are disastrous. Every single lifecycle stage has an impact on the environment, consuming environmental inputs and releasing environmental outputs. Environmental inputs on the one hand include land, water, fossil fuels, energy or chemicals. Environmental outputs on the other hand include emissions, waste, pollution or undesirable co-products or even health impacts.

Extending and slowing down the garment lifecycle to reduce environmental impacts is an important measure for a more sustainable fashion industry. Consumers can extent clothing lifecycles by conscious shopping behaviour, increasing the clothing use stage through following the care instructions, mending/upcycling and appropriate recycling or enabling reuse in course of sharing economy approaches like second-hand, donations, lending/renting/leasing or clothing swaps. The major goal is to reach a circular economy in the fashion industry.

WHAT DOES A LIFE CYCLE OF A GARMENT LOOK LIKE?

Young people should sketch a life cycle of a piece of clothing as they think it looks. Then compare the sketches with the original in Unit 3.

Lifecycle of fibres
Each group is assigned to a materials category:

X X Lifecycle of natural fibres

X X Lifecycle of synthetic fibres

X X Lifecycle of man-made fibres

Each group should research the life cycle of the material for the respective category.

WHAT HAPPENS TO CLOTHES THAT ARE NO LONGER WORN?

The young people should organise themselves into smaller groups and find out the pros and cons and the impact of the enviroment of the following scenarios:

X X clothes sold at a flea market

X X clothes that are bought new

X X clothes are thrown away

X X clothes are given to second-hand shops

X X clothes are recycled by giving them to clothing drives

Action Day "Clothes swap exchange"

Each young person brings **10 items** of clothing that can be exchanged for other clothes from the other participants.

Influencer-Check

The young people should present their favourite fashion influencers if they have any. Then they should research whether the clothes their celebrities promote, support or sell are fair and sustainable. Each young person should then look for at least one influencer who supports sustainable clothing or has their own fair fashion line.

LIFECYCLE OF A T-SHIRT MADE OF COTTON

Look together at the life cycle of a T-shirt made from normal cotton and not from organic cotton:

▶ **youtu.be/BiSYoeqb_VY**

UNIT 4. RECOMMENDATIONS FOR SUSTAINABLE CLOTHING

Best practice examples are always a good idea to show how to implement newly gained knowledge into reality.

There is not the one and only solution for a more sustainable and plastic-free fashion industry due the broad structure of the whole industry. However, major issues to be tackled in this respect are proper education, innovative technology and solutions as well as accountability of brands, suppliers and manufacturer for their supply chains. There are still lots of changes required by the different stakeholders involved where YOU, as consumer, are a main player as well.

Changes in the fashion industry are already happening in course of existing commitment and initiatives in the different lifecycle stages of garments.

In the raw material stage, there is an increasing focus on using natural, biodegradable material, innovation in production and processing involve a reduction in chemical and energy usage. Packaging is tried to be reduced within the whole supply chain and progress is made in providing transparency over the whole supply chain and major efforts are made in the post-consumer phase.

The industry is working hard to achieve the overall goal of a circular economy in the fashion industry and YOU, as the consumer, are a major stakeholder to make change happen. Focus on the approach of buying less, choosing well and making your garments last. There are lots of easy to implement tips for your everyday life and everyday handling with garments included.

Get ready to take action and become a peer guide for a more sustainable fashion industry!

BEST PRACTICE EXAMPLES

Young people should research which best practice examples (companies, organisations that sell or produce sustainable clothing, etc.) exist in their area and worldwide.

WHAT CAN CONSUMERS DO?

Young people should think about what else they can do to live more sustainably. On the one hand in relation to sustainable and fair clothing and on the other hand in general. They should collect all ideas and discuss them in plenary. Make a ranking and choose the best 3 ideas and rank one of the ideas will be implemented first.

