

## **Practical Sustainable Fashion Solutions**

### **Repair & Mending**

Fixing damaged clothing (sewing tears, replacing buttons, patching holes) to extend the life of garments and reduce waste.

### **Upcycling**

Transforming old or unwanted garments into new, higher-value items through creative redesign (e.g., turning jeans into bags).

### **Clothing Swaps**

Organized exchanges where students trade garments instead of buying new ones, reducing consumption and promoting reuse.

### **Second-Hand & Thrift Use**

Choosing pre-loved clothing from charity shops, swap events, or online platforms to reduce demand for new production.

### **Slow Fashion Mindset**

Encouraging thoughtful purchasing: buying fewer, better-quality items that last longer and are used more often.

### **4R Framework (Reduce, Reuse, Repair, Recycle)**

A practical decision-making model for students to minimize waste at every stage of clothing use.

### **Sustainable Materials Choice**

Selecting fabrics with lower environmental impact (organic cotton, recycled polyester, linen, hemp) to reduce resource use and pollution.

### **Responsible Washing & Care**

Washing less often, using cold water, air-drying, and avoiding microplastic-shedding cycles to reduce environmental impact.

### **Ethical Production Awareness**

Understanding how clothing production affects workers and choosing brands or practices that ensure fair wages and safe conditions.

### **Creative Re-design Workshops**

Hands-on activities where students modify existing garments to learn design skills while reducing textile waste.

### **Textile Recycling**

Collecting and sorting unwanted textiles so fibers can be reused in new garments or industrial materials.

### **Local & Small-Scale Production**

Supporting local makers or school-based micro-production to reduce transport emissions and encourage transparent supply chains.

### **Fashion Activism & Awareness Campaigns**

Student-led initiatives (posters, social media, school assemblies) raising awareness about fast fashion's environmental and social impacts.

### **Circular Design Principles**

Designing garments for durability, repairability, and recyclability from the start, following circular-economy thinking.

### **Curriculum-Integrated Projects**

Cross-curricular activities (science, arts, citizenship) that explore fashion's impact and empower students to take action.