HOW TO REPAIR CLOTHES

Here, young people can find some life hacks to keep their clothes out of the bin ▶ **bit.ly/hacks-clothes**

HOW TO PARTICIPATE IN "FASHION REVOLUTION"?

The Fashion Revolution is a global movement involving people from industry and public from all around the world aiming for change for a more sustainable fashion industry that conserves the environment and values people over profit. Every year, at the time of the anniversary of the Rana Plaza disaster, the Fashion Revolution Day/week takes place including hundreds of events around the world.

Besides that, they offer additional input on how to take action.
Check it out on ▶ **fashionrevolution.org**.

Be part and take action!

How to use the learning platform

»»» REGISTER:

Following the link to the Wear(e)able online course the students will be asked to create an account – filling in their First Name, Last Name and defining a password (BE AWARE TO REMEMBER THE PASSWORD).
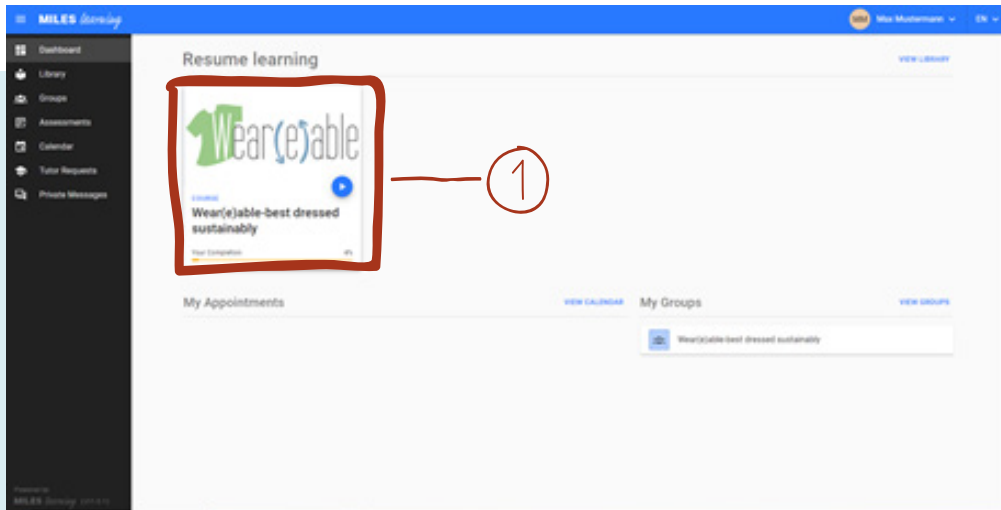
Or scan the QR code:

They are going to receive an E-Mail to confirm your Login and then they are ready to get started with the online course.
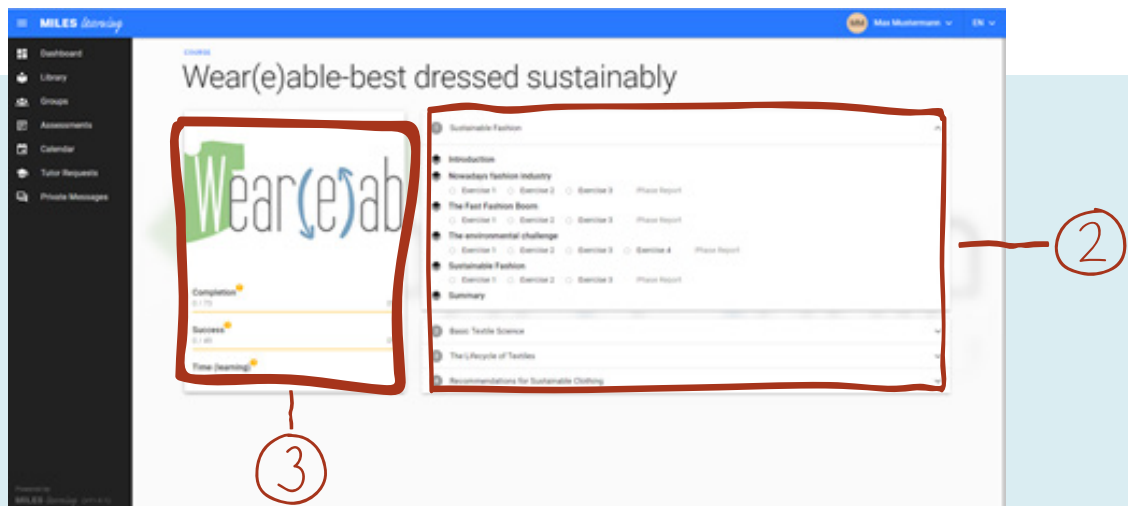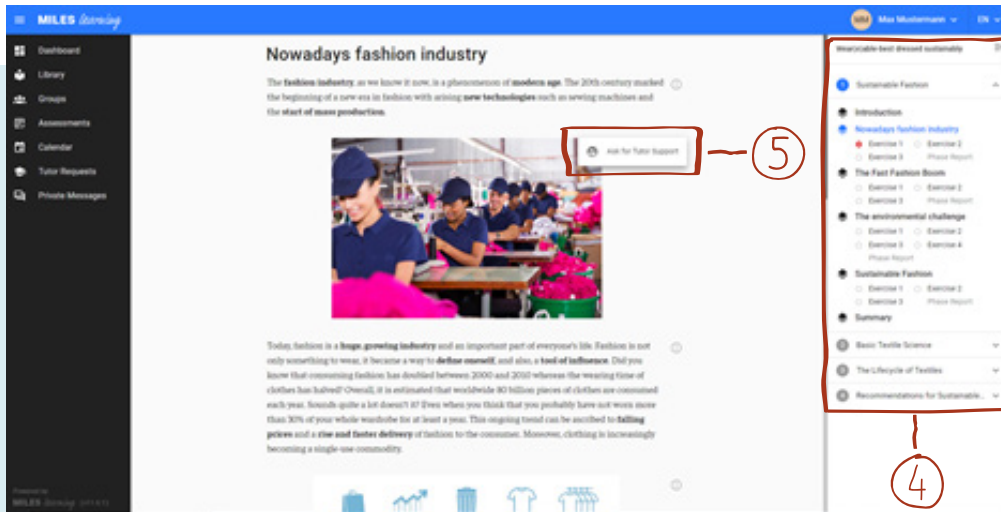
LOGIN works via the same link. After successful login, the student is directly at the dashboard of the (learning) portal. From here they are controlling their learning processes.
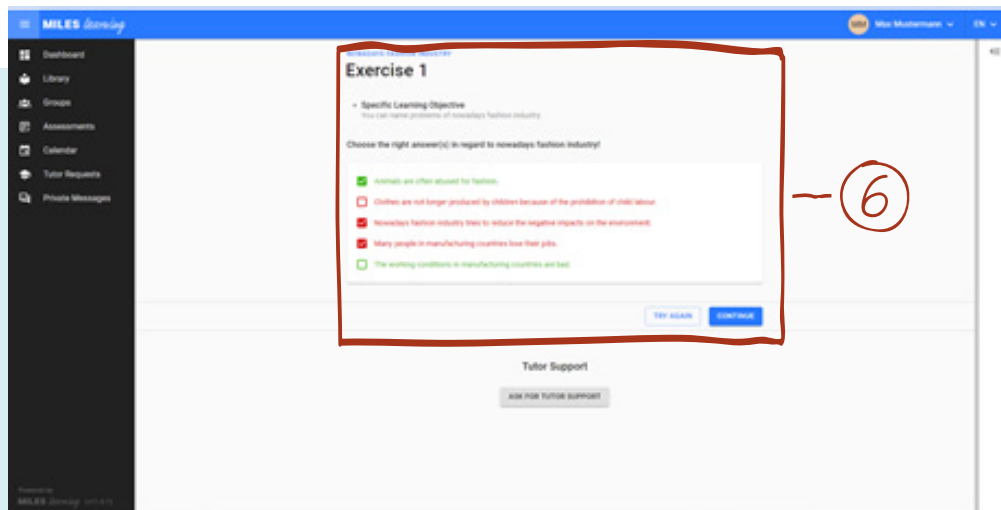

In their Dashboard they can see the modules they last worked on and can (re)open them with one click (1).

They can navigate through the contents (2) and are able to see their learning process (3).

In the contents they are always able to see the overview of all contents (4) and can always ask for "Tutor Support" in case they need help (5).

The exercises can be easily checked themselves (6).

SETCARD GAME "WEAR A CHANGE"

As in all the outcomes of the project, the game „Wear A Change" aims to educate young people about the concept of sustainable clothing, fast fashion and the impact on the environment and human rights.

At the same time, the game is designed to help players develop other skills as well, namely constructive reasoning, critical thinking, or reflecting on their own actions and decisions. The game is another innovative way not only to address the impact of fast fashion and plastic pollution but also to get young people to actively discuss, share and have fun learning among themselves.

Available in the online toolbox.
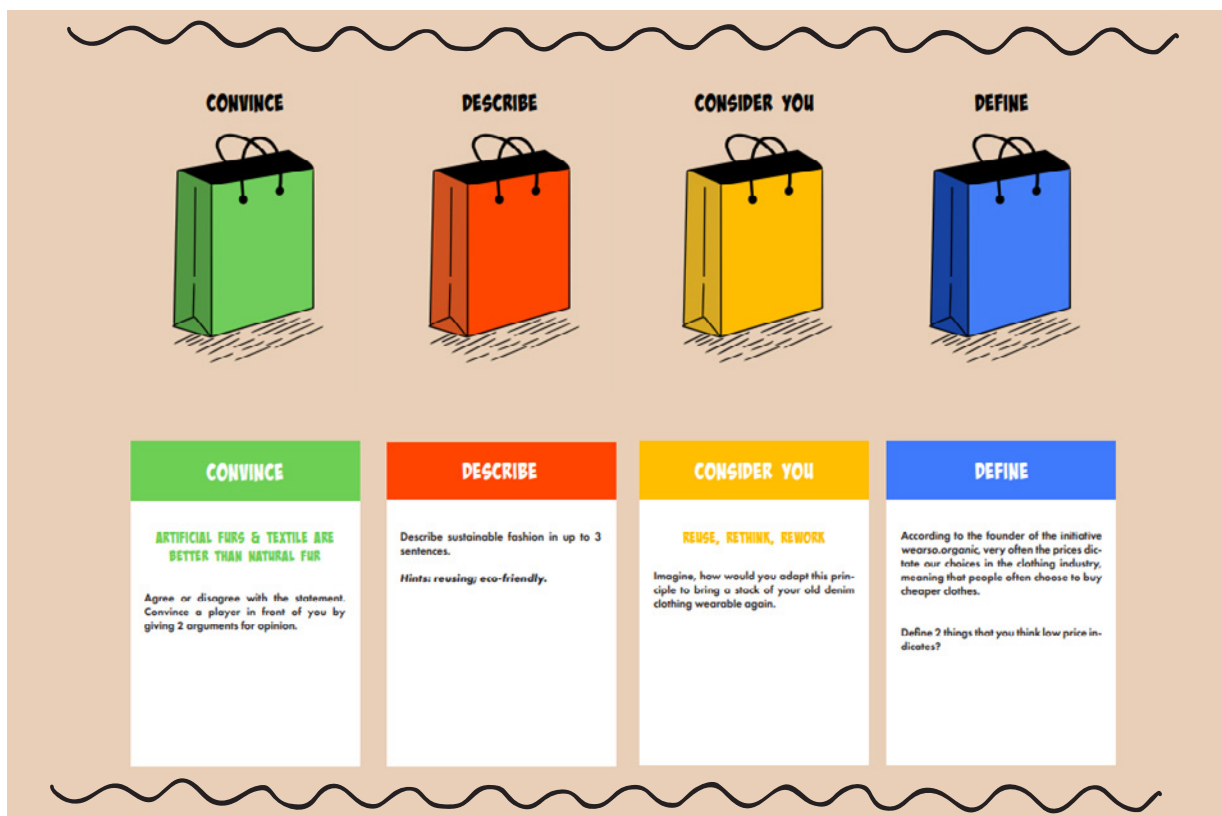
FURTHER PROJECT RESULTS

Report on knowledge of the young people in regard to the topic and best-practice collection of sustainable clothing in each project country.

Workshop Settings and a Guideline for youth workers and peer guides.

We produced a workshop in three different settings: indoor, outdoor and online.

The workshop aims to empower youth workers, teachers and educators to support young people to work creatively and participatively on change processes. Furthermore, the workshop aims to help young people to be role models and change makers in the field of sustainable clothing.

We have created workshop instructions in which the exact procedure is described. In addition, the workshop plan describes creative and comprehensive methods and their objectives. Furthermore, a detailed step-by-step implementation guide is included, which makes it easy to conduct the workshop.

Ideas on how to be more sustainable in regard to fashion.

All the further project results you can find in the online toolbox.

- - - ACCESS TO PROJECT OUTPUTS - - -

All our results are available free of charge.
The open-source access to all project outputs will be
guaranteed for at least five years after project end.

Project website:

weareable-fashion.eu

Online toolbox:

weareable-fashion.eu/resource-toolbox

Fibre Quiz

Which one of these is not a natural fibre from a plant or animal source?

- ◯ Cotton
- ◯ Wool
- ◯ Silk
- ✓ **Viscose**

Cotton and linen are both plant fibres, silk comes from silk worms, wool is an animal fibre from sheep. Viscose is a cellulosic manmade fibre that is made from wood pulp from trees.

What is the process called that changes fibres into yarn?

- ◯ Knitting
- ◯ Bonding
- ✓ **Spinning**
- ◯ Weaving

Yarns are made by twisting fibres together by a process called spinning. The twist brings the fibres into contact with each other and the friction between the fibres holds them together. The exact process used to spin the fibres will change the appearance and performance characteristics of the yarn produced.

Which of these is not a manmade fibre?

- ◯ Polyester
- ◯ Nylon
- ◯ Acrylic
- ◯ Acetate
- ✓ **Polystyrene**

Is a type of plastic sheet used as insulation.

Why are fibres such as polyester and cotton often blended together when spinning a yarn? Choose as many options as you think are correct.

- ☑ **It combines the good performance characteristics of the fibres and reduces the effect of the less desirable ones.**
- ☑ **The cost of the fibre could be less than using just one fibre.**
- ◯ To make them easier to be made into a fabric
- ◯ To help them stick together better.

School shirts are often made from polycotton a blend of polyester and cotton. The cotton fibres make the fabric more absorbant than 100% polyester. The polyester stops the cotton creasing as much as it would if 100% cotton. The cotton fibres makes the fabric feel better than polyester alone and the polyester makes the fabric more hardwearing. The polycotton blend is easier to care for as it dries quickly and needs less ironing, thus speeding up the washing process.

What machine is weaving made on?

- ◯ Weft knitting machine
- ◯ Circular knitting machine
- ◯ Spinning wheel
- ☑ **Loom**
- ◯ Sewing machine

Woven fabrics are made on a loom where two sets of yarn are interlaced at right angles to each other to form fabric.

Which of these products would not usually be made of woven fabric?

- ☑ **T-shirt**
- ◯ Trousers
- ◯ Curtains
- ◯ Blazer
- ◯ Carpet

A t shirt would be knitted as it needs to stretch, the others are woven as they need to keep their shape so should not stretch.

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🌐 www.weareable-fashion.eu

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